





Train times

9 December 2012 – 18 May 2013

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

Parking available 
Staff in attendance 
Bicycle store facility 
Disabled assistance available 



Customer helpline

For comments, enquiries and complaints
telephone **0845 00 00 125**
email customer.relations@northernrail.org



Access, disabled information or cycle assistance

freephone **08081 56 16 06**
email assistance@northernrail.org
textphone **08456 045 608**



Lost property

telephone **0845 00 00 125**
email lost.property@northernrail.org



Fares and service information

National Rail Enquiries
telephone **08457 48 49 50**
textphone **0845 60 50 600**
website nationalrail.co.uk



CRIMESTOPPERS 0800 555 111

Call anonymously with information about crime

Northern working in partnership
with the charity Crimestoppers



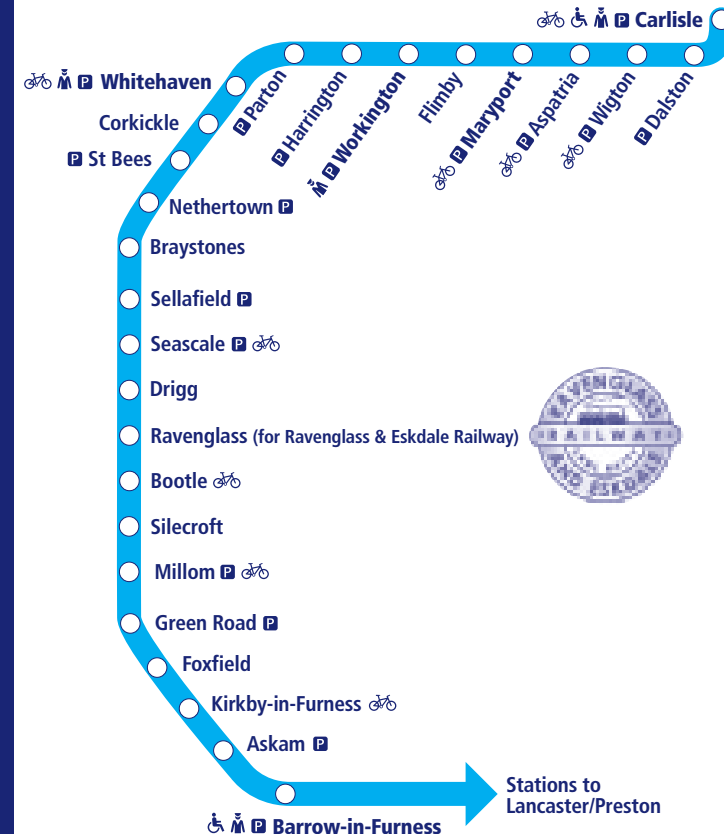
British Transport Police telephone 0800 40 50 40

Correspondence

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



Northern Rail Limited: a joint venture of Serco and Abello
Registered No: 04619954
Registered Office: Serco House, 16 Bartley Wood Business Park,
Bartley Way, Hook, Hampshire RG27 9UY, UK



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.

Group travel

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

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



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.



You can follow planned engineering updates to this timetable: **@NR_BIF_CAR_6**



National Rail Enquiries

Phone **08457 48 49 50** for full details of all trains times and fares or visit 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

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

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

Rail Users' Group

Copeland Rail Users' Group

The Copeland Rail Users' Group works to promote, protect and preserve the Cumbrian coastal line (Millom - Whitehaven - Carlisle). Working for a better rail service between West Cumbria and the rest of the UK.

