

Train times

15 December 2024 –
17 May 2025

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		-	-	-	-	-	-	-	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	-
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	-	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	-	0851
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	-	-
Arnside	-	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	-	-	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
Arnsdale	-	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 1820
Lancaster	d	1540	1550	1548	1649	1727	-	1750	1847 1827
Preston	a	1557	1608	1606	1708	1746	1816	-	1808 1904 1846
Chorley	a	-	1620	-	1720	-	-	-	1820 - -
Bolton	a	-	1634	-	1734	1805	-	-	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 - 1944

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
Arnsdale		-	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

		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	-	-	-	-	-	-
Arnsdale		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	-	-	-	-	-	-	-

Notes

M To Manchester Victoria.

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.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

		SX	SX	SO	SO	SX	SO	SO	X	SO	Y	SO	Y	SO	X
Carlisle	d	-	-	-	1846	1909	1909	1909	-	-	-	-	-	-	-
Dalston	-	-	-	-	1854	1917	1917	1917	-	-	-	-	-	-	-
Wigton	-	-	-	-	1904	1926	1927	1927	-	-	-	-	-	-	-
Aspatria	-	-	-	-	1914	1937	1937	1937	-	-	-	-	-	-	-
Maryport	-	-	-	-	1926	1948	1948	1948	-	-	-	-	-	-	-
Flimby	-	-	-	-	1929	1951	1952	1952	-	-	-	-	-	-	-
Workington	-	-	-	-	1936	1958	1959	1959	-	-	-	-	-	-	-
Harrington	-	-	-	-	1941	2003	2003	2003	-	-	-	-	-	-	-
Parton	-	-	-	-	1950	2012	2012	2012	-	-	-	-	-	-	-
Whitehaven	a	-	-	-	1956	2016	2018	2018	-	-	-	-	-	-	-
Whitehaven	d	-	-	-	-	2018	2019	2019	-	-	-	-	-	-	-
Corkickle	-	-	-	-	-	2020	2022	2022	-	-	-	-	-	-	-
St. Bees	-	-	-	-	-	2029	2027	2027	-	-	-	-	-	-	-
Nethertown	-	-	-	-	-	20x33	20x32	20x32	-	-	-	-	-	-	-
Braystones	-	-	-	-	-	20x36	20x34	20x34	-	-	-	-	-	-	-
Sellafield	-	-	-	-	-	2041	2039	2039	-	-	-	-	-	-	-
Seascale	-	-	-	-	-	2045	2043	2043	-	-	-	-	-	-	-
Drigg	-	-	-	-	-	2049	2047	2047	-	-	-	-	-	-	-
Ravenglass	-	-	-	-	-	2052	2051	2051	-	-	-	-	-	-	-
Bootle (Cumbria)	-	-	-	-	-	2059	2057	2057	-	-	-	-	-	-	-
Silecroft	-	-	-	-	-	2106	2104	2104	-	-	-	-	-	-	-
Millom	a	-	-	-	-	2111	2109	2109	-	-	-	-	-	-	-
Millom	d	-	2029	2059	-	2111	2109	2109	-	-	-	-	-	-	-
Green Road	-	-	2033	-	-	2116	2114	2114	-	-	-	-	-	-	-
Foxfield	-	-	2037	2106	-	2120	2118	2118	-	-	-	-	-	-	-
Kirkby-in-Furness	-	-	2042	-	-	2124	2122	2122	-	-	-	-	-	-	-
Askam	-	-	2047	2115	-	2129	2127	2127	-	-	-	-	-	-	-
Barrow-in-Furness	a	-	2101	2129	-	2143	2141	2141	-	-	-	-	-	-	-
Barrow-in-Furness	d	-	-	-	-	2145	-	2146	2146	-	-	-	-	-	-
Roose	-	-	-	-	-	2149	-	2150	2150	-	-	-	-	-	-
Dalton	-	-	-	-	-	2155	-	2156	2156	-	-	-	-	-	-
Ulverston	-	-	-	-	-	2204	-	2204	2204	-	-	-	-	-	-
Cark	-	-	-	-	-	2211	-	2212	2212	-	-	-	-	-	-
Kents Bank	-	-	-	-	-	2215	-	2216	2216	-	-	-	-	-	-
Grange-over-Sands	-	-	-	-	-	2219	-	2220	2220	-	-	-	-	-	-
Arnsdale	-	-	-	-	-	2226	-	2226	2226	-	-	-	-	-	-
Silverdale	-	-	-	-	-	2230	-	2230	2230	-	-	-	-	-	-
Carnforth	-	-	-	-	-	2238	-	2238	2238	-	-	-	-	-	-
Windermere	d	2147	-	-	-	-	-	-	-	-	-	2225	2229	-	-
Staveley	-	2152	-	-	-	-	-	-	-	-	-	2235	2234	-	-
Burneside	-	2157	-	-	-	-	-	-	-	-	-	2245	2239	-	-
Kendal	-	2201	-	-	-	-	-	-	-	-	-	2255	2243	-	-
Oxenholme Lake District	a	2206	-	-	-	-	-	-	-	-	-	2310	2248	-	-
Oxenholme Lake District	d	2211	-	-	-	-	-	-	-	-	-	2310	2250	-	-
Lancaster	a	2225	-	-	-	2246	-	2246	2248	2355	2305	-	-	-	-
Lancaster	d	2226	-	-	-	2246	-	2246	-	2355	2306	-	-	-	-
Preston	a	2244	-	-	-	2310	-	2310	-	0035	2324	-	-	-	-
Chorley	a	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Bolton	a	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Deansgate	a	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Manchester Oxford Road	a	2321	-	-	-	-	-	-	-	-	-	-	-	-	-
Manchester Piccadilly	a	2325	-	-	-	-	-	-	-	-	-	-	-	-	-
Manchester Airport	a	2343	-	-	-	-	-	-	-	-	-	-	-	-	-

