

Train times

2 June – 14 December 2024

6

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



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

How to read this timetable

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

Minimum connection times

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

Community Rail Partnerships and community groups

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

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

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

Planning your journey

National Rail Enquiries

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

TrainTracker™

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

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

Call: **0800 138 5560**

Textphone: **0800 138 5561**

Email: assistance@northernrailway.co.uk

Improving our railway

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

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

Delay Repay

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

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

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

Carlisle - Barrow - Lancaster

Mondays to Saturdays

		SO	SX								
Carlisle	d	-	-	-	-	-	-	-	-		
Dalston	-	-	-	-	-	-	-	-	-		
Wigton	-	-	-	-	-	-	-	-	-		
Aspatria	-	-	-	-	-	-	-	-	-		
Maryport	-	-	-	-	-	-	-	-	0548		
Flimby	-	-	-	-	-	-	-	-	0551		
Workington	-	-	-	-	-	-	-	-	0558		
Harrington	-	-	-	-	-	-	-	-	0602		
Parton	-	-	-	-	-	-	-	-	0611		
Whitehaven	a	-	-	-	-	-	-	-	0616		
Whitehaven	d	-	-	-	-	-	-	-	0617		
Corkickle	-	-	-	-	-	-	-	-	0620		
St. Bees	-	-	-	-	-	-	-	-	0626		
Nethertown	-	-	-	-	-	-	-	-	06x30		
Braystones	-	-	-	-	-	-	-	-	06x33		
Sellafield	-	-	-	-	-	-	-	-	0639		
Seascale	-	-	-	-	-	-	-	-	0643		
Drigg	-	-	-	-	-	-	-	-	0647		
Ravenglass	-	-	-	-	-	-	-	-	0651		
Bootle (Cumbria)	-	-	-	-	-	-	-	-	0657		
Silecroft	-	-	-	-	-	-	-	-	0704		
Millom	a	-	-	-	-	-	-	-	0709		
Millom	d	-	-	-	0610	-	-	-	0709		
Green Road	-	-	-	-	0614	-	-	-	0714		
Foxfield	-	-	-	-	0618	-	-	-	0718		
Kirkby-in-Furness	-	-	-	-	0623	-	-	-	0722		
Askam	-	-	-	-	0628	-	-	-	0727		
Barrow-in-Furness	a	-	-	-	0641	-	-	-	0741		
Barrow-in-Furness	d	0458	-	0550	0550	0612	-	0650	-	0712	-
Roose	-	-	0554	0554	0616	-	0654	-	0716	-	
Dalton	0507	-	0601	0601	0623	-	0700	-	0722	-	
Ulverston	0516	-	0609	0609	0631	-	0709	-	0730	-	
Cark	-	-	0616	0616	0639	-	0716	-	0738	-	
Kents Bank	-	-	0620	0620	0643	-	0720	-	-	-	
Grange-over-Sands	0528	-	0624	0624	0647	-	0724	-	0744	-	
Arnside	0534	-	0630	0630	0653	-	0729	-	0750	-	
Silverdale	-	-	0634	0634	0658	-	0734	-	0755	-	
Carnforth	0543	-	0642	0644	0706	-	0743	-	0802	-	
Windermere	d	-	0642	-	-	-	-	0756	-	-	
Staveley	-	-	0647	-	-	-	-	0801	-	-	
Burneside	-	-	0652	-	-	-	-	0806	-	-	
Kendal	-	-	0656	-	-	-	-	0810	-	-	
Oxenholme Lake District	a	-	0701	-	-	-	-	0815	-	-	
Oxenholme Lake District	d	-	0708	-	-	-	-	0826	-	-	
Lancaster	a	0550	0722	0649	0651	0716	-	0750	0839	0812	-
Lancaster	d	0550	0723	0649	0652	0723	-	0751	0841	0828	-
Preston	a	0608	0740	0707	0710	0740	-	0809	0858	0846	-
Chorley	a	0620	-	0722	0722	-	-	0821	-	-	-
Bolton	a	0634	-	0737	0737	-	-	0836	-	-	-
Deansgate	a	0651	-	0751	0751	-	-	0851	-	-	-
Manchester Oxford Road	a	0654	0823	0754	0754	0823	-	0854	-	0922	-
Manchester Piccadilly	a	0658	0827	0758	0758	0827	-	0858	-	0926	-
Manchester Airport	a	0715	0844	0815	0815	0844	-	0915	-	0946	-

Notes
x Stops on request.
SO Saturdays only.
SX Mondays to Fridays only.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

				SX	SO						
Carlisle	d	-	-	0553	-	-	0619	0710	-	0808	
Dalston	-	-	-	0602	-	-	0628	0719	-	0816	
Wigton	-	-	-	0611	-	-	0638	0731	-	0826	
Aspatria	-	-	-	0622	-	-	0649	0742	-	0836	
Maryport	-	-	-	0633	-	-	0701	0756	-	0848	
Flimby	-	-	-	0637	-	-	0705	0759	-	0851	
Workington	-	-	-	0645	-	-	0712	0806	-	0859	
Harrington	-	-	-	0649	-	-	0716	0810	-	0903	
Parton	-	-	-	0658	-	-	0725	0819	-	0912	
Whitehaven	a	-	-	0702	-	-	0730	0824	-	0916	
Whitehaven	d	-	-	0704	-	-	0731	0825	-	0918	
Corkickle	-	-	-	0706	-	-	0734	0828	-	0920	
St. Bees	-	-	-	0712	-	-	0739	0834	-	0928	
Nethertown	-	-	-	-	-	-	-	-	-	-	
Braystones	-	-	-	-	-	-	-	-	-	-	
Sellafield	-	-	-	0724	-	-	0750	0844	-	0939	
Seascale	-	-	-	0728	-	-	0754	0848	-	0942	
Drigg	-	-	-	0732	-	-	0758	0852	-	0946	
Ravenglass	-	-	-	0735	-	-	0802	0856	-	0950	
Bootle (Cumbria)	-	-	-	0741	-	-	0808	0902	-	0956	
Silecroft	-	-	-	0748	-	-	0815	0909	-	1003	
Millom	a	-	-	0753	-	-	0820	0914	-	1008	
Millom	d	-	-	0754	-	-	0821	0914	-	1008	
Green Road	-	-	-	0758	-	-	0825	0919	-	1013	
Foxfield	-	-	-	0802	-	-	0829	0923	-	1017	
Kirkby-in-Furness	-	-	-	0807	-	-	0834	0928	-	1021	
Askam	-	-	-	0812	-	-	0839	0933	-	1026	
Barrow-in-Furness	a	-	-	0826	-	-	0853	0947	-	1040	
Barrow-in-Furness	d	0748	-	0848	-	-	0958	-	-	-	
Roose	0752	-	-	0852	-	-	1002	-	-	-	
Dalton	0759	-	-	0859	-	-	1008	-	-	-	
Ulverston	0807	-	-	0907	-	-	1017	-	-	-	
Cark	0814	-	-	0914	-	-	1024	-	-	-	
Kents Bank	0818	-	-	0918	-	-	1028	-	-	-	
Grange-over-Sands	0822	-	-	0922	-	-	1032	-	-	-	
Arnside	0828	-	-	0928	-	-	1039	-	-	-	
Silverdale	0832	-	-	0932	-	-	1043	-	-	-	
Carnforth	0839	-	-	0940	-	-	1055	-	-	-	
Windermere	d	-	0852	-	-	0955	1008	-	-	1057	-
Staveley	-	-	-	-	-	1000	1013	-	-	1102	-
Burneside	-	-	-	-	-	1005	1018	-	-	1107	-
Kendal	-	-	0904	-	-	1009	1022	-	-	1111	-
Oxenholme Lake District	a	-	0909	-	-	1014	1027	-	-	1116	-
Oxenholme Lake District	d	-	0925	-	-	1016	1029	-	-	1125	-
Lancaster	a	0846	0938	-	0948	1033	1046	-	1105	1139	-
Lancaster	d	0848	0940	-	0950	1050	1047	-	1130	1140	-
Preston	a	0906	0957	-	1008	1108	1105	-	1149	1157	-
Chorley	a	0920	-	-	1020	1120	1120	-	-	-	-
Bolton	a	0934	-	-	1034	1134	1134	-	1207	-	-
Deansgate	a	0951	-	-	1051	1151	1151	-	-	-	-
Manchester Oxford Road	a	0954	-	-	1054	1154	1154	-	1222	-	-
Manchester Piccadilly	a	0958	-	-	1058	1158	1158	-	1226	-	-
Manchester Airport	a	1015	-	-	1115	1215	1215	-	1244	-	-

