

West Cumbria Area Bus Network

Timetables & Info | Effective 23rd March 2026

See more of West Cumbria

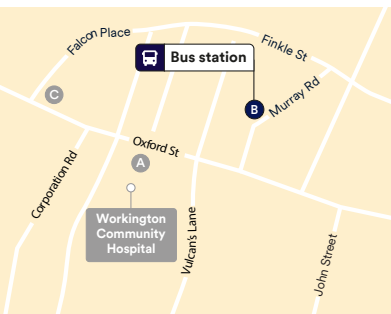
Explore by bus



Workington Town Map



Where to catch your bus



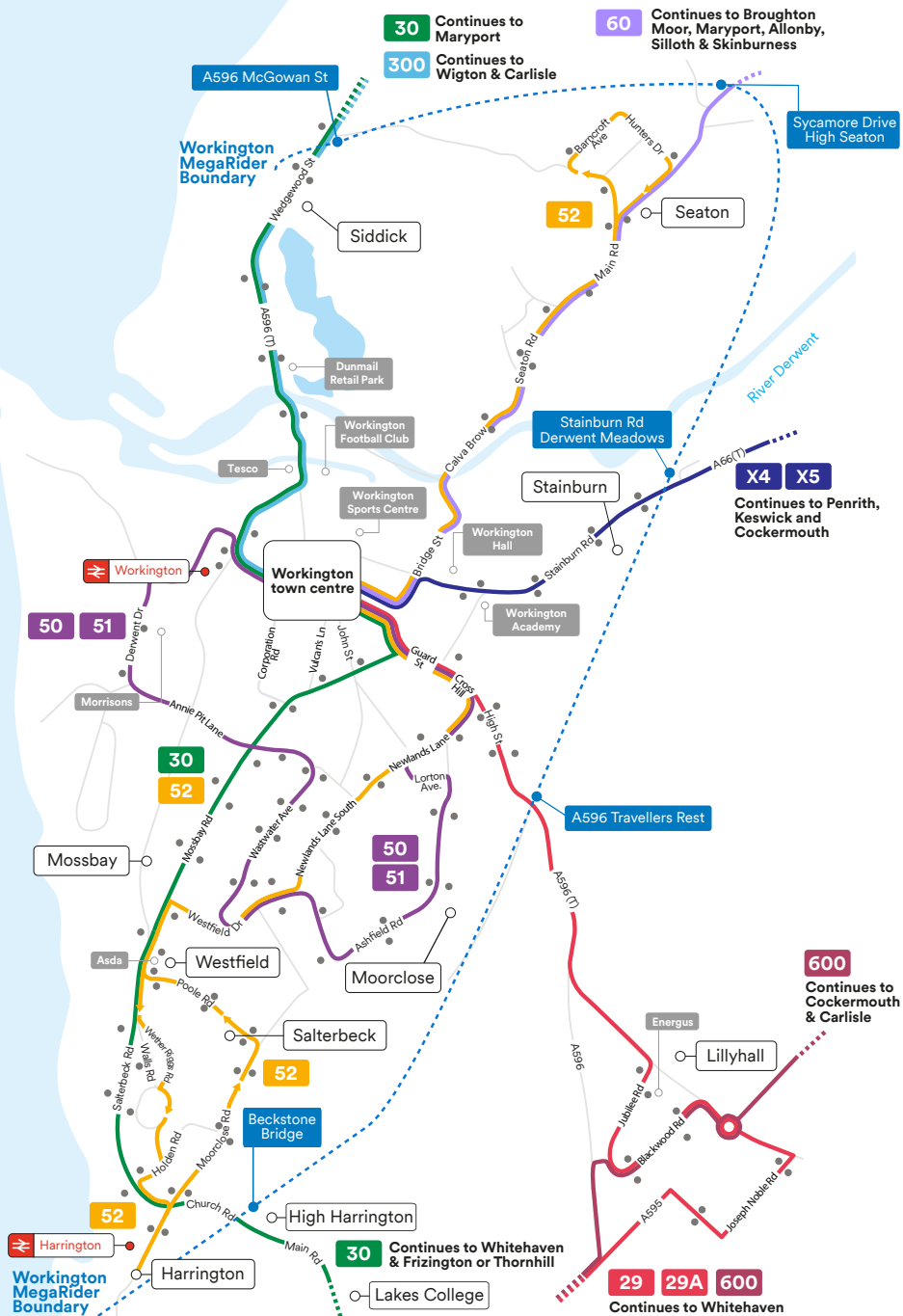
- A** Oxford St next to Park Lane 30 51 300
(Maryport)
- B** Bus Station 29 29A 30 50 51
52 60 300 X4 X5
- C** Oxford St next to Gordon St 30 50 300
(Frizington/Thornhill)

- Bus stop

Workington Megarider zone boundary points



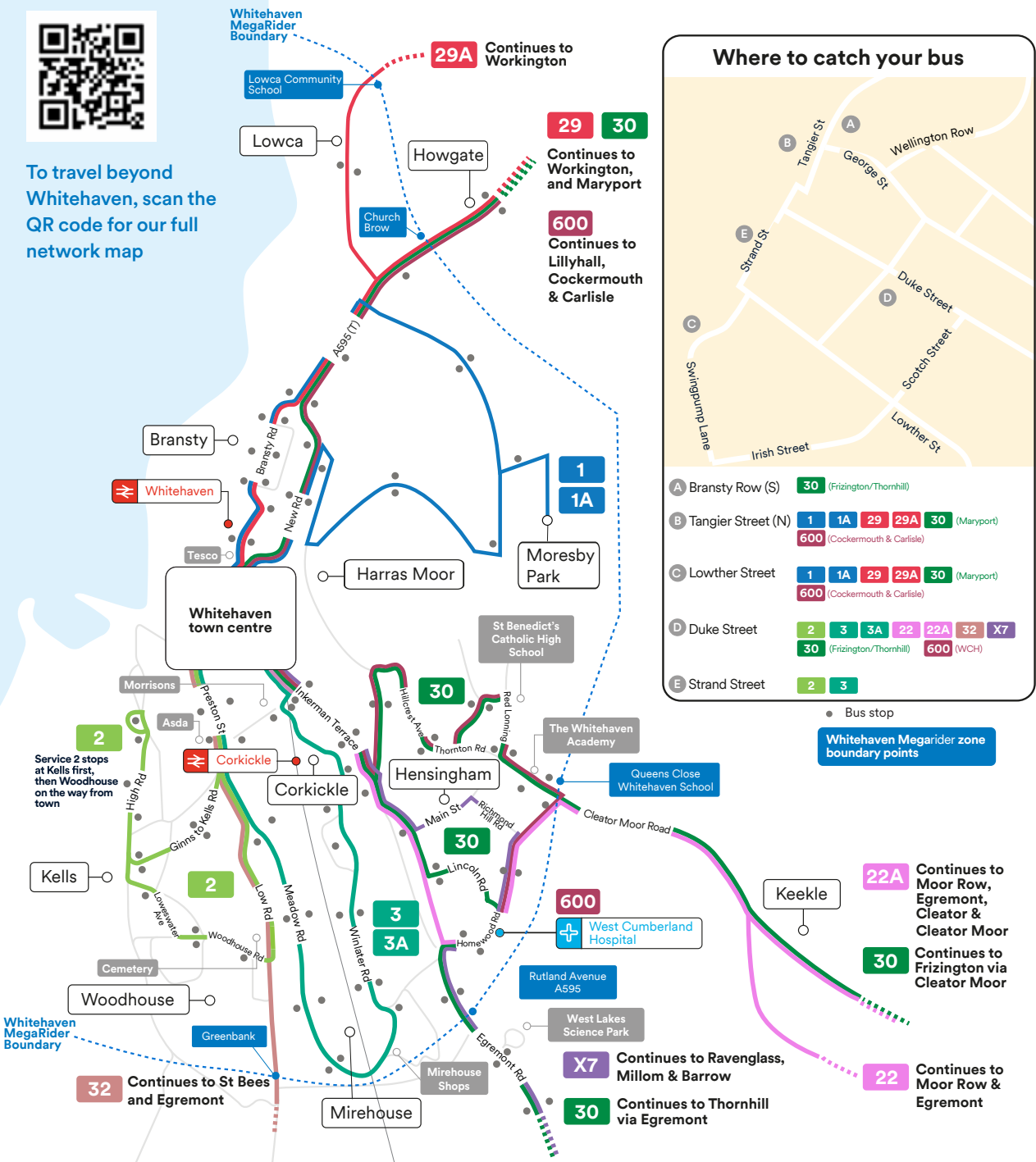
To travel beyond
Workington, scan
the QR code for our
full network map



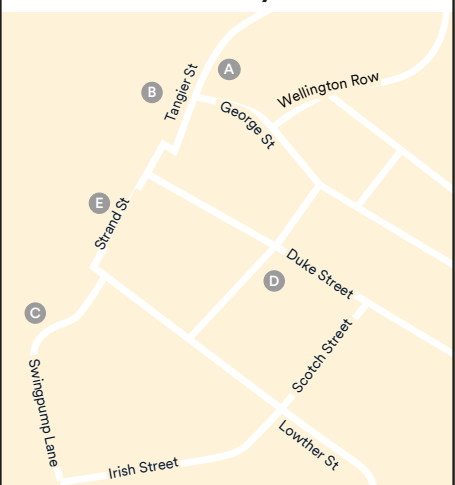
Whitehaven Town Map



To travel beyond
Whitehaven, scan the
QR code for our full
network map



Where to catch your bus



- A** Bransty Row (S) **30** (Frizington/Thornhill)
- B** Tangier Street (N) **1** **1A** **29** **29A** **30** (Maryport) **600** (Cockermouth & Carlisle)
- C** Lowther Street **1** **1A** **29** **29A** **30** (Maryport) **600** (Cockermouth & Carlisle)
- D** Duke Street **2** **3** **3A** **22** **22A** **32** **X7** **30** (Frizington/Thornhill) **600** (WCH)
- E** Strand Street **2** **3**

● Bus stop

Whitehaven Megarider zone boundary points

West Cumbria, we've got you

Discover the charm and character of West Cumbria with this handy pocket guide. Whether you're exploring the local towns, heading to the coast, or venturing towards the Lakes, we're here to help you make the most of your journey.

For easy travel, download the Stagecoach Bus App to plan your journey, track buses, and buy tickets hassle-free.

So, sit back, relax, and enjoy everything West Cumbria has to offer - from local attractions and hidden gems to stunning coastal views.

Thanks for choosing Stagecoach.

