

# Amserau Trenau | Train Times

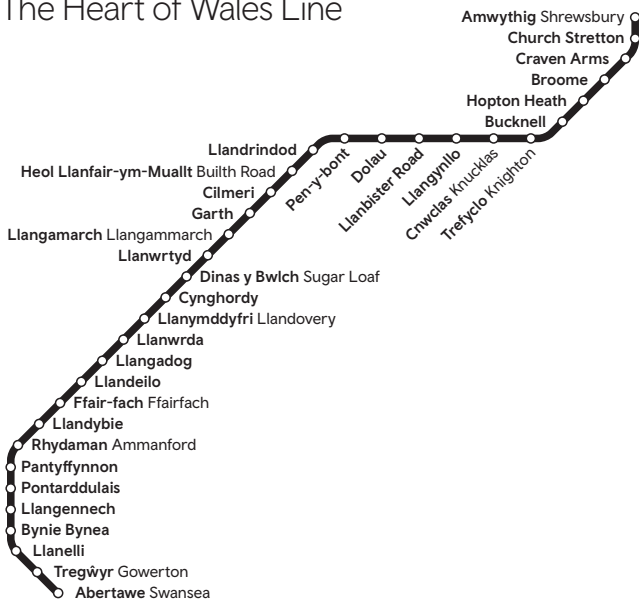
11 Rhagfyr 2022 - 20 Mai 2023 | 11 December 2022 - 20 May 2023

## Abertawe - Llandrindod - Amwythig

### Lein Calon Cymru

Swansea - Llandrindod - Shrewsbury

The Heart of Wales Line



Canllaw yn unig yw'r llyfrynnau amserlenni. Dyw newidiadau oherwydd gwaith peiranyddol neu darfu anisgwylidiedig ar y diwrnod ddim wedi'u cynnwys. Mae gwasanaethau'n gallu newid felly gwnewch eich gwaith cartref cyn teithio, ewch i [trc.cymru](https://www.trc.cymru)

Timetable booklets are provided as a guide only. Changes due to engineering works or on-the-day unplanned disruption are not included. Services are subject to change, check before you travel, visit [ftw.wales](https://www.ftw.wales)



TTB01c\_DLB\_V1\_12/22



TRAFNIDIAETH CYMRU  
TRANSPORT FOR WALES



Partneriaeth Cymunedol  
Rheilffordd Calon Cymru  
**Yn Cysylltu Cymunedau**



Heart of Wales Line  
Community Rail Partnership  
**Connecting Communities**



[www.heart-of-wales.co.uk](http://www.heart-of-wales.co.uk)

