

11/11A/12/12A

Mondays to Fridays
Valid from: 16/02/2020
Valid to: 12/06/2021

- 11 Sprowston - Norfolk & Norwich Hospital
Via Norwich
- 11A Sprowston - Norfolk & Norwich Hospital
Via Norwich
- 12 Wroxham - Norfolk & Norwich Hospital
Via Norwich
- 12A Wroxham - Norfolk & Norwich Hospital
Via Norwich

Service No.:	11A	11A	11A	11A	11	11A	11	12	11A	11	11A	12
Notes:												
Wroxham, Roys	----	----	----	----	----	----	----	0710	----	----	----	0745
Atlantic Avenue, Overstrand Way	0520	0550	0620	0635	0648	0655	0708	----	0725	0735	0743	----
Sprowston, Tesco	----	----	----	----	----	----	----	----	----	----	----	----
Sprowston, Tesco	0525	0555	0625	0640	----	0700	----	----	0730	----	0750	----
Wroxham Road, Police Station	0530	0600	0630	0645	0655	0705	0715	0725	0735	0745	0755	0805
Anglia Square	0540	0610	0640	0655	0706	0716	0726	0738	0750	0803	0813	0823
City Centre, Castle Meadow arr	0540	0610	0640	0655	0711	0721	0731	0743	0755	0808	0818	0828
City Centre, Castle Meadow [CU] dep	0545	0615	0645	0700	0715	0725	0735	0745	0755	0810	0820	0830
City Centre, St Stephens Street [BR]	0550	0620	0650	0705	0720	0730	0740	0750	0800	0815	0825	0835
Newmarket Road, Eaton Road	0554	0624	0654	0709	0724	0734	0744	0754	0807	0822	0832	0842
Cringleford, Keswick Road	----	----	----	----	----	----	----	----	----	----	----	----
Cringleford, Keswick Road	0559	0629	0659	0714	----	0741	----	----	0814	----	0839	----
Cringleford, Keswick Road	----	----	----	----	----	----	----	----	----	----	----	----
Cringleford Bus Interchange [A]	0600	0630	0700	0715	0730	0742	0750	0759	0815	0829	0840	0849
Norfolk and Norwich Hospital	0605	0635	0705	0720	0735	0748	0756	0805	0823	0837	0848	0857

Service No.:	11A	11	11A	12	11A	11	12	11A	11	12	11A	11
Notes:												
Wroxham, Roys	----	----	----	0840	----	----	0910	----	----	0940	----	----
Atlantic Avenue, Overstrand Way	0803	0820	0835	----	0900	0913	----	0930	0943	----	0958	1013
Sprowston, Tesco	----	----	----	----	----	----	0925	----	----	0955	----	----
Sprowston, Tesco	0810	----	0840	----	0905	----	----	0935	----	----	1005	----
Wroxham Road, Police Station	0815	0830	0845	0900	0910	0920	0930	0940	0950	1000	1010	1020
Anglia Square	0833	0848	0903	0914	0924	0934	0944	0954	1004	1014	1024	1034
City Centre, Castle Meadow arr	0838	0853	0908	0919	0929	0939	0949	0959	1009	1019	1029	1039
City Centre, Castle Meadow [CU] dep	0840	0855	0910	0920	0930	0940	0950	1000	1010	1020	1030	1040
City Centre, St Stephens Street [BR]	0845	0900	0915	0925	0935	0945	0955	1005	1015	1025	1035	1045
Newmarket Road, Eaton Road	0852	0904	0919	0929	0939	0949	0959	1009	1019	1029	1039	1049
Cringleford, Keswick Road	----	----	----	----	----	----	----	----	----	----	----	----
Cringleford, Keswick Road	0859	----	0926	----	0946	----	----	1016	----	----	1046	----
Cringleford, Keswick Road	----	----	----	----	----	----	----	----	----	----	----	----
Cringleford Bus Interchange [A]	0900	0911	0927	0934	0947	0954	1004	1017	1024	1034	1047	1054
Norfolk and Norwich Hospital	0906	0917	0933	0940	0953	1000	1010	1023	1030	1040	1053	1100

