

# Train times

21 May 2023 –  
9 December 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](http://www.communityrailcumbria.co.uk)**

Some stations on this route are adopted by local community groups. For more information visit **[northernrailway.co.uk/community](http://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](http://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](mailto: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](http://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](http://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	d	-	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	0722	0649	0652	0716	-	0750	0839	0812	-
Lancaster	d	0550	0723	0649	0652	0723	-	0751	0841	0828	-
Preston	a	0608	0740	0707	0710	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	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	-	0946	-

### Notes

x Stops on request.

SO Saturdays only.

SX Mondays to Fridays only.

# Carlisle - Barrow - Lancaster

## Mondays to Saturdays

					SX	SO					
Carlisle	d	-	-	0553	-	-	-	0619	0710	-	0808
Dalston	-	-	-	0602	-	-	-	0627	0719	-	0816
Wigton	-	-	-	0611	-	-	-	0636	0731	-	0826
Aspatria	-	-	-	0622	-	-	-	0648	0742	-	0836
Maryport	-	-	-	0633	-	-	-	0700	0755	-	0848
Flimby	-	-	-	06x36	-	-	-	07x03	07x58	-	08x51
Workington	-	-	-	0644	-	-	-	0711	0806	-	0858
Harrington	-	-	-	0648	-	-	-	0715	0810	-	0902
Parton	-	-	-	06x57	-	-	-	07x24	08x18	-	09x11
Whitehaven	a	-	-	0702	-	-	-	0729	0824	-	0916
Whitehaven	d	-	-	0704	-	-	-	0730	0825	-	0918
Corkickle	-	-	-	0706	-	-	-	0733	0828	-	0920
St. Bees	-	-	-	0712	-	-	-	0739	0834	-	0928
Nethertown	-	-	-	-	-	-	-	-	-	-	-
Braystones	-	-	-	-	-	-	-	-	-	-	-
Sellafield	-	-	-	0724	-	-	-	0750	0844	-	0939
Seascale	-	-	-	0728	-	-	-	0754	0848	-	0942
Drigg	-	-	-	07x31	-	-	-	07x57	08x51	-	09x45
Ravenglass	-	-	-	0734	-	-	-	0801	0854	-	0949
Bootle (Cumbria)	-	-	-	07x40	-	-	-	08x07	09x00	-	09x54
Silecroft	-	-	-	07x46	-	-	-	08x13	09x06	-	10x01
Millom	a	-	-	0753	-	-	-	0820	0913	-	1007
Millom	d	-	-	0753	-	-	-	0820	0914	-	1008
Green Road	-	-	-	07x57	-	-	-	08x24	09x18	-	10x12
Foxfield	-	-	-	0801	-	-	-	0828	0922	-	1016
Kirkby-in-Furness	-	-	-	08x05	-	-	-	08x32	09x26	-	10x20
Askam	-	-	-	0811	-	-	-	0838	0931	-	1025
Barrow-in-Furness	a	-	-	0826	-	-	-	0853	0947	-	1040
Barrow-in-Furness	d	0748	-	-	0848	-	-	-	0958	-	-
Roose	-	0752	-	-	0852	-	-	-	1002	-	-
Dalton	-	0759	-	-	0859	-	-	-	1008	-	-
Ulverston	-	0807	-	-	0907	-	-	-	1017	-	-
Cark	-	0814	-	-	0914	-	-	-	1024	-	-
Kents Bank	-	0818	-	-	0918	-	-	-	1028	-	-
Grange-over-Sands	-	0822	-	-	0922	-	-	-	1032	-	-
Arnside	-	0828	-	-	0928	-	-	-	1039	-	-
Silverdale	-	0832	-	-	0932	-	-	-	1043	-	-
Carnforth	-	0839	-	-	0940	-	-	-	1055	-	-
Windermere	d	-	0852	-	-	0955	1008	-	-	1057	-
Staveley	-	-	-	-	-	1000	1013	-	-	1102	-
Burneside	-	-	-	-	-	1005	1018	-	-	1107	-
Kendal	-	-	0903	-	-	1009	1022	-	-	1111	-
Oxenholme Lake District	a	-	0908	-	-	1014	1027	-	-	1116	-
Oxenholme Lake District	d	-	0925	-	-	1016	1029	-	-	1125	-
Lancaster	a	0846	0938	-	0948	1033	1047	-	1105	1139	-
Lancaster	d	0848	0940	-	0950	1050	1047	-	1130	1140	-
Preston	a	0906	0957	-	1008	1108	1105	-	1149	1157	-
Chorley	a	0920	-	-	1020	1120	1120	-	-	-	-
Bolton	a	0934	-	-	1034	1134	1134	-	1207	-	-
Deansgate	a	0951	-	-	1051	1151	1151	-	-	-	-
Manchester Oxford Road	a	0954	-	-	1054	1154	1154	-	1222	-	-
Manchester Piccadilly	a	0958	-	-	1058	1158	1158	-	1226	-	-
Manchester Airport	a	1015	-	-	1115	1215	1215	-	1244	-	-

### Notes

x Stops on request.

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SX Mondays to Fridays only.

# Carlisle - Barrow - Lancaster

## Mondays to Saturdays

Carlisle	d	-	-	0902	-	-	1013	-	1107	-	1210
Dalston		-	-	0910	-	-	1022	-	1115	-	1218
Wigton		-	-	0920	-	-	1031	-	1125	-	1227
Aspatria		-	-	0930	-	-	1042	-	1135	-	1238
Maryport		-	-	0941	-	-	1053	-	1146	-	1249
Flimby		-	-	09x44	-	-	10x56	-	11x49	-	12x52
Workington		-	-	0952	-	-	1103	-	1157	-	1259
Harrington		-	-	0956	-	-	1107	-	1201	-	1303
Parton		-	-	10x05	-	-	11x16	-	12x09	-	13x12
Whitehaven	a	-	-	1010	-	-	1121	-	1215	-	1317
Whitehaven	d	-	-	1012	-	-	1123	-	1216	-	1319
Corkickle		-	-	1014	-	-	1125	-	1219	-	1321
St. Bees		-	-	1020	-	-	1135	-	1229	-	1329
Nethertown		-	-	-	-	-	11x39	-	-	-	-
Braystones		-	-	-	-	-	11x42	-	-	-	-
Sellafield		-	-	1031	-	-	1147	-	1239	-	1340
Seascale		-	-	1035	-	-	1151	-	1242	-	1343
Drigg		-	-	10x38	-	-	11x54	-	12x45	-	13x46
Ravenglass		-	-	1042	-	-	1157	-	1249	-	1350
Bootle (Cumbria)		-	-	10x47	-	-	12x03	-	12x54	-	13x56
Silecroft		-	-	10x54	-	-	12x09	-	13x01	-	14x02
Millom	a	-	-	1100	-	-	1216	-	1307	-	1409
Millom	d	-	-	1101	-	-	1216	-	1307	-	1409
Green Road		-	-	11x05	-	-	12x20	-	13x11	-	14x13
Foxfield		-	-	1109	-	-	1224	-	1315	-	1417
Kirkby-in-Furness		-	-	11x13	-	-	12x28	-	13x19	-	14x21
Askam		-	-	1118	-	-	1233	-	1324	-	1426
Barrow-in-Furness	a	-	-	1136	-	-	1248	-	1339	-	1441
Barrow-in-Furness	d	1049	-	-	1151	-	1250	-	-	1352	-
Roose		1053	-	-	1155	-	1254	-	-	1356	-
Dalton		1100	-	-	1202	-	1300	-	-	1403	-
Ulverston		1108	-	-	1210	-	1308	-	-	1411	-
Cark		1115	-	-	1217	-	1316	-	-	1418	-
Kents Bank		1119	-	-	1221	-	1320	-	-	1422	-
Grange-over-Sands		1123	-	-	1225	-	1324	-	-	1426	-
Arnside		1129	-	-	1231	-	1330	-	-	1432	-
Silverdale		1133	-	-	1235	-	1335	-	-	1436	-
Carnforth		1140	-	-	1243	-	1343	-	-	1443	-
Windermere	d	-	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	-	1251	1349	1428	1440	-	1452	-
Preston	a	1208	1245	-	1309	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

