

Train times

14 December 2025 - 16 May 2026

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		-	-	-	-	-	-	-	-	0627
Nethertown		-	-	-	-	-	-	-	-	06x31
Braystones		-	-	-	-	-	-	-	-	06x34
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		0544	-	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	0551	0723	0649	0651	0716	-	0750	0839	0812
Lancaster	d	0551	0724	0649	0652	0724	-	0751	0840	0828
Preston	a	0610	0742	0707	0711	0742	-	0809	0858	0846
Chorley	a	0621	-	0721	0722	-	-	0820	-	-
Bolton	a	0634	-	0736	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	-	0944

Notes

x Stops on request.

SO Saturdays only.

SX Mondays to Fridays only.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

						SX	SO				
Carlisle	d	-	-	0552	-	-	-	0619	0710	-	0807
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	-	0921
St. Bees	-	-	-	0713	-	-	-	0740	0832	-	0929
Nethertown	-	-	-	-	-	-	-	-	-	-	-
Braystones	-	-	-	-	-	-	-	-	-	-	-
Sellafield	-	-	-	0723	-	-	-	0751	0843	-	0939
Seascale	-	-	-	0727	-	-	-	0755	0847	-	0943
Drigg	-	-	-	0731	-	-	-	0759	0851	-	0947
Ravenglass	-	-	-	0735	-	-	-	0803	0855	-	0951
Bootle (Cumbria)	-	-	-	0741	-	-	-	0809	0902	-	0957
Silecroft	-	-	-	0748	-	-	-	0816	0909	-	1004
Millom	a	-	-	0753	-	-	-	0821	0914	-	1009
Millom	d	-	-	0754	-	-	-	0822	0914	-	1010
Green Road	-	-	-	0758	-	-	-	0826	0919	-	1014
Foxfield	-	-	-	0802	-	-	-	0830	0923	-	1018
Kirkby-in-Furness	-	-	-	0807	-	-	-	0835	0928	-	1023
Askam	-	-	-	0812	-	-	-	0840	0933	-	1028
Barrow-in-Furness	a	-	-	0826	-	-	-	0854	0947	-	1042
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	-	-	1126	-
Lancaster	a	0846	0938	-	0948	1033	1047	-	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	-	-	0901	-	-	1013	1108	-	-	1210
Dalston		-	-	0910	-	-	1022	1116	-	-	1219
Wigton		-	-	0919	-	-	1031	1125	-	-	1228
Aspatria		-	-	0930	-	-	1042	1136	-	-	1239
Maryport		-	-	0941	-	-	1053	1147	-	-	1250
Flimby		-	-	0945	-	-	1056	1150	-	-	1253
Workington		-	-	0952	-	-	1103	1157	-	-	1300
Harrington		-	-	0956	-	-	1108	1201	-	-	1305
Parton		-	-	1005	-	-	1117	1210	-	-	1314
Whitehaven	a	-	-	1010	-	-	1121	1215	-	-	1318
Whitehaven	d	-	-	1011	-	-	1123	1216	-	-	1320
Corkickle		-	-	1014	-	-	1126	1219	-	-	1322
St. Bees		-	-	1022	-	-	1134	1229	-	-	1329
Nethertown		-	-	-	-	-	11x38	-	-	-	-
Braystones		-	-	-	-	-	11x41	-	-	-	-
Sellafield		-	-	1032	-	-	1146	1239	-	-	1340
Seascale		-	-	1036	-	-	1150	1242	-	-	1343
Drigg		-	-	1040	-	-	1154	1246	-	-	1347
Ravenglass		-	-	1044	-	-	1158	1250	-	-	1351
Bootle (Cumbria)		-	-	1051	-	-	1204	1256	-	-	1357
Silecroft		-	-	1058	-	-	1211	1303	-	-	1404
Millom	a	-	-	1103	-	-	1216	1308	-	-	1409
Millom	d	-	-	1103	-	-	1217	1308	-	-	1410
Green Road		-	-	1108	-	-	1221	1313	-	-	1414
Foxfield		-	-	1112	-	-	1225	1317	-	-	1418
Kirkby-in-Furness		-	-	1117	-	-	1230	1321	-	-	1423
Askam		-	-	1123	-	-	1235	1326	-	-	1428
Barrow-in-Furness	a	-	-	1137	-	-	1249	1340	-	-	1442
Barrow-in-Furness	d	1049	-	-	1151	-	1251	-	-	1352	-
Roose		1053	-	-	1155	-	1255	-	-	1356	-
Dalton		1100	-	-	1202	-	1301	-	-	1403	-
Ulverston		1108	-	-	1210	-	1309	-	-	1411	-
Cark		1115	-	-	1217	-	1317	-	-	1418	-
Kents Bank		1119	-	-	1221	-	1321	-	-	1422	-
Grange-over-Sands		1123	-	-	1225	-	1325	-	-	1426	-
Arnside		1129	-	-	1231	-	1331	-	-	1432	-
Silverdale		1133	-	-	1235	-	1336	-	-	1436	-
Carnforth		1140	-	-	1243	-	1343	-	-	1443	-
Windermere	d	-	1147	-	-	1307	-	-	1400	-	-
Staveley		-	1152	-	-	1312	-	-	1405	-	-
Burneside		-	1157	-	-	1317	-	-	1410	-	-
Kendal		-	1201	-	-	1321	-	-	1414	-	-
Oxenholme Lake District	a	-	1206	-	-	1326	-	-	1419	-	-
Oxenholme Lake District	d	-	1212	-	-	1329	-	-	1425	-	-
Lancaster	a	1147	1226	-	1250	1345	1353	-	1439	1452	-
Lancaster	d	1149	1227	-	1250	1349	1428	-	1440	1452	-
Preston	a	1208	1245	-	1310	1407	1446	-	1457	1510	-
Chorley	a	1220	-	-	1321	1420	-	-	-	1521	-
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

