

Train times

6

14 December 2025 - 16 May 2026

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

			SO	SX							
Carlisle	d	-	-	-	-	-	-	-	-		
Dalston	-	-	-	-	-	-	-	-	-		
Wigton	-	-	-	-	-	-	-	-	-		
Aspatia	-	-	-	-	-	-	-	-	-		
Maryport	-	-	-	-	-	-	-	-	0548		
Flimby	-	-	-	-	-	-	-	-	0551		
Workington	-	-	-	-	-	-	-	-	0558		
Harrington	-	-	-	-	-	-	-	-	0603		
Parton	-	-	-	-	-	-	-	-	0612		
Whitehaven	a	-	-	-	-	-	-	-	0616		
Whitehaven	d	-	-	-	-	-	-	-	0618		
Corkickle	-	-	-	-	-	-	-	-	0620		
St. Bees	-	-	-	-	-	-	-	-	0627		
Nethertown	-	-	-	-	-	-	-	-	06x31		
Braystones	-	-	-	-	-	-	-	-	06x34		
Sellafield	-	-	-	-	-	-	-	-	0639		
Seascale	-	-	-	-	-	-	-	-	0643		
Drigg	-	-	-	-	-	-	-	-	0647		
Ravenglass	-	-	-	-	-	-	-	-	0650		
Bootle (Cumbria)	-	-	-	-	-	-	-	-	0657		
Silecroft	-	-	-	-	-	-	-	-	0704		
Millom	a	-	-	-	-	-	-	-	0709		
Millom	d	-	-	-	0610	-	-	-	0709		
Green Road	-	-	-	-	0614	-	-	-	0714		
Foxfield	-	-	-	-	0618	-	-	-	0718		
Kirkby-in-Furness	-	-	-	-	0623	-	-	-	0722		
Askam	-	-	-	-	0628	-	-	-	0727		
Barrow-in-Furness	a	-	-	-	0641	-	-	-	0741		
Barrow-in-Furness	d	0458	-	0550	0550	0612	-	0650	-	0712	-
Roose	-	-	0554	0554	0616	-	0654	-	0716	-	
Dalton	0507	-	0601	0601	0623	-	0700	-	0722	-	
Ulverston	0516	-	0609	0609	0631	-	0709	-	0730	-	
Cark	-	-	0616	0616	0639	-	0716	-	0738	-	
Kents Bank	-	-	0620	0620	0643	-	0720	-	-	-	
Grange-over-Sands	0528	-	0624	0624	0647	-	0724	-	0744	-	
Arnside	0534	-	0630	0630	0653	-	0729	-	0750	-	
Silverdale	-	-	0634	0634	0658	-	0734	-	0755	-	
Carnforth	0544	-	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	0551	0723	0649	0651	0716	-	0750	0839	0812	-
Lancaster	d	0551	0724	0649	0652	0724	-	0751	0840	0828	-
Preston	a	0610	0742	0707	0711	0742	-	0809	0858	0846	-
Chorley	a	0621	-	0721	0722	-	-	0820	-	-	-
Bolton	a	0634	-	0736	0737	-	-	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	-	-	0552	-	-	0619	0710	-	0807	
Dalston	-	-	0602	-	-	-	0628	0719	-	0816	
Wigton	-	-	0611	-	-	-	0638	0729	-	0826	
Aspatia	-	-	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	-	0921	
St. Bees	-	-	0713	-	-	-	0740	0832	-	0929	
Nethertown	-	-	-	-	-	-	-	-	-	-	
Braystones	-	-	-	-	-	-	-	-	-	-	
Sellafield	-	-	0723	-	-	-	0751	0843	-	0939	
Seascale	-	-	0727	-	-	-	0755	0847	-	0943	
Drigg	-	-	0731	-	-	-	0759	0851	-	0947	
Ravenglass	-	-	0735	-	-	-	0803	0855	-	0951	
Bootle (Cumbria)	-	-	0741	-	-	-	0809	0902	-	0957	
Silecroft	-	-	0748	-	-	-	0816	0909	-	1004	
Millom	a	-	0753	-	-	-	0821	0914	-	1009	
Millom	d	-	0754	-	-	-	0822	0914	-	1010	
Green Road	-	-	0758	-	-	-	0826	0919	-	1014	
Foxfield	-	-	0802	-	-	-	0830	0923	-	1018	
Kirkby-in-Furness	-	-	0807	-	-	-	0835	0928	-	1023	
Askam	-	-	0812	-	-	-	0840	0933	-	1028	
Barrow-in-Furness	a	-	0826	-	-	-	0854	0947	-	1042	
Barrow-in-Furness	d	0748	-	0848	-	-	0958	-	-	-	
Roose	0752	-	0852	-	-	-	1002	-	-	-	
Dalton	0759	-	0859	-	-	-	1008	-	-	-	
Ulverston	0807	-	0907	-	-	-	1017	-	-	-	
Cark	0814	-	0914	-	-	-	1024	-	-	-	
Kents Bank	0818	-	0918	-	-	-	1028	-	-	-	
Grange-over-Sands	0822	-	0922	-	-	-	1032	-	-	-	
Arnside	0828	-	0928	-	-	-	1039	-	-	-	
Silverdale	0832	-	0932	-	-	-	1043	-	-	-	
Carnforth	0839	-	0940	-	-	-	1055	-	-	-	
Windermere	d	-	0852	-	-	0955	1008	-	-	1057	-
Staveley	-	-	-	-	-	1000	1013	-	-	1102	-
Burneside	-	-	-	-	-	1005	1018	-	-	1107	-
Kendal	-	-	0904	-	-	1009	1022	-	-	1111	-
Oxenholme Lake District	a	-	0909	-	-	1014	1027	-	-	1116	-
Oxenholme Lake District	d	-	0925	-	-	1016	1029	-	-	1126	-
Lancaster	a	0846	0938	-	0948	1033	1047	-	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	-	-	0901	-	-	1013	1108	-	-	1210
Dalston	-	-	0910	-	-	-	1022	1116	-	-	1219
Wigton	-	-	0919	-	-	-	1031	1125	-	-	1228
Aspatia	-	-	0930	-	-	-	1042	1136	-	-	1239
Maryport	-	-	0941	-	-	-	1053	1147	-	-	1250
Flimby	-	-	0945	-	-	-	1056	1150	-	-	1253
Workington	-	-	0952	-	-	-	1103	1157	-	-	1300
Harrington	-	-	0956	-	-	-	1108	1201	-	-	1305
Parton	-	-	1005	-	-	-	1117	1210	-	-	1314
Whitehaven	a	-	1010	-	-	-	1121	1215	-	-	1318
Whitehaven	d	-	1011	-	-	-	1123	1216	-	-	1320
Corkickle	-	-	1014	-	-	-	1126	1219	-	-	1322
St. Bees	-	-	1022	-	-	-	1134	1229	-	-	1329
Nethertown	-	-	-	-	-	-	11x38	-	-	-	-
Braystones	-	-	-	-	-	-	11x41	-	-	-	-
Sellafield	-	-	1032	-	-	-	1146	1239	-	-	1340
Seascale	-	-	1036	-	-	-	1150	1242	-	-	1343
Drigg	-	-	1040	-	-	-	1154	1246	-	-	1347
Ravenglass	-	-	1044	-	-	-	1158	1250	-	-	1351
Bootle (Cumbria)	-	-	1051	-	-	-	1204	1256	-	-	1357
Silecroft	-	-	1058	-	-	-	1211	1303	-	-	1404
Millom	a	-	1103	-	-	-	1216	1308	-	-	1409
Millom	d	-	1103	-	-	-	1217	1308	-	-	1410
Green Road	-	-	1108	-	-	-	1221	1313	-	-	1414
Foxfield	-	-	1112	-	-	-	1225	1317	-	-	1418
Kirkby-in-Furness	-	-	1117	-	-	-	1230	1321	-	-	1423
Askam	-	-	1123	-	-	-	1235	1326	-	-	1428
Barrow-in-Furness	a	-	1137	-	-	-	1249	1340	-	-	1442
Barrow-in-Furness	d	1049	-	1151	-	1251	-	1352	-	-	-
Roose	1053	-	1155	-	1255	-	-	1356	-	-	-
Dalton	1100	-	1202	-	1301	-	-	1403	-	-	-
Ulverston	1108	-	1210	-	1309	-	-	1411	-	-	-
Cark	1115	-	1217	-	1317	-	-	1418	-	-	-
Kents Bank	1119	-	1221	-	1321	-	-	1422	-	-	-
Grange-over-Sands	1123	-	1225	-	1325	-	-	1426	-	-	-
Arnside	1129	-	1231	-	1331	-	-	1432	-	-	-
Silverdale	1133	-	1235	-	1336	-	-	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											

