

# Train times

18 May – 13 December 2025

6

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



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

### How to read this timetable

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

### Minimum connection times

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

### Community Rail Partnerships and community groups

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

**Cumbrian Coast Community Rail Partnership**  
**Furness Line Community Rail Partnership**  
**Lakes Line Community Rail Partnership**  
[www.communityrailcumbria.co.uk](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

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## Mondays to Saturdays

		SO	SX				
Carlisle	d	-	-	-	-	-	-
Dalston	-	-	-	-	-	-	-
Wigton	-	-	-	-	-	-	-
Aspatria	-	-	-	-	-	-	-
Maryport	-	-	-	-	-	-	0548
Flimby	-	-	-	-	-	-	0551
Workington	-	-	-	-	-	-	0558
Harrington	-	-	-	-	-	-	0603
Parton	-	-	-	-	-	-	0612
Whitehaven	a	-	-	-	-	-	0616
Whitehaven	d	-	-	-	-	-	0618
Corkickle	-	-	-	-	-	-	0620
St. Bees	-	-	-	-	-	-	0626
Nethertown	-	-	-	-	-	-	06x31
Braystones	-	-	-	-	-	-	06x33
Sellafield	-	-	-	-	-	-	0639
Seascale	-	-	-	-	-	-	0643
Drigg	-	-	-	-	-	-	0647
Ravenglass	-	-	-	-	-	-	0650
Bootle (Cumbria)	-	-	-	-	-	-	0657
Silecroft	-	-	-	-	-	-	0704
Millom	a	-	-	-	-	-	0709
Millom	d	-	-	0610	-	-	0709
Green Road	-	-	-	0614	-	-	0714
Foxfield	-	-	-	0618	-	-	0718
Kirkby-in-Furness	-	-	-	0623	-	-	0722
Askam	-	-	-	0628	-	-	0727
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
Arnside	0534	-	-	0630 0630 0653	-	0729	0750
Silverdale	-	-	-	0634 0634 0658	-	0734	0755
Carnforth	0543	-	-	0642 0644 0706	-	0743	0802
Windermere	d	-	0642	-	-	-	0756
Staveley	-	-	0647	-	-	-	0801
Burneside	-	-	0652	-	-	-	0806
Kendal	-	-	0656	-	-	-	0810
Oxenholme Lake District	a	-	0701	-	-	-	0815
Oxenholme Lake District	d	-	0709	-	-	-	0825
Lancaster	a	0550	0723	0649 0651 0716	-	0750 0839	0812
Lancaster	d	0550	0724	0649 0652 0724	-	0751 0840	0828
Preston	a	0609	0742	0707 0711 0742	-	0809 0858	0846
Chorley	a	0621	-	0722 0723	-	0821	-
Bolton	a	0634	-	0737 0738	-	0836	-
Deansgate	a	0651	-	0751 0751	-	0851	-
Manchester Oxford Road	a	0654	0823	0754 0754 0823	-	0854	0922
Manchester Piccadilly	a	0658	0827	0758 0758 0827	-	0858	0926
Manchester Airport	a	0715	0844	0815 0815 0844	-	0915	0944

**Notes**  
 x Stops on request.  
 SO Saturdays only.  
 SX Mondays to Fridays only.

## Mondays to Saturdays

			SX	SO			
Carlisle	d	-	-	0553	-	-	0619 0710
Dalston	-	-	0602	-	-	-	0628 0719
Wigton	-	-	0611	-	-	-	0638 0729
Aspatria	-	-	0622	-	-	-	0649 0740
Maryport	-	-	0633	-	-	-	0701 0751
Flimby	-	-	0637	-	-	-	0705 0755
Workington	-	-	0644	-	-	-	0712 0803
Harrington	-	-	0648	-	-	-	0716 0807
Parton	-	-	0657	-	-	-	0725 0817
Whitehaven	a	-	0702	-	-	-	0730 0821
Whitehaven	d	-	0703	-	-	-	0731 0823
Corkickle	-	-	0706	-	-	-	0734 0826
St. Bees	-	-	0712	-	-	-	0739 0832
Nethertown	-	-	-	-	-	-	-
Braystones	-	-	-	-	-	-	-
Sellafield	-	-	0723	-	-	0750 0843	0939
Seascale	-	-	0727	-	-	0754 0847	0942
Drigg	-	-	0731	-	-	0758 0851	0946
Ravenglass	-	-	0735	-	-	0802 0855	0950
Bootle (Cumbria)	-	-	0741	-	-	0808 0902	0957
Silecroft	-	-	0748	-	-	0815 0909	1004
Millom	a	-	0753	-	-	0820 0914	1009
Millom	d	-	0754	-	-	0821 0914	1009
Green Road	-	-	0758	-	-	0825 0919	1014
Foxfield	-	-	0802	-	-	0829 0923	1018
Kirkby-in-Furness	-	-	0807	-	-	0834 0928	1022
Askam	-	-	0812	-	-	0839 0933	1027
Barrow-in-Furness	a	-	0826	-	-	0853 0947	1041
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	-	-	0904	-	1009 1022	-	1111
Oxenholme Lake District	a	-	0909	-	1014 1027	-	1116
Oxenholme Lake District	d	-	0925	-	1016 1029	-	1126
Lancaster	a	0846	0938	-	0948 1033 1046	-	1105 1139
Lancaster	d	0848	0940	-	0950 1050 1048	-	1130 1141
Preston	a	0906	0957	-	1008 1108 1106	-	1149 1158
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

