

CARLISLE BARROW-IN-FURNESS LANCASTER

connections to Preston, Mcr Piccadilly & Manchester Airport
 connections via Carnforth to Skipton, S&C and Leeds

CARLISLE B CAR
 Dalston x DLS
 WIGTON WGT
 Aspatria x ASP
 MARYPORT MRY
 Flimby x FLM
 WORKINGTON B WKG
 Harrington x HRR
 Parton x PRN
 WHITEHAVEN B WHI
 Corkickle x CKL
 ST BEES SBS
 Nethertown x NRT
 Braystones x BYS
 SELLAFIELD SEL
 Seascale x SSC
 Drigg x DRI
 RAVENGLASS RAV
 Bootle x BOC
 Silecroft x SIC

MILLOM B MLM
 Green Road x GNR
 Foxfield x FOX
 Kirkby-in-Furness x KBF
 ASKAM ASK
 BARROW-in-FUR B BIF
 Roose ROO
 Dalton-in-Furness DLT
 ULVERSTON B ULV
 Cark & Cartmel CAK
 Kents Bank KBK
 GRANGE-o-SANDS B GOS
 ARNSIDE ARN
 Silverdale SVR
 CARNFORTH B CNF
 LANCASTER B LAN
 PRESTON B PRE
 MCR PICCADILLY B MAN
 MCR AIRPORT B MIA

PRINCIPAL STATION = Almost all trains stop here.

Secondary Station = Some trains do not stop here

Request Stop x = Trains only stop here on request

B = Booking Office

Opening hours

vary.

MON-FRI

Carlisle - Barrow-in-Furness - Lancaster

Southbound

notes						DRS			M		
CARLISLE						0615	0744	0844	0940		
Dalston x						0625	0752	0852	0948		
Wigton	<div style="border: 1px solid black; padding: 5px;"> These notes apply during the DRS trial. Changes may occur thereafter. DRS Extra train TR1 Train starts at Sellafield TR2 Dep Sellafield 0706 and runs approx 4-5 mins later to Whitehaven. TR3 Dep Sellafield 0758 and runs approx 7 mins later to Carlisle arr 0928 See station posters for full details </div>					0635	0801	0901	0957		
Aspatia x						0647	0811	0911	1007		
Maryport						0600	0659	0821	0921	1017	
Flimby x						0603	–	0824	0924	1020	
Workington						0609	0710	0833	0933	1029	
Harrington x						0613	0714	0836	0936	1032	
Parton x						0621	TR1	0725	0845	0945	1042
WHITEHAVEN d						0628	0728	0733	0854	0951	1048
Corkickle x						0630	0730	0736		0953	1050
St Bees						0635	0735	0743		0958	1056
Nethertown x	0639	–	–	–	–	–					
Braystones x	0642	–	–	–	–	–					
SELLAFIELD d	0648	0748	0759	0907	1009	1108					
Seascale x	0651	0751	0802s	0910	1014	1111					
Drigg x	0654	0754	0806s	0913	1017	1114					
Ravenglass R	0657	0757	0811	0916	1020	1118					
Bootle x	0703	0803	0817s	0922	1026	1123					
Silecroft x	0709	0809	0824s	0928	1032	1130					
MILLOM d	0610	0717	0815	0830	0936	1040	1137				
Green Road x	0614	0721	0819	0835s	0940	1044	1141				
Foxfield x	0617	0724	0822	0839s	0943	1047	1144				
Kirkby-in-F x	0621	0728	0826	0844s	0947	1051	1148				
Askam	0626	0733	0831	0851	0952	1056	1153				
BARROW-in-F a	<i>M</i>	0642	0749	0849	0908	1007	1114	1209			
BARROW-in-F d	0435	0531	0620	0700	0729	0800	0923	1016	1125	1211	
Roose	–	–	0624	0704	–	0804	0927	1020	–	1215	
Dalton	–	–	0631	0710	0738	0810	0934	1026	–	1221	
Ulverston	0451	0547	0639	0719	0746	0819	0942	1035	1141	1229	
Cark & Ctmel	–	–	0647	0726	0754	0827	0950	1042	–	1237	
Kents Bank	–	–	0651	0732	–	0832	0954	1047	–	1241	
Grange-o-S	0503	0559	0655	0736	0801	836	0958	1051	1153	1245	
Arnside	0510	0605	0701	0742	0807	0842	1004	1057	1159	1251	
Silverdale	–	–	0705	0747	0811	0847	1008	1101	–	1255	
Carnforth	0519	0615	0712	0755	0818	0854	1015	1108	1209	1303	
LANCASTER a	0528	0623	0721	0804	0826	0907	1025	1120	1218	1316	
Preston	0552	0642	0741	0830	0845	<i>0945</i>	1045	<i>1145</i>	1237	<i>1345</i>	
Mcr Piccadilly	0656	0727	0827		0927	<i>1027</i>	1127	<i>1227</i>	<i>1327k</i>	<i>1427</i>	
Mcr Airport	0717	0747	0847		0947	<i>1047</i>	1150	<i>1247</i>	<i>1347k</i>	<i>1447</i>	