Notes

x Stops on request.

X Until 27 December and from 15 February.

Y From 4 January until 8 February.

SO Saturdays only.

SX Mondays to Fridays only.

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

🚌 - Bus service - heavy luggage, dogs, bicycles and pushchairs may not be carried.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

			Ⓣ	Ⓣ	Ⓣ			
	SX		SX	SO	SO	SX		
Carlisle	d	-	2000	2055	2106	2149	2201	-
Dalston	-	-	2008	2103	2114	2157	2209	-
Wigton	-	-	2017	2112	2123	2206	2219	-
Aspatria	-	-	2028	2123	2134	2217	2230	-
Maryport	-	-	2039	2134	2145	2228	2241	-
Flimby	-	-	2042	2137	2148	2231	2244	-
Workington	-	-	2049	2144	2155	2238	2251	-
Harrington	-	-	2054	2149	2200	2243	2256	-
Parton	-	-	2103	2158	2209	2252	2305	-
Whitehaven	a	-	2109	2204	2215	2258	2311	-
Whitehaven	d	-	-	-	-	-	-	-
Corkickle	-	-	-	-	-	-	-	-
St. Bees	-	-	-	-	-	-	-	-
Nethertown	-	-	-	-	-	-	-	-
Braystones	-	-	-	-	-	-	-	-
Sellafield	-	-	-	-	-	-	-	-
Seascale	-	-	-	-	-	-	-	-
Drigg	-	-	-	-	-	-	-	-
Ravenglass	-	-	-	-	-	-	-	-
Bootle (Cumbria)	-	-	-	-	-	-	-	-
Silecroft	-	-	-	-	-	-	-	-
Millom	a	-	-	-	-	-	-	-
Millom	d	-	2200	-	-	-	-	-
Green Road	-	-	2204	-	-	-	-	-
Foxfield	-	-	2208	-	-	-	-	-
Kirkby-in-Furness	-	-	2213	-	-	-	-	-
Askam	-	-	2218	-	-	-	-	-
Barrow-in-Furness	a	-	2231	-	-	-	-	-
Barrow-in-Furness	d	-	-	-	-	-	-	-
Roose	-	-	-	-	-	-	-	-
Dalton	-	-	-	-	-	-	-	-
Ulverston	-	-	-	-	-	-	-	-
Cark	-	-	-	-	-	-	-	-
Kents Bank	-	-	-	-	-	-	-	-
Grange-over-Sands	-	-	-	-	-	-	-	-
Arnsdale	-	-	-	-	-	-	-	-
Silverdale	-	-	-	-	-	-	-	-
Carnforth	-	-	-	-	-	-	-	-
Windermere	d	2247	-	-	-	-	-	-
Staveley		2252	-	-	-	-	-	-
Burneside		2257	-	-	-	-	-	-
Kendal		2301	-	-	-	-	-	-
Oxenholme Lake District	a	2306	-	-	-	-	-	-
Oxenholme Lake District	d	2308	-	-	-	-	-	-
Lancaster	a	2324	-	-	-	-	-	-
Lancaster	d	2326	-	-	-	-	-	-
Preston	a	2345	-	-	-	-	-	-
Chorley	a	-	-	-	-	-	-	-
Bolton	a	-	-	-	-	-	-	-
Deansgate	a	-	-	-	-	-	-	-
Manchester Oxford Road	a	-	-	-	-	-	-	-
Manchester Piccadilly	a	-	-	-	-	-	-	-
Manchester Airport	a	-	-	-	-	-	-	-