Mondays to Saturdays

		SX	SO						
Carlisle	d	-	-	-	1308	1407	-	-	1439
Dalston	-	-	-	-	1317	1416	-	-	1448
Wigton	-	-	-	-	1326	1426	-	-	1458
Aspatria	-	-	-	-	1337	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	-	-	1600
Nethertown	-	-	-	-	-	-	-	-	16x04
Braystones	-	-	-	-	-	-	-	-	16x07
Sellafield	-	-	-	-	1440	1544	-	-	1612
Seascale	-	-	-	-	1444	1548	-	-	1616
Drigg	-	-	-	-	1448	1552	-	-	1620
Ravenglass	-	-	-	-	1452	1555	-	-	1624
Bootle (Cumbria)	-	-	-	-	1458	1602	-	-	1630
Silecroft	-	-	-	-	1505	1609	-	-	1637
Millom	a	-	-	-	1510	1614	-	-	1642
Millom	d	-	-	-	1511	1614	-	-	1643
Green Road	-	-	-	-	1515	1619	-	-	1647
Foxfield	-	-	-	-	1519	1623	-	-	1651
Kirkby-in-Furness	-	-	-	-	1524	1627	-	-	1656
Askam	-	-	-	-	1529	1632	-	-	1701
Barrow-in-Furness	a	-	-	-	1543	1646	-	-	1715
Barrow-in-Furness	d	1447	1447	-	1550	-	1651	-	1719
Roose	-	1451	1451	-	1554	-	1655	-	1723
Dalton	-	1458	1458	-	1600	-	1702	-	1729
Ulverston	-	1506	1506	-	1609	-	1710	-	1737
Cark	-	1513	1513	-	1617	-	1717	-	1745
Kents Bank	-	1517	1517	-	1621	-	1721	-	-
Grange-over-Sands	-	1521	1521	-	1625	-	1725	-	1752
Arnside	-	1527	1527	-	1631	-	1731	-	1758
Silverdale	-	1531	1531	-	1636	-	1735	-	1803
Carnforth	-	1539	1539	-	1644	-	1744	-	1810
Windermere	d	1500	-	-	1600	-	1707	-	1806
Staveley	-	1505	-	-	1605	-	1712	-	1811
Burnside	-	1510	-	-	1610	-	1717	-	1816
Kendal	-	1514	-	-	1614	-	1721	-	1820
Oxenholme Lake District	a	1519	-	-	1619	-	1726	-	1825
Oxenholme Lake District	d	1524	-	-	1628	-	1747	-	1832
Lancaster	a	1538	1546	1546	1644	1653	-	1751	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	-	-	1820
Bolton	a	-	-	-	1634	1734	1806	-	1834
Deansgate	a	-	-	-	1647	1651	1751	-	1851
Manchester Oxford Road	a	-	-	-	1649	1654	1754	1822	-
Manchester Piccadilly	a	-	-	-	1653	1658	1758	1826	-
Manchester Airport	a	-	-	-	1711	1715	1815	1844	-

