

Train times

15 May – 10 December

6

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



NORTHERN

Go do your thing

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

How to read this timetable



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

Minimum connection times



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

Community Rail Partnerships and community groups



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

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

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

Planning your journey



National Rail Enquiries

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

TrainTracker™

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

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

Call: **0800 138 5560**

Textphone: **0800 138 5561**

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

Improving our railway



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

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

Delay Repay



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

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

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

Carlisle - Barrow - Lancaster

Mondays to Saturdays

| | | SO | SX | | | SX | SO | | | | |
|-------------------------|---|------|------|------|-------|----|------|------|-------|------|---|
| Carlisle | d | - | - | - | - | - | - | - | - | | |
| Dalston | | - | - | - | - | - | - | - | - | | |
| Wigton | | - | - | - | - | - | - | - | - | | |
| Aspatria | | - | - | - | - | - | - | - | - | | |
| Maryport | | - | - | - | - | - | - | - | 0548 | | |
| Flimby | | - | - | - | - | - | - | - | 05x51 | | |
| Workington | | - | - | - | - | - | - | - | 0558 | | |
| Harrington | | - | - | - | - | - | - | - | 0602 | | |
| Parton | | - | - | - | - | - | - | - | 06x11 | | |
| Whitehaven | a | - | - | - | - | - | - | - | 0616 | | |
| Whitehaven | d | - | - | - | - | - | - | - | 0618 | | |
| Corkickle | | - | - | - | - | - | - | - | 0620 | | |
| St. Bees | | - | - | - | - | - | - | - | 0626 | | |
| Nethertown | | - | - | - | - | - | - | - | 06x30 | | |
| Braystones | | - | - | - | - | - | - | - | 06x33 | | |
| Sellafield | | - | - | - | - | - | - | - | 0639 | | |
| Seascale | | - | - | - | - | - | - | - | 0643 | | |
| Drigg | | - | - | - | - | - | - | - | 06x46 | | |
| Ravenglass | | - | - | - | - | - | - | - | 0650 | | |
| Bootle (Cumbria) | | - | - | - | - | - | - | - | 06x55 | | |
| Silecroft | | - | - | - | - | - | - | - | 07x02 | | |
| Millom | a | - | - | - | - | - | - | - | 0708 | | |
| Millom | d | - | - | - | 0610 | - | - | - | 0709 | | |
| Green Road | | - | - | - | 06x14 | - | - | - | 07x13 | | |
| Foxfield | | - | - | - | 0618 | - | - | - | 0717 | | |
| Kirkby-in-Furness | | - | - | - | 06x22 | - | - | - | 07x21 | | |
| Askam | | - | - | - | 0627 | - | - | - | 0726 | | |
| Barrow-in-Furness | a | - | - | - | 0641 | - | - | - | 0741 | | |
| Barrow-in-Furness | d | 0549 | 0549 | - | 0611 | - | 0649 | 0649 | - | 0708 | - |
| Roose | | 0553 | 0553 | - | 0615 | - | 0653 | 0653 | - | 0712 | - |
| Dalton | | 0559 | 0559 | - | 0621 | - | 0700 | 0700 | - | 0718 | - |
| Ulverston | | 0608 | 0608 | - | 0630 | - | 0708 | 0708 | - | 0727 | - |
| Cark | | 0615 | 0615 | - | 0637 | - | 0715 | 0715 | - | 0734 | - |
| Kents Bank | | 0619 | 0619 | - | 0641 | - | - | - | - | 0738 | - |
| Grange-over-Sands | | 0623 | 0623 | - | 0645 | - | 0722 | 0722 | - | 0742 | - |
| Arnsdale | | 0628 | 0628 | - | 0651 | - | 0727 | 0727 | - | 0749 | - |
| Silverdale | | 0632 | 0632 | - | 0656 | - | 0732 | 0732 | - | 0754 | - |
| Carnforth | | 0640 | 0640 | - | 0703 | - | 0739 | 0739 | - | 0801 | - |
| Windermere | d | - | - | 0642 | - | - | - | 0756 | - | - | - |
| Staveley | | - | - | 0647 | - | - | - | 0801 | - | - | - |
| Burneside | | - | - | 0652 | - | - | - | 0806 | - | - | - |
| Kendal | | - | - | 0656 | - | - | - | 0810 | - | - | - |
| Oxenholme Lake District | a | - | - | 0701 | - | - | - | 0815 | - | - | - |
| Oxenholme Lake District | d | - | - | 0708 | - | - | - | 0823 | - | - | - |
| Lancaster | a | 0647 | 0648 | 0722 | 0716 | - | 0746 | 0746 | 0838 | 0812 | - |
| Lancaster | d | 0649 | 0651 | 0723 | 0723 | - | 0748 | 0748 | 0839 | 0828 | - |
| Preston | a | 0708 | 0709 | 0740 | 0740 | - | 0806 | 0806 | 0857 | 0846 | - |
| Wigan North Western | a | 0725 | 0724 | - | - | - | 0823 | 0823 | 0910 | 0924 | - |
| Manchester Oxford Road | a | 0757 | 0754 | 0820 | 0820 | - | 0856 | 0854 | 0953b | 0910 | - |
| Manchester Piccadilly | a | 0801 | 0758 | 0824 | 0824 | - | 0900 | 0858 | 0957b | 0924 | - |
| Manchester Airport | a | 0820 | 0820 | 0841 | 0841 | - | 0918 | 0917 | 1017b | 0941 | - |

Notes

b Change at Wigan North Western.

x Stops on request.

SO Saturdays only.

SX Mondays to Fridays only.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

| | | | | SX | SO | SX | SO | | SX | |
|-------------------------|---|------|------|------|------|-------|-------|-------|------|-------|
| Carlisle | d | - | - | - | - | 0619 | 0616 | 0710 | - | 0808 |
| Dalston | - | - | - | - | - | 0627 | 0624 | 0719 | - | 0816 |
| Wigton | - | - | - | - | - | 0636 | 0635 | 0731 | - | 0826 |
| Aspatria | - | - | - | - | - | 0648 | 0646 | 0742 | - | 0836 |
| Maryport | - | - | - | - | - | 0700 | 0700 | 0755 | - | 0848 |
| Flimby | - | - | - | - | - | 07x03 | 07x03 | 07x58 | - | 08x51 |
| Workington | - | - | - | - | - | 0711 | 0711 | 0806 | - | 0858 |
| Harrington | - | - | - | - | - | 0715 | 0715 | 0810 | - | 0902 |
| Parton | - | - | - | - | - | 07x24 | 07x24 | 08x18 | - | 09x11 |
| Whitehaven | a | - | - | - | - | 0729 | 0729 | 0824 | - | 0916 |
| Whitehaven | d | - | - | - | - | 0730 | 0730 | 0825 | - | 0918 |
| Corkickle | - | - | - | - | - | 0733 | 0733 | 0828 | - | 0920 |
| St. Bees | - | - | - | - | - | 0739 | 0739 | 0834 | - | 0928 |
| Nethertown | - | - | - | - | - | - | - | - | - | - |
| Braystones | - | - | - | - | - | - | - | - | - | - |
| Sellafield | - | - | - | - | - | 0750 | 0750 | 0844 | - | 0939 |
| Seascale | - | - | - | - | - | 0754 | 0754 | 0848 | - | 0942 |
| Drigg | - | - | - | - | - | 07x57 | 07x57 | 08x51 | - | 09x45 |
| Ravenglass | - | - | - | - | - | 0801 | 0801 | 0854 | - | 0949 |
| Bootle (Cumbria) | - | - | - | - | - | 08x07 | 08x07 | 09x00 | - | 09x54 |
| Silecroft | - | - | - | - | - | 08x13 | 08x13 | 09x06 | - | 10x01 |
| Millom | a | - | - | - | - | 0820 | 0820 | 0913 | - | 1007 |
| Millom | d | - | - | - | - | 0820 | 0820 | 0914 | - | 1008 |
| Green Road | - | - | - | - | - | 08x24 | 08x24 | 09x18 | - | 10x12 |
| Foxfield | - | - | - | - | - | 0828 | 0828 | 0922 | - | 1016 |
| Kirkby-in-Furness | - | - | - | - | - | 08x32 | 08x32 | 09x26 | - | 10x20 |
| Askam | - | - | - | - | - | 0838 | 0838 | 0931 | - | 1025 |
| Barrow-in-Furness | a | - | - | - | - | 0853 | 0853 | 0947 | - | 1040 |
| Barrow-in-Furness | d | 0747 | - | 0849 | - | - | - | 0958 | - | - |
| Roose | | 0751 | - | 0853 | - | - | - | 1002 | - | - |
| Dalton | | 0757 | - | 0859 | - | - | - | 1008 | - | - |
| Ulverston | | 0806 | - | 0907 | - | - | - | 1017 | - | - |
| Cark | | 0813 | - | 0914 | - | - | - | 1024 | - | - |
| Kents Bank | | - | - | 0918 | - | - | - | 1028 | - | - |
| Grange-over-Sands | | 0820 | - | 0922 | - | - | - | 1032 | - | - |
| Arnsdale | | 0825 | - | 0927 | - | - | - | 1039 | - | - |
| Silverdale | | 0830 | - | 0931 | - | - | - | 1043 | - | - |
| Carnforth | | 0837 | - | 0939 | - | - | - | 1056c | - | - |
| Windermere | d | - | 0850 | - | 0956 | 1008 | - | - | - | 1057 |
| Staveley | - | - | - | 1001 | 1013 | - | - | - | - | 1102 |
| Burneside | - | - | - | 1006 | 1018 | - | - | - | - | 1107 |
| Kendal | - | 0901 | - | 1010 | 1022 | - | - | - | - | 1111 |
| Oxenholme Lake District | a | - | 0906 | - | 1015 | 1027 | - | - | - | 1116 |
| Oxenholme Lake District | d | - | 0911 | - | 1017 | 1029 | - | - | - | 1123 |
| Lancaster | a | 0844 | 0925 | 0946 | 1032 | 1047 | - | - | 1107 | 1137 |
| Lancaster | d | 0847 | 0926 | 0950 | 1032 | 1048 | - | - | 1127 | 1138 |
| Preston | a | 0907 | 0945 | 1008 | 1052 | 1106 | - | - | 1148 | 1156 |
| Wigan North Western | a | 0925 | 1011 | 1024 | 1116 | 1123 | - | - | 1210 | 1210 |
| Manchester Oxford Road | a | 0954 | 1020 | 1053 | 1153 | 1153 | - | - | 1220 | 1253b |
| Manchester Piccadilly | a | 0957 | 1024 | 1057 | 1157 | 1157 | - | - | 1224 | 1257b |
| Manchester Airport | a | 1017 | 1041 | 1117 | 1217 | 1217 | - | - | 1241 | 1317b |

Notes

b Change at Wigan North Western.

c 2 minutes later on Saturdays.

x Stops on request.

SO Saturdays only.

SX Mondays to Fridays only.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

| | | SO | SX | SO | | | SO | SX | | SX | SO |
|-------------------------|---|-------|-------|-------|------|------|------|------|-------|-------|-------|
| Carlisle | d | 0813 | 0902 | 0908 | - | - | - | - | 1013 | 1107 | 1107 |
| Dalston | | 0821 | 0910 | 0916 | - | - | - | - | 1022 | 1115 | 1115 |
| Wigton | | 0831 | 0920 | 0926 | - | - | - | - | 1031 | 1125 | 1125 |
| Aspatria | | 0841 | 0930 | 0936 | - | - | - | - | 1042 | 1135 | 1135 |
| Maryport | | 0852 | 0941 | 0947 | - | - | - | - | 1053 | 1146 | 1146 |
| Flimby | | - | 09x44 | 09x50 | - | - | - | - | 10x56 | 11x49 | 11x49 |
| Workington | | 0902 | 0952 | 0958 | - | - | - | - | 1103 | 1157 | 1157 |
| Harrington | | 0906 | 0956 | 1002 | - | - | - | - | 1107 | 1201 | 1201 |
| Parton | | 09x14 | 10x05 | 10x10 | - | - | - | - | 11x16 | 12x09 | 12x09 |
| Whitehaven | a | 0920 | 1010 | 1016 | - | - | - | - | 1121 | 1215 | 1215 |
| Whitehaven | d | 0921 | 1012 | 1017 | - | - | - | - | 1123 | 1216 | 1216 |
| Corkickle | | 0924 | 1014 | 1020 | - | - | - | - | 1125 | 1219 | 1219 |
| St. Bees | | 0932 | 1020 | 1026 | - | - | - | - | 1135 | 1228 | 1228 |
| Nethertown | | - | - | - | - | - | - | - | 11x39 | - | 12x32 |
| Braystones | | - | - | - | - | - | - | - | 11x42 | - | 12x34 |
| Sellafield | | 0942 | 1031 | 1037 | - | - | - | - | 1147 | 1238 | 1240 |
| Seascale | | 0945 | 1035 | 1041 | - | - | - | - | 1151 | 1242 | 1244 |
| Drigg | | 09x48 | 10x38 | 10x44 | - | - | - | - | 11x54 | 12x45 | 12x47 |
| Ravenglass | | 0952 | 1042 | 1048 | - | - | - | - | 1157 | 1248 | 1250 |
| Bootle (Cumbria) | | 09x57 | 10x47 | 10x53 | - | - | - | - | 12x03 | 12x54 | 12x56 |
| Silecroft | | 10x04 | 10x54 | 11x00 | - | - | - | - | 12x09 | 13x00 | 13x02 |
| Millom | a | 1010 | 1100 | 1106 | - | - | - | - | 1216 | 1307 | 1309 |
| Millom | d | 1010 | 1101 | 1107 | - | - | - | - | 1216 | 1307 | 1309 |
| Green Road | | 10x14 | 11x05 | 11x11 | - | - | - | - | 12x20 | 13x11 | 13x13 |
| Foxfield | | 1018 | 1109 | 1115 | - | - | - | - | 1224 | 1315 | 1317 |
| Kirkby-in-Furness | | 10x22 | 11x13 | 11x19 | - | - | - | - | 12x28 | 13x19 | 13x21 |
| Askam | | 1027 | 1118 | 1124 | - | - | - | - | 1233 | 1324 | 1326 |
| Barrow-in-Furness | a | 1042 | 1136 | 1139 | - | - | - | - | 1248 | 1339 | 1341 |
| Barrow-in-Furness | d | - | - | - | - | 1153 | - | - | 1250 | - | - |
| Roose | | - | - | - | - | 1157 | - | - | 1254 | - | - |
| Dalton | | - | - | - | - | 1203 | - | - | 1300 | - | - |
| Ulverston | | - | - | - | - | 1212 | - | - | 1308 | - | - |
| Cark | | - | - | - | - | 1219 | - | - | 1316 | - | - |
| Kents Bank | | - | - | - | - | 1223 | - | - | 1320 | - | - |
| Grange-over-Sands | | - | - | - | - | 1227 | - | - | 1324 | - | - |
| Arnsdale | | - | - | - | - | 1232 | - | - | 1330 | - | - |
| Silverdale | | - | - | - | - | 1236 | - | - | 1335 | - | - |
| Carnforth | | - | - | - | - | 1244 | - | - | 1342 | - | - |
| Windermere | d | - | - | - | 1147 | - | 1307 | 1307 | - | - | - |
| Staveley | | - | - | - | 1152 | - | 1312 | 1312 | - | - | - |
| Burneside | | - | - | - | 1157 | - | 1317 | 1317 | - | - | - |
| Kendal | | - | - | - | 1201 | - | 1321 | 1321 | - | - | - |
| Oxenholme Lake District | a | - | - | - | 1206 | - | 1326 | 1326 | - | - | - |
| Oxenholme Lake District | d | - | - | - | 1215 | - | 1327 | 1328 | - | - | - |
| Lancaster | a | - | - | - | 1229 | 1251 | 1342 | 1343 | 1353 | - | - |
| Lancaster | d | - | - | - | 1230 | 1251 | 1348 | 1348 | 1422 | - | - |
| Preston | a | - | - | - | 1247 | 1310 | 1406 | 1406 | 1440 | - | - |
| Wigan North Western | a | - | - | - | 1310 | - | 1423 | 1423 | 1456 | - | - |
| Manchester Oxford Road | a | - | - | - | 1319 | 1353 | 1453 | 1453 | 1519 | - | - |
| Manchester Piccadilly | a | - | - | - | 1323 | 1357 | 1457 | 1457 | 1524 | - | - |
| Manchester Airport | a | - | - | - | 1341 | 1417 | 1517 | 1517 | 1541 | - | - |

Notes


x Stops on request.

