

6

Train times

30 June 2019 – 14 December 2019

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



This timetable shows the complete 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	-	-	-	-	-	-	-	0553	-	
Dalston		-	-	-	-	-	-	-	0602	-	
Wigton		-	-	-	-	-	-	-	0611	-	
Aspatria		-	-	-	-	-	-	-	0622	-	
Maryport		-	-	-	-	-	0548	-	0633	-	
Flimby		-	-	-	-	-	05x51	-	06x36	-	
Workington		-	-	-	-	-	0558	-	0644	-	
Harrington		-	-	-	-	-	0602	-	0648	-	
Parton		-	-	-	-	-	06x11	-	06x57	-	
Whitehaven	a	-	-	-	-	-	0616	-	0702	-	
Whitehaven	d	-	-	-	-	-	0618	-	0704	-	
Corkickle		-	-	-	-	-	0620	-	0706	-	
St. Bees		-	-	-	-	-	0626	-	0712	-	
Nethertown		-	-	-	-	-	06x30	-	-	-	
Braystones		-	-	-	-	-	06x33	-	-	-	
Sellafield		-	-	-	-	-	0639	-	0724	-	
Seascale		-	-	-	-	-	0643	-	0728	-	
Drigg		-	-	-	-	-	06x46	-	07x31	-	
Ravenglass		-	-	-	-	-	0650	-	0734	-	
Bootle (Cumbria)		-	-	-	-	-	06x55	-	07x40	-	
Silecroft		-	-	-	-	-	07x02	-	07x46	-	
Millom	a	-	-	-	-	-	0708	-	0753	-	
Millom	d	-	-	-	0610	-	0709	-	0753	-	
Green Road		-	-	-	06x14	-	07x13	-	07x57	-	
Foxfield		-	-	-	0618	-	0717	-	0801	-	
Kirkby-in-Furness		-	-	-	06x22	-	07x21	-	08x05	-	
Askam		-	-	-	0627	-	0726	-	0811	-	
Barrow-in-Furness	a	-	-	-	0641	-	0741	-	0826	-	
Barrow-in-Furness	d	0453	0548	0611	-	0647	0708	-	0746	-	0846
Roose		-	0552	0615	-	0651	0712	-	0750	-	0850
Dalton		-	0558	0621	-	0657	0718	-	0756	-	0856
Ulverston		0509	0606	0630	-	0705	0727	-	0805	-	0904
Cark		-	0614	0637	-	0713	0734	-	0812	-	0912
Kents Bank		-	0618	0641	-	-	0738	-	-	-	0916
Grange-over-Sands		0521	0622	0645	-	0720	0742	-	0819	-	0920
Arnside		0527	0627	0651	-	0725	0749	-	0825	-	0925
Silverdale		-	0632	0656	-	0730	0754	-	0830	-	0930
Carnforth		0537	0640e	0703	-	0737	0801	-	0837	-	0939
Lancaster	a	0545	0649e	0715	-	0745	0812	-	0845	-	0947
	d	0546	0649e	0723	-	0746	0828	-	0846	-	0947
Preston	a	0606f	0710e	0740	-	0806	0846	-	0906	-	1008
Manchester Oxford Road	a	0652	0757	0820	-	0855	0920	-	0954	-	1054
Manchester Piccadilly	a	0657	0801	0824	-	0859	0924	-	0958	-	1058
Manchester Airport	a	0721	0822	0843	-	0921	0945	-	1021	-	1121

Notes

e 1 minute later on Saturdays.

f 2 minutes earlier on Saturdays.

x Stops on request.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

		SX	SO	SX	SO		SX	SO			
Carlisle	d	0619	0616	0710	0808	0815	-	0902	0908	-	1013
Dalston		0627	0624	0719	0816	-	-	0910	0916	-	1022
Wigton		0636	0635	0731	0826	0832	-	0920	0926	-	1031
Aspatria		0648	0646	0742	0836	-	-	0930	0936	-	1042
Maryport		0659	0659	0755	0848	0853	-	0941	0947	-	1053
Flimby		07x02	07x02	07x58	08x51	-	-	09x44	09x50	-	10x56
Workington		0710	0710	0806	0858	0903	-	0952	0958	-	1103
Harrington		0714	0714	0810	0902	-	-	0956	1002	-	1107
Parton		07x24	07x24	08x18	09x11	-	-	10x05	10x10	-	11x16
Whitehaven	a	0729	0729	0824	0916	0920	-	1010	1016	-	1121
Whitehaven	d	0730	0730	0825	0918	0921	-	1012	1017	-	1123
Corkickle		0733	0733	0828	0920	0924	-	1014	1020	-	1125
St. Bees		0739	0739	0834	0928	0932	-	1020	1026	-	1133
Nethertown		-	-	-	-	-	-	-	-	-	11x37
Braystones		-	-	-	-	-	-	-	-	-	11x40
Sellafield		0750	0750	0844	0939	0942	-	1031	1037	-	1145
Seascale		0754	0754	0848	0942	0945	-	1035	1041	-	1149
Drigg		07x57	07x57	08x51	09x45	09x48	-	10x38	10x44	-	11x52
Ravenglass		0801	0801	0854	0949	0952	-	1042	1048	-	1155
Bootle (Cumbria)		08x07	08x07	09x00	09x54	09x57	-	10x47	10x53	-	12x01
Silecroft		08x13	08x13	09x06	10x01	10x04	-	10x54	11x00	-	12x07
Millom	a	0820	0820	0913	1007	1010	-	1100	1106	-	1214
Millom	d	0820	0820	0914	1008	1010	-	1101	1107	-	1214
Green Road		08x24	08x24	09x18	10x12	-	-	11x05	11x11	-	12x18
Foxfield		0828	0828	0922	1016	1018	-	1109	1115	-	1222
Kirkby-in-Furness		08x32	08x32	09x26	10x20	10x22	-	11x13	11x19	-	12x26
Askam		0838	0838	0931	1025	1027	-	1118	1124	-	1231
Barrow-in-Furness	a	0853	0853	0947	1040	1041	-	1135	1139	-	1246
Barrow-in-Furness	d	-	-	0958	-	-	1046	-	-	1146	1250
Roose		-	-	1002	-	-	1050	-	-	1150	1254
Dalton		-	-	1008	-	-	1056	-	-	1156	1300
Ulverston		-	-	1017	-	-	1104	-	-	1204	1308
Cark		-	-	1024	-	-	1112	-	-	1212	1316
Kents Bank		-	-	1028	-	-	1116	-	-	1216	1320
Grange-over-Sands		-	-	1032	-	-	1120	-	-	1220	1324
Arnsdale		-	-	1039	-	-	1125	-	-	1225	1330
Silverdale		-	-	1043	-	-	1130	-	-	1230	1335
Carnforth		-	-	1056	-	-	1137	-	-	1237	1342
Lancaster	a	-	-	1107	-	-	1145	-	-	1245	1353
Lancaster	d	-	-	1128g	-	-	1146	-	-	1246	1428
Preston	a	-	-	1146g	-	-	1206	-	-	1306	1445
Manchester Oxford Road	a	-	-	1220	-	-	1254	-	-	1354	1519
Manchester Piccadilly	a	-	-	1224	-	-	1258	-	-	1358	1524
Manchester Airport	a	-	-	1243	-	-	1321	-	-	1421	1543

Notes

g 1 minute earlier on Saturdays.

x Stops on request.

SO Saturdays only.

