

Train times

17 May - 12 December 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		-	-	-	-	-	-	-	-
Flimby		-	-	-	-	-	-	-	-
Workington		-	-	-	-	-	-	-	-
Harrington		-	-	-	-	-	-	-	-
Parton		-	-	-	-	-	-	-	-
Whitehaven	a	-	-	-	-	-	-	-	-
Whitehaven	d	-	-	-	-	-	-	-	0508
Corkickle		-	-	-	-	-	-	-	0518
St. Bees		-	-	-	-	-	-	-	0531
Nethertown		-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-
Sellafield		-	-	-	-	-	-	-	0544
Seascale		-	-	-	-	-	-	-	0604
Drigg		-	-	-	-	-	-	-	0610
Ravenglass		-	-	-	-	-	-	-	0617
Bootle (Cumbria)		-	-	-	-	-	-	-	0630
Silecroft		-	-	-	-	-	-	-	0640
Millom	a	-	-	-	-	-	-	-	0650
Millom	d	-	-	-	-	0610	-	-	-
Green Road		-	-	-	-	0614	-	-	-
Foxfield		-	-	-	-	0618	-	-	-
Kirkby-in-Furness		-	-	-	-	0623	-	-	-
Askam		-	-	-	-	0628	-	-	-
Barrow-in-Furness	a	-	-	-	-	0641	-	-	-
Barrow-in-Furness	d	0458	-	0550	0550	0612	-	0650	-
Roose		-	-	0554	0554	0616	-	0654	-
Dalton		0507	-	0601	0601	0623	-	0700	-
Ulverston		0516	-	0609	0609	0631	-	0709	-
Cark		-	-	0616	0616	0639	-	0716	-
Kents Bank		-	-	0620	0620	0643	-	0720	-
Grange-over-Sands		0528	-	0624	0624	0647	-	0724	-
Arnsdale		0534	-	0630	0630	0653	-	0729	-
Silverdale		-	-	0634	0634	0658	-	0734	-
Carnforth		0544	-	0642	0644	0706	-	0743	-
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
Lancaster	d	0551	0724	0649	0652	0724	-	0751	0840
Preston	a	0609	0742	0707	0711	0742	-	0809	0858
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	-
Manchester Piccadilly	a	0658	0827	0758	0758	0827	-	0858	-
Manchester Airport	a	0715	0844	0815	0815	0844	-	0915	-

Notes

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	SO
Carlisle	d	-	-	-	-	0550	-	-	-
Dalston		-	-	-	-	0559	-	-	-
Wigton		-	-	-	-	0608	-	-	-
Aspatria		-	-	-	-	0619	-	-	-
Maryport		-	0509	0548	-	0630	-	-	-
Flimby		-	0517	0551	-	0633	-	-	-
Workington		-	0529	0558	-	0640	-	-	-
Harrington		-	0539	0603	-	0645	-	-	-
Parton		-	0549	0612	-	0654	-	-	-
Whitehaven	a	-	0558	0616	-	0658	-	-	-
Whitehaven	d	-	0558	-	-	-	0703	-	-
Corkickle		-	0610	-	-	-	0713	0723	-
St. Bees		-	0623	-	-	-	-	0729	-
Nethertown		-	-	-	-	-	-	0734	-
Braystones		-	-	-	-	-	-	0737	-
Sellafield		-	0639	-	-	-	-	0742	-
Seascale		-	-	-	-	-	-	0745	-
Drigg		-	-	-	-	-	-	0749	-
Ravenglass		-	-	-	-	-	-	0753	-
Bootle (Cumbria)		-	-	-	-	-	-	0759	-
Silecroft		-	-	-	-	-	-	0806	-
Millom	a	-	-	-	-	-	-	0811	-
Millom	d	0710	-	-	-	-	-	0811	-
Green Road		0715	-	-	-	-	-	0816	-
Foxfield		0719	-	-	-	-	-	0820	-
Kirkby-in-Furness		0724	-	-	-	-	-	0824	-
Askam		0729	-	-	-	-	-	0829	-
Barrow-in-Furness	a	0742	-	-	-	-	-	0843	-
Barrow-in-Furness	d	0748	-	-	-	-	-	0848	-
Roose		0752	-	-	-	-	-	0852	-
Dalton		0759	-	-	-	-	-	0859	-
Ulverston		0807	-	-	-	-	-	0907	-
Cark		0814	-	-	-	-	-	0914	-
Kents Bank		0818	-	-	-	-	-	0918	-
Grange-over-Sands		0822	-	-	-	-	-	0922	-
Arnsdale		0828	-	-	-	-	-	0928	-
Silverdale		0832	-	-	-	-	-	0932	-
Carnforth		0839	-	-	-	-	-	0940	-
Windermere	d	-	-	-	0852	-	-	-	0955 1008
Staveley		-	-	-	-	-	-	-	1000 1013
Burneside		-	-	-	-	-	-	-	1005 1018
Kendal		-	-	-	0904	-	-	-	1009 1022
Oxenholme Lake District	a	-	-	-	0909	-	-	-	1014 1027
Oxenholme Lake District	d	-	-	-	0925	-	-	-	1016 1029
Lancaster	a	0846	-	-	0938	-	-	-	0948 1033 1047
Lancaster	d	0848	-	-	0940	-	-	-	0950 1050 1048
Preston	a	0906	-	-	0957	-	-	-	1008 1108 1106
Chorley	a	0920	-	-	-	-	-	-	1020 1120 1120
Bolton	a	0934	-	-	-	-	-	-	1034 1134 1134
Deansgate	a	0951	-	-	-	-	-	-	1051 1151 1151
Manchester Oxford Road	a	0954	-	-	-	-	-	-	1054 1154 1154
Manchester Piccadilly	a	0958	-	-	-	-	-	-	1058 1158 1158
Manchester Airport	a	1015	-	-	-	-	-	-	1115 1215 1215

Notes

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



Carlisle	d	-	0706	-	-	0807	-	-	-	0859
Dalston		-	0715	-	-	0816	-	-	-	0908
Wigton		-	0724	-	-	0826	-	-	-	0917
Aspatria		-	0735	-	-	0836	-	-	-	0928
Maryport		-	0746	-	-	0848	-	-	-	0939
Flimby		-	0749	-	-	0851	-	-	-	0943
Workington		-	0756	-	-	0858	-	-	-	0950
Harrington		-	0801	-	-	0903	-	-	-	0954
Parton		-	0810	-	-	0912	-	-	-	1003
Whitehaven	a	-	0814	-	-	0916	-	-	-	1008
Whitehaven	d	-	-	0819	-	-	-	-	-	-
Corkickle		-	-	0829	0839	-	-	-	-	-
St. Bees		-	-	-	0845	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-
Sellafield		-	-	-	0856	-	-	-	-	-
Seascale		-	-	-	0859	-	-	-	-	-
Drigg		-	-	-	0903	-	-	-	-	-
Ravenglass		-	-	-	0907	-	-	-	-	-
Bootle (Cumbria)		-	-	-	0913	-	-	-	-	-
Silecroft		-	-	-	0920	-	-	-	-	-
Millom	a	-	-	-	0925	-	-	-	-	-
Millom	d	-	-	-	0926	-	-	-	-	-
Green Road		-	-	-	0930	-	-	-	-	-
Foxfield		-	-	-	0934	-	-	-	-	-
Kirkby-in-Furness		-	-	-	0939	-	-	-	-	-
Askam		-	-	-	0944	-	-	-	-	-
Barrow-in-Furness	a	-	-	-	0958	-	-	-	-	-
Barrow-in-Furness	d	-	-	-	1000	-	1049	-	1151	-
Roose		-	-	-	1004	-	1053	-	1155	-
Dalton		-	-	-	1010	-	1100	-	1202	-
Ulverston		-	-	-	1019	-	1108	-	1210	-
Cark		-	-	-	1026	-	1115	-	1217	-
Kents Bank		-	-	-	1030	-	1119	-	1221	-
Grange-over-Sands		-	-	-	1034	-	1123	-	1225	-
Arnsdale		-	-	-	1041	-	1129	-	1231	-
Silverdale		-	-	-	1045	-	1133	-	1235	-
Carnforth		-	-	-	1055	-	1140	-	1243	-
Windermere	d	1057	-	-	-	-	1147	-	1307	-
Staveley		1102	-	-	-	-	1152	-	1312	-
Burneside		1107	-	-	-	-	1157	-	1317	-
Kendal		1111	-	-	-	-	1201	-	1321	-
Oxenholme Lake District	a	1116	-	-	-	-	1206	-	1326	-
Oxenholme Lake District	d	1126	-	-	-	-	1212	-	1329	-
Lancaster	a	1139	-	-	1105	-	1147	1226	1250	1345
Lancaster	d	1141	-	-	1130	-	1149	1227	1250	1349
Preston	a	1158	-	-	1149	-	1208	1245	1310	1407
Chorley	a	-	-	-	-	-	1220	-	1321	1420
Bolton	a	-	-	-	1207	-	1234	1306	1334	1434
Deansgate	a	-	-	-	-	-	1251	-	1351	1451
Manchester Oxford Road	a	-	-	-	1222	-	1254	1322	1354	1454
Manchester Piccadilly	a	-	-	-	1226	-	1258	1326	1358	1458
Manchester Airport	a	-	-	-	1244	-	1315	1344	1415	1515

