



44, 44a, x44 and X40 (super fast) Holt - Sheringham - Cromer - Aylsham - Norwich

Holt - High Kelling - Bodham - Sheringham - West
Runton - East Runton - Cromer - Roughton - Alby -
Aylsham - Marsham - Hevingham - Stratton Strawless
- Hainford - Horsham St Faiths - Hellesdon - Norwich

x44 routes do not go through Horsham St Faiths or Hainford. 44a routes go through Horsham St Faiths and Hainford, x40 routes do not go through Aylsham Market Place or Suffield Park Cromer.

Outbound

Monday to Friday

| | | | | | | | |
|---|----------|----------|----------|---|----------|----------|----------|
| Holt - Hempstead Rd / Charles Rd Junction | 44 5:35 | 44 6:20 | 44 6:40 | - | 44 6:56 | 44 7:24 | 9 7:53 |
| Holt Market Place Hospice Shop | 44 5:38 | 44 6:23 | 44 6:43 | - | 44 6:59 | 44 7:27 | 9 7:56 |
| Holt Station / Kelling Hospital / Doctors | 44 5:41 | 44 6:26 | 44 6:46 | - | 44 7:02 | 44 7:30 | 9 7:59 |
| High Kelling - Pineheath Bus Shelter | 44 5:42 | 44 6:27 | 44 6:47 | - | 44 7:03 | 44 7:32 | 9 8:01 |
| Bodham Layby | 44 5:45 | 44 6:30 | 44 6:50 | - | 44 7:06 | 44 7:35 | 9 8:04 |
| Woodlands Caravan Park | 44 5:46 | 44 6:31 | 44 6:51 | - | 44 7:07 | - | 9 8:05 |
| Sunway Park / Cooper Road | 44 5:48 | 44 6:33 | 44 6:53 | - | 44 7:09 | 44 7:39 | - |
| Sheringham Station Arrive | 44 5:52 | 44 6:37 | 44 6:57 | - | 44 7:13 | 44 7:43 | 9 8:15 |
| Sheringham Station Depart | x44 5:54 | 44A 6:39 | x40 7:00 | - | x44 7:16 | x44 7:46 | x44 8:30 |
| Britons Lane / Beeston Regis | x44 5:57 | 44A 6:42 | x40 7:03 | - | x44 7:19 | x44 7:50 | x44 8:34 |
| West Runton Village Centre | x44 5:59 | 44A 6:45 | x40 7:06 | - | x44 7:22 | x44 7:52 | x44 8:36 |
| East Runton Beach Rd | x44 6:02 | 44A 6:48 | x40 7:09 | - | x44 7:25 | x44 7:55 | x44 8:39 |
| Runton Road Car Park - Cromer | x44 6:04 | 44A 6:51 | x40 7:12 | - | x44 7:28 | x44 7:57 | x44 8:41 |
| Cromer Cadogan Road Arrive | x44 6:08 | 44A 6:55 | x40 7:16 | - | x44 7:32 | x44 8:01 | x44 8:45 |
| Cromer Cadogan Road Depart | x44 6:10 | 44A 6:58 | x40 7:20 | - | x44 7:34 | x44 8:04 | x44 8:48 |

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|-------------------------------------|-----|------|-----|------|------|------|---------|-----|------|-----|------|-----|------|
| Cromer Church / Town Museum | X44 | 6:11 | 44A | 6:59 | X40 | 7:21 | - | X44 | 7:35 | X44 | 8:05 | X44 | 8:50 |
| Suffield, Park / Cromer Hospital | X44 | 6:14 | 44A | 7:04 | - | - | - | X44 | 7:40 | X44 | 8:10 | X44 | 8:54 |
| Roughton, New Inn P.H | X44 | 6:22 | 44A | 7:12 | X40 | 7:31 | - | X44 | 7:48 | X44 | 8:18 | X44 | 9:02 |
| Alby, Horseshoes P.H. | X44 | 6:26 | 44A | 7:17 | X40 | 7:35 | - | X44 | 7:53 | X44 | 8:23 | X44 | 9:07 |
| Aylsham Dunkirk | X44 | 6:32 | 44A | 7:23 | - | - | - | X44 | 7:59 | X44 | 8:29 | X44 | 9:13 |
| Aylsham Market Place | X44 | 6:34 | 44A | 7:29 | - | - | - | X44 | 8:05 | X44 | 8:35 | X44 | 9:19 |
| Aylsham Tesco / Bure Valley Railway | X44 | 6:35 | 44A | 7:30 | - | - | 43 7:34 | X44 | 8:06 | X44 | 8:36 | X44 | 9:20 |
| Marsham Bus Shelter | X44 | 6:39 | 44A | 7:35 | - | - | 43 7:39 | X44 | 8:11 | X44 | 8:41 | X44 | 9:25 |
| Hevingham, Town Corner | X44 | 6:43 | 44A | 7:39 | - | - | 43 7:43 | X44 | 8:15 | X44 | 8:45 | X44 | 9:29 |
| Stratton Strawless Hall | X44 | 6:45 | 44A | 7:41 | - | - | 43 7:45 | X44 | 8:17 | X44 | 8:47 | X44 | 9:31 |
| Hainford Village (43 service) | - | - | - | - | - | - | 43 7:49 | - | - | - | - | - | - |
| Newton St Faith Crown Garage | - | - | 44A | 7:44 | - | - | 43 7:53 | - | - | - | - | - | - |
| Horsham St Faith Bus Stop | - | - | 44A | 7:48 | - | - | 43 7:55 | - | - | - | - | - | - |
| Hellesdon, The Firs / Tesco | X44 | 6:54 | 44A | 7:55 | X40 | 7:58 | 43 8:02 | X44 | 8:24 | X44 | 8:54 | X44 | 9:38 |
| Norwich, Aylsham Rd (Boundary) | X44 | 6:57 | 44A | 7:57 | X40 | 8:01 | 43 8:04 | X44 | 8:26 | X44 | 8:56 | X44 | 9:40 |
| Norwich, Anglia Square Stop O | X44 | 7:05 | 44A | 8:06 | X40 | 8:11 | 43 8:13 | X44 | 8:35 | X44 | 9:05 | X44 | 9:49 |
| Norwich Castle Meadow / City Centre | X44 | 7:08 | 44A | 8:09 | X40 | 8:15 | 43 8:17 | X44 | 8:39 | X44 | 9:09 | X44 | 9:53 |
| NORWICH BUS STATION STOP N | X44 | 7:11 | 44A | 8:12 | X40 | 8:18 | 43 8:20 | X44 | 8:42 | X44 | 9:12 | X44 | 9:56 |
| Norwich, City College | - | - | - | - | 8:25 | - | - | - | - | - | - | - | - |

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|---|----|------|-----|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Holt - Hempstead Rd / Charles Rd Junction | - | - | - | 44 | 9:10 | 44 | 10:03 | 44 | 10:38 | 9 | 11:02 | 44 | 11:30 | |
| Holt Market Place Hospice Shop | - | - | - | 44 | 9:13 | 44 | 10:06 | 44 | 10:41 | 9 | 11:06 | 44 | 11:33 | |
| Holt Station / Kelling Hospital / Doctors | - | - | - | 44 | 9:16 | 44 | 10:09 | 44 | 10:44 | 9 | 11:09 | 44 | 11:36 | |
| High Kelling - Pineheath Bus Shelter | - | - | - | 44 | 9:18 | 44 | 10:11 | 44 | 10:46 | 9 | 11:11 | 44 | 11:38 | |
| Bodham Layby | - | - | - | 44 | 9:21 | 44 | 10:14 | 44 | 10:49 | 9 | 11:14 | 44 | 11:41 | |
| Woodlands Caravan Park | - | - | - | 44 | 9:22 | 44 | 10:15 | 44 | 10:50 | 9 | 11:15 | 44 | 11:42 | |
| Sunway Park / Cooper Road | - | - | - | 44 | 9:25 | 44 | 10:18 | 44 | 10:53 | - | - | 44 | 11:45 | |
| Sheringham Station Arrive | - | - | - | 44 | 9:29 | 44 | 10:22 | 44 | 10:57 | 9 | 11:23 | 44 | 11:49 | |
| Sheringham Station Depart | - | - | X40 | 9:15 | X44 | 9:32 | X44 | 10:25 | X40 | 11:00 | 44A | 11:25 | X44 | 11:52 |
| Britons Lane / Beeston Regis | - | - | X40 | 9:18 | X44 | 9:35 | X44 | 10:28 | X40 | 11:03 | 44A | 11:28 | X44 | 11:55 |
| West Runton Village Centre | - | - | X40 | 9:21 | X44 | 9:38 | X44 | 10:31 | X40 | 11:06 | 44A | 11:31 | X44 | 11:58 |
| East Runton Beach Rd | - | - | X40 | 9:24 | X44 | 9:41 | X44 | 10:34 | X40 | 11:09 | 44A | 11:34 | X44 | 12:01 |
| Runton Road Car Park - Cromer | - | - | X40 | 9:27 | X44 | 9:43 | X44 | 10:36 | X40 | 11:12 | 44A | 11:36 | X44 | 12:03 |
| Cromer Cadogan Road Arrive | - | - | X40 | 9:31 | X44 | 9:47 | X44 | 10:40 | X40 | 11:16 | 44A | 11:40 | X44 | 12:07 |
| Cromer Cadogan Road Depart | - | - | X40 | 9:33 | X44 | 9:50 | X44 | 10:43 | X40 | 11:20 | 44A | 11:43 | X44 | 12:10 |
| Cromer Church / Town Museum | - | - | X40 | 9:35 | X44 | 9:52 | X44 | 10:45 | X40 | 11:21 | 44A | 11:45 | X44 | 12:12 |
| Suffield, Park / Cromer Hospital | - | - | - | X44 | 9:56 | X44 | 10:49 | - | - | 11:49 | - | - | X44 | 12:16 |
| Roughton, New Inn P.H | - | - | X40 | 9:45 | X44 | 10:04 | X44 | 10:57 | X40 | 11:31 | 44A | 11:57 | X44 | 12:24 |
| Alby, Horseshoes P.H. | - | - | X40 | 9:49 | X44 | 10:09 | X44 | 11:02 | X40 | 11:35 | 44A | 12:02 | X44 | 12:29 |
| Aylsham Dunkirk | - | - | - | X44 | 10:15 | X44 | 11:08 | - | - | 44A | 12:08 | X44 | 12:35 | |
| Aylsham Market Place | - | - | - | X44 | 10:22 | X44 | 11:15 | - | - | 44A | 12:15 | X44 | 12:42 | |
| Aylsham Tesco / Bure Valley Railway | 43 | 9:44 | - | X44 | 10:23 | X44 | 11:16 | - | - | 44A | 12:16 | X44 | 12:43 | |
| Marsham Bus Shelter | 43 | 9:49 | - | X44 | 10:28 | X44 | 11:21 | - | - | 44A | 12:21 | X44 | 12:48 | |
| Hevingham, Town Corner | 43 | 9:53 | - | X44 | 10:32 | X44 | 11:25 | - | - | 44A | 12:25 | X44 | 12:52 | |
| Stratton Strawless Hall | 43 | 9:55 | - | X44 | 10:34 | X44 | 11:27 | - | - | 44A | 12:27 | X44 | 12:54 | |

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|---|-----|-------|-----|-------|----|-------|-------|-------|-------|-------|-------|-------|
| Holt - Hempstead Rd / Charles Rd Junction | 44 | 15:08 | - | - | 44 | 16:08 | 44 | 17:21 | - | | | |
| Holt Market Place Hospice Shop | 44 | 15:11 | - | - | 44 | 16:11 | 44 | 17:24 | - | | | |
| Holt Station / Kelling Hospital / Doctors | 44 | 15:14 | - | - | 44 | 16:14 | 44 | 17:27 | - | | | |
| High Kelling - Pineheath Bus Shelter | 44 | 15:16 | - | - | 44 | 16:16 | 44 | 17:29 | - | | | |
| Bodham Layby | 44 | 15:19 | - | - | 44 | 16:19 | 44 | 17:32 | - | | | |
| Woodlands Caravan Park | 44 | 15:20 | - | | - | | 17:33 | | | | | |
| Sunway Park / Cooper Road | 44 | 15:23 | - | - | 44 | 16:23 | 44 | 17:36 | - | | | |
| Sheringham Station Arrive | 44 | 15:27 | - | - | 44 | 16:27 | 44 | 17:40 | - | | | |
| Sheringham Station Depart | x44 | 15:30 | x40 | 16:10 | - | x44 | 16:30 | 44A | 17:42 | 44A | 21:10 | |
| Britons Lane / Beeston Regis | x44 | 15:33 | x40 | 16:13 | - | x44 | 16:33 | 44A | 17:45 | 44A | 21:13 | |
| West Runton Village Centre | x44 | 15:36 | x40 | 16:16 | - | x44 | 16:36 | 44A | 17:48 | 44A | 21:16 | |
| East Runton Beach Rd | x44 | 15:39 | x40 | 16:19 | - | x44 | 16:39 | 44A | 17:51 | 44A | 21:19 | |
| Runton Road Car Park - Cromer | x44 | 15:41 | x40 | 16:21 | - | x44 | 16:41 | 44A | 17:53 | 44A | 21:21 | |
| Cromer Cadogan Road Arrive | x44 | 15:45 | x40 | 16:25 | - | x44 | 16:45 | 44A | 17:57 | 44A | 21:25 | |
| Cromer Cadogan Road Depart | x44 | 15:48 | x40 | 16:30 | - | x44 | 16:48 | 44A | 18:00 | 44A | 21:28 | |
| Cromer Church / Town Museum | x44 | 15:50 | x40 | 16:31 | - | x44 | 16:50 | 44A | 18:02 | 44A | 21:30 | |
| Suffield, Park / Cromer Hospital | x44 | 15:54 | x40 | - | - | 16:54 | | 44A | 18:06 | 44A | 21:34 | |
| Roughton, New Inn P.H | x44 | 16:02 | x40 | 16:41 | - | x44 | 17:02 | 44A | 18:10 | 44A | 21:38 | |
| Alby, Horseshoes P.H. | x44 | 16:07 | x40 | 16:45 | - | x44 | 17:07 | 44A | 18:14 | 44A | 21:42 | |
| Aylsham Dunkirk | x44 | 16:13 | x40 | - | - | 17:13 | | 44A | 18:20 | 44A | 21:48 | |
| Aylsham Market Place | x44 | 16:20 | x40 | - | | x44 | 17:20 | 44A | 18:25 | 44A | 21:53 | |
| Aylsham Tesco / Bure Valley Railway | x44 | 16:21 | x40 | - | 43 | 16:44 | x44 | 17:21 | 44A | 18:26 | 44A | 21:54 |
| Marsham Bus Shelter | x44 | 16:26 | x40 | - | 43 | 16:49 | x44 | 17:26 | 44A | 18:30 | 44A | 21:58 |
| Hevingham, Town Corner | x44 | 16:30 | x40 | - | 43 | 16:53 | x44 | 17:30 | 44A | 18:34 | 44A | 22:02 |
| Stratton Strawless Hall | x44 | 16:32 | x40 | - | 43 | 16:55 | x44 | 17:32 | 44A | 18:36 | 44A | 22:04 |
| Hainford Village (43 service) | - | | - | | 43 | 16:59 | - | | - | | | |
| Newton St Faith Crown Garage | - | | - | | 43 | 17:03 | - | | 44A | 18:39 | 44A | 22:07 |
| Horsham St Faith Bus Stop | - | | - | | 43 | 17:05 | - | | 44A | 18:41 | 44A | 22:09 |
| Hellesdon, The Firs / Tesco | x44 | 16:39 | x40 | 17:08 | 43 | 17:12 | x44 | 17:39 | 44A | 18:48 | 44A | 22:16 |
| Norwich, Aylsham Rd (Boundary) | x44 | 16:41 | x40 | 17:10 | 43 | 17:14 | x44 | 17:41 | 44A | 18:50 | 44A | 22:18 |
| Norwich, Anglia Square Stop O | x44 | 16:50 | x40 | 17:19 | 43 | 17:23 | x44 | 17:50 | 44A | 18:56 | 44A | 22:24 |
| Norwich Castle Meadow / City Centre | x44 | 16:54 | x40 | 17:23 | 43 | 17:27 | x44 | 17:54 | 44A | 18:59 | 44A | 22:27 |
| NORWICH BUS STATION STOP N | x44 | 16:57 | x40 | 17:26 | 43 | 17:30 | x44 | 17:57 | 44A | 19:02 | 44A | 22:30 |
| Norwich, City College | - | | - | | | | - | | - | | - | |

