


# Train times

15 May – 10 December 2016

Carlisle to  
Barrow-in-Furness,  
Lancaster  
and Preston

Parking available 

Staff in attendance 

Bicycle store facility 

Bike & Go 

Disabled assistance

available 



This timetable shows the complete train service between Carlisle and Barrow via the Cumbrian Coast where Northern operate all passenger trains.

Many of these trains run beyond Barrow to Lancaster and Preston and so we also include stations on the line between Barrow and Lancaster. However this Northern timetable does not include all trains that run between Barrow and Lancaster/Preston.

### First TransPennine Express

The full service between Barrow, Lancaster, Preston and Manchester is shown in the First TransPennine Express timetable for this route. The First TransPennine Express guide includes all Northern services that run between Barrow and Lancaster/Preston so if you are only travelling on this part of the line please pick up their timetable.

## How to read this timetable

Look down the left hand column for your departure station. Read across until you find a suitable departure time. Read down the column to find the arrival time at your destination. Through services are shown in **bold** type (this means you won't have to change trains). Connecting services are shown in light type. If you travel on a connecting service, change at the next station shown in bold or if you arrive on a connecting service, change at the last station shown in bold, unless a footnote advises otherwise.



## Buy before you ride

We operate a buy before you board policy. This means if you board a train at a station with an open ticket office or automatic ticket machine, you must buy your tickets before boarding your train.

Ticket inspections are carried out regularly and if you board the train without a valid ticket, you risk prosecution. Our conductors can only sell you the full Anytime Single/Return ticket, without discounts, either to your final destination or as a minimum to the next station stop where you must leave the train.

If you board at a station where ticket buying facilities are not available, you can buy a full range of tickets from the conductor on your train or at the end of your journey. It's your responsibility to make sure you have a valid ticket and there are more ways than ever to buy yours:

**#getaticket**



online



ticket office



ticket machine



mobile

## Our types of ticket

**Anytime:** these tickets are valid on any service on the dates shown on the ticket.

**Off-Peak:** these tickets are only valid on off-peak services on the dates shown. Generally off-peak services depart after **0930**. Some Off-Peak tickets also have restrictions on travel between **1601** and **1829**, Monday to Friday.

Visit [northernrailway.co.uk/off-peak](http://northernrailway.co.uk/off-peak) for further affected routes and more information.

**Advance:** Advance tickets can be bought up to 1800 the day before travel and can only be used on the train specified at the time of booking.

For more information visit [northernrailway.co.uk/tickets](http://northernrailway.co.uk/tickets)

## Ticket checks

Please keep your tickets and railcards with you as you may be asked to show your ticket more than once, or asked to show it before you leave the station.



## Planning your journey

### National Rail Enquiries

For full details of all train times, fares and rail travel information anywhere on the national rail network, phone **03457 48 49 50**, or visit [nationalrail.co.uk](http://nationalrail.co.uk)

### TrainTracker™

For up to date travel information and live departures direct to your mobile, text your station **name** or **location code** to **8 49 50**.



## Improving our railway

Engineering work to help improve our services sometimes affects trains, particularly at weekends and bank holidays.

Visit: [northernrailway.co.uk/improvements](http://northernrailway.co.uk/improvements) or call National Rail Enquiries: **03457 48 49 50** to check before you travel. You can also follow planned engineering updates to this timetable on Twitter: [@NRtimetable6](https://twitter.com/NRtimetable6)





## Customers with disabilities

We aim to make our services available to all, including people with disabilities or restricted mobility. We have set out this commitment in our Disabled People's Protection Policy (DPPP). You can view this on our website or request a copy from our Customer Experience Centre.

**To book assistance phone:**

**0800 138 5560**

Textphone: **0800 138 5561**

Email: **[assistance@northernrailway.co.uk](mailto:assistance@northernrailway.co.uk)**



## Mobility scooters

Mobility scooters that can be folded and carried on board (similar to a piece of luggage) can travel on our trains. Unfortunately we are unable to accept any other type of mobility scooter for safety reasons.



## Bike & Go

Bike & Go is a nationwide bike hire scheme giving you the opportunity to continue your journey by bike from participating stations. The stations involved in the scheme are shown on the front of this timetable. For further information please visit: **[bikeandgo.co.uk](http://bikeandgo.co.uk)**



## Bicycles

Most of our trains can take up to two bikes, subject to space being available. Folded bikes can be taken on trains as luggage without restrictions. For further details please contact our Customer Experience Centre or see our Passenger's Charter.



## Prams

If you are travelling with a pushchair or pram, we prefer these to be folded and safely stored in luggage areas. However, they can be stored in our wheelchair areas when these are not needed by a wheelchair user.

## Our commitment to you

Our Passenger's Charter sets out our commitments to you and can be picked up from any staffed station. It is also available online at [northernrailway.co.uk/passengerscharter](http://northernrailway.co.uk/passengerscharter)



## Clean air zones

We operate clean air zones at all of our stations and on board our trains. Smoking, including electronic cigarettes, is not allowed.

## We're here to help

If you have any problems during your journey, please speak to your conductor or a member of station staff. We are here to provide help, information and assistance if you require it.



## Getting in touch with us

We welcome your feedback on our services. You can get in touch through our

### Customer Experience Centre

Telephone: **0800 200 6060**

Contact: **[northernrailway.co.uk/comments](http://northernrailway.co.uk/comments)**

Email: **[enquiries@northernrailway.co.uk](mailto:enquiries@northernrailway.co.uk)**

Address: Customer Experience Centre  
Freepost Northern Railway

Facebook **[/northernrailorg](https://www.facebook.com/northernrailorg)**



Twitter **[@northernrailorg](https://twitter.com/northernrailorg)**



## Minimum connection times

All stations have a minimum connection time of 5 minutes unless stated. Carlisle 8 minutes.



Play 

Put a swing in your step



**Kids go half price\***

To find out more search  
'Northern Cheap Day Return'

**online | on app | on station**

\*Children aged five to fifteen inclusive get a 50% discount on most tickets. In addition, up to two children under five can travel free with each fare paying passenger. For more information visit [nationalrail.co.uk](http://nationalrail.co.uk).

