

**Monday to Friday** except for bank holidays

buses towards Padstow

**Effective from 31 August 2025**

| 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 |