Buses

- Alderbury: X7, X7R
- Applemoor: 8
- Ashurst Station: Direct train
- Ashurst Village: 6
- Blackfield: 8 (Mondays to Saturdays)
- Brockenhurst: 6
- Calmore Estate (Calmore Drive): 1, 12
- Calmore (Salisbury Road): 1, 12, X7, X7R
- Calshot: 8 (Mondays to Saturdays)
- Dibden Purlieu (For Hythe Hospital): 8
- Fawley: 8 (Mondays to Saturdays)
- Fawxills: 6
- Freemantle: 1, 6, 8, 11, 12
- Hardley: 8 (Mondays to Saturdays)
- Holbury: 8 (Mondays to Saturdays)
- Hounsdown: 6
- Hythe: 8
- Landford: X7
- Lyndhurst: 6
- Marchwood: 8
- Millbrook Rail Station: 1, 6, 8, 11, 12, X7, X7R
- Ower: 8 (The Vina Inn)*
- Paultons Park (Main Entrance)**
- Plattford: X7
- Pooksgreen: 8
- Redbridge (Millbrook Flyover): 1, 6, 8, 11, 12
- Romsey: X7R
- Rushington: 6, 8
- Salisbury: X7, X7R
- Sherfield English: X7R
- Southampton: 1, 6, 8, 11, X7, X7R
- Southampton City Centre: 1, 6, 8, 11, X7, X7R
- Testwood (Salisbury Road): 12, X7, X7R
- Totton: X7, X7R
- West Totton (Goodies): 11
- West Wellow: X7
- Whaddon: X7, X7R
- Whiteparish: X7, X7R

Notes
- Bus route X7 operates Mondays to Saturdays.
- Bus route X7R operates Mondays to Saturdays.
- Bus routes 1, 6, 8, 11 and 12 operate daily, Mondays to Sundays, including Bank Holidays.
- Bus routes X7 and X7R operate Mondays to Saturdays.
- Direct trains operate to this destination from this station.
- Paultons Park is about 10 minutes walk from Ower, Romsey Road, which is served by all X7 and X7R journeys.
- Paultons Park is served directly by some X7 or X7R journeys during certain Wiltshire School Holidays - please check prior to travel.

Taxis

- Totton has no taxi rank or cab office. Advance booking is essential, please consider using the following local operators:
- (Inclusion of this number doesn’t represent any endorsement of the taxi firm)
  - Bee Line Cars
    - 023 8066 0666
  - A1 Cars Totton
    - 023 8086 8885
  - Forest Edge Travel
    - 023 8087 2949

Further information about all onward travel

Local Cycle Info
- newforest.gov.uk
- sustrans.org.uk

Bus Times
- findthetimeфинд.тайм
- National Cycle Info
- plusbus.info

NextBus
- National Rail Enquiries
- AlertMe
- Contact Centre
- PlusBus

National Rail Enquiries
- Online
  - nationalrail.co.uk
- NRE App
  - Free National Rail Enquiries app for iOS and Android
- Social Media
  - facebook.com/nationalrailenq
  - twitter/nationalrailenq
- Alert Me
  - franchise info and claims made on the National Rail Enquiries website (if applicable)
  - contact@nationalrail.co.uk/alertme

Contact Centre
- 03457 48 49 50
- 03457 48 49 50

National Rail PlusBus Information
- plusbus.info
- plusbus.info

National Cycle Info
- plusbus.info
- plusbus.info

PlusBus
- plusbus.info
- plusbus.info

South Western Railway
- Britain’s train companies working together

For more information about all routes, visit the National Cycle Network website (ncc-europe.org). Details of National Cycle Network routes are incorrect, please consider using the following local operators: Bee Line Cars, A1 Cars Totton, Forest Edge Travel.