10 10A SUMMARY TIMETABLE

CENTRAL CONNECT

10 Norwich City Centre > Sprowston (Linacre Avenue) > Wroxham > Stalham

10A Norwich City Centre > Sprowston (Corbet Avenue) > Heartease Estate

Valid from Sunday 31st August 2026

MONDAY TO SATURDAY | Except Bank Holidays

Key:

NS: does not run Saturdays | **SA:** runs on Saturdays only

	SA	NS											
Buses towards Stalham & Catfield	10	10	10	10		10		10	10	10	10	10	10	10
Norwich, St Stephens Street, Stand BB	-	-	08:00	09:00		00		15:00	16:15	17:15	18:15	19:25	20:25	22:25
Norwich, Castle Meadow, Stand CC	-	-	08:03	09:03		03		15:03	16:18	17:18	18:18	19:28	20:28	22:28
Norwich, Magdalen Street, Stand A	-	-	08:07	09:07		07		15:08	16:23	17:23	18:23	19:32	20:32	22:32
Sprowston Road, Brickmakers	-	-	08:13	09:13		13		15:15	16:30	17:30	18:30	19:37	20:37	22:37
Sprowston, Linacre Avenue, Varvel Avenue	-	-	08:18	09:18	Then at these minutes past each hour:	18	until:	15:20	16:35	17:35	18:35	19:40	20:40	22:40
Sprowston, Tesco	-	-	08:21	09:21		21		15:25	16:40	17:40	18:40	19:44	20:44	22:44
Wroxham, Roys department store	06:30	06:40	08:32	09:32		32		15:40	16:55	17:55	18:55	19:55	20:55	22:55
Hoveton, Medical Centre	06:32	06:42	08:34	09:34		34		15:42	16:57	17:57	18:57	19:56	20:56	22:56
Stalham, Tesco, A149 layby	06:42	06:52	08:44	09:44		44		15:52	17:07	18:07	19:07	20:05	21:05	23:05
Catfield, Village Hall	06:50	07:00	08:52	09:52		52		16:00	17:15	18:15	19:15	20:13	21:13	23:13
Sutton, Elmhurst Avenue	06:57	07:07	08:57	09:57		57		16:06	17:21	18:21	19:21	20:12	21:12	23:12

	NS	SA	NS												
Buses towards Norwich	10	10	10	10	10		10		10	10	10	10	10	10	10
Catfield, Village Hall	-	06:52	07:02	-	08:53		53		16:01	17:16	18:16	19:16	20:13	21:13	23:13
Sutton, Elmhurst Avenue	-	06:57	07:07	-	08:57		57		16:06	17:21	18:21	19:21	20:18	2118	23:18
Stalham, Old Rail Station	-	07:05	07:15	-	09:05		05		16:15	17:30	18:30	19:30	20:25	21:25	23:25
Hoveton, Medical Centre	-	07:15	07:25	-	09:15		15		16:25	17:40	18:40	19:40	20:33	21:33	23:33
Wroxham, Roys, McDonalds	06:50	07:20	07:30	08:20	09:20	Then at these minutes past each hour:	20	until:	16:30	17:45	18:45	19:45	20:35	21:35	23:35
Sprowston, Tesco	07:00	07:30	07:42	08:30	09:30		30		16:40	17:55	18:55	19:55	-	21:45	-
Sprowston, Linacre Avenue, Varvel Avenue	07:04	07:34	07:47	08:34	09:34		34		16:44	17:59	18:59	19:59	-	21:49	-
Sprowston Road, Brickmakers	07:11	07:41	07:55	08:41	09:41		41		16:50	18:05	19:05	20:05	-	21:56	-
Norwich, Magdalen Street	07:18	07:48	08:05	08:48	09:48		48		16:57	18:12	19:12	20:12	-	22:03	-
Norwich, Castle Meadow	07:22	07:52	08:10	08:52	09:52		52		17:02	18:16	19:16	20:16	-	22:07	-
Norwich, St Stephens Street	07:25	07:55	08:13	08:55	09:55		55		17:05	18:19	19:19	20:19	-	22:10	-

MONDAY TO FRIDAY | Except Bank Holidays

Buses towards Heartease Estate	10A	10A	10A	10A	10A
Norwich, St Stephens Street, Stand BB	09:30	10:30	11:30	12:30	13:30
Norwich, Castle Meadow, Stand CD	09:33	10:33	11:33	12:33	13:33
Norwich, Magdalen Street, Stand A	09:37	10:37	11:37	12:37	13:37
Sprowston Road, Brickmakers	09:43	10:43	11:43	12:43	13:43
Sprowston, Corbet Avenue	09:46	10:46	11:46	12:46	13:46
Mousehold Lane, Royal Norfolk Cottages	09:49	10:49	11:49	12:49	13:49
Salhouse Road, Retail Park	09:50	10:50	11:50	12:50	13:50
Heartsease Estate, Sale Road	09:55	10:55	11:55	12:55	13:55
Heartsease Estate, Noble Close	10:01	11:01	12:01	13:01	14:01

Buses towards City Centre	10A	10A	10A	10A	10A	10A
Heartsease Estate, Sale Road	-	09:56	10:56	11:56	12:56	13:56
Heartsease Estate, Noble Close	-	10:01	11:01	12:01	13:01	14:01
Mousehold Lane, Royal Norfolk Cottages	09:05	10:05	11:05	12:05	13:05	14:05
Sprowston, Corbet Avenue	09:06	10:06	11:06	12:06	13:06	14:06
Sprowston Road. Brickmakers	09:11	10:11	11:11	12:11	13:11	14:11
Norwich, Magdalen Street	09:18	10:18	11:18	12:18	13:18	14:18
Norwich, Castle Meadow	09:22	10:22	11:22	12:22	13:22	14:22
Norwich, St Stephens Street	09:25	10:25	11:25	12:25	13:25	14:25