# Carlisle - Barrow - Lancaster

## Mondays to Fridays

			A		A	●		Y	Z
Carlisle	d	-	-	-	-	-	0515	-	-
Dalston		-	-	-	-	-	05x24	-	-
Wigton		-	-	-	-	-	0534	-	-
Aspatria		-	-	-	-	-	05x46	-	-
Maryport		-	-	-	-	-	0558	0646	-
Flimby		-	-	-	-	-	06x02	0649	-
Workington		-	-	-	-	-	0609	0704	-
Harrington		-	-	-	-	-	06x14	0707	-
Parton		-	-	-	-	-	06x25	0716	-
Whitehaven	a	-	-	-	-	-	0629	0723	-
Whitehaven	d	-	-	-	-	-	0631	0724	-
Corkickle		-	-	-	-	-	06x34	07x26	-
St Bees		-	-	-	-	-	0641	0732	-
Nethertown		-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-
Sellafield		-	-	-	-	-	0652	0742	-
Seascale		-	-	-	-	-	0657	0746	-
Drigg		-	-	-	-	-	07x01	07x49	-
Ravenglass for Eskdale		-	-	-	-	-	0706	0753	-
Bootle		-	-	-	-	-	07x12	07x59	-
Silecroft		-	-	-	-	-	07x21	08x05	-
Millom	a	-	-	-	-	-	0726	0812	-
Millom	d	-	-	-	0609	-	0727	0812	-
Green Road		-	-	-	06x13	-	07x33	08x16	-
Foxfield		-	-	-	06x16	-	07x39	08x20	-
Kirkby-in-Furness		-	-	-	06x20	-	07x44	08x24	-
Askam		-	-	-	0625	-	0750	0829	-
Barrow-in-Furness	a	-	-	-	0642	-	0803	0845	-
Barrow-in-Furness	d	0435	0523	0615	-	0648	0713	0806	-
Roose		-	-	0619	-	0652	0717	0811	-
Dalton		-	-	0625	-	0659	0723	0818	-
Ulverston		0451	0539	0634	-	0707	0731	0827	-
Cark		-	-	0642	-	0715	0739	0836	-
Kents Bank		-	-	0646	-	0719	-	0841	-
Grange-over-Sands		0503	0551	0650	-	0723	0745	0845	-
Arnside		0509	0557	0656	-	0729	0751	0851	-
Silverdale		-	-	0700	-	0733	0756	0856	-
Carnforth		0519	0608	0707	-	0740	0803	0905	-
Lancaster	a	0531	0616	0718	-	0748	0813	0913	-
	d	-	0616	-	-	0748	-	0914	-
Preston	a	-	0639	-	-	0807	-	0937	-
	d	-	-	-	-	-	-	-	1006
		-	-	-	-	-	-	-	1041

### Notes

x Only stops on request.

● Service operated with loco-hauled stock where available.

A To Manchester Airport.

Y Until 8 July.

Z From 11 July.





# Carlisle - Barrow - Lancaster

## Mondays to Fridays

				B	Ⓛ			Ⓛ			
Carlisle	d	1252	-	-	1435	1513	-	1631	-	1737	-
Dalston		13x00	-	-	14x44	15x21	-	16x39	-	17x46	-
Wigton		1310	-	-	1454	1531	-	1649	-	1756	-
Aspatria		13x20	-	-	15x05	15x41	-	16x59	-	18x08	-
Maryport		1331	-	-	1517	1552	-	1710	-	1820	-
Flimby		13x34	-	-	15x21	15x55	-	17x13	-	18x24	-
Workington		1342	-	-	1528	1604	-	1721	-	1831	-
Harrington		13x46	-	-	15x33	16x07	-	17x25	-	18x35	-
Parton		13x54	-	-	15x43	16x16	-	17x33	-	18x46	-
Whitehaven	a	1401	-	-	1548	1622	-	1739	-	1850	-
Whitehaven	d	1403	-	-	1549	1623	-	1741	-	1852	-
Corkickle		14x05	-	-	15x53	16x25	-	17x43	-	18x55	-
St Bees		1410	-	-	1600	1631	-	1752	-	1902	-
Nethertown		-	-	-	-	16x35	-	17x56	-	-	-
Braystones		-	-	-	-	16x38	-	17x58	-	-	-
Sellafield		1421	-	-	1611	1644	-	1804	-	1917	-
Seascale		1424	-	-	1615	1648	-	1807	-	1921	-
Drigg		14x27	-	-	16x20	16x51	-	18x11	-	19x26	-
Ravenglass for Eskdale		1431	-	-	1624	1655	-	1814	-	1930	-
Bootle		14x36	-	-	16x31	17x01	-	18x20	-	19x37	-
Silecroft		14x43	-	-	16x39	17x08	-	18x27	-	19x45	-
Millom	a	1449	-	-	1645	1715	-	1834	-	1951	-
Millom	d	1450	-	-	1645	1715	-	1835	-	1951	2016
Green Road		14x54	-	-	16x51	17x20	-	18x39	-	19x58	20x20
Foxfield		14x57	-	-	16x56	17x24	-	18x43	-	20x03	20x23
Kirkby-in-Furness		15x01	-	-	17x01	17x28	-	18x48	-	20x08	20x27
Askam		1506	-	-	1707	1733	-	1853	-	2014	2032
Barrow-in-Furness	a	1522	-	-	1723	1749	-	1910	-	2031	2049
Barrow-in-Furness	d	1524	1610	1720	-	-	1803	-	2015	-	-
Roose		1528	1614	-	-	-	1807	-	2019	-	-
Dalton		1534	1620	1729	-	-	1813	-	2026	-	-
Ulverston		1543	1628	1737	-	-	1821	-	2034	-	-
Cark		1550	1636	1745	-	-	1829	-	2042	-	-
Kents Bank		1555	1640	-	-	-	1833	-	2046	-	-
Grange-over-Sands		1559	1644	1752	-	-	1837	-	2050	-	-
Arnside		1605	1650	1758	-	-	1843	-	2056	-	-
Silverdale		1609	1654	1802	-	-	1847	-	2100	-	-
Carnforth		1617	1702	1809	-	-	1856	-	2107	-	-
Lancaster	a	1628	1714	1818	-	-	1904	-	2115	-	-
	d	-	-	-	-	-	1907	-	2116	-	-
Preston	a	-	-	-	-	-	1932	-	2135	-	-

### Notes

x Only stops on request.

B To Windermere.

Ⓛ Service operated with loco-hauled stock where available.

# Carlisle - Barrow - Lancaster

## Mondays to Fridays

		K										
	Carlisle	d	1814	-	1915	-	2037	2200	-	-	-	-
	Dalston		18x22	-	19x23	-	20x45	22x08	-	-	-	-
	Wigton		1832	-	1933	-	2055	2218	-	-	-	-
	Aspatria		18x42	-	19x43	-	21x05	22x28	-	-	-	-
	Maryport		1853	-	1954	-	2116	2239	-	-	-	-
	Flimby		18x56	-	19x57	-	21x19	22x42	-	-	-	-
	Workington		1904	-	2005	-	2127	2250	-	-	-	-
	Harrington		19x08	-	20x09	-	21x31	22x54	-	-	-	-
	Parton		19x16	-	20x17	-	21x39	23x02	-	-	-	-
	Whitehaven	a	1925	-	2025	-	2147	2310	-	-	-	-
	Whitehaven	d	-	-	-	-	-	-	-	-	-	-
	Corkickle		-	-	-	-	-	-	-	-	-	-
	St Bees		-	-	-	-	-	-	-	-	-	-
	Nethertown		-	-	-	-	-	-	-	-	-	-
	Braystones		-	-	-	-	-	-	-	-	-	-
	Sellafield		-	-	-	-	-	-	-	-	-	-
	Seascale		-	-	-	-	-	-	-	-	-	-
	Drigg		-	-	-	-	-	-	-	-	-	-
	Ravenglass for Eskdale		-	-	-	-	-	-	-	-	-	-
	Bootle		-	-	-	-	-	-	-	-	-	-
	Silecroft		-	-	-	-	-	-	-	-	-	-
	Millom	a	-	-	-	-	-	-	-	-	-	-
	Millom	d	-	-	-	2209	-	-	-	-	-	-
	Green Road		-	-	-	22x13	-	-	-	-	-	-
	Foxfield		-	-	-	22x16	-	-	-	-	-	-
	Kirkby-in-Furness		-	-	-	22x20	-	-	-	-	-	-
	Askam		-	-	-	2225	-	-	-	-	-	-
	Barrow-in-Furness	a	-	-	-	2242	-	-	-	-	-	-
	Barrow-in-Furness	d	-	2143	-	-	-	-	-	-	-	-
	Roose		-	2147	-	-	-	-	-	-	-	-
	Dalton		-	2153	-	-	-	-	-	-	-	-
	Ulverston		-	2201	-	-	-	-	-	-	-	-
	Cark		-	2209	-	-	-	-	-	-	-	-
	Kents Bank		-	2213	-	-	-	-	-	-	-	-
	Grange-over-Sands		-	2217	-	-	-	-	-	-	-	-
	Arnside		-	2223	-	-	-	-	-	-	-	-
	Silverdale		-	2227	-	-	-	-	-	-	-	-
	Carnforth		-	2236	-	-	-	-	-	-	-	-
	Lancaster	a	-	2245	-	-	-	-	-	-	-	-
		d	-	2246	-	-	-	-	-	-	-	-
	Preston	a	-	2311	-	-	-	-	-	-	-	-

### Notes

x Only stops on request.

