Train times 6

13 December 2026 – 15 May 2027

Route: Carlisle to Preston and Manchester via Cumbrian Coast and Windermere to Manchester Airport



P Parking available
Staff in attendance
Metrolink
Airport
Bicycle store facility
Disabled assistance available

NORTHERN *Go do your thing*

This timetable shows Northern trains 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

1. Find your departure station in the left-hand column.
2. Read across the row to find a train time that suits you.
3. Follow the same column down to see the arrival time at your destination station.

Bold station names show where trains start, finish, or where you may need to change trains. If your journey requires a change, follow the same column to the station shown in bold and then continue your journey using the connecting train shown in that row. Additional information is shown in the notes section at the bottom of the timetable.

Minimum connection times

The minimum time to change between trains is five minutes, unless stated otherwise. At Carlisle, allow at least eight minutes, at Lancaster allow at least six minutes and at Manchester Piccadilly allow at least 10 minutes.

Community Rail Partnerships and community groups

We work closely with all the Community Rail Partnerships (CRPs) across our network to strengthen links with local communities. We provide CRPs with funding for their work, including promoting rail travel, supporting community projects, encouraging sustainable travel, and helping to make the railway more accessible and inclusive.

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

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

Planning your journey

Plan your journey using our website or app, or one of the service below:

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.

If you need assistance to travel. Contact our Assisted Travel Support Team and we'll help you arrange your journey.

Call: 0800 138 5560
Text relay service: 18001
Email: assistance@northernrailway.co.uk
Whatsapp: 07779 914800
(available from 0600-2300)

Improving our railway

Improvement work helps us deliver a safer and more reliable railway. Sometimes this means train times may change, particularly at weekends and bank holidays.

Check before you travel at northernrailway.co.uk/service-updates or call National Rail Enquiries on 03457 48 49 50.

Delay Repay

If one of our trains is delayed or cancelled and you arrive 15 minutes or more late to your destination, you can claim compensation through Delay Repay.

You will need to submit your claim to us within 28 days of the date of travel by completing an online form or collecting a paper form from one of our stations or download it from our website and post it to us at FREEPOST Northernrailway. Find out more at help.northernrailway.co.uk/s/article/Delay-Repay

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.

For the latest timetable information and service updates, visit northernrailway.co.uk and check before you travel.

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					SX	SO	
Carlisle	d	-	-	-	-	-	-	-	-	-	-	
Dalston		-	-	-	-	-	-	-	-	-	-	
Wigton		-	-	-	-	-	-	-	-	-	-	
Aspatria		-	-	-	-	-	-	-	-	-	-	
Maryport		-	-	-	-	-	-	-	-	-	-	
Flimby		-	-	-	-	-	-	-	-	-	-	
Workington		-	-	-	-	-	-	-	-	-	-	
Harrington		-	-	-	-	-	-	-	-	-	-	
Parton		-	-	-	-	-	-	-	-	-	-	
Whitehaven	a	-	-	-	-	-	-	-	-	-	-	
Whitehaven	d	-	-	-	-	-	-	-	-	-	-	
Corkickle		-	-	-	-	-	-	-	-	-	-	
St. Bees		-	-	-	-	-	-	-	-	-	-	
Nethertown		-	-	-	-	-	-	-	-	-	-	
Braystones		-	-	-	-	-	-	-	-	-	-	
Sellafield		-	-	-	-	-	-	-	-	-	-	
Seascale		-	-	-	-	-	-	-	-	-	-	
Drigg		-	-	-	-	-	-	-	-	-	-	
Ravenglass		-	-	-	-	-	-	-	-	-	-	
Bootle (Cumbria)		-	-	-	-	-	-	-	-	-	-	
Silecroft		-	-	-	-	-	-	-	-	-	-	
Millom	a	-	-	-	-	-	-	-	-	-	-	
Millom	d	-	-	-	-	-	0610	-	-	-	-	
Green Road		-	-	-	-	-	0614	-	-	-	-	
Foxfield		-	-	-	-	-	0618	-	-	-	-	
Kirkby-in-Furness		-	-	-	-	-	0623	-	-	-	-	
Askam		-	-	-	-	-	0628	-	-	-	-	
Barrow-in-Furness	a	-	-	-	-	-	0641	-	-	-	-	
Barrow-in-Furness	d	0458	-	0550	0550	0612	-	0650	-	0711	0712	
Roose		-	-	0554	0554	0616	-	0654	-	0715	0716	
Dalton		0507	-	0601	0601	0623	-	0700	-	0721	0722	
Ulverston		0516	-	0609	0609	0631	-	0709	-	0730	0730	
Cark		-	-	0616	0616	0639	-	0716	-	0737	0738	
Kents Bank		-	-	0620	0620	0643	-	0720	-	-	-	
Grange-over-Sands		0528	-	0624	0624	0647	-	0724	-	0744	0744	
Arnside		0534	-	0630	0630	0653	-	0729	-	0750	0750	
Silverdale		-	-	0634	0634	0658	-	0734	-	0755	0755	
Carnforth		0544	-	0642	0644	0706	-	0743	-	0802	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	-	-	-	-	-	0826	-	-	
Lancaster	a	0551	0723	0649	0651	0716	-	0750	0839	0812	0812	
Lancaster	d	0551	0724	0649	0652	0724	-	0751	0841	0828	0828	
Preston	a	0609	0742	0707	0711	0742	-	0809	0858	0846	0845	
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	0922	
Manchester Piccadilly	a	0658	0827	0758	0758	0827	-	0858	-	0926	0926	
Manchester Airport	a	0721	0844	0821	0821	0844	-	0921	-	0944	0944	

Notes
SO Saturdays only.
SX Mondays to Fridays only.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

		🚌		🚌				🚌				SX
Carlisle	d	-	-	-	-	-	0550	-	-	-	-	
Dalston		-	-	-	-	-	0600	-	-	-	-	
Wigton		-	-	-	-	-	0609	-	-	-	-	
Aspatria		-	-	-	-	-	0620	-	-	-	-	
Maryport		-	-	0509	0548	-	0631	-	-	-	-	
Flimby		-	-	0517	0551	-	0635	-	-	-	-	
Workington		-	-	0529	0558	-	0641	-	-	-	-	
Harrington		-	-	0539	0603	-	0645	-	-	-	-	
Parton		-	-	0549	0612	-	0654	-	-	-	-	
Whitehaven	a	-	-	0558	0616	-	0658	-	-	-	-	
Whitehaven	d	0508	-	0558	-	-	-	0703	-	-	-	
Corkickle		0518	-	0610	-	-	-	0713	0723	-	-	
St. Bees		0531	-	0623	-	-	-	-	0729	-	-	
Nethertown		-	-	-	-	-	-	-	0734	-	-	
Braystones		-	-	-	-	-	-	-	0737	-	-	
Sellafield		0544	-	0639	-	-	-	-	0742	-	-	
Seascale		0604	-	-	-	-	-	-	0745	-	-	
Drigg		0610	-	-	-	-	-	-	0749	-	-	
Ravenglass		0617	-	-	-	-	-	-	0753	-	-	
Bootle (Cumbria)		0630	-	-	-	-	-	-	0759	-	-	
Silecroft		0640	-	-	-	-	-	-	0806	-	-	
Millom	a	0650	-	-	-	-	-	-	0811	-	-	
Millom	d	-	0710	-	-	-	-	-	0811	-	-	
Green Road		-	0715	-	-	-	-	-	0816	-	-	
Foxfield		-	0719	-	-	-	-	-	0820	-	-	
Kirkby-in-Furness		-	0724	-	-	-	-	-	0824	-	-	
Askam		-	0729	-	-	-	-	-	0829	-	-	
Barrow-in-Furness	a	-	0742	-	-	-	-	-	0843	-	-	
Barrow-in-Furness	d	-	0748	-	-	-	-	-	-	0848	-	
Roose		-	0752	-	-	-	-	-	-	0852	-	
Dalton		-	0759	-	-	-	-	-	-	0859	-	
Ulverston		-	0807	-	-	-	-	-	-	0907	-	
Cark		-	0814	-	-	-	-	-	-	0914	-	
Kents Bank		-	0818	-	-	-	-	-	-	0918	-	
Grange-over-Sands		-	0822	-	-	-	-	-	-	0922	-	
Arnside		-	0828	-	-	-	-	-	-	0928	-	
Silverdale		-	0832	-	-	-	-	-	-	0932	-	
Carnforth		-	0839	-	-	-	-	-	-	0940	-	
Windermere	d	-	-	-	-	0852	-	-	-	-	0955	
Staveley		-	-	-	-	-	-	-	-	-	1000	
Burneside		-	-	-	-	-	-	-	-	-	1005	
Kendal		-	-	-	-	0904	-	-	-	-	1009	
Oxenholme Lake District	a	-	-	-	-	0909	-	-	-	-	1014	
Oxenholme Lake District	d	-	-	-	-	0925	-	-	-	-	1016	
Lancaster	a	-	0846	-	-	0939	-	-	-	0948	1033	
Lancaster	d	-	0848	-	-	0940	-	-	-	0950	1050	
Preston	a	-	0906	-	-	0957	-	-	-	1008	1108	
Chorley	a	-	0920	-	-	-	-	-	-	1020	1120	
Bolton	a	-	0934	-	-	-	-	-	-	1034	1134	
Deansgate	a	-	0951	-	-	-	-	-	-	1051	1151	
Manchester Oxford Road	a	-	0954	-	-	-	-	-	-	1054	1154	
Manchester Piccadilly	a	-	0958	-	-	-	-	-	-	1058	1158	
Manchester Airport	a	-	1021	-	-	-	-	-	-	1121	1221	

Notes
SX Mondays to Fridays only.
🚌 Bus service - heavy luggage, dogs, bicycles and pushchairs may not be carried.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

			SO			🚌						
Carlisle	d	-	0706	-	-	-	-	-	0807	-	-	
Dalston		-	0715	-	-	-	-	-	0816	-	-	
Wigton		-	0724	-	-	-	-	-	0826	-	-	
Aspatria		-	0735	-	-	-	-	-	0836	-	-	
Maryport		-	0746	-	-	-	-	-	0848	-	-	
Flimby		-	0750	-	-	-	-	-	0851	-	-	
Workington		-	0756	-	-	-	-	-	0858	-	-	
Harrington		-	0801	-	-	-	-	-	0903	-	-	
Parton		-	0810	-	-	-	-	-	0912	-	-	
Whitehaven	a	-	0814	-	-	-	-	-	0916	-	-	
Whitehaven	d	-	-	0819	-	-	-	-	-	-	-	
Corkickle		-	-	0829	0839	-	-	-	-	-	-	
St. Bees		-	-	-	0845	-	-	-	-	-	-	
Nethertown		-	-	-	-	-	-	-	-	-	-	
Braystones		-	-	-	-	-	-	-	-	-	-	
Sellafield		-	-	-	0856	-	-	-	-	-	-	
Seascale		-	-	-	0859	-	-	-	-	-	-	
Drigg		-	-	-	0903	-	-	-	-	-	-	
Ravenglass		-	-	-	0907	-	-	-	-	-	-	
Bootle (Cumbria)		-	-	-	0913	-	-	-	-	-	-	
Silecroft		-	-	-	0920	-	-	-	-	-	-	
Millom	a	-	-	-	0925	-	-	-	-	-	-	
Millom	d	-	-	-	0926	-	-	-	-	-	-	
Green Road		-	-	-	0930	-	-	-	-	-	-	
Foxfield		-	-	-	0934	-	-	-	-	-	-	
Kirkby-in-Furness		-	-	-	0939	-	-	-	-	-	-	
Askam		-	-	-	0944	-	-	-	-	-	-	
Barrow-in-Furness	a	-	-	-	0958	-	-	-	-	-	-	
Barrow-in-Furness	d	-	-	-	1000	-	1049	-	-	1151	-	
Roose		-	-	-	1004	-	1053	-	-	1155	-	
Dalton		-	-	-	1010	-	1100	-	-	1202	-	
Ulverston		-	-	-	1019	-	1108	-	-	1210	-	
Cark		-	-	-	1026	-	1115	-	-	1217	-	
Kents Bank		-	-	-	1030	-	1119	-	-	1221	-	
Grange-over-Sands		-	-	-	1034	-	1123	-	-	1225	-	
Arnside		-	-	-	1041	-	1129	-	-	1231	-	
Silverdale		-	-	-	1045	-	1133	-	-	1235	-	
Carnforth		-	-	-	1055	-	1140	-	-	1243	-	
Windermere	d	1008	-	-	-	1057	-	1147	-	-	1307	
Staveley		1013	-	-	-	1102	-	1152	-	-	1312	
Burneside		1018	-	-	-	1107	-	1157	-	-	1317	
Kendal		1022	-	-	-	1111	-	1201	-	-	1321	
Oxenholme Lake District	a	1027	-	-	-	1116	-	1206	-	-	1326	
Oxenholme Lake District	d	1029	-	-	-	1126	-	1212	-	-	1329	
Lancaster	a	1047	-	-	1105	1139	1147	1226	-	1250	1345	
Lancaster	d	1048	-	-	1130	1141	1149	1227	-	1250	1349	
Preston	a	1106	-	-	1149	1158	1208	1245	-	1310	1407	
Chorley	a	1120	-	-	-	-	1221	-	-	1321	1420	
Bolton	a	1134	-	-	1207	-	1234	1306	-	1334	1434	
Deansgate	a	1151	-	-	-	-	1251	-	-	1351	1451	
Manchester Oxford Road	a	1154	-	-	1222	-	1254	1322	-	1354	1454	
Manchester Piccadilly	a	1158	-	-	1226	-	1258	1326	-	1358	1458	
Manchester Airport	a	1221	-	-	1244	-	1321	1344	-	1421	1521	

Notes
SO Saturdays only.
🚌 Bus service - heavy luggage, dogs, bicycles and pushchairs may not be carried.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

