

# Porthcawl



## Rest Bay Beach

### Educ8

Tredomen Gateway,  
Tredomen Business Park,  
Ystrad Mynach,  
Hengoed,  
CF82 7EH

Educ<sup>8</sup>  
GROUP

## History

Rest Bay is a golden, sandy beach on the outskirts of the town of Porthcawl, backed by The Royal Porthcawl Golf Club and low cliffs. The beach faces south-west, which means that it is not sheltered from the Atlantic winds and the waves here can be quite large, making it a good beach for surfing, as well as wind/kite surfing.

## Address

Rest Bay Beach,  
Porthcawl,  
CF36 3UW

Phone: 01656 815332

Email: [tourism@bridgend.gov.uk](mailto:tourism@bridgend.gov.uk)

Web:

<https://www.visitwales.com/attraction/beach/porthcawl-rest-bay-beach-1821303>

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## Hanes

Mae Traeth Rest Bay yn draeth euraidd, tywodlyd ar gyrion tref Porthcawl, gyda Chlwb Golf Brenhinol Porthcawl a chlogwyni isel yn gefn iddo. Mae'r traeth yn gwynebu de-orllewin, sy'n golygu nad yw'n cael ei gysgodi rhag y gwyntoedd atlantig a gall y tonnau yma fod yn eithaf mawr, gan ei wneud yn draeth da ar gyfer syrffio, yn ogystal â syrffio gwynt/barcud.

## Cyfeiriad

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