

Mondays to Fridays except public holidays

Norfolk & Norwich Hospital

Bowthorpe Three Score Road

Bowthorpe Shopping Centre

West Earlham Shopping Centre

Dereham Road Adelaide Street

City Centre Theatre Street

City Centre Castle Meadow

City Centre Anglia Square

Catton Grove Brightwell Road

Fiddlewood Bussey Road

Constitution Hill Parkland Road

Old Catton White Woman Lane

Old Catton Morrisons

Spixworth Ivy Road

21	21	20	21	20	21	20	21	20	21	20	21	20	21	20	21	20	21	20	21	20	21	20	21	20	21
		0600	0620	0640	0650	0705	0720	0740	0755	0807	0822	0837	0852	0910	0925	0940	0955	1010	1025	1040	1055	1110	1125		
0525	0545	0605	0625	0645	0656	0711	0726	0746	0801	0813	0828	0843	0858	0916	0931	0946	1001	1016	1031	1046	1101	1116	1131		
0533	0553	0613	0633	0653	0706	0721	0736	0756	0811	0823	0838	0853	0908	0926	0941	0956	1011	1026	1041	1056	1111	1126	1141		
0544	0604	0624	0644	0704	0720	0735	0750	0810	0825	0837	0852	0907	0922	0940	0955	1010	1025	1040	1055	1110	1125	1140	1155		
0552	0612	0632	0652	0712	0730	0745	0800	0820	0835	0850	0905	0920	0935	0950	1005	1020	1035	1050	1105	1120	1135	1150	1205		
0559	0619	0639	0659	0719	0740	0755	0810	0830	0845	0900	0915	0930	0945	1000	1015	1030	1045	1100	1115	1130	1145	1200	1215		
0605	0625	0645	0705	0725	0745	0800	0815	0835	0850	0905	0920	0935	0950	1005	1020	1035	1050	1105	1120	1135	1150	1205	1220		
0609	0629	0649	0709	0729	0749	0804	0819	0839	0854	0909	0924	0939	0954	1009	1024	1039	1054	1109	1124	1139	1154	1209	1224		
0616	0636	0656	0716	0736	0758	0813	0828	0848	0903	0918	0933	0948	1003	1018	1033	1048	1103	1118	1133	1148	1203	1218	1233		
0618	0638	▼	0718	▼	0800	▼	0830	▼	0905	▼	0935	▼	1005	▼	1035	▼	1105	▼	1135	▼	1205	▼	1235		
▼	▼	0659	▼	0739	▼	0816	▼	0851	▼	0921	▼	0951	▼	1021	▼	1051	▼	1121	▼	1151	▼	1221	▼		
▼	▼	0704	▼	0745	▼	0822	▼	0857	▼	0927	▼	0957	▼	1027	▼	1057	▼	1127	▼	1157	▼	1227	▼		
0628	0648	0706	0728	0747	0810	0824	0840	0859	0915	0929	0945	0959	1015	1029	1045	1059	1115	1129	1145	1159	1215	1229	1245		
		0716		0759		0836		0911		0941		1011		1041		1111		1141		1211		1241			

