

Train times

2 June – 14 December 2024

6

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



NORTHERN

Go do your thing

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

How to read this timetable



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

Minimum connection times



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

Community Rail Partnerships and community groups



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

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

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

Planning your journey



National Rail Enquiries

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

TrainTracker™

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

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

Call: **0800 138 5560**

Textphone: **0800 138 5561**

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

Improving our railway



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

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

Delay Repay



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

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

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

Carlisle - Barrow - Lancaster

Mondays to Saturdays

			SO	SX							
Carlisle	d	-	-	-	-	-	-	-	-		
Dalston		-	-	-	-	-	-	-	-		
Wigton		-	-	-	-	-	-	-	-		
Aspatria		-	-	-	-	-	-	-	-		
Maryport		-	-	-	-	-	-	-	0548		
Flimby		-	-	-	-	-	-	-	0551		
Workington		-	-	-	-	-	-	-	0558		
Harrington		-	-	-	-	-	-	-	0602		
Parton		-	-	-	-	-	-	-	0611		
Whitehaven	a	-	-	-	-	-	-	-	0616		
Whitehaven	d	-	-	-	-	-	-	-	0617		
Corkickle		-	-	-	-	-	-	-	0620		
St. Bees		-	-	-	-	-	-	-	0626		
Nethertown		-	-	-	-	-	-	-	06x30		
Braystones		-	-	-	-	-	-	-	06x33		
Sellafield		-	-	-	-	-	-	-	0639		
Seascale		-	-	-	-	-	-	-	0643		
Drigg		-	-	-	-	-	-	-	0647		
Ravenglass		-	-	-	-	-	-	-	0651		
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	-
Arnsdale		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	-	0708	-	-	-	-	-	0826	-	-
Lancaster	a	0550	0722	0649	0651	0716	-	0750	0839	0812	-
Lancaster	d	0550	0723	0649	0652	0723	-	0751	0841	0828	-
Preston	a	0608	0740	0707	0710	0740	-	0809	0858	0846	-
Chorley	a	0620	-	0722	0722	-	-	0821	-	-	-
Bolton	a	0634	-	0737	0737	-	-	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	-	0946	-

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	0731	-	0826
Aspatria		-	-	0622	-	-	-	0649	0742	-	0836
Maryport		-	-	0633	-	-	-	0701	0756	-	0848
Flimby		-	-	0637	-	-	-	0705	0759	-	0851
Workington		-	-	0645	-	-	-	0712	0806	-	0859
Harrington		-	-	0649	-	-	-	0716	0810	-	0903
Parton		-	-	0658	-	-	-	0725	0819	-	0912
Whitehaven	a	-	-	0702	-	-	-	0730	0824	-	0916
Whitehaven	d	-	-	0704	-	-	-	0731	0825	-	0918
Corkickle		-	-	0706	-	-	-	0734	0828	-	0920
St. Bees		-	-	0712	-	-	-	0739	0834	-	0928
Nethertown		-	-	-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-	-
Sellafield		-	-	0724	-	-	-	0750	0844	-	0939
Seascale		-	-	0728	-	-	-	0754	0848	-	0942
Drigg		-	-	0732	-	-	-	0758	0852	-	0946
Ravenglass		-	-	0735	-	-	-	0802	0856	-	0950
Bootle (Cumbria)		-	-	0741	-	-	-	0808	0902	-	0956
Silecroft		-	-	0748	-	-	-	0815	0909	-	1003
Millom	a	-	-	0753	-	-	-	0820	0914	-	1008
Millom	d	-	-	0754	-	-	-	0821	0914	-	1008
Green Road		-	-	0758	-	-	-	0825	0919	-	1013
Foxfield		-	-	0802	-	-	-	0829	0923	-	1017
Kirkby-in-Furness		-	-	0807	-	-	-	0834	0928	-	1021
Askam		-	-	0812	-	-	-	0839	0933	-	1026
Barrow-in-Furness	a	-	-	0826	-	-	-	0853	0947	-	1040
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	-
Burneside		-	-	-	-	1005	1018	-	-	1107	-
Kendal		-	0904	-	-	1009	1022	-	-	1111	-
Oxenholme Lake District	a	-	0909	-	-	1014	1027	-	-	1116	-
Oxenholme Lake District	d	-	0925	-	-	1016	1029	-	-	1125	-
Lancaster	a	0846	0938	-	0948	1033	1046	-	1105	1139	-
Lancaster	d	0848	0940	-	0950	1050	1047	-	1130	1140	-
Preston	a	0906	0957	-	1008	1108	1105	-	1149	1157	-
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	-	1107	-	-
Dalston	-	-	-	0910	-	-	1022	-	1115	-	-
Wigton	-	-	-	0920	-	-	1031	-	1125	-	-
Aspatria	-	-	-	0930	-	-	1042	-	1135	-	-
Maryport	-	-	-	0942	-	-	1053	-	1147	-	-
Flimby	-	-	-	0945	-	-	1057	-	1150	-	-
Workington	-	-	-	0952	-	-	1104	-	1157	-	-
Harrington	-	-	-	0957	-	-	1108	-	1201	-	-
Parton	-	-	-	1006	-	-	1117	-	1210	-	-
Whitehaven	a	-	-	1010	-	-	1121	-	1215	-	-
Whitehaven	d	-	-	1012	-	-	1123	-	1216	-	-
Corkickle	-	-	-	1014	-	-	1125	-	1219	-	-
St. Bees	-	-	-	1020	-	-	1135	-	1229	-	-
Nethertown	-	-	-	-	-	-	11x40	-	-	-	-
Braystones	-	-	-	-	-	-	11x42	-	-	-	-
Sellafield	-	-	-	1031	-	-	1147	-	1239	-	-
Seascale	-	-	-	1035	-	-	1151	-	1242	-	-
Drigg	-	-	-	1039	-	-	1155	-	1246	-	-
Ravenglass	-	-	-	1043	-	-	1158	-	1250	-	-
Bootle (Cumbria)	-	-	-	1049	-	-	1204	-	1256	-	-
Silecroft	-	-	-	1056	-	-	1211	-	1303	-	-
Millom	a	-	-	1101	-	-	1216	-	1308	-	-
Millom	d	-	-	1101	-	-	1216	-	1308	-	-
Green Road	-	-	-	1106	-	-	1221	-	1313	-	-
Foxfield	-	-	-	1110	-	-	1225	-	1317	-	-
Kirkby-in-Furness	-	-	-	1115	-	-	1229	-	1321	-	-
Askam	-	-	-	1121	-	-	1234	-	1326	-	-
Barrow-in-Furness	a	-	-	1137	-	-	1248	-	1340	-	-
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	-	-	1500
Staveley	-	-	1152	-	-	1312	-	1403	-	-	1505
Burneside	-	-	1157	-	-	1317	-	1408	-	-	1510
Kendal	-	-	1201	-	-	1321	-	1412	-	-	1514
Oxenholme Lake District	a	-	1206	-	-	1326	-	1417	-	-	1519
Oxenholme Lake District	d	-	1212	-	-	1329	-	1425	-	-	1525
Lancaster	a	1147	1226	-	1250	1345	1353	1438	-	1451	1538
Lancaster	d	1149	1227	-	1251	1349	1428	1440	-	1452	1540
Preston	a	1208	1245	-	1309	1407	1445	1457	-	1510	1557
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	1210	-	-	-	1307	-	1408	-	-	1441
Dalston		1218	-	-	-	1315	-	1416	-	-	1449
Wigton		1227	-	-	-	1325	-	1426	-	-	1458
Aspatria		1238	-	-	-	1335	-	1436	-	-	1509
Maryport		1249	-	-	-	1347	-	1448	-	-	1520
Flimby		1253	-	-	-	1350	-	1451	-	-	1524
Workington		1300	-	-	-	1357	-	1458	-	-	1531
Harrington		1304	-	-	-	1401	-	1502	-	-	1535
Parton		1313	-	-	-	1410	-	1511	-	-	1544
Whitehaven	a	1317	-	-	-	1415	-	1516	-	-	1548
Whitehaven	d	1319	-	-	-	1416	-	1517	-	-	1550
Corkickle		1321	-	-	-	1419	-	1520	-	-	1553
St. Bees		1329	-	-	-	1430	-	1531	-	-	1559
Nethertown		-	-	-	-	-	-	-	-	-	16x03
Braystones		-	-	-	-	-	-	-	-	-	16x06
Sellafield		1340	-	-	-	1441	-	1542	-	-	1611
Seascale		1343	-	-	-	1444	-	1546	-	-	1615
Drigg		1347	-	-	-	1448	-	1550	-	-	1619
Ravenglass		1351	-	-	-	1452	-	1554	-	-	1623
Bootle (Cumbria)		1357	-	-	-	1458	-	1600	-	-	1629
Silecroft		1404	-	-	-	1505	-	1607	-	-	1636
Millom	a	1409	-	-	-	1510	-	1612	-	-	1641
Millom	d	1409	-	-	-	1511	-	1612	-	-	1642
Green Road		1414	-	-	-	1515	-	1617	-	-	1646
Foxfield		1418	-	-	-	1519	-	1621	-	-	1650
Kirkby-in-Furness		1422	-	-	-	1524	-	1626	-	-	1655
Askam		1427	-	-	-	1529	-	1631	-	-	1700
Barrow-in-Furness	a	1441	-	-	-	1543	-	1645	-	-	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
Arnsdale		-	1527	1527	-	1630	-	-	1731	-	1758
Silverdale		-	1531	1531	-	1635	-	-	1735	-	1803
Carnforth		-	1538	1539	-	1643	-	-	1743	-	1810
Windermere	d	-	-	-	1600	-	1707	-	-	1805	-
Staveley		-	-	-	1605	-	1712	-	-	1810	-
Burneside		-	-	-	1610	-	1717	-	-	1815	-
Kendal		-	-	-	1614	-	1721	-	-	1819	-
Oxenholme Lake District	a	-	-	-	1619	-	1726	-	-	1824	-
Oxenholme Lake District	d	-	-	-	1627	-	1746	-	-	1832	-
Lancaster	a	-	1545	1546	1643	1653	-	-	1750	1845	1820
Lancaster	d	-	1550	1547	1649	1727	-	-	1750	1847	1828
Preston	a	-	1608	1605	1708	1744	1815	-	1808	1904	1846
Chorley	a	-	1620	-	1720	-	-	-	1820	-	-
Bolton	a	-	1634	-	1734	1806	-	-	1834	-	1906
Deansgate	a	-	1651	1647	1751	-	-	-	1852	-	-
Manchester Oxford Road	a	-	1654	1649	1754	1822	-	-	1854	-	1922
Manchester Piccadilly	a	-	1658	1653	1758	1826	-	-	1858	-	1926
Manchester Airport	a	-	1715	1711	1815	1844	-	-	1915	-	1946

