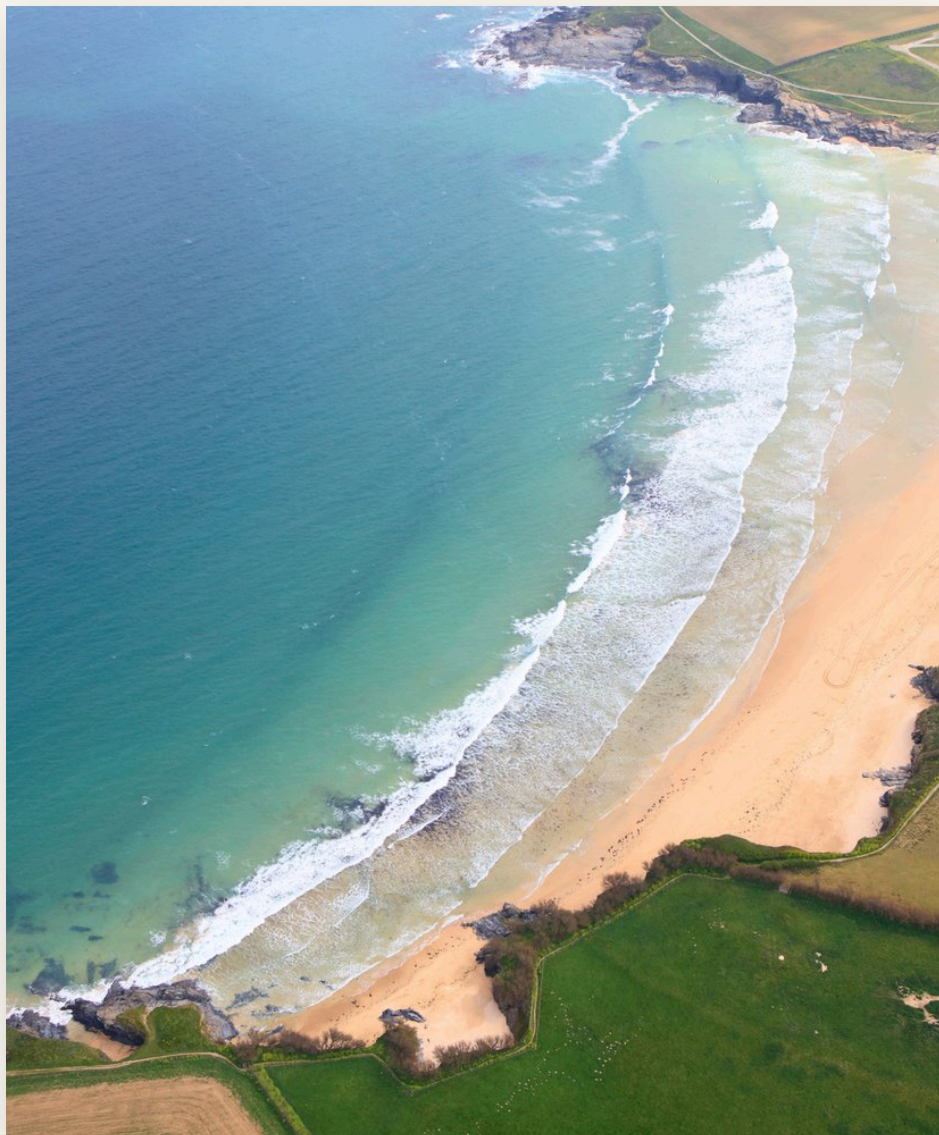




BEACH GUIDE

EST. 2022 · PADSTOW

INSIDER'S GUIDE



The Local's Guide to Cornwall's Beaches

Fifteen of our favourite stretches of Cornish coast — the secluded, the wild, the family-friendly and the dog-loved.

Curated by the founders of Skylark House Padstow

skylarkhousepadstow.com | [@skylarkhouse_padstow](https://www.instagram.com/skylarkhouse_padstow)



WELCOME

Cornwall's coast is the reason we swapped London for Padstow. From hidden tidal coves to wide surf beaches and dog-loved dunes, this is where we send every guest first. We've gathered *fifteen of our favourites* — grouped by the kind of day you're after — so you can find the right patch of sand for the mood.

01 Secluded Beaches

Wild, quiet and worth the walk.