		SO	SX								
Carlisle	d	-	-	-	-	1307	1408	-	-	-	1441
Dalston	-	-	-	-	-	1315	1416	-	-	-	1449
Wigton	-	-	-	-	-	1325	1426	-	-	-	1458
Aspatria	-	-	-	-	-	1335	1436	-	-	-	1509
Maryport	-	-	-	-	-	1346	1447	-	-	-	1520
Flimby	-	-	-	-	-	13x49	14x50	-	-	-	15x23
Workington	-	-	-	-	-	1357	1458	-	-	-	1530
Harrington	-	-	-	-	-	1401	1502	-	-	-	1534
Parton	-	-	-	-	-	14x09	15x10	-	-	-	15x43
Whitehaven	a	-	-	-	-	1415	1516	-	-	-	1548
Whitehaven	d	-	-	-	-	1416	1517	-	-	-	1550
Corkickle	-	-	-	-	-	1419	1520	-	-	-	1553
St. Bees	-	-	-	-	-	1430	1531	-	-	-	1559
Nethertown	-	-	-	-	-	-	-	-	-	-	16x03
Braystones	-	-	-	-	-	-	-	-	-	-	16x05
Sellafield	-	-	-	-	-	1441	1542	-	-	-	1611
Seascale	-	-	-	-	-	1444	1545	-	-	-	1615
Drigg	-	-	-	-	-	14x47	15x48	-	-	-	16x18
Ravenglass	-	-	-	-	-	1451	1552	-	-	-	1622
Bootle (Cumbria)	-	-	-	-	-	14x56	15x58	-	-	-	16x28
Silecroft	-	-	-	-	-	15x03	16x04	-	-	-	16x35
Millom	a	-	-	-	-	1509	1611	-	-	-	1641
Millom	d	-	-	-	-	1511	1611	-	-	-	1642
Green Road	-	-	-	-	-	15x15	16x15	-	-	-	16x46
Foxfield	-	-	-	-	-	1519	1619	-	-	-	1650
Kirkby-in-Furness	-	-	-	-	-	15x23	16x23	-	-	-	16x55
Askam	-	-	-	-	-	1528	1629	-	-	-	1700
Barrow-in-Furness	a	-	-	-	-	1543	1644	-	-	-	1714
Barrow-in-Furness	d	-	1447	1447	-	1550	-	-	1651	-	1719
Roose	-	1451	1451	-	1554	-	-	-	1655	-	1723
Dalton	-	1458	1458	-	1600	-	-	-	1702	-	1729
Ulverston	-	1506	1506	-	1608	-	-	-	1710	-	1737
Cark	-	1513	1513	-	1616	-	-	-	1717	-	1745
Kents Bank	-	1517	1517	-	1620	-	-	-	1721	-	-
Grange-over-Sands	-	1521	1521	-	1624	-	-	-	1725	-	1752
Arnside	-	1527	1527	-	1630	-	-	-	1731	-	1758
Silverdale	-	1531	1531	-	1635	-	-	-	1735	-	1803
Carnforth	-	1538	1539	-	1643	-	-	-	1743	-	1810
Windermere	d	1459	-	-	1600	-	-	1708	-	1805	-
Staveley	-	1504	-	-	1605	-	-	1713	-	1810	-
Burneside	-	1509	-	-	1610	-	-	1718	-	1815	-
Kendal	-	1513	-	-	1614	-	-	1722	-	1819	-
Oxenholme Lake District	a	1518	-	-	1619	-	-	1727	-	1824	-
Oxenholme Lake District	d	1525	-	-	1627	-	-	1746	-	1832	-
Lancaster	a	1538	1545	1546	1643	1653	-	-	1750	1845	1820
Lancaster	d	1540	1550	1547	1649	1727	-	-	1750	1847	1828
Preston	a	1557	1608	1605	1708	1744	-	1815	1808	1904	1846
Chorley	a	-	1620	-	1720	-	-	-	1820	-	-
Bolton	a	-	1634	-	1734	1806	-	-	1834	-	1906
Deansgate	a	-	1651	1651	1751	-	-	-	1852	-	-
Manchester Oxford Road	a	-	1654	1654	1754	1822	-	-	1854	-	1922
Manchester Piccadilly	a	-	1658	1658	1758	1826	-	-	1858	-	1926
Manchester Airport	a	-	1715	1715	1815	1844	-	-	1915	-	1946

### Notes

x Stops on request.

SO Saturdays only.

SX Mondays to Fridays only.