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		1530	-	-	-	-	-	1617	1644	-	1725
Aspatria		1540	-	-	-	-	-	1627	1654	-	1735
Maryport		1552	-	-	-	-	-	1638	1705	-	1747
Flimby		1555	-	-	-	-	-	1642	1709	-	1750
Workington		1602	-	-	-	-	-	1649	1716	-	1757
Harrington		1606	-	-	-	-	-	1653	1720	-	1801
Parton		1615	-	-	-	-	-	1702	1729	-	1810
Whitehaven	a	1620	-	-	-	-	-	1708	1735	-	1816
Whitehaven	d	1621	-	-	-	-	-	-	1736	-	1818
Corkickle		1624	-	-	-	-	-	-	1739	-	1820
St. Bees		1630	-	-	-	-	-	-	1744	-	1827
Nethertown		-	-	-	-	-	-	-	-	-	18x32
Braystones		-	-	-	-	-	-	-	-	-	18x34
Sellafield		1641	-	-	1724	-	-	-	1755	-	1840
Seascale		1645	-	-	1727	-	-	-	1758	-	1843
Drigg		1649	-	-	1731	-	-	-	1802	-	-
Ravenglass		1653	-	-	1735	-	-	-	1806	-	1849
Bootle (Cumbria)		1659	-	-	1741	-	-	-	1812	-	-
Silecroft		1706	-	-	1748	-	-	-	1819	-	-
Millom	a	1711	-	-	1753	-	-	-	1824	-	1905
Millom	d	1712	-	-	1754	-	-	-	1825	-	1905
Green Road		1717	-	-	1758	-	-	-	1829	-	1910
Foxfield		1721	-	-	1802	-	-	-	1833	-	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	-
Arnsdale		-	1842	-	-	-	1936	-	-	1943	-
Silverdale		-	1847	-	-	-	1941	-	-	1948	-
Carnforth		-	1854	-	-	-	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	-	1905	1934	-	2027	1959	-	-	2002	-
Lancaster	d	-	1928	1935	-	2028	2000	-	-	2003	-
Preston	a	-	1946	1954	-	2045	2019	-	-	2022	-
Chorley	a	-	-	2020	-	-	-	-	-	-	-
Bolton	a	-	2006	2034	-	2106	2106	-	-	2106	-
Deansgate	a	-	-	2051	-	-	-	-	-	-	-
Manchester Oxford Road	a	-	2022	2054	-	2122	2122	-	-	2122	-
Manchester Piccadilly	a	-	2026	2058	-	2126	2126	-	-	2126	-
Manchester Airport	a	-	2046	2115	-	2146	2146	-	-	2146	-

Notes

x Stops on request.

SO Saturdays only.

SX Mondays to Fridays only.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

		M		SO	SX	SO	SX	SX	SO	SO
Carlisle	d	-	-	1751	-	-	-	-	-	1846
Dalston		-	-	1759	-	-	-	-	-	1854
Wigton		-	-	1809	-	-	-	-	-	1904
Aspatria		-	-	1819	-	-	-	-	-	1914
Maryport		-	-	1831	-	-	-	-	-	1926
Flimby		-	-	1834	-	-	-	-	-	1929
Workington		-	-	1841	-	-	-	-	-	1936
Harrington		-	-	1845	-	-	-	-	-	1940
Parton		-	-	1854	-	-	-	-	-	1950
Whitehaven	a	-	-	1859	-	-	-	-	-	1956
Whitehaven	d	-	-	1900	-	-	-	-	-	-
Corkickle		-	-	1903	-	-	-	-	-	-
St. Bees		-	-	1914	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-
Sellafield		-	-	1927	-	-	-	-	-	-
Seascale		-	-	1931	-	-	-	-	-	-
Drigg		-	-	1935	-	-	-	-	-	-
Ravenglass		-	-	1939	-	-	-	-	-	-
Bootle (Cumbria)		-	-	1945	-	-	-	-	-	-
Silecroft		-	-	1953	-	-	-	-	-	-
Millom	a	-	-	1958	-	-	-	-	-	-
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	1945	-	-	2042	2045	-	-	-	-
Roose		1949	-	-	2046	2049	-	-	-	-
Dalton		1955	-	-	2052	2055	-	-	-	-
Ulverston		2004	-	-	2101	2104	-	-	-	-
Cark		2011	-	-	2108	2111	-	-	-	-
Kents Bank		2015	-	-	2112	2115	-	-	-	-
Grange-over-Sands		2019	-	-	2116	2119	-	-	-	-
Arnsdale		2024	-	-	2123	2125	-	-	-	-
Silverdale		2028	-	-	2127	2130	-	-	-	-
Carnforth		2043	-	-	2135	2138	-	-	-	-
Windermere	d	-	2042	-	-	-	2140	2147	-	-
Staveley		-	2047	-	-	-	2145	2152	-	-
Burneside		-	2052	-	-	-	2150	2157	-	-
Kendal		-	2056	-	-	-	2154	2201	-	-
Oxenholme Lake District	a	-	2101	-	-	-	2159	2206	-	-
Oxenholme Lake District	d	-	2109	-	-	-	2212	-	-	-
Lancaster	a	2050	2124	-	2143	2148	-	2226	-	-
Lancaster	d	2050	2125	-	2143	2227	-	2227	-	-
Preston	a	2109	2144	-	2205	2244	-	2244	-	-
Chorley	a	2121	-	-	-	-	-	-	-	-
Bolton	a	2134	-	-	-	-	-	-	-	-
Deansgate	a	-	-	-	-	-	-	-	-	-
Manchester Oxford Road	a	-	2220	-	-	2321	-	2321	-	-
Manchester Piccadilly	a	-	2224	-	-	2325	-	2325	-	-
Manchester Airport	a	-	2241	-	-	2346	-	2346	-	-

Notes

M To Manchester Victoria, arrives 2152

SO Saturdays only.

SX Mondays to Fridays only.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

			Ⓣ					Ⓣ	Ⓣ	Ⓣ	
		SX	SO	SO	SO	SX		SX	SO	SO	
Carlisle	d	1909	1909	-	-	-	-	2000	2055	2106	2149
Dalston		1917	1917	-	-	-	-	2008	2103	2114	2157
Wigton		1926	1927	-	-	-	-	2017	2112	2123	2206
Aspatria		1937	1937	-	-	-	-	2028	2123	2134	2217
Maryport		1948	1948	-	-	-	-	2039	2134	2145	2228
Flimby		1951	1952	-	-	-	-	2043	2138	2149	2232
Workington		1958	1959	-	-	-	-	2050	2145	2156	2239
Harrington		2002	2003	-	-	-	-	2054	2149	2200	2243
Parton		2011	2012	-	-	-	-	2103	2158	2209	2252
Whitehaven	a	2016	2018	-	-	-	-	2109	2204	2215	2258
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	-	-	-	-	-	-	-
Roose		2149	-	2150	-	-	-	-	-	-	-
Dalton		2155	-	2156	-	-	-	-	-	-	-
Ulverston		2204	-	2204	-	-	-	-	-	-	-
Cark		2211	-	2212	-	-	-	-	-	-	-
Kents Bank		2215	-	2216	-	-	-	-	-	-	-
Grange-over-Sands		2219	-	2220	-	-	-	-	-	-	-
Arnside		2226	-	2226	-	-	-	-	-	-	-
Silverdale		2230	-	2230	-	-	-	-	-	-	-
Carnforth		2238	-	2238	-	-	-	-	-	-	-
Windermere	d	-	-	-	2229	2247	-	-	-	-	-
Staveley		-	-	-	2234	2252	-	-	-	-	-
Burneside		-	-	-	2239	2257	-	-	-	-	-
Kendal		-	-	-	2243	2301	-	-	-	-	-
Oxenholme Lake District	a	-	-	-	2248	2306	-	-	-	-	-
Oxenholme Lake District	d	-	-	-	2250	2308	-	-	-	-	-
Lancaster	a	2246	-	2246	2305	2324	-	-	-	-	-
Lancaster	d	2246	-	2246	2305	2326	-	-	-	-	-
Preston	a	2310	-	2310	2324	2345	-	-	-	-	-
Chorley	a	-	-	-	-	-	-	-	-	-	-
Bolton	a	-	-	-	-	-	-	-	-	-	-
Deansgate	a	-	-	-	-	-	-	-	-	-	-
Manchester Oxford Road	a	-	-	-	-	-	-	-	-	-	-
Manchester Piccadilly	a	-	-	-	-	-	-	-	-	-	-
Manchester Airport	a	-	-	-	-	-	-	-	-	-	-

Notes

x Stops on request.

