

Barrow-in-Furness to Millom, Whitehaven, Workington, Maryport and Carlisle

**Mondays to Fridays**

Operator	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	
Preston (PRE)	8 d																		
Lancaster (LAN)	6 d								1014				1319					1601	
Carnforth (CNF)	d								1024				1329					1611	
Barrow-in-Furness (BIF)	d		0558	0651	0750	0928	1022	1119	1206	1315	1424	1449	1544	1615			1716	1807	1912
Askam (ASK)	d		0608	0701	0800	0938	1032	1130	1216	1325	1434	1459	1554	1625			1726	1817	1922
Kirkby-in-Furness (KBF)	d		0613	0706	0804	0942	1036	1134	1220	1329	1438	1503	1558	1630			1731	1821	1926
Foxfield (FOX)	d		0618	0711	0809	0947	1041	1139	1225	1334	1443	1508	1603	1634			1735	1826	1931
Green Road (GNR)	d		0622	0715	0813	0951	1045	1143	1229	1338	1447	1512	1607	1638			1739	1830	1935
Millom (MLM)	d		0627	0720	0818	0955	1050	1148	1234	1343	1451	1517	1612	1643			1744	1834	1940
Silecroft (SIC)	d		0633	0725	0823	1000	1055	1153	1239	1348	1456	1522	1617	1648			1749		1945
Bootle (BOC)	d		0640	0732	0830	1007	1102	1200	1246	1355	1503	1529	1624	1655			1756		1952
Ravenglass for Eskdale (RAV)	d		0647	0738	0836	1013	1108	1206	1252	1401	1509	1535	1630	1701			1803	1849	1958
Drigg (DRI)	d		0651	0742	0840	1017	1112	1209	1255	1405	1513	1538	1633	1705			1806	1853	2001
Seascale (SSC)	d		0655	0747	0844	1021	1116	1213	1259	1409	1517	1543	1637	1709			1810	1857	2005
Sellafield (SEL)	d		0700	0753c	0849	1032f	1122	1217	1303	1413	1520	1547	1641	1713a			1814	1900	2012c
Braystones (BYS)	d			0757x				1126x		1306x	1416x								2015x
Nethertown (NRT)	d			0759x				1128x		1309x	1419x								2018x
St Bees (SBS)	d		0713c	0805	0900	1042	1134	1227	1328g	1427c	1530	1600e	1652				1828e	1912	2027e
Corkickle (CKL)	d		0719	0811	0905	1047	1140	1233	1334	1433	1536	1606	1657				1834	1917	2032
Whitehaven (WTH)	a		0722	0814	0908	1050	1143	1235	1336	1436	1538	1608	1700				1836	1920	2036
Whitehaven (WTH)	d	0630	0723	0816	0909	1051	1145	1237	1338	1438	1540	1612	1701			1749	1838	1921	2037
Parton (PRN)	d	0634	0727	0820	0913	1055	1149	1241	1342	1442	1545	1616	1705			1753	1842	1925	2041
Harrington (HRR)	d	0643	0736	0829	0922	1104	1158		1351	1451	1554	1625	1714			1802	1851	1934	2050
Workington (WKG)	a	0647	0740	0833	0926	1108	1202	1253	1355	1455	1558	1629	1718			1806	1855	1938	2054
Workington (WKG)	d	0549	0648	0742	0834	0928	1110	1203	1254	1356	1456	1559	1633	1720		1807	1856	1943	2056
Flimby (FLM)	d	0554	0653	0747	0839	0933	1115	1208		1401	1501	1604	1638	1725		1812	1901	1948	2101
Maryport (MRY)	d	0558	0657	0751	0843	0936	1118	1212	1302	1405	1505	1608	1643	1729		1816	1905	1953	2105
Aspatria (ASP)	d	0608	0707	0801	0854	0947	1129	1223	1313	1416	1516	1619	1654	1739		1827	1915	2003	2115
Wigton (WGT)	d	0619	0718	0812	0904	0957	1139	1233	1323	1426	1526	1629	1704	1749		1837	1925	2014	2125
Dalston (DLS)	d	0628	0727	0821	0913	1006	1148	1242		1435	1535	1638	1714	1759		1846	1934	2023	2134
Carlisle (CAR)	8 a	0639	0738	0832	0924	1017	1159	1253	1341	1450	1546	1651	1725	1810		1857	1945	2034	2145