K From Newcastle.

🚂 Service operated with loco-hauled stock where available.

# Carlisle - Barrow - Lancaster

## Saturdays

		A			L							
Carlisle	d	-	-	-	-	-	0515	-	-	-	-	-
Dalston		-	-	-	-	-	05x24	-	-	-	-	-
Wigton		-	-	-	-	-	0534	-	-	-	-	-
Aspatria		-	-	-	-	-	05x45	-	-	-	-	-
Maryport		-	-	-	-	-	0557	-	-	-	-	-
Flimby		-	-	-	-	-	06x01	-	-	-	-	-
Workington		-	-	-	-	-	0608	-	-	-	-	-
Harrington		-	-	-	-	-	06x13	-	-	-	-	-
Parton		-	-	-	-	-	06x24	-	-	-	-	-
Whitehaven	a	-	-	-	-	-	0629	-	-	-	-	-
Whitehaven	d	-	-	-	-	-	0630	-	-	-	-	-
Corkickle		-	-	-	-	-	06x33	-	-	-	-	-
St Bees		-	-	-	-	-	0640	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-	-	-
Sellafield		-	-	-	-	-	0651	-	-	0905	-	-
Seascale		-	-	-	-	-	0656	-	-	0908	-	-
Drigg		-	-	-	-	-	07x00	-	-	09x11	-	-
Ravenglass for Eskdale		-	-	-	-	-	0705	-	-	0915	-	-
Bootle		-	-	-	-	-	07x11	-	-	09x20	-	-
Silecroft		-	-	-	-	-	07x19	-	-	09x27	-	-
Millom	a	-	-	-	-	-	0725	-	-	0933	-	-
Millom	d	-	-	-	0609	-	0725	-	-	0934	-	-
Green Road		-	-	-	06x13	-	07x32	-	-	09x38	-	-
Foxfield		-	-	-	06x16	-	07x37	-	-	09x41	-	-
Kirkby-in-Furness		-	-	-	06x20	-	07x42	-	-	09x45	-	-
Askam		-	-	-	0625	-	0748	-	-	0950	-	-
Barrow-in-Furness	a	-	-	-	0641	-	0803	-	-	1005	-	-
Barrow-in-Furness	d	0435	0532	0615	-	0707	-	0808	0850	1009	1120	-
Roose		-	-	0619	-	0711	-	0812	-	1013	-	-
Dalton		-	-	0625	-	0717	-	0818	0859	1019	1129	-
Ulverston		0451	0547	0634	-	0726	-	0826	0907	1028	1137	-
Cark		-	-	0642	-	0734	-	0834	0915	1035	1145	-
Kents Bank		-	-	0646	-	0738	-	0838	-	1040	-	-
Grange-over-Sands		0503	0600	0650	-	0742	-	0842	0922	1044	1152	-
Arnside		0509	0606	0656	-	0748	-	0848	0928	1050	1158	-
Silverdale		-	-	0700	-	0753	-	0852	0932	1055	1202	-
Carnforth		0519	0616	0707	-	0800	-	0900	0939	1102	1209	-
Lancaster	a	0531	0623	0718	-	0808	-	0909	0947	1111	1219	-
	d	-	0624	-	-	0818	-	-	0947	-	-	-
Preston	a	-	0642	-	-	0841	-	-	1007	-	-	-

### Notes

x Only stops on request.

A To Manchester Airport.

L Service operated with loco-hauled stock where available.

# Carlisle - Barrow - Lancaster

## Saturdays

		Ⓛ				Ⓛ				B	
Carlisle	d	0735	0842	0938	1054	-	1156	1252	-	-	-
Dalston		07x43	08x51	09x46	11x02	-	12x05	13x00	-	-	-
Wigton		0753	0901	0956	1112	-	1214	1310	-	-	-
Aspatria		08x03	09x13	10x06	11x22	-	12x25	13x20	-	-	-
Maryport		0814	0925	1017	1133	-	1236	1331	-	-	-
Flimby		08x17	09x28	10x20	11x36	-	12x40	13x34	-	-	-
Workington		0825	0935	1028	1144	-	1248	1342	-	-	-
Harrington		08x29	09x40	10x32	11x48	-	12x52	13x46	-	-	-
Parton		08x37	09x50	10x40	11x56	-	13x02	13x54	-	-	-
Whitehaven	a	0845	0955	1046	1202	-	1308	1400	-	-	-
Whitehaven	d	-	0956	1048	1204	-	1310	1402	-	-	-
Corkickle		-	10x00	10x50	12x06	-	13x12	14x04	-	-	-
St Bees		-	1007	1055	1211	-	1318	1409	-	-	-
Nethertown		-	-	10x59	-	-	-	-	-	-	-
Braystones		-	-	11x02	-	-	-	-	-	-	-
Sellafield		-	1018	1108	1222	-	1329	1419	-	-	-
Seascale		-	1022	1111	1225	-	1333	1423	-	-	-
Drigg		-	10x27	11x14	12x28	-	13x37	14x26	-	-	-
Ravenglass for Eskdale		-	1031	1118	1232	-	1341	1429	-	-	-
Bootle		-	10x38	11x23	12x37	-	13x48	14x35	-	-	-
Silecroft		-	10x46	11x30	12x44	-	13x55	14x41	-	-	-
Millom	a	-	1052	1136	1250	-	1400	1448	-	-	-
Millom	d	-	1052	1136	1251	-	1401	1448	-	-	-
Green Road		-	10x59	11x40	12x55	-	14x06	14x52	-	-	-
Foxfield		-	11x04	11x44	12x58	-	14x10	14x55	-	-	-
Kirkby-in-Furness		-	11x09	11x48	13x02	-	14x15	14x59	-	-	-
Askam		-	1115	1153	1307	-	1421	1504	-	-	-
Barrow-in-Furness	a	-	1130	1208	1325	-	1435	1520	-	-	-
Barrow-in-Furness	d	-	-	1211	-	1333	1443	-	1525	1629	1720
Roose		-	-	1215	-	1337	1447	-	-	1633	-
Dalton		-	-	1221	-	1344	1454	-	-	1639	1729
Ulverston		-	-	1229	-	1352	1503	-	1541	1647	1737
Cark		-	-	1237	-	1400	1511	-	-	1655	1745
Kents Bank		-	-	1241	-	1404	1516	-	-	1659	-
Grange-over-Sands		-	-	1245	-	1408	1520	-	1553	1703	1752
Arnside		-	-	1251	-	1414	1526	-	1559	1709	1758
Silverdale		-	-	1255	-	1418	1531	-	-	1713	1802
Carnforth		-	-	1303	-	1425	1539	-	1609	1721	1809
Lancaster	a	-	-	1315	-	1433	1551	-	1617	1736	1818
Lancaster	d	-	-	-	-	1434	-	-	1617	-	-
Preston	a	-	-	-	-	1452	-	-	1637	-	-

### Notes

x Only stops on request.

