



Customer helpline

For comments and enquiries
telephone **0333 222 0125**
email customer.relations@northernrail.org
[@northernrailorg](https://twitter.com/northernrailorg)



Access, disabled information or cycle assistance

freephone **08081 56 16 06**
email assistance@northernrail.org
textphone **0333 222 0126**



Lost property

northernrail.org/lostproperty



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



scan to download our mobile app

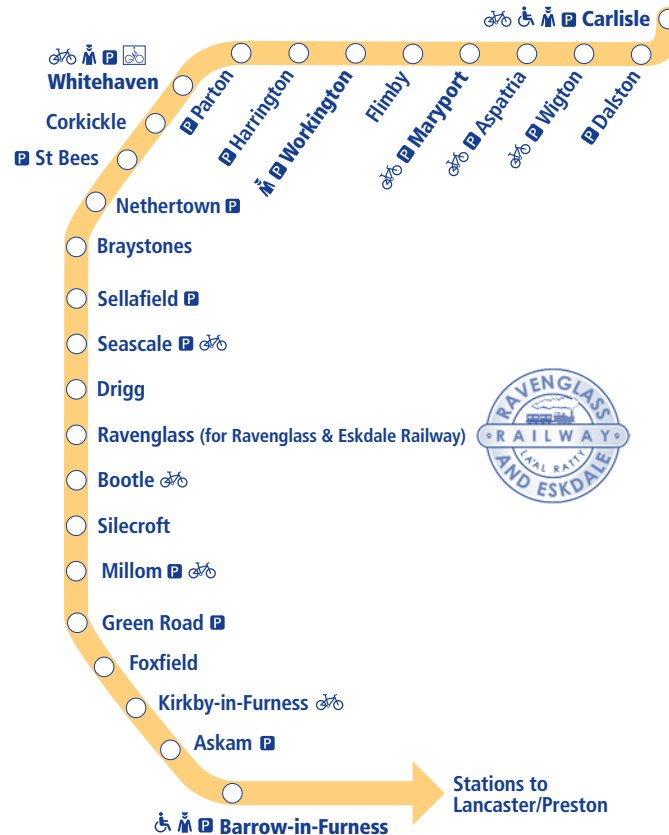
Northern Rail Limited: a joint venture of Serco and Abellio
Registered No: 04619954
Registered Office: Serco House, 16 Bartley Wood Business Park,
Bartley Way, Hook, Hampshire RG27 9UY, UK

Train times

18 May – 13 December 2014

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.

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.



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 #getaticket.

Group travel

We may give discounts for groups of ten or more. For details please call **0333 222 0127** 0900 to 1700 Monday to Friday.

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**.



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 northernrail.org/disruption.



You can follow planned engineering updates to this timetable on Twitter: **@NRtimetable6**



No smoking

Smoking is not permitted on stations or on trains. This includes electronic cigarettes.

Local transport enquiries

For all your local public transport enquiries phone **0871 200 22 33** from 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: **0333 222 0126**

Email: assistance@northernrail.org

Wheelchairs, pushchairs and bikes

To make it easier for you to board the train with a wheelchair, pushchair or bike, we are adding stickers to the outside of our trains, showing the best doors to use. Please look out for these stickers which are being added from March 2014.

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.

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.



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, particularly during peak times. Folded bikes can be taken on trains as luggage without restrictions. For further details call our Customer Relations Team on **0333 222 0125** 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.

Passenger Focus

Telephone: **0300 123 2350**

Address: Passenger Focus
Freepost (RRRE-ETTC-LEET)
PO Box 4257 Manchester M60 3AR

Website: passengerfocus.org.uk



Customer Relations

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

Telephone: **0333 222 0125**
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