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

Mondays to Saturdays

			SX	SX	SX	SO	SO			
Carlisle	d	1511	-	-	-	1558	1625	-	1706	
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	-	1631	-	-	-	-	1746	-	1827	
Nethertown	-	-	-	-	-	-	-	-	18x32	
Braystones	-	-	-	-	-	-	-	-	18x34	
Sellafield	-	1641	-	1724	-	-	1757	-	1840	
Seascale	-	1645	-	1727	-	-	1800	-	1843	
Drigg	-	1649	-	1731	-	-	1804	-	-	
Ravenglass	-	1653	-	1735	-	-	1808	-	1849	
Bootle (Cumbria)	-	1700	-	1741	-	-	1814	-	-	
Silecroft	-	1707	-	1748	-	-	1821	-	-	
Millom	a	1712	-	1753	-	-	1826	-	1905	
Millom	d	1712	-	1754	-	-	1826	-	1905	
Green Road	-	1717	-	1758	-	-	1831	-	1910	
Foxfield	-	1721	-	1802	-	-	1835	-	1914	
Kirkby-in-Furness	-	1726	-	1807	-	-	1839	-	1919	
Askam	-	1731	-	1812	-	-	1844	-	1925	
Barrow-in-Furness	a	1745	-	1826	-	-	1858	-	1940	
Barrow-in-Furness	d	1802	-	-	1856	-	-	1903	-	
Roose	-	1806	-	-	1900	-	-	1907	-	
Dalton	-	1812	-	-	1907	-	-	1914	-	
Ulverston	-	1821	-	-	1915	-	-	1922	-	
Cark	-	1828	-	-	1922	-	-	1929	-	
Kents Bank	-	1832	-	-	1927	-	-	1934	-	
Grange-over-Sands	-	1836	-	-	1931	-	-	1938	-	
Arnside	-	1842	-	-	1936	-	-	1943	-	
Silverdale	-	1847	-	-	1941	-	-	1948	-	
Carnforth	-	1856	-	-	1951	-	-	1955	-	
Windermere	d	-	-	1855	-	-	-	-	-	
Staveley	-	-	-	1900	-	-	-	-	-	
Burnside	-	-	-	1905	-	-	-	-	-	
Kendal	-	-	-	1909	-	-	-	-	-	
Oxenholme Lake District	a	-	-	1914	-	-	-	-	-	
Oxenholme Lake District	d	-	-	1916	-	-	-	-	-	
Lancaster	a	-	-	1906	1933	-	2027	1958	-	-
Lancaster	d	-	-	1929	1934	-	2028	1959	-	-
Preston	a	-	-	1947	1954	-	2045	2019	-	-
Chorley	a	-	-	-	2020	-	-	-	-	-
Bolton	a	-	-	-	2034	-	2106	2106	-	-
Deansgate	a	-	-	-	2051	-	-	-	-	-
Manchester Oxford Road	a	-	-	2024	2054	-	2122	2122	-	-
Manchester Piccadilly	a	-	-	2028	2058	-	2126	2126	-	-
Manchester Airport	a	-	-	2045	2115	-	2146	2146	-	-

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

Mondays to Saturdays

		M	M	X	Y		X	Y	Y	
		SX	SO	SX	SO	SO	SO	SO	SX	SO
Carlisle	d	-	-	-	-	1750	-	-	-	-
Dalston	-	-	-	-	-	1759	-	-	-	-
Wigton	-	-	-	-	-	1808	-	-	-	-
Aspatria	-	-	-	-	-	1819	-	-	-	-
Maryport	-	-	-	-	-	1830	-	-	-	-
Flimby	-	-	-	-	-	1834	-	-	-	-
Workington	-	-	-	-	-	1841	-	-	-	-
Harrington	-	-	-	-	-	1845	-	-	-	-
Parton	-	-	-	-	-	1854	-	-	-	-
Whitehaven	a	-	-	-	-	1859	-	-	-	-
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	-	-	-	-
Green Road	-	-	-	-	-	2006	-	-	-	-
Foxfield	-	-	-	-	-	2010	-	-	-	-
Kirkby-in-Furness	-	-	-	-	-	2015	-	-	-	-
Askam	-	-	-	-	-	2020	-	-	-	-
Barrow-in-Furness	a	-	-	-	-	2036	-	-	-	-
Barrow-in-Furness	d	1945	1945	-	-	-	2042	2042	2044	-
Roose	-	1949	1949	-	-	-	2046	2046	2048	-
Dalton	-	1955	1955	-	-	-	2052	2052	2054	-
Ulverston	-	2004	2004	-	-	-	2101	2101	2103	-
Cark	-	2011	2011	-	-	-	2108	2108	2110	-
Kents Bank	-	2015	2015	-	-	-	2112	2112	2114	-
Grange-over-Sands	-	2019	2019	-	-	-	2116	2116	2118	-
Arnside	-	2024	2024	-	-	-	2123	2122	2125	-
Silverdale	-	2028	2028	-	-	-	2127	2127	2129	-
Carnforth	-	2038	2042	-	-	-	2135	2134	2138	-
Windermere	d	-	-	2041	2041	2042	-	-	-	2125
Staveley	-	-	-	2046	2046	2047	-	-	-	2135
Burnside	-	-	-	2051	2051	2052	-	-	-	2145
Kendal	-	-	-	2055	2055	2056	-	-	-	2155
Oxenholme Lake District	a	-	-	2100	2100	2101	-	-	-	2210
Oxenholme Lake District	d	-	-	-	-	2103	-	-	-	-
Lancaster	a	2045	2049	-	-	2121	-	2143	2144	2148
Lancaster	d	2048	2050	-	-	-	-	2143	-	2226
Preston	a	2107	2108	-	-	-	-	2205	-	2244
Chorley	a	2120	2120	-	-	-	-	-	-	-
Bolton	a	2134	2134	-	-	-	-	-	-	-
Deansgate	a	-	-	-	-	-	-	-	-	-
Manchester Oxford Road	a	-	-	-	-	-	-	-	-	2321
Manchester Piccadilly	a	-	-	-	-	-	-	-	-	2325
Manchester Airport	a	-	-	-	-	-	-	-	-	2342

Carlisle - Barrow - Lancaster

Sundays

	S	T	S	T
Carlisle d	-	-	0944	- 1022 1040 - 1105
Dalston	-	-	0953	- 1031 1049 - 1114
Wigton	-	-	1002	- 1041 1058 - 1124
Aspatria	-	-	1013	- 1051 1109 - 1134
Maryport	0917	-	1024	1024 1103 1120 - 1146
Flimby	0920	-	-	- 1107 1123 - 1149
Workington	0927	-	1033	1033 1114 1130 - 1156
Harrington	0932	-	-	- 1118 1134 - 1201
Parton	0941	-	1046	1046 1127 1143 - 1210
Whitehaven a	0945	-	1050	1050 1132 1148 - 1214
Whitehaven d	0947	-	1052	1052 1133 1149 - 1216
Corkickle	0949	-	1055	1055 1136 1152 - 1219
St. Bees	0956	-	1102	1102 1142 1158 - 1227
Nethertown	10x00	-	-	- - - - 12x31
Braystones	10x03	-	-	- - - - 12x34
Sellafield	1008	-	1112	1112 1152 1208 - 1239
Seascale	1012	-	1115	1115 1156 1212 - 1243
Drigg	1016	-	1119	1119 1200 1216 - 1247
Ravenglass	1019	-	1123	1123 1203 1219 - 1250
Bootle (Cumbria)	1026	-	1129	1129 1209 1225 - 1257
Silecroft	1033	-	1136	1136 1216 1232 - 1304
Millom a	1038	-	1141	1141 1221 1237 - 1309
Millom d	1038	-	1141	1141 1221 1237 - 1309
Green Road	1043	-	1146	1146 1226 1242 - 1314
Foxfield	1047	-	1150	1150 1230 1246 - 1318
Kirkby-in-Furness	1051	-	1154	1154 1234 1250 - 1322
Askam	1056	-	1159	1159 1239 1255 - 1327
Barrow-in-Furness a	1110	-	1213	1213 1253 1309 - 1341
Barrow-in-Furness d	-	1147	-	- 1255 1317 - -
Roose	-	1151	-	- 1259 1321 - -
Dalton	-	1158	-	- 1305 1327 - -
Ulverston	-	1206	-	- 1313 1335 - -
Cark	-	1213	-	- - - - -
Kents Bank	-	1217	-	- - - - -
Grange-over-Sands	-	1221	-	- 1325 1348 - -
Arnside	-	1227	-	- 1331 1354 - -
Silverdale	-	1231	-	- 1336 1359 - -
Carnforth	-	1240	-	- 1343 1406 - -
Windermere d	- 1224	- 1308	- - - -	- 1359 -
Staveley	- - -	1313	- - - -	- 1404 -
Burnside	- - -	1318	- - - -	- 1409 -
Kendal	- 1236	- 1322	- - - -	- 1413 -
Oxenholme Lake District a	- 1241	- 1327	- - - -	- 1418 -
Oxenholme Lake District d	- 1312	- 1329	- - - -	- 1426 -
Lancaster a	- 1326	1247 1345	- - - -	1352 1417 1439 -
Lancaster d	- 1327	1247 1349	- - - -	- 1441 -
Preston a	- 1344	1305 1407	- - - -	- 1458 -
Chorley a	- -	1320 1420	- - - -	- - - -
Bolton a	- 1405	1334 1434	- - - -	- - - -
Manchester Oxford Road a	- 1420	1350 1452	- - - -	- - - -
Manchester Piccadilly a	- 1424	1354 1456	- - - -	- - - -
Manchester Airport a	- 1442	1416 1514	- - - -	- - - -