SX Mondays to Fridays only.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

		SX	SO								
Carlisle	d	1107	1107	-	1210	-	1307	1408	-	1441	-
Dalston		1115	1115	-	1218	-	1315	1416	-	1449	-
Wigton		1125	1125	-	1227	-	1325	1426	-	1458	-
Aspatria		1135	1135	-	1238	-	1335	1436	-	1509	-
Maryport		1146	1146	-	1249	-	1346	1447	-	1520	-
Flimby		11x49	11x49	-	12x52	-	13x49	14x50	-	15x23	-
Workington		1157	1157	-	1259	-	1357	1458	-	1530	-
Harrington		1201	1201	-	1303	-	1401	1502	-	1534	-
Parton		12x09	12x09	-	13x12	-	14x09	15x10	-	15x43	-
Whitehaven	a	1215	1215	-	1317	-	1415	1516	-	1548	-
Whitehaven	d	1216	1216	-	1319	-	1416	1517	-	1550	-
Corkickle		1219	1219	-	1321	-	1419	1520	-	1553	-
St. Bees		1228	1228	-	1329	-	1430	1526	-	1559	-
Nethertown		-	12x32	-	-	-	-	-	-	16x03	-
Braystones		-	12x34	-	-	-	-	-	-	16x05	-
Sellafield		1238	1240	-	1340	-	1441	1537	-	1611	-
Seascale		1242	1244	-	1343	-	1444	1541	-	1615	-
Drigg		12x45	12x47	-	13x46	-	14x47	15x44	-	16x18	-
Ravenglass		1248	1250	-	1350	-	1451	1548	-	1622	-
Bootle (Cumbria)		12x54	12x56	-	13x56	-	14x56	15x53	-	16x28	-
Silecroft		13x00	13x02	-	14x02	-	15x03	16x00	-	16x35	-
Millom	a	1307	1309	-	1409	-	1509	1606	-	1641	-
Millom	d	1307	1309	-	1409	-	1511	1607	-	1642	-
Green Road		13x11	13x13	-	14x13	-	15x15	16x11	-	16x46	-
Foxfield		1315	1317	-	1417	-	1519	1615	-	1650	-
Kirkby-in-Furness		13x19	13x21	-	14x21	-	15x23	16x19	-	16x55	-
Askam		1324	1326	-	1426	-	1528	1624	-	1700	-
Barrow-in-Furness	a	1339	1341	-	1441	-	1543	1639	-	1714	-
Barrow-in-Furness	d	-	-	1353	-	1446	1550	-	1645	-	1719
Roose		-	-	-	-	1450	1554	-	1649	-	1723
Dalton		-	-	-	-	1456	1600	-	1656	-	1729
Ulverston		-	-	1409	-	1504	1608	-	1704	-	1737
Cark		-	-	-	-	1512	1616	-	1712	-	1745
Kents Bank		-	-	-	-	1516	1620	-	1716	-	-
Grange-over-Sands		-	-	1421	-	1520	1624	-	1720	-	1752
Arnsdale		-	-	1427	-	1525	1630	-	1725	-	1758
Silverdale		-	-	-	-	1530	1635	-	1730	-	1803
Carnforth		-	-	1437	-	1537	1642	-	1737	-	1810
Lancaster	a	-	-	1446	-	1545	1652	-	1745	-	1824
Lancaster	d	-	-	1447	-	1546	1658	-	1746	-	1844h
Preston	a	-	-	1507	-	1606	1715	-	1806	-	1903h
Manchester Oxford Road	a	-	-	1554	-	1654	-	-	1854	-	-
Manchester Piccadilly	a	-	-	1558	-	1658	-	-	1858	-	-
Manchester Airport	a	-	-	1621	-	1721	-	-	1921	-	-

Notes

h 3 minutes earlier on Saturdays.

x Stops on request.

SO Saturdays only.

SX Mondays to Fridays only.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

			SX	SX	SO	SX	SO		SO	SX	
Carlisle	d	1512	-	1559	-	1626	-	-	1707	-	-
Dalston		1520	-	1607	-	1634	-	-	1715	-	-
Wigton		1530	-	1617	-	1644	-	-	1725	-	-
Aspatria		1540	-	1627	-	1654	-	-	1735	-	-
Maryport		1551	-	1638	-	1705	-	-	1746	-	-
Flimby		15x54	-	16x41	-	17x08	-	-	17x49	-	-
Workington		1602	-	1648	-	1715	-	-	1757	-	-
Harrington		1606	-	1652	-	1720	-	-	1801	-	-
Parton		16x14	-	17x01	-	17x29	-	-	18x09	-	-
Whitehaven	a	1620	-	1708	-	1735	-	-	1816	-	-
Whitehaven	d	1621	-	-	-	1736	-	-	1818	-	-
Corkickle		1624	-	-	-	1739	-	-	1820	-	-
St. Bees		1630	-	-	-	1744	-	-	1827	-	-
Nethertown		-	-	-	-	-	-	-	18x31	-	-
Braystones		-	-	-	-	-	-	-	18x34	-	-
Sellafield		1641	-	-	1725	1755	-	-	1840	-	-
Seascale		1644	-	-	1728	1758	-	-	1843	-	-
Drigg		16x48	-	-	17x31	18x01	-	-	-	-	-
Ravenglass		1651	-	-	1735	1805	-	-	1849	-	-
Bootle (Cumbria)		16x57	-	-	17x41	18x11	-	-	-	-	-
Silecroft		17x04	-	-	17x47	18x17	-	-	-	-	-
Millom	a	1711	-	-	1754	1824	-	-	1905	-	-
Millom	d	1712	-	-	1754	1825	-	-	1905	-	-
Green Road		17x16	-	-	17x58	18x29	-	-	19x09	-	-
Foxfield		1720	-	-	1802	1833	-	-	1913	-	-
Kirkby-in-Furness		17x25	-	-	18x06	18x37	-	-	19x17	-	-
Askam		1730	-	-	1811	1842	-	-	1922	-	-
Barrow-in-Furness	a	1745	-	-	1826	1857	-	-	1937	-	-
Barrow-in-Furness	d	-	1804	-	-	-	1855	1903	-	1934	1943
Roose		-	1808	-	-	-	1859	1907	-	1938	1947
Dalton		-	1814	-	-	-	1905	1913	-	1944	1953
Ulverston		-	1823	-	-	-	1913	1921	-	1953	2002
Cark		-	1830	-	-	-	1921	1929	-	2000	2009
Kents Bank		-	1834	-	-	-	1925	1933	-	2004	2013
Grange-over-Sands		-	1838	-	-	-	1929	1937	-	2008	2017
Arnsdale		-	1844	-	-	-	1935	1943	-	2014	2023
Silverdale		-	1849	-	-	-	1940	1947	-	2019	2028
Carnforth		-	1856	-	-	-	1947	1955	-	2026	2035
Lancaster	a	-	1906	-	-	-	1955	2003	-	2034	2043
Lancaster	d	-	1928	-	-	-	1956	2003	-	2035	2044
Preston	a	-	1946	-	-	-	2019	2026	-	2056	2104
Manchester Oxford Road	a	-	2020	-	-	-	2019	2119	-	2142	2142
Manchester Piccadilly	a	-	2024	-	-	-	2124	2124	-	2148	2147
Manchester Airport	a	-	2039	-	-	-	2142	2142	-	2205	2205

Notes

x Stops on request.

SO Saturdays only.

SX Mondays to Fridays only.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

				Y	Z			Ⓢ	Ⓢ		
		SX	SO	SO	SX	SO		SX	SO	SO	
Carlisle	d	1754	-	-	-	-	-	1846	1909	1909	2000
Dalston		1802	-	-	-	-	-	1854	1917	1917	2008
Wigton		1812	-	-	-	-	-	1904	1927	1927	2018
Aspatria		1822	-	-	-	-	-	1914	1937	1937	2028
Maryport		1833	-	-	-	-	-	1925	1948	1948	2039
Flimby		18x36	-	-	-	-	-	19x28	19x51	19x51	20x42
Workington		1844	-	-	-	-	-	1936	1959	1959	2050
Harrington		1848	-	-	-	-	-	1940	2003	2003	2054
Parton		18x56	-	-	-	-	-	19x49	20x11	20x11	21x02
Whitehaven	a	1902	-	-	-	-	-	1956	2016	2019	2109
Whitehaven	d	1903	-	-	-	-	-	2018	2020	-	-
Corkickle		1906	-	-	-	-	-	2020	2023	-	-
St. Bees		1914	-	-	-	-	-	2028	2028	-	-
Nethertown		-	-	-	-	-	-	20x32	20x32	-	-
Braystones		-	-	-	-	-	-	20x34	20x35	-	-
Sellafield		1928	-	-	-	-	-	2040	2040	-	-
Seascale		1932	-	-	-	-	-	2044	2044	-	-
Drigg		19x35	-	-	-	-	-	20x47	20x47	-	-
Ravenglass		1939	-	-	-	-	-	2050	2050	-	-
Bootle (Cumbria)		19x45	-	-	-	-	-	20x56	20x56	-	-
Silecroft		19x51	-	-	-	-	-	21x02	21x02	-	-
Millom	a	1958	-	-	-	-	-	2109	2109	-	-
Millom	d	2001	-	-	-	2029	2059	-	2109	2109	-
Green Road		20x05	-	-	-	20x33	-	-	21x13	21x13	-
Foxfield		2009	-	-	-	2037	2106	-	2117	2117	-
Kirkby-in-Furness		20x13	-	-	-	20x41	-	-	21x21	21x21	-
Askam		2019	-	-	-	2046	2115	-	2126	2126	-
Barrow-in-Furness	a	2036	-	-	-	2101	2129	-	2142	2141	-
Barrow-in-Furness	d	-	2042	2042	2042	-	-	-	2145	-	-
Roose		-	2046	2046	2046	-	-	-	2149	-	-
Dalton		-	2052	2052	2052	-	-	-	2155	-	-
Ulverston		-	2101	2101	2101	-	-	-	2204	-	-
Cark		-	2108	2108	2108	-	-	-	2211	-	-
Kents Bank		-	2112	2112	2112	-	-	-	2215	-	-
Grange-over-Sands		-	2116	2116	2116	-	-	-	2219	-	-
Arnside		-	2122	2122	2122	-	-	-	2226	-	-
Silverdale		-	2127	2127	2127	-	-	-	2230	-	-
Carnforth		-	2134	2134	2134	-	-	-	2238	-	-
Lancaster	a	-	2146	2142	2146	-	-	-	2247	-	-
	d	-	2219	2143	-	-	-	-	2303	-	-
Preston	a	-	2237	2205	-	-	-	-	2324	-	-
Manchester Oxford Road	a	-	2339c	2339	-	-	-	-	-	-	-
Manchester Piccadilly	a	-	2347c	2347	-	-	-	-	-	-	-
Manchester Airport	a	-	-	0015	-	-	-	-	-	-	-

Notes

Ⓢ A designated dry train. The boarding of any alcohol in open or closed vessels will not be permitted.

c Change at Lancaster and Preston.

x Stops on request.

