

Train times

6

10 December 2023 –
1 June 2024

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

Carlisle - Barrow - Lancaster

Carlisle - Barrow - Lancaster

Mondays to Saturdays

	SX	SO	X	SO	Y	SX	SO	X	SO	Y	SX	
Carlisle	d	-	-	-	-	-	-	-	-	-	-	-
Dalston	-	-	-	-	-	-	-	-	-	-	-	-
Wigton	-	-	-	-	-	-	-	-	-	-	-	-
Aspatria	-	-	-	-	-	-	-	-	-	-	-	-
Maryport	-	-	-	-	-	-	-	-	-	-	-	-
Flimby	-	-	-	-	-	-	-	-	-	-	-	-
Workington	-	-	-	-	-	-	-	-	-	-	-	-
Harrington	-	-	-	-	-	-	-	-	-	-	-	-
Parton	-	-	-	-	-	-	-	-	-	-	-	-
Whitehaven	a	-	-	-	-	-	-	-	-	-	-	-
Whitehaven	d	-	-	-	-	-	-	-	-	-	-	-
Corkickle	-	-	-	-	-	-	-	-	-	-	-	-
St. Bees	-	-	-	-	-	-	-	-	-	-	-	-
Nethertown	-	-	-	-	-	-	-	-	-	-	-	-
Braystones	-	-	-	-	-	-	-	-	-	-	-	-
Sellafield	-	-	-	-	-	-	-	-	-	-	-	-
Seascale	-	-	-	-	-	-	-	-	-	-	-	-
Drigg	-	-	-	-	-	-	-	-	-	-	-	-
Ravenglass	-	-	-	-	-	-	-	-	-	-	-	-
Bootle (Cumbria)	-	-	-	-	-	-	-	-	-	-	-	-
Silecroft	-	-	-	-	-	-	-	-	-	-	-	-
Millom	a	-	-	-	-	-	-	-	-	-	-	-
Millom	d	-	-	-	-	-	-	-	-	0610	-	-
Green Road	-	-	-	-	-	-	-	-	-	0614	-	-
Foxfield	-	-	-	-	-	-	-	-	-	0618	-	-
Kirkby-in-Furness	-	-	-	-	-	-	-	-	-	0623	-	-
Askam	-	-	-	-	-	-	-	-	-	0628	-	-
Barrow-in-Furness	a	-	-	-	-	-	-	-	-	0641	-	-
Barrow-in-Furness	d	0458	0458	0458	-	0550	0550	0550	0612	-	0650	-
Roose	-	-	-	-	-	0554	0554	0554	0616	-	0654	-
Dalton	0507	0507	0507	-	0601	0601	0601	0623	-	0700	-	-
Ulverston	0516	0516	0516	-	0609	0609	0609	0631	-	0709	-	-
Cark	-	-	-	-	0616	0616	0616	0639	-	0716	-	-
Kents Bank	-	-	-	-	0620	0620	0620	0643	-	0720	-	-
Grange-over-Sands	0528	0528	0528	-	0624	0624	0624	0647	-	0724	-	-
Arnside	0534	0534	0534	-	0630	0630	0630	0653	-	0729	-	-
Silverdale	-	-	-	-	0634	0634	0634	0658	-	0734	-	-
Carnforth	0543	0543	0543	-	0643	0642	0642	0706	-	0743	-	-
Windermere	d	-	-	-	0642	-	-	-	-	-	-	-
Staveley	-	-	-	-	0647	-	-	-	-	-	-	-
Burneside	-	-	-	-	0652	-	-	-	-	-	-	-
Kendal	-	-	-	-	0656	-	-	-	-	-	-	-
Oxenholme Lake District	a	-	-	-	0701	-	-	-	-	-	-	-
Oxenholme Lake District	d	-	-	-	0708	-	-	-	-	-	-	-
Lancaster	a	0550	0550	0550	0722	0651	0649	0649	0716	-	0750	-
Lancaster	d	0550	0550	0550	0723	0652	0649	0649	0723	-	0751	-
Preston	a	0608	0608	0608	0740	0710	0707	0708	0740	-	0809	-
Chorley	a	0620	0620	0623	-	0722	0722	0724	-	-	0821	-
Bolton	a	0634	0634	0647	-	0737	0737	0748	-	-	0836	-
Deansgate	a	0651	0651	0739p	-	0751	0751	0839p	-	-	0851	-
Manchester Oxford Road	a	0654	0654	0741p	0823	0754	0754	0841p	0823	-	0854	-
Manchester Piccadilly	a	0658	0658	0745p	0827	0758	0758	0845p	0827	-	0858	-
Manchester Airport	a	0715	0715	0800p	0844	0815	0815	0900p	0844	-	0915	-

Notes
 p Change at Preston.
 X Until 30 December and from 17 February.
 Y From 6 January until 10 February.
 SO Saturdays only.
 SX Mondays to Fridays only.

Mondays to Saturdays

	SO	X	SO	Y	SX	SO	X	SO	Y			
Carlisle	d	-	-	-	-	-	-	-	-	0553		
Dalston	-	-	-	-	-	-	-	-	-	0602		
Wigton	-	-	-	-	-	-	-	-	-	0611		
Aspatria	-	-	-	-	-	-	-	-	-	0622		
Maryport	-	-	-	-	-	-	-	-	-	0633		
Flimby	-	-	-	-	-	-	-	-	-	0637		
Workington	-	-	-	-	-	-	-	-	-	0645		
Harrington	-	-	-	-	-	-	-	-	-	0649		
Parton	-	-	-	-	-	-	-	-	-	0658		
Whitehaven	a	-	-	-	-	-	-	-	-	0702		
Whitehaven	d	-	-	-	-	-	-	-	-	0704		
Corkickle	-	-	-	-	-	-	-	-	-	0706		
St. Bees	-	-	-	-	-	-	-	-	-	0712		
Nethertown	-	-	-	-	-	-	-	-	-	0724		
Braystones	-	-	-	-	-	-	-	-	-	0728		
Sellafield	-	-	-	-	-	-	-	-	-	0732		
Seascale	-	-	-	-	-	-	-	-	-	0735		
Drigg	-	-	-	-	-	-	-	-	-	0741		
Ravenglass	-	-	-	-	-	-	-	-	-	0748		
Bootle (Cumbria)	-	-	-	-	-	-	-	-	-	0753		
Silecroft	-	-	-	-	-	-	-	-	-	0754		
Millom	a	-	-	-	-	-	-	-	-	0758		
Millom	d	-	-	-	-	-	-	-	-	0802		
Green Road	-	-	-	-	-	-	-	-	-	0807		
Foxfield	-	-	-	-	-	-	-	-	-	0812		
Kirkby-in-Furness	-	-	-	-	-	-	-	-	-	0826		
Askam	-	-	-	-	-	-	-	-	-	0826		
Barrow-in-Furness	a	-	-	-	-	-	-	-	-	0826		
Barrow-in-Furness	d	0650	0650	-	0712	-	0748	0748	0748	-	-	-
Roose	-	0654	0654	-	0716	-	0752	0752	0752	-	-	-
Dalton	-	0700	0700	-	0722	-	0759	0759	0759	-	-	-
Ulverston	-	0709	0709	-	0730	-	0807	0807	0807	-	-	-
Cark	-	0716	0716	-	0738	-	0814	0814	0814	-	-	-
Kents Bank	-	0720	0720	-	-	-	0818	0818	0818	-	-	-
Grange-over-Sands	-	0724	0724	-	0744	-	0822	0822	0822	-	-	-
Arnside	-	0729	0729	-	0750	-	0828	0828	0828	-	-	-
Silverdale	-	0734	0734	-	0755	-	0832	0832	0832	-	-	-
Carnforth	-	0743	0743	-	0802	-	0839	0839	0839	-	-	-
Windermere	d	-	-	-	0756	-	-	-	-	0852	-	-
Staveley	-	-	-	-	0801	-	-	-	-	-	-	-
Burneside	-	-	-	-	0806	-	-	-	-	-	-	-
Kendal	-	-	-	-	0810	-	-	-	-	0904	-	-
Oxenholme Lake District	a	-	-	-	0815	-	-	-	-	0909	-	-
Oxenholme Lake District	d	-	-	-	0826	-	-	-	-	0925	-	-
Lancaster	a	0750	0750	0839	0812	-	0846	0846	0846	0938	-	-
Lancaster	d	0751	0751	0841	0828	-	0848	0848	0848	0940	-	-
Preston	a	0809	0809	0858	0846	-	0906	0906	0907	0957	-	-
Chorley	a	0821	0823	-	-	-	0920	0920	0923	-	-	-
Bolton	a	0836	0847	-	-	-	0934	0934	0947	-	-	-
Deansgate	a	0851	0935p	-	-	-	0951	0951	1039p	-	-	-
Manchester Oxford Road	a	0854	0937p	-	0922	-	0954	0954	1041p	-	-	-
Manchester Piccadilly	a	0858	0945p	-	0926	-	0958	0958	1045p	-	-	-
Manchester Airport	a	0915	1000p	-	0946	-	1015	1015	1100p	-	-	-

Notes
 p Change at Preston.
 x Request stop.
 X Until 30 December and from 17 February.
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 SO Saturdays only.
 SX Mondays to Fridays only.

Mondays to Saturdays

	SX	SO	X	SO	Y	SX	SO	X	SO	Y			
Carlisle	d	-	-	-	-	-	-	-	-	0619	0710	-	0808
Dalston	-	-	-	-	-	-	-	-	-	0628	0719	-	0816
Wigton	-	-	-	-	-	-	-	-	-	0638	0731	-	0826
Aspatria	-	-	-	-	-	-	-	-	-	0649	0742	-	0836
Maryport	-	-	-	-	-	-	-	-	-	0701	0756	-	0848
Flimby	-	-	-	-	-	-	-	-	-	0705	0759	-	0851
Workington	-	-	-	-	-	-	-	-	-	0712	0806	-	0859
Harrington	-	-	-	-	-	-	-	-	-	0716	0810	-	0903
Parton	-	-	-	-	-	-	-	-	-	0725	0819	-	0912
Whitehaven	a	-	-	-	-	-	-	-	-	0730	0824	-	0916
Whitehaven	d	-	-	-	-	-	-	-	-	0731	0825	-	0918
Corkickle	-	-	-	-	-	-	-	-	-	0734	0828	-	0920
St. Bees	-	-	-	-	-	-	-	-	-	0739	0834	-	0928
Nethertown	-	-	-	-	-	-	-	-	-	-	-	-	-
Braystones	-	-	-	-	-	-	-	-	-	-	-	-	-
Sellafield	-	-	-	-	-	-	-	-	-	0750	0844	-	0939
Seascale	-	-	-	-	-	-	-	-	-	0754	0848	-	0942
Drigg	-	-	-	-	-	-	-	-	-	0758	0852	-	0946
Ravenglass	-	-	-	-	-	-	-	-	-	0802	0856	-	0950
Bootle (Cumbria)	-	-	-	-	-	-	-	-	-	0808	0902	-	0956
Silecroft	-	-	-	-	-	-	-	-	-	0815	0909	-	1003
Millom	a	-	-	-	-	-	-	-	-	0820	0914	-	1008
Millom	d	-	-	-	-	-	-	-	-	0821	0914	-	1008
Green Road	-	-	-	-	-	-	-	-	-	0825	0919	-	1013
Foxfield	-	-	-	-	-	-	-	-	-	0829	0923	-	1017
Kirkby-in-Furness	-	-	-	-	-	-	-	-	-	0834	0928	-	1021
Askam	-	-	-	-	-	-	-	-	-	0839	0933	-	1026
Barrow-in-Furness	a	-	-	-	-	-	-	-	-	0853	0947	-	1040
Barrow-in-Furness	d	0848	0848	0848	-	-	-	-	-	-	0958	-	-
Roose	-	0852	0852	0852	-	-	-	-	-	-	1002	-	-
Dalton	-	0859	0859	0859	-	-	-	-	-				

