

# Guide to train services

## Cumbrian Coast, Furness & Lakes Lines

Valid from Sunday 13 December 2020  
until Saturday 15 May 2021

Showing train services between:

- Carlisle, Workington and Whitehaven to Barrow-in-Furness
- Barrow-in-Furness and Grange-over-Sands to Lancaster, Preston, Wigan and Manchester
- Windermere, Kendal and Oxenholme to Lancaster, Preston, Wigan and Manchester.





It's lovely to see you again.

We're keeping things safe, so you can relax and enjoy your journey.

Visit [northernrailway.co.uk](http://northernrailway.co.uk)



This guide shows Northern services between Carlisle, Workington, Barrow-in-Furness, Lancaster and Preston via the Cumbrian Coast and also those between Windermere, Oxenholme, Lancaster and Preston, including through services to and from Manchester Airport.



Additional services run direct between Carlisle, Oxenholme, Lancaster, Preston and Wigan. For more information regarding direct services provided by Avanti West Coast and TransPennine Express, please visit [nationalrail.co.uk](http://nationalrail.co.uk).



## 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 station. 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 otherwise. **Carlisle 8 minutes, Lancaster 6 minutes** and **Manchester Piccadilly 10 minutes**.



## Community Rail Partnership 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 the use of the lines they represent.

**Cumbrian Coast Community Rail Partnership**

**Furness Line Community Rail Partnership**

**Lakes Line Community Rail Partnership**  
[communityrailcumbria.co.uk](http://communityrailcumbria.co.uk)



Some stations on this route are adopted by local community groups. For more information, please visit [northernrailway.co.uk/community](http://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](http://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 5560**

Email: [assistance@northernrailway.co.uk](mailto:assistance@northernrailway.co.uk)



## Improving our railway

Engineering work to help improve our services sometimes affects train journeys, particularly at weekends and around Bank Holidays.

Visit [northernrailway.co.uk/improvements](http://northernrailway.co.uk/improvements) or call **National Rail Enquiries** on **03457 48 49 50** or visit [nationalrail.co.uk](http://nationalrail.co.uk) to check before you travel.



## Delay Repay

You may be able to claim Delay Repay if one of our trains is late or cancelled.

Visit [northernrailway.co.uk/delayrepay](http://northernrailway.co.uk/delayrepay) for more information.



## Request stops

Not all trains stop at stations along this route, but they will stop at them upon request. These stations have an **X** in the timetable when the train is due to pass through.

**To stop the train whilst waiting at a request stop station** - on seeing the train approach the station, raise your hand above your head so that the driver can see that you wish the train to stop. In poor light, please raise something bright - but do not shine any bright lights towards the train.

**To stop the train at a request stop station whilst on the train** - please inform the conductor that you wish the train to stop at the station you require. The conductor can be found at the rear of the train. Do not use the emergency alarm to stop the train at a station unless there is an actual emergency.



## Guide to timetable codes

The codes below are used on the following pages. Please check carefully, as train times may vary over the course of this timetable.

a Arrival time.

d Departure time.

x Request stop station - see above section.

Rail Replacement bus service - dogs, heavy luggage, pushchairs and bicycles may not be carried.

Metrolink connection available.

Airport.

Interchange with Windermere Lake Cruises.

Interchange with Ravenglass & Eskdale Railway.

SO Runs Saturdays only.

SX Runs Mondays to Fridays only.

■ Until 02 January and from 15 February until 27 March 2021.

▶ From 04 January until 13 February and from 29 March 2021.

● Until 03 January 2021.

◀ Until 28 March 2021.

◆ From 21 February until 28 March 2021.

★ From 04 April 2021.

□ Until 03 January and from 21 February until 28 March 2021.

▷ From 10 January until 14 February and from 04 April 2021.

Whilst every care has been taken to produce this timetable, Northern Trains Limited cannot be held liable for any errors or omissions once printed.

## Southbound services

# Carlisle - Barrow/Windermere - Lancaster

## Monday to Saturday

		SO	SX							
Carlisle	d	-	-	-	-	-	-	-	-	-
Dalston		-	-	-	-	-	-	-	-	-
Wigton		-	-	-	-	-	-	-	-	-
Aspatria		-	-	-	-	-	-	-	-	-
Maryport		-	-	-	-	-	-	-	-	0548
Flimby		-	-	-	-	-	-	-	-	05x51
Workington		-	-	-	-	-	-	-	-	0558
Harrington		-	-	-	-	-	-	-	-	0602
Parton		-	-	-	-	-	-	-	-	06x11
Whitehaven	a	-	-	-	-	-	-	-	-	0616
Whitehaven	d	-	-	-	-	-	-	-	-	0618
Corkickle		-	-	-	-	-	-	-	-	0620
St. Bees		-	-	-	-	-	-	-	-	0626
Nethertown		-	-	-	-	-	-	-	-	06x30
Braystones		-	-	-	-	-	-	-	-	06x33
Sellafield		-	-	-	-	-	-	-	-	0639
Seascale		-	-	-	-	-	-	-	-	0643
Drigg		-	-	-	-	-	-	-	-	06x46
Ravenglass		-	-	-	-	-	-	-	-	0650
Bootle		-	-	-	-	-	-	-	-	06x55
Silecroft		-	-	-	-	-	-	-	-	07x02
Millom	a	-	-	-	-	-	-	-	-	0708
Millom	d	-	-	-	-	0610	-	-	-	0709
Green Road		-	-	-	-	06x14	-	-	-	07x13
Foxfield		-	-	-	-	0618	-	-	-	0717
Kirkby-in-Furness		-	-	-	-	06x22	-	-	-	07x21
Askam		-	-	-	-	0627	-	-	-	0726
Barrow-in-Furness	a	-	-	-	-	0641	-	-	-	0741
Barrow-in-Furness	d	0455	0549	0549	-	0611	-	0649	-	0708
Roose		0553	0553		-	0615	-	0653	-	0712
Dalton		▼	0559	0559	-	0621	-	0700	-	0718
Ulverston		0511	0608	0608	-	0630	-	0708	-	0727
Cark & Cartmel		▼	0615	0615	-	0637	-	0715	-	0734
Kents Bank		▼	0619	0619	-	0641	-	▼	-	0738
Grange-over-Sands		0523	0623	0623	-	0645	-	0722	-	0742
Arnsdale		0529	0628	0628	-	0651	-	0727	-	0749
Silverdale		▼	0632	0632	-	0656	-	0732	-	0754
Carnforth		0539	0640	0640	-	0703	-	0739	-	0801
Windermere	d					0642	-			0756
Staveley						0647	-			0801
Burneside						0652	-			0806
Kendal						0656	-			0810
Oxenholme Lake District	a					0701	-			0815
Oxenholme Lake District	d	▼	▼	▼	-	▼	-	▼	-	▼
Lancaster	a	0546	0647	0648	-	0715	-	0746	-	0812
Lancaster	d	0549	0649	0651	-	-	-	0748	-	-
Preston	a	0607	0708	0709	-	-	-	0806	-	-
Wigan North Western	a	0623	0725	0724	-	-	-	0823	-	-
Manchester Oxford Rd	a	0653	0757	0754	-	-	-	0856	-	-
Manchester Piccadilly	a	0700	0801	0758	-	-	-	0900	-	-
Manchester Airport	a	0719	0820	0820	-	-	-	0918	-	-

### Notes

SO Runs Saturdays only.

SX Runs Mondays to Fridays only.

x Request stop station.

# Carlisle - Barrow/Windermere - Lancaster

Monday to Saturday

			SX	SO	SX	SO					
Carlisle	d	-	-	0553	-	-	-	0619	0616	0710	-
Dalston		-	-	0602	-	-	-	0627	0624	0719	-
Wigton		-	-	0611	-	-	-	0636	0635	0731	-
Aspatria		-	-	0622	-	-	-	0648	0646	0742	-
Maryport		-	-	0633	-	-	-	0659	0659	0755	-
Flimby		-	-	06x36	-	-	-	07x02	07x02	07x58	-
Workington		-	-	0644	-	-	-	0710	0710	0806	-
Harrington		-	-	0648	-	-	-	0714	0714	0810	-
Parton		-	-	06x57	-	-	-	07x24	07x24	08x18	-
Whitehaven	a	-	-	0702	-	-	-	0729	0729	0824	-
Whitehaven	d	-	-	0704	-	-	-	0730	0730	0825	-
Corkickle		-	-	0706	-	-	-	0733	0733	0828	-
St. Bees		-	-	0712	-	-	-	0739	0739	0834	-
Nethertown		-	-	↓	-	-	-	↓	↓	↓	-
Braystones		-	-	↓	-	-	-	↓	↓	↓	-
Sellafield		-	-	0724	-	-	-	0750	0750	0844	-
Seascale		-	-	0728	-	-	-	0754	0754	0848	-
Drigg		-	-	07x31	-	-	-	07x57	07x57	08x51	-
Ravenglass	🚏	-	-	0734	-	-	-	0801	0801	0854	-
Bootle		-	-	07x40	-	-	-	08x07	08x07	09x00	-
Silecroft		-	-	07x46	-	-	-	08x13	08x13	09x06	-
Millom	a	-	-	0753	-	-	-	0820	0820	0913	-
Millom	d	-	-	0753	-	-	-	0820	0820	0914	-
Green Road		-	-	07x57	-	-	-	08x24	08x24	09x18	-
Foxfield		-	-	0801	-	-	-	0828	0828	0922	-
Kirkby-in-Furness		-	-	08x05	-	-	-	08x32	08x32	09x26	-
Askam		-	-	0811	-	-	-	0838	0838	0931	-
Barrow-in-Furness	a	-	-	0826	-	-	-	0853	0853	0947	-
Barrow-in-Furness	d	0747	-	-	0849	-	-	-	-	0958	-
Roose		0751	-	-	0853	-	-	-	-	1002	-
Dalton		0757	-	-	0859	-	-	-	-	1008	-
Ulverston		0806	-	-	0907	-	-	-	-	1017	-
Cark & Cartmel		0813	-	-	0914	-	-	-	-	1024	-
Kents Bank		▼	-	-	0918	-	-	-	-	1028	-
Grange-over-Sands		0820	-	-	0922	-	-	-	-	1032	-
Arnside		0825	-	-	0927	-	-	-	-	1039	-
Silverdale		0830	-	-	0931	-	-	-	-	1043	-
Carnforth		0837	-	-	0939	-	-	-	-	1056	-
Windermere	🚏 d	0850	-	-	0956	1008	-	-	-	-	1057
Staveley		↓	-	-	1001	1013	-	-	-	-	1102
Burneside			-	-	1006	1018	-	-	-	-	1107
Kendal		0901	-	-	1010	1022	-	-	-	-	1111
Oxenholme Lake District	a	0906	-	-	1015	1027	-	-	-	-	1116
Oxenholme Lake District	d	↓	-	-	1017	1029	-	-	-	-	↓
Lancaster	a	0844	-	-	0946	1032	1046	-	-	-	1107
Lancaster	d	0847	-	-	0950	1032	1048	-	-	-	-
Preston	a	0907	-	-	1008	1052	1106	-	-	-	-
Wigan North Western	a	0925	-	-	1024	1116	1123	-	-	-	-
Manchester Oxford Rd	a	0953	-	-	1053	1153	1153	-	-	-	-
Manchester Piccadilly	🚏 a	0957	-	-	1057	1157	1157	-	-	-	-
Manchester Airport	↔ a	1019	-	-	1117	1217	1217	-	-	-	-

Notes

- SO Runs Saturdays only.
- SX Runs Mondays to Fridays only.
- x Request stop station.

