

Train times

6

21 May 2023 –
9 December 2023

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



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

How to read this timetable

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

Minimum connection times

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

Community Rail Partnerships and community groups

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

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

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

Planning your journey

National Rail Enquiries

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

TrainTracker™

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

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

Call: **0800 138 5560**

Textphone: **0800 138 5561**

Email: assistance@northernrailway.co.uk

Improving our railway

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

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

Delay Repay

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

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

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

Carlisle - Barrow - Lancaster

Mondays to Saturdays

Carlisle	d	-	-	0902	-	-	1013	-	1107	-	1210
Dalston	-	-	-	0910	-	-	1022	-	1115	-	1218
Wigton	-	-	-	0920	-	-	1031	-	1125	-	1227
Aspatria	-	-	-	0930	-	-	1042	-	1135	-	1238
Maryport	-	-	-	0941	-	-	1053	-	1146	-	1249
Flimby	-	-	-	09x44	-	-	10x56	-	11x49	-	12x52
Workington	-	-	-	0952	-	-	1103	-	1157	-	1259
Harrington	-	-	-	0956	-	-	1107	-	1201	-	1303
Parton	-	-	-	10x05	-	-	11x16	-	12x09	-	13x12
Whitehaven	a	-	-	1010	-	-	1121	-	1215	-	1317
Whitehaven	d	-	-	1012	-	-	1123	-	1216	-	1319
Corkickle	-	-	-	1014	-	-	1125	-	1219	-	1321
St. Bees	-	-	-	1020	-	-	1135	-	1229	-	1329
Nethertown	-	-	-	-	-	-	11x39	-	-	-	-
Braystones	-	-	-	-	-	-	11x42	-	-	-	-
Sellafield	-	-	-	1031	-	-	1147	-	1239	-	1340
Seascale	-	-	-	1035	-	-	1151	-	1242	-	1343
Drigg	-	-	-	10x38	-	-	11x54	-	12x45	-	13x46
Ravenglass	-	-	-	1042	-	-	1157	-	1249	-	1350
Bootle (Cumbria)	-	-	-	10x47	-	-	12x03	-	12x54	-	13x56
Silecroft	-	-	-	10x54	-	-	12x09	-	13x01	-	14x02
Millom	a	-	-	1100	-	-	1216	-	1307	-	1409
Millom	d	-	-	1101	-	-	1216	-	1307	-	1409
Green Road	-	-	-	11x05	-	-	12x20	-	13x11	-	14x13
Foxfield	-	-	-	1109	-	-	1224	-	1315	-	1417
Kirkby-in-Furness	-	-	-	11x13	-	-	12x28	-	13x19	-	14x21
Askam	-	-	-	1118	-	-	1233	-	1324	-	1426
Barrow-in-Furness	a	-	-	1136	-	-	1248	-	1339	-	1441
Barrow-in-Furness	d	1049	-	-	1151	-	1250	-	-	1352	-
Roose	1053	-	-	-	1155	-	1254	-	-	1356	-
Dalton	1100	-	-	-	1202	-	1300	-	-	1403	-
Ulverston	1108	-	-	-	1210	-	1308	-	-	1411	-
Cark	1115	-	-	-	1217	-	1316	-	-	1418	-
Kents Bank	1119	-	-	-	1221	-	1320	-	-	1422	-
Grange-over-Sands	1123	-	-	-	1225	-	1324	-	-	1426	-
Arnside	1129	-	-	-	1231	-	1330	-	-	1432	-
Silverdale	1133	-	-	-	1235	-	1335	-	-	1436	-
Carnforth	1140	-	-	-	1243	-	1343	-	-	1443	-
Windermere	d	-	1147	-	-	1307	-	1358	-	-	-
Staveley	-	-	1152	-	-	1312	-	1403	-	-	-
Burneside	-	-	1157	-	-	1317	-	1408	-	-	-
Kendal	-	-	1201	-	-	1321	-	1412	-	-	-
Oxenholme Lake District	a	-	1206	-	-	1326	-	1417	-	-	-
Oxenholme Lake District	d	-	1212	-	-	1328	-	1425	-	-	-
Lancaster	a	1147	1226	-	1250	1344	1353	1438	-	1451	-
Lancaster	d	1149	1227	-	1251	1349	1428	1440	-	1452	-
Preston	a	1208	1245	-	1309	1407	1445	1457	-	1510	-
Chorley	a	1220	-	-	1321	1420	-	-	-	1522	-
Bolton	a	1234	1306	-	1334	1434	1506	-	-	1534	-
Deansgate	a	1251	-	-	1351	1451	-	-	-	1551	-
Manchester Oxford Road	a	1254	1322	-	1354	1454	1522	-	-	1554	-
Manchester Piccadilly	a	1258	1326	-	1358	1458	1526	-	-	1558	-
Manchester Airport	a	1315	1344	-	1415	1515	1544	-	-	1615	-

