

Train times

6

15 December 2024 –
17 May 2025

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



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

How to read this timetable

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

Minimum connection times

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

Community Rail Partnerships and community groups

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

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

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

Planning your journey

National Rail Enquiries

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

TrainTracker™

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

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

Call: **0800 138 5560**

Textphone: **0800 138 5561**

Email: assistance@northernrailway.co.uk

Improving our railway

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

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

Delay Repay

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

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

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

Carlisle - Barrow - Lancaster

Mondays to Saturdays												
				SO		SX						
	Carlisle	d	-	-	-	-	-	-	-	-	-	-
	Dalston	-	-	-	-	-	-	-	-	-	-	-
	Wigton	-	-	-	-	-	-	-	-	-	-	-
	Aspatria	-	-	-	-	-	-	-	-	-	-	-
	Maryport	-	-	-	-	-	-	-	-	-	-	0548
	Flimby	-	-	-	-	-	-	-	-	-	-	0551
	Workington	-	-	-	-	-	-	-	-	-	-	0558
	Harrington	-	-	-	-	-	-	-	-	-	-	0603
	Parton	-	-	-	-	-	-	-	-	-	-	0612
	Whitehaven	a	-	-	-	-	-	-	-	-	-	0616
	Whitehaven	d	-	-	-	-	-	-	-	-	-	0618
	Corkickle	-	-	-	-	-	-	-	-	-	-	0620
	St. Bees	-	-	-	-	-	-	-	-	-	-	0626
	Nethertown	-	-	-	-	-	-	-	-	-	-	06x31
	Braystones	-	-	-	-	-	-	-	-	-	-	06x33
	Sellafield	-	-	-	-	-	-	-	-	-	-	0639
	Seascale	-	-	-	-	-	-	-	-	-	-	0643
	Drigg	-	-	-	-	-	-	-	-	-	-	0647
	Ravenglass	-	-	-	-	-	-	-	-	-	-	0650
	Bootle (Cumbria)	-	-	-	-	-	-	-	-	-	-	0657
	Silecroft	-	-	-	-	-	-	-	-	-	-	0704
	Millom	a	-	-	-	-	-	-	-	-	-	0709
	Millom	d	-	-	-	-	0610	-	-	-	-	0709
	Green Road	-	-	-	-	-	0614	-	-	-	-	0714
	Foxfield	-	-	-	-	-	0618	-	-	-	-	0718
	Kirkby-in-Furness	-	-	-	-	-	0623	-	-	-	-	0722
	Askam	-	-	-	-	-	0628	-	-	-	-	0727
	Barrow-in-Furness	a	-	-	-	-	0641	-	-	-	-	0741
	Barrow-in-Furness	d	0458	-	0550	0550	0612	-	0650	-	0712	-
	Roose	-	-	-	0554	0554	0616	-	0654	-	0716	-
	Dalton	-	0507	-	0601	0601	0623	-	0700	-	0722	-
	Ulverston	-	0516	-	0609	0609	0631	-	0709	-	0730	-
	Cark	-	-	-	0616	0616	0639	-	0716	-	0738	-
	Kents Bank	-	-	-	0620	0620	0643	-	0720	-	-	-
	Grange-over-Sands	-	0528	-	0624	0624	0647	-	0724	-	0744	-
	Arnside	-	0534	-	0630	0630	0653	-	0729	-	0750	-
	Silverdale	-	-	-	0634	0634	0658	-	0734	-	0755	-
	Carnforth	-	0543	-	0642	0644	0706	-	0743	-	0802	-
	Windermere	d	-	0642	-	-	-	-	-	0756	-	-
	Staveley	-	-	0647	-	-	-	-	-	0801	-	-
	Burneside	-	-	0652	-	-	-	-	-	0806	-	-
	Kendal	-	-	0656	-	-	-	-	-	0810	-	-
	Oxenholme Lake District	a	-	0701	-	-	-	-	-	0815	-	-
	Oxenholme Lake District	d	-	0709	-	-	-	-	-	0825	-	-
	Lancaster	a	0550	0723	0649	0651	0716	-	0750	0839	0812	-
	Lancaster	d	0550	0724	0649	0652	0724	-	0751	0840	0831	-
	Preston	a	0609	0742	0707	0711	0742	-	0809	0858	0848	-
	Chorley	a	0621	-	0722	0723	-	-	0821	-	-	-
	Bolton	a	0634	-	0737	0738	-	-	0836	-	-	-
	Deansgate	a	0651	-	0751	0751	-	-	0851	-	-	-
	Manchester Oxford Road	a	0654	0823	0754	0754	0823	-	0854	-	0922	-
	Manchester Piccadilly	a	0658	0827	0758	0758	0827	-	0858	-	0926	-
	Manchester Airport	a	0715	0844	0815	0815	0844	-	0915	-	0944	-

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

Carlisle - Barrow - Lancaster

Mondays to Saturdays									
						SX	SO		
	Carlisle	d	-	-	0553	-	-	0619 0710	- 0808
	Dalston	-	-	-	0602	-	-	0628 0719	- 0816
	Wigton	-	-	-	0611	-	-	0638 0729	- 0826
	Aspatria	-	-	-	0622	-	-	0649 0740	- 0836
	Maryport	-	-	-	0633	-	-	0701 0751	- 0848
	Flimby	-	-	-	0637	-	-	0705 0755	- 085
	Workington	-	-	-	0644	-	-	0712 0803	- 0858
	Harrington	-	-	-	0648	-	-	0716 0807	- 0903
	Parton	-	-	-	0657	-	-	0725 0817	- 0912
	Whitehaven	a	-	-	0702	-	-	0730 0821	- 0916
	Whitehaven	d	-	-	0703	-	-	0731 0823	- 0918
	Corkickle	-	-	-	0706	-	-	0734 0826	- 0920
	St. Bees	-	-	-	0712	-	-	0739 0832	- 0928
	Nethertown	-	-	-	-	-	-	-	-
	Braystones	-	-	-	-	-	-	-	-
	Sellafield	-	-	-	0723	-	-	0750 0843	- 0939
	Seascale	-	-	-	0727	-	-	0754 0847	- 0942
	Drigg	-	-	-	0731	-	-	0758 0851	- 0946
	Ravenglass	-	-	-	0735	-	-	0802 0855	- 0950
	Bootle (Cumbria)	-	-	-	0741	-	-	0808 0902	- 0957
	Silecroft	-	-	-	0748	-	-	0815 0909	- 1004
	Millom	a	-	-	0753	-	-	0820 0914	- 1009
	Millom	d	-	-	0754	-	-	0821 0914	- 1009
	Green Road	-	-	-	0758	-	-	0825 0919	- 1014
	Foxfield	-	-	-	0802	-	-	0829 0923	- 1018
	Kirkby-in-Furness	-	-	-	0807	-	-	0834 0928	- 1022
	Askam	-	-	-	0812	-	-	0839 0933	- 1027
	Barrow-in-Furness	a	-	-	0826	-	-	0853 0947	- 1041
	Barrow-in-Furness	d	0748	-	-	0848	-	-	0958 - -
	Roose	-	0752	-	-	0852	-	-	1002 - -
	Dalton	-	0759	-	-	0859	-	-	1008 - -
	Ulverston	-	0807	-	-	0907	-	-	1017 - -
	Cark	-	0814	-	-	0914	-	-	1024 - -
	Kents Bank	-	0818	-	-	0918	-	-	1028 - -
	Grange-over-Sands	-	0822	-	-	0922	-	-	1032 - -
	Arnsdale	-	0828	-	-	0928	-	-	1039 - -
	Silverdale	-	0832	-	-	0932	-	-	1043 - -
	Carnforth	-	0839	-	-	0940	-	-	1055 - -
	Windermere	d	-	0852	-	-	0955 1008	-	- 1057 -
	Staveley	-	-	-	-	-	1000 1013	-	- 1102 -
	Burnside	-	-	-	-	-	1005 1018	-	- 1107 -
	Kendal	-	-	0904	-	-	1009 1022	-	- 1111 -
	Oxenholme Lake District	a	-	0909	-	-	1014 1027	-	- 1116 -
	Oxenholme Lake District	d	-	0925	-	-	1016 1029	-	- 1126 -
	Lancaster	a	0846	0938	-	0948	1033 1046	-	- 1105 1139 -
	Lancaster	d	0848	0940	-	0950	1050 1048	-	- 1130 1141 -
	Preston	a	0906	0957	-	1008	1108 1106	-	- 1149 1158 -
	Chorley	a	0920	-	-	1020	1120 1120	-	- - -
	Bolton	a	0934	-	-	1034	1134 1134	-	- 1207 -
	Deansgate	a	0951	-	-	1051	1151 1151	-	- - -
	Manchester Oxford Road	a	0954	-	-	1054	1154 1154	-	- 1222 -
	Manchester Piccadilly	a	0958	-	-	1058	1158 1158	-	- 1226 -
	Manchester Airport	a	1015	-	-	1115	1215 1215	-	- 1244 -

Notes
SO Saturdays only.
SX Mondays to Fridays only.