B To Windermere.

Ⓛ Service operated with loco-hauled stock where available.

# Carlisle - Barrow - Lancaster

## Saturdays

		Ⓛ				K		Q	T		
Carlisle	d	1433	1525	1636	-	1740	1814	-	-	-	1900
Dalston		14x42	15x33	16x44	-	17x48	18x22	-	-	-	19x08
Wigton		1452	1543	1654	-	1758	1832	-	-	-	1918
Aspatria		15x03	15x53	17x04	-	18x08	18x42	-	-	-	19x28
Maryport		1515	1604	1715	-	1819	1853	-	-	-	1939
Flimby		15x19	16x07	17x18	-	18x22	18x56	-	-	-	19x42
Workington		1526	1616	1726	-	1830	1904	-	-	-	1950
Harrington		15x31	16x19	17x30	-	18x34	19x08	-	-	-	19x54
Parton		15x41	16x28	17x38	-	18x42	19x16	-	-	-	20x02
Whitehaven	a	1546	1634	1746	-	1848	1925	-	-	-	2010
Whitehaven	d	1547	1636	1748	-	1850	-	-	-	-	-
Corkickle		15x51	16x38	17x50	-	18x52	-	-	-	-	-
St Bees		1601	1643	1755	-	1859	-	-	-	-	-
Nethertown		-	1647	17x59	-	19x03	-	-	-	-	-
Braystones		-	1650	18x02	-	19x05	-	-	-	-	-
Sellafield		1612	1656	1808	-	1911	-	-	-	-	-
Seascale		1616	1659	1811	-	1914	-	-	-	-	-
Drigg		16x21	17x02	18x14	-	19x17	-	-	-	-	-
Ravenglass for Eskdale		1625	1706	1818	-	1921	-	-	-	-	-
Bootle		16x32	17x11	18x23	-	19x26	-	-	-	-	-
Silecroft		16x40	17x18	18x30	-	19x33	-	-	-	-	-
Millom	a	1646	1724	1836	-	1939	-	-	-	-	-
Millom	d	1646	1725	1837	-	1939	-	2016	-	-	-
Green Road		16x52	17x29	18x41	-	19x43	-	20x20	-	-	-
Foxfield		16x57	17x32	18x44	-	19x47	-	20x23	-	-	-
Kirkby-in-Furness		17x02	17x36	18x48	-	19x51	-	20x27	-	-	-
Askam		1708	1741	1853	-	1956	-	2032	-	-	-
Barrow-in-Furness	a	1723	1757	1911	-	2013	-	2049	-	-	-
Barrow-in-Furness	d	-	1803	-	1917	-	-	-	2135	2135	-
Roose		-	1807	-	1921	-	-	-	2139	2139	-
Dalton		-	1813	-	1928	-	-	-	2145	2145	-
Ulverston		-	1821	-	1936	-	-	-	2153	2153	-
Cark		-	1829	-	1944	-	-	-	2201	2201	-
Kents Bank		-	1833	-	1948	-	-	-	2205	2205	-
Grange-over-Sands		-	1837	-	1952	-	-	-	2209	2209	-
Arnside		-	1843	-	1958	-	-	-	2215	2215	-
Silverdale		-	1847	-	2002	-	-	-	2219	2219	-
Carnforth		-	1856	-	2009	-	-	-	2228	2228	-
Lancaster	a	-	1905	-	2017	-	-	-	2240	2238	-
Lancaster	d	-	1906	-	2018	-	-	-	-	2239	-
Preston	a	-	1931	-	2037	-	-	-	-	2304	-

### Notes

x Only stops on request.

K From Newcastle.

Q Until 18 June.

T From 25 June.

Ⓛ Service operated with loco-hauled stock where available.

# Carlisle - Barrow - Lancaster

## Saturdays

Carlisle	d	-	2015	2145	-	-	-	-	-	-	-
Dalston	-	-	20x23	21x53	-	-	-	-	-	-	-
Wigton	-	-	2032	2203	-	-	-	-	-	-	-
Aspatria	-	-	20x42	22x13	-	-	-	-	-	-	-
Maryport	-	-	2052	2224	-	-	-	-	-	-	-
Flimby	-	-	20x55	22x27	-	-	-	-	-	-	-
Workington	-	-	2104	2235	-	-	-	-	-	-	-
Harrington	-	-	21x07	22x39	-	-	-	-	-	-	-
Parton	-	-	21x16	22x47	-	-	-	-	-	-	-
Whitehaven	a	-	2125	2255	-	-	-	-	-	-	-
Whitehaven	d	-	-	-	-	-	-	-	-	-	-
Corkickle	-	-	-	-	-	-	-	-	-	-	-
St Bees	-	-	-	-	-	-	-	-	-	-	-
Nethertown	-	-	-	-	-	-	-	-	-	-	-
Braystones	-	-	-	-	-	-	-	-	-	-	-
Sellafield	-	-	-	-	-	-	-	-	-	-	-
Seascale	-	-	-	-	-	-	-	-	-	-	-
Drigg	-	-	-	-	-	-	-	-	-	-	-
Ravenglass for Eskdale	-	-	-	-	-	-	-	-	-	-	-
Bootle	-	-	-	-	-	-	-	-	-	-	-
Silecroft	-	-	-	-	-	-	-	-	-	-	-
Millom	a	-	-	-	-	-	-	-	-	-	-
Millom	d	2208	-	-	-	-	-	-	-	-	-
Green Road	-	22x12	-	-	-	-	-	-	-	-	-
Foxfield	-	22x15	-	-	-	-	-	-	-	-	-
Kirkby-in-Furness	-	22x19	-	-	-	-	-	-	-	-	-
Askam	-	2224	-	-	-	-	-	-	-	-	-
Barrow-in-Furness	a	2241	-	-	-	-	-	-	-	-	-
Barrow-in-Furness	d	-	-	-	-	-	-	-	-	-	-
Roose	-	-	-	-	-	-	-	-	-	-	-
Dalton	-	-	-	-	-	-	-	-	-	-	-
Ulverston	-	-	-	-	-	-	-	-	-	-	-
Cark	-	-	-	-	-	-	-	-	-	-	-
Kents Bank	-	-	-	-	-	-	-	-	-	-	-
Grange-over-Sands	-	-	-	-	-	-	-	-	-	-	-
Arnside	-	-	-	-	-	-	-	-	-	-	-
Silverdale	-	-	-	-	-	-	-	-	-	-	-
Carnforth	-	-	-	-	-	-	-	-	-	-	-
Lancaster	a	-	-	-	-	-	-	-	-	-	-
Lancaster	d	-	-	-	-	-	-	-	-	-	-
Preston	a	-	-	-	-	-	-	-	-	-	-

### Notes

x Only stops on request.

