406

London to Penzance

National Express bus timetable for the **London to Penzance** route (Route **406**). Current timetable valid from **Thursday 5th 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*
London **Victoria Coach Station,** **Departures Hall**	**22:30**
Heathrow Airport Central Bus Station	A 23:10 D 23:15
Taunton Deane Services M5, Southbound	A 01:50 D 02:10
Exeter (Honiton Rd) A3015 Honiton Rd, Park & Ride (uphill shelters)	02:50
Exeter Bampfylde Street, Express Coach Stop 34	A 03:00 D 03:05
Plymouth Coach Stn, Armada Way	A 04:05 D 04:15
Landrake A38, adj Geffery Close	04:33
Tideford A38 Quay Rd, up-hill stop, before Bridge Rd	04:35
Liskeard Barras St, lay-by, near Post Office	04:45
Bodmin Car Park, Dennison Rd	05:10
Newquay [Cornwall] Bus Station, Manor Rd	A 05:45 D 05:50

Redruth Station Rd, Rail Stn	06:20
Pool [Cornwall] Trevenson Rd, opp Cornwall College	06:25
Camborne [Cornwall] Bus Stn	06:35
Copperhouse Fore St, opp bus lay-by	06:48
Hayle **Foundry Square**	**06:50**
St Erth A30, Interchange, o/s Railway Station	06:53
Crowlas The Star Inn, A30, lay-by, opp Inn	06:57
Penzance Bus Station, Station Road	07:05

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.