Notes
x Stops on request.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

		SX	SO	X	SO	Y	SO	X	SO	Y	SX	SX	SO
	Carlisle	d	-	-	-	-	1751	-	-	-	-	-	-
	Dalston		-	-	-	-	1759	-	-	-	-	-	1750
	Wigton		-	-	-	-	1809	-	-	-	-	-	-
	Aspatria		-	-	-	-	1819	-	-	-	-	-	-
	Maryport		-	-	-	-	1830	-	-	-	-	-	-
	Flimby		-	-	-	-	18x33	-	-	-	-	-	-
	Workington		-	-	-	-	1841	-	-	-	-	-	-
	Harrington		-	-	-	-	1845	-	-	-	-	-	-
	Parton		-	-	-	-	18x53	-	-	-	-	-	-
	Whitehaven	a	-	-	-	-	1859	-	-	-	-	-	-
	Whitehaven	d	-	-	-	-	1900	-	-	-	-	-	-
	Corkickle		-	-	-	-	1903	-	-	-	-	-	-
	St. Bees		-	-	-	-	1914	-	-	-	-	-	-
	Nethertown		-	-	-	-	-	-	-	-	-	-	-
	Braystones		-	-	-	-	-	-	-	-	-	-	-
	Sellafield		-	-	-	-	1927	-	-	-	-	-	-
	Seascale		-	-	-	-	1932	-	-	-	-	-	-
	Drigg		-	-	-	-	19x35	-	-	-	-	-	-
	Ravenglass		-	-	-	-	1939	-	-	-	-	-	-
	Bootle (Cumbria)		-	-	-	-	19x45	-	-	-	-	-	-
	Silecroft		-	-	-	-	19x51	-	-	-	-	-	-
	Millom	a	-	-	-	-	1958	-	-	-	-	-	-
	Millom	d	-	-	-	-	2001	-	-	-	-	2029	2059
	Green Road		-	-	-	-	20x05	-	-	-	-	20x33	-
	Foxfield		-	-	-	-	2009	-	-	-	-	2037	2106
	Kirkby-in-Furness		-	-	-	-	20x13	-	-	-	-	20x41	-
	Askam		-	-	-	-	2019	-	-	-	-	2046	2115
	Barrow-in-Furness	a	-	-	-	-	2036	-	-	-	-	2101	2129
	Barrow-in-Furness	d	1945	-	-	-	-	2042	2042	2045	-	-	-
	Roose		1949	-	-	-	-	2046	2046	2049	-	-	-
	Dalton		1955	-	-	-	-	2052	2052	2055	-	-	-
	Ulverston		2004	-	-	-	-	2101	2101	2104	-	-	-
	Cark		2011	-	-	-	-	2108	2108	2111	-	-	-
	Kents Bank		2015	-	-	-	-	2112	2112	2115	-	-	-
	Grange-over-Sands		2019	-	-	-	-	2116	2116	2119	-	-	-
	Arnside		2024	-	-	-	-	2122	2123	2125	-	-	-
	Silverdale		2028	-	-	-	-	2127	2127	2130	-	-	-
	Camforth		2043	-	-	-	-	2134	2135	2138	-	-	-
	Windermere	d	-	2042	2042	2042	-	-	-	-	-	-	-
	Staveley		-	2047	2047	2047	-	-	-	-	-	-	-
	Burneside		-	2052	2052	2052	-	-	-	-	-	-	-
	Kendal		-	2056	2056	2056	-	-	-	-	-	-	-
	Oxenholme Lake District	a	-	2101	2101	2101	-	-	-	-	-	-	-
	Oxenholme Lake District	d	-	2109	2103	-	-	-	-	-	-	-	-
	Lancaster	a	2050	2124	2121	-	-	2143	2143	2148	-	-	-
	Lancaster	d	2050	2125	-	-	-	-	2143	2227	-	-	-
	Preston	a	2109	2144	-	-	-	-	2205	2244	-	-	-
	Chorley	a	2121	-	-	-	-	-	-	-	-	-	-
	Bolton	a	2134	-	-	-	-	-	-	-	-	-	-
	Deansgate	a	2151	-	-	-	-	-	-	-	-	-	-
	Manchester Oxford Road	a	2154	2220	-	-	-	-	-	2321	-	-	-
	Manchester Piccadilly	a	2158	2224	-	-	-	-	-	2325	-	-	-
	Manchester Airport	a	2215	2241	-	-	-	-	-	2346	-	-	-

Notes

x Stops on request.
X Until 17 June.
Y From 24 June.
SO Saturdays only.
SX Mondays to Fridays only.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

		SO	Y	SO	X	SX	SO	SX	SO	SO	Y	SO	X	SO	Y	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	1958	1959	-	-	-	-	-	-	-	-
Harrington	-	-	-	-	-	1940	2002	2003	-	-	-	-	-	-	-	-
Parton	-	-	-	-	-	19x49	20x11	20x11	-	-	-	-	-	-	-	-
Whitehaven	a	-	-	-	-	1956	2016	2019	-	-	-	-	-	-	-	-
Whitehaven	d	-	-	-	-	2017	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	-	-	-	-	2109	2109	-	-	-	-	-	-	-	-	-
Green Road	-	-	-	-	-	21x13	21x13	-	-	-	-	-	-	-	-	-
Foxfield	-	-	-	-	-	2117	2117	-	-	-	-	-	-	-	-	-
Kirkby-in-Furness	-	-	-	-	-	21x21	21x21	-	-	-	-	-	-	-	-	-
Askam	-	-	-	-	-	2126	2126	-	-	-	-	-	-	-	-	-
Barrow-in-Furness	a	-	-	-	-	2142	2141	-	-	-	-	-	-	-	-	-
Barrow-in-Furness	d	-	-	-	-	2145	-	2146	2146	-	-	-	-	-	-	-
Roose	-	-	-	-	-	2149	-	2150	2150	-	-	-	-	-	-	-
Dalton	-	-	-	-	-	2155	-	2156	2156	-	-	-	-	-	-	-
Ulverston	-	-	-	-	-	2204	-	2204	2204	-	-	-	-	-	-	-
Cark	-	-	-	-	-	2211	-	2212	2212	-	-	-	-	-	-	-
Kents Bank	-	-	-	-	-	2215	-	2216	2216	-	-	-	-	-	-	-
Grange-over-Sands	-	-	-	-	-	2219	-	2220	2220	-	-	-	-	-	-	-
Arnside	-	-	-	-	-	2226	-	2226	2226	-	-	-	-	-	-	-
Silverdale	-	-	-	-	-	2230	-	2230	2230	-	-	-	-	-	-	-
Carnforth	-	-	-	-	-	2238	-	2238	2238	-	-	-	-	-	-	-
Windermere	d	2140	2140	2147	-	-	-	-	-	2229	2247	-	-	-	-	-
Staveley	2145	2150	2152	-	-	-	-	-	-	2234	2252	-	-	-	-	-
Burneside	2150	2200	2157	-	-	-	-	-	-	2239	2257	-	-	-	-	-
Kendal	2154	2210	2201	-	-	-	-	-	-	2243	2301	-	-	-	-	-
Oxenholme Lake District	a	2159	2225	2206	-	-	-	-	-	2248	2306	-	-	-	-	-
Oxenholme Lake District	d	-	-	2212	-	-	-	-	-	2250	2308	-	-	-	-	-
Lancaster	a	-	-	2226	-	2246	-	2246	2248	2305	2324	-	-	-	-	-
Lancaster	d	-	-	2227	-	2246	-	2246	-	2305	2326	-	-	-	-	-
Preston	a	-	-	2244	-	2310	-	2310	-	2324	2345	-	-	-	-	-
Chorley	a	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Bolton	a	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Deansgate	a	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Manchester Oxford Road	a	-	-	2321	-	-	-	-	-	-	-	-	-	-	-	-
Manchester Piccadilly	a	-	-	2325	-	-	-	-	-	-	-	-	-	-	-	-
Manchester Airport	a	-	-	2346	-	-	-	-	-	-	-	-	-	-	-	-

Notes

x Stops on request.
X Until 17 June.
Y From 24 June.
SO Saturdays only.
SX Mondays to Fridays only.
Bus service - Heavy luggage, dogs, bicycles and pushchairs may not be carried.
Dry service on Saturdays - no alcohol permitted on board.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

