






Train times

13 December 2015 – 14 May 2016

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

Parking available 
 Staff in attendance 
 Bicycle store facility 
 Bike & Go 
 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.

How to read this timetable

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



Buy before you ride

We operate a buy before you board policy. This means if you board a train at a station with an open ticket office or automatic ticket machine, you must purchase your tickets before boarding your train. If you board the train without a valid ticket, you risk prosecution and the conductor can only sell you the full Anytime Single/Return ticket, without any discounts.

If you board at a station where ticket buying facilities are not available, it is your responsibility to seek out the conductor, who will sell you the full range of available tickets on board.

There are more ways than ever to buy your ticket: **#getaticket**



online



ticket office



ticket machine



mobile

Our types of ticket

Anytime: these tickets are valid on any service on the dates shown on the ticket.

Off-Peak: these tickets are only valid on off-peak services on the dates shown. Generally off-peak services depart after **0930**. Some Off-Peak tickets also have restrictions on travel between **1601** and **1829**, Monday to Friday.

Visit [northernrail.org/off-peak](https://www.northernrail.org/off-peak) for further affected routes and more information.

Advance: Advance tickets can be bought up to 1800 the day before travel and can only be used on the train specified at the time of booking.

For more information visit [northernrail.org/tickets](https://www.northernrail.org/tickets)

Ticket checks

Please keep your tickets and railcards with you as you may be asked to show your ticket more than once, or asked to show it before you leave the station.



Planning your journey

National Rail Enquiries

For full details of all train times, fares and rail travel information anywhere on the national rail network, phone **03457 48 49 50**, or visit [nationalrail.co.uk](https://www.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 48 50**.



Improving our railway

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

Visit: [northernrail.org/improvements](https://www.northernrail.org/improvements) or call National Rail Enquiries: **03457 48 49 50** to check before you travel. You can also follow planned engineering updates to this timetable on Twitter: [@NRtimetable6](https://twitter.com/NRtimetable6)



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



Customers with disabilities

We aim to make our services available to all, including people with disabilities or restricted mobility. We have set out this commitment in our Disabled People's Protection Policy (DPPP). You can view this on our website or request a copy from our Customer Relations team.

To book assistance phone:

0333 222 0128 or

Freephone: **08081 56 16 06**

Textphone: **0333 222 0126**

Email: **assistance@northernrail.org**



Mobility scooters

Mobility scooters that can be folded and carried on board (similar to a piece of luggage) can travel on our trains. Unfortunately we are unable to accept any other type of mobility scooter for safety reasons.



Bike & Go

Bike & Go is a nationwide bike hire scheme giving you the opportunity to continue your journey by bike from participating stations. The stations involved in the scheme are shown on the front of this timetable. For further information please visit: **bikeandgo.co.uk**



Bicycles

Most of our trains can take up to two bikes, subject to space being available. Folded bikes can be taken on trains as luggage without restrictions. For further details please contact our Customer Relations Team or see our Passenger's Charter.



Prams

If you are travelling with a pushchair or pram, we prefer these to be folded and safely stored in luggage areas. However, they can be stored in our wheelchair areas when these are not needed by a wheelchair user.

Our commitment to you

Our Passenger's Charter sets out our commitments to you and can be picked up from any staffed station. It is also available online at northernrail.org/passengerscharter

Clean air zones

We operate clean air zones at all of our stations and on board our trains. Smoking, including electronic cigarettes, is not allowed.

We're here to help

If you have any problems during your journey, please speak to your conductor or a member of station staff. We are here to provide help, information and assistance if you require it.



Getting in touch with us

We welcome your feedback on our services. You can get in touch through our

Customer Relations team

Telephone: **0333 222 0125**

0800 to 2000 Monday to Saturday
0900 to 1700 Sunday

Contact: **northernrail.org/comments**

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



Facebook **[/northernrailorg](https://www.facebook.com/northernrailorg)**



Twitter **[@northernrailorg](https://twitter.com/northernrailorg)**

Minimum connection times

All stations have a minimum connection time of 5 minutes unless stated. Carlisle 8 minutes.

Christmas 2015 and New Year 2016

Trains will stop running around 2000 on Christmas Eve and New Year's Eve and start later than normal on 27 December and 2 January. Trains don't run on Christmas Day or Boxing Day.