11A	Whitehaven to Moresby Park	10-11
2	Whitehaven to Kells	12-13
3 3A	Whitehaven to Mirehouse	14-17
22 22A	Whitehaven to Egremont	18-19
29 29A	Whitehaven to Workington	20-23
30	Frizington/Thornhill to Maryport/Carlisle	24-43
32	Whitehaven to Egremont	44-47
50 51	Workington to Moorclose	48-49
52	Harrington to Seaton	50-53
60	Workington to Skinburness	54-55
600	Whitehaven to Carlisle	56-59
X4 X5	Workington to Penrith	60-67
X7	Whitehaven to Millom	68-71

How to... CATCH THE BUS

Using the bus, as easy as 1, 2, 3!

1 - PLAN

Use the timetables or map in this guide, or download the Stagecoach Bus App to use our journey planner and decide which area you want to explore

2 - BUY

Decide which great value ticket to purchase for your trip using our handy guide. You can purchase tickets using...

-  **Cash on the bus**
-  **Contactless payment**
-  **The Stagecoach Bus App before you travel**

3 - GO

Wave the bus down and enjoy your journey! Did you know you can use the Stagecoach Bus App to track the real time location of your bus before you board and during your journey!

Download the Stagecoach Bus App



or visit stagecoachbus.com



A Day Out in

West Cumbria by Bus

A day out in West Cumbria begins, as many good journeys do, at **Workington Bus Station**.

Start your adventure by boarding the **30 Service** towards **Whitehaven** and enjoy the scenic journey south along the coastline until you arrive at **Duke Street**. Whitehaven is celebrated for its rich maritime heritage and attractive harbour. While you're there, treat yourself to a coffee from one of the town's excellent local cafés before visiting **The Beacon Museum**, where you can explore stories of Whitehaven and the wider Cumbrian coast, from Roman settlement to maritime history. Afterwards, take a moment to relax by the marina and watch the boats drift with the tide.

When you're ready to continue, head to **Lowther Street** and catch the **30 Service** back to **Workington Bus Station**, where your day takes a new direction.

Hop on the **60 Service** to **Silloth**, travelling north along the coastline. Hop off at **Eden Street** and make your way to the promenade for a refreshing stroll and expansive views across the Solway Firth.

As the day winds down, board the **60 Service** back to **Workington Bus Station**, where you can round off your trip with a delicious meal at Workington's tastiest tapas restaurant, Flavour!

TICKET INFORMATION



What ticket is right for you? We offer a range of tickets depending on your needs, scan the QR code below to view our tickets on the app. Our recommendations are:

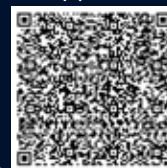
- **Single tickets** are valid for one journey on one bus. Buy from the driver on the bus or from our app on your phone. Maximum price is £3.

- **Whitehaven DayRider tickets** are valid for one days unlimited travel within the Whitehaven MegaRider zone.

- **Workington DayRider tickets** are valid for one days unlimited travel within the Workington MegaRider zone.

- We also offer **West Cumbria Plus DayRider & North West Explorer tickets**. For more information, visit our website at stagecoachbus.com, or download our app to find the best ticket for you.

Scan me
for app tickets



Did you know?

As well as allowing you to buy, store and use mobile tickets, our app has a handy map view allowing you to see the current location of all our buses - plus many more features.

Download our app to discover more.



Journey
planner



Buy & store
tickets



Live bus
tracking



MONDAY TO SATURDAY (excluding public holidays)						
Whitehaven Lowther Street	0640	Then at these mins past each hour	40	Until	1545	1645 1800
Parton Seven Acres	0647		47		1552	1652 1807
Rosehill Theatre	0650		50		1555	1655 1810
Moresby Parks Road	0655		55		1600	1700 1815
Harras Moor Rannerdale Drive	0659		59		1604	1704 1819
Whitehaven Lowther Street	0708		08		1613	1713 1828

This service is funded by Cumberland Council



Funded by UK Government

MONDAY TO SATURDAY (excluding public holidays)						
Whitehaven Lowther Street	0710	Then at these mins past each hour	10	Until	1615	1725 1830
Harras Moor Rannerdale Drive	0718		18		1623	1733 1838
Moresby Parks Road	0723		23		1627	1738 1843
Rosehill Theatre	0728		28		1632	1743 1848
Parton Seven Acres	0731		31		1635	1746 1851
Whitehaven Lowther Street	0738		38		1642	1753 -

This service is funded by Cumberland Council



Funded by UK Government

Key
- Stop not served

MONDAY TO SATURDAY (excluding public holidays)																
Whitehaven Strand Street	0613	0643	0713	0743	0815	Then at these mins past each hour	45	15	Until	1622	1705	1745	1815	1910	2047	2113
Preston Street ASDA	0618	0648	0718	0749	0821		51	21		1628	1711	1751	1820	1915	2052	2118
Kells Haig Pit	0626	0656	0726	0758	0830		00	30		1637	1720	1800	1828	1923	2100	2126
Woodhouse Loweswater Avenue	0630	0700	0730	0803	0835		05	35		1642	1725	1805	1832	1927	2104	2130
Mirehouse Cemetery Meadow View	0633	0703	0733	0806	0838		08	38		1645	1728	1808	1835	1930	2107	2133
Whitehaven Strand Street	0638	0708	0738	0811	0843		13	43		1650	1733	1813	1840	1935	2112	2138

SUNDAY (including public holidays)					
Whitehaven Strand Street	0935	Then at these mins past each hour	35	Until	1735
Preston Street ASDA	0940		40		1740
Kells Haig Pit Museum	0947		47		1747
Woodhouse Loweswater Avenue	0951		51		1751
Mirehouse Cemetery Meadow View	0954		54		1754
Whitehaven Strand Street	0957		57		1757



Whitehaven
@Visitthedistrict.com

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photos with us

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MONDAY TO SATURDAY (excluding public holidays)											
Whitehaven Strand Street	0751	0821	Then at these mins past each hour	21	51	Until	1558	1638	1718	1748	1818
Whitehaven Morrisons	0753	0823		23	53		1600	1640	1720	1750	1820
Mirehouse Whinlatter Road/Snebro Road	0758	0828		28	58		1605	1645	1725	1755	1825
Mirehouse Shops	0803	0833		33	03		1610	1650	1730	1800	1830
Whitehaven Cemetery	0806	0838		38	08		1615	1655	1735	1804	1834
Whitehaven Strand Street	0811	0843		43	13		1620	1700	1740	1809	1839

Key

Monday to Friday only

SUNDAY (including public holidays)					
Whitehaven Strand Street	1005	Then at these mins past each hour	05	Until	1705
Whitehaven Morrisons	1008		08		1708
Mirehouse Whinlatter Road/Snebro Road	1013		13		1713
Mirehouse Shops	1017		17		1717
Whitehaven Cemetery	1021		21		1721
Whitehaven Strand Street	1025		25		1725



Whitehaven
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MONDAY TO SATURDAY (excluding public holidays)														
Whitehaven Strand Street	0618	0713	0743	0813	Then at these mins past each hour	45	15	Until	1545	1618	1655	1735	1817	1847
Preston Street ASDA	0623	0718	0748	0819		51	21		1551	1624	1701	1741	1822	1852
Whitehaven Cemetery	0625	0720	0750	0821		53	23		1553	1626	1703	1743	1824	1854
Mirehouse Shops	0631	0726	0756	0828		00	30		1600	1633	1710	1750	1830	1900
Mirehouse Whinlatter Road/Snebro Road	0634	0729	0759	0831		03	33		1603	1636	1713	1753	1833	1903
Whitehaven Strand Street	0640	0735	-	-		-	-		-	-	-	-	-	1909
Whitehaven Lowther Street	-	-	0805	0837		09	39		1609	1642	1719	1759	1839	-



Share your
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 Stagecoach_bus

For live bus times download
the Stagecoach Bus app



Pay on board



Contactless payment



Live bus tracking

MONDAY TO SATURDAY (excluding public holidays)									
Whitehaven Duke Street	-	0745	0950	1150	1350	1550	1800	1950	2150
Hensingham The Square	-	0751	0956	1156	1356	1556	1806	1956	2156
West Cumberland Hospital	0551	0758	1003	1203	1403	1603	1813	2003	2203
Moor Row Church Street	0601	0806	1011	1211	1411	1611	1821	2011	2211
Bigrigg	0604	0809	1014	1214	1414	1614	1824	2014	2214
Egremont Main Street	0612	0817	1022	1222	1422	1622	1832	2022	2222
Cleator Acorn Bank	0618	0823	1028	1228	1428	1628	1838	2028	2228
Cleator Moor Square	0623	0828	1033	1233	1433	1633	1843	2033	2233
West Cumberland Hospital	0628	0833	1038	1238	1438	1638	1848	2038	2238
Hensingham The Square	0633	0838	1043	1243	1443	1643	1853	2043	2243
Whitehaven Lowther Street	0638	0843	-	-	-	1648	1858	2048	2248
Whitehaven Strand Street	-	-	1049	1249	1449	-	-	-	-

This service is funded by Cumberland Council



Funded by UK Government

Key

- Stop not served

MONDAY TO SATURDAY (excluding public holidays)									
Whitehaven Duke Street	0645	0850	1050	1250	1450	1655	1850	2050	
Hensingham The Square	0651	0856	1056	1256	1456	1701	1856	2056	
West Cumberland Hospital	0656	0901	1101	1301	1501	1706	1901	2101	
Cleator Moor Square	0703	0908	1108	1308	1508	1713	1908	2108	
Cleator Acorn Bank	0708	0913	1113	1313	1513	1718	1913	2113	
Egremont Main Street	0717	0922	1122	1322	1522	1727	1922	2122	
Bigrigg	0721	0926	1126	1326	1526	1731	1926	2126	
Moor Row Church Street	0724	0929	1129	1329	1529	1734	1929	2129	
West Cumberland Hospital	0733	0938	1138	1338	1538	1742	1937	2137	
Hensingham The Square	0738	0943	1143	1343	1543	1747	1942	2142	
Whitehaven Lowther Street	-	-	-	-	-	1752	1947	2147	
Whitehaven Strand Street	0744	0949	1149	1349	1549	-	-	-	

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Funded by UK Government

Key

- Stop not served

MONDAY TO SATURDAY (excluding public holidays)										Then at these mins past each hour	29A 29		Until	29A 29	
	29	29	29	29A	29	29A	29	29A	29		29A	29		29A	29
Workington Bus Station Stand B	0513	0523	0606	0706	0745	0807	0847	0915	0947		15	47		1515	1600
Lillyhall Blackwood Road	0522	0532	0615	0715	0755	0817	0857	0925	0957		25	57		1525	1610
Lillyhall Joseph Noble Road	0525	0535	0618	0718	0758	0820	0900	0928	1000		28	00		1528	1613
Distington Main Street	0529	0539	0622	-	0803	-	0905	-	1005		-	05		-	1618
Lowca	-	-	-	0728	-	0830	-	0938	-		38	-		1538	-
Whitehaven Duke Street	0539	0549	0632	0738	-	0841	-	0949	-		49	-		1549	-
Whitehaven Strand Street	-	-	-	0738	0816	0841	0919	0949	1019		-	19		-	1632
Whitehaven Lowther Street	0540	0550	0633	-	-	-	-	-	-		-	-		-	-

MONDAY TO SATURDAY (excluding public holidays)					
	29A	29	29A	29	29
Workington Bus Station Stand B	1630	1700	1730	1815	1900
Lillyhall Blackwood Road	1640	1710	1740	1825	1909
Lillyhall Joseph Noble Road	1643	1713	1743	1828	1912
Distington Main Street	-	1718	-	1832	1916
Lowca	1653	-	1753	-	-
Whitehaven Duke Street	-	-	-	1844	-
Whitehaven Strand Street	1707	1733	1807	-	-
Whitehaven Lowther Street	-	-	-	-	1927

Key

This journey operates Monday to Friday only

This journey operates Saturday only

- Stop not served

For alternative journeys between Workington & Whitehaven, please see the 30 Service timetable.

