

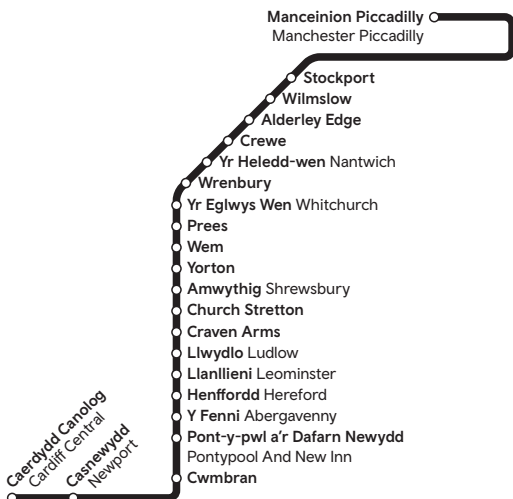
# Amserau Trenau | Train Times

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

## Caerdydd - Henffordd - Amwythig - Crewe - Manceinion

Cardiff - Hereford - Shrewsbury -

Crewe - Manchester



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



TTB02\_DLB\_V1\_12/22



TRAFNIDIAETH CYMRU  
TRANSPORT FOR WALES

# Paid â chael dy ddal!

# Don't get caught red-handed!



Mae Arolygwyr Diogelu Refeniw yn patrolio ein rhwydwaith yn rheolaidd yn gwirio ticedi.

Mae'n rhaid i chi brynu tocyn dilys ar gyfer eich taith cyn mynd ar y trê - dyna'r gyfraith.\*

Os nad ydych yn gwneud hynny, gallech chi gael eich erlyn a chael hyd at **£1000** o ddirwy.

Revenue Protection Inspectors are regularly patrolling our network checking tickets.

You must buy a valid ticket for your journey before getting on the train - it's the law.\*

If you don't, you risk prosecution and fines of up to **£1000**.

\* Amodau Teithio National Rail ac Is-ddeddfau Rheilffyrdd 2005

\*National Rail Conditions of Travel and Railway Byelaws 2005



# TEITHIO'N SAFFACH GYDA'N GWIRIWR CAPASITI

Gynllunio ymlaen llaw, gweld pa mor brysur yw ein trenau fel arfer a phenderfynu pryd i deithio.

Ewch i [trctrenau.cymru](http://trctrenau.cymru) neu fwrw golwg ar ap TrC.

## TRAVEL SAFER WITH OUR CAPACITY CHECKER

Plan ahead, check how busy our trains usually are and decide when to travel.

Visit [tfwrail.wales](http://tfwrail.wales) or check the Tfw app.



TRAFNIDIAETH CYMRU  
TRANSPORT FOR WALES

	TfW	TfW ◇ MX	TfW	TfW 1R 工	TfW ◇	TfW ◇	TfW	TfW ◇ D	TfW 1R x	TfW 1R x H
Aberdaugleddau / Milford Haven	d									
Aberystwyth Traws	d									
Caerfyrddin / Carmarthen Traws	a									
Caerfyrddin / Carmarthen	d									
Llanelli	d									
Abertawe / Swansea	d				0346	0346		0459	0536	0528
Castell Nedd / Neath	d				0358	0358		0511	0548	0540
Parcfordd Port Talbot Parkway	d				0405	0405		0518	0555	0547
Pen-y-Bont ar Ogwr / Bridgend	d				0427	0427		0531	0612	0600
Caerdydd Canolog / Cardiff Central	d	0030		0435	0512	0538		0610	0635	0648
Casnewydd / Newport	d	0049		0454	0531	0556		0623a	0649	0702
Cwmbrân	d	0100		0505	0542	0606			0659	0713
Pontypwl a New Inn / Pontypool & New Inn	d	0106		0511	0548	0612				0720
Y Fenni / Abergavenny	d	0118		0521	0557	0621			0713	0730
Henffordd / Hereford	a	0151		0547	0622	0646			0738	0756
Henffordd / Hereford	d			0547	0625	0650			0739	0756
Llanllieni / Leominster	d			0600	0638	0703			0752	
Llwydlo / Ludlow	d			0612	0649	0714			0803	0818
Craven Arms	d			0620	0657	0722			0812	
Church Stretton	d			0630	0706	0731			0821	
Amwythig / Shrewsbury	a			0647	0721	0746			0838	0847
Amwythig / Shrewsbury	d	0530		0647	0728	0749	0819		0844	0850
Aberystwyth	a			0921					1121	
Wrecsam Cyffredinol / Wrexham General	a				0803					0929
Yorton	d	0540x					0829x			
Wem	d	0546		0700		0800	0835		0857	
Prees	d	0551x					0840x			
Yr Eglwys Wen / Whitchurch	d	0558		0710		0809	0847		0906	
Wrenbury	d	0605x					0854x			
Yr Heledd Wen / Nantwich	d	0611		0720		0818	0900		0917	
Crewe	a	0620	0629d	0730		0828	0910		0928	
Caer / Chester	a	0719		0846	0821	0946	1005		1028	0947
Cyffordd Llandudno / Llandudno Junction	a	0816			0918		1103		1122	1031
Bangor	a	0840			0940		1121			1047
Caerdybi / Holyhead	a	0922			1009		1158			1118
Wilmslow	a		0648	0750		0850	1025		0950	
Stockport	a		0659	0800		0901	1035		1001	
Manceinion Piccadilly / Manchester Piccadilly	a		0715	0813		0915	1044		1015	

## Nodiadau

MX Dydd Mawrth i ddydd Gwener

D I Cheltenham Spa

H Tan 15 Mai

## Notes

MX Tuesday to Friday

D To Cheltenham Spa

H Until 15 May

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.  
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	◇	TfW R-I	TfW	TfW R-I-R	TfW ◇ D	TfW ◇-I	TfW R-I	TfW	TfW ◇	TfW R-I-R
Aberdaugleddau / Milford Haven	d				0554		0701			
Aberystwyth Traws	d									
Caerfyrddin / Carmarthen Traws	a									
Caerfyrddin / Carmarthen	d	0545		0603	0652	0725	0756		0725	
Llanelli	d	0615		0633	0722	0758	0826		0758	
Abertawe / Swansea	d	0558	0638	0743	0749	0823	0848		0823	0923
Castell Nedd / Neath	d	0610	0653	0755	0800	0835	0903		0835	0935
Parcfordd Port Talbot Parkway	d	0617	0705	0802	0807	0842	0915		0842	0942
Pen-y-Bont ar Ogwr / Bridgend	d	0635	0719	0815	0822	0855	0930		0938	0955
Caerdydd Canolog / Cardiff Central	d	0705	0750	0849	0906	0923	0954		1008	1052
Casnewydd / Newport	d	0719a	0804	0903	0920a	0936	1008		1022a	1106
Cwmbrân	d	0814		0914		0947	1018			1116
Pontypwl a New Inn / Pontypool & New Inn	d	0820				0952				
Y Fenni / Abergavenny	d	0829		0927		1002	1031			1130
Henffordd / Hereford	a	0854		0952		1026	1056			1154
Henffordd / Hereford	d	0856		0953		1027	1057			1156
Llanllieni / Leominster	d	0909		1006			1110			1209
Llwydlo / Ludlow	d	0920		1018		1048	1121			1220
Craven Arms	d	0929		1026		1057	1129			
Church Stretton	d	0939		1036		1106	1138			
Amwythig / Shrewsbury	a	0954		1052		1124	1153			1250
Amwythig / Shrewsbury	d	0954	1019	1053		1130	1154	1219		1251
Aberystwyth	a			1322						1521
Wrecsam Cyffredinol / Wrexham General	a					1206				
Yorton	d		1029x				1229x			
Wem	d	1006	1035				1235			
Prees	d		1040x				1240x			
Yr Eglwys Wen / Whitchurch	d		1048				1247			
Wrenbury	d		1054x				1254x			
Yr Heledd Wen / Nantwich	d		1101				1217	1300		
Crewe	a	1028	1111	1129			1228	1310		1328
Caer / Chester	a	1105	1144	1206		1226	1345			1446
Cyffordd Llandudno / Llandudno Junction	a	1202				1322				
Bangor	a	1219				1340				
Caerdybi / Holyhead	a	1250				1418				
Wilmslow	a	1050	1225	1150			1250	1425		1349
Stockport	a	1101	1235	1201			1301	1435		1401
Manceinion Piccadilly / Manchester Piccadilly	a	1115	1244	1215			1315	1444		1415

## Nodiadau

D I Cheltenham Spa

## Notes

D To Cheltenham Spa

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.  
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	TfW 11R	TfW R	TfW ◇	TfW	TfW 11R	TfW ◇ G	TfW	TfW	TfW R	TfW 11R	
Aberdaugleddau / Milford Haven	d	0901							1103		
Aberystwyth Traws	d										
Caerfyrddin / Carmarthen Traws	a										
Caerfyrddin / Carmarthen	d	1000				1058			1201		
Llanelli	d	0923	1025			1128			1226		
Abertawe / Swansea	d	1023	1045		1123	1152	1223		1249	1323	
Castell Nedd / Neath	d	1035	1101		1135	1203	1235		1305	1335	
Parcfordd Port Talbot Parkway	d	1042	1113		1142	1212	1242		1317	1342	
Pen-y-Bont ar Ogwr / Bridgend	d	1055	1128	1138	1155	1226	1238		1332	1355	
Caerdydd Canolog / Cardiff Central	d	7	1125	1154	1210		1249	1307	1322	1357	1449
Casnewydd / Newport	d	1139	1208	1224a		1303	1322a	1337	1411	1503	
Cwmbrân	d	1149	1218			1313		1347	1421	1513	
Pontypwl a New Inn / Pontypool & New Inn	d	1155						1353			
Y Fenni / Abergavenny	d	1205	1231			1327		1402	1435	1527	
Henffordd / Hereford	a	7	1231	1256		1352		1427	1500	1552	
Henffordd / Hereford	d	7	1231	1257		1353		1429	1500	1553	
Llanillieni / Leominster	d		1310			1406			1513	1607	
Llwydlo / Ludlow	d	1253	1321			1417		1451	1524	1619	
Craven Arms	d		1329					1500	1533		
Church Stretton	d		1338					1509	1542		
Amwythig / Shrewsbury	a	1323	1353			1447		1524	1557	1648	
Amwythig / Shrewsbury	d	1330	1354	1419	1447			1528	1614	1652	
Aberystwyth	a					1721				1921	
Wrecsam Cyffredinol / Wrexham General	a	1409						1604			
Yorton	d				1429x				1624x		
Wem	d				1435				1630		
Prees	d				1440x				1635x		
Yr Eglwys Wen / Whitchurch	d				1447	1506			1642		
Wrenbury	d				1454x				1649x		
Yr Heledd Wen / Nantwich	d		1417		1500	1517			1655		
Crewe	a	10	1427		1510	1528			1705	1628	1729
Caer / Chester	a	1426	1505		1545	1645		1623	1745	1705	1845
Cyffordd Llandudno / Llandudno Junction	a	1526						1719		1801	
Bangor	a	1550						1742		1819	
Caerdybi / Holyhead	a	20	1619					1822		1847	
Wilmslow	a		1450		1625	1550			1825	1650	1750
Stockport	a		1501		1635	1601			1835	1701	1801
Manceinion Piccadilly / Manchester Piccadilly	a		1515		1644	1615			1844	1715	1814