Notes
SO Saturdays only.
SX Mondays to Fridays only.

Carlisle - Barrow - Lancaster

Mondays to Saturdays

Carlisle	d	-	-	0902	-	-	1013	-	1107	-	-
Dalston	-	-	-	0910	-	-	1022	-	1115	-	-
Wigton	-	-	-	0920	-	-	1031	-	1125	-	-
Aspatria	-	-	-	0930	-	-	1042	-	1135	-	-
Maryport	-	-	-	0942	-	-	1053	-	1147	-	-
Flimby	-	-	-	0945	-	-	1057	-	1150	-	-
Workington	-	-	-	0952	-	-	1104	-	1157	-	-
Harrington	-	-	-	0957	-	-	1108	-	1201	-	-
Parton	-	-	-	1006	-	-	1117	-	1210	-	-
Whitehaven	a	-	-	1010	-	-	1121	-	1215	-	-
Whitehaven	d	-	-	1012	-	-	1123	-	1216	-	-
Corkickle	-	-	-	1014	-	-	1125	-	1219	-	-
St. Bees	-	-	-	1020	-	-	1135	-	1229	-	-
Nethertown	-	-	-	-	-	-	11x40	-	-	-	-
Braystones	-	-	-	-	-	-	11x42	-	-	-	-
Sellafield	-	-	-	1031	-	-	1147	-	1239	-	-
Seascale	-	-	-	1035	-	-	1151	-	1242	-	-
Drigg	-	-	-	1039	-	-	1155	-	1246	-	-
Ravenglass	-	-	-	1043	-	-	1158	-	1250	-	-
Bootle (Cumbria)	-	-	-	1049	-	-	1204	-	1256	-	-
Silecroft	-	-	-	1056	-	-	1211	-	1303	-	-
Millom	a	-	-	1101	-	-	1216	-	1308	-	-
Millom	d	-	-	1101	-	-	1216	-	1308	-	-
Green Road	-	-	-	1106	-	-	1221	-	1313	-	-
Foxfield	-	-	-	1110	-	-	1225	-	1317	-	-
Kirkby-in-Furness	-	-	-	1115	-	-	1229	-	1321	-	-
Askam	-	-	-	1121	-	-	1234	-	1326	-	-
Barrow-in-Furness	a	-	-	1137	-	-	1248	-	1340	-	-
Barrow-in-Furness	d	1049	-	-	1151	-	1250	-	-	1352	-
Roose	1053	-	-	1155	-	-	1254	-	-	1356	-
Dalton	1100	-	-	1202	-	-	1300	-	-	1403	-
Ulverston	1108	-	-	1210	-	-	1308	-	-	1411	-
Cark	1115	-	-	1217	-	-	1316	-	-	1418	-
Kents Bank	1119	-	-	1221	-	-	1320	-	-	1422	-
Grange-over-Sands	1123	-	-	1225	-	-	1324	-	-	1426	-
Arnside	1129	-	-	1231	-	-	1330	-	-	1432	-
Silverdale	1133	-	-	1235	-	-	1335	-	-	1436	-
Carnforth	1140	-	-	1243	-	-	1343	-	-	1443	-
Windermere	d	-	1147	-	-	1307	-	1358	-	-	1500
Staveley	-	-	1152	-	-	1312	-	1403	-	-	1505
Burneside	-	-	1157	-	-	1317	-	1408	-	-	1510
Kendal	-	-	1201	-	-	1321	-	1412	-	-	1514
Oxenholme Lake District	a	-	1206	-	-	1326	-	1417	-	-	1519
Oxenholme Lake District	d	-									

Carlisle - Barrow - Lancaster

Carlisle - Barrow - Lancaster

Carlisle - Barrow - Lancaster

Mondays to Saturdays

	SO	SX						
Carlisle d	1210	-	-	1307	-	1408	-	1441
Dalston	1218	-	-	1315	-	1416	-	1449
Wigton	1227	-	-	1325	-	1426	-	1458
Aspatria	1238	-	-	1335	-	1436	-	1509
Maryport	1249	-	-	1347	-	1448	-	1520
Flimby	1253	-	-	1350	-	1451	-	1524
Workington	1300	-	-	1357	-	1458	-	1531
Harrington	1304	-	-	1401	-	1502	-	1535
Parton	1313	-	-	1410	-	1511	-	1544
Whitehaven a	1317	-	-	1415	-	1516	-	1548
Whitehaven d	1319	-	-	1416	-	1517	-	1550
Corkickle	1321	-	-	1419	-	1520	-	1553
St. Bees	1329	-	-	1430	-	1531	-	1559
Nethertown	-	-	-	-	-	-	-	16x03
Braystones	-	-	-	-	-	-	-	16x06
Sellafield	1340	-	-	1441	-	1542	-	1611
Seascale	1343	-	-	1444	-	1546	-	1615
Drigg	1347	-	-	1448	-	1550	-	1619
Ravenglass	1351	-	-	1452	-	1554	-	1623
Bootle (Cumbria)	1357	-	-	1458	-	1600	-	1629
Silecroft	1404	-	-	1505	-	1607	-	1636
Millom a	1409	-	-	1510	-	1612	-	1641
Millom d	1409	-	-	1511	-	1612	-	1642
Green Road	1414	-	-	1515	-	1617	-	1646
Foxfield	1418	-	-	1519	-	1621	-	1650
Kirkby-in-Furness	1422	-	-	1524	-	1626	-	1655
Askam	1427	-	-	1529	-	1631	-	1700
Barrow-in-Furness a	1441	-	-	1543	-	1645	-	1714
Barrow-in-Furness d	-	1447	1447	-	1550	-	1651	1719
Roose	-	1451	1451	-	1554	-	1655	1723
Dalton	-	1458	1458	-	1600	-	1702	1729
Ulverston	-	1506	1506	-	1608	-	1710	1737
Cark	-	1513	1513	-	1616	-	1717	1745
Kents Bank	-	1517	1517	-	1620	-	1721	-
Grange-over-Sands	-	1521	1521	-	1624	-	1725	1752
Arnside	-	1527	1527	-	1630	-	1731	1758
Silverdale	-	1531	1531	-	1635	-	1735	1803
Carnforth	-	1538	1539	-	1643	-	1743	1810
Windermere d	-	-	-	1600	-	1707	-	1805
Staveley	-	-	-	1605	-	1712	-	1810
Burnside	-	-	-	1610	-	1717	-	1815
Kendal	-	-	-	1614	-	1721	-	1819
Oxenholme Lake District a	-	-	-	1619	-	1726	-	1824
Oxenholme Lake District d	-	-	-	1627	-	1746	-	1832
Lancaster a	-	1545	1546	1643	1653	-	1750	1845 1820
Lancaster d	-	1550	1547	1649	1727	-	1750	1847 1828
Preston a	-	1608	1605	1708	1744	1815	-	1808 1904 1846
Chorley a	-	1620	-	1720	-	-	1820	-
Bolton a	-	1634	-	1734	1806	-	1834	- 1906
Deansgate a	-	1651	1647	1751	-	-	1852	-
Manchester Oxford Road a	-	1654	1649	1754	1822	-	1854	- 1922
Manchester Piccadilly a	-	1658	1653	1758	1826	-	1858	- 1926
Manchester Airport a	-	1715	1711	1815	1844	-	1915	- 1946