MON-FRI

Carlisle - Barrow-in-Furness - Lancaster

Southbound

	FX	FO	FX	FO	W		N					
CAR	1043	1150	1247		1420	1512	1631	1727	1813	1915	2033	2150
DLS	1051	1158	1255		1428	1520	1639	1735	1821	1923	2041	2158
WGT	1100	1207	1304		1437	1529	1648	1744	1830	1932	2050	2207
ASP	1110	1217	1314		1447	1539	1658	1754	1840	1942	2100	2217
MRY	1120	1227	1324		1457	1549	1708	1804	1850	1952	2110	2227
FLM	1123	1230	1327		1500	1552	1711	1807	1853	1955	2113	2230
WKG	1132	1239	1336		1509	1601	1720	1816	1902	2004	2122	2239
HRR	1135	1242	1339		1512	1604	1723	1819	1905	2007	2125	2242
PRN	1144	1252	1348		1521	1613	1732	1828	1914	2016	2134	2251
WHI	1151	1300	1356		1528	1620	1739	1835	1923	2025	2143	2300
CKL	1153		1358		1530	1622	1741	1837	<div style="border: 1px solid black; padding: 5px;"> <p>There are no late trains between Whitehaven and Millom</p> </div>			
SBS	1159		1403		1536	1628	1750	1843				
NRT	1203		-		1540	-	1754	-				
BYS	1205		-		1542	-	1757	-				
SEL	1211		1414		1554	1642	1803	1854				
SSC	1214		1417		1557	1645	1807	1857				
DRI	1217		1420		1601	1649	1811	1900				
RAV	1221		1423		1604	1652	1814	1903				
BOC	1226		1429		1610	1658	1820	1909				
SIC	1233		1435		1617	1705	1827	1915				
MLM	1240		1443		1625	1713	1834	1923	2012	2202		
GNR	1244		1447		1629	1717	1839	1927	2016	2206		
FOX	1247		1450		1633	1721	1843	1930	2019	2209		
KBF	1251		1454		1638	1726	1847	1934	2023	2213		
ASK	1256		1459		1643	1731	1852	1939	2028	2218		
BIFa	1312		1517		1701	1747	1910	1957	2045	2235		
BIFd	1325	1416	1524	1620	1721	1803		2008	2143			
ROO	-	1420	-	1624	-	1807		2012	2147			
DLT	-	1426	-	1630	1730	1813		2019	2153			
ULV	1341	1435	1541	1638	1738	1821		2027	2201			
CAK	-	1442	1547	1646	1746	1829		2035	2209			
KBK	-	1447	-	1650	-	1833		2039	2213			
GOS	1353	1451	1554	1654	1753	1837		2043	2217			
ARN	1359	1457	1600	1700	1759	1843		2049	2223			
SVT	-	1501	-	1704	-	1847		2053	2227			
CNF	1409	1507	1609	1712	1809	1855		2101	2235			
LAN	1418	1418	1520	1618	1726	1820W	1905	2110	2245			
PRE	1437	1445	1637	1637	1754	1845	1931	2129	2311			
MAN		1527k	1727	1727	1856	1927	2027	2230				
MIA		1547k	1748	1748	1917	1946	2047	2247				

NETHERTOWN & BRAYSTONES
 Sadly, not many trains stop here; 4 each way on weekdays, and an extra southbound on Saturdays. One gap is as much as 8½ hours! Not much chance of a shopping trip for visiting campers, caravanners and tourists.