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## Mondays to Saturdays

Carlisle	d	-	-	0902	-	-	1013 1108
Dalston	-	-	0910	-	-	-	1021 1116
Wigton	-	-	0920	-	-	-	1031 1125
Aspatria	-	-	0930	-	-	-	1041 1136
Maryport	-	-	0942	-	-	-	1053 1147
Flimby	-	-	0945	-	-	-	1056 1150
Workington	-	-	0952	-	-	-	1103 1157
Harrington	-	-	0957	-	-	-	1108 1201
Parton	-	-	1006	-	-	-	1117 1210
Whitehaven	a	-	1010	-	-	-	1121 1215
Whitehaven	d	-	1012	-	-	-	1124 1216
Corkickle	-	-	1014	-	-	-	1126 1219
St. Bees	-	-	1020	-	-	-	1133 1229
Nethertown	-	-	-	-	-	-	11x37
Braystones	-	-	-	-	-	-	11x40
Sellafield	-	-	1031	-	-	1145 1239	1340
Seascale	-	-	1035	-	-	1149 1242	1343
Drigg	-	-	1039	-	-	1153 1246	1347
Ravenglass	-	-	1043	-	-	1157 1250	1351
Bootle (Cumbria)	-	-	1049	-	-	1203 1256	1357
Silecroft	-	-	1056	-	-	1210 1303	1404
Millom	a	-	1101	-	-	1215 1308	1409
Millom	d	-	1102	-	-	1216 1308	1410
Green Road	-	-	1106	-	-	1220 1313	1414
Foxfield	-	-	1111	-	-	1224 1317	1418
Kirkby-in-Furness	-	-	1116	-	-	1229 1321	1423
Askam	-	-	1121	-	-	1234 1326	1428
Barrow-in-Furness	a	-	1137	-	-	1248 1340	1442
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	1400
Staveley	-	-	1152	-	-	1312	1405
Burneside	-	-	1157	-	-	1317	1410
Kendal	-	-	1201	-	-	1321	1414
Oxenholme Lake District	a	-	1206	-	-	1326	1419
Oxenholme Lake District	d	-	1212	-	-	1329	1425
Lancaster	a	1147	1226	-	1250 1344 1353	-	1439 1451
Lancaster	d	1149	1227	-	1251 1349 1428	-	1440 1452
Preston	a	1208	1245	-	1309 1407 1446	-	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.

## Mondays to Saturdays

	SX	SO					
Carlisle d	-	-	-	1308	1408	-	1440
Dalston	-	-	-	1316	1416	-	1448
Wigton	-	-	-	1326	1426	-	1458
Aspatria	-	-	-	1336	1436	-	1508
Maryport	-	-	-	1348	1448	-	1520
Flimby	-	-	-	1351	1451	-	1523
Workington	-	-	-	1358	1458	-	1530
Harrington	-	-	-	1403	1503	-	1535
Parton	-	-	-	1412	1512	-	1544
Whitehaven a	-	-	-	1416	1516	-	1548
Whitehaven d	-	-	-	1418	1518	-	1550
Corkickle	-	-	-	1420	1520	-	1553
St. Bees	-	-	-	1430	1534	-	1559
Nethertown	-	-	-	-	-	-	16x03
Braystones	-	-	-	-	-	-	16x06
Sellafield	-	-	-	1440	1544	-	1611
Seascale	-	-	-	1444	1548	-	1615
Drigg	-	-	-	1448	1552	-	1619
Ravenglass	-	-	-	1452	1555	-	1623
Bootle (Cumbria)	-	-	-	1458	1602	-	1629
Silecroft	-	-	-	1505	1609	-	1636
Millom a	-	-	-	1510	1614	-	1641
Millom d	-	-	-	1511	1614	-	1642
Green Road	-	-	-	1515	1619	-	1646
Foxfield	-	-	-	1519	1623	-	1650
Kirkby-in-Furness	-	-	-	1524	1627	-	1655
Askam	-	-	-	1529	1632	-	1700
Barrow-in-Furness a	-	-	-	1543	1646	-	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	1539	1539	1643	-	1743	1810	-
Windermere d	1500	-	1600	-	1707	1806	-
Staveley	1505	-	1605	-	1712	1811	-
Burneside	1510	-	1610	-	1717	1816	-
Kendal	1514	-	1614	-	1721	1820	-
Oxenholme Lake District a	1519	-	1619	-	1726	1825	-
Oxenholme Lake District d	1524	-	1627	-	1747	1832	-
Lancaster a	1538	1546	1546	1643	1653	-	1750
Lancaster d	1539	1548	1550	1649	1727	-	1751
Preston a	1556	1606	1608	1708	1745	1815	1809
Chorley a	-	1620	1720	-	-	1821	-
Bolton a	-	1634	1734	1806	-	1834	1906
Deansgate a	1647	1651	1751	-	-	1852	-
Manchester Oxford Road a	1649	1654	1754	1822	-	1854	1922
Manchester Piccadilly a	1653	1658	1758	1826	-	1858	1926
Manchester Airport a	1711	1715	1815	1844	-	1915	1944

