

# Stagecoach Cumbria & North Lancashire

**Duty: E305**

Day(s): Weekdays

Start Time: 06:22 - End Time: 00:10

**Break Times:**

**From:** Distington Braemar (near)  
**To:** Frizington, at Harras Villas

**Route:**31

Depart: 06:22 - Arrive: 07:05 1

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

**Route:**31

Depart: 07:07 - Arrive: 08:48 2

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

**Route:**30

Depart: 08:50 - Arrive: 10:17 3

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

**Route:**30

Depart: 10:25 - Arrive: 11:32 4

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

**Route:**300

Depart: 11:36 - Arrive: 11:54 5

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

**Route:**300

Depart: 11:57 - Arrive: 13:07 6

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

**Route:**300

Depart: 13:25 - Arrive: 14:32 7

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

**Route:**31

Depart: 14:35 - Arrive: 16:02 8

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

**Route:**31

Depart: 16:12 - Arrive: 17:54 9

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

**Route:**30

Depart: 17:55 - Arrive: 19:22 10

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

**Route:**30

Depart: 19:30 - Arrive: 20:33 11

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

**Route:**300

Depart: 20:40 - Arrive: 20:58 12

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

**Route:**300

Depart: 21:00 - Arrive: 22:05 13

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

**Route:**300

Depart: 22:15 - Arrive: 23:20 14

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

**Route:**30

Depart: 23:20 - Arrive: 00:10 15