Carlisle - Barrow - Lancaster

Mondays to Saturdays

	SX	SO	X	SO	Y	SX	SO	X	SO	Y	SX	SO	X
Carlisle	d	-	-	-	-	0902	-	-	-	-	-	-	-
Dalston	-	-	-	-	-	0910	-	-	-	-	-	-	-
Wigton	-	-	-	-	-	0920	-	-	-	-	-	-	-
Aspatria	-	-	-	-	-	0930	-	-	-	-	-	-	-
Maryport	-	-	-	-	-	0942	-	-	-	-	-	-	-
Flimby	-	-	-	-	-	0945	-	-	-	-	-	-	-
Workington	-	-	-	-	-	0952	-	-	-	-	-	-	-
Harrington	-	-	-	-	-	0957	-	-	-	-	-	-	-
Parton	-	-	-	-	-	1006	-	-	-	-	-	-	-
Whitehaven	a	-	-	-	-	1010	-	-	-	-	-	-	-
Whitehaven	d	-	-	-	-	1012	-	-	-	-	-	-	-
Corkickle	-	-	-	-	-	1014	-	-	-	-	-	-	-
St. Bees	-	-	-	-	-	1020	-	-	-	-	-	-	-
Nethertown	-	-	-	-	-	-	-	-	-	-	-	-	-
Braystones	-	-	-	-	-	-	-	-	-	-	-	-	-
Sellafield	-	-	-	-	-	1031	-	-	-	-	-	-	-
Seascale	-	-	-	-	-	1035	-	-	-	-	-	-	-
Drigg	-	-	-	-	-	1039	-	-	-	-	-	-	-
Ravenglass	-	-	-	-	-	1043	-	-	-	-	-	-	-
Bootle (Cumbria)	-	-	-	-	-	1049	-	-	-	-	-	-	-
Silecroft	-	-	-	-	-	1056	-	-	-	-	-	-	-
Millom	a	-	-	-	-	1101	-	-	-	-	-	-	-
Millom	d	-	-	-	-	1101	-	-	-	-	-	-	-
Green Road	-	-	-	-	-	1106	-	-	-	-	-	-	-
Foxfield	-	-	-	-	-	1110	-	-	-	-	-	-	-
Kirkby-in-Furness	-	-	-	-	-	1115	-	-	-	-	-	-	-
Askam	-	-	-	-	-	1121	-	-	-	-	-	-	-
Barrow-in-Furness	a	-	-	-	-	1137	-	-	-	-	-	-	-
Barrow-in-Furness	d	1049	1049	1049	-	1151	1151	1151	-	-	-	-	-
Roose	-	1053	1053	1053	-	1155	1155	1155	-	-	-	-	-
Dalton	-	1100	1100	1100	-	1202	1202	1202	-	-	-	-	-
Ulverston	-	1108	1108	1108	-	1210	1210	1210	-	-	-	-	-
Cark	-	1115	1115	1115	-	1217	1217	1217	-	-	-	-	-
Kents Bank	-	1119	1119	1119	-	1221	1221	1221	-	-	-	-	-
Grange-over-Sands	-	1123	1123	1123	-	1225	1225	1225	-	-	-	-	-
Arnside	-	1129	1129	1129	-	1231	1231	1231	-	-	-	-	-
Silverdale	-	1133	1133	1133	-	1235	1235	1235	-	-	-	-	-
Carnforth	-	1140	1140	1140	-	1243	1243	1243	-	-	-	-	-
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	-	-	-	-	1212	-	-	-	-	1329	1329	-
Lancaster	a	1147	1147	1147	1226	-	1250	1250	1250	1345	1345	-	-
Lancaster	d	1149	1149	1149	1227	-	1251	1251	1251	1349	1349	-	-
Preston	a	1208	1208	1208	1245	-	1309	1309	1309	1407	1407	-	-
Chorley	a	1220	1220	1223	-	-	1321	1321	1324	1420	1420	-	-
Bolton	a	1234	1234	1247	1306	-	1334	1334	1347	1434	1434	-	-
Deansgate	a	1251	1251	1339p	-	-	1351	1351	1439p	1451	1451	-	-
Manchester Oxford Road	a	1254	1254	1341p	1322	-	1354	1354	1441p	1454	1454	-	-
Manchester Piccadilly	a	1258	1258	1345p	1326	-	1358	1358	1445p	1458	1458	-	-
Manchester Airport	a	1315	1315	1400p	1344	-	1415	1415	1500p	1515	1515	-	-

Notes
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X Until 30 December and from 17 February.
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SO Saturdays only.
SX Mondays to Fridays only.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

	SO	Y	SX	SO	X	SO	Y	SX			
Carlisle	d	-	1013	1107	-	-	-	1210	-	-	
Dalston	-	-	1022	1115	-	-	-	1218	-	-	
Wigton	-	-	1031	1125	-	-	-	1227	-	-	
Aspatria	-	-	1042	1135	-	-	-	1238	-	-	
Maryport	-	-	1053	1147	-	-	-	1249	-	-	
Flimby	-	-	1057	1150	-	-	-	1253	-	-	
Workington	-	-	1104	1157	-	-	-	1300	-	-	
Harrington	-	-	1108	1201	-	-	-	1304	-	-	
Parton	-	-	1117	1210	-	-	-	1313	-	-	
Whitehaven	a	-	1121	1215	-	-	-	1317	-	-	
Whitehaven	d	-	1123	1216	-	-	-	1319	-	-	
Corkickle	-	-	1125	1219	-	-	-	1321	-	-	
St. Bees	-	-	1135	1229	-	-	-	1329	-	-	
Nethertown	-	-	11x40	-	-	-	-	-	-	-	
Braystones	-	-	11x42	-	-	-	-	-	-	-	
Sellafield	-	-	1147	1239	-	-	-	1340	-	-	
Seascale	-	-	1151	1242	-	-	-	1343	-	-	
Drigg	-	-	1155	1246	-	-	-	1347	-	-	
Ravenglass	-	-	1158	1250	-	-	-	1351	-	-	
Bootle (Cumbria)	-	-	1204	1256	-	-	-	1357	-	-	
Silecroft	-	-	1211	1303	-	-	-	1404	-	-	
Millom	a	-	1216	1308	-	-	-	1409	-	-	
Millom	d	-	1216	1308	-	-	-	1409	-	-	
Green Road	-	-	1221	1313	-	-	-	1414	-	-	
Foxfield	-	-	1225	1317	-	-	-	1418	-	-	
Kirkby-in-Furness	-	-	1229	1321	-	-	-	1422	-	-	
Askam	-	-	1234	1326	-	-	-	1427	-	-	
Barrow-in-Furness	a	-	1248	1340	-	-	-	1441	-	-	
Barrow-in-Furness	d	-	1250	-	-	1352	1352	1352	-	1447	
Roose	-	-	1254	-	-	1356	1356	1356	-	1451	
Dalton	-	-	1300	-	-	1403	1403	1403	-	1458	
Ulverston	-	-	1308	-	-	1411	1411	1411	-	1506	
Cark	-	-	1316	-	-	1418	1418	1418	-	1513	
Kents Bank	-	-	1320	-	-	1422	1422	1422	-	1517	
Grange-over-Sands	-	-	1324	-	-	1426	1426	1426	-	1521	
Arnside	-	-	1330	-	-	1432	1432	1432	-	1527	
Silverdale	-	-	1335	-	-	1436	1436	1436	-	1531	
Carnforth	-	-	1343	-	-	1443	1444	1444	-	1539	
Windermere	d	1307	-	-	-	1358	-	-	-	1500	
Staveley	-	1312	-	-	-	1403	-	-	-	1505	
Burneside	-	1317	-	-	-	1408	-	-	-	1510	
Kendal	-	1321	-	-	-	1412	-	-	-	1514	
Oxenholme Lake District	a	1326	-	-	-	1417	-	-	-	1519	
Oxenholme Lake District	d	1329	-	-	-	1425	-	-	-	1525	
Lancaster	a	1345	1353	-	1438	1451	1451	1451	-	1538	1546
Lancaster	d	1349	1428	-	1440	1452	1452	1452	-	1540	1547
Preston	a	1408	1445	-	1457	1510	1510	1510	-	1557	1605
Chorley	a	1423	-	-	-	1522	1522	1524	-	-	-
Bolton	a	1446	1506	-	-	1534	1534	1547	-	-	-
Deansgate	a	1539p	-	-	-	1551	1551	1639p	-	-	1647
Manchester Oxford Road	a	1541p	1522	-	-	1554	1554	1641p	-	-	1649
Manchester Piccadilly	a	1545p	1526	-	-	1558	1558	1645p	-	-	1653
Manchester Airport	a	1600p	1544	-	-	1615	1615	1700p	-	-	1711

Notes
p Change at Preston.
X Until 30 December and from 17 February.
Y From 6 January until 10 February.
SO Saturdays only.
SX Mondays to Fridays only.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

	SO	X	SO	Y	SX	SO	X	SO	Y	SX	SO	X	
Carlisle	d	-	-	-	-	-	-	-	-	1307	1408	-	-
Dalston	-	-	-	-	-	-	-	-	-	1315	1416	-	-
Wigton	-	-	-	-	-	-	-	-	-	1325	1426	-	-
Aspatria	-	-	-	-	-	-	-	-	-	1335	1436	-	-
Maryport	-	-	-	-	-	-	-	-	-	1347	1448	-	-
Flimby	-	-	-	-	-	-	-	-	-	1350	1451	-	-
Workington	-	-	-	-	-	-	-	-	-	1357	1458	-	-
Harrington	-	-	-	-	-	-	-	-	-	1401	1502	-	-
Parton	-	-	-	-	-	-	-	-	-	1410	1511	-	-
Whitehaven	a	-	-	-	-	-	-	-	-	1415	1516	-	-
Whitehaven	d	-	-	-	-	-	-	-	-	1416	1517	-	-
Corkickle	-	-	-	-	-	-	-	-	-	1419	1520	-	-
St. Bees	-	-	-	-	-	-	-	-	-	1430	1531	-	-
Nethertown	-	-	-	-	-	-	-	-	-	-	-	-	-
Braystones	-	-	-	-	-	-	-	-	-	-	-	-	-
Sellafield	-	-	-	-	-	-	-	-	-	1441	1542	-	-
Seascale	-	-	-	-	-	-	-	-	-	1444	1546	-	-
Drigg	-	-	-	-	-	-	-	-	-	1448	1550	-	-
Ravenglass	-	-	-	-	-	-	-	-	-	1452	1554	-	-
Bootle (Cumbria)	-	-	-	-	-	-	-	-	-	1458	1600	-	-
Silecroft	-	-	-	-	-	-	-	-	-	1505	1607	-	-
Millom	a	-	-	-	-	-	-	-	-	1510	1612	-	-
Millom	d	-	-	-	-	-	-	-	-	1511	1612	-	-
Green Road	-	-	-	-	-	-	-	-	-	1515	1617	-	-
Foxfield	-	-	-	-	-	-	-	-	-	1519	1621	-	-
Kirkby-in-Furness	-	-	-	-	-	-	-	-	-	1524	1626	-	-
Askam	-	-	-	-	-	-	-	-	-	1529	1631	-	-
Barrow-in-Furness	a	-	-	-	-	-	-	-	-	1543			

