

Train times

12 December 2021 –
14 May 2022

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			SX	SO		
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	-	-	-	-	0610	-	-	-	-
Green Road		-	-	-	-	06x14	-	-	-	-
Foxfield		-	-	-	-	0618	-	-	-	-
Kirkby-in-Furness		-	-	-	-	06x22	-	-	-	-
Askam		-	-	-	-	0627	-	-	-	-
Barrow-in-Furness	a	-	-	-	-	0641	-	-	-	-
Barrow-in-Furness	d	0455	0549	0549	-	0611	-	0649	0649	- 0708
Roose		-	0553	0553	-	0615	-	0653	0653	- 0712
Dalton		-	0559	0559	-	0621	-	0700	0700	- 0718
Ulverston		0511	0608	0608	-	0630	-	0708	0708	- 0727
Cark		-	0615	0615	-	0637	-	0715	0715	- 0734
Kents Bank		-	0619	0619	-	0641	-	-	-	- 0738
Grange-over-Sands		0523	0623	0623	-	0645	-	0722	0722	- 0742
Arnsdale		0529	0628	0628	-	0651	-	0727	0727	- 0749
Silverdale		-	0632	0632	-	0656	-	0732	0732	- 0754
Carnforth		0539	0640	0640	-	0703	-	0739	0739	- 0801
Windermere	d	-	-	-	0642	-	-	-	-	0756 -
Staveley		-	-	-	0647	-	-	-	-	0801 -
Burneside		-	-	-	0652	-	-	-	-	0806 -
Kendal		-	-	-	0656	-	-	-	-	0810 -
Oxenholme Lake District	a	-	-	-	0701	-	-	-	-	0815 -
Oxenholme Lake District	d	-	-	-	0708	-	-	-	-	0823 -
Lancaster	a	0546	0647	0648	0722	0716	-	0746	0746	0838 0812
Lancaster	d	0549	0649	0651	0723	0723	-	0748	0748	0839 0828
Preston	a	0607	0708	0709	0740	0740	-	0806	0806	0857 0846
Wigan North Western	a	0623	0725	0724	-	-	-	0823	0823	0910 0924
Manchester Oxford Road	a	0653	0757	0754	0820	0820	-	0856	0854	0953c 0920
Manchester Piccadilly	a	0700	0801	0758	0824	0824	-	0900	0859	0957c 0924
Manchester Airport	a	0719	0820	0820	0841	0841	-	0918	0918	1017c 0941

Notes

c Change at Wigan North Western.

x Stops on request.

SO Saturday only.

SX Mondays to Fridays only.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

						SX	SO	SX	SO		
Carlisle	d	-	-	0553	-	-	0619	0616	-	-	0710
Dalston		-	-	0602	-	-	0627	0624	-	-	0719
Wigton		-	-	0611	-	-	0636	0635	-	-	0731
Aspatria		-	-	0622	-	-	0648	0646	-	-	0742
Maryport		0548	-	0633	-	-	0700	0700	-	-	0755
Flimby		05x51	-	06x36	-	-	07x03	07x03	-	-	07x58
Workington		0558	-	0644	-	-	0711	0711	-	-	0806
Harrington		0602	-	0648	-	-	0715	0715	-	-	0810
Parton		06x11	-	06x57	-	-	07x24	07x24	-	-	08x18
Whitehaven	a	0616	-	0702	-	-	0729	0729	-	-	0824
Whitehaven	d	0618	-	0704	-	-	0730	0730	-	-	0825
Corkickle		0620	-	0706	-	-	0733	0733	-	-	0828
St. Bees		0626	-	0712	-	-	0739	0739	-	-	0834
Nethertown		06x30	-	-	-	-	-	-	-	-	-
Braystones		06x33	-	-	-	-	-	-	-	-	-
Sellafield		0639	-	0724	-	-	0750	0750	-	-	0844
Seascale		0643	-	0728	-	-	0754	0754	-	-	0848
Drigg		06x46	-	07x31	-	-	07x57	07x57	-	-	08x51
Ravenglass		0650	-	0734	-	-	0801	0801	-	-	0854
Bootle (Cumbria)		06x55	-	07x40	-	-	08x07	08x07	-	-	09x00
Silecroft		07x02	-	07x46	-	-	08x13	08x13	-	-	09x06
Millom	a	0708	-	0753	-	-	0820	0820	-	-	0913
Millom	d	0709	-	0753	-	-	0820	0820	-	-	0914
Green Road		07x13	-	07x57	-	-	08x24	08x24	-	-	09x18
Foxfield		0717	-	0801	-	-	0828	0828	-	-	0922
Kirkby-in-Furness		07x21	-	08x05	-	-	08x32	08x32	-	-	09x26
Askam		0726	-	0811	-	-	0838	0838	-	-	0931
Barrow-in-Furness	a	0741	-	0826	-	-	0853	0853	-	-	0947
Barrow-in-Furness	d	-	0747	-	-	0849	-	-	-	-	0958
Roose		-	0751	-	-	0853	-	-	-	-	1002
Dalton		-	0757	-	-	0859	-	-	-	-	1008
Ulverston		-	0806	-	-	0907	-	-	-	-	1017
Cark		-	0813	-	-	0914	-	-	-	-	1024
Kents Bank		-	-	-	-	0918	-	-	-	-	1028
Grange-over-Sands		-	0820	-	-	0922	-	-	-	-	1032
Arnsdale		-	0825	-	-	0927	-	-	-	-	1039
Silverdale		-	0830	-	-	0931	-	-	-	-	1043
Carnforth		-	0837	-	-	0939	-	-	-	-	1056
Windermere	d	-	-	-	0850	-	-	-	0956	1008	-
Staveley		-	-	-	-	-	-	-	1001	1013	-
Burneside		-	-	-	-	-	-	-	1006	1018	-
Kendal		-	-	-	0901	-	-	-	1010	1022	-
Oxenholme Lake District	a	-	-	-	0906	-	-	-	1015	1027	-
Oxenholme Lake District	d	-	-	-	0911	-	-	-	1017	1029	-
Lancaster	a	-	0844	-	0925	0946	-	-	1032	1047	1107
Lancaster	d	-	0847	-	0926	0950	-	-	1032	1048	1127
Preston	a	-	0907	-	0945	1008	-	-	1052	1106	1148
Wigan North Western	a	-	0925	-	1011	1024	-	-	1116	1123	1210
Manchester Oxford Road	a	-	0953	-	1020	1053	-	-	1153	1153	1220
Manchester Piccadilly	a	-	0957	-	1024	1057	-	-	1157	1157	1224
Manchester Airport	a	-	1017	-	1041	1117	-	-	1217	1217	1241

Notes

x Stops on request.

SO Saturday only.

SX Mondays to Fridays only.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

			SX	SO		SX	SO		SO	SX
Carlisle	d	-	0808	0813	-	0902	0908	-	-	-
Dalston	-	-	0816	0821	-	0910	0916	-	-	-
Wigton	-	-	0826	0831	-	0920	0926	-	-	-
Aspatria	-	-	0836	0841	-	0930	0936	-	-	-
Maryport	-	-	0848	0852	-	0941	0947	-	-	-
Flimby	-	-	08x51	-	-	09x44	09x50	-	-	-
Workington	-	-	0858	0902	-	0952	0958	-	-	-
Harrington	-	-	0902	0906	-	0956	1002	-	-	-
Parton	-	-	09x11	09x14	-	10x05	10x10	-	-	-
Whitehaven	a	-	0916	0920	-	1010	1016	-	-	-
Whitehaven	d	-	0918	0921	-	1012	1017	-	-	-
Corkickle	-	-	0920	0924	-	1014	1020	-	-	-
St. Bees	-	-	0928	0932	-	1020	1026	-	-	-
Nethertown	-	-	-	-	-	-	-	-	-	-
Braystones	-	-	-	-	-	-	-	-	-	-
Sellafield	-	-	0939	0942	-	1031	1037	-	-	-
Seascale	-	-	0942	0945	-	1035	1041	-	-	-
Drigg	-	-	09x45	09x48	-	10x38	10x44	-	-	-
Ravenglass	-	-	0949	0952	-	1042	1048	-	-	-
Bootle (Cumbria)	-	-	09x54	09x57	-	10x47	10x53	-	-	-
Silecroft	-	-	10x01	10x04	-	10x54	11x00	-	-	-
Millom	a	-	1007	1010	-	1100	1106	-	-	-
Millom	d	-	1008	1010	-	1101	1107	-	-	-
Green Road	-	-	10x12	10x14	-	11x05	11x11	-	-	-
Foxfield	-	-	1016	1018	-	1109	1115	-	-	-
Kirkby-in-Furness	-	-	10x20	10x22	-	11x13	11x19	-	-	-
Askam	-	-	1025	1027	-	1118	1124	-	-	-
Barrow-in-Furness	a	-	1040	1042	-	1135	1139	-	-	-
Barrow-in-Furness	d	-	-	-	1048	-	-	1153	-	-
Roose	-	-	-	-	1052	-	-	1157	-	-
Dalton	-	-	-	-	1058	-	-	1203	-	-
Ulverston	-	-	-	-	1107	-	-	1212	-	-
Cark	-	-	-	-	1114	-	-	1219	-	-
Kents Bank	-	-	-	-	1118	-	-	1223	-	-
Grange-over-Sands	-	-	-	-	1122	-	-	1227	-	-
Arnsdale	-	-	-	-	1127	-	-	1232	-	-
Silverdale	-	-	-	-	1131	-	-	1236	-	-
Carnforth	-	-	-	-	1138	-	-	1244	-	-
Windermere	d	1057	-	-	-	-	1147	-	1307	1307
Staveley		1102	-	-	-	-	1152	-	1312	1312
Burneside		1107	-	-	-	-	1157	-	1317	1317
Kendal		1111	-	-	-	-	1201	-	1321	1321
Oxenholme Lake District	a	1116	-	-	-	-	1206	-	1326	1326
Oxenholme Lake District	d	1123	-	-	-	-	1215	-	1327	1328
Lancaster	a	1137	-	-	1145	-	1229	1251	1342	1343
Lancaster	d	1138	-	-	1147	-	1230	1251	1348	1348
Preston	a	1156	-	-	1205	-	1247	1310	1406	1406
Wigan North Western	a	1210	-	-	1225	-	1310	-	1423	1424
Manchester Oxford Road	a	1253c	-	-	1253	-	1319	1353	1453	1453
Manchester Piccadilly	a	1257c	-	-	1257	-	1323	1357	1457	1457
Manchester Airport	a	1317c	-	-	1317	-	1341	1417	1517	1517

Notes

c Change at Wigan North Western.

x Stops on request.

SO Saturday only.

SX Mondays to Fridays only.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

			SX	SO					SX	SO
Carlisle	d	1013	1107	1107	-	-	1210	-	-	-
Dalston		1022	1115	1115	-	-	1218	-	-	-
Wigton		1031	1125	1125	-	-	1227	-	-	-
Aspatria		1042	1135	1135	-	-	1238	-	-	-
Maryport		1053	1146	1146	-	-	1249	-	-	-
Flimby		10x56	11x49	11x49	-	-	12x52	-	-	-
Workington		1103	1157	1157	-	-	1259	-	-	-
Harrington		1107	1201	1201	-	-	1303	-	-	-
Parton		11x16	12x09	12x09	-	-	13x12	-	-	-
Whitehaven	a	1121	1215	1215	-	-	1317	-	-	-
Whitehaven	d	1123	1216	1216	-	-	1319	-	-	-
Corkickle		1125	1219	1219	-	-	1321	-	-	-
St. Bees		1135	1228	1228	-	-	1329	-	-	-
Nethertown		11x39	-	12x32	-	-	-	-	-	-
Braystones		11x42	-	12x34	-	-	-	-	-	-
Sellafield		1147	1238	1240	-	-	1340	-	-	-
Seascale		1151	1242	1244	-	-	1343	-	-	-
Drigg		11x54	12x45	12x47	-	-	13x46	-	-	-
Ravenglass		1157	1248	1250	-	-	1350	-	-	-
Bootle (Cumbria)		12x03	12x54	12x56	-	-	13x56	-	-	-
Silecroft		12x09	13x00	13x02	-	-	14x02	-	-	-
Millom	a	1216	1307	1309	-	-	1409	-	-	-
Millom	d	1216	1307	1309	-	-	1409	-	-	-
Green Road		12x20	13x11	13x13	-	-	14x13	-	-	-
Foxfield		1224	1315	1317	-	-	1417	-	-	-
Kirkby-in-Furness		12x28	13x19	13x21	-	-	14x21	-	-	-
Askam		1233	1324	1326	-	-	1426	-	-	-
Barrow-in-Furness	a	1248	1339	1341	-	-	1441	-	-	-
Barrow-in-Furness	d	1250	-	-	-	1352	-	-	1450	-
Roose		1254	-	-	-	-	-	-	1454	-
Dalton		1300	-	-	-	1401	-	-	1500	-
Ulverston		1308	-	-	-	1410	-	-	1509	-
Cark		1316	-	-	-	1417	-	-	1516	-
Kents Bank		1320	-	-	-	-	-	-	1520	-
Grange-over-Sands		1324	-	-	-	1423	-	-	1524	-
Arnsdale		1330	-	-	-	1429	-	-	1529	-
Silverdale		1335	-	-	-	1433	-	-	1533	-
Carnforth		1342	-	-	-	1440	-	-	1540	-
Windermere	d	-	-	-	1358	-	-	1459	-	1600
Staveley		-	-	-	1403	-	-	1504	-	1605
Burneside		-	-	-	1408	-	-	1509	-	1610
Kendal		-	-	-	1412	-	-	1513	-	1614
Oxenholme Lake District	a	-	-	-	1417	-	-	1518	-	1619
Oxenholme Lake District	d	-	-	-	1424	-	-	1523	-	1627
Lancaster	a	1353	-	-	1437	1447	-	1537	1547	1643
Lancaster	d	1422	-	-	1439	1450	-	1538	1548	1643
Preston	a	1440	-	-	1456	1508	-	1556	1606	1703
Wigan North Western	a	1456	-	-	1510	1524	-	1610	1623	1724
Manchester Oxford Road	a	1519	-	-	1553c	1553	-	1653c	1653	1754
Manchester Piccadilly	a	1524	-	-	1557c	1557	-	1658c	1658	1758
Manchester Airport	a	1541	-	-	1617c	1617	-	1720c	1720	1818

Notes

c Change at Wigan North Western.

x Stops on request.