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

Enjoy spectacular journeys and beautiful scenery

Mondays to Fridays

		M											
Preston	d	-	-	0519	-	-	0720h	-	0958	1058	1203		
Lancaster	a	-	-	0539	-	-	-	-	-	-	-		
	d	-	-	0541	-	-	0736h	0848	1024	1123	1220		
Carnforth	-	-	-	0551	-	-	0744h	0857	1034	1133	1228		
Silverdale	-	-	-	0557	-	-	0750h	0903	1040	1139	1234		
Arnside	-	-	-	0601	-	-	0754h	0908	1044	1144	1238		
Grange-over-Sands	-	-	-	0607	-	-	0800h	0914	1050	1150	1244		
Kents Bank	-	-	-	0611	-	-	0803h	0918	1054	1153	1247		
Cark	-	-	-	0615	-	-	0808h	0922	1058	1158	1252		
Ulverston	-	-	-	0624	-	-	0816h	0931	1107	1206	1300		
Dalton	-	-	-	0632	-	-	0824h	0939	1115	1214	1308		
Roose	-	-	-	0638	-	-	0830h	0945	1121	1220	1314		
Barrow-in-Furness	a	-	-	0647	-	-	0839h	0953	1128	1228	1323		
Barrow-in-Furness	d	-	-	0557	0650	0758	-	0908	1010	1131	1231	1331	
Askam	-	-	-	0607	0700	0808	-	0918	1020	1141	1241	1341	
Kirkby-in-Furness	-	-	-	0611	07x04	08x12	-	09x22	10x24	11x45	12x45	13x45	
Foxfield	-	-	-	06x15	07x08	08x15	-	09x25	10x27	11x48	12x48	13x48	
Green Road	-	-	-	06x19	07x12	08x19	-	09x29	10x31	11x52	12x52	13x52	
Millom	a	-	-	0626	0719	0825	-	0935	1037	1158	1258	1358	
Millom	d	-	-	0626	0719	0826	-	0936	1038	1158	1259	1359	
Silecroft	-	-	-	06x31	07x24	08x30	-	09x40	10x42	12x03	13x03	14x03	
Bootle	-	-	-	06x38	07x31	08x37	-	09x47	10x49	12x09	13x10	14x10	
Ravenglass for Eskdale	-	-	-	0644	0737	0843	-	0953	1055	1215	1316	1416	
Drigg	-	-	-	06x48	07x41	08x46	-	09x56	10x58	12x18	13x19	14x19	
Seascale	-	-	-	0651	0744	0849	-	1000	1101	1222	1322	1422	
Sellafield	-	-	-	0658	0751	0856a	-	1007	1108	1228	1328	1428	
Braystones	-	-	-	07x01	07x54	-	-	-	11x11	-	-	-	
Nethertown	-	-	-	07x04	07x57	-	-	-	11x14	-	-	-	
St Bees	-	-	-	0709	0801	-	-	-	1016	1118	1238	1338	1438
Corkickle	-	-	-	07x14	08x06	-	-	-	10x21	11x23	12x43	13x43	14x43
Whitehaven	a	-	-	0717	0810	-	-	-	1024	1127	1247	1346	1446
Whitehaven	d	0620	0724	0812	-	0903	1025	1128	1251	1348	1449	-	-
Parton	-	06x23	07x27	08x15	-	09x06	10x29	11x32	12x55	13x51	14x52	-	-
Harrington	-	06x31	07x35	08x23	-	09x14	10x37	11x40	13x03	13x59	15x00	-	-
Workington	-	0638	0742	0831	-	0921	1043	1146	1309	1406	1507	-	-
Flimby	-	06x42	07x47	08x35	-	09x25	10x48	11x51	13x14	14x10	15x11	-	-
Maryport	-	0646	0750	0839	-	0929	1052	1154	1317	1414	1515	-	-
Aspatria	-	06x55	08x00	08x48	-	09x38	11x01	12x04	13x27	14x23	15x25	-	-
Wigton	-	0707	0812	0900	-	0950	1114	1216	1339	1435	1537	-	-
Dalston	-	07x16	08x20	09x09	-	09x59	11x22	12x24	13x47	14x44	15x45	-	-
Carlisle	a	0729	0834	0922	-	1012	1135	1236	1401	1458	1559	-	-