# Carlisle - Barrow - Lancaster

## Sundays

		W	XA	UC	A						C
Barrow-in-Furness	d	0922	0922	1005	1023	1210	1310	1348	1612	1815	1911
Roose		0926	0926	-	1027	1214	1314	-	1616	1819	1915
Dalton		0933	0933	-	1034	1221	1320	1356	1623	1826	1921
Ulverston		0941	0941	1020	1042	1229	1329	1405	1631	1834	1929
Cark		0949	0949	-	1050	1237	1336	1412	1639	1842	1937
Kents Bank		0953	0953	-	1054	1241	1341	-	1643	1846	1941
Grange-over-Sands		0957	0957	1033	1058	1245	1345	1419	1647	1850	1945
Arnside		1003	1003	1039	1104	1251	1351	1425	1653	1856	1951
Silverdale		1007	1007	-	1108	1256	1355	1430	1658	1901	1956
Carnforth		1014	1014	1049	1115	1304	1404	1437	1706	1909	2004
Lancaster	a	1023	1022	1101	1123	1312	1415	1444	1715	1917	2014
	d	-	1022	1103	1124	1313	-	1445	1715	1918	2020
Preston	a	-	1041	-	1143	1337	-	1504	1740	1942	-

## Sundays

Carlisle	d	1410	1710	1910	2110	-	-	-	-	-	-
Dalston		14x18	17x18	19x18	21x18	-	-	-	-	-	-
Wigton		1427	1727	1927	2127	-	-	-	-	-	-
Aspatria		14x37	17x37	19x37	21x37	-	-	-	-	-	-
Maryport		1447	1747	1947	2147	-	-	-	-	-	-
Flimby		14x50	17x50	19x50	21x50	-	-	-	-	-	-
Workington		1459	1759	1959	2159	-	-	-	-	-	-
Harrington		15x02	18x02	20x02	22x02	-	-	-	-	-	-
Parton		15x11	18x11	20x11	22x11	-	-	-	-	-	-
Whitehaven	a	1520	1820	2020	2220	-	-	-	-	-	-

**No trains operate between Whitehaven and Barrow-in-Furness on Sundays.**

### Notes

- x Only stops on request.
- A To Manchester Airport.
- C To Morecambe.
- U Until 11 September.
- W Until 19 June.
- X From 26 June.



# Rewind



Try the original play station



**Kids go half price\***

To find out more search  
'Northern Cheap Day Return'

**online | on app | on station**

\*Children aged five to fifteen inclusive get a 50% discount on most tickets. In addition, up to two children under five can travel free with each fare paying passenger. For more information visit [nationalrail.co.uk](http://nationalrail.co.uk).





# Lancaster - Barrow - Carlisle

## Mondays to Fridays

		M	●	●				●		
Preston	d	0927	1004	-	1045	-	-	-	-	-
Lancaster	a	0947	1025	-	1100	-	-	-	-	-
	d	0947	1025	-	1105	-	1219	1320	-	1437 1533
Carnforth		0957	1035	-	1113	-	1229	1328	-	1447 1543
Silverdale		1003	1042	-	1119	-	1234	1334	-	1453 1549
Arnside		1008	1047	-	1123	-	1239	1338	-	1457 1554
Grange-over-Sands		1014	1053	-	1129	-	1245	1344	-	1503 1600
Kents Bank		1017	1058	-	-	-	1249	1347	-	1507 1603
Cark		1022	1103	-	1135	-	1253	1352	-	1511 1607
Ulverston		1030	1112	-	1143	-	1302	1400	-	1520 1615
Dalton		1039	1121	-	1151	-	1310	1408	-	1528 1624
Roose		1045	-	-	-	-	1316	1414	-	1534 1630
Barrow-in-Furness	a	1054	1133	-	1205	-	1323	1423	-	1542 1637
Barrow-in-Furness	d	-	-	1140	-	1236	1331	-	1437	- 1643
Askam		-	-	1152	-	1246	1341	-	1449	- 1653
Kirkby-in-Furness		-	-	11x57	-	12x50	13x45	-	14x55	- 16x57
Foxfield		-	-	12x02	-	12x53	13x48	-	15x00	- 17x00
Green Road		-	-	12x07	-	12x57	13x52	-	15x05	- 17x04
Millom	a	-	-	1213	-	1303	1358	-	1511	- 1710
Millom	d	-	-	1214	-	1304	1359	-	1512	- 1711
Silecroft		-	-	12x19	-	13x08	14x03	-	15x18	- 17x15
Bootle		-	-	12x28	-	13x15	14x10	-	15x26	- 17x22
Ravenglass for Eskdale		-	-	1235	-	1321	1416	-	1533	- 1728
Drigg		-	-	12x39	-	13x24	14x19	-	15x38	- 17x31
Seascale		-	-	1243	-	1328	1422	-	1542	- 1734
Sellafield		-	-	1248	-	1336	1428	-	1547	- 1740
Braystones		-	-	-	-	-	14x31	-	-	-
Nethertown		-	-	-	-	-	14x34	-	-	-
St Bees		-	-	1259	-	1346	1440	-	1601	- 1751
Corkickle		-	-	13x06	-	13x51	14x45	-	16x08	- 17x56
Whitehaven	a	-	-	1309	-	1354	1448	-	1611	- 1758
Whitehaven	d	-	-	1310	-	1356	1454	-	1612	- 1800
Parton		-	-	13x15	-	13x59	14x57	-	16x17	- 18x03
Harrington		-	-	13x26	-	14x07	15x05	-	16x28	- 18x11
Workington		-	-	1332	-	1414	1513	-	1634	- 1818
Flimby		-	-	13x38	-	14x18	15x17	-	16x40	- 18x22
Maryport		-	-	1342	-	1422	1522	-	1644	- 1826
Aspatria		-	-	13x53	-	14x31	15x32	-	16x55	- 18x35
Wigton		-	-	1405	-	1443	1544	-	1707	- 1847
Dalston		-	-	14x15	-	14x52	15x52	-	17x17	- 18x56
Carlisle	a	-	-	1426	-	1506	1604	-	1728	- 1910

### Notes

x Only stops on request.

M From Manchester Oxford Road.

● Service operated with loco-hauled stock where available.

