

Places to Paddle in Cornwall

Part 1

The South Coast of Cornwall

What this guide sets out to do is to describe where, and how you can access the sea and estuaries around Cornwall.

What is cannot do is to tell you is if it is safe to do so. Where to paddle is dependent on paddling ability and conditions - which can change within the hour, and what may have been safe is no longer so.

Although the author has tried to ensure the accuracy of the information below mistakes will surely be made; furthermore we live in a world that is constantly changing and inevitably some information will become outdated before a revision of the material.

The table below lists locations clockwise around Cornwall, starting on the Cornish side of Plymouth Harbour. I have included rivers when they become tidal. About half of the coastline has been paddled by the author and the reader is informed where this is not the case. Information has also been sourced from Marine charts, Ordnance Survey Maps, Google Earth, the guides by Stuart Fisher and Mark Rainsley, the Adlard Coles South Coast Pilot and the risk assessment Sean Morely drew up for his UK circumnavigation of 2004.

Although some tidal information is included in the estuaries, please refer to “How the tides work in Cornwall” to understand the tidal flows along the coast.

Location, Description	Access and Egress	Degree of difficulty & effect of conditions	Other factors
River Tamar below Gunnislake but above Calstock. Pastoral scene, river, albeit tidal flowing between woods etc.	There is a car park at Calstock off Commercial Rd Also access at Morwhellam Quay.	As for a river with strong current but no white water. Strong currents will be experienced on a spring tide and any ebb tide, particularly if there has been a lot of rain and the river is high – gets up to five knots. Fair bit of river traffic – motor boats etc.	The amount of water in the river and tidal conditions need to be carefully considered before starting off. A lot of deep mud is exposed at low tide making egress difficult other than at designated landing places. High Water Cothele Quay (just below Calstock) same as HW Devonport neaps, 20 mins after HW Devonport springs. Low water 45 mins after LW Devonport both. Not possible to access at Gunnislake as there is a weir to be portaged

			below.
River Tamar below Calstock and above the Tamar suspension and Brunel bridges.	<p>Car Park and access at Calstock – see above.</p> <p>Car Park at Cothele (National Trust – not clear if there is access to the Tamar from here, but it could prove a useful egress point if stuck)</p> <p>Holton Quay and Holes Hole below also a possibility but no parking in either case</p> <p>At Cargreen there is a car park and access from a hard at the end of Fore Street but lots of mud at low water.</p> <p>At Saltash there are car parks and a hard to launch from North of the Bridges off of Old Ferry Road.</p>	<p>Strong currents as above.</p> <p>Very exposed to the wind in the large lake below Cargreen above Devonport -.exposed stretch of water with no easy landing, particularly at low water. Need to keep away from MOD establishments.</p>	<p>Comments above apply.</p> <p>The author has not yet paddled this area. To be updated when this has been done.</p> <p><i>Cargreen is a useful egress or access point – below here the river broadens out into the large expanse of water above, and visible from the Tamar bridge.</i></p> <p>HW Cargreen same as Devonport neaps, + 10 mins springs LW +20 mins both.</p>
River Tamar toward Tideford and St Germans. A branch to the West of The Tamar River, joining just below Saltash.	<p>For access from Saltash see above</p> <p>There is a car park to the north of the A 374 approx 5km East of Sheviock and 4km west of Antony which give access to the water either side of high tide and a sea of mud otherwise.</p> <p>There is parking in St Germans in Quay Rd, approx 300m away from the quay where there is also parking, but probably private.</p>	<p>As for river with strong current but no white water + exposed stretch of water with no easy landing, particularly at low water Large areas of water in some parts which would be exposed to the wind</p>	<p>Comments above also apply here</p> <p>The author has not yet paddled this area. To be updated when this has been done.</p> <p>High Water Jupiter Pt (approx 2 nm above Saltash) + 10 mins HW Devonport neaps + 20 mins springs Low Water approx as for Devonport.</p> <p>High Water St Germans unclear, LW Devonport + 20 mins.</p> <p>Beautiful, unspoilt, nearly deserted scenery in upper reaches, lots of mud exposed at low tide</p>
Devonport Basin, Docks and into Plymouth Sound. Busy, historically interesting area.	<p>Access from Plymouth & Millbrook - Unknown</p>	<p>This is a commercial port and HM Naval base & shipyard. There will be many restrictions and by-laws concerning where vessels can land or navigate- best avoided if possible.</p> <p>Strong tidal flow on the river, exposed to wind, proximity of large vessels.</p>	<p>Paddlers need to be experienced, know the Harbour bylaws and the international rules of the road (IRPCS) to negotiate this area.</p> <p>For high water see HW Devonport</p> <p>Not yet paddled by the author</p>

