

Revised Metro timetable Monday 8 - Friday 12 April 2024

No trains between Benton and North Shields

Train times for key stations South Hylton-Airport and South Shields-St James

	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train
South Hylton																
Park Lane																
Sunderland																
Seaburn																
South Shields															05:44	
Chichester															05:46	
Bede															05:52	
Jarrow															05:54	
Hebburn															05:57	
Pelaw								05:37				05:46			06:01	
Heworth								05:39				05:48			06:03	
Central Station								05:47				05:55			06:11	
Monument								05:49				05:57			06:13	
South Gosforth								05:58				06:06			06:22	
Regent Centre		05:18						05:45				06:09	06:21			
Callerton Parkway		05:29						05:55				06:19	06:31			
Airport		05:32						05:58				06:22	06:34			
Longbenton	05:16		05:30				05:45		06:00		06:12				06:24	
Four Lane Ends	05:21		05:35				05:52		06:02		06:18				06:30	
Benton	05:22		05:37				05:54		06:03		06:20				06:32	
West Monkseaton																
Monkseaton																
Tynemouth																
North Shields				05:40						06:14				06:26		06:38 06:51
Percy Main				05:43						06:17				06:29		06:41 06:54
Howdon				05:45	06:00					06:19				06:31		06:43 06:56
Wallsend				05:50	06:05					06:24				06:36		06:48 07:01
Manors				05:58	06:13					06:32				06:44		06:56 07:09
Monument P4				06:02	06:17					06:36				06:48		07:00 07:13
St James				06:04	06:19					06:38				06:50		07:02 07:15

	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train
South Hylton						06:02			06:14			06:26		06:38
Park Lane	05:48					06:10			06:22			06:34		06:46
Sunderland	05:50					06:12			06:24			06:36		06:48
Seaburn	05:55					06:17			06:29			06:41		06:53
South Shields		05:56		06:08			06:20			06:32			06:44	
Chichester		05:58		06:10			06:22			06:34			06:46	
Bede		06:04		06:16			06:28			06:40			06:52	
Jarrow		06:06		06:18			06:30			06:42			06:54	
Hebburn		06:09		06:21			06:33			06:45			06:57	
Pelaw	06:09	06:13		06:25		06:31	06:37		06:43	06:49		06:55	07:01	07:07
Heworth	06:11	06:15		06:27		06:33	06:39		06:45	06:51		06:57	07:03	07:09
Central Station	06:19	06:23		06:35		06:41	06:47		06:53	06:59		07:05	07:11	07:17
Monument	06:21	06:25		06:37		06:43	06:49		06:55	07:01		07:07	07:13	07:19
South Gosforth	06:30	06:34	06:41	06:46		06:52	06:58		07:04	07:10		07:16	07:22	07:28
Regent Centre	06:33		06:43			06:54			07:06			07:18		07:30
Callerton Parkway	06:43		06:54			07:05			07:17			07:29		07:41
Airport	06:46		06:57			07:08			07:20			07:32		07:44
Longbenton		06:36		06:48			07:00			07:12			07:24	
Four Lane Ends		06:42		06:54			07:06			07:18			07:30	
Benton		06:44		06:56			07:08			07:20			07:32	
West Monkseaton														
Monkseaton														
Tynemouth														
North Shields					07:02			07:13			07:26			07:38
Percy Main					07:05			07:16			07:29			07:41
Howdon					07:07			07:18			07:31			07:43
Wallsend					07:12			07:23			07:36			07:48
Manors					07:20			07:31			07:44			07:56
Monument P4					07:24			07:35			07:48			08:00
St James					07:26			07:37			07:50			08:02

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South Hylton			06:50			07:02			07:14			07:26		07:38
Park Lane			06:58			07:10			07:22			07:34		07:46
Sunderland			07:00			07:12			07:24			07:36		07:48
Seaburn			07:05			07:17			07:29			07:41		07:53
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Bede	07:04			07:16			07:28			07:40			07:52	
Jarrow	07:06			07:18			07:30			07:42			07:54	
Hebburn	07:09			07:21			07:33			07:45			07:57	
Pelaw	07:13		07:19	07:25		07:31	07:37		07:43	07:49		07:55	08:01	08:07
Heworth	07:15		07:21	07:27		07:33	07:39		07:45	07:51		07:57	08:03	08:09
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Manors		08:08			08:20			08:32			08:44			08:56
Monument P4		08:12			08:24			08:36			08:48			09:00
St James		08:14			08:26			08:38			08:50			09:02