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## Mondays to Saturdays

	SX	SX	SX	SO	SO		
Carlisle d	1512	-	-	-	1559	1626	1707
Dalston	1520	-	-	-	1607	1634	1715
Wigton	1529	-	-	-	1617	1644	1725
Aspatria	1540	-	-	-	1627	1654	1735
Maryport	1551	-	-	-	1639	1706	1747
Flimby	1555	-	-	-	1642	1709	1750
Workington	1602	-	-	-	1649	1716	1757
Harrington	1606	-	-	-	1654	1721	1802
Parton	1615	-	-	-	1703	1730	1811
Whitehaven a	1620	-	-	-	1709	1736	1816
Whitehaven d	1621	-	-	-	-	1737	1818
Corkickle	1624	-	-	-	-	1740	1820
St. Bees	1630	-	-	-	-	1745	1827
Nethertown	-	-	-	-	-	-	18x32
Braystones	-	-	-	-	-	-	18x34
Sellafield	1641	-	1724	-	-	1756	1840
Seascale	1645	-	1727	-	-	1759	1843
Drigg	1649	-	1731	-	-	1803	-
Ravenglass	1653	-	1735	-	-	1807	1849
Bootle (Cumbria)	1659	-	1741	-	-	1813	-
Silecroft	1707	-	1748	-	-	1820	-
Millom a	1712	-	1753	-	-	1825	1905
Millom d	1712	-	1754	-	-	1825	1905
Green Road	1717	-	1758	-	-	1830	1910
Foxfield	1721	-	1802	-	-	1834	1914
Kirkby-in-Furness	1726	-	1807	-	-	1838	1919
Askam	1731	-	1812	-	-	1843	1925
Barrow-in-Furness a	1745	-	1826	-	-	1857	1940
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	-
Arnside	1842	-	-	1936	-	1943	-
Silverdale	1847	-	-	1941	-	1948	-
Carnforth	1856	-	-	1952	-	1955	-
Windermere d	-	1855	1948	-	-	-	-
Staveley	-	1900	1953	-	-	-	-
Burneside	-	1905	1958	-	-	-	-
Kendal	-	1909	2002	-	-	-	-
Oxenholme Lake District a	-	1914	2007	-	-	-	-
Oxenholme Lake District d	-	1916	2013	-	-	-	-
Lancaster a	1906	1933	-	2027	1959	-	2002
Lancaster d	1929	1934	-	2028	2000	-	2004
Preston a	1947	1954	-	2045	2019	-	2023
Chorley a	-	2020	-	-	-	-	-
Bolton a	-	2034	-	2106	2106	-	2106
Deansgate a	-	2051	-	-	-	-	-
Manchester Oxford Road a	2024	2054	-	2122	2122	-	2122
Manchester Piccadilly a	2028	2058	-	2126	2126	-	2126
Manchester Airport a	2045	2115	-	2146	2146	-	2146