Saturday

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|---|----|------|---|--|----|------|----|------|----|------|----|------|---|
| Holt - Hempstead Rd / Charles Rd Junction | 44 | 6:07 | - | | 44 | 6:54 | 44 | 7:38 | 44 | 8:04 | 44 | 8:38 | - |
| Holt Market Place Hospice Shop | 44 | 6:10 | - | | 44 | 6:57 | 44 | 7:42 | 44 | 8:07 | 44 | 8:41 | - |
| Holt Station / Kelling Hospital / Doctors | 44 | 6:13 | - | | 44 | 7:00 | 44 | 7:44 | 44 | 8:10 | 44 | 8:44 | - |
| High Kelling - Pineheath Bus Shelter | 44 | 6:15 | - | | 44 | 7:02 | 44 | 7:46 | 44 | 8:12 | 44 | 8:46 | - |
| Bodham Layby | 44 | 6:18 | - | | 44 | 7:05 | 44 | 7:49 | 44 | 8:15 | 44 | 8:49 | - |
| Woodlands Caravan Park | | | - | | 44 | 7:06 | 44 | 7:50 | 44 | 8:16 | 44 | 8:50 | - |
| Sunway Park / Cooper Road | 44 | 6:22 | - | | 44 | 7:09 | 44 | 7:53 | 44 | 8:19 | 44 | 8:53 | - |
| Sheringham Station Arrive | 44 | 6:26 | - | | 44 | 7:13 | 44 | 7:57 | 44 | 8:23 | 44 | 8:57 | - |

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|-------------------------------------|------|------|----|------|-----|------|-----|------|------|------|-----|-------|----|-------|
| Sheringham Station Depart | 44A | 6:28 | - | | X44 | 7:15 | X44 | 8:00 | 44A | 8:25 | X40 | 9:00 | - | |
| Britons Lane / Beeston Regis | 44A | 6:32 | - | | X44 | 7:19 | X44 | 8:04 | 44A | 8:29 | X40 | 9:04 | - | |
| West Runton Village Centre | 44A | 6:34 | - | | X44 | 7:21 | X44 | 8:06 | 44A | 8:31 | X40 | 9:06 | - | |
| East Runton Beach Rd | 44A | 6:37 | - | | X44 | 7:24 | X44 | 8:09 | 44A | 8:34 | X40 | 9:09 | - | |
| Runton Road Car Park - Cromer | 44A | 6:38 | - | | X44 | 7:27 | X44 | 8:12 | 8:37 | | X40 | 9:12 | - | |
| Cromer Cadogan Road Arrive | 44A | 6:43 | - | | X44 | 7:30 | X44 | 8:15 | 44A | 8:40 | X40 | 9:15 | - | |
| Cromer Cadogan Road Depart | 44A | 6:45 | - | | X44 | 7:32 | X44 | 8:18 | 44A | 8:43 | X40 | 9:18 | - | |
| Cromer Church / Town Museum | 44A | 6:46 | - | | X44 | 7:33 | X44 | 8:19 | 44A | 8:44 | X40 | 9:19 | - | |
| Suffield, Park / Cromer Hospital | 44A | 6:50 | - | | X44 | 7:37 | X44 | 8:23 | 44A | 8:48 | X40 | - | - | |
| Roughton, New Inn P.H | 44A | 6:58 | - | | X44 | 7:45 | X44 | 8:31 | 44A | 8:56 | X40 | 9:29 | - | |
| Alby, Horseshoes P.H. | 44A | 7:03 | - | | X44 | 7:50 | X44 | 8:36 | 44A | 9:01 | X40 | 9:34 | - | |
| Aylsham Dunkirk | 44A | 7:09 | - | | X44 | 7:56 | X44 | 8:42 | 44A | 9:07 | - | | - | |
| Aylsham Market Place | 44A | 7:15 | - | | X44 | 8:02 | X44 | 8:48 | 44A | 9:13 | - | | - | |
| Aylsham Tesco / Bure Valley Railway | 44A | 7:16 | 43 | 7:34 | X44 | 8:03 | X44 | 8:49 | 44A | 9:14 | - | | 43 | 9:54 |
| Marsham Bus Shelter | 44A | 7:20 | 43 | 7:39 | X44 | 8:07 | X44 | 8:53 | 44A | 9:18 | X40 | 9:44 | 43 | 9:59 |
| Hevingham, Town Corner | 44A | 7:24 | 43 | 7:43 | X44 | 8:11 | X44 | 8:57 | 44A | 9:22 | X40 | 9:48 | 43 | 10:03 |
| Stratton Strawless Hall | 44A | 7:25 | 43 | 7:44 | X44 | 8:12 | X44 | 8:58 | 44A | 9:23 | X40 | 9:49 | 43 | 10:05 |
| Hainford Village (43 service) | - | | 43 | 7:49 | - | | X44 | - | - | | - | | 43 | 10:09 |
| Newton St Faith Crown Garage | 7:31 | | 43 | 7:53 | - | | X44 | - | 44A | 9:29 | - | | 43 | 10:13 |
| Horsham St Faith Bus Stop | 7:35 | | 43 | 7:57 | - | | X44 | - | 44A | 9:33 | - | | 43 | 10:15 |
| Hellesdon, The Firs / Tesco | 44A | 7:42 | 43 | 8:04 | X44 | 8:19 | X44 | 9:05 | 44A | 9:40 | X40 | 9:56 | 43 | 10:22 |
| Norwich, Aylsham Rd (Boundary) | 44A | 7:44 | 43 | 8:06 | X44 | 8:21 | X44 | 9:07 | 44A | 9:42 | X40 | 9:58 | 43 | 10:24 |
| Norwich, Anglia Square Stop O | 44A | 7:51 | 43 | 8:14 | X44 | 8:28 | X44 | 9:14 | 44A | 9:50 | X40 | 10:06 | 43 | 10:32 |
| Norwich Castle Meadow / City Centre | 44A | 7:55 | 43 | 8:18 | X44 | 8:32 | X44 | 9:18 | 44A | 9:54 | X40 | 10:10 | 43 | 10:36 |
| NORWICH BUS STATION STOP N | 44A | 7:58 | 43 | 8:21 | X44 | 8:35 | X44 | 9:21 | 44A | 9:57 | X40 | 10:13 | 43 | 10:39 |
| Norwich, City College | - | | - | | - | | - | | - | | - | | - | |

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|---|-----|------|-----|-------|-----|-------|-----|-------|-----|-------|---|--|-----|-------|
| Holt - Hempstead Rd / Charles Rd Junction | 44 | 8:54 | 44 | 9:39 | 44 | 10:24 | 44 | 11:09 | 44 | 11:54 | - | | - | |
| Holt Market Place Hospice Shop | 44 | 8:57 | 44 | 9:42 | 44 | 10:27 | 44 | 11:12 | 44 | 11:57 | - | | - | |
| Holt Station / Kelling Hospital / Doctors | 44 | 9:00 | 44 | 9:44 | 44 | 10:29 | 44 | 11:14 | 44 | 12:00 | - | | - | |
| High Kelling - Pineheath Bus Shelter | 44 | 9:02 | 44 | 9:47 | 44 | 10:32 | 44 | 11:17 | 44 | 12:02 | - | | - | |
| Bodham Layby | 44 | 9:05 | 44 | 9:50 | 44 | 10:35 | 44 | 11:20 | 44 | 12:05 | - | | - | |
| Woodlands Caravan Park | 44 | 9:06 | 44 | 9:51 | 44 | 10:36 | | 11:21 | 44 | 12:06 | - | | - | |
| Sunway Park / Cooper Road | 44 | 9:09 | 44 | 9:54 | 44 | 10:39 | 44 | 11:24 | 44 | 12:09 | - | | - | |
| Sheringham Station Arrive | 44 | 9:13 | 44 | 9:58 | 44 | 10:43 | 44 | 11:28 | 44 | 12:13 | - | | - | |
| Sheringham Station Depart | X44 | 9:15 | X44 | 10:00 | 44A | 10:45 | X44 | 11:30 | X44 | 12:15 | - | | X40 | 12:45 |
| Britons Lane / Beeston Regis | X44 | 9:19 | X44 | 10:04 | 44A | 10:49 | X44 | 11:34 | X44 | 12:19 | - | | X40 | 12:49 |
| West Runton Village Centre | X44 | 9:21 | X44 | 10:06 | 44A | 10:51 | X44 | 11:36 | X44 | 12:21 | - | | X40 | 12:51 |
| East Runton Beach Rd | X44 | 9:24 | X44 | 10:09 | 44A | 10:54 | X44 | 11:39 | X44 | 12:24 | - | | X40 | 12:54 |
| Runton Road Car Park - Cromer | X44 | 9:27 | X44 | 10:10 | 44A | 10:57 | X44 | 11:40 | X44 | 12:27 | - | | X40 | 12:57 |
| Cromer Cadogan Road Arrive | X44 | 9:30 | X44 | 10:15 | 44A | 11:00 | X44 | 11:45 | X44 | 12:30 | - | | X40 | 13:00 |
| Cromer Cadogan Road Depart | X44 | 9:33 | X44 | 10:18 | 44A | 11:03 | X44 | 11:48 | X44 | 12:33 | - | | X40 | 13:03 |
| Cromer Church / Town Museum | X44 | 9:34 | X44 | 10:19 | 44A | 11:04 | X44 | 11:49 | X44 | 12:34 | - | | X40 | 13:04 |
| Suffield, Park / Cromer Hospital | X44 | 9:38 | X44 | 10:23 | 44A | 11:08 | X44 | 11:53 | X44 | 12:38 | - | | - | |
| Roughton, New Inn P.H | | | | | | | | | | | - | | | |

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|-------------------------------------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|----|-------|-------|-------|
| | x44 | 9:46 | x44 | 10:31 | 44A | 11:16 | x44 | 12:01 | x44 | 12:46 | | x40 | 13:14 | |
| Alby, Horseshoes P.H. | x44 | 9:51 | x44 | 10:36 | 44A | 11:21 | x44 | 12:06 | x44 | 12:51 | - | x40 | 13:19 | |
| Aylsham Dunkirk | x44 | 9:57 | x44 | 10:42 | 44A | 11:27 | x44 | 12:12 | x44 | 12:57 | - | - | | |
| Aylsham Market Place | x44 | 10:03 | x44 | 10:48 | 44A | 11:33 | x44 | 12:18 | x44 | 13:03 | - | - | | |
| Aylsham Tesco / Bure Valley Railway | x44 | 10:04 | x44 | 10:49 | 44A | 11:34 | x44 | 12:19 | x44 | 13:04 | 43 | 13:24 | - | |
| Marsham Bus Shelter | x44 | 10:08 | x44 | 10:53 | 44A | 11:38 | x44 | 12:23 | x44 | 13:08 | 43 | 13:29 | x40 | 13:29 |
| Hevingham, Town Corner | x44 | 10:12 | x44 | 10:57 | 44A | 11:42 | x44 | 12:27 | x44 | 13:12 | 43 | 13:33 | x40 | 13:33 |
| Stratton Strawless Hall | x44 | 10:13 | x44 | 10:58 | 44A | 11:43 | x44 | 12:28 | x44 | 13:13 | 43 | 13:35 | x40 | 13:34 |
| Hainford Village (43 service) | - | | - | | - | | - | | - | | 43 | 13:39 | - | |
| Newton St Faith Crown Garage | - | | - | | 44A | 11:46 | - | | - | | 43 | 13:43 | - | |
| Horsham St Faith Bus Stop | - | | - | | 44A | 11:50 | - | | - | | 43 | 13:45 | - | |
| Hellesdon, The Firs / Tesco | x44 | 10:20 | x44 | 11:05 | 44A | 11:57 | x44 | 12:35 | x44 | 13:20 | 43 | 13:52 | x40 | 13:41 |
| Norwich, Aylsham Rd (Boundary) | x44 | 10:22 | x44 | 11:07 | 44A | 11:59 | x44 | 12:39 | x44 | 13:22 | 43 | 13:54 | x40 | 13:43 |
| Norwich, Anglia Square Stop O | x44 | 10:30 | x44 | 11:15 | 44A | 12:07 | x44 | 12:45 | x44 | 13:30 | 43 | 14:02 | x40 | 13:51 |
| Norwich Castle Meadow / City Centre | x44 | 10:34 | x44 | 11:19 | 44A | 12:11 | x44 | 12:49 | x44 | 13:34 | 43 | 14:06 | x40 | 13:55 |
| NORWICH BUS STATION STOP N | x44 | 10:37 | x44 | 11:22 | 44A | 12:14 | x44 | 12:52 | x44 | 13:37 | 43 | 14:09 | x40 | 13:58 |
| Norwich, City College | - | | - | | - | | - | | - | | - | | - | |

