

| MONDAY TO SATURDAY (excluding public holidays) |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
|------------------------------------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| Thornhill                                      | -    | -    | -    | -    | 0511 | -    | -    | 0602 | -    | -    | -    | 0655 | 0700 | -    | -    |
| Egremont Main Street                           | -    | -    | -    | -    | 0517 | -    | -    | 0608 | -    | -    | -    | 0701 | 0706 | -    | -    |
| West Cumberland Hospital                       | -    | -    | -    | -    | 0529 | -    | -    | 0620 | -    | -    | -    | 0713 | 0718 | -    | -    |
| Hensingham The Square                          | -    | -    | -    | -    | 0534 | -    | -    | 0625 | -    | -    | -    | 0718 | 0723 | -    | -    |
| Frizington Harras Villas                       | -    | -    | -    | -    | -    | -    | 0539 | -    | -    | 0631 | -    | -    | -    | -    | 0707 |
| Cleator Moor Square                            | -    | -    | -    | -    | -    | -    | 0551 | -    | -    | 0643 | -    | -    | -    | -    | 0719 |
| Hensingham Caldbeck Road                       | -    | -    | -    | -    | -    | -    | 0600 | -    | -    | 0652 | -    | -    | -    | -    | 0728 |
| Whitehaven Lowther Street                      | 0453 | -    | 0521 | -    | 0543 | -    | 0613 | 0634 | -    | 0705 | -    | 0728 | 0733 | -    | 0743 |
| Distington Brookfield                          | 0506 | -    | 0534 | -    | 0556 | -    | 0626 | 0647 | -    | 0718 | -    | 0741 | 0746 | -    | 0756 |
| Lakes College                                  | -    | -    | -    | -    | -    | -    | -    | -    | -    | -    | -    | 0745 | 0750 | -    | 0800 |
| Harrington Beckstone Bridge                    | 0513 | -    | 0541 | -    | 0603 | -    | 0633 | 0654 | -    | 0727 | -    | 0750 | 0755 | -    | 0805 |
| Workington Bus Station Stand E                 | 0416 | 0526 | -    | 0554 | -    | 0616 | -    | 0647 | 0709 | -    | 0743 | -    | 0806 | 0811 | -    |
| Siddick                                        | 0422 | 0532 | -    | 0600 | -    | 0622 | -    | 0653 | 0715 | -    | 0749 | -    | 0812 | 0817 | -    |
| Ewanrigg New Bridge Street                     | -    | -    | 0528 | -    | 0551 | -    | 0621 | -    | -    | 0724 | -    | 0739 | -    | -    | 0809 |
| Maryport Curzon Street                         | -    | -    | 0537 | -    | 0600 | -    | 0630 | -    | -    | 0733 | -    | 0748 | -    | -    | 0818 |
| Maryport B&M Bargains                          | 0435 | 0545 | -    | 0613 | -    | 0636 | -    | 0707 | 0729 | -    | 0804 | -    | 0827 | 0832 | -    |
| Aspatia Market Square                          | 0449 | 0559 | -    | 0627 | -    | 0650 | -    | 0721 | 0744 | -    | 0819 | -    | 0842 | 0847 | -    |
| Wigton King Street                             | 0512 | 0622 | -    | 0650 | -    | 0713 | -    | 0744 | 0808 | -    | 0844 | -    | 0907 | 0912 | -    |
| Carlisle Bus Station                           | 0541 | 0651 | -    | 0719 | -    | 0744 | -    | 0814 | 0838 | -    | 0914 | -    | 0937 | 0942 | -    |

Key

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Stop not served

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

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This journey operates Monday to Friday only

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This journey operates Saturday only

