

From 3 January 2017



**Maryport • Thornhill** via Workington, Whitehaven & Egremont

**Maryport • Frizington** via Workington, Whitehaven & Cleator Moor

**30  
31**

**Monday to Saturday** excluding Public Holidays

route number	30	30	30	31	30	30	30	31	30	31	30	31
journey codes	mf	mf	mf	mf	mf	mf	s	mf				
Maryport Curzon Street	-	-	-	-	0554	0620	-	-	0650	-	0720	0735
Flimby Railway Station ➔	-	-	-	-	0559	0625	-	-	0655	-	0725	0740
Siddick	-	-	-	-	0602	0628	-	-	0658	-	0728	0743
Workington Bus Station	-	-	-	-	0612	0640	0642	0657	0710	0727	0740	0755
Moorclose Shops	-	-	-	-	-	-	-	0705	-	0735	-	0803
Annie Pit	-	-	-	-	0617	0645	0647	-	0715	-	0745	-
Harrington Church Road	-	-	-	-	0625	0653	0655	0710	0723	0740	0753	0808
Lillyhall Lakes College	-	-	-	-	0631	0659	0701	0716	0729	0746	0759	0814
Distington Co-op	-	-	-	-	0635	0703	0705	0720	0733	0750	0803	0818
Bransty Row Old Bus Station	-	-	-	-	0646	0714	0716	0731	0744	0801	0814	0829
Whitehaven Duke Street	0525	0555	0625	0636	0651	0719	0721	0734	0749	0804	0819	0832
Caldbeck Road	-	-	-	0646	-	-	-	0744	-	0814	-	0842
Cleator Moor Square	-	-	-	0655	-	-	-	0753	-	0823	-	0851
Frizington Harras Villas	-	-	-	0705	-	-	-	0803	-	0833	-	0901
Hensingham Square	0531	0601	0631	-	0657	0725	0727	-	0755	-	0825	-
West Cumberland Hospital	0536	0606	0636	-	0702	0730	0732	-	0800	-	0830	-
Bigrigg	0542	0612	0642	-	0708	0736	0738	-	0806	-	0836	-
Egremont Main Street	0539	0619	0649	-	0715	0743	0745	-	0813	-	0843	-
Thornhill	0554	0624	0654	-	0720	0748	0750	-	0818	-	0848	-

**Monday to Saturday** excluding Public Holidays

route number	30	31	30	31	30	30	31	31	30	31			
journey codes							ssh	sd					
Maryport Curzon Street	0750		<b>05</b>	<b>20</b>	<b>35</b>	<b>50</b>			1350	1405	1405	1420	1435
Flimby Railway Station ➔	0755		<b>10</b>	<b>25</b>	<b>40</b>	<b>55</b>			1355	1410	1410	1425	1440
Siddick	0758		<b>13</b>	<b>28</b>	<b>43</b>	<b>58</b>			1358	1413	1413	1428	1443
Workington Bus Station	0810		<b>25</b>	<b>40</b>	<b>55</b>	<b>10</b>			1410	1425	1425	1440	1455
Moorclose Shops	-		<b>33</b>	-	<b>03</b>	-			-	1433	1433	-	1503
Annie Pit	0815		-	<b>45</b>	-	<b>15</b>			1415	-	-	1445	-
Harrington Church Road	0823		<b>38</b>	<b>53</b>	<b>08</b>	<b>23</b>			1423	1438	1438	1453	1508
Lillyhall Lakes College	0829		<b>44</b>	<b>59</b>	<b>14</b>	<b>29</b>			1429	1444	1444	1459	1514
Distington Co-op	0833		<b>48</b>	<b>03</b>	<b>18</b>	<b>33</b>			1433	1448	1448	1503	1518
Bransty Row Old Bus Station	0844		<b>59</b>	<b>14</b>	<b>29</b>	<b>44</b>			1444	1459	1459	1514	1529
Whitehaven Duke Street	0849		<b>02</b>	<b>19</b>	<b>32</b>	<b>49</b>			1449	1502	1502	1519	1532
Caldbeck Road	-		<b>12</b>	-	<b>42</b>	-			-	1512	-	-	1542
Main Street, Junction Thomton Rd	-		-	-	-	-			-	-	1512	-	-
Cleator Moor Square	-		<b>21</b>	-	<b>51</b>	-			-	1521	1521	-	1551
Frizington Harras Villas	-		<b>31</b>	-	<b>01</b>	-			-	1531	1531	-	1601
Hensingham Square	0855		-	<b>25</b>	-	<b>55</b>			1455	-	-	1525	-
West Cumberland Hospital	0900		-	<b>30</b>	-	<b>00</b>			1500	-	-	1530	-
Bigrigg	0906		-	<b>36</b>	-	<b>06</b>			1506	-	-	1536	-
Egremont Main Street	0913		-	<b>43</b>	-	<b>13</b>			1513	-	-	1543	-
Thornhill	0918		-	<b>48</b>	-	<b>18</b>			1518	-	-	1548	-

then these mins past each hour

until

journey codes    **mf** Monday to Friday    **s** Saturdays  
**sd** school days    **ssh** Saturdays and school holidays    **cd** college days    **chs** Saturdays and college holidays