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Percy Main		13:53			14:05			14:17			14:29			14:41
Howdon		13:55			14:07			14:19			14:31			14:43
Wallsend		14:00			14:12			14:24			14:36			14:48
Manors		14:08			14:20			14:32			14:44			14:56
Monument P4		14:12			14:24			14:36			14:48			15:00
St James		14:14			14:26			14:38			14:50			15:02

	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train
South Hylton			13:50			14:02			14:14			14:26		14:38
Park Lane			13:58			14:10			14:22			14:34		14:46
Sunderland			14:00			14:12			14:24			14:36		14:48
Seaburn			14:05			14:17			14:29			14:41		14:53
South Shields	13:56			14:08			14:20			14:32			14:44	
Chichester	13:58			14:10			14:22			14:34			14:46	
Bede	14:04			14:16			14:28			14:40			14:52	
Jarrow	14:06			14:18			14:30			14:42			14:54	
Hebburn	14:09			14:21			14:33			14:45			14:57	
Pelaw	14:13		14:19	14:25		14:31	14:37		14:43	14:49		14:55	15:01	15:07
Heworth	14:15		14:21	14:27		14:33	14:39		14:45	14:51		14:57	15:03	15:09
Central Station	14:23		14:29	14:35		14:41	14:47		14:53	14:59		15:05	15:11	15:17
Monument	14:25		14:31	14:37		14:43	14:49		14:55	15:01		15:07	15:13	15:19
South Gosforth	14:34		14:40	14:46		14:52	14:58		15:04	15:10		15:16	15:22	15:28
Regent Centre			14:42			14:54			15:06			15:18		15:30
Callerton Parkway			14:53			15:05			15:17			15:29		15:41
Airport			14:56			15:08			15:20			15:32		15:44
Longbenton	14:36			14:48			15:00			15:12			15:24	
Four Lane Ends	14:42			14:54			15:06			15:18			15:30	
Benton	14:44			14:56			15:08			15:20			15:32	
West Monkseaton														
Monkseaton														
Tynemouth														
North Shields		14:50			15:02			15:14			15:26			15:38
Percy Main		14:53			15:05			15:17			15:29			15:41
Howdon		14:55			15:07			15:19			15:31			15:43
Wallsend		15:00			15:12			15:24			15:36			15:48
Manors		15:08			15:20			15:32			15:44			15:56
Monument P4		15:12			15:24			15:36			15:48			16:00
St James		15:14			15:26			15:38			15:50			16:02

	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train
South Hylton			14:49			15:02			15:14			15:26		15:38
Park Lane			14:57			15:10			15:22			15:34		15:46
Sunderland			14:59			15:12			15:24			15:36		15:48
Seaburn			15:04			15:17			15:29			15:41		15:53
South Shields	14:56			15:08			15:20			15:30			15:44	
Chichester	14:58			15:10			15:22			15:32			15:46	
Bede	15:04			15:16			15:28			15:37			15:52	
Jarrow	15:06			15:18			15:30			15:40			15:54	
Hebburn	15:09			15:21			15:33			15:43			15:57	
Pelaw	15:13		15:19	15:25		15:31	15:37		15:43	15:49		15:55	16:01	16:07
Heworth	15:15		15:21	15:27		15:33	15:39		15:45	15:51		15:57	16:03	16:09
Central Station	15:23		15:29	15:35		15:41	15:47		15:53	15:59		16:05	16:11	16:17
Monument	15:25		15:31	15:37		15:43	15:49		15:55	16:01		16:07	16:13	16:19
South Gosforth	15:34		15:40	15:46		15:52	15:58		16:04	16:10		16:16	16:22	16:28
Regent Centre			15:42			15:54			16:06			16:18		16:30
Callerton Parkway			15:53			16:05			16:17			16:29		16:41
Airport			15:56			16:08			16:20			16:32		16:44
Longbenton	15:36			15:48			16:00			16:12			16:24	
Four Lane Ends	15:42			15:54			16:06			16:18			16:30	
Benton	15:44			15:56			16:08			16:20			16:32	
West Monkseaton														
Monkseaton														
Tynemouth														
North Shields		15:50			16:02			16:14			16:26			16:38
Percy Main		15:53			16:05			16:17			16:29			16:41
Howdon		15:55			16:07			16:19			16:31			16:43
Wallsend		16:00			16:12			16:24			16:36			16:48
Manors		16:08			16:20			16:32			16:44			16:56
Monument P4		16:12			16:24			16:36			16:48			17:00
St James		16:14			16:26			16:38			16:50			17:02

