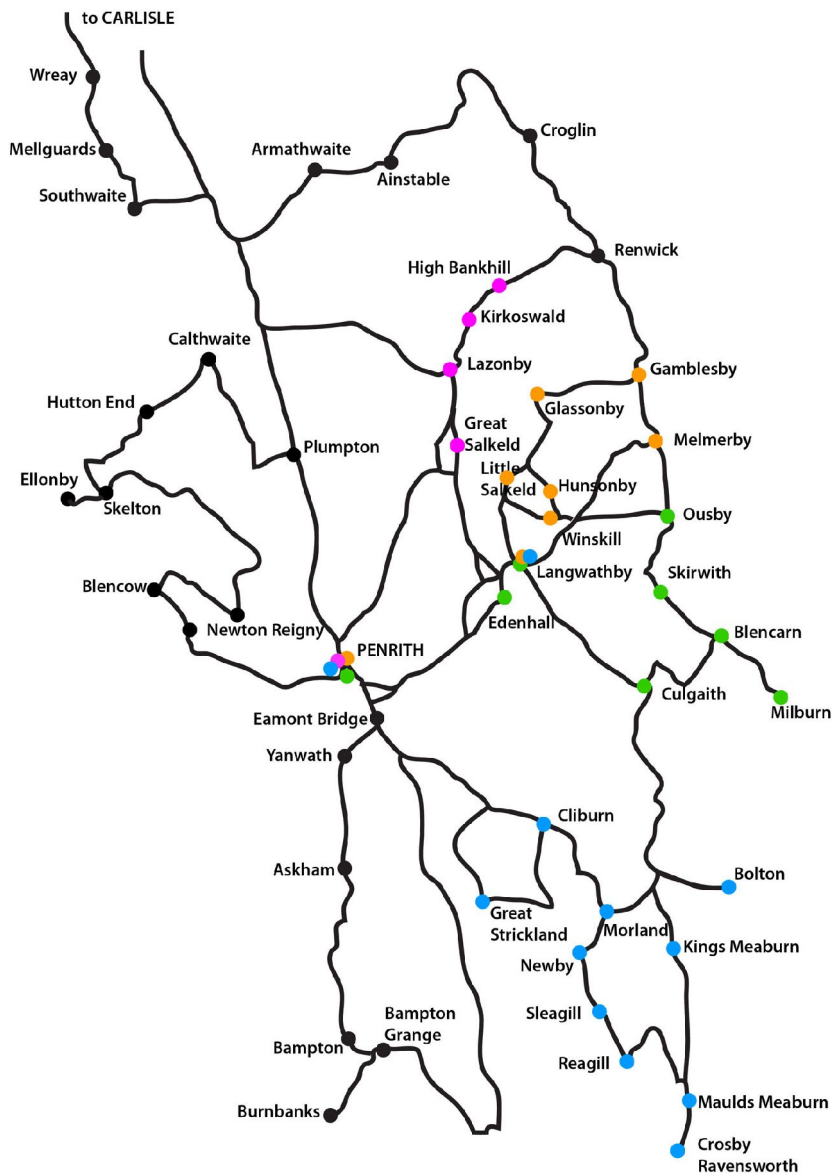


Fellrunner Bus

TUESDAY

| TO PENRITH | ROUTE 138 | |
|--------------------|-----------|----------------|
| | Out | Back |
| Langwathby BSh | 08 45 | |
| Culgaith | 08 55 | 13 28 <i>S</i> |
| Milburn Green | 09 07 | 13 40 <i>S</i> |
| Blencarn | 09 14 | 13 45 <i>S</i> |
| Skirwith | 09 20 | 13 51 <i>S</i> |
| Ousby | 09 26 | 13 57 <i>S</i> |
| Langwathby BSh | 09 35 | 13 20 <i>S</i> |
| Edenhall | 09 39 | 13 16 <i>S</i> |
| Penrith Health Ctr | 09 48 | ** |
| Penrith Rail Stn | | 13 05 |
| Morrisons | 09 52 | 13 04 |
| Penrith Bus Stn | 09 55 | 13 00 |