Carlisle - Barrow - Lancaster

Mondays to Fridays

		Ⓛ			Ⓛ								
Carlisle	d	-	0515	-	0737	-	0842	0938	1054	1208	1252		
Dalston		-	05x24	-	07x45	-	08x51	09x46	11x02	12x16	13x00		
Wigton		-	0534	-	0755	-	0901	0956	1112	1226	1310		
Aspatria		-	05x46	-	08x05	-	09x13	10x06	11x22	12x36	13x20		
Maryport		-	0558	0646	0816	-	0925	1017	1133	1247	1331		
Flimby		-	06x02	06x49	08x19	-	09x28	10x20	11x36	12x50	13x34		
Workington		-	0609	0704	0827	-	0935	1028	1144	1258	1342		
Harrington		-	06x14	07x07	08x31	-	09x40	10x32	11x48	13x02	13x46		
Parton		-	06x25	07x16	08x39	-	09x50	10x40	11x57	13x10	13x54		
Whitehaven	a	-	0629	0723	0847	-	0955	1046	1203	1316	1401		
Whitehaven	d	-	0631	0724	-	-	0956	1048	1205	1318	1403		
Corkickle		-	06x34	07x26	-	-	10x00	10x50	12x07	13x20	14x05		
St Bees		-	0641	0732	-	-	1007	1055	1212	1325	1410		
Nethertown		-	-	-	-	-	-	10x59	-	-	-		
Braystones		-	-	-	-	-	-	11x02	-	-	-		
Sellafield		-	0652	0742	-	0906	1018	1108	1223	1335	1421		
Seascale		-	0657	0746	-	0909	1022	1111	1226	1339	1424		
Drigg		-	07x01	07x49	-	09x12	10x27	11x14	12x29	13x42	14x27		
Ravenglass for Eskdale		-	0706	0753	-	0916	1031	1118	1233	1345	1431		
Bootle		-	07x12	07x59	-	09x21	10x38	11x23	12x38	13x51	14x36		
Silecroft		-	07x21	08x05	-	09x28	10x46	11x30	12x45	13x57	14x43		
Millom	a	-	0726	0812	-	0934	1052	1136	1251	1404	1449		
Millom	d	0609	0727	0812	-	0935	1052	1136	1252	1404	1450		
Green Road		06x13	07x33	08x16	-	09x39	10x59	11x40	12x56	14x08	14x54		
Foxfield		06x16	07x39	08x20	-	09x42	11x04	11x44	12x59	14x11	14x57		
Kirkby-in-Furness		06x20	07x44	08x24	-	09x46	11x09	11x48	13x03	14x15	15x01		
Askam		0625	0750	0829	-	0951	1115	1153	1308	1420	1506		
Barrow-in-Furness	a	0642	0805	0845	-	1004	1132	1208	1325	1437	1522		
Barrow-in-Furness	d	0648	0806	0850	-	1009	-	1210	1432	-	1524		
Roose		0652	0811	-	-	1013	-	1214	1436	-	1528		
Dalton		0658	0818	0859	-	1019	-	1220	1442	-	1534		
Ulverston		0707	0827	0907	-	1027	-	1228	1451	-	1543		
Cark		0714	0836	0914	-	1035	-	1236	1458	-	1550		
Kents Bank		0719	0841	-	-	1040	-	1240	1503	-	1555		
Grange-over-Sands		0722	0845	0921	-	1044	-	1244	1506	-	1559		
Arnside		0729	0851	0928	-	1050	-	1250	1513	-	1605		
Silverdale		0733	0856	0932	-	1055	-	1254	1517	-	1609		
Carnforth		0740	0904	0939	-	1102	-	1301	1524	-	1617		
Lancaster	a	0748	0914	0947	-	1118	-	1313	1532	-	1628		
	d	-	0914	-	-	-	-	-	-	-	-		
Preston	a	0807	0938	1007	-	-	-	1345	1552	-	1656		

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.

northernrail.org/season

Notes

x Only stops on request.

Ⓛ Service operated with loco-hauled stock where available.