	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train
South Hylton			15:50			16:02			16:14			16:26		16:38
Park Lane			15:58			16:10			16:22			16:34		16:46
Sunderland			16:00			16:12			16:24			16:36		16:48
Seaburn			16:05			16:17			16:29			16:41		16:53
South Shields	15:56			16:08			16:20			16:32			16:44	
Chichester	15:58			16:10			16:22			16:34			16:46	
Bede	16:04			16:16			16:28			16:40			16:52	
Jarrow	16:06			16:18			16:30			16:42			16:54	
Hebburn	16:09			16:21			16:33			16:45			16:57	
Pelaw	16:13		16:19	16:25		16:31	16:37		16:43	16:49		16:55	17:01	17:07
Heworth	16:15		16:21	16:27		16:33	16:39		16:45	16:51		16:57	17:03	17:09
Central Station	16:23		16:29	16:35		16:41	16:47		16:53	16:59		17:05	17:11	17:17
Monument	16:25		16:31	16:37		16:43	16:49		16:55	17:01		17:07	17:13	17:19
South Gosforth	16:34		16:40	16:46		16:52	16:58		17:04	17:10		17:16	17:22	17:28
Regent Centre			16:42			16:54			17:06			17:18		17:30
Callerton Parkway			16:53			17:05			17:17			17:29		17:41
Airport			16:56			17:08			17:20			17:32		17:44
Longbenton	16:36			16:48			17:00			17:12			17:24	
Four Lane Ends	16:42			16:54			17:06			17:18			17:30	
Benton	16:44			16:56			17:08			17:20			17:32	
West Monkseaton														
Monkseaton														
Tynemouth														
North Shields		16:50			17:02			17:14			17:26			17:38
Percy Main		16:53			17:05			17:17			17:29			17:41
Howdon		16:55			17:07			17:19			17:31			17:43
Wallsend		17:00			17:12			17:24			17:36			17:48
Manors		17:08			17:20			17:32			17:44			17:56
Monument P4		17:12			17:24			17:36			17:48			18:00
St James		17:14			17:26			17:38			17:50			18:02

	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train
South Hylton			16:49			17:02			17:14			17:26		17:38
Park Lane			16:57			17:10			17:22			17:34		17:46
Sunderland			16:59			17:12			17:24			17:36		17:48
Seaburn			17:04			17:17			17:29			17:41		17:53
South Shields	16:56			17:08			17:20			17:32			17:44	
Chichester	16:58			17:10			17:22			17:34			17:46	
Bede	17:04			17:16			17:28			17:40			17:52	
Jarrow	17:06			17:18			17:30			17:42			17:54	
Hebburn	17:09			17:21			17:33			17:45			17:57	
Pelaw	17:13		17:19	17:25		17:31	17:37		17:43	17:49		17:55	18:01	18:07
Heworth	17:15		17:21	17:27		17:33	17:39		17:45	17:51		17:57	18:03	18:09
Central Station	17:23		17:29	17:35		17:41	17:47		17:53	17:59		18:05	18:11	18:17
Monument	17:25		17:31	17:37		17:43	17:49		17:55	18:01		18:07	18:13	18:19
South Gosforth	17:34		17:40	17:46		17:52	17:58		18:04	18:10		18:16	18:23	18:28
Regent Centre			17:42			17:55			18:06			18:18		18:30
Callerton Parkway			17:53			18:05			18:17			18:29		18:41
Airport			17:56			18:08			18:20			18:32		18:44
Longbenton	17:36			17:48			18:00			18:12			18:25	
Four Lane Ends	17:42			17:54			18:06			18:14			18:27	
Benton	17:44			17:56			18:08			18:16			18:28	
West Monkseaton														
Monkseaton														
Tynemouth														
North Shields		17:50			18:00			18:12			18:24			18:39
Percy Main		17:54			18:04			18:16			18:28			18:43
Howdon		17:56			18:06			18:18			18:30			18:45
Wallsend		18:01			18:11			18:23			18:35			18:50
Manors		18:09			18:19			18:31			18:43			18:58
Monument P4		18:13			18:23			18:35			18:47			19:02
St James		18:15			18:25			18:37			18:49			19:04