Mondays to Fridays

Preston	d	-	-	1458	1546	-	-	-	-	2001h	-	-	
Lancaster	a	-	-	-	-	-	-	-	-	-	-	-	
	d	1334	1533	1602	1645	-	-	-	1823h	-	2017h	-	-
Carnforth	-	1342	1543	1610	1655	-	-	-	1831h	-	2025h	-	-
Silverdale	-	-	1549	1616	1701	-	-	-	1837h	-	2031h	-	-
Arnside	-	1351	1554	1620	1706	-	-	-	1841h	-	2035h	-	-
Grange-over-Sands	-	1356	1600	1626	1712	-	-	-	1847h	-	2041h	-	-
Kents Bank	-	-	1603	1629	1715	-	-	-	1850h	-	2044h	-	-
Cark	-	-	1607	1634	1720	-	-	-	1855h	-	2049h	-	-
Ulverston	-	1409	1615	1642	1729	-	-	-	1903h	-	2057h	-	-
Dalton	-	-	1624	1650	1737	-	-	-	1911h	-	2105h	-	-
Roose	-	-	1630	1656	1743	-	-	-	1917h	-	2111h	-	-
Barrow-in-Furness	a	1429	1637	1705	1753	-	-	-	1924h	-	2120h	-	-
Barrow-in-Furness	d	1452	1640	1728	1805	-	-	-	1935	-	2130	-	-
Askam	-	1502	1650	1740	1815	-	-	-	1945	-	2140	-	-
Kirkby-in-Furness	-	15x06	16x54	17x44	18x19	-	-	-	19x49	-	21x44	-	-
Foxfield	-	15x09	16x57	17x48	18x22	-	-	-	19x52	-	21x47	-	-
Green Road	-	15x13	17x01	17x51	18x26	-	-	-	19x56	-	21x51	-	-
Millom	a	1519	1707	1758	1835	-	-	-	2005	-	2200	-	-
Millom	d	1520	1708	1758	-	-	-	-	-	-	-	-	-
Silecroft	-	15x24	17x12	18x03	-	-	-	-	-	-	-	-	-
Bootle	-	15x31	17x19	18x09	-	-	-	-	-	-	-	-	-
Ravenglass for Eskdale	-	1537	1725	1815	-	-	-	-	-	-	-	-	-
Drigg	-	15x40	17x28	18x18	-	-	-	-	-	-	-	-	-
Seascale	-	1544	1731	1822	-	-	-	-	-	-	-	-	-
Sellafield	-	1551	1740	1827	-	-	-	-	-	-	-	-	-
Braystones	-	15x54	-	18x31	-	-	-	-	-	-	-	-	-
Nethertown	-	15x57	-	18x33	-	-	-	-	-	-	-	-	-
St Bees	-	1602	1751	1845	-	-	-	-	-	-	-	-	-
Corkickle	-	16x07	17x56	18x50	-	-	-	-	-	-	-	-	-
Whitehaven	a	1610	1758	1853	-	-	-	-	-	-	-	-	-
Whitehaven	d	1612	1800	1855	-	1934	-	2030	-	2151	-	-	-
Parton	-	16x15	18x03	18x58	-	19x37	-	20x33	-	21x54	-	-	-
Harrington	-	16x23	18x11	19x06	-	19x45	-	20x41	-	22x02	-	-	-
Workington	-	1629	1818	1912	-	1952	-	2048	-	2211a	-	-	-
Flimby	-	16x34	18x22	19x17	-	19x56	-	20x52	-	-	-	-	-
Maryport	-	1637	1826	1920	-	2000	-	2056	-	-	-	-	-
Aspatria	-	16x47	18x35	19x30	-	20x09	-	21x05	-	-	-	-	-
Wigton	-	1659	1847	1942	-	2021	-	2117	-	-	-	-	-
Dalston	-	17x07	18x56	19x50	-	20x30	-	21x26	-	-	-	-	-
Carlisle	a	1721	1910	2004	-	2043	-	2139	-	-	-	-	-

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
- Dalton
- 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

08457 48 49 50
or visit northernrail.org

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

h Connection time varies 21 July to 29 August. Please check before travelling.
x Only stops on request.
M From Morecambe.

