

Train times

10 December 2023 –
1 June 2024

6

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



NORTHERN

Go do your thing

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

How to read this timetable



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

Minimum connection times



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

Community Rail Partnerships and community groups



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

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

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

Planning your journey



National Rail Enquiries

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

TrainTracker™

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

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

Call: **0800 138 5560**

Textphone: **0800 138 5561**

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

Improving our railway



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

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

Delay Repay



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

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

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

Carlisle - Barrow - Lancaster

Mondays to Saturdays

		SX	SO	X	SO	Y		SX	SO	X	SO	Y		SX
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		-	-	-	-	-	-	-	-	-	-	-	0614	-
Foxfield		-	-	-	-	-	-	-	-	-	-	-	0618	-
Kirkby-in-Furness		-	-	-	-	-	-	-	-	-	-	-	0623	-
Askam		-	-	-	-	-	-	-	-	-	-	-	0628	-
Barrow-in-Furness	a	-	-	-	-	-	-	-	-	-	-	-	0641	-
Barrow-in-Furness	d	0458	0458	0458	-	0550	0550	0550	0612	-	0650	-	0650	-
Roose		-	-	-	-	0554	0554	0554	0616	-	0654	-	0654	-
Dalton		0507	0507	0507	-	0601	0601	0601	0623	-	0700	-	0700	-
Ulverston		0516	0516	0516	-	0609	0609	0609	0631	-	0709	-	0709	-
Cark		-	-	-	-	0616	0616	0616	0639	-	0716	-	0716	-
Kents Bank		-	-	-	-	0620	0620	0620	0643	-	0720	-	0720	-
Grange-over-Sands		0528	0528	0528	-	0624	0624	0624	0647	-	0724	-	0724	-
Arnsdale		0534	0534	0534	-	0630	0630	0630	0653	-	0729	-	0729	-
Silverdale		-	-	-	-	0634	0634	0634	0658	-	0734	-	0734	-
Carnforth		0543	0543	0543	-	0643	0642	0642	0706	-	0743	-	0743	-
Windermere	d	-	-	-	0642	-	-	-	-	-	-	-	-	-
Staveley		-	-	-	0647	-	-	-	-	-	-	-	-	-
Burneside		-	-	-	0652	-	-	-	-	-	-	-	-	-
Kendal		-	-	-	0656	-	-	-	-	-	-	-	-	-
Oxenholme Lake District	a	-	-	-	0701	-	-	-	-	-	-	-	-	-
Oxenholme Lake District	d	-	-	-	0708	-	-	-	-	-	-	-	-	-
Lancaster	a	0550	0550	0550	0722	0651	0649	0649	0716	-	0750	-	0750	-
Lancaster	d	0550	0550	0550	0723	0652	0649	0649	0723	-	0751	-	0751	-
Preston	a	0608	0608	0608	0740	0710	0707	0708	0740	-	0809	-	0809	-
Chorley	a	0620	0620	0623	-	0722	0722	0724	-	-	0821	-	0821	-
Bolton	a	0634	0634	0647	-	0737	0737	0748	-	-	0836	-	0836	-
Deansgate	a	0651	0651	0739p	-	0751	0751	0839p	-	-	0851	-	0851	-
Manchester Oxford Road	a	0654	0654	0741p	0823	0754	0754	0841p	0823	-	0854	-	0854	-
Manchester Piccadilly	a	0658	0658	0745p	0827	0758	0758	0845p	0827	-	0858	-	0858	-
Manchester Airport	a	0715	0715	0800p	0844	0815	0815	0900p	0844	-	0915	-	0915	-

Notes

p Change at Preston.

X Until 30 December and from 17 February.

Y From 6 January until 10 February.

SO Saturdays only.

SX Mondays to Fridays only.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

		SO	X	SO	Y		SX	SO	X	SO	Y	
Carlisle	d	-	-	-	-	-	-	-	-	-	-	0553
Dalston		-	-	-	-	-	-	-	-	-	-	0602
Wigton		-	-	-	-	-	-	-	-	-	-	0611
Aspatria		-	-	-	-	-	-	-	-	-	-	0622
Maryport		-	-	-	-	0548	-	-	-	-	-	0633
Flimby		-	-	-	-	0551	-	-	-	-	-	0637
Workington		-	-	-	-	0558	-	-	-	-	-	0645
Harrington		-	-	-	-	0602	-	-	-	-	-	0649
Parton		-	-	-	-	0611	-	-	-	-	-	0658
Whitehaven	a	-	-	-	-	0616	-	-	-	-	-	0702
Whitehaven	d	-	-	-	-	0617	-	-	-	-	-	0704
Corkickle		-	-	-	-	0620	-	-	-	-	-	0706
St. Bees		-	-	-	-	0626	-	-	-	-	-	0712
Nethertown		-	-	-	-	06x30	-	-	-	-	-	-
Braystones		-	-	-	-	06x33	-	-	-	-	-	-
Sellafield		-	-	-	-	0639	-	-	-	-	-	0724
Seascale		-	-	-	-	0643	-	-	-	-	-	0728
Drigg		-	-	-	-	0647	-	-	-	-	-	0732
Ravenglass		-	-	-	-	0651	-	-	-	-	-	0735
Bootle (Cumbria)		-	-	-	-	0657	-	-	-	-	-	0741
Silecroft		-	-	-	-	0704	-	-	-	-	-	0748
Millom	a	-	-	-	-	0709	-	-	-	-	-	0753
Millom	d	-	-	-	-	0709	-	-	-	-	-	0754
Green Road		-	-	-	-	0714	-	-	-	-	-	0758
Foxfield		-	-	-	-	0718	-	-	-	-	-	0802
Kirkby-in-Furness		-	-	-	-	0722	-	-	-	-	-	0807
Askam		-	-	-	-	0727	-	-	-	-	-	0812
Barrow-in-Furness	a	-	-	-	-	0741	-	-	-	-	-	0826
Barrow-in-Furness	d	0650	0650	-	0712	-	0748	0748	0748	-	-	-
Roose		0654	0654	-	0716	-	0752	0752	0752	-	-	-
Dalton		0700	0700	-	0722	-	0759	0759	0759	-	-	-
Ulverston		0709	0709	-	0730	-	0807	0807	0807	-	-	-
Cark		0716	0716	-	0738	-	0814	0814	0814	-	-	-
Kents Bank		0720	0720	-	-	-	0818	0818	0818	-	-	-
Grange-over-Sands		0724	0724	-	0744	-	0822	0822	0822	-	-	-
Arnsdale		0729	0729	-	0750	-	0828	0828	0828	-	-	-
Silverdale		0734	0734	-	0755	-	0832	0832	0832	-	-	-
Carnforth		0743	0743	-	0802	-	0839	0839	0839	-	-	-
Windermere	d	-	-	0756	-	-	-	-	-	-	0852	-
Staveley		-	-	0801	-	-	-	-	-	-	-	-
Burneside		-	-	0806	-	-	-	-	-	-	-	-
Kendal		-	-	0810	-	-	-	-	-	-	0904	-
Oxenholme Lake District	a	-	-	0815	-	-	-	-	-	-	0909	-
Oxenholme Lake District	d	-	-	0826	-	-	-	-	-	-	0925	-
Lancaster	a	0750	0750	0839	0812	-	0846	0846	0846	0938	-	-
Lancaster	d	0751	0751	0841	0828	-	0848	0848	0848	0940	-	-
Preston	a	0809	0809	0858	0846	-	0906	0906	0907	0957	-	-
Chorley	a	0821	0823	-	-	-	0920	0920	0923	-	-	-
Bolton	a	0836	0847	-	-	-	0934	0934	0947	-	-	-
Deansgate	a	0851	0935p	-	-	-	0951	0951	1039p	-	-	-
Manchester Oxford Road	a	0854	0937p	-	0922	-	0954	0954	1041p	-	-	-
Manchester Piccadilly	a	0858	0945p	-	0926	-	0958	0958	1045p	-	-	-
Manchester Airport	a	0915	1000p	-	0946	-	1015	1015	1100p	-	-	-

Notes

p Change at Preston.

x Request stop.

X Until 30 December and from 17 February.

Y From 6 January until 10 February.

SO Saturdays only.

SX Mondays to Fridays only.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

		SX	SO	X	SO	Y	SX	SO	X	SO	Y				
Carlisle	d	-	-	-	-	-	-	-	-	-	-	0619	0710	-	0808
Dalston		-	-	-	-	-	-	-	-	-	-	0628	0719	-	0816
Wigton		-	-	-	-	-	-	-	-	-	-	0638	0731	-	0826
Aspatria		-	-	-	-	-	-	-	-	-	-	0649	0742	-	0836
Maryport		-	-	-	-	-	-	-	-	-	-	0701	0756	-	0848
Flimby		-	-	-	-	-	-	-	-	-	-	0705	0759	-	0851
Workington		-	-	-	-	-	-	-	-	-	-	0712	0806	-	0859
Harrington		-	-	-	-	-	-	-	-	-	-	0716	0810	-	0903
Parton		-	-	-	-	-	-	-	-	-	-	0725	0819	-	0912
Whitehaven	a	-	-	-	-	-	-	-	-	-	-	0730	0824	-	0916
Whitehaven	d	-	-	-	-	-	-	-	-	-	-	0731	0825	-	0918
Corkickle		-	-	-	-	-	-	-	-	-	-	0734	0828	-	0920
St. Bees		-	-	-	-	-	-	-	-	-	-	0739	0834	-	0928
Nethertown		-	-	-	-	-	-	-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-	-	-	-	-	-
Sellafield		-	-	-	-	-	-	-	-	-	-	0750	0844	-	0939
Seascale		-	-	-	-	-	-	-	-	-	-	0754	0848	-	0942
Drigg		-	-	-	-	-	-	-	-	-	-	0758	0852	-	0946
Ravenglass		-	-	-	-	-	-	-	-	-	-	0802	0856	-	0950
Bootle (Cumbria)		-	-	-	-	-	-	-	-	-	-	0808	0902	-	0956
Silecroft		-	-	-	-	-	-	-	-	-	-	0815	0909	-	1003
Millom	a	-	-	-	-	-	-	-	-	-	-	0820	0914	-	1008
Millom	d	-	-	-	-	-	-	-	-	-	-	0821	0914	-	1008
Green Road		-	-	-	-	-	-	-	-	-	-	0825	0919	-	1013
Foxfield		-	-	-	-	-	-	-	-	-	-	0829	0923	-	1017
Kirkby-in-Furness		-	-	-	-	-	-	-	-	-	-	0834	0928	-	1021
Askam		-	-	-	-	-	-	-	-	-	-	0839	0933	-	1026
Barrow-in-Furness	a	-	-	-	-	-	-	-	-	-	-	0853	0947	-	1040
Barrow-in-Furness	d	0848	0848	0848	-	-	-	-	-	-	-	0958	-	-	-
Roose		0852	0852	0852	-	-	-	-	-	-	-	1002	-	-	-
Dalton		0859	0859	0859	-	-	-	-	-	-	-	1008	-	-	-
Ulverston		0907	0907	0907	-	-	-	-	-	-	-	1017	-	-	-
Cark		0914	0914	0914	-	-	-	-	-	-	-	1024	-	-	-
Kents Bank		0918	0918	0918	-	-	-	-	-	-	-	1028	-	-	-
Grange-over-Sands		0922	0922	0922	-	-	-	-	-	-	-	1032	-	-	-
Arnsdale		0928	0928	0928	-	-	-	-	-	-	-	1039	-	-	-
Silverdale		0932	0932	0932	-	-	-	-	-	-	-	1043	-	-	-
Carnforth		0940	0940	0940	-	-	-	-	-	-	-	1055	-	-	-
Windermere	d	-	-	-	0955	1008	1008	-	-	-	-	1057	-	-	-
Staveley		-	-	-	1000	1013	1013	-	-	-	-	1102	-	-	-
Burneside		-	-	-	1005	1018	1018	-	-	-	-	1107	-	-	-
Kendal		-	-	-	1009	1022	1022	-	-	-	-	1111	-	-	-
Oxenholme Lake District	a	-	-	-	1014	1027	1027	-	-	-	-	1116	-	-	-
Oxenholme Lake District	d	-	-	-	1016	1029	1029	-	-	-	-	1125	-	-	-
Lancaster	a	0948	0948	0948	1033	1047	1047	-	-	-	-	1105	1139	-	-
Lancaster	d	0950	0950	0950	1050	1047	1047	-	-	-	-	1130	1140	-	-
Preston	a	1008	1008	1008	1108	1105	1105	-	-	-	-	1149	1157	-	-
Chorley	a	1020	1020	1023	1120	1120	1123	-	-	-	-	-	-	-	-
Bolton	a	1034	1034	1047	1134	1134	1147	-	-	-	-	1207	-	-	-
Deansgate	a	1051	1051	1139p	1151	1151	1239p	-	-	-	-	-	-	-	-
Manchester Oxford Road	a	1054	1054	1141p	1154	1154	1241p	-	-	-	-	1222	-	-	-
Manchester Piccadilly	a	1058	1058	1145p	1158	1158	1245p	-	-	-	-	1226	-	-	-
Manchester Airport	a	1115	1115	1200p	1215	1215	1300p	-	-	-	-	1244	-	-	-

Notes

p Change at Preston.

X Until 30 December and from 17 February.

Y From 6 January until 10 February.

SO Saturdays only.

SX Mondays to Fridays only.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

		SX	SO	X	SO	Y		SX	SO	X	SO	Y	SX	SO	X
Carlisle	d	-	-	-	-	-	0902	-	-	-	-	-	-	-	-
Dalston		-	-	-	-	-	0910	-	-	-	-	-	-	-	-
Wigton		-	-	-	-	-	0920	-	-	-	-	-	-	-	-
Aspatria		-	-	-	-	-	0930	-	-	-	-	-	-	-	-
Maryport		-	-	-	-	-	0942	-	-	-	-	-	-	-	-
Flimby		-	-	-	-	-	0945	-	-	-	-	-	-	-	-
Workington		-	-	-	-	-	0952	-	-	-	-	-	-	-	-
Harrington		-	-	-	-	-	0957	-	-	-	-	-	-	-	-
Parton		-	-	-	-	-	1006	-	-	-	-	-	-	-	-
Whitehaven	a	-	-	-	-	-	1010	-	-	-	-	-	-	-	-
Whitehaven	d	-	-	-	-	-	1012	-	-	-	-	-	-	-	-
Corkickle		-	-	-	-	-	1014	-	-	-	-	-	-	-	-
St. Bees		-	-	-	-	-	1020	-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-	-	-	-	-	-
Sellafield		-	-	-	-	-	1031	-	-	-	-	-	-	-	-
Seascale		-	-	-	-	-	1035	-	-	-	-	-	-	-	-
Drigg		-	-	-	-	-	1039	-	-	-	-	-	-	-	-
Ravenglass		-	-	-	-	-	1043	-	-	-	-	-	-	-	-
Bootle (Cumbria)		-	-	-	-	-	1049	-	-	-	-	-	-	-	-
Silecroft		-	-	-	-	-	1056	-	-	-	-	-	-	-	-
Millom	a	-	-	-	-	-	1101	-	-	-	-	-	-	-	-
Millom	d	-	-	-	-	-	1101	-	-	-	-	-	-	-	-
Green Road		-	-	-	-	-	1106	-	-	-	-	-	-	-	-
Foxfield		-	-	-	-	-	1110	-	-	-	-	-	-	-	-
Kirkby-in-Furness		-	-	-	-	-	1115	-	-	-	-	-	-	-	-
Askam		-	-	-	-	-	1121	-	-	-	-	-	-	-	-
Barrow-in-Furness	a	-	-	-	-	-	1137	-	-	-	-	-	-	-	-
Barrow-in-Furness	d	1049	1049	1049	-	-	-	1151	1151	1151	-	-	-	-	-
Roose		1053	1053	1053	-	-	-	1155	1155	1155	-	-	-	-	-
Dalton		1100	1100	1100	-	-	-	1202	1202	1202	-	-	-	-	-
Ulverston		1108	1108	1108	-	-	-	1210	1210	1210	-	-	-	-	-
Cark		1115	1115	1115	-	-	-	1217	1217	1217	-	-	-	-	-
Kents Bank		1119	1119	1119	-	-	-	1221	1221	1221	-	-	-	-	-
Grange-over-Sands		1123	1123	1123	-	-	-	1225	1225	1225	-	-	-	-	-
Arnsdale		1129	1129	1129	-	-	-	1231	1231	1231	-	-	-	-	-
Silverdale		1133	1133	1133	-	-	-	1235	1235	1235	-	-	-	-	-
Carnforth		1140	1140	1140	-	-	-	1243	1243	1243	-	-	-	-	-
Windermere	d	-	-	-	-	-	1147	-	-	-	-	-	1307	1307	-
Staveley		-	-	-	-	-	1152	-	-	-	-	-	1312	1312	-
Burneside		-	-	-	-	-	1157	-	-	-	-	-	1317	1317	-
Kendal		-	-	-	-	-	1201	-	-	-	-	-	1321	1321	-
Oxenholme Lake District	a	-	-	-	-	-	1206	-	-	-	-	-	1326	1326	-
Oxenholme Lake District	d	-	-	-	-	-	1212	-	-	-	-	-	1329	1329	-
Lancaster	a	1147	1147	1147	1226	-	-	1250	1250	1250	1345	1345	-	-	-
Lancaster	d	1149	1149	1149	1227	-	-	1251	1251	1251	1349	1349	-	-	-
Preston	a	1208	1208	1208	1245	-	-	1309	1309	1309	1407	1407	-	-	-
Chorley	a	1220	1220	1223	-	-	-	1321	1321	1324	1420	1420	-	-	-
Bolton	a	1234	1234	1247	1306	-	-	1334	1334	1347	1434	1434	-	-	-
Deansgate	a	1251	1251	1339p	-	-	-	1351	1351	1439p	1451	1451	-	-	-
Manchester Oxford Road	a	1254	1254	1341p	1322	-	-	1354	1354	1441p	1454	1454	-	-	-
Manchester Piccadilly	a	1258	1258	1345p	1326	-	-	1358	1358	1445p	1458	1458	-	-	-
Manchester Airport	a	1315	1315	1400p	1344	-	-	1415	1415	1500p	1515	1515	-	-	-

Notes

p Change at Preston.