For details contact: **Mr C A Potts, 5 Highfield Court, Hillcrest, Whitehaven, Cumbria CA28 6TR.**

Christmas 2012 and New Year 2013

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

Carlisle - Barrow - Lancaster

Carlisle - Barrow - Lancaster

Mondays to Fridays

		M									
Carlisle	d	-	-	0744	-	0844	0940	1043	1150	1247	
Dalston	-	-	07x52	-	08x52	09x48	10x51	1158	12x55		
Wigton	-	-	0802	-	0901	0958	1101	1208	1305		
Aspatria	-	-	08x12	-	09x11	10x08	11x11	1218	13x15		
Maryport	-	0600	-	0823	-	0922	1019	1122	1229	1326	
Flimby	-	06x03	-	08x26	-	09x25	10x22	11x25	1232	13x29	
Workington	-	0609	-	0834	-	0933	1030	1133	1240	1337	
Harrington	-	06x13	-	08x38	-	09x37	10x34	11x37	1244	13x41	
Parton	-	06x21	-	08x46	-	09x45	10x42	11x45	1252	13x49	
Whitehaven	a	-	0626	-	0855	-	0950	1048	1151	1258	1355
Whitehaven	d	-	0628	0728	-	-	0951	1050	1153	1300	1357
Corkickle	-	06x30	07x30	-	-	09x53	10x52	11x55	-	-	13x59
St Bees	-	0635	0735	-	-	0959	1057	1200	1307	1405	
Nethertown	-	06x39	-	-	-	-	-	12x04	-	-	
Braystones	-	06x42	-	-	-	-	-	12x07	-	-	
Sellafield	-	0648	0748	-	0907	1010	1109	1213	1317	1415	
Seascale	-	06x51	07x51	-	09x10	10x14	11x12	12x16	13x21	14x18	
Drigg	-	06x54	07x54	-	09x13	10x17	11x15	12x19	-	-	14x21
Ravenglass for Eskdale	-	0657	0757	-	0916	1021	1118	1222	1327	1425	
Bootle	-	07x03	08x03	-	09x22	10x26	11x24	12x28	-	-	14x30
Silecroft	-	07x09	08x09	-	09x28	10x33	11x30	12x34	-	-	14x37
Millom	a	-	0716	0814	-	0935	1040	1137	1241	1342	1444
Millom	d	0610	0717	0815	-	0936	1040	1137	1241	1343	1444
Green Road	-	06x14	07x21	08x19	-	09x40	10x44	11x41	12x45	-	14x48
Foxfield	-	06x17	07x24	08x22	-	09x43	10x48	11x45	12x49	-	14x52
Kirkby-in-Furness	-	06x21	07x28	08x26	-	09x47	10x52	11x49	12x53	-	14x56
Askam	-	0626	0733	0831	-	0952	1057	1154	1258	-	1501
Barrow-in-Furness	a	0642	0749	0849	-	1007	1114	1209	1313	1409	1517
Barrow-in-Furness	d	0700	0800	0923	-	1012	1125	1211	1325	1416	1524
Roose	-	0704	0804	0927	-	1016	-	1215	-	1420	-
Dalton	-	0710	0810	0934	-	1022	-	1221	-	1426	-
Ulverston	-	0719	0819	0942	-	1031	1141	1229	1341	1435	1540
Cark	-	0726	0827	0950	-	1038	-	1237	-	1442	1547
Kents Bank	-	0732	0832	0954	-	1043	-	1241	-	1447	-
Grange-over-Sands	-	0736	0836	0958	-	1047	1153	1245	1353	1451	1554
Arnside	-	0742	0842	1004	-	1053	1159	1251	1359	1457	1600
Silverdale	-	0747	0847	1008	-	1057	-	1255	-	1501	-
Carnforth	-	0755	0854	1015	-	1108	1209	1303	1409	1507	1609
Lancaster	a	0804	0907	1025	-	1120	1218	1316	1418c	1519	1618
Lancaster	d	0805	-	-	-	-	-	-	-	-	-
Preston	a	0830	0946	1044	-	1145	1237	1345	1437f	1556	1637

