

Carlisle - Barrow - Lancaster, and Windermere - Lancaster
 Sunday 01 December

| | | | | | | | | | | | bus | |
|-------------------------|---|------|------|------|------|------|------|------|------|------|-----|------|
| Carlisle | d | - | - | - | - | - | - | - | - | - | - | - |
| Dalston | | - | - | - | - | - | - | - | - | - | - | - |
| Wigton | | - | - | - | - | - | - | - | - | - | - | - |
| Aspatria | | - | - | - | - | - | - | - | - | - | - | - |
| Maryport | | - | - | - | - | - | - | - | - | - | - | - |
| Flimby | | - | - | - | - | - | - | - | - | - | - | - |
| Workington | | - | - | - | - | - | - | - | - | - | - | 0901 |
| Harrington | | - | - | - | - | - | - | - | - | - | - | 0911 |
| Parton | | - | - | - | - | - | - | - | - | - | - | 0921 |
| Whitehaven | a | - | - | - | - | - | - | - | - | - | - | 0926 |
| Whitehaven | d | - | - | - | - | - | - | - | - | - | - | - |
| Corkickle | | - | - | - | - | - | - | - | - | - | - | - |
| St. Bees | | - | - | - | - | - | - | - | - | - | - | - |
| Nethertown | | - | - | - | - | - | - | - | - | - | - | - |
| Braystones | | - | - | - | - | - | - | - | - | - | - | - |
| Sellafield | a | - | - | - | - | - | - | - | - | - | - | - |
| | d | - | - | - | - | - | - | - | - | - | - | - |
| Seascale | | - | - | - | - | - | - | - | - | - | - | - |
| Drigg | | - | - | - | - | - | - | - | - | - | - | - |
| Ravenglass | | - | - | - | - | - | - | - | - | - | - | - |
| Bootle (Cumbria) | | - | - | - | - | - | - | - | - | - | - | - |
| Silecroft | | - | - | - | - | - | - | - | - | - | - | - |
| Millom | a | - | - | - | - | - | - | - | - | - | - | - |
| Millom | d | - | - | - | - | - | 0950 | - | - | - | - | - |
| Green Road | | - | - | - | - | - | 0954 | - | - | - | - | - |
| Foxfield | | - | - | - | - | - | 0958 | - | - | - | - | - |
| Kirkby-in-Furness | | - | - | - | - | - | 1003 | - | - | - | - | - |
| Askam | | - | - | - | - | - | 1008 | - | - | - | - | - |
| Barrow-in-Furness | a | - | - | - | - | - | 1021 | - | - | - | - | - |
| Barrow-in-Furness | d | 0753 | 0841 | 0905 | 0952 | - | - | 1052 | - | - | - | - |
| Roose | | 0757 | 0845 | - | 0956 | - | - | 1056 | - | - | - | - |
| Dalton | | 0803 | 0851 | - | 1002 | - | - | 1102 | - | - | - | - |
| Ulverston | | 0812 | 0859 | 0922 | 1010 | - | - | 1111 | - | - | - | - |
| Cark | | 0819 | 0906 | - | 1017 | - | - | 1118 | - | - | - | - |
| Kents Bank | | 0823 | 0910 | - | 1021 | - | - | 1122 | - | - | - | - |
| Grange-over-Sands | | 0827 | 0914 | 0934 | 1025 | - | - | 1126 | - | - | - | - |
| Arnside | | 0833 | 0920 | 0940 | 1031 | - | - | 1131 | - | - | - | - |
| Silverdale | | 0838 | 0924 | - | 1035 | - | - | 1135 | - | - | - | - |
| Carnforth | | 0845 | 0931 | 0951 | 1043 | - | - | 1143 | - | - | - | - |
| Windermere | d | - | - | - | - | 1053 | - | - | 1139 | 1224 | - | - |
| Staveley | | - | - | - | - | 1058 | - | - | 1144 | - | - | - |
| Burnside | | - | - | - | - | 1103 | - | - | 1149 | - | - | - |
| Kendal | | - | - | - | - | 1107 | - | - | 1153 | 1236 | - | - |
| Oxenholme Lake District | | - | - | - | - | 1112 | - | - | 1158 | 1241 | - | - |
| Lancaster | a | - | 0938 | 1001 | 1050 | - | - | 1150 | - | - | - | - |
| | d | - | 0945 | - | 1051 | - | - | 1151 | - | - | - | - |
| Preston | a | - | 1004 | - | 1110 | - | - | 1209 | - | - | - | - |
| Manchester Oxford Road | a | - | 1047 | - | 1151 | - | - | 1250 | - | - | - | - |
| Manchester Piccadilly | a | - | - | - | 1156 | - | - | 1256 | - | - | - | - |
| Manchester Airport | a | - | - | - | 1220 | - | - | 1316 | - | - | - | - |

| | | bus | | | | bus | | | |
|-------------------------|---|-------|------|------|------|------|------|------|------|
| Carlisle | d | - | - | - | - | 0945 | - | - | - |
| Dalston | | - | - | - | - | 0953 | - | - | - |
| Wigton | | - | - | - | - | 1002 | - | - | - |
| Aspatria | | - | - | - | - | 1013 | - | - | - |
| Maryport | | - | - | 0917 | - | 1024 | - | - | - |
| Flimby | | - | - | 0920 | - | - | - | - | - |
| Workington | | - | - | 0926 | 0945 | 1032 | 1045 | - | - |
| Harrington | | - | - | - | 0955 | - | 1055 | - | - |