Operator	NT	NT	NT	NT	NT
Preston (PRE)	8 d				
Lancaster (LAN)	6 d		1913		
Carnforth (CNF)	d		1923		
Barrow-in-Furness (BIF)	d	1947	2018	2110	2211
Askam (ASK)	d	1957	2028	2120	2221
Kirkby-in-Furness (KBF)	d	2001	2033	2124	2225
Foxfield (FOX)	d	2006	2037	2129	2230
Green Road (GNR)	d	2010	2041	2133	2234
Millom (MLM)	d	2015a	2046	2138a	2239a
Silecroft (SIC)	d		2051		
Bootle (BOC)	d		2058		
Ravenglass for Eskdale (RAV)	d		2104		
Drigg (DRI)	d		2107		
Seascale (SSC)	d		2111		
Sellafield (SEL)	d		2115		
Braystones (BYS)	d				
Nethertown (NRT)	d				
St Bees (SBS)	d		2124		
Corkickle (CKL)	d		2130		
Whitehaven (WTH)	a		2132		
Whitehaven (WTH)	d		2134		2209
Parton (PRN)	d		2138		2213
Harrington (HRR)	d		2147		2222
Workington (WKG)	a		2151		2226
Workington (WKG)	d		2152		2227
Flimby (FLM)	d		2157		2232
Maryport (MRY)	d		2201		2236
Aspatria (ASP)	d		2211		2247
Wigton (WGT)	d		2221		2257
Dalston (DLS)	d		2230		2306
Carlisle (CAR)	8 a		2241		2317

For the complete service between Preston, Lancaster and Barrow-in-Furness see table 100

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
- d Departure time
- x Stops on request
- c Arrives 3 minutes earlier
- e Arrives 4 minutes earlier
- f Arrives 7 minutes earlier
- g Arrives 13 minutes earlier