# Carlisle - Barrow/Windermere - Lancaster

Monday to Saturday

			SX	SO	SO	SX			SX	SO		
Carlisle	d	0808	0813	-	-	-	-	0902	0908	-	-	1013
Dalston		0816	0821	-	-	-	-	0910	0916	-	-	1022
Wigton		0826	0831	-	-	-	-	0920	0926	-	-	1031
Aspatria		0836	0841	-	-	-	-	0930	0936	-	-	1042
Maryport		0848	0852	-	-	-	-	0941	0947	-	-	1053
Flimby		08x51	▼	-	-	-	-	09x44	09x50	-	-	10x56
Workington		0858	0902	-	-	-	-	0952	0958	-	-	1103
Harrington		0902	0906	-	-	-	-	0956	1002	-	-	1107
Parton		09x11	09x14	-	-	-	-	10x05	10x10	-	-	11x16
Whitehaven	a	0916	0920	-	-	-	-	1010	1016	-	-	1121
Whitehaven	d	0918	0921	-	-	-	-	1012	1017	-	-	1123
Corkickle		0920	0924	-	-	-	-	1014	1020	-	-	1125
St. Bees		0928	0932	-	-	-	-	1020	1026	-	-	1135
Nethertown		↓	↓	-	-	-	-	↓	↓	-	-	11x39
Braystones		↓	↓	-	-	-	-	↓	↓	-	-	11x42
Sellafield		0939	0942	-	-	-	-	1031	1037	-	-	1147
Seascale		0942	0945	-	-	-	-	1035	1041	-	-	1151
Drigg		09x45	09x48	-	-	-	-	10x38	10x44	-	-	11x54
Ravenglass	🚏	0949	0952	-	-	-	-	1042	1048	-	-	1157
Bootle		09x54	09x57	-	-	-	-	10x47	10x53	-	-	12x03
Silecroft		10x01	10x04	-	-	-	-	10x54	11x00	-	-	12x09
Millom	a	1007	1010	-	-	-	-	1100	1106	-	-	1216
Millom	d	1008	1010	-	-	-	-	1101	1107	-	-	1216
Green Road		10x12	10x14	-	-	-	-	11x05	11x11	-	-	12x20
Foxfield		1016	1018	-	-	-	-	1109	1115	-	-	1224
Kirkby-in-Furness		10x20	10x22	-	-	-	-	11x13	11x19	-	-	12x28
Askam		1025	1027	-	-	-	-	1118	1124	-	-	1233
Barrow-in-Furness	a	1040	1042	-	-	-	-	1135	1139	-	-	1248
Barrow-in-Furness	d	-	-	1048	1048	-	-	-	-	1153	-	1250
Roose		-	-	1052	1052	-	-	-	-	1157	-	1254
Dalton		-	-	1058	1058	-	-	-	-	1203	-	1300
Ulverston		-	-	1106	1106	-	-	-	-	1212	-	1308
Cark & Cartmel		-	-	1113	1113	-	-	-	-	1219	-	1316
Kents Bank		-	-	1117	1117	-	-	-	-	1223	-	1320
Grange-over-Sands		-	-	1121	1121	-	-	-	-	1227	-	1324
Arnside		-	-	1127	1127	-	-	-	-	1232	-	1330
Silverdale		-	-	1131	1131	-	-	-	-	1236	-	1335
Carnforth		-	-	1138	1138	-	-	-	-	1244	-	1342
Windermere	🚏 d	-	-	↓	↓	-	-	1147	-	-	-	1307
Staveley		-	-	↓	↓	-	-	1152	-	-	-	1312
Burneside		-	-	↓	↓	-	-	1157	-	-	-	1317
Kendal		-	-	↓	↓	-	-	1201	-	-	-	1321
Oxenholme Lake District	a	-	-	↓	↓	-	-	1206	-	-	-	1326
Oxenholme Lake District	d	-	-	↓	↓	-	-	↓	↓	-	-	1328
Lancaster	a	-	-	1145	1145	-	-	-	-	1251	1343	1353
Lancaster	d	-	-	1147	1149	-	-	-	-	1251	1348	-
Preston	a	-	-	1205	1207	-	-	-	-	1310	1406	-
Wigan North Western	a	-	-	1225	1224	-	-	-	-	▼	1424	-
Manchester Oxford Rd	a	-	-	1253	1253	-	-	-	-	1353	1453	-
Manchester Piccadilly	🚏 a	-	-	1257	1257	-	-	-	-	1357	1457	-
Manchester Airport	↔ a	-	-	1317	1317	-	-	-	-	1417	1517	-

Notes

- SO Runs Saturdays only.
- SX Runs Mondays to Fridays only.
- x Request stop station.

# Carlisle - Barrow/Windermere - Lancaster

Monday to Saturday

		SX	SO			SX	SO	
Carlisle	d	1107	1107	-	-	1210	-	1307
Dalston	-	1115	1115	-	-	1218	-	1315
Wigton	-	1125	1125	-	-	1227	-	1325
Aspatria	-	1135	1135	-	-	1238	-	1335
Maryport	-	1146	1146	-	-	1249	-	1346
Flimby	-	11x49	11x49	-	-	12x52	-	13x49
Workington	-	1157	1157	-	-	1259	-	1357
Harrington	-	1201	1201	-	-	1303	-	1401
Parton	-	12x09	12x09	-	-	13x12	-	14x09
Whitehaven	a	1215	1215	-	-	1317	-	1415
Whitehaven	d	1216	1216	-	-	1319	-	1416
Corkickle	-	1219	1219	-	-	1321	-	1419
St. Bees	-	1228	1228	-	-	1329	-	1430
Nethertown	-		12x32	-	-		-	
Braystones	-		12x34	-	-		-	
Sellafield	-	1238	1240	-	-	1340	-	1441
Seascale	-	1242	1244	-	-	1343	-	1444
Drigg	-	12x45	12x47	-	-	13x46	-	14x47
Ravenglass	🚫	1248	1250	-	-	1350	-	1451
Bootle	-	12x54	12x56	-	-	13x56	-	14x56
Silecroft	-	13x00	13x02	-	-	14x02	-	15x03
Millom	a	1307	1309	-	-	1409	-	1509
Millom	d	1307	1309	-	-	1409	-	1511
Green Road	-	13x11	13x13	-	-	14x13	-	15x15
Foxfield	-	1315	1317	-	-	1417	-	1519
Kirkby-in-Furness	-	13x19	13x21	-	-	14x21	-	15x23
Askam	-	1324	1326	-	-	1426	-	1528
Barrow-in-Furness	a	1339	1341	-	-	1441	-	1543
Barrow-in-Furness	d	-	1352	-	-	1450	-	1550
Roose	-	-	▼	-	-	1454	-	1554
Dalton	-	-	1401	-	-	1500	-	1600
Ulverston	-	-	1410	-	-	1509	-	1608
Cark & Cartmel	-	-	1417	-	-	1516	-	1616
Kents Bank	-	-	▼	-	-	1520	-	1620
Grange-over-Sands	-	-	1423	-	-	1524	-	1624
Arnsdale	-	-	1429	-	-	1529	-	1630
Silverdale	-	-	1433	-	-	1533	-	1635
Carnforth	-	-	1440	-	-	1540	-	1642
Windermere	🚶 d	1358	-	1459	-	1600	1600	
Staveley	-	1403	-	1504	-	1605	1605	
Burneside	-	1408	-	1509	-	1610	1610	
Kendal	-	1412	-	1513	-	1614	1614	
Oxenholme Lake District	a	1417	-	1518	-	1619	1619	
Oxenholme Lake District	d	-	-	▼	-	▼	1627	1627
Lancaster	a	-	-	1447	-	1547	1643	1652
Lancaster	d	-	-	1450	-	1548	1643	1647
Preston	a	-	-	1508	-	1606	1703	1705
Wigan North Western	a	-	-	1524	-	1623	1724	1723
Manchester Oxford Rd	a	-	-	1553	-	1653	1754	1753
Manchester Piccadilly	🚶 a	-	-	1557	-	1658	1758	1757
Manchester Airport	🚶 a	-	-	1617	-	1717	1817	1817

Notes

- SO Runs Saturdays only.
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- x Request stop station.

# Carlisle - Barrow/Windermere - Lancaster

Monday to Saturday

			SO	SX				SX
Carlisle	d	1408	-	-	-	1441	-	1512
Dalston	-	1416	-	-	-	1449	-	1520
Wigton	-	1426	-	-	-	1458	-	1530
Aspatria	-	1436	-	-	-	1509	-	1540
Maryport	-	1447	-	-	-	1520	-	1551
Flimby	-	14x50	-	-	-	15x23	-	15x54
Workington	-	1458	-	-	-	1530	-	1602
Harrington	-	1502	-	-	-	1534	-	1606
Parton	-	15x10	-	-	-	15x43	-	16x14
Whitehaven	a	1516	-	-	-	1548	-	1620
Whitehaven	d	1517	-	-	-	1550	-	1621
Corkickle	-	1520	-	-	-	1553	-	1624
St. Bees	-	1526	-	-	-	1559	-	1630
Nethertown	-		-	-	-	16x03	-	
Braystones	-		-	-	-	16x05	-	
Sellafield	-	1537	-	-	-	1611	-	1641
Seascale	-	1541	-	-	-	1615	-	1644
Drigg	-	15x44	-	-	-	16x18	-	16x48
Ravenglass	🚫	1548	-	-	-	1622	-	1651
Bootle	-	15x53	-	-	-	16x28	-	16x57
Silecroft	-	16x00	-	-	-	16x35	-	17x04
Millom	a	1606	-	-	-	1641	-	1711
Millom	d	1607	-	-	-	1642	-	1712
Green Road	-	16x11	-	-	-	16x46	-	17x16
Foxfield	-	1615	-	-	-	1650	-	1720
Kirkby-in-Furness	-	16x19	-	-	-	16x55	-	17x25
Askam	-	1624	-	-	-	1700	-	1730
Barrow-in-Furness	a	1639	-	-	-	1714	-	1745
Barrow-in-Furness	d	-	1647	-	-	1719	-	1804
Roose	-	-	1651	-	-	1723	-	1808
Dalton	-	-	1658	-	-	1729	-	1814
Ulverston	-	-	1706	-	-	1737	-	1823
Cark & Cartmel	-	-	1713	-	-	1745	-	1830
Kents Bank	-	-	1717	-	-	▼	-	1834
Grange-over-Sands	-	-	1721	-	-	1752	-	1838
Arnsdale	-	-	1727	-	-	1758	-	1844
Silverdale	-	-	1731	-	-	1803	-	1849
Carnforth	-	-	1738	-	-	1810	-	1856
Windermere	🚶 d	-	1708	1802	1805	-	-	1856
Staveley	-	-	1713	1807	1810	-	-	1901
Burneside	-	-	1718	1812	1815	-	-	1906
Kendal	-	-	1722	1816	1819	-	-	1910
Oxenholme Lake District	a	-	1727	1821	1824	-	-	1915
Oxenholme Lake District	d	-	-	▼	-	▼	-	1917
Lancaster	a	-	-	1745	-	-	1820	1906
Lancaster	d	-	-	1747	-	-	-	1934
Preston	a	-	-	1806	-	-	-	1953
Wigan North Western	a	-	-	1823	-	-	-	2027
Manchester Oxford Rd	a	-	-	1853	-	-	-	2054
Manchester Piccadilly	🚶 a	-	-	1857	-	-	-	2058
Manchester Airport	🚶 a	-	-	1917	-	-	-	2120

Notes

- SO Runs Saturdays only.
- SX Runs Mondays to Fridays only.
- x Request stop station.