## Nodiadau

G I Gaerloyw

## Notes

G To Gloucester

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	TfW	TfW	TfW	TfW	TfW	TfW	TfW	TfW	TfW	TfW
	◇	⚡	⚡	◇		⚡	⚡	◇	⚡	⚡
Aberdaugleddau / Milford Haven	d		1300							1507
Aberystwyth Traws	d									
Caerfyrddin / Carmarthen Traws	a									
Caerfyrddin / Carmarthen	d	1301		1357	1347			1501		1606
Llanelli	d	1331		1422	1411			1531		1631
Abertawe / Swansea	d	1400	1423	1448		1505	1523	1601		1655
Castell Nedd / Neath	d	1411	1435	1500		1521	1535	1612		1706
Parcfordd Port Talbot Parkway	d	1419	1442	1508	1447	1533	1542	1620		1713
Pen-y-Bont ar Ogwr / Bridgend	d	1439	1455	1523	1538	1550	1555	1639	1634	1725
Caerdydd Canolog / Cardiff Central	d	1508	1523	1549	1608		1622	1649	1708	1714
Casnewydd / Newport	d	1522a	1537	1602	1622a		1635	1703	1723a	1728
Cwmbrân	d		1547	1613			1646	1713		1738
Pontypwl a New Inn / Pontypool & New Inn	d		1553	1618			1651		1744	1818
Y Fenni / Abergavenny	d		1602	1627			1701	1727		1754
Henffordd / Hereford	a		1627	1652			1726	1751		1820
Henffordd / Hereford	d		1628	1653			1726	1753		1820
Llanllieni / Leominster	d		1641	1706				1806		1906
Llwydlo / Ludlow	d		1652	1717				1817		1917
Craven Arms	d		1701	1725			1754			1926
Church Stretton	d		1710	1734			1803			1935
Amwythig / Shrewsbury	a		1724	1749			1818	1846		1909
Amwythig / Shrewsbury	d		1728	1750		1825	1818	1848		1909
Aberystwyth	a			2020						2222
Wrecsam Cyffredinol / Wrexham General	a		1805						1940	
Yorton	d					1836x				
Wem	d			1801		1841				
Prees	d					1846x				
Yr Eglwys Wen / Whitchurch	d			1809		1853		1907		
Wrenbury	d					1859x				
Yr Heledd Wen / Nantwich	d			1818		1905	1844	1917		
Crewe	a			1828		1917	1854	1928		2028
Caer / Chester	a		1822	1913		2013	1928	2013		1957
Cyffordd Llandudno / Llandudno Junction	a		1918	2011					2048	2212
Bangor	a		1937	2028					2110	2229
Caerdybi / Holyhead	a		2020	2056					2141	2257
Wilmslow	a			1850		2025	1924	1949		2050
Stockport	a			1901		2035	1935	2001		2101
Manceinion Piccadilly / Manchester Piccadilly	a			1915		2044	1944	2015		2115

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	TfW ◇	TfW R	TfW	TfW R	TfW ◇ FX	TfW ◇ FO	TfW ◇	TfW ◇	TfW ◇	TfW ◇
Aberdaugleddau / Milford Haven	d									
Aberystwyth Traws	d									
Caerfyrddin / Carmarthen Traws	a									
Caerfyrddin / Carmarthen	d				1655			1850	1850	
Llanelli	d	1645			1725			1922	1922	
Abertawe / Swansea	d	1623	1705		1723	1823	1747	1949	1949	2023
Castell Nedd / Neath	d	1635	1720		1735	1835	1803	2000	2000	2035
Parcfordd Port Talbot Parkway	d	1642	1731		1742	1842	1815	2007	2007	2042
Pen-y-Bont ar Ogwr / Bridgend	d	1737	1746		1756	1855	1830	2036	2021	2055
Caerdydd Canolog / Cardiff Central	d	1807	1825		1855	1941	1941	2005	2110	2115
Casnewydd / Newport	d	1823a	1838		1909	1955	1955	2020	2124a	2129
Cwmbrân	d		1849		1920	2005	2005	2030		2140
Pontypwl a New Inn / Pontypool & New Inn	d		1854			2010	2010	2035		2230
Y Fenni / Abergavenny	d		1904		1933	2020	2020	2045		2153
Henffordd / Hereford	a		1929		1959	2045	2045	2109		2220
Henffordd / Hereford	d		1929		1959	2046	2046	2111		2220
Llanllieni / Leominster	d				2012	2059	2059	2124		2233
Llwydlo / Ludlow	d		1950		2024	2110	2110	2135		2244
Craven Arms	d		1959			2118	2118	2143		2253
Church Stretton	d		2008			2127	2127	2152		2302
Amwythig / Shrewsbury	a		2026		2053	2142	2142	2207		2317
Amwythig / Shrewsbury	d		2027	2033	2058	2146	2146	2208		2317
Aberystwyth	a		2222		2336		2336			
Wrecsam Cyffredinol / Wrexham General	a					2222	2222			
Yorton	d			2044x				2217x		2326x
Wem	d			2049				2222		2331
Prees	d			2054x				2227x		2336x
Yr Eglwys Wen / Whitchurch	d			2101				2234		2343
Wrenbury	d			2107x				2240x		2349x
Yr Heledd Wen / Nantwich	d		2051	2113				2246		2355
Crewe	a		2100	2122	2136			2256		0005
Caer / Chester	a		2126	2158	2245	2241	2241			0027
Cyffordd Llandudno / Llandudno Junction	a		2253	2307		2358	2352			
Bangor	a		2311	2332		0021	0015			
Caerdydd / Holyhead	a		2339	0014		0048	0043			
Wilmslow	a		2125	2225	2157			2315		
Stockport	a		2135	2235	2208			2324		
Manceinion Piccadilly / Manchester Piccadilly	a		2144	2245	2227			2341		

## Nodiadau

FX Dydd Llun i ddydd Iau  
FO Dydd Gwener yn unig

## Notes

FX Monday to Thursday  
FO Friday only

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		TfW ◇ FX	TfW ◇ FO								
Aberdaugleddau / Milford Haven	d										
Aberystwyth Traws	d										
Caerfyrddin / Carmarthen Traws	a										
Caerfyrddin / Carmarthen	d	2 100	2 100								
Llanelli	d	2 130	2 130								
<b>Abertawe / Swansea</b>	d	2 153	2 153								
Castell Nedd / Neath	d	2208	2208								
Parcfordd Port Talbot Parkway	d	2220	2220								
Pen-y-Bont ar Ogwr / Bridgend	d	2240	2240								
<b>Caerdydd Canolog / Cardiff Central</b>	d	23 12	2320								
Casnewydd / Newport	d	2329a	2333a								
Cwmbrân	d										
Pontypwl a New Inn / Pontypool & New Inn	d										
Y Fenni / Abergavenny	d										
<b>Henffordd / Hereford</b>	a										
<b>Henffordd / Hereford</b>	d										
Llanllieni / Leominster	d										
Llwydlo / Ludlow	d										
Craven Arms	d										
Church Stretton	d										
<b>Amwythig / Shrewsbury</b>	a										
<b>Amwythig / Shrewsbury</b>	d										
Aberystwyth	a										
Wrecsam Cyffredinol / Wrexham General	a										
Yorton	d										
Wem	d										
Prees	d										
Yr Eglwys Wen / Whitchurch	d										
Wrenbury	d										
Yr Heledd Wen / Nantwich	d										
Crewe	a										
Caer / Chester	a										
Cyffordd Llandudno / Llandudno Junction	a										
<b>Bangor</b>	a										
Caerdybi / Holyhead	a										
Wilmslow	a										
Stockport	a										
Manceinion Piccadilly / Manchester Piccadilly	a										

**Nodiadau**

FX Dydd Llun i ddydd lau

FO Dydd Gwener yn unig

**Notes**

FX Monday to Thursday

FO Friday only

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.

	TfW	TfW ◇	TfW	TfW 11R	TfW ◇	TfW ◇	TfW	TfW ◇ D	TfW 11R	TfW ◇ D
Aberdaugleddau / Milford Haven	d									
Aberystwyth Traws	d									
Caerfyrddin / Carmarthen Traws	a									
Caerfyrddin / Carmarthen	d									
Llanelli	d									
Abertawe / Swansea	d				0356				0530	0552
Castell Nedd / Neath	d				0408				0542	0604
Parcfordd Port Talbot Parkway	d				04 15				0549	06 11
Pen-y-Bont ar Ogwr / Bridgend	d				0428				0606	0637
Caerdydd Canolog / Cardiff Central	d	0030		0435	0520	0537		06 10	0635	0707
Casnewydd / Newport	d	0046		0449	0533	0552		0624a	0649	072 1a
Cwmbrân	d	0056		0459	0544	0602			0701	
Pontypwl a New Inn / Pontypool & New Inn	d	0 102		0505	0549	0608				
Y Fenni / Abergavenny	d	0 113		05 15	0559	06 17			07 16	
Henffordd / Hereford	a	0 143		0540	0623	0642			0741	
Henffordd / Hereford	d			0542	0624	0647			0742	
Llanllieni / Leominster	d			0555	0637	0700			0755	
Llwydlo / Ludlow	d			0607	0648	0711			0807	
Craven Arms	d			06 16	0657	072 1			08 16	
Church Stretton	d			0626	0706	0730			0826	
Amwythig / Shrewsbury	a			0642	072 1	0748			0843	
Amwythig / Shrewsbury	d	0530		0645	0726	0749	08 19		0846	
Aberystwyth	a			0921					112 1	
Wrecsam Cyffredinol / Wrexham General	a				0802					
Yorton	d	0540x					0829x			
Wem	d	0546		0658		0800	0835			
Prees	d	055 1x					0840x			
Yr Eglwys Wen / Whitchurch	d	0558		0708		0809	0847		0905	
Wrenbury	d	0605x					0854x			
Yr Heledd Wen / Nantwich	d	06 11		07 18		08 18	0900		09 16	
Crewe	a	062 1	0629d	0729		0828	09 10		0928	
Caer / Chester	a	0723		0845	0820	0946			1046	
Cyffordd Llandudno / Llandudno Junction	a	08 15			09 16					
Bangor	a	0840			0945					
Caerdybi / Holyhead	a	092 1			10 19					
Wilmslow	a	0724	0648	0750		0850	1025		0950	
Stockport	a	0734	0659	0800		090 1	1035		1000	
Manceinion Piccadilly / Manchester Piccadilly	a	0743	07 15	08 15		09 15	1044		10 15	