Notes
 x Stops on request.
 SO Saturdays only.
 SX Mondays to Fridays only.

Mondays to Saturdays

			SX	SX	SX	SO	SO	
Carlisle d	1512	-	-	-	1559	1626	-	1707
Dalston	1520	-	-	-	1607	1634	-	1715
Wigton	1530	-	-	-	1617	1644	-	1725
Aspatria	1540	-	-	-	1627	1654	-	1735
Maryport	1552	-	-	-	1638	1705	-	1747
Flimby	1555	-	-	-	1642	1709	-	1750
Workington	1602	-	-	-	1649	1716	-	1757
Harrington	1606	-	-	-	1653	1720	-	1801
Parton	1615	-	-	-	1702	1729	-	1810
Whitehaven a	1620	-	-	-	1708	1735	-	1816
Whitehaven d	1621	-	-	-	-	1736	-	1818
Corkickle	1624	-	-	-	-	1739	-	1820
St. Bees	1630	-	-	-	-	1744	-	1827
Nethertown	-	-	-	-	-	-	-	18x32
Braystones	-	-	-	-	-	-	-	18x34
Sellafield	1641	-	1724	-	-	1755	-	1840
Seascale	1645	-	1727	-	-	1758	-	1843
Drigg	1649	-	1731	-	-	1802	-	-
Ravenglass	1653	-	1735	-	-	1806	-	1849
Bootle (Cumbria)	1659	-	1741	-	-	1812	-	-
Silecroft	1706	-	1748	-	-	1819	-	-
Millom a	1711	-	1753	-	-	1824	-	1905
Millom d	1712	-	1754	-	-	1825	-	1905
Green Road	1717	-	1758	-	-	1829	-	1910
Foxfield	1721	-	1802	-	-	1833	-	1914
Kirkby-in-Furness	1726	-	1807	-	-	1838	-	1919
Askam	1731	-	1812	-	-	1843	-	1925
Barrow-in-Furness a	1745	-	1826	-	-	1857	-	1940
Barrow-in-Furness d	-	1802	-	-	1856	-	1903	-
Roose	-	1806	-	-	1900	-	1907	-
Dalton	-	1812	-	-	1907	-	1914	-
Ulverston	-	1821	-	-	1915	-	1922	-
Cark	-	1828	-	-	1922	-	1929	-
Kents Bank	-	1832	-	-	1927	-	1934	-
Grange-over-Sands	-	1836	-	-	1931	-	1938	-
Arnside	-	1842	-	-	1936	-	1943	-
Silverdale	-	1847	-	-	1941	-	1948	-
Carnforth	-	1854	-	-	1952	-	1955	-
Windermere d	-	-	1856	-	1948	-	-	-
Staveley	-	-	1901	-	1953	-	-	-
Burnside	-	-	1906	-	1958	-	-	-
Kendal	-	-	1910	-	2002	-	-	-
Oxenholme Lake District a	-	-	1915	-	2007	-	-	-
Oxenholme Lake District d	-	-	1917	-	2013	-	-	-
Lancaster a	-	1905	1934	-	2027	1959	-	2002
Lancaster d	-	1928	1935	-	2028	2000	-	2003
Preston a	-	1946	1954	-	2045	2019	-	2022
Chorley a	-	-	2020	-	-	-	-	-
Bolton a	-	2006	2034	-	2106	2106	-	2106
Deansgate a	-	-	2051	-	-	-	-	-
Manchester Oxford Road a	-	2022	2054	-	2122	2122	-	2122
Manchester Piccadilly a	-	2026	2058	-	2126	2126	-	2126
Manchester Airport a	-	2046	2115	-	2146	2146	-	2146

Notes
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 SX Mondays to Fridays only.

Mondays to Saturdays

Carlisle d	-	-	1751	-	-	-	-	-	1846
Dalston	-	-	1759	-	-	-	-	-	1854
Wigton	-	-	1809	-	-	-	-	-	1904
Aspatria	-	-	1819	-	-	-	-	-	1914
Maryport	-	-	1831	-	-	-	-	-	1926
Flimby	-	-	1834	-	-	-	-	-	1929
Workington	-	-	1841	-	-	-	-	-	1936
Harrington	-	-	1845	-	-	-	-	-	1940
Parton	-	-	1854	-	-	-	-	-	1950
Whitehaven a	-	-	1859	-	-	-	-	-	1956
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	1945	-	-	2042	2045	-	-	-	-
Roose	1949	-	-	2046	2049	-	-	-	-
Dalton	1955	-	-	2052	2055	-	-	-	-
Ulverston	2004	-	-	2101	2104	-	-	-	-
Cark	2011	-	-	2108	2111	-	-	-	-
Kents Bank	2015	-	-	2112	2115	-	-	-	-
Grange-over-Sands	2019	-	-	2116	2119	-	-	-	-
Arnside	2024	-	-	2123	2125	-	-	-	-
Silverdale	2028	-	-	2127	2130	-	-	-	-
Carnforth	2043	-	-	2135	2138	-	-	-	-
Windermere d	-	2042	-	-	2140	2147	-	-	-
Staveley	-	2047	-	-	2145	2152	-	-	-
Burnside	-	2052	-	-	2150	2157	-	-	-
Kendal	-	2056	-	-	2154	2201	-	-	-
Oxenholme Lake District a	-	2101	-	-	2159	2206	-	-	-
Oxenholme Lake District d	-	2109	-	-	-	2212	-	-	-
Lancaster a	2050	2124	-	2143	2148	-	2226	-	-
Lancaster d	2050	2125	-	2143	2227	-	2227	-	-
Preston a	2109	2144	-	2205	2244	-	2244	-	-
Chorley a	2121	-	-	-	-	-	-	-	-
Bolton a	2134	-	-	-	-	-	-	-	-
Deansgate a	-	-	-	-	-	-	-	-	-
Manchester Oxford Road a	-	2220	-	-	2321	-	2321	-	-
Manchester Piccadilly a	-	2224	-	-	2325	-	2325	-	-
Manchester Airport a	-	2241	-	-	2346	-	2346	-	-

Notes
 M To Manchester Victoria, arrives 2152
 SO Saturdays only.
 SX Mondays to Fridays only.