For intermediate times between Maryport & Carlisle see 300 timetable

| MONDAY TO SATURDAY (excluding public holidays) |      |      |      |      |                                                     |    |    |    |      |       |      |      |      |      |      |      |
|------------------------------------------------|------|------|------|------|-----------------------------------------------------|----|----|----|------|-------|------|------|------|------|------|------|
| Thornhill                                      | 0725 | -    | 0755 | -    | Then<br>at<br>these<br>mins<br>past<br>each<br>hour | 25 | -  | 55 | -    | Until | 1425 | -    | 1455 | -    | 1525 | -    |
| Egremont Main Street                           | 0731 | -    | 0801 | -    |                                                     | 31 | -  | 01 | -    |       | 1432 | -    | 1502 | -    | 1532 | -    |
| West Cumberland Hospital                       | 0743 | -    | 0813 | -    |                                                     | 43 | -  | 13 | -    |       | 1446 | -    | 1516 | -    | 1546 | -    |
| Hensingham The Square                          | 0748 | -    | 0818 | -    |                                                     | 48 | -  | 18 | -    |       | 1451 | -    | 1521 | -    | 1551 | -    |
| Frizington Harras Villas                       | -    | 0737 | -    | 0757 |                                                     | -  | 37 | -  | 07   |       | -    | 1437 | -    | 1512 | -    | 1542 |
| Cleator Moor Square                            | -    | 0749 | -    | 0809 |                                                     | -  | 49 | -  | 19   |       | -    | 1449 | -    | 1524 | -    | 1554 |
| Hensingham Caldbeck Road                       | -    | 0758 | -    | 0818 |                                                     | -  | 58 | -  | 28   |       | -    | 1458 | -    | 1533 | -    | 1603 |
| Whitehaven Lowther Street                      | 0758 | 0813 | 0828 | 0843 |                                                     | 58 | 13 | 28 | 43   |       | 1503 | 1513 | 1533 | 1549 | 1603 | 1619 |
| Distington Brookfield                          | 0811 | 0826 | 0841 | 0856 |                                                     | 11 | 26 | 41 | 56   |       | 1516 | 1526 | 1546 | 1602 | 1616 | 1632 |
| Lakes College                                  | 0815 | 0830 | 0845 | 0900 |                                                     | 15 | 30 | 45 | 00   |       | 1520 | 1530 | 1550 | 1606 | 1620 | 1636 |
| Harrington Beckstone Bridge                    | 0820 | 0835 | 0850 | 0905 |                                                     | 20 | 35 | 50 | 05   |       | 1525 | 1535 | 1555 | 1611 | 1625 | 1641 |
| Workington Bus Station Stand E                 | 0836 | 0851 | 0906 | 0921 |                                                     | 36 | 51 | 06 | 21   |       | 1541 | 1551 | 1611 | 1627 | 1641 | 1657 |
| Siddick                                        | 0842 | 0857 | 0912 | 0927 |                                                     | 42 | 57 | 12 | 27   |       | 1547 | 1557 | 1617 | 1633 | 1647 | 1703 |
| Ewanrigg New Bridge Street                     | -    | 0909 | -    | 0939 | -                                                   | 09 | -  | 39 | -    | 1609  | -    | 1645 | -    | 1715 |      |      |
| Maryport Curzon Street                         | -    | 0918 | 0924 | 0948 | -                                                   | 18 | -  | 48 | -    | 1618  | -    | 1654 | -    | 1724 |      |      |
| Maryport B&M Bargains                          | 0857 | -    | 0927 | -    | 57                                                  | -  | 27 | -  | 1602 | -     | 1632 | -    | 1702 | -    |      |      |
| Aspatia Market Square                          | 0912 | -    | 0942 | -    | 12                                                  | -  | 42 | -  | 1617 | -     | 1647 | -    | 1717 | -    |      |      |
| Wigton King Street                             | 0937 | -    | 1007 | -    | 37                                                  | -  | 07 | -  | 1642 | -     | 1712 | -    | 1742 | -    |      |      |
| Carlisle Bus Station                           | 1007 | -    | 1037 | -    | 07                                                  | -  | 37 | -  | 1712 | -     | 1742 | -    | 1812 | -    |      |      |