			SX	SO						
Carlisle	d	-	-	-	-	1308	1407	-	-	- 1439
Dalston	-	-	-	-	-	1317	1416	-	-	- 1448
Wigton	-	-	-	-	-	1326	1426	-	-	- 1458
Aspatria	-	-	-	-	-	1337	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	-	-	- 1600
Nethertown	-	-	-	-	-	-	-	-	-	- 16x04
Braystones	-	-	-	-	-	-	-	-	-	- 16x07
Sellafield	-	-	-	-	-	1440	1544	-	-	- 1612
Seascale	-	-	-	-	-	1444	1548	-	-	- 1616
Drigg	-	-	-	-	-	1448	1552	-	-	- 1620
Ravenglass	-	-	-	-	-	1452	1555	-	-	- 1624
Bootle (Cumbria)	-	-	-	-	-	1458	1602	-	-	- 1630
Silecroft	-	-	-	-	-	1505	1609	-	-	- 1637
Millom	a	-	-	-	-	1510	1614	-	-	- 1642
Millom	d	-	-	-	-	1511	1614	-	-	- 1643
Green Road	-	-	-	-	-	1515	1619	-	-	- 1647
Foxfield	-	-	-	-	-	1519	1623	-	-	- 1651
Kirkby-in-Furness	-	-	-	-	-	1524	1627	-	-	- 1656
Askam	-	-	-	-	-	1529	1632	-	-	- 1701
Barrow-in-Furness	a	-	-	-	-	1543	1646	-	-	- 1715
Barrow-in-Furness	d	-	1447	1447	-	1550	-	-	1651	- 1719
Roose	-	1451	1451	-	1554	-	-	1655	-	1723
Dalton	-	1458	1458	-	1600	-	-	1702	-	1729
Ulverston	-	1506	1506	-	1609	-	-	1710	-	1737
Cark	-	1513	1513	-	1617	-	-	1717	-	1745
Kents Bank	-	1517	1517	-	1621	-	-	1721	-	-
Grange-over-Sands	-	1521	1521	-	1625	-	-	1725	-	1752
Arnside	-	1527	1527	-	1631	-	-	1731	-	1758
Silverdale	-	1531	1531	-	1636	-	-	1735	-	1803
Carnforth	-	1539	1539	-	1644	-	-	1744	-	1810
Windermere	d	1500	-	-	1600	-	-	1707	-	1806 -
Staveley	-	1505	-	-	1605	-	-	1712	-	1811 -
Burneside	-	1510	-	-	1610	-	-	1717	-	1816 -
Kendal	-	1514	-	-	1614	-	-	1721	-	1820 -
Oxenholme Lake District	a	1519	-	-	1619	-	-	1726	-	1825 -
Oxenholme Lake District	d	1524	-	-	1628	-	-	1747	-	1832 -
Lancaster	a	1538	1546	1546	1644	1653	-	-	1751	1845 1820
Lancaster	d	1539	1548	1550	1649	1727	-	-	1751	1847 1827
Preston	a	1556	1606	1608	1708	1745	-	1815	1809	1904 1846
Chorley	a	-	-	1620	1720	-	-	-	1820	- -
Bolton	a	-	-	1634	1734	1806	-	-	1834	- 1906
Deansgate	a	-	1647	1651	1751	-	-	-	1851	- -
Manchester Oxford Road	a	-	1649	1654	1754	1822	-	-	1854	- 1922
Manchester Piccadilly	a	-	1653	1658	1758	1826	-	-	1858	- 1926
Manchester Airport	a	-	1711	1715	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	1511	-	-	-	-	1558	1625	-	1706
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		1631	-	-	-	-	-	1746	-	1827
Nethertown		-	-	-	-	-	-	-	-	18x32
Braystones		-	-	-	-	-	-	-	-	18x34
Sellafield		1641	-	-	1724	-	-	1757	-	1840
Seascale		1645	-	-	1727	-	-	1800	-	1843
Drigg		1649	-	-	1731	-	-	1804	-	-
Ravenglass		1653	-	-	1735	-	-	1808	-	1849
Bootle (Cumbria)		1700	-	-	1741	-	-	1814	-	-
Silecroft		1707	-	-	1748	-	-	1821	-	-
Millom	a	1712	-	-	1753	-	-	1826	-	1905
Millom	d	1712	-	-	1754	-	-	1826	-	1905
Green Road		1717	-	-	1758	-	-	1831	-	1910
Foxfield		1721	-	-	1802	-	-	1835	-	1914
Kirkby-in-Furness		1726	-	-	1807	-	-	1839	-	1919
Askam		1731	-	-	1812	-	-	1844	-	1925
Barrow-in-Furness	a	1745	-	-	1826	-	-	1858	-	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	-	-	-	1951	-	-	1955
Windermere	d	-	-	1855	-	1948	-	-	-	-
Staveley		-	-	1900	-	1953	-	-	-	-
Burneside		-	-	1905	-	1958	-	-	-	-
Kendal		-	-	1909	-	2002	-	-	-	-
Oxenholme Lake District	a	-	-	1914	-	2007	-	-	-	-
Oxenholme Lake District	d	-	-	1916	-	2013	-	-	-	-
Lancaster	a	-	1906	1933	-	2027	1958	-	-	2002
Lancaster	d	-	1929	1934	-	2028	1959	-	-	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	M		X	Y		X	Y		
		SX	SO	SX	SO	SO		SO	SO	SX	SO
Carlisle	d	-	-	-	-	-	1750	-	-	-	-
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	1945	-	-	-	-	2042	2042	2044	-
Roose		1949	1949	-	-	-	-	2046	2046	2048	-
Dalton		1955	1955	-	-	-	-	2052	2052	2054	-
Ulverston		2004	2004	-	-	-	-	2101	2101	2103	-
Cark		2011	2011	-	-	-	-	2108	2108	2110	-
Kents Bank		2015	2015	-	-	-	-	2112	2112	2114	-
Grange-over-Sands		2019	2019	-	-	-	-	2116	2116	2118	-
Arnside		2024	2024	-	-	-	-	2123	2122	2125	-
Silverdale		2028	2028	-	-	-	-	2127	2127	2129	-
Carnforth		2038	2042	-	-	-	-	2135	2134	2138	-
Windermere	d	-	-	2041	2041	2042	-	-	-	-	2125
Staveley		-	-	2046	2046	2047	-	-	-	-	2135
Burneside		-	-	2051	2051	2052	-	-	-	-	2145
Kendal		-	-	2055	2055	2056	-	-	-	-	2155
Oxenholme Lake District	a	-	-	2100	2100	2101	-	-	-	-	2210
Oxenholme Lake District	d	-	-	-	-	2103	-	-	-	-	-
Lancaster	a	2045	2049	-	-	2121	-	2143	2144	2148	-
Lancaster	d	2048	2050	-	-	-	-	2143	-	2226	-
Preston	a	2107	2108	-	-	-	-	2205	-	2244	-
Chorley	a	2120	2120	-	-	-	-	-	-	-	-
Bolton	a	2134	2134	-	-	-	-	-	-	-	-
Deansgate	a	-	-	-	-	-	-	-	-	-	-
Manchester Oxford Road	a	-	-	-	-	-	-	-	-	2321	-
Manchester Piccadilly	a	-	-	-	-	-	-	-	-	2325	-
Manchester Airport	a	-	-	-	-	-	-	-	-	2342	-

Notes

M To Manchester Victoria.

X Until 3 January and from 21 February.

Y From 10 January until 14 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

															
		X					Y		X			Y		X	
		SO	SX	SX	SO	SO	SO	SX	SO	SO	SO	SO	SO	SO	SO
Carlisle	d	-	-	-	-	1846	-	1908	1909	1909	-	-	-	-	-
Dalston		-	-	-	-	1855	-	1917	1918	1918	-	-	-	-	-
Wigton		-	-	-	-	1904	-	1926	1928	1928	-	-	-	-	-
Aspatria		-	-	-	-	1915	-	1937	1938	1938	-	-	-	-	-
Maryport		-	-	-	-	1926	-	1948	1949	1949	-	-	-	-	-
Flimby		-	-	-	-	1929	-	1951	1953	1953	-	-	-	-	-
Workington		-	-	-	-	1936	-	1958	2001	2001	-	-	-	-	-
Harrington		-	-	-	-	1941	-	2003	2006	2006	-	-	-	-	-
Parton		-	-	-	-	1950	-	2012	2015	2015	-	-	-	-	-
Whitehaven	a	-	-	-	-	1956	-	2016	2020	2020	-	-	-	-	-
Whitehaven	d	-	-	-	-	-	-	2018	2022	2022	-	-	-	-	-
Corkickle		-	-	-	-	-	-	2020	2024	2024	-	-	-	-	-
St. Bees		-	-	-	-	-	-	2029	2031	2031	-	-	-	-	-
Nethertown		-	-	-	-	-	-	20x33	20x35	20x35	-	-	-	-	-
Braystones		-	-	-	-	-	-	20x36	20x38	20x38	-	-	-	-	-
Sellafield		-	-	-	-	-	-	2041	2043	2043	-	-	-	-	-
Seascale		-	-	-	-	-	-	2045	2046	2046	-	-	-	-	-
Drigg		-	-	-	-	-	-	2049	2050	2050	-	-	-	-	-
Ravenglass		-	-	-	-	-	-	2052	2054	2054	-	-	-	-	-
Bootle (Cumbria)		-	-	-	-	-	-	2059	2100	2100	-	-	-	-	-
Silecroft		-	-	-	-	-	-	2106	2107	2107	-	-	-	-	-
Millom	a	-	-	-	-	-	-	2111	2112	2112	-	-	-	-	-
Millom	d	-	-	2029	2059	-	-	2111	2112	2112	-	-	-	-	-
Green Road		-	-	2033	-	-	-	2116	2117	2117	-	-	-	-	-
Foxfield		-	-	2037	2106	-	-	2120	2121	2121	-	-	-	-	-
Kirkby-in-Furness		-	-	2042	-	-	-	2124	2125	2125	-	-	-	-	-
Askam		-	-	2047	2115	-	-	2129	2130	2130	-	-	-	-	-
Barrow-in-Furness	a	-	-	2101	2129	-	-	2143	2144	2144	-	-	-	-	-
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	2141	2147	-	-	-	2225	-	-	-	-	2228	-	-	-
Staveley		2146	2152	-	-	-	2235	-	-	-	-	2233	-	-	-
Burneside		2151	2157	-	-	-	2245	-	-	-	-	2238	-	-	-
Kendal		2155	2201	-	-	-	2255	-	-	-	-	2242	-	-	-
Oxenholme Lake District	a	2200	2206	-	-	-	2310	-	-	-	-	2247	-	-	-
Oxenholme Lake District	d	-	2211	-	-	-	2310	-	-	-	-	2249	-	-	-
Lancaster	a	-	2225	-	-	-	2355	2246	2246	2248	2305	-	-	-	-
Lancaster	d	-	2226	-	-	-	2355	2246	2246	-	2306	-	-	-	-
Preston	a	-	2244	-	-	-	0035	2310	2310	-	2324	-	-	-	-
Chorley	a	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Bolton	a	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Deansgate	a	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Manchester Oxford Road	a	-	2321	-	-	-	-	-	-	-	-	-	-	-	-
Manchester Piccadilly	a	-	2325	-	-	-	-	-	-	-	-	-	-	-	-
Manchester Airport	a	-	2342	-	-	-	-	-	-	-	-	-	-	-	-

Notes

x Stops on request.

X Until 3 January and from 21 February.

Y From 10 January until 14 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				
Carlisle	d	-	-	2000	2054	2105	2149	2201	-	-	-
Dalston		-	-	2009	2103	2114	2158	2210	-	-	-
Wigton		-	-	2018	2112	2123	2207	2219	-	-	-
Aspatria		-	-	2029	2123	2134	2218	2230	-	-	-
Maryport		-	-	2040	2134	2145	2229	2241	-	-	-
Flimby		-	-	2044	2137	2148	2232	2244	-	-	-
Workington		-	-	2051	2144	2155	2239	2251	-	-	-
Harrington		-	-	2055	2149	2200	2244	2256	-	-	-
Parton		-	-	2105	2158	2209	2253	2305	-	-	-
Whitehaven	a	-	-	2111	2204	2215	2259	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.

