

6



Train times

20 May to 8 December 2007

- Parking available
- Staff in attendance
- Bicycle store facility
- Disabled assistance available

Carlisle and Barrow-in-Furness (via the Cumbrian Coast) to Lancaster and Preston



www.northernrail.org

Northern

To find out more about Northern rail services, stations and ticket deals visit our web site: www.northernrail.org

This booklet shows the complete train service between Carlisle and Barrow via the Cumbrian Coast and a summary of train services between Barrow and Lancaster/Preston. For details of services between Manchester/Wigan, Preston and Lancaster see Virgin Trains and First Transpennine Express publicity.

How to use this timetable

- 1** Turn to the page showing the direction of your journey and the day of the week you wish to travel.
- 2** Look for the station you will be departing from in the left hand column.
- 3** Read across the page until you find the time most convenient for you to catch the train.
- 4** Read down this column, looking to the left to find your destination station. This will give you your arrival time.



24-hour Clock

This timetable shows all times using the 24-hour clock in order to avoid confusion between morning and afternoon services. Using the 24-hour clock 1am becomes 0100 hours, 2am becomes 0200 and so on until midday, which is 1200, then 1pm becomes 1300, 2pm becomes 1400, 3.30pm becomes 1530 and so on.

Through trains and connections

If the train times are in **bold type** you will not have to change trains. If your arrival time is shown in light type you will need to change at the previous station whose time is printed in bold type unless a footnote gives other instructions. If your departure time is shown in light type you will need to change at the next station whose time is printed in bold type unless a footnote gives other instructions.

Bus Links

We have joined with bus operators to provide links to and from many of the stations that we serve.

Before you board the train...

At staffed stations you must have a valid ticket or pass for your journey. This is a legal requirement which applies when the ticket office is open. When boarding at unstaffed stations, you must buy your ticket on the train unless you already have a valid ticket or pass.

Buying your ticket

You can buy your ticket from station ticket offices, quickfare ticket machines and some travel agents. If your journey starts at a station where no staff are in attendance, you can buy your ticket from the conductor on the train.

It is your responsibility to buy a ticket for the journey you are making. Northern has a 'zero-tolerance' policy on people who avoid paying fares and you risk prosecution if you travel without a valid ticket or pass.

Customers with Disabilities

Northern aims to make its services available to all, including those with disabilities or restricted mobility.

Details of the services we provide for disabled customers may be obtained by contacting our Customer Relations' Assistance Helpline. Telephone: 08456 008 008 or Textphone: 08456 045 608 or email: assistance@northernrail.org.

We have a Disabled Peoples Protection Policy (DPPP) that sets out the services available to disabled customers. A copy of the DPPP is available by contacting the Northern Customer Relations team.

Group Travel

We may give discounts for groups of 10 or more.
For details please call **0113 247 9659**
0900 to 1700 Monday to Friday

Train Running

The latest information on train running is available by phoning TrainTracker™ from National Rail Enquiries on **0871 200 49 50** or by texting TrainTracker™ Text to **48 49 50**

Bicycles

Most of our trains have space for up to two bicycles. Space is at a premium on trains during peak hours. For further details call our Customer Relations team on 0845 00 00 125 or see our Passengers' Charter.

Customer Relations

If you need help on any of our services please call our Customer Relations team on **0845 00 00 125**
0800 to 2000 Monday to Saturday
0900 to 1700 Sundays and Bank Holidays

Comments

If you have comments or complaints about any of our services please contact us.

Telephone: **0845 00 00 125**
email: **customer.relations@northernrail.org**
Customer Relations,
Northern Rail Ltd,
PO Box 208,
Leeds LS1 2BU

Should we fail to resolve any complaint to your satisfaction you can contact;

Passenger Focus

Telephone: **08453 022 022**
Passenger Focus,
Freepost WA1521,
Warrington WA4 6GP
Website: www.passengerfocus.org.uk

National Rail Enquiries

Lo-call **08457 48 49 50** for full details of all trains and prices, or visit www.nationalrail.co.uk

Local Transport Enquiries

For all your local public transport enquiries phone **0871 200 22 33** 0800 to 2000 daily.

Passengers' Charter

It is our aim to deliver services that meet the needs and expectations of our customers.

We set out our promises and standards in a Passengers' Charter and we make this available to all our customers.

You can view our Passengers' Charter online at **www.northernrail.org**, ask for a copy at any staffed station or request a copy by post from our Customer Relations team.

We welcome your feedback and suggestions about any aspect of our services.

Rail Users' Groups

The following voluntary organisations promote the development of good public transport.

Copeland Rail Users' Group

The Copeland Rail Users' Group works to promote, protect and preserve the Cumbrian coastal line (Barrow-in-Furness - Whitehaven - Carlisle).

Whilst every care has been taken to ensure the accuracy of the information contained in this booklet, we can accept no liability for any inaccuracies, and reserve the right to change information without further notice.



Working for a better rail service between West Cumbria and the rest of the UK. For details contact:

Mr C A Potts, 5 Highfield Court, Hillcrest, Whitehaven, Cumbria CA28 6TR

Furness Line Action Group

FLAG is a voluntary organisation promoting the development of good public transport for Furness and West Cumbria.

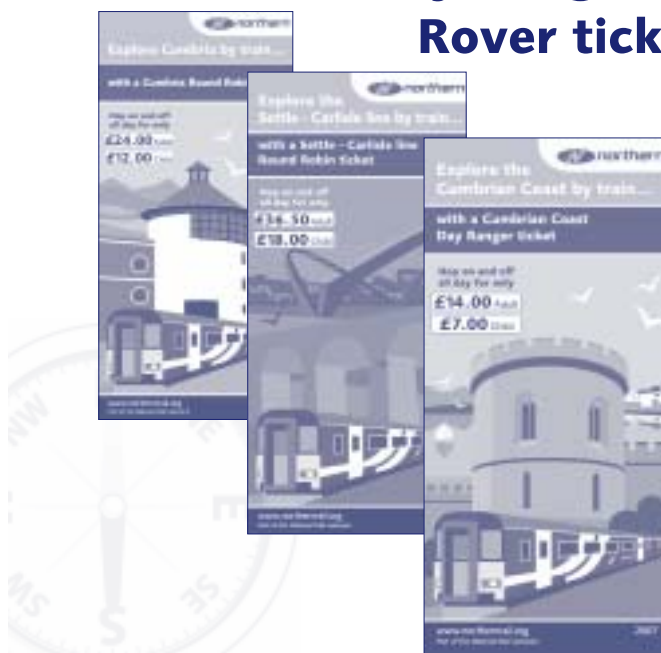
Details can be obtained from:

Derek Walmsley, Membership Secretary,

Furness Line Action Group,

116 Holker Street, Barrow-in-Furness LA14 5RU

Freedom to explore Northern England by train with a Day Ranger or Rover ticket



Day Ranger tickets cover a defined area for one day or choose a Rover ticket to explore a wider area over a number of days!

Hop on and off all day - great value for a car free day out.





Ravenglass & Eskdale Railway

20 - 25 May, 17 - 30 September, 1 - 31 October 2007

			D	D					
Ravenglass	d	1030	1130	1210	1250	1350	1450	1550	
Eskdale (Dalegarth)	a	1110	1210	1250	1330	1430	1530	1625	
Eskdale (Dalegarth)	d	1130	1230	1310	1350	1450	1550	1635	
Ravenglass	a	1210	1310	1350	1430	1530	1630	1710	

26 - 31 May, 21 - 31 July, 1 - 30 August 2007

		D	SO	D	SX	DMtoTh	MtoTh	D	
Ravenglass	d	0850	0910	1030	1110	1130	1150	1210	1250 1330 1350
Eskdale (Dalegarth)	a	0925	0945	1110	1150	1210	1230	1250	1330 1410 1430
Eskdale (Dalegarth)	d	0930	1010	1130	1210	1230	1310	1330	1350 1430 1450
Ravenglass	a	1005	1050	1210	1250	1310	1350	1410	1430 1510 1530
Ravenglass	d	1410	1430	1450	1530	1550	1630	1730	
Eskdale (Dalegarth)	a	1450	1510	1530	1610	1630	1710	1805	
Eskdale (Dalegarth)	d	1510	1530	1550	1630	1650	1730	1815	
Ravenglass	a	1550	1610	1630	1710	1730	1810	1850	

1 - 30 June, 1 - 20 July, 31 August, 1 - 16 September 2007

		D	SO	D	SX					D
Ravenglass	d	0850	0910	1030	1130	1210	1250	1350	1450	1550 1650
Eskdale (Dalegarth)	a	0925	0945	1110	1210	1250	1330	1430	1530	1630 1725
Eskdale (Dalegarth)	d	0930	1010	1130	1230	1310	1350	1450	1550	1650 1730
Ravenglass	a	1005	1050	1210	1310	1350	1430	1530	1630	1730 1805

3 - 4, 10 - 11, 17 - 18 November 2007

26 December 2007 - 3 January 2008

		D	ZD	D	
Ravenglass	d	1030	1200	1300	1400 1500
Eskdale (Dalegarth)	a	1105	1240	1340	1440 1540
Eskdale (Dalegarth)	d	1110	1300	1400	1500 1600
Ravenglass	a	1145	1340	1440	1540 1635

1 - 2, 8 - 9, 15 - 16, 22 - 23 December 2007

		D	D	D
Ravenglass	d	1155	1355	1555
Eskdale (Dalegarth)	a	1235	1435	1635
Eskdale (Dalegarth)	d	1055	1305	1500
Ravenglass	a	1130	1340	1535

General Notes Apply to all Dates

D Diesel hauled Fridays,
Saturdays and Sundays
FX Not Fridays
SX Not Saturdays

SO Saturday Only
MtoTh Mon to Thursday only
DMtoTh Mon to Thursday only -
Diesel hauled

ZD Runs 26 December 2007 until
3 January 2008 only

- CARLISLE
- Dalston
- Wigton
- Aspatria
- Maryport
- Flimby
- Workington
- Harrington
- Parton
- Whitehaven
- Corkickle
- St Bees
- Nethertown
- Braystones
- Sellafield
- Seascale
- Drigg
- **RAVENGLASS**
- Bootle
- Silecroft
- Millom
- Green Road
- Foxfield
- Kirkby-in-Furness
- Askam
- BARROW

Enjoy spectacular journeys and beautiful scenery



Take the train along the scenic Cumbrian Coastline to Ravenglass, the Lake District's only coastal village, then travel by steam train to the foot of England's highest mountain.

Buy a through return ticket to the Ravenglass and Eskdale Railway and save **£3.00 Adult/£1.50 Child** off usual combined fares.

Even greater savings if you have a Railcard.

