

Newquay (Change at Par)

Train Times (Monday to Friday)						Saturday	Sunday	
	A	A	B	B	A	C	C	
Saltash Dep	0830	1050	1050	1239	1247	0829	1043	1044
Par Arr	0914	1133	1133	DIRECT	1330	0914	1126	1134
Par Dep	0919	1210	1138	TRAIN	1402	0947	1135	1152
Newq'y Arr	1010	1300	1230	1431	1454	1010	1245	1250
	A	A	B	A	B	C	C	C
Newq'y Dep	1303	1458	1500	1925	1925	1718	2120	1732
Par Arr	1352	1547	CHANGE AT LISKEARD	2011	CHANGE PAR AND LISKEARD	1819	DIRECT	1821
Par Dep	1357	1552	LISKEARD	2016	LISKEARD	1859	TRAIN	1826
Saltash Arr	1440	1636	1702	2102	2102	1944	2253	1951

A runs until the 29th June and from the 7th September
 B runs from the 30th June and the 4th September
 C until the 6th September

Totnes, Teignmouth, Dawlish, Paignton and Exeter (Change at Plymouth or Newton Abbot if necessary)

Train Times (Monday to Friday)						Saturday	Sunday
KEY					G	H	
Saltash Dep	0931	1234	1334	1441	0920	0930	1031
Ivybridge Arr	0959	1341	1401			1015	
Totnes Arr	1013	1321	1415	1526	1000	1030	1109
Teignm'h Arr	1034	1348	1439	1550	1039	1054	1251
Dawlish Arr	1040	1353	1445	1555	1044	1059	1255
Paignton Arr	1059		1500	1651	1051	1106	1156
Exeter SD Arr	1053	1355	1459	1600	1034	1104	1145
Exeter SD Dep	1445	1622	1645	1821	1923	1753	1623
Paignton Dep	1422	1612		1752	1912	1752	1610
Dawlish Dep	1428	1618	1646	1826	1846	1808	1620
Teignm'h Dep	1433	1623	1651	1831	1851	1813	1625
Totnes Dep	1517	1650	1717	1856	1957	1833	1657
Ivybridge Dep	1519	1646		1912		1849	1703
Saltash Arr	1610	1735	1829	1939	2037	1919	1744

G Operates until the 5th September
 H Operates from the 12th September

For Exeter City Centre buy tickets through to Exeter Central and change at Exeter St David's at no extra cost. 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. Ivybridge for Dartmoor walks.

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

Great Value Fares

From Saltash to	Adult Off Peak Day Return	Adult with Railcard	Child (5 - 15yrs)	GroupSave (3 or 4 adults)
Looe	£4.40	£2.90	£2.20	£8.80
Truro	£8.00	£5.30	£4.00	£16.00
Newquay	£7.00	£4.60	£3.55	£14.00
Falmouth	£8.50	£5.60	£4.25	£17.00
St Ives & Penzance	£9.50	£6.25	£4.75	£19.00
Plymouth	£2.80	£1.85	£1.40	£5.60
Ivybridge	£4.50	£2.95	£2.25	£9.00
Totnes	£7.00	£4.60	£3.50	£14.00
Dawlish & Teignmouth	£7.50	£4.95	£3.75	£15.00
Exeter	£9.50	£6.25	£4.75	£19.00

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

Off Peak 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 and on a few other services.

All trains listed are Off Peak

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 £2.90 / Newquay £4.60
 St Ives/Penzance/Exeter £6.25 / Plymouth £1.85

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 2009).

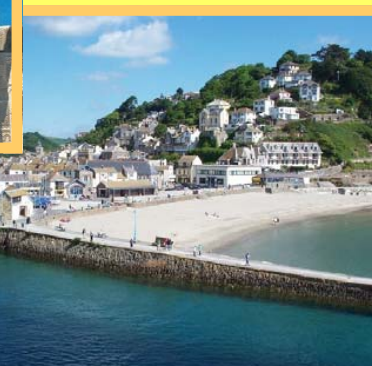
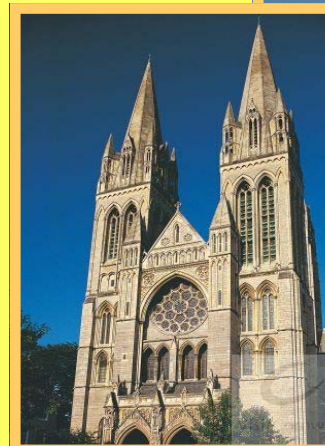
No responsibility can be accepted for any errors or omissions.