Key

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Stop not served

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

This journey operates Monday to Friday only

For intermediate times between Maryport & Carlisle see 300 timetable

| MONDAY TO SATURDAY (excluding public holidays) |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
|------------------------------------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| Thornhill                                      | 1555 | -    | 1625 | -    | 1655 | -    | 1725 | -    | 1755 | -    | 1830 | -    | 1900 | -    | 1930 | -    |
| Egremont Main Street                           | 1602 | -    | 1632 | -    | 1702 | -    | 1732 | -    | 1802 | -    | 1837 | -    | 1906 | -    | 1936 | -    |
| West Cumberland Hospital                       | 1616 | -    | 1646 | -    | 1716 | -    | 1746 | -    | 1816 | -    | 1849 | -    | 1918 | -    | 1948 | -    |
| Hensingham The Square                          | 1621 | -    | 1651 | -    | 1721 | -    | 1752 | -    | 1822 | -    | 1854 | -    | 1923 | -    | 1953 | -    |
| Frizington Harras Villas                       | -    | 1612 | -    | 1642 | -    | 1712 | -    | 1742 | -    | 1812 | -    | 1842 | -    | 1910 | -    | 2000 |
| Cleator Moor Square                            | -    | 1624 | -    | 1654 | -    | 1724 | -    | 1754 | -    | 1824 | -    | 1854 | -    | 1922 | -    | 2012 |
| Hensingham Caldbeck Road                       | -    | 1633 | -    | 1703 | -    | 1733 | -    | 1803 | -    | 1833 | -    | 1903 | -    | 1931 | -    | 2021 |
| Whitehaven Lowther Street                      | 1633 | 1649 | 1703 | 1719 | 1733 | 1748 | 1803 | 1818 | 1833 | 1847 | 1903 | 1917 | 1932 | 1942 | 2002 | -    |
| Distington Brookfield                          | 1646 | 1702 | 1716 | 1732 | 1746 | 1801 | 1816 | 1831 | 1846 | 1900 | 1916 | 1930 | 1945 | -    | 2015 | -    |
| Lakes College                                  | 1650 | 1706 | 1720 | 1736 | 1750 | -    | 1820 | -    | 1850 | -    | -    | -    | -    | -    | -    | -    |
| Harrington Beckstone Bridge                    | 1655 | 1711 | 1725 | 1741 | 1755 | 1808 | 1825 | -    | 1855 | -    | 1923 | -    | 1952 | -    | 2022 | -    |
| Workington Bus Station Stand E                 | 1711 | 1727 | 1737 | 1757 | 1811 | 1819 | 1840 | -    | 1910 | -    | 1940 | -    | 2003 | -    | 2040 | -    |
| Siddick                                        | 1717 | 1733 | -    | 1803 | 1817 | -    | 1846 | -    | 1916 | -    | 1946 | -    | -    | -    | 2046 | -    |
|                                                |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| Ewanrigg New Bridge Street                     | -    | 1745 | -    | 1815 | -    | -    | 1857 | -    | 1927 | -    | -    | -    | -    | -    | -    | -    |
| Maryport Curzon Street                         | -    | 1754 | -    | 1823 | -    | -    | 1903 | -    | 1935 | -    | -    | -    | -    | -    | -    | -    |
| Maryport B&M Bargains                          | 1732 | -    | -    | -    | 1832 | -    | -    | -    | -    | -    | 2000 | -    | -    | -    | 2100 | -    |
| Aspatria Market Square                         | 1747 | -    | -    | -    | 1847 | -    | -    | -    | -    | -    | 2014 | -    | -    | -    | 2114 | -    |
| Wigton King Street                             | 1812 | -    | -    | -    | 1912 | -    | -    | -    | -    | -    | 2038 | -    | -    | -    | 2138 | -    |
| Carlisle Bus Station                           | 1842 | -    | -    | -    | 1942 | -    | -    | -    | -    | -    | 2105 | -    | -    | -    | 2205 | -    |

Key

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Stop not served

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

For intermediate times between Maryport & Carlisle see 300 timetable

| MONDAY TO SATURDAY (excluding public holidays) |      |      |      |      |      |      |
|------------------------------------------------|------|------|------|------|------|------|
| Thornhill                                      | 2030 | -    | 2130 | -    | 2230 | 2340 |
| Egremont Main Street                           | 2036 | -    | 2136 | -    | 2236 | 2346 |
| West Cumberland Hospital                       | 2048 | -    | 2148 | -    | 2248 | 2352 |
| Hensingham The Square                          | 2053 | -    | 2153 | -    | 2253 | 2357 |
| Frizington Harras Villas                       | -    | 2100 | -    | 2210 | -    | -    |
| Cleator Moor Square                            | -    | 2112 | -    | 2222 | -    | -    |
| Hensingham Caldbeck Road                       | -    | 2121 | -    | 2231 | -    | -    |
| Whitehaven Lowther Street                      | 2102 | 2132 | 2202 | 2242 | 2303 | 0006 |
| Distington Brookfield                          | 2115 | -    | 2215 | -    | 2315 | 0019 |
| Lakes College                                  | -    | -    | -    | -    | -    | -    |
| Harrington Beckstone Bridge                    | 2122 | -    | 2222 | -    | 2322 | -    |
| Workington Bus Station Stand E                 | 2140 | -    | 2234 | -    | 2334 | -    |
| Siddick                                        | 2146 | -    | 2240 | -    | 2340 | -    |
| Ewanrigg New Bridge Street                     | -    | -    | 2251 | -    | 2351 | -    |
| Maryport Curzon Street                         | -    | -    | 2259 | -    | 2359 | -    |
| Maryport B&M Bargains                          | 2200 | -    | -    | -    | -    | -    |
| Aspatria Market Square                         | 2214 | -    | -    | -    | -    | -    |
| Wigton King Street                             | 2238 | -    | -    | -    | -    | -    |
| Carlisle Bus Station                           | 2305 | -    | -    | -    | -    | -    |

