Effective - June 8, 2026

230 Upper Lonsdale / Lonsdale Quay

From Lonsdale Quay to Prospect at Rockland via Carrie Cates Court, Rogers, W Esplanade, Lonsdale Ave, to Osborne. Most trips before 1:00 PM take a layover here. Then all trips continue from Osborne via Princess, Braemar, Lonsdale, Rockland to Prospect.

From Prospect at Rockland via Balmoral, Lonsdale, W Esplanade, Rogers, Carrie Cates Court to Lonsdale Quay.

Lonsdale Quay Bay 8	Lonsdale at 15 St #54197	Osborne at Lonsdale (E)	Osborne at Lonsdale (E) #54257	Prospect at Rockland (E)
MONDAY TO FRIDAY				
5.30	5.37	5.42	-	-
5.45	5.52	5.57	-	-
6.18	6.25	6.30	-	-
6.38	6.46	6.52	-	-
6.53	7.01	7.07	-	-
7.06	7.14	7.20	-	-
7.21	7.29	7.35	-	-
7.33	7.42	7.49	-	-
7.49	7.58	8.05	-	-
8.20	8.30	8.37	-	-
8.47	8.57	9.04	9.07	9.17
9.19	9.29	9.36	9.39	9.48
9.48	9.59	10.06	10.09	10.18
10.15	10.26	10.34	10.37	10.46
10.46	10.57	11.05	11.08	11.16
11.15	11.26	11.34	11.37	11.45
11.45	11.57	**12.05**	**12.08**	**12.16**
12.15	**12.27**	**12.35**	**12.38**	**12.46**
12.45	**12.57**	**1.03**	**1.03**	**1.16**
1.14	**1.26**	**1.32**	**1.32**	**1.45**
1.44	**1.56**	**2.02**	**2.02**	**2.15**
2.17	**2.29**	**2.35**	**2.35**	**2.48**
2.48	**3.00**	**3.06**	**3.06**	**3.19**
3.06	**3.18**	**3.24**	**3.24**	**3.37**
3.29	**3.40**	**3.46**	**3.46**	**3.59**
3.48	**3.59**	**4.04**	**4.05**	**4.17**
4.02	**4.13**	**4.18**	**4.19**	**4.31**
4.19	**4.30**	**4.35**	**4.36**	**4.48**
4.35	**4.46**	**4.51**	**4.52**	**5.04**
4.52	**5.03**	**5.09**	**5.09**	**5.22**
5.04	**5.15**	**5.21**	**5.21**	**5.34**
5.22	**5.33**	**5.38**	**5.39**	**5.51**
5.33	**5.44**	**5.49**	**5.50**	**6.02**
5.55	**6.05**	**6.10**	**6.11**	**6.22**
6.05	**6.15**	**6.20**	**6.21**	**6.32**
6.15	**6.25**	**6.30**	**6.31**	**6.42**
6.25	**6.35**	**6.40**	**6.41**	**6.52**
6.35	**6.45**	**6.50**	**6.51**	**7.02**
6.55	**7.05**	**7.10**	**7.11**	**7.22**
7.09	**7.19**	**7.24**	**7.25**	**7.36**
7.39	**7.49**	**7.54**	**7.55**	**8.06**
8.09	**8.19**	**8.24**	**8.25**	**8.36**
8.40	**8.49**	**8.54**	**8.55**	**9.06**
9.18	**9.27**	**9.32**	**9.32**	**9.43**
9.48	**9.57**	**10.02**	**10.02**	**10.13**
10.44	**10.53**	**10.58**	**10.58**	**11.09**
11.45	**11.53**	**11.57**	**11.58**	12.08
12.45	12.53	12.57	12.57	1.07

Prospect at Rockland #54272	Lonsdale at 15 St #54254	Lonsdale Quay (E)
MONDAY TO FRIDAY		
5.57	6.05	6.11
6.12	6.20	6.26
6.48	6.56	7.03
7.08	7.17	7.25
7.26	7.35	7.43
7.37	7.47	7.55
7.53	8.04	8.12
8.06	8.17	8.25
8.22	8.34	8.42
8.56	9.08	9.16
9.22	9.34	9.43
9.53	10.05	10.13
10.24	10.36	10.45
10.51	11.03	11.12
11.21	11.33	11.42
11.50	**12.03**	**12.12**
12.21	**12.34**	**12.43**
12.51	**1.04**	**1.14**
1.21	**1.34**	**1.44**
1.50	**2.03**	**2.13**
2.20	**2.33**	**2.43**
2.54	**3.07**	**3.16**
3.24	**3.37**	**3.46**
3.44	**3.57**	**4.06**
4.07	**4.19**	**4.28**
4.25	**4.37**	**4.46**
4.40	**4.52**	**5.01**
4.56	**5.08**	**5.17**
5.11	**5.23**	**5.32**
5.28	**5.39**	**5.48**
5.40	**5.51**	**6.00**
5.56	**6.07**	**6.15**
6.07	**6.18**	**6.26**
6.38	**6.49**	**6.57**
7.08	**7.19**	**7.27**
7.41	**7.51**	**7.59**
8.11	**8.22**	**8.30**
8.41	**8.52**	**9.00**
9.12	**9.22**	**9.29**
10.19	**10.28**	**10.35**
11.14	**11.22**	**11.28**
12.15	12.23	12.28
1.15	1.23	1.28