X Until 30 December and from 17 February.

Y From 6 January until 10 February.

SO Saturdays only.

SX Mondays to Fridays only.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

		SO	Y		SX	SO	X	SO	Y		SX
Carlisle	d	-	1013	1107	-	-	-	-	1210	-	-
Dalston		-	1022	1115	-	-	-	-	1218	-	-
Wigton		-	1031	1125	-	-	-	-	1227	-	-
Aspatria		-	1042	1135	-	-	-	-	1238	-	-
Maryport		-	1053	1147	-	-	-	-	1249	-	-
Flimby		-	1057	1150	-	-	-	-	1253	-	-
Workington		-	1104	1157	-	-	-	-	1300	-	-
Harrington		-	1108	1201	-	-	-	-	1304	-	-
Parton		-	1117	1210	-	-	-	-	1313	-	-
Whitehaven	a	-	1121	1215	-	-	-	-	1317	-	-
Whitehaven	d	-	1123	1216	-	-	-	-	1319	-	-
Corkickle		-	1125	1219	-	-	-	-	1321	-	-
St. Bees		-	1135	1229	-	-	-	-	1329	-	-
Nethertown		-	11x40	-	-	-	-	-	-	-	-
Braystones		-	11x42	-	-	-	-	-	-	-	-
Sellafield		-	1147	1239	-	-	-	-	1340	-	-
Seascale		-	1151	1242	-	-	-	-	1343	-	-
Drigg		-	1155	1246	-	-	-	-	1347	-	-
Ravenglass		-	1158	1250	-	-	-	-	1351	-	-
Bootle (Cumbria)		-	1204	1256	-	-	-	-	1357	-	-
Silecroft		-	1211	1303	-	-	-	-	1404	-	-
Millom	a	-	1216	1308	-	-	-	-	1409	-	-
Millom	d	-	1216	1308	-	-	-	-	1409	-	-
Green Road		-	1221	1313	-	-	-	-	1414	-	-
Foxfield		-	1225	1317	-	-	-	-	1418	-	-
Kirkby-in-Furness		-	1229	1321	-	-	-	-	1422	-	-
Askam		-	1234	1326	-	-	-	-	1427	-	-
Barrow-in-Furness	a	-	1248	1340	-	-	-	-	1441	-	-
Barrow-in-Furness	d	-	1250	-	-	1352	1352	1352	-	-	1447
Roose		-	1254	-	-	1356	1356	1356	-	-	1451
Dalton		-	1300	-	-	1403	1403	1403	-	-	1458
Ulverston		-	1308	-	-	1411	1411	1411	-	-	1506
Cark		-	1316	-	-	1418	1418	1418	-	-	1513
Kents Bank		-	1320	-	-	1422	1422	1422	-	-	1517
Grange-over-Sands		-	1324	-	-	1426	1426	1426	-	-	1521
Arnsdale		-	1330	-	-	1432	1432	1432	-	-	1527
Silverdale		-	1335	-	-	1436	1436	1436	-	-	1531
Carnforth		-	1343	-	-	1443	1444	1444	-	-	1539
Windermere	d	1307	-	-	1358	-	-	-	-	1500	-
Staveley		1312	-	-	1403	-	-	-	-	1505	-
Burneside		1317	-	-	1408	-	-	-	-	1510	-
Kendal		1321	-	-	1412	-	-	-	-	1514	-
Oxenholme Lake District	a	1326	-	-	1417	-	-	-	-	1519	-
Oxenholme Lake District	d	1329	-	-	1425	-	-	-	-	1525	-
Lancaster	a	1345	1353	-	1438	1451	1451	1451	-	1538	1546
Lancaster	d	1349	1428	-	1440	1452	1452	1452	-	1540	1547
Preston	a	1408	1445	-	1457	1510	1510	1510	-	1557	1605
Chorley	a	1423	-	-	-	1522	1522	1524	-	-	-
Bolton	a	1446	1506	-	-	1534	1534	1547	-	-	-
Deansgate	a	1539p	-	-	-	1551	1551	1639p	-	-	1647
Manchester Oxford Road	a	1541p	1522	-	-	1554	1554	1641p	-	-	1649
Manchester Piccadilly	a	1545p	1526	-	-	1558	1558	1645p	-	-	1653
Manchester Airport	a	1600p	1544	-	-	1615	1615	1700p	-	-	1711

Notes

p Change at Preston.

X Until 30 December and from 17 February.

Y From 6 January until 10 February.

SO Saturdays only.

SX Mondays to Fridays only.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

		SO	X	SO	Y	SX	SO	X	SO	Y			SX	SO	X
Carlisle	d	-	-	-	-	-	-	-	-	-	1307	1408	-	-	-
Dalston		-	-	-	-	-	-	-	-	-	1315	1416	-	-	-
Wigton		-	-	-	-	-	-	-	-	-	1325	1426	-	-	-
Aspatria		-	-	-	-	-	-	-	-	-	1335	1436	-	-	-
Maryport		-	-	-	-	-	-	-	-	-	1347	1448	-	-	-
Flimby		-	-	-	-	-	-	-	-	-	1350	1451	-	-	-
Workington		-	-	-	-	-	-	-	-	-	1357	1458	-	-	-
Harrington		-	-	-	-	-	-	-	-	-	1401	1502	-	-	-
Parton		-	-	-	-	-	-	-	-	-	1410	1511	-	-	-
Whitehaven	a	-	-	-	-	-	-	-	-	-	1415	1516	-	-	-
Whitehaven	d	-	-	-	-	-	-	-	-	-	1416	1517	-	-	-
Corkickle		-	-	-	-	-	-	-	-	-	1419	1520	-	-	-
St. Bees		-	-	-	-	-	-	-	-	-	1430	1531	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-	-	-	-	-	-
Sellafield		-	-	-	-	-	-	-	-	-	1441	1542	-	-	-
Seascale		-	-	-	-	-	-	-	-	-	1444	1546	-	-	-
Drigg		-	-	-	-	-	-	-	-	-	1448	1550	-	-	-
Ravenglass		-	-	-	-	-	-	-	-	-	1452	1554	-	-	-
Bootle (Cumbria)		-	-	-	-	-	-	-	-	-	1458	1600	-	-	-
Silecroft		-	-	-	-	-	-	-	-	-	1505	1607	-	-	-
Millom	a	-	-	-	-	-	-	-	-	-	1510	1612	-	-	-
Millom	d	-	-	-	-	-	-	-	-	-	1511	1612	-	-	-
Green Road		-	-	-	-	-	-	-	-	-	1515	1617	-	-	-
Foxfield		-	-	-	-	-	-	-	-	-	1519	1621	-	-	-
Kirkby-in-Furness		-	-	-	-	-	-	-	-	-	1524	1626	-	-	-
Askam		-	-	-	-	-	-	-	-	-	1529	1631	-	-	-
Barrow-in-Furness	a	-	-	-	-	-	-	-	-	-	1543	1645	-	-	-
Barrow-in-Furness	d	1447	1447	-	-	-	-	-	-	-	1550	-	-	1651	1651
Roose		1451	1451	-	-	-	-	-	-	-	1554	-	-	1655	1655
Dalton		1458	1458	-	-	-	-	-	-	-	1600	-	-	1702	1702
Ulverston		1506	1506	-	-	-	-	-	-	-	1608	-	-	1710	1710
Cark		1513	1513	-	-	-	-	-	-	-	1616	-	-	1717	1717
Kents Bank		1517	1517	-	-	-	-	-	-	-	1620	-	-	1721	1721
Grange-over-Sands		1521	1521	-	-	-	-	-	-	-	1624	-	-	1725	1725
Arnside		1527	1527	-	-	-	-	-	-	-	1630	-	-	1731	1731
Silverdale		1531	1531	-	-	-	-	-	-	-	1635	-	-	1735	1735
Carnforth		1538	1538	-	-	-	-	-	-	-	1643	-	-	1743	1743
Windermere	d	-	-	1600	1600	1600	-	-	-	-	-	-	1707	-	-
Staveley		-	-	1605	1605	1605	-	-	-	-	-	-	1712	-	-
Burneside		-	-	1610	1610	1610	-	-	-	-	-	-	1717	-	-
Kendal		-	-	1614	1614	1614	-	-	-	-	-	-	1721	-	-
Oxenholme Lake District	a	-	-	1619	1619	1619	-	-	-	-	-	-	1726	-	-
Oxenholme Lake District	d	-	-	1627	1627	1627	-	-	-	-	-	-	1746	-	-
Lancaster	a	1545	1545	1643	1643	1643	1653	-	-	-	-	-	1750	1750	-
Lancaster	d	1550	1550	1650	1649	1649	1727	-	-	-	-	-	1750	1750	-
Preston	a	1608	1608	1708	1708	1708	1744	-	-	1815	-	-	1808	1808	-
Chorley	a	1620	1623	1720	1720	1723	-	-	-	-	-	-	1820	1820	-
Bolton	a	1634	1647	1734	1734	1747	1806	-	-	-	-	-	1834	1834	-
Deansgate	a	1651	1739p	1751	1751	1839p	-	-	-	-	-	-	1852	1852	-
Manchester Oxford Road	a	1654	1741p	1754	1754	1841p	1822	-	-	-	-	-	1854	1854	-
Manchester Piccadilly	a	1658	1745p	1758	1758	1845p	1826	-	-	-	-	-	1858	1858	-
Manchester Airport	a	1715	1800p	1815	1815	1900p	1844	-	-	-	-	-	1915	1915	-

Notes

p Change at Preston.

X Until 30 December and from 17 February.

Y From 6 January until 10 February.

SO Saturdays only.

SX Mondays to Fridays only.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

		SO	Y			SX	SO	X	SO	Y	SX
Carlisle	d	-	-	1441	1512	-	-	-	-	-	-
Dalston		-	-	1449	1520	-	-	-	-	-	-
Wigton		-	-	1458	1530	-	-	-	-	-	-
Aspatria		-	-	1509	1540	-	-	-	-	-	-
Maryport		-	-	1520	1552	-	-	-	-	-	-
Flimby		-	-	1524	1555	-	-	-	-	-	-
Workington		-	-	1531	1602	-	-	-	-	-	-
Harrington		-	-	1535	1606	-	-	-	-	-	-
Parton		-	-	1544	1615	-	-	-	-	-	-
Whitehaven	a	-	-	1548	1620	-	-	-	-	-	-
Whitehaven	d	-	-	1550	1621	-	-	-	-	-	-
Corkickle		-	-	1553	1624	-	-	-	-	-	-
St. Bees		-	-	1559	1630	-	-	-	-	-	-
Nethertown		-	-	16x03	-	-	-	-	-	-	-
Braystones		-	-	16x06	-	-	-	-	-	-	-
Sellafield		-	-	1611	1641	-	-	-	-	1724	-
Seascale		-	-	1615	1645	-	-	-	-	1727	-
Drigg		-	-	1619	1649	-	-	-	-	1731	-
Ravenglass		-	-	1623	1653	-	-	-	-	1735	-
Bootle (Cumbria)		-	-	1629	1659	-	-	-	-	1741	-
Silecroft		-	-	1636	1706	-	-	-	-	1748	-
Millom	a	-	-	1641	1711	-	-	-	-	1753	-
Millom	d	-	-	1642	1712	-	-	-	-	1754	-
Green Road		-	-	1646	1717	-	-	-	-	1758	-
Foxfield		-	-	1650	1721	-	-	-	-	1802	-
Kirkby-in-Furness		-	-	1655	1726	-	-	-	-	1807	-
Askam		-	-	1700	1731	-	-	-	-	1812	-
Barrow-in-Furness	a	-	-	1714	1745	-	-	-	-	1826	-
Barrow-in-Furness	d	1651	-	1719	-	1802	-	-	-	-	-
Roose		1655	-	1723	-	1806	-	-	-	-	-
Dalton		1702	-	1729	-	1812	-	-	-	-	-
Ulverston		1710	-	1737	-	1821	-	-	-	-	-
Cark		1717	-	1745	-	1828	-	-	-	-	-
Kents Bank		1721	-	-	-	1832	-	-	-	-	-
Grange-over-Sands		1725	-	1752	-	1836	-	-	-	-	-
Arnside		1731	-	1758	-	1842	-	-	-	-	-
Silverdale		1735	-	1803	-	1847	-	-	-	-	-
Carnforth		1743	-	1810	-	1854	-	-	-	-	-
Windermere	d	-	1805	-	-	-	1856	1856	1856	-	1948
Staveley		-	1810	-	-	-	1901	1901	1901	-	1953
Burneside		-	1815	-	-	-	1906	1906	1906	-	1958
Kendal		-	1819	-	-	-	1910	1910	1910	-	2002
Oxenholme Lake District	a	-	1824	-	-	-	1915	1915	1915	-	2007
Oxenholme Lake District	d	-	1832	-	-	-	1917	1917	1917	-	2013
Lancaster	a	1750	1845	1820	-	1905	1934	1934	1934	-	2027
Lancaster	d	1750	1847	1828	-	1928	1935	1935	1935	-	2028
Preston	a	1808	1904	1846	-	1946	1954	1954	1954	-	2045
Chorley	a	1823	-	-	-	-	2020	2020	2023	-	-
Bolton	a	1847	-	1906	-	2006	2034	2034	2047	-	2106
Deansgate	a	1939p	-	-	-	-	2051	2051	-	-	-
Manchester Oxford Road	a	1941p	-	1922	-	2022	2054	2054	2122p	-	2122
Manchester Piccadilly	a	1945p	-	1926	-	2026	2058	2058	2126p	-	2126
Manchester Airport	a	2000p	-	1946	-	2046	2115	2115	2146p	-	2146

Notes

p Change at Preston.

x Request stop.

X Until 30 December and from 17 February.

Y From 6 January until 10 February.

SO Saturdays only.

