

Train times

11 December 2022 –
20 May 2023

6

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



NORTHERN

Go do your thing

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		-	-	-	-	-	-	-	0548		
Flimby		-	-	-	-	-	-	-	05x51		
Workington		-	-	-	-	-	-	-	0558		
Harrington		-	-	-	-	-	-	-	0602		
Parton		-	-	-	-	-	-	-	06x11		
Whitehaven	a	-	-	-	-	-	-	-	0616		
Whitehaven	d	-	-	-	-	-	-	-	0618		
Corkickle		-	-	-	-	-	-	-	0620		
St. Bees		-	-	-	-	-	-	-	0626		
Nethertown		-	-	-	-	-	-	-	06x30		
Braystones		-	-	-	-	-	-	-	06x33		
Sellafield		-	-	-	-	-	-	-	0639		
Seascale		-	-	-	-	-	-	-	0643		
Drigg		-	-	-	-	-	-	-	06x46		
Ravenglass		-	-	-	-	-	-	-	0650		
Bootle (Cumbria)		-	-	-	-	-	-	-	06x55		
Silecroft		-	-	-	-	-	-	-	07x02		
Millom	a	-	-	-	-	-	-	-	0708		
Millom	d	-	-	-	-	0610	-	-	0709		
Green Road		-	-	-	-	06x14	-	-	07x13		
Foxfield		-	-	-	-	0618	-	-	0717		
Kirkby-in-Furness		-	-	-	-	06x22	-	-	07x21		
Askam		-	-	-	-	0627	-	-	0726		
Barrow-in-Furness	a	-	-	-	-	0641	-	-	0741		
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	-
Arnsdale		0534	0630	0630	-	0653	-	0729	-	0750	-
Silverdale		-	0634	0634	-	0658	-	0734	-	0755	-
Carnforth		0543	0642	0643	-	0706	-	0743	-	0802	-
Windermere	a	-	-	-	0642	-	-	-	0756	-	-
Staveley		-	-	-	0647	-	-	-	0801	-	-
Burneside		-	-	-	0652	-	-	-	0806	-	-
Kendal		-	-	-	0656	-	-	-	0810	-	-
Oxenholme Lake District	a	-	-	-	0701	-	-	-	0815	-	-
Oxenholme Lake District	d	-	-	-	0708	-	-	-	0826	-	-
Lancaster	a	0550	0649	0652	0722	0716	-	0750	0839	0812	-
Lancaster	d	0550	0649	0652	0723	0723	-	0751	0841	0828	-
Preston	a	0608	0707	0710	0740	0740	-	0809	0858	0846	-
Chorley	a	0620	0722	0722	-	-	-	0821	-	-	-
Bolton	a	0634	0737	0737	-	-	-	0836	-	-	-
Deansgate	a	0651	0751	0751	-	-	-	0851	-	-	-
Manchester Oxford Road	a	0654	0754	0754	0823	0823	-	0854	-	0922	-
Manchester Piccadilly	a	0658	0758	0758	0827	0827	-	0858	-	0926	-
Manchester Airport	a	0715	0815	0815	0844	0844	-	0915	-	0946	-

Notes

x Stops on request.

SO Saturdays only.

SX Mondays to Fridays only.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

	SO	SX		SX	SO			
Carlisle	d	-	-	0553	-	-	-	0619 0710
Dalston	-	-	-	0602	-	-	-	0627 0719
Wigton	-	-	-	0611	-	-	-	0636 0731
Aspatria	-	-	-	0622	-	-	-	0648 0742
Maryport	-	-	-	0633	-	-	-	0700 0755
Flimby	-	-	-	06x36	-	-	-	07x03 07x58
Workington	-	-	-	0644	-	-	-	0711 0806
Harrington	-	-	-	0648	-	-	-	0715 0810
Parton	-	-	-	06x57	-	-	-	07x24 08x18
Whitehaven	a	-	-	0702	-	-	-	0729 0824
Whitehaven	d	-	-	0704	-	-	-	0730 0825
Corkickle	-	-	-	0706	-	-	-	0733 0828
St. Bees	-	-	-	0712	-	-	-	0739 0834
Nethertown	-	-	-	-	-	-	-	-
Braystones	-	-	-	-	-	-	-	-
Sellafield	-	-	-	0724	-	-	-	0750 0844
Seascale	-	-	-	0728	-	-	-	0754 0848
Drigg	-	-	-	07x31	-	-	-	07x57 08x51
Ravenglass	-	-	-	0734	-	-	-	0801 0854
Bootle (Cumbria)	-	-	-	07x40	-	-	-	08x07 09x00
Silecroft	-	-	-	07x46	-	-	-	08x13 09x06
Millom	a	-	-	0753	-	-	-	0820 0913
Millom	d	-	-	0753	-	-	-	0820 0914
Green Road	-	-	-	07x57	-	-	-	08x24 09x18
Foxfield	-	-	-	0801	-	-	-	0828 0922
Kirkby-in-Furness	-	-	-	08x05	-	-	-	08x32 09x26
Askam	-	-	-	0811	-	-	-	0838 0931
Barrow-in-Furness	a	-	-	0826	-	-	-	0853 0947
Barrow-in-Furness	d	0748	0748	-	0848	-	-	0958
Roose	-	0752	0752	-	0852	-	-	1002
Dalton	-	0759	0759	-	0859	-	-	1008
Ulverston	-	0807	0807	-	0907	-	-	1017
Cark	-	0814	0814	-	0914	-	-	1024
Kents Bank	-	0818	0818	-	0918	-	-	1028
Grange-over-Sands	-	0822	0822	-	0922	-	-	1032
Arnsdale	-	0828	0828	-	0928	-	-	1039
Silverdale	-	0832	0832	-	0932	-	-	1043
Carnforth	-	0839	0841	-	0940	-	-	1055
Windermere	a	-	-	0852	-	0955	1008	-
Staveley	-	-	-	-	-	1000	1013	-
Burneside	-	-	-	-	-	1005	1018	-
Kendal	-	-	0903	-	-	1009	1022	-
Oxenholme Lake District	a	-	0908	-	-	1014	1027	-
Oxenholme Lake District	d	-	-	0925	-	1016	1029	-
Lancaster	a	0846	0848	0938	-	0948	1033	1047
Lancaster	d	0848	0848	0940	-	0950	1050	1047
Preston	a	0906	0906	0957	-	1008	1108	1105
Chorley	a	0920	0920	-	-	1020	1120	1120
Bolton	a	0934	0934	-	-	1034	1134	1134
Deansgate	a	0951	0951	-	-	1051	1151	1151
Manchester Oxford Road	a	0954	0954	-	-	1054	1154	1154
Manchester Piccadilly	a	0958	0958	-	-	1058	1158	1158
Manchester Airport	a	1015	1015	-	-	1115	1215	1215

Notes

x Stops on request.

SO Saturdays only.

SX Mondays to Fridays only.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

Carlisle	d	0808	-	-	0902	-	-	1013	-	1107	-
Dalston		0816	-	-	0910	-	-	1022	-	1115	-
Wigton		0826	-	-	0920	-	-	1031	-	1125	-
Aspatria		0836	-	-	0930	-	-	1042	-	1135	-
Maryport		0848	-	-	0941	-	-	1053	-	1146	-
Flimby		08x51	-	-	09x44	-	-	10x56	-	11x49	-
Workington		0858	-	-	0952	-	-	1103	-	1157	-
Harrington		0902	-	-	0956	-	-	1107	-	1201	-
Parton		09x11	-	-	10x05	-	-	11x16	-	12x09	-
Whitehaven	a	0916	-	-	1010	-	-	1121	-	1215	-
Whitehaven	d	0918	-	-	1012	-	-	1123	-	1216	-
Corkickle		0920	-	-	1014	-	-	1125	-	1219	-
St. Bees		0928	-	-	1020	-	-	1135	-	1229	-
Nethertown		-	-	-	-	-	-	11x39	-	-	-
Braystones		-	-	-	-	-	-	11x42	-	-	-
Sellafield		0939	-	-	1031	-	-	1147	-	1239	-
Seascale		0942	-	-	1035	-	-	1151	-	1242	-
Drigg		09x45	-	-	10x38	-	-	11x54	-	12x45	-
Ravenglass		0949	-	-	1042	-	-	1157	-	1249	-
Bootle (Cumbria)		09x54	-	-	10x47	-	-	12x03	-	12x54	-
Silecroft		10x01	-	-	10x54	-	-	12x09	-	13x01	-
Millom	a	1007	-	-	1100	-	-	1216	-	1307	-
Millom	d	1008	-	-	1101	-	-	1216	-	1307	-
Green Road		10x12	-	-	11x05	-	-	12x20	-	13x11	-
Foxfield		1016	-	-	1109	-	-	1224	-	1315	-
Kirkby-in-Furness		10x20	-	-	11x13	-	-	12x28	-	13x19	-
Askam		1025	-	-	1118	-	-	1233	-	1324	-
Barrow-in-Furness	a	1040	-	-	1136	-	-	1248	-	1339	-
Barrow-in-Furness	d	-	1051	-	-	1151	-	1250	-	-	1352
Roose		-	1055	-	-	1155	-	1254	-	-	1356
Dalton		-	1101	-	-	1202	-	1300	-	-	1403
Ulverston		-	1110	-	-	1210	-	1308	-	-	1411
Cark		-	1117	-	-	1217	-	1316	-	-	1418
Kents Bank		-	1121	-	-	1221	-	1320	-	-	1422
Grange-over-Sands		-	1125	-	-	1225	-	1324	-	-	1426
Arnsdale		-	1130	-	-	1231	-	1330	-	-	1432
Silverdale		-	1134	-	-	1235	-	1335	-	-	1436
Carnforth		-	1142	-	-	1243	-	1343	-	-	1443
Windermere	a	-	-	1147	-	-	1307	-	1358	-	-
Staveley		-	-	1152	-	-	1312	-	1403	-	-
Burneside		-	-	1157	-	-	1317	-	1408	-	-
Kendal		-	-	1201	-	-	1321	-	1412	-	-
Oxenholme Lake District	a	-	-	1206	-	-	1326	-	1417	-	-
Oxenholme Lake District	d	-	-	1212	-	-	1328	-	1425	-	-
Lancaster	a	-	1147	1226	-	1250	1344	1353	1438	-	1451
Lancaster	d	-	1149	1227	-	1250	1349	1428	1440	-	1452
Preston	a	-	1208	1245	-	1308	1407	1445	1457	-	1510
Chorley	a	-	1220	-	-	1321	1420	-	-	-	1522
Bolton	a	-	1234	1306	-	1334	1434	1506	-	-	1534
Deansgate	a	-	1251	-	-	1351	1451	-	-	-	1551
Manchester Oxford Road	a	-	1254	1322	-	1354	1454	1522	-	-	1554
Manchester Piccadilly	a	-	1258	1326	-	1358	1458	1526	-	-	1558
Manchester Airport	a	-	1315	1344	-	1415	1515	1544	-	-	1615

