



one

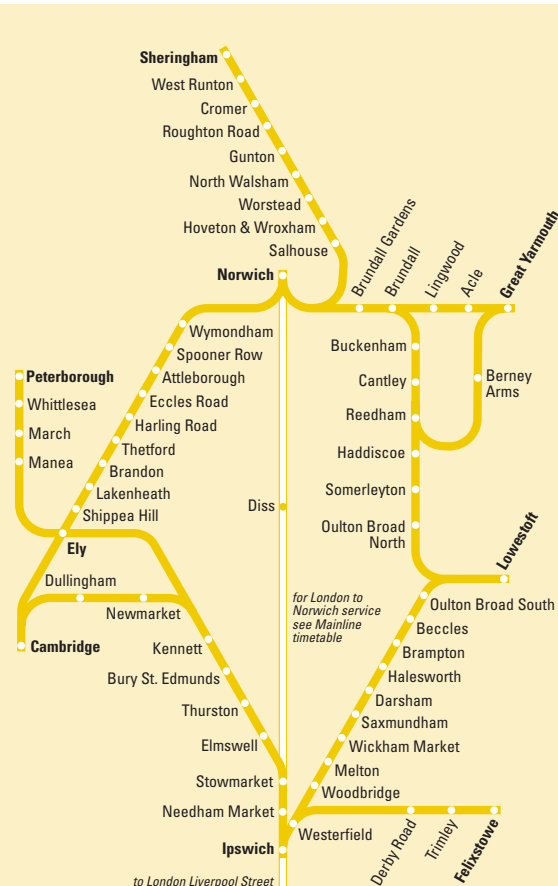


train timetable

Cambridge to Ipswich
 Cambridge to Norwich
 Ipswich to Felixstowe
 Ipswich to Lowestoft
 Ipswich to Peterborough
 Norwich to Great Yarmouth
 Norwich to Lowestoft
 Norwich to Sheringham

12 June
 to
 10 December 2005

one



one number
 0845 600 7245
 one online
 www.onerailway.com

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'one' network map	Back Cover






ticket office opening hours

Station	Mon-Fri	Sat	Sun	Car park
Saxmundham	Unstaffed	Unstaffed	Unstaffed	P
Sheringham	Unstaffed	Unstaffed	Unstaffed	P
Shippea Hill	Unstaffed	Unstaffed	Unstaffed	P
Somerleyton	Unstaffed	Unstaffed	Unstaffed	P
Spooner Row	Unstaffed	Unstaffed	Unstaffed	
Stowmarket	0615 – 1930	0720 – 1630	0915 – 1235 1305 – 1445 1515 – 1830	P
Thetford	0700 – 1330	0700 – 1330	Unstaffed	P
Thurston	Unstaffed	Unstaffed	Unstaffed	P
Trimley	Unstaffed	Unstaffed	Unstaffed	P
West Runton	Unstaffed	Unstaffed	Unstaffed	
Westerfield	Unstaffed	Unstaffed	Unstaffed	
Whittlesea	Unstaffed	Unstaffed	Unstaffed	P
Wickham Market	Unstaffed	Unstaffed	Unstaffed	P
Woodbridge	Unstaffed	Unstaffed	Unstaffed	P
Worstead	Unstaffed	Unstaffed	Unstaffed	P
Wymondham	Unstaffed	Unstaffed	Unstaffed	P

All 'one' Ticket Offices display details of opening hours. Alternatively, you can ring the 'one' Customer Services helpline on **08456 00 72 45** for further information.

Times correct at time of print

timetable key

A	Service operates until 17 September
B	Service operates from 24 September
C	Service operates until 18 September
D	Service operates from 25 September
E	Service operates until 16 September
F	Service operates from 19 September
a	Arrival time
d	Departure time
n	Change at Ipswich
s	Stops to set down only
u	Stops to pick up only
x	Request stop
CT	Central Trains service
SX	Mondays to Fridays
SO	Saturdays only
}	Train does <i>not</i> run during the full period of this timetable
1	First Class accommodation available
	Connections by Ferry Services
	Interchange with London Underground
	Seat reservations recommended
	Trolley service
	Buffet service
◇	Seat reservations available

Times in *italics* are connecting train services with one change of train; other connections may be available with further changes.

The timetables are striped to help you read them.

There is no meaning to the stripes.

welcome

I am pleased to be able to update you on the improvements that we are making to your local train service, including some important adjustments to the timetable, in response to your feedback.

With the start of this timetable from 12 June, we are introducing a number of extra station stops on the Norwich to Sheringham line, bringing in changes to the timing of some of the Lowestoft to Norwich morning peak trains and providing an additional stop at Brandon on the 06.33 Norwich to Cambridge service.

Again, responding to your comments we have looked closely at the Ipswich to Cambridge timetable and added in extra stops at Needham Market, Elmswell and Thurston, to provide an hourly frequency of service at these stations.

We're also upgrading the quality of many of the local trains with the full introduction this summer of a fleet of Class 156 two-carriage diesel trains, replacing the Class 150 variety. The 156s are more reliable and comfortable, offering two-by-two spaced seating with a selection of tables. We are also taking forward plans to upgrade the interior of these trains over the next 12 months.

This autumn, users of Norwich station will see platform surfaces renewed and canopies refurbished as part of a major investment in the station by Network Rail. The work is being carried out in conjunction with planned engineering works on routes from Norwich in order to minimise any inconvenience to passengers. We're also planning to improve the transport links between trains and buses at Norwich following the introduction of a new interchange facility on the Thorpe Road side of the station.

Thank you for choosing to travel with '**one**', your continued custom is appreciated.

Clive Morris
Business Director - '**one**' Rural services

train services included

Ipswich to Cambridge and Peterborough

This table shows all services between Ipswich and Cambridge/Peterborough and includes through services to London.

Norwich to Cambridge and Peterborough

This table shows all services between Norwich and Cambridge/Peterborough

Ipswich to Felixstowe and Lowestoft

This table shows all services between Ipswich and Felixstowe and Ipswich and Lowestoft, and includes through services to and from London.

Norwich to Great Yarmouth and Lowestoft

This table shows all services between Norwich and Great Yarmouth/Lowestoft.

Norwich to Cromer and Sheringham

This table shows all services between Norwich, Cromer and Sheringham

bus and rail links

'one' is working closely with local bus operators to develop improved road/rail connections and through ticketing opportunities throughout the area.

through bus and rail links

PlusBus

Travel by bus into town to or from any of the stations listed below for an additional £1 per location. You must be in possession of a valid ticket before you board the bus. Check out www.plusbus.info for more details.

Bury St Edmunds	Great Yarmouth	Ipswich
Lowestoft	Norwich	

free bus travel with cheap day returns and Anglia Plus passes

Buy a Cheap Day Return to Norwich*, Ipswich, Lowestoft, Bury St Edmunds or Great Yarmouth, and your train ticket now includes FREE bus travel between the station and the city or town centre, apart from Norwich where you can travel anywhere within the **CentreRider** ticket boundary.

* Excludes stations between Brandon and Norwich.

Community rail partnerships exist on the Norwich – Sheringham, Norwich-Great Yarmouth/Lowestoft and Ipswich – Lowestoft routes. These organisations provide line guides giving additional information about attractions and events along their routes. These publications are generally available at staffed stations and tourist information centres.

service alterations

We do try to minimise disruption to your journey, but it is inevitable that some occasional delays will occur. When this happens, we aim to give advance notice to as many people as possible. When disruption is severe we will do our utmost to arrange smooth running, alternative transport. Information is available on the 'one' website www.onerailway.com including real time live updates.

planned engineering work

To help plan your journey in advance please visit the 'one' website for details of all planned engineering work and service alterations: www.onerailway.com

At times when we cannot run our service we may introduce an emergency or revised timetable. Information will be available at your local station, at the 'one' website www.onerailway.com or by phoning **08457 48 49 50**.

bicycle travel restrictions

'one' welcomes bicycles on services where they can be safely accommodated. For the low price of £1 you can leave your bike in the specially modified cycle carriage on 'one's' local services. Tandems and three-wheeled vehicles cannot be accommodated on any 'one' service. Bicycles are not carried on buses that replace trains due to engineering work.

travel information

special needs

We welcome customers with restricted mobility or other special needs. We have a Disabled People's Protection Policy detailing the services that disabled customers can expect when travelling with 'one'. A summary of the policy is available at all staffed stations or from our Customer Services Manager, who on request can provide this in other formats (such as large print).

Wheelchairs can be conveyed subject to a maximum width of 700 mm and maximum length 1200 mm.

Our commitment to customers with special needs includes a telephone helpline **0845 600 7245** from 0900-1600 weekdays which ensures that, where possible, customers are met and assisted throughout their journey, not just on 'one' but on the wider rail network too. The helpline will also advise passengers on the access arrangements at our stations. In order to provide the best possible service we would appreciate 24 hours notice, but if this is not possible, we will still do our best to provide assistance.

To assist people who are deaf or hard of hearing, a textphone helpline is available from 0800-2200 weekdays and 0900-1800 weekends and Bank Holidays on **0845 606 7245** and induction-loop hearing systems are provided at many of our ticket offices.

The National Rail Enquiry Service also provides a textphone service on **0845 605 0600**. This service is available 24 hours, seven days each week. Calls are charged at local rates and may be monitored for training purposes.

'one' website

www.onerailway.com

Visit the 'one' website to check out how the trains are running today and view station departure screens as if you were standing on the station yourself, timetables, engineering works, service updates, ticket types, online booking, special offers and lots more. Timetables can be downloaded from this site.

smoking

All accommodation is non-smoking.

first class accommodation

In this timetable a **1** is used to indicate trains with first class accommodation. In general terms it is available on services between Norwich and Cambridge, London/Ipswich/Peterborough and Lowestoft through services.

travel information

safety information

'one' trains carry safety instructions. You are advised to familiarise yourself with this information each time you travel. In the event of an accident or other emergency, please obey the instructions given by the train staff.

doors closing before departure

In the interests of safety and punctuality, train doors may be closed up to 15 seconds before scheduled departure time of the train. When the doors are about to close you will hear an audible alarm and once this alarm is heard, or you see the train doors closing, do not attempt to board or leave the train as there is a risk of becoming trapped in the doors and possible injury.

More than one train may stand in the platform at any one time, and may go to different destinations. Please check the station platform departure screen or ask a member of staff for guidance before boarding any train.

getting on or off a train

On all 'one' trains, the on-train staff control when and where the doors are unlocked. Once the coloured light illuminates, you should press the 'OPEN' button to open the doors. The on-train staff will then look along the platform to check that all passengers have got on and off the train before automatically closing and locking the doors.

Therefore, please ensure you have all your belongings, including luggage, pushchairs and children, gathered together in order to leave the train in one go. Do not for example put some luggage on the platform first and then go back on board the train to collect a pushchair or the children. The on-train staff may not realise this, thinking you are boarding the train and may close the doors behind you. In this way you will avoid the possibility of being separated from either the other people you are travelling with or your belongings.

However, if you do become separated from either your belongings or other people in your party, please contact either a member of the station or on-board train staff (where available), who will deal with your situation immediately or alternatively if no-one is available, telephone the 'one' Customer Services Centre on **0845 600 7245**.

For details of places to visit and things to do
visit us on-line at

onerailway.com

one

For details of money saving offers
visit us on-line at

onerailway.com

one

travel information

how to buy a ticket

There are a number of ways you can buy your ticket. You can book in advance or turn up and go. Most importantly, you must have a ticket before you get on board the train at a staffed station when the ticket office is open. Tickets are available from your local ticket office, or from our Customer Service Centre.

your ticket choice

season tickets

Ideal for those travelling to work or school who need to make the same journey on a regular basis. Season tickets offer great value as the number of trips that can be made between two points is unlimited. Weekly, monthly or any duration up to annual tickets are available to give flexibility with the opportunity to make savings.

Anglia Plus Pass

To make it easier, and better value, for you to explore Norfolk, Suffolk and parts of Cambridgeshire by train, we have developed the Anglia Plus Pass range of tickets. The beauty of these tickets is that you can stop at more than one destination, so you can visit, for instance, Norwich and Great Yarmouth in one day. Or Ipswich and Bury St. Edmunds. You can choose between a One Day Pass and a Three Day Pass and there's no need to book in advance.

The tickets can be purchased on the day of travel from staffed stations or from the conductor on the train if you start your journey from an unstaffed station. For more information please pick up a leaflet from your local station.

