

MONDAY TO SATURDAY (excluding public holidays)

Maryport Curzon Street	-	-	-	-	-	0533	-	0603	0633	-	-	0703	-	0718	0733	0748
Siddick	-	-	-	-	-	0541	-	0611	0641	-	-	0711	-	0726	0741	0756
Workington Bus Station Stand C	-	-	-	-	-	0550	-	0620	0650	-	-	0720	-	0739	0754	0809
Harrington Church Road	-	-	-	-	-	0600	-	0630	0700	-	-	0730	-	0751	0806	0821
Distington Main Street	0510	0522	0537	0540	0547	0610	0622	0640	0710	-	-	0740	0748	0801	0816	0831
Whitehaven Duke Street	0525	0536	0551	0555	0601	0625	0636	0655	0725	0725	0734	0755	0805	0816	0831	0848
Hensingham Square	0531	-	-	0601	-	0631	-	0701	0731	-	-	0801	-	0822	-	0854
West Cumberland Hospital	0536	-	-	0606	-	0636	-	0706	0736	-	-	0806	-	0827	-	0859
Egremont Main Street	0547	-	-	0617	-	0647	-	0717	0747	-	-	0817	-	0840	-	0912
Thornhill	0552	-	-	0622	-	0652	-	0722	0752	-	-	0822	-	0845	-	0917
Hensingham Caldbeck Road	-	0546	0601	-	0611	-	0646	-	-	0735	0744	-	0815	-	0841	-
Cleator Moor The Square	-	0555	0610	-	0620	-	0655	-	-	0744	0753	-	0824	-	0850	-
Frizington Harras Villas	-	0604	0619	-	0629	-	0704	-	-	0753	0802	-	0834	-	0900	-

Key

- Stop not served

This journey operates Monday to Friday only

This journey operates Saturday only

For alternate journeys between Maryport & Workington, please see the 300 Service timetable.

MONDAY TO SATURDAY (excluding public holidays)															
Maryport Curzon Street	0803	0818	0835	Then at these mins past each hour	50	05	20	35	until	1555	1610	1625	1640	1655	1710
Siddick	0811	0826	0843		58	13	28	43		1603	1618	1633	1648	1703	1718
Workington Bus Station Stand C	0824	0839	0856		11	26	41	56		1616	1631	1646	1701	1716	1731
Harrington Church Road	0836	0851	0908		23	38	53	08		1628	1643	1658	1713	1728	1743
Distington Main Street	0846	0901	0918		33	48	03	18		1638	1653	1708	1723	1738	1753
Whitehaven Duke Street	0903	0918	0933		48	03	18	33		1653	1708	1723	1738	1753	1808
Hensingham Square	-	0924	-		54	-	24	-		1659	-	1729	-	1759	-
West Cumberland Hospital	-	0929	-		59	-	29	-		1704	-	1734	-	1804	-
Egremont Main Street	-	0942	-		12	-	42	-		1717	-	1747	-	1817	-
Thornhill	-	0947	-		17	-	47	-		1722	-	1752	-	1822	-
Hensingham Caldbeck Road	0913	-	0943	-	13	-	43	-	1719	-	1749	-	1819		
Cleator Moor The Square	0922	-	0952	-	22	-	52	-	1728	-	1758	-	1828		
Frizington Harras Villas	0932	-	1002	-	32	-	02	-	1738	-	1808	-	1838		

Key

- Stop not served

This journey operates Monday to Friday only

For alternate journeys between Maryport & Workington, please see the service 300 timetable.

MONDAY TO SATURDAY (excluding public holidays)															
Maryport Curzon Street	1725	1740	1755	1810	1825	1845	-	1905	2005	-	2105	2205	2305	0005	
Siddick	1733	1748	1803	1818	1833	1853	-	1913	2013	-	2113	2213	2313	0013	
Workington Bus Station Stand C	1746	1801	1816	1825	1842	1900	-	1922	2022	-	2122	2222	2322	0020	
Harrington Church Road	1758	1813	1828	-	1852	-	-	1932	2032	-	2132	2232	2332	-	
Distington Main Street	1808	1823	1838	-	1902	-	-	1942	2042	-	2142	2242	2342	-	
Whitehaven Duke Street	1823	1838	1853	-	1915	-	1940	1957	2057	2140	2157	2257	2355	-	
Hensingham Square	1829	-	1859	-	-	-	-	2003	2103	-	2203	2303	-	-	
West Cumberland Hospital	1834	-	1904	-	-	-	-	2008	2108	-	2208	2308	-	-	
Egremont Main Street	1847	-	1917	-	-	-	-	2019	2119	-	2219	2319	-	-	
Thornhill	1852	-	1922	-	-	-	-	2024	2124	-	2224	2324	-	-	
Hensingham Caldbeck Road	-	1849	-	-	-	-	1950	-	-	2150	-	-	-	-	
Cleator Moor The Square	-	1858	-	-	-	-	1959	-	-	2159	-	-	-	-	
Frizington Harras Villas	-	1908	-	-	-	-	2008	-	-	2208	-	-	-	-	

