

# 6

# Train times

10 December 2017 - 19 May 2018

## Carlisle to Preston and Preston to Windermere



This timetable shows the complete train service between **Carlisle** and **Barrow/Preston** via the **Cumbrian Coast** and through trains to **Manchester Airport**. Trains between **Windermere** and **Preston** are also featured in this 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.

## Planning your journey



### National Rail Enquiries

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

Customers with disabilities or restricted mobility are encouraged to contact our **Customer Experience Centre** who will book assistance for you.

Call: **0800 138 5560**

Textphone: **0800 138 5561**

Email: **[assistance@northernrailway.co.uk](mailto:assistance@northernrailway.co.uk)**

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. Visit our website for the most up to date timetables and check before you travel.

## Improving our railway



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

Visit: [northernrailway.co.uk/improvements](https://www.northernrailway.co.uk/improvements) or call National Rail Enquiries: **03457 48 49 50** to check before you travel.

## Minimum connection times



All stations have a minimum connection time of 5 minutes unless stated. Carlisle 8 minutes, Lancaster 6 minutes.

## Delay Repay



You can claim Delay Repay if one of our trains is late or cancelled and as a result you get to your destination station more than 30 minutes later than scheduled, whether it is our fault or not.

Visit [northernrailway.co.uk/delayrepay](https://www.northernrailway.co.uk/delayrepay) for more information.

## Community Rail Partnerships and community groups



We support a number of active community rail partnerships (CRPs) across our network. CRPs bring together local communities and the rail industry to deliver benefits to both, and encourage use of the lines they represent.

**Cumbrian Coast Community Rail Partnership**  
[www.cumbriancoastline.co.uk](https://www.cumbriancoastline.co.uk)

**Furness Line Community Rail Partnership**  
[www.furnessline.co.uk](https://www.furnessline.co.uk)

**Lakes Line Community Rail Partnership**  
[www.lakesline.co.uk](https://www.lakesline.co.uk)

Some stations on this route are adopted by local community groups. For more information visit [northernrailway.co.uk/community](https://www.northernrailway.co.uk/community)

# Carlisle - Barrow - Lancaster

## Mondays to Fridays

									<b>L</b>		
Carlisle	d	-	-	-	-	-	-	0515	-	0737	-
Dalston		-	-	-	-	-	-	05x24	-	07x45	-
Wigton		-	-	-	-	-	-	0534	-	0755	-
Aspatria		-	-	-	-	-	-	05x46	-	08x05	-
Maryport		-	-	-	-	-	-	0558	0646	0816	-
Flimby		-	-	-	-	-	-	06x02	06x49	08x19	-
Workington		-	-	-	-	-	-	0609	0704	0827	-
Harrington		-	-	-	-	-	-	06x14	07x07	08x31	-
Parton		-	-	-	-	-	-	06x25	07x16	08x39	-
Whitehaven	a	-	-	-	-	-	-	0629	0723	0847	-
Whitehaven	d	-	-	-	-	-	-	0631	0724	-	-
Corkickle		-	-	-	-	-	-	06x34	07x26	-	-
St Bees		-	-	-	-	-	-	0641	0732	-	-
Nethertown		-	-	-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-	-
Sellafield		-	-	-	-	-	-	0652	0742	-	-
Seascale		-	-	-	-	-	-	0657	0746	-	-
Drigg		-	-	-	-	-	-	07x01	07x49	-	-
Ravenglass for Eskdale		-	-	-	-	-	-	0706	0753	-	-
Bootle		-	-	-	-	-	-	07x12	07x59	-	-
Silecroft		-	-	-	-	-	-	07x21	08x05	-	-
Millom	a	-	-	-	-	-	-	0726	0812	-	-
Millom	d	-	-	-	0609	-	-	0727	0812	-	-
Green Road		-	-	-	06x13	-	-	07x33	08x16	-	-
Foxfield		-	-	-	06x16	-	-	07x39	08x20	-	-
Kirkby-in-Furness		-	-	-	06x20	-	-	07x44	08x24	-	-
Askam		-	-	-	0625	-	-	0750	0829	-	-
Barrow-in-Furness	a	-	-	-	0642	-	-	0803	0845	-	-
Barrow-in-Furness	d	0434	0522	0615	-	0648	0712	0806	-	-	0849
Roose		-	-	0619	-	0652	0716	0811	-	-	0853
Dalton		-	-	0625	-	0659	0722	0818	-	-	0859
Ulverston		0450	0538	0634	-	0707	0730	0827	-	-	0907
Cark		-	-	0642	-	0715	0738	0836	-	-	0915
Kents Bank		-	-	0646	-	0719	-	0841	-	-	0919
Grange-over-Sands		0502	0550	0650	-	0723	0744	0845	-	-	0923
Arnsdale		0508	0556	0656	-	0729	0750	0851	-	-	0929
Silverdale		-	-	0700	-	0733	0755	0856	-	-	0934
Carnforth		0518	0607	0707	-	0740	0802	0905	-	-	0941
Lancaster	a	0530	0615	0718	-	0748	0814	0913	-	-	0950
	d	-	0615	-	-	0748	-	0914	-	-	1000
Preston	a	-	0638	-	-	0806	0845	0937	-	-	1022
Manchester Oxford Road		-	0725	-	-	0852	0924	1025	-	-	1125
Manchester Piccadilly		-	0728	-	-	0857	0928	1028	-	-	1128
Manchester Airport		-	0747	-	-	0917	0944	1044	-	-	1144

### Notes

x Stops on request.

**L** Services operated with loco-hauled stock where available.

# Carlisle - Barrow - Lancaster

## Mondays to Fridays

					<b>L</b>								
	Carlisle	d	-	-	-	0842	0938	-	1054	1208	-	1252	
	Dalston	-	-	-	-	08x51	09x46	-	11x02	12x16	-	13x00	
	Wigton	-	-	-	-	0901	0956	-	1112	1226	-	1310	
	Aspatia	-	-	-	-	09x13	10x06	-	11x22	12x36	-	13x20	
	Maryport	-	-	-	-	0925	1017	-	1133	1247	-	1331	
	Flimby	-	-	-	-	09x28	10x20	-	11x36	12x50	-	13x34	
	Workington	-	-	-	-	0935	1028	-	1144	1258	-	1342	
	Harrington	-	-	-	-	09x40	10x32	-	11x48	13x02	-	13x46	
	Parton	-	-	-	-	09x50	10x40	-	11x57	13x10	-	13x54	
	Whitehaven	a	-	-	-	0955	1046	-	1203	1316	-	1401	
	Whitehaven	d	-	-	-	0956	1048	-	1205	1318	-	1403	
	Corkickle	-	-	-	-	10x00	10x50	-	12x07	13x20	-	14x05	
	St Bees	-	-	-	-	1007	1055	-	1212	1325	-	1410	
	Nethertown	-	-	-	-	-	10x59	-	12x16	-	-	-	
	Braystones	-	-	-	-	-	11x02	-	12x19	-	-	-	
	Sellafield	0900	-	-	-	1018	1108	-	1225	1335	-	1421	
	Seascale	0903	-	-	-	1022	1111	-	1228	1339	-	1424	
	Drigg	09x06	-	-	-	10x27	11x14	-	12x31	13x42	-	14x27	
Ravenglass for	Eskdale	0910	-	-	-	1031	1118	-	1235	1345	-	1431	
	Bootle	09x15	-	-	-	10x38	11x23	-	12x40	13x51	-	14x36	
	Silecroft	09x22	-	-	-	10x46	11x30	-	12x47	13x57	-	14x43	
	Millom	a	0928	-	-	1052	1136	-	1253	1404	-	1449	
	Millom	d	0929	-	-	1052	1136	-	1254	1404	-	1450	
	Green Road	09x33	-	-	-	10x59	11x40	-	12x58	14x08	-	14x54	
	Foxfield	09x36	-	-	-	11x04	11x44	-	13x01	14x11	-	14x57	
	Kirkby-in-Furness	09x40	-	-	-	11x09	11x48	-	13x05	14x15	-	15x01	
	Askam	0945	-	-	-	1115	1153	-	1310	1420	-	1506	
	Barrow-in-Furness	a	1000	-	-	1130	1208	-	1326	1436	-	1522	
	Barrow-in-Furness	d	-	1009	1112	-	-	1213	1331	-	1441	1524	
	Roose	-	-	1013	1116	-	-	1217	1335	-	-	1528	
	Dalton	-	-	1019	1123	-	-	1223	1341	-	-	1534	
	Ulverston	-	-	1028	1132	-	-	1232	1349	-	1457	1543	
	Cark	-	-	1035	1140	-	-	1239	1357	-	-	1550	
	Kents Bank	-	-	1040	1144	-	-	1243	1401	-	-	1555	
	Grange-over-Sands	-	-	1044	1148	-	-	1247	1405	-	1509	1559	
	Arnside	-	-	1050	1154	-	-	1253	1411	-	1515	1605	
	Silverdale	-	-	1055	1159	-	-	1258	1415	-	-	1609	
	Carnforth	-	-	1108	1206	-	-	1305	1423	-	1525	1617	
	Lancaster	a	-	1119	1215	-	-	1314	1433	-	1533	1628	
		d	-	-	1215	-	-	-	-	-	-	1533	-
	Preston	a	-	1151	1240	-	-	1345	1545	-	1553	-	
Manchester Oxford Road			-	1253	1353	-	-	1424	1626	-	1652	-	
Manchester Piccadilly			-	1256	1356	-	-	1428	1628	-	1656	-	
Manchester Airport			-	1323	1421	-	-	1444	1644	-	1717	-	

### Notes

x Stops on request.

