





# Train times

11 December 2011 – 13 May 2012

Carlisle to  
 Barrow-in-Furness  
*with connections to  
 Lancaster and Preston*

Parking available   
 Staff in attendance   
 Bicycle store facility   
 Disabled assistance  
 available 



This timetable shows the complete train service between Carlisle and Barrow via the Cumbrian Coast where Northern operate all passenger trains. Many of these trains run beyond Barrow to Lancaster and Preston and so we also include stations on the line between Barrow and Lancaster. However this Northern timetable does not include all trains that run between Barrow and Lancaster/Preston.

### First TransPennine Express

The full service between Barrow, Lancaster, Preston and Manchester is shown in the First TransPennine Express timetable for this route. The First TransPennine Express guide includes all Northern services that run between Barrow and Lancaster/Preston so if you are only travelling on this part of the line please pick up their timetable.

## Through trains and connections

At the side of the station name **a** means arrival time and **d** means departure time. If the train times are in **bold type** you won't have to change trains.

If your arrival time is shown in light type, 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, change at the next station whose time is printed in bold type unless a footnote gives other instructions.



## No smoking

Smoking is not permitted on stations or on trains.



## Buying your ticket

It's a legal requirement to have a valid ticket or pass before you start your journey and you risk prosecution if you travel without one.

You must buy your ticket from the ticket office or ticket vending machine **before** getting on the train. If the ticket office is closed or you board at an unstaffed station you can buy your ticket from the conductor on the train. If you avoid using the ticket office or vending machine when they're available, the conductor will charge you the full Anytime Single/Return fare. Alternatively buy your ticket online at **[northernrail.org](http://northernrail.org)**.



## Group travel

We may give discounts for groups of ten or more. For details please call **0845 1243345** 0900 to 1700 Monday to Friday.

## Engineering work

Engineering work sometimes affects services, particularly at weekends and bank holidays. Please check with National Rail Enquiries before travelling by phoning **08457 48 49 50** or visiting our website



## National Rail Enquiries

Phone **08457 48 49 50** for full details of all trains times and fares or visit **[nationalrail.co.uk](http://nationalrail.co.uk)**.

## Train running

The latest information on train running is available by phoning TrainTracker™ from National Rail Enquiries on **0871 200 49 15** or by texting TrainTracker™.

Text your station name to **84950**.

## Local transport enquiries

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



## Customers with disabilities

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

We have a Disabled People's Protection Policy (DPPP) that sets out the services available to disabled customers. You can view it on our website or request a copy from our Customer Relations Team.

### To book assistance:

Freephone: **08081 56 16 06**

0800 to 2000 Monday to Saturday

0900 to 1700 Sunday

Textphone: **08456 045 608**

Email: **[assistance@northernrail.org](mailto:assistance@northernrail.org)**

## Mobility scooters

We cannot accept any type of mobility scooter for travel on our trains, unless it can be folded and carried on board (similar to a piece of luggage), due to their restricted manoeuvrability and stability.



## Bicycles

Most of our trains can take up to two bikes, subject to space being available, particularly during peak times. Folded bikes can be taken on trains as luggage without restrictions. For further details call our Customer Relations Team on **0845 00 00 125** or see our Passenger's Charter.

## Passenger's Charter

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

We set out our promises and standards in a Passenger's Charter. You can view it on our website, 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.



## Customer Relations

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

Telephone: **0845 00 00 125**  
0800 to 2000 Monday to Saturday  
0900 to 1700 Sunday

Email: **[customer.relations@northernrail.org](mailto:customer.relations@northernrail.org)**

Address: Customer Relations Department  
Northern Rail Ltd  
Freepost (RLSL-ABEC-BGUU)  
Leeds LS1 4DY

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

## Passenger Focus

Telephone: **0300 123 2350**  
Address: Passenger Focus  
Freepost (RRRE-ETTC-LEET)  
PO Box 4257 Manchester M60 3AR  
Website: **[passengerfocus.org.uk](http://passengerfocus.org.uk)**

## Christmas 2011 and New Year 2012

Trains will stop running around 2000 on Christmas Eve and New Year's Eve, and start later than normal on 27 December and New Year's Day. Contact our helpline or check our website for details. Trains don't run on Christmas Day or Boxing Day.

