

MONDAYS TO FRIDAYS

from 30th August 2026

Notes:

Luton Station Interchange , Stand 9 ⇄	0440	0525	0540	0555	0610	0625	0645	0655	0710	0730	0750	0805
Luton , London Road, opp Stockwood Park	0449	0534	0549	0607	0622	0637	0657	0709	0724	0743	0803	0817
Kinsbourne Green , Luton Rd, opp The Common	0456	0541	0556	0614	0629	0644	0704	0718	0733	0754	0812	0826
Harpenden , High Street, The George, Stop D	0501	0546	0603	0621	0636	0651	0714	0728	0746	0807	0828	0842
St Albans , Harpenden Road, Girls' School	0510	0555	0614	0632	0647	0702	0727	0746	0804	0825	0846	0856
St Albans , St Peter's Street, Stop 5	0517	0602	0623	0641	0656	0715	0740	0803	0827	0845	0906	0916
St Albans Abbey Railway Station , Stop A ⇄	0519	0605	0626	0644	0659	0718	0743	0806	0830	0848	0909	0919
Chiswell Green , Watford Rd, opp Ragged Hall Ln	0523	0610	0631	0649	0705	0724	0749	0814	0838	0855	0915	0925
Garston , St Albans Road, Park Parade	0532	0622	0643	0701	0721	0740	0809	0832	0852	0908	0928	0938
North Watford , St Albans Road, Library	0540	0633	0654	0714	0734	0756	0826	0849	0906	0921	0941	0948
Watford Junction Railway Stn , Stop 2 ⇄	0546	0642	0703	0725	0747	0809	0840	0900	0917	0932	0952	0959
Watford , Beechen Grove, Stop M	0549	0646	0707	0729	0751	0814	0845	0905	0922	0936	0956	1003
Watford Hospital , Thomas Sawyer Way, Car Park	0557	0655	0717	0739	0801	0824						

Notes:

Luton Station Interchange , Stand 9 ⇄	0820	0840	0855	0915	0930	0945	1000	1015	1030	1045	1100	1115
Luton , London Road, opp Stockwood Park	0832	0851	0906	0926	0941	0956	1011	1026	1041	1056	1111	1126
Kinsbourne Green , Luton Rd, opp The Common	0840	0859	0914	0934	0948	1003	1018	1033	1048	1103	1118	1133
Harpenden , High Street, The George, Stop D	0854	0913	0925	0942	0956	1011	1026	1041	1056	1111	1126	1141
St Albans , Harpenden Road, Girls' School	0908	0925	0937	0953	1007	1022	1037	1052	1107	1122	1137	1152
St Albans , St Peter's Street, Stop 5	0922	0939	0948	1004	1018	1033	1048	1103	1118	1133	1148	1203
St Albans Abbey Railway Station , Stop A ⇄	0925	0943	0952	1008	1022	1037	1052	1107	1122	1137	1152	1207
Chiswell Green , Watford Rd, opp Ragged Hall Ln	0932	0950	0959	1015	1029	1044	1059	1114	1129	1144	1159	1214
Garston , St Albans Road, Park Parade	0942	1000	1009	1025	1039	1054	1109	1124	1139	1154	1209	1224
North Watford , St Albans Road, Library	0952	1010	1019	1035	1049	1104	1119	1134	1149	1204	1219	1234
Watford Junction Railway Stn , Stop 2 ⇄	1003	1021	1030	1046	1100	1115	1130	1145	1200	1215	1230	1245
Watford , Beechen Grove, Stop M	1007	1025	1034	1050	1104	1119	1134	1149	1204	1219	1234	1249
Watford Hospital , Thomas Sawyer Way, Car Park	1018	1036	1045	1101	1115	1130	1145	1200	1215	1230	1245	1300

Notes:

Luton Station Interchange , Stand 9 ⇄	1130	1145	1200	1215	1230	1245	1300	1315	1330	1345	1400	1415
Luton , London Road, opp Stockwood Park	1141	1156	1211	1226	1241	1256	1311	1326	1341	1356	1411	1426
Kinsbourne Green , Luton Rd, opp The Common	1148	1203	1218	1233	1248	1303	1318	1333	1348	1403	1418	1433
Harpenden , High Street, The George, Stop D	1156	1211	1226	1241	1256	1311	1326	1341	1356	1411	1426	1442
St Albans , Harpenden Road, Girls' School	1207	1222	1237	1252	1307	1322	1337	1352	1407	1422	1437	1454
St Albans , St Peter's Street, Stop 5	1218	1233	1248	1303	1318	1333	1348	1403	1418	1433	1451	1508
St Albans Abbey Railway Station , Stop A ⇄	1222	1237	1252	1307	1322	1337	1352	1407	1422	1438	1456	1514
Chiswell Green , Watford Rd, opp Ragged Hall Ln	1229	1244	1259	1314	1329	1344	1359	1414	1429	1446	1504	1525
Garston , St Albans Road, Park Parade	1239	1254	1309	1324	1339	1354	1409	1424	1439	1458	1518	1539
North Watford , St Albans Road, Library	1249	1304	1319	1334	1349	1404	1419	1434	1450	1509	1531	1553
Watford Junction Railway Stn , Stop 2 ⇄	1300	1315	1330	1345	1400	1415	1430	1445	1501	1520	1542	1604
Watford , Beechen Grove, Stop M	1304	1319	1334	1349	1404	1419	1435	1450	1506	1525	1547	1609
Watford Hospital , Thomas Sawyer Way, Car Park	1315	1330	1345	1400	1415	1430	1446	1501	1517	1536	1559	1621