The full service between Barrow, Lancaster, Preston and Manchester is shown in the First TransPennine Express timetable 15. 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

h Connection time varies 21 July to 29 August. Please check before travelling.
x Only stops on request.

UNTIL THE TRAIN STOPS RIGHT OUTSIDE YOUR OFFICE

Only
£3.80
per day



THERE'S BIKE & GO

Hire a bike for only £3.80 per day.
Find participating Northern Rail stations
and register now at www.bikeandgo.co.uk



Saturdays

		P										
Carlisle	d	-	-	0744	-	0838	0938	1043	1138	-	1247	
Dalston	-	-	07x52	-	08x46	09x46	10x51	11x46	-	12x55	-	
Wigton	-	-	0802	-	0856	0956	1101	1156	-	1305	-	
Aspatria	-	-	08x12	-	09x06	10x06	11x11	12x06	-	13x15	-	
Maryport	-	-	0613	0823	-	0917	1017	1122	1217	-	1326	
Flimby	-	-	06x16	08x26	-	09x20	10x20	11x25	12x20	-	13x29	
Workington	-	-	0624	0834	-	0928	1028	1133	1228	-	1337	
Harrington	-	-	06x28	08x38	-	09x32	10x32	11x37	12x32	-	13x41	
Parton	-	-	06x36	08x46	-	09x40	10x40	11x45	12x40	-	13x49	
Whitehaven	a	-	0642	0854	-	0946	1046	1151	1248	-	1355	
Whitehaven	d	-	0644	-	-	0948	1048	1153	-	1254	1357	
Corkickle	-	-	06x46	-	-	09x50	10x50	11x55	-	12x56	13x59	
St Bees	-	-	0651	-	-	0955	1055	1200	-	1302	1404	
Nethertown	-	-	06x55	-	-	-	10x59	-	-	13x06	-	
Braystones	-	-	06x58	-	-	-	11x02	-	-	13x08	-	
Sellafield	-	-	0704	-	0905	1006	1108	1211	-	1314	1415	
Seascale	-	-	0707	-	0908	1009	1111	1214	-	1318	1418	
Drigg	-	-	07x10	-	09x11	10x12	11x14	12x17	-	13x21	14x21	
Ravenglass for Eskdale	-	-	0714	-	0915	1016	1118	1221	-	1324	1425	
Bootle	-	-	07x19	-	09x20	10x21	11x23	12x26	-	13x30	14x30	
Silecroft	-	-	07x26	-	09x27	10x28	11x30	12x33	-	13x36	14x37	
Millom	a	-	0732	-	0933	1034	1136	1239	-	1343	1443	
Millom	d	-	0609	0733	-	0934	1034	1136	1240	-	1344	1444
Green Road	-	-	06x13	07x37	-	09x38	10x38	11x40	12x44	-	13x48	14x48
Foxfield	-	-	06x16	07x40	-	09x41	10x42	11x44	12x47	-	13x51	14x51
Kirkby-in-Furness	-	-	06x20	07x44	-	09x45	10x46	11x48	12x51	-	13x55	14x55
Askam	-	-	0625	0749	-	0950	1051	1153	1256	-	1400	1500
Barrow-in-Furness	a	-	0641	0814	-	1005	1108	1208	1314	-	1416	1517
Barrow-in-Furness	d	-	0733	0815	-	1009	1120	1211	1333	-	1427	1525
Roose	-	-	0737	0819	-	1013	-	1215	1337	-	1431	-
Dalton	-	-	0744	0825	-	1019	1129	1221	1344	-	1437	-
Ulverston	-	-	0752	0833	-	1028	1137	1229	1352	-	1446	1541
Cark	-	-	0800	0841	-	1035	1145	1237	1400	-	1453	-
Kents Bank	-	-	0804	0845	-	1040	-	1241	1404	-	1458	-
Grange-over-Sands	-	-	0808	0849	-	1044	1152	1245	1408	-	1502	1553
Arnsdale	-	-	0814	0855	-	1050	1158	1251	1414	-	1508	1559
Silverdale	-	-	0818	0859	-	1055	1202	1255	1418	-	1512	-
Carnforth	-	-	0825	0909	-	1102	1209	1303	1425	-	1520	1609
Lancaster	a	-	0833	0919	-	1112	1219	1315	1433	-	1532	1617
Lancaster	d	-	-	-	-	-	-	-	-	-	-	-
Preston	a	-	0852	0945	-	1142e	-	1345	1453	-	1556	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
b 1 minute earlier until 15 June.
c From 21 June; connection time varies from 13 September. Please check before travelling.
e 2 minutes earlier 19 July to 30 August.
x Only stops on request.
N From Newcastle.
P To Morecambe.