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Old Catton Morrisons

Spixworth Ivy Road

20	21	20	21	20	21	20	21	20	21	20	21	20	21	20	21	20	21	20	21	20	21	20	21	20	21
1140	1155	1210	1225	1240	1255	1310	1325	1340	1355	1410	1425	1440	1455	1510	1525	1540	1555	1610	1625	1640	1700	1715	1730		
1146	1201	1216	1231	1246	1301	1316	1331	1346	1401	1416	1431	1446	1501	1516	1531	1546	1601	1616	1631	1646	1707	1722	1737		
1156	1211	1226	1241	1256	1311	1326	1341	1356	1411	1426	1441	1456	1511	1526	1541	1556	1611	1626	1641	1656	1717	1732	1747		
1210	1225	1240	1255	1310	1325	1340	1355	1410	1425	1440	1455	1510	1525	1540	1555	1610	1625	1640	1655	1710	1731	1746	1801		
1220	1235	1250	1305	1320	1335	1350	1405	1422	1437	1452	1507	1522	1537	1552	1607	1622	1637	1652	1707	1722	1743	1758	1813		
1230	1245	1300	1315	1330	1345	1400	1415	1432	1447	1502	1517	1532	1547	1602	1617	1632	1647	1702	1717	1732	1751	1806	1821		
1235	1250	1305	1320	1335	1350	1405	1420	1437	1452	1507	1522	1537	1552	1607	1622	1637	1652	1707	1722	1737	1757	1812	1827		
1239	1254	1309	1324	1339	1354	1409	1424	1443	1458	1513	1528	1543	1558	1613	1628	1643	1658	1713	1728	1743	1801	1816	1831		
1248	1303	1318	1333	1348	1403	1418	1433	1453	1508	1523	1538	1553	1608	1623	1638	1653	1708	1723	1738	1753	1810	1825	1840		
▼	1305	▼	1335	▼	1405	▼	1435	▼	1510	▼	1540	▼	1610	▼	1640	▼	1710	▼	1740	▼	1812	▼	1842		
1251	▼	1321	▼	1351	▼	1421	▼	1456	▼	1526	▼	1556	▼	1626	▼	1656	▼	1726	▼	1756	▼	1828	▼		
1257	▼	1327	▼	1357	▼	1427	▼	1502	▼	1532	▼	1602	▼	1632	▼	1703	▼	1733	▼	1803	▼	1834	▼		
1259	1315	1329	1345	1359	1415	1429	1445	1504	1520	1534	1550	1604	1620	1634	1650	1706	1720	1736	1750	1806	1822	1836	1852		
1311		1341		1411		1441		1516		1546		1616		1646		1718		1748		1818		1848			

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Old Catton Morrisons

Spixworth Ivy Road

21	20	21	20	21	20	21	20	21	20	21	20	21
1745	1805	1825	1845	1905	1930	2000	2030	2100	2130	2200	2230	2300
1752	1810	1830	1850	1910	1935	2005	2035	2105	2135	2205	2235	2305
1802	1818	1838	1858	1918	1943	▼	▼	▼	▼	▼	▼	▼
1816	1831	1851	1911	1931	1956	2020	2050	2120	2150	2220	2250	2320
1828	1840	1900	1920	1940	2005	2029	2059	2129	2159	2229	2259	2329
1836	1847	1907	1927	1947	2012	2036	2106	2136	2206	2236	2306	2336
1842	1850	1910	1930	1950	2015	2040	2110	2140	2210	2240	2310	2340
1846	1854	1914	1934	1954	2019	2044	2114	2144	2214	2244	2314	2344
1855	1902	1922	1942	2002	2027	2052	2122	2152	2222	2252	2322	2352
1857	▼	1924	▼	2004	▼	2054	▼	2154	▼	2254	▼	2354
▼	1905	▼	1945	▼	2030	▼	2125	▼	2225	▼	2325	▼
▼	1911	▼	1951	▼	2030	▼	2125	▼	2225	▼	2331	▼
1907	1913	1932	1953	2012	2038	2102	2133	2202	2233	2302	2333	0002
		1923		2003							2343	

- times at these stops are estimated

you'll find Saturday and Sunday timetables on the next page

bus times valid from
30 August 2026

Saturdays

Norfolk & Norwich Hospital

Bowthorpe Three Score Road

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Dereham Road Adelaide Street

