

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	0749	0928	1020	1119	1205	1313	1424	1449	1544	1615		1716	1807
Askam (ASK)	d			0608	0701	0759	0938	1030	1129	1215	1323	1434	1459	1554	1625		1726	1817
Kirkby-in-Furness (KBF)	d			0613	0706	0803	0942	1034	1134	1219	1327	1438	1503	1558	1630		1731	1821
Foxfield (FOX)	d			0618	0711	0808	0947	1039	1138	1224	1332	1443	1508	1603	1634		1735	1826
Green Road (GNR)	d			0622	0715	0812	0951	1043	1142	1228	1336	1447	1512	1607	1638		1739	1830
Millom (MLM)	d			0627	0720	0817	0956	1048	1147	1233	1341	1452	1517	1612	1643		1744	1835
Silecroft (SIC)	d			0633	0725	0822	1001	1053	1152	1238	1346	1457	1522	1617	1648		1749	
Bootle (BOC)	d			0640	0732	0829	1009	1100	1159	1245	1353	1504	1529	1624	1655		1756	
Ravenglass for Eskdale (RAV)	d			0647	0739	0836	1016	1106	1206	1251	1400	1510	1535	1630	1702		1803	1850
Drigg (DRI)	d			0651	0743	0839	1019	1110	1209	1255	1403	1514	1539	1634	1705		1806	1853
Seascale (SSC)	d			0656	0747	0844	1024	1114	1213	1259	1407	1518	1543	1638	1709		1810	1857
Sellafield (SEL)	d			0700	0751	0848	1033g	1118	1217	1302	1411	1521	1547	1642	1714a		1814	1901
Braystones (BYS)	d				0755x				1122x		1306x	1415x						2014x
Nethertown (NRT)	d				0757x				1124x		1308x	1417x						2017x
St Bees (SBS)	d			0714c	0806f	0900f	1044	1134e	1229f	1329h	1429g	1533	1603j	1652			1828e	1913
Corkickle (CKL)	d			0720	0812	0905	1049	1140	1234	1335	1434	1539	1609	1657			1834	1919
Whitehaven (WTH)	a			0722	0814	0908	1052	1142	1237	1337	1437	1541	1611	1700			1836	1921
Whitehaven (WTH)	d		0628	0724	0816	0909	1053	1144	1238	1339	1438	1543	1613	1701		1750	1838	1923
Parton (PRN)	d		0632	0728	0820	0913	1057	1148	1242	1343	1442	1547	1617	1705		1754	1842	1927
Harrington (HRR)	d		0641	0738	0829	0922	1106	1157		1352	1451	1556	1626	1714		1803	1851	1936
Workington (WKG)	a		0645	0744	0833	0926	1110	1201	1254	1356	1455	1600	1630	1718		1807	1855	1940
Workington (WKG)	d	0547	0647	0746	0834	0928	1112	1202	1256	1357	1457	1601	1633	1720		1808	1856	1944
Flimby (FLM)	d	0552	0652	0751	0840	0933	1117	1208		1403	1502	1607	1638	1725		1814	1902	1950
Maryport (MRY)	d	0556	0656	0755	0843	0937	1121	1212	1304	1407	1506	1611	1643	1729		1818	1906	1954
Aspatria (ASP)	d	0607	0707	0806	0854	0948	1132	1222	1314	1417	1517	1621	1654	1739		1828	1916	2004
Wigton (WGT)	d	0617	0717	0816	0904	0958	1142	1232	1325	1428	1527	1631	1705	1749		1838	1926	2015
Dalston (DLS)	d	0626	0726	0825	0913	1007	1151	1241	1334	1437	1536	1640	1714	1759		1847	1935	2024
Carlisle (CAR)	8 a	0637	0737	0836	0924	1018	1202	1252	1345	1448	1547	1651	1725	1810		1858	1946	2035