Carlisle - Barrow - Lancaster

Sundays

		S	S	T	T	W	S		
Carlisle	d	-	-	-	-	-	-	-	-
Dalston		-	-	-	-	-	-	-	-
Wigton		-	-	-	-	-	-	-	-
Aspatria		-	-	-	-	-	-	-	-
Maryport		-	-	-	-	-	-	-	-
Flimby		-	-	-	-	-	-	-	-
Workington		-	-	-	-	-	-	-	-
Harrington		-	-	-	-	-	-	-	-
Parton		-	-	-	-	-	-	-	-
Whitehaven	a	-	-	-	-	-	-	-	-
Whitehaven	d	-	-	-	-	-	-	-	-
Corkickle		-	-	-	-	-	-	-	-
St. Bees		-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-
Sellafield		-	-	-	-	-	-	-	-
Seascale		-	-	-	-	-	-	-	-
Drigg		-	-	-	-	-	-	-	-
Ravenglass		-	-	-	-	-	-	-	-
Bootle (Cumbria)		-	-	-	-	-	-	-	-
Silecroft		-	-	-	-	-	-	-	-
Millom	a	-	-	-	-	-	-	-	-
Millom	d	-	-	-	-	-	0950	-	-
Green Road		-	-	-	-	-	0954	-	-
Foxfield		-	-	-	-	-	0958	-	-
Kirkby-in-Furness		-	-	-	-	-	1003	-	-
Askam		-	-	-	-	-	1008	-	-
Barrow-in-Furness	a	-	-	-	-	-	1021	-	-
Barrow-in-Furness	d	0753	0841	0905	0905	0952	-	-	1052
Roose		0757	0845	-	0909	0956	-	-	1056
Dalton		0803	0851	-	0915	1002	-	-	1102
Ulverston		0812	0859	0922	0924	1010	-	-	1111
Cark		0819	0906	-	0931	1017	-	-	1118
Kents Bank		0823	0910	-	0935	1021	-	-	1122
Grange-over-Sands		0827	0914	0934	0939	1025	-	-	1126
Arnsdale		0833	0920	0940	0945	1031	-	-	1131
Silverdale		0838	0924	-	0950	1035	-	-	1135
Carnforth		0845	0931	0951	0957	1043	-	-	1143
Windermere	d	-	-	-	-	1030	-	1053	-
Staveley		-	-	-	-	1040	-	1058	-
Burneside		-	-	-	-	1050	-	1103	-
Kendal		-	-	-	-	1100	-	1107	-
Oxenholme Lake District	a	-	-	-	-	1115	-	1112	-
Oxenholme Lake District	d	-	-	-	-	-	1123	-	1213
Lancaster	a	-	0938	1001	-	-	1050	1137	-
Lancaster	d	-	0945	-	-	-	1052	1138	-
Preston	a	-	1004	-	-	-	1111	1156	-
Chorley	a	-	1018	-	-	-	1122	-	-
Bolton	a	-	1031	-	-	-	1135	-	-
Manchester Oxford Road	a	-	1046	-	-	-	1151	1232	-
Manchester Piccadilly	a	-	-	-	-	-	1156	1236	-
Manchester Airport	a	-	-	-	-	-	1217	1258	-

Notes

S Until 4 January and from 22 February.

T From 11 January until 15 February.

W From 5 April.

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

Carlisle - Barrow - Lancaster

Sundays

					S	T	S	T		
Carlisle	d	-	-	-	0944	-	1022	1040	-	1105
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	1123	-	1149
Workington	0927	-	-	-	1033	1033	1114	1130	-	1156
Harrington	0932	-	-	-	-	-	1118	1134	-	1201
Parton	0941	-	-	-	1046	1046	1127	1143	-	1210
Whitehaven	a	0945	-	-	1050	1050	1132	1148	-	1214
Whitehaven	d	0947	-	-	1052	1052	1133	1149	-	1216
Corkickle	0949	-	-	-	1055	1055	1136	1152	-	1219
St. Bees	0956	-	-	-	1102	1102	1142	1158	-	1227
Nethertown	10x00	-	-	-	-	-	-	-	-	12x31
Braystones	10x03	-	-	-	-	-	-	-	-	12x34
Sellafield	1008	-	-	-	1112	1112	1152	1208	-	1239
Seascale	1012	-	-	-	1115	1115	1156	1212	-	1243
Drigg	1016	-	-	-	1119	1119	1200	1216	-	1247
Ravenglass	1019	-	-	-	1123	1123	1203	1219	-	1250
Bootle (Cumbria)	1026	-	-	-	1129	1129	1209	1225	-	1257
Silecroft	1033	-	-	-	1136	1136	1216	1232	-	1304
Millom	a	1038	-	-	1141	1141	1221	1237	-	1309
Millom	d	1038	-	-	1141	1141	1221	1237	-	1309
Green Road	1043	-	-	-	1146	1146	1226	1242	-	1314
Foxfield	1047	-	-	-	1150	1150	1230	1246	-	1318
Kirkby-in-Furness	1051	-	-	-	1154	1154	1234	1250	-	1322
Askam	1056	-	-	-	1159	1159	1239	1255	-	1327
Barrow-in-Furness	a	1110	-	-	1213	1213	1253	1309	-	1341
Barrow-in-Furness	d	-	-	1147	-	-	1255	1317	-	-
Roose	-	-	1151	-	-	-	1259	1321	-	-
Dalton	-	-	1158	-	-	-	1305	1327	-	-
Ulverston	-	-	1206	-	-	-	1313	1335	-	-
Cark	-	-	1213	-	-	-	-	-	-	-
Kents Bank	-	-	1217	-	-	-	-	-	-	-
Grange-over-Sands	-	-	1221	-	-	-	1325	1348	-	-
Arnsdale	-	-	1227	-	-	-	1331	1354	-	-
Silverdale	-	-	1231	-	-	-	1336	1359	-	-
Carnforth	-	-	1240	-	-	-	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	-	1312	-	1329	-	-	-	1426	-
Lancaster	a	-	1326	1247	1345	-	-	1352	1417	1439
Lancaster	d	-	1327	1247	1349	-	-	-	1441	-
Preston	a	-	1344	1305	1407	-	-	-	1458	-
Chorley	a	-	-	1320	1420	-	-	-	-	-
Bolton	a	-	1405	1334	1434	-	-	-	-	-
Manchester Oxford Road	a	-	1420	1350	1452	-	-	-	-	-
Manchester Piccadilly	a	-	1424	1354	1456	-	-	-	-	-
Manchester Airport	a	-	1442	1416	1514	-	-	-	-	-

Notes

x Stops on request.

S Until 4 January and from 22 February.

T From 11 January until 15 February.

Carlisle - Barrow - Lancaster

Sundays

W										
Carlisle	d	-	-	1207	-	-	1324	-	1400	-
Dalston		-	-	1216	-	-	1333	-	1409	-
Wigton		-	-	1226	-	-	1342	-	1418	-
Aspatria		-	-	1236	-	-	1352	-	1429	-
Maryport		-	-	1248	-	-	1403	-	1440	-
Flimby		-	-	1251	-	-	1407	-	1444	-
Workington		-	-	1258	-	-	1414	-	1451	-
Harrington		-	-	1303	-	-	1418	-	1455	-
Parton		-	-	1312	-	-	1427	-	1504	-
Whitehaven	a	-	-	1316	-	-	1432	-	1509	-
Whitehaven	d	-	-	1318	-	-	1433	-	1510	-
Corkickle		-	-	1321	-	-	1436	-	1513	-
St. Bees		-	-	1328	-	-	1442	-	1520	-
Nethertown		-	-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-
Sellafield		-	-	1338	-	-	1452	-	1530	-
Seascale		-	-	1342	-	-	1456	-	1533	-
Drigg		-	-	1346	-	-	-	-	1537	-
Ravenglass		-	-	1349	-	-	1502	-	1541	-
Bootle (Cumbria)		-	-	1356	-	-	-	-	1547	-
Silecroft		-	-	1403	-	-	-	-	1554	-
Millom	a	-	-	1408	-	-	1517	-	1559	-
Millom	d	-	-	1408	-	-	1517	-	1600	-
Green Road		-	-	1413	-	-	-	-	1604	-
Foxfield		-	-	1417	-	-	1525	-	1608	-
Kirkby-in-Furness		-	-	1421	-	-	1529	-	1613	-
Askam		-	-	1426	-	-	1534	-	1618	-
Barrow-in-Furness	a	-	-	1440	-	-	1548	-	1632	-
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	-	1448	-	-	1555	-	1659	-	1800
Staveley		-	1453	-	-	1600	-	1704	-	1805
Burneside		-	1458	-	-	1605	-	1709	-	1810
Kendal		-	1502	-	-	1609	-	1713	-	1814
Oxenholme Lake District	a	-	1507	-	-	1614	-	1718	-	1819
Oxenholme Lake District	d	-	1514	-	-	1616	-	1724	-	1830
Lancaster	a	1446	1528	-	1544	1633	1652	1738	-	1744
Lancaster	d	1449	1529	-	1546	1648	-	1739	-	1748
Preston	a	1507	1546	-	1605	1706	-	1756	-	1806
Chorley	a	1520	-	-	1620	1720	-	-	-	1820
Bolton	a	1534	1605	-	1634	1734	-	-	-	1834
Manchester Oxford Road	a	1550	1620	-	1650	1750	-	-	-	1850
Manchester Piccadilly	a	1555	1624	-	1655	1755	-	-	-	1855
Manchester Airport	a	1614	1642	-	1714	1814	-	-	-	1914

Notes

W From 5 April.