Carlisle - Barrow - Lancaster

Mondays to Fridays

		●		●		N					
Carlisle	d	1435	1513	1631	1737	1814	1915	-	2037	2200	-
Dalston		14x44	15x21	16x39	17x46	18x22	19x23	-	20x45	22x08	-
Wigton		1454	1531	1649	1756	1832	1933	-	2055	2218	-
Aspatria		15x05	15x41	16x59	18x08	18x42	19x43	-	21x05	22x28	-
Maryport		1517	1552	1710	1820	1853	1954	-	2116	2239	-
Flimby		15x21	15x55	17x13	18x24	18x56	19x57	-	21x19	22x42	-
Workington		1528	1604	1721	1831	1904	2005	-	2127	2250	-
Harrington		15x33	16x07	17x25	18x35	19x08	20x09	-	21x31	22x54	-
Parton		15x43	16x16	17x33	18x46	19x16	20x17	-	21x39	23x02	-
Whitehaven	a	1548	1622	1739	1850	1925	2025	-	2147	2310	-
Whitehaven	d	1549	1623	1741	1852	-	-	-	-	-	-
Corkickle		15x53	16x25	17x43	18x55	-	-	-	-	-	-
St Bees		1600	1631	1752	1902	-	-	-	-	-	-
Nethertown		-	16x35	17x56	19x08	-	-	-	-	-	-
Braystones		-	16x38	17x58	19x12	-	-	-	-	-	-
Sellafield		1611	1644	1804	1917	-	-	-	-	-	-
Seascale		1615	1648	1807	1921	-	-	-	-	-	-
Drigg		16x20	16x51	18x11	19x26	-	-	-	-	-	-
Ravenglass for Eskdale		1624	1655	1814	1930	-	-	-	-	-	-
Bootle		16x31	17x01	18x20	19x37	-	-	-	-	-	-
Silecroft		16x39	17x08	18x27	19x45	-	-	-	-	-	-
Millom	a	1645	1715	1834	1951	-	-	-	-	-	-
Millom	d	1645	1715	1835	1951	-	-	2012	-	-	2208
Green Road		16x51	17x20	18x39	19x58	-	-	20x16	-	-	22x12
Foxfield		16x56	17x24	18x43	20x03	-	-	20x19	-	-	22x15
Kirkby-in-Furness		17x01	17x28	18x48	20x08	-	-	20x23	-	-	22x19
Askam		1707	1733	1853	2014	-	-	2028	-	-	2224
Barrow-in-Furness	a	1724	1749	1910	2031	-	-	2045	-	-	2241
Barrow-in-Furness	d	-	1803	2015	-	-	-	2143	-	-	-
Roose		-	1807	2019	-	-	-	2147	-	-	-
Dalton		-	1813	2025	-	-	-	2153	-	-	-
Ulverston		-	1821	2034	-	-	-	2201	-	-	-
Cark		-	1829	2041	-	-	-	2209	-	-	-
Kents Bank		-	1833	2046	-	-	-	2213	-	-	-
Grange-over-Sands		-	1836	2049	-	-	-	2216	-	-	-
Arnside		-	1843	2056	-	-	-	2223	-	-	-
Silverdale		-	1847	2100	-	-	-	2227	-	-	-
Carnforth		-	1853	2107	-	-	-	2233	-	-	-
Lancaster	a	-	1904	2115	-	-	-	2245	-	-	-
Lancaster	d	-	-	-	-	-	-	-	-	-	-
Preston	a	-	1930	2135	-	-	-	2311	-	-	-

Notes

x Only stops on request.

N From Newcastle.

● Service operated with loco-hauled stock where available.

Lancaster - Barrow - Carlisle

Mondays to Fridays

Preston	d	-	-	0519	-	-	-	-	-	1004	1058	-	-	-
Lancaster	a	-	-	-	-	-	-	-	-	-	-	-	-	-
	d	-	-	0542	-	-	-	0733	0848	1025	1123	1201	-	-
Carnforth		-	-	0552	-	-	-	0741	0857	1035	1133	1211	-	-
Silverdale		-	-	0558	-	-	-	0747	0903	1041	1138	1217	-	-
Arnside		-	-	0602	-	-	-	0751	0908	1047	1143	1221	-	-
Grange-over-Sands		-	-	0608	-	-	-	0757	0914	1053	1149	1227	-	-
Kents Bank		-	-	0612	-	-	-	0800	0918	1058	1153	1231	-	-
Cark		-	-	0616	-	-	-	0805	0922	1103	1157	1235	-	-
Ulverston		-	-	0625	-	-	-	0813	0931	1111	1206	1244	-	-
Dalton		-	-	0633	-	-	-	0821	0939	1120	1214	1252	-	-
Roose		-	-	0639	-	-	-	0827	0945	-	1220	1258	-	-
Barrow-in-Furness	a	-	-	0646	-	-	-	0836	0950	1133	1227	1308	-	-
Barrow-in-Furness	d	-	0546	0651	0805	-	0920	1010	1138	1236	1331	-	-	-
Askam		-	0558	0701	0815	-	0930	1020	1150	1246	1341	-	-	-
Kirkby-in-Furness		-	06x04	07x05	08x19	-	09x34	10x24	11x56	12x50	13x45	-	-	-
Foxfield		-	06x09	07x09	08x22	-	09x37	10x27	12x01	12x53	13x48	-	-	-
Green Road		-	06x14	07x13	08x26	-	09x41	10x31	12x06	12x57	13x52	-	-	-
Millom	a	-	0620	0719	0832	-	0947	1037	1212	1303	1358	-	-	-
Millom	d	-	0621	0719	0833	-	0948	1038	1213	1304	1359	-	-	-
Silecroft		-	06x27	07x24	08x37	-	09x52	10x42	12x19	13x08	14x03	-	-	-
Bootle		-	06x35	07x31	08x44	-	09x59	10x49	12x27	13x15	14x10	-	-	-
Ravenglass for Eskdale		-	0642	0737	0850	-	1005	1055	1234	1321	1416	-	-	-
Drigg		-	06x47	07x41	08x53	-	10x08	10x58	12x39	13x24	14x19	-	-	-
Seascale		-	0651	0744	0856	-	1012	1101	1243	1328	1422	-	-	-
Sellafield		-	0656	0751	0903a	-	1019	1108	1248	1336	1428	-	-	-
Braystones		-	-	07x54	-	-	-	11x11	-	-	14x31	-	-	-
Nethertown		-	-	07x57	-	-	-	11x14	-	-	14x34	-	-	-
St Bees		-	0707	0801	-	-	1028	1118	1259	1346	1440	-	-	-
Corkickle		-	07x13	08x06	-	-	10x33	11x23	13x06	13x51	14x45	-	-	-
Whitehaven	a	-	0716	0810	-	-	1036	1127	1309	1354	1448	-	-	-
Whitehaven	d	0624	0718	0812	-	0904	1037	1128	1310	1356	1454	-	-	-
Parton		06x27	07x22	08x15	-	09x07	10x41	11x32	13x15	13x59	14x57	-	-	-
Harrington		06x35	07x33	08x23	-	09x15	10x49	11x40	13x26	14x07	15x05	-	-	-
Workington		0642	0739	0831	-	0922	1055	1146	1332	1414	1513	-	-	-
Flimby		06x46	07x45	08x35	-	09x26	11x00	11x51	13x38	14x18	15x17	-	-	-
Maryport		0650	0749	0839	-	0930	1104	1154	1342	1422	1522	-	-	-
Aspatria		06x59	08x00	08x48	-	09x39	11x13	12x04	13x53	14x31	15x32	-	-	-
Wigton		0711	0812	0900	-	0951	1126	1216	1405	1443	1544	-	-	-
Dalston		07x20	08x22	09x09	-	10x00	11x34	12x24	14x15	14x52	15x52	-	-	-
Carlisle	a	0733	0833	0925	-	1013	1149	1238	1426	1506	1604	-	-	-