Notes

x Stops on request.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

			SX	SO							
Carlisle	d	-	1210	-	-	-	1307	1408	-	-	1441
Dalston	-	-	1218	-	-	-	1315	1416	-	-	1449
Wigton	-	-	1227	-	-	-	1325	1426	-	-	1458
Aspatria	-	-	1238	-	-	-	1335	1436	-	-	1509
Maryport	-	-	1249	-	-	-	1346	1447	-	-	1520
Flimby	-	-	12x52	-	-	-	13x49	14x50	-	-	15x23
Workington	-	-	1259	-	-	-	1357	1458	-	-	1530
Harrington	-	-	1303	-	-	-	1401	1502	-	-	1534
Parton	-	-	13x12	-	-	-	14x09	15x10	-	-	15x43
Whitehaven	a	-	1317	-	-	-	1415	1516	-	-	1548
Whitehaven	d	-	1319	-	-	-	1416	1517	-	-	1550
Corkickle	-	-	1321	-	-	-	1419	1520	-	-	1553
St. Bees	-	-	1329	-	-	-	1430	1531	-	-	1559
Nethertown	-	-	-	-	-	-	-	-	-	-	16x03
Braystones	-	-	-	-	-	-	-	-	-	-	16x05
Sellafield	-	-	1340	-	-	-	1441	1542	-	-	1611
Seascale	-	-	1343	-	-	-	1444	1545	-	-	1615
Drigg	-	-	13x46	-	-	-	14x47	15x48	-	-	16x18
Ravenglass	-	-	1350	-	-	-	1451	1552	-	-	1622
Bootle (Cumbria)	-	-	13x56	-	-	-	14x56	15x58	-	-	16x28
Silecroft	-	-	14x02	-	-	-	15x03	16x04	-	-	16x35
Millom	a	-	1409	-	-	-	1509	1611	-	-	1641
Millom	d	-	1409	-	-	-	1511	1611	-	-	1642
Green Road	-	-	14x13	-	-	-	15x15	16x15	-	-	16x46
Foxfield	-	-	1417	-	-	-	1519	1619	-	-	1650
Kirkby-in-Furness	-	-	14x21	-	-	-	15x23	16x23	-	-	16x55
Askam	-	-	1426	-	-	-	1528	1629	-	-	1700
Barrow-in-Furness	a	-	1441	-	-	-	1543	1644	-	-	1714
Barrow-in-Furness	d	-	-	1447	1447	-	1550	-	-	1651	-
Roose	-	-	-	1451	1451	-	1554	-	-	1655	-
Dalton	-	-	-	1458	1458	-	1600	-	-	1702	-
Ulverston	-	-	-	1506	1506	-	1608	-	-	1710	-
Cark	-	-	-	1513	1513	-	1616	-	-	1717	-
Kents Bank	-	-	-	1517	1517	-	1620	-	-	1721	-
Grange-over-Sands	-	-	-	1521	1521	-	1624	-	-	1725	-
Arnsdale	-	-	-	1527	1527	-	1630	-	-	1731	-
Silverdale	-	-	-	1531	1531	-	1635	-	-	1735	-
Carnforth	-	-	-	1538	1538	-	1643	-	-	1743	-
Windermere	a	1459	-	-	-	1600	-	-	1708	-	-
Staveley	-	1504	-	-	-	1605	-	-	1713	-	-
Burneside	-	1509	-	-	-	1610	-	-	1718	-	-
Kendal	-	1513	-	-	-	1614	-	-	1722	-	-
Oxenholme Lake District	a	1518	-	-	-	1619	-	-	1727	-	-
Oxenholme Lake District	d	1525	-	-	-	1627	-	-	1746	-	-
Lancaster	a	1538	-	1545	1545	1643	1653	-	-	1750	-
Lancaster	d	1540	-	1548	1550	1650	1727	-	-	1750	-
Preston	a	1557	-	1606	1608	1708	1744	-	1815	1808	-
Chorley	a	-	-	-	1620	1720	-	-	-	1820	-
Bolton	a	-	-	-	1634	1734	1806	-	-	1834	-
Deansgate	a	-	-	1651	1651	1751	-	-	-	1852	-
Manchester Oxford Road	a	-	-	1654	1654	1754	1822	-	-	1854	-
Manchester Piccadilly	a	-	-	1658	1658	1758	1826	-	-	1858	-
Manchester Airport	a	-	-	1715	1715	1815	1844	-	-	1915	-

Notes

x Stops on request.

SO Saturdays only.

SX Mondays to Fridays only.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

							SX		SX	SX	SO
Carlisle	d	-	-	1512	-	-	-	-	-	1559	1626
Dalston		-	-	1520	-	-	-	-	-	1607	1634
Wigton		-	-	1530	-	-	-	-	-	1617	1644
Aspatria		-	-	1540	-	-	-	-	-	1627	1654
Maryport		-	-	1551	-	-	-	-	-	1638	1705
Flimby		-	-	15x54	-	-	-	-	-	16x41	17x08
Workington		-	-	1602	-	-	-	-	-	1648	1715
Harrington		-	-	1606	-	-	-	-	-	1652	1720
Parton		-	-	16x14	-	-	-	-	-	17x01	17x28
Whitehaven	a	-	-	1620	-	-	-	-	-	1708	1735
Whitehaven	d	-	-	1621	-	-	-	-	-	-	1736
Corkickle		-	-	1624	-	-	-	-	-	-	1739
St. Bees		-	-	1630	-	-	-	-	-	-	1744
Nethertown		-	-	-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-	-
Sellafield		-	-	1641	-	-	1725	-	-	-	1755
Seascale		-	-	1644	-	-	1728	-	-	-	1758
Drigg		-	-	16x48	-	-	17x31	-	-	-	18x01
Ravenglass		-	-	1651	-	-	1735	-	-	-	1805
Bootle (Cumbria)		-	-	16x57	-	-	17x41	-	-	-	18x11
Silecroft		-	-	17x04	-	-	17x47	-	-	-	18x17
Millom	a	-	-	1711	-	-	1754	-	-	-	1824
Millom	d	-	-	1712	-	-	1754	-	-	-	1825
Green Road		-	-	17x16	-	-	17x58	-	-	-	18x29
Foxfield		-	-	1720	-	-	1802	-	-	-	1833
Kirkby-in-Furness		-	-	17x25	-	-	18x06	-	-	-	18x37
Askam		-	-	1730	-	-	1811	-	-	-	1842
Barrow-in-Furness	a	-	-	1745	-	-	1826	-	-	-	1857
Barrow-in-Furness	d	-	1719	-	1802	-	-	-	1856	-	-
Roose		-	1723	-	1806	-	-	-	1900	-	-
Dalton		-	1729	-	1812	-	-	-	1907	-	-
Ulverston		-	1737	-	1821	-	-	-	1915	-	-
Cark		-	1745	-	1828	-	-	-	1922	-	-
Kents Bank		-	-	-	1832	-	-	-	1927	-	-
Grange-over-Sands		-	1752	-	1836	-	-	-	1931	-	-
Arnsdale		-	1758	-	1842	-	-	-	1936	-	-
Silverdale		-	1803	-	1847	-	-	-	1941	-	-
Carnforth		-	1810	-	1854	-	-	-	1952	-	-
Windermere	a	1805	-	-	-	1856	-	1948	-	-	-
Staveley		1810	-	-	-	1901	-	1953	-	-	-
Burneside		1815	-	-	-	1906	-	1958	-	-	-
Kendal		1819	-	-	-	1910	-	2002	-	-	-
Oxenholme Lake District	a	1824	-	-	-	1915	-	2007	-	-	-
Oxenholme Lake District	d	1832	-	-	-	1917	-	2013	-	-	-
Lancaster	a	1845	1820	-	1905	1934	-	2027	2000	-	-
Lancaster	d	1847	1828	-	1928	1935	-	2028	2000	-	-
Preston	a	1904	1846	-	1946	1953	-	2045	2019	-	-
Chorley	a	-	-	-	-	2020	-	-	-	-	-
Bolton	a	-	1906	-	2006	2034	-	2106	2106	-	-
Deansgate	a	-	-	-	-	2051	-	-	-	-	-
Manchester Oxford Road	a	-	1922	-	2022	2054	-	2122	2122	-	-
Manchester Piccadilly	a	-	1926	-	2026	2058	-	2126	2126	-	-
Manchester Airport	a	-	1946	-	2046	2115	-	2146	2146	-	-

Notes

x Stops on request.

SO Saturdays only.

SX Mondays to Fridays only.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

		SO		SX	SO	X	SO	Y	SO	X	SO	Y	SX
Carlisle	d	-	1707	-	-	-	-	1751	-	-	-	-	-
Dalston		-	1715	-	-	-	-	1759	-	-	-	-	-
Wigton		-	1725	-	-	-	-	1809	-	-	-	-	-
Aspatria		-	1735	-	-	-	-	1819	-	-	-	-	-
Maryport		-	1746	-	-	-	-	1830	-	-	-	-	-
Flimby		-	17x49	-	-	-	-	18x33	-	-	-	-	-
Workington		-	1757	-	-	-	-	1841	-	-	-	-	-
Harrington		-	1801	-	-	-	-	1845	-	-	-	-	-
Parton		-	18x09	-	-	-	-	18x53	-	-	-	-	-
Whitehaven	a	-	1816	-	-	-	-	1859	-	-	-	-	-
Whitehaven	d	-	1818	-	-	-	-	1900	-	-	-	-	-
Corkickle		-	1820	-	-	-	-	1903	-	-	-	-	-
St. Bees		-	1827	-	-	-	-	1914	-	-	-	-	-
Nethertown		-	18x31	-	-	-	-	-	-	-	-	-	-
Braystones		-	18x34	-	-	-	-	-	-	-	-	-	-
Sellafield		-	1840	-	-	-	-	1927	-	-	-	-	-
Seascale		-	1843	-	-	-	-	1932	-	-	-	-	-
Drigg		-	-	-	-	-	-	19x35	-	-	-	-	-
Ravenglass		-	1849	-	-	-	-	1939	-	-	-	-	-
Bootle (Cumbria)		-	-	-	-	-	-	19x45	-	-	-	-	-
Silecroft		-	-	-	-	-	-	19x51	-	-	-	-	-
Millom	a	-	1905	-	-	-	-	1958	-	-	-	-	-
Millom	d	-	1905	-	-	-	-	2001	-	-	-	-	-
Green Road		-	19x09	-	-	-	-	20x05	-	-	-	-	-
Foxfield		-	1913	-	-	-	-	2009	-	-	-	-	-
Kirkby-in-Furness		-	19x17	-	-	-	-	20x13	-	-	-	-	-
Askam		-	1922	-	-	-	-	2019	-	-	-	-	-
Barrow-in-Furness	a	-	1937	-	-	-	-	2036	-	-	-	-	-
Barrow-in-Furness	d	1903	-	1945	-	-	-	-	2042	2042	2045	-	-
Roose		1907	-	1949	-	-	-	-	2046	2046	2049	-	-
Dalton		1914	-	1955	-	-	-	-	2052	2052	2055	-	-
Ulverston		1922	-	2004	-	-	-	-	2101	2101	2104	-	-
Cark		1929	-	2011	-	-	-	-	2108	2108	2111	-	-
Kents Bank		1934	-	2015	-	-	-	-	2112	2112	2115	-	-
Grange-over-Sands		1938	-	2019	-	-	-	-	2116	2116	2119	-	-
Arnsdale		1943	-	2024	-	-	-	-	2123	2122	2125	-	-
Silverdale		1948	-	2028	-	-	-	-	2127	2127	2130	-	-
Carnforth		1955	-	2043	-	-	-	-	2135	2134	2138	-	-
Windermere	a	-	-	-	2042	2042	2042	-	-	-	-	-	-
Staveley		-	-	-	2047	2047	2047	-	-	-	-	-	-
Burneside		-	-	-	2052	2052	2052	-	-	-	-	-	-
Kendal		-	-	-	2056	2056	2056	-	-	-	-	-	-
Oxenholme Lake District	a	-	-	-	2101	2101	2101	-	-	-	-	-	-
Oxenholme Lake District	d	-	-	-	2109	-	2103	-	-	-	-	-	-
Lancaster	a	2003	-	2050	2124	-	2121	-	2143	2143	2148	-	-
Lancaster	d	2003	-	2050	2125	-	-	-	2143	-	2227	-	-
Preston	a	2022	-	2108	2144	-	-	-	2205	-	2244	-	-
Chorley	a	-	-	2120	-	-	-	-	-	-	-	-	-
Bolton	a	2106	-	2134	-	-	-	-	-	-	-	-	-
Deansgate	a	-	-	2151	-	-	-	-	-	-	-	-	-
Manchester Oxford Road	a	2122	-	2154	2220	-	-	-	-	-	-	-	2321
Manchester Piccadilly	a	2126	-	2158	2224	-	-	-	-	-	-	-	2325
Manchester Airport	a	2146	-	2215	2241	-	-	-	-	-	-	-	2346

Notes

x Stops on request.

X Until 31 December and from 18 February until 25 March.

Y From 7 January until 11 February, then from 1 April.

SO Saturdays only.