**L** Services operated with loco-hauled stock where available.

# Carlisle - Barrow - Lancaster

## Mondays to Fridays

			B	Ⓛ			Ⓛ	K	
Carlisle	d	-	-	1435	1513	-	1631	-	1737 1814 1915
Dalston	-	-	-	14x44	15x21	-	16x39	-	17x46 18x22 19x23
Wigton	-	-	-	1454	1531	-	1649	-	1756 1832 1933
Aspatria	-	-	-	15x05	15x41	-	16x59	-	18x08 18x42 19x43
Maryport	-	-	-	1517	1552	-	1710	-	1820 1853 1954
Flimby	-	-	-	15x21	15x55	-	17x13	-	18x24 18x56 19x57
Workington	-	-	-	1528	1604	-	1721	-	1831 1904 2005
Harrington	-	-	-	15x33	16x07	-	17x25	-	18x35 19x08 20x09
Parton	-	-	-	15x43	16x16	-	17x33	-	18x46 19x16 20x17
Whitehaven	a	-	-	1548	1622	-	1739	-	1850 1925 2025
Whitehaven	d	-	-	1549	1623	-	1741	-	1852 - -
Corkickle	-	-	-	15x53	16x25	-	17x43	-	18x55 - -
St Bees	-	-	-	1600	1631	-	1752	-	1902 - -
Nethertown	-	-	-	-	16x35	-	17x56	-	- - -
Braystones	-	-	-	-	16x38	-	17x58	-	- - -
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 - -
Green Road	-	-	-	16x51	17x20	-	18x39	-	19x58 - -
Foxfield	-	-	-	16x56	17x24	-	18x43	-	20x03 - -
Kirkby-in-Furness	-	-	-	17x01	17x28	-	18x48	-	20x08 - -
Askam	-	-	-	1707	1733	-	1853	-	2014 - -
Barrow-in-Furness	a	-	-	1723	1749	-	1910	-	2031 - -
Barrow-in-Furness	d	1610	1720	-	-	1803	-	2015	- - -
Roose		1614	-	-	-	1807	-	2019	- - -
Dalton		1620	1729	-	-	1813	-	2026	- - -
Ulverston		1628	1737	-	-	1821	-	2034	- - -
Cark		1636	1745	-	-	1829	-	2042	- - -
Kents Bank		1640	-	-	-	1833	-	2046	- - -
Grange-over-Sands		1644	1752	-	-	1837	-	2050	- - -
Arnsdale		1650	1758	-	-	1843	-	2056	- - -
Silverdale		1654	1802	-	-	1847	-	2100	- - -
Carnforth		1702	1809	-	-	1856	-	2107	- - -
Lancaster	a	1714	1818	-	-	1904	-	2115	- - -
Lancaster	d	-	-	-	-	1907	-	2116	- - -
Preston	a	1746	1849	-	-	1932	-	2135	- - -
Manchester Oxford Road		1825	1925	-	-	2025	-	2229	- - -
Manchester Piccadilly		1829	1929	-	-	2029	-	2236	- - -
Manchester Airport		1844	1945	-	-	2047	-	2254	- - -

### Notes

x Stops on request.

B To Windermere.

K From Newcastle.

Ⓛ Services operated with loco-hauled stock where available.

# Carlisle - Barrow - Lancaster

## Mondays to Fridays

Carlisle	d	-	2037	-	2200	-	-	-	-	-
Dalston	-	-	20x45	-	22x08	-	-	-	-	-
Wigton	-	-	2055	-	2218	-	-	-	-	-
Aspatria	-	-	21x05	-	22x28	-	-	-	-	-
Maryport	-	-	2116	-	2239	-	-	-	-	-
Flimby	-	-	21x19	-	22x42	-	-	-	-	-
Workington	-	-	2127	-	2250	-	-	-	-	-
Harrington	-	-	21x31	-	22x54	-	-	-	-	-
Parton	-	-	21x39	-	23x02	-	-	-	-	-
Whitehaven	a	-	2147	-	2310	-	-	-	-	-
Whitehaven	d	-	-	-	-	-	-	-	-	-
Corkickle	-	-	-	-	-	-	-	-	-	-
St Bees	-	-	-	-	-	-	-	-	-	-
Nethertown	-	-	-	-	-	-	-	-	-	-
Braystones	-	-	-	-	-	-	-	-	-	-
Sellafield	-	-	-	-	-	-	-	-	-	-
Seascale	-	-	-	-	-	-	-	-	-	-
Drigg	-	-	-	-	-	-	-	-	-	-
Ravenglass for Eskdale	-	-	-	-	-	-	-	-	-	-
Bootle	-	-	-	-	-	-	-	-	-	-
Silecroft	-	-	-	-	-	-	-	-	-	-
Millom	a	-	-	-	-	-	-	-	-	-
Millom	d	2016	-	-	-	2209	-	-	-	-
Green Road	-	20x20	-	-	-	22x13	-	-	-	-
Foxfield	-	20x23	-	-	-	22x16	-	-	-	-
Kirkby-in-Furness	-	20x27	-	-	-	22x20	-	-	-	-
Askam	-	2032	-	-	-	2225	-	-	-	-
Barrow-in-Furness	a	2049	-	-	-	2242	-	-	-	-
Barrow-in-Furness	d	-	-	2143	-	-	-	-	-	-
Roose	-	-	-	2147	-	-	-	-	-	-
Dalton	-	-	-	2153	-	-	-	-	-	-
Ulverston	-	-	-	2201	-	-	-	-	-	-
Cark	-	-	-	2209	-	-	-	-	-	-
Kents Bank	-	-	-	2213	-	-	-	-	-	-
Grange-over-Sands	-	-	-	2217	-	-	-	-	-	-
Arnside	-	-	-	2223	-	-	-	-	-	-
Silverdale	-	-	-	2227	-	-	-	-	-	-
Carnforth	-	-	-	2236	-	-	-	-	-	-
Lancaster	a	-	-	2245	-	-	-	-	-	-
Lancaster	d	-	-	2246	-	-	-	-	-	-
Preston	a	-	-	2311	-	-	-	-	-	-
Manchester Oxford Road	-	-	-	-	-	-	-	-	-	-
Manchester Piccadilly	-	-	-	-	-	-	-	-	-	-
Manchester Airport	-	-	-	-	-	-	-	-	-	-

### Notes

x Stops on request.





