

Carlisle - Barrow - Lancaster, and Windermere - Lancaster

| 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              |   | -    | -    | -    | -    | -    | -    | -    | 09x59 | - | -    |
| Braystones              |   | -    | -    | -    | -    | -    | -    | -    | 10x02 | - | -    |
| Sellafield              | a | -    | -    | -    | -    | -    | -    | -    | 1007  | - | -    |
|                         | d | -    | -    | -    | -    | -    | -    | -    | 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 | -    | -    | 1052 | -    | -     | - | 1147 |
| Roose                   |   | 0757 | 0845 | -    | -    | -    | 1056 | -    | -     | - | 1151 |
| Dalton                  |   | 0803 | 0851 | -    | -    | -    | 1102 | -    | -     | - | 1158 |
| Ulverston               |   | 0812 | 0859 | 0922 | -    | -    | 1111 | -    | -     | - | 1206 |
| Cark                    |   | 0819 | 0906 | -    | -    | -    | 1118 | -    | -     | - | 1213 |
| Kents Bank              |   | 0823 | 0910 | -    | -    | -    | 1122 | -    | -     | - | 1217 |
| Grange-over-Sands       |   | 0827 | 0914 | 0934 | -    | -    | 1126 | -    | -     | - | 1221 |
| Arnsdale                |   | 0833 | 0920 | 0940 | -    | -    | 1131 | -    | -     | - | 1227 |
| Silverdale              |   | 0838 | 0924 | -    | -    | -    | 1135 | -    | -     | - | 1231 |
| Carnforth               |   | 0845 | 0931 | 0951 | -    | -    | 1143 | -    | -     | - | 1239 |
| Windermere              | d | -    | -    | -    | 1053 | -    | -    | 1139 | 1224  | - | -    |
| Staveley                |   | -    | -    | -    | 1058 | -    | -    | 1144 | -     | - | -    |
| Burneside               |   | -    | -    | -    | 1103 | -    | -    | 1149 | -     | - | -    |
| Kendal                  |   | -    | -    | -    | 1107 | -    | -    | 1153 | 1236  | - | -    |
| Oxenholme Lake District |   | -    | -    | -    | 1112 | -    | -    | 1158 | 1241  | - | -    |
| Lancaster               | a | -    | 0938 | 1001 | -    | -    | 1150 | -    | -     | - | 1246 |
|                         | d | -    | 0945 | -    | -    | -    | 1151 | -    | -     | - | 1247 |
| Preston                 | a | -    | 1004 | -    | -    | -    | 1209 | -    | -     | - | 1306 |
| Manchester Oxford Road  | a | -    | 1046 | -    | -    | -    | 1250 | -    | -     | - | 1350 |
| Manchester Piccadilly   | a | -    | -    | -    | -    | -    | 1256 | -    | -     | - | 1354 |
| Manchester Airport      | a | -    | -    | -    | -    | -    | 1317 | -    | -     | - | 1416 |

|  | Carlisle                | d | -    | 0945 | 1023 | -    | 1106  | -    | -    | 1207 | -    | 1324 |
|--|-------------------------|---|------|------|------|------|-------|------|------|------|------|------|
|  | Dalston                 |   | -    | 0953 | 1031 | -    | 1114  | -    | -    | 1215 | -    | 1332 |
|  | Wigton                  |   | -    | 1002 | 1041 | -    | 1124  | -    | -    | 1225 | -    | 1342 |
|  | Aspatria                |   | -    | 1013 | 1051 | -    | 1134  | -    | -    | 1235 | -    | 1352 |
|  | Maryport                |   | -    | 1024 | 1103 | -    | 1146  | -    | -    | 1247 | -    | 1403 |
|  | Flimby                  |   | -    | -    | 1107 | -    | 1149  | -    | -    | 1250 | -    | 1407 |
|  | Workington              |   | -    | 1033 | 1114 | -    | 1156  | -    | -    | 1258 | -    | 1414 |
|  | Harrington              |   | -    | -    | 1118 | -    | 1201  | -    | -    | 1302 | -    | 1418 |
|  | Parton                  |   | -    | 1046 | 1127 | -    | 1210  | -    | -    | 1311 | -    | 1427 |
|  | Whitehaven              | a | -    | 1050 | 1132 | -    | 1214  | -    | -    | 1316 | -    | 1432 |
|  | Whitehaven              | d | -    | 1052 | 1133 | -    | 1216  | -    | -    | 1318 | -    | 1433 |
|  | Corkickle               |   | -    | 1054 | 1136 | -    | 1219  | -    | -    | 1321 | -    | 1436 |
|  | St. Bees                |   | -    | 1100 | 1141 | -    | 1227  | -    | -    | 1327 | -    | 1441 |
|  | Nethertown              |   | -    | -    | -    | -    | 12x31 | -    | -    | -    | -    | -    |
|  | Braystones              |   | -    | -    | -    | -    | 12x34 | -    | -    | -    | -    | -    |
|  | Sellafield              | a | -    | 1110 | 1151 | -    | 1239  | -    | -    | 1337 | -    | 1451 |
|  |                         | d | -    | 1110 | 1151 | -    | 1239  | -    | -    | 1337 | -    | 1452 |