Notes
x Stops on request.
S Until 4 January and from 22 February.
T From 11 January until 15 February.

Carlisle - Barrow - Lancaster

Sundays

	W
Carlisle d	- - 1207 - - 1324 - 1400 - -
Dalston	- - 1216 - - 1333 - 1409 - -
Wigton	- - 1226 - - 1342 - 1418 - -
Aspatria	- - 1236 - - 1352 - 1429 - -
Maryport	- - 1248 - - 1403 - 1440 - -
Flimby	- - 1251 - - 1407 - 1444 - -
Workington	- - 1258 - - 1414 - 1451 - -
Harrington	- - 1303 - - 1418 - 1455 - -
Parton	- - 1312 - - 1427 - 1504 - -
Whitehaven a	- - 1316 - - 1432 - 1509 - -
Whitehaven d	- - 1318 - - 1433 - 1510 - -
Corkickle	- - 1321 - - 1436 - 1513 - -
St. Bees	- - 1328 - - 1442 - 1520 - -
Nethertown	- - - - - - - - -
Braystones	- - - - - - - - -
Sellafield	- - 1338 - - 1452 - 1530 - -
Seascale	- - 1342 - - 1456 - 1533 - -
Drigg	- - 1346 - - - - 1537 - -
Ravenglass	- - 1349 - - 1502 - 1541 - -
Bootle (Cumbria)	- - 1356 - - - - 1547 - -
Silecroft	- - 1403 - - - - 1554 - -
Millom a	- - 1408 - - - - 1559 - -
Millom d	- - 1408 - - 1517 - 1600 - -
Green Road	- - 1413 - - - - 1604 - -
Foxfield	- - 1417 - - 1525 - 1608 - -
Kirkby-in-Furness	- - 1421 - - 1529 - 1613 - -
Askam	- - 1426 - - 1534 - 1618 - -
Barrow-in-Furness a	- - 1440 - - 1548 - 1632 - -
Barrow-in-Furness d	1349 - - 1447 - 1550 - - 1646 - -
Roose	1353 - - 1451 - 1554 - - 1650 - -
Dalton	1359 - - 1457 - 1600 - - 1656 - -
Ulverston	1407 - - 1505 - 1608 - - 1705 - -
Cark	1414 - - 1512 - 1616 - - 1712 - -
Kents Bank	1418 - - 1516 - 1620 - - 1716 - -
Grange-over-Sands	1422 - - 1520 - 1624 - - 1720 - -
Arnside	1428 - - 1526 - 1630 - - 1725 - -
Silverdale	1432 - - 1530 - 1635 - - 1729 - -
Carnforth	1439 - - 1537 - 1642 - - 1737 - -
Windermere d	- 1448 - - 1555 - 1659 - - 1800
Staveley	- 1453 - - 1600 - 1704 - - 1805
Burnside	- 1458 - - 1605 - 1709 - - 1810
Kendal	- 1502 - - 1609 - 1713 - - 1814
Oxenholme Lake District a	- 1507 - - 1614 - 1718 - - 1819
Oxenholme Lake District d	- 1514 - - 1616 - 1724 - - 1830
Lancaster a	1446 1528 - 1544 1633 1652 1738 - 1744 1843
Lancaster d	1449 1529 - 1546 1648 - 1739 - 1748 1845
Preston a	1507 1546 - 1605 1706 - 1756 - 1806 1902
Chorley a	1520 - - 1620 1720 - - - 1820 - -
Bolton a	1534 1605 - 1634 1734 - - - 1834 - -
Manchester Oxford Road a	1550 1620 - 1650 1750 - - - 1850 - -
Manchester Piccadilly a	1555 1624 - 1655 1755 - - - 1855 - -
Manchester Airport a	1614 1642 - 1714 1814 - - - 1914 - -

Notes
W From 5 April.