SX Mondays to Fridays only.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

		SX	SX	SO	SO		SX	SO	X	SO	Y	SX	SO	X
Carlisle	d	-	1559	1626	-	1707	-	-	-	-	-	-	-	-
Dalston	-	-	1607	1634	-	1715	-	-	-	-	-	-	-	-
Wigton	-	-	1617	1644	-	1725	-	-	-	-	-	-	-	-
Aspatria	-	-	1627	1654	-	1735	-	-	-	-	-	-	-	-
Maryport	-	-	1638	1705	-	1747	-	-	-	-	-	-	-	-
Flimby	-	-	1642	1709	-	1750	-	-	-	-	-	-	-	-
Workington	-	-	1649	1716	-	1757	-	-	-	-	-	-	-	-
Harrington	-	-	1653	1720	-	1801	-	-	-	-	-	-	-	-
Parton	-	-	1702	1729	-	1810	-	-	-	-	-	-	-	-
Whitehaven	a	-	1708	1735	-	1816	-	-	-	-	-	-	-	-
Whitehaven	d	-	-	1736	-	1818	-	-	-	-	-	-	-	-
Corkickle	-	-	-	1739	-	1820	-	-	-	-	-	-	-	-
St. Bees	-	-	-	1744	-	1827	-	-	-	-	-	-	-	-
Nethertown	-	-	-	-	-	18x32	-	-	-	-	-	-	-	-
Braystones	-	-	-	-	-	18x34	-	-	-	-	-	-	-	-
Sellafield	-	-	-	1755	-	1840	-	-	-	-	-	-	-	-
Seascale	-	-	-	1758	-	1843	-	-	-	-	-	-	-	-
Drigg	-	-	-	1802	-	-	-	-	-	-	-	-	-	-
Ravenglass	-	-	-	1806	-	1849	-	-	-	-	-	-	-	-
Bootle (Cumbria)	-	-	-	1812	-	-	-	-	-	-	-	-	-	-
Silecroft	-	-	-	1819	-	-	-	-	-	-	-	-	-	-
Millom	a	-	-	1824	-	1905	-	-	-	-	-	-	-	-
Millom	d	-	-	1825	-	1905	-	-	-	-	-	-	-	-
Green Road	-	-	-	1829	-	1910	-	-	-	-	-	-	-	-
Foxfield	-	-	-	1833	-	1914	-	-	-	-	-	-	-	-
Kirkby-in-Furness	-	-	-	1838	-	1919	-	-	-	-	-	-	-	-
Askam	-	-	-	1843	-	1925	-	-	-	-	-	-	-	-
Barrow-in-Furness	a	-	-	1857	-	1940	-	-	-	-	-	-	-	-
Barrow-in-Furness	d	1856	-	-	1903	-	1945	1945	1945	-	-	-	-	-
Roose	-	1900	-	-	1907	-	1949	1949	1949	-	-	-	-	-
Dalton	-	1907	-	-	1914	-	1955	1955	1955	-	-	-	-	-
Ulverston	-	1915	-	-	1922	-	2004	2004	2004	-	-	-	-	-
Cark	-	1922	-	-	1929	-	2011	2011	2011	-	-	-	-	-
Kents Bank	-	1927	-	-	1934	-	2015	2015	2015	-	-	-	-	-
Grange-over-Sands	-	1931	-	-	1938	-	2019	2019	2019	-	-	-	-	-
Arnsdale	-	1936	-	-	1943	-	2024	2024	2024	-	-	-	-	-
Silverdale	-	1941	-	-	1948	-	2028	2028	2028	-	-	-	-	-
Carnforth	-	1952	-	-	1955	-	2043	2043	2043	-	-	-	-	-
Windermere	d	-	-	-	-	-	-	-	-	-	-	2042	2042	-
Staveley	-	-	-	-	-	-	-	-	-	-	-	2047	2047	-
Burneside	-	-	-	-	-	-	-	-	-	-	-	2052	2052	-
Kendal	-	-	-	-	-	-	-	-	-	-	-	2056	2056	-
Oxenholme Lake District	a	-	-	-	-	-	-	-	-	-	-	2101	2101	-
Oxenholme Lake District	d	-	-	-	-	-	-	-	-	-	-	2109	-	-
Lancaster	a	1959	-	-	2002	-	2050	2050	2050	2124	-	-	-	-
Lancaster	d	2000	-	-	2003	-	2050	2050	2050	2125	-	-	-	-
Preston	a	2019	-	-	2022	-	2109	2109	2109	2144	-	-	-	-
Chorley	a	-	-	-	-	-	2121	2121	2124	-	-	-	-	-
Bolton	a	2106	-	-	2106	-	2134	2134	2147	-	-	-	-	-
Deansgate	a	-	-	-	-	-	-	2151	2241	p	-	-	-	-
Manchester Oxford Road	a	2122	-	-	2122	-	-	2154	2243	p	2220	-	-	-
Manchester Piccadilly	a	2126	-	-	2126	-	-	2158	2247	p	2224	-	-	-
Manchester Airport	a	2146	-	-	2146	-	-	2215	2302	p	2241	-	-	-

Notes

p Change at Preston.

x Request stop.

X Until 30 December and from 17 February.

Y From 6 January until 10 February.

SO Saturdays only.

SX Mondays to Fridays only.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

		SO	Y	SO	X	SO	Y	SX	SO	Y	SO	X	SX	SX	SO
Carlisle	d	-	1751	-	-	-	-	-	-	-	-	-	-	-	-
Dalston	-	-	1759	-	-	-	-	-	-	-	-	-	-	-	-
Wigton	-	-	1809	-	-	-	-	-	-	-	-	-	-	-	-
Aspatria	-	-	1819	-	-	-	-	-	-	-	-	-	-	-	-
Maryport	-	-	1831	-	-	-	-	-	-	-	-	-	-	-	-
Flimby	-	-	1834	-	-	-	-	-	-	-	-	-	-	-	-
Workington	-	-	1841	-	-	-	-	-	-	-	-	-	-	-	-
Harrington	-	-	1845	-	-	-	-	-	-	-	-	-	-	-	-
Parton	-	-	1854	-	-	-	-	-	-	-	-	-	-	-	-
Whitehaven	a	-	1859	-	-	-	-	-	-	-	-	-	-	-	-
Whitehaven	d	-	1900	-	-	-	-	-	-	-	-	-	-	-	-
Corkickle	-	-	1903	-	-	-	-	-	-	-	-	-	-	-	-
St. Bees	-	-	1914	-	-	-	-	-	-	-	-	-	-	-	-
Nethertown	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Braystones	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Sellafield	-	-	1927	-	-	-	-	-	-	-	-	-	-	-	-
Seascale	-	-	1931	-	-	-	-	-	-	-	-	-	-	-	-
Drigg	-	-	1935	-	-	-	-	-	-	-	-	-	-	-	-
Ravenglass	-	-	1939	-	-	-	-	-	-	-	-	-	-	-	-
Bootle (Cumbria)	-	-	1945	-	-	-	-	-	-	-	-	-	-	-	-
Silecroft	-	-	1953	-	-	-	-	-	-	-	-	-	-	-	-
Millom	a	-	1958	-	-	-	-	-	-	-	-	-	-	-	-
Millom	d	-	2001	-	-	-	-	-	-	-	-	-	2029	2059	-
Green Road	-	-	2006	-	-	-	-	-	-	-	-	-	2033	-	-
Foxfield	-	-	2010	-	-	-	-	-	-	-	-	-	2037	2106	-
Kirkby-in-Furness	-	-	2015	-	-	-	-	-	-	-	-	-	2042	-	-
Askam	-	-	2020	-	-	-	-	-	-	-	-	-	2047	2115	-
Barrow-in-Furness	a	-	2036	-	-	-	-	-	-	-	-	-	2101	2129	-
Barrow-in-Furness	d	-	-	2042	2042	2045	-	-	-	-	-	-	-	-	-
Roose	-	-	-	2046	2046	2049	-	-	-	-	-	-	-	-	-
Dalton	-	-	-	2052	2052	2055	-	-	-	-	-	-	-	-	-
Ulverston	-	-	-	2101	2101	2104	-	-	-	-	-	-	-	-	-
Cark	-	-	-	2108	2108	2111	-	-	-	-	-	-	-	-	-
Kents Bank	-	-	-	2112	2112	2115	-	-	-	-	-	-	-	-	-
Grange-over-Sands	-	-	-	2116	2116	2119	-	-	-	-	-	-	-	-	-
Arnsdale	-	-	-	2123	2122	2125	-	-	-	-	-	-	-	-	-
Silverdale	-	-	-	2127	2127	2130	-	-	-	-	-	-	-	-	-
Carnforth	-	-	-	2135	2134	2138	-	-	-	-	-	-	-	-	-
Windermere	d	2042	-	-	-	-	2125	2140	2147	-	-	-	-	-	-
Staveley	-	2047	-	-	-	-	2135	2145	2152	-	-	-	-	-	-
Burneside	-	2052	-	-	-	-	2145	2150	2157	-	-	-	-	-	-
Kendal	-	2056	-	-	-	-	2155	2154	2201	-	-	-	-	-	-
Oxenholme Lake District	a	2101	-	-	-	-	2210	2159	2206	-	-	-	-	-	-
Oxenholme Lake District	d	2103	-	-	-	-	-	-	2212	-	-	-	-	-	-
Lancaster	a	2121	-	2143	2143	2148	-	-	2226	-	-	-	-	-	-
Lancaster	d	-	-	2143	-	2227	-	-	2227	-	-	-	-	-	-
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	-	-	-	-	2346	-	-	2346	-	-	-	-	-	-

Notes

X Until 30 December and from 17 February.

Y From 6 January until 10 February.

SO Saturdays only.

SX Mondays to Fridays only.

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

Carlisle - Barrow - Lancaster

Mondays to Saturdays

		SO	SX	SO	SO	X	SO	Y	SO	Y	SO	X	SX	
				Ⓢ										Ⓢ
Carlisle	d	1846	1909	1909	-	-	-	-	-	-	-	-	-	2000
Dalston		1854	1917	1917	-	-	-	-	-	-	-	-	-	2008
Wigton		1904	1926	1927	-	-	-	-	-	-	-	-	-	2017
Aspatria		1914	1937	1937	-	-	-	-	-	-	-	-	-	2028
Maryport		1926	1948	1948	-	-	-	-	-	-	-	-	-	2039
Flimby		1929	1951	1952	-	-	-	-	-	-	-	-	-	2043
Workington		1936	1958	1959	-	-	-	-	-	-	-	-	-	2050
Harrington		1940	2002	2003	-	-	-	-	-	-	-	-	-	2054
Parton		1950	2011	2012	-	-	-	-	-	-	-	-	-	2103
Whitehaven	a	1956	2016	2018	-	-	-	-	-	-	-	-	-	2109
Whitehaven	d	-	2017	2019	-	-	-	-	-	-	-	-	-	-
Corkickle		-	2020	2022	-	-	-	-	-	-	-	-	-	-
St. Bees		-	2028	2027	-	-	-	-	-	-	-	-	-	-
Nethertown		-	20x32	20x32	-	-	-	-	-	-	-	-	-	-
Braystones		-	20x35	20x34	-	-	-	-	-	-	-	-	-	-
Sellafield		-	2040	2039	-	-	-	-	-	-	-	-	-	-
Seascale		-	2044	2043	-	-	-	-	-	-	-	-	-	-
Drigg		-	2048	2047	-	-	-	-	-	-	-	-	-	-
Ravenglass		-	2051	2051	-	-	-	-	-	-	-	-	-	-
Bootle (Cumbria)		-	2057	2057	-	-	-	-	-	-	-	-	-	-
Silecroft		-	2104	2104	-	-	-	-	-	-	-	-	-	-
Millom	a	-	2109	2109	-	-	-	-	-	-	-	-	-	-
Millom	d	-	2110	2109	-	-	-	-	-	-	-	-	2200	-
Green Road		-	2114	2114	-	-	-	-	-	-	-	-	2204	-
Foxfield		-	2118	2118	-	-	-	-	-	-	-	-	2208	-
Kirkby-in-Furness		-	2123	2122	-	-	-	-	-	-	-	-	2213	-
Askam		-	2128	2127	-	-	-	-	-	-	-	-	2218	-
Barrow-in-Furness	a	-	2142	2141	-	-	-	-	-	-	-	-	2231	-
Barrow-in-Furness	d	-	2145	-	2146	2146	-	-	-	-	-	-	-	-
Roose		-	2149	-	2150	2150	-	-	-	-	-	-	-	-
Dalton		-	2155	-	2156	2156	-	-	-	-	-	-	-	-
Ulverston		-	2204	-	2204	2204	-	-	-	-	-	-	-	-
Cark		-	2211	-	2212	2212	-	-	-	-	-	-	-	-
Kents Bank		-	2215	-	2216	2216	-	-	-	-	-	-	-	-
Grange-over-Sands		-	2219	-	2220	2220	-	-	-	-	-	-	-	-
Arnsdale		-	2226	-	2226	2226	-	-	-	-	-	-	-	-
Silverdale		-	2230	-	2230	2230	-	-	-	-	-	-	-	-
Carnforth		-	2238	-	2238	2238	-	-	-	-	-	-	-	-
Windermere	d	-	-	-	-	-	2225	2229	2247	-	-	-	-	-
Staveley		-	-	-	-	-	2235	2234	2252	-	-	-	-	-
Burneside		-	-	-	-	-	2245	2239	2257	-	-	-	-	-
Kendal		-	-	-	-	-	2255	2243	2301	-	-	-	-	-
Oxenholme Lake District	a	-	-	-	-	-	2310	2248	2306	-	-	-	-	-
Oxenholme Lake District	d	-	-	-	-	-	2310	2250	2308	-	-	-	-	-
Lancaster	a	-	2246	-	2246	2248	2355	2305	2324	-	-	-	-	-
Lancaster	d	-	2246	-	2246	-	2355	2305	2326	-	-	-	-	-
Preston	a	-	2310	-	2310	-	0035	2324	2345	-	-	-	-	-
Chorley	a	-	-	-	-	-	-	-	-	-	-	-	-	-
Bolton	a	-	-	-	-	-	-	-	-	-	-	-	-	-
Deansgate	a	-	-	-	-	-	-	-	-	-	-	-	-	-
Manchester Oxford Road	a	-	-	-	-	-	-	-	-	-	-	-	-	-
Manchester Piccadilly	a	-	-	-	-	-	-	-	-	-	-	-	-	-
Manchester Airport	a	-	-	-	-	-	-	-	-	-	-	-	-	-

Notes

x Request stop.

X Until 30 December and from 17 February.

Y From 6 January until 10 February.

SO Saturdays only.

SX Mondays to Fridays only.

Ⓢ Dry service - no alcohol permitted on board.

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

Carlisle - Barrow - Lancaster

Mondays to Saturdays

			Ⓢ	Ⓢ						
		SX	SO	SO	SX					
Carlisle	d	2055	2106	2149	2201	-	-	-	-	-
Dalston		2103	2114	2157	2209	-	-	-	-	-
Wigton		2112	2123	2206	2218	-	-	-	-	-
Aspatria		2123	2134	2217	2229	-	-	-	-	-
Maryport		2134	2145	2228	2240	-	-	-	-	-
Flimby		2138	2149	2232	2244	-	-	-	-	-
Workington		2145	2156	2239	2251	-	-	-	-	-
Harrington		2149	2200	2243	2255	-	-	-	-	-
Parton		2158	2209	2252	2304	-	-	-	-	-
Whitehaven	a	2204	2215	2258	2311	-	-	-	-	-
Whitehaven	d	-	-	-	-	-	-	-	-	-
Corkickle		-	-	-	-	-	-	-	-	-
St. Bees		-	-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-
Sellafield		-	-	-	-	-	-	-	-	-
Seascale		-	-	-	-	-	-	-	-	-
Drigg		-	-	-	-	-	-	-	-	-
Ravenglass		-	-	-	-	-	-	-	-	-
Bootle (Cumbria)		-	-	-	-	-	-	-	-	-
Silecroft		-	-	-	-	-	-	-	-	-
Millom	a	-	-	-	-	-	-	-	-	-
Millom	d	-	-	-	-	-	-	-	-	-
Green Road		-	-	-	-	-	-	-	-	-
Foxfield		-	-	-	-	-	-	-	-	-
Kirkby-in-Furness		-	-	-	-	-	-	-	-	-
Askam		-	-	-	-	-	-	-	-	-
Barrow-in-Furness	a	-	-	-	-	-	-	-	-	-
Barrow-in-Furness	d	-	-	-	-	-	-	-	-	-
Roose		-	-	-	-	-	-	-	-	-
Dalton		-	-	-	-	-	-	-	-	-
Ulverston		-	-	-	-	-	-	-	-	-
Cark		-	-	-	-	-	-	-	-	-
Kents Bank		-	-	-	-	-	-	-	-	-
Grange-over-Sands		-	-	-	-	-	-	-	-	-
Arnsdale		-	-	-	-	-	-	-	-	-
Silverdale		-	-	-	-	-	-	-	-	-
Carnforth		-	-	-	-	-	-	-	-	-
Windermere	d	-	-	-	-	-	-	-	-	-
Staveley		-	-	-	-	-	-	-	-	-
Burneside		-	-	-	-	-	-	-	-	-
Kendal		-	-	-	-	-	-	-	-	-
Oxenholme Lake District	a	-	-	-	-	-	-	-	-	-
Oxenholme Lake District	d	-	-	-	-	-	-	-	-	-
Lancaster	a	-	-	-	-	-	-	-	-	-
Lancaster	d	-	-	-	-	-	-	-	-	-
Preston	a	-	-	-	-	-	-	-	-	-
Chorley	a	-	-	-	-	-	-	-	-	-
Bolton	a	-	-	-	-	-	-	-	-	-
Deansgate	a	-	-	-	-	-	-	-	-	-
Manchester Oxford Road	a	-	-	-	-	-	-	-	-	-
Manchester Piccadilly	a	-	-	-	-	-	-	-	-	-
Manchester Airport	a	-	-	-	-	-	-	-	-	-

Notes


SO Saturdays only.

