

Day excursion to Padstow and Port Isaac

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Out

	Train	75 Bus	584 Bus
Lostwithiel	8.00		
Bodmin Parkway	8.06	8.22	
Wadebridge		9.00	9.15
Padstow		9.24	
Port Isaac			10.02

Return

	584 Bus	75 Bus	Train	75 Bus	Train	584 Bus	75 Bus	Train
Port Isaac	13.54					17.04		
Padstow		14.35		16.35			17.35	
Wadebridge	14.42	15.00		17.00		17.52	18.00	
Bodmin Parkway		15.36	16.44	17.36	18.06		18.36	19.36 *
Lostwithiel			16.49		18.13			20.26

* Note that a late return from Port Isaac or Padstow requires travelling to Par on the 19.36 and changing at Par for the 20.19 returning to Lostwithiel at 20.26.

Things to see and do in Padstow and Port Isaac

In Padstow:

- Hire a bike and [cycle the Camel Trail](#).
- Visit the Elizabethan manor of [Prideaux Place](#).
- Eat [Rick Stein's fish and chips](#), the Michelin starred [Paul Ainsworth at No. 6](#) or have a pasty on the harbour wall (look out for the seagulls).
- Visit the [National Lobster Hatchery](#).
- Catch the ferry to Rock for fine dining with [Nathan Outlaw](#) or a walk around the sand dunes of Daymer Bay and beautiful [St Enodoc church](#), where Sir John Betjeman is buried.
- Enjoy the rugged scenery of the [coastal path to Harlyn Bay](#).

In Port Isaac:

- See the picturesque Cornish village which was the backdrop Poldark, Doc Martin and the film Saving Grace.
- Follow the coastal path east to the Rumps (a good place to see dolphins, seals, porpoises and basking sharks) or west to Port Quin.
- Catch an outdoor performance by the shanty singers [Fishermen's Friends](#) on the Platt in the Summer.

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