Carlisle - Barrow - Lancaster

Carlisle - Barrow - Lancaster

Carlisle - Barrow - Lancaster

Mondays to Saturdays

	SX	SO	SO	SO	SX		SO	SO	SO	
Carlisle	d	1909	1909	-	-	-	2000	2055	2106	2149
Dalston		1917	1917	-	-	-	2008	2103	2114	2157
Wigton		1926	1927	-	-	-	2017	2112	2123	2206
Aspatia		1937	1937	-	-	-	2028	2123	2134	2217
Maryport		1948	1948	-	-	-	2039	2134	2145	2228
Flimby		1951	1952	-	-	-	2043	2138	2149	2232
Workington		1958	1959	-	-	-	2050	2145	2156	2239
Harrington		2002	2003	-	-	-	2054	2149	2200	2243
Parton		2011	2012	-	-	-	2103	2158	2209	2252
Whitehaven	a	2016	2018	-	-	-	2109	2204	2215	2258
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	-	-	-	-	-	-
Roose		2149	-	2150	-	-	-	-	-	-
Dalton		2155	-	2156	-	-	-	-	-	-
Ulverston		2204	-	2204	-	-	-	-	-	-
Cark		2211	-	2212	-	-	-	-	-	-
Kents Bank		2215	-	2216	-	-	-	-	-	-
Grange-over-Sands		2219	-	2220	-	-	-	-	-	-
Arnside		2226	-	2226	-	-	-	-	-	-
Silverdale		2230	-	2230	-	-	-	-	-	-
Carnforth		2238	-	2238	-	-	-	-	-	-
Windermere	d	-	-	2229	2247	-	-	-	-	-
Staveley		-	-	2234	2252	-	-	-	-	-
Burneside		-	-	2239	2257	-	-	-	-	-
Kendal		-	-	2243	2301	-	-	-	-	-
Oxenholme Lake District	a	-	-	2248	2306	-	-	-	-	-
Oxenholme Lake District	d	-	-	2250	2308	-	-	-	-	-
Lancaster	a	2246	-	2246	2305	2324	-	-	-	-
Lancaster	d	2246	-	2246	2305	2326	-	-	-	-
Preston	a	2310	-	2310	2324	2345	-	-	-	-
Chorley	a	-	-	-	-	-	-	-	-	-
Bolton	a	-	-	-	-	-	-	-	-	-
Deansgate	a	-	-	-	-	-	-	-	-	-
Manchester Oxford Road	a	-	-	-	-	-	-	-	-	-
Manchester Piccadilly	a	-	-	-	-	-	-	-	-	-
Manchester Airport	a	-	-	-	-	-	-	-	-	-

Notes
 x Stops on request.
 SO Saturdays only.
 SX Mondays to Fridays only.
 © Dry service - no alcohol permitted on board this service on Saturdays.

Mondays to Saturdays

	SX								
Carlisle	d	2201	-	-	-	-	-	-	-
Dalston		2209	-	-	-	-	-	-	-
Wigton		2218	-	-	-	-	-	-	-
Aspatia		2229	-	-	-	-	-	-	-
Maryport		2240	-	-	-	-	-	-	-
Flimby		2244	-	-	-	-	-	-	-
Workington		2251	-	-	-	-	-	-	-
Harrington		2255	-	-	-	-	-	-	-
Parton		2304	-	-	-	-	-	-	-
Whitehaven	a	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		-	-	-	-	-	-	-	-
Arnside		-	-	-	-	-	-	-	-
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
 SX Mondays to Fridays only.

Sundays

Carlisle	d	-	-	-	-	-	-	-	-	-
Dalston		-	-	-	-	-	-	-	-	-
Wigton		-	-	-	-	-	-	-	-	-
Aspatia		-	-	-	-	-	-	-	-	-
Maryport		-	-	-	-	-	-	-	-	0917
Flimby		-	-	-	-	-	-	-	-	0920
Workington		-	-	-	-	-	-	-	-	0927
Harrington		-	-	-	-	-	-	-	-	0931
Parton		-	-	-	-	-	-	-	-	0940
Whitehaven	a	-	-	-	-	-	-	-	-	0945
Whitehaven	d	-	-	-	-	-	-	-	-	0946
Corkickle		-	-	-	-	-	-	-	-	0949
St. Bees		-	-	-	-	-	-	-	-	0954
Nethertown		-	-	-	-	-	-	-	-	0959
Braystones		-	-	-	-	-	-	-	-	1001
Sellafield		-	-	-	-	-	-	-	-	1007
Seascale		-	-	-	-	-	-	-	-	1010
Drigg		-	-	-	-	-	-	-	-	1014
Ravenglass		-	-	-	-	-	-	-	-	1018
Bootle (Cumbria)		-	-	-	-	-	-	-	-	1024
Silecroft		-	-	-	-	-	-	-	-	1031
Millom	a	-	-	-	-	-	-	-	-	1036
Millom	d	-	-	-	-	-	0950	-	-	1036
Green Road		-	-	-	-	-	0954	-	-	1041
Foxfield		-	-	-	-	-	0958	-	-	1045
Kirkby-in-Furness		-	-	-	-	-	1003	-	-	1049
Askam		-	-	-	-	-	1008	-	-	1054
Barrow-in-Furness	a	-	-	-	-	-	1021	-	-	1108
Barrow-in-Furness	d	0753	0841	0905	0952	-	-	-	1052	-
Roose		0757	0845	-	0956	-	-	-	1056	-
Dalton		0803	0851	-	1002	-	-	-	1102	-
Ulverston		0812	0859	0922	1010	-	-	-	1111	-
Cark		0819	0906	-	1017	-	-	-	1118	-
Kents Bank		0823	0910	-	1021	-	-	-	1122	-
Grange-over-Sands		0827	0914	0934	1025	-	-	-	1126	-
Arnside		0833	0920	0940	1031	-	-	-	1131	-
Silverdale		0838	0924	-	1035	-	-	-	1135	-
Carnforth		0845	0931	0951	1043	-	-	-	1143	-
Windermere	d	-	-	-	-	1053	-	1139	-	1224
Staveley		-	-	-	-	1058	-	1144	-	-
Burneside		-	-	-	-	1103	-	1149	-	-
Kendal		-	-	-	-	1107	-	1153	-	1236
Oxenholme Lake District	a	-	-	-	-	1112	-	1158	-	1241
Oxenholme Lake District	d	-	-	-	-	1123	-	1213	-	-
Lancaster	a	-	0938	1001	1050	1137	-	1227	1150	-
Lancaster	d	-	0945	-	1051	1138	-	1228	1151	-
Preston	a	-	1004	-	1110	1156	-	1245	1209	-
Chorley	a	-	1019	-	1122	-	-	-	1221	-
Bolton	a	-	1032	-	1135	-	-	1305	1234	-
Manchester Oxford Road	a	-	1047	-	1151	1238	-	1321	1250	-
Manchester Piccadilly	a	-	-	-	1156	1242	-	1326	1256	-
Manchester Airport	a	-	-	-	1220	1258	-	1344	1316	-

Notes
 x Stops on request.

