

Train times

6 October - 13 December 2025

6

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



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

How to read this timetable

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

Minimum connection times

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

Community Rail Partnerships and community groups

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

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

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

Carlisle	d	-	-	0902	-	-	1013	1108	-	-	1209
Dalston	d	-	-	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

			M									
					SO	SX	SO	SX	SX	SO	SO	
	Carlisle	d	-	-	1751	-	-	-	-	-	1846	
	Dalston	-	-	-	1759	-	-	-	-	-	1854	
	Wigton	-	-	-	1808	-	-	-	-	-	1904	
	Aspatria	-	-	-	1819	-	-	-	-	-	1914	
	Maryport	-	-	-	1830	-	-	-	-	-	1926	
	Flimby	-	-	-	1834	-	-	-	-	-	1929	
	Workington	-	-	-	1841	-	-	-	-	-	1936	
	Harrington	-	-	-	1845	-	-	-	-	-	1941	
	Parton	-	-	-	1854	-	-	-	-	-	1950	
	Whitehaven	a	-	-	1859	-	-	-	-	-	1956	
	Whitehaven	d	-	-	1900	-	-	-	-	-	-	
	Corkickle	-	-	-	1903	-	-	-	-	-	-	
	St. Bees	-	-	-	1916	-	-	-	-	-	-	
	Nethertown	-	-	-	-	-	-	-	-	-	-	
	Braystones	-	-	-	-	-	-	-	-	-	-	
	Sellafield	-	-	-	1927	-	-	-	-	-	-	
	Seascale	-	-	-	1931	-	-	-	-	-	-	
	Drigg	-	-	-	1935	-	-	-	-	-	-	
	Ravenglass	-	-	-	1939	-	-	-	-	-	-	
	Bootle (Cumbria)	-	-	-	1946	-	-	-	-	-	-	
	Silecroft	-	-	-	1953	-	-	-	-	-	-	
	Millom	a	-	-	1958	-	-	-	-	-	-	
	Millom	d	-	-	2001	-	-	-	2029	2059	-	
	Green Road	-	-	-	2006	-	-	-	2033	-	-	
	Foxfield	-	-	-	2010	-	-	-	2037	2106	-	
	Kirkby-in-Furness	-	-	-	2015	-	-	-	2042	-	-	
	Askam	-	-	-	2020	-	-	-	2047	2115	-	
	Barrow-in-Furness	a	-	-	2036	-	-	-	2101	2129	-	
	Barrow-in-Furness	d	-	-	1945	-	2042	2045	-	-	-	
	Roose	-	-	-	1949	-	2046	2049	-	-	-	
	Dalton	-	-	-	1955	-	2052	2055	-	-	-	
	Ulverston	-	-	-	2004	-	2101	2104	-	-	-	
	Cark	-	-	-	2011	-	2108	2111	-	-	-	
	Kents Bank	-	-	-	2015	-	2112	2115	-	-	-	
	Grange-over-Sands	-	-	-	2019	-	2116	2119	-	-	-	
	Arnside	-	-	-	2024	-	2123	2125	-	-	-	
	Silverdale	-	-	-	2028	-	2127	2130	-	-	-	
	Camforth	-	-	-	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

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

Notes

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

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

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
Arnside		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	-	-	-	-	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	-	-	-	-	-
Arnside	-	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

Lancaster - Barrow - Carlisle

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
Oxenholme Lake District	d	-	-	0539	0559	-	-	0653	0700	0733
Oxenholme Lake District	a	-	-	-	0614	-	-	-	0712	-
Kendal	-	-	-	-	0617	-	-	-	0730	-
Burneside	-	-	-	-	0621	-	-	-	0734	-
Staveley	-	-	-	-	0625	-	-	-	0738	-
Windermere	a	-	-	-	0630	-	-	-	0743	-
Carnforth	-	-	-	0550	-	-	-	0703	-	0744
Silverdale	-	-	-	0555	-	-	-	0708	-	0750
Arnsdale	-	-	-	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.

Mondays to Saturdays

Manchester Airport	d	0704	-	-	0729	0729	-	-	SX	SO	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	-	-
Oxenholme Lake District	d	0821	0809	-	0851	0900	-	-	1003	1003	1014	-	-
Oxenholme Lake District	a	-	0822	-	-	-	-	-	1019	1032	-	-	-
Kendal	-	-	0829	-	-	-	-	-	1021	1033	-	-	-
Burneside	-	-	0833	-	-	-	-	-	1025	1037	-	-	-
Staveley	-	-	0837	-	-	-	-	-	1029	1041	-	-	-
Windermere	a	-	0842	-	-	-	-	-	1034	1046	-	-	-
Carnforth	-	0832	-	-	0901	0910	-	-	-	-	1024	-	-
Silverdale	-	0838	-	-	0906	0915	-	-	-	-	1030	-	-
Arnsdale	-	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.

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		-	-	1306	-	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	1721	-	-

Lancaster - Barrow - Carlisle

Lancaster - Barrow - Carlisle

Lancaster - Barrow - Carlisle

Mondays to Saturdays

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

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

Mondays to Saturdays

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

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

Mondays to Saturdays

	SX	SX	SO	SX	SO	SX	SO
Manchester Airport	d	-	-	1729	-	-	1829
Manchester Piccadilly		-	-	1750	-	-	1850
Manchester Oxford Road		-	-	1753	-	-	1853
Deansgate		-	-	1756	-	-	1856
Bolton		-	-	1808	-	-	1909
Chorley		-	-	1823	-	-	1921
Preston		1753	-	1844	-	-	1934
Lancaster	a	1808	-	1902	-	-	1951
Lancaster	d	1810	-	1902	1913	1913	-
Oxenholme Lake District	a	1823	-	1919	-	-	-
Oxenholme Lake District	d	1830	-	1921	-	-	-
Kendal		1834	-	1925	-	-	-
Burneside		1838	-	1929	-	-	-
Staveley		1843	-	1934	-	-	-
Windermere	a	1849	-	1941	-	-	-
Carnforth		-	-	1923	1923	-	2001
Silverdale		-	-	1929	1929	-	2006
Arnsdale		-	-	1933	1933	-	2010
Grange-over-Sands		-	-	1939	1939	-	2016
Kents Bank		-	-	1943	1943	-	2020
Cark		-	-	1947	1947	-	2024
Ulverston		-	-	1955	1955	-	2031
Dalton		-	-	2003	2003	-	2040
Roose		-	-	2009	2009	-	2046
Barrow-in-Furness	a	-	-	2017	2017	-	2053
Barrow-in-Furness	d	-	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
Parton		-	-	-	2138	-	2213
Harrington		-	-	-	2147	-	2222
Workington		-	-	-	2153	-	2227
Flimby		-	-	-	2158	-	2233
Maryport		-	-	-	2202	-	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

Lancaster - Barrow - Carlisle

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.

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.

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	-</

Useful contact details

Sundays

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	-	-
Arnsdale		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		1818	-	-	-	-	-	-	-	-	-
Nethertown		1820	-	-	-	-	-	-	-	-	-
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.

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	-	-	-
Arnsdale		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.



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**



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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