Carlisle - Barrow - Lancaster

Mondays to Saturdays												
	Carlisle	d	-	-	0902	-	-	1013	-	1108	-	1209
	Dalston	-	-	-	0910	-	-	1021	-	1116	-	1217
	Wigton	-	-	-	0920	-	-	1031	-	1125	-	1227
	Aspatria	-	-	-	0930	-	-	1041	-	1136	-	1237
	Maryport	-	-	-	0942	-	-	1053	-	1147	-	1249
	Flimby	-	-	-	0945	-	-	1056	-	1150	-	1252
	Workington	-	-	-	0952	-	-	1103	-	1157	-	1259
	Harrington	-	-	-	0957	-	-	1108	-	1201	-	1304
	Parton	-	-	-	1006	-	-	1117	-	1210	-	1313
	Whitehaven	a	-	-	1010	-	-	1121	-	1215	-	1317
	Whitehaven	d	-	-	1012	-	-	1124	-	1216	-	1319
	Corkickle	-	-	-	1014	-	-	1126	-	1219	-	1321
	St. Bees	-	-	-	1020	-	-	1133	-	1229	-	1329
	Nethertown	-	-	-	-	-	-	11x37	-	-	-	-
	Braystones	-	-	-	-	-	-	11x40	-	-	-	-
	Sellafield	-	-	-	1031	-	-	1145	-	1239	-	1340
	Seascale	-	-	-	1035	-	-	1149	-	1242	-	1343
	Drigg	-	-	-	1039	-	-	1153	-	1246	-	1347
	Ravenglass	-	-	-	1043	-	-	1157	-	1250	-	1351
	Bootle (Cumbria)	-	-	-	1049	-	-	1203	-	1256	-	1357
	Silecroft	-	-	-	1056	-	-	1210	-	1303	-	1404
	Millom	a	-	-	1101	-	-	1215	-	1308	-	1409
	Millom	d	-	-	1102	-	-	1216	-	1308	-	1410
	Green Road	-	-	-	1106	-	-	1220	-	1313	-	1414
	Foxfield	-	-	-	1111	-	-	1224	-	1317	-	1418
	Kirkby-in-Furness	-	-	-	1116	-	-	1229	-	1321	-	1423
	Askam	-	-	-	1121	-	-	1234	-	1326	-	1428
	Barrow-in-Furness	a	-	-	1137	-	-	1248	-	1340	-	1442
	Barrow-in-Furness	d	1049	-	-	1151	-	1250	-	-	1352	-
	Roose	1053	-	-	1155	-	1254	-	-	-	1356	-
	Dalton	1100	-	-	1202	-	1300	-	-	-	1403	-
	Ulverston	1108	-	-	1210	-	1308	-	-	-	1411	-
	Cark	1115	-	-	1217	-	1316	-	-	-	1418	-
	Kents Bank	1119	-	-	1221	-	1320	-	-	-	1422	-
	Grange-over-Sands	1123	-	-	1225	-	1324	-	-	-	1426	-
	Arnside	1129	-	-	1231	-	1330	-	-	-	1432	-
	Silverdale	1133	-	-	1235	-	1335	-	-	-	1436	-
	Carnforth	1140	-	-	1243	-	1343	-	-	-	1443	-
	Windermere	d	-	1147	-	-	1307	-	1358	-	-	-
	Staveley	-	1152	-	-	-	1312	-	1403	-	-	-
	Burneside	-	1157	-	-	-	1317	-	1408	-	-	-
	Kendal	-	1201	-	-	-	1321	-	1412	-	-	-
	Oxenholme Lake District	a	-	1206	-	-	1326	-	1417	-	-	-
	Oxenholme Lake District	d	-	1212	-	-	1329	-	1425	-	-	-
	Lancaster	a	1147	1226	-	1250	1345	1353	1438	-	1451	-
	Lancaster	d	1149	1227	-	1251	1349	1428	1440	-	1452	-
	Preston	a	1208	1245	-	1309	1407	1446	1457	-	1510	-
	Chorley	a	1220	-	-	1321	1420	-	-	-	1522	-
	Bolton	a	1234	1306	-	1334	1434	1506	-	-	1534	-
	Deansgate	a	1251	-	-	1351	1451	-	-	-	1551	-
	Manchester Oxford Road	a	1254	1322	-	1354	1454	1522	-	-	1554	-
	Manchester Piccadilly	a	1258	1326	-	1358	1458	1526	-	-	1558	-
	Manchester Airport	a	1315	1344	-	1415	1515	1544	-	-	1615	-

Notes
x Stops on request.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

			SO	SX					
Carlisle	d	-	-	-	1308	-	1408	-	1440
Dalston	-	-	-	-	1316	-	1416	-	1448
Wigton	-	-	-	-	1326	-	1426	-	1458
Aspatria	-	-	-	-	1336	-	1436	-	1508
Maryport	-	-	-	-	1348	-	1448	-	1520
Flimby	-	-	-	-	1351	-	1451	-	1523
Workington	-	-	-	-	1358	-	1458	-	1530
Harrington	-	-	-	-	1403	-	1503	-	1535
Parton	-	-	-	-	1412	-	1512	-	1544
Whitehaven	a	-	-	-	1416	-	1516	-	1548
Whitehaven	d	-	-	-	1418	-	1518	-	1550
Corkickle	-	-	-	-	1420	-	1520	-	1553
St. Bees	-	-	-	-	1430	-	1534	-	1559
Nethertown	-	-	-	-	-	-	-	-	16x03
Braystones	-	-	-	-	-	-	-	-	16x06
Sellafield	-	-	-	-	1440	-	1544	-	1611
Seascale	-	-	-	-	1444	-	1548	-	1615
Drigg	-	-	-	-	1448	-	1552	-	1619
Ravenglass	-	-	-	-	1452	-	1555	-	1623
Bootle (Cumbria)	-	-	-	-	1458	-	1602	-	1629
Silecroft	-	-	-	-	1505	-	1609	-	1636
Millom	a	-	-	-	1510	-	1614	-	1641
Millom	d	-	-	-	1511	-	1614	-	1642
Green Road	-	-	-	-	1515	-	1619	-	1646
Foxfield	-	-	-	-	1519	-	1623	-	1650
Kirkby-in-Furness	-	-	-	-	1524	-	1627	-	1655
Askam	-	-	-	-	1529	-	1632	-	1700
Barrow-in-Furness	a	-	-	-	1543	-	1646	-	1714
Barrow-in-Furness	d	-	1447	1447	1550	-	1651	-	1719
Roose	-	-	1451	1451	1554	-	1655	-	1723
Dalton	-	-	1458	1458	1600	-	1702	-	1729
Ulverston	-	-	1506	1506	1608	-	1710	-	1737
Cark	-	-	1513	1513	1616	-	1717	-	1745
Kents Bank	-	-	1517	1517	1620	-	1721	-	-
Grange-over-Sands	-	-	1521	1521	1624	-	1725	-	1752
Arnside	-	-	1527	1527	1630	-	1731	-	1758
Silverdale	-	-	1531	1531	1635	-	1735	-	1803
Carnforth	-	-	1538	1539	1643	-	1743	-	1810
Windermere	d	1500	-	-	1600	-	1707	-	1805
Staveley	-	-	1505	-	1605	-	1712	-	1810
Burneside	-	-	1510	-	1610	-	1717	-	1815
Kendal	-	-	1514	-	1614	-	1721	-	1819
Oxenholme Lake District	a	1519	-	-	1619	-	1726	-	1824
Oxenholme Lake District	d	1525	-	-	1627	-	1747	-	1832
Lancaster	a	1538	1545	1546	1643	1653	-	1750	1845
Lancaster	d	1540	1550	1548	1649	1727	-	1750	1847
Preston	a	1557	1608	1606	1708	1746	1816	-	1808
Chorley	a	-	1620	-	1720	-	-	-	1820
Bolton	a	-	1634	-	1734	1805	-	-	1834
Deansgate	a	-	1651	1647	1751	-	-	-	1852
Manchester Oxford Road	a	-	1654	1649	1754	1822	-	-	1854
Manchester Piccadilly	a	-	1658	1653	1758	1826	-	-	1858
Manchester Airport	a	-	1715	1711	1815	1844	-	-	1915

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

Carlisle - Barrow - Lancaster

Mondays to Saturdays

					SX		SX	SX	SO	SO
Carlisle	d	1512	-	-	-	-	-	1559	1626	- 1707
Dalston		1520	-	-	-	-	-	1607	1634	- 1715
Wigton		1529	-	-	-	-	-	1617	1644	- 1725
Aspatria		1540	-	-	-	-	-	1627	1654	- 1735
Maryport		1551	-	-	-	-	-	1639	1706	- 1747
Flimby		1555	-	-	-	-	-	1642	1709	- 1750
Workington		1602	-	-	-	-	-	1649	1716	- 1757
Harrington		1606	-	-	-	-	-	1654	1721	- 1802
Parton		1615	-	-	-	-	-	1703	1730	- 1811
Whitehaven	a	1620	-	-	-	-	-	1709	1736	- 1816
Whitehaven	d	1621	-	-	-	-	-	-	1737	- 1818
Corkickle		1624	-	-	-	-	-	-	1740	- 1820
St. Bees		1630	-	-	-	-	-	-	1745	- 1827
Nethertown		-	-	-	-	-	-	-	-	- 18x32
Braystones		-	-	-	-	-	-	-	-	- 18x34
Sellafield		1641	-	-	1724	-	-	-	1756	- 1840
Seascale		1645	-	-	1727	-	-	-	1759	- 1843
Drigg		1649	-	-	1731	-	-	-	1803	- -
Ravenglass		1653	-	-	1735	-	-	-	1807	- 1849
Bootle (Cumbria)		1659	-	-	1741	-	-	-	1813	- -
Silecroft		1707	-	-	1748	-	-	-	1820	- -
Millom	a	1712	-	-	1753	-	-	-	1825	- 1905
Millom	d	1712	-	-	1754	-	-	-	1825	- 1905
Green Road		1717	-	-	1758	-	-	-	1830	- 1910
Foxfield		1721	-	-	1802	-	-	-	1834	- 1914
Kirkby-in-Furness		1726	-	-	1807	-	-	-	1838	- 1919
Askam		1731	-	-	1812	-	-	-	1843	- 1925
Barrow-in-Furness	a	1745	-	-	1826	-	-	-	1857	- 1940
Barrow-in-Furness	d	-	1802	-	-	-	1856	-	-	1903 -
Roose		-	1806	-	-	-	1900	-	-	1907 -
Dalton		-	1812	-	-	-	1907	-	-	1914 -
Ulverston		-	1821	-	-	-	1915	-	-	1922 -
Cark		-	1828	-	-	-	1922	-	-	1929 -
Kents Bank		-	1832	-	-	-	1927	-	-	1934 -
Grange-over-Sands		-	1836	-	-	-	1931	-	-	1938 -
Arnside		-	1842	-	-	-	1936	-	-	1943 -
Silverdale		-	1847	-	-	-	1941	-	-	1948 -
Carnforth		-	1856	-	-	-	1952	-	-	1955 -
Windermere	d	-	-	1856	-	1948	-	-	-	- -
Staveley		-	-	1901	-	1953	-	-	-	- -
Burneside		-	-	1906	-	1958	-	-	-	- -
Kendal		-	-	1910	-	2002	-	-	-	- -
Oxenholme Lake District	a	-	-	1915	-	2007	-	-	-	- -
Oxenholme Lake District	d	-	-	1917	-	2013	-	-	-	- -
Lancaster	a	-	1906	1933	-	2027	1959	-	-	2002 -
Lancaster	d	-	1929	1935	-	2028	2000	-	-	2004 -
Preston	a	-	1947	1954	-	2045	2019	-	-	2023 -
Chorley	a	-	-	2020	-	-	-	-	-	- -
Bolton	a	-	-	2034	-	2106	2106	-	-	2106 -
Deansgate	a	-	-	2051	-	-	-	-	-	- -
Manchester Oxford Road	a	-	2024	2054	-	2122	2122	-	-	2122 -
Manchester Piccadilly	a	-	2028	2058	-	2126	2126	-	-	2126 -
Manchester Airport	a	-	2045	2115	-	2146	2146	-	-	2146 -