Notes


SO Saturdays only.

SX Mondays to Fridays only.

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

Carlisle - Barrow - Lancaster

Sundays

		V	V	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	-	1139
Staveley		-	-	-	-	1040	1058	-	1144
Burneside		-	-	-	-	1050	1103	-	1149
Kendal		-	-	-	-	1100	1107	-	1153
Oxenholme Lake District	a	-	-	-	-	1115	1112	-	1158
Oxenholme Lake District	d	-	-	-	-	1123	1123	-	1213
Lancaster	a	-	0938	1001	-	1050	1137	1137	1227
Lancaster	d	-	0945	-	-	1051	1138	1138	1228
Preston	a	-	1004	-	-	1110	1156	1156	1245
Chorley	a	-	1019	-	-	1122	-	-	1221
Bolton	a	-	1032	-	-	1135	-	-	1305
Manchester Oxford Road	a	-	1046	-	-	1151	1238	1238	1320
Manchester Piccadilly	a	-	-	-	-	1156	1242	1242	1324
Manchester Airport	a	-	-	-	-	1220	1258	1258	1342

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	-	-
Arnsdale		-	-	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	-
Arnsdale		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	-

Carlisle - Barrow - Lancaster

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
Arnsdale		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

Notes

x Stops on request.

Carlisle - Barrow - Lancaster

Sundays

Carlisle	d	-	1810	1910	2010	2110	-	-	-	-
Dalston	-	-	1818	1918	2018	2118	-	-	-	-
Wigton	-	-	1828	1928	2028	2128	-	-	-	-
Aspatria	-	-	1838	1938	2038	2138	-	-	-	-
Maryport	-	-	1850	1950	2050	2150	-	-	-	-
Flimby	-	-	1853	1953	2053	2153	-	-	-	-
Workington	-	-	1900	2000	2100	2200	-	-	-	-
Harrington	-	-	1905	2005	2105	2205	-	-	-	-
Parton	-	-	1914	2014	2114	2214	-	-	-	-
Whitehaven	a	-	1920	2020	2120	2220	-	-	-	-
Whitehaven	d	-	-	-	-	-	-	-	-	-
Corkickle	-	-	-	-	-	-	-	-	-	-
St. Bees	-	-	-	-	-	-	-	-	-	-
Nethertown	-	-	-	-	-	-	-	-	-	-
Braystones	-	-	-	-	-	-	-	-	-	-
Sellafield	-	-	-	-	-	-	-	-	-	-
Seascale	-	-	-	-	-	-	-	-	-	-
Drigg	-	-	-	-	-	-	-	-	-	-
Ravenglass	-	-	-	-	-	-	-	-	-	-
Bootle (Cumbria)	-	-	-	-	-	-	-	-	-	-
Silecroft	-	-	-	-	-	-	-	-	-	-
Millom	a	-	-	-	-	-	-	-	-	-
Millom	d	-	-	-	-	-	-	-	-	-
Green Road	-	-	-	-	-	-	-	-	-	-
Foxfield	-	-	-	-	-	-	-	-	-	-
Kirkby-in-Furness	-	-	-	-	-	-	-	-	-	-
Askam	-	-	-	-	-	-	-	-	-	-
Barrow-in-Furness	a	-	-	-	-	-	-	-	-	-
Barrow-in-Furness	d	-	-	-	-	-	-	-	-	-
Roose	-	-	-	-	-	-	-	-	-	-
Dalton	-	-	-	-	-	-	-	-	-	-
Ulverston	-	-	-	-	-	-	-	-	-	-