## Nodiadau

D I Cheltenham Spa

## Notes

D To Cheltenham Spa

	TfW ◇	TfW R	TfW	TfW 1R	TfW ◇	TfW ◇	TfW ◇	TfW ◇	TfW ◇	TfW 1R
Aberdaugleddau / Milford Haven	d				0554		0700			
Aberystwyth Traws	d									
Caerfyrddin / Carmarthen Traws	a									
Caerfyrddin / Carmarthen	d	0554		0615	0651	0724	0755			
Llanelli	d	0624		0645	0721	0757	0825			
Abertawe / Swansea	d	0623	0649	0741	0747	0822	0848			0923
Castell Nedd / Neath	d	0635	0700	0753	0759	0834	0903			0935
Parcfordd Port Talbot Parkway	d	0642	0708	0801	0806	0841	0915			0943
Pen-y-Bont ar Ogwr / Bridgend	d	0655	0722	0815	0831	0854	0930		0939	0956
Caerdydd Canolog / Cardiff Central	d	0722	0752		0849	0904	0922	0953		1008 1052
Casnewydd / Newport	d	0737	0806		0904	0919a	0937	1007		1022a 1106
Cwmbrân	d	0747	0816		0914		0947	1017		1116
Pontypwl a New Inn / Pontypool & New Inn	d	0753	0821				0952			
Y Fenni / Abergavenny	d	0802	0831		0928		1002	1030		1130
Henffordd / Hereford	a	0829	0855		0953		1027	1055		1155
Henffordd / Hereford	d	0830	0856		0954		1027	1056		1156
Llanllieni / Leominster	d		0909		1007		1041	1109		1209
Llwydlo / Ludlow	d	0851	0920		1018		1052	1120		1220
Craven Arms	d	0859	0929		1027		1100	1129		
Church Stretton	d	0908	0939		1036		1109	1138		
Amwythig / Shrewsbury	a	0924	0953		1053		1124	1153		1250
Amwythig / Shrewsbury	d	0927	0954	1019	1054		1128	1153	1219	1251
Aberystwyth	a				1322					1522
Wrecsam Cyffredinol / Wrexham General	a	1003					1204			
Yorton	d			1029x				1229x		
Wem	d		1006	1035				1235		
Prees	d			1040x				1240x		
Yr Eglwys Wen / Whitchurch	d			1048				1210	1247	
Wrenbury	d			1054x					1254x	
Yr Heledd Wen / Nantwich	d			1101				1219	1300	
Crewe	a		1028	1111	1130			1228	1310	1328
Caer / Chester	a	1020	1105	1146	1205		1223	1346	1406	1446
Cyffordd Llandudno / Llandudno Junction	a	1114	1201	1301			1319			
Bangor	a	1140	1219	1319			1338			
Caergybi / Holyhead	a	1212	1247	1347			1418			
Wilmslow	a		1050	1225	1150			1250	1425	1348
Stockport	a		1101	1235	1201			1301	1435	1401
Manceinion Piccadilly / Manchester Piccadilly	a		1115	1244	1215			1315	1444	1415

	TfW R I	TfW R I	TfW ◇	TfW	TfW 1 R X	TfW ◇ D	TfW ◇ I	TfW	TfW R I	TfW 1 R X
Aberdaugleddau / Milford Haven	d	0857							1101	
Aberystwyth Traws	d									
Caerfyrddin / Carmarthen Traws	a									
Caerfyrddin / Carmarthen	d	0959				1101			1159	
Llanelli	d	0925	1024			1131			1224	
Abertawe / Swansea	d	1022	1045			1124	1159	1222	1246	1324
Castell Nedd / Neath	d	1034	1101			1136	1210	1234	1302	1336
Parcfordd Port Talbot Parkway	d	1042	1113			1144	1218	1242	1314	1344
Pen-y-Bont ar Ogwr / Bridgend	d	1055	1128	1138		1158	1231	1238	1329	1356
Caerdydd Canolog / Cardiff Central	d	1123	1154	1208		1252	1307	1322	1355	1453
Casnewydd / Newport	d	1137	1207	1221a		1306	1322a	1336	1409	1507
Cwmbrân	d	1147	1218			1317		1346	1419	1517
Pontypwl a New Inn / Pontypool & New Inn	d	1153						1352		
Y Fenni / Abergavenny	d	1202	1231			1330		1401	1432	1531
Henffordd / Hereford	a	1227	1256			1355		1426	1457	1555
Henffordd / Hereford	d	1228	1256			1356		1427	1458	1557
Llanllieni / Leominster	d	1309				1409			1511	1610
Llwydlo / Ludlow	d	1249	1320			1421		1448	1522	1621
Craven Arms	d	1257	1329					1456	1531	
Church Stretton	d	1307	1338					1505	1541	
Amwythig / Shrewsbury	a	1322	1353			1450		1525	1556	1650
Amwythig / Shrewsbury	d	1327	1353	1419		1452		1528	1619	1652
Aberystwyth	a					1721				1921
Wrecsam Cyffredinol / Wrexham General	a	1404						1603		
Yorton	d			1429x					1629x	
Wem	d			1435					1635	
Prees	d			1440x					1640x	
Yr Eglwys Wen / Whitchurch	d		1410	1447					1647	
Wrenbury	d			1454x					1654x	
Yr Heledd Wen / Nantwich	d		1419	1500					1700	
Crewe	a		1428	1510	1529				1710	1628
Caer / Chester	a	1424	1504	1546	1646			1622	1746	1805
Cyffordd Llandudno / Llandudno Junction	a	1520	1602					1718	1901	
Bangor	a	1541	1620					1742	1919	
Caerdybi / Holyhead	a	1621	1652					1821	1947	
Wilmslow	a		1450	1625	1549				1825	1650
Stockport	a		1501	1635	1601				1835	1701
Manceinion Piccadilly / Manchester Piccadilly	a		1515	1644	1615				1844	1715










## Nodiadau

D I Cheltenham Spa

## Notes

D To Cheltenham Spa

	TfW	TfW	TfW	TfW	TfW	TfW	TfW	TfW	TfW	TfW
	◇	⚡	⚡			◇	◇	1R2	◇	⚡
Aberdaugleddau / Milford Haven	d		1300							1509
Aberystwyth Traws	d									
Caerfyrddin / Carmarthen Traws	a									
Caerfyrddin / Carmarthen	d	1302		1357		1336			1501	1606
Llanelli	d	1332		1422		1406			1531	1631
Abertawe / Swansea	d	1357	1423	1445				1526	1555	1622
Castell Nedd / Neath	d	1408	1435	1501				1538	1606	1634
Parcffordd Port Talbot Parkway	d	1416	1443	1513		1434		1546	1614	1642
Pen-y-Bont ar Ogwr / Bridgend	d	1437	1455	1526		1537	1449	1558	1637	1655
Caerdydd Canolog / Cardiff Central	d	1507	1522	1549		1607	1615	1650	1707	1723
Casnewydd / Newport	d	1521a	1536	1603		1621a	1630	1704	1722a	1736
Cwmbrân	d		1546	1613			1641	1715		1747
Pontypwl a New Inn / Pontypool & New Inn	d		1552	1618			1646	1721		1752
Y Fenni / Abergavenny	d		1601	1628			1659a	1731		1802
Henffordd / Hereford	a		1626	1652				1756		1827
Henffordd / Hereford	d		1627	1653				1757		1827
Llanllieni / Leominster	d		1640	1706				1810		1913
Llwydlo / Ludlow	d		1651	1717				1821		1848
Craven Arms	d		1659	1726						1857
Church Stretton	d		1708	1735						1906
Amwythig / Shrewsbury	a		1722	1750				1850		1921
Amwythig / Shrewsbury	d		1729	1750	1830			1852		1928
Aberystwyth	a			2022						2222
Wrecsam Cyffredinol / Wrexham General	a		1805							2004
Yorton	d				1840x					
Wem	d			1801	1846					
Prees	d				1851x					
Yr Eglwys Wen / Whitchurch	d			1809	1858					2009
Wrenbury	d				1905x					
Yr Heledd Wen / Nantwich	d			1818	1911					2018
Crewe	a			1828	1921			1929		2028
Caer / Chester	a		1822	1913	2013			2013		2024
Cyffordd Llandudno / Llandudno Junction	a		1922		2109					2125
Bangor	a		1941		2127					2144
Caergybi / Holyhead	a		2024		2155					2224
Wilmslow	a			1849	2025			1951		2050
Stockport	a			1901	2035			2001		2101
Manceinion Piccadilly / Manchester Piccadilly	a			1915	2044			2016		2115

	TfW	TfW	TfW	TfW	TfW	TfW	TfW	TfW	TfW	TfW
	◇			◇	◇	◇	◇	◇	◇	◇
										◇ G
Aberdaugleddau / Milford Haven	d				1706				1912	
Aberystwyth Traws 	d									
Caerfyrddin / Carmarthen Traws 	a									
Caerfyrddin / Carmarthen	d		1701		1807	1853		2009		2049
Llanelli	d		1731		1836	1925		2034		2119
Abertawe / Swansea	d		1754	1822	1900	1952	1926	2057		2144
Castell Nedd / Neath	d		1805	1834	1911	2003	1938	2108		2159
Parcfordd Port Talbot Parkway	d		1812	1842	1919	2011	1946	2115		2211
Pen-y-Bont ar Ogwr / Bridgend	d	1736	1827	1855	1933	2025	2039	2127		2227
Caerdydd Canolog / Cardiff Central 	d	1809	1855	1941	2005	2055	2110	2152		2315
Casnewydd / Newport	d	1823a	1909	1955	2020	2109	2125a	2206		2332a
Cwmbrân	d		1920	2005	2031	2121		2216		
Pontypwl a New Inn / Pontypool & New Inn	d			2011	2036			2222		
Y Fenni / Abergavenny	d		1934	2020	2046	2134		2231		
Henffordd / Hereford 	a		1959	2045	2110	2159		2257		
Henffordd / Hereford 	d		2000	2046	2112	2200				
Llanllieni / Leominster	d		2013	2059	2125	2214				
Llwydlo / Ludlow	d		2025	2110	2136	2225				
Craven Arms	d			2118	2144	2233				
Church Stretton	d			2127	2153	2242				
Amwythig / Shrewsbury	a		2056	2143	2208	2257			2332	
Amwythig / Shrewsbury	d	2032	2058	2143	2209	2306				2336
Aberystwyth	a		2335							
Wrecsam Cyffredinol / Wrexham General	a			2219						
Yorton	d	2041x			2218x	2315x			2344x	
Wem	d	2046			2223	2320			2349	
Prees	d	2051x			2228x	2325x			2353x	
Yr Eglwys Wen / Whitchurch	d	2058			2235	2332			2359	
Wrenbury	d	2104x			2241x	2338x			0005x	
Yr Heledd Wen / Nantwich	d	2110			2247	2344			0011	
Crewe 	a	2119	2135		2257	2354			0021	
Caer / Chester	a	2158	2246	2236	2353	0023				
Cyffordd Llandudno / Llandudno Junction	a			2334						
Bangor	a									
Caerdybi / Holyhead 	a									
Wilmslow	a		2157		2316					
Stockport	a		2208		2326					
Manceinion Piccadilly / Manchester Piccadilly 	a		2223		2340					