SX Mondays to Fridays only.

Ⓢ Dry service - no alcohol permitted on board.

Carlisle - Barrow - Lancaster

Sundays

		V	V	W		W	V	V		
Carlisle	d	-	-	-	-	-	-	-	-	-
Dalston		-	-	-	-	-	-	-	-	-
Wigton		-	-	-	-	-	-	-	-	-
Aspatria		-	-	-	-	-	-	-	-	-
Maryport		-	-	-	-	-	-	-	-	-
Flimby		-	-	-	-	-	-	-	-	-
Workington		-	-	-	-	-	-	-	-	-
Harrington		-	-	-	-	-	-	-	-	-
Parton		-	-	-	-	-	-	-	-	-
Whitehaven	a	-	-	-	-	-	-	-	-	-
Whitehaven	d	-	-	-	-	-	-	-	-	-
Corkickle		-	-	-	-	-	-	-	-	-
St. Bees		-	-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-
Sellafield		-	-	-	-	-	-	-	-	-
Seascale		-	-	-	-	-	-	-	-	-
Drigg		-	-	-	-	-	-	-	-	-
Ravenglass		-	-	-	-	-	-	-	-	-
Bootle (Cumbria)		-	-	-	-	-	-	-	-	-
Silecroft		-	-	-	-	-	-	-	-	-
Millom	a	-	-	-	-	-	-	-	-	-
Millom	d	-	-	-	-	-	-	-	0950	-
Green Road		-	-	-	-	-	-	-	0954	-
Foxfield		-	-	-	-	-	-	-	0958	-
Kirkby-in-Furness		-	-	-	-	-	-	-	1003	-
Askam		-	-	-	-	-	-	-	1008	-
Barrow-in-Furness	a	-	-	-	-	-	-	-	1021	-
Barrow-in-Furness	d	0753	0841	0905	0905	-	0946	0952	-	-
Roose		0757	0845	-	0909	-	0950	0956	-	-
Dalton		0803	0851	-	0915	-	0956	1002	-	-
Ulverston		0812	0859	0922	0924	-	1004	1010	-	-
Cark		0819	0906	-	0931	-	1011	1017	-	-
Kents Bank		0823	0910	-	0935	-	1015	1021	-	-
Grange-over-Sands		0827	0914	0934	0939	-	1019	1025	-	-
Arnsdale		0833	0920	0940	0945	-	1025	1031	-	-
Silverdale		0838	0924	-	0950	-	1029	1035	-	-
Carnforth		0845	0931	0951	0957	-	1037	1043	-	-
Windermere	d	-	-	-	-	1030	-	-	1053	-
Staveley		-	-	-	-	1040	-	-	1058	-
Burneside		-	-	-	-	1050	-	-	1103	-
Kendal		-	-	-	-	1100	-	-	1107	-
Oxenholme Lake District	a	-	-	-	-	1115	-	-	1112	-
Oxenholme Lake District	d	-	-	-	-	-	-	-	1123	-
Lancaster	a	-	0938	1001	-	-	1044	1050	1137	-
Lancaster	d	-	0945	-	-	-	1045	1051	1138	-
Preston	a	-	1004	-	-	-	1104	1110	1156	-
Chorley	a	-	1019	-	-	-	1125	1122	-	-
Bolton	a	-	1032	-	-	-	1149	1135	-	-
Manchester Oxford Road	a	-	1047	-	-	-	1215p	1151	1238	-
Manchester Piccadilly	a	-	-	-	-	-	1228m	1156	1242	-
Manchester Airport	a	-	-	-	-	-	-	1220	1258	-

Notes

m Change at Manchester Oxford Road.

p Change at Preston.

V Until 31 December and from 18 February.

W From 7 January until 11 February.

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

Carlisle - Barrow - Lancaster

Sundays

	V	W		V	W	V	W	V	W
Carlisle d	-	-	-	-	-	-	-	0945	-
Dalston	-	-	-	-	-	-	-	0953	-
Wigton	-	-	-	-	-	-	-	1002	-
Aspatria	-	-	-	-	-	-	-	1013	-
Maryport	-	-	0917	-	-	-	-	1024	1024
Flimby	-	-	0920	-	-	-	-	-	-
Workington	-	-	0927	-	-	-	-	1033	1033
Harrington	-	-	0931	-	-	-	-	-	-
Parton	-	-	0940	-	-	-	-	1046	1046
Whitehaven a	-	-	0945	-	-	-	-	1050	1050
Whitehaven d	-	-	0946	-	-	-	-	1052	1052
Corkickle	-	-	0949	-	-	-	-	1054	1054
St. Bees	-	-	0954	-	-	-	-	1100	1100
Nethertown	-	-	09x59	-	-	-	-	-	-
Braystones	-	-	10x01	-	-	-	-	-	-
Sellafield	-	-	1007	-	-	-	-	1110	1110
Seascale	-	-	1010	-	-	-	-	1113	1113
Drigg	-	-	1014	-	-	-	-	1117	1117
Ravenglass	-	-	1018	-	-	-	-	1121	1121
Bootle (Cumbria)	-	-	1024	-	-	-	-	1127	1127
Silecroft	-	-	1031	-	-	-	-	1134	1134
Millom a	-	-	1036	-	-	-	-	1139	1139
Millom d	-	-	1036	-	-	-	-	1139	1139
Green Road	-	-	1041	-	-	-	-	1144	1144
Foxfield	-	-	1045	-	-	-	-	1148	1148
Kirkby-in-Furness	-	-	1049	-	-	-	-	1152	1152
Askam	-	-	1054	-	-	-	-	1157	1157
Barrow-in-Furness a	-	-	1108	-	-	-	-	1211	1211
Barrow-in-Furness d	1052	1052	-	-	1147	1147	-	-	-
Roose	1056	1056	-	-	1151	1151	-	-	-
Dalton	1102	1102	-	-	1158	1158	-	-	-
Ulverston	1111	1111	-	-	1206	1206	-	-	-
Cark	1118	1118	-	-	1213	1213	-	-	-
Kents Bank	1122	1122	-	-	1217	1217	-	-	-
Grange-over-Sands	1126	1126	-	-	1221	1221	-	-	-
Arnside	1131	1131	-	-	1227	1227	-	-	-
Silverdale	1135	1135	-	-	1231	1231	-	-	-
Carnforth	1143	1143	-	-	1239	1239	-	-	-
Windermere d	-	-	-	1224	-	-	1308	1308	-
Staveley	-	-	-	-	-	-	1313	1313	-
Burneside	-	-	-	-	-	-	1318	1318	-
Kendal	-	-	-	1236	-	-	1322	1322	-
Oxenholme Lake District a	-	-	-	1241	-	-	1327	1327	-
Oxenholme Lake District d	-	-	-	-	-	-	1329	1329	-
Lancaster a	1150	1150	-	-	1246	1246	1345	1345	-
Lancaster d	1151	1151	-	-	1247	1247	1349	1349	-
Preston a	1209	1209	-	-	1306	1306	1407	1408	-
Chorley a	1221	1224	-	-	1322	1325	1423	1424	-
Bolton a	1234	1248	-	-	1335	1349	1436	1448	-
Manchester Oxford Road a	1250	1314p	-	-	1350	1411p	1452	1511p	-
Manchester Piccadilly a	1256	1320p	-	-	1354	1420p	1456	1520p	-
Manchester Airport a	1316	1336p	-	-	1416	1436p	1514	1536p	-

Notes

p Change at Preston.

x Request stop.

V Until 31 December and from 18 February.

W From 7 January until 11 February.

Carlisle - Barrow - Lancaster

Sundays

	V	W		V	W		V	W
Carlisle	d	1023 1041	-	1106	-	-	1207	-
Dalston		1031 1049	-	1114	-	-	1215	-
Wigton		1041 1058	-	1124	-	-	1225	-
Aspatria		1051 1109	-	1134	-	-	1235	-
Maryport		1103 1120	-	1146	-	-	1247	-
Flimby		1107 1124	-	1149	-	-	1250	-
Workington		1114 1131	-	1156	-	-	1258	-
Harrington		1118 1135	-	1200	-	-	1302	-
Parton		1127 1144	-	1209	-	-	1311	-
Whitehaven	a	1132 1148	-	1214	-	-	1316	-
Whitehaven	d	1133 1150	-	1216	-	-	1318	-
Corkickle		1136 1152	-	1219	-	-	1321	-
St. Bees		1141 1158	-	1227	-	-	1327	-
Nethertown		-	-	12x31	-	-	-	-
Braystones		-	-	12x34	-	-	-	-
Sellafield		1151 1208	-	1239	-	-	1337	-
Seascale		1155 1211	-	1243	-	-	1341	-
Drigg		1159 1215	-	1247	-	-	1345	-
Ravenglass		1202 1219	-	1251	-	-	1349	-
Bootle (Cumbria)		1208 1225	-	1257	-	-	1355	-
Silecroft		1215 1232	-	1304	-	-	1402	-
Millom	a	1220 1237	-	1309	-	-	1407	-
Millom	d	1220 1237	-	1309	-	-	1407	-
Green Road		1225 1242	-	1314	-	-	1412	-
Foxfield		1229 1246	-	1318	-	-	1416	-
Kirkby-in-Furness		1233 1250	-	1322	-	-	1420	-
Askam		1238 1255	-	1327	-	-	1425	-
Barrow-in-Furness	a	1252 1309	-	1341	-	-	1439	-
Barrow-in-Furness	d	1254 1317	-	-	1349 1349	-	-	1447 1447
Roose		1258 1321	-	-	1353 1353	-	-	1451 1451
Dalton		1304 1327	-	-	1359 1359	-	-	1457 1457
Ulverston		1312 1335	-	-	1407 1407	-	-	1505 1505
Cark		-	-	-	1414 1414	-	-	1512 1512
Kents Bank		-	-	-	1418 1418	-	-	1516 1516
Grange-over-Sands		1325 1348	-	-	1422 1422	-	-	1520 1520
Arnsdale		1331 1354	-	-	1428 1428	-	-	1526 1526
Silverdale		1336 1359	-	-	1432 1432	-	-	1530 1530
Carnforth		1343 1406	-	-	1439 1439	-	-	1537 1537
Windermere	d	-	-	1359	-	-	1446	-
Staveley		-	-	1404	-	-	1451	-
Burneside		-	-	1409	-	-	1456	-
Kendal		-	-	1413	-	-	1500	-
Oxenholme Lake District	a	-	-	1418	-	-	1505	-
Oxenholme Lake District	d	-	-	-	-	-	1515	-
Lancaster	a	1352 1420	-	-	1446 1446	1529	-	1544 1544
Lancaster	d	-	1427	-	-	1449 1449	1530	-
Preston	a	-	1445	-	-	1507 1508	1547	-
Chorley	a	-	-	-	-	1521 1524	-	-
Bolton	a	-	1504	-	-	1534 1548	1606	-
Manchester Oxford Road	a	-	1520	-	-	1550 1611p	1620	-
Manchester Piccadilly	a	-	1524	-	-	1555 1620p	1624	-
Manchester Airport	a	-	1542	-	-	1613 1636p	1642	-

Notes

p Change at Preston.

x Request stop.

V Until 31 December and from 18 February.

W From 7 January until 11 February.

Carlisle - Barrow - Lancaster

Sundays

		V	W			V	W		W
Carlisle	d	-	-	1324	-	1401	-	-	1510
Dalston		-	-	1332	-	1409	-	-	1518
Wigton		-	-	1342	-	1419	-	-	1528
Aspatria		-	-	1352	-	1429	-	-	1538
Maryport		-	-	1403	-	1441	-	-	1550
Flimby		-	-	1407	-	1444	-	-	1553
Workington		-	-	1414	-	1451	-	-	1600
Harrington		-	-	1418	-	1455	-	-	1604
Parton		-	-	1427	-	1504	-	-	1613
Whitehaven	a	-	-	1432	-	1509	-	-	1618
Whitehaven	d	-	-	1433	-	1510	-	-	1619
Corkickle		-	-	1436	-	1513	-	-	1622
St. Bees		-	-	1441	-	1519	-	-	1629
Nethertown		-	-	-	-	-	-	-	16x33
Braystones		-	-	-	-	-	-	-	16x36
Sellafield		-	-	1452	-	1529	-	-	1641
Seascale		-	-	1455	-	1532	-	-	1645
Drigg		-	-	-	-	1536	-	-	1649
Ravenglass		-	-	1501	-	1540	-	-	1653
Bootle (Cumbria)		-	-	-	-	1546	-	-	1659
Silecroft		-	-	-	-	1553	-	-	1706
Millom	a	-	-	1517	-	1558	-	-	1711
Millom	d	-	-	1517	-	1559	-	-	1711
Green Road		-	-	-	-	1603	-	-	1716
Foxfield		-	-	1525	-	1607	-	-	1720
Kirkby-in-Furness		-	-	1529	-	1612	-	-	1724
Askam		-	-	1534	-	1617	-	-	1729
Barrow-in-Furness	a	-	-	1548	-	1631	-	-	1743
Barrow-in-Furness	d	-	-	1550	-	1646	1646	-	1716 1746
Roose		-	-	1554	-	1650	1650	-	1720 1750
Dalton		-	-	1600	-	1656	1656	-	1726 1756
Ulverston		-	-	1608	-	1705	1705	-	1734 1805
Cark		-	-	1616	-	1712	1712	-	1741 1812
Kents Bank		-	-	1620	-	1716	1716	-	1745 1816
Grange-over-Sands		-	-	1624	-	1720	1720	-	1749 1820
Arnsdale		-	-	1630	-	1725	1725	-	1755 1827
Silverdale		-	-	1635	-	1729	1729	-	1759 1832
Carnforth		-	-	1642	-	1736	1736	-	1807 1842
Windermere	d	1555	1555	-	1659	-	-	1800	-
Staveley		1600	1600	-	1704	-	-	1805	-
Burneside		1605	1605	-	1709	-	-	1810	-
Kendal		1609	1609	-	1713	-	-	1814	-
Oxenholme Lake District	a	1614	1614	-	1718	-	-	1819	-
Oxenholme Lake District	d	1616	1616	-	1725	-	-	1830	-
Lancaster	a	1633	1633	1652	1738	-	1743 1743	1843	1814 1851
Lancaster	d	1648	1648	-	1740	-	1748 1748	1845	1815 1858
Preston	a	1706	1707	-	1757	-	1806 1806	1902	1834 1915
Chorley	a	1721	1724	-	-	-	1820 1823	-	1855 -
Bolton	a	1734	1748	-	-	-	1833 1847	-	1919 -
Manchester Oxford Road	a	1752	1812p	-	-	-	1850 1912p	-	2011p -
Manchester Piccadilly	a	1756	1820p	-	-	-	1855 1920p	-	2020p -
Manchester Airport	a	1818	1837p	-	-	-	1914 1936p	-	2036p -

Notes

p Change at Preston.

x Request stop.

V Until 31 December and from 18 February.

W From 7 January until 11 February.