Barrow-in-Furness to Millom, Whitehaven, Workington, Maryport and Carlisle

Saturdays

Operator	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	
Preston (PRE)	8 d																		
Lancaster (LAN)	6 d								1014				1319				1601		1836
Carnforth (CNF)	d								1024				1329				1611		1846
Barrow-in-Furness (BIF)	d		0558	0651	0750	0928	1022	1119	1206	1315	1424	1449	1544	1611	1716	1807	1857	1944	
Askam (ASK)	d		0608	0701	0800	0938	1032	1130	1216	1325	1434	1459	1554	1621	1726	1817	1907	1954	
Kirkby-in-Furness (KBF)	d		0613	0706	0804	0942	1036	1134	1220	1329	1438	1503	1558	1625	1731	1821	1911	1958	
Foxfield (FOX)	d		0618	0711	0809	0947	1041	1139	1225	1334	1443	1508	1603	1630	1735	1826	1916	2003	
Green Road (GNR)	d		0622	0715	0813	0951	1045	1143	1229	1338	1447	1512	1607	1634	1739	1830	1920	2007	
Millom (MLM)	d		0627	0720	0818	0955	1050	1148	1234	1343	1451	1517	1612	1639	1744	1834	1924	2011	
Silecroft (SIC)	d		0633	0725	0823	1000	1055	1153	1239	1348	1456	1522	1617	1644	1749			1929	2016
Bootle (BOC)	d		0640	0732	0830	1007	1102	1200	1246	1355	1503	1529	1624	1651	1756			1936	2023
Ravenglass for Eskdale (RAV)	d		0647	0738	0836	1013	1108	1206	1252	1401	1509	1535	1630	1657	1803	1849	1942	2029	
Drigg (DRI)	d		0651	0742	0840	1017	1112	1209	1255	1405	1513	1538	1633	1700	1806	1853	1946	2033	
Seascale (SSC)	d		0655	0747	0844	1021	1116	1213	1259	1409	1517	1543	1637	1704	1810	1857	1950	2037	
Sellafield (SEL)	d		0700	0753c	0849	1032f	1122	1217	1303	1413	1520	1547	1641	1708	1814	1900	1953	2041	
Braystones (BYS)	d			0757x				1126x		1306x	1416x			1711x				2044x	
Nethertown (NRT)	d			0759x				1128x		1309x	1419x			1714x				2047x	
St Bees (SBS)	d		0713c	0805	0900	1042	1134	1227	1328g	1427c	1530	1600e	1652	1719	1828e	1912	2003	2052	
Corkickle (CKL)	d		0719	0811	0905	1047	1140	1233	1334	1433	1536	1606	1657	1724	1834	1917	2008	2057	
Whitehaven (WTH)	a		0722	0814	0908	1050	1143	1235	1336	1436	1538	1608	1700	1728	1836	1920	2011	2101	
Whitehaven (WTH)	d	0630	0723	0816	0909	1051	1145	1237	1338	1438	1540	1612	1701	1729	1838	1921	2012	2102	
Parton (PRN)	d	0634	0727	0820	0913	1055	1149	1241	1342	1442	1545	1616	1705	1734	1842	1925	2017	2106	
Harrington (HRR)	d	0643	0736	0829	0922	1104	1158		1351	1451	1554	1625	1714	1743	1851	1934	2026	2115	
Workington (WKG)	a	0647	0740	0833	0926	1108	1202	1253	1355	1455	1558	1629	1718	1747	1855	1938	2030	2119	
Workington (WKG)	d	0549	0648	0742	0834	0928	1110	1203	1254	1356	1456	1559	1633	1720	1748	1856	1943	2035	2121
Flimby (FLM)	d	0554	0653	0747	0839	0933	1115	1208		1401	1501	1604	1638	1725	1753	1901	1948	2040	2126
Maryport (MRY)	d	0558	0657	0751	0843	0936	1118	1212	1302	1405	1505	1608	1643	1729	1757	1905	1953	2044	2129a
Aspatria (ASP)	d	0608	0707	0801	0854	0947	1129	1223	1313	1416	1516	1619	1654	1739	1808	1915	2003	2055	
Wigton (WGT)	d	0619	0718	0812	0904	0957	1139	1233	1323	1426	1526	1629	1704	1749	1818	1925	2014	2105	
Dalston (DLS)	d	0628	0727	0821	0913	1006	1148	1242		1435	1535	1638	1714	1759	1827	1934	2023	2115	
Carlisle (CAR)	8 a	0639	0738	0832	0924	1017	1159	1253	1341	1450	1546	1651	1725	1810	1841	1945	2034	2126	

Operator	NT	NT	NT	NT
Preston (PRE)	8 d			
Lancaster (LAN)	6 d	1913		
Carnforth (CNF)	d	1923		
Barrow-in-Furness (BIF)	d	2018	2110	2211
Askam (ASK)	d	2028	2120	2221
Kirkby-in-Furness (KBF)	d	2033	2124	2225
Foxfield (FOX)	d	2038	2129	2230
Green Road (GNR)	d	2042	2133	2234
Millom (MLM)	d	2047a	2138a	2239a
Silecroft (SIC)	d			
Bootle (BOC)	d			
Ravenglass for Eskdale (RAV)	d			
Drigg (DRI)	d			
Seascale (SSC)	d			
Sellafield (SEL)	d			
Braystones (BYS)	d			
Nethertown (NRT)	d			
St Bees (SBS)	d			
Corkickle (CKL)	d			
Whitehaven (WTH)	a			
Whitehaven (WTH)	d		2209	
Parton (PRN)	d		2213	
Harrington (HRR)	d		2222	
Workington (WKG)	a		2226	
Workington (WKG)	d		2227	
Flimby (FLM)	d		2232	
Maryport (MRY)	d		2236a	
Aspatria (ASP)	d			
Wigton (WGT)	d			
Dalston (DLS)	d			
Carlisle (CAR)	8 a			