Carlisle - Barrow - Lancaster

Sundays

	V	W	V	W
Carlisle d	1509	- 1615	- - -	1710 - - -
Dalston	1518	- 1624	- - -	1719 - - -
Wigton	1527	- 1633	- - -	1728 - - -
Aspatria	1538	- 1644	- - -	1739 - - -
Maryport	1549	- 1655	- - -	1750 - - -
Flimby	1553	- 1659	- - -	1753 - - -
Workington	1600	- 1706	- - -	1800 - - -
Harrington	1604	- 1710	- - -	1804 - - -
Parton	1613	- 1719	- - -	1813 - - -
Whitehaven a	1618	- 1724	- - -	1818 - - -
Whitehaven d	1619	- 1725	- - -	1819 - - -
Corkickle	1622	- 1728	- - -	1822 - - -
St. Bees	1628	- 1734	- - -	1829 - - -
Nethertown	16x33	- - -	- - -	18x33 - - -
Braystones	16x35	- - -	- - -	18x36 - - -
Sellafield	1641	- 1744	- - -	1841 - - -
Seascale	1644	- 1748	- - -	1844 - - -
Drigg	1648	- 1752	- - -	1848 - - -
Ravenglass	1652	- 1755	- - -	1852 - - -
Bootle (Cumbria)	1659	- 1802	- - -	1858 - - -
Silecroft	1706	- 1809	- - -	1905 - - -
Millom a	1711	- 1814	- - -	1910 - - -
Millom d	1711	- 1814	- - -	1911 - - -
Green Road	1716	- 1819	- - -	1915 - - -
Foxfield	1720	- 1823	- - -	1919 - - -
Kirkby-in-Furness	1724	- 1827	- - -	1924 - - -
Askam	1729	- 1832	- - -	1929 - - -
Barrow-in-Furness a	1743	- 1846	- - -	1943 - - -
Barrow-in-Furness d	1746	- - 1851	- - -	- 1952 - -
Roose	1750	- - 1855	- - -	- 1956 - -
Dalton	1756	- - 1901	- - -	- 2002 - -
Ulverston	1805	- - 1909	- - -	- 2011 - -
Cark	1812	- - 1917	- - -	- 2018 - -
Kents Bank	1816	- - 1921	- - -	- 2022 - -
Grange-over-Sands	1820	- - 1925	- - -	- 2026 - -
Arnside	1827	- - 1931	- - -	- 2031 - -
Silverdale	1832	- - 1935	- - -	- 2035 - -
Carnforth	1842	- - 1943	- - -	- 2043 - -
Windermere d	- 1901	- - 1920 1957	- - 2025	- 2047
Staveley	- 1907	- - 1930 2002	- - 2035	- 2052
Burnside	- 1912	- - 1940 2007	- - 2045	- 2057
Kendal	- 1916	- - 1950 2011	- - 2055	- 2101
Oxenholme Lake District a	- 1921	- - 2005 2016	- - 2110	- 2106
Oxenholme Lake District d	- 1922	- - - - 2023	- - - -	- 2135
Lancaster a	1851 1938	- 1951 - 2037	- - -	2050 2152
Lancaster d	1858 1940	- 1952 - 2038	- - -	2051 2153
Preston a	1915 1959	- 2015 - 2056	- - -	2111 2213
Chorley a	- 2020	- - - -	- - -	- 2122 - -
Bolton a	- 2034	- - - -	- - -	- 2134 2234
Manchester Oxford Road a	- 2050	- - - -	- - -	- 2150 2251
Manchester Piccadilly a	- 2055	- - - -	- - -	- 2154 2256
Manchester Airport a	- 2114	- - - -	- - -	- 2213 2315

Notes
x Stops on request.
V Until 29 March.
W From 5 April.
Bus service - heavy luggage, dogs, bicycles and pushchairs may not be carried.

Carlisle - Barrow - Lancaster

Lancaster - Barrow - Carlisle

Lancaster - Barrow - Carlisle

Sundays

		W				V			
		W	V	W	V	W	V	W	V
Carlisle d	-	-	-	1810	1910	2010	2110	2110	-
Dalston	-	-	-	1819	1919	2019	2119	2125	-
Wigton	-	-	-	1829	1929	2029	2128	2145	-
Aspatria	-	-	-	1839	1939	2039	2139	2205	-
Maryport	-	-	-	1851	1951	2051	2150	2225	-
Flimby	-	-	-	1854	1954	2054	2153	2230	-
Workington	-	-	-	1901	2001	2101	2200	2240	-
Harrington	-	-	-	1906	2006	2106	2205	2250	-
Parton	-	-	-	1915	2015	2115	2214	2300	-
Whitehaven a	-	-	-	1921	2021	2121	2220	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	2046	-	-	-	-	-	-	-	-
Roose	2050	-	-	-	-	-	-	-	-
Dalton	2056	-	-	-	-	-	-	-	-
Ulverston	2105	-	-	-	-	-	-	-	-
Cark	2112	-	-	-	-	-	-	-	-
Kents Bank	2116	-	-	-	-	-	-	-	-
Grange-over-Sands	2120	-	-	-	-	-	-	-	-
Arnside	2126	-	-	-	-	-	-	-	-
Silverdale	2131	-	-	-	-	-	-	-	-
Carnforth	2138	-	-	-	-	-	-	-	-
Windermere d	-	2147	2205	-	-	-	-	-	-
Staveley	-	2152	2215	-	-	-	-	-	-
Burneside	-	2157	2225	-	-	-	-	-	-
Kendal	-	2201	2235	-	-	-	-	-	-
Oxenholme Lake District a	-	2206	2250	-	-	-	-	-	-
Oxenholme Lake District d	-	2217	2250	-	-	-	-	-	-
Lancaster a	-	2148	2233	23s35	-	-	-	-	-
Lancaster d	-	2220	2233	-	-	-	-	-	-
Preston a	-	2238	2251	0015	-	-	-	-	-
Chorley a	-	-	-	-	-	-	-	-	-
Bolton a	-	-	-	-	-	-	-	-	-
Manchester Oxford Road a	-	2319p	-	-	-	-	-	-	-
Manchester Piccadilly a	-	2323p	-	-	-	-	-	-	-
Manchester Airport a	-	2342p	-	-	-	-	-	-	-

Notes
p Change at Preston
V Until 29 March.
W From 5 April.
Bus service - heavy luggage, dogs, bicycles and pushchairs may not be carried.

Monday 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	0634	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	-	0749	-	-	-
Askam	-	0608	-	0701	-	0759	-	-	-
Kirkby-in-Furness	-	0613	-	0706	-	0803	-	-	-
Foxfield	-	0618	-	0711	-	0808	-	-	-
Green Road	-	0622	-	0715	-	0812	-	-	-
Millom a	-	0627	-	0719	-	0817	-	-	-
Millom d	-	0627	-	0720	-	0817	-	-	-
Silecroft	-	0633	-	0725	-	0822	-	-	-
Bootle (Cumbria)	-	0640	-	0732	-	0829	-	-	-
Ravenglass	-	0647	-	0739	-	0836	-	-	-
Drigg	-	0651	-	0743	-	0839	-	-	-
Seascale	-	0656	-	0747	-	0844	-	-	-
Sellafield	-	0700	-	0751	-	0848	-	-	-
Braystones	-	-	-	07x55	-	-	-	-	-
Nethertown	-	-	-	07x57	-	-	-	-	-
St. Bees	-	-	0714	-	0806	-	0900	-	-
Corkickle	-	-	0720	-	0812	-	0905	-	-
Whitehaven a	-	-	0722	-	0814	-	0908	-	-
Whitehaven d	-	0628	0724	-	0816	-	0909	-	-
Parton	-	0632	0728	-	0820	-	0913	-	-
Harrington	-	0641	0738	-	0829	-	0922	-	-
Workington	0547	0647	0746	-	0834	-	0928	-	-
Flimby	0552	0652	0751	-	0840	-	0933	-	-
Maryport	0556	0656	0755	-	0843	-	0937	-	-
Aspatria	0607	0707	0806	-	0854	-	0948	-	-
Wigton	0617	0717	0816	-	0904	-	0958	-	-
Dalston	0626	0726	0825	-	0913	-	1007	-	-
Carlisle a	0637	0737	0836	-	0924	-	1018	-	-

Notes
x Stops on request.