National Railcard discounts

There is a range of Railcards available which offer a discount of up to a third off rail journey costs depending on the time you travel. The following Railcards can all be used nationally, as well as on 'one' journeys, and last for 12 months. Railcard alternatives include:

Young Persons Railcard – available for anyone aged between 16 and 25 (or full-time mature students). The Railcard costs £20 and gives up to a third off most leisure rail travel in Great Britain.

Senior Railcard – available for anybody aged 60 and over – especially designed for those with more leisure time on their hands. Costing £20, it offers up to a third off most leisure rail travel in Great Britain.

Family Railcard – caters for family groups from one adult and child, up to four adults and four children travelling together. The card is valid across Great Britain, costs £20 and gives adults up to a third off most leisure travel and children a saving of 60% on the normal child fare (minimum fare £1).

children's discounts

Accompanied children aged four and under travel free up to a maximum of two per adult and children aged five to fifteen inclusive are half price.

(Railcard prices are correct at time of printing, but could change during the validity of this timetable).

useful contacts

'one' website

www.onerailway.com

Visit the website for real time live train running information, real time station departure screens, timetables, engineering works and much more.

National Rail enquiries (24 hours)

08457 48 49 50

(calls may be recorded)

ticket sales hotline

0845 600 7245

For all advanced ticket sales including season ticket renewals and special offers.

group and party travel

0845 600 7245 Open from 0830 to 1700 weekdays.

disabled persons helpline

0845 600 7245

For the mobility impaired. Open from 0900-1600 weekdays. Ansaphone at other times.

textphone helpline

0845 606 7245

Open from 0800-2000 weekdays.

rail crime hotline

0800 40 50 40

For reporting all rail related crime.

lost property

0845 600 7245

Open from 0800-1500 weekdays

e-mail: lost.property@onerailway.com

writing to 'one'

Customer Services Manager,

'one',

Customer Services Centre,

Grosvenor House,

112-114 Prince of Wales Road,

Norwich

NR1 1NS

Fax: **01603 214517**

e-mail: customer.services@onerailway.com

If after contacting 'one' you require a further impartial view the following representation is available:

rail passengers council,

FREEPOST WA1521

Warrington

WA4 6GP

Tel: **08453 02 20 22**

Textphone **08458 50 13 92**

Fax: **08458 50 13 54**

e-mail: info@railpassengers.org.uk

'one' accepts no liability for any inaccuracy in this booklet. Details may be subject to alteration especially during Bank Holiday periods.

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Peterborough and Cambridge to Ipswich

Peterborough and Cambridge to Ipswich



mondays to fridays

	0749	0757	0806	0830	0946	0957	1006	1030	1148	1157	1206	1230
Peterborough.....d												
Whittlesea.....d												
March.....d												
Manea.....d												
Ely.....d				0830				1030				1230
London Kings Cross ☉...d		0645	0745	0845	0945	1045	1145	1245				
Cambridge.....d	0643	0743	0843	0943	1043	1143	1243	1343				
Dullingham.....d		0759		0959		1159		1359				
Newmarket.....d	0703	0804	0903	1004	1103	1204	1303	1404				
Kennett.....d	0711		0911		1111		1311					
Bury St. Edmunds.....a	0723	0823	0855	0923	1023	1055	1123	1223	1255	1323	1423	
Bury St. Edmunds.....d	0536	0723	0823	0856	0923	1023	1056	1123	1223	1256	1323	1423
Thurston.....d	0542	0730	0830		0930	1030	1130	1230		1330	1430	
Elmswell.....d	0549	0736	0836		0936	1036	1136	1236		1336	1436	
Stowmarket.....d	0558	0745	0845	0913	0945	1045	1112	1145	1245	1311	1345	1445
Needham Market.....d	0603	0751	0851		0951	1051	1151	1251		1351	1451	
Ipswich.....a	0614	0802	0902	0926	1002	1102	1126	1202	1302	1326	1402	1502
Harwich Int. ☉.....a				1010								
Manningtree.....a	0633	0833	0918	0952	1018	1118	1152	1218	1318	1352	1418	1518
Colchester.....a	0643	0843	0927	0947	1027	1127	1147	1227	1327	1347	1427	1527
Marks Tey.....a				1023				1223		1423		
Witham.....a				1001				1201		1401		
Chelmsford.....a		0902	0947	10s10	1046	1146	1210	1246	1346	1410	1446	1546
Shenfield.....a	0732			10s22				12s22		14s22		
London Liverpool St. ☉...a	0737	0925	1024	1046	1124	1224	1245	1324	1424	1445	1524	1624

	1346	1357	1406	1430	1547	1557	1606	1630	1747	1757	1806	1830	1949	1957	2006	2024	2205	2213	2222	2240	
Peterborough.....d																					
Whittlesea.....d																					
March.....d																					
Manea.....d																					
Ely.....d				1430				1630				1830				2024		2240			
London Kings Cross ☉...d	1345	1445			1545	1645			1745	1845			1945								
Cambridge.....d	1443	1543			1643	1743			1843	1945			2045								
Dullingham.....d		1559			1659	1759			2001			2101									
Newmarket.....d	1503	1604			1704	1804			1903	2006		2106									
Kennett.....d	1511				1712	1812			1911			2114									
Bury St. Edmunds.....a	1455	1523	1623	1655	1724	1824	1855	1923	2024	2049	2126	2305									
Bury St. Edmunds.....d	1456	1523	1623	1656	1725	1825	1856	1923	2025	2050	2127	2306									
Thurston.....d		1530	1630		1731	1831			1930	2031		2133									
Elmswell.....d		1536	1636		1738	1838			1936	2038		2140									
Stowmarket.....d	1511	1545	1645	1711	1747	1847	1911	1945	2047	2111	2149	2321									
Needham Market.....d		1551	1651		1752	1852			1951	2052		2154									
Ipswich.....a	1526	1602	1702	1724	1803	1903	1926	2002	2103	2126	2205	2333									
Harwich Int. ☉.....a					1836																
Manningtree.....a	1552	1618	1718	1752	1818	1918	1952	2018	2118	2152	2252	2344									
Colchester.....a	1543	1627	1727	1747	1827	1927	1947	2028	2128	2147	2301	2356									
Marks Tey.....a	1554			1754			1954			2223		2315									
Witham.....a	1604			1803			2002			2201		2315									
Chelmsford.....a	1613	1646	1746	1813	1846	1946	2011	2046	2146	2210	2324										
Shenfield.....a	1624			18s25			20s23			22s22	2336										
London Liverpool St. ☉...a	1648	1724	1824	1849	1924	2024	2046	2121	2223	2245	0003										

mondays to fridays

Peterborough.....d												
Whittlesea.....d												
March.....d												
Manea.....d												
Ely.....d												
London Kings Cross ☉...d		2115										
Cambridge.....d		2243										
Dullingham.....d		2259										
Newmarket.....d		2304										
Kennett.....d		2312										
Bury St. Edmunds.....a		2324										
Bury St. Edmunds.....d		2325										
Thurston.....d		2331										
Elmswell.....d		2338										
Stowmarket.....d		2347										
Needham Market.....d		2352										
Ipswich.....a		0003										
Harwich Int. ☉.....a												
Manningtree.....a												
Colchester.....a												
Marks Tey.....a												
Witham.....a												
Chelmsford.....a												
Shenfield.....a												
London Liverpool St. ☉...a												

saturdays

	0754	0802	0811	0830	0956	1004	1013	1032	1148	1157	1206	1230
Peterborough.....d												
Whittlesea.....d												
March.....d												
Manea.....d												
Ely.....d				0830				1032				1230
London Kings Cross ☉...d		0645	0745	0845	0945	1045	1145	1245				
Cambridge.....d	0643	0743	0843	0943	1043	1143	1243	1343				
Dullingham.....d		0759		0959		1159		1359				
Newmarket.....d	0703	0804	0903	1004	1103	1204	1303	1404				
Kennett.....d	0711		0911		1111		1311					
Bury St. Edmunds.....a	0723	0823	0855	0923	1023	1057	1123	1223	1255	1323	1423	
Bury St. Edmunds.....d	0623	0723	0823	0856	0923	1023	1058	1123	1223	1256	1323	1423
Thurston.....d	0630	0730	0830		0930	1030	1130	1230		1330	1430	
Elmswell.....d	0636	0736	0836		0936	1036	1136	1236		1336	1436	
Stowmarket.....d	0645	0745	0845	0911	0945	1045	1114	1145	1245	1311	1345	1445
Needham Market.....d	0651	0751	0851		0951	1051	1151	1251		1351	1451	
Ipswich.....a	0702	0802	0902	0924	1002	1102	1128	1202	1302	1328	1402	1502
Harwich Int. ☉.....a				1010								
Manningtree.....a	0718	0818	0918	0952	1018	1118	1152	1218	1318	1352	1418	1518
Colchester.....a	0727	0827	0927	0947	1027	1127	1147	1227	1327	1347	1427	1527
Marks Tey.....a				1023				1223		1423		
Witham.....a				1001				1201		1401		
Chelmsford.....a	0746	0846	0946	1010	1046	1146	1210	1246	1346	1410	1446	1546
Shenfield.....a				10s22				12s22		14s22		
London Liverpool St. ☉...a	0824	0924	1024	1045	1124	1224	1245	1324	1424	1445	1524	1624

Peterborough and Cambridge to Ipswich

Peterborough and Cambridge to Ipswich



saturdays

	□	□	□	□					
Peterborough.....d	1348		1548		1749		1946		
Whittlesea.....d	1357		1557		1757		1957		
March.....d	1406		1606		1806		2006		
Manea.....d									
Ely.....d	1430		1630		1830		2030		
London Kings Cross ☉...d		1345 1445		1545 1645		1745 1845		1945	
Cambridge.....d		1443 1543		1643 1743		1843 1943		2043 2143	
Dullingham.....d			1559	1659 1759		1959		2159	
Newmarket.....d		1503 1604		1704 1804		1903 2004		2103 2204	
Kennett.....d		1511		1712 1812		1911		2111 2212	
Bury St. Edmunds.....a	1455	1523 1623	1655	1724 1824	1855 1923	2023 2055	2123 2224		
Bury St. Edmunds.....d	1456	1523 1623	1656	1725 1825	1856 1923	2023 2056	2123 2225		
Thurston.....d		1530 1630		1731 1831		1930 2030		2130 2231	
Elmswell.....d		1536 1636		1738 1838		1936 2036		2136 2238	
Stowmarket.....d	1511	1545 1645	1711	1747 1847	1911	1945 2045	2111 2145	2247	
Needham Market.....d		1551 1651		1752 1852		1951 2051		2151 2252	
Ipswich.....a	1524	1602 1702	1728	1803 1903	1924 2002	2102 2127	2202 2303		
Harwich Int. ☉.....a			1836						
Manningtree.....a	1552	1618 1718	1752	1818 1918	1952 2018	2118 2152	2218 2329		
Colchester.....a	1547	1627 1727	1747	1827 1927	1947 2028	2128 2147	2228 2339		
Marks Tey.....a		1623	1823		2023		2223 2335		
Witham.....a		1601	1801		2001		2201 2345		
Chelmsford.....a	1610	1646 1746	1810	1846 1946	2010 2046	2146	2210 2256		
Shenfield.....a	16s22		18s22		20s22		22s22 2309		
London Liverpool St. ☉...a	1645	1724 1824	1845	1924 2024	2045 2121	2223 2245	2334		