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|---|-------|-------|-----|-------|-----|-------|-----|-------|------|---|-----|-------|-------|-------|
| Holt - Hempstead Rd / Charles Rd Junction | 44 | 12:39 | 44 | 13:24 | 44 | 14:09 | 44 | 14:39 | - | - | | 44 | 15:54 | |
| Holt Market Place Hospice Shop | 44 | 12:42 | 44 | 13:27 | 44 | 14:12 | 44 | 14:42 | - | - | | 44 | 15:57 | |
| Holt Station / Kelling Hospital / Doctors | 44 | 12:44 | 44 | 13:29 | 44 | 14:14 | 44 | 14:45 | - | - | | 44 | 16:00 | |
| High Kelling - Pineheath Bus Shelter | 44 | 12:47 | 44 | 13:32 | 44 | 14:17 | 44 | 14:47 | - | - | | 44 | 16:02 | |
| Bodham Layby | 44 | 12:50 | 44 | 13:35 | 44 | 14:20 | 44 | 14:50 | - | - | | 44 | 16:05 | |
| Woodlands Caravan Park | | | | | | | 44 | 14:51 | | - | | | 16:06 | |
| Sunway Park / Cooper Road | 44 | 12:54 | 44 | 13:39 | 44 | 14:24 | 44 | 14:54 | - | - | | 44 | 16:09 | |
| Sheringham Station Arrive | 44 | 12:58 | 44 | 13:43 | 44 | 14:28 | 44 | 14:58 | - | - | | 44 | 16:13 | |
| Sheringham Station Depart | x44 | 13:00 | x44 | 13:45 | x44 | 14:30 | 44A | 15:00 | - | | x40 | 16:00 | x44 | 16:15 |
| Britons Lane / Beeston Regis | x44 | 13:04 | x44 | 13:49 | x44 | 14:34 | 44A | 15:04 | - | | x40 | 16:04 | x44 | 16:19 |
| West Runton Village Centre | x44 | 13:06 | x44 | 13:51 | x44 | 14:36 | 44A | 15:06 | - | | x40 | 16:06 | x44 | 16:21 |
| East Runton Beach Rd | x44 | 13:09 | x44 | 13:54 | x44 | 14:39 | 44A | 15:09 | - | | x40 | 16:09 | x44 | 16:24 |
| Runton Road Car Park - Cromer | 13:10 | | x44 | 13:57 | x44 | 14:40 | 44A | 15:12 | - | | x40 | 16:12 | x44 | 16:27 |
| Cromer Cadogan Road Arrive | x44 | 13:15 | x44 | 14:00 | x44 | 14:45 | 44A | 15:15 | - | | x40 | 16:15 | x44 | 16:30 |
| Cromer Cadogan Road Depart | x44 | 13:18 | x44 | 14:03 | x44 | 14:48 | 44A | 15:18 | - | | x40 | 16:18 | x44 | 16:33 |
| Cromer Church / Town Museum | x44 | 13:19 | x44 | 14:04 | x44 | 14:49 | 44A | 15:19 | - | | x40 | 16:19 | x44 | 16:34 |
| Suffield, Park / Cromer Hospital | x44 | 13:23 | x44 | 14:08 | x44 | 14:53 | 44A | 15:23 | - | - | | x44 | 16:38 | |
| Roughton, New Inn P.H | x44 | 13:31 | x44 | 14:16 | x44 | 15:01 | 44A | 15:31 | - | | x40 | 16:29 | x44 | 16:46 |
| Alby, Horseshoes P.H. | x44 | 13:36 | x44 | 14:21 | x44 | 15:06 | 44A | 15:36 | - | | x40 | 16:34 | x44 | 16:51 |
| Aylsham Dunkirk | x44 | 13:42 | x44 | 14:27 | x44 | 15:12 | 44A | 15:42 | - | - | | x44 | 16:57 | |
| Aylsham Market Place | x44 | 13:48 | x44 | 14:33 | x44 | 15:18 | 44A | 15:48 | - | - | | x44 | 17:03 | |
| Aylsham Tesco / Bure Valley Railway | x44 | 13:49 | x44 | 14:34 | x44 | 15:19 | 44A | 15:49 | 1619 | - | - | | x44 | 17:04 |
| Marsham Bus Shelter | x44 | 13:53 | x44 | 14:38 | x44 | 15:23 | 44A | 15:53 | 1623 | - | x40 | 16:44 | x44 | 17:08 |
| Hevingham, Town Corner | x44 | 13:57 | x44 | 14:42 | x44 | 15:27 | 44A | 15:57 | 1627 | - | x40 | 16:48 | x44 | 17:12 |
| Stratton Strawless Hall | x44 | 13:58 | x44 | 14:43 | x44 | 15:28 | 44A | 15:58 | 1628 | - | x40 | 16:49 | x44 | 17:13 |
| Hainford Village (43 service) | x44 | - | - | | - | | | | 1632 | - | - | | - | |
| Newton St Faith Crown Garage | x44 | - | - | | - | | 44A | 16:01 | 1636 | - | - | | - | |

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|-------------------------------------|-----|-------|-----|-------|-----|-------|------|-------|------|---|-----|-------|-----|-------|
| Horsham St Faith Bus Stop | X44 | - | - | - | 44A | 16:05 | 1638 | - | - | | | | | |
| Hellesdon, The Firs / Tesco | X44 | 14:05 | X44 | 14:50 | X44 | 15:35 | 44A | 16:08 | 1645 | - | X40 | 16:56 | X44 | 17:20 |
| Norwich, Aylsham Rd (Boundary) | X44 | 14:07 | X44 | 14:52 | X44 | 15:37 | 44A | 16:14 | 1647 | - | X40 | 16:58 | X44 | 17:22 |
| Norwich, Anglia Square Stop O | X44 | 14:15 | X44 | 15:00 | X44 | 15:45 | 44A | 16:22 | 1655 | - | X40 | 17:06 | X44 | 17:30 |
| Norwich Castle Meadow / City Centre | X44 | 14:19 | X44 | 15:04 | X44 | 15:49 | 44A | 16:26 | 1659 | - | X40 | 17:10 | X44 | 17:34 |
| NORWICH BUS STATION STOP N | X44 | 14:22 | X44 | 15:07 | X44 | 15:52 | 44A | 16:29 | 1702 | - | X40 | 17:13 | X44 | 17:37 |
| Norwich, City College | - | - | - | - | - | - | - | - | - | - | - | - | - | - |

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|---|-----|-------|-------|-------|-------|-------|
| Holt - Hempstead Rd / Charles Rd Junction | 44 | 16:24 | 44 | 17:18 | - | |
| Holt Market Place Hospice Shop | 44 | 16:27 | 44 | 17:22 | - | |
| Holt Station / Kelling Hospital / Doctors | 44 | 16:29 | 44 | 17:25 | - | |
| High Kelling - Pineheath Bus Shelter | 44 | 16:32 | 44 | 17:27 | - | |
| Bodham Layby | 44 | 16:35 | 44 | 17:30 | - | |
| Woodlands Caravan Park | - | - | - | - | - | |
| Sunway Park / Cooper Road | 44 | 16:39 | 44 | 17:36 | - | |
| Sheringham Station Arrive | 44 | 16:43 | 44 | 17:40 | - | |
| Sheringham Station Depart | X44 | 16:45 | 44A | 17:42 | 44A | 21:10 |
| Britons Lane / Beeston Regis | X44 | 16:49 | 44A | 17:45 | 44A | 21:13 |
| West Runton Village Centre | X44 | 16:51 | 44A | 17:48 | 44A | 21:16 |
| East Runton Beach Rd | X44 | 16:54 | 44A | 17:51 | 44A | 21:19 |
| Runton Road Car Park - Cromer | X44 | 16:57 | 17:52 | | 21:20 | |
| Cromer Cadogan Road Arrive | X44 | 17:00 | 44A | 17:57 | 44A | 21:25 |
| Cromer Cadogan Road Depart | X44 | 17:03 | 44A | 18:00 | 44A | 21:28 |
| Cromer Church / Town Museum | X44 | 17:04 | 44A | 18:02 | 44A | 21:30 |
| Suffield, Park / Cromer Hospital | X44 | 17:08 | 44A | 18:06 | 44A | 21:34 |
| Roughton, New Inn P.H | X44 | 17:16 | 44A | 18:10 | 44A | 21:38 |
| Alby, Horseshoes P.H. | X44 | 17:21 | 44A | 18:14 | 44A | 21:42 |
| Aylsham Dunkirk | X44 | 17:27 | 44A | 18:20 | 44A | 21:48 |
| Aylsham Market Place | X44 | 17:33 | 44A | 18:25 | 44A | 21:53 |
| Aylsham Tesco / Bure Valley Railway | X44 | 17:34 | 44A | 18:26 | 44A | 21:54 |
| Marsham Bus Shelter | X44 | 17:38 | 44A | 18:30 | 44A | 21:58 |
| Hevingham, Town Corner | X44 | 17:42 | 44A | 18:34 | 44A | 22:02 |
| Stratton Strawless Hall | X44 | 17:43 | 44A | 18:36 | 44A | 22:04 |
| Hainford Village (43 service) | - | - | - | - | - | |
| Newton St Faith Crown Garage | - | - | 44A | 18:39 | 44A | 22:07 |
| Horsham St Faith Bus Stop | - | - | 44A | 18:41 | 44A | 22:09 |
| Hellesdon, The Firs / Tesco | X44 | 17:50 | 44A | 18:48 | 44A | 22:16 |
| Norwich, Aylsham Rd (Boundary) | X44 | 17:52 | 44A | 18:50 | 44A | 22:18 |
| Norwich, Anglia Square Stop O | X44 | 18:00 | 44A | 18:58 | 44A | 22:24 |
| Norwich Castle Meadow / City Centre | X44 | 18:04 | 44A | 19:01 | 44A | 22:28 |
| NORWICH BUS STATION STOP N | X44 | 18:07 | 44A | 0 | 44A | 22:30 |
| Norwich, City College | - | - | - | - | - | |