SO Saturdays only.

SX Mondays to Fridays only.

Ⓣ Dry service - no alcohol permitted on board this service on Saturdays.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

	SX									
Carlisle	d	2201	-	-	-	-	-	-	-	-
Dalston		2209	-	-	-	-	-	-	-	-
Wigton		2218	-	-	-	-	-	-	-	-
Aspatria		2229	-	-	-	-	-	-	-	-
Maryport		2240	-	-	-	-	-	-	-	-
Flimby		2244	-	-	-	-	-	-	-	-
Workington		2251	-	-	-	-	-	-	-	-
Harrington		2255	-	-	-	-	-	-	-	-
Parton		2304	-	-	-	-	-	-	-	-
Whitehaven	a	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			-	-	-	-	-	-	-	-
Arnsdale			-	-	-	-	-	-	-	-
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

SX Mondays to Fridays only.

Carlisle - Barrow - Lancaster

Sundays

Carlisle	d	-	-	-	-	-	-	-	-	-
Dalston		-	-	-	-	-	-	-	-	-
Wigton		-	-	-	-	-	-	-	-	-
Aspatria		-	-	-	-	-	-	-	-	-
Maryport		-	-	-	-	-	-	-	0917	-
Flimby		-	-	-	-	-	-	-	0920	-
Workington		-	-	-	-	-	-	-	0927	-
Harrington		-	-	-	-	-	-	-	0931	-
Parton		-	-	-	-	-	-	-	0940	-
Whitehaven	a	-	-	-	-	-	-	-	0945	-
Whitehaven	d	-	-	-	-	-	-	-	0946	-
Corkickle		-	-	-	-	-	-	-	0949	-
St. Bees		-	-	-	-	-	-	-	0954	-
Nethertown		-	-	-	-	-	-	-	09x59	-
Braystones		-	-	-	-	-	-	-	10x01	-
Sellafield		-	-	-	-	-	-	-	1007	-
Seascale		-	-	-	-	-	-	-	1010	-
Drigg		-	-	-	-	-	-	-	1014	-
Ravenglass		-	-	-	-	-	-	-	1018	-
Bootle (Cumbria)		-	-	-	-	-	-	-	1024	-
Silecroft		-	-	-	-	-	-	-	1031	-
Millom	a	-	-	-	-	-	-	-	1036	-
Millom	d	-	-	-	-	0950	-	-	1036	-
Green Road		-	-	-	-	0954	-	-	1041	-
Foxfield		-	-	-	-	0958	-	-	1045	-
Kirkby-in-Furness		-	-	-	-	1003	-	-	1049	-
Askam		-	-	-	-	1008	-	-	1054	-
Barrow-in-Furness	a	-	-	-	-	1021	-	-	1108	-
Barrow-in-Furness	d	0753	0841	0905	0952	-	-	-	1052	-
Roose		0757	0845	-	0956	-	-	-	1056	-
Dalton		0803	0851	-	1002	-	-	-	1102	-
Ulverston		0812	0859	0922	1010	-	-	-	1111	-
Cark		0819	0906	-	1017	-	-	-	1118	-
Kents Bank		0823	0910	-	1021	-	-	-	1122	-
Grange-over-Sands		0827	0914	0934	1025	-	-	-	1126	-
Arnside		0833	0920	0940	1031	-	-	-	1131	-
Silverdale		0838	0924	-	1035	-	-	-	1135	-
Carnforth		0845	0931	0951	1043	-	-	-	1143	-
Windermere	d	-	-	-	-	1053	-	1139	-	1224
Staveley		-	-	-	-	1058	-	1144	-	-
Burneside		-	-	-	-	1103	-	1149	-	-
Kendal		-	-	-	-	1107	-	1153	-	1236
Oxenholme Lake District	a	-	-	-	-	1112	-	1158	-	1241
Oxenholme Lake District	d	-	-	-	-	1123	-	1213	-	-
Lancaster	a	-	0938	1001	1050	1137	-	1227	1150	-
Lancaster	d	-	0945	-	1051	1138	-	1228	1151	-
Preston	a	-	1004	-	1110	1156	-	1245	1209	-
Chorley	a	-	1019	-	1122	-	-	-	1221	-
Bolton	a	-	1032	-	1135	-	-	1305	1234	-
Manchester Oxford Road	a	-	1047	-	1151	1238	-	1321	1250	-
Manchester Piccadilly	a	-	-	-	1156	1242	-	1326	1256	-
Manchester Airport	a	-	-	-	1220	1258	-	1344	1316	-

Notes

x Stops on request.

Carlisle - Barrow - Lancaster

Sundays

Carlisle	d	-	-	0945	1023	-	1106	-	-	1207	-
Dalston	-	-	-	0953	1031	-	1114	-	-	1215	-
Wigton	-	-	-	1002	1041	-	1124	-	-	1225	-
Aspatria	-	-	-	1013	1051	-	1134	-	-	1235	-
Maryport	-	-	-	1024	1103	-	1146	-	-	1247	-
Flimby	-	-	-	-	1107	-	1149	-	-	1250	-
Workington	-	-	-	1033	1114	-	1156	-	-	1258	-
Harrington	-	-	-	-	1118	-	1200	-	-	1302	-
Parton	-	-	-	1046	1127	-	1209	-	-	1311	-
Whitehaven	a	-	-	1050	1132	-	1214	-	-	1316	-
Whitehaven	d	-	-	1052	1133	-	1216	-	-	1318	-
Corkickle	-	-	-	1054	1136	-	1219	-	-	1321	-
St. Bees	-	-	-	1100	1141	-	1227	-	-	1327	-
Nethertown	-	-	-	-	-	-	12x31	-	-	-	-
Braystones	-	-	-	-	-	-	12x34	-	-	-	-
Sellafield	-	-	-	1110	1151	-	1239	-	-	1337	-
Seascale	-	-	-	1113	1155	-	1243	-	-	1341	-
Drigg	-	-	-	1117	1159	-	1247	-	-	1345	-
Ravenglass	-	-	-	1121	1202	-	1251	-	-	1349	-
Bootle (Cumbria)	-	-	-	1127	1208	-	1257	-	-	1355	-
Silecroft	-	-	-	1134	1215	-	1304	-	-	1402	-
Millom	a	-	-	1139	1220	-	1309	-	-	1407	-
Millom	d	-	-	1139	1220	-	1309	-	-	1407	-
Green Road	-	-	-	1144	1225	-	1314	-	-	1412	-
Foxfield	-	-	-	1148	1229	-	1318	-	-	1416	-
Kirkby-in-Furness	-	-	-	1152	1233	-	1322	-	-	1420	-
Askam	-	-	-	1157	1238	-	1327	-	-	1425	-
Barrow-in-Furness	a	-	-	1211	1252	-	1341	-	-	1439	-
Barrow-in-Furness	d	1147	-	-	1254	-	-	1349	-	-	1447
Roose	-	1151	-	-	1258	-	-	1353	-	-	1451
Dalton	-	1158	-	-	1304	-	-	1359	-	-	1457
Ulverston	-	1206	-	-	1312	-	-	1407	-	-	1505
Cark	-	1213	-	-	-	-	-	1414	-	-	1512
Kents Bank	-	1217	-	-	-	-	-	1418	-	-	1516
Grange-over-Sands	-	1221	-	-	1325	-	-	1422	-	-	1520
Arnsdale	-	1227	-	-	1331	-	-	1428	-	-	1526
Silverdale	-	1231	-	-	1336	-	-	1432	-	-	1530
Carnforth	-	1239	-	-	1343	-	-	1439	-	-	1537
Windermere	d	-	1308	-	-	1359	-	-	1446	-	-
Staveley	-	-	1313	-	-	1404	-	-	1451	-	-
Burneside	-	-	1318	-	-	1409	-	-	1456	-	-
Kendal	-	-	1322	-	-	1413	-	-	1500	-	-
Oxenholme Lake District	a	-	1327	-	-	1418	-	-	1505	-	-
Oxenholme Lake District	d	-	1329	-	-	-	-	-	1515	-	-
Lancaster	a	1246	1345	-	1352	-	-	1446	1529	-	1544
Lancaster	d	1247	1349	-	-	-	-	1449	1530	-	1546
Preston	a	1306	1407	-	-	-	-	1507	1547	-	1605
Chorley	a	1322	1423	-	-	-	-	1521	-	-	1622
Bolton	a	1335	1436	-	-	-	-	1534	1606	-	1635
Manchester Oxford Road	a	1350	1452	-	-	-	-	1550	1620	-	1650
Manchester Piccadilly	a	1354	1456	-	-	-	-	1555	1624	-	1655
Manchester Airport	a	1416	1514	-	-	-	-	1613	1642	-	1713

Notes

x Stops on request.