	□								
Peterborough.....d	2149								
Whittlesea.....d	2157								
March.....d	2206								
Manea.....d									
Ely.....d	2230								
London Kings Cross ☉...d									
Cambridge.....d									
Dullingham.....d									
Newmarket.....d									
Kennett.....d	2247								
Bury St. Edmunds.....a	2257								
Bury St. Edmunds.....d	2258								
Thurston.....d	2303								
Elmswell.....d	2309								
Stowmarket.....d	2317								
Needham Market.....d	2322								
Ipswich.....a	2331								
Harwich Int. ☉.....a									
Manningtree.....a	2344								
Colchester.....a	2356								
Marks Tey.....a									
Witham.....a									
Chelmsford.....a									
Shenfield.....a									
London Liverpool St. ☉...a									

sundays

	C □	□	□	□	□	□	□	□	□
Peterborough.....d	09/53	1153	1358	1549	1747	1947			
Whittlesea.....d									
March.....d	10/08	1208	1413	1604	1802	2004			
Manea.....d									
Ely.....d	10/31	1231	1436	1627	1827	2022			
London Kings Cross ☉...d		0801	1015	1215	1515	1715			
Cambridge.....d		1050	1250	1450	1651	1850			
Dullingham.....d		1108	1307	1507	1708	1907			
Newmarket.....d		1113	1312	1512	1713	1912			
Kennett.....d		1121	1320	1520	1721	1920			
Bury St. Edmunds.....a	10/56	1134 1256	1333 1501	1533 1652	1734 1852	1932 2047			
Bury St. Edmunds.....d	0956 10/57	1135 1257	1334 1502	1534 1653	1735 1853	1933 2048			
Thurston.....d	1003	1142	1341	1541	1742	1940			
Elmswell.....d	1010	1149	1348	1548	1749	1947			
Stowmarket.....d	1018 11/12	1157 1312	1356 1517	1556 1708	1757 1908	1955 2103			
Needham Market.....d		1024	1203	1402	1602	1803	2001		
Ipswich.....a	1035 11/25	1215 1325	1414 1530	1614 1721	1815 1921	2012 2116			
Harwich Int. ☉.....a					1846				
Manningtree.....a	1052 11/52	1252 1352	1452 1552	1652 1752	18n52 1952	2052 2127			
Colchester.....a	1101 12/01	1301 1401	1501 1601	1701 1801	19n01 2001	2101 2139			
Marks Tey.....a		12/01				2212			
Witham.....a						2220			
Chelmsford.....a						2229			
Shenfield.....a	1129 12/29	1329 1429	1529 1629	1729 1829	19n29 2029	2129 2229			
London Liverpool St. ☉...a	1201 13/01	1401 1501	1601 1701	1801 1901	20n01 2101	2201 2301			

Peterborough.....d									
Whittlesea.....d									
March.....d									
Manea.....d									
Ely.....d									
London Kings Cross ☉...d	1915 2115								
Cambridge.....d	2050 2250								
Dullingham.....d	2108 2306								
Newmarket.....d	2113 2311								
Kennett.....d	2121 2319								
Bury St. Edmunds.....a	2133 2331								
Bury St. Edmunds.....d	2134 2332								
Thurston.....d	2141 2339								
Elmswell.....d	2148 2346								
Stowmarket.....d	2156 2354								
Needham Market.....d	2202 2359								
Ipswich.....a	2213 0011								
Harwich Int. ☉.....a									
Manningtree.....a	2252								
Colchester.....a	2301								
Marks Tey.....a									
Witham.....a	2315								
Chelmsford.....a	2324								
Shenfield.....a	2336								
London Liverpool St. ☉...a	0007								

Ipswich to Cambridge and Peterborough

Ipswich to Cambridge and Peterborough



mondays to fridays

	0638	0700	0800	0838	0900	1000	1038	1100
London Liverpool St. \ominus ...d								
Shenfield.....d		07u02	0723	0823	0902	0923	1023	11u02
Chelmsford.....d		0712		0812	0912		1012	1112
Witham.....d		0721		0822	0921		1021	1121
Marks Tey.....d		0733		0830	0929		1029	1129
Colchester.....d	0535	0623	0741	0750	0850	0938	0950	1050
Manningtree.....d	0544	0632	0732	0759	0859	0934	0959	1059
Harwich Int. \oplusd							1040	
Ipswich.....d	0510	0603	0614	0652	0803	0816	0916	1003
Needham Market.....d	0520	0624	0702		0826	0926		1026
Stowmarket.....d	0526	0614	0630	0708	0814	0832	0932	1014
Elmswell.....d	0536	0640	0718		0842	0942		1042
Thurston.....d	0542	0646	0724		0848	0948		1048
Bury St. Edmunds.....a	0547	0629	0651	0729	0830	0853	0953	1030
Bury St. Edmunds.....d	0549	0630	0653	0730	0831	0855	0955	1031
Kennett.....d	0600	0704	0741		1006		1206	
Newmarket.....d	0610	0715	0751		0915	1017		1115
Dullingham.....d	0615	0720	0800		0920		1120	
Cambridge.....a	0636	0739	0823		0939	1039		1139
London Kings Cross \ominus ...a	0741	0843	0940		1034	1133		1235
Ely.....a	0656		0857		1057		1257	
Manea.....a								
March.....a	0712		0914		1114		1314	
Whittlesea.....a	0721		0923		1123		1323	
Peterborough.....a	0733		0935		1138		1335	

	1200	1238	1300	1400	1438	1500	1600	1632	1700	1800	1900	2000
London Liverpool St. \ominus ...d	1200	1238	1300	1400	1438	1500	1600	1632	1700	1800	1900	2000
Shenfield.....d	1223	13u02	1323	1423	15u02	1523		16u54			1923	2023
Chelmsford.....d	1212	1312		1412	1512		1630	1653				2011
Witham.....d	1221	1321		1421	1521		1623	1713				2020
Marks Tey.....d	1229	1329		1429	1529		1631	1702				2030
Colchester.....d	1250	1338	1350	1450	1538	1550	1650	1726	1735	1853	1953	2050
Manningtree.....d	1259	1332	1359	1459	1532	1559	1659	1735	1743	1902	2002	2059
Harwich Int. \oplusd											1942	
Ipswich.....d	1316	1403	1416	1516	1603	1616	1716	1749	1816	1916	2018	2116
Needham Market.....d	1326		1426	1526		1626	1726	1757	1826	1926	2026	2126
Stowmarket.....d	1332	1414	1432	1532	1614	1632	1732	1803	1832	1932	2031	2132
Elmswell.....d	1342		1442	1542		1642	1742	1812	1842	1942	2040	2142
Thurston.....d	1348		1448	1548		1648	1748	1817	1848	1948	2045	2148
Bury St. Edmunds.....a	1353	1430	1453	1553	1630	1653	1753	1823	1853	1953	2051	2153
Bury St. Edmunds.....d	1355	1431	1455	1555	1631	1655	1755	1824	1855	1955	2051	2155
Kennett.....d	1406		1606		1806		2006		2206			
Newmarket.....d	1417		1515	1617		1717	1817		1915	2017		2215
Dullingham.....d			1520						1920			2220
Cambridge.....a	1439		1539	1639		1739	1839		1939	2039		2239
London Kings Cross \ominus ...a	1533		1633	1733		1833	2030		2132	2230		0041
Ely.....a	1501		1657		1850						2117	
Manea.....a												
March.....a	1517		1714		1914						2134	
Whittlesea.....a	1526		1723		1924						2144	
Peterborough.....a	1538		1738		1941						2158	

mondays to fridays

	2100	2123	2111	2120	2150	2158	2216	2226	2232	2242	2248	2254
London Liverpool St. \ominus ...d												
Shenfield.....d												
Chelmsford.....d												
Witham.....d												
Marks Tey.....d												
Colchester.....d												
Manningtree.....d												
Harwich Int. \oplusd												
Ipswich.....d												
Needham Market.....d												
Stowmarket.....d												
Elmswell.....d												
Thurston.....d												
Bury St. Edmunds.....a												
Bury St. Edmunds.....d												
Kennett.....d												
Newmarket.....d												
Dullingham.....d												
Cambridge.....a												
London Kings Cross \ominus ...a												
Ely.....a												
Manea.....a												
March.....a												
Whittlesea.....a												
Peterborough.....a												

saturdays

	0530	0638	0700	0800	0838	0900	1000	1038	1100
London Liverpool St. \ominus ...d									
Shenfield.....d									
Chelmsford.....d									
Witham.....d									
Marks Tey.....d									
Colchester.....d	0538	0637	0738	0750	0850	0938	0950	1050	1150
Manningtree.....d	0546	0645	0732	0759	0859	0932	0959	1059	1132
Harwich Int. \oplusd								1040	
Ipswich.....d	0510	0559	0614	0716	0803	0816	0916	1003	1016
Needham Market.....d	0520	0624	0726		0826	0926		1026	1126
Stowmarket.....d	0526	0610	0630	0732	0814	0832	0932	1014	1032
Elmswell.....d	0536	0640	0742		0842	0942		1042	1142
Thurston.....d	0542	0646	0748		0848	0948		1048	1148
Bury St. Edmunds.....a	0547	0625	0651	0753	0830	0853	0953	1030	1053
Bury St. Edmunds.....d	0549	0626	0653	0755	0831	0855	0955	1031	1055
Kennett.....d	0600	0704	0806		1006		1206		
Newmarket.....d	0610	0715	0817		0915	1017		1115	1217
Dullingham.....d	0615	0720	0822		0920		1120		1320
Cambridge.....a	0636	0739	0839		0939	1039		1139	1239
London Kings Cross \ominus ...a	0733	0833	0933		1033	1133		1233	1333
Ely.....a	0655		0857		1057		1257		
Manea.....a									
March.....a	0712		0914		1115		1314		
Whittlesea.....a	0721		0923		1123		1323		
Peterborough.....a	0733		0935		1138		1338		

Ipswich to Cambridge and Peterborough

Ipswich to Cambridge and Peterborough

one

saturdays

	1200	1238	1300	1400	1438	1500	1600	1638	1700	1800	1838	1900
London Liverpool St. \ominus ...d	1200	1238	1300	1400	1438	1500	1600	1638	1700	1800	1838	1900
Shenfield.....d	1223	13u02	1323	1423	15u02	1523	1623	17u02	1723	1823	19u02	1923
Chelmsford.....d	1212	1312		1412	1512		1612	1712		1812	1912	
Witham.....d	1221	1321		1421	1521		1621	1721		1821	1921	
Marks Tey.....d	1229	1329		1429	1529		1629	1729		1829	1929	
Colchester.....d	1250	1338	1350	1450	1538	1550	1650	1738	1750	1850	1938	1950
Manningtree.....d	1259	1332	1359	1459	1532	1559	1659	1732	1759	1859	1932	1959
Harwich Int. \oplusd												1940
Ipswich.....d	1316	1403	1416	1516	1603	1616	1716	1803	1816	1916	2003	2016
Needham Market.....d	1326		1426	1526		1626	1726		1826	1926		2026
Stowmarket.....d	1332	1414	1432	1532	1614	1632	1732	1814	1832	1932	2014	2032
Elmswell.....d	1342		1442	1542		1642	1742		1842	1942		2042
Thurston.....d	1348		1448	1548		1648	1748		1848	1948		2048
Bury St. Edmunds.....a	1353	1430	1453	1553	1630	1653	1753	1830	1853	1953	2030	2053
Bury St. Edmunds.....d	1355	1431	1455	1553	1631	1655	1755	1831	1855	1955	2031	2055
Kennett.....d	1406			1606			1806			2006		2106
Newmarket.....d	1417		1515	1617		1717	1817		1915	2017		2115
Dullingham.....d			1520						1920			2120
Cambridge.....a	1439		1539	1639		1739	1839		1939	2039		2139
London Kings Cross \ominus ...a	1533		1635	1733		1834	1933		2130	2230		2351
Ely.....a		1457			1657			1857			2057	
Manea.....a												
March.....a			1514		1714			1914			2114	
Whittlesea.....a			1523		1723			1923			2123	
Peterborough.....a			1538		1738			1938			2138	