Key

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Stop not served

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

For intermediate times between Maryport & Carlisle see 300 timetable

| SUNDAY (including public holidays) |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
|------------------------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| Thornhill                          | -    | -    | -    | -    | 0840 | -    | 0940 | -    | 1040 | -    | 1140 | -    | 1240 | -    | 1340 | -    |
| Egremont Main Street               | -    | -    | -    | -    | 0846 | -    | 0946 | -    | 1046 | -    | 1146 | -    | 1246 | -    | 1346 | -    |
| West Cumberland Hospital           | -    | -    | -    | -    | 0858 | -    | 0958 | -    | 1058 | -    | 1158 | -    | 1258 | -    | 1358 | -    |
| Hensingham The Square              | -    | -    | -    | -    | 0903 | -    | 1003 | -    | 1103 | -    | 1203 | -    | 1303 | -    | 1403 | -    |
| Frizington Harras Villas           | -    | -    | -    | -    | -    | 0910 | -    | 1010 | -    | 1110 | -    | 1210 | -    | 1310 | -    | 1410 |
| Cleator Moor Square                | -    | -    | -    | -    | -    | 0922 | -    | 1022 | -    | 1122 | -    | 1222 | -    | 1322 | -    | 1422 |
| Hensingham Caldbeck Road           | -    | -    | -    | -    | -    | 0931 | -    | 1031 | -    | 1131 | -    | 1231 | -    | 1331 | -    | 1431 |
| Whitehaven Lowther Street          | 0715 | -    | 0815 | -    | 0915 | 0945 | 1015 | 1045 | 1115 | 1145 | 1215 | 1245 | 1315 | 1345 | 1415 | 1445 |
| Distington Brookfield              | 0728 | -    | 0828 | -    | 0928 | 0958 | 1028 | 1058 | 1128 | 1158 | 1228 | 1258 | 1328 | 1358 | 1428 | 1458 |
| Harrington Beckstone Bridge        | 0735 | -    | 0835 | -    | 0935 | 1005 | 1035 | 1105 | 1135 | 1205 | 1235 | 1305 | 1335 | 1405 | 1435 | 1505 |
| Workington Bus Station Stand E     | 0751 | -    | 0851 | -    | 0951 | 1021 | 1051 | 1121 | 1151 | 1221 | 1251 | 1321 | 1351 | 1421 | 1451 | 1521 |
| Siddick                            | 0757 | -    | 0857 | -    | 0957 | 1027 | 1057 | 1127 | 1157 | 1227 | 1257 | 1327 | 1357 | 1427 | 1457 | 1527 |
| Ewanrigg New Bridge Street         | -    | 0853 | -    | 0953 | -    | 1039 | -    | 1139 | -    | 1239 | -    | 1339 | -    | 1439 | -    | 1539 |
| Maryport Curzon Street             | -    | 0902 | -    | 1002 | -    | 1048 | -    | 1148 | -    | 1248 | -    | 1348 | -    | 1448 | -    | 1548 |
| Maryport B&M Bargains              | 0811 | -    | 0911 | -    | 1011 | -    | 1111 | -    | 1211 | -    | 1311 | -    | 1411 | -    | 1511 | -    |
| Aspatia Market Square              | 0826 | -    | 0926 | -    | 1026 | -    | 1126 | -    | 1226 | -    | 1326 | -    | 1426 | -    | 1526 | -    |
| Wigton King Street                 | 0850 | -    | 0950 | -    | 1050 | -    | 1150 | -    | 1250 | -    | 1350 | -    | 1450 | -    | 1550 | -    |
| Carlisle Bus Station               | 0919 | -    | 1019 | -    | 1119 | -    | 1219 | -    | 1319 | -    | 1419 | -    | 1519 | -    | 1619 | -    |