NOTES: ⇄ - Near Railway Station ⇄ - Interchange with Express Coaches

MONDAYS TO FRIDAYS

from 30th August 2026

Notes:

Luton Station Interchange , Stand 9 ⇄	1430	1445	1505	1525	1545	1605	1620	1640	1700	1720	1740	1800
Luton , London Road, opp Stockwood Park	1441	1456	1517	1537	1557	1617	1632	1652	1712	1732	1751	1811
Kinsbourne Green , Luton Rd, opp The Common	1448	1503	1524	1544	1604	1624	1639	1659	1719	1739	1758	1818
Harpenden , High Street, The George, Stop D	1457	1512	1533	1555	1613	1633	1647	1707	1727	1747	1806	1826
St Albans , Harpenden Road, Girls' School	1509	1524	1545	1607	1625	1645	1659	1719	1739	1759	1817	1837
St Albans , St Peter's Street, Stop 5	1531	1546	1608	1623	1641	1700	1714	1732	1752	1812	1830	1849
St Albans Abbey Railway Station , Stop A ≈	1536	1551	1613	1628	1646	1705	1719	1736	1756	1816	1834	
Chiswell Green , Watford Rd, opp Ragged Hall Ln	1545	1600	1622	1637	1654	1713	1727	1744	1804	1823	1840	
Garston , St Albans Road, Park Parade	1600	1615	1637	1652	1709	1727	1741	1758	1817	1836	1851	
North Watford , St Albans Road, Library	1612	1627	1649	1704	1720	1738	1752	1809	1827	1845	1900	
Watford Junction Railway Stn , Stop 2 ≈	1624	1639	1701	1716	1732	1750	1804	1820	1838	1856	1911	
Watford , Beechen Grove, Stop M	1629	1644	1706	1721	1737	1755	1809	1825	1843	1901	1916	
Watford Hospital , Thomas Sawyer Way, Car Park	1641	1656	1718	1733	1750		1820	1836	1853		1926	

Notes:

Luton Station Interchange , Stand 9 ⇄	1820	1840	1900	1930	2000	2030	2100	2130	2200			
Luton , London Road, opp Stockwood Park	1830	1850	1910	1939	2009	2039	2109	2139	2209			
Kinsbourne Green , Luton Rd, opp The Common	1837	1857	1917	1946	2016	2046	2116	2146	2216			
Harpenden , High Street, The George, Stop D	1844	1904	1924	1951	2021	2051	2121	2151	2221			
St Albans , Harpenden Road, Girls' School	1855	1915	1935	2000	2030	2100	2130	2200	2230			
St Albans , St Peter's Street, Stop 5	1907	1927	1942	2007	2037	2107	2137	2207	2237			
St Albans Abbey Railway Station , Stop A ≈	1910		1945	2010	2040	2110		2210				
Chiswell Green , Watford Rd, opp Ragged Hall Ln	1916		1950	2015	2045	2115		2215				
Garston , St Albans Road, Park Parade	1926		1958	2023	2053	2123		2223				
North Watford , St Albans Road, Library	1934		2005	2030	2100	2130		2230				
Watford Junction Railway Stn , Stop 2 ≈	1941		2013	2038	2108	2138		2238				
Watford , Beechen Grove, Stop M	1945		2017	2042	2112	2142		2242				
Watford Hospital , Thomas Sawyer Way, Car Park	1953		2025	2050	2120	2150		2250				

NOTES: ≈ - Near Railway Station ⇄ - Interchange with Express Coaches

SATURDAYS

from 30th August 2026

Notes:

Luton Station Interchange, Stand 9 ➡➠	0600	0630	0700	0730	0800	0815	0840	0900	0915	0930	0945	1000
Luton , London Road, opp Stockwood Park	0612	0642	0712	0741	0811	0826	0850	0911	0926	0941	0956	1012
Kinsbourne Green , Luton Rd, opp The Common	0619	0649	0719	0748	0818	0833	0857	0919	0933	0948	1003	1019
Harpenden , High Street, The George, Stop D	0626	0656	0726	0755	0825	0840	0904	0927	0942	0957	1013	1029
St Albans , Harpenden Road, Girls' School	0637	0707	0737	0806	0836	0851	0915	0938	0953	1008	1024	1040
St Albans , St Peter's Street, Stop 5	0647	0717	0747	0817	0847	0902	0926	0950	1005	1021	1037	1053
St Albans Abbey Railway Station , Stop A ➡	0650	0720	0750	0820	0850	0905	0929	0954	1009	1025	1041	1057
Chiswell Green , Watford Rd, opp Ragged Hall Ln	0654	0725	0755	0826	0856	0911	0935	1001	1016	1032	1048	1104
Garston , St Albans Road, Park Parade	0703	0735	0805	0836	0906	0920	0944	1012	1027	1043	1059	1115
North Watford , St Albans Road, Library	0711	0743	0813	0845	0916	0930	0954	1022	1037	1053	1109	1125
Watford Junction Railway Stn , Stop 2 ➡	0719	0752	0822	0855	0926	0941	1005	1033	1048	1104	1120	1136
Watford , Beechen Grove, Stop M	0723	0756	0826	0859	0930	0945	1010	1038	1053	1109	1125	1141
Watford Hospital , Thomas Sawyer Way, Car Park	0732	0805	0835	0908	0940	0955	1022	1050	1105	1121	1137	1153