					SO	SX	SO	SX				
Carlisle	d	0859	-	-	-	-	-	1013	-	-	1108
Dalston		0908	-	-	-	-	-	1022	-	-	1116
Wigton		0917	-	-	-	-	-	1031	-	-	1125
Aspatria		0928	-	-	-	-	-	1042	-	-	1136
Maryport		0939	-	-	-	-	-	1053	-	-	1147
Flimby		0943	-	-	-	-	-	1056	-	-	1150
Workington		0950	-	-	-	-	-	1103	-	-	1157
Harrington		0954	-	-	-	-	-	1108	-	-	1201
Parton		1003	-	-	-	-	-	1117	-	-	1210
Whitehaven	a	1008	-	-	-	-	-	1121	-	-	1215
Whitehaven	d	-	1030	-	-	-	-	-	-	-	-
Corkickle		-	1040	1054	1055	-	-	-	-	-	-
St. Bees		-	-	1100	1101	-	-	-	-	-	-
Nethertown		-	-	1105	1106	-	-	-	-	-	-
Braystones		-	-	1108	1109	-	-	-	-	-	-
Sellafield		-	-	1113	1114	-	-	-	-	-	-
Seascale		-	-	1116	1118	-	-	-	-	-	-
Drigg		-	-	1120	1122	-	-	-	-	-	-
Ravenglass		-	-	1124	1126	-	-	-	-	-	-
Bootle (Cumbria)		-	-	1131	1132	-	-	-	-	-	-
Silecroft		-	-	1138	1139	-	-	-	-	-	-
Millom	a	-	-	1143	1144	-	-	-	-	-	-
Millom	d	-	-	1143	1145	-	-	-	-	-	-
Green Road		-	-	1148	1149	-	-	-	-	-	-
Foxfield		-	-	1152	1154	-	-	-	-	-	-
Kirkby-in-Furness		-	-	1156	1159	-	-	-	-	-	-
Askam		-	-	1201	1204	-	-	-	-	-	-
Barrow-in-Furness	a	-	-	1215	1218	-	-	-	-	-	-
Barrow-in-Furness	d	-	-	-	-	1250	1251	-	-	1352	-
Roose		-	-	-	-	1255	1255	-	-	1356	-
Dalton		-	-	-	-	1301	1301	-	-	1403	-
Ulverston		-	-	-	-	1309	1309	-	-	1411	-
Cark		-	-	-	-	1317	1317	-	-	1418	-
Kents Bank		-	-	-	-	1321	1321	-	-	1422	-
Grange-over-Sands		-	-	-	-	1325	1325	-	-	1426	-
Arnside		-	-	-	-	1331	1331	-	-	1432	-
Silverdale		-	-	-	-	1336	1336	-	-	1436	-
Carnforth		-	-	-	-	1343	1343	-	-	1443	-
Windermere	d	-	-	-	-	-	-	-	1400	-	-
Staveley		-	-	-	-	-	-	-	1405	-	-
Burneside		-	-	-	-	-	-	-	1410	-	-
Kendal		-	-	-	-	-	-	-	1414	-	-
Oxenholme Lake District	a	-	-	-	-	-	-	-	1419	-	-
Oxenholme Lake District	d	-	-	-	-	-	-	-	1425	-	-
Lancaster	a	-	-	-	-	1353	1353	-	1439	1452	-
Lancaster	d	-	-	-	-	1428	1428	-	1440	1452	-
Preston	a	-	-	-	-	1446	1446	-	1457	1510	-
Chorley	a	-	-	-	-	-	-	-	-	1521	-
Bolton	a	-	-	-	-	1506	1506	-	-	1534	-
Deansgate	a	-	-	-	-	-	-	-	-	1551	-
Manchester Oxford Road	a	-	-	-	-	1522	1522	-	-	1554	-
Manchester Piccadilly	a	-	-	-	-	1526	1526	-	-	1558	-
Manchester Airport	a	-	-	-	-	1544	1544	-	-	1621	-

Notes
SO Saturdays only.
SX Mondays to Fridays only.
Bus service - heavy luggage, dogs, bicycles and pushchairs may not be carried.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

					SX	SO				
Carlisle	d	-	-	-	-	-	1210	-	-	1308
Dalston		-	-	-	-	-	1219	-	-	1317
Wigton		-	-	-	-	-	1228	-	-	1326
Aspatria		-	-	-	-	-	1239	-	-	1337
Maryport		-	-	-	-	-	1250	-	-	1348
Flimby		-	-	-	-	-	1253	-	-	1351
Workington		-	-	-	-	-	1300	-	-	1358
Harrington		-	-	-	-	-	1305	-	-	1403
Parton		-	-	-	-	-	1314	-	-	1412
Whitehaven	a	-	-	-	-	-	1318	-	-	1416
Whitehaven	d	1223	-	-	-	-	-	1342	-	-
Corkickle		1233	1246	-	-	-	-	1352	1423	-
St. Bees		-	1252	-	-	-	-	-	1430	-
Nethertown		-	-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-
Sellafield		-	1302	-	-	-	-	-	1440	-
Seascale		-	1306	-	-	-	-	-	1444	-
Drigg		-	1310	-	-	-	-	-	1448	-
Ravenglass		-	1313	-	-	-	-	-	1451	-
Bootle (Cumbria)		-	1319	-	-	-	-	-	1458	-
Silecroft		-	1326	-	-	-	-	-	1505	-
Millom	a	-	1331	-	-	-	-	-	1510	-
Millom	d	-	1332	-	-	-	-	-	1510	-
Green Road		-	1336	-	-	-	-	-	1515	-
Foxfield		-	1340	-	-	-	-	-	1519	-
Kirkby-in-Furness		-	1345	-	-	-	-	-	1524	-
Askam		-	1350	-	-	-	-	-	1529	-
Barrow-in-Furness	a	-	1404	-	-	-	-	-	1543	-
Barrow-in-Furness	d	-	-	-	1447	1447	-	-	-	-
Roose		-	-	-	1451	1451	-	-	-	-
Dalton		-	-	-	1458	1458	-	-	-	-
Ulverston		-	-	-	1506	1506	-	-	-	-
Cark		-	-	-	1513	1513	-	-	-	-
Kents Bank		-	-	-	1517	1517	-	-	-	-
Grange-over-Sands		-	-	-	1521	1521	-	-	-	-
Arnside		-	-	-	1527	1527	-	-	-	-
Silverdale		-	-	-	1531	1531	-	-	-	-
Carnforth		-	-	-	1539	1539	-	-	-	-
Windermere	d	-	-	1500	-	-	1600	-	-	-
Staveley		-	-	1505	-	-	1605	-	-	-
Burneside		-	-	1510	-	-	1610	-	-	-
Kendal		-	-	1514	-	-	1614	-	-	-
Oxenholme Lake District	a	-	-	1519	-	-	1619	-	-	-
Oxenholme Lake District	d	-	-	1525	-	-	1628	-	-	-
Lancaster	a	-	-	1538	1546	1546	1644	-	-	-
Lancaster	d	-	-	1540	1548	1550	1649	-	-	-
Preston	a	-	-	1557	1606	1608	1708	-	-	-
Chorley	a	-	-	-	-	1620	1720	-	-	-
Bolton	a	-	-	-	-	1634	1734	-	-	-
Deansgate	a	-	-	-	1647	1651	1751	-	-	-
Manchester Oxford Road	a	-	-	-	1649	1654	1754	-	-	-
Manchester Piccadilly	a	-	-	-	1653	1658	1758	-	-	-
Manchester Airport	a	-	-	-	1712	1721	1821	-	-	-

Notes
SO Saturdays only.
SX Mondays to Fridays only.
Bus service - heavy luggage, dogs, bicycles and pushchairs may not be carried.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

					SO	SX				
Carlisle	d	-	-	-	1407	1410	-	-	1439	-
Dalston		-	-	-	1416	1419	-	-	1448	-
Wigton		-	-	-	1426	1429	-	-	1458	-
Aspatria		-	-	-	1436	1439	-	-	1508	-
Maryport		-	-	-	1448	1451	-	-	1520	-
Flimby		-	-	-	1451	1454	-	-	1523	-
Workington		-	-	-	1458	1501	-	-	1530	-
Harrington		-	-	-	1503	1506	-	-	1535	-
Parton		-	-	-	1512	1515	-	-	1544	-
Whitehaven	a	-	-	-	1516	1519	-	-	1548	-
Whitehaven	d	-	-	-	-	-	1530	-	-	1606
Corkickle		-	-	-	-	-	1540	1550	-	1616
St. Bees		-	-	-	-	-	-	1556	-	-
Nethertown		-	-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-
Sellafield		-	-	-	-	-	-	1607	-	-
Seascale		-	-	-	-	-	-	1611	-	-
Drigg		-	-	-	-	-	-	1615	-	-
Ravenglass		-	-	-	-	-	-	1618	-	-
Bootle (Cumbria)		-	-	-	-	-	-	1625	-	-
Silecroft		-	-	-	-	-	-	1632	-	-
Millom	a	-	-	-	-	-	-	1637	-	-
Millom	d	-	-	-	-	-	-	1637	-	-
Green Road		-	-	-	-	-	-	1642	-	-
Foxfield		-	-	-	-	-	-	1646	-	-
Kirkby-in-Furness		-	-	-	-	-	-	1650	-	-
Askam		-	-	-	-	-	-	1656	-	-
Barrow-in-Furness	a	-	-	-	-	-	-	1710	-	-
Barrow-in-Furness	d	1550	-	1651	-	-	-	1719	-	-
Roose		1554	-	1655	-	-	-	1723	-	-
Dalton		1601	-	1702	-	-	-	1729	-	-
Ulverston		1609	-	1710	-	-	-	1737	-	-
Cark		1617	-	1717	-	-	-	1745	-	-
Kents Bank		1621	-	1721	-	-	-	-	-	-
Grange-over-Sands		1625	-	1725	-	-	-	1752	-	-
Arnside		1632	-	1731	-	-	-	1758	-	-
Silverdale		1636	-	1735	-	-	-	1803	-	-
Carnforth		1644	-	1744	-	-	-	1810	-	-
Windermere	d	-	1707	-	1806	-	-	-	-	-
Staveley		-	1712	-	1811	-	-	-	-	-
Burneside		-	1717	-	1816	-	-	-	-	-
Kendal		-	1721	-	1820	-	-	-	-	-
Oxenholme Lake District	a	-	1726	-	1825	-	-	-	-	-
Oxenholme Lake District	d	-	1747	-	1832	-	-	-	-	-
Lancaster	a	1653	-	1751	1846	-	-	-	1820	-
Lancaster	d	1728	-	1751	1847	-	-	-	1827	-
Preston	a	1745	1815	1809	1904	-	-	-	1846	-
Chorley	a	-	-	1820	-	-	-	-	-	-
Bolton	a	1806	-	1834	-	-	-	-	1906	-
Deansgate	a	-	-	1851	-	-	-	-	-	-
Manchester Oxford Road	a	1822	-	1854	-	-	-	-	1922	-
Manchester Piccadilly	a	1826	-	1858	-	-	-	-	1926	-
Manchester Airport	a	1844	-	1921	-	-	-	-	1944	-

Notes
SO Saturdays only.
SX Mondays to Fridays only.
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Carlisle - Barrow - Lancaster

Mondays to Saturdays

				SX	SO	SX	SO		SX	SO	M SX
Carlisle	d	-	1511	-	-	1558	1625	-	-	-	-
Dalston		-	1520	-	-	1607	1634	-	-	-	-
Wigton		-	1529	-	-	1617	1644	-	-	-	-
Aspatria		-	1540	-	-	1627	1654	-	-	-	-
Maryport		-	1551	-	-	1639	1706	-	-	-	-
Flimby		-	1555	-	-	1642	1709	-	-	-	-
Workington		-	1602	-	-	1649	1716	-	-	-	-
Harrington		-	1606	-	-	1654	1721	-	-	-	-
Parton		-	1615	-	-	1703	1730	-	-	-	-
Whitehaven	a	-	1620	-	-	1709	1735	-	-	-	-
Whitehaven	d	-	-	-	-	-	-	-	-	-	-
Corkickle		1629	-	-	-	-	-	-	-	-	-
St. Bees		1635	-	-	-	-	-	-	-	-	-
Nethertown		1640	-	-	-	-	-	-	-	-	-
Braystones		1643	-	-	-	-	-	-	-	-	-
Sellafield		1648	-	-	-	-	-	-	-	-	-
Seascale		1652	-	-	-	-	-	-	-	-	-
Drigg		1656	-	-	-	-	-	-	-	-	-
Ravenglass		1700	-	-	-	-	-	-	-	-	-
Bootle (Cumbria)		1706	-	-	-	-	-	-	-	-	-
Silecroft		1713	-	-	-	-	-	-	-	-	-
Millom	a	1718	-	-	-	-	-	-	-	-	-
Millom	d	1719	-	-	-	-	-	-	-	-	-
Green Road		1723	-	-	-	-	-	-	-	-	-
Foxfield		1728	-	-	-	-	-	-	-	-	-
Kirkby-in-Furness		1732	-	-	-	-	-	-	-	-	-
Askam		1738	-	-	-	-	-	-	-	-	-
Barrow-in-Furness	a	1752	-	-	-	-	-	-	-	-	-
Barrow-in-Furness	d	1802	-	-	-	-	-	-	1856	1903	1945
Roose		1806	-	-	-	-	-	-	1900	1907	1949
Dalton		1812	-	-	-	-	-	-	1907	1914	1955
Ulverston		1821	-	-	-	-	-	-	1915	1922	2004
Cark		1828	-	-	-	-	-	-	1922	1929	2011
Kents Bank		1832	-	-	-	-	-	-	1927	1934	2015
Grange-over-Sands		1836	-	-	-	-	-	-	1931	1938	2019
Arnside		1842	-	-	-	-	-	-	1936	1943	2024
Silverdale		1847	-	-	-	-	-	-	1941	1948	2028
Carnforth		1856	-	-	-	-	-	-	1951	1955	2038
Windermere	d	-	-	1855	1855	-	-	1948	-	-	-
Staveley		-	-	1900	1900	-	-	1953	-	-	-
Burneside		-	-	1905	1905	-	-	1958	-	-	-
Kendal		-	-	1909	1909	-	-	2002	-	-	-
Oxenholme Lake District	a	-	-	1914	1914	-	-	2007	-	-	-
Oxenholme Lake District	d	-	-	1916	1916	-	-	2013	-	-	-
Lancaster	a	1906	-	1933	1933	-	-	2027	1958	2002	2045
Lancaster	d	1929	-	1934	1934	-	-	2028	1959	2004	2048
Preston	a	1947	-	1954	1954	-	-	2045	2019	2023	2107
Chorley	a	-	-	2020	2020	-	-	-	-	-	2120
Bolton	a	-	-	2034	2034	-	-	2106	2106	2106	2134
Deansgate	a	-	-	2051	2051	-	-	-	-	-	-
Manchester Oxford Road	a	2024	-	2054	2054	-	-	2122	2122	2122	-
Manchester Piccadilly	a	2028	-	2058	2058	-	-	2126	2126	2126	-
Manchester Airport	a	2045	-	2115	2121	-	-	2146	2146	2146	-

