

# Stagecoach Cumbria & North Lancashire

**Duty: E401**

Day(s): Sunday

Start Time: 07:15 - End Time: 20:29

**Break Times:**

**From:** Whitehaven Wittington Cat (S  
tand C)  
**To:** Workington Bus Station (W) (Bay E)

**Route:**30  
Depart: 07:15 - Arrive: 07:46 1

**From:** Workington Bus Station (W) (Bay E)  
**To:** Maryport, o/s B&M Bargains

**Route:**300  
Depart: 07:51 - Arrive: 08:09 2

**From:** Maryport, o/s B&M Bargains  
**To:** Carlisle Bus Station (Ca) (bay 3)

**Route:**300  
Depart: 08:11 - Arrive: 09:19 3

**From:** Carlisle Bus Station (Ca) (bay 3)  
**To:** Maryport, o/s Trinity Baptist church

**Route:**300  
Depart: 09:25 - Arrive: 10:33 4

**From:** Maryport, o/s Trinity Baptist church  
**To:** Frizington, at Harras Villas

**Route:**31  
Depart: 10:34 - Arrive: 12:02 5

**From:** Frizington, at Harras Villas  
**To:** Maryport, o/s Trinity Baptist church

**Route:**31  
Depart: 12:10 - Arrive: 13:48 6

**From:** Maryport, o/s Trinity Baptist church  
**To:** Thornhill, at Ehen Road

**Route:**30  
Depart: 14:04 - Arrive: 15:32 7

**From:** Thornhill, at Ehen Road  
**To:** Workington Bus Station (W) (Bay E)

**Route:**30  
Depart: 15:40 - Arrive: 16:46 8

**From:** Workington Bus Station (W) (Bay E)  
**To:** Maryport, o/s B&M Bargains

**Route:**300  
Depart: 16:51 - Arrive: 17:09 9

**From:** Maryport, o/s B&M Bargains  
**To:** Carlisle Bus Station (Ca) (bay 3)

**Route:**300  
Depart: 17:11 - Arrive: 18:19 10

**From:** Carlisle Bus Station (Ca) (bay 3)  
**To:** Maryport, o/s Trinity Baptist church

**Route:**300  
Depart: 18:25 - Arrive: 19:33 11

**From:** Maryport, o/s Trinity Baptist church  
**To:** Whitehaven Duke Street (Stand B)

**Route:**30  
Depart: 19:34 - Arrive: 20:29 12