

Barrow-in-Furness to Millom, Whitehaven, Workington, Maryport and Carlisle

Mondays to Fridays

Operator	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	
Preston (PRE)	8 d																		
Lancaster (LAN)	6 d								1014				1319				1601		
Carnforth (CNF)	d								1024				1329				1611		
Barrow-in-Furness (BIF)	d		0558	0651	0750	0928	1020	1119	1205	1313	1424	1449	1544	1615		1716	1807	1912	
Askam (ASK)	d		0608	0701	0800	0938	1030	1130	1215	1323	1434	1459	1554	1625		1726	1817	1922	
Kirkby-in-Furness (KBF)	d		0613	0706	0804	0942	1034	1134	1219	1327	1438	1503	1558	1630		1731	1821	1926	
Foxfield (FOX)	d		0618	0711	0809	0947	1039	1139	1224	1332	1443	1508	1603	1634		1735	1826	1931	
Green Road (GNR)	d		0622	0715	0813	0951	1043	1143	1228	1336	1447	1512	1607	1638		1739	1830	1935	
Millom (MLM)	d		0627	0720	0818	0956	1048	1148	1233	1341	1452	1517	1612	1643		1744	1835	1940	
Silecroft (SIC)	d		0633	0725	0823	1001	1053	1153	1238	1346	1457	1522	1617	1648		1749		1945	
Bootle (BOC)	d		0640	0732	0830	1009	1100	1200	1245	1353	1504	1529	1624	1655		1756		1952	
Ravenglass for Eskdale (RAV)	d		0647	0739	0837	1016	1106	1206	1251	1400	1510	1535	1630	1702		1803	1850	1958	
Drigg (DRI)	d		0651	0743	0840	1019	1110	1210	1255	1403	1514	1539	1634	1705		1806	1853	2001	
Seascale (SSC)	d		0656	0747	0845	1024	1114	1214	1259	1407	1518	1543	1638	1709		1810	1857	2005	
Sellafield (SEL)	d		0700	0753	0849	1032c	1118	1217	1303	1411	1522	1547	1642	1714a		1814	1901	2011	
Braystones (BYS)	d			0757x				1122x		1306x	1415x							2014x	
Nethertown (NRT)	d			0759x				1124x		1309x	1417x							2017x	
St Bees (SBS)	d		0714c	0805	0900	1042	1134c	1227	1328f	1429g	1532	1603h	1652			1828e	1913	2027e	
Corkickle (CKL)	d		0720	0811	0905	1047	1140	1233	1334	1434	1537	1609	1657			1834	1918	2033	
Whitehaven (WTH)	a		0722	0814	0908	1050	1143	1235	1336	1437	1540	1611	1700			1836	1921	2035	
Whitehaven (WTH)	d	0629	0724	0816	0909	1051	1145	1237	1338	1438	1541	1613	1701		1749	1838	1922	2037	
Parton (PRN)	d	0633	0728	0820	0913	1055	1149	1241	1342	1442	1545	1617	1705		1753	1842	1926	2041	
Harrington (HRR)	d	0642	0738	0829	0922	1104	1158		1351	1451	1554	1626	1714		1802	1851	1935	2050	
Workington (WKG)	a	0646	0742	0833	0926	1108	1202	1253	1355	1455	1558	1630	1718		1806	1855	1939	2054	
Workington (WKG)	d	0549	0648	0746	0834	0928	1110	1203	1254	1356	1457	1600	1633	1720		1807	1856	1943	2055
Flimby (FLM)	d	0554	0653	0751	0840	0933	1115	1209		1402	1502	1605	1638	1725		1813	1902	1948	2101
Maryport (MRY)	d	0558	0657	0755	0843	0937	1119	1213	1302	1406	1506	1609	1643	1729		1817	1906	1953	2105
Aspatria (ASP)	d	0609	0707	0806	0854	0948	1130	1223	1313	1416	1517	1620	1654	1739		1827	1916	2003	2115
Wigton (WGT)	d	0619	0718	0816	0904	0958	1140	1233	1323	1427	1527	1630	1705	1749		1837	1926	2014	2125
Dalston (DLS)	d	0628	0727	0825	0913	1007	1149	1242		1436	1536	1639	1714	1759		1846	1935	2023	2134
Carlisle (CAR)	8 a	0639	0738	0836	0924	1018	1200	1253	1341	1450	1547	1651	1725	1810		1857	1946	2034	2145