SO Saturdays only.

SX Mondays to Fridays only.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

| | | | | | | SX | SO |  | SX | | |
|-------------------------|---|-------|------|-------|-------|------|------|---|-------|------|-------|
| Carlisle | d | - | - | 1210 | - | - | - | - | - | - | 1408 |
| Dalston | - | - | - | 1218 | - | - | - | - | - | - | 1416 |
| Wigton | - | - | - | 1227 | - | - | - | - | - | - | 1426 |
| Aspatria | - | - | - | 1238 | - | - | - | - | - | - | 1436 |
| Maryport | - | - | - | 1249 | - | - | - | - | - | - | 1447 |
| Flimby | - | - | - | 12x52 | - | - | - | - | - | - | 14x50 |
| Workington | - | - | - | 1259 | - | - | - | - | - | - | 1458 |
| Harrington | - | - | - | 1303 | - | - | - | - | - | - | 1502 |
| Parton | - | - | - | 13x12 | - | - | - | - | - | - | 15x10 |
| Whitehaven | a | - | - | 1317 | - | - | - | - | - | - | 1516 |
| Whitehaven | d | - | - | 1319 | - | - | - | - | - | - | 1518 |
| Corkickle | - | - | - | 1321 | - | - | - | - | - | - | 1521 |
| St. Bees | - | - | - | 1329 | - | - | - | - | - | - | 1527 |
| Nethertown | - | - | - | - | - | - | - | - | - | - | - |
| Braystones | - | - | - | - | - | - | - | - | - | - | - |
| Sellafield | - | - | - | 1340 | - | - | - | - | - | - | 1538 |
| Seascale | - | - | - | 1343 | - | - | - | - | - | - | 1542 |
| Drigg | - | - | - | 13x46 | - | - | - | - | - | - | 15x45 |
| Ravenglass | - | - | - | 1350 | - | - | - | - | - | - | 1549 |
| Bootle (Cumbria) | - | - | - | 13x56 | - | - | - | - | - | - | 15x54 |
| Silecroft | - | - | - | 14x02 | - | - | - | - | - | - | 16x01 |
| Millom | a | - | - | 1409 | - | - | - | - | - | - | 1607 |
| Millom | d | - | - | 1409 | - | - | - | - | - | - | 1608 |
| Green Road | - | - | - | 14x13 | - | - | - | - | - | - | 16x12 |
| Foxfield | - | - | - | 1417 | - | - | - | - | - | - | 1616 |
| Kirkby-in-Furness | - | - | - | 14x21 | - | - | - | - | - | - | 16x20 |
| Askam | - | - | - | 1426 | - | - | - | - | - | - | 1625 |
| Barrow-in-Furness | a | - | - | 1441 | - | - | - | - | - | - | 1640 |
| Barrow-in-Furness | d | - | 1352 | - | - | 1450 | - | - | - | - | 1646 |
| Roose | - | - | - | - | - | 1454 | - | - | - | - | 1650 |
| Dalton | - | 1401 | - | - | - | 1500 | - | - | - | - | 1656 |
| Ulverston | - | 1410 | - | - | - | 1509 | - | - | 1608 | - | 1705 |
| Cark | - | 1417 | - | - | - | 1516 | - | - | 16x32 | - | 1712 |
| Kents Bank | - | - | - | - | - | 1520 | - | - | 16s40 | - | 1716 |
| Grange-over-Sands | - | 1423 | - | - | - | 1524 | - | - | 1647 | - | 1720 |
| Arnsdale | - | 1429 | - | - | - | 1529 | - | - | - | - | 1727 |
| Silverdale | - | 1433 | - | - | - | 1533 | - | - | - | - | 1731 |
| Carnforth | - | 1440 | - | - | - | 1540 | - | - | - | - | 1738 |
| Windermere | d | 1358 | - | - | 1459 | - | 1600 | 1600 | - | 1708 | - |
| Staveley | | 1403 | - | - | 1504 | - | 1605 | 1605 | - | 1713 | - |
| Burneside | | 1408 | - | - | 1509 | - | 1610 | 1610 | - | 1718 | - |
| Kendal | | 1412 | - | - | 1513 | - | 1614 | 1614 | - | 1722 | - |
| Oxenholme Lake District | a | 1417 | - | - | 1518 | - | 1619 | 1619 | - | 1727 | - |
| Oxenholme Lake District | d | 1424 | - | - | 1523 | - | 1627 | 1627 | - | 1813 | - |
| Lancaster | a | 1437 | 1447 | - | 1537 | 1547 | 1643 | 1643 | - | 1828 | 1748 |
| Lancaster | d | 1439 | 1450 | - | 1538 | 1548 | 1643 | 1647 | - | 1829 | 1829 |
| Preston | a | 1456 | 1508 | - | 1556 | 1606 | 1703 | 1705 | - | 1847 | 1847 |
| Wigan North Western | a | 1510 | 1524 | - | 1610 | 1623 | 1724 | 1722 | - | - | - |
| Manchester Oxford Road | a | 1553b | 1554 | - | 1653b | 1653 | 1754 | 1753 | - | 1924 | 1924 |
| Manchester Piccadilly | a | 1557b | 1558 | - | 1658b | 1658 | 1758 | 1757 | - | 1927 | 1927 |
| Manchester Airport | a | 1617b | 1617 | - | 1720b | 1717 | 1818 | 1817 | - | 1946 | 1946 |

Notes

b Change at Wigan North Western.

s Stops to set down only.

x Stops on request.

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 | | SX | SO | SX | SX | | |
|-------------------------|---|-------|-------|------|------|------|------|-------|------|------|------|
| Carlisle | d | 1441 | 1512 | - | - | - | - | - | - | | |
| Dalston | | 1449 | 1520 | - | - | - | - | - | - | | |
| Wigton | | 1458 | 1530 | - | - | - | - | - | - | | |
| Aspatria | | 1509 | 1540 | - | - | - | - | - | - | | |
| Maryport | | 1520 | 1551 | - | - | - | - | - | - | | |
| Flimby | | 15x23 | 15x54 | - | - | - | - | - | - | | |
| Workington | | 1530 | 1602 | - | - | - | - | - | - | | |
| Harrington | | 1534 | 1606 | - | - | - | - | - | - | | |
| Parton | | 15x43 | 16x14 | - | - | - | - | - | - | | |
| Whitehaven | a | 1548 | 1620 | - | - | - | - | - | - | | |
| Whitehaven | d | 1550 | 1621 | - | - | - | - | - | - | | |
| Corkickle | | 1553 | 1624 | - | - | - | - | - | - | | |
| St. Bees | | 1559 | 1630 | - | - | - | - | - | - | | |
| Nethertown | | 16x03 | - | - | - | - | - | - | - | | |
| Braystones | | 16x05 | - | - | - | - | - | - | - | | |
| Sellafield | | 1611 | 1641 | - | - | - | - | 1725 | - | | |
| Seascale | | 1615 | 1644 | - | - | - | - | 1728 | - | | |
| Drigg | | 16x18 | 16x48 | - | - | - | - | 17x31 | - | | |
| Ravenglass | | 1622 | 1651 | - | - | - | - | 1735 | - | | |
| Bootle (Cumbria) | | 16x28 | 16x57 | - | - | - | - | 17x41 | - | | |
| Silecroft | | 16x35 | 17x04 | - | - | - | - | 17x47 | - | | |
| Millom | a | 1641 | 1711 | - | - | - | - | 1754 | - | | |
| Millom | d | 1642 | 1712 | - | - | - | - | 1754 | - | | |
| Green Road | | 16x46 | 17x16 | - | - | - | - | 17x58 | - | | |
| Foxfield | | 1650 | 1720 | - | - | - | - | 1802 | - | | |
| Kirkby-in-Furness | | 16x55 | 17x25 | - | - | - | - | 18x06 | - | | |
| Askam | | 1700 | 1730 | - | - | - | - | 1811 | - | | |
| Barrow-in-Furness | a | 1714 | 1745 | - | - | - | - | 1826 | - | | |
| Barrow-in-Furness | d | - | - | - | - | 1804 | - | - | 1855 | | |
| Roose | | - | - | - | - | 1808 | - | - | 1859 | | |
| Dalton | | - | - | - | - | 1814 | - | - | 1905 | | |
| Ulverston | | - | - | - | - | 1823 | - | - | 1913 | | |
| Cark | | - | - | - | - | 1830 | - | - | 1921 | | |
| Kents Bank | | - | - | - | - | 1834 | - | - | 1925 | | |
| Grange-over-Sands | | - | - | - | - | 1838 | - | - | 1929 | | |
| Arnsdale | | - | - | - | - | 1844 | - | - | 1935 | | |
| Silverdale | | - | - | - | - | 1849 | - | - | 1940 | | |
| Carnforth | | - | - | - | - | 1856 | - | - | 1947 | | |
| Windermere | d | - | - | 1802 | 1805 | - | 1856 | 1857 | - | 1948 | |
| Staveley | | - | - | 1807 | 1810 | - | 1901 | 1902 | - | 1953 | |
| Burneside | | - | - | 1812 | 1815 | - | 1906 | 1907 | - | 1958 | |
| Kendal | | - | - | 1816 | 1819 | - | 1910 | 1911 | - | 2002 | |
| Oxenholme Lake District | a | - | - | 1821 | 1824 | - | 1915 | 1916 | - | 2007 | |
| Oxenholme Lake District | d | - | - | 1826 | 1829 | - | 1917 | 1918 | - | 2013 | |
| Lancaster | a | - | - | 1841 | 1844 | 1906 | 1933 | 1933 | - | 1955 | 2027 |
| Lancaster | d | - | - | 1841 | 1844 | - | 1934 | 1935 | - | 1956 | 2028 |
| Preston | a | - | - | 1900 | 1903 | - | 1953 | 1956 | - | 2019 | 2045 |
| Wigan North Western | a | - | - | 1913 | 1916 | - | 2027 | 2023 | - | - | - |
| Manchester Oxford Road | a | - | - | - | - | - | 2054 | 2054 | - | 2120 | 2120 |
| Manchester Piccadilly | a | - | - | - | - | - | 2058 | 2058 | - | 2124 | 2124 |
| Manchester Airport | a | - | - | - | - | - | 2120 | 2119 | - | 2141 | 2142 |

Notes

x Stops on request.

SO Saturdays only.

SX Mondays to Fridays only.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

| | | SX | SO | SO | | SX | SO | | SO | SX | SX |
|-------------------------|---|-------|-------|------|-------|------|------|-------|------|------|-------|
| Carlisle | d | 1559 | 1626 | - | 1707 | - | - | 1754 | - | - | - |
| Dalston | | 1607 | 1634 | - | 1715 | - | - | 1802 | - | - | - |
| Wigton | | 1617 | 1644 | - | 1725 | - | - | 1812 | - | - | - |
| Aspatria | | 1627 | 1654 | - | 1735 | - | - | 1822 | - | - | - |
| Maryport | | 1638 | 1705 | - | 1746 | - | - | 1833 | - | - | - |
| Flimby | | 16x41 | 17x08 | - | 17x49 | - | - | 18x36 | - | - | - |
| Workington | | 1648 | 1715 | - | 1757 | - | - | 1844 | - | - | - |
| Harrington | | 1652 | 1720 | - | 1801 | - | - | 1848 | - | - | - |
| Parton | | 17x01 | 17x29 | - | 18x09 | - | - | 18x56 | - | - | - |
| Whitehaven | a | 1708 | 1735 | - | 1816 | - | - | 1902 | - | - | - |
| Whitehaven | d | - | 1736 | - | 1818 | - | - | 1903 | - | - | - |
| Corkickle | | - | 1739 | - | 1820 | - | - | 1906 | - | - | - |
| St. Bees | | - | 1744 | - | 1827 | - | - | 1914 | - | - | - |
| Nethertown | | - | - | - | 18x31 | - | - | - | - | - | - |
| Braystones | | - | - | - | 18x34 | - | - | - | - | - | - |
| Sellafield | | - | 1755 | - | 1840 | - | - | 1927 | - | - | - |
| Seascale | | - | 1758 | - | 1843 | - | - | 1932 | - | - | - |
| Drigg | | - | 18x01 | - | - | - | - | 19x35 | - | - | - |
| Ravenglass | | - | 1805 | - | 1849 | - | - | 1939 | - | - | - |
| Bootle (Cumbria) | | - | 18x11 | - | - | - | - | 19x45 | - | - | - |
| Silecroft | | - | 18x17 | - | - | - | - | 19x51 | - | - | - |
| Millom | a | - | 1824 | - | 1905 | - | - | 1958 | - | - | - |
| Millom | d | - | 1825 | - | 1905 | - | - | 2001 | - | - | 2029 |
| Green Road | | - | 18x29 | - | 19x09 | - | - | 20x05 | - | - | 20x33 |
| Foxfield | | - | 1833 | - | 1913 | - | - | 2009 | - | - | 2037 |
| Kirkby-in-Furness | | - | 18x37 | - | 19x17 | - | - | 20x13 | - | - | 20x41 |
| Askam | | - | 1842 | - | 1922 | - | - | 2019 | - | - | 2046 |
| Barrow-in-Furness | a | - | 1857 | - | 1937 | - | - | 2036 | - | - | 2101 |
| Barrow-in-Furness | d | - | - | 1903 | - | 1945 | 1945 | - | 2042 | 2045 | - |
| Roose | | - | - | 1907 | - | 1949 | 1949 | - | 2046 | 2049 | - |
| Dalton | | - | - | 1913 | - | 1955 | 1955 | - | 2052 | 2055 | - |
| Ulverston | | - | - | 1921 | - | 2004 | 2004 | - | 2101 | 2104 | - |
| Cark | | - | - | 1929 | - | 2011 | 2011 | - | 2108 | 2111 | - |
| Kents Bank | | - | - | 1933 | - | 2015 | 2015 | - | 2112 | 2115 | - |
| Grange-over-Sands | | - | - | 1937 | - | 2019 | 2019 | - | 2116 | 2119 | - |
| Arnsdale | | - | - | 1943 | - | 2024 | 2024 | - | 2122 | 2125 | - |
| Silverdale | | - | - | 1947 | - | 2028 | 2028 | - | 2127 | 2130 | - |
| Carnforth | | - | - | 1955 | - | 2036 | 2040 | - | 2134 | 2137 | - |
| Windermere | d | - | - | - | - | - | - | - | - | - | - |
| Staveley | | - | - | - | - | - | - | - | - | - | - |
| Burneside | | - | - | - | - | - | - | - | - | - | - |
| Kendal | | - | - | - | - | - | - | - | - | - | - |
| Oxenholme Lake District | a | - | - | - | - | - | - | - | - | - | - |
| Oxenholme Lake District | d | - | - | - | - | - | - | - | - | - | - |
| Lancaster | a | - | - | 2003 | - | 2043 | 2047 | - | 2142 | 2147 | - |
| Lancaster | d | - | - | 2003 | - | 2044 | 2047 | - | 2143 | 2219 | - |
| Preston | a | - | - | 2026 | - | 2102 | 2105 | - | 2205 | 2237 | - |
| Wigan North Western | a | - | - | - | - | - | - | - | - | 2252 | - |
| Manchester Oxford Road | a | - | - | 2119 | - | 2142 | 2144 | - | - | - | - |
| Manchester Piccadilly | a | - | - | 2124 | - | 2146 | 2148 | - | - | - | - |
| Manchester Airport | a | - | - | 2142 | - | 2203 | 2204 | - | - | - | - |

Notes

x Stops on request.