London Liverpool St. \ominus ...d	2100											
Shenfield.....d	2123											
Chelmsford.....d	2112											
Witham.....d	2121											
Marks Tey.....d	2129											
Colchester.....d	2150											
Manningtree.....d	2158											
Harwich Int. \oplusd												
Ipswich.....d	2216											
Needham Market.....d	2226											
Stowmarket.....d	2232											
Elmswell.....d	2242											
Thurston.....d	2248											
Bury St. Edmunds.....a	2254											
Bury St. Edmunds.....d												
Kennett.....d												
Newmarket.....d												
Dullingham.....d												
Cambridge.....a												
London Kings Cross \ominus ...a												
Ely.....a												
Manea.....a												
March.....a												
Whittlesea.....a												
Peterborough.....a												

sundays

	C	0812	0845	0902	1002	1102	1202	1302	1402	1502	1602	1702	1802
London Liverpool St. \ominus ...d			0830	09n30	1030	1130	1230	1330	1430	1530	1630		
Shenfield.....d			0857	09n57	1057	1157	1257	1357	1457	1557	1657		
Chelmsford.....d				09n42	1042	1142	1242	1342	1442	1542	1642		
Witham.....d				0854	09n54	1054	1154	1254	1354	1454	1554	1654	
Marks Tey.....d				0904	10n04	1104	1204	1304	1404	1504	1604	1704	
Colchester.....d		0812		0925	10n25	1125	1225	1325	1425	1525	1625	1725	
Manningtree.....d		0820		0934	10n34	1134	1234	1334	1434	1534	1634	1734	
Harwich Int. \oplusd					1033								
Ipswich.....d	08/02	0845	0902	1002	1102	1202	1302	1402	1502	1602	1702	1802	
Needham Market.....d				0912		1112		1312		1512		1712	
Stowmarket.....d	08/13	0859	0918	1013	1118	1213	1318	1413	1518	1613	1718	1813	
Elmswell.....d				0928		1128		1328		1528		1728	
Thurston.....d				0934		1134		1334		1534		1734	
Bury St. Edmunds.....a	08/29	0917	0939	1029	1139	1229	1339	1429	1539	1629	1739	1829	
Bury St. Edmunds.....d	08/30		0940	1030	1140	1230	1340	1430	1540	1630	1740	1830	
Kennett.....d				0951		1151		1351		1551		1751	
Newmarket.....d				1000		1200		1400		1600		1800	
Dullingham.....d				1005		1205		1405		1605		1805	
Cambridge.....a				1024		1224		1424		1624		1824	
London Kings Cross \ominus ...a				1203		1406		1603		1803		2003	
Ely.....a	08/57			1057		1257		1457		1657		1857	
Manea.....a													
March.....a	09/13			1113		1313		1513		1713		1913	
Whittlesea.....a													
Peterborough.....a	0938			1138		1338		1538		1738		1934	

London Liverpool St. \ominus ...d	1730	1930											
Shenfield.....d	1757	1957											
Chelmsford.....d	1742	1942											
Witham.....d	1754	1954											
Marks Tey.....d	1804	2004											
Colchester.....d	1825	2025											
Manningtree.....d	1834	2034											
Harwich Int. \oplusd		1938											
Ipswich.....d	1902	2102											
Needham Market.....d	1912	2112											
Stowmarket.....d	1918	2118											
Elmswell.....d	1928	2128											
Thurston.....d	1934	2134											
Bury St. Edmunds.....a	1939	2139											
Bury St. Edmunds.....d	1940	2140											
Kennett.....d	1951	2151											
Newmarket.....d	2000	2200											
Dullingham.....d	2005	2205											
Cambridge.....a	2024	2224											
London Kings Cross \ominus ...a	2203	0031											
Ely.....a													
Manea.....a													
March.....a													
Whittlesea.....a													
Peterborough.....a													

Peterborough and Cambridge to Norwich

Peterborough and Cambridge to Norwich



mondays to fridays

	CT	CT	CT	CT	CT	CT	CT	CT	CT			
	◇	◇	◇	◇	◇	◇	◇	◇	◇			
Peterborough.....d	0627		0712	0735		0749	0831		0907	0918	0941	
Whittlesea.....			0720			0757						
March.....	0642		0730	0750		0806	0847			0934		
Manea.....			07x37									
Cambridge.....d	0620	0632	0701		0732	0813			0912		0932	
Ely.....a	0636	0701	0715	0750	0813	0828	0828	0904	0926	0941	0952	1014
Ely.....d	0637	0705	0716		0816	0828	0830		0927	0944		1017
Ipswich.....a							0926					
London Liverpool St. Ⓣ..a							1046					
Shippea Hill.....			0725									
Lakenheath.....			0731									
Brandon.....	0652	0720	0736			0844						
Thetford.....	0700	0729	0746		0838	0853			0949	1006		1039
Harling Road.....	0709		0754			0901						
Eccles Road.....	0713		0758			0905						
Attleborough.....	0719	0743	0804		0853	0911			1003			
Spooner Row.....			08x08						10x07			
Wymondham.....	0726	0750	0813		0900	0918			1012			
Norwich.....a	0738	0807	0829		0915	0931			1029	1038		1107

	CT	CT	CT	CT	CT	CT	CT	CT	CT			
	◇	◇	◇	◇	◇	◇	◇	◇	◇			
Peterborough.....d	0946	1020	1041		1122	1136			1148	1219	1240	
Whittlesea.....	0957								1157			
March.....	1006	1037			1137				1206	1235		
Manea.....												
Cambridge.....d	1012			1032	1112		1132	1212			1232	1312
Ely.....a	1027	1030	1101	1115	1126	1209	1214	1227	1229	1255	1314	1328
Ely.....d	1028	1030		1118	1127		1217	1228	1230		1318	1329
Ipswich.....a		1126							1326			
London Liverpool St. Ⓣ..a		1245							1445			
Shippea Hill.....												
Lakenheath.....												
Brandon.....	1043								1243			
Thetford.....	1050		1140	1149		1239	1250			1339	1351	
Harling Road.....												
Eccles Road.....												
Attleborough.....	1104				1203			1304				1405
Spooner Row.....												
Wymondham.....	1111				1210			1311				1412
Norwich.....a	1129			1210	1229		1310	1329			1410	1429

	CT	CT	CT	CT	CT	CT	CT	CT	CT			
	◇	◇	◇	◇	◇	◇	◇	◇	◇			
Peterborough.....d	1318	1335		1346	1422	1434		1518	1534		1547	1618
Whittlesea.....				1357							1557	
March.....	1335			1406	1437			1534			1606	1633
Manea.....												
Cambridge.....d		1332	1412			1432	1512		1532	1612		
Ely.....a	1355	1410	1426	1429	1455	1506	1526	1551	1607	1626	1630	1651
Ely.....d		1416	1427	1430		1512	1527		1612	1628	1630	
Ipswich.....a				1526							1724	
London Liverpool St. Ⓣ..a											1849	
Shippea Hill.....												
Lakenheath.....												
Brandon.....			1442								1643	
Thetford.....		1438	1450			1533	1549		1634	1650		
Harling Road.....												
Eccles Road.....												
Attleborough.....				1504			1603			1704		
Spooner Row.....												
Wymondham.....				1511			1610			1711		
Norwich.....a		1508	1529			1609	1629		1710	1729		

mondays to fridays

	CT	CT	CT	CT	CT	CT	CT	CT	CT			
	◇	◇	◇	◇	◇	◇	◇	◇	◇			
Peterborough.....d	1632		1720	1747	1759	1837			1850	1921	1937	1949
Whittlesea.....			1727	1757								1957
March.....			1737	1806	1814	1853			1906	1939		2006
Manea.....			17x44									
Cambridge.....d	1632	1712		1805					1908		1950	
Ely.....a	1705	1726	1757	1819	1828	1832	1912	1922	1924	1957	2009	2024
Ely.....d	1713	1727		1820	1830			1923	1928		2015	2024
Ipswich.....a						1926						2126
London Liverpool St. Ⓣ..a						2046						2245
Shippea Hill.....												
Lakenheath.....												
Brandon.....				1836								
Thetford.....	1734	1749		1845				1945	2000			2036
Harling Road.....												
Eccles Road.....												
Attleborough.....		1803		1859				1959				
Spooner Row.....												
Wymondham.....		1810		1906				2007				
Norwich.....a	1808	1824		1923				2020	2031			2108

	CT	CT	CT	CT	CT			
	◇	◇	◇	◇	◇			
Peterborough.....d	2024		2120	2136	2205	2217		
Whittlesea.....					2213	2226		
March.....	2039			2135	2222	2236		
Manea.....								
Cambridge.....d	2012		2112			2256		
Ely.....a	2026	2100	2127	2153	2208	2240	2254	2310
Ely.....d	2027		2128		2212	2240		2311
Ipswich.....a						2333		
London Liverpool St. Ⓣ..a								
Shippea Hill.....								
Lakenheath.....								
Brandon.....	2042							
Thetford.....	2049		2149		2233			2332
Harling Road.....								
Eccles Road.....								
Attleborough.....	2103		2203		2247			2346
Spooner Row.....								
Wymondham.....	2110		2210		2254			2353
Norwich.....a	2128		2224		2313			0008

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Peterborough and Cambridge to Norwich

Peterborough and Cambridge to Norwich



saturdays

	CT	CT	CT	CT	CT	CT	CT	CT	CT
Peterborough.....d		0711	0739	0754	0832	0846	0919	0945	
Whittlesea.....		0720		0802					
March.....		0730	0755	0811	0848		0934		
Manea.....		07x37							
Cambridge.....d	0620	0657		0812			0917		1014
Ely.....a	0636	0711	0750	0816	0826	0829	0905	0919	0931
Ely.....d	0637	0712		0817	0827	0830	0923	0932	1022
Ipswich.....a						0924			
London Liverpool St. Ⓣ...a						1045			
Shippea Hill.....		0720							
Lakenheath.....		0726							
Brandon.....	0652	0731		0843					1046
Thetford.....	0701	0741		0838	0852		0945	0954	1045
Harling Road.....		0709			0900				
Eccles Road.....		0714			0904				
Attleborough.....		0719	0755		0910			1008	1108
Spooner Row.....		07x59						10x13	
Wymondham.....		0726	0804		0917			1017	1115
Norwich.....a		0743	0818		0911	0931		1013	1031

	CT	CT	CT	CT	CT	CT	CT	CT	CT
Peterborough.....d	0956	1019	1044		1118	1137		1148	1220
Whittlesea.....		1004						1157	
March.....		1013	1036			1134		1206	1239
Manea.....									
Cambridge.....d				1117			1213		1312
Ely.....a	1031	1057	1119	1131	1151	1209	1227	1230	1300
Ely.....d	1032		1123	1132		1215	1228	1230	1314
Ipswich.....a								1328	
London Liverpool St. Ⓣ...a								1445	
Shippea Hill.....									
Lakenheath.....									
Brandon.....							1243		
Thetford.....			1145	1154		1236	1250		1335
Harling Road.....									1349
Eccles Road.....									
Attleborough.....				1208			1304		1403
Spooner Row.....									
Wymondham.....				1215			1311		1410
Norwich.....a			1216	1232		1311	1329		1411

	CT	CT	CT	CT	CT	CT	CT	CT	CT
Peterborough.....d	1336		1348		1419	1439		1517	1534
Whittlesea.....			1357						1557
March.....			1406	1434				1533	1606
Manea.....									1635
Cambridge.....d			1412				1512		1612
Ely.....a	1408	1426	1429	1457	1512	1526	1550	1607	1626
Ely.....d	1416	1427	1430		1516	1527		1612	1627
Ipswich.....a									1728
London Liverpool St. Ⓣ...a									1845
Shippea Hill.....									
Lakenheath.....									
Brandon.....			1442						1642
Thetford.....	1437	1450			1537	1549		1634	1650
Harling Road.....									
Eccles Road.....									
Attleborough.....			1504			1603			1704
Spooner Row.....									
Wymondham.....			1511			1610			1711
Norwich.....a	1511	1529			1608	1625		1708	1729

saturdays

	CT	CT	CT	CT	CT	CT	CT	CT	CT
Peterborough.....d	1718	1749	1819	1841		1921	1935		1946
Whittlesea.....		1725	1757						1957
March.....		1735	1806	1835	1857		1939		2006
Manea.....		17x42							2037
Cambridge.....d	1712		1812			1912	1950	2012	
Ely.....a	1726	1757	1826	1830	1857	1915	1926	1956	2008
Ely.....d	1727		1827	1830		1918	1927		2016
Ipswich.....a					1924				2127
London Liverpool St. Ⓣ...a					2045				2245
Shippea Hill.....									
Lakenheath.....									
Brandon.....			1842						2042
Thetford.....	1749	1849			1940	1952		2037	2049
Harling Road.....									
Eccles Road.....									
Attleborough.....	1803	1903				2006			2103
Spooner Row.....									
Wymondham.....	1810	1910				2013			2110
Norwich.....a	1825	1929			2011	2029		2108	2129