Notes:

Luton Station Interchange, Stand 9 ➡➠	1015	1030	1045	1100	1115	1130	1145	1200	1215	1230	1245	1300
Luton , London Road, opp Stockwood Park	1027	1042	1057	1112	1127	1142	1157	1212	1227	1242	1257	1312
Kinsbourne Green , Luton Rd, opp The Common	1034	1049	1104	1119	1134	1149	1204	1219	1234	1249	1304	1319
Harpenden , High Street, The George, Stop D	1044	1059	1114	1129	1144	1159	1214	1229	1244	1259	1314	1329
St Albans , Harpenden Road, Girls' School	1055	1110	1125	1140	1155	1210	1225	1240	1255	1310	1325	1340
St Albans , St Peter's Street, Stop 5	1108	1123	1138	1153	1208	1223	1238	1253	1308	1323	1338	1353
St Albans Abbey Railway Station , Stop A ➡	1112	1127	1142	1157	1212	1227	1242	1257	1312	1327	1342	1357
Chiswell Green , Watford Rd, opp Ragged Hall Ln	1119	1134	1149	1204	1219	1234	1249	1304	1319	1334	1349	1404
Garston , St Albans Road, Park Parade	1130	1145	1200	1215	1230	1245	1300	1315	1330	1345	1400	1416
North Watford , St Albans Road, Library	1140	1155	1210	1225	1240	1255	1310	1325	1340	1355	1409	1425
Watford Junction Railway Stn , Stop 2 ➡	1151	1206	1221	1236	1251	1306	1321	1336	1351	1406	1420	1436
Watford , Beechen Grove, Stop M	1156	1211	1226	1241	1256	1311	1326	1341	1356	1411	1425	1441
Watford Hospital , Thomas Sawyer Way, Car Park	1208	1223	1238	1253	1308	1323	1338	1353	1408	1423	1437	1453

Notes:

Luton Station Interchange, Stand 9 ➡➠	1315	1330	1345	1400	1420	1440	1500	1520	1540	1600	1620	1640
Luton , London Road, opp Stockwood Park	1327	1342	1357	1413	1433	1453	1513	1533	1553	1613	1633	1653
Kinsbourne Green , Luton Rd, opp The Common	1334	1349	1404	1420	1440	1500	1520	1540	1600	1620	1640	1700
Harpenden , High Street, The George, Stop D	1344	1359	1412	1428	1448	1508	1528	1548	1608	1628	1648	1707
St Albans , Harpenden Road, Girls' School	1355	1410	1423	1439	1459	1519	1539	1559	1619	1639	1659	1717
St Albans , St Peter's Street, Stop 5	1408	1421	1434	1450	1510	1530	1550	1610	1630	1650	1710	1726
St Albans Abbey Railway Station , Stop A ➡	1412	1425	1438	1454	1514	1534	1554	1614	1634	1654		1730
Chiswell Green , Watford Rd, opp Ragged Hall Ln	1420	1433	1446	1502	1522	1542	1602	1622	1642	1702		1737
Garston , St Albans Road, Park Parade	1432	1445	1458	1514	1534	1554	1614	1634	1654	1712		1747
North Watford , St Albans Road, Library	1441	1454	1507	1523	1543	1603	1623	1643	1703	1721		1756
Watford Junction Railway Stn , Stop 2 ➡	1452	1505	1518	1534	1554	1614	1634	1654	1714	1732		1807
Watford , Beechen Grove, Stop M	1457	1510	1523	1539	1559	1619	1639	1659	1719	1737		1812
Watford Hospital , Thomas Sawyer Way, Car Park	1509	1522	1535	1551	1611	1631	1651	1711	1731	1749		1822

NOTES: ➡ - Near Railway Station ➠ - Interchange with Express Coaches

Luton – St Albans/Watford

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SATURDAYS

from 30th August 2026

Notes:

Luton Station Interchange , Stand 9 ⇄	1700	1720	1750	1830	1900	1930	2000	2030	2100	2130	2200
Luton , London Road, opp Stockwood Park	1711	1731	1801	1841	1909	1939	2009	2039	2109	2139	2209
Kinsbourne Green , Luton Rd, opp The Common	1718	1738	1808	1848	1916	1946	2016	2046	2116	2146	2216
Harpenden , High Street, The George, Stop D	1725	1745	1815	1855	1921	1951	2021	2051	2121	2151	2221
St Albans , Harpenden Road, Girls' School	1735	1755	1825	1905	1930	2000	2030	2100	2130	2200	2230
St Albans , St Peter's Street, Stop 5	1744	1804	1834	1912	1937	2007	2037	2107	2137	2207	2237
St Albans Abbey Railway Station , Stop A ⇄		1808	1838	1915	1940	2010	2040	2110		2210	
Chiswell Green , Watford Rd, opp Ragged Hall Ln		1815	1845	1920	1945	2015	2045	2115		2215	
Garston , St Albans Road, Park Parade		1825	1855	1928	1953	2023	2053	2123		2223	
North Watford , St Albans Road, Library		1834	1904	1935	2000	2030	2100	2130		2230	
Watford Junction Railway Stn , Stop 2 ⇄		1845	1912	1943	2008	2038	2108	2138		2238	
Watford , Beechen Grove, Stop M		1850	1916	1947	2012	2042	2112	2142		2242	
Watford Hospital , Thomas Sawyer Way, Car Park		1902	1924	1955	2020	2050	2120	2150		2250	