Carlisle - Barrow - Lancaster

Sundays

Carlisle	d	-	1324	-	1401	-	-	1510	-	1616	-
Dalston		-	1332	-	1409	-	-	1518	-	1624	-
Wigton		-	1342	-	1419	-	-	1528	-	1634	-
Aspatria		-	1352	-	1429	-	-	1538	-	1644	-
Maryport		-	1403	-	1441	-	-	1550	-	1656	-
Flimby		-	1407	-	1444	-	-	1553	-	1659	-
Workington		-	1414	-	1451	-	-	1600	-	1706	-
Harrington		-	1418	-	1455	-	-	1604	-	1710	-
Parton		-	1427	-	1504	-	-	1613	-	1719	-
Whitehaven	a	-	1432	-	1509	-	-	1618	-	1724	-
Whitehaven	d	-	1433	-	1510	-	-	1619	-	1725	-
Corkickle		-	1436	-	1513	-	-	1622	-	1728	-
St. Bees		-	1441	-	1519	-	-	1629	-	1733	-
Nethertown		-	-	-	-	-	-	16x33	-	-	-
Braystones		-	-	-	-	-	-	16x36	-	-	-
Sellafield		-	1452	-	1529	-	-	1641	-	1744	-
Seascale		-	1455	-	1532	-	-	1645	-	1747	-
Drigg		-	-	-	1536	-	-	1649	-	1751	-
Ravenglass		-	1501	-	1540	-	-	1653	-	1755	-
Bootle (Cumbria)		-	-	-	1546	-	-	1659	-	1801	-
Silecroft		-	-	-	1553	-	-	1706	-	1808	-
Millom	a	-	1517	-	1558	-	-	1711	-	1813	-
Millom	d	-	1517	-	1559	-	-	1711	-	1814	-
Green Road		-	-	-	1603	-	-	1716	-	1818	-
Foxfield		-	1525	-	1607	-	-	1720	-	1822	-
Kirkby-in-Furness		-	1529	-	1612	-	-	1724	-	1827	-
Askam		-	1534	-	1617	-	-	1729	-	1832	-
Barrow-in-Furness	a	-	1548	-	1631	-	-	1743	-	1846	-
Barrow-in-Furness	d	-	1550	-	-	1646	-	1746	-	-	1851
Roose		-	1554	-	-	1650	-	1750	-	-	1855
Dalton		-	1600	-	-	1656	-	1756	-	-	1901
Ulverston		-	1608	-	-	1705	-	1805	-	-	1909
Cark		-	1616	-	-	1712	-	1812	-	-	1917
Kents Bank		-	1620	-	-	1716	-	1816	-	-	1921
Grange-over-Sands		-	1624	-	-	1720	-	1820	-	-	1925
Arnsdale		-	1630	-	-	1725	-	1827	-	-	1931
Silverdale		-	1635	-	-	1729	-	1832	-	-	1935
Carnforth		-	1642	-	-	1736	-	1842	-	-	1943
Windermere	d	1555	-	1659	-	-	1800	-	1901	-	-
Staveley		1600	-	1704	-	-	1805	-	1907	-	-
Burneside		1605	-	1709	-	-	1810	-	1912	-	-
Kendal		1609	-	1713	-	-	1814	-	1916	-	-
Oxenholme Lake District	a	1614	-	1718	-	-	1819	-	1921	-	-
Oxenholme Lake District	d	1616	-	1725	-	-	1830	-	1922	-	-
Lancaster	a	1633	1652	1738	-	1743	1843	1851	1937	-	1951
Lancaster	d	1648	-	1740	-	1748	1845	1858	1939	-	1951
Preston	a	1706	-	1757	-	1807	1902	1915	1958	-	2014
Chorley	a	1721	-	-	-	1820	-	-	2023	-	-
Bolton	a	1734	-	-	-	1833	-	-	2036	-	-
Manchester Oxford Road	a	1752	-	-	-	1850	-	-	2051	-	-
Manchester Piccadilly	a	1756	-	-	-	1855	-	-	2056	-	-
Manchester Airport	a	1818	-	-	-	1914	-	-	2114	-	-

Notes

x Stops on request.

Carlisle - Barrow - Lancaster

Sundays

Carlisle	d	-	1710	-	-	-	-	1810	1910	2010
Dalston	-	-	1718	-	-	-	-	1818	1918	2018
Wigton	-	-	1728	-	-	-	-	1827	1927	2027
Aspatria	-	-	1738	-	-	-	-	1838	1938	2038
Maryport	-	-	1750	-	-	-	-	1849	1949	2049
Flimby	-	-	1753	-	-	-	-	1853	1953	2053
Workington	-	-	1800	-	-	-	-	1900	2000	2100
Harrington	-	-	1804	-	-	-	-	1904	2004	2104
Parton	-	-	1813	-	-	-	-	1913	2013	2113
Whitehaven	a	-	1818	-	-	-	-	1919	2019	2119
Whitehaven	d	-	1819	-	-	-	-	-	-	-
Corkickle	-	-	1822	-	-	-	-	-	-	-
St. Bees	-	-	1829	-	-	-	-	-	-	-
Nethertown	-	-	18x33	-	-	-	-	-	-	-
Braystones	-	-	18x36	-	-	-	-	-	-	-
Sellafield	-	-	1841	-	-	-	-	-	-	-
Seascale	-	-	1844	-	-	-	-	-	-	-
Drigg	-	-	1848	-	-	-	-	-	-	-
Ravenglass	-	-	1852	-	-	-	-	-	-	-
Bootle (Cumbria)	-	-	1858	-	-	-	-	-	-	-
Silecroft	-	-	1905	-	-	-	-	-	-	-
Millom	a	-	1910	-	-	-	-	-	-	-
Millom	d	-	1910	-	-	1925	-	-	-	-
Green Road	-	-	1915	-	-	1929	-	-	-	-
Foxfield	-	-	1919	-	-	1933	-	-	-	-
Kirkby-in-Furness	-	-	1923	-	-	1938	-	-	-	-
Askam	-	-	1928	-	-	1943	-	-	-	-
Barrow-in-Furness	a	-	1942	-	-	1957	-	-	-	-
Barrow-in-Furness	d	-	-	1952	-	-	2046	-	-	-
Roose	-	-	-	1956	-	-	2050	-	-	-
Dalton	-	-	-	2002	-	-	2056	-	-	-
Ulverston	-	-	-	2011	-	-	2105	-	-	-
Cark	-	-	-	2018	-	-	2112	-	-	-
Kents Bank	-	-	-	2022	-	-	2116	-	-	-
Grange-over-Sands	-	-	-	2026	-	-	2120	-	-	-
Arnsdale	-	-	-	2031	-	-	2126	-	-	-
Silverdale	-	-	-	2035	-	-	2131	-	-	-
Carnforth	-	-	-	2043	-	-	2138	-	-	-
Windermere	d	1957	-	-	2047	-	-	2147	-	-
Staveley	-	2002	-	-	2052	-	-	2152	-	-
Burneside	-	2007	-	-	2057	-	-	2157	-	-
Kendal	-	2011	-	-	2101	-	-	2201	-	-
Oxenholme Lake District	a	2016	-	-	2106	-	-	2206	-	-
Oxenholme Lake District	d	-	-	-	-	-	-	2217	-	-
Lancaster	a	-	-	2050	-	-	2148	2233	-	-
Lancaster	d	-	-	2050	-	-	2220	2233	-	-
Preston	a	-	-	2108	-	-	2238	2252	-	-
Chorley	a	-	-	2122	-	-	-	-	-	-
Bolton	a	-	-	2135	-	-	-	-	-	-
Manchester Oxford Road	a	-	-	2151	-	-	2318	-	-	-
Manchester Piccadilly	a	-	-	2155	-	-	2322	-	-	-
Manchester Airport	a	-	-	2213	-	-	2342	-	-	-

Notes

x Stops on request.

Carlisle - Barrow - Lancaster

Sundays

Carlisle	d	2110	-	-	-	-	-	-	-	-	-
Dalston		2118	-	-	-	-	-	-	-	-	-
Wigton		2127	-	-	-	-	-	-	-	-	-
Aspatria		2138	-	-	-	-	-	-	-	-	-
Maryport		2149	-	-	-	-	-	-	-	-	-
Flimby		2153	-	-	-	-	-	-	-	-	-
Workington		2200	-	-	-	-	-	-	-	-	-
Harrington		2204	-	-	-	-	-	-	-	-	-
Parton		2213	-	-	-	-	-	-	-	-	-
Whitehaven	a	2219	-	-	-	-	-	-	-	-	-
Whitehaven	d		-	-	-	-	-	-	-	-	-
Corkickle			-	-	-	-	-	-	-	-	-
St. Bees			-	-	-	-	-	-	-	-	-
Nethertown			-	-	-	-	-	-	-	-	-
Braystones			-	-	-	-	-	-	-	-	-
Sellafield			-	-	-	-	-	-	-	-	-
Seascale			-	-	-	-	-	-	-	-	-
Drigg			-	-	-	-	-	-	-	-	-
Ravenglass			-	-	-	-	-	-	-	-	-
Bootle (Cumbria)			-	-	-	-	-	-	-	-	-
Silecroft			-	-	-	-	-	-	-	-	-
Millom	a		-	-	-	-	-	-	-	-	-
Millom	d		-	-	-	-	-	-	-	-	-
Green Road			-	-	-	-	-	-	-	-	-
Foxfield			-	-	-	-	-	-	-	-	-
Kirkby-in-Furness			-	-	-	-	-	-	-	-	-
Askam			-	-	-	-	-	-	-	-	-
Barrow-in-Furness	a		-	-	-	-	-	-	-	-	-
Barrow-in-Furness	d		-	-	-	-	-	-	-	-	-
Roose			-	-	-	-	-	-	-	-	-
Dalton			-	-	-	-	-	-	-	-	-
Ulverston			-	-	-	-	-	-	-	-	-
Cark			-	-	-	-	-	-	-	-	-
Kents Bank			-	-	-	-	-	-	-	-	-
Grange-over-Sands			-	-	-	-	-	-	-	-	-
Arnsdale			-	-	-	-	-	-	-	-	-
Silverdale			-	-	-	-	-	-	-	-	-
Carnforth			-	-	-	-	-	-	-	-	-
Windermere	d		-	-	-	-	-	-	-	-	-
Staveley			-	-	-	-	-	-	-	-	-
Burneside			-	-	-	-	-	-	-	-	-
Kendal			-	-	-	-	-	-	-	-	-
Oxenholme Lake District	a		-	-	-	-	-	-	-	-	-
Oxenholme Lake District	d		-	-	-	-	-	-	-	-	-
Lancaster	a		-	-	-	-	-	-	-	-	-
Lancaster	d		-	-	-	-	-	-	-	-	-
Preston	a		-	-	-	-	-	-	-	-	-
Chorley	a		-	-	-	-	-	-	-	-	-
Bolton	a		-	-	-	-	-	-	-	-	-
Manchester Oxford Road	a		-	-	-	-	-	-	-	-	-
Manchester Piccadilly	a		-	-	-	-	-	-	-	-	-
Manchester Airport	a		-	-	-	-	-	-	-	-	-

