

Train times

14 December 2025 - 16 May 2026

6

Carlisle to Preston and Manchester via Cumbrian Coast and Windermere - Manchester Airport



This timetable shows the Northern train service between **Carlisle** and **Barrow/Preston** via the **Cumbrian Coast** and through trains to **Manchester Airport**. Trains between **Windermere** and **Manchester Airport** are also featured in this timetable.

How to read this timetable

Look down the left hand column for your departure station. Read across until you find a suitable departure time. Read down the column to find the arrival time at your destination. Through services are shown in bold type (this means you won't have to change trains). Connecting services are shown in light type. If you travel on a connecting service, change at the next station shown in bold or if you arrive on a connecting service, change at the last station shown in bold, unless a footnote advises otherwise.

Minimum connection times

All stations have a minimum connection time of 5 minutes unless stated. Carlisle 8 minutes, Lancaster 6 minutes and Manchester Piccadilly 10 minutes.

Community Rail Partnerships and community groups

We support a number of active community rail partnerships (CRPs) across our network. CRPs bring together local communities and the rail industry to deliver benefits to both, and encourage use of the lines they represent.

Cumbrian Coast Community Rail Partnership
Furness Line Community Rail Partnership
Lakes Line Community Rail Partnership
www.communityrailcumbria.co.uk

Some stations on this route are adopted by local community groups. For more information visit northernrailway.co.uk/community

Planning your journey

National Rail Enquiries

For full details of all train times, fares and rail travel information anywhere on the national rail network, call **03457 48 49 50**, or visit nationalrail.co.uk

TrainTracker™

For up to date travel information and live departures direct to your mobile, text your station **name** or **location code** to **8 49 50**.

Customers with disabilities or restricted mobility are encouraged to contact our **Customer Experience Centre** who will book assistance for you.

Call: **0800 138 5560**

Textphone: **0800 138 5561**

Email: assistance@northernrailway.co.uk

Improving our railway

Engineering work to help improve our services sometimes affects trains, particularly at weekends and bank holidays.

Visit: northernrailway.co.uk/improvements or call National Rail Enquiries: **03457 48 49 50** to check before you travel.

Delay Repay

You can claim Delay Repay if one of our trains is late or cancelled and as a result you get to your destination station later than scheduled, whether it is our fault or not.

Visit northernrailway.co.uk/delayrepay for more information.

Whilst every care has been taken to ensure the accuracy of the information contained in this timetable, we can accept no liability for any inaccuracies, and reserve the right to change information without further notice. Visit our website for the most up to date timetables and check before you travel.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

		SO				SX				SO	
	Carlisle	d	0706	-	-	-	0807	-	-	0859	0901
	Dalston	-	0715	-	-	-	0816	-	-	0908	0910
	Wigton	-	0724	-	-	-	0826	-	-	0917	0919
	Aspatria	-	0735	-	-	-	0836	-	-	0928	0930
	Maryport	-	0746	-	-	-	0848	-	-	0939	0941
	Flimby	-	0750	-	-	-	0851	-	-	0943	0945
	Workington	-	0757	-	-	-	0858	-	-	0950	0952
	Harrington	-	0801	-	-	-	0903	-	-	0954	0956
	Parton	-	0810	-	-	-	0912	-	-	1003	1005
	Whitehaven	a	0814	-	-	-	0916	-	-	1008	1010
	Whitehaven	d	-	-	0819	-	-	-	-	-	-
	Corkickle	-	-	-	0829	0839	-	-	-	-	-
	St. Bees	-	-	-	0845	-	-	-	-	-	-
	Nethertown	-	-	-	-	-	-	-	-	-	-
	Braystones	-	-	-	-	-	-	-	-	-	-
	Sellafield	-	-	-	0855	-	-	-	-	-	-
	Seascale	-	-	-	0859	-	-	-	-	-	-
	Drigg	-	-	-	0903	-	-	-	-	-	-
	Ravenglass	-	-	-	0907	-	-	-	-	-	-
	Bootle (Cumbria)	-	-	-	0913	-	-	-	-	-	-
	Silecroft	-	-	-	0920	-	-	-	-	-	-
	Millom	a	-	-	0925	-	-	-	-	-	-
	Millom	d	-	-	0925	-	-	-	-	-	-
	Green Road	-	-	-	0930	-	-	-	-	-	-
	Foxfield	-	-	-	0934	-	-	-	-	-	-
	Kirkby-in-Furness	-	-	-	0939	-	-	-	-	-	-
	Askam	-	-	-	0944	-	-	-	-	-	-
	Barrow-in-Furness	a	-	-	0958	-	-	-	-	-	-
	Barrow-in-Furness	d	-	-	1000	-	-	1049	-	-	-
	Roose	-	-	-	1004	-	-	1053	-	-	-
	Dalton	-	-	-	1010	-	-	1100	-	-	-
	Ulverston	-	-	-	1019	-	-	1108	-	-	-
	Cark	-	-	-	1026	-	-	1115	-	-	-
	Kents Bank	-	-	-	1030	-	-	1119	-	-	-
	Grange-over-Sands	-	-	-	1034	-	-	1123	-	-	-
	Arnside	-	-	-	1041	-	-	1129	-	-	-
	Silverdale	-	-	-	1045	-	-	1133	-	-	-
	Carnforth	-	-	-	1055	-	-	1140	-	-	-
	Windermere	d	1008	-	-	1057	-	-	1147	-	-
	Staveley	1013	-	-	-	1102	-	-	1152	-	-
	Burneside	1018	-	-	-	1107	-	-	1157	-	-
	Kendal	1022	-	-	-	1111	-	-	1201	-	-
	Oxenholme Lake District	a	1027	-	-	1116	-	-	1206	-	-
	Oxenholme Lake District	d	1029	-	-	1126	-	-	1212	-	-
	Lancaster	a	1047	-	-	1105	1139	-	1147	1226	-
	Lancaster	d	1048	-	-	1130	1141	-	1149	1227	-
	Preston	a	1106	-	-	1149	1158	-	1208	1245	-
	Chorley	a	1120	-	-	-	-	-	1220	-	-
	Bolton	a	1134	-	-	1207	-	-	1234	1306	-
	Deansgate	a	1151	-	-	-	-	-	1251	-	-
	Manchester Oxford Road	a	1154	-	-	1222	-	-	1254	1322	-
	Manchester Piccadilly	a	1158	-	-	1226	-	-	1258	1326	-
	Manchester Airport	a	1215	-	-	1244	-	-	1315	1344	-

Notes
 SO Saturdays only.
 SX Mondays to Fridays only
 🚌 Bus service - heavy luggage, dogs, bicycles and pushchairs may not be carried.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

				SO	SX			SO	SX
Carlisle	d	-	-	-	-	1013	1108	-	-
Dalston	-	-	-	-	-	1022	1116	-	-
Wigton	-	-	-	-	-	1031	1125	-	-
Aspatria	-	-	-	-	-	1042	1136	-	-
Maryport	-	-	-	-	-	1053	1147	-	-
Flimby	-	-	-	-	-	1056	1150	-	-
Workington	-	-	-	-	-	1103	1157	-	-
Harrington	-	-	-	-	-	1108	1201	-	-
Parton	-	-	-	-	-	1117	1210	-	-
Whitehaven	a	-	-	-	-	1121	1215	-	-
Whitehaven	d	1030	-	-	-	1223	-	-	-
Corkickle	-	1040	-	-	1054	1055	-	1233	-
St. Bees	-	-	-	-	1100	1101	-	-	-
Nethertown	-	-	-	-	1105	1106	-	-	-
Braystones	-	-	-	-	1108	1109	-	-	-
Sellafield	-	-	-	-	1113	1114	-	-	-
Seascale	-	-	-	-	1116	1118	-	-	-
Drigg	-	-	-	-	1120	1122	-	-	-
Ravenglass	-	-	-	-	1124	1127	-	-	-
Bootle (Cumbria)	-	-	-	-	1131	1133	-	-	-
Silecroft	-	-	-	-	1138	1142	-	-	-
Millom	a	-	-	-	1143	1147	-	-	-
Millom	d	-	-	-	1143	1148	-	-	-
Green Road	-	-	-	-	1148	1152	-	-	-
Foxfield	-	-	-	-	1152	1158	-	-	-
Kirkby-in-Furness	-	-	-	-	1156	1203	-	-	-
Askam	-	-	-	-	1201	1208	-	-	-
Barrow-in-Furness	a	-	-	-	1215	1222	-	-	-
Barrow-in-Furness	d	-	1151	-	-	-	-	1250	1251
Roose	-	1155	-	-	-	-	-	1255	1255
Dalton	-	1202	-	-	-	-	-	1301	1301
Ulverston	-	1210	-	-	-	-	-	1309	1309
Cark	-	1217	-	-	-	-	-	1317	1317
Kents Bank	-	1221	-	-	-	-	-	1321	1321
Grange-over-Sands	-	1225	-	-	-	-	-	1325	1325
Arnside	-	1231	-	-	-	-	-	1331	1331
Silverdale	-	1235	-	-	-	-	-	1336	1336
Carnforth	-	1243	-	-	-	-	-	1343	1343
Windermere	d	-	1307	-	-	-	-	-	-
Staveley	-	-	1312	-	-	-	-	-	-
Burneside	-	-	1317	-	-	-	-	-	-
Kendal	-	-	1321	-	-	-	-	-	-
Oxenholme Lake District	a	-	1326	-	-	-	-	-	-
Oxenholme Lake District	d	-	1329	-	-	-	-	-	-
Lancaster	a	-	1250	1345	-	-	-	1353	1353
Lancaster	d	-	1250	1349	-	-	-	1428	1428
Preston	a	-	1310	1407	-	-	-	1446	1446
Chorley	a	-	1321	1420	-	-	-	-	-
Bolton	a	-	1334	1434	-	-	-	1506	1506
Deansgate	a	-	1351	1451	-	-	-	-	-
Manchester Oxford Road	a	-	1354	1454	-	-	-	1522	1522
Manchester Piccadilly	a	-	1358	1458	-	-	-	1526	1526
Manchester Airport	a	-	1415	1515	-	-	-	1544	1544