Notes

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

Carlisle - Barrow - Lancaster

Mondays to Saturdays

			SO	SX	SO	SX				
Carlisle	d	-	-	-	-	-	1013	-	-	1108
Dalston	-	-	-	-	-	-	1022	-	-	1116
Wigton	-	-	-	-	-	-	1031	-	-	1125
Aspatria	-	-	-	-	-	-	1042	-	-	1136
Maryport	-	-	-	-	-	-	1053	-	-	1147
Flimby	-	-	-	-	-	-	1056	-	-	1150
Workington	-	-	-	-	-	-	1103	-	-	1157
Harrington	-	-	-	-	-	-	1108	-	-	1201
Parton	-	-	-	-	-	-	1117	-	-	1210
Whitehaven	a	-	-	-	-	-	1121	-	-	1215
Whitehaven	d	1030	-	-	-	-	-	-	-	1223
Corkickle	-	1040	1054	1055	-	-	-	-	-	1233
St. Bees	-	-	1100	1101	-	-	-	-	-	-
Nethertown	-	-	1105	1106	-	-	-	-	-	-
Braystones	-	-	1108	1109	-	-	-	-	-	-
Sellafield	-	-	1113	1114	-	-	-	-	-	-
Seascale	-	-	1116	1118	-	-	-	-	-	-
Drigg	-	-	1120	1122	-	-	-	-	-	-
Ravenglass	-	-	1124	1126	-	-	-	-	-	-
Bootle (Cumbria)	-	-	1131	1132	-	-	-	-	-	-
Silecroft	-	-	1138	1139	-	-	-	-	-	-
Millom	a	-	1143	1144	-	-	-	-	-	-
Millom	d	-	1143	1145	-	-	-	-	-	-
Green Road	-	-	1148	1149	-	-	-	-	-	-
Foxfield	-	-	1152	1154	-	-	-	-	-	-
Kirkby-in-Furness	-	-	1156	1159	-	-	-	-	-	-
Askam	-	-	1201	1204	-	-	-	-	-	-
Barrow-in-Furness	a	-	1215	1218	-	-	-	-	-	-
Barrow-in-Furness	d	-	-	-	1250	1251	-	-	1352	-
Roose	-	-	-	-	1255	1255	-	-	1356	-
Dalton	-	-	-	-	1301	1301	-	-	1403	-
Ulverston	-	-	-	-	1309	1309	-	-	1411	-
Cark	-	-	-	-	1317	1317	-	-	1418	-
Kents Bank	-	-	-	-	1321	1321	-	-	1422	-
Grange-over-Sands	-	-	-	-	1325	1325	-	-	1426	-
Arnside	-	-	-	-	1331	1331	-	-	1432	-
Silverdale	-	-	-	-	1336	1336	-	-	1436	-
Carnforth	-	-	-	-	1343	1343	-	-	1443	-
Windermere	d	-	-	-	-	-	-	1400	-	-
Staveley	-	-	-	-	-	-	-	1405	-	-
Burneside	-	-	-	-	-	-	-	1410	-	-
Kendal	-	-	-	-	-	-	-	1414	-	-
Oxenholme Lake District	a	-	-	-	-	-	-	1419	-	-
Oxenholme Lake District	d	-	-	-	-	-	-	-	-	-
Lancaster	a	-	-	-	1353	1353	-	-	1452	-
Lancaster	d	-	-	-	1428	1428	-	-	1452	-
Preston	a	-	-	-	1446	1446	-	-	1510	-
Chorley	a	-	-	-	-	-	-	-	1521	-
Bolton	a	-	-	-	1506	1506	-	-	1534	-
Deansgate	a	-	-	-	-	-	-	-	1551	-
Manchester Oxford Road	a	-	-	-	1522	1522	-	-	1554	-
Manchester Piccadilly	a	-	-	-	1526	1526	-	-	1558	-
Manchester Airport	a	-	-	-	1544	1544	-	-	1615	-

Notes

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	SO					
Carlisle	d	-	-	-	-	1210	-	-	-
Dalston		-	-	-	-	1219	-	-	-
Wigton		-	-	-	-	1228	-	-	-
Aspatria		-	-	-	-	1239	-	-	-
Maryport		-	-	-	-	1250	-	-	-
Flimby		-	-	-	-	1253	-	-	-
Workington		-	-	-	-	1300	-	-	-
Harrington		-	-	-	-	1305	-	-	-
Parton		-	-	-	-	1314	-	-	-
Whitehaven	a	-	-	-	-	1318	-	-	-
Whitehaven	d	-	-	-	-	-	1342	-	-
Corkickle		1246	-	-	-	-	1352	1423	-
St. Bees		1252	-	-	-	-	-	1430	-
Nethertown		-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-
Sellafield		1302	-	-	-	-	-	1440	-
Seascale		1306	-	-	-	-	-	1444	-
Drigg		1310	-	-	-	-	-	1448	-
Ravenglass		1313	-	-	-	-	-	1451	-
Bootle (Cumbria)		1319	-	-	-	-	-	1458	-
Silecroft		1326	-	-	-	-	-	1505	-
Millom	a	1331	-	-	-	-	-	1510	-
Millom	d	1332	-	-	-	-	-	1510	-
Green Road		1336	-	-	-	-	-	1515	-
Foxfield		1340	-	-	-	-	-	1519	-
Kirkby-in-Furness		1345	-	-	-	-	-	1524	-
Askam		1350	-	-	-	-	-	1529	-
Barrow-in-Furness	a	1404	-	-	-	-	-	1543	-
Barrow-in-Furness	d	-	-	1447	1447	-	-	-	1550
Roose		-	-	1451	1451	-	-	-	1554
Dalton		-	-	1458	1458	-	-	-	1601
Ulverston		-	-	1506	1506	-	-	-	1609
Cark		-	-	1513	1513	-	-	-	1617
Kents Bank		-	-	1517	1517	-	-	-	1621
Grange-over-Sands		-	-	1521	1521	-	-	-	1625
Arnsdale		-	-	1527	1527	-	-	-	1632
Silverdale		-	-	1531	1531	-	-	-	1636
Carnforth		-	-	1539	1539	-	-	-	1644
Windermere	d	-	1500	-	-	1600	-	-	-
Staveley		-	1505	-	-	1605	-	-	-
Burneside		-	1510	-	-	1610	-	-	-
Kendal		-	1514	-	-	1614	-	-	-
Oxenholme Lake District	a	-	1519	-	-	1619	-	-	-
Oxenholme Lake District	d	-	1524	-	-	1628	-	-	-
Lancaster	a	-	1538	1546	1546	1644	-	-	1653
Lancaster	d	-	1539	1548	1550	1649	-	-	1727
Preston	a	-	1556	1606	1608	1708	-	-	1745
Chorley	a	-	-	-	1620	1720	-	-	-
Bolton	a	-	-	-	1634	1734	-	-	1806
Deansgate	a	-	-	1647	1651	1751	-	-	-
Manchester Oxford Road	a	-	-	1649	1654	1754	-	-	1822
Manchester Piccadilly	a	-	-	1653	1658	1758	-	-	1826
Manchester Airport	a	-	-	1711	1715	1815	-	-	1844

Notes

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

				SO	SX				
Carlisle	d	1308	-	-	1407 1410	-	-	-	1439
Dalston		1317	-	-	1416 1419	-	-	-	1448
Wigton		1326	-	-	1426 1429	-	-	-	1458
Aspatria		1337	-	-	1436 1439	-	-	-	1508
Maryport		1348	-	-	1448 1451	-	-	-	1520
Flimby		1351	-	-	1451 1454	-	-	-	1523
Workington		1358	-	-	1458 1501	-	-	-	1530
Harrington		1403	-	-	1503 1506	-	-	-	1535
Parton		1412	-	-	1512 1515	-	-	-	1544
Whitehaven	a	1416	-	-	1516 1519	-	-	-	1548
Whitehaven	d	-	-	-	-	1530	-	-	1606
Corkickle		-	-	-	-	1540	1550	-	1616
St. Bees		-	-	-	-	-	1556	-	-
Nethertown		-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-
Sellafield		-	-	-	-	-	1607	-	-
Seascale		-	-	-	-	-	1611	-	-
Drigg		-	-	-	-	-	1615	-	-
Ravenglass		-	-	-	-	-	1618	-	-
Bootle (Cumbria)		-	-	-	-	-	1625	-	-
Silecroft		-	-	-	-	-	1632	-	-
Millom	a	-	-	-	-	-	1637	-	-
Millom	d	-	-	-	-	-	1637	-	-
Green Road		-	-	-	-	-	1642	-	-
Foxfield		-	-	-	-	-	1646	-	-
Kirkby-in-Furness		-	-	-	-	-	1650	-	-
Askam		-	-	-	-	-	1656	-	-
Barrow-in-Furness	a	-	-	-	-	-	1710	-	-
Barrow-in-Furness	d	-	1651	-	-	-	1719	-	-
Roose		-	1655	-	-	-	1723	-	-
Dalton		-	1702	-	-	-	1729	-	-
Ulverston		-	1710	-	-	-	1737	-	-
Cark		-	1717	-	-	-	1745	-	-
Kents Bank		-	1721	-	-	-	-	-	-
Grange-over-Sands		-	1725	-	-	-	1752	-	-
Arnsdale		-	1731	-	-	-	1758	-	-
Silverdale		-	1735	-	-	-	1803	-	-
Carnforth		-	1744	-	-	-	1810	-	-
Windermere	d	-	-	1806	-	-	-	1855	-
Staveley		-	-	1811	-	-	-	1900	-
Burneside		-	-	1816	-	-	-	1905	-
Kendal		-	-	1820	-	-	-	1909	-
Oxenholme Lake District	a	-	-	1825	-	-	-	1914	-
Oxenholme Lake District	d	-	-	1832	-	-	-	1916	-
Lancaster	a	-	1751	1845	-	-	1820	1933	-
Lancaster	d	-	1751	1847	-	-	1827	1934	-
Preston	a	-	1809	1904	-	-	1846	1954	-
Chorley	a	-	1820	-	-	-	-	2020	-
Bolton	a	-	1834	-	-	-	1906	2034	-
Deansgate	a	-	1851	-	-	-	-	2051	-
Manchester Oxford Road	a	-	1854	-	-	-	1922	2054	-
Manchester Piccadilly	a	-	1858	-	-	-	1926	2058	-
Manchester Airport	a	-	1915	-	-	-	1944	2115	-