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|---|-----|------|------|------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|
| Holt - Hempstead Rd / Charles Rd Junction | 44 | 7:07 | 44 | 8:07 | 44 | 8:38 | 44 | 9:14 | 44 | 10:14 | 44 | 11:14 | 44 | 12:14 |
| Holt Market Place Hospice Shop | 44 | 7:10 | 44 | 8:10 | 44 | 8:41 | 44 | 9:17 | 44 | 10:17 | 44 | 11:17 | 44 | 12:17 |
| Holt Station / Kelling Hospital / Doctors | 44 | 7:13 | 44 | 8:13 | 44 | 8:44 | 44 | 9:20 | 44 | 10:20 | 44 | 11:20 | 44 | 12:20 |
| High Kelling - Pineheath Bus Shelter | 44 | 7:15 | 44 | 8:15 | 44 | 8:46 | 44 | 9:22 | 44 | 10:22 | 44 | 11:22 | 44 | 12:22 |
| Bodham Layby | 44 | 7:18 | 44 | 8:18 | 44 | 8:49 | 44 | 9:25 | 44 | 10:25 | 44 | 11:25 | 44 | 12:25 |
| Woodlands Caravan Park | | 7:19 | 44 | 8:19 | 44 | 8:50 | | 9:26 | 44 | 10:26 | 44 | 11:26 | 44 | 12:26 |
| Sunway Park / Cooper Road | 44 | 7:22 | 44 | 8:22 | 44 | 8:53 | 44 | 9:29 | 44 | 10:29 | 44 | 11:29 | 44 | 12:29 |
| Sheringham Station Arrive | 44 | 7:26 | 44 | 8:26 | 44 | 8:57 | 44 | 9:33 | 44 | 10:33 | 44 | 11:33 | 44 | 12:33 |
| Sheringham Station Depart | 44A | 7:28 | 44A | 8:29 | x40 | 9:00 | x44 | 9:35 | 44A | 10:35 | x44 | 11:35 | 44A | 12:35 |
| Britons Lane / Beeston Regis | 44A | 7:32 | 44A | 8:32 | x40 | 9:04 | x44 | 9:39 | 44A | 10:39 | x44 | 11:39 | 44A | 12:39 |
| West Runton Village Centre | 44A | 7:34 | 44A | 8:34 | x40 | 9:06 | x44 | 9:41 | 44A | 10:41 | x44 | 11:41 | 44A | 12:41 |
| East Runton Beach Rd | 44A | 7:37 | 44A | 8:37 | x40 | 9:09 | x44 | 9:44 | 44A | 10:44 | x44 | 11:44 | 44A | 12:44 |
| Runton Road Car Park - Cromer | 44A | 7:40 | 8:40 | | x40 | 9:12 | x44 | 9:47 | 44A | 10:47 | x44 | 11:47 | 44A | 12:47 |
| Cromer Cadogan Road Arrive | 44A | 7:43 | 44A | 8:43 | x40 | 9:15 | x44 | 9:50 | 44A | 10:50 | x44 | 11:50 | 44A | 12:50 |
| Cromer Cadogan Road Depart | 44A | 7:46 | 44A | 8:46 | x40 | 9:18 | x44 | 9:53 | 44A | 10:53 | x44 | 11:53 | 44A | 12:53 |
| Cromer Church / Town Museum | 44A | 7:47 | 44A | 8:47 | x40 | 9:19 | x44 | 9:54 | 44A | 10:54 | x44 | 11:54 | 44A | 12:54 |
| Suffield, Park / Cromer Hospital | 44A | 7:51 | 44A | 8:51 | - | | x44 | 9:58 | 44A | 10:58 | x44 | 11:58 | 44A | 12:58 |
| Roughton, New Inn P.H | 44A | 7:59 | 44A | 8:59 | x40 | 9:29 | x44 | 10:06 | 44A | 11:06 | x44 | 12:06 | 44A | 13:06 |
| Alby, Horseshoes P.H. | 44A | 8:04 | 44A | 9:04 | x40 | 9:34 | x44 | 10:11 | 44A | 11:11 | x44 | 12:11 | 44A | 13:11 |
| Aylsham Dunkirk | 44A | 8:10 | 44A | 9:10 | - | | x44 | 10:17 | 44A | 11:17 | x44 | 12:17 | 44A | 13:17 |
| Aylsham Market Place | 44A | 8:14 | 44A | 9:14 | - | | x44 | 10:21 | 44A | 11:21 | x44 | 12:21 | 44A | 13:21 |
| Aylsham Tesco / Bure Valley Railway | 44A | 8:15 | 44A | 9:15 | - | | x44 | 10:22 | 44A | 11:22 | x44 | 12:22 | 44A | 13:22 |
| Marsham Bus Shelter | 44A | 8:19 | 44A | 9:19 | x40 | 9:44 | x44 | 10:26 | 44A | 11:26 | x44 | 12:26 | 44A | 13:26 |
| Hevingham, Town Corner | 44A | 8:23 | 44A | 9:23 | x40 | 9:48 | x44 | 10:30 | 44A | 11:30 | x44 | 12:30 | 44A | 13:30 |
| Stratton Strawless Hall | 44A | 8:24 | 44A | 9:24 | x40 | 9:49 | x44 | 10:31 | 44A | 11:31 | x44 | 12:31 | 44A | 13:31 |
| Hainford Village (43 service) | | | - | | - | | - | | - | | - | | - | |
| Newton St Faith Crown Garage | 44A | 8:27 | 44A | 9:27 | - | | - | | 44A | 11:34 | - | | 44A | 13:34 |
| Horsham St Faith Bus Stop | 44A | 8:31 | 44A | 9:31 | - | | - | | 44A | 11:38 | - | | 44A | 13:38 |
| Hellesdon, The Firs / Tesco | 44A | 8:38 | 44A | 9:38 | x40 | 9:56 | x44 | 10:38 | 44A | 11:45 | x44 | 12:38 | 44A | 13:45 |
| Norwich, Aylsham Rd (Boundary) | 44A | 8:40 | 44A | 9:40 | x40 | 9:58 | x44 | 10:40 | 44A | 11:47 | x44 | 12:40 | 44A | 13:47 |
| Norwich, Anglia Square Stop O | 44A | 8:48 | 44A | 9:48 | x40 | 10:06 | x44 | 10:48 | 44A | 11:55 | x44 | 12:48 | 44A | 13:55 |
| Norwich Castle Meadow / City Centre | 44A | 8:52 | 44A | 9:52 | x40 | 10:10 | x44 | 10:52 | 44A | 11:59 | x44 | 12:52 | 44A | 13:59 |
| NORWICH BUS STATION STOP N | 44A | 8:55 | 44A | 9:55 | x40 | 10:13 | x44 | 10:55 | x44 | 12:02 | x44 | 12:55 | 44A | 14:02 |
| Norwich, City College | - | | - | | - | | - | | - | | - | | - | |

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|---|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|
| Holt - Hempstead Rd / Charles Rd Junction | - | | 44 | 13:14 | 44 | 14:14 | 44 | 15:14 | - | | 44 | 16:14 |
| Holt Market Place Hospice Shop | - | | 44 | 13:17 | 44 | 14:17 | 44 | 15:17 | - | | 44 | 16:17 |
| Holt Station / Kelling Hospital / Doctors | - | | 44 | 13:20 | 44 | 14:20 | 44 | 15:20 | - | | 44 | 16:20 |
| High Kelling - Pineheath Bus Shelter | - | | 44 | 13:22 | 44 | 14:22 | 44 | 15:22 | - | | 44 | 16:22 |
| Bodham Layby | - | | 44 | 13:25 | 44 | 14:25 | 44 | 15:25 | - | | 44 | 16:25 |
| Woodlands Caravan Park | - | | 44 | 13:26 | | 14:26 | | 15:26 | - | | 44 | 16:26 |
| Sunway Park / Cooper Road | - | | 44 | 13:29 | 44 | 14:29 | 44 | 15:29 | - | | 44 | 16:29 |
| Sheringham Station Arrive | - | | 44 | 13:33 | 44 | 14:33 | 44 | 15:33 | - | | 44 | 16:33 |
| Sheringham Station Depart | x40 | 13:00 | x44 | 13:35 | x44 | 14:35 | x44 | 15:35 | x40 | 16:10 | 44A | 16:35 |
| Britons Lane / Beeston Regis | x40 | 13:04 | x44 | 13:39 | x44 | 14:39 | x44 | 15:39 | x40 | 16:14 | 44A | 16:39 |

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|-------------------------------------|-----|-------|-----|-------|-------|-------|-----|-------|-----|-------|-----|-------|
| West Runton Village Centre | x40 | 13:06 | x44 | 13:41 | x44 | 14:41 | x44 | 15:41 | x40 | 16:16 | 44A | 16:41 |
| East Runton Beach Rd | x40 | 13:09 | x44 | 13:44 | x44 | 14:44 | x44 | 15:44 | x40 | 16:19 | 44A | 16:44 |
| Runton Road Car Park - Cromer | x40 | 13:12 | x44 | 13:47 | x44 | 14:47 | x44 | 15:47 | x40 | 16:22 | 44A | 16:47 |
| Cromer Cadogan Road Arrive | x40 | 13:15 | x44 | 13:50 | x44 | 14:50 | x44 | 15:50 | x40 | 16:25 | 44A | 16:50 |
| Cromer Cadogan Road Depart | x40 | 13:18 | x44 | 13:53 | x44 | 14:53 | x44 | 15:53 | x40 | 16:28 | 44A | 16:53 |
| Cromer Church / Town Museum | x40 | 13:19 | x44 | 13:54 | x44 | 14:54 | x44 | 15:54 | x40 | 16:29 | 44A | 16:54 |
| Suffield, Park / Cromer Hospital | x40 | - | x44 | 13:58 | x44 | 14:58 | x44 | 15:58 | x40 | - | 44A | 16:58 |
| Roughton, New Inn P.H | x40 | 13:29 | x44 | 14:06 | x44 | 15:06 | x44 | 16:06 | x40 | 16:39 | 44A | 17:06 |
| Alby, Horseshoes P.H. | x40 | 13:34 | x44 | 14:11 | x44 | 15:11 | x44 | 16:11 | x40 | 16:44 | 44A | 17:11 |
| Aylsham Dunkirk | - | | x44 | 14:19 | x44 | 15:17 | x44 | 16:17 | x40 | - | 44A | 17:17 |
| Aylsham Market Place | - | | x44 | 14:21 | x44 | 15:21 | x44 | 16:21 | x40 | - | 44A | 17:21 |
| Aylsham Tesco / Bure Valley Railway | - | | x44 | 14:22 | x44 | 15:22 | x44 | 16:22 | x40 | - | 44A | 17:22 |
| Marsham Bus Shelter | x40 | 13:44 | x44 | 14:26 | x44 | 15:26 | x44 | 16:26 | x40 | 16:54 | 44A | 17:26 |
| Hevingham, Town Corner | x40 | 13:48 | x44 | 14:30 | x44 | 15:30 | x44 | 16:30 | x40 | 16:58 | 44A | 17:30 |
| Stratton Strawless Hall | x40 | 13:49 | x44 | 14:31 | x44 | 15:31 | x44 | 16:31 | x40 | 16:59 | 44A | 17:31 |
| Hainford Village (43 service) | - | | - | | - | | - | | - | | - | |
| Newton St Faith Crown Garage | - | | - | | 15:34 | | - | | - | | 44A | 17:34 |
| Horsham St Faith Bus Stop | - | | - | | 15:38 | | - | | - | | 44A | 17:38 |
| Hellesdon, The Firs / Tesco | x40 | 13:56 | x44 | 14:38 | x44 | 15:45 | x44 | 16:38 | x40 | 17:06 | 44A | 17:45 |
| Norwich, Aylsham Rd (Boundary) | x40 | 13:58 | x44 | 14:40 | x44 | 15:47 | x44 | 16:40 | x40 | 17:08 | 44A | 17:47 |
| Norwich, Anglia Square Stop O | x40 | 14:06 | x44 | 14:48 | x44 | 15:55 | x44 | 16:48 | x40 | 17:16 | 44A | 17:55 |
| Norwich Castle Meadow / City Centre | x40 | 14:10 | x44 | 14:52 | x44 | 15:59 | x44 | 16:52 | x40 | 17:20 | 44A | 17:59 |
| NORWICH BUS STATION STOP N | x40 | 14:13 | x44 | 14:55 | x44 | 16:02 | x44 | 16:55 | x40 | 17:23 | 44A | 18:02 |
| Norwich, City College | - | | - | | - | | - | | - | | - | |

Inbound

Monday to Friday

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|-------------------------------------|-----|------|-----|------|-----|------|-----|------|-----|-------|-----|-------|-----|-------|
| Norwich Bus Station Bay N | - | | 44A | 7:15 | x44 | 8:34 | 44A | 9:01 | 44A | 9:35 | x44 | 9:54 | x44 | 10:34 |
| Norwich St Stephens Street stop BC | - | | 44A | 7:17 | x44 | 8:36 | 44A | 9:03 | 44A | 9:37 | x44 | 9:56 | x44 | 10:36 |
| Norwich Castle Meadow STOP CA | - | | 44A | 7:20 | x44 | 8:39 | 44A | 9:06 | x40 | 9:40 | x44 | 9:59 | x44 | 10:39 |
| Norwich Anglia Square Stop B | - | | 44A | 7:24 | x44 | 8:43 | 44A | 9:10 | x40 | 9:44 | x44 | 10:03 | x44 | 10:43 |
| Norwich Aylsham Road / Boundary | - | | 44A | 7:33 | x44 | 8:52 | 44A | 9:17 | x40 | 9:51 | x44 | 10:12 | x44 | 10:52 |
| Hellesdon Layby opp Tesco | - | | 44A | 7:36 | x44 | 8:55 | 44A | 9:20 | x40 | 9:54 | x44 | 10:15 | x44 | 10:55 |
| Horsham St Faith Bus Stop | - | | 44A | 7:44 | - | | 44A | 9:28 | - | | - | | - | |
| Newton St Faith Crown Garage | - | | 44A | 7:47 | - | | 44A | 9:31 | - | | - | | - | |
| Hainford Village | - | | 44A | - | - | | - | | - | | - | | - | |
| Stratton Strawless Hall | - | | 44A | 7:50 | x44 | 9:04 | 44A | 9:34 | x40 | - | x44 | 10:24 | x44 | 11:04 |
| Hevingham, Town Corner | - | | 44A | 7:52 | x44 | 9:06 | 44A | 9:36 | x40 | - | x44 | 10:26 | x44 | 11:06 |
| Marsham Green | - | | 44A | 7:56 | x44 | 9:10 | 44A | 9:40 | x40 | - | x44 | 10:30 | x44 | 11:10 |
| Aylsham Tesco / Bure Valley Railway | x44 | 7:37 | 44A | 8:00 | x44 | 9:14 | 44A | 9:44 | x40 | - | x44 | 10:34 | x44 | 11:14 |
| Aylsham Market Place | x44 | 7:39 | 44A | 8:05 | x44 | 9:19 | 44A | 9:48 | x40 | - | x44 | 10:39 | x44 | 11:19 |
| Aylsham Dunkirk | x44 | 7:41 | 44A | 8:07 | x44 | 9:21 | 44A | 9:50 | x40 | - | x44 | 10:41 | x44 | 11:21 |
| Alby Horseshoes | x44 | 7:46 | 44A | 8:12 | x44 | 9:26 | 44A | 9:55 | x40 | 10:17 | x44 | 10:46 | x44 | 11:26 |