SUNDAYS

from 30th August 2026

Notes:

Luton Station Interchange , Stand 9 ⇄	0610	0710	0740	0810	0840	0910	0935	1000	1030	1100	1130	1200
Luton , London Road, opp Stockwood Park	0621	0721	0751	0821	0851	0921	0946	1011	1041	1111	1141	1211
Kinsbourne Green , Luton Rd, opp The Common	0628	0728	0758	0828	0858	0928	0953	1018	1048	1118	1148	1218
Harpenden , High Street, The George, Stop D	0634	0734	0804	0834	0904	0934	0959	1025	1055	1125	1155	1225
St Albans , Harpenden Road, Girls' School	0643	0743	0813	0843	0913	0943	1007	1036	1106	1136	1206	1236
St Albans , St Peter's Street, Stop 5	0650	0750	0820	0850	0920	0950	1017	1047	1117	1147	1217	1247
St Albans Abbey Railway Station , Stop A ⇄	0653	0753	0823	0853	0923	0953	1021	1051	1121	1151	1221	1251
Chiswell Green , Watford Rd, opp Ragged Hall Ln	0659	0759	0829	0859	0929	0959	1029	1059	1129	1159	1229	1259
Garston , St Albans Road, Park Parade	0708	0808	0838	0908	0938	1007	1039	1109	1139	1209	1239	1309
North Watford , St Albans Road, Library	0716	0816	0846	0916	0946	1017	1049	1119	1149	1219	1249	1319
Watford Junction Railway Stn , Stop 2 ⇄	0724	0824	0854	0924	0954	1027	1059	1129	1159	1229	1259	1329
Watford , Beechen Grove, Stop M	0729	0829	0859	0929	0959	1031	1103	1133	1203	1233	1303	1333
Watford Hospital , Thomas Sawyer Way, Car Park	0739	0839	0909	0939	1008	1043	1116	1146	1216	1246	1316	1346

Notes:

Luton Station Interchange , Stand 9 ⇄	1230	1300	1330	1400	1430	1500	1530	1600	1700	1800	1900	2000
Luton , London Road, opp Stockwood Park	1241	1311	1341	1411	1441	1511	1541	1611	1711	1811	1910	2010
Kinsbourne Green , Luton Rd, opp The Common	1248	1318	1348	1418	1448	1518	1548	1618	1718	1818	1917	2017
Harpenden , High Street, The George, Stop D	1255	1325	1355	1425	1455	1524	1554	1624	1724	1824	1922	2022
St Albans , Harpenden Road, Girls' School	1306	1336	1406	1436	1506	1534	1604	1634	1734	1833	1931	2031
St Albans , St Peter's Street, Stop 5	1317	1347	1417	1447	1517	1543	1613	1641	1744	1842	1939	2039
St Albans Abbey Railway Station , Stop A ⇄	1321	1351	1421	1451	1521	1547	1617	1645	1748	1846	1942	2042
Chiswell Green , Watford Rd, opp Ragged Hall Ln	1329	1359	1429	1458	1528	1554	1624	1651	1754	1852	1947	2047
Garston , St Albans Road, Park Parade	1339	1409	1439	1509	1539	1604	1634	1701	1804	1902	1955	2055
North Watford , St Albans Road, Library	1349	1419	1449	1519	1549	1613	1643	1710	1812	1909	2002	2102
Watford Junction Railway Stn , Stop 2 ⇄	1359	1429	1459	1529	1559	1623	1652	1719	1821	1918	2011	2111
Watford , Beechen Grove, Stop M	1403	1433	1503	1533	1603	1627	1656	1723	1825	1921	2014	2114
Watford Hospital , Thomas Sawyer Way, Car Park	1416	1446	1516	1546	1616	1642	1709	1733	1835	1929	2022	2122

NOTES: ⇄ - Near Railway Station ⇄ - Interchange with Express Coaches

Luton – St Albans/Watford

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SUNDAYS

from 30th August 2026

Notes:

Luton Station Interchange , Stand 9 ⇄	2100	2200
Luton , London Road, opp Stockwood Park	2110	2211
Kinsbourne Green , Luton Rd, opp The Common	2117	2217
Harpenden , High Street, The George, Stop D	2122	2222
St Albans , Harpenden Road, Girls' School	2131	2231
St Albans , St Peter's Street, Stop 5	2139	2239
St Albans Abbey Railway Station , Stop A ⇄	2142	
Chiswell Green , Watford Rd, opp Ragged Hall Ln	2147	
Garston , St Albans Road, Park Parade	2155	
North Watford , St Albans Road, Library	2202	
Watford Junction Railway Stn , Stop 2 ⇄	2211	
Watford , Beechen Grove, Stop M	2214	
Watford Hospital , Thomas Sawyer Way, Car Park	2222	