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
- d Departure time
- x Stops on request
- c Arrives 3 minutes earlier
- e Arrives 4 minutes earlier
- f Arrives 7 minutes earlier
- g Arrives 13 minutes earlier

## Barrow-in-Furness to Millom, Whitehaven, Workington, Maryport and Carlisle

## Sundays

Operator	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT
Preston (PRE)	8 d															
Lancaster (LAN)	6 d						1011				1314				1603	
Carnforth (CNF)	d				0855	1021				1324				1613		
Barrow-in-Furness (BIF)	d	0905			0950	1116	1217	1310	1419	1454	1556	1717	1825	1909		
Askam (ASK)	d	0915			1000	1126	1227	1320	1429	1504	1606	1727	1835	1919		
Kirkby-in-Furness (KBF)	d	0919			1004	1131	1231	1324		1508	1611	1732	1839	1923		
Foxfield (FOX)	d	0924			1009	1135	1236	1329		1513	1615	1736	1844	1928		
Green Road (GNR)	d	0928			1013	1139	1240	1333		1517	1619	1740	1848	1932		
Millom (MLM)	d	0933a			1017	1144	1245	1338	1444	1522	1624	1745	1853a	1937a		
Silecroft (SIC)	d				1022	1149	1250	1343		1527	1629	1750				
Bootle (BOC)	d				1029	1156	1257	1350		1534	1636	1757				
Ravenglass for Eskdale (RAV)	d				1035	1202	1303	1356	1459	1540	1643	1804				
Drigg (DRI)	d				1039	1205	1307	1359		1543	1646	1807				
Seascale (SSC)	d				1043	1209	1311	1403		1547	1650	1811				
Sellafield (SEL)	d				1046	1213	1315	1407	1507	1551	1654	1815				
Braystones (BYS)	d				1050x						1658x	1819x				
Nethertown (NRT)	d				1052x						1700x	1821x				
St Bees (SBS)	d				1101c	1225e	1328c	1417	1520c	1601	1705	1830c				
Corkickle (CKL)	d				1106	1230	1333	1422	1525	1607	1711	1835				
Whitehaven (WTH)	a				1110	1233	1337	1425	1528	1609	1714	1839				
Whitehaven (WTH)	d				1016	1111	1234	1338	1426	1529	1611	1716	1840			1938 2030
Parton (PRN)	d				1020	1115	1238	1342	1430	1533	1615	1720	1844			1942 2034
Harrington (HRR)	d				1029	1124	1247	1351	1439	1542	1624	1729	1853			1951 2043
Workington (WKG)	a				1033	1128	1251	1355	1443	1546	1628	1733	1857			1955 2047
Workington (WKG)	d	0855		0940	1034	1130	1253	1359	1445	1548	1629	1735	1859			1956 2049
Flimby (FLM)	d	0900		0945	1039	1135	1258	1404	1450	1553	1634	1740	1904			2001 2054
Maryport (MRY)	d	0904		0949	1043	1139	1302	1408	1453	1557	1638	1744	1908			2005 2058
Aspatria (ASP)	d	0914		0959	1054	1149	1312	1419	1504	1607	1649	1754	1918			2016 2108
Wigton (WGT)	d	0925		1010	1104	1159	1322	1430	1514	1617	1659	1804	1928			2026 2118
Dalston (DLS)	d	0934		1019	1113	1208	1331	1439	1523	1626	1708	1813	1937			2035 2127
Carlisle (CAR)	8 a	0945		1030	1124	1219	1342	1450	1534	1637	1719	1824	1948			2046 2138

## NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
- d Departure time
- x Stops on request
- c Arrives 4 minutes earlier
- e Arrives 3 minutes earlier