|  | Seascale                |   | -    | 1113 | 1155 | -    | 1243  | -    | -    | 1341 | -    | 1455 |
|  | Drigg                   |   | -    | 1117 | 1159 | -    | 1247  | -    | -    | 1345 | -    | -    |
|  | Ravenglass              |   | -    | 1121 | 1202 | -    | 1250  | -    | -    | 1348 | -    | 1501 |
|  | Bootle (Cumbria)        |   | -    | 1127 | 1208 | -    | 1257  | -    | -    | 1355 | -    | -    |
|  | Silecroft               |   | -    | 1134 | 1215 | -    | 1304  | -    | -    | 1402 | -    | -    |
|  | Millom                  | a | -    | 1139 | 1220 | -    | 1309  | -    | -    | 1407 | -    | 1517 |
|  | Millom                  | d | -    | 1139 | 1220 | -    | 1309  | -    | -    | 1407 | -    | 1517 |
|  | Green Road              |   | -    | 1144 | 1225 | -    | 1314  | -    | -    | 1412 | -    | -    |
|  | Foxfield                |   | -    | 1148 | 1229 | -    | 1318  | -    | -    | 1416 | -    | 1525 |
|  | Kirkby-in-Furness       |   | -    | 1152 | 1233 | -    | 1322  | -    | -    | 1420 | -    | 1529 |
|  | Askam                   |   | -    | 1157 | 1238 | -    | 1327  | -    | -    | 1425 | -    | 1534 |
|  | Barrow-in-Furness       | a | -    | 1211 | 1252 | -    | 1341  | -    | -    | 1439 | -    | 1548 |
|  | Barrow-in-Furness       | d | -    | -    | 1254 | -    | -     | 1349 | -    | -    | -    | 1550 |
|  | Roose                   |   | -    | -    | 1258 | -    | -     | 1353 | -    | -    | -    | 1554 |
|  | Dalton                  |   | -    | -    | 1304 | -    | -     | 1359 | -    | -    | -    | 1600 |
|  | Ulverston               |   | -    | -    | 1312 | -    | -     | 1407 | -    | -    | -    | 1608 |
|  | Cark                    |   | -    | -    | -    | -    | -     | 1414 | -    | -    | -    | 1616 |
|  | Kents Bank              |   | -    | -    | -    | -    | -     | 1418 | -    | -    | -    | 1620 |
|  | Grange-over-Sands       |   | -    | -    | 1325 | -    | -     | 1422 | -    | -    | -    | 1624 |
|  | Arnside                 |   | -    | -    | 1331 | -    | -     | 1428 | -    | -    | -    | 1630 |
|  | Silverdale              |   | -    | -    | 1336 | -    | -     | 1432 | -    | -    | -    | 1635 |
|  | Carnforth               |   | -    | -    | 1343 | -    | -     | 1439 | -    | -    | -    | 1642 |
|  | Windermere              | d | 1308 | -    | -    | 1359 | -     | -    | 1448 | -    | 1555 | -    |
|  | Staveley                |   | 1313 | -    | -    | 1404 | -     | -    | 1453 | -    | 1600 | -    |
|  | Burneside               |   | 1318 | -    | -    | 1409 | -     | -    | 1458 | -    | 1605 | -    |
|  | Kendal                  |   | 1322 | -    | -    | 1413 | -     | -    | 1502 | -    | 1609 | -    |
|  | Oxenholme Lake District |   | 1329 | -    | -    | 1418 | -     | -    | 1507 | -    | 1616 | -    |
|  | Lancaster               | a | 1345 | -    | 1352 | -    | -     | 1446 | -    | -    | 1633 | 1652 |
|  |                         | d | 1349 | -    | -    | -    | -     | 1449 | -    | -    | 1648 | -    |
|  | Preston                 | a | 1407 | -    | -    | -    | -     | 1507 | -    | -    | 1706 | -    |
|  | Manchester Oxford Road  | a | 1452 | -    | -    | -    | -     | 1550 | -    | -    | 1752 | -    |
|  | Manchester Piccadilly   | a | 1456 | -    | -    | -    | -     | 1555 | -    | -    | 1756 | -    |
|  | Manchester Airport      | a | 1514 | -    | -    | -    | -     | 1614 | -    | -    | 1814 | -    |

| bus                     |   |      |      |      |      |       |      |      |      | bus  |      |
|-------------------------|---|------|------|------|------|-------|------|------|------|------|------|
| Carlisle                | d | -    | 1400 | -    | -    | 1509  | -    | -    | 1616 | -    | -    |
| Dalston                 |   | -    | 1408 | -    | -    | 1517  | -    | -    | 1624 | -    | -    |
| Wigton                  |   | -    | 1418 | -    | -    | 1527  | -    | -    | 1633 | -    | -    |
| Aspatria                |   | -    | 1428 | -    | -    | 1537  | -    | -    | 1644 | -    | -    |
| Maryport                |   | -    | 1440 | -    | -    | 1549  | -    | -    | 1655 | -    | -    |
| Flimby                  |   | -    | 1443 | -    | -    | 1552  | -    | -    | 1659 | -    | -    |
| Workington              |   | -    | 1450 | -    | -    | 1559  | -    | -    | 1706 | -    | -    |
| Harrington              |   | -    | 1455 | -    | -    | 1604  | -    | -    | 1710 | -    | -    |