SO Saturdays only.

SX Mondays to Fridays only.

Y Until 7 September.

Z From 14 September.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

		Y	Z		Ⓢ	Ⓢ					
		SO	SO	SX	SO	SO	SX				
Carlisle	d	-	-	2055	-	2106	2149	2201	-	-	-
Dalston		-	-	2103	-	2114	2157	2209	-	-	-
Wigton		-	-	2113	-	2124	2206	2219	-	-	-
Aspatria		-	-	2123	-	2134	2217	2229	-	-	-
Maryport		-	-	2134	-	2145	2227	2241	-	-	-
Flimby		-	-	21x37	-	21x48	22x31	22x44	-	-	-
Workington		-	-	2145	-	2156	2237	2251	-	-	-
Harrington		-	-	2149	-	2200	2241	2255	-	-	-
Parton		-	-	21x57	-	22x08	22x51	23x04	-	-	-
Whitehaven	a	-	-	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	2146	2146	-	-	-	-	-	-	-	-
Roose		2150	2150	-	-	-	-	-	-	-	-
Dalton		2156	2156	-	-	-	-	-	-	-	-
Ulverston		2204	2204	-	-	-	-	-	-	-	-
Cark		2212	2212	-	-	-	-	-	-	-	-
Kents Bank		2216	2216	-	-	-	-	-	-	-	-
Grange-over-Sands		2220	2220	-	-	-	-	-	-	-	-
Arnsdale		2226	2226	-	-	-	-	-	-	-	-
Silverdale		2230	2230	-	-	-	-	-	-	-	-
Carnforth		2238	2238	-	-	-	-	-	-	-	-
Lancaster	a	2246	2249	-	-	-	-	-	-	-	-
	d	2246	-	-	-	-	-	-	-	-	-
Preston	a	2309	-	-	-	-	-	-	-	-	-
Manchester Oxford Road	a	-	-	-	-	-	-	-	-	-	-
Manchester Piccadilly	a	-	-	-	-	-	-	-	-	-	-
Manchester Airport	a	-	-	-	-	-	-	-	-	-	-

Notes

Ⓢ A designated dry train. The boarding of any alcohol in open or closed vessels will not be permitted.

x Stops on request.

SO Saturdays only.

SX Mondays to Fridays only.

Y Until 7 September.

Z From 14 September.

Carlisle - Barrow - Lancaster

Sundays

		W	X								
Carlisle	d	-	-	-	-	-	-	-	-	0945 1023	
Dalston		-	-	-	-	-	-	-	-	0953 1032	
Wigton		-	-	-	-	-	-	-	-	1002 1041	
Aspatria		-	-	-	-	-	-	-	-	1013 1052	
Maryport		-	-	-	-	-	0917	-	-	1024 1103	
Flimby		-	-	-	-	-	09x20	-	-	11x06	
Workington		-	-	-	-	-	0927	-	-	1033 1113	
Harrington		-	-	-	-	-	0931	-	-	1117	
Parton		-	-	-	-	-	09x40	-	-	10x45 11x26	
Whitehaven	a	-	-	-	-	-	0945	-	-	1050 1131	
Whitehaven	d	-	-	-	-	-	0947	-	-	1051 1133	
Corkickle		-	-	-	-	-	0949	-	-	1054 1135	
St. Bees		-	-	-	-	-	0955	-	-	1059 1141	
Nethertown		-	-	-	-	-	09x59	-	-	-	
Braystones		-	-	-	-	-	10x01	-	-	-	
Sellafield		-	-	-	-	-	1007	-	-	1109 1151	
Seascale		-	-	-	-	-	1011	-	-	1113 1154	
Drigg		-	-	-	-	-	10x14	-	-	11x16 11x57	
Ravenglass		-	-	-	-	-	1017	-	-	1119 1201	
Bootle (Cumbria)		-	-	-	-	-	10x23	-	-	11x25 12x06	
Silecroft		-	-	-	-	-	10x29	-	-	11x31 12x13	
Millom	a	-	-	-	-	-	1036	-	-	1137 1219	
Millom	d	-	-	-	-	0950	-	1036	-	1137 1219	
Green Road		-	-	-	-	09x54	-	10x40	-	11x41 12x23	
Foxfield		-	-	-	-	0958	-	1044	-	1145 1227	
Kirkby-in-Furness		-	-	-	-	10x02	-	10x48	-	11x49 12x31	
Askam		-	-	-	-	1007	-	1053	-	1154 1236	
Barrow-in-Furness	a	-	-	-	-	1021	-	1108	-	1209 1251	
Barrow-in-Furness	d	0840	0840	0905	0947	-	1047	-	1137	-	1253
Roose		0844	0844	-	0951	-	1051	-	1141	-	1257
Dalton		0850	0850	-	0957	-	1057	-	1147	-	1303
Ulverston		0858	0858	0922	1005	-	1106	-	1156	-	1311
Cark		0906	0906	-	1013	-	1113	-	1203	-	-
Kents Bank		0910	0910	-	1017	-	1117	-	1207	-	-
Grange-over-Sands		0914	0914	0934	1021	-	1121	-	1211	-	1324
Arnside		0920	0920	0940	1027	-	1127	-	1217	-	1330
Silverdale		0924	0924	-	1031	-	1132	-	1222	-	1335
Carnforth		0932	0932	0951	1039	-	1140	-	1229	-	1342
Lancaster	a	0940	0940	1001	1047	-	1148	-	1237	-	1352
Lancaster	d	0940	0940	-	1047	-	1149	-	1238	-	1427
Preston	a	1002	1002	-	1108	-	1209	-	1259	-	1445
Manchester Oxford Road	a	1055	1055	-	1156	-	1252	-	1356	-	1520
Manchester Piccadilly	a	1101	-	-	1201	-	1256	-	1400	-	1524
Manchester Airport	a	1119	-	-	1223	-	1313	-	1417	-	1543

Notes

x Stops on request.
W Until 08 September.
X From 15 September.

