

1 1A



up to **every 30 mins** between

Martham

Hemsby

Caister-on-Sea

Great Yarmouth

Gorleston

Lowestoft

calling at

Winterton **1** Scratby **1A**

Ormesby **1** Hopton

Corton

Pleasurewood
Hills

TIMES • FARES • MAPS

includes
ideas for
**great
days out**
by bus

Winter 2017/18 bus times
from 24th Sept 2017 to 26th May 2018

from **First Eastern Counties**



Welcome aboard...



1 | 1A

The **east coast** of Norfolk & Suffolk is a great place to be. Whether you live and work there or are enjoying a great holiday or short break, there's so much to see and do!

And what better way to get around than by bus! It's simple, **great value** and gives you the chance to sit back and relax whilst we get you to your destination.

Our **1 & 1A** buses can take you the whole length of the coastal strip and beyond, from the wild, unspoilt **beaches** and dunes of Winterton, through the **fun-packed** hotspots of Great Yarmouth and Gorleston, to the more traditional Suffolk **seaside** town of Lowestoft.



In the winter months there's loads to see and do along the coast so our **1 & 1A** buses run the whole length of the route up to every 30 minutes during the day Monday to Saturday, and every hour on Sundays.

In this guide we've included a **detailed map** of the whole coastal route to help you plan your journey, along with **ideas for places to visit**.

And if you want to travel further afield, maybe further along the coast on our **Coastal Clipper 99** service or to Norwich, we've included information on **connecting buses** too.

Get all along the **east coast** with a **YarLow** ticket

You can travel anywhere on any of our buses on the east coast with a **great value** YarLow ticket. There's one to suit everyone that you can **buy from the driver** with cash. Some of the best value options are shown here, but for full details you can visit our website.



Day ticket
unlimited travel
all buses, all day

or even better value for **regular travellers**

	FirstWeek	FirstTenner	FirstMonth
Adult	£20	£20	£70
Young Person	£14	£14	£49

Travelling Together?
get a **High5**

unlimited travel for
up to 5 people*, all day

*max two adults



YarLow tickets also include **unlimited travel** to & from **Norwich Bus Station** so you can shop til you drop, by bus!

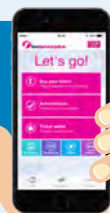


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5 to 19's
save with a
young person
fare



Buy **tickets**
on your **mobile**
Download our free
mTicket app today!



Mondays to Fridays except public holidays

route number	1	1	1	1	1	1A	1	1	1A	1	1	1A	1	1A	1	1A	1A	1	1A
Flegg High School																			
Martham Repps Road				0645	0713		0736	0816	0854		0916	0954							
Winterton Winner Avenue				0656	0726		0749	0829	▼		0929	▼							
Hemsby Kingsway shops				0703	0733	0750	0756	0836	0906		0936	1006							
Scratby Beach Drive				▼		0758	▼	▼	0914		▼	1014							
Ormesby Royal Oak				0711	0741	▼	0804	0844	↓		0944	↓							
Tessera Park Prince of Wales Road				0717	▼	0804	▼		0930		▼	↓							
Caister Haven Holiday Centre				▼	0747	▼	0810	0850	0920	▼	0950	1020							
Caister Post Office	○	○		0721	0751	0808	0814	0854	0924	0934	0954	1024							
Northgate Hospital	0558	0633		0728	0758	0814	0820	0900	0930	0940	1000	1030							
Great Yarmouth Market Gates arr	0602	0637		0732	0802	0819	0825	0905	0935	0945	1005	1035							
Great Yarmouth Market Gates dep	0602	0637	0707	0737	0807	0821	0830	0915	0945		1015	1045							
Gorleston High Street Feathers	0612	0647	0717	0747	0819	0833	0842	0927	0957		1027	1057							
Gorleston Sixth Form College	▼	▼	▼	▼	▼	0835	0844	▼	▼		▼	▼							
Gorleston Avondale Road	0615	0651	0721	0751	0823	▼	▼	0931	1001		1031	1101							
James Paget Hospital	0619	0655	0725	0755	0827	0843	0852	0935	1005		1035	1105							
Hopton White Hart	0624	0700	0730	0800	0832		0857	0940	1010		1040	1110							
Corton Waterside Holiday Village	0631	0708	0738	0808	0840		0905	0948	1018		1048	1118							
Leisure Way Tesco	0636	0713	0743	0813	0845		0910	0953	1023		1053	1123							
Lowestoft bus station	0645	0723	0753	0823	0855		0920	1003	1033		1103	1133							