**Notes**  
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## Mondays to Saturdays

	M	SO	SX	SO	SX	SX	SO	SO
Carlisle d	-	-	1751	-	-	-	-	1846
Dalston	-	-	1759	-	-	-	-	1854
Wigton	-	-	1808	-	-	-	-	1904
Aspatria	-	-	1819	-	-	-	-	1914
Maryport	-	-	1830	-	-	-	-	1926
Flimby	-	-	1834	-	-	-	-	1929
Workington	-	-	1841	-	-	-	-	1936
Harrington	-	-	1845	-	-	-	-	1941
Parton	-	-	1854	-	-	-	-	1950
Whitehaven a	-	-	1859	-	-	-	-	1956
Whitehaven d	-	-	1900	-	-	-	-	-
Corkickle	-	-	1903	-	-	-	-	-
St. Bees	-	-	1916	-	-	-	-	-
Nethertown	-	-	-	-	-	-	-	-
Braystones	-	-	-	-	-	-	-	-
Sellafield	-	-	1927	-	-	-	-	-
Seascale	-	-	1931	-	-	-	-	-
Drigg	-	-	1935	-	-	-	-	-
Ravenglass	-	-	1939	-	-	-	-	-
Bootle (Cumbria)	-	-	1946	-	-	-	-	-
Silecroft	-	-	1953	-	-	-	-	-
Millom a	-	-	1958	-	-	-	-	-
Millom d	-	-	2001	-	-	2029	2059	-
Green Road	-	-	2006	-	-	-	2033	-
Foxfield	-	-	2010	-	-	-	2037	2106
Kirkby-in-Furness	-	-	2015	-	-	-	2042	-
Askam	-	-	2020	-	-	-	2047	2115
Barrow-in-Furness a	-	-	2036	-	-	-	2101	2129
Barrow-in-Furness d	1945	-	2042	2045	-	-	-	-
Roose	1949	-	2046	2049	-	-	-	-
Dalton	1955	-	2052	2055	-	-	-	-
Ulverston	2004	-	2101	2104	-	-	-	-
Cark	2011	-	2108	2111	-	-	-	-
Kents Bank	2015	-	2112	2115	-	-	-	-
Grange-over-Sands	2019	-	2116	2119	-	-	-	-
Arnside	2024	-	2123	2125	-	-	-	-
Silverdale	2028	-	2127	2130	-	-	-	-
Carnforth	2042	-	2135	2138	-	-	-	-
Windermere d	2041	-	-	-	2141	2147	-	-
Staveley	2046	-	-	-	2146	2152	-	-
Burneside	2051	-	-	-	2151	2157	-	-
Kendal	2055	-	-	-	2155	2201	-	-
Oxenholme Lake District a	2100	-	-	-	2200	2206	-	-
Oxenholme Lake District d	-	-	-	-	-	2211	-	-
Lancaster a	-	2049	-	2143	2148	-	2225	-
Lancaster d	-	2050	-	2143	2226	-	2226	-
Preston a	-	2109	-	2205	2244	-	2244	-
Chorley a	-	2121	-	-	-	-	-	-
Bolton a	-	2134	-	-	-	-	-	-
Deansgate a	-	-	-	-	-	-	-	-
Manchester Oxford Road a	-	-	-	2321	-	2321	-	-
Manchester Piccadilly a	-	-	-	2325	-	2325	-	-
Manchester Airport a	-	-	-	2342	-	2342	-	-

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

# Carlisle - Barrow - Lancaster

# Carlisle - Barrow - Lancaster

# Carlisle - Barrow - Lancaster

## Mondays to Saturdays

	SX	SO	SO	SO	SX		SO	SO	SO	
Carlisle	d	1909	1909	-	-	-	2000	2055	2106	2149
Dalston		1917	1917	-	-	-	2008	2103	2114	2157
Wigton		1926	1927	-	-	-	2017	2112	2123	2206
Aspatria		1937	1937	-	-	-	2028	2123	2134	2217
Maryport		1948	1948	-	-	-	2039	2134	2145	2228
Flimby		1951	1952	-	-	-	2042	2137	2148	2231
Workington		1958	1959	-	-	-	2049	2144	2155	2238
Harrington		2003	2003	-	-	-	2054	2149	2200	2243
Parton		2012	2012	-	-	-	2103	2158	2209	2252
Whitehaven	a	2016	2018	-	-	-	2109	2204	2215	2258
Whitehaven	d	2018	2019	-	-	-	-	-	-	-
Corkickle		2020	2022	-	-	-	-	-	-	-
St. Bees		2029	2027	-	-	-	-	-	-	-
Nethertown		20x33	20x32	-	-	-	-	-	-	-
Braystones		20x36	20x34	-	-	-	-	-	-	-
Sellafield		2041	2039	-	-	-	-	-	-	-
Seascale		2045	2043	-	-	-	-	-	-	-
Drigg		2049	2047	-	-	-	-	-	-	-
Ravenglass		2052	2051	-	-	-	-	-	-	-
Bootle (Cumbria)		2059	2057	-	-	-	-	-	-	-
Silecroft		2106	2104	-	-	-	-	-	-	-
Millom	a	2111	2109	-	-	-	-	-	-	-
Millom	d	2111	2109	-	-	-	2200	-	-	-
Green Road		2116	2114	-	-	-	2204	-	-	-
Foxfield		2120	2118	-	-	-	2208	-	-	-
Kirkby-in-Furness		2124	2122	-	-	-	2213	-	-	-
Askam		2129	2127	-	-	-	2218	-	-	-
Barrow-in-Furness	a	2143	2141	-	-	-	2231	-	-	-
Barrow-in-Furness	d	2145	-	2146	-	-	-	-	-	-
Roose		2149	-	2150	-	-	-	-	-	-
Dalton		2155	-	2156	-	-	-	-	-	-
Ulverston		2204	-	2204	-	-	-	-	-	-
Cark		2211	-	2212	-	-	-	-	-	-
Kents Bank		2215	-	2216	-	-	-	-	-	-
Grange-over-Sands		2219	-	2220	-	-	-	-	-	-
Arnside		2226	-	2226	-	-	-	-	-	-
Silverdale		2230	-	2230	-	-	-	-	-	-
Carnforth		2238	-	2238	-	-	-	-	-	-
Windermere	d	-	-	2229	2247	-	-	-	-	-
Staveley		-	-	2234	2252	-	-	-	-	-
Burneside		-	-	2239	2257	-	-	-	-	-
Kendal		-	-	2243	2301	-	-	-	-	-
Oxenholme Lake District	a	-	-	2248	2306	-	-	-	-	-
Oxenholme Lake District	d	-	-	2250	2308	-	-	-	-	-
Lancaster	a	2246	-	2246	2305	2324	-	-	-	-
Lancaster	d	2246	-	2246	2306	2326	-	-	-	-
Preston	a	2310	-	2310	2324	2345	-	-	-	-
Chorley	a	-	-	-	-	-	-	-	-	-
Bolton	a	-	-	-	-	-	-	-	-	-
Deansgate	a	-	-	-	-	-	-	-	-	-
Manchester Oxford Road	a	-	-	-	-	-	-	-	-	-
Manchester Piccadilly	a	-	-	-	-	-	-	-	-	-
Manchester Airport	a	-	-	-	-	-	-	-	-	-