| Parton                  |   | -    | 1504 | -    | -    | 1613  | -    | -    | 1719 | -    | -    |
| Whitehaven              | a | -    | 1508 | -    | -    | 1617  | -    | -    | 1724 | -    | -    |
| Whitehaven              | d | -    | 1510 | -    | -    | 1619  | -    | -    | 1725 | -    | -    |
| Corkickle               |   | -    | 1512 | -    | -    | 1621  | -    | -    | 1728 | -    | -    |
| St. Bees                |   | -    | 1519 | -    | -    | 1628  | -    | -    | 1733 | -    | -    |
| Nethertown              |   | -    | -    | -    | -    | 16x33 | -    | -    | -    | -    | -    |
| Braystones              |   | -    | -    | -    | -    | 16x35 | -    | -    | -    | -    | -    |
| Sellafield              | a | -    | 1529 | -    | -    | 1640  | -    | -    | 1743 | -    | -    |
|                         | d | -    | 1529 | -    | -    | 1641  | -    | -    | 1744 | -    | -    |
| Seascale                |   | -    | 1532 | -    | -    | 1644  | -    | -    | 1747 | -    | -    |
| Drigg                   |   | -    | 1536 | -    | -    | 1648  | -    | -    | 1751 | -    | -    |
| Ravenglass              |   | -    | 1540 | -    | -    | 1652  | -    | -    | 1755 | -    | -    |
| Bootle (Cumbria)        |   | -    | 1546 | -    | -    | 1659  | -    | -    | 1802 | -    | -    |
| Silecroft               |   | -    | 1553 | -    | -    | 1706  | -    | -    | 1809 | -    | -    |
| Millom                  | a | -    | 1558 | -    | -    | 1711  | -    | -    | 1814 | -    | -    |
| Millom                  | d | -    | 1559 | -    | -    | 1711  | -    | -    | 1814 | -    | -    |
| Green Road              |   | -    | 1603 | -    | -    | 1716  | -    | -    | 1819 | -    | -    |
| Foxfield                |   | -    | 1607 | -    | -    | 1720  | -    | -    | 1823 | -    | -    |
| Kirkby-in-Furness       |   | -    | 1612 | -    | -    | 1724  | -    | -    | 1827 | -    | -    |
| Askam                   |   | -    | 1617 | -    | -    | 1729  | -    | -    | 1832 | -    | -    |
| Barrow-in-Furness       | a | -    | 1631 | -    | -    | 1743  | -    | -    | 1846 | -    | -    |
| Barrow-in-Furness       | d | -    | -    | 1646 | -    | 1746  | -    | -    | -    | 1851 | -    |
| Roose                   |   | -    | -    | 1650 | -    | 1750  | -    | -    | -    | 1855 | -    |
| Dalton                  |   | -    | -    | 1656 | -    | 1756  | -    | -    | -    | 1901 | -    |
| Ulverston               |   | -    | -    | 1705 | -    | 1805  | -    | -    | -    | 1909 | -    |
| Cark                    |   | -    | -    | 1712 | -    | 1812  | -    | -    | -    | 1917 | -    |
| Kents Bank              |   | -    | -    | 1716 | -    | 1816  | -    | -    | -    | 1921 | -    |
| Grange-over-Sands       |   | -    | -    | 1720 | -    | 1820  | -    | -    | -    | 1925 | -    |
| Arnside                 |   | -    | -    | 1725 | -    | 1827  | -    | -    | -    | 1931 | -    |
| Silverdale              |   | -    | -    | 1729 | -    | 1832  | -    | -    | -    | 1935 | -    |
| Carnforth               |   | -    | -    | 1737 | -    | 1842  | -    | -    | -    | 1943 | -    |
| Windermere              | d | 1659 | -    | -    | 1800 | -     | 1901 | 1920 | -    | -    | 2025 |
| Staveley                |   | 1704 | -    | -    | 1805 | -     | 1907 | 1930 | -    | -    | 2035 |
| Burneside               |   | 1709 | -    | -    | 1810 | -     | 1912 | 1940 | -    | -    | 2045 |
| Kendal                  |   | 1713 | -    | -    | 1814 | -     | 1916 | 1950 | -    | -    | 2055 |
| Oxenholme Lake District |   | 1718 | -    | -    | 1819 | -     | 1922 | 2005 | -    | -    | 2110 |
| Lancaster               | a | -    | -    | 1744 | -    | 1851  | 1937 | -    | -    | 1951 | -    |
|                         | d | -    | -    | 1748 | -    | -     | 1939 | -    | -    | 1952 | -    |
| Preston                 | a | -    | -    | 1807 | -    | -     | 1958 | -    | -    | 2015 | -    |
| Manchester Oxford Road  | a | -    | -    | 1850 | -    | -     | 2051 | -    | -    | -    | -    |
| Manchester Piccadilly   | a | -    | -    | 1855 | -    | -     | 2056 | -    | -    | -    | -    |
| Manchester Airport      | a | -    | -    | 1914 | -    | -     | 2114 | -    | -    | -    | -    |

|  |                         |   |       |      |      |      | bus  |       | bus  |      |
