

Train times

6 October - 13 December 2025

6

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



NORTHERN

Go do your thing

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

How to read this timetable



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

Minimum connection times



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

Community Rail Partnerships and community groups



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

Cumbrian Coast Community Rail Partnership
Furness Line Community Rail Partnership
Lakes Line Community Rail Partnership
www.communityrailcumbria.co.uk

Some stations on this route are adopted by local community groups. For more information visit **northernrailway.co.uk/community**

Planning your journey



National Rail Enquiries

For full details of all train times, fares and rail travel information anywhere on the national rail network, call **03457 48 49 50**, or visit **nationalrail.co.uk**

TrainTracker™

For up to date travel information and live departures direct to your mobile, text your station **name** or **location code** to **8 49 50**.

Customers with disabilities or restricted mobility are encouraged to contact our **Customer Experience Centre** who will book assistance for you.

Call: **0800 138 5560**

Textphone: **0800 138 5561**

Email: **assistance@northernrailway.co.uk**

Improving our railway



Engineering work to help improve our services sometimes affects trains, particularly at weekends and bank holidays.

Visit: **northernrailway.co.uk/improvements** or call National Rail Enquiries: **03457 48 49 50** to check before you travel.

Delay Repay



You can claim Delay Repay if one of our trains is late or cancelled and as a result you get to your destination station later than scheduled, whether it is our fault or not.

Visit **northernrailway.co.uk/delayrepay** for more information.

Whilst every care has been taken to ensure the accuracy of the information contained in this timetable, we can accept no liability for any inaccuracies, and reserve the right to change information without further notice. Visit our website for the most up to date timetables and check before you travel.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

			SO	SX						
Carlisle	d	-	-	-	-	-	-	-	-	-
Dalston		-	-	-	-	-	-	-	-	-
Wigton		-	-	-	-	-	-	-	-	-
Aspatria		-	-	-	-	-	-	-	-	-
Maryport		-	-	-	-	-	-	-	-	0548
Flimby		-	-	-	-	-	-	-	-	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
Arnsdale		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.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

						SX	SO				
Carlisle	d	-	-	0553	-	-	-	0619	0710	-	0808
Dalston	-	-	-	0602	-	-	-	0628	0719	-	0816
Wigton	-	-	-	0611	-	-	-	0638	0729	-	0826
Aspatria	-	-	-	0622	-	-	-	0649	0740	-	0836
Maryport	-	-	-	0633	-	-	-	0701	0751	-	0848
Flimby	-	-	-	0637	-	-	-	0705	0755	-	0851
Workington	-	-	-	0644	-	-	-	0712	0803	-	0858
Harrington	-	-	-	0648	-	-	-	0716	0807	-	0903
Parton	-	-	-	0657	-	-	-	0725	0817	-	0912
Whitehaven	a	-	-	0702	-	-	-	0730	0821	-	0916
Whitehaven	d	-	-	0703	-	-	-	0731	0823	-	0918
Corkickle	-	-	-	0706	-	-	-	0734	0826	-	0920
St. Bees	-	-	-	0712	-	-	-	0739	0832	-	0928
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	-	-
Arnsdale	-	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	-	-

Notes

SO Saturdays only.

SX Mondays to Fridays only.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

Carlisle	d	-	-	0902	-	-	1013	1108	-	-	1209
Dalston		-	-	0910	-	-	1021	1116	-	-	1217
Wigton		-	-	0920	-	-	1031	1125	-	-	1227
Aspatria		-	-	0930	-	-	1041	1136	-	-	1237
Maryport		-	-	0942	-	-	1053	1147	-	-	1249
Flimby		-	-	0945	-	-	1056	1150	-	-	1252
Workington		-	-	0952	-	-	1103	1157	-	-	1259
Harrington		-	-	0957	-	-	1108	1201	-	-	1304
Parton		-	-	1006	-	-	1117	1210	-	-	1313
Whitehaven	a	-	-	1010	-	-	1121	1215	-	-	1317
Whitehaven	d	-	-	1012	-	-	1124	1216	-	-	1319
Corkickle		-	-	1014	-	-	1126	1219	-	-	1321
St. Bees		-	-	1020	-	-	1133	1229	-	-	1329
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.

Carlisle - Barrow - Lancaster

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	1845 1820
Lancaster	d	1539	1548	1550	1649	1727	-	-	1751	1847 1827
Preston	a	1556	1606	1608	1708	1745	-	1815	1809	1904 1846
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

Notes

x Stops on request.

SO Saturdays only.

SX Mondays to Fridays only.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

					SX	SX	SX	SO	SO	
Carlisle	d	1512	-	-	-	-	1559	1626	-	1707
Dalston		1520	-	-	-	-	1607	1634	-	1715
Wigton		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
Arnsdale		-	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

x Stops on request.

SO Saturdays only.

SX Mondays to Fridays only.

Carlisle - Barrow - Lancaster

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	-	-	-	-
Arnsdale		-	-	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

Mondays to Saturdays

			Ⓢ	Ⓢ	Ⓢ	Ⓢ	Ⓢ	Ⓢ	Ⓢ	Ⓢ	Ⓢ
		SX	SO	SO	SO	SX		Ⓢ	SX	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	-	-	-	-	-	-	-
Arnsdale		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.

Carlisle - Barrow - Lancaster

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

Notes
SX Mondays to Fridays only.

