

MONDAY TO SATURDAY (excluding public holidays)

Thornhill	-	-	-	-	-	-	-	0536	-	0612	-	-	-	0655	0700	-
Egremont Main Street	-	-	-	-	-	-	-	0542	-	0618	-	-	-	0701	0706	-
West Cumberland Hospital	-	-	-	-	-	-	-	0554	-	0630	-	-	-	0713	0718	-
Hensingham The Square	-	-	-	-	-	-	-	0559	-	0635	-	-	-	0718	0723	-
Frizington Harras Villas	-	-	-	-	-	-	-	-	0549	-	-	0636	-	-	-	-
Cleator Moor Square	-	-	-	-	-	-	-	-	0601	-	-	0648	-	-	-	-
Hensingham Caldbeck Road	-	-	-	-	-	-	-	-	0610	-	-	0657	-	-	-	-
Whitehaven Lowther Street	-	0453	-	0523	-	0553	-	0608	0623	0644	-	0710	-	0728	0733	-
Distington Brookfield	-	0506	-	0536	-	0606	-	0621	0636	0657	-	0723	-	0741	0746	-
Lakes College	-	-	-	-	-	-	-	-	-	-	-	0727	-	0745	0750	-
Harrington Beckstone Bridge	-	0513	-	0543	-	0613	-	0628	0643	0704	-	0732	-	0750	0755	-
Workington Bus Station stand A	0416	0526	-	0556	-	0626	-	0640	0657	0719	-	0748	-	0806	0811	-
Siddick	0422	0532	-	0602	-	0632	-	0646	0703	0725	-	0754	-	0812	0817	-
Ewanrigg New Bridge Street	-	-	0534	-	0557	-	0625	0658	-	-	0728	-	0743	-	-	0813
Maryport Curzon Street	-	-	0539	-	0602	-	0630	0703	-	-	0733	-	0748	-	-	0818
Maryport B&M Bargains	0435	0545	-	0615	-	0645	-	-	0716	0739	-	0809	-	0827	0832	-
Aspatia Market Square	0449	0559	-	0629	-	0659	-	-	0730	0754	-	0824	-	0842	0847	-
Wigton King Street	0512	0622	-	0652	-	0722	-	-	0753	0818	-	0849	-	0907	0912	-
Carlisle Bus Station	0541	0651	-	0719	-	0751	-	-	0823	0848	-	0919	-	0937	0942	-

Key

- Stop not served
 - This section of the journey operates with service number 300 to/from Carlisle, the same bus operates throughout
 - This journey operates Monday to Friday only
 - This journey operates Saturday only
- For intermediate times between Maryport & Carlisle see 300 timetable

MONDAY TO SATURDAY (excluding public holidays)																
Thornhill	-	0725	-	0755	-	Then at these mins past each 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	0707	-	0737	-	0807		-	37	-	07		-	1437	-	1512	-
Cleator Moor Square	0719	-	0749	-	0819		-	49	-	19		-	1449	-	1524	-
Hensingham Caldbeck Road	0728	-	0758	-	0828		-	58	-	28		-	1458	-	1533	-
Whitehaven Lowther Street	0743	0758	0813	0828	0843		58	13	28	43		1503	1513	1533	1549	1603
Distington Brookfield	0756	0811	0826	0841	0856		11	26	41	56		1516	1526	1546	1602	1616
Lakes College	0800	0815	0830	0845	0900		15	30	45	00		1520	1530	1550	1606	1620
Harrington Beckstone Bridge	0805	0820	0835	0850	0905		20	35	50	05		1525	1535	1555	1611	1625
Workington Bus Station stand A	0821	0836	0851	0906	0921		36	51	06	21		1541	1551	1611	1627	1641
Siddick	0827	0842	0857	0912	0927		42	57	12	27		1547	1557	1617	1633	1647
Ewanrigg New Bridge Street	0830	-	0909	-	0939		-	09	-	39		-	1609	-	1645	-
Maryport Curzon Street	0845	-	0915	0924	0945		-	15	-	45		-	1615	-	1651	-
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		

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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	1542	-	1612	-	1642	-	1712	-	1742	-	1812	-	1842	-	1910	-
Cleator Moor Square	1554	-	1624	-	1654	-	1724	-	1754	-	1824	-	1854	-	1922	-
Hensingham Caldbeck Road	1603	-	1633	-	1703	-	1733	-	1803	-	1833	-	1903	-	1931	-
Whitehaven Lowther Street	1619	1633	1649	1703	1719	1733	1748	1803	1818	1833	1847	1903	1917	1932	1942	2002
Distington Brookfield	1632	1646	1702	1716	1732	1746	1801	1816	1831	1846	1900	1916	1930	1945	-	2015
Lakes College	1636	1650	1706	1720	1736	1750	-	1820	-	1850	-	-	-	-	-	-
Harrington Beckstone Bridge	1641	1655	1711	1725	1741	1755	1808	1825	-	1855	-	1923	-	1952	-	2022
Workington Bus Station stand A	1657	1711	1727	1737	1757	1811	1819	1840	-	1910	-	1940	-	2003	-	2040
Siddick	1703	1717	1733	-	1803	1817	-	1846	-	1916	-	1946	-	-	-	2046
Ewanrigg New Bridge Street	1715	-	1745	-	1815	-	-	1857	-	1927	-	-	-	-	-	-
Maryport Curzon Street	1721	-	1751	-	1821	-	-	1902	-	1932	-	-	-	-	-	-
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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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	2000	-	2100	-	2210	-	-
Cleator Moor Square	2012	-	2112	-	2222	-	-
Hensingham Caldbeck Road	2021	-	2121	-	2231	-	-
Whitehaven Lowther Street	2032	2102	2132	2202	2242	2303	0006
Distington Brookfield	-	2115	-	2215	-	2315	0019
Lakes College	-	-	-	-	-	-	-
Harrington Beckstone Bridge	-	2122	-	2222	-	2322	-
Workington Bus Station stand A	-	2140	-	2234	-	2334	-
Siddick	-	2146	-	2240	-	2340	-
Ewanrigg New Bridge Street	-	-	-	2251	-	2351	-
Maryport Curzon Street	-	-	-	2256	-	2356	-
Maryport B&M Bargains	-	2200	-	-	-	-	-
Aspatia Market Square	-	2214	-	-	-	-	-
Wigton King Street	-	2238	-	-	-	-	-
Carlisle Bus Station	-	2305	-	-	-	-	-