# Carlisle - Barrow - Lancaster

## Mondays to Saturdays

					SX		SX	SX	SO	SO	
Carlisle	d	1512	-	-	-	-	-	1559	1626	-	1707
Dalston		1520	-	-	-	-	-	1607	1634	-	1715
Wigton		1530	-	-	-	-	-	1617	1644	-	1725
Aspatria		1540	-	-	-	-	-	1627	1654	-	1735
Maryport		1551	-	-	-	-	-	1638	1705	-	1746
Flimby		15x54	-	-	-	-	-	16x41	17x08	-	17x49
Workington		1602	-	-	-	-	-	1648	1715	-	1757
Harrington		1606	-	-	-	-	-	1652	1720	-	1801
Parton		16x14	-	-	-	-	-	17x01	17x28	-	18x09
Whitehaven	a	1620	-	-	-	-	-	1708	1735	-	1816
Whitehaven	d	1621	-	-	-	-	-	-	1736	-	1818
Corkickle		1624	-	-	-	-	-	-	1739	-	1820
St. Bees		1630	-	-	-	-	-	-	1744	-	1827
Nethertown		-	-	-	-	-	-	-	-	-	18x31
Braystones		-	-	-	-	-	-	-	-	-	18x34
Sellafield		1641	-	-	1725	-	-	-	1755	-	1840
Seascale		1644	-	-	1728	-	-	-	1758	-	1843
Drigg		16x48	-	-	17x31	-	-	-	18x01	-	-
Ravenglass		1651	-	-	1735	-	-	-	1805	-	1849
Bootle (Cumbria)		16x57	-	-	17x41	-	-	-	18x11	-	-
Silecroft		17x04	-	-	17x47	-	-	-	18x17	-	-
Millom	a	1711	-	-	1754	-	-	-	1824	-	1905
Millom	d	1712	-	-	1754	-	-	-	1825	-	1905
Green Road		17x16	-	-	17x58	-	-	-	18x29	-	19x09
Foxfield		1720	-	-	1802	-	-	-	1833	-	1913
Kirkby-in-Furness		17x25	-	-	18x06	-	-	-	18x37	-	19x17
Askam		1730	-	-	1811	-	-	-	1842	-	1922
Barrow-in-Furness	a	1745	-	-	1826	-	-	-	1857	-	1937
Barrow-in-Furness	d	-	1802	-	-	-	1856	-	-	1903	-
Roose		-	1806	-	-	-	1900	-	-	1907	-
Dalton		-	1812	-	-	-	1907	-	-	1914	-
Ulverston		-	1821	-	-	-	1915	-	-	1922	-
Cark		-	1828	-	-	-	1922	-	-	1929	-
Kents Bank		-	1832	-	-	-	1927	-	-	1934	-
Grange-over-Sands		-	1836	-	-	-	1931	-	-	1938	-
Arnsdale		-	1842	-	-	-	1936	-	-	1943	-
Silverdale		-	1847	-	-	-	1941	-	-	1948	-
Carnforth		-	1854	-	-	-	1952	-	-	1955	-
Windermere	d	-	-	1856	-	1948	-	-	-	-	-
Staveley		-	-	1901	-	1953	-	-	-	-	-
Burneside		-	-	1906	-	1958	-	-	-	-	-
Kendal		-	-	1910	-	2002	-	-	-	-	-
Oxenholme Lake District	a	-	-	1915	-	2007	-	-	-	-	-
Oxenholme Lake District	d	-	-	1917	-	2013	-	-	-	-	-
Lancaster	a	-	1905	1934	-	2027	1959	-	-	2002	-
Lancaster	d	-	1928	1935	-	2028	2000	-	-	2003	-
Preston	a	-	1946	1953	-	2045	2019	-	-	2022	-
Chorley	a	-	-	2020	-	-	-	-	-	-	-
Bolton	a	-	2006	2034	-	2106	2106	-	-	2106	-
Deansgate	a	-	-	2051	-	-	-	-	-	-	-
Manchester Oxford Road	a	-	2022	2054	-	2122	2122	-	-	2122	-
Manchester Piccadilly	a	-	2026	2058	-	2126	2126	-	-	2126	-
Manchester Airport	a	-	2046	2115	-	2146	2146	-	-	2146	-

### Notes

x Stops on request.

SO Saturdays only.

SX Mondays to Fridays only.



# Carlisle - Barrow - Lancaster

## Mondays to Saturdays

		SX	SO	X	SO	Y	SO	X	SO	Y	SX	SX	SO
Carlisle	d	-	-	-	-	1751	-	-	-	-	-	-	-
Dalston		-	-	-	-	1759	-	-	-	-	-	-	-
Wigton		-	-	-	-	1809	-	-	-	-	-	-	-
Aspatria		-	-	-	-	1819	-	-	-	-	-	-	-
Maryport		-	-	-	-	1830	-	-	-	-	-	-	-
Flimby		-	-	-	-	18x33	-	-	-	-	-	-	-
Workington		-	-	-	-	1841	-	-	-	-	-	-	-
Harrington		-	-	-	-	1845	-	-	-	-	-	-	-
Parton		-	-	-	-	18x53	-	-	-	-	-	-	-
Whitehaven	a	-	-	-	-	1859	-	-	-	-	-	-	-
Whitehaven	d	-	-	-	-	1900	-	-	-	-	-	-	-
Corkickle		-	-	-	-	1903	-	-	-	-	-	-	-
St. Bees		-	-	-	-	1914	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-	-	-	-
Sellafield		-	-	-	-	1927	-	-	-	-	-	-	-
Seascale		-	-	-	-	1932	-	-	-	-	-	-	-
Drigg		-	-	-	-	19x35	-	-	-	-	-	-	-
Ravenglass		-	-	-	-	1939	-	-	-	-	-	-	-
Bootle (Cumbria)		-	-	-	-	19x45	-	-	-	-	-	-	-
Silecroft		-	-	-	-	19x51	-	-	-	-	-	-	-
Millom	a	-	-	-	-	1958	-	-	-	-	-	-	-
Millom	d	-	-	-	-	2001	-	-	-	-	2029	2059	-
Green Road		-	-	-	-	20x05	-	-	-	-	20x33	-	-
Foxfield		-	-	-	-	2009	-	-	-	-	2037	2106	-
Kirkby-in-Furness		-	-	-	-	20x13	-	-	-	-	20x41	-	-
Askam		-	-	-	-	2019	-	-	-	-	2046	2115	-
Barrow-in-Furness	a	-	-	-	-	2036	-	-	-	-	2101	2129	-
Barrow-in-Furness	d	1945	-	-	-	-	2042	2042	2045	-	-	-	-
Roose		1949	-	-	-	-	2046	2046	2049	-	-	-	-
Dalton		1955	-	-	-	-	2052	2052	2055	-	-	-	-
Ulverston		2004	-	-	-	-	2101	2101	2104	-	-	-	-
Cark		2011	-	-	-	-	2108	2108	2111	-	-	-	-
Kents Bank		2015	-	-	-	-	2112	2112	2115	-	-	-	-
Grange-over-Sands		2019	-	-	-	-	2116	2116	2119	-	-	-	-
Arnsdale		2024	-	-	-	-	2122	2123	2125	-	-	-	-
Silverdale		2028	-	-	-	-	2127	2127	2130	-	-	-	-
Carnforth		2043	-	-	-	-	2134	2135	2138	-	-	-	-
Windermere	d	-	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	2050	2124	2121	-	-	2143	2143	2148	-	-	-	-
Lancaster	d	2050	2125	-	-	-	-	2143	2227	-	-	-	-
Preston	a	2109	2144	-	-	-	-	2205	2244	-	-	-	-
Chorley	a	2121	-	-	-	-	-	-	-	-	-	-	-
Bolton	a	2134	-	-	-	-	-	-	-	-	-	-	-
Deansgate	a	2151	-	-	-	-	-	-	-	-	-	-	-
Manchester Oxford Road	a	2154	2220	-	-	-	-	-	-	2321	-	-	-
Manchester Piccadilly	a	2158	2224	-	-	-	-	-	-	2325	-	-	-
Manchester Airport	a	2215	2241	-	-	-	-	-	-	2346	-	-	-

### Notes

x Stops on request.