Carlisle - Barrow - Lancaster

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		-	-	-	-	-	-	09x59	-	-
Braystones		-	-	-	-	-	-	10x02	-	-
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	-	-	-	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	a	-	-	-	1112	-	1158	-	-	1241
Oxenholme Lake District	d	-	-	-	1123	-	1213	-	-	1312
Lancaster	a	-	0938	1001	1137	-	1227	1150	-	1326
Lancaster	d	-	0945	-	1138	-	1228	1151	-	1327
Preston	a	-	1004	-	1156	-	1245	1209	-	1344
Chorley	a	-	1019	-	-	-	-	1221	-	1322
Bolton	a	-	1032	-	-	-	1305	1234	-	1405
Manchester Oxford Road	a	-	1046	-	1232	-	1320	1250	-	1420
Manchester Piccadilly	a	-	-	-	1236	-	1324	1256	-	1424
Manchester Airport	a	-	-	-	1258	-	1342	1317	-	1442

Notes

x Stops on request.

Carlisle - Barrow - Lancaster

Sundays

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	-	-	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
Arnsdale	-	-	-	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	a	1327	-	-	1418	-	-	1507	1614	-	-
Oxenholme Lake District	d	1329	-	-	1426	-	-	1514	1616	-	-
Lancaster	a	1345	-	1352	1439	-	1446	1528	1633	-	1652
Lancaster	d	1349	-	-	1441	-	1449	1529	1648	-	-
Preston	a	1407	-	-	1458	-	1507	1546	1706	-	-
Chorley	a	1423	-	-	-	-	1521	-	1721	-	-
Bolton	a	1436	-	-	-	-	1534	1605	1734	-	-
Manchester Oxford Road	a	1452	-	-	-	-	1550	1620	1752	-	-
Manchester Piccadilly	a	1456	-	-	-	-	1555	1624	1756	-	-
Manchester Airport	a	1514	-	-	-	-	1614	1642	1814	-	-

Notes

x Stops on request.

Carlisle - Barrow - Lancaster

Sundays

1920												
	Carlisle	d	-	1400	-	-	1509	-	1616	-	-	1710
	Dalston		-	1408	-	-	1517	-	1624	-	-	1718
	Wigton		-	1418	-	-	1527	-	1633	-	-	1728
	Aspatria		-	1428	-	-	1537	-	1644	-	-	1738
	Maryport		-	1440	-	-	1549	-	1655	-	-	1750
	Flimby		-	1443	-	-	1552	-	1659	-	-	1753
	Workington		-	1450	-	-	1559	-	1706	-	-	1800
	Harrington		-	1455	-	-	1604	-	1710	-	-	1805
	Parton		-	1504	-	-	1613	-	1719	-	-	1814
	Whitehaven	a	-	1508	-	-	1617	-	1724	-	-	1818
	Whitehaven	d	-	1510	-	-	1619	-	1725	-	-	1820
	Corkickle		-	1512	-	-	1621	-	1728	-	-	1822
	St. Bees		-	1519	-	-	1628	-	1733	-	-	1829
	Nethertown		-	-	-	-	16x33	-	-	-	-	18x33
	Braystones		-	-	-	-	16x35	-	-	-	-	18x36
	Sellafield		-	1529	-	-	1641	-	1744	-	-	1841
	Seascale		-	1532	-	-	1644	-	1747	-	-	1845
	Drigg		-	1536	-	-	1648	-	1751	-	-	1849
	Ravenglass		-	1540	-	-	1652	-	1755	-	-	1852
	Bootle (Cumbria)		-	1546	-	-	1659	-	1802	-	-	1859
	Silecroft		-	1553	-	-	1706	-	1809	-	-	1906
	Millom	a	-	1558	-	-	1711	-	1814	-	-	1911
	Millom	d	-	1559	-	-	1711	-	1814	-	-	1911
	Green Road		-	1603	-	-	1716	-	1819	-	-	1916
	Foxfield		-	1607	-	-	1720	-	1823	-	-	1920
	Kirkby-in-Furness		-	1612	-	-	1724	-	1827	-	-	1924
	Askam		-	1617	-	-	1729	-	1832	-	-	1929
	Barrow-in-Furness	a	-	1631	-	-	1743	-	1846	-	-	1943
	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	-	-
	Staveley		1704	-	-	1805	-	1907	-	1930	-	-
	Burneside		1709	-	-	1810	-	1912	-	1940	-	-
	Kendal		1713	-	-	1814	-	1916	-	1950	-	-
	Oxenholme Lake District	a	1718	-	-	1819	-	1921	-	2005	-	-
	Oxenholme Lake District	d	1724	-	-	1830	-	1922	-	-	-	-
	Lancaster	a	1738	-	1744	1843	1851	1937	-	-	-	1951
	Lancaster	d	1739	-	1748	1845	1858	1939	-	-	-	1952
	Preston	a	1756	-	1807	1902	1915	1958	-	-	-	2015
	Chorley	a	-	-	1820	-	-	2023	-	-	-	-
	Bolton	a	-	-	1833	-	-	2036	-	-	-	-
	Manchester Oxford Road	a	-	-	1850	-	-	2051	-	-	-	-
	Manchester Piccadilly	a	-	-	1855	-	-	2056	-	-	-	-
	Manchester Airport	a	-	-	1914	-	-	2114	-	-	-	-

Notes

x Stops on request.

