

Monday to Friday excluding Public Holidays

| | Sch | Uni | #Uni | | | | | | | | | | | | | | #Sch | Sch | | | | |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|---|---|
| Carlisle Bus Station Stand 4 | 0650 | 0715 | 0740 | 0740 | 0815 | 0845 | 0915 | 0945 | 1015 | 1045 | 1115 | 1145 | 1215 | 1245 | 1315 | 1345 | 1415 | 1415 | 1445 | 1515 | | |
| London Road Eden Park | 0658 | - | 0750 | 0750 | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Holmacres Drive | - | 0727 | - | - | 0827 | 0857 | 0927 | 0957 | 1027 | 1057 | 1127 | 1157 | 1227 | 1257 | 1327 | 1357 | 1427 | 1427 | 1457 | 1527 | | |
| Blundell Road | - | 0731 | - | - | 0831 | 0901 | 0931 | 1001 | 1031 | 1101 | 1131 | 1201 | 1231 | 1301 | 1331 | 1401 | 1431 | 1431 | 1501 | 1531 | | |
| High Heskett | 0711 | - | 0805 | 0805 | 0844 | 0914 | 0944 | 1014 | 1044 | 1114 | 1144 | 1214 | 1244 | 1314 | 1344 | 1414 | 1444 | - | 1514 | 1444 | | |
| Plumpton | 0719 | - | 0813 | 0813 | 0852 | 0922 | 0952 | 1022 | 1052 | 1122 | 1152 | 1222 | 1252 | 1322 | 1352 | 1422 | 1452 | - | 1522 | 1552 | | |
| Penrith Bus Station Stand 6 | 0733 | - | 0827 | 0827 | 0906 | 0936 | 1004 | 1036 | 1106 | 1136 | 1206 | 1236 | 1306 | 1336 | 1406 | 1436 | 1506 | - | 1536 | 1604 | | |
| Penrith Railway Station | - | - | 0832 | - | - | - | - | - | 1111 | - | 1211 | - | 1311 | - | 1411 | - | 1511 | - | - | - | | |
| Penrith Gilwilly Ind Est | - | - | - | - | - | - | - | - | 1117 | - | 1217 | - | 1317 | - | 1417 | - | 1517 | - | - | - | | |
| University of Cumbria Newton Rigg Campus | - | - | 0842 | - | - | - | - | - | 1123 | - | 1223 | - | 1323 | - | 1423 | - | - | - | - | - | | |
| Whinell Forest Centre Parcs | 0745 | - | 0857 | 0840 | 0921 | 0951 | - | 1051 | - | 1151 | - | 1251 | - | 1351 | - | 1451 | - | - | 1551 | - | | |

HF

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|------------------------------|------|------|------|------|------|------|------|------|------|------|
| Carlisle Bus Station Stand 4 | 1545 | 1615 | 1645 | 1715 | 1745 | 1815 | 1915 | 2015 | 2325 | 0130 |
| London Road Eden Park | - | - | - | - | - | - | - | 2025 | 2335 | 0138 |
| Holmacres Drive | 1557 | 1627 | 1657 | 1727 | 1757 | 1826 | 1926 | - | - | - |
| Blundell Road | 1601 | 1631 | 1701 | 1731 | 1801 | 1829 | 1929 | 2029 | 2339 | - |
| High Heskett | 1614 | 1644 | 1714 | 1744 | 1814 | 1841 | 1941 | 2041 | 2351 | - |
| Plumpton | 1622 | 1652 | 1722 | 1752 | 1822 | 1848 | 1948 | 2048 | 2358 | 0155 |
| Penrith Bus Station Stand 6 | 1636 | 1706 | 1741 | 1804 | 1836 | 1900 | 1959 | 2100 | 0010 | 0207 |
| Penrith Railway Station | 1641 | - | 1746 | - | 1841 | - | - | - | - | - |
| Penrith Gilwilly Ind Est | 1647 | - | 1752 | - | 1847 | - | - | - | - | - |
| Whinell Forest Centre Parcs | - | 1721 | - | - | - | 1913 | - | 2113 | 0023 | - |