Mondays to Fridays

		N									
Carlisle	d	1420	1512	1631	1727	1813	1915	-	2033	2150	-
Dalston	-	14x28	15x20	16x39	17x35	18x21	19x23	-	20x41	21x58	-
Wigton	-	1438	1530	1649	1744	1831	1933	-	2051	2208	-
Aspatria	-	14x48	15x40	16x59	17x54	18x41	19x43	-	21x01	22x18	-
Maryport	-	1459	1551	1710	1805	1852	1954	-	2112	2229	-
Flimby	-	15x02	15x54	17x13	18x08	18x55	19x57	-	21x15	22x32	-
Workington	-	1510	1602	1721	1816	1903	2005	-	2123	2240	-
Harrington	-	15x14	16x06	17x25	18x20	19x07	20x09	-	21x27	22x44	-
Parton	-	15x22	16x14	17x33	18x28	19x15	20x17	-	21x35	22x52	-
Whitehaven	a	1528	1620	1738	1834	1924	2025	-	2143	2300	-
Whitehaven	d	1530	1622	1739	1836	-	-	-	-	-	-
Corkickle	-	15x32	16x24	17x41	18x38	-	-	-	-	-	-
St Bees	-	1537	1630	1750	1844	-	-	-	-	-	-
Nethertown	-	15x41	-	17x54	-	-	-	-	-	-	-
Braystones	-	15x44	-	17x57	-	-	-	-	-	-	-
Sellafield	-	1554	1643	1804	1855	-	-	-	-	-	-
Seascale	-	15x58	16x47	18x07	18x58	-	-	-	-	-	-
Drigg	-	16x01	16x50	18x11	19x01	-	-	-	-	-	-
Ravenglass for Eskdale	-	1605	1654	1814	1905	-	-	-	-	-	-
Bootle	-	16x11	17x00	18x20	19x10	-	-	-	-	-	-
Silecroft	-	16x18	17x07	18x27	19x17	-	-	-	-	-	-
Millom	a	1625	1714	1834	1924	-	-	-	-	-	-
Millom	d	1625	1714	1835	1924	-	-	2012	-	-	2202
Green Road	-	16x30	17x19	18x39	19x28	-	-	20x16	-	-	22x06
Foxfield	-	16x34	17x23	18x43	19x32	-	-	20x19	-	-	22x09
Kirkby-in-Furness	-	16x38	17x27	18x48	19x36	-	-	20x23	-	-	22x13
Askam	-	1643	1732	1853	1941	-	-	2028	-	-	2218
Barrow-in-Furness	a	1701	1748	1910	1958	-	-	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	-	-	-
Arnside	-	1759	1843	-	2049	-	-	2223	-	-	-
Silverdale	-	-	1847	-	2053	-	-	2227	-	-	-
Carnforth	-	1809	1855	-	2101	-	-	2235	-	-	-
Lancaster	a	1820	1905	-	2110	-	-	2245	-	-	-
Lancaster	d	-	1906	-	-	-	-	-	-	-	-
Preston	a	-	1931	-	2129	-	-	2311	-	-	-