Notes
SO Saturdays only.
SX Mondays to Fridays only
Bus service - heavy luggage, dogs, bicycles and pushchairs may not be carried.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

								SX	SO
Carlisle	d	-	-	-	1210	-	-	1308	-
Dalston	-	-	-	-	1219	-	-	1317	-
Wigton	-	-	-	-	1228	-	-	1326	-
Aspatria	-	-	-	-	1239	-	-	1337	-
Maryport	-	-	-	-	1250	-	-	1348	-
Flimby	-	-	-	-	1253	-	-	1351	-
Workington	-	-	-	-	1300	-	-	1358	-
Harrington	-	-	-	-	1305	-	-	1403	-
Parton	-	-	-	-	1314	-	-	1412	-
Whitehaven	a	-	-	-	1318	-	-	1416	-
Whitehaven	d	-	-	-	1342	-	-	-	-
Corkickle	-	-	1246	-	1352	-	-	-	-
St. Bees	-	-	1252	-	-	-	-	-	-
Nethertown	-	-	-	-	-	-	-	-	-
Braystones	-	-	-	-	-	-	-	-	-
Sellafield	-	-	1302	-	-	-	-	-	-
Seascale	-	-	1305	-	-	-	-	-	-
Drigg	-	-	1309	-	-	-	-	-	-
Ravenglass	-	-	1313	-	-	-	-	-	-
Bootle (Cumbria)	-	-	1319	-	-	-	-	-	-
Silecroft	-	-	1326	-	-	-	-	-	-
Millom	a	-	1331	-	-	-	-	-	-
Millom	d	-	1331	-	-	-	-	-	-
Green Road	-	-	1336	-	-	-	-	-	-
Foxfield	-	-	1340	-	-	-	-	-	-
Kirkby-in-Furness	-	-	1344	-	-	-	-	-	-
Askam	-	-	1349	-	-	-	-	-	-
Barrow-in-Furness	a	-	1403	-	-	-	-	-	-
Barrow-in-Furness	d	-	1352	-	-	-	-	1447	1447
Roose	-	1356	-	-	-	-	-	1451	1451
Dalton	-	1403	-	-	-	-	-	1458	1458
Ulverston	-	1411	-	-	-	-	-	1506	1506
Cark	-	1418	-	-	-	-	-	1513	1513
Kents Bank	-	1422	-	-	-	-	-	1517	1517
Grange-over-Sands	-	1426	-	-	-	-	-	1521	1521
Arnside	-	1432	-	-	-	-	-	1527	1527
Silverdale	-	1436	-	-	-	-	-	1531	1531
Carnforth	-	1443	-	-	-	-	-	1539	1539
Windermere	d	1400	-	-	-	1500	-	-	1600
Staveley	-	1405	-	-	-	1505	-	-	1605
Burneside	-	1410	-	-	-	1510	-	-	1610
Kendal	-	1414	-	-	-	1514	-	-	1614
Oxenholme Lake District	a	1419	-	-	-	1519	-	-	1619
Oxenholme Lake District	d	-	-	-	-	1524	-	-	1628
Lancaster	a	-	1452	-	-	1538	-	1546	1546
Lancaster	d	-	1452	-	-	1539	-	1548	1550
Preston	a	-	1510	-	-	1556	-	1606	1608
Chorley	a	-	1521	-	-	-	-	1620	1720
Bolton	a	-	1534	-	-	-	-	1634	1734
Deansgate	a	-	1551	-	-	-	-	1647	1651
Manchester Oxford Road	a	-	1554	-	-	-	-	1649	1654
Manchester Piccadilly	a	-	1558	-	-	-	-	1653	1658
Manchester Airport	a	-	1615	-	-	-	-	1711	1715

Notes
SO Saturdays only.
SX Mondays to Fridays only
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Carlisle - Barrow - Lancaster

Mondays to Saturdays

								SO	SX
Carlisle	d	-	-	-	1407	1410	-	-	-
Dalston	-	-	-	-	1416	1419	-	-	-
Wigton	-	-	-	-	1426	1429	-	-	-
Aspatria	-	-	-	-	1436	1439	-	-	-
Maryport	-	-	-	-	1448	1451	-	-	-
Flimby	-	-	-	-	1451	1454	-	-	-
Workington	-	-	-	-	1458	1501	-	-	-
Harrington	-	-	-	-	1503	1506	-	-	-
Parton	-	-	-	-	1512	1515	-	-	-
Whitehaven	a	-	-	-	1516	1519	-	-	-
Whitehaven	d	-	-	-	1521	-	-	-	-
Corkickle	-	1423	-	-	1531	-	-	1552	-
St. Bees	-	1430	-	-	-	-	-	1558	-
Nethertown	-	-	-	-	-	-	-	-	-
Braystones	-	-	-	-	-	-	-	-	-
Sellafield	-	1440	-	-	-	-	-	1608	-
Seascale	-	1444	-	-	-	-	-	1613	-
Drigg	-	1448	-	-	-	-	-	1617	-
Ravenglass	-	1451	-	-	-	-	-	1620	-
Bootle (Cumbria)	-	1458	-	-	-	-	-	1627	-
Silecroft	-	1505	-	-	-	-	-	1634	-
Millom	a	1510	-	-	-	-	-	1639	-
Millom	d	1510	-	-	-	-	-	1639	-
Green Road	-	1515	-	-	-	-	-	1644	-
Foxfield	-	1519	-	-	-	-	-	1648	-
Kirkby-in-Furness	-	1523	-	-	-	-	-	1652	-
Askam	-	1528	-	-	-	-	-	1658	-
Barrow-in-Furness	a	1542	-	-	-	-	-	1712	-
Barrow-in-Furness	d	-	1550	-	-	-	-	1651	1719
Roose	-	1554	-	-	-	-	-	1655	1723
Dalton	-	1600	-	-	-	-	-	1702	1729
Ulverston	-	1609	-	-	-	-	-	1710	1737
Cark	-	1617	-	-	-	-	-	1717	1745
Kents Bank	-	1621	-	-	-	-	-	1721	-
Grange-over-Sands	-	1625	-	-	-	-	-	1725	1752
Arnside	-	1631	-	-	-	-	-	1731	1758
Silverdale	-	1636	-	-	-	-	-	1735	1803
Carnforth	-	1644	-	-	-	-	-	1744	1810
Windermere	d	-	-	-	-	1707	-	-	1806
Staveley	-	-	-	-	-	1712	-	-	1811
Burneside	-	-	-	-	-	1717	-	-	1816
Kendal	-	-	-	-	-	1721	-	-	1820
Oxenholme Lake District	a	-	-	-	-	1726	-	-	1825
Oxenholme Lake District	d	-	-	-	-	1747	-	-	1832
Lancaster	a	-	1653	-	-	-	-	1751	1820
Lancaster	d	-	1727	-	-	-	-	1751	1827
Preston	a	-	1745	-	-	1815	-	1809	1846
Chorley	a	-	-	-	-	-	-	1820	-
Bolton	a	-	1806	-	-	-	-	1834	1906
Deansgate	a	-	-	-	-	-	-	1851	-
Manchester Oxford Road	a	-	1822	-	-	-	-	1854	1922
Manchester Piccadilly	a	-	1826	-	-	-	-	1858	1926
Manchester Airport	a	-	1844	-	-	-	-	1915	1944

Notes
SO Saturdays only.
SX Mondays to Fridays only
Bus service - heavy luggage, dogs, bicycles and pushchairs may not be carried.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

[illegible]

Notes

Notes
 X Until 3 January and from 21 February.
 Y From 10 January until 14 February.
 SO Saturdays only.
 SX Mondays to Fridays only
 🚌 Bus service - heavy luggage, dogs, bicycles and pushchairs may not be carried.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

