

Train times

6

17 May - 12 December 2026

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					
Carlisle	d	-	-	-	-	-	-	-
Dalston	-	-	-	-	-	-	-	-
Wigton	-	-	-	-	-	-	-	-
Aspatria	-	-	-	-	-	-	-	-
Maryport	-	-	-	-	-	-	-	-
Flimby	-	-	-	-	-	-	-	-
Workington	-	-	-	-	-	-	-	-
Harrington	-	-	-	-	-	-	-	-
Parton	-	-	-	-	-	-	-	-
Whitehaven	a	-	-	-	-	-	-	-
Whitehaven	d	-	-	-	-	-	0508	-
Corkickle	-	-	-	-	-	-	0518	-
St. Bees	-	-	-	-	-	-	0531	-
Nethertown	-	-	-	-	-	-	-	-
Braystones	-	-	-	-	-	-	-	-
Sellafield	-	-	-	-	-	-	0544	-
Seascale	-	-	-	-	-	-	0604	-
Drigg	-	-	-	-	-	-	0610	-
Ravenglass	-	-	-	-	-	-	0617	-
Bootle (Cumbria)	-	-	-	-	-	-	0630	-
Silecroft	-	-	-	-	-	-	0640	-
Millom	a	-	-	-	-	-	0650	-
Millom	d	-	-	-	0610	-	-	-
Green Road	-	-	-	-	0614	-	-	-
Foxfield	-	-	-	-	0618	-	-	-
Kirkby-in-Furness	-	-	-	-	0623	-	-	-
Askam	-	-	-	-	0628	-	-	-
Barrow-in-Furness	a	-	-	-	0641	-	-	-
Barrow-in-Furness	d	0458	-	0550 0550 0612	-	0650	-	0712
Roose	-	-	-	0554 0554 0616	-	0654	-	0716
Dalton	0507	-	-	0601 0601 0623	-	0700	-	0722
Ulverston	0516	-	-	0609 0609 0631	-	0709	-	0730
Cark	-	-	-	0616 0616 0639	-	0716	-	0738
Kents Bank	-	-	-	0620 0620 0643	-	0720	-	-
Grange-over-Sands	0528	-	-	0624 0624 0647	-	0724	-	0744
Arnside	0534	-	-	0630 0630 0653	-	0729	-	0750
Silverdale	-	-	-	0634 0634 0658	-	0734	-	0755
Carnforth	0544	-	-	0642 0644 0706	-	0743	-	0802
Windermere	d	-	0642	-	-	-	0756	-
Staveley	-	-	0647	-	-	-	0801	-
Burneside	-	-	0652	-	-	-	0806	-
Kendal	-	-	0656	-	-	-	0810	-
Oxenholme Lake District	a	-	0701	-	-	-	0815	-
Oxenholme Lake District	d	-	0709	-	-	-	0825	-
Lancaster	a	0551	0723	0649 0651 0716	-	0750	0839	0812
Lancaster	d	0551	0724	0649 0652 0724	-	0751	0840	0828
Preston	a	0609	0742	0707 0711 0742	-	0809	0858	0846
Chorley	a	0621	-	0721 0722	-	0820	-	-
Bolton	a	0634	-	0736 0737	-	0836	-	-
Deansgate	a	0651	-	0751 0751	-	0851	-	-
Manchester Oxford Road	a	0654	0823	0754 0754 0823	-	0854	-	0922
Manchester Piccadilly	a	0658	0827	0758 0758 0827	-	0858	-	0926
Manchester Airport	a	0715	0844	0815 0815 0844	-	0915	-	0944

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	-	-	-	0550	-	-
Dalston	-	-	-	-	0559	-	-
Wigton	-	-	-	-	0608	-	-
Aspatria	-	-	-	-	0619	-	-
Maryport	-	0509 0548	-	-	0630	-	-
Flimby	-	0517 0551	-	-	0633	-	-
Workington	-	0529 0558	-	-	0640	-	-
Harrington	-	0539 0603	-	-	0645	-	-
Parton	-	0549 0612	-	-	0654	-	-
Whitehaven	a	0558 0616	-	-	0658	-	-
Whitehaven	d	0558	-	-	0703	-	-
Corkickle	-	0610	-	-	0713	0723	-
St. Bees	-	0623	-	-	-	0729	-
Nethertown	-	-	-	-	-	0734	-
Braystones	-	-	-	-	-	0737	-
Sellafield	-	0639	-	-	-	0742	-
Seascale	-	-	-	-	-	0745	-
Drigg	-	-	-	-	-	0749	-
Ravenglass	-	-	-	-	-	0753	-
Bootle (Cumbria)	-	-	-	-	-	0759	-
Silecroft	-	-	-	-	-	0806	-
Millom	a	-	-	-	-	0811	-
Millom	d	0710	-	-	-	0811	-
Green Road	-	0715	-	-	-	0816	-
Foxfield	-	0719	-	-	-	0820	-
Kirkby-in-Furness	-	0724	-	-	-	0824	-
Askam	-	0729	-	-	-	0829	-
Barrow-in-Furness	a	0742	-	-	-	0843	-
Barrow-in-Furness	d	0748	-	-	-	0848	-
Roose	-	0752	-	-	-	0852	-
Dalton	-	0759	-	-	-	0859	-
Ulverston	-	0807	-	-	-	0907	-
Cark	-	0814	-	-	-	0914	-
Kents Bank	-	0818	-	-	-	0918	-
Grange-over-Sands	-	0822	-	-	-	0922	-
Arnside	-	0828	-	-	-	0928	-
Silverdale	-	0832	-	-	-	0932	-
Carnforth	-	0839	-	-	-	0940	-
Windermere	d	-	-	0852	-	-	0955 1008
Staveley	-	-	-	-	-	-	1000 1013
Burneside	-	-	-	-	-	-	1005 1018
Kendal	-	-	-	0904	-	-	1009 1022
Oxenholme Lake District	a	-	-	0909	-	-	1014 1027
Oxenholme Lake District	d	-	-	0925	-	-	1016 1029
Lancaster	a	0846	-	0938	-	-	0948 1033 1047
Lancaster	d	0848	-	0940	-	-	0950 1050 1048
Preston	a	0906	-	0957	-	-	1008 1108 1106
Chorley	a	0920	-	-	-	-	1020 1120 1120
Bolton	a	0934	-	-	-	-	1034 1134 1134
Deansgate	a	0951	-	-	-	-	1051 1151 1151
Manchester Oxford Road	a	0954	-	-	-	-	1054 1154 1154
Manchester Piccadilly	a	0958	-	-	-	-	1058 1158 1158
Manchester Airport	a	1015	-	-	-	-	1115 1215 1215

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Carlisle - Barrow - Lancaster