SATURDAY**Carlisle - Barrow-in-Furness - Lancaster****Southbound**

<i>notes</i>					<i>M</i>	<i>ZL</i>	<i>ZW</i>				
CARLISLE					0744		0837	0940	1043		
Dalston x					0752		0845	0948	1051		
Wigton					0801		0854	0957	1100		
Aspatia x					0811		0904	1007	1110		
Maryport					0626	0821	0914	1017	1120		
Flimby x					0629	0824	0917	1020	1123		
Workington					0637	0833	0926	1029	1132		
Harrington x					0641	0836	0929	1032	1135		
Parton x					0649	0845	0938	1040	1144		
WHITEHAVEN d					0657	0854	0945	1048	1151		
Corkickle x					0659		0947	1050	1153		
St Bees					0710		0953	1056	1159		
Nethertown x					0714		–	1100	–		
Braystones x					0716	<i>M</i>	–	1102	–		
SELLAFIELD d					0722	0907	1003	1108	1210		
Seascale x					0725	0910	1006	1111	1213		
Drigg x					0728	0913	1009	1114	1216		
Ravenglass R					0732	0916	1013	1118	1220		
Bootle x					0737	0922	1018	1123	1225		
Silecroft x					0744	0928	1025	1130	1232		
MILLOM d					0610	0751	0936	1032	1137	1239	
Green Road x					0614	0755	0940	1036	1141	1243	
Foxfield x					0617	0759	0943	1040	1144	1247	
Kirkby-in-F x					0621	0803	0947	1044	1148	1251	
Askam					0626	0808	0952	1049	1153	1256	
BARROW-in-F a					0642	0824	1007	1107	1209	1314	
BARROW-in-F d	0435	0531	0620	0729	0825	0923	1016	1111	1125	1211	1325
Roose	–	–	0624	–	0829	0927	1020	–	–	1215	–
Dalton	–	–	0631	0738	0836	0934	1026	–	–	1221	–
Ulverston	0451	0547	0639	0746	0844	0942	1034	1127	1141	1229	1341
Cark & Ctmel	–	–	0647	0754	0852	0950	1042	–	–	1237	–
Kents Bank	–	–	0651	–	0857	0954	1046	–	–	1241	–
Grange-o-S	0503	0559	0655	0801	0901	0958	1050	1139	1153	1245	1353
Arnside	0510	0605	0701	0807	0908	1004	1056	1145	1159	1251	1359
Silverdale	–	–	0705	0811	0913	1008	1101	–	–	1255	–
Carnforth	5219	0615	0712	0818	0919	1015	1109	1155	1209	1303	1409
LANCASTER a	0528	0623	0721	0826	0933	1025	1121	1204	1218	1316	1418
Preston		0642	0741	0845	<i>1015</i>	1045	<i>1156</i>	1223	1237	<i>1345</i>	1437
Mcr Piccadilly		0727	0827	0927	–	1127	<i>1256</i>	<i>1327</i>		<i>1427</i>	1527
Mcr Airport		0747	0847	0947	–	1147	<i>1317</i>	<i>1347</i>		<i>1447</i>	1547

SATURDAY

Carlisle - Barrow-in-Furness - Lancaster

Southbound

						ZG	ZU	N			
CAR	1139	1248	1421	1525	1630	1740	1815	1900	2005	2145	
DLS	1147	1256	1429	1533	1638	1748	1824	1908	2013	2153	
WGT	1156	1305	1438	1542	1647	1757	1833	1917	2022	2202	
ASP	1206	1315	1448	1552	1657	1807	1843	1927	2032	2212	
MRY	1216	1325	1458	1602	1707	1817	1854	1937	2042	2222	
FLM	1219	1328	1501	1605	1710	1820	1857	1940	2045	2225	
WKG	1228	1337	1510	1614	1719	1829	1906	1049	2054	2234	
HRR	1231	1340	1514	1618	1723	1832	1910	1952	2057	2237	
PRN	1240	1349	1522	1626	1731	1841	1919	2001	2106	2246	
WHI	1249a	1254	1357	1530	1634	1739	1848	1928	2010	2115	2255
CKL		1256	1359	1532	1636	1741	1850	There are no late trains between Whitehaven and Millom			
SBS		1301	1404	1537	1643	1746	1856				
NRT		-	-	1541	-	1750	-				
BYS		-	-	1544	-	1753	-				
SEL		1312	1415	1550	1653	1759	1906				
SSC		1315	1418	1553	1656	1802	1909				
DRI		1318	1421	1556	1659	1805	1912				
RAV		1321	1424	1559	1703	1808	1916				
BOC		1327	1430	1605	1708	1814	1921				
SIC		1333	1436	1611	1715	1820	1928				
MLM		1341	1444	1619	1722	1828	1936	ZJ	ZA		
GNR		1345	1448	1623	1726	1832	1940	2012	2202		
FOX		1348	1451	1626	1730	1835	1943	2016	2206		
KBF		1352	1455	1630	1734	1839	1947	2019	2209		
ASK		1357	1500	1635	1739	1844	1952	2023	2213		
BIFa		1413	1516	1653	1755	1902	2010	2028	2218		
BIFd		1416	1518	1622	1721	1803	1925	1952	2045	2235	
ROO		1420	1522	-	-	1807	-	1902	2010	2045	
DLT		1426	1528	1631	1730	1813	1934	1944	2045	2235	
ULV		1435	1536	1639	1738	1821	1942	1952	2045	2235	
CAK		1442	1544	1647	1746	1829	1949	2000	2045	2235	
KBK		1447	1548	-	-	1833	-	2004	2045	2235	
GOS		1451	1552	1654	1753	1837	1956	2008	2045	2235	
ARN		1457	1558	1700	1759	1843	2002	2014	2045	2235	
SVT		1501	1603	1704	-	1847	2007	2018	2045	2235	
CNF		1508	1611	1711	1809	1855	2014	2025	2227	ZA	
LAN		1520	1624	1719	1816	1905	2022	2034	2235	2233	
PRE		1545	1739	1836	1931	2041	2053	2235	2233	2242	
MAN		1627	1827	1927	2027	2156	2156	2245	2307	2307	
MIA		1647	1847	1950	2047	2217	2217	2311	2347	2347	

SUNDAY**Carlisle - Whitehaven****Southbound**

notes

CARLISLE		1500	1900	2150
Dalston	x	1508	1908	2158
Wigton		1517	1917	2207
Aspatria	x	1527	1927	2217
Maryport		1537	1937	2227
Flimby	x	1540	1940	2230
Workington		1549	1949	2239
Harrington	x	1552	1952	2242
Parton	x	1601	2001	2251
WHITEHAVEN	a	1610	2010	2300