Saturdays

Carlisle	d	-	-	0744	-	0837	0939	1043	1139	-	1248
Dalston	-	-	07x52	-	08x45	09x47	10x51	11x47	-	-	12x56
Wigton	-	-	0802	-	0855	0957	1101	1157	-	-	1306
Aspatria	-	-	08x12	-	09x05	10x07	11x11	12x07	-	-	13x16
Maryport	-	0626	0823	-	0915	1018	1122	1218	-	-	1327
Flimby	-	06x29	08x26	-	09x18	10x21	11x25	12x21	-	-	13x30
Workington	-	0637	0834	-	0927	1029	1133	1229	-	-	1338
Harrington	-	06x41	08x38	-	09x30	10x33	11x37	12x33	-	-	13x42
Parton	-	06x49	08x46	-	09x39	10x41	11x45	12x41	-	-	13x50
Whitehaven	a	-	0655	0854	-	0945	1047	1151	1249	-	1356
Whitehaven	d	-	0657	-	-	0946	1049	1153	-	-	1254
Corkickle	-	06x59	-	-	09x48	10x51	11x55	-	-	-	12x56
St Bees	-	0710	-	-	0954	1056	1200	-	-	-	1301
Nethertown	-	07x14	-	-	-	11x03	-	-	-	-	-
Braystones	-	07x16	-	-	-	11x03	-	-	-	-	-
Sellafield	-	0722	-	0907	1004	1109	1211	-	-	-	1312
Seascale	-	07x25	-	09x10	10x07	11x12	12x14	-	-	-	13x15
Drigg	-	07x28	-	09x13	10x10	11x15	12x17	-	-	-	13x18
Ravenglass for Eskdale	-	0732	-	0916	1014	1118	1220	-	-	-	1321
Bootle	-	07x37	-	09x22	10x19	11x24	12x26	-	-	-	13x27
Silecroft	-	07x44	-	09x28	10x26	11x30	12x32	-	-	-	13x33
Millom	a	-	0751	-	0935	1033	1137	1239	-	-	1340
Millom	d	0610	0751	-	0936	1033	1137	1240	-	-	1341
Green Road	-	06x14	07x55	-	09x40	10x37	11x41	12x44	-	-	13x45
Foxfield	-	06x17	07x59	-	09x43	10x41	11x45	12x47	-	-	13x48
Kirkby-in-Furness	-	06x21	08x03	-	09x47	10x45	11x49	12x51	-	-	13x52
Askam	-	0626	0808	-	0952	1050	1154	1256	-	-	1357
Barrow-in-Furness	a	0642	0824	-	1007	1107	1209	1314	-	-	1413
Barrow-in-Furness	d	0729	0825	-	1012	1125	1211	1325	-	-	1416
Roose	-	-	0829	-	1016	-	1215	-	-	-	1420
Dalton	-	0738	0836	-	1022	-	1221	-	-	-	1426
Ulverston	-	0746	0844	-	1030	1141	1229	1341	-	-	1435
Cark	-	0754	0852	-	1038	-	1237	-	-	-	1442
Kents Bank	-	-	0857	-	1042	-	1241	-	-	-	1447
Grange-over-Sands	-	0801	0901	-	1046	1153	1245	1353	-	-	1451
Arnside	-	0807	0908	-	1052	1159	1251	1359	-	-	1457
Silverdale	-	0811	0913	-	1057	-	1255	-	-	-	1501
Carnforth	-	0818	0919	-	1109	1209	1303	1409g	-	-	1508
Lancaster	a	0826	0933	-	1121	1218g	1316	1418g	-	-	1520
Lancaster	d	-	-	-	-	-	-	-	-	-	-
Preston	a	0845	1015	-	1156	1237g	1345g	1437g	-	-	1556



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.

