

## Seaton



- Description: Seaton Beach is a spacious grey sand beach popular with families. All facilities are close by and there is a nice green behind the beach and there are also pleasant walks in the Seaton Valley Countryside Park. Note that the Seaton car parks can get full on hot summer days. At low tide the beach stretches all the way from Seaton Beach to Downderry Beach
- Safety: Signs warn of strong undercurrents, large breaking waves, submerged rocks and not to use inflatables. It's possible to walk along the Seaton sea wall, but council signs warn that the wall is not a public highway, the surface is uneven and there is a risk of the sea breaking over the wall at high tide
- Access: Access to Seaton Beach is level from the road. The walk from the car parks to the beach is level
- Dogs: Dogs allowed all year
- Directions: Seaton is 18 miles from Plymouth. Take the A38 from Plymouth over the Tamar Bridge into South East Cornwall. At Trelurefoot, turn onto the A374 (signposted to Looe). After about a mile turn right onto the A387 (signposted for Looe, Seaton and Downderry). Follow the A387 to Hessenford and at Hessenford turn left (signposted to Seaton and Downderry) and follow the road down the Seaton Valley towards Seaton
- Parking: 2 car parks at Seaton and there is also limited road parking by Seaton Beach
- Toilets: Yes
- Facilities: Cafés, beach shop
- Activities: Surfing, walking in the Seaton Valley Countryside Park

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