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|---|-----|------|-----|------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|
| Roughton New Inn | x44 | 7:51 | 44A | 8:17 | x44 | 9:31 | 44A | 10:00 | x40 | 10:22 | x44 | 10:51 | x44 | 11:31 |
| Suffield Park / Cromer Hospital | x44 | 7:59 | 44A | 8:25 | x44 | 9:38 | 44A | 10:07 | x40 | - | x44 | 10:58 | x44 | 11:38 |
| Cromer Bus Station Arrive | x44 | 8:04 | 44A | 8:30 | x44 | 9:43 | 44A | 10:12 | x40 | 10:32 | x44 | 11:03 | x44 | 11:43 |
| Cromer Bus Station Depart | x44 | 8:06 | 44A | 8:32 | x44 | 9:47 | 44A | 10:15 | x40 | 10:35 | x44 | 11:07 | x44 | 11:47 |
| Runtun Road Car Park / Westcliffe Avenue | x44 | 8:08 | 44A | 8:34 | x44 | 9:49 | 44A | 10:17 | x40 | 10:37 | x44 | 11:09 | x44 | 11:49 |
| East Runtun Village Centre Bus Stop | x44 | 8:11 | 44A | 8:37 | x44 | 9:51 | 44A | 10:19 | x40 | 10:39 | x44 | 11:11 | x44 | 11:51 |
| West Runtun Bus Stop | x44 | 8:14 | 44A | 8:40 | x44 | 9:54 | 44A | 10:22 | x40 | 10:42 | x44 | 11:14 | x44 | 11:54 |
| Beeston Regis / Britons Lane | x44 | 8:17 | 44A | 8:43 | x44 | 9:57 | 44A | 10:25 | x40 | 10:45 | x44 | 11:17 | x44 | 11:57 |
| Sheringham Station Approach Arrive | x44 | 8:22 | 44A | 8:48 | x44 | 10:02 | 44A | 10:30 | x40 | 10:50 | x44 | 11:22 | x44 | 12:02 |
| Sheringham Station Approach Depart | 9 | 8:23 | 9 | 9:11 | 44 | 10:05 | 44 | 10:33 | - | - | 44 | 11:25 | 44 | 12:05 |
| Sheringham High School | 9 | 8:24 | 9 | 9:14 | - | - | - | - | - | - | - | - | - | - |
| Sunway Park opp Cooper Road | - | - | - | - | 44 | 10:09 | 44 | 10:37 | - | - | 44 | 11:29 | 44 | 12:09 |
| Upper Sheringham | 9 | 8:25 | 9 | 9:15 | - | - | - | - | - | - | - | - | - | - |
| Woodlands Caravan Park | 9 | 8:27 | 9 | 9:18 | - | - | 44 | 10:40 | - | - | 44 | 11:32 | 44 | 12:12 |
| Bodham Old School | 9 | 8:28 | 9 | 9:19 | 44 | 10:13 | 44 | 10:41 | - | - | 44 | 11:33 | 44 | 12:13 |
| High Kelling opp Pineheath Bus Shelter | 9 | 8:31 | 9 | 9:22 | 44 | 10:16 | 44 | 10:44 | - | - | 44 | 11:36 | 44 | 12:16 |
| Holt NNR Station / Kelling Hospital Doctors | 9 | 8:33 | 9 | 9:24 | 44 | 10:18 | 44 | 10:46 | - | - | 44 | 11:38 | 44 | 12:18 |
| Holt Market Place Bus Shelter | 9 | 8:35 | 9 | 9:29 | 44 | 10:20 | 44 | 10:48 | - | - | 44 | 11:40 | 44 | 12:20 |
| Hempstead Road Holt / Charles Road Junction | 9 | 8:37 | 9 | 9:32 | 44 | 10:22 | 44 | 10:50 | - | - | 44 | 11:42 | 44 | 12:22 |

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|--|----|-------|-----|-------|-------|-------|-----|-------|-----|-------|-----|-------|-----|-------|
| Norwich Bus Station Bay N | 43 | 10:50 | x40 | 11:04 | x44 | 11:29 | x44 | 12:04 | 44A | 12:39 | 44A | 13:14 | x44 | 13:32 |
| Norwich St Stephens Street stop BC | 43 | 10:52 | x40 | 11:06 | - | 11:31 | x44 | 12:06 | - | 12:41 | - | 13:16 | - | 13:34 |
| Norwich Castle Meadow STOP CA | 43 | 10:55 | x40 | 11:09 | x44 | 11:34 | x44 | 12:09 | 44A | 12:44 | x40 | 13:19 | x44 | 13:37 |
| Norwich Anglia Square Stop B | 43 | 10:59 | x40 | 11:13 | x44 | 11:38 | x44 | 12:13 | 44A | 12:48 | x40 | 13:23 | x44 | 13:41 |
| Norwich Aylsham Road / Boundary | 43 | 11:08 | x40 | 11:20 | x44 | 11:47 | x44 | 12:22 | 44A | 12:57 | x40 | 13:30 | x44 | 13:50 |
| Hellesdon Layby opp Tesco | 43 | 11:11 | x44 | 11:23 | x44 | 11:50 | x44 | 12:25 | 44A | 13:00 | x40 | 13:33 | x44 | 13:53 |
| Horsham St Faith Bus Stop | 43 | 11:19 | - | - | - | - | - | - | 44A | 13:08 | x40 | - | - | - |
| Newton St Faith Crown Garage | 43 | 11:22 | - | - | - | - | - | - | 44A | 13:11 | x40 | - | - | - |
| Hainford Village | 43 | 11:25 | - | - | - | - | - | - | - | - | x40 | - | - | - |
| Stratton Strawless Hall | 43 | 11:31 | x40 | - | x44 | 11:59 | x44 | 12:34 | 44A | 13:14 | x40 | - | x44 | 14:02 |
| Hevingham, Town Corner | 43 | 11:33 | x40 | - | x44 | 12:01 | x44 | 12:36 | 44A | 13:16 | x40 | :- | x44 | 14:04 |
| Marsham Green | 43 | 11:37 | x40 | - | x44 | 12:05 | x44 | 12:40 | 44A | 13:20 | x40 | - | x44 | 14:08 |
| Aylsham Tesco / Bure Valley Railway | 43 | 11:41 | x40 | - | 12:09 | - | x44 | 12:44 | 44A | 13:24 | x40 | - | - | 14:12 |
| Aylsham Market Place | - | - | x40 | - | 12:14 | - | x44 | 12:49 | 44A | 13:28 | x40 | - | - | 14:18 |
| Aylsham Dunkirk | - | - | x40 | - | 12:16 | - | x44 | 12:51 | 44A | 13:30 | x40 | - | - | 14:19 |
| Alby Horseshoes | - | - | x40 | 11:46 | x44 | 12:21 | x44 | 12:56 | 44A | 13:35 | x40 | 13:56 | x44 | 14:24 |
| Roughton New Inn | - | - | x40 | 11:51 | x44 | 12:26 | x44 | 13:01 | 44A | 13:40 | x40 | 14:01 | x44 | 14:29 |
| Suffield Park / Cromer Hospital | - | - | x40 | - | 12:33 | - | x44 | 13:08 | 44A | 13:47 | x40 | - | - | 14:36 |
| Cromer Bus Station Arrive | - | - | x40 | 12:01 | x44 | 12:38 | x44 | 13:13 | 44A | 13:52 | x40 | 14:11 | x44 | 14:41 |
| Cromer Bus Station Depart | - | - | x40 | 12:04 | x44 | 12:42 | x44 | 13:17 | 44A | 13:55 | x40 | 14:14 | x44 | 14:44 |
| Runtun Road Car Park / Westcliffe Avenue | - | - | x40 | 12:06 | x44 | 12:44 | x44 | 13:19 | 44A | 13:57 | x40 | 14:16 | x44 | 14:46 |
| East Runtun Village Centre Bus Stop | - | - | x40 | 12:08 | x44 | 12:46 | x44 | 13:21 | 44A | 13:59 | x40 | 14:18 | x44 | 14:48 |
| West Runtun Bus Stop | - | - | x40 | 12:11 | x44 | 12:49 | x44 | 13:24 | 44A | 14:02 | x40 | 14:21 | x44 | 14:51 |
| Beeston Regis / Britons Lane | - | - | x40 | 12:14 | x44 | 12:52 | x44 | 13:27 | 44A | 14:05 | x40 | 14:24 | x44 | 14:54 |
| Sheringham Station Approach Arrive | - | - | x40 | 12:19 | x44 | 12:57 | x44 | 13:32 | 44A | 14:10 | x40 | 14:29 | x44 | 14:59 |

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|---|---|-------|----|-------|----|-------|----|-------|---|---|-------|
| Sheringham Station Approach Depart | 9 | 12:35 | 44 | 13:00 | 44 | 13:35 | 44 | 14:13 | - | 9 | 15:07 |
| Sheringham High School | 9 | 12:38 | - | - | - | - | - | - | - | 9 | 15:08 |
| Sunway Park opp Cooper Road | - | - | 44 | 13:04 | 44 | 13:39 | 44 | 14:17 | - | - | - |
| Upper Sheringham | 9 | 12:39 | - | - | - | - | - | - | - | 9 | 15:11 |
| Woodlands Caravan Park | 9 | 12:42 | 44 | 13:07 | 44 | 13:42 | 44 | 14:20 | - | - | - |
| Bodham Old School | 9 | 12:43 | 44 | 13:08 | 44 | 13:43 | 44 | 14:21 | - | 9 | 15:15 |
| High Kelling opp Pineheath Bus Shelter | 9 | 12:46 | 44 | 13:11 | 44 | 13:46 | 44 | 14:24 | - | 9 | 15:18 |
| Holt NNR Station / Kelling Hospital Doctors | 9 | 12:48 | 44 | 13:13 | 44 | 13:48 | 44 | 14:26 | - | 9 | 15:20 |
| Holt Market Place Bus Shelter | 9 | 12:53 | 44 | 13:15 | 44 | 13:50 | 44 | 14:28 | - | 9 | 15:25 |
| Hempstead Road Holt / Charles Road Junction | 9 | 12:57 | 44 | 13:17 | 44 | 13:52 | 44 | 14:30 | - | 9 | 15:27 |

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|---|----|-------|-----|-------|-----|-------|-----|-------|-----|-------|-------|-------|-----|-------|
| Norwich Bus Station Bay N | 43 | 13:50 | x44 | 14:32 | x44 | 15:04 | x40 | 15:34 | x44 | 15:44 | 44A | 16:14 | x44 | 16:44 |
| Norwich St Stephens Street stop BC | 43 | 13:52 | x44 | 14:34 | x44 | 15:06 | x40 | 15:36 | x44 | 15:46 | 44A | 16:16 | x44 | 16:46 |
| Norwich Castle Meadow STOP CA | 43 | 13:55 | x44 | 14:37 | x44 | 15:09 | x40 | 15:39 | x44 | 15:49 | 44A | 16:19 | x44 | 16:49 |
| Norwich Anglia Square Stop B | 43 | 13:59 | x44 | 14:41 | x44 | 15:13 | x40 | 15:43 | x44 | 15:53 | 44A | 16:23 | x44 | 16:53 |
| Norwich Aylsham Road / Boundary | 43 | 14:08 | x44 | 14:50 | x44 | 15:22 | x40 | 15:50 | x44 | 16:02 | 44A | 16:32 | x44 | 17:02 |
| Hellesdon Layby opp Tesco | 43 | 14:11 | x44 | 14:53 | x44 | 15:25 | x40 | 15:53 | x44 | 16:05 | 44A | 16:35 | x44 | 17:05 |
| Horsham St Faith Bus Stop | 43 | 14:19 | - | - | - | - | - | - | - | - | 44A | 16:42 | - | - |
| Newton St Faith Crown Garage | 43 | 14:22 | - | - | - | - | - | - | - | - | 44A | 16:45 | - | - |
| Hainford Village | 43 | 14:25 | - | - | - | - | - | - | - | - | - | - | - | - |
| Stratton Strawless Hall | 43 | 14:31 | x44 | 15:02 | x44 | 15:34 | - | - | x44 | 16:14 | 44A | 16:48 | x44 | 17:14 |
| Hevingham, Town Corner | 43 | 14:33 | x44 | 15:04 | x44 | 15:36 | - | - | x44 | 16:16 | 44A | 16:50 | x44 | 17:16 |
| Marsham Green | 43 | 14:37 | x44 | 15:08 | x44 | 15:40 | - | - | x44 | 16:20 | 44A | 16:54 | x44 | 17:20 |
| Aylsham Tesco / Bure Valley Railway | 43 | 14:41 | x44 | 15:12 | x44 | 15:44 | - | - | x44 | 16:24 | 44A | 16:58 | x44 | 17:24 |
| Aylsham Market Place | - | - | x44 | 15:18 | x44 | 15:48 | - | - | x44 | 16:28 | 44A | 17:01 | x44 | 17:28 |
| Aylsham Dunkirk | - | - | x44 | 15:19 | x44 | 15:50 | - | - | x44 | 16:30 | 44A | 17:03 | x44 | 17:30 |
| Alby Horseshoes | - | - | x44 | 15:24 | x44 | 15:55 | x40 | 16:16 | x44 | 16:35 | 44A | 17:08 | x44 | 17:35 |
| Roughton New Inn | - | - | x44 | 15:29 | x44 | 16:00 | x40 | 16:21 | x44 | 16:40 | 44A | 17:12 | x44 | 17:40 |
| Suffield Park / Cromer Hospital | - | - | x44 | 15:36 | x44 | 16:07 | - | - | x44 | 16:47 | 44A | 17:20 | x44 | 17:47 |
| Cromer Bus Station Arrive | - | - | x44 | 15:41 | x44 | 16:12 | x40 | 16:31 | x44 | 16:52 | 44A | 17:25 | x44 | 17:52 |
| Cromer Bus Station Depart | - | - | x44 | 15:44 | x44 | 16:15 | x40 | 16:34 | x44 | 16:55 | 44A | 17:28 | x44 | 17:55 |
| Runton Road Car Park / Westcliffe Avenue | - | - | x44 | 15:46 | x44 | 16:17 | x40 | 16:36 | x44 | 16:57 | 44A | 17:30 | x44 | 17:57 |
| East Runton Village Centre Bus Stop | - | - | x44 | 15:48 | x44 | 16:19 | x40 | 16:38 | x44 | 16:59 | 44A | 17:32 | x44 | 17:59 |
| West Runton Bus Stop | - | - | x44 | 15:51 | x44 | 16:22 | x40 | 16:41 | x44 | 17:02 | 44A | 17:35 | x44 | 18:02 |
| Beeston Regis / Britons Lane | - | - | x44 | 15:54 | x44 | 16:25 | x40 | 16:44 | x44 | 17:05 | 44A | 17:38 | x44 | 18:05 |
| Sheringham Station Approach Arrive | - | - | x44 | 15:59 | x44 | 16:30 | x40 | 16:49 | x44 | 17:10 | 44A | 17:43 | x44 | 18:10 |
| Sheringham Station Approach Depart | - | - | 44 | 16:02 | 44 | 16:33 | 44 | 16:52 | 44 | 17:12 | 9 | 17:45 | 44 | 18:12 |
| Sheringham High School | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Sunway Park opp Cooper Road | - | - | 44 | 16:06 | 44 | 16:37 | 44 | 16:56 | 44 | 17:16 | 17:49 | - | 44 | 18:16 |
| Upper Sheringham | - | - | - | - | 44 | - | - | - | - | - | - | - | - | - |
| Woodlands Caravan Park | - | - | 44 | 16:09 | - | - | 44 | 16:59 | - | - | 17:52 | - | 44 | 18:19 |
| Bodham Old School | - | - | 44 | 16:10 | - | 16:41 | 44 | 17:00 | 44 | 17:20 | 9 | 17:53 | 44 | 18:20 |
| High Kelling opp Pineheath Bus Shelter | - | - | 44 | 16:13 | 44 | 16:44 | 44 | 17:03 | 44 | 17:23 | 9 | 17:56 | 44 | 18:23 |
| Holt NNR Station / Kelling Hospital Doctors | - | - | 44 | 16:15 | 44 | 16:46 | 44 | 17:05 | 44 | 17:25 | 9 | 17:58 | 44 | 18:25 |