X Until 17 June.

Y From 24 June.

SO Saturdays only.

SX Mondays to Fridays only.

# Carlisle - Barrow - Lancaster

## Mondays to Saturdays

		🚰			Ⓣ											
		SO	Y	SO	X	SX	SO	SX	SO	SO	Y	SO	X	SO	Y	SX
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	-	-	-	-	-	-	2109	2109	-	-	-	-	-	-	-
Green Road		-	-	-	-	-	-	21x13	21x13	-	-	-	-	-	-	-
Foxfield		-	-	-	-	-	-	2117	2117	-	-	-	-	-	-	-
Kirkby-in-Furness		-	-	-	-	-	-	21x21	21x21	-	-	-	-	-	-	-
Askam		-	-	-	-	-	-	2126	2126	-	-	-	-	-	-	-
Barrow-in-Furness	a	-	-	-	-	-	-	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	d	2140	2140	2147	-	-	-	-	-	-	-	-	-	2229	2247	-
Staveley		2145	2150	2152	-	-	-	-	-	-	-	-	-	2234	2252	-
Burneside		2150	2200	2157	-	-	-	-	-	-	-	-	-	2239	2257	-
Kendal		2154	2210	2201	-	-	-	-	-	-	-	-	-	2243	2301	-
Oxenholme Lake District	a	2159	2225	2206	-	-	-	-	-	-	-	-	-	2248	2306	-
Oxenholme Lake District	d	-	-	-	2212	-	-	-	-	-	-	-	-	2250	2308	-
Lancaster	a	-	-	-	2226	-	2246	-	2246	2248	2305	2324	-	-	-	-
Lancaster	d	-	-	-	2227	-	2246	-	2246	-	2305	2326	-	-	-	-
Preston	a	-	-	-	2244	-	2310	-	2310	-	2324	2345	-	-	-	-
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 17 June.

Y From 24 June.

SO Saturdays only.


SX Mondays to Fridays only.

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

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

# Carlisle - Barrow - Lancaster

## Mondays to Saturdays

		Ⓚ	Ⓚ	Ⓚ	Ⓚ	Ⓚ				
	SO	X	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	d	2225	-	-	-	-	-	-	-	-
Staveley	-	2235	-	-	-	-	-	-	-	-
Burneside	-	2245	-	-	-	-	-	-	-	-
Kendal	-	2255	-	-	-	-	-	-	-	-
Oxenholme Lake District	a	2310	-	-	-	-	-	-	-	-
Oxenholme Lake District	d	2310	-	-	-	-	-	-	-	-
Lancaster	a	2355	-	-	-	-	-	-	-	-
Lancaster	d	2355	-	-	-	-	-	-	-	-
Preston	a	0035	-	-	-	-	-	-	-	-
Chorley	a	-	-	-	-	-	-	-	-	-
Bolton	a	-	-	-	-	-	-	-	-	-
Deansgate	a	-	-	-	-	-	-	-	-	-
Manchester Oxford Road	a	-	-	-	-	-	-	-	-	-
Manchester Piccadilly	a	-	-	-	-	-	-	-	-	-
Manchester Airport	a	-	-	-	-	-	-	-	-	-

### Notes

x Stops on request.

X Until 17 June.

SO Saturdays only.

SX Mondays to Fridays only.

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

Ⓚ Dry service on Saturdays - no alcohol permitted on board.

# Carlisle - Barrow - Lancaster

## Sundays

		W	V	W	V	W		
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	-
Roose		0757	0845	0909	-	-	0956	-
Dalton		0803	0851	0915	-	-	1002	-
Ulverston		0812	0859	0924	0922	-	1010	-
Cark		0819	0906	0931	-	-	1017	-
Kents Bank		0823	0910	0935	-	-	1021	-
Grange-over-Sands		0827	0914	0939	0934	-	1025	-
Arnsdale		0833	0920	0945	0940	-	1031	-
Silverdale		0838	0924	0950	-	-	1035	-
Carnforth		0845	0931	0957	0951	-	1043	-
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
								1344
								1316

### Notes

x Stops on request.

V Until 18 June.

W From 25 June.

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

# Carlisle - Barrow - Lancaster

## Sundays

					V	W	W		V
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 18 June.

W From 25 June.

# 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	-	1744	1843
Lancaster	d	1449	1530	-	1546	1648	-	1740	-	1749	1845
Preston	a	1507	1547	-	1605	1706	-	1757	-	1807	1902
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	-	-	-	-	2136	-	-	-
Manchester Oxford Road	a	-	2051	-	-	-	-	2151	2221	-	2318
Manchester Piccadilly	a	-	2056	-	-	-	-	2155	2225	-	2322
Manchester Airport	a	-	2114	-	-	-	-	2213	2246	-	2342

### Notes

x Stops on request.

# Carlisle - Barrow - Lancaster

## Sundays

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	-	-	-	-	-	-	-	-
Staveley		2152	-	-	-	-	-	-	-	-
Burneside		2157	-	-	-	-	-	-	-	-
Kendal		2201	-	-	-	-	-	-	-	-
Oxenholme Lake District	a	2206	-	-	-	-	-	-	-	-
Oxenholme Lake District	d	2217	-	-	-	-	-	-	-	-
Lancaster	a	2233	-	-	-	-	-	-	-	-
Lancaster	d	2233	-	-	-	-	-	-	-	-
Preston	a	2252	-	-	-	-	-	-	-	-
Chorley	a	-	-	-	-	-	-	-	-	-
Bolton	a	-	-	-	-	-	-	-	-	-
Manchester Oxford Road	a	-	-	-	-	-	-	-	-	-
Manchester Piccadilly	a	-	-	-	-	-	-	-	-	-
Manchester Airport	a	-	-	-	-	-	-	-	-	-

### Notes

x Stops on request.