Saturdays

		N									
Carlisle	d	1420	1525	1636	1740	1814	1900	-	2015	2145	-
Dalston	-	14x28	15x33	16x44	17x48	18x22	19x08	-	20x23	21x53	-
Wigton	-	1438	1543	1654	1758	1832	1918	-	2032	2203	-
Aspatria	-	14x48	15x53	17x04	18x08	18x42	19x28	-	20x42	22x13	-
Maryport	-	1459	1604	1715	1819	1853	1939	-	2052	2224	-
Flimby	-	15x02	16x07	17x18	18x22	18x56	19x42	-	20x55	22x27	-
Workington	-	1510	1616	1726	1830	1904	1950	-	2104	2235	-
Harrington	-	15x14	16x19	17x30	18x34	19x08	19x54	-	21x07	22x39	-
Parton	-	15x22	16x28	17x38	18x42	19x16	20x02	-	21x16	22x47	-
Whitehaven	a	1528	1634	1744	1848	1924	2010	-	2125	2255	-
Whitehaven	d	1530	1636	1746	1850	-	-	-	-	-	-
Corkickle	-	15x32	16x38	17x48	18x52	-	-	-	-	-	-
St Bees	-	1537	1643	1753	1859	-	-	-	-	-	-
Nethertown	-	15x41	-	17x57	19x03	-	-	-	-	-	-
Braystones	-	15x44	-	18x00	19x05	-	-	-	-	-	-
Sellafield	-	1550	1654	1806	1911	-	-	-	-	-	-
Seascale	-	1553	1657	1809	1914	-	-	-	-	-	-
Drigg	-	15x56	17x00	18x12	19x17	-	-	-	-	-	-
Ravenglass for Eskdale	-	1600	1704	1816	1921	-	-	-	-	-	-
Bootle	-	16x05	17x09	18x21	19x26	-	-	-	-	-	-
Silecroft	-	16x12	17x16	18x28	19x33	-	-	-	-	-	-
Millom	a	1618	1722	1834	1939	-	-	-	-	-	-
Millom	d	1619	1723	1835	1939	-	-	2012	-	-	2208
Green Road	-	16x23	17x27	18x39	19x43	-	-	20x16	-	-	22x12
Foxfield	-	16x26	17x30	18x42	19x47	-	-	20x19	-	-	22x15
Kirkby-in-Furness	-	16x30	17x34	18x46	19x51	-	-	20x23	-	-	22x19
Askam	-	1635	1739	1851	1956	-	-	2028	-	-	2224
Barrow-in-Furness	a	1653	1755	1909	2012	-	-	2045	-	-	2241
Barrow-in-Furness	d	1720	1803	1917	-	-	-	2143	-	-	-
Roose	-	-	1807	1921	-	-	-	2147	-	-	-
Dalton	-	1729	1813	1928	-	-	-	2153	-	-	-
Ulverston	-	1737	1821	1936	-	-	-	2201	-	-	-
Cark	-	1745	1829	1944	-	-	-	2209	-	-	-
Kents Bank	-	-	1833	1948	-	-	-	2213	-	-	-
Grange-over-Sands	-	1752	1837	1952	-	-	-	2217	-	-	-
Arnsdale	-	1758	1843	1958	-	-	-	2223	-	-	-
Silverdale	-	1802	1847	2002	-	-	-	2227	-	-	-
Carnforth	-	1809	1855	2009	-	-	-	2235b	-	-	-
Lancaster	a	1817	1905	2017	-	-	-	2245c	-	-	-
Lancaster	d	-	1906	-	-	-	-	-	-	-	-
Preston	a	1837	1931	2037	-	-	-	2311c	-	-	-