# Carlisle - Barrow - Lancaster

## Saturdays

			Ⓛ			Ⓛ			B		
Carlisle	d	-	0842	0938	1054	-	1156	1252	-	-	-
Dalston	-	-	08x51	09x46	11x02	-	12x05	13x00	-	-	-
Wigton	-	-	0901	0956	1112	-	1215	1310	-	-	-
Aspatria	-	-	09x13	10x06	11x22	-	12x27	13x20	-	-	-
Maryport	-	-	0925	1017	1133	-	1239	1331	-	-	-
Flimby	-	-	09x28	10x20	11x36	-	12x43	13x34	-	-	-
Workington	-	-	0935	1028	1144	-	1251	1342	-	-	-
Harrington	-	-	09x40	10x32	11x48	-	12x56	13x46	-	-	-
Parton	-	-	09x50	10x40	11x56	-	13x07	13x54	-	-	-
Whitehaven	a	-	0955	1046	1202	-	1313	1400	-	-	-
Whitehaven	d	-	0956	1048	1204	-	1315	1402	-	-	-
Corkickle	-	-	10x00	10x50	12x06	-	13x18	14x04	-	-	-
St Bees	-	-	1007	1055	1211	-	1325	1409	-	-	-
Nethertown	-	-	-	10x59	-	-	-	-	-	-	-
Braystones	-	-	-	11x02	-	-	-	-	-	-	-
Sellafield	-	-	1018	1108	1222	-	1336	1419	-	-	-
Seascale	-	-	1022	1111	1225	-	1341	1423	-	-	-
Drigg	-	-	10x27	11x14	12x28	-	13x45	14x26	-	-	-
Ravenglass for Eskdale	-	-	1031	1118	1232	-	1350	1429	-	-	-
Bootle	-	-	10x38	11x23	12x37	-	13x56	14x35	-	-	-
Silecroft	-	-	10x46	11x30	12x44	-	14x05	14x41	-	-	-
Millom	a	-	1052	1136	1250	-	1410	1448	-	-	-
Millom	d	-	1052	1136	1251	-	1411	1448	-	-	-
Green Road	-	-	10x59	11x40	12x55	-	14x17	14x52	-	-	-
Foxfield	-	-	11x04	11x44	12x58	-	14x23	14x55	-	-	-
Kirkby-in-Furness	-	-	11x09	11x48	13x02	-	14x28	14x59	-	-	-
Askam	-	-	1115	1153	1307	-	1434	1504	-	-	-
Barrow-in-Furness	a	-	1130	1208	1325	-	1449	1520	-	-	-
Barrow-in-Furness	d	1120	-	1211	-	1333	1455	-	1525	1629	1720
Roose	-	-	-	1215	-	1337	1500	-	-	1633	-
Dalton	1129	-	-	1221	-	1344	1507	-	-	1639	1729
Ulverston	1137	-	-	1229	-	1352	1515	-	1541	1647	1737
Cark	1145	-	-	1237	-	1400	1523	-	-	1655	1745
Kents Bank	-	-	-	1241	-	1404	1528	-	-	1659	-
Grange-over-Sands	1152	-	-	1245	-	1408	1532	-	1553	1703	1752
Arnside	1158	-	-	1251	-	1414	1539	-	1559	1709	1758
Silverdale	1202	-	-	1255	-	1418	1544	-	-	1713	1802
Carnforth	1209	-	-	1303	-	1425	1556	-	1609	1723	1809
Lancaster	a	1219	-	1315	-	1433	1609	-	1617	1736	1819
	d	-	-	-	-	1434	-	-	1617	-	-
Preston	a	1245	-	1345	-	1451	1649	-	1637	-	1845
Manchester Oxford Road		1325	-	1424	-	1552	1726	-	1726	-	1926
Manchester Piccadilly		1328	-	1428	-	1556	1729	-	1729	-	1930
Manchester Airport		1344	-	1444	-	1623	1744	-	1744	-	1945

### Notes

x Stops on request.

B To Windermere.

Ⓛ Services operated with loco-hauled stock where available.

# Carlisle - Barrow - Lancaster

## Saturdays

		L				K					
Carlisle	d	1433	1525	1636	-	1740	1814	1900	2015	-	-
Dalston		14x42	15x33	16x44	-	17x48	18x22	19x08	20x23	-	-
Wigton		1452	1543	1654	-	1758	1832	1918	2032	-	-
Aspatria		15x03	15x53	17x04	-	18x08	18x42	19x28	20x42	-	-
Maryport		1515	1604	1715	-	1819	1853	1939	2052	-	-
Flimby		15x19	16x07	17x18	-	18x22	18x56	19x42	20x55	-	-
Workington		1526	1616	1726	-	1830	1904	1950	2104	-	-
Harrington		15x31	16x19	17x30	-	18x34	19x08	19x54	21x07	-	-
Parton		15x41	16x28	17x38	-	18x42	19x16	20x02	21x16	-	-
Whitehaven	a	1546	1634	1746	-	1848	1925	2010	2125	-	-
Whitehaven	d	1547	1636	1748	-	1850	-	-	-	-	-
Corkickle		15x51	16x38	17x50	-	18x52	-	-	-	-	-
St Bees		1601	1643	1755	-	1859	-	-	-	-	-
Nethertown		-	16x47	17x59	-	19x03	-	-	-	-	-
Braystones		-	16x50	18x02	-	19x05	-	-	-	-	-
Sellafield		1612	1656	1808	-	1911	-	-	-	-	-
Seascale		1616	1659	1811	-	1914	-	-	-	-	-
Drigg		16x21	17x02	18x14	-	19x17	-	-	-	-	-
Ravenglass for Eskdale		1625	1706	1818	-	1921	-	-	-	-	-
Bootle		16x32	17x11	18x23	-	19x26	-	-	-	-	-
Silecroft		16x40	17x18	18x30	-	19x33	-	-	-	-	-
Millom	a	1646	1724	1836	-	1939	-	-	-	-	-
Millom	d	1646	1725	1837	-	1939	-	-	-	2016	-
Green Road		16x52	17x29	18x41	-	19x43	-	-	-	20x20	-
Foxfield		16x57	17x32	18x44	-	19x47	-	-	-	20x23	-
Kirkby-in-Furness		17x02	17x36	18x48	-	19x51	-	-	-	20x27	-
Askam		1708	1741	1853	-	1956	-	-	-	2032	-
Barrow-in-Furness	a	1723	1757	1911	-	2013	-	-	-	2049	-
Barrow-in-Furness	d	-	1803	-	1917	-	-	-	-	-	2135
Roose		-	1807	-	1921	-	-	-	-	-	2139
Dalton		-	1813	-	1928	-	-	-	-	-	2145
Ulverston		-	1821	-	1936	-	-	-	-	-	2153
Cark		-	1829	-	1944	-	-	-	-	-	2201
Kents Bank		-	1833	-	1948	-	-	-	-	-	2205
Grange-over-Sands		-	1837	-	1952	-	-	-	-	-	2209
Arnside		-	1843	-	1958	-	-	-	-	-	2215
Silverdale		-	1847	-	2002	-	-	-	-	-	2219
Carnforth		-	1856	-	2009	-	-	-	-	-	2228
Lancaster	a	-	1905	-	2017	-	-	-	-	-	2240
Lancaster	d	-	1906	-	2018	-	-	-	-	-	-
Preston	a	-	1931	-	2037	-	-	-	-	-	-
Manchester Oxford Road		-	2025	-	2126	-	-	-	-	-	-
Manchester Piccadilly		-	2028	-	2129	-	-	-	-	-	-
Manchester Airport		-	2043	-	2144	-	-	-	-	-	-

### Notes

x Stops on request.

K From Newcastle.

● Services operated with loco-hauled stock where available.

# Carlisle - Barrow - Lancaster

## Saturdays

Carlisle	d	2145	-	-	-	-	-	-	-	-	-
Dalston		21x53	-	-	-	-	-	-	-	-	-
Wigton		2203	-	-	-	-	-	-	-	-	-
Aspatria		22x13	-	-	-	-	-	-	-	-	-
Maryport		2224	-	-	-	-	-	-	-	-	-
Flimby		22x27	-	-	-	-	-	-	-	-	-
Workington		2235	-	-	-	-	-	-	-	-	-
Harrington		22x39	-	-	-	-	-	-	-	-	-
Parton		22x47	-	-	-	-	-	-	-	-	-
Whitehaven	a	2255	-	-	-	-	-	-	-	-	-
Whitehaven	d		-	-	-	-	-	-	-	-	-
Corkickle			-	-	-	-	-	-	-	-	-
St Bees			-	-	-	-	-	-	-	-	-
Nethertown			-	-	-	-	-	-	-	-	-
Braystones			-	-	-	-	-	-	-	-	-
Sellafield			-	-	-	-	-	-	-	-	-
Seascale			-	-	-	-	-	-	-	-	-
Drigg			-	-	-	-	-	-	-	-	-
Ravenglass for Eskdale			-	-	-	-	-	-	-	-	-
Bootle			-	-	-	-	-	-	-	-	-
Silecroft			-	-	-	-	-	-	-	-	-
Millom	a		-	-	-	-	-	-	-	-	-
Millom	d	2208	-	-	-	-	-	-	-	-	-
Green Road		22x12	-	-	-	-	-	-	-	-	-
Foxfield		22x15	-	-	-	-	-	-	-	-	-
Kirkby-in-Furness		22x19	-	-	-	-	-	-	-	-	-
Askam		2224	-	-	-	-	-	-	-	-	-
Barrow-in-Furness	a	2241	-	-	-	-	-	-	-	-	-
Barrow-in-Furness	d		-	-	-	-	-	-	-	-	-
Roose			-	-	-	-	-	-	-	-	-
Dalton			-	-	-	-	-	-	-	-	-
Ulverston			-	-	-	-	-	-	-	-	-
Cark			-	-	-	-	-	-	-	-	-
Kents Bank			-	-	-	-	-	-	-	-	-
Grange-over-Sands			-	-	-	-	-	-	-	-	-
Arnside			-	-	-	-	-	-	-	-	-
Silverdale			-	-	-	-	-	-	-	-	-
Carnforth			-	-	-	-	-	-	-	-	-
Lancaster	a		-	-	-	-	-	-	-	-	-
Lancaster	d		-	-	-	-	-	-	-	-	-
Preston	a		-	-	-	-	-	-	-	-	-
Manchester Oxford Road			-	-	-	-	-	-	-	-	-
Manchester Piccadilly			-	-	-	-	-	-	-	-	-
Manchester Airport			-	-	-	-	-	-	-	-	-