Carlisle - Barrow - Lancaster

Sundays

												
						V	W		V		W	
	Carlisle	d	1509	-	1615	-	-	-	1710	-	-	-
	Dalston		1518	-	1624	-	-	-	1719	-	-	-
	Wigton		1527	-	1633	-	-	-	1728	-	-	-
	Aspatria		1538	-	1644	-	-	-	1739	-	-	-
	Maryport		1549	-	1655	-	-	-	1750	-	-	-
	Flimby		1553	-	1659	-	-	-	1753	-	-	-
	Workington		1600	-	1706	-	-	-	1800	-	-	-
	Harrington		1604	-	1710	-	-	-	1804	-	-	-
	Parton		1613	-	1719	-	-	-	1813	-	-	-
	Whitehaven	a	1618	-	1724	-	-	-	1818	-	-	-
	Whitehaven	d	1619	-	1725	-	-	-	1819	-	-	-
	Corkickle		1622	-	1728	-	-	-	1822	-	-	-
	St. Bees		1628	-	1734	-	-	-	1829	-	-	-
	Nethertown		16x33	-	-	-	-	-	18x33	-	-	-
	Braystones		16x35	-	-	-	-	-	18x36	-	-	-
	Sellafield		1641	-	1744	-	-	-	1841	-	-	-
	Seascale		1644	-	1748	-	-	-	1844	-	-	-
	Drigg		1648	-	1752	-	-	-	1848	-	-	-
	Ravenglass		1652	-	1755	-	-	-	1852	-	-	-
	Bootle (Cumbria)		1659	-	1802	-	-	-	1858	-	-	-
	Silecroft		1706	-	1809	-	-	-	1905	-	-	-
	Millom	a	1711	-	1814	-	-	-	1910	-	-	-
	Millom	d	1711	-	1814	-	-	-	1911	-	-	-
	Green Road		1716	-	1819	-	-	-	1915	-	-	-
	Foxfield		1720	-	1823	-	-	-	1919	-	-	-
	Kirkby-in-Furness		1724	-	1827	-	-	-	1924	-	-	-
	Askam		1729	-	1832	-	-	-	1929	-	-	-
	Barrow-in-Furness	a	1743	-	1846	-	-	-	1943	-	-	-
	Barrow-in-Furness	d	1746	-	-	1851	-	-	-	-	1952	-
	Roose		1750	-	-	1855	-	-	-	-	1956	-
	Dalton		1756	-	-	1901	-	-	-	-	2002	-
	Ulverston		1805	-	-	1909	-	-	-	-	2011	-
	Cark		1812	-	-	1917	-	-	-	-	2018	-
	Kents Bank		1816	-	-	1921	-	-	-	-	2022	-
	Grange-over-Sands		1820	-	-	1925	-	-	-	-	2026	-
	Arnside		1827	-	-	1931	-	-	-	-	2031	-
	Silverdale		1832	-	-	1935	-	-	-	-	2035	-
	Carnforth		1842	-	-	1943	-	-	-	-	2043	-
	Windermere	d	-	1901	-	-	1920	1957	-	2025	-	2047
	Staveley		-	1907	-	-	1930	2002	-	2035	-	2052
	Burneside		-	1912	-	-	1940	2007	-	2045	-	2057
	Kendal		-	1916	-	-	1950	2011	-	2055	-	2101
	Oxenholme Lake District	a	-	1921	-	-	2005	2016	-	2110	-	2106
	Oxenholme Lake District	d	-	1922	-	-	-	2023	-	-	-	2135
	Lancaster	a	1851	1938	-	1951	-	2037	-	-	2050	2152
	Lancaster	d	1858	1940	-	1952	-	2038	-	-	2051	2153
	Preston	a	1915	1959	-	2015	-	2056	-	-	2111	2213
	Chorley	a	-	2020	-	-	-	-	-	-	2122	-
	Bolton	a	-	2034	-	-	-	-	-	-	2134	2234
	Manchester Oxford Road	a	-	2050	-	-	-	-	-	-	2150	2251
	Manchester Piccadilly	a	-	2055	-	-	-	-	-	-	2154	2256
	Manchester Airport	a	-	2114	-	-	-	-	-	-	2213	2315

Notes

x Stops on request.

V Until 29 March.

W From 5 April.

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

Carlisle - Barrow - Lancaster

Sundays

					W	V				W	V	
	Carlisle	d	-	-	-	-	1810	1910	2010	2110	2110	-
	Dalston		-	-	-	-	1819	1919	2019	2119	2125	-
	Wigton		-	-	-	-	1829	1929	2029	2128	2145	-
	Aspatria		-	-	-	-	1839	1939	2039	2139	2205	-
	Maryport		-	-	-	-	1851	1951	2051	2150	2225	-
	Flimby		-	-	-	-	1854	1954	2054	2153	2230	-
	Workington		-	-	-	-	1901	2001	2101	2200	2240	-
	Harrington		-	-	-	-	1906	2006	2106	2205	2250	-
	Parton		-	-	-	-	1915	2015	2115	2214	2300	-
	Whitehaven	a	-	-	-	-	1921	2021	2121	2220	2305	-
	Whitehaven	d	-	-	-	-	-	-	-	-	-	-
	Corkickle		-	-	-	-	-	-	-	-	-	-
	St. Bees		-	-	-	-	-	-	-	-	-	-
	Nethertown		-	-	-	-	-	-	-	-	-	-
	Braystones		-	-	-	-	-	-	-	-	-	-
	Sellafield		-	-	-	-	-	-	-	-	-	-
	Seascale		-	-	-	-	-	-	-	-	-	-
	Drigg		-	-	-	-	-	-	-	-	-	-
	Ravenglass		-	-	-	-	-	-	-	-	-	-
	Bootle (Cumbria)		-	-	-	-	-	-	-	-	-	-
	Silecroft		-	-	-	-	-	-	-	-	-	-
	Millom	a	-	-	-	-	-	-	-	-	-	-
	Millom	d	1925	-	-	-	-	-	-	-	-	-
	Green Road		1929	-	-	-	-	-	-	-	-	-
	Foxfield		1933	-	-	-	-	-	-	-	-	-
	Kirkby-in-Furness		1938	-	-	-	-	-	-	-	-	-
	Askam		1943	-	-	-	-	-	-	-	-	-
	Barrow-in-Furness	a	1956	-	-	-	-	-	-	-	-	-
	Barrow-in-Furness	d	-	2046	-	-	-	-	-	-	-	-
	Roose		-	2050	-	-	-	-	-	-	-	-
	Dalton		-	2056	-	-	-	-	-	-	-	-
	Ulverston		-	2105	-	-	-	-	-	-	-	-
	Cark		-	2112	-	-	-	-	-	-	-	-
	Kents Bank		-	2116	-	-	-	-	-	-	-	-
	Grange-over-Sands		-	2120	-	-	-	-	-	-	-	-
	Arnsdale		-	2126	-	-	-	-	-	-	-	-
	Silverdale		-	2131	-	-	-	-	-	-	-	-
	Carnforth		-	2138	-	-	-	-	-	-	-	-
	Windermere	d	-	-	2147	2205	-	-	-	-	-	-
	Staveley		-	-	2152	2215	-	-	-	-	-	-
	Burneside		-	-	2157	2225	-	-	-	-	-	-
	Kendal		-	-	2201	2235	-	-	-	-	-	-
	Oxenholme Lake District	a	-	-	2206	2250	-	-	-	-	-	-
	Oxenholme Lake District	d	-	-	2217	2250	-	-	-	-	-	-
	Lancaster	a	-	2148	2233	2335	-	-	-	-	-	-
	Lancaster	d	-	2220	2233	-	-	-	-	-	-	-
	Preston	a	-	2238	2251	0015	-	-	-	-	-	-
	Chorley	a	-	-	-	-	-	-	-	-	-	-
	Bolton	a	-	-	-	-	-	-	-	-	-	-
	Manchester Oxford Road	a	-	2319p	-	-	-	-	-	-	-	-
	Manchester Piccadilly	a	-	2323p	-	-	-	-	-	-	-	-
	Manchester Airport	a	-	2342p	-	-	-	-	-	-	-	-

Notes

p Change at Preston

V Until 29 March.

W From 5 April.