Key

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Stop not served

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

For intermediate times between Maryport & Carlisle see 300 timetable

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



Funded by  
UK Government

| SUNDAY (including public holidays) |      |      |      |      |      |      |      |      |      |
|------------------------------------|------|------|------|------|------|------|------|------|------|
| Thornhill                          | 1440 | -    | 1540 | -    | 1640 | -    | 1740 | -    | 1840 |
| Egremont Main Street               | 1446 | -    | 1546 | -    | 1646 | -    | 1746 | -    | 1846 |
| West Cumberland Hospital           | 1458 | -    | 1558 | -    | 1658 | -    | 1758 | -    | 1858 |
| Hensingham The Square              | 1503 | -    | 1603 | -    | 1703 | -    | 1803 | -    | 1903 |
| Frizington Harras Villas           | -    | 1510 | -    | 1610 | -    | 1710 | -    | 1810 | -    |
| Cleator Moor Square                | -    | 1522 | -    | 1622 | -    | 1722 | -    | 1822 | -    |
| Hensingham Caldbeck Road           | -    | 1531 | -    | 1631 | -    | 1731 | -    | 1831 | -    |
| Whitehaven Lowther Street          | 1515 | 1545 | 1615 | 1645 | 1715 | 1745 | 1815 | 1845 | 1915 |
| Distington Brookfield              | 1528 | 1558 | 1628 | 1658 | 1728 | 1758 | -    | 1858 | 1928 |
| Harrington Beckstone Bridge        | 1535 | 1605 | 1635 | 1705 | 1735 | -    | 1835 | -    | -    |
| Workington Bus Station Stand E     | 1551 | 1621 | 1651 | 1721 | 1751 | -    | 1851 | -    | -    |
| Siddick                            | 1557 | 1627 | 1657 | 1727 | 1757 | -    | 1857 | -    | -    |
| Ewanrigg New Bridge Street         | -    | 1639 | -    | 1739 | 1809 | -    | -    | -    | -    |
| Maryport Curzon Street             | -    | 1648 | -    | 1748 | 1818 | -    | 1909 | -    | -    |
| Maryport B&M Bargains              | 1611 | -    | 1711 | -    | -    | -    | 1911 | -    | -    |
| Aspatria Market Square             | 1626 | -    | 1726 | -    | -    | -    | 1926 | -    | -    |
| Wigton King Street                 | 1650 | -    | 1750 | -    | -    | -    | 1950 | -    | -    |
| Carlisle Bus Station               | 1719 | -    | 1819 | -    | -    | -    | 2019 | -    | -    |

Key

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Stop not served

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

For intermediate times between Maryport & Carlisle see 300 timetable



| MONDAY TO SATURDAY (excluding public holidays) |      |      |      |      |      |      |      |      |      |      |      |      |      |           |
|------------------------------------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|-----------|
| Carlisle Bus Station stand 3                   | -    | -    | -    | -    | -    | -    | -    | -    | -    | -    | 0555 | -    | -    | -         |
| Wigton King Street                             | -    | -    | -    | -    | -    | -    | -    | -    | -    | -    | 0626 | -    | -    | -         |
| Aspatia Market Square                          | -    | -    | -    | -    | -    | -    | -    | -    | -    | -    | 0645 | -    | -    | -         |
| Ewanrigg New Bridge Street                     | -    | -    | -    | 0528 | -    | 0551 | -    | 0621 | -    | -    | -    | -    | 0709 | 0724 0739 |
| Maryport Curzon Street                         | -    | -    | -    | 0539 | -    | 0602 | -    | 0632 | -    | -    | 0700 | -    | 0720 | 0735 0750 |
| Siddick                                        | -    | -    | -    | 0545 | -    | 0608 | -    | 0638 | -    | -    | 0708 | -    | 0728 | 0743 0758 |
| Workington Bus Station Stand D                 | -    | -    | -    | 0552 | -    | 0616 | -    | 0646 | -    | -    | 0716 | -    | 0737 | 0756 0811 |
| Harrington Beckstone Bridge                    | -    | -    | -    | 0604 | -    | 0627 | -    | 0657 | -    | -    | 0727 | -    | 0748 | 0808 0823 |
| Distington Brookfield                          | 0458 | 0520 | 0551 | 0612 | 0622 | 0636 | 0652 | 0706 | -    | -    | 0736 | -    | 0757 | 0817 0832 |
| Whitehaven Duke Street                         | 0512 | 0534 | 0605 | 0626 | 0636 | 0650 | 0706 | 0722 | 0726 | 0736 | 0752 | 0805 | 0813 | 0833 0848 |
| Hensingham The Square                          | -    | 0540 | -    | 0632 | -    | 0656 | -    | 0728 | -    | -    | 0758 | -    | 0819 | - 0854    |
| West Cumberland Hospital                       | -    | 0545 | -    | 0637 | -    | 0701 | -    | 0733 | -    | -    | 0803 | -    | 0824 | - 0859    |
| Egremont Main Street                           | -    | 0556 | -    | 0648 | -    | 0712 | -    | 0746 | -    | -    | 0816 | -    | 0837 | - 0912    |
| Thornhill                                      | -    | 0601 | -    | 0653 | -    | 0717 | -    | 0751 | -    | -    | 0821 | -    | 0842 | - 0917    |
| Hensingham Caldbeck Road                       | 0522 | -    | 0614 | -    | 0646 | -    | 0716 | -    | 0736 | 0746 | -    | 0815 | -    | 0843 -    |
| Cleator Moor Square                            | 0531 | -    | 0623 | -    | 0655 | -    | 0725 | -    | 0745 | 0755 | -    | 0825 | -    | 0852 -    |
| Frizington Harras Villas                       | 0538 | -    | 0630 | -    | 0705 | -    | 0735 | -    | 0755 | 0805 | -    | 0835 | -    | 0902 -    |