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

Carlisle - Barrow - Lancaster

Mondays to Saturdays

2020																
		M	SO	X	SX	SO	Y	SO	X	SO	Y	SX	SO	Y	SO	X
	Carlisle	d	-	-	-	-	1751	-	-	-	-	-	-	-	-	-
	Dalston		-	-	-	-	1759	-	-	-	-	-	-	-	-	-
	Wigton		-	-	-	-	1808	-	-	-	-	-	-	-	-	-
	Aspatria		-	-	-	-	1819	-	-	-	-	-	-	-	-	-
	Maryport		-	-	-	-	1830	-	-	-	-	-	-	-	-	-
	Flimby		-	-	-	-	1834	-	-	-	-	-	-	-	-	-
	Workington		-	-	-	-	1841	-	-	-	-	-	-	-	-	-
	Harrington		-	-	-	-	1845	-	-	-	-	-	-	-	-	-
	Parton		-	-	-	-	1854	-	-	-	-	-	-	-	-	-
	Whitehaven	a	-	-	-	-	1859	-	-	-	-	-	-	-	-	-
	Whitehaven	d	-	-	-	-	1900	-	-	-	-	-	-	-	-	-
	Corkickle		-	-	-	-	1903	-	-	-	-	-	-	-	-	-
	St. Bees		-	-	-	-	1916	-	-	-	-	-	-	-	-	-
	Nethertown		-	-	-	-	-	-	-	-	-	-	-	-	-	-
	Braystones		-	-	-	-	-	-	-	-	-	-	-	-	-	-
	Sellafield		-	-	-	-	1927	-	-	-	-	-	-	-	-	-
	Seascale		-	-	-	-	1931	-	-	-	-	-	-	-	-	-
	Drigg		-	-	-	-	1935	-	-	-	-	-	-	-	-	-
	Ravenglass		-	-	-	-	1939	-	-	-	-	-	-	-	-	-
	Bootle (Cumbria)		-	-	-	-	1946	-	-	-	-	-	-	-	-	-
	Silecroft		-	-	-	-	1953	-	-	-	-	-	-	-	-	-
	Millom	a	-	-	-	-	1958	-	-	-	-	-	-	-	-	-
	Millom	d	-	-	-	-	2001	-	-	-	-	-	-	-	-	-
	Green Road		-	-	-	-	2006	-	-	-	-	-	-	-	-	-
	Foxfield		-	-	-	-	2010	-	-	-	-	-	-	-	-	-
	Kirkby-in-Furness		-	-	-	-	2015	-	-	-	-	-	-	-	-	-
	Askam		-	-	-	-	2020	-	-	-	-	-	-	-	-	-
	Barrow-in-Furness	a	-	-	-	-	2036	-	-	-	-	-	-	-	-	-
	Barrow-in-Furness	d	1945	-	-	-	-	2042	2042	2045	-	-	-	-	-	-
	Roose		1949	-	-	-	-	2046	2046	2049	-	-	-	-	-	-
	Dalton		1955	-	-	-	-	2052	2052	2055	-	-	-	-	-	-
	Ulverston		2004	-	-	-	-	2101	2101	2104	-	-	-	-	-	-
	Cark		2011	-	-	-	-	2108	2108	2111	-	-	-	-	-	-
	Kents Bank		2015	-	-	-	-	2112	2112	2115	-	-	-	-	-	-
	Grange-over-Sands		2019	-	-	-	-	2116	2116	2119	-	-	-	-	-	-
	Arnside		2024	-	-	-	-	2123	2122	2125	-	-	-	-	-	-
	Silverdale		2028	-	-	-	-	2127	2127	2130	-	-	-	-	-	-
	Carnforth		2042	-	-	-	-	2135	2134	2138	-	-	-	-	-	-
	Windermere	d	-	2041	2042	2042	-	-	-	-	-	-	2125	2140	-	-
	Staveley		-	2046	2047	2047	-	-	-	-	-	-	2135	2145	-	-
	Burneside		-	2051	2052	2052	-	-	-	-	-	-	2145	2150	-	-
	Kendal		-	2055	2056	2056	-	-	-	-	-	-	2155	2154	-	-
	Oxenholme Lake District	a	-	2100	2101	2101	-	-	-	-	-	-	2210	2159	-	-
	Oxenholme Lake District	d	-	-	2113	2103	-	-	-	-	-	-	-	-	-	-
	Lancaster	a	2049	-	2126	2120	-	2143	2143	2148	-	-	-	-	-	-
	Lancaster	d	2050	-	2127	-	-	2143	-	2226	-	-	-	-	-	-
	Preston	a	2109	-	2145	-	-	2205	-	2244	-	-	-	-	-	-
	Chorley	a	2121	-	-	-	-	-	-	-	-	-	-	-	-	-
	Bolton	a	2134	-	-	-	-	-	-	-	-	-	-	-	-	-
	Deansgate	a	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	Manchester Oxford Road	a	-	-	2221	-	-	-	-	2321	-	-	-	-	-	-
	Manchester Piccadilly	a	-	-	2224	-	-	-	-	2325	-	-	-	-	-	-
	Manchester Airport	a	-	-	2241	-	-	-	-	2343	-	-	-	-	-	-

Carlisle - Barrow - Lancaster

Sundays

		V	V	W	W	V			
Carlisle	d	-	-	-	-	-	-	-	-
Dalston		-	-	-	-	-	-	-	-
Wigton		-	-	-	-	-	-	-	-
Aspatria		-	-	-	-	-	-	-	-
Maryport		-	-	-	-	-	-	-	-
Flimby		-	-	-	-	-	-	-	-
Workington		-	-	-	-	-	-	-	-
Harrington		-	-	-	-	-	-	-	-
Parton		-	-	-	-	-	-	-	-
Whitehaven	a	-	-	-	-	-	-	-	-
Whitehaven	d	-	-	-	-	-	-	-	-
Corkickle		-	-	-	-	-	-	-	-
St. Bees		-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-
Sellafield		-	-	-	-	-	-	-	-
Seascale		-	-	-	-	-	-	-	-
Drigg		-	-	-	-	-	-	-	-
Ravenglass		-	-	-	-	-	-	-	-
Bootle (Cumbria)		-	-	-	-	-	-	-	-
Silecroft		-	-	-	-	-	-	-	-
Millom	a	-	-	-	-	-	-	-	-
Millom	d	-	-	-	-	-	0950	-	-
Green Road		-	-	-	-	-	0954	-	-
Foxfield		-	-	-	-	-	0958	-	-
Kirkby-in-Furness		-	-	-	-	-	1003	-	-
Askam		-	-	-	-	-	1008	-	-
Barrow-in-Furness	a	-	-	-	-	-	1021	-	-
Barrow-in-Furness	d	0753	0841	0905	0905	0952	-	-	1052
Roose		0757	0845	-	0909	0956	-	-	1056
Dalton		0803	0851	-	0915	1002	-	-	1102
Ulverston		0812	0859	0922	0924	1010	-	-	1111
Cark		0819	0906	-	0931	1017	-	-	1118
Kents Bank		0823	0910	-	0935	1021	-	-	1122
Grange-over-Sands		0827	0914	0934	0939	1025	-	-	1126
Arnsdale		0833	0920	0940	0945	1031	-	-	1131
Silverdale		0838	0924	-	0950	1035	-	-	1135
Carnforth		0845	0931	0951	0957	1043	-	-	1143
Windermere	d	-	-	-	-	-	1030	1053	-
Staveley		-	-	-	-	-	1040	1058	-
Burnside		-	-	-	-	-	1050	1103	-
Kendal		-	-	-	-	-	1100	1107	-
Oxenholme Lake District	a	-	-	-	-	-	1115	1112	-
Oxenholme Lake District	d	-	-	-	-	-	1123	1123	-
Lancaster	a	-	0938	1001	-	1050	1137	1137	-
Lancaster	d	-	0945	-	-	1051	1138	1138	-
Preston	a	-	1004	-	-	1110	1156	1156	-
Chorley	a	-	1019	-	-	1122	-	-	-
Bolton	a	-	1032	-	-	1135	-	-	-
Manchester Oxford Road	a	-	1046	-	-	1151	1238	1238	-
Manchester Piccadilly	a	-	-	-	-	1156	1242	1242	-
Manchester Airport	a	-	-	-	-	1220	1258	1258	-

Notes

V Until 29 December and from 16 February.
 W From 5 January until 9 February.
 🚌 - Bus service - heavy luggage, dogs, bicycles and pushchairs may not be carried.