Carlisle - Barrow - Lancaster

Sundays

Carlisle	d	-	-	0945	1023	-	1106	-	-	1207	-
Dalston	-	-	0953	1031	-	1114	-	-	1215	-	-
Wigton	-	-	1002	1041	-	1124	-	-	1225	-	-
Aspatria	-	-	1013	1051	-	1134	-	-	1235	-	-
Maryport	-	-	1024	1103	-	1146	-	-	1247	-	-
Flimby	-	-	-	1107	-	1149	-	-	1250	-	-
Workington	-	-	1033	1114	-	1156	-	-	1258	-	-
Harrington	-	-	-	1118	-	1200	-	-	1302	-	-
Parton	-	-	1046	1127	-	1209	-	-	1311	-	-
Whitehaven	a	-	1050	1132	-	1214	-	-	1316	-	-
Whitehaven	d	-	1052	1133	-	1216	-	-	1318	-	-
Corkickle	-	-	1054	1136	-	1219	-	-	1321	-	-
St. Bees	-	-	1100	1141	-	1227	-	-	1327	-	-
Nethertown	-	-	-	-	-	12x31	-	-	-	-	-
Braystones	-	-	-	-	-	12x34	-	-	-	-	-
Sellafield	-	-	1110	1151	-	1239	-	-	1337	-	-
Seascale	-	-	1113	1155	-	1243	-	-	1341	-	-
Drigg	-	-	1117	1159	-	1247	-	-	1345	-	-
Ravenglass	-	-	1121	1202	-	1251	-	-	1349	-	-
Bootle (Cumbria)	-	-	1127	1208	-	1257	-	-	1355	-	-
Silecroft	-	-	1134	1215	-	1304	-	-	1402	-	-
Millom	a	-	1139	1220	-	1309	-	-	1407	-	-
Millom	d	-	1139	1220	-	1309	-	-	1407	-	-
Green Road	-	-	1144	1225	-	1314	-	-	1412	-	-
Foxfield	-	-	1148	1229	-	1318	-	-	1416	-	-
Kirkby-in-Furness	-	-	1152	1233	-	1322	-	-	1420	-	-
Askam	-	-	1157	1238	-	1327	-	-	1425	-	-
Barrow-in-Furness	a	-	1211	1252	-	1341	-	-	1439	-	-
Barrow-in-Furness	d	1147	-	1254	-	1349	-	-	1447	-	-
Roose	-	1151	-	1258	-	1353	-	-	1451	-	-
Dalton	-	1158	-	1304	-	1359	-	-	1457	-	-
Ulverston	-	1206	-	1312	-	1407	-	-	1505	-	-
Cark	-	1213	-	-	-	1414	-	-	1512	-	-
Kents Bank	-	1217	-	-	-	1418	-	-	1516	-	-
Grange-over-Sands	-	1221	-	1325	-	1422	-	-	1520	-	-
Arnside	-	1227	-	1331	-	1428	-	-	1526	-	-
Silverdale	-	1231	-	1336	-	1432	-	-	1530	-	-
Carnforth	-	1239	-	1343	-	1439	-	-	1537	-	-
Windermere	d	-	1308	-	1359	-	-	1446	-	-	-
Staveley	-	1313	-	-	1404	-	-	1451	-	-	-
Burnside	-	1318	-	-	1409	-	-	1456	-	-	-
Kendal	-	1322	-	-	1413	-	-	1500	-	-	-
Oxenholme Lake District	a	-	1327	-	1418	-	-	1505	-	-	-
Oxenholme Lake District	d	-	1329	-	-	-	-	1515	-	-	-
Lancaster	a	1246	1345	-	1352	-	-	1446	1529	-	1544
Lancaster	d	1247	1349	-	-	-	-	1449	1530	-	1546
Preston	a	1306	1407	-	-	-	-	1507	1547	-	1605
Chorley	a	1322	1423	-	-	-	-	1521	-	-	1622
Bolton	a	1335	1436	-	-	-	-	1534	1606	-	1635
Manchester Oxford Road	a	1350	1452	-	-	-	-	1550	1620	-	1650
Manchester Piccadilly	a	1354	1456	-	-	-	-	1555	1624	-	1655
Manchester Airport	a	1416	1514	-	-	-	-	1613	1642	-	1713

Notes
x Stops on request.

Carlisle - Barrow - Lancaster

Sundays

Carlisle	d	-	1324	-	1401	-	-	1510	-	1616	-
Dalston	-	1332	-	1409	-	-	-	1518	-	1624	-
Wigton	-	1342	-	1419	-	-	-	1528	-	1634	-
Aspatria	-	1352	-	1429	-	-	-	1538	-	1644	-
Maryport	-	1403	-	1441	-	-	-	1550	-	1656	-
Flimby	-	1407	-	1444	-	-	-	1553	-	1659	-
Workington	-	1414	-	1451	-	-	-	1600	-	1706	-
Harrington	-	1418	-	1455	-	-	-	1604	-	1710	-
Parton	-	1427	-	1504	-	-	-	1613	-	1719	-
Whitehaven	a	-	1432	-	1509	-	-	1618	-	1724	-
Whitehaven	d	-	1433	-	1510	-	-	1619	-	1725	-
Corkickle	-	-	1436	-	1513	-	-	1622	-	1728	-
St. Bees	-	-	1441	-	1519	-	-	1629	-	1733	-
Nethertown	-	-	-	-	-	-	-	16x33	-	-	-
Braystones	-	-	-	-	-	-	-	16x36	-	-	-
Sellafield	-	1452	-	1529	-	-	-	1641	-	1744	-
Seascale	-	1455	-	1532	-	-	-	1645	-	1747	-
Drigg	-	-	-	1536	-	-	-	1649	-	1751	-
Ravenglass	-	1501	-	1540	-	-	-	1653	-	1755	-
Bootle (Cumbria)	-	-	-	1546	-	-	-	1659	-	1801	-
Silecroft	-	-	-	1553	-	-	-	1706	-	1808	-
Millom	a	-	1517	-	1558	-	-	1711	-	1813	-
Millom	d	-	1517	-	1559	-	-	1711	-	1814	-
Green Road	-	-	-	1603	-	-	-	1716	-	1818	-
Foxfield	-	1525	-	1607	-	-	-	1720	-	1822	-
Kirkby-in-Furness	-	1529	-	1612	-	-	-	1724	-	1827	-
Askam	-	1534	-	1617	-	-	-	1729	-	1832	-
Barrow-in-Furness	a	-	1548	-	1631	-	-	1743	-	1846	-
Barrow-in-Furness	d	-	1550	-	1646	-	-	1746	-	1851	-
Roose	-	1554	-	1650	-	-	-	1750	-	1855	-
Dalton	-	1600	-	1656	-	-	-	1756	-	1901	-
Ulverston	-	1608	-	1705	-	-	-	1805	-	1909	-
Cark	-	1616	-	1712	-	-	-	1812	-	1917	-
Kents Bank	-	1620	-	1716	-	-	-	1816	-	1921	-
Grange-over-Sands	-	1624	-	1720	-	-	-	1820	-	1925	-
Arnside	-	1630	-	1725	-	-	-	1827	-	1931	-
Silverdale	-	1635	-	1729	-	-	-	1832	-	1935	-
Carnforth	-	1642	-	1736	-	-	-	1842	-	1943	-
Windermere	d	1555	-	1659	-	-	-	1800	-	1901	-
Staveley	-	1600	-	1704	-	-	-	1805	-	1907	-
Burnside	-	1605	-	1709	-	-	-	1810	-	1912	-
Kendal	-	1609	-	1713	-	-	-	1814	-	1916	-
Oxenholme Lake District	a	1614	-	1718	-	-	-	1819	-	1921	-
Oxenholme Lake District	d	1616	-	1725	-	-	-	1830	-	1922	-
Lancaster	a	1633	1652	1738	-	1743	1843	1851	1937	-	1951
Lancaster	d	1648	-	1740	-	1748	1845	1858	1939	-	1951
Preston	a	1706	-	1757	-	1807	1902	1915	1958	-	2014
Chorley	a	1721	-	-	-	1820	-	-	2023	-	-
Bolton	a	1734	-	-	-	1833	-	-	2036	-	-
Manchester Oxford Road	a	1752	-	-	-	1850	-	-	2051	-	-
Manchester Piccadilly	a	1756	-	-	-	1855	-	-	2056	-	-
Manchester Airport	a	1818	-	-	-	1914	-	-	2114	-	-