| TO PENRITH | ROUTE 562 | |
|-----------------|-----------|----------------|
| Langwathby BSh | 08 54 | 15 05 <i>S</i> |
| Bolton | 09 14 | 14 45 <i>S</i> |
| Kings Meaburn | 09 21 | 14 38 <i>S</i> |
| Crosby R'worth | 09 35 | 14 24 <i>S</i> |
| Maulds Meaburn | 09 41 | 14 18 <i>S</i> |
| Reagill | 09 49 | 14 10 <i>S</i> |
| Sleagill | 09 53 | 14 06 <i>S</i> |
| Newby | 09 59 | 14 00 <i>S</i> |
| Morland | 10 05 | 13 54 <i>S</i> |
| Cliburn | 10 11 | 13 48 <i>S</i> |
| Gt Strickland* | 10 19 | 13 40 <i>S</i> |
| Morrisons | 10 25 | 13 34 |
| Penrith Bus Stn | 10 28 | 13 30 |

| TO PENRITH | ROUTE 139 | |
|--------------------|-----------|----------------|
| Penrith Bus Stn | 10 00 | |
| Melmerby | 10 20 | 15 18 <i>S</i> |
| Gablesby | 10 25 | 15 13 <i>S</i> |
| Glassonby | 10 32 | 15 06 <i>S</i> |
| Hunsonby | 10 39 | 14 59 <i>S</i> |
| Winskill | 10 41 | 14 57 <i>S</i> |
| Lt Salkeld Vill | 10 47 | 14 51 <i>S</i> |
| Langwathby BSh | 10 52 | 14 46 <i>S</i> |
| Penrith Health Ctr | 11 02 | ** |
| Penrith Rail Stn | | 14 35 |
| Morrisons | 11 06 | 14 34 |
| Penrith Bus Stn | 11 09 | 14 30 |

| TO PENRITH | ROUTE 136 | |
|--------------------|-----------|----------------|
| Penrith Bus Stn | 11 25 | |
| Highbankhill | 11 48 | 16 19 <i>S</i> |
| Kirkoswald | 11 50 | 16 17 <i>S</i> |
| Lazonby PO | 11 55 | 16 12 <i>S</i> |
| Lazonby Town Hd | 11 57 | 16 10 <i>S</i> |
| Gt Salkeld | 12 04 | 16 03 <i>S</i> |
| Penrith Health Ctr | 12 16 | ** |
| Penrith Rail Stn | | 15 50 |
| Morrisons | 12 20 | 15 49 |
| Penrith Bus Stn | 12 23 | 15 45 |

Notes:

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On return journeys, preference will be given to passengers with return tickets if the bus is full.

Wheelchair users should give 24 hours notice if possible, and be accompanied by a carer.