Carlisle - Barrow - Lancaster

Sundays

Carlisle	d	1106	-	1207	-	1324	1401	-	1510	1616	-
Dalston		1114	-	1215	-	1332	1409	-	1518	1624	-
Wigton		1124	-	1225	-	1342	1419	-	1528	1634	-
Aspatria		1134	-	1235	-	1352	1429	-	1538	1644	-
Maryport		1145	-	1246	-	1403	1440	-	1549	1655	-
Flimby		11x48	-	12x49	-	14x06	14x43	-	15x52	16x58	-
Workington		1156	-	1258	-	1414	1451	-	1600	1706	-
Harrington		1200	-	1302	-	1418	1455	-	1604	1710	-
Parton		12x08	-	1310	-	14x26	15x03	-	16x12	17x18	-
Whitehaven	a	1214	-	1316	-	1432	1508	-	1617	1724	-
Whitehaven	d	1215	-	1318	-	1433	1510	-	1619	1725	-
Corkickle		1218	-	1321	-	1436	1512	-	1622	1728	-
St. Bees		1224	-	1327	-	1441	1518	-	1629	1733	-
Nethertown		1228	-	-	-	-	-	-	16x33	-	-
Braystones		1230	-	-	-	-	-	-	16x35	-	-
Sellafield		1236	-	1337	-	1451	1528	-	1642	1744	-
Seascale		1240	-	1340	-	1455	1532	-	1646	1748	-
Drigg		12x43	-	13x43	-	-	15x35	-	16x49	17x51	-
Ravenglass		1246	-	1347	-	1501	1539	-	1652	1754	-
Bootle (Cumbria)		12x52	-	13x52	-	-	1544	-	16x58	18x00	-
Silecroft		12x58	-	13x59	-	-	15x51	-	17x04	18x06	-
Millom	a	1305	-	1405	-	1516	1556	-	1711	1813	-
Millom	d	1305	-	1406	-	1517	1556	-	1711	1814	-
Green Road		13x09	-	14x10	-	-	16x00	-	17x15	18x18	-
Foxfield		1313	-	1414	-	1524	1604	-	1719	1822	-
Kirkby-in-Furness		13x17	-	14x18	-	15x28	16x08	-	17x23	18x26	-
Askam		1322	-	1423	-	1533	1613	-	1728	1831	-
Barrow-in-Furness	a	1337	-	1438	-	1548	1628	-	1743	1846	-
Barrow-in-Furness	d	-	1347	-	1447	1550	-	1647	1746	-	1851
Roose		-	1351	-	1451	1554	-	1651	1750	-	1855
Dalton		-	1357	-	1457	1600	-	1657	1756	-	1901
Ulverston		-	1405	-	1505	1608	-	1705	1805	-	1909
Cark		-	1413	-	1513	1616	-	1713	1812	-	1917
Kents Bank		-	1417	-	1517	1620	-	1717	1816	-	1921
Grange-over-Sands		-	1421	-	1521	1624	-	1721	1820	-	1925
Arnside		-	1427	-	1527	1630	-	1727	1827	-	1931
Silverdale		-	1431	-	1531	1635	-	1731	1832	-	1935
Carnforth		-	1439	-	1539	1642	-	1739	1841	-	1943
Lancaster	a	-	1447	-	1547	1652	-	1747	1850	-	1951
Lancaster	d	-	1447	-	1547	1729	-	1747	1857	-	1951
Preston	a	-	1508	-	1608	1745	-	1808	1915	-	2014
Manchester Oxford Road	a	-	1558	-	1658	1821	-	1858	2011c	-	2111
Manchester Piccadilly	a	-	1601	-	1701	1825	-	1901	2015c	-	2115
Manchester Airport	a	-	1617	-	1717	1843	-	1917	2032c	-	2132

Notes

c Change at Lancaster and Preston.

x Stops on request.

Carlisle - Barrow - Lancaster

Sundays

					Ⓛ	Ⓛ	Ⓛ				
Carlisle	d	1710	-	1810	-	-	1910	2010	2110	-	-
Dalston		1718	-	1818	-	-	1918	2018	2118	-	-
Wigton		1728	-	1828	-	-	1928	2028	2128	-	-
Aspatria		1738	-	1838	-	-	1938	2038	2138	-	-
Maryport		1749	-	1849	-	-	1949	2049	2149	-	-
Flimby		17x52	-	18x52	-	-	19x52	20x52	21x52	-	-
Workington		1800	-	1900	-	-	2000	2100	2200	-	-
Harrington		1804	-	1904	-	-	2004	2104	2204	-	-
Parton		18x12	-	19x12	-	-	20x12	21x12	22x12	-	-
Whitehaven	a	1818	-	1919	-	-	2019	2119	2219	-	-
Whitehaven	d	1819	-	-	-	-	-	-	-	-	-
Corkickle		1822	-	-	-	-	-	-	-	-	-
St. Bees		1828	-	-	-	-	-	-	-	-	-
Nethertown		18x32	-	-	-	-	-	-	-	-	-
Braystones		18x34	-	-	-	-	-	-	-	-	-
Sellafield		1840	-	-	-	-	-	-	-	-	-
Seascale		1844	-	-	-	-	-	-	-	-	-
Drigg		18x47	-	-	-	-	-	-	-	-	-
Ravenglass		1850	-	-	-	-	-	-	-	-	-
Bootle (Cumbria)		18x56	-	-	-	-	-	-	-	-	-
Silecroft		19x02	-	-	-	-	-	-	-	-	-
Millom	a	1909	-	-	-	-	-	-	-	-	-
Millom	d	1909	-	-	1925	-	-	-	-	-	-
Green Road		19x13	-	-	19x29	-	-	-	-	-	-
Foxfield		1917	-	-	1933	-	-	-	-	-	-
Kirkby-in-Furness		19x21	-	-	19x37	-	-	-	-	-	-
Askam		1926	-	-	1942	-	-	-	-	-	-
Barrow-in-Furness	a	1941	-	-	1957	-	-	-	-	-	-
Barrow-in-Furness	d	-	1947	-	-	2046	-	-	-	-	-
Roose		-	1951	-	-	2050	-	-	-	-	-
Dalton		-	1957	-	-	2056	-	-	-	-	-
Ulverston		-	2005	-	-	2105	-	-	-	-	-
Cark		-	2013	-	-	2112	-	-	-	-	-
Kents Bank		-	2017	-	-	2116	-	-	-	-	-
Grange-over-Sands		-	2021	-	-	2120	-	-	-	-	-
Arnside		-	2027	-	-	2126	-	-	-	-	-
Silverdale		-	2031	-	-	2131	-	-	-	-	-
Carnforth		-	2039	-	-	2138	-	-	-	-	-
Lancaster	a	-	2047	-	-	2148	-	-	-	-	-
	d	-	2047	-	-	2219	-	-	-	-	-
Preston	a	-	2108	-	-	2238	-	-	-	-	-
Manchester Oxford Road	a	-	2158	-	-	2317	-	-	-	-	-
Manchester Piccadilly	a	-	2201	-	-	2322	-	-	-	-	-
Manchester Airport	a	-	2216	-	-	2339	-	-	-	-	-

Notes

Ⓛ We reserve the right to operate these trains as Dry Services (no alcohol permitted) on Bank Holiday weekends.
x Stops on request.

Lancaster - Barrow - Carlisle

Mondays to Saturdays

		SO	SX				SX	SO		
Manchester Airport	d	-	-	-	-	-	-	-	0522	0610
Manchester Piccadilly	d	-	-	-	-	-	-	-	0542	0622
Manchester Oxford Road	d	-	-	-	-	-	-	-	0545	0629
Preston	d	-	-	-	-	0518	-	-	0647	0703
Lancaster	a	-	-	-	-	0538	-	-	0704	0718
	d	-	-	-	-	0538	-	-	0706	0736
Carnforth		-	-	-	-	0548	-	-	0716	0745
Silverdale		-	-	-	-	0554	-	-	0721	0751
Arnside		-	-	-	-	0558	-	-	0726	0755
Grange-over-Sands		-	-	-	-	0604	-	-	0732	0801
Kents Bank		-	-	-	-	0608	-	-	0735	0805
Cark		-	-	-	-	0612	-	-	0739	0809
Ulverston		-	-	-	-	0620	-	-	0747	0817
Dalton		-	-	-	-	0628	-	-	0755	0826
Roose		-	-	-	-	0635	-	-	0801	0832
Barrow-in-Furness	a	-	-	-	-	0642	-	-	0809	0839
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	0607	0648	0742	-	0834	0927	0933	-
Flimby		05x52	06x11	06x52	07x46	-	08x39	09x32	09x37	-
Maryport		0556	0615	0656	0750	-	0843	0936	0941	-
Aspatria		0606	0625	0706	0800	-	0853	0946	0951	-
Wigton		0618	0637	0718	0812	-	0904	0957	1003	-
Dalston		0627	0646	0727	0821	-	0913	1006	1012	-
Carlisle	a	0638	0655	0738	0832	-	0924	1017	1023	-

Notes

x Stops on request.

SO Saturdays only.

SX Mondays to Fridays only.

