

# Helping you to plan ahead

Seat availability on services from **York** to **Middlesbrough**

Dep.	Arr.	Number of carriages	Seat availability
<b>06:00</b>	07:05	■ ■ ■	●
<b>07:18</b>	08:17	■ ■ ■	●

● Plenty of seats available

● A few seats left

● Standing room only

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