# Carlisle - Barrow/Windermere - Lancaster

Monday to Saturday

	SO	SX	SX	SX	SO	SO	SX	SO		
Carlisle	d	-	-	-	1559	1626	-	1707	-	-
Dalston	-	-	-	-	1607	1634	-	1715	-	-
Wigton	-	-	-	-	1617	1644	-	1725	-	-
Aspatria	-	-	-	-	1627	1654	-	1735	-	-
Maryport	-	-	-	-	1638	1705	-	1746	-	-
Flimby	-	-	-	-	16x41	17x08	-	17x49	-	-
Workington	-	-	-	-	1648	1715	-	1757	-	-
Harrington	-	-	-	-	1652	1720	-	1801	-	-
Parton	-	-	-	-	17x01	17x29	-	18x09	-	-
Whitehaven	a	-	-	-	1708	1735	-	1816	-	-
Whitehaven	d	-	-	-	-	1736	-	1818	-	-
Corkickle	-	-	-	-	-	1739	-	1820	-	-
St. Bees	-	-	-	-	-	1744	-	1827	-	-
Nethertown	-	-	-	-	-	-	-	18x31	-	-
Braystones	-	-	-	-	-	↓	-	18x34	-	-
Sellafield	-	1725	-	-	-	1755	-	1840	-	-
Seascale	-	1728	-	-	-	1758	-	1843	-	-
Drigg	-	17x31	-	-	-	18x01	-	▼	-	-
Ravenglass	🚍	-	1735	-	-	1805	-	1849	-	-
Bootle	-	-	17x41	-	-	18x11	-	-	-	-
Silecroft	-	-	17x47	-	-	18x17	-	↓	-	-
Millom	a	-	1754	-	-	1824	-	1905	-	-
Millom	d	-	1754	-	-	1825	-	1905	-	-
Green Road	-	-	17x58	-	-	18x29	-	19x09	-	-
Foxfield	-	-	1802	-	-	1833	-	1913	-	-
Kirkby-in-Furness	-	-	18x06	-	-	18x37	-	19x17	-	-
Askam	-	-	1811	-	-	1842	-	1922	-	-
Barrow-in-Furness	a	-	1826	-	-	1857	-	1937	-	-
Barrow-in-Furness	d	-	-	1855	-	-	1903	-	1945	1945
Roose	-	-	-	1859	-	-	1907	-	1949	1949
Dalton	-	-	-	1905	-	-	1913	-	1955	1955
Ulverston	-	-	-	1913	-	-	1921	-	2004	2004
Cark & Cartmel	-	-	-	1921	-	-	1929	-	2011	2011
Kents Bank	-	-	-	1925	-	-	1933	-	2015	2015
Grange-over-Sands	-	-	-	1929	-	-	1937	-	2019	2019
Arnsdale	-	-	-	1935	-	-	1943	-	2024	2024
Silverdale	-	-	-	1940	-	-	1947	-	2028	2028
Carnforth	-	-	-	1947	-	-	1955	-	2036	2039
Windermere	🚍 d	1857	-	-	1948	-	-	-	-	-
Staveley	-	1902	-	-	1953	-	-	-	-	-
Burneside	-	1907	-	-	1958	-	-	-	-	-
Kendal	-	1911	-	-	2002	-	-	-	-	-
Oxenholme Lake District	a	1916	-	-	2007	-	-	-	-	-
Oxenholme Lake District	d	1918	-	-	-	-	-	-	-	-
Lancaster	a	1933	-	1955	-	-	2003	-	2043	2046
Lancaster	d	1935	-	1956	-	-	2003	-	2044	2047
Preston	a	1956	-	2019	-	-	2026	-	2102	2105
Wigan North Western	a	2023	-	-	-	-	-	-	▼	▼
Manchester Oxford Rd	a	2054	-	-	-	-	-	-	2142	2143
Manchester Piccadilly	🚍 a	2058	-	-	-	-	-	-	2146	2148
Manchester Airport	↔ a	2119	-	-	-	-	-	-	2203	2204

Notes

- SO Runs Saturdays only.
- SX Runs Mondays to Fridays only.
- x Request stop station.

# Carlisle - Barrow/Windermere - Lancaster

Monday to Saturday

	SO	SO	SX	SO	SO	SX	SX	SO			
Carlisle	d	-	1754	-	-	-	-	-			
Dalston	-	-	1802	-	-	-	-	-			
Wigton	-	-	1812	-	-	-	-	-			
Aspatria	-	-	1822	-	-	-	-	-			
Maryport	-	-	1833	-	-	-	-	-			
Flimby	-	-	18x36	-	-	-	-	-			
Workington	-	-	1844	-	-	-	-	-			
Harrington	-	-	1848	-	-	-	-	-			
Parton	-	-	18x56	-	-	-	-	-			
Whitehaven	a	-	1902	-	-	-	-	-			
Whitehaven	d	-	1903	-	-	-	-	-			
Corkickle	-	-	1906	-	-	-	-	-			
St. Bees	-	-	1914	-	-	-	-	-			
Nethertown	-	-	-	-	-	-	-	-			
Braystones	-	-	↓	-	-	-	-	-			
Sellafield	-	-	1927	-	-	-	-	-			
Seascale	-	-	1932	-	-	-	-	-			
Drigg	-	-	19x35	-	-	-	-	-			
Ravenglass	🚍	-	1939	-	-	-	-	-			
Bootle	-	-	19x45	-	-	-	-	-			
Silecroft	-	-	19x51	-	-	-	-	-			
Millom	a	-	1958	-	-	-	-	-			
Millom	d	-	2001	-	-	-	-	2029 2059			
Green Road	-	-	20x05	-	-	-	-	20x33 ▼			
Foxfield	-	-	2009	-	-	-	-	2037 2106			
Kirkby-in-Furness	-	-	20x13	-	-	-	-	20x41 ▼			
Askam	-	-	2019	-	-	-	-	2046 2115			
Barrow-in-Furness	a	-	2036	-	-	-	-	2101 2129			
Barrow-in-Furness	d	-	-	2042	2042	2045	-	-	-		
Roose	-	-	-	2046	2046	2049	-	-	-		
Dalton	-	-	-	2052	2052	2055	-	-	-		
Ulverston	-	-	-	2101	2101	2104	-	-	-		
Cark & Cartmel	-	-	-	2108	2108	2111	-	-	-		
Kents Bank	-	-	-	2112	2112	2115	-	-	-		
Grange-over-Sands	-	-	-	2116	2116	2119	-	-	-		
Arnsdale	-	-	-	2122	2122	2125	-	-	-		
Silverdale	-	-	-	2127	2127	2130	-	-	-		
Carnforth	-	-	-	2134	2134	2137	-	-	-		
Windermere	🚍 d	2042	-	-	-	-	2140	2140	2147	-	-
Staveley	-	2047	-	-	-	-	2145	2150	2152	-	-
Burneside	-	2052	-	-	-	-	2150	2200	2157	-	-
Kendal	-	2056	-	-	-	-	2154	2210	2201	-	-
Oxenholme Lake District	a	2101	-	-	-	-	2159	2225	2206	-	-
Oxenholme Lake District	d	2103	-	-	-	-	-	-	-	-	-
Lancaster	a	2121	-	2142	2143	2147	-	-	-	-	-
Lancaster	d	-	-	2143	-	-	-	-	-	-	-
Preston	a	-	-	2205	-	-	-	-	-	-	-
Wigan North Western	a	-	-	-	-	-	-	-	-	-	-
Manchester Oxford Rd	a	-	-	-	-	-	-	-	-	-	-
Manchester Piccadilly	🚍 a	-	-	-	-	-	-	-	-	-	-
Manchester Airport	↔ a	-	-	-	-	-	-	-	-	-	-

Notes

- SO Runs Saturdays only.
- SX Runs Mondays to Fridays only.
- x Request stop station.
- 🚍 Rail Replacement bus service.
- Until 02 January and from 15 February until 27 March 2021.
- ▶ From 04 January until 13 February and from 29 March 2021.

# Carlisle - Barrow/Windermere - Lancaster

Monday to Saturday

	SO	SX	SO	SO	SO	SO	SX	SX
Carlisle	d	1846	1909	1909	-	-	-	2000 2055
Dalston		1854	1917	1917	-	-	-	2008 2103
Wigton		1904	1927	1927	-	-	-	2018 2113
Aspatria		1914	1937	1937	-	-	-	2028 2123
Maryport		1925	1948	1948	-	-	-	2039 2134
Flimby		19x28	19x51	19x51	-	-	-	20x42 21x37
Workington		1936	1959	1959	-	-	-	2050 2145
Harrington		1940	2003	2003	-	-	-	2054 2149
Parton		19x49	20x11	20x11	-	-	-	21x02 21x57
Whitehaven	a	1956	2016	2019	-	-	-	2109 2204
Whitehaven	d	-	2018	2020	-	-	-	- -
Corkickle		-	2020	2023	-	-	-	- -
St. Bees		-	2028	2028	-	-	-	- -
Nethertown		-	20x32	20x32	-	-	-	- -
Braystones		-	20x34	20x35	-	-	-	- -
Sellafield		-	2040	2040	-	-	-	- -
Seascale		-	2044	2044	-	-	-	- -
Drigg		-	20x47	20x47	-	-	-	- -
Ravenglass	🚏	-	2050	2050	-	-	-	- -
Bootle		-	20x56	20x56	-	-	-	- -
Silecroft		-	21x02	21x02	-	-	-	- -
Millom	a	-	2109	2109	-	-	-	- -
Millom	d	-	2109	2109	-	-	-	2200 - -
Green Road		-	21x13	21x13	-	-	-	22x04 - -
Foxfield		-	2117	2117	-	-	-	2208 - -
Kirkby-in-Furness		-	21x21	21x21	-	-	-	22x12 - -
Askam		-	2126	2126	-	-	-	2217 - -
Barrow-in-Furness	a	-	2142	2141	-	-	-	2231 - -
Barrow-in-Furness	d	-	2145	-	2146	-	-	- - -
Roose		-	2149	-	2150	-	-	- - -
Dalton		-	2155	-	2156	-	-	- - -
Ulverston		-	2204	-	2204	-	-	- - -
Cark & Cartmel		-	2211	-	2212	-	-	- - -
Kents Bank		-	2215	-	2216	-	-	- - -
Grange-over-Sands		-	2219	-	2220	-	-	- - -
Arnside		-	2226	-	2226	-	-	- - -
Silverdale		-	2230	-	2230	-	-	- - -
Carnforth		-	2238	-	2238	-	-	- - -
Windermere	🚏 d	-	-	-	2229	2225	2247	- - -
Staveley		-	-	-	2234	2235	2252	- - -
Burneside		-	-	-	2239	2245	2257	- - -
Kendal		-	-	-	2243	2255	2301	- - -
Oxenholme Lake District	a	-	-	-	2248	2310	2306	- - -
Oxenholme Lake District	d	-	-	-	2250	2310	2308	- - -
Lancaster	a	-	2246	-	2246	2305	2355	2323 - - -
Lancaster	d	-	2246	-	2246	2305	2355	2324 - - -
Preston	a	-	2309	-	2310	2324	0035	2343 - - -
Wigan North Western	a	-	-	-	-	-	-	- - -
Manchester Oxford Rd	a	-	-	-	-	-	-	- - -
Manchester Piccadilly	🚏 a	-	-	-	-	-	-	- - -
Manchester Airport	🚏 a	-	-	-	-	-	-	- - -

Notes

- SO Runs Saturdays only.
- SX Runs Mondays to Fridays only.
- x Request stop station.
- 🚏 Rail Replacement bus service.
- Until 02 January and from 15 February until 27 March 2021.
- ▶ From 04 January until 13 February and from 29 March 2021.

# Carlisle - Barrow/Windermere - Lancaster

Monday to Saturday

	SO	SO	SX
Carlisle	d	2106	2149 2201
Dalston		2114	2157 2209
Wigton		2124	2206 2219
Aspatria		2134	2217 2229
Maryport		2145	2227 2241
Flimby		21x48	22x31 22x44
Workington		2156	2237 2251
Harrington		2200	2241 2255
Parton		22x08	22x51 23x04
Whitehaven	a	2215	2257 2310
Whitehaven	d	-	- -
Corkickle		-	- -
St. Bees		-	- -
Nethertown		-	- -
Braystones		-	- -
Sellafield		-	- -
Seascale		-	- -
Drigg		-	- -
Ravenglass	🚏	-	- -
Bootle		-	- -
Silecroft		-	- -
Millom	a	-	- -
Millom	d	-	- -
Green Road		-	- -
Foxfield		-	- -
Kirkby-in-Furness		-	- -
Askam		-	- -
Barrow-in-Furness	a	-	- -
Barrow-in-Furness	d	-	- -
Roose		-	- -
Dalton		-	- -
Ulverston		-	- -
Cark & Cartmel		-	- -
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	-	- -
Wigan North Western	a	-	- -
Manchester Oxford Rd	a	-	- -
Manchester Piccadilly	🚏 a	-	- -
Manchester Airport	🚏 a	-	- -

Notes

- SO Runs Saturdays only.
- SX Runs Mondays to Fridays only.
- x Request stop station.