Operator	NT	NT	NT	NT	NT
Preston (PRE)	8 d				
Lancaster (LAN)	6 d		1913		
Carnforth (CNF)	d		1923		
Barrow-in-Furness (BIF)	d	1947	2018	2110	2211
Askam (ASK)	d	1957	2028	2120	2221
Kirkby-in-Furness (KBF)	d	2001	2033	2124	2225
Foxfield (FOX)	d	2006	2037	2129	2230
Green Road (GNR)	d	2010	2041	2133	2234
Millom (MLM)	d	2015a	2046	2138a	2239a
Silecroft (SIC)	d		2051		
Bootle (BOC)	d		2058		
Ravenglass for Eskdale (RAV)	d		2104		
Drigg (DRI)	d		2108		
Seascale (SSC)	d		2112		
Sellafield (SEL)	d		2115		
Braystones (BYS)	d				
Nethertown (NRT)	d				
St Bees (SBS)	d		2125		
Corkickle (CKL)	d		2130		
Whitehaven (WTH)	a		2133		
Whitehaven (WTH)	d		2134		2209
Parton (PRN)	d		2138		2213
Harrington (HRR)	d		2147		2222
Workington (WKG)	a		2151		2226
Workington (WKG)	d		2153		2227
Flimby (FLM)	d		2158		2233
Maryport (MRY)	d		2202		2236
Aspatria (ASP)	d		2212		2247
Wigton (WGT)	d		2222		2257
Dalston (DLS)	d		2231		2306
Carlisle (CAR)	8 a		2242		2317

For the complete service between Preston, Lancaster and Barrow-in-Furness see table 100

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
- d Departure time
- x Stops on request
- c Arrives 5 minutes earlier
- e Arrives 4 minutes earlier
- f Arrives 13 minutes earlier
- g Arrives 6 minutes earlier
- h Arrives 7 minutes earlier