|--|-------------------------|---|-------|------|------|------|------|-------|------|------|
|  | Carlisle                | d | 1710  | -    | 1810 | -    | -    | 1910  | 2010 | 2110 |
|  | Dalston                 |   | 1718  | -    | 1818 | -    | -    | 1918  | 2018 | 2125 |
|  | Wigton                  |   | 1728  | -    | 1828 | -    | -    | 1928  | 2028 | 2145 |
|  | Aspatria                |   | 1738  | -    | 1838 | -    | -    | 1938  | 2038 | 2205 |
|  | Maryport                |   | 1750  | -    | 1850 | -    | -    | 1950  | 2050 | 2225 |
|  | Flimby                  |   | 1753  | -    | 1853 | -    | -    | 1953  | 2053 | 2230 |
|  | Workington              |   | 1800  | -    | 1900 | -    | -    | 2000  | 2100 | 2240 |
|  | Harrington              |   | 1805  | -    | 1905 | -    | -    | 2005  | 2105 | 2250 |
|  | Parton                  |   | 1814  | -    | 1914 | -    | -    | 2014  | 2114 | 2300 |
|  | Whitehaven              | a | 1818  | -    | 1920 | -    | -    | 2020  | 2120 | 2305 |
|  | Whitehaven              | d | 1820  | -    | -    | -    | -    | -     | -    | -    |
|  | Corkickle               |   | 1822  | -    | -    | -    | -    | -     | -    | -    |
|  | St. Bees                |   | 1829  | -    | -    | -    | -    | -     | -    | -    |
|  | Nethertown              |   | 18x33 | -    | -    | -    | -    | -     | -    | -    |
|  | Braystones              |   | 18x36 | -    | -    | -    | -    | -     | -    | -    |
|  | Sellafield              | a | 1841  | -    | -    | -    | -    | -     | -    | -    |
|  |                         | d | 1841  | -    | -    | -    | -    | -     | -    | -    |
|  | Seascale                |   | 1845  | -    | -    | -    | -    | -     | -    | -    |
|  | Drigg                   |   | 1849  | -    | -    | -    | -    | -     | -    | -    |
|  | Ravenglass              |   | 1852  | -    | -    | -    | -    | -     | -    | -    |
|  | Bootle (Cumbria)        |   | 1859  | -    | -    | -    | -    | -     | -    | -    |
|  | Silecroft               |   | 1906  | -    | -    | -    | -    | -     | -    | -    |
|  | Millom                  | a | 1911  | -    | -    | -    | -    | -     | -    | -    |
|  | Millom                  | d | 1911  | -    | -    | 1925 | -    | -     | -    | -    |
|  | Green Road              |   | 1916  | -    | -    | 1929 | -    | -     | -    | -    |
|  | Foxfield                |   | 1920  | -    | -    | 1933 | -    | -     | -    | -    |
|  | Kirkby-in-Furness       |   | 1924  | -    | -    | 1938 | -    | -     | -    | -    |
|  | Askam                   |   | 1929  | -    | -    | 1943 | -    | -     | -    | -    |
|  | Barrow-in-Furness       | a | 1943  | -    | -    | 1956 | -    | -     | -    | -    |
|  | Barrow-in-Furness       | d | -     | 1952 | -    | -    | 2046 | -     | -    | -    |
|  | Roose                   |   | -     | 1956 | -    | -    | 2050 | -     | -    | -    |
|  | Dalton                  |   | -     | 2002 | -    | -    | 2056 | -     | -    | -    |
|  | Ulverston               |   | -     | 2011 | -    | -    | 2105 | -     | -    | -    |
|  | Cark                    |   | -     | 2018 | -    | -    | 2112 | -     | -    | -    |
|  | Kents Bank              |   | -     | 2022 | -    | -    | 2116 | -     | -    | -    |
|  | Grange-over-Sands       |   | -     | 2026 | -    | -    | 2120 | -     | -    | -    |
|  | Arnside                 |   | -     | 2031 | -    | -    | 2126 | -     | -    | -    |
|  | Silverdale              |   | -     | 2035 | -    | -    | 2131 | -     | -    | -    |
|  | Carnforth               |   | -     | 2043 | -    | -    | 2138 | -     | -    | -    |
|  | Windermere              | d | -     | -    | -    | -    | 2205 | -     | -    | -    |
|  | Staveley                |   | -     | -    | -    | -    | 2215 | -     | -    | -    |
|  | Burneside               |   | -     | -    | -    | -    | 2225 | -     | -    | -    |
|  | Kendal                  |   | -     | -    | -    | -    | 2235 | -     | -    | -    |
|  | Oxenholme Lake District |   | -     | -    | -    | -    | 2250 | -     | -    | -    |
|  | Lancaster               | a | -     | 2050 | -    | -    | 2148 | 23s35 | -    | -    |
|  |                         | d | -     | 2051 | -    | -    | -    | -     | -    | -    |
|  | Preston                 | a | -     | 2111 | -    | -    | -    | 0015  | -    | -    |