# Lancaster - Barrow - Carlisle

## Mondays to Fridays

		●			N	M		
Preston	d	1546	-	-	-	1728	-	1805 - 1847
Lancaster	a	1601	-	-	-	1748	-	1825 - 1902
	d	1602	-	1648 1721	-	1748	-	1826 - 1903
Carnforth		1610	-	1658 1730	-	1758	-	1838 - 1911
Silverdale		1616	-	1705 1736	-	1804	-	1844 - 1917
Arnside		1620	-	1709 1741	-	1809	-	1848 - 1921
Grange-over-Sands		1626	-	1715 1747	-	1815	-	1854 - 1927
Kents Bank		1629	-	1719 1750	-	1818	-	1858 - 1930
Cark		1634	-	1723 1755	-	1823	-	1902 - 1935
Ulverston		1642	-	1732 1803	-	1831	-	1911 - 1943
Dalton		1650	-	1741 1811	-	1839	-	1919 - 1951
Roose		1656	-	1747 1818	-	1845	-	1925 - 1957
Barrow-in-Furness	a	1705	-	1756 1825	-	1856	-	1934 - 2006
Barrow-in-Furness	d	-	1731	-	-	1830	-	- 1940 -
Askam		-	1743	-	-	1840	-	- 1950 -
Kirkby-in-Furness		-	17x48	-	-	18x44	-	- 19x54 -
Foxfield		-	17x53	-	-	18x47	-	- 19x57 -
Green Road		-	17x58	-	-	18x51	-	- 20x01 -
Millom	a	-	1804	-	-	1857	-	- 2010 -
Millom	d	-	1805	-	-	1858	-	- - -
Silecroft		-	18x11	-	-	19x02	-	- - -
Bootle		-	18x19	-	-	19x09	-	- - -
Ravenglass for Eskdale		-	1826	-	-	1915	-	- - -
Drigg		-	18x31	-	-	19x18	-	- - -
Seascale		-	1835	-	-	1921	-	- - -
Sellafield		-	1840	-	-	1925	-	- - -
Braystones		-	-	-	-	19x28	-	- - -
Nethertown		-	-	-	-	19x31	-	- - -
St Bees		-	1903	-	-	1935	-	- - -
Corkickle		-	19x10	-	-	19x40	-	- - -
Whitehaven	a	-	1913	-	-	1945	-	- - -
Whitehaven	d	-	1915	-	-	1946	-	2030 - - -
Parton		-	19x20	-	-	19x50	-	20x33 - - -
Harrington		-	19x30	-	-	19x58	-	20x41 - - -
Workington		-	1936	-	-	2004	-	2048 - - -
Flimby		-	19x42	-	-	20x09	-	20x52 - - -
Maryport		-	1946	-	-	2013	-	2056 - - -
Aspatria		-	19x58	-	-	20x22	-	21x05 - - -
Wigton		-	2010	-	-	2034	-	2117 - - -
Dalston		-	20x20	-	-	20x43	-	21x26 - - -
Carlisle	a	-	2031	-	-	2055	-	2139 - - -

### Notes

x Only stops on request.

M From Manchester Oxford Road.

N From Buxton.

● Service operated with loco-hauled stock where available.

# Lancaster - Barrow - Carlisle

## Mondays to Fridays

		Y	Z		P						
Preston	d	-	2008	2008	-	2109	2147	2313	-	-	-
Lancaster	a	-	2023	2028	-	2129	2202	2328	-	-	-
	d	-	2024	2028	-	2129	2203	2329	-	-	-
Carnforth		-	2032	2038	-	2139	2211	2337	-	-	-
Silverdale		-	2038	2044	-	2145	2217	2343	-	-	-
Arnsdale		-	2042	2048	-	2150	2221	2347	-	-	-
Grange-over-Sands		-	2048	2054	-	2156	2227	2352	-	-	-
Kents Bank		-	2051	2058	-	2159	2230	2356	-	-	-
Cark		-	2056	2102	-	2204	2235	2359	-	-	-
Ulverston		-	2104	2111	-	2212	2243	0008	-	-	-
Dalton		-	2112	2119	-	2220	2251	0016	-	-	-
Roose		-	2118	2125	-	2226	2257	0022	-	-	-
Barrow-in-Furness	a	-	2127	2132	-	2236	2306	0030	-	-	-
Barrow-in-Furness	d	-	-	-	-	2134	-	-	-	-	-
Askam		-	-	-	-	2144	-	-	-	-	-
Kirkby-in-Furness		-	-	-	-	21x48	-	-	-	-	-
Foxfield		-	-	-	-	21x51	-	-	-	-	-
Green Road		-	-	-	-	21x55	-	-	-	-	-
Millom	a	-	-	-	-	2204	-	-	-	-	-
Millom	d	-	-	-	-	-	-	-	-	-	-
Silecroft		-	-	-	-	-	-	-	-	-	-
Bootle		-	-	-	-	-	-	-	-	-	-
Ravenglass for Eskdale		-	-	-	-	-	-	-	-	-	-
Drigg		-	-	-	-	-	-	-	-	-	-
Seascale		-	-	-	-	-	-	-	-	-	-
Sellafield		-	-	-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-	-
St Bees		-	-	-	-	-	-	-	-	-	-
Corkickle		-	-	-	-	-	-	-	-	-	-
Whitehaven	a	-	-	-	-	-	-	-	-	-	-
Whitehaven	d	2151	-	-	-	-	-	-	-	-	-
Parton		21x54	-	-	-	-	-	-	-	-	-
Harrington		22x02	-	-	-	-	-	-	-	-	-
Workington		2211	-	-	-	-	-	-	-	-	-
Flimby		-	-	-	-	-	-	-	-	-	-
Maryport		-	-	-	-	-	-	-	-	-	-
Aspatria		-	-	-	-	-	-	-	-	-	-
Wigton		-	-	-	-	-	-	-	-	-	-
Dalston		-	-	-	-	-	-	-	-	-	-
Carlisle	a	-	-	-	-	-	-	-	-	-	-

### Notes

x Only stops on request.

P From Manchester Airport.

Y Until 8 July.

Z From 11 July.

🚂 Service operated with loco-hauled stock where available.

# Lancaster - Barrow - Carlisle

## Saturdays

Preston	d	-	-	-	-	-	-	-	0842	0945	-	
Lancaster	a	-	-	-	-	-	-	-	0902	1000	-	
	d	-	-	-	-	-	0733	-	0902	1001	-	
Carnforth		-	-	-	-	-	0742	-	0912	1009	-	
Silverdale		-	-	-	-	-	0748	-	0917	1015	-	
Arnsdale		-	-	-	-	-	0752	-	0922	1019	-	
Grange-over-Sands		-	-	-	-	-	0758	-	0928	1025	-	
Kents Bank		-	-	-	-	-	0802	-	0931	1028	-	
Cark		-	-	-	-	-	0806	-	0936	1033	-	
Ulverston		-	-	-	-	-	0815	-	0944	1041	-	
Dalton		-	-	-	-	-	0823	-	0952	1049	-	
Roose		-	-	-	-	-	0829	-	0958	1055	-	
Barrow-in-Furness	a	-	-	-	-	-	0838	-	1006	1104	-	
Barrow-in-Furness	d	-	0546	0655	-	0741	-	0845	1010	-	1138	
Askam		-	0558	0705	-	0751	-	0857	1020	-	1150	
Kirkby-in-Furness		-	06x04	07x09	-	07x55	-	09x03	10x24	-	11x55	
Foxfield		-	06x09	07x13	-	07x58	-	09x07	10x27	-	12x00	
Green Road		-	06x14	07x17	-	08x02	-	09x12	10x31	-	12x05	
Millom	a	-	0620	0724	-	0808	-	0918	1037	-	1211	
Millom	d	-	0621	0724	-	0809	-	0919	1038	-	1212	
Silecroft		-	06x27	07x29	-	08x13	-	09x25	10x42	-	12x18	
Bootle		-	06x35	07x36	-	08x20	-	09x33	10x49	-	12x26	
Ravenglass for Eskdale		-	0642	0742	-	0826	-	0940	1055	-	1233	
Drigg		-	06x47	07x46	-	08x29	-	09x45	10x58	-	12x37	
Seascale		-	0651	0749	-	0832	-	0949	1102	-	1241	
Sellafield		-	0656	0756	-	0839	-	0954	1108	-	1246	
Braystones		-	-	07x59	-	-	-	-	11x11	-	-	
Nethertown		-	-	08x02	-	-	-	-	11x14	-	-	
St Bees		-	0707	0806	-	-	-	1008	1118	-	1257	
Corkickle		-	07x14	08x11	-	-	-	10x14	11x23	-	13x03	
Whitehaven	a	-	0717	0815	-	-	-	1017	1127	-	1306	
Whitehaven	d	0622	0718	0816	0906	-	-	1019	1128	-	1308	
Parton		06x25	07x23	08x20	09x09	-	-	10x24	11x32	-	13x13	
Harrington		06x33	07x33	08x28	09x17	-	-	10x34	11x40	-	13x23	
Workington		0640	0739	0834	0924	-	-	1040	1146	-	1329	
Flimby		06x44	07x45	08x39	09x28	-	-	10x47	11x51	-	13x36	
Maryport		0648	0749	0842	0932	-	-	1051	1154	-	1340	
Aspatria		06x57	08x00	08x52	09x41	-	-	11x02	12x04	-	13x51	
Wigton		0709	0812	0904	0953	-	-	1114	1216	-	1403	
Dalston		07x18	08x22	09x12	10x02	-	-	11x24	12x24	-	14x12	
Carlisle	a	0731	0833	0926	1015	-	-	1137	1238	-	1426	