For train times on the Ravenglass and Eskdale Railway call

01229 717171

For more information please call

08457 48 49 50

or visit www.ravenglass-railway.co.uk

Rovers and Rangers tickets valid on the Cumbrian Coast and Furness line

These tickets allow you to hop on and off as many trains as you wish, to explore the many towns, cities, villages and tourist attractions in the North of England. Day Rangers are ideal for a day out in a specified area or if you feel adventurous purchase a Rover ticket, these cover a greater area, and you can choose the days you wish to travel.

Ranger tickets

These can be purchased at any staffed station or from conductors on train when boarding at a unstaffed station.

Cumbrian Coast Day Ranger* – valid from Barrow in Furness and stations to Carlisle via Whitehaven.

Valid on any train - any day.

Price: **Adult £14.00, Child £7.00**

Cumbria Round Robin* – valid for a circular journey in either direction Barrow in Furness - Whitehaven - Carlisle - Penrith - Lancaster - Barrow in Furness.

Valid on any train - any day.

Price: **Adult £24.00, Child £12.00**

Lakes Day Ranger* – valid from Workington and stations to Morecambe via Barrow in Furness, also Lancaster to Windermere. Includes travel on all Stagecoach buses within Cumbria and a cruise on Windermere from Bowness, Lakeside or Ambleside with Windermere Lake Cruises scheduled services.

Valid on any train - any day.

Price: **Adult £15.00, Child £7.50, Family ticket £29.00 (1 or 2 adults with up to 2 children or 2 adults travelling together).**

*No train services on Sundays between Barrow-in-Furness and Whitehaven inclusive.

Tyne Valley Day Ranger – valid from Whitehaven and stations to Sunderland via Carlisle and Newcastle.

Valid on any train from 0845 Mondays to Fridays, any train Saturdays, Sundays and Bank Holidays.

Price: **Adult £13.50, Child £6.75**

Rover tickets

These tickets can only be purchased at a mainline staffed station. Tickets are not available from the conductor on the train.

Freedom of North West, North Country and All Line Rover tickets are valid on the Cumbrian Coast and Furness lines.

For further details including prices please call National Rail Enquiries.

Further Discounts

Holders of certain National Railcards can gain a discount on our Rover and Ranger tickets, for further details call: National Rail Enquiries on **08457 48 49 50**

Prices valid from 20.05.07

Carlisle and Barrow to Preston and Manchester

Mondays to Fridays

	TP	TP		TP	TP		TP
	K	J		K	J		TP
]]]]]
Carlisle	d	-	-	0835	-	-	0944 - 1014 1144
Dalston	-	-	-	08x43	-	-	09x52 - 10x22 11x52
Wigton	-	-	-	0852	-	-	1001 - 1031 1201
Aspatria	-	-	-	09x02	-	-	10x11 - 10x41 12x11
Maryport	-	-	-	0912	-	-	1021 - 1051 1221
Flimby	-	-	-	09x15	-	-	10x24 - 10x54 12x24
Workington	-	-	-	0924	-	-	1033 - 1103 1233
Harrington	-	-	-	09x27	-	-	10x36 - 11x06 12x36
Parton	-	-	-	09x36	-	-	10x45 - 11x15 12x46
Whitehaven	a	-	-	0945	-	-	1051 - 1121 1254
Whitehaven	d	-	-	-	-	-	1052 - 1124 -
Corkickle	-	-	-	-	-	-	10x54 - 11x26 -
St Bees	-	-	-	-	-	-	1106 - 1132 -
Nethertown	-	-	-	-	-	-	- - 11x36 -
Braystones	-	-	-	-	-	-	- - 11x38 -
Sellafield	-	-	-	-	-	-	- - 1116 - 1145 -
Seascale	-	-	-	-	-	-	- 11x19 - 11x48 -
Drigg	-	-	-	-	-	-	- 11x22 - 11x51 -
Ravenglass for Eskdale	-	-	-	-	-	-	- 1125 - 1154 -
Bootle	-	-	-	-	-	-	- 11x31 - 12x00 -
Silecroft	-	-	-	-	-	-	- 11x37 - 12x06 -
Millom	a	-	-	-	-	-	- 1144 - 1213 -
Millom	d	-	-	0925	-	-	- 1144 - 1214 -
Green Road	-	-	-	09x29	-	-	- - 12x18 -
Foxfield	-	-	-	09x32	-	-	- 11x51 - 12x21 -
Kirkby-in-Furness	-	-	-	09x36	-	-	- 11x55 - 12x25 -
Askam	-	-	-	0941	-	-	- 1200 - 1230 -
Barrow-in-Furness	a	-	-	0956	-	-	- 1216 - 1246 -
Barrow-in-Furness	d	0910	0913	0958	-	1113 1116	- 1222 - -
Roose	-	0914	0917	1002	-	-	- - -
Dalton	-	0921	0924	1008	-	1122 1125	- - -
Ulverston	-	0930	0933	1017	-	1131 1134	- 1237 - -
Cark	-	0938	0941	1025	-	1139 1142	- - -
Kents Bank	-	0942	0945	1029	-	-	- - -
Grange-over-Sands	-	0946	0949	1033	-	1146 1149	- 1250 - -
Arnsdale	-	0952	0955	1039	-	1152 1155	- 1256 - -
Silverdale	-	0956	0959	1044	-	1156 1159	- - -
Carnforth	-	1006	1006	1053	-	1206 1206	- 1306 - -
Lancaster	a	1014	1014	1104	-	1215 1215	- 1314 - -
	d	1015	1015	-	-	1215 1215	- 1315 - -
Preston	a	1034	1034	1134	-	1234 1234	- 1334 - -
	d	1038	1038	-	-	1238 1238	- 1338 - -
Manchester Piccadilly	a	1120	1120	1220	-	1320 1320	- 1420 - -
Manchester Airport	a	1140	1140	1240	-	1340 1340	- 1440 - -

Notes

a Arrival time.

d Departure time.

x Only stops on request.

J Until 7 September.

K From 10 September.

TP Service operated by TransPennine Express.

] You can reserve a seat on this train.

Carlisle and Barrow to Preston and Manchester

Mondays to Fridays										
			TP		TP				TP	
]]]	
Carlisle	d	-	-	1241	-	1418	-	1540	1633	-
Dalston		-	-	12x49	-	14x26	-	15x48	16x41	-
Wigton		-	-	1258	-	1435	-	1557	1650	-
Aspatria		-	-	13x08	-	14x45	-	16x07	17x00	-
Maryport		-	-	1318	-	1455	-	1617	1710	-
Flimby		-	-	13x21	-	14x58	-	16x20	17x13	-
Workington		-	-	1330	-	1507	-	1629	1722	-
Harrington		-	-	13x33	-	15x10	-	16x32	17x25	-
Parton		-	-	13x42	-	15x19	-	16x41	17x34	-
Whitehaven	a	-	-	1348	-	1525	-	1650	1740	-
Whitehaven	d	-	-	1349	-	1526	-	-	1741	-
Corkickle		-	-	13x51	-	15x28	-	-	17x43	-
St Bees		-	-	1358	-	1534	-	-	1749	-
Nethertown		-	-	14x02	-	-	-	-	17x53	-
Braystones		-	-	14x05	-	-	-	-	17x55	-
Sellafield		-	-	1411	-	1554	1640	-	1803	-
Seascale		-	-	14x14	-	15x57	16x43	-	18x06	-
Drigg		-	-	14x17	-	16x00	16x46	-	18x09	-
Ravenglass for Eskdale		-	-	1420	-	1603	1649	-	1812	-
Bootle		-	-	14x26	-	16x09	16x55	-	18x18	-
Silecroft		-	-	14x32	-	16x15	17x01	-	18x24	-
Millom	a	-	-	1439	-	1622	1708	-	1831	-
Millom	d	-	1343	-	1440	-	1623	1709	-	1832
Green Road		-	13x47	-	14x44	-	16x27	17x13	-	18x36
Foxfield		-	13x50	-	14x47	-	16x30	17x16	-	18x39
Kirkby-in-Furness		-	13x54	-	14x51	-	16x34	17x20	-	18x43
Askam		-	1359	-	1456	-	1639	1725	-	1848
Barrow-in-Furness	a	-	1415	-	1514	-	1655	1741	-	1904
Barrow-in-Furness	d	1256	-	1420	1528	1620	1700	1743	-	1909
Roose		1300	-	-	1532	-	1704	1747	-	1913
Dalton		1306	-	-	1538	-	1710	1753	-	1920
Ulverston		1314	-	1436	1547	1636	1718	1801	-	1929
Cark		1322	-	-	1555	-	1727	1809	-	1937
Kents Bank		1326	-	-	1559	-	1731	1813	-	1941
Grange-over-Sands		1330	-	1449	1603	1649	1735	1817	-	1945
Arnsdale		1336	-	1455	1609	1655	1741	1823	-	1951
Silverdale		1341	-	-	1614	-	1746	1828	-	1955
Carnforth		1349	-	1505	1622	1706	1755	1834	-	2004
Lancaster	a	1359	-	1513	1633	1713	1806	1843	-	2012
Lancaster	d	-	-	1515	-	1715	-	1900	-	2012
Preston	a	1435	-	1534	1726	1733	1908	1924	-	2036
Preston	d	-	-	1538	-	1736	-	-	-	2037
Manchester Piccadilly	a	1520	-	1620	-	1820	-	2034	-	2130
Manchester Airport	a	1540	-	1639	-	1842	-	2119	-	2152

Notes

a Arrival time.
d Departure time.
x Only stops on request.

TP Service operated by TransPennine Express.

] You can reserve a seat on this train.