Barrow-in-Furness to Millom, Whitehaven, Workington, Maryport and Carlisle

Saturdays

Operator	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	
Preston (PRE)	8 d																		
Lancaster (LAN)	6 d								1014				1319				1601		1836
Carnforth (CNF)	d								1024				1329				1611		1846
Barrow-in-Furness (BIF)	d		0558	0651	0750	0928	1020	1119	1205	1313	1424	1449	1544	1611	1716	1807	1857	1944	
Askam (ASK)	d		0608	0701	0800	0938	1030	1130	1215	1323	1434	1459	1554	1621	1726	1817	1907	1954	
Kirkby-in-Furness (KBF)	d		0613	0706	0804	0942	1034	1134	1219	1327	1438	1503	1558	1625	1731	1821	1911	1958	
Foxfield (FOX)	d		0618	0711	0809	0947	1039	1139	1224	1332	1443	1508	1603	1630	1735	1826	1916	2003	
Green Road (GNR)	d		0622	0715	0813	0951	1043	1143	1228	1336	1447	1512	1607	1634	1739	1830	1920	2007	
Millom (MLM)	d		0627	0720	0818	0956	1048	1148	1233	1341	1452	1517	1612	1639	1744	1835	1924	2011	
Silecroft (SIC)	d		0633	0725	0823	1001	1053	1153	1238	1346	1457	1522	1617	1644	1749			1929	2016
Bootle (BOC)	d		0640	0732	0830	1009	1100	1200	1245	1353	1504	1529	1624	1651	1756			1936	2023
Ravenglass for Eskdale (RAV)	d		0647	0739	0837	1016	1106	1206	1251	1400	1510	1535	1630	1657	1803	1850	1942	2030	
Drigg (DRI)	d		0651	0743	0840	1019	1110	1210	1255	1403	1514	1539	1634	1701	1806	1853	1946	2033	
Seascale (SSC)	d		0656	0747	0845	1024	1114	1214	1259	1407	1518	1543	1638	1705	1810	1857	1950	2037	
Sellafield (SEL)	d		0700	0753	0849	1032c	1118	1217	1303	1411	1522	1547	1642	1708	1814	1901	1953	2041	
Braystones (BYS)	d			0757x				1122x		1306x	1415x			1712x				2044x	
Nethertown (NRT)	d			0759x				1124x		1309x	1417x			1714x				2047x	
St Bees (SBS)	d		0714c	0805	0900	1042	1134c	1227	1328f	1429g	1532	1603h	1652	1720	1828e	1913	2003	2052	
Corkickle (CKL)	d		0720	0811	0905	1047	1140	1233	1334	1434	1537	1609	1657	1725	1834	1918	2008	2057	
Whitehaven (WTH)	a		0722	0814	0908	1050	1143	1235	1336	1437	1540	1611	1700	1729	1836	1921	2011	2101	
Whitehaven (WTH)	d		0629	0724	0816	0909	1051	1145	1237	1338	1438	1541	1613	1701	1730	1838	1922	2012	2102
Parton (PRN)	d		0633	0728	0820	0913	1055	1149	1241	1342	1442	1545	1617	1705	1735	1842	1926	2017	2106
Harrington (HRR)	d		0642	0738	0829	0922	1104	1158		1351	1451	1554	1626	1714	1744	1851	1935	2026	2115
Workington (WKG)	a		0646	0742	0833	0926	1108	1202	1253	1355	1455	1558	1630	1718	1748	1855	1939	2030	2119
Workington (WKG)	d	0549	0648	0746	0834	0928	1110	1203	1254	1356	1457	1600	1633	1720	1749	1856	1943	2035	2121
Flimby (FLM)	d	0554	0653	0751	0840	0933	1115	1209		1402	1502	1605	1638	1725	1755	1902	1948	2040	2126
Maryport (MRY)	d	0558	0657	0755	0843	0937	1119	1213	1302	1406	1506	1609	1643	1729	1759	1906	1953	2044	2129a
Aspatria (ASP)	d	0609	0707	0806	0854	0948	1130	1223	1313	1416	1517	1620	1654	1739	1809	1916	2003	2055	
Wigton (WGT)	d	0619	0718	0816	0904	0958	1140	1233	1323	1427	1527	1630	1705	1749	1820	1926	2014	2105	
Dalston (DLS)	d	0628	0727	0825	0913	1007	1149	1242		1436	1536	1639	1714	1759	1829	1935	2023	2115	
Carlisle (CAR)	8 a	0639	0738	0836	0924	1018	1200	1253	1341	1450	1547	1651	1725	1810	1841	1946	2034	2126	

Operator	NT	NT	NT	NT
Preston (PRE)	8 d			
Lancaster (LAN)	6 d	1913		
Carnforth (CNF)	d	1923		
Barrow-in-Furness (BIF)	d	2018	2110	2211
Askam (ASK)	d	2028	2120	2221
Kirkby-in-Furness (KBF)	d	2033	2124	2225
Foxfield (FOX)	d	2038	2129	2230
Green Road (GNR)	d	2042	2133	2234
Millom (MLM)	d	2047a	2138a	2239a
Silecroft (SIC)	d			
Bootle (BOC)	d			
Ravenglass for Eskdale (RAV)	d			
Drigg (DRI)	d			
Seascale (SSC)	d			
Sellafield (SEL)	d			
Braystones (BYS)	d			
Nethertown (NRT)	d			
St Bees (SBS)	d			
Corkickle (CKL)	d			
Whitehaven (WTH)	a			
Whitehaven (WTH)	d		2209	
Parton (PRN)	d		2213	
Harrington (HRR)	d		2222	
Workington (WKG)	a		2226	
Workington (WKG)	d		2227	
Flimby (FLM)	d		2233	
Maryport (MRY)	d		2236a	
Aspatria (ASP)	d			
Wigton (WGT)	d			
Dalston (DLS)	d			
Carlisle (CAR)	8 a			

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
- d Departure time
- x Stops on request
- c Arrives 5 minutes earlier
- e Arrives 4 minutes earlier
- f Arrives 13 minutes earlier
- g Arrives 6 minutes earlier
- h Arrives 7 minutes earlier