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
Askam (ASK)	d	1957	2028		2120
Kirkby-in-Furness (KBF)	d	2001	2033		2124
Foxfield (FOX)	d	2006	2037		2129
Green Road (GNR)	d	2010	2041		2133
Millom (MLM)	d	2015a	2046		2138a
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		2131		
Whitehaven (WTH)	a		2133		
Whitehaven (WTH)	d		2135	2209	
Parton (PRN)	d		2139	2213	
Harrington (HRR)	d		2148	2222	
Workington (WKG)	a		2152	2226	
Workington (WKG)	d		2153	2227	
Flimby (FLM)	d		2159	2233	
Maryport (MRY)	d		2203	2236	
Aspatria (ASP)	d		2213	2247	
Wigton (WGT)	d		2223	2257	
Dalston (DLS)	d		2232	2306	
Carlisle (CAR)	8 a		2243	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 3 minutes earlier
 g Arrives 6 minutes earlier
 h Arrives 15 minutes earlier
 j 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	0749	0928	1020	1119	1205	1313	1424	1449	1544	1611	1716	1807	1859	1944
Askam (ASK)	d			0608	0701	0759	0938	1030	1129	1215	1323	1434	1459	1554	1621	1726	1817	1909	1954
Kirkby-in-Furness (KBF)	d			0613	0706	0803	0942	1034	1134	1219	1327	1438	1503	1558	1625	1731	1821	1913	1959
Foxfield (FOX)	d			0618	0711	0808	0947	1039	1138	1224	1332	1443	1508	1603	1630	1735	1826	1918	2003
Green Road (GNR)	d			0622	0715	0812	0951	1043	1142	1228	1336	1447	1512	1607	1634	1739	1830	1922	2007
Millom (MLM)	d			0627	0720	0817	0956	1048	1147	1233	1341	1452	1517	1612	1639	1744	1835	1926	2012
Silecroft (SIC)	d			0633	0725	0822	1001	1053	1152	1238	1346	1457	1522	1617	1644	1749		1931	2017
Bootle (BOC)	d			0640	0732	0829	1009	1100	1159	1245	1353	1504	1529	1624	1651	1756		1938	2024
Ravenglass for Eskdale (RAV)	d			0647	0739	0836	1016	1106	1206	1251	1400	1510	1535	1630	1657	1803	1850	1944	2031
Drigg (DRI)	d			0651	0743	0839	1019	1110	1209	1255	1403	1514	1539	1634	1701	1806	1853	1948	2035
Seascale (SSC)	d			0656	0747	0844	1024	1114	1213	1259	1407	1518	1543	1638	1705	1810	1857	1952	2039
Sellafield (SEL)	d			0700	0751	0848	1033g	1118	1217	1302	1411	1521	1547	1642	1708	1814	1901	1955	2043
Braystones (BYS)	d				0755x				1122x		1306x	1415x				1712x			2047x
Nethertown (NRT)	d				0757x				1124x		1308x	1417x				1714x			2049x
St Bees (SBS)	d			0714c	0806f	0900f	1044	1134e	1229f	1329h	1429g	1533	1603j	1652	1721	1828e	1913	2005	2056
Corkickle (CKL)	d			0720	0812	0905	1049	1140	1234	1335	1434	1539	1609	1657	1726	1834	1919	2011	2101
Whitehaven (WTH)	a			0722	0814	0908	1052	1142	1237	1337	1437	1541	1611	1700	1729	1836	1921	2013	2104
Whitehaven (WTH)	d		0628	0724	0816	0909	1053	1144	1238	1339	1438	1543	1613	1701	1730	1838	1923	2015	2105
Parton (PRN)	d		0632	0728	0820	0913	1057	1148	1242	1343	1442	1547	1617	1705	1735	1842	1927	2019	2109
Harrington (HRR)	d		0641	0738	0829	0922	1106	1157		1352	1451	1556	1626	1714	1744	1851	1936	2028	2118
Workington (WKG)	a		0645	0744	0833	0926	1110	1201	1254	1356	1455	1600	1630	1718	1748	1855	1940	2032	2122
Workington (WKG)	d	0547	0647	0746	0834	0928	1112	1202	1256	1357	1457	1601	1633	1720	1749	1856	1944	2036	2124
Flimby (FLM)	d	0552	0652	0751	0840	0933	1117	1208		1403	1502	1607	1638	1725	1755	1902	1950	2041	2129
Maryport (MRY)	d	0556	0656	0755	0843	0937	1121	1212	1304	1407	1506	1611	1643	1729	1759	1906	1954	2045	2132a
Aspatria (ASP)	d	0607	0707	0806	0854	0948	1132	1222	1314	1417	1517	1621	1654	1739	1809	1916	2004	2056	
Wigton (WGT)	d	0617	0717	0816	0904	0958	1142	1232	1325	1428	1527	1631	1705	1749	1820	1926	2015	2106	
Dalston (DLS)	d	0626	0726	0825	0913	1007	1151	1241	1334	1437	1536	1640	1714	1759	1829	1935	2024	2115	
Carlisle (CAR)	8 a	0637	0737	0836	0924	1018	1202	1252	1345	1448	1547	1651	1725	1810	1841	1946	2035	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 3 minutes earlier
- g** Arrives 6 minutes earlier
- h** Arrives 15 minutes earlier
- j** Arrives 7 minutes earlier