NOTES: ⇄ - Near Railway Station ⇄ - Interchange with Express Coaches

OPERATOR: Arriva Customer Care: 0344 800 4411

On Public Holidays (except over Christmas) - A SUNDAY Service Operates

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Watford/St Albans – Luton

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MONDAYS TO FRIDAYS

from 30th August 2026

Notes:

Watford Hospital , Thomas Sawyer Way, Car Park	0602	0629	0654	0708	0717	0730	0747	0810
Watford , Market Street, Stop J	0520	0609	0636	0701	0716	0725	0738	0755
Watford Junction Railway Stn , Stop 5 ➡	0528	0616	0643	0708	0723	0732	0746	0804
North Watford , St Albans Road, opp Library	0535	0625	0652	0719	0734	0744	0758	0818
Garston , St Albans Road, Premier Inn	0542	0635	0704	0731	0746	0759	0814	0834
Chiswell Green , Watford Rd, Ragged Hall Lane	0549	0644	0716	0745	0803	0816	0832	0847
St Albans Abbey Railway Stn , Stop B ➡	0553	0650	0724	0755	0813	0829	0844	0859
St Albans , St Peter's Street, Stop 10	0556	0625	0654	0712	0730	0745	0800	0820
St Albans , Harpenden Road, opp Girls' School	0601	0631	0700	0720	0739	0754	0810	0830
Harpenden , High Street, The George, Stop C	0612	0642	0712	0732	0751	0806	0822	0842
Kinsbourne Green , Luton Rd, The Common	0620	0650	0720	0740	0759	0814	0830	0850
Luton , London Road, Stockwood Park	0628	0658	0727	0747	0806	0821	0836	0856
Luton Station Interchange ➡↔	0635	0705	0735	0755	0815	0830	0845	0905

Notes:

Watford Hospital , Thomas Sawyer Way, Car Park	0829								1022	1037	1052	1107	1122
Watford , Market Street, Stop J	0837	0857	0915	0931	0946	1001	1016	1031	1046	1101	1116	1131	
Watford Junction Railway Stn , Stop 5 ➡	0845	0905	0922	0938	0953	1008	1023	1038	1053	1108	1123	1138	
North Watford , St Albans Road, opp Library	0900	0917	0934	0949	1004	1019	1034	1049	1104	1119	1134	1149	
Garston , St Albans Road, Premier Inn	0909	0926	0942	0957	1012	1027	1042	1057	1112	1127	1142	1157	
Chiswell Green , Watford Rd, Ragged Hall Lane	0920	0937	0952	1007	1022	1037	1052	1107	1122	1137	1152	1207	
St Albans Abbey Railway Stn , Stop B ➡	0930	0946	1001	1016	1031	1046	1101	1116	1131	1146	1201	1216	
St Albans , St Peter's Street, Stop 10	0937	0952	1007	1022	1037	1052	1107	1122	1137	1152	1207	1222	
St Albans , Harpenden Road, opp Girls' School	0944	0959	1014	1029	1044	1059	1114	1129	1144	1159	1214	1229	
Harpenden , High Street, The George, Stop C	0956	1011	1026	1041	1056	1111	1126	1141	1156	1211	1226	1241	
Kinsbourne Green , Luton Rd, The Common	1004	1019	1034	1049	1104	1119	1134	1149	1204	1219	1234	1249	
Luton , London Road, Stockwood Park	1011	1026	1041	1056	1111	1126	1141	1156	1211	1226	1241	1256	
Luton Station Interchange ➡↔	1020	1035	1050	1105	1120	1135	1150	1205	1220	1235	1250	1305	

Notes:

Watford Hospital , Thomas Sawyer Way, Car Park	1137	1152	1207	1222	1237	1252	1307	1322	1337	1352	1407	1422	
Watford , Market Street, Stop J	1146	1201	1216	1231	1246	1301	1316	1331	1346	1401	1416	1431	
Watford Junction Railway Stn , Stop 5 ➡	1153	1208	1223	1238	1253	1308	1323	1338	1353	1408	1423	1439	
North Watford , St Albans Road, opp Library	1204	1219	1234	1249	1304	1319	1334	1349	1404	1419	1434	1452	
Garston , St Albans Road, Premier Inn	1212	1227	1242	1257	1312	1327	1342	1357	1412	1427	1443	1501	
Chiswell Green , Watford Rd, Ragged Hall Lane	1222	1237	1252	1307	1322	1337	1352	1407	1422	1437	1454	1512	
St Albans Abbey Railway Stn , Stop B ➡	1231	1246	1301	1316	1331	1346	1401	1416	1431	1447	1504	1522	
St Albans , St Peter's Street, Stop 10	1237	1252	1307	1322	1337	1352	1407	1422	1437	1453	1510	1529	
St Albans , Harpenden Road, opp Girls' School	1244	1259	1314	1329	1344	1359	1414	1429	1446	1502	1522	1541	
Harpenden , High Street, The George, Stop C	1256	1311	1326	1341	1356	1411	1426	1441	1459	1515	1535	1554	
Kinsbourne Green , Luton Rd, The Common	1304	1319	1334	1349	1404	1419	1434	1452	1510	1529	1551	1610	
Luton , London Road, Stockwood Park	1311	1326	1341	1356	1411	1426	1441	1459	1517	1536	1558	1617	
Luton Station Interchange ➡↔	1320	1335	1350	1405	1420	1435	1452	1510	1529	1548	1610	1629	