## Nodiadau

G I Gaerloyw

## Notes

G To Gloucester

	TfW ◇	TfW ◇ D	TfW	TfW ◇	TfW ◇	TfW	TfW ◇	TfW Ⓜ	TfW	TfW
Aberdaugleddau / Milford Haven	d									E
Aberystwyth Traws	d									
Caerfyrddin / Carmarthen Traws	a									
Caerfyrddin / Carmarthen	d									
Llanelli	d									
<b>Abertawe / Swansea</b>	d							0825		0835
Castell Nedd / Neath	d							0836		0847
Parcfordd Port Talbot Parkway	d							0845		0854
Pen-y-Bont ar Ogwr / Bridgend	d							0902		0907
<b>Caerdydd Canolog / Cardiff Central</b>	d	0823					0830	0935		0957
Casnewydd / Newport	d	0840a					0852	0953		10 13a
Cwmbrân	d						0903	1004		
Pontypwl a New Inn / Pontypool & New Inn	d						0909	10 10		
Y Fenni / Abergavenny	d						09 18	102 1		
<b>Henffordd / Hereford</b>	a						0945	1048		
<b>Henffordd / Hereford</b>	d						0947	1048		
Llanllieni / Leominster	d						100 1	1102		
Llwydlo / Ludlow	d						10 12	1113		
Craven Arms	d						1020			
Church Stretton	d						1029			
<b>Amwythig / Shrewsbury</b>	a							1046 1145		
<b>Amwythig / Shrewsbury</b>	d		0825		0955	1024	1048	1147	1224	
Aberystwyth	a						132 1			
Wrecsam Cyffredinol / Wrexham General	a									
Yorton	d		0834x			1033x			1233x	
Wem	d		0839			1038			1238	
Prees	d		0844x			1043x			1243x	
Yr Eglwys Wen / Whitchurch	d		085 1			1050			1250	
Wrenbury	d		0857x			1056x			1256x	
Yr Heledd Wen / Nantwich	d		0903			1102			1302	
Crewe	a	0830d	09 13	0929d	1026	1113	1123	1224	13 12	
Caer / Chester	a		0944		1055	1147	12 18	13 17	1347	
Cyffordd Llandudno / Llandudno Junction	a		1047		1146	1254	1406	150 1		
<b>Bangor</b>	a		1113		1204	13 13	1432	15 19		
Caerdybi / Holyhead	a		1158		1233	1342	1505	1559		
Wilmslow	a	0849	1034	0950	1048		1149	1248	1425	
Stockport	a		1043		1100			1300	1435	
Manceinion Piccadilly / Manchester Piccadilly	a	0911	1055	10 12	1116		12 18	13 12	1444	

## Nodiadau

- D I Cheltenham Spa  
E I Dref Glynebwy

## Notes

- D To Cheltenham Spa  
E To Ebbw Vale Town

	TfW ◇ D	TfW ⚡ E	TfW E	TfW	TfW ◇ D	TfW ⚡ E	TfW E	TfW ⚡ E	TfW ⚡ E	TfW ⚡ E
Aberdaugleddau / Milford Haven	d									
Aberystwyth Traws	d									
Caerfyrddin / Carmarthen Traws	a									
Caerfyrddin / Carmarthen	d						1030		1127	
Llanelli	d						1055		1154	
Abertawe / Swansea	d	0923	0935			1032	1123	1130	1223	1251
Castell Nedd / Neath	d	0935	0946			1043	1135	1141	1235	1303
Parcfordd Port Talbot Parkway	d	0942	0954			1051	1142	1149	1243	1310
Pen-y-Bont ar Ogwr / Bridgend	d	0955	1009			1107	1155	1204	1255	1326
Caerdydd Canolog / Cardiff Central	d	1030	1034	1104		1140	1229	1236	1309	1329
Casnewydd / Newport	d	1043a	1049	1118a		1154	1242a	1250	1322a	1343
Cwmbrân	d		1103			1206		1306		1353
Pontypwl a New Inn / Pontypool & New Inn	d		1109			1212		1311		1359
Y Fenni / Abergavenny	d		1119			1223		1321		1408
Henffordd / Hereford	a		1146			1249		1347		1435
Henffordd / Hereford	d		1149			1250		1349		1435
Llanllieni / Leominster	d		1202			1304		1403		1448
Llwydlo / Ludlow	d		1213			1316		1414		1459
Craven Arms	d		1223					1423		1508
Church Stretton	d		1232					1433		
Amwythig / Shrewsbury	a		1249			1343		1449		1529
Amwythig / Shrewsbury	d		1252	1424		1347		1455		1533
Aberystwyth	a		1521			1620				1821
Wrecsam Cyffredinol / Wrexham General	a									1610
Yorton	d					1433x				
Wem	d					1438				
Prees	d					1443x				
Yr Eglwys Wen / Whitchurch	d					1450				
Wrenbury	d					1456x				
Yr Heledd Wen / Nantwich	d					1502				
Crewe	a		1328	1512	1419			1530		1627
Caer / Chester	a		1420	1550	1449			1605		1629
Cyffordd Llandudno / Llandudno Junction	a		1545	1658	1607			1805		1732
Bangor	a		1610	1717	1625			1829		1757
Caerdybi / Holyhead	a		1643	1759	1653			1903		1838
Wilmslow	a		1349	1625	1452			1552		1649
Stockport	a		1400	1635	1503			1602		1701
Manceinion Piccadilly / Manchester Piccadilly	a		1416	1644	1515			1614		1717

## Nodiadau

D I Cheltenham Spa  
E I Dref Glynebwy

## Notes

D To Cheltenham Spa  
E To Ebbw Vale Town

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.



	TfW	TfW ◇ D	TfW ⚡	TfW ⚡	TfW ⚡	TfW	TfW E	TfW ◇ D	TfW ⚡	TfW ⚡
Aberdaugleddau / Milford Haven	d		1124						1330	
Aberystwyth Traws	d									
Caerfyrddin / Carmarthen Traws	a									
Caerfyrddin / Carmarthen	d		1229	1338				14 17	1434	
Llanelli	d		1254	1403				145 1	1459	
Abertawe / Swansea	d	1323	1343	1422	1457			1523	153 1	1652
Castell Nedd / Neath	d	1335	1354	1434	1508		1427	1535	1542	1703
Parcfordd Port Talbot Parkway	d	1342	1402	144 1	15 15		1434	1542	1549	17 11
Pen-y-Bont ar Ogwr / Bridgend	d	1357	14 17	1454	1530		1447	1555	1604	1726
Caerdydd Canolog / Cardiff Central	d	1429	1454	1522	1600		1606	1629	1640	1755
Casnewydd / Newport	d	1442a	15 10	1535	16 14		16 18a	1643a	1655	18 10
Cwmbrân	d		1524	1546	1628				1709	1824
Pontypwl a New Inn / Pontypool & New Inn	d			155 1					17 15	1830
Y Fenni / Abergavenny	d		1537	160 1	164 1				1725	1839
Henffordd / Hereford	a		1604	1626	1706				1750	1904
Henffordd / Hereford	d		1604	1626	1707				1753	1906
Llanllieni / Leominster	d			1639					1806	19 19
Llwydlo / Ludlow	d		1626	1650	1729				18 17	193 1
Craven Arms	d			1659					1826	
Church Stretton	d			1708					1835	
Amwythig / Shrewsbury	a		1654	1722	1755				1850	1959
Amwythig / Shrewsbury	d	1624	1656	1732	1756	1824			1854	2003
Aberystwyth	a		1920		202 1				2 122	
Wrecsam Cyffredinol / Wrexham General	a			1808						
Yorton	d	1633x				1833x				
Wem	d	1638				1838				
Prees	d	1643x				1843x				
Yr Eglwys Wen / Whitchurch	d	1650				1850				
Wrenbury	d	1656x				1856x				
Yr Heledd Wen / Nantwich	d	1702				1902				
Crewe	a	17 12	1728		1829	19 12			1926	2035
Caer / Chester	a	1805	1848	1826	1904	1952			20 15	2 112
Cyffordd Llandudno / Llandudno Junction	a		1948	1925		2 110				2207
Bangor	a		20 14	1950		2 128				2225
Caerdybi / Holyhead	a		2044	20 19		2 156				2253
Wilmslow	a	1825	1749		1848	2025			1948	2052
Stockport	a	1835	1802		190 1	2035			200 1	2 102
Manceinion Piccadilly / Manchester Piccadilly	a	1844	18 16		19 15	2044			20 15	2 115

## Nodiadau

D I Cheltenham Spa  
E I Dref Glynebwy

## Notes

D To Cheltenham Spa  
E To Ebbw Vale Town

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

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	TfW	TfW	TfW ◇ D	TfW ⚡	TfW ◇	TfW ◇	TfW ◇ G	TfW ◇	TfW ◇ G	TfW ◇
Aberdaugleddau / Milford Haven	d			153 1						
Aberystwyth Traws	d									
Caerfyrddin / Carmarthen Traws	a									
Caerfyrddin / Carmarthen	d		1623	1639						2116
Llanelli	d		1657	1709						2143
Abertawe / Swansea	d	1624	1724	1737	1834		1924			2210
Castell Nedd / Neath	d	1636	1736	1748	1846		1936			2221
Parcfordd Port Talbot Parkway	d	1643	1743	1755	1854		1942			2229
Pen-y-Bont ar Ogwr / Bridgend	d	1734	1756	1810	1911		1956			2245
Caerdydd Canolog / Cardiff Central	d	1805	1829	1840	1940		2024	2107	2235	2319
Casnewydd / Newport	d	1818a	1842a	1855	1956		2038a	2124	2248a	2337
Cwmbrân	d			1909	2010			2134		2348
Pontypwl a New Inn / Pontypool & New Inn	d				2016			2140		2354
Y Fenni / Abergavenny	d			1922	2026			2149		0004
Henffordd / Hereford	a			1948	2053			2215		0035
Henffordd / Hereford	d			1950	2054			2219		
Llanllieni / Leominster	d			2004	2108			2232		
Llwydlo / Ludlow	d			2015	2119			2243		
Craven Arms	d			2023	2129			2252		
Church Stretton	d			2032	2138			2301		
Amwythig / Shrewsbury	a			2047	2155	2220		2317		
Amwythig / Shrewsbury	d	2024		2051		2235		2319		
Aberystwyth	a			2315						
Wrecsam Cyffredinol / Wrexham General	a									
Yorton	d	2033x						2328x		
Wem	d	2038						2333		
Prees	d	2043x						2338x		
Yr Eglwys Wen / Whitchurch	d	2050						2345		
Wrenbury	d	2056x						2351x		
Yr Heledd Wen / Nantwich	d	2102						2357		
Crewe	a	2112		2127		2306		0007		
Caer / Chester	a	2149		2227		2333		0034		
Cyffordd Llandudno / Llandudno Junction	a	2257		2353						
Bangor	a	2314		0016						
Caerdybi / Holyhead	a	2356		0051						
Wilmslow	a	2225		2152						
Stockport	a	2235		2204						
Manceinion Piccadilly / Manchester Piccadilly	a	2244		2218						

## Nodiadau

D I Cheltenham Spa  
G I Gaerloyw

## Notes

D To Cheltenham Spa  
G To Gloucester









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

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	TfW												
	◇												
Aberdaugleddau / Milford Haven	d												
Aberystwyth Traws	d												
Caerfyrddin / Carmarthen Traws	a												
Caerfyrddin / Carmarthen	d												
Llanelli	d												
Abertawe / Swansea	d												
Castell Nedd / Neath	d												
Parcfordd Port Talbot Parkway	d												
Pen-y-Bont ar Ogwr / Bridgend	d												
Caerdydd Canolog / Cardiff Central	d												
Casnewydd / Newport	d												
Cwmbrân	d												
Pontypwl a New Inn / Pontypool & New Inn	d												
Y Fenni / Abergavenny	d												
Henffordd / Hereford	a												
Henffordd / Hereford	d												
Llanllieni / Leominster	d												
Llwydlo / Ludlow	d												
Craven Arms	d												
Church Stretton	d												
Amwythig / Shrewsbury	a	2348											
Amwythig / Shrewsbury	d	2348											
Aberystwyth	a												
Wrecsam Cyffredinol / Wrexham General	a												
Yorton	d												
Wem	d												
Prees	d												
Yr Eglwys Wen / Whitchurch	d												
Wrenbury	d												
Yr Heledd Wen / Nantwich	d												
Crewe	a	0020											
Caer / Chester	a	0044											
Cyffordd Llandudno / Llandudno Junction	a												
Bangor	a												
Caerdybi / Holyhead	a												
Wilmslow	a												
Stockport	a												
Manceinion Piccadilly / Manchester Piccadilly	a												