### Notes

x Stops on request.

# Carlisle - Barrow - Lancaster

## 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	-	-	-	-	-	-

## Sundays

										C	
Barrow-in-Furness	d	0922	1023	1218	1310	1348	1612	1815	1911		-
Roose		0926	1027	1222	1314	-	1616	1819	1915		-
Dalton		0933	1034	1229	1320	1356	1623	1826	1921		-
Ulverston		0941	1042	1237	1329	1405	1631	1834	1929		-
Cark		0949	1050	1245	1336	1412	1639	1842	1937		-
Kents Bank		0953	1054	1249	1341	-	1643	1846	1941		-
Grange-over-Sands		0957	1058	1253	1345	1419	1647	1850	1945		-
Arnside		1003	1104	1259	1351	1425	1653	1856	1951		-
Silverdale		1007	1108	1304	1355	1430	1658	1901	1956		-
Carnforth		1014	1115	1311	1403	1437	1706	1909	2004		-
Lancaster	a	1022	1123	1320	1412	1444	1714	1917	2014		-
Lancaster	d	1022	1124	1320	-	1445	1715	1918	-		-
Preston	a	1039	1143	1343	-	1504	1738	1942	2045		-
Manchester Oxford Road		1154	1223	1424	-	1552	1824	2026r	2124		-
Manchester Piccadilly		1158	1227	1428	-	1556	1830	2030r	2128		-
Manchester Airport		1215	1247	1445	-	1615	1845	2045r	2128		-

No trains operate between Whitehaven and Barrow-in-Furness on Sundays.

### Notes

- x Stops on request.
- C To Morecambe.
- r Change at Lancaster.

From May 2018 there will be Sunday services between Carlisle and Barrow-in-Furness



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**WE ARE NORTHERN**

# Lancaster - Barrow - Carlisle

## Mondays to Fridays

Manchester Airport	d	-	-	-	-	-	0558	-	-	0729	
Manchester Piccadilly		-	-	-	-	-	0614	-	-	0744	
Manchester Oxford Road		-	-	-	-	-	0618	-	-	0748	
Preston		-	-	0519	-	-	0658	-	-	0825	
Lancaster	a	-	-	0539	-	-	-	-	-	-	
	d	-	-	0542	-	-	0734	-	-	0848	
Carnforth		-	-	0552	-	-	0743	-	-	0857	
Silverdale		-	-	0558	-	-	0749	-	-	0903	
Arnsdale		-	-	0602	-	-	0753	-	-	0908	
Grange-over-Sands		-	-	0608	-	-	0759	-	-	0914	
Kents Bank		-	-	0612	-	-	0803	-	-	0918	
Cark		-	-	0616	-	-	0807	-	-	0922	
Ulverston		-	-	0625	-	-	0816	-	-	0931	
Dalton		-	-	0633	-	-	0824	-	-	0939	
Roose		-	-	0639	-	-	0830	-	-	0945	
Barrow-in-Furness	a	-	-	0646	-	-	0839	-	-	0950	
Barrow-in-Furness	d	-	0546	-	0651	0744	-	-	0920	-	1010
Askam		-	0558	-	0701	0754	-	-	0930	-	1020
Kirkby-in-Furness		-	06x04	-	07x05	07x58	-	-	09x34	-	10x24
Foxfield		-	06x09	-	07x09	08x01	-	-	09x37	-	10x27
Green Road		-	06x14	-	07x13	08x05	-	-	09x41	-	10x31
Millom	a	-	0620	-	0718	0811	-	-	0947	-	1037
Millom	d	-	0621	-	0719	0812	-	-	0948	-	1038
Silecroft		-	06x27	-	07x24	08x16	-	-	09x52	-	10x42
Bootle		-	06x35	-	07x31	08x23	-	-	09x59	-	10x49
Ravenglass for Eskdale		-	0642	-	0737	0829	-	-	1005	-	1055
Drigg		-	06x47	-	07x41	08x32	-	-	10x08	-	10x58
Seascale		-	0651	-	0744	0835	-	-	1012	-	1101
Sellafield		-	0656	-	0751	0840a	-	-	1019	-	1108
Braystones		-	-	-	07x54	-	-	-	-	-	11x11
Nethertown		-	-	-	07x57	-	-	-	-	-	11x14
St Bees		-	0707	-	0801	-	-	-	1028	-	1118
Corkickle		-	07x13	-	08x06	-	-	-	10x33	-	11x23
Whitehaven	a	-	0716	-	0810	-	-	-	1036	-	1127
Whitehaven	d	0624	0718	-	0812	-	-	0904	1037	-	1128
Parton		06x27	07x22	-	08x15	-	-	09x07	10x41	-	11x32
Harrington		06x35	07x33	-	08x23	-	-	09x15	10x49	-	11x40
Workington		0642	0739	-	0831	-	-	0922	1055	-	1146
Flimby		06x46	07x45	-	08x35	-	-	09x26	11x00	-	11x51
Maryport		0650	0749	-	0839	-	-	0930	1104	-	1154
Aspatria		06x59	08x00	-	08x48	-	-	09x39	11x13	-	12x04
Wigton		0711	0812	-	0900	-	-	0951	1126	-	1216
Dalston		07x20	08x22	-	09x09	-	-	10x00	11x34	-	12x24
Carlisle	a	0733	0833	-	0925	-	-	1013	1149	-	1238

### Notes

a Arrival time.

x Stops on request.

M From Morecambe.

● Service operated with loco-hauled stock where available.

