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Lifeboats

LAND'S END

Cornwall

Cornwall's secret world

of play and trains

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QUARRYNAIL

THE AQUAPARK

MAKE A SPLASH AT THE AQUAPARK

QUARRYNAIL

NHS Cornwall and Isles of Scilly

Forgotten your prescription?

Your own GP surgery can help, and with anything non-urgent.

A local pharmacy can also help with emergency supplies of most medicines.

Scan for more NHS holiday health advice:

Summer 2025

- Wellies ✓
- Umbrellas ✓
- Medicines ✓
- Bucket & spade ✓

CORNWALL

APP FOR

It's ALL on the APP

WHERE TO GO, WHAT TO DO, EVENTS

DISCOUNT VOUCHERS

PICK UP YOUR 2025 Guide

CORNWALL

DISCOUNT VOUCHERS

SAVE EEE'S

FOR ONE AND ALL 2025

WORKING WITH THE RNLI & NHS TO KEEP YOU SAFE

NHS Lifeboats

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CORNWALL MAP

A detailed map showing places of interest in Cornwall

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Photo: Portcurno Beach

A SELECTION OF BEACH LOCATIONS

Believed to be correct at time of print. Certain beaches have seasonal restrictions, for more information please visit www.visitcornwall.com/beaches

- Sandymouth Bay EX23 9HH
- Northcott Mouth EX23 9ED
- Crooklets Beach EX23 8NF
- Summerleaze Beach EX23 8NH
- Widemouth Bay EX23 8AW
- Crackington Haven EX23 0UG
- Trebarth Strand PL34 0RH
- Polzeath PL27 6UE
- Dagmar Bay PL27 6SA
- Rock PL27 6LD
- Trevone Bay PL28 80T
- Harlyn Bay PL28 858
- Treyarnon Bay PL28 8JJ
- Portlithon Bay PL28 8LR
- Mawgan Porth TR8 4BL
- Watergate Bay TR8 4BA
- Porth Beach TR7 3NH
- Lusty Glaze TR7 3AE
- Tolcarne Beach TR7 2ON
- Great Western Beach TR7 2KE
- Towan Beach TR7 1DU
- Fistral Beach TR7 1HY
- Crantock Beach TR8 5SN
- Porth John (Polly John) TR8 5SE
- Holywell Bay TR8 5PG
- Perranporth TR8 0ND
- Perranporth TR8 0HS
- Chapel Porth TR8 0NS
- Portlithon TR8 4AW
- Portreath TR8 4AN
- Godrevy Beach TR8 2ED
- Guiltinan Towns TR8 5BT
- Hayle Towns TR8 2AF
- Portkildney TR8 30A
- Carbis Bay TR8 2NW
- Portminster TR8 2EB
- Harbour Sand TR8 2LP
- Portlithon TR8 2NR
- Gwenver TR8 788
- Sennen Cove TR8 70Z
- Nanjizel TR8 7AA
- Portpharria TR8 6JH
- Portchapel TR8 6J5
- Portcurne TR8 6JH
- Pada Vounder/Treen TR8 6LF
- Penzance Promenade TR8 4HH
- Longrock TR8 9TT
- Marazion TR8 0ED
- Perranuthnoe Beach TR8 2NE
- Praa Sands TR8 9TB
- Rinsey Cove TR8 9SD
- Portleven Beach TR8 9EL
- Church Cove Gennowall TR8 70E
- Poldhu Cove TR8 7JH
- Mullion Cove TR8 7EU
- Kynance Cove TR8 7FJ
- Housel Bay TR8 7NU
- Cadwith Cove TR8 7JX
- Kennack Sands TR8 7LT
- Coverack TR8 6TF
- Portlithon TR8 6TF
- Maneporth TR8 6NH
- Swanpool TR8 58G
- Gylingvase Beach TR8 4PA
- Castle Beach TR8 4ND
- Tavern Beach TR8 5AG
- Summers Beach TR8 5AG
- Towan Beach TR8 5EX
- Portcurraun TR8 5EW
- Pendower Beach TR8 5PE
- Carne Beach TR8 5PF
- Northshore TR8 6NA
- Portlithon Cove PL26 6JH
- Vault Beach PL26 6J5
- Gorran Haven PL26 6JG
- Portmellon Beach PL26 6JH
- Pentewan PL26 6BT
- Portpean Beach PL26 6AY
- Charlestown Beach PL25 2NT
- Carlyn Bay (Crimis Beach) PL25 3RG
- Par Sands PL24 2AS
- Polkerris PL24 2TL
- Readymoney Cove PL23 1UD
- Polruan Quay Beach PL23 1P8
- Lantic Bay PL23 1NP
- Talland Bay PL23 2JA
- Looe - East Beach PL13 8HA
- Millendreath PL13 1NY
- Seaton PL13 3JD
- Downyere Beach PL13 3JY
- Portvinkle Beach PL13 3BP
- Whitsand Bay/Tregettie PL10 1UT
- Cawsand PL10 1PQ
- Kingsand PL10 1NA
- Great Bay, St. Martin's TR25 00L
- Pentle Bay, Treco TR24 000
- Porthressa, St. Mary's TR21 0NX
- Peelity Beach, St. Mary's TR21 0NX
- Old Tom Bay, St. Mary's TR21 0NH

Here are some helpful tips on what to do if you come across a seal pup on the beach.

1. Do keep your distance
2. Don't touch the pup
3. Don't put any seal back in the sea
4. Do take a good look from distance
5. Do something about it

The Cornish Seal Sanctuary is a registered charity on 01202 53132 or British Divers Marine Life Rescue on 0800 753 546. Please do not touch or handle the pup without the support of the public.

Lifeboats

*Required cover at beaches may vary by season. Please visit www.visitcornwall.com/beaches to check the dates of lifeboat cover.

CORNWALL

The Isles of Scilly lie 28 miles (45 km) South West off Land's End

Key / Places of Interest

- Lighthouse
- UNESCO World Heritage Site
- Train Station
- Airport
- Ferry
- Beach
- National Park / AONB
- Area of Outstanding Natural Beauty
- South West Coast Path
- National Cycle Paths

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