Abertawe - Llandrindod - Amwythig		Lein Calon Cymru					Dydd Llun i ddydd Gwener				
Swansea - Llandrindod - Shrewsbury		The Heart of Wales Line					Mondays to Fridays				
		TfW	TfW	TfW	TfW	TfW	TfW	TfW	TfW	TfW	
		◇	◇	◇	◇	◇	◇	◇	◇	◇	
London Paddington	d				0523	0848	1048	1448	1748		
Caerdydd Canolog / Cardiff Central	d				0807	1040	1256	1704	1941		
Abertawe / Swansea	d			0547	0909	1140	1418	1819	2115		
Tre-gwyr / Gowerton	d			0558	0920	1152	1430	1832	2127		
Carmarthen	d		0447		0853	1058	1357	1808	2100		
Pembrey & Burry Port	d		0506		0916	1121	1415	1831	2123		
Llanelli	d		0513	0608	0931	1203	1446	1844	2136		
Bynie / Bynea	d		0518x	0613x	0936x	1209x	1451x	1849x	2141x		
Llangennech	d		0522x	0617x	0940x	1215x	1455x	1853x	2145x		
Pontarddulais	d		0526x	0621x	0944x	1223x	1502x	1858x	2150x		
Pantyyffnon	d		0534	0629	0952	1231	1509	1905	2157		
Rhydaman / Ammanford	d		0537	0632	0955	1234	1512	1908	2200		
Llandybie	d		0541	0636	0959	1238	1517	1913	2205		
Ffairfach	d		0549x	0644x	1007x	1246x	1524x	1920x	2212x		
Llandeilo	a		0551	0646	1009	1248	1527	1923	2215		
Llandeilo	d		0554	0649	1012	1251	1529	1925	2217		
Llangadog	d		0603	0658	1021	1300	1539	1935	2227		
Llanwrda	d		0607	0702	1025	1304	1542	1938	2230		
Llanymddyfri / Llandovery	a		0615	0708	1031	1310	1549	1945	2237		
Llandovery	d			0711	1034	1313	1551	1947			
Cyngordy	d			0719x	1042x	1321x	1600x	1956x			
Sugar Loaf	d			0728x	1051x	1330x	1608x	2004x			
Llanwrtyd	a			0734	1057	1336	1614	2010			
Llanwrtyd	d			0740	1103	1342	1617	2016			
Llangammarch	d			0746x	1109x	1348x	1623x	2022x			
Garth (Powys)	d			0750x	1113x	1352x	1627x	2026x			
Cilmeri	d			0755x	1118x	1358x	1633x	2031x			
Builth Road	d			0759x	1122x	1401x	1636x	2035x			
Llandrindod	a			0811	1135	1414	1649	2048			
Llandrindod	d	0550		0813	1136	1415	1701	2049		2310	
Pen-y-bont	d	0557x		0820x	1143x	1423x	1709x	2057x			
Dolau	d	0602		0825	1148	1428	1714	2102			
Llanbister Road	d	0607x		0831x	1154x	1434x	1720x	2108x			
Llangynllo	d	0612x		0837x	1200x	1439x	1725x	2113x			
Cnwclas / Knucklas	d	0618x		0843x	1206x	1446x	1732x	2120x			
Trefyclawdd / Knighton	a	0624		0849	1212	1451	1737	2125		2343	
Knighton	d	0643		0851	1217	1454	1740	2128		2345	
Bucknell	d	0649		0857	1223	1500	1746	2134			
Hopton Heath	d	0654x		0902x	1227x	1504x	1750x	2139x			
Broome	d	0658x		0906x	1232x	1509x	1755x	2143x			
Craven Arms	d	0706		0914	1244	1516	1802	2151		0007	
Church Stretton	d	0719		0927	1257	1529	1815	2204		0020	
Amwythig / Shrewsbury	a	0738		0946	1314	1546	1832	2221		0037	
Crewe	a	0828		1028	1427	1628	1928	0005			
Wolverhampton	a	0901		1110	1410	1712	1931	2342			
Birmingham New St	a	0921		1132	1432	1733	1951	2351			

Mae'n bosibl na fydd tocynnau Off-Peak Day yn ddilys i deithio rhwng 0430 a 0930 ac ar gyfer teithiau sy'n cychwyn rhwng 1600 a 1829 Llun-Gwener. Dylech wirio am unrhyw gyfyngiadau cyn teithio.  
Off-Peak Day tickets may not be valid for travel between 0430 and 0930 and for journeys starting between 1600 and 1829 Mon-Fri. Please check restrictions before travel.

Gall gwaith i wella rheilffyrdd effeithio ar deithiau ar ddiwrnodau'r wythnos cyn 0630 neu ar ôl 2100. Cyn teithio, ewch i [www.trc.cymru](http://www.trc.cymru) neu ffoniwch 03457 48 49 50.

Rail improvement work can affect journeys on weekdays before 0630 or after 2100 hours and on weekends. Before travelling, visit [www.tfw.wales](http://www.tfw.wales) or call 03457 48 49 50.