SO Saturday only.

SX Mondays to Fridays only.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

							SO	SX		
Carlisle	d	1307	1408	-	-	1441	-	-	1512	-
Dalston		1315	1416	-	-	1449	-	-	1520	-
Wigton		1325	1426	-	-	1458	-	-	1530	-
Aspatria		1335	1436	-	-	1509	-	-	1540	-
Maryport		1346	1447	-	-	1520	-	-	1551	-
Flimby		13x49	14x50	-	-	15x23	-	-	15x54	-
Workington		1357	1458	-	-	1530	-	-	1602	-
Harrington		1401	1502	-	-	1534	-	-	1606	-
Parton		14x09	15x10	-	-	15x43	-	-	16x14	-
Whitehaven	a	1415	1516	-	-	1548	-	-	1620	-
Whitehaven	d	1416	1518	-	-	1550	-	-	1621	-
Corkickle		1419	1521	-	-	1553	-	-	1624	-
St. Bees		1430	1527	-	-	1559	-	-	1630	-
Nethertown		-	-	-	-	16x03	-	-	-	-
Braystones		-	-	-	-	16x05	-	-	-	-
Sellafield		1441	1538	-	-	1611	-	-	1641	-
Seascale		1444	1542	-	-	1615	-	-	1644	-
Drigg		14x47	15x45	-	-	16x18	-	-	16x48	-
Ravenglass		1451	1549	-	-	1622	-	-	1651	-
Bootle (Cumbria)		14x56	15x54	-	-	16x28	-	-	16x57	-
Silecroft		15x03	16x01	-	-	16x35	-	-	17x04	-
Millom	a	1509	1607	-	-	1641	-	-	1711	-
Millom	d	1511	1608	-	-	1642	-	-	1712	-
Green Road		15x15	16x12	-	-	16x46	-	-	17x16	-
Foxfield		1519	1616	-	-	1650	-	-	1720	-
Kirkby-in-Furness		15x23	16x20	-	-	16x55	-	-	17x25	-
Askam		1528	1625	-	-	1700	-	-	1730	-
Barrow-in-Furness	a	1543	1640	-	-	1714	-	-	1745	-
Barrow-in-Furness	d	1550	-	-	1647	-	1719	-	-	1804
Roose		1554	-	-	1651	-	1723	-	-	1808
Dalton		1600	-	-	1658	-	1729	-	-	1814
Ulverston		1608	-	-	1706	-	1737	-	-	1823
Cark		1616	-	-	1713	-	1745	-	-	1830
Kents Bank		1620	-	-	1717	-	-	-	-	1834
Grange-over-Sands		1624	-	-	1721	-	1752	-	-	1838
Arnsdale		1630	-	-	1727	-	1758	-	-	1844
Silverdale		1635	-	-	1731	-	1803	-	-	1849
Carnforth		1642	-	-	1738	-	1810	-	-	1856
Windermere	d	-	-	1708	-	-	1802	1805	-	-
Staveley		-	-	1713	-	-	1807	1810	-	-
Burneside		-	-	1718	-	-	1812	1815	-	-
Kendal		-	-	1722	-	-	1816	1819	-	-
Oxenholme Lake District	a	-	-	1727	-	-	1821	1824	-	-
Oxenholme Lake District	d	-	-	1813	-	-	1826	1830	-	-
Lancaster	a	1652	-	1828	1745	-	1820	1841	1844	- 1906
Lancaster	d	1658	-	1828	1747	-	1828	1841	1844	- 1927
Preston	a	1715	-	1846	1806	-	1846	1900	1903	- 1945
Wigan North Western	a	1728	-	-	1823	-	-	1913	1916	- -
Manchester Oxford Road	a	1819	-	1922	1853	-	1922	-	-	- 2020
Manchester Piccadilly	a	1823	-	1926	1857	-	1926	-	-	- 2024
Manchester Airport	a	1841	-	1946	1917	-	1946	-	-	- 2048

Notes

x Stops on request.

SO Saturday only.

SX Mondays to Fridays only.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

		SX	SO	SX	SX	SX		SO	SO		SX
Carlisle	d	-	-	1559	-	-	-	1626	-	1707	-
Dalston		-	-	1607	-	-	-	1634	-	1715	-
Wigton		-	-	1617	-	-	-	1644	-	1725	-
Aspatria		-	-	1627	-	-	-	1654	-	1735	-
Maryport		-	-	1638	-	-	-	1705	-	1746	-
Flimby		-	-	16x41	-	-	-	17x08	-	17x49	-
Workington		-	-	1648	-	-	-	1715	-	1757	-
Harrington		-	-	1652	-	-	-	1720	-	1801	-
Parton		-	-	17x01	-	-	-	17x29	-	18x09	-
Whitehaven	a	-	-	1708	-	-	-	1735	-	1816	-
Whitehaven	d	-	-	-	-	-	-	1736	-	1818	-
Corkickle		-	-	-	-	-	-	1739	-	1820	-
St. Bees		-	-	-	-	-	-	1744	-	1827	-
Nethertown		-	-	-	-	-	-	-	-	18x31	-
Braystones		-	-	-	-	-	-	-	-	18x34	-
Sellafield		-	-	-	1725	-	-	1755	-	1840	-
Seascale		-	-	-	1728	-	-	1758	-	1843	-
Drigg		-	-	-	17x31	-	-	18x01	-	-	-
Ravenglass		-	-	-	1735	-	-	1805	-	1849	-
Bootle (Cumbria)		-	-	-	17x41	-	-	18x11	-	-	-
Silecroft		-	-	-	17x47	-	-	18x17	-	-	-
Millom	a	-	-	-	1754	-	-	1824	-	1905	-
Millom	d	-	-	-	1754	-	-	1825	-	1905	-
Green Road		-	-	-	17x58	-	-	18x29	-	19x09	-
Foxfield		-	-	-	1802	-	-	1833	-	1913	-
Kirkby-in-Furness		-	-	-	18x06	-	-	18x37	-	19x17	-
Askam		-	-	-	1811	-	-	1842	-	1922	-
Barrow-in-Furness	a	-	-	-	1826	-	-	1857	-	1937	-
Barrow-in-Furness	d	-	-	-	-	1855	-	-	1903	-	1945
Roose		-	-	-	-	1859	-	-	1907	-	1949
Dalton		-	-	-	-	1905	-	-	1913	-	1955
Ulverston		-	-	-	-	1913	-	-	1921	-	2004
Cark		-	-	-	-	1921	-	-	1929	-	2011
Kents Bank		-	-	-	-	1925	-	-	1933	-	2015
Grange-over-Sands		-	-	-	-	1929	-	-	1937	-	2019
Arnsdale		-	-	-	-	1935	-	-	1943	-	2024
Silverdale		-	-	-	-	1940	-	-	1947	-	2028
Carnforth		-	-	-	-	1947	-	-	1955	-	2036
Windermere	d	1856	1857	-	-	-	1948	-	-	-	-
Staveley		1901	1902	-	-	-	1953	-	-	-	-
Burneside		1906	1907	-	-	-	1958	-	-	-	-
Kendal		1910	1911	-	-	-	2002	-	-	-	-
Oxenholme Lake District	a	1915	1916	-	-	-	2007	-	-	-	-
Oxenholme Lake District	d	1917	1918	-	-	-	2013	-	-	-	-
Lancaster	a	1933	1933	-	-	1955	2027	-	2003	-	2043
Lancaster	d	1934	1935	-	-	1956	2028	-	2003	-	2044
Preston	a	1953	1956	-	-	2021	2045	-	2026	-	2102
Wigan North Western	a	2027	2023	-	-	-	-	-	-	-	-
Manchester Oxford Road	a	2054	2054	-	-	2120	2120	-	2119	-	2142
Manchester Piccadilly	a	2058	2058	-	-	2124	2124	-	2124	-	2146
Manchester Airport	a	2120	2119	-	-	2141	2142	-	2142	-	2203

Notes

x Stops on request.

SO Saturday only.

SX Mondays to Fridays only.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

			SO	SO X	SO Y	SO X	SX	SX	SO	SO Y	SO X
	Carlisle	d	-	1754	-	-	-	-	-	-	-
	Dalston	-	-	1802	-	-	-	-	-	-	-
	Wigton	-	-	1812	-	-	-	-	-	-	-
	Aspatria	-	-	1822	-	-	-	-	-	-	-
	Maryport	-	-	1833	-	-	-	-	-	-	-
	Flimby	-	-	18x36	-	-	-	-	-	-	-
	Workington	-	-	1844	-	-	-	-	-	-	-
	Harrington	-	-	1848	-	-	-	-	-	-	-
	Parton	-	-	18x56	-	-	-	-	-	-	-
	Whitehaven	a	-	1902	-	-	-	-	-	-	-
	Whitehaven	d	-	1903	-	-	-	-	-	-	-
	Corkickle	-	-	1906	-	-	-	-	-	-	-
	St. Bees	-	-	1914	-	-	-	-	-	-	-
	Nethertown	-	-	-	-	-	-	-	-	-	-
	Braystones	-	-	-	-	-	-	-	-	-	-
	Sellafield	-	-	1927	-	-	-	-	-	-	-
	Seascale	-	-	1932	-	-	-	-	-	-	-
	Drigg	-	-	19x35	-	-	-	-	-	-	-
	Ravenglass	-	-	1939	-	-	-	-	-	-	-
	Bootle (Cumbria)	-	-	19x45	-	-	-	-	-	-	-
	Silecroft	-	-	19x51	-	-	-	-	-	-	-
	Millom	a	-	1958	-	-	-	-	-	-	-
	Millom	d	-	2001	-	-	-	2029	2059	-	-
	Green Road	-	-	20x05	-	-	-	20x33	-	-	-
	Foxfield	-	-	2009	-	-	-	2037	2106	-	-
	Kirkby-in-Furness	-	-	20x13	-	-	-	20x41	-	-	-
	Askam	-	-	2019	-	-	-	2046	2115	-	-
	Barrow-in-Furness	a	-	2036	-	-	-	2101	2129	-	-
	Barrow-in-Furness	d	1945	-	-	2042	2042	2045	-	-	-
	Roose	1949	-	-	2046	2046	2049	-	-	-	-
	Dalton	1955	-	-	2052	2052	2055	-	-	-	-
	Ulverston	2004	-	-	2101	2101	2104	-	-	-	-
	Cark	2011	-	-	2108	2108	2111	-	-	-	-
	Kents Bank	2015	-	-	2112	2112	2115	-	-	-	-
	Grange-over-Sands	2019	-	-	2116	2116	2119	-	-	-	-
	Arnsdale	2024	-	-	2122	2122	2125	-	-	-	-
	Silverdale	2028	-	-	2127	2127	2130	-	-	-	-
	Carnforth	2040	-	-	2134	2134	2137	-	-	-	-
	Windermere	d	-	-	2042	-	-	-	-	2140	2140
	Staveley	-	-	2047	-	-	-	-	-	2145	2150
	Burneside	-	-	2052	-	-	-	-	-	2150	2200
	Kendal	-	-	2056	-	-	-	-	-	2154	2210
	Oxenholme Lake District	a	-	-	2101	-	-	-	-	2159	2225
	Oxenholme Lake District	d	-	-	2103	-	-	-	-	-	-
	Lancaster	a	2047	-	2121	2142	2143	2147	-	-	-
	Lancaster	d	2047	-	-	2143	-	2219	-	-	-
	Preston	a	2105	-	-	2205	-	2237	-	-	-
	Wigan North Western	a	-	-	-	-	-	2252	-	-	-
	Manchester Oxford Road	a	2144	-	-	-	-	-	-	-	-
	Manchester Piccadilly	a	2148	-	-	-	-	-	-	-	-
	Manchester Airport	a	2204	-	-	-	-	-	-	-	-

Notes

x Stops on request.

X From 8 January until 12 February.

Y Until 1 January and from 19 February.

SO Saturday only.

SX Mondays to Fridays only.

