For up to date information

www.travelinesw.com
Got a smart phone? Then apps are available

Train travel
www.nationalrail.co.uk   08457 48 49 50
www.gwr.com

Bus Travel
www.firstgroup.com     0845 600 1420

Other transport resources

TAPs  01872 22 33 88
Co-ordinate volunteer care drivers who provide transport for patients attending doctors or hospital appointments.

Their charge is calculated on the round trip from the drivers home. The driver will wait at the hospital whilst you complete your appointment.

Patient Transport:
for appointments with Royal Cornwall Hospitals Trust:
RCHT Patient Transport Office  01872 25 22 11

See our other useful leaflets:

- Getting to your appointment
- Penzance Hospitals by public transport
- Loads of useful numbers

If you would like to receive this leaflet in a different format please contact us.

Healthwatch Isles of Scilly
Unit 1, Gleaner House, Buzza Street
Porthcressa
St Marys
Isles of Scilly
TR21 0HW

Telephone: 01720 423037
Email: contact@healthwatchislesofscilly.co.uk

Updated February 2017
Please note that the bus and train time listed below are for guidance only; timetables change and there are other routes and buses available.

ROYAL CORNWALL HOSPITAL TRELISKE  01872  250000

**Train & Bus**

Monday to Friday

**Train** from Penzance to Truro - takes around 45 mins.

<table>
<thead>
<tr>
<th>Depart Penzance</th>
<th>0844</th>
<th>0935</th>
<th>1000</th>
<th>1046</th>
<th>1141</th>
<th>1303</th>
<th>1345</th>
<th>1449</th>
<th>1559</th>
<th>1644</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arrive Truro</td>
<td>0925</td>
<td>1013</td>
<td>1041</td>
<td>1125</td>
<td>1219</td>
<td>1342</td>
<td>1423</td>
<td>1528</td>
<td>1640</td>
<td>1723</td>
</tr>
</tbody>
</table>

**Return**

<table>
<thead>
<tr>
<th>Depart Truro</th>
<th>0934</th>
<th>1040</th>
<th>1154</th>
<th>1242</th>
<th>1357</th>
<th>1425</th>
<th>1507</th>
<th>1626</th>
<th>1723</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arrive Penzance</td>
<td>1016</td>
<td>1123</td>
<td>1237</td>
<td>1325</td>
<td>1439</td>
<td>1511</td>
<td>1549</td>
<td>1712</td>
<td>1800</td>
</tr>
</tbody>
</table>

**Bus from Truro train station**

Depart opposite train station (on Station Road) - takes approx. 10 mins

<table>
<thead>
<tr>
<th>Arrive Treliske hospital, Trelawny entrance (S-bound)</th>
</tr>
</thead>
<tbody>
<tr>
<td>87: FIRST - 12 mins past the hour (from 0900—1800)</td>
</tr>
<tr>
<td>304: Hopleys coaches - 10 mins past the hour (from 0900—1700)</td>
</tr>
</tbody>
</table>

Arrives Treliske, Lay By, W-bound (on Tresawls Road) - then an 7 min walk

| 18/14 :FIRST - every 10 mins |

**Return** bus to Truro train station - takes approx. 10 mins

From Treliske hospital, Trelawny entrance (S-bound)

| 87:FIRST - 43 mins past the hour (from 0900—1700) |
| 304: Hopleys Coaches - 25 mins past the hour |

From Treliske layby on Tresawls Road (E-bound) a 7 min walk from hospital

| 18/14: FIRST - every 10 mins |

**BUS**

From Penzance bus station (stand F) - FIRST- takes approx. 1hr 37mins

arrives Treliske, Homebase E-Bound (on Tresawls Road) - then a 6 mins walk

| 18: only the 6 mins and 36 mins past the hour go all the way to Treliske |

**Return** from Treliske layby on Tresawls Road (W-bound)

| 18: only 19 mins and 49 mins past the hour go all the way to Penzance bus station |

**Other information**

Bus from Truro train station to Truro bus station -FIRST - takes approx. 6 mins

| 18: every 10 mins |

**Return** Truro bus station (stand J) to Truro train station - every 10 mins