BARROW - IN - FURNESS
Transport hub of the Energy Coast



There are no Sunday trains between Barrow and Whitehaven

SUNDAY**Barrow-in-Furness - Lancaster****Southbound**

notes	ZS	ZD	ZH	ZB	ZE	ZS	ZH	ZS	ZB	ZF	ZV	
BARROW-in-F	d	0917		1022	1030	1122	1225	1230	1234	1310		
Roose		0921		1026	-	1126	1229	-	-	1314		
Dalton		0928		1033	-	1132	1236	-	-	1320		
Ulverston		0936		1041	1046	1141	1244	1246	1250	1329		
Cark & Ctmel		0944		1049	-	1148	1252	-	-	1336		
Kents Bank		0948		1053	-	1152	1256	-	-	1341		
Grange-o-S		0952		1057	1058	1156	1300	1258	1302	1345		
Arnside		0958		1103	1104	1202	1306	1304	1308	1351		
Silverdale		1002	ZH	1107	-	1207	1310	-	-	1355		
Carnforth		1009	1009	1020	1114	1114	1213	1317	1313	1317	1402	
LANCASTER	a	1017		1045	1122	1122	1222	1326	1320	1326	1415	
Preston		1040		1135	1140	1142	1142	1241	1345	1340	1345	1445
Mcr Piccadilly		1127		1227	1230	1227	1227	1327	1427	1427	1527	
Mcr Airport		1147		1247	1247	1247	1246	1347	1445	1447	1547	

BE FARE AWARE - Southbound

From stations north of Arnside, and especially from **ULVERSTON**, to stations beyond Lancaster, it is often cheaper to buy one ticket to **Arnside** and another to your destination. Ulverston to Preston would save about 16%. Ulverston to Leeds via Skipton saves about **33%**.

From other stations and to other destinations there are smaller savings. See FLAG newsletters for more details & other fare-saving suggestions

ARNSIDE & SILVERDALE AREA OF OUTSTANDING NATURAL BEAUTY

ARNSIDE

Gaitbarrows

Limestone Pavement

Ashmeadow Woodland Walk

Grubbins Wood Art Gallery

The Knott The Promenade

Cross-Bay Walks Viaduct

Pubs, Cafés & Gift Shops

Arnside Sailing Club

Wonderful Sunsets

&

The Bore



SUNDAY

Barrow-in-Furness - Lancaster

Southbound

	ZB	ZP	ZK	ZB	ZQ	ZM	
BIF	1418	1425	1617	1815	1817	2002	
ROO	1422	1429	1621	1819	1821	2006	
DLT	1429	1436	1628	1826	1828	2012	
ULV	1437	1444	1636	1834	1836	2021	
CAK	1445	1452	1644	1842	1844	2028	
KBK	1449	1456	1648	1846	1848	2033	
GOS	1453	1500	1652	1850	1852	2037	
ARN	1459	1506	1658	1856	1858	2043	
SVR	1503	1510	1702	1900	1902	2047	
CNF	1510	1517	1708	1906	1908	2054	
LAN	1518	1526	1717	1914	1917	2107	
PRE	1538	1545	1737	1935	1937	2229	
MAN	1627		1827	2027	2027	2314	
MIA	1647		1847	2047	2047	2330	

TRAIN TRACKER

0871 200 4950

BRITISH TRANSPORT POLICE

Railwatch: **0800 40 50 40**

CAUTION

SUNDAY ENGINEERING

WORK on the WCML

Check your train times

SUNNY

SILVERDALE

The Loveliest Spot on

MORECAMBE BAY

SILVERDALE

Leighton Moss RSPB Reserve

Eaves Wood Wolf House Gallery

Limestone Kiln Jenny Brown's Point

The Golf Course straddles the line and is open to visitors along with its bar and restaurant.

Shuttle Bus to the village ... but some awkward gaps in the train service.