Carlisle to Maryport, Workington, Whitehaven, Millom and Barrow-in-Furness

**Mondays to Fridays**

Operator	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT		
Carlisle (CAR)	8	d		0553	0619	0710	0808	0902	1013	1107	1210	1307	1408	1441	1512	1559		1707	1751	
Dalston (DLS)	d			0602	0628	0719	0816	0910	1022	1115	1218	1315	1416	1449	1520	1607		1715	1759	
Wigton (WGT)	d			0611	0638	0731c	0826	0920	1031	1125	1227	1325	1426	1458	1530	1617		1725	1809	
Aspatria (ASP)	d			0622	0649	0742	0836	0930	1042	1135	1238	1335	1436	1509	1540	1627		1735	1819	
Maryport (MRY)	d		0548	0633	0701	0756	0848	0942	1053	1147	1249	1347	1448	1520	1552	1638		1747	1831	
Flimby (FLM)	d			0551	0637	0705	0759	0851	0945	1057	1150	1253	1350	1451	1524	1555	1642		1750	1834
Workington (WKG)	a			0557	0642	0711	0805	0857	0951	1102	1156	1258	1356	1457	1529	1601	1647		1756	1840
Workington (WKG)	d			0558	0645	0712	0806	0859	0952	1104	1157	1300	1357	1458	1531	1602	1649		1757	1841
Harrington (HRR)	d			0602	0649	0716	0810	0903	0957	1108	1201	1304	1401	1502	1535	1606	1653		1801	1845
Parton (PRN)	d			0611	0658	0725	0819	0912	1006	1117	1210	1313	1410	1511	1544	1615	1702		1810	1854
Whitehaven (WTH)	a			0616	0702	0730	0824	0916	1010	1121	1215	1317	1415	1516	1548	1620	1708		1816	1859
Whitehaven (WTH)	d			0617	0704	0731	0825	0918	1012	1123	1216	1319	1416	1517	1550	1621			1818	1900
Corkickle (CKL)	d			0620	0706	0734	0828	0920	1014	1125	1219	1321	1419	1520	1553	1624			1820	1903
St Bees (SBS)	d			0626	0712	0739	0834	0928	1020	1135f	1229g	1329	1430f	1531e	1559	1630			1827	1914e
Nethertown (NRT)	d		0630x							1140x					1603x				1832x	
Braystones (BYS)	d		0633x							1142x					1606x				1834x	
Sellafield (SEL)	d		0639	0724	0750	0844	0939	1031	1147	1239	1340	1441	1542	1611	1641			1724	1840	1927c
Seascale (SSC)	d		0643	0728	0754	0848	0942	1035	1151	1242	1343	1444	1546	1615	1645			1727	1843	1931
Drigg (DRI)	d		0647	0732	0758	0852	0946	1039	1155	1246	1347	1448	1550	1619	1649			1731		1935
Ravenglass for Eskdale (RAV)	d		0651	0735	0802	0856	0950	1043	1158	1250	1351	1452	1554	1623	1653			1735	1849	1939
Bootle (BOC)	d		0657	0741	0808	0902	0956	1049	1204	1256	1357	1458	1600	1629	1659			1741		1945
Silecroft (SIC)	d		0704	0748	0815	0909	1003	1056	1211	1303	1404	1505	1607	1636	1706			1748		1953
Millom (MLM)	d	0610	0709	0754	0821	0914	1008	1101	1216	1308	1409	1511	1612	1642	1712			1754	1905	2001c
Green Road (GNR)	d	0614	0714	0758	0825	0919	1013	1106	1221	1313	1414	1515	1617	1646	1717			1758	1910	2006
Foxfield (FOX)	d	0618	0718	0802	0829	0923	1017	1110	1225	1317	1418	1519	1621	1650	1721			1802	1914	2010
Kirkby-in-Furness (KBF)	d	0623	0722	0807	0834	0928	1021	1115	1229	1321	1422	1524	1626	1655	1726			1807	1919	2015
Askam (ASK)	d	0628	0727	0812	0839	0933	1026	1121	1234	1326	1427	1529	1631	1700	1731			1812	1925	2020
Barrow-in-Furness (BIF)	a	0641	0741	0826	0853	0947	1040	1137	1248	1340	1441	1543	1645	1714	1745			1826	1940	2036
Carnforth (CNF)	a					1050			1342					1642						
Lancaster (LAN)	6	a				1105			1353					1653						
Preston (PRE)	8	a																		

