

## Useful contacts



### Customer helpline

For comments and enquiries  
please call **0800 200 6060** email  
**enquiries@northernrailway.co.uk** visit  
**northernrailway.co.uk/comments**

### Access and disabled information

Call **0800 138 5560**

### Fares and service information

Please call National Rail Enquiries  
on **03457 48 49 50**

Textphone **0345 60 50 600**

Visit **nationalrail.co.uk**

### British Transport Police

Call **0800 40 50 40**

or text **61016**

## Carlisle - Whitehaven - Barrow-in-Furness

### Mondays to Fridays

						F															
Carlisle	d	-	0515	-	0737	-	0842	0938	1054	1208	1252	1435	1513	1631	1737	1814	-	1915	2037	-	2200
Maryport		-	0558	0646	0816	-	0925	1017	1133	1247	1331	1517	1552	1710	1820	1853	-	1954	2116	-	2239
Workington		-	0609	0704	0827	-	0935	1028	1144	1258	1342	1528	1604	1721	1831	1904	-	2005	2127	-	2250
Whitehaven	a	-	0629	0723	0847	-	0955	1046	1203	1316	1401	1548	1622	1739	1850	1925	-	2025	2147	-	2310
Millom	a	0609d	0726	0812	-	0929d	1052	1136	1253	1404	1449	1645	1715	1834	1951	-	2016d	-	-	2009d	-
Barrow-in-Furness	a	0642	0803	0845	-	1000	1130	1208	1326	1436	1522	1723	1749	1910	2031	-	2049	-	-	2242	-

### Saturdays

						F														
Carlisle	d	-	0515	0735	-	0842	0938	1054	1156	1252	1433	1525	1636	1740	1814	1900	-	2015	-	2145
Maryport		-	0557	0814	-	0925	1017	1133	1239	1331	1515	1604	1715	1819	1853	1939	-	2052	-	2224
Workington		-	0608	0825	-	0935	1028	1144	1251	1342	1526	1616	1726	1830	1904	1950	-	2104	-	2235
Whitehaven	a	-	0629	0845	-	0955	1046	1202	1313	1400	1546	1634	1746	1848	1925	2010	-	2125	-	2255
Millom	a	0609d	0725	-	0934d	1052	1136	1250	1410	1448	1646	1724	1836	1939	-	-	2016d	-	2208d	-
Barrow-in-Furness	a	0641	0803	-	1005	1130	1208	1325	1449	1520	1723	1757	1911	2013	-	-	2049	-	2241	-

### Sundays

Carlisle	d	1410	1710	1910	2110
Maryport		1447	1747	1947	2147
Workington		1459	1759	1959	2159
Whitehaven	a	1520	1820	2020	2220
Millom	a	-	-	-	-
Barrow-in-Furness	a	-	-	-	-

a Arrival time. F From Sellafield.

d Departure time.

**No Sunday Service Whitehaven to Barrow-in-Furness.**



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## Train times

11 December 2016  
- 20 May 2017

**Carlisle**

**Maryport**

**Workington**

**Whitehaven**

**Millom**

**Barrow-in-Furness**

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

## Buying a ticket



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 buy your tickets before boarding your train.

If you board at a station where ticket buying facilities are not available, you can buy a full range of tickets from the conductor on your train or at the end of your journey.

It's your responsibility to make sure you have a valid ticket:

### #buybeforeyouboard

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.

## Barrow-in-Furness - Whitehaven - Carlisle

### Mondays to Fridays

		S																	
Barrow-in-Furness	d	-	0546	0651	0744	-	0920	1010	1140	1236	1331	1437	1643	1731	1830	1940	-	-	2134
Millom	d	-	0621	0719	0811a	-	0948	1038	1214	1304	1359	1512	1711	1805	1858	2010a	-	-	2204a
Whitehaven		0624	0718	0812	-	0904	1037	1128	1310	1356	1454	1612	1800	1915	1946	-	2030	2151	-
Workington		0642	0739	0831	-	0922	1055	1146	1332	1414	1513	1634	1818	1936	2004	-	2048	2211a	-
Maryport		0650	0749	0839	-	0930	1104	1154	1342	1422	1522	1644	1826	1946	2013	-	2056	-	-
Carlisle	a	0733	0833	0925	-	1013	1149	1238	1426	1506	1604	1728	1910	2031	2055	-	2139	-	-

### Saturdays

		S																	
Barrow-in-Furness	d	-	0546	0655	0741	-	0845	1010	1138	1239	1350	1452	1533	1732	1810	-	1940	-	2130
Millom	d	-	0621	0724	0809	-	0919	1038	1212	1307	1418	1520	1601	1806	1840a	-	2010a	-	2200a
Whitehaven		0622	0718	0816	-	0906	1019	1128	1308	1355	1507	1612	1656	1913	-	1943	-	2030	-
Workington		0640	0739	0834	-	0924	1040	1146	1329	1413	1525	1630	1714	1934	-	2001	-	2048	-
Maryport		0648	0749	0842	-	0932	1051	1154	1340	1421	1533	1638	1722	1944	-	2009	-	2056	-
Carlisle	a	0731	0833	0926	-	1015	1137	1238	1426	1505	1617	1719	1806	2029	-	2053	-	2139	-

### Sundays

Barrow-in-Furness	d	-	-	-	-	a Arrival time. S To Sellafield.													
Millom	d	-	-	-	-	d Departure time.													
Whitehaven		1233	1433	1633	1933														
Workington		1251	1451	1651	1951														
Maryport		1259	1459	1659	1959														
Carlisle	a	1341	1541	1741	2041														

**No Sunday Service Barrow-in-Furness to Whitehaven.**

## Train running



Train running from TrainTracker™  
If you want to check how your train is running from a station, text the station name to **84950**.

Alternatively phone **TrainTracker™**  
from National Rail Enquiries on  
**03457 48 49 50**.

## Engineering work



Engineering work sometimes affects services, particularly at weekends and Bank Holidays. Please check before travelling by calling **03457 48 49 50**.