# Lancaster - Barrow - Carlisle

## Mondays to Fridays

			🕒	🕒				🕒		
Manchester Airport	d	0757	0825	-	0929	-	1000	-	-	1300 1400
Manchester Piccadilly		0816	0846	-	0945	-	1015	-	-	1315 1415
Manchester Oxford Road		0820	0849	-	0949	-	1019	-	-	1319 1419
Preston		0925	1004	-	1048	-	1043	-	-	1358 1458
Lancaster	a	0945	1025	-	1103	-	-	-	-	-
	d	0945	1025	-	1105	-	1219 1320	-	-	1437 1533
Carnforth		0955	1035	-	1113	-	1229 1328	-	-	1447 1543
Silverdale		1001	1042	-	1119	-	1234 1334	-	-	1453 1549
Arnsdale		1006	1047	-	1123	-	1239 1338	-	-	1457 1554
Grange-over-Sands		1012	1053	-	1129	-	1245 1344	-	-	1503 1600
Kents Bank		1015	1058	-	-	-	1249 1347	-	-	1507 1603
Cark		1020	1103	-	1135	-	1253 1352	-	-	1511 1607
Ulverston		1028	1112	-	1143	-	1302 1400	-	-	1520 1615
Dalton		1037	1121	-	1151	-	1310 1408	-	-	1528 1624
Roose		1043	-	-	-	-	1316 1414	-	-	1534 1630
Barrow-in-Furness	a	1052	1133	-	1203	-	1323 1423	-	-	1542 1637
Barrow-in-Furness	d	-	-	1140	-	1236 1331	-	-	-	1437 - 1643
Askam		-	-	1152	-	1246 1341	-	-	-	1449 - 1653
Kirkby-in-Furness		-	-	11x57	-	12x50 13x45	-	-	-	14x55 - 16x57
Foxfield		-	-	12x02	-	12x53 13x48	-	-	-	15x00 - 17x00
Green Road		-	-	12x07	-	12x57 13x52	-	-	-	15x05 - 17x04
Millom	a	-	-	1213	-	1303 1358	-	-	-	1511 - 1710
Millom	d	-	-	1214	-	1304 1359	-	-	-	1512 - 1711
Silecroft		-	-	12x19	-	13x08 14x03	-	-	-	15x18 - 17x15
Bootle		-	-	12x28	-	13x15 14x10	-	-	-	15x26 - 17x22
Ravenglass for Eskdale		-	-	1235	-	1321 1416	-	-	-	1533 - 1728
Drigg		-	-	12x39	-	13x24 14x19	-	-	-	15x38 - 17x31
Seascale		-	-	1243	-	1328 1422	-	-	-	1542 - 1734
Sellafield		-	-	1248	-	1336 1428	-	-	-	1547 - 1740
Braystones		-	-	-	-	-	14x31	-	-	- -
Nethertown		-	-	-	-	-	14x34	-	-	- -
St Bees		-	-	1259	-	1346 1440	-	-	-	1601 - 1751
Corkickle		-	-	13x06	-	13x51 14x45	-	-	-	16x08 - 17x56
Whitehaven	a	-	-	1309	-	1354 1448	-	-	-	1611 - 1758
Whitehaven	d	-	-	1310	-	1356 1454	-	-	-	1612 - 1800
Parton		-	-	13x15	-	13x59 14x57	-	-	-	16x17 - 18x03
Harrington		-	-	13x26	-	14x07 15x05	-	-	-	16x28 - 18x11
Workington		-	-	1332	-	1414 1513	-	-	-	1634 - 1818
Flimby		-	-	13x38	-	14x18 15x17	-	-	-	16x40 - 18x22
Maryport		-	-	1342	-	1422 1522	-	-	-	1644 - 1826
Aspatria		-	-	13x53	-	14x31 15x32	-	-	-	16x55 - 18x35
Wigton		-	-	1405	-	1443 1544	-	-	-	1707 - 1847
Dalston		-	-	14x15	-	14x52 15x52	-	-	-	17x17 - 18x56
Carlisle	a	-	-	1426	-	1506 1604	-	-	-	1728 - 1910

### Notes

x Stops on request.

🕒 Service operated with loco-hauled stock where available.

# Lancaster - Barrow - Carlisle

## Mondays to Fridays

		🕒				N					
Manchester Airport	d	1429	-	1500	1600	-	-	-	1729	1858	
Manchester Piccadilly		1446	-	1515	1615	-	1627	-	1745	1916	
Manchester Oxford Road		1450	-	1519	1619	-	1631	1714	1749	1919	
Preston		1546	-	1558	1658	-	1728	1805	1847	2006	
Lancaster	a	1601	-	-	-	-	1748	1825	-	1902	2026
	d	1602	-	1648	1720	-	1748	1826	-	1903	2026
Carnforth		1610	-	1658	1730	-	1758	1838	-	1911	2038
Silverdale		1616	-	1705	1736	-	1804	1844	-	1917	2044
Arnside		1620	-	1709	1741	-	1809	1848	-	1921	2048
Grange-over-Sands		1626	-	1715	1747	-	1815	1854	-	1927	2054
Kents Bank		1629	-	1719	1750	-	1818	1858	-	1930	2058
Cark		1634	-	1723	1755	-	1823	1902	-	1935	2102
Ulverston		1642	-	1732	1803	-	1831	1911	-	1943	2111
Dalton		1650	-	1741	1811	-	1839	1919	-	1951	2119
Roose		1656	-	1747	1818	-	1845	1925	-	1957	2125
Barrow-in-Furness	a	1705	-	1756	1825	-	1853	1934	-	2006	2132
Barrow-in-Furness	d	-	1731	-	-	1830	-	-	1940	-	-
Askam		-	1743	-	-	1840	-	-	1950	-	-
Kirkby-in-Furness		-	17x48	-	-	18x44	-	-	19x54	-	-
Foxfield		-	17x53	-	-	18x47	-	-	19x57	-	-
Green Road		-	17x58	-	-	18x51	-	-	20x01	-	-
Millom	a	-	1804	-	-	1857	-	-	2010	-	-
Millom	d	-	1805	-	-	1858	-	-	-	-	-
Silecroft		-	18x11	-	-	19x02	-	-	-	-	-
Bootle		-	18x19	-	-	19x09	-	-	-	-	-
Ravenglass for Eskdale		-	1826	-	-	1915	-	-	-	-	-
Drigg		-	18x31	-	-	19x18	-	-	-	-	-
Seascale		-	1835	-	-	1921	-	-	-	-	-
Sellafield		-	1840	-	-	1925	-	-	-	-	-
Braystones		-	-	-	-	19x28	-	-	-	-	-
Nethertown		-	-	-	-	19x31	-	-	-	-	-
St Bees		-	1903	-	-	1935	-	-	-	-	-
Corkickle		-	19x10	-	-	19x40	-	-	-	-	-
Whitehaven	a	-	1913	-	-	1945	-	-	-	-	-
Whitehaven	d	-	1915	-	-	1946	-	-	-	-	-
Parton		-	19x20	-	-	19x50	-	-	-	-	-
Harrington		-	19x30	-	-	19x58	-	-	-	-	-
Workington		-	1936	-	-	2004	-	-	-	-	-
Flimby		-	19x42	-	-	20x09	-	-	-	-	-
Maryport		-	1946	-	-	2013	-	-	-	-	-
Aspatria		-	19x58	-	-	20x22	-	-	-	-	-
Wigton		-	2010	-	-	2034	-	-	-	-	-
Dalston		-	20x20	-	-	20x43	-	-	-	-	-
Carlisle	a	-	2031	-	-	2055	-	-	-	-	-

### Notes

a Arrival time.

x Stops on request.

N From Buxton.

🕒 Services operated with loco hauled stock where available.



# Lancaster - Barrow - Carlisle

## Mondays to Fridays

Manchester Airport	d	-	-	2000	2029	-	2200	-	-	-	-
Manchester Piccadilly		-	-	2016	2045	-	2215	-	-	-	-
Manchester Oxford Road		-	-	2019	2049	-	2218	-	-	-	-
Preston		-	-	2109	2147	-	2314	-	-	-	-
Lancaster	a	-	-	2129	2202	-	2329	-	-	-	-
	d	-	-	2129	2203	-	2330	-	-	-	-
Carnforth		-	-	2139	2211	-	2338	-	-	-	-
Silverdale		-	-	2145	2217	-	2344	-	-	-	-
Arnsdale		-	-	2150	2221	-	2348	-	-	-	-
Grange-over-Sands		-	-	2156	2227	-	2353	-	-	-	-
Kents Bank		-	-	2159	2230	-	2358	-	-	-	-
Cark		-	-	2204	2235	-	0003	-	-	-	-
Ulverston		-	-	2212	2243	-	0010	-	-	-	-
Dalton		-	-	2220	2251	-	0018	-	-	-	-
Roose		-	-	2226	2257	-	0024	-	-	-	-
Barrow-in-Furness	a	-	-	2236	2306	-	0032	-	-	-	-
Barrow-in-Furness	d	-	2134	-	-	-	-	-	-	-	-
Askam		-	2144	-	-	-	-	-	-	-	-
Kirkby-in-Furness		-	21x48	-	-	-	-	-	-	-	-
Foxfield		-	21x51	-	-	-	-	-	-	-	-
Green Road		-	21x55	-	-	-	-	-	-	-	-
Millom	a	-	2204	-	-	-	-	-	-	-	-
Millom	d	-	-	-	-	-	-	-	-	-	-
Silecroft		-	-	-	-	-	-	-	-	-	-
Bootle		-	-	-	-	-	-	-	-	-	-
Ravenglass for Eskdale		-	-	-	-	-	-	-	-	-	-
Drigg		-	-	-	-	-	-	-	-	-	-
Seascale		-	-	-	-	-	-	-	-	-	-
Sellafield		-	-	-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-	-
St Bees		-	-	-	-	-	-	-	-	-	-
Corkickle		-	-	-	-	-	-	-	-	-	-
Whitehaven	a	-	-	-	-	-	-	-	-	-	-
Whitehaven	d	2030	-	-	-	2151	-	-	-	-	-
Parton		20x33	-	-	-	21x54	-	-	-	-	-
Harrington		20x41	-	-	-	22x02	-	-	-	-	-
Workington		2048	-	-	-	2211a	-	-	-	-	-
Flimby		20x52	-	-	-	-	-	-	-	-	-
Maryport		2056	-	-	-	-	-	-	-	-	-
Aspatria		21x05	-	-	-	-	-	-	-	-	-
Wigton		2117	-	-	-	-	-	-	-	-	-
Dalston		21x26	-	-	-	-	-	-	-	-	-
Carlisle	a	2139	-	-	-	-	-	-	-	-	-

### Notes

a Arrival time.

x Stops on request.