MON - FRI**Lancaster - Barrow-in-Furness - Carlisle****Northbound**

notes						FX	FO	G			
Mcr Airport					0618k	0618	0725k	0900	1000	1100	
Mcr Piccadilly	TR3				0633k	0633	0745k	0916	1016	1116	
Preston	0522				0720	0720	0838	0853	1007	1058	1158
LANCASTER d	0542				0736	0858	0939	1023	1132	1214	
Carnforth	0552				0745	0908	0949	1032	1142	1223	
Silverdale	0558				0751	0914	0956	-	1148	-	
Arnside	0603				0755	0919	1000	1041	1153	1232	
Grange-o-S	0609				0800	0925	1006	1046	1159	1238	
Kents Bank	0612				0804	0928	1010	-	1202	-	
Cark & Ctmel	0617				0808	0933	1014	-	1207	-	
Ulverston	0625				0816	0942	1023	1059	1215	1250	
Dalton	0633				0824	0950	1031	-	1223	-	
Roose	0639				0830	0956	1037	-	1229	-	
BARROW-in-F a	TR2	0647			0840	1004	1047	1117	1239	1311	
BARROW-in-F d	0600	0650	0801		0910	1011		1122	1231	1331	
Askam	0610	0700	0811		0920	1021		1132	1241	1341	
Kirkby-in-F x	0614	0704	0815		0924	1025		1136	1245	1345	
Foxfield x	0618	0708	0818		0927	1029		1139	1248	1348	
Green Road x	0622	0712	0822		0931	1032		1143	1252	1352	
MILLOM d	0629	0719	0829		0938	1039		1149	1259	1358	
Silecroft x	0634	0724	-		0942	1044		1154	1303	1403	
Bootle x	0641	0731	-		0949	1050		1200	1310	1409	
Ravenglass R	0647	0737	0844		0955	1056		1206	1315	1415	
Drigg x	0651	0741	-		0958	1059		1209	1318	1418	
Seascale x	0654	0744	0849		1001	1102		1212	1321	1421	
SELLAFIELD d	0702	0751	0858		1010	1107		1218	1328	1427	
Braystones x	0705	0754			-	-		-	-	1431	
Nethertown x	0708	0757			-	-		-	-	1433	
St Bees	0712	0801			1020	1120		1227	1338	1438	
Corkickle x	0717	0806			1025	1125		1232	1343	1443	
WHITEHAVEN d	0630	0725	0811	0902	1028	1129		1237	1347	1448	
Parton x	0633	0729	0815	0905	1031	1132		1241	1350	1451	
Harrington x	0641	0737	0823	0913	1040	1140		1249	1358	1459	
Workington	0648	0743	0829	0920	1046	1147		1255	1405	1506	
Flimby x	0652	0748	0834	0924	1050	1151		1300	1409	1510	
Maryport	0656	0751	0837	0928	1054	1155		1303	1413	1514	
Aspatria x	0705	0801	0847	0937	1103	1204		1313	1422	1523	
Wigton	0715	0811	0857	0947	1113	1214		1323	1432	1533	
Dalston x	0724	0819	0905	0956	1122	1223		1331	1441	1542	
CARLISLE	0738	0835	0922	1013	1137	1239		1347	1457	1558	

MON - FRI**Lancaster - Barrow-in-Furness - Carlisle****Northbound**

	FX	G	FO			M	U	G						
MIA	1200	1300	1300	1400	1500	-	-	1600k	1700	1800	1900	2000	2029	2200
MAN	1216	1316	1316	1416	1516	-	-	1627	1715	1816	1916	2016	2046	2216
PRE	1258	1404	1358	1458	1558	-	1653	1728	1808	1904	1958	2059	2151	2313
LAN	1332	1420	1420	1534	1615	1655	1719	1748	1824	1920	2014	2115	2211	2329
CNF	1342	1428	1544	1623	1705	1728	1800	1834	1929	2022	2123	2221	2337	
SVR	1348	-	1551	1629	1712	1735	1806	1840	1935	2028	2129	2227	2343	
ARN	1352	1437	1555	1633	1716	1740	1811	1844	1939	2032	2133	2232	2347	
GOS	1358	1442	1601	1639	1722	1746	1819	1850	1944	2038	2139	2238	2353	
KBK	1402	-	1605	1642	1726	1749	1823	1853	1948	2041	2142	2241	2356	
CAK	1406	-	1609	1647	1730	1754	1827	1858	1952	2046	2147	2246	0001	
ULV	1415	1455	1617	1655	1739	1802	1836	1906	2000	2054	2155	2254	0009	
DLT	1423	-	1626	1703	1748	1810	1844	1914	2008	2102	2203	2302	0017	
ROO	1429	-	1632	1709	1754	1817	1850	1920	2014	2108	2209	2308	0023	
BIFa	1439	1515	1639	1718	1802	1825	1859	1929	2024	2117	2218	2316	0031	
BIFd	1454		1641	1728	1805			1935		2125				
ASK	1504		1651	1740	1815			1945		2135				
KBF	1508		1655	1744	1819			1949		2139				
FOX	1511		1658	1748	1822			1952		2142				
GNR	1515		1702	1751	1826			1956		2146				
MLM	1522		1709	1758	1835			2005		2155				
SIC	1526		1713	1803										
BCC	1533		1720	1809										
RAV	1539		1726	1815										
DRI	1542	M-F	1729	1818										
SSC	1545	DRS	1732	1821										
SEL	1551	1648	1739	1827										
BYS	-	-	-	1831										
NRT	-	-	-	1833										
SBS	1600	1659	1749	1845										
CKL	1605	1706	1754	1850										
WHI	1611	1711	1758	1855	1931	2030	2150							
PRN	1615	1716	1802	1858	1934	2033	2153							
HRR	1623	1726	1810	1906	1042	2041	2201							
WKG	1629	1733	1816	1912	1949	2048	2210							
FLM	1634	-	1821	1917	1953	2052								
MRY	1637	1742	1826	1920	1957	2056								
ASP	1647	1753	1836	1930	2006	2105								
WGT	1657	1805	1846	1940	2016	2115								
DLS	1705	1815	1854	1948	2025	2124								
CAR	1721	1832	1908	2004	2041	2139								

There are no late trains between Millom and Whitehaven



DO YOU FIND THIS TIMETABLE USEFUL?