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

Sundays

Operator Days of operation/Notes 1st Class/Reservations/Bus	NT A	NT A	NT B	NT	NT	NT	NT A	NT B	NT	NT	NT	NT	NT	NT	NT	NT	NT C	NT D
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	1715	1825	1909		
Askam (ASK)	d			0915		1000	1126	1126	1227	1320	1429	1504	1606	1725	1835	1919		
Kirkby-in-Furness (KBF)	d			0919		1004	1131	1131	1231	1324		1508	1611	1730	1839	1923		
Foxfield (FOX)	d			0924		1009	1135	1135	1236	1329		1513	1615	1734	1844	1928		
Green Road (GNR)	d			0928		1013	1139	1139	1240	1333		1517	1619	1738	1848	1932		
Millom (MLM)	d			0933a		1017	1144	1144	1245	1338	1444	1522	1624	1743	1853a	1937a		
Silecroft (SIC)	d					1022	1149	1149	1250	1343		1527	1629	1748				
Bootle (BOC)	d					1029	1156	1156	1257	1350		1534	1636	1755				
Ravenglass for Eskdale (RAV)	d					1035	1202	1202	1303	1356	1459	1540	1643	1802				
Drigg (DRI)	d					1039	1205	1205	1307	1359		1544	1646	1805				
Seascale (SSC)	d					1043	1209	1209	1311	1403		1548	1650	1809				
Sellafield (SEL)	d					1046	1213	1213	1315	1407	1507	1552	1654	1813				
Braystones (BYS)	d					1050x							1658x	1817x				
Nethertown (NRT)	d					1052x							1700x	1819x				
St Bees (SBS)	d					1102c	1226c	1226c	1330e	1417	1521f	1602	1707	1831e				
Corkickle (CKL)	d					1107	1231	1231	1335	1422	1526	1607	1712	1836				
Whitehaven (WTH)	a					1110	1234	1234	1339	1425	1529	1610	1715	1839				
Whitehaven (WTH)	d				1016	1111	1235	1235	1340	1426	1530	1611	1716	1840			1938	1938
Parton (PRN)	d				1020	1115	1239	1239	1344	1430	1534	1615	1720	1844			1942	1943
Harrington (HRR)	d				1029	1124	1248	1248	1353	1439	1543	1624	1729	1853			1951	1953
Workington (WKG)	a				1033	1128	1252	1252	1357	1443	1547	1628	1733	1857			1955	2003
Workington (WKG)	d	0855	0940	0957		1034	1130	1254	1254	1359	1445	1549	1630	1735	1859		1956	2003
Flimby (FLM)	d	0900	0945	1002		1040	1135	1259	1259	1404	1450	1554	1635	1740	1904		2002	2013
Maryport (MRY)	d	0904	0949	1006		1044	1139	1303	1303	1408	1454	1558	1639	1744	1908		2006	2018
Aspatria (ASP)	d	0915	1000	1017		1054	1150	1313	1313	1419	1505	1609	1650	1755	1919		2016	2038
Wigton (WGT)	d	0925	1010	1027		1104	1200	1323	1323	1430	1515	1619	1700	1805	1929		2026	2058
Dalston (DLS)	d	0934	1019	1036		1113	1209	1332	1332	1439	1524	1628	1709	1814	1938		2035	2118
Carlisle (CAR)	8 a	0945	1030	1047		1124	1220	1343	1343	1450	1535	1639	1720	1825	1949		2046	2133

Operator	NT
Preston (PRE)	8 d
Lancaster (LAN)	6 d
Carnforth (CNF)	d
Barrow-in-Furness (BIF)	d
Askam (ASK)	d
Kirkby-in-Furness (KBF)	d
Foxfield (FOX)	d
Green Road (GNR)	d
Millom (MLM)	d
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 2030
Parton (PRN)	d 2034
Harrington (HRR)	d 2043
Workington (WKG)	a 2047
Workington (WKG)	d 2048
Flimby (FLM)	d 2054
Maryport (MRY)	d 2058
Aspatria (ASP)	d 2108
Wigton (WGT)	d 2118
Dalston (DLS)	d 2127
Carlisle (CAR)	8 a 2138