Carlisle and Barrow to Preston and Manchester

Mondays to Fridays

		FX	FO	C				FO			
Carlisle	d	1727	1727	1804	1836	-	2009	-	-	2050	2153
Dalston		17x35	17x35	18x12	18x44	-	20x17	-	-	20x58	22x01
Wigton		1744	1744	1821	1853	-	2026	-	-	2107	2210
Aspatria		17x54	17x54	18x31	19x03	-	20x36	-	-	21x17	22x20
Maryport		1804	1804	1841	1913	-	2046	-	-	2127	2230
Flimby		18x07	18x07	18x44	19x16	-	20x49	-	-	21x30	22x33
Workington		1816	1816	1853	1925	-	2058	-	-	2139	2242
Harrington		18x19	18x19	18x56	19x28	-	21x01	-	-	21x42	22x45
Parton		18x28	18x28	19x05	19x37	-	21x10	-	-	21x51	22x54
Whitehaven	a	1836	1837	1914	1946	-	2119	-	-	2200	2302
Whitehaven	d	1836	-	-	-	-	-	-	-	-	-
Corkickle		18x38	-	-	-	-	-	-	-	-	-
St Bees		1843	-	-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-	-
Sellafield		1854	-	-	-	-	-	-	-	-	-
Seascale		18x57	-	-	-	-	-	-	-	-	-
Drigg		19x00	-	-	-	-	-	-	-	-	-
Ravenglass for Eskdale		1903	-	-	-	-	-	-	-	-	-
Bootle		19x09	-	-	-	-	-	-	-	-	-
Silecroft		19x15	-	-	-	-	-	-	-	-	-
Millom	a	1922	-	-	-	-	-	-	-	-	-
Millom	d	1922	-	-	-	1955	-	-	2155	-	-
Green Road		19x26	-	-	-	19x59	-	-	21x59	-	-
Foxfield		19x30	-	-	-	20x02	-	-	22x02	-	-
Kirkby-in-Furness		19x34	-	-	-	20x06	-	-	22x06	-	-
Askam		1939	-	-	-	2011	-	-	2211	-	-
Barrow-in-Furness	a	1955	-	-	-	2027	-	-	2227	-	-
Barrow-in-Furness	d	-	-	-	-	-	-	-	2145	-	-
Roose		-	-	-	-	-	-	-	2149	-	-
Dalton		-	-	-	-	-	-	-	2155	-	-
Ulverston		-	-	-	-	-	-	-	2204	-	-
Cark		-	-	-	-	-	-	-	2212	-	-
Kents Bank		-	-	-	-	-	-	-	2216	-	-
Grange-over-Sands		-	-	-	-	-	-	-	2220	-	-
Arnsdale		-	-	-	-	-	-	-	2226	-	-
Silverdale		-	-	-	-	-	-	-	2231	-	-
Carnforth		-	-	-	-	-	-	-	2238	-	-
Lancaster	a	-	-	-	-	-	-	-	2249	-	-
Lancaster	d	-	-	-	-	-	-	-	2301	-	-
Preston	a	-	-	-	-	-	-	-	2325	-	-
Preston	d	-	-	-	-	-	-	-	2329	-	-
Manchester Piccadilly	a	-	-	-	-	-	-	-	0009v	-	-
Manchester Airport	a	-	-	-	-	-	-	-	-	-	-

Notes

a Arrival time.
d Departure time.
v Arrives at Manchester Victoria.
x Only stops on request.

C From Newcastle.
FO Fridays only.
FX Not on Fridays.

Carlisle and Barrow to Preston and Manchester

Saturdays										
	TP	TP	TP	TP	TP	TP	TP	TP	TP	
]	Q	P]	Q	P]	Q	P	
Carlisle	d	-	-	-	-	-	-	-	0728	-
Dalston	-	-	-	-	-	-	-	-	07x36	-
Wigton	-	-	-	-	-	-	-	-	0745	-
Aspatria	-	-	-	-	-	-	-	-	07x55	-
Maryport	-	-	-	-	-	-	0604	-	0805	-
Flimby	-	-	-	-	-	-	06x07	-	08x08	-
Workington	-	-	-	-	-	-	0615	-	0817	-
Harrington	-	-	-	-	-	-	06x19	-	08x20	-
Parton	-	-	-	-	-	-	06x27	-	08x29	-
Whitehaven	a	-	-	-	-	-	0633	-	0838	-
Whitehaven	d	-	-	-	-	-	0635	-	-	-
Corkickle	-	-	-	-	-	-	06x37	-	-	-
St Bees	-	-	-	-	-	-	0642	-	-	-
Nethertown	-	-	-	-	-	-	06x46	-	-	-
Braystones	-	-	-	-	-	-	06x49	-	-	-
Sellafield	-	-	-	-	-	-	0655	-	-	-
Seascale	-	-	-	-	-	-	06x58	-	-	-
Drigg	-	-	-	-	-	-	07x01	-	-	-
Ravenglass for Eskdale	-	-	-	-	-	-	0704	-	-	-
Bootle	-	-	-	-	-	-	07x10	-	-	-
Silecroft	-	-	-	-	-	-	07x16	-	-	-
Millom	a	-	-	-	-	-	0723	-	-	-
Millom	d	-	-	-	0615	-	0723	0810	-	-
Green Road	-	-	-	06x19	-	-	07x27	08x14	-	-
Foxfield	-	-	-	06x22	-	-	07x31	08x17	-	-
Kirkby-in-Furness	-	-	-	06x26	-	-	07x35	08x21	-	-
Askam	-	-	-	0631	-	-	0740	0826	-	-
Barrow-in-Furness	a	-	-	0647	-	-	0756	0842	-	-
Barrow-in-Furness	d	0513	0608	0612	-	0706	0709	0758	-	0910
Roose	-	0612	0616	-	-	-	0802	-	-	0914
Dalton	-	0619	0623	-	0715	0718	0808	-	-	0921
Ulverston	0528	0627	0631	-	0724	0727	0817	-	-	0930
Cark	-	0635	0639	-	0732	0735	0825	-	-	0938
Kents Bank	-	0639	0643	-	-	-	0829	-	-	0942
Grange-over-Sands	0541	0643	0647	-	0739	0742	0833	-	-	0946
Arnsdale	0547	0649	0653	-	0745	0748	0839	-	-	0952
Silverdale	-	0654	0658	-	0749	0752	0843	-	-	0956
Carnforth	0557	0706	0706	-	0800	0800	0851	-	-	1006
Lancaster	a	0605	0713	0713	-	0807	0807	0902	-	1015
Lancaster	d	0606	0715	0715	-	0808	0808	-	-	1017
Preston	a	0624	0734	0734	-	0826	0826	0926	-	1035
Preston	d	0630	0740	0740	-	0833	0833	-	-	1038
Manchester Piccadilly	a	0715	0824	0824	-	0920	0920	1020	-	1120
Manchester Airport	a	0741g	0842	0842	-	0940	0940	1040	-	1140

Notes

a Arrival time.
d Departure time.
g Arrives 0735 until 30 June.
x Only stops on request.

P Until 8 September.
Q From 15 September.
TP Service operated by TransPennine Express.
] You can reserve a seat on this train.

Carlisle and Barrow to Preston and Manchester

Saturdays										
		TP		TP	TP		TP			
		P		Q	P		TP			
]]]]			
Carlisle	d	-	0815	-	0839	-	-	-	1014	-
Dalston		-	08x23	-	08x47	-	-	-	10x22	-
Wigton		-	0832	-	0856	-	-	-	1031	-
Aspatria		-	08x42	-	09x06	-	-	-	10x41	-
Maryport		-	0852	-	0916	-	-	-	1051	-
Flimby		-	08x55	-	-	-	-	-	10x54	-
Workington		-	0904	-	0928	-	-	-	1103	-
Harrington		-	09x07	-	09x31	-	-	-	11x06	-
Parton		-	09x16	-	09x40	-	-	-	11x15	-
Whitehaven	a	-	0925	-	0946	-	-	-	1121	-
Whitehaven	d	-	-	-	0947	-	-	-	1124	-
Corkickle		-	-	-	09x49	-	-	-	11x26	-
St Bees		-	-	-	09x55	-	-	-	1132	-
Nethertown		-	-	-	-	-	-	-	11x36	-
Braystones		-	-	-	-	-	-	-	11x38	-
Sellafield		-	-	-	1005	-	-	-	1145	-
Seascale		-	-	-	10x08	-	-	-	11x48	-
Drigg		-	-	-	10x11	-	-	-	11x51	-
Ravenglass for Eskdale		-	-	-	1015	-	-	-	1154	-
Bootle		-	-	-	10x20	-	-	-	12x00	-
Silecroft		-	-	-	10x27	-	-	-	12x06	-
Millom	a	-	-	-	1034	-	-	-	1213	-
Millom	d	-	-	0925	1034	-	-	1144	1214	-
Green Road		-	-	09x29	-	-	-	11x48	12x18	-
Foxfield		-	-	09x32	10x41	-	-	11x51	12x21	-
Kirkby-in-Furness		-	-	09x36	-	-	-	11x55	12x25	-
Askam		-	-	0941	1049	-	-	1200	1230	-
Barrow-in-Furness	a	-	-	0956	1106	-	-	1216	1246	-
Barrow-in-Furness	d	0913	-	0958	-	1116	1119	-	1222	1256
Roose		0917	-	1002	-	-	-	-	-	1300
Dalton		0924	-	1008	-	1126	1129	-	-	1306
Ulverston		0933	-	1016	-	1134	1137	-	1237	1315
Cark		0941	-	1024	-	1142	1145	-	-	1323
Kents Bank		0945	-	1028	-	-	-	-	-	1327
Grange-over-Sands		0949	-	1032	-	1149	1152	-	1250	1331
Arnsdale		0955	-	1038	-	1155	1158	-	1256	1337
Silverdale		0959	-	1043	-	1159	1202	-	-	1342
Carnforth		1006	-	1050	-	1209	1210	-	1306	1349
Lancaster	a	1014	-	1101	-	1216	1216	-	1314	1359
	d	1016	-	-	-	1216	1216	-	1315	-
Preston	a	1034	-	1134	-	1237	1236	-	1334	1430
	d	1038	-	-	-	1238	1238	-	1338	-
Manchester Piccadilly	a	1120	-	1220	-	1320	1320	-	1420	1520
Manchester Airport	a	1140	-	1240	-	1340	1340	-	1440	1540

Notes

a Arrival time.
d Departure time.
x Only stops on request.
P Until 8 September.

Q From 15 September.
TP Service operated by TransPennine Express.
] You can reserve a seat on this train.