Amwythig - Llandrindod - Abertawe		Lein Calon Cymru					Dydd Llun i ddydd Gwener			
Shrewsbury - Llandrindod - Swansea		The Heart of Wales Line					Mondays to Fridays			
		TfW	TfW	TfW	TfW	TfW	TfW	TfW	TfW	TfW
Birmingham New St	12 d				0729	0956	1356	1626	2022	
Wolverhampton	7 d				0748	10 15	14 15	1645	2041	
Crewe	10 d				08 10	10 10	14 10	17 10	20 10	
Amwythig / Shrewsbury	d	04 19		0522	0856	1 12 1	15 17	1807	2 129	
Church Stretton	d	0437		0540	09 14	1 142	1535	1825	2 147	
Craven Arms	d	0448		0550	0924	1 152	1545	1836	2 157	
Broome	d			0556x	0930x	1 158x	155 1x	1842x	2203x	
Hopton Heath	d			0600x	0934x	1202x	1555x	1846x	2207x	
Bucknell	d			0605x	0939x	1207x	1600x	185 1x	22 12x	
Trefyclawdd / Knighton	a	0507		06 12	0946	12 14	1607	1857	22 19	
Knighton	d	05 10		0625	0948	12 17	1609	1900	222 1	
Cnwclas / Knucklas	d			063 1x	0954x	1222x	16 15x	1906x	2227x	
Llangynllo	d			0639x	1002x	1230x	1623x	19 14x	2235x	
Llanbister Road	d			0644x	1007x	1235x	1628x	19 19x	2240x	
Dolau	d			0650x	10 13x	124 1x	1634x	1925x	2246x	
Pen-y-bont	d			0654x	10 17x	1246x	1638x	1929x	2250x	
Llandrindod	a	0545		0704	1027	1257	1649	1939	2300	
Llandrindod	d			0706	1029	1257	170 1	194 1		
Builth Road	d			07 15x	1038x	1307x	17 10x	1950x		
Cilmeri	d			07 19x	1042x	13 10x	17 14x	1954x		
Garth (Powys)	d			0724x	1047x	13 16x	17 19x	1959x		
Llangamarch	d			0728x	105 1x	1320x	1723x	2003x		
Llanwrtyd	a			0734	1057	1326	1729	2009		
Llanwrtyd	d			0740	1103	134 1	1735	20 17		
Sugar Loaf	d			0746x	1109x	1348x	174 1x	2023x		
Cynghordy	d			0753x	1116x	1355x	1748x	2030x		
Llanymddyfri / Llandovery	a			0803	1126	1404	1758	2040		
Llandovery	d		0626	0805	1128	1407	1800	2042		2243
Llanwrda	d		0632x	08 11x	1134x	14 13x	1806x	2048x		2249x
Llangadog	d		0636x	08 15x	1138x	14 17x	18 10x	2052x		2253x
Llandeilo	a		0645	0824	1147	1426	18 19	2 10 1		2302
Llandeilo	d		0650	0827	1150	1428	1822	2 104		2304
Ffairfach	d		0653	0829	1152	143 1	1824	2 106		2307
Llandybie	d		0700x	0837x	1200x	1438x	1832x	2 114x		23 14x
Rhydaman / Ammanford	d		0705x	084 1x	1204x	1443x	1836x	2 118x		23 19x
Pantyyffnon	d		0708	0844	1207	1446	1839	2 12 1		2322
Pontarddulais	d		07 15x	085 1x	12 15x	1453x	1846x	2 128x		2329x
Langennech	d		07 19x	0856x	1222x	1457x	185 1x	2 133x		2333x
Bynie / Bynea	d		0723x	0859x	1226x	150 1x	1854x	2 136x		2337x
Llanelli	d		0743	09 10	1240	15 10	1907	2 145		2348
Pembrey & Burry Port	d		08 18	0928	13 17	1522	19 19	2252		0035
Carmarthen	a		0844	0953	1337	1542	1938	23 18		0 102
Tre-gwyr / Gowerton	a		075 1	09 17	1248	15 17	19 14	2 152		2355
Abertawe / Swansea	a		0805	0933	130 1	1534	1937	2208		00 16
Caerdydd Canolog / Cardiff Central	7 a		09 15	1047	14 15	1658	2046	2339		
London Paddington	a		1111	13 12	1609	19 14	2309			