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

a	Arrival time	B	Runs from 11 January to 15 February
d	Departure time	C	Runs from 5 April
x	Stops on request	D	Runs until 29 March
c	Arrives 4 minutes earlier		
e	Arrives 6 minutes earlier		
f	Arrives 5 minutes earlier		

A Runs until 4 January and from 22 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	NT	
Carlisle (CAR)	8	d		0552	0619	0710	0807	0901	1013	1108	1210	1308	1407	1439	1511		1558	1706	1750	
Dalston (DLS)		d		0602	0628	0719	0816	0910	1022	1116	1219	1317	1416	1448	1520		1607	1715	1759	
Wigton (WGT)		d		0611	0638	0729	0826	0919	1031	1125	1228	1326	1426	1458	1529		1617	1725	1808	
Aspatria (ASP)		d		0622	0649	0740	0836	0930	1042	1136	1239	1337	1436	1508	1540		1627	1735	1819	
Maryport (MRY)		d	0548	0633	0701	0751	0848	0941	1053	1147	1250	1348	1448	1520	1551		1639	1747	1830	
Flimby (FLM)		d	0551	0637	0705	0755	0851	0945	1056	1150	1253	1351	1451	1523	1555		1642	1750	1834	
Workington (WKG)	a		0557	0642	0710	0800	0857	0950	1102	1156	1259	1357	1457	1529	1600		1648	1756	1839	
Workington (WKG)		d	0558	0644	0712	0803	0858	0952	1103	1157	1300	1358	1458	1530	1602		1649	1757	1841	
Harrington (HRR)		d	0603	0648	0716	0807	0903	0956	1108	1201	1305	1403	1503	1535	1606		1654	1802	1845	
Parton (PRN)		d	0612	0657	0725	0817	0912	1005	1117	1210	1314	1412	1512	1544	1615		1703	1811	1854	
Whitehaven (WTH)	a		0616	0702	0730	0821	0916	1010	1121	1215	1318	1416	1516	1548	1620		1709	1816	1859	
Whitehaven (WTH)		d	0618	0703	0731	0823	0918	1011	1123	1216	1320	1418	1518	1550	1621			1818	1900	
Corkickle (CKL)		d	0620	0706	0734	0826	0921	1014	1126	1219	1322	1420	1520	1553	1624			1820	1903	
St Bees (SBS)		d	0627	0713	0740	0832	0929e	1022e	1134	1229f	1329	1430g	1534c	1600	1631			1827	1916c	
Nethertown (NRT)		d	0631x						1138x					1604x				1832x		
Braystones (BYS)		d	0634x						1141x					1607x				1834x		
Sellafield (SEL)		d	0639	0723	0751	0843	0939	1032	1146	1239	1340	1440	1544	1612	1641	1724		1840	1927	
Seascale (SSC)		d	0643	0727	0755	0847	0943	1036	1150	1242	1343	1444	1548	1616	1645	1727		1843	1931	
Drigg (DRI)		d	0647	0731	0759	0851	0947	1040	1154	1246	1347	1448	1552	1620	1649	1731			1935	
Ravenglass for Eskdale (RAV)		d	0650	0735	0803	0855	0951	1044	1158	1250	1351	1452	1555	1624	1653	1735		1849	1939	
Bootle (BOC)		d	0657	0741	0809	0902	0957	1051	1204	1256	1357	1458	1602	1630	1700	1741			1946	
Silecroft (SIC)		d	0704	0748	0816	0909	1004	1058	1211	1303	1404	1505	1609	1637	1707	1748			1953	
Millom (MLM)		d	0610	0709	0754	0822	0914	1010	1103	1217	1308	1410	1511	1614	1643	1712	1754		1905	2001e
Green Road (GNR)		d	0614	0714	0758	0826	0919	1014	1108	1221	1313	1414	1515	1619	1647	1717	1758		1910	2006
Foxfield (FOX)		d	0618	0718	0802	0830	0923	1018	1112	1225	1317	1418	1519	1623	1651	1721	1802		1914	2010
Kirkby-in-Furness (KBF)		d	0623	0722	0807	0835	0928	1023	1117	1230	1321	1423	1524	1627	1656	1726	1807		1919	2015
Askam (ASK)		d	0628	0727	0812	0840	0933	1028	1123	1235	1326	1428	1529	1632	1701	1731	1812		1925	2020
Barrow-in-Furness (BIF)	a		0641	0741	0826	0854	0947	1042	1137	1249	1340	1442	1543	1646	1715	1745	1826		1940	2036
Carnforth (CNF)		a					1050			1343			1643		1810					
Lancaster (LAN)	6	a					1105			1353			1653		1820					
Preston (PRE)	8	a																		