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northernrail.org/season

Notes

x Only stops on request.

Ⓛ Service operated with loco-hauled stock where available.

Lancaster - Barrow - Carlisle

Mondays to Fridays

		●	●								
Preston	d	1246	1458	1546	-	1804	-	2001	-	-	-
Lancaster	a	-	-	-	-	-	-	-	-	-	-
	d	1302	1533	1602	1721	1821	-	2017	-	-	-
Carnforth		1310	1543	1610	1730	1830	-	2025	-	-	-
Silverdale		1316	1549	1616	1736	1836	-	2031	-	-	-
Arnside		1320	1554	1620	1741	1840	-	2035	-	-	-
Grange-over-Sands		1325	1600	1626	1747	1845	-	2041	-	-	-
Kents Bank		1329	1603	1629	1750	1849	-	2044	-	-	-
Cark		1333	1607	1634	1755	1853	-	2049	-	-	-
Ulverston		1341	1615	1642	1803	1901	-	2057	-	-	-
Dalton		1349	1624	1650	1811	1910	-	2105	-	-	-
Roose		1355	1630	1656	1818	1915	-	2111	-	-	-
Barrow-in-Furness	a	1404	1637	1705	1825	1925	-	2120	-	-	-
Barrow-in-Furness	d	1437	1643	1731	1830	1935	-	2130	-	-	-
Askam		1449	1653	1743	1840	1945	-	2140	-	-	-
Kirkby-in-Furness		14x55	16x57	17x48	18x44	19x49	-	21x44	-	-	-
Foxfield		15x00	17x00	17x53	18x47	19x52	-	21x47	-	-	-
Green Road		15x05	17x04	17x58	18x51	19x56	-	21x51	-	-	-
Millom	a	1511	1710	1804	1857	2005	-	2200	-	-	-
Millom	d	1512	1711	1805	1858	-	-	-	-	-	-
Silecroft		15x18	17x15	18x11	19x02	-	-	-	-	-	-
Bootle		15x26	17x22	18x19	19x09	-	-	-	-	-	-
Ravenglass for Eskdale		1533	1728	1826	1915	-	-	-	-	-	-
Drigg		15x38	17x31	18x31	19x18	-	-	-	-	-	-
Seascale		1542	1734	1835	1921	-	-	-	-	-	-
Sellafield		1547	1740	1840	1925	-	-	-	-	-	-
Braystones		-	-	18x45	-	-	-	-	-	-	-
Nethertown		-	-	18x49	-	-	-	-	-	-	-
St Bees		1601	1751	1903	1934	-	-	-	-	-	-
Corkickle		16x08	17x56	19x10	19x39	-	-	-	-	-	-
Whitehaven	a	1611	1758	1913	1943	-	-	-	-	-	-
Whitehaven	d	1612	1800	1915	1944	-	2030	-	2151	-	-
Parton		16x17	18x03	19x20	19x48	-	20x33	-	21x54	-	-
Harrington		16x28	18x11	19x30	19x57	-	20x41	-	22x02	-	-
Workington		1634	1818	1936	2003	-	2048	-	2211a	-	-
Flimby		16x40	18x22	19x42	20x08	-	20x52	-	-	-	-
Maryport		1644	1826	1946	2012	-	2056	-	-	-	-
Aspatria		16x55	18x35	19x58	20x22	-	21x05	-	-	-	-
Wigton		1707	1847	2010	2034	-	2117	-	-	-	-
Dalston		17x17	18x56	20x20	20x43	-	21x26	-	-	-	-
Carlisle	a	1729	1910	2031	2057	-	2140	-	-	-	-

The full service between Barrow, Lancaster, Preston and Manchester is shown in the First TransPennine Express timetable G. This guide shows all services between Barrow and Lancaster/Preston so if you are travelling on this part of the line please pick up their timetable.