Carlisle - Barrow - Lancaster

Sundays

		V	W		V		V	W	
Carlisle	d	-	-	1616	-	-	1710	-	-
Dalston		-	-	1624	-	-	1718	-	-
Wigton		-	-	1634	-	-	1728	-	-
Aspatria		-	-	1644	-	-	1738	-	-
Maryport		-	-	1656	-	-	1750	-	-
Flimby		-	-	1659	-	-	1753	-	-
Workington		-	-	1706	-	-	1800	-	-
Harrington		-	-	1710	-	-	1804	-	-
Parton		-	-	1719	-	-	1813	-	-
Whitehaven	a	-	-	1724	-	-	1818	-	-
Whitehaven	d	-	-	1725	-	-	1819	-	-
Corkickle		-	-	1728	-	-	1822	-	-
St. Bees		-	-	1733	-	-	1829	-	-
Nethertown		-	-	-	-	-	18x33	-	-
Braystones		-	-	-	-	-	18x36	-	-
Sellafield		-	-	1744	-	-	1841	-	-
Seascale		-	-	1747	-	-	1844	-	-
Drigg		-	-	1751	-	-	1848	-	-
Ravenglass		-	-	1755	-	-	1852	-	-
Bootle (Cumbria)		-	-	1801	-	-	1858	-	-
Silecroft		-	-	1808	-	-	1905	-	-
Millom	a	-	-	1813	-	-	1910	-	-
Millom	d	-	-	1814	-	-	1910	-	1925
Green Road		-	-	1818	-	-	1915	-	1929
Foxfield		-	-	1822	-	-	1919	-	1933
Kirkby-in-Furness		-	-	1827	-	-	1923	-	1938
Askam		-	-	1832	-	-	1928	-	1943
Barrow-in-Furness	a	-	-	1846	-	-	1942	-	1957
Barrow-in-Furness	d	-	-	-	1851	-	1952	1952	-
Roose		-	-	-	1855	-	1956	1956	-
Dalton		-	-	-	1901	-	2002	2002	-
Ulverston		-	-	-	1909	-	2011	2011	-
Cark		-	-	-	1917	-	2018	2018	-
Kents Bank		-	-	-	1921	-	2022	2022	-
Grange-over-Sands		-	-	-	1925	-	2026	2026	-
Arnsdale		-	-	-	1931	-	2031	2031	-
Silverdale		-	-	-	1935	-	2035	2035	-
Carnforth		-	-	-	1943	-	2043	2043	-
Windermere	d	1901	1901	-	-	1957	-	-	2047
Staveley		1907	1907	-	-	2002	-	-	2052
Burneside		1912	1912	-	-	2007	-	-	2057
Kendal		1916	1916	-	-	2011	-	-	2101
Oxenholme Lake District	a	1921	1921	-	-	2016	-	-	2106
Oxenholme Lake District	d	1922	1922	-	-	2024	-	-	2117
Lancaster	a	1937	1937	-	1951	2037	-	2050	2050
Lancaster	d	1939	1939	-	1951	2039	-	2050	2050
Preston	a	1958	1958	-	2014	2056	-	2108	2108
Chorley	a	2023	2026	-	-	-	-	2122	2125
Bolton	a	2036	2050	-	-	-	-	2136	2149
Manchester Oxford Road	a	2051	2111p	-	-	-	-	2151	2216p
Manchester Piccadilly	a	2056	2120p	-	-	-	-	2155	2220p
Manchester Airport	a	2114	2136p	-	-	-	-	2213	2236p

Notes

p Change at Preston.

x Request stop.

V Until 31 December and from 18 February.

W From 7 January until 11 February.

Carlisle - Barrow - Lancaster

Sundays

Carlisle	d	-	-	1810	1910	2010	2110	-	-	-	-
Dalston		-	-	1818	1918	2018	2118	-	-	-	-
Wigton		-	-	1827	1927	2027	2127	-	-	-	-
Aspatria		-	-	1838	1938	2038	2138	-	-	-	-
Maryport		-	-	1849	1949	2049	2149	-	-	-	-
Flimby		-	-	1853	1953	2053	2153	-	-	-	-
Workington		-	-	1900	2000	2100	2200	-	-	-	-
Harrington		-	-	1904	2004	2104	2204	-	-	-	-
Parton		-	-	1913	2013	2113	2213	-	-	-	-
Whitehaven	a	-	-	1919	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	-	2147	-	-	-	-	-	-	-	-
Staveley		-	2152	-	-	-	-	-	-	-	-
Burneside		-	2157	-	-	-	-	-	-	-	-
Kendal		-	2201	-	-	-	-	-	-	-	-
Oxenholme Lake District	a	-	2206	-	-	-	-	-	-	-	-
Oxenholme Lake District	d	-	2217	-	-	-	-	-	-	-	-
Lancaster	a	2148	2233	-	-	-	-	-	-	-	-
Lancaster	d	2220	2233	-	-	-	-	-	-	-	-
Preston	a	2238	2252	-	-	-	-	-	-	-	-
Chorley	a	-	-	-	-	-	-	-	-	-	-
Bolton	a	-	-	-	-	-	-	-	-	-	-
Manchester Oxford Road	a	2318	-	-	-	-	-	-	-	-	-
Manchester Piccadilly	a	2322	-	-	-	-	-	-	-	-	-
Manchester Airport	a	2342	-	-	-	-	-	-	-	-	-

Lancaster - Barrow - Carlisle

Mondays to Saturdays

								SX	SO	X	SO	Y
Manchester Airport	d	-	-	-	-	-	-	0529	0529	-	-	-
Manchester Piccadilly		-	-	-	-	0457	-	0549	0549	-	-	-
Manchester Oxford Road		-	-	-	-	-	-	0552	0552	-	-	-
Deansgate		-	-	-	-	-	-	0555	0555	-	-	-
Bolton		-	-	-	-	-	-	0608	0608	-	-	-
Chorley		-	-	-	-	-	-	0620	0620	-	-	-
Preston		-	-	-	0518	0537	-	0633	0633	0633	-	-
Lancaster	a	-	-	-	0538	0551	-	0651	0651	0651	-	-
Lancaster	d	-	-	-	0538	0559	-	0653	0653	0653	-	-
Oxenholme Lake District	a	-	-	-	-	0615	-	-	-	-	-	-
Oxenholme Lake District	d	-	-	-	-	0617	-	-	-	-	-	-
Kendal		-	-	-	-	0621	-	-	-	-	-	-
Burneside		-	-	-	-	0625	-	-	-	-	-	-
Staveley		-	-	-	-	0630	-	-	-	-	-	-
Windermere	a	-	-	-	-	0636	-	-	-	-	-	-
Carnforth		-	-	-	0549	-	-	0703	0703	0703	-	-
Silverdale		-	-	-	0554	-	-	0708	0708	0708	-	-
Arnside		-	-	-	0559	-	-	0712	0712	0712	-	-
Grange-over-Sands		-	-	-	0605	-	-	0718	0718	0718	-	-
Kents Bank		-	-	-	0608	-	-	0722	0722	0722	-	-
Cark		-	-	-	0612	-	-	0726	0726	0726	-	-
Ulverston		-	-	-	0621	-	-	0733	0733	0733	-	-
Dalton		-	-	-	0629	-	-	0742	0742	0742	-	-
Roose		-	-	-	0635	-	-	0748	0748	0748	-	-
Barrow-in-Furness	a	-	-	-	0642	-	-	0755	0755	0755	-	-
Barrow-in-Furness	d	-	-	0558	-	-	0651	0750	-	-	-	-
Askam		-	-	0608	-	-	0701	0800	-	-	-	-
Kirkby-in-Furness		-	-	0613	-	-	0706	0804	-	-	-	-
Foxfield		-	-	0618	-	-	0711	0809	-	-	-	-
Green Road		-	-	0622	-	-	0715	0813	-	-	-	-
Millom	a	-	-	0627	-	-	0719	0817	-	-	-	-
Millom	d	-	-	0627	-	-	0720	0818	-	-	-	-
Silecroft		-	-	0633	-	-	0725	0823	-	-	-	-
Bootle (Cumbria)		-	-	0640	-	-	0732	0830	-	-	-	-
Ravenglass		-	-	0647	-	-	0738	0836	-	-	-	-
Drigg		-	-	0651	-	-	0742	0840	-	-	-	-
Seascale		-	-	0655	-	-	0747	0844	-	-	-	-
Sellafield		-	-	0700	-	-	0753	0849	-	-	-	-
Braystones		-	-	-	-	-	07x57	-	-	-	-	-
Nethertown		-	-	-	-	-	07x59	-	-	-	-	-
St. Bees		-	-	0713	-	-	0805	0900	-	-	-	-
Corkickle		-	-	0719	-	-	0811	0905	-	-	-	-
Whitehaven	a	-	-	0722	-	-	0814	0908	-	-	-	-
Whitehaven	d	-	0630	0723	-	-	0816	0909	-	-	-	-
Parton		-	0634	0727	-	-	0820	0913	-	-	-	-
Harrington		-	0643	0736	-	-	0829	0922	-	-	-	-
Workington		0549	0648	0742	-	-	0834	0928	-	-	-	-
Flimby		0554	0653	0747	-	-	0839	0933	-	-	-	-
Maryport		0558	0657	0751	-	-	0843	0936	-	-	-	-
Aspatria		0608	0707	0801	-	-	0854	0947	-	-	-	-
Wigton		0619	0718	0812	-	-	0904	0957	-	-	-	-
Dalston		0628	0727	0821	-	-	0913	1006	-	-	-	-
Carlisle	a	0639	0738	0832	-	-	0925	1017	-	-	-	-

Notes

x Request stop.

X Until 30 December and from 17 February.

Y From 6 January until 10 February.

SO Saturdays only.

SX Mondays to Fridays only.

Lancaster - Barrow - Carlisle

Mondays to Saturdays

					SX	SO	X	SO	Y			
Manchester Airport	d	-	0603	0704	-	-	0729	0729	0717	p	-	-
Manchester Piccadilly		-	0622	0721	-	-	0750	0750	0733	p	-	-
Manchester Oxford Road		-	0625	0725	-	-	0753	0753	0737	p	-	-
Deansgate		-	-	-	-	-	0756	0756	0739	p	-	-
Bolton		-	0639	-	-	-	0808	0808	0805		-	-
Chorley		-	-	-	-	-	0820	0820	0826		-	-
Preston		0644	0704	0800	0755	-	0834	0842	0843		-	-
Lancaster	a	0658	0719	0815	0809	-	0851	0859	0900		-	-
Lancaster	d	0700	0733	0822	0810	-	0851	0859	0900		-	-
Oxenholme Lake District	a	0712	-	-	0823	-	-	-	-		-	-
Oxenholme Lake District	d	0730	-	-	0829	-	-	-	-		0932	-
Kendal		0734	-	-	0833	-	-	-	-		0936	-
Burneside		0738	-	-	0837	-	-	-	-		0940	-
Staveley		0743	-	-	0842	-	-	-	-		0945	-
Windermere	a	0749	-	-	0848	-	-	-	-		0951	-
Carnforth		-	0744	0832	-	-	0901	0909	0910		-	-
Silverdale		-	0750	0838	-	-	0906	0914	0915		-	-
Arnside		-	0754	0842	-	-	0910	0919	0919		-	-
Grange-over-Sands		-	0800	0848	-	-	0916	0924	0925		-	-
Kents Bank		-	0804	-	-	-	0920	0928	0929		-	-
Cark		-	0808	0854	-	-	0924	0932	0933		-	-
Ulverston		-	0816	0902	-	-	0931	0940	0940		-	-
Dalton		-	0825	0910	-	-	0940	0948	0948		-	-
Roose		-	0831	-	-	-	0946	0955	0955		-	-
Barrow-in-Furness	a	-	0838	0922	-	-	0953	1001	1001		-	-
Barrow-in-Furness	d	-	-	-	-	0928	-	-	-		-	1022
Askam		-	-	-	-	0938	-	-	-		-	1032
Kirkby-in-Furness		-	-	-	-	0942	-	-	-		-	1036
Foxfield		-	-	-	-	0947	-	-	-		-	1041
Green Road		-	-	-	-	0951	-	-	-		-	1045
Millom	a	-	-	-	-	0955	-	-	-		-	1049
Millom	d	-	-	-	-	0955	-	-	-		-	1050
Silecroft		-	-	-	-	1000	-	-	-		-	1055
Bootle (Cumbria)		-	-	-	-	1007	-	-	-		-	1102
Ravenglass		-	-	-	-	1013	-	-	-		-	1108
Drigg		-	-	-	-	1017	-	-	-		-	1112
Seascale		-	-	-	-	1021	-	-	-		-	1116
Sellafield		-	-	-	-	1032	-	-	-		-	1122
Braystones		-	-	-	-	-	-	-	-		-	11x26
Nethertown		-	-	-	-	-	-	-	-		-	11x28
St. Bees		-	-	-	-	1042	-	-	-		-	1134
Corkickle		-	-	-	-	1047	-	-	-		-	1140
Whitehaven	a	-	-	-	-	1050	-	-	-		-	1143
Whitehaven	d	-	-	-	-	1051	-	-	-		-	1145
Parton		-	-	-	-	1055	-	-	-		-	1149
Harrington		-	-	-	-	1104	-	-	-		-	1158
Workington		-	-	-	-	1110	-	-	-		-	1203
Flimby		-	-	-	-	1115	-	-	-		-	1208
Maryport		-	-	-	-	1118	-	-	-		-	1212
Aspatria		-	-	-	-	1129	-	-	-		-	1223
Wigton		-	-	-	-	1139	-	-	-		-	1233
Dalston		-	-	-	-	1148	-	-	-		-	1242
Carlisle	a	-	-	-	-	1159	-	-	-		-	1253

Notes

p Change at Preston

x Request stop.

X Until 30 December and from 17 February.

Y From 6 January until 10 February.

SO Saturdays only.

SX Mondays to Fridays only.

Lancaster - Barrow - Carlisle

Mondays to Saturdays

		SX	SO	X	SO	Y	SX	SO	X	SO	Y		SX
Manchester Airport	d	-	0829	0829	0817	p0929	0929	0929	0917	p	-	-	1029
Manchester Piccadilly	-	-	0850	0850	0833	p0950	0950	0933	p	-	-	-	1050
Manchester Oxford Road	-	-	0853	0853	0836	p0953	0953	0937	p	-	-	-	1053
Deansgate	-	-	0856	0856	0838	p0956	0956	0939	p	-	-	-	1056
Bolton	-	-	0909	0909	0857	1008	1008	0952	-	-	-	-	1108
Chorley	-	-	0921	0921	0918	1020	1020	1012	-	-	-	-	1120
Preston	-	-	0945	0945	0945	1033	1033	1033	1041	-	-	-	1144
Lancaster	a	-	1002	1002	1002	1050	1050	1050	1055	-	-	-	1202
Lancaster	d	1014	1002	1003	1003	1051	1051	1051	1057	-	-	-	1202
Oxenholme Lake District	a	-	1019	1032	1032	-	-	-	1110	-	-	-	-
Oxenholme Lake District	d	-	1021	1033	1033	-	-	-	1121	-	-	-	-
Kendal	-	-	1025	1037	1037	-	-	-	1125	-	-	-	-
Burneside	-	-	1029	1041	1041	-	-	-	1129	-	-	-	-
Staveley	-	-	1034	1046	1046	-	-	-	1134	-	-	-	-
Windermere	a	-	1041	1053	1053	-	-	-	1140	-	-	-	-
Carnforth		1024	-	-	-	1101	1101	1101	-	-	-	-	1212
Silverdale		1030	-	-	-	1106	1106	1106	-	-	-	-	1217
Arnside		1034	-	-	-	1110	1110	1110	-	-	-	-	1221
Grange-over-Sands		1040	-	-	-	1116	1116	1116	-	-	-	-	1227
Kents Bank		1044	-	-	-	1120	1120	1120	-	-	-	-	1230
Cark		1048	-	-	-	1124	1124	1124	-	-	-	-	1234
Ulverston		1056	-	-	-	1131	1131	1131	-	-	-	-	1242
Dalton		1104	-	-	-	1140	1140	1140	-	-	-	-	1250
Roose		1110	-	-	-	1146	1146	1146	-	-	-	-	1256
Barrow-in-Furness	a	1118	-	-	-	1154	1154	1154	-	-	-	-	1302
Barrow-in-Furness	d	1119	-	-	-	-	-	-	-	-	-	-	1206
Askam		1130	-	-	-	-	-	-	-	-	-	-	1216
Kirkby-in-Furness		1134	-	-	-	-	-	-	-	-	-	-	1220
Foxfield		1139	-	-	-	-	-	-	-	-	-	-	1225
Green Road		1143	-	-	-	-	-	-	-	-	-	-	1229
Millom	a	1147	-	-	-	-	-	-	-	-	-	-	1233
Millom	d	1148	-	-	-	-	-	-	-	-	-	-	1234
Silecroft		1153	-	-	-	-	-	-	-	-	-	-	1239
Bootle (Cumbria)		1200	-	-	-	-	-	-	-	-	-	-	1246
Ravenglass		1206	-	-	-	-	-	-	-	-	-	-	1252
Drigg		1209	-	-	-	-	-	-	-	-	-	-	1255
Seascale		1213	-	-	-	-	-	-	-	-	-	-	1259
Sellafield		1217	-	-	-	-	-	-	-	-	-	-	1303
Braystones		-	-	-	-	-	-	-	-	-	-	-	13x06
Nethertown		-	-	-	-	-	-	-	-	-	-	-	13x09
St. Bees		1227	-	-	-	-	-	-	-	-	-	-	1328
Corkickle		1233	-	-	-	-	-	-	-	-	-	-	1334
Whitehaven	a	1235	-	-	-	-	-	-	-	-	-	-	1336
Whitehaven	d	1237	-	-	-	-	-	-	-	-	-	-	1338
Parton		1241	-	-	-	-	-	-	-	-	-	-	1342
Harrington		-	-	-	-	-	-	-	-	-	-	-	1351
Workington		1254	-	-	-	-	-	-	-	-	-	-	1356
Flimby		-	-	-	-	-	-	-	-	-	-	-	1401
Maryport		1302	-	-	-	-	-	-	-	-	-	-	1405
Aspatria		1313	-	-	-	-	-	-	-	-	-	-	1416
Wigton		1323	-	-	-	-	-	-	-	-	-	-	1426
Dalston		-	-	-	-	-	-	-	-	-	-	-	1435
Carlisle	a	1341	-	-	-	-	-	-	-	-	-	-	1450

Notes

p Change at Preston.

x Request stop.

