

Amserau Trenau | Train Times

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

Gorllewin Cymru - Abertawe - Caerdydd West Wales - Swansea - Cardiff



Canllaw yn unig yw'r llyfrynnau amserlenni. Dyw newidiadau oherwydd gwaith peiranyddol neu darfu anisgwylledig ar y diwrnod ddim wedi'u cynnwys. Mae gwasanaethau'n gallu newid felly gwnewch eich gwaith cartref cyn teithio, ewch i 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



TTB03b_DLB_V1_12/22



TRAFNIDIAETH CYMRU
TRANSPORT FOR WALES

fflecsi



Archebadwy, hyblyg I deithio

Mae fflecsi yn ffordd newydd o deithio ar fws.

Eich codi chi pan fydd ei angen arnoch a'ch gollwng lle rydych chi am fynd.

Mae fflecsi yn cysylltu â gorsafoedd Hwlfordd ac Abergwaun.

Bookable, flexible travel

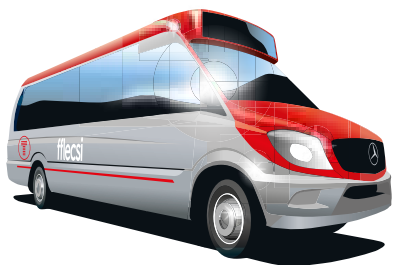
fflecsi is a new way to travel by bus.

Picking you up when you need it and dropping you off where you want to go.

fflecsi connects to Haverfordwest and Fishguard stations.

gwefan | ap | ffôn
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0300 234 0300



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 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 or check the TFW app.



TRAFNIDIAETH CYMRU
TRANSPORT FOR WALES

	GW	GW	GW	TfW	TfW	GW	TfW	GW	GW	TfW
Porthladd Rosslare Harbour	d									
Porthladd Abergwaun / Fishguard Harbour	d									
Abergwaun ac Wdig / Fishguard & Goodwick	d									
Aberdaugleddau / Milford Haven	d									
Johnston	d									
Hwlfordd / Haverfordwest	d									
Clarbeston Road	d									
Clunderwen	d									
Doc Penfro / Pembroke Dock	d									
Penfro / Pembroke	d									
Llandyfail / Lamphey	d									
Maenorbyr / Manorbier	d									
Penalun / Penally	d									
Dinbych-y-Pysgod / Tenby	d									
Saundersfoot	d									
Cilgeti / Kilgetty	d									
Arberth / Narberth	d									
Hendy-gwyn / Whitland	a									
Hendy-gwyn / Whitland	d									
Caerfyrddin / Carmarthen	a									
Caerfyrddin / Carmarthen	d			0438	0447					0545
Glanyfferi / Ferryside	d									0555
Cydweli / Kidwelly	d									0601
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d				0506					0608
Llanelli	a			0501	0512					0614
Llanelli	d			0501	0513					0615
Tre-gwyr / Gowerton	d									0622
Abertawe / Swansea	a			0520						0635
Abertawe / Swansea	d	0341	0346	0459		0528	0536	0558	0628	0638
Llansamlet	d									0644
Sgiwen / Skewen	d									0649
Castell Nedd / Neath	d	0353	0358	0511		0540	0548	0610	0640	0653
Llansawel / Briton Ferry	d									0656
Baglan	d									0700
Parcfordd Port Talbot Parkway	d	0400	0405	0518		0547	0555	0617	0647	0705
Y Pyl / Pyle	d									0712
Pen-y-Bont ar Ogwr / Bridgend	a	0413	0425	0530		0559	0611	0629	0659	0719
Pen-y-Bont ar Ogwr / Bridgend	d	0414	0427	0531		0600	0612	0630	0700	0719
Pencoed	d									0726
Llanharan	d									
Pontyclun	d									0733
Parc Ninian / Ninian Park	d									
Caerdydd Canolog / Cardiff Central	a	0504	0504	0551		0620	0632	0650	0720	0747
Caerdydd Canolog / Cardiff Central	d	0507	0507	0554		0623	0635	0653	0723	0750
Casnewydd / Newport	a	0524	0524	0605		0635	0648	0704	0735	0803
Caerloyw / Gloucester	a									
Manceinion Piccadilly / Manchester Piccadilly	a						1015			1115
Filton Abbey Wood	a			0710		0735	0807			
Bryste Temple Meads / Bristol Temple Meads	a			0718		0750	0816			
Parcfordd Bryste / Bristol Parkway	a	0551	0551	0626		0656		0725	0758	
Reading	a	0649	0648	0718		0749		0818		
Llundain Paddington / London Paddington	a	0716	0716	0744		0816		0844	0914	