# Carlisle - Barrow/Windermere - Lancaster

Sunday

		☐	☐	▷	▷	☐			
Carlisle	d	-	-	-	-	-	-	-	-
Dalston	-	-	-	-	-	-	-	-	-
Wigton	-	-	-	-	-	-	-	-	-
Aspatria	-	-	-	-	-	-	-	-	-
Maryport	-	-	-	-	-	-	-	-	-
Flimby	-	-	-	-	-	-	-	-	-
Workington	-	-	-	-	-	-	-	-	-
Harrington	-	-	-	-	-	-	-	-	-
Parton	-	-	-	-	-	-	-	-	-
Whitehaven	a	-	-	-	-	-	-	-	-
Whitehaven	d	-	-	-	-	-	-	-	-
Corkickle	-	-	-	-	-	-	-	-	-
St. Bees	-	-	-	-	-	-	-	-	-
Nethertown	-	-	-	-	-	-	-	-	-
Braystones	-	-	-	-	-	-	-	-	-
Sellafield	-	-	-	-	-	-	-	-	-
Seascale	-	-	-	-	-	-	-	-	-
Drigg	-	-	-	-	-	-	-	-	-
Ravenglass	🚏	-	-	-	-	-	-	-	-
Bootle	-	-	-	-	-	-	-	-	-
Silecroft	-	-	-	-	-	-	-	-	-
Millom	a	-	-	-	-	-	-	-	-
Millom	d	-	-	-	-	-	0950	-	-
Green Road	-	-	-	-	-	-	09x54	-	-
Foxfield	-	-	-	-	-	-	0958	-	-
Kirkby-in-Furness	-	-	-	-	-	-	10x02	-	-
Askam	-	-	-	-	-	-	1007	-	-
Barrow-in-Furness	a	-	-	-	-	-	1021	-	-
Barrow-in-Furness	d	0753	0841	0905	0905	-	0950	-	1052
Roose	-	0757	0845	↓	0909	-	0954	-	1056
Dalton	-	0803	0851	↓	0915	-	1000	-	1102
Ulverston	-	0812	0859	0922	0924	-	1008	-	1111
Cark & Cartmel	-	0819	0906	↓	0931	-	1015	-	1118
Kents Bank	-	0823	0910	↓	0935	-	1019	-	1122
Grange-over-Sands	-	0827	0914	0934	0939	-	1023	-	1126
Arnsdale	-	0833	0920	0940	0945	-	1029	-	1131
Silverdale	-	0838	0924	↓	0950	-	1033	-	1135
Carnforth	-	0845	0931	0951	0957	-	1040	-	1143
Windermere	🚏 d	-	-	-	-	1030	1053	-	1139
Staveley	-	-	-	-	-	1040	1058	-	1144
Burneside	-	-	-	-	-	1050	1103	-	1149
Kendal	-	-	-	-	-	1100	1107	-	1153
Oxenholme Lake District	a	-	-	-	-	1115	1112	-	1158
Oxenholme Lake District	d	-	-	-	-	-	-	-	↓
Lancaster	a	-	0938	1001	-	-	1047	-	1150
Lancaster	d	-	0945	-	-	-	1048	-	1151
Preston	a	-	1004	-	-	-	1107	-	1209
Wigan North Western	a	-	1023	-	-	-	1123	-	↓
Manchester Oxford Rd	a	-	1052	-	-	-	1151	-	1257
Manchester Piccadilly	🚏 a	-	-	-	-	-	1156	-	1256
Manchester Airport	↔ a	-	-	-	-	-	1220	-	1317

Notes

- ✗ Request stop station.
- 🚏 Rail Replacement bus service.
- ☐ Until 03 January and from 21 February until 28 March 2021.
- ▷ From 10 January until 14 February and from 04 April 2021.

# Carlisle - Barrow/Windermere - Lancaster

Sunday

				☐	▷	☐	▷			
Carlisle	d	-	-	-	0945	-	-	1023	1041	1106
Dalston	-	-	-	-	0953	-	-	1032	1049	1114
Wigton	-	-	-	-	1002	-	-	1041	1058	1124
Aspatria	-	-	-	-	1013	-	-	1052	1109	1134
Maryport	0917	-	-	-	1024	1024	-	1103	1120	1145
Flimby	09x20	-	-	-	↓	↓	-	11x06	11x23	11x48
Workington	0927	-	-	-	1033	1033	-	1113	1130	1156
Harrington	0931	-	-	-	↓	↓	-	1117	1134	1200
Parton	09x40	-	-	-	10x45	10x45	-	11x26	11x43	12x08
Whitehaven	a	0945	-	-	1050	1050	-	1131	1148	1214
Whitehaven	d	0947	-	-	1051	1051	-	1133	1150	1215
Corkickle	0949	-	-	-	1054	1054	-	1135	1152	1218
St. Bees	0955	-	-	-	1059	1059	-	1141	1158	1227
Nethertown	09x59	-	-	-	↓	↓	-	↓	↓	12x31
Braystones	10x01	-	-	-	↓	↓	-	↓	↓	12x33
Sellafield	1007	-	-	-	1109	1109	-	1151	1208	1239
Seascale	1011	-	-	-	1113	1113	-	1154	1211	1243
Drigg	10x14	-	-	-	11x16	11x16	-	11x57	12x14	12x46
Ravenglass	1017	-	-	-	1119	1119	-	1201	1218	1249
Bootle	10x23	-	-	-	11x25	11x25	-	12x06	12x23	12x55
Silecroft	10x29	-	-	-	11x31	11x31	-	12x13	12x30	13x01
Millom	a	1036	-	-	1137	1137	-	1219	1236	1308
Millom	d	1036	-	-	1137	1137	-	1219	1236	1308
Green Road	10x40	-	-	-	11x41	11x41	-	12x23	12x40	13x12
Foxfield	1044	-	-	-	1145	1145	-	1227	1244	1316
Kirkby-in-Furness	10x48	-	-	-	11x49	11x49	-	12x31	12x48	13x20
Askam	1053	-	-	-	1154	1154	-	1236	1253	1325
Barrow-in-Furness	a	1108	-	-	1209	1209	-	1251	1308	1340
Barrow-in-Furness	d	-	-	1141	-	-	-	1253	1317	-
Roose	-	-	-	1145	-	-	-	1257	1321	-
Dalton	-	-	-	1151	-	-	-	1303	1327	-
Ulverston	-	-	-	1200	-	-	-	1311	1335	-
Cark & Cartmel	-	-	-	1207	-	-	-	↓	↓	-
Kents Bank	-	-	-	1211	-	-	-	↓	↓	-
Grange-over-Sands	-	-	-	1215	-	-	-	1324	1348	-
Arnsdale	-	-	-	1220	-	-	-	1330	1354	-
Silverdale	-	-	-	1225	-	-	-	1335	1359	-
Carnforth	-	-	-	1232	-	-	-	1342	1406	-
Windermere	🚏 d	-	1224	1308	-	-	1359	↓	↓	-
Staveley	-	-	↓	1313	-	-	1404	↓	↓	-
Burneside	-	-	↓	1318	-	-	1409	↓	↓	-
Kendal	-	1236	1322	-	-	-	1413	↓	↓	-
Oxenholme Lake District	a	-	1241	1327	-	-	1418	↓	↓	-
Oxenholme Lake District	d	-	-	↓	1329	-	-	↓	↓	-
Lancaster	a	-	-	1239	1344	-	-	1352	1420	-
Lancaster	d	-	-	1240	1349	-	-	-	-	-
Preston	a	-	-	1259	1407	-	-	-	-	-
Wigan North Western	a	-	-	1323	1423	-	-	-	-	-
Manchester Oxford Rd	a	-	-	1350	1452	-	-	-	-	-
Manchester Piccadilly	🚏 a	-	-	1354	1456	-	-	-	-	-
Manchester Airport	↔ a	-	-	1417	1518	-	-	-	-	-

Notes

- ✗ Request stop station.
- 🚏 Until 03 January and from 21 February until 28 March 2021.
- ▷ From 10 January until 14 February and from 04 April 2021.

## Carlisle - Barrow/Windermere - Lancaster

Sunday

Carlisle	d	-	-	1207	-	-	1324	-	1401	-	-
Dalston		-	-	1215	-	-	1332	-	1409	-	-
Wigton		-	-	1225	-	-	1342	-	1419	-	-
Aspatria		-	-	1235	-	-	1352	-	1429	-	-
Maryport		-	-	1246	-	-	1403	-	1440	-	-
Flimby		-	-	12x49	-	-	14x06	-	14x43	-	-
Workington		-	-	1258	-	-	1414	-	1451	-	-
Harrington		-	-	1302	-	-	1418	-	1455	-	-
Parton		-	-	13x10	-	-	14x26	-	15x03	-	-
Whitehaven	a	-	-	1316	-	-	1432	-	1508	-	-
Whitehaven	d	-	-	1318	-	-	1433	-	1510	-	-
Corkickle		-	-	1321	-	-	1436	-	1512	-	-
St. Bees		-	-	1327	-	-	1441	-	1518	-	-
Nethertown		-	-		-	-		-		-	-
Braystones		-	-		-	-		-		-	-
Sellafield		-	-	1337	-	-	1451	-	1528	-	-
Seascale		-	-	1340	-	-	1455	-	1532	-	-
Drigg		-	-	13x43	-	-		-	15x35	-	-
Ravenglass	🚏	-	-	1347	-	-	1501	-	1539	-	-
Bootle		-	-	13x52	-	-		-	15x44	-	-
Silecroft		-	-	13x59	-	-		-	15x51	-	-
Millom	a	-	-	1405	-	-	1516	-	1556	-	-
Millom	d	-	-	1406	-	-	1517	-	1556	-	-
Green Road		-	-	14x10	-	-		-	16x00	-	-
Foxfield		-	-	1414	-	-	1524	-	1604	-	-
Kirkby-in-Furness		-	-	14x18	-	-	15x28	-	16x08	-	-
Askam		-	-	1423	-	-	1533	-	1613	-	-
Barrow-in-Furness	a	-	-	1438	-	-	1548	-	1628	-	-
Barrow-in-Furness	d	1349	-	1447	-	1550	-	1646	-	-	-
Roose		1353	-	1451	-	1554	-	1650	-	-	-
Dalton		1359	-	1457	-	1600	-	1656	-	-	-
Ulverston		1407	-	1505	-	1608	-	1704	-	-	-
Cark & Cartmel		1414	-	1512	-	1616	-	1711	-	-	-
Kents Bank		1418	-	1516	-	1620	-	1715	-	-	-
Grange-over-Sands		1422	-	1520	-	1624	-	1719	-	-	-
Arnsdale		1428	-	1526	-	1630	-	1725	-	-	-
Silverdale		1432	-	1530	-	1635	-	1729	-	-	-
Carnforth		1439	-	1537	-	1642	-	1736	-	-	-
Windermere	🚏 d		1446	-	1554	-	1659	-	1800	-	-
Staveley			1451	-	1559	-	1704	-	1805	-	-
Burneside			1456	-	1604	-	1709	-	1810	-	-
Kendal			1500	-	1608	-	1713	-	1814	-	-
Oxenholme Lake District	a		1505	-	1613	-	1718	-	1819	-	-
Oxenholme Lake District	d			-	1615	-		-		-	-
Lancaster	a	1446	-	1544	1631	1652	-	1743	-	-	-
Lancaster	d	1449	-	1549	1648	-	-	1749	-	-	-
Preston	a	1507	-	1607	1706	-	-	1807	-	-	-
Wigan North Western	a	1523	-	1623	1723	-	-	1823	-	-	-
Manchester Oxford Rd	a	1550	-	1650	1751	-	-	1850	-	-	-
Manchester Piccadilly	🚏 a	1600	-	1701	1755	-	-	1900	-	-	-
Manchester Airport	🚏 a	1617	-	1718	1818	-	-	1917	-	-	-

## Notes

x Request stop station.