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

Carlisle - Barrow - Lancaster

Sundays

Carlisle	d	-	-	-	-	1810	1910	2010	2110	-	
Dalston		-	-	-	-	1818	1918	2018	2125	-	
Wigton		-	-	-	-	1828	1928	2028	2145	-	
Aspatria		-	-	-	-	1838	1938	2038	2205	-	
Maryport		-	-	-	-	1850	1950	2050	2225	-	
Flimby		-	-	-	-	1853	1953	2053	2230	-	
Workington		-	-	-	-	1900	2000	2100	2240	-	
Harrington		-	-	-	-	1905	2005	2105	2250	-	
Parton		-	-	-	-	1914	2014	2114	2300	-	
Whitehaven	a	-	-	-	-	1920	2020	2120	2305	-	
Whitehaven	d	-	-	-	-	-	-	-	-	-	
Corkickle		-	-	-	-	-	-	-	-	-	
St. Bees		-	-	-	-	-	-	-	-	-	
Nethertown		-	-	-	-	-	-	-	-	-	
Braystones		-	-	-	-	-	-	-	-	-	
Sellafield		-	-	-	-	-	-	-	-	-	
Seascale		-	-	-	-	-	-	-	-	-	
Drigg		-	-	-	-	-	-	-	-	-	
Ravenglass		-	-	-	-	-	-	-	-	-	
Bootle (Cumbria)		-	-	-	-	-	-	-	-	-	
Silecroft		-	-	-	-	-	-	-	-	-	
Millom	a	-	-	-	-	-	-	-	-	-	
Millom	d	-	-	1925	-	-	-	-	-	-	
Green Road		-	-	1929	-	-	-	-	-	-	
Foxfield		-	-	1933	-	-	-	-	-	-	
Kirkby-in-Furness		-	-	1938	-	-	-	-	-	-	
Askam		-	-	1943	-	-	-	-	-	-	
Barrow-in-Furness	a	-	-	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	-	-	-	-	-	-	
Arnsdale		2031	-	2126	-	-	-	-	-	-	
Silverdale		2035	-	2131	-	-	-	-	-	-	
Carnforth		2043	-	2138	-	-	-	-	-	-	
Windermere	d	-	2025	-	2205	-	-	-	-	-	
Staveley		-	2035	-	2215	-	-	-	-	-	
Burneside		-	2045	-	2225	-	-	-	-	-	
Kendal		-	2055	-	2235	-	-	-	-	-	
Oxenholme Lake District	a	-	2110	-	2250	-	-	-	-	-	
Oxenholme Lake District	d	-	-	-	-	-	-	-	-	-	
Lancaster	a	2050	-	2148	-	-	-	-	-	-	
Lancaster	d	2051	-	2220	-	-	-	-	-	-	
Preston	a	2111	-	2238	-	-	-	-	-	-	
Chorley	a	2123	-	-	-	-	-	-	-	-	
Bolton	a	2135	-	-	-	-	-	-	-	-	
Manchester Oxford Road	a	2150	-	2319p	-	-	-	-	-	-	
Manchester Piccadilly	a	2154	-	2323p	-	-	-	-	-	-	
Manchester Airport	a	2213	-	2342p	-	-	-	-	-	-	

Notes

p Change at Preston

x Stops on request.

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

Lancaster - Barrow - Carlisle

Mondays to Saturdays

Manchester Airport	d	-	-	-	-	-	-	0529	-	0603
Manchester Piccadilly		-	-	-	-	0457	-	0549	-	0622
Manchester Oxford Road		-	-	-	-	-	-	0552	-	0626
Deansgate		-	-	-	-	-	-	0555	-	-
Bolton		-	-	-	-	-	-	0608	-	0638
Chorley		-	-	-	-	-	-	0620	-	-
Preston		-	-	-	0518	0536	-	0633	0644	0704
Lancaster	a	-	-	-	0538	0551	-	0651	0658	0719
Lancaster	d	-	-	-	0539	0559	-	0653	0700	0733
Oxenholme Lake District	a	-	-	-	-	0614	-	-	0712	-
Oxenholme Lake District	d	-	-	-	-	0617	-	-	0730	-
Kendal		-	-	-	-	0621	-	-	0734	-
Burneside		-	-	-	-	0625	-	-	0738	-
Staveley		-	-	-	-	0630	-	-	0743	-
Windermere	a	-	-	-	-	0636	-	-	0749	-
Carnforth		-	-	-	0550	-	-	0703	-	0744
Silverdale		-	-	-	0555	-	-	0708	-	0750
Arnside		-	-	-	0600	-	-	0712	-	0754
Grange-over-Sands		-	-	-	0606	-	-	0718	-	0800
Kents Bank		-	-	-	0609	-	-	0722	-	0804
Cark		-	-	-	0613	-	-	0726	-	0808
Ulverston		-	-	-	0622	-	-	0733	-	0816
Dalton		-	-	-	0630	-	-	0742	-	0825
Roose		-	-	-	0636	-	-	0748	-	0831
Barrow-in-Furness	a	-	-	-	0643	-	-	0755	-	0838
Barrow-in-Furness	d	-	-	0558	-	-	0651 0750	-	-	-
Askam		-	-	0608	-	-	0701 0800	-	-	-
Kirkby-in-Furness		-	-	0613	-	-	0706 0804	-	-	-
Foxfield		-	-	0618	-	-	0711 0809	-	-	-
Green Road		-	-	0622	-	-	0715 0813	-	-	-
Millom	a	-	-	0627	-	-	0719 0818	-	-	-
Millom	d	-	-	0627	-	-	0720 0818	-	-	-
Silecroft		-	-	0633	-	-	0725 0823	-	-	-
Bootle (Cumbria)		-	-	0640	-	-	0732 0830	-	-	-
Ravenglass		-	-	0647	-	-	0739 0837	-	-	-
Drigg		-	-	0651	-	-	0743 0840	-	-	-
Seascale		-	-	0656	-	-	0747 0845	-	-	-
Sellafield		-	-	0700	-	-	0753 0849	-	-	-
Braystones		-	-	-	-	-	07x57	-	-	-
Nethertown		-	-	-	-	-	07x59	-	-	-
St. Bees		-	-	0714	-	-	0805 0900	-	-	-
Corkickle		-	-	0720	-	-	0811 0905	-	-	-
Whitehaven	a	-	-	0722	-	-	0814 0908	-	-	-
Whitehaven	d	-	0629	0724	-	-	0816 0909	-	-	-
Parton		-	0633	0728	-	-	0820 0913	-	-	-
Harrington		-	0642	0738	-	-	0829 0922	-	-	-
Workington		0549	0648	0746	-	-	0834 0928	-	-	-
Flimby		0554	0653	0751	-	-	0840 0933	-	-	-
Maryport		0558	0657	0755	-	-	0843 0937	-	-	-
Aspatria		0609	0707	0806	-	-	0854 0948	-	-	-
Wigton		0619	0718	0816	-	-	0904 0958	-	-	-
Dalston		0628	0727	0825	-	-	0913 1007	-	-	-
Carlisle	a	0639	0738	0836	-	-	0924 1018	-	-	-

Notes

x Stops on request.