Carlisle - Barrow - Lancaster

Carlisle - Barrow - Lancaster

Carlisle - Barrow - Lancaster

Mondays to Saturdays

	SO	Y		SX	SO	X	SO	Y	SX
Carlisle	d	-	1441	1512	-	-	-	-	-
Dalston	-	-	1449	1520	-	-	-	-	-
Wigton	-	-	1458	1530	-	-	-	-	-
Aspatria	-	-	1509	1540	-	-	-	-	-
Maryport	-	-	1520	1552	-	-	-	-	-
Flimby	-	-	1524	1555	-	-	-	-	-
Workington	-	-	1531	1602	-	-	-	-	-
Harrington	-	-	1535	1606	-	-	-	-	-
Parton	-	-	1544	1615	-	-	-	-	-
Whitehaven	a	-	1548	1620	-	-	-	-	-
Whitehaven	d	-	1550	1621	-	-	-	-	-
Corkickle	-	-	1553	1624	-	-	-	-	-
St. Bees	-	-	1559	1630	-	-	-	-	-
Nethertown	-	-	16x03	-	-	-	-	-	-
Braystones	-	-	16x06	-	-	-	-	-	-
Sellafield	-	-	1611	1641	-	-	-	1724	-
Seascale	-	-	1615	1645	-	-	-	1727	-
Drigg	-	-	1619	1649	-	-	-	1731	-
Ravenglass	-	-	1623	1653	-	-	-	1735	-
Bootle (Cumbria)	-	-	1629	1659	-	-	-	1741	-
Silecroft	-	-	1636	1706	-	-	-	1748	-
Millom	a	-	1641	1711	-	-	-	1753	-
Millom	d	-	1642	1712	-	-	-	1754	-
Green Road	-	-	1646	1717	-	-	-	1758	-
Foxfield	-	-	1650	1721	-	-	-	1802	-
Kirkby-in-Furness	-	-	1655	1726	-	-	-	1807	-
Askam	-	-	1700	1731	-	-	-	1812	-
Barrow-in-Furness	a	-	1714	1745	-	-	-	1826	-
Barrow-in-Furness	d	1651	-	1719	-	1802	-	-	-
Roose	-	1655	-	1723	-	1806	-	-	-
Dalton	-	1702	-	1729	-	1812	-	-	-
Ulverston	-	1710	-	1737	-	1821	-	-	-
Cark	-	1717	-	1745	-	1828	-	-	-
Kents Bank	-	1721	-	-	-	1832	-	-	-
Grange-over-Sands	-	1725	-	1752	-	1836	-	-	-
Arnside	-	1731	-	1758	-	1842	-	-	-
Silverdale	-	1735	-	1803	-	1847	-	-	-
Carnforth	-	1743	-	1810	-	1854	-	-	-
Windermere	d	-	1805	-	-	1856	1856	1856	-
Staveley	-	-	1810	-	-	1901	1901	1901	-
Burnside	-	-	1815	-	-	1906	1906	1906	-
Kendal	-	-	1819	-	-	1910	1910	1910	-
Oxenholme Lake District	a	-	1824	-	-	1915	1915	1915	-
Oxenholme Lake District	d	-	1832	-	-	1917	1917	1917	-
Lancaster	a	1750	1845	1820	-	1905	1934	1934	1934
Lancaster	d	1750	1847	1828	-	1928	1935	1935	1935
Preston	a	1808	1904	1846	-	1946	1954	1954	1954
Chorley	a	1823	-	-	-	2020	2020	2023	-
Bolton	a	1847	-	1906	-	2006	2034	2034	2047
Deansgate	a	1939p	-	-	-	2051	2051	-	-
Manchester Oxford Road	a	1941p	-	1922	-	2022	2054	2054	2122p
Manchester Piccadilly	a	1945p	-	1926	-	2026	2058	2058	2126p
Manchester Airport	a	2000p	-	1946	-	2046	2115	2115	2146p

Notes
 p Change at Preston.
 x Request stop.
 X Until 30 December and from 17 February.
 Y From 6 January until 10 February.
 SO Saturdays only.
 SX Mondays to Fridays only.

Mondays to Saturdays

	SX	SX	SO	SO	SX	SO	X	SO	Y	SX	SO	X
Carlisle	d	-	1559	1626	-	1707	-	-	-	-	-	-
Dalston	-	-	1607	1634	-	1715	-	-	-	-	-	-
Wigton	-	-	1617	1644	-	1725	-	-	-	-	-	-
Aspatria	-	-	1627	1654	-	1735	-	-	-	-	-	-
Maryport	-	-	1638	1705	-	1747	-	-	-	-	-	-
Flimby	-	-	1642	1709	-	1750	-	-	-	-	-	-
Workington	-	-	1649	1716	-	1757	-	-	-	-	-	-
Harrington	-	-	1653	1720	-	1801	-	-	-	-	-	-
Parton	-	-	1702	1729	-	1810	-	-	-	-	-	-
Whitehaven	a	-	1708	1735	-	1816	-	-	-	-	-	-
Whitehaven	d	-	-	1736	-	1818	-	-	-	-	-	-
Corkickle	-	-	-	1739	-	1820	-	-	-	-	-	-
St. Bees	-	-	-	1744	-	1827	-	-	-	-	-	-
Nethertown	-	-	-	-	-	1832	-	-	-	-	-	-
Braystones	-	-	-	-	-	1834	-	-	-	-	-	-
Sellafield	-	-	-	1755	-	1840	-	-	-	-	-	-
Seascale	-	-	-	1758	-	1843	-	-	-	-	-	-
Drigg	-	-	-	1802	-	-	-	-	-	-	-	-
Ravenglass	-	-	-	1806	-	1849	-	-	-	-	-	-
Bootle (Cumbria)	-	-	-	1812	-	-	-	-	-	-	-	-
Silecroft	-	-	-	1819	-	-	-	-	-	-	-	-
Millom	a	-	-	1824	-	1905	-	-	-	-	-	-
Millom	d	-	-	1825	-	1905	-	-	-	-	-	-
Green Road	-	-	-	1829	-	1910	-	-	-	-	-	-
Foxfield	-	-	-	1833	-	1914	-	-	-	-	-	-
Kirkby-in-Furness	-	-	-	1838	-	1919	-	-	-	-	-	-
Askam	-	-	-	1843	-	1925	-	-	-	-	-	-
Barrow-in-Furness	a	-	-	1857	-	1940	-	-	-	-	-	-
Barrow-in-Furness	d	1856	-	-	1903	-	1945	1945	1945	-	-	-
Roose	-	1900	-	-	1907	-	1949	1949	1949	-	-	-
Dalton	-	1907	-	-	1914	-	1955	1955	1955	-	-	-
Ulverston	-	1915	-	-	1922	-	2004	2004	2004	-	-	-
Cark	-	1922	-	-	1929	-	2011	2011	2011	-	-	-
Kents Bank	-	1927	-	-	1934	-	2015	2015	2015	-	-	-
Grange-over-Sands	-	1931	-	-	1938	-	2019	2019	2019	-	-	-
Arnside	-	1936	-	-	1943	-	2024	2024	2024	-	-	-
Silverdale	-	1941	-	-	1948	-	2028	2028	2028	-	-	-
Carnforth	-	1952	-	-	1955	-	2043	2043	2043	-	-	-
Windermere	d	-	-	-	-	-	-	-	-	2042	2042	-
Staveley	-	-	-	-	-	-	-	-	-	2047	2047	-
Burnside	-	-	-	-	-	-	-	-	-	2052	2052	-
Kendal	-	-	-	-	-	-	-	-	-	2056	2056	-
Oxenholme Lake District	a	-	-	-	-	-	-	-	-	2101	2101	-
Oxenholme Lake District	d	-	-	-	-	-	-	-	-	2109	-	-
Lancaster	a	1959	-	-	2002	-	2050	2050	2050	2124	-	-
Lancaster	d	2000	-	-	2003	-	2050	2050	2050	2125	-	-
Preston	a	2019	-	-	2022	-	2109	2109	2109	2144	-	-
Chorley	a	-	-	-	-	-	2121	2121	2124	-	-	-
Bolton	a	2106	-	-	2106	-	2134	2134	2147	-	-	-
Deansgate	a	-	-	-	-	-	-	-	-	2151	2241p	-
Manchester Oxford Road	a	2122	-	-	2122	-	-	2154	2243p	2220	-	-
Manchester Piccadilly	a	2126	-	-	2126	-	-	2158	2247p	2224	-	-
Manchester Airport	a	2146	-	-	2146	-	-	2215	2302p	2241	-	-

Notes
 p Change at Preston.
 x Request stop.
 X Until 30 December and from 17 February.
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 SO Saturdays only.
 SX Mondays to Fridays only.

Mondays to Saturdays

	SO	Y	SO	X	SO	Y	SX	SO	Y	SO	X	SX	SX	SO
Carlisle	d	-	1751	-	-	-	-	-	-	-	-	-	-	-
Dalston	-	-	1759	-	-	-	-	-	-	-	-	-	-	-
Wigton	-	-	1809	-	-	-	-	-	-	-	-	-	-	-
Aspatria	-	-	1819	-	-	-	-	-	-	-	-	-	-	-
Maryport	-	-	1831	-	-	-	-	-	-	-	-	-	-	-
Flimby	-	-	1834	-	-	-	-	-	-	-	-	-	-	-
Workington	-	-	1841	-	-	-	-	-	-	-	-	-	-	-
Harrington	-	-	1845	-	-	-	-	-	-	-	-	-	-	-
Parton	-	-	1854	-	-	-	-	-	-	-	-	-	-	-
Whitehaven	a	-	1859	-	-	-	-	-	-	-	-	-	-	-
Whitehaven	d	-	1900	-	-	-	-	-	-	-	-	-	-	-
Corkickle	-	-	1903	-	-	-	-	-	-	-	-	-	-	-
St. Bees	-	-	1914	-	-	-	-	-	-	-	-	-	-	-
Nethertown	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Braystones	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Sellafield	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Seascale	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Drigg	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Ravenglass	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Bootle (Cumbria)	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Silecroft	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Millom	a	-	-	-	-	-	-	-	-	-	-	-	-	-
Millom	d	-	2001	-	-	-	-	-	-	-	-	-	2029	2059
Green Road	-	-	2006	-	-	-	-	-	-	-	-	-	2033	-
Foxfield	-	-	2010	-	-	-	-	-	-	-	-	-	2037	2106
Kirkby-in-Furness	-	-	2015	-	-	-	-	-	-	-	-	-	2042	-
Askam	-	-	2020	-	-	-	-	-	-	-	-	-	2047	2115
Barrow-in-Furness	a	-	2036	-	-	-	-	-	-	-	-	-	2101	2129
Barrow-in-Furness	d	-	-	2042	2042	2045	-	-	-	-	-	-	-	-
Roose	-	-	-	2046	2046	2049	-	-	-	-	-	-	-	-
Dalton	-	-	-	2052	2052	2055	-	-	-	-	-	-	-	-
Ulverston	-	-	-	2101	2101	2104	-	-	-	-	-	-	-	-
Cark	-	-	-	2108	2108	2111	-	-	-	-	-	-	-	-
Kents Bank	-	-	-	2112	2112	2115	-	-	-	-	-	-	-	-
Grange-over-Sands	-	-	-	2116	2116	2119	-	-	-	-	-	-	-	-
Arnside</														