### Notes

x Only stops on request.

J From Blackpool North.

🚂 Service operated with loco-hauled stock where available.



# Lancaster - Barrow - Carlisle

## Saturdays

		●			Q	T	P	Q
Preston	d	-	-	-	1745	-	1904 1908 2003 2058	-
Lancaster	a	-	-	-	1800	-	1919 1928 2023 2113	-
	d	-	1731	-	1801	-	1920 1929 2023 2114	2314
Carnforth		-	1740	-	1810	-	1928 1939 2033 2122	2322
Silverdale		-	1747	-	1815	-	1934 1945 2039 2128	2328
Arnsdale		-	1752	-	1820	-	1938 1949 2044 2132	2332
Grange-over-Sands		-	1758	-	1825	-	1944 1955 2050 2138	2338
Kents Bank		-	1803	-	1829	-	1947 1959 2053 2141	2341
Cark		-	1808	-	1833	-	1952 2003 2058 2146	2346
Ulverston		-	1816	-	1842	-	2000 2012 2106 2154	2354
Dalton		-	1825	-	1850	-	2008 2020 2114 2202	0002
Roose		-	1832	-	1856	-	2013 2026 2120 2208	0008
Barrow-in-Furness	a	-	1840	-	1905	-	2023 2035 2128 2217	0017
Barrow-in-Furness	d	-	-	-	1940	-	-	2130 - -
Askam		-	-	-	1950	-	-	2140 - -
Kirkby-in-Furness		-	-	-	19x54	-	-	21x44 - -
Foxfield		-	-	-	19x57	-	-	21x47 - -
Green Road		-	-	-	20x01	-	-	21x51 - -
Millom	a	-	-	-	2010	-	-	2200 - -
Millom	d	-	-	-	-	-	-	- - -
Silecroft		-	-	-	-	-	-	- - -
Bootle		-	-	-	-	-	-	- - -
Ravenglass for Eskdale		-	-	-	-	-	-	- - -
Drigg		-	-	-	-	-	-	- - -
Seascale		-	-	-	-	-	-	- - -
Sellafield		-	-	-	-	-	-	- - -
Braystones		-	-	-	-	-	-	- - -
Nethertown		-	-	-	-	-	-	- - -
St Bees		-	-	-	-	-	-	- - -
Corkickle		-	-	-	-	-	-	- - -
Whitehaven	a	-	-	-	-	-	-	- - -
Whitehaven	d	1943	-	2030	-	-	-	- - -
Parton		19x46	-	20x33	-	-	-	- - -
Harrington		19x54	-	20x41	-	-	-	- - -
Workington		2001	-	2048	-	-	-	- - -
Flimby		20x05	-	20x52	-	-	-	- - -
Maryport		2009	-	2056	-	-	-	- - -
Aspatria		20x18	-	21x05	-	-	-	- - -
Wigton		2030	-	2117	-	-	-	- - -
Dalston		20x39	-	21x26	-	-	-	- - -
Carlisle	a	2053	-	2139	-	-	-	- - -

### Notes

x Only stops on request.

P From Manchester Airport.

Q Until 18 June.

T From 25 June.

● Service operated with loco-hauled stock where available.

# Lancaster - Barrow - Carlisle

## Saturdays

		R	P	S	P						
Preston	d	2258	2303	-	-	-	-	-	-	-	-
Lancaster	a	2313	2319	-	-	-	-	-	-	-	-
	d	2314	2319	-	-	-	-	-	-	-	-
Carnforth		2322	2328	-	-	-	-	-	-	-	-
Silverdale		2328	2334	-	-	-	-	-	-	-	-
Arnside		2332	2339	-	-	-	-	-	-	-	-
Grange-over-Sands		2338	2344	-	-	-	-	-	-	-	-
Kents Bank		2341	2348	-	-	-	-	-	-	-	-
Cark		2346	2352	-	-	-	-	-	-	-	-
Ulverston		2354	2359	-	-	-	-	-	-	-	-
Dalton		0002	0008	-	-	-	-	-	-	-	-
Roose		0008	0014	-	-	-	-	-	-	-	-
Barrow-in-Furness	a	0017	0020	-	-	-	-	-	-	-	-
Barrow-in-Furness	d	-	-	-	-	-	-	-	-	-	-
Askam		-	-	-	-	-	-	-	-	-	-
Kirkby-in-Furness		-	-	-	-	-	-	-	-	-	-
Foxfield		-	-	-	-	-	-	-	-	-	-
Green Road		-	-	-	-	-	-	-	-	-	-
Millom	a	-	-	-	-	-	-	-	-	-	-
Millom	d	-	-	-	-	-	-	-	-	-	-
Silecroft		-	-	-	-	-	-	-	-	-	-
Bootle		-	-	-	-	-	-	-	-	-	-
Ravenglass for Eskdale		-	-	-	-	-	-	-	-	-	-
Drigg		-	-	-	-	-	-	-	-	-	-
Seascale		-	-	-	-	-	-	-	-	-	-
Sellafield		-	-	-	-	-	-	-	-	-	-
Braystones		-	-	-	-	-	-	-	-	-	-
Nethertown		-	-	-	-	-	-	-	-	-	-
St Bees		-	-	-	-	-	-	-	-	-	-
Corkickle		-	-	-	-	-	-	-	-	-	-
Whitehaven	a	-	-	-	-	-	-	-	-	-	-
Whitehaven	d	-	-	-	-	-	-	-	-	-	-
Parton		-	-	-	-	-	-	-	-	-	-
Harrington		-	-	-	-	-	-	-	-	-	-
Workington		-	-	-	-	-	-	-	-	-	-
Flimby		-	-	-	-	-	-	-	-	-	-
Maryport		-	-	-	-	-	-	-	-	-	-
Aspatria		-	-	-	-	-	-	-	-	-	-
Wigton		-	-	-	-	-	-	-	-	-	-
Dalston		-	-	-	-	-	-	-	-	-	-
Carlisle	a	-	-	-	-	-	-	-	-	-	-

### Notes

R From 25 June until 22 October.

P From Manchester Airport.

S From 29 October.