# Lancaster - Barrow - Carlisle

## Mondays to Saturdays

Manchester Airport	d	-	-	-	-	-	-	-	0529	-	0603
Manchester Piccadilly		-	-	-	-	0457	-	-	0549	-	0622
Manchester Oxford Road		-	-	-	-	-	-	-	0552	-	0625
Deansgate		-	-	-	-	-	-	-	0555	-	-
Bolton		-	-	-	-	-	-	-	0608	-	0639
Chorley		-	-	-	-	-	-	-	0620	-	-
Preston		-	-	-	0518	0537	-	-	0633	0644	0704
Lancaster	a	-	-	-	0538	0551	-	-	0651	0658	0719
Lancaster	d	-	-	-	0538	0559	-	-	0653	0700	0733
Oxenholme Lake District	a	-	-	-	-	0614	-	-	-	0712	-
Oxenholme Lake District	d	-	-	-	-	0616	-	-	-	0730	-
Kendal		-	-	-	-	0620	-	-	-	0734	-
Burneside		-	-	-	-	0624	-	-	-	0738	-
Staveley		-	-	-	-	0629	-	-	-	0743	-
Windermere	a	-	-	-	-	0635	-	-	-	0749	-
Carnforth		-	-	-	0549	-	-	-	0703	-	0744
Silverdale		-	-	-	0554	-	-	-	0708	-	0750
Arnside		-	-	-	0559	-	-	-	0712	-	0754
Grange-over-Sands		-	-	-	0605	-	-	-	0718	-	0800
Kents Bank		-	-	-	0608	-	-	-	0722	-	0804
Cark		-	-	-	0612	-	-	-	0726	-	0808
Ulverston		-	-	-	0621	-	-	-	0733	-	0816
Dalton		-	-	-	0629	-	-	-	0742	-	0825
Roose		-	-	-	0635	-	-	-	0748	-	0831
Barrow-in-Furness	a	-	-	-	0642	-	-	-	0755	-	0838
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.

# Lancaster - Barrow - Carlisle

## Mondays to Saturdays

				SX	SO			SX	SO		
Manchester Airport	d	0704	-	-	0729	0729	-	-	0829	0829	-
Manchester Piccadilly		0721	-	-	0750	0750	-	-	0850	0850	-
Manchester Oxford Road		0725	-	-	0753	0753	-	-	0853	0853	-
Deansgate		-	-	-	0756	0756	-	-	0856	0856	-
Bolton		-	-	-	0808	0808	-	-	0909	0909	-
Chorley		-	-	-	0820	0820	-	-	0921	0921	-
Preston		0800	0755	-	0833	0842	-	-	0945	0945	-
Lancaster	a	0815	0809	-	0850	0859	-	-	1002	1002	-
Lancaster	d	0822	0810	-	0851	0859	-	-	1002	1003	1013
Oxenholme Lake District	a	-	0823	-	-	-	-	-	1019	1032	-
Oxenholme Lake District	d	-	0829	-	-	-	0932	-	1021	1033	-
Kendal		-	0833	-	-	-	0936	-	1025	1037	-
Burneside		-	0837	-	-	-	0940	-	1029	1041	-
Staveley		-	0842	-	-	-	0945	-	1034	1046	-
Windermere	a	-	0848	-	-	-	0951	-	1041	1053	-
Carnforth		0832	-	-	0900	0909	-	-	-	-	1023
Silverdale		0838	-	-	0906	0914	-	-	-	-	1029
Arnsdale		0842	-	-	0910	0919	-	-	-	-	1033
Grange-over-Sands		0848	-	-	0916	0924	-	-	-	-	1039
Kents Bank		-	-	-	0920	0928	-	-	-	-	1043
Cark		0854	-	-	0924	0932	-	-	-	-	1047
Ulverston		0902	-	-	0931	0940	-	-	-	-	1055
Dalton		0910	-	-	0940	0948	-	-	-	-	1103
Roose		-	-	-	0946	0955	-	-	-	-	1109
Barrow-in-Furness	a	0922	-	-	0953	1001	-	-	-	-	1117
Barrow-in-Furness	d	-	-	0927	-	-	-	1022	-	-	1119
Askam		-	-	0937	-	-	-	1032	-	-	1129
Kirkby-in-Furness		-	-	09x41	-	-	-	10x36	-	-	11x33
Foxfield		-	-	0945	-	-	-	1040	-	-	1137
Green Road		-	-	09x48	-	-	-	10x43	-	-	11x41
Millom	a	-	-	0954	-	-	-	1049	-	-	1147
Millom	d	-	-	0955	-	-	-	1050	-	-	1147
Silecroft		-	-	09x59	-	-	-	10x54	-	-	11x52
Bootle (Cumbria)		-	-	10x06	-	-	-	11x01	-	-	11x58
Ravenglass		-	-	1012	-	-	-	1107	-	-	1204
Drigg		-	-	10x15	-	-	-	11x10	-	-	12x07
Seascale		-	-	1019	-	-	-	1114	-	-	1211
Sellafield		-	-	1032	-	-	-	1122	-	-	1217
Braystones		-	-	-	-	-	-	11x26	-	-	-
Nethertown		-	-	-	-	-	-	11x28	-	-	-
St. Bees		-	-	1042	-	-	-	1134	-	-	1227
Corkickle		-	-	1047	-	-	-	1140	-	-	1232
Whitehaven	a	-	-	1050	-	-	-	1143	-	-	1235
Whitehaven	d	-	-	1051	-	-	-	1145	-	-	1236
Parton		-	-	10x55	-	-	-	11x48	-	-	12x40
Harrington		-	-	1103	-	-	-	1157	-	-	-
Workington		-	-	1109	-	-	-	1203	-	-	1253
Flimby		-	-	11x14	-	-	-	12x07	-	-	-
Maryport		-	-	1117	-	-	-	1211	-	-	1301
Aspatria		-	-	1127	-	-	-	1221	-	-	1311
Wigton		-	-	1138	-	-	-	1233	-	-	1323
Dalston		-	-	1147	-	-	-	1242	-	-	-
Carlisle	a	-	-	1158	-	-	-	1253	-	-	1341

### Notes

x Stops on request.

SO Saturdays only.

SX Mondays to Fridays only.