then at these mins

until

16	54		1454	1508	1534	1604
29	▼		▼	↓	1519	▼
36	06		1506	1521	1546	1616
▼	14		1514	▼	▼	1624
44	▼		▼	1529	1554	▼
▼	▼		▼	▼	▼	▼
50	20		1520	1535	1600	1630
54	24		1524	1539	1604	1634
00	30		1530	1545	1610	1640
05	35		1535	1550	1615	1645
15	45		1545		1620	1650
27	57		1557		1632	1702
▼	▼		▼	▼	▼	▼
31	01		1601		1636	1706
35	05		1605		1640	1710
40	10		1610		1645	1715
48	18		1618		1653	1723
53	23		1623		1658	1728
03	33		1633		1708	1738

journey in pink goes from Winner Ave to Repps Road

Mondays to Fridays except public holidays

route number	1	1A	1	1A	1	1	1A	1	1	1	1	1	1
Martham Repps Road	1634	1704	1734	1810		1839	1910		1946			2146	
Winterton Winner Avenue	1619	▼	1719	▼		1848	▼		▼			▼	
Hemsby Kingsway shops	1646	1716	1746	1818		1854	1918		1954			2154	
Scratby Beach Drive	▼	1724	▼	1825		▼	1925		▼			▼	
Ormesby Royal Oak	1654	▼	1754	▼		1901	▼		2001			2201	
Tessera Park Prince of Wales Road	▼	↓	▼	↓		1906	↓		2006			2206	
Caister Haven Holiday Centre	1700	1730	1800	1831		▼	1931		▼			▼	
Caister Post Office	1704	1734	1804	1835		1910	1935		2010			2210	
Northgate Hospital	1710	1740	1810	1841		1916	1941		2016			2216	
Great Yarmouth Market Gates arr	1715	1745	1815	1845		1920	1945		2020			2220	
Great Yarmouth Market Gates dep	1720	1750	1820		1905			2005		2105	2200		2300
Gorleston High Street Feathers	1732	1802	1830		1915			2015		2115	2210		2310
Gorleston Avondale Road	1736	1806	1833		1918			2018		2118	2213		2313
James Paget Hospital	1740	1810	1837		1922			2022		2122	2217		2317
Hopton White Hart	1745	1815	1841		1926			2026		2126	2221		2321
Corton Waterside Holiday Village	1753	1823	1849		1934			2034		2134	2229		2329
Leisure Way Tesco	1758	1828	1854		1939			2039		2139	2234		2334
Lowestoft bus station	1808	1838	1903		1948			2048		2148	2243		2343

school days only

○ journeys start at Salisbury Road

journeys in pink go from Winner Ave to Repps Road

Saturdays

route number	1	1	1	1	1	1	1A	1	1A	1A	1	1A	1	1	1A	1
Martham Repps Road						0751	0816	0854	16 54		1654	1716	1810		1839	1910
Winterton Winmer Avenue						0804	0829		29			1729			1848	
Hemsby Kingsway shops						0811	0836	0906	36 06		1706	1736	1818		1854	1918
Scratby Beach Drive								0914	14		1714		1825			1925
Ormesby Royal Oak						0819	0844		44			1744			1901	
Tessera Park Prince of Wales Road															1906	
Caister Haven Holiday Centre						0825	0850	0920	50 20		1720	1750	1831			1931
Caister Post Office						0829	0854	0924	54 24		1724	1754	1835		1910	1935
Northgate Hospital	0630	0715	0745			0835	0900	0930	00 30		1730	1800	1841		1916	1941
Great Yarmouth Market Gates arr	0635	0720	0750			0840	0905	0935	05 35		1735	1805	1845		1920	1945
Great Yarmouth Market Gates dep	0635	0720	0750	0815	0845	0915	0945		15 45		1745	1815		1905		2005
Gorleston High Street Feathers	0645	0730	0800	0827	0857	0927	0957		27 57		1757	1825		1915		2015
Gorleston Avondale Road	0648	0733	0803	0831	0901	0931	1001		31 01		1801	1828		1918		2018
James Paget Hospital	0652	0737	0807	0835	0905	0935	1005		35 05		1805	1832		1922		2022
Hopton White Hart	0657	0742	0812	0840	0910	0940	1010		40 10		1810	1836		1926		2026
Corton Waterside Holiday Village	0704	0749	0819	0848	0918	0948	1018		48 18		1818	1844		1934		2034
Leisure Way Tesco	0709	0754	0824	0853	0923	0953	1023		53 23		1823	1849		1939		2039
Lowestoft bus station	0718	0803	0833	0903	0933	1003	1033		03 33		1833	1858		1948		2048