Carlisle and Barrow to Preston and Manchester

Saturdays											
			TP		TP				TP		
]]	
Carlisle	d	1111	-	1241	1346	-	1428	1545	1633	-	1727
Dalston		11x19	-	12x49	13x54	-	14x36	15x53	16x41	-	17x35
Wigton		1128	-	1258	1403	-	1445	1602	1650	-	1744
Aspatria		11x38	-	13x08	14x13	-	14x55	16x12	17x00	-	17x54
Maryport		1148	-	1318	1423	-	1505	1622	1710	-	1804
Flimby		11x51	-	13x21	14x26	-	15x08	16x25	17x13	-	18x07
Workington		1200	-	1330	1435	-	1517	1634	1722	-	1816
Harrington		12x03	-	13x33	14x38	-	15x20	16x37	17x25	-	18x19
Parton		12x12	-	13x42	14x47	-	15x29	16x46	17x34	-	18x28
Whitehaven	a	1218	-	1348	1456	-	1535	1652	1740	-	1834
Whitehaven	d	1219	-	1349	-	-	1536	1653	1741	-	1836
Corkickle		12x21	-	13x51	-	-	15x38	16x55	17x43	-	18x38
St Bees		1227	-	1402	-	-	1544	1701	1749	-	1843
Nethertown		-	-	14x06	-	-	15x48	-	17x53	-	-
Braystones		-	-	14x09	-	-	15x50	-	17x55	-	-
Sellafield		1238	-	1415	-	-	1556	1711	1803	-	1854
Seascale		12x41	-	14x18	-	-	15x59	17x14	18x06	-	18x57
Drigg		12x44	-	14x21	-	-	16x02	17x17	18x09	-	19x00
Ravenglass for Eskdale		1247	-	1424	-	-	1606	1721	1812	-	1903
Bootle		12x53	-	14x30	-	-	16x11	17x26	18x18	-	19x09
Silecroft		12x59	-	14x36	-	-	16x18	17x33	18x24	-	19x15
Millom	a	1306	-	1443	-	-	1625	1740	1831	-	1922
Millom	d	1307	-	1444	-	-	1625	1740	1832	-	1922
Green Road		1311	-	14x48	-	-	16x29	17x44	18x36	-	19x26
Foxfield		13x14	-	14x51	-	-	16x32	17x47	18x39	-	19x30
Kirkby-in-Furness		13x18	-	14x55	-	-	16x36	17x51	18x43	-	19x34
Askam		1323	-	1500	-	-	1641	1756	1848	-	1939
Barrow-in-Furness	a	1339	-	1516	-	-	1657	1814	1904	-	1955
Barrow-in-Furness	d	-	1420	1528	-	1620	1659	1814	-	1914	-
Roose		-	-	1532	-	-	1703	1818	-	1918	-
Dalton		-	-	1538	-	-	1709	1824	-	1925	-
Ulverston		-	1436	1547	-	1636	1718	1832	-	1933	-
Cark		-	-	1555	-	-	1726	1840	-	1941	-
Kents Bank		-	-	1559	-	-	1731	1844	-	1945	-
Grange-over-Sands		-	1449	1603	-	1649	1735	1848	-	1949	-
Arnside		-	1455	1609	-	1655	1741	1854	-	1955	-
Silverdale		-	-	1614	-	-	1745	1859	-	2000	-
Carnforth		-	1505	1620	-	1706	1752	1907	-	2007	-
Lancaster	a	-	1513	1632	-	1714	1803	1917	-	2016	-
	d	-	1515	-	-	1715	-	1918	-	2017	-
Preston	a	-	1534	1726	-	1734	1909	1943	-	2035	-
	d	-	1538	-	-	1736	-	-	-	2037	-
Manchester Piccadilly	a	-	1620	-	-	1820	2004	2058	-	2130	-
Manchester Airport	a	-	1638	-	-	1842f	2026	2119	-	2152	-

Notes

a Arrival time.
d Departure time.
f Arrives 1839 until 30 June.

x Only stops on request.
TP Service operated by TransPennine Express.
] You can reserve a seat on this train.

Carlisle and Barrow to Preston and Manchester

Saturdays

		C									
Carlisle	d	1757	1836	-	-	2009	-	2145	-	-	-
Dalston		18x05	18x44	-	-	20x17	-	21x53	-	-	-
Wigton		1814	1853	-	-	2026	-	2202	-	-	-
Aspatria		18x25	19x03	-	-	20x36	-	22x12	-	-	-
Maryport		1835	1913	-	-	2046	-	2222	-	-	-
Flimby		18x39	19x16	-	-	20x49	-	22x25	-	-	-
Workington		1847	1925	-	-	2058	-	2234	-	-	-
Harrington		18x51	19x28	-	-	21x01	-	22x37	-	-	-
Parton		19x00	19x37	-	-	21x10	-	22x46	-	-	-
Whitehaven	a	1909	1946	-	-	2119	-	2255	-	-	-
Whitehaven	d	-	-	-	-	-	-	-	-	-	-
Corkickle		-	-	-	-	-	-	-	-	-	-
St Bees		-	-	-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-	-
Sellafield		-	-	-	-	-	-	-	-	-	-
Seascale		-	-	-	-	-	-	-	-	-	-
Drigg		-	-	-	-	-	-	-	-	-	-
Ravenglass for Eskdale		-	-	-	-	-	-	-	-	-	-
Bootle		-	-	-	-	-	-	-	-	-	-
Silecroft		-	-	-	-	-	-	-	-	-	-
Millom	a	-	-	-	-	-	-	-	-	-	-
Millom	d	-	-	1955	-	-	-	2155	-	-	-
Green Road		-	-	19x59	-	-	-	21x59	-	-	-
Foxfield		-	-	20x02	-	-	-	22x02	-	-	-
Kirkby-in-Furness		-	-	20x06	-	-	-	22x06	-	-	-
Askam		-	-	2011	-	-	-	2211	-	-	-
Barrow-in-Furness	a	-	-	2027	-	-	-	2227	-	-	-
Barrow-in-Furness	d	-	-	-	2105	-	-	-	-	-	-
Roose		-	-	-	2109	-	-	-	-	-	-
Dalton		-	-	-	2115	-	-	-	-	-	-
Ulverston		-	-	-	2123	-	-	-	-	-	-
Cark		-	-	-	2131	-	-	-	-	-	-
Kents Bank		-	-	-	2135	-	-	-	-	-	-
Grange-over-Sands		-	-	-	2139	-	-	-	-	-	-
Arnsdale		-	-	-	2145	-	-	-	-	-	-
Silverdale		-	-	-	2150	-	-	-	-	-	-
Carnforth		-	-	-	2158	-	-	-	-	-	-
Lancaster	a	-	-	-	2208	-	-	-	-	-	-
Lancaster	d	-	-	-	-	-	-	-	-	-	-
Preston	a	-	-	-	-	-	-	-	-	-	-
Preston	d	-	-	-	-	-	-	-	-	-	-
Manchester Piccadilly	a	-	-	-	-	-	-	-	-	-	-
Manchester Airport	a	-	-	-	-	-	-	-	-	-	-

THINK SAFETY - BE SAFE!

Please allow sufficient time to buy your tickets and walk to the platform. Do not run.
Please take care in wet conditions.



www.northernrail.org

Notes
a Arrival time.
d Departure time.

x Only stops on request.
C From Newcastle.

Carlisle and Barrow to Preston and Manchester

Sundays until 9 September

	TP	TP	TP	TP	TP	TP	TP	TP	TP	
	Z	Y	Z	Y						
]]]]]]	
Carlisle d	-	-	-	-	-	1447	-	-	-	1856
Dalston	-	-	-	-	-	14x55	-	-	-	19x04
Wigton	-	-	-	-	-	1504	-	-	-	1913
Aspatria	-	-	-	-	-	15x14	-	-	-	19x23
Maryport	-	-	-	-	-	1524	-	-	-	1933
Flimby	-	-	-	-	-	15x27	-	-	-	19x36
Workington	-	-	-	-	-	1536	-	-	-	1945
Harrington	-	-	-	-	-	15x39	-	-	-	19x48
Parton	-	-	-	-	-	15x48	-	-	-	19x57
Whitehaven a	-	-	-	-	-	1557	-	-	-	2006
Whitehaven d	-	-	-	-	-	-	-	-	-	-
Corkickle	-	-	-	-	-	-	-	-	-	-
St Bees	-	-	-	-	-	-	-	-	-	-
Nethertown	-	-	-	-	-	-	-	-	-	-
Braystones	-	-	-	-	-	-	-	-	-	-
Sellafield	-	-	-	-	-	-	-	-	-	-
Seascale	-	-	-	-	-	-	-	-	-	-
Drigg	-	-	-	-	-	-	-	-	-	-
Ravenglass for Eskdale	-	-	-	-	-	-	-	-	-	-
Bootle	-	-	-	-	-	-	-	-	-	-
Silecroft	-	-	-	-	-	-	-	-	-	-
Millom a	-	-	-	-	-	-	-	-	-	-
Millom d	-	-	-	-	-	-	-	-	-	-
Green Road	-	-	-	-	-	-	-	-	-	-
Foxfield	-	-	-	-	-	-	-	-	-	-
Kirkby-in-Furness	-	-	-	-	-	-	-	-	-	-
Askam	-	-	-	-	-	-	-	-	-	-
Barrow-in-Furness a	-	-	-	-	-	-	-	-	-	-
Barrow-in-Furness d	0943	1056	1115	1325	1327	-	1519	1558	1714	-
Roose	0948	1100	1119	-	-	-	1523	1602	1718	-
Dalton	0954	1106	1125	-	-	-	1529	1608	1724	-
Ulverston	1002	1114	1133	1340	1342	-	1537	1616	1733	-
Cark	1010	1122	1141	-	-	-	1545	1624	1740	-
Kents Bank	1014	1126	1145	-	-	-	1549	1628	1744	-
Grange-over-Sands	1018	1130	1149	1353	1355	-	1553	1632	1748	-
Arnsdale	1024	1136	1155	-	-	-	1559	1638	1754	-
Silverdale	1029	1141	1200	-	-	-	1603	1642	1758	-
Carnforth	1035	1148	1208	1407	1409	-	1610	1649	1805	-
Lancaster a	1043	1156	1215	1414	1416	-	1618	1657	1813	-
Lancaster d	1044	1157	1216	1415	1418	-	1619	-	1814	-
Preston a	1102	1217	1236	1433	1435	-	1637	1723	1833	-
Preston d	1103	-	1237	1433	1435	-	1637	-	1835	-
Manchester Piccadilly a	1157n	1315	1327	1529	1530	-	1734t	1856	1928	-
Manchester Airport a	1215q	1333	1346	1550	1548	-	1753t	1919	1947r	-

Notes

a Arrival time.

d Departure time.

n 1 minute later from 8 July.

q 2 minutes later from 8 July.

r 3 minutes later from 8 July.

t From 8 July arrives Manchester Piccadilly

1729 and Manchester Airport 1750.

x Only stops on request.

Y Until 1 July.

Z From 8 July.

TP Service operated by TransPennine Express.

] You can reserve a seat on this train.

