

## Newquay



- Description: Newquay has a world wide reputation for surfing and comprises four beaches - Towan Beach, Great Western Beach, Tolcarne Beach and Lusty Glaze and there is also some sand in the harbour. At low tide a huge expanse of sand is formed from the harbour entrance to Lusty Glaze. The beaches are ideal for families and surfers and there are excellent facilities, though Newquay does get very busy in the summer. To the west of the town there is also Fistral Beach which is treated separately in this guide
- Safety: Warning signs warn of strong undercurrents, large breaking waves and risk of rock falls. There is also a risk of getting cut off at high tide. There are seasonal lifeguard services on Towan, Tolcarne and Lusty Glaze beaches
- Access: Most of the larger car parks at Newquay are some distance from the beach. The only large car park close to the beach is on the cliffs above Lusty Glaze. There is a steep sloping road down to Newquay harbour and a very small car park in the harbour. There is a sloping road down to Towan Beach and Great Western Beach but no car parking. At Tolcarne Beach there is a steep sloping path down to the beach and also steep steps behind the beach. There are steep steps down to Lusty Glaze. Update March 2016, after repairs, the access road to Great Western Beach will be opened for pedestrians at Easter 2016
- Dogs: Dogs allowed all year in the harbour and on Towan and Great Western beaches. At Tolcarne Beach dogs are banned from 1st April to 30th November. At Lusty Glaze Beach, dogs are banned from Whitsun (around the end of May) to 2nd September during the day between 8am and 7pm. Note that the steps down to Lusty Glaze are closed at 11pm each night

- Directions: Newquay is 50 miles from Plymouth and 81 miles from Exeter. Take the A30 from Exeter or from Plymouth take the A38 to Bodmin and turn onto the A30 just before Bodmin. From the A30 there are various routes to Newquay depending on where you intend to park. One option for parking is to park at Lusty Glaze (at the west of Newquay) and then walk along the sea front. To park at Lusty Glaze, on the A30 near Indian Queens turn onto the A39 at the Highgate Hill roundabout. Proceed on the A39 north until the next roundabout then take the 2nd left (signposted to Newquay) onto the A392. Follow the A392 to Quintrell Downs. At the roundabout in Quintrell Downs, turn right onto the A3058 and follow this road to the west of Newquay. In Newquay go straight across at the double roundabout, then turn right where signposted to Lusty Glaze Beach. Follow this road to the Lusty Glaze Beach car park. Alternatively, to park at the east of Newquay, go straight across at the Quintrell Downs roundabout. Approaching the outskirts of Newquay, cross one roundabout and then turn right at the next roundabout to remain on the A392 (signposted to Pentire and Fistral Beach). Continue on the A392, go across at the Mellanvrane roundabout (again signposted to Fistral Beach). Follow the A392 until the Mount Wise roundabout and go straight across onto Higher Tower Road which becomes Tower Road and there are car parks on the left along Tower Road. At the end of Tower Road, there is a mini-roundabout. Turn right here for the harbour and Towan Beach car park. You can also turn right at the Mount Wise roundabout and there are car parks along here. Note that there are a number on one way systems in operation in Newquay
- Parking: Plenty of car parks at Newquay, the closest large car park to the beaches is above Lusty Glaze
- Toilets: There are toilets by Towan, Great Western, Tolcarne and Lusty Glaze beaches. Also toilets in Newquay harbour
- Facilities: Shops, cafés, restaurants, hotels, amusement arcades in Newquay. Sand Chair hire for the disabled at Towan beach, phone Blue Reef Aquarium on (01637) 878134
- Activities: Surfing

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