Nodiadau

G 1 Lanyddyfri

Notes

G To Llandoverly

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.

		GW Ⓜ	TfW ◇	GW Ⓜ	GW Ⓜ	TfW ◇	TfW	TfW ◇	GW Ⓜ	TfW Ⓜ	TfW ◇
Porthladd Rosslare Harbour	d										
Porthladd Abergwaun / Fishguard Harbour	d						0650				
Abergwaun ac Wdig / Fishguard & Goodwick	d						0653				
Aberdaugleddau / Milford Haven	d					0554				0701	
Johnston	d					0602x				0709x	
Hwlfordd / Haverfordwest	d					0609				0716	
Clarbeston Road	d					0617x	0714a			0724x	
Clunderwen	d					0625x				0731x	
Doc Penfro / Pembroke Dock	d										0659
Penfro / Pembroke	d										0707
Llandyfail / Lamphey	d										0710x
Maenorbyr / Manorbier	d										0718
Penalun / Penally	d										0724x
Dinbych-y-Pysgod / Tenby	d										0729
Saundersfoot	d										0736x
Cilgeti / Kilgetty	d										0738x
Arberth / Narberth	d										0748x
Hendy-gwyn / Whitland	a					0632				0737	0756
Hendy-gwyn / Whitland	d					0632				0737	0756
Caerfyrddin / Carmarthen	a					0647				0753	0813
Caerfyrddin / Carmarthen	d		0603			0652			0725	0756	0815
Glanyfferi / Ferryside	d		0613			0702			0737	0806	0826
Cydweli / Kidwelly	d		0619			0708			0744	0812	0832
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d		0626			0715			0751	0819	0839
Llanelli	a		0632			0721		0729	0757	0825	0845
Llanelli	d		0633			0722		0743	0758	0826	0845
Tre-gwyr / Gowerton	d		0640			0729		0751		0833	
Abertawe / Swansea	a		0654			0741		0805	0814	0845	0903
Abertawe / Swansea	d	0657	0704	0720	0743	0749			0823	0848	
Llansamlet	d										0855
Sgiwen / Skewen	d										0859
Castell Nedd / Neath	d	0710	0715	0732	0755	0800			0835	0903	
Llansawel / Briton Ferry	d										0907
Baglan	d										0911
Parcfordd Port Talbot Parkway	d	0717	0722	0739	0802	0807			0842	0915	
Y Pil / Pyle	d		0729			0814					0922
Pen-y-Bont ar Ogwr / Bridgend	a	0729	0736	0751	0814	0822			0854	0930	
Pen-y-Bont ar Ogwr / Bridgend	d	0730	0737	0752	0815	0822			0855	0930	
Pencoed	d		0743								
Llanharan	d		0747			0829					
Pontyclun	d		0752								
Parc Ninian / Ninian Park	d										
Caerdydd Canolog / Cardiff Central	a	0750	0808	0812	0835	0847			0915	0951	
Caerdydd Canolog / Cardiff Central	d	0755		0817	0841				0918	0954	
Casnewydd / Newport	a	0807		0828	0853				0929	1007	
Caerloyw / Gloucester	a										
Manceinion Piccadilly / Manchester Piccadilly	a										1315
Filton Abbey Wood	a		0944		1007						1106
Bryste Temple Meads / Bristol Temple Meads	a		0953		1016						1117
Parcfordd Bryste / Bristol Parkway	a	0827		0854	0915	1023			0954	1115	
Reading	a	0919		0945	1006	1118			1045	1214	
Llundain Paddington / London Paddington	a	0944		1011	1034	1144			1111	1240	