Operator	NT	NT	NT	NT	NT	NT
Carlisle (CAR)	8	d	1909	2000	2055	2201
Dalston (DLS)	d		1917	2008	2103	2209
Wigton (WGT)	d		1926	2017	2112	2218
Aspatria (ASP)	d		1937	2028	2123	2229
Maryport (MRY)	d		1948	2039	2134	2240
Flimby (FLM)	d		1951	2043	2138	2244
Workington (WKG)	a		1957	2048	2143	2249
Workington (WKG)	d		1958	2050	2145	2251
Harrington (HRR)	d		2002	2054	2149	2255
Parton (PRN)	d		2011	2103	2158	2304
Whitehaven (WTH)	a		2016	2109	2204	2311
Whitehaven (WTH)	d		2017			
Corkickle (CKL)	d		2020			
St Bees (SBS)	d		2028c			
Nethertown (NRT)	d		2032x			
Braystones (BYS)	d		2035x			
Sellafield (SEL)	d		2040			
Seascale (SSC)	d		2044			
Drigg (DRI)	d		2048			
Ravenglass for Eskdale (RAV)	d		2051			
Bootle (BOC)	d		2057			
Silecroft (SIC)	d		2104			
Millom (MLM)	d	2029	2110		2200	
Green Road (GNR)	d	2033	2114		2204	
Foxfield (FOX)	d	2037	2118		2208	
Kirkby-in-Furness (KBF)	d	2042	2123		2213	
Askam (ASK)	d	2047	2128		2218	
Barrow-in-Furness (BIF)	a	2101	2142		2231	
Carnforth (CNF)	a		2237			
Lancaster (LAN)	6	a	2246			
Preston (PRE)	8	a	2310			

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

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Carlisle to Maryport, Workington, Whitehaven, Millom and Barrow-in-Furness

