

UPTON TOWANS

Sandwiched in between [Gwithian Towans](#) to the north and [Phillack Towans](#) to the south this 1.3kms of sandy beach is the mid-point section of the beach that stretches from [Hayle Towans](#) and the Hayle Estuary in the south and west to [Godrevy Cove](#) in the north and east. The beach itself is named after the extensive sand dune system that is adjacent and is a Nature



The beach at Upton Towans at low water

Reserve of some repute as it contains 20% of the entire flora found in Cornwall. On the south-west side of the dunes is a large holiday complex. Upton Towans was once the site of the National Explosives Works until 1919 and known locally as Dynamite Towans; it was an explosives store until the 1970's and public access is fairly recent. The rectangular bunds and tracks that cover the dunes are a legacy of its historical past. Near access points to the dunes there is unfortunate evidence of unsightly overuse by dogs.



TR27 5BJ - From the A30 at Hayle take the B3301 coast road to Gwithian and [Portreath](#) and after 1.5kms there is a private road on the left and this gives a right of vehicular access to a small parking area (capacity about 12 cars) next to the gated entrance to Upton Towans; there is also further small parking area next to the road by continuing along the road/track for another 100m. The beach (1km) can be



Remains of the Explosive Works A glimpse of Godrevy Lighthouse



The beach in winter



The path to the beach

reached by walking along the track from the gate northwards towards the sea or alternatively from the gate taking the wider track on the left which is a longer route but eventually winds down to the beach. An alternative is to park at [Gwithian Towans](#) and walk westwards along the Coast Path to Upton Towans. In winter the St.Ives bay Holiday Park will allow limited parking in their car park which is located in the dunes above the beach but this facility is discretionary.



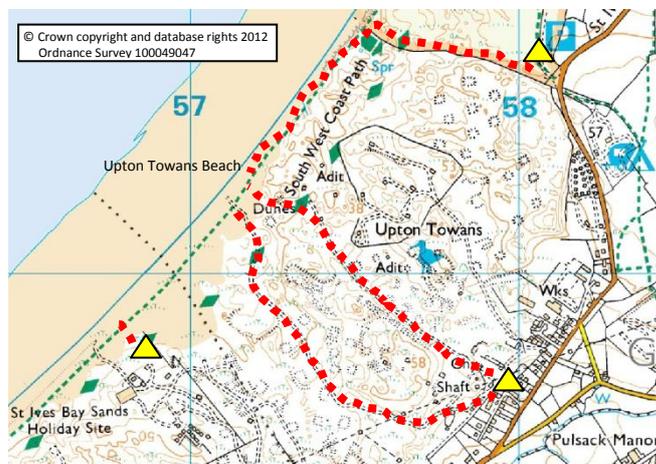
There is a strip of sand at high water below the dunes but at low water the tide recedes over 300m to reveal a wonderful sandy beach.



There is safety equipment at the RNLI look-out at the southerly end of this section of beach. The Lifeguards are on duty from late May until the end of September. It is advisable to only swim when the beach is patrolled and certainly not at other times on an ebbing low tide due to strong currents. It is a good surfing beach similar to [Gwithian Towans](#) but not quite as powerful. There are no pools at all; it is not a snorkelling beach.



Dogs are permitted. The nearest toilets/cafes/shops are at [Gwithian Towans](#).



Location – part of OS Explorer Map 102



Water quality is good. It is an exposed beach that never gets crowded. The dunes are magical