Lancaster - Barrow - Carlisle

Mondays to Saturdays

Manchester Airport	d	-	-	-	-	-	-	0529	0603	-
Manchester Piccadilly		-	-	-	-	0457	-	0549	0622	-
Manchester Oxford Road		-	-	-	-	-	-	0552	0625	-
Deansgate		-	-	-	-	-	-	0555	-	-
Bolton		-	-	-	-	-	-	0608	0639	-
Chorley		-	-	-	-	-	-	0620	-	-
Preston		-	-	-	0518	0537	-	0633	0704	0644
Lancaster	a	-	-	-	0538	0551	-	0651	0719	0658
Lancaster	d	-	-	-	0538	0559	-	0653	0733	0700
Oxenholme Lake District	a	-	-	-	-	0615	-	-	-	0712
Oxenholme Lake District	d	-	-	-	-	0617	-	-	-	0730
Kendal		-	-	-	-	0621	-	-	-	0734
Burneside		-	-	-	-	0625	-	-	-	0738
Staveley		-	-	-	-	0630	-	-	-	0743
Windermere	a	-	-	-	-	0636	-	-	-	0749
Carnforth		-	-	-	0549	-	-	0703	0744	-
Silverdale		-	-	-	0554	-	-	0708	0750	-
Arnside		-	-	-	0559	-	-	0712	0754	-
Grange-over-Sands		-	-	-	0605	-	-	0718	0800	-
Kents Bank		-	-	-	0608	-	-	0722	0804	-
Cark		-	-	-	0612	-	-	0726	0808	-
Ulverston		-	-	-	0621	-	-	0733	0816	-
Dalton		-	-	-	0629	-	-	0742	0825	-
Roose		-	-	-	0635	-	-	0748	0831	-
Barrow-in-Furness	a	-	-	-	0642	-	-	0755	0838	-
Barrow-in-Furness	d	-	-	0558	-	-	0651	0750	-	-
Askam		-	-	0608	-	-	0701	0800	-	-
Kirkby-in-Furness		-	-	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	-	-	0924	1017	-	-

Notes

x Stops on request.

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	0755	-	0834	0842	-	-	0945	0944	-
Lancaster	a	0815	0809	-	0851	0859	-	-	1002	1002	-
Lancaster	d	0822	0810	-	0851	0859	-	-	1003	1003	1014
Oxenholme Lake District	a	-	0823	-	-	-	-	-	1019	1032	-
Oxenholme Lake District	d	-	0829	-	-	-	0932	-	1021	1033	-
Kendal		-	0833	-	-	-	0936	-	1025	1037	-
Burneside		-	0837	-	-	-	0940	-	1029	1041	-
Staveley		-	0842	-	-	-	0945	-	1034	1046	-
Windermere	a	-	0848	-	-	-	0951	-	1041	1053	-
Carnforth		0832	-	-	0901	0909	-	-	-	-	1024
Silverdale		0838	-	-	0906	0914	-	-	-	-	1030
Arnsdale		0842	-	-	0910	0919	-	-	-	-	1034
Grange-over-Sands		0848	-	-	0916	0924	-	-	-	-	1040
Kents Bank		-	-	-	0920	0928	-	-	-	-	1044
Cark		0854	-	-	0924	0932	-	-	-	-	1048
Ulverston		0902	-	-	0931	0940	-	-	-	-	1056
Dalton		0910	-	-	0940	0948	-	-	-	-	1104
Roose		-	-	-	0946	0955	-	-	-	-	1110
Barrow-in-Furness	a	0922	-	-	0953	1001	-	-	-	-	1118
Barrow-in-Furness	d	-	-	0928	-	-	-	1022	-	-	1119
Askam		-	-	0938	-	-	-	1032	-	-	1130
Kirkby-in-Furness		-	-	0942	-	-	-	1036	-	-	1134
Foxfield		-	-	0947	-	-	-	1041	-	-	1139
Green Road		-	-	0951	-	-	-	1045	-	-	1143
Millom	a	-	-	0955	-	-	-	1049	-	-	1147
Millom	d	-	-	0955	-	-	-	1050	-	-	1148
Silecroft		-	-	1000	-	-	-	1055	-	-	1153
Bootle (Cumbria)		-	-	1007	-	-	-	1102	-	-	1200
Ravenglass		-	-	1013	-	-	-	1108	-	-	1206
Drigg		-	-	1017	-	-	-	1112	-	-	1209
Seascale		-	-	1021	-	-	-	1116	-	-	1213
Sellafield		-	-	1032	-	-	-	1122	-	-	1217
Braystones		-	-	-	-	-	-	11x26	-	-	-
Nethertown		-	-	-	-	-	-	11x28	-	-	-
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	-	-	-	1208	-	-	-
Maryport		-	-	1118	-	-	-	1212	-	-	1302
Aspatria		-	-	1129	-	-	-	1223	-	-	1313
Wigton		-	-	1139	-	-	-	1233	-	-	1323
Dalston		-	-	1148	-	-	-	1242	-	-	-
Carlisle	a	-	-	1159	-	-	-	1253	-	-	1341

Notes

x Stops on request.

SO Saturdays only.

SX Mondays to Fridays only.

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	1253	-
Lancaster	a	1050	1055	-	1202	-	-	1302	1303	1307	-
Lancaster	d	1051	1057	-	1202	-	-	1303	1303	1319	-
Oxenholme Lake District	a	-	1110	-	-	-	-	1332	1332	-	-
Oxenholme Lake District	d	-	1121	-	-	1239	-	1334	1334	-	-
Kendal		-	1125	-	-	1243	-	1338	1338	-	-
Burneside		-	1129	-	-	1247	-	1342	1342	-	-
Staveley		-	1134	-	-	1252	-	1347	1347	-	-
Windermere	a	-	1140	-	-	1258	-	1354	1354	-	-
Carnforth		1101	-	-	1212	-	-	-	-	1329	-
Silverdale		1106	-	-	1217	-	-	-	-	1334	-
Arnside		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	-	-	1206	-	-	1315	-	-	1424	1449
Askam		-	-	1216	-	-	1325	-	-	1434	1459
Kirkby-in-Furness		-	-	1220	-	-	1329	-	-	1438	1503
Foxfield		-	-	1225	-	-	1334	-	-	1443	1508
Green Road		-	-	1229	-	-	1338	-	-	1447	1512
Millom	a	-	-	1233	-	-	1342	-	-	1451	1516
Millom	d	-	-	1234	-	-	1343	-	-	1451	1517
Silecroft		-	-	1239	-	-	1348	-	-	1456	1522
Bootle (Cumbria)		-	-	1246	-	-	1355	-	-	1503	1529
Ravenglass		-	-	1252	-	-	1401	-	-	1509	1535
Drigg		-	-	1255	-	-	1405	-	-	1513	1538
Seascale		-	-	1259	-	-	1409	-	-	1517	1543
Sellafield		-	-	1303	-	-	1413	-	-	1520	1547
Braystones		-	-	13x06	-	-	14x16	-	-	-	-
Nethertown		-	-	13x09	-	-	14x19	-	-	-	-
St. Bees		-	-	1328	-	-	1427	-	-	1530	1600
Corkickle		-	-	1334	-	-	1433	-	-	1536	1606
Whitehaven	a	-	-	1336	-	-	1436	-	-	1538	1608
Whitehaven	d	-	-	1338	-	-	1438	-	-	1540	1612
Parton		-	-	1342	-	-	1442	-	-	1545	1616
Harrington		-	-	1351	-	-	1451	-	-	1554	1625
Workington		-	-	1356	-	-	1456	-	-	1559	1633
Flimby		-	-	1401	-	-	1501	-	-	1604	1638
Maryport		-	-	1405	-	-	1505	-	-	1608	1643
Aspatria		-	-	1416	-	-	1516	-	-	1619	1654
Wigton		-	-	1426	-	-	1526	-	-	1629	1704
Dalston		-	-	1435	-	-	1535	-	-	1638	1714
Carlisle	a	-	-	1450	-	-	1546	-	-	1651	1725

Notes

x Stops on request.