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

Carlisle - Barrow - Lancaster

Mondays to Saturdays

		M SO	SX	X SO	Y SO		🚌			Y SO	X SO
Carlisle	d	-	-	-	-	1706	-	-	1750	-	-
Dalston		-	-	-	-	1715	-	-	1759	-	-
Wigton		-	-	-	-	1725	-	-	1808	-	-
Aspatria		-	-	-	-	1735	-	-	1819	-	-
Maryport		-	-	-	-	1747	-	-	1830	-	-
Flimby		-	-	-	-	1750	-	-	1834	-	-
Workington		-	-	-	-	1757	-	-	1841	-	-
Harrington		-	-	-	-	1802	-	-	1845	-	-
Parton		-	-	-	-	1811	-	-	1854	-	-
Whitehaven	a	-	-	-	-	1816	-	-	1859	-	-
Whitehaven	d	-	-	-	-	-	1821	-	-	-	-
Corkickle		-	-	-	-	-	1831	1856	-	-	-
St. Bees		-	-	-	-	-	-	1902	-	-	-
Nethertown		-	-	-	-	-	-	1907	-	-	-
Braystones		-	-	-	-	-	-	1910	-	-	-
Sellafield		-	-	-	-	-	-	1916	-	-	-
Seascale		-	-	-	-	-	-	1919	-	-	-
Drigg		-	-	-	-	-	-	-	-	-	-
Ravenglass		-	-	-	-	-	-	1925	-	-	-
Bootle (Cumbria)		-	-	-	-	-	-	-	-	-	-
Silecroft		-	-	-	-	-	-	-	-	-	-
Millom	a	-	-	-	-	-	-	1941	-	-	-
Millom	d	-	-	-	-	-	-	1941	-	-	-
Green Road		-	-	-	-	-	-	1946	-	-	-
Foxfield		-	-	-	-	-	-	1950	-	-	-
Kirkby-in-Furness		-	-	-	-	-	-	1955	-	-	-
Askam		-	-	-	-	-	-	2000	-	-	-
Barrow-in-Furness	a	-	-	-	-	-	-	2014	-	-	-
Barrow-in-Furness	d	1945	-	-	-	-	-	-	-	-	2042
Roose		1949	-	-	-	-	-	-	-	-	2046
Dalton		1955	-	-	-	-	-	-	-	-	2052
Ulverston		2004	-	-	-	-	-	-	-	-	2101
Cark		2011	-	-	-	-	-	-	-	-	2108
Kents Bank		2015	-	-	-	-	-	-	-	-	2112
Grange-over-Sands		2019	-	-	-	-	-	-	-	-	2116
Arnside		2024	-	-	-	-	-	-	-	-	2123
Silverdale		2028	-	-	-	-	-	-	-	-	2127
Carnforth		2042	-	-	-	-	-	-	-	-	2135
Windermere	d	-	2041	2041	2042	-	-	-	-	2125	-
Staveley		-	2046	2046	2047	-	-	-	-	2135	-
Burneside		-	2051	2051	2052	-	-	-	-	2145	-
Kendal		-	2055	2055	2056	-	-	-	-	2155	-
Oxenholme Lake District	a	-	2100	2100	2101	-	-	-	-	2210	-
Oxenholme Lake District	d	-	-	-	2103	-	-	-	-	-	-
Lancaster	a	2049	-	-	2121	-	-	-	-	-	2143
Lancaster	d	2050	-	-	-	-	-	-	-	-	2143
Preston	a	2108	-	-	-	-	-	-	-	-	2205
Chorley	a	2120	-	-	-	-	-	-	-	-	-
Bolton	a	2134	-	-	-	-	-	-	-	-	-
Deansgate	a	-	-	-	-	-	-	-	-	-	-
Manchester Oxford Road	a	-	-	-	-	-	-	-	-	-	-
Manchester Piccadilly	a	-	-	-	-	-	-	-	-	-	-
Manchester Airport	a	-	-	-	-	-	-	-	-	-	-

Notes
M To Manchester Victoria.
X Until 20 January and from 20 February.
Y From 9 January until 13 February.
SO Saturdays only.
SX Mondays to Fridays only.
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Carlisle - Barrow - Lancaster

Mondays to Saturdays

		Y SO	SX	X SO	SX	SO	SX	SO	SX	🚌	SX
Carlisle	d	-	-	-	-	-	-	1846	1848	-	-
Dalston		-	-	-	-	-	-	1855	1857	-	-
Wigton		-	-	-	-	-	-	1904	1906	-	-
Aspatria		-	-	-	-	-	-	1915	1917	-	-
Maryport		-	-	-	-	-	-	1926	1928	-	-
Flimby		-	-	-	-	-	-	1929	1931	-	-
Workington		-	-	-	-	-	-	1936	1938	-	-
Harrington		-	-	-	-	-	-	1941	1943	-	-
Parton		-	-	-	-	-	-	1950	1952	-	-
Whitehaven	a	-	-	-	-	-	-	1956	1956	-	-
Whitehaven	d	-	-	-	-	-	-	-	-	2002	-
Corkickle		-	-	-	-	-	-	-	-	2012	2022
St. Bees		-	-	-	-	-	-	-	-	-	2029
Nethertown		-	-	-	-	-	-	-	-	-	2034
Braystones		-	-	-	-	-	-	-	-	-	2037
Sellafield		-	-	-	-	-	-	-	-	-	2041
Seascale		-	-	-	-	-	-	-	-	-	2045
Drigg		-	-	-	-	-	-	-	-	-	2049
Ravenglass		-	-	-	-	-	-	-	-	-	2052
Bootle (Cumbria)		-	-	-	-	-	-	-	-	-	2059
Silecroft		-	-	-	-	-	-	-	-	-	2106
Millom	a	-	-	-	-	-	-	-	-	-	2111
Millom	d	-	-	-	-	2029	2029	-	-	-	2111
Green Road		-	-	-	-	-	2033	-	-	-	2116
Foxfield		-	-	-	-	2036	2037	-	-	-	2120
Kirkby-in-Furness		-	-	-	-	-	2042	-	-	-	2124
Askam		-	-	-	-	2045	2047	-	-	-	2129
Barrow-in-Furness	a	-	-	-	-	2059	2101	-	-	-	2143
Barrow-in-Furness	d	2042	2044	-	-	-	-	-	-	-	2145
Roose		2046	2048	-	-	-	-	-	-	-	2149
Dalton		2052	2054	-	-	-	-	-	-	-	2155
Ulverston		2101	2103	-	-	-	-	-	-	-	2204
Cark		2108	2110	-	-	-	-	-	-	-	2211
Kents Bank		2112	2114	-	-	-	-	-	-	-	2215
Grange-over-Sands		2116	2118	-	-	-	-	-	-	-	2219
Arnside		2122	2125	-	-	-	-	-	-	-	2226
Silverdale		2127	2129	-	-	-	-	-	-	-	2230
Carnforth		2134	2138	-	-	-	-	-	-	-	2238
Windermere	d	-	-	2141	2147	-	-	-	-	-	-
Staveley		-	-	2146	2152	-	-	-	-	-	-
Burneside		-	-	2151	2157	-	-	-	-	-	-
Kendal		-	-	2155	2201	-	-	-	-	-	-
Oxenholme Lake District	a	-	-	2200	2206	-	-	-	-	-	-
Oxenholme Lake District	d	-	-	-	2212	-	-	-	-	-	-
Lancaster	a	2144	2148	-	2226	-	-	-	-	-	2246
Lancaster	d	-	2227	-	2227	-	-	-	-	-	2246
Preston	a	-	2244	-	2244	-	-	-	-	-	2310
Chorley	a	-	-	-	-	-	-	-	-	-	-
Bolton	a	-	-	-	-	-	-	-	-	-	-
Deansgate	a	-	-	-	-	-	-	-	-	-	-
Manchester Oxford Road	a	-	2321	-	2321	-	-	-	-	-	-
Manchester Piccadilly	a	-	2325	-	2325	-	-	-	-	-	-
Manchester Airport	a	-	2342	-	2342	-	-	-	-	-	-

Notes
X Until 20 January and from 20 February.
Y From 9 January until 13 February.
SO Saturdays only.
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Carlisle - Barrow - Lancaster

Mondays to Saturdays

		X	Y		X		Y				
		SO	SO	SO	SO	SX	SO			SX	SO
Carlisle	d	-	-	1909	-	-	-	2000	-	2054	2105
Dalston		-	-	1918	-	-	-	2009	-	2103	2114
Wigton		-	-	1928	-	-	-	2018	-	2112	2123
Aspatria		-	-	1938	-	-	-	2029	-	2123	2134
Maryport		-	-	1949	-	-	-	2040	-	2134	2145
Flimby		-	-	1953	-	-	-	2044	-	2137	2148
Workington		-	-	1959	-	-	-	2051	-	2144	2155
Harrington		-	-	2004	-	-	-	2055	-	2149	2200
Parton		-	-	2013	-	-	-	2105	-	2158	2209
Whitehaven	a	-	-	2017	-	-	-	2111	-	2204	2215
Whitehaven	d	-	-	-	-	-	-	-	-	-	-
Corkickle		2022	2022	-	-	-	-	-	-	-	-
St. Bees		2028	2028	-	-	-	-	-	-	-	-
Nethertown		2033	2033	-	-	-	-	-	-	-	-
Braystones		2036	2036	-	-	-	-	-	-	-	-
Sellafield		2041	2041	-	-	-	-	-	-	-	-
Seascale		2045	2045	-	-	-	-	-	-	-	-
Drigg		2049	2049	-	-	-	-	-	-	-	-
Ravenglass		2052	2052	-	-	-	-	-	-	-	-
Bootle (Cumbria)		2059	2059	-	-	-	-	-	-	-	-
Silecroft		2106	2106	-	-	-	-	-	-	-	-
Millom	a	2111	2111	-	-	-	-	-	-	-	-
Millom	d	2111	2111	-	-	-	-	-	2200	-	-
Green Road		2116	2116	-	-	-	-	-	2204	-	-
Foxfield		2120	2120	-	-	-	-	-	2208	-	-
Kirkby-in-Furness		2124	2124	-	-	-	-	-	2213	-	-
Askam		2129	2129	-	-	-	-	-	2218	-	-
Barrow-in-Furness	a	2143	2143	-	-	-	-	-	2231	-	-
Barrow-in-Furness	d	2146	2146	-	-	-	-	-	-	-	-
Roose		2150	2150	-	-	-	-	-	-	-	-
Dalton		2156	2156	-	-	-	-	-	-	-	-
Ulverston		2204	2204	-	-	-	-	-	-	-	-
Cark		2212	2212	-	-	-	-	-	-	-	-
Kents Bank		2216	2216	-	-	-	-	-	-	-	-
Grange-over-Sands		2220	2220	-	-	-	-	-	-	-	-
Arnside		2226	2226	-	-	-	-	-	-	-	-
Silverdale		2230	2230	-	-	-	-	-	-	-	-
Carnforth		2238	2238	-	-	-	-	-	-	-	-
Windermere	d	-	-	-	2228	2247	2225	-	-	-	-
Staveley		-	-	-	2233	2252	2235	-	-	-	-
Burneside		-	-	-	2238	2257	2245	-	-	-	-
Kendal		-	-	-	2242	2301	2255	-	-	-	-
Oxenholme Lake District	a	-	-	-	2247	2306	2310	-	-	-	-
Oxenholme Lake District	d	-	-	-	2249	2308	2310	-	-	-	-
Lancaster	a	2246	2247	-	2305	2324	2355	-	-	-	-
Lancaster	d	2246	-	-	2306	2325	2355	-	-	-	-
Preston	a	2310	-	-	2324	2343	0035	-	-	-	-
Chorley	a	-	-	-	-	-	-	-	-	-	-
Bolton	a	-	-	-	0006	0022	-	-	-	-	-
Deansgate	a	-	-	-	-	-	-	-	-	-	-
Manchester Oxford Road	a	-	-	-	-	-	-	-	-	-	-
Manchester Piccadilly	a	-	-	-	0026	0041	-	-	-	-	-
Manchester Airport	a	-	-	-	0044	0102	-	-	-	-	-

Notes
X Until 20 January and from 20 February.
Y From 9 January until 13 February.
SO Saturdays only.
SX Mondays to Fridays only.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

		SO	SX								
Carlisle	d	2151	2201	-	-	-	-	-	-	-	-
Dalston		2200	2210	-	-	-	-	-	-	-	-
Wigton		2209	2219	-	-	-	-	-	-	-	-
Aspatria		2220	2230	-	-	-	-	-	-	-	-
Maryport		2231	2241	-	-	-	-	-	-	-	-
Flimby		2234	2244	-	-	-	-	-	-	-	-
Workington		2240	2251	-	-	-	-	-	-	-	-
Harrington		2245	2256	-	-	-	-	-	-	-	-
Parton		2254	2305	-	-	-	-	-	-	-	-
Whitehaven	a	2259	2310	-	-	-	-	-	-	-	-
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
SO Saturdays only.
SX Mondays to Fridays only.

Carlisle - Barrow - Lancaster

Sundays

			V	V	W	W			V		
Carlisle	d	-	-	-	-	-	-	-	-	-	-
Dalston		-	-	-	-	-	-	-	-	-	-
Wigton		-	-	-	-	-	-	-	-	-	-
Aspatria		-	-	-	-	-	-	-	-	-	-
Maryport		-	-	-	-	-	0917	-	-	-	-
Flimby		-	-	-	-	-	0920	-	-	-	-
Workington		-	-	-	-	-	0927	-	-	-	-
Harrington		-	-	-	-	-	0932	-	-	-	-
Parton		-	-	-	-	-	0941	-	-	-	-
Whitehaven	a	-	-	-	-	-	0945	-	-	-	-
Whitehaven	d	-	-	-	-	-	-	-	-	-	-
Corkickle		-	-	-	-	-	-	-	-	-	-
St. Bees		-	-	-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-	-
Sellafield		-	-	-	-	-	-	-	-	-	-
Seascale		-	-	-	-	-	-	-	-	-	-
Drigg		-	-	-	-	-	-	-	-	-	-
Ravenglass		-	-	-	-	-	-	-	-	-	-
Bootle (Cumbria)		-	-	-	-	-	-	-	-	-	-
Silecroft		-	-	-	-	-	-	-	-	-	-
Millom	a	-	-	-	-	-	-	-	-	-	-
Millom	d	-	-	-	-	-	-	-	-	0950	-
Green Road		-	-	-	-	-	-	-	-	0954	-
Foxfield		-	-	-	-	-	-	-	-	0958	-
Kirkby-in-Furness		-	-	-	-	-	-	-	-	1003	-
Askam		-	-	-	-	-	-	-	-	1008	-
Barrow-in-Furness	a	-	-	-	-	-	-	-	-	1021	-
Barrow-in-Furness	d	0753	0841	0905	0905	-	-	0952	-	-	-
Roose		0757	0845	-	0909	-	-	0956	-	-	-
Dalton		0803	0851	-	0915	-	-	1002	-	-	-
Ulverston		0812	0859	0922	0924	-	-	1010	-	-	-
Cark		0819	0906	-	0931	-	-	1017	-	-	-
Kents Bank		0823	0910	-	0935	-	-	1021	-	-	-
Grange-over-Sands		0827	0914	0934	0939	-	-	1025	-	-	-
Arnside		0833	0920	0940	0945	-	-	1031	-	-	-
Silverdale		0838	0924	-	0950	-	-	1035	-	-	-
Carnforth		0845	0931	0951	0957	-	-	1043	-	-	-
Windermere	d	-	-	-	-	1030	-	-	1053	-	1139
Staveley		-	-	-	-	1040	-	-	1058	-	1144
Burneside		-	-	-	-	1050	-	-	1103	-	1149
Kendal		-	-	-	-	1100	-	-	1107	-	1153
Oxenholme Lake District	a	-	-	-	-	1115	-	-	1112	-	1158
Oxenholme Lake District	d	-	-	-	-	1123	-	-	1123	-	1213
Lancaster	a	-	0938	1001	-	1137	-	1050	1137	-	1227
Lancaster	d	-	0945	-	-	1138	-	1052	1138	-	1228
Preston	a	-	1004	-	-	1156	-	1111	1156	-	1245
Chorley	a	-	1018	-	-	-	-	1122	-	-	-
Bolton	a	-	1031	-	-	-	-	1135	-	-	1305
Manchester Oxford Road	a	-	1046	-	-	1232	-	1151	1232	-	1320
Manchester Piccadilly	a	-	-	-	-	1236	-	1156	1236	-	1324
Manchester Airport	a	-	-	-	-	1258	-	1217	1258	-	1342