X Until 30 December and from 17 February.

Y From 6 January until 10 February.

SO Saturdays only.

SX Mondays to Fridays only.

Lancaster - Barrow - Carlisle

Mondays to Saturdays

	SO	X	SO	Y		SX	SO	X	SO	Y		SX
Manchester Airport	d	1029	1017p	-	-	1129	1129	1117p	-	-	-	1229
Manchester Piccadilly		1050	1033p	-	-	1150	1150	1133p	-	-	-	1250
Manchester Oxford Road		1053	1037p	-	-	1153	1153	1136p	-	-	-	1253
Deansgate		1056	1039p	-	-	1156	1156	1138p	-	-	-	1256
Bolton		1108	1057	-	-	-	1208	1158	-	-	-	-
Chorley		1120	1118	-	-	-	1220	1219	-	-	-	-
Preston		1144	1145	-	-	1246	1245	1245	1253	-	-	1346
Lancaster	a	1202	1202	-	-	1303	1302	1302	1307	-	-	1403
Lancaster	d	1202	1202	-	-	1303	1303	1303	1319	-	-	1404
Oxenholme Lake District	a	-	-	-	-	1332	1332	1332	-	-	-	-
Oxenholme Lake District	d	-	-	1239	-	1334	1334	1334	-	-	-	-
Kendal		-	-	1243	-	1338	1338	1338	-	-	-	-
Burneside		-	-	1247	-	1342	1342	1342	-	-	-	-
Staveley		-	-	1252	-	1347	1347	1347	-	-	-	-
Windermere	a	-	-	1258	-	1354	1354	1354	-	-	-	-
Carnforth		1212	1212	-	-	-	-	-	1329	-	-	1414
Silverdale		1217	1217	-	-	-	-	-	1334	-	-	1419
Arnside		1221	1221	-	-	-	-	-	1339	-	-	1423
Grange-over-Sands		1227	1227	-	-	-	-	-	1345	-	-	1429
Kents Bank		1230	1230	-	-	-	-	-	1348	-	-	1432
Cark		1234	1234	-	-	-	-	-	1352	-	-	1436
Ulverston		1242	1242	-	-	-	-	-	1401	-	-	1444
Dalton		1250	1250	-	-	-	-	-	1409	-	-	1452
Roose		1256	1256	-	-	-	-	-	1415	-	-	1458
Barrow-in-Furness	a	1302	1302	-	-	-	-	-	1422	-	-	1505
Barrow-in-Furness	d	-	-	-	1315	-	-	-	1424	1449	-	-
Askam		-	-	-	1325	-	-	-	1434	1459	-	-
Kirkby-in-Furness		-	-	-	1329	-	-	-	1438	1503	-	-
Foxfield		-	-	-	1334	-	-	-	1443	1508	-	-
Green Road		-	-	-	1338	-	-	-	1447	1512	-	-
Millom	a	-	-	-	1342	-	-	-	1451	1516	-	-
Millom	d	-	-	-	1343	-	-	-	1451	1517	-	-
Silecroft		-	-	-	1348	-	-	-	1456	1522	-	-
Bootle (Cumbria)		-	-	-	1355	-	-	-	1503	1529	-	-
Ravenglass		-	-	-	1401	-	-	-	1509	1535	-	-
Drigg		-	-	-	1405	-	-	-	1513	1538	-	-
Seascale		-	-	-	1409	-	-	-	1517	1543	-	-
Sellafield		-	-	-	1413	-	-	-	1520	1547	-	-
Braystones		-	-	-	14x16	-	-	-	-	-	-	-
Nethertown		-	-	-	14x19	-	-	-	-	-	-	-
St. Bees		-	-	-	1427	-	-	-	1530	1600	-	-
Corkickle		-	-	-	1433	-	-	-	1536	1606	-	-
Whitehaven	a	-	-	-	1436	-	-	-	1538	1608	-	-
Whitehaven	d	-	-	-	1438	-	-	-	1540	1612	-	-
Parton		-	-	-	1442	-	-	-	1545	1616	-	-
Harrington		-	-	-	1451	-	-	-	1554	1625	-	-
Workington		-	-	-	1456	-	-	-	1559	1633	-	-
Flimby		-	-	-	1501	-	-	-	1604	1638	-	-
Maryport		-	-	-	1505	-	-	-	1608	1643	-	-
Aspatria		-	-	-	1516	-	-	-	1619	1654	-	-
Wigton		-	-	-	1526	-	-	-	1629	1704	-	-
Dalston		-	-	-	1535	-	-	-	1638	1714	-	-
Carlisle	a	-	-	-	1546	-	-	-	1651	1725	-	-

Notes

p Change at Preston.

x Request stop.

X Until 30 December and from 17 February.

Y From 6 January until 10 February.

SO Saturdays only.

SX Mondays to Fridays only.

Lancaster - Barrow - Carlisle

Mondays to Saturdays

		SO	X	SO	Y		SX	SO	X	SO	Y	SO		SX
Manchester Airport	d	1229	1217p	1304	-	1329	1329	1317p	-	1404	-			
Manchester Piccadilly	a	1250	1233p	1321	-	1350	1350	1333p	-	1421	-			
Manchester Oxford Road		1253	1237p	1324	-	1353	1353	1337p	-	1424	-			
Deansgate		1256	1239p	-	-	1356	1356	1339p	-	-	-			
Bolton		1309	1258	1339	-	1408	1408	1358	-	1439	-			
Chorley		1322	1319	-	-	1420	1420	1419	-	-	-			
Preston		1346	1346	1405	-	1445	1445	1445	-	1503	-			
Lancaster	a	1403	1403	1420	-	1502	1502	1502	-	1518	-			
Lancaster	d	1404	1404	1421	-	1502	1502	1502	-	1519	-			
Oxenholme Lake District	a	-	-	1434	-	-	-	-	-	1532	-			
Oxenholme Lake District	d	-	-	1439	-	-	-	-	-	1537	-			
Kendal		-	-	1443	-	-	-	-	-	1541	-			
Burneside		-	-	-	-	-	-	-	-	1545	-			
Staveley		-	-	-	-	-	-	-	-	1550	-			
Windermere	a	-	-	1456	-	-	-	-	-	1556	-			
Carnforth		1414	1414	-	-	1512	1512	1512	-	-	-			
Silverdale		1419	1419	-	-	1517	1517	1517	-	-	-			
Arnsdale		1423	1423	-	-	1522	1522	1522	-	-	-			
Grange-over-Sands		1429	1429	-	-	1527	1527	1527	-	-	-			
Kents Bank		1432	1432	-	-	1531	1531	1531	-	-	-			
Cark		1436	1436	-	-	1536	1536	1536	-	-	-			
Ulverston		1444	1444	-	-	1543	1543	1543	-	-	-			
Dalton		1452	1452	-	-	1552	1552	1552	-	-	-			
Roose		1458	1458	-	-	1558	1558	1558	-	-	-			
Barrow-in-Furness	a	1505	1505	-	-	1605	1605	1605	-	-	-			
Barrow-in-Furness	d	-	-	-	1544	-	-	-	1611	-	-			
Askam		-	-	-	1554	-	-	-	1621	-	-			
Kirkby-in-Furness		-	-	-	1558	-	-	-	1625	-	-			
Foxfield		-	-	-	1603	-	-	-	1630	-	-			
Green Road		-	-	-	1607	-	-	-	1634	-	-			
Millom	a	-	-	-	1611	-	-	-	1638	-	-			
Millom	d	-	-	-	1612	-	-	-	1639	-	-			
Silecroft		-	-	-	1617	-	-	-	1644	-	-			
Bootle (Cumbria)		-	-	-	1624	-	-	-	1651	-	-			
Ravenglass		-	-	-	1630	-	-	-	1657	-	-			
Drigg		-	-	-	1633	-	-	-	1700	-	-			
Seascale		-	-	-	1637	-	-	-	1704	-	-			
Sellafield		-	-	-	1641	-	-	-	1708	-	-			
Braystones		-	-	-	-	-	-	-	17x11	-	-			
Nethertown		-	-	-	-	-	-	-	17x14	-	-			
St. Bees		-	-	-	1652	-	-	-	1719	-	-			
Corkickle		-	-	-	1657	-	-	-	1724	-	-			
Whitehaven	a	-	-	-	1700	-	-	-	1728	-	-			
Whitehaven	d	-	-	-	1701	-	-	-	1729	-	1749			
Parton		-	-	-	1705	-	-	-	1734	-	1753			
Harrington		-	-	-	1714	-	-	-	1743	-	1802			
Workington		-	-	-	1720	-	-	-	1748	-	1807			
Flimby		-	-	-	1725	-	-	-	1753	-	1812			
Maryport		-	-	-	1729	-	-	-	1757	-	1816			
Aspatria		-	-	-	1739	-	-	-	1808	-	1827			
Wigton		-	-	-	1749	-	-	-	1818	-	1837			
Dalston		-	-	-	1759	-	-	-	1827	-	1846			
Carlisle	a	-	-	-	1810	-	-	-	1841	-	1857			

Notes

p Change at Preston.

x Request stop.

X Until 30 December and from 17 February.

Y From 6 January until 10 February.

SO Saturdays only.

SX Mondays to Fridays only.

Lancaster - Barrow - Carlisle

Mondays to Saturdays

		SX	SX	SO	X	SO	Y		SX	SO	X	SO	Y		
Manchester Airport	d	-	1429	1429	1417p	-	1529	1529	1517p	-	-	-	-	-	-
Manchester Piccadilly		-	1450	1450	1433p	-	1550	1550	1533p	-	-	-	-	-	-
Manchester Oxford Road		-	1453	1453	1436p	-	1553	1553	1537p	-	-	-	-	-	-
Deansgate		-	1456	1456	1438p	-	1556	1556	1539p	-	-	-	-	-	-
Bolton		-	1508	1508	1452	-	1608	1608	1552	-	-	-	-	-	-
Chorley		-	1520	1520	1512	-	1620	1620	1612	-	-	-	-	-	-
Preston		-	1533	1533	1533	1541	1633	1633	1633	-	-	-	-	1701	-
Lancaster	a	-	1550	1550	1550	1555	1651	1651	1651	-	-	-	-	1716	-
Lancaster	d	-	1551	1551	1551	1601	1652	1652	1652	-	-	-	-	1727	-
Oxenholme Lake District	a	-	1631	1631	1631	-	-	-	-	-	-	-	-	-	-
Oxenholme Lake District	d	-	1632	1632	1632	-	-	-	-	-	-	-	-	-	-
Kendal		-	1637	1637	1637	-	-	-	-	-	-	-	-	-	-
Burneside		-	1640	1640	1640	-	-	-	-	-	-	-	-	-	-
Staveley		-	1645	1645	1645	-	-	-	-	-	-	-	-	-	-
Windermere	a	-	1652	1652	1652	-	-	-	-	-	-	-	-	-	-
Carnforth		-	-	-	-	1611	1701	1701	1701	-	-	-	-	1737	-
Silverdale		-	-	-	-	1617	1706	1706	1706	-	-	-	-	1742	-
Arnsdale		-	-	-	-	1622	1711	1711	1711	-	-	-	-	1747	-
Grange-over-Sands		-	-	-	-	1628	1716	1716	1716	-	-	-	-	1753	-
Kents Bank		-	-	-	-	1632	1720	1720	1720	-	-	-	-	1756	-
Cark		-	-	-	-	1637	1724	1724	1724	-	-	-	-	1800	-
Ulverston		-	-	-	-	1645	1732	1732	1732	-	-	-	-	1808	-
Dalton		-	-	-	-	1654	1740	1740	1740	-	-	-	-	1816	-
Roose		-	-	-	-	1700	1746	1746	1746	-	-	-	-	1822	-
Barrow-in-Furness	a	-	-	-	-	1709	1753	1753	1753	-	-	-	-	1830	-
Barrow-in-Furness	d	1615	-	-	-	1716	-	-	-	1807	-	-	-	-	-
Askam		1625	-	-	-	1726	-	-	-	1817	-	-	-	-	-
Kirkby-in-Furness		1630	-	-	-	1731	-	-	-	1821	-	-	-	-	-
Foxfield		1634	-	-	-	1735	-	-	-	1826	-	-	-	-	-
Green Road		1638	-	-	-	1739	-	-	-	1830	-	-	-	-	-
Millom	a	1643	-	-	-	1744	-	-	-	1834	-	-	-	-	-
Millom	d	1643	-	-	-	1744	-	-	-	1834	-	-	-	-	-
Silecroft		1648	-	-	-	1749	-	-	-	-	-	-	-	-	-
Bootle (Cumbria)		1655	-	-	-	1756	-	-	-	-	-	-	-	-	-
Ravenglass		1701	-	-	-	1803	-	-	-	1849	-	-	-	-	-
Drigg		1705	-	-	-	1806	-	-	-	1853	-	-	-	-	-
Seascale		1709	-	-	-	1810	-	-	-	1857	-	-	-	-	-
Sellafield		1713	-	-	-	1814	-	-	-	1900	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-	-	-	-	-	-
St. Bees		-	-	-	-	1828	-	-	-	1912	-	-	-	-	-
Corkickle		-	-	-	-	1834	-	-	-	1917	-	-	-	-	-
Whitehaven	a	-	-	-	-	1836	-	-	-	1920	-	-	-	-	-
Whitehaven	d	-	-	-	-	1838	-	-	-	1921	-	-	-	-	-
Parton		-	-	-	-	1842	-	-	-	1925	-	-	-	-	-
Harrington		-	-	-	-	1851	-	-	-	1934	-	-	-	-	-
Workington		-	-	-	-	1856	-	-	-	1943	-	-	-	-	-
Flimby		-	-	-	-	1901	-	-	-	1948	-	-	-	-	-
Maryport		-	-	-	-	1905	-	-	-	1953	-	-	-	-	-
Aspatria		-	-	-	-	1915	-	-	-	2003	-	-	-	-	-
Wigton		-	-	-	-	1925	-	-	-	2014	-	-	-	-	-
Dalston		-	-	-	-	1934	-	-	-	2023	-	-	-	-	-
Carlisle	a	-	-	-	-	1945	-	-	-	2034	-	-	-	-	-

Notes

p Change at Preston.

X Until 30 December and from 17 February.

Y From 6 January until 10 February.

SO Saturdays only.

SX Mondays to Fridays only.