Carlisle and Barrow to Preston and Manchester

Sundays until 9 September

		TP									
		J									
Carlisle	d	-	-	2142	-	-	-	-	-	-	-
Dalston		-	-	21x50	-	-	-	-	-	-	-
Wigton		-	-	2159	-	-	-	-	-	-	-
Aspatria		-	-	22x09	-	-	-	-	-	-	-
Maryport		-	-	2219	-	-	-	-	-	-	-
Flimby		-	-	22x22	-	-	-	-	-	-	-
Workington		-	-	2231	-	-	-	-	-	-	-
Harrington		-	-	22x34	-	-	-	-	-	-	-
Parton		-	-	22x43	-	-	-	-	-	-	-
Whitehaven	a	-	-	2252	-	-	-	-	-	-	-
Whitehaven	d	-	-	-	-	-	-	-	-	-	-
Corkickle		-	-	-	-	-	-	-	-	-	-
St Bees		-	-	-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-	-
Sellafield		-	-	-	-	-	-	-	-	-	-
Seascale		-	-	-	-	-	-	-	-	-	-
Drigg		-	-	-	-	-	-	-	-	-	-
Ravenglass for Eskdale		-	-	-	-	-	-	-	-	-	-
Bootle		-	-	-	-	-	-	-	-	-	-
Silecroft		-	-	-	-	-	-	-	-	-	-
Millom	a	-	-	-	-	-	-	-	-	-	-
Millom	d	-	-	-	-	-	-	-	-	-	-
Green Road		-	-	-	-	-	-	-	-	-	-
Foxfield		-	-	-	-	-	-	-	-	-	-
Kirkby-in-Furness		-	-	-	-	-	-	-	-	-	-
Askam		-	-	-	-	-	-	-	-	-	-
Barrow-in-Furness	a	-	-	-	-	-	-	-	-	-	-
Barrow-in-Furness	d	1957	2041	-	-	-	-	-	-	-	-
Roose		2001	2045	-	-	-	-	-	-	-	-
Dalton		2007	2051	-	-	-	-	-	-	-	-
Ulverston		2015	2100	-	-	-	-	-	-	-	-
Cark		2023	2107	-	-	-	-	-	-	-	-
Kents Bank		2027	2111	-	-	-	-	-	-	-	-
Grange-over-Sands		2031	2115	-	-	-	-	-	-	-	-
Arnsdale		2037	2121	-	-	-	-	-	-	-	-
Silverdale		2042	2125	-	-	-	-	-	-	-	-
Carnforth		2050	2132	-	-	-	-	-	-	-	-
Lancaster	a	2059	2140	-	-	-	-	-	-	-	-
Lancaster	d	-	2140	-	-	-	-	-	-	-	-
Preston	a	2127	2200	-	-	-	-	-	-	-	-
Preston	d	-	2201	-	-	-	-	-	-	-	-
Manchester Piccadilly	a	-	2259	-	-	-	-	-	-	-	-
Manchester Airport	a	-	2315	-	-	-	-	-	-	-	-

Notes

a Arrival time.
d Departure time.
x Only stops on request.

TP Service operated by TransPennine Express.
J You can reserve a seat on this train.

Carlisle and Barrow to Preston and Manchester

Sundays from 16 September

	TP	TP	TP	TP	TP	TP	TP	TP
Carlisle d	-	-	-	1447	-	-	1856	- 2142
Dalston	-	-	-	14x55	-	-	19x04	- 21x50
Wigton	-	-	-	1504	-	-	1913	- 2159
Aspatria	-	-	-	15x14	-	-	19x23	- 22x09
Maryport	-	-	-	1524	-	-	1933	- 2219
Flimby	-	-	-	15x27	-	-	19x36	- 22x22
Workington	-	-	-	1536	-	-	1945	- 2231
Harrington	-	-	-	15x39	-	-	19x48	- 22x34
Parton	-	-	-	15x48	-	-	19x57	- 22x43
Whitehaven a	-	-	-	1557	-	-	2006	- 2252
Whitehaven d	-	-	-	-	-	-	-	-
Corkickle	-	-	-	-	-	-	-	-
St Bees	-	-	-	-	-	-	-	-
Nethertown	-	-	-	-	-	-	-	-
Braystones	-	-	-	-	-	-	-	-
Sellafield	-	-	-	-	-	-	-	-
Seascale	-	-	-	-	-	-	-	-
Drigg	-	-	-	-	-	-	-	-
Ravenglass for Eskdale	-	-	-	-	-	-	-	-
Bootle	-	-	-	-	-	-	-	-
Silecroft	-	-	-	-	-	-	-	-
Millom a	-	-	-	-	-	-	-	-
Millom d	-	-	-	-	-	-	-	-
Green Road	-	-	-	-	-	-	-	-
Foxfield	-	-	-	-	-	-	-	-
Kirkby-in-Furness	-	-	-	-	-	-	-	-
Askam	-	-	-	-	-	-	-	-
Barrow-in-Furness a	-	-	-	-	-	-	-	-
Barrow-in-Furness d	1121	1327	1346	1530	-	1729	1957	- 2052 -
Roose	1125	-	1350	1534	-	1733	2001	- 2056 -
Dalton	1131	-	1356	1540	-	1739	2007	- 2102 -
Ulverston	1140	1343	1404	1549	-	1747	2015	- 2111 -
Cark	1147	-	1413	1556	-	1755	2023	- 2119 -
Kents Bank	1151	-	1417	1600	-	1759	2027	- 2123 -
Grange-over-Sands	1155	1356	1421	1604	-	1803	2031	- 2127 -
Arnsdale	1202	1402	1427	1610	-	1809	2037	- 2133 -
Silverdale	1207	-	1432	1615	-	1814	2042	- 2137 -
Carnforth	1213	1412	1439	1622	-	1821	2050	- 2144 -
Lancaster a	1220	1419	1450	1629	-	1828	2059	- 2152 -
Lancaster d	1221	1420	-	1631	-	1830	-	- 2152 -
Preston a	1240	1438	1522	1649	-	1849	2123	- 2211 -
Preston d	1252	1452	-	1651	-	1851	-	- 2212 -
Manchester Piccadilly a	1338	1536	1649z	1734	-	1938	2224	- 2254 -
Manchester Airport a	1400	1600	1735z	1800	-	2000	-	- 2317 -

Notes

a Arrival time.

d Departure time.

x Only stops on request.

z Change at Lancaster and Preston.

TP Service operated by TransPennine Express.

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Manchester and Preston to Barrow and Carlisle

Mondays to Fridays		TP		TP	
]]
Manchester Airport	d	-	-	-	0619 - 0827
Manchester Piccadilly	d	-	-	-	0644 - 0745 0845
Preston	a	-	-	-	0726 - 0929
	d	-	-	0524 -	0726 - 0829 0932
Lancaster	a	-	-	0544 -	0743 - 0948
	d	-	-	0545 -	0743 - 0850 0948
Carnforth	-	-	-	0610 -	0752 - 0900 0957
Silverdale	-	-	-	0615 -	0758 - 0905 -
Arnside	-	-	-	0620 -	0802 - 0910 1005
Grange-over-Sands	-	-	-	0626 -	0807 - 0918 1011
Kents Bank	-	-	-	0629 -	0812 - 0921 -
Cark	-	-	-	0633 -	0816 - 0925 -
Ulverston	-	-	-	0642 -	0824 - 0934 1023
Dalton	-	-	-	0650 -	0833 - 0942 -
Roose	-	-	-	0656 -	0839 - 0948 -
Barrow-in-Furness	a	-	-	0705 -	0848 - 0955 1046
Barrow-in-Furness	d	-	0556 0647	-	0846 - 0958 -
Askam	-	-	0606 0657	-	0856 - 1008 -
Kirkby-in-Furness	-	-	06x10 07x01	-	09x00 - 10x12 -
Foxfield	-	-	06x13 07x04	-	09x03 - 10x15 -
Green Road	-	-	06x17 07x08	-	- 10x19 -
Millom	a	-	0623 0714	-	0915 - 1025 -
Millom	d	-	0624 0715	-	- 1026 -
Silecroft	-	-	06x29 07x20	-	- 10x30 -
Bootle	-	-	06x36 07x27	-	- 10x37 -
Ravenglass for Eskdale	-	-	0642 0733	-	- 1043 -
Drigg	-	-	06x46 07x36	-	- 10x46 -
Seascale	-	-	06x49 07x40	-	- 10x49 -
Sellafield	-	-	0656 0746	-	- 1053 -
Braystones	-	-	07x00 07x49	-	- - -
Nethertown	-	-	07x02 07x52	-	- - -
St Bees	-	-	0707 0756	-	- 1104 -
Corkickle	-	-	07x12 08x01	-	- 11x09 -
Whitehaven	a	-	0715 0805	-	- 1112 -
Whitehaven	d	0634 0720 0806	-	0859 -	0949 1114 -
Parton	-	06x38 07x23 08x10	-	09x02 -	09x52 11x18 -
Harrington	-	06x46 07x31 08x18	-	09x10 -	10x00 11x26 -
Workington	-	0651 0738 0824	-	0916 -	1006 1132 -
Flimby	-	06x56 07x42 08x29	-	-	10x11 11x37 -
Maryport	-	0659 0746 0832	-	0924 -	1014 1140 -
Aspatria	-	07x09 07x55 08x42	-	09x33 -	10x24 11x50 -
Wigton	-	0719 0805 0852	-	0943 -	1034 1200 -
Dalston	-	07x27 08x14 09x00	-	09x52 -	10x42 12x08 -
Carlisle	a	0743 0829 0915	-	1007 -	1058 1222 -

Notes

a Arrival time.
d Departure time.
x Only stops on request.

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] You can reserve a seat on this train.

