

<p><b>Walk no:-</b> <b>SGW10</b></p> <p><b>Walk name</b> Falmouth Beaches</p> <p><b>Grid ref start point</b> 790 297</p> <p><b>Grid ref finish point</b> 808 316</p>	<p><b>Distance</b> <b>Miles/kms</b></p> <p>3 miles (5 kms)</p>	<p><b><u>Degree of difficulty -</u></b></p> <p>Easy</p> <p><b><u>Circular or linear</u></b></p> <p>Linear</p> <p><b><u>OS Explorer Map Number</u></b></p> <p>103</p>	<p><b><u>Terrain</u></b></p> <p>3 beaches and some headlands in between. All on hardcore track and coast path.</p>
<p><b>Brief description highlighting character of the walk</b></p> <p>Three popular beaches offering different services and surfaces. Maenporth is more of a family beach with Swanpool for activities like kayaking with the Swanpool Nature Reserves behind it. Gyllyngvase is great for rock pooling with a long beach area. All 3 beaches have refreshment facilities.</p>			
<p><b>Public transport information</b></p> <p>Bus from Falmouth is the 500.</p>			
<p><b>Nearest Toilets and Nearest Disabled Toilets</b></p> <p>Public toilets at all three beaches</p>			
<p><b>Nearest Car parks and Nearest Car Parks with disabled provision</b></p> <p>Car parks at all beaches.</p>			
<p><b>Nearest refreshments</b></p> <p>On all three beaches there are café's and the Cove Restaurant at Maenporth with the Gylly café and St Michael's hotel at Gyllyngvase Beach.</p>			
<p><b>Further information</b></p> <p>1. TIC's in Falmouth on Prince of Wales Pier TR11 3DF 0905 3254534, St Mawes at the Square 01326 270440 and in Truro Boscawen Street TR1 2NE 01872 274 766 .</p>			



### Detailed description highlighting character of the walk and what to look for.

Take the bus out to Maenporth and start your walk back to Falmouth. By picking your times to match low tide there will be more chance of rock pooling. High tide for easier access to swimming and kayaking.



Starting from the Maenporth beach it is worth exploring the beach and especially at low tide where small caves are accessible. One can safely rock pool here but be aware that with the beach at your back there is a strong current out to the right at very low tide. Around the corner to the left is the 1978 wreck of the fishing vessel the Ben Asdale, which foundered in a blizzard with the loss of 3 lives whilst 11 were saved.

Follow the path behind the Beach café uphill. There are great views of the Helford River and the Lizard Peninsula. Keep an eye out for basking sharks and seals up here. Eventually after 30 minutes one gets to a view of Swanpool. There is a monument to the Home guard who played an important part in the war effort. Falmouth is also in view as is the whole of Swanpool Nature Reserve.

Swanpool is a special place and worth walking around. It is one of only 11 brackish lagoons in Britain and was cut off from the sea by a shingle bar around the time of the last ice age. It is also the only home in Britain to the Trembling Sea Mat, which is a collection of tiny primitive animals 1-2mm in size that cling together and filter feed. Birds found here in numbers include the Tufted duck, Moorhen, Mallards, Coot and the ubiquitous Swan.

Falmouth is only a 15 minutes stroll from here. Go to the end of the beach to find the coast path which leads on to Gyllyngvase Beach. At low tide rock pooling at its best is found all along the Falmouth sea front.

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