	CT	CT	CT	CT	CT	CT	CT	CT	CT
Peterborough.....d	2039	2138	2149						2217
Whittlesea.....									2226
March.....		2055	2154	2206					2235
Manea.....									
Cambridge.....d			2112				2230		
Ely.....a	2113	2126	2212	2230	2244	2253			
Ely.....d		2127	2215	2230	2245				
Ipswich.....a					2331				
London Liverpool St. Ⓣ...a									
Shippea Hill.....									
Lakenheath.....									
Brandon.....									
Thetford.....		2149	2238			2306			
Harling Road.....									
Eccles Road.....									
Attleborough.....		2203	2252			2320			
Spooner Row.....									
Wymondham.....		2210	2259			2327			
Norwich.....a		2224	2316			2343			

sundays

	C	CT	CT	CT	CT	CT	CT	CT	CT
Peterborough.....d	09/53	11/08	1124	1153	12/07	12/52	1321		1350
Whittlesea.....									1358
March.....	10/08	11/24	1139	1208	12/22		1336		1413
Manea.....									
Cambridge.....d		1038				1246		1338	
Ely.....a	10/31	1052	11/47	1202	1231	12/45	1300	13/30	1402
Ely.....d	10/31	1053	11/51		1231		1301	13/34	1353
Ipswich.....a	11/25				1325				1530
London Liverpool St. Ⓣ...a									
Shippea Hill.....									
Lakenheath.....									
Brandon.....		1109	12/06				1317		
Thetford.....		1119	12/15				1327	13/56	1416
Harling Road.....									1455
Eccles Road.....									
Attleborough.....		1133	12/29			1341	14/10		1430
Spooner Row.....									
Wymondham.....		1140				1348	14/16		1437
Norwich.....a	1158	1248				1409	14/34		1455

Peterborough and Cambridge to Norwich

Norwich to Cambridge and Peterborough



sundays

	CT	CT	CT	CT	CT	CT	CT	CT
	◇	◇	◇	◇	◇	◇	◇	◇
Peterborough.....d	1412	1456	1528	1549	1622	1628	1700	1728
Whittlesea.....								
March.....	1427		1544	1604		1643		1743
Manea.....								
Cambridge.....d	1446	1538		1638			1738	
Ely.....a	1450	1500	1533	1552	1606	1627	1652	1702
Ely.....d	1501	1537	1553		1627	1653	1708	
Ipswich.....a				1721				
London Liverpool St. Ⓣ...a								
Shippea Hill.....								
Lakenheath.....								
Brandon.....	1520				1709			
Thetford.....	1529	1559	1614		1718	1731	1801	1820
Harling Road.....								
Eccles Road.....								
Attleborough.....	1543	1628			1732			1834
Spooner Row.....								
Wymondham.....	1550	1635			1739			1841
Norwich.....a	1609	1632	1650		1753	1759	1833	1855

	CT	CT	CT	CT	CT	CT	CT	CT
	◇	◇	◇	◇	◇	◇	◇	◇
Peterborough.....d	1747	1753	1829	1857	1929	1947	1955	2030
Whittlesea.....								
March.....	1802		1844		1945	2004		2045
Manea.....								
Cambridge.....d		1838		1938				2138
Ely.....a	1827	1831	1852	1903	1930	1952	2004	2022
Ely.....d	1827	1835	1853		1934	1953		2022
Ipswich.....a	1921					2116		
London Liverpool St. Ⓣ...a								
Shippea Hill.....								
Lakenheath.....								
Brandon.....		1909						2209
Thetford.....	1856	1918	1955	2014		2052		2218
Harling Road.....								2252
Eccles Road.....								
Attleborough.....		1932		2028			2232	2306
Spooner Row.....								
Wymondham.....		1939		2035			2239	2313
Norwich.....a	1927	1953	2023	2050		2124	2252	2330

	CT
	◇
Peterborough.....d	2224
Whittlesea.....	
March.....	2240
Manea.....	
Cambridge.....d	
Ely.....a	2259
Ely.....d	
Ipswich.....a	
London Liverpool St. Ⓣ...a	
Shippea Hill.....	
Lakenheath.....	
Brandon.....	
Thetford.....	
Harling Road.....	
Eccles Road.....	
Attleborough.....	
Spooner Row.....	
Wymondham.....	
Norwich.....a	

mondays to fridays

	CT	CT	CT	CT	CT	CT	CT	CT
	◇	◇	◇	◇	◇	◇	◇	◇
Norwich.....d		0533	0552		0633	0652		0737
Wymondham.....		0545	0604		0645			0749
Spooner Row.....								
Attleborough.....		0552	0611		0652			0756
Eccles Road.....								
Harling Road.....								
Thetford.....		0605	0625		0705	0719		0809
Brandon.....		0613			0713			0817
Lakenheath.....								
Shippea Hill.....								
London Liverpool St. Ⓣ...d								0638
Ipswich.....d				0603				0803
Ely.....a		0629	0647	0656		0729	0743	0837
Ely.....d	0530	0614	0630	0651	0657	0704	0730	0751
Cambridge.....a		0647	0714		0747	0807		0854
Manea.....		06x24						0914
March.....	0546	0632	0708	0712	0720		0807	0836
Whittlesea.....	0556	0641		0721	0729		0817	
Peterborough.....a	0606	0651	0724	0733	0739		0827	0853

	CT	CT	CT	CT	CT	CT	CT	CT
	◇	◇	◇	◇	◇	◇	◇	◇
Norwich.....d		0840	0857		0940	0957		1040
Wymondham.....		0852		0952				1052
Spooner Row.....								
Attleborough.....		0859		0959				1059
Eccles Road.....								
Harling Road.....								
Thetford.....		0912	0924		1012	1023		1112
Brandon.....				1020				1124
Lakenheath.....								1212
Shippea Hill.....								1220
London Liverpool St. Ⓣ...d								
Ipswich.....d						1003		
Ely.....a		0935	0945		1036	1046		1135
Ely.....d	0912	0936	0954	1019	1037	1052	1059	1119
Cambridge.....a		0953	1008		1055	1123		1153
Manea.....								1225
March.....	0928			1036		1114	1136	
Whittlesea.....						1123		1236
Peterborough.....a	0950	1026	1053		1126	1138	1153	

	CT	CT	CT	CT	CT	CT	CT	CT
	◇	◇	◇	◇	◇	◇	◇	◇
Norwich.....d	1157	1240	1257		1340	1357		1440
Wymondham.....		1252			1352			1452
Spooner Row.....								
Attleborough.....		1259			1359			1459
Eccles Road.....								
Harling Road.....								
Thetford.....	1223		1312	1324		1412	1423	
Brandon.....					1420			1512
Lakenheath.....								1524
Shippea Hill.....								
London Liverpool St. Ⓣ...d		1038						1238
Ipswich.....d		1203						1403
Ely.....a	1246	1257	1337	1345		1439	1446	1501
Ely.....d	1251	1259	1317	1337	1350	1419	1440	1502
Cambridge.....a	1311		1356	1410		1457	1510	
Manea.....								1554
March.....		1314	1333		1436		1517	1536
Whittlesea.....		1323					1526	
Peterborough.....a	1323	1335	1351		1422	1453	1523	1538

Norwich to Cambridge and Peterborough

Norwich to Cambridge and Peterborough



mondays to fridays

	CT	CT	CT	CT	CT	CT	CT
	◇	◇	◇	◇	◇	◇	◇
Norwich.....d	1540	1552		1640	1657	1735	1754
Wymondham.....	1552			1652		1747	1806
Spooner Row.....				1656			
Attleborough.....	1559	1609		1701		1754	
Eccles Road.....		1614				1759	
Harling Road.....		1618				1803	
Thetford.....	1612	1627		1714	1725	1812	1824
Brandon.....	1620					1820	
Lakenheath.....							
Shippea Hill.....							
London Liverpool St. Ⓣ..d		1438					1632
Ipswich.....d		1603					1749
Ely.....a	1636	1649	1657	1735	1748	1838	1846 1850
Ely.....d	1619	1637	1653 1659	1713 1736	1751 1808	1838 1851	1859 1913
Cambridge.....a	1656	1744		1753	1818	1855	1924
Manea.....					18x18		
March.....	1636		1714 1729		1826		1914 1929
Whittlesea.....			1723				1924
Peterborough.....a	1653	1726	1738 1753	1825	1843	1927	1941 1953

	CT	CT	CT	CT
	◇	◇	◇	◇
Norwich.....d	1833	1857	1945	2040 2210
Wymondham.....	1845		1957	2052 2222
Spooner Row.....				
Attleborough.....	1852		2004	2059 2229
Eccles Road.....				
Harling Road.....				
Thetford.....	1905	1924	2017	2112 2243
Brandon.....	1913		2025	2252
Lakenheath.....	1918			
Shippea Hill.....	1924			
London Liverpool St. Ⓣ..d				
Ipswich.....d			2018	
Ely.....a	1936	1946	2041	2117 2136 2310
Ely.....d	1936	1949 2005	2042 2113	2118 2136 2310
Cambridge.....a	1955	2012	2058	2153 2327
Manea.....				
March.....		2022	2129 2134	
Whittlesea.....			2145	
Peterborough.....a	2021	2039	2152 2158	

saturdays

	CT	CT	CT	CT	CT	CT	CT
	◇	◇	◇	◇	◇	◇	◇
Norwich.....d		0533	0552	0633	0656	0735	0757
Wymondham.....		0545	0604	0645		0747	
Spooner Row.....							
Attleborough.....		0552	0611	0652		0754	
Eccles Road.....							
Harling Road.....							
Thetford.....		0605	0625	0705	0723	0807	0824
Brandon.....		0613		0713		0815	
Lakenheath.....							
Shippea Hill.....							
London Liverpool St. Ⓣ..d							0638
Ipswich.....d				0559			0803
Ely.....a			0629	0649	0655	0729	0744
Ely.....d	0530	0610	0630	0653	0658	0730	0751
Cambridge.....a			0647		0747	0805	0853
Manea.....			06x21				
March.....	0546	0629	0709	0712		0807	0835
Whittlesea.....	0556	0638		0721			0909
Peterborough.....a	0606	0648	0726	0733	0824	0853	0925

	CT	CT	CT	CT	CT	CT	CT
	◇	◇	◇	◇	◇	◇	◇
Norwich.....d	0840	0857	0940	0957	1040	1057	1140 1157
Wymondham.....	0852		0952		1052		1152
Spooner Row.....							
Attleborough.....	0859		0959		1059		1159
Eccles Road.....							
Harling Road.....							
Thetford.....	0912	0924	1012	1024	1112	1121	1212 1224
Brandon.....			1020				1220
Lakenheath.....							
Shippea Hill.....							
London Liverpool St. Ⓣ..d					0838		
Ipswich.....d					1003		
Ely.....a	0934	0949	1037	1046	1057	1134	1145
Ely.....d	0936	0952	1019	1038	1052	1059	1119
Cambridge.....a	0953	1017		1055	1112		1153
Manea.....							1209
March.....		1035		1116	1136		1237
Whittlesea.....				1123			
Peterborough.....a	1024	1053	1124	1138	1153	1227	1254

	CT	CT	CT	CT	CT	CT	CT
	◇	◇	◇	◇	◇	◇	◇
Norwich.....d	1240	1257	1340	1357	1440	1457	
Wymondham.....	1252		1352		1452		
Spooner Row.....							
Attleborough.....	1259		1359		1459		
Eccles Road.....							
Harling Road.....							
Thetford.....	1312	1324	1412	1424	1512	1524	
Brandon.....			1420				
Lakenheath.....							
Shippea Hill.....							
London Liverpool St. Ⓣ..d	1038				1238		
Ipswich.....d	1203				1403		
Ely.....a	1257	1335	1346	1436	1446	1457	1535 1545
Ely.....d	1259	1317	1336	1352	1421	1437	1452
Cambridge.....a		1353	1417		1454	1515	1553
Manea.....							1615
March.....	1314	1333		1437		1514	1536
Whittlesea.....	1323					1523	
Peterborough.....a	1338	1352	1424	1454	1524	1538	1553

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Norwich to Cambridge and Peterborough

Norwich to Cambridge and Peterborough



saturdays

	CT	CT	CT	CT	CT	CT	CT	CT				
Norwich.....d	1535	1557		1640	1657		1735	1757	1835			
Wymondham.....	1547			1652			1747		1847			
Spooner Row.....				16x56								
Attleborough.....	1554			1701			1754		1854			
Eccles Road.....	1559						1759					
Harling Road.....	1603						1803					
Thetford.....	1612	1624		1714	1724		1812	1824	1907			
Brandon.....	1620						1820		1915			
Lakenheath.....									1920			
Shippea Hill.....									1926			
London Liverpool St. ②...d		1438						1638				
Ipswich.....d		1603						1803				
Ely.....a	1638	1646	1657	1735	1745		1837	1845	1857	1936		
Ely.....d	1639	1652	1659	1713	1736	1752	1808	1837	1852	1859	1913	1936
Cambridge.....a	1655	1716		1753	1815		1855	1915		1954		
Manea.....							18x18					
March.....		1714	1730			1826		1914	1930			
Whittlesea.....		1723						1923				
Peterborough.....a	1724	1738	1750	1824	1848		1926	1938	1951			