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

Carlisle - Barrow - Lancaster

Mondays to Saturdays

			D				2000		2000				
			SX	SO	SX	SO	SO Y	SO X	SO X	SO X			
	Carlisle	d	-	1846	1909	1909	-	-	-	-	-	-	-
	Dalston		-	1854	1917	1917	-	-	-	-	-	-	-
	Wigton		-	1904	1927	1927	-	-	-	-	-	-	-
	Aspatria		-	1914	1937	1937	-	-	-	-	-	-	-
	Maryport		-	1925	1948	1948	-	-	-	-	-	-	-
	Flimby		-	19x28	19x51	19x51	-	-	-	-	-	-	-
	Workington		-	1936	1959	1959	-	-	-	-	-	-	-
	Harrington		-	1940	2003	2003	-	-	-	-	-	-	-
	Parton		-	19x49	20x11	20x11	-	-	-	-	-	-	-
	Whitehaven	a	-	1956	2016	2019	-	-	-	-	-	-	-
	Whitehaven	d	-	-	2018	2020	-	-	-	-	-	-	-
	Corkickle		-	-	2020	2023	-	-	-	-	-	-	-
	St. Bees		-	-	2028	2028	-	-	-	-	-	-	-
	Nethertown		-	-	20x32	20x32	-	-	-	-	-	-	-
	Braystones		-	-	20x34	20x35	-	-	-	-	-	-	-
	Sellafield		-	-	2040	2040	-	-	-	-	-	-	-
	Seascale		-	-	2044	2044	-	-	-	-	-	-	-
	Drigg		-	-	20x47	20x47	-	-	-	-	-	-	-
	Ravenglass		-	-	2050	2050	-	-	-	-	-	-	-
	Bootle Cumbria		-	-	20x56	20x56	-	-	-	-	-	-	-
	Silecroft		-	-	21x02	21x02	-	-	-	-	-	-	-
	Millom	a	-	-	2109	2109	-	-	-	-	-	-	-
	Millom	d	-	-	2109	2109	-	-	-	-	-	-	-
	Green Road		-	-	21x13	21x13	-	-	-	-	-	-	-
	Foxfield		-	-	2117	2117	-	-	-	-	-	-	-
	Kirkby-in-Furness		-	-	21x21	21x21	-	-	-	-	-	-	-
	Askam		-	-	2126	2126	-	-	-	-	-	-	-
	Barrow-in-Furness	a	-	-	2142	2141	-	-	-	-	-	-	-
	Barrow-in-Furness	d	-	-	2145	-	2146	2146	-	-	-	-	-
	Roose		-	-	2149	-	2150	2150	-	-	-	-	-
	Dalton		-	-	2155	-	2156	2156	-	-	-	-	-
	Ulverston		-	-	2204	-	2204	2204	-	-	-	-	-
	Cark		-	-	2211	-	2212	2212	-	-	-	-	-
	Kents Bank		-	-	2215	-	2216	2216	-	-	-	-	-
	Grange-over-Sands		-	-	2219	-	2220	2220	-	-	-	-	-
	Arnside		-	-	2226	-	2226	2226	-	-	-	-	-
	Silverdale		-	-	2230	-	2230	2230	-	-	-	-	-
	Carnforth		-	-	2238	-	2238	2238	-	-	-	-	-
	Windermere	d	2147	-	-	-	-	-	-	2225	2229	2247	
	Staveley		2152	-	-	-	-	-	-	2235	2234	2252	
	Burneside		2157	-	-	-	-	-	-	2245	2239	2257	
	Kendal		2201	-	-	-	-	-	-	2255	2243	2301	
	Oxenholme Lake District	a	2206	-	-	-	-	-	-	2310	2248	2306	
	Oxenholme Lake District	d	2211	-	-	-	-	-	-	2310	2250	2308	
	Lancaster	a	2225	-	2246	-	2246	2248	-	2355	2305	2323	
	Lancaster	d	2226	-	2246	-	2246	-	2255	2355	2305	2324	
	Preston	a	2244	-	2309	-	2310	-	2335	0035	2324	2343	
	Wigan North Western	a	-	-	-	-	-	-	-	-	-	-	
	Manchester Oxford Road	a	2320	-	-	-	-	-	-	-	-	-	
	Manchester Piccadilly	a	2324	-	-	-	-	-	-	-	-	-	
	Manchester Airport	a	2342	-	-	-	-	-	-	-	-	-	

Notes

x Stops on request.

X From 8 January until 12 February.

Y Until 1 January and from 19 February.

SO Saturday only.

SX Mondays to Fridays only.

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

Ⓢ Dry service - No alcohol permitted on board this service.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

			Ⓢ	SX	Ⓢ	Ⓢ	SX				
Carlisle	d	-	2000	2055	2106	2149	2201	-	-	-	-
Dalston	-	-	2008	2103	2114	2157	2209	-	-	-	-
Wigton	-	-	2018	2113	2124	2206	2219	-	-	-	-
Aspatria	-	-	2028	2123	2134	2217	2229	-	-	-	-
Maryport	-	-	2039	2134	2145	2227	2241	-	-	-	-
Flimby	-	-	20x42	21x37	21x48	22x31	22x44	-	-	-	-
Workington	-	-	2050	2145	2156	2237	2251	-	-	-	-
Harrington	-	-	2054	2149	2200	2241	2255	-	-	-	-
Parton	-	-	21x02	21x57	22x08	22x51	23x04	-	-	-	-
Whitehaven	a	-	2109	2204	2215	2257	2310	-	-	-	-
Whitehaven	d	-	-	-	-	-	-	-	-	-	-
Corkickle	-	-	-	-	-	-	-	-	-	-	-
St. Bees	-	-	-	-	-	-	-	-	-	-	-
Nethertown	-	-	-	-	-	-	-	-	-	-	-
Braystones	-	-	-	-	-	-	-	-	-	-	-
Sellafield	-	-	-	-	-	-	-	-	-	-	-
Seascale	-	-	-	-	-	-	-	-	-	-	-
Drigg	-	-	-	-	-	-	-	-	-	-	-
Ravenglass	-	-	-	-	-	-	-	-	-	-	-
Bootle Cumbria	-	-	-	-	-	-	-	-	-	-	-
Silecroft	-	-	-	-	-	-	-	-	-	-	-
Millom	a	-	-	-	-	-	-	-	-	-	-
Millom	d	2200	-	-	-	-	-	-	-	-	-
Green Road	-	22x04	-	-	-	-	-	-	-	-	-
Foxfield	-	2208	-	-	-	-	-	-	-	-	-
Kirkby-in-Furness	-	22x12	-	-	-	-	-	-	-	-	-
Askam	-	2217	-	-	-	-	-	-	-	-	-
Barrow-in-Furness	a	2231	-	-	-	-	-	-	-	-	-
Barrow-in-Furness	d	-	-	-	-	-	-	-	-	-	-
Roose	-	-	-	-	-	-	-	-	-	-	-
Dalton	-	-	-	-	-	-	-	-	-	-	-
Ulverston	-	-	-	-	-	-	-	-	-	-	-
Cark	-	-	-	-	-	-	-	-	-	-	-
Kents Bank	-	-	-	-	-	-	-	-	-	-	-
Grange-over-Sands	-	-	-	-	-	-	-	-	-	-	-
Arnsdale	-	-	-	-	-	-	-	-	-	-	-
Silverdale	-	-	-	-	-	-	-	-	-	-	-
Carnforth	-	-	-	-	-	-	-	-	-	-	-
Windermere	d	-	-	-	-	-	-	-	-	-	-
Staveley	-	-	-	-	-	-	-	-	-	-	-
Burneside	-	-	-	-	-	-	-	-	-	-	-
Kendal	-	-	-	-	-	-	-	-	-	-	-
Oxenholme Lake District	a	-	-	-	-	-	-	-	-	-	-
Oxenholme Lake District	d	-	-	-	-	-	-	-	-	-	-
Lancaster	a	-	-	-	-	-	-	-	-	-	-
Lancaster	d	-	-	-	-	-	-	-	-	-	-
Preston	a	-	-	-	-	-	-	-	-	-	-
Wigan North Western	a	-	-	-	-	-	-	-	-	-	-
Manchester Oxford Road	a	-	-	-	-	-	-	-	-	-	-
Manchester Piccadilly	a	-	-	-	-	-	-	-	-	-	-
Manchester Airport	a	-	-	-	-	-	-	-	-	-	-

Notes

x Stops on request.

SO Saturday only.

SX Mondays to Fridays only.

Ⓢ Dry Service - No alcohol permitted on board this service.

Carlisle - Barrow - Lancaster

Sundays

			T	U	W	V			W	
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		-	-	-	-	-	-	-	09x54	-
Foxfield		-	-	-	-	-	-	-	0958	-
Kirkby-in-Furness		-	-	-	-	-	-	-	10x02	-
Askam		-	-	-	-	-	-	-	1007	-
Barrow-in-Furness	a	-	-	-	-	-	-	-	1021	-
Barrow-in-Furness	d	0753	0841	0841	0905	0905	-	0950	-	-
Roose		0757	0845	0845	-	0909	-	0954	-	-
Dalton		0803	0851	0851	-	0915	-	1000	-	-
Ulverston		0812	0859	0859	0922	0924	-	1008	-	-
Cark		0819	0906	0906	-	0931	-	1015	-	-
Kents Bank		0823	0910	0910	-	0935	-	1019	-	-
Grange-over-Sands		0827	0914	0914	0934	0939	-	1023	-	-
Arnsdale		0833	0920	0920	0940	0945	-	1029	-	-
Silverdale		0838	0924	0924	-	0950	-	1033	-	-
Carnforth		0845	0931	0931	0951	0957	-	1040	-	-
Windermere	d	-	-	-	-	-	1030	-	1053	- 1139
Staveley		-	-	-	-	-	1040	-	1058	- 1144
Burneside		-	-	-	-	-	1050	-	1103	- 1149
Kendal		-	-	-	-	-	1100	-	1107	- 1153
Oxenholme Lake District	a	-	-	-	-	-	1115	-	1112	- 1158
Oxenholme Lake District	d	-	-	-	-	-	1123	-	1123	- 1213
Lancaster	a	-	0938	0938	1001	-	1137	1047	1137	- 1227
Lancaster	d	-	0945	0945	-	-	1138	1048	1138	- 1228
Preston	a	-	1004	1004	-	-	1155	1107	1155	- 1245
Wigan North Western	a	-	1023	1023	-	-	1215	1123	1215	- 1317
Manchester Oxford Road	a	-	1052	1052	-	-	1236	1150	1236	- 1321
Manchester Piccadilly	a	-	-	1056	-	-	1240	1156	1240	- 1325
Manchester Airport	a	-	-	1121	-	-	1257	1220	1257	- 1342

Notes

x Stops on request.

T Until 2 January and from 20 February until 27 March.

U From 3 April.

V From 9 January until 13 February.

W Until 2 January and from 20 February.

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

Carlisle - Barrow - Lancaster

Sundays

					T	S		T	S
Carlisle	d	-	-	-	0945	-	-	1023	- 1041
Dalston	-	-	-	-	0953	-	-	1032	- 1049
Wigton	-	-	-	-	1002	-	-	1041	- 1058
Aspatria	-	-	-	-	1013	-	-	1052	- 1109
Maryport	-	0917	-	-	1024	1024	-	1103	- 1120
Flimby	-	09x20	-	-	-	-	-	11x06	- 11x23
Workington	-	0927	-	-	1033	1033	-	1113	- 1130
Harrington	-	0931	-	-	-	-	-	1117	- 1134
Parton	-	09x40	-	-	10x45	10x45	-	11x26	- 11x43
Whitehaven	a	-	0945	-	1050	1050	-	1131	- 1148
Whitehaven	d	-	0947	-	1051	1051	-	1133	- 1150
Corkickle	-	0949	-	-	1054	1054	-	1135	- 1152
St. Bees	-	0955	-	-	1059	1059	-	1141	- 1158
Nethertown	-	09x59	-	-	-	-	-	-	-
Braystones	-	10x01	-	-	-	-	-	-	-
Sellafield	-	1007	-	-	1109	1109	-	1151	- 1208
Seascale	-	1011	-	-	1113	1113	-	1154	- 1211
Drigg	-	10x14	-	-	11x16	11x16	-	11x57	- 12x14
Ravenglass	-	1017	-	-	1119	1119	-	1201	- 1218
Bootle (Cumbria)	-	10x23	-	-	11x25	11x25	-	12x06	- 12x23
Silecroft	-	10x29	-	-	11x31	11x31	-	12x13	- 12x30
Millom	a	-	1036	-	1137	1137	-	1219	- 1236
Millom	d	-	1036	-	1137	1137	-	1219	- 1236
Green Road	-	10x40	-	-	11x41	11x41	-	12x23	- 12x40
Foxfield	-	1044	-	-	1145	1145	-	1227	- 1244
Kirkby-in-Furness	-	10x48	-	-	11x49	11x49	-	12x31	- 12x48
Askam	-	1053	-	-	1154	1154	-	1236	- 1253
Barrow-in-Furness	a	-	1108	-	1209	1209	-	1251	- 1308
Barrow-in-Furness	d	1052	-	-	1141	-	-	1253	- 1317
Roose	1056	-	-	1145	-	-	-	1257	- 1321
Dalton	1102	-	-	1151	-	-	-	1303	- 1327
Ulverston	1111	-	-	1200	-	-	-	1311	- 1335
Cark	1118	-	-	1207	-	-	-	-	-
Kents Bank	1122	-	-	1211	-	-	-	-	-
Grange-over-Sands	1126	-	-	1215	-	-	-	1324	- 1348
Arnsdale	1131	-	-	1220	-	-	-	1330	- 1354
Silverdale	1135	-	-	1225	-	-	-	1335	- 1359
Carnforth	1143	-	-	1232	-	-	-	1342	- 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	- 1423
Lancaster	a	1150	-	1326	1240	-	-	1344	1352 1437 1420
Lancaster	d	1151	-	1327	1240	-	-	1349	1427 1438 1427
Preston	a	1209	-	1344	1300	-	-	1407	1445 1456 1445
Wigan North Western	a	-	-	1410	1323	-	-	1423	1510 1510 1510
Manchester Oxford Road	a	1252	-	1422	1350	-	-	1452	1520 1550c 1520
Manchester Piccadilly	a	1256	-	1426	1354	-	-	1456	1524 1557c 1524
Manchester Airport	a	1317	-	1443	1417	-	-	1518	1542 1617c 1542

Notes

c Change at Wigan North Western.

x Stops on request.