	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	
South Hylton			17:52			18:07					18:19			18:29	18:37
Park Lane			18:00			18:15					18:30			18:39	18:45
Sunderland			18:02			18:17					18:32			18:41	18:47
Seaburn			18:07			18:22					18:37			18:46	18:52
South Shields	17:56			18:11			18:26				18:35	18:41			
Chichester	17:58			18:13			18:28				18:37	18:43			
Bede	18:04			18:19			18:34				18:43	18:49			
Jarrow	18:06			18:21			18:36				18:45	18:51			
Hebburn	18:09			18:24			18:39				18:48	18:54			
Pelaw	18:13		18:21	18:28		18:36	18:43	18:46	18:28	18:51	18:54	18:58	19:01		19:06
Heworth	18:15		18:23	18:30		18:38	18:45	18:48		18:53	18:56	19:00	19:03		19:08
Central Station	18:23		18:31	18:38		18:46	18:53	18:56		19:01	19:04	19:08	19:11		19:16
Monument	18:25		18:33	18:40		18:48	18:55	18:58		19:03	19:06	19:10	19:13		19:18
South Gosforth	18:34		18:42	18:49		18:57	19:04	19:07		19:12	19:15	19:19	19:22		19:27
Regent Centre			18:44			18:59				19:14	19:17				19:29
Callerton Parkway			18:55			19:10				19:25					19:40
Airport			18:58			19:13				19:28					19:43
Longbenton	18:36			18:51			19:06					19:21			
Four Lane Ends	18:40			18:55			19:10					19:25			
Benton	18:42			18:57			19:12					19:27			
West Monkseaton															
Monkseaton															
Tynemouth															
North Shields		18:54			19:09				19:24						19:39
Percy Main		18:58			19:13				19:28						19:43
Howdon		19:00			19:15				19:30						19:45
Wallsend		19:05			19:20				19:34						19:49
Manors		19:13			19:28				19:42						19:57
Monument P4		19:17			19:32				19:44						19:59
St James		19:19			19:34				19:46						20:01

	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train
South Hylton			18:52			19:07			19:22			19:37		19:52
Park Lane			19:00			19:15			19:30			19:45		20:00
Sunderland			19:02			19:17			19:32			19:47		20:02
Seaburn			19:07			19:22			19:37			19:52		20:07
South Shields	18:56			19:11			19:26			19:41			19:56	
Chichester	18:58			19:13			19:28			19:43			19:58	
Bede	19:04			19:19			19:34			19:49			20:04	
Jarrow	19:06			19:21			19:36			19:51			20:06	
Hebburn	19:09			19:24			19:39			19:54			20:09	
Pelaw	19:13		19:21	19:28		19:36	19:43		19:51	19:58		20:06	20:13	20:21
Heworth	19:15		19:23	19:30		19:38	19:45		19:53	20:00		20:08	20:15	20:23
Central Station	19:23		19:31	19:38		19:46	19:53		20:01	20:08		20:16	20:23	20:31
Monument	19:25		19:33	19:40		19:48	19:55		20:03	20:10		20:18	20:25	20:33
South Gosforth	19:34		19:42	19:49		19:57	20:04		20:12	20:19		20:27	20:34	20:42
Regent Centre			19:44			19:59			20:14			20:29		20:44
Callerton Parkway			19:55			20:10			20:25			20:40		20:55
Airport			19:58			20:13			20:28			20:43		20:58
Longbenton	19:36			19:51			20:06			20:21			20:36	
Four Lane Ends	19:40			19:55			20:10			20:25			20:40	
Benton	19:42			19:57			20:12			20:27			20:42	
West Monkseaton														
Monkseaton														
Tynemouth														
North Shields		19:54			20:09			20:24			20:39			20:54
Percy Main		19:58			20:13			20:28			20:43			20:58
Howdon		20:00			20:15			20:30			20:45			21:00
Wallsend		20:04			20:19			20:34			20:49			21:04
Manors		20:12			20:27			20:42			20:57			21:12
Monument P4		20:14			20:29			20:44			20:59			21:14
St James		20:16			20:31			20:46			21:01			21:16

