

E-PROJECT - BEAUTY OF BEACHES

THE FISTRAL BEACH

Fistral Beach is in **Fistral Bay** on the [north coast](#) of [Cornwall](#), England, United Kingdom. It is situated half a mile west of [Newquay](#) at [grid reference SW 797 620](#).

The name "Fistral" is recorded as *Fistal* in 1813, coming from the [Cornish](#) *bystel* meaning "foul water, bile or gall" (compare Welsh *bustl*) probably in reference to the waves making it an unsuitable landing site.

The straight sandy beach faces west-northwest onto the [Atlantic](#) and is approximately 750 metres (2,460 ft) long. It is backed by steep [sand dunes](#) and is overlooked by the [Headland Hotel](#)



The beach is the venue for major international surfing competitions and a competition suite for judges and competitors has been built at North Fistral along with a surf museum.

The [British Surfing Association](#), [Newquay Surf Life Saving Club](#) and the [Newquay Boardrider Club](#) are all based at Fistral Beach.