S From 9 January until 13 February and from 3 April.

T Until 2 January and from 20 February until 27 March.

Carlisle - Barrow - Lancaster

Sundays

Carlisle	d	1106	-	-	1207	-	-	1324	-	1401	-
Dalston		1114	-	-	1215	-	-	1332	-	1409	-
Wigton		1124	-	-	1225	-	-	1342	-	1419	-
Aspatria		1134	-	-	1235	-	-	1352	-	1429	-
Maryport		1145	-	-	1246	-	-	1403	-	1440	-
Flimby		11x48	-	-	12x49	-	-	14x06	-	14x43	-
Workington		1156	-	-	1258	-	-	1414	-	1451	-
Harrington		1200	-	-	1302	-	-	1418	-	1455	-
Parton		12x08	-	-	13x10	-	-	14x26	-	15x03	-
Whitehaven	a	1214	-	-	1316	-	-	1432	-	1508	-
Whitehaven	d	1216	-	-	1318	-	-	1433	-	1510	-
Corkickle		1219	-	-	1321	-	-	1436	-	1512	-
St. Bees		1227	-	-	1327	-	-	1441	-	1518	-
Nethertown		12x31	-	-	-	-	-	-	-	-	-
Braystones		12x33	-	-	-	-	-	-	-	-	-
Sellafield		1239	-	-	1337	-	-	1451	-	1528	-
Seascale		1243	-	-	1340	-	-	1455	-	1532	-
Drigg		12x46	-	-	13x43	-	-	-	-	15x35	-
Ravenglass		1249	-	-	1347	-	-	1501	-	1539	-
Bootle (Cumbria)		12x55	-	-	13x52	-	-	-	-	15x44	-
Silecroft		13x01	-	-	13x59	-	-	-	-	15x51	-
Millom	a	1308	-	-	1405	-	-	1516	-	1556	-
Millom	d	1308	-	-	1406	-	-	1517	-	1556	-
Green Road		13x12	-	-	14x10	-	-	-	-	16x00	-
Foxfield		1316	-	-	1414	-	-	1524	-	1604	-
Kirkby-in-Furness		13x20	-	-	14x18	-	-	15x28	-	16x08	-
Askam		1325	-	-	1423	-	-	1533	-	1613	-
Barrow-in-Furness	a	1340	-	-	1438	-	-	1548	-	1628	-
Barrow-in-Furness	d	-	1349	-	-	1447	-	1550	-	-	1646
Roose		-	1353	-	-	1451	-	1554	-	-	1650
Dalton		-	1359	-	-	1457	-	1600	-	-	1656
Ulverston		-	1407	-	-	1505	-	1608	-	-	1705
Cark		-	1414	-	-	1512	-	1616	-	-	1712
Kents Bank		-	1418	-	-	1516	-	1620	-	-	1716
Grange-over-Sands		-	1422	-	-	1520	-	1624	-	-	1720
Arnsdale		-	1428	-	-	1526	-	1630	-	-	1725
Silverdale		-	1432	-	-	1530	-	1635	-	-	1729
Carnforth		-	1439	-	-	1537	-	1642	-	-	1737
Windermere	d	-	-	1446	-	-	1554	-	1659	-	-
Staveley		-	-	1451	-	-	1559	-	1704	-	-
Burneside		-	-	1456	-	-	1604	-	1709	-	-
Kendal		-	-	1500	-	-	1608	-	1713	-	-
Oxenholme Lake District	a	-	-	1505	-	-	1613	-	1718	-	-
Oxenholme Lake District	d	-	-	1514	-	-	1615	-	1724	-	-
Lancaster	a	-	1446	1528	-	1544	1631	1652	1737	-	1744
Lancaster	d	-	1449	1529	-	1547	1648	1657	1738	-	1749
Preston	a	-	1507	1546	-	1605	1706	1716	1756	-	1807
Wigan North Western	a	-	1523	1610	-	1623	1723	1730	1820	-	1823
Manchester Oxford Road	a	-	1550	1620	-	1650	1751	1821	1850	-	1850
Manchester Piccadilly	a	-	1557	1624	-	1701	1755	1825	1900	-	1900
Manchester Airport	a	-	1617	1642	-	1718	1818	1840	1917	-	1917

Notes

x Stops on request.

Carlisle - Barrow - Lancaster

Sundays

Carlisle	d	-	1510	-	1616	-	-	1710	-	1810	-
Dalston	-	-	1518	-	1624	-	-	1718	-	1818	-
Wigton	-	-	1528	-	1634	-	-	1728	-	1828	-
Aspatria	-	-	1538	-	1644	-	-	1738	-	1838	-
Maryport	-	-	1549	-	1655	-	-	1749	-	1849	-
Flimby	-	-	15x52	-	16x58	-	-	17x52	-	18x52	-
Workington	-	-	1600	-	1706	-	-	1800	-	1900	-
Harrington	-	-	1604	-	1710	-	-	1804	-	1904	-
Parton	-	-	16x12	-	17x18	-	-	18x12	-	19x12	-
Whitehaven	a	-	1617	-	1724	-	-	1818	-	1919	-
Whitehaven	d	-	1619	-	1725	-	-	1819	-	-	-
Corkickle	-	-	1622	-	1728	-	-	1822	-	-	-
St. Bees	-	-	1629	-	1733	-	-	1828	-	-	-
Nethertown	-	-	16x33	-	-	-	-	18x32	-	-	-
Braystones	-	-	16x35	-	-	-	-	18x34	-	-	-
Sellafield	-	-	1642	-	1744	-	-	1840	-	-	-
Seascale	-	-	1646	-	1748	-	-	1844	-	-	-
Drigg	-	-	16x49	-	17x51	-	-	18x47	-	-	-
Ravenglass	-	-	1652	-	1754	-	-	1850	-	-	-
Bootle (Cumbria)	-	-	16x58	-	18x00	-	-	18x56	-	-	-
Silecroft	-	-	17x04	-	18x06	-	-	19x02	-	-	-
Millom	a	-	1711	-	1813	-	-	1909	-	-	-
Millom	d	-	1711	-	1814	-	-	1909	-	-	1925
Green Road	-	-	17x15	-	18x18	-	-	19x13	-	-	19x29
Foxfield	-	-	1719	-	1822	-	-	1917	-	-	1933
Kirkby-in-Furness	-	-	17x23	-	18x26	-	-	19x21	-	-	19x37
Askam	-	-	1728	-	1831	-	-	1926	-	-	1942
Barrow-in-Furness	a	-	1743	-	1846	-	-	1941	-	-	1957
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	-	-
Arnsdale	-	-	1827	-	-	1931	-	-	2031	-	-
Silverdale	-	-	1832	-	-	1935	-	-	2035	-	-
Carnforth	-	-	1841	-	-	1943	-	-	2043	-	-
Windermere	d	1800	-	1901	-	-	1957	-	-	-	-
Staveley	-	1805	-	1907	-	-	2002	-	-	-	-
Burneside	-	1810	-	1912	-	-	2007	-	-	-	-
Kendal	-	1814	-	1916	-	-	2011	-	-	-	-
Oxenholme Lake District	a	1819	-	1921	-	-	2016	-	-	-	-
Oxenholme Lake District	d	1828	-	1922	-	-	2043	-	-	-	-
Lancaster	a	1842	1850	1937	-	1951	2057	-	2050	-	-
Lancaster	d	1843	1857	1939	-	1951	2057	-	2050	-	-
Preston	a	1901	1915	1958	-	2014	2115	-	2108	-	-
Wigan North Western	a	1915	1929	2023	-	-	2129	-	2124	-	-
Manchester Oxford Road	a	-	-	2052	-	2120	-	-	2151	-	-
Manchester Piccadilly	a	-	-	2056	-	2123	-	-	2155	-	-
Manchester Airport	a	-	-	2116	-	2140	-	-	2213	-	-

Notes

x Stops on request.

Carlisle - Barrow - Lancaster

Sundays

Carlisle	d	1910	-	-	-	2010	2110	-	-	-	-
Dalston		1918	-	-	-	2018	2118	-	-	-	-
Wigton		1928	-	-	-	2028	2128	-	-	-	-
Aspatria		1938	-	-	-	2038	2138	-	-	-	-
Maryport		1949	-	-	-	2049	2149	-	-	-	-
Flimby		19x52	-	-	-	20x52	21x52	-	-	-	-
Workington		2000	-	-	-	2100	2200	-	-	-	-
Harrington		2004	-	-	-	2104	2204	-	-	-	-
Parton		20x12	-	-	-	21x12	22x12	-	-	-	-
Whitehaven	a	2019	-	-	-	2119	2219	-	-	-	-
Whitehaven	d	-	-	-	-	-	-	-	-	-	-
Corkickle		-	-	-	-	-	-	-	-	-	-
St. Bees		-	-	-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-	-
Sellafield		-	-	-	-	-	-	-	-	-	-
Seascale		-	-	-	-	-	-	-	-	-	-
Drigg		-	-	-	-	-	-	-	-	-	-
Ravenglass		-	-	-	-	-	-	-	-	-	-
Bootle (Cumbria)		-	-	-	-	-	-	-	-	-	-
Silecroft		-	-	-	-	-	-	-	-	-	-
Millom	a	-	-	-	-	-	-	-	-	-	-
Millom	d	-	-	-	-	-	-	-	-	-	-
Green Road		-	-	-	-	-	-	-	-	-	-
Foxfield		-	-	-	-	-	-	-	-	-	-
Kirkby-in-Furness		-	-	-	-	-	-	-	-	-	-
Askam		-	-	-	-	-	-	-	-	-	-
Barrow-in-Furness	a	-	-	-	-	-	-	-	-	-	-
Barrow-in-Furness	d	-	-	2046	-	-	-	-	-	-	-
Roose		-	-	2050	-	-	-	-	-	-	-
Dalton		-	-	2056	-	-	-	-	-	-	-
Ulverston		-	-	2105	-	-	-	-	-	-	-
Cark		-	-	2112	-	-	-	-	-	-	-
Kents Bank		-	-	2116	-	-	-	-	-	-	-
Grange-over-Sands		-	-	2120	-	-	-	-	-	-	-
Arnsdale		-	-	2126	-	-	-	-	-	-	-
Silverdale		-	-	2131	-	-	-	-	-	-	-
Carnforth		-	-	2138	-	-	-	-	-	-	-
Windermere	d	-	2047	-	2147	-	-	-	-	-	-
Staveley		-	2052	-	2152	-	-	-	-	-	-
Burneside		-	2057	-	2157	-	-	-	-	-	-
Kendal		-	2101	-	2201	-	-	-	-	-	-
Oxenholme Lake District	a	-	2106	-	2206	-	-	-	-	-	-
Oxenholme Lake District	d	-	2117	-	2215	-	-	-	-	-	-
Lancaster	a	-	2131	2148	2232	-	-	-	-	-	-
Lancaster	d	-	2132	-	2232	-	-	-	-	-	-
Preston	a	-	2150	-	2251	-	-	-	-	-	-
Wigan North Western	a	-	-	-	-	-	-	-	-	-	-
Manchester Oxford Road	a	-	2223	-	2318k	-	-	-	-	-	-
Manchester Piccadilly	a	-	2227	-	2322k	-	-	-	-	-	-
Manchester Airport	a	-	2243	-	2338k	-	-	-	-	-	-

Notes

k Change at Oxenholme.

x Stops on request.