Operator	NT	NT	NT	NT	NT	NT
Carlisle (CAR)	8 d	1908	2000		2054	2201
Dalston (DLS)	d	1917	2009		2103	2210
Wigton (WGT)	d	1926	2018		2112	2219
Aspatria (ASP)	d	1937	2029		2123	2230
Maryport (MRY)	d	1948	2040		2134	2241
Flimby (FLM)	d	1951	2044		2137	2244
Workington (WKG)	a	1957	2049		2143	2250
Workington (WKG)	d	1958	2051		2144	2251
Harrington (HRR)	d	2003	2055		2149	2256
Parton (PRN)	d	2012	2105		2158	2305
Whitehaven (WTH)	a	2016	2111		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)

- a Arrival time
- d Departure time
- x Stops on request
- c Arrives 8 minutes earlier
- e Arrives 3 minutes earlier
- f Arrives 5 minutes earlier
- 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		0552	0619	0710	0807	0901	1013	1108	1210	1308	1407	1439	1511	1625	1706	1750	1846
Dalston (DLS)	d		0602	0628	0719	0816	0910	1022	1116	1219	1317	1416	1448	1520	1634	1715	1759	1855
Wigton (WGT)	d		0611	0638	0729	0826	0919	1031	1125	1228	1326	1426	1458	1529	1644	1725	1808	1904
Aspatria (ASP)	d		0622	0649	0740	0836	0930	1042	1136	1239	1337	1436	1508	1540	1654	1735	1819	1915
Maryport (MRY)	d	0548	0633	0701	0751	0848	0941	1053	1147	1250	1348	1448	1520	1551	1706	1747	1830	1926
Flimby (FLM)	d	0551	0637	0705	0755	0851	0945	1056	1150	1253	1351	1451	1523	1555	1709	1750	1834	1929
Workington (WKG)	a	0557	0642	0710	0800	0857	0950	1102	1156	1259	1357	1457	1529	1600	1715	1756	1839	1935
Workington (WKG)	d	0558	0644	0712	0803	0858	0952	1103	1157	1300	1358	1458	1530	1602	1716	1757	1841	1936
Harrington (HRR)	d	0603	0648	0716	0807	0903	0956	1108	1201	1305	1403	1503	1535	1606	1721	1802	1845	1941
Parton (PRN)	d	0612	0657	0725	0817	0912	1005	1117	1210	1314	1412	1512	1544	1615	1730	1811	1854	1950
Whitehaven (WTH)	a	0616	0702	0730	0821	0916	1010	1121	1215	1318	1416	1516	1548	1620	1736	1816	1859	1956
Whitehaven (WTH)	d	0618	0703	0731	0823	0918	1011	1123	1216	1320	1418	1518	1550	1621	1737	1818	1900	
Corkickle (CKL)	d	0620	0706	0734	0826	0921	1014	1126	1219	1322	1420	1520	1553	1624	1740	1820	1903	
St Bees (SBS)	d	0627	0713	0740	0832	0929c	1022c	1134	1229f	1329	1430g	1534e	1600	1631	1746	1827	1916e	
Nethertown (NRT)	d	0631x						1138x					1604x			1832x		
Braystones (BYS)	d	0634x						1141x					1607x			1834x		
Sellafield (SEL)	d	0639	0723	0751	0843	0939	1032	1146	1239	1340	1440	1544	1612	1641	1757	1840	1927	
Seascale (SSC)	d	0643	0727	0755	0847	0943	1036	1150	1242	1343	1444	1548	1616	1645	1800	1843	1931	
Drigg (DRI)	d	0647	0731	0759	0851	0947	1040	1154	1246	1347	1448	1552	1620	1649	1804		1935	
Ravenglass for Eskdale (RAV)	d	0650	0735	0803	0855	0951	1044	1158	1250	1351	1452	1555	1624	1653	1808	1849	1939	
Bootle (BOC)	d	0657	0741	0809	0902	0957	1051	1204	1256	1357	1458	1602	1630	1700	1814		1946	
Silecroft (SIC)	d	0704	0748	0816	0909	1004	1058	1211	1303	1404	1505	1609	1637	1707	1821		1953	
Millom (MLM)	d	0610	0709	0754	0822	0914	1010	1103	1217	1308	1410	1511	1614	1643	1712	1826	1905	2001c
Green Road (GNR)	d	0614	0714	0758	0826	0919	1014	1108	1221	1313	1414	1515	1619	1647	1717	1831	1910	2006
Foxfield (FOX)	d	0618	0718	0802	0830	0923	1018	1112	1225	1317	1418	1519	1623	1651	1721	1835	1914	2010
Kirkby-in-Furness (KBF)	d	0623	0722	0807	0835	0928	1023	1117	1230	1321	1423	1524	1627	1656	1726	1839	1919	2015
Askam (ASK)	d	0628	0727	0812	0840	0933	1028	1123	1235	1326	1428	1529	1632	1701	1731	1844	1925	2020
Barrow-in-Furness (BIF)	a	0641	0741	0826	0854	0947	1042	1137	1249	1340	1442	1543	1646	1715	1745	1858	1940	2036
Carnforth (CNF)	a					1050			1343			1643		1810				
Lancaster (LAN)	6 a					1105			1353			1653		1820				
Preston (PRE)	8 a																	

