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national **express**

East Anglia Train timetable



Norwich
Salhouse
Hoveton & Wroxham
Worstead
North Walsham
Gunton
Roughton Road
Cromer
West Runton
Sheringham





Valid from 17 May 2009

Norwich to Cromer and Sheringham



Mondays to Saturdays



	SX	SO	SO	SX	SX	SO						
London Liverpool St.  d						06e00	07e30	08e30	09e30	10e30	11e30	
Norwich  d	0520	0520	0545	0550	0715	0823	0823	0945	1045	1145	1245	1345
Salhouse.....d		0530	0555	0600	0725	0833	0833	0955		1155		1355
Hoveton & Wroxham.....d	0534	0535	0600	0605	0730	0838	0838	1000	1059	1200	1259	1400
Worstead.....d		0542	0607	0612	0737	0845	0845		1106		1306	
North Walsham.....d	0544	0548	0613	0621	0746	0853	0853	1013	1114	1213	1314	1413
Gunton.....d		0554	0619	0627	0752	0859	0859	1019		1219		1419
Roughton Road.....d		0601	0626	0634	0759	0906	0906		1125		1325	
Cromerd	0606	0610	0636	0646	0807	0915	0915	1033	1133	1233	1333	1433
West Runton.....d	0610	0614	0640	0650	0811	0919	0919	1037	1137	1237	1337	1437
Sheringhama	0615	0619	0645	0655	0815	0923	0923	1042	1142	1242	1342	1442

SX SO

	12e30	13e30	14e30	15e30	17e00	16e30	17e30	19e00	20e30			
London Liverpool St.  d												
Norwich  d	1445	1545	1645	1745	1847	1847	1945	2115	2245			
Salhouse.....d		1555	1655	1755			1955	2125	2255			
Hoveton & Wroxham.....d	1459	1600	1700	1800	1900	1900	2000	2130	2300			
Worstead.....d	1506	1607	1707	1807	1907	1907	2007	2137	2307			
North Walsham.....d	1514	1615	1715	1816	1915	1915	2016	2143	2313			
Gunton.....d		1621	1721	1822	1921	1921	2022	2149	2319			
Roughton Road.....d	1525	1628	1728	1829	1928	1928	2029	2156	2326			
Cromerd	1533	1636	1736	1837	1936	1936	2037	2204	2334			
West Runton.....d	1537	1640	1740	1841	1940	1940	2041	2208	2338			
Sheringhama	1542	1645	1745	1845	1945	1945	2045	2213	2343			

Sundays

	D	D	D	D	D	D	D	D	D	D		
London Liverpool St.  d		08e30	09e30	10e30	11e30	12e30	13e30	14e30	15e30	16e30	17e30	
Norwich  d	0836	0945	1036	1145	1236	1345	1436	1545	1636	1745	1836	1945
Salhouse.....d	0846		1046		1246		1446		1646		1846	
Hoveton & Wroxham.....d	0851	0959	1051	1159	1251	1359	1451	1559	1651	1759	1851	1959
Worstead.....d	0858		1058		1258		1458		1658		1858	
North Walsham.....d	0904	1011	1107	1211	1307	1411	1507	1611	1707	1811	1907	2011
Gunton.....d	0910		1113		1313		1513		1713		1913	
Roughton Road.....d	0917		1120		1320		1520		1720		1920	
Cromerd	0926	1030	1129	1230	1329	1430	1529	1630	1729	1830	1929	2030
West Runton.....d	0930		1133		1333		1533		1733		1933	
Sheringhama	0935	1038	1138	1238	1338	1438	1538	1638	1738	1838	1938	2038

London Liverpool St.  d	18e30											
Norwich  d	2036											
Salhouse.....d	2046											
Hoveton & Wroxham.....d	2051											
Worstead.....d	2058											
North Walsham.....d	2107											
Gunton.....d	2113											
Roughton Road.....d	2120											
Cromerd	2129											
West Runton.....d	2133											
Sheringhama	2138											

Engineering Work 2009

The following is a list of where major engineering work is planned within the duration of this timetable, which will affect services on routes and branches from Norwich and Ipswich.