# Carlisle - Barrow - Lancaster

## Mondays to Fridays

Carlisle	d	-	-	-	0744	-	0844	0940	1043	1150	1247	
Dalston	-	-	-	-	07x52	-	08x52	09x48	10x51	11x58	12x55	
Wigton	-	-	-	-	0801	-	0901	0957	1100	1207	1304	
Aspatria	-	-	-	-	08x11	-	09x11	10x07	11x10	12x17	13x14	
Maryport	-	0600	-	-	0821	-	0921	1017	1120	1227	1324	
Flimby	-	06x03	-	-	08x24	-	09x24	10x20	11x23	12x30	13x27	
Workington	-	0609	-	-	0833	-	0933	1029	1132	1239	1336	
Harrington	-	06x13	-	-	08x36	-	09x36	10x32	11x35	12x42	13x39	
Parton	-	06x21	-	-	08x45	-	09x45	10x42	11x44	12x52	13x48	
Whitehaven	a	-	0626	-	0854	-	0949	1047	1150	1300	1354	
Whitehaven	d	-	0628	0728	-	-	0951	1048	1151	-	1356	
Corkickle	-	06x30	07x30	-	-	-	09x53	10x50	11x53	-	13x58	
St Bees	-	0635	0735	-	-	-	0958	1056	1159	-	1403	
Nethertown	-	06x39	-	-	-	-	-	-	12x03	-	-	
Braystones	-	06x42	-	-	-	-	-	-	12x05	-	-	
Sellafield	-	0648	0748	-	0907	1009	1108	1211	-	-	1414	
Seascale	-	06x51	07x51	-	09x10	10x14	11x11	12x14	-	-	14x17	
Drigg	-	06x54	07x54	-	09x13	10x17	11x14	12x17	-	-	14x20	
Ravenglass for Eskdale	-	0657	0757	-	0916	1020	1118	1221	-	-	1423	
Bootle	-	07x03	08x03	-	09x22	10x26	11x23	12x26	-	-	14x29	
Silecroft	-	07x09	08x09	-	09x28	10x32	11x30	12x33	-	-	14x35	
Millom	a	-	0716	0814	-	0935	1039	1137	1240	-	1442	
Millom	d	0610	0717	0815	-	0936	1040	1137	1240	-	1443	
Green Road	-	06x14	07x21	08x19	-	09x40	10x44	11x41	12x44	-	14x47	
Foxfield	-	06x17	07x24	08x22	-	09x43	10x47	11x44	12x47	-	14x50	
Kirkby-in-Furness	-	06x21	07x28	08x26	-	09x47	10x51	11x48	12x51	-	14x54	
Askam	-	0626	0733	0831	-	0952	1056	1153	1256	-	1459	
Barrow-in-Furness	a	0642	0749	0849	-	1007	1114	1209	1312	-	1517	
Barrow-in-Furness	d	0700	0800	0923	-	1016	1125	1211	1325	-	1524	
Roose	-	0704	0804	0927	-	1020	-	1215	-	-	-	
Dalton	-	0710	0810	0934	-	1026	-	1221	-	-	-	
Ulverston	-	0719	0819	0942	-	1035	1141	1229	1341	-	1540	
Cark	-	0726	0827	0950	-	1042	-	1237	-	-	1547	
Kents Bank	-	0732	0832	0954	-	1047	-	1241	-	-	-	
Grange-over-Sands	-	0736	0836	0958	-	1051	1153	1245	1353	-	1554	
Arnside	-	0742	0842	1004	-	1057	1159	1251	1359	-	1600	
Silverdale	-	0747	0847	1008	-	1101	-	1255	-	-	-	
Carnforth	-	0755	0854	1015	-	1108	1209	1303	1409	-	1609	
Lancaster	a	0804	0907	1025	-	1120	1218	1316	1418	-	1618	
Lancaster	d	0805	-	-	-	-	-	-	-	-	-	
Preston	a	0830	0945	1045	-	1145	1237	1345	1437f	-	1637	



### Don't push it... fold it!

Please fold pushchairs and prams before getting onto the train. Help us to keep the doorways and aisles clear of pushchairs. It's safer for everyone on board.



### Two bikes permitted

Most of our trains have space for **no more than** two bikes. These must be stored in the appropriate bike space provided. Look for the bike symbol on the side of the train where you should get on with your bike.

#### Notes

f Not on Fridays.

x Only stops on request.

# Carlisle - Barrow - Lancaster

## Mondays to Fridays

					N						
Carlisle	d	1420	1512	1631	1727	1813	1915	-	2033	2150	-
Dalston		14x28	15x20	16x39	17x35	18x21	19x23	-	20x41	21x58	-
Wigton		1437	1529	1648	1744	1830	1932	-	2050	2207	-
Aspatria		14x47	15x39	16x58	17x54	18x40	19x42	-	21x00	22x17	-
Maryport		1457	1549	1708	1804	1850	1952	-	2110	2227	-
Flimby		15x00	15x52	17x11	18x07	18x53	19x55	-	21x13	22x30	-
Workington		1509	1601	1720	1816	1902	2004	-	2122	2239	-
Harrington		15x12	16x04	17x23	18x19	19x05	20x07	-	21x25	22x42	-
Parton		15x21	16x13	17x32	18x28	19x14	20x16	-	21x34	22x51	-
Whitehaven	a	1527	1619	1738	1834	1923	2025	-	2143	2300	-
Whitehaven	d	1528	1620	1739	1835	-	-	-	-	-	-
Corkickle		15x30	16x22	17x41	18x37	-	-	-	-	-	-
St Bees		1536	1628	1750	1843	-	-	-	-	-	-
Nethertown		15x40	-	17x54	-	-	-	-	-	-	-
Braystones		15x42	-	17x57	-	-	-	-	-	-	-
Sellafield		1554	1642	1803	1854	-	-	-	-	-	-
Seascale		15x57	16x45	18x07	18x57	-	-	-	-	-	-
Drigg		16x01	16x49	18x11	19x00	-	-	-	-	-	-
Ravenglass for Eskdale		1604	1652	1814	1903	-	-	-	-	-	-
Bootle		16x10	16x58	18x20	19x09	-	-	-	-	-	-
Silecroft		16x17	17x05	18x27	19x15	-	-	-	-	-	-
Millom	a	1624	1712	1834	1922	-	-	-	-	-	-
Millom	d	1625	1713	1834	1923	-	-	2012	-	-	2202
Green Road		16x29	17x17	18x39	19x27	-	-	20x16	-	-	22x06
Foxfield		16x33	17x21	18x43	19x30	-	-	20x19	-	-	22x09
Kirkby-in-Furness		16x38	17x26	18x47	19x34	-	-	20x23	-	-	22x13
Askam		1643	1731	1852	1939	-	-	2028	-	-	2218
Barrow-in-Furness	a	1701	1747	1910	1957	-	-	2045	-	-	2235
Barrow-in-Furness	d	1721	1803	-	2008	-	-	2143	-	-	-
Roose		-	1807	-	2012	-	-	2147	-	-	-
Dalton		1730	1813	-	2019	-	-	2153	-	-	-
Ulverston		1738	1821	-	2027	-	-	2201	-	-	-
Cark		1746	1829	-	2035	-	-	2209	-	-	-
Kents Bank		-	1833	-	2039	-	-	2213	-	-	-
Grange-over-Sands		1753	1837	-	2043	-	-	2217	-	-	-
Arnsdale		1759	1843	-	2049	-	-	2223	-	-	-
Silverdale		-	1847	-	2053	-	-	2227	-	-	-
Carnforth		1809	1855	-	2101	-	-	2235	-	-	-
Lancaster	a	1820	1905	-	2110	-	-	2245	-	-	-
	d	-	1906	-	-	-	-	-	-	-	-
Preston	a	-	1931	-	2129	-	-	2311	-	-	-

## SAVE money with a season ticket!

A weekly season ticket between any two stations on the Cumbrian Coast Line (Barrow-in-Furness - Carlisle) only costs four times the Anytime Day Return fare.

