



COCKLES FARM

Moor to Sea!

## Discovery Adventure Green Travel Trip: 18

Whitsand Bay where the locals go but visitors don't know! Tregantle, Tregonhawke and Freathy beaches. Over three miles of stunning sand from Rame Head to Portwrinkle and considered one of Cornwall's hidden gems!



Tregantle, Tregonhawke and Freathy beaches at Whitsand Bay are excellent, but naturally, quite busy during the peak summer season. There is also quite a climb down the cliffs but it is worth it!

*Numerous Luncheon venues*

*Suitable for children 5yo +*

### Duration

Enjoy a full day.

### Itinerary

1. Take the train eastbound from Saltash Station to Plymouth North Road station and walk down Armada Way to the Royal Parade Bus stops in the City Centre.
2. Alternatively catch one of the numerous buses from the bottom of Saltash Fore St. to Royal Parade in the City Centre.
3. From the City Centre, catch Bus No.34 from bus stop A2 on the south side of Royal Parade to the Cremyl Ferry. Catch the ferry across to Mt. Edgcumbe Country Park.
4. Catch bus no. 70.70A or &70B to Whitsand Bay
5. Return by bus, ferry and bus to Royal Parade and then by bus or train to Saltash.

### Food and Drink stops

- Best to take a picnic.

- The View Restaurant <https://www.theview-restaurant.co.uk/index.php>
- The Eddystone Beach Café, Tregonhawke Beach  
<https://www.facebook.com/pg/EddystoneCafe/about/>

Map Ordnance Survey Landranger 201

### Tips

- Beaches can be dangerous and if you are unfamiliar with the area it is important that you go to the areas where there is a Lifeguard presence. Take plenty of sun-tan lotion.
- Keep an eye on the children if they are rock pooling and keep away from the foot of the cliffs to make sure you are clear in case of cliff falls.
- Limited toilet facilities, but available at the Eddystone Café for customers.



### Links

National Rail Enquiries. <https://www.nationalrail.co.uk/>

Cornwall Bus Timetable (Bus nos. 70, 70A & 70B) <https://www.transportforcornwall.co.uk/timetables/>

Plymouth City Buses (Bus No. 34) <https://www.plymouthbus.co.uk/journey-planner/network-map/>

[https://assets.goaheadbus.com/media/cms\\_page\\_media/1117/AW2%20130818%20AH%2018-5047%20SHOP%20MAP%20\[SEPT%202018\]%203500x2700mm.pdf](https://assets.goaheadbus.com/media/cms_page_media/1117/AW2%20130818%20AH%2018-5047%20SHOP%20MAP%20[SEPT%202018]%203500x2700mm.pdf)

Tregantle Beach <http://cornwallbeaches.org.uk/South-Coast-East-Cornwall/Long-Sands-Tregantle-Beach.pdf>

Lifeguards <https://rnli.org/find-my-nearest/lifeguarded-beaches/tregantle-beach>

### Footnote

**The following beaches are not easily accessible without car travel, but we won't tell if you don't.**

Lansallos Cove, Lantic Bay, Mothecombe, Bantham, Bigbury, Blackpool Sands, Mawgan Porth, Trenance, Salcombe

Cornwall Beach Guide <http://www.cornwallbeachguide.co.uk/index.html> see South East, Mid and North Cornwall.

Devon Beach Guide <http://www.devonbeachguide.co.uk/index.html> See West and South Devon.