Cark	-	-	-	-	-	-	-	-	-	-
Kents Bank	-	-	-	-	-	-	-	-	-	-
Grange-over-Sands	-	-	-	-	-	-	-	-	-	-
Arnsdale	-	-	-	-	-	-	-	-	-	-
Silverdale	-	-	-	-	-	-	-	-	-	-
Carnforth	-	-	-	-	-	-	-	-	-	-
Windermere	d	2147	-	-	-	-	-	-	-	-
Staveley		2152	-	-	-	-	-	-	-	-
Burneside		2157	-	-	-	-	-	-	-	-
Kendal		2201	-	-	-	-	-	-	-	-
Oxenholme Lake District	a	2206	-	-	-	-	-	-	-	-
Oxenholme Lake District	d	2217	-	-	-	-	-	-	-	-
Lancaster	a	2233	-	-	-	-	-	-	-	-
Lancaster	d	2233	-	-	-	-	-	-	-	-
Preston	a	2252	-	-	-	-	-	-	-	-
Chorley	a	-	-	-	-	-	-	-	-	-
Bolton	a	-	-	-	-	-	-	-	-	-
Manchester Oxford Road	a	-	-	-	-	-	-	-	-	-
Manchester Piccadilly	a	-	-	-	-	-	-	-	-	-
Manchester Airport	a	-	-	-	-	-	-	-	-	-

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	-	0638
Chorley		-	-	-	-	-	-	0620	-	-
Preston		-	-	-	0518	-	0536	0633	0644	0704
Lancaster	a	-	-	-	0538	-	0551	0651	0658	0719
Lancaster	d	-	-	-	0539	-	0559	0653	0700	0733
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		-	-	-	0550	-	-	0703	-	0744
Silverdale		-	-	-	0555	-	-	0708	-	0750
Arnside		-	-	-	0600	-	-	0712	-	0754
Grange-over-Sands		-	-	-	0606	-	-	0718	-	0800
Kents Bank		-	-	-	0609	-	-	0722	-	0804
Cark		-	-	-	0613	-	-	0726	-	0808
Ulverston		-	-	-	0622	-	-	0733	-	0816
Dalton		-	-	-	0630	-	-	0742	-	0825
Roose		-	-	-	0636	-	-	0748	-	0831
Barrow-in-Furness	a	-	-	-	0643	-	-	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	-	0818	-	-
Millom	d	-	-	0627	-	0720	-	0818	-	-
Silecroft		-	-	0633	-	0725	-	0823	-	-
Bootle (Cumbria)		-	-	0640	-	0732	-	0830	-	-
Ravenglass		-	-	0647	-	0739	-	0837	-	-
Drigg		-	-	0651	-	0743	-	0840	-	-
Seascale		-	-	0656	-	0747	-	0845	-	-
Sellafield		-	-	0700	-	0753	-	0849	-	-
Braystones		-	-	-	-	07x57	-	-	-	-
Nethertown		-	-	-	-	07x59	-	-	-	-
St. Bees		-	-	0714	-	0805	-	0900	-	-
Corkickle		-	-	0720	-	0811	-	0905	-	-
Whitehaven	a	-	-	0722	-	0814	-	0908	-	-
Whitehaven	d	-	0629	0724	-	0816	-	0909	-	-
Parton		-	0633	0728	-	0820	-	0913	-	-
Harrington		-	0642	0738	-	0829	-	0922	-	-
Workington		0549	0648	0746	-	0834	-	0928	-	-
Flimby		0554	0653	0751	-	0840	-	0933	-	-
Maryport		0558	0657	0755	-	0843	-	0937	-	-
Aspatria		0609	0707	0806	-	0854	-	0948	-	-
Wigton		0619	0718	0816	-	0904	-	0958	-	-
Dalston		0628	0727	0825	-	0913	-	1007	-	-
Carlisle	a	0639	0738	0836	-	0924	-	1018	-	-

