

Route 40 | Swanage – Poole

Valid from: 23 May 2026 to 12 September 2026

Outbound - Weekdays

^ Bus Station, Swanage	06:10	07:00	07:45	09:00	10:00	11:00	12:00	13:00	14:00	15:05	16:05	17:05	18:05	19:15	20:45	22:00	23:00
Capston Field, Langton Matrave	06:19	07:10	07:56	09:12	10:12	11:12	12:12	13:12	14:12	15:17	16:17	17:17	18:16	19:25	20:54	22:09	23:09
Scott Arms, Kingston	06:24	07:15	08:02	09:18	10:18	11:18	12:18	13:18	14:18	15:23	16:23	17:23	18:22	19:31	20:59	22:14	23:14
Village Centre, Corfe Castle	06:29	07:20	08:07	09:24	10:25	11:25	12:25	13:25	14:25	15:30	16:30	17:29	18:28	19:37	21:04	22:19	23:19
Stoborough Green	06:35	07:27	08:14	09:31	10:33	11:33	12:33	13:33	14:33	15:38	16:38	17:37	18:35	19:43	21:10	22:25	23:25
Red Lion, Wareham	06:39	07:32	08:19	09:38	10:40	11:40	12:40	13:40	14:40	15:45	16:45	17:43	18:40	19:48	21:14	22:29	23:29
Wareham Station	06:42	07:36	08:23	09:42	10:44	11:44	12:44	13:44	14:44	15:49	16:49	17:47	18:44	19:51	21:17	22:32	23:32
Sherford Drive, Northport	06:44	07:38	08:25	09:45	10:47	11:47	12:47	13:47	14:47	15:52	16:52	17:49	18:46	19:53	21:19	22:34	23:34
Sandford Holiday Park, Holton	06:50	07:45	08:34	09:53	10:55	11:55	12:55	13:55	14:55	16:00	17:00	17:57	18:52	19:59	21:25	22:40	23:40
Farmer Palmers, Organford	06:53	07:48	08:37	09:56	10:58	11:58	12:58	13:58	14:58	16:03	17:03	18:00	18:55	20:02	21:28	22:43	23:43
South Lytchett Manor, Lytchett	06:57	07:54	08:43	10:02	11:04	12:04	13:04	14:04	15:04	16:09	17:09	18:06	19:00	20:07	21:32	22:47	23:47
Upton Crossroads	07:00	07:58	08:48	10:06	11:08	12:08	13:08	14:08	15:08	16:13	17:13	18:10	19:03	20:10	21:35	22:50	23:50
v Bus Station, Poole	07:10	08:10	09:00	10:17	11:20	12:20	13:20	14:20	15:20	16:25	17:25	18:22	19:15	20:20	21:45	23:00	00:00

^ = Pick up only | v = Set down only | - = Does not serve | Days row: M=Mon Tu=Tue W=Wed Th=Thu F=Fri Sa=Sat Su=Sun

Outbound - Saturdays

^ Bus Station, Swanage	06:10	07:05	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:05	19:15	20:45	22:00	23:00
Capston Field, Langton Matrave	06:19	07:14	08:10	09:12	10:12	11:12	12:12	13:12	14:12	15:12	16:12	17:12	18:16	19:25	20:54	22:09	23:09
Scott Arms, Kingston	06:24	07:19	08:15	09:18	10:18	11:18	12:18	13:18	14:18	15:18	16:18	17:18	18:22	19:31	20:59	22:14	23:14
Village Centre, Corfe Castle	06:29	07:24	08:21	09:24	10:25	11:25	12:25	13:25	14:25	15:25	16:25	17:24	18:28	19:37	21:04	22:19	23:19
Stoborough Green	06:35	07:31	08:28	09:31	10:33	11:33	12:33	13:33	14:33	15:33	16:33	17:32	18:35	19:43	21:10	22:25	23:25
Red Lion, Wareham	06:39	07:36	08:33	09:38	10:40	11:40	12:40	13:40	14:40	15:40	16:40	17:38	18:40	19:48	21:14	22:29	23:29
Wareham Station	06:42	07:40	08:37	09:42	10:44	11:44	12:44	13:44	14:44	15:44	16:44	17:42	18:44	19:51	21:17	22:32	23:32
Sherford Drive, Northport	06:44	07:42	08:39	09:45	10:47	11:47	12:47	13:47	14:47	15:47	16:47	17:44	18:46	19:53	21:19	22:34	23:34
Sandford Holiday Park, Holton	06:50	07:48	08:45	09:53	10:55	11:55	12:55	13:55	14:55	15:55	16:55	17:52	18:52	19:59	21:25	22:40	23:40
Farmer Palmers, Organford	06:53	07:51	08:48	09:56	10:58	11:58	12:58	13:58	14:58	15:58	16:58	17:55	18:55	20:02	21:28	22:43	23:43
South Lytchett Manor, Lytchett	06:57	07:55	08:53	10:02	11:04	12:04	13:04	14:04	15:04	16:04	17:04	18:01	19:00	20:07	21:32	22:47	23:47
Upton Crossroads	07:00	07:59	08:57	10:06	11:08	12:08	13:08	14:08	15:08	16:08	17:08	18:05	19:03	20:10	21:35	22:50	23:50
v Bus Station, Poole	07:10	08:10	09:08	10:17	11:20	12:20	13:20	14:20	15:20	16:20	17:20	18:17	19:15	20:20	21:45	23:00	00:00