SO Saturdays only.

SX Mondays to Fridays only.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

| | | SO | SO | SX | SO | SX | SO | SO | SO | SX |
|-------------------------|------|------|------|------|-------|-------|-------|------|------|-------|
| Carlisle | d | - | - | - | 1846 | 1909 | 1909 | - | - | - |
| Dalston | - | - | - | - | 1854 | 1917 | 1917 | - | - | - |
| Wigton | - | - | - | - | 1904 | 1927 | 1927 | - | - | - |
| Aspatria | - | - | - | - | 1914 | 1937 | 1937 | - | - | - |
| Maryport | - | - | - | - | 1925 | 1948 | 1948 | - | - | - |
| Flimby | - | - | - | - | 19x28 | 19x51 | 19x51 | - | - | - |
| Workington | - | - | - | - | 1936 | 1959 | 1959 | - | - | - |
| Harrington | - | - | - | - | 1940 | 2003 | 2003 | - | - | - |
| Parton | - | - | - | - | 19x49 | 20x11 | 20x11 | - | - | - |
| Whitehaven | a | - | - | - | 1956 | 2016 | 2019 | - | - | - |
| Whitehaven | d | - | - | - | - | 2018 | 2020 | - | - | - |
| Corkickle | - | - | - | - | - | 2020 | 2023 | - | - | - |
| St. Bees | - | - | - | - | - | 2028 | 2028 | - | - | - |
| Nethertown | - | - | - | - | - | 20x32 | 20x32 | - | - | - |
| Braystones | - | - | - | - | - | 20x34 | 20x35 | - | - | - |
| Sellafield | - | - | - | - | - | 2040 | 2040 | - | - | - |
| Seascale | - | - | - | - | - | 2044 | 2044 | - | - | - |
| Drigg | - | - | - | - | - | 20x47 | 20x47 | - | - | - |
| Ravenglass | - | - | - | - | - | 2050 | 2050 | - | - | - |
| Bootle (Cumbria) | - | - | - | - | - | 20x56 | 20x56 | - | - | - |
| Silecroft | - | - | - | - | - | 21x02 | 21x02 | - | - | - |
| Millom | a | - | - | - | - | 2109 | 2109 | - | - | - |
| Millom | d | 2059 | - | - | - | 2109 | 2109 | - | - | 2200 |
| Green Road | - | - | - | - | - | 21x13 | 21x13 | - | - | 22x04 |
| Foxfield | 2106 | - | - | - | - | 2117 | 2117 | - | - | 2208 |
| Kirkby-in-Furness | - | - | - | - | - | 21x21 | 21x21 | - | - | 22x12 |
| Askam | 2115 | - | - | - | - | 2126 | 2126 | - | - | 2217 |
| Barrow-in-Furness | a | 2129 | - | - | - | 2142 | 2141 | - | - | 2231 |
| Barrow-in-Furness | d | - | - | - | - | 2145 | - | 2146 | - | - |
| Roose | - | - | - | - | - | 2149 | - | 2150 | - | - |
| Dalton | - | - | - | - | - | 2155 | - | 2156 | - | - |
| Ulverston | - | - | - | - | - | 2204 | - | 2204 | - | - |
| Cark | - | - | - | - | - | 2211 | - | 2212 | - | - |
| Kents Bank | - | - | - | - | - | 2215 | - | 2216 | - | - |
| Grange-over-Sands | - | - | - | - | - | 2219 | - | 2220 | - | - |
| Arnsdale | - | - | - | - | - | 2226 | - | 2226 | - | - |
| Silverdale | - | - | - | - | - | 2230 | - | 2230 | - | - |
| Carnforth | - | - | - | - | - | 2238 | - | 2238 | - | - |
| Windermere | d | - | 2143 | 2147 | - | - | - | - | 2229 | 2247 |
| Staveley | - | - | 2148 | 2152 | - | - | - | - | 2234 | 2252 |
| Burneside | - | - | 2153 | 2157 | - | - | - | - | 2239 | 2257 |
| Kendal | - | - | 2157 | 2201 | - | - | - | - | 2243 | 2301 |
| Oxenholme Lake District | a | - | 2202 | 2206 | - | - | - | - | 2248 | 2306 |
| Oxenholme Lake District | d | - | - | 2211 | - | - | - | - | 2250 | 2308 |
| Lancaster | a | - | - | 2225 | - | 2246 | - | 2246 | 2305 | 2323 |
| Lancaster | d | - | - | 2226 | - | 2246 | - | 2246 | 2305 | 2324 |
| Preston | a | - | - | 2244 | - | 2309 | - | 2310 | 2324 | 2343 |
| Wigan North Western | a | - | - | - | - | - | - | - | - | - |
| Manchester Oxford Road | a | - | - | 2333 | - | - | - | - | - | - |
| Manchester Piccadilly | a | - | - | 2338 | - | - | - | - | - | - |
| Manchester Airport | a | - | - | 0002 | - | - | - | - | - | - |

Notes

x Stops on request.

SO Saturdays only.

SX Mondays to Fridays only.

Ⓞ Dry Service – no alcohol permitted on board this service on Saturdays.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

| | | Ⓣ | | Ⓣ | Ⓣ | | | | | |
|-------------------------|---|-------|-------|-------|-------|-------|---|---|---|---|
| | | | SX | SO | SO | SX | | | | |
| Carlisle | d | 2000 | 2055 | 2106 | 2149 | 2201 | - | - | - | - |
| Dalston | | 2008 | 2103 | 2114 | 2157 | 2209 | - | - | - | - |
| Wigton | | 2018 | 2113 | 2124 | 2206 | 2219 | - | - | - | - |
| Aspatria | | 2028 | 2123 | 2134 | 2217 | 2229 | - | - | - | - |
| Maryport | | 2039 | 2134 | 2145 | 2227 | 2241 | - | - | - | - |
| Flimby | | 20x42 | 21x37 | 21x48 | 22x31 | 22x44 | - | - | - | - |
| Workington | | 2050 | 2145 | 2156 | 2237 | 2251 | - | - | - | - |
| Harrington | | 2054 | 2149 | 2200 | 2241 | 2255 | - | - | - | - |
| Parton | | 21x02 | 21x57 | 22x08 | 22x51 | 23x04 | - | - | - | - |
| Whitehaven | a | 2109 | 2204 | 2215 | 2257 | 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 | | - | - | - | - | - | - | - | - | - |
| Arnsdale | | - | - | - | - | - | - | - | - | - |
| Silverdale | | - | - | - | - | - | - | - | - | - |
| Carnforth | | - | - | - | - | - | - | - | - | - |
| Windermere | d | - | - | - | - | - | - | - | - | - |
| Staveley | | - | - | - | - | - | - | - | - | - |
| Burneside | | - | - | - | - | - | - | - | - | - |
| Kendal | | - | - | - | - | - | - | - | - | - |
| Oxenholme Lake District | a | - | - | - | - | - | - | - | - | - |
| Oxenholme Lake District | d | - | - | - | - | - | - | - | - | - |
| Lancaster | a | - | - | - | - | - | - | - | - | - |
| Lancaster | d | - | - | - | - | - | - | - | - | - |
| Preston | a | - | - | - | - | - | - | - | - | - |
| Wigan North Western | a | - | - | - | - | - | - | - | - | - |
| Manchester Oxford Road | a | - | - | - | - | - | - | - | - | - |
| Manchester Piccadilly | a | - | - | - | - | - | - | - | - | - |
| Manchester Airport | a | - | - | - | - | - | - | - | - | - |

Notes

x Stops on request.

SO Saturdays only.

SX Mondays to Fridays only.

Ⓣ Dry Service – no alcohol permitted on board this service on Saturdays.

Carlisle - Barrow - Lancaster

Sundays

| | | X | Y | | | | | | |
|-------------------------|---|------|------|------|------|-------|------|------|----------------|
| 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 | - | - | - | - | 0950 | - | - | - |
| Green Road | | - | - | - | - | 09x54 | - | - | - |
| Foxfield | | - | - | - | - | 0958 | - | - | - |
| Kirkby-in-Furness | | - | - | - | - | 10x02 | - | - | - |
| Askam | | - | - | - | - | 1007 | - | - | - |
| Barrow-in-Furness | a | - | - | - | - | 1021 | - | - | - |
| Barrow-in-Furness | d | 0753 | 0841 | 0841 | 0905 | 0950 | - | - | 1052 |
| Roose | | 0757 | 0845 | 0845 | - | 0954 | - | - | 1056 |
| Dalton | | 0803 | 0851 | 0851 | - | 1000 | - | - | 1102 |
| Ulverston | | 0812 | 0859 | 0859 | 0922 | 1008 | - | - | 1110 |
| Cark | | 0819 | 0906 | 0906 | - | 1015 | - | - | 1117 |
| Kents Bank | | 0823 | 0910 | 0910 | - | 1019 | - | - | 1121 |
| Grange-over-Sands | | 0827 | 0914 | 0914 | 0934 | 1023 | - | - | 1125 |
| Arnside | | 0833 | 0920 | 0920 | 0940 | 1029 | - | - | 1131 |
| Silverdale | | 0838 | 0924 | 0924 | - | 1033 | - | - | 1135 |
| Carnforth | | 0845 | 0931 | 0931 | 0951 | 1040 | - | - | 1142 |
| Windermere | d | - | - | - | - | 1053 | - | 1139 | 1224 |
| Staveley | | - | - | - | - | 1058 | - | 1144 | - |
| Burneside | | - | - | - | - | 1103 | - | 1149 | - |
| Kendal | | - | - | - | - | 1107 | - | 1153 | 1236 |
| Oxenholme Lake District | a | - | - | - | - | 1112 | - | 1158 | 1241 |
| Oxenholme Lake District | d | - | - | - | - | 1123 | - | 1213 | 1312 |
| Lancaster | a | - | 0938 | 0938 | 1001 | 1047 | 1137 | - | 1227 1149 1326 |
| Lancaster | d | - | 0945 | 0945 | - | 1048 | 1138 | - | 1228 1151 1327 |
| Preston | a | - | 1004 | 1004 | - | 1107 | 1155 | - | 1245 1209 1344 |
| Wigan North Western | a | - | 1023 | 1023 | - | 1123 | 1215 | - | 1317 - 1410 |
| Manchester Oxford Road | a | - | 1052 | 1052 | - | 1150 | 1236 | - | 1321 1252 1422 |
| Manchester Piccadilly | a | - | 1056 | - | - | 1156 | 1240 | - | 1325 1256 1426 |
| Manchester Airport | a | - | 1121 | - | - | 1220 | 1257 | - | 1342 1317 1443 |

Notes

- x Stops on request.
- X Until 11 September.
- Y From 18 September.

Carlisle - Barrow - Lancaster

Sundays

| | | | | V | W | W | X | | | |
|-------------------------|-------|------|------|-------|-------|-------|--------|--------|---------|--------|
| Carlisle | d | - | - | - | 0945 | 1023 | - | 1041 | 1106 | - |
| Dalston | - | - | - | - | 0953 | 1032 | - | 1049 | 1114 | - |
| Wigton | - | - | - | - | 1002 | 1041 | - | 1058 | 1124 | - |
| Aspatria | - | - | - | - | 1013 | 1052 | - | 1109 | 1134 | - |
| Maryport | 0917 | - | - | 1024 | 1024 | 1103 | - | 1120 | 1145 | - |
| Flimby | 09x20 | - | - | - | - | 11x06 | - | 11x23 | 11x48 | - |
| Workington | 0927 | - | - | 1033 | 1033 | 1113 | - | 1130 | 1156 | - |
| Harrington | 0931 | - | - | - | - | 1117 | - | 1134 | 1200 | - |
| Parton | 09x40 | - | - | 10x45 | 10x45 | 11x26 | - | 11x43 | 12x08 | - |
| Whitehaven | a | 0945 | - | - | 1050 | 1050 | 1131 | - | 1148 | 1214 |
| Whitehaven | d | 0947 | - | - | 1051 | 1051 | 1133 | - | 1150 | 1216 |
| Corkickle | 0949 | - | - | 1054 | 1054 | 1135 | - | 1152 | 1219 | - |
| St. Bees | 0955 | - | - | 1059 | 1059 | 1141 | - | 1158 | 1227 | - |
| Nethertown | 09x59 | - | - | - | - | - | - | - | 12x31 | - |
| Braystones | 10x01 | - | - | - | - | - | - | - | 12x33 | - |
| Sellafield | 1007 | - | - | 1109 | 1109 | 1151 | - | 1208 | 1239 | - |
| Seascale | 1011 | - | - | 1113 | 1113 | 1154 | - | 1211 | 1243 | - |
| Drigg | 10x14 | - | - | 11x16 | 11x16 | 11x57 | - | 12x14 | 12x46 | - |
| Ravenglass | 1017 | - | - | 1119 | 1119 | 1201 | - | 1218 | 1249 | - |
| Bootle (Cumbria) | 10x23 | - | - | 11x25 | 11x25 | 12x06 | - | 12x23 | 12x55 | - |
| Silecroft | 10x29 | - | - | 11x31 | 11x31 | 12x13 | - | 12x30 | 13x01 | - |
| Millom | a | 1036 | - | - | 1137 | 1137 | 1219 | - | 1236 | 1308 |
| Millom | d | 1036 | - | - | 1137 | 1137 | 1219 | - | 1236 | 1308 |
| Green Road | 10x40 | - | - | 11x41 | 11x41 | 12x23 | - | 12x40 | 13x12 | - |
| Foxfield | 1044 | - | - | 1145 | 1145 | 1227 | - | 1244 | 1316 | - |
| Kirkby-in-Furness | 10x48 | - | - | 11x49 | 11x49 | 12x31 | - | 12x48 | 13x20 | - |
| Askam | 1053 | - | - | 1154 | 1154 | 1236 | - | 1253 | 1325 | - |
| Barrow-in-Furness | a | 1108 | - | - | 1209 | 1209 | 1251 | - | 1308 | 1340 |
| Barrow-in-Furness | d | - | 1141 | - | - | - | 1253 | - | 1317 | - 1349 |
| Roose | - | 1145 | - | - | - | - | 1257 | - | 1321 | - 1353 |
| Dalton | - | 1151 | - | - | - | - | 1303 | - | 1327 | - 1359 |
| Ulverston | - | 1200 | - | - | - | - | 1311 | - | 1335 | - 1407 |
| Cark | - | 1207 | - | - | - | - | - | - | - | - 1414 |
| Kents Bank | - | 1211 | - | - | - | - | - | - | - | - 1418 |
| Grange-over-Sands | - | 1215 | - | - | - | - | 1324 | - | 1348 | - 1422 |
| Arnsdale | - | 1220 | - | - | - | - | 1330 | - | 1354 | - 1428 |
| Silverdale | - | 1225 | - | - | - | - | 1335 | - | 1359 | - 1432 |
| Carnforth | - | 1232 | - | - | - | - | 1342 | - | 1406 | - 1439 |
| Windermere | d | - | - | 1308 | - | - | - | 1359 | - | - |
| Staveley | - | - | - | 1313 | - | - | - | 1404 | - | - |
| Burneside | - | - | - | 1318 | - | - | - | 1409 | - | - |
| Kendal | - | - | - | 1322 | - | - | - | 1413 | - | - |
| Oxenholme Lake District | a | - | - | 1327 | - | - | - | 1418 | - | - |
| Oxenholme Lake District | d | - | - | 1329 | - | - | - | (1423) | - | - |
| Lancaster | a | - | 1240 | 1344 | - | - | 1352 | (1437) | 1420 | - 1446 |
| Lancaster | d | - | 1240 | 1349 | - | - | (1427) | (1438) | (1427) | - 1449 |
| Preston | a | - | 1300 | 1407 | - | - | (1445) | (1456) | (1445) | - 1507 |
| Wigan North Western | a | - | 1323 | 1423 | - | - | (1510) | (1510) | - | - 1523 |
| Manchester Oxford Road | a | - | 1350 | 1452 | - | - | (1520) | (1550) | b(1520) | - 1550 |
| Manchester Piccadilly | a | - | 1354 | 1456 | - | - | (1524) | (1557) | b(1524) | - 1557 |
| Manchester Airport | a | - | 1417 | 1518 | - | - | (1542) | (1617) | b(1540) | - 1617 |

Notes

b Change at Wigan North Western.

x Stops on request.

