



The South West to Manchester, the North East & Scotland

Electronic timetables are kinder to the environment
Plan your journey online

Train Times

17 May - 12 December 2009



Welcome

to your new timetable, valid from 17 May to 12 December 2009, covering all CrossCountry services between the South West and Manchester, the North East & Scotland.

Covering over 1,400 route miles and calling at over 100 stations - stretching from Aberdeen to Penzance, Bournemouth to Manchester and Stansted to Cardiff - CrossCountry is the most extensive rail network in Great Britain. You can travel with us to reach most parts of the country and if there's not a direct train, you can get to many places by making one change. Switch to **crosscountrytrains.co.uk** to buy tickets for any train company with no booking fee.

Throughout the validity of this timetable you will see a number of changes, including

- Completion of the refresh of our Voyager trains, providing
 - o extra seats
 - o more luggage space
 - o secure storage for bikes
- Completion of the roll out of our at-seat refreshment service on Voyager and High Speed Train services
- Further enhancements to our website to make journey planning and ticket buying even easier, helping you find the right train, at the right time, at the right price.

Save paper and be kinder to the environment – create your own easy-to-use personalised timetable for any UK train route, regardless of operator, at **crosscountrytrains.co.uk**. Simply enter your travel details and we will instantly send you back your very own tailor-made timetable with the train times you want.

Travel tips and advice

Start your journey at crosscountrytrains.co.uk

Let your search engine search out some big savings for you – the more you plan and book in advance, the more you'll save.

From booking tickets for any train journey to creating your own personalised timetable, our website lets you do it all.

- Get the best deal – compare journeys and prices side by side
- Buy tickets for any train company – no booking fee
- Keep in touch on the move – get tickets and travel information on your mobile
- Print your own CrossCountry tickets at work or at home – no queuing
- Reserve your seat
- Select your own seat on CrossCountry services
- Sign up for news and offers
- Create a personalised timetable for your journey
- Buy season tickets online – no queuing

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First Class

If you need to work on the move, or just want to relax and watch the world go by, move up to First Class to enjoy larger, reclining seats, more table space and a calm environment. On some routes we serve a wide range of complimentary food and drink at your seat, including breakfast items, with the menu varied by time of day.

Travelling First Class needn't be expensive – we offer great value fares on many of our services when you book in advance. At weekends you can upgrade on board from as little as £10 one-way, so why not treat yourself?



Catering

We want to help you have a relaxing, enjoyable journey and on many of our trains we offer a wide range of refreshments for you to buy on board.

During 2009 we will gradually be introducing a service of drinks and light refreshments served at your seat on many of our trains, so there's no need to leave your seat to get something to eat or drink. Visit crosscountrytrains.co.uk for details of our menu.

Please note that catering facilities are provided on selected routes only and are subject to availability.



Luggage

We have dedicated luggage space on all our trains. In line with the National Rail Conditions of Carriage, you are strongly advised to:

- Not bring more luggage than you can comfortably carry yourself
- Only take a maximum of three items of luggage onto the train, consisting of
 - o Two larger items such as a suitcase or rucksack (dimensions not exceeding 90 x 70 x 30cm or weighing more than 50kg)
 - o One smaller item such as a briefcase
- Use dedicated luggage storage areas and shelving for large items and store small items in overhead racks and under seats, making sure doorways, aisles and areas dedicated for wheelchairs are kept clear
- Keep your luggage with you at all times when at stations to avoid unnecessary security alerts and potential delays to services



Seat reservations

Reserve a seat free of charge when you buy your ticket. You can make your reservation up to three hours before the train leaves its first station. Buy in advance from **crosscountrytrains.co.uk** to have your tickets and seat reservations delivered to your door (please allow five working days for delivery), ready to collect at the station or you can print your tickets and reservations at home for CrossCountry services.

On CrossCountry services, you can choose the seat you want to reserve from a plan of the train layout when you book in advance at **crosscountrytrains.co.uk**. So if you want a window seat at the front of the Quiet Carriage, that's what you'll get.



Bikes

Bikes can be taken on most trains, but you need to make a reservation in advance at the same time you buy your ticket. When you arrive at the station, ask a member of staff where you should wait so that you can board the train easily. You can reserve a space for your bike and get more details of our cycling policy by calling **0844 811 0124**.



Every second counts

Please make sure you get to the platform in good time. So that the train can depart promptly, the doors will be closed 30 seconds before it starts to leave the station.

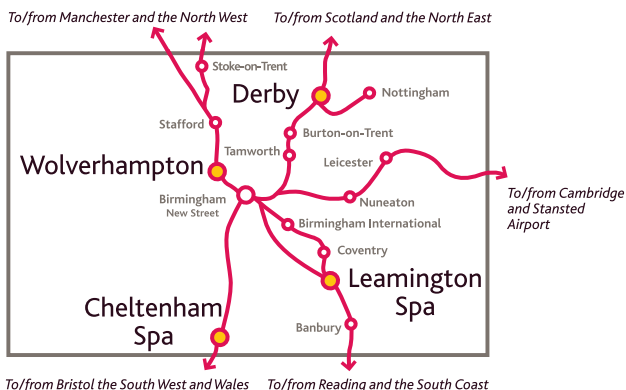
Connections

Our staff can provide a wide range of information specific to your individual journey. Should you have any queries do not hesitate to contact them on their way through the train.

All change...

Many journeys with CrossCountry include a change at Birmingham New Street station and we understand this can, on occasions, be a difficult place to transfer between trains, especially if you're travelling with children, cycles or heavy luggage.

While for some journeys changing trains at Birmingham New Street is unavoidable, for others there are alternatives where you will find it easier to change between CrossCountry services if there isn't a direct train. These are Wolverhampton, Cheltenham Spa, Derby and Leamington Spa. In some cases you will be able to change trains without having to change platforms, making your journey even smoother.



— CrossCountry route

● Change at one of these stations to avoid changing at Birmingham New Street

We recommend these locations to change trains not just because it is more convenient for you, but also because as large stations, they offer the facilities you tell us are important including waiting rooms, toilets and somewhere to obtain refreshments. There are staff at Wolverhampton, Cheltenham Spa, Derby and Leamington Spa ready to help you find your connecting train and provide you with journey information.

The following table shows our recommended location for you to change for the CrossCountry journeys indicated when a direct train isn't available.

Travelling from	Travelling to	If there is no direct train when you want to travel*, you may find it easier to change at
Manchester and the North West	<ul style="list-style-type: none"> ● Reading and the South Coast ● Bristol and the South West 	Wolverhampton
Bristol, the South West and Wales	<ul style="list-style-type: none"> ● Manchester and the North West ● Scotland and the North East ● Nottingham 	Cheltenham Spa
Scotland, the North East and Nottingham	<ul style="list-style-type: none"> ● Wales ● Bristol and the South West ● Reading and the South Coast 	Derby
Reading and the South Coast	<ul style="list-style-type: none"> ● Manchester and the North West ● Scotland and the North East 	Leamington Spa

*** Please note that direct trains may be available at certain times of day**

For example, if you're travelling from Newcastle to Cardiff Central, and don't want to change at Birmingham New Street, you can change at Derby instead.

Please note that if you have booked journey assistance through our JourneyCare service, you are advised to travel as indicated on your schedule and tickets.



Onward Travel

If you need information about connecting public transport services, details can be found at:

National Rail	nationalrail.co.uk 08457 48 49 50 (24 hours, calls may be recorded)
Transport Direct	transportdirect.info
Traveline	traveline.org.uk 0871 200 22 33
TrainTaxi™	traintaxi.co.uk

You can buy a PlusBus ticket that gives you one day's unlimited travel on most bus or tram services connecting with major rail stations – visit plusbus.info for more information.

Free inter-station bus services are available in Glasgow, Leeds, Manchester and Wakefield.



International connections

Start your holiday or business trip the hassle-free way by getting to the airport by train. We run direct trains to Birmingham International, Southampton and Stansted airports (details below), and recommend that you aim to get to the airport at least two hours before your flight check-in time.

Birmingham / Birmingham International

Telephone **0844 576 6000**

The station is linked to the airport passenger terminals by a free Air-Rail Link monorail service running every two minutes.

Southampton / Southampton Airport Parkway

Telephone **0870 040 0009**

The airport is just 99 steps from the station.

Stansted / Stansted Airport





Telephone **0870 000 0303**

There's easy pedestrian access between the station and the terminal building.

Connections to other airports are also possible from many stations on the CrossCountry network – visit crosscountrytrains.co.uk for details.

Using your timetable

A Mondays to Fridays

B Features    

C Period of operation and Notes


Bournemouth	d								0630
Brockenhurst	d								0649
Southampton Central	d		0515			0615			0715
Southampton Airport Parkway	d		0522			0622			0722
Winchester	d		0531b			0631			0731
Basingstoke	d		0547			0647			0747
Guildford	d		-		0600	-			0704z
Reading	a		0605		0635	0705			0805
Reading	d		0610		0640	0710		0741	0810
Oxford	d		0636		0706	0736		0806	0836
Banbury	d		0654		0725	0754		0825	0854
Leamington Spa	d		0712		0743	0812		0843	0912
Coventry	d	0649b	0727		0749b	0827		0849b	0927
Birmingham International	d	0704b	0738		0804b	0838		0904b	0938
Birmingham New Street	a	-	0749		0816	0849		0917	0949

Note: stations and times shown are examples only.

- A** Our timetables are divided into Mondays – Fridays, Saturdays and Sundays. When our services are seriously affected by prolonged track improvement work, you may find that there are different sets of times for some days.
- B** **Features** includes trains on which seat reservations are recommended. See below for an explanation of the symbols used in this timetable.
- C** **Period of operation and notes** highlights any services that run for only part of the time period covered by this timetable. See the notes section for further explanation, additional stops and final destination.
- D** Stations along the route are listed on the left side of timetable. Where a timetable is wide, they are repeated on the right side to make it easier to relate times to stations.
- E** The train stops here at the time shown.
- F** You will need to change trains to arrive or depart here at the time shown. The note (e.g. 'p') beside the time indicates where you need to change.
- G** The letters 'a' and 'd' indicate arrival or departure times.

R A seat reservation is strongly advised as these services are usually very busy.

Z Refreshments are not available on these services.

 Service operated by rail replacement road transport.

Changes to train times

If you're travelling at weekends, ongoing track improvement work taking place across the network may cause last minute changes to this timetable. You are advised to check train times before travelling by contacting National Rail Enquiries.

The right train
At the right time
At the right price

Before you go anywhere, go to crosscountrytrains.co.uk

We make it easy for you to compare journeys and ticket prices for any train company – so you get the best deal for your journey. Plus, unlike some other train ticket websites, we won't charge you a booking fee.

If you're travelling on a CrossCountry train, you can choose the seat you want to reserve and print your tickets and reservation at home or at the office. So your journey will be more convenient – with no queuing and no hassle.

crosscountrytrains.co.uk your search engine

The South West to Manchester, the North East & Scotland

Mondays to Fridays

Notes: see pages 48 and 49

Features	Period of operation and Notes						CS
Penzance	d						
St Erth	d						
Camborne	d						
Redruth	d						
Truro	d						
St Austell	d						
Newquay	d						
Par	d						
Bodmin Parkway	d						
Liskeard	d						
Plymouth	d			0520		0625	
Totnes	d			0545		0650	
Paignton	d			-		<i>0634h</i>	0700
Torquay	d			-		<i>0639h</i>	0706
Newton Abbot	d			0602		0703	0717
Teignmouth	d			-		<i>0632j</i>	0724
Dawlish	d			-		<i>0637j</i>	0729
Exeter St Davids	d			0623		0723	0743
Tiverton Parkway	d			0637		0737	0756
Taunton	d		<i>0530e</i>	0651		0751	0811
Weston-super-Mare	d		<i>0601e</i>	<i>0636e</i>	<i>0708e</i>	<i>0737e</i>	0832
Cardiff Central	d	<i>0515ca</i>	<i>0623ca</i>	<i>0640q</i>	0700	<i>0755ca</i>	<i>0825ca</i>
Newport(South Wales)	d	<i>0533ca</i>	<i>0637ca</i>	<i>0655q</i>	0715	<i>0809ca</i>	<i>0839ca</i>
Bristol Temple Meads	d	0615	0700	0730	0800	0830	0900
Bristol Parkway	d	0625	0710	0740	0810	0840	0910
Cheltenham Spa	d	0712	0742	0812	0842	0912	0942
Birmingham New Street	a	0756	0826	0856	0926	0956	1026
Birmingham New Street	d	0803	0831	0903	0931	1003	1031
Wolverhampton	a	<i>0833y</i>	0848	<i>0933y</i>	0948	<i>1033y</i>	1048
Stafford	a	<i>0909y</i>	<i>0929z</i>	<i>1009y</i>	<i>1029z</i>	<i>1109y</i>	<i>1129z</i>
Stoke-on-Trent	a	-	0918	-	1018	-	1118
Macclesfield	a	-	<i>0941ab</i>	-	<i>1041ab</i>	-	<i>1141ab</i>
Stockport	a	-	0949	-	1049	-	1149
Manchester Piccadilly	a	-	1000	-	1100	-	1200
Tamworth	a	0818	<i>0906q</i>	<i>0938y</i>	<i>1006q</i>	1018	<i>1106q</i>
Burton-on-Trent	a	0828	<i>0918q</i>	0924	<i>1018q</i>	<i>1048ce</i>	<i>1118q</i>
Derby	a	0842	<i>0934q</i>	0939	<i>1034q</i>	1039	<i>1134q</i>
Chesterfield	a	0902		1002		1102	
Sheffield	a	0917		1017		1117	
Doncaster	a	<i>1004t</i>		<i>1104t</i>		<i>1204t</i>	
Wakefield Westgate	a	0946		1046		1146	
Leeds	a	1002		1102		1202	
York	a	1029		1129		1229	
Darlington	a	1059		1158		1300	
Durham	a	1117		1222		1318	
Newcastle	a	1132		1236		1333	
Morpeth	a	<i>1236aj</i>		<i>1323aj</i>		<i>1434aj</i>	
Alnmouth	a	1200		-		1400	
Berwick-upon-Tweed	a	<i>1253aj</i>		1321		<i>1434aj</i>	
Edinburgh	a	1310		1414		1510	
Haymarket	a	<i>1328ag</i>		<i>1428ag</i>		<i>1528ag</i>	
Motherwell	a	<i>1426ag</i>		-		<i>1606ag</i>	
Glasgow Central	a	<i>1447ag</i>		<i>1604ag</i>		<i>1627ag</i>	
Inverkeithing	a	<i>1401ag</i>		<i>1452ag</i>		<i>1552ag</i>	
Dundee	a	<i>1435ag</i>		<i>1537ag</i>		<i>1635ag</i>	
Aberdeen	a	<i>1546ag</i>		<i>1650ag</i>		<i>1752ag</i>	

Please note : All direct CrossCountry services are **highlighted** and in **bold**.

For help: see 'Using Your Timetable' on page 8

									CI	
Penzance	0505b		0628		0648b		0828			
St Erth			0636		0659b		0836			
Camborne			0646		0710b		0846			
Redruth	0526b		0652		0717b		0852			
Truro	0539b		0704		0729b		0904			
St Austell	0556b		0720		0747b		0920			
Newquay	-		-		-		-			
Par	-		0728		0755b		0928			
Bodmin Pkwy	0612b		0739		0808b		0939			
Liskeard	0624b		0751		0821b		0951			
Plymouth	0725		0825		0925		1025			
Totnes	0750		0850		0950		1050			
Paignton	0738h		0823h		0913h	1005	1023h			
Torquay	0744h		0828h		0918h	1011	1028h			
Newton A	0803		0903		1003	1022	1103			
Teignmouth	0741j		0848j		0946j	1029	1048j			
Dawlish	0746j		0853j		0951j	1034	1053j			
Exeter St D	0823		0923		1023	1048	1123			
Tiverton Pkwy	0837		0937		1037	1102	1137			
Taunton	0851		0951		1051	1116	1151			
Weston-s-M	0840e	0910e	0945e	1010e	1040e	1110e	1145e	1210e		
Cardiff Ctl	0855ca	0925ca	0955ca	1025ca	1055ca	1125ca	1155ca	1225ca		
Newport	0909ca	0939ca	1009ca	1039ca	1109ca	1139ca	1209ca	1239ca		
Bristol TM	0930	1000	1030	1100	1130	1200	1230	1300		
Bristol Pkwy	0940	1010	1040	1110	1140	1210	1240	1310		
Cheltenham	1012	1042	1112	1142	1212	1242	1312	1342		
Bham New St	1056	1126	1156	1226	1256	1326	1356	1426		
Bham New St	1103	1131	1203	1231	1303	1331	1403	1431		
Wolverhampton	1133y	1148	1233y	1248	1333y	1348	1433y	1448		
Stafford	1209y	1229z	1309y	1329z	1409y	1429z	1509y	1529z		
Stoke	-	1218	-	1318	-	1418	-	1518		
Macclesfield	-	1241ab	-	1341ab	-	1441ab	-	1541ab		
Stockport	-	1249	-	1349	-	1449	-	1549		
Manchester P	-	1300	-	1400	-	1500	-	1600		
Tamworth	1138y	1206q	1218	1306q	1338y	1406q	1418	1506q		
Burton	1124	1218q	1248ce	1318q	1324	1418q	1448ce	1518q		
Derby	1139	1234q	1239	1334q	1339	1434q	1439	1534q		
Chesterfield	1202		1302		1402		1502			
Sheffield	1218		1317		1417		1517			
Doncaster	1304t		1404t		1504t		1604t			
Wakefield	1246		1346		1446		1546			
Leeds	1302		1402		1502		1602			
York	1329		1429		1529		1629			
Darlington	1400		1458		1606		1657			
Durham	1418		1515		1624		1714			
Newcastle	1436		1531		1637		1734			
Morpeth	1535aj		1547		1736aj		1807aj			
Alnmouth	-		1601		-		1801			
Berwick	1521		1642aj		1725		1827k			
Edinburgh	1616		1709		1813		1903			
Haymarket	1633ag		1724ag		1819		1911			
Motherwell	-		1823ag		1931ag		1955			
Glasgow Ctl	-		1841ag		1952ag		2025			
Inverkeithing	1651ag		1746ag		1836		1944ag			
Dundee	1738ag		1847ag		1944		2040ag			
Aberdeen	1900ag		2006ag		2057		2153ag			