Barrow-in-Furness to Millom, Whitehaven, Workington, Maryport and Carlisle

Sundays

Operator Days of operation/Notes	NT A	NT A	NT B	NT	NT	NT	NT A	NT B	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT
Preston (PRE) 8 d																		
Lancaster (LAN) 6 d							1011					1314			1603			
Carnforth (CNF) d						0855	1021	1021				1324			1613			
Barrow-in-Furness (BIF) d				0905		0950	1116	1116	1217	1310	1419	1454	1556	1716	1825		1909	
Askam (ASK) d				0915		1000	1126	1126	1227	1320	1429	1504	1606	1726	1835		1919	
Kirkby-in-Furness (KBF) d				0919		1004	1131	1131	1231	1324		1508	1611	1731	1839		1923	
Foxfield (FOX) d				0924		1009	1135	1135	1236	1329		1513	1615	1735	1844		1928	
Green Road (GNR) d				0928		1013	1139	1139	1240	1333		1517	1619	1739	1848		1932	
Millom (MLM) d				0933a		1017	1144	1144	1245	1338	1444	1522	1624	1744	1853a		1937a	
Silecroft (SIC) d						1022	1149	1149	1250	1343		1527	1629	1749				
Bootle (BOC) d						1029	1156	1156	1257	1350		1534	1636	1756				
Ravenglass for Eskdale (RAV) d						1035	1202	1202	1303	1356	1459	1540	1643	1803				
Drigg (DRI) d						1039	1205	1205	1307	1359		1544	1646	1806				
Seascale (SSC) d						1043	1209	1209	1311	1403		1548	1650	1810				
Sellafield (SEL) d						1046	1213	1213	1315	1407	1507	1552	1654	1814				
Braystones (BYS) d						1050x							1658x	1818x				
Nethertown (NRT) d						1052x							1700x	1820x				
St Bees (SBS) d						1101c	1225e	1225e	1330f	1417	1521g	1602	1706	1831f				
Corkickle (CKL) d						1106	1230	1230	1335	1422	1526	1607	1711	1836				
Whitehaven (WTH) a						1110	1233	1233	1339	1425	1529	1610	1715	1840				
Whitehaven (WTH) d					1016	1111	1234	1234	1340	1426	1530	1611	1716	1841		1938	2030	
Parton (PRN) d					1020	1115	1238	1238	1344	1430	1534	1615	1720	1845		1942	2034	
Harrington (HRR) d					1029	1124	1247	1247	1353	1439	1543	1624	1729	1854		1951	2043	
Workington (WKG) a					1033	1128	1251	1251	1357	1443	1547	1628	1733	1858		1955	2047	
Workington (WKG) d	0855	0940	0957		1034	1130	1253	1253	1359	1445	1549	1630	1735	1900		1956	2048	
Flimby (FLM) d	0900	0945	1002		1040	1135	1258	1258	1404	1450	1554	1635	1740	1905		2002	2054	
Maryport (MRY) d	0904	0949	1006		1044	1139	1302	1302	1408	1454	1558	1639	1744	1909		2006	2058	
Aspatria (ASP) d	0915	1000	1017		1054	1150	1312	1312	1419	1505	1609	1650	1755	1920		2016	2108	
Wigton (WGT) d	0925	1010	1027		1104	1200	1322	1322	1430	1515	1619	1700	1805	1930		2026	2118	
Dalston (DLS) d	0934	1019	1036		1113	1209	1331	1331	1439	1524	1628	1709	1814	1939		2035	2127	
Carlisle (CAR) 8 a	0945	1030	1047		1124	1220	1342	1342	1450	1535	1639	1720	1825	1950		2046	2138	

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
- d Departure time
- x Stops on request
- c Arrives 4 minutes earlier
- e Arrives 3 minutes earlier
- f Arrives 6 minutes earlier
- g Arrives 5 minutes earlier

- A Runs until 29 December and from 16 February
- B Runs from 5 January to 9 February