Notes
V Until 3 January and from 21 February.
W From 10 January until 14 February.
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Carlisle - Barrow - Lancaster

Sundays

						V	W					
Carlisle	d	-	-	-	-	0944	-	-	-	-	-	
Dalston		-	-	-	-	0953	-	-	-	-	-	
Wigton		-	-	-	-	1002	-	-	-	-	-	
Aspatria		-	-	-	-	1013	-	-	-	-	-	
Maryport		-	-	-	-	1024	1024	-	-	-	-	
Flimby		-	-	-	-	-	-	-	-	-	-	
Workington		-	-	-	-	1033	1033	-	-	-	-	
Harrington		-	-	-	-	-	-	-	-	-	-	
Parton		-	-	-	-	1046	1046	-	-	-	-	
Whitehaven	a	-	-	-	-	1050	1050	-	-	-	-	
Whitehaven	d	-	-	-	-	-	-	1055	-	-	-	
Corkickle		-	-	-	-	-	-	1107	1115	-	-	
St. Bees		-	-	-	-	-	-	-	1121	-	-	
Nethertown		-	-	-	-	-	-	-	-	-	-	
Braystones		-	-	-	-	-	-	-	-	-	-	
Sellafield		-	-	-	-	-	-	-	1131	-	-	
Seascale		-	-	-	-	-	-	-	1135	-	-	
Drigg		-	-	-	-	-	-	-	1139	-	-	
Ravenglass		-	-	-	-	-	-	-	1142	-	-	
Bootle (Cumbria)		-	-	-	-	-	-	-	1148	-	-	
Silecroft		-	-	-	-	-	-	-	1155	-	-	
Millom	a	-	-	-	-	-	-	-	1200	-	-	
Millom	d	-	-	-	-	-	-	-	1201	-	-	
Green Road		-	-	-	-	-	-	-	1205	-	-	
Foxfield		-	-	-	-	-	-	-	1209	-	-	
Kirkby-in-Furness		-	-	-	-	-	-	-	1214	-	-	
Askam		-	-	-	-	-	-	-	1219	-	-	
Barrow-in-Furness	a	-	-	-	-	-	-	-	1233	-	-	
Barrow-in-Furness	d	1052	-	1147	-	-	-	-	-	1254	-	
Roose		1056	-	1151	-	-	-	-	-	1258	-	
Dalton		1102	-	1158	-	-	-	-	-	1304	-	
Ulverston		1111	-	1206	-	-	-	-	-	1312	-	
Cark		1118	-	1213	-	-	-	-	-	-	-	
Kents Bank		1122	-	1217	-	-	-	-	-	-	-	
Grange-over-Sands		1126	-	1221	-	-	-	-	-	1325	-	
Arnside		1131	-	1227	-	-	-	-	-	1331	-	
Silverdale		1135	-	1231	-	-	-	-	-	1336	-	
Carnforth		1143	-	1240	-	-	-	-	-	1343	-	
Windermere	d	-	1224	-	1308	-	-	-	-	-	1359	
Staveley		-	-	-	1313	-	-	-	-	-	1404	
Burneside		-	-	-	1318	-	-	-	-	-	1409	
Kendal		-	1236	-	1322	-	-	-	-	-	1413	
Oxenholme Lake District	a	-	1241	-	1327	-	-	-	-	-	1418	
Oxenholme Lake District	d	-	1314	-	1329	-	-	-	-	-	1425	
Lancaster	a	1150	1328	1247	1345	-	-	-	-	1352	1439	
Lancaster	d	1151	1329	1247	1349	-	-	-	-	1358	1440	
Preston	a	1209	1347	1305	1407	-	-	-	-	1415	1457	
Chorley	a	1220	-	1320	1420	-	-	-	-	-	-	
Bolton	a	1234	1406	1334	1434	-	-	-	-	-	-	
Manchester Oxford Road	a	1250	1420	1350	1452	-	-	-	-	-	-	
Manchester Piccadilly	a	1256	1424	1354	1456	-	-	-	-	-	-	
Manchester Airport	a	1317	1442	1416	1514	-	-	-	-	-	-	

Notes
V Until 3 January and from 21 February.
W From 10 January until 14 February.
Bus service - heavy luggage, dogs, bicycles and pushchairs may not be carried.

Carlisle - Barrow - Lancaster

Sundays

						V	W					
Carlisle	d	1022	1040	-	-	-	-	-	1105	-	-	
Dalston		1031	1049	-	-	-	-	-	1114	-	-	
Wigton		1041	1058	-	-	-	-	-	1124	-	-	
Aspatria		1051	1109	-	-	-	-	-	1134	-	-	
Maryport		1103	1120	-	-	-	-	-	1146	-	-	
Flimby		1107	1123	-	-	-	-	-	1149	-	-	
Workington		1117	1133	-	-	-	-	-	1156	-	-	
Harrington		1121	1137	-	-	-	-	-	1201	-	-	
Parton		1135	1147	-	-	-	-	-	1210	-	-	
Whitehaven	a	1140	1152	-	-	-	-	-	1214	-	-	
Whitehaven	d	-	-	1158	-	-	-	-	-	1300	-	
Corkickle		-	-	1208	1221	-	-	-	-	1310	1325	
St. Bees		-	-	-	1227	-	-	-	-	-	1331	
Nethertown		-	-	-	1232	-	-	-	-	-	-	
Braystones		-	-	-	1235	-	-	-	-	-	-	
Sellafield		-	-	-	1240	-	-	-	-	-	1341	
Seascale		-	-	-	1244	-	-	-	-	-	1345	
Drigg		-	-	-	1248	-	-	-	-	-	1349	
Ravenglass		-	-	-	1251	-	-	-	-	-	1353	
Bootle (Cumbria)		-	-	-	1258	-	-	-	-	-	1359	
Silecroft		-	-	-	1305	-	-	-	-	-	1406	
Millom	a	-	-	-	1310	-	-	-	-	-	1411	
Millom	d	-	-	-	1310	-	-	-	-	-	1412	
Green Road		-	-	-	1315	-	-	-	-	-	1416	
Foxfield		-	-	-	1319	-	-	-	-	-	1420	
Kirkby-in-Furness		-	-	-	1323	-	-	-	-	-	1425	
Askam		-	-	-	1328	-	-	-	-	-	1430	
Barrow-in-Furness	a	-	-	-	1342	-	-	-	-	-	1444	
Barrow-in-Furness	d	-	-	-	-	1349	-	-	-	-	-	
Roose		-	-	-	-	1353	-	-	-	-	-	
Dalton		-	-	-	-	1359	-	-	-	-	-	
Ulverston		-	-	-	-	1407	-	-	-	-	-	
Cark		-	-	-	-	1414	-	-	-	-	-	
Kents Bank		-	-	-	-	1418	-	-	-	-	-	
Grange-over-Sands		-	-	-	-	1422	-	-	-	-	-	
Arnside		-	-	-	-	1428	-	-	-	-	-	
Silverdale		-	-	-	-	1432	-	-	-	-	-	
Carnforth		-	-	-	-	1439	-	-	-	-	-	
Windermere	d	-	-	-	-	-	1448	1555	-	-	-	
Staveley		-	-	-	-	-	1453	1600	-	-	-	
Burneside		-	-	-	-	-	1458	1605	-	-	-	
Kendal		-	-	-	-	-	1502	1609	-	-	-	
Oxenholme Lake District	a	-	-	-	-	-	1507	1614	-	-	-	
Oxenholme Lake District	d	-	-	-	-	-	1514	1616	-	-	-	
Lancaster	a	-	-	-	-	1446	1528	1633	-	-	-	
Lancaster	d	-	-	-	-	1449	1529	1648	-	-	-	
Preston	a	-	-	-	-	1507	1546	1706	-	-	-	
Chorley	a	-	-	-	-	1520	-	1720	-	-	-	
Bolton	a	-	-	-	-	1534	1605	1734	-	-	-	
Manchester Oxford Road	a	-	-	-	-	1550	1620	1750	-	-	-	
Manchester Piccadilly	a	-	-	-	-	1555	1624	1755	-	-	-	
Manchester Airport	a	-	-	-	-	1614	1642	1814	-	-	-	

Notes
V Until 3 January and from 21 February.
W From 10 January until 14 February.
Bus service - heavy luggage, dogs, bicycles and pushchairs may not be carried.

Carlisle - Barrow - Lancaster

Sundays

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	-	-	-	-	1450	-	-	-	-	1555	
Corkickle		-	-	-	-	1500	1520	-	-	-	1605	
St. Bees		-	-	-	-	-	1526	-	-	-	-	
Nethertown		-	-	-	-	-	-	-	-	-	-	
Braystones		-	-	-	-	-	-	-	-	-	-	
Sellafield		-	-	-	-	-	1537	-	-	-	-	
Seascale		-	-	-	-	-	1541	-	-	-	-	
Drigg		-	-	-	-	-	1544	-	-	-	-	
Ravenglass		-	-	-	-	-	1548	-	-	-	-	
Bootle (Cumbria)		-	-	-	-	-	1554	-	-	-	-	
Silecroft		-	-	-	-	-	1601	-	-	-	-	
Millom	a	-	-	-	-	-	1606	-	-	-	-	
Millom	d	-	-	-	-	-	1606	-	-	-	-	
Green Road		-	-	-	-	-	1611	-	-	-	-	
Foxfield		-	-	-	-	-	1615	-	-	-	-	
Kirkby-in-Furness		-	-	-	-	-	1619	-	-	-	-	
Askam		-	-	-	-	-	1624	-	-	-	-	
Barrow-in-Furness	a	-	-	-	-	-	1637	-	-	-	-	
Barrow-in-Furness	d	1550	-	-	-	-	-	1646	-	-	-	
Roose		1554	-	-	-	-	-	1650	-	-	-	
Dalton		1600	-	-	-	-	-	1656	-	-	-	
Ulverston		1608	-	-	-	-	-	1705	-	-	-	
Cark		1616	-	-	-	-	-	1712	-	-	-	
Kents Bank		1620	-	-	-	-	-	1716	-	-	-	
Grange-over-Sands		1624	-	-	-	-	-	1720	-	-	-	
Arnside		1630	-	-	-	-	-	1725	-	-	-	
Silverdale		1635	-	-	-	-	-	1729	-	-	-	
Carnforth		1642	-	-	-	-	-	1737	-	-	-	
Windermere	d	-	-	1659	-	-	-	-	1800	-	-	
Staveley		-	-	1704	-	-	-	-	1805	-	-	
Burneside		-	-	1709	-	-	-	-	1810	-	-	
Kendal		-	-	1713	-	-	-	-	1814	-	-	
Oxenholme Lake District	a	-	-	1718	-	-	-	-	1819	-	-	
Oxenholme Lake District	d	-	-	1725	-	-	-	-	1830	-	-	
Lancaster	a	1652	-	1738	-	-	-	1744	1843	-	-	
Lancaster	d	1658	-	1740	-	-	-	1748	1845	-	-	
Preston	a	1714	-	1757	-	-	-	1806	1902	-	-	
Chorley	a	-	-	-	-	-	-	1820	-	-	-	
Bolton	a	-	-	-	-	-	-	1834	-	-	-	
Manchester Oxford Road	a	-	-	-	-	-	-	1850	-	-	-	
Manchester Piccadilly	a	-	-	-	-	-	-	1855	-	-	-	
Manchester Airport	a	-	-	-	-	-	-	1914	-	-	-	

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

Carlisle - Barrow - Lancaster

Sundays

Carlisle	d	-	-	1509	-	-	1615	-	-	-	-
Dalston		-	-	1518	-	-	1624	-	-	-	-
Wigton		-	-	1527	-	-	1633	-	-	-	-
Aspatria		-	-	1538	-	-	1644	-	-	-	-
Maryport		-	-	1549	-	-	1655	-	-	-	-
Flimby		-	-	1553	-	-	1659	-	-	-	-
Workington		-	-	1600	-	-	1706	-	-	-	-
Harrington		-	-	1604	-	-	1710	-	-	-	-
Parton		-	-	1613	-	-	1719	-	-	-	-
Whitehaven	a	-	-	1618	-	-	1724	-	-	-	-
Whitehaven	d	-	-	-	-	-	-	1759	-	-	-
Corkickle		1624	-	-	-	-	-	1809	1822	-	-
St. Bees		1630	-	-	-	-	-	-	1828	-	-
Nethertown		1635	-	-	-	-	-	-	1833	-	-
Braystones		1638	-	-	-	-	-	-	1836	-	-
Sellafield		1643	-	-	-	-	-	-	1841	-	-
Seascale		1647	-	-	-	-	-	-	1845	-	-
Drigg		1651	-	-	-	-	-	-	1848	-	-
Ravenglass		1654	-	-	-	-	-	-	1852	-	-
Bootle (Cumbria)		1701	-	-	-	-	-	-	1859	-	-
Silecroft		1708	-	-	-	-	-	-	1906	-	-
Millom	a	1713	-	-	-	-	-	-	1911	-	-
Millom	d	1713	-	-	-	-	-	-	1911	-	-
Green Road		1718	-	-	-	-	-	-	1916	-	-
Foxfield		1722	-	-	-	-	-	-	1920	-	-
Kirkby-in-Furness		1726	-	-	-	-	-	-	1925	-	-
Askam		1731	-	-	-	-	-	-	1930	-	-
Barrow-in-Furness	a	1745	-	-	-	-	-	-	1943	-	-
Barrow-in-Furness	d	1747	-	-	-	1851	-	-	-	-	1952
Roose		1751	-	-	-	1855	-	-	-	-	1956
Dalton		1757	-	-	-	1901	-	-	-	-	2002
Ulverston		1806	-	-	-	1909	-	-	-	-	2011
Cark		1813	-	-	-	1917	-	-	-	-	2018
Kents Bank		1818	-	-	-	1921	-	-	-	-	2022
Grange-over-Sands		1822	-	-	-	1925	-	-	-	-	2026
Arnside		1828	-	-	-	1931	-	-	-	-	2031
Silverdale		1833	-	-	-	1935	-	-	-	-	2035
Carnforth		1842	-	-	-	1943	-	-	-	-	2043
Windermere	d	-	1901	-	1920	-	-	-	-	2025	-
Staveley		-	1907	-	1930	-	-	-	-	2035	-
Burneside		-	1912	-	1940	-	-	-	-	2045	-
Kendal		-	1916	-	1950	-	-	-	-	2055	-
Oxenholme Lake District	a	-	1921	-	2005	-	-	-	-	2110	-
Oxenholme Lake District	d	-	1922	-	2024	-	-	-	-	2135	-
Lancaster	a	1851	1938	-	2037	1951	-	-	-	2152	2050
Lancaster	d	1859	1940	-	2039	1952	-	-	-	2153	2051
Preston	a	1916	1959	-	2057	2015	-	-	-	2213	2111
Chorley	a	-	2020	-	-	-	-	-	-	-	2122
Bolton	a	-	2034	-	-	-	-	-	-	2234	2135
Manchester Oxford Road	a	-	2050	-	-	-	-	-	-	2252	2150
Manchester Piccadilly	a	-	2055	-	-	-	-	-	-	2256	2154
Manchester Airport	a	-	2114	-	-	-	-	-	-	2314	2213