From 3 January 2017



**Maryport • Thornhill** via Workington, Whitehaven & Egremont

**Maryport • Frizington** via Workington, Whitehaven & Cleator Moor

**30  
31**

**Monday to Saturday** excluding Public Holidays

route number	30	31	30 sd	30	31	30	31	30	31	30 chs	30 cd	31
Maryport Netherhall School			1505									
Maryport Curzon Street	1450	1505	1509	1520	1535	1550	1605	1620	1635	1650	1652	1705
Flimby Railway Station ➡	1455	1510	1514	1525	1540	1555	1610	1625	1640	1655	1657	1710
Siddick	1458	1513	1517	1528	1543	1558	1613	1628	1643	1658	1700	1713
Workington Bus Station	1510	1525	1525	1540	1555	1610	1625	1640	1655	1710	1712	1725
Moorclose Shops	-	1533	-	1603	-	1633	-	1703	-	-	-	1733
Annie Pitt	1515	-	1545	-	1615	-	1645	-	1715	1717	-	-
Harrington Church Road	1523	1538	1553	1608	1623	1638	1653	1708	1723	1725	1738	-
Lakes College West Cumbria	1529	1544	1559	1614	1629	1644	1659	1714	1729	1731	1744	-
Distington Co-op	1533	1548	1603	1618	1633	1648	1703	1718	1733	1735	1748	-
Bransty Row Old Bus Station	1544	1559	1614	1629	1644	1659	1714	1729	1744	1746	1759	-
Whitehaven Duke Street	1549	1602	1619	1632	1649	1702	1719	1732	1749	1751	1802	-
Caldbeck Road	-	1612	-	1642	-	1712	-	1742	-	-	-	1812
Cleator Moor Square	-	1621	-	1651	-	1721	-	1751	-	-	-	1821
Frizington Harras Villas	-	1631	-	1701	-	1731	-	1801	-	-	-	1831
Arlecdon	-	-	-	-	-	1734	-	-	-	-	-	-
Rowrah	-	-	-	-	-	1736	-	-	-	-	-	-
Asby	-	-	-	-	-	1738	-	-	-	-	-	-
Hensingham Square	1555	-	1625	-	1655	-	1725	-	1755	1757	-	-
West Cumberland Hospital	1600	-	1630	-	1700	-	1730	-	1800	1802	-	-
Bigrigg	1606	-	1636	-	1706	-	1736	-	1806	1808	-	-
Egremont Main Street	1613	-	1643	-	1713	-	1743	-	1813	1815	-	-
Thornhill	1618	-	1648	-	1718	-	1748	-	1818	-	-	-
Beckermet	-	-	-	-	-	-	-	-	-	-	1820	-
Calder Bridge	-	-	-	-	-	-	-	-	-	-	1825	-
Gosforth	-	-	-	-	-	-	-	-	-	-	1829	-
Seascale Railway Station ➡	-	-	-	-	-	-	-	-	-	-	1834	-

**Monday to Saturday** excluding Public Holidays

route number	30	31	30	30	30	30	30	30	30	30
Maryport Curzon Street	1720	1735	1750	1805	1820	1854	1935	2035	2135	2235
Flimby Railway Station ➡	1725	1740	1755	1810	1825	1859	1940	2040	2140	2240
Siddick	1728	1743	1758	1813	1828	1902	1943	2043	2143	2243
Workington Bus Station	1740	1755	1810	1821	1840	1910	1952	2052	2152	2252
Moorclose Shops	-	1803	-	-	-	-	-	-	-	-
Annie Pit	1745	-	1815	-	1845	-	1957	2057	2157	2257
Harrington Church Road	1753	1808	1823	-	1853	-	2002	2102	2202	2302
Lillyhall Lakes College	1759	1814	1829	-	1859	-	2007	2107	2207	2307
Distington Co-op	1803	1818	1833	-	1903	-	2011	2111	2211	2311
Bransty Row Old Bus Station	1814	1829	1844	-	1914	-	2022	2122	2222	2322
Whitehaven Duke Street	1819	1832	1849	-	1919	-	2026	2126	2226	2326
Caldbeck Road	-	1842	-	-	-	-	-	-	-	-
Cleator Moor Square	-	1851	-	-	-	-	-	-	-	-
Frizington Harras Villas	-	1901	-	-	-	-	-	-	-	-
Hensingham Square	1825	-	1855	-	1925	-	2032	2132	2232	2332
West Cumberland Hospital	1830	-	1900	-	1930	-	2036	2136	2236	2336
Bigrigg	1836	-	1906	-	1936	-	2042	2142	2242	2342
Egremont Main Street	1843	-	1913	-	1943	-	2047	2147	2247	2347
Thornhill	1848	-	1918	-	1948	-	2052	2152	2252	2352