then at these mins

until

Saturdays

route number	1	1	1	1	1
Martham Repps Road	1946			2146	
Hemsby Kingsway shops	1954			2154	
Ormesby Royal Oak	2001			2201	
Tessera Park Prince of Wales Road	2006			2206	
Caister Post Office	2010			2210	
Northgate Hospital	2016			2216	
Great Yarmouth Market Gates arr	2020			2220	
Great Yarmouth Market Gates dep		2105	2200		2300
Gorleston High Street Feathers		2115	2210		2310
Gorleston Avondale Road		2118	2213		2313
James Paget Hospital		2122	2217		2317
Hopton White Hart		2126	2221		2321
Corton Waterside Holiday Village		2134	2229		2329
Leisure Way Tesco		2139	2234		2334
Lowestoft bus station		2148	2243		2343

journeys start at Salisbury Road



don't wait...
**cheaper
concession
singles**
from **0830**
...until it's late
pass holders pay
young person fare
weekdays 0830 to 0930

Sundays & public holidays																		
route number	1	1	1	1A	1	1A	1	1A	1	1A	1	1A	1	1	1	1A	1	1
Martham Repps Road	0751	0851	0959	1051	1159	1251	1359	1451	1559	1651	1759			1846		1946		
Winterton Winmer Avenue	0804	0904	▼	1104	▼	1304	▼	1504	▼	1704	▼			1855	▼			
Hemsby Kingsway shops	0811	0911	1011	1111	1211	1311	1411	1511	1611	1711	1811			1901		1954		
Scratby Beach Drive	▼	▼	1019	▼	1219	▼	1419	▼	1619	▼	1819	▼				2001		
Ormesby Royal Oak	0819	0919	▼	1119	▼	1319	▼	1519	▼	1719	▼			1908	▼			
Tessera Park Prince of Wales Road	0825	0925	1025	1125	1225	1325	1425	1525	1625	1725	1825			1913		2006		
Caister Post Office	○ 0829	0929	1029	1129	1229	1329	1429	1529	1629	1729	1829			1917		2010		
Northgate Hospital	0715	0835	0935	1035	1135	1235	1335	1435	1535	1635	1735	1835		1922		2015		
Great Yarmouth Market Gates arr	0720	0840	0940	1040	1140	1240	1340	1440	1540	1640	1740	1840		1927		2020		
Great Yarmouth Market Gates dep	0720	0850	0950	1050	1150	1250	1350	1450	1550	1650	1750		1900		2000		2100	2200
Gorleston High Street Feathers	0730	0900	1000	1100	1200	1300	1400	1500	1600	1700	1800		1910		2010		2110	2210
Gorleston Avondale Road	0734	0904	1004	1104	1204	1304	1404	1504	1604	1704	1804		1913		2013		2113	2213
James Paget Hospital	0738	0908	1008	1108	1208	1308	1408	1508	1608	1708	1808		1917		2017		2117	2217
Hopton White Hart	0743	0913	1013	1113	1213	1313	1413	1513	1613	1713	1813		1921		2021		2121	2221
Corton Waterside Holiday Village	0751	0921	1021	1121	1221	1321	1421	1521	1621	1721	1821		1929		2029		2129	2229
Leisure Way Tesco	0756	0926	1026	1126	1226	1326	1426	1526	1626	1726	1826		1934		2034		2134	2234
Lowestoft bus station	0806	0936	1036	1136	1236	1336	1436	1536	1636	1736	1836		1943		2043		2143	2243

Sundays & public holidays		
route number	1	1
Martham Repps Road	2146	
Hemsby Kingsway shops	2154	
Ormesby Royal Oak	2201	
Tessera Park Prince of Wales Road	2206	
Caister Post Office	2210	
Northgate Hospital	2215	
Great Yarmouth Market Gates arr	2220	
Great Yarmouth Market Gates dep		2300
Gorleston High Street Feathers		2310
Gorleston Avondale Road		2313
James Paget Hospital		2317
Hopton White Hart		2321
Corton Waterside Holiday Village		2329
Leisure Way Tesco		2334
Lowestoft bus station		2343

○ journey starts at Salisbury Road

Travelling Together?



get a
High5
£10

unlimited travel, all day
all along the coast
& up to Norwich

up to 5 people*

*max two adults

- section of route served by **some journeys**
- buses travel **one way** along this section
- **end of route** for services shown

Some great days out by bus

Winterton

Unspoilt and natural, the beach and dunes at Winterton are a great place to set out on a walk through the natural beauty of the Norfolk coast.

