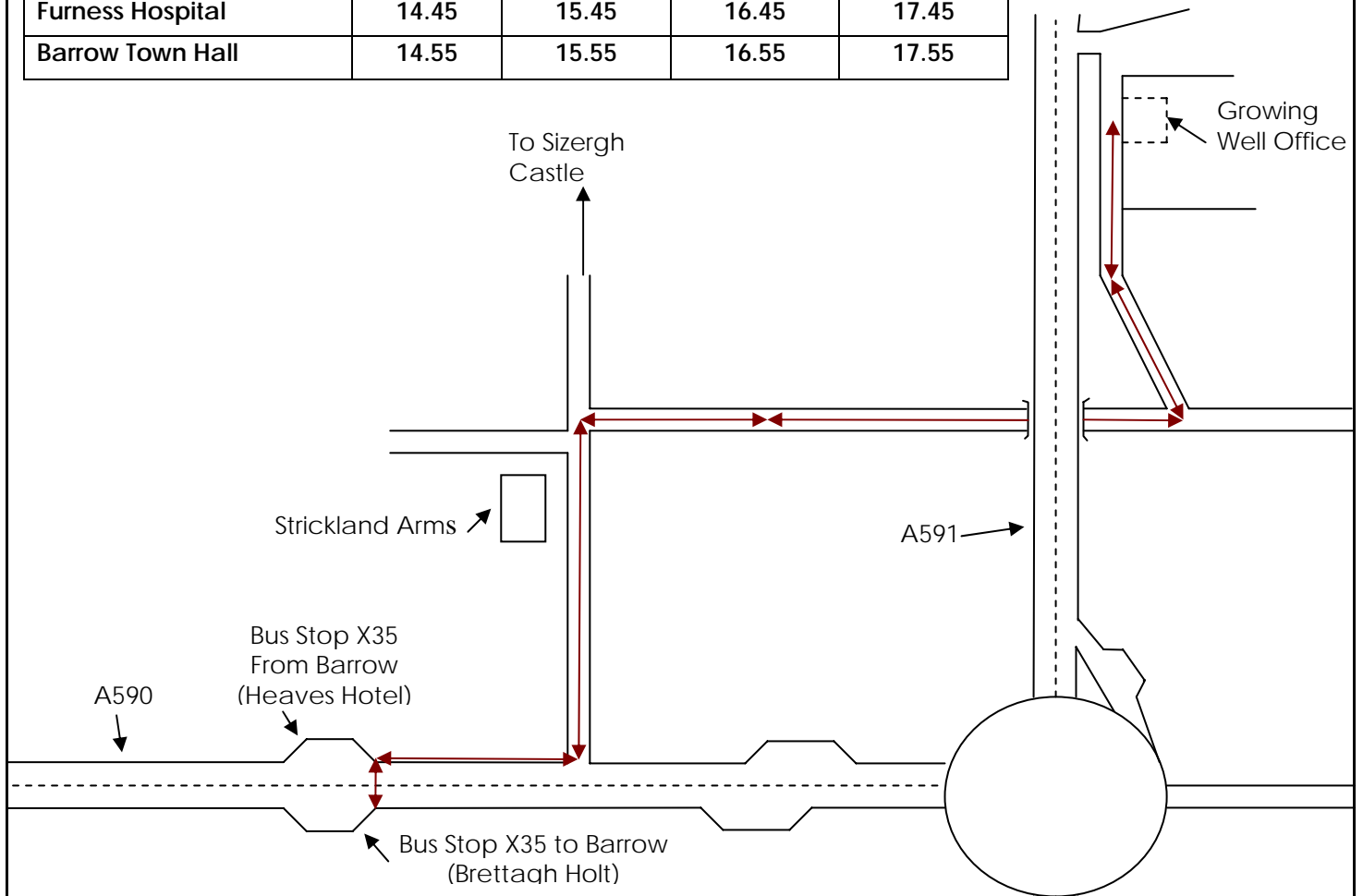


X35 From Barrow

Barrow Town Hall	07.20	08.55	09.55	10.55	11.55
Furness Hospital	07.29	09.04	10.04	11.04	12.04
Dalton Tudor Square	07.35	09.10	10.10	11.10	12.10
Ulverston Victoria Rd	07.47	09.22	10.22	11.22	12.22
Grange Railway Stn	08.17	09.52	10.52	11.52	12.52
Heaves Hotel	08.30	10.05	11.05	12.05	13.05

X35 To Barrow

Heaves Hotel	13.41	14.41	15.41	16.41
Grange Railway Stn	14.02	15.02	16.02	17.02
Ulverston Victoria Rd	14.30	15.30	16.30	17.30
Dalton Tudor Square	14.40	15.40	16.40	17.40
Furness Hospital	14.45	15.45	16.45	17.45
Barrow Town Hall	14.55	15.55	16.55	17.55



From Barrow

Disembark at the lay-by for Sizergh Castle, walk up the lane, turning right just after the Strickland Arms. After going through the underpass turn left up the farm track. Growing Well's office is on the right, opposite the large Low Sizergh Barn Sign.

To Barrow:

Walk back the way you came. When you reach the main road cross to the other side and wait in the lay by.

Growing Well. Tel. **015395 61777**. Low Sizergh Farm, Low Sizergh, Kendal, Cumbria, LA8 8AE