MONDAY TO SATURDAY (excluding public holidays)														
	29	29	29	29	29A	29	Then at these mins past each hour	29	29A	Until	29A	29	29A	29
Whitehaven Lowther Street	0535	0551	0635	0730	0810	0840		10	40		1515	1545	1620	1650
Distington Main Street	0546	0602	0646	0743	-	0853		-	53		-	1558	-	1703
Lowca Post Office	-	-	-	-	0820	-		20	-		1525	-	1630	-
Lillyhall Joseph Noble Road	0550	0606	0650	0748	0830	0858		30	58		1535	1603	1640	1708
Lillyhall Blackwood Road	0553	0609	0653	0751	0833	0901		33	01		1538	1606	1643	1711
Workington Bus Station	0602	0618	0702	0801	0843	0911		43	11		1548	1616	1653	1721

MONDAY TO SATURDAY (excluding public holidays)			
	29A	29	29
Whitehaven Lowther Street	1720	1755	1930
Distington Main Street	-	1808	1941
Lowca Post Office	1730	-	-
Lillyhall Joseph Noble Road	1740	1813	1945
Lillyhall Blackwood Road	1743	1816	1948
Workington Bus Station	1753	1826	1957

Key

This journey operates Monday to Friday only

- Stop not served

For alternative journeys
between Whitehaven &
Workington, please see the
30 Service timetable.

MONDAY TO SATURDAY (excluding public holidays)

Thornhill	-	-	-	0511	-	0602	-	0655	0700	-	0725	-	0755	-	25
Egremont Main Street	-	-	-	0517	-	0608	-	0701	0706	-	0731	-	0801	-	31
West Cumberland Hospital	-	-	-	0529	-	0620	-	0713	0718	-	0743	-	0813	-	43
Hensingham The Square	-	-	-	0534	-	0625	-	0718	0723	-	0748	-	0818	-	48
Frizington Harras Villas	-	-	-	-	0539	-	0631	-	-	0707	-	0737	-	0807	-
Cleator Moor Square	-	-	-	-	0551	-	0643	-	-	0719	-	0749	-	0819	-
Hensingham Caldbeck Road	-	-	-	-	0600	-	0652	-	-	0728	-	0758	-	0828	-
Whitehaven Lowther Street arrive	-	-	-	0541	0611	0632	0703	0725	0730	0739	0755	0809	0825	0839	55
Whitehaven Lowther Street depart	-	0453	0521	0543	0613	0634	0705	0728	0733	0743	0758	0813	0828	0843	58
Distington Brookfield	-	0506	0534	0556	0626	0647	0718	0741	0746	0756	0811	0826	0841	0856	11
Lakes College	-	-	-	-	-	-	0722	0745	0750	0800	0815	0830	0845	0900	15
Harrington Beckstone Bridge	-	0513	0541	0603	0633	0654	0727	0750	0755	0805	0820	0835	0850	0905	20
Workington Bus Station Stand E arrive	-	0524	0552	0614	0644	0706	0739	0802	0807	0817	0832	0847	0902	0917	32
Workington Bus Station Stand E depart	0425	0526	0554	0616	0647	0709	0743	0806	0811	0821	0836	0851	0906	0921	36
Siddick	0431	0532	0600	0622	0653	0715	0749	0812	0817	0827	-	0857	0912	0927	42
Ewanrigg New Bridge Street	-	-	-	-	-	-	-	-	-	0839	0842	0909	-	0939	-
Maryport Curzon Street arrive	0443	0544	0612	0634	0705	0727	0801	0824	0829	0849	0854	0919	0924	0949	54
Same bus - no need to change	8	8	8	8	8	8	8	8	8		8		8		8
Maryport Curzon Street arrive	0444	0545	0613	0636	0707	0729	0804	0827	0832	-	0857	-	0927	-	57
Aspatria Market Square	0458	0559	0627	0650	0721	0744	0819	0842	0847	-	0912	-	0942	-	12
Wigton King Street	0521	0622	0650	0713	0744	0808	0844	0907	0912	-	0937	-	1007	-	37
Carlisle Bus Station	0550	0651	0719	0744	0814	0838	0914	0937	0942	-	1007	-	1037	-	07

Then
at
these
mins
past
each
hour

Key

- Stop not served

This section of the journey operates with service number 300 to Carlisle, the same bus operates throughout

This journey operates Monday to Friday only

This journey operates Saturday only

PLEASE NOTE: Lakes College is not served on a Saturday.

For intermediate times between Maryport & Carlisle see the 300 timetable on our website

continued

MONDAY TO SATURDAY (excluding public holidays)				Until																
Thornhill	-	55	-		1325	-	1355	-	1426	-	1456	-	1530	-	1600	-	1630	-		
Egremont Main Street	-	01	-		1331	-	1401	-	1433	-	1503	-	1537	-	1607	-	1637	-		
West Cumberland Hospital	-	13	-		1343	-	1413	-	1447	-	1517	-	1551	-	1621	-	1651	-		
Hensingham The Square	-	18	-		1348	-	1418	-	1452	-	1522	-	1556	-	1626	-	1656	-		
Frizington Harras Villas	37	-	07		-	1337	-	1408	-	1443	-	1518	-	1548	-	1618	-	1648		
Cleator Moor Square	49	-	19		-	1349	-	1420	-	1455	-	1530	-	1600	-	1630	-	1700		
Hensingham Caldbeck Road	58	-	28		-	1358	-	1429	-	1504	-	1539	-	1609	-	1639	-	1709		
Whitehaven Lowther Street arrive	09	25	39		1355	1409	1425	1440	1500	1515	1530	1550	1604	1620	1634	1650	1704	1720		
Whitehaven Lowther Street depart	13	28	43		1358	1415	1431	1446	1506	1521	1536	1556	1611	1627	1642	1657	1711	1726		
Distington Brookfield	26	41	56		1411	1428	1444	1459	1519	1534	1549	1609	1624	1640	1655	1710	1724	1739		
Lakes College	30	45	00		1415	1432	1448	1503	1523	1538	1553	1613	1628	1644	1659	1714	1728	1743		
Harrington Beckstone Bridge	35	50	05		1420	1437	1453	1509	1529	1544	1559	1619	1634	1650	1705	1720	1734	1748		
Workington Bus Station Stand E arrive	47	02	17		1432	1451	1507	1523	1543	1558	1613	1633	1648	1704	1719	1734	1748	1800		
Workington Bus Station Stand E depart	51	06	21		1441	1457	1516	1533	1553	1608	1623	1643	1658	1714	1729	1744	-	1805		
Siddick	57	12	27		1447	1503	1522	1539	1559	1614	1629	1649	1704	1720	1735	1750	-	1811		
Ewanrigg New Bridge Street	09	-	39	-	1515	-	1551	-	1626	-	1701	-	1732	-	1802	-	1823			
Maryport Curzon Street arrive	19	24	49	1459	1525	1534	1601	1611	1636	1641	1711	1716	1742	1747	1812	-	1832			
Same bus - no need to change		88		88		88		88		88		88		88						
Maryport Curzon Street depart	-	27	-	1502	-	1537	-	1614	-	1644	-	1719	-	1750	-	-	-			
Aspatria Market Square	-	42	-	1517	-	1552	-	1629	-	1659	-	1734	-	1805	-	-	-			
Wigton King Street	-	07	-	1542	-	1617	-	1654	-	1724	-	1759	-	1830	-	-	-			
Carlisle Bus Station	-	37	-	1612	-	1647	-	1724	-	1754	-	1829	-	1900	-	-	-			

Key

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 Stop not served

This section of the journey operates with service number 300 to Carlisle, the same bus operates throughout

PLEASE NOTE: Lakes College is not served on a Saturday.

For intermediate times between Maryport & Carlisle see the 300 timetable on our website

continued

MONDAY TO SATURDAY (excluding public holidays)																		
Thornhill	1705	-	1740	-	1815	-	1847	-	1916	-	1945	-	2045	-	2145	-	2245	2351
Egremont Main Street	1712	-	1747	-	1822	-	1852	-	1922	-	1951	-	2051	-	2151	-	2251	2357
West Cumberland Hospital	1726	-	1801	-	1836	-	1905	-	1934	-	2003	-	2103	-	2203	-	2303	0009
Hensingham The Square	1731	-	1806	-	1841	-	1910	-	1939	-	2008	-	2108	-	2208	-	2308	0014
Frizington Harras Villas	-	1722	-	1758	-	1828	-	1858	-	1928	-	2013	-	2113	-	2208	-	-
Cleator Moor Square	-	1734	-	1810	-	1840	-	1910	-	1940	-	2025	-	2125	-	2220	-	-
Hensingham Caldbeck Road	-	1743	-	1819	-	1849	-	1919	-	1949	-	2034	-	2134	-	2229	-	-
Whitehaven Lowther Street arrive	1739	1754	1814	1830	1849	1900	1917	1930	1946	2000	2015	2045	2115	2145	2215	2240	2315	0021
Whitehaven Lowther Street depart	1741	1756	1817	1832	1851	1902	1919	1932	1948	-	2017	-	2117	-	2217	2242	2317	0022
Distington Brookfield	1754	1809	1830	1845	1904	1915	1932	1945	2001	-	2030	-	2130	-	2230	2255	2330	0035
Lakes College	1758	1813	1834	-	1908	-	-	-	-	-	-	-	-	-	-	-	-	-
Harrington Beckstone Bridge	1803	1818	1839	-	1913	-	1939	-	2008	-	2037	-	2137	-	2237	-	2337	-
Workington Bus Station Stand E arrive	1815	1830	1851	-	1924	-	1950	-	2019	-	2048	-	2148	-	2248	-	2348	-
Workington Bus Station Stand E depart	1825	-	1853	-	1926	-	1955	-	-	-	2050	-	2150	-	2251	-	2351	-
Siddick	1831	-	1859	-	1932	-	2001	-	-	-	2056	-	2156	-	2256	-	2356	-
Ewanrigg New Bridge Street	-	-	1910	-	1943	-	-	-	-	-	-	-	-	-	2307	-	0007	-
Maryport Curzon Street arrive	1843	-	1919	-	1952	-	2013	-	-	-	2108	-	2208	-	2316	-	0016	-
Same bus - no need to change							⌄				⌄		⌄					
Maryport Curzon Street depart	1845	-	-	-	-	-	2015	-	-	-	2110	-	2209	-	-	-	-	-
Aspatria Market Square	1900	-	-	-	-	-	2029	-	-	-	2124	-	2223	-	-	-	-	-
Wigton King Street	1925	-	-	-	-	-	2052	-	-	-	2147	-	2246	-	-	-	-	-
Carlisle Bus Station	1955	-	-	-	-	-	2121	-	-	-	2216	-	2315	-	-	-	-	-

Key

- Stop not served
- This section of the journey operates with service number 300 to Carlisle, the same bus operates throughout

PLEASE NOTE: Lakes College is not served on a Saturday.