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

Lancaster - Barrow - Carlisle

Mondays to Saturdays

Manchester Airport	d	-	-	-	-	-	-	0529	-	0603
Manchester Piccadilly		-	-	-	-	-	0457	0549	-	0622
Manchester Oxford Road		-	-	-	-	-	-	0552	-	0626
Deansgate		-	-	-	-	-	-	0555	-	-
Bolton		-	-	-	-	-	-	0608	-	0638
Chorley		-	-	-	-	-	-	0620	-	-
Preston		-	-	-	0518	-	0536	0634	0644	0704
Lancaster	a	-	-	-	0538	-	0551	0651	0658	0719
Lancaster	d	-	-	-	0539	-	0559	0653	0700	0733
Oxenholme Lake District	a	-	-	-	-	-	0614	-	-	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	-	0749	-	-
Askam		-	-	0608	-	0701	-	0759	-	-
Kirkby-in-Furness		-	-	0613	-	0706	-	0803	-	-
Foxfield		-	-	0618	-	0711	-	0808	-	-
Green Road		-	-	0622	-	0715	-	0812	-	-
Millom	a	-	-	0627	-	0719	-	0817	-	-
Millom	d	-	-	0627	-	0720	-	0817	-	-
Silecroft		-	-	0633	-	0725	-	0822	-	-
Bootle (Cumbria)		-	-	0640	-	0732	-	0829	-	-
Ravenglass		-	-	0647	-	0739	-	0836	-	-
Drigg		-	-	0651	-	0743	-	0839	-	-
Seascale		-	-	0656	-	0747	-	0844	-	-
Sellafield		-	-	0700	-	0751	-	0848	-	-
Braystones		-	-	-	-	07x55	-	-	-	-
Nethertown		-	-	-	-	07x57	-	-	-	-
St. Bees		-	-	0714	-	0806	-	0900	-	-
Corkickle		-	-	0720	-	0812	-	0905	-	-
Whitehaven	a	-	-	0722	-	0814	-	0908	-	-
Whitehaven	d	-	0628	0724	-	0816	-	0909	-	-
Parton		-	0632	0728	-	0820	-	0913	-	-
Harrington		-	0641	0738	-	0829	-	0922	-	-
Workington		0547	0647	0746	-	0834	-	0928	-	-
Flimby		0552	0652	0751	-	0840	-	0933	-	-
Maryport		0556	0656	0755	-	0843	-	0937	-	-
Aspatria		0607	0707	0806	-	0854	-	0948	-	-
Wigton		0617	0717	0816	-	0904	-	0958	-	-
Dalston		0626	0726	0825	-	0913	-	1007	-	-
Carlisle	a	0637	0737	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	-	-	0908	0908	-
Chorley		-	-	-	0820	0820	-	-	0920	0920	-
Preston		0800	0754	-	0835	0842	-	-	0945	0945	0954
Lancaster	a	0815	0808	-	0852	0859	-	-	1002	1002	1008
Lancaster	d	0821	0809	-	0852	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	-	-	0902	0910	-	-	-	-	1024
Silverdale		0838	-	-	0907	0915	-	-	-	-	1030
Arnside		0842	-	-	0911	0920	-	-	-	-	1034
Grange-over-Sands		0848	-	-	0917	0925	-	-	-	-	1040
Kents Bank		-	-	-	0921	0929	-	-	-	-	1044
Cark		0854	-	-	0925	0933	-	-	-	-	1048
Ulverston		0902	-	-	0932	0940	-	-	-	-	1056
Dalton		0910	-	-	0941	0949	-	-	-	-	1104
Roose		-	-	-	0947	0955	-	-	-	-	1110
Barrow-in-Furness	a	0922	-	-	0953	1001	-	-	-	-	1118
Barrow-in-Furness	d	-	-	0928	-	-	-	1020	-	-	1119
Askam		-	-	0938	-	-	-	1030	-	-	1129
Kirkby-in-Furness		-	-	0942	-	-	-	1034	-	-	1134
Foxfield		-	-	0947	-	-	-	1039	-	-	1138
Green Road		-	-	0951	-	-	-	1043	-	-	1142
Millom	a	-	-	0956	-	-	-	1047	-	-	1147
Millom	d	-	-	0956	-	-	-	1048	-	-	1147
Silecroft		-	-	1001	-	-	-	1053	-	-	1152
Bootle (Cumbria)		-	-	1009	-	-	-	1100	-	-	1159
Ravenglass		-	-	1016	-	-	-	1106	-	-	1206
Drigg		-	-	1019	-	-	-	1110	-	-	1209
Seascale		-	-	1024	-	-	-	1114	-	-	1213
Sellafield		-	-	1033	-	-	-	1118	-	-	1217
Braystones		-	-	-	-	-	-	11x22	-	-	-
Nethertown		-	-	-	-	-	-	11x24	-	-	-
St. Bees		-	-	1044	-	-	-	1134	-	-	1229
Corkickle		-	-	1049	-	-	-	1140	-	-	1234
Whitehaven	a	-	-	1052	-	-	-	1142	-	-	1237
Whitehaven	d	-	-	1053	-	-	-	1144	-	-	1238
Parton		-	-	1057	-	-	-	1148	-	-	1242
Harrington		-	-	1106	-	-	-	1157	-	-	-
Workington		-	-	1112	-	-	-	1202	-	-	1256
Flimby		-	-	1117	-	-	-	1208	-	-	-
Maryport		-	-	1121	-	-	-	1212	-	-	1304
Aspatria		-	-	1132	-	-	-	1222	-	-	1314
Wigton		-	-	1142	-	-	-	1232	-	-	1325
Dalston		-	-	1151	-	-	-	1241	-	-	1334
Carlisle	a	-	-	1202	-	-	-	1252	-	-	1345

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	1042	-	1144	-	-	1245	1246	1254	-
Lancaster	a	1050	1056	-	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		-	-	1302	-	-	1411	-	-	1521	1547
Braystones		-	-	13x06	-	-	14x15	-	-	-	-
Nethertown		-	-	13x08	-	-	14x17	-	-	-	-
St. Bees		-	-	1329	-	-	1429	-	-	1533	1603
Corkickle		-	-	1335	-	-	1434	-	-	1539	1609
Whitehaven	a	-	-	1337	-	-	1437	-	-	1541	1611
Whitehaven	d	-	-	1339	-	-	1438	-	-	1543	1613
Parton		-	-	1343	-	-	1442	-	-	1547	1617
Harrington		-	-	1352	-	-	1451	-	-	1556	1626
Workington		-	-	1357	-	-	1457	-	-	1601	1633
Flimby		-	-	1403	-	-	1502	-	-	1607	1638
Maryport		-	-	1407	-	-	1506	-	-	1611	1643
Aspatria		-	-	1417	-	-	1517	-	-	1621	1654
Wigton		-	-	1428	-	-	1527	-	-	1631	1705
Dalston		-	-	1437	-	-	1536	-	-	1640	1714
Carlisle	a	-	-	1448	-	-	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		-	1308	1338	-	1408	-	1439	1508	-	-
Chorley		-	1320	-	-	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	1631	-	-
Oxenholme Lake District	d	-	-	1439	-	-	-	1537	1633	-	-
Kendal		-	-	1443	-	-	-	1541	1637	-	-
Burneside		-	-	-	-	-	-	1545	1641	-	-
Staveley		-	-	-	-	-	-	1550	1646	-	-
Windermere	a	-	-	1456	-	-	-	1556	1653	-	-
Carnforth		1414	1414	-	-	1513	-	-	-	-	-
Silverdale		1419	1419	-	-	1518	-	-	-	-	-
Arnside		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	-	1721	-	-	-	-
Corkickle		-	-	-	1657	-	1726	-	-	-	-
Whitehaven	a	-	-	-	1700	-	1729	-	-	-	-
Whitehaven	d	-	-	-	1701	-	1730	-	-	1750	-
Parton		-	-	-	1705	-	1735	-	-	1754	-
Harrington		-	-	-	1714	-	1744	-	-	1803	-
Workington		-	-	-	1720	-	1749	-	-	1808	-
Flimby		-	-	-	1725	-	1755	-	-	1814	-
Maryport		-	-	-	1729	-	1759	-	-	1818	-
Aspatria		-	-	-	1739	-	1809	-	-	1828	-
Wigton		-	-	-	1749	-	1820	-	-	1838	-
Dalston		-	-	-	1759	-	1829	-	-	1847	-
Carlisle	a	-	-	-	1810	-	1841	-	-	1858	-

Notes

x Stops on request.

SO Saturdays only.

SX Mondays to Fridays only.