| Parton | | - | - | - | 1005 | - | 1105 | - | - |
| Whitehaven | a | - | - | - | 1010 | - | 1110 | - | - |
| Whitehaven | d | 0946 | - | - | - | - | - | 1134 | - |
| Corkickle | | 0948 | - | - | - | - | - | 1136 | - |
| St. Bees | | 0954 | - | - | - | - | - | 1142 | - |
| Nethertown | | 09x58 | - | - | - | - | - | - | - |
| Braystones | | 10x01 | - | - | - | - | - | - | - |
| Sellafield | a | 1005 | - | - | - | - | - | 1152 | - |
| | d | 1006 | - | - | - | - | - | 1152 | 1240 |
| Seascale | | 1009 | - | - | - | - | - | 1155 | 1243 |
| Drigg | | 1013 | - | - | - | - | - | 1159 | 1247 |
| Ravenglass | | 1017 | - | - | - | - | - | 1203 | 1251 |
| Bootle (Cumbria) | | 1023 | - | - | - | - | - | 1209 | 1257 |
| Silecroft | | 1030 | - | - | - | - | - | 1216 | 1304 |
| Millom | a | 1035 | - | - | - | - | - | 1221 | 1309 |
| Millom | d | 1035 | - | - | - | - | - | 1221 | 1309 |
| Green Road | | 1040 | - | - | - | - | - | 1225 | 1314 |
| Foxfield | | 1044 | - | - | - | - | - | 1229 | 1318 |
| Kirkby-in-Furness | | 1048 | - | - | - | - | - | 1234 | 1322 |
| Askam | | 1053 | - | - | - | - | - | 1239 | 1327 |
| Barrow-in-Furness | a | 1107 | - | - | - | - | - | 1252 | 1341 |
| Barrow-in-Furness | d | - | 1147 | - | - | - | - | 1254 | - |
| Roose | | - | 1151 | - | - | - | - | 1258 | - |
| Dalton | | - | 1158 | - | - | - | - | 1304 | - |
| Ulverston | | - | 1206 | - | - | - | - | 1312 | - |
| Cark | | - | 1213 | - | - | - | - | - | - |
| Kents Bank | | - | 1217 | - | - | - | - | - | - |
| Grange-over-Sands | | - | 1221 | - | - | - | - | 1325 | - |
| Arnside | | - | 1227 | - | - | - | - | 1331 | - |
| Silverdale | | - | 1231 | - | - | - | - | 1336 | - |
| Carnforth | | - | 1239 | - | - | - | - | 1343 | - |
| Windermere | d | - | - | - | - | 1308 | - | - | 1359 |
| Staveley | | - | - | - | - | 1313 | - | - | 1404 |
| Burneside | | - | - | - | - | 1318 | - | - | 1409 |
| Kendal | | - | - | - | - | 1322 | - | - | 1413 |
| Oxenholme Lake District | | - | - | - | - | 1329 | - | - | 1418 |
| Lancaster | a | - | 1246 | - | - | 1345 | - | - | 1352 |
| | d | - | 1247 | - | - | 1349 | - | - | - |
| Preston | a | - | 1306 | - | - | 1407 | - | - | - |
| Manchester Oxford Road | a | - | 1350 | - | - | 1452 | - | - | - |
| Manchester Piccadilly | a | - | 1354 | - | - | 1456 | - | - | - |
| Manchester Airport | a | - | 1416 | - | - | 1514 | - | - | - |

| | | | | bus | | | | bus | | | |
|-------------------------|---|------|------|------|------|------|------|------|------|---|------|
| Carlisle | d | - | - | 1106 | - | - | - | 1207 | - | - | - |
| Dalston | | - | - | 1114 | - | - | - | 1215 | - | - | - |
| Wigton | | - | - | 1124 | - | - | - | 1225 | - | - | - |
| Aspatria | | - | - | 1134 | - | - | - | 1235 | - | - | - |
| Maryport | | - | - | 1146 | - | - | - | 1247 | - | - | - |
| Flimby | | - | - | 1149 | - | - | - | 1250 | - | - | - |
| Workington | | - | - | 1155 | 1215 | - | - | 1256 | 1316 | - | - |
| Harrington | | - | - | - | 1225 | - | - | - | 1326 | - | - |
| Parton | | - | - | - | 1235 | - | - | - | 1336 | - | - |
| Whitehaven | a | - | - | - | 1240 | - | - | - | 1341 | - | - |
| Whitehaven | d | - | - | - | 1240 | - | - | - | - | - | 1434 |
| Corkickle | | - | - | - | 1250 | - | - | - | - | - | 1436 |
| St. Bees | | - | - | - | 1300 | - | - | - | - | - | 1442 |
| Nethertown | | - | - | - | - | - | - | - | - | - | - |
| Braystones | | - | - | - | - | - | - | - | - | - | - |
| Sellafield | a | - | - | - | 1310 | - | - | - | - | - | 1452 |
| | d | - | - | - | - | 1338 | - | - | - | - | 1452 |
| Seascale | | - | - | - | - | 1341 | - | - | - | - | 1455 |
| Drigg | | - | - | - | - | 1345 | - | - | - | - | - |
| Ravenglass | | - | - | - | - | 1349 | - | - | - | - | 1501 |
| Bootle (Cumbria) | | - | - | - | - | 1355 | - | - | - | - | - |
| Silecroft | | - | - | - | - | 1402 | - | - | - | - | - |
| Millom | a | - | - | - | - | 1407 | - | - | - | - | 1517 |
| Millom | d | - | - | - | - | 1407 | - | - | - | - | 1517 |
| Green Road | | - | - | - | - | 1412 | - | - | - | - | - |
| Foxfield | | - | - | - | - | 1416 | - | - | - | - | 1525 |