Notes

x Only stops on request.

● Service operated with loco-hauled stock where available.

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

For more information on this offer call

03457 48 49 50
or visit northernrail.org/rer



Ravenglass & Eskdale Railway 2015/16 timetable

(Covering 13 December 2015 – 14 May 2016)

13, 19 – 23 December 2015

		D	D	
Ravenglass	d	1230	1430	
Dalegarth (for Boot)	a	1310	1510	
		D	D	D
Dalegarth (for Boot)	d	1100	1340	1630
Ravenglass	a	1140	1420	1710

26 – 31 December 2015, 1 – 3 January, 13 – 21, 27 – 28 February, 5 – 6, 12 – 13 March 2016

		D		D		D
Ravenglass	d	1025	1125	1230	1350	1450
Dalegarth (for Boot)	a	1110	1210	1310	1430	1530
		D		D		D
Ravenglass	d	1125	1230	1350	1450	1540
Dalegarth (for Boot)	a	1205	1310	1430	1530	1620

19 – 24 March, 11 – 29 April, 3 – 14 May 2016

		D			D			D
Ravenglass	d	0925	1025	1125	1245	1350	1450	1550
Dalegarth (for Boot)	a	1010	1110	1210	1330	1430	1530	1630
		D			D			D
Dalegarth (for Boot)	d	1025	1150	1250	1350	1450	1550	1640
Ravenglass	a	1105	1230	1330	1430	1530	1630	1720

25 – 31 March, 1 – 10, 30 April, 1 – 2 May 2016

		D							D	
Ravenglass	d	0925	1025	1125	1210	1250	1350	1450	1550	1650
Dalegarth (for Boot)	a	1010	1110	1210	1250	1330	1430	1530	1630	1730
		D			D					D
Dalegarth (for Boot)	d	1025	1150	1250	1330	1350	1450	1550	1650	1740
Ravenglass	a	1105	1230	1330	1410	1430	1530	1630	1730	1820

Code

D Diesel hauled



Carlisle - Barrow - Lancaster

Saturdays

			L		L		L		L
Carlisle	d	-	0515 0735	-	0842 0938	1054 1156	1252 1433		
Dalston		-	05x23 07x43	-	08x51 09x46	11x02 12x05	13x00 14x42		
Wigton		-	0533 0753	-	0901 0956	1112 1215	1310 1452		
Aspatria		-	05x45 08x03	-	09x13 10x06	11x22 12x27	13x20 15x03		
Maryport		-	0557 0814	-	0925 1017	1133 1239	1331 1515		
Flimby		-	06x01 08x17	-	09x28 10x20	11x36 12x43	13x34 15x19		
Workington		-	0608 0825	-	0935 1028	1144 1251	1342 1526		
Harrington		-	06x13 08x29	-	09x40 10x32	11x48 12x56	13x46 15x31		
Parton		-	06x24 08x37	-	09x50 10x40	11x56 13x07	13x54 15x41		
Whitehaven	a	-	0629 0845	-	0955 1046	1202 1313	1400 1546		
Whitehaven	d	-	0630	-	0956 1048	1204 1315	1402 1547		
Corkickle		-	06x33	-	10x00 10x50	12x06 13x18	14x04 15x51		
St Bees		-	0640	-	1007 1055	1211 1325	1409 1601		
Nethertown		-	-	-	-	10x59	-	-	-
Braystones		-	-	-	-	11x02	-	-	-
Sellafield		-	0651	-	0905 1018	1108 1222	1336 1419	1612	
Seascale		-	0656	-	0908 1022	1111 1225	1341 1423	1616	
Drigg		-	07x00	-	09x11 10x27	11x14 12x28	13x45 14x26	16x21	
Ravenglass for Eskdale		-	0705	-	0915 1031	1118 1232	1350 1429	1625	
Bootle		-	07x11	-	09x20 10x38	11x23 12x37	13x56 14x35	16x32	
Silecroft		-	07x19	-	09x27 10x46	11x30 12x44	14x05 14x41	16x40	
Millom	a	-	0725	-	0933 1052	1136 1250	1410 1448	1646	
Millom	d	0609	0725	-	0934 1052	1136 1251	1411 1448	1646	
Green Road		06x13	07x32	-	09x38 10x59	11x40 12x55	14x17 14x52	16x52	
Foxfield		06x16	07x37	-	09x41 11x04	11x44 12x58	14x23 14x55	16x57	
Kirkby-in-Furness		06x20	07x42	-	09x45 11x09	11x48 13x02	14x28 14x59	17x02	
Askam		0625	0748	-	0950 1115	1153 1307	1434 1504	1708	
Barrow-in-Furness	a	0641	0803	-	1005 1132	1208 1325	1449 1520	1723	
Barrow-in-Furness	d	0723	0808	-	1009	-	1211 1333	1457 1525	-
Roose		0727	0812	-	1013	-	1215 1337	1501	-
Dalton		0733	0818	-	1019	-	1221 1343	1508	-
Ulverston		0741	0826	-	1028	-	1229 1352	1517	1540
Cark		0749	0834	-	1035	-	1237 1359	1525	-
Kents Bank		0753	0838	-	1040	-	1241 1404	1530	-
Grange-over-Sands		0757	0841	-	1044	-	1245 1407	1534	1553
Arnside		0803	0848	-	1050	-	1251 1414	1540	1559
Silverdale		0807	0852	-	1055	-	1255 1418	1545	-
Carnforth		0814	0859	-	1102	-	1303 1425	1555	1609
Lancaster	a	0822	0909	-	1111	-	1315 1433	1608	1617
Lancaster	d	-	-	-	-	-	-	-	-
Preston	a	0841	-	-	1137	-	1345 1452	1637	1637