**sd** school days    **ssh** Saturdays and school holidays    **cd** college days    **chs** Saturdays and college holidays



**Thornhill • Maryport** via Egremont, Whitehaven & Workington  
**Frizington • Maryport** via Cleator Moor, Whitehaven & Workington

**30**  
**31**
**Monday to Saturday** excluding Public Holidays

route number journey codes	30 mf	30 mf	30 mf	30 mf	30	31 mf	30 s	30 mf	30 s	31 mf	30 s	30 sd
Thornhill	-	-	-	-	0555	-	-	0625	-	-	-	-
Egremont Main Street	-	-	-	-	0601	-	-	0631	-	-	-	-
Bigrigg	-	-	-	-	0607	-	-	0637	-	-	-	-
Asby	-	-	-	-	-	-	-	-	-	0620	-	-
Rowrah	-	-	-	-	-	-	-	-	-	0623	-	-
Arlecdon	-	-	-	-	-	-	-	-	-	0624	-	-
Frizington Harras Villas	-	-	-	-	-	-	-	-	-	0627	-	-
Cleator Moor Square	-	-	-	-	-	-	-	-	-	0640	-	-
Caldbeck Road	-	-	-	-	-	-	-	-	-	0649	-	-
West Cumberland Hospital	-	-	-	-	0613	-	-	0643	-	-	-	-
Hensingham Square	-	-	-	-	0618	-	-	0648	-	-	-	-
Whitehaven Lowther Street	0500	-	-	-	0628	0643	-	0658	0658	0705	-	-
Bransty Row Old Bus Station	0502	-	-	-	0630	0645	-	0700	0700	0707	-	-
Distington Co-op	0513	-	-	-	0641	0656	-	0711	0711	0718	-	-
Lillyhall Lakes College	-	-	-	-	0645	0700	-	0715	0715	0722	-	-
Harrington Church Road	0519	-	-	-	0650	0705	-	0720	0720	0727	-	-
Moorclose Shops	-	-	-	-	-	0711	-	-	-	0733	-	-
Annie Pit	0524	-	-	-	0658	-	-	0728	0728	-	-	-
Workington Bus Station	0530	0551	0621	0651	0706	0721	0721	0736	0736	0743	0751	0759
Siddick	0535	0557	0627	0657	0712	0727	0727	0742	0742	0749	0757	0805
Flimby Railway Station ⇄	0540	0602	0632	0702	0717	0732	0732	0747	0747	0754	0802	0810
Ellenborough Main Street	0546	0609	0639	0709	0724	0739	0739	0754	0754	0801	0809	-
Maryport Curzon Street	0552	0619	0649	0719	0734	0749	0749	0804	0804	0811	0819	0816
Maryport Netherhall School	-	-	-	-	-	-	-	-	-	-	-	0821