Mondays to Saturdays

Carlisle	d	-	0706	-	-	0807	-	-
Dalston	-	-	0715	-	-	0816	-	-
Wigton	-	-	0724	-	-	0826	-	-
Aspatria	-	-	0735	-	-	0836	-	-
Maryport	-	-	0746	-	-	0848	-	-
Flimby	-	-	0749	-	-	0851	-	-
Workington	-	-	0756	-	-	0858	-	-
Harrington	-	-	0801	-	-	0903	-	-
Parton	-	-	0810	-	-	0912	-	-
Whitehaven	a	-	0814	-	-	0916	-	-
Whitehaven	d	-	0819	-	-	-	-	-
Corkickle	-	-	0829	0839	-	-	-	-
St. Bees	-	-	-	0845	-	-	-	-
Nethertown	-	-	-	-	-	-	-	-
Braystones	-	-	-	-	-	-	-	-
Sellafield	-	-	-	-	0856	-	-	-
Seascale	-	-	-	-	0859	-	-	-
Drigg	-	-	-	-	0903	-	-	-
Ravenglass	-	-	-	-	0907	-	-	-
Bootle (Cumbria)	-	-	-	-	0913	-	-	-
Silecroft	-	-	-	-	0920	-	-	-
Millom	a	-	-	-	0925	-	-	-
Millom	d	-	-	-	0926	-	-	-
Green Road	-	-	-	-	0930	-	-	-
Foxfield	-	-	-	-	0934	-	-	-
Kirkby-in-Furness	-	-	-	-	0939	-	-	-
Askam	-	-	-	-	0944	-	-	-
Barrow-in-Furness	a	-	-	-	0958	-	-	-
Barrow-in-Furness	d	-	-	-	1000	1049	1151	-
Roose	-	-	-	-	1004	1053	1155	-
Dalton	-	-	-	-	1010	1100	1202	-
Ulverston	-	-	-	-	1019	1108	1210	-
Cark	-	-	-	-	1026	1115	1217	-
Kents Bank	-	-	-	-	1030	1119	1221	-
Grange-over-Sands	-	-	-	-	1034	1123	1225	-
Arnside	-	-	-	-	1041	1129	1231	-
Silverdale	-	-	-	-	1045	1133	1235	-
Carnforth	-	-	-	-	1055	1140	1243	-
Windermere	d	1057	-	-	-	-	1147	1307
Staveley	-	1102	-	-	-	-	1152	1312
Burneside	-	1107	-	-	-	-	1157	1317
Kendal	-	1111	-	-	-	-	1201	1321
Oxenholme Lake District	a	1116	-	-	-	-	1206	1326
Oxenholme Lake District	d	1126	-	-	-	-	1212	1329
Lancaster	a	1139	-	-	1105	1147	1226	1250 1345
Lancaster	d	1141	-	-	1130	1149	1227	1250 1349
Preston	a	1158	-	-	1149	1208	1245	1310 1407
Chorley	a	-	-	-	-	1220	-	1321 1420
Bolton	a	-	-	-	-	1234	1306	1334 1434
Deansgate	a	-	-	-	1207	-	1251	1351 1451
Manchester Oxford Road	a	-	-	-	-	1222	1254	1322 1354 1454
Manchester Piccadilly	a	-	-	-	-	1226	1258	1326 1358 1458
Manchester Airport	a	-	-	-	-	1244	1315	1344 1415 1515

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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	1126	-	-	-	-	-
Bootle (Cumbria)	-	1131	1132	-	-	-	-	-
Silecroft	-	1138	1139	-	-	-	-	-
Millom a	-	1143	1144	-	-	-	-	-
Millom d	-	1143	1145	-	-	-	-	-
Green Road	-	1148	1149	-	-	-	-	-
Foxfield	-	1152	1154	-	-	-	-	-
Kirkby-in-Furness	-	1156	1159	-	-	-	-	-
Askam	-	1201	1204	-	-	-	-	-
Barrow-in-Furness a	-	1215	1218	-	-	-	-	-
Barrow-in-Furness d	-	-	1250	1251	-	-	1352	-
Roose	-	-	1255	1255	-	-	1356	-
Dalton	-	-	1301	1301	-	-	1403	-
Ulverston	-	-	1309	1309	-	-	1411	-
Cark	-	-	1317	1317	-	-	1418	-
Kents Bank	-	-	1321	1321	-	-	1422	-
Grange-over-Sands	-	-	1325	1325	-	-	1426	-
Arnside	-	-	1331	1331	-	-	1432	-
Silverdale	-	-	1336	1336	-	-	1436	-
Carnforth	-	-	1343	1343	-	-	1443	-
Windermere d	-	-	-	-	1400	-	-	-
Staveley	-	-	-	-	1405	-	-	-
Burneside	-	-	-	-	1410	-	-	-
Kendal	-	-	-	-	1414	-	-	-
Oxenholme Lake District a	-	-	-	-	1419	-	-	-
Oxenholme Lake District d	-	-	-	-	-	-	-	-
Lancaster a	-	-	1353	1353	-	-	1452	-
Lancaster d	-	-	1428	1428	-	-	1452	-
Preston a	-	-	1446	1446	-	-	1510	-
Chorley a	-	-	-	-	-	-	1521	-
Bolton a	-	-	1506	1506	-	-	1534	-
Deansgate a	-	-	-	-	-	-	1551	-
Manchester Oxford Road a	-	-	1522	1522	-	-	1554	-
Manchester Piccadilly a	-	-	1526	1526	-	-	1558	-
Manchester Airport a	-	-	1544	1544	-	-	1615	-

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Carlisle - Barrow - Lancaster

Mondays to Saturdays

	SX	SO					
Carlisle d	-	-	-	-	1210	-	-
Dalston	-	-	-	-	1219	-	-
Wigton	-	-	-	-	1228	-	-
Aspatria	-	-	-	-	1239	-	-
Maryport	-	-	-	-	1250	-	-
Flimby	-	-	-	-	1253	-	-
Workington	-	-	-	-	1300	-	-
Harrington	-	-	-	-	1305	-	-
Parton	-	-	-	-	1314	-	-
Whitehaven a	-	-	-	-	1318	-	-
Whitehaven d	-	-	-	-	1342	-	-
Corkickle	1246	-	-	-	1352	1423	-
St. Bees	1252	-	-	-	-	1430	-
Nethertown	-	-	-	-	-	-	-
Braystones	-	-	-	-	-	-	-
Sellafield	1302	-	-	-	-	1440	-
Seascale	1306	-	-	-	-	1444	-
Drigg	1310	-	-	-	-	1448	-
Ravenglass	1313	-	-	-	-	1451	-
Bootle (Cumbria)	1319	-	-	-	-	1458	-
Silecroft	1326	-	-	-	-	1505	-
Millom a	1331	-	-	-	-	1510	-
Millom d	1332	-	-	-	-	1510	-
Green Road	1336	-	-	-	-	1515	-
Foxfield	1340	-	-	-	-	1519	-
Kirkby-in-Furness	1345	-	-	-	-	1524	-
Askam	1350	-	-	-	-	1529	-
Barrow-in-Furness a	1404	-	-	-	-	1543	-
Barrow-in-Furness d	-	1447	1447	-	-	1550	-
Roose	-	1451	1451	-	-	1554	-
Dalton	-	1458	1458	-	-	1601	-
Ulverston	-	1506	1506	-	-	1609	-
Cark	-	1513	1513	-	-	1617	-
Kents Bank	-	1517	1517	-	-	1621	-
Grange-over-Sands	-	1521	1521	-	-	1625	-
Arnside	-	1527	1527	-	-	1632	-
Silverdale	-	1531	1531	-	-	1636	-
Carnforth	-	1539	1539	-	-	1644	-
Windermere d	1500	-	1600	-	-	1707	-
Staveley	1505	-	1605	-	-	1712	-
Burneside	1510	-	1610	-	-	1717	-
Kendal	1514	-	1614	-	-	1721	-
Oxenholme Lake District a	1519	-	1619	-	-	1726	-
Oxenholme Lake District d	1524	-	1628	-	-	1747	-
Lancaster a	1538	1546	1546	1644	-	1653	-
Lancaster d	1539	1548	1550	1649	-	1727	-
Preston a	1556	1606	1608	1708	-	1745	1815
Chorley a	-	-	1620	1720	-	-	-
Bolton a	-	-	1634	1734	-	-	-
Deansgate a	-	-	1647	1651	1751	-	-
Manchester Oxford Road a	-	-	1649	1654	1754	-	1822
Manchester Piccadilly a	-	-	1653	1658	1758	-	1826
Manchester Airport a	-	-	1711	1715	1815	-	1844