Lancaster - Barrow - Carlisle

Mondays to Saturdays

					SX	SO			SX	SO	
Manchester Airport	d	0704	-	-	0729	0729	-	-	0829	0829	-
Manchester Piccadilly		0721	-	-	0750	0750	-	-	0850	0850	-
Manchester Oxford Road		0725	-	-	0753	0753	-	-	0853	0853	-
Deansgate		-	-	-	0756	0756	-	-	0856	0856	-
Bolton		-	-	-	0808	0808	-	-	0909	0909	-
Chorley		-	-	-	0820	0820	-	-	0921	0921	-
Preston		0800	0754	-	0834	0842	-	-	0945	0945	0954
Lancaster	a	0815	0808	-	0851	0859	-	-	1002	1002	1008
Lancaster	d	0821	0809	-	0851	0900	-	-	1003	1003	1014
Oxenholme Lake District	a	-	0822	-	-	-	-	-	1019	1032	-
Oxenholme Lake District	d	-	0829	-	-	-	0932	-	1021	1033	-
Kendal		-	0833	-	-	-	0936	-	1025	1037	-
Burneside		-	0837	-	-	-	0940	-	1029	1041	-
Staveley		-	0842	-	-	-	0945	-	1034	1046	-
Windermere	a	-	0848	-	-	-	0951	-	1041	1053	-
Carnforth		0832	-	-	0901	0910	-	-	-	-	1024
Silverdale		0838	-	-	0906	0915	-	-	-	-	1030
Arnside		0842	-	-	0910	0920	-	-	-	-	1034
Grange-over-Sands		0848	-	-	0916	0925	-	-	-	-	1040
Kents Bank		-	-	-	0920	0929	-	-	-	-	1044
Cark		0854	-	-	0924	0933	-	-	-	-	1048
Ulverston		0902	-	-	0931	0940	-	-	-	-	1056
Dalton		0910	-	-	0940	0949	-	-	-	-	1104
Roose		-	-	-	0947	0955	-	-	-	-	1110
Barrow-in-Furness	a	0922	-	-	0953	1001	-	-	-	-	1118
Barrow-in-Furness	d	-	-	0928	-	-	-	1020	-	-	1119
Askam		-	-	0938	-	-	-	1030	-	-	1130
Kirkby-in-Furness		-	-	0942	-	-	-	1034	-	-	1134
Foxfield		-	-	0947	-	-	-	1039	-	-	1139
Green Road		-	-	0951	-	-	-	1043	-	-	1143
Millom	a	-	-	0956	-	-	-	1047	-	-	1147
Millom	d	-	-	0956	-	-	-	1048	-	-	1148
Silecroft		-	-	1001	-	-	-	1053	-	-	1153
Bootle (Cumbria)		-	-	1009	-	-	-	1100	-	-	1200
Ravenglass		-	-	1016	-	-	-	1106	-	-	1206
Drigg		-	-	1019	-	-	-	1110	-	-	1210
Seascale		-	-	1024	-	-	-	1114	-	-	1214
Sellafield		-	-	1032	-	-	-	1118	-	-	1217
Braystones		-	-	-	-	-	-	11x22	-	-	-
Nethertown		-	-	-	-	-	-	11x24	-	-	-
St. Bees		-	-	1042	-	-	-	1134	-	-	1227
Corkickle		-	-	1047	-	-	-	1140	-	-	1233
Whitehaven	a	-	-	1050	-	-	-	1143	-	-	1235
Whitehaven	d	-	-	1051	-	-	-	1145	-	-	1237
Parton		-	-	1055	-	-	-	1149	-	-	1241
Harrington		-	-	1104	-	-	-	1158	-	-	-
Workington		-	-	1110	-	-	-	1203	-	-	1254
Flimby		-	-	1115	-	-	-	1209	-	-	-
Maryport		-	-	1119	-	-	-	1213	-	-	1302
Aspatria		-	-	1130	-	-	-	1223	-	-	1313
Wigton		-	-	1140	-	-	-	1233	-	-	1323
Dalston		-	-	1149	-	-	-	1242	-	-	-
Carlisle	a	-	-	1200	-	-	-	1253	-	-	1341

Notes

x Stops on request.

SO Saturdays only.

SX Mondays to Fridays only.