V Until 19 June.

W From 26 June.

X Until 11 September.

Carlisle - Barrow - Lancaster

Sundays

| | | | | | | | | | | | |
|-------------------------|---|------|-------|------|------|-------|------|-------|------|------|-------|
| Carlisle | d | - | 1207 | - | - | 1324 | - | 1401 | - | - | 1510 |
| Dalston | | - | 1215 | - | - | 1332 | - | 1409 | - | - | 1518 |
| Wigton | | - | 1225 | - | - | 1342 | - | 1419 | - | - | 1528 |
| Aspatria | | - | 1235 | - | - | 1352 | - | 1429 | - | - | 1538 |
| Maryport | | - | 1246 | - | - | 1403 | - | 1440 | - | - | 1549 |
| Flimby | | - | 12x49 | - | - | 14x06 | - | 14x43 | - | - | 15x52 |
| Workington | | - | 1258 | - | - | 1414 | - | 1451 | - | - | 1600 |
| Harrington | | - | 1302 | - | - | 1418 | - | 1455 | - | - | 1604 |
| Parton | | - | 13x10 | - | - | 14x26 | - | 15x03 | - | - | 16x12 |
| Whitehaven | a | - | 1316 | - | - | 1432 | - | 1508 | - | - | 1617 |
| Whitehaven | d | - | 1318 | - | - | 1433 | - | 1510 | - | - | 1619 |
| Corkickle | | - | 1321 | - | - | 1436 | - | 1513 | - | - | 1622 |
| St. Bees | | - | 1327 | - | - | 1441 | - | 1519 | - | - | 1629 |
| Nethertown | | - | - | - | - | - | - | - | - | - | 16x33 |
| Braystones | | - | - | - | - | - | - | - | - | - | 16x35 |
| Sellafield | | - | 1337 | - | - | 1451 | - | 1529 | - | - | 1642 |
| Seascale | | - | 1340 | - | - | 1455 | - | 1532 | - | - | 1646 |
| Drigg | | - | 13x43 | - | - | - | - | 15x35 | - | - | 16x49 |
| Ravenglass | | - | 1347 | - | - | 1501 | - | 1539 | - | - | 1652 |
| Bootle (Cumbria) | | - | 13x52 | - | - | - | - | 15x45 | - | - | 16x58 |
| Silecroft | | - | 13x59 | - | - | - | - | 15x51 | - | - | 17x04 |
| Millom | a | - | 1405 | - | - | 1516 | - | 1556 | - | - | 1711 |
| Millom | d | - | 1406 | - | - | 1517 | - | 1557 | - | - | 1711 |
| Green Road | | - | 14x10 | - | - | - | - | 16x01 | - | - | 17x15 |
| Foxfield | | - | 1414 | - | - | 1524 | - | 1605 | - | - | 1719 |
| Kirkby-in-Furness | | - | 14x18 | - | - | 15x28 | - | 16x09 | - | - | 17x23 |
| Askam | | - | 1423 | - | - | 1533 | - | 1614 | - | - | 1728 |
| Barrow-in-Furness | a | - | 1438 | - | - | 1548 | - | 1629 | - | - | 1743 |
| Barrow-in-Furness | d | - | - | 1447 | - | 1550 | - | - | 1646 | - | 1746 |
| Roose | | - | - | 1451 | - | 1554 | - | - | 1650 | - | 1750 |
| Dalton | | - | - | 1457 | - | 1600 | - | - | 1656 | - | 1756 |
| Ulverston | | - | - | 1505 | - | 1608 | - | - | 1705 | - | 1805 |
| Cark | | - | - | 1512 | - | 1616 | - | - | 1712 | - | 1812 |
| Kents Bank | | - | - | 1516 | - | 1620 | - | - | 1716 | - | 1816 |
| Grange-over-Sands | | - | - | 1520 | - | 1624 | - | - | 1720 | - | 1820 |
| Arnsdale | | - | - | 1526 | - | 1630 | - | - | 1725 | - | 1827 |
| Silverdale | | - | - | 1530 | - | 1635 | - | - | 1729 | - | 1832 |
| Carnforth | | - | - | 1537 | - | 1642 | - | - | 1737 | - | 1841 |
| Windermere | d | 1446 | - | - | 1554 | - | 1659 | - | - | 1800 | - |
| Staveley | | 1451 | - | - | 1559 | - | 1704 | - | - | 1805 | - |
| Burneside | | 1456 | - | - | 1604 | - | 1709 | - | - | 1810 | - |
| Kendal | | 1500 | - | - | 1608 | - | 1713 | - | - | 1814 | - |
| Oxenholme Lake District | a | 1505 | - | - | 1613 | - | 1718 | - | - | 1819 | - |
| Oxenholme Lake District | d | 1514 | - | - | 1615 | - | 1724 | - | - | 1828 | - |
| Lancaster | a | 1528 | - | 1544 | 1631 | 1652 | 1737 | - | 1744 | 1842 | 1850 |
| Lancaster | d | 1529 | - | 1547 | 1648 | 1657 | 1738 | - | 1749 | 1843 | 1857 |
| Preston | a | 1546 | - | 1605 | 1706 | 1716 | 1756 | - | 1807 | 1901 | 1915 |
| Wigan North Western | a | 1610 | - | 1623 | 1723 | 1730 | 1820 | - | 1823 | 1915 | 1929 |
| Manchester Oxford Road | a | 1620 | - | 1650 | 1751 | 1821 | 1850 | - | 1850 | - | - |
| Manchester Piccadilly | a | 1624 | - | 1701 | 1755 | 1825 | 1900 | - | 1900 | - | - |
| Manchester Airport | a | 1642 | - | 1718 | 1818 | 1840 | 1917 | - | 1917 | - | - |

Notes

x Stops on request.

Carlisle - Barrow - Lancaster

Sundays

| | | | | | | | | | | |
|-------------------------|---|------|-------|------|------|-------|------|------|-------|-----------|
| Carlisle | d | - | 1616 | - | - | 1710 | - | - | - | - |
| Dalston | - | - | 1624 | - | - | 1718 | - | - | - | - |
| Wigton | - | - | 1634 | - | - | 1728 | - | - | - | - |
| Aspatria | - | - | 1644 | - | - | 1738 | - | - | - | - |
| Maryport | - | - | 1655 | - | - | 1749 | - | - | - | - |
| Flimby | - | - | 16x58 | - | - | 17x52 | - | - | - | - |
| Workington | - | - | 1706 | - | - | 1800 | - | - | - | - |
| Harrington | - | - | 1710 | - | - | 1804 | - | - | - | - |
| Parton | - | - | 17x18 | - | - | 18x12 | - | - | - | - |
| Whitehaven | a | - | 1724 | - | - | 1818 | - | - | - | - |
| Whitehaven | d | - | 1725 | - | - | 1819 | - | - | - | - |
| Corkickle | - | - | 1728 | - | - | 1822 | - | - | - | - |
| St. Bees | - | - | 1733 | - | - | 1828 | - | - | - | - |
| Nethertown | - | - | - | - | - | 18x32 | - | - | - | - |
| Braystones | - | - | - | - | - | 18x34 | - | - | - | - |
| Sellafield | - | - | 1744 | - | - | 1840 | - | - | - | - |
| Seascale | - | - | 1748 | - | - | 1844 | - | - | - | - |
| Drigg | - | - | 17x51 | - | - | 18x47 | - | - | - | - |
| Ravenglass | - | - | 1754 | - | - | 1850 | - | - | - | - |
| Bootle (Cumbria) | - | - | 18x00 | - | - | 18x56 | - | - | - | - |
| Silecroft | - | - | 18x06 | - | - | 19x02 | - | - | - | - |
| Millom | a | - | 1813 | - | - | 1909 | - | - | - | - |
| Millom | d | - | 1814 | - | - | 1909 | - | - | 1925 | - |
| Green Road | - | - | 18x18 | - | - | 19x13 | - | - | 19x29 | - |
| Foxfield | - | - | 1822 | - | - | 1917 | - | - | 1933 | - |
| Kirkby-in-Furness | - | - | 18x26 | - | - | 19x21 | - | - | 19x37 | - |
| Askam | - | - | 1831 | - | - | 1926 | - | - | 1942 | - |
| Barrow-in-Furness | a | - | 1846 | - | - | 1941 | - | - | 1957 | - |
| Barrow-in-Furness | d | - | - | 1851 | - | - | 1952 | - | - | 2046 |
| Roose | - | - | - | 1855 | - | - | 1956 | - | - | 2050 |
| Dalton | - | - | - | 1901 | - | - | 2002 | - | - | 2056 |
| Ulverston | - | - | - | 1909 | - | - | 2011 | - | - | 2105 |
| Cark | - | - | - | 1917 | - | - | 2018 | - | - | 2112 |
| Kents Bank | - | - | - | 1921 | - | - | 2022 | - | - | 2116 |
| Grange-over-Sands | - | - | - | 1925 | - | - | 2026 | - | - | 2120 |
| Arnsdale | - | - | - | 1931 | - | - | 2031 | - | - | 2126 |
| Silverdale | - | - | - | 1935 | - | - | 2035 | - | - | 2131 |
| Carnforth | - | - | - | 1943 | - | - | 2043 | - | - | 2138 |
| Windermere | d | 1901 | - | - | 1957 | - | - | 2047 | - | 2147 |
| Staveley | | 1907 | - | - | 2002 | - | - | 2052 | - | 2152 |
| Burneside | | 1912 | - | - | 2007 | - | - | 2057 | - | 2157 |
| Kendal | | 1916 | - | - | 2011 | - | - | 2101 | - | 2201 |
| Oxenholme Lake District | a | 1921 | - | - | 2016 | - | - | 2106 | - | 2206 |
| Oxenholme Lake District | d | 1922 | - | - | 2043 | - | - | 2117 | - | 2215 |
| Lancaster | a | 1937 | - | 1951 | 2057 | - | 2050 | 2131 | - | 2148 2232 |
| Lancaster | d | 1939 | - | 1951 | 2057 | - | 2050 | 2132 | - | 2232 |
| Preston | a | 1958 | - | 2014 | 2115 | - | 2108 | 2150 | - | 2251 |
| Wigan North Western | a | 2023 | - | - | 2129 | - | 2124 | - | - | - |
| Manchester Oxford Road | a | 2052 | - | 2120 | - | - | 2151 | 2223 | - | 2318k |
| Manchester Piccadilly | a | 2056 | - | 2123 | - | - | 2155 | 2227 | - | 2322k |
| Manchester Airport | a | 2116 | - | 2140 | - | - | 2213 | 2243 | - | 2338k |

Notes

k Change at Oxenholme.

x Stops on request.

Carlisle - Barrow - Lancaster

Sundays

| | | | | | | | | | | |
|-------------------------|---|-------|-------|-------|-------|---|---|---|---|---|
| Carlisle | d | 1810 | 1910 | 2010 | 2110 | - | - | - | - | - |
| Dalston | | 1818 | 1918 | 2018 | 2118 | - | - | - | - | - |
| Wigton | | 1828 | 1928 | 2028 | 2128 | - | - | - | - | - |
| Aspatria | | 1838 | 1938 | 2038 | 2138 | - | - | - | - | - |
| Maryport | | 1849 | 1949 | 2049 | 2149 | - | - | - | - | - |
| Flimby | | 18x52 | 19x52 | 20x52 | 21x52 | - | - | - | - | - |
| Workington | | 1900 | 2000 | 2100 | 2200 | - | - | - | - | - |
| Harrington | | 1904 | 2004 | 2104 | 2204 | - | - | - | - | - |
| Parton | | 19x12 | 20x12 | 21x12 | 22x12 | - | - | - | - | - |
| Whitehaven | a | 1919 | 2019 | 2119 | 2219 | - | - | - | - | - |
| 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 | | - | - | - | - | - | - | - | - | - |
| Arnsdale | | - | - | - | - | - | - | - | - | - |
| Silverdale | | - | - | - | - | - | - | - | - | - |
| Carnforth | | - | - | - | - | - | - | - | - | - |
| Windermere | d | - | - | - | - | - | - | - | - | - |
| Staveley | | - | - | - | - | - | - | - | - | - |
| Burneside | | - | - | - | - | - | - | - | - | - |
| Kendal | | - | - | - | - | - | - | - | - | - |
| Oxenholme Lake District | a | - | - | - | - | - | - | - | - | - |
| Oxenholme Lake District | d | - | - | - | - | - | - | - | - | - |
| Lancaster | a | - | - | - | - | - | - | - | - | - |
| Lancaster | d | - | - | - | - | - | - | - | - | - |
| Preston | a | - | - | - | - | - | - | - | - | - |
| Wigan North Western | a | - | - | - | - | - | - | - | - | - |
| Manchester Oxford Road | a | - | - | - | - | - | - | - | - | - |
| Manchester Piccadilly | a | - | - | - | - | - | - | - | - | - |
| Manchester Airport | a | - | - | - | - | - | - | - | - | - |

Notes

x Stops on request.