Monday to Saturdays

Manchester Airport d	0704	-	-	SX	SO	-	-	SX	SO	-
Manchester Piccadilly	0721	-	-	0729	0729	-	-	0829	0829	-
Manchester Oxford Road	0725	-	-	0750	0750	-	-	0850	0850	-
Deansgate	-	-	-	0753	0753	-	-	0853	0853	-
Bolton	-	-	-	0756	0756	-	-	0856	0856	-
Chorley	-	-	-	0808	0808	-	-	0908	0908	-
Preston	0800	0754	-	0820	0820	-	-	0920	0920	-
Lancaster a	0815	0808	-	0835	0842	-	-	0945	0945	0954
Lancaster d	0821	0809	-	0852	0900	-	-	1002	1002	1008
Oxenholme Lake District a	-	0822	-	-	-	-	-	1003	1003	1014
Oxenholme Lake District d	-	0829	-	-	0932	-	-	1019	1032	-
Kendal	-	0833	-	-	0936	-	-	1021	1033	-
Burneside	-	0837	-	-	0940	-	-	1025	1037	-
Staveley	-	0842	-	-	0945	-	-	1029	1041	-
Windermere a	-	0848	-	-	0951	-	-	1034	1046	-
Carnforth	0832	-	-	0902	0910	-	-	1041	1053	-
Silverdale	0838	-	-	0907	0915	-	-	1042	1054	-
Arnside	0842	-	-	0911	0920	-	-	1043	1055	-
Grange-over-Sands	0848	-	-	0917	0925	-	-	1044	1056	-
Kents Bank	-	-	-	0921	0929	-	-	1045	1057	-
Cark	0854	-	-	0925	0933	-	-	1046	1058	-
Ulverston	0902	-	-	0932	0940	-	-	1047	1059	-
Dalton	0910	-	-	0941	0949	-	-	1048	1060	-
Roose	-	-	-	0947	0955	-	-	1049	1061	-
Barrow-in-Furness a	0922	-	-	0953	1001	-	-	1050	1062	-
Barrow-in-Furness d	-	-	0928	-	-	-	-	1020	-	1119
Askam	-	-	0938	-	-	-	-	1030	-	1129
Kirkby-in-Furness	-	-	0942	-	-	-	-	1034	-	1134
Foxfield	-	-	0947	-	-	-	-	1039	-	1138
Green Road	-	-	0951	-	-	-	-	1043	-	1142
Millom a	-	-	0956	-	-	-	-	1047	-	1147
Millom d	-	-	0956	-	-	-	-	1048	-	1147
Silecroft	-	-	1001	-	-	-	-	1053	-	1152
Bootle (Cumbria)	-	-	1009	-	-	-	-	1100	-	1159
Ravenglass	-	-	1016	-	-	-	-	1106	-	1206
Drigg	-	-	1019	-	-	-	-	1110	-	1209
Seascale	-	-	1024	-	-	-	-	1114	-	1213
Sellafield	-	-	1033	-	-	-	-	1118	-	1217
Braystones	-	-	-	-	-	-	-	11x22	-	-
Nethertown	-	-	-	-	-	-	-	11x24	-	-
St. Bees	-	-	1044	-	-	-	-	1134	-	1229
Corkickle	-	-	1049	-	-	-	-	1140	-	1234
Whitehaven a	-	-	1052	-	-	-	-	1142	-	1237
Whitehaven d	-	-	1053	-	-	-	-	1144	-	1238
Parton	-	-	1057	-	-	-	-	1148	-	1242
Harrington	-	-	1106	-	-	-	-	1157	-	-
Workington	-	-	1112	-	-	-	-	1202	-	1256
Flimby	-	-	1117	-	-	-	-	1208	-	-
Maryport	-	-	1121	-	-	-	-	1212	-	1304
Aspatria	-	-	1132	-	-	-	-	1222	-	1314
Wigton	-	-	1142	-	-	-	-	1232	-	1325
Dalston	-	-	1151	-	-	-	-	1241	-	1334
Carlisle a	-	-	1202	-	-	-	-	1252	-	1345

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

Lancaster - Barrow - Carlisle

Lancaster - Barrow - Carlisle

Lancaster - Barrow - Carlisle

Mondays to Saturdays

Table with 4 columns: Station, Day, Time, and Stop indicator. Lists routes and times from Manchester to Carlisle.

Mondays to Saturdays

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Notes
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Lancaster - Barrow - Carlisle