Notes

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	SO	SX	SO	M	M	
				SX	SO	SX	SO	SX	SO	
Carlisle	d	-	1511	-	1558 1625	-	-	-	-	-
Dalston	-	1520	-	1607 1634	-	-	-	-	-	-
Wigton	-	1529	-	1617 1644	-	-	-	-	-	-
Aspatria	-	1540	-	1627 1654	-	-	-	-	-	-
Maryport	-	1551	-	1639 1706	-	-	-	-	-	-
Flimby	-	1555	-	1642 1709	-	-	-	-	-	-
Workington	-	1602	-	1649 1716	-	-	-	-	-	-
Harrington	-	1606	-	1654 1721	-	-	-	-	-	-
Parton	-	1615	-	1703 1730	-	-	-	-	-	-
Whitehaven	a	-	1620	-	1709 1735	-	-	-	-	-
Whitehaven	d	-	-	-	-	-	-	-	-	-
Corkickle	1629	-	-	-	-	-	-	-	-	-
St. Bees	1635	-	-	-	-	-	-	-	-	-
Nethertown	1640	-	-	-	-	-	-	-	-	-
Braystones	1643	-	-	-	-	-	-	-	-	-
Sellafield	1648	-	-	-	-	-	-	-	-	-
Seascale	1652	-	-	-	-	-	-	-	-	-
Drigg	1656	-	-	-	-	-	-	-	-	-
Ravenglass	1700	-	-	-	-	-	-	-	-	-
Bootle (Cumbria)	1706	-	-	-	-	-	-	-	-	-
Silecroft	1713	-	-	-	-	-	-	-	-	-
Millom	a	1718	-	-	-	-	-	-	-	-
Millom	d	1719	-	-	-	-	-	-	-	-
Green Road	1723	-	-	-	-	-	-	-	-	-
Foxfield	1728	-	-	-	-	-	-	-	-	-
Kirkby-in-Furness	1732	-	-	-	-	-	-	-	-	-
Askam	1738	-	-	-	-	-	-	-	-	-
Barrow-in-Furness	a	1752	-	-	-	-	-	-	-	-
Barrow-in-Furness	d	1802	-	-	-	1856 1903	1945 1945	-	-	-
Roose	1806	-	-	-	-	1900 1907	1949 1949	-	-	-
Dalton	1812	-	-	-	-	1907 1914	1955 1955	-	-	-
Ulverston	1821	-	-	-	-	1915 1922	2004 2004	-	-	-
Cark	1828	-	-	-	-	1922 1929	2011 2011	-	-	-
Kents Bank	1832	-	-	-	-	1927 1934	2015 2015	-	-	-
Grange-over-Sands	1836	-	-	-	-	1931 1938	2019 2019	-	-	-
Arnsdale	1842	-	-	-	-	1936 1943	2024 2024	-	-	-
Silverdale	1847	-	-	-	-	1941 1948	2028 2028	-	-	-
Carnforth	1856	-	-	-	-	1951 1955	2038 2042	-	-	-
Windermere	d	-	-	1948	-	-	-	-	-	2041
Staveley	-	-	-	1953	-	-	-	-	-	2046
Burneside	-	-	-	1958	-	-	-	-	-	2051
Kendal	-	-	-	2002	-	-	-	-	-	2055
Oxenholme Lake District	a	-	-	2007	-	-	-	-	-	2100
Oxenholme Lake District	d	-	-	2013	-	-	-	-	-	-
Lancaster	a	1906	-	2027	-	-	1958 2002	2045 2049	-	-
Lancaster	d	1929	-	2028	-	-	1959 2004	2048 2050	-	-
Preston	a	1947	-	2045	-	-	2019 2023	2107 2108	-	-
Chorley	a	-	-	-	-	-	-	2120 2120	-	-
Bolton	a	-	-	2106	-	-	2106 2106	2134 2134	-	-
Deansgate	a	-	-	-	-	-	-	-	-	-
Manchester Oxford Road	a	2024	-	2122	-	-	2122 2122	-	-	-
Manchester Piccadilly	a	2028	-	2126	-	-	2126 2126	-	-	-
Manchester Airport	a	2045	-	2146	-	-	2146 2146	-	-	-

Notes

M To Manchester Victoria.

SO Saturdays only.

SX Mondays to Fridays only.

Carlisle - Barrow - Lancaster

Mondays to Saturdays



				SO	SX	SO	SX	SO	SX
Carlisle	d	1706	-	-	1750	-	-	-	-
Dalston		1715	-	-	1759	-	-	-	-
Wigton		1725	-	-	1808	-	-	-	-
Aspatria		1735	-	-	1819	-	-	-	-
Maryport		1747	-	-	1830	-	-	-	-
Flimby		1750	-	-	1834	-	-	-	-
Workington		1757	-	-	1841	-	-	-	-
Harrington		1802	-	-	1845	-	-	-	-
Parton		1811	-	-	1854	-	-	-	-
Whitehaven	a	1816	-	-	1859	-	-	-	-
Whitehaven	d	-	1821	-	-	-	-	-	-
Corkickle		-	1831	1856	-	-	-	-	-
St. Bees		-	-	1902	-	-	-	-	-
Nethertown		-	-	1907	-	-	-	-	-
Braystones		-	-	1910	-	-	-	-	-
Sellafield		-	-	1916	-	-	-	-	-
Seascale		-	-	1919	-	-	-	-	-
Drigg		-	-	-	-	-	-	-	-
Ravenglass		-	-	1925	-	-	-	-	-
Bootle (Cumbria)		-	-	-	-	-	-	-	-
Silecroft		-	-	-	-	-	-	-	-
Millom	a	-	-	1941	-	-	-	-	-
Millom	d	-	-	1941	-	-	-	2029	2029
Green Road		-	-	1946	-	-	-	-	2033
Foxfield		-	-	1950	-	-	-	2036	2037
Kirkby-in-Furness		-	-	1955	-	-	-	-	2042
Askam		-	-	2000	-	-	-	2045	2047
Barrow-in-Furness	a	-	-	2014	-	-	-	2059	2101
Barrow-in-Furness	d	-	-	-	-	2042	2044	-	-
Roose		-	-	-	-	2046	2048	-	-
Dalton		-	-	-	-	2052	2054	-	-
Ulverston		-	-	-	-	2101	2103	-	-
Cark		-	-	-	-	2108	2110	-	-
Kents Bank		-	-	-	-	2112	2114	-	-
Grange-over-Sands		-	-	-	-	2116	2118	-	-
Arnsdale		-	-	-	-	2123	2125	-	-
Silverdale		-	-	-	-	2127	2129	-	-
Carnforth		-	-	-	-	2135	2138	-	-
Windermere	d	-	-	-	-	-	-	2141	2147
Staveley		-	-	-	-	-	-	2146	2152
Burneside		-	-	-	-	-	-	2151	2157
Kendal		-	-	-	-	-	-	2155	2201
Oxenholme Lake District	a	-	-	-	-	-	-	2200	2206
Oxenholme Lake District	d	-	-	-	-	-	-	-	2211
Lancaster	a	-	-	-	-	2143	2148	-	2225
Lancaster	d	-	-	-	-	2143	2226	-	2226
Preston	a	-	-	-	-	2205	2244	-	2244
Chorley	a	-	-	-	-	-	-	-	-
Bolton	a	-	-	-	-	-	-	-	-
Deansgate	a	-	-	-	-	-	-	-	-
Manchester Oxford Road	a	-	-	-	-	-	2321	-	2321
Manchester Piccadilly	a	-	-	-	-	-	2325	-	2325
Manchester Airport	a	-	-	-	-	-	2342	-	2342

Notes

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

		SO	SX		SX	SO	SO	SO	SX		
Carlisle	d	1846	1848	-	-	-	1909	-	-	2000	-
Dalston		1855	1857	-	-	-	1918	-	-	2009	-
Wigton		1904	1906	-	-	-	1928	-	-	2018	-
Aspatria		1915	1917	-	-	-	1938	-	-	2029	-
Maryport		1926	1928	-	-	-	1949	-	-	2040	-
Flimby		1929	1931	-	-	-	1953	-	-	2044	-
Workington		1936	1938	-	-	-	1959	-	-	2051	-
Harrington		1941	1943	-	-	-	2004	-	-	2055	-
Parton		1950	1952	-	-	-	2013	-	-	2105	-
Whitehaven	a	1956	1956	-	-	-	2017	-	-	2111	-
Whitehaven	d	-	-	2002	-	-	-	-	-	-	-
Corkickle		-	-	2012	2022	2022	-	-	-	-	-
St. Bees		-	-	-	2029	2028	-	-	-	-	-
Nethertown		-	-	-	2034	2033	-	-	-	-	-
Braystones		-	-	-	2037	2036	-	-	-	-	-
Sellafield		-	-	-	2041	2041	-	-	-	-	-
Seascale		-	-	-	2045	2045	-	-	-	-	-
Drigg		-	-	-	2049	2049	-	-	-	-	-
Ravenglass		-	-	-	2052	2052	-	-	-	-	-
Bootle (Cumbria)		-	-	-	2059	2059	-	-	-	-	-
Silecroft		-	-	-	2106	2106	-	-	-	-	-
Millom	a	-	-	-	2111	2111	-	-	-	-	-
Millom	d	-	-	-	2111	2111	-	-	-	-	2200
Green Road		-	-	-	2116	2116	-	-	-	-	2204
Foxfield		-	-	-	2120	2120	-	-	-	-	2208
Kirkby-in-Furness		-	-	-	2124	2124	-	-	-	-	2213
Askam		-	-	-	2129	2129	-	-	-	-	2218
Barrow-in-Furness	a	-	-	-	2143	2143	-	-	-	-	2231
Barrow-in-Furness	d	-	-	-	2145	2146	-	-	-	-	-
Roose		-	-	-	2149	2150	-	-	-	-	-
Dalton		-	-	-	2155	2156	-	-	-	-	-
Ulverston		-	-	-	2204	2204	-	-	-	-	-
Cark		-	-	-	2211	2212	-	-	-	-	-
Kents Bank		-	-	-	2215	2216	-	-	-	-	-
Grange-over-Sands		-	-	-	2219	2220	-	-	-	-	-
Arnsdale		-	-	-	2226	2226	-	-	-	-	-
Silverdale		-	-	-	2230	2230	-	-	-	-	-
Carnforth		-	-	-	2238	2238	-	-	-	-	-
Windermere	d	-	-	-	-	-	-	2228	2247	-	-
Staveley		-	-	-	-	-	-	2233	2252	-	-
Burneside		-	-	-	-	-	-	2238	2257	-	-
Kendal		-	-	-	-	-	-	2242	2301	-	-
Oxenholme Lake District	a	-	-	-	-	-	-	2247	2306	-	-
Oxenholme Lake District	d	-	-	-	-	-	-	2249	2308	-	-
Lancaster	a	-	-	-	2246	2246	-	2305	2324	-	-
Lancaster	d	-	-	-	2246	2246	-	2306	2326	-	-
Preston	a	-	-	-	2310	2310	-	2324	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.

