



Shuttle Bus Timetable

Depart from Jarrow: Monday - Sunday (including Bank Holidays)

06.00	06.30	07.00	07.30	08.00	08.30	09.00	09.30	10.00		10.45	11.15
11.45	12.15	12.45	13.15	13.45	14.15	14.45		15.30	16.00	16.30	17.00
17.30	18.00	18.30	19.00	19.30	20.00						

Depart from Howdon: Monday - Sunday (including Bank Holidays)

06.15	06.45	07.15	07.45	08.15	08.45	09.15	09.45		10.30	11.00	11.30
12.00	12.30	13.00	13.30	14.00	14.30		15.15	15.45	16.15	16.45	17.15
17.45	18.15	18.45	19.15	19.45							