

Ssh, these beaches are a secret... nothing beats a British beach break - but finding a quiet patch is hard this summer. So here's our pick of the best, lesser-known sandy spots

- Barafundle Bay, Wales, is a sheltered curve of golden sand where you'll easily find a secluded spot
- Keep your eyes peeled for the grey seal colony and small waterfall at Mattiscombe Sands in Devon
- The gloriously isolated stretch of sand at Mellon Udrigle in the Highlands is backed by grassy dunes

By [KATE LEAHY FOR THE DAILY MAIL](#)

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The next few weeks will see huge numbers of people heading for popular beaches up and down the country — so here's our pick of Britain's best hideaways.

The list includes a sheltered curve of gorgeous golden sand in Wales, a tucked-away beach in Devon where there's a chance of spotting seals and a shingle and pebble patch near Bognor Regis with enough space to enjoy a good blast of sea air.

SCOTTISH SECLUSION



Simple pleasures: The beach at Mellon Udrigle in the Highlands - a detour off the North Coast 500 - is backed by dunes and dotted with rockpools

This gloriously isolated stretch of sand at Mellon Udrigle in the Highlands is backed by grassy dunes and bookended by rocky promontories. Views of silhouetted mountains ripple along the horizon.

To reach, take a detour off the North Coast 500. From the car park, a boardwalk leads down to a beach, which is dotted with rockpools filled with crabs and starfish. If you are lucky, the only locals you will spot are the sheep grazing.

Don't miss: There's an abundance of wildlife in the waters here, so book an excursion with Gairloch Marine Life Centre and Cruises (two-hour tour, £30, porpoise-gairloch.co.uk).

Good to know: Just across the bay is Gruinard island, used by the military in World War II to test anthrax as a possible bioweapon.