| Kirkby-in-Furness | | - | - | - | - | 1420 | - | - | - | - | 1529 |
| Askam | | - | - | - | - | 1425 | - | - | - | - | 1534 |
| Barrow-in-Furness | a | - | - | - | - | 1437 | - | - | - | - | 1548 |
| Barrow-in-Furness | d | 1349 | - | - | - | - | 1447 | - | - | - | 1550 |
| Roose | | 1353 | - | - | - | - | 1451 | - | - | - | 1554 |
| Dalton | | 1359 | - | - | - | - | 1457 | - | - | - | 1600 |
| Ulverston | | 1407 | - | - | - | - | 1505 | - | - | - | 1608 |
| Cark | | 1414 | - | - | - | - | 1512 | - | - | - | 1616 |
| Kents Bank | | 1418 | - | - | - | - | 1516 | - | - | - | 1620 |
| Grange-over-Sands | | 1422 | - | - | - | - | 1520 | - | - | - | 1624 |
| Arnsdale | | 1428 | - | - | - | - | 1526 | - | - | - | 1630 |
| Silverdale | | 1432 | - | - | - | - | 1530 | - | - | - | 1635 |
| Carnforth | | 1439 | - | - | - | - | 1537 | - | - | - | 1642 |
| Windermere | d | - | 1446 | - | - | - | - | 1555 | - | - | - |
| Staveley | | - | 1451 | - | - | - | - | 1600 | - | - | - |
| Burneside | | - | 1456 | - | - | - | - | 1605 | - | - | - |
| Kendal | | - | 1500 | - | - | - | - | 1609 | - | - | - |
| Oxenholme Lake District | | - | 1505 | - | - | - | - | 1616 | - | - | - |
| Lancaster | a | 1446 | - | - | - | - | 1544 | 1633 | - | - | 1652 |
| | d | 1449 | - | - | - | - | 1546 | 1648 | - | - | - |
| Preston | a | 1507 | - | - | - | - | 1605 | 1706 | - | - | - |
| Manchester Oxford Road | a | 1550 | - | - | - | - | 1650 | 1752 | - | - | - |
| Manchester Piccadilly | a | 1555 | - | - | - | - | 1655 | 1756 | - | - | - |
| Manchester Airport | a | 1613 | - | - | - | - | 1713 | 1818 | - | - | - |

| | | bus | | | | bus | | | | |
|-------------------------|---|------|------|------|------|------|------|-------|------|------|
| Carlisle | d | - | 1323 | - | - | 1401 | - | - | - | 1510 |
| Dalston | | - | 1331 | - | - | 1409 | - | - | - | 1518 |
| Wigton | | - | 1341 | - | - | 1419 | - | - | - | 1528 |
| Aspatria | | - | 1351 | - | - | 1429 | - | - | - | 1538 |
| Maryport | | - | 1402 | - | - | 1441 | - | - | - | 1550 |
| Flimby | | - | 1406 | - | - | 1444 | - | - | - | 1553 |
| Workington | | - | 1411 | 1422 | - | 1450 | 1510 | - | - | 1559 |
| Harrington | | - | - | 1432 | - | - | 1520 | - | - | - |
| Parton | | - | - | 1442 | - | - | 1530 | - | - | - |
| Whitehaven | a | - | - | 1447 | - | - | 1535 | - | - | - |
| Whitehaven | d | - | - | - | - | - | - | 1620 | - | - |
| Corkickle | | - | - | - | - | - | - | 1622 | - | - |
| St. Bees | | - | - | - | - | - | - | 1629 | - | - |
| Nethertown | | - | - | - | - | - | - | 16x33 | - | - |
| Braystones | | - | - | - | - | - | - | 16x36 | - | - |
| Sellafield | a | - | - | - | - | - | - | 1641 | - | - |
| | d | - | - | - | - | - | - | 1641 | - | - |
| Seascale | | - | - | - | - | - | - | 1645 | - | - |
| Drigg | | - | - | - | - | - | - | 1649 | - | - |
| Ravenglass | | - | - | - | - | - | - | 1653 | - | - |
| Bootle (Cumbria) | | - | - | - | - | - | - | 1659 | - | - |
| Silecroft | | - | - | - | - | - | - | 1706 | - | - |
| Millom | a | - | - | - | - | - | - | 1711 | - | - |
| Millom | d | - | - | - | - | - | - | 1711 | - | - |
| Green Road | | - | - | - | - | - | - | 1716 | - | - |
| Foxfield | | - | - | - | - | - | - | 1720 | - | - |
| Kirkby-in-Furness | | - | - | - | - | - | - | 1724 | - | - |
| Askam | | - | - | - | - | - | - | 1729 | - | - |
| Barrow-in-Furness | a | - | - | - | - | - | - | 1743 | - | - |
| Barrow-in-Furness | d | - | - | - | 1646 | - | - | 1746 | - | - |
| Roose | | - | - | - | 1650 | - | - | 1750 | - | - |
| Dalton | | - | - | - | 1656 | - | - | 1756 | - | - |
| Ulverston | | - | - | - | 1705 | - | - | 1805 | - | - |
| Cark | | - | - | - | 1712 | - | - | 1812 | - | - |
| Kents Bank | | - | - | - | 1716 | - | - | 1816 | - | - |
| Grange-over-Sands | | - | - | - | 1720 | - | - | 1820 | - | - |
| Arnside | | - | - | - | 1725 | - | - | 1827 | - | - |
| Silverdale | | - | - | - | 1729 | - | - | 1832 | - | - |
| Carnforth | | - | - | - | 1736 | - | - | 1842 | - | - |
| Windermere | d | 1659 | - | - | - | 1800 | - | - | - | 1901 |
| Staveley | | 1704 | - | - | - | 1805 | - | - | - | 1907 |