Carlisle - Barrow - Lancaster

Saturdays

		K				N						
Carlisle	d	1420	1525	1630	1740	1815	1900	2005	-	2145	-	
Dalston		14x28	15x33	16x38	17x48	1824	19x08	20x13	-	21x53	-	
Wigton		1438	1543	1648	1758	1833	1918	2023	-	2203	-	
Aspatria		14x48	15x53	16x58	18x08	1843	19x28	20x33	-	22x13	-	
Maryport		1459	1604	1709	1819	1854	1939	2044	-	2224	-	
Flimby		15x02	16x07	17x12	18x22	1857	19x42	20x47	-	22x27	-	
Workington		1511	1616	1721	1830	1906	1950	2055	-	2235	-	
Harrington		15x14	16x19	17x24	18x34	1910	19x54	20x59	-	22x39	-	
Parton		15x23	16x28	17x33	18x42	19x19	20x02	21x07	-	22x47	-	
Whitehaven	a	1529	1634	1739	1848	1928	2010	2115	-	2255	-	
Whitehaven	d	1530	1636	1740	1850	-	-	-	-	-	-	
Corkickle		15x32	16x38	17x42	18x52	-	-	-	-	-	-	
St Bees		1538	1643	1748	1857	-	-	-	-	-	-	
Nethertown		15x42	-	17x52	-	-	-	-	-	-	-	
Braystones		15x44	-	17x54	-	-	-	-	-	-	-	
Sellafield		1550	1654	1800	1908	-	-	-	-	-	-	
Seascale		15x53	16x57	18x03	19x11	-	-	-	-	-	-	
Drigg		15x56	17x00	18x06	19x14	-	-	-	-	-	-	
Ravenglass for Eskdale		1600	1703	1810	1917	-	-	-	-	-	-	
Bootle		16x05	17x09	18x15	19x23	-	-	-	-	-	-	
Silecroft		16x12	17x15	18x22	19x29	-	-	-	-	-	-	
Millom	a	1619	1722	1829	1936	-	-	-	-	-	-	
Millom	d	1619	1723	1829	1937	-	-	-	2012	-	2202	
Green Road		16x23	17x27	18x33	19x41	-	-	-	20x16	-	22x06	
Foxfield		16x27	17x30	18x37	19x45	-	-	-	20x19	-	22x09	
Kirkby-in-Furness		16x31	17x34	18x41	19x49	-	-	-	20x23	-	22x13	
Askam		1636	1739	1846	1954	-	-	-	2028	-	2218	
Barrow-in-Furness	a	1653	1755	1903	2011	-	-	-	2045	-	2235	
Barrow-in-Furness	d	1721g	1803	1933	-	-	-	-	2143	-	-	
Roose		-	1807	1937	-	-	-	-	2147	-	-	
Dalton		1730g	1813	1944	-	-	-	-	2153	-	-	
Ulverston		1738g	1821	1952	-	-	-	-	2201	-	-	
Cark		1746g	1829	2000	-	-	-	-	2209	-	-	
Kents Bank		-	1833	2004	-	-	-	-	2213	-	-	
Grange-over-Sands		1753g	1837	2008	-	-	-	-	2217	-	-	
Arnside		1759g	1843	2014	-	-	-	-	2223	-	-	
Silverdale		-	1847	2018	-	-	-	-	2227	-	-	
Carnforth		1809g	1855	2025	-	-	-	-	2235	-	-	
Lancaster	a	1816g	1905b	2034	-	-	-	-	2245h	-	-	
Lancaster	d	-	-	-	-	-	-	-	-	-	-	
Preston	a	1836g	1944k	2053g	-	-	-	-	2311h	-	-	

Sundays

Carlisle	d	1500	1900	2150	-	-	-	-	-	-
Dalston		15x08	19x08	21x58	-	-	-	-	-	-
Wigton		1518	1918	2208	-	-	-	-	-	-
Aspatria		15x28	19x28	22x18	-	-	-	-	-	-
Maryport		1539	1939	2229	-	-	-	-	-	-
Flimby		15x42	19x42	22x32	-	-	-	-	-	-
Workington		1550	1950	2240	-	-	-	-	-	-
Harrington		15x54	19x54	22x44	-	-	-	-	-	-
Parton		16x02	20x02	22x52	-	-	-	-	-	-
Whitehaven	a	1610	2010	2300	-	-	-	-	-	-

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	-	-	
Arnside	-	-	-	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	-	0701	0751	0858a	-	1010	1109	1218	1328	1427	-	
Braystones	-	07x04	07x54	-	-	-	-	-	-	14x31	-	
Nethertown	-	07x07	07x57	-	-	-	-	-	-	14x33	-	
St Bees	-	0711	0801	-	-	1020	1120	1227	1338	1438	-	
Corkickle	-	07x16	08x06	-	-	10x25	11x25	12x32	13x43	14x43	-	
Whitehaven	a	-	0720	0810	-	-	1027	1127	1235	1345	1446	
Whitehaven	d	0630	0725	0811	-	0902	1028	1129	1236	1347	1448	
Parton	-	06x33	07x29	08x15	-	09x05	10x31	11x32	12x40	13x50	14x51	
Harrington	-	06x41	07x37	08x23	-	09x13	10x40	11x40	12x48	13x58	14x59	
Workington	-	0648	0743	0829	-	0920	1046	1147	1254	1405	1506	
Flimby	-	06x52	07x48	08x34	-	09x24	10x50	11x51	12x59	14x09	15x10	
Maryport	-	0656	0751	0837	-	0928	1054	1155	1302	1413	1514	
Aspatria	-	07x05	08x01	08x47	-	09x37	11x03	12x04	13x12	14x22	15x23	
Wigton	-	0715	0813	0859	-	0949	1115	1216	1324	1434	1535	
Dalston	-	07x24	08x21	09x07	-	09x58	11x24	12x25	13x32	14x43	15x44	
Carlisle	a	0738	0835	0922	-	-	1013	1138	1239	1346	1457	1558