Notes
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Carlisle - Barrow - Lancaster

Mondays to Saturdays

	SO	SX						
Carlisle d	1308	-	-	1407	1410	-	-	1439
Dalston	1317	-	-	1416	1419	-	-	1448
Wigton	1326	-	-	1426	1429	-	-	1458
Aspatria	1337	-	-	1436	1439	-	-	1508
Maryport	1348	-	-	1448	1451	-	-	1520
Flimby	1351	-	-	1451	1454	-	-	1523
Workington	1358	-	-	1458	1501	-	-	1530
Harrington	1403	-	-	1503	1506	-	-	1535
Parton	1412	-	-	1512	1515	-	-	1544
Whitehaven a	1416	-	-	1516	1519	-	-	1548
Whitehaven d	-	-	-	-	1530	-	-	1606
Corkickle	-	-	-	-	1540	1550	-	1616
St. Bees	-	-	-	-	-	1556	-	-
Nethertown	-	-	-	-	-	-	-	-
Braystones	-	-	-	-	-	-	-	-
Sellafield	-	-	-	-	-	1607	-	-
Seascale	-	-	-	-	-	1611	-	-
Drigg	-	-	-	-	-	1615	-	-
Ravenglass	-	-	-	-	-	1618	-	-
Bootle (Cumbria)	-	-	-	-	-	1625	-	-
Silecroft	-	-	-	-	-	1632	-	-
Millom a	-	-	-	-	-	1637	-	-
Millom d	-	-	-	-	-	1637	-	-
Green Road	-	-	-	-	-	1642	-	-
Foxfield	-	-	-	-	-	1646	-	-
Kirkby-in-Furness	-	-	-	-	-	1650	-	-
Askam	-	-	-	-	-	1656	-	-
Barrow-in-Furness a	-	-	-	-	-	1710	-	-
Barrow-in-Furness d	1651	-	-	-	-	1719	-	-
Roose	1655	-	-	-	-	1723	-	-
Dalton	1702	-	-	-	-	1729	-	-
Ulverston	1710	-	-	-	-	1737	-	-
Cark	1717	-	-	-	-	1745	-	-
Kents Bank	1721	-	-	-	-	-	-	-
Grange-over-Sands	1725	-	-	-	-	1752	-	-
Arnside	1731	-	-	-	-	1758	-	-
Silverdale	1735	-	-	-	-	1803	-	-
Carnforth	1744	-	-	-	-	1810	-	-
Windermere d	-	1806	-	-	-	1855	-	-
Staveley	-	1811	-	-	-	1900	-	-
Burneside	-	1816	-	-	-	1905	-	-
Kendal	-	1820	-	-	-	1909	-	-
Oxenholme Lake District a	-	1825	-	-	-	1914	-	-
Oxenholme Lake District d	-	1832	-	-	-	1916	-	-
Lancaster a	1751	1845	-	-	-	1820	1933	-
Lancaster d	1751	1847	-	-	-	1827	1934	-
Preston a	1809	1904	-	-	-	1846	1954	-
Chorley a	1820	-	-	-	-	-	2020	-
Bolton a	1834	-	-	-	-	1906	2034	-
Deansgate a	1851	-	-	-	-	-	2051	-
Manchester Oxford Road a	1854	-	-	-	-	1922	2054	-
Manchester Piccadilly a	1858	-	-	-	-	1926	2058	-
Manchester Airport a	1915	-	-	-	-	1944	2115	-

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	SX	SO	M	M	
							SX	SO	
Carlisle	d	-	1511	-	1558	1625	-	-	-
Dalston	-	1520	-	1607	1634	-	-	-	-
Wigton	-	1529	-	1617	1644	-	-	-	-
Aspatria	-	1540	-	1627	1654	-	-	-	-
Maryport	-	1551	-	1639	1706	-	-	-	-
Flimby	-	1555	-	1642	1709	-	-	-	-
Workington	-	1602	-	1649	1716	-	-	-	-
Harrington	-	1606	-	1654	1721	-	-	-	-
Parton	-	1615	-	1703	1730	-	-	-	-
Whitehaven	a	-	1620	-	1709	1735	-	-	-
Whitehaven	d	-	-	-	-	-	-	-	-
Corkickle	-	1629	-	-	-	-	-	-	-
St. Bees	-	1635	-	-	-	-	-	-	-
Nethertown	-	1640	-	-	-	-	-	-	-
Braystones	-	1643	-	-	-	-	-	-	-
Sellafield	-	1648	-	-	-	-	-	-	-
Seascale	-	1652	-	-	-	-	-	-	-
Drigg	-	1656	-	-	-	-	-	-	-
Ravenglass	-	1700	-	-	-	-	-	-	-
Bootle (Cumbria)	-	1706	-	-	-	-	-	-	-
Silecroft	-	1713	-	-	-	-	-	-	-
Millom	a	-	1718	-	-	-	-	-	-
Millom	d	-	1719	-	-	-	-	-	-
Green Road	-	1723	-	-	-	-	-	-	-
Foxfield	-	1728	-	-	-	-	-	-	-
Kirkby-in-Furness	-	1732	-	-	-	-	-	-	-
Askam	-	1738	-	-	-	-	-	-	-
Barrow-in-Furness	a	-	1752	-	-	-	-	-	-
Barrow-in-Furness	d	-	1802	-	-	-	1856	1903	1945
Roose	-	1806	-	-	-	-	1900	1907	1949
Dalton	-	1812	-	-	-	-	1907	1914	1955
Ulverston	-	1821	-	-	-	-	1915	1922	2004
Cark	-	1828	-	-	-	-	1922	1929	2011
Kents Bank	-	1832	-	-	-	-	1927	1934	2015
Grange-over-Sands	-	1836	-	-	-	-	1931	1938	2019
Arnsdale	-	1842	-	-	-	-	1936	1943	2024
Silverdale	-	1847	-	-	-	-	1941	1948	2028
Carnforth	-	1856	-	-	-	-	1951	1955	2038
Windermere	d	-	1948	-	-	-	-	-	2041
Staveley	-	1953	-	-	-	-	-	-	2046
Burnside	-	1958	-	-	-	-	-	-	2051
Kendal	-	2002	-	-	-	-	-	-	2055
Oxenholme Lake District	a	-	2007	-	-	-	-	-	2100
Oxenholme Lake District	d	-	2013	-	-	-	-	-	-
Lancaster	a	-	1906	-	2027	-	1958	2002	2045
Lancaster	d	-	1929	-	2028	-	1959	2004	2048
Preston	a	-	1947	-	2045	-	2019	2023	2107
Chorley	a	-	-	-	-	-	-	-	2120
Bolton	a	-	-	-	-	-	-	-	2120
Deansgate	a	-	-	-	-	-	-	-	2134
Manchester Oxford Road	a	-	2024	-	2122	-	-	-	2122
Manchester Piccadilly	a	-	2028	-	2126	-	-	-	2126
Manchester Airport	a	-	2045	-	2146	-	-	-	2146