| Burneside | | 1709 | - | - | - | 1810 | - | - | - | 1912 |
| Kendal | | 1713 | - | - | - | 1814 | - | - | - | 1916 |
| Oxenholme Lake District | | 1718 | - | - | - | 1819 | - | - | - | 1922 |
| Lancaster | a | - | - | - | 1743 | - | - | - | 1851 | 1937 |
| | d | - | - | - | 1748 | - | - | - | - | 1939 |
| Preston | a | - | - | - | 1807 | - | - | - | - | 1958 |
| Manchester Oxford Road | a | - | - | - | 1850 | - | - | - | - | 2051 |
| Manchester Piccadilly | a | - | - | - | 1855 | - | - | - | - | 2056 |
| Manchester Airport | a | - | - | - | 1914 | - | - | - | - | 2114 |

| | bus | | | | bus | | | | |
|-------------------------|-----|------|------|------|------|------|------|------|------|
| Carlisle | d | - | - | - | 1616 | - | - | - | 1710 |
| Dalston | | - | - | - | 1624 | - | - | - | 1718 |
| Wigton | | - | - | - | 1634 | - | - | - | 1728 |
| Aspatria | | - | - | - | 1644 | - | - | - | 1738 |
| Maryport | | - | - | - | 1656 | - | - | - | 1750 |
| Flimby | | - | - | - | 1659 | - | - | - | 1753 |
| Workington | | 1625 | - | - | 1705 | 1720 | - | - | 1759 |
| Harrington | | 1635 | - | - | - | 1730 | - | - | - |
| Parton | | 1645 | - | - | - | 1740 | - | - | - |
| Whitehaven | a | 1650 | - | - | - | 1745 | - | - | - |
| Whitehaven | d | - | 1726 | - | - | 1745 | - | - | - |
| Corkickle | | - | 1728 | - | - | 1755 | - | - | - |
| St. Bees | | - | 1734 | - | - | 1805 | - | - | - |
| Nethertown | | - | - | - | - | - | - | - | - |
| Braystones | | - | - | - | - | - | - | - | - |
| Sellafield | a | - | 1744 | - | - | 1815 | - | - | - |
| | d | - | 1744 | - | - | - | 1841 | - | - |
| Seascale | | - | 1747 | - | - | - | 1844 | - | - |
| Drigg | | - | 1751 | - | - | - | 1848 | - | - |
| Ravenglass | | - | 1755 | - | - | - | 1852 | - | - |
| Bootle (Cumbria) | | - | 1801 | - | - | - | 1858 | - | - |
| Silecroft | | - | 1808 | - | - | - | 1905 | - | - |
| Millom | a | - | 1813 | - | - | - | 1910 | - | - |
| Millom | d | - | 1814 | - | - | - | 1910 | - | - |
| Green Road | | - | 1818 | - | - | - | 1915 | - | - |
| Foxfield | | - | 1822 | - | - | - | 1919 | - | - |
| Kirkby-in-Furness | | - | 1827 | - | - | - | 1923 | - | - |
| Askam | | - | 1832 | - | - | - | 1928 | - | - |
| Barrow-in-Furness | a | - | 1846 | - | - | - | 1942 | - | - |
| Barrow-in-Furness | d | - | - | 1851 | - | - | - | 1952 | - |
| Roose | | - | - | 1855 | - | - | - | 1956 | - |
| Dalton | | - | - | 1901 | - | - | - | 2002 | - |
| Ulverston | | - | - | 1909 | - | - | - | 2011 | - |
| Cark | | - | - | 1917 | - | - | - | 2018 | - |
| Kents Bank | | - | - | 1921 | - | - | - | 2022 | - |
| Grange-over-Sands | | - | - | 1925 | - | - | - | 2026 | - |
| Arnsdale | | - | - | 1931 | - | - | - | 2031 | - |
| Silverdale | | - | - | 1935 | - | - | - | 2035 | - |
| Carnforth | | - | - | 1943 | - | - | - | 2043 | - |
| Windermere | d | - | - | - | 1957 | - | - | - | 2047 |
| Staveley | | - | - | - | 2002 | - | - | - | 2052 |
| Burneside | | - | - | - | 2007 | - | - | - | 2057 |
| Kendal | | - | - | - | 2011 | - | - | - | 2101 |
| Oxenholme Lake District | | - | - | - | 2016 | - | - | - | 2106 |
| Lancaster | a | - | - | 1951 | - | - | - | 2050 | - |
| | d | - | - | 1951 | - | - | - | 2050 | - |
| Preston | a | - | - | 2014 | - | - | - | 2108 | - |
| Manchester Oxford Road | a | - | - | - | - | - | - | 2151 | - |
| Manchester Piccadilly | a | - | - | - | - | - | - | 2155 | - |
| Manchester Airport | a | - | - | - | - | - | - | 2213 | - |

| | | bus |
|-------------------------|---|------|
| Carlisle | d | - |
| Dalston | | - |
| Wigton | | - |
| Aspatia | | - |
| Maryport | | - |
| Flimby | | - |
| Workington | | 2213 |
| Harrington | | 2223 |
| Parton | | 2233 |
| Whitehaven | a | 2238 |
| Whitehaven | d | - |
| Corkickle | | - |
| St. Bees | | - |
| Nethertown | | - |
| Braystones | | - |
| Sellafield | a | - |
| | d | - |
| Seascale | | - |
| Drigg | | - |
| Ravenglass | | - |
| Bootle (Cumbria) | | - |
| Silecroft | | - |
| Millom | a | - |
| Millom | d | - |
| Green Road | | - |
| Foxfield | | - |
| Kirkby-in-Furness | | - |
| Askam | | - |
| Barrow-in-Furness | a | - |
| Barrow-in-Furness | d | - |