# Lancaster - Barrow - Carlisle

## Saturdays

			●					●			
Manchester Airport	d	-	-	-	-	0558	-	-	0729 0829	-	
Manchester Piccadilly		-	-	-	-	0614	-	-	0744 0845	-	
Manchester Oxford Road		-	-	-	-	0618	-	-	0747 0849	-	
Preston		-	-	-	-	0658	-	-	<b>0842 0945</b>	-	
Lancaster	a	-	-	-	-	-	-	-	<b>0902 1000</b>	-	
	d	-	-	-	-	<b>0733</b>	-	-	<b>0902 1001</b>	-	
Carnforth		-	-	-	-	<b>0742</b>	-	-	<b>0912 1009</b>	-	
Silverdale		-	-	-	-	<b>0748</b>	-	-	<b>0917 1015</b>	-	
Arnsdale		-	-	-	-	<b>0752</b>	-	-	<b>0922 1019</b>	-	
Grange-over-Sands		-	-	-	-	<b>0758</b>	-	-	<b>0928 1025</b>	-	
Kents Bank		-	-	-	-	<b>0802</b>	-	-	<b>0931 1028</b>	-	
Cark		-	-	-	-	<b>0806</b>	-	-	<b>0936 1033</b>	-	
Ulverston		-	-	-	-	<b>0815</b>	-	-	<b>0944 1041</b>	-	
Dalton		-	-	-	-	<b>0823</b>	-	-	<b>0952 1049</b>	-	
Roose		-	-	-	-	<b>0829</b>	-	-	<b>0958 1055</b>	-	
Barrow-in-Furness	a	-	-	-	-	<b>0838</b>	-	-	<b>1006 1104</b>	-	
Barrow-in-Furness	d	-	<b>0546</b>	<b>0655</b>	<b>0741</b>	-	-	<b>0845 1010</b>	-	<b>1138</b>	
Askam		-	<b>0558</b>	<b>0705</b>	<b>0751</b>	-	-	<b>0857 1020</b>	-	<b>1150</b>	
Kirkby-in-Furness		-	06x04	07x09	07x55	-	-	09x03	10x24	-	11x55
Foxfield		-	06x09	07x13	07x58	-	-	09x07	10x27	-	12x00
Green Road		-	06x14	07x17	08x02	-	-	09x12	10x31	-	12x05
Millom	a	-	<b>0620</b>	<b>0723</b>	<b>0808</b>	-	-	<b>0918 1037</b>	-	<b>1211</b>	
Millom	d	-	<b>0621</b>	<b>0724</b>	<b>0809</b>	-	-	<b>0919 1038</b>	-	<b>1212</b>	
Silecroft		-	06x27	07x29	08x13	-	-	09x25	10x42	-	12x18
Bootle		-	06x35	07x36	08x20	-	-	09x33	10x49	-	12x26
Ravenglass for Eskdale		-	<b>0642</b>	<b>0742</b>	<b>0826</b>	-	-	<b>0940 1055</b>	-	<b>1233</b>	
Drigg		-	06x47	07x46	08x29	-	-	09x45	10x58	-	12x37
Seascale		-	<b>0651</b>	<b>0749</b>	<b>0832</b>	-	-	<b>0949 1102</b>	-	<b>1241</b>	
Sellafield		-	<b>0656</b>	<b>0756</b>	<b>0839a</b>	-	-	<b>0954 1108</b>	-	<b>1246</b>	
Braystones		-	-	07x59	-	-	-	-	11x11	-	-
Nethertown		-	-	08x02	-	-	-	-	11x14	-	-
St Bees		-	<b>0707</b>	<b>0806</b>	-	-	-	<b>1008 1118</b>	-	<b>1257</b>	
Corkickle		-	07x14	08x11	-	-	-	10x14	11x23	-	13x03
Whitehaven	a	-	<b>0717</b>	<b>0815</b>	-	-	-	<b>1017 1127</b>	-	<b>1306</b>	
Whitehaven	d	<b>0622</b>	<b>0718</b>	<b>0816</b>	-	-	<b>0906 1019 1128</b>	-	<b>1308</b>		
Parton		06x25	07x23	08x20	-	-	09x09	10x24	11x32	-	13x13
Harrington		06x33	07x33	08x28	-	-	09x17	10x34	11x40	-	13x23
Workington		0640	0739	0834	-	-	0924	1040	1146	-	1329
Flimby		06x44	07x45	08x39	-	-	09x28	10x47	11x51	-	13x36
Maryport		0648	0749	0842	-	-	0932	1051	1154	-	1340
Aspatria		06x57	08x00	08x52	-	-	09x41	11x02	12x04	-	13x51
Wigton		0709	0812	0904	-	-	0953	1114	1216	-	1403
Dalston		07x18	08x22	09x12	-	-	10x02	11x24	12x24	-	14x12
Carlisle	a	0731	0833	0926	-	-	1015	1137	1238	-	1426

### Notes

a Arrival time.

x Stops on request.

● Services operated with loco-hauled stock where available.