Notes
M To Manchester Victoria.
SO Saturdays only.
SX Mondays to Fridays only.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

Carlisle	d	1706	-	-	1750	-	-	-	-	-
Dalston	-	1715	-	-	1759	-	-	-	-	-
Wigton	-	1725	-	-	1808	-	-	-	-	-
Aspatria	-	1735	-	-	1819	-	-	-	-	-
Maryport	-	1747	-	-	1830	-	-	-	-	-
Flimby	-	1750	-	-	1834	-	-	-	-	-
Workington	-	1757	-	-	1841	-	-	-	-	-
Harrington	-	1802	-	-	1845	-	-	-	-	-
Parton	-	1811	-	-	1854	-	-	-	-	-
Whitehaven	a	-	1816	-	1859	-	-	-	-	-
Whitehaven	d	-	1821	-	-	-	-	-	-	-
Corkickle	-	-	1831	-	1856	-	-	-	-	-
St. Bees	-	-	-	-	1902	-	-	-	-	-
Nethertown	-	-	-	-	1907	-	-	-	-	-
Braystones	-	-	-	-	1910	-	-	-	-	-
Sellafield	-	-	-	-	1916	-	-	-	-	-
Seascale	-	-	-	-	1919	-	-	-	-	-
Drigg	-	-	-	-	-	-	-	-	-	-
Ravenglass	-	-	-	-	1925	-	-	-	-	-
Bootle (Cumbria)	-	-	-	-	-	-	-	-	-	-
Silecroft	-	-	-	-	-	-	-	-	-	-
Millom	a	-	-	-	1941	-	-	-	-	-
Millom	d	-	-	-	1941	-	-	-	-	-
Green Road	-	-	-	-	1946	-	-	-	-	2029
Foxfield	-	-	-	-	1950	-	-	-	-	2033
Kirkby-in-Furness	-	-	-	-	1955	-	-	-	-	2036
Askam	-	-	-	-	2000	-	-	-	-	2037
Barrow-in-Furness	a	-	-	-	2014	-	-	-	-	2042
Barrow-in-Furness	d	-	-	-	-	-	2042	2044	-	-
Roose	-	-	-	-	-	-	2046	2048	-	-
Dalton	-	-	-	-	-	-	2052	2054	-	-
Ulverston	-	-	-	-	-	-	2101	2103	-	-
Cark	-	-	-	-	-	-	2108	2110	-	-
Kents Bank	-	-	-	-	-	-	2112	2114	-	-
Grange-over-Sands	-	-	-	-	-	-	2116	2118	-	-
Arnsdale	-	-	-	-	-	-	2123	2125	-	-
Silverdale	-	-	-	-	-	-	2127	2129	-	-
Carnforth	-	-	-	-	-	-	2135	2138	-	-
Windermere	d	-	-	-	-	-	2141	2147	-	-
Staveley	-	-	-	-	-	-	2146	2152	-	-
Burnside	-	-	-	-	-	-	2151	2157	-	-
Kendal	-	-	-	-	-	-	2155	2201	-	-
Oxenholme Lake District	a	-	-	-	-	-	2200	2206	-	-
Oxenholme Lake District	d	-	-	-	-	-	-	2211	-	-
Lancaster	a	-	-	-	-	-	2143	2148	-	2225
Lancaster	d	-	-	-	-	-	2143	2226	-	2226
Preston	a	-	-	-	-	-	2205	2244	-	2244
Chorley	a	-	-	-	-	-	-	-	-	-
Bolton	a	-	-	-	-	-	-	-	-	-
Deansgate	a	-	-	-	-	-	-	-	-	-
Manchester Oxford Road	a	-	-	-	-	-	-	2321	-	2321
Manchester Piccadilly	a	-	-	-	-	-	-	2325	-	2325
Manchester Airport	a	-	-	-	-	-	-	2342	-	2342

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

Carlisle	d	1846	1848	-	-	1909	-	-	2000	-
Dalston	-	1855	1857	-	-	1918	-	-	2009	-
Wigton	-	1904	1906	-	-	1928	-	-	2018	-
Aspatria	-	1915	1917	-	-	1938	-	-	2029	-
Maryport	-	1926	1928	-	-	1949	-	-	2040	-
Flimby	-	1929	1931	-	-	1953	-	-	2044	-
Workington	-	1936	1938	-	-	1959	-	-	2051	-
Harrington	-	1941	1943	-	-	2004	-	-	2055	-
Parton	-	1950	1952	-	-	2013	-	-	2105	-
Whitehaven	a	-	1956	1956	-	-	-	-	2017	-
Whitehaven	d	-	-	2002	-	-	-	-	-	-
Corkickle	-	-	-	2012	-	2022	2022	-	-	-
St. Bees	-	-	-	-	-	2029	2028	-	-	-
Nethertown	-	-	-	-	-	2034	2033	-	-	-
Braystones	-	-	-	-	-	2037	2036	-	-	-
Sellafield	-	-	-	-	-	2041	2041	-	-	-
Seascale	-	-	-	-	-	2045	2045	-	-	-
Drigg	-	-	-	-	-	2049	2049	-	-	-
Ravenglass	-	-	-	-	-	2052	2052	-	-	-
Bootle (Cumbria)	-	-	-	-	-	2059	2059	-	-	-
Silecroft	-	-	-	-	-	2106	2106	-	-	-
Millom	a	-	-	-	-	2111	2111	-	-	-
Millom	d	-	-	-	-	2111	2111	-	-	2200
Green Road	-	-	-	-	-	2116	2116	-	-	2204
Foxfield	-	-	-	-	-	2120	2120	-	-	2208
Kirkby-in-Furness	-	-	-	-	-	2124	2124	-	-	2213
Askam	-	-	-	-	-	2129	2129	-	-	2218
Barrow-in-Furness	a	-	-	-	-	2143	2143	-	-	2231
Barrow-in-Furness	d	-	-	-	-	2145	2146	-	-	-
Roose	-	-	-	-	-	2149	2150	-	-	-
Dalton	-	-	-	-	-	2155	2156	-	-	-
Ulverston	-	-	-	-	-	2204	2204	-	-	-
Cark	-	-	-	-	-	2211	2212	-	-	-
Kents Bank	-	-	-	-	-	2215	2216	-	-	-
Grange-over-Sands	-	-	-	-	-	2219	2220	-	-	-
Arnsdale	-	-	-	-	-	2226	2226	-	-	-
Silverdale	-	-	-	-	-	2230	2230	-	-	-
Carnforth	-	-	-	-	-	2238	2238	-	-	-
Windermere	d	-	-	-	-	-	-	-	2228	2247
Staveley	-	-	-	-	-	-	-	-	2233	2252
Burnside	-	-	-	-	-	-	-	-	2238	2257
Kendal	-	-	-	-	-	-	-	-	2242	2301
Oxenholme Lake District	a	-	-	-	-	-	-	-	2247	2306
Oxenholme Lake District	d	-	-	-	-	-	-	-	2249	2308
Lancaster	a	-	-	-	-	2246	2246	-	2305	2324
Lancaster	d	-	-	-	-	2246	2246	-	2306	2326
Preston	a	-	-	-	-	2310	2310	-	2324	2345
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.
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Carlisle - Barrow - Lancaster