Key

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Stop not served

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

-.-.-.-

This journey operates Monday to Friday only

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This journey operates Saturday only

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For intermediate times between Carlisle & Maryport see 300 timetable

| MONDAY TO SATURDAY (excluding public holidays) |      |      |      |      |      |      |      |                                                     |    |    |    |      |       |      |      |      |      |
|------------------------------------------------|------|------|------|------|------|------|------|-----------------------------------------------------|----|----|----|------|-------|------|------|------|------|
| Carlisle Bus Station stand 3                   | 0655 | -    | 0725 | -    | 0755 | -    | 0825 | Then<br>at<br>these<br>mins<br>past<br>each<br>hour | -  | 55 | -  | 25   | Until | -    | 1500 | -    | 1530 |
| Wigton King Street                             | 0727 | -    | 0758 | -    | 0828 | -    | 0857 |                                                     | -  | 27 | -  | 57   |       | -    | 1532 | -    | 1608 |
| Aspatria Market Square                         | 0747 | -    | 0818 | -    | 0847 | -    | 0917 |                                                     | -  | 47 | -  | 17   |       | -    | 1552 | -    | 1628 |
| Ewanrigg New Bridge Street                     | -    | 0809 | -    | 0839 | -    | 0909 | -    |                                                     | 39 | -  | 09 | -    |       | 1539 | -    | 1609 | -    |
| Maryport Curzon Street                         | 0805 | 0820 | 0835 | 0850 | 0905 | 0920 | 0935 |                                                     | 50 | 05 | 20 | 35   |       | 1555 | 1610 | 1625 | 1640 |
| Siddick                                        | 0813 | 0828 | 0843 | 0858 | 0913 | 0928 | 0943 |                                                     | 58 | 13 | 28 | 43   |       | 1603 | 1618 | 1633 | 1648 |
| Workington Bus Station Stand D                 | 0826 | 0841 | 0856 | 0911 | 0926 | 0941 | 0956 |                                                     | 11 | 26 | 41 | 56   |       | 1616 | 1631 | 1646 | 1701 |
| Harrington Beckstone Bridge                    | 0838 | 0853 | 0908 | 0923 | 0938 | 0953 | 1008 |                                                     | 23 | 38 | 53 | 08   |       | 1628 | 1643 | 1658 | 1713 |
| Distington Brookfield                          | 0847 | 0902 | 0917 | 0932 | 0947 | 1002 | 1017 |                                                     | 32 | 47 | 02 | 17   |       | 1637 | 1652 | 1707 | 1722 |
| Whitehaven Duke Street                         | 0903 | 0918 | 0933 | 0948 | 1003 | 1018 | 1033 |                                                     | 48 | 03 | 18 | 33   |       | 1653 | 1708 | 1723 | 1738 |
| Hensingham The Square                          | -    | 0924 | -    | 0954 | -    | 1024 | -    | 54                                                  | -  | 24 | -  | 1659 | -     | 1729 | -    |      |      |
| West Cumberland Hospital                       | -    | 0929 | -    | 0959 | -    | 1029 | -    | 59                                                  | -  | 29 | -  | 1704 | -     | 1734 | -    |      |      |
| Egremont Main Street                           | -    | 0942 | -    | 1012 | -    | 1042 | -    | 12                                                  | -  | 42 | -  | 1717 | -     | 1747 | -    |      |      |
| Thornhill                                      | -    | 0947 | -    | 1017 | -    | 1047 | -    | 17                                                  | -  | 47 | -  | 1722 | -     | 1752 | -    |      |      |
| Hensingham Caldbeck Road                       | 0913 | -    | 0943 | -    | 1013 | -    | 1043 | -                                                   | 13 | -  | 43 | -    | 1718  | -    | 1748 |      |      |
| Cleator Moor Square                            | 0922 | -    | 0952 | -    | 1022 | -    | 1052 | -                                                   | 22 | -  | 52 | -    | 1727  | -    | 1757 |      |      |
| Frizington Harras Villas                       | 0932 | -    | 1002 | -    | 1032 | -    | 1102 | -                                                   | 32 | -  | 02 | -    | 1737  | -    | 1807 |      |      |

Key

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Stop not served

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

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This journey operates Monday to Friday only