** by arrangement with the driver

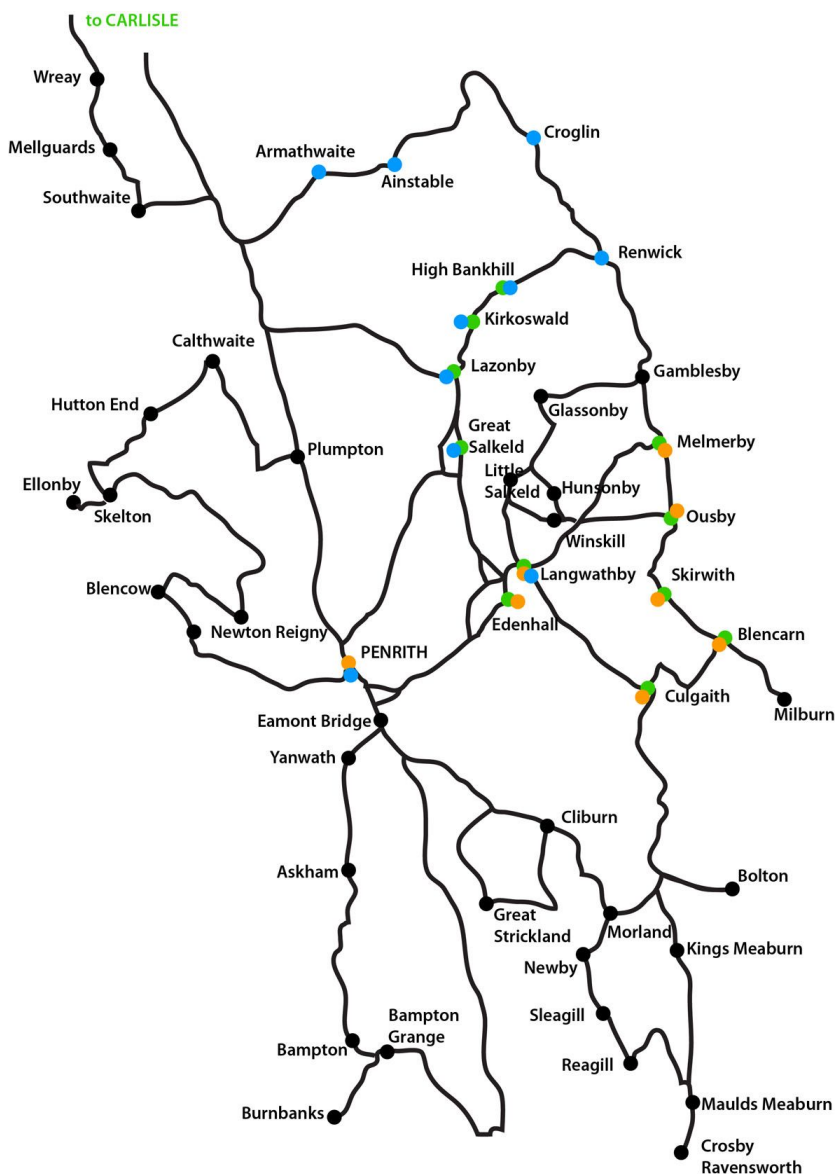
Fellrunner Bus

WEDNESDAY

| TO CARLISLE | ROUTE 130 | |
|-------------------------------|-----------|----------------|
| | Out | Back |
| Langwathby BSh | 09 00 | 16 16 <i>S</i> |
| Melmerby c | 09 08 | 16 08 <i>S</i> |
| Ousby c | 09 12 | 16 04 <i>S</i> |
| Skirwith c | 09 17 | 15 59 <i>S</i> |
| Culgaith c | 09 22 | 15 54 <i>S</i> |
| Langwathby arr | 09 30 | |
| Langwathby | 09 33 | 15 46 <i>S</i> |
| Edenhall | 09 37 | 15 42 <i>S</i> |
| Gt Salkeld | 09 43 | 15 36 <i>S</i> |
| Highbankhill | 09 53 | 15 26 <i>S</i> |
| Kirkoswald | 09 55 | 15 24 <i>S</i> |
| Lazonby PO | 10 00 | 15 19 |
| Lazonby Town Hd | 10 02 | 15 17 |
| Carlisle Bus Stn | 10 35 | 14 45 |
| c change at Langwathby | | |

| TO PENRITH | ROUTE 140 | |
|------------------------|-----------|----------------|
| Langwathby BSh | 09 00 | 13 50 <i>S</i> |
| Melmerby | 09 08 | 13 42 <i>S</i> |
| Ousby | 09 12 | 13 38 <i>S</i> |
| Skirwith | 09 17 | 13 33 <i>S</i> |
| Culgaith | 09 22 | 13 28 <i>S</i> |
| Langwathby arr | 09 30 | |
| Langwathby dep | 09 33 | 13 20 <i>S</i> |
| Edenhall | 09 37 | 13 16 <i>S</i> |
| Penrith Health Ctr | 09 46 | ** |
| Morrisons | 09 50 | 13 04 |
| Penrith Bus Stn | 09 53 | 13 00 |

| TO PENRITH | ROUTE 134 | |
|------------------------|-----------|----------------|
| Penrith Bus Stn | 10 05 | 14 35 <i>S</i> |
| Armathwaite | 10 25 | 14 55 <i>S</i> |
| Ainstable | 10 30 | 15 00 <i>S</i> |
| Croglin | 10 42 | 15 12 <i>S</i> |
| Renwick | 10 48 | 15 18 <i>S</i> |
| Highbankhill | 10 54 | 15 24 <i>S</i> |
| Kirkoswald | 10 56 | 15 26 <i>S</i> |
| Lazonby PO | 11 01 | 15 31 <i>S</i> |
| Gt Salkeld | 11 05 | 15 35 <i>S</i> |
| Langwathby | | 15 42 <i>S</i> |
| Morrisons | 11 18 | |
| Penrith Bus Stn | 11 22 | |



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 ** by arrangement with the driver