Mondays to Saturdays

	SX	SO	SO	SX																
Carlisle	d	2054	2105	2151	2201	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Dalston		2103	2114	2200	2210	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wigton		2112	2123	2209	2219	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Aspatria		2123	2134	2220	2230	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Maryport		2134	2145	2231	2241	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Flimby		2137	2148	2234	2244	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Workington		2144	2155	2240	2251	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Harrington		2149	2200	2245	2256	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Parton		2158	2209	2254	2305	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Whitehaven	a	2204	2215	2259	2310	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
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		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Arnside		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
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

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	-	-	-	-	-	1052	-	1147	-	-	-	-	-	-	-	-
Roose		0757	0845	-	-	-	-	-	-	1056	-	1151	-	-	-	-	-	-	-	-
Dalton		0803	0851	-	-	-	-	-	-	1102	-	1158	-	-	-	-	-	-	-	-
Ulverston		0812	0859	0922	-	-	-	-	-	1111	-	1206	-	-	-	-	-	-	-	-
Cark		0819	0906	-	-	-	-	-	-	1118	-	1213	-	-	-	-	-	-	-	-
Kents Bank		0823	0910	-	-	-	-	-	-	1122	-	1217	-	-	-	-	-	-	-	-
Grange-over-Sands		0827	0914	0934	-	-	-	-	-	1126	-	1221	-	-	-	-	-	-	-	-
Arnside		0833	0920	0940	-	-	-	-	-	1131	-	1227	-	-	-	-	-	-	-	-
Silverdale		0838	0924	-	-	-	-	-	-	1135	-	1231	-	-	-	-	-	-	-	-
Carnforth		0845	0931	0951	-	-	-	-	-	1143	-	1240	-	-	-	-	-	-	-	-
Windermere	d	-	-	-	-	-	-	-	1053	-	-	1139	-	1224	-	-	-	-	-	-
Staveley		-	-	-	-	-	-	-	1058	-	-	1144	-	-	-	-	-	-	-	-
Burneside		-	-	-	-	-	-	-	1103	-	-	1149	-	-	-	-	-	-	-	-
Kendal		-	-	-	-	-	-	-	1107	-	-	1153	-	1236	-	-	-	-	-	-
Oxenholme Lake District	a	-	-	-	-	-	-	-	1112	-	-	1158	-	1241	-	-	-	-	-	-
Oxenholme Lake District	d	-	-	-	-	-	-	-	-	-	-	1213	-	1312	-	-	-	-	-	-
Lancaster	a	-	0938	1001	1137	-	-	-	-	1227	1150	1326	1247	-	-	-	-	-	-	-
Lancaster	d	-	0945	-	1138	-	-	-	-	1228	1151	1327	1247	-	-	-	-	-	-	-
Preston	a	-	1004	-	1156	-	-	-	-	1245	1209	1344	1305	-	-	-	-	-	-	-
Chorley	a	-	1018	-	-	-	-	-	-	-	1220	-	1320	-	-	-	-	-	-	-
Bolton	a	-	1031	-	-	-</														

Lancaster - Barrow - Carlisle

Lancaster - Barrow - Carlisle

Lancaster - Barrow - Carlisle

Mondays to Saturdays

	SX	SO	SX	SO				
Manchester Airport	d	0729	0729	-	0829	0829	-	0929
Manchester Piccadilly		0750	0750	-	0850	0850	-	0950
Manchester Oxford Road		0753	0753	-	0853	0853	-	0953
Deansgate		0756	0756	-	0856	0856	-	0956
Bolton		0808	0808	-	0908	0908	-	1008
Chorley		0820	0820	-	0920	0920	-	1020
Preston		0835	0842	-	0945	0945	0954	1033
Lancaster	a	0852	0859	-	1002	1002	1008	1050
Lancaster	d	0852	0900	-	1003	1003	1014	1051
Oxenholme Lake District	a	-	-	-	1019	1032	-	-
Oxenholme Lake District	d	-	-	0932	1021	1033	-	-
Kendal		-	-	0936	1025	1037	-	-
Burneside		-	-	0940	1029	1041	-	-
Staveley	a	-	-	0945	1034	1046	-	-
Windermere		-	-	0951	1041	1053	-	-
Carnforth		0902	0910	-	-	1024	-	1101
Silverdale		0907	0915	-	-	1030	-	1106
Arnsdale		0911	0920	-	-	1034	-	1111
Grange-over-Sands		0917	0925	-	-	1040	-	1116
Kents Bank		0921	0929	-	-	1044	-	1120
Cark		0925	0933	-	-	1048	-	1124
Ulverston		0932	0940	-	-	1056	-	1132
Dalton		0941	0949	-	-	1104	-	1140
Roose		0947	0955	-	-	1110	-	1147
Barrow-in-Furness	a	0953	1001	-	-	1118	-	1153
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
Aspatria		-	-	-	-	-	1329	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.

Mondays to Saturdays

					SO	SX		
Manchester Airport	d	-	-	-	1029	1129	1129	-
Manchester Piccadilly		-	-	-	1050	1150	1150	-
Manchester Oxford Road		-	-	-	1053	1153	1153	-
Deansgate		-	-	-	1056	1156	1156	-
Bolton		-	-	-	1108	1208	1208	-
Chorley		-	-	-	1120	1220	1220	-
Preston	1042	-	-	-	1144	1245	1246	1254
Lancaster	a	1056	-	-	1202	-	1302	1303
Lancaster	d	1057	-	-	1202	-	1303	1304
Oxenholme Lake District	a	1110	-	-	-	-	1332	1332
Oxenholme Lake District	d	1121	-	-	-	-	1239	1334
Kendal		1125	-	-	-	-	1243	1338
Burneside		1129	-	-	-	-	1247	1342
Staveley	a	1134	-	-	-	-	1252	1347
Windermere		1140	-	-	-	-	1258	1354
Carnforth		-	-	-	1212	-	-	1329
Silverdale		-	-	-	1217	-	-	1334
Arnsdale		-	-	-	1221	-	-	1339
Grange-over-Sands		-	-	-	1227	-	-	1345
Kents Bank		-	-	-	1230	-	-	1348
Cark		-	-	-	1234	-	-	1352
Ulverston		-	-	-	1242	-	-	1401
Dalton		-	-	-	1250	-	-	1409
Roose		-	-	-	1256	-	-	1415
Barrow-in-Furness	a	-	-	-	1302	-	-	1422
Barrow-in-Furness	d	-	1235	-	-	-	-	1429
Askam		-	1245	-	-	-	-	1439
Kirkby-in-Furness		-	1249	-	-	-	-	1443
Foxfield		-	1254	-	-	-	-	1448
Green Road		-	1258	-	-	-	-	1452
Millom	a	-	1302	-	-	-	-	1456
Millom	d	-	1303	-	-	-	-	1457
Silecroft		-	1308	-	-	-	-	1502
Bootle (Cumbria)		-	1315	-	-	-	-	1509
Ravenglass		-	1321	-	-	-	-	1515
Drigg		-	1325	-	-	-	-	1519
Seascale		-	1329	-	-	-	-	1523
Sellafield		-	1332	-	-	-	-	1526
Braystones		-	1336	-	-	-	-	1530
Nethertown		-	1339	-	-	-	-	1533
St. Bees		-	1347	-	-	-	-	1540
Corkickle		-	1352	1402	-	-	-	1545
Whitehaven	a	-	-	1412	-	-	-	-
Whitehaven	d	-	-	-	1438	1543	-	-
Parton		-	-	-	1442	1547	-	-
Harrington		-	-	-	1451	1556	-	-
Workington		-	-	-	1457	1601	-	-
Flimby		-	-	-	1502	1607	-	-
Maryport		-	-	-	1506	1611	-	-
Aspatria		-	-	-	1517	1621	-	-
Wigton		-	-	-	1527	1631	-	-
Dalston		-	-	-	1536	1640	-	-
Carlisle	a	-	-	-	1547	1651	-	-