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Plymouth Sound	<p>Cawsand - near the outer end of Plymouth sound there is parking in the center of Cawsand, approx 200m from a fine sandy beach</p>	<p>Seaway for large vessels, partially enclosed by a breakwater approx 1 ½ nm South of Plymouth Hoe. In addition to the passage of the large Roscoff Ferry, the sound is used by HM Ships and those of other forces + a large number of yachts and motor craft.</p>	<p>Exposed to the wind and also to the wakes of many craft, some of which are quite large. Because of this, although tidal flows are not particularly significant, this is not an area for the inexperienced or incompetent. Above also applies. Naval Ships travel at speed on leaving the Sound. The Roscoff Ferry is BIG. Kayakers in this area need to know the international rules of the road (IRPCS)</p>
<p>Rame Head to Looe</p> <p>This area straddles Whitsand Bay, some 9 nautical miles (nm) across. Beautiful coastline with good beaches.</p>	<p>Access to Freathy and Tregantle beaches (known as Long Sands): There are car parks all along the top of the cliffs – but it is a steep trek to the sea.</p> <p>Access at Porthwinkle – there is a car park on the seaward side of the road into Porthwinkle - easier carry to the beach than above.</p> <p>Easier access from car parks at Seton and Downend both by their respective beaches.</p>	<p>Very exposed to SW, both wind & swell. Beginners should be able to use Freathy / Tregantle, Porthwinkle and Seaton beaches in calm conditions</p>	<p>Overfalls at Rame Head and off Looe Island. Looe Harbour will be used by pleasure craft.</p> <p>HW Looe 10 minutes before HW Devonport.</p> <p>Long carry down to Freathy and Tregantle Beaches.</p> <p>There is a Rifle Range to the East of Freathy – need to check when in use.</p> <p>Easier access at Porthwinkle Seaton and Looe.</p> <p>Looe harbour entrance dangerous for yachts in strong onshore winds and gales. 5 knot (6mph) currents in the Looe harbour entrance at certain stages of the tide.</p>
Location, Description	Access and Egress	Degree of difficulty & effect of conditions	Other factors
<p>Looe to Fowey</p> <p>Apart from West Looe and Polperro. Rocky</p>	<p>Access at Looe</p> <p>Inside Looe Harbour There is a large car park to the north of the A387 on the West side of the river with direct access to the West arm of the Looe river. Mark Rainsley advises in his</p>	<p>Very exposed to South West, South and South East, both wind & swell. Looe harbour will be crowded with craft in the summer, and also fishing boats at all times</p>	<p>The author has not yet paddled this section of coast. Stuart Fisher in his “Inshore Britain” describes this as a</p>