Operator	NT	NT	NT	NT	NT	NT	NT
Days of operation/Notes	A	B					
Carlisle (CAR)	8 d	1909	1909	2000		2105	2149
Dalston (DLS)	d	1918	1918	2009		2114	2158
Wigton (WGT)	d	1928	1928	2018		2123	2207
Aspatria (ASP)	d	1938	1938	2029		2134	2218
Maryport (MRY)	d	1949	1949	2040		2145	2229
Flimby (FLM)	d	1953	1953	2044		2148	2232
Workington (WKG)	a	1958	1958	2049		2154	2238
Workington (WKG)	d	2001	2001	2051		2155	2239
Harrington (HRR)	d	2006	2006	2055		2200	2244
Parton (PRN)	d	2015	2015	2105		2209	2253
Whitehaven (WTH)	a	2020	2020	2111		2215	2259
Whitehaven (WTH)	d	2022	2022				
Corkickle (CKL)	d	2024	2024				
St Bees (SBS)	d	2031	2031				
Nethertown (NRT)	d	2035x	2035x				
Braystones (BYS)	d	2038x	2038x				
Sellafield (SEL)	d	2043	2043				
Seascale (SSC)	d	2046	2046				
Drigg (DRI)	d	2050	2050				
Ravenglass for Eskdale (RAV)	d	2054	2054				
Bootle (BOC)	d	2100	2100				
Silecroft (SIC)	d	2107	2107				
Millom (MLM)	d	2059	2112	2112		2200	
Green Road (GNR)	d		2117	2117		2204	
Foxfield (FOX)	d	2106	2121	2121		2208	
Kirkby-in-Furness (KBF)	d		2125	2125		2213	
Askam (ASK)	d	2115	2130	2130		2218	
Barrow-in-Furness (BIF)	a	2129	2144	2144		2231	
Carnforth (CNF)	a		2237	2237			
Lancaster (LAN)	6 a		2246	2248			
Preston (PRE)	8 a		2310				

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

- a** Arrival time **B** Runs from 10 January to 14 February
d Departure time
x Stops on request
c Arrives 3 minutes earlier
e Arrives 8 minutes earlier
f Arrives 5 minutes earlier
g Arrives 4 minutes earlier