Manchester and Preston to Barrow and Carlisle

		TP		TP		TP	
]]]	
Manchester Airport	d	- 0927	1027	- 1127	- - -	1227	1327
Manchester Piccadilly	d	- 0958	1045	- 1145	- - -	1245	1345
Preston	a	- -	1129	- 1229	- - -	-	1429
	d	1005 1048	1129	- 1229	- - -	1340	1429
Lancaster	a	1025 -	1146	- 1245	- - -	-	1444
	d	1025 1111	1147	- 1245	- - -	1404	1445
Carnforth		1035 1120	1155	- 1255	- - -	1413	1453
Silverdale		1040 1126	-	- 1301	- - -	1419	-
Arnside		1045 1130	1204	- 1305	- - -	1423	1502
Grange-over-Sands		1051 1136	1209	- 1310	- - -	1429	1507
Kents Bank		1054 1140	-	- -	- - -	1433	-
Cark		1058 1144	-	- 1317	- - -	1437	-
Ulverston		1107 1152	1222	- 1325	- - -	1445	1520
Dalton		1115 1200	-	- 1333	- - -	1453	-
Roose		1121 1206	-	- -	- - -	1459	-
Barrow-in-Furness	a	1128 1216	1244	- 1346	- - -	1507	1542
Barrow-in-Furness	d	1130 -	-	1300 -	- 1355 1453	1530 -	-
Askam		1140 -	-	1310 -	- 1405 1503	1540 -	-
Kirby-in-Furness		11x44 -	-	13x14 -	- - 15x07	15x44 -	-
Foxfield		11x47 -	-	13x17 -	- - 15x10	15x47 -	-
Green Road		11x51 -	-	13x21 -	- - 15x14	15x51 -	-
Millom	a	1157 -	-	1330 -	- - 1419	1520 1557	-
Millom	d	1157 -	-	- -	- 1419	1520 1558	-
Silecroft		12x02 -	-	- -	- - 15x25	16x02 -	-
Bootle		12x08 -	-	- -	- - 15x31	16x09 -	-
Ravenglass for Eskdale		1214 -	-	- -	- 1434	1537 1615	-
Drigg		12x17 -	-	- -	- - 15x40	16x18 -	-
Seascale		12x20 -	-	- -	- - 15x43	16x21 -	-
Sellafield		1226 -	-	- -	- 1442	1549 1631	-
Braystones		- -	-	- -	- 14x46	- -	-
Nethertown		- -	-	- -	- 14x48	- -	-
St Bees		1235 -	-	- -	- 1453	1559 -	-
Corkickle		12x40 -	-	- -	- 14x58	16x04 -	-
Whitehaven	a	1243 -	-	- -	- 1501	1606 -	-
Whitehaven	d	1244 -	-	- -	- 1403 1503	1608 -	-
Parton		12x48 -	-	- -	- 14x06 15x06	16x11 -	-
Harrington		12x56 -	-	- -	- 14x14 15x14	16x19 -	-
Workington		1302 -	-	- -	- 1421 1521	1626 -	-
Flimby		13x07 -	-	- -	- 14x25 15x25	16x30 -	-
Maryport		1310 -	-	- -	- 1429 1529	1634 -	-
Aspatria		13x20 -	-	- -	- 14x38 15x38	16x43 -	-
Wigton		1330 -	-	- -	- 1448 1548	1653 -	-
Dalston		13x38 -	-	- -	- 14x57 15x57	17x02 -	-
Carlisle	a	1352 -	-	- -	- 1512 1612	1717 -	-

Notes

a Arrival time.
d Departure time.
x Only stops on request.

TP Service operated by TransPennine Express.

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Manchester and Preston to Barrow and Carlisle

Mondays to Fridays		TP		A		TP	
]]]
Manchester Airport	d	-	1427 1527	-	-	1627	- - - 1732
Manchester Piccadilly	d	-	1445 1545	-	1558 1644	- - - 1750	
Preston	a	-	- 1629	-	- 1729	- - - 1835	
	d	-	1540 1629	-	1656 1731	- - - 1836	
Lancaster	a	-	- 1644	-	1716 1747	- - - 1853	
	d	-	1607 1645	-	1716 1748	- - - 1853	
Carnforth	-		1617 1654	-	1726 1756	- - - 1902	
Silverdale	-		1622 1700	-	1731 1802	- - - 1908	
Arnside	-		1627 1704	-	1736 1806	- - - 1912	
Grange-over-Sands	-		1633 1709	-	1742 1812	- - - 1917	
Kents Bank	-		1636 1713	-	1745 1816	- - - 1922	
Cark	-		1640 1717	-	1749 1821	- - - 1926	
Ulverston	-		1649 1725	-	1758 1829	- - - 1934	
Dalton	-		1657 1734	-	1806 1838	- - - 1943	
Roose	-		1703 1740	-	1812 1843	- - - 1949	
Barrow-in-Furness	a	-	1710 1751	-	1821 1853	- - - 1958	
Barrow-in-Furness	d	-	1712	-	1758	- - - 1910 - -	
Askam	-		1722	-	1808	- - - 1920 - -	
Kirkby-in-Furness	-		17x26	-	18x12	- - - 19x24 - -	
Foxfield	-		17x29	-	18x15	- - - 19x27 - -	
Green Road	-		17x33	-	18x19	- - - 19x31 - -	
Millom	a	-	1739	-	1828	- - - 1940 - -	
Millom	d	-	1739	-	-	- - - - - -	
Silecroft	-		17x44	-	-	- - - - - -	
Bootle	-		17x50	-	-	- - - - - -	
Ravenglass for Eskdale	-		1756	-	-	- - - - - -	
Drigg	-		17x59	-	-	- - - - - -	
Seascale	-		18x02	-	-	- - - - - -	
Sellafield	-		1808	-	-	- - - - - -	
Braystones	-		18x12	-	-	- - - - - -	
Nethertown	-		18x14	-	-	- - - - - -	
St Bees	-		1819	-	-	- - - - - -	
Corkickle	-		18x24	-	-	- - - - - -	
Whitehaven	a	-	1827	-	-	- - - - - -	
Whitehaven	d	1654	1829	-	-	- 1919 - 1950 -	
Parton	-	16x57	18x32	-	-	- 19x22 - 19x53 -	
Harrington	-	17x05	18x40	-	-	- 19x30 - 20x01 -	
Workington	-	1712	1847	-	-	- 1937 - 2008 -	
Flimby	-	17x16	18x51	-	-	- 19x41 - 20x12 -	
Maryport	-	1720	1855	-	-	- 1945 - 2016 -	
Aspatria	-	17x29	19x04	-	-	- 19x54 - 20x25 -	
Wigton	-	1739	1914	-	-	- 2004 - 2035 -	
Dalston	-	17x48	19x23	-	-	- 20x13 - 20x44 -	
Carlisle	a	1803	1938	-	-	- 2028 - 2059 -	

THINK SAFETY - BE SAFE!

All our trains display customer safety notices which provide details of what to do in an emergency and where safety equipment is located.



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Notes

a Arrival time.

d Departure time.

x Only stops on request.

A From Liverpool Lime Street, departs 1557.

TP Service operated by TransPennine Express.

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Manchester and Preston to Barrow and Carlisle

Mondays to Fridays

		TP	TP	TP					
]]]					
Manchester Airport	d	1827	-	1927	1948	2127	-	-	-
Manchester Piccadilly	d	1845	-	1944	2011	2143	-	-	-
Preston	a	1940	-	2026	-	2228	-	-	-
	d	1951	-	2027	2129	2232	-	-	-
Lancaster	a	2006	-	2044	2149	2247	-	-	-
	d	2008	-	2050	2149	2248	-	-	-
Carnforth		2016	-	2058	2159	2316	-	-	-
Silverdale		2022	-	2104	2204	2322	-	-	-
Arnside		2026	-	2108	2209	2326	-	-	-
Grange-over-Sands		2032	-	2114	2215	2332	-	-	-
Kents Bank		2036	-	2118	2218	2335	-	-	-
Cark		2041	-	2123	2222	2340	-	-	-
Ulverston		2049	-	2131	2231	2348	-	-	-
Dalton		2058	-	2140	2239	2356	-	-	-
Roose		2103	-	2145	2245	0001	-	-	-
Barrow-in-Furness	a	2113	-	2155	2254	0011	-	-	-
Barrow-in-Furness	d	-	2119	-	-	-	-	-	-
Askam		-	2129	-	-	-	-	-	-
Kirkby-in-Furness		-	21x33	-	-	-	-	-	-
Foxfield		-	21x36	-	-	-	-	-	-
Green Road		-	21x40	-	-	-	-	-	-
Millom	a	-	2149	-	-	-	-	-	-
Millom	d	-	-	-	-	-	-	-	-
Silecroft		-	-	-	-	-	-	-	-
Bootle		-	-	-	-	-	-	-	-
Ravenglass for Eskdale		-	-	-	-	-	-	-	-
Drigg		-	-	-	-	-	-	-	-
Seascale		-	-	-	-	-	-	-	-
Sellafield		-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-
St Bees		-	-	-	-	-	-	-	-
Corkickle		-	-	-	-	-	-	-	-
Whitehaven	a	-	-	-	-	-	-	-	-
Whitehaven	d	-	-	-	-	-	-	-	-
Parton		-	-	-	-	-	-	-	-
Harrington		-	-	-	-	-	-	-	-
Workington		-	-	-	-	-	-	-	-
Flimby		-	-	-	-	-	-	-	-
Maryport		-	-	-	-	-	-	-	-
Aspatria		-	-	-	-	-	-	-	-
Wigton		-	-	-	-	-	-	-	-
Dalston		-	-	-	-	-	-	-	-
Carlisle	a	-	-	-	-	-	-	-	-

Notes

a Arrival time.

d Departure time.

x Only stops on request.

TP Service operated by TransPennine Express.

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Manchester and Preston to Barrow and Carlisle

Saturdays

						TP					TP
]]
Manchester Airport	d	-	-	-	-	0619	-	-	-	-	0827
Manchester Piccadilly	d	-	-	-	-	0644	-	-	-	-	0845
Preston	a	-	-	-	-	0726	-	-	-	-	0930
	d	-	-	-	-	0727	-	-	-	-	0932
Lancaster	a	-	-	-	-	0743	-	-	-	-	0948
	d	-	-	-	-	0744	-	-	-	-	0850 0948
Carnforth	-	-	-	-	-	0752	-	-	-	-	0859 0957
Silverdale	-	-	-	-	-	0758	-	-	-	-	0905 1003
Arnside	-	-	-	-	-	0802	-	-	-	-	0909 1007
Grange-over-Sands	-	-	-	-	-	0808	-	-	-	-	0915 1012
Kents Bank	-	-	-	-	-	0812	-	-	-	-	0919 1016
Cark	-	-	-	-	-	0817	-	-	-	-	0923 1020
Ulverston	-	-	-	-	-	0825	-	-	-	-	0931 1028
Dalton	-	-	-	-	-	0834	-	-	-	-	0939 1036
Roose	-	-	-	-	-	0839	-	-	-	-	0945 1042
Barrow-in-Furness	a	-	-	-	-	0849	-	-	-	-	0954 1051
Barrow-in-Furness	d	-	-	0557 0734 0847	-	-	-	-	-	0958	-
Askam	-	-	-	0607 0744 0857	-	-	-	-	-	1008	-
Kirkby-in-Furness	-	-	-	06x11 07x48 09x01	-	-	-	-	-	10x12	-
Foxfield	-	-	-	06x14 07x51 09x04	-	-	-	-	-	10x15	-
Green Road	-	-	-	06x18 07x55	-	-	-	-	-	10x19	-
Millom	a	-	-	0624 0801 0916	-	-	-	-	-	1025	-
Millom	d	-	-	0625 0801	-	-	-	-	-	1026	-
Silecroft	-	-	-	06x30 08x06	-	-	-	-	-	10x30	-
Bootle	-	-	-	06x37 08x12	-	-	-	-	-	10x37	-
Ravenglass for Eskdale	-	-	-	0643 0818	-	-	-	-	-	1043	-
Drigg	-	-	-	06x47 08x21	-	-	-	-	-	10x46	-
Seascale	-	-	-	06x50 08x24	-	-	-	-	-	10x49	-
Sellafield	-	-	-	0656 0830	-	-	-	-	-	1053	-
Braystones	-	-	-	07x00 08x34	-	-	-	-	-	-	-
Nethertown	-	-	-	07x02 08x36	-	-	-	-	-	-	-
St Bees	-	-	-	0707 0841	-	-	-	-	-	1104	-
Corkickle	-	-	-	07x12 08x46	-	-	-	-	-	11x09	-
Whitehaven	a	-	-	0715 0852	-	-	-	-	-	1112	-
Whitehaven	d	0554 0637 0717	-	-	-	0857 0947 1113	-	-	-	-	
Parton		05x57 06x41 07x20	-	-	-	09x00 09x50 11x17	-	-	-	-	
Harrington		06x05 06x49 07x28	-	-	-	09x08 09x58 11x25	-	-	-	-	
Workington		0612 0655 0735	-	-	-	0915 1005 1131	-	-	-	-	
Flimby		06x16 07x00 07x39	-	-	-	09x19 10x09 11x36	-	-	-	-	
Maryport		0620 0703 0743	-	-	-	0923 1013 1139	-	-	-	-	
Aspatria		06x29 07x13 07x52	-	-	-	09x32 10x22 11x49	-	-	-	-	
Wigton		0639 0723 0802	-	-	-	0942 1032 1159	-	-	-	-	
Dalston		06x48 07x31 08x11	-	-	-	09x51 10x41 12x07	-	-	-	-	
Carlisle	a	0703 0746 0825	-	-	-	1005 1056 1222	-	-	-	-	

Notes

a Arrival time.
d Departure time.
x Only stops on request.