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| Holt Market Place Bus Shelter | - | 44 16:20 | 44 16:48 | 44 17:07 | 44 17:27 | 9 18:03 | 44 18:27 |
| Hempstead Road Holt / Charles Road Junction | - | 44 16:22 | 44 16:50 | 44 17:09 | 44 17:29 | 9 18:05 | 44 18:29 |

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|---|-----------|----------|-----------|-----------|-----------|-----------|
| Norwich Bus Station Bay N | x44 17:14 | 43 17:36 | 44A 17:44 | 44A 18:09 | 44A 19:13 | 44A 22:39 |
| Norwich St Stephens Street stop BC | 17:16 | 43 17:38 | 17:46 | 44A 18:11 | 44A 19:15 | 44A 22:41 |
| Norwich Castle Meadow STOP CA | x44 17:19 | 43 17:41 | 44A 17:49 | 44A 18:14 | 44A 19:18 | 44A 22:43 |
| Norwich Anglia Square Stop B | x44 17:23 | 43 17:45 | 44A 17:53 | 44A 18:18 | 44A 19:21 | 44A 22:46 |
| Norwich Aylsham Road / Boundary | x44 17:32 | 43 17:54 | 44A 18:02 | 44A 18:27 | 44A 19:30 | 44A 22:54 |
| Hellesdon Layby opp Tesco | x44 17:35 | 43 17:49 | 44A 18:03 | 44A 18:30 | 44A 19:33 | 44A 22:56 |
| Horsham St Faith Bus Stop | - | 43 17:57 | 44A - | 44A 18:37 | 44A 19:40 | 44A 23:03 |
| Newton St Faith Crown Garage | - | 43 18:05 | 44A - | 44A 18:40 | 44A 19:43 | 44A 23:06 |
| Hainford Village | - | 43 18:08 | 44A - | 44A - | - | - |
| Stratton Strawless Hall | x44 17:44 | 43 18:11 | 44A - | 44A 18:44 | 44A 19:47 | 44A 23:10 |
| Hevingham, Town Corner | x44 17:46 | 43 18:17 | 44A - | 44A 18:46 | 44A 19:49 | 44A 23:12 |
| Marsham Green | x44 17:50 | 43 18:19 | 44A - | 44A 18:50 | 44A 19:51 | 44A 23:14 |
| Aylsham Tesco / Bure Valley Railway | x44 17:54 | 43 18:23 | 44A - | 44A 18:54 | 44A 19:54 | 44A 23:17 |
| Aylsham Market Place | x44 17:58 | 43 18:27 | 44A - | 44A 18:57 | 44A 19:56 | 44A 23:19 |
| Aylsham Dunkirk | x44 18:00 | - | 44A - | 44A 18:59 | 44A 19:58 | 44A 23:21 |
| Alby Horseshoes | x44 18:05 | - | 44A 18:26 | 44A 19:04 | 44A 20:03 | 44A 23:26 |
| Roughton New Inn | x44 18:10 | - | 44A 18:31 | 44A 19:09 | 44A 20:08 | 44A 23:31 |
| Suffield Park / Cromer Hospital | x44 18:17 | - | 44A - | 44A 19:16 | 44A 20:13 | 44A 23:36 |
| Cromer Bus Station Arrive | x44 18:22 | - | 44A 18:41 | 44A 19:21 | 44A 20:18 | 44A 23:41 |
| Cromer Bus Station Depart | x44 18:25 | - | 44A 18:44 | 44A 19:24 | 44A 20:19 | 44A 23:42 |
| Runton Road Car Park / Westcliffe Avenue | x44 18:27 | - | 44A 18:46 | 44A 19:26 | 44A 20:21 | 44A 23:44 |
| East Runton Village Centre Bus Stop | x44 18:29 | - | 44A 18:48 | 44A 19:28 | 44A 20:23 | 44A 23:45 |
| West Runton Bus Stop | x44 18:32 | - | 44A 18:51 | 44A 19:31 | 44A 20:25 | 44A 23:48 |
| Beeston Regis / Britons Lane | x44 18:35 | - | 44A 18:54 | 44A 19:34 | 44A 20:27 | 44A 23:50 |
| Sheringham Station Approach Arrive | x44 18:40 | - | 44A 18:59 | 44A 19:39 | 44A 20:31 | 44A 23:54 |
| Sheringham Station Approach Depart | 44 18:42 | - | 44 19:01 | 44 19:41 | - | 44 23:55 |
| Sheringham High School | - | - | - | - | - | - |
| Sunway Park opp Cooper Road | 44 18:46 | - | 44 19:05 | 44 19:45 | - | 44 23:58 |
| Upper Sheringham | - | - | - | - | - | - |
| Woodlands Caravan Park | 44 18:49 | 19:01 | 44 19:08 | 19:48 | 19:51 | :1 |
| Bodham Old School | 44 18:50 | 19:02 | 44 19:09 | 44 19:49 | 19:52 | 44 :2 |
| High Kelling opp Pineheath Bus Shelter | 44 18:53 | - | 44 19:12 | 44 19:52 | - | 44 :3 |
| Holt NNR Station / Kelling Hospital Doctors | 44 18:55 | - | 44 19:14 | 44 19:54 | - | 44 :5 |
| Holt Market Place Bus Shelter | 44 18:57 | - | 44 19:16 | 44 19:56 | - | 44 :7 |
| Hempstead Road Holt / Charles Road Junction | 44 18:59 | - | 44 19:18 | 44 19:58 | - | 44 :8 |

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| Norwich Bus Station Bay N | 44A 8:05 | 44A 9:00 | x44 9:37 | x44 10:07 | x40 10:30 | 43 10:50 | x44 10:59 |
| Norwich St Stephens Street stop BC | 44A 8:07 | 44A 9:02 | x44 9:39 | x44 10:09 | 10:32 | 43 10:52 | 11:01 |
| Norwich Castle Meadow STOP CA | 44A 8:11 | 44A 9:06 | x44 9:43 | x44 10:13 | x40 10:36 | 43 10:56 | x44 11:05 |
| Norwich Anglia Square Stop B | 44A 8:14 | 44A 9:09 | x44 9:46 | x44 10:16 | x40 10:39 | 43 10:59 | x44 11:08 |

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|---|-----|------|-------|-------|-----|-------|-----|-------|-----|-------|----|-------|-----|-------|
| Norwich Aylsham Road / Boundary | 44A | 8:21 | 44A | 9:16 | x44 | 9:55 | x44 | 10:25 | x40 | 10:48 | 43 | 11:08 | x44 | 11:17 |
| Hellesdon Layby opp Tesco | 44A | 8:24 | 44A | 9:19 | x44 | 9:57 | x44 | 10:27 | x40 | 10:50 | 43 | 11:10 | x44 | 11:19 |
| Horsham St Faith Bus Stop | 44A | 8:31 | 44A | 9:26 | - | - | - | - | - | - | 43 | 11:17 | - | - |
| Newton St Faith Crown Garage | 44A | 8:33 | 44A | 9:28 | - | - | - | - | - | - | 43 | 11:19 | - | - |
| Hainford Village | 44A | - | - | - | - | - | - | - | - | - | 43 | 11:22 | - | - |
| Stratton Strawless Hall | 44A | 8:36 | 44A | 9:31 | x44 | 10:05 | x44 | 10:35 | x40 | 10:58 | 43 | 11:25 | x44 | 11:27 |
| Hevingham, Town Corner | 44A | 8:38 | 44A | 9:33 | x44 | 10:07 | x44 | 10:37 | x40 | 11:00 | 43 | 11:27 | x44 | 11:29 |
| Marsham Green | 44A | 8:42 | 44A | 9:37 | x44 | 10:11 | x44 | 10:41 | x40 | 11:04 | 43 | 11:31 | x44 | 11:33 |
| Aylsham Tesco / Bure Valley Railway | 44A | 8:46 | 44A | 9:41 | x44 | 10:15 | x44 | 10:45 | x40 | - | 43 | 11:35 | x44 | 11:37 |
| Aylsham Market Place | 44A | 8:50 | 44A | 9:45 | x44 | 10:19 | x44 | 10:49 | x40 | - | - | - | x44 | 11:41 |
| Aylsham Dunkirk | 44A | 8:53 | 44A | 9:48 | x44 | 10:22 | x44 | 10:52 | x40 | - | - | - | x44 | 11:44 |
| Alby Horseshoes | 44A | 8:58 | 44A | 9:53 | x44 | 10:27 | x44 | 10:57 | x40 | 11:14 | - | - | x44 | 11:49 |
| Roughton New Inn | 44A | 9:03 | 44A | 9:58 | x44 | 10:32 | x44 | 11:02 | x40 | 11:19 | - | - | x44 | 11:54 |
| Suffield Park / Cromer Hospital | 44A | 9:11 | 44A | 10:06 | x44 | 10:40 | x44 | 11:10 | x40 | - | - | - | x44 | 12:02 |
| Cromer Bus Station Arrive | 44A | 9:17 | 44A | 10:12 | x44 | 10:46 | x44 | 11:16 | x40 | 11:29 | - | - | x44 | 12:08 |
| Cromer Bus Station Depart | 44A | 9:20 | 44A | 10:15 | x44 | 10:48 | x44 | 11:18 | x40 | 11:32 | - | - | x44 | 12:11 |
| Runtun Road Car Park / Westcliffe Avenue | 44A | 9:21 | 10:16 | - | - | - | x44 | 11:19 | x40 | 11:33 | - | - | - | 12:12 |
| East Runtun Village Centre Bus Stop | 44A | 9:23 | 44A | 10:18 | x44 | 10:51 | x44 | 11:21 | x40 | 11:35 | - | - | x44 | 12:14 |
| West Runtun Bus Stop | 44A | 9:26 | 44A | 10:21 | x44 | 10:54 | x44 | 11:24 | x40 | 11:38 | - | - | x44 | 12:17 |
| Beeston Regis / Britons Lane | 44A | 9:28 | 44A | 10:23 | x44 | 10:56 | x44 | 11:26 | x40 | 11:40 | - | - | x44 | 12:19 |
| Sheringham Station Approach Arrive | 44A | 9:33 | 44A | 10:28 | x44 | 11:01 | x44 | 11:31 | x40 | 11:45 | - | - | x44 | 12:24 |
| Sheringham Station Approach Depart | 44 | 9:35 | 44 | 10:30 | 44 | 11:03 | 44 | 11:33 | - | - | - | - | 44 | 12:26 |
| Sheringham High School | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Sunway Park opp Cooper Road | 44 | 9:39 | 44 | 10:34 | 44 | 11:07 | 44 | 11:37 | - | - | - | - | 44 | 12:30 |
| Upper Sheringham | - | - | - | - | - | - | - | - | - | - | - | - | - | - |
| Woodlands Caravan Park | 44 | 9:42 | 44 | 10:37 | 44 | 11:10 | 44 | 11:40 | - | - | - | - | 44 | 12:33 |
| Bodham Old School | 44 | 9:43 | 44 | 10:38 | 44 | 11:12 | 44 | 11:41 | - | - | - | - | 44 | 12:34 |
| High Kelling opp Pineheath Bus Shelter | 44 | 9:46 | 44 | 10:41 | 44 | 11:14 | 44 | 11:44 | - | - | - | - | 44 | 12:37 |
| Holt NNR Station / Kelling Hospital Doctors | 44 | 9:49 | 44 | 10:44 | 44 | 11:17 | 44 | 11:47 | - | - | - | - | 44 | 12:40 |
| Holt Market Place Bus Shelter | 44 | 9:52 | 44 | 10:47 | 44 | 11:20 | 44 | 11:50 | - | - | - | - | 44 | 12:43 |
| Hempstead Road Holt / Charles Road Junction | 44 | 9:54 | 44 | 10:49 | 44 | 11:22 | 44 | 11:52 | - | - | - | - | 44 | 12:45 |