		SX	SO	X	SO	Y	SO	X	SX	SO	Y	SX	SO
Carlisle	d	-	-	-	-	2000	-	-	-	-	2054	2105	-
Dalston	-	-	-	-	-	2009	-	-	-	-	2103	2114	-
Wigton	-	-	-	-	-	2018	-	-	-	-	2112	2123	-
Aspatria	-	-	-	-	-	2029	-	-	-	-	2123	2134	-
Maryport	-	-	-	-	-	2040	-	-	-	-	2134	2145	-
Flimby	-	-	-	-	-	2044	-	-	-	-	2137	2148	-
Workington	-	-	-	-	-	2051	-	-	-	-	2144	2155	-
Harrington	-	-	-	-	-	2055	-	-	-	-	2149	2200	-
Parton	-	-	-	-	-	2105	-	-	-	-	2158	2209	-
Whitehaven	a	-	-	-	-	2111	-	-	-	-	2204	2215	-
Whitehaven	d	-	-	-	-	-	-	-	-	-	-	-	-
Corkickle	-	2022	2022	2022	-	-	-	-	-	-	-	-	-
St. Bees	-	2029	2028	2028	-	-	-	-	-	-	-	-	-
Nethertown	-	2034	2033	2033	-	-	-	-	-	-	-	-	-
Braystones	-	2037	2036	2036	-	-	-	-	-	-	-	-	-
Sellafield	-	2041	2041	2041	-	-	-	-	-	-	-	-	-
Seascale	-	2045	2045	2045	-	-	-	-	-	-	-	-	-
Drigg	-	2049	2049	2049	-	-	-	-	-	-	-	-	-
Ravenglass	-	2052	2052	2052	-	-	-	-	-	-	-	-	-
Bootle (Cumbria)	-	2059	2059	2059	-	-	-	-	-	-	-	-	-
Silecroft	-	2106	2106	2106	-	-	-	-	-	-	-	-	-
Millom	a	2111	2111	2111	-	-	-	-	-	-	-	-	-
Millom	d	2111	2111	2111	-	-	-	-	-	-	-	2200	-
Green Road	-	2116	2116	2116	-	-	-	-	-	-	-	2204	-
Foxfield	-	2120	2120	2120	-	-	-	-	-	-	-	2208	-
Kirkby-in-Furness	-	2124	2124	2124	-	-	-	-	-	-	-	2213	-
Askam	-	2129	2129	2129	-	-	-	-	-	-	-	2218	-
Barrow-in-Furness	a	2143	2143	2143	-	-	-	-	-	-	-	2231	-
Barrow-in-Furness	d	2145	2146	2146	-	-	-	-	-	-	-	-	-
Roose	-	2149	2150	2150	-	-	-	-	-	-	-	-	-
Dalton	-	2155	2156	2156	-	-	-	-	-	-	-	-	-
Ulverston	-	2204	2204	2204	-	-	-	-	-	-	-	-	-
Cark	-	2211	2212	2212	-	-	-	-	-	-	-	-	-
Kents Bank	-	2215	2216	2216	-	-	-	-	-	-	-	-	-
Grange-over-Sands	-	2219	2220	2220	-	-	-	-	-	-	-	-	-
Arnsdale	-	2226	2226	2226	-	-	-	-	-	-	-	-	-
Silverdale	-	2230	2230	2230	-	-	-	-	-	-	-	-	-
Carnforth	-	2238	2238	2238	-	-	-	-	-	-	-	-	-
Windermere	d	-	-	-	-	2228	2247	2225	-	-	-	-	-
Staveley	-	-	-	-	-	2233	2252	2235	-	-	-	-	-
Burneside	-	-	-	-	-	2238	2257	2245	-	-	-	-	-
Kendal	-	-	-	-	-	2242	2301	2255	-	-	-	-	-
Oxenholme Lake District	a	-	-	-	-	2247	2306	2310	-	-	-	-	-
Oxenholme Lake District	d	-	-	-	-	2249	2308	2310	-	-	-	-	-
Lancaster	a	2246	2246	2248	-	2305	2324	2355	-	-	-	-	-
Lancaster	d	2246	2246	-	-	2306	2326	2355	-	-	-	-	-
Preston	a	2310	2310	-	-	2324	2345	0035	-	-	-	-	-
Chorley	a	-	-	-	-	-	-	-	-	-	-	-	-
Bolton	a	-	-	-	-	-	-	-	-	-	-	-	-
Deansgate	a	-	-	-	-	-	-	-	-	-	-	-	-
Manchester Oxford Road	a	-	-	-	-	-	-	-	-	-	-	-	-
Manchester Piccadilly	a	-	-	-	-	-	-	-	-	-	-	-	-
Manchester Airport	a	-	-	-	-	-	-	-	-	-	-	-	-

Notes

X Until 3 January and from 21 February.

Y From 10 January until 14 February.

SO Saturdays only.

SX Mondays to Fridays only

Bus service - heavy luggage, dogs, bicycles and pushchairs may not be carried.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

		SO	SX										
Carlisle	d	2151	2201	-	-	-	-	-	-	-	-	-	-
Dalston	-	2159	2210	-	-	-	-	-	-	-	-	-	-
Wigton	-	2208	2219	-	-	-	-	-	-	-	-	-	-
Aspatria	-	2219	2230	-	-	-	-	-	-	-	-	-	-
Maryport	-	2230	2241	-	-	-	-	-	-	-	-	-	-
Flimby	-	2233	2244	-	-	-	-	-	-	-	-	-	-
Workington	-	2240	2251	-	-	-	-	-	-	-	-	-	-
Harrington	-	2245	2256	-	-	-	-	-	-	-	-	-	-
Parton	-	2254	2305	-	-	-	-	-	-	-	-	-	-
Whitehaven	a	2300	2311	-	-	-	-	-	-	-	-	-	-
Whitehaven	d	-	-	-	-	-	-	-	-	-	-	-	-
Corkickle	-	-	-	-	-	-	-	-	-	-	-	-	-
St. Bees	-	-	-	-	-	-	-	-	-	-	-	-	-
Nethertown	-	-	-	-	-	-	-	-	-	-	-	-	-
Braystones	-	-	-	-	-	-	-	-	-	-	-	-	-
Sellafield	-	-	-	-	-	-	-	-	-	-	-	-	-
Seascale	-	-	-	-	-	-	-	-	-	-	-	-	-
Drigg	-	-	-	-	-	-	-	-	-	-	-	-	-
Ravenglass	-	-	-	-	-	-	-	-	-	-	-	-	-
Bootle (Cumbria)	-	-	-	-	-	-	-	-	-	-	-	-	-
Silecroft	-	-	-	-	-	-	-	-	-	-	-	-	-
Millom	a	-	-	-	-	-	-	-	-	-	-	-	-
Millom	d	-	-	-	-	-	-	-	-	-	-	-	-
Green Road	-	-	-	-	-	-	-	-	-	-	-	-	-
Foxfield	-	-	-	-	-	-	-	-	-	-	-	-	-
Kirkby-in-Furness	-	-	-	-	-	-	-	-	-	-	-	-	-
Askam	-	-	-	-	-	-	-	-	-	-	-	-	-
Barrow-in-Furness	a	-	-	-	-	-	-	-	-	-	-	-	-
Barrow-in-Furness	d	-	-	-	-	-	-	-	-	-	-	-	-
Roose	-	-	-	-	-	-	-	-	-	-	-	-	-
Dalton	-	-	-	-	-	-	-	-	-	-	-	-	-
Ulverston	-	-	-	-	-	-	-	-	-	-	-	-	-
Cark	-	-	-	-	-	-	-	-	-	-	-	-	-
Kents Bank	-	-	-	-	-	-	-	-	-	-	-	-	-
Grange-over-Sands	-	-	-	-	-	-	-	-	-	-	-	-	-
Arnsdale	-	-	-	-	-	-	-	-	-	-	-	-	-
Silverdale	-	-	-	-	-	-	-	-	-	-	-	-	-
Carnforth	-	-	-	-	-	-	-	-	-	-	-	-	-
Windermere	d	-	-	-	-	-	-	-	-	-	-	-	-
Staveley	-	-	-	-	-	-	-	-	-	-	-	-	-
Burneside	-	-	-	-	-	-	-	-	-	-	-	-	-
Kendal	-	-	-	-	-	-	-	-	-	-	-	-	-
Oxenholme Lake District	a	-	-	-	-	-	-	-	-	-	-	-	-
Oxenholme Lake District	d	-	-	-	-	-	-	-	-	-	-	-	-
Lancaster	a	-	-	-	-	-	-	-	-	-	-	-	-
Lancaster	d	-	-	-	-	-	-	-	-	-	-	-	-
Preston	a	-	-	-	-	-	-	-	-	-	-	-	-
Chorley	a	-	-	-	-	-	-	-	-	-	-	-	-
Bolton	a	-	-	-	-	-	-	-	-	-	-	-	-
Deansgate	a	-	-	-	-	-	-	-	-	-	-	-	-
Manchester Oxford Road	a	-	-	-	-	-	-	-	-	-	-	-	-
Manchester Piccadilly	a	-	-	-	-	-	-	-	-	-	-	-	-
Manchester Airport	a	-	-	-	-	-	-	-	-	-	-	-	-

Notes

SO Saturdays only.