Want to avoid the queues? Get your season ticket at crosscountrytrains.co.uk

The South West to Manchester, the North East & Scotland

Mondays to Fridays

Notes: see pages 48 and 49

Features

Period of operation and Notes	CJ	CA				
Penzance	d 0844b	0940	1000b		1046b	
St Erth	d 0855b	0948	1011b		1054b	
Camborne	d 0907b	1001	1022b		1107b	
Redruth	d 0914b	1008	1029b		1113b	
Truro	d 0926b	1019	1041b		1125b	
St Austell	d 0944b	1035	1059b		1142b	
Newquay	d -	-	-		-	
Par	d 0951b	1043	1107b		1150b	
Bodmin Parkway	d 1003b	1057	1118b		1202b	
Liskeard	d 1016b	1109	1131b		1215b	
Plymouth	d 1125	1150	1221		1321	
Totnes	d 1150	1215	1248		1348	
Paignton	d 1123h	-	1235h		1313h	1401
Torquay	d 1138h	-	1241h		1318h	1407
Newton Abbot	d 1203	1228	1301		1401	1418
Teignmouth	d 1148j	-	1239j		1348j	1425
Dawlish	d 1153j	-	1244j		1353j	1430
Exeter St Davids	d 1223	1248	1323		1423	1444
Tiverton Parkway	d 1237	1302	1338		1438	1457
Taunton	d 1251	1316	1353		1453	1512
Weston-super-Mare	d 1240e	1310e	1340e	1410e	1440e	1538
Cardiff Central	d 1255ca	1325ca	1355ca	1425ca	1455ca	1525ca
Newport(South Wales)	d 1309ca	1339ca	1409ca	1439ca	1509ca	1539ca
Bristol Temple Meads	d 1330	1400	1430	1500	1530	1600
Bristol Parkway	d 1340	1410	1440	1510	1540	1610
Cheltenham Spa	d 1412	1442	1512	1542	1612	1642
Birmingham New Street	a 1456	1526	1556	1626	1656	1726
Birmingham New Street	d 1503	1531	1603	1631	1703	1731
Wolverhampton	a 1533y	1548	1633y	1648	1733y	1748
Stafford	a 1609y	1629z	1709y	1729z	1809y	1829z
Stoke-on-Trent	a -	1618	-	1718	-	1818
Macclesfield	a -	1641ab	-	1741ab	-	1841ab
Stockport	a -	1649	-	1749	-	1849
Manchester Piccadilly	a -	1700	-	1800	-	1900
Tamworth	a 1538y	1606q	1620	1706q	1738y	1806q
Burton-on-Trent	a 1524	1618q	1650ce	1718q	1727	1818q
Derby	a 1539	1634q	1639	1734q	1739	1834q
Chesterfield	a 1602		1703		1802	
Sheffield	a 1617		1719		1818	
Doncaster	a 1707t		1813t		1908t	
Wakefield Westgate	a 1646		1746		1846	
Leeds	a 1702		1804		1902	
York	a 1730		1831		1930	
Darlington	a 1759		1900		2004	
Durham	a 1817		1918		2022	
Newcastle	a 1836		1934		2038	
Morpeth	a -		2043aj		2113aj	
Alnmouth	a 1913aj		2004		2127ai	
Berwick-upon-Tweed	a 1924		2122aj		2127	
Edinburgh	a 2015		2112		2222	
Haymarket	a 2019		2117		2230aj	
Motherwell	a -		2204		2313aj	
Glasgow Central	a 2201ag		2235		2332aj	
Inverkeithing	a 2033		2211ag		2301ag	
Dundee	a 2145		2248ag		0039ag	
Aberdeen	a 2307ag		0008ag			

Please note : All direct CrossCountry services are **highlighted** and in **bold**.

For help: see 'Using Your Timetable' on page 8



Penzance	1145b		1254b		1400b			
St Erth	1153b		1302b		1411b			
Camborne	1206b		1315b		1422b			
Redruth	1212b		1321b		1429b			
Truro	1224b		1333b		1441b			
St Austell	1241b		1350b		1459b			
Newquay	-		-		-			
Par	1249b		1357b		1506b			
Bodmin Pkwy	1301b		1410b		1518b			
Liskeard	1314b		1423b		1532b			
Plymouth	1425		1521		1625		1721	
Totnes	1450		1548		1650		1748	
Paignton	1422h		1519h		1612h		1725h	
Torquay	1427h		1524h		1617h		1730h	
Newton A	1503		1601		1703		1801	
Teignmouth	1447j		1536j	1551j	1637j		1720j	
Dawlish	1452j		1541j	1556j	1642j		1725j	
Exeter St D	1523		1623	1653	1723		1823	
Tiverton Pkwy	1537		1637	1707	1737		1838	
Taunton	1551		1653	1721	1751		1853	
Weston-s-M	1546e	1610e	1651e	1716e	1738e	1815e	1840e	1910e
Cardiff Ctl	1555ca	1625ca	1655ca	1725ca	1755ca	1825ca	1845q	1925ca
Newport	1609ca	1639ca	1709ca	1739ca	1809ca	1839ca	1900q	1939ca
Bristol TM	1630	1700	1730	1800	1830	1900	1930	2000
Bristol Pkwy	1640	1710	1740	1810	1840	1910	1940	2010
Cheltenham	1712	1742	1812	1842	1912	1942	2012	2042
Bham New St	1756	1826	1856	1926	1956	2028	2056	2143
Bham New St	1803	1831	1903	1931	2003	2031	2103	-
Wolverhampton	1833y	1848	1933y	1948	2033y	2048	2133y	2214y
Stafford	1909y	1929z	2009y	2029z	2109y	2129z	2209y	2229y
Stoke	-	1918	-	2019	-	2118	-	2254y
Macclesfield	-	1941ab	-	2041ab	-	2140ab	-	2311y
Stockport	-	1949	-	2049	-	2149	-	2325y
Manchester P	-	2000	-	2100	-	2200	-	2340y
Tamworth	1818	1906q	1938y	2006q	2018	2108q	2120	2228y
Burton	1848ce	1918q	1927	2018q	-	2121q	2132	2239y
Derby	1839	1934q	1939	2034q	2039	2134q	2146	2254y
Chesterfield	1902		2001		2102		2207	
Sheffield	1920		2018		2116		2226	
Doncaster	2008t		2118t		2229t		0007t	
Wakefield	1949		2053		2148		2311	
Leeds	2006		2109		2208		2330	
York	2031		2145t		2259t		0009p	
Darlington	2107		2213t		0006p			
Durham	2125		2230t		0014p			
Newcastle	2139		2256t		0056p			
Morpeth	2221aj							
Alnmouth	2211							
Berwick	2232							
Edinburgh	2323							
Haymarket	2337ag							
Motherwell								
Glasgow Ctl								
Inverkeithing								
Dundee								
Aberdeen								

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The South West to Manchester, the North East & Scotland

Monday to Fridays

Notes: see pages 48 and 49

Features		⓪	⓪	⓪	⓪	⓪
Period of operation and Notes			MTO	MTX		CB
Penzance	d	1600b			1737h	2208
St Erth	d	1611b			1747h	2216
Camborne	d	1623b			1803h	2230
Redruth	d	1630b			1810h	2236
Truro	d	1642b			1823h	2248
St Austell	d	1700b			1840h	2304
Newquay	d	-			-	-
Par	d	1708b			1848h	2312
Bodmin Parkway	d	1722b			1859h	2326
Liskeard	d	1736b			1912h	2339
Plymouth	d	1825			1940h	0008a
Totnes	d	1850			2007h	
Paignton	d	1835h			2010	
Torquay	d	1840h			2016	
Newton Abbot	d	1903			2027	
Teignmouth	d	1840j			1957j	
Dawlish	d	1845j			2002j	
Exeter St Davids	d	1923			2048	
Tiverton Parkway	d	1937			2101	
Taunton	d	1951			2116	
Weston-super-Mare	d	1951e			2102e	
Cardiff Central	d	-	2000y	2000y	2125ca	
Newport(South Wales)	d	-	2015y	2015y	2139ca	
Bristol Temple Meads	d	2030	-	-	2200	
Bristol Parkway	d	2040	-	-	2210	
Cheltenham Spa	d	2116	-	-	2242	
Birmingham New Street	a	2206	-	-	2344	
Birmingham New Street	d	-	2228	2228		
Wolverhampton	a	2241y	2246	2245		
Stafford	a	-	2259	2258		
Stoke-on-Trent	a	-	2321	2320		
Macclesfield	a	-	-	-		
Stockport	a	-	-	-		
Manchester Piccadilly	a	-	0037	0015		
Tamworth	a	2328y				
Burton-on-Trent	a	2339y				
Derby	a	2355y				
Chesterfield	a					
Sheffield	a					
Doncaster	a					
Wakefield Westgate	a					
Leeds	a					
York	a					
Darlington	a					
Durham	a					
Newcastle	a					
Morpeth	a					
Alnmouth	a					
Berwick-upon-Tweed	a					
Edinburgh	a					
Haymarket	a					
Motherwell	a					
Glasgow Central	a					
Inverkeithing	a					
Dundee	a					
Aberdeen	a					

The South West to Manchester, the North East & Scotland

Saturdays

Notes: see pages 48 and 49

Features	Period of operation and Notes						CS
Penzance	d						
St Erth	d						
Camborne	d						
Redruth	d						
Truro	d						
St Austell	d						
Newquay	d						
Par	d						
Bodmin Parkway	d						
Liskeard	d						
Plymouth	d			0525		0625	
Totnes	d			0550		0650	
Paignton	d			-		<i>0613h</i>	0700
Torquay	d			-		<i>0618h</i>	0706
Newton Abbot	d			0603		0703	0718
Teignmouth	d			-		<i>0638j</i>	0725
Dawlish	d			-		<i>0643j</i>	0730
Exeter St Davids	d			0623		0723	0748
Tiverton Parkway	d			0637		0737	<i>0743n</i>
Taunton	d		<i>0530e</i>	0651		0751	0812
Weston-super-Mare	d		<i>0603e</i>	<i>0624e</i>	<i>0708e</i>	<i>0739e</i>	<i>0808e</i>
Cardiff Central	d	<i>0455ca</i>	<i>0625ca</i>	<i>0655ca</i>	0700	<i>0755ca</i>	<i>0825ca</i>
Newport(South Wales)	d	<i>0509ca</i>	<i>0639ca</i>	<i>0709ca</i>	0714	<i>0809ca</i>	<i>0839ca</i>
Bristol Temple Meads	d	0615	0700	0730	0800	0830	0900
Bristol Parkway	d	0625	0710	0740	0810	0840	0910
Cheltenham Spa	d	0712	0742	0812	0842	0912	0942
Birmingham New Street	a	0756	0826	0856	0926	0956	1026
Birmingham New Street	d	0803	0831	0903	0931	1003	1031
Wolverhampton	a	<i>0833y</i>	0848	<i>0933y</i>	0948	<i>1033y</i>	1048
Stafford	a	<i>0909y</i>	<i>0929f</i>	<i>1009y</i>	<i>1029f</i>	<i>1109y</i>	<i>1129f</i>
Stoke-on-Trent	a	-	0918	-	1018	-	1118
Macclesfield	a	-	<i>0941ab</i>	-	<i>1041ab</i>	-	<i>1141ab</i>
Stockport	a	-	0949	-	1049	-	1149
Manchester Piccadilly	a	-	1000	-	1100	-	1200
Tamworth	a	0818	<i>0906q</i>	<i>0938y</i>	<i>1006q</i>	1018	<i>1106q</i>
Burton-on-Trent	a	0828	<i>0918q</i>	0924	<i>1018q</i>	<i>1048y</i>	<i>1118q</i>
Derby	a	0842	<i>0935q</i>	0942	<i>1035q</i>	1042	<i>1135q</i>
Chesterfield	a	0902		1002		1102	
Sheffield	a	0917		1017		1117	
Doncaster	a	<i>1005t</i>		<i>1104t</i>		<i>1204t</i>	
Wakefield Westgate	a	0946		1046		1146	
Leeds	a	1003		1102		1202	
York	a	1030		1132		1230	
Darlington	a	1059		1159		1301	
Durham	a	1116		1216		1318	
Newcastle	a	1132		1233		1333	
Morpeth	a	<i>1235aj</i>		<i>1336aj</i>		<i>1436aj</i>	
Alnmouth	a	1159		-		1359	
Berwick-upon-Tweed	a	<i>1228aj</i>		1317		<i>1444aj</i>	
Edinburgh	a	1306		1412		1509	
Haymarket	a	<i>1321ag</i>		<i>1428ag</i>		<i>1523ag</i>	
Motherwell	a	<i>1427ag</i>		-		<i>1627ag</i>	
Glasgow Central	a	<i>1447ag</i>		<i>1604ag</i>		<i>1650ag</i>	
Inverkeithing	a	<i>1341ag</i>		<i>1452ag</i>		<i>1542ag</i>	
Dundee	a	<i>1435ag</i>		<i>1537ag</i>		<i>1635ag</i>	
Aberdeen	a	<i>1546ag</i>		<i>1650ag</i>		<i>1752ag</i>	

These times may vary at weekends to allow track improvement work to take place. Please check with National Rail Enquiries before travelling by visiting nationalrail.co.uk or calling on 08457 48 49 50 (calls may be recorded)

The South West to Manchester, the North East & Scotland

Saturdays

Notes: see pages 48 and 49

Features				CG	J	K	CN
Period of operation and Notes							
Penzance	d			0630			<i>0650b</i>
St Erth	d			0638			<i>0701b</i>
Camborne	d			0651			<i>0712b</i>
Redruth	d			0657			<i>0719b</i>
Truro	d			0709			<i>0731b</i>
St Austell	d			0725			<i>0749b</i>
Newquay	d			-			-
Par	d			0732			<i>0756b</i>
Bodmin Parkway	d			0746			<i>0810b</i>
Liskeard	d			0758			<i>0823b</i>
Plymouth	d	0725		0825	0840		0925
Totnes	d	0750		0850	0905		0950
Paignton	d	<i>0708h</i>		<i>0811h</i>	-		<i>0911h</i>
Torquay	d	<i>0714h</i>		<i>0816h</i>	-		<i>0916h</i>
Newton Abbot	d	0803		0903	0918		1003
Teignmouth	d	-		<i>0855j</i>	-		<i>0946j</i>
Dawlish	d	-		<i>0900j</i>	-		<i>0951j</i>
Exeter St Davids	d	0823		0923	0939		1023
Tiverton Parkway	d	0837		0937	0952		1037
Taunton	d	0851		0951	1007		1051
Weston-super-Mare	d	<i>0840e</i>	<i>0910e</i>	<i>0940e</i>	1033	<i>1010e</i>	<i>1043e</i>
Cardiff Central	d	<i>0845q</i>	<i>0925ca</i>	<i>0945q</i>	<i>1025ca</i>	<i>1025ca</i>	<i>1045q</i>
Newport(South Wales)	d	<i>0900q</i>	<i>0939ca</i>	<i>1000q</i>	<i>1039ca</i>	<i>1039ca</i>	<i>1100q</i>
Bristol Temple Meads	d	0930	1000	1030	1100	1100	1130
Bristol Parkway	d	0940	1010	1040	1110	1110	1140
Cheltenham Spa	d	1012	1042	1112	1142	1142	1212
Birmingham New Street	a	1056	1126	1156	1226	1226	1256
Birmingham New Street	d	1103	1131	1203	1231	1231	1303
Wolverhampton	a	<i>1133y</i>	1148	<i>1233y</i>	1248	1248	<i>1333y</i>
Stafford	a	<i>1209y</i>	<i>1229f</i>	<i>1309y</i>	<i>1329f</i>	<i>1329f</i>	<i>1409y</i>
Stoke-on-Trent	a	-	1218	-	1318	1318	-
Macclesfield	a	-	<i>1241ab</i>	-	<i>1341ab</i>	<i>1341ab</i>	-
Stockport	a	-	1249	-	1349	1349	-
Manchester Piccadilly	a	-	1300	-	1400	1400	-
Tamworth	a	<i>1138y</i>	<i>1206q</i>	1218	<i>1306q</i>	<i>1306q</i>	<i>1338y</i>
Burton-on-Trent	a	1124	<i>1218q</i>	<i>1248y</i>	<i>1318q</i>	<i>1318q</i>	1324
Derby	a	1142	<i>1235q</i>	1242	<i>1335q</i>	<i>1335q</i>	1342
Chesterfield	a	1202		1302			1402
Sheffield	a	1217		1317			1417
Doncaster	a	<i>1304t</i>		<i>1404t</i>			<i>1504t</i>
Wakefield Westgate	a	1246		1346			1446
Leeds	a	1303		1402			1502
York	a	1332		1430			1532
Darlington	a	1359		1459			1559
Durham	a	1416		1516			1616
Newcastle	a	1432		1532			1632
Morpeth	a	<i>1535aj</i>		1548			<i>1731aj</i>
Alnmouth	a	-		1602			<i>1759aj</i>
Berwick-upon-Tweed	a	1517		<i>1652aj</i>			1717
Edinburgh	a	1610		1714			1805
Haymarket	a	<i>1628ag</i>		<i>1728ag</i>			1811
Motherwell	a	-		<i>1828ag</i>			-
Glasgow Central	a	<i>1801ag</i>		<i>1850ag</i>			<i>2001ag</i>
Inverkeithing	a	<i>1651ag</i>		<i>1809ag</i>			1825
Dundee	a	<i>1738ag</i>		<i>1847ag</i>			1924
Aberdeen	a	<i>1900ag</i>		<i>2006ag</i>			2046

Please note : All direct CrossCountry services are **highlighted** and in **bold**.

