

HENDERSICK BEACH

and Old Mills Cove

The main beach at the westerly end of Portnaldler Bay is surrounded by wonderful cliff-land scenery but involves a walk and fairly steep descent. Being over 400m long it is quite large for a beach that is relatively unknown for one that is within such a popular holiday area. Old Mills Cove is at the easterly end of the beach and is more sheltered and secluded.



Steps down to the beach



At low water



The curving and gently sloping beach

above high water mark which gently shelves down to areas of rocks and sand at low water. It is very sheltered from all but southerly winds.



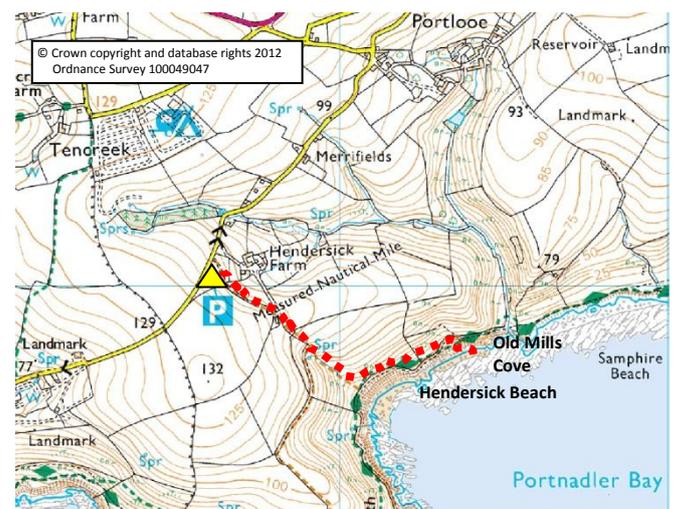
There is no safety equipment or lifeguards. It is good and relatively safe beach for swimming if undertaken on a rising tide as the westerly headland to the Bay dissipates any swell. It is not a surfing beach. It is excellent for snorkelling and diving all round the Bay from Bridge Rocks to adjacent [Samphire Beach](#). When the tide is out there are countless good rock pools to explore.



There are no restrictions on dogs and there are no facilities at all. The nearest toilets, cafe and pub are at [Talland Bay](#), 2kms from the Hendersick car park.



PL13 2HZ - On the A387 road 2kms from Looe and 5kms from Polperro there is a cross roads on a sharp bend; follow the road to Portlooe and [Talland Bay](#) (not Tren creek Holiday Park) and after 1km there is a small National Trust parking area (capacity 25 cars) adjacent to the road on the left hand side. At the bottom end of the car park is a track through a copse of woods that after 250m leads to a group of farm buildings; there is a gate leading to a permissive path which joins the Coast Path after 320m; turn left and after 300m is a path with steps down to the beach.



Location - Part of OS Explorer Map 107



Old Mills Cove



Sand and shingle



The westerly end of the beach is a delightful crescent and the easterly end south facing where there is a lengthy strip of coarse grey sand and shingle



Water quality is believed to be good. It is possible to walk along the foreshore to [Samphire Beach](#) at low water. It has much to offer with a great walk from the car park and it does not get crowded.