SX Mondays to Fridays only

Carlisle - Barrow - Lancaster

Sundays

				V	W	W	T	V					
	Carlisle	d	-	-	-	-	-	-	-	-	-	-	-
	Dalston		-	-	-	-	-	-	-	-	-	-	-
	Wigton		-	-	-	-	-	-	-	-	-	-	-
	Aspatria		-	-	-	-	-	-	-	-	-	-	-
	Maryport		-	-	-	-	-	-	0917	-	-	-	-
	Flimby		-	-	-	-	-	-	0920	-	-	-	-
	Workington		-	-	-	-	-	-	0927	-	-	-	-
	Harrington		-	-	-	-	-	-	0932	-	-	-	-
	Parton		-	-	-	-	-	-	0941	-	-	-	-
	Whitehaven	a	-	-	-	-	-	-	0945	-	-	-	-
	Whitehaven	d	-	-	-	-	-	-	-	-	-	-	-
	Corkickle		-	-	-	-	-	-	-	-	-	-	-
	St. Bees		-	-	-	-	-	-	-	-	-	-	-
	Nethertown		-	-	-	-	-	-	-	-	-	-	-
	Braystones		-	-	-	-	-	-	-	-	-	-	-
	Sellafield		-	-	-	-	-	-	-	-	-	-	-
	Seascale		-	-	-	-	-	-	-	-	-	-	-
	Drigg		-	-	-	-	-	-	-	-	-	-	-
	Ravenglass		-	-	-	-	-	-	-	-	-	-	-
	Bootle (Cumbria)		-	-	-	-	-	-	-	-	-	-	-
	Silecroft		-	-	-	-	-	-	-	-	-	-	-
	Millom	a	-	-	-	-	-	-	-	-	-	-	-
	Millom	d	-	-	-	-	-	-	-	-	0950	-	-
	Green Road		-	-	-	-	-	-	-	-	0954	-	-
	Foxfield		-	-	-	-	-	-	-	-	0958	-	-
	Kirkby-in-Furness		-	-	-	-	-	-	-	-	1003	-	-
	Askam		-	-	-	-	-	-	-	-	1008	-	-
	Barrow-in-Furness	a	-	-	-	-	-	-	-	-	1021	-	-
	Barrow-in-Furness	d	0753	0841	0905	0905	-	0952	-	-	-	-	-
	Roose		0757	0845	-	0909	-	0956	-	-	-	-	-
	Dalton		0803	0851	-	0915	-	1002	-	-	-	-	-
	Ulverston		0812	0859	0922	0924	-	1010	-	-	-	-	-
	Cark		0819	0906	-	0931	-	1017	-	-	-	-	-
	Kents Bank		0823	0910	-	0935	-	1021	-	-	-	-	-
	Grange-over-Sands		0827	0914	0934	0939	-	1025	-	-	-	-	-
	Arnside		0833	0920	0940	0945	-	1031	-	-	-	-	-
	Silverdale		0838	0924	-	0950	-	1035	-	-	-	-	-
	Carnforth		0845	0931	0951	0957	-	1043	-	-	-	-	-
	Windermere	d	-	-	-	-	1030	-	1053	-	-	-	1139
	Staveley		-	-	-	-	1040	-	1058	-	-	-	1144
	Burneside		-	-	-	-	1050	-	1103	-	-	-	1149
	Kendal		-	-	-	-	1100	-	1107	-	-	-	1153
	Oxenholme Lake District	a	-	-	-	-	1115	-	1112	-	-	-	1158
	Oxenholme Lake District	d	-	-	-	-	-	-	1123	-	-	-	1213
	Lancaster	a	-	0938	1001	-	-	1050	1137	-	-	-	1227
	Lancaster	d	-	0945	-	-	-	1052	1138	-	-	-	1228
	Preston	a	-	1004	-	-	-	1111	1156	-	-	-	1245
	Chorley	a	-	1018	-	-	-	1122	-	-	-	-	-
	Bolton	a	-	1031	-	-	-	1135	-	-	-	-	1305
	Manchester Oxford Road	a	-	1046	-	-	-	1151	1232	-	-	-	1320
	Manchester Piccadilly	a	-	-	-	-	-	1156	1236	-	-	-	1324
	Manchester Airport	a	-	-	-	-	-	1217	1258	-	-	-	1342

Carlisle - Barrow - Lancaster

Sundays

		2019		2020		2021		2022			
		2019	2020	2019	2020	2019	2020	2019	2020		
	Carlisle	d	-	1207	-	-	1324	-	-	1400	-
	Dalston		-	1216	-	-	1333	-	-	1409	-
	Wigton		-	1226	-	-	1342	-	-	1418	-
	Aspatria		-	1236	-	-	1352	-	-	1429	-
	Maryport		-	1248	-	-	1403	-	-	1440	-
	Flimby		-	1251	-	-	1407	-	-	1444	-
	Workington		-	1258	-	-	1414	-	-	1451	-
	Harrington		-	1303	-	-	1418	-	-	1455	-
	Parton		-	1312	-	-	1427	-	-	1504	-
	Whitehaven	a	-	1316	-	-	1432	-	-	1509	-
	Whitehaven	d	-	-	-	-	-	1450	-	-	1555
	Corkickle		-	-	-	-	-	1500	1520	-	1605
	St. Bees		-	-	-	-	-	-	1526	-	-
	Nethertown		-	-	-	-	-	-	-	-	-
	Braystones		-	-	-	-	-	-	-	-	-
	Sellafield		-	-	-	-	-	-	1536	-	-
	Seascale		-	-	-	-	-	-	1539	-	-
	Drigg		-	-	-	-	-	-	1543	-	-
	Ravenglass		-	-	-	-	-	-	1547	-	-
	Bootle (Cumbria)		-	-	-	-	-	-	1554	-	-
	Silecroft		-	-	-	-	-	-	1601	-	-
	Millom	a	-	-	-	-	-	-	1606	-	-
	Millom	d	-	-	-	-	-	-	1606	-	-
	Green Road		-	-	-	-	-	-	1611	-	-
	Foxfield		-	-	-	-	-	-	1615	-	-
	Kirkby-in-Furness		-	-	-	-	-	-	1619	-	-
	Askam		-	-	-	-	-	-	1625	-	-
	Barrow-in-Furness	a	-	-	-	-	-	-	1639	-	-
	Barrow-in-Furness	d	-	-	1550	-	-	-	1646	-	-
	Roose		-	-	1554	-	-	-	1650	-	-
	Dalton		-	-	1600	-	-	-	1656	-	-
	Ulverston		-	-	1608	-	-	-	1705	-	-
	Cark		-	-	1616	-	-	-	1712	-	-
	Kents Bank		-	-	1620	-	-	-	1716	-	-
	Grange-over-Sands		-	-	1624	-	-	-	1720	-	-
	Arnside		-	-	1630	-	-	-	1725	-	-
	Silverdale		-	-	1635	-	-	-	1729	-	-
	Carnforth		-	-	1642	-	-	-	1736	-	-
	Windermere	d	1555	-	-	1659	-	-	-	1800	-
	Staveley		1600	-	-	1704	-	-	-	1805	-
	Burneside		1605	-	-	1709	-	-	-	1810	-
	Kendal		1609	-	-	1713	-	-	-	1814	-
	Oxenholme Lake District	a	1614	-	-	1718	-	-	-	1819	-
	Oxenholme Lake District	d	1616	-	-	1724	-	-	-	1830	-
	Lancaster	a	1633	-	1652	1738	-	-	1743	1843	-
	Lancaster	d	1648	-	-	1739	-	-	-	1748	1845
	Preston	a	1706	-	-	1756	-	-	-	1806	1902
	Chorley	a	1720	-	-	-	-	-	-	1820	-
	Bolton	a	1734	-	-	-	-	-	-	1834	-
	Manchester Oxford Road	a	1750	-	-	-	-	-	-	1850	-
	Manchester Piccadilly	a	1755	-	-	-	-	-	-	1855	-
	Manchester Airport	a	1814	-	-	-	-	-	-	1914	-

Notes

 Bus service - heavy luggage, dogs, bicycles and pushchairs may not be carried.

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Carlisle - Barrow - Lancaster

Sundays

				S		T	S	
Carlisle	d	-	-	1509	-	1615	-	1710
Dalston	-	-	1518	-	1624	-	-	1719
Wigton	-	-	1527	-	1633	-	-	1728
Aspatria	-	-	1538	-	1644	-	-	1739
Maryport	-	-	1549	-	1655	-	-	1750
Flimby	-	-	1553	-	1659	-	-	1753
Workington	-	-	1600	-	1706	-	-	1800
Harrington	-	-	1604	-	1710	-	-	1804
Parton	-	-	1613	-	1719	-	-	1813
Whitehaven	a	-	-	1618	-	1724	-	1818
Whitehaven	d	-	-	-	-	-	-	-
Corkickle	-	-	1624	-	-	-	-	1822
St. Bees	-	-	1630	-	-	-	-	1828
Nethertown	-	-	1635	-	-	-	-	1833
Braystones	-	-	1638	-	-	-	-	1836
Sellafield	-	-	1643	-	-	-	-	1841
Seascale	-	-	1647	-	-	-	-	1845
Drigg	-	-	1651	-	-	-	-	1849
Ravenglass	-	-	1654	-	-	-	-	1852
Bootle (Cumbria)	-	-	1701	-	-	-	-	1859
Silecroft	-	-	1708	-	-	-	-	1906
Millom	a	-	1713	-	-	-	-	1911
Millom	d	-	1713	-	-	-	-	1911
Green Road	-	-	1718	-	-	-	-	1916
Foxfield	-	-	1722	-	-	-	-	1920
Kirkby-in-Furness	-	-	1726	-	-	-	-	1924
Askam	-	-	1731	-	-	-	-	1929
Barrow-in-Furness	a	-	1745	-	-	-	-	1943
Barrow-in-Furness	d	-	1747	-	-	-	1851	1952
Roose	-	-	1751	-	-	-	1855	1956
Dalton	-	-	1757	-	-	-	1901	2002
Ulverston	-	-	1806	-	-	-	1909	2011
Cark	-	-	1813	-	-	-	1917	2018
Kents Bank	-	-	1818	-	-	-	1921	2022
Grange-over-Sands	-	-	1822	-	-	-	1925	2026
Arnsdale	-	-	1828	-	-	-	1931	2031
Silverdale	-	-	1833	-	-	-	1935	2035
Carnforth	-	-	1842	-	-	-	1943	2043
Windermere	d	-	1901	-	1920	-	1957	2025
Staveley	-	-	1907	-	1930	-	2002	2035
Burneside	-	-	1912	-	1940	-	2007	2045
Kendal	-	-	1916	-	1950	-	2011	2055
Oxenholme Lake District	a	-	1921	-	2005	-	2016	2110
Oxenholme Lake District	d	-	1922	-	-	-	2023	-
Lancaster	a	1851	1938	-	-	1951	2037	2050
Lancaster	d	1858	1940	-	-	1952	2038	2051
Preston	a	1915	1959	-	-	2015	2056	2111
Chorley	a	-	2020	-	-	-	-	2122
Bolton	a	-	2034	-	-	-	-	2134
Manchester Oxford Road	a	-	2050	-	-	-	-	2150
Manchester Piccadilly	a	-	2055	-	-	-	-	2154
Manchester Airport	a	-	2114	-	-	-	-	2213

Notes
 S Until 29 March.
 T From 5 April.
 Bus service - heavy luggage, dogs, bicycles and pushchairs may not be carried.