Lancaster - Barrow - Carlisle

Mondays to Saturdays

		SO	SX					SX	SO	SO
Manchester Airport	d	-	-	-	-	-	-	-	-	0524
Manchester Piccadilly		-	-	-	-	-	0457	-	-	0543
Manchester Oxford Road		-	-	-	-	-	-	-	-	0547
Wigan North Western		-	-	-	-	-	-	-	-	0616
Preston		-	-	-	-	0518	0535	-	-	0644
Lancaster	a	-	-	-	-	0538	0550	-	-	0701
Lancaster	d	-	-	-	-	0538	0600	-	-	0702
Oxenholme Lake District	a	-	-	-	-	-	0614	-	-	-
Oxenholme Lake District	d	-	-	-	-	-	0616	-	-	-
Kendal		-	-	-	-	-	0621	-	-	-
Burneside		-	-	-	-	-	0625	-	-	-
Staveley		-	-	-	-	-	0630	-	-	-
Windermere	a	-	-	-	-	-	0636	-	-	-
Carnforth	d	-	-	-	-	0549	-	-	-	0712
Silverdale		-	-	-	-	0555	-	-	-	0717
Arnside		-	-	-	-	0559	-	-	-	0721
Grange-over-Sands		-	-	-	-	0605	-	-	-	0726
Kents Bank		-	-	-	-	0609	-	-	-	0730
Cark		-	-	-	-	0613	-	-	-	0734
Ulverston		-	-	-	-	0621	-	-	-	0741
Dalton		-	-	-	-	0629	-	-	-	0750
Roose		-	-	-	-	0635	-	-	-	0756
Barrow-in-Furness	a	-	-	-	-	0643	-	-	-	0802
Barrow-in-Furness	d	-	-	-	0558	-	-	0651	0750	0754
Askam		-	-	-	0608	-	-	0701	0800	0804
Kirkby-in-Furness		-	-	-	06x12	-	-	07x05	08x04	08x08
Foxfield		-	-	-	0616	-	-	0709	0808	0812
Green Road		-	-	-	06x20	-	-	07x13	08x11	08x15
Millom	a	-	-	-	0626	-	-	0719	0817	0821
Millom	d	-	-	-	0627	-	-	0719	0818	0822
Silecroft		-	-	-	06x32	-	-	07x24	08x23	08x27
Bootle (Cumbria)		-	-	-	06x39	-	-	07x31	08x29	08x33
Ravenglass		-	-	-	0645	-	-	0737	0835	0839
Drigg		-	-	-	06x49	-	-	07x41	08x38	08x42
Seascale		-	-	-	0653	-	-	0745	0842	0846
Sellafield		-	-	-	0700	-	-	0753	0849	0852
Braystones		-	-	-	-	-	-	07x57	-	08x55
Nethertown		-	-	-	-	-	-	07x59	-	08x58
St. Bees		-	-	-	0713	-	-	0805	0900	0904
Corkickle		-	-	-	0719	-	-	0811	0905	0909
Whitehaven	a	-	-	-	0722	-	-	0814	0908	0913
Whitehaven	d	-	-	0630	0723	-	-	0816	0909	0914
Parton		-	-	06x33	07x27	-	-	08x20	09x13	09x18
Harrington		-	-	0642	0736	-	-	0828	0921	0927
Workington		0548	0552	0648	0742	-	-	0834	0927	0933
Flimby		05x52	05x56	06x52	07x46	-	-	08x39	09x32	09x37
Maryport		0556	0600	0656	0750	-	-	0843	0936	0941
Aspatria		0606	0610	0706	0800	-	-	0853	0946	0951
Wigton		0618	0622	0718	0812	-	-	0904	0957	1003
Dalston		0627	0631	0727	0821	-	-	0913	1006	1012
Carlisle	a	0638	0642	0738	0832	-	-	0925	1017	1023

Notes

x Stops on request.

SO Saturday only.

SX Mondays to Fridays only.

Lancaster - Barrow - Carlisle

Mondays to Saturdays

		SX			SO	SX	SX	SO		SO	SX
Manchester Airport	d	0525	-	0610	-	0710	-	0710	-	0727	0728
Manchester Piccadilly		0544	-	0626	-	0726	-	0726	-	0745	0746
Manchester Oxford Road		0548	-	0629	-	0730	-	0730	-	0749	0749
Wigan North Western		0616	-	-	-	0738	-	0738	0738	0818	0820
Preston		0644	-	0704	-	0803	-	0803	0753	0842	0843
Lancaster	a	0701	-	0719	-	0818	-	0818	0807	0859	0900
Lancaster	d	0702	-	0736	-	0823	-	0823	0808	0900	0900
Oxenholme Lake District	a	-	-	-	-	-	-	-	0821	-	-
Oxenholme Lake District	d	-	0729	-	-	-	-	-	0827	-	-
Kendal		-	0733	-	-	-	-	-	0831	-	-
Burneside		-	0737	-	-	-	-	-	0835	-	-
Staveley		-	0742	-	-	-	-	-	0840	-	-
Windermere	a	-	0748	-	-	-	-	-	0846	-	-
Carnforth	d	0712	-	0746	-	0833	-	0833	-	0912	0911
Silverdale		0717	-	0752	-	0839	-	0839	-	0917	0916
Arnside		0721	-	0756	-	0843	-	0843	-	0921	0920
Grange-over-Sands		0726	-	0802	-	0849	-	0849	-	0927	0926
Kents Bank		0730	-	0806	-	-	-	0853	-	0930	0929
Cark		0734	-	0810	-	0855	-	0857	-	0934	0933
Ulverston		0741	-	0818	-	0903	-	0905	-	0942	0941
Dalton		0750	-	0827	-	0911	-	0914	-	0950	0949
Roose		0756	-	0833	-	-	-	0920	-	0956	0955
Barrow-in-Furness	a	0802	-	0840	-	0923	-	0927	-	1002	1001
Barrow-in-Furness	d	-	-	-	0917	-	0927	-	-	-	-
Askam		-	-	-	0927	-	0937	-	-	-	-
Kirkby-in-Furness		-	-	-	09x31	-	09x41	-	-	-	-
Foxfield		-	-	-	0935	-	0945	-	-	-	-
Green Road		-	-	-	09x38	-	09x48	-	-	-	-
Millom	a	-	-	-	0943	-	0954	-	-	-	-
Millom	d	-	-	-	0944	-	0955	-	-	-	-
Silecroft		-	-	-	09x48	-	09x59	-	-	-	-
Bootle (Cumbria)		-	-	-	09x55	-	10x06	-	-	-	-
Ravenglass		-	-	-	1001	-	1012	-	-	-	-
Drigg		-	-	-	10x04	-	10x15	-	-	-	-
Seascale		-	-	-	1008	-	1019	-	-	-	-
Sellafield		-	-	-	1014	-	1032	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-	-
St. Bees		-	-	-	1027	-	1042	-	-	-	-
Corkickle		-	-	-	1033	-	1047	-	-	-	-
Whitehaven	a	-	-	-	1035	-	1050	-	-	-	-
Whitehaven	d	-	-	-	1037	-	1051	-	-	-	-
Parton		-	-	-	10x40	-	10x55	-	-	-	-
Harrington		-	-	-	1049	-	1103	-	-	-	-
Workington		-	-	-	1055	-	1109	-	-	-	-
Flimby		-	-	-	10x59	-	11x14	-	-	-	-
Maryport		-	-	-	1103	-	1117	-	-	-	-
Aspatria		-	-	-	1113	-	1127	-	-	-	-
Wigton		-	-	-	1124	-	1138	-	-	-	-
Dalston		-	-	-	1133	-	1147	-	-	-	-
Carlisle	a	-	-	-	1144	-	1158	-	-	-	-

Notes

x Stops on request.

SO Saturday only.

SX Mondays to Fridays only.

Lancaster - Barrow - Carlisle

Mondays to Saturdays

		SO	SX		SX	SO		SX	SO		
Manchester Airport	d	-	-	-	0827	0828	-	0927	0928	0927c	-
Manchester Piccadilly		-	-	-	0848	0848	-	0948	0948	0948c	-
Manchester Oxford Road		-	-	-	0851	0851	-	0951	0951	0951c	-
Wigan North Western		0823	0800	-	0921	0921	0938	1021	1021	1025	-
Preston		0838	0815	-	0944	0945	0953	1045	1045	1041	-
Lancaster	a	0852	0830	-	1001	1002	1008	1102	1102	1055	-
Lancaster	d	0853	0830	-	1002	1003	1013	1103	1102	1055	-
Oxenholme Lake District	a	0906	0843	-	1020	1032	-	-	-	1109	-
Oxenholme Lake District	d	0920	0930	-	1021	1033	-	-	-	1121	-
Kendal		0924	0934	-	1026	1038	-	-	-	1125	-
Burneside		0928	0938	-	1029	-	-	-	-	1129	-
Staveley		0933	0943	-	1034	-	-	-	-	1134	-
Windermere	a	0939	0949	-	1041	1051	-	-	-	1140	-
Carnforth	d	-	-	-	-	-	1023	1112	1112	-	-
Silverdale		-	-	-	-	-	1029	1118	1117	-	-
Arnside		-	-	-	-	-	1033	1122	1121	-	-
Grange-over-Sands		-	-	-	-	-	1039	1128	1127	-	-
Kents Bank		-	-	-	-	-	1043	-	-	-	-
Cark		-	-	-	-	-	1047	1133	1132	-	-
Ulverston		-	-	-	-	-	1055	1141	1140	-	-
Dalton		-	-	-	-	-	1103	1149	1148	-	-
Roose		-	-	-	-	-	1109	-	-	-	-
Barrow-in-Furness	a	-	-	-	-	-	1117	1201	1200	-	-
Barrow-in-Furness	d	-	-	1022	-	-	1118	-	-	-	1206
Askam		-	-	1032	-	-	1128	-	-	-	1216
Kirkby-in-Furness		-	-	10x36	-	-	11x32	-	-	-	12x20
Foxfield		-	-	1040	-	-	1136	-	-	-	1224
Green Road		-	-	10x43	-	-	11x40	-	-	-	12x27
Millom	a	-	-	1049	-	-	1146	-	-	-	1233
Millom	d	-	-	1050	-	-	1146	-	-	-	1234
Silecroft		-	-	10x54	-	-	11x51	-	-	-	12x38
Bootle (Cumbria)		-	-	11x01	-	-	11x57	-	-	-	12x45
Ravenglass		-	-	1107	-	-	1203	-	-	-	1251
Drigg		-	-	11x10	-	-	12x06	-	-	-	12x54
Seascale		-	-	1114	-	-	1210	-	-	-	1257
Sellafield		-	-	1122	-	-	1217	-	-	-	1303
Braystones		-	-	11x26	-	-	-	-	-	-	13x07
Nethertown		-	-	11x28	-	-	-	-	-	-	13x09
St. Bees		-	-	1134	-	-	1227	-	-	-	1328
Corkickle		-	-	1140	-	-	1232	-	-	-	1334
Whitehaven	a	-	-	1143	-	-	1235	-	-	-	1336
Whitehaven	d	-	-	1145	-	-	1236	-	-	-	1338
Parton		-	-	11x48	-	-	-	-	-	-	13x41
Harrington		-	-	1157	-	-	-	-	-	-	1350
Workington		-	-	1203	-	-	1253	-	-	-	1356
Flimby		-	-	12x07	-	-	-	-	-	-	14x00
Maryport		-	-	1211	-	-	1301	-	-	-	1404
Aspatria		-	-	1221	-	-	1311	-	-	-	1414
Wigton		-	-	1233	-	-	1323	-	-	-	1426
Dalston		-	-	1242	-	-	-	-	-	-	1435
Carlisle	a	-	-	1253	-	-	1341	-	-	-	1447

Notes

c Change at Wigan North Western.

x Stops on request.

SO Saturday only.

SX Mondays to Fridays only.

Lancaster - Barrow - Carlisle

Mondays to Saturdays

				SO	SX	SO	SX	SX	SO		
Manchester Airport	d	1028	1110	-	-	-	1128	1128	1128	-	1228
Manchester Piccadilly		1047	1126	-	-	-	1147	1147	1147	-	1247
Manchester Oxford Road		1050	1130	-	-	-	1150	1150	1150	-	1250
Wigan North Western		1121	-	-	-	1225	1221	1221	1216	-	1321
Preston		1144	1204	-	-	1241	1245	1245	1245	-	1345
Lancaster	a	1202	1219	-	-	1255	1302	1302	1303	-	1402
Lancaster	d	1202	1220	-	-	1301	1302	1313	1313	-	1402
Oxenholme Lake District	a	-	1234	-	-	-	1331	-	1331	-	-
Oxenholme Lake District	d	-	1239	-	-	-	1332	-	1332	-	-
Kendal		-	1243	-	-	-	1337	-	1337	-	-
Burneside		-	1247	-	-	-	1340	-	1340	-	-
Staveley		-	1252	-	-	-	1345	-	1345	-	-
Windermere	a	-	1258	-	-	-	1351	-	1352	-	-
Carnforth	d	1212	-	-	-	1311	-	1323	-	-	1412
Silverdale		1217	-	-	-	1317	-	1329	-	-	1417
Arnside		1222	-	-	-	1321	-	1333	-	-	1421
Grange-over-Sands		1227	-	-	-	1327	-	1339	-	-	1427
Kents Bank		1231	-	-	-	1331	-	1343	-	-	1430
Cark		1235	-	-	-	1335	-	1347	-	-	1434
Ulverston		1242	-	-	-	1343	-	1355	-	-	1442
Dalton		1251	-	-	-	1352	-	1403	-	-	1450
Roose		1257	-	-	-	1358	-	1409	-	-	1456
Barrow-in-Furness	a	1303	-	-	-	1405	-	1417	-	-	1503
Barrow-in-Furness	d	-	-	1316	1316	1414	-	1418	-	1449	-
Askam		-	-	1326	1326	1424	-	1428	-	1459	-
Kirkby-in-Furness		-	-	13x30	13x30	14x28	-	14x32	-	15x03	-
Foxfield		-	-	1334	1334	1432	-	1436	-	1507	-
Green Road		-	-	13x37	13x37	14x35	-	14x40	-	15x10	-
Millom	a	-	-	1343	1343	1441	-	1446	-	1516	-
Millom	d	-	-	1344	1344	1442	-	1446	-	1517	-
Silecroft		-	-	13x48	13x48	14x46	-	14x50	-	15x21	-
Bootle (Cumbria)		-	-	13x55	13x55	14x53	-	14x57	-	15x28	-
Ravenglass		-	-	1401	1401	1459	-	1503	-	1534	-
Drigg		-	-	14x04	14x04	15x02	-	15x06	-	15x37	-
Seascale		-	-	1407	1407	1506	-	1509	-	1541	-
Sellafield		-	-	1413	1413	1512	-	1515	-	1547	-
Braystones		-	-	-	14x16	15x15	-	-	-	-	-
Nethertown		-	-	-	14x19	15x18	-	-	-	-	-
St. Bees		-	-	1426	1427	1527	-	1527	-	1600	-
Corkickle		-	-	1432	1433	1533	-	1533	-	1606	-
Whitehaven	a	-	-	1434	1436	1536	-	1536	-	1608	-
Whitehaven	d	-	-	1438	1438	1539	-	1540	-	1612	-
Parton		-	-	14x41	14x41	15x44	-	15x45	-	16x15	-
Harrington		-	-	1450	1450	1552	-	1553	-	1624	-
Workington		-	-	1456	1456	1558	-	1559	-	1633	-
Flimby		-	-	15x00	15x00	16x03	-	16x04	-	16x37	-
Maryport		-	-	1505	1505	1607	-	1608	-	1643	-
Aspatria		-	-	1515	1515	1617	-	1618	-	1653	-
Wigton		-	-	1526	1526	1628	-	1629	-	1705	-
Dalston		-	-	1535	1535	1637	-	1638	-	1714	-
Carlisle	a	-	-	1546	1546	1648	-	1651	-	1725	-

Notes

x Stops on request.