	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train
South Hylton			20:07			20:23			20:37			20:52		21:07
Park Lane			20:15			20:31			20:45			21:00		21:15
Sunderland			20:17			20:33			20:47			21:02		21:17
Seaburn			20:22			20:38			20:52			21:07		21:22
South Shields	20:11			20:26			20:41			20:56			21:11	
Chichester	20:13			20:28			20:43			20:58			21:13	
Bede	20:19			20:34			20:49			21:04			21:19	
Jarrow	20:21			20:36			20:51			21:06			21:21	
Hebburn	20:24			20:39			20:54			21:09			21:24	
Pelaw	20:28		20:36	20:43		20:52	20:58		21:06	21:13		21:21	21:28	21:36
Heworth	20:30		20:38	20:45		20:54	21:00		21:08	21:15		21:23	21:30	21:38
Central Station	20:38		20:46	20:53		21:02	21:08		21:16	21:23		21:31	21:38	21:46
Monument	20:40		20:48	20:55		21:04	21:10		21:18	21:25		21:33	21:40	21:48
South Gosforth	20:49		20:57	21:04		21:13	21:19		21:27	21:34		21:42	21:49	21:57
Regent Centre			20:59			21:15			21:29			21:44		21:59
Callerton Parkway			21:10			21:26			21:40			21:55		22:10
Airport			21:13			21:29			21:43			21:58		22:13
Longbenton	20:51			21:06			21:21			21:36			21:51	
Four Lane Ends	20:55			21:10			21:25			21:40			21:55	
Benton	20:57			21:12			21:27			21:42			21:57	
West Monkseaton														
Monkseaton														
Tynemouth														
North Shields		21:09			21:24			21:39			21:54			22:09
Percy Main		21:13			21:28			21:43			21:58			22:13
Howdon		21:15			21:30			21:45			22:00			22:15
Wallsend		21:19			21:34			21:49			22:04			22:19
Manors		21:27			21:42			21:57			22:12			22:27
Monument P4		21:29			21:44			21:59			22:14			22:29
St James		21:31			21:46			22:01			22:16			22:31

	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train	Train
South Hylton			21:22			21:37			21:52		22:07			22:22	
Park Lane			21:30			21:45			22:00		22:15			22:30	
Sunderland			21:32			21:47			22:02		22:17			22:32	
Seaburn			21:37			21:52			22:07		22:22			22:37	
South Shields	21:26			21:41			21:56			22:11		22:26			22:41
Chichester	21:28			21:43			21:58			22:13		22:28			22:43
Bede	21:34			21:49			22:04			22:19		22:34			22:49
Jarrow	21:36			21:51			22:06			22:21		22:36			22:51
Hebburn	21:39			21:54			22:09			22:24		22:39			22:54
Pelaw	21:43		21:51	21:58		22:06	22:13		22:21	22:28	22:36	22:43		22:51	22:58
Heworth	21:45		21:53	22:00		22:08	22:15		22:23	22:30	22:38	22:45		22:53	23:00
Central Station	21:53		22:01	22:08		22:16	22:23		22:31	22:38	22:46	22:53		23:01	23:08
Monument	21:55		22:03	22:10		22:18	22:25		22:33	22:40	22:48	22:55		23:03	23:10
South Gosforth	22:04		22:12	22:19		22:27	22:34		22:42	22:49	22:57	23:04		23:12	23:19
Regent Centre			22:14			22:29			22:44		22:59			23:14	
Callerton Parkway			22:25			22:40			22:55		23:10			23:25	
Airport			22:28			22:43			22:58		23:13			23:28	
Longbenton	22:06			22:21			22:36			22:51					23:21
Four Lane Ends	22:10			22:25			22:40			22:55					23:23
Benton	22:12			22:27			22:42			22:57					23:24
West Monkseaton															
Monkseaton															
Tynemouth															
North Shields		22:24			22:39			22:54						23:16	
Percy Main		22:28			22:43			22:58						23:19	
Howdon		22:30			22:45			23:00						23:21	
Wallsend		22:34			22:49			23:04						23:26	
Manors		22:42			22:57			23:12						23:34	
Monument P4		22:44			22:59			23:14						23:36	
St James		22:46			23:01			23:16						23:38	

