

## Day excursion to Bude

[< Go back to all day excursions from Lostwithiel](#)

	Train	75 Bus	595 Bus	595 Bus	75 Bus	Train	Train
Lostwithiel	8.00						
Bodmin Parkway	8.06	8.22					
Wadebridge		9.00	9.06				
Bude			10.40	13.09			
Wadebridge				14.49	16.00		
Bodmin Parkway					16.43	16.45	18.07
Lostwithiel						16.50	18.13

For a longer stay in Bude the strong hearted can travel on 595 bus at 15.25, arriving at Wadebridge in time for the 75 bus at 17.56, then travel on the 19.36 train from Bodmin to change at Par and return to Lostwithiel at 20.26. This involves some time waiting at bus stops and train stations!

## Things to see and do in Bude:

- Take a dip in [Bude Sea Pool](#), an outdoor tidal pool topped up twice a day by the Atlantic.
- Go surfing or walk along the golden [sandy beaches along the coast](#).
- Visit the [Heritage Centre at the Castle](#).
- Explore Bude Marshes nature reserve for a rich variety of plants and animals including otters.
- Try global street food and watch celebrity chef demonstrations at the [Bude for Food Festival](#) in September

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