Saturdays

Operator	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT		
Carlisle (CAR)	8	d		0553	0619	0710	0808	0902	1013	1107	1210	1307	1408	1441	1512	1626	1707	1751	1846	
Dalston (DLS)	d			0602	0628	0719	0816	0910	1022	1115	1218	1315	1416	1449	1520	1634	1715	1759	1854	
Wigton (WGT)	d			0611	0638	0731c	0826	0920	1031	1125	1227	1325	1426	1458	1530	1644	1725	1809	1904	
Aspatria (ASP)	d			0622	0649	0742	0836	0930	1042	1135	1238	1335	1436	1509	1540	1654	1735	1819	1914	
Maryport (MRY)	d		0548	0633	0701	0756	0848	0942	1053	1147	1249	1347	1448	1520	1552	1705	1747	1831	1926	
Flimby (FLM)	d			0551	0637	0705	0759	0851	0945	1057	1150	1253	1350	1451	1524	1555	1709	1750	1834	1929
Workington (WKG)	a			0557	0642	0711	0805	0857	0951	1102	1156	1258	1356	1457	1529	1601	1714	1756	1840	1935
Workington (WKG)	d			0558	0645	0712	0806	0859	0952	1104	1157	1300	1357	1458	1531	1602	1716	1757	1841	1936
Harrington (HRR)	d			0602	0649	0716	0810	0903	0957	1108	1201	1304	1401	1502	1535	1606	1720	1801	1845	1940
Parton (PRN)	d			0611	0658	0725	0819	0912	1006	1117	1210	1313	1410	1511	1544	1615	1729	1810	1854	1950
Whitehaven (WTH)	a			0616	0702	0730	0824	0916	1010	1121	1215	1317	1415	1516	1548	1620	1735	1816	1859	1956
Whitehaven (WTH)	d			0617	0704	0731	0825	0918	1012	1123	1216	1319	1416	1517	1550	1621	1736	1818	1900	
Corkickle (CKL)	d			0620	0706	0734	0828	0920	1014	1125	1219	1321	1419	1520	1553	1624	1739	1820	1903	
St Bees (SBS)	d			0626	0712	0739	0834	0928	1020	1135f	1229g	1329	1430f	1531e	1559	1630	1744	1827	1914e	
Nethertown (NRT)	d		0630x							1140x					1603x			1832x		
Braystones (BYS)	d		0633x							1142x					1606x			1834x		
Sellafield (SEL)	d		0639	0724	0750	0844	0939	1031	1147	1239	1340	1441	1542	1611	1641	1755	1840	1927c		
Seascale (SSC)	d		0643	0728	0754	0848	0942	1035	1151	1242	1343	1444	1546	1615	1645	1758	1843	1931		
Drigg (DRI)	d		0647	0732	0758	0852	0946	1039	1155	1246	1347	1448	1550	1619	1649	1802		1935		
Ravenglass for Eskdale (RAV)	d		0651	0735	0802	0856	0950	1043	1158	1250	1351	1452	1554	1623	1653	1806	1849	1939		
Bootle (BOC)	d		0657	0741	0808	0902	0956	1049	1204	1256	1357	1458	1600	1629	1659	1812		1945		
Silecroft (SIC)	d		0704	0748	0815	0909	1003	1056	1211	1303	1404	1505	1607	1636	1706	1819		1953		
Millom (MLM)	d	0610	0709	0754	0821	0914	1008	1101	1216	1308	1409	1511	1612	1642	1712	1825	1905	2001c		
Green Road (GNR)	d	0614	0714	0758	0825	0919	1013	1106	1221	1313	1414	1515	1617	1646	1717	1829	1910	2006		
Foxfield (FOX)	d	0618	0718	0802	0829	0923	1017	1110	1225	1317	1418	1519	1621	1650	1721	1833	1914	2010		
Kirkby-in-Furness (KBF)	d	0623	0722	0807	0834	0928	1021	1115	1229	1321	1422	1524	1626	1655	1726	1838	1919	2015		
Askam (ASK)	d	0628	0727	0812	0839	0933	1026	1121	1234	1326	1427	1529	1631	1700	1731	1843	1925	2020		
Barrow-in-Furness (BIF)	a	0641	0741	0826	0853	0947	1040	1137	1248	1340	1441	1543	1645	1714	1745	1857	1940	2036		
Carnforth (CNF)	a					1050			1342					1642		1810				
Lancaster (LAN)	6	a				1105			1353					1653		1820				
Preston (PRE)	8	a																		

Operator	NT	NT	NT	NT	NT	NT	
Carlisle (CAR)	8	d	1909	2000	2106	2149	
Dalston (DLS)	d		1917	2008	2114	2157	
Wigton (WGT)	d		1927	2017	2123	2206	
Aspatria (ASP)	d		1937	2028	2134	2217	
Maryport (MRY)	d		1948	2039	2145	2228	
Flimby (FLM)	d		1952	2043	2149	2232	
Workington (WKG)	a		1957	2048	2154	2237	
Workington (WKG)	d		1959	2050	2156	2239	
Harrington (HRR)	d		2003	2054	2200	2243	
Parton (PRN)	d		2012	2103	2209	2252	
Whitehaven (WTH)	a		2018	2109	2215	2258	
Whitehaven (WTH)	d		2019				
Corkickle (CKL)	d		2022				
St Bees (SBS)	d		2027				
Nethertown (NRT)	d		2032x				
Braystones (BYS)	d		2034x				
Sellafield (SEL)	d		2039				
Seascale (SSC)	d		2043				
Drigg (DRI)	d		2047				
Ravenglass for Eskdale (RAV)	d		2051				
Bootle (BOC)	d		2057				
Silecroft (SIC)	d		2104				
Millom (MLM)	d	2059	2109			2200	
Green Road (GNR)	d		2114			2204	
Foxfield (FOX)	d	2106	2118			2208	
Kirkby-in-Furness (KBF)	d		2122			2213	
Askam (ASK)	d	2115	2127			2218	
Barrow-in-Furness (BIF)	a	2129	2141			2231	
Carnforth (CNF)	a						
Lancaster (LAN)	6	a					
Preston (PRE)	8	a					