# Lancaster - Barrow - Carlisle

## Mondays to Saturdays

						SX	SO				
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	1246	1245	1253	-
Lancaster	a	1050	1055	-	1202	-	1207	1303	1302	1307	-
Lancaster	d	1051	1057	-	1202	-	1208	1303	1303	1319	-
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		1101	-	-	1212	-	-	-	-	1329	-
Silverdale		1106	-	-	1217	-	-	-	-	1334	-
Arnside		1110	-	-	1221	-	-	-	-	1339	-
Grange-over-Sands		1116	-	-	1227	-	-	-	-	1345	-
Kents Bank		1120	-	-	1230	-	-	-	-	1348	-
Cark		1124	-	-	1234	-	-	-	-	1352	-
Ulverston		1131	-	-	1242	-	-	-	-	1401	-
Dalton		1140	-	-	1250	-	-	-	-	1409	-
Roose		1146	-	-	1256	-	-	-	-	1415	-
Barrow-in-Furness	a	1154	-	-	1302	-	-	-	-	1422	-
Barrow-in-Furness	d	-	-	1206	-	1316	-	-	-	1424	1449
Askam		-	-	1216	-	1326	-	-	-	1434	1459
Kirkby-in-Furness		-	-	12x20	-	13x30	-	-	-	14x38	15x03
Foxfield		-	-	1224	-	1334	-	-	-	1442	1507
Green Road		-	-	12x27	-	13x37	-	-	-	14x45	15x10
Millom	a	-	-	1233	-	1343	-	-	-	1451	1516
Millom	d	-	-	1234	-	1344	-	-	-	1451	1517
Silecroft		-	-	12x38	-	13x48	-	-	-	14x56	15x21
Bootle (Cumbria)		-	-	12x45	-	13x55	-	-	-	15x02	15x28
Ravenglass		-	-	1251	-	1401	-	-	-	1508	1534
Drigg		-	-	12x54	-	14x04	-	-	-	15x11	15x37
Seascale		-	-	1257	-	1407	-	-	-	1515	1541
Sellafield		-	-	1303	-	1413	-	-	-	1520	1547
Braystones		-	-	13x07	-	14x16	-	-	-	-	-
Nethertown		-	-	13x09	-	14x19	-	-	-	-	-
St. Bees		-	-	1328	-	1427	-	-	-	1530	1600
Corkickle		-	-	1334	-	1433	-	-	-	1536	1606
Whitehaven	a	-	-	1336	-	1436	-	-	-	1538	1608
Whitehaven	d	-	-	1338	-	1438	-	-	-	1540	1612
Parton		-	-	13x41	-	14x41	-	-	-	15x45	16x15
Harrington		-	-	1350	-	1450	-	-	-	1553	1624
Workington		-	-	1356	-	1456	-	-	-	1559	1633
Flimby		-	-	14x00	-	15x00	-	-	-	16x04	16x37
Maryport		-	-	1404	-	1505	-	-	-	1608	1643
Aspatria		-	-	1414	-	1515	-	-	-	1618	1653
Wigton		-	-	1426	-	1526	-	-	-	1629	1705
Dalston		-	-	1435	-	1535	-	-	-	1638	1714
Carlisle	a	-	-	1450	-	1546	-	-	-	1651	1725

### 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	-	1429	-
Manchester Piccadilly		1250	1250	1321	-	1350	1421	-	1450	-
Manchester Oxford Road		1253	1253	1324	-	1353	1424	-	1453	-
Deansgate		1256	1256	-	-	1356	-	-	1456	-
Bolton		-	1309	1339	-	1408	1439	-	1508	-
Chorley		-	1322	-	-	1420	-	-	1520	-
Preston		1346	1346	1405	-	1445	1503	-	1533	-
Lancaster	a	1404	1404	1420	-	1502	1518	-	1550	-
Lancaster	d	1405	1405	1421	-	1502	1519	-	1551	-
Oxenholme Lake District	a	-	-	1434	-	-	1532	-	1631	-
Oxenholme Lake District	d	-	-	1439	-	-	1537	-	1632	-
Kendal		-	-	1443	-	-	1541	-	1637	-
Burneside		-	-	-	-	-	1545	-	1640	-
Staveley		-	-	-	-	-	1550	-	1645	-
Windermere	a	-	-	1455	-	-	1556	-	1652	-
Carnforth		1414	1414	-	-	1512	-	-	-	-
Silverdale		1419	1419	-	-	1517	-	-	-	-
Arnsdale		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	-	-	-	1544	-	1611	-	1615	-
Askam		-	-	-	1554	-	1621	-	1625	-
Kirkby-in-Furness		-	-	-	15x58	-	16x25	-	16x29	-
Foxfield		-	-	-	1602	-	1629	-	1634	-
Green Road		-	-	-	16x05	-	16x32	-	16x37	-
Millom	a	-	-	-	1611	-	1638	-	1643	-
Millom	d	-	-	-	1612	-	1639	-	1644	-
Silecroft		-	-	-	16x16	-	16x43	-	16x48	-
Bootle (Cumbria)		-	-	-	16x23	-	16x50	-	16x55	-
Ravenglass		-	-	-	1629	-	1656	-	1701	-
Drigg		-	-	-	16x32	-	16x59	-	17x04	-
Seascale		-	-	-	1635	-	1702	-	1708	-
Sellafield		-	-	-	1641	-	1708	-	1712	-
Braystones		-	-	-	-	-	17x11	-	-	-
Nethertown		-	-	-	-	-	17x14	-	-	-
St. Bees		-	-	-	1652	-	1719	-	-	-
Corkickle		-	-	-	1657	-	1724	-	-	-
Whitehaven	a	-	-	-	1700	-	1728	-	-	-
Whitehaven	d	-	-	-	1701	-	1729	1749	-	-
Parton		-	-	-	17x05	-	17x33	17x52	-	-
Harrington		-	-	-	1713	-	1741	1801	-	-
Workington		-	-	-	1719	-	1747	1807	-	-
Flimby		-	-	-	17x24	-	17x52	18x11	-	-
Maryport		-	-	-	1728	-	1756	1816	-	-
Aspatria		-	-	-	1738	-	1806	1826	-	-
Wigton		-	-	-	1749	-	1817	1837	-	-
Dalston		-	-	-	1759	-	1826	1846	-	-
Carlisle	a	-	-	-	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	-	1529	-	-	1604	<b>1629</b>	-	-	-	1704
Manchester Piccadilly		-	1550	-	-	1621	<b>1650</b>	-	-	-	1721
Manchester Oxford Road		-	1553	-	-	1624	<b>1653</b>	-	-	-	1724
Deansgate		-	1556	-	-	-	<b>1656</b>	-	-	-	-
Bolton		-	1609	-	-	-	<b>1709</b>	-	-	-	-
Chorley		-	1620	-	-	-	<b>1720</b>	-	-	-	-
Preston		1541	<b>1633</b>	-	1701	1704	<b>1734</b>	-	-	1754	1803
Lancaster	a	1555	<b>1651</b>	-	1716	1721	<b>1751</b>	-	-	1808	1818
Lancaster	d	<b>1601</b>	<b>1652</b>	-	<b>1727</b>	1722	<b>1751</b>	-	-	1810	<b>1836</b>
Oxenholme Lake District	a	-	-	-	-	1735	-	-	-	1822	-
Oxenholme Lake District	d	-	-	-	-	<b>1742</b>	-	-	-	<b>1830</b>	-
Kendal		-	-	-	-	<b>1746</b>	-	-	-	<b>1834</b>	-
Burneside		-	-	-	-	<b>1750</b>	-	-	-	<b>1838</b>	-
Staveley		-	-	-	-	<b>1755</b>	-	-	-	<b>1843</b>	-
Windermere	a	-	-	-	-	<b>1801</b>	-	-	-	<b>1849</b>	-
Carnforth		1611	1701	-	1737	-	1801	-	-	-	1845
Silverdale		1617	1706	-	1742	-	1806	-	-	-	1851
Arnside		1622	1711	-	1747	-	1811	-	-	-	1855
Grange-over-Sands		1628	1716	-	1753	-	1817	-	-	-	1901
Kents Bank		1632	1720	-	1756	-	1820	-	-	-	1905
Cark		1637	1724	-	1800	-	1824	-	-	-	1909
Ulverston		1645	1732	-	1808	-	1832	-	-	-	1917
Dalton		1654	1740	-	1816	-	1840	-	-	-	1925
Roose		1700	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		1844	-	-	-	-	-	1934	1941	-
Lancaster	a	1902	-	-	-	-	-	1951	1955	-
Lancaster	d	1902	-	-	1913	1913	-	1951	1957	-
Oxenholme Lake District	a	1920	-	-	-	-	-	-	2010	-
Oxenholme Lake District	d	1922	-	-	-	-	-	-	2018	-
Kendal		1926	-	-	-	-	-	-	2022	-
Burneside		1930	-	-	-	-	-	-	2026	-
Staveley		1935	-	-	-	-	-	-	2031	-
Windermere	a	1942	-	-	-	-	-	-	2037	-
Carnforth		-	-	-	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	-	-	-	2110
Askam		-	1954	1954	2028	2028	-	-	-	2120
Kirkby-in-Furness		-	19x58	19x58	20x32	20x32	-	-	-	21x24
Foxfield		-	2002	2002	2036	2036	-	-	-	2128
Green Road		-	20x05	20x05	20x40	20x40	-	-	-	21x32
Millom	a	-	2012	2011	2046	2046	-	-	-	2138
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	X	SO	Y	SX		SO	X	SO	Y	SX	SX	SO	X
Manchester Airport	d	1929	-	-	-	-	-	-	-	-	-	-	-	-	-
Manchester Piccadilly		1950	-	-	-	-	-	-	-	-	-	-	-	-	-
Manchester Oxford Road		1953	-	-	-	-	-	-	-	-	-	-	-	-	-
Deansgate		1956	-	-	-	-	-	-	-	-	-	-	-	-	-
Bolton		2008	-	-	-	-	-	-	-	-	-	-	-	-	-
Chorley		2020	-	-	-	-	-	-	-	-	-	-	-	-	-
Preston		2033	2041	2041	2041							2143		2125	
Lancaster	a	2050	2055	2055	2055							2157		2215	
Lancaster	d	2051	2057	2057	2057							2209			
Oxenholme Lake District	a	-	2110	2110	2110										
Oxenholme Lake District	d	-	2115	2117	2120			2200	2206				2222		
Kendal		-	2125	2121	2124			2210	2210				2226		
Burneside		-	2135	2125	2128			2220	2214				2230		
Staveley		-	2145	2130	2133			2230	2219				2235		
Windermere	a	-	2155	2136	2139			2240	2225				2241		
Carnforth		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	-	-	-	-	2211									
Askam		-	-	-	-	2221									
Kirkby-in-Furness		-	-	-	-	22x25									
Foxfield		-	-	-	-	2229									
Green Road		-	-	-	-	22x33									
Millom	a	-	-	-	-	2239									
Millom	d	-	-	-	-	-									
Silecroft		-	-	-	-	-									
Bootle (Cumbria)		-	-	-	-	-									
Ravenglass		-	-	-	-	-									
Drigg		-	-	-	-	-									
Seascale		-	-	-	-	-									
Sellafield		-	-	-	-	-									
Braystones		-	-	-	-	-									
Nethertown		-	-	-	-	-									
St. Bees		-	-	-	-	-									
Corkickle		-	-	-	-	-									
Whitehaven	a	-	-	-	-	-									
Whitehaven	d	-	-	-	-	-									
Parton		-	-	-	-	-									
Harrington		-	-	-	-	-									
Workington		-	-	-	-	-									
Flimby		-	-	-	-	-									
Maryport		-	-	-	-	-									
Aspatria		-	-	-	-	-									
Wigton		-	-	-	-	-									
Dalston		-	-	-	-	-									
Carlisle	a	-	-	-	-	-									