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Notes

x Only stops on request.
N From Newcastle.

● Service operated with loco-hauled stock where available.

Carlisle - Barrow - Lancaster

Saturdays

		N									
Carlisle	d	1525	1636	1740	1814	1900	-	2015	2145	-	-
Dalston		15x33	16x44	17x48	18x22	19x08	-	20x23	21x53	-	-
Wigton		1543	1654	1758	1832	1918	-	2032	2203	-	-
Aspatria		15x53	17x04	18x08	18x42	19x28	-	20x42	22x13	-	-
Maryport		1604	1715	1819	1853	1939	-	2052	2224	-	-
Flimby		16x07	17x18	18x22	18x56	19x42	-	20x55	22x27	-	-
Workington		1616	1726	1830	1904	1950	-	2104	2235	-	-
Harrington		16x19	17x30	18x34	19x08	19x54	-	21x07	22x39	-	-
Parton		16x28	17x38	18x42	19x16	20x02	-	21x16	22x47	-	-
Whitehaven	a	1634	1746	1848	1925	2010	-	2125	2255	-	-
Whitehaven	d	1636	1748	1850	-	-	-	-	-	-	-
Corkickle		16x38	17x50	18x52	-	-	-	-	-	-	-
St Bees		1643	1755	1859	-	-	-	-	-	-	-
Nethertown		-	17x59	19x03	-	-	-	-	-	-	-
Braystones		-	18x02	19x05	-	-	-	-	-	-	-
Sellafield		1654	1808	1911	-	-	-	-	-	-	-
Seascale		1657	1811	1914	-	-	-	-	-	-	-
Drigg		17x00	18x14	19x17	-	-	-	-	-	-	-
Ravenglass for Eskdale		1704	1818	1921	-	-	-	-	-	-	-
Bootle		17x09	18x23	19x26	-	-	-	-	-	-	-
Silecroft		17x16	18x30	19x33	-	-	-	-	-	-	-
Millom	a	1722	1836	1939	-	-	-	-	-	-	-
Millom	d	1723	1837	1939	-	-	2012	-	-	2208	-
Green Road		17x27	18x41	19x43	-	-	20x16	-	-	22x12	-
Foxfield		17x30	18x44	19x47	-	-	20x19	-	-	22x15	-
Kirkby-in-Furness		17x34	18x48	19x51	-	-	20x23	-	-	22x19	-
Askam		1739	1853	1956	-	-	2028	-	-	2224	-
Barrow-in-Furness	a	1755	1911	2013	-	-	2045	-	-	2241	-
Barrow-in-Furness	d	1803	1917	-	-	-	2135	-	-	-	-
Roose		1807	1921	-	-	-	2139	-	-	-	-
Dalton		1813	1927	-	-	-	2145	-	-	-	-
Ulverston		1821	1936	-	-	-	2153	-	-	-	-
Cark		1829	1943	-	-	-	2201	-	-	-	-
Kents Bank		1833	1948	-	-	-	2205	-	-	-	-
Grange-over-Sands		1837	1951	-	-	-	2208	-	-	-	-
Arnside		1843	1958	-	-	-	2215	-	-	-	-
Silverdale		1847	2002	-	-	-	2219	-	-	-	-
Carnforth		1855	2009	-	-	-	2225	-	-	-	-
Lancaster	a	1905	2017	-	-	-	2240	-	-	-	-
	d	1906	-	-	-	-	-	-	-	-	-
Preston	a	1931	2037	-	-	-	-	-	-	-	-