Lancaster - Barrow - Carlisle

Mondays to Saturdays

		SX	SO	SO	SX						
Manchester Airport	d	-	-	-	-	0725	-	-	0929	-	1029
Manchester Piccadilly	d	-	-	-	-	0743	-	-	0947	-	1047
Manchester Oxford Road	d	-	-	-	-	0747	-	-	0951	-	1051
Preston	d	0753	0753	-	-	0842	-	0941	1045	-	1144
Lancaster	a	0807	0807	-	-	0859	-	0955	1103	-	1202
	d	0823	0823	-	-	0900	-	1013	1103	-	1202
Carnforth		0832	0832	-	-	0910	-	1022	1113	-	1212
Silverdale		0838	0838	-	-	0916	-	1028	-	-	1218
Arnside		0842	0842	-	-	0920	-	1032	1122	-	1222
Grange-over-Sands		0848	0848	-	-	0926	-	1038	1128	-	1228
Kents Bank		-	0852	-	-	0930	-	1042	-	-	1232
Cark		0854	0856	-	-	0934	-	1046	1134	-	1236
Ulverston		0902	0904	-	-	0942	-	1054	1142	-	1244
Dalton		0910	0913	-	-	0950	-	1102	-	-	1252
Roose		-	0919	-	-	0956	-	1108	-	-	1258
Barrow-in-Furness	a	0922	0926	-	-	1003	-	1116	1201	-	1305
Barrow-in-Furness	d	-	-	0917	0927	-	1022	1118	-	1206	-
Askam		-	-	0927	0937	-	1032	1128	-	1216	-
Kirkby-in-Furness		-	-	09x31	09x41	-	10x36	11x32	-	12x20	-
Foxfield		-	-	0935	0945	-	1040	1136	-	1224	-
Green Road		-	-	09x38	09x48	-	10x43	11x40	-	12x27	-
Millom	a	-	-	0943	0954	-	1049	1146	-	1233	-
Millom	d	-	-	0944	0955	-	1050	1146	-	1234	-
Silecroft		-	-	09x48	09x59	-	10x54	11x51	-	12x38	-
Bootle Cumbria		-	-	09x55	10x06	-	11x01	11x57	-	12x45	-
Ravenglass		-	-	1001	1012	-	1107	1203	-	1251	-
Drigg		-	-	10x04	10x15	-	11x10	12x06	-	12x54	-
Seascale		-	-	1008	1019	-	1114	1210	-	1257	-
Sellafield		-	-	1014	1032	-	1122	1217	-	1303	-
Braystones		-	-	-	-	-	11x26	-	-	13x07	-
Nethertown		-	-	-	-	-	11x28	-	-	13x09	-
St. Bees		-	-	1027	1042	-	1134	1227	-	1328	-
Corkickle		-	-	1033	1047	-	1140	1232	-	1334	-
Whitehaven	a	-	-	1035	1050	-	1143	1235	-	1336	-
Whitehaven	d	-	-	1037	1051	-	1145	1236	-	1338	-
Parton		-	-	10x40	10x55	-	11x48	-	-	13x41	-
Harrington		-	-	1049	1103	-	1157	-	-	1350	-
Workington		-	-	1055	1109	-	1203	1253	-	1356	-
Flimby		-	-	10x59	11x14	-	12x07	-	-	14x00	-
Maryport		-	-	1103	1117	-	1211	1301	-	1404	-
Aspatria		-	-	1113	1127	-	1221	-	-	1414	-
Wigton		-	-	1124	1138	-	1233	1322	-	1426	-
Dalston		-	-	1133	1147	-	1242	-	-	1435	-
Carlisle	a	-	-	1144	1158	-	1253	1340	-	1447	-

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	-	-	-	1129	-	1229	-	1329	-	-
Manchester Piccadilly	d	-	-	-	1147	-	1247	-	1347	-	-
Manchester Oxford Road	d	-	-	-	1151	-	1251	-	1351	-	-
Preston	d	-	-	1241	1245	-	1344	-	1445	-	-
Lancaster	a	-	-	1255	1304	-	1402	-	1502	-	-
	d	-	-	1301	1313	-	1402	-	1503	-	-
Carnforth	-	-	-	1310	1322	-	1412	-	1512	-	-
Silverdale	-	-	-	1316	1328	-	1417	-	1518	-	-
Arnside	-	-	-	1320	1332	-	1422	-	1522	-	-
Grange-over-Sands	-	-	-	1326	1338	-	1428	-	1528	-	-
Kents Bank	-	-	-	1330	1342	-	1431	-	1532	-	-
Cark	-	-	-	1334	1346	-	1435	-	1536	-	-
Ulverston	-	-	-	1342	1354	-	1443	-	1544	-	-
Dalton	-	-	-	1351	1402	-	1451	-	1552	-	-
Roose	-	-	-	1357	1408	-	1457	-	1558	-	-
Barrow-in-Furness	a	-	-	1404	1416	-	1505	-	1605	-	-
Barrow-in-Furness	d	1316	1316	1414	1417	1449	-	1544	-	1611	1615
Askam		1326	1326	1424	1427	1459	-	1554	-	1621	1625
Kirkby-in-Furness		13x30	1330	14x28	14x31	15x03	-	15x58	-	16x25	16x29
Foxfield		1334	1334	1432	1435	1507	-	1602	-	1629	1634
Green Road		13x37	1337	14x35	14x39	15x10	-	16x05	-	16x32	16x37
Millom	a	1343	1343	1441	1445	1516	-	1611	-	1638	1643
Millom	d	1344	1344	1442	1445	1517	-	1612	-	1639	1644
Silecroft		13x48	1348	14x46	14x49	15x21	-	16x16	-	16x43	16x48
Bootle Cumbria		13x55	13x55	14x53	14x56	15x28	-	16x23	-	16x50	16x55
Ravenglass		1401	1401	1459	1502	1534	-	1629	-	1656	1701
Drigg		14x04	1404	15x02	15x05	15x37	-	16x32	-	16x59	17x04
Seascale		1407	1407	1506	1508	1541	-	1635	-	1702	1708
Sellafield		1413	1413	1512	1514	1547	-	1641	-	1708	1712
Braystones		14x16	-	1515	-	-	-	-	-	17x11	-
Nethertown		14x19	-	1518	-	-	-	-	-	17x14	-
St. Bees		1427	1426	1527	1527	1600	-	1652	-	1719	-
Corkickle		1433	1432	1533	1533	1606	-	1657	-	1724	-
Whitehaven	a	1436	1434	1536	1536	1608	-	1700	-	1728	-
Whitehaven	d	1438	1438	1539	1540	1612	-	1701	-	1729	-
Parton		14x41	14x41	15x44	15x45	16x15	-	17x05	-	17x33	-
Harrington		1450	1450	1552	1553	1624	-	1713	-	1741	-
Workington		1456	1456	1558	1559	1633	-	1719	-	1747	-
Flimby		15x00	15x00	16x03	16x04	16x37	-	17x24	-	17x52	-
Maryport		1505	1505	1607	1608	1643	-	1728	-	1756	-
Aspatria		1515	1515	1617	1618	1653	-	1738	-	1806	-
Wigton		1526	1526	1628	1629	1705	-	1749	-	1817	-
Dalston		1535	1535	1637	1638	1714	-	1759	-	1826	-
Carlisle	a	1546	1546	1648	1651	1725	-	1810	-	1841	-

Notes

x Stops on request.

SO Saturdays only.

SX Mondays to Fridays only.

Lancaster - Barrow - Carlisle

Mondays to Saturdays

		SX				SO	SO	SX	SX		
Manchester Airport	d	-	1410	1530	-	1610	-	1629	1634	-	1710
Manchester Piccadilly	d	-	1426	1548	-	1626	-	1647	1654	-	1726
Manchester Oxford Road	d	-	1430	1551	-	1630	-	1651	1659	-	1730
Preston	d	-	1532	1645	-	1705	-	1745	1745	-	1805
Lancaster	a	-	1552	1702	-	1722	-	1802	1802	-	1820
	d	-	1613	1703	-	1738	-	1803	1803	-	1835
Carnforth	-	-	1622	1712	-	1747	-	1812	1812	-	1844
Silverdale	-	-	1628	-	-	1752	-	1818	1818	-	1850
Arnside	-	-	1632	1721	-	1757	-	1822	1822	-	1854
Grange-over-Sands	-	-	1638	1727	-	1803	-	1828	1828	-	1900
Kents Bank	-	-	1642	-	-	1806	-	1832	1832	-	1904
Cark	-	-	1646	-	-	1810	-	1836	1836	-	1908
Ulverston	-	-	1654	1739	-	1818	-	1844	1844	-	1916
Dalton	-	-	1702	1747	-	1826	-	1852	1852	-	1924
Roose	-	-	1708	1753	-	1832	-	1858	1858	-	1930
Barrow-in-Furness	a	-	1716	1801	-	1840	-	1905	1905	-	1938
Barrow-in-Furness	d	-	1717	-	1807	-	1857	-	-	1912	-
Askam	-	-	1728	-	1817	-	1907	-	-	1922	-
Kirkby-in-Furness	-	-	17x32	-	18x21	-	19x11	-	-	19x26	-
Foxfield	-	-	1736	-	1825	-	1915	-	-	1930	-
Green Road	-	-	17x39	-	18x28	-	19x19	-	-	19x33	-
Millom	a	-	1745	-	1834	-	1925	-	-	1939	-
Millom	d	-	1745	-	1834	-	1925	-	-	1940	-
Silecroft	-	-	17x50	-	-	-	19x29	-	-	19x44	-
Bootle Cumbria	-	-	17x56	-	-	-	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	-	-	1826	-	1912	-	2003	-	-	2027	-
Corkickle	-	-	1832	-	1917	-	2008	-	-	2032	-
Whitehaven	a	-	1834	-	1920	-	2012	-	-	2036	-
Whitehaven	d	1749	1835	-	1921	-	2013	-	-	2037	-
Parton	-	17x52	18x39	-	19x25	-	20x17	-	-	20x41	-
Harrington	-	1801	1847	-	1933	-	2025	-	-	2049	-
Workington	-	1807	1853	-	1943	-	2035	-	-	2055	-
Flimby	-	18x11	18x58	-	19x47	-	20x40	-	-	21x00	-
Maryport	-	1816	1902	-	1953	-	2044	-	-	2104	-
Aspatria	-	1826	1912	-	2003	-	2054	-	-	2114	-
Wigton	-	1837	1923	-	2014	-	2105	-	-	2125	-
Dalston	-	1846	1932	-	2023	-	2114	-	-	2134	-
Carlisle	a	1857	1943	-	2034	-	2125	-	-	2145	-

Notes

x Stops on request.