If so, why not join FLAG and support our efforts on your behalf.

For details see Sunday Northbound

SATURDAY

Lancaster - Barrow-in-Furness - Carlisle

Northbound

notes									M			
Mcr Airport				0618k	0725k	0825k			1000	1100	1200	1300
Mcr Piccadilly				0633k	0745k	0846k			1016	1116	1216	1316
Preston				0720	0842	0945			1058	1158	1258	1358
LANCASTER d				0736	0903	1001			1128	1214	1332	1422
Carnforth				0745	0913	1009			1137	1223	1341	1432
Silverdale				0751	0918	1015			1143	–	1347	1438
Arnside				0755	0923	1019			1148	1232	1352	1442
Grange-o-S				0800	0929	1025			1154	1238	1358	1448
Kents Bank				0804	0932	1028			1157	–	1401	1452
Cark & Ctmel				0808	0937	1033			1202	–	1406	1456
Ulverston				0816	0945	1041			1210	1250	1414	1505
Dalton				0824	0953	1049			1218	–	1422	1513
Roose				0830	0959	1055			1224	–	1428	1519
BARROW-in-F a				0839	1007	1104			1232	1311	1436	1526
BARROW-in-F d	0600	0705	0801	0907	1011	1122			1234	1350	1450	1533
Askam	0610	0715	0811	0917	1021	1132			1244	1400	1500	1543
Kirkby-in-F x	0614	0719	0815	0921	1025	1136			1248	1404	1504	1547
Foxfield x	0617	0723	0818	0924	1029	1139			1251	1407	1507	1550
Green Road x	0621	0727	0822	0928	1032	1143			1255	1411	1511	1554
MILLOM d	0626	0734	0829	0935	1039	1150			1302	1418	1518	1601
Silecroft x	0630	0739	–	0939	1043	1154			1306	1422	1522	1605
Bootle x	0637	0746	–	0946	1050	1201			1313	1429	1529	1612
Ravenglass R	0642	0752	0844	0952	1056	1207			1319	1435	1535	1618
Drigg x	0645	0756	–	0955	1059	1210			1322	1438	1538	1621
Seascale x	0650	0759	0849	0958	1104	1213			1325	1441	1541	1624
SELLAFIELD	0655	0806	0858	1004	1110	1219			1331	1447	1551	1630
Braystones x	0659	0809	–	–	–	–			–	–	–	1634
Nethertown x	0701	0812	–	–	–	–			–	–	–	1636
St Bees	0706	0816	–	1014	1119	1229			1340	1456	1601	1646
Corkickle x	0711	0821	–	1019	1124	1234			1345	1501	1606	1651
WHITEHAVEN d	0630	0719	0826	0915	1024	1129	1241a	1254	1350	1506	1611	1656
Parton x	0633	0723	0830	0918	1027	1132	–	1257	1354	1510	1615	1700
Harrington x	0641	0731	0838	0926	1035	1140	–	1305	1402	1518	1623	1708
Workington	0648	0737	0844	0933	1042	1147	–	1312	1409	1524	1629	1714
Flimby x	0652	0742	0849	0937	1046	1151	–	1316	1413	1529	1634	1719
Maryport	0656	0745	0852	0941	1050	1155	–	1320	1417	1532	1637	1722
Aspatia x	0705	0755	0902	0950	1059	1204	–	1329	1426	1542	1647	1732
Wigton	0715	0805	0912	1000	1109	1214	–	1339	1436	1552	1657	1742
Dalston x	0724	0813	0920	1008	1118	1223	–	1348	1445	1600	1705	1750
CARLISLE	0738	0827	0936	1024	1134	1239	–	1404	1501	1616	1721	1806