Carlisle - Barrow - Lancaster

Sundays

						T		S		T
Carlisle	d	-	-	1810	-	1910	-	2010	-	2110
Dalston	-	-	1819	-	1919	-	2019	-	-	2119
Wigton	-	-	1829	-	1929	-	2029	-	-	2128
Aspatria	-	-	1839	-	1939	-	2039	-	-	2139
Maryport	-	-	1851	-	1951	-	2051	-	-	2150
Flimby	-	-	1854	-	1954	-	2054	-	-	2153
Workington	-	-	1901	-	2001	-	2101	-	-	2200
Harrington	-	-	1906	-	2006	-	2106	-	-	2205
Parton	-	-	1915	-	2015	-	2115	-	-	2214
Whitehaven	a	-	-	1921	-	2021	-	2121	-	2220
Whitehaven	d	1830	-	-	-	-	-	-	-	-
Corkickle	-	1842	-	-	-	-	-	-	-	-
St. Bees	-	1854	-	-	-	-	-	-	-	-
Nethertown	-	-	-	-	-	-	-	-	-	-
Braystones	-	-	-	-	-	-	-	-	-	-
Sellafield	-	1910	-	-	-	-	-	-	-	-
Seascale	-	1930	-	-	-	-	-	-	-	-
Drigg	-	1938	-	-	-	-	-	-	-	-
Ravenglass	-	1949	-	-	-	-	-	-	-	-
Bootle (Cumbria)	-	2005	-	-	-	-	-	-	-	-
Silecroft	-	2017	-	-	-	-	-	-	-	-
Millom	a	2023	-	-	-	-	-	-	-	-
Millom	d	2023	-	-	1925	-	-	-	-	-
Green Road	-	2035	-	-	1929	-	-	-	-	-
Foxfield	-	2047	-	-	1933	-	-	-	-	-
Kirkby-in-Furness	-	2057	-	-	1938	-	-	-	-	-
Askam	-	2109	-	-	1943	-	-	-	-	-
Barrow-in-Furness	a	2124	-	-	1956	-	-	-	-	-
Barrow-in-Furness	d	-	-	-	-	2046	-	-	-	-
Roose	-	-	-	-	-	2050	-	-	-	-
Dalton	-	-	-	-	-	2056	-	-	-	-
Ulverston	-	-	-	-	-	2105	-	-	-	-
Cark	-	-	-	-	-	2112	-	-	-	-
Kents Bank	-	-	-	-	-	2116	-	-	-	-
Grange-over-Sands	-	-	-	-	-	2120	-	-	-	-
Arnsdale	-	-	-	-	-	2126	-	-	-	-
Silverdale	-	-	-	-	-	2131	-	-	-	-
Carnforth	-	-	-	-	-	2138	-	-	-	-
Windermere	d	-	2047	-	-	-	2147	2205	-	-
Staveley	-	-	2052	-	-	-	2152	2215	-	-
Burneside	-	-	2057	-	-	-	2157	2225	-	-
Kendal	-	-	2101	-	-	-	2201	2235	-	-
Oxenholme Lake District	a	-	2106	-	-	-	2206	2250	-	-
Oxenholme Lake District	d	-	2135	-	-	-	2217	2250	-	-
Lancaster	a	-	2152	-	-	2148	2233	2335	-	-
Lancaster	d	-	2153	-	-	2220	2233	-	-	-
Preston	a	-	2213	-	-	2238	2251	0015	-	-
Chorley	a	-	-	-	-	-	-	-	-	-
Bolton	a	-	2234	-	-	-	-	-	-	-
Manchester Oxford Road	a	-	2251	-	-	2319p	-	-	-	-
Manchester Piccadilly	a	-	2256	-	-	2323p	-	-	-	-
Manchester Airport	a	-	2315	-	-	2342p	-	-	-	-

Notes
 S Until 29 March.
 T From 5 April.
 Bus service - heavy luggage, dogs, bicycles and pushchairs may not be carried.

Carlisle - Barrow - Lancaster

Sundays

Carlisle	d	2110	-	-	-	-	-	-	-	-
Dalston	-	2125	-	-	-	-	-	-	-	-
Wigton	-	2145	-	-	-	-	-	-	-	-
Aspatria	-	2205	-	-	-	-	-	-	-	-
Maryport	-	2225	-	-	-	-	-	-	-	-
Flimby	-	2230	-	-	-	-	-	-	-	-
Workington	-	2240	-	-	-	-	-	-	-	-
Harrington	-	2250	-	-	-	-	-	-	-	-
Parton	-	2300	-	-	-	-	-	-	-	-
Whitehaven	a	2305	-	-	-	-	-	-	-	-
Whitehaven	d	-	-	-	-	-	-	-	-	-
Corkickle	-	-	-	-	-	-	-	-	-	-
St. Bees	-	-	-	-	-	-	-	-	-	-
Nethertown	-	-	-	-	-	-	-	-	-	-
Braystones	-	-	-	-	-	-	-	-	-	-
Sellafield	-	-	-	-	-	-	-	-	-	-
Seascale	-	-	-	-	-	-	-	-	-	-
Drigg	-	-	-	-	-	-	-	-	-	-
Ravenglass	-	-	-	-	-	-	-	-	-	-
Bootle (Cumbria)	-	-	-	-	-	-	-	-	-	-
Silecroft	-	-	-	-	-	-	-	-	-	-
Millom	a	-	-	-	-	-	-	-	-	-
Millom	d	-	-	-	-	-	-	-	-	-
Green Road	-	-	-	-	-	-	-	-	-	-
Foxfield	-	-	-	-	-	-	-	-	-	-
Kirkby-in-Furness	-	-	-	-	-	-	-	-	-	-
Askam	-	-	-	-	-	-	-	-	-	-
Barrow-in-Furness	a	-	-	-	-	-	-	-	-	-
Barrow-in-Furness	d	-	-	-	-	-	-	-	-	-
Roose	-	-	-	-	-	-	-	-	-	-
Dalton	-	-	-	-	-	-	-	-	-	-
Ulverston	-	-	-	-	-	-	-	-	-	-
Cark	-	-	-	-	-	-	-	-	-	-
Kents Bank	-	-	-	-	-	-	-	-	-	-
Grange-over-Sands	-	-	-	-	-	-	-	-	-	-
Arnsdale	-	-	-	-	-	-	-	-	-	-
Silverdale	-	-	-	-	-	-	-	-	-	-
Carnforth	-	-	-	-	-	-	-	-	-	-
Windermere	d	-	-	-	-	-	-	-	-	-
Staveley	-	-	-	-	-	-	-	-	-	-
Burneside	-	-	-	-	-	-	-	-	-	-
Kendal	-	-	-	-	-	-	-	-	-	-
Oxenholme Lake District	a	-	-	-	-	-	-	-	-	-
Oxenholme Lake District	d	-	-	-	-	-	-	-	-	-
Lancaster	a	-	-	-	-	-	-	-	-	-
Lancaster	d	-	-	-	-	-	-	-	-	-
Preston	a	-	-	-	-	-	-	-	-	-
Chorley	a	-	-	-	-	-	-	-	-	-
Bolton	a	-	-	-	-	-	-	-	-	-
Manchester Oxford Road	a	-	-	-	-	-	-	-	-	-
Manchester Piccadilly	a	-	-	-	-	-	-	-	-	-
Manchester Airport	a	-	-	-	-	-	-	-	-	-

Notes
 S Until 29 March.
 Bus service - heavy luggage, dogs, bicycles and pushchairs may not be carried.

