

Newquay

(Change at Par if necessary)

Train Times (Monday to Friday)

Saltash	Dep	0833	1047	1252	1735
Par	Arr	0918	1130	1335	1819
Par	Dep	0918	1135	1402(B)	1828(F)
Newq'y	Arr	1010	1223	1452(B)	1916(F)
Newq'y	Dep	1454(B)	1504(F)	1920(F)	2025(B)
Par	Arr	1541(B)	1601(F)	2005(F)	2113(B)
Par	Dep	1552	1601(F)	2008	2121
Saltash	Arr	1637	1719	2053	2205

(B) - Runs until 27th June and from 8th September

(F) - Runs between 30th June until 5th September

1504 from Newquay connects at Plymouth not Par

Great Value Fares

From	Adult Cheap Day Return	Child (5 -15yrs)	GroupSave (3 or 4 adults)
Saltash			
Looe	£4.00	£2.00	£8.00
Truro	£7.50	£3.25	£15.00
Newquay	£6.50	£3.25	£13.00
Falmouth	£8.00	£4.00	£16.00
St Ives & Penzance	£9.00	£4.50	£18.00
Plymouth	£2.50	£1.25	£5.00
Totnes	£6.80	£3.40	£13.60
Dawlish & Teignmouth	£7.30	£3.65	£14.60
Exeter	£8.90	£4.45	£17.80

Saltash station is unmanned, buy your tickets onboard the train. Railcard discounts are still valid

Cheap Day Return fares are available after the morning peak Monday to Friday and any time at weekends or Bank Holidays. Children aged 5-15 go half price and under 5s for free (max 2 per adult).

GroupSave allows 3 or 4 passengers to travel for the price of 2 adult Cheap Day Return fares and up to 4 accompanying children for £1 each return. Not valid on CrossCountry Trains.

Weekend travel options also available

Extra Savings for Residents

If you live in Devon or Cornwall, buy a Devon and Cornwall Railcard for just £10 and save one third on off-peak train travel in the two counties.

A second adult travels with the same discount and up to 4 under 16's travel for £1 each return. Leaflets are available at staffed stations or online at www.firstgreatwestern.co.uk.

Sample return fares - Looe £2.70 / Newquay £4.35
St Ives/Penzance £6.00 / Plymouth £1.65

For train times and fares call:

08457 48 49 50

or visit www.nationalrail.co.uk

All times and fares correct at time of going to print (May 2008).

No responsibility can be accepted for any errors or omissions.

Published by the Saltash Rail Users' Group

Days out by train

from Saltash Station

18th May - 13th December 2008



SRUG would like to acknowledge the assistance of the Devon and Cornwall Rail Partnership

WWW.SRUG.ORG.UK

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Or email secretary@srug.org.uk for information or to join our email list.

Images courtesy of ImageRail, www.westcountryviews.co.uk and Visit Cornwall.

Totnes, Teignmouth, Dawlish, Paignton and Exeter

(Change at Plymouth or Newton Abbott if necessary)

Train Times (Monday to Friday)

Saltash	Dep	0933	1224	1329	1442	1637
Totnes	Arr	1014	1322	1414	1527	1726
Teignmouth	Arr	1035	1350	1440	1550	1750
Dawlish	Arr	1041	1355	1446	1555	1755
Paignton	Arr	1055	1442	1505	1644	1819
Exeter	Arr	1054	1355	1459	1600	1800
Exeter	Dep	1445	1619	1645	1821	1923
Paignton	Dep	1425	1615	1624	1822	1910
Dawlish	Dep	1430	1612	1644	1824	
Teignmouth	Dep	1435	1617	1649	1829	
Totnes	Dep	1517	1653	1717	1856	1957
Saltash	Arr	1608	1735	1826	1935	2035

Dawlish, Teignmouth and Paignton are all great seaside resorts, with much for all the family. Totnes is just 45 minutes away, and it's easy to spend a day wandering around the unique shops, castle or river bank. Take a ferry to Dartmouth or catch a Steam Train to Buckfastleigh. Don't miss the Dawlish Airday on the 14th August.

