

JR内房線 ※期間限定の臨時季節列車は掲載されていませんので、ご注意ください。

運転日注意

上り 安房鴨川・館山→千葉・東京

| | 安房鴨川 | 和田浦 | 千倉 | 館山前 | 館山 | 富浦 | 浜金谷 | 木更津 | 蘇我 | 千葉 | 東京 |
|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|---------|
| 特さ2 | — | — | — | — | 5:02 | 5:08 | 5:43 | 5:58 | 6:00 | 6:22 | 6:28 |
| | — | — | — | — | 5:02 | 5:08 | 5:43 | 5:58 | 6:00 | 6:22 | 6:28 |
| | — | — | — | — | 5:09 | 5:16 | 5:34 | 6:15 | 6:47 | 6:54 | — |
| | — | — | — | — | 5:28 | 5:35 | 5:54 | 6:30 | 7:03 | 7:10 | — |
| | — | — | 5:36 | 5:49 | 5:53 | 6:03 | 6:22 | 7:05 | 7:39 | 7:45 | — |
| | — | — | 5:56 | 6:08 | 6:09 | 6:16 | 6:34 | 7:20 | 7:59 | 8:05 | — |
| | — | — | — | — | 6:29 | 6:37 | 6:55 | 7:44 | 8:17 | 8:24 | — |
| | — | — | — | — | 6:42 | 6:48 | — | 7:41 | 8:11 | — | 8:44 |
| 特さ4 | 6:13 | 6:29 | 6:42 | 6:54 | 6:56 | 7:04 | 7:22 | 8:06 | 8:46 | 8:52 | — |
| 特さ6 | — | — | — | — | 7:18 | 7:24 | — | 8:16 | 8:39 | — | 9:12 |
| 特さ8 | — | — | — | — | 8:07 | 8:13 | — | 9:09 | 9:34 | — | 10:05 |
| | 7:23 | 7:40 | 7:52 | 8:04 | 8:12 | 8:28 | 8:49 | 9:32 | 10:05 | 10:11 | — |
| | 8:02 | 8:18 | 8:36 | 8:47 | — | — | — | — | — | — | — |
| 特さ10 | — | — | — | — | 9:07 | 9:16 | 9:34 | 10:09 | 10:32 | — | 11:04 |
| | 9:22 | 9:39 | 9:52 | 10:04 | — | — | — | — | — | — | — |
| | 10:21 | 10:37 | 10:49 | 11:01 | 10:08 | 10:15 | 10:34 | 11:12 | 11:45 | 11:51 | — |
| 特さ12 | — | — | — | — | 11:15 | 11:21 | — | 12:11 | 12:33 | — | 13:06 |
| | — | — | — | — | 11:03 | 11:14 | 11:43 | 12:24 | 12:58 | 13:04 | — |
| | 11:20 | 11:36 | 11:49 | 12:00 | 12:02 | 12:14 | 12:33 | 13:13 | 13:46 | 13:52 | — |
| | 12:16 | 12:31 | 12:44 | 12:56 | 13:01 | 13:12 | 13:30 | 14:14 | 14:47 | 14:55 | — |
| 特さ14 | — | — | — | — | 13:19 | 13:25 | — | 14:10 | 14:33 | — | 15:05 |
| | 13:12 | 13:31 | 13:44 | 13:56 | 14:00 | 14:07 | 14:26 | 15:11 | 15:48 | 15:54 | — |
| 特さ16 | — | — | — | — | 15:13 | 15:24 | 15:45 | 16:29 | 17:06 | 17:12 | 17:04 |
| | 14:22 | 14:38 | 14:50 | 15:02 | 15:13 | 15:24 | 15:45 | 16:29 | 17:06 | 17:12 | — |
| 新宿さ | — | — | — | — | 15:53 | 16:03 | 16:21 | 16:54 | 17:19 | 17:25 | 新宿18:07 |
| | 15:17 | 15:34 | 15:46 | 15:58 | — | — | — | — | — | — | — |
| 特さ18 | — | — | — | — | 16:11 | 16:17 | 16:34 | 17:08 | 17:31 | — | 18:06 |
| | — | — | — | — | 16:16 | 16:24 | 16:42 | 17:20 | 17:51 | 17:57 | — |
| | 16:20 | 16:36 | 16:48 | 17:00 | 17:02 | 17:10 | 17:28 | 18:15 | 18:48 | 18:54 | — |
| 特さ20 | — | — | — | — | 17:14 | 17:23 | — | 18:10 | 18:32 | — | 19:06 |
| | 17:20 | 17:38 | 17:53 | 18:08 | 18:15 | 18:23 | 18:43 | 19:28 | 20:02 | 20:08 | — |
| | 18:10 | 18:26 | 18:39 | 18:50 | 18:53 | 19:00 | 19:18 | 20:01 | 20:40 | 20:46 | — |
| | 19:02 | 19:19 | 19:32 | 19:44 | — | — | — | — | — | — | — |
| | — | — | — | — | 19:50 | 19:57 | 20:16 | 21:00 | 21:32 | 21:37 | — |
| | 20:21 | 20:37 | 20:49 | 21:04 | 21:05 | 21:15 | 21:33 | 22:17 | 22:50 | 22:56 | — |
| | 21:14 | 21:29 | 21:43 | 21:54 | 21:56 | 22:04 | 22:22 | 23:03 | 23:35 | 23:41 | — |