NOTES: ➡ - Near Railway Station ↔ - Interchange with Express Coaches e - Arrives 5 minutes earlier f - Arrives 6 minutes earlier

Watford – Luton

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MONDAYS TO FRIDAYS

from 30th August 2026

Notes:

Watford Hospital , Thomas Sawyer Way, Car Park	1437	1452	1507	1522	1537	1600	1625	1645	1705	1725	1745	1805
Watford , Market Street, Stop J	1446	1501	1516	1531	1546	1609	1634	1654	1714	1734	1754	1814
Watford Junction Railway Stn , Stop 5 ➡	1454	1509	1524	1539	1554	1618	1643	1703	1724	1743	1803	1822
North Watford , St Albans Road, opp Library	1507	1523	1538	1554	1609	1635	1701	1722	1743	1803	1818	1837
Garston , St Albans Road, Premier Inn	1517	1533	1549	1605	1619	1645	1711	1732	1752	1812	1827	1845
Chiswell Green , Watford Rd, Ragged Hall Lane	1528	1544	1600	1615	1629	1655	1721	1742	1802	1821	1836	1854
St Albans Abbey Railway Stn , Stop B ➡	1538	1556	1612	1627	1641	1707	1733	1754	1813	1832	1845	1903
St Albans , St Peter's Street, Stop 10	1547 ^e	1604 ^e	1619 ^d	1634 ^d	1648 ^d	1714 ^d	1740 ^d	1801 ^d	1820	1836	1851	1909
St Albans , Harpenden Road, opp Girls' School	1559	1614	1629	1643	1657	1723	1748	1808	1827	1843	1858	1916
Harpenden , High Street, The George, Stop C	1612	1627	1642	1656	1710	1736	1800	1820	1839	1854	1909	1927
Kinsbourne Green , Luton Rd, The Common	1624	1639	1653	1707	1720	1748	1809	1829	1847	1902	1917	1935
Luton , London Road, Stockwood Park	1631	1646	1700	1714	1727	1755	1816	1836	1854	1909	1924	1942
Luton Station Interchange ➡↔	1643	1658	1712	1726	1739	1807	1827	1846	1904	1919	1934	1950

Notes:

Watford Hospital , Thomas Sawyer Way, Car Park	1825	1845	1905	1931	2002	2032	2057	2127	2157	2257		
Watford , Market Street, Stop J	1834	1853	1913	1938	2009	2039	2104	2134	2204	2304		
Watford Junction Railway Stn , Stop 5 ➡	1842	1901	1921	1944	2015	2045	2110	2140	2210	2310		
North Watford , St Albans Road, opp Library	1855	1914	1934	1953	2024	2054	2119	2149	2219	2319		
Garston , St Albans Road, Premier Inn	1903	1922	1941	2000	2031	2101	2126	2156	2226	2326		
Chiswell Green , Watford Rd, Ragged Hall Lane	1912	1931	1949	2008	2039	2109	2134	2204	2234	2334		
St Albans Abbey Railway Stn , Stop B ➡	1921	1937	1955	2014	2045	2115	2140	2210	2240	2340		
St Albans , St Peter's Street, Stop 10	1927	1941	1959	2018	2049	2119	2144	2214	2244	2344		
St Albans , Harpenden Road, opp Girls' School	1934	1946	2004	2023	2054	2124	2149	2219	2249	2349		
Harpenden , High Street, The George, Stop C	1944	1956	2014	2033	2104	2134	2159	2229	2259	2359		
Kinsbourne Green , Luton Rd, The Common	1950	2002	2020	2039	2110	2140	2205	2235	2305	0005		
Luton , London Road, Stockwood Park	1957	2009	2027	2046	2117	2147	2212	2242	2312	0012		
Luton Station Interchange ➡↔	2005	2017	2035	2054	2125	2155	2220	2250	2320	0020		

NOTES: ➡ - Near Railway Station ↔ - Interchange with Express Coaches ^d - Arrives 4 minutes earlier ^e - Arrives 5 minutes earlier

Watford/St Albans – Luton

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SATURDAYS

from 30th August 2026

Notes:

Watford Hospital , Thomas Sawyer Way, Car Park	0745	0810	0840		0925	0945	1000		1030		1100
Watford , Market Street, Stop J	0751	0817	0847		0933	0953	1009	1024	1039	1054	1109
Watford Junction Railway Stn , Stop 5 ➡	0757	0823	0853		0939	0959	1017	1032	1047	1102	1117
North Watford , St Albans Road, opp Library	0806	0833	0903		0949	1009	1030	1045	1100	1115	1130
Garston , St Albans Road, Premier Inn	0814	0841	0911		0957	1017	1038	1053	1108	1123	1138
Chiswell Green , Watford Rd, Ragged Hall Lane	0824	0851	0921		1006	1026	1047	1102	1117	1132	1147
St Albans Abbey Railway Stn , Stop B ➡	0831	0859	0929		1018	1038	1058	1113	1128	1143	1158
St Albans , St Peter's Street, Stop 10	0735	0835	0905	0935	1005	1025	1045	1105	1120	1135	1205
St Albans , Harpenden Road, opp Girls' School	0742	0842	0912	0942	1012	1032	1052	1112	1127	1142	1212
Harpenden , High Street, The George, Stop C	0753	0853	0924	0954	1024	1044	1104	1124	1139	1154	1224
Kinsbourne Green , Luton Rd, The Common	0801	0901	0932	1002	1032	1052	1112	1132	1147	1202	1232
Luton , London Road, Stockwood Park	0808	0908	0939	1009	1039	1059	1119	1139	1154	1209	1239
Luton Station Interchange ➡↔	0820	0920	0950	1020	1050	1110	1130	1150	1205	1220	1250