SO Saturdays only.

SX Mondays to Fridays only.

Lancaster - Barrow - Carlisle

Mondays to Saturdays

	SX	SO	SO	SX		SX	SO				
Manchester Airport	d	-	-	1729b	1729b	1829	-	-	-	1929	-
Manchester Piccadilly	d	-	-	1747b	1747b	1847	-	-	-	1947	-
Manchester Oxford Road	d	-	-	1751b	1751b	1851	-	-	-	1951	-
Preston	d	-	-	1841	1841	1944	-	-	-	2044	-
Lancaster	a	-	-	1855	1856	2002	-	-	-	2102	-
	d	-	-	1913	1913	2003	-	-	-	2102	-
Carnforth	-	-	-	1922	1922	2012	-	-	-	2112	-
Silverdale	-	-	-	1928	1928	2018	-	-	-	2117	-
Arnsdale	-	-	-	1932	1932	2022	-	-	-	2122	-
Grange-over-Sands	-	-	-	1938	1938	2028	-	-	-	2128	-
Kents Bank	-	-	-	1942	1942	2032	-	-	-	2131	-
Cark	-	-	-	1946	1946	2036	-	-	-	2135	-
Ulverston	-	-	-	1954	1954	2044	-	-	-	2143	-
Dalton	-	-	-	2002	2002	2052	-	-	-	2151	-
Roose	-	-	-	2008	2008	2058	-	-	-	2157	-
Barrow-in-Furness	a	-	-	2016	2016	2105	-	-	-	2205	-
Barrow-in-Furness	d	1944	1944	2018	2019	-	2110	-	-	-	2211
Askam		1954	1954	2028	2029	-	2120	-	-	-	2221
Kirkby-in-Furness		19x58	19x58	20x32	20x33	-	21x24	-	-	-	22x25
Foxfield		2002	2002	2036	2037	-	2128	-	-	-	2229
Green Road		20x05	20x05	20x39	20x40	-	21x32	-	-	-	22x33
Millom	a	2012	2011	2046	2046	-	2138	-	-	-	2239
Millom	d	-	2011	-	2046	-	-	-	-	-	-
Silecroft	-	-	20x16	-	20x51	-	-	-	-	-	-
Bootle Cumbria	-	-	20x22	-	20x57	-	-	-	-	-	-
Ravenglass	-	-	2028	-	2103	-	-	-	-	-	-
Drigg	-	-	20x31	-	21x06	-	-	-	-	-	-
Seascale	-	-	2035	-	2110	-	-	-	-	-	-
Sellafield	-	-	2041	-	2116	-	-	-	-	-	-
Braystones	-	-	20x44	-	-	-	-	-	-	-	-
Nethertown	-	-	20x47	-	-	-	-	-	-	-	-
St. Bees	-	-	2052	-	2125	-	-	-	-	-	-
Corkickle	-	-	2057	-	2131	-	-	-	-	-	-
Whitehaven	a	-	2101	-	2133	-	-	-	-	-	-
Whitehaven	d	-	2102	-	2135	-	-	2209	2209	-	-
Parton	-	-	21x06	-	21x38	-	-	22x12	22x12	-	-
Harrington	-	-	2114	-	2147	-	-	2221	2221	-	-
Workington	-	-	2120	-	2153	-	-	2227	2227	-	-
Flimby	-	-	21x25	-	21x57	-	-	22x32	22x32	-	-
Maryport	-	-	2128	-	2201	-	-	2236	2236	-	-
Aspatria	-	-	-	-	2211	-	-	2246	-	-	-
Wigton	-	-	-	-	2222	-	-	2257	-	-	-
Dalston	-	-	-	-	2231	-	-	2306	-	-	-
Carlisle	a	-	-	-	2242	-	-	2317	-	-	-

Notes

b Change at Wigan North Western and Lancaster.

x Stops on request.

SO Saturdays only.

SX Mondays to Fridays only.

Lancaster - Barrow - Carlisle

Mondays to Saturdays

		SX	Z SO	Y SO	SX	Z SO	Y SO				
Manchester Airport	d	2010c	-	-	2210	-	2210	-	-	-	-
Manchester Piccadilly	d	2026c	-	-	2226	-	2226	-	-	-	-
Manchester Oxford Road	d	2030c	-	-	-	-	2229	-	-	-	-
Preston	d	2143c	-	2211	2315	-	2310	-	-	-	-
Lancaster	a	2155c	-	2231	2333	-	2328	-	-	-	-
	d	2209	2226	2232	2333	2328	2328	-	-	-	-
Carnforth		2218	2235	2241	2343	2337	2338	-	-	-	-
Silverdale		2224	2241	2247	2348	2343	2343	-	-	-	-
Arnside		2228	2245	2251	2353	2348	2348	-	-	-	-
Grange-over-Sands		2234	2251	2257	2359	2354	2354	-	-	-	-
Kents Bank		2238	2255	2301	0004	2357	2358	-	-	-	-
Cark		2242	2259	2305	0008	0002	0002	-	-	-	-
Ulverston		2250	2307	2313	0016	0010	0010	-	-	-	-
Dalton		2258	2315	2321	0024	0018	0019	-	-	-	-
Roose		2304	2321	2327	0030	0024	0025	-	-	-	-
Barrow-in-Furness	a	2312	2329	2335	0037	0032	0032	-	-	-	-
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

c Change at Preston and Lancaster.

SO Saturdays only.

SX Mondays to Fridays only.

Y Until 07 September.

Z From 14 September.

Lancaster - Barrow - Carlisle

Sundays

Manchester Airport	d	-	-	-	-	-	0833	0935	-	1035	-
Manchester Piccadilly	d	-	-	-	-	-	0853	0952	-	1054	-
Manchester Oxford Road	d	-	-	-	-	-	0856	0957	-	1059	-
Preston	d	-	-	-	-	-	0948	1046	-	1147	-
Lancaster	a	-	-	-	-	-	1005	1103	-	1204	-
	d	-	-	-	-	-	1011	1106	-	1205	-
Carnforth	-	-	-	-	-	-	1020	1115	-	1214	-
Silverdale	-	-	-	-	-	-	1026	1121	-	1219	-
Arnsdale	-	-	-	-	-	-	1030	1125	-	1224	-
Grange-over-Sands	-	-	-	-	-	-	1036	1131	-	1230	-
Kents Bank	-	-	-	-	-	-	1040	1135	-	-	-
Cark	-	-	-	-	-	-	1044	1139	-	1236	-
Ulverston	-	-	-	-	-	-	1052	1147	-	1244	-
Dalton	-	-	-	-	-	-	1100	1155	-	1252	-
Roose	-	-	-	-	-	-	1106	1201	-	-	-
Barrow-in-Furness	a	-	-	-	-	-	1114	1208	-	1304	-
Barrow-in-Furness	d	-	-	0905	-	0950	1115	-	1218	-	1309
Askam	-	-	-	0915	-	1000	1125	-	1228	-	1319
Kirkby-in-Furness	-	-	-	09x19	-	10x04	11x29	-	12x32	-	13x23
Foxfield	-	-	-	0923	-	1008	1133	-	1236	-	1327
Green Road	-	-	-	09x26	-	10x11	11x37	-	12x39	-	13x30
Millom	a	-	-	0933	-	1017	1143	-	1245	-	1336
Millom	d	-	-	-	-	1017	1143	-	1245	-	1336
Silecroft	-	-	-	-	-	10x22	11x47	-	12x50	-	13x41
Bootle Cumbria	-	-	-	-	-	10x28	11x54	-	12x56	-	13x47
Ravenglass	-	-	-	-	-	1034	1200	-	1302	-	1353
Drigg	-	-	-	-	-	10x37	12x03	-	13x05	-	13x56
Seascale	-	-	-	-	-	1041	1206	-	1309	-	1400
Sellafield	-	-	-	-	-	1046	1212	-	1315	-	1405
Braystones	-	-	-	-	-	10x50	-	-	-	-	14x09
Nethertown	-	-	-	-	-	10x52	-	-	-	-	14x11
St. Bees	-	-	-	-	-	1100	1225	-	1328	-	1416
Corkickle	-	-	-	-	-	1106	1230	-	1333	-	1421
Whitehaven	a	-	-	-	-	1109	1233	-	1337	-	1425
Whitehaven	d	-	-	-	-	1016	1111	1234	-	1338	-
Parton	-	-	-	-	-	10x20	11x14	12x38	-	13x42	-
Harrington	-	-	-	-	-	1028	1123	1246	-	1350	-
Workington	-	-	-	-	-	1034	1129	1252	-	1358	-
Flimby	0855	0940	-	-	-	10x39	11x33	12x57	-	14x03	-
Maryport	09x00	09x45	-	-	-	10x39	11x33	12x57	-	14x03	-
Maryport	0904	0949	-	-	-	1043	1137	1301	-	1408	-
Aspatria	0914	0959	-	-	-	1053	1147	1311	-	1418	-
Wigton	0925	1010	-	-	-	1104	1159	1322	-	1430	-
Dalston	0934	1019	-	-	-	1113	1208	1331	-	1439	-
Carlisle	a	0945	1030	-	-	1124	1219	1342	-	1450	-