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Carlisle to Maryport, Workington, Whitehaven, Millom and Barrow-in-Furness

Sundays

Operator	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT
Carlisle (CAR)	<b>8</b> d		0945	1023	1106	1207	1324	1401	1510	1616	1710	1810	1910		2010	2110
Dalston (DLS)	d		0953	1031	1114	1215	1332	1409	1518	1624	1718	1818	1918		2018	2118
Wigton (WGT)	d		1002	1041	1124	1225	1342	1419	1528	1634	1728	1827	1927		2027	2127
Aspatria (ASP)	d		1013	1051	1134	1235	1352	1429	1538	1644	1738	1838	1938		2038	2138
Maryport (MRY)	d	0917	1024	1103	1146	1247	1403	1441	1550	1656	1750	1849	1949		2049	2149
Flimby (FLM)	d	0920		1107	1149	1250	1407	1444	1553	1659	1753	1853	1953		2053	2153
Workington (WKG)	a	0926	1032	1112	1155	1256	1412	1450	1559	1705	1759	1858	1958		2058	2158
Workington (WKG)	d	0927	1033	1114	1156	1258	1414	1451	1600	1706	1800	1900	2000		2100	2200
Harrington (HRR)	d	0931		1118	1200	1302	1418	1455	1604	1710	1804	1904	2004		2104	2204
Parton (PRN)	d	0940	1046	1127	1209	1311	1427	1504	1613	1719	1813	1913	2013		2113	2213
Whitehaven (WTH)	a	0945	1050	1132	1214	1316	1432	1509	1618	1724	1818	1919	2019		2119	2219
Whitehaven (WTH)	d	0946	1052	1133	1216	1318	1433	1510	1619	1725	1819					
Corkickle (CKL)	d	0949	1054	1136	1219	1321	1436	1513	1622	1728	1822					
St Bees (SBS)	d	0954	1100	1141	1227c	1327	1441	1519	1629	1733	1829					
Nethertown (NRT)	d	0959x			1231x				1633x		1833x					
Braystones (BYS)	d	1001x			1234x				1636x		1836x					
Sellafield (SEL)	d	1007	1110	1151	1239	1337	1452	1529	1641	1744	1841					
Seascale (SSC)	d	1010	1113	1155	1243	1341	1455	1532	1645	1747	1844					
Drigg (DRI)	d	1014	1117	1159	1247	1345		1536	1649	1751	1848					
Ravenglass for Eskdale (RAV)	d	1018	1121	1202	1251	1349	1501	1540	1653	1755	1852					
Bootle (BOC)	d	1024	1127	1208	1257	1355		1546	1659	1801	1858					
Silecroft (SIC)	d	1031	1134	1215	1304	1402		1553	1706	1808	1905					
Millom (MLM)	d	0950	1036	1139	1220	1309	1407	1517	1559	1711	1814	1910			1925	
Green Road (GNR)	d	0954	1041	1144	1225	1314	1412		1603	1716	1818	1915			1929	
Foxfield (FOX)	d	0958	1045	1148	1229	1318	1416	1525	1607	1720	1822	1919			1933	
Kirkby-in-Furness (KBF)	d	1003	1049	1152	1233	1322	1420	1529	1612	1724	1827	1923			1938	
Askam (ASK)	d	1008	1054	1157	1238	1327	1425	1534	1617	1729	1832	1928			1943	
Barrow-in-Furness (BIF)	a	1021	1108	1211	1252	1341	1439	1548	1631	1743	1846	1942			1957	
Carnforth (CNF)	a				1343			1642		1840						
Lancaster (LAN)	<b>6</b> a				1352			1652		1851						
Preston (PRE)	<b>8</b> a															

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