### Notes

x Only stops on request.  
N From Newcastle.

# Carlisle - Barrow - Lancaster

## Saturdays

Carlisle	d	-	-	0744	-	0837	0940	1043	1139	-	1248
Dalston	-	-	-	07x52	-	08x45	09x48	10x51	11x47	-	12x56
Wigton	-	-	-	0801	-	0854	0957	1100	1156	-	1305
Aspatria	-	-	-	08x11	-	09x04	10x07	11x10	12x06	-	13x15
Maryport	-	0626	0821	-	0914	1017	1120	1216	-	1325	
Flimby	-	06x29	08x24	-	09x17	10x20	11x23	12x19	-	13x28	
Workington	-	0637	0833	-	0926	1029	1132	1228	-	1337	
Harrington	-	06x41	08x36	-	09x29	10x32	11x35	12x31	-	13x40	
Parton	-	06x49	08x45	-	09x38	10x40	11x44	12x40	-	13x49	
Whitehaven	a	-	0655	0854	-	0944	1047	1150	1249	-	1355
Whitehaven	d	-	0657	-	-	0945	1048	1151	-	1254	1357
Corkickle	-	06x59	-	-	-	09x47	10x50	11x53	-	12x56	13x59
St Bees	-	0710	-	-	-	0953	1056	1159	-	1301	1404
Nethertown	-	07x14	-	-	-	-	11x00	-	-	-	-
Braystones	-	07x16	-	-	-	-	11x02	-	-	-	-
Sellafield	-	0722	-	0907	1003	1108	1210	-	-	1312	1415
Seascale	-	07x25	-	09x10	10x06	11x11	12x13	-	-	13x15	14x18
Drigg	-	07x28	-	09x13	10x09	11x14	12x16	-	-	13x18	14x21
Ravenglass for Eskdale	-	0732	-	0916	1013	1118	1220	-	-	1321	1424
Bootle	-	07x37	-	09x22	10x18	11x23	12x25	-	-	13x27	14x30
Silecroft	-	07x44	-	09x28	10x25	11x30	12x32	-	-	13x33	14x36
Millom	a	-	0751	-	0935	1032	1137	1239	-	1340	1443
Millom	d	0610	0751	-	0936	1032	1137	1239	-	1341	1444
Green Road		06x14	07x55	-	09x40	10x36	11x41	12x43	-	13x45	14x48
Foxfield		06x17	07x59	-	09x43	10x40	11x44	12x47	-	13x48	14x51
Kirkby-in-Furness		06x21	08x03	-	09x47	10x44	11x48	12x51	-	13x52	14x55
Askam		0626	0808	-	0952	1049	1153	1256	-	1357	1500
Barrow-in-Furness	a	0642	0824	-	1007	1107	1209	1314	-	1413	1516
Barrow-in-Furness	d	0729	0825	-	1016	1125	1211	1325	-	1416	1518
Roose		-	0829	-	1020	-	1215	-	-	1420	1522
Dalton		0738	0836	-	1026	-	1221	-	-	1426	1528
Ulverston		0746	0844	-	1034	1141	1229	1341	-	1435	1536
Cark		0754	0852	-	1042	-	1237	-	-	1442	1544
Kents Bank		-	0857	-	1046	-	1241	-	-	1447	1548
Grange-over-Sands		0801	0901	-	1050	1153	1245	1353	-	1451	1552
Arnside		0807	0908	-	1056	1159	1251	1359	-	1457	1558
Silverdale		0811	0913	-	1101	-	1255	-	-	1501	1603
Carnforth		0818	0919	-	1109	1209	1303	1409	-	1508	1611
Lancaster	a	0826	0933	-	1121	1218	1316	1418	-	1520	1624
	d	-	-	-	-	-	-	-	-	-	-
Preston	a	0845	1015	-	1156	1237	1345	1437	-	1545	1656



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### Two bikes permitted

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#### Notes

b Connection time varies from 31 March. Please check before travelling.

c Connection time varies from 7 January. Please check before travelling.

x Only stops on request.

N From Newcastle.