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

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	TfW	TfW	TfW	TfW	TfW	TfW	TfW	TfW	TfW	TfW	
	◇	◇	118	◇	◇	◇	◇	◇	◇	118	
Manceinion Piccadilly / Manchester Piccadilly 	d						0505			0555	0626
Stockport	d									0605	0637
Wilmslow	d									0613	0647
Caerdybi / Holyhead 	d								0425		
Bangor	d								0457		
Cyffordd Llandudno / Llandudno Junction	d								0515	0438	
Caer / Chester	d						0446		0620	0551	
Crewe 	d		0454		0519	0557				0640	0709
Yr Heledd Wen / Nantwich	d				0527	0604				0647	0717
Wrenbury	d				0534x	0610x					
Yr Eglwys Wen / Whitchurch	d				0542	0618				0659	
Prees	d				0549x	0624x					
Wem	d				0555	0630				0709	
Yorton	d				0600x	0635x					
Wrecsam Cyffredinol / Wrexham General	d								0635		
Aberystwyth	d								0523		
Amwythig / Shrewsbury	a		0528		0611	0645			0713	0724	0746
Amwythig / Shrewsbury	d		0537	0610		0647			0713		0746
Church Stretton	d		0552	0626		0703			0728		0802
Craven Arms	d		0601	0634		0711			0736		0812
Llwydlo / Ludlow	d		0610	0643		0720			0744		0821
Llanllieni / Leominster	d		0621	0654		0731			0754		0832
Henffordd / Hereford 	a		0636	0710		0747			0811		0847
Henffordd / Hereford 	d	0529	0642	0710		0747			0811		0849
Y Fenni / Abergavenny	d	0553	0704	0734		0812			0834		0911
Pontypwl a New Inn / Pontypool & New Inn	d	0604	0714	0745		0823			0844		0921
Cwmbrân	d	0609	0720	0750		0828			0849		0926
Casnewydd / Newport	a	0621	0643d	0732	0801		0840	0850d	0900		0938
Caerdydd Canolog / Cardiff Central 	a	0635	0656	0747	0818		0858	0908	0917		0956
Pen-y-Bont ar Ogwr / Bridgend	a		0729	0826	0901		0920	0944	1001		1059
Parcfordd Port Talbot Parkway	a		0820	0838	0913		0935	1013	1039		
Castell Nedd / Neath	a		0832	0845	0920		0946	1020	1046		
Abertawe / Swansea	a		0850	0858	0933		1003	1034	1100		
Llanelli	a		0922				1023	1127			
Caerfyrddin / Carmarthen	a		0953				1055	1154			
Caerfyrddin / Carmarthen Traws 	d										
Aberystwyth Traws 	a										
Aberdaugleddau / Milford Haven	a		1103								

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.

	TfW ◇	TfW 11R	TfW ◇ G	TfW ◇ H	TfW ◇	TfW 11R	TfW ◇	TfW ◇	TfW ◇	
Manceinion Piccadilly / Manchester Piccadilly 10	d		0603	0730			0830	0755	0930	
Stockport	d			0739			0839	0804	0939	
Wilmslow	d		0620	0747			0850	0813	0947	
Caergybi / Holyhead 20	d	0533		0549	0624		0649			
Bangor	d	0601		0615	0703		0715			
Cyffordd Llandudno / Llandudno Junction	d	0621		0633	0723		0733			
Caer / Chester	d	0716	0646	0732	0820		0832	0755	0920	
Crewe 10	d		0734	0810			0910	0919	1010	
Yr Heledd Wen / Nantwich	d		0742					0927		
Wrenbury	d		0748x					0934x		
Yr Eglwys Wen / Whitchurch	d		0756					0942		
Prees	d		0802x					0949x		
Wem	d		0808					0955		
Yorton	d		0813x					1000x		
Wrecsam Cyffredinol / Wrexham General	d	0732			0834					
Aberystwyth	d		0629				0728		0829	
Amwythig / Shrewsbury	a	0802	0824	0841	0912		0943	1011	1040	
Amwythig / Shrewsbury	d	0805	0833	0844	0913		0944		1040	
Church Stretton	d			0859	0928				1055	
Craven Arms	d			0907	0936					
Llwydlo / Ludlow	d	0837		0914	0943		1012		1109	
Llanllieni / Leominster	d			0925	0954		1023		1120	
Henffordd / Hereford 7	a	0859		0944	1011		1039		1136	
Henffordd / Hereford 7	d	0902		0945	1011		1039		1145	
Y Fenni / Abergavenny	d			1008	1034		1102		1208	
Pontypwl a New Inn / Pontypool & New Inn	d			1017	1044				1219	
Cwmbrân	d			1022	1049		1115		1225	
Casnewydd / Newport	a	0953d	0943	1033	1101	1153d	1128		1236	1251d
Caerdydd Canolog / Cardiff Central 7	a	1007	0959	1048	1116	1207	1153		1252	1304
Pen-y-Bont ar Ogwr / Bridgend	a	1042		1108	1148	1246	1301		1315	1342
Parcfordd Port Talbot Parkway	a			1124	1211	1313			1331	1346
Castell Nedd / Neath	a			1136	1219	1320			1338	1358
Abertawe / Swansea	a			1157	1231	1333			1353	1416
Llanelli	a			1219	1311				1415	1516
Caerfyrddin / Carmarthen	a			1249					1446	1542
Caerfyrddin / Carmarthen Traws	d									
Aberystwyth Traws	a									
Aberdaugleddau / Milford Haven	a			1445					1643	

## Nodiadau

G I Birmingham Rhyngwladol  
H I Faesteg

## Notes

G To Birmingham International  
H To Maesteg

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.

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	TfW	TfW	TfW	TfW	TfW	TfW	TfW	TfW	TfW	TfW
	◇	1118	◇	◇	◇	1118	1118	◇	◇	1118
Manceinion Piccadilly / Manchester Piccadilly 10	d	1030	0955	1130			1230			1155
Stockport	d	1040	1004	1139			1240			1204
Wilmslow	d	1049	1013	1147			1249			1213
Caerdybi / Holyhead 20	d	0805	0853			1040				1133
Bangor	d	0855	0919			1109				1201
Cyffordd Llandudno / Llandudno Junction	d	0923	0937			1127				1219
Caer / Chester	d	1020	1032	0954	1054	1221	1232			1154
Crewe 10	d	1110	1119	1210			1310			1319
Yr Heledd Wen / Nantwich	d		1127							1327
Wrenbury	d		1134x							1334x
Yr Eglwys Wen / Whitchurch	d		1142							1342
Prees	d		1149x							1349x
Wem	d		1155							1355
Yorton	d		1200x							1400x
Wrecsam Cyffredinol / Wrexham General	d	1034				1236				1331
Aberystwyth	d		0929				1128			
Amwythig / Shrewsbury	a	1112	1143	1211	1241	1314	1343		1411	1413
Amwythig / Shrewsbury	d	1113	1144		1242	1314	1346			1418
Church Stretton	d	1128			1257	1329				
Craven Arms	d	1136				1337				
Llwydlo / Ludlow	d	1143	1212		1311	1345	1414			
Llanllieni / Leominster	d	1154			1321	1355				
Henffordd / Hereford 7	a	1209	1235		1338	1412	1436			1506
Henffordd / Hereford 7	d	1211	1239		1338	1413	1442			1512
Y Fenni / Abergavenny	d	1234	1302		1401	1436	1505			1534
Pontypwl a New Inn / Pontypool & New Inn	d				1411					
Cwmbrân	d	1247	1316		1416		1518			1547
Casnewydd / Newport	a	1258	1328		1430	1451d	1457	1529	1550d	1558
Caerdydd Canolog / Cardiff Central 7	a	1314	1342		1445	1505	1511	1544	1604	1618
Pen-y-Bont ar Ogwr / Bridgend	a	1357	1459		1505	1544	1532	1621	1644	1658
Parcfordd Port Talbot Parkway	a	1409	1511		1517	1610	1548	1637	1710	
Castell Nedd / Neath	a	1416	1519		1525	1617	1624	1649	1718	
Abertawe / Swansea	a	1429	1531		1538	1630	1638	1707	1730	
Llanelli	a				1604	1703	1626	1729		
Caerfyrddin / Carmarthen	a				1636	1734	1802			
Caerfyrddin / Carmarthen Traws	d									
Aberystwyth Traws	a									
Aberdaugleddau / Milford Haven	a				1838					

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.  
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	TfW J	TfW ◇	TfW 1R	TfW	TfW J	TfW ◇	TfW ◇	TfW 1R	TfW ◇	TfW
Manceinion Piccadilly / Manchester Piccadilly	d	1330		1430	1355	1530			1630	1555
Stockport	d	1339		1440	1404	1539			1640	1604
Wilmslow	d	1347		1449	1413	1547			1649	1613
Caerdydd / Holyhead	d			1246			1433		1449	
Bangor	d			1312			1500		1515	
Cyffordd Llandudno / Llandudno Junction	d			1330			1526		1533	
Caer / Chester	d	1254		1432	1432	1532		1623	1632	1554
Crewe	d	1410		1510	1519	1610			1710	1719
Yr Heledd Wen / Nantwich	d	1418			1527	1618				1727
Wrenbury	d				1534x					1734x
Yr Eglwys Wen / Whitchurch	d	1429			1542	1629				1742
Prees	d				1549x					1749x
Wem	d				1555	1638				1755
Yorton	d				1600x					1800x
Wrecsam Cyffredinol / Wrexham General	d							1637		
Aberystwyth	d	1229		1329					1529	
Amwythig / Shrewsbury	a	1450		1543	1611	1650		1715	1743	1811
Amwythig / Shrewsbury	d	1451		1544		1651		1716	1744	
Church Stretton	d	1506				1706		1731		
Craven Arms	d	1514				1714		1739		
Llwydlo / Ludlow	d	1521		1612		1721		1746	1813	
Llanllieni / Leominster	d	1532		1623		1732		1757	1824	
Henffordd / Hereford	a	1550		1639		1750		1813	1839	
Henffordd / Hereford	d	1551		1639		1751		1816	1840	
Y Fenni / Abergavenny	d	1614		1702		1814		1840	1903	
Pontypwl a New Inn / Pontypool & New Inn	d	1624		1712		1824			1913	
Cwmbrân	d	1629		1717		1829		1853	1919	
Casnewydd / Newport	a	1640	1756d	1729		1840	1854d	1906	1931	1954d
Caerdydd Canolog / Cardiff Central	a	1703	1813	1743		1857	1909	1925	1945	2009
Pen-y-Bont ar Ogwr / Bridgend	a	1728	1845	1833		1923	1941	2000	2006	2042
Parcffordd Port Talbot Parkway	a	1743	1901	1849		1939	1959	2012	2019	2059
Castell Nedd / Neath	a	1754	1908	1901		1951	2006	2019	2027	2106
Abertawe / Swansea	a	1811	1921	1917		2009	2019	2032	2042	2119
Llanelli	a	1832				2032	2118			2245
Caerfyrddin / Carmarthen	a	1903				2059	2152			2318
Caerfyrddin / Carmarthen Traws	d									
Aberystwyth Traws	a									
Aberdaugleddau / Milford Haven	a	2041							0021	

**Nodiadau**

J I Ddinbych y Pysgod

**Notes**

J To Tenby

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.