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|-------------------------------------|-----|-------|-----|-------|-----|-------|----|-------|-----|-------|-------|-------|-----|-------|
| Norwich Bus Station Bay N | x44 | 11:37 | 44A | 12:23 | x44 | 13:09 | 43 | 13:50 | x44 | 13:52 | x40 | 14:15 | x44 | 14:37 |
| Norwich St Stephens Street stop BC | x44 | 11:39 | 44A | 12:25 | x44 | 13:11 | 43 | 13:52 | - | 13:54 | 14:17 | - | x44 | 14:39 |
| Norwich Castle Meadow STOP CA | x44 | 11:43 | 44A | 12:29 | x44 | 13:15 | 43 | 13:56 | x44 | 13:58 | x40 | 14:21 | x44 | 14:43 |
| Norwich Anglia Square Stop B | x44 | 11:46 | 44A | 12:32 | x44 | 13:18 | 43 | 13:59 | x44 | 14:01 | x40 | 14:24 | x44 | 14:46 |
| Norwich Aylsham Road / Boundary | x44 | 11:55 | 44A | 12:41 | x44 | 13:27 | 43 | 14:08 | x44 | 14:10 | x40 | 14:33 | x44 | 14:55 |
| Hellesdon Layby opp Tesco | x44 | 11:57 | 44A | 12:43 | x44 | 13:29 | 43 | 14:10 | x44 | 14:12 | x40 | 14:35 | x44 | 14:57 |
| Horsham St Faith Bus Stop | - | - | 44A | 12:50 | - | - | 43 | 14:17 | - | - | - | - | - | - |
| Newton St Faith Crown Garage | - | - | 44A | 12:52 | - | - | 43 | 14:19 | - | - | - | - | - | - |
| Hainford Village | - | - | - | - | - | - | 43 | 14:22 | - | - | - | - | - | - |
| Stratton Strawless Hall | x44 | 12:05 | 44A | 12:55 | x44 | 13:37 | 43 | 14:25 | x44 | 14:20 | x40 | 14:43 | x44 | 15:05 |
| Hevingham, Town Corner | x44 | 12:07 | 44A | 12:57 | x44 | 13:39 | 43 | 14:27 | x44 | 14:22 | x40 | 14:45 | x44 | 15:07 |
| Marsham Green | x44 | 12:11 | 44A | 13:01 | x44 | 13:43 | 43 | 14:31 | x44 | 14:26 | x40 | 14:49 | x44 | 15:11 |
| Aylsham Tesco / Bure Valley Railway | x44 | 12:15 | 44A | 13:05 | x44 | 13:47 | 43 | 14:35 | x44 | 14:30 | x40 | - | x44 | 15:15 |

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|---|-----|-------|-----|-------|-----|-------|---|-----|-------|-----|-------|-----|-------|
| Aylsham Market Place | x44 | 12:19 | 44A | 13:09 | x44 | 13:51 | - | x44 | 14:34 | x40 | - | x44 | 15:19 |
| Aylsham Dunkirk | x44 | 12:22 | 44A | 13:12 | x44 | 13:54 | - | x44 | 14:37 | x40 | - | x44 | 15:22 |
| Alby Horseshoes | x44 | 12:27 | 44A | 13:17 | x44 | 13:59 | - | x44 | 14:42 | x40 | 14:59 | x44 | 15:27 |
| Roughton New Inn | x44 | 12:32 | 44A | 13:22 | x44 | 14:04 | - | x44 | 14:47 | x40 | 15:04 | x44 | 15:32 |
| Suffield Park / Cromer Hospital | x44 | 12:40 | 44A | 13:30 | x44 | 14:12 | - | x44 | 14:55 | x40 | - | x44 | 15:40 |
| Cromer Bus Station Arrive | x44 | 12:46 | 44A | 13:36 | x44 | 14:18 | - | x44 | 15:01 | x40 | 15:14 | x44 | 15:46 |
| Cromer Bus Station Depart | x44 | 12:48 | 44A | 13:38 | x44 | 14:21 | - | x44 | 15:03 | x40 | 15:17 | x44 | 15:48 |
| Runtun Road Car Park / Westcliffe Avenue | | | 44A | 13:39 | x44 | 14:22 | - | | | x40 | 15:18 | | |
| East Runtun Village Centre Bus Stop | x44 | 12:51 | 44A | 13:41 | x44 | 14:24 | - | x44 | 15:03 | x40 | 15:20 | x44 | 15:51 |
| West Runtun Bus Stop | x44 | 12:54 | 44A | 13:44 | x44 | 14:27 | - | x44 | 15:09 | x40 | 15:23 | x44 | 15:54 |
| Beeston Regis / Britons Lane | x44 | 12:56 | 44A | 13:46 | x44 | 14:29 | - | x44 | 15:11 | x40 | 15:25 | x44 | 15:56 |
| Sheringham Station Approach Arrive | x44 | 13:01 | 44A | 13:51 | x44 | 14:34 | - | x44 | 15:16 | x40 | 15:30 | x44 | 16:01 |
| Sheringham Station Approach Depart | 44 | 13:03 | 44 | 13:53 | 44 | 14:36 | - | 44 | 15:18 | - | | 44 | 16:03 |
| Sheringham High School | - | | - | | - | | - | - | | - | | - | |
| Sunway Park opp Cooper Road | 44 | 13:07 | 44 | 13:57 | 44 | 14:40 | - | 44 | 15:22 | - | | 44 | 16:07 |
| Upper Sheringham | - | | - | | - | | - | - | | - | | - | |
| Woodlands Caravan Park | 44 | 13:10 | 44 | 14:00 | 44 | 14:43 | - | 44 | 15:25 | - | | 44 | 16:10 |
| Bodham Old School | 44 | 13:11 | 44 | 14:01 | 44 | 14:44 | - | 44 | 15:26 | - | | 44 | 16:11 |
| High Kelling opp Pineheath Bus Shelter | 44 | 13:14 | 44 | 14:04 | 44 | 14:46 | - | 44 | 15:29 | - | | 44 | 16:14 |
| Holt NNR Station / Kelling Hospital Doctors | 44 | 13:17 | 44 | 14:07 | 44 | 14:49 | - | 44 | 15:32 | - | | 44 | 16:17 |
| Holt Market Place Bus Shelter | 44 | 13:20 | 44 | 14:10 | 44 | 14:53 | - | 44 | 15:35 | - | | 44 | 16:20 |
| Hempstead Road Holt / Charles Road Junction | 44 | 13:22 | 44 | 14:12 | 44 | 14:54 | - | 44 | 15:37 | - | | 44 | 16:22 |

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|--|-------|-------|-----|-------|-------|-------|-----|-------|----|-------|-------|-------|-----|-------|
| Norwich Bus Station Bay N | x44 | 15:26 | 44A | 16:02 | x44 | 16:42 | x40 | 17:20 | 43 | 17:36 | x44 | 17:47 | 44A | 18:20 |
| Norwich St Stephens Street stop BC | | 15:28 | 44A | 16:04 | x44 | 16:44 | x40 | 17:22 | 43 | 17:38 | x44 | 17:49 | | |
| Norwich Castle Meadow STOP CA | x44 | 15:32 | 44A | 16:08 | x44 | 16:48 | x40 | 17:26 | 43 | 17:41 | x44 | 17:53 | 44A | 18:25 |
| Norwich Anglia Square Stop B | x44 | 15:35 | 44A | 16:11 | x44 | 16:51 | x40 | 17:29 | 43 | 17:45 | x44 | 17:56 | 44A | 18:28 |
| Norwich Aylsham Road / Boundary | x44 | 15:44 | 44A | 16:20 | x44 | 17:00 | x40 | 17:38 | 43 | 17:54 | x44 | 18:05 | 44A | 18:37 |
| Hellesdon Layby opp Tesco | x44 | 15:46 | 44A | 16:22 | x44 | 17:02 | x40 | 17:40 | 43 | 17:57 | x44 | 18:07 | 44A | 18:40 |
| Horsham St Faith Bus Stop | - | | 44A | 16:29 | - | | - | | 43 | 18:04 | - | | 44A | 18:47 |
| Newton St Faith Crown Garage | - | | 44A | 16:31 | - | | - | | 43 | 18:06 | - | | 44A | 18:49 |
| Hainford Village | - | | - | | - | | - | | 43 | 18:09 | - | | 44A | - |
| Stratton Strawless Hall | x44 | 15:54 | 44A | 16:34 | x44 | 17:10 | x40 | 17:48 | 43 | 18:12 | x44 | 18:15 | 44A | 18:52 |
| Hevingham, Town Corner | x44 | 15:56 | 44A | 16:36 | x44 | 17:12 | x40 | 17:50 | 43 | 18:14 | x44 | 18:17 | 44A | 18:54 |
| Marsham Green | x44 | 16:00 | 44A | 16:40 | x44 | 17:16 | x40 | 17:54 | 43 | 18:18 | x44 | 18:21 | 44A | 18:58 |
| Aylsham Tesco / Bure Valley Railway | x44 | 16:04 | 44A | 16:44 | x44 | 17:20 | - | | 43 | 18:22 | x44 | 18:25 | 44A | 19:02 |
| Aylsham Market Place | x44 | 16:08 | 44A | 16:48 | x44 | 17:24 | - | | - | | x44 | 18:29 | 44A | 19:06 |
| Aylsham Dunkirk | x44 | 16:11 | 44A | 16:51 | x44 | 17:27 | - | | - | | x44 | 18:32 | 44A | 19:09 |
| Alby Horseshoes | x44 | 16:16 | 44A | 16:56 | x44 | 17:32 | x40 | 18:04 | - | | x44 | 18:37 | 44A | 19:14 |
| Roughton New Inn | x44 | 16:21 | 44A | 17:01 | x44 | 17:37 | x40 | 18:09 | - | | x44 | 18:42 | 44A | 19:19 |
| Suffield Park / Cromer Hospital | x44 | 16:29 | 44A | 17:09 | x44 | 17:45 | - | | - | | x44 | 18:50 | 44A | 19:26 |
| Cromer Bus Station Arrive | x44 | 16:35 | 44A | 17:15 | x44 | 17:51 | x40 | 18:19 | - | | x44 | 18:56 | 44A | 19:31 |
| Cromer Bus Station Depart | x44 | 16:38 | 44A | 17:18 | x44 | 17:53 | x40 | 18:21 | - | | x44 | 18:58 | 44A | 19:33 |
| Runtun Road Car Park / Westcliffe Avenue | 16:39 | | 44A | 17:19 | 17:54 | | x40 | 18:22 | - | | 18:59 | | | |
| East Runtun Village Centre Bus Stop | x44 | 16:41 | 44A | 17:21 | x44 | 17:56 | x40 | 18:24 | - | | x44 | 19:01 | 44A | 19:36 |

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|---|-----|-------|-----|-------|-----|-------|-----|-------|---|-----|-------|-----|-------|
| West Runton Bus Stop | x44 | 16:44 | 44A | 17:24 | x44 | 17:59 | x40 | 18:27 | - | x44 | 19:04 | 44A | 19:39 |
| Beeston Regis / Britons Lane | x44 | 16:46 | 44A | 17:26 | x44 | 18:01 | x40 | 18:29 | - | x44 | 19:06 | 44A | 19:41 |
| Sheringham Station Approach Arrive | x44 | 16:51 | 44A | 17:31 | x44 | 18:06 | x40 | 18:34 | - | x44 | 19:11 | 44A | 19:46 |
| Sheringham Station Approach Depart | 44 | 16:53 | 44 | 17:33 | 44 | 18:08 | 44 | 18:36 | - | 44 | 19:12 | 44 | 19:48 |
| Sheringham High School | - | | - | | | | - | | - | - | | - | |
| Sunway Park opp Cooper Road | 44 | 16:57 | 44 | 17:37 | 44 | 18:12 | 44 | 18:40 | - | 44 | 19:16 | 44 | 19:52 |
| Upper Sheringham | - | | - | | - | | - | | - | - | | - | |
| Woodlands Caravan Park | 44 | 17:00 | 44 | 17:40 | 44 | 18:15 | 44 | 18:43 | - | 44 | 19:19 | 44 | 19:55 |
| Bodham Old School | 44 | 17:01 | 44 | 17:41 | 44 | 18:16 | 44 | 18:44 | - | 44 | 19:20 | 44 | 19:56 |
| High Kelling opp Pineheath Bus Shelter | 44 | 17:04 | 44 | 17:44 | 44 | 18:19 | 44 | 18:47 | - | 44 | 19:23 | 44 | 19:59 |
| Holt NNR Station / Kelling Hospital Doctors | 44 | 17:07 | 44 | 17:47 | 44 | 18:22 | 44 | 18:50 | - | 44 | 19:26 | 44 | 20:01 |
| Holt Market Place Bus Shelter | 44 | 17:10 | 44 | 17:50 | 44 | 18:25 | 44 | 18:53 | - | 44 | 19:29 | 44 | 20:04 |
| Hempstead Road Holt / Charles Road Junction | 44 | 17:12 | 44 | 17:52 | 44 | 18:27 | 44 | 18:55 | - | 44 | 19:31 | 44 | 20:06 |

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|--|-----|-------|-----|-------|
| Norwich Bus Station Bay N | 44A | 19:13 | 44A | 22:38 |
| Norwich St Stephens Street stop BC | | | | |
| Norwich Castle Meadow STOP CA | 44A | 19:18 | 44A | 22:43 |
| Norwich Anglia Square Stop B | 44A | 19:21 | 44A | 22:46 |
| Norwich Aylsham Road / Boundary | 44A | 19:29 | 44A | 22:53 |
| Hellesdon Layby opp Tesco | 44A | 19:31 | 44A | 22:55 |
| Horsham St Faith Bus Stop | 44A | 19:38 | 44A | 23:02 |
| Newton St Faith Crown Garage | 44A | 19:40 | 44A | 23:04 |
| Hainford Village | - | | - | |
| Stratton Strawless Hall | 44A | 19:43 | 44A | 23:07 |
| Hevingham, Town Corner | 44A | 19:45 | 44A | 23:09 |
| Marsham Green | 44A | 19:49 | 44A | 23:13 |
| Aylsham Tesco / Bure Valley Railway | 44A | 19:53 | 44A | 23:17 |
| Aylsham Market Place | 44A | 19:55 | 44A | 23:18 |
| Aylsham Dunkirk | 44A | 19:58 | 44A | 23:20 |
| Alby Horseshoes | 44A | 20:03 | 44A | 23:25 |
| Roughton New Inn | 44A | 20:08 | 44A | 23:30 |
| Suffield Park / Cromer Hospital | 44A | 20:13 | 44A | 23:35 |
| Cromer Bus Station Arrive | 44A | 20:18 | 44A | 23:40 |
| Cromer Bus Station Depart | 44A | 20:19 | 44A | 23:41 |
| Runton Road Car Park / Westcliffe Avenue | | | - | |
| East Runton Village Centre Bus Stop | 44A | 20:22 | 44A | 23:44 |
| West Runton Bus Stop | 44A | 20:25 | 44A | 23:48 |
| Beeston Regis / Britons Lane | 44A | 20:27 | 44A | 23:49 |
| Sheringham Station Approach Arrive | 44A | 20:31 | 44A | 23:52 |
| Sheringham Station Approach Depart | - | | 44 | 23:54 |
| Sheringham High School | - | | - | |
| Sunway Park opp Cooper Road | - | | 44 | 23:57 |
| Upper Sheringham | - | | - | |
| Woodlands Caravan Park | | | 44 | 24:00 |
| Bodham Old School | | | 44 | 24:01 |
| High Kelling opp Pineheath Bus Shelter | - | | | |