For help: see 'Using Your Timetable' on page 8

		K	J		K,CP	J,CP	K	J
Penzance	<i>0722bi</i>	0828	0825		<i>0845b</i>	<i>0842b</i>	0943	
St Erth	<i>0734bi</i>	0836	0833		<i>0856b</i>	<i>0854b</i>	0951	
Camborne	<i>0748bi</i>	0846	0843		<i>0907b</i>	<i>0905b</i>	1001	
Redruth	<i>0755bi</i>	0852	0849		<i>0914b</i>	<i>0912b</i>	1007	
Truro	<i>0809bi</i>	0904	0902		<i>0926b</i>	<i>0926b</i>	1019	
St Austell	<i>0826bi</i>	0920	0918		<i>0944b</i>	<i>0943b</i>	1035	
Newquay	-	<i>0748r</i>	-		-	0930	-	
Par	<i>0834bi</i>	0928	0926		<i>0951b</i>	<i>0951b</i>	1042	
Bodmin Pkwy	<i>0847bi</i>	0939	0937		<i>1003b</i>	<i>1002b</i>	1056	
Liskeard	<i>0900bi</i>	0951	0949		<i>1016b</i>	<i>1015b</i>	1108	
Plymouth	<i>0934bi</i>	1025	1025		1125	1121	1148	
Totnes	<i>1001bi</i>	1050	1050		1150	1148	1213	
Paignton	1005	<i>1023h</i>	<i>1023h</i>		<i>1123h</i>	<i>1123h</i>	-	
Torquay	1011	<i>1028h</i>	<i>1028h</i>		<i>1128h</i>	<i>1128h</i>	-	
Newton A	1022	1103	1103		1203	1201	1225	
Teignmouth	1029	<i>1054j</i>	<i>1048j</i>		<i>1148j</i>	<i>1148j</i>	-	
Dawlish	1034	<i>1059j</i>	<i>1053j</i>		<i>1153j</i>	<i>1153j</i>	-	
Exeter St D	1048	1123	1123		1223	1223	1248	
Tiverton Pkwy	1102	1137	1137		1237	1239	1302	
Taunton	1116	1151	1151		1251	1254	1316	
Weston-s-M	<i>1109e</i>	<i>1140e</i>	<i>1140e</i>	<i>1210e</i>	<i>1240e</i>	<i>1301e</i>	<i>1310e</i>	<i>1310e</i>
Cardiff Ctl	<i>1125ca</i>	<i>1145q</i>	<i>1145q</i>	<i>1225ca</i>	<i>1245q</i>	<i>1245q</i>	<i>1325ca</i>	<i>1325ca</i>
Newport	<i>1139ca</i>	<i>1200q</i>	<i>1200q</i>	<i>1239ca</i>	<i>1300q</i>	<i>1300q</i>	<i>1339ca</i>	<i>1339ca</i>
Bristol TM	1200	1230	1230	1300	1330	1330	1400	1400
Bristol Pkwy	1210	1240	1240	1310	1340	1340	1410	1410
Cheltenham	1242	1312	1312	1342	1412	1412	1442	1442
Bham New St	1326	1356	1356	1426	1456	1456	1526	1526
Bham New St	1331	1403	1403	1431	1503	1503	1531	1531
Wolverhampton	1348	<i>1433y</i>	<i>1433y</i>	1448	<i>1533y</i>	<i>1533y</i>	1548	1548
Stafford	<i>1429f</i>	<i>1509y</i>	<i>1509y</i>	<i>1529f</i>	<i>1609y</i>	<i>1609y</i>	<i>1629f</i>	<i>1629f</i>
Stoke	1418	-	-	1518	-	-	1618	1618
Macclesfield	<i>1441ab</i>	-	-	<i>1541ab</i>	-	-	<i>1641ab</i>	<i>1641ab</i>
Stockport	1449	-	-	1549	-	-	1649	1649
Manchester P	1500	-	-	1600	-	-	1700	1700
Tamworth	<i>1406q</i>	1418	1418	<i>1506q</i>	<i>1538y</i>	1538	<i>1606q</i>	<i>1606q</i>
Burton	<i>1418q</i>	<i>1448y</i>	<i>1448y</i>	<i>1518q</i>	1524	1526	<i>1618q</i>	<i>1618q</i>
Derby	<i>1435q</i>	1442	1442	<i>1535q</i>	1541	1542	<i>1635q</i>	<i>1638q</i>
Chesterfield		1502	1502		1602	1602		
Sheffield		1517	1517		1618	1618		
Doncaster		<i>1604t</i>	<i>1604t</i>		<i>1712t</i>	<i>1712t</i>		
Wakefield		1546	1546		1646	1646		
Leeds		1602	1602		1702	1702		
York		1630	1630		1731	1731		
Darlington		1659	1659		1759	1800		
Durham		1716	1716		1816	1818		
Newcastle		1732	1732		1837	1837		
Morpeth		<i>1806aj</i>	<i>1806aj</i>		-	-		
Alnmouth		1801	1801		-	-		
Berwick		<i>1845aj</i>	<i>1845aj</i>		1925	1925		
Edinburgh		1907	1907		2015	2015		
Haymarket		1913	1913		2025	2025		
Motherwell		2000	2000		-	-		
Glasgow Ctl		2029	2029		<i>2201ag</i>	<i>2201ag</i>		
Inverkeithing		<i>1944ag</i>	<i>1944ag</i>		2043	2043		
Dundee		<i>2040ag</i>	<i>2040ag</i>		2152	2157		
Aberdeen		<i>2153ag</i>	<i>2153ag</i>		<i>2320ai</i>	<i>2320ai</i>		

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The South West to Manchester, the North East & Scotland

Saturdays

Notes: see pages 48 and 49

Features	Period of operation and Notes		J	K			
Penzance	d	0955b	1100b		1144b		
St Erth	d	1007b	1110b		1152b		
Camborne	d	1021b	1121b		1205b		
Redruth	d	1028b	1128b		1211b		
Truro	d	1042b	1141b		1223b		
St Austell	d	1059b	1158b		1240b		
Newquay	d	-	1122bf		-		
Par	d	1107b	1227bf		-		
Bodmin Parkway	d	1119b	1215b		1300b		
Liskeard	d	1133b	1228b		1314b		
Plymouth	d	1221	1325		1425		
Totnes	d	1248	1350		1450		
Paignton	d	1234h	1302h	1347	1353	1422h	
Torquay	d	1240h	1314h	1354	1359	1427h	
Newton Abbot	d	1301	1403	1406	1410	1503	
Teignmouth	d	1239j	1335j	1415	1417	1447j	
Dawlish	d	1244j	1343j	1423	1422	1452j	
Exeter St Davids	d	1323	1423	1438	1436	1523	
Tiverton Parkway	d	1339	1437	-	1449	1537	
Taunton	d	1354	1451	1504	1504	1551	
Weston-super-Mare	d	1340e	1410e	1440e	1527	1529	1540e
Cardiff Central	d	1345q	1425ca	1445q	1525ca	1525ca	1545q
Newport(South Wales)	d	1400q	1439ca	1500q	1539ca	1539ca	1600q
Bristol Temple Meads	d	1430	1500	1530	1600	1600	1630
Bristol Parkway	d	1440	1510	1540	1610	1610	1640
Cheltenham Spa	d	1512	1542	1612	1642	1642	1712
Birmingham New Street	a	1556	1626	1656	1726	1726	1756
Birmingham New Street	d	1603	1631	1703	1731	1731	1803
Wolverhampton	a	1633y	1648	1733y	1747	1748	1833y
Stafford	a	1709y	1729f	1809y	1829f	1829f	1909y
Stoke-on-Trent	a	-	1718	-	1818	1818	-
Macclesfield	a	-	1741ab	-	1841ab	1841ab	-
Stockport	a	-	1749	-	1849	1849	-
Manchester Piccadilly	a	-	1800	-	1900	1900	-
Tamworth	a	1620	1706q	1738y	1806q	1806q	1818
Burton-on-Trent	a	-	1718q	1724	1818q	1818q	1848y
Derby	a	1642	1735q	1742	1835q	1818q	1842
Chesterfield	a	1704		1802			1902
Sheffield	a	1719		1818			1918
Doncaster	a	1807t		1908t			2009t
Wakefield Westgate	a	1747		1846			1946
Leeds	a	1804		1902			2002
York	a	1831		1931			2031
Darlington	a	1901		2003			2104
Durham	a	1919		2021			2121
Newcastle	a	1935		2033			2133
Morpeth	a	2045aj		2102aj			-
Alnmouth	a	2003		2116aj			2159
Berwick-upon-Tweed	a	-		2119			2220
Edinburgh	a	2110		2215			2309
Haymarket	a	2113		2233ag			2323ag
Motherwell	a	2155		-			-
Glasgow Central	a	2223		0015ag			-
Inverkeithing	a	2211ag		2301ag			2341ag
Dundee	a	2242ag		0039ag			
Aberdeen	a	2358ag					

Please note : All direct CrossCountry services are **highlighted** and in **bold**.

For help: see 'Using Your Timetable' on page 8

					L,CW	N	N	L,CX
Penzance		1300b		1400b			1449b	1449b
St Erth		1308b		1411b			1457b	1457b
Camborne		1321b		1422b			1510b	1510b
Redruth		1327b		1429b			1516b	1516b
Truro		1339b		1441b			1528b	1528b
St Austell		1355b		1459b			1545b	1545b
Newquay		1341bf		-			1520	1520
Par		1401b		1506b			1553b	1553b
Bodmin Pkwy		1415b		1518b			1636	1636
Liskeard		1428b		1532b			1650	1650
Plymouth		1525		1625			1721	1721
Totnes		1550		1650			1748	1748
Paignton		1513h		1612h			1723h	1723h
Torquay		1518h		1617h			1728h	1728h
Newton A		1603		1703			1801	1801
Teignmouth		1537j		1638j			1730j	1730j
Dawlish		1542j		1643j			1737j	1737j
Exeter St D		1623		1723			1823	1823
Tiverton Pkwy		1637		1737			1837	1837
Taunton		1651		1751			1851	1851
Weston-s-M	1610e	1640e	1710e	1740e	1810e	1810e	1840e	1840e
Cardiff Ctl	1625ca	1645q	1725ca	1745q	1825ca	1825ca	1845q	1845q
Newport	1639ca	1700q	1739ca	1800q	1839ca	1839ca	1900q	1900q
Bristol TM	1700	1730	1800	1830	1900	1900	1930	1930
Bristol Pkwy	1710	1740	1810	1840	1910	1910	1940	1940
Cheltenham	1742	1812	1842	1912	1942	1942	2012	2012
Bham New St	1826	1856	1926	1956	2026	2026	2056	2056
Bham New St	1831	1903	1931	2003	2031	2031	2057	2057
Wolverhampton	1848	1933y	1948	2033y	2048	2048	2114	2114
Stafford	1929f	2009y	2029f	2049y	2129f	2129f	2130	2130
Stoke	1918	-	2018	-	-	2118	2149	2210g
Macclesfield	1941ab	-	2041ab	-	2220ga	2138	2209	2310g
Stockport	1949	-	2049	-	2150	2153	2224	2235
Manchester P	2000	-	2100	-	2205	2205	2240	2248
Tamworth	1906q	1938y	2006q	2018	2108q	2108q		
Burton	1918q	1924	2018q	2055y	2118q	2118q		
Derby	1935q	1942	2035q	2042	2135q	2135q		
Chesterfield		2002		2102				
Sheffield		2018		2118				
Doncaster		2121t		2219t				
Wakefield		2046		2146				
Leeds		2105		2207				
York		2203		2248t				
Darlington		2307k						
Durham		2325k						
Newcastle		2346k						
Morpeth								
Alnmouth								
Berwick								
Edinburgh								
Haymarket								
Motherwell								
Glasgow Ctl								
Inverkeithing								
Dundee								
Aberdeen								

These times may vary at weekends to allow track improvement work to take place. Please check with National Rail Enquiries before travelling by visiting nationalrail.co.uk or calling on 08457 48 49 50 (calls may be recorded)

The South West to Manchester, the North East & Scotland

Saturdays

Notes: see pages 48 and 49

Features		Ⓢ					
Period of operation and Notes	K	K	J	J	K	J	
Penzance	d	1449b			1625	1553b	
St Erth	d	1457b			1636	1604b	
Camborne	d	1510b			1647	1615b	
Redruth	d	1516b			1654	1622b	
Truro	d	1528b			1706	1634b	
St Austell	d	1545b			1724	1652b	
Newquay	d	-			-	-	
Par	d	1553b			1659b	1659b	
Bodmin Parkway	d	1606b			1740	1713b	
Liskeard	d	1619b			1753	1726b	
Plymouth	d	1721			1821	1825	1832
Totnes	d	1748			1848	1850	1857
Paignton	d	1711h		1803	-	1752h	-
Torquay	d	1716h		1810	-	1810h	-
Newton Abbot	d	1801		1822	1901	1903	1910
Teignmouth	d	1736j		1817j	1832j	1832j	1917
Dawlish	d	1741j		1822j	1836j	1836j	1922
Exeter St Davids	d	1823		1852	1923	1923	1945
Tiverton Parkway	d	1837		1905	1911n	1937	1958
Taunton	d	1851		1920	1949	1951	2014
Weston-super-Mare	d	1840e	1910e	1910e	1939e	1939e	2038
Cardiff Central	d	1845q	1925ca	1925ca	-	-	2025ca
Newport(South Wales)	d	1900q	1939ca	1939ca	-	-	2039ca
Bristol Temple Meads	d	1930	2000	2000	2030	2030	2100
Bristol Parkway	d	1940	2010	2010	2040	2040	2110
Cheltenham Spa	d	2012	2042	2042	2112	2112	2142
Birmingham New Street	a	2056	2138	2141	2156	2158	2227
Birmingham New Street	d	2103	-	-	2157	-	-
Wolverhampton	a	2142y	2214y	2214y	2233y	2233y	2303y
Stafford	a	2209y	2229y	2229y	2302y	2302y	
Stoke-on-Trent	a	-	2250y	2250yb	-	-	
Macclesfield	a	-	2307y	2307yb	-	-	
Stockport	a	-	2321y	2321y	2353y	2353y	
Manchester Piccadilly	a	-	2335y	2335y	0009y	0009y	
Tamworth	a	2120			2227y	2227y	
Burton-on-Trent	a	2132			2238y	2238y	
Derby	a	2146			2231	2255y	
Chesterfield	a	2207			2252		
Sheffield	a	2223			2308		
Doncaster	a	2247			0004t		
Wakefield Westgate	a	2309			-		
Leeds	a	2329			2356		
York	a	0011p			0146p		
Darlington	a						
Durham	a						
Newcastle	a						
Morpeth	a						
Alnmouth	a						
Berwick-upon-Tweed	a						
Edinburgh	a						
Haymarket	a						
Motherwell	a						
Glasgow Central	a						
Inverkeithing	a						
Dundee	a						
Aberdeen	a						

The South West to Manchester, the North East & Scotland

Sundays

Notes: see pages 48 and 49

Features						
Period of operation and Notes	DE	E2	D1	E2	DE	D1
Penzance	d					
St Erth	d					
Camborne	d					
Redruth	d					
Truro	d					
St Austell	d					
Newquay	d					
Par	d					
Bodmin Parkway	d					
Liskeard	d					
Plymouth	d					
Totnes	d					
Paignton	d					
Torquay	d					
Newton Abbot	d					
Teignmouth	d					
Dawlish	d					
Exeter St Davids	d			0810e	0810e	0810e
Tiverton Parkway	d			0827e	0827e	0827e
Taunton	d			0843e	0843e	0843e
Weston-super-Mare	d	0826e		0914e	0914e	0914e
Cardiff Central	d	0805e	0745ca	0745ca	0855ca	0955ca
Newport(South Wales)	d	0823e	0803ca	0803ca	0909ca	1009ca
Bristol Temple Meads	d	0915	0845	0900	1000	1030
Bristol Parkway	d	0925	0855	0910	1010	1040
Cheltenham Spa	d	1012	0942	0957	1042	1112
Birmingham New Street	a	1050	1056	1056	1156	1156
Birmingham New Street	d	1103	1103	1103	1203	1203
Wolverhampton	a	1126y	1132y	1132y	1232y	1232y
Stafford	a	1216y	1216y	1216y	1310y	1310y
Stoke-on-Trent	a	1252y	1252y	-	1356y	1356y
Macclesfield	a	1310y	1310y	-	1414y	1414y
Stockport	a	1328y	1328y	1318y	1428y	1428y
Manchester Piccadilly	a	1340y	1340y	1340y	1440y	1440y
Tamworth	a	1206y	1118	1149y	1218	1218
Burton-on-Trent	a	1126	1128	1126	1314y	1318y
Derby	a	1142	1142	1141	1240	1240
Chesterfield	a	1204	1204	1203	1302	1302
Sheffield	a	1218	1218	1218	1317	1317
Doncaster	a	1254t	1254t	1254t	1402t	1402y
Wakefield Westgate	a	1244	1244	1244	1344	1344
Leeds	a	1302	1302	1302	1402	1402
York	a	1332	1332	1332	1432	1432
Darlington	a	1401	1401	1401	1507	1507
Durham	a	1418	1418	1418	1524	1524
Newcastle	a	1434	1434	1434	1538	1538
Morpeth	a	-	-	-	1553	1553
Alnmouth	a	-	-	-	1607	1607
Berwick-upon-Tweed	a	1519	1519	1519	-	-
Edinburgh	a	1612	1612	1612	1714	1714
Haymarket	a	1627ag	1627ag	1627ag	1733ag	1733ag
Motherwell	a	-	-	-	1824ag	1824ag
Glasgow Central	a	-	-	-	1844ag	1844ag
Inverkeithing	a	1722ag	1722ag	1722ag	1807ag	1807ag
Dundee	a	1814ag	1814ag	1814ag		
Aberdeen	a	1930ag	1930ag	1930ag		

Please note : All direct CrossCountry services are **highlighted** and in **bold**.