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	-	-	-	-	-	-

Lancaster - Barrow - Carlisle

Lancaster - Barrow - Carlisle

Saturdays

		M									
Preston	d	-	-	-	-	-	0720k	0837	0945k	-	1058
Lancaster	a	-	-	-	-	-	-	-	-	-	-
	d	-	-	-	-	-	0736k	0902	1001k	-	1128
Carnforth	-	-	-	-	-	-	0744k	0912	1009k	-	1137
Silverdale	-	-	-	-	-	-	0750k	0917	1015k	-	1143
Arnsdale	-	-	-	-	-	-	0754k	0922	1019k	-	1148
Grange-over-Sands	-	-	-	-	-	-	0800k	0928	1025k	-	1154
Kents Bank	-	-	-	-	-	-	0803k	0931	1028k	-	1157
Cark	-	-	-	-	-	-	0808k	0936	1033k	-	1202
Ulverston	-	-	-	-	-	-	0816k	0944	1041k	-	1210
Dalton	-	-	-	-	-	-	0824k	0952	1049k	-	1218
Roose	-	-	-	-	-	-	0830k	0958	1055k	-	1224
Barrow-in-Furness	a	-	-	-	-	-	0839k	1006	1104k	-	1232
Barrow-in-Furness	d	-	0609	0655	0758	-	0908	1010	1122	-	1233
Askam	-	-	0619	0705	0808	-	0918	1020	1132	-	1243
Kirkby-in-Furness	-	06x23	07x09	08x12	-	09x22	10x24	11x36	-	12x47	-
Foxfield	-	06x26	07x13	08x15	-	09x25	10x27	11x39	-	12x51	-
Green Road	-	06x30	07x17	08x19	-	09x29	10x31	11x43	-	12x54	-
Millom	a	-	0634	0724	0825	-	0935	1037	1149	-	1301
Millom	d	-	0635	0724	0826	-	0936	1038	1149	-	1301
Silecroft	-	06x39	07x29	08x30	-	09x40	10x42	11x54	-	13x05	-
Bootle	-	06x46	07x36	08x37	-	09x47	10x49	12x00	-	13x12	-
Ravenglass for Eskdale	-	0651	0742	0843	-	0953	1055	1206	-	1318	-
Drigg	-	06x54	07x46	08x46	-	09x56	10x58	12x09	-	13x21	-
Seascale	-	0658	0749	0849	-	1000	11x01	1213	-	1324	-
Sellafield	-	0705	0756	0856a	-	1007	1108	1218	-	1330	-
Braystones	-	-	07x59	-	-	-	11x11	12x22	-	-	-
Nethertown	-	-	08x02	-	-	-	11x14	12x24	-	-	-
St Bees	-	0715	0806	-	-	1016	1118	1229	-	1340	-
Corkickle	-	07x20	08x11	-	-	10x21	11x23	12x34	-	13x45	-
Whitehaven	a	-	0722	0815	-	-	1024	1127	1239	-	1348
Whitehaven	d	0620	0724	0816	-	0915	1025	1128	-	1254	1350
Parton	-	06x23	07x27	08x20	-	09x18	10x29	11x32	-	12x57	13x53
Harrington	-	06x31	07x35	08x28	-	09x26	10x37	11x40	-	13x05	14x01
Workington	-	0638	0742	0834	-	0933	1043	1146	-	1312	1408
Flimby	-	06x42	07x47	08x39	-	09x37	10x48	11x51	-	13x16	14x12
Maryport	-	0646	0750	0842	-	0941	1051	1154	-	1320	1416
Aspatria	-	06x55	08x00	08x52	-	09x50	11x01	12x04	-	13x29	14x25
Wigton	-	0707	0812	0904	-	1002	1113	1216	-	1341	1437
Dalston	-	07x16	08x20	09x12	-	10x11	11x21	12x24	-	13x50	14x46
Carlisle	a	0729	0834	0926	-	1024	1136	1238	-	1404	1500

