



# PORTHILLY COVE

Regarded by some as a part of [Rock](#), it nevertheless has a very different feel and character and is a separate cove with a distinct identity; it is a beach that is sheltered and very much part of the Camel Estuary rather than the open water. At low water the flat sand and shingle joins up with the beach at Rock.



A panoramic view of the Cove at low water from Rock

  **PL27 6JX** - From the B3314 Wadebridge to Delabole road, 4.5kms from Wadebridge take the road signposted to Rock; after 3.5kms there is Porthilly Lane on the left; at the bottom of the hill (about 350m) there is a gate and footpath which leads down to the beach. There is a limited amount of roadside parking; although there are no parking restrictions care needs to be taken to avoid obstructing the narrow lane. Alternatively, instead of going down Porthilly Lane continue into Rock and on the left is limited roadside parking by a footpath which leads down to the northerly part of the beach.




Footpath from Porthilly Lane








Footpath access at Rock

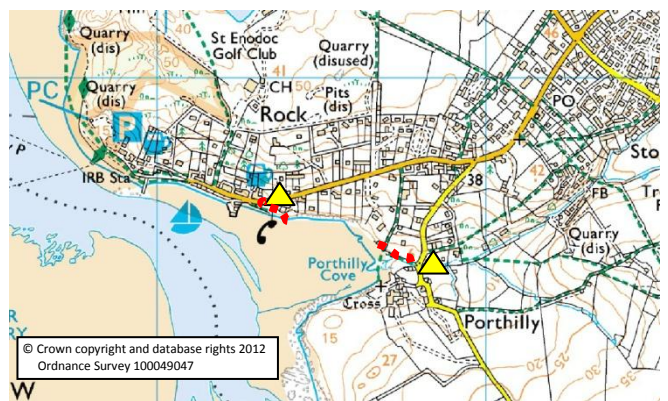


Views of the Cove at low water



 At high water it is a sizeable sand and stony beach over 300m long and dissected by a small stream. At low water the tide seems to go out for ever, right to a channel in the estuary leaving a beach that is mostly fine sand but stony in parts.

     There is no safety equipment. Swimming at high water is possible although it tends to be very shallow. It is not advisable to swim in the channel at low water. It is not a surfing or snorkelling beach and there are few rock pools.

    There are no restrictions on dogs. The nearest toilets are in the car park at [Rock](#) (1.5kms by road). There are cafes and a pub in Rock and shops on the access road to Rock.



Location – Part of OS Explorer Map 106

  Water quality has been very variable over recent years due to storm discharges and run-off when testing has been undertaken. With views across the estuary to Padstow it is in an attractive setting. It never gets crowded and the amount of boating activity in the Cove can be of interest. St. Michael's Church, an ancient chapel of St. Minver Parish, is situated on the southerly side of the Cove.