404

Penzance to London

National Express bus timetable for the **Penzance to London** route (Route **404**). 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–Sunday

Stops	*Times*
Penzance Bus Station, Station Road	20:00
Helston Coinagehall St. opp Seven Stars P.H.	20:25
Falmouth Berkeley Vale, bus stop near The Old Police House	20:50
Penryn Bridge, nr Estate Agent	20:55
Truro Bus Station, Green Street	A 21:15 D 21:20
Tresillian Bus Stop, opp Post Office	21:27
Grampound Fore St, Dolphin P.H.	21:35
St Austell Bus Station, off High Cross Street	A 21:45 D 21:50
St Blazey Gate A390 St Austell Rd, opp Four Lords P.H.	21:55
St Blazey A390 Church St, opp Polgrean Place	21:58
Lostwithiel The Royal Talbot	22:08

East Taphouse A390, Bus lay-by	22:16
Plymouth Coach Stn, Armada Way	A 23:00 D 23:15
Totnes Coronation Rd, opp Royal Seven Stars Hotel	23:50
Paignton Great Western Road, at Library	00:05
Torquay Coach Stn, Lymington Rd	00:20
Newton Abbot Lay-by, opp Rail Stn	00:35
Exeter Bampfylde Street, Express Coach Stop 34	A 01:05 D 01:10
Exeter (Honiton Rd) Bus Shelter opp Park & Ride	01:15
Taunton Deane Services M5, Northbound	A 01:50 D 02:20
Taunton Park Street, opposite County Hall	02:30
North Petherton Fore St, Bus lay-by, opp Hammet St	02:40
Bridgwater Coach Stn	02:50
Weston-super-Mare Bus Interchange, Alexandra Parade, Stop A	03:20
Heathrow Airport Central Bus Station	A 05:45 D 05:50
London (Earl's Court) West Cromwell Rd, Stop D, nr Tesco	06:15
London Victoria Coach Station, Arrivals Hall	06:35

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.