**Notes**  
 x Stops on request.  
 SO Saturdays only.  
 SX Mondays to Fridays only.  
 © Dry service - no alcohol permitted on board this service on Saturdays.

## Mondays to Saturdays

	SX								
Carlisle	d	2201	-	-	-	-	-	-	-
Dalston		2209	-	-	-	-	-	-	-
Wigton		2219	-	-	-	-	-	-	-
Aspatria		2230	-	-	-	-	-	-	-
Maryport		2241	-	-	-	-	-	-	-
Flimby		2244	-	-	-	-	-	-	-
Workington		2251	-	-	-	-	-	-	-
Harrington		2256	-	-	-	-	-	-	-
Parton		2305	-	-	-	-	-	-	-
Whitehaven	a	2311	-	-	-	-	-	-	-
Whitehaven	d	-	-	-	-	-	-	-	-
Corkickle		-	-	-	-	-	-	-	-
St. Bees		-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-
Sellafield		-	-	-	-	-	-	-	-
Seascale		-	-	-	-	-	-	-	-
Drigg		-	-	-	-	-	-	-	-
Ravenglass		-	-	-	-	-	-	-	-
Bootle (Cumbria)		-	-	-	-	-	-	-	-
Silecroft		-	-	-	-	-	-	-	-
Millom	a	-	-	-	-	-	-	-	-
Millom	d	-	-	-	-	-	-	-	-
Green Road		-	-	-	-	-	-	-	-
Foxfield		-	-	-	-	-	-	-	-
Kirkby-in-Furness		-	-	-	-	-	-	-	-
Askam		-	-	-	-	-	-	-	-
Barrow-in-Furness	a	-	-	-	-	-	-	-	-
Barrow-in-Furness	d	-	-	-	-	-	-	-	-
Roose		-	-	-	-	-	-	-	-
Dalton		-	-	-	-	-	-	-	-
Ulverston		-	-	-	-	-	-	-	-
Cark		-	-	-	-	-	-	-	-
Kents Bank		-	-	-	-	-	-	-	-
Grange-over-Sands		-	-	-	-	-	-	-	-
Arnside		-	-	-	-	-	-	-	-
Silverdale		-	-	-	-	-	-	-	-
Carnforth		-	-	-	-	-	-	-	-
Windermere	d	-	-	-	-	-	-	-	-
Staveley		-	-	-	-	-	-	-	-
Burneside		-	-	-	-	-	-	-	-
Kendal		-	-	-	-	-	-	-	-
Oxenholme Lake District	a	-	-	-	-	-	-	-	-
Oxenholme Lake District	d	-	-	-	-	-	-	-	-
Lancaster	a	-	-	-	-	-	-	-	-
Lancaster	d	-	-	-	-	-	-	-	-
Preston	a	-	-	-	-	-	-	-	-
Chorley	a	-	-	-	-	-	-	-	-
Bolton	a	-	-	-	-	-	-	-	-
Deansgate	a	-	-	-	-	-	-	-	-
Manchester Oxford Road	a	-	-	-	-	-	-	-	-
Manchester Piccadilly	a	-	-	-	-	-	-	-	-
Manchester Airport	a	-	-	-	-	-	-	-	-