<p>committed coast</p>	<p>guide that all of the Looe Car Parks fill up early in the holiday season. The harbour dries out at low tide.</p> <p>There is a smaller car park at the beach of East Looe and car parks all along Marine Drive that fronts West Looe which gives access to the rocks and small beach below.</p> <p>There is road access but not parking at Talland Bay approx 2km to the West of Looe..</p> <p>Although there is no vehicular access to Polperro There is a very large car park some 2 1/2 km above the harbour if you fancy the walk – will fill up early. For Polruan see below:</p>	<p>of the year.</p>	<p>“committed” piece of coastline.</p> <p>There are no access or egress points between Polperro and Polruan</p> <p>This area straddles a rocky coastline with cliffs and little access, some 10 nm.</p>
<p>Fowey Harbour, Fowey River Deep water harbour and Ria above.</p>	<p>There is parking at the top of Polruan about ¾ km above the ferry hard and small beach. It <u>might</u> be possible to drop the boat off – leave it on the beach and then park & walk down – although Mark Rainsley advises against this in his guide.</p> <p>In Fowey there is parking above the main town off the A3083 via Hanson Drive but a long steep walk down. It is worth considering coming in on the B3269 at the northern end of the town and there is a car park above the ferry hard. It is possible to launch from the small beach along side the hard – But not from the Hard itself.</p> <p>It is possible to launch and land at Golant – the site of Fowey River Canoe/Rowing Club, however there are no car parks in the village.</p> <p>The river can also be accessed at Lostwithiel some 8km above Fowey, however there is not much water up here at low tide, particularly in the summer. OK if you get the tides right.</p>	<p>Fowey harbour is a busy port:</p> <ol style="list-style-type: none"> 1.Large ships load china clay from the works and the Quays to the North of the Town. 2.It is a busy leisure/yachting center. 3.Particularly on an incoming tide, a strong swell or sea from the south east to the south west will continue up the harbour until it curves to the west at Mixtow. <p>Kayakers in this area need to know the international rules of the road (IRPCS)</p>	<p>High Water Fowey is 15 mins before HW Devonport springs and 10 minutes before neaps.</p> <p>Gets very crowded at certain times of year, particularly regatta week.</p> <p>I have raced in a kayak at Fowey a number of times and always the water has been lumpy.</p> <p>The tide runs fairly fast in and out of the entrance & and up to Mixtow (approx 1km above the Ferry). Above the Ferry the river is very deep with steep rocky banks, on the West side there are two large jetties where the large china clay ships are loaded. This is not a place to fall out of your kayak.</p> <p>Above Mixton the river widens out, is less challenging and the scenery is beautiful, but does dry out to large areas of mud at low water from & above Golant.</p> <p>This is not an area for novices, particularly</p>

			Fowey Harbour
<p>Fowey to Gorran Haven:</p> <p>Mixed coastline, sandy bays, rocky outcrops and a some cliff section.</p>	<p>Access in St Austell Bay is fairly restricted until Carlyon Bay. Access is possible from Rashleigh but there is little parking and according To Stuart Fisher (Inshore Britain) there may be a launching charge. Similarly if you have a caravan booked at Par Sands, launching will not be a problem, but could be difficult otherwise.</p> <p>Carlyon Bay is currently under development, but there is parking (Beach road) above the long beach. The Parking on the West side of Charlestown is nearest to a beach – on the West side of the harbour.</p> <p>There is a car park above Porthpean Beach with a carry down steps.</p> <p>Unless you are booked into a caravan at Pentewen Sands, there is a small car park in the adjacent village, with a walk past the old harbour, and through a small gate to the beach, total distance approx 500m. In Mevagissey there are two car parks off the B3273 approx 500 m and the further approx 100m from the harbour. There is a small beach at the East End of the harbour to launch, approx two hundred metres further on.</p> <p>There is a small car park right by the beach at Porthmellon, which would fill quickly in the summer.</p> <p>There is a larger car park in the center of Gorran Haven, approx 50 m from the beach, but again this would be likely to fill fairly quickly in the summer.</p>	<p>Predominantly an East Facing Coast.</p> <p>Exposed to Easterly and South Easterly winds.</p> <p>Benign tidal flows once past Fowey.</p> <p>Safe beaches ideal for beginners and sit on tops.</p>	<p>Porthpean Beach is where St Austell Canoe Club meet for Thursday evening sessions.</p> <p>This is the Cornish Riviera; all these beaches become crowded in summer and the car parks fill up early.</p> <p>The bays on this stretch coast are some of the safest in Cornwall.</p>