SX Mondays to Fridays only.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

		🚰					Ⓢ								
		SO	X	SO	Y	SX	SX	SO	SO	SX	SO	SO	X	SO	Y
Carlisle	d	-	-	-	-	-	-	-	1846	1909	1909	-	-	-	-
Dalston		-	-	-	-	-	-	-	1854	1917	1917	-	-	-	-
Wigton		-	-	-	-	-	-	-	1904	1927	1927	-	-	-	-
Aspatria		-	-	-	-	-	-	-	1914	1937	1937	-	-	-	-
Maryport		-	-	-	-	-	-	-	1925	1948	1948	-	-	-	-
Flimby		-	-	-	-	-	-	-	19x28	19x51	19x51	-	-	-	-
Workington		-	-	-	-	-	-	-	1936	1958	1959	-	-	-	-
Harrington		-	-	-	-	-	-	-	1940	2002	2003	-	-	-	-
Parton		-	-	-	-	-	-	-	19x49	20x11	20x11	-	-	-	-
Whitehaven	a	-	-	-	-	-	-	-	1956	2016	2019	-	-	-	-
Whitehaven	d	-	-	-	-	-	-	-	-	2017	2020	-	-	-	-
Corkickle		-	-	-	-	-	-	-	-	2020	2023	-	-	-	-
St. Bees		-	-	-	-	-	-	-	-	2028	2028	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	20x32	20x32	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	20x34	20x35	-	-	-	-
Sellafield		-	-	-	-	-	-	-	-	2040	2040	-	-	-	-
Seascale		-	-	-	-	-	-	-	-	2044	2044	-	-	-	-
Drigg		-	-	-	-	-	-	-	-	20x47	20x47	-	-	-	-
Ravenglass		-	-	-	-	-	-	-	-	2050	2050	-	-	-	-
Bootle (Cumbria)		-	-	-	-	-	-	-	-	20x56	20x56	-	-	-	-
Silecroft		-	-	-	-	-	-	-	-	21x02	21x02	-	-	-	-
Millom	a	-	-	-	-	-	-	-	-	2109	2109	-	-	-	-
Millom	d	-	-	-	-	2029	2059	-	-	2109	2109	-	-	-	-
Green Road		-	-	-	-	20x33	-	-	-	21x13	21x13	-	-	-	-
Foxfield		-	-	-	-	2037	2106	-	-	2117	2117	-	-	-	-
Kirkby-in-Furness		-	-	-	-	20x41	-	-	-	21x21	21x21	-	-	-	-
Askam		-	-	-	-	2046	2115	-	-	2126	2126	-	-	-	-
Barrow-in-Furness	a	-	-	-	-	2101	2129	-	-	2142	2141	-	-	-	-
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	a	2140	2140	2147	-	-	-	-	-	-	-	-	-	-	-
Staveley		2145	2150	2152	-	-	-	-	-	-	-	-	-	-	-
Burneside		2150	2200	2157	-	-	-	-	-	-	-	-	-	-	-
Kendal		2154	2210	2201	-	-	-	-	-	-	-	-	-	-	-
Oxenholme Lake District	a	2159	2225	2206	-	-	-	-	-	-	-	-	-	-	-
Oxenholme Lake District	d	-	-	2212	-	-	-	-	-	-	-	-	-	-	-
Lancaster	a	-	-	2226	-	-	-	-	2246	-	2246	2248	-	-	-
Lancaster	d	-	-	2227	-	-	-	-	2246	-	2246	-	-	-	-
Preston	a	-	-	2244	-	-	-	-	2310	-	2310	-	-	-	-
Chorley	a	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Bolton	a	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Deansgate	a	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Manchester Oxford Road	a	-	-	2321	-	-	-	-	-	-	-	-	-	-	-
Manchester Piccadilly	a	-	-	2325	-	-	-	-	-	-	-	-	-	-	-
Manchester Airport	a	-	-	2346	-	-	-	-	-	-	-	-	-	-	-

Notes

x Stops on request.

X Until 31 December and from 18 February until 25 March.

Y From 7 January until 11 February, then from 1 April.

SO Saturdays only.


SX Mondays to Fridays only.

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

Ⓢ Dry service - no alcohol permitted on board this service on Saturdays.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

		SO	X	SX		SO	Y		Ⓣ	SX	Ⓣ	SO	SO	SX	
Carlisle	d	-	-	-	-	-	-	-	2000	2055	2106	2149	2201	-	-
Dalston		-	-	-	-	-	-	-	2008	2103	2114	2157	2209	-	-
Wigton		-	-	-	-	-	-	-	2018	2113	2124	2206	2219	-	-
Aspatria		-	-	-	-	-	-	-	2028	2123	2134	2217	2229	-	-
Maryport		-	-	-	-	-	-	-	2039	2134	2145	2227	2241	-	-
Flimby		-	-	-	-	-	-	-	20x42	21x37	21x48	22x30	22x44	-	-
Workington		-	-	-	-	-	-	-	2050	2145	2156	2238	2251	-	-
Harrington		-	-	-	-	-	-	-	2054	2149	2200	2242	2255	-	-
Parton		-	-	-	-	-	-	-	21x02	21x57	22x08	22x50	23x04	-	-
Whitehaven	a	-	-	-	-	-	-	-	2109	2204	2215	2257	2310	-	-
Whitehaven	d	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Corkickle		-	-	-	-	-	-	-	-	-	-	-	-	-	-
St. Bees		-	-	-	-	-	-	-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-	-	-	-	-	-
Sellafield		-	-	-	-	-	-	-	-	-	-	-	-	-	-
Seascale		-	-	-	-	-	-	-	-	-	-	-	-	-	-
Drigg		-	-	-	-	-	-	-	-	-	-	-	-	-	-
Ravenglass		-	-	-	-	-	-	-	-	-	-	-	-	-	-
Bootle (Cumbria)		-	-	-	-	-	-	-	-	-	-	-	-	-	-
Silecroft		-	-	-	-	-	-	-	-	-	-	-	-	-	-
Millom	a	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Millom	d	-	-	-	-	2200	-	-	-	-	-	-	-	-	-
Green Road		-	-	-	-	22x04	-	-	-	-	-	-	-	-	-
Foxfield		-	-	-	-	2208	-	-	-	-	-	-	-	-	-
Kirkby-in-Furness		-	-	-	-	22x12	-	-	-	-	-	-	-	-	-
Askam		-	-	-	-	2217	-	-	-	-	-	-	-	-	-
Barrow-in-Furness	a	-	-	-	-	2231	-	-	-	-	-	-	-	-	-
Barrow-in-Furness	d	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Roose		-	-	-	-	-	-	-	-	-	-	-	-	-	-
Dalton		-	-	-	-	-	-	-	-	-	-	-	-	-	-
Ulverston		-	-	-	-	-	-	-	-	-	-	-	-	-	-
Cark		-	-	-	-	-	-	-	-	-	-	-	-	-	-
Kents Bank		-	-	-	-	-	-	-	-	-	-	-	-	-	-
Grange-over-Sands		-	-	-	-	-	-	-	-	-	-	-	-	-	-
Arnsdale		-	-	-	-	-	-	-	-	-	-	-	-	-	-
Silverdale		-	-	-	-	-	-	-	-	-	-	-	-	-	-
Carnforth		-	-	-	-	-	-	-	-	-	-	-	-	-	-
Windermere	a	2229	2247	2225	-	-	-	-	-	-	-	-	-	-	-
Staveley		2234	2252	2235	-	-	-	-	-	-	-	-	-	-	-
Burneside		2239	2257	2245	-	-	-	-	-	-	-	-	-	-	-
Kendal		2243	2301	2255	-	-	-	-	-	-	-	-	-	-	-
Oxenholme Lake District	a	2248	2306	2310	-	-	-	-	-	-	-	-	-	-	-
Oxenholme Lake District	d	2250	2308	2310	-	-	-	-	-	-	-	-	-	-	-
Lancaster	a	2305	2324	2355	-	-	-	-	-	-	-	-	-	-	-
Lancaster	d	2305	2326	2355	-	-	-	-	-	-	-	-	-	-	-
Preston	a	2324	2345	0035	-	-	-	-	-	-	-	-	-	-	-
Chorley	a	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Bolton	a	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Deansgate	a	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Manchester Oxford Road	a	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Manchester Piccadilly	a	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Manchester Airport	a	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Notes

x Stops on request.

X Until 31 December and from 18 February until 25 March.

Y From 7 January until 11 February, then from 1 April.

SO Saturdays only.

SX Mondays to Fridays only.

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

Ⓣ Dry service - no alcohol permitted on board this service on Saturdays.

Carlisle - Barrow - Lancaster

Sundays

		V	V	W	W		V		
Carlisle	d	-	-	-	-	-	-	-	-
Dalston		-	-	-	-	-	-	-	-
Wigton		-	-	-	-	-	-	-	-
Aspatria		-	-	-	-	-	-	-	-
Maryport		-	-	-	-	-	-	-	-
Flimby		-	-	-	-	-	-	-	-
Workington		-	-	-	-	-	-	-	-
Harrington		-	-	-	-	-	-	-	-
Parton		-	-	-	-	-	-	-	-
Whitehaven	a	-	-	-	-	-	-	-	-
Whitehaven	d	-	-	-	-	-	-	-	-
Corkickle		-	-	-	-	-	-	-	-
St. Bees		-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-
Sellafield		-	-	-	-	-	-	-	-
Seascale		-	-	-	-	-	-	-	-
Drigg		-	-	-	-	-	-	-	-
Ravenglass		-	-	-	-	-	-	-	-
Bootle (Cumbria)		-	-	-	-	-	-	-	-
Silecroft		-	-	-	-	-	-	-	-
Millom	a	-	-	-	-	-	-	-	-
Millom	d	-	-	-	-	-	0950	-	-
Green Road		-	-	-	-	-	09x54	-	-
Foxfield		-	-	-	-	-	0958	-	-
Kirkby-in-Furness		-	-	-	-	-	10x02	-	-
Askam		-	-	-	-	-	1007	-	-
Barrow-in-Furness	a	-	-	-	-	-	1021	-	-
Barrow-in-Furness	d	0753	0841	0905	0905	-	0952	-	1052
Roose		0757	0845	-	0909	-	0956	-	1056
Dalton		0803	0851	-	0915	-	1002	-	1102
Ulverston		0812	0859	0922	0924	-	1010	-	1111
Cark		0819	0906	-	0931	-	1017	-	1118
Kents Bank		0823	0910	-	0935	-	1021	-	1122
Grange-over-Sands		0827	0914	0934	0939	-	1025	-	1126
Arnside		0833	0920	0940	0945	-	1031	-	1131
Silverdale		0838	0924	-	0950	-	1035	-	1135
Carnforth		0845	0931	0951	0957	-	1043	-	1143
Windermere	d	-	-	-	-	1030	-	1053	-
Staveley		-	-	-	-	1040	-	1058	-
Burneside		-	-	-	-	1050	-	1103	-
Kendal		-	-	-	-	1100	-	1107	-
Oxenholme Lake District	a	-	-	-	-	1115	-	1112	-
Oxenholme Lake District	d	-	-	-	-	-	1123	-	1213
Lancaster	a	-	0938	1001	-	-	1050	1137	-
Lancaster	d	-	0945	-	-	-	1051	1138	-
Preston	a	-	1004	-	-	-	1110	1156	-
Chorley	a	-	1019	-	-	-	1122	-	-
Bolton	a	-	1032	-	-	-	1135	-	-
Manchester Oxford Road	a	-	1047	-	-	-	1150	1238	-
Manchester Piccadilly	a	-	-	-	-	-	1156	1242	-
Manchester Airport	a	-	-	-	-	-	1220	1258	-

Notes

x Stops on request.

V Until 1 January and from 19 February until 26 March.

W From 8 January until 12 February and from 2 April.