Notes:

Watford Hospital , Thomas Sawyer Way, Car Park	1115	1130	1145	1200	1215	1230	1245	1300	1315	1330	1345	1400
Watford , Market Street, Stop J	1124	1139	1154	1209	1224	1239	1254	1309	1324	1339	1354	1412
Watford Junction Railway Stn , Stop 5 ➡	1132	1147	1202	1217	1232	1247	1302	1317	1332	1347	1402	1421
North Watford , St Albans Road, opp Library	1145	1200	1215	1230	1245	1300	1315	1330	1345	1400	1415	1434
Garston , St Albans Road, Premier Inn	1153	1208	1223	1238	1253	1308	1323	1338	1353	1407	1422	1441
Chiswell Green , Watford Rd, Ragged Hall Lane	1202	1217	1232	1247	1302	1317	1332	1347	1402	1416	1431	1450
St Albans Abbey Railway Stn , Stop B ➡	1213	1228	1243	1258	1313	1328	1343	1358	1413	1426	1441	1500
St Albans , St Peter's Street, Stop 10	1220	1235	1250	1305	1320	1335	1350	1405	1420	1433	1448	1507
St Albans , Harpenden Road, opp Girls' School	1227	1242	1257	1312	1327	1342	1357	1412	1427	1439	1454	1513
Harpenden , High Street, The George, Stop C	1239	1254	1309	1324	1339	1354	1409	1424	1439	1450	1505	1524
Kinsbourne Green , Luton Rd, The Common	1247	1302	1317	1332	1347	1402	1417	1432	1447	1458	1513	1532
Luton , London Road, Stockwood Park	1254	1309	1324	1339	1354	1409	1424	1439	1454	1505	1520	1539
Luton Station Interchange ➡↔	1305	1320	1335	1350	1405	1420	1435	1450	1505	1516	1531	1550

Notes:

Watford Hospital , Thomas Sawyer Way, Car Park	1415	1430	1445	1500	1515	1530	1545	1600	1620	1640	1700	1720
Watford , Market Street, Stop J	1427	1442	1457	1512	1527	1542	1557	1612	1632	1652	1711	1731
Watford Junction Railway Stn , Stop 5 ➡	1436	1451	1506	1521	1536	1551	1606	1621	1641	1701	1719	1739
North Watford , St Albans Road, opp Library	1449	1504	1519	1534	1549	1604	1619	1634	1654	1716	1734	1754
Garston , St Albans Road, Premier Inn	1456	1511	1526	1541	1556	1611	1626	1641	1701	1724	1742	1802
Chiswell Green , Watford Rd, Ragged Hall Lane	1505	1520	1535	1550	1605	1620	1635	1650	1710	1733	1751	1811
St Albans Abbey Railway Stn , Stop B ➡	1515	1530	1545	1600	1615	1630	1645	1700	1719	1742	1800	1820
St Albans , St Peter's Street, Stop 10	1522	1537	1552	1607	1622	1637	1652	1704	1725	1748	1806	1826
St Albans , Harpenden Road, opp Girls' School	1528	1543	1558	1613	1628	1643	1658	1710	1731	1754	1812	1832
Harpenden , High Street, The George, Stop C	1539	1554	1609	1624	1639	1654	1709	1720	1741	1804	1822	1842
Kinsbourne Green , Luton Rd, The Common	1547	1602	1617	1632	1647	1702	1717	1727	1748	1811	1829	1849
Luton , London Road, Stockwood Park	1554	1609	1624	1639	1654	1708	1722	1733	1754	1817	1835	1855
Luton Station Interchange ➡↔	1605	1620	1635	1650	1705	1717	1731	1742	1803	1826	1844	1904

NOTES: ➡ - Near Railway Station ↔ - Interchange with Express Coaches

Watford/St Albans – Luton

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SATURDAYS

from 30th August 2026

Notes:

Watford Hospital , Thomas Sawyer Way, Car Park	1740	1805	1835	1905	1932	2002	2027	2057	2127	2227	2257
Watford , Market Street, Stop J	1751	1816	1846	1912	1939	2009	2034	2104	2134	2234	2304
Watford Junction Railway Stn , Stop 5 ➡	1759	1824	1854	1918	1945	2015	2040	2110	2140	2240	2310
North Watford , St Albans Road, opp Library	1812	1839	1909	1927	1954	2024	2049	2119	2149	2249	2319
Garston , St Albans Road, Premier Inn	1820	1847	1916	1934	2001	2031	2056	2126	2156	2256	2326
Chiswell Green , Watford Rd, Ragged Hall Lane	1829	1856	1924	1942	2009	2039	2104	2134	2204	2304	2334
St Albans Abbey Railway Stn , Stop B ➡	1838	1905	1930	1948	2014	2044	2109	2139	2209	2309	2339
St Albans , St Peter's Street, Stop 10	1844	1911	1934	1952	2019	2049	2114	2144	2214	2314	2344
St Albans , Harpenden Road, opp Girls' School	1850	1916	1939	1957	2024	2054	2119	2149	2219	2319	2349
Harpenden , High Street, The George, Stop C	1900	1926	1949	2007	2034	2104	2129	2159	2229	2329	2359
Kinsbourne Green , Luton Rd, The Common	1906	1932	1955	2013	2040	2110	2135	2205	2235	2335	0005
Luton , London Road, Stockwood Park	1913	1939	2002	2020	2047	2117	2142	2212	2242	2342	0012
Luton Station Interchange ➡↔	1921	1947	2010	2028	2055	2125	2150	2220	2250	2350	0020