For intermediate times between Maryport & Carlisle see the 300 timetable on our website

SUNDAY (including public holidays)																		
Thornhill	-	-	0840	-	0940	Then at these mins past each hour	-	40	Until	-	1540	-	1640	-	1740	-	1840	
Egremont Main Street	-	-	0846	-	0946		-	46		-	1546	-	1646	-	1746	-	1846	
West Cumberland Hospital	-	-	0858	-	0958		-	58		-	1558	-	1658	-	1758	-	1858	
Hensingham The Square	-	-	0903	-	1003		-	03		-	1603	-	1703	-	1803	-	1903	
Frizington Harras Villas	-	-	-	0910	-		10	-		-	1510	-	1610	-	1710	-	1810	-
Cleator Moor Square	-	-	-	0922	-		22	-		-	1522	-	1622	-	1722	-	1822	-
Hensingham Caldbeck Road	-	-	-	0931	-		31	-		-	1531	-	1631	-	1731	-	1831	-
Whitehaven Lowther Street arrive	-	-	0910	0940	1010		40	10		-	1540	1610	1640	1710	1740	1810	1840	1910
Whitehaven Lowther Street depart	0715	0815	0915	0945	1015		45	15		-	1545	1615	1645	1715	1745	1815	1845	1915
Distington Brookfield	0728	0828	0928	0958	1028		58	28		-	1558	1628	1658	1728	1758	1828	1858	1928
Harrington Beckstone Bridge	0735	0835	0935	1005	1035		05	35		-	1605	1635	1705	1735	-	1835	-	-
Workington Bus Station Stand E arrive										-	1616	1646	1716	1746	-	1846	-	-
Workington Bus Station Stand E depart	0751	0851	0951	1021	1051		21	51		-	1621	1651	1721	1751	-	1851	-	-
										-								
Siddick	0757	0857	0957	1027	1057		27	1157		-	1627	1657	1727	1757	-	1857	-	-
Ewanrigg New Bridge Street	-	-	-	1039	-	39	-	-	1639	-	1739	1809	-	-	-	-		
Maryport Curzon Street arrive	0809	0909	1009	1051	1109	51	09	-	1651	1709	1751	1821	-	1909	-	-		
Same bus - no need to change	88	88	88		88		88	-		88				88				
Maryport Curzon Street depart	0811	0911	1011	-	1111	-	21	-	-	1711	-	-	-	1911	-	-		
Aspatria Market Square	0826	0926	1026	-	1126	-	26	-	-	1726	-	-	-	1926	-	-		
Wigton King Street	0850	0950	1050	-	1150	-	50	-	-	1750	-	-	-	1950	-	-		
Carlisle Bus Station	0919	1019	1119	-	1219	-	19	-	-	1819	-	-	-	2019	-	-		

Then
at
these
mins
past
each
hour

Until

Key

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 Stop not served

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For intermediate times between Maryport & Carlisle see the 300 timetable on our website.

From 4th November 2024, the frequency of the service on Sundays between Whitehaven and Maryport was increased due to financial support from Cumberland Council



Funded by
UK Government

continued

MONDAY TO SATURDAY (excluding public holidays)

Carlisle Bus Station Stand 3	-	-	-	-	-	-	-	-	-	0554	-	-	-	-	0658	-	0727
Wigton King Street	-	-	-	-	-	-	-	-	-	0623	-	-	-	-	0728	-	0757
Aspatria Market Square	-	-	-	-	-	-	-	-	-	0643	-	-	-	-	0748	-	0817
Ewanrigg New Bridge Street				0528		0552		0622		-		0709	0724	0739	-	0809	-
Maryport Curzon Street arrive	-	-	-	0536	-	0601	-	0631	-	0658	-	0718	0733	0748	0803	0818	0832
Same bus - no need to change																	
Maryport Curzon Street depart	-	-	-	0538	-	0602	-	0632	-	0700	-	0720	0735	0750	0805	0820	0835
Siddick	-	-	-	0544	-	0608	-	0638	-	0708	-	0728	0743	0758	0813	0828	0843
Workington Bus Station Stand D arrive	-	-	-	0550	-	0614	-	0644	-	0714	-	0735	0751	0806	0821	0836	0851
Workington Bus Station Stand D depart	-	-	-	0552	-	0616	-	0646	-	0716	-	0737	0756	0811	0826	0841	0856
Harrington Beckstone Bridge	-	-	-	0603	-	0627	-	0657	-	0727	-	0748	0808	0823	0838	0853	0908
Distington Brookfield	0458	0520	0550	0612	0622	0636	0652	0706	-	0736	-	0757	0817	0832	0847	0902	0917
Whitehaven Duke Street arrive	0511	0533	0603	0625	0635	0649	0705	0719	-	0749	-	0810	0830	0845	0900	0915	0930
Whitehaven Duke Street depart	0512	0534	0604	0626	0636	0650	0706	0722	0736	0752	0805	0813	0833	0848	0903	0918	0933
Hensingham The Square	-	0540	-	0632	-	0656	-	0728	-	0758	-	0819	-	0854	-	0924	-
West Cumberland Hospital	-	0545	-	0637	-	0701	-	0733	-	0803	-	0824	-	0859	-	0929	-
Egremont Main Street	-	0556	-	0648	-	0712	-	0746	-	0816	-	0837	-	0912	-	0942	-
Thornhill	-	0601	-	0653	-	0717	-	0751	-	0821	-	0842	-	0917	-	0947	-
Hensingham Caldbeck Road	0522	-	0614	-	0646	-	0716	-	0746	-	0815	-	0843	-	0913	-	0943
Cleator Moor Square	0531	-	0623	-	0655	-	0725	-	0755	-	0824	-	0852	-	0922	-	0952
Frizington Harras Villas	0539	-	0631	-	0705	-	0735	-	0805	-	0834	-	0902	-	0932	-	1002

Key

- Stop not served

 This section of the journey operates with service number 300 from Carlisle, the same bus operates throughout

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For intermediate times between Carlisle & Maryport, see the 300 timetable on our website.

MONDAY TO SATURDAY (excluding public holidays)													
Carlisle Bus Station Stand 3	-	0755	-	0825	-	0855	-	25	-	55	-	1325	-
Wigton King Street	-	0827	-	0857	-	0927	-	57	-	27	-	1357	-
Aspatria Market Square	-	0847	-	0917	-	0947	-	17	-	47	-	1417	-
Ewanrigg New Bridge Street	0840	-	0910	-	0940	-	10	-	40	-	1410	-	1440
Maryport Curzon Street arrive	0849	0902	0919	0932	0949	1002	19	32	49	02	1419	1432	1449
Same bus - no need to change													
Maryport Curzon Street depart	0850	0905	0920	0935	0950	1005	20	35	50	05	1420	1435	1450
Siddick	0858	0913	0928	0943	0958	1013	28	43	58	13	1428	1443	1458
Workington Bus Station Stand D arrive	0906	0921	0936	0951	1006	1021	36	51	06	21	1436	1451	1506
Workington Bus Station Stand D depart	0911	0926	0941	0956	1011	1026	41	56	11	26	1441	1456	1511
Harrington Beckstone Bridge	0923	0938	0953	1008	1023	1038	53	08	23	38	1453	1508	1523
Distington Brookfield	0932	0947	1002	1017	1032	1047	02	17	32	47	1502	1518	1533
Whitehaven Duke Street arrive	0945	1000	1015	1030	1045	1100	15	30	45	00	1515	1531	1546
Whitehaven Duke Street depart	0948	1003	1018	1033	1048	1103	18	33	48	03	1518	1536	1551
Hensingham The Square	0954	-	1024	-	1054	-	24	-	54	-	1524	-	1557
West Cumberland Hospital	0959	-	1029	-	1059	-	29	-	59	-	1529	-	1602
Egremont Main Street	1012	-	1042	-	1112	-	42	-	12	-	1542	-	1617
Thornhill	1017	-	1047	-	1117	-	47	-	17	-	1547	-	1622
Hensingham Caldbeck Road	-	1013	-	1043	-	1113	-	43	-	13	-	1546	-
Cleator Moor Square	-	1022	-	1052	-	1122	-	52	-	22	-	1557	-
Frizington Harras Villas	-	1032	-	1102	-	1132	-	02	-	32	-	1607	-