Saturdays

| | | | | | | | | | | | | | | | | | | | | | |
|------------------------------|------|------|------|------|------|------|--|----|----|-------|------|------|------|------|------|------|------|------|------|------|------|
| Carlisle Bus Station Stand 4 | 0650 | 0715 | 0800 | 0845 | 0915 | 0945 | | 15 | 45 | | 1515 | 1545 | 1615 | 1645 | 1715 | 1745 | 1815 | 1915 | 2015 | 2325 | 0130 |
| London Road Eden Park | 0658 | - | - | - | - | - | | - | - | | - | - | - | - | - | - | - | - | 2025 | 2335 | 0138 |
| Holmacres Drive | - | 0727 | 0812 | 0857 | 0927 | 0957 | | 27 | 57 | | 1527 | 1557 | 1627 | 1657 | 1727 | 1757 | 1826 | 1926 | - | - | - |
| Blundell Road | - | 0731 | 0816 | 0901 | 0931 | 1001 | | 31 | 01 | | 1531 | 1601 | 1631 | 1701 | 1731 | 1801 | 1829 | 1929 | 2029 | 2339 | - |
| High Heskett | 0711 | - | 0829 | 0914 | 0944 | 1014 | | 44 | 14 | | 1544 | 1614 | 1644 | 1714 | 1744 | 1814 | 1841 | 1941 | 2041 | 2351 | - |
| Plumpton | 0719 | - | 0837 | 0922 | 0952 | 1022 | | 52 | 22 | until | 1552 | 1622 | 1652 | 1722 | 1752 | 1822 | 1848 | 1948 | 2048 | 2358 | 0155 |
| Penrith Bus Station Stand 6 | 0733 | - | 0849 | 0936 | 1004 | 1036 | | 06 | 36 | | 1604 | 1636 | 1706 | 1736 | 1804 | 1836 | 1900 | 1959 | 2100 | 0010 | 0207 |
| Penrith Railway Station | - | - | - | - | - | - | | 11 | - | | - | 1641 | - | 1741 | - | 1841 | - | - | - | - | - |
| Penrith Gilwilly Ind Est | - | - | - | - | - | - | | 17 | - | | - | 1647 | - | 1747 | - | 1857 | - | - | - | - | - |
| Whinell Forest Centre Parcs | 0745 | - | - | 0951 | - | 1051 | | - | 51 | | - | - | 1721 | - | - | - | 1913 | - | 2113 | 0023 | - |

Sundays and Public Holidays

| | | | | | | | | | |
|------------------------------|------|------|------|------|------|------|------|------|------|
| Carlisle Bus Station Stand 4 | 0650 | 0850 | 1050 | 1250 | 1450 | 1650 | 1815 | 2015 | 2325 |
| London Road Eden Park | 0658 | 0900 | 1100 | 1300 | 1500 | 1700 | 1825 | 2025 | 2335 |
| Blundell Road | - | 0904 | 1104 | 1304 | 1504 | 1704 | 1829 | 2029 | 2339 |
| High Heskett | 0711 | 0916 | 1116 | 1316 | 1516 | 1716 | 1841 | 2041 | 2351 |
| Plumpton | 0719 | 0923 | 1123 | 1323 | 1523 | 1723 | 1848 | 2048 | 2358 |
| Penrith Bus Station Stand 6 | 0733 | 0935 | 1135 | 1335 | 1535 | 1735 | 1900 | 2100 | 0010 |
| Whinell Forest Centre Parcs | 0745 | 0948 | 1148 | 1348 | 1548 | 1748 | 1913 | 2113 | 0023 |

This journey runs via James Street when Botchergate is closed:
Friday and Saturday nights from 9pm-5am.

Runs via Beacon edge and Scaws

Only runs to University of Cumbria Newton Rigg Campus on university days.

HF: Runs on early Friday and Saturday mornings only **Uni:** runs on University of Cumbria Newton Rigg Campus term days only **Sch:** School Days only
#Uni: University of Cumbria Newton Rigg Campus holidays only **#Sch:** School holidays only

Monday to Friday excluding Public Holidays

| | | | | | | | | | | | | | | | | | | | | | |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| University of Cumbria Newton Rigg Campus | - | - | - | - | - | - | - | - | - | - | - | - | - | 1125 | - | 1225 | - | 1325 | - | 1425 | - |
| Penrith Gilwilly Ind Est | - | - | - | - | - | - | - | - | - | - | - | - | - | 1131 | - | 1231 | - | 1331 | - | 1431 | - |
| Penrith Railway Station | - | - | - | - | 0718 | - | - | - | - | - | - | - | - | 1137 | - | 1237 | - | 1337 | - | 1437 | - |
| Whinfall Forest Centre Parcs | - | - | - | - | - | 0745 | - | - | 0900 | 0925 | 0955 | - | 1055 | - | 1155 | - | 1255 | - | 1355 | - | 1455 |
| Penrith Bus Station Stand 5 | 0550 | 0615 | 0645 | - | 0737 | 0758 | - | - | 0915 | 0945 | 1015 | 1045 | 1115 | 1145 | 1215 | 1245 | 1315 | 1345 | 1415 | 1445 | 1515 |
| Plumpton | 0559 | 0625 | 0655 | - | 0755 | 0808 | - | - | 0925 | 0955 | 1025 | 1055 | 1125 | 1155 | 1225 | 1255 | 1325 | 1355 | 1425 | 1455 | 1525 |
| High Hesket | 0607 | 0633 | 0703 | - | 0803 | 0816 | - | - | 0933 | 1003 | 1033 | 1103 | 1133 | 1203 | 1233 | 1303 | 1333 | 1403 | 1433 | 1503 | 1533 |
| Blundell Road | - | 0646 | 0716 | 0746 | 0816 | - | 0846 | 0916 | 0946 | 1016 | 1046 | 1116 | 1146 | 1216 | 1246 | 1316 | 1346 | 1416 | 1446 | 1516 | 1546 |
| Holmacres Drive | - | 0650 | 0720 | 0750 | 0820 | - | 0850 | 0920 | 0950 | 1020 | 1050 | 1120 | 1150 | 1220 | 1250 | 1320 | 1350 | 1420 | 1450 | 1520 | 1550 |
| London Rd Eden Park | 0619 | - | - | - | - | 0828 | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| English Street | 0627 | 0701 | 0731 | 0801 | 0830 | 0838 | 0901 | 0931 | 1001 | 1031 | 1101 | 1131 | 1201 | 1231 | 1301 | 1331 | 1401 | 1431 | 1501 | 1531 | 1601 |
| Infirmery Main Entrance | 0633 | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Carlisle Bus Station | 0640 | 0705 | 0735 | 0805 | 0834 | 0842 | 0905 | 0935 | 1005 | 1035 | 1105 | 1135 | 1205 | 1235 | 1305 | 1335 | 1405 | 1435 | 1505 | 1535 | 1605 |