Lancaster - Barrow - Carlisle

Mondays to Saturdays

| | | SO | SX | | | | SX | SO | SO |
|-------------------------|---|-------|-------|-------|-------|------|------|-------------------|------|
| Manchester Airport | d | - | - | - | - | - | - | - | 0524 |
| Manchester Piccadilly | | - | - | - | - | 0457 | - | - | 0543 |
| Manchester Oxford Road | | - | - | - | - | - | - | - | 0547 |
| Wigan North Western | | - | - | - | - | - | - | - | 0616 |
| Preston | | - | - | - | - | 0518 | 0534 | - | 0644 |
| Lancaster | a | - | - | - | - | 0538 | 0551 | - | 0701 |
| Lancaster | d | - | - | - | - | 0538 | 0600 | - | 0702 |
| Oxenholme Lake District | a | - | - | - | - | - | 0614 | - | - |
| Oxenholme Lake District | d | - | - | - | - | - | 0616 | - | - |
| Kendal | | - | - | - | - | - | 0621 | - | - |
| Burneside | | - | - | - | - | - | 0625 | - | - |
| Staveley | | - | - | - | - | - | 0630 | - | - |
| Windermere | a | - | - | - | - | - | 0636 | - | - |
| Carnforth | | - | - | - | - | 0549 | - | - | 0712 |
| Silverdale | | - | - | - | - | 0555 | - | - | 0717 |
| Arnside | | - | - | - | - | 0559 | - | - | 0721 |
| Grange-over-Sands | | - | - | - | - | 0605 | - | - | 0726 |
| Kents Bank | | - | - | - | - | 0609 | - | - | 0730 |
| Cark | | - | - | - | - | 0613 | - | - | 0734 |
| Ulverston | | - | - | - | - | 0621 | - | - | 0741 |
| Dalton | | - | - | - | - | 0629 | - | - | 0750 |
| Roose | | - | - | - | - | 0635 | - | - | 0756 |
| Barrow-in-Furness | a | - | - | - | - | 0643 | - | - | 0802 |
| Barrow-in-Furness | d | - | - | - | 0558 | - | - | 0651 0750 0754 | - |
| Askam | | - | - | - | 0608 | - | - | 0701 0800 0804 | - |
| Kirkby-in-Furness | | - | - | - | 06x12 | - | - | 07x05 08x04 08x08 | - |
| Foxfield | | - | - | - | 0616 | - | - | 0709 0808 0812 | - |
| Green Road | | - | - | - | 06x20 | - | - | 07x13 08x11 08x15 | - |
| Millom | a | - | - | - | 0626 | - | - | 0719 0817 0821 | - |
| Millom | d | - | - | - | 0627 | - | - | 0719 0818 0822 | - |
| Silecroft | | - | - | - | 06x32 | - | - | 07x24 08x23 08x27 | - |
| Bootle (Cumbria) | | - | - | - | 06x39 | - | - | 07x31 08x29 08x33 | - |
| Ravenglass | | - | - | - | 0645 | - | - | 0737 0835 0839 | - |
| Drigg | | - | - | - | 06x49 | - | - | 07x41 08x38 08x42 | - |
| Seascale | | - | - | - | 0653 | - | - | 0745 0842 0846 | - |
| Sellafield | | - | - | - | 0700 | - | - | 0753 0849 0852 | - |
| Braystones | | - | - | - | - | - | - | 07x57 - 08x55 | - |
| Nethertown | | - | - | - | - | - | - | 07x59 - 08x58 | - |
| St. Bees | | - | - | - | 0713 | - | - | 0805 0900 0904 | - |
| Corkickle | | - | - | - | 0719 | - | - | 0811 0905 0909 | - |
| Whitehaven | a | - | - | - | 0722 | - | - | 0814 0908 0913 | - |
| Whitehaven | d | - | - | 0630 | 0723 | - | - | 0816 0909 0914 | - |
| Parton | | - | - | 06x33 | 07x27 | - | - | 08x20 09x13 09x18 | - |
| Harrington | | - | - | 0642 | 0736 | - | - | 0828 0921 0927 | - |
| Workington | | 0548 | 0552 | 0648 | 0742 | - | - | 0834 0927 0933 | - |
| Flimby | | 05x52 | 05x56 | 06x52 | 07x46 | - | - | 08x39 09x32 09x37 | - |
| Maryport | | 0556 | 0600 | 0656 | 0750 | - | - | 0843 0936 0941 | - |
| Aspatria | | 0606 | 0610 | 0706 | 0800 | - | - | 0853 0946 0951 | - |
| Wigton | | 0618 | 0622 | 0718 | 0812 | - | - | 0904 0957 1003 | - |
| Dalston | | 0627 | 0631 | 0727 | 0821 | - | - | 0913 1006 1012 | - |
| Carlisle | a | 0638 | 0642 | 0739 | 0832 | - | - | 0925 1017 1023 | - |

Notes

x Stops on request.

SO Saturdays only.

SX Mondays to Fridays only.

Lancaster - Barrow - Carlisle

Mondays to Saturdays

| | | SX | | SO | SX | SX | SO | | SO | SX |
|-------------------------|---|------|------|------|-------|------|-------|------|------|-----------|
| Manchester Airport | d | 0525 | 0610 | - | - | 0710 | - | 0710 | - | - |
| Manchester Piccadilly | | 0544 | 0626 | - | - | 0726 | - | 0726 | - | - |
| Manchester Oxford Road | | 0548 | 0629 | - | - | 0730 | - | 0730 | - | - |
| Wigan North Western | | 0616 | - | - | - | 0738 | - | 0738 | 0738 | 0823 0800 |
| Preston | | 0644 | 0704 | - | - | 0803 | - | 0803 | 0753 | 0838 0815 |
| Lancaster | a | 0701 | 0719 | - | - | 0818 | - | 0818 | 0807 | 0852 0830 |
| Lancaster | d | 0702 | 0736 | - | - | 0823 | - | 0823 | 0808 | 0853 0830 |
| Oxenholme Lake District | a | - | - | - | - | - | - | - | 0821 | 0906 0843 |
| Oxenholme Lake District | d | - | - | 0729 | - | - | - | - | 0827 | 0920 0930 |
| Kendal | | - | - | 0733 | - | - | - | - | 0831 | 0924 0934 |
| Burneside | | - | - | 0737 | - | - | - | - | 0835 | 0928 0938 |
| Staveley | | - | - | 0742 | - | - | - | - | 0840 | 0933 0943 |
| Windermere | a | - | - | 0748 | - | - | - | - | 0846 | 0939 0949 |
| Carnforth | | 0712 | 0746 | - | - | 0833 | - | 0833 | - | - |
| Silverdale | | 0717 | 0752 | - | - | 0839 | - | 0839 | - | - |
| Arnside | | 0721 | 0756 | - | - | 0843 | - | 0843 | - | - |
| Grange-over-Sands | | 0726 | 0802 | - | - | 0849 | - | 0849 | - | - |
| Kents Bank | | 0730 | 0806 | - | - | - | - | 0853 | - | - |
| Cark | | 0734 | 0810 | - | - | 0855 | - | 0857 | - | - |
| Ulverston | | 0741 | 0818 | - | - | 0903 | - | 0905 | - | - |
| Dalton | | 0750 | 0827 | - | - | 0911 | - | 0914 | - | - |
| Roose | | 0756 | 0833 | - | - | - | - | 0920 | - | - |
| Barrow-in-Furness | a | 0802 | 0840 | - | - | 0923 | - | 0927 | - | - |
| Barrow-in-Furness | d | - | - | - | 0917 | - | 0927 | - | - | - |
| Askam | | - | - | - | 0927 | - | 0937 | - | - | - |
| Kirkby-in-Furness | | - | - | - | 09x31 | - | 09x41 | - | - | - |
| Foxfield | | - | - | - | 0935 | - | 0945 | - | - | - |
| Green Road | | - | - | - | 09x38 | - | 09x48 | - | - | - |
| Millom | a | - | - | - | 0943 | - | 0954 | - | - | - |
| Millom | d | - | - | - | 0944 | - | 0955 | - | - | - |
| Silecroft | | - | - | - | 09x48 | - | 09x59 | - | - | - |
| Bootle (Cumbria) | | - | - | - | 09x55 | - | 10x06 | - | - | - |
| Ravenglass | | - | - | - | 1001 | - | 1012 | - | - | - |
| Drigg | | - | - | - | 10x04 | - | 10x15 | - | - | - |
| Seascale | | - | - | - | 1008 | - | 1019 | - | - | - |
| Sellafield | | - | - | - | 1014 | - | 1032 | - | - | - |
| Braystones | | - | - | - | - | - | - | - | - | - |
| Nethertown | | - | - | - | - | - | - | - | - | - |
| St. Bees | | - | - | - | 1027 | - | 1042 | - | - | - |
| Corkickle | | - | - | - | 1033 | - | 1047 | - | - | - |
| Whitehaven | a | - | - | - | 1035 | - | 1050 | - | - | - |
| Whitehaven | d | - | - | - | 1037 | - | 1051 | - | - | - |
| Parton | | - | - | - | 10x40 | - | 10x55 | - | - | - |
| Harrington | | - | - | - | 1049 | - | 1103 | - | - | - |
| Workington | | - | - | - | 1055 | - | 1109 | - | - | - |
| Flimby | | - | - | - | 10x59 | - | 11x14 | - | - | - |
| Maryport | | - | - | - | 1103 | - | 1117 | - | - | - |
| Aspatria | | - | - | - | 1113 | - | 1127 | - | - | - |
| Wigton | | - | - | - | 1124 | - | 1138 | - | - | - |
| Dalston | | - | - | - | 1133 | - | 1147 | - | - | - |
| Carlisle | a | - | - | - | 1144 | - | 1158 | - | - | - |

Notes

x Stops on request.

SO Saturdays only.

SX Mondays to Fridays only.

Lancaster - Barrow - Carlisle

Mondays to Saturdays

| | | SX | SO | | SO | SX | | SO | SX | | |
|-------------------------|---|------|------|-------|------|------|-------|----|-------|---|-------------|
| Manchester Airport | d | 0827 | 0828 | - | 0928 | 0927 | 0927b | - | 1028 | - | - |
| Manchester Piccadilly | | 0848 | 0848 | - | 0948 | 0948 | 0948b | - | 1047 | - | - |
| Manchester Oxford Road | | 0851 | 0851 | - | 0951 | 0951 | 0951b | - | 1050 | - | - |
| Wigan North Western | | 0921 | 0921 | 0938 | 1021 | 1021 | 1025 | - | 1121 | - | - |
| Preston | | 0944 | 0945 | 0953 | 1045 | 1045 | 1041 | - | 1144 | - | - |
| Lancaster | a | 1001 | 1002 | 1008 | 1102 | 1102 | 1055 | - | 1202 | - | - |
| Lancaster | d | 1002 | 1003 | 1013 | 1102 | 1103 | 1055 | - | 1202 | - | - |
| Oxenholme Lake District | a | 1020 | 1032 | - | - | - | 1109 | - | - | - | - |
| Oxenholme Lake District | d | 1021 | 1033 | - | - | - | 1121 | - | - | - | - |
| Kendal | | 1026 | 1038 | - | - | - | 1125 | - | - | - | - |
| Burneside | | 1029 | - | - | - | - | 1129 | - | - | - | - |
| Staveley | | 1034 | - | - | - | - | 1134 | - | - | - | - |
| Windermere | a | 1041 | 1051 | - | - | - | 1140 | - | - | - | - |
| Carnforth | | - | - | 1023 | 1112 | 1112 | - | - | 1212 | - | - |
| Silverdale | | - | - | 1029 | 1117 | 1118 | - | - | 1217 | - | - |
| Arnside | | - | - | 1033 | 1121 | 1122 | - | - | 1222 | - | - |
| Grange-over-Sands | | - | - | 1039 | 1127 | 1128 | - | - | 1227 | - | - |
| Kents Bank | | - | - | 1043 | - | - | - | - | 1231 | - | - |
| Cark | | - | - | 1047 | 1132 | 1133 | - | - | 1235 | - | - |
| Ulverston | | - | - | 1055 | 1140 | 1141 | - | - | 1242 | - | - |
| Dalton | | - | - | 1103 | 1148 | 1149 | - | - | 1251 | - | - |
| Roose | | - | - | 1109 | - | - | - | - | 1257 | - | - |
| Barrow-in-Furness | a | - | - | 1117 | 1200 | 1201 | - | - | 1303 | - | - |
| Barrow-in-Furness | d | - | - | 1118 | - | - | - | - | 1206 | - | 1316 1316 |
| Askam | | - | - | 1128 | - | - | - | - | 1216 | - | 1326 1326 |
| Kirkby-in-Furness | | - | - | 11x32 | - | - | - | - | 12x20 | - | 13x30 13x30 |
| Foxfield | | - | - | 1136 | - | - | - | - | 1224 | - | 1334 1334 |
| Green Road | | - | - | 11x40 | - | - | - | - | 12x27 | - | 13x37 13x37 |
| Millom | a | - | - | 1146 | - | - | - | - | 1233 | - | 1343 1343 |
| Millom | d | - | - | 1146 | - | - | - | - | 1234 | - | 1344 1344 |
| Silecroft | | - | - | 11x51 | - | - | - | - | 12x38 | - | 13x48 13x48 |
| Bootle (Cumbria) | | - | - | 11x57 | - | - | - | - | 12x45 | - | 13x55 13x55 |
| Ravenglass | | - | - | 1203 | - | - | - | - | 1251 | - | 1401 1401 |
| Drigg | | - | - | 12x06 | - | - | - | - | 12x54 | - | 14x04 14x04 |
| Seascale | | - | - | 1210 | - | - | - | - | 1257 | - | 1407 1407 |
| Sellafield | | - | - | 1217 | - | - | - | - | 1303 | - | 1413 1413 |
| Braystones | | - | - | - | - | - | - | - | 13x07 | - | - 14x16 |
| Nethertown | | - | - | - | - | - | - | - | 13x09 | - | - 14x19 |
| St. Bees | | - | - | 1227 | - | - | - | - | 1328 | - | 1426 1427 |
| Corkickle | | - | - | 1232 | - | - | - | - | 1334 | - | 1432 1433 |
| Whitehaven | a | - | - | 1235 | - | - | - | - | 1336 | - | 1434 1436 |
| Whitehaven | d | - | - | 1236 | - | - | - | - | 1338 | - | 1438 1438 |
| Parton | | - | - | - | - | - | - | - | 13x41 | - | 14x41 14x41 |
| Harrington | | - | - | - | - | - | - | - | 1350 | - | 1450 1450 |
| Workington | | - | - | 1253 | - | - | - | - | 1356 | - | 1456 1456 |
| Flimby | | - | - | - | - | - | - | - | 14x00 | - | 15x00 15x00 |
| Maryport | | - | - | 1301 | - | - | - | - | 1404 | - | 1505 1505 |
| Aspatria | | - | - | 1311 | - | - | - | - | 1414 | - | 1515 1515 |
| Wigton | | - | - | 1323 | - | - | - | - | 1426 | - | 1526 1526 |
| Dalston | | - | - | - | - | - | - | - | 1435 | - | 1535 1535 |
| Carlisle | a | - | - | 1341 | - | - | - | - | 1447e | - | 1546 1546 |

Notes

b Change at Wigan North Western.

e 4 minutes later on Saturdays.

x Stops on request.

SO Saturdays only.

SX Mondays to Fridays only.