Carlisle - Barrow - Lancaster

Carlisle - Barrow - Lancaster

Carlisle - Barrow - Lancaster

Mondays to Saturdays

	SO	SX	SO	SO	X	SO	Y	SO	SO	X	SX	
Carlisle	d	1846	1909	1909	-	-	-	-	-	-	-	2000
Dalston		1854	1917	1917	-	-	-	-	-	-	-	2008
Wigton		1904	1926	1927	-	-	-	-	-	-	-	2017
Aspatria		1914	1937	1937	-	-	-	-	-	-	-	2028
Maryport		1926	1948	1948	-	-	-	-	-	-	-	2039
Flimby		1929	1951	1952	-	-	-	-	-	-	-	2043
Workington		1936	1958	1959	-	-	-	-	-	-	-	2050
Harrington		1940	2002	2003	-	-	-	-	-	-	-	2054
Parton		1950	2011	2012	-	-	-	-	-	-	-	2103
Whitehaven	a	1956	2016	2018	-	-	-	-	-	-	-	2109
Whitehaven	d	-	2017	2019	-	-	-	-	-	-	-	-
Corkickle		-	2020	2022	-	-	-	-	-	-	-	-
St. Bees		-	2028	2027	-	-	-	-	-	-	-	-
Nethertown		-	20x32	20x32	-	-	-	-	-	-	-	-
Braystones		-	20x35	20x34	-	-	-	-	-	-	-	-
Sellafield		-	2040	2039	-	-	-	-	-	-	-	-
Seascale		-	2044	2043	-	-	-	-	-	-	-	-
Drigg		-	2048	2047	-	-	-	-	-	-	-	-
Ravenglass		-	2051	2051	-	-	-	-	-	-	-	-
Bootle (Cumbria)		-	2057	2057	-	-	-	-	-	-	-	-
Silecroft		-	2104	2104	-	-	-	-	-	-	-	-
Millom	a	-	2109	2109	-	-	-	-	-	-	-	-
Millom	d	-	2110	2109	-	-	-	-	-	-	-	2200
Green Road		-	2114	2114	-	-	-	-	-	-	-	2204
Foxfield		-	2118	2118	-	-	-	-	-	-	-	2208
Kirkby-in-Furness		-	2123	2122	-	-	-	-	-	-	-	2213
Askam		-	2128	2127	-	-	-	-	-	-	-	2218
Barrow-in-Furness	a	-	2142	2141	-	-	-	-	-	-	-	2231
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	-	-	-	-	2225	2229	2247	-	-	-	-
Staveley		-	-	-	-	2235	2234	2252	-	-	-	-
Burneside		-	-	-	-	2245	2239	2257	-	-	-	-
Kendal		-	-	-	-	2255	2243	2301	-	-	-	-
Oxenholme Lake District	a	-	-	-	-	2310	2248	2306	-	-	-	-
Oxenholme Lake District	d	-	-	-	-	2310	2250	2308	-	-	-	-
Lancaster	a	-	2246	-	2246	2248	2355	2305	2324	-	-	-
Lancaster	d	-	2246	-	2246	-	2355	2305	2326	-	-	-
Preston	a	-	2310	-	2310	-	0035	2324	2345	-	-	-
Chorley	a	-	-	-	-	-	-	-	-	-	-	-
Bolton	a	-	-	-	-	-	-	-	-	-	-	-
Deansgate	a	-	-	-	-	-	-	-	-	-	-	-
Manchester Oxford Road	a	-	-	-	-	-	-	-	-	-	-	-
Manchester Piccadilly	a	-	-	-	-	-	-	-	-	-	-	-
Manchester Airport	a	-	-	-	-	-	-	-	-	-	-	-

Notes
 x Request stop.
 X Until 30 December and from 17 February.
 Y From 6 January until 10 February.
 SO Saturdays only.
 SX Mondays to Fridays only.
 Ⓞ Dry service - no alcohol permitted on board.
 🚐 Bus service - heavy luggage, dogs, bicycles and pushchairs may not be carried.

Mondays to Saturdays

	SX	SO	SO	SX								
Carlisle	d	2055	2106	2149	2201	-	-	-	-	-	-	-
Dalston		2103	2114	2157	2209	-	-	-	-	-	-	-
Wigton		2112	2123	2206	2218	-	-	-	-	-	-	-
Aspatria		2123	2134	2217	2229	-	-	-	-	-	-	-
Maryport		2134	2145	2228	2240	-	-	-	-	-	-	-
Flimby		2138	2149	2232	2244	-	-	-	-	-	-	-
Workington		2145	2156	2239	2251	-	-	-	-	-	-	-
Harrington		2149	2200	2243	2255	-	-	-	-	-	-	-
Parton		2158	2209	2252	2304	-	-	-	-	-	-	-
Whitehaven	a	2204	2215	2258	2311	-	-	-	-	-	-	-
Whitehaven	d	-	-	-	-	-	-	-	-	-	-	-
Corkickle		-	-	-	-	-	-	-	-	-	-	-
St. Bees		-	-	-	-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-	-	-
Sellafield		-	-	-	-	-	-	-	-	-	-	-
Seascale		-	-	-	-	-	-	-	-	-	-	-
Drigg		-	-	-	-	-	-	-	-	-	-	-
Ravenglass		-	-	-	-	-	-	-	-	-	-	-
Bootle (Cumbria)		-	-	-	-	-	-	-	-	-	-	-
Silecroft		-	-	-	-	-	-	-	-	-	-	-
Millom	a	-	-	-	-	-	-	-	-	-	-	-
Millom	d	-	-	-	-	-	-	-	-	-	-	-
Green Road		-	-	-	-	-	-	-	-	-	-	-
Foxfield		-	-	-	-	-	-	-	-	-	-	-
Kirkby-in-Furness		-	-	-	-	-	-	-	-	-	-	-
Askam		-	-	-	-	-	-	-	-	-	-	-
Barrow-in-Furness	a	-	-	-	-	-	-	-	-	-	-	-
Barrow-in-Furness	d	-	-	-	-	-	-	-	-	-	-	-
Roose		-	-	-	-	-	-	-	-	-	-	-
Dalton		-	-	-	-	-	-	-	-	-	-	-
Ulverston		-	-	-	-	-	-	-	-	-	-	-
Cark		-	-	-	-	-	-	-	-	-	-	-
Kents Bank		-	-	-	-	-	-	-	-	-	-	-
Grange-over-Sands		-	-	-	-	-	-	-	-	-	-	-
Arnside		-	-	-	-	-	-	-	-	-	-	-
Silverdale		-	-	-	-	-	-	-	-	-	-	-
Carnforth		-	-	-	-	-	-	-	-	-	-	-
Windermere	d	-	-	-	-	-	-	-	-	-	-	-
Staveley		-	-	-	-	-	-	-	-	-	-	-
Burneside		-	-	-	-	-	-	-	-	-	-	-
Kendal		-	-	-	-	-	-	-	-	-	-	-
Oxenholme Lake District	a	-	-	-	-	-	-	-	-	-	-	-
Oxenholme Lake District	d	-	-	-	-	-	-	-	-	-	-	-
Lancaster	a	-	-	-	-	-	-	-	-	-	-	-
Lancaster	d	-	-	-	-	-	-	-	-	-	-	-
Preston	a	-	-	-	-	-	-	-	-	-	-	-
Chorley	a	-	-	-	-	-	-	-	-	-	-	-
Bolton	a	-	-	-	-	-	-	-	-	-	-	-
Deansgate	a	-	-	-	-	-	-	-	-	-	-	-
Manchester Oxford Road	a	-	-	-	-	-	-	-	-	-	-	-
Manchester Piccadilly	a	-	-	-	-	-	-	-	-	-	-	-
Manchester Airport	a	-	-	-	-	-	-	-	-	-	-	-

Notes
 SO Saturdays only.
 SX Mondays to Fridays only.
 Ⓞ Dry service - no alcohol permitted on board.

Sundays

	V	V	W	W	W	V	V					
Carlisle	d	-	-	-	-	-	-	-	-	-	-	-
Dalston		-	-	-	-	-	-	-	-	-	-	-
Wigton		-	-	-	-	-	-	-	-	-	-	-
Aspatria		-	-	-	-	-	-	-	-	-	-	-
Maryport		-	-	-	-	-	-	-	-	-	-	-
Flimby		-	-	-	-	-	-	-	-	-	-	-
Workington		-	-	-	-	-	-	-	-	-	-	-
Harrington		-	-	-	-	-	-	-	-	-	-	-
Parton		-	-	-	-	-	-	-	-	-	-	-
Whitehaven	a	-	-	-	-	-	-	-	-	-	-	-
Whitehaven	d	-	-	-	-	-	-	-	-	-	-	-
Corkickle		-	-	-	-	-	-	-	-	-	-	-
St. Bees		-	-	-	-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-	-	-
Sellafield		-	-	-	-	-	-	-	-	-	-	-
Seascale		-	-	-								

Carlisle - Barrow - Lancaster

Sundays

	V	W	V	W	V	W	V	W
Carlisle d	-	-	-	-	0945	-	-	-
Dalston	-	-	-	-	0953	-	-	-
Wigton	-	-	-	-	1002	-	-	-
Aspatria	-	-	-	-	1013	-	-	-
Maryport	-	0917	-	-	1024	1024	-	-
Flimby	-	0920	-	-	-	-	-	-
Workington	-	0927	-	-	1033	1033	-	-
Harrington	-	0931	-	-	-	-	-	-
Parton	-	0940	-	-	1046	1046	-	-
Whitehaven a	-	0945	-	-	1050	1050	-	-
Whitehaven d	-	0946	-	-	1052	1052	-	-
Corkickle	-	0949	-	-	1054	1054	-	-
St. Bees	-	0954	-	-	1100	1100	-	-
Nethertown	-	09x59	-	-	-	-	-	-
Braystones	-	10x01	-	-	-	-	-	-
Sellafield	-	1007	-	-	1110	1110	-	-
Seascale	-	1010	-	-	1113	1113	-	-
Drigg	-	1014	-	-	1117	1117	-	-
Ravenglass	-	1018	-	-	1121	1121	-	-
Bootle (Cumbria)	-	1024	-	-	1127	1127	-	-
Silecroft	-	1031	-	-	1134	1134	-	-
Millom a	-	1036	-	-	1139	1139	-	-
Millom d	-	1036	-	-	1139	1139	-	-
Green Road	-	1041	-	-	1144	1144	-	-
Foxfield	-	1045	-	-	1148	1148	-	-
Kirkby-in-Furness	-	1049	-	-	1152	1152	-	-
Askam	-	1054	-	-	1157	1157	-	-
Barrow-in-Furness a	-	1108	-	-	1211	1211	-	-
Barrow-in-Furness d	1052	1052	-	1147	1147	-	-	-
Roose	1056	1056	-	1151	1151	-	-	-
Dalton	1102	1102	-	1158	1158	-	-	-
Ulverston	1111	1111	-	1206	1206	-	-	-
Cark	1118	1118	-	1213	1213	-	-	-
Kents Bank	1122	1122	-	1217	1217	-	-	-
Grange-over-Sands	1126	1126	-	1221	1221	-	-	-
Arnside	1131	1131	-	1227	1227	-	-	-
Silverdale	1135	1135	-	1231	1231	-	-	-
Carnforth	1143	1143	-	1239	1239	-	-	-
Windermere d	-	-	1224	-	1308	1308	-	-
Staveley	-	-	-	-	1313	1313	-	-
Burneside	-	-	-	-	1318	1318	-	-
Kendal	-	-	1236	-	1322	1322	-	-
Oxenholme Lake District a	-	-	1241	-	1327	1327	-	-
Oxenholme Lake District d	-	-	-	-	1329	1329	-	-
Lancaster a	1150	1150	-	1246	1246	1345	1345	-
Lancaster d	1151	1151	-	1247	1247	1349	1349	-
Preston a	1209	1209	-	1306	1306	1407	1408	-
Chorley a	1221	1224	-	1322	1325	1423	1424	-
Bolton a	1234	1248	-	1335	1349	1436	1448	-
Manchester Oxford Road	a	1250	1314p	-	1350	1411p	1452	1511p
Manchester Piccadilly	a	1256	1320p	-	1354	1420p	1456	1520p
Manchester Airport	a	1316	1336p	-	1416	1436p	1514	1536p

Notes
 p Change at Preston.
 x Request stop.
 V Until 31 December and from 18 February.
 W From 7 January until 11 February.