route number journey codes	30	31 mf	30 s	30 mf	30 s	31	30 cd	30	31 mf	31 s	30	31
Seascale Railway Station ⇄	-	-	-	-	-	-	0715	-	-	-	-	-
Gosforth	-	-	-	-	-	-	0722	-	-	-	-	-
Calder Bridge	-	-	-	-	-	-	0727	-	-	-	-	-
Beckermet	-	-	-	-	-	-	0731	-	-	-	-	-
Thornhill	0655	-	-	0725	-	-	-	0755	-	-	0825	-
Egremont Main Street	0701	-	-	0731	-	-	0736	0801	-	-	0831	-
Bigrigg	0707	-	-	0737	-	-	-	0807	-	-	0837	-
Asby	-	-	-	-	-	0728	-	-	-	0758	-	-
Rowrah	-	-	-	-	-	0731	-	-	-	0801	-	-
Arlecdon	-	-	-	-	-	0732	-	-	-	0802	-	-
Frizington Harras Villas	-	0705	-	-	-	0735	-	-	0805	0805	-	0835
Cleator Moor Square	-	0718	-	-	-	0748	-	-	0818	0818	-	0848
Caldbeck Road	-	0727	-	-	-	0757	-	-	-	0827	-	0857
West Cumberland Hospital	0713	-	-	0743	-	-	-	0813	-	-	0843	-
Hensingham Square	0718	-	-	0748	-	-	-	0818	0830	-	0848	-
Whitehaven Lowther Street	0728	0743	-	0758	0758	0813	-	0828	0843	0843	0858	0913
Bransty Row Old Bus Station	0730	0745	-	0800	0800	0815	-	0830	0845	0845	0900	0915
Distington Co-op	0741	0756	-	0811	0811	0826	-	0841	0856	0856	0911	0926
Lillyhall Lakes College	0745	0800	-	0815	0815	0830	-	0845	0900	0900	0915	0930
Harrington Church Road	0750	0805	-	0820	0820	0835	-	0850	0905	0905	0920	0935
Moorclose Shops	-	0811	-	-	-	0841	-	-	0911	0911	-	0941
Annie Pit	0758	-	-	0828	0828	-	-	0858	-	-	0928	-
Workington Bus Station	0806	0821	0821	0836	0836	0851	-	0906	0921	0921	0936	0951
Siddick	0812	0827	0827	0842	0842	0857	-	0912	0927	0927	0942	0957
Flimby Railway Station ⇄	0817	0832	0832	0847	0847	0902	-	0917	0932	0932	0947	1002
Ellenborough Main Street	0824	0839	0839	0854	0854	0909	-	0924	0939	0939	0954	1009
Maryport Curzon Street	0834	0849	0849	0904	0904	0919	-	0934	0949	0949	1004	1019



**Thornhill • Maryport** via Egremont, Whitehaven & Workington

30

**Frizington • Maryport** via Cleator Moor, Whitehaven & Workington

31

**Monday to Saturday** excluding Public Holidays

route number	30	31	30	31	30	31	30	31	30	31
Thornhill	0855	-	25	-	55	-	1625	-	1655	-
Egremont Main Street	0901	-	31	-	01	-	1631	-	1701	-
Bigrigg	0907	-	37	-	07	-	1637	-	1707	-
Frizington Harras Villas	-	05	-	35	-	1605	-	1635	-	1705
Cleator Moor Square	-	18	-	48	-	1618	-	1648	-	1718
Caldbeck Road	-	27	-	57	-	1627	-	1657	-	1727
West Cumberland Hospital	0913	-	43	-	13	-	1643	-	1713	-
Hensingham Square	0918	-	48	-	18	-	1648	-	1718	-
Whitehaven Lowther Street	0928	43	58	13	28	1643	1658	1713	1728	1743
Bransty Row Old Bus Station	0930	45	00	15	30	1645	1700	1715	1730	1745
Distington Co-op	0941	56	11	26	41	1656	1711	1726	1741	1756
Lillyhall Lakes College	0945	00	15	30	45	1700	1715	1730	1745	1800
Harrington Church Road	0950	05	20	35	50	1705	1720	1735	1750	1805
Moorclose Shops	-	11	-	41	-	1711	-	1741	-	1811
Annie Pit	0958	-	28	-	58	-	1728	-	1758	-
Workington Bus Station	1006	21	36	51	06	1721	1736	1751	1803	1825
Siddick	1012	27	42	57	12	1727	1742	1757	-	1831
Flimby Railway Station ➡	1017	32	47	02	17	1732	1747	1802	-	1836
Ellenborough Main Street	1024	39	54	09	24	1739	1754	1809	-	1843
Maryport Curzon Street	1034	49	04	19	34	1749	1804	1819	-	1853