| Roose | | - |
| Dalton | | - |
| Ulverston | | - |
| Cark | | - |
| Kents Bank | | - |
| Grange-over-Sands | | - |
| Arnside | | - |
| Silverdale | | - |
| Carnforth | | - |
| Windermere | d | - |
| Staveley | | - |
| Burneside | | - |
| Kendal | | - |
| Oxenholme Lake District | | - |
| Lancaster | a | - |
| | d | - |
| Preston | a | - |
| Manchester Oxford Road | a | - |
| Manchester Piccadilly | a | - |
| Manchester Airport | a | - |

Lancaster - Barrow - Carlisle, and Lancaster - Windermere
 Sunday 01 December

| | | bus | | | bus | | | bus | | | |
|-------------------------|---|------|------|------|------|-------|------|------|------|------|------|
| Manchester Airport | d | - | - | - | - | - | - | - | - | - | - |
| Manchester Piccadilly | d | - | - | - | - | - | - | - | - | - | - |
| Manchester Oxford Road | d | - | - | - | - | - | - | - | - | - | - |
| Preston | d | - | - | - | - | - | - | - | - | - | 0948 |
| Lancaster | a | - | - | - | - | - | - | - | - | - | 1005 |
| | d | - | - | - | - | - | - | - | - | - | 1006 |
| Oxenholme Lake District | | - | - | - | - | - | - | - | - | - | 1030 |
| Kendal | | - | - | - | - | - | - | - | - | - | 1034 |
| Burneside | | - | - | - | - | - | - | - | - | - | 1038 |
| Staveley | | - | - | - | - | - | - | - | - | - | 1043 |
| Windermere | a | - | - | - | - | - | - | - | - | - | 1049 |
| Carnforth | | - | - | - | - | 0855 | - | - | - | - | - |
| Silverdale | | - | - | - | - | 0900 | - | - | - | - | - |
| Arnside | | - | - | - | - | 0905 | - | - | - | - | - |
| Grange-over-Sands | | - | - | - | - | 0911 | - | - | - | - | - |
| Kents Bank | | - | - | - | - | 0914 | - | - | - | - | - |
| Cark | | - | - | - | - | 0918 | - | - | - | - | - |
| Ulverston | | - | - | - | - | 0927 | - | - | - | - | - |
| Dalton | | - | - | - | - | 0935 | - | - | - | - | - |
| Roose | | - | - | - | - | 0941 | - | - | - | - | - |
| Barrow-in-Furness | a | - | - | - | - | 0948 | - | - | - | - | - |
| Barrow-in-Furness | d | - | 0905 | - | - | 0950 | - | - | - | - | - |
| Askam | | - | 0915 | - | - | 1000 | - | - | - | - | - |
| Kirkby-in-Furness | | - | 0919 | - | - | 1004 | - | - | - | - | - |
| Foxfield | | - | 0924 | - | - | 1009 | - | - | - | - | - |
| Green Road | | - | 0928 | - | - | 1013 | - | - | - | - | - |
| Millom | a | - | 0933 | - | - | 1017 | - | - | - | - | - |
| Millom | d | - | - | - | - | 1017 | - | - | - | - | - |
| Silecroft | | - | - | - | - | 1022 | - | - | - | - | - |
| Bootle (Cumbria) | | - | - | - | - | 1029 | - | - | - | - | - |
| Ravenglass | | - | - | - | - | 1035 | - | - | - | - | - |
| Drigg | | - | - | - | - | 1039 | - | - | - | - | - |
| Seascale | | - | - | - | - | 1043 | - | - | - | - | - |
| Sellafield | a | - | - | - | - | 1046 | - | - | - | - | - |
| | d | - | - | - | - | 1046 | - | - | - | - | - |
| Braystones | | - | - | - | - | 10x50 | - | - | - | - | - |
| Nethertown | | - | - | - | - | 10x52 | - | - | - | - | - |
| St. Bees | | - | - | - | - | 1101 | - | - | - | - | - |
| Corkickle | | - | - | - | - | 1106 | - | - | - | - | - |
| Whitehaven | a | - | - | - | - | 1109 | - | - | - | - | - |
| Whitehaven | d | - | - | 0947 | - | - | 1130 | 1207 | - | - | - |
| Parton | | - | - | 0952 | - | - | 1135 | 1212 | - | - | - |
| Harrington | | - | - | 1002 | - | - | 1145 | 1222 | - | - | - |
| Workington | | 0940 | - | 1012 | 1034 | 1129 | - | 1155 | 1232 | 1253 | - |
| Flimby | | 0945 | - | - | 1039 | 1134 | - | - | - | 1258 | - |
| Maryport | | 0949 | - | - | 1043 | 1138 | - | - | - | 1302 | - |
| Aspatria | | 0959 | - | - | 1054 | 1148 | - | - | - | 1312 | - |
| Wigton | | 1010 | - | - | 1104 | 1159 | - | - | - | 1322 | - |
| Dalston | | 1019 | - | - | 1113 | 1208 | - | - | - | 1331 | - |
| Carlisle | a | 1030 | - | - | 1124 | 1219 | - | - | - | 1342 | - |

| bus | | | | | | | | | | | |
|--------------------------------|----------|------|------|------|------|------|------|------|------|------|------|
| Manchester Airport | d | - | - | - | - | 0936 | - | - | - | 1033 | - |
| Manchester Piccadilly | d | - | - | - | - | 0955 | - | - | - | 1055 | - |