		GW	TfW	TfW	GW	TfW	TfW	TfW	GW	TfW	GW
Porthladd Rosslare Harbour	d										
Porthladd Abergwaun / Fishguard Harbour	d			0751				0954			
Abergwaun ac Wdig / Fishguard & Goodwick	d			0754				0957			
Aberdaugleddau / Milford Haven	d					0901					
Johnston	d					0909x					
Hwlfordd / Haverfordwest	d					0916					
Clarbeston Road	d			0813x		0924x		1016			
Clunderwen	d			0821x		0932x					
Doc Penfro / Pembroke Dock	d						0909				
Penfro / Pembroke	d						0917				
Llandyfail / Lamphey	d						0920x				
Maenorbyr / Manorbier	d						0929				
Penalun / Penally	d						0934x				
Dinbych-y-Pysgod / Tenby	d						0940				
Saundersfoot	d						0948x				
Cilgeti / Kilgetty	d						0950x				
Arberth / Narberth	d						1000x				
Hendy-gwyn / Whitland	a			0827		0938	1009	1029			
Hendy-gwyn / Whitland	d			0828		0938	1009	1029			
Caerfyrddin / Carmarthen	a			0843		0954	1027	1046			
Caerfyrddin / Carmarthen	d			0853		1000	1030			1058	
Glanffery / Ferryside	d			0903							1108
Cydweli / Kidwelly	d			0909							1114
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d			0916		1018	1049				1121
Llanelli	a		0905	0923		1024	1056				1128
Llanelli	d		0910	0923		1025	1056				1128
Tre-gwyr / Gowerton	d		0918	0931			1104				1136
Abertawe / Swansea	a		0933	0945		1042	1117				1148
Abertawe / Swansea	d	0923		0951	1023	1045			1123	1152	1223
Llansamlet	d					1052					
Sgiwen / Skewen	d					1056					
Castell Nedd / Neath	d	0935		1002	1035	1101			1135	1203	1235
Llansawel / Briton Ferry	d					1105					
Baglan	d					1109					
Parcfordd Port Talbot Parkway	d	0942		1011	1042	1113			1142	1212	1242
Y Pil / Pyle	d					1120					
Pen-y-Bont ar Ogwr / Bridgend	a	0954		1025	1054	1128			1154	1226	1254
Pen-y-Bont ar Ogwr / Bridgend	d	0955		1025	1055	1128			1155	1226	1255
Pencoed	d										
Llanharan	d										
Pontyclun	d										
Parc Ninian / Ninian Park	d										
Caerdydd Canolog / Cardiff Central	a	1015		1047	1115	1150			1215	1248	1315
Caerdydd Canolog / Cardiff Central	d	1018			1118	1154			1218		1318
Casnewydd / Newport	a	1032			1129	1207			1229		1329
Caerloyw / Gloucester	a										
Manceinion Piccadilly / Manchester Piccadilly	a					1515					
Filton Abbey Wood	a			1207		1306				1409	
Bryste Temple Meads / Bristol Temple Meads	a			1216		1319				1417	
Parcfordd Bryste / Bristol Parkway	a	1055		1223	1152	1326			1254	1426	1353
Reading	a	1146		1314	1245	1416			1345	1515	1445
Llundain Paddington / London Paddington	a	1211		1341	1312	1444			1414	1541	1512