Notes

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Carlisle - Barrow - Lancaster

Sundays

Carlisle	d	-	-	-	1710	-	1810	1910	2010	2110	-
Dalston		-	-	-	1719	-	1819	1919	2019	2119	-
Wigton		-	-	-	1728	-	1829	1929	2029	2128	-
Aspatria		-	-	-	1739	-	1839	1939	2039	2139	-
Maryport		-	-	-	1750	-	1851	1951	2051	2150	-
Flimby		-	-	-	1753	-	1854	1954	2054	2153	-
Workington		-	-	-	1800	-	1901	2001	2101	2200	-
Harrington		-	-	-	1804	-	1906	2006	2106	2205	-
Parton		-	-	-	1813	-	1915	2015	2115	2214	-
Whitehaven	a	-	-	-	1818	-	1921	2021	2121	2220	-
Whitehaven	d	-	-	-	-	1830	-	-	-	-	-
Corkickle		-	-	-	-	1842	-	-	-	-	-
St. Bees		-	-	-	-	1854	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-	-
Sellafield		-	-	-	-	1910	-	-	-	-	-
Seascale		-	-	-	-	1930	-	-	-	-	-
Drigg		-	-	-	-	1938	-	-	-	-	-
Ravenglass		-	-	-	-	1949	-	-	-	-	-
Bootle (Cumbria)		-	-	-	-	2005	-	-	-	-	-
Silecroft		-	-	-	-	2017	-	-	-	-	-
Millom	a	-	-	-	-	2023	-	-	-	-	-
Millom	d	1925	-	-	-	2023	-	-	-	-	-
Green Road		1929	-	-	-	2035	-	-	-	-	-
Foxfield		1933	-	-	-	2047	-	-	-	-	-
Kirkby-in-Furness		1938	-	-	-	2057	-	-	-	-	-
Askam		1943	-	-	-	2109	-	-	-	-	-
Barrow-in-Furness	a	1956	-	-	-	2124	-	-	-	-	-
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	-	-	2205	-	-	-	-	-	-	-
Staveley		-	-	2215	-	-	-	-	-	-	-
Burneside		-	-	2225	-	-	-	-	-	-	-
Kendal		-	-	2235	-	-	-	-	-	-	-
Oxenholme Lake District	a	-	-	2250	-	-	-	-	-	-	-
Oxenholme Lake District	d	-	-	2250	-	-	-	-	-	-	-
Lancaster	a	-	2148	23s35	-	-	-	-	-	-	-
Lancaster	d	-	2153	-	-	-	-	-	-	-	-
Preston	a	-	2213	0015	-	-	-	-	-	-	-
Chorley	a	-	-	-	-	-	-	-	-	-	-
Bolton	a	-	2234	-	-	-	-	-	-	-	-
Manchester Oxford Road	a	-	2252	-	-	-	-	-	-	-	-
Manchester Piccadilly	a	-	2256	-	-	-	-	-	-	-	-
Manchester Airport	a	-	2314	-	-	-	-	-	-	-	-

Notes

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Lancaster - Barrow - Carlisle

Mondays to Saturdays

Manchester Airport	d	-	-	-	-	-	-	-	-	-	-
Manchester Piccadilly		-	-	-	-	-	-	0457	-	-	-
Manchester Oxford Road		-	-	-	-	-	-	-	-	-	-
Deansgate		-	-	-	-	-	-	-	-	-	-
Bolton		-	-	-	-	-	-	-	-	-	-
Chorley		-	-	-	-	-	-	-	-	-	-
Preston		-	-	-	-	-	0518	0536	-	-	-
Lancaster	a	-	-	-	-	-	0538	0551	-	-	-
Lancaster	d	-	-	-	-	-	0539	0559	-	-	-
Oxenholme Lake District	a	-	-	-	-	-	-	0614	-	-	-
Oxenholme Lake District	d	-	-	-	-	-	-	0617	-	-	-
Kendal		-	-	-	-	-	-	0621	-	-	-
Burneside		-	-	-	-	-	-	0625	-	-	-
Staveley		-	-	-	-	-	-	0630	-	-	-
Windermere	a	-	-	-	-	-	-	0636	-	-	-
Carnforth		-	-	-	-	-	0550	-	-	-	-
Silverdale		-	-	-	-	-	0555	-	-	-	-
Arnside		-	-	-	-	-	0600	-	-	-	-
Grange-over-Sands		-	-	-	-	-	0606	-	-	-	-
Kents Bank		-	-	-	-	-	0609	-	-	-	-
Cark		-	-	-	-	-	0613	-	-	-	-
Ulverston		-	-	-	-	-	0622	-	-	-	-
Dalton		-	-	-	-	-	0630	-	-	-	-
Roose		-	-	-	-	-	0636	-	-	-	-
Barrow-in-Furness	a	-	-	-	-	-	0643	-	-	-	-
Barrow-in-Furness	d	-	-	0552	-	-	-	-	0651	-	-
Askam		-	-	0602	-	-	-	-	0701	-	-
Kirkby-in-Furness		-	-	0607	-	-	-	-	0706	-	-
Foxfield		-	-	0611	-	-	-	-	0711	-	-
Green Road		-	-	0615	-	-	-	-	0715	-	-
Millom	a	-	-	0620	-	-	-	-	0719	-	-
Millom	d	-	-	0620	-	-	-	-	0720	-	-
Silecroft		-	-	0625	-	-	-	-	0725	-	-
Bootle (Cumbria)		-	-	0632	-	-	-	-	0732	-	-
Ravenglass		-	-	0639	-	-	-	-	0739	-	-
Drigg		-	-	0643	-	-	-	-	0743	-	-
Seascale		-	-	0647	-	-	-	-	0747	-	-
Sellafield		-	-	0652	-	-	-	-	0752	-	-
Braystones		-	-	-	-	-	-	-	0756	-	-
Nethertown		-	-	-	-	-	-	-	0759	-	-
St. Bees		-	-	0702	-	-	-	-	0805	-	-
Corkickle		-	-	0707	0712	-	-	-	0810	0817	-
Whitehaven	a	-	-	-	0722	-	-	-	-	0827	-
Whitehaven	d	-	0628	-	-	0732	-	-	-	-	0837
Parton		-	0632	-	-	0736	-	-	-	-	0841
Harrington		-	0641	-	-	0745	-	-	-	-	0850
Workington		0547	0647	-	-	0750	-	-	-	-	0855
Flimby		0552	0652	-	-	0756	-	-	-	-	0901
Maryport		0556	0656	-	-	0759	-	-	-	-	0904
Aspatria		0607	0707	-	-	0810	-	-	-	-	0915
Wigton		0617	0717	-	-	0820	-	-	-	-	0925
Dalston		0626	0726	-	-	0829	-	-	-	-	0934
Carlisle	a	0637	0737	-	-	0840	-	-	-	-	0945

Notes

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Lancaster - Barrow - Carlisle

Mondays to Saturdays

Manchester Airport	d	0529	0603	-	-	0704	-	-	-	-	-	
Manchester Piccadilly		0549	0622	-	-	0721	-	-	-	-	-	
Manchester Oxford Road		0552	0626	-	-	0725	-	-	-	-	-	
Deansgate		0555	-	-	-	-	-	-	-	-	-	
Bolton		0608	0640	-	-	0738	-	-	-	-	-	
Chorley		0620	-	-	-	-	-	-	-	-	-	
Preston		0634	0704	0644	-	0801	-	-	-	-	-	0754
Lancaster	a	0651	0719	0658	-	0816	-	-	-	-	-	0808
Lancaster	d	0653	0733	0700	-	0821	-	-	-	-	-	0809
Oxenholme Lake District	a	-	-	0712	-	-	-	-	-	-	-	0822
Oxenholme Lake District	d	-	-	0730	-	-	-	-	-	-	-	0829
Kendal		-	-	0734	-	-	-	-	-	-	-	0833
Burneside		-	-	0738	-	-	-	-	-	-	-	0837
Staveley		-	-	0743	-	-	-	-	-	-	-	0842
Windermere	a	-	-	0749	-	-	-	-	-	-	-	0848
Carnforth		0703	0744	-	-	0832	-	-	-	-	-	-
Silverdale		0708	0750	-	-	0838	-	-	-	-	-	-
Arnside		0712	0754	-	-	0842	-	-	-	-	-	-
Grange-over-Sands		0718	0800	-	-	0848	-	-	-	-	-	-
Kents Bank		0722	0804	-	-	-	-	-	-	-	-	-
Cark		0726	0808	-	-	0854	-	-	-	-	-	-
Ulverston		0733	0816	-	-	0902	-	-	-	-	-	-
Dalton		0742	0825	-	-	0910	-	-	-	-	-	-
Roose		0748	0831	-	-	-	-	-	-	-	-	-
Barrow-in-Furness	a	0755	0838	-	-	0922	-	-	-	-	-	-
Barrow-in-Furness	d	-	-	-	-	-	-	0932	-	-	-	
Askam		-	-	-	-	-	-	0942	-	-	-	
Kirkby-in-Furness		-	-	-	-	-	-	0946	-	-	-	
Foxfield		-	-	-	-	-	-	0951	-	-	-	
Green Road		-	-	-	-	-	-	0955	-	-	-	
Millom	a	-	-	-	-	-	-	1000	-	-	-	
Millom	d	-	-	-	-	-	-	1000	-	-	-	
Silecroft		-	-	-	-	-	-	1005	-	-	-	
Bootle (Cumbria)		-	-	-	-	-	-	1013	-	-	-	
Ravenglass		-	-	-	-	-	-	1020	-	-	-	
Drigg		-	-	-	-	-	-	1023	-	-	-	
Seascale		-	-	-	-	-	-	1028	-	-	-	
Sellafield		-	-	-	-	-	-	1032	-	-	-	
Braystones		-	-	-	-	-	-	1036	-	-	-	
Nethertown		-	-	-	-	-	-	1039	-	-	-	
St. Bees		-	-	-	-	-	-	1045	-	-	-	
Corkickle		-	-	-	-	-	-	1050	1100	-	-	
Whitehaven	a	-	-	-	-	-	-	-	1110	-	-	
Whitehaven	d	-	-	-	0935	-	1037	-	-	1130	-	
Parton		-	-	-	0939	-	1041	-	-	1134	-	
Harrington		-	-	-	0948	-	1050	-	-	1143	-	
Workington		-	-	-	0954	-	1056	-	-	1148	-	
Flimby		-	-	-	0959	-	1101	-	-	1154	-	
Maryport		-	-	-	1003	-	1105	-	-	1158	-	
Aspatria		-	-	-	1014	-	1116	-	-	1208	-	
Wigton		-	-	-	1024	-	1126	-	-	1218	-	
Dalston		-	-	-	1033	-	1135	-	-	1227	-	
Carlisle	a	-	-	-	1044	-	1146	-	-	1238	-	

Notes
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Lancaster - Barrow - Carlisle

Mondays to Saturdays

		SX	SO		SX	SO						
Manchester Airport	d	0729	0729	-	0829	0829	-	-	-	0929	-	
Manchester Piccadilly		0750	0750	-	0850	0850	-	-	-	0950	-	
Manchester Oxford Road		0753	0753	-	0853	0853	-	-	-	0953	-	
Deansgate		0756	0756	-	0856	0856	-	-	-	0956	-	
Bolton		0808	0808	-	0908	0908	-	-	-	1008	-	
Chorley		0820	0820	-	0920	0920	-	-	-	1020	-	
Preston		0835	0842	0838	0945	0945	0954	-	-	1033	-	
Lancaster	a	0852	0859	0852	1003	1003	1008	-	-	1050	-	
Lancaster	d	0852	0900	0853	1004	1003	1014	-	-	1051	-	
Oxenholme Lake District	a	-	-	0906	1019	1032	-	-	-	-	-	
Oxenholme Lake District	d	-	-	0932	1021	1033	-	-	-	-	-	
Kendal		-	-	0936	1025	1037	-	-	-	-	-	
Burneside		-	-	0940	1029	1041	-	-	-	-	-	
Staveley		-	-	0945	1034	1046	-	-	-	-	-	
Windermere	a	-	-	0951	1041	1053	-	-	-	-	-	
Carnforth		0902	0910	-	-	-	1024	-	-	1101	-	
Silverdale		0907	0915	-	-	-	1030	-	-	1106	-	
Arnside		0911	0920	-	-	-	1034	-	-	1111	-	
Grange-over-Sands		0917	0925	-	-	-	1040	-	-	1116	-	
Kents Bank		0921	0929	-	-	-	1044	-	-	1120	-	
Cark		0925	0933	-	-	-	1048	-	-	1124	-	
Ulverston		0932	0940	-	-	-	1056	-	-	1132	-	
Dalton		0941	0949	-	-	-	1104	-	-	1140	-	
Roose		0947	0955	-	-	-	1110	-	-	1147	-	
Barrow-in-Furness	a	0953	1001	-	-	-	1118	-	-	1153	-	
Barrow-in-Furness	d	-	-	-	-	-	1119	-	-	-	-	
Askam		-	-	-	-	-	1129	-	-	-	-	
Kirkby-in-Furness		-	-	-	-	-	1134	-	-	-	-	
Foxfield		-	-	-	-	-	1138	-	-	-	-	
Green Road		-	-	-	-	-	1142	-	-	-	-	
Millom	a	-	-	-	-	-	1147	-	-	-	-	
Millom	d	-	-	-	-	-	1147	-	-	-	-	
Silecroft		-	-	-	-	-	1152	-	-	-	-	
Bootle (Cumbria)		-	-	-	-	-	1159	-	-	-	-	
Ravenglass		-	-	-	-	-	1206	-	-	-	-	
Drigg		-	-	-	-	-	1209	-	-	-	-	
Seascale		-	-	-	-	-	1213	-	-	-	-	
Sellafield		-	-	-	-	-	1217	-	-	-	-	
Braystones		-	-	-	-	-	-	-	-	-	-	
Nethertown		-	-	-	-	-	-	-	-	-	-	
St. Bees		-	-	-	-	-	1228	-	-	-	-	
Corkickle		-	-	-	-	-	1233	1238	-	-	-	
Whitehaven	a	-	-	-	-	-	-	1248	-	-	-	
Whitehaven	d	-	-	-	-	-	-	-	1254	-	1348	
Parton		-	-	-	-	-	-	-	1258	-	1352	
Harrington		-	-	-	-	-	-	-	-	-	1401	
Workington		-	-	-	-	-	-	-	1312	-	1406	
Flimby		-	-	-	-	-	-	-	-	-	1412	
Maryport		-	-	-	-	-	-	-	1320	-	1416	
Aspatria		-	-	-	-	-	-	-	1330	-	1426	
Wigton		-	-	-	-	-	-	-	1340	-	1437	
Dalston		-	-	-	-	-	-	-	1349	-	1446	
Carlisle	a	-	-	-	-	-	-	-	1400	-	1457	

