

Monday to Friday except for bank holidays

Effective from 15 February 2026

buses towards Padstow

Service No	56	56	56	56	56	56	56	56	56	56	56	56
	SD	SH	SD	SH								
Newquay Bus Station	0630	0900	1000	1100	1200	1300	1350	1400	1445	1510	1615	1715
Newquay Great Western Hotel	0634	0904	1005	1105	1205	1305	1355	1405	1450	1515	1620	1720
Newquay Porth Four Turns	0638	0908	1010	1110	1210	1310	1400	1410	1455	1520	1625	1725
Newquay Tretherras School Grounds									1510			
Porth Car Park	0641	0911	1013	1113	1213	1313	1403	1413	1517	1523	1628	1728
Watergate Bay The Phoenix	0646	0916	1019	1119	1219	1319	1409	1419	1523	1529	1634	1734
Tregurrian Post Box	0649	0919	1022	1122	1222	1322	1412	1422	1526	1532	1637	1737
Trevarrian Travellers Rest									1529			
St Mawgan Newquay Airport	0653	0930	1030	1130	1230	1330	1420	1430	1537	1540	1645	1745
Trevarrian Travellers Rest	0657	0932	1032	1132	1232			1432			1647	1747
St Mawgan The Falcon Inn						1334			1541	1544		
Mawgan Porth Pitch and Putt						1344			1551	1554		
Mawgan Porth Betty's Shop	0700	0935	1035	1135	1235			1435			1650	1750
St Eval Bus Shelter	0706	0941	1041	1141	1241	1349		1441	1556	1559	1656	1756
Treburrick Old MacDonalds Farm	0712	0949	1049	1149	1249	1357		1449	1604	1607	1704	1804
Porthcothan Porthcothan Bay Stores	0715	0952	1052	1152	1252	1400		1452	1607	1610	1707	1807
Penrose St Merryn Holiday Village		1003										
Constantine Bay Surf Stores	0726	1015	1107	1207	1307	1415		1507	1622	1625	1722	1822
St Merryn Farmers Arms Car Park	0730	1019	1111	1211	1311	1419		1511	1626	1629	1726	1826
Harlyn Harlyn Bridge	0735	1025	1117	1217	1317	1425		1517	1632	1635	1732	1832
Windmill Trevone Turn	0738	1028	1120	1220	1320	1428		1520	1635	1638	1735	1835
Padstow Tesco	0742	1032	1124	1224	1324	1432		1524	1639	1642	1739	1839
Padstow Bus Terminus	0747	1035	1127	1227	1327	1435		1527	1642	1645	1742	1842

buses towards Newquay

Service No	56	56	56	56	56	56	56	56	56	56	56	56	56
	SH	SD	SH	SD									
Padstow Bus Terminus	0650	0650	0840		0940	1040	1140	1240	1340	1440	1550	1700	1800
Padstow Tesco	0654	0654	0844		0942	1042	1142	1242	1342	1442	1552	1702	1802
Windmill Trevone Turn	0658	0658	0848		0945	1045	1145	1245	1345	1445	1555	1705	1805
Harlyn Harlyn Bridge	0701	0701	0851		0949	1049	1149	1249	1349	1449	1559	1709	1809
St Merryn Farmers Arms Car Park	0705	0705	0855		0954	1054	1154	1254	1354	1454	1604	1714	1814
Constantine Bay Surf Stores	0711	0711	0901		1003	1103	1203	1303	1403	1503	1613	1723	1823
Penrose St Merryn Holiday Village									1413				
Porthcothan Porthcothan Bay Stores	0721	0721	0911		1012	1112	1212	1312	1422	1512	1622	1732	1832
Treburrick Old MacDonalds Farm	0724	0724	0914		1014	1114	1214	1314	1424	1514	1624	1734	1834
Treburrick Tonkins Garage	0725	0725	0915		1015	1115	1215	1315	1425	1515	1625	1735	1835
St Eval Bus Shelter	0731	0731	0921	0921	1021	1121	1221	1321	1431	1521	1631	1741	1841
Mawgan Porth Betty's Shop					1027	1127	1227	1327	1437	1527	1637	1747	1847
Mawgan Porth Pitch and Putt	0737	0737	0927	0927									
St Mawgan The Falcon Inn	0745	0745	0935	0935									
Trevarrian Travellers Rest					1032	1132	1232	1332	1442	1532	1642	1752	1852
St Mawgan Newquay Airport	0755	0755	0945	0945	1040	1140	1240	1340	1450	1540	1650	1800	1900
Trevarrian Travellers Rest	0757	0757	0947	0947									
Tregurrian Post Box	0801	0801	0951	0951	1043	1143	1243	1343	1453	1543	1653	1803	1903
Watergate Bay The Phoenix	0804	0804	0954	0954	1046	1146	1246	1346	1456	1546	1656	1806	1906
Porth Car Park	0810	0810	1000	1000	1052	1152	1252	1352	1502	1552	1702	1812	1912
Newquay Tretherras School Grounds		0815											
Newquay Porth Four Turns	0814	0817	1004	1004	1055	1155	1255	1355	1505	1555	1705	1815	1915
Newquay Railway Station	0818	0821	1008	1008	1102	1202	1302	1402	1512	1602	1712	1822	1922
Newquay Bus Station	0826	0829	1016	1016	1110	1210	1310	1410	1520	1610	1720	1830	1930