^ = Pick up only | v = Set down only | - = Does not serve | Days row: M=Mon Tu=Tue W=Wed Th=Thu F=Fri Sa=Sat Su=Sun

Outbound - Sundays and Public Holidays

^ Bus Station, Swanage	07:10	08:05	09:05	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:10	19:15	22:00
Capston Field, Langton Matrave	07:19	08:15	09:17	10:12	11:12	12:12	13:12	14:12	15:12	16:12	17:12	18:21	19:25	22:09
Scott Arms, Kingston	07:24	08:20	09:23	10:18	11:18	12:18	13:18	14:18	15:18	16:18	17:18	18:27	19:31	22:14
Village Centre, Corfe Castle	07:29	08:26	09:29	10:25	11:25	12:25	13:25	14:25	15:25	16:25	17:24	18:33	19:37	22:19
Stoborough Green	07:36	08:33	09:36	10:33	11:33	12:33	13:33	14:33	15:33	16:33	17:32	18:40	19:43	22:25
Red Lion, Wareham	07:41	08:38	09:43	10:40	11:40	12:40	13:40	14:40	15:40	16:40	17:38	18:45	19:48	22:29
Wareham Station	07:45	08:42	09:47	10:44	11:44	12:44	13:44	14:44	15:44	16:44	17:42	18:49	19:51	22:32
Sherford Drive, Northport	07:47	08:44	09:50	10:47	11:47	12:47	13:47	14:47	15:47	16:47	17:44	18:51	19:53	22:34
Sandford Holiday Park, Holton	07:53	08:50	09:58	10:55	11:55	12:55	13:55	14:55	15:55	16:55	17:52	18:57	19:59	22:40
Farmer Palmers, Organford	07:56	08:53	10:01	10:58	11:58	12:58	13:58	14:58	15:58	16:58	17:55	19:00	20:02	22:43
South Lytchett Manor, Lytchett	08:00	08:58	10:07	11:04	12:04	13:04	14:04	15:04	16:04	17:04	18:01	19:05	20:07	22:47
Upton Crossroads	08:04	09:02	10:11	11:08	12:08	13:08	14:08	15:08	16:08	17:08	18:05	19:08	20:10	22:50
v Bus Station, Poole	08:15	09:13	10:22	11:20	12:20	13:20	14:20	15:20	16:20	17:20	18:17	19:20	20:20	23:00

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Inbound - Weekdays

^ Bus Station, Poole	06:40	07:20	08:40	09:35	10:35	11:35	12:35	13:35	14:35	15:35	16:35	17:35	18:35	19:35	20:35	21:50	23:10
Triangle Shops, Upton	06:49	07:30	08:51	09:48	10:48	11:48	12:48	13:48	14:48	15:48	16:48	17:48	18:46	19:44	20:44	21:59	23:19
St. Peters Finger, Lytchett Mi	06:52	07:34	08:55	09:53	10:53	11:53	12:53	13:53	14:53	15:53	16:53	17:53	18:50	19:48	20:48	22:03	23:23
Farmer Palmers, Organford	06:56	07:38	08:59	09:57	10:57	11:57	12:57	13:57	14:57	15:57	16:57	17:57	18:54	19:52	20:52	22:07	23:27
Sandford Holiday Park, Holton	06:59	07:41	09:03	10:02	11:02	12:02	13:02	14:02	15:02	16:02	17:02	18:01	18:57	19:55	20:55	22:10	23:30
Sherford Drive, Northport	07:05	07:48	09:11	10:10	11:10	12:10	13:10	14:10	15:10	16:10	17:10	18:08	19:03	20:01	21:01	22:16	23:36
Wareham Station	07:07	07:51	09:14	10:13	11:13	12:13	13:13	14:13	15:13	16:13	17:13	18:11	19:06	20:03	21:03	22:18	23:38
South Bridge, Wareham	07:11	07:56	09:20	10:20	11:20	12:20	13:20	14:20	15:20	16:20	17:20	18:16	19:11	20:07	21:07	22:22	23:42
Stoborough Green	07:14	07:59	09:23	10:23	11:23	12:23	13:23	14:23	15:23	16:23	17:23	18:19	19:14	20:10	21:10	22:25	23:45
Village Centre, Corfe Castle	07:21	08:07	09:31	10:33	11:33	12:33	13:33	14:33	15:33	16:33	17:31	18:27	19:21	20:16	21:16	22:31	23:51
Scott Arms, Kingston	07:26	08:12	09:36	10:39	11:39	12:39	13:39	14:39	15:39	16:39	17:37	18:33	19:26	20:21	21:21	22:36	23:56
Capstan Field, Langton Matrave	07:31	08:17	09:41	10:44	11:44	12:44	13:44	14:44	15:44	16:44	17:42	18:38	19:31	20:26	21:26	22:41	00:01
v Bus Station, Swanage	07:39	08:27	09:52	10:55	11:55	12:55	13:55	14:55	15:55	16:55	17:53	18:49	19:41	20:34	21:34	22:49	00:09