SERVICE INFORMATION - 230

– The 230 Lonsdale has a 'Floating' layover point. Up until 1:00 pm on all days, most trips have a layover on Osborne at Lonsdale. After 1:00 pm, most trips have a layover on Prospect at Rockland after the loop is completed.

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230 Upper Lonsdale / Lonsdale Quay

Lonsdale Quay to Prospect at Rockland (Refer to Monday to Friday for routing)

Prospect at Rockland to Lonsdale Quay (Refer to Monday to Friday for routing)

Lonsdale Quay Bay 8	Lonsdale at 15 St #54197	Osborne at Lonsdale (E)	Osborne at Lonsdale (E) #54257	Prospect at Rockland (E)	Prospect at Rockland #54272	Lonsdale at 15 St #54254	Lonsdale Quay (E)
SATURDAY					**SATURDAY**		
-	6.02	6.07	6.09	6.16	6.26	6.35	6.41
6.19	6.26	6.30	6.32	6.40	6.55	7.05	7.11
6.49	6.56	7.02	7.04	7.13	7.25	7.35	7.41
7.19	7.26	7.32	7.34	7.42	7.55	8.05	8.13
7.48	7.56	8.01	8.03	8.12	8.25	8.35	8.43
8.19	8.28	8.35	8.37	8.45	8.53	9.04	9.12
8.49	8.58	9.05	9.07	9.16	9.23	9.34	9.42
9.18	9.28	9.35	9.37	9.46	9.53	10.04	10.13
9.48	9.58	10.05	10.08	10.17	10.22	10.34	10.43
10.17	10.27	10.34	10.37	10.46	10.51	11.03	11.12
10.47	10.57	11.04	11.07	11.16	11.21	11.34	11.43
11.17	11.27	11.34	11.37	11.46	11.51	**12.03**	**12.12**
11.45	11.55	**12.02**	**12.05**	**12.13**	**12.18**	**12.31**	**12.39**
12.18	**12.29**	**12.34**	**12.35**	**12.46**	**12.51**	**1.04**	**1.14**
12.47	**12.58**	**1.03**	**1.04**	**1.15**	**1.22**	**1.34**	**1.43**
1.17	**1.28**	**1.33**	**1.34**	**1.45**	**1.53**	**2.04**	**2.13**
1.48	**1.59**	**2.04**	**2.05**	**2.16**	**2.23**	**2.34**	**2.43**
2.17	**2.28**	**2.33**	**2.34**	**2.46**	**2.52**	**3.03**	**3.12**
2.47	**2.57**	**3.02**	**3.02**	**3.13**	**3.21**	**3.32**	**3.41**
3.17	**3.27**	**3.32**	**3.33**	**3.44**	**3.51**	**4.02**	**4.11**
3.47	**3.57**	**4.02**	**4.03**	**4.14**	**4.21**	**4.32**	**4.42**
4.20	**4.30**	**4.35**	**4.36**	**4.48**	**4.53**	**5.05**	**5.14**
4.49	**4.59**	**5.04**	**5.05**	**5.17**	**5.24**	**5.35**	**5.44**
5.19	**5.29**	**5.34**	**5.35**	**5.47**	**5.52**	**6.04**	**6.13**
5.49	**5.59**	**6.04**	**6.05**	**6.17**	**6.23**	**6.34**	**6.43**
6.18	**6.29**	**6.34**	**6.35**	**6.47**	**6.54**	**7.05**	**7.13**
6.48	**6.59**	**7.04**	**7.05**	**7.17**	**7.25**	**7.35**	**7.43**
7.19	**7.29**	**7.34**	**7.35**	**7.46**	**7.54**	**8.05**	**8.13**
7.49	**7.59**	**8.04**	**8.05**	**8.16**	**8.25**	**8.35**	**8.43**
8.19	**8.29**	**8.34**	**8.35**	**8.46**	**9.05**	**9.15**	**9.22**
8.49	**8.59**	**9.04**	**9.05**	**9.16**	**9.35**	**9.45**	**9.52**
9.18	**9.27**	**9.32**	**9.33**	**9.44**	**10.06**	**10.16**	**10.23**
9.35	**9.44**	**9.49**	**9.50**	**10.01**	**11.07**	**11.15**	**11.20**
10.05	**10.14**	**10.19**	**10.19**	**10.30**	12.06	12.15	12.21
10.35	**10.44**	**10.49**	**10.49**	**11.00**	1.08	1.15	1.20
11.35	**11.44**	**11.48**	**11.48**	**11.58**			
12.35	12.44	12.48	12.48	12.58			