Lancaster - Barrow - Carlisle

Mondays to Saturdays

| | | SO | SX | SX | SO | | | | | | |
|-------------------------|---|-------------|--------------|--------------|-------------|-------------|--------------|-------------|-------------|--------------|-------------|
| Manchester Airport | d | 1110 | - | 1128 | 1128 | 1128 | - | 1228 | 1310 | - | 1410 |
| Manchester Piccadilly | | 1126 | - | 1147 | 1147 | 1147 | - | 1247 | 1326 | - | 1426 |
| Manchester Oxford Road | | 1130 | - | 1150 | 1150 | 1150 | - | 1250 | 1330 | - | 1430 |
| Wigan North Western | | - | 1225 | 1221 | 1221 | 1216 | - | 1321 | 1338 | - | 1425 |
| Preston | | 1204 | 1241 | 1245 | 1245 | 1245 | - | 1345 | 1405 | - | 1504 |
| Lancaster | a | 1219 | 1255 | 1302 | 1302 | 1303 | - | 1402 | 1420 | - | 1519 |
| Lancaster | d | 1220 | 1301 | 1313 | 1302 | 1313 | - | 1402 | 1421 | - | 1520 |
| Oxenholme Lake District | a | 1234 | - | - | 1331 | 1331 | - | - | 1434 | - | 1533 |
| Oxenholme Lake District | d | 1239 | - | - | 1332 | 1332 | - | - | 1439 | - | 1537 |
| Kendal | | 1243 | - | - | 1337 | 1337 | - | - | 1443 | - | 1541 |
| Burneside | | 1247 | - | - | 1340 | 1340 | - | - | - | - | 1545 |
| Staveley | | 1252 | - | - | 1345 | 1345 | - | - | - | - | 1550 |
| Windermere | a | 1258 | - | - | 1351 | 1352 | - | - | 1455 | - | 1556 |
| Carnforth | | - | 1311 | 1323 | - | - | - | 1412 | - | - | - |
| Silverdale | | - | 1317 | 1329 | - | - | - | 1417 | - | - | - |
| Arnside | | - | 1321 | 1333 | - | - | - | 1421 | - | - | - |
| Grange-over-Sands | | - | 1327 | 1339 | - | - | - | 1427 | - | - | - |
| Kents Bank | | - | 1331 | 1343 | - | - | - | 1430 | - | - | - |
| Cark | | - | 1335 | 1347 | - | - | - | 1434 | - | - | - |
| Ulverston | | - | 1343 | 1355 | - | - | - | 1442 | - | - | - |
| Dalton | | - | 1352 | 1403 | - | - | - | 1450 | - | - | - |
| Roose | | - | 1358 | 1409 | - | - | - | 1456 | - | - | - |
| Barrow-in-Furness | a | - | 1405 | 1417 | - | - | - | 1503 | - | - | - |
| Barrow-in-Furness | d | - | 1414 | 1418 | - | - | 1449 | - | - | 1544 | - |
| Askam | | - | 1424 | 1428 | - | - | 1459 | - | - | 1554 | - |
| Kirkby-in-Furness | | - | 14x28 | 14x32 | - | - | 15x03 | - | - | 15x58 | - |
| Foxfield | | - | 1432 | 1436 | - | - | 1507 | - | - | 1602 | - |
| Green Road | | - | 14x35 | 14x40 | - | - | 15x10 | - | - | 16x05 | - |
| Millom | a | - | 1441 | 1446 | - | - | 1516 | - | - | 1611 | - |
| Millom | d | - | 1442 | 1446 | - | - | 1517 | - | - | 1612 | - |
| Silecroft | | - | 14x46 | 14x50 | - | - | 15x21 | - | - | 16x16 | - |
| Bootle (Cumbria) | | - | 14x53 | 14x57 | - | - | 15x28 | - | - | 16x23 | - |
| Ravenglass | | - | 1459 | 1503 | - | - | 1534 | - | - | 1629 | - |
| Drigg | | - | 15x02 | 15x06 | - | - | 15x37 | - | - | 16x32 | - |
| Seascale | | - | 1506 | 1509 | - | - | 1541 | - | - | 1635 | - |
| Sellafield | | - | 1512 | 1515 | - | - | 1547 | - | - | 1641 | - |
| Braystones | | - | 15x15 | - | - | - | - | - | - | - | - |
| Nethertown | | - | 15x18 | - | - | - | - | - | - | - | - |
| St. Bees | | - | 1528 | 1528 | - | - | 1600 | - | - | 1652 | - |
| Corkickle | | - | 1534 | 1534 | - | - | 1606 | - | - | 1657 | - |
| Whitehaven | a | - | 1537 | 1537 | - | - | 1608 | - | - | 1700 | - |
| Whitehaven | d | - | 1539 | 1540 | - | - | 1612 | - | - | 1701 | - |
| Parton | | - | 15x44 | 15x45 | - | - | 16x15 | - | - | 17x05 | - |
| Harrington | | - | 1552 | 1553 | - | - | 1624 | - | - | 1713 | - |
| Workington | | - | 1558 | 1559 | - | - | 1633 | - | - | 1719 | - |
| Flimby | | - | 16x03 | 16x04 | - | - | 16x37 | - | - | 17x24 | - |
| Maryport | | - | 1607 | 1608 | - | - | 1643 | - | - | 1728 | - |
| Aspatria | | - | 1617 | 1618 | - | - | 1653 | - | - | 1738 | - |
| Wigton | | - | 1628 | 1629 | - | - | 1705 | - | - | 1749 | - |
| Dalston | | - | 1637 | 1638 | - | - | 1714 | - | - | 1759 | - |
| Carlisle | a | - | 1648 | 1649 | - | - | 1725 | - | - | 1810 | - |

Notes


x Stops on request.

SO Saturdays only.

SX Mondays to Fridays only.

Lancaster - Barrow - Carlisle

Mondays to Saturdays

| | | SO | SX | SX |  SX | SX | SO | SX | SO | SO | |
|-------------------------|---|-------|-------|-------|--|-------|------|------|------|------|------|
| Manchester Airport | d | - | - | - | - | 1410 | 1428 | 1428 | 1528 | 1528 | 1510 |
| Manchester Piccadilly | | - | - | - | - | 1426 | 1447 | 1447 | 1547 | 1547 | 1526 |
| Manchester Oxford Road | | - | - | - | - | 1430 | 1450 | 1450 | 1551 | 1551 | 1530 |
| Wigan North Western | | - | - | - | - | - | 1521 | 1520 | 1615 | 1618 | - |
| Preston | | - | - | - | - | 1532 | 1546 | 1545 | 1634 | 1645 | 1604 |
| Lancaster | a | - | - | - | - | 1553 | 1603 | 1602 | 1651 | 1702 | 1619 |
| Lancaster | d | - | - | - | - | 1612 | 1603 | 1603 | 1652 | 1704 | 1620 |
| Oxenholme Lake District | a | - | - | - | - | - | 1630 | 1630 | - | - | 1633 |
| Oxenholme Lake District | d | - | - | - | - | - | 1631 | 1631 | - | - | 1736 |
| Kendal | | - | - | - | - | - | 1636 | 1636 | - | - | 1740 |
| Burneside | | - | - | - | - | - | 1639 | 1639 | - | - | 1744 |
| Staveley | | - | - | - | - | - | 1644 | 1644 | - | - | 1749 |
| Windermere | a | - | - | - | - | - | 1651 | 1651 | - | - | 1755 |
| Carnforth | | - | - | - | - | 1622 | - | - | 1701 | 1713 | - |
| Silverdale | | - | - | - | - | 1628 | - | - | 1706 | 1718 | - |
| Arnside | | - | - | - | - | 1632 | - | - | 1710 | 1722 | - |
| Grange-over-Sands | | - | - | - | - | 1638 | - | - | 1716 | 1728 | - |
| Kents Bank | | - | - | - | - | 1642 | - | - | 1719 | 1731 | - |
| Cark | | - | - | - | - | 1646 | - | - | 1723 | 1735 | - |
| Ulverston | | - | - | - | 1542 | 1654 | - | - | 1731 | 1743 | - |
| Dalton | | - | - | - | 15s55 | 1702 | - | - | 1739 | 1751 | - |
| Roose | | - | - | - | 16s07 | 1708 | - | - | 1745 | 1757 | - |
| Barrow-in-Furness | a | - | - | - | 1617 | 1716 | - | - | 1751 | 1803 | - |
| Barrow-in-Furness | d | 1611 | - | 1615 | - | 1717 | - | - | - | - | - |
| Askam | | 1621 | - | 1625 | - | 1728 | - | - | - | - | - |
| Kirkby-in-Furness | | 16x25 | - | 16x29 | - | 17x32 | - | - | - | - | - |
| Foxfield | | 1629 | - | 1634 | - | 1736 | - | - | - | - | - |
| Green Road | | 16x32 | - | 16x37 | - | 17x39 | - | - | - | - | - |
| Millom | a | 1638 | - | 1643 | - | 1745 | - | - | - | - | - |
| Millom | d | 1639 | - | 1644 | - | 1745 | - | - | - | - | - |
| Silecroft | | 16x43 | - | 16x48 | - | 17x50 | - | - | - | - | - |
| Bootle (Cumbria) | | 16x50 | - | 16x55 | - | 17x56 | - | - | - | - | - |
| Ravenglass | | 1656 | - | 1701 | - | 1802 | - | - | - | - | - |
| Drigg | | 16x59 | - | 17x04 | - | 18x05 | - | - | - | - | - |
| Seascale | | 1702 | - | 1708 | - | 1809 | - | - | - | - | - |
| Sellafield | | 1708 | - | 1712 | - | 1814 | - | - | - | - | - |
| Braystones | | 17x11 | - | - | - | - | - | - | - | - | - |
| Nethertown | | 17x14 | - | - | - | - | - | - | - | - | - |
| St. Bees | | 1719 | - | - | - | 1826 | - | - | - | - | - |
| Corkickle | | 1724 | - | - | - | 1832 | - | - | - | - | - |
| Whitehaven | a | 1728 | - | - | - | 1834 | - | - | - | - | - |
| Whitehaven | d | 1729 | 1749 | - | - | 1835 | - | - | - | - | - |
| Parton | | 17x33 | 17x52 | - | - | 18x39 | - | - | - | - | - |
| Harrington | | 1741 | 1801 | - | - | 1847 | - | - | - | - | - |
| Workington | | 1747 | 1807 | - | - | 1853 | - | - | - | - | - |
| Flimby | | 17x52 | 18x11 | - | - | 18x58 | - | - | - | - | - |
| Maryport | | 1756 | 1816 | - | - | 1902 | - | - | - | - | - |
| Aspatria | | 1806 | 1826 | - | - | 1912 | - | - | - | - | - |
| Wigton | | 1817 | 1837 | - | - | 1923 | - | - | - | - | - |
| Dalston | | 1826 | 1846 | - | - | 1932 | - | - | - | - | - |
| Carlisle | a | 1841 | 1857 | - | - | 1943 | - | - | - | - | - |

Notes

s Stops to set down only.

x Stops on request.

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

| | | SX | | SO | SO | SX | SX | | SX | SO |
|-------------------------|---|-------|-------|-------|------|------|-------|------|-------|-------|
| Manchester Airport | d | 1528b | - | - | 1628 | 1626 | - | 1710 | - | - |
| Manchester Piccadilly | | 1547b | - | - | 1647 | 1648 | - | 1727 | - | - |
| Manchester Oxford Road | | 1551b | - | - | 1650 | 1659 | - | 1730 | - | - |
| Wigan North Western | | 1625 | - | - | 1721 | - | - | 1738 | - | - |
| Preston | | 1641 | - | - | 1745 | 1745 | - | 1805 | 1753 | - |
| Lancaster | a | 1656 | - | - | 1802 | 1802 | - | 1820 | 1807 | - |
| Lancaster | d | 1656 | - | - | 1802 | 1802 | - | 1835 | 1808 | - |
| Oxenholme Lake District | a | 1710 | - | - | - | - | - | 1821 | - | - |
| Oxenholme Lake District | d | 1742 | - | - | - | - | - | 1829 | - | - |
| Kendal | | 1746 | - | - | - | - | - | 1833 | - | - |
| Burneside | | 1750 | - | - | - | - | - | 1837 | - | - |
| Staveley | | 1755 | - | - | - | - | - | 1842 | - | - |
| Windermere | a | 1801 | - | - | - | - | - | 1848 | - | - |
| Carnforth | | - | - | - | 1812 | 1812 | - | 1845 | - | - |
| Silverdale | | - | - | - | 1817 | 1817 | - | 1851 | - | - |
| Arnside | | - | - | - | 1821 | 1821 | - | 1855 | - | - |
| Grange-over-Sands | | - | - | - | 1827 | 1827 | - | 1901 | - | - |
| Kents Bank | | - | - | - | 1830 | 1830 | - | 1905 | - | - |
| Cark | | - | - | - | 1834 | 1834 | - | 1909 | - | - |
| Ulverston | | - | - | - | 1842 | 1842 | - | 1917 | - | - |
| Dalton | | - | - | - | 1850 | 1850 | - | 1925 | - | - |
| Roose | | - | - | - | 1856 | 1856 | - | 1931 | - | - |
| Barrow-in-Furness | a | - | - | - | 1902 | 1903 | - | 1939 | - | - |
| Barrow-in-Furness | d | - | 1807 | 1857 | - | - | 1912 | - | 1944 | 1944 |
| Askam | | - | 1817 | 1907 | - | - | 1922 | - | 1954 | 1954 |
| Kirkby-in-Furness | | - | 18x21 | 19x11 | - | - | 19x26 | - | 19x58 | 19x58 |
| Foxfield | | - | 1825 | 1915 | - | - | 1930 | - | 2002 | 2002 |
| Green Road | | - | 18x28 | 19x19 | - | - | 19x33 | - | 20x05 | 20x05 |
| Millom | a | - | 1834 | 1925 | - | - | 1939 | - | 2012 | 2011 |
| Millom | d | - | 1834 | 1925 | - | - | 1940 | - | - | 2011 |
| Silecroft | | - | - | 19x29 | - | - | 19x44 | - | - | 20x16 |
| Bootle (Cumbria) | | - | - | 19x36 | - | - | 19x51 | - | - | 20x22 |
| Ravenglass | | - | 1849 | 1942 | - | - | 1957 | - | - | 2028 |
| Drigg | | - | 18x52 | 19x45 | - | - | 20x00 | - | - | 20x31 |
| Seascale | | - | 1856 | 1948 | - | - | 2003 | - | - | 2035 |
| Sellafield | | - | 1900 | 1953 | - | - | 2012 | - | - | 2041 |
| Braystones | | - | - | - | - | - | 20x15 | - | - | 20x44 |
| Nethertown | | - | - | - | - | - | 20x18 | - | - | 20x47 |
| St. Bees | | - | 1912 | 2003 | - | - | 2027 | - | - | 2052 |
| Corkickle | | - | 1917 | 2008 | - | - | 2032 | - | - | 2057 |
| Whitehaven | a | - | 1920 | 2012 | - | - | 2036 | - | - | 2101 |
| Whitehaven | d | - | 1921 | 2013 | - | - | 2037 | - | - | 2102 |
| Parton | | - | 19x25 | 20x17 | - | - | 20x41 | - | - | 21x06 |
| Harrington | | - | 1933 | 2025 | - | - | 2049 | - | - | 2114 |
| Workington | | - | 1943 | 2035 | - | - | 2055 | - | - | 2120 |
| Flimby | | - | 19x47 | 20x40 | - | - | 21x00 | - | - | 21x25 |
| Maryport | | - | 1953 | 2044 | - | - | 2104 | - | - | 2128 |
| Aspatria | | - | 2003 | 2054 | - | - | 2114 | - | - | - |
| Wigton | | - | 2014 | 2105 | - | - | 2125 | - | - | - |
| Dalston | | - | 2023 | 2114 | - | - | 2134 | - | - | - |
| Carlisle | a | - | 2034 | 2125 | - | - | 2145 | - | - | - |

Notes

b Change at Wigan North Western.

x Stops on request.