Truro and Falmouth

(Change at Truro for Falmouth)

Train Times (Monday to Friday)

Saltash	Dep	0822	1047	1252		
Truro	Arr	0930	1155	1400		
Truro	Dep	0943	1237	1429		
Falmouth	Arr	1006	1300	1452		
Falmouth	Dep	1459	1654	1912	2027	
Truro	Arr	1523	1718	1936	2051	
Truro	Dep	1528	1723	1944	2056	
Saltash	Arr	1637	1830	2053	2205	

The bustling cathedral city of Truro is a city for all seasons, with picturesque Georgian streets and excellent shopping there is something for everyone. Truro Museum is just 5 minutes from the station and well worth a visit, the shopping centre is just another 5 minutes further on, with many Cafes and Restaurants..

Truro is the starting point for the branch line to Falmouth. This sweeps down over the spectacular Perranwell viaduct to Falmouth's magnificent harbour.

Stop off at Falmouth Town and visit the National Maritime Museum or head to Falmouth Docks for Pendennis Castle, built by Henry VIII. Falmouth has sandy beaches an extensive ferry service and many interesting

shops and streets to explore.

Falmouth Harbour



Looe Beach



The Lovely Looe Valley Line

(Change at Liskeard)

Train Times (Monday to Friday)

Saltash	Dep	0822	1047	1252	1409	1609
Liskeard	Arr	0840	1106	1311	1428	1629
Liskeard	Dep	0845	1111	1317	1433	1635
Looe	Arr	0914	1139	1347	1501	1705
Looe	Dep	1237	1350	1502	1705	1942
Liskeard	Arr	1308	1421	1529	1732	2010
Liskeard	Dep	1311	1424	1618	1749	2034
Saltash	Arr	1329	1441	1637	1808	2053

Looe branch weekday services now run all year

One of Britain's most scenic railways, the Looe Valley Line winds its way for just over eight miles through unspoilt countryside, hugging the steep-sided valley of the East Looe River.

Originally built for carrying copper ore and granite, the line runs next to the remains of the old Liskeard to Looe canal and remnants of old locks are still visible. Between Looe and the line's first station, Sandplace, the river becomes tidal and so wide that in places the railway is forced onto a causeway with water on both sides.

Looe is a busy fishing port with a popular sandy beach, a favourite with families.

Lostwithiel and Par

The ancient capital of Cornwall, Lostwithiel is steeped in history, wander the heritage trail, visit Restormal Castle or just sit by the river. Par is just one stop further on and is just 15 minutes pleasant walk from the large beach.

Breaking your journey

Cheap Day Return tickets allow breaks in journey on both legs. So you can combine a trip to Dawlish with a stop on the way home at Totnes, or a trip to Falmouth with a stop at Truro.

St Ives and Penzance

(Change at St Erth for St Ives)

Train Times (Monday to Friday)

Saltash	Dep	0718	0822	1047	1252	1409
St Erth	Arr	0859	1001	1225	1428	1547
Penzance	Arr	0914	1015	1238	1442	1601
St Erth	Dep	0905	1011	1241	1441	1611
St Ives	Arr	0919	1024	1255	1455	1624
St Ives	Dep	1425	1555	1625	1855	2000
St Erth	Arr	1439	1609	1639	1909	2014
Penzance	Dep	1450	1600	1644	1905	2011
St Erth	Dep	1458	1611	1652	1913	2021
Saltash	Arr	1637	1808	1830	2053	2205

The **0718** from Saltash is not an Off Peak train, check fares before travelling.

If catching the **1611** from St Erth, then change at Liskeard for a return to Saltash at **1808**.

The best way to arrive in St Ives is by train. Soak up the dramatic views on the St Ives Bay Line from St Erth as the line sweeps alongside the golden sands of Hayle Towans, through Carbis Bay and on to St Ives with panoramic scenery of craggy cliffs and the colourful harbour. The closest beach is just a few minutes from the station. Explore the narrow streets into the heart of this picturesque town with its many galleries, shops, pubs and restaurants. Penzance is at the end of the line with many shops and cafes situated close to the station. Marizion and St Michael's Mount are a short bus ride away.

St Ives