	CT	CT	CT	CT	CT	CT	CT	CT
Norwich.....d	1857	1940	2040	2210				
Wymondham.....		1952	2052	2222				
Spooner Row.....								
Attleborough.....		1959	2059	2229				
Eccles Road.....								
Harling Road.....								
Thetford.....	1924	2012	2112	2243				
Brandon.....		2020		2252				
Lakenheath.....								
Shippea Hill.....								
London Liverpool St. ②...d			1838					
Ipswich.....d			2003					
Ely.....a	1945	2036	2057	2135	2308			
Ely.....d	1952	2005	2037	2059	2136	2308		
Cambridge.....a	2012	2056		2153	2325			
Manea.....								
March.....		2022	2114					
Whittlesea.....			2123					
Peterborough.....a	2025	2039	2138					

sundays

	C	CT	CT	CT	CT	CT	CT	CT	CT		
Norwich.....d	0915	09/28			10/48		1115		1215		
Wymondham.....	0927	09/40					1127		1227		
Spooner Row.....											
Attleborough.....	0934	09/48					1134		1234		
Eccles Road.....											
Harling Road.....											
Thetford.....	0947	10/02			11/15		1147		1247		
Brandon.....	0955	10/10					1155				
Lakenheath.....											
Shippea Hill.....											
London Liverpool St. ②...d											
Ipswich.....d	08/02			1002					1202		
Ely.....a	08/57	1016		10/30	1057		11/36	1216	1257	1313	
Ely.....d	08/57	1017	1025	10/34	1057	1109	11/40	1215	1217	1253	1314
Cambridge.....a		1034						1234		1331	
Manea.....											
March.....	09/14	1041		1114	1125		1231	1310	1314		
Whittlesea.....											
Peterborough.....a	09/38	1103	11/12	1138	1150	12/16	1253	1331	1338		

	CT	CT	CT	CT	CT	CT	CT	CT	CT		
Norwich.....d	1252	1315	1349		1415	14/56	1515	1553			
Wymondham.....		1327			1427		1527				
Spooner Row.....											
Attleborough.....		1334			1434		1534				
Eccles Road.....											
Harling Road.....											
Thetford.....	1319	1347	1416		1447	15/23	1547	1620			
Brandon.....		1355					1555				
Lakenheath.....											
Shippea Hill.....											
London Liverpool St. ②...d											
Ipswich.....d					1402				1602		
Ely.....a	1345	1416	1443		1457	1513	15/46	1611	1657		
Ely.....d	1349	1401	1417	1447	1453	1457	1514	15/49	1605	1612	1657
Cambridge.....a			1434			1531			1631		
Manea.....											
March.....		1417		1510	1514		1621		1714		
Whittlesea.....											
Peterborough.....a	1425	1439	1524	1531	1538		16/26	1638	1710	1733	

	CT	CT	CT	CT	CT	CT	CT	CT	CT			
Norwich.....d	1615	1657	1715		1815	1845	1930	2015	2051			
Wymondham.....	1627		1727		1827		1930	2027				
Spooner Row.....												
Attleborough.....	1634		1734		1834		1934	2034				
Eccles Road.....												
Harling Road.....												
Thetford.....	1647	1724	1747		1847		1912	1957	2047	2118		
Brandon.....			1755					2055				
Lakenheath.....												
Shippea Hill.....												
London Liverpool St. ②...d												
Ipswich.....d					1802							
Ely.....a	1716	1748	1811		1857	1908	1943	2018	2111	2139		
Ely.....d	1705	1717	1751	1812	1829	1857	1909	1926	1946	2022	2112	2146
Cambridge.....a		1734		1829		1930			2129			
Manea.....												
March.....	1721			1845	1914		1942					
Whittlesea.....												
Peterborough.....a	1738	1823	1902	1934	2002	2018	2054		2220			

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Lowestoft and Felixstowe to Ipswich

Lowestoft and Felixstowe to Ipswich



mondays to fridays

	06		07		08		09	
Norwich.....d		0545			0754		0957	
Lowestoft.....d	0533	0645			0900		1100	
Oulton Broad South.....	0539	0651			0906		1106	
Beccles.....	0548	0700			0915		1115	
Brampton (Suffolk).....	0556	0708			0923		1123	
Halesworth.....	0603	0715			0930		1130	
Darsham.....	0611	0723			0938		1138	
Saxmundham.....	0620	0732	0821		0947		1147	
Wickham Market.....	0629	0741	0830		0956		1156	
Melton.....	0635	0747	0836		1002		1202	
Woodbridge.....	0641	0753	0842		1008		1208	
Felixstowe.....d	0534	0639	0752	0856	0956	1056	1156	
Trimley.....	0538	0643	0756	0900	1000	1100	1200	
Derby Road.....	0547	0652	0805	0909	1009	1109	1209	
Westerfield.....	0551	0651	0803	0809	0913	1013	1113	1213
Ipswich.....a	0559	0701	0813	0818	0902	0920	1020	1026
Manningtree.....a	0633	0718	0833	0918	0952	1052	1152	1252
Colchester.....a	0643	0728	0843	0927	0947	1047	1147	1247
Marks Tey.....a						1123		1323
Witham.....a				1001		1101	1201	1301
Chelmsford.....a			0902	0947	1010	11s10	1210	1310
Shenfield.....a	0732				1022	11s22	1222	13s22
London Liverpool St. ☉..a	0737	0823	0925	0938	1024	1046	1148	1245

	10		11		12		13	
Norwich.....d		1157		1357		1557		1657
Lowestoft.....d		1300		1500		1700		1843
Oulton Broad South.....		1306		1506		1706		1849
Beccles.....		1315		1515		1715		1858
Brampton (Suffolk).....		1323		1523		1723		1906
Halesworth.....		1330		1530		1730		1913
Darsham.....		1338		1538		1738		1921
Saxmundham.....		1347		1547		1747		1936
Wickham Market.....		1356		1556		1756		1945
Melton.....		1402		1602		1802		1951
Woodbridge.....		1408		1608		1808		1957
Felixstowe.....d	1256	1356	1456	1556	1656	1756	1856	1956
Trimley.....	1300	1400	1500	1600	1700	1800	1900	2000
Derby Road.....	1309	1409	1509	1609	1709	1809	1909	2009
Westerfield.....	1313	1413	1418	1513	1618	1713	1813	1913
Ipswich.....a	1320	1420	1426	1520	1620	1626	1720	1820
Manningtree.....a	1352	1452	1552	1652	1752	1852	1952	2052
Colchester.....a	1347	1447	1543	1648	1701	1747	1847	1947
Marks Tey.....a		1523	1659	1754	1854	1954	2123	
Witham.....a	1401	1501	1707	1804	1902	2002	2101	2101
Chelmsford.....a	1410	1510	1716	1813	1911	2011	2110	2110
Shenfield.....a	1422	15s22	1727	1730	1825	19s23	2023	21s22
London Liverpool St. ☉..a	1445	1545	1749	1754	1849	1947	2046	2145



mondays to fridays

	10		11		12		13	
Norwich.....d		1957						
Lowestoft.....d		2100						
Oulton Broad South.....		2106						
Beccles.....		2115						
Brampton (Suffolk).....		2123						
Halesworth.....		2130						
Darsham.....		2138						
Saxmundham.....		2147						
Wickham Market.....		2156						
Melton.....		2202						
Woodbridge.....		2208						
Felixstowe.....d	2056		2256					
Trimley.....	2100		2300					
Derby Road.....	2109		2309					
Westerfield.....	2113	2218	2313					
Ipswich.....a	2122	2226	2320					
Manningtree.....a	2152	2252	2345					
Colchester.....a	2147	2301	2356					
Marks Tey.....a								
Witham.....a	2201	2315						
Chelmsford.....a	2210	2324						
Shenfield.....a	2222	2336						
London Liverpool St. ☉..a	2245	0003						

saturdays

	06		07		08		09	
Norwich.....d		0549		0754		0957		
Lowestoft.....d	0557	0700		0900		1100		
Oulton Broad South.....	0603	0706		0906		1106		
Beccles.....	0612	0715		0915		1115		
Brampton (Suffolk).....	0620	0723		0923		1123		
Halesworth.....	0627	0730		0930		1130		
Darsham.....	0635	0738		0938		1138		
Saxmundham.....	0644	0747		0947		1147		
Wickham Market.....	0653	0756		0956		1156		
Melton.....	0659	0802		1002		1202		
Woodbridge.....	0705	0808		1008		1208		
Felixstowe.....d	0656	0756	0856	0956	1056	1156	1256	1356
Trimley.....	0700	0800	0900	1000	1100	1200	1300	1400
Derby Road.....	0709	0809	0909	1009	1109	1209	1309	1409
Westerfield.....	0713	0718	0813	0818	0913	1013	1113	1213
Ipswich.....a	0720	0726	0820	0826	0920	1020	1026	1120
Manningtree.....a	0752	0852	0952	1052	1152	1252	1352	
Colchester.....a	0747	0847	0947	1047	1147	1247	1347	
Marks Tey.....a	0823	0923		1123		1323		
Witham.....a	0801	0901	1001	1101	1201	1301	1401	
Chelmsford.....a	0810	0910	1010	1110	1210	1310	1410	
Shenfield.....a	08s22	09s22	1022	11s22	1222	13s22	1422	
London Liverpool St. ☉..a	0845	0945	1045	1145	1245	1345	1445	



Norwich to Great Yarmouth and Lowestoft

Norwich to Great Yarmouth and Lowestoft

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mondays to fridays

London Liverpool St. ☉...d								0625	0730	0800		
Norwich.....d	0515	0545	0626	0636	0656	0705	0736	0754	0836	0857	0936	0957
Brundall Gardens		0552		0643		0712		0801	0843		0943	
Brundall.....	0523	0555	0634	0646	0704	0715	0744	0804	0846		0946	1005
Lingwood				0651		0720			0851		0951	
Acle.....				0655		0727			0855		0955	
Buckenham												10x09
Cantley		0601			0710		0750	0810				1013
Reedham.....		0606	0642		0715		0755	0815				1017
Berney Arms.....							08x01					
Great Yarmouth.....a	0545			0707		0739	0811		0907		1007	
Haddiscoe		0614			0723			0823				1026
Somerleyton		0618			0727			0827				1029
Oulton Broad North		0624	0657		0733			0833	0926			1035
Lowestoft	a	0629	0702		0738			0838	0931			1040

London Liverpool St. ☉...d	0830	0900	0930	1000	1030	1100	1130	1200	1230	1300	1330	1400
Norwich.....d	1036	1057	1136	1157	1236	1257	1336	1357	1436	1457	1536	1557
Brundall Gardens	1043		1143		1243		1343		1443		1543	
Brundall.....	1046		1146	1205	1246		1346	1405	1446		1546	1605
Lingwood			1151		1251		1351		1451		1551	
Acle.....			1155		1255		1355		1455		1555	
Buckenham												
Cantley	1052			1211			1411					1611
Reedham.....	1057			1216			1416					1616
Berney Arms.....	11x03											
Great Yarmouth.....a	1113		1207		1307		1407		1507		1607	
Haddiscoe				1224			1424					1624
Somerleyton				1228			1428					1628
Oulton Broad North		1126	1234		1326		1434		1526		1634	
Lowestoft	a	1131	1239		1331		1439		1531		1639	