Notes
x Stops on request.

Carlisle - Barrow - Lancaster

Sundays

Carlisle	d	-	1710	-	-	-	-	-	-	1810	1910	2010
Dalston	-	1718	-	-	-	-	-	-	-	1818	1918	2018
Wigton	-	1728	-	-	-	-	-	-	-	1827	1927	2027
Aspatria	-	1738	-	-	-	-	-	-	-	1838	1938	2038
Maryport	-	1750	-	-	-	-	-	-	-	1849	1949	2049
Flimby	-	1753	-	-	-	-	-	-	-	1853	1953	2053
Workington	-	1800	-	-	-	-	-	-	-	1900	2000	2100
Harrington	-	1804	-	-	-	-	-	-	-	1904	2004	2104
Parton	-	1813	-	-	-	-	-	-	-	1913	2013	2113
Whitehaven	a	-	1818	-	-	-	-	-	-	1919	2019	2119
Whitehaven	d	-	1819	-	-	-	-	-	-	-	-	-
Corkickle	-	-	1822	-	-	-	-	-	-	-	-	-
St. Bees	-	-	1829	-	-	-	-	-	-	-	-	-
Nethertown	-	-	18x33	-	-	-	-	-	-	-	-	-
Braystones	-	-	18x36	-	-	-	-	-	-	-	-	-
Sellafield	-	-	1841	-	-	-	-	-	-	-	-	-
Seascale	-	-	1844	-	-	-	-	-	-	-	-	-
Drigg	-	-	1848	-	-	-	-	-	-	-	-	-
Ravenglass	-	-	1852	-	-	-	-	-	-	-	-	-
Bootle (Cumbria)	-	-	1858	-	-	-	-	-	-	-	-	-
Silecroft	-	-	1905	-	-	-	-	-	-	-	-	-
Millom	a	-	1910	-	-	-	-	-	-	-	-	-
Millom	d	-	1910	-	-	1925	-	-	-	-	-	-
Green Road	-	-	1915	-	-	1929	-	-	-	-	-	-
Foxfield	-	-	1919	-	-	1933	-	-	-	-	-	-
Kirkby-in-Furness	-	-	1923	-	-	1938	-	-	-	-	-	-
Askam	-	-	1928	-	-	1943	-	-	-	-	-	-
Barrow-in-Furness	a	-	1942	-	-	1957	-	-	-	-	-	-
Barrow-in-Furness	d	-	-	1952	-	-	2046	-	-	-	-	-
Roose	-	-	-	1956	-	-	2050	-	-	-	-	-
Dalton	-	-	-	2002	-	-	2056	-	-	-	-	-
Ulverston	-	-	-	2011	-	-	2105	-	-	-	-	-
Cark	-	-	-	2018	-	-	2112	-	-	-	-	-
Kents Bank	-	-	-	2022	-	-	2116	-	-	-	-	-
Grange-over-Sands	-	-	-	2026	-	-	2120	-	-	-	-	-
Arnside	-	-	-	2031	-	-	2126	-	-	-	-	-
Silverdale	-	-	-	2035	-	-	2131	-	-	-	-	-
Carnforth	-	-	-	2043	-	-	2138	-	-	-	-	-
Windermere	d	1957	-	-	2047	-	-					

Lancaster - Barrow - Carlisle

Lancaster - Barrow - Carlisle

Lancaster - Barrow - Carlisle

Mondays to Saturdays

					SO	SX		
Manchester Airport	d	0929	-	-	1029	-	-	1129 1129
Manchester Piccadilly		0950	-	-	1050	-	-	1150 1150
Manchester Oxford Road		0953	-	-	1053	-	-	1153 1153
Deansgate		0956	-	-	1056	-	-	1156 1156
Bolton		1008	-	-	1108	-	-	1208
Chorley		1020	-	-	1120	-	-	1220
Preston		1033	1041	-	1144	-	-	1245 1246 1253
Lancaster	a	1050	1055	-	1202	-	-	1302 1303 1307
Lancaster	d	1051	1057	-	1202	-	-	1303 1303 1319
Oxenholme Lake District	a	-	1110	-	-	-	-	1332 1332
Oxenholme Lake District	d	-	1121	-	-	1239	-	1334 1334
Kendal		-	1125	-	-	1243	-	1338 1338
Burneside		-	1129	-	-	1247	-	1342 1342
Staveley		-	1134	-	-	1252	-	1347 1347
Windermere	a	-	1140	-	-	1258	-	1354 1354
Carnforth		1101	-	-	1212	-	-	1329
Silverdale		1106	-	-	1217	-	-	1334
Arnside		1110	-	-	1221	-	-	1339
Grange-over-Sands		1116	-	-	1227	-	-	1345
Kents Bank		1120	-	-	1230	-	-	1348
Cark		1124	-	-	1234	-	-	1352
Ulverston		1131	-	-	1242	-	-	1401
Dalton		1140	-	-	1250	-	-	1409
Roose		1146	-	-	1256	-	-	1415
Barrow-in-Furness	a	1154	-	-	1302	-	-	1422
Barrow-in-Furness	d	-	-	1206	-	-	1315	-
Askam		-	-	1216	-	-	1325	-
Kirkby-in-Furness		-	-	1220	-	-	1329	-
Foxfield		-	-	1225	-	-	1334	-
Green Road		-	-	1229	-	-	1338	-
Millom	a	-	-	1233	-	-	1342	-
Millom	d	-	-	1234	-	-	1343	-
Silecroft		-	-	1239	-	-	1348	-
Bootle (Cumbria)		-	-	1246	-	-	1355	-
Ravenglass		-	-	1252	-	-	1401	-
Drigg		-	-	1255	-	-	1405	-
Seascale		-	-	1259	-	-	1409	-
Sellafield		-	-	1303	-	-	1413	-
Braystones		-	-	13x06	-	-	14x16	-
Nethertown		-	-	13x09	-	-	14x19	-
St. Bees		-	-	1328	-	-	1427	-
Corkickle		-	-	1334	-	-	1433	-
Whitehaven	a	-	-	1336	-	-	1436	-
Whitehaven	d	-	-	1338	-	-	1438	-
Parton		-	-	1342	-	-	1442	-
Harrington		-	-	1351	-	-	1451	-
Workington		-	-	1356	-	-	1456	-
Flimby		-	-	1401	-	-	1501	-
Maryport		-	-	1405	-	-	1505	-
Aspatia		-	-	1416	-	-	1516	-
Wigton		-	-	1426	-	-	1526	-
Dalston		-	-	1435	-	-	1535	-
Carlisle	a	-	-	1450	-	-	1546	-
Carlisle		-	-	-	-	-	-	1546 1546