For help: see 'Using Your Timetable' on page 8

	CQ,D1	DE,CQ	E2	D1	DE	E2	DE	DE
Penzance								0930
St Erth								0938
Camborne								0948
Redruth								0954
Truro								1006
St Austell								1024
Newquay								-
Par								1031
Bodmin Pkwy								1042
Liskeard								1054
Plymouth	0855	0925	0925	0955	1025	1025		1125
Totnes	0920	0950	0950	1022	1050	1050		1150
Paignton	-	-	-	<i>1005h</i>	<i>1010h</i>	<i>1010h</i>	1050	<i>1104h</i>
Torquay	-	-	-	<i>1010h</i>	<i>1015h</i>	<i>1015h</i>	1056	<i>1109h</i>
Newton A	0933	1003	1003	1035	1103	1103	1108	1203
Teignmouth	<i>0928j</i>	<i>0928j</i>	<i>0928j</i>	-	<i>1046j</i>	<i>1046j</i>	1115	-
Dawlish	<i>0934j</i>	<i>0934j</i>	<i>0934j</i>	-	<i>1051j</i>	<i>1051j</i>	1120	-
Exeter St D	0955	1023	1023	1055	1123	1123	1132	1223
Tiverton Pkwy	1009	1037	1037	1109	1137	1137	1146	1237
Taunton	1023	1051	1051	1123	1151	1151	1200	1251
Weston-s-M	-	<i>1051e</i>	<i>1051e</i>	<i>1051e</i>	-	-	1222	<i>1207e</i>
Cardiff Ctl	<i>1020q</i>	<i>1055ca</i>	<i>1055ca</i>	<i>1120q</i>	<i>1155ca</i>	<i>1155ca</i>	-	<i>1255ca</i>
Newport	<i>1034q</i>	<i>1109ca</i>	<i>1109ca</i>	<i>1134q</i>	<i>1209ca</i>	<i>1209ca</i>	-	<i>1309ca</i>
Bristol TM	1100	1130	1130	1200	1230	1230	1300	1330
Bristol Pkwy	1110	1140	1140	1210	1240	1240	1310	1340
Cheltenham	1142	1212	1212	1242	1312	1312	1342	1412
Bham New St	1250	1250	1323	1350	1350	1422	1420	1450
Bham New St	1303	1303	1331	1403	1403	1431	1431	1503
Wolverhampton	<i>1332y</i>	<i>1332y</i>	1348	<i>1432y</i>	<i>1432y</i>	1448	1448	<i>1532y</i>
Stafford	<i>1410y</i>	<i>1410y</i>	<i>1410y</i>	<i>1510y</i>	-	<i>1510y</i>	<i>1510y</i>	<i>1610y</i>
Stoke	<i>1419y</i>	<i>1419y</i>	1419	<i>1519y</i>	-	1519	1519	-
Macclesfield	-	-	<i>1442ab</i>	-	-	<i>1542ab</i>	<i>1542ab</i>	-
Stockport	-	-	<i>1556ab</i>	-	-	<i>1556ab</i>	<i>1556ab</i>	-
Manchester P	<i>1500y</i>	<i>1500y</i>	1500	<i>1600y</i>	-	1600	1600	-
Tamworth	<i>1406y</i>	<i>1402y</i>	<i>1402y</i>	1418	1418	<i>1504y</i>	<i>1504y</i>	-
Burton	1324	1328	<i>1414y</i>	<i>1520y</i>	<i>1520y</i>	<i>1516y</i>	<i>1516y</i>	1526
Derby	1342	1342	<i>1428y</i>	1442	1442	<i>1532y</i>	<i>1532y</i>	1542
Chesterfield	1402	1402	<i>1502y</i>	1502	1502	<i>1602y</i>		1602
Sheffield	1417	1417	<i>1517y</i>	1517	1517	<i>1618y</i>		1618
Doncaster	<i>1456t</i>	<i>1456t</i>	-	<i>1555t</i>	<i>1555t</i>	-		<i>1654t</i>
Wakefield	1444	1444	<i>1544y</i>	1544	1544	<i>1644y</i>		1644
Leeds	1502	1502	<i>1602y</i>	1602	1602	<i>1702y</i>		1702
York	1532	1532	<i>1632y</i>	1632	1632	<i>1732y</i>		1732
Darlington	1601	1601	<i>1701y</i>	1701	1701	<i>1801y</i>		1801
Durham	1618	1618	<i>1718y</i>	1718	1718	<i>1818y</i>		1818
Newcastle	1634	1634	<i>1734y</i>	1734	1734	<i>1834y</i>		1834
Morpeth	<i>1658aj</i>	<i>1658aj</i>	-	-	-	-		-
Alnmouth	<i>1714aj</i>	<i>1714aj</i>	<i>1801y</i>	1801	1801	-		-
Berwick	1719	1719	-	<i>1848aj</i>	<i>1848aj</i>	<i>1919y</i>		1919
Edinburgh	1807	1807	<i>1908y</i>	1908	1908	<i>2007y</i>		2007
Haymarket	1813	1813		<i>1933ag</i>	<i>1933ag</i>	<i>2015y</i>		2015
Motherwell	-	-		<i>2019ag</i>	<i>2019ag</i>	<i>2053y</i>		2053
Glasgow Ctl	-	-		<i>2037ag</i>	<i>2037ag</i>	<i>2117y</i>		2117
Inverkeithing	1827	1827		<i>2017ag</i>	<i>2017ag</i>			<i>2118ag</i>
Dundee	1928	1928						<i>2217ag</i>
Aberdeen	2047	2047						<i>2333ag</i>

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The South West to Manchester, the North East & Scotland

Sundays

Notes: see pages 48 and 49

Features		E2	CC	DE	E2 DC	CC	BB
Period of operation and Notes							
Penzance	d	0930	<i>0950b</i>		<i>0950h</i>		<i>1100b</i>
St Erth	d	0938	<i>1002b</i>		<i>1002h</i>		<i>1110b</i>
Camborne	d	0948	<i>1013b</i>		<i>1013h</i>		<i>1122b</i>
Redruth	d	0954	<i>1019b</i>		<i>1019h</i>		<i>1128b</i>
Truro	d	1006	<i>1031b</i>		<i>1031h</i>		<i>1142b</i>
St Austell	d	1024	<i>1049b</i>		<i>1049h</i>		<i>1158b</i>
Newquay	d	-	-		-		1130
Par	d	1031	<i>1056b</i>		<i>1056h</i>		<i>1206b</i>
Bodmin Parkway	d	1042	<i>1109b</i>		<i>1109h</i>		1241
Liskeard	d	1054	<i>1122b</i>		<i>1122h</i>		1254
Plymouth	d	1125	1200	1225	<i>1145h</i>		1321
Totnes	d	1151	<i>1216h</i>	1250	<i>1216h</i>		1348
Paignton	d	<i>1104h</i>	<i>1208h</i>	<i>1225h</i>	1232	1308	-
Torquay	d	<i>1109h</i>	<i>1213h</i>	<i>1231h</i>	1238	1314	-
Newton Abbot	d	1203	1236	1303	1250	1326	1401
Teignmouth	d	-	-	<i>1251j</i>	<i>1251j</i>	1333	-
Dawlish	d	-	-	<i>1256j</i>	<i>1256j</i>	1338	-
Exeter St Davids	d	1224	1257	1323	1315	1351	1423
Tiverton Parkway	d	1238	1310	1337	1328	1405	1437
Taunton	d	1252	1325	1351	1343	1419	1453
Weston-super-Mare	d	<i>1207e</i>	<i>1315e</i>	<i>1321e</i>	<i>1321e</i>	<i>1409e</i>	<i>1421e</i>
Cardiff Central	d	<i>1255ca</i>	-	<i>1355ca</i>	<i>1355ca</i>	-	<i>1455ca</i>
Newport(South Wales)	d	<i>1309ca</i>	-	<i>1409ca</i>	<i>1409ca</i>	-	<i>1509ca</i>
Bristol Temple Meads	d	1330	1400	1430	1430	1500	1530
Bristol Parkway	d	1340	1410	1440	1440	1510	1540
Cheltenham Spa	d	1412	1442	1512	1512	1542	1612
Birmingham New Street	a	1511	1526	1550	1619	1626	1650
Birmingham New Street	d	1531	1531	1603	1703	1631	1703
Wolverhampton	a	1548	1548	<i>1632y</i>	<i>1648y</i>	1648	<i>1732y</i>
Stafford	a	<i>1634y</i>	<i>1634y</i>	<i>1710y</i>	<i>1734y</i>	<i>1734y</i>	<i>1810y</i>
Stoke-on-Trent	a	1619	1619	-	<i>1719y</i>	1719	-
Macclesfield	a	<i>1642ab</i>	<i>1642ab</i>	-	<i>1742ab</i>	<i>1742ab</i>	-
Stockport	a	<i>1656ab</i>	<i>1656ab</i>	-	<i>1756ab</i>	<i>1756ab</i>	-
Manchester Piccadilly	a	1700	1700	-	<i>1800y</i>	1800	-
Tamworth	a	<i>1602y</i>		1618	<i>1702y</i>	<i>1706y</i>	<i>1806y</i>
Burton-on-Trent	a	<i>1614y</i>		-	1727	<i>1718y</i>	1726
Derby	a	<i>1602y</i>		1642	1742	<i>1734y</i>	1742
Chesterfield	a	-		1702	1802		1803
Sheffield	a	<i>1648y</i>		1718	1819		1819
Doncaster	a	<i>1713y</i>		<i>1757t</i>	<i>1813y</i>		<i>1854t</i>
Wakefield Westgate	a	-		1745	1847		1847
Leeds	a	-		1802	1905		1904
York	a	<i>1742y</i>		1832	1932		1932
Darlington	a	<i>1810y</i>		1901	2003		2003
Durham	a	<i>1827y</i>		1918	2021		2021
Newcastle	a	<i>1847y</i>		1934	2037		2037
Morpeth	a			-	-		<i>2101aj</i>
Alnmouth	a			2004	-		<i>2115aj</i>
Berwick-upon-Tweed	a			<i>2054aj</i>	2123		2123
Edinburgh	a			2111	2220		2220
Haymarket	a			2115	<i>2240ag</i>		<i>2240ag</i>
Motherwell	a			2153			
Glasgow Central	a			2219			
Inverkeithing	a			<i>2217ag</i>			
Dundee	a			<i>2356ag</i>			
Aberdeen	a						

Please note : All direct CrossCountry services are **highlighted** and in **bold**.

For help: see 'Using Your Timetable' on page 8

	E1	E2	CC	CC	E2	CC	BB	E2
Penzance	1123	1125		<i>1215b</i>	<i>1215b</i>	1230	<i>1255b</i>	<i>1255b</i>
St Erth	1133	1133		<i>1222b</i>	<i>1222b</i>	1240	<i>1306b</i>	<i>1306b</i>
Camborne	1145	1145		<i>1234b</i>	<i>1234b</i>	1255	<i>1317b</i>	<i>1317b</i>
Redruth	1151	1151		<i>1240b</i>	<i>1240b</i>	1301	<i>1323b</i>	<i>1323b</i>
Truro	1204	1203		<i>1252b</i>	<i>1252b</i>	1313	<i>1335b</i>	<i>1335b</i>
St Austell	1223	1221		<i>1310b</i>	<i>1310b</i>	1330	<i>1354b</i>	<i>1354b</i>
Newquay	-	-		-	-	-	-	-
Par	1230	1228		<i>1318b</i>	<i>1318b</i>	1337	<i>1400b</i>	<i>1400b</i>
Bodmin Pkwy	1242	1240		<i>1332b</i>	<i>1332b</i>	1351	<i>1413b</i>	<i>1413b</i>
Liskeard	1255	1252		<i>1346b</i>	<i>1346b</i>	1403	<i>1427b</i>	<i>1426b</i>
Plymouth	1321	1325		1421	1421	1435	1521	1525
Totnes	1348	1350		1448	1448	1500	1548	1550
Paignton	-	-		<i>1404h</i>	<i>1404h</i>	-	<i>1530h</i>	<i>1530h</i>
Torquay	-	-		<i>1409h</i>	<i>1409h</i>	-	<i>1536h</i>	<i>1536h</i>
Newton A	1401	1403		1501	1501	1512	1601	1603
Teignmouth	-	-		<i>1454j</i>	<i>1454j</i>	-	<i>1525j</i>	<i>1525j</i>
Dawlish	-	-		<i>1459j</i>	<i>1459j</i>	-	<i>1530j</i>	<i>1530j</i>
Exeter St D	1423	1423		1523	1523	1533	1623	1623
Tiverton Pkwy	1438	1437		1538	1538	1546	1637	1637
Taunton	1453	1451		1553	1553	1601	1653	1651
Weston-s-M	<i>1421e</i>	<i>1421e</i>		<i>1550e</i>	<i>1550e</i>	1630	-	<i>1614e</i>
Cardiff Ctl	<i>1455ca</i>	<i>1455ca</i>		<i>1555ca</i>	<i>1555ca</i>	-	<i>1655ca</i>	<i>1655ca</i>
Newport	<i>1509ca</i>	<i>1509ca</i>		<i>1609ca</i>	<i>1609ca</i>	-	<i>1709ca</i>	<i>1709ca</i>
Bristol TM	1530	1530	1600	1630	1630	1700	1730	1730
Bristol Pkwy	1540	1540	1610	1640	1640	1710	1740	1740
Cheltenham	1612	1612	1642	1712	1712	1742	1812	1812
Bham New St	1652	1725	1726	1750	1819	1827	1856	1925
Bham New St	1703	1730	1731	1803	1903	1831	1903	1931
Wolverhampton	<i>1732y</i>	<i>1748</i>	1748	<i>1832y</i>	<i>1848y</i>	1848	<i>1932y</i>	1948
Stafford	<i>1810y</i>	<i>1810y</i>	<i>1835y</i>	<i>1910y</i>	<i>1910y</i>	<i>1937f</i>	<i>2010y</i>	<i>2037f</i>
Stoke	-	-	1819	-	<i>1919y</i>	1919	-	2021
Macclesfield	-	-	<i>1842ab</i>	-	<i>1942ab</i>	<i>1942ab</i>	-	<i>2042ab</i>
Stockport	-	-	<i>1856ab</i>	-	<i>1956ab</i>	<i>1956ab</i>	-	<i>2056ab</i>
Manchester P	-	-	1900	-	<i>2000y</i>	2000	-	2100
Tamworth	<i>1802y</i>	<i>1802y</i>		1820	<i>1904y</i>	<i>1908y</i>	-	<i>2002y</i>
Burton	1728	<i>1814y</i>		-	1926	<i>1920y</i>	1927	<i>2014y</i>
Derby	1742	1802		1842	1942	<i>1934y</i>	1942	<i>2028y</i>
Chesterfield	1803	-		1904	2006		2002	<i>2102y</i>
Sheffield	1819	1846		1920	2023		2018	<i>2116y</i>
Doncaster	<i>1854t</i>	1913		<i>2007t</i>	-		<i>2105t</i>	-
Wakefield	1847	-		1948	2049		2046	<i>2144y</i>
Leeds	1905	-		2005	-		2103	<i>2206y</i>
York	1932	1942		2032	2105		2137	
Darlington	2003	2010		2103			<i>2210k</i>	
Durham	2021	2027		2121			<i>2227k</i>	
Newcastle	2037	2043		2137			<i>2248k</i>	
Morpeth	<i>2101aj</i>	2101		-				
Alnmouth	<i>2115aj</i>	2115		2205				
Berwick	2123	2136		2228				
Edinburgh	2220	2225		2319				
Haymarket	<i>2240ag</i>			<i>2333ag</i>				
Motherwell								
Glasgow Ctl								
Inverkeithing								
Dundee								
Aberdeen								

These times may vary at weekends to allow track improvement work to take place. Please check with National Rail Enquiries before travelling by visiting nationalrail.co.uk or calling on 08457 48 49 50 (calls may be recorded)

The South West to Manchester, the North East & Scotland

Sundays

Notes: see pages 48 and 49

Features						
Period of operation and Notes	CC	BB	E2	CC	CC	E2
Penzance	d	1350b	1350b		1530	1530
St Erth	d	1400b	1400b		1538	1538
Camborne	d	1413b	1413b		1548	1549
Redruth	d	1419b	1419b		1554	1555
Truro	d	1432b	1432b		1606	1607
St Austell	d	1448b	1448b		1622	1625
Newquay	d	-	-		-	-
Par	d	1456b	1456b		1630	1632
Bodmin Parkway	d	1508b	1508b		1641	1643
Liskeard	d	1522b	1522b		1653	1655
Plymouth	d	1625	1625		1725	1725
Totnes	d	1650	1652		1750	1750
Paignton	d	1631h	1631h		1720h	1720h
Torquay	d	1636h	1636h		1725h	1725h
Newquay Abbot	d	1703	1705		1803	1803
Teignmouth	d	1613j	1613j		1745j	1745j
Dawlish	d	1618j	1618j		1750j	1750j
Exeter St Davids	d	1723	1725		1823	1823
Tiverton Parkway	d	1737	1739		1837	1837
Taunton	d	1751	1753		1851	1851
Weston-super-Mare	d	1707e	1750e	1750e	1816e	-
Cardiff Central	d	1655ca	1755ca	1755ca	1755ca	1855ca
Newport(South Wales)	d	1709ca	1809ca	1809ca	1809ca	1909ca
Bristol Temple Meads	d	1800	1830	1830	1900	1930
Bristol Parkway	d	1810	1840	1840	1910	1940
Cheltenham Spa	d	1842	1912	1912	1942	2012
Birmingham New Street	a	1926	1950	2011	2026	2050
Birmingham New Street	d	1931	2003	2031	2031	2103
Wolverhampton	a	1948	2032y	2048	2048	2132y
Stafford	a	2037f	2051y	2134y	2134f	2158y
Stoke-on-Trent	a	2019	-	2119	2119	-
Macclesfield	a	2042ab	-	2142ab	2142ab	-
Stockport	a	2056ab	-	2156ab	2156ab	-
Manchester Piccadilly	a	2100	-	2200	2200	-
Tamworth	a	2006y	2018	2045y	2045y	2118
Burton-on-Trent	a	2018y	2055y	2055y	2055y	2128
Derby	a	2034y	2042	2109y	2109y	2142
Chesterfield	a		2102	2129y	2129y	2205
Sheffield	a		2116	2144y	2144y	2219
Doncaster	a		2203t	-	-	2256t
Wakefield Westgate	a		2144	-	-	2246
Leeds	a		2208	-	-	2308
York	a		2253y	2253y	2253y	0010p
Darlington	a					
Durham	a					
Newcastle	a					
Morpeth	a					
Alnmouth	a					
Berwick-upon-Tweed	a					
Edinburgh	a					
Haymarket	a					
Motherwell	a					
Glasgow Central	a					
Inverkeithing	a					
Dundee	a					
Aberdeen	a					

Please note : All direct CrossCountry services are **highlighted** and in **bold**.

