

# MHR Cornwall

**Duty: Sun/RDR/HAYLE/H1**

Day(s): Sunday

Start Time: 05:00 - End Time: 19:15

**Break Times:**

|   |  |  |
|---|--|--|
| <b>From:</b> St Ives Centre<br><b>To:</b> Porthgwidden Beach<br><b>Route:</b> H1<br>Depart: 05:00 - Arrive: 05:07 1 | <b>From:</b> Porthgwidden Beach<br><b>To:</b> St Ives Centre<br><b>Route:</b> H1<br>Depart: 07:10 - Arrive: 07:15 10 | <b>From:</b> St Ives Centre<br><b>To:</b> Porthgwidden Beach<br><b>Route:</b> H1<br>Depart: 09:30 - Arrive: 09:37 19 |
| <b>From:</b> Porthgwidden Beach<br><b>To:</b> St Ives Centre<br><b>Route:</b> H1<br>Depart: 05:10 - Arrive: 05:15 2 | <b>From:</b> St Ives Centre<br><b>To:</b> Porthgwidden Beach<br><b>Route:</b> H1<br>Depart: 07:30 - Arrive: 07:37 11 | <b>From:</b> Porthgwidden Beach<br><b>To:</b> St Ives Centre<br><b>Route:</b> H1<br>Depart: 09:40 - Arrive: 09:45 20 |
| <b>From:</b> St Ives Centre<br><b>To:</b> Porthgwidden Beach<br><b>Route:</b> H1<br>Depart: 05:30 - Arrive: 05:37 3 | <b>From:</b> Porthgwidden Beach<br><b>To:</b> St Ives Centre<br><b>Route:</b> H1<br>Depart: 07:40 - Arrive: 07:45 12 | <b>From:</b> St Ives Centre<br><b>To:</b> Porthgwidden Beach<br><b>Route:</b> H1<br>Depart: 10:00 - Arrive: 10:07 21 |
| <b>From:</b> Porthgwidden Beach<br><b>To:</b> St Ives Centre<br><b>Route:</b> H1<br>Depart: 05:40 - Arrive: 05:45 4 | <b>From:</b> St Ives Centre<br><b>To:</b> Porthgwidden Beach<br><b>Route:</b> H1<br>Depart: 08:00 - Arrive: 08:07 13 | <b>From:</b> Porthgwidden Beach<br><b>To:</b> St Ives Centre<br><b>Route:</b> H1<br>Depart: 10:10 - Arrive: 10:15 22 |
| <b>From:</b> St Ives Centre<br><b>To:</b> Porthgwidden Beach<br><b>Route:</b> H1<br>Depart: 06:00 - Arrive: 06:07 5 | <b>From:</b> Porthgwidden Beach<br><b>To:</b> St Ives Centre<br><b>Route:</b> H1<br>Depart: 08:10 - Arrive: 08:15 14 | <b>From:</b> St Ives Centre<br><b>To:</b> Porthgwidden Beach<br><b>Route:</b> H1<br>Depart: 10:30 - Arrive: 10:37 23 |
| <b>From:</b> Porthgwidden Beach<br><b>To:</b> St Ives Centre<br><b>Route:</b> H1<br>Depart: 06:10 - Arrive: 06:15 6 | <b>From:</b> St Ives Centre<br><b>To:</b> Porthgwidden Beach<br><b>Route:</b> H1<br>Depart: 08:30 - Arrive: 08:37 15 | <b>From:</b> Porthgwidden Beach<br><b>To:</b> St Ives Centre<br><b>Route:</b> H1<br>Depart: 10:40 - Arrive: 10:45 24 |
| <b>From:</b> St Ives Centre<br><b>To:</b> Porthgwidden Beach<br><b>Route:</b> H1<br>Depart: 06:30 - Arrive: 06:37 7 | <b>From:</b> Porthgwidden Beach<br><b>To:</b> St Ives Centre<br><b>Route:</b> H1<br>Depart: 08:40 - Arrive: 08:45 16 | <b>From:</b> St Ives Centre<br><b>To:</b> Porthgwidden Beach<br><b>Route:</b> H1<br>Depart: 11:00 - Arrive: 11:07 25 |
| <b>From:</b> Porthgwidden Beach<br><b>To:</b> St Ives Centre<br><b>Route:</b> H1<br>Depart: 06:40 - Arrive: 06:45 8 | <b>From:</b> St Ives Centre<br><b>To:</b> Porthgwidden Beach<br><b>Route:</b> H1<br>Depart: 09:00 - Arrive: 09:07 17 | <b>From:</b> Porthgwidden Beach<br><b>To:</b> St Ives Centre<br><b>Route:</b> H1<br>Depart: 11:10 - Arrive: 11:15 26 |
| <b>From:</b> St Ives Centre<br><b>To:</b> Porthgwidden Beach<br><b>Route:</b> H1<br>Depart: 07:00 - Arrive: 07:07 9 | <b>From:</b> Porthgwidden Beach<br><b>To:</b> St Ives Centre<br><b>Route:</b> H1<br>Depart: 09:10 - Arrive: 09:15 18 | <b>From:</b> St Ives Centre<br><b>To:</b> Porthgwidden Beach<br><b>Route:</b> H1<br>Depart: 11:30 - Arrive: 11:37 27 |