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Carlisle - Barrow - Lancaster

Mondays to Saturdays

		SX	SO	SO	SX						
Carlisle	d	2054	2105	2151	2201	-	-	-	-	-	-
Dalston		2103	2114	2200	2210	-	-	-	-	-	-
Wigton		2112	2123	2209	2219	-	-	-	-	-	-
Aspatria		2123	2134	2220	2230	-	-	-	-	-	-
Maryport		2134	2145	2231	2241	-	-	-	-	-	-
Flimby		2137	2148	2234	2244	-	-	-	-	-	-
Workington		2144	2155	2240	2251	-	-	-	-	-	-
Harrington		2149	2200	2245	2256	-	-	-	-	-	-
Parton		2158	2209	2254	2305	-	-	-	-	-	-
Whitehaven	a	2204	2215	2259	2310	-	-	-	-	-	-
Whitehaven	d	-	-	-	-	-	-	-	-	-	-
Corkickle		-	-	-	-	-	-	-	-	-	-
St. Bees		-	-	-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-	-
Sellafield		-	-	-	-	-	-	-	-	-	-
Seascale		-	-	-	-	-	-	-	-	-	-
Drigg		-	-	-	-	-	-	-	-	-	-
Ravenglass		-	-	-	-	-	-	-	-	-	-
Bootle (Cumbria)		-	-	-	-	-	-	-	-	-	-
Silecroft		-	-	-	-	-	-	-	-	-	-
Millom	a	-	-	-	-	-	-	-	-	-	-
Millom	d	-	-	-	-	-	-	-	-	-	-
Green Road		-	-	-	-	-	-	-	-	-	-
Foxfield		-	-	-	-	-	-	-	-	-	-
Kirkby-in-Furness		-	-	-	-	-	-	-	-	-	-
Askam		-	-	-	-	-	-	-	-	-	-
Barrow-in-Furness	a	-	-	-	-	-	-	-	-	-	-
Barrow-in-Furness	d	-	-	-	-	-	-	-	-	-	-
Roose		-	-	-	-	-	-	-	-	-	-
Dalton		-	-	-	-	-	-	-	-	-	-
Ulverston		-	-	-	-	-	-	-	-	-	-
Cark		-	-	-	-	-	-	-	-	-	-
Kents Bank		-	-	-	-	-	-	-	-	-	-
Grange-over-Sands		-	-	-	-	-	-	-	-	-	-
Arnsdale		-	-	-	-	-	-	-	-	-	-
Silverdale		-	-	-	-	-	-	-	-	-	-
Carnforth		-	-	-	-	-	-	-	-	-	-
Windermere	d	-	-	-	-	-	-	-	-	-	-
Staveley		-	-	-	-	-	-	-	-	-	-
Burnside		-	-	-	-	-	-	-	-	-	-
Kendal		-	-	-	-	-	-	-	-	-	-
Oxenholme Lake District	a	-	-	-	-	-	-	-	-	-	-
Oxenholme Lake District	d	-	-	-	-	-	-	-	-	-	-
Lancaster	a	-	-	-	-	-	-	-	-	-	-
Lancaster	d	-	-	-	-	-	-	-	-	-	-
Preston	a	-	-	-	-	-	-	-	-	-	-
Chorley	a	-	-	-	-	-	-	-	-	-	-
Bolton	a	-	-	-	-	-	-	-	-	-	-
Deansgate	a	-	-	-	-	-	-	-	-	-	-
Manchester Oxford Road	a	-	-	-	-	-	-	-	-	-	-
Manchester Piccadilly	a	-	-	-	-	-	-	-	-	-	-
Manchester Airport	a	-	-	-	-	-	-	-	-	-	-

Notes

SO Saturdays only.

SX Mondays to Fridays only.

Carlisle - Barrow - Lancaster

Sundays

Carlisle	d	-	-	-	-	-	-	-	-	-
Dalston		-	-	-	-	-	-	-	-	-
Wigton		-	-	-	-	-	-	-	-	-
Aspatria		-	-	-	-	-	-	-	-	-
Maryport		-	-	-	-	0917	-	-	-	-
Flimby		-	-	-	-	0920	-	-	-	-
Workington		-	-	-	-	0927	-	-	-	-
Harrington		-	-	-	-	0932	-	-	-	-
Parton		-	-	-	-	0941	-	-	-	-
Whitehaven	a	-	-	-	-	0945	-	-	-	-
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	-	-	-	1052	-	1147
Roose		0757	0845	-	-	-	-	1056	-	1151
Dalton		0803	0851	-	-	-	-	1102	-	1158
Ulverston		0812	0859	0922	-	-	-	1111	-	1206
Cark		0819	0906	-	-	-	-	1118	-	1213
Kents Bank		0823	0910	-	-	-	-	1122	-	1217
Grange-over-Sands		0827	0914	0934	-	-	-	1126	-	1221
Arnside		0833	0920	0940	-	-	-	1131	-	1227
Silverdale		0838	0924	-	-	-	-	1135	-	1231
Carnforth		0845	0931	0951	-	-	-	1143	-	1240
Windermere	d	-	-	-	1053	-	-	1139	-	1224
Staveley		-	-	-	1058	-	-	1144	-	-
Burneside		-	-	-	1103	-	-	1149	-	-
Kendal		-	-	-	1107	-	-	1153	-	1236
Oxenholme Lake District	a	-	-	-	1112	-	-	1158	-	1241
Oxenholme Lake District	d	-	-	-	1123	-	-	1213	-	1312
Lancaster	a	-	0938	1001	1137	-	-	1227	1150	1326
Lancaster	d	-	0945	-	1138	-	-	1228	1151	1327
Preston	a	-	1004	-	1156	-	-	1245	1209	1344
Chorley	a	-	1018	-	-	-	-	-	1220	-
Bolton	a	-	1031	-	-	-	-	1305	1234	1405
Manchester Oxford Road	a	-	1046	-	1232	-	-	1320	1250	1420
Manchester Piccadilly	a	-	-	-	1236	-	-	1324	1256	1424
Manchester Airport	a	-	-	-	1258	-	-	1342	1317	1442

Carlisle - Barrow - Lancaster

Sundays



Carlisle	d	2010	2110	-	-	-	-	-	-	-	-
Dalston		2019	2125	-	-	-	-	-	-	-	-
Wigton		2029	2145	-	-	-	-	-	-	-	-
Aspatria		2039	2205	-	-	-	-	-	-	-	-
Maryport		2051	2225	-	-	-	-	-	-	-	-
Flimby		2054	2230	-	-	-	-	-	-	-	-
Workington		2101	2240	-	-	-	-	-	-	-	-
Harrington		2106	2250	-	-	-	-	-	-	-	-
Parton		2115	2300	-	-	-	-	-	-	-	-
Whitehaven	a	2121	2305	-	-	-	-	-	-	-	-
Whitehaven	d	-	-	-	-	-	-	-	-	-	-
Corkickle		-	-	-	-	-	-	-	-	-	-
St. Bees		-	-	-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-	-
Sellafield		-	-	-	-	-	-	-	-	-	-
Seascale		-	-	-	-	-	-	-	-	-	-
Drigg		-	-	-	-	-	-	-	-	-	-
Ravenglass		-	-	-	-	-	-	-	-	-	-
Bootle (Cumbria)		-	-	-	-	-	-	-	-	-	-
Silecroft		-	-	-	-	-	-	-	-	-	-
Millom	a	-	-	-	-	-	-	-	-	-	-
Millom	d	-	-	-	-	-	-	-	-	-	-
Green Road		-	-	-	-	-	-	-	-	-	-
Foxfield		-	-	-	-	-	-	-	-	-	-
Kirkby-in-Furness		-	-	-	-	-	-	-	-	-	-
Askam		-	-	-	-	-	-	-	-	-	-
Barrow-in-Furness	a	-	-	-	-	-	-	-	-	-	-
Barrow-in-Furness	d	-	-	-	-	-	-	-	-	-	-
Roose		-	-	-	-	-	-	-	-	-	-
Dalton		-	-	-	-	-	-	-	-	-	-
Ulverston		-	-	-	-	-	-	-	-	-	-
Cark		-	-	-	-	-	-	-	-	-	-
Kents Bank		-	-	-	-	-	-	-	-	-	-
Grange-over-Sands		-	-	-	-	-	-	-	-	-	-
Arnsdale		-	-	-	-	-	-	-	-	-	-
Silverdale		-	-	-	-	-	-	-	-	-	-
Carnforth		-	-	-	-	-	-	-	-	-	-
Windermere	d	-	-	-	-	-	-	-	-	-	-
Staveley		-	-	-	-	-	-	-	-	-	-
Burnside		-	-	-	-	-	-	-	-	-	-
Kendal		-	-	-	-	-	-	-	-	-	-
Oxenholme Lake District	a	-	-	-	-	-	-	-	-	-	-
Oxenholme Lake District	d	-	-	-	-	-	-	-	-	-	-
Lancaster	a	-	-	-	-	-	-	-	-	-	-
Lancaster	d	-	-	-	-	-	-	-	-	-	-
Preston	a	-	-	-	-	-	-	-	-	-	-
Chorley	a	-	-	-	-	-	-	-	-	-	-
Bolton	a	-	-	-	-	-	-	-	-	-	-
Manchester Oxford Road	a	-	-	-	-	-	-	-	-	-	-
Manchester Piccadilly	a	-	-	-	-	-	-	-	-	-	-
Manchester Airport	a	-	-	-	-	-	-	-	-	-	-

Notes

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

Lancaster - Barrow - Carlisle

Mondays to Saturdays

Manchester Airport	d	-	-	-	-	-	-	-	-
Manchester Piccadilly		-	-	-	-	-	0457	-	-
Manchester Oxford Road		-	-	-	-	-	-	-	-
Deansgate		-	-	-	-	-	-	-	-
Bolton		-	-	-	-	-	-	-	-
Chorley		-	-	-	-	-	-	-	-
Preston		-	-	-	-	0518	0536	-	-
Lancaster	a	-	-	-	-	0538	0551	-	-
Lancaster	d	-	-	-	-	0539	0559	-	-
Oxenholme Lake District	a	-	-	-	-	-	0614	-	-
Oxenholme Lake District	d	-	-	-	-	-	0617	-	-
Kendal		-	-	-	-	-	0621	-	-
Burneside		-	-	-	-	-	0625	-	-
Staveley	a	-	-	-	-	-	0630	-	-
Windermere		-	-	-	-	-	0636	-	-
Carnforth		-	-	-	-	0550	-	-	-
Silverdale		-	-	-	-	0555	-	-	-
Arnside		-	-	-	-	0600	-	-	-
Grange-over-Sands		-	-	-	-	0606	-	-	-
Kents Bank		-	-	-	-	0609	-	-	-
Cark		-	-	-	-	0613	-	-	-
Ulverston		-	-	-	-	0622	-	-	-
Dalton		-	-	-	-	0630	-	-	-
Roose		-	-	-	-	0636	-	-	-
Barrow-in-Furness	a	-	-	-	-	0643	-	-	-
Barrow-in-Furness	d	-	-	0552	-	-	-	0651	-
Askam		-	-	0602	-	-	-	0701	-
Kirkby-in-Furness		-	-	0607	-	-	-	0706	-
Foxfield		-	-	0611	-	-	-	0711	-
Green Road		-	-	0615	-	-	-	0715	-
Millom	a	-	-	0620	-	-	-	0719	-
Millom	d	-	-	0620	-	-	-	0720	-
Silecroft		-	-	0625	-	-	-	0725	-
Bootle (Cumbria)		-	-	0632	-	-	-	0732	-
Ravenglass		-	-	0639	-	-	-	0739	-
Drigg		-	-	0643	-	-	-	0743	-
Seascale		-	-	0647	-	-	-	0747	-
Sellafield		-	-	0652	-	-	-	0752	-
Braystones		-	-	-	-	-	-	0756	-
Nethertown		-	-	-	-	-	-	0759	-
St. Bees		-	-	0702	-	-	-	0805	-
Corkickle		-	-	0707	0712	-	-	0810	0817
Whitehaven	a	-	-	-	0722	-	-	-	0827
Whitehaven	d	-	0628	-	-	0732	-	-	0837
Parton		-	0632	-	-	0736	-	-	0841
Harrington		-	0641	-	-	0745	-	-	0850
Workington		0547	0647	-	-	0750	-	-	0855
Flimby		0552	0652	-	-	0756	-	-	0901
Maryport		0556	0656	-	-	0759	-	-	0904
Aspatria		0607	0707	-	-	0810	-	-	0915
Wigton		0617	0717	-	-	0820	-	-	0925
Dalston		0626	0726	-	-	0829	-	-	0934
Carlisle	a	0637	0737	-	-	0840	-	-	0945

