

## Ring and Ride Timetable and Information

Day	Principle Area Served	Set Down and Pick Up Point
<b>Monday</b> (Weekly)	Ashford, Braunton, Croyde, Georgeham, Saunton and Wrafton	The Shopmobility Centre, Tuly Street, Barnstaple or Supermarket*
<b>Tuesday</b> (Weekly)	Atherington, Barnstaple, Bishops Tawton, Fremington, Instow, Landkey and Swimbridge	The Shopmobility Centre, Tuly Street, Barnstaple or Supermarket*
<b>Wednesday</b> (Fortnightly)	Bishops Nympton, Chittlehampton, Landkey, Rose Ash, South Molton and Umberleigh	The Shopmobility Centre, Tuly Street, Barnstaple or Supermarket*
<b>Wednesday</b> (Fortnightly)	Barnstaple, Lake, Tawstock and surrounding area	Supermarkets*
<b>Thursday</b> (Fortnightly)	Bratton Fleming, East Down, Churchill, Goodleigh, Loxhore, Shirwell, Stoke Rivers	The Shopmobility Centre, Tuly Street, Barnstaple or Supermarket*
<b>Thursday</b> (Fortnightly)	Bishops Nympton, Chittlehampton, Chittlehamholt, George Nympton, Satterleigh, Umberleigh and Warkleigh	South Molton
<b>Friday</b> (Weekly)	Barnstaple Town, Bickington, Fremington, Instow, Newport, Whiddon Valley and Yelland	The Shopmobility Centre, Tuly Street, Barnstaple

\*For Supermarket destination please check with the co-ordinator. The first pick up is at approximately 9.30 am and the return journey begins approximately 1.00pm.

These times will vary so please ask the co-ordinator when making your booking.

Passengers have approximately 2 hours shopping time.