Carlisle - Barrow - Lancaster

Sundays												
				V	W	V	W					
Carlisle	d	-	-	-	0945	-	1023	1041	-	1106		
Dalston	-	-	-	-	0953	-	1031	1049	-	1114		
Wigton	-	-	-	-	1002	-	1041	1058	-	1124		
Aspatria	-	-	-	-	1013	-	1051	1109	-	1134		
Maryport	0917	-	-	-	1024	1024	1103	1120	-	1146		
Flimby	0920	-	-	-	-	-	1107	1124	-	1149		
Workington	0927	-	-	-	1033	1033	1114	1131	-	1156		
Harrington	0932	-	-	-	-	-	1118	1135	-	1201		
Parton	0941	-	-	-	1046	1046	1127	1144	-	1210		
Whitehaven	a	0945	-	-	1050	1050	1132	1148	-	1214		
Whitehaven	d	0947	-	-	1052	1052	1133	1150	-	1216		
Corkickle	0949	-	-	-	1054	1054	1136	1152	-	1219		
St. Bees	0955	-	-	-	1100	1100	1141	1158	-	1227		
Nethertown	09x59	-	-	-	-	-	-	-	-	12x31		
Braystones	10x02	-	-	-	-	-	-	-	-	12x34		
Sellafield	1007	-	-	-	1110	1110	1151	1208	-	1239		
Seascale	1011	-	-	-	1113	1113	1155	1211	-	1243		
Drigg	1015	-	-	-	1117	1117	1159	1215	-	1247		
Ravenglass	1018	-	-	-	1121	1121	1202	1219	-	1250		
Bootle (Cumbria)	1025	-	-	-	1127	1127	1208	1225	-	1257		
Silecroft	1032	-	-	-	1134	1134	1215	1232	-	1304		
Millom	a	1037	-	-	1139	1139	1220	1237	-	1309		
Millom	d	1037	-	-	1139	1139	1220	1237	-	1309		
Green Road	1042	-	-	-	1144	1144	1225	1242	-	1314		
Foxfield	1046	-	-	-	1148	1148	1229	1246	-	1318		
Kirkby-in-Furness	1050	-	-	-	1152	1152	1233	1250	-	1322		
Askam	1055	-	-	-	1157	1157	1238	1255	-	1327		
Barrow-in-Furness	a	1109	-	-	1211	1211	1252	1309	-	1341		
Barrow-in-Furness	d	-	-	1147	-	-	1254	1317	-	-		
Roose	-	-	1151	-	-	-	1258	1321	-	-		
Dalton	-	-	1158	-	-	-	1304	1327	-	-		
Ulverston	-	-	1206	-	-	-	1312	1335	-	-		
Cark	-	-	1213	-	-	-	-	-	-	-		
Kents Bank	-	-	1217	-	-	-	-	-	-	-		
Grange-over-Sands	-	-	1221	-	-	-	1325	1348	-	-		
Arnside	-	-	1227	-	-	-	1331	1354	-	-		
Silverdale	-	-	1231	-	-	-	1336	1359	-	-		
Carnforth	-	-	1239	-	-	-	1343	1406	-	-		
Windermere	d	-	1224	-	1308	-	-	-	1359	-		
Staveley	-	-	-	1313	-	-	-	-	1404	-		
Burneside	-	-	-	1318	-	-	-	-	1409	-		
Kendal	-	1236	-	1322	-	-	-	-	1413	-		
Oxenholme Lake District	a	-	1241	-	1327	-	-	-	1418	-		
Oxenholme Lake District	d	-	-	-	1329	-	-	-	-	-		
Lancaster	a	-	-	1246	1345	-	-	1352	1417	-	-	
Lancaster	d	-	-	1247	1349	-	-	-	-	-	-	
Preston	a	-	-	1306	1407	-	-	-	-	-	-	
Chorley	a	-	-	1322	1423	-	-	-	-	-	-	
Bolton	a	-	-	1335	1436	-	-	-	-	-	-	
Manchester Oxford Road	a	-	-	1350	1452	-	-	-	-	-	-	
Manchester Piccadilly	a	-	-	1354	1456	-	-	-	-	-	-	
Manchester Airport	a	-	-	1416	1514	-	-	-	-	-	-	

Notes
x Stops on request.
V Until 29 December and from 16 February.
W From 5 January until 9 February.

Carlisle - Barrow - Lancaster

Sundays												
Carlisle	d	-	-	1207	-	-	1324	-	1400	-	-	
Dalston	-	-	1215	-	-	1332	-	1408	-	-	-	
Wigton	-	-	1225	-	-	1342	-	1418	-	-	-	
Aspatria	-	-	1235	-	-	1352	-	1428	-	-	-	
Maryport	-	-	1247	-	-	1403	-	1440	-	-	-	
Flimby	-	-	1250	-	-	1407	-	1443	-	-	-	
Workington	-	-	1258	-	-	1414	-	1450	-	-	-	
Harrington	-	-	1302	-	-	1418	-	1455	-	-	-	
Parton	-	-	1311	-	-	1427	-	1504	-	-	-	
Whitehaven	a	-	1316	-	-	1432	-	1508	-	-	-	
Whitehaven	d	-	1318	-	-	1433	-	1510	-	-	-	
Corkickle	-	-	1321	-	-	1436	-	1512	-	-	-	
St. Bees	-	-	1327	-	-	1441	-	1519	-	-	-	
Nethertown	-	-	-	-	-	-	-	-	-	-	-	
Braystones	-	-	-	-	-	-	-	-	-	-	-	
Sellafield	-	-	1337	-	-	1452	-	1529	-	-	-	
Seascale	-	-	1341	-	-	1455	-	1532	-	-	-	
Drigg	-	-	1345	-	-	-	-	1536	-	-	-	
Ravenglass	-	-	1348	-	-	1501	-	1540	-	-	-	
Bootle (Cumbria)	-	-	1355	-	-	-	-	1546	-	-	-	
Silecroft	-	-	1402	-	-	-	-	1553	-	-	-	
Millom	a	-	1407	-	-	1517	-	1558	-	-	-	
Millom	d	-	1407	-	-	1517	-	1559	-	-	-	
Green Road	-	-	1412	-	-	-	-	1603	-	-	-	
Foxfield	-	-	1416	-	-	1525	-	1607	-	-	-	
Kirkby-in-Furness	-	-	1420	-	-	1529	-	1612	-	-	-	
Askam	-	-	1425	-	-	1534	-	1617	-	-	-	
Barrow-in-Furness	a	-	1439	-	-	1548	-	1631	-	-	-	
Barrow-in-Furness	d	1349	-	1447	-	1550	-	1646	-	-	-	
Roose	1353	-	1451	-	1554	-	1650	-	-	-	-	
Dalton	1359	-	1457	-	1600	-	1656	-	-	-	-	
Ulverston	1407	-	1505	-	1608	-	1705	-	-	-	-	
Cark	1414	-	1512	-	1616	-	1712	-	-	-	-	
Kents Bank	1418	-	1516	-	1620	-	1716	-	-	-	-	
Grange-over-Sands	1422	-	1520	-	1624	-	1720	-	-	-	-	
Arnside	1428	-	1526	-	1630	-	1725	-	-	-	-	
Silverdale	1432	-	1530	-	1635	-	1729	-	-	-	-	
Carnforth	1439	-	1537	-	1642	-	1737	-	-	-	-	
Windermere	d	-	1446	-	1555	-	1659	-	1800	-	-	
Staveley	-	-	1451	-	1600	-	1704	-	1805	-	-	
Burneside	-	-	1456	-	1605	-	1709	-	1810	-	-	
Kendal	-	1500	-	1609	-	1713	-	1814	-	-	-	
Oxenholme Lake District	a	-	1505	-	1614	-	1718	-	1819	-	-	
Oxenholme Lake District	d	-	1515	-	1616	-	1724	-	1830	-	-	
Lancaster	a	1446	1529	-	1544	1633	1652	1738	-	1744	1843	
Lancaster	d	1449	1530	-	1546	1648	-	1739	-	1748	1845	
Preston	a	1507	1547	-	1605	1706	-	1756	-	1807	1902	
Chorley	a	1521	-	-	1622	1721	-	-	-	1820	-	
Bolton	a	1534	1606	-	1635	1734	-	-	-	1833	-	
Manchester Oxford Road	a	1550	1620	-	1650	1752	-	-	-	1850	-	
Manchester Piccadilly	a	1555	1624	-	1655	1756	-	-	-	1855	-	
Manchester Airport	a	1613	1642	-	1713	1814	-	-	-	1914	-	

Sundays												
	Carlisle	d	1509	-	1616	-	-	1710	-	-	-	-
	Dalston		1517	-	1624	-	-	1718	-	-	-	-
	Wigton		1527	-	1633	-	-	1728	-	-	-	-
	Aspatria		1537	-	1644	-	-	1738	-	-	-	-
	Maryport		1549	-	1655	-	-	1750	-	-	-	-
	Flimby		1552	-	1659	-	-	1753	-	-	-	-
	Workington		1559	-	1706	-	-	1800	-	-	-	-
	Harrington		1604	-	1710	-	-	1805	-	-	-	-
	Parton		1613	-	1719	-	-	1814	-	-	-	-
	Whitehaven	a	1617	-	1724	-	-	1818	-	-	-	-
	Whitehaven	d	1619	-	1725	-	-	1820	-	-	-	-
	Corkickle		1621	-	1728	-	-	1822	-	-	-	-
	St. Bees		1628	-	1733	-	-	1829	-	-	-	-
	Nethertown		16x33	-	-	-	-	18x33	-	-	-	-
	Braystones		16x35	-	-	-	-	18x36	-	-	-	-
	Sellafield		1641	-	1744	-	-	1841	-	-	-	-
	Seascale		1644	-	1747	-	-	1845	-	-	-	-
	Drigg		1648	-	1751	-	-	1849	-	-	-	-
	Ravenglass		1652	-	1755	-	-	1852	-	-	-	-
	Bootle (Cumbria)		1659	-	1802	-	-	1859	-	-	-	-
	Silecroft		1706	-	1809	-	-	1906	-	-	-	-
	Millom	a	1711	-	1814	-	-	1911	-	-	-	-
	Millom	d	1711	-	1814	-	-	1911	-	-	1925	-
	Green Road		1716	-	1819	-	-	1916	-	-	1929	-
	Foxfield		1720	-	1823	-	-	1920	-	-	1933	-
	Kirkby-in-Furness		1724	-	1827	-	-	1924	-	-	1938	-
	Askam		1729	-	1832	-	-	1929	-	-	1943	-
	Barrow-in-Furness	a	1743	-	1846	-	-	1943	-	-	1957	-
	Barrow-in-Furness	d	1746	-	-	1851	-	-	1952	-	-	2046
	Roose		1750	-	-	1855	-	-	1956	-	-	2050
	Dalton		1756	-	-	1901	-	-	2002	-	-	2056
	Ulverston		1805	-	-	1909	-	-	2011	-	-	2105
	Cark		1812	-	-	1917	-	-	2018	-	-	2112
	Kents Bank		1816	-	-	1921	-	-	2022	-	-	2116
	Grange-over-Sands		1820	-	-	1925	-	-	2026	-	-	2120
	Arnside		1827	-	-	1931	-	-	2031	-	-	2126
	Silverdale		1832	-	-	1935	-	-	2035	-	-	2131
	Carnforth		1842	-	-	1943	-	-	2043	-	-	2138
	Windermere	d	-	1901	-	-	1957	-	-	2047	-	-
	Staveley		-	1907	-	-	2002	-	-	2052	-	-
	Burneside		-	1912	-	-	2007	-	-	2057	-	-
	Kendal		-	1916	-	-	2011	-	-	2101	-	-
	Oxenholme Lake District	a	-	1921	-	-	2016	-	-	2106	-	-
	Oxenholme Lake District	d	-	1922	-	-	-	-	-	-	-	-
	Lancaster	a	1851	1937	-	1951	-	-	2050	-	-	2148
	Lancaster	d	1858	1939	-	1952	-	-	2051	-	-	2220
	Preston	a	1915	1958	-	2015	-	-	2109	-	-	2238
	Chorley	a	-	2023	-	-	-	-	2122	-	-	-
	Bolton	a	-	2036	-	-	-	-	2135	-	-	-
	Manchester Oxford Road	a	-	2051	-	-	-	-	2150	-	-	2318
	Manchester Piccadilly	a	-	2056	-	-	-	-	2154	-	-	2322
	Manchester Airport	a	-	2114	-	-	-	-	2213	-	-	2342