Location, Description	Access and Egress	Degree of difficulty & effect of conditions	Other factors
<p>Gorran Haven to St Mawes or Falmouth.</p> <p>Spectacular, empty and committing coastline with few landing places</p>	<p>Approx 1.5 km NE of Dodman Head, Hemmick beach (OS: SW994405) is National Trust. Although a road skirts the beach there is no parking.</p> <p>There is good sized car park at Porthluney Cove near the beach OS: SW974413. There is a small car park near the beach at East Portholland OS: SW958413. Is not possible to park near to the slip at Portloe. There isn't much parking in the village. There are two car parks above Pendower Beach, one to the East (OS: SW915383) and the other to the West (OS: SW895382). I have only used the latter – the view is stupendous but it is a long carry up the hill. There is car parking at the North end of Porthscatho above the beaches (OS: SW875358), and then towards Zone Point at Towan Beach (OS: SW867328) but it is a long steep carry down not recommended. There is parking in St Mawes about 500m above the quay, but carrying a boat through the crowded streets is not appealing. Best consider Percuil or Falmouth for access</p>	<p>From Gorran to Pendower beach, apart from gaps at Porthluney Cove, Portholl and Portloe, this is an exposed South-facing coast backed by high cliffs.</p>	<p>There is a tide race off the Dodman with a bad reputation for yachtsmen, but close in where a kayak would go it's not so bad.</p> <p>Porthluney cove, Hemmick beach Pendower beach and the beaches towards Zone point will probably have surf if there is a swell running – use the surf reports</p> <p>As the crow flies Ruan Quay is only 2½ miles from Pendower Beach; by water it is 16 miles</p>
<p>Percuil River</p> <p>Beautiful, secluded Cornish Ria</p>	<p>There is parking at the top of Percuil Village with a carry down to the hard of about 150 metres. If the tide is out there is a lot of mud about.</p> <p>It is possible to access or egress at the top of the Percuil River on a high tide only at Trethem Mill on the busy A3078. There is no parking and the road at this point had single yellow lines when I paddled here.</p>	<p>Loads of deep mud, smelly and black underneath at low tide.</p> <p>Need to get the tides right</p> <p>High Water at the same time as Falmouth</p>	<p>When I paddled this about ten years ago there was a small path from the east bank of the river, through the undergrowth to the A3078 at Trethem Mill. There is a campsite nearby – OS: SW860365 (Trethem Mill Touring Park) walkable at approx 500 m from the river. It is approximately 2 km from Percuil to Trethem Mill.</p>

<p>Falmouth & Penryn Carrick Roads</p> <p>A massive inland harbour, and tidal lake.</p>	<p>Access to the sea at Falmouth is best from the beaches: Gyllingvase, Swanpool, Maenporth nearby. All have decent sized car parks nearby and good beach cafes – as you would expect around Falmouth. There is also access at various steps down from Cliff Road. Inside the Carrick Roads it is possible to access from Falmouth itself but parking is a problem and there is a lot of harbour traffic.</p> <p>There is safe access to Carrick roads from Mylor Harbour (OS SW 821353) where there is a small car park that will fill up quickly in the summer; there is a small beach inside the Marina pontoons to launch. At high tide its possible to launch from Devoran Quay (OS: SW 797389) but it dries out a lot. Loe Beach (OS SW 825382) on the other hand has a car park right by the beach (not much space in the winter – yacht storage).</p> <p>On the Roseland side there is a nice little harbour in St Just, which doesn't appear too muddy, but there is no car park.</p>	<p>Restronguet and Devoran Creeks get very muddy at low tide.</p> <p>Lots of Leisure craft in Carrick.</p> <p>Large vessels in Falmouth Harbour which is a busy Dockyard. Kayakers in this area need to know the international rules of the road (IRPCS).</p>	<p>The Falmouth beaches are safe unless its blowing onshore or there is a big swell running. Maenporth gets the most swell / sea from the East.</p> <p>Loe beach is a good family beach and a good place to launch at any state of the tide and is very safe. I have been told that there is now a launching charge in the summer.</p> <p>Carrick Roads are exposed to a Southerly wind and swell. Quite a sea in the entrance when opposed by the tide. Even though a sea from other directions might be reduced, the wind is not.</p> <p>Leisure craft in numbers all the way up to Malpas.</p>
<p>Above Carrick Roads: Truro River to Truro, Tresillian Creek</p> <p>A beautiful network of wooded estuaries, particularly at high tide, with their own willd charm when they mostly dry to mud.</p>	<p>Staying on the Roseland side, the river can be accessed at Smugglers Cottage, Tolverne (OS: SW845403), but the author does not know the position with regard to launching. Lovely place for a cream tea though.</p> <p>The best place for access is undoubtedly Malpas (OS SW 845427). There is a slipway just down the hill from the Heron Inn. However there is no car park and the road gets completely clogged in the summer – best avoided. Better to park before getting to Malpas from Truro at</p>	<p>Fast rate of flow in Spring tide. The wind gets funneled down the steep valleys and across the wider parts of the estuary. As for river with strong current but no white water + exposed stretch of water with no easy landing, particularly at low water.</p> <p>Hard to paddle upstream against a North wind going up from Malpas to Truro. In Tresillian Creek, take a mobile phone in case</p>	<p>High water Truro is 25 minutes before HW Devonport springs and 20 min before neaps (approx 10 mins or less after Falmouth) Beautiful scenery</p> <p>A lot of mud exposed at low tide. Only really fills up two hours before and after high water Falmouth above Tolverne.</p> <p>Watch out for the Blue Enterprise River boats which are fast. They do slow down for canoes.</p> <p>Can only launch at</p>

