



REGIONAL TRAIN TIMETABLE

08

Monday to Sunday

14 December 2025 to 16 May 2026

Contact us

Visit: [eastmidlandsrailway.co.uk](https://www.eastmidlandsrailway.co.uk)

X: Tweet a message to [@eastmidrailway](https://twitter.com/eastmidrailway)

Email: contact@eastmidlandsrailway.co.uk

Telephone: **03457 125 678**

TextDirect: Text **18001** followed by **03457 125 678**

Address: Write to **Customer Service Centre,
East Midlands Railway,
Locomotive House, Locomotive Way
Derby, DE24 8PU**





Travel assistance

We provide a free service for passengers who require travel assistance getting on and off our trains and around our stations. All of our trains have wheelchair spaces and universal toilets with baby changing facilities.

We recommend requesting assistance at least two hours before you travel. For more information visit eastmidlandsrailway.co.uk/trains-stations/assisted-travel (alternatively click the "Assisted travel" banner at the top right of our website) or pick up our Making Rail Accessible leaflet at one of our manned stations.



Bicycles

Most of our trains have two bicycle spaces, which can be reserved in advance and are free of charge. You can travel with folding bikes at any time. For more information, including Off-Peak and weekend restrictions, visit eastmidlandsrailway.co.uk/cycles - to reserve a bicycle space, use the link above, or call us on 03457 125 678. The majority of our stations offer free cycle stations, and some larger stations have secure cycle hub areas.



Ticket information and Penalty Fares

For information on Penalty Fares, visit eastmidlandsrailway.co.uk/penaltyfares. Our Penalty Fares leaflet is also available at our manned stations.



Digital Ticketing

We offer the following digital ticket types:

Smartcard	m-ticket
e-ticket	Flexi Season

In line with the terms and conditions, all electronic tickets must be downloaded and activated prior to travel.

Please visit eastmidlandsrailway.co.uk/tickets-discounts/how-to-get-your-train-ticket for further information.



Delay Repay

You can claim compensation if you are delayed by 15 minutes or more by visiting our website at eastmidlandsrailway.co.uk/delay or by filling in a form that is available at our manned stations. You can now set up an account, making it quicker and easier to claim.



Right Time Railway

So we can get you there on time we run a Right Time Railway. For safety, and to make sure trains leave on time, train doors will be closed 40 seconds before the scheduled departure time.

Local connections

Many of our stations offer extensive onward travel connections. See below for details of some of these.



Bus

A combined train and bus ticket is provided by PlusBus and available at several of our stations. These can be purchased from the PlusBus website, at plusbus.info, or from ticket machines at our stations. For information about which stations are served by PlusBus, please visit their website. For service details on local services, call Traveline on **0871 200 2233**



Tram

If you're travelling to or from Nottingham, NET tram tickets are available at the railway station. The closest tram stop can be accessed from the centre footbridge of Nottingham station.



Taxi

Many of our stations have dedicated taxi ranks. Visit traintaxi.co.uk for more information. Cab&Go is a taxi service you can use to book taxis from East Midlands Railway stations. For more information visit eastmidlandsrailway.co.uk/cab-and-go



Airport connections

Several stations on the route have simple connections to international airports. If you are travelling to East Midlands Airport, a Skylink bus runs from Nottingham throughout the day.



Luggage

You can bring up to two items of luggage on-board our trains, which can include one larger item (75x55x30cm) and one smaller bag or cabin sized case (55x40x25cm). We have luggage racks throughout our trains, which should be used for large items only, whilst overhead storage space is available for smaller bags. Please ensure you only bring luggage you can carry yourself.



Short platforms

Please be aware that some stations have shorter platforms than many of our trains. Not all carriage doors will open at these stations, so listen for on-board announcements about where to leave the train.



Lost property

If you leave an item on one of our trains, aim to contact us as soon as possible by visiting eastmidlandsrailway.co.uk/lostproperty and fill out the online form. We will continually search our database, and may get in touch to find out more information about your item, if required. If we find it, we'll contact you to let you know where it is and won't charge for storage or collection.



Operator Notes

This Timetable shows services from **East Midlands Railway** and **Cross Country** - denoted in the top row by **EM** and **XC** respectively. All services (excluding EMR Intercity) are shown between Derby and Nottingham, including services from other EMR Timetables.

Sunday services in both directions are listed at the end of this timetable.