Lancaster - Barrow - Carlisle

Mondays to Saturdays

					SO	SX			SO	SX	
Manchester Airport	d	-	1529	-	-	-	1604	1629	-	-	-
Manchester Piccadilly		-	1550	-	-	-	1621	1650	-	-	-
Manchester Oxford Road		-	1553	-	-	-	1625	1653	-	-	-
Deansgate		-	1556	-	-	-	-	1656	-	-	-
Bolton		-	1608	-	-	-	-	1708	-	-	-
Chorley		-	1620	-	-	-	-	1720	-	-	-
Preston		1541	1633	-	1701	1701	1704	1734	-	-	1753
Lancaster	a	1555	1652	-	1716	1716	1721	1751	-	-	1808
Lancaster	d	1601	1653	-	1728	1732	1722	1751	-	-	1810
Oxenholme Lake District	a	-	-	-	-	-	1735	-	-	-	1823
Oxenholme Lake District	d	-	-	-	-	-	1742	-	-	-	1830
Kendal		-	-	-	-	-	1746	-	-	-	1834
Burneside		-	-	-	-	-	1750	-	-	-	1838
Staveley		-	-	-	-	-	1755	-	-	-	1843
Windermere	a	-	-	-	-	-	1801	-	-	-	1849
Carnforth		1611	1702	-	1738	1742	-	1801	-	-	-
Silverdale		1617	1707	-	1743	1747	-	1806	-	-	-
Arnside		1622	1712	-	1748	1752	-	1810	-	-	-
Grange-over-Sands		1628	1717	-	1754	1758	-	1816	-	-	-
Kents Bank		1632	1721	-	1757	1801	-	1819	-	-	-
Cark		1637	1725	-	1801	1805	-	1824	-	-	-
Ulverston		1645	1732	-	1809	1813	-	1831	-	-	-
Dalton		1654	1741	-	1817	1821	-	1840	-	-	-
Roose		1700	1747	-	1823	1828	-	1846	-	-	-
Barrow-in-Furness	a	1709	1753	-	1831	1835	-	1852	-	-	-
Barrow-in-Furness	d	1716	-	1807	-	-	-	-	1859	1912	-
Askam		1726	-	1817	-	-	-	-	1909	1922	-
Kirkby-in-Furness		1731	-	1821	-	-	-	-	1913	1926	-
Foxfield		1735	-	1826	-	-	-	-	1918	1931	-
Green Road		1739	-	1830	-	-	-	-	1922	1935	-
Millom	a	1744	-	1834	-	-	-	-	1926	1939	-
Millom	d	1744	-	1835	-	-	-	-	1926	1940	-
Silecroft		1749	-	-	-	-	-	-	1931	1945	-
Bootle (Cumbria)		1756	-	-	-	-	-	-	1938	1952	-
Ravenglass		1803	-	1850	-	-	-	-	1944	1958	-
Drigg		1806	-	1853	-	-	-	-	1948	2001	-
Seascale		1810	-	1857	-	-	-	-	1952	2005	-
Sellafield		1814	-	1901	-	-	-	-	1955	2011	-
Braystones		-	-	-	-	-	-	-	-	20x14	-
Nethertown		-	-	-	-	-	-	-	-	20x17	-
St. Bees		1828	-	1913	-	-	-	-	2005	2027	-
Corkickle		1834	-	1919	-	-	-	-	2011	2033	-
Whitehaven	a	1836	-	1921	-	-	-	-	2013	2035	-
Whitehaven	d	1838	-	1923	-	-	-	-	2015	2037	-
Parton		1842	-	1927	-	-	-	-	2019	2041	-
Harrington		1851	-	1936	-	-	-	-	2028	2050	-
Workington		1856	-	1944	-	-	-	-	2036	2055	-
Flimby		1902	-	1950	-	-	-	-	2041	2101	-
Maryport		1906	-	1954	-	-	-	-	2045	2105	-
Aspatria		1916	-	2004	-	-	-	-	2056	2115	-
Wigton		1926	-	2015	-	-	-	-	2106	2125	-
Dalston		1935	-	2024	-	-	-	-	2115	2134	-
Carlisle	a	1946	-	2035	-	-	-	-	2126	2145	-

Notes

x Stops on request.

SO Saturdays only.

SX Mondays to Fridays only.

Lancaster - Barrow - Carlisle

Mondays to Saturdays

		SX	SO		SX	SX	SX	SO	SO	SX	SO
Manchester Airport	d	1704	1704	1729	-	-	-	-	-	1829	1829
Manchester Piccadilly	a	1721	1721	1750	-	-	-	-	-	1850	1850
Manchester Oxford Road		1724	1724	1753	-	-	-	-	-	1853	1853
Deansgate		-	-	1756	-	-	-	-	-	1856	1856
Bolton		-	-	1808	-	-	-	-	-	1909	1909
Chorley		-	-	1823	-	-	-	-	-	1921	1921
Preston		1803	1803	1844	-	-	-	-	-	1934	1945
Lancaster	a	1819	1818	1902	-	-	-	-	-	1951	2002
Lancaster	d	1836	1836	1902	-	1913	-	-	1913	1951	2004
Oxenholme Lake District	a	-	-	1919	-	-	-	-	-	-	-
Oxenholme Lake District	d	-	-	1921	-	-	-	-	-	-	-
Kendal		-	-	1925	-	-	-	-	-	-	-
Burneside		-	-	1929	-	-	-	-	-	-	-
Staveley		-	-	1934	-	-	-	-	-	-	-
Windermere	a	-	-	1941	-	-	-	-	-	-	-
Carnforth		1846	1846	-	-	1923	-	-	1923	2001	2013
Silverdale		1852	1852	-	-	1929	-	-	1929	2006	2018
Arnside		1856	1856	-	-	1933	-	-	1933	2010	2023
Grange-over-Sands		1902	1902	-	-	1939	-	-	1939	2016	2028
Kents Bank		1906	1906	-	-	1943	-	-	1943	2020	2032
Cark		1910	1910	-	-	1947	-	-	1947	2024	2036
Ulverston		1918	1918	-	-	1955	-	-	1955	2031	2043
Dalton		1926	1926	-	-	2003	-	-	2003	2040	2052
Roose		1932	1932	-	-	2009	-	-	2009	2046	2058
Barrow-in-Furness	a	1940	1940	-	-	2017	-	-	2017	2053	2104
Barrow-in-Furness	d	-	1944	-	1947	2018	-	-	2018	-	-
Askam		-	1954	-	1957	2028	-	-	2028	-	-
Kirkby-in-Furness		-	1959	-	2001	2033	-	-	2033	-	-
Foxfield		-	2003	-	2006	2037	-	-	2038	-	-
Green Road		-	2007	-	2010	2041	-	-	2042	-	-
Millom	a	-	2012	-	2015	2046	-	-	2047	-	-
Millom	d	-	2012	-	-	2046	-	-	-	-	-
Silecroft		-	2017	-	-	2051	-	-	-	-	-
Bootle (Cumbria)		-	2024	-	-	2058	-	-	-	-	-
Ravenglass		-	2031	-	-	2104	-	-	-	-	-
Drigg		-	2035	-	-	2108	-	-	-	-	-
Seascale		-	2039	-	-	2112	-	-	-	-	-
Sellafield		-	2043	-	-	2115	-	-	-	-	-
Braystones		-	20x47	-	-	-	-	-	-	-	-
Nethertown		-	20x49	-	-	-	-	-	-	-	-
St. Bees		-	2056	-	-	2125	-	-	-	-	-
Corkickle		-	2101	-	-	2131	-	-	-	-	-
Whitehaven	a	-	2104	-	-	2133	-	-	-	-	-
Whitehaven	d	-	2105	-	-	2135	2209	2209	-	-	-
Parton		-	2109	-	-	2139	2213	2213	-	-	-
Harrington		-	2118	-	-	2148	2222	2222	-	-	-
Workington		-	2124	-	-	2153	2227	2227	-	-	-
Flimby		-	2129	-	-	2159	2233	2233	-	-	-
Maryport		-	2132	-	-	2203	2236	2236	-	-	-
Aspatria		-	-	-	-	2213	2247	-	-	-	-
Wigton		-	-	-	-	2223	2257	-	-	-	-
Dalston		-	-	-	-	2232	2306	-	-	-	-
Carlisle	a	-	-	-	-	2243	2317	-	-	-	-

Notes

x Stops on request.

SO Saturdays only.

SX Mondays to Fridays only.

Lancaster - Barrow - Carlisle

Mondays to Saturdays

				Y	X			X	Y	
				SO	SO	SX		SO	SO	SX
Manchester Airport	d	-	1929	-	-	-	-	-	-	-
Manchester Piccadilly		-	1950	-	-	-	-	-	-	-
Manchester Oxford Road		-	1953	-	-	-	-	-	-	-
Deansgate		-	1956	-	-	-	-	-	-	-
Bolton		-	2008	-	-	-	-	-	-	-
Chorley		-	2020	-	-	-	-	-	-	-
Preston		1942	2033	2041	2041	-	-	-	-	2143
Lancaster	a	1956	2050	2055	2055	-	-	-	-	2157
Lancaster	d	1958	2051	2057	2057	-	-	-	-	2209
Oxenholme Lake District	a	2010	-	2110	2110	-	-	-	-	-
Oxenholme Lake District	d	2018	-	2115	2117	2120	-	2206	2215	-
Kendal		2022	-	2125	2121	2124	-	2210	2225	-
Burneside		2026	-	2135	2125	2128	-	2214	2235	-
Staveley		2031	-	2145	2130	2133	-	2219	2245	-
Windermere	a	2037	-	2155	2136	2139	-	2225	2255	-
Carnforth		-	2100	-	-	-	-	-	-	2219
Silverdale		-	2106	-	-	-	-	-	-	2225
Arnside		-	2110	-	-	-	-	-	-	2229
Grange-over-Sands		-	2116	-	-	-	-	-	-	2235
Kents Bank		-	2120	-	-	-	-	-	-	2239
Cark		-	2124	-	-	-	-	-	-	2243
Ulverston		-	2131	-	-	-	-	-	-	2251
Dalton		-	2140	-	-	-	-	-	-	2259
Roose		-	2146	-	-	-	-	-	-	2305
Barrow-in-Furness	a	-	2153	-	-	-	-	-	-	2313
Barrow-in-Furness	d	-	2110	-	-	-	2211	-	-	-
Askam		-	2120	-	-	-	2221	-	-	-
Kirkby-in-Furness		-	2124	-	-	-	2225	-	-	-
Foxfield		-	2129	-	-	-	2230	-	-	-
Green Road		-	2133	-	-	-	2234	-	-	-
Millom	a	-	2138	-	-	-	2239	-	-	-
Millom	d	-	-	-	-	-	-	-	-	-
Silecroft		-	-	-	-	-	-	-	-	-
Bootle (Cumbria)		-	-	-	-	-	-	-	-	-
Ravenglass		-	-	-	-	-	-	-	-	-
Drigg		-	-	-	-	-	-	-	-	-
Seascale		-	-	-	-	-	-	-	-	-
Sellafield		-	-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-
St. Bees		-	-	-	-	-	-	-	-	-
Corkickle		-	-	-	-	-	-	-	-	-
Whitehaven	a	-	-	-	-	-	-	-	-	-
Whitehaven	d	-	-	-	-	-	-	-	-	-
Parton		-	-	-	-	-	-	-	-	-
Harrington		-	-	-	-	-	-	-	-	-
Workington		-	-	-	-	-	-	-	-	-
Flimby		-	-	-	-	-	-	-	-	-
Maryport		-	-	-	-	-	-	-	-	-
Aspatria		-	-	-	-	-	-	-	-	-
Wigton		-	-	-	-	-	-	-	-	-
Dalston		-	-	-	-	-	-	-	-	-
Carlisle	a	-	-	-	-	-	-	-	-	-

Notes

X Until 3 January and from 21 February.