|  | Manchester Oxford Road  | a | -     | 2150 | -    | -    | -    | -     | -    | -    |
|  | Manchester Piccadilly   | a | -     | 2154 | -    | -    | -    | -     | -    | -    |
|  | Manchester Airport      | a | -     | 2213 | -    | -    | -    | -     | -    | -    |

Lancaster - Barrow - Carlisle, and Lancaster - Windermere

| Manchester Airport      | d | -    | -    | -    | -    | -     | -    | -    | 0936 | -    | -    |
|-------------------------|---|------|------|------|------|-------|------|------|------|------|------|
| Manchester Piccadilly   | d | -    | -    | -    | -    | -     | -    | -    | 0955 | -    | -    |
| Manchester Oxford Road  | d | -    | -    | -    | -    | -     | -    | -    | 0958 | -    | -    |
| Preston                 | d | -    | -    | -    | -    | -     | 0948 | -    | 1039 | -    | -    |
| Lancaster               | a | -    | -    | -    | -    | -     | 1005 | -    | 1056 | -    | -    |
|                         | d | -    | -    | -    | -    | -     | 1007 | 1011 | 1059 | -    | -    |
| Oxenholme Lake District |   | -    | -    | -    | -    | -     | 1030 | -    | -    | -    | 1116 |
| Kendal                  |   | -    | -    | -    | -    | -     | 1034 | -    | -    | -    | 1120 |
| Burneside               |   | -    | -    | -    | -    | -     | 1038 | -    | -    | -    | 1124 |
| Staveley                |   | -    | -    | -    | -    | -     | 1043 | -    | -    | -    | 1129 |
| Windermere              | a | -    | -    | -    | -    | -     | 1049 | -    | -    | -    | 1135 |
| Carnforth               |   | -    | -    | -    | -    | 0855  | -    | 1021 | 1109 | -    | -    |
| Silverdale              |   | -    | -    | -    | -    | 0900  | -    | 1027 | 1114 | -    | -    |
| Arnside                 |   | -    | -    | -    | -    | 0905  | -    | 1031 | 1118 | -    | -    |
| Grange-over-Sands       |   | -    | -    | -    | -    | 0911  | -    | 1037 | 1123 | -    | -    |
| Kents Bank              |   | -    | -    | -    | -    | 0914  | -    | 1041 | 1127 | -    | -    |
| Cark                    |   | -    | -    | -    | -    | 0918  | -    | 1045 | 1131 | -    | -    |
| Ulverston               |   | -    | -    | -    | -    | 0927  | -    | 1053 | 1138 | -    | -    |
| Dalton                  |   | -    | -    | -    | -    | 0935  | -    | 1101 | 1147 | -    | -    |
| Roose                   |   | -    | -    | -    | -    | 0941  | -    | 1107 | 1153 | -    | -    |
| Barrow-in-Furness       | a | -    | -    | -    | -    | 0948  | -    | 1115 | 1159 | -    | -    |
| Barrow-in-Furness       | d | -    | -    | 0905 | -    | 0950  | -    | 1116 | -    | 1217 | -    |
| Askam                   |   | -    | -    | 0915 | -    | 1000  | -    | 1126 | -    | 1227 | -    |
| Kirkby-in-Furness       |   | -    | -    | 0919 | -    | 1004  | -    | 1131 | -    | 1231 | -    |
| Foxfield                |   | -    | -    | 0924 | -    | 1009  | -    | 1135 | -    | 1236 | -    |
| Green Road              |   | -    | -    | 0928 | -    | 1013  | -    | 1139 | -    | 1240 | -    |
| Millom                  | a | -    | -    | 0933 | -    | 1017  | -    | 1144 | -    | 1244 | -    |
| Millom                  | d | -    | -    | -    | -    | 1017  | -    | 1144 | -    | 1245 | -    |
| Silecroft               |   | -    | -    | -    | -    | 1022  | -    | 1149 | -    | 1250 | -    |
| Bootle (Cumbria)        |   | -    | -    | -    | -    | 1029  | -    | 1156 | -    | 1257 | -    |
| Ravenglass              |   | -    | -    | -    | -    | 1035  | -    | 1202 | -    | 1303 | -    |
| Drigg                   |   | -    | -    | -    | -    | 1039  | -    | 1205 | -    | 1307 | -    |
| Seascale                |   | -    | -    | -    | -    | 1043  | -    | 1209 | -    | 1311 | -    |
| Sellafield              | a | -    | -    | -    | -    | 1046  | -    | 1213 | -    | 1314 | -    |
|                         | d | -    | -    | -    | -    | 1046  | -    | 1213 | -    | 1315 | -    |
| Braystones              |   | -    | -    | -    | -    | 10x50 | -    | -    | -    | -    | -    |
| Nethertown              |   | -    | -    | -    | -    | 10x52 | -    | -    | -    | -    | -    |
| St. Bees                |   | -    | -    | -    | -    | 1101  | -    | 1225 | -    | 1330 | -    |
| Corkickle               |   | -    | -    | -    | -    | 1106  | -    | 1230 | -    | 1335 | -    |
| Whitehaven              | a | -    | -    | -    | -    | 1110  | -    | 1233 | -    | 1339 | -    |