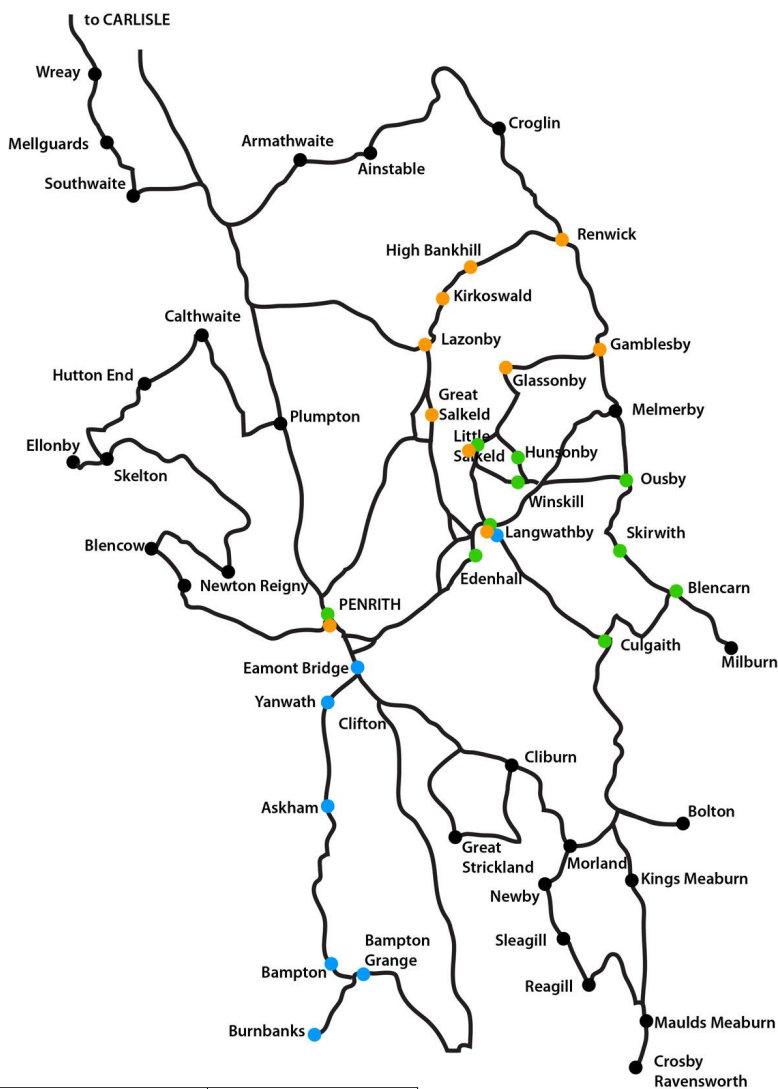
Fellrunner Bus

THURSDAY

| TO PENRITH | ROUTE 135 | |
|------------------------|-----------|----------------|
| | Out | Back |
| Langwathby B Sh | 09 05 | 14 03 <i>S</i> |
| Winskill | 09 12 | 13 56 <i>S</i> |
| Hunsonby | 09 14 | 13 52 <i>S</i> |
| Ousby | 09 19 | 13 47 <i>S</i> |
| Skirwith | 09 24 | 13 41 <i>S</i> |
| Blencarn | 09 30 | 13 35 <i>S</i> |
| Culgaith | 09 37 | 13 28 <i>S</i> |
| Langwathby BSh | 09 45 | 13 20 <i>S</i> |
| Edenhall | 09 49 | 13 16 <i>S</i> |
| Penrith Health Ctr | 09 58 | ** |
| Penrith Rail Stn | | 13 05 |
| Morrisons | 10 02 | 13 04 |
| Penrith Bus Stn | 10 05 | 13 00 |

| TO PENRITH | ROUTE 111 | |
|------------------------|----------------|----------------|
| | Langwathby BSh | 09 15 |
| Bampton Grange | 09 53 | 14 23 <i>S</i> |
| Burnbanks | 10 00 | 14 16 <i>S</i> |
| Bampton Grange | 10 07 | 14 09 <i>S</i> |
| Bampton | 10 14 | 14 02 <i>S</i> |
| Butterwick | 10 20 | 13 56 <i>S</i> |
| Helton | 10 26 | 13 50 <i>S</i> |
| Askham | 10 29 | 13 47 <i>S</i> |
| Yanwath | 10 35 | 13 41 <i>S</i> |
| Eamont Bridge | 10 37 | 13 39 <i>S</i> |
| Morrisons | 10 45 | 13 33 |
| Penrith Bus Stn | 10 48 | 13 30 |