Notes
 SO Saturdays only.
 SX Mondays to Fridays only.
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Mondays to Saturdays

			SX	SO		SX	SO
Manchester Airport	d	-	-	1229	1229	-	1304
Manchester Piccadilly		-	-	1250	1250	-	1321
Manchester Oxford Road		-	-	1253	1253	-	1324
Deansgate		-	-	1256	1256	-	-
Bolton		-	-	1308	-	1338	-
Chorley		-	-	1320	-	-	-
Preston		-	-	1346	1346	-	1405
Lancaster	a	-	-	1403	1403	-	1420
Lancaster	d	-	-	1404	1404	-	1421
Oxenholme Lake District	a	-	-	-	-	-	1434
Oxenholme Lake District	d	-	-	-	-	-	1439
Kendal		-	-	-	-	-	1443
Burneside		-	-	-	-	-	-
Staveley	a	-	-	-	-	-	-
Windermere		-	-	-	-	-	1456
Carnforth		-	-	1414	1414	-	-
Silverdale		-	-	1419	1419	-	-
Arnsdale		-	-	1423	1423	-	-
Grange-over-Sands		-	-	1429	1429	-	-
Kents Bank		-	-	1432	1432	-	-
Cark		-	-	1436	1436	-	-
Ulverston		-	-	1444	1444	-	-
Dalton		-	-	1452	1452	-	-
Roose		-	-	1458	1458	-	-
Barrow-in-Furness	a	-	-	1505	1505	-	-
Barrow-in-Furness	d	-	-	1508	1508	-	-
Askam		-	-	1518	1518	-	-
Kirkby-in-Furness		-	-	1523	1523	-	-
Foxfield		-	-	1527	1527	-	-
Green Road		-	-	1531	1531	-	-
Millom	a	-	-	1536	1536	-	-
Millom	d	-	-	1536	1536	-	-
Silecroft		-	-	1541	1541	-	-
Bootle (Cumbria)		-	-	1548	1548	-	-
Ravenglass		-	-	1555	1555	-	-
Drigg		-	-	1559	1559	-	-
Seascale		-	-	1603	1603	-	-
Sellafield		-	-	1608	1608	-	-
Braystones		-	-	-	-	-	-
Nethertown		-	-	-	-	-	-
St. Bees		-	-	1618	1618	-	-
Corkickle		1551	-	1623	1623	1634	-
Whitehaven	a	1601	-	-	-	1644	-
Whitehaven	d	-	1613	-	-	-	1701
Parton		-	1617	-	-	-	1705
Harrington		-	1626	-	-	-	1714
Workington		-	1633	-	-	-	1720
Flimby		-	1638	-	-	-	1725
Maryport		-	1643	-	-	-	1729
Aspatria		-	1654	-	-	-	1739
Wigton		-	1705	-	-	-	1749
Dalston		-	1714	-	-	-	1759
Carlisle	a	-	1725	-	-	-	1810

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

Lancaster - Barrow - Carlisle

Lancaster - Barrow - Carlisle

Mondays to Saturdays

	SO	SX	SX	SO	SX	SO			
Manchester Airport	d	-	-	-	-	-	2159	-	-
Manchester Piccadilly	-	-	-	-	-	-	2217	-	-
Manchester Oxford Road	-	-	-	-	-	-	2224	-	-
Deansgate	-	-	-	-	-	-	-	-	-
Bolton	-	-	-	-	-	-	2239	-	-
Chorley	-	-	-	-	-	-	2252	-	-
Preston	2041	-	2143	-	2143	2211	2310	-	-
Lancaster	a	2055	-	2157	-	2157	2231	2327	-
Lancaster	d	2057	-	2209	-	2158	2231	2328	-
Oxenholme Lake District	a	2110	-	-	-	2211	-	-	-
Oxenholme Lake District	d	2117	2120	-	2206	2222	-	-	-
Kendal	2121	2124	-	2210	2226	-	-	-	-
Burneside	2125	2128	-	2214	2230	-	-	-	-
Staveley	a	2130	2133	-	2219	2235	-	-	-
Windermere	2136	2139	-	2225	2241	-	-	-	-
Carnforth	-	-	2219	-	-	2242	2338	-	-
Silverdale	-	-	2225	-	-	2247	2343	-	-
Arnsdale	-	-	2229	-	-	2252	2348	-	-
Grange-over-Sands	-	-	2235	-	-	2258	2353	-	-
Kents Bank	-	-	2239	-	-	2301	2357	-	-
Cark	-	-	2243	-	-	2305	0001	-	-
Ulverston	-	-	2251	-	-	2314	0009	-	-
Dalton	-	-	2259	-	-	2322	0017	-	-
Roose	-	-	2305	-	-	2328	0024	-	-
Barrow-in-Furness	a	-	2313	-	-	2336	0030	-	-
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
SO Saturdays only.
SX Mondays to Fridays only.

Sundays

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	-	-	-	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	-	-	0905	0950	-	1044	-	-
Askam	-	-	-	0915	1000	-	1054	-	-
Kirkby-in-Furness	-	-	-	0919	1004	-	1059	-	-
Foxfield	-	-	-	0924	1009	-	1103	-	-
Green Road	-	-	-	0928	1013	-	1107	-	-
Millom	a	-	-	0933	1017	-	1112	-	-
Millom	d	-	-	-	1017	-	1112	-	-
Silecroft	-	-	-	-	1022	-	1117	-	-
Bootle (Cumbria)	-	-	-	-	1029	-	1124	-	-
Ravenglass	-	-	-	-	1035	-	1130	-	-
Drigg	-	-	-	-	1039	-	1133	-	-
Seascale	-	-	-	-	1043	-	1137	-	-
Sellafield	-	-	-	-	1046	-	1141	-	-
Braystones	-	-	-	-	1050	-	-	-	-
Nethertown	-	-	-	-	1053	-	-	-	-
St. Bees	-	-	-	-	1059	-	1152	-	-
Corkickle	-	-	-	-	1104	1111	1157	1211	-
Whitehaven	a	-	-	-	-	1121	-	1221	-
Whitehaven	d	-	-	1016	-	-	1131	-	1234
Parton	-	-	-	1020	-	-	1135	-	1238
Harrington	-	-	-	1029	-	-	1144	-	1247
Workington	-	-	-	0855	0940	1034	-	1149	-
Flimby	-	-	-	0900	0945	1040	-	1155	-
Maryport	-	-	-	0904	0949	1044	-	1159	-
Aspatria	-	-	-	0915	1000	1054	-	1209	-
Wigton	-	-	-	0925	1010	1104	-	1220	-
Dalston	-	-	-	0934	1019	1113	-	1229	-
Carlisle	a	0945	1030	1124	-	-	1240	-	1342