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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 A	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	-	0857	-	0957	-	1039	-	1139	-	1239	-	1339	-	1439	-	1539
Maryport Curzon Street	-	0903	-	1003	-	1045	-	1145	-	1245	-	1345	-	1445	-	1545
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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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

continued

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 A	1551	1621	1651	1721	1751	-	1851	-	-
Siddick	1557	1627	1657	1727	1757	-	1857	-	-
Ewanrigg New Bridge Street	-	1639	-	1739	1809	-	-	-	-
Maryport Curzon Street	-	1645	-	1745	1815	-	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	-	-

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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

MONDAY TO SATURDAY (excluding public holidays)																
Carlisle Bus Station stand 3	-	-	-	-	-	-	-	-	-	-	-	0555	-	-	-	-
Wigton King Street	-	-	-	-	-	-	-	-	-	-	-	0626	-	-	-	-
Aspatia Market Square	-	-	-	-	-	-	-	-	-	-	-	0645	-	-	-	-
Ewanrigg New Bridge Street	-	-	-	-	0534	-	0556	-	0625	-	-	-	-	0658	0728	0743
Maryport Curzon Street	-	-	-	-	0540	-	0602	-	0632	-	-	0700	-	0720	0735	0750
Siddick	-	-	-	-	0546	-	0608	-	0638	-	-	0708	-	0728	0743	0758
Workington Bus Station stand C	-	-	-	-	0553	-	0616	-	0646	-	-	0716	-	0737	0756	0811
Harrington Beckstone Bridge	-	-	-	-	0605	-	0627	-	0657	-	-	0727	-	0748	0808	0823
Distington Brookfield	0454	0508	0530	0555	0613	0622	0636	0652	0706	-	-	0736	-	0757	0817	0832
Whitehaven Duke Street	0508	0522	0544	0609	0627	0636	0650	0706	0722	0726	0736	0752	0805	0813	0833	0848
Hensingham The Square	0514	-	0550	-	0633	-	0656	-	0728	-	-	0758	-	0819	-	0854
West Cumberland Hospital	0519	-	0555	-	0638	-	0701	-	0733	-	-	0803	-	0824	-	0859
Egremont Main Street	0530	-	0606	-	0649	-	0712	-	0746	-	-	0816	-	0837	-	0912
Thornhill	0535	-	0611	-	0654	-	0717	-	0751	-	-	0821	-	0842	-	0917
Hensingham Caldbeck Road	-	0532	-	0618	-	0646	-	0716	-	0736	0746	-	0815	-	0843	-
Cleator Moor Square	-	0541	-	0627	-	0655	-	0725	-	0745	0755	-	0825	-	0852	-
Frizington Harras Villas	-	0548	-	0634	-	0705	-	0735	-	0755	0805	-	0835	-	0902	-

Key

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- This journey operates Monday to Friday only
- This journey operates Saturday only

For intermediate times between Carlisle & Maryport see 300 timetable

MONDAY TO SATURDAY (excluding public holidays)

Carlisle Bus Station stand 3	0655	-	0725	-	0755	-	0825	-	55	-	25	-	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	-	0813	-	-	-	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 C	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

Then at these mins past each hour

Until

Key

- Stop not served
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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
Aspatia Market Square	-	1653	-	1723	-	1752	1822	-	1851	1921	1951	-	2051	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 C	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	-	-	-	-
Frizton Harras Villas	-	1837	-	1907	-	-	-	1956	-	2056	-	2206	-	-	-	-

Key

- Stop not served
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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			0857	-	0957	-	1058	-	1158	-	1258	-	1358	-	1458	-
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 C	-	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

- Stop not served
- 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



Funded by UK Government

Continued

SUNDAY (including public holidays)								
Carlisle Bus Station stand 3	-	1525	-	1625	1725	1825	2025	
Wigton King Street	-	1557	-	1657	1757	1857	2057	
Aspatia Market Square	-	1617	-	1717	1817	1917	2117	
Ewanrigg New Bridge Street	1558	-	1658	-	-	-	-	
Maryport Curzon Street	1604	1634	1704	1734	1834	1934	2134	
Siddick	1612	1642	1712	1742	1842	1942	2142	
Workington Bus Station stand C	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

- Stop not served
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