Lancaster - Barrow - Carlisle

Mondays to Saturdays

								SO	SX		
Manchester Airport	d	0929	-	-	1029	-	-	1129	1129	-	-
Manchester Piccadilly		0950	-	-	1050	-	-	1150	1150	-	-
Manchester Oxford Road		0953	-	-	1053	-	-	1153	1153	-	-
Deansgate		0956	-	-	1056	-	-	1156	1156	-	-
Bolton		1008	-	-	1108	-	-	1208	-	-	-
Chorley		1020	-	-	1120	-	-	1220	-	-	-
Preston		1033	1042	-	1144	-	-	1245	1246	1254	-
Lancaster	a	1050	1056	-	1202	-	-	1302	1303	1308	-
Lancaster	d	1051	1057	-	1202	-	-	1303	1304	1319	-
Oxenholme Lake District	a	-	1110	-	-	-	-	1332	1332	-	-
Oxenholme Lake District	d	-	1121	-	-	-	1239	1334	1334	-	-
Kendal		-	1125	-	-	-	1243	1338	1338	-	-
Burneside		-	1129	-	-	-	1247	1342	1342	-	-
Staveley		-	1134	-	-	-	1252	1347	1347	-	-
Windermere	a	-	1140	-	-	-	1258	1354	1354	-	-
Carnforth		1101	-	-	1212	-	-	-	-	1329	-
Silverdale		1106	-	-	1217	-	-	-	-	1334	-
Arnside		1110	-	-	1221	-	-	-	-	1339	-
Grange-over-Sands		1116	-	-	1227	-	-	-	-	1345	-
Kents Bank		1120	-	-	1230	-	-	-	-	1348	-
Cark		1124	-	-	1234	-	-	-	-	1352	-
Ulverston		1131	-	-	1242	-	-	-	-	1401	-
Dalton		1140	-	-	1250	-	-	-	-	1409	-
Roose		1146	-	-	1256	-	-	-	-	1415	-
Barrow-in-Furness	a	1154	-	-	1302	-	-	-	-	1422	-
Barrow-in-Furness	d	-	-	1205	-	1313	-	-	-	1424	1449
Askam		-	-	1215	-	1323	-	-	-	1434	1459
Kirkby-in-Furness		-	-	1219	-	1327	-	-	-	1438	1503
Foxfield		-	-	1224	-	1332	-	-	-	1443	1508
Green Road		-	-	1228	-	1336	-	-	-	1447	1512
Millom	a	-	-	1232	-	1340	-	-	-	1451	1516
Millom	d	-	-	1233	-	1341	-	-	-	1452	1517
Silecroft		-	-	1238	-	1346	-	-	-	1457	1522
Bootle (Cumbria)		-	-	1245	-	1353	-	-	-	1504	1529
Ravenglass		-	-	1251	-	1400	-	-	-	1510	1535
Drigg		-	-	1255	-	1403	-	-	-	1514	1539
Seascale		-	-	1259	-	1407	-	-	-	1518	1543
Sellafield		-	-	1303	-	1411	-	-	-	1522	1547
Braystones		-	-	13x06	-	14x15	-	-	-	-	-
Nethertown		-	-	13x09	-	14x17	-	-	-	-	-
St. Bees		-	-	1328	-	1429	-	-	-	1532	1603
Corkickle		-	-	1334	-	1434	-	-	-	1537	1609
Whitehaven	a	-	-	1336	-	1437	-	-	-	1540	1611
Whitehaven	d	-	-	1338	-	1438	-	-	-	1541	1613
Parton		-	-	1342	-	1442	-	-	-	1545	1617
Harrington		-	-	1351	-	1451	-	-	-	1554	1626
Workington		-	-	1356	-	1457	-	-	-	1600	1633
Flimby		-	-	1402	-	1502	-	-	-	1605	1638
Maryport		-	-	1406	-	1506	-	-	-	1609	1643
Aspatria		-	-	1416	-	1517	-	-	-	1620	1654
Wigton		-	-	1427	-	1527	-	-	-	1630	1705
Dalston		-	-	1436	-	1536	-	-	-	1639	1714
Carlisle	a	-	-	1450	-	1547	-	-	-	1651	1725

Notes

x Stops on request.

SO Saturdays only.

SX Mondays to Fridays only.

Lancaster - Barrow - Carlisle

Mondays to Saturdays

		SX	SO				SO	SX	SX	
Manchester Airport	d	1229	1229	1304	-	1329	1404	-	-	1429
Manchester Piccadilly		1250	1250	1321	-	1350	1421	-	-	1450
Manchester Oxford Road		1253	1253	1324	-	1353	1424	-	-	1453
Deansgate		1256	1256	-	-	1356	-	-	-	1456
Bolton		-	1309	1338	-	1408	1439	-	-	1508
Chorley		-	1322	-	-	1420	-	-	-	1520
Preston		1346	1346	1405	-	1445	1503	-	-	1533
Lancaster	a	1403	1403	1420	-	1502	1518	-	-	1550
Lancaster	d	1404	1404	1421	-	1503	1519	-	-	1551
Oxenholme Lake District	a	-	-	1434	-	-	1532	-	-	1630
Oxenholme Lake District	d	-	-	1439	-	-	1537	-	-	1632
Kendal		-	-	1443	-	-	1541	-	-	1636
Burneside		-	-	-	-	-	1545	-	-	1640
Staveley		-	-	-	-	-	1550	-	-	1645
Windermere	a	-	-	1456	-	-	1556	-	-	1652
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	-	1615
Askam		-	-	-	1554	-	-	1621	-	1625
Kirkby-in-Furness		-	-	-	1558	-	-	1625	-	1630
Foxfield		-	-	-	1603	-	-	1630	-	1634
Green Road		-	-	-	1607	-	-	1634	-	1638
Millom	a	-	-	-	1611	-	-	1638	-	1643
Millom	d	-	-	-	1612	-	-	1639	-	1643
Silecroft		-	-	-	1617	-	-	1644	-	1648
Bootle (Cumbria)		-	-	-	1624	-	-	1651	-	1655
Ravenglass		-	-	-	1630	-	-	1657	-	1702
Drigg		-	-	-	1634	-	-	1701	-	1705
Seascale		-	-	-	1638	-	-	1705	-	1709
Sellafield		-	-	-	1642	-	-	1708	-	1714
Braystones		-	-	-	-	-	-	17x12	-	-
Nethertown		-	-	-	-	-	-	17x14	-	-
St. Bees		-	-	-	1652	-	-	1720	-	-
Corkickle		-	-	-	1657	-	-	1725	-	-
Whitehaven	a	-	-	-	1700	-	-	1729	-	-
Whitehaven	d	-	-	-	1701	-	-	1730	1750	-
Parton		-	-	-	1705	-	-	1735	1754	-
Harrington		-	-	-	1714	-	-	1744	1803	-
Workington		-	-	-	1720	-	-	1749	1808	-
Flimby		-	-	-	1725	-	-	1755	1814	-
Maryport		-	-	-	1729	-	-	1759	1818	-
Aspatria		-	-	-	1739	-	-	1809	1828	-
Wigton		-	-	-	1749	-	-	1820	1838	-
Dalston		-	-	-	1759	-	-	1829	1847	-
Carlisle	a	-	-	-	1810	-	-	1841	1858	-

Notes

x Stops on request.