**Notes**  
 SX Mondays to Fridays only.

## Sundays

Carlisle	d	-	-	-	-	-	-	-	-	-
Dalston		-	-	-	-	-	-	-	-	-
Wigton		-	-	-	-	-	-	-	-	-
Aspatria		-	-	-	-	-	-	-	-	-
Maryport		-	-	-	-	-	-	-	-	0917
Flimby		-	-	-	-	-	-	-	-	0920
Workington		-	-	-	-	-	-	-	-	0927
Harrington		-	-	-	-	-	-	-	-	0932
Parton		-	-	-	-	-	-	-	-	0941
Whitehaven	a	-	-	-	-	-	-	-	-	0945
Whitehaven	d	-	-	-	-	-	-	-	-	0947
Corkickle		-	-	-	-	-	-	-	-	0949
St. Bees		-	-	-	-	-	-	-	-	0955
Nethertown		-	-	-	-	-	-	-	-	0959
Braystones		-	-	-	-	-	-	-	-	1002
Sellafield		-	-	-	-	-	-	-	-	1007
Seascale		-	-	-	-	-	-	-	-	1011
Drigg		-	-	-	-	-	-	-	-	1015
Ravenglass		-	-	-	-	-	-	-	-	1018
Bootle (Cumbria)		-	-	-	-	-	-	-	-	1025
Silecroft		-	-	-	-	-	-	-	-	1032
Millom	a	-	-	-	-	-	-	-	-	1037
Millom	d	-	-	-	-	-	0950	-	-	1037
Green Road		-	-	-	-	-	0954	-	-	1042
Foxfield		-	-	-	-	-	0958	-	-	1046
Kirkby-in-Furness		-	-	-	-	-	1003	-	-	1050
Askam		-	-	-	-	-	1008	-	-	1055
Barrow-in-Furness	a	-	-	-	-	-	1021	-	-	1109
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	-	-
Burneside		-	-	-	-	1103	-	1149	-	-
Kendal		-	-	-	-	1107	-	1153	-	1236
Oxenholme Lake District	a	-	-	-	-	1112	-	1158	-	1241
Oxenholme Lake District	d	-	-	-	-	1123	-	1213	-	1312
Lancaster	a	-	0938	1001	1050	1137	-	1227	1150	1326
Lancaster	d	-	0945	-	1051	1138	-	1228	1151	1327
Preston	a	-	1004	-	1110	1156	-	1245	1209	1344
Chorley	a	-	1019	-	1122	-	-	-	1221	-
Bolton	a	-	1032	-	1135	-	-	1305	1234	1405
Deansgate	a	-	1046	-	1151	1232	-	1320	1250	1420
Manchester Oxford Road	a	-	-	-	1156	1236	-	1324	1256	1424
Manchester Piccadilly	a	-	-	-	1217	1258	-	1342	1317	1442

**Notes**  
 x Stops on request.







# Lancaster - Barrow - Carlisle

# Lancaster - Barrow - Carlisle

# Lancaster - Barrow - Carlisle

## Mondays to Saturdays

				SO	SX		
Manchester Airport	d	0929	-	-	1029	-	-
Manchester Piccadilly	0950	-	-	1050	-	-	-
Manchester Oxford Road	0953	-	-	1053	-	-	-
Deansgate	0956	-	-	1056	-	-	-
Bolton	1008	-	-	1108	-	-	-
Chorley	1020	-	-	1120	-	-	-
Preston	1033	1042	-	1144	-	-	-
Lancaster	a	1050	1056	-	1202	-	-
Lancaster	d	1051	1057	-	1202	-	-
Oxenholme Lake District	a	-	-	1110	-	-	-
Oxenholme Lake District	d	-	-	1121	-	-	-
Kendal	-	-	-	1125	-	-	-
Burneside	-	-	-	1129	-	-	-
Staveley	-	-	-	1134	-	-	-
Windermere	a	-	-	1140	-	-	-
Carnforth	1101	-	-	1212	-	-	-
Silverdale	1106	-	-	1217	-	-	-
Arnsdale	1110	-	-	1221	-	-	-
Grange-over-Sands	1116	-	-	1227	-	-	-
Kents Bank	1120	-	-	1230	-	-	-
Cark	1124	-	-	1234	-	-	-
Ulverston	1131	-	-	1242	-	-	-
Dalton	1140	-	-	1250	-	-	-
Roose	1146	-	-	1256	-	-	-
Barrow-in-Furness	a	1154	-	1302	-	-	-
Barrow-in-Furness	d	-	-	1205	-	-	-
Askam	-	-	-	1215	-	-	-
Kirkby-in-Furness	-	-	-	1219	-	-	-
Foxfield	-	-	-	1224	-	-	-
Green Road	-	-	-	1228	-	-	-
Millom	a	-	-	1232	-	-	-
Millom	d	-	-	1233	-	-	-
Silecroft	-	-	-	1238	-	-	-
Bootle (Cumbria)	-	-	-	1245	-	-	-
Ravenglass	-	-	-	1251	-	-	-
Drigg	-	-	-	1255	-	-	-
Seascale	-	-	-	1259	-	-	-
Sellafield	-	-	-	1303	-	-	-
Braystones	-	-	-	13x06	-	-	-
Nethertown	-	-	-	13x09	-	-	-
St. Bees	-	-	-	1328	-	-	-
Corkickle	-	-	-	1334	-	-	-
Whitehaven	a	-	-	1336	-	-	-
Whitehaven	d	-	-	1338	-	-	-
Parton	-	-	-	1342	-	-	-
Harrington	-	-	-	1351	-	-	-
Workington	-	-	-	1356	-	-	-
Flimby	-	-	-	1402	-	-	-
Maryport	-	-	-	1406	-	-	-
Aspatia	-	-	-	1416	-	-	-
Wigton	-	-	-	1427	-	-	-
Dalston	-	-	-	1436	-	-	-
Carlisle	a	-	-	1450	-	-	-