## Carlisle - Barrow/Windermere - Lancaster

Sunday

Carlisle	d	1510	-	1616	-	-	1710	-	-	-	-
Dalston		1518	-	1624	-	-	1718	-	-	-	-
Wigton		1528	-	1634	-	-	1728	-	-	-	-
Aspatria		1538	-	1644	-	-	1738	-	-	-	-
Maryport		1549	-	1655	-	-	1749	-	-	-	-
Flimby		15x52	-	16x58	-	-	17x52	-	-	-	-
Workington		1600	-	1706	-	-	1800	-	-	-	-
Harrington		1604	-	1710	-	-	1804	-	-	-	-
Parton		16x12	-	17x18	-	-	18x12	-	-	-	-
Whitehaven	a	1617	-	1724	-	-	1818	-	-	-	-
Whitehaven	d	1619	-	1725	-	-	1819	-	-	-	-
Corkickle		1622	-	1728	-	-	1822	-	-	-	-
St. Bees		1629	-	1733	-	-	1828	-	-	-	-
Nethertown		16x33	-		-	-	18x32	-	-	-	-
Braystones		16x35	-		-	-	18x34	-	-	-	-
Sellafield		1642	-	1744	-	-	1840	-	-	-	-
Seascale		1646	-	1748	-	-	1844	-	-	-	-
Drigg		16x49	-	17x51	-	-	18x47	-	-	-	-
Ravenglass	🚏	1652	-	1754	-	-	1850	-	-	-	-
Bootle		16x58	-	18x00	-	-	18x56	-	-	-	-
Silecroft		17x04	-	18x06	-	-	19x02	-	-	-	-
Millom	a	1711	-	1813	-	-	1909	-	-	-	-
Millom	d	1711	-	1814	-	-	1909	-	1925	-	-
Green Road		17x15	-	18x18	-	-	19x13	-	19x29	-	-
Foxfield		1719	-	1822	-	-	1917	-	1933	-	-
Kirkby-in-Furness		17x23	-	18x26	-	-	19x21	-	19x37	-	-
Askam		1728	-	1831	-	-	1926	-	1942	-	-
Barrow-in-Furness	a	1743	-	1846	-	-	1941	-	1957	-	-
Barrow-in-Furness	d	1746	-	1851	-	-	1952	-	2046	-	-
Roose		1750	-	1855	-	-	1956	-	2050	-	-
Dalton		1756	-	1901	-	-	2002	-	2056	-	-
Ulverston		1805	-	1909	-	-	2011	-	2105	-	-
Cark & Cartmel		1812	-	1917	-	-	2018	-	2112	-	-
Kents Bank		1816	-	1921	-	-	2022	-	2116	-	-
Grange-over-Sands		1820	-	1925	-	-	2026	-	2120	-	-
Arnsdale		1827	-	1931	-	-	2031	-	2126	-	-
Silverdale		1832	-	1935	-	-	2035	-	2131	-	-
Carnforth		1841	-	1943	-	-	2043	-	2138	-	-
Windermere	🚏 d		1901	-	1957	-	2047	-		-	-
Staveley			1907	-	2002	-	2052	-		-	-
Burneside			1912	-	2007	-	2057	-		-	-
Kendal			1916	-	2011	-	2101	-		-	-
Oxenholme Lake District	a		1921	-	2016	-	2106	-		-	-
Oxenholme Lake District	d			-	1922	-		-		-	-
Lancaster	a	1850	1937	-	1951	-	2050	-	2148	-	-
Lancaster	d	-	1939	-	1951	-	2050	-	-	-	-
Preston	a	-	1958	-	2014	-	2108	-	-	-	-
Wigan North Western	a	-	2023	-	-	-	2124	-	-	-	-
Manchester Oxford Rd	a	-	2052	-	-	-	2151	-	-	-	-
Manchester Piccadilly	🚏 a	-	2056	-	-	-	2155	-	-	-	-
Manchester Airport	🚏 a	-	2117	-	-	-	2212	-	-	-	-

## Notes

x Request stop station.

# Carlisle - Barrow/Windermere - Lancaster

Sunday

		★	Ⓛ				
Carlisle	d	1810	-	-	1910	2010	2110
Dalston		1818	-	-	1918	2018	2118
Wigton		1828	-	-	1928	2028	2128
Aspatria		1838	-	-	1938	2038	2138
Maryport		1849	-	-	1949	2049	2149
Flimby		18x52	-	-	19x52	20x52	21x52
Workington		1900	-	-	2000	2100	2200
Harrington		1904	-	-	2004	2104	2204
Parton		19x12	-	-	20x12	21x12	22x12
Whitehaven	a	1919	-	-	2019	2119	2219
Whitehaven	d	-	-	-	-	-	-
Corkickle		-	-	-	-	-	-
St. Bees		-	-	-	-	-	-
Nethertown		-	-	-	-	-	-
Braystones		-	-	-	-	-	-
Sellafield		-	-	-	-	-	-
Seascale		-	-	-	-	-	-
Drigg		-	-	-	-	-	-
Ravenglass	Ⓜ	-	-	-	-	-	-
Bootle		-	-	-	-	-	-
Silecroft		-	-	-	-	-	-
Millom	a	-	-	-	-	-	-
Millom	d	-	-	-	-	-	-
Green Road		-	-	-	-	-	-
Foxfield		-	-	-	-	-	-
Kirkby-in-Furness		-	-	-	-	-	-
Askam		-	-	-	-	-	-
Barrow-in-Furness	a	-	-	-	-	-	-
Barrow-in-Furness	d	-	-	-	-	-	-
Roose		-	-	-	-	-	-
Dalton		-	-	-	-	-	-
Ulverston		-	-	-	-	-	-
Cark & Cartmel		-	-	-	-	-	-
Kents Bank		-	-	-	-	-	-
Grange-over-Sands		-	-	-	-	-	-
Arnsdale		-	-	-	-	-	-
Silverdale		-	-	-	-	-	-
Carnforth		-	-	-	-	-	-
Windermere	Ⓜ	d	2139	2147	-	-	-
Staveley		-	2144	2152	-	-	-
Burneside		-	2149	2157	-	-	-
Kendal		-	2153	2201	-	-	-
Oxenholme Lake District	a	-	2158	2206	-	-	-
Oxenholme Lake District	d	-	2200	2223	-	-	-
Lancaster	a	-	2231	2256	-	-	-
Lancaster	d	-	2238	-	-	-	-
Preston	a	-	-	-	-	-	-
Wigan North Western	a	-	-	-	-	-	-
Manchester Oxford Rd	a	-	-	-	-	-	-
Manchester Piccadilly	Ⓜ	a	-	-	-	-	-
Manchester Airport	↔	a	-	-	-	-	-

Notes

- x Request stop station.
- Ⓛ Until 28 March 2021.
- ★ From 04 April 2021.

# Lancaster - Windermere/Barrow - Carlisle

Monday to Saturday

		SO	SX		SX	SO	
Manchester Airport	↔	d	-	-	-	-	0524
Manchester Piccadilly	Ⓜ	d	-	-	-	-	0543
Manchester Oxford Rd		d	-	-	-	-	0547
Wigan North Western		d	-	-	-	-	0616
Preston		d	-	-	0518	-	0644
Lancaster	a	-	-	-	0538	-	0701
Lancaster	d	-	-	-	0538	0600	0701
Oxenholme Lake District	a	-	-	-	0615	-	-
Oxenholme Lake District	d	-	-	-	0617	-	-
Kendal		-	-	-	0621	-	-
Burneside		-	-	-	0625	-	-
Staveley		-	-	-	0630	-	-
Windermere	Ⓜ	a	-	-	0636	-	-
Carnforth		-	-	-	0548	-	0710
Silverdale		-	-	-	0553	-	0715
Arnsdale		-	-	-	0558	-	0719
Grange-over-Sands		-	-	-	0604	-	0725
Kents Bank		-	-	-	0607	-	0728
Cark & Cartmel		-	-	-	0611	-	0732
Ulverston		-	-	-	0620	-	0740
Dalton		-	-	-	0628	-	0748
Roose		-	-	-	0634	-	0754
Barrow-in-Furness	a	-	-	-	0641	-	0801
Barrow-in-Furness	d	-	-	-	0558	0651	0750 0754
Askam		-	-	-	0608	0701	0800 0804
Kirkby-in-Furness		-	-	-	06x12	07x05	08x04 08x08
Foxfield		-	-	-	0616	0709	0808 0812
Green Road		-	-	-	06x20	07x13	08x11 08x15
Millom	a	-	-	-	0626	0719	0817 0821
Millom	d	-	-	-	0627	0719	0818 0822
Silecroft		-	-	-	06x32	07x24	08x23 08x27
Bootle		-	-	-	06x39	07x31	08x29 08x33
Ravenglass	Ⓜ	-	-	-	0645	0737	0835 0839
Drigg		-	-	-	06x49	07x41	08x38 08x42
Seascale		-	-	-	0653	0745	0842 0846
Sellafield		-	-	-	0700	0753	0849 0852
Braystones		-	-	-	-	07x57	08x55
Nethertown		-	-	-	07x59	-	08x58
St. Bees		-	-	-	0713	0805	0900 0904
Corkickle		-	-	-	0719	0811	0905 0909
Whitehaven	a	-	-	-	0722	0814	0908 0913
Whitehaven	d	-	-	-	0630	0723	0816 0909 0914
Parton		-	-	-	06x33	07x27	08x20 09x13 09x18
Harrington		-	-	-	0642	0736	0828 0921 0927
Workington		0548	0552	0648	0742	-	0834 0927 0933
Flimby		05x52	05x56	06x52	07x46	-	08x39 09x32 09x37
Maryport		0556	0600	0656	0750	-	0843 0936 0941
Aspatria		0606	0610	0706	0800	-	0853 0946 0951
Wigton		0618	0622	0718	0812	-	0904 0957 1003
Dalston		0627	0631	0727	0821	-	0913 1006 1012
Carlisle	a	0638	0642	0738	0832	-	0924 1017 1023

Notes

- SO Runs Saturdays only.
- SX Runs Mondays to Fridays only.
- x Request stop station.

## Lancaster - Windermere/Barrow - Carlisle

Monday to Saturday

		SO	SX	SO	SX	SO	SX
Manchester Airport	← d	-	-	-	-	0727	-
Manchester Piccadilly	↻ d	-	-	-	-	0745	-
Manchester Oxford Rd	d	-	-	-	-	0749	-
Wigan North Western	d	-	-	-	-	0818	-
Preston	d	-	-	-	-	0842	-
Lancaster	a	-	-	-	-	0859	-
Lancaster	d	0736	-	0823	0823	-	0900
Oxenholme Lake District	a	-	-	-	-	-	-
Oxenholme Lake District	d	0729	-	-	0827	-	0920 0930
Kendal	d	0733	-	-	0831	-	0924 0934
Burneside	d	0737	-	-	0835	-	0928 0938
Staveley	d	0742	-	-	0840	-	0933 0943
Windermere	↻ a	0748	-	-	0846	-	0939 0949
Carnforth	d	0745	-	0832	0832	-	0911 -
Silverdale	d	0751	-	0838	0838	-	0916 -
Arnside	d	0755	-	0842	0842	-	0920 -
Grange-over-Sands	d	0801	-	0848	0848	-	0926 -
Kents Bank	d	0805	-	▼ 0852	-	-	0929 -
Cark & Cartmel	d	0809	-	0854	0856	-	0933 -
Ulverston	d	0817	-	0902	0904	-	0941 -
Dalton	d	0826	-	0910	0913	-	0949 -
Roose	d	0832	-	▼ 0919	-	-	0955 -
Barrow-in-Furness	a	0839	-	0922	0926	-	1001 -
Barrow-in-Furness	d	-	0917	-	-	0927	-
Askam	d	-	0927	-	-	0937	-
Kirkby-in-Furness	d	-	09x31	-	-	09x41	-
Foxfield	d	-	0935	-	-	0945	-
Green Road	d	-	09x38	-	-	09x48	-
Millom	a	-	0943	-	-	0954	-
Millom	d	-	0944	-	-	0955	-
Silecroft	d	-	09x48	-	-	09x59	-
Booth	d	-	09x55	-	-	10x06	-
Ravenglass	↻	-	1001	-	-	1012	-
Drigg	d	-	10x04	-	-	10x15	-
Seascale	d	-	1008	-	-	1019	-
Sellafield	d	-	1014	-	-	1032	-
Braystones	d	-	-	-	-	-	-
Nethertown	d	-	▼	-	-	▼	-
St. Bees	d	-	1027	-	-	1042	-
Corkickle	d	-	1033	-	-	1047	-
Whitehaven	a	-	1035	-	-	1050	-
Whitehaven	d	-	1037	-	-	1051	-
Parton	d	-	10x40	-	-	10x55	-
Harrington	d	-	1049	-	-	1103	-
Workington	d	-	1055	-	-	1109	-
Flimby	d	-	10x59	-	-	11x14	-
Maryport	d	-	1103	-	-	1117	-
Aspatria	d	-	1113	-	-	1127	-
Wigton	d	-	1124	-	-	1138	-
Dalston	d	-	1133	-	-	1147	-
Carlisle	a	-	1144	-	-	1158	-

## Notes

- SO Runs Saturdays only.
- SX Runs Mondays to Fridays only.
- x Request stop station.

