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**national** express

## **East Anglia Train Timetable**



### **Norwich to Cromer and Sheringham**

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



Valid from 23 May 2010

# Norwich to Cromer and Sheringham

## Mondays to Saturdays

	SX	SO	SO	SX	SX	SO						
<b>London Liverpool St</b>  ...d							0600e	0730e	0830e	0930e	1030e	1130e
<b>Norwich</b> .....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	
<b>Cromer</b> .....d	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
<b>Sheringham</b> .....a	0615	0619	0645	0655	0815	0923	0923	1042	1142	1242	1342	1442
						SO	SX					
<b>London Liverpool St</b>  ...d	1230e	1330e	1430e	1530e	1630e	1700e	1730e	1900e	2030e			
<b>Norwich</b> .....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			
<b>Cromer</b> .....d	1533	1636	1736	1837	1936	1936	2037	2204	2334			
West Runton.....d	1537	1640	1740	1841	1940	1940	2041	2208	2338			
<b>Sheringham</b> .....a	1542	1645	1745	1845	1945	1945	2045	2213	2343			

## Sundays

	J	J	J	J	J	J						
<b>London Liverpool St</b>  ...d			0830e	0930e	1030e	1130e	1230e	1330e	1430e	1530e	1630e	1730e
<b>Norwich</b> .....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	
<b>Cromer</b> .....d	0926	1030	1129	1230	1329	1430	1529	1630	1729	1830	1929	2030
West Runton.....d	0930		1133		1333		1533		1733		1933	
<b>Sheringham</b> .....a	0935	1038	1138	1238	1338	1438	1538	1638	1738	1838	1938	2038
<b>London Liverpool St</b>  ...d			1830e									
<b>Norwich</b> .....d			2036									
Salhouse.....d			2046									
Hoveton & Wroxham.....d			2051									
Worstead.....d			2058									
North Walsham.....d			2107									
Gunton.....d			2113									
Roughton Road.....d			2120									
<b>Cromer</b> .....d			2129									
West Runton.....d			2133									
<b>Sheringham</b> .....a			2138									

# Sheringham and Cromer to Norwich

## Mondays to Saturdays

	SX	SO	SX															
<b>Sheringham</b> .....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						
<b>Cromer</b> .....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						
<b>Norwich</b> .....a	0649	0719	0730	0814	0922	1041	1141	1241	1341	1441	1541	1644						
<b>London Liverpool St</b> ⚡.....a	<i>0855e</i>	<i>0924e</i>	<i>0940e</i>	<i>1024e</i>	<i>1124e</i>	<i>1254e</i>	<i>1354e</i>	<i>1454e</i>	<i>1554e</i>	<i>1654e</i>	<i>1754e</i>	<i>1854e</i>						
<b>Sheringham</b> .....d	1649	1748	1849	1948	2049	2216	2346											
West Runton .....d	1653	1752	1853	1952	2053	2220	2350											
<b>Cromer</b> .....d	1700	1759	1900	1959	2100	2227	2357											
Roughton Road.....d		1804		2004	2105	2232												
Gunton .....d		1811		2011	2112	2239												
North Walsham .....d	1715	1817	1915	2017	2118	2245	0012											
Worstead.....d		1821		2021	2122	2249												
Hoveton & Wroxham.....d	1726	1829	1926	2029	2130	2257	0022											
Salhouse .....d		1834		2034	2135	2302												
<b>Norwich</b> .....a	1741	1845	1941	2045	2146	2313	0037											
<b>London Liverpool St</b> ⚡.....a	<i>1954e</i>	<i>2054e</i>	<i>2154e</i>	<i>2254e</i>	<i>0003e</i>													

## Sundays

	J	J	J	J	J	J												
<b>Sheringham</b> .....d	0943	1043	1143	1243	1343	1443	1543	1643	1743	1843	1943	2043						
West Runton .....d	0947		1147		1347		1547		1747		1947							
<b>Cromer</b> .....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							
<b>Norwich</b> .....a	1040	1133	1240	1333	1440	1533	1640	1733	1840	1933	2040	2133						
<b>London Liverpool St</b> ⚡.....a	<i>1301e</i>	<i>1401e</i>	<i>1501e</i>	<i>1601e</i>	<i>1701e</i>	<i>1801e</i>	<i>1901e</i>	<i>2001e</i>	<i>2101e</i>	<i>2201e</i>	<i>2301e</i>	<i>0007e</i>						
<b>Sheringham</b> .....d	2143																	
West Runton .....d	2147																	
<b>Cromer</b> .....d	2154																	
Roughton Road.....d	2159																	
Gunton .....d	2206																	
North Walsham .....d	2212																	
Worstead.....d	2216																	
Hoveton & Wroxham.....d	2224																	
Salhouse .....d	2229																	
<b>Norwich</b> .....a	2240																	
<b>London Liverpool St</b> ⚡.....a																		

### timetable key

a	Arrival time	SX	Mondays to Fridays only
d	Departure time	SO	Saturdays only
e	Change at Norwich	⚡	Interchange with London Underground
J	until 5 September		

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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