

THE STRANGLES

Little Strand & Alder Strand

These sizeable westerly facing beaches are beneath some of the highest and most awe inspiring cliff-land scenery in Cornwall. Access involves an arduous trek but well worth it, especially if the tide is out and there is the full expanse of beaches on offer.



'The Strangles' from the cliff path with Alder Strand beyond



EX23 0LQ - From **Boscastle** take the B3261 northwards and after 4kms take the coast road to **Crackington Haven**, signposted to Trevigue. After 2.5kms (just before Trevigue Farm) there is a lay-by on the right hand side (capacity 20 cars) for parking – in summer there is ample parking in the field opposite the lay-by. From **Crackington Haven** take the coast road south of the village and after nearly 2kms there is the parking lay-by (after Trevigue Farm) on the left hand side.



There is a signposted public footpath on the corner of the road opposite the lay by which after 280m joins the Coast Path. Turn left and then immediately right for the long descent to The Strangles. There is a flight of steps at the end and a rope to help negotiate the rocks down on to the beach. Access to Little Strand is across the rocks at



Access on to the beach



The long descent



The northerly end of The Strangles with Little Strand beyond

low tide from the northerly end of The Strangles past Samphire Rock and an area of rocky outcrops. There used to be a public footpath from The Coast Path to Alder Strand but a recent cliff fall now means the only recognisable access is across the rocks at the southerly end of The Strangles.



At high water the beaches are mostly stony but at low water there are large areas of golden sand (at The Strangles and Little Strand) which can be interspaced with patches of shingle after winter gales. Alder Strand is mostly stony with rocky outcrops at all stages of the tide. The Strangles is a large beach being about 480m in length and Little Strand some 200m. There is a large area of rocks and rocky ledges at the southerly end of The Strangles. Getting cut off by the



Natural Arch at Alder Strand



Rocky ledges at Little Strand

rising tide appears to be a fairly common occurrence when visiting Little Strand which involves a long wait for the tide to go out; similarly, check the tides when visiting Alder Strand as it can be a 10-15 min scramble across the rocks. Little Strand is a favourite haunt for naturists. The high cliffs with their distinctive heavily folded sedimentary rocks dominate the beaches and can appear somewhat dark and foreboding in certain conditions. There is a fine natural arch at the northern end of Little Strand called 'The Northern Door' and another at Alder Strand. All three beaches are plagued by cliff falls which is clearly a safety hazard.



There is safety equipment above the access to The Strangles but it should be borne in mind all three



Samphire Rock and 'The Northern Door' in the distance

beaches are very remote if help is ever needed.



Swimming is not recommended due to strong currents which tend to be most notorious at low water. However, when there are quiet periods in summer when the usual imposing swell and surf subsides swimming is possible on a rising tide but then only with care.



There are often good surfing conditions with a reliable 'beach break': surfing does take place (despite the long walk carrying a board!) but is only advisable for those who are experienced and have the necessary local knowledge. Submerged rocks can be an issue at certain stages of the tide.



At low water the endless rock pools provide a great source of interest, especially between The Strangles and Alder Strand. They are good beaches for foraging mussels and other edible species.



They are not snorkelling beaches although in calm conditions and on a rising high tide the southern



The stony Alder Strand at low water

part of The Strangles and around Alder Strand is worthwhile.



There are no restrictions on dogs but the access on to the beach might make it unsuitable for some.



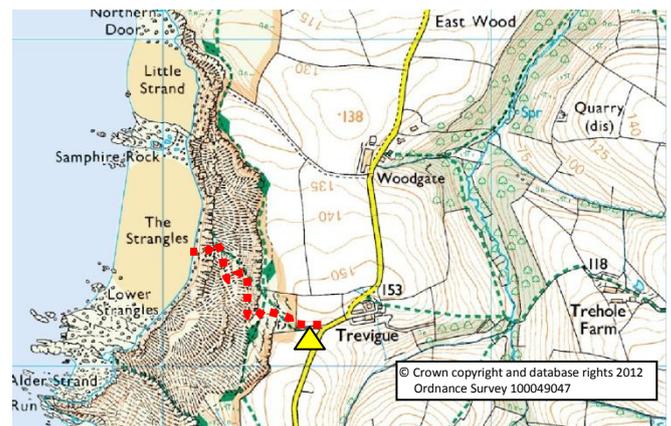
There are no facilities at all, the nearest being at [Crackington Haven](#) (2kms) or [Boscastle](#) (7.5kms) where there are toilets, cafes, shops and pubs.



Cliffs above Little Strand



Little Strand



Location – Part of OS Explorer Map 111



The Strangles



Never ending access steps



Water quality is believed to be good, mainly because of its location. It suffers to some extent from water borne litter above high water mark.



They are wonderful beaches but the descent down the cliffs should not be under estimated.