		SO	X	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	22x30	22x44	-	-	-
Workington	-	-	-	2050	2145	2156	2238	2251	-	-	-
Harrington	-	-	-	2054	2149	2200	2242	2255	-	-	-
Parton	-	-	-	21x02	21x57	22x08	22x50	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	-	2200	-	-	-	-	-	-	-	-
Green Road	-	-	22x04	-	-	-	-	-	-	-	-
Foxfield	-	-	2208	-	-	-	-	-	-	-	-
Kirkby-in-Furness	-	-	22x12	-	-	-	-	-	-	-	-
Askam	-	-	2217	-	-	-	-	-	-	-	-
Barrow-in-Furness	a	-	2231	-	-	-	-	-	-	-	-
Barrow-in-Furness	d	-	-	-	-	-	-	-	-	-	-
Roose	-	-	-	-	-	-	-	-	-	-	-
Dalton	-	-	-	-	-	-	-	-	-	-	-
Ulverston	-	-	-	-	-	-	-	-	-	-	-
Cark	-	-	-	-	-	-	-	-	-	-	-
Kents Bank	-	-	-	-	-	-	-	-	-	-	-
Grange-over-Sands	-	-	-	-	-	-	-	-	-	-	-
Arnside	-	-	-	-	-	-	-	-	-	-	-
Silverdale	-	-	-	-	-	-	-	-	-	-	-
Carnforth	-	-	-	-	-	-	-	-	-	-	-
Windermere	d	2225	-	-	-	-	-	-	-	-	-
Staveley		2235	-	-	-	-	-	-	-	-	-
Burneside		2245	-	-	-	-	-	-	-	-	-
Kendal		2255	-	-	-	-	-	-	-	-	-
Oxenholme Lake District	a	2310	-	-	-	-	-	-	-	-	-
Oxenholme Lake District	d	2310	-	-	-	-	-	-	-	-	-
Lancaster	a	2355	-	-	-	-	-	-	-	-	-
Lancaster	d	2355	-	-	-	-	-	-	-	-	-
Preston	a	0035	-	-	-	-	-	-	-	-	-
Chorley	a	-	-	-	-	-	-	-	-	-	-
Bolton	a	-	-	-	-	-	-	-	-	-	-
Deansgate	a	-	-	-	-	-	-	-	-	-	-
Manchester Oxford Road	a	-	-	-	-	-	-	-	-	-	-
Manchester Piccadilly	a	-	-	-	-	-	-	-	-	-	-
Manchester Airport	a	-	-	-	-	-	-	-	-	-	-

Notes

x Stops on request.
X Until 17 June.
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SX Mondays to Fridays only.
Bus service - Heavy luggage, dogs, bicycles and pushchairs may not be carried.
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Carlisle - Barrow - Lancaster

Sundays

		W	V	W	V	W
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	0905	0905	0952
Roose	0757	0845	0909	-	-	0956
Dalton	0803	0851	0915	-	-	1002
Ulverston	0812	0859	0924	0922	-	1010
Cark	0819	0906	0931	-	-	1017
Kents Bank	0823	0910	0935	-	-	1021
Grange-over-Sands	0827	0914	0939	0934	-	1025
Arnside	0833	0920	0945	0940	-	1031
Silverdale	0838	0924	0950	-	-	1035
Carnforth	0845	0931	0957	0951	-	1043
Windermere	d	-	-	-	1030	1053
Staveley	-	-	-	-	1040	1058
Burneside	-	-	-	-	1050	1103
Kendal	-	-	-	-	1100	1107
Oxenholme Lake District	a	-	-	-	1115	1112
Oxenholme Lake District	d	-	-	-	-	1123
Lancaster	a	-	0938	-	1001	1050
Lancaster	d	-	0945	-	-	1051
Preston	a	-	1004	-	-	1110
Chorley	a	-	1019	-	-	1122
Bolton	a	-	1032	-	-	1135
Manchester Oxford Road	a	-	1047	-	-	1150
Manchester Piccadilly	a	-	-	-	-	1156
Manchester Airport	a	-	-	-	-	1220

Notes

x Stops on request.
V Until 18 June.
W From 25 June.
Bus service - Heavy luggage, dogs, bicycles and pushchairs may not be carried.

Carlisle - Barrow - Lancaster

Sundays												
					V	W	W		V			
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	-	-	1147	-	-	1253	-	1317	-		
Roose	-	-	1151	-	-	-	1257	-	1321	-		
Dalton	-	-	1158	-	-	-	1303	-	1327	-		
Ulverston	-	-	1206	-	-	-	1311	-	1335	-		
Cark	-	-	1213	-	-	-	-	-	-	-		
Kents Bank	-	-	1217	-	-	-	-	-	-	-		
Grange-over-Sands	-	-	1221	-	-	-	1324	-	1348	-		
Arnside	-	-	1227	-	-	-	1330	-	1354	-		
Silverdale	-	-	1231	-	-	-	1335	-	1359	-		
Carnforth	-	-	1239	-	-	-	1342	-	1406	-		
Windermere	d	-	1224	-	1308	-	-	-	1359	-		
Staveley	-	-	-	1313	-	-	-	-	1404	-		
Burneside	-	-	-	1318	-	-	-	-	1409	-		
Kendal	-	1236	-	1322	-	-	-	-	1413	-		
Oxenholme Lake District	a	-	1241	-	1327	-	-	-	1418	-		
Oxenholme Lake District	d	-	-	-	1329	-	-	-	-	-		
Lancaster	a	-	-	1246	1345	-	-	1352	-	1420	-	
Lancaster	d	-	-	1247	1349	-	-	-	1427	-		
Preston	a	-	-	1306	1407	-	-	-	1445	-		
Chorley	a	-	-	1322	1423	-	-	-	-	-		
Bolton	a	-	-	1335	1436	-	-	-	1504	-		
Manchester Oxford Road	a	-	-	1350	1452	-	-	-	1520	-		
Manchester Piccadilly	a	-	-	1354	1456	-	-	-	1524	-		
Manchester Airport	a	-	-	1416	1514	-	-	-	1542	-		

Notes
x Stops on request.
V Until 18 June.
W From 25 June.