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Abertawe - Llandrindod - Amwythig		Lein Calon Cymru						Dydd Sadwrn			
Swansea - Llandrindod - Shrewsbury		The Heart of Wales Line						Saturdays			
		TfW ◇	TfW ◇	TfW ◇	TfW ◇	TfW ◇	TfW ◇				
London Paddington	d			0848	1048	1448	1818				
Caerdydd Canolog / Cardiff Central	d	0635	0803	1040	1239	1641	2015				
Abertawe / Swansea	d	0549	0908	1143	1430	1818	2115				
Tre-gwyr / Gowerton	d	0600	0919	1155	1442	1830	2127				
Carmarthen	d	0434	0855	1101	1357	1807	2049				
Pembrey & Burry Port	d	0452	0918	1124	1415	1829	2112				
Llanelli	d	0610	0931	1208	1454	1842	2136				
Bynie / Bynea	d	0615x	0936x	1213x	1459x	1848x	2141x				
Llangennech	d	0619x	0940x	1217x	1503x	1852x	2145x				
Pontarddulais	d	0623x	0944x	1223x	1507x	1857x	2150x				
Pantyyffnon	d	0631	0952	1231	1515	1904	2157				
Rhydaman / Ammanford	d	0634	0955	1234	1518	1907	2200				
Llandybie	d	0638	0959	1238	1522	1912	2205				
Ffairfach	d	0646x	1007x	1246x	1530x	1919x	2212x				
Llandeilo	a	0648	1009	1248	1532	1922	2215				
Llandeilo	d	0651	1012	1251	1535	1924	2217				
Llangadog	d	0700	1021	1300	1544	1934	2227				
Llanwrda	d	0704	1025	1304	1548	1937	2230				
Llanymddyfri / Llandovery	a	0710	1031	1310	1554	1944	2237				
Llandovery	d	0713	1034	1313	1557	1946					
Cynghordy	d	0721x	1042x	1321x	1605x	1955x					
Sugar Loaf	d	0730x	1051x	1330x	1614x	2003x					
Llanwrtyd	a	0736	1057	1336	1620	2009					
Llanwrtyd	d	0742	1103	1342	1622	2015					
Llangammarch	d	0748x	1109x	1348x	1628x	2021x					
Garth (Powys)	d	0752x	1113x	1352x	1632x	2025x					
Cilmeri	d	0757x	1118x	1357x	1638x	2030x					
Builth Road	d	0801x	1122x	1401x	1641x	2034x					
Llandrindod	a	0813	1135	1413	1654	2047					
Llandrindod	d	0815	1136	1415	1702	2048					
Pen-y-bont	d	0822x	1143x	1423x	1709x	2056x					
Dolau	d	0827	1148	1428	1714	2101					
Llanbister Road	d	0833x	1154x	1434x	1720x	2107x					
Llangynllo	d	0838x	1200x	1439x	1726x	2112x					
Cnwclas / Knucklas	d	0844x	1206x	1446x	1732x	2119x					
Trefyclawdd / Knighton	a	0850	1212	1451	1738	2124					
Knighton	d	0851	1219	1454	1740	2127					
Bucknell	d	0857	1225	1500	1746	2133					
Hopton Heath	d	0902x	1229x	1504x	1751x	2137x					
Broome	d	0906x	1234x	1508x	1755x	2142x					
Craven Arms	d	0914	1241	1516	1803	2152					
Church Stretton	d	0927	1254	1529	1816	2205					
Amwythig / Shrewsbury	a	0945	1311	1546	1833	2226					
Crewe	a	1028	1428	1628	1929	2354					
Wolverhampton	a	1113	1411	1712	1931	2331					
Birmingham New St	a	1133	1432	1733	1951	2351					