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	-	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	-
Burneside		-	-	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

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	1254	-
Lancaster	a	1050	-	1055	1202	-	-	1302	1303	1308	-
Lancaster	d	1051	-	1057	1202	-	-	1303	1304	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	-	1205	-	-	1313	-	-	-	1424	1449
Askam		-	1215	-	-	1323	-	-	-	1434	1459
Kirkby-in-Furness		-	1219	-	-	1327	-	-	-	1438	1503
Foxfield		-	1224	-	-	1332	-	-	-	1443	1508
Green Road		-	1228	-	-	1336	-	-	-	1447	1512
Millom	a	-	1232	-	-	1340	-	-	-	1451	1516
Millom	d	-	1233	-	-	1341	-	-	-	1452	1517
Silecroft		-	1238	-	-	1346	-	-	-	1457	1522
Bootle (Cumbria)		-	1245	-	-	1353	-	-	-	1504	1529
Ravenglass		-	1251	-	-	1400	-	-	-	1510	1535
Drigg		-	1255	-	-	1403	-	-	-	1514	1539
Seascale		-	1259	-	-	1407	-	-	-	1518	1543
Sellafield		-	1303	-	-	1411	-	-	-	1522	1547
Braystones		-	13x06	-	-	14x15	-	-	-	-	-
Nethertown		-	13x09	-	-	14x17	-	-	-	-	-
St. Bees		-	1328	-	-	1429	-	-	-	1532	1603
Corkickle		-	1334	-	-	1434	-	-	-	1537	1609
Whitehaven	a	-	1336	-	-	1437	-	-	-	1540	1611
Whitehaven	d	-	1338	-	-	1438	-	-	-	1541	1613
Parton		-	1342	-	-	1442	-	-	-	1545	1617
Harrington		-	1351	-	-	1451	-	-	-	1554	1626
Workington		-	1356	-	-	1457	-	-	-	1600	1633
Flimby		-	1402	-	-	1502	-	-	-	1605	1638
Maryport		-	1406	-	-	1506	-	-	-	1609	1643
Aspatria		-	1416	-	-	1517	-	-	-	1620	1654
Wigton		-	1427	-	-	1527	-	-	-	1630	1705
Dalston		-	1436	-	-	1536	-	-	-	1639	1714
Carlisle	a	-	1450	-	-	1547	-	-	-	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	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	-	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	-	1702	-
Drigg		-	-	-	1634	-	1701	-	1705	-
Seascale		-	-	-	1638	-	1705	-	1709	-
Sellafield		-	-	-	1642	-	1708	-	1714	-
Braystones		-	-	-	-	-	17x12	-	-	-
Nethertown		-	-	-	-	-	17x14	-	-	-
St. Bees		-	-	-	1652	-	1720	-	-	-
Corkickle		-	-	-	1657	-	1725	-	-	-
Whitehaven	a	-	-	-	1700	-	1729	-	-	-
Whitehaven	d	-	-	-	1701	-	1730	1749	-	-
Parton		-	-	-	1705	-	1735	1753	-	-
Harrington		-	-	-	1714	-	1744	1802	-	-
Workington		-	-	-	1720	-	1749	1807	-	-
Flimby		-	-	-	1725	-	1755	1813	-	-
Maryport		-	-	-	1729	-	1759	1817	-	-
Aspatria		-	-	-	1739	-	1809	1827	-	-
Wigton		-	-	-	1749	-	1820	1837	-	-
Dalston		-	-	-	1759	-	1829	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	
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 1803
Lancaster	a	1555	1651	-	1716	1721	1751	-	-	1808 1819
Lancaster	d	1601	1652	-	1727	1722	1751	-	-	1810 1836
Oxenholme Lake District	a	-	-	-	-	1735	-	-	-	1822 -
Oxenholme Lake District	d	-	-	-	-	1742	-	-	-	1830 -
Kendal		-	-	-	-	1746	-	-	-	1834 -
Burneside		-	-	-	-	1750	-	-	-	1838 -
Staveley		-	-	-	-	1755	-	-	-	1843 -
Windermere	a	-	-	-	-	1801	-	-	-	1849 -
Carnforth		1611	1701	-	1737	-	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