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Spixworth Ivy Road

21	20	21	20	21	21	20	21	20	21	21	20	21	20	21	20	21	21	20
	0630	0700	0720	0740	0800	0810	0825	0840	0855		10	25	40	55		1610	1625	1640
0605	0635	0705	0725	0745	0805	0816	0831	0846	0901		16	31	46	01		1616	1631	1646
0613	0643	0713	0733	0753	0813	0826	0841	0856	0911		26	41	56	11		1626	1641	1656
0624	0654	0724	0744	0804	0824	0840	0855	0910	0925		40	55	10	25		1640	1655	1710
0633	0703	0733	0753	0813	0833	0850	0905	0920	0935		50	05	20	35		1650	1705	1720
0641	0711	0741	0801	0821	0841	0900	0915	0930	0945		00	15	30	45		1700	1715	1730
0645	0715	0745	0805	0825	0845	0905	0920	0935	0950		05	20	35	50		1705	1720	1735
0649	0719	0749	0809	0829	0849	0909	0924	0939	0954		09	24	39	54		1709	1724	1739
0656	0726	0756	0816	0836	0856	0918	0933	0948	1003		18	33	48	03		1718	1733	1748
0658	▼	0758	▼	0838	0858	▼	0935	▼	1005		▼	35	▼	05		▼	1735	▼
▼	0729	▼	0819	▼	▼	0921	▼	0951	▼		21	▼	51	▼		1721	▼	1751
▼	0734	▼	0824	▼	▼	0927	▼	0957	▼		27	▼	57	▼		1727	▼	1757
0706	0736	0806	0826	0846	0906	0929	0945	0959	1015		29	45	59	15		1729	1745	1759
	0746		0836			0941		1011			41		11			1741		1811

21	20	21	20	21	20	21	20	21	20	21
1825	1845	1905	1930	2000	2030	2100	2130	2200	2230	2300
1830	1850	1910	1935	2005	2035	2105	2135	2205	2235	2305
1838	1858	1918	1943	▼	▼	▼	▼	▼	▼	▼
1851	1911	1931	1956	2020	2050	2120	2150	2220	2250	2320
1900	1920	1940	2005	2029	2059	2129	2159	2229	2259	2329
1907	1927	1947	2012	2036	2106	2136	2206	2236	2306	2336
1910	1930	1950	2015	2040	2110	2140	2210	2240	2310	2340
1914	1934	1954	2019	2044	2114	2144	2214	2244	2314	2344
1922	1942	2002	2027	2052	2122	2152	2222	2252	2322	2352
1924	▼	2004	▼	2054	▼	2154	▼	2254	▼	2354
▼	1945	▼	2030	▼	2125	▼	2225	▼	2325	▼
▼	1951	▼	2036	▼	2131	▼	2231	▼	2331	▼
1932	1953	2012	2038	2102	2133	2202	2233	2302	2333	0002
	2003									2343

Sundays and public holidays

Norfolk & Norwich Hospital

Bowthorpe Three Score Road

Bowthorpe Shopping Centre

West Earlham Shopping Centre

Dereham Road Adelaide Street

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Catton Grove Brightwell Road

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Old Catton White Woman Lane

Old Catton Morrisons

Spixworth Ivy Road

21	20	21	20	21	20	21	20	21	20	21	21	21	21	21
0842	0912	0942	1012	1042		12	42		1612	1642	1712	1742	1812	1840
0847	0917	0947	1017	1047		17	47		1617	1647	1717	1747	1817	1845
0855	0925	0955	1025	1055		25	55		1625	1655	1725	1755	1825	▼
0908	0938	1008	1038	1108		38	08		1638	1708	1738	1808	1838	1859
0917	0947	1017	1047	1117		47	17		1647	1717	1747	1817	1847	1908
0925	0955	1025	1055	1125		55	25		1655	1725	1755	1825	1855	1915
0932	1002	1032	1102	1132		02	32		1702	1732	1802	1832	1902	1920
0937	1007	1037	1107	1137		07	37		1707	1737	1807	1837	1907	1923
0945	1016	1045	1116	1145		16	45		1716	1745	1816	1845	1916	1929
0947	▼	1047	▼	1147		▼	47		▼	1747	▼	1847	▼	1930
▼	1019	▼	1119	▼		19	▼		1719	▼	1819	▼	1919	▼
▼	1025	▼	1125	▼		25	▼		1725	▼	1825	▼	1925	▼
0957	1027	1057	1127	1157		27	57		1727	1757	1827	1857	1927	1938
1009	1039	1109	1139	1209		39	09		1739	1809	1839	1909	1939	