Carlisle - Barrow - Lancaster

Sundays												
Carlisle	d	-	-	1207	-	-	1324	-	1401	-	-	
Dalston	-	-	1215	-	-	1332	-	1409	-	-		
Wigton	-	-	1225	-	-	1342	-	1419	-	-		
Aspatria	-	-	1235	-	-	1352	-	1429	-	-		
Maryport	-	-	1246	-	-	1403	-	1440	-	-		
Flimby	-	-	12x49	-	-	14x06	-	14x43	-	-		
Workington	-	-	1258	-	-	1414	-	1451	-	-		
Harrington	-	-	1302	-	-	1418	-	1455	-	-		
Parton	-	-	13x10	-	-	14x26	-	15x03	-	-		
Whitehaven	a	-	1316	-	-	1432	-	1508	-	-		
Whitehaven	d	-	1318	-	-	1433	-	1510	-	-		
Corkickle	-	-	1321	-	-	1436	-	1513	-	-		
St. Bees	-	-	1327	-	-	1441	-	1519	-	-		
Nethertown	-	-	-	-	-	-	-	-	-	-		
Braystones	-	-	-	-	-	-	-	-	-	-		
Sellafield	-	-	1337	-	-	1451	-	1529	-	-		
Seascale	-	-	1340	-	-	1455	-	1532	-	-		
Drigg	-	-	13x43	-	-	-	-	15x35	-	-		
Ravenglass	-	-	1347	-	-	1501	-	1539	-	-		
Bootle (Cumbria)	-	-	13x52	-	-	-	-	15x45	-	-		
Silecroft	-	-	13x59	-	-	-	-	15x51	-	-		
Millom	a	-	1405	-	-	1516	-	1556	-	-		
Millom	d	-	1406	-	-	1517	-	1557	-	-		
Green Road	-	-	14x10	-	-	-	-	16x01	-	-		
Foxfield	-	-	1414	-	-	1524	-	1605	-	-		
Kirkby-in-Furness	-	-	14x18	-	-	15x28	-	16x09	-	-		
Askam	-	-	1423	-	-	1533	-	1614	-	-		
Barrow-in-Furness	a	-	1438	-	-	1548	-	1629	-	-		
Barrow-in-Furness	d	1349	-	1447	-	1550	-	1646	-	-		
Roose	1353	-	1451	-	1554	-	1650	-	-	-		
Dalton	1359	-	1457	-	1600	-	1656	-	-	-		
Ulverston	1407	-	1505	-	1608	-	1705	-	-	-		
Cark	1414	-	1512	-	1616	-	1712	-	-	-		
Kents Bank	1418	-	1516	-	1620	-	1716	-	-	-		
Grange-over-Sands	1422	-	1520	-	1624	-	1720	-	-	-		
Arnside	1428	-	1526	-	1630	-	1725	-	-	-		
Silverdale	1432	-	1530	-	1635	-	1729	-	-	-		
Carnforth	1439	-	1537	-	1642	-	1736	-	-	-		
Windermere	d	-	1446	-	1555	-	1659	-	1800	-		
Staveley	-	-	1451	-	1600	-	1704	-	1805	-		
Burneside	-	-	1456	-	1605	-	1709	-	1810	-		
Kendal	-	1500	-	1609	-	1713	-	1814	-	-		
Oxenholme Lake District	a	-	1505	-	1614	-	1718	-	1819	-		
Oxenholme Lake District	d	-	1515	-	1616	-	1725	-	1830	-		
Lancaster	a	1446	1529	-	1544	1633	1652	1738	-	1744	1843	
Lancaster	d	1449	1530	-	1546	1648	-	1740	-	1749	1845	
Preston	a	1507	1547	-	1605	1706	-	1757	-	1807	1902	
Chorley	a	1521	-	-	1622	1721	-	-	-	1820	-	
Bolton	a	1534	1606	-	1635	1734	-	-	-	1833	-	
Manchester Oxford Road	a	1550	1620	-	1650	1752	-	-	-	1850	-	
Manchester Piccadilly	a	1555	1624	-	1655	1756	-	-	-	1855	-	
Manchester Airport	a	1613	1642	-	1713	1818	-	-	-	1914	-	

Notes
x Stops on request.

Carlisle - Barrow - Lancaster

Sundays												
Carlisle	d	1510	-	1616	-	-	1710	-	-	-	-	
Dalston	1518	-	1624	-	-	1718	-	-	-	-	-	
Wigton	1528	-	1634	-	-	1728	-	-	-	-	-	
Aspatria	1538	-	1644	-	-	1738	-	-	-	-	-	
Maryport	1549	-	1655	-	-	1749	-	-	-	-	-	
Flimby	15x52	-	16x58	-	-	17x52	-	-	-	-	-	
Workington	1600	-	1706	-	-	1800	-	-	-	-	-	
Harrington	1604	-	1710	-	-	1804	-	-	-	-	-	
Parton	16x12	-	17x18	-	-	18x12	-	-	-	-	-	
Whitehaven	a	1617	-	1724	-	-	1818	-	-	-	-	
Whitehaven	d	1619	-	1725	-	-	1819	-	-	-	-	
Corkickle	1622	-	1728	-	-	1822	-	-	-	-	-	
St. Bees	1629	-	1733	-	-	1829	-	-	-	-	-	
Nethertown	16x33	-	-	-	-	18x33	-	-	-	-	-	
Braystones	16x35	-	-	-	-	18x35	-	-	-	-	-	
Sellafield	1642	-	1744	-	-	1841	-	-	-	-	-	
Seascale	1646	-	1748	-	-	1845	-	-	-	-	-	
Drigg	16x49	-	17x51	-	-	18x48	-	-	-	-	-	
Ravenglass	1652	-	1754	-	-	1851	-	-	-	-	-	
Bootle (Cumbria)	16x58	-	18x00	-	-	18x57	-	-	-	-	-	
Silecroft	17x04	-	18x06	-	-	19x03	-	-	-	-	-	
Millom	a	1711	-	1813	-	-	1910	-	-	-	-	
Millom	d	1711	-	1814	-	-	1910	-	-	1925	-	
Green Road	17x15	-	18x18	-	-	19x14	-	-	19x29	-	-	
Foxfield	1719	-	1822	-	-	1918	-	-	1933	-	-	
Kirkby-in-Furness	17x23	-	18x26	-	-	19x22	-	-	19x37	-	-	
Askam	1728	-	1831	-	-	1927	-	-	1942	-	-	
Barrow-in-Furness	a	1743	-	1846	-	-	1942	-	-	1957	-	</

Carlisle - Barrow - Lancaster

Lancaster - Barrow - Carlisle

Lancaster - Barrow - Carlisle

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	2147	-	-	-	-	-	-	-	-	-
Staveley	2152	-	-	-	-	-	-	-	-	-	-
Burneside	2157	-	-	-	-	-	-	-	-	-	-
Kendal	2201	-	-	-	-	-	-	-	-	-	-
Oxenholme Lake District	a	2206	-	-	-	-	-	-	-	-	-
Oxenholme Lake District	d	2217	-	-	-	-	-	-	-	-	-
Lancaster	a	2233	-	-	-	-	-	-	-	-	-
Lancaster	d	2233	-	-	-	-	-	-	-	-	-
Preston	a	2252	-	-	-	-	-	-	-	-	-
Chorley	a	-	-	-	-	-	-	-	-	-	-
Bolton	a	-	-	-	-	-	-	-	-	-	-
Manchester Oxford Road	a	-	-	-	-	-	-	-	-	-	-
Manchester Piccadilly	a	-	-	-	-	-	-	-	-	-	-
Manchester Airport	a	-	-	-	-	-	-	-	-	-	-

Notes
x Stops on request.

