nationalexpress 404 London to Penzance Current timetable, valid from Sunday 7th of September 2025. Services may vary during Bank Holidays

Monday-Sunday

Stops	Times
LondonVictoria Coach Station, Departures Hall	23:00
Heathrow AirportCentral Bus Station	A 23:40 D 23:50
Weston-super-MareBus Interchange, Alexandra Parade, Stop A	02:10
BridgwaterCoach Stn	02:38
North PethertonFore St, Bus lay-by, nr Hammet St TauntonPark Street, adjacent County Hall	02:45 03:00
Taunton Deane ServicesM5, Southbound	A 03:10 D 03:40
Exeter (Honiton Rd)A3015 Honiton Rd, Park & Ride (uphill shelters)	04:10
ExeterBampfylde Street, Express Coach Stop 34	A 04:15 D 04:20
Newton AbbotLay-by, o/s Rail Stn	04:50
TorquayCoach Stn, Lymington Rd	05:05
PaigntonGreat Western Rd, Bus Shelter, o/s Library	05:15
TotnesCoronation Rd, opp Town Mill	05:30
Plymouth (Marsh Mills)*HAND LUGGAGE ONLY*, A374 lay- by, at Plymouth Rd superstore	06:00
PlymouthCoach Stn, Armada Way	A 06:10 D 06:25
East TaphouseA390, opp Old Post Office / post box	06:59
Lostwithielopp The Royal Talbot	07:07
St BlazeyA390 Church St, adj Polgrean Place	07:17
St Blazey GateA390 St Austell Rd, Four Lords P.H.	07:20
St AustellBus Station, off High Cross Street	A 07:25 D 07:30
GrampoundFore St, opp Dolphin P.H.	07:40

TresillianLay-by, nr Post Office	07:50
TruroBus Stn, Green St	A 08:00 D 08:05
PenrynBridge, opp Estate Agent	08:23
FalmouthBerkeley Vale, bus stop near The Old Police House	08:30
HelstonThe Parade, adj Meneage St	08:55
PenzanceBus Stn	09:25

Key

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DThe coach will arrive at the first time. After a short break at this stop, it will depart again at the second time.