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

Carlisle - Barrow - Lancaster

Sundays

					V	W	V	W
Carlisle	d	-	-	-	0945	-	1023	1041 1106
Dalston	-	-	-	-	0953	-	1032	1049 1114
Wigton	-	-	-	-	1002	-	1041	1058 1124
Aspatria	-	-	-	-	1013	-	1052	1109 1134
Maryport	-	0917	-	-	1024	1024	1103	1120 1145
Flimby	-	09x20	-	-	-	-	11x06	11x23 11x48
Workington	-	0927	-	-	1033	1033	1113	1130 1156
Harrington	-	0931	-	-	-	-	1117	1134 1200
Parton	-	09x40	-	-	10x45	10x45	11x26	11x43 12x08
Whitehaven	a	-	0945	-	1050	1050	1131	1148 1214
Whitehaven	d	-	0947	-	1051	1051	1133	1150 1216
Corkickle	-	0949	-	-	1054	1054	1135	1152 1219
St. Bees	-	0955	-	-	1059	1059	1141	1158 1227
Nethertown	-	09x59	-	-	-	-	-	- 12x31
Braystones	-	10x01	-	-	-	-	-	- 12x33
Sellafield	-	1007	-	-	1109	1109	1151	1208 1239
Seascale	-	1011	-	-	1113	1113	1154	1211 1243
Drigg	-	10x14	-	-	11x16	11x16	11x57	12x14 12x46
Ravenglass	-	1017	-	-	1119	1119	1201	1218 1249
Bootle (Cumbria)	-	10x23	-	-	11x25	11x25	12x06	12x23 12x55
Silecroft	-	10x29	-	-	11x31	11x31	12x13	12x30 13x01
Millom	a	-	1036	-	1137	1137	1219	1236 1308
Millom	d	-	1036	-	1137	1137	1219	1236 1308
Green Road	-	10x40	-	-	11x41	11x41	12x23	12x40 13x12
Foxfield	-	1044	-	-	1145	1145	1227	1244 1316
Kirkby-in-Furness	-	10x48	-	-	11x49	11x49	12x31	12x48 13x20
Askam	-	1053	-	-	1154	1154	1236	1253 1325
Barrow-in-Furness	a	-	1108	-	1209	1209	1251	1308 1340
Barrow-in-Furness	d	-	-	1147	-	-	1253	1317 -
Roose	-	-	-	1151	-	-	1257	1321 -
Dalton	-	-	-	1158	-	-	1303	1327 -
Ulverston	-	-	-	1206	-	-	1311	1335 -
Cark	-	-	-	1213	-	-	-	- -
Kents Bank	-	-	-	1217	-	-	-	- -
Grange-over-Sands	-	-	-	1221	-	-	1324	1348 -
Arnsdale	-	-	-	1227	-	-	1330	1354 -
Silverdale	-	-	-	1231	-	-	1335	1359 -
Carnforth	-	-	-	1239	-	-	1342	1406 -
Windermere	d	1224	-	-	1308	-	-	1359 - -
Staveley	-	-	-	-	1313	-	-	1404 - -
Burneside	-	-	-	-	1318	-	-	1409 - -
Kendal	-	1236	-	-	1322	-	-	1413 - -
Oxenholme Lake District	a	1241	-	-	1327	-	-	1418 - -
Oxenholme Lake District	d	-	-	-	1329	-	-	- - -
Lancaster	a	-	-	1246	1345	-	-	1352 - 1420 -
Lancaster	d	-	-	1247	1349	-	-	- 1427 -
Preston	a	-	-	1306	1407	-	-	- 1445 -
Chorley	a	-	-	1322	1423	-	-	- - -
Bolton	a	-	-	1335	1436	-	-	- 1504 -
Manchester Oxford Road	a	-	-	1350	1452	-	-	- 1520 -
Manchester Piccadilly	a	-	-	1354	1456	-	-	- 1524 -
Manchester Airport	a	-	-	1416	1514	-	-	- 1542 -

Notes

x Stops on request.

V Until 1 January and from 19 February until 26 March.

W From 8 January until 12 February and from 2 April.

Carlisle - Barrow - Lancaster

Sundays

Carlisle	d	-	-	1207	-	-	1324	-	1401	-	-
Dalston		-	-	1215	-	-	1332	-	1409	-	-
Wigton		-	-	1225	-	-	1342	-	1419	-	-
Aspatria		-	-	1235	-	-	1352	-	1429	-	-
Maryport		-	-	1246	-	-	1403	-	1440	-	-
Flimby		-	-	12x49	-	-	14x06	-	14x43	-	-
Workington		-	-	1258	-	-	1414	-	1451	-	-
Harrington		-	-	1302	-	-	1418	-	1455	-	-
Parton		-	-	13x10	-	-	14x26	-	15x03	-	-
Whitehaven	a	-	-	1316	-	-	1432	-	1508	-	-
Whitehaven	d	-	-	1318	-	-	1433	-	1510	-	-
Corkickle		-	-	1321	-	-	1436	-	1513	-	-
St. Bees		-	-	1327	-	-	1441	-	1519	-	-
Nethertown		-	-	-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-	-
Sellafield		-	-	1337	-	-	1451	-	1529	-	-
Seascale		-	-	1340	-	-	1455	-	1532	-	-
Drigg		-	-	13x43	-	-	-	-	15x35	-	-
Ravenglass		-	-	1347	-	-	1501	-	1539	-	-
Bootle (Cumbria)		-	-	13x52	-	-	-	-	15x45	-	-
Silecroft		-	-	13x59	-	-	-	-	15x51	-	-
Millom	a	-	-	1405	-	-	1516	-	1556	-	-
Millom	d	-	-	1406	-	-	1517	-	1557	-	-
Green Road		-	-	14x10	-	-	-	-	16x01	-	-
Foxfield		-	-	1414	-	-	1524	-	1605	-	-
Kirkby-in-Furness		-	-	14x18	-	-	15x28	-	16x09	-	-
Askam		-	-	1423	-	-	1533	-	1614	-	-
Barrow-in-Furness	a	-	-	1438	-	-	1548	-	1629	-	-
Barrow-in-Furness	d	1349	-	-	1447	-	1550	-	-	-	1646
Roose		1353	-	-	1451	-	1554	-	-	-	1650
Dalton		1359	-	-	1457	-	1600	-	-	-	1656
Ulverston		1407	-	-	1505	-	1608	-	-	-	1705
Cark		1414	-	-	1512	-	1616	-	-	-	1712
Kents Bank		1418	-	-	1516	-	1620	-	-	-	1716
Grange-over-Sands		1422	-	-	1520	-	1624	-	-	-	1720
Arnsdale		1428	-	-	1526	-	1630	-	-	-	1725
Silverdale		1432	-	-	1530	-	1635	-	-	-	1729
Carnforth		1439	-	-	1537	-	1642	-	-	-	1736
Windermere	d	-	1446	-	-	1555	-	1659	-	1800	-
Staveley		-	1451	-	-	1600	-	1704	-	1805	-
Burneside		-	1456	-	-	1605	-	1709	-	1810	-
Kendal		-	1500	-	-	1609	-	1713	-	1814	-
Oxenholme Lake District	a	-	1505	-	-	1614	-	1718	-	1819	-
Oxenholme Lake District	d	-	1515	-	-	1616	-	1725	-	1830	-
Lancaster	a	1446	1529	-	1544	1633	1652	1738	-	1843	1744
Lancaster	d	1449	1530	-	1546	1648	-	1740	-	1845	1749
Preston	a	1507	1547	-	1605	1706	-	1757	-	1902	1807
Chorley	a	1521	-	-	1622	1721	-	-	-	-	1820
Bolton	a	1534	1606	-	1635	1734	-	-	-	-	1833
Manchester Oxford Road	a	1550	1620	-	1650	1752	-	-	-	-	1850
Manchester Piccadilly	a	1555	1624	-	1655	1756	-	-	-	-	1855
Manchester Airport	a	1613	1642	-	1713	1818	-	-	-	-	1914

Notes

x Stops on request.

Carlisle - Barrow - Lancaster

Sundays

Carlisle	d	1510	-	1616	-	-	1710	-	-	-	-
Dalston		1518	-	1624	-	-	1718	-	-	-	-
Wigton		1528	-	1634	-	-	1728	-	-	-	-
Aspatria		1538	-	1644	-	-	1738	-	-	-	-
Maryport		1549	-	1655	-	-	1749	-	-	-	-
Flimby		15x52	-	16x58	-	-	17x52	-	-	-	-
Workington		1600	-	1706	-	-	1800	-	-	-	-
Harrington		1604	-	1710	-	-	1804	-	-	-	-
Parton		16x12	-	17x18	-	-	18x12	-	-	-	-
Whitehaven	a	1617	-	1724	-	-	1818	-	-	-	-
Whitehaven	d	1619	-	1725	-	-	1819	-	-	-	-
Corkickle		1622	-	1728	-	-	1822	-	-	-	-
St. Bees		1629	-	1733	-	-	1829	-	-	-	-
Nethertown		16x33	-	-	-	-	18x33	-	-	-	-
Braystones		16x35	-	-	-	-	18x35	-	-	-	-
Sellafield		1642	-	1744	-	-	1841	-	-	-	-
Seascale		1646	-	1748	-	-	1845	-	-	-	-
Drigg		16x49	-	17x51	-	-	18x48	-	-	-	-
Ravenglass		1652	-	1754	-	-	1851	-	-	-	-
Bootle (Cumbria)		16x58	-	18x00	-	-	18x57	-	-	-	-
Silecroft		17x04	-	18x06	-	-	19x03	-	-	-	-
Millom	a	1711	-	1813	-	-	1910	-	-	-	-
Millom	d	1711	-	1814	-	-	1910	-	-	1925	-
Green Road		17x15	-	18x18	-	-	19x14	-	-	19x29	-
Foxfield		1719	-	1822	-	-	1918	-	-	1933	-
Kirkby-in-Furness		17x23	-	18x26	-	-	19x22	-	-	19x37	-
Askam		1728	-	1831	-	-	1927	-	-	1942	-
Barrow-in-Furness	a	1743	-	1846	-	-	1942	-	-	1957	-
Barrow-in-Furness	d	1746	-	-	1851	-	-	1952	-	-	2046
Roose		1750	-	-	1855	-	-	1956	-	-	2050
Dalton		1756	-	-	1901	-	-	2002	-	-	2056
Ulverston		1805	-	-	1909	-	-	2011	-	-	2105
Cark		1812	-	-	1917	-	-	2018	-	-	2112
Kents Bank		1816	-	-	1921	-	-	2022	-	-	2116
Grange-over-Sands		1820	-	-	1925	-	-	2026	-	-	2120
Arnsdale		1827	-	-	1931	-	-	2031	-	-	2126
Silverdale		1832	-	-	1935	-	-	2035	-	-	2131
Carnforth		1842	-	-	1943	-	-	2043	-	-	2138
Windermere	d	-	1901	-	-	1957	-	-	2047	-	-
Staveley		-	1907	-	-	2002	-	-	2052	-	-
Burneside		-	1912	-	-	2007	-	-	2057	-	-
Kendal		-	1916	-	-	2011	-	-	2101	-	-
Oxenholme Lake District	a	-	1921	-	-	2016	-	-	2106	-	-
Oxenholme Lake District	d	-	1923	-	-	2024	-	-	2117	-	-
Lancaster	a	1851	1937	-	1951	2037	-	2050	2131	-	2148
Lancaster	d	1858	1939	-	1951	2039	-	2050	2132	-	2220
Preston	a	1915	1958	-	2014	2056	-	2108	2150	-	2238
Chorley	a	-	2023	-	-	-	-	2122	-	-	-
Bolton	a	-	2036	-	2106	-	-	2136	-	-	-
Manchester Oxford Road	a	-	2051	-	2120	-	-	2151	2221	-	2318
Manchester Piccadilly	a	-	2056	-	2124	-	-	2155	2225	-	2322
Manchester Airport	a	-	2114	-	2142	-	-	2213	2246	-	2342

Notes

x Stops on request.

Carlisle - Barrow - Lancaster

Sundays

	S	T									
Carlisle	d	-	-	1810	1910	2010	2110	-	-	-	-
Dalston		-	-	1818	1918	2018	2118	-	-	-	-
Wigton		-	-	1828	1928	2028	2128	-	-	-	-
Aspatria		-	-	1838	1938	2038	2138	-	-	-	-
Maryport		-	-	1849	1949	2049	2149	-	-	-	-
Flimby		-	-	18x52	19x52	20x52	21x52	-	-	-	-
Workington		-	-	1900	2000	2100	2200	-	-	-	-
Harrington		-	-	1904	2004	2104	2204	-	-	-	-
Parton		-	-	19x12	20x12	21x12	22x12	-	-	-	-
Whitehaven	a	-	-	1919	2019	2119	2219	-	-	-	-
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	2147	2147	-	-	-	-	-	-	-	-
Staveley		2152	2152	-	-	-	-	-	-	-	-
Burneside		2157	2157	-	-	-	-	-	-	-	-
Kendal		2201	2201	-	-	-	-	-	-	-	-
Oxenholme Lake District	a	2206	2206	-	-	-	-	-	-	-	-
Oxenholme Lake District	d	2218	2215	-	-	-	-	-	-	-	-
Lancaster	a	2233	2233	-	-	-	-	-	-	-	-
Lancaster	d	2234	2233	-	-	-	-	-	-	-	-
Preston	a	2252	2252	-	-	-	-	-	-	-	-
Chorley	a	-	-	-	-	-	-	-	-	-	-
Bolton	a	-	-	-	-	-	-	-	-	-	-
Manchester Oxford Road	a	-	-	-	-	-	-	-	-	-	-
Manchester Piccadilly	a	-	-	-	-	-	-	-	-	-	-
Manchester Airport	a	-	-	-	-	-	-	-	-	-	-

Notes

x Stops on request.