Amwythig - Llandrindod - Abertawe		Lein Calon Cymru					Dydd Sadwrn			
Shrewsbury - Llandrindod - Swansea		The Heart of Wales Line					Saturdays			
		TfW ◇	TfW ◇	TfW ◇	TfW ◇	TfW ◇				
Birmingham New St	<b>12</b> d		0656	1022	1356	1656				
Wolverhampton	<b>7</b> d		07 15	104 1	14 15	17 15				
Crewe	<b>10</b> d		08 10	10 10	14 10	17 10				
Amwythig / Shrewsbury	d	0524	0855	1126	1524	1808				
Church Stretton	d	0542	09 13	1144	1542	1826				
Craven Arms	d	0552	0923	1154	1552	1836				
Broome	d	0558x	0929x	1200x	1558x	1842x				
Hopton Heath	d	0602x	0933x	1204x	1602x	1846x				
Bucknell	d	0607x	0938x	1209x	1607x	185 1x				
Trefyclawdd / Knighton	a	06 14	0945	12 16	16 14	1858				
Knighton	d	0627	0947	12 19	16 16	1900				
Cnwclas / Knucklas	d	0633x	0953x	1224x	1622x	1906x				
Llangynllo	d	064 1x	100 1x	1232x	1630x	19 14x				
Llanbister Road	d	0646x	1006x	1237x	1635x	19 19x				
Dolau	d	0652x	10 12x	1243x	164 1x	1925x				
Pen-y-bont	d	0656x	10 16x	1248x	1645x	1929x				
Llandrindod	a	0706	1026	1259	1656	1939				
Llandrindod	d	0708	1028	1259	1702	194 1				
Builth Road	d	07 17x	1037x	1309x	17 11 x	1950x				
Cilmeri	d	072 1x	104 1x	13 12x	17 15x	1954x				
Garth (Powys)	d	0726x	1046x	13 18x	1720x	1959x				
Llangamarch	d	0730x	1050x	1322x	1724x	2003x				
Llanwrtyd	a	0736	1056	1328	1730	2009				
Llanwrtyd	d	0742	1103	134 1	1733	20 15				
Sugar Loaf	d	0748x	1109x	1348x	1739x	202 1x				
Cynghordy	d	0755x	11 16x	1355x	1746x	2028x				
Llanymddyfri / Llandovery	a	0805	1126	1404	1756	2038				
Llandovery	d	0807	1128	1407	1758	2040	2243			
Llanwrda	d	08 13x	1134x	14 13x	1804x	2046x	2248x			
Llangadog	d	08 17x	1138x	14 17x	1808x	2050x	2252x			
Llandeilo	a	0826	1147	1426	18 17	2059	230 1			
Llandeilo	d	0829	1150	1428	1820	2 102	2304			
Ffairfach	d	083 1	1152	143 1	1822	2 104	2306			
Llandybie	d	0839x	1200x	1438x	1830x	2 112x	23 14x			
Rhydaman / Ammanford	d	0843x	1204x	1443x	1834x	2 116x	23 18x			
Pantyyffnon	d	0846	1207	1446	1837	2 119	232 1			
Pontarddulais	d	0853x	12 14x	1453x	1844x	2 126x	2327x			
Llangennech	d	0858x	12 19x	1457x	1849x	2 13 1x	2332x			
Bynie / Bynea	d	090 1x	1222x	150 1x	1852x	2 136x	2335x			
Llanelli	d	09 11	1240	15 12	1909	2 149	2346			
Pembrey & Burry Port	d	0927	1333	1526	1830	2252				
Carmarthen	a	0952	1356	1546	1950	23 18	00 11			
Tre-gwyr / Gowerton	a	09 18	1247	15 19	19 16	2 156	2353			
Abertawe / Swansea	a	0934	1303	1539	1939	22 12	0008			
Caerdydd Canolog / Cardiff Central	<b>7</b> a	0049	14 17	1650	2048	2342				
London Paddington	a	13 11	16 13	19 13	2342					

Abertawe - Llandrindod - Amwythig		Lein Calon Cymru								Dydd Sul
Swansea - Llandrindod - Shrewsbury		The Heart of Wales Line								Sundays
		TfW ◇	TfW ◇							
London Paddington	d		1243							
Caerdydd Canolog / Cardiff Central	d	0953	1437							
Abertawe / Swansea	d	1110	1535							
Tre-gwyr / Gowerton	d	1121	1546							
Carmarthen	d	1053	1517							
Pembrey & Burry Port	d	1118	1542							
Llanelli	d	1133	1558							
Bynie / Bynea	d	1137x	1602x							
Llangennech	d	1141x	1606x							
Pontarddulais	d	1145x	1610x							
Pantyyffynnon	d	1154	1618							
Rhydaman / Ammanford	d	1157	1621							
Llandybie	d	1201	1626							
Ffairfach	d	1208x	1632x							
Llandeilo	a	1212	1637							
Llandeilo	d	1214	1638							
Llangadog	d	1223	1648							
Llanwrda	d	1227	1651							
Llanymddyfri / Llandovery	a	1234	1659							
Llandovery	d	1236	1700							
Cynghordy	d	1243x	1708x							
Sugar Loaf	d	1252x	1717x							
Llanwrtyd	a	1259	1724							
Llanwrtyd	d	1301	1725							
Llangammarch	d	1306x	1730x							
Garth (Powys)	d	1309x	1734x							
Cilmeri	d	1314x	1739x							
Builth Road	d	1318x	1742x							
Llandrindod	a	1331	1756							
Llandrindod	d	1344	1759							
Pen-y-bont	d	1350x	1806x							
Dolau	d	1356	1812							
Llanbister Road	d	1401x	1817x							
Llangynllo	d	1407x	1822x							
Cnwclas / Knucklas	d	1413x	1829x							
Trefyclawdd / Knighton	a	1421	1836							
Knighton	d	1422	1838							
Bucknell	d	1428	1844							
Hopton Heath	d	1432x	1848x							
Broome	d	1436x	1851x							
Craven Arms	d	1444	1900							
Church Stretton	d	1457	1913							
Amwythig / Shrewsbury	a	1513	1935							
Crewe	a	1627	2035							
Wolverhampton	a	1609	2031							
Birmingham New St	a	1631	2051							