SUNDAY (including public holidays)															
Workington Bus Station Stand C	0835	0935	-	1040	1140	-	1240	1340	-	1440	1540	-	1640	1740	1935 2135
Harrington Church Road	0845	0945	-	1050	1150	-	1250	1350	-	1450	1550	-	1650	1750	1945 2145
Distington Main Street	0852	0952	-	1057	1157	-	1257	1357	-	1457	1557	-	1657	1757	1952 2152
Whitehaven Duke Street	0905	1005	1010	1110	1210	1210	1310	1410	1410	1510	1610	1610	1710	1810	2003 2203
Hensingham Square	0912	1012	-	1117	1217	-	1317	1417	-	1517	1617	-	1717	1817	- -
West Cumberland Hospital	0916	1016	-	1121	1221	-	1321	1421	-	1521	1621	-	1721	1821	- -
Egremont Main Street	0927	1027	-	1132	1232	-	1332	1432	-	1532	1632	-	1732	1832	- -
Thornhill	0932	1032	-	1137	1237	-	1337	1437	-	1537	1637	-	1737	1837	- -
Caldbeck Road	-	-	1020	-	-	1220	-	-	1420	-	-	1620	-	-	- -
Cleator Moor Square	-	-	1029	-	-	1229	-	-	1429	-	-	1629	-	-	- -
Frizington Harras Villas	-	-	1038	-	-	1238	-	-	1438	-	-	1638	-	-	- -

Key

- Stop not served

For alternate journeys between Maryport & Workington, please see the service 300 timetable.

MONDAY TO SATURDAY (excluding public holidays)																
Thornhill	-	-	-	-	0555	-	0625	-	-	0655	-	0725	-	0755	-	-
Egremont Main Street	-	-	-	-	0600	-	0630	-	-	0700	-	0731	-	0801	-	-
West Cumberland Hospital	-	-	-	-	0611	-	0641	-	-	0711	-	0743	-	0813	-	-
Hensingham Square	-	-	-	-	0615	-	0645	-	-	0715	-	0748	-	0818	-	-
Frizington Harras Villas	-	-	-	-	-	0605	-	0619	0630	-	0705	-	0735	-	0755	0805
Cleator Moor The Square	-	-	-	-	-	0617	-	0631	0642	-	0717	-	0747	-	0807	0817
Hensingham Caldbeck Road	-	-	-	-	-	0629	-	0640	0654	-	0726	-	0756	-	0816	0826
Whitehaven Lowther Street	-	0500	0530	0600	0622	0637	0652	0652	0704	0724	0743	0758	0813	0828	0843	0843
Distington Main Street	-	0513	0543	0613	0635	0652	0705	0705	0717	0737	0756	0811	0826	0841	0856	0856
Lillyhall Lakes College	-	-	-	-	-	-	-	-	0721	0741	0800	0815	0830	0845	0900	0900
Harrington Church Road	-	0522	0552	0622	0644	0701	0714	0714	0726	0746	0805	0820	0835	0850	0905	0905
Workington Bus Station Stand A	0506	0536	0606	0636	0656	0715	0730	0730	0742	0801	0821	0836	0851	0906	0921	0921
Siddick	0512	0542	0612	0642	0702	0721	0736	0736	0748	0807	0827	0842	0857	0912	0927	0927
Ellenborough Main Street	0523	0553	0623	0653	0713	0733	0748	0748	0800	0819	0839	0854	0909	0924	0939	0939
Maryport Curzon Street	0531	0601	0631	0701	0721	0743	0758	0758	0810	0829	0849	0904	0919	0934	0949	0949

Key

- Stop not served

This journey operates Monday to Friday only

This journey operates Saturday only

This journey extends to Netherhall School on school days

For alternate journeys between Workington & Maryport, please see the service 300 timetable.

continued

MONDAY TO SATURDAY (excluding public holidays)													
Thornhill	Then at these mins past each hour	25	-	55	-	Until	1425	-	1455	-	1525	-	1555
Egremont Main Street		31	-	01	-		1432	-	1502	-	1532	-	1602
West Cumberland Hospital		43	-	13	-		1446	-	1516	-	1546	-	1616
Hensingham Square		48	-	18	-		1452	-	1522	-	1552	-	1622
Frizington Harras Villas		-	35	-	05		-	1435	-	1513	-	1543	-
Cleator Moor The Square		-	47	-	17		-	1447	-	1525	-	1555	-
Hensingham Caldbeck Road		-	56	-	26		-	1456	-	1534	-	1604	-
Whitehaven Lowther Street		58	13	28	43		1503	1513	1533	1548	1603	1618	1633
Distington Main Street		11	26	41	56		1516	1526	1546	1601	1616	1631	1646
Lillyhall Lakes College		15	30	45	00		1520	1530	1550	1605	1620	1635	1650
Harrington Church Road	20	35	50	05	1525	1535	1555	1610	1625	1640	1655		
Workington Bus Station Stand A	36	51	06	21	1541	1551	1611	1626	1641	1656	1711		
Siddick	42	57	12	27	1547	1557	1617	1632	1647	1702	1717		
Ellenborough Main Street	54	09	24	39	1559	1609	1629	1644	1659	1714	1729		
Maryport Curzon Street	04	19	34	49	1609	1619	1639	1654	1709	1724	1739		