For intermediate times between Carlisle & Maryport see 300 timetable

| MONDAY TO SATURDAY (excluding public holidays) |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
|------------------------------------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| Carlisle Bus Station stand 3                   | -    | 1600 | -    | 1630 | -    | 1700 | 1730 | -    | 1800 | 1830 | 1900 | -    | 2000 | 2115 | 2215 | 2315 |
| Wigton King Street                             | -    | 1633 | -    | 1703 | -    | 1732 | 1802 | -    | 1831 | 1901 | 1931 | -    | 2031 | 2146 | 2246 | 2346 |
| Aspatria Market Square                         | -    | 1653 | -    | 1723 | -    | 1752 | 1822 | -    | 1851 | 1921 | 1951 | -    | 2050 | 2205 | 2305 | 0005 |
| Ewanrigg New Bridge Street                     | 1645 | -    | 1715 | -    | 1745 | -    | -    | -    | -    | -    | -    | -    | -    | -    | -    | -    |
| Maryport Curzon Street                         | 1655 | 1710 | 1725 | 1740 | 1755 | 1810 | 1839 | -    | 1906 | 1936 | 2006 | -    | 2106 | 2220 | 2320 | 0020 |
| Siddick                                        | 1703 | 1718 | 1733 | 1748 | 1803 | 1818 | 1847 | -    | 1912 | 1942 | 2012 | -    | 2112 | 2226 | 2326 | 0026 |
| Workington Bus Station Stand D                 | 1716 | 1731 | 1746 | 1801 | 1816 | 1825 | 1854 | 1856 | 1922 | 1952 | 2022 | -    | 2122 | 2237 | 2337 | 0032 |
| Harrington Beckstone Bridge                    | 1728 | 1743 | 1758 | 1813 | 1828 | -    | -    | 1907 | 1933 | 2003 | 2033 | -    | 2133 | 2248 | 2348 | -    |
| Distington Brookfield                          | 1737 | 1752 | 1807 | 1822 | 1837 | -    | -    | 1916 | 1942 | 2012 | 2042 | -    | 2142 | 2257 | 2357 | -    |
| Whitehaven Duke Street                         | 1753 | 1808 | 1823 | 1838 | 1853 | -    | -    | 1930 | 1958 | 2030 | 2058 | 2140 | 2158 | 2313 | 2410 | -    |
| Hensingham The Square                          | 1759 | -    | 1829 | -    | 1859 | -    | -    | -    | 2004 | -    | 2104 | -    | 2204 | 2318 | -    | -    |
| West Cumberland Hospital                       | 1804 | -    | 1834 | -    | 1904 | -    | -    | -    | 2009 | -    | 2109 | -    | 2209 | 2323 | -    | -    |
| Egremont Main Street                           | 1817 | -    | 1847 | -    | 1917 | -    | -    | -    | 2020 | -    | 2120 | -    | 2220 | 2334 | -    | -    |
| Thornhill                                      | 1822 | -    | 1852 | -    | 1922 | -    | -    | -    | 2025 | -    | 2125 | -    | 2225 | 2339 | -    | -    |
| Hensingham Caldbeck Road                       | -    | 1818 | -    | 1848 | -    | -    | -    | 1940 | -    | 2040 | -    | 2150 | -    | -    | -    | -    |
| Cleator Moor Square                            | -    | 1827 | -    | 1857 | -    | -    | -    | 1949 | -    | 2049 | -    | 2159 | -    | -    | -    | -    |
| Frizington Harras Villas                       | -    | 1837 | -    | 1907 | -    | -    | -    | 1956 | -    | 2056 | -    | 2206 | -    | -    | -    | -    |