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

Sundays

Manchester Airport	d	-	-	0936	-	-	-	1010	1110
Manchester Piccadilly	-	-	-	0955	-	-	-	1026	1125
Manchester Oxford Road	-	-	-	0958	-	-	-	1030	1129
Bolton	0909	-	1012	-	-	-	-	1043	1144
Chorley	0921	-	1024	-	-	-	-	-	-
Preston	0948	-	1039	-	-	-	-	1108	1205
Lancaster	a	1005	-	1056	-	-	-	1124	1220
Lancaster	d	1007	1011	1059	-	-	-	1125	1221
Oxenholme Lake District	a	1022	-	-	-	-	-	1138	1234
Oxenholme Lake District	d	1030	-	-	-	1116	-	1202	1245
Kendal	1034	-	-	-	-	1120	-	1206	1249
Burneside	1038	-	-	-	-	1124	-	-	1253
Staveley	1043	-	-	-	-	1129	-	-	1258
Windermere	a	1049	-	-	-	1135	-	1219	1304
Carnforth	-	1021	1109	-	-	-	-	-	-
Silverdale	-	1027	1114	-	-	-	-	-	-
Arnsdale	-	1031	1118	-	-	-	-	-	-
Grange-over-Sands	-	1037	1123	-	-	-	-	-	-
Kents Bank	-	1041	1127	-	-	-	-	-	-
Cark	-	1045	1131	-	-	-	-	-	-
Ulverston	-	1053	1138	-	-	-	-	-	-
Dalton	-	1101	1147	-	-	-	-	-	-
Roose	-	1107	1153	-	-	-	-	-	-
Barrow-in-Furness	a	-	1115	1200	-	-	-	-	-
Barrow-in-Furness	d	-	-	1203	-	-	-	-	1358
Askam	-	-	-	1213	-	-	-	-	1408
Kirkby-in-Furness	-	-	-	1217	-	-	-	-	-
Foxfield	-	-	-	1221	-	-	-	-	-
Green Road	-	-	-	1225	-	-	-	-	-
Millom	a	-	-	1229	-	-	-	-	1422
Millom	d	-	-	1230	-	-	-	-	1423
Silecroft	-	-	-	1235	-	-	-	-	-
Bootle (Cumbria)	-	-	-	1242	-	-	-	-	-
Ravenglass	-	-	-	1248	-	-	-	-	1438
Drigg	-	-	-	1252	-	-	-	-	-
Seascale	-	-	-	1256	-	-	-	-	-
Sellafield	-	-	-	1300	-	-	-	-	1446
Braystones	-	-	-	-	-	-	-	-	-
Nethertown	-	-	-	-	-	-	-	-	-
St. Bees	-	-	-	1310	-	-	-	-	1456
Corkickle	-	-	-	1315	1322	-	-	-	1501
Whitehaven	a	-	-	-	1332	-	-	-	-
Whitehaven	d	-	-	-	-	1340	-	1437	-
Parton	-	-	-	-	-	1344	-	1441	-
Harrington	-	-	-	-	-	1353	-	1450	-
Workington	-	-	-	-	-	1359	-	1455	-
Flimby	-	-	-	-	-	1404	-	1501	-
Maryport	-	-	-	-	-	1408	-	1505	-
Aspatria	-	-	-	-	-	1419	-	1515	-
Wigton	-	-	-	-	-	1430	-	1526	-
Dalston	-	-	-	-	-	1439	-	1535	-
Carlisle	a	-	-	-	-	1450	-	1546	-

Notes
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Lancaster - Barrow - Carlisle

Lancaster - Barrow - Carlisle

Lancaster - Barrow - Carlisle

Sundays

Manchester Airport	d	-	-	-	-	-	-	-	1330
Manchester Piccadilly	-	-	-	-	-	-	-	-	1348
Manchester Oxford Road	-	-	1154	-	-	-	-	-	1352
Bolton	-	-	1208	-	-	-	-	-	1408
Chorley	-	-	1220	-	-	-	-	-	1420
Preston	-	-	1246	-	-	-	1341	-	1446
Lancaster	a	-	1303	-	-	-	1355	-	1503
Lancaster	d	-	1304	1314	-	-	1357	-	1504
Oxenholme Lake District	a	-	1332	-	-	-	1409	-	-
Oxenholme Lake District	d	-	1333	-	-	-	1422	-	-
Kendal	-	-	1337	-	-	-	1426	-	-
Burneside	-	-	1341	-	-	-	1430	-	-
Staveley	-	-	1346	-	-	-	1435	-	-
Windermere	a	-	1353	-	-	-	1441	-	-
Carnforth	-	-	1324	-	-	-	-	-	1513
Silverdale	-	-	1330	-	-	-	-	-	1518
Arnsdale	-	-	1334	-	-	-	-	-	1523
Grange-over-Sands	-	-	1340	-	-	-	-	-	1528
Kents Bank	-	-	1344	-	-	-	-	-	1532
Cark	-	-	1348	-	-	-	-	-	1536
Ulverston	-	-	1356	-	-	-	-	-	1543
Dalton	-	-	1404	-	-	-	-	-	1552
Roose	-	-	1410	-	-	-	-	-	1558
Barrow-in-Furness	a	-	1418	-	-	-	-	-	1604
Barrow-in-Furness	d	-	-	-	1454	-	-	-	-
Askam	-	-	-	-	1504	-	-	-	-
Kirkby-in-Furness	-	-	-	-	1508	-	-	-	-
Foxfield	-	-	-	-	1513	-	-	-	-
Green Road	-	-	-	-	1517	-	-	-	-
Millom	a	-	-	-	1521	-	-	-	-
Millom	d	-	-	-	1522	-	-	-	-
Silecroft	-	-	-	-	1527	-	-	-	-
Bootle (Cumbria)	-	-	-	-	1534	-	-	-	-
Ravenglass	-	-	-	-	1540	-	-	-	-
Drigg	-	-	-	-	1544	-	-	-	-
Seascale	-	-	-	-	1548	-	-	-	-
Sellafield	-	-	-	-	1552	-	-	-	-
Braystones	-	-	-	-	-	-	-	-	-
Nethertown	-	-	-	-	-	-	-	-	-
St. Bees	-	-	-	-	1602	-	-	-	-
Corkickle	-	-	-	-	1607	-	-	-	-
Whitehaven	a	1511	-	-	1612	-	-	-	-
Whitehaven	d	1521	-	-	1622	-	-	-	-
Whitehaven	d	1531	-	-	1631	-	1731	-	-
Parton	-	1535	-	-	1635	-	1735	-	-
Harrington	-	1544	-	-	1644	-	1744	-	-
Workington	-	1549	-	-	1649	-	1749	-	-
Flimby	-	1555	-	-	1655	-	1755	-	-
Maryport	-	1559	-	-	1700	-	1759	-	-
Aspatria	-	1609	-	-	1711	-	1809	-	-
Wigton	-	1620	-	-	1721	-	1820	-	-
Dalston	-	1629	-	-	1730	-	1829	-	-
Carlisle	a	1640	-	-	1741	-	1840	-	-