Sundays

Carlisle	d	1410	1710	1910	2110	-	-	-	-	-	-
Dalston		14x18	17x18	19x18	21x18	-	-	-	-	-	-
Wigton		1427	1727	1927	2127	-	-	-	-	-	-
Aspatria		14x37	17x37	19x37	21x37	-	-	-	-	-	-
Maryport		1447	1747	1947	2147	-	-	-	-	-	-
Flimby		14x50	17x50	19x50	21x50	-	-	-	-	-	-
Workington		1459	1759	1959	2159	-	-	-	-	-	-
Harrington		15x02	18x02	20x02	22x02	-	-	-	-	-	-
Parton		15x11	18x11	20x11	22x11	-	-	-	-	-	-
Whitehaven	a	1520	1820	2020	2220	-	-	-	-	-	-

Notes

N From Newcastle.

Lancaster - Barrow - Carlisle

Saturdays

			L				L		L				
Preston	d	-	-	-	-	-	-	0842	0945	1058	-	-	-
Lancaster	a	-	-	-	-	-	-	0902	-	-	-	-	-
	d	-	-	-	-	-	-	0733	0902	1001	1128	1223	-
Carnforth		-	-	-	-	-	-	0741	0912	1009	1137	1231	-
Silverdale		-	-	-	-	-	-	0747	0917	1015	1143	1237	-
Arnsdale		-	-	-	-	-	-	0751	0922	1019	1148	1241	-
Grange-over-Sands		-	-	-	-	-	-	0757	0928	1025	1154	1247	-
Kents Bank		-	-	-	-	-	-	0800	0931	1028	1157	1250	-
Cark		-	-	-	-	-	-	0805	0936	1033	1202	1255	-
Ulverston		-	-	-	-	-	-	0813	0944	1041	1210	1303	-
Dalton		-	-	-	-	-	-	0821	0952	1049	1218	1311	-
Roose		-	-	-	-	-	-	0827	0958	1055	1224	1317	-
Barrow-in-Furness	a	-	-	-	-	-	-	0836	1006	1104	1232	1326	-
Barrow-in-Furness	d	-	0546	0655	0741	-	-	0845	1010	1138	1239	1350	-
Askam		-	0558	0705	0751	-	-	0857	1020	1150	1249	1400	-
Kirkby-in-Furness		-	06x04	07x09	07x55	-	-	09x03	10x24	11x55	12x53	14x04	-
Foxfield		-	06x09	07x13	07x58	-	-	09x07	10x27	12x00	12x57	14x07	-
Green Road		-	06x14	07x17	08x02	-	-	09x12	10x31	12x05	13x00	14x11	-
Millom	a	-	0620	0724	0808	-	-	0918	1037	1211	1307	1417	-
Millom	d	-	0621	0724	0809	-	-	0919	1038	1212	1307	1418	-
Silecroft		-	06x27	07x29	08x13	-	-	09x25	10x42	12x18	13x11	14x22	-
Bootle		-	06x35	07x36	08x20	-	-	09x33	10x49	12x26	13x18	14x29	-
Ravenglass for Eskdale		-	0642	0742	0826	-	-	0940	1055	1233	1324	1435	-
Drigg		-	06x47	07x46	08x29	-	-	09x45	10x58	12x37	13x27	14x38	-
Seascale		-	0651	0749	0832	-	-	0949	1102	1241	1330	1441	-
Sellafield		-	0656	0756	0839a	-	-	0954	1108	1246	1336	1447	-
Braystones		-	-	07x59	-	-	-	-	11x11	-	-	14x50	-
Nethertown		-	-	08x02	-	-	-	-	11x14	-	-	14x53	-
St Bees		-	0707	0806	-	-	-	1008	1118	1257	1345	1457	-
Corkickle		-	07x14	08x11	-	-	-	10x14	11x23	13x03	13x50	15x02	-
Whitehaven	a	-	0717	0815	-	-	-	1017	1127	1306	1353	1506	-
Whitehaven	d	0622	0718	0816	-	-	-	0906	1019	1128	1308	1355	1507
Parton		06x25	07x23	08x20	-	-	-	09x09	10x24	11x32	13x13	13x58	15x11
Harrington		06x33	07x33	08x28	-	-	-	09x17	10x34	11x40	13x23	14x06	15x19
Workington		0640	0739	0834	-	-	-	0924	1040	1146	1329	1413	1525
Flimby		06x44	07x45	08x39	-	-	-	09x28	10x47	11x51	13x36	14x17	15x30
Maryport		0648	0749	0842	-	-	-	0932	1051	1154	1340	1421	1533
Aspatria		06x57	08x00	08x52	-	-	-	09x41	11x02	12x04	13x51	14x30	15x43
Wigton		0709	0812	0904	-	-	-	0953	1114	1216	1403	1442	1555
Dalston		07x18	08x22	09x12	-	-	-	10x02	11x24	12x24	14x12	14x51	16x03
Carlisle	a	0731	0833	0926	-	-	-	1015	1137	1238	1426	1505	1617



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Notes

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Ⓛ Service operated with loco-hauled stock where available.

