

Mid Cornwall



For the purposes of this guide, Mid Cornwall is the south Cornwall coast stretching from the Fowey Estuary to Falmouth. There are plenty of beaches here and some very nice seaside towns to visit.

To the east of the area is the town of Fowey which is well worth a visit. At Fowey there is a small beach called Readymoney Beach. From Fowey the coast stretches west to St Austell Bay and there are beaches here, the small beach at Coombe Hawne, the sandy cove at Polridmouth and the small fishing village at Polkerris.

There are a good selection of beaches in St Austell Bay including the huge sandy beach at Par Sands and also at Carlyon Bay, Spit Beach, Porthpean, Duporth, the big sandy beach at Pentewan and the quiet beach at Portgiskey. Also a must visit is the harbour of Charlestown, famed for film and TV production and there are two small beaches at Charlestown.

Further south in St Austell Bay is the picturesque town of Mevagissey and there are

nearby beaches at Polstreath and Portmellon.

South of Mevagissey, the coastline stretches south to the fishing village of Gorran Haven and then to Vault Beach and Dodman Point.

West of Dodman Point are Veryan Bay and Gerrans Bay. This area is rather remote from the main roads and it can be difficult to find your way through the lanes. There are certainly some nice beaches, including Hemmick Beach, Porthluney Cove, Portholland and the fishing village of Portloe. Further west into Gerrans Bay are the large sandy beaches at Carne Beach and Pendower Beach and the remote cove at Kiberick Cove above Nare Head.

Further south there are a number of nice beaches on the Roseland Peninsula, including Porthbean Beach, Porthcurnick Beach, the fishing village of Portscatho, Towan Beach, Porthbeor Beach. There is fine walking around St Anthony Head and the town of St Mawes is worth a visit, with two nice beaches.

Across the Carrick Roads is the big harbour town of Falmouth and there are some popular beaches south of Falmouth including Castle Beach, Gyllyngvase Beach, Swanpool Beach and Maenporth.

Opposite Falmouth is the village of Flushing and a small rocky and sand beach at Kiln Quay Beach. Also in the Carrick Roads estuary is the small beach at Loe Beach.

Further south of Falmouth is the beautiful Helford River and there are stretches of beach on the north bank, including Durgan and Helford Passage.

Access to the region is via the A390 from St Austell to Truro and from Truro you can pick up the A39 to Falmouth.

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