Carlisle to Maryport, Workington, Whitehaven, Millom and Barrow-in-Furness

Mondays to Fridays

Operator	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	
Carlisle (CAR)	8 d		0553	0619	0710	0808	0902	1013	1108	1209	1308	1408	1440	1512	1559		1707	1751	
Dalston (DLS)	d		0602	0628	0719	0816	0910	1021	1116	1217	1316	1416	1448	1520	1607		1715	1759	
Wigton (WGT)	d		0611	0638	0729	0826	0920	1031	1125	1227	1326	1426	1458	1529	1617		1725	1808	
Aspatria (ASP)	d		0622	0649	0740	0836	0930	1041	1136	1237	1336	1436	1508	1540	1627		1735	1819	
Maryport (MRY)	d	0548	0633	0701	0751	0848	0942	1053	1147	1249	1348	1448	1520	1551	1639		1747	1830	
Flimby (FLM)	d		0551	0637	0705	0755	0851	0945	1056	1150	1252	1351	1451	1523	1555	1642		1750	1834
Workington (WKG)	a		0557	0642	0710	0800	0857	0951	1102	1156	1258	1357	1457	1529	1600	1648		1756	1839
Workington (WKG)	d		0558	0644	0712	0803	0858	0952	1103	1157	1259	1358	1458	1530	1602	1649		1757	1841
Harrington (HRR)	d		0603	0648	0716	0807	0903	0957	1108	1201	1304	1403	1503	1535	1606	1654		1802	1845
Parton (PRN)	d		0612	0657	0725	0817	0912	1006	1117	1210	1313	1412	1512	1544	1615	1703		1811	1854
Whitehaven (WTH)	a		0616	0702	0730	0821	0916	1010	1121	1215	1317	1416	1516	1548	1620	1709		1816	1859
Whitehaven (WTH)	d		0618	0703	0731	0823	0918	1012	1124	1216	1319	1418	1518	1550	1621			1818	1900
Corkickle (CKL)	d		0620	0706	0734	0826	0920	1014	1126	1219	1321	1420	1520	1553	1624			1820	1903
St Bees (SBS)	d		0626	0712	0739	0832	0928	1020	1133	1229f	1329	1430g	1534c	1559	1630			1827	1916c
Nethertown (NRT)	d		0631x						1137x					1603x				1832x	
Braystones (BYS)	d		0633x						1140x					1606x				1834x	
Sellafield (SEL)	d		0639	0723	0750	0843	0939	1031	1145	1239	1340	1440	1544	1611	1641		1724	1840	1927
Seascale (SSC)	d		0643	0727	0754	0847	0942	1035	1149	1242	1343	1444	1548	1615	1645		1727	1843	1931
Drigg (DRI)	d		0647	0731	0758	0851	0946	1039	1153	1246	1347	1448	1552	1619	1649		1731		1935
Ravenglass for Eskdale (RAV)	d		0650	0735	0802	0855	0950	1043	1157	1250	1351	1452	1555	1623	1653		1735	1849	1939
Bootle (BOC)	d		0657	0741	0808	0902	0957	1049	1203	1256	1357	1458	1602	1629	1659		1741		1946
Silecroft (SIC)	d		0704	0748	0815	0909	1004	1056	1210	1303	1404	1505	1609	1636	1707		1748		1953
Millom (MLM)	d	0610	0709	0754	0821	0914	1009	1102	1216	1308	1410	1511	1614	1642	1712		1754	1905	2001e
Green Road (GNR)	d	0614	0714	0758	0825	0919	1014	1106	1220	1313	1414	1515	1619	1646	1717		1758	1910	2006
Foxfield (FOX)	d	0618	0718	0802	0829	0923	1018	1111	1224	1317	1418	1519	1623	1650	1721		1802	1914	2010
Kirkby-in-Furness (KBF)	d	0623	0722	0807	0834	0928	1022	1116	1229	1321	1423	1524	1627	1655	1726		1807	1919	2015
Askam (ASK)	d	0628	0727	0812	0839	0933	1027	1121	1234	1326	1428	1529	1632	1700	1731		1812	1925	2020
Barrow-in-Furness (BIF)	a	0641	0741	0826	0853	0947	1041	1137	1248	1340	1442	1543	1646	1714	1745		1826	1940	2036
Carnforth (CNF)	a					1050			1342					1642					
Lancaster (LAN)	6 a					1105			1353					1653					
Preston (PRE)	8 a																		