### Notes

x Stops on request.

X Until 17 June.

Y From 24 June.

SO Saturdays only.

SX Mondays to Fridays only.

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

# Lancaster - Barrow - Carlisle

## Mondays to Saturdays

		SO	X	SO	Y	SO	X	SO	X	SO	X	SX	SO	Y
Manchester Airport	d	-	-	-	-	-	-	-	-	-	-	2159	2159	-
Manchester Piccadilly	a	-	-	-	-	-	-	-	-	-	-	2220	2220	-
Manchester Oxford Road		-	-	-	-	-	-	-	-	-	-	2224	2224	-
Deansgate		-	-	-	-	-	-	-	-	-	-	-	-	-
Bolton		-	-	-	-	-	-	-	-	-	-	2239	2239	-
Chorley		-	-	-	-	-	-	-	-	-	-	2252	2251	-
Preston		-	-	2211	2230	-	-	-	-	2310	2310	2310	2310	-
Lancaster	a	-	-	2231	2320	-	-	-	-	2359	2330	2330	2330	-
Lancaster	d	2226	2231	-	-	2330	-	-	-	-	-	2330	2330	-
Oxenholme Lake District	a	-	-	-	-	-	-	-	-	-	-	-	-	-
Oxenholme Lake District	d	-	-	-	-	-	-	-	-	-	-	-	-	-
Kendal		-	-	-	-	-	-	-	-	-	-	-	-	-
Burneside		-	-	-	-	-	-	-	-	-	-	-	-	-
Staveley		-	-	-	-	-	-	-	-	-	-	-	-	-
Windermere	a	-	-	-	-	-	-	-	-	-	-	-	-	-
Carnforth		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

X Until 17 June.

Y From 24 June.

SO Saturdays only.



SX Mondays to Fridays only.

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



# Lancaster - Barrow - Carlisle

## Sundays

		W	W	V					V	W
Manchester Airport	d	-	-	-	-	-	-	-	-	-
Manchester Piccadilly		-	-	-	-	-	-	-	-	-
Manchester Oxford Road		-	-	-	-	-	-	-	-	-
Bolton		-	-	-	-	-	-	-	-	0909
Chorley		-	-	-	-	-	-	-	-	0921
Preston		-	-	-	-	-	-	-	-	0948
Lancaster	a	-	-	-	-	-	-	-	-	1005
Lancaster	d	-	-	-	-	-	-	0945	-	1006
Oxenholme Lake District	a	-	-	-	-	-	-	-	-	1021
Oxenholme Lake District	d	-	-	-	-	-	0945	-	-	1030
Kendal		-	-	-	-	-	0955	-	-	1034
Burneside		-	-	-	-	-	1005	-	-	1038
Staveley		-	-	-	-	-	1015	-	-	1043
Windermere	a	-	-	-	-	-	1025	-	-	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.

V Until 18 June.

W From 25 June.

