

# First Midland Red LTD

**Duty: FAL-06**

Day(s): Every Day

Start Time: 04:00 - End Time: 00:22

**Break Times:**

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

**To:** Cabot Circus (S8)

**Route:**FAL

Depart: 04:00 - Arrive: 07:22 1

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**From:** Cabot Circus (S8)

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

**Route:**FAL

Depart: 08:30 - Arrive: 12:13 2

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

**To:** Cabot Circus (S8)

**Route:**FAL

Depart: 13:00 - Arrive: 16:22 3

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**From:** Cabot Circus (S8)

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

**Route:**FAL

Depart: 16:30 - Arrive: 20:13 4

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

**To:** Cabot Circus (S8)

**Route:**FAL

Depart: 21:00 - Arrive: 00:22 5

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