Carlisle - Barrow - Lancaster

Sundays

	V	W	V	W	V	W	V	W
Carlisle d	1023	1041	-	1106	-	-	1207	-
Dalston	1031	1049	-	1114	-	-	1215	-
Wigton	1041	1058	-	1124	-	-	1225	-
Aspatria	1051	1109	-	1134	-	-	1235	-
Maryport	1103	1120	-	1146	-	-	1247	-
Flimby	1107	1124	-	1149	-	-	1250	-
Workington	1114	1131	-	1156	-	-	1258	-
Harrington	1118	1135	-	1200	-	-	1302	-
Parton	1127	1144	-	1209	-	-	1311	-
Whitehaven a	1132	1148	-	1214	-	-	1316	-
Whitehaven d	1133	1150	-	1216	-	-	1318	-
Corkickle	1136	1152	-	1219	-	-	1321	-
St. Bees	1141	1158	-	1227	-	-	1327	-
Nethertown	-	-	-	12x31	-	-	-	-
Braystones	-	-	-	12x34	-	-	-	-
Sellafield	1151	1208	-	1239	-	-	1337	-
Seascale	1155	1211	-	1243	-	-	1341	-
Drigg	1159	1215	-	1247	-	-	1345	-
Ravenglass	1202	1219	-	1251	-	-	1349	-
Bootle (Cumbria)	1208	1225	-	1257	-	-	1355	-
Silecroft	1215	1232	-	1304	-	-	1402	-
Millom a	1220	1237	-	1309	-	-	1407	-
Millom d	1220	1237	-	1309	-	-	1407	-
Green Road	1225	1242	-	1314	-	-	1412	-
Foxfield	1229	1246	-	1318	-	-	1416	-
Kirkby-in-Furness	1233	1250	-	1322	-	-	1420	-
Askam	1238	1255	-	1327	-	-	1425	-
Barrow-in-Furness a	1252	1309	-	1341	-	-	1439	-
Barrow-in-Furness d	1254	1317	-	1349	1349	-	1447	1447
Roose	1258	1321	-	1353	1353	-	1451	1451
Dalton	1304	1327	-	1359	1359	-	1457	1457
Ulverston	1312	1335	-	1407	1407	-	1505	1505
Cark	-	-	-	1414	1414	-	1512	1512
Kents Bank	-	-	-	1418	1418	-	1516	1516
Grange-over-Sands	1325	1348	-	1422	1422	-	1520	1520
Arnside	1331	1354	-	1428	1428	-	1526	1526
Silverdale	1336	1359	-	1432	1432	-	1530	1530
Carnforth	1343	1406	-	1439	1439	-	1537	1537
Windermere d	-	-	1359	-	-	-	1446	-
Staveley	-	-	1404	-	-	-	1451	-
Burneside	-	-	1409	-	-	-	1456	-
Kendal	-	-	1413	-	-	-	1500	-
Oxenholme Lake District a	-	-	1418	-	-	-	1505	-
Oxenholme Lake District d	-	-	-	-	-	-	1515	-
Lancaster a	1352	1420	-	1446	1446	1529	1544	1544
Lancaster d	-	1427	-	1449	1449	1530	1546	1546
Preston a	-	1445	-	1507	1508	1547	1605	1605
Chorley a	-	-	-	1521	1524	-	1622	1624
Bolton a	-	1504	-	1534	1548	1606	1635	1648
Manchester Oxford Road	a	-	1520	-	1550	1611p	1620	1650
Manchester Piccadilly	a	-	1524	-	1555	1620p	1624	1655
Manchester Airport	a	-	1542	-	1613	1636p	1642	1713

Notes
 p Change at Preston.
 x Request stop.
 V Until 31 December and from 18 February.
 W From 7 January until 11 February.

Carlisle - Barrow - Lancaster

Sundays

	V	W	V	W	V	W	V	W
Carlisle d	-	-	1324	-	1401	-	-	1510
Dalston	-	-	1332	-	1409	-	-	1518
Wigton	-	-	1342	-	1419	-	-	1528
Aspatria	-	-	1352	-	1429	-	-	1538
Maryport	-	-	1403	-	1441	-	-	1550
Flimby	-	-	1407	-	1444	-	-	1553
Workington	-	-	1414	-	1451	-	-	1600
Harrington	-	-	1418	-	1455	-	-	1604
Parton	-	-	1427	-	1504	-	-	1613
Whitehaven a	-	-	1432	-	1509	-	-	1618
Whitehaven d	-	-	1433	-	1510	-	-	1619
Corkickle	-	-	1436	-	1513	-	-	1622
St. Bees	-	-	1441	-	1519	-	-	1629
Nethertown	-	-	-	-	-	-	-	16x33
Braystones	-	-	-	-	-	-	-	16x36
Sellafield	-	-	1452	-	1529	-	-	1641
Seascale	-	-	1455	-	1532	-	-	1645
Drigg	-	-	-	-	1536	-	-	1649
Ravenglass	-	-	1501	-	1540	-	-	1653
Bootle (Cumbria)	-	-	-	-	1546	-	-	1659
Silecroft	-	-	-	-	1553	-	-	1706
Millom a	-	-	1517	-	1558	-	-	1711
Millom d	-	-	1517	-	1559	-	-	1711
Green Road	-	-	-	-	1603	-	-	1716
Foxfield	-	-	1525	-	1607	-	-	1720
Kirkby-in-Furness	-	-	1529	-	1612	-	-	1724
Askam	-	-	1534	-	1617	-	-	1729
Barrow-in-Furness a	-	-	1548	-	1631	-	-	1743
Barrow-in-Furness d	-	-	1550	-	1646	1646	-	1716
Roose	-	-	1554	-	1650	1650	-	1720
Dalton	-	-	1600	-	1656	1656	-	1726
Ulverston	-	-	1608	-	1705	1705	-	1734
Cark	-	-	1616	-	1712	1712	-	1741
Kents Bank	-	-	1620	-	1716	1716	-	1745
Grange-over-Sands	-	-	1624	-	1720	1720	-	1749
Arnside	-	-	1630	-	1725	1725	-	1755
Silverdale	-	-	1635	-	1729	1729	-	1759
Carnforth	-	-	1642	-	1736	1736	-	1807
Windermere d	1555	1555	-	1659	-	-	1800	-
Staveley	1600	1600	-	1704	-	-	1805	-
Burneside	1605	1605	-	1709	-	-	1810	-
Kendal	1609	1609	-	1713	-	-	1814	-
Oxenholme Lake District a	1614	1614	-	1718	-	-	1819	-
Oxenholme Lake District d	1616	1616	-	1725	-	-	1830	-
Lancaster a	1633	1633	1652	1738	-	1743	1743	1843
Lancaster d	1648	1648	-	1740	-	1748	1748	1845
Preston a	1706	1707	-	1757	-	1806	1806	1902
Chorley a	1721	1724	-	-	-	1820	1823	-
Bolton a	1734	1748	-	-	-	1833	1847	-
Manchester Oxford Road	a	1752	1812p	-	-	1850	1912p	-
Manchester Piccadilly	a	1756	1820p	-	-	1855	1920p	-
Manchester Airport	a	1818	1837p	-	-	1914	1936p	-

Notes
 p Change at Preston.
 x Request stop.
 V Until 31 December and from 18 February.
 W From 7 January until 11 February.

Sundays

	V	W	V	V	W
Carlisle d	-	1616	-	1710	-
Dalston	-	1624	-	1718	-
Wigton	-	1634	-	1728	-
Aspatria	-	1644	-	1738	-
Maryport	-	1656	-	1750	-
Flimby	-	1659	-	1753	-
Workington	-	1706	-	1800	-
Harrington	-	1710	-	1804	-
Parton	-	1719	-	1813	-
Whitehaven a	-	1724	-	1818	-
Whitehaven d	-	1725	-	1819	-
Corkickle	-	1728	-	1822	-
St. Bees	-	1733	-	1829	-
Nethertown	-	-	-	18x33	-
Braystones	-	-	-	18x36	-
Sellafield	-	1744	-	1841	-
Seascale	-	1747	-	1844	-
Drigg	-	1751	-	1848	-
Ravenglass	-	1755	-	1852	-
Bootle (Cumbria)	-	1801	-	1858	-
Silecroft	-	1808	-	1905	-
Millom a	-	1813	-	1910	-
Millom d	-	1814	-	1910	1925
Green Road	-	1818	-	1915	1929
Foxfield	-	1822	-	1919	1933
Kirkby-in-Furness	-	1827	-	1923	1938
Askam	-	1832	-	1928	1943
Barrow-in-Furness a	-	1846	-	1942	1957
Barrow-in-Furness d	-	-	1851	-	1952 1952
Roose	-	-	1855	-	1956 1956
Dalton	-	-	1901	-	2002 2002
Ulverston	-	-	1909	-	2011 2011
Cark	-	-	1917	-	2018 2018
Kents Bank	-	-	1921	-	2022 2022
Grange-over-Sands	-	-	1925	-	2026 2026
Arnside	-	-	1931	-	2031 2031
Silverdale	-	-	1935	-	2035 2035
Carnforth	-	-	1943	-	2043 2043
Windermere d	1901 1901	-	1957	-	2047
Staveley	1907 1907	-	2002	-	2052
Burnside	1912 1912	-	2007	-	2057
Kendal	1916 1916	-	2011	-	2101
Oxenholme Lake District a	1921 1921	-	2016	-	2106
Oxenholme Lake District d	1922 1922	-	2024	-	2117
Lancaster a	1937 1937	-	1951 2037	-	2050 2050 2131
Lancaster d	1939 1939	-	1951 2039	-	2050 2050 2132
Preston a	1958 1958	-	2014 2056	-	2108 2108 2150
Chorley a	2023 2026	-	-	-	2122 2125
Bolton a	2036 2050	-	-	-	2136 2149
Manchester Oxford Road a	2051 2111p	-	-	-	2151 2216p 2221
Manchester Piccadilly a	2056 2120p	-	-	-	2155 2220p 2225
Manchester Airport a	2114 2136p	-	-	-	2213 2236p 2246

Notes
 p Change at Preston.
 x Request stop.
 V Until 31 December and from 18 February.
 W From 7 January until 11 February.