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

# Lancaster - Barrow - Carlisle

## Sundays

		W	V	W							
Manchester Airport	d	-	-	0936	-	-	1010	1033	1110	-	-
Manchester Piccadilly		-	-	0955	-	-	1026	1055	1125	-	-
Manchester Oxford Road		-	-	0958	-	-	1030	1100	1129	-	1154
Bolton		-	-	1011	-	-	1044	1113	1144	-	1208
Chorley		-	-	1023	-	-	-	1125	-	-	1220
Preston		-	1030	1039	-	-	1108	1147	1205	-	1246
Lancaster	a	-	1047	1056	-	-	1124	1204	1220	-	1303
Lancaster	d	1011	1047	1059	-	-	1125	1204	1221	-	1304
Oxenholme Lake District	a	-	1103	-	-	-	-	-	1234	-	1332
Oxenholme Lake District	d	-	1104	-	1117	-	1202	-	1245	-	1333
Kendal		-	1109	-	1121	-	1206	-	1249	-	1337
Burneside		-	1112	-	1124	-	-	-	1253	-	1341
Staveley		-	1117	-	1129	-	-	-	1258	-	1346
Windermere	a	-	1123	-	1135	-	1219	-	1304	-	1353
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	-	-	-	1342	-	-	-	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 18 June.

W From 25 June.

# Lancaster - Barrow - Carlisle

## Sundays

Manchester Airport	d	-	-	1242	-	-	1330	-	1410	-	1430
Manchester Piccadilly		-	-	1304	-	-	1348	-	1426	-	1448
Manchester Oxford Road		-	-	1308	-	-	1352	-	1430	-	1452
Bolton		-	-	1322	-	-	1409	-	1444	-	1509
Chorley		-	-	1341	-	-	1421	-	-	-	1521
Preston		-	-	1358	1341	-	1446	1454	1505	-	1558
Lancaster	a	-	-	1415	1355	-	1503	1508	1520	-	1615
Lancaster	d	1314	-	1415	1357	-	1504	1510	1603	-	1616
Oxenholme Lake District	a	-	-	-	1409	-	-	1523	-	-	1630
Oxenholme Lake District	d	-	-	-	1422	-	-	1529	-	-	1632
Kendal		-	-	-	1426	-	-	1533	-	-	1636
Burneside		-	-	-	1430	-	-	1537	-	-	1640
Staveley		-	-	-	1435	-	-	1542	-	-	1645
Windermere	a	-	-	-	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	1938	-
Parton		15x33	16x14	-	-	-	17x20	-	18x44	19x41	-
Harrington		1541	1623	-	-	-	1728	-	1852	1950	-
Workington		1547	1629	-	-	-	1734	-	1858	1956	-
Flimby		15x52	16x33	-	-	-	17x39	-	19x03	20x01	-
Maryport		1556	1637	-	-	-	1743	-	1907	2005	-
Aspatria		1606	1647	-	-	-	1753	-	1917	2015	-
Wigton		1617	1659	-	-	-	1804	-	1928	2026	-
Dalston		1626	1708	-	-	-	1813	-	1937	2035	-
Carlisle	a	1637	1719	-	-	-	1824	-	1948	2046	-

## Notes

x Stops on request.

# Lancaster - Barrow - Carlisle

## Sundays

Manchester Airport	d	-	1530	-	-	1630	-	-	1730	-	1830
Manchester Piccadilly		-	1548	-	-	1648	-	-	1748	-	1848
Manchester Oxford Road		-	1552	-	-	1652	-	-	1752	-	1852
Bolton		-	1609	-	-	1709	-	-	1809	-	1909
Chorley		-	1621	-	-	1721	-	-	1821	-	1921
Preston		-	1648	1655	-	1747	1754	-	1834	-	1947
Lancaster	a	-	1705	1710	-	1804	1808	-	1851	-	2004
Lancaster	d	-	1706	1711	-	1804	1810	-	1852	1902	2004
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	2014
Silverdale		-	1721	-	-	1819	-	-	-	1920	2019
Arnside		-	1725	-	-	1823	-	-	-	1925	2023
Grange-over-Sands		-	1730	-	-	1828	-	-	-	1931	2028
Kents Bank		-	1734	-	-	1832	-	-	-	1934	2032
Cark		-	1738	-	-	1836	-	-	-	1938	2036
Ulverston		-	1745	-	-	1843	-	-	-	1947	2043
Dalton		-	1753	-	-	1851	-	-	-	1955	2052
Roose		-	1759	-	-	1857	-	-	-	2001	2058
Barrow-in-Furness	a	-	1806	-	-	1904	-	-	-	2008	2105
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	2030	-	-	-	-	-	-	-	-	-
Parton		20x33	-	-	-	-	-	-	-	-	-
Harrington		2042	-	-	-	-	-	-	-	-	-
Workington		2048	-	-	-	-	-	-	-	-	-
Flimby		20x53	-	-	-	-	-	-	-	-	-
Maryport		2057	-	-	-	-	-	-	-	-	-
Aspatria		2107	-	-	-	-	-	-	-	-	-
Wigton		2118	-	-	-	-	-	-	-	-	-
Dalston		2127	-	-	-	-	-	-	-	-	-
Carlisle	a	2138	-	-	-	-	-	-	-	-	-

### Notes

x Stops on request.

# Lancaster - Barrow - Carlisle

## Sundays

Manchester Airport	d	-	1930	-	-	-	-	-	-	-
Manchester Piccadilly		-	1948	-	-	-	-	-	-	-
Manchester Oxford Road		-	1952	-	-	-	-	-	-	-
Bolton		-	2010	-	-	-	-	-	-	-
Chorley		-	2022	-	-	-	-	-	-	-
Preston		1942	2046	2041	2141	-	-	-	-	-
Lancaster	a	1956	2104	2055	2155	-	-	-	-	-
Lancaster	d	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		-	2114	-	2230	-	-	-	-	-
Silverdale		-	2119	-	2235	-	-	-	-	-
Arnside		-	2123	-	2240	-	-	-	-	-
Grange-over-Sands		-	2128	-	2246	-	-	-	-	-
Kents Bank		-	2132	-	2249	-	-	-	-	-
Cark		-	2136	-	2253	-	-	-	-	-
Ulverston		-	2143	-	2301	-	-	-	-	-
Dalton		-	2151	-	2309	-	-	-	-	-
Roose		-	2157	-	2315	-	-	-	-	-
Barrow-in-Furness	a	-	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	-	-	-	-	-	-	-	-	-

### Notes

x Stops on request.

# Useful contact details



## Fares and service information

National Rail Enquiries  
visit [nationalrail.co.uk](http://nationalrail.co.uk)  
call **03457 48 49 50**  
textphone **0345 60 50 600**



## Customer helpline

For comments and enquiries  
visit [northernrailway.co.uk/comments](http://northernrailway.co.uk/comments)  
call **0800 200 6060**



facebook [/northernassist](https://www.facebook.com/northernassist)



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



## Access or disabled information and assistance

call **0800 138 5560**  
email [assistance@northernrailway.co.uk](mailto:assistance@northernrailway.co.uk)



## Lost property

email [lostproperty@northernrailway.co.uk](mailto: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](http://northernrailway.co.uk/timetables)

All our policy documents can be found at [northernrailway.co.uk/legal](http://northernrailway.co.uk/legal)