Notes
SO Saturdays only.
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Lancaster - Barrow - Carlisle

Mondays to Saturdays

									SO	SX		
Manchester Airport	d	-	-	-	-	1029	1104	-	1129	1129	-	
Manchester Piccadilly		-	-	-	-	1050	1121	-	1150	1150	-	
Manchester Oxford Road		-	-	-	-	1053	1124	-	1153	1153	-	
Deansgate		-	-	-	-	1056	-	-	1156	1156	-	
Bolton		-	-	-	-	1108	1138	-	1208	-	-	
Chorley		-	-	-	-	1120	-	-	1220	-	-	
Preston		1042	-	-	-	1145	1203	-	1246	1246	1254	
Lancaster	a	1056	-	-	-	1202	1218	-	1303	1303	1308	
Lancaster	d	1057	-	-	-	1203	1219	-	1303	1304	1319	
Oxenholme Lake District	a	1110	-	-	-	-	1232	-	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		-	-	-	-	1212	-	-	-	-	1329	
Silverdale		-	-	-	-	1217	-	-	-	-	1334	
Arnside		-	-	-	-	1222	-	-	-	-	1339	
Grange-over-Sands		-	-	-	-	1227	-	-	-	-	1345	
Kents Bank		-	-	-	-	1231	-	-	-	-	1348	
Cark		-	-	-	-	1235	-	-	-	-	1352	
Ulverston		-	-	-	-	1242	-	-	-	-	1401	
Dalton		-	-	-	-	1250	-	-	-	-	1409	
Roose		-	-	-	-	1256	-	-	-	-	1415	
Barrow-in-Furness	a	-	-	-	-	1303	-	-	-	-	1422	
Barrow-in-Furness	d	-	1235	-	-	-	-	-	-	-	1429	
Askam		-	1245	-	-	-	-	-	-	-	1439	
Kirkby-in-Furness		-	1249	-	-	-	-	-	-	-	1443	
Foxfield		-	1254	-	-	-	-	-	-	-	1448	
Green Road		-	1258	-	-	-	-	-	-	-	1452	
Millom	a	-	1302	-	-	-	-	-	-	-	1456	
Millom	d	-	1303	-	-	-	-	-	-	-	1457	
Silecroft		-	1308	-	-	-	-	-	-	-	1502	
Bootle (Cumbria)		-	1315	-	-	-	-	-	-	-	1509	
Ravenglass		-	1321	-	-	-	-	-	-	-	1515	
Drigg		-	1325	-	-	-	-	-	-	-	1519	
Seascale		-	1329	-	-	-	-	-	-	-	1523	
Sellafield		-	1332	-	-	-	-	-	-	-	1526	
Braystones		-	1336	-	-	-	-	-	-	-	1530	
Nethertown		-	1339	-	-	-	-	-	-	-	1533	
St. Bees		-	1347	-	-	-	-	-	-	-	1540	
Corkickle		-	1352	1402	-	-	-	-	-	-	1545	
Whitehaven	a	-	-	1412	-	-	-	-	-	-	-	
Whitehaven	d	-	-	-	1438	-	-	1543	-	-	-	
Parton		-	-	-	1442	-	-	1547	-	-	-	
Harrington		-	-	-	1451	-	-	1556	-	-	-	
Workington		-	-	-	1457	-	-	1601	-	-	-	
Flimby		-	-	-	1502	-	-	1607	-	-	-	
Maryport		-	-	-	1506	-	-	1611	-	-	-	
Aspatria		-	-	-	1517	-	-	1621	-	-	-	
Wigton		-	-	-	1527	-	-	1631	-	-	-	
Dalston		-	-	-	1536	-	-	1640	-	-	-	
Carlisle	a	-	-	-	1547	-	-	1651	-	-	-	

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Lancaster - Barrow - Carlisle

Mondays to Saturdays

				SX	SO							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		-	-	-	1308	-	-	1338	1408	1439	-	
Chorley		-	-	-	1320	-	-	-	1420	-	-	
Preston		-	-	1347	1346	-	-	1403	1445	1503	-	
Lancaster	a	-	-	1404	1403	-	-	1418	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	-	-	
Arnside		-	-	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	-	-	1508	1508	-	-	-	-	-	-	
Askam		-	-	1518	1518	-	-	-	-	-	-	
Kirkby-in-Furness		-	-	1523	1523	-	-	-	-	-	-	
Foxfield		-	-	1527	1527	-	-	-	-	-	-	
Green Road		-	-	1531	1531	-	-	-	-	-	-	
Millom	a	-	-	1536	1536	-	-	-	-	-	-	
Millom	d	-	-	1536	1536	-	-	-	-	-	-	
Silecroft		-	-	1541	1541	-	-	-	-	-	-	
Bootle (Cumbria)		-	-	1548	1548	-	-	-	-	-	-	
Ravenglass		-	-	1555	1555	-	-	-	-	-	-	
Drigg		-	-	1559	1559	-	-	-	-	-	-	
Seascale		-	-	1603	1603	-	-	-	-	-	-	
Sellafield		-	-	1608	1608	-	-	-	-	-	-	
Braystones		-	-	-	-	-	-	-	-	-	-	
Nethertown		-	-	-	-	-	-	-	-	-	-	
St. Bees		-	-	1618	1618	-	-	-	-	-	-	
Corkickle		1551	-	1623	1623	1634	-	-	-	-	-	
Whitehaven	a	1601	-	-	-	1644	-	-	-	-	-	
Whitehaven	d	-	1613	-	-	-	1701	-	-	-	1750	
Parton		-	1617	-	-	-	1705	-	-	-	1754	
Harrington		-	1626	-	-	-	1714	-	-	-	1803	
Workington		-	1633	-	-	-	1720	-	-	-	1808	
Flimby		-	1638	-	-	-	1725	-	-	-	1814	
Maryport		-	1643	-	-	-	1729	-	-	-	1818	
Aspatria		-	1654	-	-	-	1739	-	-	-	1828	
Wigton		-	1705	-	-	-	1749	-	-	-	1838	
Dalston		-	1714	-	-	-	1759	-	-	-	1847	
Carlisle	a	-	1725	-	-	-	1810	-	-	-	1858	

Notes
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Lancaster - Barrow - Carlisle

Mondays to Saturdays

		SO							SO	SX		
Manchester Airport	d	-	-	1429	-	-	-	1529	1604	1604	1604	
Manchester Piccadilly		-	-	1450	-	-	-	1550	1621	1621	1621	
Manchester Oxford Road		-	-	1453	-	-	-	1553	1625	1625	1625	
Deansgate		-	-	1456	-	-	-	1556	-	-	-	
Bolton		-	-	1508	-	-	-	1608	1638	-	-	
Chorley		-	-	1520	-	-	-	1620	-	-	-	
Preston		-	-	1533	-	-	-	1633	1704	1704	1704	
Lancaster	a	-	-	1550	-	-	-	1652	1721	1721	1721	
Lancaster	d	-	-	1551	1601	-	-	1653	1728	1732	1722	
Oxenholme Lake District	a	-	-	1631	-	-	-	-	-	-	1735	
Oxenholme Lake District	d	-	-	1633	-	-	-	-	-	-	1742	
Kendal		-	-	1637	-	-	-	-	-	-	1746	
Burneside		-	-	1641	-	-	-	-	-	-	1750	
Staveley		-	-	1646	-	-	-	-	-	-	1755	
Windermere	a	-	-	1653	-	-	-	-	-	-	1801	
Carnforth		-	-	-	1611	-	-	1702	1738	1742	-	
Silverdale		-	-	-	1617	-	-	1707	1743	1747	-	
Arnside		-	-	-	1622	-	-	1712	1748	1752	-	
Grange-over-Sands		-	-	-	1628	-	-	1717	1754	1758	-	
Kents Bank		-	-	-	1632	-	-	1721	1757	1801	-	
Cark		-	-	-	1637	-	-	1725	1801	1805	-	
Ulverston		-	-	-	1645	-	-	1732	1809	1813	-	
Dalton		-	-	-	1654	-	-	1741	1817	1821	-	
Roose		-	-	-	1700	-	-	1747	1823	1828	-	
Barrow-in-Furness	a	-	-	-	1709	-	-	1753	1831	1835	-	
Barrow-in-Furness	d	-	-	-	1716	-	-	-	-	-	-	
Askam		-	-	-	1726	-	-	-	-	-	-	
Kirkby-in-Furness		-	-	-	1731	-	-	-	-	-	-	
Foxfield		-	-	-	1735	-	-	-	-	-	-	
Green Road		-	-	-	1739	-	-	-	-	-	-	
Millom	a	-	-	-	1744	-	-	-	-	-	-	
Millom	d	-	-	-	1744	-	-	-	-	-	-	
Silecroft		-	-	-	1749	-	-	-	-	-	-	
Bootle (Cumbria)		-	-	-	1756	-	-	-	-	-	-	
Ravenglass		-	-	-	1803	-	-	-	-	-	-	
Drigg		-	-	-	1806	-	-	-	-	-	-	
Seascale		-	-	-	1810	-	-	-	-	-	-	
Sellafield		-	-	-	1816	-	-	-	-	-	-	
Braystones		-	-	-	-	-	-	-	-	-	-	
Nethertown		-	-	-	-	-	-	-	-	-	-	
St. Bees		-	-	-	1826	-	-	-	-	-	-	
Corkickle		-	-	-	1831	1841	-	-	-	-	-	
Whitehaven	a	-	-	-	-	1851	-	-	-	-	-	
Whitehaven	d	1752	1838	-	-	-	1923	-	-	-	-	
Parton		1756	1842	-	-	-	1927	-	-	-	-	
Harrington		1805	1851	-	-	-	1936	-	-	-	-	
Workington		1811	1856	-	-	-	1944	-	-	-	-	
Flimby		1816	1902	-	-	-	1950	-	-	-	-	
Maryport		1820	1906	-	-	-	1954	-	-	-	-	
Aspatria		1831	1916	-	-	-	2004	-	-	-	-	
Wigton		1841	1926	-	-	-	2015	-	-	-	-	
Dalston		1850	1935	-	-	-	2024	-	-	-	-	
Carlisle	a	1901	1946	-	-	-	2035	-	-	-	-	

Notes
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Lancaster - Barrow - Carlisle

Mondays to Saturdays

					SO	SX						SO
Manchester Airport	d	1629	-	-	-	-	-	1704	1729	-	-	
Manchester Piccadilly		1650	-	-	-	-	-	1721	1750	-	-	
Manchester Oxford Road		1653	-	-	-	-	-	1724	1753	-	-	
Deansgate		1656	-	-	-	-	-	-	1756	-	-	
Bolton		1708	-	-	-	-	-	-	1810	-	-	
Chorley		1720	-	-	-	-	-	-	1824	-	-	
Preston		1734	-	-	-	-	1753	1803	1845	1853	-	
Lancaster	a	1751	-	-	-	-	1808	1819	1902	1907	-	
Lancaster	d	1751	-	-	-	-	1810	1836	1903	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		1801	-	-	-	-	-	1846	-	1923	-	
Silverdale		1806	-	-	-	-	-	1852	-	1929	-	
Arnside		1810	-	-	-	-	-	1856	-	1933	-	
Grange-over-Sands		1816	-	-	-	-	-	1902	-	1939	-	
Kents Bank		1819	-	-	-	-	-	1906	-	1943	-	
Cark		1824	-	-	-	-	-	1910	-	1947	-	
Ulverston		1831	-	-	-	-	-	1918	-	1955	-	
Dalton		1840	-	-	-	-	-	1926	-	2003	-	
Roose		1846	-	-	-	-	-	1932	-	2009	-	
Barrow-in-Furness	a	1852	-	-	-	-	-	1940	-	2017	-	
Barrow-in-Furness	d	-	1904	-	-	-	-	1947	-	-	-	
Askam		-	1914	-	-	-	-	1957	-	-	-	
Kirkby-in-Furness		-	1918	-	-	-	-	2001	-	-	-	
Foxfield		-	1923	-	-	-	-	2006	-	-	-	
Green Road		-	1927	-	-	-	-	2010	-	-	-	
Millom	a	-	1931	-	-	-	-	2015	-	-	-	
Millom	d	-	1932	-	-	-	-	-	-	-	-	
Silecroft		-	1937	-	-	-	-	-	-	-	-	
Bootle (Cumbria)		-	1944	-	-	-	-	-	-	-	-	
Ravenglass		-	1950	-	-	-	-	-	-	-	-	
Drigg		-	1953	-	-	-	-	-	-	-	-	
Seascale		-	1957	-	-	-	-	-	-	-	-	
Sellafield		-	2003	-	-	-	-	-	-	-	-	
Braystones		-	-	-	-	-	-	-	-	-	-	
Nethertown		-	-	-	-	-	-	-	-	-	-	
St. Bees		-	2013	-	-	-	-	-	-	-	-	
Corkickle		-	2018	2023	-	-	-	-	-	-	-	
Whitehaven	a	-	-	2033	-	-	-	-	-	-	-	
Whitehaven	d	-	-	-	2039	2041	-	-	-	-	2125	
Parton		-	-	-	2043	2045	-	-	-	-	2129	
Harrington		-	-	-	2052	2054	-	-	-	-	2138	
Workington		-	-	-	2057	2059	-	-	-	-	2143	
Flimby		-	-	-	2102	2105	-	-	-	-	2148	
Maryport		-	-	-	2106	2109	-	-	-	-	2152	
Aspatria		-	-	-	2117	2119	-	-	-	-	-	
Wigton		-	-	-	2127	2129	-	-	-	-	-	
Dalston		-	-	-	2136	2138	-	-	-	-	-	
Carlisle	a	-	-	-	2147	2149	-	-	-	-	-	