Mondays to Saturdays

Manchester Airport	d	-	-	-	-	-	-	0529	-	0603	-
Manchester Piccadilly	-	-	-	-	-	0457	-	0549	-	0622	-
Manchester Oxford Road	-	-	-	-	-	-	-	0552	-	0625	-
Deansgate	-	-	-	-	-	-	-	0555	-	-	-
Bolton	-	-	-	-	-	-	-	0608	-	0639	-
Chorley	-	-	-	-	-	-	-	0620	-	-	-
Preston	-	-	-	0518	0537	-	-	0633	0644	0704	-
Lancaster	a	-	-	0538	0551	-	-	0651	0658	0719	-
Lancaster	d	-	-	0538	0559	-	-	0653	0700	0733	-
Oxenholme Lake District	a	-	-	-	0614	-	-	-	0712	-	-
Oxenholme Lake District	d	-	-	-	0616	-	-	-	0730	-	-
Kendal	-	-	-	-	0620	-	-	-	0734	-	-
Burneside	-	-	-	-	0624	-	-	-	0738	-	-
Staveley	-	-	-	-	0629	-	-	-	0743	-	-
Windermere	a	-	-	-	0635	-	-	-	0749	-	-
Carnforth	-	-	-	0549	-	-	-	0703	-	0744	-
Silverdale	-	-	-	0554	-	-	-	0708	-	0750	-
Arnsdale	-	-	-	0559	-	-	-	0712	-	0754	-
Grange-over-Sands	-	-	-	0605	-	-	-	0718	-	0800	-
Kents Bank	-	-	-	0608	-	-	-	0722	-	0804	-
Cark	-	-	-	0612	-	-	-	0726	-	0808	-
Ulverston	-	-	-	0621	-	-	-	0733	-	0816	-
Dalton	-	-	-	0629	-	-	-	0742	-	0825	-
Roose	-	-	-	0635	-	-	-	0748	-	0831	-
Barrow-in-Furness	a	-	-	0642	-	-	-	0755	-	0838	-
Barrow-in-Furness	d	-	-	0558	-	-	0651	0750	-	-	-
Askam	-	-	-	0608	-	-	0701	0800	-	-	-
Kirkby-in-Furness	-	-	-	06x12	-	-	07x05	08x04	-	-	-
Foxfield	-	-	-	0616	-	-	0709	0808	-	-	-
Green Road	-	-	-	06x20	-	-	07x13	08x11	-	-	-
Millom	a	-	-	0626	-	-	0719	0817	-	-	-
Millom	d	-	-	0627	-	-	0719	0818	-	-	-
Silecroft	-	-	-	06x32	-	-	07x24	08x23	-	-	-
Bootle (Cumbria)	-	-	-	06x39	-	-	07x31	08x29	-	-	-
Ravenglass	-	-	-	0645	-	-	0737	0835	-	-	-
Drigg	-	-	-	06x49	-	-	07x41	08x38	-	-	-
Seascale	-	-	-	0653	-	-	0745	0842	-	-	-
Sellafield	-	-	-	0700	-	-	0753	0849	-	-	-
Braystones	-	-	-	-	-	-	07x57	-	-	-	-
Nethertown	-	-	-	-	-	-	07x59	-	-	-	-
St. Bees	-	-	-	0713	-	-	0805	0900	-	-	-
Corkickle	-	-	-	0719	-	-	0811	0905	-	-	-
Whitehaven	a	-	-	0722	-	-	0814	0908	-	-	-
Whitehaven	d	-	-	0630	0723	-	-	0816	0909	-	-
Parton	-	-	-	06x33	07x27	-	-	08x20	09x13	-	-
Harrington	-	-	-	0642	0736	-	-	0828	0922	-	-
Workington	0549	0648	0742	-	-	-	0834	0928	-	-	-
Flimby	05x53	06x52	07x46	-	-	-	08x39	09x32	-	-	-
Maryport	0557	0656	0750	-	-	-	0843	0936	-	-	-
Aspatria	0607	0706	0800	-	-	-	0853	0946	-	-	-
Wigton	0619	0718	0812	-	-	-	0904	0957	-	-	-
Dalston	0628	0727	0821	-	-	-	0913	1006	-	-	-
Carlisle	a	0639	0738	0832	-	-	0925	1017	-	-	-

Notes
x Stops on request.

Mondays to Saturdays

					SX	SO			SX	SO		
Manchester Airport	d	0704	-	-	0729	0729	-	-	0829	0829	-	-
Manchester Piccadilly		0721	-	-	0750	0750	-	-	0850	0850	-	-
Manchester Oxford Road		0725	-	-	0753	0753	-	-	0853	0853	-	-
Deansgate		-	-	-	0756	0756	-	-	0856	0856	-	-
Bolton		-	-	-	0808	0808	-	-	0909	0909	-	-
Chorley		-	-	-	0820	0820	-	-	0921	0921	-	-
Preston		0800	0755	-	0833	0842	-	-	0945	0945	-	-
Lancaster	a	0815	0809	-	0850	0859	-	-	1002	1002	-	-
Lancaster	d	0822	0810	-	0851	0859	-	-	1002	1003	1013	-
Oxenholme Lake District	a	-	0823	-	-	-	-	-	1019	1032	-	-
Oxenholme Lake District	d	-	0829	-	-	-	0932	-	1021	1033	-	-
Kendal		-	0833	-	-	-	0936	-	1025	1037	-	-
Burneside		-	0837	-	-	-	0940	-	1029	1041	-	-
Staveley		-	0842	-	-	-	0945	-	1034	1046	-	-
Windermere	a	-	0848	-	-	-	0951	-	1041	1053	-	-
Carnforth		0832	-	-	0900	0909	-	-	-	-	1023	-
Silverdale		0838	-	-	0906	0914	-	-	-	-	1029	-
Arnsdale		0842	-	-	0910	0919	-	-	-	-	1033	-
Grange-over-Sands		0848	-	-	0916	0924	-	-	-	-	1039	-
Kents Bank		-	-	-	0920	0928	-	-	-	-	1043	-
Cark		0854	-	-	0924	0932	-	-	-	-	1047	-
Ulverston		0902	-	-	0931	0940	-	-	-	-	1055	-
Dalton		0910	-	-	0940	0948	-	-	-	-	1103	-
Roose		-	-	-	0946	0955	-	-	-	-	1109	-
Barrow-in-Furness	a	0922	-	-	0953	1001	-	-	-	-	1117	-
Barrow-in-Furness	d	-	-	0927	-	-	-	1022	-	-	1119	-
Askam		-	-	0937	-	-	-	1032	-	-	1129	-
Kirkby-in-Furness		-	-	09x41	-	-	-	10x36	-	-	11x33	-
Foxfield		-	-	0945	-	-	-	1040	-	-	1137	-
Green Road		-	-	09x48	-	-	-	10x43	-	-	11x41	-
Millom	a	-	-	0954	-	-	-	1049	-	-	1147	-
Millom	d	-	-	0955	-	-	-	1050	-	-	1147	-
Silecroft		-	-	09x59	-	-	-	10x54	-	-	11x52	-
Bootle (Cumbria)		-	-	10x06	-	-	-	11x01	-	-	11x58	-
Ravenglass		-	-	1012	-	-	-	1107	-	-	1204	-
Drigg		-	-	10x15	-	-	-	11x10	-	-	12x07	-
Seascale		-	-	1019	-	-	-	1114	-	-	1211	-
Sellafield		-	-	1032	-	-	-	1122	-	-	1217	-
Braystones		-	-	-	-	-	-	11x26	-	-	-	-
Nethertown		-	-	-	-	-	-	11x28	-	-	-	-
St. Bees		-	-	1042	-	-	-	1134	-	-	1227	-
Corkickle		-	-	1047	-	-	-	1140	-	-	1232	-
Whitehaven	a	-	-	1050	-	-	-	1143	-	-	1235	-
Whitehaven	d	-	-	1051	-	-	-	1145	-	-	1236	-
Parton		-	-	10x55	-	-	-	11x48	-	-	12x40	-
Harrington		-	-	1103	-	-	-	1157	-	-	-	-
Workington		-	-	1109	-	-	-	1203	-	-	1253	-
Flimby		-	-	11x14	-	-	-	12x07	-	-	-	-
Maryport		-	-	1117	-	-	-	1211	-	-	1301	-
Aspatria		-	-	1127	-	-	-	1221	-	-	1311	-
Wigton		-	-	1138	-	-	-	1233	-	-	1323	-
Dalston		-	-	1147	-	-	-	1242	-	-	-	-
Carlisle	a	-	-	1158	-	-	-	1253	-	-	1343	-