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Inbound - Saturdays

^ Bus Station, Poole	06:40	07:40	08:40	09:35	10:35	11:35	12:35	13:35	14:35	15:35	16:35	17:35	18:35	19:35	20:35	21:50	23:10
Triangle Shops, Upton	06:49	07:50	08:51	09:48	10:48	11:48	12:48	13:48	14:48	15:48	16:48	17:48	18:46	19:44	20:44	21:59	23:19
St. Peters Finger, Lytchett Mi	06:52	07:54	08:55	09:53	10:53	11:53	12:53	13:53	14:53	15:53	16:53	17:53	18:50	19:48	20:48	22:03	23:23
Farmer Palmers, Organford	06:56	07:58	08:59	09:57	10:57	11:57	12:57	13:57	14:57	15:57	16:57	17:57	18:54	19:52	20:52	22:07	23:27
Sandford Holiday Park, Holton	06:59	08:01	09:03	10:02	11:02	12:02	13:02	14:02	15:02	16:02	17:02	18:01	18:57	19:55	20:55	22:10	23:30
Sherford Drive, Northport	07:05	08:07	09:11	10:10	11:10	12:10	13:10	14:10	15:10	16:10	17:09	18:08	19:03	20:01	21:01	22:16	23:36
Wareham Station	07:07	08:09	09:14	10:13	11:13	12:13	13:13	14:13	15:13	16:13	17:12	18:11	19:06	20:03	21:03	22:18	23:38
South Bridge, Wareham	07:11	08:14	09:20	10:20	11:20	12:20	13:20	14:20	15:20	16:20	17:19	18:16	19:11	20:07	21:07	22:22	23:42
Stoborough Green	07:14	08:17	09:23	10:23	11:23	12:23	13:23	14:23	15:23	16:23	17:22	18:19	19:14	20:10	21:10	22:25	23:45
Village Centre, Corfe Castle	07:21	08:25	09:31	10:33	11:33	12:33	13:33	14:33	15:33	16:33	17:30	18:27	19:21	20:16	21:16	22:31	23:51
Scott Arms, Kingston	07:26	08:30	09:36	10:39	11:39	12:39	13:39	14:39	15:39	16:39	17:36	18:33	19:26	20:21	21:21	22:36	23:56
Capstan Field, Langton Matrave	07:31	08:35	09:41	10:44	11:44	12:44	13:44	14:44	15:44	16:44	17:41	18:38	19:31	20:26	21:26	22:41	00:01
v Bus Station, Swanage	07:39	08:44	09:52	10:55	11:55	12:55	13:55	14:55	15:55	16:55	17:52	18:49	19:41	20:34	21:34	22:49	00:09

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Inbound - Sundays and Public Holidays

^ Bus Station, Poole	07:40	08:35	09:35	10:35	11:35	12:35	13:35	14:35	15:35	16:35	17:35	18:35	20:40	23:10
Triangle Shops, Upton	07:50	08:46	09:48	10:48	11:48	12:48	13:48	14:48	15:48	16:48	17:48	18:46	20:49	23:19
St. Peters Finger, Lytchett Mi	07:54	08:50	09:53	10:53	11:53	12:53	13:53	14:53	15:53	16:53	17:53	18:50	20:53	23:23
Farmer Palmers, Organford	07:58	08:54	09:57	10:57	11:57	12:57	13:57	14:57	15:57	16:57	17:57	18:54	20:57	23:27
Sandford Holiday Park, Holton	08:01	08:58	10:02	11:02	12:02	13:02	14:02	15:02	16:02	17:02	18:01	18:57	21:00	23:30
Sherford Drive, Northport	08:07	09:06	10:10	11:10	12:10	13:10	14:10	15:10	16:10	17:09	18:08	19:03	21:06	23:36
Wareham Station	08:09	09:09	10:13	11:13	12:13	13:13	14:13	15:13	16:13	17:12	18:11	19:06	21:08	23:38
South Bridge, Wareham	08:14	09:15	10:20	11:20	12:20	13:20	14:20	15:20	16:20	17:19	18:16	19:11	21:12	23:42
Stoborough Green	08:17	09:18	10:23	11:23	12:23	13:23	14:23	15:23	16:23	17:22	18:19	19:14	21:15	23:45
Village Centre, Corfe Castle	08:25	09:26	10:33	11:33	12:33	13:33	14:33	15:33	16:33	17:30	18:27	19:21	21:21	23:51
Scott Arms, Kingston	08:30	09:31	10:39	11:39	12:39	13:39	14:39	15:39	16:39	17:36	18:33	19:26	21:26	23:56
Capstan Field, Langton Matrave	08:35	09:36	10:44	11:44	12:44	13:44	14:44	15:44	16:44	17:41	18:38	19:31	21:31	00:01
v Bus Station, Swanage	08:44	09:47	10:55	11:55	12:55	13:55	14:55	15:55	16:55	17:52	18:49	19:41	21:39	00:09

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