SO Saturday only.

SX Mondays to Fridays only.

Lancaster - Barrow - Carlisle

Mondays to Saturdays

				SO	SX		SO	SX	SX	SO	SX
Manchester Airport	d	1310	-	1328	1328	1410	-	-	1428	1428	-
Manchester Piccadilly		1326	-	1347	1347	1426	-	-	1447	1447	-
Manchester Oxford Road		1330	-	1350	1350	1430	-	-	1450	1450	-
Wigan North Western		1338	-	1421	1421	1425	-	-	1521	1520	-
Preston		1405	-	1445	1445	1504	-	-	1546	1545	-
Lancaster	a	1420	-	1502	1502	1519	-	-	1603	1602	-
Lancaster	d	1421	-	1503	1503	1520	-	-	1603	1603	-
Oxenholme Lake District	a	1434	-	-	-	1533	-	-	1630	1630	-
Oxenholme Lake District	d	1439	-	-	-	1537	-	-	1631	1631	-
Kendal		1443	-	-	-	1541	-	-	1636	1636	-
Burneside		-	-	-	-	1545	-	-	1639	1639	-
Staveley		-	-	-	-	1550	-	-	1644	1644	-
Windermere	a	1455	-	-	-	1556	-	-	1651	1651	-
Carnforth	d	-	-	1512	1512	-	-	-	-	-	-
Silverdale		-	-	1517	1517	-	-	-	-	-	-
Arnside		-	-	1521	1522	-	-	-	-	-	-
Grange-over-Sands		-	-	1527	1527	-	-	-	-	-	-
Kents Bank		-	-	1530	1531	-	-	-	-	-	-
Cark		-	-	1534	1535	-	-	-	-	-	-
Ulverston		-	-	1542	1542	-	-	-	-	-	-
Dalton		-	-	1550	1551	-	-	-	-	-	-
Roose		-	-	1556	1557	-	-	-	-	-	-
Barrow-in-Furness	a	-	-	1603	1604	-	-	-	-	-	-
Barrow-in-Furness	d	-	1544	-	-	-	1611	1615	-	-	-
Askam		-	1554	-	-	-	1621	1625	-	-	-
Kirkby-in-Furness		-	15x58	-	-	-	16x25	16x29	-	-	-
Foxfield		-	1602	-	-	-	1629	1634	-	-	-
Green Road		-	16x05	-	-	-	16x32	16x37	-	-	-
Millom	a	-	1611	-	-	-	1638	1643	-	-	-
Millom	d	-	1612	-	-	-	1639	1644	-	-	-
Silecroft		-	16x16	-	-	-	16x43	16x48	-	-	-
Bootle (Cumbria)		-	16x23	-	-	-	16x50	16x55	-	-	-
Ravenglass		-	1629	-	-	-	1656	1701	-	-	-
Drigg		-	16x32	-	-	-	16x59	17x04	-	-	-
Seascale		-	1635	-	-	-	1702	1708	-	-	-
Sellafield		-	1641	-	-	-	1708	1712	-	-	-
Braystones		-	-	-	-	-	17x11	-	-	-	-
Nethertown		-	-	-	-	-	17x14	-	-	-	-
St. Bees		-	1652	-	-	-	1719	-	-	-	-
Corkickle		-	1657	-	-	-	1724	-	-	-	-
Whitehaven	a	-	1700	-	-	-	1728	-	-	-	-
Whitehaven	d	-	1701	-	-	-	1729	-	-	-	1749
Parton		-	17x05	-	-	-	17x33	-	-	-	17x52
Harrington		-	1713	-	-	-	1741	-	-	-	1801
Workington		-	1719	-	-	-	1747	-	-	-	1807
Flimby		-	17x24	-	-	-	17x52	-	-	-	18x11
Maryport		-	1728	-	-	-	1756	-	-	-	1816
Aspatria		-	1738	-	-	-	1806	-	-	-	1826
Wigton		-	1749	-	-	-	1817	-	-	-	1837
Dalston		-	1759	-	-	-	1826	-	-	-	1846
Carlisle	a	-	1810	-	-	-	1841	-	-	-	1857

Notes

x Stops on request.

SO Saturday only.

SX Mondays to Fridays only.

Lancaster - Barrow - Carlisle

Mondays to Saturdays

		SX	SO			SO	SX	SO	SX	SO		
Manchester Airport	d	1410	1528	1528	-	1610	1510	1528	c	-	1626	1628
Manchester Piccadilly		1426	1547	1547	-	1626	1526	1547	c	-	1648	1647
Manchester Oxford Road		1430	1551	1551	-	1630	1530	1551	c	-	1659	1650
Wigan North Western		-	1615	1618	-	1644	-	1625	-	-	-	1721
Preston		1532	1634	1645	-	1706	1604	1641	-	-	1745	1745
Lancaster	a	1553	1651	1702	-	1722	1619	1656	-	-	1802	1802
Lancaster	d	1612	1652	1704	-	1732	1620	1656	-	-	1802	1802
Oxenholme Lake District	a	-	-	-	-	-	1633	1710	-	-	-	-
Oxenholme Lake District	d	-	-	-	-	-	1736	1742	-	-	-	-
Kendal		-	-	-	-	-	1740	1746	-	-	-	-
Burneside		-	-	-	-	-	1744	1750	-	-	-	-
Staveley		-	-	-	-	-	1749	1755	-	-	-	-
Windermere	a	-	-	-	-	-	1755	1801	-	-	-	-
Carnforth	d	1622	1701	1713	-	1742	-	-	-	-	1812	1812
Silverdale		1628	1706	1718	-	1747	-	-	-	-	1817	1817
Arnside		1632	1710	1722	-	1752	-	-	-	-	1821	1821
Grange-over-Sands		1638	1716	1728	-	1758	-	-	-	-	1827	1827
Kents Bank		1642	1719	1731	-	1801	-	-	-	-	1830	1830
Cark		1646	1723	1735	-	1805	-	-	-	-	1834	1834
Ulverston		1654	1731	1743	-	1813	-	-	-	-	1842	1842
Dalton		1702	1739	1751	-	1821	-	-	-	-	1850	1850
Roose		1708	1745	1757	-	1827	-	-	-	-	1856	1856
Barrow-in-Furness	a	1716	1751	1803	-	1835	-	-	-	-	1903	1902
Barrow-in-Furness	d	1717	-	-	1807	-	-	-	-	1857	-	-
Askam		1728	-	-	1817	-	-	-	-	1907	-	-
Kirkby-in-Furness		17x32	-	-	18x21	-	-	-	-	19x11	-	-
Foxfield		1736	-	-	1825	-	-	-	-	1915	-	-
Green Road		17x39	-	-	18x28	-	-	-	-	19x19	-	-
Millom	a	1745	-	-	1834	-	-	-	-	1925	-	-
Millom	d	1745	-	-	1834	-	-	-	-	1925	-	-
Silecroft		17x50	-	-	-	-	-	-	-	19x29	-	-
Bootle (Cumbria)		17x56	-	-	-	-	-	-	-	19x36	-	-
Ravenglass		1802	-	-	1849	-	-	-	-	1942	-	-
Drigg		18x05	-	-	18x52	-	-	-	-	19x45	-	-
Seascale		1809	-	-	1856	-	-	-	-	1948	-	-
Sellafield		1814	-	-	1900	-	-	-	-	1953	-	-
Braystones		-	-	-	-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-	-	-
St. Bees		1826	-	-	1912	-	-	-	-	2003	-	-
Corkickle		1832	-	-	1917	-	-	-	-	2008	-	-
Whitehaven	a	1834	-	-	1920	-	-	-	-	2012	-	-
Whitehaven	d	1835	-	-	1921	-	-	-	-	2013	-	-
Parton		18x39	-	-	19x25	-	-	-	-	20x17	-	-
Harrington		1847	-	-	1933	-	-	-	-	2025	-	-
Workington		1853	-	-	1943	-	-	-	-	2035	-	-
Flimby		18x58	-	-	19x47	-	-	-	-	20x40	-	-
Maryport		1902	-	-	1953	-	-	-	-	2044	-	-
Aspatria		1912	-	-	2003	-	-	-	-	2054	-	-
Wigton		1923	-	-	2014	-	-	-	-	2105	-	-
Dalston		1932	-	-	2023	-	-	-	-	2114	-	-
Carlisle	a	1943	-	-	2034	-	-	-	-	2125	-	-

Notes

c Change at Wigan North Western.

x Stops on request.

SO Saturday only.

SX Mondays to Fridays only.

Lancaster - Barrow - Carlisle

Mondays to Saturdays

			SX		SX	SO	SX	SO	SX	SO	SX
Manchester Airport	d	-	-	1710	-	-	1727	1728	1727	1728	1828
Manchester Piccadilly		-	-	1727	-	-	1747	1748	1747	1748	1847
Manchester Oxford Road		-	-	1730	-	-	1751	1751	1751	1751	1852
Wigan North Western		1738	-	-	-	-	1820	1820	-	-	1920
Preston		1753	-	0805	-	-	1845	1844	1845	1844	1944
Lancaster	a	1807	-	1820	-	-	1902	1902	1902	1902	2001
Lancaster	d	1808	-	1835	-	-	1902	1902	1913	1913	2002
Oxenholme Lake District	a	1821	-	-	-	-	1920	1921	-	-	-
Oxenholme Lake District	d	1829	-	-	-	-	1922	1922	-	-	-
Kendal		1833	-	-	-	-	1926	1927	-	-	-
Burneside		1837	-	-	-	-	1930	1930	-	-	-
Staveley		1842	-	-	-	-	1935	1935	-	-	-
Windermere	a	1848	-	-	-	-	1942	1941	-	-	-
Carnforth	d	-	-	1845	-	-	-	-	1923	1923	2011
Silverdale		-	-	1851	-	-	-	-	1929	1929	2016
Arnside		-	-	1855	-	-	-	-	1933	1933	2021
Grange-over-Sands		-	-	1901	-	-	-	-	1939	1939	2026
Kents Bank		-	-	1905	-	-	-	-	1943	1943	2030
Cark		-	-	1909	-	-	-	-	1947	1947	2034
Ulverston		-	-	1917	-	-	-	-	1955	1955	2042
Dalton		-	-	1925	-	-	-	-	2003	2003	2050
Roose		-	-	1931	-	-	-	-	2009	2009	2056
Barrow-in-Furness	a	-	-	1939	-	-	-	-	2017	2017	2103
Barrow-in-Furness	d	-	1912	-	1944	1944	-	-	2018	2018	-
Askam		-	1922	-	1954	1954	-	-	2028	2028	-
Kirkby-in-Furness		-	19x26	-	19x58	19x58	-	-	20x32	20x32	-
Foxfield		-	1930	-	2002	2002	-	-	2036	2036	-
Green Road		-	19x33	-	20x05	20x05	-	-	20x40	20x40	-
Millom	a	-	1939	-	2012	2011	-	-	2045	2046	-
Millom	d	-	1940	-	-	2011	-	-	2045	-	-
Silecroft		-	19x44	-	-	20x16	-	-	20x50	-	-
Bootle (Cumbria)		-	19x51	-	-	20x22	-	-	20x56	-	-
Ravenglass		-	1957	-	-	2028	-	-	2102	-	-
Drigg		-	20x00	-	-	20x31	-	-	21x05	-	-
Seascale		-	2003	-	-	2035	-	-	2109	-	-
Sellafield		-	2012	-	-	2041	-	-	2115	-	-
Braystones		-	20x15	-	-	20x44	-	-	-	-	-
Nethertown		-	20x18	-	-	20x47	-	-	-	-	-
St. Bees		-	2027	-	-	2052	-	-	2124	-	-
Corkickle		-	2032	-	-	2057	-	-	2130	-	-
Whitehaven	a	-	2036	-	-	2101	-	-	2132	-	-
Whitehaven	d	-	2037	-	-	2102	-	-	2134	-	-
Parton		-	20x41	-	-	21x06	-	-	21x37	-	-
Harrington		-	2049	-	-	2114	-	-	2146	-	-
Workington		-	2055	-	-	2120	-	-	2152	-	-
Flimby		-	21x00	-	-	21x25	-	-	21x56	-	-
Maryport		-	2104	-	-	2128	-	-	2200	-	-
Aspatria		-	2114	-	-	-	-	-	2210	-	-
Wigton		-	2125	-	-	-	-	-	2221	-	-
Dalston		-	2134	-	-	-	-	-	2230	-	-
Carlisle	a	-	2145	-	-	-	-	-	2241	-	-

Notes

x Stops on request.