Lancaster - Barrow - Carlisle

Mondays to Saturdays

							SO	SX		
Manchester Airport	d	-	1529	-	-	1604	1629	-	-	1704
Manchester Piccadilly		-	1550	-	-	1621	1650	-	-	1721
Manchester Oxford Road		-	1553	-	-	1624	1653	-	-	1724
Deansgate		-	1556	-	-	-	1656	-	-	-
Bolton		-	1609	-	-	-	1709	-	-	-
Chorley		-	1620	-	-	-	1720	-	-	-
Preston		1541	1633	-	1701	1704	1734	-	-	1754 1803
Lancaster	a	1555	1651	-	1716	1721	1751	-	-	1808 1818
Lancaster	d	1601	1652	-	1727	1722	1751	-	-	1810 1836
Oxenholme Lake District	a	-	-	-	-	1735	-	-	-	1822
Oxenholme Lake District	d	-	-	-	-	1742	-	-	-	1830
Kendal		-	-	-	-	1746	-	-	-	1834
Burneside		-	-	-	-	1750	-	-	-	1838
Staveley		-	-	-	-	1755	-	-	-	1843
Windermere	a	-	-	-	-	1801	-	-	-	1849
Carnforth		1611	1701	-	1737	-	1801	-	-	1845
Silverdale		1617	1706	-	1742	-	1806	-	-	1851
Arnside		1622	1711	-	1747	-	1811	-	-	1855
Grange-over-Sands		1628	1716	-	1753	-	1817	-	-	1901
Kents Bank		1632	1720	-	1756	-	1820	-	-	1905
Cark		1637	1724	-	1800	-	1824	-	-	1909
Ulverston		1645	1732	-	1808	-	1832	-	-	1917
Dalton		1654	1740	-	1816	-	1840	-	-	1925
Roose		1700	1746	-	1822	-	1846	-	-	1931
Barrow-in-Furness	a	1709	1753	-	1830	-	1853	-	-	1939
Barrow-in-Furness	d	1716	-	1807	-	-	1857	1912	-	-
Askam		1726	-	1817	-	-	1907	1922	-	-
Kirkby-in-Furness		17x30	-	18x21	-	-	19x11	19x26	-	-
Foxfield		1734	-	1825	-	-	1915	1930	-	-
Green Road		17x38	-	18x28	-	-	19x18	19x33	-	-
Millom	a	1744	-	1834	-	-	1924	1939	-	-
Millom	d	1744	-	1834	-	-	1925	1940	-	-
Silecroft		17x49	-	-	-	-	19x29	19x44	-	-
Bootle (Cumbria)		17x55	-	-	-	-	19x36	19x51	-	-
Ravenglass		1802	-	1849	-	-	1942	1957	-	-
Drigg		18x05	-	18x52	-	-	19x45	20x00	-	-
Seascale		1809	-	1856	-	-	1948	2003	-	-
Sellafield		1814	-	1900	-	-	1953	2012	-	-
Braystones		-	-	-	-	-	-	20x15	-	-
Nethertown		-	-	-	-	-	-	20x18	-	-
St. Bees		1828	-	1912	-	-	2003	2027	-	-
Corkickle		1834	-	1917	-	-	2008	2032	-	-
Whitehaven	a	1836	-	1920	-	-	2012	2036	-	-
Whitehaven	d	1838	-	1921	-	-	2013	2037	-	-
Parton		18x41	-	19x25	-	-	20x17	20x41	-	-
Harrington		1850	-	1933	-	-	2025	2049	-	-
Workington		1856	-	1943	-	-	2035	2055	-	-
Flimby		19x00	-	19x47	-	-	20x40	21x00	-	-
Maryport		1904	-	1953	-	-	2044	2104	-	-
Aspatria		1914	-	2003	-	-	2054	2114	-	-
Wigton		1925	-	2014	-	-	2106	2125	-	-
Dalton		1934	-	2023	-	-	2115	2134	-	-
Carlisle	a	1945	-	2034	-	-	2126	2145	-	-

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

Lancaster - Barrow - Carlisle

Mondays to Saturdays

[illegible]

Notes

X Until 17 June.
Y From 24 June.
SO Saturdays only.
SX Mondays to Fridays only.
Bus service - Heavy luggage, dogs, bicycles and pushchairs may not be carried.

Lancaster - Barrow - Carlisle

Lancaster - Barrow - Carlisle

Lancaster - Barrow - Carlisle

Sundays

	W	W	V		V	V	V	W
Manchester Airport	d	-	-	-	-	-	-	-
Manchester Piccadilly	-	-	-	-	-	-	-	-
Manchester Oxford Road	-	-	-	-	-	-	-	-
Bolton	-	-	-	-	-	-	-	0909
Chorley	-	-	-	-	-	-	-	0921
Preston	-	-	-	-	-	-	-	0948
Lancaster	a	-	-	-	-	-	-	1005
Lancaster	d	-	-	-	-	0945	-	1006
Oxenholme Lake District	a	-	-	-	-	-	-	1021
Oxenholme Lake District	d	-	-	-	-	0945	-	1030
Kendal	-	-	-	-	-	0955	-	1034
Burneside	-	-	-	-	-	1005	-	1038
Staveley	-	-	-	-	-	1015	-	1043
Windermere	a	-	-	-	-	1025	-	1049
Carnforth	-	-	-	-	0855	1010	1021	-
Silverdale	-	-	-	-	0900	-	1027	-
Arnsdale	-	-	-	-	0905	-	1031	-
Grange-over-Sands	-	-	-	-	0911	-	1037	-
Kents Bank	-	-	-	-	0914	-	1041	-
Cark	-	-	-	-	0918	-	1045	-
Ulverston	-	-	-	-	0927	-	1053	-
Dalton	-	-	-	-	0935	-	1101	-
Roose	-	-	-	-	0941	-	1107	-
Barrow-in-Furness	a	-	-	-	0948	-	1115	-
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	-	-	1234
Parton	-	-	-	-	10x20	-	-	12x38
Harrington	-	-	-	-	1028	-	-	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.
V Until 18 June.
W From 25 June.
Bus service - Heavy luggage, dogs, bicycles and pushchairs may not be carried.