Operator	NT	NT	NT	NT	NT	NT
Carlisle (CAR)	8 d	1909	2000		2055	2201
Dalston (DLS)	d	1917	2008		2103	2209
Wigton (WGT)	d	1926	2017		2112	2219
Aspatria (ASP)	d	1937	2028		2123	2230
Maryport (MRY)	d	1948	2039		2134	2241
Flimby (FLM)	d	1951	2042		2137	2244
Workington (WKG)	a	1957	2048		2143	2250
Workington (WKG)	d	1958	2049		2144	2251
Harrington (HRR)	d	2003	2054		2149	2256
Parton (PRN)	d	2012	2103		2158	2305
Whitehaven (WTH)	a	2016	2109		2204	2311
Whitehaven (WTH)	d		2018			
Corkickle (CKL)	d		2020			
St Bees (SBS)	d		2029e			
Nethertown (NRT)	d		2033x			
Braystones (BYS)	d		2036x			
Sellafield (SEL)	d		2041			
Seascale (SSC)	d		2045			
Drigg (DRI)	d		2049			
Ravenglass for Eskdale (RAV)	d		2052			
Bootle (BOC)	d		2059			
Silecroft (SIC)	d		2106			
Millom (MLM)	d	2029	2111		2200	
Green Road (GNR)	d	2033	2116		2204	
Foxfield (FOX)	d	2037	2120		2208	
Kirkby-in-Furness (KBF)	d	2042	2124		2213	
Askam (ASK)	d	2047	2129		2218	
Barrow-in-Furness (BIF)	a	2101	2143		2231	
Carnforth (CNF)	a		2237			
Lancaster (LAN)	6 a		2246			
Preston (PRE)	8 a		2310			

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

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- g Arrives 4 minutes earlier