# Lancaster - Barrow - Carlisle

## Sundays

		XJ	W	V	J						
Preston	d	1017	1116	1159	1402	1604	-	1747	2004	-	2147
Lancaster	a	1037	1132	1214	1422	1624	-	1802	2024	-	2202
	d	1038	1132	1215	1422	1625	1720	1803	2024	2103	2203
Carnforth		1048	1141	1223	1432	1635	1730	1811	2034	2128	2211
Silverdale		1054	1147	1229	1438	1641	1736	1817	2040	2133	2217
Arnsdale		1058	1151	1233	1443	1645	1741	1821	2044	2138	2226
Grange-over-Sands		1104	1156	1239	1449	1651	1747	1827	2050	2144	2231
Kents Bank		1108	1200	1242	1452	1655	1750	1830	2054	2148	2235
Cark		1112	1204	1247	1457	1659	1754	1835	2058	2152	2239
Ulverston		1121	1212	1255	1505	1708	1802	1843	2107	2200	2247
Dalton		1129	1221	1303	1514	1716	1811	1851	2115	2208	2256
Roose		1135	1226	1309	1520	1722	1817	1857	2121	2214	2301
Barrow-in-Furness	a	1144	1236	1318	1529	1731	1826	1906	2130	2224	2311

## Sundays

Whitehaven	d	1233	1433	1633	1933	-	-	-	-	-	-
Parton		12x36	14x36	16x36	19x36	-	-	-	-	-	-
Harrington		12x44	14x44	16x44	19x44	-	-	-	-	-	-
Workington		1251	1451	1651	1951	-	-	-	-	-	-
Flimby		12x55	14x55	16x55	19x55	-	-	-	-	-	-
Maryport		1259	1459	1659	1959	-	-	-	-	-	-
Aspatria		13x08	15x08	17x08	20x08	-	-	-	-	-	-
Wigton		1318	1518	1718	2018	-	-	-	-	-	-
Dalston		13x27	15x27	17x27	20x27	-	-	-	-	-	-
Carlisle	a	1341	1541	1741	2041	-	-	-	-	-	-

**No trains operate between Whitehaven and Barrow-in-Furness on Sundays.**

### Notes

x Only stops on request.

J From Blackpool North.

V From 26 June. From Manchester Airport until 11 September.

W Until 19 June.

X From 26 June.

# Enjoy spectacular journeys and beautiful scenery

Take the train along the scenic Cumbrian Coastline to Ravenglass, the Lake District's only coastal village, then travel by steam train to the foot of England's highest mountain.

Buy a through return ticket to the Ravenglass and Eskdale Railway and save **£4.00 Adult** or **£2.00 Child** off usual combined fares.

Even greater savings if you have a Railcard.



- Carlisle
- Dalston
- Wigton
- Aspatria
- Maryport
- Flimby
- Workington
- Harrington
- Parton
- Whitehaven
- Corkickle
- St Bees
- Nethertown
- Braystones
- Sellafield
- Seascale
- Drigg
- **RAVINGLASS**
- Bootle
- Silecroft
- Millom
- Green Road
- Foxfield
- Kirkby-in-Furness
- Askam
- Barrow-in-Furness



For more information on the Ravenglass and Eskdale Railway call

**01229 71 71 71**

or visit [ravenglass-railway.co.uk](http://ravenglass-railway.co.uk)

For more information on this offer call

**03457 48 49 50**

or visit [northernrailway.co.uk/rer](http://northernrailway.co.uk/rer)



# Ravenglass & Eskdale Railway 2016 timetable

(Covering covering 15 May – 10 December 2016)

15 – 20 May, 5 – 30 September, 1 – 30 October

		D		D		D		
Ravenglass	d	0925	1025	1125	1245	1350	1450	1550

Dalegarth (for Boot)	a	1010	1105	1210	1330	1430	1530	1630
----------------------	---	------	------	------	------	------	------	------

		D		D		D		
Dalegarth (for Boot)	d	1025	1150	1250	1350	1450	1550	1640

Ravenglass	a	1105	1230	1330	1430	1530	1630	1720
------------	---	------	------	------	------	------	------	------

21 – 27 May, 3 – 30 June, 1 – 15 July, 30, 31 August, 1 – 4 September

		D		D		D				
Ravenglass	d	0925	1025	1125	1210	1250	1350	1450	1550	1650

Dalegarth (for Boot)	a	1010	1105	1210	1250	1330	1430	1530	1630	1730
----------------------	---	------	------	------	------	------	------	------	------	------

		D		D		D				
Dalegarth (for Boot)	d	1025	1150	1250	1330	1350	1450	1550	1650	1740

Ravenglass	a	1105	1230	1330	1410	1430	1530	1630	1730	1820
------------	---	------	------	------	------	------	------	------	------	------

28 - 31 May, 1, 2 June, 16 – 31 July, 1 – 29 August

		D		D		D					
Ravenglass	d	0925	1025	1045	1125	1210	1245	1330	1425	1445	1530

Dalegarth (for Boot)	a	1010	1105	1125	1205	1250	1330	1410	1510	1530	1610
----------------------	---	------	------	------	------	------	------	------	------	------	------

		D		D		D	
Ravenglass	d	1610	1650	1750			

Dalegarth (for Boot)	a	1650	1730	1830			
----------------------	---	------	------	------	--	--	--

		D		D		D				
Dalegarth (for Boot)	d	1025	1130	1150	1250	1330	1425	1445	1530	1550

Ravenglass	a	1105	1210	1230	1330	1410	1510	1530	1610	1630
------------	---	------	------	------	------	------	------	------	------	------

		D		D		D	
Dalegarth (for Boot)	d	1630	1710	1750	1840		

Ravenglass	a	1710	1750	1830	1920		
------------	---	------	------	------	------	--	--

26, 27 November, 3, 4, 10 December

		D	D
Ravenglass	d	1230	1430

Dalegarth (for Boot)	a	1310	1510
----------------------	---	------	------

		D	D	D
Dalegarth (for Boot)	d	1100	1340	1630

Ravenglass	a	1140	1420	1710
------------	---	------	------	------

Code

D Diesel hauled





### Customer helpline

For comments and enquiries  
telephone **0800 200 6060**  
email [enquiries@northernrailway.co.uk](mailto:enquiries@northernrailway.co.uk)  
contact [northernrailway.co.uk/comments](http://northernrailway.co.uk/comments)  
twitter [@northernrailorg](https://twitter.com/northernrailorg)



### Access, disabled information or cycle assistance

call **0800 138 5560**  
email [assistance@northernrailway.co.uk](mailto:assistance@northernrailway.co.uk)  
textphone **0800 138 5561**



### Lost property

telephone **0800 200 6060**  
[lostproperty@northernrailway.co.uk](mailto:lostproperty@northernrailway.co.uk)



### Fares and service information

National Rail Enquiries  
telephone **03457 48 49 50**  
textphone **0345 60 50 600**  
website [nationalrail.co.uk](http://nationalrail.co.uk)



## CRIMESTOPPERS

# 0800 555 111

Call anonymously with information about crime

Northern working in partnership  
with the charity Crimestoppers



### British Transport Police

telephone **0800 40 50 40**  
text **61016**

### Correspondence

**Customer Experience Centre**  
Freepost NORTHERN RAILWAY



scan to download our mobile app

Arriva Rail North Ltd  
Admiral Way  
Doxford International Business Park  
SR3 3XP  
Registered No. 04337712

There are more ways than ever to buy your ticket:



online



ticket office



ticket machine



mobile