02 Surf Beaches

Catch your first Atlantic wave.

03 Family-Friendly

Calm water, cafés and easy parking.

04 Iconic Beaches

The postcard views of Cornwall.

05 Dog-Friendly

Where pups run free, year-round.



Before You Go

Check the tide times and pack for all weather.

A GENTLE NOTE — many of these beaches have no facilities and are best at low tide. Always check tide times before you set off, take your litter home, and respect Cornwall's unspoilt beauty and native wildlife. Leave no trace.

COLLECTION 01

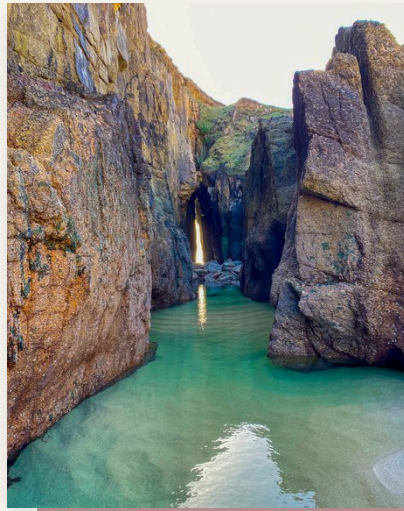
Secluded Beaches

Escape the crowds. Best explored at low tide, these wild spots have little in the way of facilities — just space, silence and extraordinary water.



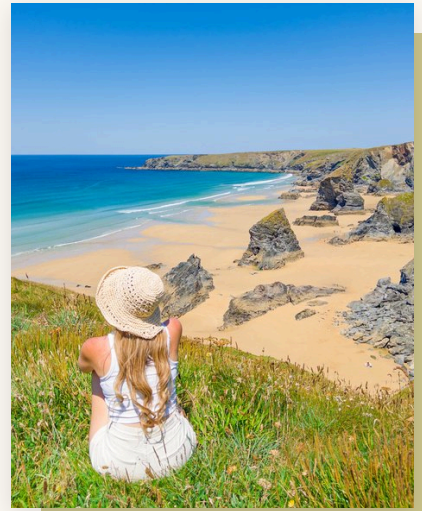
PEDN VOUNDER

A tidal sandbar of impossibly turquoise water beneath Treryn Dinas. A steep scramble down and no facilities — arrive on a falling tide and have paradise to yourself.



NANJIZAL BAY

The ‘Song of the Sea’ arch and a jade tidal pool, reached on foot from Land’s End. Wild, quiet and worth every step of the walk.



BEDRUTHAN STEPS

Giant sea stacks marching along a dramatic strand. The beach stair can close for rockfall — the clifftop walk is glorious regardless.

LOW-TIDE TREASURES

Immerse yourself in the natural beauty of Cornwall’s most secluded beaches. These spots reward the effort — go prepared, go early, and take everything home with you.

Surf Beaches

Catch your first wave. Cornwall's iconic surf beaches come with schools, board hire and lifeguards on patrol through the busy season.



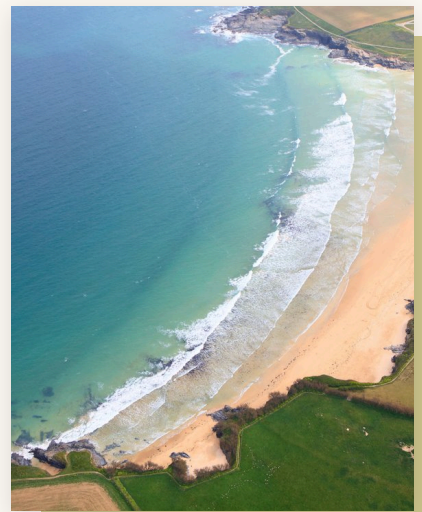
FISTRAL BEACH

Cornwall's most famous break. Consistent Atlantic swell, surf schools and seasonal lifeguards — the place to learn or to watch the pros.



PERRANPORTH

Three miles of golden sand with a bar right on the beach. Forgiving waves, room to roam, and Chapel Rock to swim around at low tide.



HARLYN BAY

Sheltered, dog-friendly year-round and a local favourite of ours. Gentle surf, space for a BBQ, and a short drive from the house.

WAVES FOR EVERYONE

From first-timers to seasoned surfers, these beaches deliver. We recommend The Pit Surf Shop, who deliver wetsuits and boards to your door — and know exactly where the waves will be.