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|---|------|------|------|------|------|------|------|------|------|------|------|---|---|---|---|---|---|---|---|---|---|
| University of Cumbria Newton Rigg Campus | - | - | - | - | 1705 | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Penrith Gilwilly Ind Est | - | 1531 | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Penrith Railway Station | - | 1537 | - | - | 1715 | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Whinfall Forest Centre Parcs | - | - | - | 1625 | - | 1725 | - | 1915 | 2113 | 2230 | 0035 | - | - | - | - | - | - | - | - | - | - |
| Penrith Bus Station Stand 5 | - | 1545 | 1615 | 1645 | 1725 | 1745 | 1815 | 1929 | 2125 | 2243 | 0048 | - | - | - | - | - | - | - | - | - | - |
| Plumpton | - | 1555 | 1625 | 1655 | 1735 | 1755 | 1825 | 1938 | - | 2252 | 0057 | - | - | - | - | - | - | - | - | - | - |
| High Hesket | - | 1603 | 1633 | 1703 | 1743 | 1803 | 1833 | 1946 | - | 2300 | 0105 | - | - | - | - | - | - | - | - | - | - |
| Blundell Road | 1616 | 1616 | 1646 | 1716 | 1756 | 1816 | 1846 | 1958 | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Holmacres Drive | 1620 | 1620 | 1650 | 1720 | 1800 | 1820 | 1850 | 2001 | - | - | - | - | - | - | - | - | - | - | - | - | - |
| London Rd Eden Park | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| English Street | 1631 | 1631 | 1701 | 1731 | 1810 | 1830 | 1900 | 2009 | - | 2320 | 0125 | - | - | - | - | - | - | - | - | - | - |
| Infirmery Main Entrance | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Carlisle Bus Station | 1635 | 1635 | 1705 | 1735 | 1813 | 1833 | 1903 | 2012 | - | 2323 | 0128 | - | - | - | - | - | - | - | - | - | - |

Saturdays

| | | | | | | | | | | | | | | | | | | | | | |
|------------------------------|------|------|------|------|------|------|------|------|------|------|------|------|---|---|---|---|---|---|---|---|------|
| Penrith Gilwilly Ind Est | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | 1131 |
| Penrith Railway Station | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | 1137 |
| Whinfall Forest Centre Parcs | - | - | - | 0745 | - | - | - | 0955 | - | 1055 | - | - | - | - | - | - | - | - | - | - | - |
| Penrith Bus Stn Stand 5 | 0550 | 0615 | - | 0758 | - | 0845 | 0915 | 0945 | 1015 | 1045 | 1115 | 1145 | - | - | - | - | - | - | - | - | - |
| Plumpton | 0559 | 0625 | - | 0808 | - | 0855 | 0925 | 0955 | 1025 | 1055 | 1125 | 1155 | - | - | - | - | - | - | - | - | - |
| High Hesket | 0607 | 0633 | - | 0816 | - | 0903 | 0933 | 1003 | 1033 | 1103 | 1133 | 1203 | - | - | - | - | - | - | - | - | - |
| Blundell Road | - | 0646 | 0736 | - | 0846 | 0916 | 0946 | 1016 | 1046 | 1116 | 1146 | 1216 | - | - | - | - | - | - | - | - | - |
| Holmacres Drive | - | 0650 | 0740 | - | 0850 | 0920 | 0950 | 1020 | 1050 | 1120 | 1150 | 1220 | - | - | - | - | - | - | - | - | - |
| London Rd Eden Park | 0619 | - | - | 0828 | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| English Street | 0627 | 0701 | 0751 | 0838 | 0901 | 0931 | 1001 | 1031 | 1101 | 1131 | 1201 | 1231 | - | - | - | - | - | - | - | - | - |
| Infirmery Main Entrance | 0633 | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Carlisle Bus Station | 0640 | 0705 | 0755 | 0842 | 0905 | 0935 | 1005 | 1035 | 1105 | 1135 | 1205 | 1235 | - | - | - | - | - | - | - | - | - |