Effective - June 8, 2026

230 Upper Lonsdale / Lonsdale Quay

Lonsdale Quay to Prospect at Rockland (Refer to Monday to Friday for routing)

Prospect at Rockland to Lonsdale Quay (Refer to Monday to Friday for routing)

Lonsdale Quay Bay 8	Lonsdale at 15 St #54197	Osborne at Lonsdale (E)	Osborne at Lonsdale (E) #54257	Prospect at Rockland (E)
SUNDAY & HOLIDAYS				
-	7.56	8.02	8.10	8.18
8.17	8.25	8.31	8.39	8.47
8.47	8.56	9.02	9.10	9.18
9.17	9.26	9.32	9.40	9.48
9.45	9.54	10.00	10.08	10.16
10.08	10.17	10.24	10.32	10.40
10.38	10.47	10.54	11.02	11.10
11.09	11.18	11.25	11.33	11.41
11.45	11.55	**12.02**	**12.10**	**12.18**
12.18	**12.28**	**12.35**	**12.43**	**12.51**
12.49	**1.00**	**1.05**	**1.05**	**1.16**
1.18	**1.29**	**1.34**	**1.34**	**1.45**
1.48	**1.59**	**2.04**	**2.05**	**2.16**
2.20	**2.30**	**2.35**	**2.36**	**2.47**
2.49	**2.59**	**3.04**	**3.05**	**3.16**
3.20	**3.30**	**3.35**	**3.36**	**3.47**
3.50	**4.00**	**4.05**	**4.06**	**4.17**
4.21	**4.30**	**4.35**	**4.36**	**4.47**
4.51	**5.00**	**5.05**	**5.06**	**5.18**
5.20	**5.30**	**5.35**	**5.36**	**5.48**
5.50	**6.00**	**6.05**	**6.06**	**6.18**
6.19	**6.29**	**6.34**	**6.35**	**6.47**
6.49	**6.59**	**7.04**	**7.05**	**7.16**
7.20	**7.30**	**7.35**	**7.36**	**7.48**
7.48	**7.58**	**8.03**	**8.04**	**8.16**
8.21	**8.30**	**8.35**	**8.36**	**8.47**
8.42	**8.51**	**8.56**	**8.57**	**9.08**
9.41	**9.50**	**9.55**	**9.55**	**10.06**
10.37	**10.45**	**10.50**	**10.50**	**11.01**
11.39	**11.47**	**11.51**	**11.52**	12.02
12.34	12.42	12.46	12.46	12.56

Prospect at Rockland #54272	Lonsdale at 15 St #54254	Lonsdale Quay (E)
SUNDAY & HOLIDAYS		
7.55	8.03	8.10
8.25	8.34	8.41
8.55	9.04	9.11
9.24	9.34	9.41
9.54	10.04	10.11
10.23	10.34	10.42
10.45	10.56	11.04
11.15	11.27	11.35
11.48	**12.00**	**12.09**
12.23	**12.35**	**12.44**
12.58	**1.10**	**1.19**
1.23	**1.35**	**1.44**
1.53	**2.04**	**2.13**
2.23	**2.34**	**2.43**
2.53	**3.04**	**3.13**
3.22	**3.33**	**3.42**
3.54	**4.05**	**4.14**
4.24	**4.35**	**4.44**
4.54	**5.05**	**5.14**
5.24	**5.35**	**5.44**
5.53	**6.04**	**6.13**
6.23	**6.34**	**6.43**
6.53	**7.04**	**7.12**
7.22	**7.32**	**7.40**
7.54	**8.04**	**8.12**
8.21	**8.30**	**8.37**
8.55	**9.04**	**9.11**
9.13	**9.22**	**9.29**
10.13	**10.22**	**10.29**
11.12	**11.20**	**11.26**
12.12	12.20	12.26