Lancaster - Barrow - Carlisle

Mondays to Saturdays

Manchester Airport	d	-	-	-	-	-	-	-	-	0529
Manchester Piccadilly		-	-	-	-	-	-	-	0457	0549
Manchester Oxford Road		-	-	-	-	-	-	-	-	0552
Deansgate		-	-	-	-	-	-	-	-	0555
Bolton		-	-	-	-	-	-	-	-	0608
Chorley		-	-	-	-	-	-	-	-	0620
Preston		-	-	-	-	0518	-	-	0536	0634
Lancaster	a	-	-	-	-	0538	-	-	0551	0651
Lancaster	d	-	-	-	-	0539	-	-	0559	0653
Oxenholme Lake District	a	-	-	-	-	-	-	-	0614	-
Oxenholme Lake District	d	-	-	-	-	-	-	-	0617	-
Kendal		-	-	-	-	-	-	-	0621	-
Burneside		-	-	-	-	-	-	-	0625	-
Staveley		-	-	-	-	-	-	-	0630	-
Windermere	a	-	-	-	-	-	-	-	0636	-
Carnforth		-	-	-	-	0550	-	-	-	0703
Silverdale		-	-	-	-	0555	-	-	-	0708
Arnside		-	-	-	-	0600	-	-	-	0712
Grange-over-Sands		-	-	-	-	0606	-	-	-	0718
Kents Bank		-	-	-	-	0609	-	-	-	0722
Cark		-	-	-	-	0613	-	-	-	0726
Ulverston		-	-	-	-	0622	-	-	-	0733
Dalton		-	-	-	-	0630	-	-	-	0742
Roose		-	-	-	-	0636	-	-	-	0748
Barrow-in-Furness	a	-	-	-	-	0643	-	-	-	0755
Barrow-in-Furness	d	-	-	0552	-	0651	-	-	-	-
Askam		-	-	0602	-	0701	-	-	-	-
Kirkby-in-Furness		-	-	0607	-	0706	-	-	-	-
Foxfield		-	-	0611	-	0711	-	-	-	-
Green Road		-	-	0615	-	0715	-	-	-	-
Millom	a	-	-	0620	-	0719	-	-	-	-
Millom	d	-	-	0620	-	0720	-	-	-	-
Silecroft		-	-	0625	-	0725	-	-	-	-
Bootle (Cumbria)		-	-	0632	-	0732	-	-	-	-
Ravenglass		-	-	0639	-	0739	-	-	-	-
Drigg		-	-	0643	-	0743	-	-	-	-
Seascale		-	-	0647	-	0747	-	-	-	-
Sellafield		-	-	0652	-	0752	-	-	-	-
Braystones		-	-	-	-	0756	-	-	-	-
Nethertown		-	-	-	-	0759	-	-	-	-
St. Bees		-	-	0702	-	0805	-	-	-	-
Corkickle		-	-	0707	0712	0810	0817	-	-	-
Whitehaven	a	-	-	-	0722	-	0827	-	-	-
Whitehaven	d	-	0628	-	-	0732	-	-	0837	-
Parton		-	0632	-	-	0736	-	-	0841	-
Harrington		-	0641	-	-	0745	-	-	0850	-
Workington		0547	0647	-	-	0750	-	-	0855	-
Flimby		0552	0652	-	-	0755	-	-	0901	-
Maryport		0556	0656	-	-	0759	-	-	0904	-
Aspatria		0607	0707	-	-	0810	-	-	0915	-
Wigton		0617	0717	-	-	0820	-	-	0925	-
Dalston		0626	0726	-	-	0829	-	-	0934	-
Carlisle	a	0637	0737	-	-	0840	-	-	0945	-

Notes

 Bus service - heavy luggage, dogs, bicycles and pushchairs may not be carried.

									SX
Manchester Airport	d	-	0603	-	0704	-	-	-	0729
Manchester Piccadilly	-	-	0622	-	0721	-	-	-	0750
Manchester Oxford Road	-	-	0626	-	0725	-	-	-	0753
Deansgate	-	-	-	-	-	-	-	-	0756
Bolton	-	-	0638	-	-	-	-	-	0808
Chorley	-	-	-	-	-	-	-	-	0820
Preston	a	0644	0704	-	0800	-	-	-	0754
Lancaster	d	0658	0719	-	0815	-	-	-	0808
Lancaster	a	0700	0733	-	0821	-	-	-	0809
Oxenholme Lake District	a	0712	-	-	-	-	-	-	0822
Oxenholme Lake District	d	0730	-	-	-	-	-	-	0829
Kendal	-	-	0734	-	-	-	-	-	0833
Burneside	-	-	0738	-	-	-	-	-	0837
Staveley	-	-	0743	-	-	-	-	-	0842
Windermere	a	0749	-	-	-	-	-	-	0848
Carnforth	-	-	0744	-	0832	-	-	-	0902
Silverdale	-	-	0750	-	0838	-	-	-	0907
Arnside	-	-	0754	-	0842	-	-	-	0911
Grange-over-Sands	-	-	0800	-	0848	-	-	-	0917
Kents Bank	-	-	0804	-	-	-	-	-	0921
Cark	-	-	0808	-	0854	-	-	-	0925
Ulverston	-	-	0816	-	0902	-	-	-	0932
Dalton	-	-	0825	-	0910	-	-	-	0941
Roose	-	-	0831	-	-	-	-	-	0947
Barrow-in-Furness	a	-	0838	-	0922	-	-	-	0953
Barrow-in-Furness	d	-	-	-	-	0932	-	-	-
Askam	-	-	-	-	-	0942	-	-	-
Kirkby-in-Furness	-	-	-	-	-	0946	-	-	-
Foxfield	-	-	-	-	-	0951	-	-	-
Green Road	-	-	-	-	-	0955	-	-	-
Millom	a	-	-	-	-	1000	-	-	-
Millom	d	-	-	-	-	1000	-	-	-
Silecroft	-	-	-	-	-	1005	-	-	-
Bootle (Cumbria)	-	-	-	-	-	1013	-	-	-
Ravenglass	-	-	-	-	-	1020	-	-	-
Drigg	-	-	-	-	-	1023	-	-	-
Seascale	-	-	-	-	-	1028	-	-	-
Sellafield	-	-	-	-	-	1032	-	-	-
Braystones	-	-	-	-	-	1036	-	-	-
Nethertown	-	-	-	-	-	1039	-	-	-
St. Bees	-	-	-	-	-	1045	-	-	-
Corkickle	-	-	-	-	-	1050	1100	-	-
Whitehaven	a	-	-	-	-	-	1110	-	-
Whitehaven	d	-	-	0937	-	1037	-	1130	-
Parton	-	-	-	0941	-	1041	-	1134	-
Harrington	-	-	-	0950	-	1050	-	1143	-
Workington	-	-	-	0955	-	1056	-	1148	-
Flimby	-	-	-	1001	-	1101	-	1154	-
Maryport	-	-	-	1004	-	1105	-	1158	-
Aspatria	-	-	-	1015	-	1116	-	1208	-
Wigton	-	-	-	1026	-	1126	-	1218	-
Dalston	-	-	-	1035	-	1135	-	1227	-
Carlisle	a	-	-	1046	-	1146	-	1238	-

Notes

NOTES
SX Mondays to Fridays only.

 Bus service - heavy luggage, dogs, bicycles and pushchairs may not be carried.

		SO	SX	SO							
Manchester Airport	d	0729	-	0829	0829	-	-	-	0929	-	-
Manchester Piccadilly		0750	-	0850	0850	-	-	-	0950	-	-
Manchester Oxford Road		0753	-	0853	0853	-	-	-	0953	-	-
Deansgate		0756	-	0856	0856	-	-	-	0956	-	-
Bolton		0808	-	0908	0908	-	-	-	1008	-	-
Chorley		0820	-	0920	0920	-	-	-	1020	-	-
Preston		0842	-	0945	0945	0954	-	-	1033	-	1042
Lancaster	a	0859	-	1002	1002	1008	-	-	1050	-	1056
Lancaster	d	0900	-	1003	1003	1014	-	-	1051	-	1057
Oxenholme Lake District	a	-	-	1019	1032	-	-	-	-	-	1110
Oxenholme Lake District	d	-	0932	1021	1033	-	-	-	-	-	1121
Kendal		-	0936	1025	1037	-	-	-	-	-	1125
Burneside		-	0940	1029	1041	-	-	-	-	-	1129
Staveley		-	0945	1034	1046	-	-	-	-	-	1134
Windermere	a	-	0951	1041	1053	-	-	-	-	-	1140
Carnforth		0910	-	-	-	1024	-	-	1101	-	-
Silverdale		0915	-	-	-	1030	-	-	1106	-	-
Arnside		0920	-	-	-	1034	-	-	1110	-	-
Grange-over-Sands		0925	-	-	-	1040	-	-	1116	-	-
Kents Bank		0929	-	-	-	1044	-	-	1120	-	-
Cark		0933	-	-	-	1048	-	-	1124	-	-
Ulverston		0940	-	-	-	1056	-	-	1131	-	-
Dalton		0949	-	-	-	1104	-	-	1140	-	-
Roose		0955	-	-	-	1110	-	-	1146	-	-
Barrow-in-Furness	a	1001	-	-	-	1118	-	-	1154	-	-
Barrow-in-Furness	d	-	-	-	-	1119	-	-	-	-	-
Askam		-	-	-	-	1129	-	-	-	-	-
Kirkby-in-Furness		-	-	-	-	1134	-	-	-	-	-
Foxfield		-	-	-	-	1138	-	-	-	-	-
Green Road		-	-	-	-	1142	-	-	-	-	-
Millom	a	-	-	-	-	1147	-	-	-	-	-
Millom	d	-	-	-	-	1147	-	-	-	-	-
Silecroft		-	-	-	-	1152	-	-	-	-	-
Bootle (Cumbria)		-	-	-	-	1159	-	-	-	-	-
Ravenglass		-	-	-	-	1206	-	-	-	-	-
Drigg		-	-	-	-	1209	-	-	-	-	-
Seascale		-	-	-	-	1213	-	-	-	-	-
Sellafield		-	-	-	-	1217	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-	-
St. Bees		-	-	-	-	1228	-	-	-	-	-
Corkickle		-	-	-	-	1233	1238	-	-	-	-
Whitehaven	a	-	-	-	-	-	1248	-	-	-	-
Whitehaven	d	-	-	-	-	-	-	1254	-	1348	-
Parton		-	-	-	-	-	-	1258	-	1352	-
Harrington		-	-	-	-	-	-	-	-	1401	-
Workington		-	-	-	-	-	-	1311	-	1406	-
Flimby		-	-	-	-	-	-	-	-	1412	-
Maryport		-	-	-	-	-	-	1319	-	1416	-
Aspatiria		-	-	-	-	-	-	1330	-	1426	-
Wigton		-	-	-	-	-	-	1340	-	1437	-
Dalston		-	-	-	-	-	-	1349	-	1446	-
Carlisle	a	-	-	-	-	-	-	1400	-	1457	-

Notes

SO Saturdays only.

SX Mondays to Fridays only.

 Bus service - heavy luggage, dogs, bicycles and pushchairs may not be carried.