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|------------------------------|------|---|----|----|-------|------|------|------|------|------|------|------|------|------|---|---|---|---|---|---|---|
| Penrith Gilwilly Ind Est | - | - | 31 | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Penrith Railway Station | - | - | 37 | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Whinfall Forest Centre Parcs | 1155 | - | - | 55 | - | 1625 | - | 1725 | - | 1915 | 2113 | 2230 | 0035 | - | - | - | - | - | - | - | - |
| Penrith Bus Stn Stand 5 | 1215 | - | 45 | 15 | - | 1615 | 1645 | 1715 | 1745 | 1815 | 1929 | 2125 | 2243 | 0048 | - | - | - | - | - | - | - |
| Plumpton | 1225 | - | 55 | 25 | - | 1625 | 1655 | 1725 | 1755 | 1825 | 1938 | - | 2252 | 0057 | - | - | - | - | - | - | - |
| High Hesket | 1233 | - | 03 | 33 | until | 1633 | 1703 | 1733 | 1803 | 1833 | 1946 | - | 2300 | 0105 | - | - | - | - | - | - | - |
| Blundell Road | 1246 | - | 16 | 46 | - | 1646 | 1716 | 1746 | 1816 | 1846 | 1958 | - | - | - | - | - | - | - | - | - | - |
| Holmacres Drive | 1250 | - | 20 | 50 | - | 1650 | 1720 | 1750 | 1820 | 1850 | 2001 | - | - | - | - | - | - | - | - | - | - |
| London Rd Eden Park | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| English Street | 1301 | - | 31 | 01 | - | 1701 | 1731 | 1801 | 1830 | 1900 | 2009 | - | - | - | - | - | - | - | - | - | - |
| Carlisle Bus Station | 1305 | - | 35 | 05 | - | 1705 | 1735 | 1805 | 1833 | 1903 | 2012 | - | 2323 | 0128 | - | - | - | - | - | - | - |

Sundays and Public Holidays

| | | | | | | | | | | | | | | | | | | | | | |
|------------------------------|------|------|------|------|------|------|------|------|------|------|------|------|---|---|---|---|---|---|---|---|---|
| Whinfall Forest Centre Parcs | - | 0748 | 0948 | 1148 | 1348 | 1548 | 1648 | 1748 | 1915 | 2113 | 2230 | 0035 | - | - | - | - | - | - | - | - | - |
| Penrith Bus Stn, Stand 5 | 0550 | 0802 | 1002 | 1202 | 1402 | 1602 | 1702 | 1802 | 1929 | 2125 | 2243 | 0048 | - | - | - | - | - | - | - | - | - |
| Plumpton | 0559 | 0811 | 1011 | 1211 | 1411 | 1611 | 1711 | 1811 | 1938 | - | 2252 | 0057 | - | - | - | - | - | - | - | - | - |
| High Hesket | 0607 | 0819 | 1019 | 1219 | 1419 | 1619 | 1719 | 1819 | 1946 | - | 2300 | 0105 | - | - | - | - | - | - | - | - | - |
| Blundell Road | - | 0831 | 1031 | 1231 | 1431 | 1631 | 1731 | 1831 | 1958 | - | - | - | - | - | - | - | - | - | - | - | - |
| London Rd Eden Park | 0619 | 0835 | 1035 | 1235 | 1435 | 1635 | 1735 | 1835 | 2002 | - | 2312 | 0117 | - | - | - | - | - | - | - | - | - |
| English Street | 0627 | 0843 | 1043 | 1243 | 1443 | 1643 | 1743 | 1843 | 2010 | - | 2320 | 0125 | - | - | - | - | - | - | - | - | - |
| Infirmery Main Entrance | 0633 | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Carlisle Bus Station | 0640 | 0846 | 1046 | 1246 | 1446 | 1646 | 1746 | 1846 | 2013 | - | 2323 | 0128 | - | - | - | - | - | - | - | - | - |

This journey runs via James Street when Botchergate is closed:
Friday and Saturday nights from 9pm-5am.

Runs via Wetheriggs, Health Centre, Pategill,
Scaws and Beacon edge

Only runs to University of Cumbria Newton Rigg Campus
on university days

Sch: School Days only #Sch: School holidays only