Leicester — Loughborough — Nottingham

Sunday

Operator	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM
Leicester	d																												
Syston	d																												
Sileby	d																												
Barrow	d																												
Loughborough	d																												
East Midlands Parkway	d																												
Attenborough	d	09 02	10 04	11 31	12 37	13 37	14 37	15 37	16 37	17 37	18 37	19 37	20 37																
Beeston	d	09 06	10 08	11 35	12 41	13 41	14 41	15 41	16 41	17 41	18 41	19 41	20 41																
Nottingham	a	09 16	10 14	11 41	12 47	13 47	14 47	15 47	16 47	17 47	18 47	19 47	20 47																

Nottingham — Loughborough — Leicester

Monday to Friday

Operator	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM		
Nottingham	d	04 56	05 18		06 07	07 22	07 51	08 16	08 30	08 53	09 17	09 33	09 53	10 17	10 33	10 53	11 17	11 33	11 53	12 17	12 33	12 53	13 17	13 33	13 53	14 17	14 33	14 53	15 17	15 33	15 53
Beeston	d					07 28	07 57	08 22	08 36	08 59	09 24	09 39	09 59	10 23	10 39	10 59	11 23	11 39	11 59	12 24	12 39	12 59	13 24	13 39	13 59	14 24	14 39	14 59	15 23	15 39	15 59
Attenborough	d					07 32	08 01		08 40	09 03		09 43	10 03		10 43	11 03		11 43	12 03		12 43	13 03		13 43	14 03		14 43	15 03		15 43	16 03
East Midlands Parkway	d		05 31		06 19	07 40			08 47			09 50			10 50			11 50			12 50			13 50			14 50			15 50	
Loughborough	d	05 11	05 40	06 59	06 27	07 49			08 55			09 59			10 59			11 59			12 59			13 59			14 59			15 59	
Barrow	d		05 45	07 04		07 55			09 01			10 04			11 05			12 05			13 05			14 05			15 05			16 05	
Sileby	d		05 49	07 08		08 00			09 05			10 09			11 09			12 09			13 09			14 09			15 09			16 09	
Syston	d		05 55	07 14		08 06			09 10			10 14			11 14			12 14			13 14			14 14			15 14			16 14	
Leicester	a		06 04	07 22		08 14			09 19			10 23			11 23			12 23			13 23			14 23			15 23			16 23	

Nottingham — Loughborough — Leicester

Monday to Friday

Operator	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM
Nottingham	d	16 17	16 33	16 33	16 53	17 17	17 33	17 53	18 17	18 34	18 53	19 17	19 30	20 17	21 07	21 18	21 46	23 20	23 20											
Beeston	d	16 23	16 39	16 39	16 59	17 24	17 39	17 59	18 23	18 40	18 59	19 23	19 36	20 24	21 13	21 25	21 52	23 26	23 26											
Attenborough	d		16 43	16 43	17 03		17 43	18 03		18 44	19 03		19 40		21 17		21 56													
East Midlands Parkway	d		16 50	16 50			17 50			18 51			19 50		21 24		22 03	23 34	23 34											
Loughborough	d		16 59	16 59			17 59			19 00			19 59		21 33		22 11	23 42	23 42											
Barrow	d		17 05	17 05			18 05			19 05			20 05		21 38		22 17													
Sileby	d		17 09	17 09			18 09			19 09			20 09		21 42		22 21													
Syston	d		17 14	17 14			18 14			19 15			20 14		21 49		22 27													
Leicester	a		17 23	17 23			18 23			19 23			20 23		21 57		22 35	23 55	23 55											

Nottingham — Loughborough — Leicester

Saturday

Operator	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	EM	
Nottingham	d	05 00	05 19		06 08	07 17	07 30	07 51	08 16	08 33	08 53	09 17	09 33	09 53	10 17	10 33	10 53	11 17	11 33	11 53	12 17	12 33	12 53	13 17	13 33	13 53	14 17	14 33	14 53	15 17	15 33
Beeston	d					07 23	07 36	07 57	08 22	08 39	08 59	09 24	09 39	09 59	10 24	10 39	10 59	11 23	11 39	11 59	12 24	12 39	12 59	13 24	13 39	13 59	14 24	14 39	14 59	15 24	15 39
Attenborough	d						07 40	08 01		08 43	09 03		09 43	10 03		10 43	11 03		11 43	12 03		12 43	13 03		13 43	14 03		14 43	15 03		15 43
East Midlands Parkway	d	05 10	05 33		06 20		07 50			08 50			09 50			10 50			11 50			12 50			13 50			14 50			15 50
Loughborough	d	05 19	05 41	07 00	06 29		07 59			08 59			09 59			10 59			11 59			12 59			13 59			14 59			15 59
Barrow	d		05 47	07 05			08 05			09 05			10 05			11 05			12 05			13 05			14 05			15 05			16 05
Sileby	d		05 51	07 09			08 09			09 09			10 09			11 09			12 09			13 09			14 09			15 09			16 09
Syston	d		05 56	07 15			08 14			09 14			10 14			11 14			12 14			13 14			14 14			15 14			16 14
Leicester	a		06 05	07 23			08 23			09 23			10 23			11 23			12 23			13 23			14 23			15 23			16 23

