

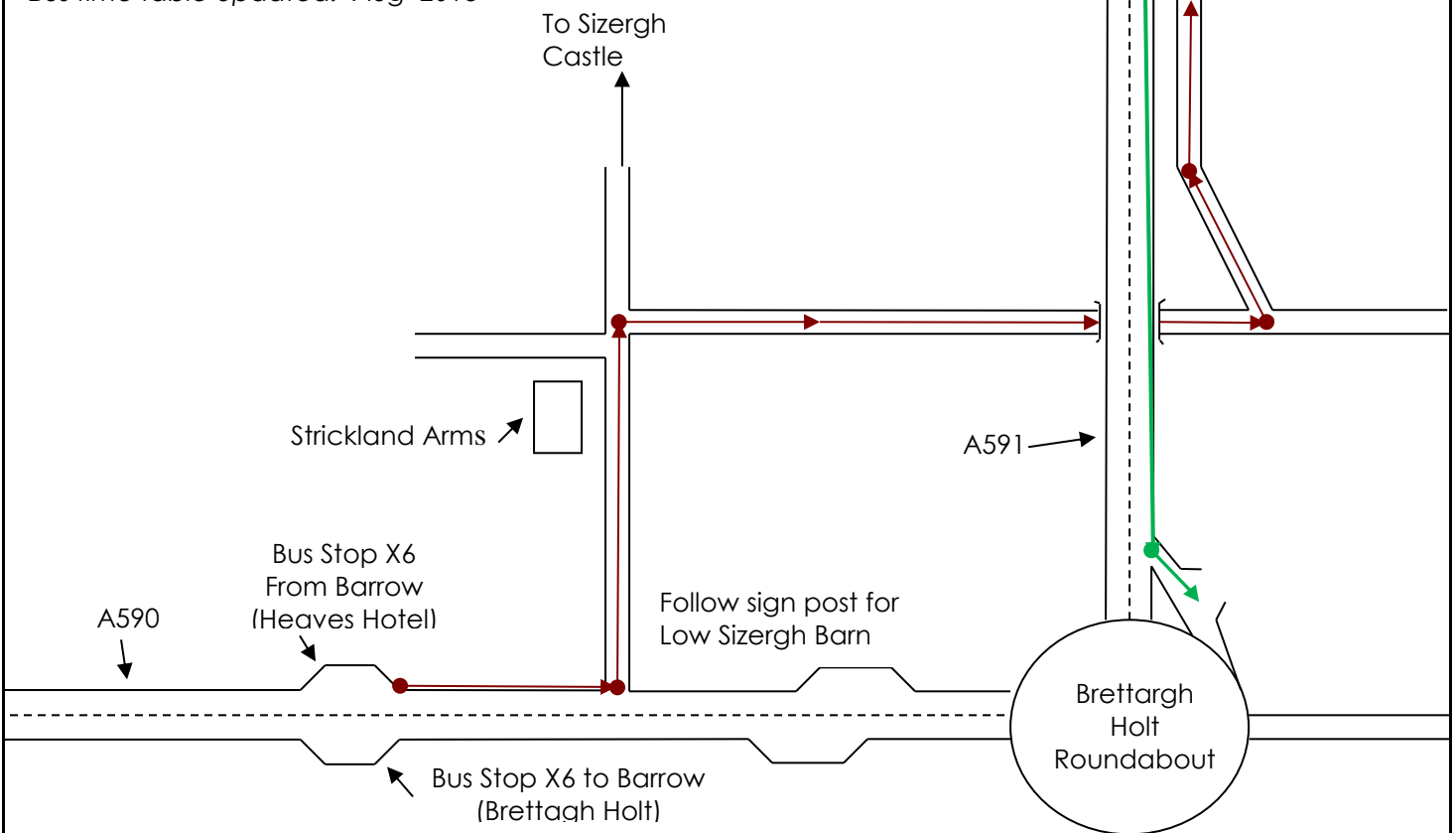
**X6 From Barrow / Grange**

Barrow Town Hall	07.33	08.10	09.10	10.10	11.10	12.10
Furness Hospital		08.24	09.24	10.24	11.24	12.24
Dalton Tudor Square	07.48	08.36	09.36	10.36	11.36	12.36
Ulverston Victoria Rd	07.59	08.52	09.52	10.52	11.52	12.52
Grange Railway Stn		09.23	10.23	11.23	12.23	13.23
Heaves Hotel	08.31	09.37	10.37	11.37	12.37	13.37

**X6 To Barrow / Grange**

Heaves Hotel	13.14	14.14	15.14	16.14	17.09
Grange Railway Stn	13.30	14.30	15.30	16.30	17.25
Ulverston Victoria Rd	14.04	15.04	16.04	17.04	17.54
Dalton Tudor Square	14.16	15.16	16.16	17.16	18.07
Furness Hospital	14.27	15.27	16.27	17.27	
Barrow Town Hall	14.43	15.43	16.43	17.43	18.24

Bus time table updated: Aug 2018



**From Barrow:** Disembark at the Heaves Hotel bus stop. Walk towards the big roundabout. Turn left at sign post for Sizergh Castle and Low Sizergh Barn and 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 site is signposted from the car park (you can see our polytunnels from the back of the car park). Our offices are in the portacabins opposite the last polytunnel.

**To Barrow:** Walk back to the road entrance of the Barn and turn left down the path along the dual carriageway. Follow the path down the slip road – the bus-stop is in the layby.

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