Then
at
these
mins
past
each
hour

Until

Key

-

 Stop not served

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MONDAY TO SATURDAY (excluding public holidays)															
Carlisle Bus Station Stand 3	1355	-	1428	-	1500	-	1530	-	1605	-	1635	-	1705	-	1735
Wigton King Street	1427	-	1500	-	1534	-	1604	-	1639	-	1710	-	1740	-	1807
Aspatria Market Square	1447	-	1520	-	1555	-	1625	-	1700	-	1731	-	1801	-	1827
Ewanrigg New Bridge Street	-	1516	-	1552	-	1627	-	1702	-	1733	-	1803	-	1824	-
Maryport Curzon Street arrive	1502	1525	1535	1601	1610	1636	1640	1711	1715	1742	1746	1812	1816	1832	1842
Same bus - no need to change															
Maryport Curzon Street depart	1506	1528	1541	1602	1616	1637	1650	1712	1720	1745	1751	1813	1818	1833	1845
Siddick	1514	1536	1549	1610	1624	1645	1658	1720	1728	1753	1759	1821	1826	1839	1851
Workington Bus Station Stand D arrive	1522	1544	1557	1618	1632	1653	1706	1728	1736	1801	1807	1829	1834	1845	1858
Workington Bus Station Stand D depart	1527	1550	1603	1624	1640	1701	1714	1734	1744	1808	1821	1836	-	-	1906
Harrington Beckstone Bridge	1539	1602	1615	1636	1652	1713	1726	1746	1756	1820	1833	1848	-	-	1918
Distington Brookfield	1549	1612	1625	1646	1702	1723	1736	1756	1806	1829	1842	1857	-	-	1927
Whitehaven Duke Street arrive	1602	1625	1638	1659	1715	1736	1749	1809	1819	1842	1855	1910	-	-	1940
Whitehaven Duke Street depart	1607	1630	1643	1704	1720	1741	1754	1814	1824	1845	1858	1913	-	-	1943
Hensingham The Square	-	1636	-	1710	-	1747	-	1820	-	1851	-	1919	-	-	-
West Cumberland Hospital	-	1641	-	1715	-	1752	-	1825	-	1856	-	1924	-	-	-
Egremont Main Street	-	1656	-	1730	-	1807	-	1840	-	1909	-	1937	-	-	-
Thornhill	-	1701	-	1735	-	1812	-	1845	-	1914	-	1942	-	-	-
Hensingham Caldbeck Road	1617	-	1653	-	1730	-	1804	-	1834	-	1908	-	-	-	1953
Cleator Moor Square	1628	-	1704	-	1741	-	1815	-	1845	-	1917	-	-	-	2002
Frizington Harras Villas	1638	-	1714	-	1751	-	1825	-	1855	-	1927	-	-	-	2012

Key

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 Stop not served

This section of the journey operates with service number 300 from Carlisle, the same bus operates throughout

For intermediate times between Carlisle & Maryport, see the 300 timetable on our website.

MONDAY TO SATURDAY (excluding public holidays)												
Carlisle Bus Station Stand 3	1805	-	1835	-	1910	-	2010	2125	-	2220	-	2318
Wigton King Street	1837	-	1905	-	1940	-	2041	2156	-	2251	-	2349
Aspatria Market Square	1857	-	1925	-	2000	-	2101	2216	-	2311	-	0009
Ewanrigg New Bridge Street	-	1911	-	1944	-	-	-	-	2308	-	0008	-
Maryport Curzon Street arrive	1914	1919	1940	1952	2015	-	2116	2231	2316	2326	0016	0024
Same bus - no need to change						-						
Maryport Curzon Street depart	1915	1920	1942	1953	2017	-	2117	2232	2317	2327	0017	0025
Siddick	1921	1926	1948	1959	2023	-	2123	2238	2323	2333	0023	0031
Workington Bus Station Stand D arrive	1927	1932	1954	2005	2029	-	2129	2244	2329	2339	0029	0037
Workington Bus Station Stand D depart	1936	-	2006	-	2036	-	2136	2247	-	2341	-	-
Harrington Beckstone Bridge	1948	-	2018	-	2047	-	2147	2258	-	2352	-	-
Distington Brookfield	1957	-	2027	-	2056	-	2156	2307	-	0001	-	-
Whitehaven Duke Street arrive	2010	-	2040	-	2109	-	2209	2320	-	0014	-	-
Whitehaven Duke Street depart	2013	-	2043	-	2112	2140	2212	2323	-	-	-	-
Hensingham The Square	2019	-	-	-	2118	-	2218	2329	-	-	-	-
West Cumberland Hospital	2024	-	-	-	2123	-	2223	2334	-	-	-	-
Egremont Main Street	2037	-	-	-	2136	-	2234	2345	-	-	-	-
Thornhill	2042	-	-	-	2141	-	2239	2350	-	-	-	-
Hensingham Caldbeck Road	-	-	2053	-	-	2150	-	-	-	-	-	-
Cleator Moor Square	-	-	2102	-	-	2159	-	-	-	-	-	-
Frizington Harras Villas	-	-	2112	-	-	2207	-	-	-	-	-	-

Key

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 Stop not served

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SUNDAY (including public holidays)																			
Carlisle	Bus Station Stand 3	-	-	-	-	-	0925	-	Then at these mins past each hour	25	-	Until	1625	-	-	1725	1825	2025	
Wigton	King Street	-	-	-	-	-	0957	-		57	-		1657	-	-	1757	1857	2057	
Aspatria	Market Square	-	-	-	-	-	1017	-		17	-		1717	-	-	1817	1917	2117	
Ewanrigg	New Bridge Street	-	-	0853	0923	0953	-	1042		-	42		-	-	1742	1812	-	-	-
Maryport	Curzon Street arrive	-	-	-	-	-	1033	-		33	-		1733	-	-	1833	1933	2133	
Same bus - no need to change							8			8			8						
Maryport	Curzon Street depart	-	-	0904	0934	1004	1034	1104		34	04		1734	1804	1823	1834	1934	2134	
Siddick		-	-	0912	0942	1012	1042	1112		42	12		1742	1812	1831	1842	1942	2142	
Workington	Bus Station Stand D arrive	-	-	0920	0950	1020	1050	1120		50	20		1750	1820	1839	1850	1950	2150	
Workington	Bus Station Stand D depart	-	-	0925	0955	1025	1055	1125		55	25		1755	-	-	1855	1955	2155	
Harrington	Beckstone Bridge	-	-	0937	1007	1037	1107	1137	07	37	1807	-	-	1907	2007	2207			
Distington	Brookfield	0746	0846	0946	1016	1046	1116	1146	16	46	1816	-	-	1916	2016	2216			
Whitehaven	Duke Street arrive	0759	0859	0959	1029	1059	1129	1159	29	59	1829	-	-	1929	2029	2229			
Whitehaven	Duke Street depart	0803	0903	1003	1033	1103	1133	1203	33	03	1833	-	-	-	-	-			
Hensingham	The Square	0809	0909	1009	-	1109	-	1209	-	09	-	-	-	-	-	-			
West Cumberland	Hospital	0814	0914	1014	-	1114	-	1214	-	14	-	-	-	-	-	-			
Egremont	Main Street	0827	0927	1027	-	1127	-	1227	-	27	-	-	-	-	-	-			
Thornhill		0832	0932	1032	-	1132	-	1232	-	32	-	-	-	-	-	-			
Hensingham	Caldbeck Road	-	-	-	1043	-	1143	-	43	-	1843	-	-	-	-	-			
Cleator	Moor Square	-	-	-	1052	-	1152	-	52	-	1852	-	-	-	-	-			
Frizington	Harras Villas	-	-	-	1102	-	1202	-	02	-	1902	-	-	-	-	-			

Key

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 Stop not served

This section of the journey operates with service number 300 from Carlisle, the same bus operates throughout

For intermediate times between Carlisle & Maryport, see the 300 timetable on our website.

From 4th November 2024, the frequency of the service on Sundays between Maryport and Whitehaven was increased due to financial support from Cumberland Council



Funded by UK Government

MONDAY TO SATURDAY (excluding public holidays)								
Egremont Main Street		0800	0905	1010	1115	1320	1425	1540 1655
St Bees Railway Station		0810	0915	1020	1125	1330	1435	1550 1705
St Bees Beach Car Park		0813	0918	1023	1128	1333	1438	1553 1708
Low Road Cemetery		0822	0927	1032	1137	1342	1447	1602 1717
Preston Street ASDA		0825	0930	1035	1140	1345	1450	1605 1720
Whitehaven Duke Street		0831	0936	1041	1146	1351	1456	1611 1726

This service
is funded by
Cumberland
Council



Funded by
UK Government

SUNDAY (Including public holidays)						
Egremont Main Street		0945	1050	1155	1430	1535 1640
St Bees Railway Station		0955	1100	1205	1440	1545 1650
St Bees Beach Car Park		0958	1103	1208	1443	1548 1653
Low Road Cemetery		1007	1112	1217	1452	1557 1702
Preston Street ASDA		1010	1115	1220	1455	1600 1705
Whitehaven Duke Street		1016	1121	1226	1501	1606 1711

MONDAY TO SATURDAY (excluding public holidays)								
Whitehaven Duke Street	0833	0938	1043	1148	1353	1458	1615	1730
Preston Street ASDA	0838	0943	1048	1153	1358	1503	1620	1735
Low Road Cemetery	0841	0946	1051	1156	1401	1506	1623	1738
St Bees Beach Car Park	0850	0955	1100	1205	1410	1515	1632	1747
St Bees Railway Station 	0853	0958	1103	1208	1413	1518	1635	1750
Egremont Main Street	0903	1008	1113	1218	1423	1528	1645	1800

This service is funded by Cumberland Council





Funded by UK Government

SUNDAY (Including public holidays)						
Whitehaven Duke Street	1018	1123	1357	1503	1608	1713
Preston Street ASDA	1023	1128	1402	1508	1613	1718
Low Road Cemetery	1026	1131	1405	1511	1616	1721
St Bees Beach Car Park	1035	1140	1414	1520	1625	1730
St Bees Railway Station 	1038	1143	1417	1523	1628	1733
Egremont Main Street	1048	1153	1427	1533	1638	1743

MONDAY TO SATURDAY (excluding public holidays)														
Workington Bus Station Stand F	0713	0743	Then at these mins past each hour	13	43	Until	1515	1545	1617	1649	1721	1753	1823	1903
Laybourn Court	0719	0749		20	50		1522	1552	1624	1656	1728	1800	1829	1909
Moorclose Shops	0724	0754		26	56		1528	1558	1630	1702	1734	1806	1833	1913
Derwent Howe Morrisons	0729	0759		31	01		1533	1603	1635	1707	1739	1811	1839	1919
Workington Bus Station	0735	0805		37	07		1539	1609	1641	1713	1745	1817	1845	1925
SUNDAY (including public holidays)														
Workington Bus Station Stand F	1020	1150	1320	1450	1620									
Laybourn Court	1026	1156	1326	1456	1626									
Moorclose Shops	1031	1201	1331	1501	1631									
Derwent Howe Morrisons	1036	1206	1336	1506	1636									
Workington Bus Station	1042	1212	1342	1512	1642									