London Liverpool St. ☉...d	1430	1500	1530	1630	1700	1700	1730	1750	1830			
Norwich.....d	1640	1657	1705	1736	1757	1840	1857	1905	1936	1957	2040	2057
Brundall Gardens	1647	1704	1712	1743	1804	1847			1943		2047	
Brundall.....	1650	1707	1715	1746	1807	1850	1905		1946	2005	2050	2105
Lingwood	1655		1720	1751		1855			1951		2055	
Acle.....	1659		1727	1755		1859			1955		2059	
Buckenham												
Cantley		1713			1813		1911			2011		
Reedham.....		1718			1818		1916			2016		2113
Berney Arms.....												
Great Yarmouth.....a	1711		1739	1807		1911		1937	2007		2111	
Haddiscoe		1726			1826		1924			2024		
Somerleyton		1730			1830		1928			2028		
Oulton Broad North		1736			1836		1934			2034		2128
Lowestoft	a	1741			1841		1939			2039		2133



mondays to fridays

London Liverpool St. ☉...d	1930	2030								
Norwich.....d	2140	2157	2240	2300						
Brundall Gardens	2147									
Brundall.....	2150	2205	2248	2308						
Lingwood	2155			2313						
Acle.....	2159			2317						
Buckenham										
Cantley		2211	2254							
Reedham.....		2216	2259							
Berney Arms.....										
Great Yarmouth.....a	2211			2329						
Haddiscoe		2224	2307							
Somerleyton		2228	2311							
Oulton Broad North		2234	2317							
Lowestoft	a	2239	2322							

saturdays

London Liverpool St. ☉...d								0630	0700	0730	0800	
Norwich.....d	0536	0549	0636	0656	0705	0736	0754	0836	0857	09/06	0936	0957
Brundall Gardens		0556	0643		0712		0801	0843			0943	
Brundall.....	0544	0559	0646	0704	0715	0744	0804	0846			0946	1005
Lingwood			0651		0720			0851			0951	
Acle.....			0655		0727			0855			0955	
Buckenham												10x09
Cantley		0605		0710		0750	0810					1013
Reedham.....	0552	0610		0715		0755	0815					1017
Berney Arms.....						08x01						
Great Yarmouth.....a	0607		0707		0739	0811		0907		09/35	1007	
Haddiscoe		0618		0723			0823					1026
Somerleyton		0622		0727			0827					1029
Oulton Broad North		0628	0733				0833	0926				1035
Lowestoft	a	0633	0738				0838	0931				1040

London Liverpool St. ☉...d	A	0830	0900	0930	1000	10/00	1030	1100	1130			
Norwich.....d	10/06	1036	1057	11/06	1136	11/50	1157	12/06	1236	1257	13/06	1336
Brundall Gardens		1043		1143					1243		1343	
Brundall.....		1046		1146		1205			1246		1346	
Lingwood				1151					1251		1351	
Acle.....				1155					1255		1355	
Buckenham												
Cantley		1052				1211						
Reedham.....		1057				1216						
Berney Arms.....		11x03										
Great Yarmouth.....a	10/38	1113		11/35	1207	12/19		12/38	1307		13/35	1407
Haddiscoe						1224						
Somerleyton						1228						
Oulton Broad North		1126							1326			
Lowestoft	a	1131				1239			1331			



Norwich to Great Yarmouth and Lowestoft

Norwich to Great Yarmouth and Lowestoft

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saturdays

	A		A		A							
London Liverpool St. \ominus ..d	1200	1230	1300	1330	1400	1430	1500	1530				
Norwich.....d	1357	14/06	1436	1457	15/06	1536	1557	16/06	1640	1657	1705	1736
Brundall Gardens			1443		1543		1647		1704	1712	1743	
Brundall.....	1405		1446		1546	1605	1650	1707	1715	1746		
Lingwood			1451		1551		1655		1720	1751		
Acle.....			1455		1555		1659		1727	1755		
Buckenham												
Cantley	1411					1611			1713			
Reedham	1416					1616			1718			
Berney Arms.....												
Great Yarmouth.....a		14/35	1507		15/35	1607		16/35	1711		1739	1807
Haddiscoe	1424					1624			1726			
Somerleyton	1428					1628			1730			
Oulton Broad North	1434		1526		1634		1736					
Lowestoft	1439		1531		1639		1741					

	1600	1630	1700	1730	1800	1830	1900	1930	2000	2030	
London Liverpool St. \ominus ..d	1600	1630	1700	1730	1800	1830	1900	1930	2000	2030	
Norwich.....d	1757	1840	1857	1936	1957	2040	2057	2140	2157	2240	2300
Brundall Gardens	1804	1847		1943		2047		2147			
Brundall.....	1807	1850	1905	1946	2005	2050	2105	2150	2205	2248	2308
Lingwood		1855		1951		2055		2155			2313
Acle.....		1859		1955		2059		2159			2317
Buckenham											
Cantley	1813		1911		2011			2211	2254		
Reedham	1818		1916		2016		2113	2216	2259		
Berney Arms.....											
Great Yarmouth.....a		1911		2007		2111		2211		2329	
Haddiscoe	1826		1924		2024			2224	2307		
Somerleyton	1830		1928		2028			2228	2311		
Oulton Broad North	1836		1934		2034		2128	2234	2317		
Lowestoft	1841		1939		2039		2133	2239	2322		



sundays

	C		C		C							
London Liverpool St. \ominus ..d					0830	09/30	1030		11/30	1230		
Norwich.....d	0725	0736	0903	09/36	1036	1103	11/36	1236	1303	13/36	1436	1503
Brundall Gardens					1043		1243		1443			
Brundall.....		0744	0911	09/44	1046	1111	11/44	1246	1311	13/44	1446	1511
Lingwood				09/49			11/49			13/49		
Acle.....				09/53			11/53			13/53		
Buckenham												
Cantley		0750	0917		1052	1117		1252	1317		1452	1517
Reedham		0755	0922		1057	1122		1257	1322		1457	1522
Berney Arms.....		08x01			11x03			13x03			15x03	
Great Yarmouth.....a		0811		10/05	1113		12/05	1313		14/05	1513	
Haddiscoe			09x30			11x30		13x30			15x30	
Somerleyton			0934			1134		1334			1534	
Oulton Broad North		0753	0940			1140		1340			1540	
Lowestoft		0758	0945			1145		1345			1545	

	C	C	D	C	D							
London Liverpool St. \ominus ..d	13/30	1430	15/30	15/30	1630	17/30	17/30	1830	1900	2030		
Norwich.....d	15/36	1636	1703	17/36	1836	1903	19/36	19/36	2036	2103	2236	
Brundall Gardens		1643			1843				2043	2143	2243	
Brundall.....	15/44	1646	1711	17/44	17/44	1846	1911	19/44	19/44	2046	2111	2246
Lingwood		15/49		17/49		19/49						
Acle.....		15/53		17/53		19/53						
Buckenham												
Cantley		1652	1717		17/50	1852	1917		19/50	2052	2117	2252
Reedham		1657	1722		17/55	1857	1922		19/55	2057	2122	2257
Berney Arms.....												
Great Yarmouth.....a	16/05	1711		18/05	18/09	1911		20/05	20/09	2111		2311
Haddiscoe			17x30			19x30				21x30		
Somerleyton			1734			1934				2134		
Oulton Broad North			1740			1940				2140		
Lowestoft			1745			1945				2145		



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Lowestoft and Great Yarmouth to Norwich

Lowestoft and Great Yarmouth to Norwich



mondays to fridays

	D		E		F		G	
Lowestoft	0540	0640	0740	0758	0843	0943		
Oulton Broad North	0543	0643	0743	0801	0846	0946		
Somerleyton	0549	0649	0749		0852	0952		
Haddiscoe	0552	0652	0752		0855	0955		
Great Yarmouth	0600	0622	0717	0745	0817	0917		
Berney Arms								
Reedham	0601	0701	0801	0816	0904	1004		
Cantley	0605	0705	0805	0820	0908	1008		
Buckenham								
Acle	0610		0727	0755	0827	0927		
Lingwood	0615		0732	0800	0832	0932		
Brundall	0611	0619	0711	0736	0804	0811	0836	0914 0936 1014
Brundall Gardens		0622	0714	0739	0807		0839	0939
Norwich	0622	0632	0656	0724	0749	0818	0822	0835 0849 0925 0949 1025
London Liverpool St.	0839	0910	0925	0956	1024	1054	1124	1154 1224

Lowestoft	1050	1143	1250	1343	1450	1543		
Oulton Broad North	1053	1146	1253	1346	1453	1546		
Somerleyton		1152		1352		1552		
Haddiscoe		1155		1355		1555		
Great Yarmouth	1017	1117	1217	1317	1412	1517		
Berney Arms					14x19			
Reedham			1204		1404	1426		1604
Cantley			1208		1408	1430		1608
Buckenham								16x11
Acle	1027	1127	1227	1327		1527		
Lingwood	1032	1132	1232	1332		1532		
Brundall	1036	1136	1214	1236	1336	1414	1436	1536 1614
Brundall Gardens	1039	1139	1239	1339	1439	1539		
Norwich	1049	1124	1149	1225	1249	1324	1349	1425 1449 1524 1549 1625
London Liverpool St.	1254	1324	1354	1424	1454	1524	1554	1624 1654 1724 1754 1824

	E		F		G		H	
Lowestoft	1648	1748	1848	1948	2050			
Oulton Broad North	1651	1751	1851	1951	2053			
Somerleyton	1657	1757	1857	1957				
Haddiscoe	1700	1800	1900	2000				
Great Yarmouth	1617	1717	1743	18/14 18/14	1917	2017		
Berney Arms				18x21				
Reedham	1709		1809	18/28 18/28	1909	2009		
Cantley	1713		1813	18/32 18/32	1913	2013		
Buckenham								
Acle	1627	1727	1755		1927	2027		
Lingwood	1632	1732	1800		1932	2032		
Brundall	1636	1719	1736	1804	1819	18/39 18/39	1919	1936 2019 2036
Brundall Gardens	1639	1739	1807		1939	2039		
Norwich	1649	1730	1749	1817	1830	18/49 18/49	1930	1949 2031 2049 2124
London Liverpool St.	1854	1954	2024	20/54 20/54	2154	2254		



mondays to fridays

Lowestoft	2143	2246	2331					
Oulton Broad North	2146	2249	2334					
Somerleyton	2152	2255						
Haddiscoe	2155	2258						
Great Yarmouth	2117	2217	2333					
Berney Arms								
Reedham	2204	2307	2349					
Cantley	2208	2311	2353					
Buckenham								
Acle	2127	2227						
Lingwood	2132	2232						
Brundall	2136	2214	2236	2317	2352	2359		
Brundall Gardens	2139	2239						
Norwich	2149	2225	2249	2328	0002	0010		
London Liverpool St.	0003							

saturdays

	A		B		C		D	
Lowestoft	0640	0743	0843			0943		
Oulton Broad North	0643	0746	0846			0946		
Somerleyton	0649	0752	0852			0952		
Haddiscoe	0652	0755	0855			0955		
Great Yarmouth	0617	0717	0745	0817	0917	09/45	10/10	1017
Berney Arms								
Reedham	0701		0804	0904				1004
Cantley	0705		0808	0908				1008
Buckenham								
Acle	0627	0727	0755	0827	0927			1027
Lingwood	0632	0732	0800	0832	0932			1032
Brundall	0636	0711	0736	0804	0814	0836	0914	0936 1014 1036
Brundall Gardens	0639	0714	0739	0807	0839	0939		1039
Norwich	0649	0724	0749	0818	0825	0849	0925	0949 10/13 1025 10/44 1051
London Liverpool St.	0854	0924	0954	1024	1054	1124	1154	1224 12/54 1254

	A		B		C		D	
Lowestoft	1050	1143	1250	1343				
Oulton Broad North	1053	1146	1253	1346				
Somerleyton		1152		1352				
Haddiscoe		1155		1355				
Great Yarmouth	10/45	1117	11/45	1217	12/45	1317	13/45	1412
Berney Arms								14x19
Reedham			1204					1404 1426
Cantley			1208					1408 1430
Buckenham								
Acle		1127		1227		1327		
Lingwood		1132		1232		1332		
Brundall		1136	1214	1236		1336	1414	1436
Brundall Gardens		1139	1239			1339		1439
Norwich	11/13	1124	1149	12/13	1225	1249	13/13	1324 1349 14/13 1425 1449
London Liverpool St.	1324	1354	1424	1454	1524	1554	1624	1654



Lowestoft and Great Yarmouth to Norwich

Lowestoft and Great Yarmouth to Norwich

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saturdays

	A		A		A		A	
Lowestoftd	1450		1543		1648		1748	
Oulton Broad North	1453		1546		1651		1751	
Somerleyton			1552		1657		1757	
Haddiscoe			1555		1700		1800	
Great Yarmouth.....d	14/45	1517	15/45	1617	16/45	1717	1743	
Berney Arms							18/21	
Reedham			1604		1709		1809	
Cantley			1608		1713		1813	
Buckenham			16x11				18/32	
Acle.....		1527		1627		1727	1755	
Lingwood		1532		1632		1732	1800	
Brundall		1536	1614	1636	1719	1736	1804	
Brundall Gardens		1539		1639		1739	1807	
Norwich.....a	15/13	1524	1549	16/13	1625	1649	17/13	
London Liverpool St. ☉...a	1724	1754	1824	1854	19/24	1954	2024	

