

Mill Bay



- Description: Mill Bay is a pleasant sheltered sandy beach on the east bank of Salcombe harbour. At low tide the beach stretches north to East Portlemouth beach
- Safety: No details available
- Access: There is level access from the car park to the beach
- Dogs: Dogs allowed all year
- Directions: Mill Bay beach is just below East Portlemouth village which is approximately 8 miles from Kingsbridge, which is 20 miles from Plymouth. Take the A379 from Plymouth and follow the A379 into south Devon. About a mile after Aveton Gifford, at the Bantham Cross roundabout turn left to continue on the A379 until the Palegate Cross roundabout. Alternatively approaching from the Totnes direction, take the A381 from Totnes until the Palegate Cross roundabout. At the Palegate Cross roundabout turn onto the B3264 and follow this road to Kingsbridge. Approaching Kingsbridge turn right onto the A379 and follow the A379 through Kingsbridge and out of Kingsbridge to the east. About 2 miles east of Kingsbridge at the village of Frogmore, turn right, signposted to East Portlemouth. Follow this road through South Pool and follow the sign posts to East Portlemouth. Note that on this route there are several parts that are impassable at high tide. Continue on this road past the beach at East Portlemouth to the Mill Bay car park
- Parking: 1 car park by the beach
- Toilets: Yes, in the car park
- Facilities: Café and beach shop at East Portlemouth
- Activities: None

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