404 London to Penzance

Current timetable, valid from Monday 15th of September 2025. Services may vary during Bank Holidays

Monday–Sunday

Stops	Times
London Victoria Coach Station, Departures Hall	23:00
Heathrow Airport Central Bus Station	A 23:40 D 23:50
Weston-super-Mare Bus Interchange, Alexandra Parade, Stop A	02:10
Bridgwater Coach Stn	02:38
North Petherton Fore St, Bus lay-by, nr Hammet St	02:45
Taunton Park Street, adjacent County Hall	03:00
Taunton Deane Services M5, Southbound	A 03:10 D 03:40
Exeter (Honiton Rd) A3015 Honiton Rd, Park & Ride (uphill shelters)	04:10
Exeter Bampfylde Street, Express Coach Stop 34	A 04:15 D 04:20
Newton Abbot Lay-by, o/s Rail Stn	04:50
Torquay Coach Stn, Lymington Rd	05:05
Paignton Great Western Rd, Bus Shelter, o/s Library	05:15

Totnes Coronation Rd, opp Town Mill	05:30
Plymouth (Marsh Mills) *HAND LUGGAGE ONLY*, A374 lay-by, at Plymouth Rd superstore	06:00
Plymouth Coach Stn, Armada Way	A 06:10 D 06:25
East Taphouse A390, opp Old Post Office / post box	06:59
Lostwithiel opp The Royal Talbot	07:07
St Blazey A390 Church St, adj Polgrean Place	07:17
St Blazey Gate A390 St Austell Rd, Four Lords P.H.	07:20
St Austell Bus Station, off High Cross Street	A 07:25 D 07:30
Grampound Fore St, opp Dolphin P.H.	07:40
Tresillian Lay-by, nr Post Office	07:50
Truro Bus Stn, Green St	A 08:00 D 08:05
Penryn Bridge, opp Estate Agent	08:23
Falmouth Berkeley Vale, bus stop near The Old Police House	08:30
Helston The Parade, adj Meneage St	08:55
Penzance Bus Stn	09:25

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.