Lancaster - Barrow - Carlisle

Lancaster - Barrow - Carlisle

Mondays to Saturdays

	SX	SO	SX	SX	SO	SO	SX	SO
Manchester Airport d	1704	1704	1729	-	-	-	1829	1829
Manchester Piccadilly	1721	1721	1750	-	-	-	1850	1850
Manchester Oxford Road	1724	1724	1753	-	-	-	1853	1853
Deansgate	-	-	1756	-	-	-	1856	1856
Bolton	-	-	1808	-	-	-	1909	1909
Chorley	-	-	1823	-	-	-	1921	1921
Preston	1803	1803	1844	-	-	-	1934	1945
Lancaster a	1819	1818	1902	-	-	-	1951	2002
Lancaster d	1836	1836	1902	-	1913	-	1913	1951 2004
Oxenholme Lake District a	-	-	1919	-	-	-	-	-
Oxenholme Lake District d	-	-	1921	-	-	-	-	-
Kendal	-	-	1925	-	-	-	-	-
Burneside	-	-	1929	-	-	-	-	-
Staveley	-	-	1934	-	-	-	-	-
Windermere a	-	-	1941	-	-	-	-	-
Carnforth	1846	1846	-	1923	-	-	1923	2001 2013
Silverdale	1852	1852	-	1929	-	-	1929	2006 2018
Arnsdale	1856	1856	-	1933	-	-	1933	2010 2023
Grange-over-Sands	1902	1902	-	1939	-	-	1939	2016 2028
Kents Bank	1906	1906	-	1943	-	-	1943	2020 2032
Cark	1910	1910	-	1947	-	-	1947	2024 2036
Ulverston	1918	1918	-	1955	-	-	1955	2031 2043
Dalton	1926	1926	-	2003	-	-	2003	2040 2052
Roose	1932	1932	-	2009	-	-	2009	2046 2058
Barrow-in-Furness a	1940	1940	-	2017	-	-	2017	2053 2104
Barrow-in-Furness d	-	1944	-	1947 2018	-	-	2018	-
Askam	-	1954	-	1957 2028	-	-	2028	-
Kirkby-in-Furness	-	1959	-	2001 2033	-	-	2033	-
Foxfield	-	2003	-	2006 2037	-	-	2038	-
Green Road	-	2007	-	2010 2041	-	-	2042	-
Millom a	-	2012	-	2015 2046	-	-	2047	-
Millom d	-	2012	-	2046	-	-	-	-
Silecroft	-	2017	-	2051	-	-	-	-
Bootle (Cumbria)	-	2024	-	2058	-	-	-	-
Ravenglass	-	2031	-	2104	-	-	-	-
Drigg	-	2035	-	2108	-	-	-	-
Seascale	-	2039	-	2112	-	-	-	-
Sellafield	-	2043	-	2115	-	-	-	-
Braystones	-	2047	-	-	-	-	-	-
Nethertown	-	2049	-	-	-	-	-	-
St. Bees	-	2056	-	2125	-	-	-	-
Corkickle	-	2101	-	2131	-	-	-	-
Whitehaven a	-	2104	-	2133	-	-	-	-
Whitehaven d	-	2105	-	2135 2209 2209	-	-	-	-
Parton	-	2109	-	2139 2213 2213	-	-	-	-
Harrington	-	2118	-	2148 2222 2222	-	-	-	-
Workington	-	2124	-	2153 2227 2227	-	-	-	-
Flimby	-	2129	-	2159 2233 2233	-	-	-	-
Maryport	-	2132	-	2203 2236 2236	-	-	-	-
Aspatria	-	-	-	2213 2247	-	-	-	-
Wigton	-	-	-	2223 2257	-	-	-	-
Dalston	-	-	-	2232 2306	-	-	-	-
Carlisle a	-	-	-	2243 2317	-	-	-	-

Mondays to Saturdays

	Y	X		X	Y	
	SO	SO	SX	SO	SO	SX
Manchester Airport d	-	-	1929	-	-	-
Manchester Piccadilly	-	-	1950	-	-	-
Manchester Oxford Road	-	-	1953	-	-	-
Deansgate	-	-	1956	-	-	-
Bolton	-	-	2008	-	-	-
Chorley	-	-	2020	-	-	-
Preston	1942	2033	2041 2041	-	-	2143
Lancaster a	1956	2050	2055 2055	-	-	2157
Lancaster d	1958	2051	2057 2057	-	-	2209
Oxenholme Lake District a	2010	-	2110 2110	-	-	-
Oxenholme Lake District d	2018	-	2115 2117 2120	-	2206 2215	-
Kendal	2022	-	2125 2121 2124	-	2210 2225	-
Burneside	2026	-	2135 2125 2128	-	2214 2235	-
Staveley	2031	-	2145 2130 2133	-	2219 2245	-
Windermere a	2037	-	2155 2136 2139	-	2225 2255	-
Carnforth	-	2100	-	-	-	2219
Silverdale	-	2106	-	-	-	2225
Arnsdale	-	2110	-	-	-	2229
Grange-over-Sands	-	2116	-	-	-	2235
Kents Bank	-	2120	-	-	-	2239
Cark	-	2124	-	-	-	2243
Ulverston	-	2131	-	-	-	2251
Dalton	-	2140	-	-	-	2259
Roose	-	2146	-	-	-	2305
Barrow-in-Furness a	-	2153	-	-	-	2313
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

X Until 3 January and from 21 February.
 Y From 10 January until 14 February.
 SO Saturdays only.
 SX Mondays to Fridays only.
 ☺ Bus service - heavy luggage, dogs, bicycles and pushchairs may not be carried.

Mondays to Saturdays

	Y	Y	X	X	Y	Y
	SO	SX	SO	SO	SO	SO
Manchester Airport d	-	-	-	-	2159 2159	-
Manchester Piccadilly	-	-	-	-	2217 2217	-
Manchester Oxford Road	-	-	-	-	2224 2224	-
Deansgate	-	-	-	-	-	-
Bolton	-	-	-	-	2239 2239	-
Chorley	-	-	-	-	2252 2252	-
Preston	2125	2143	-	2230 2211 2310 2310	2310	-
Lancaster a	2215	2157	-	2320 2231 2327 2327	2359	-
Lancaster d	-	2158 2226	-	2231 2328 2328	-	2328
Oxenholme Lake District a	-	2211	-	-	-	-
Oxenholme Lake District d	-	2222	-	-	-	-
Kendal	-	2226	-	-	-	-
Burneside	-	2230	-	-	-	-
Staveley	-	2235	-	-	-	-
Windermere a	-	2241	-	-	-	-
Carnforth	-	2236	-	2242 2338 2338	-	2338
Silverdale	-	2242	-	2247 2343 2343	-	2344
Arnsdale	-	2246	-	2252 2348 2348	-	2349
Grange-over-Sands	-	2252	-	2258 2353 2353	-	2355
Kents Bank	-	2256	-	2301 2357 2357	-	2358
Cark	-	2300	-	2305 0001 0001	-	0003
Ulverston	-	2308	-	2314 0009 0009	-	0011
Dalton	-	2317	-	2322 0017 0017	-	0019
Roose	-	2323	-	2328 0024 0024	-	0026
Barrow-in-Furness a	-	2330	-	2336 0030 0030	-	0033
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

X Until 3 January and from 21 February.
 Y From 10 January until 14 February.
 SO Saturdays only.
 SX Mondays to Fridays only.
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Notes
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 SO Saturdays only.
 SX Mondays to Fridays only.

Lancaster - Barrow - Carlisle

Lancaster - Barrow - Carlisle

Lancaster - Barrow - Carlisle

Table with 9 columns: Station, Service (d/a), and departure times for days S, S, T, T, S, S, T. Includes routes like Manchester Airport, Manchester Piccadilly, Manchester Oxford Road, Bolton, Chorley, Preston, Lancaster, Oxenholme Lake District, Kendal, Burneside, Staveley, Windermere, Carnforth, Silverdale, Arnsdale, Grange-over-Sands, Kents Bank, Cark, Ulverston, Dalton, Roose, Barrow-in-Furness, Askam, Kirkby-in-Furness, Foxfield, Green Road, Millom, Bootle (Cumbria), Ravenglass, Drigg, Seascale, Sellafield, Braystones, Nethertown, St. Bees, Corkickle, Whitehaven, Parton, Harrington, Workington, Flimby, Maryport, Aspatria, Wigton, Dalston, Carlisle.