Key

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Key
Monday to Friday only

MONDAY TO SATURDAY (excluding public holidays)													
Workington Bus Station Stand B	0658	0728	0758	Then at these mins past each hour	28	58	Until	1530	1600	1632	1704	1736	
Derwent Howe Morrisons	0703	0733	0804		34	04		1536	1606	1638	1710	1742	
Moorclose Shops	0709	0739	0811		41	11		1543	1613	1645	1717	1749	
Laybourn Court	0713	0743	0816		46	16		1548	1618	1650	1722	1754	
Workington Bus Station	0719	0749	0822		52	22		1554	1624	1656	1728	1800	

Key
Monday to Friday only

For Sunday timetable,
please see service 50

MONDAY TO SATURDAY (excluding public holidays)																	
Harrington Victoria Square	-	-	-	0727	0757	Then every 30 mins at	32	02	Until	1432	1505	1540	1620	1650	1730	1800	1840
Salterbeck Poole Road	-	-	-	0732	0802		37	07		1437	1510	1545	1625	1655	1735	1805	1845
Moorclose Shops	-	-	-	0739	0810		44	14		1444	1517	1552	1632	1702	1742	1812	1852
Workington Bus Station Stand A	0623	0648	0718	0748	0819		53	23		1453	1529	1604	1644	1714	1754	1821	1901
Seaton Coronation Ave	0627	0652	0722	0752	0823		57	27		1457	1533	1608	1648	1718	1758	1825	1905
Seaton Hunters Drive	0634	0659	0729	0759	0830		04	34		1504	1545	1615	1655	1725	1805	1832	1912

Key

Monday to Friday only

- Stop not served

SUNDAY (including public holidays)													
Harrington Victoria Square	-	0957	-	1127	-	1257	-	1427	-	1557	-	1727	
Salterbeck Poole Road	-	1003	-	1133	-	1303	-	1433	-	1603	-	1733	
Moorclose Shops	-	1009	-	1139	-	1309	-	1439	-	1609	-	1739	
Workington Bus Station Stand A	0915	1016	1045	1146	1215	1316	1345	1446	1515	1616	1645	1746	
Seaton Coronation Ave	0919	-	1049	-	1219	-	1349	-	1519	-	1649	-	
Seaton Hunters Drive	0924	-	1054	-	1224	-	1354	-	1524	-	1654	-	

Key

- Stop not served

MONDAY TO SATURDAY (excluding public holidays)																	
Seaton Hunters Drive	0635	0700	0730	0802	0832	Then every 30 mins at	05	35	Until	1508	1548	1620	1700	1730	1808	1833	1913
Seaton Road Coronation Ave	0638	0703	0733	0805	0835		08	38		1511	1551	1623	1703	1733	1811	1836	1916
Workington Bus Station Stand F	0643	0711	0741	0813	0843		16	46		1521	1601	1633	1713	1743	1819	1841	1921
Moorclose Shops	-	0717	0747	0819	0849		22	52		1527	1607	1639	1719	1749	1825	-	-
Salterbeck The Oval	-	0723	0753	0825	0855		28	58		1533	1613	1645	1725	1755	1831	-	-
Harrington Victoria Square	-	0726	0756	0828	0858		31	01		1536	1616	1648	1728	1758	1834	-	-

Key

Monday to Friday only

- Stop not served

SUNDAY (including public holidays)						
Seaton Road Hunters Drive	0926	1056	1226	1356	1526	1656
Seaton Coronation Ave	0929	1059	1229	1359	1529	1659
Workington Bus Station Stand F	0937	1107	1237	1407	1537	1707
Moorclose Shops	0943	1113	1243	1413	1543	1713
Salterbeck The Oval	0949	1119	1249	1419	1549	1719
Harrington Victoria Square	0952	1122	1252	1422	1552	1722

MONDAY TO SATURDAY (excluding public holidays)				
Workington Bus Station Stand A	0830	1043	1255	1508
Seaton Esso	0838	1051	1303	1516
Broughton Moor Miners Arms	0845	1058	1310	1523
Maryport Medical Centre	0851	1104	1316	1529
Maryport B&M Bargains	0854	1107	1319	1532
Maryport Sycamore Road	0858	1111	1323	1536
Allonby	0911	1124	1336	1549
Beckfoot	0916	1129	1341	1554
Silloth Eden Street	0922	1135	1347	1600
Skinburness	0929	1142	1354	1607

This service is funded by Cumberland Council



Cumberland Council



Funded by UK Government

MONDAY TO SATURDAY (excluding public holidays)				
Skinburness	0934	1147	1359	1611
Silloth Eden Street	0942	1155	1407	1619
Beckfoot	0949	1202	1414	1626
Allonby	0956	1209	1421	1633
Maryport Sycamore Road	1008	1221	1433	1645
Maryport Curzon Street	1014	1227	1439	1651
Maryport Cottage Hospital	1016	1229	1441	1653
Broughton Moor Miners Arms	1022	1235	1447	1659
Seaton Esso	1029	1242	1454	1706
Workington Bus Station	1037	1250	1502	1714



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Daily (including public holidays)																
West Cumberland Hospital	0608	0708	0808	0908	1008	1108	1208	1308	1408	1503	1603	1703	1808	1908	2008	2208
Whitehaven Lowther Street	0623	0723	0823	0923	1023	1123	1223	1323	1423	1523	1623	1723	1823	1923	2023	2223
Distington Queens Hotel	0636	0736	0836	0936	1036	1136	1236	1336	1436	1536	1636	1736	1836	1936	2036	2236
Lillyhall Depot	0642	0742	0842	0942	1042	1142	1242	1342	1442	1542	1642	1742	1842	1942	2042	2242
Brigham Low Road	0654	0754	0854	0954	1054	1154	1254	1354	1454	1554	1654	1754	1854	1954	2054	2254
Cockermouth Main Street arr	0705	0805	0905	1005	1105	1205	1305	1405	1505	1605	1705	1805	1905	2005	2105	2305
Same bus - no need to change																
Cockermouth Main Street dep	0708	0808	0908	1008	1108	1208	1308	1408	1508	1608	1708	1808	1908	2008	2108	2308
Bothel Village	0723	0823	0923	1023	1123	1223	1323	1423	1523	1623	1723	1823	1923	2023	2123	2323
Mealsgate A595	0728	0828	0928	1028	1128	1228	1328	1428	1528	1628	1728	1828	1928	2028	2128	2328
Bolton Low Houses	0732	0832	0932	1032	1132	1232	1332	1432	1532	1632	1732	1832	1932	2032	2132	2332
Red Dial	0736	0836	0936	1036	1136	1236	1336	1436	1536	1636	1736	1836	1936	2036	2136	2336
Brindlefield	0738	0838	0938	1038	1138	1238	1338	1438	1538	1638	1738	1838	1938	2038	2138	2338
Wigton King Street	0743	0843	0943	1043	1143	1243	1343	1443	1543	1643	1743	1843	1943	2043	2143	2343
Thursby The Green	0753	0853	0953	1053	1153	1253	1353	1453	1553	1653	1753	1853	1953	2053	2153	2353
Nealhouse	0759	0859	0959	1059	1159	1259	1359	1459	1559	1659	1759	1859	1959	2059	2159	2359
Raffles Richmond Green	0809	0909	1009	1109	1209	1309	1409	1509	1609	1709	1809	1909	2009	2109	2209	0009
Infirmery Main Entrance	0814	0914	1014	1114	1214	1314	1414	1514	1614	1714	1814	1914	2014	2114	2214	0014
Carlisle Bus Station	0829	0929	1029	1129	1229	1329	1429	1529	1629	1729	1829	1929	2022	2122	2222	0022

Key

This journey operates Monday to Saturday only

This journey runs 5 minutes later on Saturdays and Sundays

 To comply with drivers' hours regulations, buses connect at Cockermouth. The connection is guaranteed, through fares are available and passengers can stay on the bus which operates through.

 This connection is guaranteed and through fares are available, but you will need to change bus.

Thanks to funding from Cumberland Council, the frequency of this route is increased to hourly and extended from Cockermouth to Whitehaven.



Daily (including public holidays)																
Carlisle Bus Station Stand 3	0544	0644	0744	0840	0940	1040	1140	1240	1340	1440	1540	1640	1740	1840	1940	2140
Infirmary Main Entrance	0552	0652	0752	0852	0952	1052	1152	1252	1352	1452	1552	1652	1752	1852	1952	2152
Raffles Richmond Green	0557	0657	0757	0857	0957	1057	1157	1257	1357	1457	1557	1657	1757	1857	1957	2157
Nealhouse	0607	0707	0807	0907	1007	1107	1207	1307	1407	1507	1607	1707	1807	1907	2007	2207
Thursby The Green	0613	0713	0813	0913	1013	1113	1213	1313	1413	1513	1613	1713	1813	1913	2013	2213
Wigton King Street	0624	0724	0824	0924	1024	1124	1224	1324	1424	1524	1624	1724	1824	1924	2024	2224
Brindlefield	0626	0726	0826	0926	1026	1126	1226	1326	1426	1526	1626	1726	1826	1926	2026	2226
Red Dial	0628	0728	0828	0928	1028	1128	1228	1328	1428	1528	1628	1728	1828	1928	2028	2228
Bolton Low Houses	0632	0732	0832	0932	1032	1132	1232	1332	1432	1532	1632	1732	1832	1932	2032	2232
Mealsgate A595	0636	0736	0836	0936	1036	1136	1236	1336	1436	1536	1636	1736	1836	1936	2036	2236
Bothel Village	0641	0741	0841	0941	1041	1141	1241	1341	1441	1541	1641	1741	1841	1941	2041	2241
Cockermouth Main Street arr	0656	0756	0856	0956	1056	1156	1256	1356	1456	1556	1656	1756	1856	1956	2056	2256
Same bus - no need to change	🔄	🔄	🔄	🔄	🔄	🔄	🔄	🔄	🔄	🔄	🔄	🔄	🔄		🔄	
Cockermouth Main Street dep	0700	0800	0900	1000	1100	1200	1300	1400	1500	1600	1700	1800	1900	-	2100	-
Brigham Low Road	0712	0812	0912	1012	1112	1212	1312	1412	1512	1612	1712	1812	1912	-	2112	-
Lillyhall Depot	0724	0824	0924	1024	1124	1224	1324	1424	1524	1624	1724	1824	1924	-	2124	-
Distington Main Street	0730	0830	0930	1030	1130	1230	1330	1430	1530	1630	1730	1830	1930	-	2130	-
Whitehaven Duke Street	0744	0844	0944	1044	1144	1244	1344	1444	1544	1644	1744	1844	1944	-	2144	-
West Cumberland Hospital	0758	0858	0958	1058	1158	1258	1358	1458	1558	1658	1758	1858	1958	-	2158	-

Key

This journey operates Monday to Saturday only

- Stop not served

 To comply with drivers' hours regulations, buses connect at Cockermouth. The connection is guaranteed, through fares are available and passengers can stay on the bus which operates through.