- times at these stops are estimated

bus times valid from
30 August 2026

Mondays to Fridays except public holidays

Spixworth Ivy Road					0533		0613		0650		0718		0745		0815		0848		0925		0955		1025		1055	
Old Catton Morrisons			0536	0543	0611	0623	0651	0700	0720	0730	0750	0757	0817	0827	0847	0858	0920	0935	0950	1005	1020	1035	1050	1105		
Old Catton Proctor Road			▼	0547	▼	0627	▼	0705	▼	0735	▼	0802	▼	0832	▼	0903	▼	0938	▼	1008	▼	1038	▼	1108		
Constitution Hill Parkland Road			▼	0555	▼	0635	▼	0713	▼	0743	▼	0810	▼	0840	▼	0911	▼	0943	▼	1013	▼	1043	▼	1113		
Fiddlewood Bussey Road			0542	▼	0617	▼	0657	▼	0728	▼	0758	▼	0825	▼	0855	▼	0928	▼	0958	▼	1028	▼	1058	▼		
Catton Grove Brightwell Road			0544	0559	0619	0639	0659	0718	0731	0748	0801	0815	0829	0845	0859	0916	0931	0948	1001	1018	1031	1048	1101	1118		
City Centre Anglia Square			0552	0607	0627	0647	0707	0727	0742	0757	0812	0826	0841	0856	0911	0927	0942	0957	1012	1027	1042	1057	1112	1127		
City Centre Castle Meadow	0525	0545	0600	0615	0635	0655	0715	0735	0750	0805	0820	0835	0850	0905	0920	0935	0950	1005	1020	1035	1050	1105	1120	1135		
City Centre Theatre Street	0528	0548	0603	0618	0638	0658	0718	0740	0755	0810	0825	0840	0855	0910	0925	0940	0955	1010	1025	1040	1055	1110	1125	1140		
Dereham Road Adelaide Street	0533	0553	0608	0623	0643	0703	0723	0747	0802	0817	0832	0847	0902	0917	0932	0947	1002	1017	1032	1047	1102	1117	1132	1147		
West Earlham Shopping Centre	0543	0603	0618	0633	0653	0713	0733	0758	0813	0828	0843	0858	0913	0928	0943	0958	1013	1028	1043	1058	1113	1128	1143	1158		
Bowthorpe Shopping Centre	0555	0615	0630	0645	0705	0725	0745	0812	0827	0842	0857	0912	0927	0942	0957	1012	1027	1042	1057	1112	1127	1142	1157	1212		
Bowthorpe Three Score Road	0604	0624	0639	0654	0714	0734	0754	0820	0835	0850	0905	0920	0935	0950	1005	1020	1035	1050	1105	1120	1135	1150	1205	1220		
Norfolk & Norwich Hospital	0613	0633	0648	0703	0723	0743	0803	0829	0844	0859	0914	0929	0944	0959	1014	1029	1044	1059	1114	1129	1144	1159	1214	1229		