# Carlisle - Barrow - Lancaster

## Saturdays

		N									
Carlisle	d	1421	1525	1630	1740	1815	1900	2005	-	2145	-
Dalston		14x29	15x33	16x38	17x48	1824	19x08	20x13	-	21x53	-
Wigton		1438	1542	1647	1757	1833	1917	2022	-	2202	-
Aspatria		14x48	15x52	16x57	18x07	1843	19x27	20x32	-	22x12	-
Maryport		1458	1602	1707	1817	1854	1937	2042	-	2222	-
Flimby		15x01	16x05	17x10	18x20	1857	19x40	20x45	-	22x25	-
Workington		1510	1614	1719	1829	1906	1949	2054	-	2234	-
Harrington		15x14	16x18	17x23	18x32	1910	19x52	20x57	-	22x37	-
Parton		15x22	16x26	17x31	18x41	19x19	20x01	21x06	-	22x46	-
Whitehaven	a	1528	1632	1737	1847	1928	2010	2115	-	2255	-
Whitehaven	d	1530	1634	1739	1848	-	-	-	-	-	-
Corkickle		15x32	16x36	17x41	18x50	-	-	-	-	-	-
St Bees		1537	1643	1746	1856	-	-	-	-	-	-
Nethertown		15x41	-	17x50	-	-	-	-	-	-	-
Braystones		15x44	-	17x53	-	-	-	-	-	-	-
Sellafield		1550	1653	1759	1906	-	-	-	-	-	-
Seascale		15x53	16x56	18x02	19x09	-	-	-	-	-	-
Drigg		15x56	16x59	18x05	19x12	-	-	-	-	-	-
Ravenglass for Eskdale		1559	1703	1808	1916	-	-	-	-	-	-
Bootle		16x05	17x08	18x14	19x21	-	-	-	-	-	-
Silecroft		16x11	17x15	18x20	19x28	-	-	-	-	-	-
Millom	a	1618	1722	1827	1935	-	-	-	-	-	-
Millom	d	1619	1722	1828	1936	-	-	-	2012	-	2202
Green Road		16x23	17x26	18x32	19x40	-	-	-	20x16	-	22x06
Foxfield		16x26	17x30	18x35	19x43	-	-	-	20x19	-	22x09
Kirkby-in-Furness		16x30	17x34	18x39	19x47	-	-	-	20x23	-	22x13
Askam		1635	1739	1844	1952	-	-	-	2028	-	2218
Barrow-in-Furness	a	1653	1755	1902	2010	-	-	-	2045	-	2235
Barrow-in-Furness	d	1721	1803	1933b	-	-	-	-	2143	-	-
Roose		-	1807	1937b	-	-	-	-	2147	-	-
Dalton		1730	1813	1944b	-	-	-	-	2153	-	-
Ulverston		1738	1821	1952b	-	-	-	-	2201	-	-
Cark		1746	1829	2000b	-	-	-	-	2209	-	-
Kents Bank		-	1833	2004b	-	-	-	-	2213	-	-
Grange-over-Sands		1753	1837	2008b	-	-	-	-	2217	-	-
Arnside		1759	1843	2014b	-	-	-	-	2223	-	-
Silverdale		-	1847	2018b	-	-	-	-	2227	-	-
Carnforth		1809	1855	2025b	-	-	-	-	2233a	-	-
Lancaster	a	1816	1905	2034b	-	-	-	-	2245c	-	-
	d	-	1906	-	-	-	-	-	-	-	-
Preston	a	1836	1931	2053b	-	-	-	-	2311c	-	-

## Sundays

Carlisle	d	1500	1900	2150	-	-	-	-	-	-	-
Dalston		15x08	19x08	21x58	-	-	-	-	-	-	-
Wigton		1517	1917	2207	-	-	-	-	-	-	-
Aspatria		15x27	19x27	22x17	-	-	-	-	-	-	-
Maryport		1537	1937	2227	-	-	-	-	-	-	-
Flimby		15x40	19x40	22x30	-	-	-	-	-	-	-
Workington		1549	1949	2239	-	-	-	-	-	-	-
Harrington		15x52	19x52	22x42	-	-	-	-	-	-	-
Parton		16x01	20x01	22x51	-	-	-	-	-	-	-
Whitehaven	a	1610	2010	2300	-	-	-	-	-	-	-





# Ravenglass & Eskdale Railway timetable

## 11, 17 – 18 December 2011

		D	D		
Ravenglass	d	1210	1400		
Dalegarth (for Boot)	a	1250	1440		
		D	D	D	
Dalegarth (for Boot)	d	1100	1310	1540	
Ravenglass	a	1140	1350	1620	

## 26 – 31 December 2011, 1 – 2 January 2012

		D		D		D	
Ravenglass	d	1030	1130	1230	1350	1450	
Dalegarth (for Boot)	a	1110	1210	1310	1430	1530	
		D		D		D	
Dalegarth (for Boot)	d	1130	1230	1350	1450	1540	
Ravenglass	a	1210	1310	1430	1530	1620	

## 11 – 26 February, 3 – 4, 10 – 11 March 2012

		D		D		D	
Ravenglass	d	1030	1130	1230	1350	1450	
Dalegarth (for Boot)	a	1110	1210	1310	1430	1530	
		D		D		D	
Dalegarth (for Boot)	d	1130	1230	1350	1450	1540	
Ravenglass	a	1210	1310	1430	1530	1620	

## 17 – 31 March, 1 – 5 April, 13 – 30 April, 1 – 4, 8 – 13 May 2012

		D			D			D	
Ravenglass	d	0930	1030	1130	1230	1330	1430	1530	
Dalegarth (for Boot)	a	1010	1110	1210	1310	1410	1510	1610	
		D			D			D	
Dalegarth (for Boot)	d	1030	1150	1250	1350	1450	1550	1620	
Ravenglass	a	1110	1230	1330	1430	1530	1630	1700	

## 6 – 12 April, 5 – 7 May 2012

		D			D				D	
Ravenglass	d	0930	1030	1130	1210	1250	1350	1450	1550	1630
Dalegarth (for Boot)	a	1010	1110	1210	1250	1330	1430	1530	1630	1710
		D			D				D	
Dalegarth (for Boot)	d	1030	1150	1250	1330	1350	1450	1550	1650	1720
Ravenglass	a	1110	1230	1330	1410	1430	1530	1630	1730	1800

### General Notes apply to all dates

D Diesel hauled

Please allow 30 minutes to connect between Ravenglass  
& Eskdale Railway/Northern Rail services at Ravenglass



# 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 **£4.00\* Adult** or **£2.00\* Child** off usual combined fares.

Even greater savings if you have a Railcard.