	<p>Boscawen park (OS: SW 83343) where there is a decent sized car park or Sunny Corner (OS SW838431) where there are parking spaces right by the river.</p>	<p>of problems as there are few people around.</p>	<p>Boscawen Park and Sunny Corner 1½ to two hours either side of high tide. At Boscawen Park the slipway is silted up but there is a landing stage just to the south of the tidal barrier nearby.</p>
<p>The Upper Fal (above Tolverne) See above</p>	<p>Ruan Quay is near Ruan Lanihorne and located where the road from the NE side of the river skirts the Ruan River (OS SW894419) having crossed the Fal at Sett Bridge.</p>	<p>Nowhere to land between Tolverne and Ruan Quay which is only accessible around high tide. Great deal of mud exposed at low tide. Very isolated area, take a mobile.</p>	<p>Ruan Quay really needs to be used at high tide only as a starting or finishing point. The river drains away to leave a huge expanse of mud below as the tide drops. The Quay is only 2½ miles from Pendower beach, approx double that by road.</p>
<p>Location, Description</p>	<p>Access and Egress</p>	<p>Degree of difficulty & effect of conditions</p>	<p>Other factors</p>
<p>Falmouth Bay to Helford Safe mixed shore often rocky and backed by cliffs</p>	<p>Maenporth Beach approx 3km to the South West has already been mentioned as a suitable access point. The Helford River can be accessed at Durgan. There is a car park several hundred metres up a narrow road (below Glendurgan Gardens) but there is a footpath. Helford Passage gives access with a small car park approx 150metres above the village which fills up quickly.</p> <p>Access at the top of the Helford River from Gweek Quay where there is a boatyard with a slipway. There is a charge to launch from here. There is parking near the seal sanctuary some 300metres away by the community center. Otherwise parking is difficult. Helford village on the south side of the river is opposite Helford passage towards the entrance of the River. There is access to the water from a car park on the east side of the village (OS SW761260).</p>	<p>The outer parts of Helford River are exposed to Easterly or South Easterly winds. Lots of leisure craft in the summer – is a crowded and popular area. Dries out at low tide, there is mud but it is not as bad as in the Fal</p> <p>Helford river is a relatively safe area to paddle bearing in mind that this is a remote area should there be problems. A lot of mud exposed at low tide.</p>	<p>Beautiful Scenery. Low cliffs and rocky, reefy coastine between Maenporth and Helford river. The river is backed by low cliffs and hills near its mouth with little beaches (more on the on the north side than the south)</p> <p>Although a mobile phone could be useful here I am not sure if there is a signal right to the top of this remote valley – need to check. Gweek can be used around high tide only.</p>