Notes

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Lancaster - Barrow - Carlisle

Mondays to Saturdays



Manchester Airport	d	0529	-	0603	-	0704	-	-	-	-	-
Manchester Piccadilly		0549	-	0622	-	0721	-	-	-	-	-
Manchester Oxford Road		0552	-	0626	-	0725	-	-	-	-	-
Deansgate		0555	-	-	-	-	-	-	-	-	-
Bolton		0608	-	0638	-	-	-	-	-	-	-
Chorley		0620	-	-	-	-	-	-	-	-	-
Preston		0634	0644	0704	-	0800	-	0754	-	-	-
Lancaster	a	0651	0658	0719	-	0815	-	0808	-	-	-
Lancaster	d	0653	0700	0733	-	0821	-	0809	-	-	-
Oxenholme Lake District	a	-	0712	-	-	-	-	0822	-	-	-
Oxenholme Lake District	d	-	0730	-	-	-	-	0829	-	-	-
Kendal		-	0734	-	-	-	-	0833	-	-	-
Burneside		-	0738	-	-	-	-	0837	-	-	-
Staveley	a	-	0743	-	-	-	-	0842	-	-	-
Windermere		-	0749	-	-	-	-	0848	-	-	-
Carnforth		0703	-	0744	-	0832	-	-	-	-	-
Silverdale		0708	-	0750	-	0838	-	-	-	-	-
Arnside		0712	-	0754	-	0842	-	-	-	-	-
Grange-over-Sands		0718	-	0800	-	0848	-	-	-	-	-
Kents Bank		0722	-	0804	-	-	-	-	-	-	-
Cark		0726	-	0808	-	0854	-	-	-	-	-
Ulverston		0733	-	0816	-	0902	-	-	-	-	-
Dalton		0742	-	0825	-	0910	-	-	-	-	-
Roose		0748	-	0831	-	-	-	-	-	-	-
Barrow-in-Furness	a	0755	-	0838	-	0922	-	-	-	-	-
Barrow-in-Furness	d	-	-	-	-	-	-	0932	-	-	-
Askam		-	-	-	-	-	-	0942	-	-	-
Kirkby-in-Furness		-	-	-	-	-	-	0946	-	-	-
Foxfield		-	-	-	-	-	-	0951	-	-	-
Green Road		-	-	-	-	-	-	0955	-	-	-
Millom	a	-	-	-	-	-	-	1000	-	-	-
Millom	d	-	-	-	-	-	-	1000	-	-	-
Silecroft		-	-	-	-	-	-	1005	-	-	-
Bootle (Cumbria)		-	-	-	-	-	-	1013	-	-	-
Ravenglass		-	-	-	-	-	-	1020	-	-	-
Drigg		-	-	-	-	-	-	1023	-	-	-
Seascale		-	-	-	-	-	-	1028	-	-	-
Sellafield		-	-	-	-	-	-	1032	-	-	-
Braystones		-	-	-	-	-	-	1036	-	-	-
Nethertown		-	-	-	-	-	-	1039	-	-	-
St. Bees		-	-	-	-	-	-	1045	-	-	-
Corkickle		-	-	-	-	-	-	1050	1100	-	-
Whitehaven	a	-	-	-	-	-	-	-	1110	-	-
Whitehaven	d	-	-	-	0935	-	1037	-	-	-	1130
Parton		-	-	-	0939	-	1041	-	-	-	1134
Harrington		-	-	-	0948	-	1050	-	-	-	1143
Workington		-	-	-	0953	-	1055	-	-	-	1148
Flimby		-	-	-	0959	-	1101	-	-	-	1154
Maryport		-	-	-	1002	-	1105	-	-	-	1158
Aspatria		-	-	-	1013	-	1115	-	-	-	1208
Wigton		-	-	-	1024	-	1126	-	-	-	1218
Dalston		-	-	-	1033	-	1135	-	-	-	1227
Carlisle	a	-	-	-	1044	-	1146	-	-	-	1238

Notes

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Lancaster - Barrow - Carlisle

Mondays to Saturdays

		SX	SO		SX	SO					
Manchester Airport	d	0729	0729	-	0829	0829	-	-	-	0929	-
Manchester Piccadilly		0750	0750	-	0850	0850	-	-	-	0950	-
Manchester Oxford Road		0753	0753	-	0853	0853	-	-	-	0953	-
Deansgate		0756	0756	-	0856	0856	-	-	-	0956	-
Bolton		0808	0808	-	0908	0908	-	-	-	1008	-
Chorley		0820	0820	-	0920	0920	-	-	-	1020	-
Preston		0835	0842	-	0945	0945	0954	-	-	1033	-
Lancaster	a	0852	0859	-	1002	1002	1008	-	-	1050	-
Lancaster	d	0852	0900	-	1003	1003	1014	-	-	1051	-
Oxenholme Lake District	a	-	-	-	1019	1032	-	-	-	-	-
Oxenholme Lake District	d	-	-	0932	1021	1033	-	-	-	-	-
Kendal		-	-	0936	1025	1037	-	-	-	-	-
Burneside		-	-	0940	1029	1041	-	-	-	-	-
Staveley	a	-	-	0945	1034	1046	-	-	-	-	-
Windermere		-	-	0951	1041	1053	-	-	-	-	-
Carnforth		0902	0910	-	-	-	1024	-	-	1101	-
Silverdale		0907	0915	-	-	-	1030	-	-	1106	-
Arnside		0911	0920	-	-	-	1034	-	-	1111	-
Grange-over-Sands		0917	0925	-	-	-	1040	-	-	1116	-
Kents Bank		0921	0929	-	-	-	1044	-	-	1120	-
Cark		0925	0933	-	-	-	1048	-	-	1124	-
Ulverston		0932	0940	-	-	-	1056	-	-	1132	-
Dalton		0941	0949	-	-	-	1104	-	-	1140	-
Roose		0947	0955	-	-	-	1110	-	-	1147	-
Barrow-in-Furness	a	0953	1001	-	-	-	1118	-	-	1153	-
Barrow-in-Furness	d	-	-	-	-	-	1119	-	-	-	-
Askam		-	-	-	-	-	1129	-	-	-	-
Kirkby-in-Furness		-	-	-	-	-	1134	-	-	-	-
Foxfield		-	-	-	-	-	1138	-	-	-	-
Green Road		-	-	-	-	-	1142	-	-	-	-
Millom	a	-	-	-	-	-	1147	-	-	-	-
Millom	d	-	-	-	-	-	1147	-	-	-	-
Silecroft		-	-	-	-	-	1152	-	-	-	-
Bootle (Cumbria)		-	-	-	-	-	1159	-	-	-	-
Ravenglass		-	-	-	-	-	1206	-	-	-	-
Drigg		-	-	-	-	-	1209	-	-	-	-
Seascale		-	-	-	-	-	1213	-	-	-	-
Sellafield		-	-	-	-	-	1217	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-	-
St. Bees		-	-	-	-	-	1228	-	-	-	-
Corkickle		-	-	-	-	-	1233	1238	-	-	-
Whitehaven	a	-	-	-	-	-	-	1248	-	-	-
Whitehaven	d	-	-	-	-	-	-	-	1254	-	1348
Parton		-	-	-	-	-	-	-	1258	-	1352
Harrington		-	-	-	-	-	-	-	-	-	1401
Workington		-	-	-	-	-	-	-	1311	-	1406
Flimby		-	-	-	-	-	-	-	-	-	1412
Maryport		-	-	-	-	-	-	-	1319	-	1416
Aspatria		-	-	-	-	-	-	-	1329	-	1426
Wigton		-	-	-	-	-	-	-	1340	-	1437
Dalston		-	-	-	-	-	-	-	1349	-	1446
Carlisle	a	-	-	-	-	-	-	-	1400	-	1457

Notes

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	SX			
Manchester Airport	d	-	-	-	-	1029	-	-	1129	1129	-
Manchester Piccadilly		-	-	-	-	1050	-	-	1150	1150	-
Manchester Oxford Road		-	-	-	-	1053	-	-	1153	1153	-
Deansgate		-	-	-	-	1056	-	-	1156	1156	-
Bolton		-	-	-	-	1108	-	-	1208	-	-
Chorley		-	-	-	-	1120	-	-	1220	-	-
Preston		1042	-	-	-	1144	-	-	1245	1246	1254
Lancaster	a	1056	-	-	-	1202	-	-	1302	1303	1308
Lancaster	d	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	a	1134	-	-	-	-	-	-	1252	1347	1347
Windermere		1140	-	-	-	-	-	-	1258	1354	1354
Carnforth		-	-	-	-	1212	-	-	-	-	1329
Silverdale		-	-	-	-	1217	-	-	-	-	1334
Arnside		-	-	-	-	1221	-	-	-	-	1339
Grange-over-Sands		-	-	-	-	1227	-	-	-	-	1345
Kents Bank		-	-	-	-	1230	-	-	-	-	1348
Cark		-	-	-	-	1234	-	-	-	-	1352
Ulverston		-	-	-	-	1242	-	-	-	-	1401
Dalton		-	-	-	-	1250	-	-	-	-	1409
Roose		-	-	-	-	1256	-	-	-	-	1415
Barrow-in-Furness	a	-	-	-	-	1302	-	-	-	-	1422
Barrow-in-Furness	d	-	1235	-	-	-	-	-	-	-	1429
Askam		-	1245	-	-	-	-	-	-	-	1439
Kirkby-in-Furness		-	1249	-	-	-	-	-	-	-	1443
Foxfield		-	1254	-	-	-	-	-	-	-	1448
Green Road		-	1258	-	-	-	-	-	-	-	1452
Millom	a	-	1302	-	-	-	-	-	-	-	1456
Millom	d	-	1303	-	-	-	-	-	-	-	1457
Silecroft		-	1308	-	-	-	-	-	-	-	1502
Bootle (Cumbria)		-	1315	-	-	-	-	-	-	-	1509
Ravenglass		-	1321	-	-	-	-	-	-	-	1515
Drigg		-	1325	-	-	-	-	-	-	-	1519
Seascale		-	1329	-	-	-	-	-	-	-	1523
Sellafield		-	1332	-	-	-	-	-	-	-	1526
Braystones		-	1336	-	-	-	-	-	-	-	1530
Nethertown		-	1339	-	-	-	-	-	-	-	1533
St. Bees		-	1347	-	-	-	-	-	-	-	1540
Corkickle		-	1352	1402	-	-	-	-	-	-	1545
Whitehaven	a	-	-	1412	-	-	-	-	-	-	-
Whitehaven	d	-	-	-	1438	-	1543	-	-	-	-
Parton		-	-	-	1442	-	1547	-	-	-	-
Harrington		-	-	-	1451	-	1556	-	-	-	-
Workington		-	-	-	1457	-	1601	-	-	-	-
Flimby		-	-	-	1502	-	1607	-	-	-	-
Maryport		-	-	-	1506	-	1611	-	-	-	-
Aspatria		-	-	-	1517	-	1621	-	-	-	-
Wigton		-	-	-	1527	-	1631	-	-	-	-
Dalston		-	-	-	1536	-	1640	-	-	-	-
Carlisle	a	-	-	-	1547	-	1651	-	-	-	-