SO Saturdays only.

SX Mondays to Fridays only.

Lancaster - Barrow - Carlisle

Mondays to Saturdays

							SO	SX	SX	SO
Manchester Airport	d	-	1529	-	-	1604	1629	-	-	1704 1704
Manchester Piccadilly		-	1550	-	-	1621	1650	-	-	1721 1721
Manchester Oxford Road		-	1553	-	-	1625	1653	-	-	1724 1724
Deansgate		-	1556	-	-	-	1656	-	-	- -
Bolton		-	1608	-	-	-	1708	-	-	- -
Chorley		-	1620	-	-	-	1720	-	-	- -
Preston		1541	1633	-	1701	1704	1734	-	-	1803 1803
Lancaster	a	1555	1651	-	1716	1721	1751	-	-	1819 1818
Lancaster	d	1601	1652	-	1727	1722	1751	-	-	1836 1836
Oxenholme Lake District	a	-	-	-	-	1735	-	-	-	- -
Oxenholme Lake District	d	-	-	-	-	1742	-	-	-	- -
Kendal		-	-	-	-	1746	-	-	-	- -
Burneside		-	-	-	-	1750	-	-	-	- -
Staveley		-	-	-	-	1755	-	-	-	- -
Windermere	a	-	-	-	-	1801	-	-	-	- -
Carnforth		1611	1701	-	1737	-	1801	-	-	1846 1846
Silverdale		1617	1706	-	1742	-	1806	-	-	1852 1852
Arnside		1622	1711	-	1747	-	1810	-	-	1856 1856
Grange-over-Sands		1628	1716	-	1753	-	1816	-	-	1902 1902
Kents Bank		1632	1720	-	1756	-	1819	-	-	1906 1906
Cark		1637	1724	-	1800	-	1824	-	-	1910 1910
Ulverston		1645	1732	-	1808	-	1831	-	-	1918 1918
Dalton		1654	1740	-	1816	-	1840	-	-	1926 1926
Roose		1700	1746	-	1822	-	1846	-	-	1932 1932
Barrow-in-Furness	a	1709	1753	-	1830	-	1852	-	-	1940 1940
Barrow-in-Furness	d	1716	-	1807	-	-	-	1857 1912	-	1944
Askam		1726	-	1817	-	-	-	1907 1922	-	1954
Kirkby-in-Furness		1731	-	1821	-	-	-	1911 1926	-	1958
Foxfield		1735	-	1826	-	-	-	1916 1931	-	2003
Green Road		1739	-	1830	-	-	-	1920 1935	-	2007
Millom	a	1744	-	1834	-	-	-	1924 1939	-	2011
Millom	d	1744	-	1835	-	-	-	1924 1940	-	2011
Silecroft		1749	-	-	-	-	-	1929 1945	-	2016
Bootle (Cumbria)		1756	-	-	-	-	-	1936 1952	-	2023
Ravenglass		1803	-	1850	-	-	-	1942 1958	-	2030
Drigg		1806	-	1853	-	-	-	1946 2001	-	2033
Seascale		1810	-	1857	-	-	-	1950 2005	-	2037
Sellafield		1814	-	1901	-	-	-	1953 2011	-	2041
Braystones		-	-	-	-	-	-	20x14	-	20x44
Nethertown		-	-	-	-	-	-	20x17	-	20x47
St. Bees		1828	-	1913	-	-	-	2003 2027	-	2052
Corkickle		1834	-	1918	-	-	-	2008 2033	-	2057
Whitehaven	a	1836	-	1921	-	-	-	2011 2035	-	2101
Whitehaven	d	1838	-	1922	-	-	-	2012 2037	-	2102
Parton		1842	-	1926	-	-	-	2017 2041	-	2106
Harrington		1851	-	1935	-	-	-	2026 2050	-	2115
Workington		1856	-	1943	-	-	-	2035 2055	-	2121
Flimby		1902	-	1948	-	-	-	2040 2101	-	2126
Maryport		1906	-	1953	-	-	-	2044 2105	-	2129
Aspatria		1916	-	2003	-	-	-	2055 2115	-	-
Wigton		1926	-	2014	-	-	-	2105 2125	-	-
Dalston		1935	-	2023	-	-	-	2115 2134	-	-
Carlisle	a	1946	-	2034	-	-	-	2126 2145	-	-

Notes

x Stops on request.

SO Saturdays only.

SX Mondays to Fridays only.