TP Service operated by TransPennine Express.

] You can reserve a seat on this train.

Manchester and Preston to Barrow and Carlisle

Saturdays			TP	TP		TP		TP			
			P	Q							
]]]]			
Manchester Airport	d	-	0927	1027	1027	-	1127	-	-	1227	1327
Manchester Piccadilly	d	-	0945	1045	1045	-	1145	-	-	1242	1345
Preston	a	-	-	1129	1132	-	1229	-	-	-	1429
	d	-	1029	1129	1134	-	1229	-	-	1340	1429
Lancaster	a	-	-	1146b	1150	-	1246	-	-	-	1445
	d	-	1100	1148	1151	-	1248	-	-	1405	1447
Carnforth		-	1109	1155	1157	-	1256	-	-	1415	1454
Silverdale		-	-	1201	1203	-	1302	-	-	1421	-
Arnside		-	1118	1205	1207	-	1306	-	-	1425	1503
Grange-over-Sands		-	1124	1212	1215	-	1312	-	-	1431	1508
Kents Bank		-	-	1215	1217	-	-	-	-	1435	-
Cark		-	-	1220	1223	-	1318	-	-	1439	-
Ulverston		-	1137	1228	1231	-	1326	-	-	1448	1521
Dalton		-	-	1236	1239	-	1334	-	-	1456	-
Roose		-	-	1241	1243	-	-	-	-	1502	-
Barrow-in-Furness	a	-	1155	1250	1253	-	1348	-	-	1510	1543
Barrow-in-Furness	d	1109	1157	-	-	1258	-	1355	-	1525	-
Askam		1119	1207	-	-	1308	-	1405	-	1535	-
Kirkby-in-Furness		-	12x11	-	-	13x12	-	14x09	-	15x39	-
Foxfield		-	12x14	-	-	13x15	-	14x12	-	15x42	-
Green Road		-	12x18	-	-	13x19	-	14x16	-	15x46	-
Millom	a	1136	1224	-	-	1325	-	1422	-	1552	-
Millom	d	-	1224	-	-	1325	-	1422	-	1553	-
Silecroft		-	12x29	-	-	-	-	14x27	-	15x57	-
Bootle		-	12x35	-	-	13x35	-	14x33	-	16x04	-
Ravenglass for Eskdale		-	1241	-	-	1341	-	1439	-	1610	-
Drigg		-	12x44	-	-	-	-	14x42	-	16x13	-
Seascale		-	12x47	-	-	13x47	-	14x45	-	16x16	-
Sellafield		-	1253	-	-	1351	-	1451	-	1622	-
Braystones		-	-	-	-	-	-	-	-	16x25	-
Nethertown		-	-	-	-	-	-	-	-	16x28	-
St Bees		-	1302	-	-	1402	-	1500	-	1632	-
Corkickle		-	13x07	-	-	14x07	-	15x05	-	16x37	-
Whitehaven	a	-	1310	-	-	1410	-	1508	-	1641	-
Whitehaven	d	-	1311	-	-	1411	-	1509	1605	1642	-
Parton		-	13x15	-	-	14x15	-	15x13	16x08	16x46	-
Harrington		-	13x23	-	-	14x23	-	15x21	16x16	16x54	-
Workington		-	1329	-	-	1429	-	1527	1623	1700	-
Flimby		-	13x34	-	-	14x34	-	15x32	16x27	17x05	-
Maryport		-	1337	-	-	1437	-	1535	1631	1708	-
Aspatria		-	13x47	-	-	14x47	-	15x45	16x40	17x18	-
Wigton		-	1357	-	-	1457	-	1555	1650	1728	-
Dalston		-	14x05	-	-	15x05	-	16x03	16x59	17x36	-
Carlisle	a	-	1420	-	-	1519	-	1618	1713	1751	-

Notes

a Arrival time.
b 1 minute later until 30 June.
d Departure time.
x Only stops on request.

P Until 8 September.
Q From 15 September.
TP Service operated by TransPennine Express.
] You can reserve a seat on this train.

Manchester and Preston to Barrow and Carlisle

Saturdays									
		TP	A	TP	TP	TP	TP		
]]]]	
Manchester Airport	d	1427	1527	-	-	1627	-	-	1732 1827
Manchester Piccadilly	d	1445	1545	-	-	1644	-	-	1750 1845
Preston	a	-	1629	-	-	1729	-	-	1835 1935
	d	1540	1629	1656	-	1731	-	-	1837 1947
Lancaster	a	-	1646	1716	-	1747	-	-	1853 2003
	d	1606	1647	1716	-	1747	-	-	1853 2005
Carnforth		1616	1656	1726	-	1756	-	-	1902 2014
Silverdale		1621	1702	1732	-	1802	-	-	1908 2020
Arnside		1626	1706	1736	-	1806	-	-	1912 2024
Grange-over-Sands		1632	1711	1742	-	1811	-	-	1917 2029
Kents Bank		1635	1716	1746	-	1816	-	-	1922 2034
Cark		1639	1720	1750	-	1820	-	-	1926 2038
Ulverston		1648	1728	1759	-	1828	-	-	1934 2046
Dalton		1656	1737	1807	-	1837	-	-	1943 2055
Roose		1702	1743	1813	-	1843	-	-	1949 2101
Barrow-in-Furness	a	1709	1753	1820	-	1853	-	-	1958 2110
Barrow-in-Furness	d	1712	-	1824	-	-	1910	-	-
Askam		1722	-	1834	-	-	1920	-	-
Kirkby-in-Furness		17x26	-	18x38	-	-	19x24	-	-
Foxfield		17x29	-	18x41	-	-	19x27	-	-
Green Road		17x33	-	18x45	-	-	19x31	-	-
Millom	a	1739	-	1854	-	-	1940	-	-
Millom	d	1739	-	-	-	-	-	-	-
Silecroft		17x44	-	-	-	-	-	-	-
Bootle		17x50	-	-	-	-	-	-	-
Ravenglass for Eskdale		1756	-	-	-	-	-	-	-
Drigg		17x59	-	-	-	-	-	-	-
Seascale		18x02	-	-	-	-	-	-	-
Sellafield		1808	-	-	-	-	-	-	-
Braystones		18x12	-	-	-	-	-	-	-
Nethertown		18x14	-	-	-	-	-	-	-
St Bees		1819	-	-	-	-	-	-	-
Corkickle		18x24	-	-	-	-	-	-	-
Whitehaven	a	1827	-	-	-	-	-	-	-
Whitehaven	d	1829	-	-	1915	-	-	1950	-
Parton		18x32	-	-	19x18	-	-	19x53	-
Harrington		18x40	-	-	19x26	-	-	20x01	-
Workington		1847	-	-	1933	-	-	2008	-
Flimby		18x51	-	-	19x37	-	-	20x12	-
Maryport		1855	-	-	1941	-	-	2016	-
Aspatria		19x04	-	-	19x50	-	-	20x25	-
Wigton		1914	-	-	2000	-	-	2035	-
Dalston		19x23	-	-	20x09	-	-	20x44	-
Carlisle	a	1938	-	-	2024	-	-	2059	-

Notes

a Arrival time.

d Departure time.

x Only stops on request.

A From Liverpool Lime Street, departs 1557.

TP Service operated by TransPennine Express.

] You can reserve a seat on this train.

Manchester and Preston to Barrow and Carlisle

Saturdays										
		TP	TP							
		X	W							
		J	J							
Manchester Airport	d	1927	1927	-	-	-	-	-	-	-
Manchester Piccadilly	d	1944	1944	2011y	-	-	-	-	-	-
Preston	a	2027	2027	-	-	-	-	-	-	-
	d	2032	2032	2130w	-	-	-	-	-	-
Lancaster	a	2050	2047	-	-	-	-	-	-	-
	d	2050	2050	2230	-	-	-	-	-	-
Carnforth		2058	2100	2239	-	-	-	-	-	-
Silverdale		2104	2106	2245	-	-	-	-	-	-
Arnside		2108	2110	2249	-	-	-	-	-	-
Grange-over-Sands		2114	2116	2255	-	-	-	-	-	-
Kents Bank		2118	2120	2259	-	-	-	-	-	-
Cark		2123	2125	2303	-	-	-	-	-	-
Ulverston		2131	2133	2311	-	-	-	-	-	-
Dalton		2140	2142	2319	-	-	-	-	-	-
Roose		2145	2147	2325	-	-	-	-	-	-
Barrow-in-Furness	a	2155	2157	2335	-	-	-	-	-	-
Barrow-in-Furness	d	-	-	-	-	-	-	-	-	-
Askam		-	-	-	-	-	-	-	-	-
Kirkby-in-Furness		-	-	-	-	-	-	-	-	-
Foxfield		-	-	-	-	-	-	-	-	-
Green Road		-	-	-	-	-	-	-	-	-
Millom	a	-	-	-	-	-	-	-	-	-
Millom	d	-	-	-	-	-	-	-	-	-
Silecroft		-	-	-	-	-	-	-	-	-
Bootle		-	-	-	-	-	-	-	-	-
Ravenglass for Eskdale		-	-	-	-	-	-	-	-	-
Drigg		-	-	-	-	-	-	-	-	-
Seascale		-	-	-	-	-	-	-	-	-
Sellafield		-	-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-
St Bees		-	-	-	-	-	-	-	-	-
Corkickle		-	-	-	-	-	-	-	-	-
Whitehaven	a	-	-	-	-	-	-	-	-	-
Whitehaven	d	-	-	-	-	-	-	-	-	-
Parton		-	-	-	-	-	-	-	-	-
Harrington		-	-	-	-	-	-	-	-	-
Workington		-	-	-	-	-	-	-	-	-
Flimby		-	-	-	-	-	-	-	-	-
Maryport		-	-	-	-	-	-	-	-	-
Aspatria		-	-	-	-	-	-	-	-	-
Wigton		-	-	-	-	-	-	-	-	-
Dalston		-	-	-	-	-	-	-	-	-
Carlisle	a	-	-	-	-	-	-	-	-	-

Notes

a Arrival time.
d Departure time.
w By bus.
y Change at Preston and Lancaster.