For help: see 'Using Your Timetable' on page 8

	CC	Ⓢ E1	Ⓢ D2	Ⓢ D1	Ⓢ E2,DA	Ⓢ CC	Ⓢ E2
Penzance		1613b	1545b	1545b	1613b		
St Erth		1624b	1557b	1557b	1624b		
Camborne		1635b	1608b	1608b	1635b		
Redruth		1642b	1615b	1615b	1642b		
Truro		1654b	1628b	1628b	1654b		
St Austell		1712b	1645b	1645b	1712b		
Newquay		-	-	-	-		
Par		1718b	1628b	1652b	1718b		
Bodmin Pkwy		1730b	1704b	1704b	1730b		
Liskeard		1743b	1717b	1717b	1743b		
Plymouth	1745h	1821	1821	1821	1825	1955e	1955e
Totnes	1812h	1848	1848	1848	1850	-	-
Paignton	1817	1824h	1824h	1824h	1824h	-	-
Torquay	1823	1830h	1830h	1830h	1830h	-	-
Newton A	1836	1901	1901	1901	1903	2032e	2032e
Teignmouth	1759j	1849j	1849j	1849j	1849j	-	-
Dawlish	1804j	1854j	1854j	1854j	1854j	-	-
Exeter St D	1856	1923	1923	1923	1923	2055e	2055e
Tiverton Pkwy	1910	1938	1937	1937	1937	2110e	2110e
Taunton	1924	1953	1953	1953	1951	2123e	2123e
Weston-s-M	1853e	1943e	1943e	1943e	1943e	2055e	2055e
Cardiff Ctl	-	1955ca	1955ca	1955ca	1955ca	2055ca	2055ca
Newport	-	2009ca	2009ca	2009ca	2009ca	2109ca	2109ca
Bristol TM	2000	2030	2030	2030	2030	2210	2210
Bristol Pkwy	2010	2040	2040	2040	2040	2220	2220
Cheltenham	2042	2112	2112	2112	2111	2252	2252
Bham New St	2131	2150	2156	2156	2220	2344	2355
Bham New St	-	2203	2203	2203	-	-	-
Wolverhampton	2210y	2232y	2232y	2232y	-	0028y	0028y
Stafford	2237y	-	2331y	2330y	-		
Stoke	2255y	-	-	-	-		
Macclesfield	2313y	-	-	-	-		
Stockport	2327y	-	-	-	-		
Manchester P	2340y	-	-	-	-		
Tamworth	2209y	2222	2221	2221	2306y		
Burton	2221y	2234	2319y	-	2318y		
Derby	2234y	2248	2244	2249	2337y		
Chesterfield		2310	2305	2313			
Sheffield		2327	2321	2334			
Doncaster		0019t	0019t	0019t			
Wakefield		-	-	-			
Leeds		0044	0037	0049			
York							
Darlington							
Durham							
Newcastle							
Morpeth							
Alnmouth							
Berwick							
Edinburgh							
Haymarket							
Motherwell							
Glasgow Ctl							
Inverkeithing							
Dundee							
Aberdeen							

These times may vary at weekends to allow track improvement work to take place. Please check with National Rail Enquiries before travelling by visiting nationalrail.co.uk or calling on 08457 48 49 50 (calls may be recorded)

Scotland, the North East & Manchester to the South West

Monday to Fridays

Notes: see pages 48 and 49

Features		Ⓢ	Ⓢ			
Period of operation and Notes		MO,CD	MX,CE			CT
Aberdeen	d					
Dundee	d					
Inverkeithing	d					
Glasgow Central	d					
Motherwell	d					
Haymarket	d					
Edinburgh	d					
Berwick-upon-Tweed	d					
Alnmouth	d					
Morpeth	d					
Newcastle	d					
Durham	d					
Darlington	d					
York	d					
Leeds	d					
Wakefield Westgate	d					
Doncaster	d					
Sheffield	d					0601y
Chesterfield	d					0626y
Derby	d				0610	0647y
Burton-on-Trent	d				0620	0657y
Tamworth	d				0631	0708y
Manchester Piccadilly	d				0500y	0600
Stockport	d				-	0608
Macclesfield	d				-	-
Stoke-on-Trent	d				0607y	-
Stafford	d			0524y	0625y	0658
Wolverhampton	d			0604y	0641y	0715
Birmingham New Street	a			-	0652	0731
Birmingham New Street	d			0642	0712	0742
Cheltenham Spa	a			0723	0751	0823
Bristol Parkway	a			0756	0827	0856
Bristol Temple Meads	a	0634d		0808	0841	0913
Newport(South Wales)	a	-		0830ca	0905ca	0929ca
Cardiff Central	a	-		0848ca	0922ca	0948ca
Weston-super-Mare	a	-		0859e	0924e	1003e
Taunton	a	0706		0842	0915	
Tiverton Parkway	a	0719		-	0928	
Exeter St Davids	a	0734		0907	0943	
Dawlish	a	0810j		-	1016j	
Teignmouth	a	0815j		-	1021j	
Newton Abbot	a	0756		0954j	1003	
Torquay	a	0835h		0935	1052h	
Paignton	a	0844h		0948	1059h	
Totnes	a	0809		1008j	1016	
Plymouth	a	0839	0550d	0628d	1039j	1048
Liskeard	a	0949b	0614	0650	1108j	1140b
Bodmin Parkway	a	1001b	0628	0702	1121j	1153b
Par	a	1013b	0642	0714	1133j	1204b
Newquay	a	-	-	-	-	-
St Austell	a	1021b	0650	0721	1140j	1212b
Truro	a	1039b	0709	0738	1158j	1230b
Redruth	a	1053b	0722	0749	1211j	1242b
Camborne	a	1059b	0730	0756	1217j	1250b
St Erth	a	1110b	0743	0811	1227j	1300b
Penzance	a	1127b	0800	0824	1240j	1318b

Please note : All direct CrossCountry services are **highlighted** and in **bold**.

For help: see 'Using Your Timetable' on page 8

Aberdeen								
Dundee								
Inverkeithing								
Glasgow Ctl								
Motherwell								
Haymarket								
Edinburgh							0608	0644y
Berwick							0649	0723y
Alnmouth							0710	0747y
Morpeth							0719k	0801y
Newcastle			0420k	0621y	0644	0723y	0744	0824y
Durham			0434k	0639y	0655	0737y	0743v	0840y
Darlington			0452k	0656y	0714	0755y	0812	0857y
York	0422p		0632	0727y	0744	0827y	0844	0927y
Leeds	0600	0615y	0705	-	0811	-	0911	-
Wakefield	0612	0627y	0718	-	0823	-	0923	-
Doncaster	0600t	0645y	0702t	0752y	-	0851y	0901t	0956y
Sheffield	0650	0718y	0753	0820y	0854	0923y	0954	1023y
Chesterfield	0704	0730y	0806	0832y	0906	-	1006	-
Derby	0726	0750y	0828	0853y	0928	0953y	1028	1053y
Burton	0737	0800y	0838	0849y	0938	0949y	1018ce	1049y
Tamworth	0749	0811y	0849	0901y	0930y	1001y	1048	1101y
Manchester P	-	0706	0726y	0807	0827y	0907	0927y	1007
Stockport	-	0645ab	0735y	0816	0835y	0916	0935y	1016
Macclesfield	-	0708ab	0749y	0756ab	0849y	0855ab	0949y	0955ab
Stoke	-	0744	0807y	0844	0907y	0944	1007y	1044
Stafford	0712y	0741z	0825y	0843z	0925y	0943z	1025y	1043z
Wolverhampton	0737y	0815	0841y	0915	0941y	1015	1041y	1115
Bham New St	0809	0831	0909	0931	1007	1031	1109	1131
Bham New St	0812	0842	0912	0942	1012	1042	1112	1142
Cheltenham	0851	0923	0951	1023	1051	1123	1151	1223
Bristol Pkwy	0925	0956	1026	1056	1126	1156	1226	1256
Bristol TM	0941	1013	1041	1113	1138	1213	1241	1313
Newport	1004ca	1029ca	1105ca	1131ca	1204ca	1229ca	1304ca	1329ca
Cardiff Ctl	1021ca	1047ca	1123ca	1148ca	1221ca	1248ca	1322ca	1348ca
Weston-s-M	1022e	1100e	1121e	1132	1220e	1300e	1321e	1400e
Taunton	1016		1116	1200	1215		1316	
Tiverton Pkwy	1029		1129	1213	1228		1329	
Exeter St D	1046		1146	1230	1243		1346	
Dawlish	1116j		1227j	1243	1310j		1428j	
Teignmouth	1121j		1232j	1248	1315j		1433j	
Newton A	1108		1208	1256	1303		1408	
Torquay	1122h		1252h	1307	1335h		1452h	
Paignton	1129h		1300h	1320	1348h		1500h	
Totnes	1122		1222		1316		1422	
Plymouth	1156		1256		1348		1456	
Liskeard	1306b		1334b		1421b		1533b	
Bodmin Pkwy	1318b		1346b		1433b		1546b	
Par	1330b		1357b		1445b		1557b	
Newquay	-		-		-		-	
St Austell	1337b		1405b		1452b		1605b	
Truro	1355b		1423b		1510b		1623b	
Redruth	1408b		1436b		1523b		1636b	
Camborne	1414b		1443b		1529b		1643b	
St Erth	1425b		1458b		1540b		1655b	
Penzance	1439b		1511b		1554b		1711b	

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Scotland, the North East & Manchester to the South West

Mondays to Fridays

Notes: see pages 48 and 49

Features	Period of operation and Notes		CL	FO	FX	CM	
Aberdeen	d					0556ai	
Dundee	d		0632			0735	
Inverkeithing	d	0616ag	0742			0835	
Glasgow Central	d	0600	0650ag			0750ag	
Motherwell	d	-	0704ag			0804ag	
Haymarket	d	0655	0801			0854	
Edinburgh	d	0708	0810			0907	
Berwick-upon-Tweed	d	0751	0852			0951	
Alnmouth	d	-	0856aj			-	
Morpeth	d	-	0832aj			0932aj	
Newcastle	d	0840	0933y	0943	1025y	1025y	1043
Durham	d	0852	0948y	0955	1041y	1041y	1055
Darlington	d	0912	1005y	1012	1058y	1058y	1110
York	d	0944	1034y	1044	1127y	1127y	1144
Leeds	d	1011	-	1111	-	-	1211
Wakefield Westgate	d	1023	-	1123	-	-	1223
Doncaster	d	1002t	1058y	1102t	1154y	1154y	1158t
Sheffield	d	1054	1123y	1154	1223y	1223y	1254
Chesterfield	d	1106	-	1206	-	-	1306
Derby	d	1128	1153y	1228	1253y	1253y	1328
Burton-on-Trent	d	-	1149y	1218ce	1249y	1249y	1338
Tamworth	d	1130y	1201y	1248	1301y	1301y	1333y
Manchester Piccadilly	d	1027y	1107	1127y	1207	1207	1227y
Stockport	d	1035y	1116	1135y	1216	1216	1235y
Macclesfield	d	1049y	1055ab	1149y	1155ab	1155ab	1249y
Stoke-on-Trent	d	1107y	1144	1207y	1244	1244	1307y
Stafford	d	1125y	1143z	1225y	1243z	1243z	1325y
Wolverhampton	d	1141y	1215	1241y	1315	1315	1341y
Birmingham New Street	a	1204	1231	1309	1331	1331	1407
Birmingham New Street	d	1212	1242	1312	1342	1342	1412
Cheltenham Spa	a	1251	1323	1351	1423	1423	1451
Bristol Parkway	a	1324	1356	1427	1456	1456	1524
Bristol Temple Meads	a	1339	1413	1441	1513	1513	1541
Newport(South Wales)	a	1404ca	1429ca	1505ca	1529ca	1529ca	1604ca
Cardiff Central	a	1421ca	1448ca	1523ca	1548ca	1548ca	1621ca
Weston-super-Mare	a	1421e	1500e	1525e	1600e	1600e	1624e
Taunton	a	1415		1516	1544		1615
Tiverton Parkway	a	1428		1529	1557		1628
Exeter St Davids	a	1443		1546	1618		1643
Dawlish	a	1516j		1606j	1646j		1716j
Teignmouth	a	1521j		1611j	1651j		1721j
Newton Abbot	a	1503		1608	1658j		1703
Torquay	a	1541h		1643h	1711j		1741h
Paignton	a	1549h		1653h	1720j		1751h
Totnes	a	1516		1622	1655n		1716
Plymouth	a	1548		1656	1723n		1748
Liskeard	a	1654ag		1753b	1753n		1818h
Bodmin Parkway	a	1707h		1806b	1806n		1830h
Par	a	1720h		1819b	1819n		1843h
Newquay	a	-		-	-		-
St Austell	a	1728h		1827b	1827n		1850h
Truro	a	1746h		1844b	1844n		1908h
Redruth	a	1759h		1857b	1857n		1921h
Camborne	a	1806h		1904b	1904n		1927h
St Erth	a	1820h		1920b	1920n		1937h
Penzance	a	1837h		1936b	1936n		1953h

Please note : All direct CrossCountry services are **highlighted** and in **bold**.

For help: see 'Using Your Timetable' on page 8

	CK				CF			
Aberdeen		0706ag		0820		0907ag		0952ag
Dundee		0828ag		0933		1017ag		1130ag
Inverkeithing		0935ag		1032		1110ag		1233ag
Glasgow Ctl		0900		0950ag		1015ag		1150ag
Motherwell		0915		1004ag		-		1206ag
Haymarket		0954		1054		1143ag		1248ag
Edinburgh		1008		1108		1205		1306
Berwick		1010aj		1151		1239aj		1351
Alnmouth		1105		1200aj		1306		-
Morpeth		1120		1150aj		1250aj		1350aj
Newcastle	1127y	1140	1219y	1242	1334y	1344	1427y	1440
Durham	1139y	1152	1235y	1253	1346y	1352	1440y	1452
Darlington	1156y	1211	1253y	1311	1403y	1412	1457y	1510
York	1227y	1244	1326y	1344	1432y	1444	1529y	1544
Leeds	-	1311	-	1411	-	1511	-	1611
Wakefield	-	1323	-	1423	-	1523	-	1623
Doncaster	1255y	1259t	1355y	1401t	1457y	1502t	1555y	1602t
Sheffield	1323y	1354	1423y	1454	1523y	1554	1623y	1654
Chesterfield	-	1406	-	1506	-	1606	-	1706
Derby	1353y	1428	1453y	1528	1553y	1628	1653y	1728
Burton	1349y	1418ce	1449y	1538	1549y	1618ce	1649y	1738
Tamworth	1401y	1448	1501y	1530y	1601y	1648	1701y	1730y
Manchester P	1307	1327y	1407	1427y	1507	1527y	1607	1627y
Stockport	1316	1335y	1416	1435y	1516	1535y	1616	1635y
Macclesfield	1255ab	1349y	1355ab	1449y	1455ab	1549y	1555ab	1649y
Stoke	1344	1407y	1444	1507y	1544	1607y	1644	1707y
Stafford	1343z	1425y	1446z	1525y	1543z	1625y	1646z	1725y
Wolverhampton	1415	1441y	1515	1541y	1615	1641y	1715	1741y
Bham New St	1431	1507	1531	1608	1631	1707	1731	1807
Bham New St	1442	1512	1542	1612	1642	1712	1742	1812
Cheltenham	1523	1551	1623	1651	1723	1751	1823	1851
Bristol Pkwy	1556	1626	1656	1724	1756	1824	1908	1927
Bristol TM	1613	1641	1713	1741	1813	1841	1925	1939
Newport	1629ca	1705ca	1729ca	1805ca	1836ca	1910ca	1950q	2006ca
Cardiff Ctl	1648ca	1722ca	1748ca	1822ca	1853ca	1927ca	2012q	2027ca
Weston-s-M	1708e	1727e	1800e	1825e	1900e	1928e		2029e
Taunton		1715	1745	1815		1915		2015
Tiverton Pkwy		1728	1757	1828		1928		2028
Exeter St D		1743	1813	1843		1943		2043
Dawlish		1808j	1825	1948j		2041j		2203j
Teignmouth		1813j	1830	1953j		2046j		2208j
Newton A		1810	1838	1904		2003		2103
Torquay		1832h	1850	1920h		2020h		-
Paignton		1840h	1901	1928h		2028h		-
Totnes		1823	1856j	1917		2016		2116
Plymouth		1856	1927j	1948		2048		2148
Liskeard		1922	1955j	2012		2112		2255b
Bodmin Pkwy		1934	2008j	2024		2124		2307b
Par		1944	2019j	2035		2137		2320b
Newquay		2120r	-	-		-		-
St Austell		1951	2027j	2041		2143		2328b
Truro		2008	2045j	2059		2201		2346b
Redruth		2024	2057j	2114		2213		2359b
Camborne		2032	2105j	2121		2222		0007b
St Erth		2042	2116j	2131		2234		0019b
Penzance		2059	2133j	2147		2250		0039b

Want to avoid the queues? Get your season ticket at crosscountrytrains.co.uk

Scotland, the North East & Manchester to the South West

Mondays to Fridays

Notes: see pages 48 and 49

Features	Period of operation and Notes	CV	DA	D	D	DA
Aberdeen	d	1105ag			1207ag	1207ag
Dundee	d	1234ag			1334ag	1334ag
Inverkeithing	d	1334ag			1434ag	1434ag
Glasgow Central	d	1215ag			1350ag	1350ag
Motherwell	d	-			1405ag	1405ag
Haymarket	d	1351ag			1449ag	1449ag
Edinburgh	d	1408			1508	1508
Berwick-upon-Tweed	d	1439aj			1551	1551
Alnmouth	d	1505			-	-
Morpeth	d	1450aj			1550aj	1550aj
Newcastle	d	1522y	1540	1632y	1632y	1640
Durham	d	1534y	1552	1648y	1648y	1652
Darlington	d	1551y	1612	1705y	1705y	1712
York	d	1625y	1644	1734y	1734y	1744
Leeds	d	-	1711	-	-	1811
Wakefield Westgate	d	-	1723	-	-	1823
Doncaster	d	1653y	1701t	1758y	1758y	1802t
Sheffield	d	1723y	1754	1823y	1823y	1854
Chesterfield	d	-	1806	-	-	1906
Derby	d	1753y	1828	1853y	1853y	1928
Burton-on-Trent	d	1749y	1820ce	1849y	1849y	1938
Tamworth	d	1801y	1848	1901y	1901y	1930y
Manchester Piccadilly	d	1706	1727y	1805	1805	1827y
Stockport	d	1716	1735y	1813	1813	1835y
Macclesfield	d	1727	1749y	1825	1825	1849y
Stoke-on-Trent	d	1744	1807y	1844	1844	1907y
Stafford	d	1743z	1825y	1843z	1843z	1925y
Wolverhampton	d	1815	1841y	1915	1915	1941y
Birmingham New Street	a	1831	1908	1931	1931	2009
Birmingham New Street	d	1842	1912	1942	1942	2012
Cheltenham Spa	a	1923	1951	2023	2023	2051
Bristol Parkway	a	1956	2027	2056	2056	2125
Bristol Temple Meads	a	2013	2041	2113	2113	2138
Newport(South Wales)	a	2047	2104ca	-	-	2204ca
Cardiff Central	a	2107	2121ca	-	-	2225ca
Weston-super-Mare	a		2127e	-	-	2227e
Taunton	a		2115	2144	2144	2215
Tiverton Parkway	a		2128	2157	2158	2228
Exeter St Davids	a		2143	2212	2232	2255
Dawlish	a		-	2305j	2305j	-
Teignmouth	a		-	2310j	2310j	-
Newton Abbot	a		2203	2232	2252	2321
Torquay	a		2227h	2321h	2327h	-
Paignton	a		2235h	2329h	2335h	-
Totnes	a		2216	2244	2304	2334
Plymouth	a		2248	2319	2338	0006
Liskeard	a					0019
Bodmin Parkway	a					
Par	a					
Newquay	a					
St Austell	a					
Truro	a					
Redruth	a					
Camborne	a					
St Erth	a					
Penzance	a					

Please note : All direct CrossCountry services are **highlighted** and in **bold**.