<p>Helford to Porthleven via the Lizard. Mixed coastline rugged in places, beautiful deserted area lots of wildlife.</p> <p>The increasing & complex tidal flows towards the Lizard, & remoteness make this a committed piece of coastline.</p> <p>A swell/sea from the west or south west or south will ratchet up the degree of difficulty and safety requirements correspondingly.</p>	<p>Past the Helford entrance, although it is possible to get to the water at St Anthony in Meneage and Flushing, the only parking indicated on the ordinance survey map is to the north east of St Anthony (OS SW 781257), however on Google maps it appears to be used for boat storage thus cannot be relied on.</p> <p>There are car parks right by the stony beaches of Porthallow and Porthoustock. Both beaches are steep and go straight into deep water and would be a hazardous launch in a sea.</p> <p>Coverack on the other hand has a sandy beach and harbour There is parking by the B3294 just before reaching the sea front (OS SW 782185) at High water the beach disappears leaving rocks, but the harbour has a slipway where boats can be dropped off.</p> <p>There is a car park near the beach at Kennack Sands a sandy beach which also takes surf easily. With regard to Cadgwith, the carry to large car parks some 1km east of the beach is very hard work, and so long as you avoid regatta day in September it will probably be possible to drop the boats off and then park etc. The village gets very crowded in the summer. It is possible to park near the Lizard off Lighthouse Road approx 500 metres from the sea by the old lifeboat station but access here is not recommended as the area is exposed and success is dependent on conditions and the state of the tide. The National Trust car park is too far from Kynance Cove to make this a feasible access</p>	<p>The entrance to Helford River round to the Lizard is exposed to winds from the East to the South. As you get nearer to the Lizard past the Manacles - particularly Black Head (where there is also a 3 knot tide race) a refracted swell from the South West, and nearer the Lizard, from the West, will be increasingly felt if they are running.</p> <p>The tidal flows around the Manacles and the Lizard area are strong, particularly the latter where there is a notorious race. See next column for details.</p> <p>There is little shelter to rely on in this area from Black Head onwards. There is no safe landing place between Kynance Cove (unusable on a big swell) and Mullion Cove, some 4 nautical miles of exposed coast line of steep cliffs.</p> <p>No may be stopping places between Mullion and Porthleven (the author has not explored Fishing cove below Gunwalloe which appears a possibility).</p> <p>Loe Bar has a dangerous reputation due to its steepness and dumping waves – many people have drowned here, including the shipwrecked.</p>	<p>The tidal diamond on the Manacles (Imray chart C7) shows the tide flowing <u>to</u> the South West at 6 hours before HW Devonport (1 knot springs), turning in the next hour to flow <u>to</u> the north 4 hours before HW Devonport (1knot springs), flowing <u>to</u> the North East for the next 4hours (peaking at 1.5kn springs), decreasing then turning to flow <u>to</u> the southwest between 2 and 3hours after HW Devonport peaking at 1.7 knots springs at 4 hours after HW Devonport.</p> <p>With regard to the tidal situation at the Lizard <u>inshore</u> flows only are indicated here – as described in the Reeds PBO Small Craft Almanac: “Inshore the E-going Channel Flood, 2kn max @ springs, begins at HW Dover +0145”...”the W-going Channel ebb, 3kn @ springs, begins at HW Dover –0240”. (If HW Dover tide tables unavailable; HW Dover is generally just under 5¼ hours after HW Devonport - this varies slightly with each tide).</p> <p>The problem with a swell on a sheer coast like this is not just difficulties in landing but also in the reflected sea off the rocks, which can be very confused, particularly in conjunction with a fast flowing tide.</p>
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	<p>point, but it does have a good café for a stopping place. If there is a swell running landing a kayak here would be a major hazard to the large number of swimmers found on this beach (also applies to Poldhu & Church Cove).</p> <p>Mullion harbour is a safe place to land, but there is no parking nearby. Poldhu or Church Cove, both which have parking within 200m of the beach are best, so long as there is no swell running. Without a swell and if the tide is in Poldhu (OS SW 668200) is the shortest carry. Church Cove (OS SW 659209) takes less swell and is National Trust, but both beaches have a dangerous reputation for swimming. Access at Porthleven is via the harbour slipway but there is no parking nearby. Best to drop the boat off and use the car park 500m to the North West on the Penzance road or find a place to park by the Helston Road to the North East of the town centre. The car park by the harbour is for the local supermarket.</p>		
Location, Description	Access and Egress	Degree of difficulty & effect of conditions	Other factors
<p>Porthleven to Penzance</p> <p>An attractive and varied coastline which becomes safer towards Penzance.</p> <p>Striking and attractive rock formations</p>	<p>Past Porthleven Porthcew Beach below Risney is a potential place to land for a break but will be open to a large swell and there is little beach at high tide. It is backed by cliffs and access here is not a realistic option for this reason.</p> <p>Praa Sands is a well known surf spot. There is less of a wave to the far west at Sydney cove and there is a car park near the beach.</p> <p>Prussia Cove, although good for a sheltered break (unless</p>	<p>The coast is exposed to a south westerly swell which when big will affect the whole of the coast. Also very exposed to easterly and south easterly winds.</p> <p>The effect of the swell lessens towards Penzance particularly past Marazion. There are not any strong tidal flows on this part of the coast.</p>	<p>Swell waves break powerfully on the reefs to the West of Porthleven. This can catch the paddler unaware when there are long periods between sets.</p> <p>Engine houses look good on cliffs to the west of Porthleven.</p> <p>There is a canoeing school in Porthleven.</p>