Carlisle to Maryport, Workington, Whitehaven, Millom and Barrow-in-Furness

Saturdays

Operator	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	
Carlisle (CAR)	8 d		0553	0619	0710	0808	0902	1013	1108	1209	1308	1408	1440	1512	1626	1707	1751	1846	
Dalston (DLS)	d		0602	0628	0719	0816	0910	1021	1116	1217	1316	1416	1448	1520	1634	1715	1759	1854	
Wigton (WGT)	d		0611	0638	0729	0826	0920	1031	1125	1227	1326	1426	1458	1529	1644	1725	1808	1904	
Aspatria (ASP)	d		0622	0649	0740	0836	0930	1041	1136	1237	1336	1436	1508	1540	1654	1735	1819	1914	
Maryport (MRY)	d	0548	0633	0701	0751	0848	0942	1053	1147	1249	1348	1448	1520	1551	1706	1747	1830	1926	
Flimby (FLM)	d		0551	0637	0705	0755	0851	0945	1056	1150	1252	1351	1451	1523	1555	1709	1750	1834	1929
Workington (WKG)	a		0557	0642	0710	0800	0857	0951	1102	1156	1258	1357	1457	1529	1600	1715	1756	1839	1935
Workington (WKG)	d		0558	0644	0712	0803	0858	0952	1103	1157	1259	1358	1458	1530	1602	1716	1757	1841	1936
Harrington (HRR)	d		0603	0648	0716	0807	0903	0957	1108	1201	1304	1403	1503	1535	1606	1721	1802	1845	1941
Parton (PRN)	d		0612	0657	0725	0817	0912	1006	1117	1210	1313	1412	1512	1544	1615	1730	1811	1854	1950
Whitehaven (WTH)	a		0616	0702	0730	0821	0916	1010	1121	1215	1317	1416	1516	1548	1620	1736	1816	1859	1956
Whitehaven (WTH)	d		0618	0703	0731	0823	0918	1012	1124	1216	1319	1418	1518	1550	1621	1737	1818	1900	
Corkickle (CKL)	d		0620	0706	0734	0826	0920	1014	1126	1219	1321	1420	1520	1553	1624	1740	1820	1903	
St Bees (SBS)	d		0626	0712	0739	0832	0928	1020	1133	1229f	1329	1430g	1534c	1559	1630	1745	1827	1916c	
Nethertown (NRT)	d	0631x							1137x					1603x			1832x		
Braystones (BYS)	d	0633x							1140x					1606x			1834x		
Sellafield (SEL)	d	0639	0723	0750	0843	0939	1031	1145	1239	1340	1440	1544	1611	1641	1756	1840	1927		
Seascale (SSC)	d	0643	0727	0754	0847	0942	1035	1149	1242	1343	1444	1548	1615	1645	1759	1843	1931		
Drigg (DRI)	d	0647	0731	0758	0851	0946	1039	1153	1246	1347	1448	1552	1619	1649	1803		1935		
Ravenglass for Eskdale (RAV)	d	0650	0735	0802	0855	0950	1043	1157	1250	1351	1452	1555	1623	1653	1807	1849	1939		
Bootle (BOC)	d	0657	0741	0808	0902	0957	1049	1203	1256	1357	1458	1602	1629	1659	1813		1946		
Silecroft (SIC)	d	0704	0748	0815	0909	1004	1056	1210	1303	1404	1505	1609	1636	1707	1820		1953		
Millom (MLM)	d	0610	0709	0754	0821	0914	1009	1102	1216	1308	1410	1511	1614	1642	1712	1825	1905	2001e	
Green Road (GNR)	d	0614	0714	0758	0825	0919	1014	1106	1220	1313	1414	1515	1619	1646	1717	1830	1910	2006	
Foxfield (FOX)	d	0618	0718	0802	0829	0923	1018	1111	1224	1317	1418	1519	1623	1650	1721	1834	1914	2010	
Kirkby-in-Furness (KBF)	d	0623	0722	0807	0834	0928	1022	1116	1229	1321	1423	1524	1627	1655	1726	1838	1919	2015	
Askam (ASK)	d	0628	0727	0812	0839	0933	1027	1121	1234	1326	1428	1529	1632	1700	1731	1843	1925	2020	
Barrow-in-Furness (BIF)	a	0641	0741	0826	0853	0947	1041	1137	1248	1340	1442	1543	1646	1714	1745	1857	1940	2036	
Carnforth (CNF)	a				1050				1342				1642		1810				
Lancaster (LAN)	6 a				1105				1353				1653		1820				
Preston (PRE)	8 a																		

Operator	NT	NT	NT	NT	NT	NT
Carlisle (CAR)	8 d	1909	2000		2106	2149
Dalston (DLS)	d	1917	2008		2114	2157
Wigton (WGT)	d	1927	2017		2123	2206
Aspatria (ASP)	d	1937	2028		2134	2217
Maryport (MRY)	d	1948	2039		2145	2228
Flimby (FLM)	d	1952	2042		2148	2231
Workington (WKG)	a	1957	2048		2154	2237
Workington (WKG)	d	1959	2049		2155	2238
Harrington (HRR)	d	2003	2054		2200	2243
Parton (PRN)	d	2012	2103		2209	2252
Whitehaven (WTH)	a	2018	2109		2215	2258
Whitehaven (WTH)	d	2019				
Corkickle (CKL)	d	2022				
St Bees (SBS)	d	2027				
Nethertown (NRT)	d	2032x				
Braystones (BYS)	d	2034x				
Sellafield (SEL)	d	2039				
Seascale (SSC)	d	2043				
Drigg (DRI)	d	2047				
Ravenglass for Eskdale (RAV)	d	2051				
Bootle (BOC)	d	2057				
Silecroft (SIC)	d	2104				
Millom (MLM)	d	2059	2109		2200	
Green Road (GNR)	d		2114		2204	
Foxfield (FOX)	d	2106	2118		2208	
Kirkby-in-Furness (KBF)	d		2122		2213	
Askam (ASK)	d	2115	2127		2218	
Barrow-in-Furness (BIF)	a	2129	2141		2231	
Carnforth (CNF)	a					
Lancaster (LAN)	6 a					
Preston (PRE)	8 a					