For help: see 'Using Your Timetable' on page 8

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Aberdeen		1306ag				1407ag		
Dundee		1434ag				1535ag		
Inverkeithing		1534ag				1635ag		
Glasgow Ctl		1415ag				1550ag		
Motherwell		-				1604ag		
Haymarket		1548ag				1650ag		
Edinburgh		1607				1708		
Berwick		1643aj				1751		
Alnmouth		1709				1800k		
Morpeth		1724				-		
Newcastle	1717y	1740		1820		1840		
Durham	1733y	1752		1836		1852		
Darlington	1750y	1812		1856		1912		
York	1824y	1844		1929		1944		
Leeds	-	1911		-		2011		
Wakefield	-	1923		-		2023		
Doncaster	1852y	1855t		1957		2003t		
Sheffield	1923y	1954		2023		2054		
Chesterfield	-	2006		-		2106		
Derby	1953y	2028		2053		2128		
Burton	1949y	2018y		-		2138		
Tamworth	2001y	2048		-		2149		
Manchester P	1907	1927y	2007	-	2027	-		
Stockport	1916	1935y	2016	-	2035	-		
Macclesfield	1855ab	1949y	-	-	2049	-		
Stoke	1944	2007y	2044	-	2107	-		
Stafford	1942z	2025y	-	-	2125	-		
Wolverhampton	2015	2041y	2115	-	2141	-		
Bham New St	2031	2107	2136	2140	2200	2207		
Bham New St	2042	2112				2216		
Cheltenham	2123	2151				2331		
Bristol Pkwy	2200	2223				0004		
Bristol TM	2219	2241				0018		
Newport	2259q	2316ca				0054ca		
Cardiff Ctl	2321q	2339ca				0114ca		
Weston-s-M		2343e						
Taunton								
Tiverton Pkwy								
Exeter St D								
Dawlish								
Teignmouth								
Newton A								
Torquay								
Paignton								
Totnes								
Plymouth								
Liskeard								
Bodmin Pkwy								
Par								
Newquay								
St Austell								
Truro								
Redruth								
Camborne								
St Erth								
Penzance								

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Scotland, the North East & Manchester to the South West

Saturdays

Notes: see pages 48 and 49

Features		Ⓢ	Ⓢ			
Period of operation and Notes	K,CY	J,CS				
Aberdeen	d					
Dundee	d					
Inverkeithing	d					
Glasgow Central	d					
Motherwell	d					
Haymarket	d					
Edinburgh	d					
Berwick-upon-Tweed	d					
Alnmouth	d					
Morpeth	d					
Newcastle	d					
Durham	d					
Darlington	d					
York	d					
Leeds	d					
Wakefield Westgate	d					
Doncaster	d					
Sheffield	d				0527t	0601y
Chesterfield	d				0539t	0626y
Derby	d				0610	0647y
Burton-on-Trent	d				0620	0657y
Tamworth	d				0631	0708y
Manchester Piccadilly	d				0511y	0600
Stockport	d				-	0608
Macclesfield	d				-	0621
Stoke-on-Trent	d				0607y	0639
Stafford	d			0524y	0625y	0658
Wolverhampton	d			0606y	0641y	0715
Birmingham New Street	a			-	0650	0731
Birmingham New Street	d			0642	0712	0742
Cheltenham Spa	a			0723	0751	0823
Bristol Parkway	a			0756	0824	0856
Bristol Temple Meads	a		0608d	0811	0838	0913
Newport(South Wales)	a		-	0850q	0905q	0931ca
Cardiff Central	a		-	0910q	0925q	0948ca
Weston-super-Mare	a		-	0900e	0922e	1000e
Taunton	a		0714	0842	0915	
Tiverton Parkway	a		0728	-	0928	
Exeter St Davids	a		0743	0907	0943	
Dawlish	a		0810j	-	1019j	
Teignmouth	a		0815j	-	1024j	
Newton Abbot	a		0803	0948j	1003	
Torquay	a		0835h	0935	1045h	
Paignton	a		0842h	0950	1051h	
Totnes	a		0816	1002j	1016	
Plymouth	a	0628d	0630d	0848	1032j	1048
Liskeard	a	0650	0652	0948b	1102j	1147b
Bodmin Parkway	a	0702	0704	1001b	1114j	1201b
Par	a	0714	0719	1014b	1126j	1216b
Newquay	a	-	0825	-	-	-
St Austell	a	0721		1022b	1133j	-
Truro	a	0738		1040b	1154j	1234b
Redruth	a	0749		1052b	1207j	1247b
Camborne	a	0756		1100b	1213j	1254b
St Erth	a	0811		1114b	1224j	1304b
Penzance	a	0824		1128b	1237j	1321b

Please note : All direct CrossCountry services are **highlighted** and in **bold**.

For help: see 'Using Your Timetable' on page 8

		K	J		K	J	J	K
Aberdeen								
Dundee								
Inverkeithing								
Glasgow Ctl								
Motherwell								
Haymarket								
Edinburgh								
Berwick								
Alnmouth								
Morpeth								
Newcastle					0620y	0620y	0640	0642
Durham					0639y	0639y	0656	0656
Darlington					0656y	0656y	0713	0713
York	0352p			0609	0725y	0725y	0744	0744
Leeds	0600	0615y	0615y	0705	-	-	0811	0811
Wakefield	0612	0629y	0629y	0718	-	-	0823	0823
Doncaster	0600t	0647y	0647y	0702t	0752y	0752y	-	-
Sheffield	0650	0718y	0718y	0754	0820y	0820y	0854	0854
Chesterfield	0703	0730y	0730y	0806	0832y	0832y	0906	0906
Derby	0725	0750y	0750y	0828	0853y	0853y	0928	0928
Burton	0736	0800y	0800y	0838	0848y	0848y	0938	0938
Tamworth	0748	0811y	0811y	0848	0900y	0900y	0930y	0930y
Manchester P	-	0707	0700	0727y	0807	0800	0827y	0827y
Stockport	-	0716	0709	0735y	0816	0809	0835y	0835y
Macclesfield	-	0655ab	0725	0749y	0756ab	0825	0849y	0849y
Stoke	-	0744	0744	0807y	0844	0845	0907y	0907y
Stafford	0712y	0741y	0741y	0825y	0843y	0843y	0925y	0925y
Wolverhampton	0737y	0815	0818	0841y	0915	0918	0941y	0941y
Bham New St	0808	0831	0837	0907	0931	0938	1006	1007
Bham New St	0812	0842	0842	0912	0942	0942	1012	1012
Cheltenham	0851	0923	0923	0951	1023	1025	1051	1051
Bristol Pkwy	0925	0956	0956	1026	1056	1057	1125	1124
Bristol TM	0938	1013	1013	1041	1113	1111	1138	1138
Newport	1005q	1031ca	1031ca	1105q	1131ca	1131ca	1205q	1205q
Cardiff Ctl	1025q	1048ca	1048ca	1125q	1148ca	1148ca	1225q	1225q
Weston-s-M	1022e	1100e	1100e	1121e	1131	1131	1222e	1222e
Taunton	1016		1100	1115	1200	1201	1215	1215
Tiverton Pkwy	1029		1113	1128	1213	1214	1248n	1228
Exeter St D	1046		1130	1143	1228	1231	1242	1243
Dawlish	1116j		-	1217j	1241	1246	1316j	1316j
Teignmouth	1121j		-	1223j	1246	1252	1321j	1321j
Newton A	1107		1152	1203	1254	1300	1303	1303
Torquay	1141h		-	1243h	1305	1312	1341h	1341h
Paignton	1149h		-	1251h	1316	1327	1349h	1349h
Totnes	1122		-	1216			1319	1316
Plymouth	1156		1232	1248			1348	1348
Liskeard	1257b		1303	1344b			1412	1425b
Bodmin Pkwy	1309b		1315	1356b			1424	1437b
Par	1321b		-	1407b			1435	1449b
Newquay	-		1442	-			1652b	-
St Austell	1328b			1415b			1443	1457b
Truro	1345b			1432b			1500	1513b
Redruth	1407b			1445b			1513	1535b
Camborne	1413b			1452b			1520	1541b
St Erth	1423b			1506b			1531	1552b
Penzance	1435b			1521b			1550	1607b

These times may vary at weekends to allow track improvement work to take place. Please check with National Rail Enquiries before travelling by visiting nationalrail.co.uk or calling on 08457 48 49 50 (calls may be recorded)

Scotland, the North East & Manchester to the South West

Saturdays

Notes: see pages 48 and 49

Features

Period of operation and Notes

							J
Aberdeen	d						
Dundee	d						0605ag
Inverkeithing	d						0712ag
Glasgow Central	d						0700
Motherwell	d						0705aj
Haymarket	d				0632ag		0754
Edinburgh	d		0612	0655y	0705		0805
Berwick-upon-Tweed	d		0651	0735y	0748		0847
Alnmouth	d		0711	0755y	0755aj		0909
Morpeth	d		-	0809y	-		-
Newcastle	d	0725y	0744	0830y	0840	0925y	0940
Durham	d	0738y	0756	0842y	0856	0937y	0955
Darlington	d	0755y	0813	0859y	0913	0956y	1012
York	d	0827y	0844	0928y	0944	1025y	1044
Leeds	d	-	0911	-	1011	-	1111
Wakefield Westgate	d	-	0923	-	1023	-	1123
Doncaster	d	0853y	0901t	0953y	1002t	1053y	1102t
Sheffield	d	0923y	0954	1023y	1054	1123y	1154
Chesterfield	d	-	1006	-	1106	-	1206
Derby	d	0953y	1028	1053y	1128	1153y	1228
Burton-on-Trent	d	0948y	1018y	1048y	1138	1148y	1218y
Tamworth	d	1000y	1048	1100y	1130y	1200y	1248
Manchester Piccadilly	d	0907	0927y	1007	1027y	1107	1127y
Stockport	d	0916	0935y	1016	1035y	1116	1135y
Macclesfield	d	0855ab	0949y	0955ab	1049y	1055ab	1149y
Stoke-on-Trent	d	0944	1007y	1044	1107y	1144	1207y
Stafford	d	0943y	1025y	1043y	1125y	1143y	1225y
Wolverhampton	d	1015	1041y	1115	1141y	1215	1241y
Birmingham New Street	a	1031	1107	1131	1207	1231	1309
Birmingham New Street	d	1042	1112	1142	1212	1242	1312
Cheltenham Spa	a	1123	1151	1223	1251	1325	1351
Bristol Parkway	a	1156	1226	1256	1324	1358	1426
Bristol Temple Meads	a	1213	1241	1313	1338	1413	1441
Newport(South Wales)	a	1231ca	1305q	1331ca	1405q	1431ca	1506q
Cardiff Central	a	1248ca	1325q	1348ca	1425q	1448ca	1525q
Weston-super-Mare	a	1300e	1322e	1400e	1422e	1500e	1523e
Taunton	a		1315		1415		1516
Tiverton Parkway	a		1328		1428		-
Exeter St Davids	a		1343		1443		1543
Dawlish	a		1430j		1516j		1603j
Teignmouth	a		1435j		1521j		1608j
Newton Abbot	a		1403		1503		1604
Torquay	a		1459h		1541h		1642h
Paignton	a		1506h		1549h		1651h
Totnes	a		1416		1516		1619
Plymouth	a		1448		1548		1647
Liskeard	a		1535b		1650b		1715
Bodmin Parkway	a		1548b		1702b		1727
Par	a		1558b		1718b		1850b
Newquay	a		-		-		1849
St Austell	a		1607b		1718b		1857b
Truro	a		1624b		1736b		1914b
Redruth	a		1637b		1750b		1927b
Camborne	a		1645b		1758b		1933b
St Erth	a		1655b		1811b		1945b
Penzance	a		1713b		1827b		1957b

Please note : All direct CrossCountry services are **highlighted** and in **bold**.

For help: see 'Using Your Timetable' on page 8

	K	J	K	CM		K	J
Aberdeen				0556ai		0706ag	
Dundee	0605ag			0735		0822ag	
Inverkeithing	0712ag			0835		0909ag	
Glasgow Ctl	0700			0750aj		0900	
Motherwell	0705aj			0804aj		0904ag	
Haymarket	0754			0854		0955	
Edinburgh	0805			0905		1005	
Berwick	0847			0947		1010aj	
Alnmouth	0909			-		1104	
Morpeth	-			0932aj		1119	
Newcastle	0940	1025y	1025y	1044	1120y	1140	1222y
Durham	0955	1038y	1038y	1056	1134y	1155	1238y
Darlington	1012	1056y	1056y	1113	1156y	1212	1255y
York	1044	1127y	1127y	1144	1225y	1244	1327y
Leeds	1111	-	-	1211	-	1311	-
Wakefield	1123	-	-	1223	-	1323	-
Doncaster	1102t	1155y	1155y	1202t	1252y	1301t	1354y
Sheffield	1154	1223y	1223y	1254	1323y	1354	1423y
Chesterfield	1206	-	-	1306	-	1406	-
Derby	1228	1253y	1253y	1328	1353y	1428	1453y
Burton	1218y	1248y	1248y	1338	1348y	1418y	1448y
Tamworth	1248	1300y	1300y	1330y	1400y	1448	1500y
Manchester P	1127y	1207	1207	1227y	1307	1327y	1407
Stockport	1135y	1216	1216	1235y	1316	1335y	1416
Macclesfield	1149y	1155ab	1155ab	1249y	1255ab	1349y	1355ab
Stoke	1207y	1244	1244	1307y	1344	1407y	1444
Stafford	1225y	1243y	1243y	1325y	1343y	1425y	1446y
Wolverhampton	1241y	1315	1315	1341y	1415	1441y	1515
Bham New St	1309	1331	1331	1407	1431	1508	1531
Bham New St	1312	1342	1342	1412	1442	1512	1542
Cheltenham	1351	1423	1423	1451	1523	1551	1623
Bristol Pkwy	1426	1456	1456	1524	1556	1626	1656
Bristol TM	1441	1513	1513	1541	1613	1641	1711
Newport	1506q	1531ca	1531ca	1606q	1631ca	1706q	1731ca
Cardiff Ctl	1525q	1548ca	1548ca	1625q	1648ca	1725q	1748ca
Weston-s-M	1523e	1600e	1600e	1622e	1700e	1722e	1800e
Taunton	1517	1544		1615		1717	1742
Tiverton Pkwy	-	1556		1628		1730	1755
Exeter St D	1544	1612		1643		1747	1810
Dawlish	1616j	-		1716j		1808j	1826
Teignmouth	1621j	-		1721j		1813j	1831
Newton A	1605	1633		1703		1809	1839
Torquay	1642h	1650		1741h		1843h	1852
Paignton	1651h	1704		1751h		1852h	1905
Totnes	1619	1655h		1716		1823	1857j
Plymouth	1652	1726h		1748		1852	1928j
Liskeard	1826b			1906b		1923	
Bodmin Pkwy	1838b			1918b		1935	
Par	1850b			1929b		1946	
Newquay	-			-		2113ba	
St Austell	1857b			1937b		1954	
Truro	1914b			1956b		2012	
Redruth	1927b			2008b		2024	
Camborne	1933b			2016b		2031	
St Erth	1945b			2026b		2041	
Penzance	1957b			2043b		2059	

These times may vary at weekends to allow track improvement work to take place. Please check with National Rail Enquiries before travelling by visiting nationalrail.co.uk or calling on 08457 48 49 50 (calls may be recorded)

Scotland, the North East & Manchester to the South West

Saturdays

Notes: see pages 48 and 49

Features		CH		J	K	
Period of operation and Notes						
Aberdeen	d	0820		0907ag		0952ag
Dundee	d	0933		1017ag		1130ag
Inverkeithing	d	1032		1110ag		1233ag
Glasgow Central	d	0950aj		1015ag		1150aj
Motherwell	d	1004aj		-		1204ag
Haymarket	d	1052		1150ag		1248ag
Edinburgh	d	1105		1205		1305
Berwick-upon-Tweed	d	1148		1239aj		1348
Alnmouth	d	-		1305		-
Morpeth	d	1150aj		1250aj		1350aj
Newcastle	d	1244	1327y	1344	1422y	1422y
Durham	d	1256	1339y	1356	1434y	1434y
Darlington	d	1313	1358y	1413	1452y	1452y
York	d	1344	1427y	1444	1526y	1526y
Leeds	d	1411	-	1511	-	-
Wakefield Westgate	d	1423	-	1523	-	-
Doncaster	d	1401t	1456y	1502t	1555y	1555y
Sheffield	d	1454	1523y	1554	1623y	1623y
Chesterfield	d	1506	-	1606	-	-
Derby	d	1528	1553y	1628	1653y	1653y
Burton-on-Trent	d	1538	1548y	1618y	1648y	1648y
Tamworth	d	1530y	1600y	1648	1700y	1700y
Manchester Piccadilly	d	1427y	1507	1527y	1607	1607
Stockport	d	1435y	1516	1535y	1616	1616
Macclesfield	d	1449y	1455ab	1549y	1555ab	1555ab
Stoke-on-Trent	d	1507y	1544	1607y	1644	1644
Stafford	d	1525y	1543y	1625y	1646y	1646y
Wolverhampton	d	1541y	1615	1641y	1715	1715
Birmingham New Street	a	1607	1631	1707	1731	1731
Birmingham New Street	d	1612	1642	1712	1742	1742
Cheltenham Spa	a	1651	1723	1751	1823	1823
Bristol Parkway	a	1724	1756	1826	1908	1908
Bristol Temple Meads	a	1738	1813	1841	1927	1927
Newport(South Wales)	a	1806q	1831ca	1911q	1950q	1950q
Cardiff Central	a	1825q	1848ca	1932q	2011q	2011q
Weston-super-Mare	a	1821e	1900e	1923e	-	-
Taunton	a	1815		1915	2008	
Tiverton Parkway	a	1828		1928	2020	
Exeter St Davids	a	1843		1943	2036	
Dawlish	a	1937j		2035j	2048	
Teignmouth	a	1942j		2040j	2053	
Newton Abbot	a	1903		2003	2101	
Torquay	a	2001h		2100h	2113	
Paignton	a	2010h		2108h	2127	
Totnes	a	1916		2016		
Plymouth	a	1948		2048		
Liskeard	a	2010		2124		
Bodmin Parkway	a	2022		2136		
Par	a	2035		2147		
Newquay	a	-		-		
St Austell	a	2041		2153		
Truro	a	2059		2211		
Redruth	a	2110		2229		
Camborne	a	2117		2235		
St Erth	a	2129		2245		
Penzance	a	2148		2302		

Please note : All direct CrossCountry services are **highlighted** and in **bold**.