<p>in the cliffs near Risney.</p>	<p>the sea is coming from the East/South East) is too far from the car park for feasible access.</p> <p>Perran Sands below Perranuthoe is a good surfing beach also suitable to access the water as there is a small car park (OS SW 539293) not far above, which fills quickly in the summer.</p> <p>There are car parks in the center of Marazion (Cross Street) right by the beach that fill quickly giving access to the beaches opposite the Mount. There are two large car parks (OS SW 513310) and (OS SW 508313) to the West of the village right by the beach, with roadside parking between. There is another at Long Rock, crossing the railway line to get there, again right by the beach (OS SW 497313). There is a large car park by Penzance Harbour at the North end of the town by the station and a slipway into the harbour. Penzance Canoe Club is located on the adjacent (Albert) Pier.</p>		
<p>Penzance to Sennen. A more demanding and committing coast particularly past Lamorna, backed by cliffs past Mousehole. Increasingly strong tides once past Tater du light peaking around</p>	<p>There are beaches below the seafront at Penzance (Western Promenade Rd) which disappear at the north eastern end towards the swimming pool, at high tide. There are small car parks and road side parking throughout this area which fill early in the summer.</p> <p>There is not much parking in Newlyn and as it is a busy fishing port access is not recommended in the harbour even though it is possible.</p> <p>There is some waste ground (OS SW 467282) just past the village from which it is possible to access the small beach below and park, but the author</p>	<p>The coast from Penzance to Mousehole, apparently sheltered is in fact exposed to the wind or swell from the North east to south west.</p> <p>There is nowhere to access or egress between Mousehole and Lamorna.</p> <p>The beach at Lamorna is of large round stones between which it is easy to twist an ankle whilst carrying a kayak. Any kind of sea or swell renders landing or setting off from here</p>	<p>Newlyn has a brilliant chippy just by the bridge over the river.</p> <p>The beach just past Newlyn (OS SW 467282) is littered with sharp debris from the sea wall nearby.</p> <p>Mousehole harbour is a nice place to paddle to from Penzance for a cup of tea.</p> <p>Tidal information for the exposed tip of Penwith: "North Bound. At high water Dover (HWD)+1 the N-going flood starts of Gwennap and does not turn NE along the N Cornish coast until</p>

<p>Lands End on the ebb.</p>	<p>has no knowledge of the legality of this.</p> <p>The road to Mousehole from Newlyn, hugs the coast most of the way and there are plenty of roadside parking bays. It is possible to access the sea from these but the carry downs are down rough paths and at high tide a seal launch from the rocks would be necessary – not recommended if there are alternatives.</p> <p>There is not much parking in Mousehole, What there is is to the north of the village off the road from Newlyn (not clear how easy access would be to the rocks below), or just above the north arm of the harbour- access of which would be difficult through the narrow winding village streets.</p> <p>There is a small car park by the quay at Lamorna.</p> <p>Penberth is a small fishing cove with access to the sea but no parking.</p> <p>Porthcurno is a fine sandy beach which would dump at high tide. There is a decent sized car park at the South end of the village, approx 500m from the beach.</p> <p>There is a car park approx 200m above the small beach at Porthgwarra.</p> <p>Sennen Cove has a large car park above the beach at the bottom of the hill. It is often more convenient to access and egress by the lifeboat station where, although there is no parking it would be possible to drop of and pick up boats.</p>	<p>difficult.</p> <p>The coast becomes correspondingly even more exposed towards Lands End when the paddler would also be exposed to a northerly or north easterly wind and swell. Beaches are rare, this is mostly a coastline of rocks and or cliffs, but never the less rewarding to paddle.</p> <p>Due to the powerful, complex tidal flows, exposed coastline with few landing places, it is recommended that you paddle in the vicinity of Lands End in a group, preferable with an experienced instructor who knows the area well. This is an area for experienced capable paddlers.</p> <p>Once past Porthcurno there is nowhere to land (other than the possibility of Nanjizal in an emergency) until Sennen.</p>	<p>HWD+3. But as early as HWD-3 and inshore current is beginning to set north. Utilize this by arriving at Runnel Stone at HWD-2 and keeping within ½ mile of the shore”...”the tide and current should serve for the next 6 or 7 hours...”</p> <p>“South Bound. If south bound from St Ives to Newlyn, aim to reach the Runnel Stone by HWD+5 ie with 2hrs of E-going tide in hand for the remaining 9M to Newlyn. To achieve this 20M passage, leave St Ives 5hours earlier ie at HWD. Buck a foul tide for the first 3 hours, then use the S-going inshore current”.</p>
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