Lancaster - Barrow - Carlisle

Mondays to Saturdays

			SX		SX	SO	SX	SO	SX	SO	
Manchester Airport	d	-	-	1729	-	-	-	-	1829	1829	-
Manchester Piccadilly		-	-	1750	-	-	-	-	1850	1850	-
Manchester Oxford Road		-	-	1753	-	-	-	-	1853	1853	-
Deansgate		-	-	1756	-	-	-	-	1856	1856	-
Bolton		-	-	1808	-	-	-	-	1909	1909	-
Chorley		-	-	1823	-	-	-	-	1921	1921	-
Preston		1753	-	1844	-	-	-	-	1934	1945	1942
Lancaster	a	1808	-	1902	-	-	-	-	1951	2002	1958
Oxenholme Lake District	a	1823	-	1919	-	-	-	-	-	-	2010
Oxenholme Lake District	d	1830	-	1921	-	-	-	-	-	-	2018
Kendal		1834	-	1925	-	-	-	-	-	-	2022
Burneside		1838	-	1929	-	-	-	-	-	-	2026
Staveley		1843	-	1934	-	-	-	-	-	-	2031
Windermere	a	1849	-	1941	-	-	-	-	-	-	2037
Carnforth		-	-	-	1923	1923	-	-	2001	2013	-
Silverdale		-	-	-	1929	1929	-	-	2006	2018	-
Arnside		-	-	-	1933	1933	-	-	2010	2023	-
Grange-over-Sands		-	-	-	1939	1939	-	-	2016	2028	-
Kents Bank		-	-	-	1943	1943	-	-	2020	2032	-
Cark		-	-	-	1947	1947	-	-	2024	2036	-
Ulverston		-	-	-	1955	1955	-	-	2031	2043	-
Dalton		-	-	-	2003	2003	-	-	2040	2052	-
Roose		-	-	-	2009	2009	-	-	2046	2058	-
Barrow-in-Furness	a	-	-	-	2017	2017	-	-	2053	2104	-
Barrow-in-Furness	d	-	1947	-	2018	2018	-	-	-	-	-
Askam		-	1957	-	2028	2028	-	-	-	-	-
Kirkby-in-Furness		-	2001	-	2033	2033	-	-	-	-	-
Foxfield		-	2006	-	2037	2038	-	-	-	-	-
Green Road		-	2010	-	2041	2042	-	-	-	-	-
Millom	a	-	2015	-	2046	2047	-	-	-	-	-
Millom	d	-	-	-	2046	-	-	-	-	-	-
Silecroft		-	-	-	2051	-	-	-	-	-	-
Bootle (Cumbria)		-	-	-	2058	-	-	-	-	-	-
Ravenglass		-	-	-	2104	-	-	-	-	-	-
Drigg		-	-	-	2108	-	-	-	-	-	-
Seascale		-	-	-	2112	-	-	-	-	-	-
Sellafield		-	-	-	2115	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-	-
St. Bees		-	-	-	2125	-	-	-	-	-	-
Corkickle		-	-	-	2130	-	-	-	-	-	-
Whitehaven	a	-	-	-	2133	-	-	-	-	-	-
Whitehaven	d	-	-	-	2134	-	2209	2209	-	-	-
Parton		-	-	-	2138	-	2213	2213	-	-	-
Harrington		-	-	-	2147	-	2222	2222	-	-	-
Workington		-	-	-	2153	-	2227	2227	-	-	-
Flimby		-	-	-	2158	-	2233	2233	-	-	-
Maryport		-	-	-	2202	-	2236	2236	-	-	-
Aspatria		-	-	-	2212	-	2247	-	-	-	-
Wigton		-	-	-	2222	-	2257	-	-	-	-
Dalston		-	-	-	2231	-	2306	-	-	-	-
Carlisle	a	-	-	-	2242	-	2317	-	-	-	-

Notes

SO Saturdays only.

SX Mondays to Fridays only.

Lancaster - Barrow - Carlisle

Mondays to Saturdays

			SO	SX		SO	SX	SO	SX	
Manchester Airport	d	-	1929	-	-	-	-	-	-	2159
Manchester Piccadilly	-	-	1950	-	-	-	-	-	-	2217
Manchester Oxford Road	-	-	1953	-	-	-	-	-	-	2224
Deansgate	-	-	1956	-	-	-	-	-	-	-
Bolton	-	-	2008	-	-	-	-	-	-	2239
Chorley	-	-	2020	-	-	-	-	-	-	2252
Preston	-	-	2033	2041	2041	-	-	2143	2211	2143 2310
Lancaster	a	-	2050	2055	2055	-	-	2157	2231	2157 2327
Lancaster	d	-	2051	2057	2057	-	-	2209	2231	2158 2328
Oxenholme Lake District	a	-	-	2110	2110	-	-	-	-	2211 -
Oxenholme Lake District	d	-	-	2117	2120	-	2205	-	-	2222 -
Kendal	-	-	-	2121	2124	-	2209	-	-	2226 -
Burneside	-	-	-	2125	2128	-	2213	-	-	2230 -
Staveley	-	-	-	2130	2133	-	2218	-	-	2235 -
Windermere	a	-	-	2136	2139	-	2224	-	-	2241 -
Carnforth	-	-	2100	-	-	-	2219	2242	-	2338
Silverdale	-	-	2106	-	-	-	2225	2247	-	2343
Arnside	-	-	2110	-	-	-	2229	2252	-	2348
Grange-over-Sands	-	-	2116	-	-	-	2235	2258	-	2353
Kents Bank	-	-	2120	-	-	-	2239	2301	-	2357
Cark	-	-	2124	-	-	-	2243	2305	-	0001
Ulverston	-	-	2131	-	-	-	2251	2314	-	0009
Dalton	-	-	2140	-	-	-	2259	2322	-	0017
Roose	-	-	2146	-	-	-	2305	2328	-	0024
Barrow-in-Furness	a	-	2153	-	-	-	2313	2336	-	0030
Barrow-in-Furness	d	2110	-	-	-	2211	-	-	-	-
Askam	-	2120	-	-	-	2221	-	-	-	-
Kirkby-in-Furness	-	2124	-	-	-	2225	-	-	-	-
Foxfield	-	2129	-	-	-	2230	-	-	-	-
Green Road	-	2133	-	-	-	2234	-	-	-	-
Millom	a	2138	-	-	-	2239	-	-	-	-
Millom	d	-	-	-	-	-	-	-	-	-
Silecroft	-	-	-	-	-	-	-	-	-	-
Bootle (Cumbria)	-	-	-	-	-	-	-	-	-	-
Ravenglass	-	-	-	-	-	-	-	-	-	-
Drigg	-	-	-	-	-	-	-	-	-	-
Seascale	-	-	-	-	-	-	-	-	-	-
Sellafield	-	-	-	-	-	-	-	-	-	-
Braystones	-	-	-	-	-	-	-	-	-	-
Nethertown	-	-	-	-	-	-	-	-	-	-
St. Bees	-	-	-	-	-	-	-	-	-	-
Corkickle	-	-	-	-	-	-	-	-	-	-
Whitehaven	a	-	-	-	-	-	-	-	-	-
Whitehaven	d	-	-	-	-	-	-	-	-	-
Parton	-	-	-	-	-	-	-	-	-	-
Harrington	-	-	-	-	-	-	-	-	-	-
Workington	-	-	-	-	-	-	-	-	-	-
Flimby	-	-	-	-	-	-	-	-	-	-
Maryport	-	-	-	-	-	-	-	-	-	-
Aspatria	-	-	-	-	-	-	-	-	-	-
Wigton	-	-	-	-	-	-	-	-	-	-
Dalston	-	-	-	-	-	-	-	-	-	-
Carlisle	a	-	-	-	-	-	-	-	-	-