Service No.:	12	11A	11	12	11A	11	12	11A	11	12	11A	11
Notes:												
Wroxham, Roys	1010	----	----	1040	----	----	1110	----	----	1140	----	----
Atlantic Avenue, Overstrand Way	----	1028	1043	----	1058	1113	----	1128	1143	----	1158	1213
Spowston, Tesco	1025	----	----	1055	----	----	1125	----	----	1155	----	----
Spowston, Tesco	----	1035	----	----	1105	----	----	1135	----	----	1205	----
Wroxham Road, Police Station	1030	1040	1050	1100	1110	1120	1130	1140	1150	1200	1210	1220
Anglia Square	1044	1054	1104	1114	1124	1134	1144	1154	1204	1214	1224	1234
City Centre, Castle Meadow arr	1049	1059	1109	1119	1129	1139	1149	1159	1209	1219	1229	1239
City Centre, Castle Meadow [CU] dep	1050	1100	1110	1120	1130	1140	1150	1200	1210	1220	1230	1240
City Centre, St Stephens Street [BR]	1055	1105	1115	1125	1135	1145	1155	1205	1215	1225	1235	1245
Newmarket Road, Eaton Road	1059	1109	1119	1129	1139	1149	1159	1209	1219	1229	1239	1249
Cringleford, Keswick Road	----	----	----	----	----	----	----	----	----	----	----	----
Cringleford, Keswick Road	----	1116	----	----	1146	----	----	1216	----	----	1246	----
Cringleford, Keswick Road	----	----	----	----	----	----	----	----	----	----	----	----
Cringleford Bus Interchange [A]	1104	1117	1124	1134	1147	1154	1204	1217	1224	1234	1247	1254
Norfolk and Norwich Hospital	1110	1123	1130	1140	1153	1200	1210	1223	1230	1240	1253	1300

Service No.:	12	11A	11	12	11A	11	12	11A	11	12	11A	11
Notes:												
Wroxham, Roys	1210	----	----	1240	----	----	1310	----	----	1340	----	----
Atlantic Avenue, Overstrand Way	----	1228	1243	----	1258	1313	----	1328	1343	----	1358	1413
Spowston, Tesco	1225	----	----	1255	----	----	1325	----	----	1355	----	----
Spowston, Tesco	----	1235	----	----	1305	----	----	1335	----	----	1405	----
Wroxham Road, Police Station	1230	1240	1250	1300	1310	1320	1330	1340	1350	1400	1410	1420
Anglia Square	1244	1254	1304	1314	1324	1334	1344	1354	1404	1414	1424	1434
City Centre, Castle Meadow arr	1249	1259	1309	1319	1329	1339	1349	1359	1409	1419	1429	1439
City Centre, Castle Meadow [CU] dep	1250	1300	1310	1320	1330	1340	1350	1400	1410	1420	1430	1440
City Centre, St Stephens Street [BR]	1255	1305	1315	1325	1335	1345	1355	1405	1415	1425	1435	1445
Newmarket Road, Eaton Road	1259	1309	1319	1329	1339	1349	1359	1409	1419	1429	1439	1449
Cringleford, Keswick Road	----	----	----	----	----	----	----	----	----	----	----	----
Cringleford, Keswick Road	----	1316	----	----	1346	----	----	1416	----	----	1446	----
Cringleford, Keswick Road	----	----	----	----	----	----	----	----	----	----	----	----
Cringleford Bus Interchange [A]	1304	1317	1324	1334	1347	1354	1404	1417	1424	1434	1447	1454
Norfolk and Norwich Hospital	1310	1323	1330	1340	1353	1400	1410	1423	1430	1440	1453	1500