下り 千葉・東京→安房鴨川・館山

| | 東京 | 千葉 | 蘇我 | 木更津 | 浜金谷 | 富浦 | 館山前 | 館山 | 千倉 | 和田浦 | 安房鴨川 |
|------|-------|------|------|-------|-------|-------|-------|-------|-------|-------|-------|
| 特さ1 | 6:45 | — | — | 5:04 | 5:45 | 6:04 | 6:18 | — | — | — | — |
| | — | — | — | 5:04 | 5:45 | 6:04 | 6:18 | — | — | — | — |
| | — | — | — | 5:52 | 6:26 | 7:32 | 7:54 | 8:01 | 8:08 | 8:21 | 8:36 |
| | — | — | — | 6:57 | 7:03 | 7:37 | 8:22 | 8:43 | 8:49 | — | — |
| | — | — | — | 7:19 | 7:41 | — | 8:27 | 8:33 | — | — | — |
| | — | — | — | 7:45 | 7:55 | 8:35 | 9:25 | 9:44 | 9:52 | — | — |
| | — | — | — | 8:04 | 8:26 | — | 9:16 | 9:22 | — | — | — |
| 特さ3 | 7:30 | — | — | — | — | — | — | — | — | — | — |
| 新宿さ | 7:50 | 8:41 | 8:46 | 9:09 | 9:43 | 10:00 | 10:26 | — | — | — | — |
| | — | — | — | 8:58 | 9:06 | 9:39 | 10:23 | 10:43 | 10:51 | — | — |
| | — | — | — | — | — | — | — | 11:11 | 11:23 | 11:36 | 11:51 |
| 特さ5 | 9:30 | — | — | 10:03 | 10:25 | 10:56 | 11:13 | 11:23 | — | — | — |
| | — | — | — | 9:59 | 10:06 | 10:39 | 11:18 | 11:44 | 11:51 | 12:05 | 12:18 |
| 特さ7 | 10:30 | — | — | 11:03 | 11:24 | — | 12:12 | 12:18 | — | — | — |
| | — | — | — | 10:59 | 11:06 | 11:39 | 12:30 | 12:48 | 12:56 | 12:57 | 13:09 |
| 特さ9 | 11:30 | — | — | 12:04 | 12:26 | 12:56 | 13:12 | 13:18 | — | — | — |
| | — | — | — | 12:00 | 12:07 | 12:40 | 13:30 | 13:52 | 13:59 | 14:00 | 14:12 |
| | — | — | — | 12:59 | 13:05 | 13:38 | 14:26 | 14:45 | 14:53 | 15:09 | 15:21 |
| 特さ11 | 13:30 | — | — | 14:04 | 14:25 | — | 15:17 | 15:22 | — | — | — |
| | — | — | — | 13:59 | 14:07 | 14:38 | 15:13 | 15:37 | 15:44 | — | — |
| | — | — | — | 14:26 | 14:36 | 15:09 | 15:45 | 16:03 | 16:11 | 16:23 | 16:36 |
| | — | — | — | 15:11 | 15:19 | 15:53 | 16:34 | 16:53 | 17:00 | 17:08 | 17:21 |
| | — | — | — | 16:06 | 16:13 | 16:46 | 17:28 | 17:48 | 17:55 | 17:56 | 18:09 |
| | — | — | — | 16:56 | 17:02 | 17:35 | 18:16 | 18:37 | 18:44 | 18:54 | 19:06 |
| | — | — | — | 17:34 | 17:46 | 18:18 | 19:05 | 19:28 | 19:35 | — | — |
| 特さ15 | 17:30 | — | — | 18:05 | 18:27 | — | 19:20 | 19:26 | — | — | — |
| | — | — | — | 18:44 | 18:53 | 19:27 | 20:16 | 20:35 | 20:43 | 19:58 | 20:11 |
| | — | — | — | 19:31 | 19:39 | 20:12 | 20:50 | 21:29 | 21:37 | 20:52 | 21:04 |
| 特さ19 | 19:30 | — | — | 20:03 | 20:28 | — | 21:16 | 21:22 | — | — | — |
| | — | — | — | 20:27 | 20:36 | 21:09 | 21:44 | 22:06 | 22:13 | 22:14 | 22:26 |
| | — | — | — | 20:51 | 20:57 | 21:39 | 22:22 | 22:40 | 22:47 | — | — |
| 特さ21 | 20:30 | — | — | 21:07 | 21:31 | — | 22:24 | 22:29 | — | — | — |
| | — | — | — | 21:33 | 21:40 | 22:12 | 22:53 | 23:10 | 23:17 | 23:18 | 23:30 |
| 特さ23 | 21:30 | — | — | 22:05 | 22:30 | — | 23:18 | 23:24 | — | — | — |
| | — | — | — | 22:32 | 22:39 | 23:12 | 23:48 | 24:05 | 24:13 | — | — |