S Until 26 March.

T From 2 April.

Lancaster - Barrow - Carlisle

Mondays to Saturdays

								SX	SO	
Manchester Airport	d	-	-	-	-	-	-	0529	0529	-
Manchester Piccadilly		-	-	-	-	0457	-	0550	0549	-
Manchester Oxford Road		-	-	-	-	-	-	0553	0552	-
Deansgate		-	-	-	-	-	-	0556	0555	-
Bolton		-	-	-	-	-	-	0608	0608	-
Chorley		-	-	-	-	-	-	0620	0620	-
Preston		-	-	-	0518	0537	-	0633	0633	0644
Lancaster	a	-	-	-	0538	0551	-	0651	0651	0658
Lancaster	d	-	-	-	0538	0600	-	0653	0653	0700
Oxenholme Lake District	a	-	-	-	-	0615	-	-	-	0712
Oxenholme Lake District	d	-	-	-	-	0617	-	-	-	0730
Kendal		-	-	-	-	0621	-	-	-	0734
Burneside		-	-	-	-	0625	-	-	-	0738
Staveley		-	-	-	-	0630	-	-	-	0743
Windermere	a	-	-	-	-	0636	-	-	-	0749
Carnforth	d	-	-	-	0549	-	-	0703	0703	-
Silverdale		-	-	-	0554	-	-	0708	0708	-
Arnside		-	-	-	0559	-	-	0712	0712	-
Grange-over-Sands		-	-	-	0605	-	-	0718	0718	-
Kents Bank		-	-	-	0608	-	-	0722	0722	-
Cark		-	-	-	0612	-	-	0726	0726	-
Ulverston		-	-	-	0621	-	-	0733	0733	-
Dalton		-	-	-	0629	-	-	0742	0742	-
Roose		-	-	-	0635	-	-	0748	0748	-
Barrow-in-Furness	a	-	-	-	0642	-	-	0755	0755	-
Barrow-in-Furness	d	-	-	0558	-	-	0651	0750	-	-
Askam		-	-	0608	-	-	0701	0800	-	-
Kirkby-in-Furness		-	-	06x12	-	-	07x05	08x04	-	-
Foxfield		-	-	0616	-	-	0709	0808	-	-
Green Road		-	-	06x20	-	-	07x13	08x11	-	-
Millom	a	-	-	0626	-	-	0719	0817	-	-
Millom	d	-	-	0627	-	-	0719	0818	-	-
Silecroft		-	-	06x32	-	-	07x24	08x23	-	-
Bootle (Cumbria)		-	-	06x39	-	-	07x31	08x29	-	-
Ravenglass		-	-	0645	-	-	0737	0835	-	-
Drigg		-	-	06x49	-	-	07x41	08x38	-	-
Seascale		-	-	0653	-	-	0745	0842	-	-
Sellafield		-	-	0700	-	-	0753	0849	-	-
Braystones		-	-	-	-	-	07x57	-	-	-
Nethertown		-	-	-	-	-	07x59	-	-	-
St. Bees		-	-	0713	-	-	0805	0900	-	-
Corkickle		-	-	0719	-	-	0811	0905	-	-
Whitehaven	a	-	-	0722	-	-	0814	0908	-	-
Whitehaven	d	-	0630	0723	-	-	0816	0909	-	-
Parton		-	06x33	07x27	-	-	08x20	09x13	-	-
Harrington		-	0642	0736	-	-	0828	0922	-	-
Workington		0549	0648	0742	-	-	0834	0928	-	-
Flimby		05x53	06x52	07x46	-	-	08x39	09x32	-	-
Maryport		0557	0656	0750	-	-	0843	0936	-	-
Aspatria		0607	0706	0800	-	-	0853	0946	-	-
Wigton		0619	0718	0812	-	-	0904	0957	-	-
Dalston		0628	0727	0821	-	-	0913	1006	-	-
Carlisle	a	0639	0738	0832	-	-	0925	1017	-	-

Notes

x Stops on request.

SO Saturdays only.

SX Mondays to Fridays only.

Lancaster - Barrow - Carlisle

Mondays to Saturdays

					SX	SO		SX	SO		
Manchester Airport	d	0603	0704	-	-	0729	0729	-	-	0829	0829
Manchester Piccadilly		0622	0721	-	-	0750	0750	-	-	0850	0850
Manchester Oxford Road		0625	0725	-	-	0753	0753	-	-	0853	0853
Deansgate		-	-	-	-	0756	0756	-	-	0853	0856
Bolton		0639	-	-	-	0808	0808	-	-	0909	0909
Chorley		-	-	-	-	0820	0820	-	-	0921	0921
Preston		0704	0800	0755	-	0833	0842	-	-	0945	0945
Lancaster	a	0719	0815	0809	-	0850	0859	-	-	1002	1002
Lancaster	d	0733	0822	0810	-	0851	0859	-	-	1002	1003
Oxenholme Lake District	a	-	-	0823	-	-	-	-	-	1019	1032
Oxenholme Lake District	d	-	-	0829	-	-	-	0930	-	1021	1033
Kendal		-	-	0833	-	-	-	0934	-	1025	1037
Burneside		-	-	0837	-	-	-	0938	-	1029	1041
Staveley		-	-	0842	-	-	-	0943	-	1034	1046
Windermere	a	-	-	0848	-	-	-	0949	-	1041	1053
Carnforth	d	0744	0832	-	-	0900	0909	-	-	-	-
Silverdale		0750	0838	-	-	0906	0914	-	-	-	-
Arnside		0754	0842	-	-	0910	0919	-	-	-	-
Grange-over-Sands		0800	0848	-	-	0916	0924	-	-	-	-
Kents Bank		0804	-	-	-	0920	0928	-	-	-	-
Cark		0808	0854	-	-	0924	0932	-	-	-	-
Ulverston		0816	0902	-	-	0931	0940	-	-	-	-
Dalton		0825	0910	-	-	0940	0948	-	-	-	-
Roose		0831	-	-	-	0946	0955	-	-	-	-
Barrow-in-Furness	a	0838	0922	-	-	0953	1001	-	-	-	-
Barrow-in-Furness	d	-	-	-	0927	-	-	-	1022	-	-
Askam		-	-	-	0937	-	-	-	1032	-	-
Kirkby-in-Furness		-	-	-	09x41	-	-	-	10x36	-	-
Foxfield		-	-	-	0945	-	-	-	1040	-	-
Green Road		-	-	-	09x48	-	-	-	10x43	-	-
Millom	a	-	-	-	0954	-	-	-	1049	-	-
Millom	d	-	-	-	0955	-	-	-	1050	-	-
Silecroft		-	-	-	09x59	-	-	-	10x54	-	-
Bootle (Cumbria)		-	-	-	10x06	-	-	-	11x01	-	-
Ravenglass		-	-	-	1012	-	-	-	1107	-	-
Drigg		-	-	-	10x15	-	-	-	11x10	-	-
Seascale		-	-	-	1019	-	-	-	1114	-	-
Sellafield		-	-	-	1032	-	-	-	1122	-	-
Braystones		-	-	-	-	-	-	-	11x26	-	-
Nethertown		-	-	-	-	-	-	-	11x28	-	-
St. Bees		-	-	-	1042	-	-	-	1134	-	-
Corkickle		-	-	-	1047	-	-	-	1140	-	-
Whitehaven	a	-	-	-	1050	-	-	-	1143	-	-
Whitehaven	d	-	-	-	1051	-	-	-	1145	-	-
Parton		-	-	-	10x55	-	-	-	11x48	-	-
Harrington		-	-	-	1103	-	-	-	1157	-	-
Workington		-	-	-	1109	-	-	-	1203	-	-
Flimby		-	-	-	11x14	-	-	-	12x07	-	-
Maryport		-	-	-	1117	-	-	-	1211	-	-
Aspatria		-	-	-	1127	-	-	-	1221	-	-
Wigton		-	-	-	1138	-	-	-	1233	-	-
Dalston		-	-	-	1147	-	-	-	1242	-	-
Carlisle	a	-	-	-	1158	-	-	-	1253	-	-

Notes

x Stops on request.

SO Saturdays only.

SX Mondays to Fridays only.

Lancaster - Barrow - Carlisle

Mondays to Saturdays

							SO	SX			
Manchester Airport	d	-	0929	-	-	1029	-	-	1129	1129	-
Manchester Piccadilly		-	0950	-	-	1050	-	-	1150	1150	-
Manchester Oxford Road		-	0953	-	-	1053	-	-	1153	1153	-
Deansgate		-	0956	-	-	1056	-	-	1156	1156	-
Bolton		-	1008	-	-	1108	-	-	1208	-	-
Chorley		-	1020	-	-	1120	-	-	1220	-	-
Preston		-	1033	1041	-	1145	1153	-	1245	1246	1253
Lancaster	a	-	1050	1055	-	1202	1207	-	1302	1303	1307
Lancaster	d	1013	1051	1057	-	1202	1208	-	1303	1303	1318
Oxenholme Lake District	a	-	-	1110	-	-	1221	-	1332	1332	-
Oxenholme Lake District	d	-	-	1121	-	-	1239	-	1333	1333	-
Kendal		-	-	1125	-	-	1243	-	1338	1338	-
Burneside		-	-	1129	-	-	1247	-	1341	1341	-
Staveley		-	-	1134	-	-	1252	-	1346	1346	-
Windermere	a	-	-	1140	-	-	1258	-	1353	1353	-
Carnforth	d	1023	1101	-	-	1212	-	-	-	-	1329
Silverdale		1029	1106	-	-	1217	-	-	-	-	1334
Arnsdale		1033	1110	-	-	1221	-	-	-	-	1339
Grange-over-Sands		1039	1116	-	-	1227	-	-	-	-	1345
Kents Bank		1043	1120	-	-	1230	-	-	-	-	1348
Cark		1047	1124	-	-	1234	-	-	-	-	1352
Ulverston		1055	1131	-	-	1242	-	-	-	-	1401
Dalton		1103	1140	-	-	1250	-	-	-	-	1409
Roose		1109	1146	-	-	1256	-	-	-	-	1415
Barrow-in-Furness	a	1117	1154	-	-	1302	-	-	-	-	1422
Barrow-in-Furness	d	1119	-	-	-	1206	-	-	1316	-	1424
Askam		1129	-	-	-	1216	-	-	1326	-	1434
Kirkby-in-Furness		11x33	-	-	-	12x20	-	-	13x30	-	14x38
Foxfield		1137	-	-	-	1224	-	-	1334	-	1442
Green Road		11x41	-	-	-	12x27	-	-	13x37	-	14x45
Millom	a	1147	-	-	-	1233	-	-	1343	-	1451
Millom	d	1147	-	-	-	1234	-	-	1344	-	1451
Silecroft		11x52	-	-	-	12x38	-	-	13x48	-	14x56
Bootle (Cumbria)		11x58	-	-	-	12x45	-	-	13x55	-	15x02
Ravenglass		1204	-	-	-	1251	-	-	1401	-	1508
Drigg		12x07	-	-	-	12x54	-	-	14x04	-	15x11
Seascale		1211	-	-	-	1257	-	-	1407	-	1515
Sellafield		1217	-	-	-	1303	-	-	1413	-	1520
Braystones		-	-	-	-	13x07	-	-	14x16	-	-
Nethertown		-	-	-	-	13x09	-	-	14x19	-	-
St. Bees		1227	-	-	-	1328	-	-	1427	-	1530
Corkickle		1232	-	-	-	1334	-	-	1433	-	1536
Whitehaven	a	1235	-	-	-	1336	-	-	1436	-	1538
Whitehaven	d	1236	-	-	-	1338	-	-	1438	-	1540
Parton		12x40	-	-	-	13x41	-	-	14x41	-	15x45
Harrington		-	-	-	-	1350	-	-	1450	-	1553
Workington		1253	-	-	-	1356	-	-	1456	-	1559
Flimby		-	-	-	-	14x00	-	-	15x00	-	16x04
Maryport		1301	-	-	-	1404	-	-	1505	-	1608
Aspatria		1311	-	-	-	1414	-	-	1515	-	1618
Wigton		1323	-	-	-	1426	-	-	1526	-	1629
Dalston		-	-	-	-	1435	-	-	1535	-	1638
Carlisle	a	1341	-	-	-	1450	-	-	1546	-	1651

Notes

x Stops on request.