Hemsby Beach

A short walk from Hemsby Village itself, the beach area is great for families with soft sand, dunes, amusements and traditional seaside cafes.

Great Yarmouth

Visit Norfolk's top resort for sandy beaches, fish & chips and amusements, there's plenty to do all year round. Visit the Sealife Centre, Historic Quay, Marina Leisure Centre, Time & Tide Museum or enjoy a stroll along the prom.

Norwich a fine city

One of the top 10 places to shop in the UK, this bustling city combines some great shops and restaurants, with the cathedral, castle and colourful market. The narrow streets of The Lanes with their trendy cafes and fashionable boutiques make this a day out with something for everyone!

buses to Norwich leave Market Gates up to **every 15 mins**

Get there with a **YarLow day ticket**

£6⁵⁰ adult £4³⁰ 5-19 £10 all day group





Gorleston

Quiet and unspoilt, Gorleston is ideal for a lazy day at the coast with its stunning beach below glorious cliff gardens. Enjoy tennis courts and a trim-trail on the cliff top with views of the harbour.

Lowestoft

With two sandy beaches, Lowestoft is a great place for a walk along the promenade with an ice cream or cup of tea at one of the many cafes is a must. Or why not set out on a beach-walk along the coast to Kessingland.



your connections
all along the east coast



travelling further

Make a **simple connection** in **Lowestoft Bus Station** onto



along the Suffolk coast

Africa Alive

Discover animals from the world's most vibrant and exciting continent at the East Coast's top wildlife park!

buses to Kessingland
up to **every 20 mins**



Southwold

A traditional seaside town on the beautiful Suffolk coast, the narrow streets have some of the best shops and cafes in the area.

up to **every hour**



1 | 1A



more buses...

You can also catch an **X1** bus between **Gt Yarmouth, Gorleston & Lowestoft** up to **every 30 mins**

1 1A

route number

then at these mins

until

route number

- journeys continue to Salisbury Road

school holidays only

Saturdays														
route number	1A	1A	1	1A	1	1A	1	1	1	1	1	1	1	1
Lowestoft bus station	0725	0815	0845	0915	45	15	1645	1715	1745	1814	1844	1914	1944	2044
Leisure Way Tesco	0735	0825	0855	0925	55	25	1655	1725	1755	1823	1853	1923	1953	2053
Corton Waterside Holiday Village	0740	0830	0900	0930	00	30	1700	1730	1800	1828	1858	1928	1958	2058
Hopton Lowestoft Road shelter	0748	0838	0908	0938	08	38	1708	1738	1808	1835	1905	1935	2005	2105
James Paget Hospital	0754	0844	0914	0944	14	44	1714	1744	1814	1840	1910	1940	2010	2110
Gorleston Avondale Road	0759	0849	0919	0949	19	49	1719	1749	1819	1845	1915	1945	2015	2115
Gorleston High Street Boots	0803	0853	0923	0953	23	53	1723	1753	1822	1848	1918	1948	2018	2118
Great Yarmouth Market Gates arr	0818	0908	0938	1008	38	08	1738	1808	1834	1900	1930	2000	2030	2130
Great Yarmouth Market Gates dep	0825	0915	0945	1015	45	15	1745	1815	1834	1905		2000		2100
Northgate Hospital	0830	0920	0950	1020	50	20	1750	1820	1839	1910		2005		2105
Caister Post Office	0836	0926	0956	1026	56	26	1756	1826		1915				2110
Tessera Park Prince of Wales Road										1918				2113
Caister Haven Holiday Centre	0840	0930	1000	1030	00	30	1800	1830						
Scratby Beach Drive	0846	0936		1036		36								2118
Ormesby Royal Oak			1006		06		1806	1836		1923				2123
Hemsby Kingsway shops	0854	0944	1014	1044	14	44	1814	1844		1930				2130
Winterton Winner Avenue			1021		21		1821	1851		1935				2135
Martham Repps Road	0906	0956	1034	1056	34	56	1834	1904		1944				2144

then at these mins

until

Saturdays			
route number	1	1	1
Lowestoft bus station	2144		2254
Leisure Way Tesco	2153		2303
Corton Waterside Holiday Village	2158		2308
Hopton Lowestoft Road shelter	2205		2315
James Paget Hospital	2210		2320
Gorleston Avondale Road	2215		2325
Gorleston High Street Boots	2218		2328
Great Yarmouth Market Gates arr	2230		2340
Great Yarmouth Market Gates dep		2300	2340
Northgate Hospital		2305	2345
Caister Post Office		2310	
Tessera Park Prince of Wales Road		2313	
Caister Haven Holiday Centre			
Scratby Beach Drive			
Ormesby Royal Oak		2318	
Hemsby Kingsway shops		2325	
Winterton Winner Avenue		2330	
Martham Repps Road		2339	