| Manchester Oxford Road | d | - | - | - | - | 0958 | - | - | - | 1100 | - |
| Preston | d | - | - | - | - | 1039 | - | - | - | 1147 | - |
| Lancaster | a | - | - | - | - | 1056 | - | - | - | 1204 | - |
| | d | 1011 | - | - | - | 1059 | - | - | - | 1204 | - |
| Oxenholme Lake District | | - | - | - | - | - | - | 1116 | 1202 | - | - |
| Kendal | | - | - | - | - | - | - | 1120 | 1206 | - | - |
| Burneside | | - | - | - | - | - | - | 1124 | - | - | - |
| Staveley | | - | - | - | - | - | - | 1129 | - | - | - |
| Windermere | a | - | - | - | - | - | - | 1135 | 1219 | - | - |
| Carnforth | | 1021 | - | - | - | 1109 | - | - | - | 1215 | - |
| Silverdale | | 1027 | - | - | - | 1114 | - | - | - | 1220 | - |
| Arnside | | 1031 | - | - | - | 1118 | - | - | - | 1224 | - |
| Grange-over-Sands | | 1037 | - | - | - | 1123 | - | - | - | 1230 | - |
| Kents Bank | | 1041 | - | - | - | 1127 | - | - | - | 1233 | - |
| Cark | | 1045 | - | - | - | 1131 | - | - | - | 1237 | - |
| Ulverston | | 1053 | - | - | - | 1138 | - | - | - | 1245 | - |
| Dalton | | 1101 | - | - | - | 1147 | - | - | - | 1253 | - |
| Roose | | 1107 | - | - | - | 1153 | - | - | - | 1259 | - |
| Barrow-in-Furness | a | 1115 | - | - | - | 1159 | - | - | - | 1305 | - |
| Barrow-in-Furness | d | 1116 | - | - | - | - | 1217 | - | - | - | 1310 |
| Askam | | 1126 | - | - | - | - | 1227 | - | - | - | 1320 |
| Kirkby-in-Furness | | 1131 | - | - | - | - | 1231 | - | - | - | 1324 |
| Foxfield | | 1135 | - | - | - | - | 1236 | - | - | - | 1329 |
| Green Road | | 1139 | - | - | - | - | 1240 | - | - | - | 1333 |
| Millom | a | 1144 | - | - | - | - | 1244 | - | - | - | 1337 |
| Millom | d | 1144 | - | - | - | - | 1245 | - | - | - | 1338 |
| Silecroft | | 1149 | - | - | - | - | 1250 | - | - | - | 1343 |
| Bootle (Cumbria) | | 1156 | - | - | - | - | 1257 | - | - | - | 1350 |
| Ravenglass | | 1202 | - | - | - | - | 1303 | - | - | - | 1356 |
| Drigg | | 1205 | - | - | - | - | 1307 | - | - | - | 1359 |
| Seascale | | 1209 | - | - | - | - | 1311 | - | - | - | 1403 |
| Sellafield | a | 1213 | - | - | - | - | 1314 | - | - | - | 1407 |
| | d | - | 1224 | - | - | - | - | - | - | - | 1407 |
| Braystones | | - | - | - | - | - | - | - | - | - | - |
| Nethertown | | - | - | - | - | - | - | - | - | - | - |
| St. Bees | | - | 1301 | - | - | - | - | - | - | - | 1417 |
| Corkickle | | - | 1311 | - | - | - | - | - | - | - | 1422 |
| Whitehaven | a | - | 1321 | - | - | - | - | - | - | - | 1425 |
| Whitehaven | d | - | 1321 | - | - | - | - | - | - | - | - |
| Parton | | - | 1326 | - | - | - | - | - | - | - | - |
| Harrington | | - | 1336 | - | - | - | - | - | - | - | - |
| Workington | | - | 1346 | 1358 | 1444 | - | - | - | - | - | - |
| Flimby | | - | - | 1403 | 1449 | - | - | - | - | - | - |
| Maryport | | - | - | 1407 | 1452 | - | - | - | - | - | - |
| Aspatria | | - | - | 1418 | 1503 | - | - | - | - | - | - |
| Wigton | | - | - | 1429 | 1514 | - | - | - | - | - | - |
| Dalston | | - | - | 1438 | 1523 | - | - | - | - | - | - |
| Carlisle | a | - | - | 1449 | 1534 | - | - | - | - | - | - |

| | bus | | | | bus | | bus | | |
|--------------------------------|-----|------|------|------|------|------|------|------|------|
| Manchester Airport | d | - | - | - | - | - | - | - | 1230 |
| Manchester Piccadilly | d | - | - | - | - | - | - | - | 1248 |
| Manchester Oxford Road | d | - | - | 1154 | - | - | - | - | 1251 |
| Preston | d | - | - | 1246 | - | - | - | - | 1345 |
| Lancaster | a | - | - | 1303 | - | - | - | - | 1402 |
| | d | - | - | 1304 | 1314 | - | - | - | 1402 |
| Oxenholme Lake District | | - | - | 1245 | 1333 | - | - | - | - |
| Kendal | | - | - | 1249 | 1337 | - | - | - | - |
| Burneside | | - | - | 1253 | 1341 | - | - | - | - |
| Staveley | | - | - | 1258 | 1346 | - | - | - | - |
| Windermere | a | - | - | 1304 | 1353 | - | - | - | - |
| Carnforth | | - | - | - | - | 1324 | - | - | 1412 |
| Silverdale | | - | - | - | - | 1330 | - | - | 1417 |
| Arnside | | - | - | - | - | 1334 | - | - | 1421 |
| Grange-over-Sands | | - | - | - | - | 1340 | - | - | 1426 |
| Kents Bank | | - | - | - | - | 1344 | - | - | 1430 |