Notes
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Lancaster - Barrow - Carlisle

Mondays to Saturdays

		SX	SX	SO		SX	SO					Y SO
Manchester Airport	d	-	1829	1829	-	-	-	-	-	1929	-	
Manchester Piccadilly		-	1850	1850	-	-	-	-	-	1950	-	
Manchester Oxford Road		-	1853	1853	-	-	-	-	-	1953	-	
Deansgate		-	1856	1856	-	-	-	-	-	1956	-	
Bolton		-	1909	1909	-	-	-	-	-	2008	-	
Chorley		-	1921	1921	-	-	-	-	-	2020	-	
Preston		-	1934	1945	1942	-	-	-	-	2033	2042	
Lancaster	a	-	1951	2002	1956	-	-	-	-	2050	2056	
Lancaster	d	-	1951	2004	1958	-	-	-	-	2051	2057	
Oxenholme Lake District	a	-	-	-	2010	-	-	-	-	-	2110	
Oxenholme Lake District	d	-	-	-	2018	-	-	-	-	-	2115	
Kendal		-	-	-	2022	-	-	-	-	-	2125	
Burneside		-	-	-	2026	-	-	-	-	-	2135	
Staveley		-	-	-	2031	-	-	-	-	-	2145	
Windermere	a	-	-	-	2037	-	-	-	-	-	2155	
Carnforth		-	2001	2013	-	-	-	-	-	2100	-	
Silverdale		-	2006	2018	-	-	-	-	-	2106	-	
Arnside		-	2010	2023	-	-	-	-	-	2110	-	
Grange-over-Sands		-	2016	2028	-	-	-	-	-	2116	-	
Kents Bank		-	2020	2032	-	-	-	-	-	2120	-	
Cark		-	2024	2036	-	-	-	-	-	2124	-	
Ulverston		-	2031	2043	-	-	-	-	-	2131	-	
Dalton		-	2040	2052	-	-	-	-	-	2140	-	
Roose		-	2046	2058	-	-	-	-	-	2146	-	
Barrow-in-Furness	a	-	2053	2104	-	-	-	-	-	2153	-	
Barrow-in-Furness	d	-	-	-	-	-	-	2110	-	-	-	
Askam		-	-	-	-	-	-	2120	-	-	-	
Kirkby-in-Furness		-	-	-	-	-	-	2124	-	-	-	
Foxfield		-	-	-	-	-	-	2129	-	-	-	
Green Road		-	-	-	-	-	-	2133	-	-	-	
Millom	a	-	-	-	-	-	-	2138	-	-	-	
Millom	d	-	-	-	-	-	-	-	2148	-	-	
Silecroft		-	-	-	-	-	-	-	2156	-	-	
Bootle (Cumbria)		-	-	-	-	-	-	-	2206	-	-	
Ravenglass		-	-	-	-	-	-	-	2219	-	-	
Drigg		-	-	-	-	-	-	-	2231	-	-	
Seascale		-	-	-	-	-	-	-	2243	-	-	
Sellafield		-	-	-	-	-	-	-	2255	-	-	
Braystones		-	-	-	-	-	-	-	-	-	-	
Nethertown		-	-	-	-	-	-	-	-	-	-	
St. Bees		-	-	-	-	-	-	-	2305	-	-	
Corkickle		-	-	-	-	-	-	-	2315	-	-	
Whitehaven	a	-	-	-	-	-	-	-	2325	-	-	
Whitehaven	d	2135	-	-	-	2209	2219	-	2325	-	-	
Parton		2139	-	-	-	2213	2223	-	2330	-	-	
Harrington		2148	-	-	-	2222	2232	-	2340	-	-	
Workington		2153	-	-	-	2227	2237	-	2350	-	-	
Flimby		2159	-	-	-	2233	2243	-	-	-	-	
Maryport		2203	-	-	-	2236	2246	-	-	-	-	
Aspatria		2213	-	-	-	2247	-	-	-	-	-	
Wigton		2223	-	-	-	2257	-	-	-	-	-	
Dalston		2232	-	-	-	2306	-	-	-	-	-	
Carlisle	a	2243	-	-	-	2317	-	-	-	-	-	

Notes
Y From 9 January until 13 February.
SO Saturdays only.
SX Mondays to Fridays only.
Bus service - heavy luggage, dogs, bicycles and pushchairs may not be carried.

Lancaster - Barrow - Carlisle

Mondays to Saturdays

		X SO	SX		X SO	Y SO	SX	SX	Y SO	X SO	SX
Manchester Airport	d	-	-	-	-	-	-	-	-	-	2159
Manchester Piccadilly		-	-	-	-	-	-	-	-	-	2217
Manchester Oxford Road		-	-	-	-	-	-	-	-	-	2224
Deansgate		-	-	-	-	-	-	-	-	-	-
Bolton		-	-	-	-	-	-	-	-	-	2239
Chorley		-	-	-	-	-	-	-	-	-	2252
Preston		2042	2041	-	-	-	2142	2142	-	2211	2310
Lancaster	a	2056	2055	-	-	-	2157	2157	-	2231	2327
Lancaster	d	2057	2057	-	-	-	2158	2209	2226	2231	2328
Oxenholme Lake District	a	2110	2110	-	-	-	2211	-	-	-	-
Oxenholme Lake District	d	2117	2120	-	2206	2215	2222	-	-	-	-
Kendal		2121	2124	-	2210	2225	2226	-	-	-	-
Burneside		2125	2128	-	2214	2235	2230	-	-	-	-
Staveley		2130	2133	-	2219	2245	2235	-	-	-	-
Windermere	a	2136	2139	-	2225	2255	2241	-	-	-	-
Carnforth		-	-	-	-	-	-	2219	2236	2242	2338
Silverdale		-	-	-	-	-	-	2225	2242	2247	2343
Arnside		-	-	-	-	-	-	2229	2246	2252	2348
Grange-over-Sands		-	-	-	-	-	-	2235	2252	2258	2353
Kents Bank		-	-	-	-	-	-	2239	2256	2301	2357
Cark		-	-	-	-	-	-	2243	2300	2305	0001
Ulverston		-	-	-	-	-	-	2251	2308	2314	0009
Dalton		-	-	-	-	-	-	2259	2317	2322	0017
Roose		-	-	-	-	-	-	2305	2323	2328	0024
Barrow-in-Furness	a	-	-	-	-	-	-	2313	2330	2336	0030
Barrow-in-Furness	d	-	-	2211	-	-	-	-	-	-	-
Askam		-	-	2221	-	-	-	-	-	-	-
Kirkby-in-Furness		-	-	2225	-	-	-	-	-	-	-
Foxfield		-	-	2230	-	-	-	-	-	-	-
Green Road		-	-	2234	-	-	-	-	-	-	-
Millom	a	-	-	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 2 January and from 20 February.
Y From 9 January until 13 February.
SO Saturdays only.
SX Mondays to Fridays only.
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Lancaster - Barrow - Carlisle

Mondays to Saturdays

		X SO	Y SO								
Manchester Airport	d	2159	-	-	-	-	-	-	-	-	-
Manchester Piccadilly		2217	-	-	-	-	-	-	-	-	-
Manchester Oxford Road		2224	-	-	-	-	-	-	-	-	-
Deansgate		-	-	-	-	-	-	-	-	-	-
Bolton		2239	-	-	-	-	-	-	-	-	-
Chorley		2252	-	-	-	-	-	-	-	-	-
Preston		2310	-	-	-	-	-	-	-	-	-
Lancaster	a	2327	-	-	-	-	-	-	-	-	-
Lancaster	d	2328	2328	-	-	-	-	-	-	-	-
Oxenholme Lake District	a	-	-	-	-	-	-	-	-	-	-
Oxenholme Lake District	d	-	-	-	-	-	-	-	-	-	-
Kendal		-	-	-	-	-	-	-	-	-	-
Burneside		-	-	-	-	-	-	-	-	-	-
Staveley		-	-	-	-	-	-	-	-	-	-
Windermere	a	-	-	-	-	-	-	-	-	-	-
Carnforth		2338	2338	-	-	-	-	-	-	-	-
Silverdale		2343	2344	-	-	-	-	-	-	-	-
Arnside		2348	2349	-	-	-	-	-	-	-	-
Grange-over-Sands		2353	2355	-	-	-	-	-	-	-	-
Kents Bank		2357	2358	-	-	-	-	-	-	-	-
Cark		0001	0003	-	-	-	-	-	-	-	-
Ulverston		0009	0011	-	-	-	-	-	-	-	-
Dalton		0017	0019	-	-	-	-	-	-	-	-
Roose		0024	0026	-	-	-	-	-	-	-	-
Barrow-in-Furness	a	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 2 January and from 20 February.
Y From 9 January until 13 February.
SO Saturdays only.

Lancaster - Barrow - Carlisle

Sundays

		V	V	W							
Manchester Airport	d	-	-	-	-	-	-	-	-	-	-
Manchester Piccadilly		-	-	-	-	-	-	-	-	-	-
Manchester Oxford Road		-	-	-	-	-	-	-	-	-	-
Bolton		-	-	-	-	-	-	-	-	-	-
Chorley		-	-	-	-	-	-	-	-	-	-
Preston		-	-	-	-	-	-	-	-	-	-
Lancaster	a	-	-	-	-	-	-	-	-	-	-
Lancaster	d	-	-	-	-	-	-	-	-	-	-
Oxenholme Lake District	a	-	-	-	-	-	-	-	-	-	-
Oxenholme Lake District	d	-	-	-	-	-	-	-	-	-	-
Kendal		-	-	-	-	-	-	-	-	-	-
Burneside		-	-	-	-	-	-	-	-	-	-
Staveley		-	-	-	-	-	-	-	-	-	-
Windermere	a	-	-	-	-	-	-	-	-	-	-
Carnforth		-	-	-	-	-	0855	-	-	-	-
Silverdale		-	-	-	-	-	0900	-	-	-	-
Arnside		-	-	-	-	-	0905	-	-	-	-
Grange-over-Sands		-	-	-	-	-	0911	-	-	-	-
Kents Bank		-	-	-	-	-	0914	-	-	-	-
Cark		-	-	-	-	-	0918	-	-	-	-
Ulverston		-	-	-	-	-	0927	-	-	-	-
Dalton		-	-	-	-	-	0935	-	-	-	-
Roose		-	-	-	-	-	0941	-	-	-	-
Barrow-in-Furness	a	-	-	-	-	-	0948	-	-	-	-
Barrow-in-Furness	d	-	-	-	0905	-	0950	-	-	1044	-
Askam		-	-	-	0915	-	1000	-	-	1054	-
Kirkby-in-Furness		-	-	-	0919	-	1004	-	-	1059	-
Foxfield		-	-	-	0924	-	1009	-	-	1103	-
Green Road		-	-	-	0928	-	1013	-	-	1107	-
Millom	a	-	-	-	0933	-	1017	-	-	1112	-
Millom	d	-	-	-	-	-	1017	-	-	1112	-
Silecroft		-	-	-	-	-	1022	-	-	1117	-
Bootle (Cumbria)		-	-	-	-	-	1029	-	-	1124	-
Ravenglass		-	-	-	-	-	1035	-	-	1130	-
Drigg		-	-	-	-	-	1039	-	-	1133	-
Seascale		-	-	-	-	-	1043	-	-	1137	-
Sellafield		-	-	-	-	-	1046	-	-	1141	-
Braystones		-	-	-	-	-	1050	-	-	-	-
Nethertown		-	-	-	-	-	1053	-	-	-	-
St. Bees		-	-	-	-	-	1059	-	-	1152	-
Corkickle		-	-	-	-	-	1104	1111	-	1157	1211
Whitehaven	a	-	-	-	-	-	-	1121	-	-	1221
Whitehaven	d	-	-	-	-	1016	-	-	1131	-	-
Parton		-	-	-	-	1020	-	-	1135	-	-
Harrington		-	-	-	-	1029	-	-	1144	-	-
Workington		0855	0940	0957	-	1034	-	-	1150	-	-
Flimby		0900	0945	1002	-	1040	-	-	1155	-	-
Maryport		0904	0949	1006	-	1044	-	-	1159	-	-
Aspatria		0915	1000	1017	-	1054	-	-	1210	-	-
Wigton		0925	1010	1027	-	1104	-	-	1220	-	-
Dalston		0934	1019	1036	-	1113	-	-	1229	-	-
Carlisle	a	0945	1030	1047	-	1124	-	-	1240	-	-

Notes
V Until 3 January and from 21 February.
W From 10 January until 14 February.
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Lancaster - Barrow - Carlisle

Sundays

			W	V	W	V	W			V
Manchester Airport	d	-	-	-	-	-	-	0936	-	-	-
Manchester Piccadilly		-	-	-	-	-	-	0955	-	-	-
Manchester Oxford Road		-	-	-	-	-	-	0958	-	-	-
Bolton		-	-	-	-	0909	-	1012	-	-	-
Chorley		-	-	-	-	0921	-	1024	-	-	-
Preston		-	-	-	-	0948	1030	1039	-	-	-
Lancaster	a	-	-	-	-	1005	1047	1056	-	-	-
Lancaster	d	-	-	1011	-	1007	1047	1059	-	-	-
Oxenholme Lake District	a	-	-	-	-	1022	1103	-	-	-	-
Oxenholme Lake District	d	-	0945	-	-	1030	1104	-	-	-	1116
Kendal		-	0955	-	-	1034	1109	-	-	-	1120
Burneside		-	1005	-	-	1038	1112	-	-	-	1124
Staveley		-	1015	-	-	1043	1117	-	-	-	1129
Windermere	a	-	1025	-	-	1049	1123	-	-	-	1135
Carnforth		-	-	1021	1021	-	-	1109	-	-	-
Silverdale		-	-	1027	1027	-	-	1114	-	-	-
Arnside		-	-	1031	1031	-	-	1118	-	-	-
Grange-over-Sands		-	-	1037	1037	-	-	1123	-	-	-
Kents Bank		-	-	1041	1041	-	-	1127	-	-	-
Cark		-	-	1045	1045	-	-	1131	-	-	-
Ulverston		-	-	1053	1053	-	-	1138	-	-	-
Dalton		-	-	1101	1101	-	-	1147	-	-	-
Roose		-	-	1107	1107	-	-	1153	-	-	-
Barrow-in-Furness	a	-	-	1115	1115	-	-	1159	-	-	-
Barrow-in-Furness	d	-	-	-	-	-	-	-	1205	-	-
Askam		-	-	-	-	-	-	-	1215	-	-
Kirkby-in-Furness		-	-	-	-	-	-	-	1219	-	-
Foxfield		-	-	-	-	-	-	-	1224	-	-
Green Road		-	-	-	-	-	-	-	1228	-	-
Millom	a	-	-	-	-	-	-	-	1233	-	-
Millom	d	-	-	-	-	-	-	-	1233	-	-
Silecroft		-	-	-	-	-	-	-	1238	-	-
Bootle (Cumbria)		-	-	-	-	-	-	-	1245	-	-
Ravenglass		-	-	-	-	-	-	-	1252	-	-
Drigg		-	-	-	-	-	-	-	1256	-	-
Seascale		-	-	-	-	-	-	-	1300	-	-
Sellafield		-	-	-	-	-	-	-	1304	-	-
Braystones		-	-	-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-	-
St. Bees		-	-	-	-	-	-	-	1314	-	-
Corkickle		-	-	-	-	-	-	-	1319	1322	-
Whitehaven	a	-	-	-	-	-	-	-	-	1332	-
Whitehaven	d	1235	-	-	-	-	-	-	-	-	-
Parton		1239	-	-	-	-	-	-	-	-	-
Harrington		1248	-	-	-	-	-	-	-	-	-
Workington		1254	-	-	-	-	-	-	-	-	-
Flimby		1259	-	-	-	-	-	-	-	-	-
Maryport		1303	-	-	-	-	-	-	-	-	-
Aspatria		1313	-	-	-	-	-	-	-	-	-
Wigton		1323	-	-	-	-	-	-	-	-	-
Dalston		1332	-	-	-	-	-	-	-	-	-
Carlisle	a	1343	-	-	-	-	-	-	-	-	-