Mondays to Fridays

Preston	d	1304	1458	1558	1606j	-	1808	-	1958	-	-
Lancaster	a	-	-	-	-	-	-	-	-	-	-
	d	1332	1534	1615	1655	-	1824	-	2014	-	-
Carnforth	-	1341	1544	1623	1705	-	1834	-	2022	-	-
Silverdale	-	1347	1551	1629	1712	-	1840	-	2028	-	-
Arnside	-	1352	1555	1633	1716	-	1844	-	2032	-	-
Grange-over-Sands	-	1358	1601	1639	1722	-	1850	-	2038	-	-
Kents Bank	-	1401	1605	1642	1726	-	1853	-	2041	-	-
Cark	-	1406	1609	1647	1730	-	1858	-	2046	-	-
Ulverston	-	1414	1617	1655	1739	-	1906	-	2054	-	-
Dalton	-	1422	1626	1703	1748	-	1914	-	2102	-	-
Roose	-	1428	1632	1709	1754	-	1920	-	2108	-	-
Barrow-in-Furness	a	1436	1639	1718	1802	-	1929	-	2117	-	-
Barrow-in-Furness	d	1450	1641	1728	1805	-	1935	-	2125	-	-
Askam	-	1500	1651	1740	1815	-	1945	-	2135	-	-
Kirkby-in-Furness	-	15x04	16x55	17x44	18x19	-	19x49	-	21x39	-	-
Foxfield	-	15x07	16x58	17x48	18x22	-	19x52	-	21x42	-	-
Green Road	-	15x11	17x02	17x51	18x26	-	19x56	-	21x46	-	-
Millom	a	1517	1708	1758	1835	-	2005	-	2155	-	-
Millom	d	1518	1709	1758	-	-	-	-	-	-	-
Silecroft	-	15x22	17x13	18x03	-	-	-	-	-	-	-
Bootle	-	15x29	17x20	18x09	-	-	-	-	-	-	-
Ravenglass for Eskdale	-	1535	1726	1815	-	-	-	-	-	-	-
Drigg	-	15x38	17x29	18x18	-	-	-	-	-	-	-
Seascale	-	15x41	17x32	18x21	-	-	-	-	-	-	-
Sellafield	-	1551	1739	1827	-	-	-	-	-	-	-
Braystones	-	-	-	18x31	-	-	-	-	-	-	-
Nethertown	-	-	-	18x33	-	-	-	-	-	-	-
St Bees	-	1601	1749	1845	-	-	-	-	-	-	-
Corkickle	-	16x06	17x54	18x50	-	-	-	-	-	-	-
Whitehaven	a	1609	1757	1853	-	-	-	-	-	-	-
Whitehaven	d	1611	1758	1855	-	1931	-	2030	-	2150	-
Parton	-	16x15	18x02	18x58	-	19x34	-	20x33	-	21x53	-
Harrington	-	16x23	18x10	19x06	-	19x42	-	20x41	-	22x01	-
Workington	-	1629	1816	1912	-	1949	-	2048	-	2210a	-
Flimby	-	16x34	18x21	19x17	-	19x53	-	20x52	-	-	-
Maryport	-	1637	1826	1920	-	1957	-	2056	-	-	-
Aspatria	-	16x47	18x36	19x30	-	20x06	-	21x05	-	-	-
Wigton	-	1659	1848	1942	-	2018	-	2117	-	-	-
Dalston	-	17x07	18x56	19x50	-	20x27	-	21x26	-	-	-
Carlisle	a	1721	1908	2004	-	2041	-	2139	-	-	-