Amwythig - Llandrindod - Abertawe		Lein Calon Cymru												Dydd Sul			
Shrewsbury - Llandrindod - Swansea		The Heart of Wales Line												Sundays			
		TfW ◇	TfW ◇														
Birmingham New St	<b>12</b>	d	0004	1456													
Wolverhampton	<b>7</b>	d	1023	15 14													
Crewe	<b>10</b>	d	11 10	15 19													
Amwythig / Shrewsbury		d	1204	1620													
Church Stretton		d	1222	1639													
Craven Arms		d	1232	1649													
Broome		d	1238x	1654x													
Hopton Heath		d	1242x	1659x													
Bucknell		d	1247x	1703x													
Trefyclawdd / Knighton		a	1255	17 11													
Knighton		d	1256	17 13													
Cnwclas / Knucklas		d	1302x	17 17x													
Llangynllo		d	13 10x	1725x													
Llanbister Road		d	13 15x	1729x													
Dolau		d	132 1x	1735x													
Pen-y-bont		d	1325x	1739x													
Llandrindod		a	1335	1750													
Llandrindod		d	1340	1805													
Builth Road		d	1349x	18 14x													
Cilmeri		d	1353x	18 17x													
Garth (Powys)		d	1358x	1823x													
Llangamarch		d	1402x	1827x													
Llanwrtyd		a	1409	1835													
Llanwrtyd		d	14 11	1836													
Sugar Loaf		d	14 17x	1843x													
Cyngordy		d	1424x	1849x													
Llanymddyfri / Llandovery		a	1435	1900													
Llandovery		d	1436	1902													
Llanwrda		d	1442x	1907x													
Llangadog		d	1446x	19 11x													
Llandeilo		a	1456	1922													
Llandeilo		d	1458	1923													
Ffairfach		d	1500	1926													
Llandybie		d	1508x	1932x													
Rhydaman / Ammanford		d	15 12x	1937x													
Pantyyffnon		d	15 15	1941													
Pontarddulais		d	1522x	1947x													
Llangennech		d	1527x	195 1x													
Bynie / Bynea		d	1530x	1955x													
Llanelli		d	1540	2005													
Pembrey & Burry Port		d	1552	2 123													
Carmarthen		a	16 11	2 150													
Tre-gwyr / Gowerton		a	1548	20 13													
Abertawe / Swansea		a	1602	2026													
Caerdydd Canolog / Cardiff Central	<b>7</b>	a	17 17	2 137													
London Paddington		a	1909														

Yn aml mae gwaith gwella'r rheilffyrdd yn effeithio ar wasanaethau ar y Sul, gan gynnwys arlwy ar drenau. Cyn teithio ewch i [www.trc.cymru](http://www.trc.cymru) neu ffoniwch 03457 484 950.

Rail improvement work often affects Sunday services, including on-train catering. Before travelling, visit [www.tfw.wales](http://www.tfw.wales) or call 03457 484 950.



## Nodiadau safonol

## Standard notes

Mae'r amseroedd **mewn coch** yn dynodi gwasanaethau sy'n cysylltu

Times in **red type** indicate connecting services.

