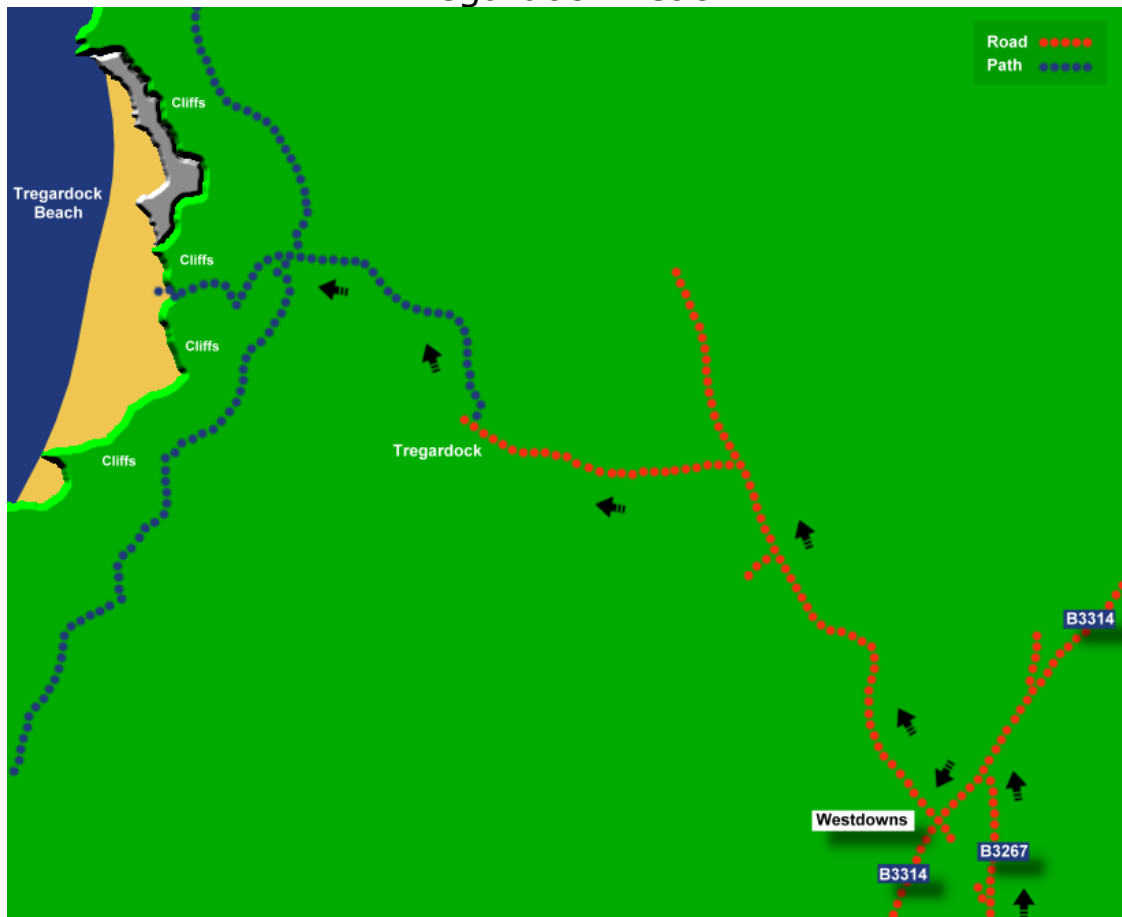


Tregardock Beach



- Description:Tregardock Beach is a large sandy beach on the north Cornwall coast. There is very limited parking which is some distance from the beach, so the beach is usually quiet. No sand at high tide
- Safety:No details available
- Access:There is a 15-20 minute walk to the beach. The path down to the beach is steep and final access to the beach is down rocks which are slippery when wet
- Dogs:Dogs allowed all year at Tregardock Beach
- Directions:Tregardock Beach is 11 miles from Wadebridge. Take the A39 from Wadebridge north. After about 5-6 miles on the A39 turn left onto the B3267 where signposted to St Teath. Drive through St Teath and continue on the B3267 until the hamlet of Westdowns where the B3267 meets the B3314. Here turn left onto the B3314 and then after a short distance turn right where signposted to Treligga. After about a mile on this road, turn left onto a small lane which is not signposted. Follow this lane to the hamlet of Tregardock. Park here in the road and then take a public footpath across fields to Tregardock Beach. Alternatively park at [Trebarwith Strand](#) and walk the coast path south. This takes about 30 minutes and the coast path is very steep in places
- Parking:No car park. Road parking for a small number of cars (10-12) at Tregardock
- Toilets:No
- Facilities:None
- Activities:Surfing

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