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	TfW	GW	TfW	GW	TfW	TfW	TfW	TfW
Porthladd Rosslare Harbour	d									
Porthladd Abergwaun / Fishguard Harbour	d						1250			
Abergwaun ac Wdig / Fishguard & Goodwick	d						1253			
Aberdaugleddau / Milford Haven	d	1103						1300		
Johnston	d	1111x						1308x		
Hwlfordd / Haverfordwest	d	1118						1315		
Clarbeston Road	d	1126x					1312	1323x		
Clunderwen	d	1134x						1331x		
Doc Penfro / Pembroke Dock	d		1109							1309
Penfro / Pembroke	d		1117							1317
Llandyfail / Lamphey	d		1120x							1320x
Maenorbyr / Manorbier	d		1129							1329
Penalun / Penally	d		1134x							1334x
Dinbych-y-Pysgod / Tenby	d		1142							1342
Saundersfoot	d		1150x							1350x
Cilgeti / Kilgetty	d		1152x							1352x
Arberth / Narberth	d		1202x							1402x
Hendy-gwyn / Whitland	a	1141	1210				1325	1337		1411
Hendy-gwyn / Whitland	d	1141	1210				1326	1337		1411
Caerfyrddin / Carmarthen	a	1157	1228				1342	1353		1429
Caerfyrddin / Carmarthen	d	1201	1231		1301		1347	1357		1432
Glanyfferi / Ferryside	d				1311					
Cydweli / Kidwelly	d				1317					
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	1219	1251		1324			1415		1451
Llanelli	a	1225	1237	1258	1330		1410	1421		1458
Llanelli	d	1226	1240	1259	1331		1411	1422		1459
Tre-gwyr / Gowerton	d	1233	1248		1338			1429		
Abertawe / Swansea	a	1245	1301	1318	1350			1443		1516
Abertawe / Swansea	d	1249			1323	1400	1423	1448	1505	
Llansamlet	d	1256							1512	
Sgiwen / Skewen	d	1300							1516	
Castell Nedd / Neath	d	1305		1335	1411	1435		1500	1521	
Llansawel / Briton Ferry	d	1309							1525	
Baglan	d	1313							1529	
Parcfordd Port Talbot Parkway	d	1317		1342	1419	1442	1447	1508	1533	
Y Pil / Pyle	d	1324					1455	1515	1540	
Pen-y-Bont ar Ogwr / Bridgend	a	1332		1354	1431	1454	1503	1522	1550	
Pen-y-Bont ar Ogwr / Bridgend	d	1332		1355	1434	1455	1504	1523	1550	
Pencoed	d									
Llanharan	d									
Pontyclun	d									
Parc Ninian / Ninian Park	d									
Caerdydd Canolog / Cardiff Central	a	1354		1415	1458	1515	1527	1545	1612	
Caerdydd Canolog / Cardiff Central	d	1357		1418		1518		1549	1622	
Casnewydd / Newport	a	1410		1429		1529		1602	1635	
Caerloyw / Gloucester	a									
Manceinion Piccadilly / Manchester Piccadilly	a	1715						1915		
Filton Abbey Wood	a	1506			1608		1706			
Bryste Temple Meads / Bristol Temple Meads	a	1517			1617		1715			
Parcfordd Bryste / Bristol Parkway	a	1526		1450	1626	1554				
Reading	a	1616		1544	1717	1645				
Llundain Paddington / London Paddington	a	1641		1609	1744	1714				