Notes

x Stops on request.

Lancaster - Barrow - Carlisle

Sundays

Manchester Airport	d	-	-	1241	-	1334	-	1533	-	-	-
Manchester Piccadilly	d	-	-	1301	-	1349	-	1549	-	-	-
Manchester Oxford Road	d	-	-	1305	-	1401	-	1601	-	-	-
Preston	d	1240	-	1357	-	1508	1542	1657	-	-	-
Lancaster	a	1255	-	1415	-	1526	1557	1714	-	-	-
	d	1313	-	1415	-	1526	1603	1715	-	-	-
Carnforth		1322	-	1425	-	1536	1612	1724	-	-	-
Silverdale		1328	-	1430	-	1541	1618	1729	-	-	-
Arnside		1332	-	1435	-	1546	1623	1734	-	-	-
Grange-over-Sands		1338	-	1441	-	1552	1629	1740	-	-	-
Kents Bank		1342	-	1445	-	1555	1632	1743	-	-	-
Cark		1346	-	1449	-	1559	1636	1747	-	-	-
Ulverston		1354	-	1457	-	1607	1645	1755	-	-	-
Dalton		1402	-	1505	-	1616	1653	1803	-	-	-
Roose		1408	-	1511	-	1622	1659	1809	-	-	-
Barrow-in-Furness	a	1416	-	1518	-	1629	1707	1817	-	-	-
Barrow-in-Furness	d	1417	1455	-	1558	-	1717	-	1825	-	1907
Askam		1427	1505	-	1608	-	1728	-	1835	-	1917
Kirkby-in-Furness		-	15x09	-	16x12	-	17x32	-	18x39	-	19x21
Foxfield		-	1513	-	1616	-	1736	-	1843	-	1925
Green Road		-	15x16	-	16x19	-	17x39	-	18x46	-	19x28
Millom	a	1441	1522	-	1625	-	1745	-	1853	-	1935
Millom	d	1443	1523	-	1625	-	1746	-	-	-	-
Silecroft		-	15x28	-	16x30	-	17x50	-	-	-	-
Bootle Cumbria		-	15x34	-	16x36	-	17x57	-	-	-	-
Ravenglass		1458	1541	-	1642	-	1803	-	-	-	-
Drigg		-	15x44	-	16x45	-	18x06	-	-	-	-
Seascale		-	1547	-	1649	-	1809	-	-	-	-
Sellafield		1506	1551	-	1654	-	1815	-	-	-	-
Braystones		-	-	-	16x58	-	18x18	-	-	-	-
Nethertown		-	-	-	17x00	-	18x21	-	-	-	-
St. Bees		1520	1601	-	1705	-	1829	-	-	-	-
Corkickle		1525	1607	-	1710	-	1834	-	-	-	-
Whitehaven	a	1528	1609	-	1714	-	1838	-	-	-	-
Whitehaven	d	1529	1611	-	1716	-	1839	-	-	1938	-
Parton		15x33	16x14	-	17x20	-	18x43	-	-	19x41	-
Harrington		1541	1623	-	1728	-	1851	-	-	1950	-
Workington		1547	1629	-	1734	-	1857	-	-	1956	-
Flimby		15x52	16x33	-	17x39	-	19x02	-	-	20x01	-
Maryport		1556	1637	-	1743	-	1906	-	-	2005	-
Aspatria		1606	1647	-	1753	-	1916	-	-	2015	-
Wigton		1617	1659	-	1804	-	1927	-	-	2026	-
Dalston		1626	1708	-	1813	-	1936	-	-	2035	-
Carlisle	a	1637	1719	-	1824	-	1947	-	-	2046	-

Notes

x Stops on request.

Lancaster - Barrow - Carlisle

Sundays

Manchester Airport	d	-	1633	-	1833	1933	-	-	-	-	-
Manchester Piccadilly	d	-	1649	-	1848	1949	-	-	-	-	-
Manchester Oxford Road	d	-	1701	-	1901	1952	-	-	-	-	-
Preston	d	-	1757	1842	1957	2046	2142	-	-	-	-
Lancaster	a	-	1815	1857	2015	2105	2157	-	-	-	-
	d	-	1815	1903	2015	2113	2220	-	-	-	-
Carnforth	-	-	1825	1912	2024	2122	2229	-	-	-	-
Silverdale	-	-	1830	1918	2030	2128	2234	-	-	-	-
Arnside	-	-	1835	1922	2035	2132	2239	-	-	-	-
Grange-over-Sands	-	-	1841	1928	2041	2138	2245	-	-	-	-
Kents Bank	-	-	1844	1932	2044	2142	2248	-	-	-	-
Cark	-	-	1848	1936	2048	2146	2252	-	-	-	-
Ulverston	-	-	1856	1944	2056	2154	2300	-	-	-	-
Dalton	-	-	1904	1952	2105	2202	2308	-	-	-	-
Roose	-	-	1910	1958	2111	2208	2314	-	-	-	-
Barrow-in-Furness	a	-	1918	2006	2118	2215	2322	-	-	-	-
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	2030	-	-	-	-	-	-	-	-	-
Parton		20x33	-	-	-	-	-	-	-	-	-
Harrington		2042	-	-	-	-	-	-	-	-	-
Workington		2048	-	-	-	-	-	-	-	-	-
Flimby		20x53	-	-	-	-	-	-	-	-	-
Maryport		2057	-	-	-	-	-	-	-	-	-
Aspatria		2107	-	-	-	-	-	-	-	-	-
Wigton		2118	-	-	-	-	-	-	-	-	-
Dalston		2127	-	-	-	-	-	-	-	-	-
Carlisle	a	2138	-	-	-	-	-	-	-	-	-

Oxenholme - Windermere

Mondays to Saturdays

				SO	SX	SX	SO				
Manchester Airport	d	-	0446c	-	-	-	0827	0827	-	1110	1129
Manchester Piccadilly	d	0500	0504c	-	-	-	0847	0847	0930c	1126	1147
Manchester Oxford Road	d	-	0508c	-	-	-	0851	0851	0934c	1130	1151
Preston	d	0540	0641	0753	0838	0815	0944	0944	1041	1205	1245
Lancaster	d	0559	0655	0808	0853	0830	-	-	1056	1220	1323
Oxenholme Lake District	d	0619	0728	0827	0920	0930	1021	1033	1121	1239	1341
Kendal	d	0623	0732	0831	0924	0934	1026	1038	1125	1243	1345
Burneside		0627	0736	0835	0928	0938	1030	-	1129	1247	1349
Staveley		0633	0743	0841	0935	0945	1036	-	1136	1254	1355
Windermere	a	0639	0749	0847	0941	0951	1043	1052	1142	1300	1403

Mondays to Saturdays

			SX	SO		SO	SX		SO	SX	SO
Manchester Airport	d	1310	1329c	1329c	1429	1530c	1610	1634c	1729	1729	-
Manchester Piccadilly	d	1326	1347c	1347c	1447	1548c	1626	1654c	1747	1747	1830c
Manchester Oxford Road	d	1330	1351c	1351c	1451	1551c	1630	1659c	1751	1751	1834c
Preston	d	1405	1453	1453	1545	1653	1705	1753	1844	1908	1941
Lancaster	d	1420	1509	1510	-	1709	1723	1809	-	-	1955
Oxenholme Lake District	d	1438	1532	1532	1631	1736	1742	1829	1921	1942	2018
Kendal	d	1442	1537	1536	1636	1740	1746	1833	1926	1947	2022
Burneside		-	1541	1540	1640	1744	1750	1837	1930	1951	2026
Staveley		-	1548	1546	1646	1751	1757	1844	1936	1957	2033
Windermere	a	1455	1554	1552	1653	1757	1803	1850	1943	2004	2039