Notes
V Until 3 January and from 21 February.
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Lancaster - Barrow - Carlisle

Sundays

Manchester Airport	d	-	-	1010	-	-	-	1110	-	-	-
Manchester Piccadilly		-	-	1026	-	-	-	1126	-	-	-
Manchester Oxford Road		-	-	1030	-	-	-	1130	1154	-	-
Bolton		-	-	1043	-	-	-	1144	1208	-	-
Chorley		-	-	-	-	-	-	-	1220	-	-
Preston		-	-	1108	-	-	-	1205	1246	-	-
Lancaster	a	-	-	1124	-	-	-	1220	1303	-	-
Lancaster	d	-	-	1125	-	-	-	1221	1304	1314	-
Oxenholme Lake District	a	-	-	1138	-	-	-	1234	1332	-	-
Oxenholme Lake District	d	-	-	1202	-	-	-	1245	1333	-	-
Kendal		-	-	1206	-	-	-	1249	1337	-	-
Burneside		-	-	-	-	-	-	1253	1341	-	-
Staveley		-	-	-	-	-	-	1258	1346	-	-
Windermere	a	-	-	1219	-	-	-	1304	1353	-	-
Carnforth		-	-	-	-	-	-	-	-	1324	-
Silverdale		-	-	-	-	-	-	-	-	1330	-
Arnside		-	-	-	-	-	-	-	-	1334	-
Grange-over-Sands		-	-	-	-	-	-	-	-	1340	-
Kents Bank		-	-	-	-	-	-	-	-	1344	-
Cark		-	-	-	-	-	-	-	-	1348	-
Ulverston		-	-	-	-	-	-	-	-	1356	-
Dalton		-	-	-	-	-	-	-	-	1404	-
Roose		-	-	-	-	-	-	-	-	1410	-
Barrow-in-Furness	a	-	-	-	-	-	-	-	-	1418	-
Barrow-in-Furness	d	-	-	-	1358	-	-	-	-	-	1454
Askam		-	-	-	1408	-	-	-	-	-	1504
Kirkby-in-Furness		-	-	-	-	-	-	-	-	-	1508
Foxfield		-	-	-	-	-	-	-	-	-	1513
Green Road		-	-	-	-	-	-	-	-	-	1517
Millom	a	-	-	-	1422	-	-	-	-	-	1521
Millom	d	-	-	-	1423	-	-	-	-	-	1522
Silecroft		-	-	-	-	-	-	-	-	-	1527
Bootle (Cumbria)		-	-	-	-	-	-	-	-	-	1534
Ravenglass		-	-	-	1438	-	-	-	-	-	1540
Drigg		-	-	-	-	-	-	-	-	-	1544
Seascale		-	-	-	-	-	-	-	-	-	1548
Sellafield		-	-	-	1446	-	-	-	-	-	1552
Braystones		-	-	-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-	-
St. Bees		-	-	-	1456	-	-	-	-	-	1602
Corkickle		-	-	-	1501	1511	-	-	-	-	1607
Whitehaven	a	-	-	-	-	1521	-	-	-	-	-
Whitehaven	d	1340	1437	-	-	-	1530	-	-	-	-
Parton		1344	1441	-	-	-	1534	-	-	-	-
Harrington		1353	1450	-	-	-	1543	-	-	-	-
Workington		1359	1456	-	-	-	1549	-	-	-	-
Flimby		1404	1501	-	-	-	1554	-	-	-	-
Maryport		1408	1505	-	-	-	1558	-	-	-	-
Aspatria		1419	1516	-	-	-	1609	-	-	-	-
Wigton		1430	1526	-	-	-	1619	-	-	-	-
Dalston		1439	1535	-	-	-	1628	-	-	-	-
Carlisle	a	1450	1546	-	-	-	1639	-	-	-	-

Notes
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Lancaster - Barrow - Carlisle

Sundays

Manchester Airport	d	-	-	1230	-	1330	-	-	1430	-	-
Manchester Piccadilly		-	-	1248	-	1348	-	-	1448	-	-
Manchester Oxford Road		-	-	1251	-	1352	-	-	1452	-	-
Bolton		-	-	1308	-	1408	-	-	1508	-	-
Chorley		-	-	1320	-	1420	-	-	1520	-	-
Preston		-	-	1345	1341	1446	1454	-	1558	-	-
Lancaster	a	-	-	1402	1355	1503	1508	-	1615	-	-
Lancaster	d	-	-	1403	1357	1504	1510	-	1616	-	-
Oxenholme Lake District	a	-	-	-	1409	-	1523	-	1631	-	-
Oxenholme Lake District	d	-	-	-	1422	-	1529	-	1632	-	-
Kendal		-	-	-	1426	-	1533	-	1637	-	-
Burneside		-	-	-	1430	-	1537	-	1640	-	-
Staveley		-	-	-	1435	-	1542	-	1645	-	-
Windermere	a	-	-	-	1441	-	1548	-	1652	-	-
Carnforth		-	-	1413	-	1513	-	-	-	-	-
Silverdale		-	-	1418	-	1518	-	-	-	-	-
Arnside		-	-	1422	-	1523	-	-	-	-	-
Grange-over-Sands		-	-	1427	-	1528	-	-	-	-	-
Kents Bank		-	-	1431	-	1532	-	-	-	-	-
Cark		-	-	1435	-	1536	-	-	-	-	-
Ulverston		-	-	1442	-	1543	-	-	-	-	-
Dalton		-	-	1450	-	1552	-	-	-	-	-
Roose		-	-	1457	-	1558	-	-	-	-	-
Barrow-in-Furness	a	-	-	1503	-	1604	-	-	-	-	-
Barrow-in-Furness	d	-	-	-	-	-	-	-	-	1652	-
Askam		-	-	-	-	-	-	-	-	1702	-
Kirkby-in-Furness		-	-	-	-	-	-	-	-	1707	-
Foxfield		-	-	-	-	-	-	-	-	1711	-
Green Road		-	-	-	-	-	-	-	-	1715	-
Millom	a	-	-	-	-	-	-	-	-	1720	-
Millom	d	-	-	-	-	-	-	-	-	1720	-
Silecroft		-	-	-	-	-	-	-	-	1725	-
Bootle (Cumbria)		-	-	-	-	-	-	-	-	1732	-
Ravenglass		-	-	-	-	-	-	-	-	1739	-
Drigg		-	-	-	-	-	-	-	-	1742	-
Seascale		-	-	-	-	-	-	-	-	1746	-
Sellafield		-	-	-	-	-	-	-	-	1750	-
Braystones		-	-	-	-	-	-	-	-	1754	-
Nethertown		-	-	-	-	-	-	-	-	1757	-
St. Bees		-	-	-	-	-	-	-	-	1803	-
Corkickle		1612	-	-	-	-	-	-	-	1808	1814
Whitehaven	a	1622	-	-	-	-	-	-	-	-	1824
Whitehaven	d	-	1631	-	-	-	-	1731	-	-	-
Parton		-	1635	-	-	-	-	1735	-	-	-
Harrington		-	1644	-	-	-	-	1744	-	-	-
Workington		-	1650	-	-	-	-	1750	-	-	-
Flimby		-	1655	-	-	-	-	1755	-	-	-
Maryport		-	1700	-	-	-	-	1759	-	-	-
Aspatria		-	1711	-	-	-	-	1810	-	-	-
Wigton		-	1721	-	-	-	-	1820	-	-	-
Dalston		-	1730	-	-	-	-	1829	-	-	-
Carlisle	a	-	1741	-	-	-	-	1840	-	-	-

Notes

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Lancaster - Barrow - Carlisle

Sundays

Manchester Airport	d	-	-	1410	-	1530	-	-	-	1630	-
Manchester Piccadilly		-	-	1426	-	1548	-	-	-	1648	-
Manchester Oxford Road		-	-	1430	-	1552	-	-	-	1652	-
Bolton		-	-	1444	-	1608	-	-	-	1708	-
Chorley		-	-	-	-	1620	-	-	-	1720	-
Preston		-	-	1505	-	1647	-	-	1655	1746	1754
Lancaster	a	-	-	1520	-	1705	-	-	1710	1803	1808
Lancaster	d	-	-	1603	-	1706	-	-	1711	1804	1810
Oxenholme Lake District	a	-	-	-	-	-	-	-	1725	-	1823
Oxenholme Lake District	d	-	-	-	-	-	-	-	1731	-	1833
Kendal		-	-	-	-	-	-	-	1735	-	1837
Burneside		-	-	-	-	-	-	-	1739	-	1841
Staveley		-	-	-	-	-	-	-	1744	-	1846
Windermere	a	-	-	-	-	-	-	-	1750	-	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	-	-	-	-	-	1825	-	-	-	-
Askam		-	-	-	-	-	1835	-	-	-	-
Kirkby-in-Furness		-	-	-	-	-	1839	-	-	-	-
Foxfield		-	-	-	-	-	1844	-	-	-	-
Green Road		-	-	-	-	-	1848	-	-	-	-
Millom	a	-	-	-	-	-	1853	-	-	-	-
Millom	d	-	-	-	-	-	-	1905	-	-	-
Silecroft		-	-	-	-	-	-	1913	-	-	-
Bootle (Cumbria)		-	-	-	-	-	-	1926	-	-	-
Ravenglass		-	-	-	-	-	-	1943	-	-	-
Drigg		-	-	-	-	-	-	1957	-	-	-
Seascale		-	-	-	-	-	-	2009	-	-	-
Sellafield		-	-	-	-	-	-	2027	-	-	-
Braystones		-	-	-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-	-
St. Bees		-	-	-	-	-	-	2039	-	-	-
Corkickle		-	-	-	-	-	-	2051	-	-	-
Whitehaven	a	-	-	-	-	-	-	2104	-	-	-
Whitehaven	d	1840	1938	-	2030	-	-	2104	-	-	-
Parton		1844	1942	-	2034	-	-	2109	-	-	-
Harrington		1853	1951	-	2043	-	-	-	-	-	-
Workington		1859	1956	-	2048	-	-	2128	-	-	-
Flimby		1904	2002	-	2054	-	-	-	-	-	-
Maryport		1908	2006	-	2058	-	-	-	-	-	-
Aspatria		1919	2016	-	2108	-	-	-	-	-	-
Wigton		1929	2026	-	2118	-	-	-	-	-	-
Dalston		1938	2035	-	2127	-	-	-	-	-	-
Carlisle	a	1949	2046	-	2138	-	-	-	-	-	-

Notes

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Lancaster - Barrow - Carlisle

Sundays

Manchester Airport	d	-	-	1810	1830	-	1930	-	-	-	-
Manchester Piccadilly		-	-	1826	1848	-	1948	-	-	-	-
Manchester Oxford Road		-	-	1830	1852	-	1952	-	-	-	-
Bolton		-	-	1843	1908	-	2008	-	-	-	-
Chorley		-	-	-	1920	-	2020	-	-	-	-
Preston		-	1842	1904	1946	1942	2048	2042	2142	-	-
Lancaster	a	-	1856	1919	2003	1957	2105	2056	2156	-	-
Lancaster	d	-	1902	1920	2004	1958	2105	2057	2220	-	-
Oxenholme Lake District	a	-	-	1933	-	2010	-	2110	-	-	-
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	-	2115	-	2230	-	-
Silverdale		-	1920	-	2019	-	2120	-	2235	-	-
Arnside		-	1925	-	2023	-	2124	-	2240	-	-
Grange-over-Sands		-	1931	-	2028	-	2129	-	2246	-	-
Kents Bank		-	1934	-	2032	-	2133	-	2249	-	-
Cark		-	1938	-	2036	-	2137	-	2253	-	-
Ulverston		-	1947	-	2043	-	2144	-	2301	-	-
Dalton		-	1955	-	2052	-	2153	-	2309	-	-
Roose		-	2001	-	2058	-	2159	-	2315	-	-
Barrow-in-Furness	a	-	2008	-	2105	-	2205	-	2323	-	-
Barrow-in-Furness	d	1909	-	-	-	-	-	-	-	-	-
Askam		1919	-	-	-	-	-	-	-	-	-
Kirkby-in-Furness		1923	-	-	-	-	-	-	-	-	-
Foxfield		1928	-	-	-	-	-	-	-	-	-
Green Road		1932	-	-	-	-	-	-	-	-	-
Millom	a	1937	-	-	-	-	-	-	-	-	-
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

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Fares and timetable information

Available from our website northernrailway.co.uk, mobile app and in person from our ticket offices and ticket vending machines.

National Rail Enquiries is also available at nationalrail.co.uk, 03457 48 49 50 or textphone 0345 60 50 600.

Contact us

For comments, enquiries or to make a complaint, contact us by:

Phone:	0800 200 6060
Email:	enquiries@northernrailway.co.uk or complaints@northernrailway.co.uk
Online:	northernrailway.co.uk/comments Use our chat feature on northernrailway.co.uk
X	@northernassist
Facebook:	@northernassist
Write to us:	Customer Experience Centre Freepost NORTHERN RAILWAY

Assisted Travel Support Team

Call:	0800 138 5560
Text relay service:	18001
Email:	assistance@northernrailway.co.uk
WhatsApp:	07779 914800 (0600-2300)

Lost property

Call:	0800 200 6060
Email:	lostproperty@northernrailway.co.uk

British Transport Police

Call:	0800 40 50 40
Text:	61016

In an emergency, call 999

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