

## Seacombe Sand



- Description: Seacombe Sand Beach is a nice sandy beach found on the coast path about 2 miles east of Mill Bay in South Devon. There are no facilities or toilets
- Safety: Risk of getting cut off at high tide.
- Access: Access is from the coast path which is steep in places. There is also a shorter inland route from Mill Bay to Gara Rock and a path from Gara Rock which joins up with the coast path down to Seacombe Sand
- Dogs: Dogs allowed all year
- Directions: Gara Beach is approximately 2 miles from Mill Bay beach which is approximately 9 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. At Mill Bay either take the coast path or inland route
- Parking: No parking. Park at Mill Bay
- Toilets: No
- Facilities: None
- Activities: None

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