SO Saturdays only.

SX Mondays to Fridays only.

Lancaster - Barrow - Carlisle

Mondays to Saturdays

| | | SX | SO | SX | SO | SX | SO | | SX | SO | |
|-------------------------|---|------|------|-------|-------|------|------|-------|-------|-------|---|
| Manchester Airport | d | 1727 | 1728 | 1727 | 1727 | 1828 | 1828 | - | 1926c | - | - |
| Manchester Piccadilly | | 1747 | 1748 | 1747 | 1747 | 1847 | 1847 | - | 1947c | - | - |
| Manchester Oxford Road | | 1751 | 1751 | 1751 | 1751 | 1852 | 1851 | - | 1950c | - | - |
| Wigan North Western | | 1820 | 1820 | - | - | 1920 | 1919 | - | 2025 | - | - |
| Preston | | 1845 | 1845 | 1845 | 1845 | 1944 | 1945 | - | 2041 | - | - |
| Lancaster | a | 1902 | 1902 | 1902 | 1902 | 2001 | 2002 | - | 2055 | - | - |
| Lancaster | d | 1902 | 1903 | 1913 | 1913 | 2002 | 2003 | - | 2055 | - | - |
| Oxenholme Lake District | a | 1920 | 1921 | - | - | - | - | - | 2108 | - | - |
| Oxenholme Lake District | d | 1922 | 1922 | - | - | - | - | - | 2120 | - | - |
| Kendal | | 1926 | 1927 | - | - | - | - | - | 2124 | - | - |
| Burneside | | 1930 | 1930 | - | - | - | - | - | 2128 | - | - |
| Staveley | | 1935 | 1935 | - | - | - | - | - | 2133 | - | - |
| Windermere | a | 1942 | 1941 | - | - | - | - | - | 2139 | - | - |
| Carnforth | | - | - | 1923 | 1923 | 2011 | 2012 | - | - | - | - |
| Silverdale | | - | - | 1929 | 1929 | 2016 | 2017 | - | - | - | - |
| Arnside | | - | - | 1933 | 1933 | 2021 | 2021 | - | - | - | - |
| Grange-over-Sands | | - | - | 1939 | 1939 | 2026 | 2027 | - | - | - | - |
| Kents Bank | | - | - | 1943 | 1943 | 2030 | 2030 | - | - | - | - |
| Cark | | - | - | 1947 | 1947 | 2034 | 2035 | - | - | - | - |
| Ulverston | | - | - | 1955 | 1955 | 2042 | 2042 | - | - | - | - |
| Dalton | | - | - | 2003 | 2003 | 2050 | 2051 | - | - | - | - |
| Roose | | - | - | 2009 | 2009 | 2056 | 2057 | - | - | - | - |
| Barrow-in-Furness | a | - | - | 2017 | 2017 | 2103 | 2103 | - | - | - | - |
| Barrow-in-Furness | d | - | - | 2018 | 2018 | - | - | 2110 | - | - | - |
| Askam | | - | - | 2028 | 2028 | - | - | 2120 | - | - | - |
| Kirkby-in-Furness | | - | - | 20x32 | 20x32 | - | - | 21x24 | - | - | - |
| Foxfield | | - | - | 2036 | 2036 | - | - | 2128 | - | - | - |
| Green Road | | - | - | 20x40 | 20x40 | - | - | 21x32 | - | - | - |
| Millom | a | - | - | 2045 | 2046 | - | - | 2138 | - | - | - |
| Millom | d | - | - | 2045 | - | - | - | - | - | - | - |
| Silecroft | | - | - | 20x50 | - | - | - | - | - | - | - |
| Bootle (Cumbria) | | - | - | 20x56 | - | - | - | - | - | - | - |
| Ravenglass | | - | - | 2102 | - | - | - | - | - | - | - |
| Drigg | | - | - | 21x05 | - | - | - | - | - | - | - |
| Seascale | | - | - | 2109 | - | - | - | - | - | - | - |
| Sellafield | | - | - | 2115 | - | - | - | - | - | - | - |
| Braystones | | - | - | - | - | - | - | - | - | - | - |
| Nethertown | | - | - | - | - | - | - | - | - | - | - |
| St. Bees | | - | - | 2124 | - | - | - | - | - | - | - |
| Corkickle | | - | - | 2130 | - | - | - | - | - | - | - |
| Whitehaven | a | - | - | 2132 | - | - | - | - | - | - | - |
| Whitehaven | d | - | - | 2134 | - | - | - | - | 2209 | 2209 | - |
| Parton | | - | - | 21x37 | - | - | - | - | 22x12 | 22x12 | - |
| Harrington | | - | - | 2146 | - | - | - | - | 2221 | 2221 | - |
| Workington | | - | - | 2152 | - | - | - | - | 2227 | 2227 | - |
| Flimby | | - | - | 21x56 | - | - | - | - | 22x32 | 22x32 | - |
| Maryport | | - | - | 2200 | - | - | - | - | 2236 | 2236 | - |
| Aspatria | | - | - | 2210 | - | - | - | - | 2246 | - | - |
| Wigton | | - | - | 2221 | - | - | - | - | 2257 | - | - |
| Dalston | | - | - | 2230 | - | - | - | - | 2306 | - | - |
| Carlisle | a | - | - | 2241 | - | - | - | - | 2317 | - | - |

Notes

x Stops on request.

SO Saturdays only.

SX Mondays to Fridays only.

Lancaster - Barrow - Carlisle

Mondays to Saturdays

| | | SX | SO | SX | SO | SO | SX | | | |
|-------------------------|---|--------|----|------|------|------|------|---|---|---|
| Manchester Airport | d | - 2007 | - | - | - | 2210 | 2210 | - | - | - |
| Manchester Piccadilly | | - 2026 | - | - | - | 2225 | 2225 | - | - | - |
| Manchester Oxford Road | | - 2030 | - | - | - | 2229 | 2229 | - | - | - |
| Wigan North Western | | - 2127 | - | 2127 | - | 2253 | 2257 | - | - | - |
| Preston | | - 2143 | - | 2143 | 2211 | 2309 | 2315 | - | - | - |
| Lancaster | a | - 2155 | - | 2155 | 2231 | 2326 | 2332 | - | - | - |
| Lancaster | d | - 2208 | - | 2158 | 2232 | 2328 | 2333 | - | - | - |
| Oxenholme Lake District | a | - | - | 2210 | - | - | - | - | - | - |
| Oxenholme Lake District | d | - | - | 2206 | 2222 | - | - | - | - | - |
| Kendal | | - | - | 2210 | 2226 | - | - | - | - | - |
| Burneside | | - | - | 2214 | 2230 | - | - | - | - | - |
| Staveley | | - | - | 2219 | 2235 | - | - | - | - | - |
| Windermere | a | - | - | 2225 | 2241 | - | - | - | - | - |
| Carnforth | | - 2218 | - | - | 2242 | 2337 | 2342 | - | - | - |
| Silverdale | | - 2224 | - | - | 2248 | 2342 | 2347 | - | - | - |
| Arnside | | - 2228 | - | - | 2252 | 2347 | 2352 | - | - | - |
| Grange-over-Sands | | - 2234 | - | - | 2258 | 2354 | 2358 | - | - | - |
| Kents Bank | | - 2238 | - | - | 2302 | 2358 | 0001 | - | - | - |
| Cark | | - 2242 | - | - | 2306 | 0002 | 0005 | - | - | - |
| Ulverston | | - 2250 | - | - | 2314 | 0009 | 0013 | - | - | - |
| Dalton | | - 2258 | - | - | 2322 | 0018 | 0021 | - | - | - |
| Roose | | - 2304 | - | - | 2328 | 0024 | 0027 | - | - | - |
| Barrow-in-Furness | a | - 2312 | - | - | 2336 | 0030 | 0033 | - | - | - |
| Barrow-in-Furness | d | 2211 | - | - | - | - | - | - | - | - |
| Askam | | 2221 | - | - | - | - | - | - | - | - |
| Kirkby-in-Furness | | 22x25 | - | - | - | - | - | - | - | - |
| Foxfield | | 2229 | - | - | - | - | - | - | - | - |
| Green Road | | 22x33 | - | - | - | - | - | - | - | - |
| 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 Stops on request.

SO Saturdays only.

SX Mondays to Fridays only.

Lancaster - Barrow - Carlisle

Sundays

| | | W | W | V | | | S | T | X |
|-------------------------|---|-------|-------|-------|-------|-------|-------|------|-----------|
| Manchester Airport | d | - | - | - | - | - | - | - | 0935 |
| Manchester Piccadilly | | - | - | - | - | - | 0853 | - | 0952 |
| Manchester Oxford Road | | - | - | - | - | - | 0856 | - | 0957 |
| Wigan North Western | | - | - | - | - | - | 0920 | 0920 | 1027 |
| Preston | | - | - | - | - | - | 0948 | 0948 | 1043 |
| Lancaster | a | - | - | - | - | - | 1005 | 1005 | 1100 |
| Lancaster | d | - | - | - | - | - | 1006 | 1006 | 1011 1101 |
| Oxenholme Lake District | a | - | - | - | - | - | 1022 | 1022 | - |
| Oxenholme Lake District | d | - | - | - | - | - | 1030 | 1030 | - |
| Kendal | | - | - | - | - | - | 1034 | 1034 | - |
| Burneside | | - | - | - | - | - | 1038 | 1038 | - |
| Staveley | | - | - | - | - | - | 1043 | 1043 | - |
| Windermere | a | - | - | - | - | - | 1049 | 1049 | - |
| Carnforth | | - | - | - | - | 0855 | - | - | 1021 1110 |
| Silverdale | | - | - | - | - | 0900 | - | - | 1027 1115 |
| Arnside | | - | - | - | - | 0905 | - | - | 1031 1119 |
| Grange-over-Sands | | - | - | - | - | 0911 | - | - | 1037 1125 |
| Kents Bank | | - | - | - | - | 0914 | - | - | 1041 1128 |
| Cark | | - | - | - | - | 0918 | - | - | 1045 1132 |
| Ulverston | | - | - | - | - | 0927 | - | - | 1053 1140 |
| Dalton | | - | - | - | - | 0935 | - | - | 1101 1148 |
| Roose | | - | - | - | - | 0941 | - | - | 1107 1154 |
| Barrow-in-Furness | a | - | - | - | - | 0948 | - | - | 1115 1201 |
| Barrow-in-Furness | d | - | - | - | - | 0905 | 0950 | - | 1116 - |
| Askam | | - | - | - | - | 0915 | 1000 | - | 1126 - |
| Kirkby-in-Furness | | - | - | - | - | 09x19 | 10x04 | - | 11x30 - |
| Foxfield | | - | - | - | - | 0923 | 1008 | - | 1134 - |
| Green Road | | - | - | - | - | 09x26 | 10x11 | - | 11x38 - |
| Millom | a | - | - | - | - | 0933 | 1017 | - | 1144 - |
| Millom | d | - | - | - | - | 1017 | - | - | 1144 - |
| Silecroft | | - | - | - | - | 10x22 | - | - | 11x48 - |
| Bootle (Cumbria) | | - | - | - | - | 10x28 | - | - | 11x55 - |
| Ravenglass | | - | - | - | - | 1034 | - | - | 1201 - |
| Drigg | | - | - | - | - | 10x37 | - | - | 12x04 - |
| Seascale | | - | - | - | - | 1041 | - | - | 1207 - |
| Sellafield | | - | - | - | - | 1046 | - | - | 1213 - |
| Braystones | | - | - | - | - | 10x50 | - | - | - |
| Nethertown | | - | - | - | - | 10x52 | - | - | - |
| St. Bees | | - | - | - | - | 1100 | - | - | 1225 - |
| Corkickle | | - | - | - | - | 1106 | - | - | 1230 - |
| Whitehaven | a | - | - | - | - | 1109 | - | - | 1233 - |
| Whitehaven | d | - | - | - | 1016 | - | 1111 | - | 1234 - |
| Parton | | - | - | - | 10x20 | - | 11x14 | - | 12x38 - |
| Harrington | | - | - | - | 1028 | - | 1123 | - | 1246 - |
| Workington | | 0855 | 0940 | 0957 | 1034 | - | 1129 | - | 1252 - |
| Flimby | | 09x00 | 09x45 | 10x02 | 10x39 | - | 11x33 | - | 12x57 - |
| Maryport | | 0904 | 0949 | 1006 | 1043 | - | 1137 | - | 1301 - |
| Aspatria | | 0914 | 0959 | 1016 | 1053 | - | 1147 | - | 1311 - |
| Wigton | | 0925 | 1010 | 1027 | 1104 | - | 1159 | - | 1322 - |
| Dalston | | 0934 | 1019 | 1036 | 1113 | - | 1208 | - | 1331 - |
| Carlisle | a | 0945 | 1030 | 1047 | 1124 | - | 1219 | - | 1342 - |

Notes

- x Stops on request.
- S Until 23 October.
- T From 30 October.
- V Until 19 June.
- W From 26 June.
- X Until 11 September.