Sundays

Carlisle d	-	-	1810 1910 2010 2110	-	-	-	-
Dalston	-	-	1818 1918 2018 2118	-	-	-	-
Wigton	-	-	1827 1927 2027 2127	-	-	-	-
Aspatria	-	-	1838 1938 2038 2138	-	-	-	-
Maryport	-	-	1849 1949 2049 2149	-	-	-	-
Flimby	-	-	1853 1953 2053 2153	-	-	-	-
Workington	-	-	1900 2000 2100 2200	-	-	-	-
Harrington	-	-	1904 2004 2104 2204	-	-	-	-
Parton	-	-	1913 2013 2113 2213	-	-	-	-
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	2046	-	-	-	-	-	-
Roose	2050	-	-	-	-	-	-
Dalton	2056	-	-	-	-	-	-
Ulverston	2105	-	-	-	-	-	-
Cark	2112	-	-	-	-	-	-
Kents Bank	2116	-	-	-	-	-	-
Grange-over-Sands	2120	-	-	-	-	-	-
Arnside	2126	-	-	-	-	-	-
Silverdale	2131	-	-	-	-	-	-
Carnforth	2138	-	-	-	-	-	-
Windermere d	2147	-	-	-	-	-	-
Staveley	2152	-	-	-	-	-	-
Burnside	2157	-	-	-	-	-	-
Kendal	2201	-	-	-	-	-	-
Oxenholme Lake District a	2206	-	-	-	-	-	-
Oxenholme Lake District d	2217	-	-	-	-	-	-
Lancaster a	2148 2233	-	-	-	-	-	-
Lancaster d	2220 2233	-	-	-	-	-	-
Preston a	2238 2252	-	-	-	-	-	-
Chorley a	-	-	-	-	-	-	-
Bolton a	-	-	-	-	-	-	-
Manchester Oxford Road a	2318	-	-	-	-	-	-
Manchester Piccadilly a	2322	-	-	-	-	-	-
Manchester Airport a	2342	-	-	-	-	-	-

Mondays to Saturdays

	SX	SO	X	SO	Y
Manchester Airport d	-	-	-	-	0529 0529
Manchester Piccadilly	-	-	0457	-	0549 0549
Manchester Oxford Road	-	-	-	-	0552 0552
Deansgate	-	-	-	-	0555 0555
Bolton	-	-	-	-	0608 0608
Chorley	-	-	-	-	0620 0620
Preston	-	-	0518 0537	-	0633 0633 0633
Lancaster a	-	-	0538 0551	-	0651 0651 0651
Lancaster d	-	-	0538 0559	-	0653 0653 0653
Oxenholme Lake District a	-	-	0615	-	-
Oxenholme Lake District d	-	-	0617	-	-
Kendal	-	-	0621	-	-
Burnside	-	-	0625	-	-
Staveley	-	-	0630	-	-
Windermere a	-	-	0636	-	-
Carnforth	-	-	0549	-	0703 0703 0703
Silverdale	-	-	0554	-	0708 0708 0708
Arnside	-	-	0559	-	0712 0712 0712
Grange-over-Sands	-	-	0605	-	0718 0718 0718
Kents Bank	-	-	0608	-	0722 0722 0722
Cark	-	-	0612	-	0726 0726 0726
Ulverston	-	-	0621	-	0733 0733 0733
Dalton	-	-	0629	-	0742 0742 0742
Roose	-	-	0635	-	0748 0748 0748
Barrow-in-Furness a	-	-	0642	-	0755 0755 0755
Barrow-in-Furness d	-	-	0558	-	0651 0750
Askam	-	-	0608	-	0701 0800
Kirkby-in-Furness	-	-	0613	-	0706 0804
Foxfield	-	-	0618	-	0711 0809
Green Road	-	-	0622	-	0715 0813
Millom a	-	-	0627	-	0719 0817
Millom d	-	-	0627	-	0720 0818
Silecroft	-	-	0633	-	0725 0823
Bootle (Cumbria)	-	-	0640	-	0732 0830
Ravenglass	-	-	0647	-	0738 0836
Drigg	-	-	0651	-	0742 0840
Seascale	-	-	0655	-	0747 0844
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	-	-	0634 0727	-	0820 0913
Harrington	-	-	0643 0736	-	0829 0922
Workington	0549 0648 0742	-	-	-	0834 0928
Flimby	0554 0653 0747	-	-	-	0839 0933
Maryport	0558 0657 0751	-	-	-	0843 0936
Aspatria	0608 0707 0801	-	-	-	0854 0947
Wigton	0619 0718 0812	-	-	-	0904 0957
Dalston	0628 0727 0821	-	-	-	0913 1006
Carlisle a	0639 0738 0832	-	-	-	0925 1017

Notes
 x Request stop.
 X Until 30 December and from 17 February.
 Y From 6 January until 10 February.
 SO Saturdays only.
 SX Mondays to Fridays only.

Lancaster - Barrow - Carlisle

Lancaster - Barrow - Carlisle

Lancaster - Barrow - Carlisle

Mondays to Saturdays

					SX	SO	X	SO	Y		
Manchester Airport	d	-	0603	0704	-	-	0729	0729	0717p	-	-
Manchester Piccadilly	-	-	0622	0721	-	-	0750	0750	0733p	-	-
Manchester Oxford Road	-	-	0625	0725	-	-	0753	0753	0737p	-	-
Deansgate	-	-	-	-	-	-	0756	0756	0739p	-	-
Bolton	-	-	0639	-	-	-	0808	0808	0805	-	-
Chorley	-	-	-	-	-	-	0820	0820	0826	-	-
Preston	-	0644	0704	0800	0755	-	0834	0842	0843	-	-
Lancaster	a	0658	0719	0815	0809	-	0851	0859	0900	-	-
Lancaster	d	0700	0733	0822	0810	-	0851	0859	0900	-	-
Oxenholme Lake District	a	0712	-	-	0823	-	-	-	-	-	-
Oxenholme Lake District	d	0730	-	-	0829	-	-	-	0932	-	-
Kendal	-	0734	-	-	0833	-	-	-	0936	-	-
Burneside	-	0738	-	-	0837	-	-	-	0940	-	-
Staveley	-	0743	-	-	0842	-	-	-	0945	-	-
Windermere	a	0749	-	-	0848	-	-	-	0951	-	-
Carnforth	-	0744	0832	-	-	0901	0909	0910	-	-	-
Silverdale	-	0750	0838	-	-	0906	0914	0915	-	-	-
Arnside	-	0754	0842	-	-	0910	0919	0919	-	-	-
Grange-over-Sands	-	0800	0848	-	-	0916	0924	0925	-	-	-
Kents Bank	-	0804	-	-	-	0920	0928	0929	-	-	-
Cark	-	0808	0854	-	-	0924	0932	0933	-	-	-
Ulverston	-	0816	0902	-	-	0931	0940	0940	-	-	-
Dalton	-	0825	0910	-	-	0940	0948	0948	-	-	-
Roose	-	0831	-	-	-	0946	0955	0955	-	-	-
Barrow-in-Furness	a	-	0838	0922	-	0953	1001	1001	-	-	-
Barrow-in-Furness	d	-	-	-	0928	-	-	-	1022	-	-
Askam	-	-	-	-	0938	-	-	-	1032	-	-
Kirkby-in-Furness	-	-	-	-	0942	-	-	-	1036	-	-
Foxfield	-	-	-	-	0947	-	-	-	1041	-	-
Green Road	-	-	-	-	0951	-	-	-	1045	-	-
Millom	a	-	-	-	0955	-	-	-	1049	-	-
Millom	d	-	-	-	0955	-	-	-	1050	-	-
Silecroft	-	-	-	-	1000	-	-	-	1055	-	-
Bootle (Cumbria)	-	-	-	-	1007	-	-	-	1102	-	-
Ravenglass	-	-	-	-	1013	-	-	-	1108	-	-
Drigg	-	-	-	-	1017	-	-	-	1112	-	-
Seascale	-	-	-	-	1021	-	-	-	1116	-	-
Sellafield	-	-	-	-	1032	-	-	-	1122	-	-
Braystones	-	-	-	-	-	-	-	-	11x26	-	-
Nethertown	-	-	-	-	-	-	-	-	11x28	-	-
St. Bees	-	-	-	-	1042	-	-	-	1134	-	-
Corkickle	-	-	-	-	1047	-	-	-	1140	-	-
Whitehaven	a	-	-	-	1050	-	-	-	1143	-	-
Whitehaven	d	-	-	-	1051	-	-	-	1145	-	-
Parton	-	-	-	-	1055	-	-	-	1149	-	-
Harrington	-	-	-	-	1104	-	-	-	1158	-	-
Workington	-	-	-	-	1110	-	-	-	1203	-	-
Flimby	-	-	-	-	1115	-	-	-	1208	-	-
Maryport	-	-	-	-	1118	-	-	-	1212	-	-
Aspatria	-	-	-	-	1129	-	-	-	1223	-	-
Wigton	-	-	-	-	1139	-	-	-	1233	-	-
Dalston	-	-	-	-	1148	-	-	-	1242	-	-
Carlisle	a	-	-	-	1159	-	-	-	1253	-	-

Notes
 p Change at Preston
 x Request stop.
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 SO Saturdays only.
 SX Mondays to Fridays only.

Mondays to Saturdays

					SX	SO	X	SO	Y	SX	SO	X	SO	Y	SX
Manchester Airport	d	-	0829	0829	0817p	0929	0929	0917p	-	-	1029	-	-	-	-
Manchester Piccadilly	-	-	0850	0850	0833p	0950	0950	0933p	-	-	1050	-	-	-	-
Manchester Oxford Road	-	-	0853	0853	0836p	0953	0953	0937p	-	-	1053	-	-	-	-
Deansgate	-	-	0856	0856	0838p	0956	0956	0939p	-	-	1056	-	-	-	-
Bolton	-	-	0909	0909	0857	1008	1008	0952	-	-	1108	-	-	-	-
Chorley	-	-	0921	0921	0918	1020	1020	1012	-	-	1120	-	-	-	-
Preston	-	-	0945	0945	0945	1033	1033	1033	1041	-	1144	-	-	-	-
Lancaster	a	-	1002	1002	1002	1050	1050	1050	1055	-	1202	-	-	-	-
Lancaster	d	1014	1002	1003	1003	1051	1051	1051	1057	-	1202	-	-	-	-
Oxenholme Lake District	a	-	1019	1032	1032	-	-	-	1110	-	-	-	-	-	-
Oxenholme Lake District	d	-	1021	1033	1033	-	-	-	1121	-	-	-	-	-	-
Kendal	-	-	1025	1037	1037	-	-	-	1125	-	-	-	-	-	-
Burneside	-	-	1029	1041	1041	-	-	-	1129	-	-	-	-	-	-
Staveley	-	-	1034	1046	1046	-	-	-	1134	-	-	-	-	-	-
Windermere	a	-	1041	1053	1053	-	-	-	1140	-	-	-	-	-	-
Carnforth	-	1024	-	-	-	1101	1101	1101	-	-	1212	-	-	-	-
Silverdale	-	1030	-	-	-	1106	1106	1106	-	-	1217	-	-	-	-
Arnside	-	1034	-	-	-	1110	1110	1110	-	-	1221	-	-	-	-
Grange-over-Sands	-	1040	-	-	-	1116	1116	1116	-	-	1227	-	-	-	-
Kents Bank	-	1044	-	-	-	1120	1120	1120	-	-	1230	-	-	-	-
Cark	-	1048	-	-	-	1124	1124	1124	-	-	1234	-	-	-	-
Ulverston	-	1056	-	-	-	1131	1131	1131	-	-	1242	-	-	-	-
Dalton	-	1104	-	-	-	1140	1140	1140	-	-	1250	-	-	-	-
Roose	-	1110	-	-	-	1146	1146	1146	-	-	1256	-	-	-	-
Barrow-in-Furness	a	1118	-	-	-	1154	1154	1154	-	-	1302	-	-	-	-
Barrow-in-Furness	d	1119	-	-	-	-	-	-	1206	-	-	-	-	-	-
Askam	-	1130	-	-	-	-	-	-	1216	-	-	-	-	-	-
Kirkby-in-Furness	-	1134	-	-	-	-	-	-	1220	-	-	-	-	-	-
Foxfield	-	1139	-	-	-	-	-	-	1225	-	-	-	-	-	-
Green Road	-	1143	-	-	-	-	-	-	1229	-	-	-	-	-	-
Millom	a	1147	-	-	-	-	-	-	1233	-	-	-	-	-	-
Millom	d	1148	-	-	-	-	-	-	1234	-	-	-	-	-	-
Silecroft	-	1153	-	-	-	-	-	-	1239	-	-	-	-	-	-
Bootle (Cumbria)	-	1200	-	-	-	-	-	-	1246	-	-	-	-	-	-
Ravenglass	-	1206	-	-	-	-	-	-	1252	-	-	-	-	-	-
Drigg	-	1209	-	-	-	-	-	-	1255	-	-	-	-	-	-
Seascale	-	1213	-	-	-	-	-	-	1259	-	-	-	-	-	-
Sellafield	-	1217	-	-	-	-	-	-	1303	-	-	-	-	-	-
Braystones	-	-	-	-	-	-	-	-	13x06	-	-	-	-	-	-
Nethertown	-	-	-	-	-	-	-	-	13x09	-	-	-	-	-	-
St. Bees	-	1227	-	-	-	-	-	-	1328	-	-	-	-	-	-
Corkickle	-	1233	-	-	-	-	-	-	1334	-	-	-	-	-	-
Whitehaven	a	1235	-	-	-	-	-	-	1336	-	-	-	-	-	-
Whitehaven	d	1237	-	-	-	-	-	-	1338	-	-	-	-	-	-
Parton	-	1241	-	-	-	-	-	-	1342	-	-	-	-	-	-
Harrington	-	-	-	-	-	-	-	-	1351	-	-	-	-	-	-
Workington	-	1254	-	-	-	-	-	-	1356	-	-	-	-	-	-
Flimby	-	-	-	-	-	-	-	-	1401	-	-	-	-	-	-
Maryport	-	1302	-	-	-	-	-	-	1405	-	-	-	-	-	-
Aspatria	-	1313	-	-	-	-	-	-	1416	-	-	-	-	-	-
Wigton	-	1323	-	-	-	-	-	-	1426	-	-	-	-	-	-
Dalston	-	-	-	-	-	-	-	-	1435	-	-	-	-	-	-
Carlisle	a	1341	-	-	-	-	-	-	1450	-	-	-	-	-	-

Notes
 p Change at Preston.
 x Request stop.
 X Until 30 December and from 17 February.
 Y From 6 January until 10 February.
 SO Saturdays only.
 SX Mondays to Fridays only.