Saturdays

Preston	d	-	1258	1407	1546	1641	-	1745	-	2003	-
Lancaster	a	-	-	-	-	-	-	-	-	-	2023
	d	1233	1332	1423	1602	1700	-	1801	-	2023	-
Carnforth	-	1231	1341	1431	1610	1710	-	1809	-	2033	-
Silverdale	-	1237	1347	-	1616	1717	-	1815	-	2039	-
Arnsdale	-	1241	1352	1440	1620	1721	-	1819	-	2044	-
Grange-over-Sands	-	1247	1358	1445	1626	1727	-	1825	-	2050	-
Kents Bank	-	1250	1401	-	1629	1731	-	1828	-	2053	-
Cark	-	1255	1406	-	1634	1735	-	1833	-	2058	-
Ulverston	-	1303	1414	1458	1642	1744	-	1841	-	2106	-
Dalton	-	1311	1422	-	1650	1753	-	1849	-	2114	-
Roose	-	1317	1428	-	1656	1759	-	1855	-	2120	-
Barrow-in-Furness	a	1326	1436	1518	1705	1808	-	1904	-	2130	-
Barrow-in-Furness	d	1350	1452	1533	1726	1810	-	1935	-	2130	-
Askam	-	1400	1502	1543	1736	1820	-	1945	-	2140	-
Kirkby-in-Furness	-	14x04	15x06	15x47	17x40	18x24	-	19x49	-	21x44	-
Foxfield	-	14x07	15x09	15x50	17x43	18x27	-	19x52	-	21x47	-
Green Road	-	14x11	15x13	15x54	17x47	18x31	-	19x56	-	21x51	-
Millom	a	1417	1519	1600	1753	1840	-	2005	-	2159	-
Millom	d	1418	1520	1601	1754	-	-	-	-	-	-
Silecroft	-	14x22	15x24	16x05	17x58	-	-	-	-	-	-
Bootle	-	14x29	15x31	16x12	18x05	-	-	-	-	-	-
Ravenglass for Eskdale	-	1435	1537	1618	1811	-	-	-	-	-	-
Drigg	-	14x38	15x40	16x21	18x14	-	-	-	-	-	-
Seascale	-	1441	1544	1624	1817	-	-	-	-	-	-
Sellafield	-	1447	1551	1630	1822	-	-	-	-	-	-
Braystones	-	14x50	-	1634	18x26	-	-	-	-	-	-
Nethertown	-	14x53	-	1636	18x28	-	-	-	-	-	-
St Bees	-	1457	1601	1646	1833	-	-	-	-	-	-
Corkickle	-	15x02	16x06	16x51	18x38	-	-	-	-	-	-
Whitehaven	a	1506	1609	1654	1841	-	-	-	-	-	-
Whitehaven	d	1507	1611	1656	1843	-	1934	-	2030	-	-
Parton	-	15x11	16x15	17x00	18x46	-	19x37	-	20x33	-	-
Harrington	-	15x19	16x23	17x08	18x54	-	19x45	-	20x41	-	-
Workington	-	1525	1629	1714	1901	-	1952	-	2048	-	-
Flimby	-	15x30	16x34	17x19	19x05	-	19x56	-	20x52	-	-
Maryport	-	1533	1637	1722	1909	-	2000	-	2056	-	-
Aspatria	-	15x43	16x47	17x32	19x18	-	20x09	-	21x05	-	-
Wigton	-	1555	1659	1744	1930	-	2021	-	2117	-	-
Dalston	-	16x03	17x07	17x52	19x39	-	20x30	-	21x26	-	-
Carlisle	a	1617	1721	1806	1953	-	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	1543	1743	2043	-	-	-	-	-	-

The full service between Barrow, Lancaster, Preston and Manchester is shown in the First TransPennine Express timetable 15. 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

k Connection time varies 19 July to 30 August. Please check before travelling.

x Only stops on request.

M From Morecambe.