

PARBEAN COVE

Men Aver Beach & Polnare Cove

A series of small coves and beaches either side of Nare Point on the southern side of the mouth of the Helford Estuary. About 800m east of Gillan Cove, Men Aver Beach is beneath Lestowder Cliff and runs into Parbean Cove which has two areas of shingle beach and is the most accessible and most used. Polnare Cove is the seaward side of Nare Point.



Parbean Cove and slipway access from the Coast Path



TR12 6ES - From Helston on the A3083, take the B3293 at the end of Culdrose Naval Base. Pass through Garras and after 2kms turn left to Newtown in St.Martin. Turn right and immediately left to Manaccan; continue through Manaccan on road signposted Gillan and St.Keverne for 2.8kms and at the cross roads follow the no-through road to Lestowder and Penare. Park on the roadside at Lestowder Farm (but do not obstruct the road or farm gateways) and walk down hill and across the stream and on the left is a stile to public access land; cross the field to the Coast Path then turn left across the bridge over the stream to the slipway to Parbean Cove and Men Aver Beach. Do not use the other private slipway. To get to Polnare Cove walk along the Coast Path to the Coast Watch lookout at Nare Point and there are steps next to the lookout on to the beach.



Parbean with Men Aver beyond Easterly end of Parbean Cove



Polnare Cove at low water



Lookout and steps at Polnare



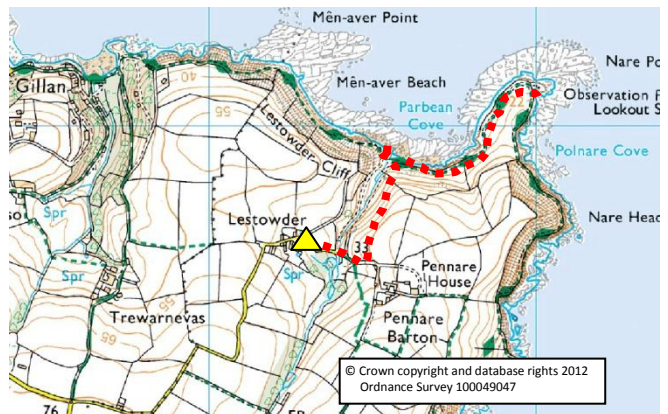
The main part of Parbean is a mixture of shingle, sand and stone with rocky ledges at low water. At high water there is a small area of shingle/stone. Men Aver Beach is similar but is rockier to the west. Polnare is stony above high water and a mixture of sand and shingle/stone as the beach gently shelves down to flat rocky ledges at low water. There is a detached easterly part of Parbean which is only accessible at low water as a former path and slipway access from the Coast Path no longer exists. The private slipway at Parbean is used by Penare House (down a private access track) for a range of boating and sailing activities.



There is no safety equipment at any of the beaches. Swimming is safe from all the beaches but it is advisable to only bath at Polnare on a rising tide. They are not surfing beaches but are excellent for snorkelling. It is a rock pool paradise, especially towards Men aver Point and the rocky foreshore around Nare Point. Polnare and Nare Point are popular with anglers.



Dogs are allowed at all the beaches. There are no facilities at all, the nearest being at Porthallow some 3.5kms to the south where there are toilets, a village shop, cafe and pub.



Location - Part of OS Explorer Map 103



Water quality is good. The beaches can be inundated with seaweed but are sheltered, and have great views of the sailing and shipping.