Y From 10 January until 14 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

										
		Y		Y	X		X	Y	Y	
		SO	SX	SO	SO	SO	SX	SO	SO	SO
Manchester Airport	d	-	-	-	-	-	2159	2159	-	-
Manchester Piccadilly		-	-	-	-	-	2217	2217	-	-
Manchester Oxford Road		-	-	-	-	-	2224	2224	-	-
Deansgate		-	-	-	-	-	-	-	-	-
Bolton		-	-	-	-	-	2239	2239	-	-
Chorley		-	-	-	-	-	2252	2252	-	-
Preston		2125	2143	-	2230	2211	2310	2310	2310	-
Lancaster	a	2215	2157	-	2320	2231	2327	2327	2359	-
Lancaster	d	-	2158	2226	-	2231	2328	2328	-	2328
Oxenholme Lake District	a	-	2211	-	-	-	-	-	-	-
Oxenholme Lake District	d	-	2222	-	-	-	-	-	-	-
Kendal		-	2226	-	-	-	-	-	-	-
Burneside		-	2230	-	-	-	-	-	-	-
Staveley		-	2235	-	-	-	-	-	-	-
Windermere	a	-	2241	-	-	-	-	-	-	-
Carnforth		-	-	2236	-	2242	2338	2338	-	2338
Silverdale		-	-	2242	-	2247	2343	2343	-	2344
Arnside		-	-	2246	-	2252	2348	2348	-	2349
Grange-over-Sands		-	-	2252	-	2258	2353	2353	-	2355
Kents Bank		-	-	2256	-	2301	2357	2357	-	2358
Cark		-	-	2300	-	2305	0001	0001	-	0003
Ulverston		-	-	2308	-	2314	0009	0009	-	0011
Dalton		-	-	2317	-	2322	0017	0017	-	0019
Roose		-	-	2323	-	2328	0024	0024	-	0026
Barrow-in-Furness	a	-	-	2330	-	2336	0030	0030	-	0033
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 3 January and from 21 February.

Y From 10 January until 14 February.

SO Saturdays only.

SX Mondays to Fridays only.

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

Lancaster - Barrow - Carlisle

Sundays											
		S	S	T				T	S	S	T
Manchester Airport	d	-	-	-	-	-	-	-	-	-	-
Manchester Piccadilly		-	-	-	-	-	-	-	-	-	-
Manchester Oxford Road		-	-	-	-	-	-	-	-	-	-
Bolton		-	-	-	-	-	-	0909	-	-	-
Chorley		-	-	-	-	-	-	0921	-	-	-
Preston		-	-	-	-	-	-	0948	-	-	-
Lancaster	a	-	-	-	-	-	-	1005	-	-	-
Lancaster	d	-	-	-	-	-	-	1007	1011	-	-
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	1021	-
Silverdale		-	-	-	-	0900	-	-	1027	1027	-
Arnside		-	-	-	-	0905	-	-	1031	1031	-
Grange-over-Sands		-	-	-	-	0911	-	-	1037	1037	-
Kents Bank		-	-	-	-	0914	-	-	1041	1041	-
Cark		-	-	-	-	0918	-	-	1045	1045	-
Ulverston		-	-	-	-	0927	-	-	1053	1053	-
Dalton		-	-	-	-	0935	-	-	1101	1101	-
Roose		-	-	-	-	0941	-	-	1107	1107	-
Barrow-in-Furness	a	-	-	-	-	0948	-	-	1115	1115	-
Barrow-in-Furness	d	-	-	-	-	0905	0950	-	-	1116	1116
Askam		-	-	-	-	0915	1000	-	-	1126	1126
Kirkby-in-Furness		-	-	-	-	0919	1004	-	-	1131	1131
Foxfield		-	-	-	-	0924	1009	-	-	1135	1135
Green Road		-	-	-	-	0928	1013	-	-	1139	1139
Millom	a	-	-	-	-	0933	1017	-	-	1144	1144
Millom	d	-	-	-	-	1017	-	-	1144	1144	-
Silecroft		-	-	-	-	1022	-	-	1149	1149	-
Bootle (Cumbria)		-	-	-	-	1029	-	-	1156	1156	-
Ravenglass		-	-	-	-	1035	-	-	1202	1202	-
Drigg		-	-	-	-	1039	-	-	1205	1205	-
Seascale		-	-	-	-	1043	-	-	1209	1209	-
Sellafield		-	-	-	-	1046	-	-	1213	1213	-
Braystones		-	-	-	-	10x50	-	-	-	-	-
Nethertown		-	-	-	-	10x52	-	-	-	-	-
St. Bees		-	-	-	-	1102	-	-	1226	1226	-
Corkickle		-	-	-	-	1107	-	-	1231	1231	-
Whitehaven	a	-	-	-	-	1110	-	-	1234	1234	-
Whitehaven	d	-	-	-	1016	-	1111	-	-	1235	1235
Parton		-	-	-	1020	-	1115	-	-	1239	1239
Harrington		-	-	-	1029	-	1124	-	-	1248	1248
Workington		0855	0940	0957	1034	-	1130	-	-	1254	1254
Flimby		0900	0945	1002	1040	-	1135	-	-	1259	1259
Maryport		0904	0949	1006	1044	-	1139	-	-	1303	1303
Aspatria		0915	1000	1017	1054	-	1150	-	-	1313	1313
Wigton		0925	1010	1027	1104	-	1200	-	-	1323	1323
Dalston		0934	1019	1036	1113	-	1209	-	-	1332	1332
Carlisle	a	0945	1030	1047	1124	-	1220	-	-	1343	1343

Notes

- x Stops on request.
- S Until 4 January and from 22 February.
- T From 11 January until 15 February.
-  Bus service - heavy luggage, dogs, bicycles and pushchairs may not be carried.

Lancaster - Barrow - Carlisle

Sundays

		T		S		W				
Manchester Airport	d	-	0936	-	-	1033	1010	1110	-	-
Manchester Piccadilly		-	0955	-	-	1055	1026	1125	-	-
Manchester Oxford Road		-	0958	-	-	1100	1030	1129	1154	-
Bolton		-	1012	-	-	1112	1043	1144	1208	-
Chorley		-	1024	-	-	1124	-	-	1220	-
Preston		1030	1039	-	-	1146	1108	1205	1246	-
Lancaster	a	1047	1056	-	-	1203	1124	1220	1303	-
Lancaster	d	1047	1059	-	-	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		-	1109	-	-	1215	-	-	-	1324
Silverdale		-	1114	-	-	1220	-	-	-	1330
Arnside		-	1118	-	-	1224	-	-	-	1334
Grange-over-Sands		-	1123	-	-	1230	-	-	-	1340
Kents Bank		-	1127	-	-	1233	-	-	-	1344
Cark		-	1131	-	-	1237	-	-	-	1348
Ulverston		-	1138	-	-	1245	-	-	-	1356
Dalton		-	1147	-	-	1253	-	-	-	1404
Roose		-	1153	-	-	1259	-	-	-	1410
Barrow-in-Furness	a	-	1159	-	-	1305	-	-	-	1418
Barrow-in-Furness	d	-	-	-	1217	-	-	-	-	1310
Askam		-	-	-	1227	-	-	-	-	1320
Kirkby-in-Furness		-	-	-	1231	-	-	-	-	1324
Foxfield		-	-	-	1236	-	-	-	-	1329
Green Road		-	-	-	1240	-	-	-	-	1333
Millom	a	-	-	-	1244	-	-	-	-	1337
Millom	d	-	-	-	1245	-	-	-	-	1338
Silecroft		-	-	-	1250	-	-	-	-	1343
Bootle (Cumbria)		-	-	-	1257	-	-	-	-	1350
Ravenglass		-	-	-	1303	-	-	-	-	1356
Drigg		-	-	-	1307	-	-	-	-	1359
Seascale		-	-	-	1311	-	-	-	-	1403
Sellafield		-	-	-	1315	-	-	-	-	1407
Braystones		-	-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-
St. Bees		-	-	-	1330	-	-	-	-	1417
Corkickle		-	-	-	1335	-	-	-	-	1422
Whitehaven	a	-	-	-	1339	-	-	-	-	1425
Whitehaven	d	-	-	-	1340	-	-	-	-	1426
Parton		-	-	-	1344	-	-	-	-	1430
Harrington		-	-	-	1353	-	-	-	-	1439
Workington		-	-	-	1359	-	-	-	-	1445
Flimby		-	-	-	1404	-	-	-	-	1450
Maryport		-	-	-	1408	-	-	-	-	1454
Aspatria		-	-	-	1419	-	-	-	-	1505
Wigton		-	-	-	1430	-	-	-	-	1515
Dalston		-	-	-	1439	-	-	-	-	1524
Carlisle	a	-	-	-	1450	-	-	-	-	1535

Notes

S Until 4 January and from 22 February.