SO Saturday only.

SX Mondays to Fridays only.

Lancaster - Barrow - Carlisle

Mondays to Saturdays

		SO	SO	X		SX	SO	SO	X	SO	Y	SX	
Manchester Airport	d	1828	1828	c	-	1926	-	-	1926	c	1926	c	-
Manchester Piccadilly		1847	1847	c	-	1947	-	-	1947	c	1947	c	-
Manchester Oxford Road		1851	1851	c	-	1950	-	-	1950	c	1950	c	-
Wigan North Western		1919	1926	-	-	2020	-	-	2025	2025	2025	-	-
Preston		1945	1942	-	-	2045	-	-	2041	2041	2041	-	-
Lancaster	a	2002	1955	-	-	2102	-	-	2055	2055	2055	-	-
Lancaster	d	2003	1956	-	-	2103	-	-	2055	2055	2055	-	-
Oxenholme Lake District	a	-	2008	-	-	-	-	-	2108	2108	2108	-	-
Oxenholme Lake District	d	-	2018	-	-	-	-	-	2115	2117	2120	-	-
Kendal		-	2022	-	-	-	-	-	2125	2121	2124	-	-
Burneside		-	2026	-	-	-	-	-	2135	2125	2128	-	-
Staveley		-	2031	-	-	-	-	-	2145	2130	2133	-	-
Windermere	a	-	2037	-	-	-	-	-	2155	2136	2139	-	-
Carnforth	d	2012	-	-	-	2113	-	-	-	-	-	-	-
Silverdale		2017	-	-	-	2118	-	-	-	-	-	-	-
Arnside		2021	-	-	-	2122	-	-	-	-	-	-	-
Grange-over-Sands		2027	-	-	-	2127	-	-	-	-	-	-	-
Kents Bank		2030	-	-	-	2131	-	-	-	-	-	-	-
Cark		2035	-	-	-	2135	-	-	-	-	-	-	-
Ulverston		2042	-	-	-	2142	-	-	-	-	-	-	-
Dalton		2051	-	-	-	2150	-	-	-	-	-	-	-
Roose		2057	-	-	-	2156	-	-	-	-	-	-	-
Barrow-in-Furness	a	2103	-	-	-	2203	-	-	-	-	-	-	-
Barrow-in-Furness	d	-	-	-	-	2110	-	-	-	-	-	-	2211
Askam		-	-	-	-	2120	-	-	-	-	-	-	2221
Kirkby-in-Furness		-	-	-	-	21x24	-	-	-	-	-	-	22x25
Foxfield		-	-	-	-	2128	-	-	-	-	-	-	2229
Green Road		-	-	-	-	21x32	-	-	-	-	-	-	22x33
Millom	a	-	-	-	-	2138	-	-	-	-	-	-	2239
Millom	d	-	-	-	-	-	-	-	-	-	-	-	-
Silecroft		-	-	-	-	-	-	-	-	-	-	-	-
Bootle (Cumbria)		-	-	-	-	-	-	-	-	-	-	-	-
Ravenglass		-	-	-	-	-	-	-	-	-	-	-	-
Drigg		-	-	-	-	-	-	-	-	-	-	-	-
Seascale		-	-	-	-	-	-	-	-	-	-	-	-
Sellafield		-	-	-	-	-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-	-	-	-
St. Bees		-	-	-	-	-	-	-	-	-	-	-	-
Corkickle		-	-	-	-	-	-	-	-	-	-	-	-
Whitehaven	a	-	-	-	-	-	-	-	-	-	-	-	-
Whitehaven	d	-	-	-	-	2209	2209	-	-	-	-	-	-
Parton		-	-	-	-	22x12	22x12	-	-	-	-	-	-
Harrington		-	-	-	-	2221	2221	-	-	-	-	-	-
Workington		-	-	-	-	2227	2227	-	-	-	-	-	-
Flimby		-	-	-	-	22x32	22x32	-	-	-	-	-	-
Maryport		-	-	-	-	2236	2236	-	-	-	-	-	-
Aspatria		-	-	-	-	2246	-	-	-	-	-	-	-
Wigton		-	-	-	-	2257	-	-	-	-	-	-	-
Dalston		-	-	-	-	2306	-	-	-	-	-	-	-
Carlisle	a	-	-	-	-	2317	-	-	-	-	-	-	-

Notes

c Change at Wigan North Western.

x Stops on request.

X From 8 January until 12 February.

Y Until 1 January and from 19 February.

SO Saturday 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	X	SO	X	SO	X	SO	Y	SX	SO	Y	SO	Y	SO	X	SO	X
Manchester Airport	d	2007	-	-	-	-	-	-	-	-	-	-	2210	-	-	-	-	-	-
Manchester Piccadilly		2026	-	-	-	-	-	-	-	-	-	-	2225	-	-	-	-	-	-
Manchester Oxford Road		2030	-	-	-	-	-	-	-	-	-	-	2229	-	-	-	-	-	-
Wigan North Western		2127	-	-	-	-	-	-	-	2127	-	-	2253	-	-	-	-	-	-
Preston		2143	2125	-	-	-	-	-	-	2143	2211	2309	2230	-	-	-	-	-	-
Lancaster	a	2155	2215	-	-	-	-	-	-	2155	2231	2326	2320	-	-	-	-	-	-
Lancaster	d	2208	-	-	2226	-	-	-	-	2158	2232	2328	-	-	-	-	-	2328	-
Oxenholme Lake District	a	-	-	-	-	-	-	-	-	2210	-	-	-	-	-	-	-	-	-
Oxenholme Lake District	d	-	-	-	-	2200	2206	2222	-	-	-	-	-	-	-	-	-	-	-
Kendal		-	-	-	-	2210	2210	2226	-	-	-	-	-	-	-	-	-	-	-
Burneside		-	-	-	-	2220	2214	2230	-	-	-	-	-	-	-	-	-	-	-
Staveley		-	-	-	-	2230	2219	2235	-	-	-	-	-	-	-	-	-	-	-
Windermere	a	-	-	-	-	2240	2225	2241	-	-	-	-	-	-	-	-	-	-	-
Carnforth	d	2218	-	-	2236	-	-	-	-	-	2242	2337	-	-	-	-	-	2338	-
Silverdale		2224	-	-	2242	-	-	-	-	-	2248	2342	-	-	-	-	-	2344	-
Arnside		2228	-	-	2246	-	-	-	-	-	2252	2347	-	-	-	-	-	2349	-
Grange-over-Sands		2234	-	-	2252	-	-	-	-	-	2258	2354	-	-	-	-	-	2355	-
Kents Bank		2238	-	-	2256	-	-	-	-	-	2302	2358	-	-	-	-	-	2358	-
Cark		2242	-	-	2300	-	-	-	-	-	2306	0002	-	-	-	-	-	0002	-
Ulverston		2250	-	-	2308	-	-	-	-	-	2314	0009	-	-	-	-	-	0011	-
Dalton		2258	-	-	2316	-	-	-	-	-	2322	0018	-	-	-	-	-	0019	-
Roose		2304	-	-	2322	-	-	-	-	-	2328	0024	-	-	-	-	-	0025	-
Barrow-in-Furness	a	2312	-	-	2330	-	-	-	-	-	2336	0030	-	-	-	-	-	0032	-
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 Stops on request.

X From 8 January until 12 February.

Y Until 1 January and from 19 February.

SO Saturday only.

SX Mondays to Fridays only.

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

Lancaster - Barrow - Carlisle

Mondays to Saturdays

											
		SO	X	SX							
Manchester Airport	d	-	2210	-	-	-	-	-	-	-	-
Manchester Piccadilly		-	2225	-	-	-	-	-	-	-	-
Manchester Oxford Road		-	2229	-	-	-	-	-	-	-	-
Wigan North Western		-	2257	-	-	-	-	-	-	-	-
Preston		2310	2315	-	-	-	-	-	-	-	-
Lancaster	a	2359	2332	-	-	-	-	-	-	-	-
Lancaster	d	-	2333	-	-	-	-	-	-	-	-
Oxenholme Lake District	a	-	-	-	-	-	-	-	-	-	-
Oxenholme Lake District	d	-	-	-	-	-	-	-	-	-	-
Kendal		-	-	-	-	-	-	-	-	-	-
Burneside		-	-	-	-	-	-	-	-	-	-
Staveley		-	-	-	-	-	-	-	-	-	-
Windermere	a	-	-	-	-	-	-	-	-	-	-
Carnforth	d	-	2342	-	-	-	-	-	-	-	-
Silverdale		-	2347	-	-	-	-	-	-	-	-
Arnside		-	2352	-	-	-	-	-	-	-	-
Grange-over-Sands		-	2358	-	-	-	-	-	-	-	-
Kents Bank		-	0001	-	-	-	-	-	-	-	-
Cark		-	0005	-	-	-	-	-	-	-	-
Ulverston		-	0013	-	-	-	-	-	-	-	-
Dalton		-	0021	-	-	-	-	-	-	-	-
Roose		-	0027	-	-	-	-	-	-	-	-
Barrow-in-Furness	a	-	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 From 8 January until 12 February.

SO Saturday only.

SX Mondays to Fridays only.

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

Lancaster - Barrow - Carlisle

Sundays

		T	T	S					Q	R
Manchester Airport	d	-	-	-	-	-	-	-	0833	-
Manchester Piccadilly		-	-	-	-	-	-	-	0853	0853
Manchester Oxford Road		-	-	-	-	-	-	-	0856	0856
Wigan North Western		-	-	-	-	-	-	-	0920	0920
Preston		-	-	-	-	-	-	-	0948	0948
Lancaster	a	-	-	-	-	-	-	-	1005	1005
Lancaster	d	-	-	-	-	-	-	0945	1006	1006
Oxenholme Lake District	a	-	-	-	-	-	-	-	1022	1022
Oxenholme Lake District	d	-	-	-	-	-	0945	-	1030	1030
Kendal		-	-	-	-	-	0955	-	1034	1034
Burneside		-	-	-	-	-	1005	-	1038	1038
Staveley		-	-	-	-	-	1015	-	1043	1043
Windermere	a	-	-	-	-	-	1025	-	1049	1049
Carnforth	d	-	-	-	-	0855	-	1010	-	-
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	-	-	-
Askam		-	-	-	-	0915	1000	-	-	-
Kirkby-in-Furness		-	-	-	-	09x19	10x04	-	-	-
Foxfield		-	-	-	-	0923	1008	-	-	-
Green Road		-	-	-	-	09x26	10x11	-	-	-
Millom	a	-	-	-	-	0933	1017	-	-	-
Millom	d	-	-	-	-	1017	-	-	-	-
Silecroft		-	-	-	-	10x22	-	-	-	-
Bootle (Cumbria)		-	-	-	-	10x28	-	-	-	-
Ravenglass		-	-	-	-	1034	-	-	-	-
Drigg		-	-	-	-	10x37	-	-	-	-
Seascale		-	-	-	-	1041	-	-	-	-
Sellafield		-	-	-	-	1046	-	-	-	-
Braystones		-	-	-	-	10x50	-	-	-	-
Nethertown		-	-	-	-	10x52	-	-	-	-
St. Bees		-	-	-	-	1100	-	-	-	-
Corkickle		-	-	-	-	1106	-	-	-	-
Whitehaven	a	-	-	-	-	1109	-	-	-	-
Whitehaven	d	-	-	-	1016	-	1111	-	-	-
Parton		-	-	-	10x20	-	11x14	-	-	-
Harrington		-	-	-	1028	-	1123	-	-	-
Workington		0855	0940	0957	1034	-	1129	-	-	-
Flimby		09x00	09x45	10x02	10x39	-	11x33	-	-	-
Maryport		0904	0949	1006	1043	-	1137	-	-	-
Aspatria		0914	0959	1016	1053	-	1147	-	-	-
Wigton		0925	1010	1027	1104	-	1159	-	-	-
Dalston		0934	1019	1036	1113	-	1208	-	-	-
Carlisle	a	0945	1030	1047	1124	-	1219	-	-	-

Notes

x Stops on request.

Q Until 2 January.

R From 20 February.

S From 9 January until 13 February and from 3 April.

T Until 2 January and from 20 February until 27 March.

V From 9 January until 13 February.