Sundays

	W	V	W					
Manchester Airport	d	-	-	0936	-	-	1010	1033
Manchester Piccadilly	-	-	-	0955	-	-	1026	1055
Manchester Oxford Road	-	-	-	0958	-	-	1030	1100
Bolton	-	-	-	1011	-	-	1044	1113
Chorley	-	-	-	1023	-	-	-	1125
Preston	-	1030	1039	-	-	1108	1147	1205
Lancaster	a	-	1047	1056	-	-	1124	1204
Lancaster	d	1011	1047	1059	-	-	1125	1204
Oxenholme Lake District	a	-	1103	-	-	-	1138	-
Oxenholme Lake District	d	-	1104	-	1117	-	1202	-
Kendal	-	1109	-	1121	-	-	1206	-
Burneside	-	1112	-	1124	-	-	-	1253
Staveley	-	1117	-	1129	-	-	-	1258
Windermere	a	-	1123	-	1135	-	1219	-
Carnforth	1021	-	1109	-	-	-	1214	-
Silverdale	1027	-	1114	-	-	-	1219	-
Arnsdale	1031	-	1118	-	-	-	1223	-
Grange-over-Sands	1037	-	1123	-	-	-	1229	-
Kents Bank	1041	-	1127	-	-	-	1232	-
Cark	1045	-	1131	-	-	-	1236	-
Ulverston	1053	-	1138	-	-	-	1244	-
Dalton	1101	-	1147	-	-	-	1252	-
Roose	1107	-	1153	-	-	-	1258	-
Barrow-in-Furness	a	1115	-	1159	-	-	1304	-
Barrow-in-Furness	d	1116	-	-	-	1218	-	1309
Askam	1126	-	-	-	-	1228	-	1319
Kirkby-in-Furness	11x30	-	-	-	-	12x32	-	13x23
Foxfield	1134	-	-	-	-	1236	-	1327
Green Road	11x38	-	-	-	-	12x39	-	13x30
Millom	a	1144	-	-	-	1245	-	1336
Millom	d	1144	-	-	-	1245	-	1336
Silecroft	11x48	-	-	-	-	12x50	-	13x41
Bootle (Cumbria)	11x55	-	-	-	-	12x56	-	13x47
Ravenglass	1201	-	-	-	-	1302	-	1353
Drigg	12x04	-	-	-	-	13x05	-	13x56
Seascale	1207	-	-	-	-	1309	-	1400
Sellafield	1213	-	-	-	-	1315	-	1405
Braystones	-	-	-	-	-	-	-	14x09
Nethertown	-	-	-	-	-	-	-	14x11
St. Bees	1225	-	-	-	-	1328	-	1416
Corkickle	1230	-	-	-	-	1333	-	1421
Whitehaven	a	1233	-	-	-	1337	-	1425
Whitehaven	d	1234	-	-	-	1338	-	1426
Parton	12x38	-	-	-	-	1342	-	14x30
Harrington	1246	-	-	-	-	1350	-	1438
Workington	1252	-	-	-	-	1358	-	1444
Flimby	12x57	-	-	-	-	14x03	-	14x49
Maryport	1301	-	-	-	-	1408	-	1453
Aspatria	1311	-	-	-	-	1418	-	1503
Wigton	1322	-	-	-	-	1430	-	1514
Dalston	1331	-	-	-	-	1439	-	1523
Carlisle	a	1342	-	-	-	1450	-	1534

Notes
x Stops on request.
V Until 18 June.
W From 25 June.

Sundays

Manchester Airport	d	-	-	1242	-	-	1330	-	1410	-	1430
Manchester Piccadilly	-	-	-	1304	-	-	1348	-	1426	-	1448
Manchester Oxford Road	-	-	-	1308	-	-	1352	-	1430	-	1452
Bolton	-	-	-	1322	-	-	1409	-	1444	-	1509
Chorley	-	-	-	1341	-	-	1421	-	-	-	1521
Preston	-	-	-	1358	1341	-	1446	1454	1505	-	1558
Lancaster	a	-	-	1415	1355	-	1503	1508	1520	-	1615
Lancaster	d	1314	-	1415	1357	-	1504	1510	1603	-	1616
Oxenholme Lake District	a	-	-	-	1409	-	-	1523	-	-	1630
Oxenholme Lake District	d	-	-	-	1422	-	-	1529	-	-	1632
Kendal	-	-	-	-	1426	-	-	1533	-	-	1636
Burneside	-	-	-	-	1430	-	-	1537	-	-	1640
Staveley	-	-	-	-	1435	-	-	1542	-	-	1645
Windermere	a	-	-	-	1441	-	-	1548	-	-	1652
Carnforth	1324	-	-	1425	-	-	1513	-	1613	-	-
Silverdale	1330	-	-	1430	-	-	1518	-	1619	-	-
Arnsdale	1334	-	-	1434	-	-	1523	-	1623	-	-
Grange-over-Sands	1340	-	-	1440	-	-	1528	-	1629	-	-
Kents Bank	1344	-	-	1443	-	-	1532	-	1633	-	-
Cark	1348	-	-	1447	-	-	1536	-	1637	-	-
Ulverston	1356	-	-	1455	-	-	1543	-	1645	-	-
Dalton	1404	-	-	1503	-	-	1552	-	1653	-	-
Roose	1410	-	-	1509	-	-	1558	-	1659	-	-
Barrow-in-Furness	a	1418	-	1516	-	-	1604	-	1707	-	-
Barrow-in-Furness	d	1419	1455	-	-	1558	-	-	1718	-	-
Askam	1429	1505	-	-	-	1608	-	-	1729	-	-
Kirkby-in-Furness	-	15x09	-	-	-	16x12	-	-	17x33	-	-
Foxfield	-	1513	-	-	-	1616	-	-	1737	-	-
Green Road	-	15x16	-	-	-	16x19	-	-	17x40	-	-
Millom	a	1443	1522	-	-	1625	-	-	1746	-	-
Millom	d	1444	1523	-	-	1625	-	-	1747	-	-
Silecroft	-	15x28	-	-	-	16x30	-	-	17x51	-	-
Bootle (Cumbria)	-	15x34	-	-	-	16x36	-	-	17x58	-	-
Ravenglass	1459	1541	-	-	-	1642	-	-	1804	-	-
Drigg	-	15x44	-	-	-	16x45	-	-	18x07	-	-
Seascale	-	1547	-	-	-	1649	-	-	1810	-	-
Sellafield	1507	1551	-	-	-	1654	-	-	1816	-	-
Braystones	-	-	-	-	-	16x58	-	-	18x19	-	-
Nethertown	-	-	-	-	-	17x00	-	-	18x22	-	-
St. Bees	1520	1601	-	-	-	1705	-	-	1830	-	-
Corkickle	1525	1607	-	-	-	1710	-	-	1835	-	-
Whitehaven	a	1528	1609	-	-	1714	-	-	1839	-	-
Whitehaven	d	1529	1611	-	-	1716	-	-	1840	1938	-
Parton	-	15x33	16x14	-	-	17x20	-	-	18x44	19x41	-
Harrington	1541	1623	-	-	-	1728	-	-	1852	1950	-
Workington	1547	1629	-	-	-	1734	-	-	1858	1956	-
Flimby	15x52	16x33	-	-	-	17x39	-	-	19x03	20x01	-
Maryport	1556	1637	-	-	-	1743	-	-	1907	2005	-
Aspatria	1606	1647	-	-	-	1753	-	-	1917	2015	-
Wigton	1617	1659	-	-	-	1804	-	-	1928	2026	-
Dalston	1626	1708	-	-	-	1813	-	-	1937	2035	-
Carlisle	a	1637	1719	-	-	1824	-	-	1948	2046	-

