

# First Midland Red LTD

**Duty: FAL-03**

Day(s): Every Day

Start Time: 02:00 - End Time: 22:22

**Break Times:**

**From:** Plymouth Coach Station (Stan  
d)

**To:** Cabot Circus (S8)

**Route:**FAL

Depart: 02:00 - Arrive: 05:22 1

---

**From:** Cabot Circus (S8)

**To:** Plymouth Coach Station (Stan  
d)

**Route:**FAL

Depart: 06:30 - Arrive: 10:13 2

---

**From:** Plymouth Coach Station (Stan  
d)

**To:** Cabot Circus (S8)

**Route:**FAL

Depart: 11:00 - Arrive: 14:22 3

---

**From:** Cabot Circus (S8)

**To:** Plymouth Coach Station (Stan  
d)

**Route:**FAL

Depart: 14:30 - Arrive: 18:13 4

---

**From:** Plymouth Coach Station (Stan  
d)

**To:** Cabot Circus (S8)

**Route:**FAL

Depart: 19:00 - Arrive: 22:22 5

---