**Notes**  
 x Stops on request.  
 SO Saturdays only.  
 SX Mondays to Fridays only.

## Mondays to Saturdays

			SX	SO		SO	SX	SX
Manchester Airport	d	1229	1229	1304	-	1329	1404	-
Manchester Piccadilly	1250	1250	1321	-	1350	1421	-	-
Manchester Oxford Road	1253	1253	1324	-	1353	1424	-	-
Deansgate	1256	1256	-	-	1356	-	-	-
Bolton	-	1309	1338	-	1408	1439	-	-
Chorley	-	1322	-	-	1420	-	-	-
Preston	1346	1346	1405	-	1445	1503	-	-
Lancaster	a	1403	1403	1420	-	1502	1518	-
Lancaster	d	1404	1404	1421	-	1503	1519	-
Oxenholme Lake District	a	-	-	1434	-	1532	-	-
Oxenholme Lake District	d	-	-	1439	-	1537	-	-
Kendal	-	-	-	1443	-	1541	-	-
Burneside	-	-	-	-	-	1545	-	-
Staveley	-	-	-	-	-	1550	-	-
Windermere	a	-	-	1456	-	1556	-	-
Carnforth	1414	1414	-	-	1513	-	-	-
Silverdale	1419	1419	-	-	1518	-	-	-
Arnsdale	1423	1423	-	-	1523	-	-	-
Grange-over-Sands	1429	1429	-	-	1528	-	-	-
Kents Bank	1432	1432	-	-	1532	-	-	-
Cark	1436	1436	-	-	1536	-	-	-
Ulverston	1444	1444	-	-	1544	-	-	-
Dalton	1452	1452	-	-	1552	-	-	-
Roose	1458	1458	-	-	1558	-	-	-
Barrow-in-Furness	a	1505	1505	-	1605	-	-	-
Barrow-in-Furness	d	-	-	1544	-	1611	-	-
Askam	-	-	-	1554	-	1621	-	-
Kirkby-in-Furness	-	-	-	1558	-	1625	-	-
Foxfield	-	-	-	1603	-	1630	-	-
Green Road	-	-	-	1607	-	1634	-	-
Millom	a	-	-	1611	-	1638	-	-
Millom	d	-	-	1612	-	1639	-	-
Silecroft	-	-	-	1617	-	1644	-	-
Bootle (Cumbria)	-	-	-	1624	-	1651	-	-
Ravenglass	-	-	-	1630	-	1657	-	-
Drigg	-	-	-	1634	-	1701	-	-
Seascale	-	-	-	1638	-	1705	-	-
Sellafield	-	-	-	1642	-	1708	-	-
Braystones	-	-	-	-	-	17x12	-	-
Nethertown	-	-	-	-	-	17x14	-	-
St. Bees	-	-	-	1652	-	1720	-	-
Corkickle	-	-	-	1657	-	1725	-	-
Whitehaven	a	-	-	1700	-	1729	-	-
Whitehaven	d	-	-	1701	-	1730	-	-
Parton	-	-	-	1705	-	1735	-	-
Harrington	-	-	-	1714	-	1744	-	-
Workington	-	-	-	1720	-	1749	-	-
Flimby	-	-	-	1725	-	1755	-	-
Maryport	-	-	-	1729	-	1759	-	-
Aspatia	-	-	-	1739	-	1809	-	-
Wigton	-	-	-	1749	-	1820	-	-
Dalston	-	-	-	1759	-	1829	-	-
Carlisle	a	-	-	1810	-	1841	-	-