Lancaster - Barrow - Carlisle

Mondays to Saturdays

				SO		SX			
Manchester Airport	d	1429	-	1529	-	1604	-	-	1629
Manchester Piccadilly		1450	-	1550	-	1621	-	-	1650
Manchester Oxford Road		1453	-	1553	-	1625	-	-	1653
Deansgate		1456	-	1556	-	-	-	-	1656
Bolton		1508	-	1608	-	-	-	-	1708
Chorley		1520	-	1620	-	-	-	-	1720
Preston		1533	1541	1633	1701	1701	1704	-	1734
Lancaster	a	1550	1555	1652	1716	1716	1721	-	1751
Lancaster	d	1551	1601	1653	1728	1732	1722	-	1751
Oxenholme Lake District	a	1631	-	-	-	1735	-	-	-
Oxenholme Lake District	d	1633	-	-	-	1742	-	-	-
Kendal		1637	-	-	-	1746	-	-	-
Burneside		1641	-	-	-	1750	-	-	-
Staveley		1646	-	-	-	1755	-	-	-
Windermere	a	1653	-	-	-	1801	-	-	-
Carnforth		-	1611	1702	1738	1742	-	-	1801
Silverdale		-	1617	1707	1743	1747	-	-	1806
Arnside		-	1622	1712	1748	1752	-	-	1810
Grange-over-Sands		-	1628	1717	1754	1758	-	-	1816
Kents Bank		-	1632	1721	1757	1801	-	-	1819
Cark		-	1637	1725	1801	1805	-	-	1824
Ulverston		-	1645	1732	1809	1813	-	-	1831
Dalton		-	1654	1741	1817	1821	-	-	1840
Roose		-	1700	1747	1823	1828	-	-	1846
Barrow-in-Furness	a	-	1709	1753	1831	1835	-	-	1852
Barrow-in-Furness	d	-	1716	-	-	-	-	-	-
Askam		-	1726	-	-	-	-	-	-
Kirkby-in-Furness		-	1731	-	-	-	-	-	-
Foxfield		-	1735	-	-	-	-	-	-
Green Road		-	1739	-	-	-	-	-	-
Millom	a	-	1744	-	-	-	-	-	-
Millom	d	-	1744	-	-	-	-	-	-
Silecroft		-	1749	-	-	-	-	-	-
Bootle (Cumbria)		-	1756	-	-	-	-	-	-
Ravenglass		-	1803	-	-	-	-	-	-
Drigg		-	1806	-	-	-	-	-	-
Seascale		-	1810	-	-	-	-	-	-
Sellafield		-	1816	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-
St. Bees		-	1826	-	-	-	-	-	-
Corkickle		-	1831	-	-	-	-	1841	-
Whitehaven	a	-	-	-	-	-	-	1851	-
Whitehaven	d	-	-	-	-	-	1838	-	1923
Parton		-	-	-	-	-	1842	-	1927
Harrington		-	-	-	-	-	1851	-	1936
Workington		-	-	-	-	-	1856	-	1944
Flimby		-	-	-	-	-	1902	-	1950
Maryport		-	-	-	-	-	1906	-	1954
Aspatria		-	-	-	-	-	1916	-	2004
Wigton		-	-	-	-	-	1926	-	2015
Dalston		-	-	-	-	-	1935	-	2024
Carlisle	a	-	-	-	-	-	1946	-	2035

Notes
 SO Saturdays only.
 SX Mondays to Fridays only.
 ☞ Bus service - heavy luggage, dogs, bicycles and pushchairs may not be carried.

Lancaster - Barrow - Carlisle

Mondays to Saturdays

	SX	SX	SO Y	SO Y	SO X	SO X	SO Y	SX	SX
Manchester Airport	d	-	-	-	-	-	-	-	2159
Manchester Piccadilly	-	-	-	-	-	-	-	-	2217
Manchester Oxford Road	-	-	-	-	-	-	-	-	2224
Deansgate	-	-	-	-	-	-	-	-	-
Bolton	-	-	-	-	-	-	-	-	2239
Chorley	-	-	-	-	-	-	-	-	2252
Preston	-	-	2143	2125	-	2211	-	2143	2310
Lancaster	a	-	2157	2215	-	2231	-	2157	2327
Lancaster	d	-	2209	-	2226	2231	-	2158	2328
Oxenholme Lake District	a	-	-	-	-	-	-	2211	-
Oxenholme Lake District	d	2120	-	-	-	2206	2215	2222	-
Kendal	-	2124	-	-	-	2210	2225	2226	-
Burneside	-	2128	-	-	-	2214	2235	2230	-
Staveley	-	2133	-	-	-	2219	2245	2235	-
Windermere	a	2139	-	-	-	2225	2255	2241	-
Carnforth	-	-	2219	-	2236	2242	-	-	2338
Silverdale	-	-	2225	-	2242	2247	-	-	2343
Arnside	-	-	2229	-	2246	2252	-	-	2348
Grange-over-Sands	-	-	2235	-	2252	2258	-	-	2353
Kents Bank	-	-	2239	-	2256	2301	-	-	2357
Cark	-	-	2243	-	2300	2305	-	-	0001
Ulverston	-	-	2251	-	2308	2314	-	-	0009
Dalton	-	-	2259	-	2317	2322	-	-	0017
Roose	-	-	2305	-	2323	2328	-	-	0024
Barrow-in-Furness	a	-	2313	-	2330	2336	-	-	0030
Barrow-in-Furness	d	-	2211	-	-	-	-	-	-
Askam	-	-	2221	-	-	-	-	-	-
Kirkby-in-Furness	-	-	2225	-	-	-	-	-	-
Foxfield	-	-	2230	-	-	-	-	-	-
Green Road	-	-	2234	-	-	-	-	-	-
Millom	a	-	2239	-	-	-	-	-	-
Millom	d	-	-	-	-	-	-	-	-
Silecroft	-	-	-	-	-	-	-	-	-
Bootle (Cumbria)	-	-	-	-	-	-	-	-	-
Ravenglass	-	-	-	-	-	-	-	-	-
Drigg	-	-	-	-	-	-	-	-	-
Seascale	-	-	-	-	-	-	-	-	-
Sellafield	-	-	-	-	-	-	-	-	-
Braystones	-	-	-	-	-	-	-	-	-
Nethertown	-	-	-	-	-	-	-	-	-
St. Bees	-	-	-	-	-	-	-	-	-
Corkickle	-	-	-	-	-	-	-	-	-
Whitehaven	a	-	-	-	-	-	-	-	-
Whitehaven	d	-	-	-	-	-	-	-	-
Parton	-	-	-	-	-	-	-	-	-
Harrington	-	-	-	-	-	-	-	-	-
Workington	-	-	-	-	-	-	-	-	-
Flimby	-	-	-	-	-	-	-	-	-
Maryport	-	-	-	-	-	-	-	-	-
Aspatria	-	-	-	-	-	-	-	-	-
Wigton	-	-	-	-	-	-	-	-	-
Dalston	-	-	-	-	-	-	-	-	-
Carlisle	a	-	-	-	-	-	-	-	-

Notes

X Until 3 January and from 21 February.
Y From 10 January until 14 February.
SO Saturdays only.
SX Mondays to Fridays only.
Bus service - heavy luggage, dogs, bicycles and pushchairs may not be carried.

Lancaster - Barrow - Carlisle

Lancaster - Barrow - Carlisle

Lancaster - Barrow - Carlisle

Mondays to Saturdays

	SO	X	SO	Y	SO	Y	SO	Y	
Manchester Airport	d	2159	-	-	-	-	-	-	-
Manchester Piccadilly		2217	-	-	-	-	-	-	-
Manchester Oxford Road		2224	-	-	-	-	-	-	-
Deansgate		-	-	-	-	-	-	-	-
Bolton		2239	-	-	-	-	-	-	-
Chorley		2252	-	-	-	-	-	-	-
Preston		2310	2230	-	2310	-	-	-	-
Lancaster	a	2327	2320	-	2359	-	-	-	-
Lancaster	d	2328	-	2328	-	-	-	-	-
Oxenholme Lake District	a	-	-	-	-	-	-	-	-
Oxenholme Lake District	d	-	-	-	-	-	-	-	-
Kendal		-	-	-	-	-	-	-	-
Burneside		-	-	-	-	-	-	-	-
Staveley		-	-	-	-	-	-	-	-
Windermere	a	-	-	-	-	-	-	-	-
Carnforth		2338	-	2338	-	-	-	-	-
Silverdale		2343	-	2344	-	-	-	-	-
Arnsdale		2348	-	2349	-	-	-	-	-
Grange-over-Sands		2353	-	2355	-	-	-	-	-
Kents Bank		2357	-	2358	-	-	-	-	-
Cark		0001	-	0003	-	-	-	-	-
Ulverston		0009	-	0011	-	-	-	-	-
Dalton		0017	-	0019	-	-	-	-	-
Roose		0024	-	0026	-	-	-	-	-
Barrow-in-Furness	a	0030	-	0033	-	-	-	-	-
Barrow-in-Furness	d	-	-	-	-	-	-	-	-
Askam		-	-	-	-	-	-	-	-
Kirkby-in-Furness		-	-	-	-	-	-	-	-
Foxfield		-	-	-	-	-	-	-	-
Green Road		-	-	-	-	-	-	-	-
Millom	a	-	-	-	-	-	-	-	-
Millom	d	-	-	-	-	-	-	-	-
Silecroft		-	-	-	-	-	-	-	-
Bootle (Cumbria)		-	-	-	-	-	-	-	-
Ravenglass		-	-	-	-	-	-	-	-
Drigg		-	-	-	-	-	-	-	-
Seascale		-	-	-	-	-	-	-	-
Sellafield		-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-
St. Bees		-	-	-	-	-	-	-	-
Corkickle		-	-	-	-	-	-	-	-
Whitehaven	a	-	-	-	-	-	-	-	-
Whitehaven	d	-	-	-	-	-	-	-	-
Parton		-	-	-	-	-	-	-	-
Harrington		-	-	-	-	-	-	-	-
Workington		-	-	-	-	-	-	-	-
Flimby		-	-	-	-	-	-	-	-
Maryport		-	-	-	-	-	-	-	-
Aspatria		-	-	-	-	-	-	-	-
Wigton		-	-	-	-	-	-	-	-
Dalston		-	-	-	-	-	-	-	-
Carlisle	a	-	-	-	-	-	-	-	-