Lancaster - Barrow - Carlisle

Mondays to Saturdays

					SX	SO		SX	SO		
Manchester Airport	d	0704	-	-	0729	0729	-	-	0829	0829	-
Manchester Piccadilly		0721	-	-	0750	0750	-	-	0850	0850	-
Manchester Oxford Road		0725	-	-	0753	0753	-	-	0853	0853	-
Deansgate		-	-	-	0756	0756	-	-	0856	0856	-
Bolton		-	-	-	0808	0808	-	-	0909	0909	-
Chorley		-	-	-	0820	0820	-	-	0921	0921	-
Preston		0800	-	0754	0834	0842	-	-	0945	0945	-
Lancaster	a	0815	-	0808	0851	0859	-	-	1002	1002	-
Lancaster	d	0822	-	0809	0851	0900	-	-	1003	1003	1014
Oxenholme Lake District	a	-	-	0822	-	-	-	-	1019	1032	-
Oxenholme Lake District	d	-	-	0829	-	-	0932	-	1021	1033	-
Kendal		-	-	0833	-	-	0936	-	1025	1037	-
Burnside		-	-	0837	-	-	0940	-	1029	1041	-
Staveley		-	-	0842	-	-	0945	-	1034	1046	-
Windermere	a	-	-	0848	-	-	0951	-	1041	1053	-
Carnforth		0832	-	-	0901	0910	-	-	-	-	1024
Silverdale		0838	-	-	0906	0915	-	-	-	-	1030
Arnsdale		0842	-	-	0910	0920	-	-	-	-	1034
Grange-over-Sands		0848	-	-	0916	0925	-	-	-	-	1040
Kents Bank		-	-	-	0920	0929	-	-	-	-	1044
Cark		0854	-	-	0924	0933	-	-	-	-	1048
Ulverston		0902	-	-	0931	0940	-	-	-	-	1056
Dalton		0910	-	-	0940	0949	-	-	-	-	1104
Roose		-	-	-	0947	0955	-	-	-	-	1110
Barrow-in-Furness	a	0922	-	-	0953	1001	-	-	-	-	1118
Barrow-in-Furness	d	-	0928	-	-	-	-	1020	-	-	1119
Askam		-	0938	-	-	-	-	1030	-	-	1130
Kirkby-in-Furness		-	0942	-	-	-	-	1034	-	-	1134
Foxfield		-	0947	-	-	-	-	1039	-	-	1139
Green Road		-	0951	-	-	-	-	1043	-	-	1143
Millom	a	-	0956	-	-	-	-	1047	-	-	1147
Millom	d	-	0956	-	-	-	-	1048	-	-	1148
Silecroft		-	1001	-	-	-	-	1053	-	-	1153
Bootle (Cumbria)		-	1009	-	-	-	-	1100	-	-	1200
Ravenglass		-	1016	-	-	-	-	1106	-	-	1206
Drigg		-	1019	-	-	-	-	1110	-	-	1210
Seascale		-	1024	-	-	-	-	1114	-	-	1214
Sellafield		-	1032	-	-	-	-	1118	-	-	1217
Braystones		-	-	-	-	-	-	11x22	-	-	-
Nethertown		-	-	-	-	-	-	11x24	-	-	-
St. Bees		-	1042	-	-	-	-	1134	-	-	1227
Corkickle		-	1047	-	-	-	-	1140	-	-	1233
Whitehaven	a	-	1050	-	-	-	-	1143	-	-	1235
Whitehaven	d	-	1051	-	-	-	-	1145	-	-	1237
Parton		-	1055	-	-	-	-	1149	-	-	1241
Harrington		-	1104	-	-	-	-	1158	-	-	-
Workington		-	1110	-	-	-	-	1203	-	-	1254
Flimby		-	1115	-	-	-	-	1209	-	-	-
Maryport		-	1119	-	-	-	-	1213	-	-	1302
Aspatria		-	1130	-	-	-	-	1223	-	-	1313
Wigton		-	1140	-	-	-	-	1233	-	-	1323
Dalston		-	1149	-	-	-	-	1242	-	-	-
Carlisle	a	-	1200	-	-	-	-	1253	-	-	1341

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

Lancaster - Barrow - Carlisle

Lancaster - Barrow - Carlisle

Lancaster - Barrow - Carlisle

Mondays to Saturdays

						SO	SX		
Manchester Airport	d	0929	-	-	1029	-	-	1129	1129
Manchester Piccadilly		0950	-	-	1050	-	-	1150	1150
Manchester Oxford Road		0953	-	-	1053	-	-	1153	1153
Deansgate		0956	-	-	1056	-	-	1156	1156
Bolton		1008	-	-	1108	-	-	1208	-
Chorley		1020	-	-	1120	-	-	1220	-
Preston		1033	-	1041	1144	-	-	1245	1246
Lancaster	a	1050	-	1055	1202	-	-	1302	1303
Lancaster	d	1051	-	1057	1202	-	-	1303	1304
Oxenholme Lake District	a	-	-	1110	-	-	-	1332	1332
Oxenholme Lake District	d	-	-	1121	-	-	-	1239	1334
Kendal	-	-	-	1125	-	-	-	1243	1338
Burneside	-	-	-	1129	-	-	-	1247	1342
Staveley	-	-	-	1134	-	-	-	1252	1347
Windermere	a	-	-	1140	-	-	-	1258	1354
Carnforth	1101	-	-	1212	-	-	-	-	1329
Silverdale	1106	-	-	1217	-	-	-	-	1334
Arnsdale	1110	-	-	1221	-	-	-	-	1339
Grange-over-Sands	1116	-	-	1227	-	-	-	-	1345
Kents Bank	1120	-	-	1230	-	-	-	-	1348
Cark	1124	-	-	1234	-	-	-	-	1352
Ulverston	1131	-	-	1242	-	-	-	-	1401
Dalton	1140	-	-	1250	-	-	-	-	1409
Roose	1146	-	-	1256	-	-	-	-	1415
Barrow-in-Furness	a	1154	-	1302	-	-	-	-	1422
Barrow-in-Furness	d	-	1205	-	-	1313	-	-	1424
Askam	-	1215	-	-	1323	-	-	-	1434
Kirkby-in-Furness	-	1219	-	-	1327	-	-	-	1438
Foxfield	-	1224	-	-	1332	-	-	-	1443
Green Road	-	1228	-	-	1336	-	-	-	1447
Millom	a	-	1232	-	-	1340	-	-	1451
Millom	d	-	1233	-	-	1341	-	-	1452
Silecroft	-	1238	-	-	1346	-	-	-	1457
Bootle (Cumbria)	-	1245	-	-	1353	-	-	-	1504
Ravenglass	-	1251	-	-	1400	-	-	-	1510
Drigg	-	1255	-	-	1403	-	-	-	1514
Seascale	-	1259	-	-	1407	-	-	-	1518
Sellafield	-	1303	-	-	1411	-	-	-	1522
Braystones	-	13x06	-	-	14x15	-	-	-	-
Nethertown	-	13x09	-	-	14x17	-	-	-	-
St. Bees	-	1328	-	-	1429	-	-	-	1532
Corkickle	-	1334	-	-	1434	-	-	-	1537
Whitehaven	a	-	1336	-	-	1437	-	-	1540
Whitehaven	d	-	1338	-	-	1438	-	-	1541
Parton	-	1342	-	-	1442	-	-	-	1545
Harrington	-	1351	-	-	1451	-	-	-	1554
Workington	-	1356	-	-	1457	-	-	-	1600
Flimby	-	1402	-	-	1502	-	-	-	1605
Maryport	-	1406	-	-	1506	-	-	-	1609
Aspatria	-	1416	-	-	1517	-	-	-	1620
Wigton	-	1427	-	-	1527	-	-	-	1630
Dalston	-	1436	-	-	1536	-	-	-	1639
Carlisle	a	-	1450	-	-	1547	-	-	1651