A Runs until 3 January and from 21 February

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	NT C
Carlisle (CAR) 8 d			0944		1022	1040	1105	1207	1324	1400	1509	1615	1710		1810	1910	2010	2110	
Dalston (DLS) d			0953		1031	1049	1114	1216	1333	1409	1518	1624	1719		1819	1919	2019	2119	
Wigton (WGT) d			1002		1041	1058	1124	1226	1342	1418	1527	1633	1728		1829	1929	2029	2128	
Aspatria (ASP) d			1013		1051	1109	1134	1236	1352	1429	1538	1644	1739		1839	1939	2039	2139	
Maryport (MRY) d		0917	1024	1024	1103	1120	1146	1248	1403	1440	1549	1655	1750		1851	1951	2051	2150	
Flimby (FLM) d		0920			1107	1123	1149	1251	1407	1444	1553	1659	1753		1854	1954	2054	2153	
Workington (WKG) a		0926	1032	1032	1112	1129	1155	1257	1412	1449	1558	1704	1759		1900	2000	2100	2159	
Workington (WKG) d		0927	1033	1033	1114	1130	1156	1258	1414	1451	1600	1706	1800		1901	2001	2101	2200	
Harrington (HRR) d		0932			1118	1134	1201	1303	1418	1455	1604	1710	1804		1906	2006	2106	2205	
Parton (PRN) d		0941	1046	1046	1127	1143	1210	1312	1427	1504	1613	1719	1813		1915	2015	2115	2214	
Whitehaven (WTH) a		0945	1050	1050	1132	1148	1214	1316	1432	1509	1618	1724	1818		1921	2021	2121	2220	
Whitehaven (WTH) d		0947	1052	1052	1133	1149	1216	1318	1433	1510	1619	1725	1819						
Corkickle (CKL) d		0949	1055	1055	1136	1152	1219	1321	1436	1513	1622	1728	1822						
St Bees (SBS) d		0956	1102	1102	1142	1158	1227c	1328	1442	1520	1628	1734	1829						
Nethertown (NRT) d		1000x					1231x				1633x		1833x						
Braystones (BYS) d		1003x					1234x				1635x		1836x						
Sellafield (SEL) d		1008	1112	1112	1152	1208	1239	1338	1452	1530	1641	1744	1841						
Seascale (SSC) d		1012	1115	1115	1156	1212	1243	1342	1456	1533	1644	1748	1844						
Drigg (DRI) d		1016	1119	1119	1200	1216	1247	1346		1537	1648	1752	1848						
Ravenglass for Eskdale (RAV) d		1019	1123	1123	1203	1219	1250	1349	1502	1541	1652	1755	1852						
Bootle (BOC) d		1026	1129	1129	1209	1225	1257	1356		1547	1659	1802	1858						
Silecroft (SIC) d		1033	1136	1136	1216	1232	1304	1403		1554	1706	1809	1905						
Millom (MLM) d	0950	1038	1141	1141	1221	1237	1309	1408	1517	1600	1711	1814	1911	1925					
Green Road (GNR) d	0954	1043	1146	1146	1226	1242	1314	1413		1604	1716	1819	1915	1929					
Foxfield (FOX) d	0958	1047	1150	1150	1230	1246	1318	1417	1525	1608	1720	1823	1919	1933					
Kirkby-in-Furness (KBF) d	1003	1051	1154	1154	1234	1250	1322	1421	1529	1613	1724	1827	1924	1938					
Askam (ASK) d	1008	1056	1159	1159	1239	1255	1327	1426	1534	1618	1729	1832	1929	1943					
Barrow-in-Furness (BIF) a	1021	1110	1213	1213	1253	1309	1341	1440	1548	1632	1743	1846	1943	1956					
Carnforth (CNF) a					1343	1406			1642		1839								
Lancaster (LAN) 6 a					1352	1417			1652		1851								
Preston (PRE) 8 a																			

Operator Days of operation/Notes 1st Class/Reservations/Bus	NT D
Carlisle (CAR)	8 d 2110
Dalston (DLS)	d 2125
Wigton (WGT)	d 2145
Aspatria (ASP)	d 2205
Maryport (MRY)	d 2225
Flimby (FLM)	d 2230
Workington (WKG)	a 2240
Workington (WKG)	d 2240
Harrington (HRR)	d 2250
Parton (PRN)	d 2300
Whitehaven (WTH)	a 2305
Whitehaven (WTH)	d
Corkickle (CKL)	d
St Bees (SBS)	d
Nethertown (NRT)	d
Braystones (BYS)	d
Sellafield (SEL)	d
Seascale (SSC)	d
Drigg (DRI)	d
Ravenglass for Eskdale (RAV)	d
Bootle (BOC)	d
Silecroft (SIC)	d
Millom (MLM)	d
Green Road (GNR)	d
Foxfield (FOX)	d
Kirkby-in-Furness (KBF)	d
Askam (ASK)	d
Barrow-in-Furness (BIF)	a
Carnforth (CNF)	a
Lancaster (LAN)	6 a
Preston (PRE)	8 a

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

a	Arrival time	C	Runs from 5 April
d	Departure time	D	Runs until 29 March
x	Stops on request		
c	Arrives 3 minutes earlier		

A	Runs until 4 January and from 22 February
B	Runs from 11 January to 15 February