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|---|---|----|-------|
| | | 44 | 24:03 |
| Holt NNR Station / Kelling Hospital Doctors | - | 44 | 24:05 |
| Holt Market Place Bus Shelter | - | 44 | 24:07 |
| Hempstead Road Holt / Charles Road Junction | - | 44 | 24:09 |

Sunday

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|---|------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Norwich Bus Station Bay N | - | 44A | 9:15 | x44 | 10:19 | x40 | 10:40 | x44 | 11:15 | x44 | 12:19 | 44A | 13:15 | |
| Norwich St Stephens Street stop BC | | | 9:17 | | 10:21 | x40 | 10:42 | x44 | 11:17 | x44 | 12:21 | 44A | 13:17 | |
| Norwich Castle Meadow STOP CA | - | 44A | 9:20 | x44 | 10:24 | x40 | 10:46 | x44 | 11:20 | x44 | 12:24 | 44A | 13:20 | |
| Norwich Anglia Square Stop B | - | 44A | 9:23 | x44 | 10:27 | x40 | 10:49 | x44 | 11:23 | x44 | 12:27 | 44A | 13:23 | |
| Norwich Aylsham Road / Boundary | - | 44A | 9:30 | x44 | 10:34 | x40 | 10:58 | x44 | 11:30 | x44 | 12:34 | 44A | 13:30 | |
| Hellesdon Layby opp Tesco | - | 44A | 9:33 | x44 | 10:37 | x40 | 11:00 | x44 | 11:33 | x44 | 12:37 | 44A | 13:33 | |
| Horsham St Faith Bus Stop | - | 44A | 9:40 | - | | x40 | - | 11:40 | | - | | 44A | 13:40 | |
| Newton St Faith Crown Garage | - | 44A | 9:42 | - | | x40 | - | 11:42 | | - | | 44A | 13:42 | |
| Hainford Village | - | - | | - | | x40 | - | - | | - | | - | | |
| Stratton Strawless Hall | - | 44A | 9:45 | x44 | 10:45 | x40 | 11:08 | x44 | 11:45 | x44 | 12:45 | 44A | 13:45 | |
| Hevingham, Town Corner | - | 44A | 9:47 | x44 | 10:47 | x40 | 11:10 | x44 | 11:47 | x44 | 12:47 | 44A | 13:47 | |
| Marsham Green | - | 44A | 9:51 | x44 | 10:51 | x40 | 11:14 | x44 | 11:51 | x44 | 12:51 | 44A | 13:51 | |
| Aylsham Tesco / Bure Valley Railway | - | 44A | 9:55 | x44 | 10:55 | x40 | - | x44 | 11:55 | x44 | 12:55 | 44A | 13:55 | |
| Aylsham Market Place | - | 44A | 9:59 | x44 | 10:59 | x40 | - | x44 | 11:59 | x44 | 12:59 | 44A | 13:59 | |
| Aylsham Dunkirk | - | 44A | 10:02 | x44 | 11:02 | x40 | - | x44 | 12:02 | x44 | 13:02 | 44A | 14:02 | |
| Alby Horseshoes | - | 44A | 10:07 | x44 | 11:07 | x40 | 11:24 | x44 | 12:07 | x44 | 13:07 | 44A | 14:07 | |
| Roughton New Inn | - | 44A | 10:12 | x44 | 11:12 | x40 | 11:29 | x44 | 12:12 | x44 | 13:12 | 44A | 14:12 | |
| Suffield Park / Cromer Hospital | - | 44A | 10:20 | x44 | 11:20 | x40 | - | x44 | 12:20 | x44 | 13:20 | 44A | 14:20 | |
| Cromer Bus Station Arrive | - | 44A | 10:26 | x44 | 11:26 | x40 | 11:39 | x44 | 12:26 | x44 | 13:26 | 44A | 14:26 | |
| Cromer Bus Station Depart | x44 | 9:15 | 44A | 10:29 | x44 | 11:29 | x40 | 11:42 | x44 | 12:29 | x44 | 13:29 | 44A | 14:29 |
| Runton Road Car Park / Westcliffe Avenue | 9:16 | | 10:30 | | 11:30 | x40 | 11:43 | x44 | 12:30 | x44 | 13:30 | | 14:30 | |
| East Runton Village Centre Bus Stop | x44 | 9:18 | 44A | 10:32 | x44 | 11:32 | x40 | 11:45 | x44 | 12:32 | x44 | 13:32 | 44A | 14:32 |
| West Runton Bus Stop | x44 | 9:21 | 44A | 10:35 | x44 | 11:35 | x40 | 11:48 | x44 | 12:35 | x44 | 13:35 | 44A | 14:35 |
| Beeston Regis / Britons Lane | x44 | 9:23 | 44A | 10:37 | x44 | 11:37 | x40 | 11:50 | x44 | 12:37 | x44 | 13:37 | 44A | 14:37 |
| Sheringham Station Approach Arrive | x44 | 9:28 | 44A | 10:42 | x44 | 11:42 | x40 | 11:55 | x44 | 12:42 | x44 | 13:42 | 44A | 14:42 |
| Sheringham Station Approach Depart | 44 | 9:30 | 44 | 10:45 | 44 | 11:45 | - | 44 | 12:45 | 44 | 13:45 | 44 | 14:45 | |
| Sheringham High School | - | - | | - | | - | | - | | - | | | | |
| Sunway Park opp Cooper Road | 44 | 9:37 | 44 | 10:49 | 44 | 11:49 | - | 44 | 12:49 | 44 | 13:49 | 44 | 14:49 | |
| Upper Sheringham | 44 | 9:34 | - | | - | | - | | | | | | | |
| Woodlands Caravan Park | 44 | 9:37 | 44 | 10:52 | | 11:52 | - | 44 | 12:52 | 44 | 13:52 | 44 | 14:52 | |
| Bodham Old School | 44 | 9:38 | 44 | 10:53 | 44 | 11:53 | - | 44 | 12:53 | 44 | 13:53 | 44 | 14:53 | |
| High Kelling opp Pineheath Bus Shelter | 44 | 9:41 | 44 | 10:56 | 44 | 11:56 | - | 44 | 12:56 | 44 | 13:56 | 44 | 14:56 | |
| Holt NNR Station / Kelling Hospital Doctors | 44 | 9:44 | 44 | 10:59 | 44 | 11:59 | - | 44 | 12:59 | 44 | 13:59 | 44 | 14:59 | |
| Holt Market Place Bus Shelter | 44 | 9:47 | 44 | 11:02 | 44 | 12:02 | - | 44 | 13:02 | 44 | 14:02 | 44 | 15:02 | |
| Hempstead Road Holt / Charles Road Junction | 44 | 9:49 | 44 | 11:04 | 44 | 12:04 | - | 44 | 13:04 | 44 | 14:04 | 44 | 15:04 | |

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|------------------------------------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|
| Norwich Bus Station Bay N | x44 | 14:19 | x40 | 14:40 | x44 | 15:19 | 44A | 16:15 | x44 | 17:19 | x40 | 17:40 | 44A | 18:15 |
| Norwich St Stephens Street stop BC | | 14:21 | x40 | 14:42 | | 15:21 | 44A | 16:17 | | 17:21 | x40 | 17:42 | 44A | 18:17 |

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|---|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|
| Norwich Castle Meadow STOP CA | x44 | 14:24 | x40 | 14:46 | x44 | 15:24 | 44A | 16:20 | x44 | 17:24 | x40 | 17:46 | 44A | 18:20 |
| Norwich Anglia Square Stop B | x44 | 14:27 | x40 | 14:49 | x44 | 15:27 | 44A | 16:23 | x44 | 17:27 | x40 | 17:49 | 44A | 18:23 |
| Norwich Aylsham Road / Boundary | x44 | 14:34 | x40 | 14:58 | x44 | 15:34 | 44A | 16:30 | x44 | 17:34 | x40 | 17:58 | 44A | 18:30 |
| Hellesdon Layby opp Tesco | x44 | 14:37 | x40 | 15:00 | x44 | 15:37 | 44A | 16:33 | x44 | 17:37 | x40 | 18:00 | 44A | 18:33 |
| Horsham St Faith Bus Stop | - | | - | | - | | 44A | 16:40 | - | | - | | 44A | 18:40 |
| Newton St Faith Crown Garage | - | | - | | - | | 44A | 16:42 | - | | - | | 44A | 18:42 |
| Hainford Village | - | | - | | - | | - | | - | | - | | 44A | - |
| Stratton Strawless Hall | x44 | 14:45 | x40 | 15:08 | x44 | 15:45 | 44A | 16:45 | x44 | 17:45 | x40 | 18:08 | 44A | 18:45 |
| Hevingham, Town Corner | x44 | 14:47 | x40 | 15:10 | x44 | 15:47 | 44A | 16:47 | x44 | 17:47 | x40 | 18:10 | 44A | 18:47 |
| Marsham Green | x44 | 14:51 | x40 | 15:14 | x44 | 15:51 | 44A | 16:51 | x44 | 17:51 | x40 | 18:14 | 44A | 18:51 |
| Aylsham Tesco / Bure Valley Railway | x44 | 14:55 | x40 | - | x44 | 15:55 | 44A | 16:55 | x44 | 17:55 | - | | 44A | 18:55 |
| Aylsham Market Place | x44 | 14:59 | x40 | - | x44 | 15:59 | 44A | 16:59 | x44 | 17:59 | - | | 44A | 18:59 |
| Aylsham Dunkirk | x44 | 15:02 | x40 | - | x44 | 16:02 | 44A | 17:02 | x44 | 18:02 | - | | 44A | 19:02 |
| Alby Horseshoes | x44 | 15:07 | x40 | 15:24 | x44 | 16:07 | 44A | 17:07 | x44 | 18:07 | x40 | 18:24 | 44A | 19:07 |
| Roughton New Inn | x44 | 15:12 | x40 | 15:29 | x44 | 16:12 | 44A | 17:12 | x44 | 18:12 | x40 | 18:29 | 44A | 19:12 |
| Suffield Park / Cromer Hospital | x44 | 15:20 | x40 | - | x44 | 16:20 | 44A | 17:20 | x44 | 18:20 | - | | 44A | 19:20 |
| Cromer Bus Station Arrive | x44 | 15:26 | x40 | 15:39 | x44 | 16:26 | 44A | 17:26 | x44 | 18:26 | x40 | 18:37 | 44A | 19:26 |
| Cromer Bus Station Depart | x44 | 15:29 | x40 | 15:41 | x44 | 16:29 | 44A | 17:29 | x44 | 18:29 | x40 | 18:41 | 44A | 19:29 |
| Runton Road Car Park / Westcliffe Avenue | x44 | 15:30 | x40 | 15:42 | x44 | 16:30 | 44A | 17:30 | x44 | 18:30 | x40 | 18:42 | 44A | 19:30 |
| East Runton Village Centre Bus Stop | x44 | 15:32 | x40 | 15:44 | x44 | 16:32 | 44A | 17:32 | x44 | 18:32 | x40 | 18:44 | 44A | 19:32 |
| West Runton Bus Stop | x44 | 15:35 | x40 | 15:49 | x44 | 16:35 | 44A | 17:35 | x44 | 18:35 | x40 | 18:49 | 44A | 19:35 |
| Beeston Regis / Britons Lane | x44 | 15:37 | x40 | 15:51 | x44 | 16:37 | 44A | 17:37 | x44 | 18:37 | x40 | 18:51 | 44A | 19:37 |
| Sheringham Station Approach Arrive | x44 | 15:42 | x40 | 15:56 | x44 | 16:42 | 44A | 17:42 | x44 | 18:42 | x40 | 18:56 | 44A | 19:42 |
| Sheringham Station Approach Depart | 44 | 15:45 | - | | 44 | 16:45 | 44 | 17:45 | 44 | 18:45 | 44 | 18:58 | 44 | 19:45 |
| Sheringham High School | - | | - | | - | | - | | - | | - | | - | |
| Sunway Park opp Cooper Road | 44 | 15:49 | - | | 44 | 16:49 | 44 | 17:49 | 44 | 18:49 | 44 | 19:02 | 44 | 19:49 |
| Upper Sheringham | | | - | | - | | - | | - | | - | | - | |
| Woodlands Caravan Park | 44 | 15:52 | - | | 44 | 16:52 | 44 | 17:52 | 44 | 18:52 | 44 | 19:05 | 44 | 19:52 |
| Bodham Old School | 44 | 15:53 | - | | 44 | 16:53 | 44 | 17:53 | 44 | 18:53 | 44 | 19:06 | 44 | 19:53 |
| High Kelling opp Pineheath Bus Shelter | 44 | 15:56 | - | | 44 | 16:56 | 44 | 17:56 | 44 | 18:56 | 44 | 19:09 | 44 | 19:56 |
| Holt NNR Station / Kelling Hospital Doctors | 44 | 15:59 | - | | 44 | 16:59 | 44 | 17:59 | 44 | 18:59 | 44 | 19:12 | 44 | 19:59 |
| Holt Market Place Bus Shelter | 44 | 16:02 | - | | 44 | 17:02 | 44 | 18:02 | 44 | 19:02 | 44 | 19:15 | 44 | 20:02 |
| Hempstead Road Holt / Charles Road Junction | 44 | 16:04 | - | | 44 | 17:04 | 44 | 18:04 | 44 | 19:04 | 44 | 19:17 | 44 | 20:04 |

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