Thanks to funding from Cumberland Council, the frequency of this route is increased to hourly and extended from Cockermouth to Whitehaven.

Mondays to Saturdays excluding Christmas Day, Boxing Day & New Year's Day

Route number	X5	X5	X5	X5	X5	X5S	X4	X5	X4	X5	X4	X5	X4	X5	X4	X5	X4	X5	X4	X5	X4	X5
Workington Bus Station stand C	0505	0555	0625	0650	0715		0745	0815	0845	0915	0945	1015	1045	1115	1145	1215	1245	1315	1345	1415	1445	1520
Great Clifton The Old Ginn House Inn	0512	0602	0632	0657	0724		0754	0824	0854	0924	0954	1024	1054	1124	1154	1224	1254	1324	1354	1424	1454	1529
Bridgefoot	0516	0606	0636	0701	0729		↓	0829	↓	0929	↓	1029	↓	1129	↓	1229	↓	1329	↓	1429	↓	1534
Brigham Low Road	0520	0610	0640	0705	0734		↓	0834	↓	0934	↓	1034	↓	1134	↓	1234	↓	1334	↓	1434	↓	1539
Cockermouth Low Road	✓	✓	✓	✓	✓		0804		0904	✓	1004	✓	1104	✓	1204	✓	1304	✓	1404	✓	1504	✓
Cockermouth Oakhurst	0525	0615	0645	0710	0740		✓	0840	✓	0940	✓	1040	✓	1140	✓	1240	✓	1340	✓	1440	✓	1545
Cockermouth Main Street	0531	0621	0651	0716	0747		0809	0847	0909	0947	1009	1047	1109	1147	1209	1247	1309	1347	1409	1447	1509	1552
Dubwath Brathay Hill	0541	0631	0701	0726	0757		0819	0857	0919	0957	1019	1057	1119	1157	1219	1257	1319	1357	1419	1457	1519	1602
Lakes Distillery	↓	↓	↓	↓	↓		0821	↓	0921	↓	1021	↓	1121	↓	1221	↓	1321	↓	1421	↓	1521	↓
Castle Inn	↓	↓	↓	↓	↓	0805	0825	↓	0925	↓	1025	↓	1125	↓	1225	↓	1325	↓	1425	↓	1525	↓
Bassenthwaite village A591	↓	↓	↓	↓	↓	↓	0828	↓	0928	↓	1028	↓	1128	↓	1228	↓	1328	↓	1428	↓	1528	↓
Thornthwaite Swan Hotel	0547	0637	0707	0732	0803	↓	↓	0903	↓	1003	↓	1103	↓	1203	↓	1303	↓	1403	↓	1503	↓	1608
Braithwaite Police Station	0551	0641	0711	0736	0807	0821	↓	0907	↓	1007	↓	1107	↓	1207	↓	1307	↓	1407	↓	1507	↓	1612
Keswick Bus Station arrive	0558	0648	0718	0743	0814	0835	0840	0914	0940	1014	1040	1114	1140	1214	1240	1314	1340	1414	1440	1514	1540	1619
Same bus - no need to change	⌚	⌚	⌚	⌚	⌚		⌚	⌚	⌚	⌚	⌚	⌚	⌚	⌚	⌚	⌚	⌚	⌚	⌚	⌚	⌚	⌚
Keswick Bus Station stand 1 depart	0600	0650	0720	0750	0820		0850	0920	0950	1020	1050	1120	1150	1220	1250	1320	1350	1420	1450	1520	1550	1625
Threlkeld Horse and Farrier	0611	0701	0731	0802	0832		0902	0932	1002	1032	1102	1132	1202	1232	1302	1332	1402	1432	1502	1532	1602	1637
Troutbeck Road end A66	0618	0708	0738	0810	0840		0910	0940	1010	1040	1110	1140	1210	1240	1310	1340	1410	1440	1510	1540	1610	1645
Penruddock Herdwick Inn	0622	0712	0742	0815	✓		0915	✓	1015	✓	1115	✓	1215	✓	1315	✓	1415	✓	1515	✓	1615	✓
Stainton Methodist Church	0628	0718	0748	0825	0850		✓	0950	✓	1050	✓	1150	✓	1250	✓	1350	✓	1450	✓	1550	✓	1655
Rheged	✓	✓	✓	✓	✓		0924	✓	1024	✓	1124	✓	1224	✓	1324	✓	1424	✓	1524	✓	1624	✓
Penrith Railway Station	0637	0727	0757	0834	0901		0931	1001	1031	1101	1131	1201	1231	1301	1331	1401	1431	1501	1531	1601	1631	1706
Penrith Bus Station	0643	0733	0803	0840	0907		0937	1007	1037	1107	1137	1207	1237	1307	1337	1407	1437	1507	1537	1607	1637	1712



Funded by
UK Government

For winter 2025/26, the frequency between Keswick & Penrith is improved due to financial support from Westmorland & Furness Council

Key



Railway station



This journey operates school days only.



To comply with driver's hours regulations, these buses connect at Keswick. The connection is guaranteed, through fares are available and passengers can stay on the bus which operates through.

Mondays to Saturdays excluding Christmas Day, Boxing Day & New Year's Day

Route number	X4	X5	X4	X5	X4	X5	X5	X5	X5
Workington Bus Station stand C	1550	1620	1650	1720	1750	1830	1945	2100	2315
Great Clifton The Old Ginn House Inn	1559	1629	1659	1729	1759	1839	1952	2107	2322
Bridgefoot	↓	1634	↓	1734	↓	1844	1956	2111	2326
Brigham Low Road	↓	1639	↓	1739	↓	1849	2000	2115	2330
Cockermouth Low Road	1609	✓	1709	✓	1809	✓	✓	✓	✓
Cockermouth Oakhurst	✓	1645	✓	1745	✓	1855	2005	2120	2335
Cockermouth Main Street	1614	1652	1714	1752	1814	1902	2011	2126	2341
Dubwath Brathay Hill	1624	1702	1724	1802	1824	1912	2021	2136	2351
Lakes Distillery	1626	↓	1726	↓	1826	↓	↓	↓	↓
Castle Inn	1630	↓	1730	↓	1830	↓	↓	↓	↓
Bassenthwaite village A591	1633	↓	1733	↓	1833	↓	↓	↓	↓
Thornthwaite Swan Hotel	↓	1708	↓	1808	↓	1918	2027	2142	2357
Braithwaite Police Station	↓	1712	↓	1812	↓	1922	2031	2146	0001
Keswick Bus Station arrive	1645	1719	1745	1819	1845	1929	2038	2153	0008
Same bus - no need to change	🕒	🕒	🕒	🕒	🕒	🕒	🕒	🕒	🕒
Keswick Bus Station stand 1 depart	1655	1725	1755	1825	1855	1935	2040	2155	
Threlkeld Horse and Farrier	1707	1737	1807	1837	1907	1945	2051	2206	
Troutbeck Road end A66	1715	1745	1815	1845	1915	1953	2058	2213	
Penruddock Herdwick Inn	1720	✓	1820	✓	1920	1956	2102	2217	
Stainton Methodist Church	✓	1755	✓	1855	✓	2002	2108	2223	
Rheged	1729	✓	1829	✓	1929	✓	✓	✓	
Penrith Railway Station	1736	1806	1836	1906	1936	2012	2117	2232	
Penrith Bus Station	1742	1812	1842	1912	1942	2018	2123	2238	

Sundays

Route number	X5	X5
Workington Bus Station stand C	0715	1715
Great Clifton The Old Ginn House Inn	0724	1724
Bridgefoot	0729	1729
Brigham Low Road	0734	1734
Cockermouth Oakhurst	0739	1739
Cockermouth Main Street	0746	1746
Dubwath Brathay Hill	0756	1756
Thornthwaite Swan Hotel	0802	1802
Braithwaite Police Station	0806	1806
Keswick Bus Station arrive	0813	1813
Same bus - no need to change	🕒	🕒
Keswick Bus Station stand 1 depart	0820	1820
Threlkeld Horse and Farrier	0832	1832
Troutbeck Road end A66	0840	1840
Penruddock Herdwick Inn	0845	1845
Stainton Methodist Church	0852	1852
Rheged	0857	1857
Penrith Railway Station	0904	1904
Penrith Bus Station	0910	1910

Then every 60 mins until



Funded by UK Government

For winter 2025/26, the frequency between Keswick & Penrith is improved due to financial support from Westmorland & Furness Council

Key

- Railway station
- This journey operates Friday & Saturday nights only.
- To comply with driver's hours regulations, these buses connect at Keswick. The connection is guaranteed, through fares are available and passengers can stay on the bus which operates through.