SATURDAY

Lancaster - Barrow-in-Furness - Carlisle

Northbound

	E	ZG	ZU	ZA	ZA 𠄎	ZN	ZA	ZN
MIA	1400 1500	1600	1700k	1800 1900 2000	2000	2029	2200	2200
MAN	1416 1516	1616	1715k	1816 1916 2016	2016	2046	2216	2216
PRE	1504 1558 1641 1704	1802	1858 2002 2102	2115 𠄎	2159	2255		
LAN	1520 1615 1700 1732	1818	1915 2018 2118	2205	2219	2311		
CNF	1529 1623 1710 1743	1831	1924 2026 2126	2135 2230a	2229	2242 2320		
SVR	- 1629 1717 1749	1837	1930 2032 2132	2141	2235	2248 2326		
ARN	1537 1633 1721 1753	1841	1934 2036 2136	2145	2240	2253 2330		
GOS	1542 1639 1727 1759	1846	1940 2042 2142	2151	2246	2259 2335		
KBK	- 1642 1731 1803	- 1850	1943 2045 2145	2154	2249	2302 2339		
CAK	- 1647 1735 1807	1853 1854	1948 2050 2150	2159	2254	2307 2343		
ULV	1555 1655 1744 1816	1901 1902	1956 2058 2158	2207	2302	2315 2351		
DLT	- 1703 1753 1824	1909 1910	2004 2106 2206	2215	2310	2323 2359		
ROO	- 1709 1759 1830	- 1916	2010 2112 2212	2221	2316	2329 0005		
BIFa	1616 1718 1807 1838	1922 1926	2019 2120 2221	2230	2324	2337 0015		
BIFd	1725 1810	1935	2125					
ASK	1735 1820	1945	2135					
KBF	1739 1824	1949	2139					
FOX	1742 1827	1952	2142					
GNR	1746 1831	1956	2146					
MLM	1753 1840	2005	2155					
SIC	1757							
BCC	1804							
RAV	1810							
DRI	1813							
SSC	1816							
SEL	1822							
BYS	1826							
NRT	1828							
SBS	1833							
CKL	1838							
WHI	1843 1931 2030							
PRN	1846 1934 2033							
HRR	1854 1942 2041							
WKG	1901 1949 2048							
FLM	1905 1953 2052							
MRY	1909 1957 2056							
ASP	1918 2006 2105							
WGT	1928 2016 2115							
DLS	1937 2025 2124							
CAR	1953 2041 2139							

There are no late trains between Millom and Whitehaven



ULVERSTON

The views from Hoad Hill are superb. The monument to Sir John Barrow is a replica of the Eddystone Lighthouse, and is open when the flag is flying.

LAKESIDE & HAVERTHWAITE RAILWAY

At Lakeside trains connect with steamers to Bowness & Ambleside and with the ferry to Fell Foot Park.



SUNDAY**Lancaster - Barrow-in-Furness****Northbound**

notes	ZK	ZT B	ZD	ZK	ZV	ZK G	ZP	ZB		ZP G
Mcr Airport	0900	0929	1000	1100	1130	1258z	1458z	1500	1600	1758z
Mcr Piccadilly	0916	0946	1016	1116	1146	1316	1516	1516	1616	1816
Preston d	1000	1041	1114	1158	1248	1404	1600	1604	1700	1906
LANCASTER d	1028	1057	1130	1214	1304	1420	1616	1620	1730	1922
Carnforth	1036	1105	1138	1222	1312	1429	1624	1628	1740	1931
Silverdale	1042	1111	-	1228	1318	1435	1630	1634	1746	1937
Arnside	1046	1115	1147	1232	1322	1439	1634	1638	1751	1941
Grange-o-S	1052	1121	1152	1238	1328	1444	1640	1644	1757	1946
Kents Bank	1055	1124	-	1241	1331	1448	1643	1647	1800	1950
Cark & Ctmel	1100	1129	-	1246	1336	1452	1648	1652	1804	1954
Ulverston	1108	1137	1205	1254	1344	1500	1655	1659	1812	2002
Dalton	1116	1145	-	1302	1352	1508	1703	1707	1821	2010
Roose	1122	1151	-	1308	1358	1514	1709	1713	1827	2016
BARROW-in-F a	1131	1200	1225	1317	1407	1524	1719	1723	1834	2026

There are no Sunday trains between Barrow and Whitehaven

SUNDAY**Whitehaven - Carlisle****Northbound**

notes				
WHITEHAVEN	d	1257	1628	2028
Parton	x	1300	1631	2031
Harrington	x	1308	1639	2039
Workington		1315	1646	2046
Flimby	x	1319	1650	2050
Maryport		1323	1654	2054
Aspatia	x	1332	1703	2103
Wigton		1342	1713	2113
Dalston	x	1350	1721	2121
CARLISLE		1407	1737	2138

COCKERMOUTH, KESWICK & PENRITH

RAILWAY

www.keswickrailway.com



Fighting against the odds to re-open this much needed line.

BE FARE AWARE - Northbound



From stations south of ULV to Wigton, Dalston or Carlisle, it is **MUCH** cheaper to buy two tickets, one to Ulverston and another to your destination. e.g. Anytime Return from Arnside to Carlisle would save about **63%**. To some other stations north of Barrow there may be smaller savings.

See FLAG newsletters for more details & other fare-saving suggestions

SUNDAY**Lancaster - Barrow-in-Furness****Northbound**

	ZB G	ZM	ZQ	ZB		
MIA	1800	1900	1858z	1900		
MAN	1816	1916	1916	1916		
PRE	1912	2000	2006	2013	W	
LAN	1928	2016	2022	2029	2123	2205
CNF	1937	2024	2030	2038	2131	2215
SVR	1943	-	-	-	2137	2221
ARN	1947	2033	2039	2046	2141	2226
GOS	1952	2038	2044	2052	2147	2232
KBK	1956	-	-	-	2150	2235
CAK	2000	-	-	-	2155	2239
ULV	2008	2051	2057	2104	2202	2247
DLT	2016	-	-	-	2210	2256
ROO	2022	-	-	-	2216	2302
BIF	2032	2111	2117	2125	2226	2309

**SUNDAY ENGINEERING
WORKS****Check your train times**

RAVENGLASS & ESKDALE RLY
FLAG committee members cast a
critical eye over their special train
during a Northern Rail 'thank you'
visit to L'al Ratty.