Lancaster - Barrow - Carlisle

Mondays to Saturdays

		SX	SO	Y	SO	X	SO	SX		SX	SO	SX
Manchester Airport	d	1604	1629	1617	p1629	-	-	-	-	1704	1704	-
Manchester Piccadilly		1621	1650	1633	p1650	-	-	-	-	1721	1721	-
Manchester Oxford Road		1624	1653	1637	p1653	-	-	-	-	1724	1724	-
Deansgate		-	1656	1639	p1656	-	-	-	-	-	-	-
Bolton		-	1708	1658	1708	-	-	-	-	-	-	-
Chorley		-	1720	1719	1720	-	-	-	-	-	-	-
Preston		1704	1734	1734	1734	-	-	1754	1803	1803	-	-
Lancaster	a	1721	1752	1752	1752	-	-	1808	1818	1818	-	-
Lancaster	d	1722	1752	1752	1752	-	-	1810	1836	1836	-	-
Oxenholme Lake District	a	1735	-	-	-	-	-	1822	-	-	-	-
Oxenholme Lake District	d	1742	-	-	-	-	-	1830	-	-	-	-
Kendal		1746	-	-	-	-	-	1834	-	-	-	-
Burneside		1750	-	-	-	-	-	1838	-	-	-	-
Staveley		1755	-	-	-	-	-	1843	-	-	-	-
Windermere	a	1801	-	-	-	-	-	1849	-	-	-	-
Carnforth		-	1802	1802	1802	-	-	-	1846	1846	-	-
Silverdale		-	1807	1807	1807	-	-	-	1852	1852	-	-
Arnside		-	1811	1811	1811	-	-	-	1856	1856	-	-
Grange-over-Sands		-	1817	1817	1817	-	-	-	1902	1902	-	-
Kents Bank		-	1820	1820	1820	-	-	-	1906	1906	-	-
Cark		-	1824	1824	1824	-	-	-	1910	1910	-	-
Ulverston		-	1832	1832	1832	-	-	-	1918	1918	-	-
Dalton		-	1840	1840	1840	-	-	-	1926	1926	-	-
Roose		-	1846	1846	1846	-	-	-	1932	1932	-	-
Barrow-in-Furness	a	-	1852	1852	1852	-	-	-	1940	1940	-	-
Barrow-in-Furness	d	-	-	-	-	1857	1912	-	-	1944	1947	-
Askam		-	-	-	-	1907	1922	-	-	1954	1957	-
Kirkby-in-Furness		-	-	-	-	1911	1926	-	-	1958	2001	-
Foxfield		-	-	-	-	1916	1931	-	-	2003	2006	-
Green Road		-	-	-	-	1920	1935	-	-	2007	2010	-
Millom	a	-	-	-	-	1924	1939	-	-	2011	2015	-
Millom	d	-	-	-	-	1924	1940	-	-	2011	-	-
Silecroft		-	-	-	-	1929	1945	-	-	2016	-	-
Bootle (Cumbria)		-	-	-	-	1936	1952	-	-	2023	-	-
Ravenglass		-	-	-	-	1942	1958	-	-	2029	-	-
Drigg		-	-	-	-	1946	2001	-	-	2033	-	-
Seascale		-	-	-	-	1950	2005	-	-	2037	-	-
Sellafield		-	-	-	-	1953	2012	-	-	2041	-	-
Braystones		-	-	-	-	-	20x15	-	-	20x44	-	-
Nethertown		-	-	-	-	-	20x18	-	-	20x47	-	-
St. Bees		-	-	-	-	2003	2027	-	-	2052	-	-
Corkickle		-	-	-	-	2008	2032	-	-	2057	-	-
Whitehaven	a	-	-	-	-	2011	2036	-	-	2101	-	-
Whitehaven	d	-	-	-	-	2012	2037	-	-	2102	-	-
Parton		-	-	-	-	2017	2041	-	-	2106	-	-
Harrington		-	-	-	-	2026	2050	-	-	2115	-	-
Workington		-	-	-	-	2035	2056	-	-	2121	-	-
Flimby		-	-	-	-	2040	2101	-	-	2126	-	-
Maryport		-	-	-	-	2044	2105	-	-	2129	-	-
Aspatria		-	-	-	-	2055	2115	-	-	-	-	-
Wigton		-	-	-	-	2105	2125	-	-	-	-	-
Dalston		-	-	-	-	2115	2134	-	-	-	-	-
Carlisle	a	-	-	-	-	2126	2145	-	-	-	-	-

Notes

p Change at Preston.

x Request stop.

X Until 30 December and from 17 February.

Y From 6 January until 10 February.

SO Saturdays only.

SX Mondays to Fridays only.

Lancaster - Barrow - Carlisle

Mondays to Saturdays

		SX	SO	X	SO	Y	SX	SO	SX	SO	SX	SO	X	SO	Y
Manchester Airport	d	1729	1729	1717	p	-	-	-	-	-	1829	1829	1817	p	
Manchester Piccadilly		1750	1750	1733	p	-	-	-	-	-	1850	1850	1833	p	
Manchester Oxford Road		1753	1753	1737	p	-	-	-	-	-	1853	1853	1837	p	
Deansgate		1756	1756	1739	p	-	-	-	-	-	1856	1856	1839	p	
Bolton		1808	1808	1758		-	-	-	-	-	1909	1909	1858		
Chorley		1823	1823	1819		-	-	-	-	-	1921	1921	1919		
Preston		1844	1844	1844		-	-	-	-	-	1934	1945	1945		
Lancaster	a	1902	1902	1902		-	-	-	-	-	1951	2002	2002		
Lancaster	d	1902	1902	1902		1913	1913	-	-	-	1951	2003	2003		
Oxenholme Lake District	a	1920	1920	1920		-	-	-	-	-	-	-	-		
Oxenholme Lake District	d	1922	1922	1922		-	-	-	-	-	-	-	-		
Kendal		1926	1926	1926		-	-	-	-	-	-	-	-		
Burneside		1930	1930	1930		-	-	-	-	-	-	-	-		
Staveley		1935	1935	1935		-	-	-	-	-	-	-	-		
Windermere	a	1942	1942	1942		-	-	-	-	-	-	-	-		
Carnforth		-	-	-		1923	1923	-	-	-	2001	2012	2012		
Silverdale		-	-	-		1929	1929	-	-	-	2006	2017	2017		
Arnsdale		-	-	-		1933	1933	-	-	-	2010	2022	2022		
Grange-over-Sands		-	-	-		1939	1939	-	-	-	2016	2027	2027		
Kents Bank		-	-	-		1943	1943	-	-	-	2020	2031	2031		
Cark		-	-	-		1947	1947	-	-	-	2024	2035	2035		
Ulverston		-	-	-		1955	1955	-	-	-	2031	2043	2043		
Dalton		-	-	-		2003	2003	-	-	-	2040	2051	2051		
Roose		-	-	-		2009	2009	-	-	-	2046	2057	2057		
Barrow-in-Furness	a	-	-	-		2017	2017	-	-	-	2053	2104	2104		
Barrow-in-Furness	d	-	-	-		2018	2018	-	-	-	-	-	-		
Askam		-	-	-		2028	2028	-	-	-	-	-	-		
Kirkby-in-Furness		-	-	-		2033	2033	-	-	-	-	-	-		
Foxfield		-	-	-		2037	2038	-	-	-	-	-	-		
Green Road		-	-	-		2041	2042	-	-	-	-	-	-		
Millom	a	-	-	-		2046	2047	-	-	-	-	-	-		
Millom	d	-	-	-		2046	-	-	-	-	-	-	-		
Silecroft		-	-	-		2051	-	-	-	-	-	-	-		
Bootle (Cumbria)		-	-	-		2058	-	-	-	-	-	-	-		
Ravenglass		-	-	-		2104	-	-	-	-	-	-	-		
Drigg		-	-	-		2107	-	-	-	-	-	-	-		
Seascale		-	-	-		2111	-	-	-	-	-	-	-		
Sellafield		-	-	-		2115	-	-	-	-	-	-	-		
Braystones		-	-	-		-	-	-	-	-	-	-	-		
Nethertown		-	-	-		-	-	-	-	-	-	-	-		
St. Bees		-	-	-		2124	-	-	-	-	-	-	-		
Corkickle		-	-	-		2130	-	-	-	-	-	-	-		
Whitehaven	a	-	-	-		2132	-	-	-	-	-	-	-		
Whitehaven	d	-	-	-		2134	-	2209	2209	-	-	-	-		
Parton		-	-	-		2138	-	2213	2213	-	-	-	-		
Harrington		-	-	-		2147	-	2222	2222	-	-	-	-		
Workington		-	-	-		2152	-	2227	2227	-	-	-	-		
Flimby		-	-	-		2157	-	2232	2232	-	-	-	-		
Maryport		-	-	-		2201	-	2236	2236	-	-	-	-		
Aspatia		-	-	-		2211	-	2247	-	-	-	-	-		
Wigton		-	-	-		2221	-	2257	-	-	-	-	-		
Dalston		-	-	-		2230	-	2306	-	-	-	-	-		
Carlisle	a	-	-	-		2241	-	2317	-	-	-	-	-		

Notes

p Change at Preston.

X Until 30 December and from 17 February.

Y From 6 January until 10 February.

SO Saturdays only.

SX Mondays to Fridays only.

Lancaster - Barrow - Carlisle

Mondays to Saturdays

			SX	SO	Y	SO	X	SO	Y	SO	X	SX		SO	Y	
Manchester Airport	d	-	-	1929	1917p	1929	-	-	-	-	-	-	-	-	-	-
Manchester Piccadilly		-	-	1950	1933p	1950	-	-	-	-	-	-	-	-	-	-
Manchester Oxford Road		-	-	1953	1937p	1953	-	-	-	-	-	-	-	-	-	-
Deansgate		-	-	1956	1939p	1956	-	-	-	-	-	-	-	-	-	-
Bolton		-	-	2008	1955	2008	-	-	-	-	-	-	-	-	-	-
Chorley		-	-	2020	2016	2020	-	-	-	-	-	-	-	-	-	-
Preston		1941	-	2033	2033	2033	2041	2041	2041	-	-	-	-	2125	-	-
Lancaster	a	1955	-	2050	2050	2050	2055	2055	2055	-	-	-	-	2215	-	-
Lancaster	d	1957	-	2051	2051	2051	2057	2057	2057	-	-	-	-	-	-	-
Oxenholme Lake District	a	2010	-	-	-	-	2110	2110	2110	-	-	-	-	-	-	-
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		-	-	2100	2100	2100	-	-	-	-	-	-	-	-	-	-
Silverdale		-	-	2106	2106	2106	-	-	-	-	-	-	-	-	-	-
Arnside		-	-	2110	2110	2110	-	-	-	-	-	-	-	-	-	-
Grange-over-Sands		-	-	2116	2116	2116	-	-	-	-	-	-	-	-	-	-
Kents Bank		-	-	2120	2120	2120	-	-	-	-	-	-	-	-	-	-
Cark		-	-	2124	2124	2124	-	-	-	-	-	-	-	-	-	-
Ulverston		-	-	2131	2131	2131	-	-	-	-	-	-	-	-	-	-
Dalton		-	-	2140	2140	2140	-	-	-	-	-	-	-	-	-	-
Roose		-	-	2146	2146	2146	-	-	-	-	-	-	-	-	-	-
Barrow-in-Furness	a	-	-	2153	2153	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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
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

p Change at Preston.

X Until 30 December and from 17 February.

Y From 6 January until 10 February.

SO Saturdays only.

SX Mondays to Fridays only.

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

Lancaster - Barrow - Carlisle

Mondays to Saturdays

		☞						☞		☞								
		SO	X	SO	Y	SX	SX	SO	Y	SO	X	SO	Y	SO	Y	SX	SO	X
Manchester Airport	d	-	-	-	-	-	-	-	-	-	-	-	-	-	-	2159	2159	
Manchester Piccadilly		-	-	-	-	-	-	-	-	-	-	-	-	-	-	2220	2220	
Manchester Oxford Road		-	-	-	-	-	-	-	-	-	-	-	-	-	-	2224	2224	
Deansgate		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Bolton		-	-	-	-	-	-	-	-	-	-	-	-	-	-	2239	2239	
Chorley		-	-	-	-	-	-	-	-	-	-	-	-	-	-	2252	2251	
Preston		-	-	-	-	2143	-	2211	2230	2310	2310	2310	2310		2310	2310		
Lancaster	a	-	-	-	-	2157	-	2231	2320	2359	2330	2330			2330	2330		
Lancaster	d	-	-	-	-	2209	2226	2231	-	-	-	-	-	-	2330	2330		
Oxenholme Lake District	a	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Oxenholme Lake District	d	2206	2215	2222	-	-	-	-	-	-	-	-	-	-	-	-	-	
Kendal		2210	2225	2226	-	-	-	-	-	-	-	-	-	-	-	-	-	
Burneside		2214	2235	2230	-	-	-	-	-	-	-	-	-	-	-	-	-	
Staveley		2219	2245	2235	-	-	-	-	-	-	-	-	-	-	-	-	-	
Windermere	a	2225	2255	2241	-	-	-	-	-	-	-	-	-	-	-	-	-	
Carnforth		-	-	-	2219	2236	2242	-	-	-	-	-	-	-	2341	2341		
Silverdale		-	-	-	2225	2242	2247	-	-	-	-	-	-	-	2347	2347		
Arnsdale		-	-	-	2229	2246	2252	-	-	-	-	-	-	-	2351	2351		
Grange-over-Sands		-	-	-	2235	2252	2258	-	-	-	-	-	-	-	2357	2357		
Kents Bank		-	-	-	2239	2256	2301	-	-	-	-	-	-	-	2359	2359		
Cark		-	-	-	2243	2300	2305	-	-	-	-	-	-	-	0005	0005		
Ulverston		-	-	-	2251	2308	2314	-	-	-	-	-	-	-	0012	0012		
Dalton		-	-	-	2259	2317	2322	-	-	-	-	-	-	-	0021	0021		
Roose		-	-	-	2305	2323	2328	-	-	-	-	-	-	-	0027	0027		
Barrow-in-Furness	a	-	-	-	2313	2330	2336	-	-	-	-	-	-	-	0034	0034		
Barrow-in-Furness	d	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Askam		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Kirkby-in-Furness		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Foxfield		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Green Road		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Millom	a	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Millom	d	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Silecroft		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Bootle (Cumbria)		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Ravenglass		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Drigg		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Seascale		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Sellafield		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Braystones		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Nethertown		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
St. Bees		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Corkickle		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Whitehaven	a	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Whitehaven	d	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Parton		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Harrington		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Workington		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Flimby		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Maryport		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Aspatria		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Wigton		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Dalston		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Carlisle	a	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	

Notes

X Until 30 December and from 17 February.

Y From 6 January until 10 February.

SO Saturdays only.

SX Mondays to Fridays only.

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

Lancaster - Barrow - Carlisle

Mondays to Saturdays

		SO	Y																	
Manchester Airport	d	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Manchester Piccadilly		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Manchester Oxford Road		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Deansgate		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Bolton		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Chorley		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Preston		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Lancaster	a	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Lancaster	d	2330	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Oxenholme Lake District	a	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Oxenholme Lake District	d	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Kendal		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Burneside		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Staveley		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Windermere	a	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Carnforth		2339	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Silverdale		2345	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Arnsdale		2349	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Grange-over-Sands		2355	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Kents Bank		2358	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Cark		0003	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Ulverston		0010	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Dalton		0019	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Roose		0025	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Barrow-in-Furness	a	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

Y From 6 January until 10 February.

SO Saturdays only.

Lancaster - Barrow - Carlisle

Sundays

		V	V	W					V	V
Manchester Airport	d	-	-	-	-	-	-	-	-	-
Manchester Piccadilly		-	-	-	-	-	-	-	-	-
Manchester Oxford Road		-	-	-	-	-	-	-	-	-
Bolton		-	-	-	-	-	-	-	0909	-
Chorley		-	-	-	-	-	-	-	0921	-
Preston		-	-	-	-	-	-	-	0948	-
Lancaster	a	-	-	-	-	-	-	-	1005	-
Lancaster	d	-	-	-	-	-	-	0945	1006	1011
Oxenholme Lake District	a	-	-	-	-	-	-	-	1021	-
Oxenholme Lake District	d	-	-	-	-	-	0945	-	1030	-
Kendal		-	-	-	-	-	0955	-	1034	-
Burneside		-	-	-	-	-	1005	-	1038	-
Staveley		-	-	-	-	-	1015	-	1043	-
Windermere	a	-	-	-	-	-	1025	-	1049	-
Carnforth		-	-	-	-	0855	-	1010	-	1021
Silverdale		-	-	-	-	0900	-	-	-	1027
Arnside		-	-	-	-	0905	-	-	-	1031
Grange-over-Sands		-	-	-	-	0911	-	-	-	1037
Kents Bank		-	-	-	-	0914	-	-	-	1041
Cark		-	-	-	-	0918	-	-	-	1045
Ulverston		-	-	-	-	0927	-	-	-	1053
Dalton		-	-	-	-	0935	-	-	-	1101
Roose		-	-	-	-	0941	-	-	-	1107
Barrow-in-Furness	a	-	-	-	-	0948	-	-	-	1115
Barrow-in-Furness	d	-	-	-	-	0905	0950	-	-	1116
Askam		-	-	-	-	0915	1000	-	-	1126
Kirkby-in-Furness		-	-	-	-	0919	1004	-	-	1131
Foxfield		-	-	-	-	0924	1009	-	-	1135
Green Road		-	-	-	-	0928	1013	-	-	1139
Millom	a	-	-	-	-	0933	1017	-	-	1144
Millom	d	-	-	-	-	-	1017	-	-	1144
Silecroft		-	-	-	-	-	1022	-	-	1149
Bootle (Cumbria)		-	-	-	-	-	1029	-	-	1156
Ravenglass		-	-	-	-	-	1035	-	-	1202
Drigg		-	-	-	-	-	1039	-	-	1205
Seascale		-	-	-	-	-	1043	-	-	1209
Sellafield		-	-	-	-	-	1046	-	-	1213
Braystones		-	-	-	-	-	10x50	-	-	-
Nethertown		-	-	-	-	-	10x52	-	-	-
St. Bees		-	-	-	-	-	1101	-	-	1225
Corkickle		-	-	-	-	-	1106	-	-	1230
Whitehaven	a	-	-	-	-	-	1110	-	-	1233
Whitehaven	d	-	-	-	1016	-	1111	-	-	1234
Parton		-	-	-	1020	-	1115	-	-	1238
Harrington		-	-	-	1029	-	1124	-	-	1247
Workington		0855	0940	0957	1034	-	1130	-	-	1253
Flimby		0900	0945	1002	1039	-	1135	-	-	1258
Maryport		0904	0949	1006	1043	-	1139	-	-	1302
Aspatria		0914	0959	1016	1054	-	1149	-	-	1312
Wigton		0925	1010	1027	1104	-	1159	-	-	1322
Dalston		0934	1019	1036	1113	-	1208	-	-	1331
Carlisle	a	0945	1030	1047	1124	-	1219	-	-	1342

Notes

x Request stop.