| TO PENRITH | ROUTE 137 | |
|------------------------|-----------------|----------------|
| | Penrith Bus Stn | 10 25 |
| Langwathby BSh | 10 35 | 15 56 <i>S</i> |
| Lt Salkeld village | 10 39 | 15 51 <i>S</i> |
| Glassonby | 10 44 | 15 46 <i>S</i> |
| Gamblesby | 10 51 | 15 39 <i>S</i> |
| Renwick | 11 00 | 15 30 <i>S</i> |
| Highbankhill | 11 06 | 15 24 <i>S</i> |
| Kirkoswald | 11 08 | 15 22 <i>S</i> |
| Lazonby PO | 11 13 | 15 17 <i>S</i> |
| Lazonby Town Hd | 11 15 | 15 15 <i>S</i> |
| Gt Salkeld | 11 22 | 15 08 <i>S</i> |
| Morrisons | 11 35 | 14 54 |
| Penrith Bus Stn | 11 39 | 14 50 |



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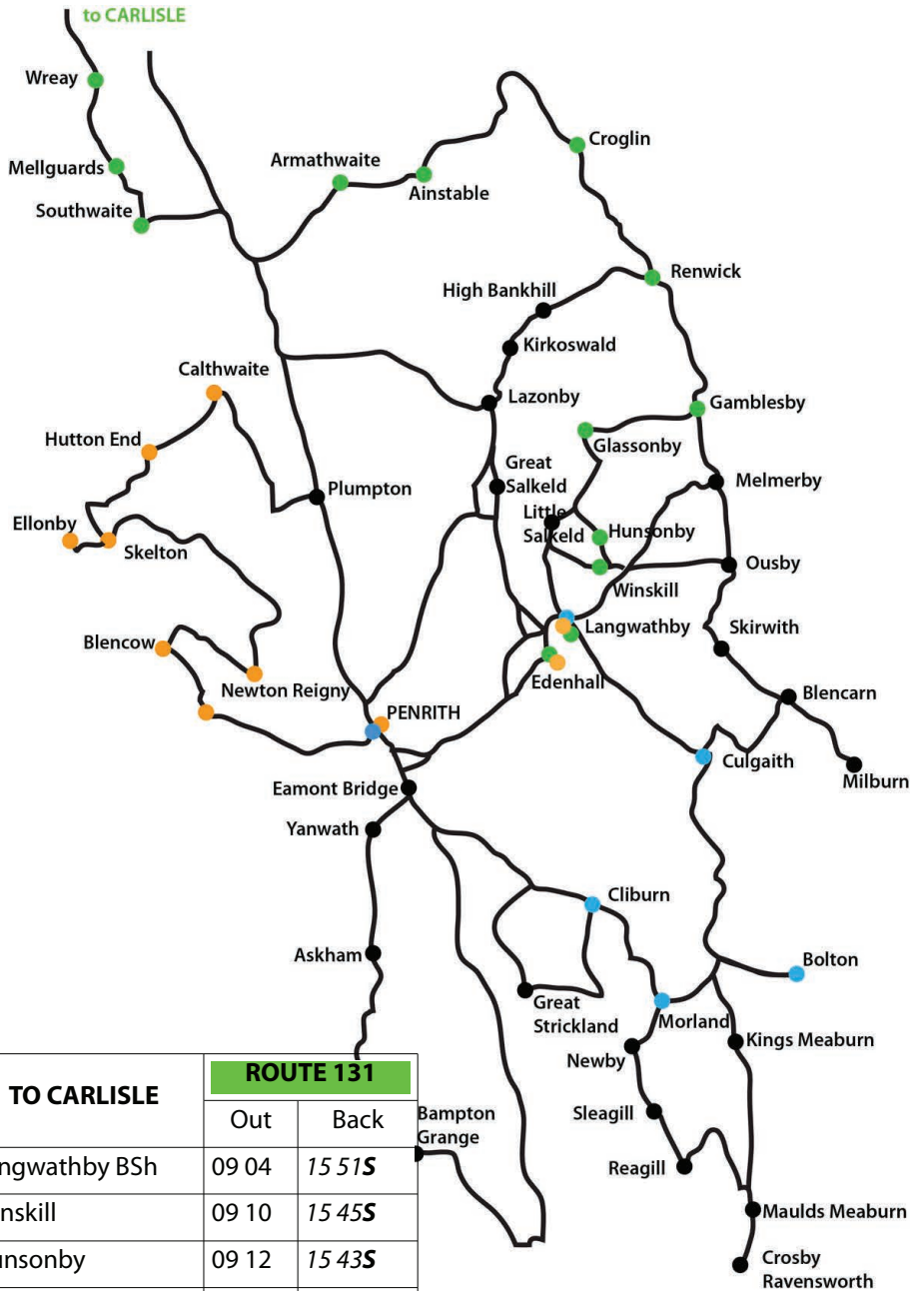
** by arrangement with the driver