- **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-in-Furness**



For more information on the Ravenglass and Eskdale Railway call

**01229 71 71 71**

or visit [ravenglass-railway.co.uk](http://ravenglass-railway.co.uk)

For more information on this offer call

**08457 48 49 50**

or visit [northernrail.org](http://northernrail.org)

\*from 2 January 2012

# Lancaster - Barrow - Carlisle

## Mondays to Fridays

Preston	d	-	-	0522	-	-	0720	0838	1007	-	1158
Lancaster	a	-	-	0542	-	-	-	0858	-	-	-
	d	-	-	0542	-	-	0736	0858	0939e	-	1214
Carnforth		-	-	0552	-	-	0745	0908	0949e	-	1223
Silverdale		-	-	0558	-	-	0751	0914	0956	-	-
Arnsdale		-	-	0603	-	-	0755	0919	1000e	-	1232
Grange-over-Sands		-	-	0609	-	-	0800	0925	1006e	-	1238
Kents Bank		-	-	0612	-	-	0804	0928	1010	-	-
Cark		-	-	0617	-	-	0808	0933	1014	-	-
Ulverston		-	-	0625	-	-	0816	0942	1023e	-	1250
Dalton		-	-	0633	-	-	0824	0950	1031	-	-
Roose		-	-	0639	-	-	0830	0956	1037	-	-
Barrow-in-Furness	a	-	-	0647	-	-	0839	1004	1047	-	1311
Barrow-in-Furness	d	-	0600	0650	0801	-	0910	1011	1122	1231	1331
Askam		-	0610	0700	0811	-	0920	1021	1132	1241	1341
Kirkby-in-Furness		-	0614	07x04	08x15	-	09x24	10x25	11x36	12x45	13x45
Foxfield		-	06x18	07x08	08x18	-	09x27	10x29	11x39	12x48	13x48
Green Road		-	06x22	07x12	08x22	-	09x31	10x32	11x43	12x52	13x52
Millom	a	-	0629	0719	0828	-	0937	1039	1149	1258	1358
Millom	d	-	0629	0719	0829	-	0938	1039	1149	1259	1358
Silecroft		-	06x34	07x24	-	-	09x42	10x44	11x54	13x03	14x03
Bootle		-	06x41	07x31	-	-	09x49	10x50	12x00	13x10	14x09
Ravenglass for Eskdale		-	0647	0737	0844	-	0955	1056	1206	1315	1415
Drigg		-	06x51	07x41	-	-	09x58	10x59	12x09	13x18	14x18
Seascale		-	06x54	07x44	08x49	-	10x01	11x02	12x12	13x21	14x21
Sellafield		-	0702	0751	0858a	-	1010	1107	1218	1328	1427
Braystones		-	07x05	07x54	-	-	-	-	-	-	14x31
Nethertown		-	07x08	07x57	-	-	-	-	-	-	14x33
St Bees		-	0712	0801	-	-	1020	1120	1227	1338	1438
Corkickle		-	07x17	08x06	-	-	10x25	11x25	12x32	13x43	14x43
Whitehaven	a	-	0720	0810	-	-	1027	1127	1236	1345	1446
Whitehaven	d	0630	0725	0811	-	0902	1028	1129	1237	1347	1448
Parton		06x33	07x29	08x15	-	09x05	10x31	11x32	12x41	13x50	14x51
Harrington		06x41	07x37	08x23	-	09x13	10x40	11x40	12x49	13x58	14x59
Workington		0648	0743	0829	-	0920	1046	1147	1255	1405	1506
Flimby		06x52	07x48	08x34	-	09x24	10x50	11x51	13x00	14x09	15x10
Maryport		0656	0751	0837	-	0928	1054	1155	1303	1413	1514
Aspatria		07x05	08x01	08x47	-	09x37	11x03	12x04	13x13	14x22	15x23
Wigton		0715	0811	0857	-	0947	1113	1214	1323	1432	1533
Dalston		07x24	08x19	09x05	-	09x56	11x22	12x23	13x31	14x41	15x42
Carlisle	a	0738	0835	0922	-	1013	1137	1239	1347	1457	1558



### Don't push it... fold it!

Please fold pushchairs and prams before getting onto the train. Help us to keep the doorways and aisles clear of pushchairs. It's safer for everyone on board.



### Two bikes permitted

Most of our trains have space for **no more than** two bikes. These must be stored in the appropriate bike space provided. Look for the bike symbol on the side of the train where you should get on with your bike.

#### Notes

e First TransPennine Express run a later connecting service. Please see separate publicity.  
x Only stops on request.