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

Mondays to Saturdays

						SO	SX	SX	
Manchester Airport	d	1229	1229	1304	-	1329	1404	-	1429
Manchester Piccadilly		1250	1250	1321	-	1350	1421	-	1450
Manchester Oxford Road		1253	1253	1324	-	1353	1424	-	1453
Deansgate		1256	1256	-	-	1356	-	-	1456
Bolton	-	1309	1338	-	-	1408	1439	-	1508
Chorley	-	1322	-	-	-	1420	-	-	1520
Preston		1346	1346	1405	-	1445	1503	-	1533
Lancaster	a	1403	1403	1420	-	1502	1518	-	1550
Lancaster	d	1404	1404	1421	-	1503	1519	-	1551
Oxenholme Lake District	a	-	-	1434	-	-	1532	-	1630
Oxenholme Lake District	d	-	-	1439	-	-	1537	-	1632
Kendal	-	-	-	1443	-	-	1541	-	1636
Burneside	-	-	-	-	-	-	1545	-	1640
Staveley	-	-	-	-	-	-	1550	-	1645
Windermere	a	-	-	1456	-	-	1556	-	1652
Carnforth	1414	1414	-	-	1513	-	-	-	-
Silverdale	1419	1419	-	-	1518	-	-	-	-
Arnsdale	1423	1423	-	-	1523	-	-	-	-
Grange-over-Sands	1429	1429	-	-	1528	-	-	-	-
Kents Bank	1432	1432	-	-	1532	-	-	-	-
Cark	1436	1436	-	-	1536	-	-	-	-
Ulverston	1444	1444	-	-	1544	-	-	-	-
Dalton	1452	1452	-	-	1552	-	-	-	-
Roose	1458	1458	-	-	1558	-	-	-	-
Barrow-in-Furness	a	1505	1505	-	-	1605	-	-	-
Barrow-in-Furness	d	-	-	-	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	-	-	-	-	1634	-	-	1701	-
Seascale	-	-	-	-	1638	-	-	1705	-
Sellafield	-	-	-	-	1642	-	-	1708	-
Braystones	-	-	-	-	-	-	-	17x12	-
Nethertown	-	-	-	-	-	-	-	17x14	-
St. Bees	-	-	-	-	1652	-	-	1720	-
Corkickle	-	-	-	-	1657	-	-	1725	-
Whitehaven	a	-	-	-	1700	-	-	1729	-
Whitehaven	d	-	-	-	1701	-	-	1730	-
Parton	-	-	-	-	1705	-	-	1735	-
Harrington	-	-	-	-	1714	-	-	1744	-
Workington	-	-	-	-	1720	-	-	1749	-
Flimby	-	-	-	-	1725	-	-	1755	-
Maryport	-	-	-	-	1729	-	-	1759	-
Aspatria	-	-	-	-	1739	-	-	1809	-
Wigton	-	-	-	-	1749	-	-	1820	-
Dalston	-	-	-	-	1759	-	-	1829	-
Carlisle	a	-	-	-	1810	-	-	1841	-

Notes
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SO Saturdays only.
SX Mondays to Fridays only.

Mondays to Saturdays

						SO	SX	SX	
Manchester Airport	d	-	1529	-	-	1604	1629	-	1704
Manchester Piccadilly	-	1550	-	-	1621	1650	-	-	1721
Manchester Oxford Road	-	1553	-	-	1625	1653	-	-	1724
Deansgate	-	1556	-	-	-	1656	-	-	-
Bolton	-	1608	-	-	-	1708	-	-	-
Chorley	-	1620	-	-	-	1720	-	-	-
Preston	1541	1633	-	1701	1704	1734	-	-	1754
Lancaster	a	1555	1651	-	1716	1721	1751	-	1808
Lancaster	d	1601	1652	-	1727	1722	1751	-	1810
Oxenholme Lake District	a	-	-	-	-	1735	-	-	1822
Oxenholme Lake District	d	-	-	-	-	1742	-	-	1830
Kendal	-	-	-	-	-	1746	-	-	1834
Burneside	-	-	-	-	-	1750	-	-	1838
Staveley	-	-	-	-	-	1755	-	-	1843
Windermere	a	-	-	-	-	1801	-	-	1849
Carnforth	1611	1701	-	1737	-	1802	-	-	1846
Silverdale	1617	1706	-	1742	-	1807	-	-	1852
Arnsdale	1622	1711	-	1747	-	1811	-	-	1856
Grange-over-Sands	1628	1716	-	1753	-	1817	-	-	1902
Kents Bank	1632	1720	-	1756	-	1820	-	-	1906
Cark	1637	1724	-	1800	-	1824	-	-	1910
Ulverston	1645	1732	-	1808	-	1832	-	-	1918
Dalton	1654	1740	-	1816	-	1840	-	-	1926
Roose	1700	1746	-	1822	-	1846	-	-	1932
Barrow-in-Furness	a	1709	1753	-	1830	-	1852	-	1940
Barrow-in-Furness	d	1716	-	1807	-	-	1857	1912	-
Askam	1726	-	1817	-	-	-	1907	1922	-
Kirkby-in-Furness	1731	-	1821	-	-	-	1911	1926	-
Foxfield	1735	-	1826	-	-	-	1916	1931	-
Green Road	1739	-	1830	-	-	-	1920	1935	-
Millom	a	1744	-	1834	-	-	1924	1939	-
Millom	d	1744	-	1835	-	-	1924	1940	-
Silecroft	1749	-	-	-	-	-	1929	1945	-
Bootle (Cumbria)	1756	-	-	-	-	-	1936	1952	-
Ravenglass	1803	-	1850	-	-	-	1942	1958	-
Drigg	1806	-	1853	-	-	-	1946	2001	-
Seascale	1810	-	1857	-	-	-	1950	2005	-
Sellafield	1814	-	1901	-	-	-	1953	2011	-
Braystones	-	-	-	-	-	-	-	20x14	-
Nethertown	-	-	-	-	-	-	-	20x17	-
St. Bees	1828	-	1913	-	-	-	2003	2027	-
Corkickle	1834	-	1918	-	-	-	2008	2033	-
Whitehaven	a	1836	-	1921	-	-	2011	2035	-
Whitehaven	d	1838	-	1922	-	-	2012	2037	-
Parton	1842	-	1926	-	-	-	2017	2041	-
Harrington	1851	-	1935	-	-	-	2026	2050	-
Workington	1856	-	1943	-	-	-	2035	2055	-
Flimby	1902	-	1948	-	-	-	2040	2101	-
Maryport	1906	-	1953	-	-	-	2044	2105	-
Aspatria	1916	-	2003	-	-	-	2055	2115	-
Wigton	1926	-	2014	-	-	-	2105	2125	-
Dalston	1935	-	2023	-	-	-	2115	2134	-
Carlisle	a	1946	-	2034	-	-	2126	2145	-

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

Lancaster - Barrow - Carlisle

Lancaster - Barrow - Carlisle

Lancaster - Barrow - Carlisle

Mondays to Saturdays

		SO	SX	SX	SX	SO	SO	SX	SO		
Manchester Airport	d	1704	-	1729	-	-	-	-	1829	1829	-
Manchester Piccadilly		1721	-	1750	-	-	-	-	1850	1850	-
Manchester Oxford Road		1724	-	1753	-	-	-	-	1853	1853	-
Deansgate		-	-	1756	-	-	-	-	1856	1856	-
Bolton		-	-	1808	-	-	-	-	1909	1909	-
Chorley		-	-	1823	-	-	-	-	1921	1921	-
Preston		1803	-	1844	-	-	-	-	1934	1945	1942
Lancaster	a	1818	-	1902	-	-	-	-	1951	2002	1956
Lancaster	d	1836	-	1902	1913	-	1913	1951	2004	1958	
Oxenholme Lake District	a	-	-	1920	-	-	-	-	-	-	2010
Oxenholme Lake District	d	-	-	1922	-	-	-	-	-	-	2018
Kendal		-	-	1926	-	-	-	-	-	-	2022
Burneside		-	-	1930	-	-	-	-	-	-	2026
Staveley		-	-	1935	-	-	-	-	-	-	2031
Windermere	a	-	-	1942	-	-	-	-	-	-	2037
Carnforth		1846	-	-	1923	-	-	1923	2001	2013	-
Silverdale		1852	-	-	1929	-	-	1929	2006	2018	-
Arnsdale		1856	-	-	1933	-	-	1933	2010	2023	-
Grange-over-Sands		1902	-	-	1939	-	-	1939	2016	2028	-
Kents Bank		1906	-	-	1943	-	-	1943	2020	2032	-
Cark		1910	-	-	1947	-	-	1947	2024	2036	-
Ulverston		1918	-	-	1955	-	-	1955	2031	2043	-
Dalton		1926	-	-	2003	-	-	2003	2040	2052	-
Roose		1932	-	-	2009	-	-	2009	2046	2058	-
Barrow-in-Furness	a	1940	-	-	2017	-	-	2017	2053	2104	-
Barrow-in-Furness	d	1944	1947	-	2018	-	-	2018	-	-	-
Askam		1954	1957	-	2028	-	-	2028	-	-	-
Kirkby-in-Furness		1958	2001	-	2033	-	-	2033	-	-	-
Foxfield		2003	2006	-	2037	-	-	2038	-	-	-
Green Road		2007	2010	-	2041	-	-	2042	-	-	-
Millom	a	2011	2015	-	2046	-	-	2047	-	-	-
Millom	d	2011	-	-	2046	-	-	-	-	-	-
Silecroft		2016	-	-	2051	-	-	-	-	-	-
Bootle (Cumbria)		2023	-	-	2058	-	-	-	-	-	-
Ravenglass		2030	-	-	2104	-	-	-	-	-	-
Drigg		2033	-	-	2108	-	-	-	-	-	-
Seascale		2037	-	-	2112	-	-	-	-	-	-
Sellafield		2041	-	-	2115	-	-	-	-	-	-
Braystones		20x44	-	-	-	-	-	-	-	-	-
Nethertown		20x47	-	-	-	-	-	-	-	-	-
St. Bees		2052	-	-	2125	-	-	-	-	-	-
Corkickle		2057	-	-	2130	-	-	-	-	-	-
Whitehaven	a	2101	-	-	2133	-	-	-	-	-	-
Whitehaven	d	2102	-	-	2134	2209	2209	-	-	-	-
Parton		2106	-	-	2138	2213	2213	-	-	-	-
Harrington		2115	-	-	2147	2222	2222	-	-	-	-
Workington		2121	-	-	2153	2227	2227	-	-	-	-
Flimby		2126	-	-	2158	2233	2233	-	-	-	-
Maryport		2129	-	-	2202	2236	2236	-	-	-	-
Aspatria		-	-	-	2212	2247	-	-	-	-	-
Wigton		-	-	-	2222	2257	-	-	-	-	-
Dalston		-	-	-	2231	2306	-	-	-	-	-
Carlisle	a	-	-	-	2242	2317	-	-	-	-	-