## Lancaster - Windermere/Barrow - Carlisle

Monday to Saturday

		SX	SO			SO
Manchester Airport	← d	0827	0828	-	0927	-
Manchester Piccadilly	↻ d	0848	0848	-	0948	-
Manchester Oxford Rd	d	0851	0851	-	0951	-
Wigan North Western	d	0921	0921	-	1021	-
Preston	d	0944	0944	-	1045	-
Lancaster	a	1001	1001	-	1102	-
Lancaster	d	1002	1002	1013	1102	-
Oxenholme Lake District	a	1020	1032	-	-	-
Oxenholme Lake District	d	1021	1033	-	1121	-
Kendal	d	1026	1038	-	1125	-
Burneside	d	1029	-	-	1129	-
Staveley	d	1034	▼	-	1134	-
Windermere	↻ a	1041	1051	▼	1140	-
Carnforth	d	-	-	1022	1111	-
Silverdale	d	-	-	1028	1116	-
Arnside	d	-	-	1032	1121	-
Grange-over-Sands	d	-	-	1038	1126	-
Kents Bank	d	-	-	1042	▼	-
Cark & Cartmel	d	-	-	1046	1132	-
Ulverston	d	-	-	1054	1139	-
Dalton	d	-	-	1102	1147	-
Roose	d	-	-	1108	▼	-
Barrow-in-Furness	a	-	-	1116	1159	-
Barrow-in-Furness	d	1022	-	1118	-	1206
Askam	d	1032	-	1128	-	1216
Kirkby-in-Furness	d	10x36	-	11x32	-	12x20
Foxfield	d	1040	-	1136	-	1224
Green Road	d	10x43	-	11x40	-	12x27
Millom	a	1049	-	1146	-	1233
Millom	d	1050	-	1146	-	1234
Silecroft	d	10x54	-	11x51	-	12x38
Booth	d	11x01	-	11x57	-	12x45
Ravenglass	↻	1107	-	1203	-	1251
Drigg	d	11x10	-	12x06	-	12x54
Seascale	d	1114	-	1210	-	1257
Sellafield	d	1122	-	1217	-	1303
Braystones	d	11x26	-	-	-	13x07
Nethertown	d	11x28	-	▼	-	13x09
St. Bees	d	1134	-	1227	-	1328
Corkickle	d	1140	-	1232	-	1334
Whitehaven	a	1143	-	1235	-	1336
Whitehaven	d	1145	-	1236	-	1338
Parton	d	11x48	-	▼	-	13x41
Harrington	d	1157	-	-	-	1350
Workington	d	1203	-	1253	-	1356
Flimby	d	12x07	-	▼	-	14x00
Maryport	d	1211	-	1301	-	1404
Aspatria	d	1221	-	1311	-	1414
Wigton	d	1233	-	1323	-	1426
Dalston	d	1242	-	▼	-	1435
Carlisle	a	1253	-	1341	-	1447

## Notes

- SO Runs Saturdays only.
- SX Runs Mondays to Fridays only.
- x Request stop station.

## Lancaster - Windermere/Barrow - Carlisle

Monday to Saturday

	SX	SX	SO	SO	SX			
Manchester Airport	d	-	1128	1128	-	-	-	1228 - 1328
Manchester Piccadilly	d	-	1147	1147	-	-	-	1247 - 1347
Manchester Oxford Rd	d	-	1150	1150	-	-	-	1250 - 1350
Wigan North Western	d	-	1221	1216	-	-	-	1321 - 1421
Preston	d	-	1245	1245	-	-	-	1345 - 1445
Lancaster	a	-	1302	1303	-	-	-	1402 - 1502
Lancaster	d	-	1302	1313	1301	1313	-	- 1402 - 1502
Oxenholme Lake District	a	-	1331	1331	-	-	-	- -
Oxenholme Lake District	d	-	1332	1332	-	-	1439	- -
Kendal	-	-	1337	1337	-	-	1443	- -
Burneside	-	-	1340	1340	-	-	-	- -
Staveley	-	-	1345	1345	-	-	-	- -
Windermere	a	-	1351	1352	-	-	1455	- -
Carnforth	-	-	-	-	1310	1322	-	- 1411 - 1511
Silverdale	-	-	-	-	1316	1328	-	- 1416 - 1516
Arnside	-	-	-	-	1320	1332	-	- 1421 - 1521
Grange-over-Sands	-	-	-	-	1326	1338	-	- 1426 - 1526
Kents Bank	-	-	-	-	1330	1342	-	- 1430 - 1530
Cark & Cartmel	-	-	-	-	1334	1346	-	- 1434 - 1534
Ulverston	-	-	-	-	1342	1354	-	- 1441 - 1541
Dalton	-	-	-	-	1351	1402	-	- 1450 - 1550
Roose	-	-	-	-	1357	1408	-	- 1456 - 1556
Barrow-in-Furness	a	-	-	-	1404	1416	-	- 1502 - 1602
Barrow-in-Furness	d	1316	-	-	1414	1417	-	1449 - 1544 -
Askam	-	-	-	-	1424	1427	-	1459 - 1554 -
Kirkby-in-Furness	13x30	-	-	-	14x28	14x31	-	15x03 - 15x58 -
Foxfield	1334	-	-	-	1432	1435	-	1507 - 1602 -
Green Road	13x37	-	-	-	14x35	14x39	-	15x10 - 16x05 -
Millom	a	1343	-	-	1441	1445	-	1516 - 1611 -
Millom	d	1344	-	-	1442	1445	-	1517 - 1612 -
Silecroft	13x48	-	-	-	14x46	14x49	-	15x21 - 16x16 -
Booth	13x55	-	-	-	14x53	14x56	-	15x28 - 16x23 -
Ravenglass	1401	-	-	-	1459	1502	-	1534 - 1629 -
Drigg	14x04	-	-	-	15x02	15x05	-	15x37 - 16x32 -
Seascale	1407	-	-	-	1506	1508	-	1541 - 1635 -
Sellafield	1413	-	-	-	1512	1514	-	1547 - 1641 -
Braystones	14x16	-	-	-	15x15	-	-	- -
Nethertown	14x19	-	-	-	15x18	-	-	- -
St. Bees	1427	-	-	-	1527	1527	-	1600 - 1652 -
Corkickle	1433	-	-	-	1533	1533	-	1606 - 1657 -
Whitehaven	a	1436	-	-	1536	1536	-	1608 - 1700 -
Whitehaven	d	1438	-	-	1539	1540	-	1612 - 1701 -
Parton	14x41	-	-	-	15x44	15x45	-	16x15 - 17x05 -
Harrington	1450	-	-	-	1552	1553	-	1624 - 1713 -
Workington	1456	-	-	-	1558	1559	-	1633 - 1719 -
Flimby	15x00	-	-	-	16x03	16x04	-	16x37 - 17x24 -
Maryport	1505	-	-	-	1607	1608	-	1643 - 1728 -
Aspatria	1515	-	-	-	1617	1618	-	1653 - 1738 -
Wigton	1526	-	-	-	1628	1629	-	1705 - 1749 -
Dalston	1535	-	-	-	1637	1638	-	1714 - 1759 -
Carlisle	a	1546	-	-	1648	1651	-	1725 - 1810 -

## Notes

- SO Runs Saturdays only.
- SX Runs Mondays to Fridays only.
- x Request stop station.

## Lancaster - Windermere/Barrow - Carlisle

Monday to Saturday

	SO	SX	SX	SX	SX	SO		
Manchester Airport	d	-	-	-	1428	-	-	1528 1528 - -
Manchester Piccadilly	d	-	-	-	1447	-	-	1547 1547 - -
Manchester Oxford Rd	d	-	-	-	1450	-	-	1551 1551 - -
Wigan North Western	d	-	-	-	1520	-	-	1615 1618 - -
Preston	d	-	-	-	1545	-	1532	1634 1645 - -
Lancaster	a	-	-	-	1602	-	1552	1651 1702 - -
Lancaster	d	-	-	-	1602	-	1612	1651 1703 - 1732
Oxenholme Lake District	a	-	-	-	1630	-	-	- -
Oxenholme Lake District	d	1537	-	-	1631	-	-	- -
Kendal	1541	-	-	-	1636	-	-	- -
Burneside	1545	-	-	-	1639	-	-	- -
Staveley	1550	-	-	-	1644	-	-	- -
Windermere	a	1556	-	-	1651	-	-	- -
Carnforth	-	-	-	-	-	-	1622	1700 1712 - 1741
Silverdale	-	-	-	-	-	-	1628	1705 1717 - 1746
Arnside	-	-	-	-	-	-	1632	1709 1721 - 1751
Grange-over-Sands	-	-	-	-	-	-	1638	1715 1727 - 1757
Kents Bank	-	-	-	-	-	-	1642	1718 1730 - 1800
Cark & Cartmel	-	-	-	-	-	-	1646	1722 1734 - 1804
Ulverston	-	-	-	-	-	-	1654	1730 1742 - 1812
Dalton	-	-	-	-	-	-	1702	1738 1750 - 1820
Roose	-	-	-	-	-	-	1708	1744 1756 - 1826
Barrow-in-Furness	a	-	-	-	-	-	1716	1750 1802 - 1834
Barrow-in-Furness	d	1611	1615	-	-	-	1717	- - 1807 -
Askam	-	1621	1625	-	-	-	1728	- - 1817 -
Kirkby-in-Furness	-	16x25	16x29	-	-	-	17x32	- - 18x21 -
Foxfield	-	1629	1634	-	-	-	1736	- - 1825 -
Green Road	-	16x32	16x37	-	-	-	17x39	- - 18x28 -
Millom	a	1638	1643	-	-	-	1745	- - 1834 -
Millom	d	1639	1644	-	-	-	1745	- - 1834 -
Silecroft	-	16x43	16x48	-	-	-	17x50	- -
Booth	-	16x50	16x55	-	-	-	17x56	- -
Ravenglass	-	1656	1701	-	-	-	1802	- - 1849 -
Drigg	-	16x59	17x04	-	-	-	18x05	- - 18x52 -
Seascale	-	1702	1708	-	-	-	1809	- - 1856 -
Sellafield	-	1708	1712	-	-	-	1814	- - 1900 -
Braystones	-	17x11	-	-	-	-	-	- -
Nethertown	-	17x14	-	-	-	-	-	- -
St. Bees	-	1719	-	-	-	-	1826	- - 1912 -
Corkickle	-	1724	-	-	-	-	1832	- - 1917 -
Whitehaven	a	1728	-	-	-	-	1834	- - 1920 -
Whitehaven	d	1729	-	-	-	-	1749	1835 - - 1921 -
Parton	-	17x33	-	-	-	-	17x52	18x39 - - 19x25 -
Harrington	-	1741	-	-	-	-	1801	1847 - - 1933 -
Workington	-	1747	-	-	-	-	1807	1853 - - 1943 -
Flimby	-	17x52	-	-	-	-	18x11	18x58 - - 19x47 -
Maryport	-	1756	-	-	-	-	1816	1902 - - 1953 -
Aspatria	-	1806	-	-	-	-	1826	1912 - - 2003 -
Wigton	-	1817	-	-	-	-	1837	1923 - - 2014 -
Dalston	-	1826	-	-	-	-	1846	1932 - - 2023 -
Carlisle	a	1841	-	-	-	-	1857	1943 - - 2034 -

## Notes

- SO Runs Saturdays only.
- SX Runs Mondays to Fridays only.
- x Request stop station.