# Lancaster - Barrow - Carlisle

## Mondays to Fridays

Preston	d	-	1458	1558	1606g	-	1808	-	1958	-	-
Lancaster	a	-	-	-	-	-	-	-	-	-	-
	d	1332	<b>1534</b>	1615	<b>1655</b>	-	1824	-	2014	-	-
Carnforth		1342	<b>1544</b>	1623	<b>1705</b>	-	1834	-	2022	-	-
Silverdale		1348	<b>1551</b>	1629	<b>1712</b>	-	1840	-	2028	-	-
Arnside		1352	<b>1555</b>	1633	<b>1716</b>	-	1844	-	2032	-	-
Grange-over-Sands		1358	<b>1601</b>	1639	<b>1722</b>	-	1850	-	2038	-	-
Kents Bank		1402	<b>1605</b>	1642	<b>1726</b>	-	1853	-	2041	-	-
Cark		1406	<b>1609</b>	1647	<b>1730</b>	-	1858	-	2046	-	-
Ulverston		1415	<b>1617</b>	1655	<b>1739</b>	-	1906	-	2054	-	-
Dalton		1423	<b>1626</b>	1703	<b>1748</b>	-	1914	-	2102	-	-
Roose		1429	<b>1632</b>	1709	<b>1754</b>	-	1920	-	2108	-	-
Barrow-in-Furness	a	1439	<b>1639</b>	1718	<b>1802</b>	-	1929	-	2117	-	-
Barrow-in-Furness	d	<b>1454</b>	<b>1641</b>	<b>1728</b>	<b>1805</b>	-	<b>1935</b>	-	<b>2125</b>	-	-
Askam		<b>1504</b>	<b>1651</b>	<b>1740</b>	<b>1815</b>	-	<b>1945</b>	-	<b>2135</b>	-	-
Kirkby-in-Furness		15x08	16x55	17x44	18x19	-	19x49	-	21x39	-	-
Foxfield		15x11	16x58	17x48	18x22	-	19x52	-	21x42	-	-
Green Road		15x15	17x02	17x51	18x26	-	19x56	-	21x46	-	-
Millom	a	<b>1521</b>	<b>1708</b>	<b>1758</b>	<b>1835</b>	-	<b>2005</b>	-	<b>2155</b>	-	-
Millom	d	<b>1522</b>	<b>1709</b>	<b>1758</b>	-	-	-	-	-	-	-
Silecroft		15x26	17x13	18x03	-	-	-	-	-	-	-
Bootle		15x33	17x20	18x09	-	-	-	-	-	-	-
Ravenglass for Eskdale		<b>1539</b>	<b>1726</b>	<b>1815</b>	-	-	-	-	-	-	-
Drigg		15x42	17x29	18x18	-	-	-	-	-	-	-
Seascale		15x45	17x32	18x21	-	-	-	-	-	-	-
Sellafield		<b>1551</b>	<b>1739</b>	<b>1827</b>	-	-	-	-	-	-	-
Braystones		-	-	18x31	-	-	-	-	-	-	-
Nethertown		-	-	18x33	-	-	-	-	-	-	-
St Bees		<b>1600</b>	<b>1749</b>	<b>1845</b>	-	-	-	-	-	-	-
Corkickle		16x05	17x54	18x50	-	-	-	-	-	-	-
Whitehaven	a	<b>1609</b>	<b>1757</b>	<b>1853</b>	-	-	-	-	-	-	-
Whitehaven	d	<b>1611</b>	<b>1758</b>	<b>1855</b>	-	<b>1931</b>	-	<b>2030</b>	-	<b>2150</b>	-
Parton		16x15	18x02	18x58	-	19x34	-	20x33	-	21x53	-
Harrington		16x23	18x10	19x06	-	19x42	-	20x41	-	22x01	-
Workington		<b>1629</b>	<b>1816</b>	<b>1912</b>	-	<b>1949</b>	-	<b>2048</b>	-	<b>2210a</b>	-
Flimby		16x34	18x21	19x17	-	19x53	-	20x52	-	-	-
Maryport		<b>1637</b>	<b>1826</b>	<b>1920</b>	-	<b>1957</b>	-	<b>2056</b>	-	-	-
Aspatria		16x47	18x36	19x30	-	20x06	-	21x05	-	-	-
Wigton		<b>1657</b>	<b>1846</b>	<b>1940</b>	-	<b>2016</b>	-	<b>2115</b>	-	-	-
Dalston		17x05	18x54	19x48	-	20x25	-	21x24	-	-	-
Carlisle	a	<b>1721</b>	<b>1908</b>	<b>2004</b>	-	<b>2041</b>	-	<b>2139</b>	-	-	-

## SAVE money with a season ticket!

A weekly season ticket between any two stations on the Cumbrian Coast Line (Barrow-in-Furness - Carlisle) only costs four times the Anytime Day Return fare.

### Notes

g Fridays only.

x Only stops on request.