Notes

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

			SX	SO			SX	SO	
Manchester Airport	d	-	1229	1229	-	-	1304	-	1329
Manchester Piccadilly		-	1250	1250	-	-	1321	-	1350
Manchester Oxford Road		-	1253	1253	-	-	1324	-	1353
Deansgate		-	1256	1256	-	-	-	-	1356
Bolton		-	-	1308	-	-	1338	-	1408
Chorley		-	-	1320	-	-	-	-	1420
Preston		-	1346	1346	-	-	1405	-	1445
Lancaster	a	-	1403	1403	-	-	1420	-	1502
Lancaster	d	-	1404	1404	-	-	1421	-	1503
Oxenholme Lake District	a	-	-	-	-	-	1434	-	-
Oxenholme Lake District	d	-	-	-	-	-	1439	-	-
Kendal		-	-	-	-	-	1443	-	-
Burneside		-	-	-	-	-	-	-	-
Staveley	a	-	-	-	-	-	-	-	-
Windermere		-	-	-	-	-	1456	-	-
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	-	1508	1508	-	-	-	-	-
Askam		-	1518	1518	-	-	-	-	-
Kirkby-in-Furness		-	1523	1523	-	-	-	-	-
Foxfield		-	1527	1527	-	-	-	-	-
Green Road		-	1531	1531	-	-	-	-	-
Millom	a	-	1536	1536	-	-	-	-	-
Millom	d	-	1536	1536	-	-	-	-	-
Silecroft		-	1541	1541	-	-	-	-	-
Bootle (Cumbria)		-	1548	1548	-	-	-	-	-
Ravenglass		-	1555	1555	-	-	-	-	-
Drigg		-	1559	1559	-	-	-	-	-
Seascale		-	1603	1603	-	-	-	-	-
Sellafield		-	1608	1608	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-
St. Bees		-	1618	1618	-	-	-	-	-
Corkickle		1551	1623	1623	1634	-	-	-	-
Whitehaven	a	1601	-	-	1644	-	-	-	-
Whitehaven	d	-	1613	-	-	1701	-	1750	1752
Parton		-	1617	-	-	1705	-	1754	1756
Harrington		-	1626	-	-	1714	-	1803	1805
Workington		-	1633	-	-	1720	-	1808	1811
Flimby		-	1638	-	-	1725	-	1814	1816
Maryport		-	1643	-	-	1729	-	1818	1820
Aspatria		-	1654	-	-	1739	-	1828	1831
Wigton		-	1705	-	-	1749	-	1838	1841
Dalston		-	1714	-	-	1759	-	1847	1850
Carlisle	a	-	1725	-	-	1810	-	1858	1901

Notes

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	SX		
Manchester Airport	d	-	1404	1429	-	-	-	1529	-	-	1604
Manchester Piccadilly		-	1421	1450	-	-	-	1550	-	-	1621
Manchester Oxford Road		-	1424	1453	-	-	-	1553	-	-	1625
Deansgate		-	-	1456	-	-	-	1556	-	-	-
Bolton		-	1439	1508	-	-	-	1608	-	-	-
Chorley		-	-	1520	-	-	-	1620	-	-	-
Preston		-	1503	1533	1541	-	-	1633	1701	1701	1704
Lancaster	a	-	1518	1550	1555	-	-	1652	1716	1716	1721
Oxenholme Lake District	d	-	1519	1551	1601	-	-	1653	1728	1732	1722
Oxenholme Lake District	a	-	1532	1631	-	-	-	-	-	-	1735
Oxenholme Lake District	d	-	1537	1633	-	-	-	-	-	-	1742
Kendal		-	1541	1637	-	-	-	-	-	-	1746
Burneside		-	1545	1641	-	-	-	-	-	-	1750
Staveley	a	-	1550	1646	-	-	-	-	-	-	1755
Windermere		-	1556	1653	-	-	-	-	-	-	1801
Carnforth		-	-	-	1611	-	-	1702	1738	1742	-
Silverdale		-	-	-	1617	-	-	1707	1743	1747	-
Arnside		-	-	-	1622	-	-	1712	1748	1752	-
Grange-over-Sands		-	-	-	1628	-	-	1717	1754	1758	-
Kents Bank		-	-	-	1632	-	-	1721	1757	1801	-
Cark		-	-	-	1637	-	-	1725	1801	1805	-
Ulverston		-	-	-	1645	-	-	1732	1809	1813	-
Dalton		-	-	-	1654	-	-	1741	1817	1821	-
Roose		-	-	-	1700	-	-	1747	1823	1828	-
Barrow-in-Furness	a	-	-	-	1709	-	-	1753	1831	1835	-
Barrow-in-Furness	d	-	-	-	1716	-	-	-	-	-	-
Askam		-	-	-	1726	-	-	-	-	-	-
Kirkby-in-Furness		-	-	-	1731	-	-	-	-	-	-
Foxfield		-	-	-	1735	-	-	-	-	-	-
Green Road		-	-	-	1739	-	-	-	-	-	-
Millom	a	-	-	-	1744	-	-	-	-	-	-
Millom	d	-	-	-	1744	-	-	-	-	-	-
Silecroft		-	-	-	1749	-	-	-	-	-	-
Bootle (Cumbria)		-	-	-	1756	-	-	-	-	-	-
Ravenglass		-	-	-	1803	-	-	-	-	-	-
Drigg		-	-	-	1806	-	-	-	-	-	-
Seascale		-	-	-	1810	-	-	-	-	-	-
Sellafield		-	-	-	1816	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-	-
St. Bees		-	-	-	1826	-	-	-	-	-	-
Corkickle		-	-	-	1831	1841	-	-	-	-	-
Whitehaven	a	-	-	-	-	1851	-	-	-	-	-
Whitehaven	d	1838	-	-	-	-	1923	-	-	-	-
Parton		1842	-	-	-	-	1927	-	-	-	-
Harrington		1851	-	-	-	-	1936	-	-	-	-
Workington		1856	-	-	-	-	1944	-	-	-	-
Flimby		1902	-	-	-	-	1950	-	-	-	-
Maryport		1906	-	-	-	-	1954	-	-	-	-
Aspatria		1916	-	-	-	-	2004	-	-	-	-
Wigton		1926	-	-	-	-	2015	-	-	-	-
Dalston		1935	-	-	-	-	2024	-	-	-	-
Carlisle	a	1946	-	-	-	-	2035	-	-	-	-

Notes

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

		SX	SX	SO		SX	SO				
Manchester Airport	d	-	1829	1829	-	-	-	-	-	1929	-
Manchester Piccadilly		-	1850	1850	-	-	-	-	-	1950	-
Manchester Oxford Road		-	1853	1853	-	-	-	-	-	1953	-
Deansgate		-	1856	1856	-	-	-	-	-	1956	-
Bolton		-	1909	1909	-	-	-	-	-	2008	-
Chorley		-	1921	1921	-	-	-	-	-	2020	-
Preston		-	1934	1945	1942	-	-	-	-	2033	-
Lancaster	a	-	1951	2002	1956	-	-	-	-	2050	-
Lancaster	d	-	1951	2004	1958	-	-	-	-	2051	-
Oxenholme Lake District	a	-	-	-	2010	-	-	-	-	-	-
Oxenholme Lake District	d	-	-	-	2018	-	-	-	-	-	-
Kendal		-	-	-	2022	-	-	-	-	-	-
Burneside		-	-	-	2026	-	-	-	-	-	-
Staveley	a	-	-	-	2031	-	-	-	-	-	-
Windermere		-	-	-	2037	-	-	-	-	-	-
Carnforth		-	2001	2013	-	-	-	-	-	2100	-
Silverdale		-	2006	2018	-	-	-	-	-	2106	-
Arnsdale		-	2010	2023	-	-	-	-	-	2110	-
Grange-over-Sands		-	2016	2028	-	-	-	-	-	2116	-
Kents Bank		-	2020	2032	-	-	-	-	-	2120	-
Cark		-	2024	2036	-	-	-	-	-	2124	-
Ulverston		-	2031	2043	-	-	-	-	-	2131	-
Dalton		-	2040	2052	-	-	-	-	-	2140	-
Roose		-	2046	2058	-	-	-	-	-	2146	-
Barrow-in-Furness	a	-	2053	2104	-	-	-	-	-	2153	-
Barrow-in-Furness	d	-	-	-	-	-	-	2110	-	-	2211
Askam		-	-	-	-	-	-	2120	-	-	2221
Kirkby-in-Furness		-	-	-	-	-	-	2124	-	-	2225
Foxfield		-	-	-	-	-	-	2129	-	-	2230
Green Road		-	-	-	-	-	-	2133	-	-	2234
Millom	a	-	-	-	-	-	-	2138	-	-	2239
Millom	d	-	-	-	-	-	-	-	2148	-	-
Silecroft		-	-	-	-	-	-	-	2156	-	-
Bootle (Cumbria)		-	-	-	-	-	-	-	2206	-	-
Ravenglass		-	-	-	-	-	-	-	2219	-	-
Drigg		-	-	-	-	-	-	-	2231	-	-
Seascale		-	-	-	-	-	-	-	2243	-	-
Sellafield		-	-	-	-	-	-	-	2255	-	-
Braystones		-	-	-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-	-
St. Bees		-	-	-	-	-	-	-	2305	-	-
Corkickle		-	-	-	-	-	-	-	2315	-	-
Whitehaven	a	-	-	-	-	-	-	-	2325	-	-
Whitehaven	d	2135	-	-	-	2209	2219	-	2325	-	-
Parton		2139	-	-	-	2213	2223	-	2330	-	-
Harrington		2148	-	-	-	2222	2232	-	2340	-	-
Workington		2153	-	-	-	2227	2237	-	2350	-	-
Flimby		2159	-	-	-	2233	2243	-	-	-	-
Maryport		2203	-	-	-	2236	2246	-	-	-	-
Aspatia		2213	-	-	-	2247	-	-	-	-	-
Wigton		2223	-	-	-	2257	-	-	-	-	-
Dalston		2232	-	-	-	2306	-	-	-	-	-
Carlisle	a	2243	-	-	-	2317	-	-	-	-	-

Notes

SO Saturdays only.