W Until 30 June and from 15 September.
X 7 July to 8 September.
TP Service operated by TransPennine Express.
J You can reserve a seat on this train.

Manchester and Preston to Barrow and Carlisle

Sundays until 9 September											
		TP		TP	TP		TP	TP	TP		
			M	Y	Z		Z	Y			
]]]]]]		
Manchester Airport	d	0952	-	1326	1329	-	1511	1526	-	1646	-
Manchester Piccadilly	d	1011	-	1342	1349	-	1530	1541	1552	1703	-
Preston	a	1051	-	1428	1434	-	1621	1621	-	1746	-
	d	1051	-	1429	1435	-	1621	1621	1650	1757	-
Lancaster	a	1109	-	1445	1451	-	1638	1638	-	1812	-
	d	1109	-	1446	1452	-	1639	1639	1739	1814	-
Carnforth		1118	-	1455	1500	-	1647	1647	1749	1822	-
Silverdale		1123	-	1500	1506	-	1653	1653	1754	1828	-
Arnside		1127	-	1504	1510	-	1657	1657	1759	1832	-
Grange-over-Sands		1133	-	1510	1515	-	1702	1702	1805	1837	-
Kents Bank		1136	-	1513	1519	-	1706	1706	1808	1841	-
Cark		1140	-	1517	1523	-	1710	1710	1812	1845	-
Ulverston		1148	-	1525	1531	-	1718	1718	1821	1853	-
Dalton		1156	-	1533	1539	-	1726	1726	1829	1901	-
Roose		1202	-	1539	1544	-	1731	1731	1835	1906	-
Barrow-in-Furness	a	1211	-	1548	1554	-	1741	1741	1842	1916	-
Barrow-in-Furness	d	-	-	-	-	-	-	-	-	-	-
Askam		-	-	-	-	-	-	-	-	-	-
Kirkby-in-Furness		-	-	-	-	-	-	-	-	-	-
Foxfield		-	-	-	-	-	-	-	-	-	-
Green Road		-	-	-	-	-	-	-	-	-	-
Millom	a	-	-	-	-	-	-	-	-	-	-
Millom	d	-	-	-	-	-	-	-	-	-	-
Silecroft		-	-	-	-	-	-	-	-	-	-
Bootle		-	-	-	-	-	-	-	-	-	-
Ravenglass for Eskdale		-	-	-	-	-	-	-	-	-	-
Drigg		-	-	-	-	-	-	-	-	-	-
Seascale		-	-	-	-	-	-	-	-	-	-
Sellafield		-	-	-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-	-
St Bees		-	-	-	-	-	-	-	-	-	-
Corkickle		-	-	-	-	-	-	-	-	-	-
Whitehaven	a	-	-	-	-	-	-	-	-	-	-
Whitehaven	d	-	1250	-	-	1610	-	-	-	-	2015
Parton		-	12x53	-	-	16x13	-	-	-	-	20x18
Harrington		-	13x01	-	-	16x21	-	-	-	-	20x26
Workington		-	1307	-	-	1627	-	-	-	-	2032
Flimby		-	13x11	-	-	16x31	-	-	-	-	20x36
Maryport		-	1315	-	-	1635	-	-	-	-	2040
Aspatria		-	13x24	-	-	16x44	-	-	-	-	20x49
Wigton		-	1334	-	-	1654	-	-	-	-	2059
Dalston		-	13x43	-	-	17x03	-	-	-	-	21x08
Carlisle	a	-	1357	-	-	1717	-	-	-	-	2122

Notes

a Arrival time.
d Departure time.
x Only stops on request.
Y Until 1 July.

Z From 8 July.
TP Service operated by TransPennine Express.
] You can reserve a seat on this train.

Manchester and Preston to Barrow and Carlisle

Sundays until 9 September										
		TP	TP	TP						
			Z	Y						
]]]						
Manchester Airport	d	1824	1946	1946	-	-	-	-	-	-
Manchester Piccadilly	d	1841	2003	2003	-	-	-	-	-	-
Preston	a	1929	2047	2047	-	-	-	-	-	-
	d	1930	2100	2106	-	-	-	-	-	-
Lancaster	a	1946	2115	2122	-	-	-	-	-	-
	d	1946	2117	2123	2300	-	-	-	-	-
Carnforth		1955	2125	2132	2309	-	-	-	-	-
Silverdale		2000	-	-	2315	-	-	-	-	-
Arnside		2004	2134	2140	2319	-	-	-	-	-
Grange-over-Sands		2010	2139	2146	2325	-	-	-	-	-
Kents Bank		2013	-	-	2329	-	-	-	-	-
Cark		2017	-	-	2333	-	-	-	-	-
Ulverston		2025	2152	2158	2341	-	-	-	-	-
Dalton		2033	-	-	2349	-	-	-	-	-
Roose		2039	-	-	2355	-	-	-	-	-
Barrow-in-Furness	a	2048	2212	2219	0013	-	-	-	-	-
Barrow-in-Furness	d	-	-	-	-	-	-	-	-	-
Askam		-	-	-	-	-	-	-	-	-
Kirkby-in-Furness		-	-	-	-	-	-	-	-	-
Foxfield		-	-	-	-	-	-	-	-	-
Green Road		-	-	-	-	-	-	-	-	-
Millom	a	-	-	-	-	-	-	-	-	-
Millom	d	-	-	-	-	-	-	-	-	-
Silecroft		-	-	-	-	-	-	-	-	-
Bootle		-	-	-	-	-	-	-	-	-
Ravenglass for Eskdale		-	-	-	-	-	-	-	-	-
Drigg		-	-	-	-	-	-	-	-	-
Seascale		-	-	-	-	-	-	-	-	-
Sellafield		-	-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-
St Bees		-	-	-	-	-	-	-	-	-
Corkickle		-	-	-	-	-	-	-	-	-
Whitehaven	a	-	-	-	-	-	-	-	-	-
Whitehaven	d	-	-	-	-	-	-	-	-	-
Parton		-	-	-	-	-	-	-	-	-
Harrington		-	-	-	-	-	-	-	-	-
Workington		-	-	-	-	-	-	-	-	-
Flimby		-	-	-	-	-	-	-	-	-
Maryport		-	-	-	-	-	-	-	-	-
Aspatria		-	-	-	-	-	-	-	-	-
Wigton		-	-	-	-	-	-	-	-	-
Dalston		-	-	-	-	-	-	-	-	-
Carlisle	a	-	-	-	-	-	-	-	-	-

Notes
a Arrival time.
d Departure time.
Y Until 1 July.

Z From 8 July.
TP Service operated by TransPennine Express.
] You can reserve a seat on this train.

Manchester and Preston to Barrow and Carlisle

Sundays from 16 September

		TP		TP	TP		TP	TP
]]]]
Manchester Airport	d	-	1320	-	-	1526	1646	-
Manchester Piccadilly	d	-	1342	-	-	1541	1703	-
Preston	a	-	1426	-	-	1626	1746	-
	d	-	1435	-	-	1633	1757	-
Lancaster	a	-	1451	-	-	1648	1817	-
	d	-	1452	-	1547	1649	1819	-
Carnforth		-	1500	-	1558	1657	1827	-
Silverdale		-	1506	-	1604	1703	1833	-
Arnside		-	1510	-	1609	1707	1837	-
Grange-over-Sands		-	1515	-	1615	1713	1842	-
Kents Bank		-	1519	-	1619	1716	1846	-
Cark		-	1523	-	1623	1721	1850	-
Ulverston		-	1531	-	1632	1729	1858	-
Dalton		-	1539	-	1640	1737	1906	-
Roose		-	1544	-	1646	1742	1911	-
Barrow-in-Furness	a	-	1554	-	1653	1752	1921	-
Barrow-in-Furness	d	-	-	-	-	-	-	-
Askam		-	-	-	-	-	-	-
Kirkby-in-Furness		-	-	-	-	-	-	-
Foxfield		-	-	-	-	-	-	-
Green Road		-	-	-	-	-	-	-
Millom	a	-	-	-	-	-	-	-
Millom	d	-	-	-	-	-	-	-
Silecroft		-	-	-	-	-	-	-
Bootle		-	-	-	-	-	-	-
Ravenglass for Eskdale		-	-	-	-	-	-	-
Drigg		-	-	-	-	-	-	-
Seascale		-	-	-	-	-	-	-
Sellafield		-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-
St Bees		-	-	-	-	-	-	-
Corkickle		-	-	-	-	-	-	-
Whitehaven	a	-	-	-	-	-	-	-
Whitehaven	d	1250	-	1610	-	-	2015	-
Parton		12x53	-	16x13	-	-	20x18	-
Harrington		13x01	-	16x21	-	-	20x26	-
Workington		1307	-	1627	-	-	2032	-
Flimby		13x11	-	16x31	-	-	20x36	-
Maryport		1315	-	1635	-	-	2040	-
Aspatria		13x24	-	16x44	-	-	20x49	-
Wigton		1334	-	1654	-	-	2059	-
Dalston		13x43	-	17x03	-	-	21x08	-
Carlisle	a	1357	-	1717	-	-	2122	-

THINK SAFETY - BE SAFE!

If you do have any safety concerns when travelling on our trains, please bring it to the attention of the Conductor or contact our Customer Relations Team.



www.northernrail.org

Notes

a Arrival time.

d Departure time.

x Only stops on request.

y Change at Preston and Lancaster.

TP Service operated by TransPennine Express.

] You can reserve a seat on this train.



Contact



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www.northernrail.org



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email assistance@northernrail.org

Textphone **08456 045 608**



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email lost.property@northernrail.org



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Textphone **0845 60 50 600**



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Customer Relations, Northern Rail, PO Box 208, Leeds LS1 2BU
0845 00 00 125

Passenger Focus Complaints & Appeals, Passenger Focus,
Freepost WA1521, Warrington WA4 6GP
08453 022 022

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