SUNDAYS

from 30th August 2026

Notes:

Watford Hospital , Thomas Sawyer Way, Car Park	0751	0851	0928	0957	1022	1052	1122	1152	1222	1252	1322
Watford , Market Street, Stop J	0800	0900	0937	1006	1035	1105	1135	1205	1235	1305	1335
Watford Junction Railway Stn , Stop 5 ➡	0806	0906	0943	1012	1042	1112	1142	1212	1242	1312	1342
North Watford , St Albans Road, opp Library	0815	0915	0952	1023	1053	1123	1153	1223	1253	1323	1353
Garston , St Albans Road, Premier Inn	0823	0923	1000	1031	1101	1131	1201	1231	1301	1331	1401
Chiswell Green , Watford Rd, Ragged Hall Lane	0833	0933	1010	1040	1110	1140	1210	1240	1310	1340	1410
St Albans Abbey Railway Stn , Stop B ➡	0840	0940	1020	1050	1120	1150	1220	1250	1320	1350	1420
St Albans , St Peter's Street, Stop 10	0744	0844	0944	1027	1057	1127	1157	1227	1257	1327	1427
St Albans , Harpenden Road, opp Girls' School	0749	0849	0949	1033	1103	1133	1203	1233	1303	1333	1433
Harpenden , High Street, The George, Stop C	0800	0900	1000	1044	1114	1144	1214	1244	1314	1344	1444
Kinsbourne Green , Luton Rd, The Common	0806	0906	1006	1051	1121	1151	1221	1251	1321	1351	1451
Luton , London Road, Stockwood Park	0813	0913	1012	1057	1127	1157	1227	1257	1327	1357	1457
Luton Station Interchange ➡↔	0820	0920	1020	1105	1135	1205	1235	1305	1335	1405	1505

Notes:

Watford Hospital , Thomas Sawyer Way, Car Park	1352	1422	1454	1524	1553	1626	1650	1720	1750	1850	1935	2030
Watford , Market Street, Stop J	1405	1435	1505	1535	1604	1637	1700	1731	1801	1900	1943	2038
Watford Junction Railway Stn , Stop 5 ➡	1412	1442	1512	1542	1611	1644	1707	1738	1808	1906	1949	2044
North Watford , St Albans Road, opp Library	1423	1452	1522	1552	1621	1654	1717	1747	1817	1913	1956	2051
Garston , St Albans Road, Premier Inn	1431	1500	1530	1600	1629	1701	1724	1755	1825	1920	2003	2058
Chiswell Green , Watford Rd, Ragged Hall Lane	1440	1508	1538	1608	1637	1709	1732	1803	1833	1928	2011	2106
St Albans Abbey Railway Stn , Stop B ➡	1450	1517	1547	1617	1647	1718	1741	1810	1841	1935	2017	2113
St Albans , St Peter's Street, Stop 10	1457	1523	1553	1623	1652	1724	1747	1815	1846	1939	2022	2117
St Albans , Harpenden Road, opp Girls' School	1503	1529	1559	1629	1658	1730	1752	1821	1851	1944	2027	2122
Harpenden , High Street, The George, Stop C	1514	1539	1609	1639	1658	1739	1801	1830	1900	1953	2036	2131
Kinsbourne Green , Luton Rd, The Common	1521	1546	1616	1646	1715	1746	1807	1836	1905	1958	2041	2136
Luton , London Road, Stockwood Park	1527	1552	1622	1652	1721	1752	1813	1842	1912	2005	2048	2143
Luton Station Interchange ➡↔	1535	1600	1630	1700	1729	1800	1821	1849	1920	2013	2056	2151

NOTES: ➡ - Near Railway Station ↔ - Interchange with Express Coaches

Watford – Luton

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SUNDAYS

from 30th August 2026

Notes:

Watford Hospital , Thomas Sawyer Way, Car Park	2130	2230
Watford , Market Street, Stop J	2138	2238
Watford Junction Railway Stn , Stop 5 ➡	2144	2244
North Watford , St Albans Road, opp Library	2151	2251
Garston , St Albans Road, Premier Inn	2158	2258
Chiswell Green , Watford Rd, Ragged Hall Lane	2206	2306
St Albans Abbey Railway Stn , Stop B ➡	2213	2313
St Albans , St Peter's Street, Stop 10	2217	2317
St Albans , Harpenden Road, opp Girls' School	2222	2322
Harpenden , High Street, The George, Stop C	2231	2331
Kinsbourne Green , Luton Rd, The Common	2236	2336
Luton , London Road, Stockwood Park	2243	2343
Luton Station Interchange ➡⬅	2251	2351

NOTES: ➡ - Near Railway Station ⬅ - Interchange with Express Coaches

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