| Cark | | - | - | - | - | 1348 | - | - | 1434 |
| Ulverston | | - | - | - | - | 1356 | - | - | 1441 |
| Dalton | | - | - | - | - | 1404 | - | - | 1449 |
| Roose | | - | - | - | - | 1410 | - | - | 1456 |
| Barrow-in-Furness | a | - | - | - | - | 1418 | - | - | 1502 |
| Barrow-in-Furness | d | - | - | - | - | 1419 | - | - | - |
| Askam | | - | - | - | - | 1429 | - | - | - |
| Kirkby-in-Furness | | - | - | - | - | - | - | - | - |
| Foxfield | | - | - | - | - | - | - | - | - |
| Green Road | | - | - | - | - | - | - | - | - |
| Millom | a | - | - | - | - | 1443 | - | - | - |
| Millom | d | - | - | - | - | 1444 | - | - | - |
| Silecroft | | - | - | - | - | - | - | - | - |
| Bootle (Cumbria) | | - | - | - | - | - | - | - | - |
| Ravenglass | | - | - | - | - | 1459 | - | - | - |
| Drigg | | - | - | - | - | - | - | - | - |
| Seascale | | - | - | - | - | - | - | - | - |
| Sellafield | a | - | - | - | - | 1506 | - | - | - |
| | d | - | - | - | - | 1507 | - | - | - |
| Braystones | | - | - | - | - | - | - | - | - |
| Nethertown | | - | - | - | - | - | - | - | - |
| St. Bees | | - | - | - | - | 1520 | - | - | - |
| Corkickle | | - | - | - | - | 1525 | - | - | - |
| Whitehaven | a | - | - | - | - | 1528 | - | - | - |
| Whitehaven | d | 1450 | - | - | - | 1548 | - | 1654 | - |
| Parton | | 1455 | - | - | - | 1553 | - | 1659 | - |
| Harrington | | 1505 | - | - | - | 1603 | - | 1709 | - |
| Workington | | 1515 | 1547 | - | - | 1613 | 1629 | 1719 | 1734 |
| Flimby | | - | 1552 | - | - | - | 1634 | - | 1739 |
| Maryport | | - | 1556 | - | - | - | 1638 | - | 1743 |
| Aspatria | | - | 1606 | - | - | - | 1649 | - | 1753 |
| Wigton | | - | 1617 | - | - | - | 1659 | - | 1804 |
| Dalston | | - | 1626 | - | - | - | 1708 | - | 1813 |
| Carlisle | a | - | 1637 | - | - | - | 1719 | - | 1824 |

| | | | | | bus | | bus | | | |
|--------------------------------|----------|-------|------|------|------|---|------|------|------|------|
| Manchester Airport | d | - | - | - | 1330 | - | - | - | - | 1430 |
| Manchester Piccadilly | d | - | - | - | 1348 | - | - | - | - | 1448 |
| Manchester Oxford Road | d | - | - | - | 1352 | - | - | - | - | 1452 |
| Preston | d | - | - | - | 1446 | - | - | - | - | 1558 |
| Lancaster | a | - | - | - | 1503 | - | - | - | - | 1615 |
| | d | - | - | - | 1504 | - | 1603 | - | - | 1616 |
| Oxenholme Lake District | | - | - | - | 1422 | - | 1529 | - | - | 1632 |
| Kendal | | - | - | - | 1426 | - | 1533 | - | - | 1636 |
| Burneside | | - | - | - | 1430 | - | 1537 | - | - | 1640 |
| Staveley | | - | - | - | 1435 | - | 1542 | - | - | 1645 |
| Windermere | a | - | - | - | 1441 | - | 1548 | - | - | 1652 |
| Carnforth | | - | - | - | 1513 | - | 1613 | - | - | - |
| Silverdale | | - | - | - | 1518 | - | 1619 | - | - | - |
| Arnside | | - | - | - | 1523 | - | 1623 | - | - | - |
| Grange-over-Sands | | - | - | - | 1528 | - | 1629 | - | - | - |
| Kents Bank | | - | - | - | 1532 | - | 1633 | - | - | - |
| Cark | | - | - | - | 1536 | - | 1637 | - | - | - |
| Ulverston | | - | - | - | 1543 | - | 1645 | - | - | - |
| Dalton | | - | - | - | 1552 | - | 1653 | - | - | - |
| Roose | | - | - | - | 1558 | - | 1659 | - | - | - |
| Barrow-in-Furness | a | - | - | - | 1604 | - | 1707 | - | - | - |
| Barrow-in-Furness | d | 1556 | - | - | - | - | 1717 | - | - | - |
| Askam | | 1606 | - | - | - | - | 1727 | - | - | - |
| Kirkby-in-Furness | | 1611 | - | - | - | - | 1732 | - | - | - |
| Foxfield | | 1615 | - | - | - | - | 1736 | - | - | - |
| Green Road | | 1619 | - | - | - | - | 1740 | - | - | - |
| Millom | a | 1624 | - | - | - | - | 1745 | - | - | - |
| Millom | d | 1624 | - | - | - | - | 1745 | - | - | - |
| Silecroft | | 1629 | - | - | - | - | 1750 | - | - | - |
| Bootle (Cumbria) | | 1636 | - | - | - | - | 1757 | - | - | - |
| Ravenglass | | 1643 | - | - | - | - | 1804 | - | - | - |
| Drigg | | 1646 | - | - | - | - | 1807 | - | - | - |
| Seascale | | 1650 | - | - | - | - | 1811 | - | - | - |
| Sellafield | a | 1654 | - | - | - | - | 1815 | - | - | - |
| | d | 1654 | - | - | - | - | - | - | - | - |
| Braystones | | 16x58 | - | - | - | - | - | - | - | - |