For help: see 'Using Your Timetable' on page 8

CZ

Aberdeen		1105ag		1207ag		1306ag	
Dundee		1217ag		1334ag		1434ag	
Inverkeithing		1321ag		1434ag		1534ag	
Glasgow Ctl		1215ag		1356aj		1415ag	
Motherwell		-		1404aj		-	
Haymarket		1350ag		1448ag		1550ag	
Edinburgh		1405		1505		1605	
Berwick		1439aj		1548		1639aj	
Alnmouth		1505		-		1705	
Morpeth		1450aj		1550aj		1720	
Newcastle	1525y	1544	1622y	1644	1722y	1744	
Durham	1538y	1556	1638y	1656	1738y	1756	
Darlington	1556y	1613	1656y	1713	1755y	1813	
York	1625y	1644	1725y	1744	1825y	1844	
Leeds	-	1711	-	1811	-	1911	
Wakefield	-	1723	-	1823	-	1923	
Doncaster	1653y	1701t	1755y	1802t	1851y	1903t	
Sheffield	1723y	1754	1823y	1854	1923y	1954	
Chesterfield	-	1806	-	1906	-	2006	
Derby	1753y	1828	1853y	1928	1953y	2028	
Burton	1748y	1818y	1848y	1938	1948y	2018y	
Tamworth	1800y	1848	1900y	1930y	2000y	2048	
Manchester P	1706	1727y	1805	1827y	1907	1927y	
Stockport	1716	1735y	1813	1835y	1916	1935y	
Macclesfield	1727	-	1825	-	1855ab	1949y	
Stoke	1744	1807y	1844	1907y	1944	2007y	
Stafford	1743y	1825y	1843y	1925y	1943y	2025y	
Wolverhampton	1815	1841y	1915	1941y	2015	2041y	
Bham New St	1831	1907	1931	2007	2031	2107	
Bham New St	1842	1912	1942	2012	2042	2112	
Cheltenham	1923	1951	2023	2051	2123	2151	
Bristol Pkwy	1956	2029	2056	2123	2157	2223	
Bristol TM	2013	2042	2113	2135	2213	2241	
Newport	2054	2109q	2131ca	2214q	2246ca	2334e	
Cardiff Ctl	2116	2132q	2148ca	2239q	2306ca	2354e	
Weston-s-M		2126e		2227e			
Taunton		2121		2216			
Tiverton Pkwy		2133		2228			
Exeter St D		2149		2244			
Dawlish		2250j		-			
Teignmouth		2256j		-			
Newton A		2208		2311			
Torquay		-		-			
Paignton		-		-			
Totnes		2221		2327			
Plymouth		2255		2359			
Liskeard							
Bodmin Pkwy							
Par							
Newquay							
St Austell							
Truro							
Redruth							
Camborne							
St Erth							
Penzance							

These times may vary at weekends to allow track improvement work to take place. Please check with National Rail Enquiries before travelling by visiting nationalrail.co.uk or calling on 08457 48 49 50 (calls may be recorded)

Scotland, the North East & Manchester to the South West

Sundays

Notes: see pages 48 and 49

Features		⓪	⓪			
Period of operation and Notes	E	BB	E	E	E2	BB
Aberdeen	d					
Dundee	d					
Inverkeithing	d					
Glasgow Central	d					
Motherwell	d					
Haymarket	d					
Edinburgh	d					
Berwick-upon-Tweed	d					
Alnmouth	d					
Morpeth	d					
Newcastle	d					
Durham	d					
Darlington	d					
York	d					
Leeds	d					
Wakefield Westgate	d					
Doncaster	d					
Sheffield	d					
Chesterfield	d					
Derby	d					
Burton-on-Trent	d					
Tamworth	d					
Manchester Piccadilly	d					
Stockport	d					
Macclesfield	d					
Stoke-on-Trent	d					
Stafford	d					
Wolverhampton	d				0805y	0805y
Birmingham New Street	a				-	-
Birmingham New Street	d				0842	0852
Cheltenham Spa	a				0950	0950
Bristol Parkway	a				1023	1023
Bristol Temple Meads	a	0825d		0944d	1035	1035
Newport(South Wales)	a	-		-	-	-
Cardiff Central	a	-		-	-	-
Weston-super-Mare	a	-		-	1138e	1138e
Taunton	a	0856		1019	1119	1119
Tiverton Parkway	a	0909		1032	1133	1133
Exeter St Davids	a	0924		1047	1148	1148
Dawlish	a	0937		-	1306j	1306j
Teignmouth	a	0943		-	1311j	1311j
Newton Abbot	a	0950		1107	1208	1208
Torquay	a	1006		-	1241h	1241h
Paignton	a	1019		-	1248h	1248h
Totnes	a			1120	1223	1223
Plymouth	a		0905d	0905d	1153	1255
Liskeard	a		0929	0931		1317
Bodmin Parkway	a		0941	0943		1329
Par	a		-	0953		1339
Newquay	a		1115	-		1530b
St Austell	a			1000		1346
Truro	a			1017		1403
Redruth	a			1028		1415
Camborne	a			1035		1422
St Erth	a			1045		1432
Penzance	a			1100		1443

Please note : All direct CrossCountry services are **highlighted** and in **bold**.

For help: see 'Using Your Timetable' on page 8

	E1	E2	DF	D2	D2	E2	E1	D1
Aberdeen								
Dundee								
Inverkeithing								
Glasgow Ctl								
Motherwell								
Haymarket								
Edinburgh								
Berwick								
Alnmouth								
Morpeth								
Newcastle							0800x	0800x
Durham							0812x	0812x
Darlington							0830x	0836x
York					0712p		0900x	0900x
Leeds		0745	0809	0810	0830	0830	0900	0900
Wakefield		0800	0822	0822	0843	0843	0912	0913
Doncaster		-	0803t	0803t	0902	0901	0932	0932
Sheffield		0831	0854	0854	0928	0929	0958	0957
Chesterfield		0846	0908	0908	0941	0943	1011	1009
Derby		0908	0930	0930	1003	1005	1033	1033
Burton		-	-	-	-	1016	-	-
Tamworth		0927	0950	0953	-	-	-	-
Manchester P		-	0827y	0827y	-	0827y	0927y	0927y
Stockport		-	0836y	0836y	-	0836y	0936y	0936y
Macclesfield		-	-	-	-	-	0949y	-
Stoke		-	-	-	-	-	1007y	-
Stafford		-	0928y	0925y	-	0928y	1025y	1025y
Wolverhampton	0822y	0905y	0941y	0941y	1005y	1005y	1041y	1041y
Bham New St	-	0947	1010	1013	1041	1043	1111	1112
Bham New St	0912	0952	1012	1016	1045	1046	1112	1112
Cheltenham	0949	1051	1051	1118	1150	1150	1151	1150
Bristol Pkwy	1023	1124	1124	1152	1223	1223	1224	1226
Bristol TM	1035	1137	1137	1207	1236	1236	1237	1239
Newport	-	1228q	1204q	1237ca	1304q	1322q	1304q	1304q
Cardiff Ctl	-	1249q	1225q	1254ca	1325q	1344q	1325q	1325q
Weston-s-M	1138e	1234e	1234e	1250e	1350e	1332e	1332e	1332e
Taunton	1119	1216	1216	1251	1316	1316	1316	1316
Tiverton Pkwy	1133	1230	1230	1305	1328	1330	1330	1329
Exeter St D	1148	1247	1247	1322	1346	1347	1347	1347
Dawlish	1306j	1313j	1313j	-	1414j	1426j	1414j	1414j
Teignmouth	1311j	1318j	1318j	-	1419j	1432j	1419j	1419j
Newton A	1208	1308	1308	1343	1407	1408	1408	1408
Torquay	1241h	1330h	1330h	-	1440h	1440h	1440h	1440h
Paignton	1248h	1338h	1338h	-	1447h	1447h	1447h	1447h
Totnes	1223	1322	1322	1357	1421	1422	1422	1422
Plymouth	1255	1356	1356	1431	1455	1456	1456	1453
Liskeard	1317	1442b	1442b	1525b	1554b	1602b	1602b	1525b
Bodmin Pkwy	1329	1455b	1455b	1537b	1607b	1614b	1614b	1537b
Par	1339	-	-	1549b	1617b	1626b	1626b	1549b
Newquay	-	-	-	-	-	-	-	-
St Austell	1346	1510b	1510b	1557b	1625b	1634b	1634b	1557b
Truro	1403	1528b	1528b	1613b	1643b	1650b	1650b	1613b
Redruth	1415	1540b	1540b	1628b	1655b	1705b	1705b	1628b
Camborne	1422	1547b	1547b	1634b	1703b	1711b	1711b	1634b
St Erth	1432	1558b	1558b	1645b	1715b	1722b	1722b	1645b
Penzance	1443	1611b	1611b	1700b	1733b	1735b	1735b	1700b

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Scotland, the North East & Manchester to the South West

Sundays

Notes: see pages 48 and 49

Features		DG	DG	DF	DG	D2	E2
Period of operation and Notes							
Aberdeen	d						
Dundee	d						
Inverkeithing	d						
Glasgow Central	d						
Motherwell	d						
Haymarket	d						
Edinburgh	d						
Berwick-upon-Tweed	d						
Alnmouth	d						
Morpeth	d						
Newcastle	d		0806k	0806k		0925	0925
Durham	d		0818k	0818k		0938	0938
Darlington	d		0835k	0835k		0955	0955
York	d		0928	0928		1028	1028
Leeds	d		1000	1000		1100	1100
Wakefield Westgate	d		1012	1012		1112	1112
Doncaster	d		1031	1031		1130	1130
Sheffield	d		1057	1057		1157	1157
Chesterfield	d		1109	1109		1209	1209
Derby	d		1130	1130		1230	1230
Burton-on-Trent	d		1141	1141		-	-
Tamworth	d		-	-		1249	1248
Manchester Piccadilly	d		-	1027y	1024y	-	-
Stockport	d		-	1036y	1034y	-	-
Macclesfield	d		-	1049y	1047y	-	-
Stoke-on-Trent	d		-	1107y	1107y	-	-
Stafford	d	1042y	-	1125y	1125y	-	-
Wolverhampton	d	1105y	-	1139y	1141y	-	-
Birmingham New Street	a	-	1207	1207	-	1307	1308
Birmingham New Street	d	1145		1212	1242		
Cheltenham Spa	a	1250		1250	1353		
Bristol Parkway	a	1323		1323	1426		
Bristol Temple Meads	a	1335		1335	1438		
Newport(South Wales)	a	1404q		1404q	1525q		
Cardiff Central	a	1425q		1425q	1545q		
Weston-super-Mare	a	1437e		1437e	1548e		
Taunton	a	1415		1415	1515		
Tiverton Parkway	a	1428		1428	1528		
Exeter St Davids	a	1443		1444	1543		
Dawlish	a	1543j		1543j	1619j		
Teignmouth	a	1531j		1548j	1624j		
Newton Abbot	a	1503		1503	1603		
Torquay	a	1526h		1526h	1710h		
Paignton	a	1534h		1534h	1717h		
Totnes	a	1516		1516	1616		
Plymouth	a	1548		1549	1648		
Liskeard	a	1657b		1657b	1805b		
Bodmin Parkway	a	1709b		1709b	1817b		
Par	a	1721b		1721b	1830b		
Newquay	a	-		-	-		
St Austell	a	1728b		1728b	1837b		
Truro	a	1747b		1747b	1854b		
Redruth	a	1759b		1759b	1908b		
Camborne	a	1806b		1806b	1914b		
St Erth	a	1817b		1817b	1925b		
Penzance	a	1835b		1835b	1938b		

Please note : All direct CrossCountry services are **highlighted** and in **bold**.

For help: see 'Using Your Timetable' on page 8

	DF	E1	E2	E2	D1	DE	D2	D1,DB
Aberdeen								
Dundee								
Inverkeithing								
Glasgow Ctl								
Motherwell								
Haymarket								
Edinburgh				0850	0850	0850		
Berwick				0933	0933	0933		
Alnmouth				-	-	-		
Morpeth				-	-	-		
Newcastle	0925			1025	1025	1025		
Durham	0938			1038	1037	1038		
Darlington	0955			1055	1054	1055		
York	1028			1128	1128	1128		
Leeds	1100			1200	1200	1200		
Wakefield	1112			1212	1212	1212		
Doncaster	1130			1231	1231	1231		
Sheffield	1157			1257	1257	1257		
Chesterfield	1209			1310	1309	1310		
Derby	1230	<i>1236y</i>	<i>1236y</i>	1332	1330	1332	<i>1336y</i>	<i>1335y</i>
Burton	<i>1148y</i>	<i>1248y</i>	<i>1248y</i>	1343	1341	1343	<i>1348y</i>	<i>1348y</i>
Tamworth	1249	<i>1300y</i>	<i>1300y</i>	-	<i>1300y</i>	-	<i>1400y</i>	<i>1400y</i>
Manchester P	<i>1127y</i>	-	-	-	<i>1226y</i>	<i>1226y</i>	1307	1307
Stockport	<i>1136y</i>	-	-	-	<i>1236y</i>	<i>1236y</i>	<i>1244ab</i>	-
Macclesfield	<i>1149y</i>	-	-	-	-	<i>1249y</i>	<i>1257ab</i>	-
Stoke	<i>1207y</i>	-	-	-	-	<i>1307y</i>	1343	-
Stafford	<i>1226y</i>	<i>1242y</i>	<i>1242y</i>	-	<i>1325y</i>	<i>1325y</i>	<i>1343y</i>	<i>1343y</i>
Wolverhampton	<i>1241y</i>	<i>1309y</i>	<i>1309y</i>	-	<i>1341y</i>	<i>1341y</i>	1415	1415
Bham New St	1307	-	-	1411	1410	1410	1431	1431
Bham New St	1312	1342	1342		1412	1412	1442	1442
Cheltenham	1350	1423	1443		1450	1452	1524	1524
Bristol Pkwy	1423	1456	1523		1525	1525	1600	1600
Bristol TM	1435	1514	1536		1538	1538	1613	1613
Newport	<i>1525q</i>	<i>1534ca</i>	-		<i>1604q</i>	<i>1604q</i>	<i>1639ca</i>	<i>1639ca</i>
Cardiff Ctl	<i>1545q</i>	<i>1551ca</i>	-		<i>1625q</i>	<i>1625q</i>	<i>1656ca</i>	<i>1656ca</i>
Weston-s-M	<i>1548e</i>		<i>1626e</i>		<i>1626e</i>	<i>1626e</i>	<i>1657e</i>	<i>1657e</i>
Taunton	1515		1616		1616	1616	1645	1645
Tiverton Pkwy	1528		1630		1628	1630	1657	1657
Exeter St D	1544		1647		1647	1647	1713	1713
Dawlish	<i>1619j</i>		<i>1709j</i>		<i>1709j</i>	<i>1709j</i>	1725	1725
Teignmouth	<i>1624j</i>		<i>1714j</i>		<i>1714j</i>	<i>1714j</i>	1730	1730
Newton A	1603		1708		1708	1708	1737	1737
Torquay	<i>1710h</i>		<i>1735h</i>		<i>1735h</i>	<i>1735h</i>	1749	1749
Paignton	<i>1717h</i>		<i>1743h</i>		<i>1743h</i>	<i>1743h</i>	1802	1802
Totnes	1616		1722		1722	1722	<i>1756j</i>	<i>1756j</i>
Plymouth	1649		1756		1756	1756	<i>1824j</i>	<i>1824j</i>
Liskeard	<i>1805b</i>		<i>1847b</i>		<i>1849b</i>	<i>1847b</i>	<i>1849j</i>	<i>1849j</i>
Bodmin Pkwy	<i>1817b</i>		<i>1900b</i>		<i>1902b</i>	<i>1900b</i>	<i>1902j</i>	<i>1902j</i>
Par	<i>1830b</i>		<i>1911b</i>		<i>1913b</i>	<i>1911b</i>	<i>1913j</i>	<i>1913j</i>
Newquay	-		-		-	-	-	-
St Austell	<i>1837b</i>		<i>1918b</i>		<i>1920b</i>	<i>1918b</i>	<i>1920j</i>	<i>1920j</i>
Truro	<i>1854b</i>		<i>1936b</i>		<i>1938b</i>	<i>1936b</i>	<i>1938j</i>	<i>1938j</i>
Redruth	<i>1908b</i>		<i>1948b</i>		<i>1951b</i>	<i>1948b</i>	<i>1951j</i>	<i>1951j</i>
Camborne	<i>1914b</i>		<i>1956b</i>		<i>1958b</i>	<i>1956b</i>	<i>1958j</i>	<i>1958j</i>
St Erth	<i>1925b</i>		<i>2007b</i>		<i>2009b</i>	<i>2007b</i>	<i>2009j</i>	<i>2009j</i>
Penzance	<i>1938b</i>		<i>2021b</i>		<i>2023b</i>	<i>2021b</i>	<i>2023j</i>	<i>2023j</i>

These times may vary at weekends to allow track improvement work to take place. Please check with National Rail Enquiries before travelling by visiting nationalrail.co.uk or calling on 08457 48 49 50 (calls may be recorded)

Scotland, the North East & Manchester to the South West

Sundays

Notes: see pages 48 and 49

Features						
Period of operation and Notes	E2	E1	CC	CC	E2	CC
Aberdeen	d					
Dundee	d		0725ag			
Inverkeithing	d		0830ag			
Glasgow Central	d		-			
Motherwell	d		-			
Haymarket	d		0853ag			1014ag
Edinburgh	d		0950		0950y	1050
Berwick-upon-Tweed	d		0939aj		-	1133
Alnmouth	d		1047		1047y	-
Morpeth	d		1102		1102y	-
Newcastle	d		1125		1125y	1225
Durham	d		1137		1137y	1237
Darlington	d		1154		1154y	1254
York	d		1228		1228y	1328
Leeds	d		1300		1300y	1400
Wakefield Westgate	d		1312		1312y	1412
Doncaster	d		1330		1330y	1342t
Sheffield	d		1357		1357y	1450
Chesterfield	d		1409		1409y	1502
Derby	d	1336y	1336y	1430	1435y	1435y
Burton-on-Trent	d	1349y	1348y	-	1448y	-
Tamworth	d	1401y	1400y	1448	1500y	1448y
Manchester Piccadilly	d	1307	1307	1327y	1407	1407
Stockport	d	1244ab	-	1336y	1342ab	1342ab
Macclesfield	d	1257ab	-	1349y	1355ab	1355ab
Stoke-on-Trent	d	1343	1343	1407y	1443	1443
Stafford	d	1343y	1343y	1425y	1443y	1443y
Wolverhampton	d	1415	1415	1441y	1515	1515
Birmingham New Street	a	1431	1431	1507	1531	1531
Birmingham New Street	d	1442	1443	1512	1542	1542
Cheltenham Spa	a	1550	1524	1550	1624	1650
Bristol Parkway	a	1623	1600	1623	1657	1723
Bristol Temple Meads	a	1635	1614	1635	1713	1736
Newport(South Wales)	a	1728q	1639ca	1704q	1739ca	1839ca
Cardiff Central	a	1749q	1656ca	1725q	1756ca	1857ca
Weston-super-Mare	a	1736e	1657e	1736e	1801e	1834e
Taunton	a	1715	1645	1715		1819
Tiverton Parkway	a	1728	1657	1728		1832
Exeter St Davids	a	1744	1713	1744		1848
Dawlish	a	1810j	1725	1810j		-
Teignmouth	a	1815j	1730	1815j		-
Newton Abbot	a	1803	1737	1803		1907
Torquay	a	1835h	1749	1835h		1937h
Paignton	a	1842h	1802	1842h		1944h
Totnes	a	1816	1754j	1816		1920
Plymouth	a	1844	1822j	1848		1953
Liskeard	a	1917	1847j	1917		2047b
Bodmin Parkway	a	1929	1900j	1929		20509b
Par	a	1939	1911j	1939		2110b
Newquay	a	-	-	-		-
St Austell	a	1946	1918j	1946		2118b
Truro	a	2007	1936j	2007		2136b
Redruth	a	2018	1948j	2018		2148b
Camborne	a	2025	1956j	2025		2156b
St Erth	a	2036	2007j	2036		2207b
Penzance	a	2052	2021j	2052		2221b

Please note : All direct CrossCountry services are **highlighted** and in **bold**.