Saturday 23 to Monday 25 May	Ipswich to Liverpool Street
Saturday 4 to Sunday 5 July	Ely to Cambridge
Saturday 29 August to Monday 31 August	Ipswich to Liverpool Street
Saturday 26 to Sunday 27 September	Ely to Cambridge
Friday 23 October 23 to Sunday 1 November	Thetford to Ely / Cambridge

Sheringham and Cromer to Norwich

Mondays to Saturdays

	SX	SO	SX										
Sheringham d		0622	0632	0717	0825	0946	1046	1146	1246	1346	1446	1546	
West Runton..... d		0626	0636	0721	0829	0950	1050	1150	1250	1350	1450	1550	
Cromer d	0603	0633	0643	0728	0836	0957	1057	1157	1257	1357	1457	1557	
Roughton Road..... d	0608	0638	0648	0733	0841	1002		1202		1402	1502	1602	
Gunton..... d	0615	0645	0655	0740	0848		1108		1308			1609	
North Walsham..... d	0621	0651	0701	0746	0854	1013	1114	1213	1314	1413	1514	1615	
Worstead..... d	0625	0655	0705	0750	0858	1017		1217		1417		1620	
Hoveton & Wroxham..... d	0633	0703	0713	0758	0906	1025	1124	1225	1324	1425	1524	1627	
Salhouse..... d	0638	0708	0718	0803	0911		1129		1329		1529	1632	
Norwich ㉞..... a	0649	0719	0729	0814	0922	1041	1141	1241	1341	1441	1541	1644	
London Liverpool St. ㉞ a	08e54	09e24	09e40	10e24	11e24	12e54	13e54	14e54	15e54	16e54	17e54	18e54	

	SX	SO	SX	SO	SX	SO					
Sheringham d	1649	1748	1849	1849	1948	1948	2049	2049	2216	2346	
West Runton..... d	1653	1752	1853	1853	1952	1952	2053	2053	2220	2350	
Cromer d	1700	1759	1900	1900	1959	1959	2100	2100	2227	2357	
Roughton Road..... d		1804			2004	2004	2105	2105	2232		
Gunton..... d		1811			2011	2011	2112	2112	2239		
North Walsham..... d	1715	1817	1915	1915	2017	2017	2118	2118	2245	0012	
Worstead..... d		1821			2021	2021	2122	2122	2249		
Hoveton & Wroxham..... d	1726	1829	1926	1926	2029	2029	2130	2130	2257	0022	
Salhouse..... d		1834			2034	2034	2135	2135	2302		
Norwich ㉞..... a	1741	1845	1941	1941	2045	2045	2146	2146	2313	0037	
London Liverpool St. ㉞ a	19e54	20e54	21e54	21e58	22e54	22e58	00e03	00e07			

Sundays

	D	D	D	D	D	D						
Sheringham d	0943	1043	1143	1243	1343	1443	1543	1643	1743	1843	1943	2043
West Runton..... d	0947		1147		1347		1547		1747		1947	
Cromer d	0954	1053	1154	1253	1354	1453	1554	1653	1754	1853	1954	2053
Roughton Road..... d	0959		1159		1359		1559		1759		1959	
Gunton..... d	1006		1206		1406		1606		1806		2006	
North Walsham..... d	1012	1108	1212	1308	1412	1508	1612	1708	1812	1908	2012	2108
Worstead..... d	1016		1216		1416		1616		1816		2016	
Hoveton & Wroxham..... d	1024	1118	1224	1318	1424	1518	1624	1718	1824	1918	2024	2118
Salhouse..... d	1029		1229		1429		1629		1829		2029	
Norwich ㉞..... a	1040	1133	1240	1333	1440	1533	1640	1733	1840	1933	2040	2133
London Liverpool St. ㉞ a	13e01	14e01	15e01	16e01	17e01	18e01	19e01	20e01	21e01	22e01	23e01	00e07

Sheringham d	2143											
West Runton..... d	2147											
Cromer d	2154											
Roughton Road..... d	2159											
Gunton..... d	2206											
North Walsham..... d	2212											
Worstead..... d	2216											
Hoveton & Wroxham..... d	2224											
Salhouse..... d	2229											
Norwich ㉞..... a	2240											
London Liverpool St. ㉞ a												

Saturday 5 to Sunday 6 December

Norwich to Brandon

Monday 7 to Sunday 13 December

North Walsham to Sheringham

Saturday 12 and Sunday 13 December

Norwich to Thetford

Norwich to Sheringham

In addition to these dates, engineering work will take place on other Sundays throughout the validity of this timetable, for details of further timetable updates and alternative travel arrangements visit us online at nationalexpress.com

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timetable key

- a Arrival time
- PlusBus operates from this station
- d Departure time
- e Change at Norwich
- Interchange with London Underground
- D Until 6 September
- SO Saturdays Only
- SX Mondays to Fridays Only

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.



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