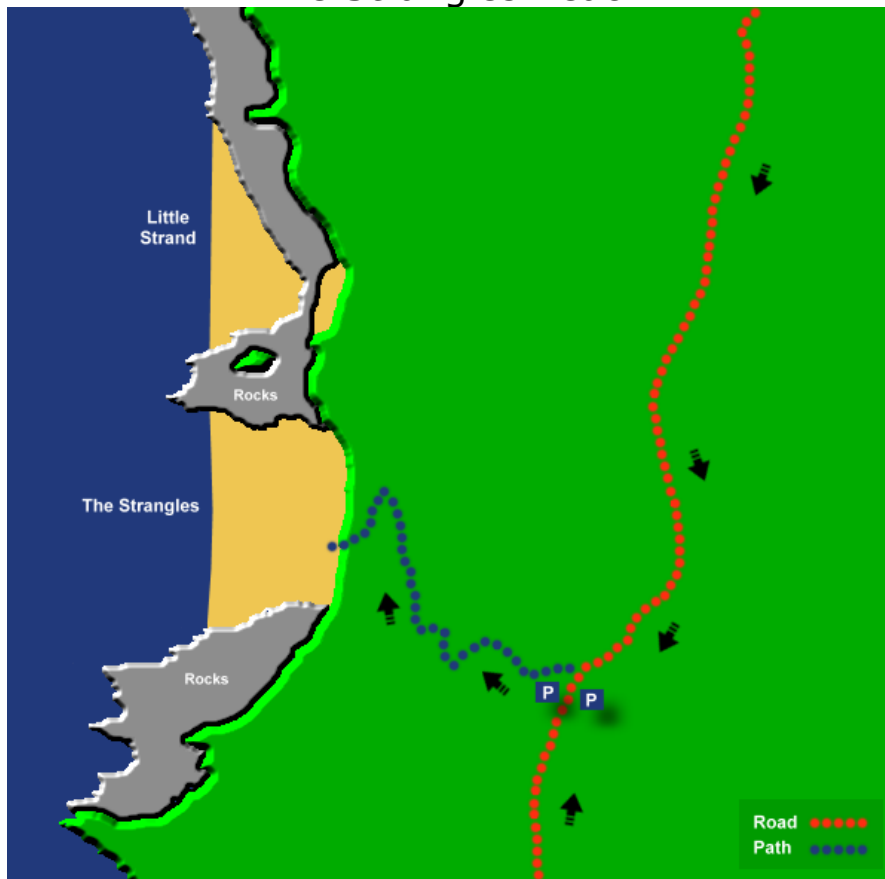


## The Strangles Beach



- Description: The Strangles Beach is a large sandy beach with plenty of sand at low tide. The beach is quiet even in summer due to a difficult climb down to the beach. There are no facilities at The Strangles Beach. Climbing over the rocks at the north of the beach, there is another sandy beach called Little Strand
- Safety: Swimming is unsafe. The route down to the beach includes a narrow path with unprotected sheer drops and may be slippery after wet weather
- Access: There is a path from the car park down to the cliff top, taking about 20 to 30 minutes to walk and is steep in places. From the cliff top there is a very narrow path down the cliff face where there is an unprotected sheer drop to the beach
- Dogs: Dogs allowed all year
- Directions: The Strangles Beach is south of Crackington Haven which is approx 21 miles from Wadebridge. Take the A39 from Wadebridge or Camelford. Follow the A39 north and turn left at Wainhouse Corner. Follow this road to Crackington Haven and drive through Crackington Haven and continue on this road south for about 1 mile until the layby car park. Park here and take a footpath to the beach
- Parking: 1 small layby car park and there is also a field used for overflow parking
- Toilets: No
- Facilities: None
- Activities: None

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