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|--|--|--|
| <b>From:</b> Porthgwidden Beach<br><b>To:</b> St Ives Centre | <b>From:</b> St Ives Centre<br><b>To:</b> Porthgwidden Beach | <b>From:</b> Porthgwidden Beach<br><b>To:</b> St Ives Centre |
| <b>Route:</b> H1   | <b>Route:</b> H1   | <b>Route:</b> H1   |
| Depart: 11:40 - Arrive: 11:45 28                             | Depart: 14:00 - Arrive: 14:07 37                             | Depart: 16:10 - Arrive: 16:15 46                             |
| <b>From:</b> St Ives Centre<br><b>To:</b> Porthgwidden Beach | <b>From:</b> Porthgwidden Beach<br><b>To:</b> St Ives Centre | <b>From:</b> St Ives Centre<br><b>To:</b> Porthgwidden Beach |
| <b>Route:</b> H1   | <b>Route:</b> H1   | <b>Route:</b> H1   |
| Depart: 12:00 - Arrive: 12:07 29                             | Depart: 14:10 - Arrive: 14:15 38                             | Depart: 16:30 - Arrive: 16:37 47                             |
| <b>From:</b> Porthgwidden Beach<br><b>To:</b> St Ives Centre | <b>From:</b> St Ives Centre<br><b>To:</b> Porthgwidden Beach | <b>From:</b> Porthgwidden Beach<br><b>To:</b> St Ives Centre |
| <b>Route:</b> H1   | <b>Route:</b> H1   | <b>Route:</b> H1   |
| Depart: 12:10 - Arrive: 12:15 30                             | Depart: 14:30 - Arrive: 14:37 39                             | Depart: 16:40 - Arrive: 16:45 48                             |
| <b>From:</b> St Ives Centre<br><b>To:</b> Porthgwidden Beach | <b>From:</b> Porthgwidden Beach<br><b>To:</b> St Ives Centre | <b>From:</b> St Ives Centre<br><b>To:</b> Porthgwidden Beach |
| <b>Route:</b> H1   | <b>Route:</b> H1   | <b>Route:</b> H1   |
| Depart: 12:30 - Arrive: 12:37 31                             | Depart: 14:40 - Arrive: 14:45 40                             | Depart: 17:00 - Arrive: 17:07 49                             |
| <b>From:</b> Porthgwidden Beach<br><b>To:</b> St Ives Centre | <b>From:</b> St Ives Centre<br><b>To:</b> Porthgwidden Beach | <b>From:</b> Porthgwidden Beach<br><b>To:</b> St Ives Centre |
| <b>Route:</b> H1   | <b>Route:</b> H1   | <b>Route:</b> H1   |
| Depart: 12:40 - Arrive: 12:45 32                             | Depart: 15:00 - Arrive: 15:07 41                             | Depart: 17:10 - Arrive: 17:15 50                             |
| <b>From:</b> St Ives Centre<br><b>To:</b> Porthgwidden Beach | <b>From:</b> Porthgwidden Beach<br><b>To:</b> St Ives Centre | <b>From:</b> St Ives Centre<br><b>To:</b> Porthgwidden Beach |
| <b>Route:</b> H1   | <b>Route:</b> H1   | <b>Route:</b> H1   |
| Depart: 13:00 - Arrive: 13:07 33                             | Depart: 15:10 - Arrive: 15:15 42                             | Depart: 17:30 - Arrive: 17:37 51                             |
| <b>From:</b> Porthgwidden Beach<br><b>To:</b> St Ives Centre | <b>From:</b> St Ives Centre<br><b>To:</b> Porthgwidden Beach | <b>From:</b> Porthgwidden Beach<br><b>To:</b> St Ives Centre |
| <b>Route:</b> H1   | <b>Route:</b> H1   | <b>Route:</b> H1   |
| Depart: 13:10 - Arrive: 13:15 34                             | Depart: 15:30 - Arrive: 15:37 43                             | Depart: 17:40 - Arrive: 17:45 52                             |
| <b>From:</b> St Ives Centre<br><b>To:</b> Porthgwidden Beach | <b>From:</b> Porthgwidden Beach<br><b>To:</b> St Ives Centre | <b>From:</b> St Ives Centre<br><b>To:</b> Porthgwidden Beach |
| <b>Route:</b> H1   | <b>Route:</b> H1   | <b>Route:</b> H1   |
| Depart: 13:30 - Arrive: 13:37 35                             | Depart: 15:40 - Arrive: 15:45 44                             | Depart: 18:00 - Arrive: 18:07 53                             |
| <b>From:</b> Porthgwidden Beach<br><b>To:</b> St Ives Centre | <b>From:</b> St Ives Centre<br><b>To:</b> Porthgwidden Beach | <b>From:</b> Porthgwidden Beach<br><b>To:</b> St Ives Centre |
| <b>Route:</b> H1   | <b>Route:</b> H1   | <b>Route:</b> H1   |
| Depart: 13:40 - Arrive: 13:45 36                             | Depart: 16:00 - Arrive: 16:07 45                             | Depart: 18:10 - Arrive: 18:15 54                             |

**From:** St Ives Centre  
**To:** Porthgwidden Beach

**Route:**H1

Depart: 18:30 - Arrive: 18:37 55

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**From:** Porthgwidden Beach  
**To:** St Ives Centre

**Route:**H1

Depart: 18:40 - Arrive: 18:45 56

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**From:** St Ives Centre  
**To:** Porthgwidden Beach

**Route:**H1

Depart: 19:00 - Arrive: 19:07 57

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**From:** Porthgwidden Beach  
**To:** St Ives Centre

**Route:**H1

Depart: 19:10 - Arrive: 19:15 58

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