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

Lancaster - Barrow - Carlisle

Sundays

		V	W	V	Z	U	W				
Manchester Airport	d	-	-	0905	0935	0935	-	-	1010	1033	1110
Manchester Piccadilly		-	-	0923	0954	0952	-	-	1026	1055	1125
Manchester Oxford Road		-	-	0928	0957	0957	-	-	1030	1100	1129
Wigan North Western		-	-	-	1027	1027	-	-	-	-	1140
Preston		-	-	1030	1043	1043	-	-	1108	1146	1205
Lancaster	a	-	-	1047	1100	1100	-	-	1124	1203	1220
Lancaster	d	-	1011	1047	1101	1101	-	-	1125	1204	1221
Oxenholme Lake District	a	-	-	1103	-	-	-	-	1138	-	1234
Oxenholme Lake District	d	-	-	1104	-	-	1117	-	1202	-	1245
Kendal		-	-	1109	-	-	1121	-	1206	-	1249
Burneside		-	-	1112	-	-	1124	-	-	-	1253
Staveley		-	-	1117	-	-	1129	-	-	-	1258
Windermere	a	-	-	1123	-	-	1135	-	1219	-	1304
Carnforth	d	1020	1021	-	1110	1110	-	-	-	1213	-
Silverdale		1026	1027	-	1115	1115	-	-	-	1218	-
Arnside		1030	1031	-	1119	1119	-	-	-	1223	-
Grange-over-Sands		1036	1037	-	1125	1125	-	-	-	1228	-
Kents Bank		1040	1041	-	1128	1128	-	-	-	1232	-
Cark		1044	1045	-	1132	1132	-	-	-	1236	-
Ulverston		1052	1053	-	1140	1140	-	-	-	1243	-
Dalton		1100	1101	-	1148	1148	-	-	-	1251	-
Roose		1106	1107	-	1154	1154	-	-	-	1257	-
Barrow-in-Furness	a	1114	1115	-	1201	1201	-	-	-	1304	-
Barrow-in-Furness	d	1115	1116	-	-	-	-	1218	-	-	-
Askam		1125	1126	-	-	-	-	1228	-	-	-
Kirkby-in-Furness		11x29	11x30	-	-	-	-	12x32	-	-	-
Foxfield		1133	1134	-	-	-	-	1236	-	-	-
Green Road		11x37	11x38	-	-	-	-	12x39	-	-	-
Millom	a	1143	1144	-	-	-	-	1245	-	-	-
Millom	d	1143	1144	-	-	-	-	1245	-	-	-
Silecroft		11x47	11x48	-	-	-	-	12x50	-	-	-
Bootle (Cumbria)		11x54	11x55	-	-	-	-	12x56	-	-	-
Ravenglass		1200	1201	-	-	-	-	1302	-	-	-
Drigg		12x03	12x04	-	-	-	-	13x05	-	-	-
Seascale		1206	1207	-	-	-	-	1309	-	-	-
Sellafield		1212	1213	-	-	-	-	1315	-	-	-
Braystones		-	-	-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-	-
St. Bees		1225	1225	-	-	-	-	1328	-	-	-
Corkickle		1230	1230	-	-	-	-	1333	-	-	-
Whitehaven	a	1233	1233	-	-	-	-	1337	-	-	-
Whitehaven	d	1234	1234	-	-	-	-	1338	-	-	-
Parton		12x38	12x38	-	-	-	-	13x42	-	-	-
Harrington		1246	1246	-	-	-	-	1350	-	-	-
Workington		1252	1252	-	-	-	-	1358	-	-	-
Flimby		12x57	12x57	-	-	-	-	14x03	-	-	-
Maryport		1301	1301	-	-	-	-	1408	-	-	-
Aspatria		1311	1311	-	-	-	-	1418	-	-	-
Wigton		1322	1322	-	-	-	-	1430	-	-	-
Dalston		1331	1331	-	-	-	-	1439	-	-	-
Carlisle	a	1342	1342	-	-	-	-	1450	-	-	-

Notes

x Stops on request.

U From 3 April.

V From 9 January until 13 February.

W Until 2 January and from 20 February.

Z Until 27 March.

Lancaster - Barrow - Carlisle

Sundays

			U	Z						
Manchester Airport	d	-	1132	-	-	-	1242	-	-	1330 1330c
Manchester Piccadilly		-	1151	-	-	-	1301	-	-	1348 1348c
Manchester Oxford Road		-	1154	1154	1154	-	1306	-	-	1351 1351c
Wigan North Western		-	1219	1219	1219	-	1333	1326	-	1421 1427
Preston		-	1245	1245	1245	-	1358	1341	-	1447 1442
Lancaster	a	-	1302	1302	1302	-	1415	1356	-	1504 1457
Lancaster	d	-	1302	1302	1314	-	1416	1356	-	1505 1458
Oxenholme Lake District	a	-	1333	1333	-	-	-	1409	-	- 1510
Oxenholme Lake District	d	-	1333	1333	-	-	-	1422	-	- 1529
Kendal		-	1338	1338	-	-	-	1426	-	- 1533
Burneside		-	1341	1341	-	-	-	1430	-	- 1537
Staveley		-	1346	1346	-	-	-	1435	-	- 1542
Windermere	a	-	1353	1353	-	-	-	1441	-	- 1548
Carnforth	d	-	-	-	1324	-	1425	-	-	1514 -
Silverdale		-	-	-	1330	-	1430	-	-	1519 -
Arnside		-	-	-	1334	-	1434	-	-	1523 -
Grange-over-Sands		-	-	-	1340	-	1439	-	-	1528 -
Kents Bank		-	-	-	1344	-	1443	-	-	1532 -
Cark		-	-	-	1348	-	1447	-	-	1536 -
Ulverston		-	-	-	1356	-	1454	-	-	1543 -
Dalton		-	-	-	1404	-	1502	-	-	1552 -
Roose		-	-	-	1410	-	1509	-	-	1558 -
Barrow-in-Furness	a	-	-	-	1418	-	1515	-	-	1604 -
Barrow-in-Furness	d	1309	-	-	1419	1455	-	-	1558	- -
Askam		1319	-	-	1429	1505	-	-	1608	- -
Kirkby-in-Furness		13x23	-	-	-	15x09	-	-	16x12	- -
Foxfield		1327	-	-	-	1513	-	-	1616	- -
Green Road		13x30	-	-	-	15x16	-	-	16x19	- -
Millom	a	1336	-	-	1443	1522	-	-	1625	- -
Millom	d	1336	-	-	1444	1523	-	-	1625	- -
Silecroft		13x41	-	-	-	15x28	-	-	16x30	- -
Bootle (Cumbria)		13x47	-	-	-	15x34	-	-	16x36	- -
Ravenglass		1353	-	-	1459	1541	-	-	1642	- -
Drigg		13x56	-	-	-	15x44	-	-	16x45	- -
Seascale		1400	-	-	-	1547	-	-	1649	- -
Sellafield		1405	-	-	1507	1551	-	-	1654	- -
Braystones		14x09	-	-	-	-	-	-	16x58	- -
Nethertown		14x11	-	-	-	-	-	-	17x00	- -
St. Bees		1416	-	-	1520	1601	-	-	1705	- -
Corkickle		1421	-	-	1525	1607	-	-	1710	- -
Whitehaven	a	1425	-	-	1528	1609	-	-	1714	- -
Whitehaven	d	1426	-	-	1529	1611	-	-	1716	- -
Parton		14x30	-	-	15x33	16x14	-	-	17x20	- -
Harrington		1438	-	-	1541	1623	-	-	1728	- -
Workington		1444	-	-	1547	1629	-	-	1734	- -
Flimby		14x49	-	-	15x52	16x33	-	-	17x39	- -
Maryport		1453	-	-	1556	1637	-	-	1743	- -
Aspatria		1503	-	-	1606	1647	-	-	1753	- -
Wigton		1514	-	-	1617	1659	-	-	1804	- -
Dalston		1523	-	-	1626	1708	-	-	1813	- -
Carlisle	a	1534	-	-	1637	1719	-	-	1824	- -

Notes

c Change at Wigan North Western.

x Stops on request.

U From 3 April.

Z Until 27 March.

Lancaster - Barrow - Carlisle

Sundays

Manchester Airport	d	1430	1430	-	-	1530	-	-	1630	-	-
Manchester Piccadilly		1448	1448	-	-	1548	-	-	1648	-	-
Manchester Oxford Road		1451	1451	-	-	1551	-	-	1651	-	-
Wigan North Western		1517	1517	-	-	1621	1627	-	1718	1738	-
Preston		1534	1534	-	-	1657	1642	-	1746	1753	-
Lancaster	a	1552	1552	-	-	1714	1657	-	1803	1808	-
Lancaster	d	1603	1615	-	-	1715	1657	-	1804	1808	-
Oxenholme Lake District	a	-	1630	-	-	-	1710	-	-	1823	-
Oxenholme Lake District	d	-	1631	-	-	-	1730	-	-	1833	-
Kendal		-	1636	-	-	-	1734	-	-	1837	-
Burneside		-	1639	-	-	-	1738	-	-	1841	-
Staveley		-	1644	-	-	-	1743	-	-	1846	-
Windermere	a	-	1651	-	-	-	1749	-	-	1852	-
Carnforth	d	1612	-	-	-	1724	-	-	1813	-	-
Silverdale		1618	-	-	-	1730	-	-	1818	-	-
Arnside		1622	-	-	-	1734	-	-	1822	-	-
Grange-over-Sands		1628	-	-	-	1739	-	-	1828	-	-
Kents Bank		1632	-	-	-	1743	-	-	1831	-	-
Cark		1636	-	-	-	1747	-	-	1835	-	-
Ulverston		1644	-	-	-	1754	-	-	1843	-	-
Dalton		1652	-	-	-	1802	-	-	1851	-	-
Roose		1658	-	-	-	1808	-	-	1857	-	-
Barrow-in-Furness	a	1706	-	-	-	1815	-	-	1903	-	-
Barrow-in-Furness	d	1717	-	-	-	-	-	1825	-	-	1907
Askam		1728	-	-	-	-	-	1835	-	-	1917
Kirkby-in-Furness		17x32	-	-	-	-	-	18x39	-	-	19x21
Foxfield		1736	-	-	-	-	-	1843	-	-	1925
Green Road		17x39	-	-	-	-	-	18x46	-	-	19x28
Millom	a	1745	-	-	-	-	-	1853	-	-	1935
Millom	d	1746	-	-	-	-	-	-	-	-	-
Silecroft		17x50	-	-	-	-	-	-	-	-	-
Bootle (Cumbria)		17x57	-	-	-	-	-	-	-	-	-
Ravenglass		1803	-	-	-	-	-	-	-	-	-
Drigg		18x06	-	-	-	-	-	-	-	-	-
Seascale		1809	-	-	-	-	-	-	-	-	-
Sellafield		1815	-	-	-	-	-	-	-	-	-
Braystones		18x18	-	-	-	-	-	-	-	-	-
Nethertown		18x21	-	-	-	-	-	-	-	-	-
St. Bees		1829	-	-	-	-	-	-	-	-	-
Corkickle		1834	-	-	-	-	-	-	-	-	-
Whitehaven	a	1838	-	-	-	-	-	-	-	-	-
Whitehaven	d	1839	-	1938	2030	-	-	-	-	-	-
Parton		18x43	-	19x41	20x33	-	-	-	-	-	-
Harrington		1851	-	1950	2042	-	-	-	-	-	-
Workington		1857	-	1956	2048	-	-	-	-	-	-
Flimby		19x02	-	20x01	20x53	-	-	-	-	-	-
Maryport		1906	-	2005	2057	-	-	-	-	-	-
Aspatria		1916	-	2015	2107	-	-	-	-	-	-
Wigton		1927	-	2026	2118	-	-	-	-	-	-
Dalston		1936	-	2035	2127	-	-	-	-	-	-
Carlisle	a	1947	-	2046	2138	-	-	-	-	-	-

Notes

x Stops on request.

Lancaster - Barrow - Carlisle

Sundays											
Manchester Airport	d	1730	-	1830	-	1930	-	-	-	-	-
Manchester Piccadilly		1748	-	1848	-	1948	-	-	-	-	-
Manchester Oxford Road		1751	-	1851	-	1951	-	-	-	-	-
Wigan North Western		1818	-	1918	1928	2022	2028	2127	-	-	-
Preston		1834	-	1947	1943	2046	2043	2142	-	-	-
Lancaster	a	1851	-	2004	1957	2104	2058	2158	-	-	-
Lancaster	d	1851	1902	2005	1958	2104	2058	2220	-	-	-
Oxenholme Lake District	a	1926	-	-	2012	-	2111	-	-	-	-
Oxenholme Lake District	d	1927	-	-	2022	-	2121	-	-	-	-
Kendal		1932	-	-	2026	-	2125	-	-	-	-
Burneside		1935	-	-	2030	-	2129	-	-	-	-
Staveley		1940	-	-	2035	-	2134	-	-	-	-
Windermere	a	1947	-	-	2041	-	2140	-	-	-	-
Carnforth	d	-	1913	2014	-	2114	-	2230	-	-	-
Silverdale		-	1919	2019	-	2119	-	2235	-	-	-
Arnside		-	1924	2023	-	2123	-	2240	-	-	-
Grange-over-Sands		-	1930	2029	-	2128	-	2246	-	-	-
Kents Bank		-	1933	2032	-	2132	-	2249	-	-	-
Cark		-	1937	2036	-	2136	-	2253	-	-	-
Ulverston		-	1946	2044	-	2143	-	2301	-	-	-
Dalton		-	1954	2052	-	2151	-	2309	-	-	-
Roose		-	2000	2059	-	2157	-	2315	-	-	-
Barrow-in-Furness	a	-	2007	2105	-	2204	-	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
x Stops on request.

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**



facebook [/northernassist](https://facebook.com/northernassist)



twitter [@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