## Lancaster - Windermere/Barrow - Carlisle

Monday to Saturday

	SO	SX	SO	SX	SO	SX		SX	SO
Manchester Airport	d	-	-	-	1626	1628	-	-	-
Manchester Piccadilly	d	-	-	-	1648	1647	-	-	-
Manchester Oxford Rd	d	-	-	-	1659	1650	-	-	-
Wigan North Western	d	-	-	-	1721	-	-	-	-
Preston	d	-	-	-	1745	1745	-	-	-
Lancaster	a	-	-	-	1802	1802	-	-	-
Lancaster	d	-	-	-	1802	1802	-	1835	-
Oxenholme Lake District	a	-	-	-	-	-	-	-	-
Oxenholme Lake District	d	1736	1742	-	-	-	1829	-	-
Kendal		1740	1746	-	-	-	1833	-	-
Burneside		1744	1750	-	-	-	1837	-	-
Staveley		1749	1755	-	-	-	1842	-	-
Windermere	a	1755	1801	-	-	-	1848	-	-
Carnforth		-	-	-	1811	1811	-	1844	-
Silverdale		-	-	-	1816	1816	-	1850	-
Arnside		-	-	-	1821	1821	-	1854	-
Grange-over-Sands		-	-	-	1826	1826	-	1900	-
Kents Bank		-	-	-	1830	1830	-	1904	-
Carl & Cartmel		-	-	-	1834	1834	-	1908	-
Ulverston		-	-	-	1841	1841	-	1916	-
Dalton		-	-	-	1850	1850	-	1924	-
Roose		-	-	-	1856	1856	-	1930	-
Barrow-in-Furness	a	-	-	-	1902	1902	-	1938	-
Barrow-in-Furness	d	-	-	1857	-	1912	-	1944	1944
Askam		-	-	1907	-	1922	-	1954	1954
Kirkby-in-Furness		-	-	19x11	-	19x26	-	19x58	19x58
Foxfield		-	-	1915	-	1930	-	2002	2002
Green Road		-	-	19x19	-	19x33	-	20x05	20x05
Millom	a	-	-	1925	-	1939	-	2012	2011
Millom	d	-	-	1925	-	1940	-	-	2011
Silecroft		-	-	19x29	-	19x44	-	-	20x16
Boothle		-	-	19x36	-	19x51	-	-	20x22
Ravenglass		-	-	1942	-	1957	-	-	2028
Drigg		-	-	19x45	-	20x00	-	-	20x31
Seascale		-	-	1948	-	2003	-	-	2035
Sellafield		-	-	1953	-	2012	-	-	2041
Braystones		-	-	-	-	20x15	-	-	20x44
Nethertown		-	-	-	-	20x18	-	-	20x47
St. Bees		-	-	2003	-	2027	-	-	2052
Corkickle		-	-	2008	-	2032	-	-	2057
Whitehaven	a	-	-	2012	-	2036	-	-	2101
Whitehaven	d	-	-	2013	-	2037	-	-	2102
Parton		-	-	20x17	-	20x41	-	-	21x06
Harrington		-	-	2025	-	2049	-	-	2114
Workington		-	-	2035	-	2055	-	-	2120
Flimby		-	-	20x40	-	21x00	-	-	21x25
Maryport		-	-	2044	-	2104	-	-	2128
Aspatria		-	-	2054	-	2114	-	-	-
Wigton		-	-	2105	-	2125	-	-	-
Dalston		-	-	2114	-	2134	-	-	-
Carlisle	a	-	-	2125	-	2145	-	-	-

## Notes

- SO Runs Saturdays only.
- SX Runs Mondays to Fridays only.
- x Request stop station.

## Lancaster - Windermere/Barrow - Carlisle

Monday to Saturday

	SX	SO	SX	SO	SO	SX	SX	SO	SO	►
Manchester Airport	d	1727	1728	-	-	1828	1828	-	-	-
Manchester Piccadilly	d	1747	1748	-	-	1847	1847	-	-	-
Manchester Oxford Rd	d	1751	1751	-	-	1851	1852	-	-	-
Wigan North Western	d	1820	1820	-	-	1919	1920	-	-	-
Preston	d	1845	1844	-	-	1945	1946	-	-	-
Lancaster	a	1902	1901	-	-	2002	2003	-	-	-
Lancaster	d	1902	1902	1913	1913	2002	2003	-	-	-
Oxenholme Lake District	a	1920	1921	-	-	-	-	-	-	-
Oxenholme Lake District	d	1922	1922	-	-	-	-	-	-	2018
Kendal		1926	1927	-	-	-	-	-	-	2022
Burneside		1930	1930	-	-	-	-	-	-	2026
Staveley		1935	1935	-	-	-	-	-	-	2031
Windermere	a	1942	1941	-	-	-	-	-	-	2037
Carnforth		-	-	1922	1922	2011	2012	-	-	-
Silverdale		-	-	1928	1928	2016	2017	-	-	-
Arnside		-	-	1932	1932	2021	2022	-	-	-
Grange-over-Sands		-	-	1938	1938	2026	2027	-	-	-
Kents Bank		-	-	1942	1942	2030	2031	-	-	-
Carl & Cartmel		-	-	1946	1946	2034	2035	-	-	-
Ulverston		-	-	1954	1954	2042	2043	-	-	-
Dalton		-	-	2002	2002	2050	2051	-	-	-
Roose		-	-	2008	2008	2056	2057	-	-	-
Barrow-in-Furness	a	-	-	2016	2016	2103	2104	-	-	-
Barrow-in-Furness	d	-	-	2018	2018	-	-	-	-	2110
Askam		-	-	2028	2028	-	-	-	-	2120
Kirkby-in-Furness		-	-	20x32	20x32	-	-	-	-	21x24
Foxfield		-	-	2036	2036	-	-	-	-	2128
Green Road		-	-	20x39	20x39	-	-	-	-	21x32
Millom	a	-	-	2045	2046	-	-	-	-	2138
Millom	d	-	-	2045	-	-	-	-	-	-
Silecroft		-	-	20x50	-	-	-	-	-	-
Boothle		-	-	20x56	-	-	-	-	-	-
Ravenglass		-	-	2102	-	-	-	-	-	-
Drigg		-	-	21x05	-	-	-	-	-	-
Seascale		-	-	2109	-	-	-	-	-	-
Sellafield		-	-	2115	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-
St. Bees		-	-	2124	-	-	-	-	-	-
Corkickle		-	-	2130	-	-	-	-	-	-
Whitehaven	a	-	-	2132	-	-	-	-	-	-
Whitehaven	d	-	-	2134	-	-	-	2209	2209	-
Parton		-	-	21x37	-	-	-	22x12	22x12	-
Harrington		-	-	2146	-	-	-	2221	2221	-
Workington		-	-	2152	-	-	-	2227	2227	-
Flimby		-	-	21x56	-	-	-	22x32	22x32	-
Maryport		-	-	2200	-	-	-	2236	2236	-
Aspatria		-	-	2210	-	-	-	2246	-	-
Wigton		-	-	2221	-	-	-	2257	-	-
Dalston		-	-	2230	-	-	-	2306	-	-
Carlisle	a	-	-	2241	-	-	-	2317	-	-

## Notes

- SO Runs Saturdays only.
- SX Runs Mondays to Fridays only.
- x Request stop station.
- From 04 January until 13 February and from 29 March 2021.

## Lancaster - Windermere/Barrow - Carlisle

## Monday to Saturday

		SO ▶	SO ■	SX		SX	SO ▶	SO ■	SX	SO ▶
Manchester Airport	← d	1926	-	-	-	-	-	-	-	-
Manchester Piccadilly	↻ d	1947	-	-	-	-	-	-	-	-
Manchester Oxford Rd	d	1950	-	-	-	-	-	-	-	-
Wigan North Western	d	2021	-	-	-	-	-	-	-	-
Preston	d	2044	-	-	-	-	-	-	-	-
Lancaster	a	2101	-	-	-	-	-	-	-	-
Lancaster	d	2102	-	-	-	2209	-	-	-	2226
Oxenholme Lake District	a	↓	-	-	-	↓	-	-	-	↓
Oxenholme Lake District	d	2115	2117	2120	-	2200	2206	2222	-	↓
Kendal		2125	2121	2124	-	2210	2210	2226	-	↓
Burneside		2135	2125	2128	-	2220	2214	2230	-	↓
Staveley		2145	2130	2133	-	2230	2219	2235	-	↓
Windermere	↻ a	2155	2136	2139	-	2240	2225	2241	-	↓
Carnforth		2112	-	-	-	2218	-	-	-	2235
Silverdale		2117	-	-	-	2224	-	-	-	2241
Arnside		2121	-	-	-	2228	-	-	-	2245
Grange-over-Sands		2126	-	-	-	2234	-	-	-	2251
Kents Bank		2130	-	-	-	2238	-	-	-	2255
Cark & Cartmel		2134	-	-	-	2242	-	-	-	2259
Ulverston		2141	-	-	-	2250	-	-	-	2307
Dalton		2149	-	-	-	2258	-	-	-	2315
Roose		2155	-	-	-	2304	-	-	-	2321
Barrow-in-Furness	a	2202	-	-	-	2312	-	-	-	2329
Barrow-in-Furness	d	-	-	-	2211	-	-	-	-	-
Askam		-	-	-	2221	-	-	-	-	-
Kirkby-in-Furness		-	-	-	22x25	-	-	-	-	-
Foxfield		-	-	-	2229	-	-	-	-	-
Green Road		-	-	-	22x33	-	-	-	-	-
Millom	a	-	-	-	2239	-	-	-	-	-
Millom	d	-	-	-	-	-	-	-	-	-
Silecroft		-	-	-	-	-	-	-	-	-
Bootle		-	-	-	-	-	-	-	-	-
Ravenglass	↻	-	-	-	-	-	-	-	-	-
Drigg		-	-	-	-	-	-	-	-	-
Seascale		-	-	-	-	-	-	-	-	-
Sellafield		-	-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-
St. Bees		-	-	-	-	-	-	-	-	-
Corkickle		-	-	-	-	-	-	-	-	-
Whitehaven	a	-	-	-	-	-	-	-	-	-
Whitehaven	d	-	-	-	-	-	-	-	-	-
Parton		-	-	-	-	-	-	-	-	-
Harrington		-	-	-	-	-	-	-	-	-
Workington		-	-	-	-	-	-	-	-	-
Flimby		-	-	-	-	-	-	-	-	-
Maryport		-	-	-	-	-	-	-	-	-
Aspatria		-	-	-	-	-	-	-	-	-
Wigton		-	-	-	-	-	-	-	-	-
Dalston		-	-	-	-	-	-	-	-	-
Carlisle	a	-	-	-	-	-	-	-	-	-

## Notes

- SO Runs Saturdays only.
- SX Runs Mondays to Fridays only.
- x Request stop station.
- ↻ Rail Replacement bus service.
- Until 02 January and from 15 February until 27 March 2021.
- ▶ From 04 January until 13 February and from 29 March 2021.

## Lancaster - Windermere/Barrow - Carlisle

## Monday to Saturday

		SO ▶	SO ■	SO ■	SX
Manchester Airport	← d	-	-	2210	2210
Manchester Piccadilly	↻ d	-	-	2225	2225
Manchester Oxford Rd	d	-	-	2229	2229
Wigan North Western	d	-	-	2253	2257
Preston	d	-	2211	2309	2315
Lancaster	a	-	2231	2326	2332
Lancaster	d	2328	2232	2328	2333
Oxenholme Lake District	a	↓	↓	↓	↓
Oxenholme Lake District	d	↓	↓	↓	↓
Kendal		↓	↓	↓	↓
Burneside		↓	↓	↓	↓
Staveley		↓	↓	↓	↓
Windermere	↻ a	↓	↓	↓	↓
Carnforth		2338	2241	2337	2342
Silverdale		2343	2247	2342	2347
Arnside		2348	2251	2346	2351
Grange-over-Sands		2354	2257	2353	2358
Kents Bank		2358	2301	2357	0001
Cark & Cartmel		0002	2305	0001	0005
Ulverston		0010	2313	0009	0013
Dalton		0019	2321	0017	0021
Roose		0025	2327	0023	0027
Barrow-in-Furness	a	0032	2335	0030	0033
Barrow-in-Furness	d	-	-	-	-
Askam		-	-	-	-
Kirkby-in-Furness		-	-	-	-
Foxfield		-	-	-	-
Green Road		-	-	-	-
Millom	a	-	-	-	-
Millom	d	-	-	-	-
Silecroft		-	-	-	-
Bootle		-	-	-	-
Ravenglass	↻	-	-	-	-
Drigg		-	-	-	-
Seascale		-	-	-	-
Sellafield		-	-	-	-
Braystones		-	-	-	-
Nethertown		-	-	-	-
St. Bees		-	-	-	-
Corkickle		-	-	-	-
Whitehaven	a	-	-	-	-
Whitehaven	d	-	-	-	-
Parton		-	-	-	-
Harrington		-	-	-	-
Workington		-	-	-	-
Flimby		-	-	-	-
Maryport		-	-	-	-
Aspatria		-	-	-	-
Wigton		-	-	-	-
Dalston		-	-	-	-
Carlisle	a	-	-	-	-

## Notes

- SO Runs Saturdays only.
- SX Runs Mondays to Fridays only.
- x Request stop station.
- Until 02 January and from 15 February until 27 March 2021.
- ▶ From 04 January until 13 February and from 29 March 2021.