For help: see 'Using Your Timetable' on page 8

	CC	E2	CC	CC	E2	CC	CC	E2
Aberdeen						<i>0948ag</i>		
Dundee						<i>1102ag</i>		
Inverkeithing						<i>1156ag</i>		
Glasgow Ctl						1137		
Motherwell						1156		
Haymarket						1238		
Edinburgh			1150			1250	<i>1333y</i>	<i>1333y</i>
Berwick			-			1333	<i>1418y</i>	<i>1418y</i>
Alnmouth			1247			<i>1329aj</i>	<i>1438y</i>	<i>1438y</i>
Morpeth			<i>1240aj</i>			-	-	-
Newcastle	<i>1315y</i>	<i>1315y</i>	1328	<i>1418y</i>	<i>1418y</i>	1425	<i>1518y</i>	<i>1518y</i>
Durham	<i>1330y</i>	<i>1330y</i>	1340	<i>1430y</i>	<i>1430y</i>	1437	<i>1530y</i>	<i>1530y</i>
Darlington	<i>1347y</i>	<i>1347y</i>	1357	<i>1447y</i>	<i>1447y</i>	1454	<i>1547y</i>	<i>1547y</i>
York	<i>1419y</i>	<i>1419y</i>	1428	<i>1520y</i>	<i>1520y</i>	1528	<i>1620y</i>	<i>1620y</i>
Leeds	-	-	1500	-	-	1600	-	-
Wakefield	-	-	1512	-	-	1612	-	-
Doncaster	<i>1450y</i>	<i>1450y</i>	<i>1450t</i>	<i>1550y</i>	<i>1550y</i>	<i>1542t</i>	<i>1650y</i>	<i>1650y</i>
Sheffield	<i>1520y</i>	<i>1520y</i>	1550	<i>1620y</i>	<i>1620y</i>	1650	<i>1720y</i>	<i>1720y</i>
Chesterfield	-	-	1603	-	-	1702	-	-
Derby	<i>1551y</i>	<i>1551y</i>	1625	<i>1651y</i>	<i>1651y</i>	1723	<i>1751y</i>	<i>1751y</i>
Burton	<i>1548y</i>	<i>1548y</i>	-	<i>1648y</i>	<i>1647y</i>	1735	<i>1748y</i>	<i>1748y</i>
Tamworth	<i>1600y</i>	<i>1600y</i>	1643	<i>1700y</i>	<i>1659y</i>	-	<i>1800y</i>	<i>1800y</i>
Manchester P	1507	1507	<i>1527y</i>	1607	1607	<i>1627y</i>	1707	1707
Stockport	<i>1442ab</i>	<i>1442ab</i>	<i>1536y</i>	<i>1542ab</i>	<i>1542ab</i>	<i>1636y</i>	<i>1642ab</i>	<i>1642ab</i>
Macclesfield	<i>1455ab</i>	<i>1455ab</i>	<i>1549y</i>	<i>1555ab</i>	<i>1555ab</i>	<i>1649y</i>	<i>1655ab</i>	<i>1655ab</i>
Stoke	1543	1543	<i>1607y</i>	1643	1643	<i>1707y</i>	1743	1743
Stafford	<i>1543y</i>	<i>1543y</i>	<i>1625y</i>	<i>1643y</i>	<i>1643y</i>	<i>1725y</i>	<i>1743y</i>	<i>1743y</i>
Wolverhampton	1615	1615	<i>1641y</i>	1715	1715	<i>1741y</i>	1815	1815
Bham New St	1631	1631	1702	1731	1731	1800	1831	1831
Bham New St	1642	1642	1712	1742	1742	1812	1842	1842
Cheltenham	1724	1750	1750	1824	1850	1850	1924	1950
Bristol Pkwy	1802	1823	1823	1908	1923	1923	2000	2023
Bristol TM	1814	1835	1837	1925	1935	1935	2014	2035
Newport	<i>1841ca</i>	<i>1925q</i>	<i>1904q</i>		<i>2034ca</i>	<i>2009q</i>	<i>2039ca</i>	<i>2125q</i>
Cardiff Ctl	<i>1858ca</i>	<i>1946q</i>	<i>1925q</i>		<i>2051ca</i>	<i>2030q</i>	<i>2056ca</i>	<i>2143q</i>
Weston-s-M		<i>1937e</i>	<i>1937e</i>		<i>2053e</i>	-	2036	<i>2127e</i>
Taunton		1915	1915		2018	2016	2058	2115
Tiverton Pkwy		1930	1930		2031	2028	2111	2128
Exeter St D		1948	1948		2046	2047	2126	2143
Dawlish		<i>2024j</i>	<i>2024j</i>		<i>2108j</i>	<i>2108j</i>	2142	<i>2210j</i>
Teignmouth		<i>2029j</i>	<i>2029j</i>		<i>2113j</i>	<i>2113j</i>	2147	<i>2215j</i>
Newton A		2007	2007		2106	2106	2154	2203
Torquay		<i>2049h</i>	<i>2049h</i>		<i>2131h</i>	<i>2131h</i>	2206	<i>2235h</i>
Paignton		<i>2056h</i>	<i>2056h</i>		<i>2139h</i>	<i>2139h</i>	2219	<i>2242h</i>
Totnes		2020	2020		2119	2119		2216
Plymouth		2048	2048		2151	2152		2248
Liskeard		2112	2112					
Bodmin Pkwy		2124	2124					
Par		2134	2134					
Newquay		-	-					
St Austell		2141	2141					
Truro		2158	2158					
Redruth		2209	2209					
Camborne		2219	2219					
St Erth		2230	2230					
Penzance		2246	2246					

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Scotland, the North East & Manchester to the South West

Sundays

Notes: see pages 48 and 49

Features	Period of operation and Notes	CC,CR	CC	E2	CC	CC	E2
Aberdeen	d	1112		1112y	1147ag		
Dundee	d	1225		1225y	1301ag		
Inverkeithing	d	1318		1318y	1355ag		
Glasgow Central	d	-		-	1345		
Motherwell	d	-		-	1401		
Haymarket	d	1337		1337y	1443		
Edinburgh	d	1350		1350y	1450		
Berwick-upon-Tweed	d	-		-	1533		
Alnmouth	d	1447		1447y	-		
Morpeth	d	-		-	-		
Newcastle	d	1525	1618y	1618y	1625	1718y	1718y
Durham	d	1537	1630y	1630y	1637	1733y	1733y
Darlington	d	1554	1647y	1647y	1654	1750y	1750y
York	d	1628	1720y	1720y	1728	1820y	1820y
Leeds	d	1700	-	1700y	1800	-	-
Wakefield Westgate	d	1712	-	1712y	1812	-	-
Doncaster	d	-	1750y	1750y	-	1850y	1850y
Sheffield	d	1750	1820y	1820y	1850	1920y	1920y
Chesterfield	d	1802	-	1802y	1902	-	-
Derby	d	1823	1851y	1851y	1923	1951y	1951y
Burton-on-Trent	d	-	1848y	1848y	1935	1948y	1948y
Tamworth	d	1843	1900y	1901y	-	2000y	2000y
Manchester Piccadilly	d	1727y	1807	1807	1827y	1907	1907
Stockport	d	1736y	1742ab	1742ab	1836y	1842ab	1842ab
Macclesfield	d	1749y	1755ab	1755ab	1849y	1855ab	1855ab
Stoke-on-Trent	d	1807y	1843	1843	1907y	1943	1943
Stafford	d	1825y	1843y	1843y	1925y	1943y	1943y
Wolverhampton	d	1841y	1915	1915	1941y	2015	2015
Birmingham New Street	a	1902	1931	1931	2000	2031	2031
Birmingham New Street	d	1912	1942	1942	2012	2042	2042
Cheltenham Spa	a	1950	2024	2041	2050	2124	2150
Bristol Parkway	a	2023	2057	2123	2123	2159	2223
Bristol Temple Meads	a	2035	2114	2136	2135	2215	2240
Newport(South Wales)	a	2104q	2144ca	2240ca	2233e	2246ca	2346ca
Cardiff Central	a	2125q	2204ca	2301ca	2258e	2307ca	0006ca
Weston-super-Mare	a	2127e		2303e	2303e	2303e	2332e
Taunton	a	2115		2215	2215		
Tiverton Parkway	a	2128		2228	2228		
Exeter St Davids	a	2144		2244	2244		
Dawlish	a	-		-	-		
Teignmouth	a	-		-	-		
Newton Abbot	a	2203		2304	2304		
Torquay	a	2235h		-	-		
Paignton	a	2242h		-	-		
Totnes	a	2216		2320	2320		
Plymouth	a	2248		2354	2354		
Liskeard	a						
Bodmin Parkway	a						
Par	a						
Newquay	a						
St Austell	a						
Truro	a						
Redruth	a						
Camborne	a						
St Erth	a						
Penzance	a						

Please note : All direct CrossCountry services are **highlighted** and in **bold**.

For help: see 'Using Your Timetable' on page 8

	CC	E2	E	D2	D1	Ⓢ	Ⓢ	CC
Aberdeen			1350aj	1350aj	1350aj			
Dundee	1325ag	1325ag	1504aj	1504aj	1504aj			
Inverkeithing	1430ag	1430ag	1558aj	1558aj	1558aj			
Glasgow Ctl	-	-	-	-	-			1450ag
Motherwell	-	-	-	-	-			1505ag
Haymarket	1438ag	1438ag	1620aj	1620aj	1620aj			1623ag
Edinburgh	1550	1550	1630aj	1630aj	1630aj			1650
Berwick	1609aj	1609aj	1709aj	1709aj	1709aj			1733
Alnmouth	1647	1647	1732aj	1732aj	1732aj			-
Morpeth	1702	1702	-	-	-			-
Newcastle	1725	1725	1818	1818	1818			1825
Durham	1737	1737	1833	1833	1833			1840
Darlington	1755	1755	1850	1850	1850			1857
York	1828	1828	1920	1920	1920			1928
Leeds	1900	1900	-	-	-			2000
Wakefield	1912	1912	-	-	-			2012
Doncaster	-	-	1950	1950	1950			-
Sheffield	1950	1950	2020	2020	2020			2050
Chesterfield	2002	2002	-	-	-			2103
Derby	2023	2023	2051	2051	2100	2035y		2123
Burton	-	-	-	-	-	2048y	2048y	2134
Tamworth	2043	2043	-	-	-	2100y	2100y	2144
Manchester P	1927y	-	-	-	-	2007	2007	-
Stockport	1935y	-	-	-	-	2016	2016	-
Macclesfield	1948y	-	-	-	-	2029	2029	-
Stoke	2007y	-	-	-	-	2047	2047	-
Stafford	2025y	-	-	-	-	2108	2109	2116y
Wolverhampton	2041y	-	-	-	-	2122	2122	2135y
Bham New St	2101	2101	2124	2129	2137	2139	2139	2203
Bham New St	2112					2142	2144	2212
Cheltenham	2151					2224	2250	2251
Bristol Pkwy	2224					2257	2323	2324
Bristol TM	2241					2314	2340	2341
Newport	2346e					2346ca		
Cardiff Ctl	0006e					0006ca		
Weston-s-M	2332e							
Taunton								
Tiverton Pkwy								
Exeter St D								
Dawlish								
Teignmouth								
Newton A								
Torquay								
Paignton								
Totnes								
Plymouth								
Liskeard								
Bodmin Pkwy								
Par								
Newquay								
St Austell								
Truro								
Redruth								
Camborne								
St Erth								
Penzance								

These times may vary at weekends to allow track improvement work to take place. Please check with National Rail Enquiries before travelling by visiting nationalrail.co.uk or calling on 08457 48 49 50 (calls may be recorded)

Notes

Additional services are provided by other train companies, contact National Rail Enquiries for full service information.

- a Arrival time
- ab Change at Stoke-on-trent
- ag Change at Edinburgh
- ai Change at Dundee
- aj Change at Newcastle
- b Change at Plymouth
- ba Until 5 September. Change at Par
- bf Until 5 September. Change at Plymouth
- bi Until 5 September change at Newton Abbot
- ca Change at Bristol Parkway
- ce Change at Tamworth
- d Departure time
- e Change at Bristol Temple Meads
- f Change at Wolverhampton
- g Change at Stafford for rail replacement road transport
- ga Change at Wilmslow for rail replacement road transport
- h Change at Newton Abbot
- j Change at Exeter St Davids
- k Change at York
- n Change at Taunton
- p Change at Leeds
- q Change at Cheltenham Spa
- r Change at Par
- s Stops to set down only
- t Change at Sheffield
- v Change at Darlington
- x Change at Doncaster
- y Change at Birmingham New Street
- yb From 19 July. Change at Birmingham New Street
- z Change at Wolverhampton

Period of operations and notes

- BB Until 6 September
- CA Also calls at Hayle 0952 and Lostwithiel 1050
- CB Also calls at Hayle 2220 and Lostwithiel 2319
- CC Until 1 November
- CD Also calls at Lostwithiel 0634 and Hayle 0739
- CE Also calls at Lostwithiel 0708 and Hayle 0804
- CF Also calls at Lostwithiel 2130 and Hayle 2230
- CG Also calls at Hayle 0641 and Lostwithiel 0739
- CH Also calls at Stonehaven 0838, Montrose 0859, Arbroath 0915, Leuchars 0947, Cupar 0954, Ladybank 1001, Markinch 1009, Kirkcaldy 1017, Lostwithiel 2028 and Hayle 2125
- CI Also calls at Kirkcaldy 1858, Markinch 1908, Ladybank 1915, Cupar 1922, Leuchars 1929, Arbroath 2001, Montrose 2015 and Stonehaven 2035

- CJ Also calls at Kirkcaldy 2049, Markinch 2059, Ladybank 2107, Cupar 2114 and Leuchars 2121
- CK Also calls at Stonehaven 0838, Montrose 0859, Arbroath 0915, Leuchars 0947, Cupar 0954, Ladybank 1001, Markinch 1009 and Kirkcaldy 1017
- CL Also calls at Leuchars 0646, Cupar 0654, Ladybank 0703, Markinch 0711 and Kirkcaldy 0721
- CM Also call at Leuchars 0748, Cupar 0755, Ladybank 0803, Markinch 0811 and Kirkcaldy 0820
- CN Also calls at Kirkcaldy 1840, Markinch 1850, Ladybank 1857, Cupar 1904, Leuchars 1911, Arbroath 1941, Montrose 2001 and Stonehaven 2022
- CP Also calls at Kirkcaldy 2049, Markinch 2059, Ladybank 2107, Cupar 2114 and Leuchars 2121
- CQ Also calls at Kirkcaldy 1843, Markinch 1852, Cupar 1906, Leuchars 1913, Arbroath 1945, Montrose 1959 and Stonehaven 2022
- CR Also calls at Stonehaven 1129, Montrose 1150, Arbroath 1206, Leuchars 1238, Cupar 1245, Kirkcaldy 1303
- CS Also calls at Lostwithiel 0710
- CT Also calls at Crewe 0638
- CV Also calls at Filton Abbey Wood 2022, Patchway 2025 and Severn Tunnel Junction 2036
- CW Also calls at Wilmslow 2139
- CX Also calls at Wilmslow 2219
- CY Also calls at Lostwithiel 0708 and Hayle 0804
- CZ Also calls at Filton Abbey Wood 2028, Patchway 2032 and Severn Tunnel Junction 2044
- D Until 4 September
- D1 Until 12 July
- D2 From 19 July to 6 September
- DA From 7 September
- DB Also calls at Wilmslow 1322
- DE From 19 July to 1 November
- DF Until 12 July and from 13 September to 1 November
- DG From 19 July to September & from 8 November
- E From 13 September
- E1 From 13 September to 1 November
- E2 From 8 November
- FO Fridays only
- FX Fridays excepted
- J Until 5 September
- K From 12 September
- L Until 11 July
- MO Mondays only
- MTO Operates on Mondays and Tuesday only
- MTX Does not operate on Mondays or Tuesdays
- MX Mondays excepted
- N 18 July to 5 September
- R Seat Reservations Recommended



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Important information and contacts



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National Rail Enquiries

For information on train times, fares and details of changes to train times due to track improvement work throughout the UK.

Telephone **08457 48 49 50**
(24 hours, calls may be recorded)

Website nationalrail.co.uk

TrainTracker™ **0871 200 49 50**



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Telephone **0870 010 0084**

Email

lost.property@crosscountrytrains.co.uk



Feedback

We always welcome your feedback. If you have any comments, complaints or suggestions regarding your journey with CrossCountry, please contact us:

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CrossCountry
Cannon House
18 The Priory Queensway
Birmingham
B4 6BS**

Telephone **0870 010 0084**

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This timetable is correct at the date of publication but changes may occur.

Route 4 – 17 May to 12 December 2009 XC9008

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