SD Schooldays only

SH School Holidays only

Saturday

buses towards Padstow

Service No	56	56	56	56	56	56	56	56	56	56	56
Newquay Bus Station	0700	0900	1000	1100	1200	1300	1400	1510		1615	1715
Newquay Great Western Hotel 🚫	0704	0904	1005	1105	1205	1305	1405	1515		1620	1720
Newquay Porth Four Turns	0708	0908	1010	1110	1210	1310	1410	1520		1625	1725
Porth Car Park	0711	0911	1013	1113	1213	1313	1413	1523		1628	1728
Watergate Bay The Phoenix	0716	0916	1019	1119	1219	1319	1419	1529		1634	1734
Tregurrian Post Box	0719	0919	1022	1122	1222	1322	1422	1532		1637	1737
Trevarrian Travellers Rest			1025		1225		1425			1640	
St Mawgan Newquay Airport	0723	0930		1130		1330		1540			1745
Trevarrian Travellers Rest	0727	0932		1132							1747
St Mawgan The Falcon Inn						1334		1544			
Mawgan Porth Pitch and Putt						1344		1554			
Mawgan Porth Betty's Shop	0730	0935		1135							1750
St Eval Bus Shelter	0736	0941		1141		1349		1559			1756
Treburrick Old MacDonalds Farm	0742	0949		1149		1357		1607			1804
Porthcothan Porthcothan Bay Stores	0745	0952		1152		1400		1610			1807
Penrose St Merryn Holiday Village		1003						1738			
Constantine Bay Surf Stores	0756	1015		1207		1415		1625	1750		1822
St Merryn Farmers Arms Car Park	0800	1019		1211		1419		1629	1754		1826
Harlyn Harlyn Bridge	0805	1025		1217		1425		1635	1800		1832
Windmill Trevone Turn	0808	1028		1220		1428		1638	1803		1835
Padstow Tesco	0812	1032		1224		1432		1642	1807		1839
Padstow Bus Terminus	0817	1035		1227		1435		1645	1810		1842