Key

– Stop not served

For alternate journeys between Workington & Maryport, please see the service 300 timetable.

continued

MONDAY TO SATURDAY (excluding public holidays)														
Thornhill	-	1625	-	1655	-	1723	-	1755	-	1830	-	1900	-	1925
Egremont Main Street	-	1632	-	1702	-	1730	-	1802	-	1837	-	1906	-	1931
West Cumberland Hospital	-	1646	-	1716	-	1744	-	1816	-	1848	-	1917	-	1942
Hensingham Square	-	1652	-	1722	-	1750	-	1822	-	1852	-	1921	-	1946
Frizington Harras Villas	1613	-	1643	-	1713	-	1741	-	1811	-	1841	-	1911	-
Cleator Moor The Square	1625	-	1655	-	1725	-	1753	-	1823	-	1853	-	1923	-
Hensingham Caldbeck Road	1634	-	1704	-	1734	-	1802	-	1832	-	1902	-	1932	-
Whitehaven Lowther Street	1648	1703	1718	1733	1748	1801	1816	1831	1845	1901	1915	1931	1943	1955
Distington Main Street	1701	1716	1731	1746	1801	1814	1829	1844	1858	1914	1928	1944	-	2008
Lillyhall Lakes College	1705	1720	1735	1750	1805	1818	-	-	-	-	-	-	-	-
Harrington Church Road	1710	1725	1740	1755	1810	1823	-	1853	-	1923	-	1953	-	2017
Workington Bus Station Stand A	1726	1741	1756	1811	1822	1838	-	1904	-	1937	-	2004	-	2031
Siddick	1732	1747	1802	1817	-	1844	-	-	-	1943	-	-	-	2037
Ellenborough Main Street	1744	1759	1814	1829	-	1855	-	-	-	1954	-	-	-	2048
Maryport Curzon Street	1754	1809	1824	1839	-	1903	-	-	-	2002	-	-	-	2056

Key

- Stop not served

For alternate journeys between Workington & Maryport, please see the service 300 timetable.

MONDAY TO SATURDAY (excluding public holidays)

Thornhill	-	2025	2125	-	2225	2325
Egremont Main Street	-	2031	2131	-	2231	2331
West Cumberland Hospital	-	2042	2142	-	2242	2342
Hensingham Square	-	2046	2146	-	2246	2346
Frizington Harras Villas	2018	-	-	2218	-	-
Cleator Moor The Square	2030	-	-	2230	-	-
Hensingham Caldbeck Road	2039	-	-	2239	-	-
Whitehaven Lowther Street	2050	2055	2155	2250	2255	2355
Distington Main Street	-	2108	2208	-	2308	0008
Lillyhall Lakes College	-	-	-	-	-	-
Harrington Church Road	-	2117	2217	-	2317	-
Workington Bus Station Stand A	-	2131	2231	-	2331	-
Siddick	-	2137	2237	-	2337	-
Ellenborough Main Street	-	2148	2248	-	2348	-
Maryport Curzon Street	-	2156	2256	-	2356	-

Key

- Stop not served

For alternate journeys between Workington & Maryport, please see the service 300 timetable.

continued

Thornhill or Frizington • Whitehaven • Distington • Workington

SUNDAY (including public holidays)																			
Thornhill	-	-	-	-	0940	1040	-	1140	1240	-	1340	1440	-	1540	1640	-	1740	1840	
Egremont Main Street	-	-	-	-	0945	1045	-	1145	1245	-	1345	1445	-	1545	1645	-	1745	1845	
West Cumberland Hospital	-	-	-	-	0956	1056	-	1156	1256	-	1356	1456	-	1556	1656	-	1756	1856	
Hensingham Square	-	-	-	-	1000	1100	-	1200	1300	-	1400	1500	-	1600	1700	-	1800	1900	
Frizington Harras Villas	-	-	-	0900	-	-	1040	-	-	1240	-	-	1440	-	-	1640	-	-	
Cleator Moor Square	-	-	-	0913	-	-	1053	-	-	1253	-	-	1453	-	-	1653	-	-	
Caldbeck Road	-	-	-	0921	-	-	1101	-	-	1301	-	-	1501	-	-	1701	-	-	
Whitehaven Lowther Street	0709	0809	0909	0932	1009	1109	1112	1209	1309	1312	1409	1509	1512	1609	1709	1712	1809	1907	
Distington Main Street	0719	0819	0919	-	1019	1119	-	1219	1319	-	1419	1519	-	1619	1719	-	1819	-	
Harrington Church Road	0726	0826	0926	-	1026	1126	-	1226	1326	-	1426	1526	-	1626	1726	-	1826	-	
Workington Bus Station Stand A	0738	0838	0938	-	1038	1138	-	1238	1338	-	1438	1538	-	1638	1738	-	1838	-	

Key

- Stop not served

For journeys between Workington and Maryport, please see the service 300 timetable.