Notes
x Stops on request.
S Until 4 January and from 22 February.
T From 11 January until 15 February.
Bus service - heavy luggage, dogs, bicycles and pushchairs may not be carried.

Table with 9 columns: Station, Service (d/a), and departure times for days T, S, W. Includes routes like Manchester Airport, Manchester Piccadilly, Manchester Oxford Road, Bolton, Chorley, Preston, Lancaster, Oxenholme Lake District, Kendal, Burneside, Staveley, Windermere, Carnforth, Silverdale, Arnsdale, Grange-over-Sands, Kents Bank, Cark, Ulverston, Dalton, Roose, Barrow-in-Furness, Askam, Kirkby-in-Furness, Foxfield, Green Road, Millom, Bootle (Cumbria), Ravenglass, Drigg, Seascale, Sellafield, Braystones, Nethertown, St. Bees, Corkickle, Whitehaven, Parton, Harrington, Workington, Flimby, Maryport, Aspatria, Wigton, Dalston, Carlisle.

Notes
S Until 4 January and from 22 February.
T From 11 January until 15 February.
W From 5 April.

Table with 9 columns: Station, Service (d/a), and departure times for days W, W, V. Includes routes like Manchester Airport, Manchester Piccadilly, Manchester Oxford Road, Bolton, Chorley, Preston, Lancaster, Oxenholme Lake District, Kendal, Burneside, Staveley, Windermere, Carnforth, Silverdale, Arnsdale, Grange-over-Sands, Kents Bank, Cark, Ulverston, Dalton, Roose, Barrow-in-Furness, Askam, Kirkby-in-Furness, Foxfield, Green Road, Millom, Bootle (Cumbria), Ravenglass, Drigg, Seascale, Sellafield, Braystones, Nethertown, St. Bees, Corkickle, Whitehaven, Parton, Harrington, Workington, Flimby, Maryport, Aspatria, Wigton, Dalston, Carlisle.

Notes
x Stops on request.
V Until 29 March.
W From 5 April.
Bus service - heavy luggage, dogs, bicycles and pushchairs may not be carried.

Useful contact details

Sundays

	V	W				W	
Manchester Airport	d	-	1530	-	1630	-	1730
Manchester Piccadilly	-	-	1548	-	1648	-	1748
Manchester Oxford Road	-	-	1552	-	1652	-	1752
Bolton	-	-	1608	-	1708	-	1808
Chorley	-	-	1620	-	1720	-	1820
Preston	-	-	1647	1642	1746	1754	1833
Lancaster	a	-	1705	1656	1803	1808	1850
Lancaster	d	-	1707	1658	1804	1810	1852 1902
Oxenholme Lake District	a	-	-	1711	-	1823	1926
Oxenholme Lake District	d	-	-	1731	-	1833	1928
Kendal	-	-	-	1735	-	1837	1933
Burneside	-	-	-	1739	-	1841	1936
Staveley	-	-	-	1744	-	1846	1941
Windermere	a	-	-	1750	-	1852	1948
Carnforth	-	-	1716	-	1814	-	1914
Silverdale	-	-	1722	-	1819	-	1920
Arnside	-	-	1726	-	1823	-	1925
Grange-over-Sands	-	-	1731	-	1828	-	1931
Kents Bank	-	-	1735	-	1832	-	1934
Cark	-	-	1739	-	1836	-	1938
Ulverston	-	-	1746	-	1843	-	1947
Dalton	-	-	1754	-	1851	-	1955
Roose	-	-	1800	-	1857	-	2001
Barrow-in-Furness	a	-	1807	-	1904	-	2008
Barrow-in-Furness	d	-	-	1825	-	1909	-
Askam	-	-	-	1835	-	1919	-
Kirkby-in-Furness	-	-	-	1839	-	1923	-
Foxfield	-	-	-	1844	-	1928	-
Green Road	-	-	-	1848	-	1932	-
Millom	a	-	-	1853	-	1937	-
Millom	d	-	-	-	-	-	-
Silecroft	-	-	-	-	-	-	-
Bootle (Cumbria)	-	-	-	-	-	-	-
Ravenglass	-	-	-	-	-	-	-
Drigg	-	-	-	-	-	-	-
Seascale	-	-	-	-	-	-	-
Sellafield	-	-	-	-	-	-	-
Braystones	-	-	-	-	-	-	-
Nethertown	-	-	-	-	-	-	-
St. Bees	-	-	-	-	-	-	-
Corkickle	-	-	-	-	-	-	-
Whitehaven	a	-	-	-	-	-	-
Whitehaven	d	2030	2030	-	-	-	-
Parton	-	2034	2034	-	-	-	-
Harrington	-	2043	2043	-	-	-	-
Workington	-	2048	2048	-	-	-	-
Flimby	-	2054	2054	-	-	-	-
Maryport	-	2058	2058	-	-	-	-
Aspatria	-	2108	2108	-	-	-	-
Wigton	-	2118	2118	-	-	-	-
Dalston	-	2127	2127	-	-	-	-
Carlisle	a	2138	2138	-	-	-	-

Notes
V Until 29 March.
W From 5 April.

Sundays

	V	V	W	V	W
Manchester Airport	d	-	1830	-	1930
Manchester Piccadilly	-	-	1848	-	1948
Manchester Oxford Road	-	-	1852	-	1952
Bolton	-	-	1908	-	2008
Chorley	-	-	1920	-	2020
Preston	-	-	1946	1942	2048
Lancaster	a	-	2003	1956	2105
Lancaster	d	-	2004	1958	2105
Oxenholme Lake District	a	-	-	2010	-
Oxenholme Lake District	d	1940	2020	2022	2120
Kendal	-	1950	2030	2026	2130
Burneside	-	2000	2040	2030	2140
Staveley	-	2010	2050	2035	2150
Windermere	a	2020	2100	2041	2200
Carnforth	-	2014	-	2115	-
Silverdale	-	2019	-	2120	-
Arnside	-	2023	-	2124	-
Grange-over-Sands	-	2028	-	2129	-
Kents Bank	-	2032	-	2133	-
Cark	-	2036	-	2137	-
Ulverston	-	2043	-	2144	-
Dalton	-	2052	-	2153	-
Roose	-	2058	-	2159	-
Barrow-in-Furness	a	2105	-	2205	-
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
V Until 29 March.
W From 5 April.
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

facebook /northernassist

@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

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