buses towards Newquay

Service No	56	56	56	56	56	56	56	56	56	56	56
Padstow Bus Terminus	0650	0840		1040		1240		1440		1700	1815
Padstow Tesco	0654	0844		1042		1242		1442		1702	1817
Windmill Trevone Turn	0658	0848		1045		1245		1445		1705	1820
Harlyn Harlyn Bridge	0701	0851		1049		1249		1449		1709	1824
St Merryn Farmers Arms Car Park	0705	0855		1054		1254		1454		1714	1829
Constantine Bay Surf Stores	0711	0901		1103		1303		1503		1723	1838
Penrose St Merryn Holiday Village										1733	
Porthcothan Porthcothan Bay Stores	0721	0911		1112		1312		1512			1847
Treburrick Old MacDonalds Farm	0724	0914		1114		1314		1514			1849
Treburrick Tonkins Garage	0725	0915		1115		1315		1515			1850
St Eval Bus Shelter	0731	0921		1121		1321		1521			1856
Mawgan Porth Betty's Shop				1127		1327		1527			1902
Mawgan Porth Pitch and Putt	0737	0927									
St Mawgan The Falcon Inn	0745	0935									
Trevarrian Travellers Rest			1032	1132	1232	1332	1432	1532	1642		1907
St Mawgan Newquay Airport	0755	0945	1040	1140	1240	1340	1440	1540	1650		1915
Trevarrian Travellers Rest	0757	0947									
Tregurrian Post Box	0801	0951	1043	1143	1243	1343	1443	1543	1653		1918
Watergate Bay The Phoenix	0804	0954	1046	1146	1246	1346	1446	1546	1656		1921
Porth Car Park	0810	1000	1052	1152	1252	1352	1452	1552	1702		1927
Newquay Porth Four Turns	0814	1004	1055	1155	1255	1355	1455	1555	1705		1930
Newquay Railway Station 🚫	0818	1008	1102	1202	1302	1402	1502	1602	1712		1937
Newquay Bus Station	0826	1016	1110	1210	1310	1410	1510	1610	1720		1945

Sunday and bank holidays

buses towards Padstow

Service No	56	56	56	56	56
Newquay Bus Station	0925	1125	1325	1525	1720
Newquay Great Western Hotel 🚫	0928	1130	1330	1530	1725
Newquay Porth Four Turns	0931	1133	1333	1533	1728
Porth Car Park	0933	1135	1335	1535	1730
Watergate Bay The Phoenix	0938	1140	1340	1540	1735
Tregurrian Post Box	0940	1142	1342	1542	1737
St Mawgan Newquay Airport	0950	1150	1350	1550	1745
Trevarrian Travellers Rest	0953	1153	1353	1553	1748
Mawgan Porth Betty's Shop	0956	1156	1356	1556	1751
St Eval Bus Shelter	1002	1202	1402	1602	1757
Treburrick Old MacDonalds Farm	1009	1209	1409	1609	1804
Porthcothan Porthcothan Bay Stores	1011	1211	1411	1611	1806
Constantine Bay Surf Stores	1023	1223	1423	1623	1818
St Merryn Farmers Arms Car Park	1028	1228	1428	1628	1823
Harlyn Harlyn Bridge	1031	1231	1431	1631	1826
Windmill Trevone Turn	1034	1234	1434	1634	1829
Padstow Tesco	1038	1238	1438	1638	1833
Padstow Bus Terminus	1040	1240	1440	1640	1835

buses towards Newquay

Service No	56	56	56	56	56
Padstow Bus Terminus	0920	1050	1250	1450	1650
Padstow Tesco	0923	1053	1253	1453	1653
Windmill Trevone Turn	0926	1056	1256	1456	1656
Harlyn Harlyn Bridge	0929	1059	1259	1459	1659
St Merryn Farmers Arms Car Park	0934	1104	1304	1504	1704
Constantine Bay Surf Stores	0941	1111	1311	1511	1711
Porthcothan Porthcothan Bay Stores	0950	1120	1320	1520	1720
Treburrick Old MacDonalds Farm	0952	1122	1322	1522	1722
St Eval Bus Shelter	1001	1131	1331	1531	1731
Mawgan Porth Betty's Shop	1007	1137	1337	1537	1737
Trevarrian Travellers Rest	1009	1139	1339	1539	1739
St Mawgan Newquay Airport	1016	1146	1346	1546	1746
Tregurrian Post Box	1018	1148	1348	1548	1748
Watergate Bay The Phoenix	1021	1151	1351	1551	1751
Porth Car Park	1025	1155	1355	1554	1754
Newquay Porth Four Turns	1027	1157	1357	1556	1756
Newquay Railway Station 🚫	1032	1202	1402	1600	1800
Newquay Bus Station	1037	1207	1407	1604	1804