Mondays to Saturdays

			SX	SO S	SO T	SX	SO S	SO T	SX		
Manchester Airport	d	1910	-	-	-	-	-	-	-	-	-
Manchester Piccadilly	d	1926	-	-	-	-	-	-	-	-	-
Manchester Oxford Road	d	1930	-	-	-	-	-	-	-	-	-
Preston	d	2006	2041	2041	2053	-	-	2143	-	-	-
Lancaster	d	2021	2055	2055	2108	-	-	2158	-	-	-
Oxenholme Lake District	d	2039	2116	2115	2128	2201	2200	2219	-	-	-
Kendal	d	2043	2120	2125	2132	2205	2210	2223	-	-	-
Burneside		2047	2124	2135	-	2209	2220	2227	-	-	-
Staveley		2054	2130	2145	-	2216	2230	2234	-	-	-
Windermere	a	2100	2136	2155	2145	2222	2240	2240	-	-	-

Sundays

		Y	Z			W	X				
Manchester Airport	d	0833	-	0905	1010	1110	1133	-	-	-	1433
Manchester Piccadilly	d	0853	0853	0922	1026	1125	1150	-	-	-	1451
Manchester Oxford Road	d	0856	0856	0926	1030	1129	1153	1153	-	-	1501
Preston	d	0948	0948	1004	1109	1205	1244	1244	1341	1456	1557
Lancaster	d	1007	1007	1020	1125	1221	-	-	1356	1510	1615
Oxenholme Lake District	d	1030	1030	1118	1201	1247	1332	1332	1423	1535	1633
Kendal	d	1034	1034	1122	1205	1251	1337	1337	1427	1539	1638
Burneside		1038	1038	-	-	-	1341	1341	1431	1543	1642
Staveley		1044	1044	-	-	-	1347	1347	1438	1550	1648
Windermere	a	1051	1051	1135	1219	1304	1354	1354	1444	1556	1655

Sundays

Manchester Airport	d	1610	-	1733	-	-	-	-	-	-	-
Manchester Piccadilly	d	1626	-	1749	-	-	-	-	-	-	-
Manchester Oxford Road	d	1630	-	1801	-	-	-	-	-	-	-
Preston	d	1705	1753	1908	1943	-	-	-	-	-	-
Lancaster	d	1721	1809	-	1958	-	-	-	-	-	-
Oxenholme Lake District	d	1739	1830	1941	2028	2118	-	-	-	-	-
Kendal	d	1743	1834	1945	2032	2122	-	-	-	-	-
Burneside		-	1838	1949	2036	2126	-	-	-	-	-
Staveley		-	1845	1955	2043	2133	-	-	-	-	-
Windermere	a	1756	1851	2002	2049	2139	-	-	-	-	-

Notes

c Change at Preston.
 S Until 07 September.
 T From 14 September.
 W Until 08 September.
 X From 15 September.

Y Until 20 October.

Z From 27 October.

Bus service - dogs, heavy luggage, prams, bicycles and wheelchairs may not be carried.

Windermere - Oxenholme

Mondays to Saturdays

				SX	SO								
Windermere	d	0643	0755	0851	0956	1008	1057	1147	1306	1407	1459		
Staveley		0649	0801	-	1002	1014	1103	1153	1312	1413	1505		
Burneside		0654	0806	-	1007	1019	1108	1158	1317	1418	1510		
Kendal		0658	0810	0903	1010	1022	1112	1202	1321	1422	1514		
Oxenholme Lake District	a	0703	0815	0908	1015	1027	1117	1207	1326	1427	1519		
Lancaster	a	0722	0838	0927	-	-	1137	1227	b1344	1528	1537		
Preston	a	0740	0857	0946	1051	1104	1156	1245	b1406	1546	1556		
Manchester Oxford Road	a	0820	0954	c1020	1154	1154	1254	c1320	b1454	1620	1654	c	
Manchester Piccadilly	a	0824	0958	c1024	1158	1158	1258	c1324	b1458	1624	1658	c	
Manchester Airport	a	0843	1021	c1043	1221	1221	1321	c1343	b1521	1643	1721	c	

Mondays to Saturdays

		SX	SO	SO	SX	SO	SX	SOT	SO S		
Windermere	d	1605	1605	1706	1801	1807	1855	1948	2008	2043	2044
Staveley		1611	1611	1712	1807	-	1901	1954	2014	-	2050
Burneside		1616	1616	1717	1812	-	1906	1959	2019	-	2055
Kendal		1619	1619	1721	1816	1819	1910	2003	2023	2055	2059
Oxenholme Lake District	a	1624	1624	1726	1821	1824	1915	2008	2028	2100	2104
Lancaster	a	-	1643	1828	1841	1844	1933	2028	2056	2122	-
Preston	a	1702	1706	1813	1900	1903	1955	2046	2114	-	-
Manchester Oxford Rod	a	1754	1755	1911	-	-	2055	2119	-	-	-
Manchester Piccadilly	a	1758	1759	1915	-	-	2059	2124	-	-	-
Manchester Airport	a	1821	1821	1931	-	-	2120	2142	-	-	-

Mondays to Saturdays

		SX	SO S	SOT	SX	SO S	SOT	SX		
Windermere	d	2104	2140	2140	2149	2226	2225	2245	-	-
Staveley		2110	-	2150	-	2232	2235	2251	-	-
Burneside		2115	-	2200	-	2237	2245	2256	-	-
Kendal		2119	2152	2210	2201	2240	2255	2259	-	-
Oxenholme Lake District	a	2124	2157	2225	2206	2245	2310	2304	-	-
Lancaster	a	2218	-	-	2225	2305	2355	2323	-	-
Preston	a	2237	-	-	2244	2329	0035	2345	-	-
Manchester Oxford Road	a	-	-	-	2320	-	-	-	-	-
Manchester Piccadilly	a	-	-	-	2324	-	-	-	-	-
Manchester Airport	a	-	-	-	2341	-	-	-	-	-

Sundays

Windermere	d	1055	1140	1223	1308	1358	1449	1606	1709	1800	1901
Staveley		1101	-	1229	-	1404	1455	1612	1715	1806	1907
Burneside		1106	-	1234	-	1409	1500	1617	1720	1811	1912
Kendal		1109	1152	1238	1320	1413	1504	1621	1724	1815	1916
Oxenholme Lake District	a	1114	1157	1243	1325	1418	1509	1626	1729	1820	1921
Lancaster	a	-	1227	1329	1345	1437	1529	1645	1828	1842	-
Preston	a	-	1245	1347	1407	1456	1547	1706	1846	1901	1959
Manchester Oxford Road	a	-	1321	1422	1457	1558	c1620	1758	1921	-	2055
Manchester Piccadilly	a	-	1325	1426	1501	1601	c1624	1801	1925	-	2059
Manchester Airport	a	-	1344	1443	1517	1617	c1643	1817	1945	-	2117

Sundays

Windermere	d	2006	2053	2144	-	-	-	-	-	-
Staveley		-	2059	2150	-	-	-	-	-	-
Burneside		-	2104	2155	-	-	-	-	-	-
Kendal		2018	2108	2159	-	-	-	-	-	-
Oxenholme Lake District	a	2023	2113	2204	-	-	-	-	-	-
Lancaster	a	2128	2218	2234	-	-	-	-	-	-
Preston	a	2147	2238	2257	-	-	-	-	-	-
Manchester Oxford Road	a	2220	-	-	-	-	-	-	-	-
Manchester Piccadilly	a	2224	-	-	-	-	-	-	-	-
Manchester Airport	a	2239	-	-	-	-	-	-	-	-

Notes

b Connections Mondays to Fridays only.

c Change at Preston.

S Until 07 September.

T From 14 September.

Bus service - dogs, heavy luggage, prams, bicycles and wheelchairs may not be carried.

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
call **0800 200 6060**



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Access or disabled information and assistance

call **0800 138 5560**
email assistance@northernrailway.co.uk



Lost property

email lostproperty@northernrailway.co.uk
call **0800 200 6060**

Correspondence

Customer Experience Centre
Freepost NORTHERN RAILWAY



British Transport Police

call **0800 40 50 40** text **61016**

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All our policy documents can be found at
northernrailway.co.uk/legal