Mondays to Saturdays excluding Christmas Day, Boxing Day & New Year's Day

Route number	X5	X5	X5	X5	X5	X4	X5	X4	X5	X4	X5	X4	X5	X4	X5	X4	X5	X4	X5	X4	X5	X4
Penrith Bus Station stand 3	0557		0652	0740	0810	0845	0915	0945	1015	1045	1115	1145	1215	1245	1315	1345	1415	1445	1515	1545	1615	
Penrith Railway Station	0602		0657	0745	0815	0850	0920	0950	1020	1050	1120	1150	1220	1250	1320	1350	1420	1450	1520	1550	1620	
Rheged	✓		✓	✓	0823	✓	0928	✓	1028	✓	1128	✓	1228	✓	1328	✓	1428	✓	1528	✓	1628	
Stainton Methodist Church	0610		0705	0755	✓	0900	✓	1000	✓	1100	✓	1200	✓	1300	✓	1400	✓	1500	✓	1600	✓	
Penruddock Herdwick Inn	0616		0711	0804	0832	✓	0937	✓	1037	✓	1137	✓	1237	✓	1337	✓	1437	✓	1537	✓	1637	
Troutbeck Road end A66	0620		0715	0809	0837	0910	0942	1010	1042	1110	1142	1210	1242	1310	1342	1410	1442	1510	1542	1610	1642	
Threlkeld Horse and Farrier	0628		0723	0817	0845	0918	0950	1018	1050	1118	1150	1218	1250	1318	1350	1418	1450	1518	1550	1618	1650	
Keswick Bus Station arrive	0640		0735	0829	0857	0930	1002	1030	1102	1130	1202	1230	1302	1330	1402	1430	1502	1530	1602	1630	1702	
Same bus - no need to change	8		8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	
Keswick Bus Station stand 1 depart	0643		0737	0837	0905	0937	1007	1037	1107	1137	1207	1237	1307	1337	1407	1437	1507	1537	1607	1637	1707	
Bassenthwaite village A591	↓		↓	↓	0919	↓	1021	↓	1121	↓	1221	↓	1321	↓	1421	↓	1521	↓	1621	↓	1721	
Castle Inn	↓		↓	↓	0922	↓	1024	↓	1124	↓	1224	↓	1324	↓	1424	↓	1524	↓	1624	↓	1724	
Lakes Distillery	↓		↓	↓	0925	↓	1027	↓	1127	↓	1227	↓	1327	↓	1427	↓	1527	↓	1627	↓	1727	
Braithwaite Police Station	0650		0745	0844	↓	0944	↓	1044	↓	1144	↓	1244	↓	1344	↓	1444	↓	1544	↓	1644	↓	
Thornthwaite Swan Hotel	0654		0748	0848	↓	0948	↓	1048	↓	1148	↓	1248	↓	1348	↓	1448	↓	1548	↓	1648	↓	
Dubwath Brathay Hill	0658		0754	0854	0928	0954	1030	1054	1130	1154	1230	1254	1330	1354	1430	1454	1530	1554	1630	1654	1730	
Cockermouth Main Street	0617	0709	0736	0805	0905	0939	1005	1041	1105	1141	1205	1241	1305	1341	1405	1441	1505	1541	1605	1641	1705	1741
Cockermouth Low Road	✓	✓	✓	✓	✓	0942	✓	1044	✓	1144	✓	1244	✓	1344	✓	1444	✓	1544	✓	1644	✓	1744
Cockermouth Oakhurst	0622	0714	0741	0811	0911	↓	1011	↓	1111	↓	1211	↓	1311	↓	1411	↓	1511	↓	1611	↓	1711	↓
Brigham Low Road	0627	0719	0747	0817	0917	↓	1017	↓	1117	↓	1217	↓	1317	↓	1417	↓	1517	↓	1617	↓	1717	↓
Bridgefoot	0631	0723	0752	0822	0922	↓	1022	↓	1122	↓	1222	↓	1322	↓	1422	↓	1522	↓	1622	↓	1722	↓
Great Clifton The Old Ginn House Inn	0635	0727	0757	0827	0927	0952	1027	1054	1127	1154	1227	1254	1327	1354	1427	1454	1527	1554	1627	1654	1727	1754
Workington Bus Station	0645	0737	0807	0837	0937	1002	1037	1104	1137	1204	1237	1304	1337	1404	1437	1504	1537	1604	1637	1704	1737	1804



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For winter 2025/26, the frequency between Keswick & Penrith is improved due to financial support from Westmorland & Furness Council

Key

- Railway station
- On school days this journey operates via Crosthwaite Road, instead of Penrith Road.
- To comply with driver's hours regulations, these buses connect at Keswick. The connection is guaranteed, through fares are available and passengers can stay on the bus which operates through.

Mondays to Saturdays excluding Christmas Day, Boxing Day & New Year's Day

Route number	X5	X4	X5	X4	X5	X4	X5	X5	X5	X5
Penrith Bus Station stand 3	1645	1720	1750	1820	1850	1920	1950	2030	2130	
Penrith Railway Station	1650	1725	1755	1825	1855	1925	1955	2035	2135	
Rheged	✓	1733	✓	1833	✓	1933	✓	✓	✓	
Stainton Methodist Church	1700	✓	1805	✓	1905	✓	2003	2043	2143	
Penruddock Herdwick Inn	✓	1742	✓	1842	✓	1942	✓	2049	2149	
Troutbeck Road end A66	1710	1747	1815	1847	1915	1947	2013	2053	2153	
Threlkeld Horse and Farrier	1718	1755	1823	1855	1923	1955	2021	2101	2201	
Keswick Bus Station arrive	1730	1807	1835	1907	1935	2007	2032	2113	2213	
Same bus - no need to change	🕒	🕒	🕒	🕒	🕒	🕒	🕒	🕒	🕒	
Keswick Bus Station stand 1 depart	1737	1815	1845	1915	1945	2015	2045	2120	2220	0015
Bassenthwaite village A591	↓	1829	↓	1929	↓	2029	↓	↓	↓	↓
Castle Inn	↓	1832	↓	1932	↓	2032	↓	↓	↓	↓
Lakes Distillery	↓	1835	↓	1935	↓	2035	↓	↓	↓	↓
Braithwaite Police Station	1744	↓	1852	↓	1952	↓	2052	2127	2227	0022
Thornthwaite Swan Hotel	1748	↓	1856	↓	1956	↓	2056	2131	2231	0026
Dubwath Brathay Hill	1754	1838	1902	1938	2000	2038	2100	2135	2235	0030
Cockermouth Main Street	1805	1849	1913	1949	2011	2049	2111	2146	2246	0041
Cockermouth Low Road	✓	1852	✓	1952	✓	2052	✓	✓	✓	✓
Cockermouth Oakhurst	1811	↓	1919	↓	2016	↓	2116	2151	2251	0046
Brigham Low Road	1817	↓	1925	↓	2021	↓	2121	2156	2256	0051
Bridgefoot	1822	↓	1930	↓	2025	↓	2125	2200	2300	0055
Great Clifton The Old Ginn House Inn	1827	1902	1935	2002	2029	2102	2129	2204	2304	0059
Workington Bus Station	1837	1912	1945	2012	2039	2112	2139	2214	2314	0109

Sundays

Route number	X5	X5
Penrith Bus Station stand 3	0915	1915
Penrith Railway Station	0920	1920
Rheged	0928	1928
Stainton Methodist Church	0933	1933
Penruddock Herdwick Inn	0940	1940
Troutbeck Road end A66	0945	1945
Threlkeld Horse and Farrier	0953	1953
Keswick Bus Station arrive	1005	2005
Same bus - no need to change	🕒	🕒
Keswick Bus Station stand 1 depart	1010	2010
Braithwaite Police Station	1017	2017
Thornthwaite Swan Hotel	1021	2021
Dubwath Brathay Hill	1027	2027
Cockermouth Main Street	1039	2039
Cockermouth Oakhurst	1044	2044
Brigham Low Road	1050	2050
Bridgefoot	1055	2055
Great Clifton The Old Ginn House Inn	1100	2100
Workington Bus Station	1110	2110

Then every 60 mins until



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Key

- Railway station
- This journey operates Friday & Saturday nights only.
- To comply with driver's hours regulations, these buses connect at Keswick. The connection is guaranteed, through fares are available and passengers can stay on the bus which operates through.

MONDAY TO SATURDAY (excluding Bank Holidays)									
	X7	7	X7	7	7	X7	7	X7	7
Whitehaven Duke Street	0855	-	1228	-	-	1647	-	-	-
Hensingham Holly Terrace	0901	-	1234	-	-	1653	-	-	-
West Cumberland Hospital	0907	-	1240	-	-	1659	-	-	-
Egremont Main Street	0918	-	1251	-	-	1710	-	1851	-
Thornhill A595	0923	-	1256	-	-	1715	-	1856	-
Beckermest	0928	-	1301	-	-	1720	-	1901	-
Calder Bridge	0938	-	1311	-	-	1730	-	1911	-
Gosforth Petton Place	0943	-	1316	-	-	1735	-	1916	-
Seascale Bowling Green	0949	-	1322	-	-	1741	-	1921	-
Ravenglass Railway Station 	0957	-	1330	-	-	1749	-	1928	-
Same bus - no need to change									
Ravenglass Railway Station 	0959	-	1332	-	-	1751	-	1930	-
Muncaster Castle Car Park	1002	-	1335	-	-	1754	-	1933	-
Bootle Primary School	1014	-	1347	-	-	1806	-	1945	-
Whitbeck St Marys Church	1019	-	1352	-	-	1811	-	1950	-
Haverigg Main Street	1029	-	1402	-	-	1821	-	2000	-
Millom Market Square	1034	-	1407	-	-	1826	-	2005	-
Same bus - no need to change									
Millom Market Square	-	1036	-	1409	1621	-	1828	-	2007
The Hill White Horse Inn	-	1042	-	1415	1627	-	1834	-	2013
Broughton-in-Furness Market Square	-	1057	-	1430	1642	-	1849	-	2028
Grizebeck The Greyhound	-	1112	-	1445	1657	-	1904	-	2043
Kirkby-in-Furness The Commercial Inn	-	1117	-	1450	1702	-	1909	-	2048
Askam-in-Furness Railway Station 	-	1129	-	1502	1714	-	1921	-	2100
Barrow ASDA	-	1141	-	1514	1726	-	1933	-	2112
Barrow Town Hall Stand A	-	1149	-	1522	1734	-	1941	-	2120



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Key

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- Stop not served

MONDAY TO SATURDAY (excluding Bank Holidays)									
	7	X7	7	7	X7	7	X7	7	X7
Barrow Town Hall Stand A	0542	-	0708	0842	-	1252	-	1552	-
Barrow Asda	0551	-	0717	0851	-	1301	-	1601	-
Askam-in-Furness Railway Station 	0604	-	0730	0904	-	1314	-	1614	-
Kirkby-in-Furness The Commercial Inn	0616	-	0742	0916	-	1326	-	1626	-
Grizebeck Service Station	0621	-	0747	0921	-	1331	-	1631	-
Broughton-in-Furness Market Square	0633	-	0759	0933	-	1343	-	1643	-
The Hill White Horse Inn	0647	-	0713	0947	-	1357	-	1657	-
Millom Market Square	0652	-	0818	0952	-	1402	-	1702	-
Same bus - no need to change									
Millom Market Square	-	0654	-	-	0954	-	1404	-	1704
Haverigg Main Street	-	0700	-	-	1000	-	1410	-	1710
Whitbeck St Marys Church	-	0710	-	-	1010	-	1420	-	1720
Bootle Primary School	-	0715	-	-	1015	-	1425	-	1725
Muncaster Castle Car Park	-	0726	-	-	1026	-	1436	-	1736
Ravenglass Railway Station 	-	0729	-	-	1029	-	1439	-	1739
Same bus - no need to change									
Ravenglass Railway Station 	-	0731	-	-	1031	-	1441	-	1741
Seascale St Cuthberts Church	-	0739	-	-	1039	-	1449	-	1749
Gosforth Petton Place	-	0745	-	-	1045	-	1455	-	1755
Calder Bridge	-	0750	-	-	1050	-	1500	-	1800
Beckermest	-	0802	-	-	1100	-	1512	-	1810
Thornhill A595	-	0808	-	-	1105	-	1518	-	1815
Egremont Main Street	-	0815	-	-	1111	-	1525	-	1820
West Cumberland Hospital	-	0825	-	-	1119	-	1535	-	-
Hensingham Square	-	0833	-	-	1125	-	1543	-	-
Whitehaven Lowther Street	-	0843	-	-	1134	-	1553	-	-



Whitehaven
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