Service No.:	12	11A	11	12	11A	11	12	12	11A	11	12	11A
Notes:							SD	SH				
Wroxham, Roys	1410	----	----	1440	----	----	----	1510	----	----	1540	----
Atlantic Avenue, Overstrand Way	----	1428	1443	----	1458	1513	----	----	1528	1543	----	1600
Spowston, Tesco	1425	----	----	1455	----	----	----	1525	----	----	1555	----
Spowston, Tesco	----	1435	----	----	1505	----	----	----	1535	----	----	1605
Wroxham Road, Police Station	1430	1440	1450	1500	1510	1520	----	1530	1540	1550	1600	1609
Anglia Square	1444	1454	1503	1513	1523	1533	----	1543	1553	1603	1613	1622
City Centre, Castle Meadow arr	1449	1459	1508	1518	1528	1538	----	1548	1558	1608	1618	1627
City Centre, Castle Meadow [CU] dep	1450	1500	1510	1520	1530	1540	1550	1550	1600	1610	1620	1630
City Centre, St Stephens Street [BR]	1455	1505	1515	1525	1535	1545	1555	1555	1605	1615	1625	1635
Newmarket Road, Eaton Road	1459	1509	1520	1530	1541	1551	1601	1601	1611	1621	1631	1641
Cringleford, Keswick Road	----	----	----	----	----	----	----	----	----	----	----	----
Cringleford, Keswick Road	----	1516	----	----	1551	----	----	----	1621	----	----	1651
Cringleford, Keswick Road	----	----	----	----	----	----	----	----	----	----	----	----
Cringleford Bus Interchange [A]	1504	1517	1527	1537	1552	1600	1610	1610	1622	1630	1640	1652
Norfolk and Norwich Hospital	1510	1523	1533	1543	1558	1606	1616	1616	1628	1636	1646	1658

Notes:
SD Schooldays Only
SH School Holidays

Service No.:	11	12A	11A	11A	11A	12A	11A	12A	11A	11A	11A	11A
Notes:												
Wroxham, Roys	----	1615	----	----	----	1715	----	1815	----	----	----	----
Atlantic Avenue, Overstrand Way	1615	----	1639	1654	1709	----	1753	----	1853	1923	2032	2132
Sprowston, Tesco	----	1631	----	----	----	1731	----	----	----	----	----	----
Sprowston, Tesco	----	----	1646	1701	1716	----	1757	----	1857	1927	2035	2135
Wroxham Road, Police Station	1622	1635	1650	1705	1720	1735	1801	1831	1901	1931	2038	2138
Anglia Square	1635	1648	1703	1718	1733	1748	1810	1840	1910	1940	2047	2147
City Centre, Castle Meadow arr	1640	1653	1708	1723	1738	1753	1815	1845	1915	1945	2052	2152
City Centre, Castle Meadow [CU] dep	1640	1655	1710	1725	1740	1755	1815	1845	1915	1945	2052	2152
City Centre, St Stephens Street [BR]	1645	1700	1715	1730	1745	1800	1820	1850	1920	1950	2055	2155
Newmarket Road, Eaton Road	1651	1706	1721	1736	1751	1806	1824	1854	1924	1954	----	----
Cringleford, Keswick Road	----	----	----	----	----	----	----	----	----	----	----	----
Cringleford, Keswick Road	----	----	1731	1746	1801	----	1829	----	1929	1959	----	----
Cringleford, Keswick Road	----	1716	----	----	----	1814	----	1859	----	----	----	----
Cringleford Bus Interchange [A]	1700	1717	1732	1747	1802	1815	1830	1900	1930	2000	----	----
Norfolk and Norwich Hospital	1706	1723	1738	1753	1808	1820	1835	1905	1935	2005	----	----

Service No.: 11A

Notes:

Wroxham, Roys	----
Atlantic Avenue, Overstrand Way	2242
Sprowston, Tesco	----
Sprowston, Tesco	2245
Wroxham Road, Police Station	2248
Anglia Square	2257
City Centre, Castle Meadow arr	2302
City Centre, Castle Meadow [CU] dep	2302
City Centre, St Stephens Street [BR]	2305
Newmarket Road, Eaton Road	----
Cringleford, Keswick Road	----
Cringleford, Keswick Road	----
Cringleford, Keswick Road	----
Cringleford Bus Interchange [A]	----
Norfolk and Norwich Hospital	----