Saturdays

Preston	d	-	-	-	-	-	0720	0842	0945	-	1058	
Lancaster	a	-	-	-	-	-	-	0902	-	-	-	
	d	-	-	-	-	-	0736	0903	1001	-	1128	
Carnforth	-	-	-	-	-	-	0745	0913	1009	-	1137	
Silverdale	-	-	-	-	-	-	0751	0918	1015	-	1143	
Arnside	-	-	-	-	-	-	0755	0923	1019	-	1148	
Grange-over-Sands	-	-	-	-	-	-	0800	0929	1025	-	1154	
Kents Bank	-	-	-	-	-	-	0804	0932	1028	-	1157	
Cark	-	-	-	-	-	-	0808	0937	1033	-	1202	
Ulverston	-	-	-	-	-	-	0816	0945	1041	-	1210	
Dalton	-	-	-	-	-	-	0824	0953	1049	-	1218	
Roose	-	-	-	-	-	-	0830	0959	1055	-	1224	
Barrow-in-Furness	a	-	-	-	-	-	0839	1007	1104	-	1232	
Barrow-in-Furness	d	-	0600	0705	0801	-	0907	1011	1122	-	1234	
Askam	-	-	0610	0715	0811	-	0917	1021	1132	-	1244	
Kirkby-in-Furness	-	06x14	07x19	08x15	-	09x21	10x25	11x36	-	12x48	-	
Foxfield	-	06x17	07x23	08x18	-	09x24	10x28	11x39	-	12x51	-	
Green Road	-	06x21	07x27	08x22	-	09x28	10x32	11x43	-	12x55	-	
Millom	a	-	0625	0734	0828	-	0934	1038	1149	-	1301	
Millom	d	-	0626	0734	0829	-	0935	1039	1150	-	1302	
Silecroft	-	06x30	07x39	-	-	09x39	10x43	11x54	-	13x06	-	
Bootle	-	06x37	07x46	-	-	09x46	10x50	12x01	-	13x13	-	
Ravenglass for Eskdale	-	0642	0752	0844	-	0952	1056	1207	-	1319	-	
Drigg	-	06x45	07x56	-	-	09x55	10x59	12x10	-	13x22	-	
Seascale	-	06x50	07x59	08x49	-	09x58	11x03	12x13	-	13x25	-	
Sellafield	-	0655	0806	0858a	-	1005	1110	1219	-	1331	-	
Braystones	-	06x59	08x09	-	-	-	-	-	-	-	-	
Nethertown	-	07x01	08x12	-	-	-	-	-	-	-	-	
St Bees	-	0706	0816	-	-	1015	1119	1229	-	1340	-	
Corkickle	-	07x11	08x21	-	-	10x20	11x24	12x34	-	13x45	-	
Whitehaven	a	-	0715	0825	-	-	1022	1127	1240	-	1349	
Whitehaven	d	0630	0719	0826	-	0915	1024	1129	-	1254	1350	
Parton	-	06x33	07x23	08x30	-	09x18	10x27	11x32	-	12x57	13x54	
Harrington	-	06x41	07x31	08x38	-	09x26	10x35	11x40	-	13x05	14x02	
Workington	-	0648	0737	0844	-	0933	1042	1147	-	1312	1409	
Flimby	-	06x52	07x42	08x49	-	09x37	10x46	11x51	-	13x16	14x13	
Maryport	-	0656	0745	0852	-	0941	1050	1155	-	1320	1417	
Aspatria	-	07x05	07x55	09x02	-	09x50	10x59	12x04	-	13x29	14x26	
Wigton	-	0717	0807	0914	-	1002	1111	1216	-	1341	1438	
Dalston	-	07x26	08x15	09x22	-	10x11	11x20	12x25	-	13x50	14x47	
Carlisle	a	0738	0828	0936	-	-	1024	1134	1239	-	1404	1501



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.

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.