Notes

SO Saturdays only.

SX Mondays to Fridays only.

Lancaster - Barrow - Carlisle

Sundays

Manchester Airport	d	-	-	-	-	-	-	0936	-	-
Manchester Piccadilly		-	-	-	-	-	-	0955	-	-
Manchester Oxford Road		-	-	-	-	-	-	0958	-	-
Bolton		-	-	-	-	0909	-	1012	-	-
Chorley		-	-	-	-	0921	-	1024	-	-
Preston		-	-	-	-	0948	-	1039	-	-
Lancaster	a	-	-	-	-	1005	-	1056	-	-
Lancaster	d	-	-	-	-	1007	1011	1059	-	-
Oxenholme Lake District	a	-	-	-	-	1022	-	-	-	-
Oxenholme Lake District	d	-	-	-	-	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		-	-	-	-	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

Notes

x Stops on request.

Lancaster - Barrow - Carlisle

Sundays

Manchester Airport	d	1010	-	1110	-	-	-	-	-	1330	-
Manchester Piccadilly		1026	-	1125	-	-	-	-	-	1348	-
Manchester Oxford Road		1030	-	1129	1154	-	-	-	-	1352	-
Bolton		1043	-	1144	1208	-	-	-	-	1408	-
Chorley		-	-	-	1220	-	-	-	-	1420	-
Preston		1108	-	1205	1246	-	-	1341	-	1446	1454
Lancaster	a	1124	-	1220	1303	-	-	1355	-	1503	1508
Lancaster	d	1125	-	1221	1304	1314	-	1357	-	1504	1510
Oxenholme Lake District	a	1138	-	1234	1332	-	-	1409	-	-	1523
Oxenholme Lake District	d	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		-	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	-	-

Notes

x Stops on request.

Lancaster - Barrow - Carlisle

Sundays

		1949		1950		1951		1952		1953	
Manchester Airport	d	1410	1430	-	-	1530	-	-	1630	-	-
Manchester Piccadilly		1426	1448	-	-	1548	-	-	1648	-	-
Manchester Oxford Road		1430	1452	-	-	1552	-	-	1652	-	-
Bolton		1444	1508	-	-	1608	-	-	1708	-	-
Chorley		-	1520	-	-	1620	-	-	1720	-	-
Preston		1505	1558	-	-	1647	1642	-	1746	1754	-
Lancaster	a	1520	1615	-	-	1705	1656	-	1803	1808	-
Lancaster	d	1603	1616	-	-	1707	1658	-	1804	1810	-
Oxenholme Lake District	a	-	1631	-	-	-	1711	-	-	1823	-
Oxenholme Lake District	d	-	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		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	-	-	-	-	-	-

Notes

x Stops on request.

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

Lancaster - Barrow - Carlisle

Sundays

											
Manchester Airport	d	-	-	1830	-	1930	-	-	-	-	-
Manchester Piccadilly		-	-	1848	-	1948	-	-	-	-	-
Manchester Oxford Road		-	-	1852	-	1952	-	-	-	-	-
Bolton		-	-	1908	-	2008	-	-	-	-	-
Chorley		-	-	1920	-	2020	-	-	-	-	-
Preston		-	-	1946	1942	2046	2041	2141	-	-	-
Lancaster	a	-	-	2003	1956	2103	2055	2155	-	-	-
Lancaster	d	1902	-	2004	1958	2105	2057	2220	-	-	-
Oxenholme Lake District	a	-	-	-	2010	-	2109	-	-	-	-
Oxenholme Lake District	d	-	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		-	-	-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-	-
St. Bees		-	-	-	-	-	-	-	-	-	-
Corkickle		-	-	-	-	-	-	-	-	-	-
Whitehaven	a	-	-	-	-	-	-	-	-	-	-
Whitehaven	d	-	-	-	-	-	-	-	-	-	-
Parton		-	-	-	-	-	-	-	-	-	-
Harrington		-	-	-	-	-	-	-	-	-	-
Workington		-	-	-	-	-	-	-	-	-	-
Flimby		-	-	-	-	-	-	-	-	-	-
Maryport		-	-	-	-	-	-	-	-	-	-
Aspatria		-	-	-	-	-	-	-	-	-	-
Wigton		-	-	-	-	-	-	-	-	-	-
Dalston		-	-	-	-	-	-	-	-	-	-
Carlisle	a	-	-	-	-	-	-	-	-	-	-

Notes

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

Useful contact details



Fares and service information

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



Customer helpline

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



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



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



Access or disabled information and assistance

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



Lost property

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

Correspondence

Customer Experience Centre
Freepost NORTHERN RAILWAY



British Transport Police

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

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

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