

# Stagecoach Cumbria & North Lancashire

**Duty: E309**  
Day(s): Weekdays

Start Time: 07:24 - End Time: 19:00  
**Break Times:**

**From:** Ewanrigg New Bridge Street (near)  
**To:** Maryport, o/s Trinity Baptist church  
**Route:**30  
Depart: 07:24 - Arrive: 07:33 1

**From:** Maryport, o/s Trinity Baptist church  
**To:** Frizington, at Harras Villas  
**Route:**31  
Depart: 07:35 - Arrive: 09:02 2

**From:** Frizington, at Harras Villas  
**To:** Maryport, o/s Trinity Baptist church  
**Route:**31  
Depart: 09:07 - Arrive: 10:48 3

**From:** Maryport, o/s Trinity Baptist church  
**To:** Thornhill, at Ehen Road  
**Route:**30  
Depart: 10:50 - Arrive: 12:17 4

**From:** Thornhill, at Ehen Road  
**To:** Workington Bus Station (W) (Bay E)  
**Route:**30  
Depart: 12:25 - Arrive: 13:32 5

**From:** Workington Bus Station (W) (Bay E)  
**To:** Maryport, o/s B&M Bargains  
**Route:**300  
Depart: 13:36 - Arrive: 13:54 6

**From:** Maryport, o/s B&M Bargains  
**To:** Carlisle Bus Station (Ca) (bay 3)  
**Route:**300  
Depart: 13:57 - Arrive: 15:07 7

**From:** Carlisle Bus Station (Ca) (bay 3)  
**To:** Maryport, o/s Trinity Baptist church  
**Route:**300  
Depart: 15:30 - Arrive: 16:38 8

**From:** Maryport, o/s Trinity Baptist church  
**To:** Frizington, at Harras Villas  
**Route:**31  
Depart: 16:40 - Arrive: 18:07 9

**From:** Frizington, at Harras Villas  
**To:** Distington, opp Brookfield  
**Route:**31  
Depart: 18:12 - Arrive: 19:00 10