	B							
Lowestoftd	1848	1948	2050	2143	2246	2331		
Oulton Broad North	1851	1951	2053	2146	2249	2334		
Somerleyton	1857	1957		2152	2255			
Haddiscoe	1900	2000		2155	2258			
Great Yarmouth.....d	18/14	1917	2017	2117	2217	2333		
Berney Arms								
Reedham	18/28	1909	2009	2204	2307	2349		
Cantley	18/32	1913	2013	2208	2311	2353		
Buckenham								
Acle.....		1927	2027	2127	2227			
Lingwood		1932	2032	2132	2232			
Brundall	18/39	1919	1936	2019	2036	2136	2214	
Brundall Gardens		1939	2039	2139	2239			
Norwich.....a	18/49	1930	1949	2031	2049	2124	2149	
London Liverpool St. ☉...a	20/54	2154	2254	0003				



sundays

	C		C		C		C	
Lowestoftd	0950		1150		1350		1550	
Oulton Broad North	0953		1153		1353		1553	
Somerleyton	0959		1159		1359		1559	
Haddiscoe	10x02		12x02		14x02		16x02	
Great Yarmouth.....d	0818	10/25	1118	12/25	1318	14/25	1518	
Berney Arms	08x25		11x25		13x25		15x25	
Reedham	0832	1011	1132	1211	1332	1411	1532	
Cantley	0836	1015	1136	1215	1336	1415	1536	
Buckenham							1615	
Acle.....		10/35		12/35		14/35		
Lingwood		10/40		12/40		14/40	16/40	
Brundall	0843	1021	10/44	1143	1221	12/44	1343	
Brundall Gardens			1145	1345	1421	14/44	1543	
Norwich.....a	0853	1032	10/55	1155	1232	12/55	1355	
London Liverpool St. ☉...a	1101	1301	13/01	1401	1501	15/01	1601	

	D		C		D		C	
Lowestoftd	1750		1950		2150		2325	
Oulton Broad North	1753		1953		2153		2328	
Somerleyton	1759		1959		2159			
Haddiscoe	18x02		20x02		22x02			
Great Yarmouth.....d	1720	18/20	18/25	1920	20/20	20/25	2120	
Berney Arms							2320	
Reedham	1732	1811	18/32	1932	2011	20/32	2132	
Cantley	1736	1815	18/36	1936	2015	20/36	2136	
Buckenham							2215	
Acle.....			18/35		20/35			
Lingwood			18/40		20/40			
Brundall	1743	1821	18/43	18/44	1943	2021	20/43	
Brundall Gardens	1745			1945			2145	
Norwich.....a	1755	1832	18/55	18/55	1955	2032	20/55	
London Liverpool St. ☉...a	2001	21/01	21/01	2201	23/01	23/01	0007	



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Norwich to Cromer and Sheringham

Sheringham and Cromer to Norwich

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mondays to Saturdays

	SX	SO	SO	SX		SX	SO							
London Liverpool St. \ominus ..d						0600	0730	0830	0930	1030	1130			
Norwich.....d	0520	0520	0545	0550	0715	0823	0823	0945	1045	1145	1245	1345		
Salhouse.....		0530	0555	0600	0725	0833	0833	0955		1155		1355		
Hoveton & Wroxham.....	0534	0535	0600	0605	0730	0838	0838	1000	1059	1200	1259	1400		
Worstead.....		0542	0607	0612	0737	0845	0845		1106		1306			
North Walsham.....	0544	0548	0613	0621	0746	0853	0853	1013	1114	1213	1314	1413		
Gunton.....		0554	0619	0627	0752	0859	0859	1019		1219		1419		
Roughton Road.....		0601	0626	0634	0759	0906	0906		1125		1325			
Cromer.....	0606	0610	0636	0646	0808	0915	0915	1033	1133	1233	1333	1433		
West Runton.....	0610	0614	0640	0650	0812	0919	0919	1037	1137	1237	1337	1437		
Sheringham.....a	0614	0618	0644	0654	0816	0923	0923	1041	1141	1241	1341	1441		

	1230	1330	1430	1530	1630	1730	1900	2030						
London Liverpool St. \ominus ..d	1230	1330	1430	1530	1630	1730	1900	2030						
Norwich.....d	1445	1545	1645	1745	1845	1945	2115	2245						
Salhouse.....		1555	1655	1755	1855	1955	2125	2255						
Hoveton & Wroxham.....	1459	1600	1700	1800	1900	2000	2130	2300						
Worstead.....	1506	1607	1707	1807	1907	2007	2137	2307						
North Walsham.....	1514	1615	1715	1816	1915	2016	2143	2313						
Gunton.....		1621	1721	1822	1921	2022	2149	2319						
Roughton Road.....	1525	1628	1728	1829	1928	2029	2156	2326						
Cromer.....	1533	1636	1736	1837	1936	2037	2204	2334						
West Runton.....	1537	1640	1740	1841	1940	2041	2208	2338						
Sheringham.....a	1541	1644	1744	1845	1944	2045	2212	2342						

sundays

	0830	1030	1230	1430	1630									
London Liverpool St. \ominus ..d	0830	1030	1230	1430	1630									
Norwich.....d	0915	1045	1245	1445	1645	1845								
Salhouse.....	0925	1055	1255	1455	1655	1855								
Hoveton & Wroxham.....	0930	1100	1300	1500	1700	1900								
Worstead.....	0937	1107	1307	1507	1707	1907								
North Walsham.....	0943	1113	1313	1513	1713	1913								
Gunton.....	0949	1119	1319	1519	1719	1919								
Roughton Road.....	0956	1126	1326	1526	1726	1926								
Cromer.....	1005	1135	1335	1535	1735	1935								
West Runton.....	1009	1139	1339	1539	1739	1939								
Sheringham.....a	1014	1144	1344	1544	1744	1944								



mondays to Saturdays

	SX	SO	SX											
Sheringham.....d		0622	0632	0717	0825	0946	1046	1146	1246	1346	1446	1546		
West Runton.....		0626	0636	0721	0829	0950	1050	1150	1250	1350	1450	1550		
Cromer.....	0603	0633	0643	0728	0836	0957	1057	1157	1257	1357	1457	1557		
Roughton Road.....	0608	0638	0648	0733	0841	1002		1202		1402		1602		
Gunton.....	0615	0645	0655	0740	0848		1108		1308		1508	1609		
North Walsham.....	0621	0651	0701	0746	0854	1013	1114	1213	1314	1413	1514	1615		
Worstead.....	0625	0655	0705	0750	0858	1017		1217		1417		1620		
Hoveton & Wroxham.....	0633	0703	0713	0758	0906	1025	1124	1225	1324	1425	1524	1627		
Salhouse.....	0638	0708	0718	0803	0911		1129		1329		1529	1632		
Norwich.....a	0649	0719	0729	0814	0921	1040	1140	1240	1340	1440	1540	1644		
London Liverpool St. \ominus ..a	0855	0924	0938	1024	1124	1254	1354	1454	1554	1654	1754	1854		

	1649	1748	1849	1948	2049	2216	2346							
Sheringham.....d	1649	1748	1849	1948	2049	2216	2346							
West Runton.....	1653	1752	1853	1952	2053	2220	2350							
Cromer.....	1700	1759	1900	1959	2100	2227	2357							
Roughton Road.....		1804		2004	2105	2232								
Gunton.....		1811		2011	2112	2239								
North Walsham.....	1715	1817	1915	2017	2118	2245	0012							
Worstead.....		1821		2021	2122	2249								
Hoveton & Wroxham.....	1726	1829	1926	2029	2130	2257	0022							
Salhouse.....		1834		2034	2135	2302								
Norwich.....a	1740	1844	1940	2044	2145	2312	0036							
London Liverpool St. \ominus ..a	1954	2054	2154	2254	0003									

sundays

	1019	1154	1354	1554	1754	1954								
Sheringham.....d	1019	1154	1354	1554	1754	1954								
West Runton.....	1023	1158	1358	1558	1758	1958								
Cromer.....	1030	1205	1405	1605	1805	2005								
Roughton Road.....	1035	1210	1410	1610	1810	2010								
Gunton.....	1042	1217	1417	1617	1817	2017								
North Walsham.....	1048	1223	1423	1623	1823	2023								
Worstead.....	1052	1227	1427	1627	1827	2027								
Hoveton & Wroxham.....	1100	1235	1435	1635	1835	2035								
Salhouse.....	1105	1240	1440	1640	1840	2040								
Norwich.....a	1116	1251	1451	1651	1851	2051								
London Liverpool St. \ominus ..a	1401	1501	1701	1901	2101	2301								



ticket office opening hours

Ticket office opening times vary according to your demands. At stations where there is little or no demand outside peak hours the ticket office may be closed during parts of the day, including the afternoons, in the evenings or at weekends.

Station	Mon-Fri	Sat	Sun	Car park
Acle	Unstaffed	Unstaffed	Unstaffed	P
Attleborough	Unstaffed	Unstaffed	Unstaffed	P
Beccles	Unstaffed	Unstaffed	Unstaffed	P
Berney Arms	Unstaffed	Unstaffed	Unstaffed	
Brampton	Unstaffed	Unstaffed	Unstaffed	P
Brandon	Unstaffed	Unstaffed	Unstaffed	P
Brundall	Unstaffed	Unstaffed	Unstaffed	P
Brundall Gardens	Unstaffed	Unstaffed	Unstaffed	
Buckenham	Unstaffed	Unstaffed	Unstaffed	
Bury St Edmunds	0650 – 1920	0650 – 1330	0815 – 1600	P
Cambridge	0510 – 2300	0510 – 2300	0700 – 2225	P
Cantley	Unstaffed	Unstaffed	Unstaffed	P
Cromer	Unstaffed	Unstaffed	Unstaffed	P
Darsham	Unstaffed	Unstaffed	Unstaffed	P
Derby Road	Unstaffed	Unstaffed	Unstaffed	
Diss	0605 – 1925	0715 – 1520	0900 – 1225 1315 – 1615 1655 – 1825	P
Dullingham	Unstaffed	Unstaffed	Unstaffed	P
Eccles Road	Unstaffed	Unstaffed	Unstaffed	P
Elmswell	Unstaffed	Unstaffed	Unstaffed	
Ely	0600 – 2000	0600 – 2000	0830 – 1830	P
Felixstowe	Unstaffed	Unstaffed	Unstaffed	P
Great Yarmouth	0650 – 1710	0650 – 1710	0800 – 1600	P
Gunton	Unstaffed	Unstaffed	Unstaffed	P
Haddiscoe	Unstaffed	Unstaffed	Unstaffed	P
Halesworth	Unstaffed	Unstaffed	Unstaffed	P
Harling Road	Unstaffed	Unstaffed	Unstaffed	P
Hoveton & Wroxham	Unstaffed	Unstaffed	Unstaffed	P
Ipswich	0500 – 2120	0500 – 2120	0715 – 2200	P
Kennett	Unstaffed	Unstaffed	Unstaffed	P
Lakenheath	Unstaffed	Unstaffed	Unstaffed	
Lingwood	Unstaffed	Unstaffed	Unstaffed	P
Lowestoft	0640 – 1705	0640 – 1705	0800 – 1615	P
Manea	Unstaffed	Unstaffed	Unstaffed	
March	0700 – 1730	0700 – 1730	Unstaffed	P
Melton	Unstaffed	Unstaffed	Unstaffed	P
Needham Market	Unstaffed	Unstaffed	Unstaffed	P
Newmarket	Unstaffed	Unstaffed	Unstaffed	P
North Walsham	Unstaffed	Unstaffed	Unstaffed	P
Norwich	0445 – 2045	0445 – 2045	0645 – 2045	P
Oulton Broad North	Unstaffed	Unstaffed	Unstaffed	P
Oulton Broad South	Unstaffed	Unstaffed	Unstaffed	P
Peterborough (GNER)	0600 – 2200	0600 – 2130	0805 – 2130	P
Reedham	Unstaffed	Unstaffed	Unstaffed	P
Roughton Road	Unstaffed	Unstaffed	Unstaffed	
Salhouse	Unstaffed	Unstaffed	Unstaffed	P