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.

Lancaster - Barrow - Carlisle

Mondays to Saturdays

		☞					☞						
		SO	Y	SO	X	SX	SX	SO	Y	SO	Y	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	-	2211	-	-
Lancaster	a	-	2050	2055	2055	2055	-	2157	2215	-	2231	-	-
Lancaster	d	-	2051	2057	2057	2057	-	2209	-	2226	2231	-	-
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	-	2236	2242	-	-
Silverdale	-	-	2106	-	-	-	-	2225	-	2242	2247	-	-
Arnside	-	-	2110	-	-	-	-	2229	-	2246	2252	-	-
Grange-over-Sands	-	-	2116	-	-	-	-	2235	-	2252	2258	-	-
Kents Bank	-	-	2120	-	-	-	-	2239	-	2256	2301	-	-
Cark	-	-	2124	-	-	-	-	2243	-	2300	2305	-	-
Ulverston	-	-	2131	-	-	-	-	2251	-	2308	2314	-	-
Dalton	-	-	2140	-	-	-	-	2259	-	2317	2322	-	-
Roose	-	-	2146	-	-	-	-	2305	-	2323	2328	-	-
Barrow-in-Furness	a	-	2153	-	-	-	-	2313	-	2330	2336	-	-
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

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

Mondays to Saturdays

		☞			☞			☞					
		SO	X	SO	Y	SX	SO	Y	SX	SO	X	SO	Y
Manchester Airport	d	-	-	-	-	-	-	-	2159	2159	-	-	-
Manchester Piccadilly		-	-	-	-	-	-	-	2220	2220	-	-	-
Manchester Oxford Road		-	-	-	-	-	-	-	2224	2224	-	-	-
Deansgate		-	-	-	-	-	-	-	-	-	-	-	-
Bolton		-	-	-	-	-	-	-	2239	2239	-	-	-
Chorley		-	-	-	-	-	-	-	2252	2252	-	-	-
Preston		-	-	-	-	-	2230	-	2310	2310	2310	-	-
Lancaster	a	-	-	-	-	-	2320	-	2328	2328	2359	-	-
Lancaster	d	-	-	-	-	-	2330	2330	2330	2330	-	-	-
Oxenholme Lake District	a	-	-	-	-	-	-	-	-	-	-	-	-
Oxenholme Lake District	d	2206	2215	2222	-	-	-	-	-	-	-	-	-
Kendal		2210	2225	2226	-	-	-	-	-	-	-	-	-
Burneside		2214	2235	2230	-	-	-	-	-	-	-	-	-
Staveley		2219	2245	2235	-	-	-	-	-	-	-	-	-
Windermere	a	2225	2255	2241	-	-	-	-	-	-	-	-	-
Carnforth		-	-	-	-	-	2339	2341	2341	-	-	-	-
Silverdale		-	-	-	-	-	2345	2347	2347	-	-	-	-
Arnside		-	-	-	-	-	2349	2351	2351	-	-	-	-
Grange-over-Sands		-	-	-	-	-	2355	2357	2357	-	-	-	-
Kents Bank		-	-	-	-	-	2358	2359	2359	-	-	-	-
Cark		-	-	-	-	-	0003	0005	0005	-	-	-	-
Ulverston		-	-	-	-	-	0010	0012	0012	-	-	-	-
Dalton		-	-	-	-	-	0019	0021	0021	-	-	-	-
Roose		-	-	-	-	-	0025	0027	0027	-	-	-	-
Barrow-in-Furness	a	-	-	-	-	-	0032	0034	0034	-	-	-	-
Barrow-in-Furness	d	-	-	-	-	-	-	-	-	-	-	-	-
Askam		-	-	-	-	-	-	-	-	-	-	-	-
Kirkby-in-Furness		-	-	-	-	-	-	-	-	-	-	-	-
Foxfield		-	-	-	-	-	-	-	-	-	-	-	-
Green Road		-	-	-	-	-	-	-	-	-	-	-	-
Millom	a	-	-	-	-	-	-	-	-	-	-	-	-
Millom	d	-	-	-	-	-	-	-	-	-	-	-	-
Silecroft		-	-	-	-	-	-	-	-	-	-	-	-
Bootle (Cumbria)		-	-	-	-	-	-	-	-	-	-	-	-
Ravenglass		-	-	-	-	-	-	-	-	-	-	-	-
Drigg		-	-	-	-	-	-	-	-	-	-	-	-