SO Saturdays only.

SX Mondays to Fridays only.

Lancaster - Barrow - Carlisle

Mondays to Saturdays

		SX	SO			SO	SX	SX		
Manchester Airport	d	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	1339	-	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	-	1502	-	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	-	-	1512	-	-	-	-
Silverdale		1419	1419	-	-	1517	-	-	-	-
Arnsdale		1423	1423	-	-	1522	-	-	-	-
Grange-over-Sands		1429	1429	-	-	1527	-	-	-	-
Kents Bank		1432	1432	-	-	1531	-	-	-	-
Cark		1436	1436	-	-	1536	-	-	-	-
Ulverston		1444	1444	-	-	1543	-	-	-	-
Dalton		1452	1452	-	-	1552	-	-	-	-
Roose		1458	1458	-	-	1558	-	-	-	-
Barrow-in-Furness	a	1505	1505	-	-	1605	-	-	-	-
Barrow-in-Furness	d	-	-	-	1544	-	1611	-	-	1615
Askam		-	-	-	1554	-	1621	-	-	1625
Kirkby-in-Furness		-	-	-	1558	-	1625	-	-	1630
Foxfield		-	-	-	1603	-	1630	-	-	1634
Green Road		-	-	-	1607	-	1634	-	-	1638
Millom	a	-	-	-	1611	-	1638	-	-	1643
Millom	d	-	-	-	1612	-	1639	-	-	1643
Silecroft		-	-	-	1617	-	1644	-	-	1648
Bootle (Cumbria)		-	-	-	1624	-	1651	-	-	1655
Ravenglass		-	-	-	1630	-	1657	-	-	1701
Drigg		-	-	-	1633	-	1700	-	-	1705
Seascale		-	-	-	1637	-	1704	-	-	1709
Sellafield		-	-	-	1641	-	1708	-	-	1713
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

x Stops on request.

SO Saturdays only.

SX Mondays to Fridays only.

Lancaster - Barrow - Carlisle

Mondays to Saturdays

						SO	SX	SX	SO		
Manchester Airport	d	-	1529	-	-	1604	1629	-	-	1704	1704
Manchester Piccadilly		-	1550	-	-	1621	1650	-	-	1721	1721
Manchester Oxford Road		-	1553	-	-	1624	1653	-	-	1724	1724
Deansgate		-	1556	-	-	-	1656	-	-	-	-
Bolton		-	1608	-	-	-	1708	-	-	-	-
Chorley		-	1620	-	-	-	1720	-	-	-	-
Preston		1541	1633	-	1701	1704	1734	-	-	1803	1803
Lancaster	a	1555	1651	-	1716	1721	1752	-	-	1818	1818
Lancaster	d	1601	1652	-	1727	1722	1752	-	-	1836	1836
Oxenholme Lake District	a	-	-	-	-	1735	-	-	-	-	-
Oxenholme Lake District	d	-	-	-	-	1742	-	-	-	-	-
Kendal		-	-	-	-	1746	-	-	-	-	-
Burneside		-	-	-	-	1750	-	-	-	-	-
Staveley		-	-	-	-	1755	-	-	-	-	-
Windermere	a	-	-	-	-	1801	-	-	-	-	-
Carnforth		1611	1701	-	1737	-	1802	-	-	1846	1846
Silverdale		1617	1706	-	1742	-	1807	-	-	1852	1852
Arnsdale		1622	1711	-	1747	-	1811	-	-	1856	1856
Grange-over-Sands		1628	1716	-	1753	-	1817	-	-	1902	1902
Kents Bank		1632	1720	-	1756	-	1820	-	-	1906	1906
Cark		1637	1724	-	1800	-	1824	-	-	1910	1910
Ulverston		1645	1732	-	1808	-	1832	-	-	1918	1918
Dalton		1654	1740	-	1816	-	1840	-	-	1926	1926
Roose		1700	1746	-	1822	-	1846	-	-	1932	1932
Barrow-in-Furness	a	1709	1753	-	1830	-	1852	-	-	1940	1940
Barrow-in-Furness	d	1716	-	1807	-	-	-	1857	1912	-	1944
Askam		1726	-	1817	-	-	-	1907	1922	-	1954
Kirkby-in-Furness		1731	-	1821	-	-	-	1911	1926	-	1958
Foxfield		1735	-	1826	-	-	-	1916	1931	-	2003
Green Road		1739	-	1830	-	-	-	1920	1935	-	2007
Millom	a	1744	-	1834	-	-	-	1924	1939	-	2011
Millom	d	1744	-	1834	-	-	-	1924	1940	-	2011
Silecroft		1749	-	-	-	-	-	1929	1945	-	2016
Bootle (Cumbria)		1756	-	-	-	-	-	1936	1952	-	2023
Ravenglass		1803	-	1849	-	-	-	1942	1958	-	2029
Drigg		1806	-	1853	-	-	-	1946	2001	-	2033
Seascale		1810	-	1857	-	-	-	1950	2005	-	2037
Sellafield		1814	-	1900	-	-	-	1953	2012	-	2041
Braystones		-	-	-	-	-	-	-	20x15	-	20x44
Nethertown		-	-	-	-	-	-	-	20x18	-	20x47
St. Bees		1828	-	1912	-	-	-	2003	2027	-	2052
Corkickle		1834	-	1917	-	-	-	2008	2032	-	2057
Whitehaven	a	1836	-	1920	-	-	-	2011	2036	-	2101
Whitehaven	d	1838	-	1921	-	-	-	2012	2037	-	2102
Parton		1842	-	1925	-	-	-	2017	2041	-	2106
Harrington		1851	-	1934	-	-	-	2026	2050	-	2115
Workington		1856	-	1943	-	-	-	2035	2056	-	2121
Flimby		1901	-	1948	-	-	-	2040	2101	-	2126
Maryport		1905	-	1953	-	-	-	2044	2105	-	2129
Aspatria		1915	-	2003	-	-	-	2055	2115	-	-
Wigton		1925	-	2014	-	-	-	2105	2125	-	-
Dalston		1934	-	2023	-	-	-	2115	2134	-	-
Carlisle	a	1945	-	2034	-	-	-	2126	2145	-	-

Notes

x Stops on request.

SO Saturdays only.

SX Mondays to Fridays only.

Lancaster - Barrow - Carlisle

Mondays to Saturdays

			SX		SX	SO	SX	SO	SX	SO	
Manchester Airport	d	-	-	1729	-	-	-	-	1829	1829	-
Manchester Piccadilly		-	-	1750	-	-	-	-	1850	1850	-
Manchester Oxford Road		-	-	1753	-	-	-	-	1853	1853	-
Deansgate		-	-	1756	-	-	-	-	1856	1856	-
Bolton		-	-	1808	-	-	-	-	1909	1909	-
Chorley		-	-	1823	-	-	-	-	1921	1921	-
Preston		1754	-	1844	-	-	-	-	1934	1945	-
Lancaster	a	1808	-	1902	-	-	-	-	1951	2002	-
Lancaster	d	1810	-	1902	1913	1913	-	-	1951	2003	-
Oxenholme Lake District	a	1822	-	1920	-	-	-	-	-	-	-
Oxenholme Lake District	d	1830	-	1922	-	-	-	-	-	-	-
Kendal		1834	-	1926	-	-	-	-	-	-	-
Burneside		1838	-	1930	-	-	-	-	-	-	-
Staveley		1843	-	1935	-	-	-	-	-	-	-
Windermere	a	1849	-	1942	-	-	-	-	-	-	-
Carnforth		-	-	-	1923	1923	-	-	2001	2012	-
Silverdale		-	-	-	1929	1929	-	-	2006	2017	-
Arnside		-	-	-	1933	1933	-	-	2010	2022	-
Grange-over-Sands		-	-	-	1939	1939	-	-	2016	2027	-
Kents Bank		-	-	-	1943	1943	-	-	2020	2031	-
Cark		-	-	-	1947	1947	-	-	2024	2035	-
Ulverston		-	-	-	1955	1955	-	-	2031	2043	-
Dalton		-	-	-	2003	2003	-	-	2040	2051	-
Roose		-	-	-	2009	2009	-	-	2046	2057	-
Barrow-in-Furness	a	-	-	-	2017	2017	-	-	2053	2104	-
Barrow-in-Furness	d	-	1947	-	2018	2018	-	-	-	-	2110
Askam		-	1957	-	2028	2028	-	-	-	-	2120
Kirkby-in-Furness		-	2001	-	2033	2033	-	-	-	-	2124
Foxfield		-	2006	-	2037	2038	-	-	-	-	2129
Green Road		-	2010	-	2041	2042	-	-	-	-	2133
Millom	a	-	2015	-	2046	2047	-	-	-	-	2138
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

SO Saturdays only.

SX Mondays to Fridays only.