SO Saturdays only.

SX Mondays to Fridays only.

Lancaster - Barrow - Carlisle

Mondays to Saturdays

		SX	SO			SO	SX	SX
Manchester Airport	d	-	1229 1229	1304	-	1329	1404	- - -
Manchester Piccadilly	-	-	1250 1250	1321	-	1350	1421	- - -
Manchester Oxford Road	-	-	1253 1253	1324	-	1353	1424	- - -
Deansgate	-	-	1256 1256	-	-	1356	-	- - -
Bolton	-	-	1309	1339	-	1408	1439	- - -
Chorley	-	-	1322	-	-	1420	-	- - -
Preston	-	-	1346 1346	1405	-	1445	1503	- - -
Lancaster	a	-	1404 1404	1420	-	1502	1518	- - -
Lancaster	d	-	1405 1405	1421	-	1502	1519	- - -
Oxenholme Lake District	a	-	-	1434	-	-	1532	- - -
Oxenholme Lake District	d	-	-	1439	-	-	1537	- - -
Kendal	-	-	-	1443	-	-	1541	- - -
Burneside	-	-	-	-	-	-	1545	- - -
Staveley	-	-	-	-	-	-	1550	- - -
Windermere	a	-	-	1455	-	-	1556	- - -
Carnforth	d	-	1414 1414	-	-	1512	-	- - -
Silverdale	-	-	1419 1419	-	-	1517	-	- - -
Arnside	-	-	1424 1424	-	-	1522	-	- - -
Grange-over-Sands	-	-	1429 1429	-	-	1527	-	- - -
Kents Bank	-	-	1433 1433	-	-	1531	-	- - -
Cark	-	-	1437 1437	-	-	1536	-	- - -
Ulverston	-	-	1444 1444	-	-	1543	-	- - -
Dalton	-	-	1453 1453	-	-	1552	-	- - -
Roose	-	-	1459 1459	-	-	1558	-	- - -
Barrow-in-Furness	a	-	1505 1505	-	-	1605	-	- - -
Barrow-in-Furness	d	1449	- - -	-	1544	- -	1611	- 1615
Askam	-	1459	- - -	-	1554	- -	1621	- 1625
Kirkby-in-Furness	-	15x03	- - -	-	15x58	- -	16x25	- 16x29
Foxfield	-	1507	- - -	-	1602	- -	1629	- 1634
Green Road	-	15x10	- - -	-	16x05	- -	16x32	- 16x37
Millom	a	1516	- - -	-	1611	- -	1638	- 1643
Millom	d	1517	- - -	-	1612	- -	1639	- 1644
Silecroft	-	15x21	- - -	-	16x16	- -	16x43	- 16x48
Bootle (Cumbria)	-	15x28	- - -	-	16x23	- -	16x50	- 16x55
Ravenglass	-	1534	- - -	-	1629	- -	1656	- 1701
Drigg	-	15x37	- - -	-	16x32	- -	16x59	- 17x04
Seascale	-	1541	- - -	-	1635	- -	1702	- 1708
Sellafield	-	1547	- - -	-	1641	- -	1708	- 1712
Braystones	-	-	- - -	-	-	- -	17x11	- -
Nethertown	-	-	- - -	-	-	- -	17x14	- -
St. Bees	-	1600	- - -	-	1652	- -	1719	- -
Corkickle	-	1606	- - -	-	1657	- -	1724	- -
Whitehaven	a	1608	- - -	-	1700	- -	1728	- -
Whitehaven	d	1612	- - -	-	1701	- -	1729	1749 -
Parton	-	16x15	- - -	-	17x05	- -	17x33	17x52 -
Harrington	-	1624	- - -	-	1713	- -	1741	1801 -
Workington	-	1633	- - -	-	1719	- -	1747	1807 -
Flimby	-	16x37	- - -	-	17x24	- -	17x52	18x11 -
Maryport	-	1643	- - -	-	1728	- -	1756	1816 -
Aspatria	-	1653	- - -	-	1738	- -	1806	1826 -
Wigton	-	1705	- - -	-	1749	- -	1817	1837 -
Dalston	-	1714	- - -	-	1759	- -	1826	1846 -
Carlisle	a	1725	- - -	-	1810	- -	1841	1857 -

Notes

x Stops on request.

SO Saturdays only.

SX Mondays to Fridays only.

Lancaster - Barrow - Carlisle

Mondays to Saturdays

							SO	SX			
Manchester Airport	d	1429	-	1529	-	-	1604	1629	-	-	1704
Manchester Piccadilly		1450	-	1550	-	-	1621	1650	-	-	1721
Manchester Oxford Road		1453	-	1553	-	-	1624	1653	-	-	1724
Deansgate		1456	-	1556	-	-	-	1656	-	-	-
Bolton		1508	-	1609	-	-	-	1709	-	-	-
Chorley		1520	-	1620	-	-	-	1720	-	-	-
Preston		1533	1541	1633	-	1701	1704	1734	-	-	1803
Lancaster	a	1550	1555	1651	-	1716	1721	1751	-	-	1818
Lancaster	d	1551	1602	1652	-	1727	1722	1751	-	-	1836
Oxenholme Lake District	a	1631	-	-	-	-	1735	-	-	-	-
Oxenholme Lake District	d	1632	-	-	-	-	1742	-	-	-	-
Kendal		1637	-	-	-	-	1746	-	-	-	-
Burneside		1640	-	-	-	-	1750	-	-	-	-
Staveley		1645	-	-	-	-	1755	-	-	-	-
Windermere	a	1652	-	-	-	-	1801	-	-	-	-
Carnforth	d	-	1612	1701	-	1737	-	1801	-	-	1845
Silverdale		-	1618	1706	-	1742	-	1806	-	-	1851
Arnside		-	1623	1711	-	1747	-	1811	-	-	1855
Grange-over-Sands		-	1629	1716	-	1753	-	1817	-	-	1901
Kents Bank		-	1633	1720	-	1756	-	1820	-	-	1905
Cark		-	1638	1724	-	1800	-	1824	-	-	1909
Ulverston		-	1646	1732	-	1808	-	1832	-	-	1917
Dalton		-	1655	1740	-	1816	-	1840	-	-	1925
Roose		-	1701	1746	-	1822	-	1846	-	-	1931
Barrow-in-Furness	a	-	1709	1753	-	1830	-	1853	-	-	1939
Barrow-in-Furness	d	-	1716	-	1807	-	-	-	1857	1912	-
Askam		-	1726	-	1817	-	-	-	1907	1922	-
Kirkby-in-Furness		-	17x30	-	18x21	-	-	-	19x11	19x26	-
Foxfield		-	1734	-	1825	-	-	-	1915	1930	-
Green Road		-	17x38	-	18x28	-	-	-	19x18	19x33	-
Millom	a	-	1744	-	1834	-	-	-	1924	1939	-
Millom	d	-	1744	-	1834	-	-	-	1925	1940	-
Silecroft		-	17x49	-	-	-	-	-	19x29	19x44	-
Bootle (Cumbria)		-	17x55	-	-	-	-	-	19x36	19x51	-
Ravenglass		-	1802	-	1849	-	-	-	1942	1957	-
Drigg		-	18x05	-	18x52	-	-	-	19x45	20x00	-
Seascale		-	1809	-	1856	-	-	-	1948	2003	-
Sellafield		-	1814	-	1900	-	-	-	1953	2012	-
Braystones		-	-	-	-	-	-	-	-	20x15	-
Nethertown		-	-	-	-	-	-	-	-	20x18	-
St. Bees		-	1828	-	1912	-	-	-	2003	2027	-
Corkickle		-	1834	-	1917	-	-	-	2008	2032	-
Whitehaven	a	-	1836	-	1920	-	-	-	2012	2036	-
Whitehaven	d	-	1838	-	1921	-	-	-	2013	2037	-
Parton		-	18x41	-	19x25	-	-	-	20x17	20x41	-
Harrington		-	1850	-	1933	-	-	-	2025	2049	-
Workington		-	1856	-	1943	-	-	-	2035	2055	-
Flimby		-	19x00	-	19x47	-	-	-	20x40	21x00	-
Maryport		-	1904	-	1953	-	-	-	2044	2104	-
Aspatria		-	1914	-	2003	-	-	-	2054	2114	-
Wigton		-	1925	-	2014	-	-	-	2106	2125	-
Dalston		-	1934	-	2023	-	-	-	2115	2134	-
Carlisle	a	-	1945	-	2034	-	-	-	2126	2145	-

Notes

x Stops on request.

SO Saturdays only.

SX Mondays to Fridays only.

Lancaster - Barrow - Carlisle

Mondays to Saturdays

			SX	SO	SX	SO	SX	SO			
Manchester Airport	d	-	1729	-	-	-	-	-	-	1829	-
Manchester Piccadilly		-	1750	-	-	-	-	-	-	1850	-
Manchester Oxford Road		-	1753	-	-	-	-	-	-	1853	-
Deansgate		-	1756	-	-	-	-	-	-	1856	-
Bolton		-	1809	-	-	-	-	-	-	1909	-
Chorley		-	1823	-	-	-	-	-	-	1921	-
Preston		1754	1844	-	-	-	-	-	-	1934	1941
Lancaster	a	1808	1902	-	-	-	-	-	-	1951	1955
Lancaster	d	1810	1902	-	-	1913	1913	-	-	1951	1957
Oxenholme Lake District	a	1822	1920	-	-	-	-	-	-	-	2010
Oxenholme Lake District	d	1830	1922	-	-	-	-	-	-	-	2018
Kendal		1834	1926	-	-	-	-	-	-	-	2022
Burneside		1838	1930	-	-	-	-	-	-	-	2026
Staveley		1843	1935	-	-	-	-	-	-	-	2031
Windermere	a	1849	1942	-	-	-	-	-	-	-	2037
Carnforth	d	-	-	-	-	1923	1923	-	-	2001	-
Silverdale		-	-	-	-	1929	1929	-	-	2006	-
Arnside		-	-	-	-	1933	1933	-	-	2010	-
Grange-over-Sands		-	-	-	-	1939	1939	-	-	2016	-
Kents Bank		-	-	-	-	1943	1943	-	-	2020	-
Cark		-	-	-	-	1947	1947	-	-	2024	-
Ulverston		-	-	-	-	1955	1955	-	-	2031	-
Dalton		-	-	-	-	2003	2003	-	-	2040	-
Roose		-	-	-	-	2009	2009	-	-	2046	-
Barrow-in-Furness	a	-	-	-	-	2017	2017	-	-	2053	-
Barrow-in-Furness	d	-	-	1944	1944	2018	2018	-	-	-	-
Askam		-	-	1954	1954	2028	2028	-	-	-	-
Kirkby-in-Furness		-	-	19x58	19x58	20x32	20x32	-	-	-	-
Foxfield		-	-	2002	2002	2036	2036	-	-	-	-
Green Road		-	-	20x05	20x05	20x40	20x40	-	-	-	-
Millom	a	-	-	2012	2011	2046	2046	-	-	-	-
Millom	d	-	-	-	-	2011	2046	-	-	-	-
Silecroft		-	-	-	-	20x16	20x50	-	-	-	-
Bootle (Cumbria)		-	-	-	-	20x22	20x57	-	-	-	-
Ravenglass		-	-	-	-	2028	2103	-	-	-	-
Drigg		-	-	-	-	20x31	21x06	-	-	-	-
Seascale		-	-	-	-	2035	2109	-	-	-	-
Sellafield		-	-	-	-	2041	2115	-	-	-	-
Braystones		-	-	-	-	20x44	-	-	-	-	-
Nethertown		-	-	-	-	20x47	-	-	-	-	-
St. Bees		-	-	-	-	2052	2124	-	-	-	-
Corkickle		-	-	-	-	2057	2130	-	-	-	-
Whitehaven	a	-	-	-	-	2101	2132	-	-	-	-
Whitehaven	d	-	-	-	-	2102	2134	-	2209	2209	-
Parton		-	-	-	-	21x06	21x37	-	22x12	22x12	-
Harrington		-	-	-	-	2114	2146	-	2221	2221	-
Workington		-	-	-	-	2120	2152	-	2227	2227	-
Flimby		-	-	-	-	21x25	21x56	-	22x32	22x32	-
Maryport		-	-	-	-	2128	2200	-	2236	2236	-
Aspatria		-	-	-	-	-	2210	-	2246	-	-
Wigton		-	-	-	-	-	2221	-	2257	-	-
Dalston		-	-	-	-	-	2230	-	2306	-	-
Carlisle	a	-	-	-	-	-	2241	-	2317	-	-

Notes

x Stops on request.