Seascale		-	-	-	-	-	-	-	-	-	-	-	-
Sellafield		-	-	-	-	-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-	-	-	-
St. Bees		-	-	-	-	-	-	-	-	-	-	-	-
Corkickle		-	-	-	-	-	-	-	-	-	-	-	-
Whitehaven	a	-	-	-	-	-	-	-	-	-	-	-	-
Whitehaven	d	-	-	-	-	-	-	-	-	-	-	-	-
Parton		-	-	-	-	-	-	-	-	-	-	-	-
Harrington		-	-	-	-	-	-	-	-	-	-	-	-
Workington		-	-	-	-	-	-	-	-	-	-	-	-
Flimby		-	-	-	-	-	-	-	-	-	-	-	-
Maryport		-	-	-	-	-	-	-	-	-	-	-	-
Aspatria		-	-	-	-	-	-	-	-	-	-	-	-
Wigton		-	-	-	-	-	-	-	-	-	-	-	-
Dalston		-	-	-	-	-	-	-	-	-	-	-	-
Carlisle	a	-	-	-	-	-	-	-	-	-	-	-	-

Notes

X Until 27 December and from 15 February.

Y From 4 January until 8 February.

SO Saturdays only.

SX Mondays to Fridays only.

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Lancaster - Barrow - Carlisle

Sundays

		V	V	W			☰	V	V	☰
Manchester Airport	d	-	-	-	-	-	W	-	-	-
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	-
Arnside		-	-	-	-	-	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	-	-	-	1016	-	1111	-	1234	-
Parton		-	-	-	1020	-	1115	-	1238	-
Harrington		-	-	-	1029	-	1124	-	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.

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Lancaster - Barrow - Carlisle

Sundays

		W	W	V							
Manchester Airport	d	-	0936	-	-	-	1033	1010	-	1110	-
Manchester Piccadilly	a	-	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	-	-	-	-
Arnside		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	-	-
Rose		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

Notes

x Stops on request.

Lancaster - Barrow - Carlisle

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
Arnside		-	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	-	-	-	-	-	-	-	-	-

Lancaster - Barrow - Carlisle

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	-	-	-	-	-
Arnside		-	2124	-	2240	-	-	-	-	-
Grange-over-Sands		-	2129	-	2246	-	-	-	-	-
Kents Bank		-	2133	-	2249	-	-	-	-	-
Cark		-	2137	-	2253	-	-	-	-	-
Ulverston		-	2144	-	2301	-	-	-	-	-
Dalton		-	2152	-	2309	-	-	-	-	-
Rose		-	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	-	-	-	-	-	-	-	-	-

Useful contact details



Fares and service information

National Rail Enquiries
visit nationalrail.co.uk
call **03457 48 49 50**
textphone **0345 60 50 600**



Customer helpline

For comments and enquiries
visit northernrailway.co.uk/comments
call **0800 200 6060**



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[@northernassist](https://twitter.com/northernassist)



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

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