Volunteers www.rerps.co.uk
Tel 01229 717171

Gen'l www.ravenglass-railway.co.uk

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BE FARE AWARE - Leeds

Barrow-Carnforth-Skipton is the shortest, quickest and cheapest route to **Leeds**, but actually paying the correct fare is difficult, and well-nigh impossible using the internet. Even if you specify 'via Clapham' you may still be charged the standard 'any permitted' price when it should be **about 25% cheaper**.



Splitting the Difference

From Grange or any station north thereof, book one ticket to **Arnside** and another from Arnside to your destination, specifying '**via Clapham**'.

N.B. Through fares via Clapham may be introduced during the currency of this timetable.

See FLAG newsletters for more details & other fare-saving suggestions

CARNFORTH CONNECTIONS

are based on the latest train from Barrow, which may not stop at all stations. Passengers from intermediate stations may face a much longer wait at Carnforth. Between January and September there are considerable variations, especially on Sunday.

F L A G

In 2011 the **FURNESS LINE ACTION GROUP** celebrated 25 years of promoting and protecting Cumbrian Coast rail services. Regular meetings with rail companies, MPs, councils and the Community Rail Partnership ensure passengers' concerns and issues are escalated effectively. FLAG has also produced 80 newsletters, now a 24-page colour magazine, keeping all these bodies and our 250 members informed of developments.


While franchisees, councils and governments come and go, FLAG provides the continuity and independent specialist expertise to ensure rail, rather than road-building, is the top priority for transport investment. As Government spending tightens, the future holds many opportunities and threats.

Help us work to preserve and improve our line.

FLAG Annual subscriptions: Individual £5 Corporate £10

FOR CONTACT DETAILS SEE SUNDAY NORTHBOUND PAGE

GENERAL NOTES

a = Arrival N = From Newcastle k = Change at Lancaster
 d = Departure U = From Buxton # = Connection not guaranteed
 FX = Not Friday SX = Not Saturday R = For Ravenglass & Eskdale Rly
 FO = Friday only SO = Saturday only † = Italics - FLAG observation. Unconfirmed
 * = Northern timetable 6 expires 13 May 2012. TPE 15 expires 08 Dec 2012.
 s = Set down only. Train only stops here on prior request to the guard.
 x = Request Stop. Train only stops here on prior request to the guard or a clear hand signal to the driver.
 z = Till 01 Jan, from 19 Feb to 25 Mar, and from 01 Jul to 09 Sep, departs 2 minutes later.
 = Bus. Heavy luggage, prams, bicycles etc. may not be conveyed.

2359 = Train starts here.

2359 = Bold print - through train to next bar line. See note **2259**

2359 = Change here. (NB The actual train may continue e.g. to Morecambe).

2359 = Italics - connections involving only one change.

N.B. For connections to/from Manchester requiring more than one change, see TPE timetable 15.

B = Train splits at Preston. **Back portion for Barrow.** Front portion for Blackpool.

E = Train splits at Preston. **Back portion for Barrow.**

Front portion for Edinburgh. **Both** portions call at Lancaster.

G = Train splits at Preston. **Back portion for Barrow.**

Front portion for Glasgow Central. **Both** portions call at Lancaster.

M = Southbound - to Morecambe; Northbound - from Morecambe See note †

W = Southbound - to Windermere; Northbound - from Windermere

CHANGES TO NORMAL TIMETABLE

ZA = From Sat 07 Jan to Sat 12 May

ZB = From Sun 08 Jan to Sun 12 Feb

ZC = From Sun 08 Jan to Sun 25 Mar

ZD = From Sun 08 Jan to Sun 13 May

ZE = From Sun 19 Feb to Sun 25 Mar

ZF = From Sun 19 Feb to Sun 13 May

ZG = From Sat 31 Mar to Sat 12 May

ZH = From Sun 01 Apr to Sun 13 May

ZJ = From Sat 19 May

ZK = From Sun 20 May to Sun 09 Sep

ZL = From Sat 30 Jun to Sat 08 Sep

ZM = From Sun 01 Jul to Sun 09 Sep

ZN = Till Sat 31 Dec & from Sat 19 May

ZP = Till Sun 01 Jan & from Sun 19 Feb

ZQ = Till Sun 01 Jan

& from Sun 19 Feb to Sun 24 Jun
& from Sun 16 Sep

ZR = Till Sun 01 Jan & from Sun 19 Feb

ZS = Till Sun 01 Jan & from Sun 20 May

ZT = Till Sun 01 Jan & from Sun 16 Sep

ZU = Till Sat 24 Mar & from Sat 19 May

ZV = Till Sun 13 May & from Sun 16 Sep

ZW = Till Sat 23 Jun & from Sat 15 Sep

This timetable is published by Furness Line Action Group using data in the public domain. Whilst every care has been taken in its compilation the Group accepts no liability for any errors, omissions or inconvenience caused thereby. Times are subject to change without prior notice.

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