Sundays

	V	W		V	
Manchester Airport	d	-	-	-	-
Manchester Piccadilly		-	-	-	-
Manchester Oxford Road		-	-	-	-
Bolton		-	-	0909	-
Chorley		-	-	0921	-
Preston		-	-	0948	-
Lancaster	a	-	-	1005	-
Lancaster	d	-	-	1007	-
Oxenholme Lake District	a	-	-	1022	-
Oxenholme Lake District	d	-	-	1030	-
Kendal		-	-	1034	-
Burneside		-	-	1038	-
Staveley		-	-	1043	-
Windermere	a	-	-	1049	-
Carnforth		-	-	0855	-
Silverdale		-	-	0900	-
Arnsdale		-	-	0905	-
Grange-over-Sands		-	-	0911	-
Kents Bank		-	-	0914	-
Cark		-	-	0918	-
Ulverston		-	-	0927	-
Dalton		-	-	0935	-
Roose		-	-	0941	-
Barrow-in-Furness	a	-	-	0948	-
Barrow-in-Furness	d	-	-	0950	-
Askam		-	-	0915	-
Kirkby-in-Furness		-	-	0919	-
Foxfield		-	-	0924	-
Green Road		-	-	0928	-
Millom	a	-	-	0933	-
Millom	d	-	-	1017	-
Silecroft		-	-	1022	-
Bootle (Cumbria)		-	-	1029	-
Ravenglass		-	-	1035	-
Drigg		-	-	1039	-
Seascale		-	-	1043	-
Sellafield		-	-	1046	-
Braystones		-	-	1050	-
Nethertown		-	-	1053	-
St. Bees		-	-	1059	-
Corkickle		-	-	1104	-
Whitehaven	a	-	-	1111	-
Whitehaven	d	-	-	1121	-
Parton		-	-	1016	-
Harrington		-	-	1020	-
Workington		-	-	1029	-
Flimby		0855 0940 0957	-	1034	-
Maryport		0900 0945 1002	-	1040	-
Aspatria		0904 0949 1006	-	1044	-
Wigton		0915 1000 1017	-	1054	-
Dalston		0925 1010 1027	-	1104	-
Carlisle	a	0934 1019 1036	-	1113	-
Carlisle	a	0945 1030 1047	-	1124	-

Sundays

	W	V	W	W	V
Manchester Airport	d	-	-	-	-
Manchester Piccadilly		-	-	-	-
Manchester Oxford Road		-	-	-	-
Bolton		-	-	-	-
Chorley		-	-	-	-
Preston		-	-	-	-
Lancaster	a	-	-	-	-
Lancaster	d	-	-	-	-
Oxenholme Lake District	a	-	-	-	-
Oxenholme Lake District	d	-	-	-	-
Kendal		-	-	-	-
Burneside		-	-	-	-
Staveley		-	-	-	-
Windermere	a	-	-	-	-
Carnforth		-	-	-	-
Silverdale		-	-	-	-
Arnsdale		-	-	-	-
Grange-over-Sands		-	-	-	-
Kents Bank		-	-	-	-
Cark		-	-	-	-
Ulverston		-	-	-	-
Dalton		-	-	-	-
Roose		-	-	-	-
Barrow-in-Furness	a	-	-	-	-
Barrow-in-Furness	d	-	-	-	-
Askam		-	-	-	-
Kirkby-in-Furness		-	-	-	-
Foxfield		-	-	-	-
Green Road		-	-	-	-
Millom	a	-	-	-	-
Millom	d	-	-	-	-
Silecroft		-	-	-	-
Bootle (Cumbria)		-	-	-	-
Ravenglass		-	-	-	-
Drigg		-	-	-	-
Seascale		-	-	-	-
Sellafield		-	-	-	-
Braystones		-	-	-	-
Nethertown		-	-	-	-
St. Bees		-	-	-	-
Corkickle		-	-	-	-
Whitehaven	a	-	-	-	-
Whitehaven	d	-	-	-	-
Parton		-	-	-	-
Harrington		-	-	-	-
Workington		-	-	-	-
Flimby		-	-	-	-
Maryport		-	-	-	-
Aspatria		-	-	-	-
Wigton		-	-	-	-
Dalston		-	-	-	-
Carlisle	a	-	-	-	-

Notes

X Until 3 January and from 21 February.

Y From 10 January until 14 February.

SO Saturdays only.

Bus service - heavy luggage, dogs, bicycles and pushchairs may not be carried.

Notes

V Until 4 January and from 22 February.

W From 11 Jan until 15 February.

Bus service - heavy luggage, dogs, bicycles and pushchairs may not be carried.

Notes

V Until 4 January and from 22 February.

W From 11 Jan until 15 February.

Bus service - heavy luggage, dogs, bicycles and pushchairs may not be carried.

Lancaster - Barrow - Carlisle

Sundays

				T	S					
Manchester Airport	d	-	1410	-	-	1530	-	-	-	1630
Manchester Piccadilly	-	-	1426	-	-	1548	-	-	-	1648
Manchester Oxford Road	-	-	1430	-	-	1552	-	-	-	1652
Bolton	-	-	1444	-	-	1608	-	-	-	1708
Chorley	-	-	-	-	-	1620	-	-	-	1720
Preston	-	-	1505	-	-	1647	-	1642	-	1746
Lancaster	a	-	1520	-	-	1705	-	1656	-	1803
Lancaster	d	-	1603	-	-	1707	-	1658	-	1804
Oxenholme Lake District	a	-	-	-	-	-	-	1711	-	-
Oxenholme Lake District	d	-	-	-	-	-	-	1731	-	-
Kendal	-	-	-	-	-	-	-	1735	-	-
Burneside	-	-	-	-	-	-	-	1739	-	-
Staveley	-	-	-	-	-	-	-	1744	-	-
Windermere	a	-	-	-	-	-	-	1750	-	-
Carnforth	-	-	1613	-	-	1716	-	-	-	1814
Silverdale	-	-	1619	-	-	1722	-	-	-	1819
Arnside	-	-	1623	-	-	1726	-	-	-	1823
Grange-over-Sands	-	-	1629	-	-	1731	-	-	-	1828
Kents Bank	-	-	1633	-	-	1735	-	-	-	1832
Cark	-	-	1637	-	-	1739	-	-	-	1836
Ulverston	-	-	1645	-	-	1746	-	-	-	1843
Dalton	-	-	1653	-	-	1754	-	-	-	1851
Roose	-	-	1659	-	-	1800	-	-	-	1857
Barrow-in-Furness	a	-	1707	-	-	1807	-	-	-	1904
Barrow-in-Furness	d	-	-	-	-	-	-	1825	-	1911
Askam	-	-	-	-	-	-	-	1835	-	1921
Kirkby-in-Furness	-	-	-	-	-	-	-	1839	-	1925
Foxfield	-	-	-	-	-	-	-	1844	-	1929
Green Road	-	-	-	-	-	-	-	1848	-	1933
Millom	a	-	-	-	-	-	-	1853	-	1937
Millom	d	-	-	-	-	-	-	-	-	1905
Silecroft	-	-	-	-	-	-	-	-	-	1913
Bootle (Cumbria)	-	-	-	-	-	-	-	-	-	1926
Ravenglass	-	-	-	-	-	-	-	-	-	1943
Drigg	-	-	-	-	-	-	-	-	-	1957
Seascale	-	-	-	-	-	-	-	-	-	2009
Sellafield	-	-	-	-	-	-	-	-	-	2027
Braystones	-	-	-	-	-	-	-	-	-	-
Nethertown	-	-	-	-	-	-	-	-	-	-
St. Bees	-	-	-	-	-	-	-	-	-	2039
Corkickle	-	-	-	-	-	-	-	-	-	2051
Whitehaven	a	-	-	-	-	-	-	-	-	2104
Whitehaven	d	1841	-	1938	1938	-	2030	-	-	2104
Parton	-	1845	-	1942	1943	-	2034	-	-	2109
Harrington	-	1854	-	1951	1953	-	2043	-	-	-
Workington	-	1859	-	1956	2003	-	2048	-	-	2128
Flimby	-	1905	-	2002	2013	-	2054	-	-	-
Maryport	-	1909	-	2006	2018	-	2058	-	-	-
Aspatria	-	1919	-	2016	2038	-	2108	-	-	-
Wigton	-	1930	-	2026	2058	-	2118	-	-	-
Dalston	-	1939	-	2035	2118	-	2127	-	-	-
Carlisle	a	1950	-	2046	2133	-	2138	-	-	-

Notes

S Until 29 March.

 Bus service - heavy luggage, dogs, bicycles and pushchairs may not be carried.

Useful contact details

Northern Trains Limited is registered in England under company number 03076444 and whose registered office is located at: Albany House, Floor 8, 94-98 Petty France, London, SW1H 9EA. Northern Trains Ltd is a wholly owned subsidiary of DfT OLR Holdings Limited.