Notes

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

Mondays to Saturdays

		2019				2020			
		SO Y	SO X	SX	SX	SO Y	SO Y	SO X	SO X
Manchester Airport	d	-	1929	-	-	-	-	-	-
Manchester Piccadilly	-	-	1950	-	-	-	-	-	-
Manchester Oxford Road	-	-	1953	-	-	-	-	-	-
Deansgate	-	-	1956	-	-	-	-	-	-
Bolton	-	-	2008	-	-	-	-	-	-
Chorley	-	-	2020	-	-	-	-	-	-
Preston	-	-	2033	2041	2041	2041	-	2143	2125
Lancaster	a	-	2050	2055	2055	2055	-	2157	2215
Lancaster	d	-	2051	2057	2057	2057	-	2209	-
Oxenholme Lake District	a	-	-	2110	2110	2110	-	-	-
Oxenholme Lake District	d	-	-	2115	2117	2120	-	-	-
Kendal	-	-	-	2125	2121	2124	-	-	-
Burneside	-	-	-	2135	2125	2128	-	-	-
Staveley	-	-	-	2145	2130	2133	-	-	-
Windermere	a	-	-	2155	2136	2139	-	-	-
Carnforth	-	-	2100	-	-	-	-	2219	-
Silverdale	-	-	2106	-	-	-	-	2225	-
Arnside	-	-	2110	-	-	-	-	2229	-
Grange-over-Sands	-	-	2116	-	-	-	-	2235	-
Kents Bank	-	-	2120	-	-	-	-	2239	-
Cark	-	-	2124	-	-	-	-	2243	-
Ulverston	-	-	2131	-	-	-	-	2251	-
Dalton	-	-	2140	-	-	-	-	2259	-
Roose	-	-	2146	-	-	-	-	2305	-
Barrow-in-Furness	a	-	2153	-	-	-	-	2313	-
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

Notes
 X Until 27 December and from 15 February.
 Y From 4 January until 8 February.
 SO Saturdays only.
 SX Mondays to Fridays only.
 🚰 Bus service - heavy luggage, dogs, bicycles and pushchairs may not be carried.

Mondays to Saturdays

[illegible]

Notes

NOTES
 X Until 27 December and from 15 February.
 Y From 4 January until 8 February.
 SO Saturdays only.
 SX Mondays to Fridays only.
 Bus service - heavy luggage, dogs, bicycles and pushchairs may not be carried.

Lancaster - Barrow - Carlisle

Sundays											
	V	V	W		W	V	V	W			
Manchester Airport	d	-	-	-	-	-	-	-	-	-	-
Manchester Piccadilly	-	-	-	-	-	-	-	-	-	-	-
Manchester Oxford Road	-	-	-	-	-	-	-	-	-	-	-
Bolton	-	-	-	-	-	0909	-	-	-	-	-
Chorley	-	-	-	-	-	0921	-	-	-	-	-
Preston	-	-	-	-	-	0948	-	-	-	-	-
Lancaster	a	-	-	-	-	1005	-	-	-	-	-
Lancaster	d	-	-	-	-	1007	1011	0945	-	-	-
Oxenholme Lake District	a	-	-	-	-	1022	-	-	-	-	-
Oxenholme Lake District	d	-	-	-	-	0945	1030	-	-	-	-
Kendal	-	-	-	-	-	0955	1034	-	-	-	-
Burneside	-	-	-	-	-	1005	1038	-	-	-	-
Staveley	-	-	-	-	-	1015	1043	-	-	-	-
Windermere	a	-	-	-	-	1025	1049	-	-	-	-
Carnforth	-	-	-	-	0855	-	-	1021	1010	-	-
Silverdale	-	-	-	-	0900	-	-	1027	-	-	-
Arnsdale	-	-	-	-	0905	-	-	1031	-	-	-
Grange-over-Sands	-	-	-	-	0911	-	-	1037	-	-	-
Kents Bank	-	-	-	-	0914	-	-	1041	-	-	-
Cark	-	-	-	-	0918	-	-	1045	-	-	-
Ulverston	-	-	-	-	0927	-	-	1053	-	-	-
Dalton	-	-	-	-	0935	-	-	1101	-	-	-
Roose	-	-	-	-	0941	-	-	1107	-	-	-
Barrow-in-Furness	a	-	-	-	0948	-	-	1115	-	-	-
Barrow-in-Furness	d	-	-	-	0905	0950	-	1116	-	-	-
Askam	-	-	-	-	0915	1000	-	1126	-	-	-
Kirkby-in-Furness	-	-	-	-	0919	1004	-	1131	-	-	-
Foxfield	-	-	-	-	0924	1009	-	1135	-	-	-
Green Road	-	-	-	-	0928	1013	-	1139	-	-	-
Millom	a	-	-	-	0933	1017	-	1144	-	-	-
Millom	d	-	-	-	1017	-	-	1144	-	-	-
Silecroft	-	-	-	-	1022	-	-	1149	-	-	-
Bootle (Cumbria)	-	-	-	-	1029	-	-	1156	-	-	-
Ravenglass	-	-	-	-	1035	-	-	1202	-	-	-
Drigg	-	-	-	-	1039	-	-	1205	-	-	-
Seascale	-	-	-	-	1043	-	-	1209	-	-	-
Sellafield	-	-	-	-	1046	-	-	1213	-	-	-
Braystones	-	-	-	-	10x50	-	-	-	-	-	-
Nethertown	-	-	-	-	10x52	-	-	-	-	-	-
St. Bees	-	-	-	-	1101	-	-	1225	-	-	-
Corkickle	-	-	-	-	1106	-	-	1230	-	-	-
Whitehaven	a	-	-	-	1110	-	-	1233	-	-	-
Whitehaven	d	-	-	-	1111	-	-	1234	-	-	-
Parton	-	-	-	-	1115	-	-	1238	-	-	-
Harrington	-	-	-	-	1029	-	-	1247	-	-	-
Workington	0855 0940 0957	1034	-	-	1130	-	-	1253	-	-	-
Flimby	0900 0945 1002	1040	-	-	1135	-	-	1258	-	-	-
Maryport	0904 0949 1006	1044	-	-	1139	-	-	1302	-	-	-
Aspatria	0915 1000 1017	1054	-	-	1150	-	-	1312	-	-	-
Wigton	0925 1010 1027	1104	-	-	1200	-	-	1322	-	-	-
Dalston	0934 1019 1036	1113	-	-	1209	-	-	1331	-	-	-
Carlisle	a 0945 1030 1047	1124	-	-	1220	-	-	1342	-	-	-

Notes
 x Stops on request.
 V Until 29 December and from 16 February.
 W From 5 January until 9 February.
 Bus service - heavy luggage, dogs, bicycles and pushchairs may not be carried.

Lancaster - Barrow - Carlisle

Sundays											
	W	W	V								
Manchester Airport	d	-	0936	-	-	1033	1010	-	1110	-	-
Manchester Piccadilly	-	-	0955	-	-	1055	1026	-	1125	-	-
Manchester Oxford Road	-	-	0958	-	-	1100	1030	-	1129	1154	-
Bolton	-	-	1011	-	-	1113	1043	-	1144	1208	-
Chorley	-	-	1023	-	-	1125	-	-	-	1220	-
Preston	-	-	1039	1030	-	1146	1108	-	1205	1246	-
Lancaster	a	-	1056	1047	-	1203	1124	-	1220	1303	-
Lancaster	d	-	1059	1047	-	1204	1125	-	1221	1304	-
Oxenholme Lake District	a	-	-	1103	-	-	1138	-	1234	1332	-
Oxenholme Lake District	d	-	-	1104	1116	-	-	1202	-	1245	1333
Kendal	-	-	-	1109	1120	-	-	1206	-	1249	1337
Burneside	-	-	-	1112	1124	-	-	-	-	1253	1341
Staveley	-	-	-	1117	1129	-	-	-	-	1258	1346
Windermere	a	-	-	1123	1135	-	-	1219	-	1304	1353
Carnforth	-	1021	1109	-	-	-	1215	-	-	-	-
Silverdale	-	1027	1114	-	-	-	1220	-	-	-	-
Arnsdale	-	1031	1118	-	-	-	1224	-	-	-	-
Grange-over-Sands	-	1037	1123	-	-	-	1230	-	-	-	-
Kents Bank	-	1041	1127	-	-	-	1233	-	-	-	-
Cark	-	1045	1131	-	-	-	1237	-	-	-	-
Ulverston	-	1053	1138	-	-	-	1245	-	-	-	-
Dalton	-	1101	1147	-	-	-	1253	-	-	-	-
Roose	-	1107	1153	-	-	-	1259	-	-	-	-
Barrow-in-Furness	a	1115	1159	-	-	-	1305	-	-	-	-
Barrow-in-Furness	d	1116	-	-	-	1217	-	-	1310	-	-
Askam	-	1126	-	-	-	1227	-	-	1320	-	-
Kirkby-in-Furness	-	1131	-	-	-	1231	-	-	1324	-	-
Foxfield	-	1135	-	-	-	1236	-	-	1329	-	-
Green Road	-	1139	-	-	-	1240	-	-	1333	-	-
Millom	a	1144	-	-	-	1244	-	-	1337	-	-
Millom	d	1144	-	-	-	1245	-	-	1338	-	-
Silecroft	-	1149	-	-	-	1250	-	-	1343	-	-
Bootle (Cumbria)	-	1156	-	-	-	1257	-	-	1350	-	-
Ravenglass	-	1202	-	-	-	1303	-	-	1356	-	-
Drigg	-	1205	-	-	-	1307	-	-	1359	-	-
Seascale	-	1209	-	-	-	1311	-	-	1403	-	-
Sellafield	-	1213	-	-	-	1315	-	-	1407	-	-
Braystones	-	-	-	-	-	-	-	-	-	-	-
Nethertown	-	-	-	-	-	-	-	-	-	-	-
St. Bees	-	1225	-	-	-	1330	-	-	1417	-	-
Corkickle	-	1230	-	-	-	1335	-	-	1422	-	-
Whitehaven	a	1233	-	-	-	1339	-	-	1425	-	-
Whitehaven	d	1234	-	-	-	1340	-	-	1426	-	-
Parton	-	1238	-	-	-	1344	-	-	1430	-	-
Harrington	-	1247	-	-	-	1353	-	-	1439	-	-
Workington	-	1253	-	-	-	1359	-	-	1445	-	-
Flimby	-	1258	-	-	-	1404	-	-	1450	-	-
Maryport	-	1302	-	-	-	1408	-	-	1454	-	-
Aspatria	-	1312	-	-	-	1419	-	-	1505	-	-
Wigton	-	1322	-	-	-	1430	-	-	1515	-	-
Dalston	-	1331	-	-	-	1439	-	-	1524	-	-
Carlisle	a	1342	-	-	-	1450	-	-	1535	-	-

Notes
 V Until 29 December and from 16 February.
 W From 5 January until 9 February.

