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| ROUTE D7 | Monday - Friday |
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| KENDAL BUS STATION | 07:55 |
| ROMNEY'S, MILNTHORPE RD, KENDAL | 08:00 |
| HELSINGTON | 08:02 |
| LEVENS HALL | 08:07 |
| DALLAM SCHOOL, MILNTHORPE | 08:13 |
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| DALLAM SCHOOL, MILNTHORPE | 15:25 |
| LEVENS HALL | 15:33 |
| HELSINGTON | 15:45 |
| ROMNEYS, MILNTHORPE RD, KENDAL | 15:47 |
| KENDAL BUS STATION | 15:53 |