Lancaster - Barrow - Carlisle

Sundays

| | | Y | | | | X | Y | |
|-------------------------|---|------|------|-------|------|------|-------|---------------------|
| Manchester Airport | d | 0935 | - | - | 1033 | 1010 | - | 1110 1132 - - |
| Manchester Piccadilly | | 0954 | - | - | 1055 | 1026 | - | 1125 1151 - - |
| Manchester Oxford Road | | 0957 | - | - | 1100 | 1030 | - | 1129 1154 1154 1154 |
| Wigan North Western | | 1027 | - | - | - | - | - | 1140 1219 1219 1219 |
| Preston | | 1043 | - | - | 1146 | 1108 | - | 1205 1245 1245 1245 |
| Lancaster | a | 1100 | - | - | 1203 | 1124 | - | 1220 1302 1302 1302 |
| Lancaster | d | 1101 | - | - | 1204 | 1125 | - | 1221 1302 1302 1314 |
| Oxenholme Lake District | a | - | - | - | - | 1138 | - | 1234 1333 1333 - |
| Oxenholme Lake District | d | - | 1117 | - | - | 1202 | - | 1245 1333 1333 - |
| Kendal | | - | 1121 | - | - | 1206 | - | 1249 1338 1338 - |
| Burneside | | - | 1124 | - | - | - | - | 1253 1341 1341 - |
| Staveley | | - | 1129 | - | - | - | - | 1258 1346 1346 - |
| Windermere | a | - | 1135 | - | - | 1219 | - | 1304 1353 1353 - |
| Carnforth | | 1110 | - | - | 1213 | - | - | - - - 1324 |
| Silverdale | | 1115 | - | - | 1218 | - | - | - - - 1330 |
| Arnside | | 1119 | - | - | 1223 | - | - | - - - 1334 |
| Grange-over-Sands | | 1125 | - | - | 1228 | - | - | - - - 1340 |
| Kents Bank | | 1128 | - | - | 1232 | - | - | - - - 1344 |
| Cark | | 1132 | - | - | 1236 | - | - | - - - 1348 |
| Ulverston | | 1140 | - | - | 1243 | - | - | - - - 1356 |
| Dalton | | 1148 | - | - | 1251 | - | - | - - - 1404 |
| Roose | | 1154 | - | - | 1257 | - | - | - - - 1410 |
| Barrow-in-Furness | a | 1201 | - | - | 1304 | - | - | - - - 1418 |
| Barrow-in-Furness | d | - | - | 1218 | - | - | 1309 | - - - 1419 |
| Askam | | - | - | 1228 | - | - | 1319 | - - - 1429 |
| Kirkby-in-Furness | | - | - | 12x32 | - | - | 13x23 | - - - - |
| Foxfield | | - | - | 1236 | - | - | 1327 | - - - - |
| Green Road | | - | - | 12x39 | - | - | 13x30 | - - - - |
| Millom | a | - | - | 1245 | - | - | 1336 | - - - 1443 |
| Millom | d | - | - | 1245 | - | - | 1336 | - - - 1444 |
| Silecroft | | - | - | 12x50 | - | - | 13x41 | - - - - |
| Bootle (Cumbria) | | - | - | 12x56 | - | - | 13x47 | - - - - |
| Ravenglass | | - | - | 1302 | - | - | 1353 | - - - 1459 |
| Drigg | | - | - | 13x05 | - | - | 13x56 | - - - - |
| Seascale | | - | - | 1309 | - | - | 1400 | - - - - |
| Sellafield | | - | - | 1315 | - | - | 1405 | - - - 1507 |
| Braystones | | - | - | - | - | - | 14x09 | - - - - |
| Nethertown | | - | - | - | - | - | 14x11 | - - - - |
| St. Bees | | - | - | 1328 | - | - | 1416 | - - - 1520 |
| Corkickle | | - | - | 1333 | - | - | 1421 | - - - 1525 |
| Whitehaven | a | - | - | 1337 | - | - | 1425 | - - - 1528 |
| Whitehaven | d | - | - | 1338 | - | - | 1426 | - - - 1529 |
| Parton | | - | - | 13x42 | - | - | 14x30 | - - - 15x33 |
| Harrington | | - | - | 1350 | - | - | 1438 | - - - 1541 |
| Workington | | - | - | 1358 | - | - | 1444 | - - - 1547 |
| Flimby | | - | - | 14x03 | - | - | 14x49 | - - - 15x52 |
| Maryport | | - | - | 1408 | - | - | 1453 | - - - 1556 |
| Aspatria | | - | - | 1418 | - | - | 1503 | - - - 1606 |
| Wigton | | - | - | 1430 | - | - | 1514 | - - - 1617 |
| Dalston | | - | - | 1439 | - | - | 1523 | - - - 1626 |
| Carlisle | a | - | - | 1450 | - | - | 1534 | - - - 1637 |

Notes

- x Stops on request.
- X Until 11 September.
- Y From 18 September.

Lancaster - Barrow - Carlisle

Sundays

| | | | | | | | | | | | |
|-------------------------|---|-------|------|------|-------|------|-------|-------|------|-------|-------|
| Manchester Airport | d | - | 1242 | - | - | 1330 | 1330b | 1430 | 1430 | - | - |
| Manchester Piccadilly | | - | 1301 | - | - | 1348 | 1348b | 1448 | 1448 | - | - |
| Manchester Oxford Road | | - | 1306 | - | - | 1351 | 1351b | 1451 | 1451 | - | - |
| Wigan North Western | | - | 1333 | 1326 | - | 1421 | 1427 | 1517 | 1517 | - | - |
| Preston | | - | 1358 | 1341 | - | 1447 | 1442 | 1534 | 1534 | - | - |
| Lancaster | a | - | 1415 | 1356 | - | 1504 | 1457 | 1552 | 1552 | - | - |
| Lancaster | d | - | 1416 | 1356 | - | 1505 | 1458 | 1603 | 1615 | - | - |
| Oxenholme Lake District | a | - | - | 1409 | - | - | 1510 | - | 1630 | - | - |
| Oxenholme Lake District | d | - | - | 1422 | - | - | 1529 | - | 1631 | - | - |
| Kendal | | - | - | 1426 | - | - | 1533 | - | 1636 | - | - |
| Burneside | | - | - | 1430 | - | - | 1537 | - | 1639 | - | - |
| Staveley | | - | - | 1435 | - | - | 1542 | - | 1644 | - | - |
| Windermere | a | - | - | 1441 | - | - | 1548 | - | 1651 | - | - |
| Carnforth | | - | 1425 | - | - | 1514 | - | 1612 | - | - | - |
| Silverdale | | - | 1430 | - | - | 1519 | - | 1618 | - | - | - |
| Arnside | | - | 1434 | - | - | 1523 | - | 1622 | - | - | - |
| Grange-over-Sands | | - | 1439 | - | - | 1528 | - | 1628 | - | - | - |
| Kents Bank | | - | 1443 | - | - | 1532 | - | 1632 | - | - | - |
| Cark | | - | 1447 | - | - | 1536 | - | 1636 | - | - | - |
| Ulverston | | - | 1454 | - | - | 1543 | - | 1644 | - | - | - |
| Dalton | | - | 1502 | - | - | 1552 | - | 1652 | - | - | - |
| Roose | | - | 1509 | - | - | 1558 | - | 1658 | - | - | - |
| Barrow-in-Furness | a | - | 1515 | - | - | 1604 | - | 1706 | - | - | - |
| Barrow-in-Furness | d | 1455 | - | - | 1558 | - | - | 1717 | - | - | - |
| Askam | | 1505 | - | - | 1608 | - | - | 1728 | - | - | - |
| Kirkby-in-Furness | | 15x09 | - | - | 16x12 | - | - | 17x32 | - | - | - |
| Foxfield | | 1513 | - | - | 1616 | - | - | 1736 | - | - | - |
| Green Road | | 15x16 | - | - | 16x19 | - | - | 17x39 | - | - | - |
| Millom | a | 1522 | - | - | 1625 | - | - | 1745 | - | - | - |
| Millom | d | 1523 | - | - | 1625 | - | - | 1746 | - | - | - |
| Silecroft | | 15x28 | - | - | 16x30 | - | - | 17x50 | - | - | - |
| Bootle (Cumbria) | | 15x34 | - | - | 16x36 | - | - | 17x57 | - | - | - |
| Ravenglass | | 1541 | - | - | 1642 | - | - | 1803 | - | - | - |
| Drigg | | 15x44 | - | - | 16x45 | - | - | 18x06 | - | - | - |
| Seascale | | 1547 | - | - | 1649 | - | - | 1809 | - | - | - |
| Sellafield | | 1551 | - | - | 1654 | - | - | 1815 | - | - | - |
| Braystones | | - | - | - | 16x58 | - | - | 18x18 | - | - | - |
| Nethertown | | - | - | - | 17x00 | - | - | 18x21 | - | - | - |
| St. Bees | | 1601 | - | - | 1705 | - | - | 1829 | - | - | - |
| Corkickle | | 1607 | - | - | 1710 | - | - | 1834 | - | - | - |
| Whitehaven | a | 1609 | - | - | 1714 | - | - | 1838 | - | - | - |
| Whitehaven | d | 1611 | - | - | 1716 | - | - | 1839 | - | 1938 | 2030 |
| Parton | | 16x14 | - | - | 17x20 | - | - | 18x43 | - | 19x41 | 20x33 |
| Harrington | | 1623 | - | - | 1728 | - | - | 1851 | - | 1950 | 2042 |
| Workington | | 1629 | - | - | 1734 | - | - | 1857 | - | 1956 | 2048 |
| Flimby | | 16x33 | - | - | 17x39 | - | - | 19x02 | - | 20x01 | 20x53 |
| Maryport | | 1637 | - | - | 1743 | - | - | 1906 | - | 2005 | 2057 |
| Aspatria | | 1647 | - | - | 1753 | - | - | 1916 | - | 2015 | 2107 |
| Wigton | | 1659 | - | - | 1804 | - | - | 1927 | - | 2026 | 2118 |
| Dalston | | 1708 | - | - | 1813 | - | - | 1936 | - | 2035 | 2127 |
| Carlisle | a | 1719 | - | - | 1824 | - | - | 1947 | - | 2046 | 2138 |

Notes

b Change at Wigan North Western.

x Stops on request.

Lancaster - Barrow - Carlisle

Sundays

| | | | | | | | | | | | |
|-------------------------|---|------|------|-------|------|------|-------|------|------|------|------|
| Manchester Airport | d | 1530 | - | - | 1630 | - | - | 1730 | - | 1830 | - |
| Manchester Piccadilly | | 1548 | - | - | 1648 | - | - | 1748 | - | 1848 | - |
| Manchester Oxford Road | | 1551 | - | - | 1651 | - | - | 1751 | - | 1851 | - |
| Wigan North Western | | 1621 | 1627 | - | 1718 | 1738 | - | 1818 | - | 1918 | 1928 |
| Preston | | 1657 | 1642 | - | 1746 | 1753 | - | 1834 | - | 1947 | 1943 |
| Lancaster | a | 1714 | 1657 | - | 1803 | 1808 | - | 1851 | - | 2004 | 1957 |
| Lancaster | d | 1715 | 1657 | - | 1804 | 1808 | - | 1851 | 1902 | 2005 | 1958 |
| Oxenholme Lake District | a | - | 1710 | - | - | 1823 | - | 1926 | - | - | 2012 |
| Oxenholme Lake District | d | - | 1730 | - | - | 1833 | - | 1927 | - | - | 2022 |
| Kendal | | - | 1734 | - | - | 1837 | - | 1932 | - | - | 2026 |
| Burneside | | - | 1738 | - | - | 1841 | - | 1935 | - | - | 2030 |
| Staveley | | - | 1743 | - | - | 1846 | - | 1940 | - | - | 2035 |
| Windermere | a | - | 1749 | - | - | 1852 | - | 1947 | - | - | 2041 |
| Carnforth | | 1724 | - | - | 1813 | - | - | - | 1913 | 2014 | - |
| Silverdale | | 1730 | - | - | 1818 | - | - | - | 1919 | 2019 | - |
| Arnside | | 1734 | - | - | 1822 | - | - | - | 1924 | 2023 | - |
| Grange-over-Sands | | 1739 | - | - | 1828 | - | - | - | 1930 | 2029 | - |
| Kents Bank | | 1743 | - | - | 1831 | - | - | - | 1933 | 2032 | - |
| Cark | | 1747 | - | - | 1835 | - | - | - | 1937 | 2036 | - |
| Ulverston | | 1754 | - | - | 1843 | - | - | - | 1946 | 2044 | - |
| Dalton | | 1802 | - | - | 1851 | - | - | - | 1954 | 2052 | - |
| Roose | | 1808 | - | - | 1857 | - | - | - | 2000 | 2059 | - |
| Barrow-in-Furness | a | 1815 | - | - | 1903 | - | - | - | 2007 | 2105 | - |
| Barrow-in-Furness | d | - | - | 1825 | - | - | 1907 | - | - | - | - |
| Askam | | - | - | 1835 | - | - | 1917 | - | - | - | - |
| Kirkby-in-Furness | | - | - | 18x39 | - | - | 19x21 | - | - | - | - |
| Foxfield | | - | - | 1843 | - | - | 1925 | - | - | - | - |
| Green Road | | - | - | 18x46 | - | - | 19x28 | - | - | - | - |
| Millom | a | - | - | 1853 | - | - | 1935 | - | - | - | - |
| 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 Stops on request.

Lancaster - Barrow - Carlisle

Sundays

| | | | | | | | | | | |
|-------------------------|---|------|------|------|---|---|---|---|---|---|
| Manchester Airport | d | 1930 | - | - | - | - | - | - | - | - |
| Manchester Piccadilly | | 1948 | - | - | - | - | - | - | - | - |
| Manchester Oxford Road | | 1951 | - | - | - | - | - | - | - | - |
| Wigan North Western | | 2022 | 2028 | 2127 | - | - | - | - | - | - |
| Preston | | 2046 | 2043 | 2142 | - | - | - | - | - | - |
| Lancaster | a | 2104 | 2058 | 2158 | - | - | - | - | - | - |
| Lancaster | d | 2104 | 2058 | 2220 | - | - | - | - | - | - |
| Oxenholme Lake District | a | - | 2111 | - | - | - | - | - | - | - |
| Oxenholme Lake District | d | - | 2121 | - | - | - | - | - | - | - |
| Kendal | | - | 2125 | - | - | - | - | - | - | - |
| Burneside | | - | 2129 | - | - | - | - | - | - | - |
| Staveley | | - | 2134 | - | - | - | - | - | - | - |
| Windermere | a | - | 2140 | - | - | - | - | - | - | - |
| Carnforth | | 2114 | - | 2230 | - | - | - | - | - | - |
| Silverdale | | 2119 | - | 2235 | - | - | - | - | - | - |
| Arnside | | 2123 | - | 2240 | - | - | - | - | - | - |
| Grange-over-Sands | | 2128 | - | 2246 | - | - | - | - | - | - |
| Kents Bank | | 2132 | - | 2249 | - | - | - | - | - | - |
| Cark | | 2136 | - | 2253 | - | - | - | - | - | - |
| Ulverston | | 2143 | - | 2301 | - | - | - | - | - | - |
| Dalton | | 2151 | - | 2309 | - | - | - | - | - | - |
| Roose | | 2157 | - | 2315 | - | - | - | - | - | - |
| Barrow-in-Furness | a | 2204 | - | 2323 | - | - | - | - | - | - |
| Barrow-in-Furness | d | - | - | - | - | - | - | - | - | - |
| Askam | | - | - | - | - | - | - | - | - | - |
| Kirkby-in-Furness | | - | - | - | - | - | - | - | - | - |
| Foxfield | | - | - | - | - | - | - | - | - | - |
| Green Road | | - | - | - | - | - | - | - | - | - |
| Millom | a | - | - | - | - | - | - | - | - | - |
| Millom | d | - | - | - | - | - | - | - | - | - |
| Silecroft | | - | - | - | - | - | - | - | - | - |
| Bootle (Cumbria) | | - | - | - | - | - | - | - | - | - |
| Ravenglass | | - | - | - | - | - | - | - | - | - |
| Drigg | | - | - | - | - | - | - | - | - | - |
| Seascale | | - | - | - | - | - | - | - | - | - |
| Sellafield | | - | - | - | - | - | - | - | - | - |
| Braystones | | - | - | - | - | - | - | - | - | - |
| Nethertown | | - | - | - | - | - | - | - | - | - |
| St. Bees | | - | - | - | - | - | - | - | - | - |
| Corkickle | | - | - | - | - | - | - | - | - | - |
| Whitehaven | a | - | - | - | - | - | - | - | - | - |
| Whitehaven | d | - | - | - | - | - | - | - | - | - |
| Parton | | - | - | - | - | - | - | - | - | - |
| Harrington | | - | - | - | - | - | - | - | - | - |
| Workington | | - | - | - | - | - | - | - | - | - |
| Flimby | | - | - | - | - | - | - | - | - | - |
| Maryport | | - | - | - | - | - | - | - | - | - |
| Aspatria | | - | - | - | - | - | - | - | - | - |
| Wigton | | - | - | - | - | - | - | - | - | - |
| Dalston | | - | - | - | - | - | - | - | - | - |
| Carlisle | a | - | - | - | - | - | - | - | - | - |

Useful contact details



Fares and service information

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



Customer helpline

For comments and enquiries
visit northernrailway.co.uk/comments
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Access or disabled information and assistance

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email assistance@northernrailway.co.uk



Lost property

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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

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