

# BENOATH COVE

Although often thought of as part of [Bossiney Haven](#), to which it is joined at low water, it nevertheless has a very different character being less of an ‘inlet’ and very much a ‘cove’. There is no beach at high water and it is surrounded by high cliffs with access steps, which for many are not easy. It faces north but can be very sheltered and is a fine beach.



The Cove on a calm day at low water with Bossiney Haven beyond

  **PL34 0AY** - On the B3263, 1km from [Tintagel](#) and 3.8kms from [Boscastle](#), at the outskirts of Bossiney, is a lay-by (capacity 7 cars) and car park (capacity 100+ cars) in a field opposite a property called Bossiney Lodge. There is a public footpath from the lay-by. On entering the field there is an undefined path on the right which goes diagonally across the field (which is Open Access Land); after 280m it joins the Coast Path; turn right and almost immediately left down a path which winds down to a very narrow and steep path with steps and hand rails on to the beach.



Access path down the cliffs



Caves of interest



Sand and rocky ledges



View from above Bossiney Haven



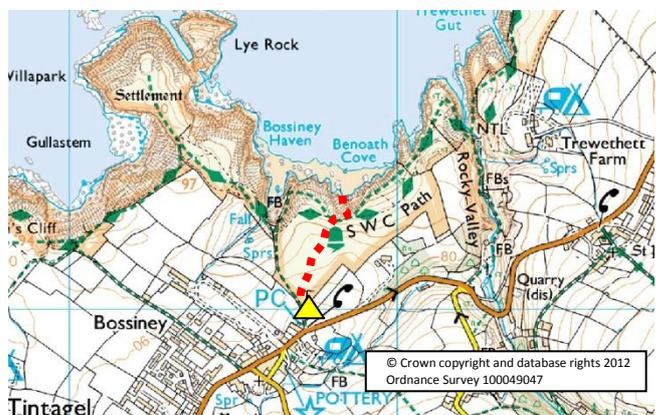
At high water all but a few rocky ledges are covered. As the tide recedes a fine flat sandy beach is exposed which links up with [Bossiney Haven](#). The Cove has caves and rocky areas which give it interest. It can get quite crowded in summer when the tide is rising with the rocky ledges being a popular refuge. Many find it easier to get to Benoath Cove by using the access to [Bossiney Haven](#) and walking on the sand around the headland between the two but this is obviously tide dependent.



There is safety equipment on the steps above the beach. Swimming is not recommended on an ebbing or low tide due to strong rip currents. However, the beach can be relatively sheltered from the westerly swell so in calm conditions, and on a rising tide, swimming is possible if undertaken with considerable care. There is often good surf with a hollow, fast and quite powerful beach break but it is generally thought of as only suitable for experienced surfers. It is not a snorkelling beach but there are some rock pools of interest.



There are no restrictions on dogs. There are toilets in the lay-by but they are a fair walk from the beach. The nearest shops, cafes, and other facilities can be found in nearby [Tintagel](#) (1km).



Location – part of OS Explorer Map 111



Water quality is good. It is a fine cove with much to offer if the access is not a deterrent. It is a splendid walk along the Coast Path from [Tintagel](#).