

Where to Catch Your Bus

Long Distance Services

Ambleside	505* / 555 / 599*	C
Appleby	561 / 506	A
Arnside	551 / 552	E
Barrow	X6	C
Birmingham	NEx	G
Carnforth	555 / 755	F
Cartmel	530	E
Cockermouth	NEx	C
Coniston	505*	C
Crooklands	551 / 567	E
Dalton-in-Furness	X6	C
Dent	W1 / S1	G
Duncheon Ghyll	516*	C
Endmoor	551 / 567	E
Grange-over-Sands	X6	C
" " "	530	E
Grayrigg	106 / 506 / 561 / 570 / 571	A
Grasmere	555 / 599*	C
Haverthwaite	X6	C
Hawkshead	505*	C
Heversham	555	F
Ings	555	C
Keswick	555	C
Kirkby Lonsdale	567	E
Kirkby Stephen	502	G
Lancaster	555	F
Levens Village	530	E
Levens Hall	555	F
London	570	G
Lupton	567	E
Milnthorpe	551 / 552 / 555 / 755	E / F
Natland	552	E
Orton	106 / 570 / 571 / 506	A
Penrith	106 / 506	A
Preston	NEx	G
Sedbergh	W1 / W2 / S1	G
Shap	106 / 506 / 570	A
Staveley	555	C
Tebay	106 / 506 / 561 / 570 / 571	A
Ulverston	X6	C
Windermere	505* / 516* / 555 / 755	C
Whitehaven	NEx	C
Workington	NEx	C

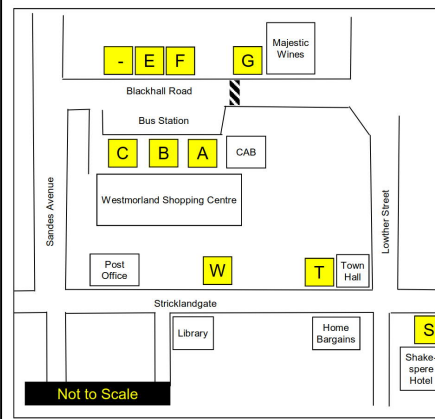
NEx = National Express Service 570

* = Only occasional journeys run from Kendal.

At other times take the 555 to Ambleside and change there

Town Services

Asda	41, 41A	E
" "	551, 552, 567	E
Burneside	45	S / A
Castle Grove	42	B
Collinfield	46	W / T
Helme Chase	41, 41A	E
" "	42, 42A	B
Heron Hill	42 42A	B
Hallgarth	44	W / T
K Village	42, 42A	B
" "	41, 41A, 551, 552, 567	E / F
Kendal Parks	41, 41A	E
Kirkbarrow	46	W / T
Kentrigg	45	S / A
Larch Grove	42A	B
Morrisons	43	S / A
Oxenholme	41, 41A	E
Rinkfield	42, 42A	B
Sandylands	43	S / A
Vicarage Park	46	W / T
Wattsfield	46	W / T
Westmorland Hospital	41, 41A	E
" "	551, 552, 567	E



Please note outside the Bus Station the letters used above are purely for illustration and do not appear on the stops
Buses may also sometimes leave from a nearby stop if the stop marked is already in use
Please take care to look out for your bus arriving

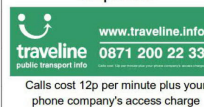
Timetables can be found in timetable cases near stops, on the car park wall and in the large cases on the wall of the Citizens Advice Bureaux (under the clock) and also the large case near the café

Information can be obtained from traveline 0871 200 22 33 (Daily : 7am until 8pm - calls cost 12p per minute plus your 'phone company's access charge)

Timetable leaflets can be found at cumbria.gov.uk/buses or from the Tourist Information Centre on Branthwaite Brow

Timetable information for bus services throughout Cumbria can be found at cumbria.gov.uk/buses

or 'phone



Press "874" as soon as you hear the "Welcome" message to be transferred direct to the Cumbria Call Centre