Lancaster - Barrow - Carlisle

Saturdays

		Z	Y								
Preston	d	1158	1304g	1358g	1558g	1553	1641	-	1802g	-	2001h
Lancaster	a	-	-	-	-	-	-	-	-	-	-
	d	1214	1332	1422	1615g	1645	1700	-	1818	-	2017h
Carnforth		1223	1341	1432	1623g	1655	1710	-	1831	-	2026h
Silverdale		-	1347	1438	1629g	1702	1717	-	1837	-	2032h
Arnside		1232	1352	1442	1633g	1706	1721	-	1841	-	2036h
Grange-over-Sands		1238	1358	1448	1639g	1712	1727	-	1846	-	2042h
Kents Bank		-	1401	1452	1642g	1716	1731	-	1850	-	2045h
Cark		-	1406	1456	1647g	1720	1735	-	1854	-	2050h
Ulverston		1250	1414	1505	1655g	1729	1744	-	1902	-	2058h
Dalton		-	1422	1513	1703g	1738	1753	-	1910	-	2106h
Roose		-	1428	1519	1709g	1744	1759	-	1916	-	2112h
Barrow-in-Furness	a	1311	1436	1526	1718g	1752	1807	-	1926	-	2120h
Barrow-in-Furness	d	1350	1450	1533	1725	1810	1810	-	1935	-	2125
Askam		1400	1500	1543	1735	1820	1820	-	1945	-	2135
Kirkby-in-Furness		14x04	15x04	15x47	17x39	18x24	18x24	-	19x49	-	21x39
Foxfield		14x07	15x07	15x50	17x42	18x27	18x27	-	19x52	-	21x42
Green Road		14x11	15x11	15x54	17x46	18x31	18x31	-	19x56	-	21x46
Millom	a	1417	1517	1600	1752	1840	1840	-	2005	-	2155
Millom	d	1418	1518	1601	1753	-	-	-	-	-	-
Silecroft		14x22	15x22	16x05	17x57	-	-	-	-	-	-
Bootle		14x29	15x29	16x12	18x04	-	-	-	-	-	-
Ravenglass for Eskdale		1435	1535	1618	1810	-	-	-	-	-	-
Drigg		14x38	15x38	16x21	18x13	-	-	-	-	-	-
Seascale		14x41	15x41	16x24	18x16	-	-	-	-	-	-
Sellafield		1447	1551	1630	1822	-	-	-	-	-	-
Braystones		-	-	16x34	18x26	-	-	-	-	-	-
Nethertown		-	-	16x36	18x28	-	-	-	-	-	-
St Bees		1456	1601	1646	1833	-	-	-	-	-	-
Corkickle		15x01	16x06	16x51	18x38	-	-	-	-	-	-
Whitehaven	a	1504	1609	1654	1841	-	-	-	-	-	-
Whitehaven	d	1505	1611	1656	1843	-	-	1931	-	2030	-
Parton		15x09	16x15	17x00	18x46	-	-	19x34	-	20x33	-
Harrington		15x17	16x23	17x08	18x54	-	-	19x42	-	20x41	-
Workington		1523	1629	1714	1901	-	-	1949	-	2048	-
Flimby		15x28	16x34	17x19	19x05	-	-	19x53	-	20x52	-
Maryport		1531	1637	1722	1909	-	-	1957	-	2056	-
Aspatria		15x41	16x47	17x32	19x18	-	-	20x06	-	21x05	-
Wigton		1553	1659	1744	1930	-	-	2018	-	2117	-
Dalston		16x01	17x07	17x52	19x39	-	-	20x27	-	21x26	-
Carlisle	a	1615	1721	1806	1953	-	-	2041	-	2139	-

Sundays

Whitehaven	d	1257	1628	2028	-	-	-	-	-	-	-
Parton		13x00	16x31	20x31	-	-	-	-	-	-	-
Harrington		13x08	16x39	20x39	-	-	-	-	-	-	-
Workington		1315	1646	2046	-	-	-	-	-	-	-
Flimby		13x19	16x50	20x50	-	-	-	-	-	-	-
Maryport		1323	1654	2054	-	-	-	-	-	-	-
Aspatria		13x32	17x03	21x03	-	-	-	-	-	-	-
Wigton		1344	1715	2115	-	-	-	-	-	-	-
Dalston		13x53	17x23	21x24	-	-	-	-	-	-	-
Carlisle	a	1407	1737	2138	-	-	-	-	-	-	-