	21	20	21	20	21	20	21	20	21	20	21	20	21	20	21	20	21	20	21	20	21	20	21	20
Spixworth Ivy Road		1125		1155		1225		1255		1325		1355		1425		1455		1530		1600		1630		1700
Old Catton Morrisons	1120	1135	1150	1205	1220	1235	1250	1305	1320	1335	1350	1405	1420	1435	1450	1505	1525	1540	1555	1610	1625	1640	1655	1710
Old Catton Proctor Road	▼	1138	▼	1208	▼	1238	▼	1308	▼	1338	▼	1408	▼	1438	▼	1508	▼	1543	▼	1613	▼	1643	▼	1713
Constitution Hill Parkland Road	▼	1143	▼	1213	▼	1243	▼	1313	▼	1343	▼	1413	▼	1443	▼	1513	▼	1548	▼	1618	▼	1648	▼	1718
Fiddlewood Bussey Road	1128	▼	1158	▼	1228	▼	1258	▼	1328	▼	1358	▼	1428	▼	1458	▼	1533	▼	1603	▼	1633	▼	1703	▼
Catton Grove Brightwell Road	1131	1148	1201	1218	1231	1248	1301	1318	1331	1348	1401	1418	1431	1448	1501	1518	1536	1553	1606	1623	1636	1653	1706	1723
City Centre Anglia Square	1142	1157	1212	1227	1242	1257	1312	1327	1342	1357	1412	1427	1442	1457	1512	1527	1547	1602	1617	1632	1647	1702	1717	1732
City Centre Castle Meadow	1150	1205	1220	1235	1250	1305	1320	1335	1350	1405	1420	1435	1450	1505	1520	1535	1555	1610	1625	1640	1655	1710	1725	1740
City Centre Theatre Street	1155	1210	1225	1240	1255	1310	1325	1340	1355	1410	1425	1440	1455	1510	1525	1540	1600	1615	1630	1645	1700	1715	1730	1745
Dereham Road Adelaide Street	1202	1217	1232	1247	1302	1317	1332	1347	1402	1417	1432	1449	1504	1519	1534	1549	1609	1624	1639	1654	1709	1724	1737	1752
West Earlham Shopping Centre	1213	1228	1243	1258	1313	1328	1343	1358	1413	1428	1443	1501	1516	1531	1546	1601	1621	1636	1651	1706	1721	1736	1748	1803
Bowthorpe Shopping Centre	1227	1242	1257	1312	1327	1342	1357	1412	1427	1442	1457	1515	1530	1545	1600	1615	1635	1650	1705	1720	1735	1750	1802	1817
Bowthorpe Three Score Road	1235	1250	1305	1320	1335	1350	1405	1420	1435	1450	1505	1523	1538	1553	1608	1623	1643	1658	1713	1728	1743	1758	1810	1825
Norfolk & Norwich Hospital	1244	1259	1314	1329	1344	1359	1414	1429	1444	1459	1514	1533	1548	1603	1618	1633	1653	1708	1723	1738	1753	1808	1819	1834

	21	20	21	20	21	20	21	20	21	20	21	20	21
Spixworth Ivy Road		1730		1820		1935							
Old Catton Morrisons	1725	1740	1800	1830	1900	1945	2015	2045	2115	2145	2215	2245	2315
Old Catton Proctor Road	▼	1743	▼	1833	▼	1947	▼	2047	▼	2147	▼	2247	▼
Constitution Hill Parkland Road	▼	1748	▼	1838	▼	1951	▼	2051	▼	2151	▼	2251	▼
Fiddlewood Bussey Road	1733	▼	1808	▼	1908	▼	2021	▼	2121	▼	2221	▼	2321
Catton Grove Brightwell Road	1736	1753	1811	1843	1911	1954	2023	2054	2123	2154	2223	2254	2323
City Centre Anglia Square	1747	1802	1822	1852	1922	2001	2031	2101	2131	2201	2231	2301	2331
City Centre Castle Meadow	1755	1810	1830	1900	1930	2010	2040	2110	2140	2210	2240	2310	2340
City Centre Theatre Street	1800	1815	1835	1905	1935	2014	2044	2114	2144	2214	2244	2314	2344
Dereham Road Adelaide Street	1807	1822	1842	1912	1942	2021	2051	2121	2151	2221	2251	2321	2351
West Earlham Shopping Centre	1818	1833	1853	1923	1953	2030	2100	2130	2200	2230	2300	2330	0000
Bowthorpe Shopping Centre	1832	1847	1907	1937	2007	▼	▼	▼	▼	▼	▼	▼	▼
Bowthorpe Three Score Road	1840	1855	1915	1945	2015	2045	2115	2145	2215	2245	2315	2345	0015
Norfolk & Norwich Hospital	1849	1904	1924	1954	2024	2054	2124	2154	2224	2254	2324	2354	0024

• times at these stops are estimated

you'll find Saturday and Sunday timetables on the next page

bus times valid from
30 August 2026

Norfolk & Norwich Hospital

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