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	TfW ◇	TfW R	TfW R	TfW R	TfW	TfW ◇ FX	TfW ◇ FO	TfW ◇ FO	TfW ◇ FX	TfW
Manceinion Piccadilly / Manchester Piccadilly	d	1730		1830	1755	1930	1930	2030	2030	1955
Stockport	d	1739		1840	1804	1939	1939	2039	2039	2004
Wilmslow	d	1747		1849	1813	1948	1948	2047	2047	2013
Caerdybi / Holyhead	d		1634					1826		
Bangor	d		1702					1905		
Cyffordd Llandudno / Llandudno Junction	d		1720					1946	1946	1931
Caer / Chester	d	1732	1821	1752	1854			2040	2040	2032
Crewe	d	1810		1910	1931	2010	2010	2120	2120	2128
Yr Heledd Wen / Nantwich	d	1818			1939	2018	2018	2128	2128	2136
Wrenbury	d				1946x					2143x
Yr Eglwys Wen / Whitchurch	d	1829			1954	2029	2029			2151
Prees	d				2001x					2158x
Wem	d	1838			2007	2037	2037			2204
Yorton	d				2012x					2209x
Wrecsam Cyffredinol / Wrexham General	d		1838							
Aberystwyth	d			1727		1831	1831	1929	1929	
Amwythig / Shrewsbury	a	1849	1919	1943	2023	2048	2048	2154	2155	2220
Amwythig / Shrewsbury	d	1853	1925	1944		2052	2052	2156	2156	
Church Stretton	d	1908	1941	1959		2107	2107	2211	2211	
Craven Arms	d	1916	1950	2009		2115	2115	2219	2219	
Llwydlo / Ludlow	d	1923	1959	2019		2122	2122	2226	2226	
Llanllieni / Leominster	d	1934		2030		2133	2133	2237	2237	
Henffordd / Hereford	a	1950	2022	2047		2149	2149	2252	2253	
Henffordd / Hereford	d	1951	2024	2047		2154	2154	2311	2311	
Y Fenni / Abergavenny	d	2014	2047	2110		2217	2217	2334	2334	
Pontypwl a New Inn / Pontypool & New Inn	d	2024		2120				2344	2344	
Cwmbrân	d	2029	2101	2126		2229	2229	2349	2349	
Casnewydd / Newport	a	2053d	2041	2114	2138	2244	2241	0001	0002	
Caerdydd Canolog / Cardiff Central	a	2107	2101	2128	2155	2306	2255	0015	0022	
Pen-y-Bont ar Ogwr / Bridgend	a	2140	2128	2202	2244	2347	0012	0111	0122	
Parcfordd Port Talbot Parkway	a	2157	2145	2214	2256	0003	0024	0135	0143	
Castell Nedd / Neath	a	2204	2153	2221	2302	0016	0031	0143	0151	
Abertawe / Swansea	a	2217	2208	2234	2316	0034	0044	0155	0203	
Llanelli	a	2337	2245	2329		0109				
Caerfyrddin / Carmarthen	a	0012		0001		0142				
Caerfyrddin / Carmarthen Traws	d									
Aberystwyth Traws	a									
Aberdaugleddau / Milford Haven	a									

## Nodiadau

FX Dydd Llun i ddydd Iau  
FO Dydd Gwener yn unig

## Notes



FX Monday to Thursday  
FO Friday only

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.  
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	TfW ◇	TfW ◇ FX	TfW ◇ MX	TfW ◇ FO	TfW ◇ FX	TfW ◇ FO	TfW ◇ MO	TfW ◇ MX		
Manceinion Piccadilly / Manchester Piccadilly 	d	2 130	2232				2232			
Stockport	d	2 139	2241				2241			
Wilmslow	d	2 147	2249				2249			
Caerdygi / Holyhead 	d	1949						2031		
Bangor	d	20 18						2100		
Cyffordd Llandudno / Llandudno Junction	d	2036						2129		
Caer / Chester	d	2 134						2230		
Crewe 	d	22 10	2308a				23 14	23 14		
Yr Heledd Wen / Nantwich	d	22 18					2322	2322		
Wrenbury	d	2223x					2327x	2327x		
Yr Eglwys Wen / Whitchurch	d	2231					2335	2335		
Prees	d	2236x					2340x	2340x		
Wem	d	2242					2346	2346		
Yorton	d	2246x					2350x	2350x		
Wrecsam Cyffredinol / Wrexham General	d									
Aberystwyth	d									
Amwythig / Shrewsbury	a	2258					0001	0001		
Amwythig / Shrewsbury	d		2309				2309			
Church Stretton	d		2325				2325			
Craven Arms	d		2333				2333			
Llwydlo / Ludlow	d		2342				2342			
Llanllieni / Leominster	d		2353				2353			
Henffordd / Hereford 	a		0009				0009			
Henffordd / Hereford 	d		00 10				00 10			
Y Fenni / Abergavenny	d		0034				0034			
Pontypwl a New Inn / Pontypool & New Inn	d		0044				0044			
Cwmbrân	d		0049				0049			
Casnewydd / Newport	a		0 102		0007d	00 16d	0 102			
Caerdydd Canolog / Cardiff Central 	a		0 122		0022	0037	0 123			
Pen-y-Bont ar Ogwr / Bridgend	a									
Parcfordd Port Talbot Parkway	a									
Castell Nedd / Neath	a									
Abertawe / Swansea	a									
Llanelli	a									
Caerfyrddin / Carmarthen	a									
Caerfyrddin / Carmarthen Traws 	d									
Aberystwyth Traws 	a									
Aberdaugleddau / Milford Haven	a									

**Nodiadau**

FX Dydd Llun i ddydd Iau

MX Dydd Mawrth i ddydd Gwener

FO Dydd Gwener yn unig

MO Dydd Llun yn unig

**Notes**

FX Monday to Thursday

MX Tuesday to Friday

FO Friday only




MO Monday only

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.  
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Manceinion - Crewe - Amwythig - Henffordd - Caerdydd										Dydd Sadwrn
Manchester - Crewe - Shrewsbury - Hereford - Cardiff										Saturdays
	TfW	TfW	TfW	TfW	TfW	TfW	TfW	TfW	TfW	TfW
	◇	◇	11R11	◇	◇	◇	◇	◇	11R11	◇
Manceinion Piccadilly / Manchester Piccadilly 10	d					05 11				06 27
Stockport	d					05 14				06 37
Wilmslow	d									06 46
Caerdybi / Holyhead 20	d								04 25	
Bangor	d								04 57	
Cyffordd Llandudno / Llandudno Junction	d								05 17	
Caer / Chester	d				04 46				06 12	06 28
Crewe 10	d		04 54		05 19	05 55				07 09
Yr Heledd Wen / Nantwich	d				05 27	06 03				07 17
Wrenbury	d				05 34x	06 09x				
Yr Eglwys Wen / Whitchurch	d				05 42	06 16				
Prees	d				05 49x	06 22x				
Wem	d				05 55	06 27				
Yorton	d				06 00x	06 32x				
Wrecsam Cyffredinol / Wrexham General	d								06 32	
Aberystwyth	d									05 26
Amwythig / Shrewsbury	a		05 28		06 11	06 43			07 10	07 47
Amwythig / Shrewsbury	d		05 36	06 10		06 45			07 16	07 49
Church Stretton	d		05 54	06 26		07 00			07 31	
Craven Arms	d		06 03	06 34		07 08			07 39	
Llwydlo / Ludlow	d		06 12	06 43		07 15			07 47	08 18
Llanllieni / Leominster	d		06 23	06 55		07 26			07 58	08 29
Henffordd / Hereford 7	a		06 37	07 10		07 43			08 14	08 45
Henffordd / Hereford 7	d	05 19		06 48	07 13		07 44		08 15	08 48
Y Fenni / Abergavenny	d	05 43		07 10	07 39		08 07		08 38	09 11
Pontypwl a New Inn / Pontypool & New Inn	d	05 54		07 20	07 49		08 17		08 48	09 22
Cwmbrân	d	05 59		07 25	07 54		08 23		08 53	09 29
Casnewydd / Newport	a	06 10	06 41d	07 37	08 05		08 36	08 52d	09 05	09 41
Caerdydd Canolog / Cardiff Central 7	a	06 26	06 53	07 51	08 22		08 58	09 08	09 21	09 59
Pen-y-Bont ar Ogwr / Bridgend	a	07 03	07 31	08 22	09 01		09 19	09 43	10 01	10 59
Parcfordd Port Talbot Parkway	a	07 18	08 30	08 35	09 14		09 33	10 13	10 37	11 11
Castell Nedd / Neath	a	07 29	08 38	08 43	09 22		09 45	10 21	10 45	11 18
Abertawe / Swansea	a	07 47	08 51	08 55	09 34		10 03	10 33	11 01	11 32
Llanelli	a	08 11	09 21				10 24	11 25		
Caerfyrddin / Carmarthen	a	08 44	09 52				10 56	11 51		
Caerfyrddin / Carmarthen Traws	d									
Aberystwyth Traws	a									
Aberdaugleddau / Milford Haven	a		10 59				13 01			









	TfW	TfW ◇	TfW ◇ H	TfW ◇	TfW 11R	TfW	TfW ◇	TfW ◇	TfW ◇	TfW 11R
Manceinion Piccadilly / Manchester Piccadilly 	d	0603	0730			0830	0755	0930		1030
Stockport	d	0604	0739			0839	0804	0939		1039
Wilmslow	d	0620	0747			0849	0813	0947		1049
Caergybi / Holyhead 	d	0549	0631				0753		0819	0849
Bangor	d	0615	0703				0819		0858	0915
Cyffordd Llandudno / Llandudno Junction	d	0532	0633	0723			0837		0922	0933
Caer / Chester	d	0639	0732	0820		0754	0932		1020	1032
Crewe 	d	0719	0810			0910	0919	1010		1110
Yr Heledd Wen / Nantwich	d	0727					0927			
Wrenbury	d	0734x					0934x			
Yr Eglwys Wen / Whitchurch	d	0742					0942			
Prees	d	0749x					0949x			
Wem	d	0755					0955			
Yorton	d	0800x					1000x			
Wrecsam Cyffredinol / Wrexham General	d			0835					1035	
Aberystwyth	d	0629			0729		0829			
Amwythig / Shrewsbury	a	0811	0840	0913		0944	1011	1040		1113
Amwythig / Shrewsbury	d		0844	0914		0945		1040		1116
Church Stretton	d		0859	0929				1055		
Craven Arms	d		0907	0937				1103		
Llwydlo / Ludlow	d		0915	0944		1013		1111		1142
Llanllieni / Leominster	d		0927	0955				1121		1153
Henffordd / Hereford 	a		0942	1010		1036		1139		1209
Henffordd / Hereford 	d		0946	1012		1037		1139		1210
Y Fenni / Abergavenny	d		1010	1035		1100		1204		1233
Pontypwl a New Inn / Pontypool & New Inn	d		1021	1044						1243
Cwmbrân	d		1027	1049		1113		1216		1248
Casnewydd / Newport	a		1039	1100	1146d	1129		1229	1251d	1259
Caerdydd Canolog / Cardiff Central 	a		1053	1116	1200	1150		1255	1306	1315
Pen-y-Bont ar Ogwr / Bridgend	a		1118	1146	1245	1227		1318	1343	1400
Parcffordd Port Talbot Parkway	a		1134	1210	1238	1310		1333	1412	1433
Castell Nedd / Neath	a		1145	1218	1245	1318		1345	1419	1440
Abertawe / Swansea	a		1203	1230	1259	1330		1403	1432	1453
Llanelli	a		1226	1327				1424	1520	1532
Caerfyrddin / Carmarthen	a		1256					1454	1546	
Caerfyrddin / Carmarthen Traws 	d									
Aberystwyth Traws 	a									
Aberdaugleddau / Milford Haven	a		1503					1650		

