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Welcome to Bude



The extensive sandy beaches and rolling Atlantic waves are just two of the many attractions this Victorian seaside town has to offer. The South West Coast Path provides access for walkers to stunning coastal scenery to the north and south of the town.

Visit www.visitbude.info for more information.

For Padstow (71 km) via coastal route follow NCN 3
For Padstow (69 km) via inland route follow NCN 304 then NCN 3



For Launceston (33 km) follow NCN 3 or NCN 304 then NCN 327 from Trelash



For La Vélodyssée and Plymouth (109 km) follow NCN 327 from Launceston then NCN 27 to Tavistock



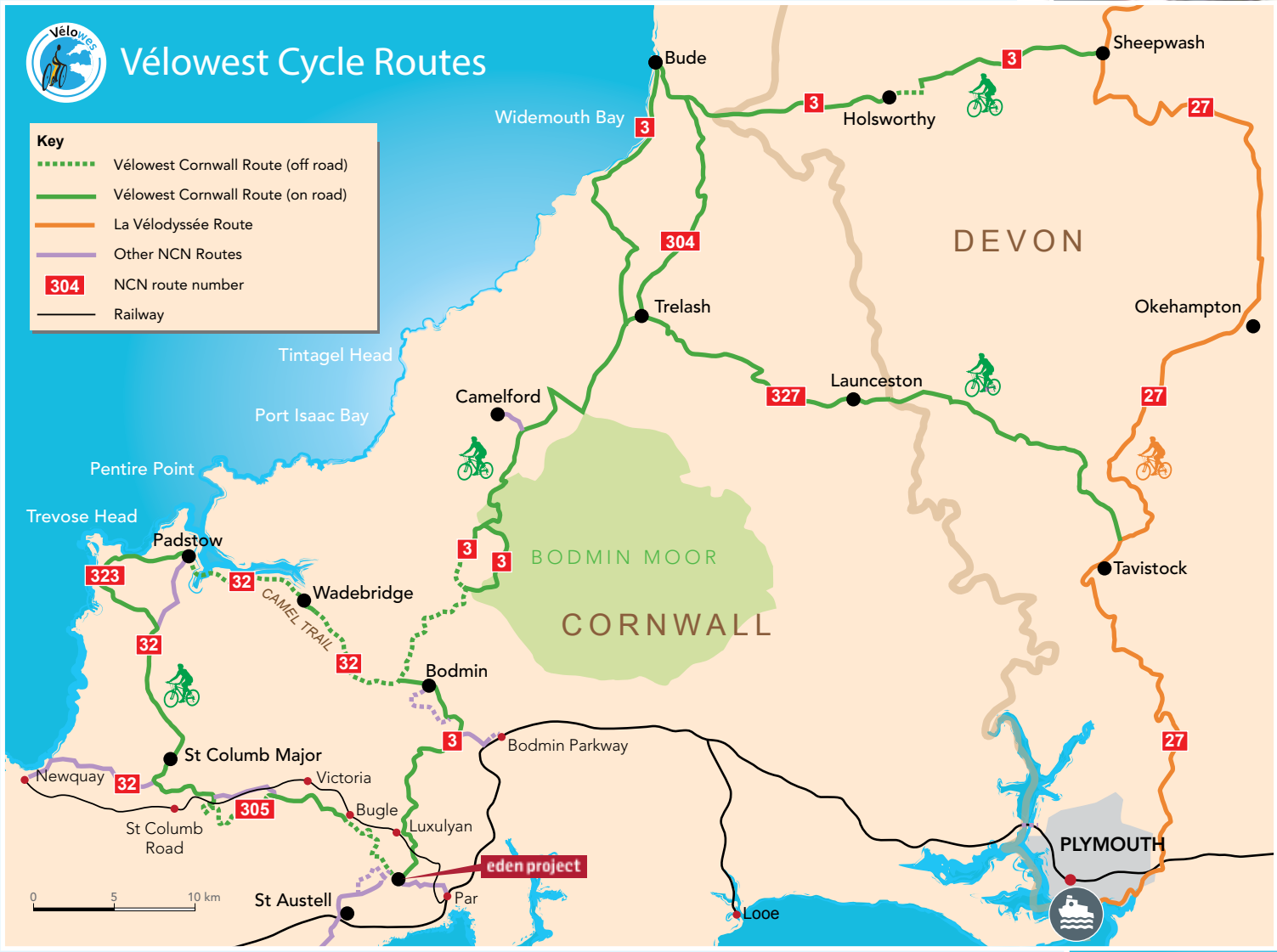
Velowest

Velowest is a way-marked cycle tour of Cornwall spurring off La Vélodyssée which takes in Bude, the wild rugged unspoilt north Cornwall coast and the spectacular northern edge of Bodmin Moor. The route continues to join the popular Camel Trail to Padstow and returns via the Eden Project and beautiful Luxulyan Valley and the ancient market towns of Bodmin, Launceston and Tavistock taking in many villages and places of interest. The full route is 250 km and is mostly on quiet roads with some off-road sections.

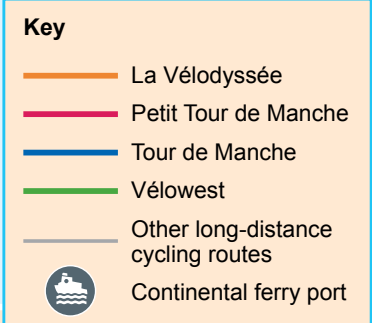
For more information on La Vélodyssée and Velowest visit : www.velodyssy.com or www.francevelotourisme.com



Credit: Tim Pestrige



In 1823 the Bude Canal was constructed to carry beach sand – used as a fertilizer – 20 miles inland to Launceston and for exporting local produce. It was this waterway that was responsible for the development of the town. The canal is now used for pleasure boats and fishing.



Cross Channel Cycling

Four new European cycle routes connecting SW England with Brittany and Normandy have been developed through the ERDF INTERREG-funded Cycle West project to promote international cycle tourism. The network comprises nearly 2,000 km of waymarked routes using quiet roads and off-road cyclepaths. The four routes are: Tour de Manche (Devon, Dorset, Normandy and Brittany); Petit Tour de Manche (Dorset, Jersey, Normandy and Brittany); La Vélodyssée (Devon, Brittany) and Velowest (Devon and Cornwall).

For more information on Tour de Manche and Petit Tour de Manche visit: www.tourdemanche.com

Sustrans and the National Cycle Network

Velowest, La Vélodyssée and Tour de Manche form part of the 13,000 mile National Cycle Network around the UK. The Network is co-ordinated by Sustrans. For more information on routes in your area, or about Sustrans visit: www.sustrans.org.uk