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Amser cyrraedd	<b>a</b>	Arrival time
Amser ymadael	<b>d</b>	Departure time
Yn aros i ollwng teithwyr yn unig	<b>s</b>	Stops to set down only
Yn aros i godi teithwyr yn unig	<b>u</b>	Stops to pick up only
Yn aros ar gais. Rhaid i bobl sydd eisïau mynd i lawr hysbysu'r tocynnwr. Rhaid i bobl sydd eisïau mynd ar y trên roi'r arwydd llaw priodol i'r gyrrwr	<b>x</b>	Service stops on request. Passengers wishing to alight must inform the conductor. Passengers wishing to board must give the appropriate hand signal to the driver
Amser cysylltu a argymhellir	<b>10</b>	Recommended connecting time
Yn parhau mewn colofn ddiweddarach	<b>L</b> →	Continued in later column
Parhad o golofn gynharach	← <b>L</b>	Continued from earlier column
Hefyd â seddi Dosbarth Cyntaf	<b>1</b>	Also conveys First Class accommodation
Mae gwasanaeth troli o byrbrydau oer, brechdanau a diodydd poeth ac oer ar gael ar ran o'r daith neu'r daith i gyd	<b>☞</b>	An at seat service of cold snacks, sandwiches and hot and cold drinks is available for all or part of the journey
Darperir bwyty (i ddeiliaid tocynnau Dosbarth Cyntaf neu docynnau Dosbarth Busnes TfW) a gwasanaeth bwffe o fyrbrydau poeth, brechdanau, diodydd oer a phoeth	<b>☒</b>	A restaurant (for 1st Class ticket holders, or TfW Business Class ticket holders) and a buffet service of hot snacks, sandwiches, hot and cold drinks are provided
Mae gwasanaeth bwffe sy'n cynnwys byrbrydau poeth, brechdanau a diodydd poeth ac oer ar gael	<b>☞</b>	A buffet service of hot snacks, sandwiches and hot and cold drinks is provided
Great Western Railway	<b>GW</b>	Great Western Railway
West Midlands Trains	<b>LM</b>	West Midlands Trains
Trafniduaiaeth Cymru	<b>TfW</b>	Transport for Wales
Avanti West Coast	<b>VT</b>	Avanti West Coast
Northern	<b>NT</b>	Northern
Cross Country	<b>XC</b>	Cross Country

#### Cysylltwch â ni er mwyn:

- gofyn am yr amserlen mewn fformat gwahanol, gan gynnwys print bras
- rhoi gwybod am nam neu ddifrod i'n trenau a'n gorsafoedd
- gwneud sylw am ein gwasanaethau trên
- gofyn am wybodaeth arall i gwsmeriaid gan gynnwys y siarter teithwyr
- hawlio unrhyw iawndal am oedi o 15 munud neu ragor.

#### Get in touch to:

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- claim any compensation for delays of 15 minutes or more.



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Mae costau rhwydwaith safonol yn berthnasol. Gall pris galwadau o ffonau symudol fod yn uwch  
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Gallwch archebu cymorth arbennig ymlaen llaw - hyd at 2 awr cyn i'ch taith ddechrau, 24/7. I archebu, neu i gael rhagor o wybodaeth am Gymorth i Deithwyr ffoniwch ein tîm Cymorth wrth Deithio: **033 300 50 501** RelayUK: **18001 033 300 50 501** neu ewch i **trc.cymru/teithio-hygyrch**. Gallwch hefyd "gyrraedd a mynd" heb archebu cymorth arbennig ymlaen llaw. Byddwn yn eich helpu i gyrraedd lle'r ydych chi eisiau mynd.

You can request an assistance booking in advance - up to 2 hours before your journey is due to start, 24/7. To make a booking or for more information about Passenger Assist call our Assisted Travel team: **033 300 50 501** RelayUK: **18001 033 300 50 501** or visit **tfw.wales/accessible-travel**. You can also simply "turn up and go" without booking assistance in advance. We'll provide assistance to get you to your destination.



Mae toiledau hygyrch ar bob gwasanaeth, ond dim ym mhob cerbyd. Holwch staff y trên neu edrych ar yr arwyddion ar y drysau i wneud yn siŵr eich bod yn defnyddio'r rhan iawn o'r trên.

Accessible toilets are available on all our services, but not every carriage. Please check with railway staff or door signs to ensure you access the right part of the train.