Fellrunner Bus

FRIDAY

| TO PENRITH | ROUTE 132 | |
|--------------------------|-----------|----------------|
| Langwathby BSh | 09 00 | |
| Edenhall | 09 04 | |
| Penrith Health Ctr | 09 13 | |
| Morrisons | 09 17 | |
| Penrith Bus Stn a | 09 20 | 14 05 |
| Penrith Bus Stn d | 09 25 | |
| Calthwaite | 09 42 | 13 49 <i>S</i> |
| Hutton End | 09 47 | 13 44 <i>S</i> |
| Ellonby | 09 53 | 13 38 <i>S</i> |
| Skelton | 09 58 | 13 33 <i>S</i> |
| Newton Reigny | 10 07 | 13 24 <i>S</i> |
| Laithes | 10 11 | 13 20 <i>S</i> |
| Blencow | 10 15 | 13 16 <i>S</i> |
| Moss Rigg | 10 21 | 13 10 <i>S</i> |
| Morrisons | 10 27 | 13 04 |
| Penrith Bus Stn a | 10 30 | |
| Penrith Bus Stn d | | 13 00 |
| To Bolton etc ... | ROUTE 132 | |
| Penrith Bus Stn d | 10 40 | |
| Edenhall | 10 48 | 15 05 <i>S</i> |
| Langwathby | 10 52 | 15 01 <i>S</i> |
| Culgaith Pea top | 11 00 | 14 53 <i>S</i> |
| Bolton | 11 14 | 14 39 <i>S</i> |
| Morland | 11 21 | 14 32 <i>S</i> |
| Cliburn | 11 27 | 14 28 <i>S</i> |
| Penrith Health Ctr | 11 37 | ** |
| Morrisons | 11 41 | 14 14 |
| Penrith Bus Stn a | 11 44 | |
| Penrith Bus Stn d | | 14 10 |

| TO CARLISLE | ROUTE 131 | |
|-------------------------|-----------|----------------|
| | Out | Back |
| Langwathby BSh | 09 04 | 15 51 <i>S</i> |
| Winstkill | 09 10 | 15 45 <i>S</i> |
| Hunsonby | 09 12 | 15 43 <i>S</i> |
| Glassonby | 09 19 | 15 36 <i>S</i> |
| Gamblesby | 09 25 | 15 30 <i>S</i> |
| Renwick | 09 34 | 15 21 <i>S</i> |
| Croglin | 09 40 | 15 15 <i>S</i> |
| Ainstable | 09 53 | 15 02 <i>S</i> |
| Armathwaite | 09 58 | 14 57 <i>S</i> |
| Southwaite | 10 08 | 14 47 <i>S</i> |
| Mellguards | 10 10 | 14 45 <i>S</i> |
| Wreay | 10 14 | 14 41 <i>S</i> |
| Carlisle Bus Stn | 10 25 | 14 30 |