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

## Mondays to Saturdays

					SO	SX	SX	SO
Manchester Airport	d	-	-	1529	-	-	1604	1629
Manchester Piccadilly	-	-	-	1550	-	-	1621	1650
Manchester Oxford Road	-	-	-	1553	-	-	1625	1653
Deansgate	-	-	-	1556	-	-	1656	-
Bolton	-	-	-	1608	-	-	1708	-
Chorley	-	-	-	1620	-	-	1720	-
Preston	1541	1633	-	1701	1704	1734	-	-
Lancaster	a	1555	1651	-	1716	1721	1751	-
Lancaster	d	1601	1652	-	1727	1722	1751	-
Oxenholme Lake District	a	-	-	-	1735	-	-	-
Oxenholme Lake District	d	-	-	-	1742	-	-	-
Kendal	-	-	-	-	1746	-	-	-
Burneside	-	-	-	-	1750	-	-	-
Staveley	-	-	-	-	1755	-	-	-
Windermere	a	-	-	-	1801	-	-	-
Carnforth	1611	1701	-	1737	-	1801	-	-
Silverdale	1617	1706	-	1742	-	1806	-	-
Arnsdale	1622	1711	-	1747	-	1810	-	-
Grange-over-Sands	1628	1716	-	1753	-	1816	-	-
Kents Bank	1632	1720	-	1756	-	1819	-	-
Cark	1637	1724	-	1800	-	1824	-	-
Ulverston	1645	1732	-	1808	-	1831	-	-
Dalton	1654	1740	-	1816	-	1840	-	-
Roose	1700	1746	-	1822	-	1846	-	-
Barrow-in-Furness	a	1709	1753	-	1830	-	1852	-
Barrow-in-Furness	d	1716	-	1807	-	1857	-	-
Askam	1726	-	-	1817	-	1907	-	-
Kirkby-in-Furness	1731	-	-	1821	-	1911	-	-
Foxfield	1735	-	-	1826	-	1916	-	-
Green Road	1739	-	-	1830	-	1920	-	-
Millom	a	1744	-	1834	-	1924	-	-
Millom	d	1744	-	1835	-	1924	-	-
Silecroft	1749	-	-	-	-	1929	-	-
Bootle (Cumbria)	1756	-	-	-	-	1936	-	-
Ravenglass	1803	-	-	1850	-	1942	-	-
Drigg	1806	-	-	1853	-	1946	-	-
Seascale	1810	-	-	1857	-	1950	-	-
Sellafield	1814	-	-	1901	-	1953	-	-
Braystones	-	-	-	-	-	20x14	-	-
Nethertown	-	-	-	-	-	20x17	-	-
St. Bees	1828	-	-	1913	-	2003	-	-
Corkickle	1834	-	-	1918	-	2008	-	-
Whitehaven	a	1836	-	1921	-	2011	-	-
Whitehaven	d	1838	-	1922	-	2012	-	-
Parton	1842	-	-	1926	-	2017	-	-
Harrington	1851	-	-	1935	-	2026	-	-
Workington	1856	-	-	1943	-	2035	-	-
Flimby	1902	-	-	1948	-	2040	-	-
Maryport	1906	-	-	1953	-	2044	-	-
Aspatia	1916	-	-	2003	-	2055	-	-
Wigton	1926	-	-	2014	-	2105	-	-
Dalston	1935	-	-	2023	-	2115	-	-
Carlisle	a	1946	-	2034	-	2126	-	-

**Notes**  
 x Stops on request.  
 SO Saturdays only.  
 SX Mondays to Fridays only.





Lancaster - Barrow - Carlisle

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Lancaster - Barrow - Carlisle

Sundays

Table with 11 columns for locations and times. Locations include Manchester Airport, Manchester Piccadilly, Manchester Oxford Road, Bolton, Chorley, Preston, Lancaster, Oxenholme Lake District, Kendal, Burneside, Staveley, Windermere, Carnforth, Silverdale, Arnside, Grange-over-Sands, Kents Bank, Cark, Ulverston, Dalton, Roose, Barrow-in-Furness, Askam, Kirkby-in-Furness, Foxfield, Green Road, Millom, Bootle (Cumbria), Ravenglass, Drigg, Seascale, Sellafield, Braystones, Nethertown, St. Bees, Corkickle, Whitehaven, Parton, Harrington, Workington, Flimby, Maryport, Aspatria, Wigton, Dalston, Carlisle.

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Sundays

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Notes
x Stops on request.

Notes
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# Useful contact details



## Fares and service information

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



## Customer helpline

For comments and enquiries  
visit [northernrailway.co.uk/comments](https://www.northernrailway.co.uk/comments)  
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## 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](https://www.northernrailway.co.uk/timetables)

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