# Lancaster - Barrow - Carlisle

## Saturdays

Preston	d	-	-	-	-	-	0720	<b>0842</b>	0945	-	1058
Lancaster	a	-	-	-	-	-	-	<b>0902</b>	-	-	-
	d	-	-	-	-	-	0736	<b>0903</b>	1001	-	<b>1128</b>
Carnforth		-	-	-	-	-	0745	<b>0913</b>	1009	-	<b>1137</b>
Silverdale		-	-	-	-	-	0751	<b>0918</b>	1015	-	<b>1143</b>
Arnsdale		-	-	-	-	-	0755	<b>0923</b>	1019	-	<b>1148</b>
Grange-over-Sands		-	-	-	-	-	0800	<b>0929</b>	1025	-	<b>1154</b>
Kents Bank		-	-	-	-	-	0804	<b>0932</b>	1028	-	<b>1157</b>
Cark		-	-	-	-	-	0808	<b>0937</b>	1033	-	<b>1202</b>
Ulverston		-	-	-	-	-	0816	<b>0945</b>	1041	-	<b>1210</b>
Dalton		-	-	-	-	-	0824	<b>0953</b>	1049	-	<b>1218</b>
Roose		-	-	-	-	-	0830	<b>0959</b>	1055	-	<b>1224</b>
Barrow-in-Furness	a	-	-	-	-	-	0839	<b>1007</b>	1104	-	<b>1232</b>
Barrow-in-Furness	d	-	<b>0600</b>	<b>0705</b>	<b>0801</b>	-	<b>0907</b>	<b>1011</b>	<b>1122</b>	-	<b>1234</b>
Askam		-	<b>0610</b>	<b>0715</b>	<b>0811</b>	-	<b>0917</b>	<b>1021</b>	<b>1132</b>	-	<b>1244</b>
Kirkby-in-Furness		-	<b>06x14</b>	<b>07x19</b>	<b>08x15</b>	-	<b>09x21</b>	<b>10x25</b>	<b>11x36</b>	-	<b>12x48</b>
Foxfield		-	<b>06x17</b>	<b>07x23</b>	<b>08x18</b>	-	<b>09x24</b>	<b>10x28</b>	<b>11x39</b>	-	<b>12x51</b>
Green Road		-	<b>06x21</b>	<b>07x27</b>	<b>08x22</b>	-	<b>09x28</b>	<b>10x32</b>	<b>11x43</b>	-	<b>12x55</b>
Millom	a	-	<b>0625</b>	<b>0734</b>	<b>0828</b>	-	<b>0934</b>	<b>1038</b>	<b>1149</b>	-	<b>1301</b>
Millom	d	-	<b>0626</b>	<b>0734</b>	<b>0829</b>	-	<b>0935</b>	<b>1039</b>	<b>1150</b>	-	<b>1302</b>
Silecroft		-	<b>06x30</b>	<b>07x39</b>	-	-	<b>09x39</b>	<b>10x43</b>	<b>11x54</b>	-	<b>13x06</b>
Bootle		-	<b>06x37</b>	<b>07x46</b>	-	-	<b>09x46</b>	<b>10x50</b>	<b>12x01</b>	-	<b>13x13</b>
Ravenglass for Eskdale		-	<b>0642</b>	<b>0752</b>	<b>0844</b>	-	<b>0952</b>	<b>1056</b>	<b>1207</b>	-	<b>1319</b>
Drigg		-	<b>06x45</b>	<b>07x56</b>	-	-	<b>09x55</b>	<b>10x59</b>	<b>12x10</b>	-	<b>13x22</b>
Seascale		-	<b>06x50</b>	<b>07x59</b>	<b>08x49</b>	-	<b>09x58</b>	<b>11x04</b>	<b>12x13</b>	-	<b>13x25</b>
Sellafield		-	<b>0655</b>	<b>0806</b>	<b>0858a</b>	-	<b>1004</b>	<b>1110</b>	<b>1219</b>	-	<b>1331</b>
Braystones		-	<b>06x59</b>	<b>08x09</b>	-	-	-	-	-	-	-
Nethertown		-	<b>07x01</b>	<b>08x12</b>	-	-	-	-	-	-	-
St Bees		-	<b>0706</b>	<b>0816</b>	-	-	<b>1014</b>	<b>1119</b>	<b>1229</b>	-	<b>1340</b>
Corkickle		-	<b>07x11</b>	<b>08x21</b>	-	-	<b>10x19</b>	<b>11x24</b>	<b>12x34</b>	-	<b>13x45</b>
Whitehaven	a	-	<b>0715</b>	<b>0825</b>	-	-	<b>1022</b>	<b>1127</b>	<b>1241</b>	-	<b>1349</b>
Whitehaven	d	<b>0630</b>	<b>0719</b>	<b>0826</b>	-	<b>0915</b>	<b>1024</b>	<b>1129</b>	-	<b>1254</b>	<b>1350</b>
Parton		<b>06x33</b>	<b>07x23</b>	<b>08x30</b>	-	<b>09x18</b>	<b>10x27</b>	<b>11x32</b>	-	<b>12x57</b>	<b>13x54</b>
Harrington		<b>06x41</b>	<b>07x31</b>	<b>08x38</b>	-	<b>09x26</b>	<b>10x35</b>	<b>11x40</b>	-	<b>13x05</b>	<b>14x02</b>
Workington		<b>0648</b>	<b>0737</b>	<b>0844</b>	-	<b>0933</b>	<b>1042</b>	<b>1147</b>	-	<b>1312</b>	<b>1409</b>
Flimby		<b>06x52</b>	<b>07x42</b>	<b>08x49</b>	-	<b>09x37</b>	<b>10x46</b>	<b>11x51</b>	-	<b>13x16</b>	<b>14x13</b>
Maryport		<b>0656</b>	<b>0745</b>	<b>0852</b>	-	<b>0941</b>	<b>1050</b>	<b>1155</b>	-	<b>1320</b>	<b>1417</b>
Aspatria		<b>07x05</b>	<b>07x55</b>	<b>09x02</b>	-	<b>09x50</b>	<b>10x59</b>	<b>12x04</b>	-	<b>13x29</b>	<b>14x26</b>
Wigton		<b>0715</b>	<b>0805</b>	<b>0912</b>	-	<b>1000</b>	<b>1109</b>	<b>1214</b>	-	<b>1339</b>	<b>1436</b>
Dalston		<b>07x24</b>	<b>08x13</b>	<b>09x20</b>	-	<b>10x08</b>	<b>11x18</b>	<b>12x23</b>	-	<b>13x48</b>	<b>14x45</b>
Carlisle	a	<b>0738</b>	<b>0827</b>	<b>0936</b>	-	<b>1024</b>	<b>1134</b>	<b>1239</b>	-	<b>1404</b>	<b>1501</b>



### Don't push it... fold it!

Please fold pushchairs and prams before getting onto the train. Help us to keep the doorways and aisles clear of pushchairs. It's safer for everyone on board.



### Two bikes permitted

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#### Notes

x Only stops on request.