Notes
 x Stops on request.
 SO Saturdays only.
 SX Mondays to Fridays only.

Mondays to Saturdays

						SO	SX	SX
Manchester Airport	d	1229	1229	1304	-	1329	-	1404
Manchester Piccadilly		1250	1250	1321	-	1350	-	1421
Manchester Oxford Road		1253	1253	1324	-	1353	-	1424
Deansgate		1256	1256	-	-	1356	-	-
Bolton		-	1309	1339	-	1408	-	1439
Chorley		-	1322	-	-	1420	-	-
Preston		1346	1346	1405	-	1445	-	1503
Lancaster	a	1403	1403	1420	-	1502	-	1518
Lancaster	d	1404	1404	1421	-	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	-	-
Silverdale		1419	1419	-	-	1517	-	-
Arnside		1423	1423	-	-	1522	-	-
Grange-over-Sands		1429	1429	-	-	1527	-	-
Kents Bank		1432	1432	-	-	1531	-	-
Cark		1436	1436	-	-	1536	-	-
Ulverston		1444	1444	-	-	1543	-	-
Dalton		1452	1452	-	-	1552	-	-
Roose		1458	1458	-	-	1558	-	-
Barrow-in-Furness	a	1505	1505	-	-	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
Parton		-	-	-	-	1705	-	1734
Harrington		-	-	-	-	1714	-	1743
Workington		-	-	-	-	1720	-	1748
Flimby		-	-	-	-	1725	-	1753
Maryport		-	-	-	-	1729	-	1757
Aspatia		-	-	-	-	1739	-	1808
Wigton		-	-	-	-	1749	-	1818
Dalston		-	-	-	-	1759	-	1827
Carlisle	a	-	-	-	-	1810	-	1841
Carlisle		-	-	-	-	-	-	1857

Notes
 x Stops on request.
 SO Saturdays only.
 SX Mondays to Fridays only.

Mondays to Saturdays

						SO	SX	SX	SO
Manchester Airport	d	-	1529	-	-	1604	1629	-	-
Manchester Piccadilly		-	1550	-	-	1621	1650	-	-
Manchester Oxford Road		-	1553	-	-	1624	1653	-	-
Deansgate		-	1556	-	-	-	1656	-	-
Bolton		-	1608	-	-	-	1708	-	-
Chorley		-	1620	-	-	-	1720	-	-
Preston		1541	1633	-	1701	1704	1734	-	-
Lancaster	a	1555	1651	-	1716	1721	1752	-	-
Lancaster	d	1601	1652	-	1727	1722	1752	-	-
Oxenholme Lake District	a	-	-	-	-	1735	-	-	-
Oxenholme Lake District	d	-	-	-	-	1742	-	-	-
Kendal		-	-	-	-	1746	-	-	-
Burneside		-	-	-	-	1750	-	-	-
Staveley		-	-	-	-	1755	-	-	-
Windermere	a	-	-	-	-	1801	-	-	-
Carnforth		1611	1701	-	-	1737	-	-	1802
Silverdale		1617	1706	-	-	1742	-	-	1807
Arnside		1622	1711	-	-	1747	-	-	1811
Grange-over-Sands		1628	1716	-	-	1753	-	-	1817
Kents Bank		1632	1720	-	-	1756	-	-	1820
Cark		1637	1724	-	-	1800	-	-	1824
Ulverston		1645	1732	-	-	1808	-	-	1832
Dalton		1654	1740	-	-	1816	-	-	1840
Roose		1700	1746	-	-	1822	-	-	1846
Barrow-in-Furness	a	1709	1753	-	-	1830	-	-	1852
Barrow-in-Furness	d	1716	-	1807	-	-	-	1857	1912
Askam		1726	-	1817	-	-	-	1907	1922
Kirkby-in-Furness		1731	-	1821	-	-	-	1911	1926
Foxfield		1735	-	1826	-	-	-	1916	1931
Green Road		1739	-	1830	-	-	-	1920	1935
Millom	a	1744	-	1834	-	-	-	1924	1939
Millom	d	1744	-	1834	-	-	-	1924	1940
Silecroft		1749	-	-	-	-	-	1929	1945
Bootle (Cumbria)		1756	-	-	-	-	-	1936	1952
Ravenglass		1803	-	1849	-	-	-	1942	1958
Drigg		1806	-	1853	-	-	-	1946	2001
Seascale		1810	-	1857	-	-	-	1950	2005
Sellafield		1814	-	1900	-	-	-	1953	2012
Braystones		-	-	-	-	-	-	-	20x15
Nethertown		-	-	-	-	-	-	-	20x18
St. Bees		1828	-	1912	-	-	-	2003	2027
Corkickle		1834	-	1917	-	-	-	2008	2032
Whitehaven	a	1836	-	1920	-	-	-	2011	2036
Whitehaven	d	1838	-	1921	-	-			