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

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Carlisle to Maryport, Workington, Whitehaven, Millom and Barrow-in-Furness

Sundays

Operator Days of operation/Notes	NT	NT	NT A	NT B	NT A	NT B	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT
Carlisle (CAR) 8 d			0945		1023	1041	1106	1207	1324	1400	1509	1616	1710		1810	1910	2010	2110
Dalston (DLS) d			0953		1031	1049	1114	1215	1332	1408	1517	1624	1718		1818	1918	2018	2118
Wigton (WGT) d			1002		1041	1058	1124	1225	1342	1418	1527	1633	1728		1828	1928	2028	2128
Aspatia (ASP) d			1013		1051	1109	1134	1235	1352	1428	1537	1644	1738		1838	1938	2038	2138
Maryport (MRY) d		0917	1024	1024	1103	1120	1146	1247	1403	1440	1549	1655	1750		1850	1950	2050	2150
Flimby (FLM) d		0920			1107	1124	1149	1250	1407	1443	1552	1659	1753		1853	1953	2053	2153
Workington (WKG) a		0926	1032	1032	1112	1129	1155	1256	1412	1449	1558	1704	1759		1859	1959	2059	2159
Workington (WKG) d		0927	1033	1033	1114	1131	1156	1258	1414	1450	1559	1706	1800		1900	2000	2100	2200
Harrington (HRR) d		0932			1118	1135	1201	1302	1418	1455	1604	1710	1805		1905	2005	2105	2205
Parton (PRN) d		0941	1046	1046	1127	1144	1210	1311	1427	1504	1613	1719	1814		1914	2014	2114	2214
Whitehaven (WTH) a		0945	1050	1050	1132	1148	1214	1316	1432	1508	1617	1724	1818		1920	2020	2120	2220
Whitehaven (WTH) d		0947	1052	1052	1133	1150	1216	1318	1433	1510	1619	1725	1820					
Corkickle (CKL) d		0949	1054	1054	1136	1152	1219	1321	1436	1512	1621	1728	1822					
St Bees (SBS) d		0955	1100	1100	1141	1158	1227c	1327	1441	1519	1628	1733	1829					
Nethertown (NRT) d		0959x					1231x				1633x		1833x					
Braystones (BYS) d		1002x					1234x				1635x		1836x					
Sellafield (SEL) d		1007	1110	1110	1151	1208	1239	1337	1452	1529	1641	1744	1841					
Seascale (SSC) d		1011	1113	1113	1155	1211	1243	1341	1455	1532	1644	1747	1845					
Drigg (DRI) d		1015	1117	1117	1159	1215	1247	1345		1536	1648	1751	1849					
Ravenglass for Eskdale (RAV) d		1018	1121	1121	1202	1219	1250	1348	1501	1540	1652	1755	1852					
Bootle (BOC) d		1025	1127	1127	1208	1225	1257	1355		1546	1659	1802	1859					
Silecroft (SIC) d		1032	1134	1134	1215	1232	1304	1402		1553	1706	1809	1906					
Millom (MLM) d	0950	1037	1139	1139	1220	1237	1309	1407	1517	1559	1711	1814	1911	1925				
Green Road (GNR) d	0954	1042	1144	1144	1225	1242	1314	1412		1603	1716	1819	1916	1929				
Foxfield (FOX) d	0958	1046	1148	1148	1229	1246	1318	1416	1525	1607	1720	1823	1920	1933				
Kirkby-in-Furness (KBF) d	1003	1050	1152	1152	1233	1250	1322	1420	1529	1612	1724	1827	1924	1938				
Askam (ASK) d	1008	1055	1157	1157	1238	1255	1327	1425	1534	1617	1729	1832	1929	1943				
Barrow-in-Furness (BIF) a	1021	1109	1211	1211	1252	1309	1341	1439	1548	1631	1743	1846	1943	1957				
Carnforth (CNF) a					1343	1406			1642		1840							
Lancaster (LAN) 6 a					1352	1417			1652		1851							
Preston (PRE) 8 a																		

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
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- A Runs until 29 December and from 16 February
- B Runs from 5 January to 9 February