

- Description:Thurlestone Sand is an excellent long sandy beach with rock pools to explore at the southern part of the beach, which is known as South Milton Sands
- Signs warn of strong rip currents, deeply shelving beach, large breaking waves. Also do not use inflatables when windy and do not swim in the ley or boating lane marked by buoys.
- Access: Access at the northern part of the beach is via steps and at South Milton Sands access is via short slopes from the car park.
- Dogs:Dogs allowed all year
- Directions:Thurlestone village is approximately 20 miles from Plymouth. Take the A379 from Plymouth into south Devon. About a mile after Aveton Gifford, at the Bantham Cross roundabout go straight across onto the B3197 (signposted to Salcombe). Alternatively approaching from the Totnes direction, take the A381 and A379 until you reach the Bantham Cross roundabout (shortly after Churchstow) and turn onto the B3197. After a short distance on the B3197, turn right (signposted to Thurlestone). Follow this road for several miles, then turn right at a junction and follow this road through Thurlestone village. After the golf course, turn right for the car park at the north of the beach. Alternatively to park at South Milton Sands, continue on the B3197 until it meets the A381 and turn right onto the A381. Continue on the A381 and then take a right turning for South Milton village. At South Milton take a left turning signposted to Thurlestone Rock and S.Milton Sands and follow this lane to the car park at the south end of the beach.
- Parking:1 car park at the north of the beach, 1 car park at South Milton Sands. Also at South Milton Sands, fields may be opened for parking in summer
- Toilets:Yes, at South Milton Sands
- Facilities:Beach shop at South Milton Sands
- Activities:None