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Service No.:	11A	11A	11A	11A	11A	12	11A	12	11A	11A	12	11
Notes:												
Norfolk and Norwich Hospital	0610	0640	0710	0725	0740	0755	0805	0820	0835	0850	0900	0910
Cringleford Bus Interchange [B]	0615	0645	0715	0730	0745	0801	0810	0826	0840	0855	0905	0915
Cringleford,Church	0617	0647	0717	0732	0747	----	0812	----	0842	0857	----	----
Newmarket Road,Eaton Road	0623	0653	0724	0739	0754	0808	0819	0833	0849	0903	0911	0921
City Centre,St Stephens Street [BB]	0629	0659	0732	0750	0805	0820	0830	0845	0900	0910	0920	0930
City Centre,Castle Meadow [CD]	0632	0702	0735	0753	0808	0825	0833	0848	0903	0915	0925	0935
Anglia Square [A]	0636	0706	0739	0757	0812	0829	0837	0852	0907	0919	0929	0939
Wroxham Road,Police Station	0644	0714	0748	0806	0821	0838	0846	0901	0916	0928	0938	0948
Linacre Avenue,Varvel Avenue	0647	0717	0751	0809	0824	----	0849	----	0919	0931	----	----
Blue Boar Lane,opp. Tesco	0650	0720	0755	0813	0828	----	0853	----	0923	0935	----	----
Atlantic Avenue,Overstrand Way	0653	0723	0800	0818	0833	----	0858	----	0928	0940	----	0955
Sprowston,Tesco	----	----	----	----	----	----	----	----	----	----	0943	----
Wroxham,Roys	----	----	----	----	----	0855	----	0918	----	----	0958	----

Service No.:	11A	12	11	11A	12	11	11A	12	11	11A	12	11
Notes:												
Norfolk and Norwich Hospital	0920	0930	0940	0950	1000	1010	1020	1030	1040	1050	1100	1110
Cringleford Bus Interchange [B]	0925	0935	0945	0955	1005	1015	1025	1035	1045	1055	1105	1115
Cringleford,Church	0927	----	----	0957	----	----	1027	----	----	1057	----	----
Newmarket Road,Eaton Road	0933	0941	0951	1003	1011	1021	1033	1041	1051	1103	1111	1121
City Centre,St Stephens Street [BB]	0940	0950	1000	1010	1020	1030	1040	1050	1100	1110	1120	1130
City Centre,Castle Meadow [CD]	0945	0955	1005	1015	1025	1035	1045	1055	1105	1115	1125	1135
Anglia Square [A]	0949	0959	1009	1019	1029	1039	1049	1059	1109	1119	1129	1139
Wroxham Road,Police Station	0958	1008	1018	1028	1038	1048	1058	1108	1118	1128	1138	1148
Linacre Avenue,Varvel Avenue	1001	----	----	1031	----	----	1101	----	----	1131	----	----
Blue Boar Lane,opp. Tesco	1005	----	----	1035	----	----	1105	----	----	1135	----	----
Atlantic Avenue,Overstrand Way	1010	----	1025	1040	----	1055	1110	----	1125	1140	----	1155
Sprowston,Tesco	----	1013	----	----	1043	----	----	1113	----	----	1143	----
Wroxham,Roys	----	1028	----	----	1058	----	----	1128	----	----	1158	----

Service No.:	11A	12	11	11A	12	11	11A	12	11	11A	12	11
Notes:												
Norfolk and Norwich Hospital	1120	1130	1140	1150	1200	1210	1220	1230	1240	1250	1300	1310
Cringleford Bus Interchange [B]	1125	1135	1145	1155	1205	1215	1225	1235	1245	1255	1305	1315
Cringleford,Church	1127	----	----	1157	----	----	1227	----	----	1257	----	----
Newmarket Road,Eaton Road	1133	1141	1151	1203	1211	1221	1233	1241	1251	1303	1311	1321
City Centre,St Stephens Street [BB]	1140	1150	1200	1210	1220	1230	1240	1250	1300	1310	1320	1330
City Centre,Castle Meadow [CD]	1145	1155	1205	1215	1225	1235	1245	1255	1305	1315	1325	1335
Anglia Square [A]	1149	1159	1209	1219	1229	1239	1249	1259	1309	1319	1329	1339
Wroxham Road,Police Station	1158	1208	1218	1228	1238	1248	1258	1308	1318	1328	1338	1348
Linacre Avenue,Varvel Avenue	1201	----	----	1231	----	----	1301	----	----	1331	----	----
Blue Boar Lane,opp. Tesco	1205	----	----	1235	----	----	1305	----	----	1335	----	----
Atlantic Avenue,Overstrand Way	1210	----	1225	1240	----	1255	1310	----	1325	1340	----	1355
Sprowston,Tesco	----	1213	----	----	1243	----	----	1313	----	----	1343	----
Wroxham,Roys	----	1228	----	----	1258	----	----	1328	----	----	1358	----