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Lancaster - Barrow - Carlisle

Mondays to Saturdays

		SO	SX	SX	SO	SX	SO			
Manchester Airport	d	-	-	-	-	-	-	2159	-	-
Manchester Piccadilly		-	-	-	-	-	-	2217	-	-
Manchester Oxford Road		-	-	-	-	-	-	2224	-	-
Deansgate		-	-	-	-	-	-	-	-	-
Bolton		-	-	-	-	-	-	2239	-	-
Chorley		-	-	-	-	-	-	2252	-	-
Preston		2041	-	2143	-	2143	2211	2310	-	-
Lancaster	a	2055	-	2157	-	2157	2231	2327	-	-
Lancaster	d	2057	-	2209	-	2158	2231	2328	-	-
Oxenholme Lake District	a	2110	-	-	-	2211	-	-	-	-
Oxenholme Lake District	d	2117	2120	-	2206	2222	-	-	-	-
Kendal		2121	2124	-	2210	2226	-	-	-	-
Burneside		2125	2128	-	2214	2230	-	-	-	-
Staveley	a	2130	2133	-	2219	2235	-	-	-	-
Windermere		2136	2139	-	2225	2241	-	-	-	-
Carnforth		-	-	2219	-	-	2242	2338	-	-
Silverdale		-	-	2225	-	-	2247	2343	-	-
Arnside		-	-	2229	-	-	2252	2348	-	-
Grange-over-Sands		-	-	2235	-	-	2258	2353	-	-
Kents Bank		-	-	2239	-	-	2301	2357	-	-
Cark		-	-	2243	-	-	2305	0001	-	-
Ulverston		-	-	2251	-	-	2314	0009	-	-
Dalton		-	-	2259	-	-	2322	0017	-	-
Roose		-	-	2305	-	-	2328	0024	-	-
Barrow-in-Furness	a	-	-	2313	-	-	2336	0030	-	-
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

SO Saturdays only.

SX Mondays to Fridays only.

Lancaster - Barrow - Carlisle

Sundays

Manchester Airport	d	-	-	-	-	-	-	-	-
Manchester Piccadilly		-	-	-	-	-	-	-	-
Manchester Oxford Road		-	-	-	-	-	-	-	-
Bolton		-	-	-	-	-	-	-	-
Chorley		-	-	-	-	-	-	-	-
Preston		-	-	-	-	-	-	-	-
Lancaster	a	-	-	-	-	-	-	-	-
Lancaster	d	-	-	-	-	-	-	-	-
Oxenholme Lake District	a	-	-	-	-	-	-	-	-
Oxenholme Lake District	d	-	-	-	-	-	-	-	-
Kendal		-	-	-	-	-	-	-	-
Burneside		-	-	-	-	-	-	-	-
Staveley		-	-	-	-	-	-	-	-
Windermere	a	-	-	-	-	-	-	-	-
Carnforth		-	-	-	0855	-	-	-	-
Silverdale		-	-	-	0900	-	-	-	-
Arnside		-	-	-	0905	-	-	-	-
Grange-over-Sands		-	-	-	0911	-	-	-	-
Kents Bank		-	-	-	0914	-	-	-	-
Cark		-	-	-	0918	-	-	-	-
Ulverston		-	-	-	0927	-	-	-	-
Dalton		-	-	-	0935	-	-	-	-
Roose		-	-	-	0941	-	-	-	-
Barrow-in-Furness	a	-	-	-	0948	-	-	-	-
Barrow-in-Furness	d	-	-	-	0905	0950	-	-	1044
Askam		-	-	-	0915	1000	-	-	1054
Kirkby-in-Furness		-	-	-	0919	1004	-	-	1059
Foxfield		-	-	-	0924	1009	-	-	1103
Green Road		-	-	-	0928	1013	-	-	1107
Millom	a	-	-	-	0933	1017	-	-	1112
Millom	d	-	-	-	-	1017	-	-	1112
Silecroft		-	-	-	-	1022	-	-	1117
Bootle (Cumbria)		-	-	-	-	1029	-	-	1124
Ravenglass		-	-	-	-	1035	-	-	1130
Drigg		-	-	-	-	1039	-	-	1133
Seascale		-	-	-	-	1043	-	-	1137
Sellafield		-	-	-	-	1046	-	-	1141
Braystones		-	-	-	-	1050	-	-	-
Nethertown		-	-	-	-	1053	-	-	-
St. Bees		-	-	-	-	1059	-	-	1152
Corkickle		-	-	-	-	1104	1111	-	1157
Whitehaven	a	-	-	-	-	-	1121	-	1211
Whitehaven	d	-	-	-	1016	-	-	-	1234
Parton		-	-	-	1020	-	-	-	1238
Harrington		-	-	-	1029	-	-	-	1247
Workington		0855	0940	1034	-	-	-	-	1252
Flimby		0900	0945	1040	-	-	-	-	1257
Maryport		0904	0949	1044	-	-	-	-	1301
Aspatria		0915	1000	1054	-	-	-	-	1312
Wigton		0925	1010	1104	-	-	-	-	1322
Dalston		0934	1019	1113	-	-	-	-	1331
Carlisle	a	0945	1030	1124	-	-	-	-	1342

Notes

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

Lancaster - Barrow - Carlisle

Sundays



Manchester Airport	d	-	-	0936	-	-	-	-	1010	1110	-
Manchester Piccadilly		-	-	0955	-	-	-	-	1026	1125	-
Manchester Oxford Road		-	-	0958	-	-	-	-	1030	1129	-
Bolton		0909	-	1012	-	-	-	-	1043	1144	-
Chorley		0921	-	1024	-	-	-	-	-	-	-
Preston		0948	-	1039	-	-	-	-	1108	1205	-
Lancaster	a	1005	-	1056	-	-	-	-	1124	1220	-
Lancaster	d	1007	1011	1059	-	-	-	-	1125	1221	-
Oxenholme Lake District	a	1022	-	-	-	-	-	-	1138	1234	-
Oxenholme Lake District	d	1030	-	-	-	-	1116	-	1202	1245	-
Kendal		1034	-	-	-	-	1120	-	1206	1249	-
Burneside		1038	-	-	-	-	1124	-	-	1253	-
Staveley		1043	-	-	-	-	1129	-	-	1258	-
Windermere	a	1049	-	-	-	-	1135	-	1219	1304	-
Carnforth		-	1021	1109	-	-	-	-	-	-	-
Silverdale		-	1027	1114	-	-	-	-	-	-	-
Arnside		-	1031	1118	-	-	-	-	-	-	-
Grange-over-Sands		-	1037	1123	-	-	-	-	-	-	-
Kents Bank		-	1041	1127	-	-	-	-	-	-	-
Cark		-	1045	1131	-	-	-	-	-	-	-
Ulverston		-	1053	1138	-	-	-	-	-	-	-
Dalton		-	1101	1147	-	-	-	-	-	-	-
Rose		-	1107	1153	-	-	-	-	-	-	-
Barrow-in-Furness	a	-	1115	1200	-	-	-	-	-	-	-
Barrow-in-Furness	d	-	-	1203	-	-	-	-	-	-	1358
Askam		-	-	1213	-	-	-	-	-	-	1408
Kirkby-in-Furness		-	-	1217	-	-	-	-	-	-	-
Foxfield		-	-	1221	-	-	-	-	-	-	-
Green Road		-	-	1225	-	-	-	-	-	-	-
Millom	a	-	-	1229	-	-	-	-	-	-	1422
Millom	d	-	-	1230	-	-	-	-	-	-	1423
Silecroft		-	-	1235	-	-	-	-	-	-	-
Bootle (Cumbria)		-	-	1242	-	-	-	-	-	-	-
Ravenglass		-	-	1248	-	-	-	-	-	-	1438
Drigg		-	-	1252	-	-	-	-	-	-	-
Seascale		-	-	1256	-	-	-	-	-	-	-
Sellafield		-	-	1300	-	-	-	-	-	-	1446
Braystones		-	-	-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-	-
St. Bees		-	-	1310	-	-	-	-	-	-	1456
Corkickle		-	-	1315	1322	-	-	-	-	-	1501
Whitehaven	a	-	-	-	1332	-	-	-	-	-	-
Whitehaven	d	-	-	-	-	1340	-	1437	-	-	-
Parton		-	-	-	-	1344	-	1441	-	-	-
Harrington		-	-	-	-	1353	-	1450	-	-	-
Workington		-	-	-	-	1359	-	1455	-	-	-
Flimby		-	-	-	-	1404	-	1501	-	-	-
Maryport		-	-	-	-	1408	-	1505	-	-	-
Aspatria		-	-	-	-	1419	-	1515	-	-	-
Wigton		-	-	-	-	1430	-	1526	-	-	-
Dalston		-	-	-	-	1439	-	1535	-	-	-
Carlisle	a	-	-	-	-	1450	-	1546	-	-	-