## Nodiadau

H I Faesteg

## Notes

H To Maesteg

Manceinion - Crewe - Amwythig - Henffordd - Caerdydd										Dydd Sadwrn	
Manchester - Crewe - Shrewsbury - Hereford - Cardiff										Saturdays	
	TfW	TfW ◇	TfW ◇	TfW ◇	TfW ◇	TfW ◇	TfW ◇	TfW ◇	TfW ◇	TfW ◇	TfW ◇
Manceinion Piccadilly / Manchester Piccadilly 	d	0955	1130			1230		1155	1330		
Stockport	d	1004	1139			1240		1204	1339		
Wilmslow	d	10 13	1147			1249		12 13	1347		
Caerygbi / Holyhead 	d				1030					1232	
Bangor	d				1102					1259	
Cyffordd Llandudno / Llandudno Junction	d				1123					13 17	
Caer / Chester	d	1032	1054		122 1	1232		1154	1254	14 15	
Crewe 	d	11 19	12 10			13 10		13 19	14 10		
Yr Heledd Wen / Nantwich	d	1127						1327	14 18		
Wrenbury	d	1134x						1334x			
Yr Eglwys Wen / Whitchurch	d	1142						1342	1429		
Prees	d	1149x						1349x			
Wem	d	1155						1355			
Yorton	d	1200x						1400x			
Wrecsam Cyffredinol / Wrexham General	d				1235					1429	
Aberystwyth	d					1129		1229			
Amwythig / Shrewsbury	a	12 11	124 1		13 13	1342		14 11	1448	1507	
Amwythig / Shrewsbury	d		1244		13 16	1344			1452	15 15	
Church Stretton	d		1259		133 1				1507		
Craven Arms	d		1307		1339				15 15		
Llwydlo / Ludlow	d		13 14		1346	14 12			1523	154 1	
Llanllieni / Leominster	d		1325		1357				1533		
Henffordd / Hereford 	a		1342		14 14	1434			1549	1605	
Henffordd / Hereford 	d		1342		14 16	1435			1549	1606	
Y Fenni / Abergavenny	d		1405		1439	1457			16 12	1629	
Pontypwl a New Inn / Pontypool & New Inn	d		14 15							1639	
Cwmbrân	d		142 1		1453	15 10			1625	1644	
Casnewydd / Newport	a		1436	1452d	1505	152 1	1553d		1637	1655	1750d
Caerdydd Canolog / Cardiff Central 	a		1452	1507	152 1	1537	1606		1657	17 10	1807
Pen-y-Bont ar Ogwr / Bridgend	a		1525	1545	1554	1603	1646		1725	1758	1843
Parcffordd Port Talbot Parkway	a		1537	16 11	16 18	1638	17 12		1740	18 10	19 11
Castell Nedd / Neath	a		1544	16 18	1626	1646	17 19		175 1	18 18	19 19
Abertawe / Swansea	a		1558	1632	1638	1659	1732		1808	1830	1932
Llanelli	a		1623	1658	1722				1830	1924	2040
Caerfyrddin / Carmarthen	a		1655	1753					190 1	1950	
Caerfyrddin / Carmarthen Traws 	d										
Aberystwyth Traws 	a										
Aberdaugleddau / Milford Haven	a								2059		

#### Nodiadau

D I Ddoc Penfro

#### Notes

D To Pembroke Dock

	TfW ◇	TfW 1R8	TfW	TfW R2 D	TfW ◇2	TfW 1R8	TfW ◇	TfW	TfW R2	TfW ◇
Manceinion Piccadilly / Manchester Piccadilly 10	d	1430	1355	1530		1630		1555	1730	
Stockport	d	1440	1404	1539		1640		1604	1739	
Wilmslow	d	1449	14 13	1547		1649		16 13	1747	
Caerdybi / Holyhead 20	d			1353	1425	1449				
Bangor	d			1420	1452	15 15				
Cyffordd Llandudno / Llandudno Junction	d			1438	15 17	1533				
Caer / Chester	d	1432	1354	1532	16 14	1632		1632	1654	
Crewe 10	d	15 10	15 19	16 10		17 10		17 19	18 10	
Yr Heledd Wen / Nantwich	d		1527	16 18				1727	18 18	
Wrenbury	d		1534x					1734x		
Yr Eglwys Wen / Whitchurch	d		1542	1629				1742	1829	
Prees	d		1549x					1749x		
Wem	d		1555	1638				1755		
Yorton	d		1600x					1800x		
Wrecsam Cyffredinol / Wrexham General	d				1629					
Aberystwyth	d	1329				1529				
Amwythig / Shrewsbury	a	1544	16 11	1650	1707	1743		18 11	1849	
Amwythig / Shrewsbury	d	1546		1652	17 11	1744			1854	
Church Stretton	d			1707	1726				1909	
Craven Arms	d			17 15	1734				19 17	
Llwydlo / Ludlow	d	16 14		1722	1742	18 12			1924	
Llanllieni / Leominster	d	1625		1733	1752	1823			1935	
Henffordd / Hereford 7	a	1642		1749	1809	1838			195 1	
Henffordd / Hereford 7	d	1646		1750	1809	1839			1952	
Y Fenni / Abergavenny	d	1709		18 13	1832	1902			20 15	
Pontypwl a New Inn / Pontypool & New Inn	d			1823		19 12			2025	
Cwmbrân	d	1723		1828	1845	19 17			2030	
Casnewydd / Newport	a	1839d	1739	184 1	1856	1929	1952d		204 1	2054d
Caerdydd Canolog / Cardiff Central 7	a	1852	1755	1858	19 12	1957	2007		2 100	2 108
Pen-y-Bont ar Ogwr / Bridgend	a	1945	1825	1923	1938	202 1	2046		2 132	2 145
Parcfordd Port Talbot Parkway	a	1950	1840	1939	20 13	2033	2046		2 144	22 11
Castell Nedd / Neath	a	1958	1848	195 1	2020	204 1	2053		2 152	22 19
Abertawe / Swansea	a	20 12	190 1	20 10	2033	2054	2 106		2204	223 1
Llanelli	a			2032		2246				2329
Caerfyrddin / Carmarthen	a			2058		23 18				
Caerfyrddin / Carmarthen Traws	d									
Aberystwyth Traws	a									
Aberdaugleddau / Milford Haven	a									









Nodiadau

D I Ddoc Penfro

Notes

D To Pembroke Dock

Manceinion - Crewe - Amwythig - Henffordd - Caerdydd										Dydd Sadwrn
Manchester - Crewe - Shrewsbury - Hereford - Cardiff										Saturdays
	TfW	TfW	TfW	TfW	TfW	TfW	TfW	TfW	TfW	TfW
	◇	IR	◇	◇	◇	◇	◇	◇	◇	◇
Manceinion Piccadilly / Manchester Piccadilly	d	1830	1755	1930	2030		2130	2233		
Stockport	d	1840	1804	1939	2039		2139	2242		
Wilmslow	d	1849	1813	1947	2047		2147	2250		
Caerdybi / Holyhead	d	1648				1825		2035		
Bangor	d	1715				1904		2102		
Cyffordd Llandudno / Llandudno Junction	d	1735				1929		2133		
Caer / Chester	d	1833	1753	1854		2032	2054	2231		
Crewe	d	1910	1931	2010	2110	2128	2210	2314		
Yr Heledd Wen / Nantwich	d	1918	1939	2018	2118	2136	2218	2322		
Wrenbury	d		1946x		2124x	2143x	2223x	2328x		
Yr Eglwys Wen / Whitchurch	d		1954	2029	2131	2151	2231	2335		
Prees	d		2001x		2137x	2158x	2236x	2341x		
Wem	d		2007	2038	2142	2204	2242	2346		
Yorton	d		2012x		2147x	2209x	2246x	2351x		
Wrecsam Cyffredinol / Wrexham General	d	1848								
Aberystwyth	d	1728			1831	1929				
Amwythig / Shrewsbury	a	1926	1947	2023	2050	2159	2220	2258	0005	
Amwythig / Shrewsbury	d	1927	1950		2053	2201				
Church Stretton	d	1942	2005		2108	2218				
Craven Arms	d	1950	2014		2116	2226				
Llwydlo / Ludlow	d	1957	2023		2123	2233				
Llanllieni / Leominster	d		2034		2134	2244				
Henffordd / Hereford	a	2023	2050		2151	2259				
Henffordd / Hereford	d	2027	2050		2153	2301				2315
Y Fenni / Abergavenny	d	2050	2113		2217	2324				2338
Pontypwl a New Inn / Pontypool & New Inn	d		2122			2334				
Cwmbrân	d	2102	2128		2230	2339				2350
Casnewydd / Newport	a	2114	2139		2244	2350			0009d	0002
Caerdydd Canolog / Cardiff Central	a	2130	2153		2310	0014			0030	0026
Pen-y-Bont ar Ogwr / Bridgend	a	2159	2235							
Parcfordd Port Talbot Parkway	a	2247	2311							
Castell Nedd / Neath	a	2254	2322							
Abertawe / Swansea	a	2307	2340							
Llanelli	a	0003								
Caerfyrddin / Carmarthen	a	0036								
Caerfyrddin / Carmarthen Traws	d									
Aberystwyth Traws	a									
Aberdaugleddau / Milford Haven	a									


	TfW ◇	TfW ⊞	TfW	TfW ◇	TfW	TfW ◇	TfW ◇	TfW	TfW ⊞	TfW
Manceinion Piccadilly / Manchester Piccadilly 	d		0827						0930	
Stockport	d		0835						0941	
Wilmslow	d		0822						0948	
Caerdybi / Holyhead 	d									
Bangor	d									
Cyffordd Llandudno / Llandudno Junction	d									
Caer / Chester	d		0838						0939	
Crewe 	d		09 19						10 14	
Yr Heledd Wen / Nantwich	d		0927						1022	
Wrenbury	d		0934x							
Yr Eglwys Wen / Whitchurch	d		0942						1033	
Prees	d		0948x							
Wem	d		0954						1042	
Yorton	d		1000x							
Wrecsam Cyffredinol / Wrexham General	d									
Aberystwyth	d								0829	
Amwythig / Shrewsbury	a		10 12						1054	
Amwythig / Shrewsbury	d		0750						1105	
Church Stretton	d		08 15						1121	
Craven Arms	d		0835						1129	
Llwydlo / Ludlow	d		0855						1138	
Llanllieni / Leominster	d		0920						1149	
Henffordd / Hereford 	a		0950						1205	
Henffordd / Hereford 	d					1006			1208	
Y Fenni / Abergavenny	d					1030			1231	
Pontypwl a New Inn / Pontypool & New Inn	d					1040			1241	
Cwmbrân	d					1045			1247	
Casnewydd / Newport	a	0930d		0945d	1103d	1057	1140d	1213d	1258	1314d
Caerdydd Canolog / Cardiff Central 	a	0949		1004	1115	1111	1155	1226	1315	1330
Pen-y-Bont ar Ogwr / Bridgend	a	1022		1056	1150	1134	1233	1255	1339	1356
Parcffordd Port Talbot Parkway	a	1038		1108	1202	1147	1248	1307	1355	1411
Castell Nedd / Neath	a	1046		1115	1209	1155	1315		1401	1419
Abertawe / Swansea	a	1100		1129	1222	1208	1329		1421	1431
Llanelli	a	1124			1244	1231	1319		1453	
Caerfyrddin / Carmarthen	a	1159			1318	1304	1348		1528	
Caerfyrddin / Carmarthen Traws 	d									
Aberystwyth Traws 	a									
Aberdaugleddau / Milford Haven	a	1303				1459				