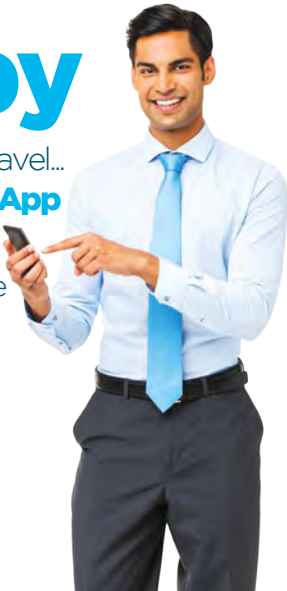
○ journeys continue to Salisbury Road

don't **worry**
be **appy**

Buy your **ticket** before you travel...
with the **FREE First mTicket App**

Check **times**, plan **journeys** &
see when the **next bus** will arrive
with **real time info...**

available **FREE** on the
First Bus App



Lowestoft | Great Yarmouth | Martham

1 1A

Sundays & public holidays

route number	1	1	1A	1	1A	1	1A	1	1A	1	1A	1	1	1	1	1	1	1
Lowestoft bus station	0814		0910	1010	1110	1210	1310	1410	1510	1610	1710	1814	1844	1944		2044	2144	2254
Leisure Way Tesco	0823		0920	1020	1120	1220	1320	1420	1520	1620	1720	1823	1853	1953		2053	2153	2303
Corton Waterside Holiday Village	0828		0925	1025	1125	1225	1325	1425	1525	1625	1725	1828	1858	1958		2058	2158	2308
Hopton Lowestoft Road shelter	0835		0933	1033	1133	1233	1333	1433	1533	1633	1733	1835	1905	2005		2105	2205	2315
James Paget Hospital	0840		0939	1039	1139	1239	1339	1439	1539	1639	1739	1840	1910	2010		2110	2210	2320
Gorleston Avondale Road	0845		0944	1044	1144	1244	1344	1444	1544	1644	1744	1845	1915	2015		2115	2215	2325
Gorleston High Street Boots	0848		0948	1048	1148	1248	1348	1448	1548	1648	1748	1848	1918	2018		2118	2218	2328
Great Yarmouth Market Gates arr	0900		1000	1100	1200	1300	1400	1500	1600	1700	1800	1900	1930	2030		2130	2230	2340
Great Yarmouth Market Gates dep		0905	1005	1105	1205	1305	1405	1505	1605	1705	1805	1905			2100		2300	2340
Northgate Hospital		0910	1010	1110	1210	1310	1410	1510	1610	1710	1810	1910			2105		2305	2345
Caister Post Office		0916	1016	1116	1216	1316	1416	1516	1616	1716	1816	1915			2110		2310	🟡
Scratby Beach Drive		▼	1026	▼	1226	▼	1426	▼	1626	▼	1826	▼			2118		▼	
Ormesby Royal Oak		0926	▼	1126	▼	1326	▼	1526	▼	1726	▼	1923			2123		2318	
Hemsby Kingsway Shops		0934	1034	1134	1234	1334	1434	1534	1634	1734	1834	1930			2130		2325	
Winterton Winner Avenue		0941	▼	1141	▼	1341	▼	1541	▼	1741	▼	1935			2135		2330	
Martham Repps Road		0954	1046	1154	1246	1354	1446	1554	1646	1754	1846	1944			2144		2339	

🟡 journey continues to
Salisbury Road

Get **straight** to the **city**



Get there & home again with a **YarLow** ticket

all **day**

£**6.50**
adult

£**4.30**
young
person

£**10**
High5
group

unlimited travel
all along the east
coast and up to
Norwich





from **First Eastern Counties**

for more information



www.firstgroup.com/norfolk-suffolk



First Bus Travel App

for timetables, routes & real-time info



Norwich Travel Centre

on Castle Meadow

Monday - Friday 0900-1730 Saturday 0900-1200



Traveline

www.traveline.info

0871 200 22 33

to find out what's going on



@FirstYarLow

or to get in touch



Customer Services 0345 602 0121

Monday - Saturday 0700-1900 Sunday 0900-1700



firstsouthuk@firstgroup.com



First Customer Services

Davey House, 7B Castle Meadow,
Norwich NR1 3DE



Lost Property

0345 602 0121