SO Saturdays only.

SX Mondays to Fridays only.

Lancaster - Barrow - Carlisle

Mondays to Saturdays

			SO	Y	SO	X	SX		SX	SO	Y	SO	X	SO	Y
Manchester Airport	d	-	1929	-	-	-	-	-	-	-	-	-	-	-	-
Manchester Piccadilly	-	-	1950	-	-	-	-	-	-	-	-	-	-	-	-
Manchester Oxford Road	-	-	1953	-	-	-	-	-	-	-	-	-	-	-	-
Deansgate	-	-	1956	-	-	-	-	-	-	-	-	-	-	-	-
Bolton	-	-	2008	-	-	-	-	-	-	-	-	-	-	-	-
Chorley	-	-	2020	-	-	-	-	-	-	-	-	-	-	-	-
Preston	-	-	2033	2041	2041	2041	2041	-	2143	-	-	-	-	-	2125
Lancaster	a	-	2050	2055	2055	2055	2055	-	2157	-	-	-	-	-	2215
Lancaster	d	-	2051	2057	2057	2057	2057	-	2209	-	-	-	-	-	-
Oxenholme Lake District	a	-	-	2110	2110	2110	2110	-	-	-	-	-	-	-	-
Oxenholme Lake District	d	-	-	2115	2117	2120	2120	-	-	2200	2206	-	-	-	-
Kendal	-	-	-	2125	2121	2124	2124	-	-	2210	2210	-	-	-	-
Burneside	-	-	-	2135	2125	2128	2128	-	-	2220	2214	-	-	-	-
Staveley	-	-	-	2145	2130	2133	2133	-	-	2230	2219	-	-	-	-
Windermere	a	-	-	2155	2136	2139	2139	-	-	2240	2225	-	-	-	-
Carnforth	d	-	2100	-	-	-	-	-	2218	-	-	-	-	-	-
Silverdale	-	-	2106	-	-	-	-	-	2224	-	-	-	-	-	-
Arnside	-	-	2110	-	-	-	-	-	2228	-	-	-	-	-	-
Grange-over-Sands	-	-	2116	-	-	-	-	-	2234	-	-	-	-	-	-
Kents Bank	-	-	2120	-	-	-	-	-	2238	-	-	-	-	-	-
Cark	-	-	2124	-	-	-	-	-	2242	-	-	-	-	-	-
Ulverston	-	-	2131	-	-	-	-	-	2250	-	-	-	-	-	-
Dalton	-	-	2140	-	-	-	-	-	2258	-	-	-	-	-	-
Roose	-	-	2146	-	-	-	-	-	2304	-	-	-	-	-	-
Barrow-in-Furness	a	-	2153	-	-	-	-	-	2312	-	-	-	-	-	-
Barrow-in-Furness	d	2110	-	-	-	-	-	2211	-	-	-	-	-	-	-
Askam		2120	-	-	-	-	-	2221	-	-	-	-	-	-	-
Kirkby-in-Furness		21x24	-	-	-	-	-	22x25	-	-	-	-	-	-	-
Foxfield		2128	-	-	-	-	-	2229	-	-	-	-	-	-	-
Green Road		21x32	-	-	-	-	-	22x33	-	-	-	-	-	-	-
Millom	a	2138	-	-	-	-	-	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 Stops on request.

X Until 31 December and from 18 February until 25 March.

Y From 7 January until 11 February then from 1 April.

SO Saturdays only.

SX Mondays to Fridays only.

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Lancaster - Barrow - Carlisle

Mondays to Saturdays

		SO	Y	SX	SO	X	SO	Y	SX	SO	X	SO	Y
Manchester Airport	d	-	-	-	-	-	-	2159	2159	-	-	-	-
Manchester Piccadilly		-	-	-	-	-	-	2220	2220	-	-	-	-
Manchester Oxford Road		-	-	-	-	-	-	2224	2224	-	-	-	-
Deansgate		-	-	-	-	-	-	-	-	-	-	-	-
Bolton		-	-	-	-	-	-	2239	2239	-	-	-	-
Chorley		-	-	-	-	-	-	2252	2251	-	-	-	-
Preston		-	-	2211	2230	-	-	2310	2310	2310	-	-	-
Lancaster	a	-	-	2231	2320	-	-	2330	2330	2359	-	-	-
Lancaster	d	2226	-	2231	-	2330	2330	2330	-	-	-	-	-
Oxenholme Lake District	a	-	-	-	-	-	-	-	-	-	-	-	-
Oxenholme Lake District	d	-	2222	-	-	-	-	-	-	-	-	-	-
Kendal		-	2226	-	-	-	-	-	-	-	-	-	-
Burneside		-	2230	-	-	-	-	-	-	-	-	-	-
Staveley		-	2235	-	-	-	-	-	-	-	-	-	-
Windermere	a	-	2241	-	-	-	-	-	-	-	-	-	-
Carnforth	d	2235	-	2241	-	2339	2341	2341	-	-	-	-	-
Silverdale		2241	-	2246	-	2345	2347	2347	-	-	-	-	-
Arnside		2245	-	2251	-	2349	2351	2351	-	-	-	-	-
Grange-over-Sands		2251	-	2257	-	2355	2357	2357	-	-	-	-	-
Kents Bank		2255	-	2300	-	2358	2359	2359	-	-	-	-	-
Cark		2259	-	2304	-	0003	0005	0005	-	-	-	-	-
Ulverston		2307	-	2313	-	0010	0012	0012	-	-	-	-	-
Dalton		2316	-	2321	-	0019	0021	0021	-	-	-	-	-
Roose		2322	-	2327	-	0025	0027	0027	-	-	-	-	-
Barrow-in-Furness	a	2329	-	2335	-	0032	0034	0034	-	-	-	-	-
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

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Lancaster - Barrow - Carlisle

Sundays

		V	V	W				U	Z	V
Manchester Airport	d	-	-	-	-	-	-	0833	-	-
Manchester Piccadilly	a	-	-	-	-	-	-	0853	0853	-
Manchester Oxford Road		-	-	-	-	-	-	0857	0857	-
Bolton		-	-	-	-	-	-	0910	0910	-
Chorley		-	-	-	-	-	-	0922	0922	-
Preston		-	-	-	-	-	-	0948	0948	-
Lancaster	a	-	-	-	-	-	-	1005	1005	-
Lancaster	d	-	-	-	-	-	0945	1006	1006	1011
Oxenholme Lake District	a	-	-	-	-	-	-	1022	1022	-
Oxenholme Lake District	d	-	-	-	-	-	-	1030	1030	-
Kendal		-	-	-	-	-	-	1034	1034	-
Burneside		-	-	-	-	-	-	1038	1038	-
Staveley		-	-	-	-	-	-	1043	1043	-
Windermere	a	-	-	-	-	-	-	1049	1049	-
Carnforth		-	-	-	-	0855	1010	-	-	1021
Silverdale		-	-	-	-	0900	-	-	-	1027
Arnside		-	-	-	-	0905	-	-	-	1031
Grange-over-Sands		-	-	-	-	0911	-	-	-	1037
Kents Bank		-	-	-	-	0914	-	-	-	1041
Cark		-	-	-	-	0918	-	-	-	1045
Ulverston		-	-	-	-	0927	-	-	-	1053
Dalton		-	-	-	-	0935	-	-	-	1101
Roose		-	-	-	-	0941	-	-	-	1107
Barrow-in-Furness	a	-	-	-	-	0948	-	-	-	1115
Barrow-in-Furness	d	-	-	-	-	0905	0950	-	-	1116
Askam		-	-	-	-	0915	1000	-	-	1126
Kirkby-in-Furness		-	-	-	-	09x19	10x04	-	-	11x30
Foxfield		-	-	-	-	0923	1008	-	-	1134
Green Road		-	-	-	-	09x26	10x11	-	-	11x38
Millom	a	-	-	-	-	0933	1017	-	-	1144
Millom	d	-	-	-	-	-	1017	-	-	1144
Silecroft		-	-	-	-	-	10x22	-	-	11x48
Bootle (Cumbria)		-	-	-	-	-	10x28	-	-	11x55
Ravenglass		-	-	-	-	-	1034	-	-	1201
Drigg		-	-	-	-	-	10x37	-	-	12x04
Seascale		-	-	-	-	-	1041	-	-	1207
Sellafield		-	-	-	-	-	1046	-	-	1213
Braystones		-	-	-	-	-	10x50	-	-	-
Nethertown		-	-	-	-	-	10x52	-	-	-
St. Bees		-	-	-	-	-	1100	-	-	1225
Corkickle		-	-	-	-	-	1106	-	-	1230
Whitehaven	a	-	-	-	-	-	1109	-	-	1233
Whitehaven	d	-	-	-	1016	-	1111	-	-	1234
Parton		-	-	-	10x20	-	11x14	-	-	12x38
Harrington		-	-	-	1028	-	1123	-	-	1246
Workington		0855	0940	0957	1034	-	1129	-	-	1252
Flimby		09x00	09x45	10x02	10x39	-	11x33	-	-	12x57
Maryport		0904	0949	1006	1043	-	1137	-	-	1301
Aspatria		0914	0959	1016	1053	-	1147	-	-	1311
Wigton		0925	1010	1027	1104	-	1159	-	-	1322
Dalston		0934	1019	1036	1113	-	1208	-	-	1331
Carlisle	a	0945	1030	1047	1124	-	1219	-	-	1342

Notes

x Stops on request.

U Until 1 January.

V Until 1 January and from 19 February until 26 March.

W From 8 January until 12 February and from 2 April.

Z From 19 February until 26 March.

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Lancaster - Barrow - Carlisle

Sundays

		W	W	W	V						
Manchester Airport	d	-	-	-	0936	-	-	1010	1033	1110	-
Manchester Piccadilly		-	-	-	0955	-	-	1026	1055	1125	-
Manchester Oxford Road		-	-	-	0958	-	-	1030	1100	1129	-
Bolton		-	-	-	1011	-	-	1044	1113	1144	-
Chorley		-	-	-	1023	-	-	-	1125	-	-
Preston		-	-	1030	1039	-	-	1108	1147	1205	-
Lancaster	a	-	-	1047	1056	-	-	1124	1204	1220	-
Lancaster	d	-	-	1047	1059	-	-	1125	1204	1221	-
Oxenholme Lake District	a	-	-	1103	-	-	-	1138	-	1234	-
Oxenholme Lake District	d	-	0945	1104	-	1117	-	1202	-	1245	-
Kendal		-	0955	1109	-	1121	-	1206	-	1249	-
Burneside		-	1005	1112	-	1124	-	-	-	1253	-
Staveley		-	1015	1117	-	1129	-	-	-	1258	-
Windermere	a	-	1025	1123	-	1135	-	1219	-	1304	-
Carnforth		1021	-	-	1109	-	-	-	1214	-	-
Silverdale		1027	-	-	1114	-	-	-	1219	-	-
Arnside		1031	-	-	1118	-	-	-	1223	-	-
Grange-over-Sands		1037	-	-	1123	-	-	-	1229	-	-
Kents Bank		1041	-	-	1127	-	-	-	1232	-	-
Cark		1045	-	-	1131	-	-	-	1236	-	-
Ulverston		1053	-	-	1138	-	-	-	1244	-	-
Dalton		1101	-	-	1147	-	-	-	1252	-	-
Rose		1107	-	-	1153	-	-	-	1258	-	-
Barrow-in-Furness	a	1115	-	-	1159	-	-	-	1304	-	-
Barrow-in-Furness	d	1116	-	-	-	-	1218	-	-	-	1309
Askam		1126	-	-	-	-	1228	-	-	-	1319
Kirkby-in-Furness		11x30	-	-	-	-	12x32	-	-	-	13x23
Foxfield		1134	-	-	-	-	1236	-	-	-	1327
Green Road		11x38	-	-	-	-	12x39	-	-	-	13x30
Millom	a	1144	-	-	-	-	1245	-	-	-	1336
Millom	d	1144	-	-	-	-	1245	-	-	-	1336
Silecroft		11x48	-	-	-	-	12x50	-	-	-	13x41
Bootle (Cumbria)		11x55	-	-	-	-	12x56	-	-	-	13x47
Ravenglass		1201	-	-	-	-	1302	-	-	-	1353
Drigg		12x04	-	-	-	-	13x05	-	-	-	13x56
Seascale		1207	-	-	-	-	1309	-	-	-	1400
Sellafield		1213	-	-	-	-	1315	-	-	-	1405
Braystones		-	-	-	-	-	-	-	-	-	14x09
Nethertown		-	-	-	-	-	-	-	-	-	14x11
St. Bees		1225	-	-	-	-	1328	-	-	-	1416
Corkickle		1230	-	-	-	-	1333	-	-	-	1421
Whitehaven	a	1233	-	-	-	-	1337	-	-	-	1425
Whitehaven	d	1234	-	-	-	-	1338	-	-	-	1426
Parton		12x38	-	-	-	-	13x42	-	-	-	14x30
Harrington		1246	-	-	-	-	1350	-	-	-	1438
Workington		1252	-	-	-	-	1358	-	-	-	1444
Flimby		12x57	-	-	-	-	14x03	-	-	-	14x49
Maryport		1301	-	-	-	-	1408	-	-	-	1453
Aspatria		1311	-	-	-	-	1418	-	-	-	1503
Wigton		1322	-	-	-	-	1430	-	-	-	1514
Dalston		1331	-	-	-	-	1439	-	-	-	1523
Carlisle	a	1342	-	-	-	-	1450	-	-	-	1534