| Whitehaven              | d | -    | -    | -    | 1016 | 1111  | -    | 1234 | -    | 1340 | -    |
| Parton                  |   | -    | -    | -    | 1020 | 1115  | -    | 1238 | -    | 1344 | -    |
| Harrington              |   | -    | -    | -    | 1029 | 1124  | -    | 1247 | -    | 1353 | -    |
| Workington              |   | 0855 | 0940 | -    | 1034 | 1130  | -    | 1253 | -    | 1359 | -    |
| Flimby                  |   | 0900 | 0945 | -    | 1040 | 1135  | -    | 1258 | -    | 1404 | -    |
| Maryport                |   | 0904 | 0949 | -    | 1044 | 1139  | -    | 1302 | -    | 1408 | -    |
| Aspatria                |   | 0915 | 1000 | -    | 1054 | 1150  | -    | 1312 | -    | 1419 | -    |
| Wigton                  |   | 0925 | 1010 | -    | 1104 | 1200  | -    | 1322 | -    | 1430 | -    |
| Dalston                 |   | 0934 | 1019 | -    | 1113 | 1209  | -    | 1331 | -    | 1439 | -    |
| Carlisle                | a | 0945 | 1030 | -    | 1124 | 1220  | -    | 1342 | -    | 1450 | -    |

| Manchester Airport      | d | -    | -    | -    | -    | -    | -    | -    | -     | 1330 | -    |
|-------------------------|---|------|------|------|------|------|------|------|-------|------|------|
| Manchester Piccadilly   | d | -    | -    | -    | -    | -    | -    | -    | -     | 1348 | -    |
| Manchester Oxford Road  | d | -    | -    | -    | 1154 | -    | -    | -    | -     | 1352 | -    |
| Preston                 | d | -    | -    | -    | 1246 | -    | -    | -    | -     | 1446 | -    |
| Lancaster               | a | -    | -    | -    | 1303 | -    | -    | -    | -     | 1503 | -    |
|                         | d | -    | -    | -    | 1304 | 1314 | -    | -    | -     | 1504 | -    |
| Oxenholme Lake District |   | 1202 | -    | 1245 | 1333 | -    | -    | 1422 | -     | -    | 1529 |
| Kendal                  |   | 1206 | -    | 1249 | 1337 | -    | -    | 1426 | -     | -    | 1533 |
| Burneside               |   | -    | -    | 1253 | 1341 | -    | -    | 1430 | -     | -    | 1537 |
| Staveley                |   | -    | -    | 1258 | 1346 | -    | -    | 1435 | -     | -    | 1542 |
| Windermere              | a | 1219 | -    | 1304 | 1353 | -    | -    | 1441 | -     | -    | 1548 |
| Carnforth               |   | -    | -    | -    | -    | 1324 | -    | -    | -     | 1513 | -    |
| Silverdale              |   | -    | -    | -    | -    | 1330 | -    | -    | -     | 1518 | -    |
| Arnside                 |   | -    | -    | -    | -    | 1334 | -    | -    | -     | 1523 | -    |
| Grange-over-Sands       |   | -    | -    | -    | -    | 1340 | -    | -    | -     | 1528 | -    |
| Kents Bank              |   | -    | -    | -    | -    | 1344 | -    | -    | -     | 1532 | -    |
| Cark                    |   | -    | -    | -    | -    | 1348 | -    | -    | -     | 1536 | -    |
| Ulverston               |   | -    | -    | -    | -    | 1356 | -    | -    | -     | 1543 | -    |
| Dalton                  |   | -    | -    | -    | -    | 1404 | -    | -    | -     | 1552 | -    |
| Roose                   |   | -    | -    | -    | -    | 1410 | -    | -    | -     | 1558 | -    |
| Barrow-in-Furness       | a | -    | -    | -    | -    | 1418 | -    | -    | -     | 1604 | -    |
| Barrow-in-Furness       | d | -    | 1310 | -    | -    | 1419 | 1454 | -    | 1556  | -    | -    |
| Askam                   |   | -    | 1320 | -    | -    | 1429 | 1504 | -    | 1606  | -    | -    |
| Kirkby-in-Furness       |   | -    | 1324 | -    | -    | -    | 1508 | -    | 1611  | -    | -    |
| Foxfield                |   | -    | 1329 | -    | -    | -    | 1513 | -    | 1615  | -    | -    |
| Green Road              |   | -    | 1333 | -    | -    | -    | 1517 | -    | 1619  | -    | -    |
| Millom                  | a | -    | 1337 | -    | -    | 1443 | 1521 | -    | 1624  | -    | -    |
| Millom                  | d | -    | 1338 | -    | -    | 1444 | 1522 | -    | 1624  | -    | -    |
| Silecroft               |   | -    | 1343 | -    | -    | -    | 1527 | -    | 1629  | -    | -    |
| Bootle (Cumbria)        |   | -    | 1350 | -    | -    | -    | 1534 | -    | 1636  | -    | -    |
| Ravenglass              |   | -    | 1356 | -    | -    | 1459 | 1540 | -    | 1643  | -    | -    |
| Drigg                   |   | -    | 1359 | -    | -    | -    | 1544 | -    | 1646  | -    | -    |