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Sundays

Manchester Airport	d	-	-	-	1410	1430	-	1530	-	-
Manchester Piccadilly	-	-	-	-	1426	1448	-	1548	-	-
Manchester Oxford Road	-	-	-	-	1430	1452	-	1552	-	-
Bolton	-	-	-	-	1444	1508	-	1608	-	-
Chorley	-	-	-	-	-	1520	-	1620	-	-
Preston	-	-	-	-	1454	1505	1558	1647	1642	-
Lancaster	a	-	-	-	1508	1520	1615	1705	1656	-
Lancaster	d	-	-	-	1510	1603	1616	1707	1658	-
Oxenholme Lake District	a	-	-	-	1523	-	1631	-	1711	-
Oxenholme Lake District	d	-	-	-	1529	-	1632	-	1731	-
Kendal	-	-	-	-	1533	-	1637	-	1735	-
Burneside	-	-	-	-	1537	-	1640	-	1739	-
Staveley	-	-	-	-	1542	-	1645	-	1744	-
Windermere	a	-	-	-	1548	-	1652	-	1750	-
Carnforth	-	-	-	-	1613	-	1716	-	-	-
Silverdale	-	-	-	-	1619	-	1722	-	-	-
Arnsdale	-	-	-	-	1623	-	1726	-	-	-
Grange-over-Sands	-	-	-	-	1629	-	1731	-	-	-
Kents Bank	-	-	-	-	1633	-	1735	-	-	-
Cark	-	-	-	-	1637	-	1739	-	-	-
Ulverston	-	-	-	-	1645	-	1746	-	-	-
Dalton	-	-	-	-	1653	-	1754	-	-	-
Roose	-	-	-	-	1659	-	1800	-	-	-
Barrow-in-Furness	a	-	-	-	1707	-	1807	-	-	-
Barrow-in-Furness	d	1652	-	-	-	-	-	-	-	-
Askam	-	1702	-	-	-	-	-	-	-	-
Kirkby-in-Furness	-	1707	-	-	-	-	-	-	-	-
Foxfield	-	1711	-	-	-	-	-	-	-	-
Green Road	-	1715	-	-	-	-	-	-	-	-
Millom	a	1720	-	-	-	-	-	-	-	-
Millom	d	1720	-	-	-	-	-	-	-	-
Silecroft	-	1725	-	-	-	-	-	-	-	-
Bootle (Cumbria)	-	1732	-	-	-	-	-	-	-	-
Ravenglass	-	1739	-	-	-	-	-	-	-	-
Drigg	-	1742	-	-	-	-	-	-	-	-
Seascale	-	1746	-	-	-	-	-	-	-	-
Sellafield	-	1750	-	-	-	-	-	-	-	-
Braystones	-	1754	-	-	-	-	-	-	-	-
Nethertown	-	1757	-	-	-	-	-	-	-	-
St. Bees	-	1803	-	-	-	-	-	-	-	-
Corkickle	-	1808	1814	-	-	-	-	-	-	-
Whitehaven	a	1824	-	-	-	-	-	-	-	-
Whitehaven	d	1841	-	-	-	1938	-	2030	-	-
Parton	-	1845	-	-	-	1943	-	2034	-	-
Harrington	-	1854	-	-	-	1953	-	2043	-	-
Workington	-	1859	-	-	-	2003	-	2048	-	-
Flimby	-	1905	-	-	-	2013	-	2054	-	-
Maryport	-	1909	-	-	-	2018	-	2058	-	-
Aspatria	-	1919	-	-	-	2038	-	2108	-	-
Wigton	-	1930	-	-	-	2058	-	2118	-	-
Dalston	-	1939	-	-	-	2118	-	2127	-	-
Carlisle	a	1950	-	-	-	2133	-	2138	-	-

Notes
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Sundays

Manchester Airport	d	-	-	1630	-	-	1830	-	1930	-	
Manchester Piccadilly	-	-	-	1648	-	-	1848	-	1948	-	
Manchester Oxford Road	-	-	-	1652	-	-	1852	-	1952	-	
Bolton	-	-	-	1708	-	-	1908	-	2008	-	
Chorley	-	-	-	1720	-	-	1920	-	2020	-	
Preston	-	-	-	1746	1754	-	1946	1942	2048	2041	
Lancaster	a	-	-	1803	1808	-	2003	1956	2105	2055	
Lancaster	d	-	-	1804	1810	1902	-	2004	1958	2105	2057
Oxenholme Lake District	a	-	-	-	1823	-	-	-	2010	-	2109
Oxenholme Lake District	d	-	-	-	1833	-	1940	-	2020	-	2120
Kendal	-	-	-	-	1837	-	1950	-	2030	-	2130
Burneside	-	-	-	-	1841	-	2000	-	2040	-	2140
Staveley	-	-	-	-	1846	-	2010	-	2050	-	2150
Windermere	a	-	-	-	1852	-	2020	-	2100	-	2200
Carnforth	-	-	-	1814	-	1914	-	2014	-	2115	-
Silverdale	-	-	-	1819	-	1920	-	2019	-	2120	-
Arnsdale	-	-	-	1823	-	1925	-	2023	-	2124	-
Grange-over-Sands	-	-	-	1828	-	1931	-	2028	-	2129	-
Kents Bank	-	-	-	1832	-	1934	-	2032	-	2133	-
Cark	-	-	-	1836	-	1938	-	2036	-	2137	-
Ulverston	-	-	-	1843	-	1947	-	2043	-	2144	-
Dalton	-	-	-	1851	-	1955	-	2052	-	2153	-
Roose	-	-	-	1857	-	2001	-	2058	-	2159	-
Barrow-in-Furness	a	-	-	1904	-	2008	-	2105	-	2205	-
Barrow-in-Furness	d	1825	-	1910	-	-	-	-	-	-	-
Askam	-	1835	-	1920	-	-	-	-	-	-	-
Kirkby-in-Furness	-	1839	-	1924	-	-	-	-	-	-	-
Foxfield	-	1844	-	1928	-	-	-	-	-	-	-
Green Road	-	1848	-	1932	-	-	-	-	-	-	-
Millom	a	1853	-	1936	-	-	-	-	-	-	-
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	2104	-	-	-	-	-	-	-	-	-
Parton	-	2109	-	-	-	-	-	-	-	-	-
Harrington	-	-	-	-	-	-	-	-	-	-	-
Workington	-	2128	-	-	-	-	-	-	-	-	-
Flimby	-	-	-	-	-	-	-	-	-	-	-
Maryport	-	-	-	-	-	-	-	-	-	-	-
Aspatria	-	-	-	-	-	-	-	-	-	-	-
Wigton	-	-	-	-	-	-	-	-	-	-	-
Dalston	-	-	-	-	-	-	-	-	-	-	-
Carlisle	a	-	-	-	-	-	-	-	-	-	-

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