Notes

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

Lancaster - Barrow - Carlisle

Sundays

Manchester Airport	d	-	-	-	-	-	-	-	1330
Manchester Piccadilly		-	-	-	-	-	-	-	1348
Manchester Oxford Road		-	-	1154	-	-	-	-	1352
Bolton		-	-	1208	-	-	-	-	1408
Chorley		-	-	1220	-	-	-	-	1420
Preston		-	-	1246	-	-	-	1341	1446
Lancaster	a	-	-	1303	-	-	-	1355	1503
Lancaster	d	-	-	1304	1314	-	-	1357	1504
Oxenholme Lake District	a	-	-	1332	-	-	-	1409	-
Oxenholme Lake District	d	-	-	1333	-	-	-	1422	-
Kendal		-	-	1337	-	-	-	1426	-
Burneside		-	-	1341	-	-	-	1430	-
Staveley		-	-	1346	-	-	-	1435	-
Windermere	a	-	-	1353	-	-	-	1441	-
Carnforth		-	-	-	1324	-	-	-	1513
Silverdale		-	-	-	1330	-	-	-	1518
Arnside		-	-	-	1334	-	-	-	1523
Grange-over-Sands		-	-	-	1340	-	-	-	1528
Kents Bank		-	-	-	1344	-	-	-	1532
Cark		-	-	-	1348	-	-	-	1536
Ulverston		-	-	-	1356	-	-	-	1543
Dalton		-	-	-	1404	-	-	-	1552
Roose		-	-	-	1410	-	-	-	1558
Barrow-in-Furness	a	-	-	-	1418	-	-	-	1604
Barrow-in-Furness	d	-	-	-	-	1454	-	-	-
Askam		-	-	-	-	1504	-	-	-
Kirkby-in-Furness		-	-	-	-	1508	-	-	-
Foxfield		-	-	-	-	1513	-	-	-
Green Road		-	-	-	-	1517	-	-	-
Millom	a	-	-	-	-	1521	-	-	-
Millom	d	-	-	-	-	1522	-	-	-
Silecroft		-	-	-	-	1527	-	-	-
Bootle (Cumbria)		-	-	-	-	1534	-	-	-
Ravenglass		-	-	-	-	1540	-	-	-
Drigg		-	-	-	-	1544	-	-	-
Seascale		-	-	-	-	1548	-	-	-
Sellafield		-	-	-	-	1552	-	-	-
Braystones		-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-
St. Bees		-	-	-	-	1602	-	-	-
Corkickle		1511	-	-	-	1607	1612	-	-
Whitehaven	a	1521	-	-	-	-	1622	-	-
Whitehaven	d	-	1531	-	-	-	-	1631	1731
Parton		-	1535	-	-	-	-	1635	1735
Harrington		-	1544	-	-	-	-	1644	1744
Workington		-	1549	-	-	-	-	1649	1749
Flimby		-	1555	-	-	-	-	1655	1755
Maryport		-	1559	-	-	-	-	1700	1759
Aspatria		-	1609	-	-	-	-	1711	1809
Wigton		-	1620	-	-	-	-	1721	1820
Dalston		-	1629	-	-	-	-	1730	1829
Carlisle	a	-	1640	-	-	-	-	1741	1840

Notes

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

Lancaster - Barrow - Carlisle

Sundays



Manchester Airport	d	-	-	-	-	1410	1430	-	1530	-	-
Manchester Piccadilly		-	-	-	-	1426	1448	-	1548	-	-
Manchester Oxford Road		-	-	-	-	1430	1452	-	1552	-	-
Bolton		-	-	-	-	1444	1508	-	1608	-	-
Chorley		-	-	-	-	-	1520	-	1620	-	-
Preston		-	-	-	1454	1505	1558	-	1647	1642	-
Lancaster	a	-	-	-	1508	1520	1615	-	1705	1656	-
Lancaster	d	-	-	-	1510	1603	1616	-	1707	1658	-
Oxenholme Lake District	a	-	-	-	1523	-	1631	-	-	1711	-
Oxenholme Lake District	d	-	-	-	1529	-	1632	-	-	1731	-
Kendal		-	-	-	1533	-	1637	-	-	1735	-
Burneside		-	-	-	1537	-	1640	-	-	1739	-
Staveley		-	-	-	1542	-	1645	-	-	1744	-
Windermere	a	-	-	-	1548	-	1652	-	-	1750	-
Carnforth		-	-	-	-	1613	-	-	1716	-	-
Silverdale		-	-	-	-	1619	-	-	1722	-	-
Arnside		-	-	-	-	1623	-	-	1726	-	-
Grange-over-Sands		-	-	-	-	1629	-	-	1731	-	-
Kents Bank		-	-	-	-	1633	-	-	1735	-	-
Cark		-	-	-	-	1637	-	-	1739	-	-
Ulverston		-	-	-	-	1645	-	-	1746	-	-
Dalton		-	-	-	-	1653	-	-	1754	-	-
Rose		-	-	-	-	1659	-	-	1800	-	-
Barrow-in-Furness	a	-	-	-	-	1707	-	-	1807	-	-
Barrow-in-Furness	d	1652	-	-	-	-	-	-	-	-	-
Askam		1702	-	-	-	-	-	-	-	-	-
Kirkby-in-Furness		1707	-	-	-	-	-	-	-	-	-
Foxfield		1711	-	-	-	-	-	-	-	-	-
Green Road		1715	-	-	-	-	-	-	-	-	-
Millom	a	1720	-	-	-	-	-	-	-	-	-
Millom	d	1720	-	-	-	-	-	-	-	-	-
Silecroft		1725	-	-	-	-	-	-	-	-	-
Bootle (Cumbria)		1732	-	-	-	-	-	-	-	-	-
Ravenglass		1739	-	-	-	-	-	-	-	-	-
Drigg		1742	-	-	-	-	-	-	-	-	-
Seascale		1746	-	-	-	-	-	-	-	-	-
Sellafield		1750	-	-	-	-	-	-	-	-	-
Braystones		1754	-	-	-	-	-	-	-	-	-
Nethertown		1757	-	-	-	-	-	-	-	-	-
St. Bees		1803	-	-	-	-	-	-	-	-	-
Corkickle		1808	1814	-	-	-	-	-	-	-	-
Whitehaven	a	-	1824	-	-	-	-	-	-	-	-
Whitehaven	d	-	-	1841	-	-	-	1938	-	-	2030
Parton		-	-	1845	-	-	-	1943	-	-	2034
Harrington		-	-	1854	-	-	-	1953	-	-	2043
Workington		-	-	1859	-	-	-	2003	-	-	2048
Flimby		-	-	1905	-	-	-	2013	-	-	2054
Maryport		-	-	1909	-	-	-	2018	-	-	2058
Aspatria		-	-	1919	-	-	-	2038	-	-	2108
Wigton		-	-	1930	-	-	-	2058	-	-	2118
Dalston		-	-	1939	-	-	-	2118	-	-	2127
Carlisle	a	-	-	1950	-	-	-	2133	-	-	2138

Notes

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Lancaster - Barrow - Carlisle

Sundays

Manchester Airport	d	-	-	1630	-	-	-	1830	-	1930	-
Manchester Piccadilly		-	-	1648	-	-	-	1848	-	1948	-
Manchester Oxford Road		-	-	1652	-	-	-	1852	-	1952	-
Bolton		-	-	1708	-	-	-	1908	-	2008	-
Chorley		-	-	1720	-	-	-	1920	-	2020	-
Preston		-	-	1746	1754	-	-	1946	1942	2048	2041
Lancaster	a	-	-	1803	1808	-	-	2003	1956	2105	2055
Lancaster	d	-	-	1804	1810	1902	-	2004	1958	2105	2057
Oxenholme Lake District	a	-	-	-	1823	-	-	-	2010	-	2109
Oxenholme Lake District	d	-	-	-	1833	-	1940	-	2020	-	2120
Kendal		-	-	-	1837	-	1950	-	2030	-	2130
Burneside		-	-	-	1841	-	2000	-	2040	-	2140
Staveley		-	-	-	1846	-	2010	-	2050	-	2150
Windermere	a	-	-	-	1852	-	2020	-	2100	-	2200
Carnforth		-	-	1814	-	1914	-	2014	-	2115	-
Silverdale		-	-	1819	-	1920	-	2019	-	2120	-
Arnside		-	-	1823	-	1925	-	2023	-	2124	-
Grange-over-Sands		-	-	1828	-	1931	-	2028	-	2129	-
Kents Bank		-	-	1832	-	1934	-	2032	-	2133	-
Cark		-	-	1836	-	1938	-	2036	-	2137	-
Ulverston		-	-	1843	-	1947	-	2043	-	2144	-
Dalton		-	-	1851	-	1955	-	2052	-	2153	-
Rose		-	-	1857	-	2001	-	2058	-	2159	-
Barrow-in-Furness	a	-	-	1904	-	2008	-	2105	-	2205	-
Barrow-in-Furness	d	1825	-	1910	-	-	-	-	-	-	-
Askam		1835	-	1920	-	-	-	-	-	-	-
Kirkby-in-Furness		1839	-	1924	-	-	-	-	-	-	-
Foxfield		1844	-	1928	-	-	-	-	-	-	-
Green Road		1848	-	1932	-	-	-	-	-	-	-
Millom	a	1853	-	1936	-	-	-	-	-	-	-
Millom	d	-	1905	-	-	-	-	-	-	-	-
Silecroft		-	1913	-	-	-	-	-	-	-	-
Bootle (Cumbria)		-	1926	-	-	-	-	-	-	-	-
Ravenglass		-	1943	-	-	-	-	-	-	-	-
Drigg		-	1957	-	-	-	-	-	-	-	-
Seascale		-	2009	-	-	-	-	-	-	-	-
Sellafield		-	2027	-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-	-
St. Bees		-	2039	-	-	-	-	-	-	-	-
Corkickle		-	2051	-	-	-	-	-	-	-	-
Whitehaven	a	-	2104	-	-	-	-	-	-	-	-
Whitehaven	d	-	2104	-	-	-	-	-	-	-	-
Parton		-	2109	-	-	-	-	-	-	-	-
Harrington		-	-	-	-	-	-	-	-	-	-
Workington		-	2128	-	-	-	-	-	-	-	-
Flimby		-	-	-	-	-	-	-	-	-	-
Maryport		-	-	-	-	-	-	-	-	-	-
Aspatria		-	-	-	-	-	-	-	-	-	-
Wigton		-	-	-	-	-	-	-	-	-	-
Dalston		-	-	-	-	-	-	-	-	-	-
Carlisle	a	-	-	-	-	-	-	-	-	-	-

Notes

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

Lancaster - Barrow - Carlisle

Sundays

Manchester Airport	d	-	-	-	-	-	-	-	-	-
Manchester Piccadilly		-	-	-	-	-	-	-	-	-
Manchester Oxford Road		-	-	-	-	-	-	-	-	-
Bolton		-	-	-	-	-	-	-	-	-
Chorley		-	-	-	-	-	-	-	-	-
Preston		2141	-	-	-	-	-	-	-	-
Lancaster	a	2155	-	-	-	-	-	-	-	-
Lancaster	d	2220	-	-	-	-	-	-	-	-
Oxenholme Lake District	a	-	-	-	-	-	-	-	-	-
Oxenholme Lake District	d	-	-	-	-	-	-	-	-	-
Kendal		-	-	-	-	-	-	-	-	-
Burneside		-	-	-	-	-	-	-	-	-
Staveley		-	-	-	-	-	-	-	-	-
Windermere	a	-	-	-	-	-	-	-	-	-
Carnforth		2230	-	-	-	-	-	-	-	-
Silverdale		2235	-	-	-	-	-	-	-	-
Arnside		2240	-	-	-	-	-	-	-	-
Grange-over-Sands		2246	-	-	-	-	-	-	-	-
Kents Bank		2249	-	-	-	-	-	-	-	-
Cark		2253	-	-	-	-	-	-	-	-
Ulverston		2301	-	-	-	-	-	-	-	-
Dalton		2309	-	-	-	-	-	-	-	-
Roose		2315	-	-	-	-	-	-	-	-
Barrow-in-Furness	a	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**

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