Mondays to Saturdays

					SO	X	SO	Y	SX	SO	X	SO	Y	SX
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Lancaster - Barrow - Carlisle

Lancaster - Barrow - Carlisle

Lancaster - Barrow - Carlisle

Mondays to Saturdays

	SO	X	SO	Y	SX	SO	X	SO	Y	SO	SX
Manchester Airport	d	1229	1217p	1304	-	1329	1329	1317p	-	1404	-
Manchester Piccadilly		1250	1233p	1321	-	1350	1350	1333p	-	1421	-
Manchester Oxford Road		1253	1237p	1324	-	1353	1353	1337p	-	1424	-
Deansgate		1256	1239p	-	-	1356	1356	1339p	-	-	-
Bolton		1309	1258	1339	-	1408	1408	1358	-	1439	-
Chorley		1322	1319	-	-	1420	1420	1419	-	-	-
Preston		1346	1346	1405	-	1445	1445	1445	-	1503	-
Lancaster	a	1403	1403	1420	-	1502	1502	1502	-	1518	-
Lancaster	d	1404	1404	1421	-	1502	1502	1502	-	1519	-
Oxenholme Lake District	a	-	-	1434	-	-	-	-	-	1532	-
Oxenholme Lake District	d	-	-	1439	-	-	-	-	-	1537	-
Kendal		-	-	1443	-	-	-	-	-	1541	-
Burneside		-	-	-	-	-	-	-	-	1545	-
Staveley		-	-	-	-	-	-	-	-	1550	-
Windermere	a	-	-	1456	-	-	-	-	-	1556	-
Carnforth		1414	1414	-	-	1512	1512	1512	-	-	-
Silverdale		1419	1419	-	-	1517	1517	1517	-	-	-
Arnsdale		1423	1423	-	-	1522	1522	1522	-	-	-
Grange-over-Sands		1429	1429	-	-	1527	1527	1527	-	-	-
Kents Bank		1432	1432	-	-	1531	1531	1531	-	-	-
Cark		1436	1436	-	-	1536	1536	1536	-	-	-
Ulverston		1444	1444	-	-	1543	1543	1543	-	-	-
Dalton		1452	1452	-	-	1552	1552	1552	-	-	-
Roose		1458	1458	-	-	1558	1558	1558	-	-	-
Barrow-in-Furness	a	1505	1505	-	-	1605	1605	1605	-	-	-
Barrow-in-Furness	d	-	-	1544	-	-	-	1611	-	-	-
Askam		-	-	1554	-	-	-	1621	-	-	-
Kirkby-in-Furness		-	-	1558	-	-	-	1625	-	-	-
Foxfield		-	-	1603	-	-	-	1630	-	-	-
Green Road		-	-	1607	-	-	-	1634	-	-	-
Millom	a	-	-	1611	-	-	-	1638	-	-	-
Millom	d	-	-	1612	-	-	-	1639	-	-	-
Silecroft		-	-	1617	-	-	-	1644	-	-	-
Bootle (Cumbria)		-	-	1624	-	-	-	1651	-	-	-
Ravenglass		-	-	1630	-	-	-	1657	-	-	-
Drigg		-	-	1633	-	-	-	1700	-	-	-
Seascale		-	-	1637	-	-	-	1704	-	-	-
Sellafield		-	-	1641	-	-	-	1708	-	-	-
Braystones		-	-	-	-	-	-	17x11	-	-	-
Nethertown		-	-	-	-	-	-	17x14	-	-	-
St. Bees		-	-	1652	-	-	-	1719	-	-	-
Corkickle		-	-	1657	-	-	-	1724	-	-	-
Whitehaven	a	-	-	1700	-	-	-	1728	-	-	-
Whitehaven	d	-	-	1701	-	-	-	1729	-	1749	-
Parton		-	-	1705	-	-	-	1734	-	1753	-
Harrington		-	-	1714	-	-	-	1743	-	1802	-
Workington		-	-	1720	-	-	-	1748	-	1807	-
Flimby		-	-	1725	-	-	-	1753	-	1812	-
Maryport		-	-	1729	-	-	-	1757	-	1816	-
Aspatria		-	-	1739	-	-	-	1808	-	1827	-
Wigton		-	-	1749	-	-	-	1818	-	1837	-
Dalston		-	-	1759	-	-	-	1827	-	1846	-
Carlisle	a	-	-	1810	-	-	-	1841	-	1857	-

Notes
 p Change at Preston.
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Mondays to Saturdays

	SX	SX	SO	X	SO	Y	SX	SO	X	SO	Y
Manchester Airport	d	-	1429	1429	1417p	-	1529	1529	1517p	-	-
Manchester Piccadilly		-	1450	1450	1433p	-	1550	1550	1533p	-	-
Manchester Oxford Road		-	1453	1453	1436p	-	1553	1553	1537p	-	-
Deansgate		-	1456	1456	1438p	-	1556	1556	1539p	-	-
Bolton		-	1508	1508	1452	-	1608	1608	1552	-	-
Chorley		-	1520	1520	1512	-	1620	1620	1612	-	-
Preston		-	1533	1533	1533	1541	1633	1633	1633	-	1701
Lancaster	a	-	1550	1550	1550	1555	1651	1651	1651	-	1716
Lancaster	d	-	1551	1551	1551	1601	1652	1652	1652	-	1727
Oxenholme Lake District	a	-	1631	1631	1631	-	-	-	-	-	-
Oxenholme Lake District	d	-	1632	1632	1632	-	-	-	-	-	-
Kendal		-	1637	1637	1637	-	-	-	-	-	-
Burneside		-	1640	1640	1640	-	-	-	-	-	-
Staveley		-	1645	1645	1645	-	-	-	-	-	-
Windermere	a	-	1652	1652	1652	-	-	-	-	-	-
Carnforth		-	-	-	-	1611	1701	1701	1701	-	1737
Silverdale		-	-	-	-	1617	1706	1706	1706	-	1742
Arnsdale		-	-	-	-	1622	1711	1711	1711	-	1747
Grange-over-Sands		-	-	-	-	1628	1716	1716	1716	-	1753
Kents Bank		-	-	-	-	1632	1720	1720	1720	-	1756
Cark		-	-	-	-	1637	1724	1724	1724	-	1800
Ulverston		-	-	-	-	1645	1732	1732	1732	-	1808
Dalton		-	-	-	-	1654	1740	1740	1740	-	1816
Roose		-	-	-	-	1700	1746	1746	1746	-	1822
Barrow-in-Furness	a	-	-	-	-	1709	1753	1753	1753	-	1830
Barrow-in-Furness	d	1615	-	-	-	1716	-	-	-	1807	-
Askam		1625	-	-	-	1726	-	-	-	1817	-
Kirkby-in-Furness		1630	-	-	-	1731	-	-	-	1821	-
Foxfield		1634	-	-	-	1735	-	-	-	1826	-
Green Road		1638	-	-	-	1739	-	-	-	1830	-
Millom	a	1643	-	-	-	1744	-	-	-	1834	-
Millom	d	1643	-	-	-	1744	-	-	-	1834	-
Silecroft		1648	-	-	-	1749	-	-	-	-	-
Bootle (Cumbria)		1655	-	-	-	1756	-	-	-	-	-
Ravenglass		1701	-	-	-	1803	-	-	1849	-	-
Drigg		1705	-	-	-	1806	-	-	1853	-	-
Seascale		1709	-	-	-	1810	-	-	1857	-	-
Sellafield		1713	-	-	-	1814	-	-	1900	-	-
Braystones		-	-	-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-	-
St. Bees		-	-	-	-	1828	-	-	1912	-	-
Corkickle		-	-	-	-	1834	-	-	1917	-	-
Whitehaven	a	-	-	-	-	1836	-	-	1920	-	-
Whitehaven	d	-	-	-	-	1838	-	-	1921	-	-
Parton		-	-	-	-	1842	-	-	1925	-	-
Harrington		-	-	-	-	1851	-	-	1934	-	-
Workington		-	-	-	-	1856	-	-	1943	-	-
Flimby		-	-	-	-	1901	-	-	1948	-	-
Maryport		-	-	-	-	1905	-	-	1953	-	-
Aspatria		-	-	-	-	1915	-	-	2003	-	-
Wigton		-	-	-	-	1925	-	-	2014	-	-
Dalston		-	-	-	-	1934	-	-	2023	-	-
Carlisle	a	-	-	-	-	1945	-	-	2034	-	-

Notes
 p Change at Preston.
 X Until 30 December and from 17 February.
 Y From 6 January until 10 February.
 SO Saturdays only.
 SX Mondays to Fridays only.