| Seascale                |   | -    | 1403 | -    | -    | -    | 1548 | -    | 1650  | -    | -    |
| Sellafield              | a | -    | 1407 | -    | -    | 1506 | 1551 | -    | 1654  | -    | -    |
|                         | d | -    | 1407 | -    | -    | 1507 | 1552 | -    | 1654  | -    | -    |
| Braystones              |   | -    | -    | -    | -    | -    | -    | -    | 16x58 | -    | -    |
| Nethertown              |   | -    | -    | -    | -    | -    | -    | -    | 17x00 | -    | -    |
| St. Bees                |   | -    | 1417 | -    | -    | 1521 | 1602 | -    | 1706  | -    | -    |
| Corkickle               |   | -    | 1422 | -    | -    | 1526 | 1607 | -    | 1711  | -    | -    |
| Whitehaven              | a | -    | 1425 | -    | -    | 1529 | 1610 | -    | 1715  | -    | -    |
| Whitehaven              | d | -    | 1426 | -    | -    | 1530 | 1611 | -    | 1716  | -    | -    |
| Parton                  |   | -    | 1430 | -    | -    | 1534 | 1615 | -    | 1720  | -    | -    |
| Harrington              |   | -    | 1439 | -    | -    | 1543 | 1624 | -    | 1729  | -    | -    |
| Workington              |   | -    | 1445 | -    | -    | 1549 | 1630 | -    | 1735  | -    | -    |
| Flimby                  |   | -    | 1450 | -    | -    | 1554 | 1635 | -    | 1740  | -    | -    |
| Maryport                |   | -    | 1454 | -    | -    | 1558 | 1639 | -    | 1744  | -    | -    |
| Aspatria                |   | -    | 1505 | -    | -    | 1609 | 1650 | -    | 1755  | -    | -    |
| Wigton                  |   | -    | 1515 | -    | -    | 1619 | 1700 | -    | 1805  | -    | -    |
| Dalston                 |   | -    | 1524 | -    | -    | 1628 | 1709 | -    | 1814  | -    | -    |
| Carlisle                | a | -    | 1535 | -    | -    | 1639 | 1720 | -    | 1825  | -    | -    |

| bus                     |   |       |      |      |      |      |      |      |      |      |      |
|-------------------------|---|-------|------|------|------|------|------|------|------|------|------|
| Manchester Airport      | d | -     | 1430 | 1530 | -    | -    | -    | 1630 | -    | -    | -    |
| Manchester Piccadilly   | d | -     | 1448 | 1548 | -    | -    | -    | 1648 | -    | -    | -    |
| Manchester Oxford Road  | d | -     | 1452 | 1552 | -    | -    | -    | 1652 | -    | -    | -    |
| Preston                 | d | -     | 1558 | 1647 | -    | -    | -    | 1746 | -    | -    | -    |
| Lancaster               | a | -     | 1615 | 1705 | -    | -    | -    | 1803 | -    | -    | -    |
|                         | d | 1603  | 1616 | 1707 | -    | -    | -    | 1804 | -    | -    | -    |
| Oxenholme Lake District |   | -     | 1632 | -    | -    | -    | 1730 | -    | -    | -    | 1833 |
| Kendal                  |   | -     | 1637 | -    | -    | -    | 1734 | -    | -    | -    | 1837 |
| Burneside               |   | -     | 1640 | -    | -    | -    | 1738 | -    | -    | -    | 1841 |
| Staveley                |   | -     | 1645 | -    | -    | -    | 1743 | -    | -    | -    | 1846 |
| Windermere              | a | -     | 1652 | -    | -    | -    | 1749 | -    | -    | -    | 1852 |
| Carnforth               |   | 1613  | -    | 1716 | -    | -    | -    | 1814 | -    | -    | -    |
| Silverdale              |   | 1619  | -    | 1722 | -    | -    | -    | 1819 | -    | -    | -    |
| Arnside                 |   | 1623  | -    | 1726 | -    | -    | -    | 1823 | -    | -    | -    |
| Grange-over-Sands       |   | 1629  | -    | 1731 | -    | -    | -    | 1828 | -    | -    | -    |
| Kents Bank              |   | 1633  | -    | 1735 | -    | -    | -    | 1832 | -    | -    | -    |
| Cark                    |   | 1637  | -    | 1739 | -    | -    | -    | 1836 | -    | -    | -    |
| Ulverston               |   | 1645  | -    | 1746 | -    | -    | -    | 1843 | -    | -    | -    |
| Dalton                  |   | 1653  | -    | 1754 | -    | -    | -    | 1851 | -    | -    | -    |
| Roose                   |   | 1659  | -    | 1800 | -    | -    | -    | 1857 | -    | -    | -    |
| Barrow-in-Furness       | a | 1707  | -    | 1807 | -    | -    | -    | 1904 | -    | -    | -    |
| Barrow-in-Furness       | d | 1716  | -    | -    | 1825 | -    | -    | -    | 1909 | -    | -    |
| Askam                   |   | 1726  | -    | -    | 1835 | -    | -    | -    | 1919 | -    | -    |
| Kirkby-in-Furness       |   | 1731  | -    | -    | 1839 | -    | -    | -    | 1923 | -    | -    |
