

# All About Beaches

## What Is a Beach?

Beaches are always found next to a stretch of water, such as the sea or a lake. Usually, they are composed of rock which could be in the form of sand, pebbles, gravel or shingle.

At some beaches, there is a high and low tide. This means that at certain points of the day, the sea comes further up the beach. On some beaches, at times, the sea completely covers it.

## Beach Activities

Beaches are a popular choice for both a holiday or a day trip. As you can spend a full day there, many people choose to take a picnic. Other activities include building sandcastles of all shapes and sizes as well as playing a variety of ball games. People also choose to paddle at the seashore although it can be rather chilly. Those who are feeling brave may opt to go swimming! At some beaches, you can also find rock pools. There are lots of treasures to be found, including starfish and crabs.



## Important Information

Make sure you always check high and low tide times before you visit a beach.

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## Popular UK Beaches

People have enjoyed coming to the beach for many years. Amazingly, over 200 can be found along our coastline. There are also other man-made beaches, which can be found next to lakes.

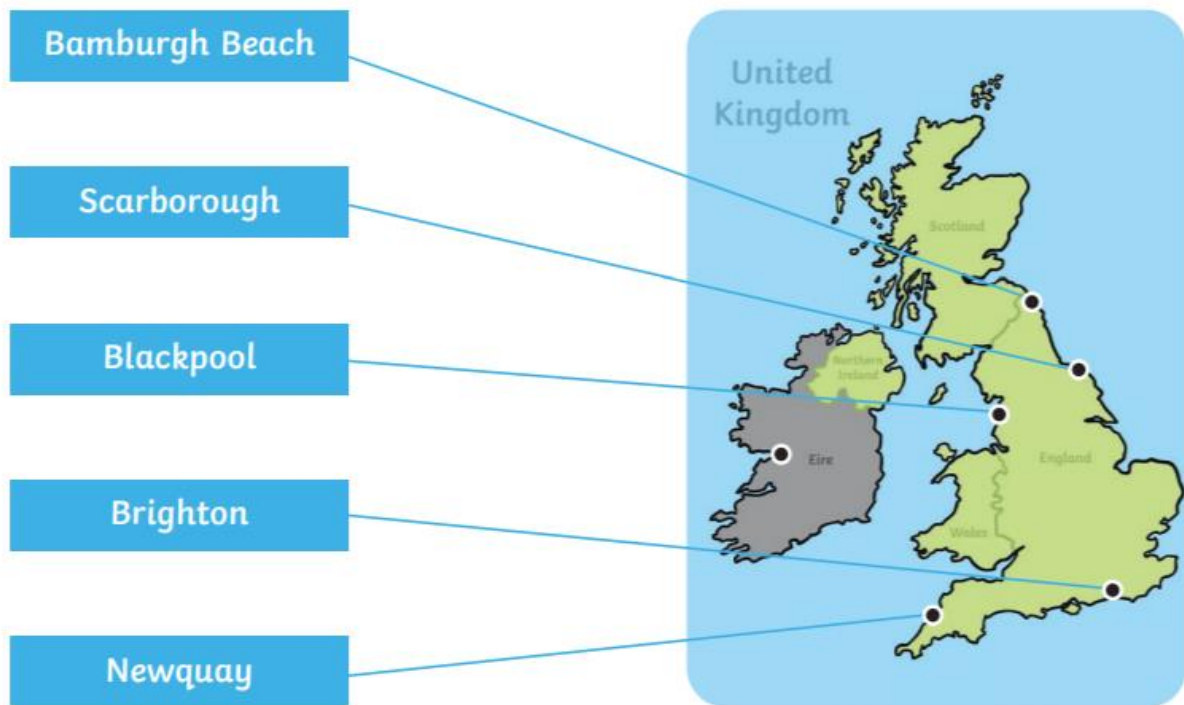
**Blackpool Beach** increased in popularity when the railway was invented.

**Scarborough** hosts two beaches, north and south, which are both very popular. The soft sands attract children and adults alike.

**Brighton** is a very popular beach in the south. It is covered in shingle and stretches for over five miles.

**Newquay** has many beaches and people travel from afar to visit.

**Bamburgh Beach** is overlooked by the castle. It is also home to many sand dunes.



# Questions

1. A beach is always by the sea. Tick one.

true

false

2. Tick one word which means the same as 'dip your feet in'.

swim

paddle

dive

3. Name two things you can do at the beach.

1. \_\_\_\_\_.

2. \_\_\_\_\_.

4. How did Blackpool beach become popular?

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5. The text states that lots of treasures can be found in rock pools. What does this mean?

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6. In your opinion, why should you check high and low tide before visiting a beach?

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