Lancaster - Barrow - Carlisle

Mondays to Saturdays

				SO	SX	SX	SO	SX	SO	
Manchester Airport	d	-	1929	-	-	-	-	-	-	2159
Manchester Piccadilly		-	1950	-	-	-	-	-	-	2220
Manchester Oxford Road		-	1953	-	-	-	-	-	-	2224
Deansgate		-	1956	-	-	-	-	-	-	-
Bolton		-	2008	-	-	-	-	-	-	2239
Chorley		-	2020	-	-	-	-	-	-	2251
Preston		1941	2033	-	2041	2041	2143	-	-	2211 2310
Lancaster	a	1955	2050	-	2055	2055	2157	-	-	2231 2330
Lancaster	d	1957	2051	-	2057	2057	2209	-	-	2231 2330
Oxenholme Lake District	a	2010	-	-	2110	2110	-	-	-	-
Oxenholme Lake District	d	2018	-	-	2117	2120	-	2206	2222	-
Kendal		2022	-	-	2121	2124	-	2210	2226	-
Burneside		2026	-	-	2125	2128	-	2214	2230	-
Staveley		2031	-	-	2130	2133	-	2219	2235	-
Windermere	a	2037	-	-	2136	2139	-	2225	2241	-
Carnforth		-	2100	-	-	-	2219	-	-	2242 2341
Silverdale		-	2106	-	-	-	2225	-	-	2247 2347
Arnsdale		-	2110	-	-	-	2229	-	-	2252 2351
Grange-over-Sands		-	2116	-	-	-	2235	-	-	2258 2357
Kents Bank		-	2120	-	-	-	2239	-	-	2301 2359
Cark		-	2124	-	-	-	2243	-	-	2305 0005
Ulverston		-	2131	-	-	-	2251	-	-	2314 0012
Dalton		-	2140	-	-	-	2259	-	-	2322 0021
Roose		-	2146	-	-	-	2305	-	-	2328 0027
Barrow-in-Furness	a	-	2153	-	-	-	2313	-	-	2336 0034
Barrow-in-Furness	d	-	-	2211	-	-	-	-	-	-
Askam		-	-	2221	-	-	-	-	-	-
Kirkby-in-Furness		-	-	2225	-	-	-	-	-	-
Foxfield		-	-	2230	-	-	-	-	-	-
Green Road		-	-	2234	-	-	-	-	-	-
Millom	a	-	-	2239	-	-	-	-	-	-
Millom	d	-	-	-	-	-	-	-	-	-
Silecroft		-	-	-	-	-	-	-	-	-
Bootle (Cumbria)		-	-	-	-	-	-	-	-	-
Ravenglass		-	-	-	-	-	-	-	-	-
Drigg		-	-	-	-	-	-	-	-	-
Seascale		-	-	-	-	-	-	-	-	-
Sellafield		-	-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-
St. Bees		-	-	-	-	-	-	-	-	-
Corkickle		-	-	-	-	-	-	-	-	-
Whitehaven	a	-	-	-	-	-	-	-	-	-
Whitehaven	d	-	-	-	-	-	-	-	-	-
Parton		-	-	-	-	-	-	-	-	-
Harrington		-	-	-	-	-	-	-	-	-
Workington		-	-	-	-	-	-	-	-	-
Flimby		-	-	-	-	-	-	-	-	-
Maryport		-	-	-	-	-	-	-	-	-
Aspatria		-	-	-	-	-	-	-	-	-
Wigton		-	-	-	-	-	-	-	-	-
Dalston		-	-	-	-	-	-	-	-	-
Carlisle	a	-	-	-	-	-	-	-	-	-

Notes

SO Saturdays only.

SX Mondays to Fridays only.

Lancaster - Barrow - Carlisle

Sundays

Manchester Airport	d	-	-	-	-	-	-	-	0936	-	-
Manchester Piccadilly		-	-	-	-	-	-	-	0955	-	-
Manchester Oxford Road		-	-	-	-	-	-	-	0958	-	-
Bolton		-	-	-	-	-	0909	-	1011	-	-
Chorley		-	-	-	-	-	0921	-	1023	-	-
Preston		-	-	-	-	-	0948	-	1039	-	-
Lancaster	a	-	-	-	-	-	1005	-	1056	-	-
Lancaster	d	-	-	-	-	-	1006	1011	1059	-	-
Oxenholme Lake District	a	-	-	-	-	-	1021	-	-	-	-
Oxenholme Lake District	d	-	-	-	-	-	1030	-	-	1116	-
Kendal		-	-	-	-	-	1034	-	-	1120	-
Burneside		-	-	-	-	-	1038	-	-	1124	-
Staveley		-	-	-	-	-	1043	-	-	1129	-
Windermere	a	-	-	-	-	-	1049	-	-	1135	-
Carnforth		-	-	-	-	0855	-	1021	1109	-	-
Silverdale		-	-	-	-	0900	-	1027	1114	-	-
Arnside		-	-	-	-	0905	-	1031	1118	-	-
Grange-over-Sands		-	-	-	-	0911	-	1037	1123	-	-
Kents Bank		-	-	-	-	0914	-	1041	1127	-	-
Cark		-	-	-	-	0918	-	1045	1131	-	-
Ulverston		-	-	-	-	0927	-	1053	1138	-	-
Dalton		-	-	-	-	0935	-	1101	1147	-	-
Roose		-	-	-	-	0941	-	1107	1153	-	-
Barrow-in-Furness	a	-	-	-	-	0948	-	1115	1159	-	-
Barrow-in-Furness	d	-	-	-	0905	0950	-	1116	-	-	1217
Askam		-	-	-	0915	1000	-	1126	-	-	1227
Kirkby-in-Furness		-	-	-	0919	1004	-	1131	-	-	1231
Foxfield		-	-	-	0924	1009	-	1135	-	-	1236
Green Road		-	-	-	0928	1013	-	1139	-	-	1240
Millom	a	-	-	-	0933	1017	-	1144	-	-	1244
Millom	d	-	-	-	-	1017	-	1144	-	-	1245
Silecroft		-	-	-	-	1022	-	1149	-	-	1250
Bootle (Cumbria)		-	-	-	-	1029	-	1156	-	-	1257
Ravenglass		-	-	-	-	1035	-	1202	-	-	1303
Drigg		-	-	-	-	1039	-	1205	-	-	1307
Seascale		-	-	-	-	1043	-	1209	-	-	1311
Sellafield		-	-	-	-	1046	-	1213	-	-	1315
Braystones		-	-	-	-	10x50	-	-	-	-	-
Nethertown		-	-	-	-	10x52	-	-	-	-	-
St. Bees		-	-	-	-	1101	-	1225	-	-	1328
Corkickle		-	-	-	-	1106	-	1230	-	-	1333
Whitehaven	a	-	-	-	-	1110	-	1233	-	-	1337
Whitehaven	d	-	-	1016	-	1111	-	1234	-	-	1338
Parton		-	-	1020	-	1115	-	1238	-	-	1342
Harrington		-	-	1029	-	1124	-	1247	-	-	1351
Workington		0855	0940	1034	-	1130	-	1253	-	-	1359
Flimby		0900	0945	1039	-	1135	-	1258	-	-	1404
Maryport		0904	0949	1043	-	1139	-	1302	-	-	1408
Aspatria		0914	0959	1054	-	1149	-	1312	-	-	1419
Wigton		0925	1010	1104	-	1159	-	1322	-	-	1430
Dalston		0934	1019	1113	-	1208	-	1331	-	-	1439
Carlisle	a	0945	1030	1124	-	1219	-	1342	-	-	1450

Notes

x Stops on request.

Lancaster - Barrow - Carlisle

Sundays

Manchester Airport	d	1033	1010	-	1110	-	-	-	1230	-	-
Manchester Piccadilly		1055	1026	-	1125	-	-	-	1248	-	-
Manchester Oxford Road		1100	1030	-	1129	1154	-	-	1251	-	-
Bolton		1113	1044	-	1144	1208	-	-	1309	-	-
Chorley		1125	-	-	-	1220	-	-	1321	-	-
Preston		1147	1108	-	1205	1246	-	-	1345	1341	-
Lancaster	a	1204	1124	-	1220	1303	-	-	1402	1355	-
Lancaster	d	1204	1125	-	1221	1304	1314	-	1402	1357	-
Oxenholme Lake District	a	-	1138	-	1234	1332	-	-	-	1409	-
Oxenholme Lake District	d	-	1202	-	1245	1333	-	-	-	1422	-
Kendal		-	1206	-	1249	1337	-	-	-	1426	-
Burneside		-	-	-	1253	1341	-	-	-	1430	-
Staveley		-	-	-	1258	1346	-	-	-	1435	-
Windermere	a	-	1219	-	1304	1353	-	-	-	1441	-
Carnforth		1215	-	-	-	-	1324	-	1412	-	-
Silverdale		1220	-	-	-	-	1330	-	1417	-	-
Arnside		1224	-	-	-	-	1334	-	1421	-	-
Grange-over-Sands		1230	-	-	-	-	1340	-	1426	-	-
Kents Bank		1233	-	-	-	-	1344	-	1430	-	-
Cark		1237	-	-	-	-	1348	-	1434	-	-
Ulverston		1245	-	-	-	-	1356	-	1441	-	-
Dalton		1253	-	-	-	-	1404	-	1449	-	-
Rose		1259	-	-	-	-	1410	-	1456	-	-
Barrow-in-Furness	a	1305	-	-	-	-	1418	-	1502	-	-
Barrow-in-Furness	d	-	-	1310	-	-	1419	1454	-	-	1556
Askam		-	-	1320	-	-	1429	1504	-	-	1606
Kirkby-in-Furness		-	-	1324	-	-	-	1508	-	-	1611
Foxfield		-	-	1329	-	-	-	1513	-	-	1615
Green Road		-	-	1333	-	-	-	1517	-	-	1619
Millom	a	-	-	1337	-	-	1443	1521	-	-	1624
Millom	d	-	-	1338	-	-	1444	1522	-	-	1624
Silecroft		-	-	1343	-	-	-	1527	-	-	1629
Bootle (Cumbria)		-	-	1350	-	-	-	1534	-	-	1636
Ravenglass		-	-	1356	-	-	1459	1540	-	-	1643
Drigg		-	-	1359	-	-	-	1543	-	-	1646
Seascale		-	-	1403	-	-	-	1547	-	-	1650
Sellafield		-	-	1407	-	-	1507	1551	-	-	1654
Braystones		-	-	-	-	-	-	-	-	-	16x58
Nethertown		-	-	-	-	-	-	-	-	-	17x00
St. Bees		-	-	1417	-	-	1520	1601	-	-	1705
Corkickle		-	-	1422	-	-	1525	1607	-	-	1711
Whitehaven	a	-	-	1425	-	-	1528	1609	-	-	1714
Whitehaven	d	-	-	1426	-	-	1529	1611	-	-	1716
Parton		-	-	1430	-	-	1533	1615	-	-	1720
Harrington		-	-	1439	-	-	1542	1624	-	-	1729
Workington		-	-	1445	-	-	1548	1629	-	-	1735
Flimby		-	-	1450	-	-	1553	1634	-	-	1740
Maryport		-	-	1453	-	-	1557	1638	-	-	1744
Aspatria		-	-	1504	-	-	1607	1649	-	-	1754
Wigton		-	-	1514	-	-	1617	1659	-	-	1804
Dalston		-	-	1523	-	-	1626	1708	-	-	1813
Carlisle	a	-	-	1534	-	-	1637	1719	-	-	1824