## Lancaster - Windermere/Barrow - Carlisle

Sunday

Manchester Airport	←	d	-	-	-	1242	-	-	1330	-	-	-	-
Manchester Piccadilly	↻	d	-	-	-	1301	-	-	1348	-	-	-	-
Manchester Oxford Rd		d	1154	-	-	1306	-	-	1351	-	-	-	-
Wigan North Western		d	1219	-	-	1333	-	-	1421	-	-	-	-
Preston		d	1244	-	-	1358	-	-	1446	-	-	-	-
Lancaster		a	1301	-	-	1415	-	-	1503	-	-	-	-
Lancaster		d	1302	1313	-	1415	-	-	1504	-	-	1603	-
Oxenholme Lake District		a	1332	-	-	-	-	-	-	-	-	-	-
Oxenholme Lake District		d	1333	-	-	-	1422	-	1529	-	-	-	-
Kendal			1338	-	-	-	1426	-	1533	-	-	-	-
Burneside			1341	-	-	-	1430	-	1537	-	-	-	-
Staveley			1346	-	-	-	1435	-	1542	-	-	-	-
Windermere	☰	a	1353	↓	-	↓	-	1441	↓	1548	↓	-	-
Carnforth			-	1322	-	1424	-	-	1514	-	1612	-	-
Silverdale			-	1328	-	1429	-	-	1519	-	1618	-	-
Arnside			-	1332	-	1434	-	-	1523	-	1622	-	-
Grange-over-Sands			-	1338	-	1439	-	-	1528	-	1628	-	-
Kents Bank			-	1342	-	1443	-	-	1532	-	1632	-	-
Cark & Cartmel			-	1346	-	1447	-	-	1536	-	1636	-	-
Ulverston			-	1354	-	1454	-	-	1543	-	1644	-	-
Dalton			-	1402	-	1502	-	-	1552	-	1652	-	-
Roose			-	1408	-	1509	-	-	1558	-	1658	-	-
Barrow-in-Furness		a	-	1416	-	1515	-	-	1604	-	1706	-	-
Barrow-in-Furness		d	-	1417	1455	-	1558	-	-	-	1717	-	-
Askam			-	1427	1505	-	1608	-	-	-	1728	-	-
Kirkby-in-Furness			-	↓	15x09	-	16x12	-	-	-	17x32	-	-
Foxfield			-	↓	1513	-	1616	-	-	-	1736	-	-
Green Road			-	↓	15x16	-	16x19	-	-	-	17x39	-	-
Millom		a	-	1441	1522	-	1625	-	-	-	1745	-	-
Millom		d	-	1443	1523	-	1625	-	-	-	1746	-	-
Silecroft			-	↓	15x28	-	16x30	-	-	-	17x50	-	-
Bootle			-	↓	15x34	-	16x36	-	-	-	17x57	-	-
Ravenglass	☰		-	1458	1541	-	1642	-	-	-	1803	-	-
Drigg			-	↓	15x44	-	16x45	-	-	-	18x06	-	-
Seascale			-	↓	1547	-	1649	-	-	-	1809	-	-
Sellafield			-	1506	1551	-	1654	-	-	-	1815	-	-
Braystones			-	↓	↓	-	16x58	-	-	-	18x18	-	-
Nethertown			-	↓	↓	-	17x00	-	-	-	18x21	-	-
St. Bees			-	1520	1601	-	1705	-	-	-	1829	-	-
Corkickle			-	1525	1607	-	1710	-	-	-	1834	-	-
Whitehaven		a	-	1528	1609	-	1714	-	-	-	1838	-	-
Whitehaven		d	-	1529	1611	-	1716	-	-	-	1839	1938	-
Parton			-	15x33	16x14	-	17x20	-	-	-	18x43	19x41	-
Harrington			-	1541	1623	-	1728	-	-	-	1851	1950	-
Workington			-	1547	1629	-	1734	-	-	-	1857	1956	-
Flimby			-	15x52	16x33	-	17x39	-	-	-	19x02	20x01	-
Maryport			-	1556	1637	-	1743	-	-	-	1906	2005	-
Aspatria			-	1606	1647	-	1753	-	-	-	1916	2015	-
Wigton			-	1617	1659	-	1804	-	-	-	1927	2026	-
Dalston			-	1626	1708	-	1813	-	-	-	1936	2035	-
Carlisle		a	-	1637	1719	-	1824	-	-	-	1947	2046	-

## Notes

- x Request stop station.
- ☰ Until 28 March 2021.

## Lancaster - Windermere/Barrow - Carlisle

Sunday

Manchester Airport	←	d	1430	-	1530	-	-	1630	-	-	-	1730	-
Manchester Piccadilly	↻	d	1448	-	1548	-	-	1648	-	-	-	1748	-
Manchester Oxford Rd		d	1451	-	1551	-	-	1651	-	-	-	1751	-
Wigan North Western		d	1517	-	1621	-	-	1718	-	-	-	1818	-
Preston		d	1534	-	1657	-	-	1746	-	-	-	1834	-
Lancaster		a	1552	-	1714	-	-	1803	-	-	-	1851	-
Lancaster		d	1615	-	1714	-	-	1804	-	-	-	1903	1851
Oxenholme Lake District		a	1630	-	-	-	-	-	-	-	-	1926	-
Oxenholme Lake District		d	1631	-	-	-	1730	-	1833	-	-	1927	-
Kendal			1636	-	-	-	1734	-	1837	-	-	1932	-
Burneside			1639	-	-	-	1738	-	1841	-	-	1935	-
Staveley			1644	-	-	-	1743	-	1846	-	-	1940	-
Windermere	☰	a	1651	-	↓	-	1749	↓	-	-	1852	↓	1947
Carnforth			-	-	1723	-	-	1812	-	-	1914	-	-
Silverdale			-	-	1728	-	-	1817	-	-	1919	-	-
Arnside			-	-	1732	-	-	1821	-	-	1924	-	-
Grange-over-Sands			-	-	1738	-	-	1827	-	-	1930	-	-
Kents Bank			-	-	1741	-	-	1830	-	-	1933	-	-
Cark & Cartmel			-	-	1745	-	-	1834	-	-	1937	-	-
Ulverston			-	-	1753	-	-	1842	-	-	1946	-	-
Dalton			-	-	1801	-	-	1850	-	-	1954	-	-
Roose			-	-	1807	-	-	1856	-	-	2000	-	-
Barrow-in-Furness		a	-	-	1813	-	-	1902	-	-	2007	-	-
Barrow-in-Furness		d	-	-	-	1825	-	-	1907	-	-	-	-
Askam			-	-	-	1835	-	-	1917	-	-	-	-
Kirkby-in-Furness			-	-	-	18x39	-	-	19x21	-	-	-	-
Foxfield			-	-	-	1843	-	-	1925	-	-	-	-
Green Road			-	-	-	18x46	-	-	19x28	-	-	-	-
Millom		a	-	-	-	1853	-	-	1935	-	-	-	-
Millom		d	-	-	-	-	-	-	-	-	-	-	-
Silecroft			-	-	-	-	-	-	-	-	-	-	-
Bootle			-	-	-	-	-	-	-	-	-	-	-
Ravenglass	☰		-	-	-	-	-	-	-	-	-	-	-
Drigg			-	-	-	-	-	-	-	-	-	-	-
Seascale			-	-	-	-	-	-	-	-	-	-	-
Sellafield			-	-	-	-	-	-	-	-	-	-	-
Braystones			-	-	-	-	-	-	-	-	-	-	-
Nethertown			-	-	-	-	-	-	-	-	-	-	-
St. Bees			-	-	-	-	-	-	-	-	-	-	-
Corkickle			-	-	-	-	-	-	-	-	-	-	-
Whitehaven		a	-	-	-	-	-	-	-	-	-	-	-
Whitehaven		d	-	2030	-	-	-	-	-	-	-	-	-
Parton			-	20x33	-	-	-	-	-	-	-	-	-
Harrington			-	2042	-	-	-	-	-	-	-	-	-
Workington			-	2048	-	-	-	-	-	-	-	-	-
Flimby			-	20x53	-	-	-	-	-	-	-	-	-
Maryport			-	2057	-	-	-	-	-	-	-	-	-
Aspatria			-	2107	-	-	-	-	-	-	-	-	-
Wigton			-	2118	-	-	-	-	-	-	-	-	-
Dalston			-	2127	-	-	-	-	-	-	-	-	-
Carlisle		a	-	2138	-	-	-	-	-	-	-	-	-

## Lancaster - Windermere/Barrow - Carlisle

Sunday

		★	☰		
Manchester Airport	d	1830	-	1930	- - -
Manchester Piccadilly	d	1848	-	1948	- - -
Manchester Oxford Rd	d	1851	-	1951	- - -
Wigan North Western	d	1918	-	2022	- - -
Preston	d	1947	-	2046	- - -
Lancaster	a	2004	-	2103	- - -
Lancaster	d	2004	-	2104	- - 2220
Oxenholme Lake District	a		-		- - -
Oxenholme Lake District	d		2022		2117 2121
Kendal			2026		2121 2125
Burneside			2030		2124 2129
Staveley			2035		2129 2134
Windermere	a		2041		2135 2140
Carnforth		2013	-	2113	- - 2229
Silverdale		2018	-	2118	- - 2234
Arnside		2022	-	2122	- - 2239
Grange-over-Sands		2028	-	2128	- - 2245
Kents Bank		2031	-	2131	- - 2248
Carl & Cartmel		2035	-	2135	- - 2252
Ulverston		2043	-	2143	- - 2300
Dalton		2051	-	2151	- - 2308
Roose		2058	-	2157	- - 2314
Barrow-in-Furness	a	2104	-	2203	- - 2322
Barrow-in-Furness	d	-	-	-	- - -
Askam		-	-	-	- - -
Kirkby-in-Furness		-	-	-	- - -
Foxfield		-	-	-	- - -
Green Road		-	-	-	- - -
Millom	a	-	-	-	- - -
Millom	d	-	-	-	- - -
Silecroft		-	-	-	- - -
Bootle		-	-	-	- - -
Ravenglass		-	-	-	- - -
Drigg		-	-	-	- - -
Seascale		-	-	-	- - -
Sellafield		-	-	-	- - -
Braystones		-	-	-	- - -
Nethertown		-	-	-	- - -
St. Bees		-	-	-	- - -
Corkickle		-	-	-	- - -
Whitehaven	a	-	-	-	- - -
Whitehaven	d	-	-	-	- - -
Parton		-	-	-	- - -
Harrington		-	-	-	- - -
Workington		-	-	-	- - -
Flimby		-	-	-	- - -
Maryport		-	-	-	- - -
Aspatria		-	-	-	- - -
Wigton		-	-	-	- - -
Dalston		-	-	-	- - -
Carlisle	a	-	-	-	- - -

## Notes

- x Request stop station.
- ☰ Until 28 March 2021.
- ★ From 04 April 2021.

## Useful contact details



## Fares and service information

National Rail Enquiries  
visit [nationalrail.co.uk](https://www.nationalrail.co.uk)  
call **03457 48 49 50**  
textphone **0345 60 50 60**



## Customer helpline

For comments and enquiries  
visit [northernrailway.co.uk/comments](https://www.northernrailway.co.uk/comments)  
call **0800 200 6060**



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



twitter [@northernassist](https://twitter.com/northernassist)



## Access information and assistance

call **0800 138 5560**  
email [assistance@northernrailway.co.uk](mailto:assistance@northernrailway.co.uk)



## Lost property

email [lostproperty@northernrailway.co.uk](mailto: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**

Timetables are available online and can be downloaded to your mobile device. This saves space, paper and the planet!  
[northernrailway.co.uk/timetables](https://www.northernrailway.co.uk/timetables)

All our policy documents can be found at  
[northernrailway.co.uk/legal](https://www.northernrailway.co.uk/legal)



Winter sunset over Derwentwater  
By Helen Hotson / Adobe Stock Image