# Lancaster - Barrow - Carlisle

## Saturdays

													Ⓛ
Manchester Airport	d	1000	1100	-	1200	1300	-	-	1429	-	1600		
Manchester Piccadilly		1015	1115	-	1215	1315	-	-	1446	-	1615		
Manchester Oxford Road		1019	1118	-	1219	1319	-	-	1450	-	1619		
Preston		1058	1158	-	1258	<b>1407</b>	-	-	<b>1546</b>	-	1651		
Lancaster	a	-	-	-	-	<b>1422</b>	-	-	<b>1601</b>	-	-		
	d	<b>1125</b>	<b>1223</b>	-	<b>1332</b>	<b>1423</b>	-	<b>1520</b>	<b>1602</b>	-	<b>1700</b>		
Carnforth		<b>1134</b>	<b>1231</b>	-	<b>1341</b>	<b>1431</b>	-	<b>1530</b>	<b>1610</b>	-	<b>1710</b>		
Silverdale		<b>1140</b>	<b>1237</b>	-	<b>1347</b>	-	-	<b>1536</b>	<b>1616</b>	-	<b>1717</b>		
Arnsdale		<b>1145</b>	<b>1241</b>	-	<b>1352</b>	<b>1440</b>	-	<b>1540</b>	<b>1620</b>	-	<b>1721</b>		
Grange-over-Sands		<b>1151</b>	<b>1247</b>	-	<b>1358</b>	<b>1445</b>	-	<b>1546</b>	<b>1626</b>	-	<b>1727</b>		
Kents Bank		<b>1154</b>	<b>1250</b>	-	<b>1401</b>	-	-	<b>1550</b>	<b>1629</b>	-	<b>1731</b>		
Cark		<b>1159</b>	<b>1255</b>	-	<b>1406</b>	-	-	<b>1554</b>	<b>1634</b>	-	<b>1735</b>		
Ulverston		<b>1207</b>	<b>1303</b>	-	<b>1414</b>	<b>1458</b>	-	<b>1603</b>	<b>1642</b>	-	<b>1744</b>		
Dalton		<b>1215</b>	<b>1311</b>	-	<b>1422</b>	-	-	<b>1611</b>	<b>1650</b>	-	<b>1753</b>		
Roose		<b>1221</b>	<b>1317</b>	-	<b>1428</b>	-	-	<b>1617</b>	<b>1656</b>	-	<b>1759</b>		
Barrow-in-Furness	a	<b>1229</b>	<b>1326</b>	-	<b>1436</b>	<b>1518</b>	-	<b>1624</b>	<b>1705</b>	-	<b>1806</b>		
Barrow-in-Furness	d	<b>1239</b>	-	<b>1350</b>	<b>1452</b>	-	<b>1533</b>	-	-	-	<b>1732</b>	<b>1810</b>	
Askam		<b>1249</b>	-	<b>1400</b>	<b>1502</b>	-	<b>1543</b>	-	-	-	<b>1744</b>	<b>1820</b>	
Kirkby-in-Furness		<b>12x53</b>	-	<b>14x04</b>	<b>15x06</b>	-	<b>15x47</b>	-	-	-	<b>17x49</b>	<b>18x24</b>	
Foxfield		<b>12x57</b>	-	<b>14x07</b>	<b>15x09</b>	-	<b>15x50</b>	-	-	-	<b>17x54</b>	<b>18x27</b>	
Green Road		<b>13x00</b>	-	<b>14x11</b>	<b>15x13</b>	-	<b>15x54</b>	-	-	-	<b>17x59</b>	<b>18x31</b>	
Millom	a	<b>1306</b>	-	<b>1417</b>	<b>1519</b>	-	<b>1600</b>	-	-	-	<b>1805</b>	<b>1840</b>	
Millom	d	<b>1307</b>	-	<b>1418</b>	<b>1520</b>	-	<b>1601</b>	-	-	-	<b>1806</b>	-	
Silecroft		<b>13x11</b>	-	<b>14x22</b>	<b>15x24</b>	-	<b>16x05</b>	-	-	-	<b>18x12</b>	-	
Bootle		<b>13x18</b>	-	<b>14x29</b>	<b>15x31</b>	-	<b>16x12</b>	-	-	-	<b>18x20</b>	-	
Ravenglass for Eskdale		<b>1324</b>	-	<b>1435</b>	<b>1537</b>	-	<b>1618</b>	-	-	-	<b>1827</b>	-	
Drigg		<b>13x27</b>	-	<b>14x38</b>	<b>15x40</b>	-	<b>16x21</b>	-	-	-	<b>18x32</b>	-	
Seascale		<b>1330</b>	-	<b>1441</b>	<b>1544</b>	-	<b>1624</b>	-	-	-	<b>1836</b>	-	
Sellafield		<b>1336</b>	-	<b>1447</b>	<b>1550</b>	-	<b>1630</b>	-	-	-	<b>1841</b>	-	
Braystones		-	-	<b>14x50</b>	<b>15x53</b>	-	<b>16x34</b>	-	-	-	-	-	
Nethertown		-	-	<b>14x53</b>	<b>15x56</b>	-	<b>16x36</b>	-	-	-	-	-	
St Bees		<b>1345</b>	-	<b>1457</b>	<b>1601</b>	-	<b>1646</b>	-	-	-	<b>1900</b>	-	
Corkickle		<b>13x50</b>	-	<b>15x02</b>	<b>16x06</b>	-	<b>16x51</b>	-	-	-	<b>19x07</b>	-	
Whitehaven	a	<b>1353</b>	-	<b>1506</b>	<b>1610</b>	-	<b>1654</b>	-	-	-	<b>1910</b>	-	
Whitehaven	d	<b>1355</b>	-	<b>1507</b>	<b>1612</b>	-	<b>1656</b>	-	-	-	<b>1913</b>	-	
Parton		<b>13x58</b>	-	<b>15x11</b>	<b>16x15</b>	-	<b>17x00</b>	-	-	-	<b>19x18</b>	-	
Harrington		<b>14x06</b>	-	<b>15x19</b>	<b>16x23</b>	-	<b>17x08</b>	-	-	-	<b>19x28</b>	-	
Workington		<b>1413</b>	-	<b>1525</b>	<b>1630</b>	-	<b>1714</b>	-	-	-	<b>1934</b>	-	
Flimby		<b>14x17</b>	-	<b>15x30</b>	<b>16x34</b>	-	<b>17x19</b>	-	-	-	<b>19x40</b>	-	
Maryport		<b>1421</b>	-	<b>1533</b>	<b>1638</b>	-	<b>1722</b>	-	-	-	<b>1944</b>	-	
Aspatria		<b>14x30</b>	-	<b>15x43</b>	<b>16x47</b>	-	<b>17x32</b>	-	-	-	<b>19x56</b>	-	
Wigton		<b>1442</b>	-	<b>1555</b>	<b>1659</b>	-	<b>1744</b>	-	-	-	<b>2008</b>	-	
Dalston		<b>14x51</b>	-	<b>16x03</b>	<b>17x08</b>	-	<b>17x52</b>	-	-	-	<b>20x18</b>	-	
Carlisle	a	<b>1505</b>	-	<b>1617</b>	<b>1719</b>	-	<b>1806</b>	-	-	-	<b>2029</b>	-	

### Notes


a Arrival time.

x Stops on request.

Ⓛ Services operated with loco-hauled stock where available.

# Lancaster - Barrow - Carlisle

## Saturdays

											
Manchester Airport	d	-	1629	-	1800	-	1829	2000	-	-	-
Manchester Piccadilly		-	1646	-	1816	-	1846	2016	-	-	-
Manchester Oxford Road		-	1649	-	1819	-	1849	2019	-	-	-
Preston		-	1745	-	1908	-	2003	2058	-	-	-
Lancaster	a	-	1801	-	1928	-	2023	2113	-	-	-
	d	1731	1801	-	1929	-	2023	2114	-	2314	-
Carnforth		1741	1810	-	1939	-	2033	2122	-	2322	-
Silverdale		1748	1816	-	1945	-	2039	2128	-	2328	-
Arnsdale		1753	1820	-	1949	-	2044	2132	-	2334	-
Grange-over-Sands		1759	1826	-	1955	-	2050	2138	-	2339	-
Kents Bank		1804	1829	-	1959	-	2053	2141	-	2343	-
Cark		1809	1834	-	2003	-	2058	2146	-	2347	-
Ulverston		1816	1842	-	2012	-	2106	2154	-	2355	-
Dalton		1825	1851	-	2020	-	2114	2202	-	0003	-
Roose		1833	1856	-	2026	-	2120	2208	-	0009	-
Barrow-in-Furness	a	1840	1904	-	2035	-	2128	2217	-	0017	-
Barrow-in-Furness	d	-	-	1940	-	-	2130	-	-	-	-
Askam		-	-	1950	-	-	2140	-	-	-	-
Kirkby-in-Furness		-	-	19x54	-	-	21x44	-	-	-	-
Foxfield		-	-	19x57	-	-	21x47	-	-	-	-
Green Road		-	-	20x01	-	-	21x51	-	-	-	-
Millom	a	-	-	2010	-	-	2200	-	-	-	-
Millom	d	-	-	-	-	-	-	-	-	-	-
Silecroft		-	-	-	-	-	-	-	-	-	-
Bootle		-	-	-	-	-	-	-	-	-	-
Ravenglass for Eskdale		-	-	-	-	-	-	-	-	-	-
Drigg		-	-	-	-	-	-	-	-	-	-
Seascale		-	-	-	-	-	-	-	-	-	-
Sellafield		-	-	-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-	-
St Bees		-	-	-	-	-	-	-	-	-	-
Corkickle		-	-	-	-	-	-	-	-	-	-
Whitehaven	a	-	-	-	-	-	-	-	-	-	-
Whitehaven	d	-	-	-	-	1943	-	-	2030	-	-
Parton		-	-	-	-	19x46	-	-	20x33	-	-
Harrington		-	-	-	-	19x54	-	-	20x41	-	-
Workington		-	-	-	-	2001	-	-	2048	-	-
Flimby		-	-	-	-	20x05	-	-	20x52	-	-
Maryport		-	-	-	-	2009	-	-	2056	-	-
Aspatria		-	-	-	-	20x18	-	-	21x05	-	-
Wigton		-	-	-	-	2030	-	-	2117	-	-
Dalston		-	-	-	-	20x39	-	-	21x26	-	-
Carlisle	a	-	-	-	-	2053	-	-	2139	-	-

### Notes

a Arrival time.

x Stops on request.

 Services operated with loco-hauled stock where available.

