104

Birmingham to Penzance

National Express bus timetable for the **Birmingham to Penzance** route (Route **104**). Current timetable valid from **Saturday 14th of November 2026**. To keep the timetable handy and check your journey anytime, download this PDF. Services may vary during Bank Holidays.

Monday–Thursday

Stops	*Times*
Birmingham Coach Stn, Digbeth	10:30
Birmingham (Bearwood) Hagley Rd, lay-by, opposite Bus Stn	10:45
Cheltenham (Arle Court Transport Hub) Hatherley Lane	11:45
Bristol Bus & Coach Station, Marlborough St	A 12:40 D 13:00
Exeter (Honiton Rd) Bus Shelter opp Park & Ride	14:45
Exeter Bampfylde Street, Express Coach Stop 34	A 14:55 D 15:00
Plymouth (Marsh Mills) *HAND LUGGAGE ONLY*, A374 lay-by, at Plymouth Rd superstore	16:00
Plymouth Coach Stn, Armada Way	A 16:10 D 17:05
Landrake A38, adj Geffery Close	17:32
Tideford A38 Quay Rd, up-hill stop, before Bridge Rd	17:35
Liskeard Barras St, lay-by, near Post Office	17:50

Bodmin Car Park, Dennison Rd	18:15
Newquay [Cornwall] Bus Station, Manor Rd	A 18:50 D 18:55
Redruth Station Rd, Rail Stn	19:25
Pool [Cornwall] Trevenson Rd, opp Cornwall College	19:30
Camborne [Cornwall] Bus Stn	19:40
Copperhouse Fore St, opp bus lay-by	19:53
Hayle Foundry Square	19:55
St Erth A30, Interchange, o/s Railway Station	20:00
Crowlas The Star Inn, A30, lay-by, opp Inn	20:05
Penzance Bus Station, Station Road	20:15

Friday

Stops	*Times*
Birmingham Coach Stn, Digbeth	10:30
Birmingham (Bearwood) Hagley Rd, lay-by, opposite Bus Stn	10:45
Cheltenham (Arle Court Transport Hub) Hatherley Lane	11:45
Bristol Bus & Coach Station, Marlborough St	A 12:40 D 13:00
Exeter (Honiton Rd) Bus Shelter opp Park & Ride	15:00
Exeter Bampfylde Street, Express Coach Stop 34	A 15:10 D 15:15
Plymouth (Marsh Mills) *HAND LUGGAGE ONLY*, A374 lay-by, at Plymouth Rd superstore	16:20
Plymouth Coach Stn, Armada Way	A 16:30 D 17:25
Landrake A38, adj Geffery Close	17:47
Tideford A38 Quay Rd, up-hill stop, before Bridge Rd	17:50
Liskeard Barras St, lay-by, near Post Office	18:00
Bodmin Car Park, Dennison Rd	18:25
Newquay [Cornwall] Bus Station, Manor Rd	A 19:00 D 19:05
Redruth Station Rd, Rail Stn	19:35

Pool [Cornwall] Trevenson Rd, opp Cornwall College	19:40
Camborne [Cornwall] Bus Stn	19:50
Copperhouse Fore St, opp bus lay-by	20:03
Hayle Foundry Square	20:05
St Erth A30, Interchange, o/s Railway Station	20:10
Crowlas The Star Inn, A30, lay-by, opp Inn	20:15
Penzance Bus Station, Station Road	20:25

Saturday–Sunday

Stops	*Times*
Birmingham Coach Stn, Digbeth	10:30
Birmingham (Bearwood) Hagley Rd, lay-by, opposite Bus Stn	10:45
Cheltenham (Arle Court Transport Hub) Hatherley Lane	11:45
Bristol Bus & Coach Station, Marlborough St	A 12:40 D 13:00
Exeter (Honiton Rd) Bus Shelter opp Park & Ride	14:45
Exeter Bampfylde Street, Express Coach Stop 34	A 14:55 D 15:00
Plymouth (Marsh Mills) *HAND LUGGAGE ONLY*, A374 lay-by, at Plymouth Rd superstore	16:00
Plymouth Coach Stn, Armada Way	A 16:10 D 17:05
Landrake A38, adj Geffery Close	17:27
Tideford A38 Quay Rd, up-hill stop, before Bridge Rd	17:30
Liskeard Barras St, lay-by, near Post Office	17:40
Bodmin Car Park, Dennison Rd	18:05
Newquay [Cornwall] Bus Station, Manor Rd	A 18:40 D 18:45
Redruth Station Rd, Rail Stn	19:15

Pool [Cornwall] Trevenson Rd, opp Cornwall College	19:20
Camborne [Cornwall] Bus Stn	19:30
Copperhouse Fore St, opp bus lay-by	19:43
Hayle Foundry Square	19:45
St Erth A30, Interchange, o/s Railway Station	19:50
Crowlas The Star Inn, A30, lay-by, opp Inn	19:55
Penzance Bus Station, Station Road	20:05

Key

A The coach will arrive at the first time. After a short break
D at this stop, it will depart again at the second time.