Notes
x Stops on request.

Useful contact details

Sundays

Manchester Airport	d	-	1530	-	-	1630	-	-	1730	-	1830
Manchester Piccadilly		-	1548	-	-	1648	-	-	1748	-	1848
Manchester Oxford Road		-	1552	-	-	1652	-	-	1752	-	1852
Bolton		-	1609	-	-	1709	-	-	1809	-	1909
Chorley		-	1621	-	-	1721	-	-	1821	-	1921
Preston		-	1648	1655	-	1747	1754	-	1834	-	1947
Lancaster	a	-	1705	1710	-	1804	1808	-	1851	-	2004
Lancaster	d	-	1706	1711	-	1804	1810	-	1852	1902	2004
Oxenholme Lake District	a	-	-	1725	-	-	1823	-	1926	-	-
Oxenholme Lake District	d	-	-	1730	-	-	1833	-	1928	-	-
Kendal		-	-	1734	-	-	1837	-	1933	-	-
Burneside		-	-	1738	-	-	1841	-	1936	-	-
Staveley		-	-	1743	-	-	1846	-	1941	-	-
Windermere	a	-	-	1749	-	-	1852	-	1948	-	-
Carnforth		-	1715	-	-	1814	-	-	-	1914	2014
Silverdale		-	1721	-	-	1819	-	-	-	1920	2019
Arnsdale		-	1725	-	-	1823	-	-	-	1925	2023
Grange-over-Sands		-	1730	-	-	1828	-	-	-	1931	2028
Kents Bank		-	1734	-	-	1832	-	-	-	1934	2032
Cark		-	1738	-	-	1836	-	-	-	1938	2036
Ulverston		-	1745	-	-	1843	-	-	-	1947	2043
Dalton		-	1753	-	-	1851	-	-	-	1955	2052
Roose		-	1759	-	-	1857	-	-	-	2001	2058
Barrow-in-Furness	a	-	1806	-	-	1904	-	-	-	2008	2105
Barrow-in-Furness	d	-	-	-	1825	-	-	1909	-	-	-
Askam		-	-	-	1835	-	-	1919	-	-	-
Kirkby-in-Furness		-	-	-	18x39	-	-	19x23	-	-	-
Foxfield		-	-	-	1843	-	-	1927	-	-	-
Green Road		-	-	-	18x46	-	-	19x30	-	-	-
Millom	a	-	-	-	1853	-	-	1937	-	-	-
Millom	d	-	-	-	-	-	-	-	-	-	-
Silecroft		-	-	-	-	-	-	-	-	-	-
Bootle (Cumbria)		-	-	-	-	-	-	-	-	-	-
Ravenglass		-	-	-	-	-	-	-	-	-	-
Drigg		-	-	-	-	-	-	-	-	-	-
Seascale		-	-	-	-	-	-	-	-	-	-
Sellafield		-	-	-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-	-
St. Bees		-	-	-	-	-	-	-	-	-	-
Corkickle		-	-	-	-	-	-	-	-	-	-
Whitehaven	a	-	-	-	-	-	-	-	-	-	-
Whitehaven	d	2030	-	-	-	-	-	-	-	-	-
Parton		20x33	-	-	-	-	-	-	-	-	-
Harrington		2042	-	-	-	-	-	-	-	-	-
Workington		2048	-	-	-	-	-	-	-	-	-
Flimby		20x53	-	-	-	-	-	-	-	-	-
Maryport		2057	-	-	-	-	-	-	-	-	-
Aspatria		2107	-	-	-	-	-	-	-	-	-
Wigton		2118	-	-	-	-	-	-	-	-	-
Dalston		2127	-	-	-	-	-	-	-	-	-
Carlisle	a	2138	-	-	-	-	-	-	-	-	-

Notes
x Stops on request.

Sundays

Manchester Airport	d	-	1930	-	-	-	-	-	-	-	-
Manchester Piccadilly	-	1948	-	-	-	-	-	-	-	-	-
Manchester Oxford Road	-	1952	-	-	-	-	-	-	-	-	-
Bolton	-	2010	-	-	-	-	-	-	-	-	-
Chorley	-	2022	-	-	-	-	-	-	-	-	-
Preston	-	1942	2046	2041	2141	-	-	-	-	-	-
Lancaster	a	1956	2104	2055	2155	-	-	-	-	-	-
Lancaster	d	1958	2104	2057	2220	-	-	-	-	-	-
Oxenholme Lake District	a	2010	-	2109	-	-	-	-	-	-	-
Oxenholme Lake District	d	2022	-	2121	-	-	-	-	-	-	-
Kendal	-	2026	-	2125	-	-	-	-	-	-	-
Burneside	-	2030	-	2129	-	-	-	-	-	-	-
Staveley	-	2035	-	2134	-	-	-	-	-	-	-
Windermere	a	2041	-	2140	-	-	-	-	-	-	-
Carnforth	-	2114	-	2230	-	-	-	-	-	-	-
Silverdale	-	2119	-	2235	-	-	-	-	-	-	-
Arnsdale	-	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	-	-	-	-	-	-	-	-	-	-

Notes
x Stops on request.



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textphone **0345 60 50 600**



Customer helpline

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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**

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