# Lancaster - Barrow - Carlisle

## Saturdays

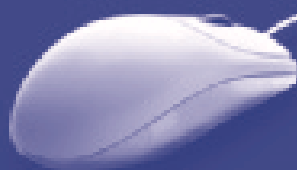
Preston	d	1158	1304	1358	1558	1641	-	-	-	2002	-
Lancaster	a	-	-	-	-	-	-	-	-	-	-
	d	1214	<b>1332</b>	<b>1422</b>	1615	<b>1700</b>	-	1732	-	2018	-
Carnforth		1223	<b>1341</b>	<b>1432</b>	1623	<b>1710</b>	-	1743	-	2026	-
Silverdale		-	<b>1347</b>	<b>1438</b>	1629	<b>1717</b>	-	1749	-	2032	-
Arnside		1232	<b>1352</b>	<b>1442</b>	1633	<b>1721</b>	-	1753	-	2036	-
Grange-over-Sands		1238	<b>1358</b>	<b>1448</b>	1639	<b>1727</b>	-	1759	-	2042	-
Kents Bank		-	<b>1401</b>	<b>1452</b>	1642	<b>1731</b>	-	1803	-	2045	-
Cark		-	<b>1406</b>	<b>1456</b>	1647	<b>1735</b>	-	1807	-	2050	-
Ulverston		1250	<b>1414</b>	<b>1505</b>	1655	<b>1744</b>	-	1816	-	2058	-
Dalton		-	<b>1422</b>	<b>1513</b>	1703	<b>1753</b>	-	1824	-	2106	-
Roose		-	<b>1428</b>	<b>1519</b>	1709	<b>1759</b>	-	1830	-	2112	-
Barrow-in-Furness	a	1311	<b>1436</b>	<b>1526</b>	1718	<b>1807</b>	-	1838	-	2120	-
Barrow-in-Furness	d	<b>1350</b>	<b>1450</b>	<b>1533</b>	<b>1725</b>	<b>1810</b>	-	<b>1935</b>	-	<b>2125</b>	-
Askam		<b>1400</b>	<b>1500</b>	<b>1543</b>	<b>1735</b>	<b>1820</b>	-	<b>1945</b>	-	<b>2135</b>	-
Kirkby-in-Furness		14x04	15x04	15x47	17x39	18x24	-	19x49	-	21x39	-
Foxfield		14x07	15x07	15x50	17x42	18x27	-	19x52	-	21x42	-
Green Road		14x11	15x11	15x54	17x46	18x31	-	19x56	-	21x46	-
Millom	a	<b>1417</b>	<b>1517</b>	<b>1600</b>	<b>1752</b>	<b>1840</b>	-	<b>2005</b>	-	<b>2155</b>	-
Millom	d	<b>1418</b>	<b>1518</b>	<b>1601</b>	<b>1753</b>	-	-	-	-	-	-
Silecroft		14x22	15x22	16x05	17x57	-	-	-	-	-	-
Bootle		14x29	15x29	16x12	18x04	-	-	-	-	-	-
Ravenglass for Eskdale		<b>1435</b>	<b>1535</b>	<b>1618</b>	<b>1810</b>	-	-	-	-	-	-
Drigg		14x38	15x38	16x21	18x13	-	-	-	-	-	-
Seascale		14x41	15x41	16x24	18x16	-	-	-	-	-	-
Sellafield		<b>1447</b>	<b>1551</b>	<b>1630</b>	<b>1822</b>	-	-	-	-	-	-
Braystones		-	-	16x34	18x26	-	-	-	-	-	-
Nethertown		-	-	16x36	18x28	-	-	-	-	-	-
St Bees		<b>1456</b>	<b>1601</b>	<b>1646</b>	<b>1833</b>	-	-	-	-	-	-
Corkickle		15x01	16x06	16x51	18x38	-	-	-	-	-	-
Whitehaven	a	<b>1505</b>	<b>1609</b>	<b>1654</b>	<b>1841</b>	-	-	-	-	-	-
Whitehaven	d	<b>1506</b>	<b>1611</b>	<b>1656</b>	<b>1843</b>	-	<b>1931</b>	-	<b>2030</b>	-	-
Parton		15x10	16x15	17x00	18x46	-	19x34	-	20x33	-	-
Harrington		15x18	16x23	17x08	18x54	-	19x42	-	20x41	-	-
Workington		<b>1524</b>	<b>1629</b>	<b>1714</b>	<b>1901</b>	-	<b>1949</b>	-	<b>2048</b>	-	-
Flimby		15x29	16x34	17x19	19x05	-	19x53	-	20x52	-	-
Maryport		<b>1532</b>	<b>1637</b>	<b>1722</b>	<b>1909</b>	-	<b>1957</b>	-	<b>2056</b>	-	-
Aspatria		15x42	16x47	17x32	19x18	-	20x06	-	21x05	-	-
Wigton		<b>1552</b>	<b>1657</b>	<b>1742</b>	<b>1928</b>	-	<b>2016</b>	-	<b>2115</b>	-	-
Dalston		16x00	17x05	17x50	19x37	-	20x25	-	21x24	-	-
Carlisle	a	<b>1616</b>	<b>1721</b>	<b>1806</b>	<b>1953</b>	-	<b>2041</b>	-	<b>2139</b>	-	-

## Sundays

Whitehaven	d	<b>1257</b>	<b>1628</b>	<b>2028</b>	-	-	-	-	-	-	-
Parton		13x00	16x31	20x31	-	-	-	-	-	-	-
Harrington		13x08	16x39	20x39	-	-	-	-	-	-	-
Workington		<b>1315</b>	<b>1646</b>	<b>2046</b>	-	-	-	-	-	-	-
Flimby		13x19	16x50	20x50	-	-	-	-	-	-	-
Maryport		<b>1323</b>	<b>1654</b>	<b>2054</b>	-	-	-	-	-	-	-
Aspatria		13x32	17x03	21x03	-	-	-	-	-	-	-
Wigton		<b>1342</b>	<b>1713</b>	<b>2113</b>	-	-	-	-	-	-	-
Dalston		13x50	17x21	21x21	-	-	-	-	-	-	-
Carlisle	a	<b>1407</b>	<b>1737</b>	<b>2138</b>	-	-	-	-	-	-	-

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