Key

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 Stop not served

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

For intermediate times between Carlisle & Maryport see 300 timetable

| SUNDAY (including public holidays) |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
|------------------------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| Carlisle Bus Station stand 3       | -    | -    | -    | -    | -    | 0925 | -    | 1025 | -    | 1125 | -    | 1225 | -    | 1325 | -    | 1425 |
| Wigton King Street                 | -    | -    | -    | -    | -    | 0957 | -    | 1057 | -    | 1157 | -    | 1257 | -    | 1357 | -    | 1457 |
| Aspatia Market Square              | -    | -    | -    | -    | -    | 1017 | -    | 1117 | -    | 1217 | -    | 1317 | -    | 1417 | -    | 1517 |
| Ewanrigg New Bridge Street         |      |      | 0853 | -    | 0953 | -    | 1039 | -    | 1139 | -    | 1239 | -    | 1339 | -    | 1439 | -    |
| Maryport Curzon Street             | -    | -    | 0904 | -    | 1004 | 1034 | 1104 | 1134 | 1204 | 1234 | 1304 | 1334 | 1404 | 1434 | 1504 | 1534 |
| Siddick                            | -    | -    | 0912 | -    | 1012 | 1042 | 1112 | 1142 | 1212 | 1242 | 1312 | 1342 | 1412 | 1442 | 1512 | 1542 |
| Workington Bus Station Stand D     | -    | 0825 | 0925 | 0955 | 1025 | 1055 | 1125 | 1155 | 1225 | 1255 | 1325 | 1355 | 1425 | 1455 | 1525 | 1555 |
| Harrington Beckstone Bridge        | -    | 0837 | 0937 | 1007 | 1037 | 1107 | 1137 | 1207 | 1237 | 1307 | 1337 | 1407 | 1437 | 1507 | 1537 | 1607 |
| Distington Brookfield              | 0746 | 0846 | 0946 | 1016 | 1046 | 1116 | 1146 | 1216 | 1246 | 1316 | 1346 | 1416 | 1446 | 1516 | 1546 | 1616 |
| Whitehaven Duke Street             | 0803 | 0903 | 1003 | 1033 | 1103 | 1133 | 1203 | 1233 | 1303 | 1333 | 1403 | 1433 | 1503 | 1533 | 1603 | 1633 |
| Hensingham The Square              | 0809 | 0909 | 1009 | -    | 1109 | -    | 1209 | -    | 1309 | -    | 1409 | -    | 1509 | -    | 1609 | -    |
| West Cumberland Hospital           | 0814 | 0914 | 1014 | -    | 1114 | -    | 1214 | -    | 1314 | -    | 1414 | -    | 1514 | -    | 1614 | -    |
| Egremont Main Street               | 0827 | 0927 | 1027 | -    | 1127 | -    | 1227 | -    | 1327 | -    | 1427 | -    | 1527 | -    | 1627 | -    |
| Thornhill                          | 0832 | 0932 | 1032 | -    | 1132 | -    | 1232 | -    | 1332 | -    | 1432 | -    | 1532 | -    | 1632 | -    |
| Hensingham Caldbeck Road           | -    | -    | -    | 1043 | -    | 1143 | -    | 1243 | -    | 1343 | -    | 1443 | -    | 1543 | -    | 1643 |
| Cleator Moor Square                | -    | -    | -    | 1052 | -    | 1152 | -    | 1252 | -    | 1352 | -    | 1452 | -    | 1552 | -    | 1652 |
| Frizington Harras Villas           | -    | -    | -    | 1102 | -    | 1202 | -    | 1302 | -    | 1402 | -    | 1502 | -    | 1602 | -    | 1702 |

Key

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Stop not served

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

For intermediate times between Carlisle & Maryport see 300 timetable

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



| SUNDAY (including public holidays) |      |      |      |      |      |      |      |
|------------------------------------|------|------|------|------|------|------|------|
| Carlisle Bus Station stand 3       | -    | 1525 | -    | 1625 | 1725 | 1825 | 2025 |
| Wigton King Street                 | -    | 1557 | -    | 1657 | 1757 | 1857 | 2057 |
| Aspatria Market Square             | -    | 1617 | -    | 1717 | 1817 | 1917 | 2117 |
| Ewanrigg New Bridge Street         | 1539 | -    | 1639 | -    | -    | -    | -    |
| Maryport Curzon Street             | 1604 | 1634 | 1704 | 1734 | 1834 | 1934 | 2134 |
| Siddick                            | 1612 | 1642 | 1712 | 1742 | 1842 | 1942 | 2142 |
| Workington Bus Station Stand D     | 1625 | 1655 | 1725 | 1755 | 1855 | 1955 | 2155 |
| Harrington Beckstone Bridge        | 1637 | 1707 | 1737 | 1807 | 1907 | 2007 | 2207 |
| Distington Brookfield              | 1646 | 1716 | 1746 | 1816 | 1916 | 2016 | 2216 |
| Whitehaven Duke Street             | 1703 | 1733 | 1803 | 1829 | 1929 | 2029 | 2229 |
| Hensingham The Square              | 1709 | -    | 1809 | -    | -    | -    | -    |
| West Cumberland Hospital           | 1714 | -    | 1814 | -    | -    | -    | -    |
| Egremont Main Street               | 1727 | -    | 1827 | -    | -    | -    | -    |
| Thornhill                          | 1732 | -    | 1832 | -    | -    | -    | -    |
| Hensingham Caldbeck Road           | -    | 1743 | -    | -    | -    | -    | -    |
| Cleator Moor Square                | -    | 1752 | -    | -    | -    | -    | -    |
| Frizington Harras Villas           | -    | 1802 | -    | -    | -    | -    | -    |

Key

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Stop not served

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

For intermediate times between Carlisle & Maryport see 300 timetable