Notes

x Stops on request.

Lancaster - Barrow - Carlisle

Sundays

Manchester Airport	d	1330	-	1430	1410	-	-	1530	-	-	1630
Manchester Piccadilly		1348	-	1448	1426	-	-	1548	-	-	1648
Manchester Oxford Road		1352	-	1452	1430	-	-	1552	-	-	1652
Bolton		1409	-	1509	1444	-	-	1609	-	-	1709
Chorley		1421	-	1521	-	-	-	1621	-	-	1721
Preston		1446	-	1558	1505	-	-	1648	1655	-	1746
Lancaster	a	1503	-	1615	1520	-	-	1705	1710	-	1803
Lancaster	d	1504	-	1616	1603	-	-	1706	1711	-	1804
Oxenholme Lake District	a	-	-	1630	-	-	-	-	1725	-	-
Oxenholme Lake District	d	-	1529	1632	-	-	-	-	1730	-	-
Kendal		-	1533	1636	-	-	-	-	1734	-	-
Burneside		-	1537	1640	-	-	-	-	1738	-	-
Staveley		-	1542	1645	-	-	-	-	1743	-	-
Windermere	a	-	1548	1652	-	-	-	-	1749	-	-
Carnforth		1513	-	-	1613	-	-	1715	-	-	1814
Silverdale		1518	-	-	1619	-	-	1721	-	-	1819
Arnside		1523	-	-	1623	-	-	1725	-	-	1823
Grange-over-Sands		1528	-	-	1629	-	-	1730	-	-	1828
Kents Bank		1532	-	-	1633	-	-	1734	-	-	1832
Cark		1536	-	-	1637	-	-	1738	-	-	1836
Ulverston		1543	-	-	1645	-	-	1745	-	-	1843
Dalton		1552	-	-	1653	-	-	1753	-	-	1851
Rose		1558	-	-	1659	-	-	1759	-	-	1857
Barrow-in-Furness	a	1604	-	-	1707	-	-	1806	-	-	1904
Barrow-in-Furness	d	-	-	-	1717	-	-	-	-	1825	-
Askam		-	-	-	1727	-	-	-	-	1835	-
Kirkby-in-Furness		-	-	-	1732	-	-	-	-	1839	-
Foxfield		-	-	-	1736	-	-	-	-	1844	-
Green Road		-	-	-	1740	-	-	-	-	1848	-
Millom	a	-	-	-	1745	-	-	-	-	1853	-
Millom	d	-	-	-	1745	-	-	-	-	-	-
Silecroft		-	-	-	1750	-	-	-	-	-	-
Bootle (Cumbria)		-	-	-	1757	-	-	-	-	-	-
Ravenglass		-	-	-	1804	-	-	-	-	-	-
Drigg		-	-	-	1807	-	-	-	-	-	-
Seascale		-	-	-	1811	-	-	-	-	-	-
Sellafield		-	-	-	1815	-	-	-	-	-	-
Braystones		-	-	-	18x19	-	-	-	-	-	-
Nethertown		-	-	-	18x21	-	-	-	-	-	-
St. Bees		-	-	-	1830	-	-	-	-	-	-
Corkickle		-	-	-	1835	-	-	-	-	-	-
Whitehaven	a	-	-	-	1839	-	-	-	-	-	-
Whitehaven	d	-	-	-	1840	1938	2030	-	-	-	-
Parton		-	-	-	1844	1942	2034	-	-	-	-
Harrington		-	-	-	1853	1951	2043	-	-	-	-
Workington		-	-	-	1859	1956	2049	-	-	-	-
Flimby		-	-	-	1904	2001	2054	-	-	-	-
Maryport		-	-	-	1908	2005	2058	-	-	-	-
Aspatria		-	-	-	1918	2016	2108	-	-	-	-
Wigton		-	-	-	1928	2026	2118	-	-	-	-
Dalston		-	-	-	1937	2035	2127	-	-	-	-
Carlisle	a	-	-	-	1948	2046	2138	-	-	-	-

Notes

x Stops on request.

Lancaster - Barrow - Carlisle

Sundays

Manchester Airport	d	-	-	1730	-	1830	-	1930	-	-	-
Manchester Piccadilly		-	-	1748	-	1848	-	1948	-	-	-
Manchester Oxford Road		-	-	1752	-	1852	-	1952	-	-	-
Bolton		-	-	1809	-	1909	-	2010	-	-	-
Chorley		-	-	1821	-	1921	-	2022	-	-	-
Preston		1754	-	1834	-	1947	-	2046	2041	2141	-
Lancaster	a	1808	-	1851	-	2004	-	2104	2055	2155	-
Lancaster	d	1810	-	1852	1902	2004	-	2104	2057	2220	-
Oxenholme Lake District	a	1823	-	1926	-	-	-	-	-	2109	-
Oxenholme Lake District	d	1833	-	1928	-	-	2022	-	2121	-	-
Kendal		1837	-	1933	-	-	2026	-	2125	-	-
Burneside		1841	-	1936	-	-	2030	-	2129	-	-
Staveley		1846	-	1941	-	-	2035	-	2134	-	-
Windermere	a	1852	-	1948	-	-	2041	-	2140	-	-
Carnforth		-	-	-	1914	2014	-	2114	-	2230	-
Silverdale		-	-	-	1920	2019	-	2119	-	2235	-
Arnside		-	-	-	1925	2023	-	2123	-	2240	-
Grange-over-Sands		-	-	-	1931	2028	-	2128	-	2246	-
Kents Bank		-	-	-	1934	2032	-	2132	-	2249	-
Cark		-	-	-	1938	2036	-	2136	-	2253	-
Ulverston		-	-	-	1947	2043	-	2143	-	2301	-
Dalton		-	-	-	1955	2052	-	2151	-	2309	-
Rose		-	-	-	2001	2058	-	2157	-	2315	-
Barrow-in-Furness	a	-	-	-	2008	2105	-	2204	-	2323	-
Barrow-in-Furness	d	-	1909	-	-	-	-	-	-	-	-
Askam		-	1919	-	-	-	-	-	-	-	-
Kirkby-in-Furness		-	1923	-	-	-	-	-	-	-	-
Foxfield		-	1928	-	-	-	-	-	-	-	-
Green Road		-	1932	-	-	-	-	-	-	-	-
Millom	a	-	1937	-	-	-	-	-	-	-	-
Millom	d	-	-	-	-	-	-	-	-	-	-
Silecroft		-	-	-	-	-	-	-	-	-	-
Bootle (Cumbria)		-	-	-	-	-	-	-	-	-	-
Ravenglass		-	-	-	-	-	-	-	-	-	-
Drigg		-	-	-	-	-	-	-	-	-	-
Seascale		-	-	-	-	-	-	-	-	-	-
Sellafield		-	-	-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-	-
St. Bees		-	-	-	-	-	-	-	-	-	-
Corkickle		-	-	-	-	-	-	-	-	-	-
Whitehaven	a	-	-	-	-	-	-	-	-	-	-
Whitehaven	d	-	-	-	-	-	-	-	-	-	-
Parton		-	-	-	-	-	-	-	-	-	-
Harrington		-	-	-	-	-	-	-	-	-	-
Workington		-	-	-	-	-	-	-	-	-	-
Flimby		-	-	-	-	-	-	-	-	-	-
Maryport		-	-	-	-	-	-	-	-	-	-
Aspatria		-	-	-	-	-	-	-	-	-	-
Wigton		-	-	-	-	-	-	-	-	-	-
Dalston		-	-	-	-	-	-	-	-	-	-
Carlisle	a	-	-	-	-	-	-	-	-	-	-

Useful contact details



Fares and service information

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visit nationalrail.co.uk
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textphone **0345 60 50 600**



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Freepost NORTHERN RAILWAY



British Transport Police

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