Nodiadau
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Notes
L To Chester

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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		GW	TfW	TfW	GW	TfW	TfW	TfW	GW	TfW	GW
Porthladd Rosslare Harbour	d										
Porthladd Abergwaun / Fishguard Harbour	d										
Abergwaun ac Wdig / Fishguard & Goodwick	d										
Aberdaugleddau / Milford Haven	d					1507					
Johnston	d					15 15x					
Hwlfordd / Haverfordwest	d					1522					
Clarbeston Road	d					1530x					
Clunderwen	d					1538x					
Doc Penfro / Pembroke Dock	d							1506			
Penfro / Pembroke	d							15 14			
Llandyfail / Lamphey	d							15 17x			
Maenorbyr / Manorbier	d							1526			
Penalun / Penally	d							153 1x			
Dinbych-y-Pysgod / Tenby	d							1538			
Saundersfoot	d							1546x			
Cilgeti / Kilgetty	d							1548x			
Arberth / Narberth	d							1558x			
Hendy-gwyn / Whitland	a					1545		1607			
Hendy-gwyn / Whitland	d					1545		1607			
Caerfyrddin / Carmarthen	a					160 1		1624			
Caerfyrddin / Carmarthen	d			150 1		1606		1627		1655	
Glanyfferi / Ferryside	d			15 11						1705	
Cydweli / Kidwelly	d			15 17						17 11	
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d			1524		1624		1646		17 18	
Llanelli	a		1506	1530		163 1		1653		1724	
Llanelli	d		15 10	153 1		163 1	1645	1653		1725	
Tre-gwyr / Gowerton	d		15 18	1538		1638		170 1		1732	
Abertawe / Swansea	a		1534	1553		165 1	1703	17 18		1744	
Abertawe / Swansea	d	1523		160 1	1623	1655	1705		1723	1747	1823
Llansamlet	d							17 11		1754	
Sgiwen / Skewen	d							17 16		1758	
Castell Nedd / Neath	d	1535		16 12	1635	1706	1720		1735	1803	1835
Llansawel / Briton Ferry	d							1723		1807	
Baglan	d							1727		18 11	
Parcfordd Port Talbot Parkway	d	1542		1620	1642	17 13	173 1		1742	18 15	1842
Y Pyl / Pyle	d							1738		1822	
Pen-y-Bont ar Ogwr / Bridgend	a	1554		1632	1654	1725	1746		1755	1830	1854
Pen-y-Bont ar Ogwr / Bridgend	d	1555		1634	1655	1725	1746		1756	1830	1855
Pencoed	d										
Llanharan	d										
Pontyclun	d										
Parc Ninian / Ninian Park	d										
Caerdydd Canolog / Cardiff Central	a	16 15		1658	17 15	1746	1808		18 16	185 1	19 15
Caerdydd Canolog / Cardiff Central	d	16 18			1720	1749	1825		18 18		19 18
Casnewydd / Newport	a	1629			1732	1802	1838		1830		1930
Caerloyw / Gloucester	a										
Manceinion Piccadilly / Manchester Piccadilly	a					2 115					
Filton Abbey Wood	a			1806		19 11				2006	
Bryste Temple Meads / Bristol Temple Meads	a			18 15		19 19				20 16	
Parcfordd Bryste / Bristol Parkway	a	1650		1826	1755				185 1		1953
Reading	a	1747		19 16	1847				1946		2044
Llundain Paddington / London Paddington	a	18 14		1944	19 14				20 15		2 110