V Until 31 December and from 18 February.

W From 7 January until 11 February.

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

Lancaster - Barrow - Carlisle

Sundays

	W	Z	V	W	V	V	W				
Manchester Airport	d	-	-	0936	0841p	-	-	1033	-	1010	1110
Manchester Piccadilly		-	-	0955	0902p	-	-	1055	-	1026	1125
Manchester Oxford Road		-	-	0958	0905p	-	-	1100	-	1030	1129
Bolton		-	-	1011	1000	-	-	1113	1100	1044	1144
Chorley		-	-	1023	1021	-	-	1125	1121	-	-
Preston		-	1030	1039	1039	-	-	1147	1147	1108	1205
Lancaster	a	-	1047	1056	1056	-	-	1204	1204	1124	1220
Lancaster	d	-	1047	1059	1059	-	-	1204	1204	1125	1221
Oxenholme Lake District	a	-	1103	-	-	-	-	-	-	1138	1234
Oxenholme Lake District	d	-	1104	-	-	1116	-	-	-	1202	1245
Kendal		-	1109	-	-	1120	-	-	-	1206	1249
Burneside		-	1112	-	-	1124	-	-	-	-	1253
Staveley		-	1117	-	-	1129	-	-	-	-	1258
Windermere	a	-	1123	-	-	1135	-	-	-	1219	1304
Carnforth		1021	-	1109	1109	-	-	1215	1215	-	-
Silverdale		1027	-	1114	1114	-	-	1220	1220	-	-
Arnside		1031	-	1118	1118	-	-	1224	1224	-	-
Grange-over-Sands		1037	-	1123	1123	-	-	1230	1230	-	-
Kents Bank		1041	-	1127	1127	-	-	1233	1233	-	-
Cark		1045	-	1131	1131	-	-	1237	1237	-	-
Ulverston		1053	-	1138	1138	-	-	1245	1245	-	-
Dalton		1101	-	1147	1147	-	-	1253	1253	-	-
Roose		1107	-	1153	1153	-	-	1259	1259	-	-
Barrow-in-Furness	a	1115	-	1159	1159	-	-	1305	1305	-	-
Barrow-in-Furness	d	1116	-	-	-	-	-	1217	-	-	-
Askam		1126	-	-	-	-	-	1227	-	-	-
Kirkby-in-Furness		1131	-	-	-	-	-	1231	-	-	-
Foxfield		1135	-	-	-	-	-	1236	-	-	-
Green Road		1139	-	-	-	-	-	1240	-	-	-
Millom	a	1144	-	-	-	-	-	1244	-	-	-
Millom	d	1144	-	-	-	-	-	1245	-	-	-
Silecroft		1149	-	-	-	-	-	1250	-	-	-
Bootle (Cumbria)		1156	-	-	-	-	-	1257	-	-	-
Ravenglass		1202	-	-	-	-	-	1303	-	-	-
Drigg		1205	-	-	-	-	-	1307	-	-	-
Seascale		1209	-	-	-	-	-	1311	-	-	-
Sellafield		1213	-	-	-	-	-	1315	-	-	-
Braystones		-	-	-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-	-
St. Bees		1225	-	-	-	-	-	1328	-	-	-
Corkickle		1230	-	-	-	-	-	1333	-	-	-
Whitehaven	a	1233	-	-	-	-	-	1337	-	-	-
Whitehaven	d	1234	-	-	-	-	-	1338	-	-	-
Parton		1238	-	-	-	-	-	1342	-	-	-
Harrington		1247	-	-	-	-	-	1351	-	-	-
Workington		1253	-	-	-	-	-	1359	-	-	-
Flimby		1258	-	-	-	-	-	1404	-	-	-
Maryport		1302	-	-	-	-	-	1408	-	-	-
Aspatria		1312	-	-	-	-	-	1419	-	-	-
Wigton		1322	-	-	-	-	-	1430	-	-	-
Dalston		1331	-	-	-	-	-	1439	-	-	-
Carlisle	a	1342	-	-	-	-	-	1450	-	-	-

Notes

p Change at Preston.

V Until 31 December and from 18 February.

W From 7 January until 11 February.

Z From 7 January until 11 February and then from 31 March.

Lancaster - Barrow - Carlisle

Sundays

		V	W		V	W	V
Manchester Airport	d	-	-	-	1242	1233m	1330
Manchester Piccadilly	a	-	-	-	1304	1251m	1348
Manchester Oxford Road		-	1154	1103p	-	1308	1302p
Bolton		-	1208	1158	-	1322	1320
Chorley		-	1220	1218	-	1341	1341
Preston		-	1246	1246	-	1358	1358
Lancaster	a	-	1303	1303	-	1415	1415
Lancaster	d	-	1304	1304	1314	-	1415
Oxenholme Lake District	a	-	1332	1332	-	-	1409
Oxenholme Lake District	d	-	1333	1333	-	-	1422
Kendal		-	1337	1337	-	-	1426
Burneside		-	1341	1341	-	-	1430
Staveley		-	1346	1346	-	-	1435
Windermere	a	-	1353	1353	-	-	1441
Carnforth		-	-	-	1324	-	1425
Silverdale		-	-	-	1330	-	1430
Arnside		-	-	-	1334	-	1434
Grange-over-Sands		-	-	-	1340	-	1440
Kents Bank		-	-	-	1344	-	1443
Cark		-	-	-	1348	-	1447
Ulverston		-	-	-	1356	-	1455
Dalton		-	-	-	1404	-	1503
Rose		-	-	-	1410	-	1509
Barrow-in-Furness	a	-	-	-	1418	-	1516
Barrow-in-Furness	d	1310	-	-	1419	1454	-
Askam		1320	-	-	1429	1504	-
Kirkby-in-Furness		1324	-	-	-	1508	-
Foxfield		1329	-	-	-	1513	-
Green Road		1333	-	-	-	1517	-
Millom	a	1337	-	-	1443	1521	-
Millom	d	1338	-	-	1444	1522	-
Silecroft		1343	-	-	-	1527	-
Bootle (Cumbria)		1350	-	-	-	1534	-
Ravenglass		1356	-	-	1459	1540	-
Drigg		1359	-	-	-	1543	-
Seascale		1403	-	-	-	1547	-
Sellafield		1407	-	-	1507	1551	-
Braystones		-	-	-	-	-	16x58
Nethertown		-	-	-	-	-	17x00
St. Bees		1417	-	-	1520	1601	-
Corkickle		1422	-	-	1525	1607	-
Whitehaven	a	1425	-	-	1528	1609	-
Whitehaven	d	1426	-	-	1529	1611	-
Parton		1430	-	-	1533	1615	-
Harrington		1439	-	-	1542	1624	-
Workington		1445	-	-	1548	1629	-
Flimby		1450	-	-	1553	1634	-
Maryport		1453	-	-	1557	1638	-
Aspatria		1504	-	-	1607	1649	-
Wigton		1514	-	-	1617	1659	-
Dalston		1523	-	-	1626	1708	-
Carlisle	a	1534	-	-	1637	1719	-

Notes

m Change at Manchester Oxford Road.

p Change at Preston.

x Request stop.

V Until 31 December and from 18 February.

W From 7 January until 11 February.

Lancaster - Barrow - Carlisle

Sundays

	W		V	W		V	W
Manchester Airport	d	-	1410	1430	1445p	-	1530
Manchester Piccadilly		-	1426	1448	1501p	-	1548
Manchester Oxford Road		1302p	1430	1452	1504p	-	1552
Bolton		1400	1444	1509	1459	-	1609 1600
Chorley		1421	-	1521	1520	-	1621 1621
Preston		1446	1505	1558	1558	-	1648 1648
Lancaster	a	1503	1520	1615	1615	-	1705 1705
Lancaster	d	1504	1603	1616	1616	-	1706 1706
Oxenholme Lake District	a	-	-	1630	1630	-	-
Oxenholme Lake District	d	-	1529	1632	1632	-	1730
Kendal		-	1533	1636	1636	-	1734
Burneside		-	1537	1640	1640	-	1738
Staveley		-	1542	1645	1645	-	1743
Windermere	a	-	1548	1652	1652	-	1749
Carnforth		1513	1613	-	-	-	1715 1715
Silverdale		1518	1619	-	-	-	1721 1721
Arnside		1523	1623	-	-	-	1725 1725
Grange-over-Sands		1528	1629	-	-	-	1730 1730
Kents Bank		1532	1633	-	-	-	1734 1734
Cark		1536	1637	-	-	-	1738 1738
Ulverston		1543	1645	-	-	-	1745 1745
Dalton		1552	1653	-	-	-	1753 1753
Rose		1558	1659	-	-	-	1759 1759
Barrow-in-Furness	a	1604	1707	-	-	-	1806 1806
Barrow-in-Furness	d	-	1717	-	-	-	-
Askam		-	1727	-	-	-	-
Kirkby-in-Furness		-	1732	-	-	-	-
Foxfield		-	1736	-	-	-	-
Green Road		-	1740	-	-	-	-
Millom	a	-	1745	-	-	-	-
Millom	d	-	1745	-	-	-	-
Silecroft		-	1750	-	-	-	-
Bootle (Cumbria)		-	1757	-	-	-	-
Ravenglass		-	1804	-	-	-	-
Drigg		-	1807	-	-	-	-
Seascale		-	1811	-	-	-	-
Sellafield		-	1815	-	-	-	-
Braystones		-	18x19	-	-	-	-
Nethertown		-	18x21	-	-	-	-
St. Bees		-	1830	-	-	-	-
Corkickle		-	1835	-	-	-	-
Whitehaven	a	-	1839	-	-	-	-
Whitehaven	d	-	1840	-	-	1938 2030	-
Parton		-	1844	-	-	1942 2034	-
Harrington		-	1853	-	-	1951 2043	-
Workington		-	1859	-	-	1956 2049	-
Flimby		-	1904	-	-	2001 2054	-
Maryport		-	1908	-	-	2005 2058	-
Aspatria		-	1918	-	-	2016 2108	-
Wigton		-	1928	-	-	2026 2118	-
Dalston		-	1937	-	-	2035 2127	-
Carlisle	a	-	1948	-	-	2046 2138	-

Notes

p Change at Preston.

x Request stop.

V Until 31 December and from 18 February.

W From 7 January until 11 February.

Lancaster - Barrow - Carlisle

Sundays

		V	W		V	W		V	W
Manchester Airport	d	-	1630 1545p	-	-	1730 1645p	-	1830 1745p	
Manchester Piccadilly		-	1648 1601p	-	-	1748 1701p	-	1848 1801p	
Manchester Oxford Road		-	1652 1605p	-	-	1752 1704p	-	1852 1804p	
Bolton		-	1709 1659	-	-	1809 1757	-	1909 1900	
Chorley		-	1721 1719	-	-	1821 1817	-	1921 1920	
Preston		-	1746 1746	-	1754	1834 1834	-	1947 1947	
Lancaster	a	-	1803 1803	-	1808	1851 1851	-	2004 2004	
Lancaster	d	-	1804 1804	-	1810	1852 1852	1902	2004 2004	
Oxenholme Lake District	a	-	-	-	1823	1926 1926	-	-	-
Oxenholme Lake District	d	-	-	-	1833	1928 1928	-	-	-
Kendal		-	-	-	1837	1933 1933	-	-	-
Burneside		-	-	-	1841	1936 1936	-	-	-
Staveley		-	-	-	1846	1941 1941	-	-	-
Windermere	a	-	-	-	1852	1948 1948	-	-	-
Carnforth		-	1814 1814	-	-	-	-	1914 2014 2014	
Silverdale		-	1819 1819	-	-	-	-	1920 2019 2019	
Arnside		-	1823 1823	-	-	-	-	1925 2023 2023	
Grange-over-Sands		-	1828 1828	-	-	-	-	1931 2028 2028	
Kents Bank		-	1832 1832	-	-	-	-	1934 2032 2032	
Cark		-	1836 1836	-	-	-	-	1938 2036 2036	
Ulverston		-	1843 1843	-	-	-	-	1947 2043 2043	
Dalton		-	1851 1851	-	-	-	-	1955 2052 2052	
Rose		-	1857 1857	-	-	-	-	2001 2058 2058	
Barrow-in-Furness	a	-	1904 1904	-	-	-	-	2008 2105 2105	
Barrow-in-Furness	d	1825	-	-	1909	-	-	-	-
Askam		1835	-	-	1919	-	-	-	-
Kirkby-in-Furness		1839	-	-	1923	-	-	-	-
Foxfield		1844	-	-	1928	-	-	-	-
Green Road		1848	-	-	1932	-	-	-	-
Millom	a	1853	-	-	1937	-	-	-	-
Millom	d	-	-	-	-	-	-	-	-
Silecroft		-	-	-	-	-	-	-	-
Bootle (Cumbria)		-	-	-	-	-	-	-	-
Ravenglass		-	-	-	-	-	-	-	-
Drigg		-	-	-	-	-	-	-	-
Seascale		-	-	-	-	-	-	-	-
Sellafield		-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-
St. Bees		-	-	-	-	-	-	-	-
Corkickle		-	-	-	-	-	-	-	-
Whitehaven	a	-	-	-	-	-	-	-	-
Whitehaven	d	-	-	-	-	-	-	-	-
Parton		-	-	-	-	-	-	-	-
Harrington		-	-	-	-	-	-	-	-
Workington		-	-	-	-	-	-	-	-
Flimby		-	-	-	-	-	-	-	-
Maryport		-	-	-	-	-	-	-	-
Aspatria		-	-	-	-	-	-	-	-
Wigton		-	-	-	-	-	-	-	-
Dalston		-	-	-	-	-	-	-	-
Carlisle	a	-	-	-	-	-	-	-	-

Notes

p Change at Preston.

V Until 31 December and from 18 February.

W From 7 January until 11 February.

Lancaster - Barrow - Carlisle

Sundays

		V	W							
Manchester Airport	d	-	1930	1845p	-	-	-	-	-	-
Manchester Piccadilly		-	1948	1901p	-	-	-	-	-	-
Manchester Oxford Road		-	1952	1905p	-	-	-	-	-	-
Bolton		-	2010	1959	-	-	-	-	-	-
Chorley		-	2022	2019	-	-	-	-	-	-
Preston		1942	2046	2054	2041	2141	-	-	-	-
Lancaster	a	1956	2104	2111	2055	2155	-	-	-	-
Lancaster	d	1958	2104	2112	2057	2220	-	-	-	-
Oxenholme Lake District	a	2010	-	-	2109	-	-	-	-	-
Oxenholme Lake District	d	2022	-	-	2121	-	-	-	-	-
Kendal		2026	-	-	2125	-	-	-	-	-
Burneside		2030	-	-	2129	-	-	-	-	-
Staveley		2035	-	-	2134	-	-	-	-	-
Windermere	a	2041	-	-	2140	-	-	-	-	-
Carnforth		-	2114	2121	-	2230	-	-	-	-
Silverdale		-	2119	2126	-	2235	-	-	-	-
Arnside		-	2123	2130	-	2240	-	-	-	-
Grange-over-Sands		-	2128	2136	-	2246	-	-	-	-
Kents Bank		-	2132	2139	-	2249	-	-	-	-
Cark		-	2136	2143	-	2253	-	-	-	-
Ulverston		-	2143	2151	-	2301	-	-	-	-
Dalton		-	2151	2159	-	2309	-	-	-	-
Roose		-	2157	2205	-	2315	-	-	-	-
Barrow-in-Furness	a	-	2204	2211	-	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

p Change at Preston.

V Until 31 December and from 18 February.

W From 7 January until 11 February.

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://www.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