| Foxfield                |   | 1735  | -    | -    | 1844 | -    | -    | -    | 1928 | -    | -    |
| Green Road              |   | 1739  | -    | -    | 1848 | -    | -    | -    | 1932 | -    | -    |
| Millom                  | a | 1744  | -    | -    | 1853 | -    | -    | -    | 1937 | -    | -    |
| Millom                  | d | 1744  | -    | -    | -    | -    | -    | -    | -    | -    | -    |
| Silecroft               |   | 1749  | -    | -    | -    | -    | -    | -    | -    | -    | -    |
| Bootle (Cumbria)        |   | 1756  | -    | -    | -    | -    | -    | -    | -    | -    | -    |
| Ravenglass              |   | 1803  | -    | -    | -    | -    | -    | -    | -    | -    | -    |
| Drigg                   |   | 1806  | -    | -    | -    | -    | -    | -    | -    | -    | -    |
| Seascale                |   | 1810  | -    | -    | -    | -    | -    | -    | -    | -    | -    |
| Sellafield              | a | 1814  | -    | -    | -    | -    | -    | -    | -    | -    | -    |
|                         | d | 1814  | -    | -    | -    | -    | -    | -    | -    | -    | -    |
| Braystones              |   | 18x18 | -    | -    | -    | -    | -    | -    | -    | -    | -    |
| Nethertown              |   | 18x20 | -    | -    | -    | -    | -    | -    | -    | -    | -    |
| St. Bees                |   | 1831  | -    | -    | -    | -    | -    | -    | -    | -    | -    |
| Corkickle               |   | 1836  | -    | -    | -    | -    | -    | -    | -    | -    | -    |
| Whitehaven              | a | 1840  | -    | -    | -    | -    | -    | -    | -    | -    | -    |
| Whitehaven              | d | 1841  | -    | -    | -    | 1938 | -    | -    | -    | 2030 | -    |
| Parton                  |   | 1845  | -    | -    | -    | 1943 | -    | -    | -    | 2034 | -    |
| Harrington              |   | 1854  | -    | -    | -    | 1953 | -    | -    | -    | 2043 | -    |
| Workington              |   | 1900  | -    | -    | -    | 2003 | -    | -    | -    | 2048 | -    |
| Flimby                  |   | 1905  | -    | -    | -    | 2013 | -    | -    | -    | 2054 | -    |
| Maryport                |   | 1909  | -    | -    | -    | 2018 | -    | -    | -    | 2058 | -    |
| Aspatria                |   | 1920  | -    | -    | -    | 2038 | -    | -    | -    | 2108 | -    |
| Wigton                  |   | 1930  | -    | -    | -    | 2058 | -    | -    | -    | 2118 | -    |
| Dalston                 |   | 1939  | -    | -    | -    | 2118 | -    | -    | -    | 2127 | -    |
| Carlisle                | a | 1950  | -    | -    | -    | 2133 | -    | -    | -    | 2138 | -    |

|                         |   | bus  |      | bus  |      | bus  |      |
|-------------------------|---|------|------|------|------|------|------|
| Manchester Airport      | d | -    | -    | 1830 | -    | 1930 | -    |
| Manchester Piccadilly   | d | -    | -    | 1848 | -    | 1948 | -    |
| Manchester Oxford Road  | d | -    | -    | 1852 | -    | 1952 | -    |
| Preston                 | d | -    | -    | 1946 | -    | 2046 | -    |
| Lancaster               | a | -    | -    | 2003 | -    | 2103 | -    |
|                         | d | 1902 | -    | 2004 | -    | 2105 | 2220 |
| Oxenholme Lake District |   | -    | 1940 | -    | 2020 | -    | 2120 |
| Kendal                  |   | -    | 1950 | -    | 2030 | -    | 2130 |
| Burneside               |   | -    | 2000 | -    | 2040 | -    | 2140 |
| Staveley                |   | -    | 2010 | -    | 2050 | -    | 2150 |
| Windermere              | a | -    | 2020 | -    | 2100 | -    | 2200 |
| Carnforth               |   | 1914 | -    | 2014 | -    | 2114 | 2230 |
| Silverdale              |   | 1920 | -    | 2019 | -    | 2119 | 2235 |
| Arnside                 |   | 1925 | -    | 2023 | -    | 2123 | 2240 |
| Grange-over-Sands       |   | 1931 | -    | 2028 | -    | 2129 | 2246 |
| Kents Bank              |   | 1934 | -    | 2032 | -    | 2132 | 2249 |
| Cark                    |   | 1938 | -    | 2036 | -    | 2136 | 2253 |
| Ulverston               |   | 1947 | -    | 2043 | -    | 2144 | 2301 |
| Dalton                  |   | 1955 | -    | 2052 | -    | 2152 | 2309 |
| Roose                   |   | 2001 | -    | 2058 | -    | 2158 | 2315 |
| Barrow-in-Furness       | a | 2008 | -    | 2105 | -    | 2205 | 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 | -    | -    | -    | -    | -    | -    |