Lancaster - Barrow - Carlisle

Sundays											
Manchester Airport	d	-	-	1230	-	-	1330	-	1410	1430	-
Manchester Piccadilly		-	-	1248	-	-	1348	-	1426	1448	-
Manchester Oxford Road		-	-	1251	-	-	1352	-	1430	1452	-
Bolton		-	-	1309	-	-	1409	-	1444	1509	-
Chorley		-	-	1321	-	-	1421	-	-	1521	-
Preston		-	-	1345	-	1341	1446	-	1505	1558	-
Lancaster	a	-	-	1402	-	1355	1503	-	1520	1615	-
Lancaster	d	1314	-	1403	-	1357	1504	-	1603	1616	-
Oxenholme Lake District	a	-	-	-	-	1409	-	-	-	1631	-
Oxenholme Lake District	d	-	-	-	-	1422	-	1529	-	1632	-
Kendal		-	-	-	-	1426	-	1533	-	1637	-
Burneside		-	-	-	-	1430	-	1537	-	1640	-
Staveley		-	-	-	-	1435	-	1542	-	1645	-
Windermere	a	-	-	-	-	1441	-	1548	-	1652	-
Carnforth		1324	-	1413	-	-	1513	-	1613	-	-
Silverdale		1330	-	1418	-	-	1518	-	1619	-	-
Arnside		1334	-	1422	-	-	1523	-	1623	-	-
Grange-over-Sands		1340	-	1427	-	-	1528	-	1629	-	-
Kents Bank		1344	-	1431	-	-	1532	-	1633	-	-
Cark		1348	-	1435	-	-	1536	-	1637	-	-
Ulverston		1356	-	1442	-	-	1543	-	1645	-	-
Dalton		1404	-	1450	-	-	1552	-	1653	-	-
Roose		1410	-	1457	-	-	1558	-	1659	-	-
Barrow-in-Furness	a	1418	-	1503	-	-	1604	-	1707	-	-
Barrow-in-Furness	d	1419	1454	-	1556	-	-	-	1716	-	-
Askam		1429	1504	-	1606	-	-	-	1726	-	-
Kirkby-in-Furness		-	1508	-	1611	-	-	-	1731	-	-
Foxfield		-	1513	-	1615	-	-	-	1735	-	-
Green Road		-	1517	-	1619	-	-	-	1739	-	-
Millom	a	1443	1521	-	1624	-	-	-	1744	-	-
Millom	d	1444	1522	-	1624	-	-	-	1744	-	-
Silecroft		-	1527	-	1629	-	-	-	1749	-	-
Bootle (Cumbria)		-	1534	-	1636	-	-	-	1756	-	-
Ravenglass		1459	1540	-	1643	-	-	-	1803	-	-
Drigg		-	1544	-	1646	-	-	-	1806	-	-
Seascale		-	1548	-	1650	-	-	-	1810	-	-
Sellafield		1507	1552	-	1654	-	-	-	1814	-	-
Braystones		-	-	-	16x58	-	-	-	18x18	-	-
Nethertown		-	-	-	17x00	-	-	-	18x20	-	-
St. Bees		1521	1602	-	1706	-	-	-	1831	-	-
Corkickle		1526	1607	-	1711	-	-	-	1836	-	-
Whitehaven	a	1529	1610	-	1715	-	-	-	1840	-	-
Whitehaven	d	1530	1611	-	1716	-	-	-	1841	-	1938
Parton		1534	1615	-	1720	-	-	-	1845	-	1942
Harrington		1543	1624	-	1729	-	-	-	1854	-	1951
Workington		1549	1630	-	1735	-	-	-	1900	-	1956
Flimby		1554	1635	-	1740	-	-	-	1905	-	2002
Maryport		1558	1639	-	1744	-	-	-	1909	-	2006
Aspatria		1609	1650	-	1755	-	-	-	1920	-	2016
Wigton		1619	1700	-	1805	-	-	-	1930	-	2026
Dalston		1628	1709	-	1814	-	-	-	1939	-	2035
Carlisle	a	1639	1720	-	1825	-	-	-	1950	-	2046

Useful contact details

Sundays

Manchester Airport	d	-	1530	-	-	1630	-	-	1730	-	1830
Manchester Piccadilly		-	1548	-	-	1648	-	-	1748	-	1848
Manchester Oxford Road		-	1552	-	-	1652	-	-	1752	-	1852
Bolton		-	1609	-	-	1709	-	-	1809	-	1909
Chorley		-	1621	-	-	1721	-	-	1821	-	1921
Preston		-	1647	1655	-	1746	-	1754	1834	-	1946
Lancaster	a	-	1705	1711	-	1803	-	1808	1851	-	2003
Lancaster	d	-	1707	1712	-	1804	-	1810	1852	1902	2004
Oxenholme Lake District	a	-	-	1725	-	-	-	1823	1926	-	-
Oxenholme Lake District	d	-	-	1730	-	-	-	1833	1928	-	-
Kendal		-	-	1734	-	-	-	1837	1933	-	-
Burneside		-	-	1738	-	-	-	1841	1936	-	-
Staveley		-	-	1743	-	-	-	1846	1941	-	-
Windermere	a	-	-	1749	-	-	-	1852	1948	-	-
Carnforth		-	1716	-	-	1814	-	-	-	1914	2014
Silverdale		-	1722	-	-	1819	-	-	-	1920	2019
Arnsdale		-	1726	-	-	1823	-	-	-	1925	2023
Grange-over-Sands		-	1731	-	-	1828	-	-	-	1931	2028
Kents Bank		-	1735	-	-	1832	-	-	-	1934	2032
Cark		-	1739	-	-	1836	-	-	-	1938	2036
Ulverston		-	1746	-	-	1843	-	-	-	1947	2043
Dalton		-	1754	-	-	1851	-	-	-	1955	2052
Roose		-	1800	-	-	1857	-	-	-	2001	2058
Barrow-in-Furness	a	-	1807	-	-	1904	-	-	-	2008	2105
Barrow-in-Furness	d	-	-	-	1825	-	1909	-	-	-	-
Askam		-	-	-	1835	-	1919	-	-	-	-
Kirkby-in-Furness		-	-	-	1839	-	1923	-	-	-	-
Foxfield		-	-	-	1844	-	1928	-	-	-	-
Green Road		-	-	-	1848	-	1932	-	-	-	-
Millom	a	-	-	-	1853	-	1937	-	-	-	-
Millom	d	-	-	-	-	-	-	-	-	-	-
Silecroft		-	-	-	-	-	-	-	-	-	-
Bootle (Cumbria)		-	-	-	-	-	-	-	-	-	-
Ravenglass		-	-	-	-	-	-	-	-	-	-
Drigg		-	-	-	-	-	-	-	-	-	-
Seascale		-	-	-	-	-	-	-	-	-	-
Sellafield		-	-	-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-	-
St. Bees		-	-	-	-	-	-	-	-	-	-
Corkickle		-	-	-	-	-	-	-	-	-	-
Whitehaven	a	-	-	-	-	-	-	-	-	-	-
Whitehaven	d	2030	-	-	-	-	-	-	-	-	-
Parton		2034	-	-	-	-	-	-	-	-	-
Harrington		2043	-	-	-	-	-	-	-	-	-
Workington		2048	-	-	-	-	-	-	-	-	-
Flimby		2054	-	-	-	-	-	-	-	-	-
Maryport		2058	-	-	-	-	-	-	-	-	-
Aspatria		2108	-	-	-	-	-	-	-	-	-
Wigton		2118	-	-	-	-	-	-	-	-	-
Dalston		2127	-	-	-	-	-	-	-	-	-
Carlisle	a	2138	-	-	-	-	-	-	-	-	-

Sundays

Manchester Airport	d	-	1930	-	-	-	-	-	-	-	-
Manchester Piccadilly	-	1948	-	-	-	-	-	-	-	-	-
Manchester Oxford Road	-	1952	-	-	-	-	-	-	-	-	-
Bolton	-	2010	-	-	-	-	-	-	-	-	-
Chorley	-	2022	-	-	-	-	-	-	-	-	-
Preston	-	2046	2041	2141	-	-	-	-	-	-	-
Lancaster	a	-	2104	2055	2155	-	-	-	-	-	-
Lancaster	d	-	2105	2057	2220	-	-	-	-	-	-
Oxenholme Lake District	a	-	-	2109	-	-	-	-	-	-	-
Oxenholme Lake District	d	2022	-	2121	-	-	-	-	-	-	-
Kendal	-	2026	-	2125	-	-	-	-	-	-	-
Burneside	-	2030	-	2129	-	-	-	-	-	-	-
Staveley	-	2035	-	2134	-	-	-	-	-	-	-
Windermere	a	2041	-	2140	-	-	-	-	-	-	-
Carnforth	-	2115	-	2230	-	-	-	-	-	-	-
Silverdale	-	2120	-	2235	-	-	-	-	-	-	-
Arnsdale	-	2124	-	2240	-	-	-	-	-	-	-
Grange-over-Sands	-	2129	-	2246	-	-	-	-	-	-	-
Kents Bank	-	2133	-	2249	-	-	-	-	-	-	-
Cark	-	2137	-	2253	-	-	-	-	-	-	-
Ulverston	-	2144	-	2301	-	-	-	-	-	-	-
Dalton	-	2152	-	2309	-	-	-	-	-	-	-
Roose	-	2158	-	2315	-	-	-	-	-	-	-
Barrow-in-Furness	a	-	2205	-	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	-	-	-	-	-	-	-	-	-	-



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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