Lancaster - Barrow - Carlisle

Saturdays



Preston	d	1258	1407	1546	1558	-	1745	-	2003	-	-
Lancaster	a	-	-	-	-	-	-	-	2023	-	-
	d	1332	1423	1602	1700	-	1801	-	2023	-	-
Carnforth		1341	1431	1610	1710	-	1810	-	2033	-	-
Silverdale		1347	-	1616	1717	-	1815	-	2039	-	-
Arnside		1352	1440	1620	1721	-	1820	-	2044	-	-
Grange-over-Sands		1358	1445	1626	1727	-	1825	-	2050	-	-
Kents Bank		1401	-	1629	1731	-	1829	-	2053	-	-
Cark		1406	-	1634	1735	-	1833	-	2058	-	-
Ulverston		1414	1458	1642	1744	-	1842	-	2106	-	-
Dalton		1422	-	1650	1753	-	1850	-	2114	-	-
Roose		1428	-	1656	1759	-	1856	-	2120	-	-
Barrow-in-Furness	a	1436	1518	1705	1806	-	1905	-	2128	-	-
Barrow-in-Furness	d	1452	1533	1732	1810	-	1935	-	2130	-	-
Askam		1502	1543	1744	1820	-	1945	-	2140	-	-
Kirkby-in-Furness		15x06	15x47	17x49	18x24	-	19x49	-	21x44	-	-
Foxfield		15x09	15x50	17x54	18x27	-	19x52	-	21x47	-	-
Green Road		15x13	15x54	17x59	18x31	-	19x56	-	21x51	-	-
Millom	a	1519	1600	1805	1840	-	2005	-	2200	-	-
Millom	d	1520	1601	1806	-	-	-	-	-	-	-
Silecroft		15x24	16x05	18x12	-	-	-	-	-	-	-
Bootle		15x31	16x12	18x20	-	-	-	-	-	-	-
Ravenglass for Eskdale		1537	1618	1827	-	-	-	-	-	-	-
Drigg		15x40	16x21	18x32	-	-	-	-	-	-	-
Seascale		1544	1624	1836	-	-	-	-	-	-	-
Sellafield		1550	1630	1841	-	-	-	-	-	-	-
Braystones		-	16x34	18x46	-	-	-	-	-	-	-
Nethertown		-	16x36	18x50	-	-	-	-	-	-	-
St Bees		1600	1646	1900	-	-	-	-	-	-	-
Corkickle		16x05	16x51	19x07	-	-	-	-	-	-	-
Whitehaven	a	1608	1654	1910	-	-	-	-	-	-	-
Whitehaven	d	1610	1656	1913	-	1934	-	2030	-	-	-
Parton		16x14	17x00	19x18	-	19x37	-	20x33	-	-	-
Harrington		16x22	17x08	19x28	-	19x45	-	20x41	-	-	-
Workington		1628	1714	1934	-	1952	-	2048	-	-	-
Flimby		16x33	17x19	19x40	-	19x56	-	20x52	-	-	-
Maryport		1636	1722	1944	-	2000	-	2056	-	-	-
Aspatria		16x46	17x32	19x56	-	20x09	-	21x05	-	-	-
Wigton		1658	1744	2008	-	2021	-	2117	-	-	-
Dalston		17x06	17x52	20x18	-	20x30	-	21x26	-	-	-
Carlisle	a	1719	1806	2029	-	2044	-	2140	-	-	-

Sundays

Whitehaven	d	1233	1433	1633	1933	-	-	-	-	-	-
Parton		12x36	14x36	16x36	19x36	-	-	-	-	-	-
Harrington		12x44	14x44	16x44	19x44	-	-	-	-	-	-
Workington		1251	1451	1651	1951	-	-	-	-	-	-
Flimby		12x55	14x55	16x55	19x55	-	-	-	-	-	-
Maryport		1259	1459	1659	1959	-	-	-	-	-	-
Aspatria		13x08	15x08	17x08	20x08	-	-	-	-	-	-
Wigton		1318	1518	1718	2018	-	-	-	-	-	-
Dalston		13x27	15x27	17x27	20x27	-	-	-	-	-	-
Carlisle	a	1341	1541	1741	2041	-	-	-	-	-	-

Notes

Service operated with loco-hauled stock where available.



Customer helpline

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email assistance@northernrail.org

textphone **0333 222 0126**



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Fares and service information

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textphone **0345 60 50 600**

website nationalrail.co.uk



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