| Nethertown | | 17x00 | - | - | - | - | - | - | - | - |
| St. Bees | | 1705 | - | - | - | - | - | - | - | - |
| Corkickle | | 1711 | - | - | - | - | - | - | - | - |
| Whitehaven | a | 1714 | - | - | - | - | - | - | - | - |
| Whitehaven | d | - | 1755 | - | - | - | - | 1916 | - | - |
| Parton | | - | 1800 | - | - | - | - | 1921 | - | - |
| Harrington | | - | 1810 | - | - | - | - | 1931 | - | - |
| Workington | | - | 1820 | 1857 | - | - | - | 1941 | 1956 | - |
| Flimby | | - | - | 1902 | - | - | - | - | 2001 | - |
| Maryport | | - | - | 1906 | - | - | - | - | 2005 | - |
| Aspatria | | - | - | 1916 | - | - | - | - | 2016 | - |
| Wigton | | - | - | 1927 | - | - | - | - | 2026 | - |
| Dalston | | - | - | 1936 | - | - | - | - | 2035 | - |
| Carlisle | a | - | - | 1947 | - | - | - | - | 2046 | - |

| bus | | | | | | | | | | | |
|--------------------------------|----------|------|------|------|------|---|------|------|---|------|------|
| Manchester Airport | d | 1530 | - | - | - | - | 1630 | - | - | 1730 | - |
| Manchester Piccadilly | d | 1548 | - | - | - | - | 1648 | - | - | 1748 | - |
| Manchester Oxford Road | d | 1552 | - | - | - | - | 1652 | - | - | 1752 | - |
| Preston | d | 1648 | - | - | - | - | 1746 | - | - | 1834 | - |
| Lancaster | a | 1705 | - | - | - | - | 1803 | - | - | 1851 | - |
| | d | 1706 | - | - | - | - | 1804 | - | - | 1852 | 1902 |
| Oxenholme Lake District | | - | - | - | - | - | 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 | | - | 1839 | - | - | - | - | 1923 | - | - | - |
| Foxfield | | - | 1844 | - | - | - | - | 1928 | - | - | - |
| Green Road | | - | 1848 | - | - | - | - | 1932 | - | - | - |
| Millom | a | - | 1853 | - | - | - | - | 1937 | - | - | - |
| Millom | d | - | - | - | - | - | - | - | - | - | - |
| Silecroft | | - | - | - | - | - | - | - | - | - | - |
| Bootle (Cumbria) | | - | - | - | - | - | - | - | - | - | - |
| Ravenglass | | - | - | - | - | - | - | - | - | - | - |
| Drigg | | - | - | - | - | - | - | - | - | - | - |
| Seascale | | - | - | - | - | - | - | - | - | - | - |
| Sellafield | a | - | - | - | - | - | - | - | - | - | - |
| | d | - | - | - | - | - | - | - | - | - | - |
| Braystones | | - | - | - | - | - | - | - | - | - | - |
| Nethertown | | - | - | - | - | - | - | - | - | - | - |
| St. Bees | | - | - | - | - | - | - | - | - | - | - |
| Corkickle | | - | - | - | - | - | - | - | - | - | - |
| Whitehaven | a | - | - | - | - | - | - | - | - | - | - |
| Whitehaven | d | - | - | 2008 | - | - | - | - | - | - | - |
| Parton | | - | - | 2013 | - | - | - | - | - | - | - |
| Harrington | | - | - | 2023 | - | - | - | - | - | - | - |
| Workington | | - | - | 2033 | 2048 | - | - | - | - | - | - |
| Flimby | | - | - | - | 2053 | - | - | - | - | - | - |
| Maryport | | - | - | - | 2057 | - | - | - | - | - | - |
| Aspatria | | - | - | - | 2107 | - | - | - | - | - | - |
| Wigton | | - | - | - | 2118 | - | - | - | - | - | - |
| Dalston | | - | - | - | 2127 | - | - | - | - | - | - |
| Carlisle | a | - | - | - | 2138 | - | - | - | - | - | - |

| | | | | | | |
|--------------------------------|----------|------|------|------|------|------|
| Manchester Airport | d | 1830 | - | 1930 | - | - |
| Manchester Piccadilly | d | 1848 | - | 1948 | - | - |
| Manchester Oxford Road | d | 1852 | - | 1952 | - | - |
| Preston | d | 1947 | - | 2046 | - | - |
| Lancaster | a | 2004 | - | 2104 | - | - |
| | d | 2004 | - | 2104 | - | 2220 |
| Oxenholme Lake District | | - | 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 | a | - | - | - | - | - |
| | d | - | - | - | - | - |
| Braystones | | - | - | - | - | - |
| Nethertown | | - | - | - | - | - |
| St. Bees | | - | - | - | - | - |
| Corkickle | | - | - | - | - | - |
| Whitehaven | a | - | - | - | - | - |
| Whitehaven | d | - | - | - | - | - |
| Parton | | - | - | - | - | - |
| Harrington | | - | - | - | - | - |
| Workington | | - | - | - | - | - |
| Flimby | | - | - | - | - | - |
| Maryport | | - | - | - | - | - |
| Aspatria | | - | - | - | - | - |
| Wigton | | - | - | - | - | - |
| Dalston | | - | - | - | - | - |
| Carlisle | a | - | - | - | - | - |