## Nodiadau







F I Borthladd Abergwaun

## Notes

F To Fishguard Harbour

Mae'r llwybrau mewn print tywyll yn dangos gwasanaethau bysiau yn lle trenau. Gweler y posteri  Information/Gwybodaeth yn y gorsafocddi i weld lle bydd y bysiau'n aros





Shaded routes indicate replacement bus services. Please see  Information/Gwybodaeth posters at stations for bus pick up point

	TfW TfW	TfW ◇	TfW ◇	TfW	TfW TfW	TfW TfW	TfW TfW	TfW ◇	TfW TfW	TfW	
Manceinion Piccadilly / Manchester Piccadilly 	d	1030			1020	1129				1231	1155
Stockport	d	1039			1029	1139				1241	1206
Wilmslow	d	1047			1037	1146				1249	1213
Caerdybi / Holyhead 	d				0849	0938		1020			
Bangor	d				0917	1005		1059			
Cyffordd Llandudno / Llandudno Junction	d				0937	1026		1123			
Caer / Chester	d	1014			1039	1128		1229		1232	1222
Crewe 	d	1110			1125	1210				1310	1319
Yr Heledd Wen / Nantwich	d				1133						1327
Wrenbury	d				1141x						1334x
Yr Eglwys Wen / Whitchurch	d				1148						1342
Prees	d				1155x						1348x
Wem	d				1201						1354
Yorton	d				1206x						1400x
Wrecsam Cyffredinol / Wrexham General	d							1244			
Aberystwyth	d	0929				1029		1129			
Amwythig / Shrewsbury	a	1141			1218	1240		1322		1341	1412
Amwythig / Shrewsbury	d	1146		1204		1244		1325		1344	
Church Stretton	d				1222			1340			
Craven Arms	d				1232			1348			
Llwydlo / Ludlow	d	1214				1311		1356		1411	
Llanllieni / Leominster	d	1224				1323		1407		1423	
Henffordd / Hereford 	a	1241				1338		1422		1443	
Henffordd / Hereford 	d	1242				1342		1423		1447	
Y Fenni / Abergavenny	d	1306				1405		1446		1510	
Pontypwl a New Inn / Pontypool & New Inn	d	1316				1415		1456			
Cwmbrân	d	1322				1420		1501		1523	
Casnewydd / Newport	a	1333	1341d			1432	1517d	1512	1522d	1537	
Caerdydd Canolog / Cardiff Central 	a	1351	1353			1448	1532	1528	1536	1555	
Pen-y-Bont ar Ogwr / Bridgend	a	1430	1456			1512	1600		1659	1625	
Parcfordd Port Talbot Parkway	a	1445	1508			1527	1612		1714	1640	
Castell Nedd / Neath	a	1452	1516			1534	1620		1722	1648	
Abertawe / Swansea	a	1507	1529	1602		1549	1632		1734	1701	
Llanelli	a	1545		1536		1654				1724	
Caerfyrddin / Carmarthen	a	1611		1723						1750	
Caerfyrddin / Carmarthen Traws 	d										
Aberystwyth Traws 	a										
Aberdaugleddau / Milford Haven	a	1711								1907	

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




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	TfW Ⓜ	TfW ◇	TfW Ⓜ	TfW	TfW	TfW ◇	TfW Ⓜ	TfW ◇	TfW	TfW Ⓜ
Manceinion Piccadilly / Manchester Piccadilly 	d	1330		1430	1355			1530		1630
Stockport	d	1340		1440	1404			1540		1640
Wilmslow	d	1348		1448	1413			1548		1648
Caergybi / Holyhead 	d			1253				1349		
Bangor	d			1319				1415		
Cyffordd Llandudno / Llandudno Junction	d			1337				1433		
Caer / Chester	d	1332		1432	1432			1532		1632
Crewe 	d	1410		1510	1519			1610		1713
Yr Heledd Wen / Nantwich	d				1527					
Wrenbury	d				1534x					
Yr Eglwys Wen / Whitchurch	d				1542					
Prees	d				1548x					
Wem	d				1554					
Yorton	d				1600x					
Wrecsam Cyffredinol / Wrexham General	d									
Aberystwyth	d	1229		1329				1429		1527
Amwythig / Shrewsbury	a	1445		1546	1612			1643		1743
Amwythig / Shrewsbury	d	1448		1548			1620	1645		1746
Church Stretton	d	1504					1639	1700		
Craven Arms	d	1512					1649	1708		
Llwydlo / Ludlow	d	1521		1618				1716		1814
Llanllieni / Leominster	d	1532		1629				1727		1824
Henffordd / Hereford 	a	1548		1646				1742		1842
Henffordd / Hereford 	d	1548		1647				1743		1843
Y Fenni / Abergavenny	d	1612		1711				1806		1906
Pontypwl a New Inn / Pontypool & New Inn	d	1623						1816		1916
Cwmbrân	d	1628		1725				1821		1922
Casnewydd / Newport	a	1639	1722d	1739		1814d		1835	1942d	2012d
Caerdydd Canolog / Cardiff Central 	a	1657	1735	1755		1827	2137	1853	1956	2025
Pen-y-Bont ar Ogwr / Bridgend	a	1727	1759	1832		1857	2114	1923	2039	2055
Parcfordd Port Talbot Parkway	a	1744	1811	1848		1909	2059	1938	2055	2107
Castell Nedd / Neath	a	1753	1819	1857		1916	2051	1945	2103	2115
Abertawe / Swansea	a	1807	1831	1911		1929	2026	2001	2117	2127
Llanelli	a			1936			2002		2139	
Caerfyrddin / Carmarthen	a			2006			2207			
Caerfyrddin / Carmarthen Traws 	d									
Aberystwyth Traws 	a									
Aberdaugleddau / Milford Haven	a			2120			2310			

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	TfW	TfW R	TfW R	TfW R	TfW	TfW ◇	TfW ◇	TfW ◇ H G	TfW ◇	TfW ◇
Manceinion Piccadilly / Manchester Piccadilly 	d	1555	1730		1830	1755	1930			2030
Stockport	d	1604	1740		1840	1804	1940			2040
Wilmslow	d	16 13	1748		1848	18 13	1948			2048
Caerdybi / Holyhead 	d		1530	1625			1753		1826	
Bangor	d		1557	1704			18 19		1905	
Cyffordd Llandudno / Llandudno Junction	d		1623	1725			1838		1923	
Caer / Chester	d	1622	1722	1826	1754		193 1		2027	1955
Crewe 	d	17 19	18 10		19 13	19 19	20 10		2050	2 1 10
Yr Heledd Wen / Nantwich	d	1727				1927				2 1 17
Wrenbury	d	1734x				1934x				2 122x
Yr Eglwys Wen / Whitchurch	d	1742				1942				2 130
Prees	d	1748x				1948x				2 136x
Wem	d	1754				1954				2 14 1
Yorton	d	1800x				2000x				2 146x
Wrecsam Cyffredinol / Wrexham General	d			184 1						
Aberystwyth	d		1629	1727						1929
Amwythig / Shrewsbury	a	18 12	1839	1920	1946	20 12	2045		2 120	2 156
Amwythig / Shrewsbury	d		1843	1922	1946		2049		2 120	2204
Church Stretton	d		1858	1938			2 105			2220
Craven Arms	d		1906	1946			2 113			2228
Llwydlo / Ludlow	d		19 14	1954	20 14		2 122			2236
Llanllieni / Leominster	d			2004	2024		2 133			2246
Henffordd / Hereford 	a		1938	20 19	2040		2 148			2302
Henffordd / Hereford 	d		1940	2022	204 1		2 149			2305
Y Fenni / Abergavenny	d		2004	2045	2 104		22 13			2328
Pontypwl a New Inn / Pontypool & New Inn	d			2056			2224			2338
Cwmbrân	d		20 16	2 10 1	2 117		2229			2343
Casnewydd / Newport	a		2028	2 113	2 127		2239	2 134d		2333d
Caerdydd Canolog / Cardiff Central 	a		2046	2 130	2 144		2257	2 148		2347
Pen-y-Bont ar Ogwr / Bridgend	a		2 111	2 156	2209		2320	2250		
Parcfordd Port Talbot Parkway	a		2 126	2208	2224		2336	2303		
Castell Nedd / Neath	a		2 134	22 15	223 1		2345	23 12		
Abertawe / Swansea	a		2 149	2228	2246		2359	2325		
Llanelli	a			2355	2309					
Caerfyrddin / Carmarthen	a			0032	2342					
Caerfyrddin / Carmarthen Traws 	d									
Aberystwyth Traws 	a									
Aberdaugleddau / Milford Haven	a									

## Nodiadau

G I Birmingham Rhyngwladol

## Notes

G To Birmingham International

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

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	TfW	TfW ◇	TfW ◇	TfW ◇								
Manceinion Piccadilly / Manchester Piccadilly 	d	2 135	2235									
Stockport	d	2 146										
Wilmslow	d	2 153	2250									
Caerdydd / Holyhead 	d			2033								
Bangor	d			2 112								
Cyffordd Llandudno / Llandudno Junction	d			2 139								
Caer / Chester	d	2053		2302								
Crewe 	d	2 145	22 13a	23 13a	2330							
Yr Heledd Wen / Nantwich	d	2 153			2338							
Wrenbury	d	2200x			2344x							
Yr Eglwys Wen / Whitchurch	d	2208			235 1							
Prees	d	22 14x			2357x							
Wem	d	2220			0002							
Yorton	d	2226x			0007x							
Wrecsam Cyffredinol / Wrexham General	d											
Aberystwyth	d											
Amwythig / Shrewsbury	a	2238			00 17							
Amwythig / Shrewsbury	d											
Church Stretton	d											
Craven Arms	d											
Llwydlo / Ludlow	d											
Llanllieni / Leominster	d											
Henffordd / Hereford 	a											
Henffordd / Hereford 	d											
Y Fenni / Abergavenny	d											
Pontypwl a New Inn / Pontypool & New Inn	d											
Cwmbrân	d											
Casnewydd / Newport	a											
Caerdydd Canolog / Cardiff Central 	a											
Pen-y-Bont ar Ogwr / Bridgend	a											
Parcfordd Port Talbot Parkway	a											
Castell Nedd / Neath	a											
Abertawe / Swansea	a											
Llanelli	a											
Caerfyrddin / Carmarthen	a											
Caerfyrddin / Carmarthen Traws 	d											
Aberystwyth Traws 	a											
Aberdaugleddau / Milford Haven	a											

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## Nodiadau safonol

## Standard notes

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

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

---

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 eisiau mynd i lawr hysbysu'r tocynnwr. Rhaid i bobl sydd eisiau 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	↳	Continued in later column
Parhad o golofn gynharach	←	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		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		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		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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- report faults or damage to our trains and stations
- comment on our train services
- request other customer information including the passenger charter
- claim any compensation for delays of 15 minutes or more.



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Standard network charges apply. Calls from mobiles may be higher



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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.