

# Stagecoach Cumbria & North Lancashire

**Duty: E409**

Day(s): Sunday

Start Time: 10:10 - End Time: 18:29

**Break Times:**

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

**Route:**31

Depart: 10:10 - Arrive: 11:48 1

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

**Route:**30

Depart: 12:04 - Arrive: 13:32 2

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

**Route:**30

Depart: 13:40 - Arrive: 14:46 3

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

**Route:**300

Depart: 14:51 - Arrive: 15:09 4

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

**Route:**300

Depart: 15:11 - Arrive: 16:19 5

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

**Route:**300

Depart: 16:25 - Arrive: 17:33 6

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

**Route:**30

Depart: 17:34 - Arrive: 18:29 7