高速バス「南総里見号」白浜・館山⇄千葉

| 上り | 白浜 | 白浜駅前 | 潮風王国 | 朝夷工全 | 千倉駅前 | 九重駅 | 館山駅 | 松根駅前 | 富楽里 | 蘇我駅前 | 千葉駅前 | 千代田 |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| — | — | — | — | — | — | — | 5:20 | 5:35 | 5:45 | 6:49 | 7:00 | 7:10 |
| — | — | — | — | — | — | — | 6:15 | 6:30 | 6:40 | 7:44 | 7:55 | 8:05 |
| — | — | — | — | — | — | — | 6:45 | 7:00 | 7:10 | 8:14 | 8:25 | 8:35 |
| 6:30 | 6:35 | 6:41 | 6:47 | 6:52 | 7:00 | 7:15 | 7:30 | 7:40 | 8:44 | 8:55 | 9:05 | — |
| — | — | — | — | — | — | — | 7:45 | 8:00 | 8:10 | 9:14 | 9:25 | 9:35 |
| 7:30 | 7:35 | 7:41 | 7:47 | 7:52 | 8:00 | 8:15 | 8:30 | 8:40 | 9:44 | 9:55 | 10:05 | — |
| 8:30 | 8:35 | 8:41 | 8:47 | 8:52 | 9:00 | 9:15 | 9:30 | 9:40 | 10:44 | 10:55 | 11:05 | — |
| — | — | — | — | — | — | — | 10:15 | 10:30 | 10:40 | 11:44 | 11:55 | 12:00 |
| — | — | — | — | — | — | — | 11:15 | 11:30 | 11:40 | 12:44 | 12:55 | 13:00 |
| — | — | — | — | — | — | — | 12:15 | 12:30 | 12:40 | 13:44 | 13:55 | 14:00 |
| — | — | — | — | — | — | — | 13:15 | 13:30 | 13:40 | 14:44 | 14:55 | 15:00 |
| — | — | — | — | — | — | — | 14:15 | 14:30 | 14:40 | 15:44 | 15:55 | 16:00 |
| — | — | — | — | — | — | — | 14:45 | 15:00 | 15:10 | 16:14 | 16:25 | 16:30 |
| 14:34 | 14:39 | 14:45 | 14:51 | 14:56 | 15:04 | 15:15 | 15:30 | 15:40 | 16:44 | 16:55 | 17:05 | — |
| 15:34 | 15:39 | 15:45 | 15:51 | 15:56 | 16:04 | 16:15 | 16:30 | 16:40 | 17:44 | 17:55 | 18:05 | — |
| 16:34 | 16:39 | 16:45 | 16:51 | 16:56 | 17:04 | 17:15 | 17:30 | 17:40 | 18:44 | 18:55 | 19:05 | — |
| — | — | — | — | — | — | — | 17:50 | 18:05 | 18:15 | 19:19 | 19:30 | 19:35 |
| — | — | — | — | — | — | — | 18:40 | 18:55 | 19:05 | 20:09 | 20:20 | 20:30 |
| — | — | — | — | — | — | — | 19:20 | 19:35 | 19:45 | 20:49 | 21:00 | 21:05 |
| — | — | — | — | — | — | — | 20:00 | 20:15 | 20:25 | 21:29 | 21:40 | 21:50 |

下り

| 千代田 | 千葉駅前 | 蘇我駅前 | 富楽里 | 松根駅前 | 館山駅 | 九重駅 | 千倉駅前 | 朝夷工全 | 潮風王国 | 白浜駅前 | 白浜 |
|------|-------|-------|-------|-------|-------|------|-------|-------|-------|-------|-------|
| 7:00 | 7:10 | 7:21 | 8:22 | 8:31 | 8:45 | — | — | — | — | — | — |
| 7:25 | 7:40 | 7:51 | 8:52 | 9:01 | 9:15 | 9:26 | 9:34 | 9:39 | 9:45 | 9:51 | 9:56 |
| 7:55 | 8:10 | 8:21 | 9:22 | 9:31 | 9:45 | 9:56 | 10:04 | 10:09 | 10:15 | 10:21 | 10:26 |
| 8:25 | 8:40 | 8:51 | 9:52 | 10:01 | 10:15 | — | — | — | — | — | — |
| 8:55 | 9:10 | 9:21 | 10:22 | 10:31 | 10:45 | — | — | — | — | — | — |
| 9:55 | 10:10 | 10:21 | 11:22 | 11:31 | 11:45 | — | — | — | — | — | — |
| | | | | | | | | | | | |