

## Lantic Bay



- Description: South East Cornwall's best kept secret, Lantic Bay is a quiet sheltered cove with white sands, feeling more like the Mediterranean, than Cornwall. An excellent beach, but it can be difficult to find. Bathing can be hazardous and toilets are some distance away
- Safety: Rip currents make swimming hazardous at Lantic Bay. Risk of getting cut off at high tide
- Access: The closest car park is about a 20 minute walk. The final climb down to Lantic Bay Beach is very steep and unsuitable for wheel chairs or push chairs
- Dogs: Dogs allowed all year on the beach at Lantic Bay
- Directions: Lantic Bay is 4 miles from Polperro and 28 miles from Plymouth. Take the A38 from Plymouth. At Trerulefoot turn left onto the A374. After approximately 1 mile turn right onto the A387 for Looe and keep on the A387 until Polperro. At Polperro turn right opposite the Crumplehorn Inn and follow this road for several miles until a junction. Here turn right (signposted to Polruan), then at the next junction turn left (again signposted to Polruan). Continue on this road for several more miles until the first National Trust car park and toilets. This is approximately a mile from the beach so continue on the road until a second National Trust car park on the right. Opposite the right turning to the car park is a footpath that follows the road for a short distance and then leads across the fields to Lantic Bay
- Parking: Two small National Trust car parks
- Toilets: Yes, but about a mile from Lantic Bay Beach
- Facilities: None
- Activities: None