Mondays to Saturdays

	SX	SO	Y	SO	X	SO	SX	SO	SX	
Manchester Airport	d	1604	1629	1617p	1629	-	-	1704	1704	-
Manchester Piccadilly		1621	1650	1633p	1650	-	-	1721	1721	-
Manchester Oxford Road		1624	1653	1637p	1653	-	-	1724	1724	-
Deansgate		-	1656	1639p	1656	-	-	-	-	-
Bolton		-	1708	1658	1708	-	-	-	-	-
Chorley		-	1720	1719	1720	-	-	-	-	-
Preston		1704	1734	1734	1734	-	-	1754	1803	1803
Lancaster	a	1721	1752	1752	1752	-	-	1808	1818	1818
Lancaster	d	1722	1752	1752	1752	-	-	1810	1836	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		-	1802	1802	1802	-	-	1846	1846	-
Silverdale		-	1807	1807	1807	-	-	1852	1852	-
Arnsdale		-	1811	1811	1811	-	-	1856	1856	-
Grange-over-Sands		-	1817	1817	1817	-	-	1902	1902	-
Kents Bank		-	1820	1820	1820	-	-	1906	1906	-
Cark		-	1824	1824	1824	-	-	1910	1910	-
Ulverston		-	1832	1832	1832	-	-	1918	1918	-
Dalton		-	1840	1840	1840	-	-	1926	1926	-
Roose		-	1846	1846	1846	-	-	1932	1932	-
Barrow-in-Furness	a	-	1852	1852	1852	-	-	1940	1940	-
Barrow-in-Furness	d	-	-	-	-	1857	1912	-	1944	1947
Askam		-	-	-	-	1907	1922	-	1954	1957
Kirkby-in-Furness		-	-	-	-	1911	1926	-	1958	2001
Foxfield		-	-	-	-	1916	1931	-	2003	2006
Green Road		-	-	-	-	1920	1935	-	2007	2010
Millom	a	-	-	-	-	1924	1939	-	2011	2015
Millom	d	-	-	-	-	1924	1940	-	2011	-
Silecroft		-	-	-	-	1929	1945	-	2016	-
Bootle (Cumbria)		-	-	-	-	1936	1952	-	2023	-
Ravenglass		-	-	-	-	1942	1958	-	2029	-
Drigg		-	-	-	-					

Lancaster - Barrow - Carlisle

Lancaster - Barrow - Carlisle

Lancaster - Barrow - Carlisle

Mondays to Saturdays

	SX	SO	X	SO	Y	SX	SO	SX	SO	SX	SO	X	SO	Y
Manchester Airport	d	1729	1729	1717	p	-	-	-	-	1829	1829	1817	p	-
Manchester Piccadilly		1750	1750	1733	p	-	-	-	-	1850	1850	1833	p	-
Manchester Oxford Road		1753	1753	1737	p	-	-	-	-	1853	1853	1837	p	-
Deansgate		1756	1756	1739	p	-	-	-	-	1856	1856	1839	p	-
Bolton		1808	1808	1758	-	-	-	-	-	1909	1909	1858	-	-
Chorley		1823	1823	1819	-	-	-	-	-	1921	1921	1919	-	-
Preston		1844	1844	1844	-	-	-	-	-	1934	1945	1945	-	-
Lancaster	a	1902	1902	1902	-	-	-	-	-	1951	2002	2002	-	-
Lancaster	d	1902	1902	1902	1913	1913	-	-	-	1951	2003	2003	-	-
Oxenholme Lake District	a	1920	1920	1920	-	-	-	-	-	-	-	-	-	-
Oxenholme Lake District	d	1922	1922	1922	-	-	-	-	-	-	-	-	-	-
Kendal		1926	1926	1926	-	-	-	-	-	-	-	-	-	-
Burneside		1930	1930	1930	-	-	-	-	-	-	-	-	-	-
Staveley		1935	1935	1935	-	-	-	-	-	-	-	-	-	-
Windermere	a	1942	1942	1942	-	-	-	-	-	-	-	-	-	-
Carnforth		-	-	-	1923	1923	-	-	-	2001	2012	2012	-	-
Silverdale		-	-	-	1929	1929	-	-	-	2006	2017	2017	-	-
Arnside		-	-	-	1933	1933	-	-	-	2010	2022	2022	-	-
Grange-over-Sands		-	-	-	1939	1939	-	-	-	2016	2027	2027	-	-
Kents Bank		-	-	-	1943	1943	-	-	-	2020	2031	2031	-	-
Cark		-	-	-	1947	1947	-	-	-	2024	2035	2035	-	-
Ulverston		-	-	-	1955	1955	-	-	-	2031	2043	2043	-	-
Dalton		-	-	-	2003	2003	-	-	-	2040	2051	2051	-	-
Roose		-	-	-	2009	2009	-	-	-	2046	2057	2057	-	-
Barrow-in-Furness	a	-	-	-	2017	2017	-	-	-	2053	2104	2104	-	-
Barrow-in-Furness	d	-	-	-	2018	2018	-	-	-	-	-	-	-	-
Askam		-	-	-	2028	2028	-	-	-	-	-	-	-	-
Kirkby-in-Furness		-	-	-	2033	2033	-	-	-	-	-	-	-	-
Foxfield		-	-	-	2037	2038	-	-	-	-	-	-	-	-
Green Road		-	-	-	2041	2042	-	-	-	-	-	-	-	-
Millom	a	-	-	-	2046	2047	-	-	-	-	-	-	-	-
Millom	d	-	-	-	2046	-	-	-	-	-	-	-	-	-
Silecroft		-	-	-	2051	-	-	-	-	-	-	-	-	-
Bootle (Cumbria)		-	-	-	2058	-	-	-	-	-	-	-	-	-
Ravenglass		-	-	-	2104	-	-	-	-	-	-	-	-	-
Drigg		-	-	-	2107	-	-	-	-	-	-	-	-	-
Seascale		-	-	-	2111	-	-	-	-	-	-	-	-	-
Sellafield		-	-	-	2115	-	-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-	-	-	-	-
St. Bees		-	-	-	2124	-	-	-	-	-	-	-	-	-
Corkickle		-	-	-	2130	-	-	-	-	-	-	-	-	-
Whitehaven	a	-	-	-	2132	-	-	-	-	-	-	-	-	-
Whitehaven	d	-	-	-	2134	-	2209	2209	-	-	-	-	-	-
Parton		-	-	-	2138	-	2213	2213	-	-	-	-	-	-
Harrington		-	-	-	2147	-	2222	2222	-	-	-	-	-	-
Workington		-	-	-	2152	-	2227	2227	-	-	-	-	-	-
Flimby		-	-	-	2157	-	2232	2232	-	-	-	-	-	-
Maryport		-	-	-	2201	-	2236	2236	-	-	-	-	-	-
Aspatria		-	-	-	2211	-	2247	-	-	-	-	-	-	-
Wigton		-	-	-	2221	-	2257	-	-	-	-	-	-	-
Dalston		-	-	-	2230	-	2306	-	-	-	-	-	-	-
Carlisle	a	-	-	-	2241	-	2317	-	-	-	-	-	-	-

Notes
 p Change at Preston.
 X Until 30 December and from 17 February.
 Y From 6 January until 10 February.
 SO Saturdays only.
 SX Mondays to Fridays only.

Mondays to Saturdays

	SX	SO	Y	SO	X	SX	SO	X	SX	SO	Y
Manchester Airport	d	-	-	1929	1917	p	1929	-	-	-	-
Manchester Piccadilly		-	-	1950	1933	p	1950	-	-	-	-
Manchester Oxford Road		-	-	1953	1937	p	1953	-	-	-	-
Deansgate		-	-	1956	1939	p	1956	-	-	-	-
Bolton		-	-	2008	1955	2008	-	-	-	-	-
Chorley		-	-	2020	2016	2020	-	-	-	-	-
Preston	1941	-	-	2033	2033	2033	2041	2041	2041	-	2125
Lancaster	a	1955	-	2050	2050	2050	2055	2055	2055	-	2215
Lancaster	d	1957	-	2051	2051	2051	2057	2057	2057	-	-
Oxenholme Lake District	a	2010	-	-	-	-	2110	2110	2110	-	-
Oxenholme Lake District	d	2018	-	-	-	-	2115	2117	2120	-	-
Kendal		2022	-	-	-	-	2125	2121	2124	-	-
Burneside		2026	-	-	-	-	2135	2125	2128	-	-
Staveley		2031	-	-	-	-	2145	2130	2133	-	-
Windermere	a	2037	-	-	-	-	2155	2136	2139	-	-
Carnforth		-	-	2100	2100	2100	-	-	-	-	-
Silverdale		-	-	2106	2106	2106	-	-	-	-	-
Arnside		-	-	2110	2110	2110	-	-	-	-	-
Grange-over-Sands		-	-	2116	2116	2116	-	-	-	-	-
Kents Bank		-	-	2120	2120	2120	-	-	-	-	-
Cark		-	-	2124	2124	2124	-	-	-	-	-
Ulverston		-	-	2131	2131	2131	-	-	-	-	-
Dalton		-	-	2140	2140	2140	-	-	-	-	-
Roose		-	-	2146	2146	2146	-	-	-	-	-
Barrow-in-Furness	a	-	-	2153	2153	2153	-	-	-	-	-
Barrow-in-Furness	d	-	2110	-	-	-	-	-	-	2211	-
Askam		-	2120	-	-	-	-	-	-	2221	-
Kirkby-in-Furness		-	2124	-	-	-	-	-	-	2225	-
Foxfield		-	2129	-	-	-	-	-	-	2230	-
Green Road		-	2133	-	-	-	-	-	-	2234	-
Millom	a	-	2138	-	-	-	-	-	-	2239	-
Millom	d	-	-	-	-	-	-	-	-	-	-
Silecroft		-	-	-	-	-	-	-	-	-	-
Bootle (Cumbria)		-	-	-	-	-	-	-	-	-	-
Ravenglass		-	-	-	-	-	-	-	-	-	-
Drigg		-	-	-	-	-	-	-	-	-	-
Seascale		-	-	-	-	-	-	-	-	-	-
Sellafield		-	-	-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-	-
St. Bees		-	-	-	-	-	-	-	-	-	-
Corkickle		-	-	-	-	-	-	-	-	-	-
Whitehaven	a	-	-	-	-	-	-	-	-	-	-
Whitehaven	d	-	-	-	-	-	-	-	-	-	-
Parton		-	-	-	-	-	-	-	-	-	-
Harrington		-	-	-	-	-	-	-	-	-	-
Workington		-	-	-	-	-	-	-	-	-	-
Flimby		-	-	-	-	-	-	-	-	-	-
Maryport		-	-	-	-	-	-	-	-	-	-
Aspatria		-	-	-	-	-	-	-	-	-	-
Wigton		-	-	-	-	-	-	-	-	-	-
Dalston		-	-	-	-	-	-	-	-	-	-
Carlisle	a	-	-	-	-	-	-	-	-	-	-

Notes
 p Change at Preston.
 X Until 30 December and from 17 February.
 Y From 6 January until 10 February.
 SO Saturdays only.
 SX Mondays to Fridays only.
 Bus service - heavy luggage, dogs, bicycles and pushchairs may not be carried.

Mondays to Saturdays

	SO	X	SO	Y	SX	SO	Y	SO	X	SX	SO	Y	SO	X
Manchester Airport	d	-	-	-	-	-	-	-	-	-	-	-	-	2159
Manchester Piccadilly		-	-	-	-	-	-	-	-	-	-	-	-	2220
Manchester Oxford Road		-	-	-	-	-	-	-	-	-	-	-	-	2224
Deansgate		-	-	-	-	-	-	-	-	-	-	-	-	-
Bolton		-	-	-	-	-	-	-	-	-	-	-	-	2239
Chorley		-	-	-	-	-	-	-	-	-	-	-	-	2252
Preston		-	-	-	2143	-	2211	2230	23					

Useful contact details

Sundays

		V	W																	
Manchester Airport	d	-	1930	1845p	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Manchester Piccadilly	-	1948	1901p	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Manchester Oxford Road	-	1952	1905p	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Bolton	-	2010	1959	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Chorley	-	2022	2019	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Preston	-	1942	2046	2054	2041	2141	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Lancaster	a	1956	2104	2111	2055	2155	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Lancaster	d	1958	2104	2112	2057	2220	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Oxenholme Lake District	a	2010	-	-	2109	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Oxenholme Lake District	d	2022	-	-	2121	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Kendal	-	2026	-	-	2125	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Burnside	-	2030	-	-	2129	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Staveley	-	2035	-	-	2134	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Windermere	a	2041	-	-	2140	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Carnforth	-	-	2114	2121	-	2230	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Silverdale	-	-	2119	2126	-	2235	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Arnside	-	-	2123	2130	-	2240	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Grange-over-Sands	-	-	2128	2136	-	2246	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Kents Bank	-	-	2132	2139	-	2249	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Cark	-	-	2136	2143	-	2253	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Ulverston	-	-	2143	2151	-	2301	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Dalton	-	-	2151	2159	-	2309	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Roose	-	-	2157	2205	-	2315	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Barrow-in-Furness	a	-	2204	2211	-	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

p Change at Preston.
V Until 31 December and from 18 February.
W From 7 January until 11 February.



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**

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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