Lancaster - Barrow - Carlisle

Lancaster - Barrow - Carlisle

Lancaster - Barrow - Carlisle

Mondays to Saturdays

		SX	SX	SO	SX	SO	SX	SO
Manchester Airport	d	-	-	1729	-	-	-	1829 1829
Manchester Piccadilly	-	-	-	1750	-	-	-	1850 1850
Manchester Oxford Road	-	-	-	1753	-	-	-	1853 1853
Deansgate	-	-	-	1756	-	-	-	1856 1856
Bolton	-	-	-	1808	-	-	-	1909 1909
Chorley	-	-	-	1823	-	-	-	1921 1921
Preston	1754	-	-	1844	-	-	-	1934 1945
Lancaster	a	1808	-	1902	-	-	-	1951 2002
Lancaster	d	1810	-	1902 1913 1913	-	-	-	1951 2003
Oxenholme Lake District	a	1822	-	1920	-	-	-	-
Oxenholme Lake District	d	1830	-	1922	-	-	-	-
Kendal	1834	-	-	1926	-	-	-	-
Burneside	1838	-	-	1930	-	-	-	-
Staveley	1843	-	-	1935	-	-	-	-
Windermere	a	1849	-	1942	-	-	-	-
Carnforth	-	-	-	1923 1923	-	-	-	2001 2012
Silverdale	-	-	-	1929 1929	-	-	-	2006 2017
Arnside	-	-	-	1933 1933	-	-	-	2010 2022
Grange-over-Sands	-	-	-	1939 1939	-	-	-	2016 2027
Kents Bank	-	-	-	1943 1943	-	-	-	2020 2031
Cark	-	-	-	1947 1947	-	-	-	2024 2035
Ulverston	-	-	-	1955 1955	-	-	-	2031 2043
Dalton	-	-	-	2003 2003	-	-	-	2040 2051
Roose	-	-	-	2009 2009	-	-	-	2046 2057
Barrow-in-Furness	a	-	-	2017 2017	-	-	-	2053 2104
Barrow-in-Furness	d	-	-	1947	-	-	-	2018 2018
Askam	-	-	-	1957	-	-	-	2028 2028
Kirkby-in-Furness	-	-	-	2001	-	-	-	2033 2033
Foxfield	-	-	-	2006	-	-	-	2037 2038
Green Road	-	-	-	2010	-	-	-	2041 2042
Millom	a	-	-	2015	-	-	-	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
Parton	-	-	-	-	-	-	-	2138
Harrington	-	-	-	-	-	-	-	2147
Workington	-	-	-	-	-	-	-	2152
Flimby	-	-	-	-	-	-	-	2157
Maryport	-	-	-	-	-	-	-	2201
Aspatria	-	-	-	-	-	-	-	2211
Wigton	-	-	-	-	-	-	-	2221
Dalston	-	-	-	-	-	-	-	2230
Carlisle	a	-	-	-	-	-	-	2241
Carlisle	d	-	-	-	-	-	-	2209 2209
Manchester Airport	d	-	-	1929	-	-	-	2159
Manchester Piccadilly	-	-	-	1950	-	-	-	2220
Manchester Oxford Road	-	-	-	1953	-	-	-	2224
Deansgate	-	-	-	1956	-	-	-	-
Bolton	-	-	-	2008	-	-	-	2239
Chorley	-	-	-	2020	-	-	-	2251
Preston	1941	2033	-	2041	2041	2143	-	2211 2310
Lancaster	a	1955	2050	-	2055	2055	2157	-
Lancaster	d	1957	2051	-	2057	2057	2209	-
Oxenholme Lake District	a	2010	-	-	2110	2110	-	-
Oxenholme Lake District	d	2018	-	-	2117	2120	-	2206 2222
Kendal	2022	-	-	-	2121	2124	-	2210 2226
Burneside	2026	-	-	-	2125	2128	-	2214 2230
Staveley	2031	-	-	-	2130	2133	-	2219 2235
Windermere	a	2037	-	-	2136	2139	-	2225 2241
Carnforth	-	-	-	-	2100	-	-	2219
Silverdale	-	-	-	-	2106	-	-	2225
Arnside	-	-	-	-	2110	-	-	2229
Grange-over-Sands	-	-	-	-	2116	-	-	2235
Kents Bank	-	-	-	-	2120	-	-	2239
Cark	-	-	-	-	2124	-	-	2243
Ulverston	-	-	-	-	2131	-	-	2251
Dalton	-	-	-	-	2140	-	-	2259
Roose	-	-	-	-	2146	-	-	2305
Barrow-in-Furness	a	-	-	-	2153	-	-	2313
Barrow-in-Furness	d	-	-	-	2211	-	-	-
Askam	-	-	-	-	2221	-	-	-
Kirkby-in-Furness	-	-	-	-	2225	-	-	-
Foxfield	-	-	-	-	2230	-	-	-
Green Road	-	-	-	-	2234	-	-	-
Millom	a	-	-	-	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	-	-	-	-	-	-	-

Mondays to Saturdays

		SO	SX	SX	SO	SX	SO
Manchester Airport	d	-	-	-	-	-	-
Manchester Piccadilly	-	-	-	-	-	-	-
Manchester Oxford Road	-	-	-	-	-	-	-
Deansgate	-	-	-	-	-	-	-
Bolton	-	-	-	-	-	-	-
Chorley	-	-	-	-	-	-	-
Preston	1941	2033	-	2041	2041	2143	-
Lancaster	a	1955	2050	-	2055	2055	2157
Lancaster	d	1957	2051	-	2057	2057	2209
Oxenholme Lake District	a	2010	-	-	2110	2110	-
Oxenholme Lake District	d	2018	-	-	2117	2120	-
Kendal	2022	-	-	-	2121	2124	-
Burneside	2026	-	-	-	2125	2128	-
Staveley	2031	-	-	-	2130	2133	-
Windermere	a	2037	-	-	2136	2139	-
Carnforth	-	-	-	-	2100	-	-
Silverdale	-	-	-	-	2106	-	-
Arnside	-	-	-	-	2110	-	-
Grange-over-Sands	-	-	-	-	2116	-	-
Kents Bank	-	-	-	-	2120	-	-
Cark	-	-	-	-	2124	-	-
Ulverston	-	-	-	-	2131	-	-
Dalton	-	-	-	-	2140	-	-
Roose	-	-	-	-	2146	-	-
Barrow-in-Furness	a	-	-	-	2153	-	-
Barrow-in-Furness	d	-	-	-	2211	-	-
Askam	-	-	-	-	2221	-	-
Kirkby-in-Furness	-	-	-	-	2225	-	-
Foxfield	-	-	-	-	2230	-	-
Green Road	-	-	-	-	2234	-	-
Millom	a	-	-	-	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	-	-	-	-	-	-

Sundays

Manchester Airport	d	-	-	-	-	-	-	0936	-	-
Manchester Piccadilly	-	-	-	-	-	-	-	0955	-	-
Manchester Oxford Road	-	-	-	-	-	-	-	0958	-	-
Bolton	-	-	-	-	-	-	0909	-	1011	-
Chorley	-	-	-	-	-	-	0921	-	1023	-
Preston	-	-	-	-	-	-	0948	-	1039	-
Lancaster	a	-	-	-	-	-	1005	-	1056	-
Lancaster	d	-	-	-	-	-	1006	1011	1059	-
Oxenholme Lake District	a	-	-	-	-	-	1021	-	-	-
Oxenholme Lake District	d	-	-	-	-	-	1030	-	-	1116
Kendal	-	-	-	-	-	-	1034	-	-	1120
Burneside	-	-	-	-	-	-	1038	-	-	1124
Staveley	-	-	-	-	-	-	1043	-	-	1129
Windermere	a	-	-	-	-	-	1049	-	-	1135
Carnforth	-	-	-	-	-	-	0855	-	1021	1109
Silverdale	-	-	-	-	-	-	0900	-	1027	1114
Arnside	-	-	-	-	-	-	0905	-	1031	1118
Grange-over-Sands	-	-	-	-	-	-	0911	-	1037	1123
Kents Bank	-	-	-	-	-	-	0914	-	1041	1127
Cark	-	-	-	-	-	-	0918	-	1045	1131
Ulverston	-	-	-	-	-	-	0927	-	1053	1138
Dalton	-	-	-	-	-	-	0935	-	1101	1147
Roose	-	-	-	-	-	-	0941	-	1107	1153
Barrow-in-Furness	a	-	-	-	-	-	0948	-	1115	1159
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	-</		

Useful contact details



Fares and service information

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



Customer helpline

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



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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