Family-Friendly

Calm water and everything to hand — cafés, toilets, parking and gentle sand for a hassle-free day with the little ones.



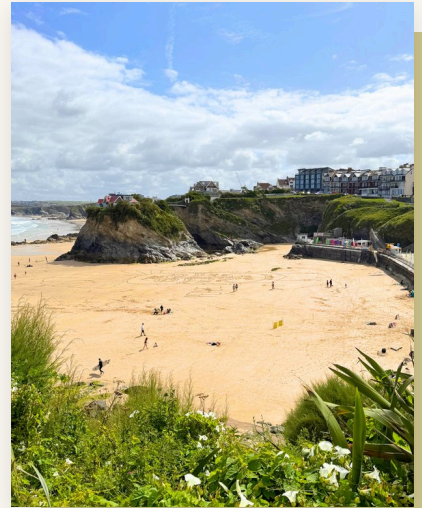
TOWAN BEACH

Calm, golden and right in the heart of Newquay — with cafés, toilets and parking on the doorstep. Bucket-and-spade heaven.



WATERGATE BAY

Two miles of sand backed by cafés and watersports. Space at any tide, lifeguards in season, and a beach for every energy level.



PORTHMEOR BEACH

St Ives' town beach — soft sand, gentle surf and the Tate a moment away. Easy days by the sea with everything close by.

EASY DAYS BY THE SEA

Calm waters and plenty of facilities make these beaches perfect for a relaxed day with the family. Remember your bucket and spade — and a flask for the grown-ups.

Iconic Beaches

No trip to Cornwall is complete without one of these — dramatic cliffs, turquoise water and sand that earns every postcard.



KYNANCE COVE

Serpentine stacks and white sand on the Lizard. Perhaps Cornwall's most photographed cove — go early and stay for the café.



MOTHER IVEY'S BAY

A protected sweep beside the Padstow lifeboat station. Sheltered swimming, frequent seals, and a short walk from Enid's ice cream.



PORTHCURNO

Emerald water below the Minack Theatre. Steep green cliffs and dazzling sand — the view that made West Cornwall famous.

THE POSTCARD VIEWS

Each showcases the very best of Cornwall's coastline — from dramatic cliffs and turquoise water to golden sand and unique rock formations. Bring a camera; you'll want it.

Dog-Friendly

Cornwall is paradise for dogs. These beaches welcome pups year-round — from long coastal walks to lazy afternoons by the sea.



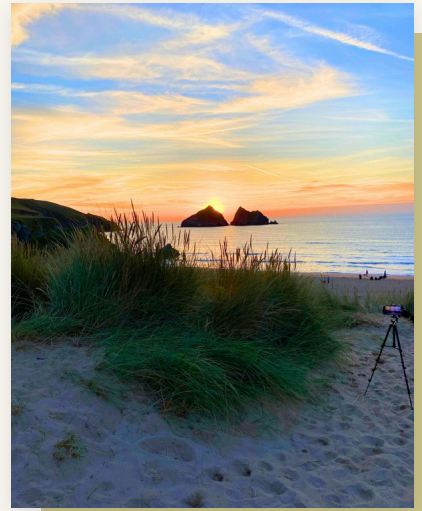
CRANTOCK BEACH

Dunes, a tidal river and the Gannel to explore. Dogs run free year-round — a proper coastal walk with a beach at the end.



BAMALUZ BEACH

A tucked-away St Ives cove where dogs are welcome all year. Small, sandy and sheltered — a genuine local secret.



HOLYWELL BAY

Vast sand, the Gull Rocks offshore and dunes made for sunset. Dog-friendly year-round and endlessly cinematic.

WHERE PUPS RUN FREE

Whether you're after a long coastal walk or a relaxed day by the sea, these dog-friendly spots welcome your furry companion all year. Skylark House is dog-friendly too — bring them along.



SKYLARK HOUSE PADSTOW

Want to experience it for yourself?

A premium, dog-friendly Victorian townhouse moments from the harbour — with a sauna, cold plunge and outdoor shower for slow mornings and salty afternoons. Self check-in, so your holiday starts the moment you arrive.



@SKYLARKHOUSE_PADSTOW

Enquire about your stay
skylarkhousepadstow@gmail.com

Leave no trace ♥