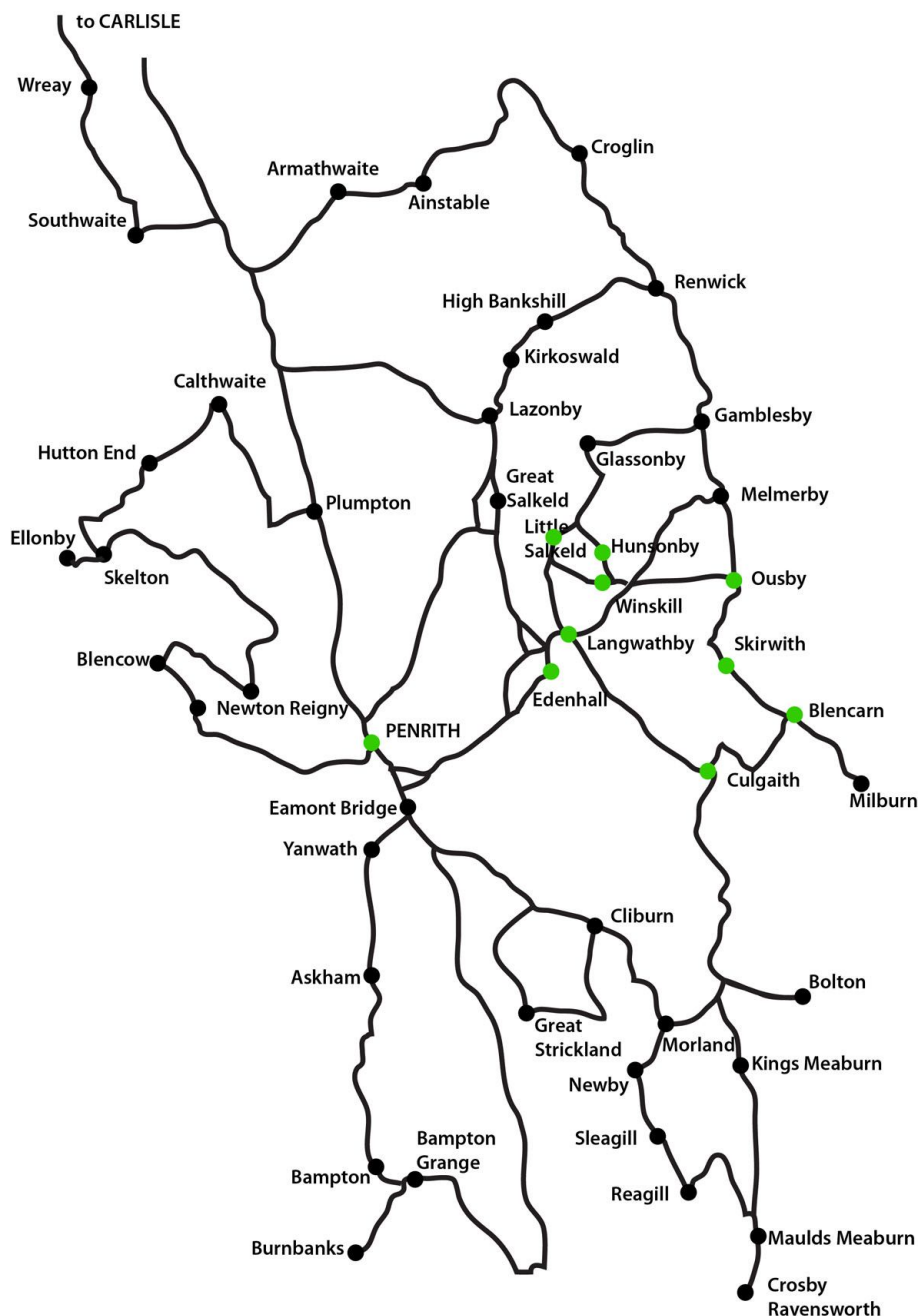
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 ** by arrangement with the driver

Fellrunner Bus

SATURDAY

| TO CARLISLE | ROUTE 135 | |
|------------------------|-----------|----------------|
| | Out | Back |
| Langwathby BSh | 09 05 | 13 33 <i>S</i> |
| Winskill | 09 11 | 13 25 <i>S</i> |
| Hunsonby | 09 13 | 13 22 <i>S</i> |
| Ousby | 09 18 | 13 16 <i>S</i> |
| Skirwith | 09 24 | 13 11 <i>S</i> |
| Blencarn | 09 30 | 13 05 <i>S</i> |
| Culgaith | 09 37 | 12 58 <i>S</i> |
| Langwathby | 09 45 | 12 50 <i>S</i> |
| Edenhall | 09 49 | 12 46 <i>S</i> |
| Penrith Health Ctr | 09 58 | ** |
| Penrith Railway Stn | | 12 35 |
| Morrisons | 10 02 | 12 34 |
| Penrith Bus Stn | 10 05 | 12 30 |



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