Published by the Saltash Rail Users' Group

Days out by train

from Saltash Station

Until 12th December 2009



Supported by
 First Great Western
 Devon & Cornwall RAIL PARTNERSHIP

WWW.SRUG.ORG.UK

Tel: 01752 841119 / 07971281320

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

Truro and Falmouth (Change at Truro for Falmouth)

Train Times (Monday to Friday)						Saturdays			Sundays		
KEY		B	A			D		E			
Saltash	Dep	0830	0930	1050	1239 1247	0829 0930	1043	0930	1044		
Truro	Arr	0940	1039	1158	1401 1355	0938 1039	1154	1038	1159		
Truro	Dep	0950	1050	1220	1420 1420	0950 1050	1220	1045	1215		
Falm'th	Arr	1015	1115	1245	1445 1441	1015 1111	1245	1108	1238		
KEY		A	A	C				C	C		
Falm'th	Dep	1450	1650	1900	1900 2029	1450 1650	1900	1457	1845		
Truro	Arr	1518	1719	1929	1929 2055	1518 1719	1929	1521	1907		
Truro	Dep	1527	1724	1952	1958 2100	1528 1722	1945	1546	1937		
Saltash	Arr	1636	1832	2102	2128 2208	1636 1836	2055	1656	2047		

- A Operates until the 29th June and from the 7th September
- B Operates between the 30th June and the 4th September
- C Operates between the 30th June and the 4th September EXTRA CHANGE AT LISKEARD REQUIRED
- D Operates from 12th September E Until 5th September only

The bustling cathedral city of Truro is a city for all seasons, with picturesque Georgian streets and excellent shopping there is something for everyone. The Royal Cornwall 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 town centre shops, 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 and galleries to explore.

Falmouth Harbour



St Micheal's Mount



The Looe Valley Line (Change at Liskeard)

Train Times (Monday to Friday)						Saturday		Sunday	
KEY		B	A			C	C		
Saltash	Dep	0930	1050	1239 1247	1402	0829 1043	0930 1044		
Lisk'rd	Arr	0949	1108	1306 1306	1421	0849 1102	0949 1105		
Lisk'rd	Dep	0955	1115	1319 1319	1428	0954 1115	1015 1126		
Looe	Arr	1026	1143	1350 1350	1456	1025 1143	1044 1155		
KEY		A	B			C	C		
Looe	Dep	1351	1458	1611 1715	1949	1358 1729	1436 1539		
Lisk'rd	Arr	1415	1526	1637 1743	2020	1423 1759	1504 1607		
Lisk'rd	Dep	1423	1617	1643 1749	2043	1451 1817	1522 1636		
Saltash	Arr	1440	1636	1702 1806	2102	1506 1838	1543 1659		

- A Operates until the 29th June and from the 7th September
- B Operates between the 30th June and the 4th September
- C NO SUNDAY SERVICE ON THE LOOE VALLEY LINE AFTER 6th SEPT

One of Britain's most scenic railways, the 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. Grab a Looe Valley walks pack from the Guildhall.

Tamar Valley Line (Change at Plymouth)

Good connections at last! Take a trip up the river, break your journey at Bere Ferrers and enjoy the wonderful Tamar Belle visitor centre, a real treat or explore Calstock or Gunnislake. A walk

leaflet is available showing the route from Calstock to Cotehele House.

Breaking your journey

Off Peak 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.

Train Times (Monday to Friday)						Sunday	
Saltash	Dep	0931	1234	1441	1807	1031	
Bere Ferrers	Arr	1103	1313	1513	1841	1135	
Calstock	Arr	1119	1328	1528	1856	1151	
Gunnislake	Arr	1130	1340	1540	1908	1203	
Gunnislake	Dep	1345	1545	1730	1915	1610	
Calstock	Dep	1357	1556	1738	1926	1622	
Bere Ferrers	Dep	1411	1611	1752	1941	1635	
Saltash	Arr	1610	1719	1830	2037	1744	

St Ives and Penzance (Change at St Erth for St Ives)

The 0830 will be a High Speed Train during July and August

Train Times (Monday to Friday)						Saturday			Sunday		
KEY		A	B			E					
Saltash	Dep	0830	0930	1050	1247 1239	0829 0930	1043	0930	1044		
St Erth	Arr	1010	1110	1227	1425 1431	1009 1110	1224	1109	1229		
Penz'e	Arr	1029	1127	1240	1439 1443	1023 1123	1237	1124	1245		
St Erth	Dep	1041	1141	1241	1441 1441	1011 1141	1241	1111	1241		
St Ives	Arr	1055	1155	1255	1455 1431	1024 1155	1255	1124	1255		
KEY		A	C	D		F					
St Ives	Dep	1425	1555	1625	1858 1955	1625 1727	1817	1456	1840		
St Erth	Arr	1439	1609	1639	1910 2010	1639 1741	1830	1509	1855		
Penz'e	Dep	1453	1600	1644	1913 2016	1645 1737	1906	1506	1900		
St Erth	Dep	1457	1611	1652	1921 2026	1654 1748	1914	1515	1908		
Saltash	Arr	1636	1806	1831	2102 2208	1836 1944	2055	1656	2047		

- A Operates until the 29th June and from the 7th September
- B Operates between the 30th June and the 4th September
- C Additional change required at Liskeard - Always operates.
- D Operates all timetable. During July and August additional change required at LISKEARD with arrival back in Saltash at 2125
- E From the 12th September only
- F Operates until 5th September only

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 restaurant.

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