# Lancaster - Barrow - Carlisle

## Sundays

Manchester Airport	d	0900r	1100r	1300r	1500r	1600	1629	1858r	-	2029	-
Manchester Piccadilly		0915r	1116r	1316r	1514r	1615	1646	1915r	-	2045	-
Manchester Oxford Road		0919r	1119r	1319r	1519r	1618	1649	1918r	-	2048	-
Preston		1030	1204	1402	1604	1657	1747	2004	-	2147	-
Lancaster	a	1050	1219	1422	1624	-	1802	2024	-	2202	-
	d	1050	1220	1422	1625	1720	1803	2024	2103	2203	-
Carnforth		1100	1228	1432	1635	1730	1811	2034	2128	2211	-
Silverdale		1106	1234	1438	1641	1736	1817	2040	2133	2217	-
Arnside		1111	1238	1443	1645	1741	1821	2044	2138	2221	-
Grange-over-Sands		1117	1244	1449	1651	1747	1827	2050	2144	2227	-
Kents Bank		1120	1247	1452	1655	1750	1830	2054	2148	2230	-
Cark		1125	1252	1457	1659	1754	1835	2058	2152	2235	-
Ulverston	a	1133	1259	1505	1707	1802	1842	2106	2200	2242	-
Ulverston	d	1133	1300	1505	1708	1802	1843	2107	2200	2243	-
Dalton		1141	1308	1514	1716	1811	1851	2115	2208	2251	-
Roose		1147	1314	1520	1722	1817	1857	2121	2214	2257	-
Barrow-in-Furness	a	1157	1323	1528	1731	1826	1906	2130	2224	2306	-

## 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	-	-	-	-	-	-

**No trains operate between Whitehaven and Barrow-in-Furness on Sundays.**

### Notes

- x Stops on request.
- r Change at Lancaster.

**From May 2018 there will be Sunday services between Carlisle and Barrow-in-Furness**

# Windermere to Preston

## Mondays to Fridays

Windermere	d	0645	0756	0850	0947	1056	1147	1247	1358	1458	1600
Staveley		0650	0802	-	0952	-	1153	1253	1404	1504	-
Burnside		0655	0807	-	0957	-	1158	1258	1409	1509	-
Kendal		0659	0811	0902	1001	1108	1202	1302	1413	1513	1613
Oxenholme Lake District	a	0704	0816	0907	1006	1113	1207	1307	1418	1518	1618
Lancaster	a	-	-	-	-	1131	-	-	-	-	-
Preston	a	-	-	-	-	1151	-	-	-	-	-

## Mondays to Fridays

Windermere	d	1649	1803	1906	1958	2050	2140	2245	-	-	-
Staveley		1655	1809	-	2003	2055	2145	2250	-	-	-
Burnside		1700	1814	-	2008	2100	2150	2255	-	-	-
Kendal		1704	1818	1918	2012	2104	2154	2259	-	-	-
Oxenholme Lake District	a	1709	1823	1923	2017	2109	2159	2304	-	-	-
Lancaster	a	-	1854	-	-	-	-	2322	-	-	-
Preston	a	-	1926	-	-	-	-	2342	-	-	-

## Saturdays

Windermere	d	0657	0747	0850	0937	1040	1147	1251	1345	1441	1550
Staveley		0703	0753	-	0943	1045	1153	1257	1350	1446	1556
Burnside		0708	0758	-	0948	1050	1158	1302	1355	1451	1601
Kendal		0712	0802	0902	0952	1054	1202	1306	1359	1455	1605
Oxenholme Lake District	a	0717	0807	0907	0957	1059	1207	1311	1404	1500	1610
Lancaster	a	-	-	-	-	1117	-	1333	-	1517	-
Preston	a	-	-	-	1039	1137	-	1406	-	1537	-

## Saturdays

Windermere	d	1707	1803	1906	1958	2045	2140	-	-	-	-
Staveley		1713	1808	-	2003	-	2155	-	-	-	-
Burnside		1718	1813	-	2008	-	2205	-	-	-	-
Kendal		1722	1817	1918	2012	2056	2215	-	-	-	-
Oxenholme Lake District	a	1727	1822	1923	2017	2101	2225	-	-	-	-
Lancaster	a	1748	1846	-	-	2118	2310	-	-	-	-
Preston	a	1811	1905	-	-	-	2350	-	-	-	-

## Sundays

Windermere	d	1114	1206	1250	1358	1447	1558	1648	1802	1905	1948
Staveley		-	1211	-	1403	1452	1603	1653	1807	-	1954
Burnside		-	1216	-	1408	1457	1608	1658	1812	-	1959
Kendal		1126	1220	1302	1412	1501	1612	1702	1816	1918	2002
Oxenholme Lake District	a	1131	1225	1307	1417	1506	1617	1707	1821	1923	2007
Lancaster	a	-	-	-	-	-	-	-	1838	-	-
Preston	a	-	-	-	-	-	-	-	1858	-	-

## Sundays

Windermere	d	2040	-	-	-	-	-	-	-	-	-
Staveley		2046	-	-	-	-	-	-	-	-	-
Burnside		2051	-	-	-	-	-	-	-	-	-
Kendal		2055	-	-	-	-	-	-	-	-	-
Oxenholme Lake District	a	2100	-	-	-	-	-	-	-	-	-
Lancaster	a	2131	-	-	-	-	-	-	-	-	-
Preston	a	2154	-	-	-	-	-	-	-	-	-

# Preston to Windermere

## Mondays to Fridays

Preston	d	-	-	-	-	-	1029	-	-	-	-
Lancaster		0546	-	-	-	-	1100	-	-	-	-
Oxenholme Lake District		0623	0733	0826	0911	1033	1120	1226	1333	1422	1534
Kendal		0628	0737	0830	0915	1037	1125	1230	1337	1426	1538
Burneside		-	0741	0834	0919	-	1129	-	1341	1430	1542
Staveley		-	0746	0839	0924	-	1135	-	1347	1436	1548
Windermere	a	0641	0752	0846	0931	1050	1142	1243	1354	1443	1555

## Mondays to Fridays

Preston	d	-	-	-	-	-	-	-	-	-	-
Lancaster		-	-	1821	-	-	-	-	-	-	-
Oxenholme Lake District		1622	1734	1838	1934	2022	2115	2218	-	-	-
Kendal		1626	1738	1843	1938	2026	2119	2222	-	-	-
Burneside		1630	1742	1846	1942	2030	-	2226	-	-	-
Staveley		1636	1748	1851	1947	2035	-	2231	-	-	-
Windermere	a	1643	1755	1858	1953	2041	2132	2237	-	-	-

## Saturdays

Preston	d	-	-	-	-	0932	1044	-	1247	-	1430
Lancaster		0602	-	-	-	0948	-	-	1303	-	1500
Oxenholme Lake District		0622	0721	0826	0911	1004	1120	1226	1320	1417	1519
Kendal		0627	0725	0830	0915	1009	1125	1230	1324	1421	1524
Burneside		-	0729	0834	0919	1012	1129	-	1328	1425	1528
Staveley		-	0735	0840	0925	1017	1135	-	1333	1430	1534
Windermere	a	0641	0742	0846	0931	1025	1142	1243	1340	1436	1541

## Saturdays

Preston	d	-	1704	-	-	-	-	-	-	-	-
Lancaster		-	1723	1825	-	-	-	-	-	-	-
Oxenholme Lake District		1634	1740	1842	1934	2022	2120	-	-	-	-
Kendal		1638	1744	1846	1938	2026	2130	-	-	-	-
Burneside		1642	1748	1850	1942	2030	2140	-	-	-	-
Staveley		1648	1753	1855	1947	2035	2150	-	-	-	-
Windermere	a	1655	1759	1901	1953	2041	2205	-	-	-	-

## Sundays

Preston	d	1020	-	-	-	-	-	-	-	-	-
Lancaster		1036	-	-	-	-	-	-	-	-	-
Oxenholme Lake District		1052	1136	1227	1335	1421	1535	1621	1733	1841	1927
Kendal		1056	1140	1231	1339	1425	1539	1625	1737	1845	1931
Burneside		-	1144	1235	1343	1429	1543	1629	1741	1849	-
Staveley		-	1149	1240	1348	1434	1548	1634	1746	1855	-
Windermere	a	1110	1155	1246	1354	1440	1554	1640	1752	1901	1944

## Sundays

Preston	d	-	-	-	-	-	-	-	-	-	-
Lancaster		-	-	-	-	-	-	-	-	-	-
Oxenholme Lake District		2016	-	-	-	-	-	-	-	-	-
Kendal		2020	-	-	-	-	-	-	-	-	-
Burneside		2024	-	-	-	-	-	-	-	-	-
Staveley		2030	-	-	-	-	-	-	-	-	-
Windermere	a	2036	-	-	-	-	-	-	-	-	-

# Useful contact details



## Fares and service information

National Rail Enquiries  
visit [nationalrail.co.uk](http://nationalrail.co.uk)  
call **03457 48 49 50**  
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## Correspondence

**Customer Experience Centre**  
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## British Transport Police

call **0800 40 50 40** text **61016**

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