T From 11 January until 15 February.

W From 5 April.

Lancaster - Barrow - Carlisle

Sundays

W										W	V
Manchester Airport	d	-	1230	-	-	1330	-	1410	1430	-	-
Manchester Piccadilly		-	1248	-	-	1348	-	1426	1448	-	-
Manchester Oxford Road		-	1251	-	-	1352	-	1430	1452	-	-
Bolton		-	1308	-	-	1408	-	1444	1508	-	-
Chorley		-	1320	-	-	1420	-	-	1520	-	-
Preston		-	1345	1341	-	1446	1454	1505	1558	-	-
Lancaster	a	-	1402	1355	-	1503	1508	1520	1615	-	-
Lancaster	d	-	1403	1357	-	1504	1510	1603	1616	-	-
Oxenholme Lake District	a	-	-	1409	-	-	1523	-	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		-	1413	-	-	1513	-	1613	-	-	-
Silverdale		-	1418	-	-	1518	-	1619	-	-	-
Arnside		-	1422	-	-	1523	-	1623	-	-	-
Grange-over-Sands		-	1427	-	-	1528	-	1629	-	-	-
Kents Bank		-	1431	-	-	1532	-	1633	-	-	-
Cark		-	1435	-	-	1536	-	1637	-	-	-
Ulverston		-	1442	-	-	1543	-	1645	-	-	-
Dalton		-	1450	-	-	1552	-	1653	-	-	-
Roose		-	1457	-	-	1558	-	1659	-	-	-
Barrow-in-Furness	a	-	1503	-	-	1604	-	1707	-	-	-
Barrow-in-Furness	d	1454	-	-	1556	-	-	1715	-	-	-
Askam		1504	-	-	1606	-	-	1725	-	-	-
Kirkby-in-Furness		1508	-	-	1611	-	-	1730	-	-	-
Foxfield		1513	-	-	1615	-	-	1734	-	-	-
Green Road		1517	-	-	1619	-	-	1738	-	-	-
Millom	a	1521	-	-	1624	-	-	1743	-	-	-
Millom	d	1522	-	-	1624	-	-	1743	-	-	-
Silecroft		1527	-	-	1629	-	-	1748	-	-	-
Bootle (Cumbria)		1534	-	-	1636	-	-	1755	-	-	-
Ravenglass		1540	-	-	1643	-	-	1802	-	-	-
Drigg		1544	-	-	1646	-	-	1805	-	-	-
Seascale		1548	-	-	1650	-	-	1809	-	-	-
Sellafield		1552	-	-	1654	-	-	1813	-	-	-
Braystones		-	-	-	16x58	-	-	18x17	-	-	-
Nethertown		-	-	-	17x00	-	-	18x19	-	-	-
St. Bees		1602	-	-	1707	-	-	1831	-	-	-
Corkickle		1607	-	-	1712	-	-	1836	-	-	-
Whitehaven	a	1610	-	-	1715	-	-	1839	-	-	-
Whitehaven	d	1611	-	-	1716	-	-	1840	-	1938	1938
Parton		1615	-	-	1720	-	-	1844	-	1942	1943
Harrington		1624	-	-	1729	-	-	1853	-	1951	1953
Workington		1630	-	-	1735	-	-	1859	-	1956	2003
Flimby		1635	-	-	1740	-	-	1904	-	2002	2013
Maryport		1639	-	-	1744	-	-	1908	-	2006	2018
Aspatria		1650	-	-	1755	-	-	1919	-	2016	2038
Wigton		1700	-	-	1805	-	-	1929	-	2026	2058
Dalston		1709	-	-	1814	-	-	1938	-	2035	2118
Carlisle	a	1720	-	-	1825	-	-	1949	-	2046	2133

Notes

x Stops on request.

V Until 29 March.

W From 5 April.

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

Lancaster - Barrow - Carlisle

Sundays											
		V	W						W		
Manchester Airport	d	-	-	1530	-	-	1630	-	-	1730	-
Manchester Piccadilly		-	-	1548	-	-	1648	-	-	1748	-
Manchester Oxford Road		-	-	1552	-	-	1652	-	-	1752	-
Bolton		-	-	1608	-	-	1708	-	-	1808	-
Chorley		-	-	1620		-	1720	-	-	1820	-
Preston		-	-	1647	1642	-	1746	1754	-	1833	-
Lancaster	a	-	-	1705	1656	-	1803	1808	-	1850	-
Lancaster	d	-	-	1707	1658	-	1804	1810	-	1852	1902
Oxenholme Lake District	a	-	-	-	1711	-	-	1823	-	1926	-
Oxenholme Lake District	d	-	-	-	1731	-	-	1833	-	1928	-
Kendal		-	-	-	1735	-	-	1837	-	1933	-
Burneside		-	-	-	1739	-	-	1841	-	1936	-
Staveley		-	-	-	1744	-	-	1846	-	1941	-
Windermere	a	-	-	-	1750	-	-	1852	-	1948	-
Carnforth		-	-	1716	-	-	1814	-	-	-	1914
Silverdale		-	-	1722	-	-	1819	-	-	-	1920
Arnside		-	-	1726	-	-	1823	-	-	-	1925
Grange-over-Sands		-	-	1731	-	-	1828	-	-	-	1931
Kents Bank		-	-	1735	-	-	1832	-	-	-	1934
Cark		-	-	1739	-	-	1836	-	-	-	1938
Ulverston		-	-	1746	-	-	1843	-	-	-	1947
Dalton		-	-	1754	-	-	1851	-	-	-	1955
Roose		-	-	1800	-	-	1857	-	-	-	2001
Barrow-in-Furness	a	-	-	1807	-	-	1904	-	-	-	2008
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	2030	-	-	-	-	-	-	-	-
Parton		2034	2034	-	-	-	-	-	-	-	-
Harrington		2043	2043	-	-	-	-	-	-	-	-
Workington		2048	2048	-	-	-	-	-	-	-	-
Flimby		2054	2054	-	-	-	-	-	-	-	-
Maryport		2058	2058	-	-	-	-	-	-	-	-
Aspatria		2108	2108	-	-	-	-	-	-	-	-
Wigton		2118	2118	-	-	-	-	-	-	-	-
Dalston		2127	2127	-	-	-	-	-	-	-	-
Carlisle	a	2138	2138	-	-	-	-	-	-	-	-

Notes
V Until 29 March.
W From 5 April.

Lancaster - Barrow - Carlisle

Sundays

										
		V		V	W		V	W		
Manchester Airport	d	-	1830	-	-	1930	-	-	-	-
Manchester Piccadilly		-	1848	-	-	1948	-	-	-	-
Manchester Oxford Road		-	1852	-	-	1952	-	-	-	-
Bolton		-	1908	-	-	2008	-	-	-	-
Chorley		-	1920	-	-	2020	-	-	-	-
Preston		-	1946	-	1942	2048	-	2041	2141	-
Lancaster	a	-	2003	-	1956	2105	-	2055	2155	-
Lancaster	d	-	2004	-	1958	2105	-	2057	2220	-
Oxenholme Lake District	a	-	-	-	2010	-	-	2109	-	-
Oxenholme Lake District	d	1940	-	2020	2022	-	2120	2121	-	-
Kendal		1950	-	2030	2026	-	2130	2125	-	-
Burneside		2000	-	2040	2030	-	2140	2129	-	-
Staveley		2010	-	2050	2035	-	2150	2134	-	-
Windermere	a	2020	-	2100	2041	-	2200	2140	-	-
Carnforth		-	2014	-	-	2115	-	-	2230	-
Silverdale		-	2019	-	-	2120	-	-	2235	-
Arnside		-	2023	-	-	2124	-	-	2240	-
Grange-over-Sands		-	2028	-	-	2129	-	-	2246	-
Kents Bank		-	2032	-	-	2133	-	-	2249	-
Cark		-	2036	-	-	2137	-	-	2253	-
Ulverston		-	2043	-	-	2144	-	-	2301	-
Dalton		-	2052	-	-	2153	-	-	2309	-
Roose		-	2058	-	-	2159	-	-	2315	-
Barrow-in-Furness	a	-	2105	-	-	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	-	-	-	-	-	-	-	-	-

Notes

V Until 29 March.

W From 5 April.

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

Useful contact details



Fares and service information

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



Customer helpline

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



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[@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