Notes

x Stops on request.

V Until 1 January and from 19 February until 26 March.

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Lancaster - Barrow - Carlisle

Sundays

Manchester Airport	d	-	-	-	1242	-	-	1330	-	1410	1430
Manchester Piccadilly		-	-	-	1304	-	-	1348	-	1426	1448
Manchester Oxford Road		1154	-	-	1308	-	-	1352	-	1430	1452
Bolton		1208	-	-	1322	-	-	1409	-	1444	1509
Chorley		1220	-	-	1341	-	-	1421	-	-	1521
Preston		1246	-	-	1358	1341	-	1446	1454	1505	1558
Lancaster	a	1303	-	-	1415	1355	-	1503	1508	1520	1615
Lancaster	d	1304	1314	-	1415	1357	-	1504	1510	1603	1616
Oxenholme Lake District	a	1332	-	-	-	1409	-	-	1523	-	1630
Oxenholme Lake District	d	1333	-	-	-	1422	-	-	1529	-	1632
Kendal		1337	-	-	-	1426	-	-	1533	-	1636
Burneside		1341	-	-	-	1430	-	-	1537	-	1640
Staveley		1346	-	-	-	1435	-	-	1542	-	1645
Windermere	a	1353	-	-	-	1441	-	-	1548	-	1652
Carnforth		-	1324	-	1425	-	-	1513	-	1613	-
Silverdale		-	1330	-	1430	-	-	1518	-	1619	-
Arnside		-	1334	-	1434	-	-	1523	-	1623	-
Grange-over-Sands		-	1340	-	1440	-	-	1528	-	1629	-
Kents Bank		-	1344	-	1443	-	-	1532	-	1633	-
Cark		-	1348	-	1447	-	-	1536	-	1637	-
Ulverston		-	1356	-	1455	-	-	1543	-	1645	-
Dalton		-	1404	-	1503	-	-	1552	-	1653	-
Rose		-	1410	-	1509	-	-	1558	-	1659	-
Barrow-in-Furness	a	-	1418	-	1516	-	-	1604	-	1707	-
Barrow-in-Furness	d	-	1419	1455	-	-	1558	-	-	1718	-
Askam		-	1429	1505	-	-	1608	-	-	1729	-
Kirkby-in-Furness		-	-	15x09	-	-	16x12	-	-	17x33	-
Foxfield		-	-	1513	-	-	1616	-	-	1737	-
Green Road		-	-	15x16	-	-	16x19	-	-	17x40	-
Millom	a	-	1443	1522	-	-	1625	-	-	1746	-
Millom	d	-	1444	1523	-	-	1625	-	-	1747	-
Silecroft		-	-	15x28	-	-	16x30	-	-	17x51	-
Bootle (Cumbria)		-	-	15x34	-	-	16x36	-	-	17x58	-
Ravenglass		-	1459	1541	-	-	1642	-	-	1804	-
Drigg		-	-	15x44	-	-	16x45	-	-	18x07	-
Seascale		-	-	1547	-	-	1649	-	-	1810	-
Sellafield		-	1507	1551	-	-	1654	-	-	1816	-
Braystones		-	-	-	-	-	16x58	-	-	18x19	-
Nethertown		-	-	-	-	-	17x00	-	-	18x22	-
St. Bees		-	1520	1601	-	-	1705	-	-	1830	-
Corkickle		-	1525	1607	-	-	1710	-	-	1835	-
Whitehaven	a	-	1528	1609	-	-	1714	-	-	1839	-
Whitehaven	d	-	1529	1611	-	-	1716	-	-	1840	-
Parton		-	15x33	16x14	-	-	17x20	-	-	18x44	-
Harrington		-	1541	1623	-	-	1728	-	-	1852	-
Workington		-	1547	1629	-	-	1734	-	-	1858	-
Flimby		-	15x52	16x33	-	-	17x39	-	-	19x03	-
Maryport		-	1556	1637	-	-	1743	-	-	1907	-
Aspatria		-	1606	1647	-	-	1753	-	-	1917	-
Wigton		-	1617	1659	-	-	1804	-	-	1928	-
Dalston		-	1626	1708	-	-	1813	-	-	1937	-
Carlisle	a	-	1637	1719	-	-	1824	-	-	1948	-

Notes

x Stops on request.

Lancaster - Barrow - Carlisle

Sundays

Manchester Airport	d	-	-	1530	-	-	1630	-	-	1730	-
Manchester Piccadilly		-	-	1548	-	-	1648	-	-	1748	-
Manchester Oxford Road		-	-	1552	-	-	1652	-	-	1752	-
Bolton		-	-	1609	-	-	1709	-	-	1809	-
Chorley		-	-	1621	-	-	1721	-	-	1821	-
Preston		-	-	1648	1655	-	1747	1754	-	1834	-
Lancaster	a	-	-	1705	1710	-	1804	1808	-	1851	-
Lancaster	d	-	-	1706	1711	-	1804	1810	-	1852	1902
Oxenholme Lake District	a	-	-	-	1725	-	-	1823	-	1926	-
Oxenholme Lake District	d	-	-	-	1730	-	-	1833	-	1928	-
Kendal		-	-	-	1734	-	-	1837	-	1933	-
Burneside		-	-	-	1738	-	-	1841	-	1936	-
Staveley		-	-	-	1743	-	-	1846	-	1941	-
Windermere	a	-	-	-	1749	-	-	1852	-	1948	-
Carnforth		-	-	1715	-	-	1814	-	-	1914	-
Silverdale		-	-	1721	-	-	1819	-	-	1920	-
Arnside		-	-	1725	-	-	1823	-	-	1925	-
Grange-over-Sands		-	-	1730	-	-	1828	-	-	1931	-
Kents Bank		-	-	1734	-	-	1832	-	-	1934	-
Cark		-	-	1738	-	-	1836	-	-	1938	-
Ulverston		-	-	1745	-	-	1843	-	-	1947	-
Dalton		-	-	1753	-	-	1851	-	-	1955	-
Roose		-	-	1759	-	-	1857	-	-	2001	-
Barrow-in-Furness	a	-	-	1806	-	-	1904	-	-	2008	-
Barrow-in-Furness	d	-	-	-	-	1825	-	-	1909	-	-
Askam		-	-	-	-	1835	-	-	1919	-	-
Kirkby-in-Furness		-	-	-	-	18x39	-	-	19x23	-	-
Foxfield		-	-	-	-	1843	-	-	1927	-	-
Green Road		-	-	-	-	18x46	-	-	19x30	-	-
Millom	a	-	-	-	-	1853	-	-	1937	-	-
Millom	d	-	-	-	-	-	-	-	-	-	-
Silecroft		-	-	-	-	-	-	-	-	-	-
Bootle (Cumbria)		-	-	-	-	-	-	-	-	-	-
Ravenglass		-	-	-	-	-	-	-	-	-	-
Drigg		-	-	-	-	-	-	-	-	-	-
Seascale		-	-	-	-	-	-	-	-	-	-
Sellafield		-	-	-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-	-
St. Bees		-	-	-	-	-	-	-	-	-	-
Corkickle		-	-	-	-	-	-	-	-	-	-
Whitehaven	a	-	-	-	-	-	-	-	-	-	-
Whitehaven	d	1938	2030	-	-	-	-	-	-	-	-
Parton		19x41	20x33	-	-	-	-	-	-	-	-
Harrington		1950	2042	-	-	-	-	-	-	-	-
Workington		1956	2048	-	-	-	-	-	-	-	-
Flimby		20x01	20x53	-	-	-	-	-	-	-	-
Maryport		2005	2057	-	-	-	-	-	-	-	-
Aspatria		2015	2107	-	-	-	-	-	-	-	-
Wigton		2026	2118	-	-	-	-	-	-	-	-
Dalston		2035	2127	-	-	-	-	-	-	-	-
Carlisle	a	2046	2138	-	-	-	-	-	-	-	-

Notes

x Stops on request.

Lancaster - Barrow - Carlisle

Sundays

Manchester Airport	d	1830	-	1930	-	-	-	-	-	-
Manchester Piccadilly		1848	-	1948	-	-	-	-	-	-
Manchester Oxford Road		1852	-	1952	-	-	-	-	-	-
Bolton		1909	-	2010	-	-	-	-	-	-
Chorley		1921	-	2022	-	-	-	-	-	-
Preston		1947	1942	2046	2041	2141	-	-	-	-
Lancaster	a	2004	1956	2104	2055	2155	-	-	-	-
Lancaster	d	2004	1958	2104	2057	2220	-	-	-	-
Oxenholme Lake District	a	-	2010	-	2109	-	-	-	-	-
Oxenholme Lake District	d	-	2022	-	2121	-	-	-	-	-
Kendal		-	2026	-	2125	-	-	-	-	-
Burneside		-	2030	-	2129	-	-	-	-	-
Staveley		-	2035	-	2134	-	-	-	-	-
Windermere	a	-	2041	-	2140	-	-	-	-	-
Carnforth		2014	-	2114	-	2230	-	-	-	-
Silverdale		2019	-	2119	-	2235	-	-	-	-
Arnside		2023	-	2123	-	2240	-	-	-	-
Grange-over-Sands		2028	-	2128	-	2246	-	-	-	-
Kents Bank		2032	-	2132	-	2249	-	-	-	-
Cark		2036	-	2136	-	2253	-	-	-	-
Ulverston		2043	-	2143	-	2301	-	-	-	-
Dalton		2052	-	2151	-	2309	-	-	-	-
Roose		2058	-	2157	-	2315	-	-	-	-
Barrow-in-Furness	a	2105	-	2204	-	2323	-	-	-	-
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	-	-	-	-	-	-	-	-	-

Useful contact details



Fares and service information

National Rail Enquiries
visit nationalrail.co.uk
call **03457 48 49 50**
textphone **0345 60 50 600**



Customer helpline

For comments and enquiries
visit northernrailway.co.uk/comments
call **0800 200 6060**



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twitter [@northernassist](https://twitter.com/northernassist)



Access or disabled information and assistance

call **0800 138 5560**
email assistance@northernrailway.co.uk



Lost property

email lostproperty@northernrailway.co.uk
call **0800 200 6060**

Correspondence

Customer Experience Centre
Freepost NORTHERN RAILWAY



British Transport Police

call **0800 40 50 40** text **61016**

This timetable is also available online and you can download it to your mobile. This saves space in your pocket or bag, as well as paper and the planet! northernrailway.co.uk/timetables

All our policy documents can be found at northernrailway.co.uk/legal