then these mins past each hour

until

route number	30	31	30	31	31	30	30	30	30	30	30
Thornhill	1725	-	1755	-	-	1855	1925	1955	2055	2155	2255
Egremont Main Street	1731	-	1801	-	-	1901	1930	2000	2100	2200	2300
Bigrigg	1737	-	1807	-	-	1907	1935	2005	2105	2205	2305
Asby	-	1740	-	-	-	-	-	-	-	-	-
Arlecdon	-	1743	-	-	-	-	-	-	-	-	-
Frizington Harras Villas	-	1746	-	1805	1835	-	-	-	-	-	-
Cleator Moor Square	-	1759	-	1818	1848	-	-	-	-	-	-
Caldbeck Road	-	1808	-	1827	1857	-	-	-	-	-	-
West Cumberland Hospital	1743	-	1813	-	-	1913	1941	2011	2111	2211	2311
Hensingham Square	1748	-	1818	-	-	1918	1945	2015	2115	2215	2315
Whitehaven Lowther Street	1758	1822	1828	1841	1911	1928	1951	2024	2124	2224	2324
Bransty Row Old Bus Station	1800	-	1830	-	-	1930	-	2026	2126	2226	2326
Distington Co-op	1811	-	1841	-	-	1941	-	2037	2137	2237	2337
Lillyhall Lakes College	1815	-	1845	-	-	1945	-	2041	2141	2241	2341
Harrington Church Road	1820	-	1850	-	-	1950	-	2046	2146	2246	2346
Moorclose Shops	-	-	-	-	-	-	-	-	-	-	-
Annie Pit	1828	-	1858	-	-	1958	-	2052	2152	2252	2352
Workington Bus Station	1833	-	1910	-	-	2010	-	2058	2158	2258	2358
Siddick	-	-	1916	-	-	2016	-	2104	2204	2304	0004
Flimby Railway Station ➡	-	-	1921	-	-	2021	-	2109	2209	2309	0009
Ellenborough Main Street	-	-	1927	-	-	2027	-	2115	2215	2315	0015
Maryport Curzon Street	-	-	1933	-	-	2033	-	2121	2221	2321	0021



From 3 January 2017

## Maryport • Thornhill via Workington, Whitehaven & Egremont

30

### Sundays and Public Holidays

route number	30	30	30	30	30	30	30	30	30	30
Maryport Curzon Street	-	-	1012	-	1212	-	1412	-	1612	-
Flimby Railway Station ⇄	-	-	1017	-	1217	-	1417	-	1617	-
Siddick	-	-	1020	-	1220	-	1420	-	1620	-
Workington Bus Station	-	-	1030	-	1230	-	1430	-	1630	-
Annie Pit	-	-	1033	-	1233	-	1433	-	1633	-
Harrington Church Road	-	-	1038	-	1238	-	1438	-	1638	-
Distington Co-op	-	-	1043	-	1243	-	1443	-	1643	-
Bransty Row Old Bus Station	-	-	1052	-	1252	-	1452	-	1652	-
Whitehaven Lowther Street	-	1003	-	1203	-	1403	-	1603	-	1803
Whitehaven Duke Street	0905	1005	1105	1205	1305	1405	1505	1605	1705	1805
Hensingham Square	0912	1012	1112	1212	1312	1412	1512	1612	1712	1812
West Cumberland Hospital	0916	1016	1116	1216	1316	1416	1516	1616	1716	1816
Bigrigg	0922	1022	1122	1222	1322	1422	1522	1622	1722	1822
Egremont Main Street	0927	1027	1127	1227	1327	1427	1527	1627	1727	1827
Thornhill	0932	1032	1132	1232	1332	1432	1532	1632	1732	1832

## Thornhill • Maryport via Egremont, Whitehaven & Workington

30

### Sundays and Public Holidays

route number	30	30	30	30	30	30	30	30	30	30	30
Thornhill	-	0935	1035	1135	1235	1335	1435	1535	1635	1735	1835
Egremont Main Street	-	0940	1040	1140	1240	1340	1440	1540	1640	1740	1840
Bigrigg	-	0945	1045	1145	1245	1345	1445	1545	1645	1745	1845
West Cumberland Hospital	-	0951	1051	1151	1251	1351	1451	1551	1651	1751	1851
Hensingham Square	-	0955	1055	1155	1255	1355	1455	1555	1655	1755	1855
Whitehaven Lowther Street	-	1002	1105	1202	1305	1402	1505	1602	1705	1802	1902
Bransty Row Old Bus Station	-	-	1106	-	1306	-	1506	-	1706	-	-
Distington Co-op	-	-	1114	-	1314	-	1514	-	1714	-	-
Harrington Church Road	-	-	1119	-	1319	-	1519	-	1719	-	-
Annie Pit	-	-	1124	-	1324	-	1524	-	1724	-	-
Workington Bus Station	0935	-	1135	-	1335	-	1535	-	1735	-	-
Siddick	0941	-	1141	-	1341	-	1541	-	1741	-	-
Flimby Railway Station ⇄	0946	-	1146	-	1346	-	1546	-	1746	-	-
Ellenborough Main Street	0953	-	1153	-	1353	-	1553	-	1753	-	-
Maryport Curzon Street	1003	-	1203	-	1403	-	1603	-	1803	-	-