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Notes

L To Chester

	TfW	TfW	GW	TfW	TfW	GW	TfW	TfW	TfW	GW
	◇	◇	1R1	◇	◇	1R1	◇	◇	◇	1R1 FO
Porthladd Rosslare Harbour	d									
Porthladd Abergwaun / Fishguard Harbour	d							1905		
Abergwaun ac Wdig / Fishguard & Goodwick	d							1908		
Aberdaugleddau / Milford Haven	d	17 10							19 15	
Johnston	d	17 18x							1923x	
Hwlfordd / Haverfordwest	d	1725							1930	
Clarbeston Road	d	1733x						1927	1938x	
Clunderwen	d	174 1x							1946x	
Doc Penfro / Pembroke Dock	d		1709					19 19		
Penfro / Pembroke	d		17 17					1927		
Llandyfail / Lamphey	d		1720x					193 1x		
Maenorbyr / Manorbier	d		1729					1939		
Penalun / Penally	d		1734x					1944x		
Dinbych-y-Pysgod / Tenby	d		1740					1948a		
Saundersfoot	d		1748x							
Cilgeti / Kilgetty	d		1750x							
Arberth / Narberth	d		1800x							
Hendy-gwyn / Whitland	a	1747	1809					1940	1952	
Hendy-gwyn / Whitland	d	1748	1809					1940	1952	
Caerfyrddin / Carmarthen	a	1804	1827					1957	2008	
Caerfyrddin / Carmarthen	d	1808	1830			1850		2000	20 12	
Glanyfferi / Ferryside	d	18 18				190 1				
Cydweli / Kidwelly	d	1824				1907				
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	183 1	1849			19 15		20 18	2030	
Llanelli	a	1838	1856		1904	1922		2025	2036	
Llanelli	d	1838	1857		1907	1922		2025	2037	
Tre-gwyr / Gowerton	d	1846	1905		19 15	1930			2044	
Abertawe / Swansea	a	190 1	19 18		1937	1945		2042	2057	
Abertawe / Swansea	d	1904		1923		1949	2023		2 10 1	2 123
Llansamlet	d	19 11								
Sgiwen / Skewen	d	19 16								
Castell Nedd / Neath	d	1920		1935		2000	2035		2 112	2 135
Llansawel / Briton Ferry	d	1924								
Baglan	d	1928								
Parcfordd Port Talbot Parkway	d	1933		1942		2007	2042		2 119	2 142
Y Pil / Pyle	d	1940								
Pen-y-Bont ar Ogwr / Bridgend	a	1949		1954		202 1	2054		2 13 1	2 154
Pen-y-Bont ar Ogwr / Bridgend	d	1949		1955		202 1	2055		2 13 1	2 155
Pencoed	d									
Llanharan	d									
Pontyclun	d									
Parc Ninian / Ninian Park	d								2203	
Caerdydd Canolog / Cardiff Central	a	20 16		20 17		2046	2 115		22 11	22 15
Caerdydd Canolog / Cardiff Central	d			202 1			2 120			22 18
Casnewydd / Newport	a			2032			2 132			223 1
Caerloyw / Gloucester	a									
Manceinion Piccadilly / Manchester Piccadilly	a									
Filton Abbey Wood	a	2 113					2248		23 11	
Bryste Temple Meads / Bristol Temple Meads	a	2 12 1							2320	
Parcfordd Bryste / Bristol Parkway	a			2054			2 153			2255
Reading	a			2 144			2243			
Llundain Paddington / London Paddington	a			2209			2309			

Nodiadau

FO Dyd Gwener yn unig

Notes

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.




















		GW FX	TfW ◇	TfW	TfW ◇	TfW ◇	TfW ◇	TfW ◇	TfW ◇	TfW ◇	TfW
Porthladd Rosslare Harbour	d										
Porthladd Abergwaun / Fishguard Harbour	d								22 15		
Abergwaun ac Wdig / Fishguard & Goodwick	d								22 18		
Aberdaugleddau / Milford Haven	d			2041							2325
Johnston	d			2049x							2333x
Hwlfordd / Haverfordwest	d			2056							2340
Clarbeston Road	d			2 104x					2237		2348x
Clunderwen	d			2 111x					2245x		2356x
Doc Penfro / Pembroke Dock	d				2 109						2227
Penfro / Pembroke	d				2 117						2235
Llandyfail / Lamphey	d				2 120x						2238x
Maenorbyr / Manorbier	d				2 129						2246
Penalun / Penally	d				2 134x						2252x
Dinbych-y-Pysgod / Tenby	d		20 10		2 155						2257
Saundersfoot	d		20 17x		2203x						2305x
Cilgeti / Kilgetty	d		20 19x		2205x						2307x
Arberth / Narberth	d		2029x		22 15x						23 16x
Hendy-gwyn / Whitland	a		2037	2 118	2224				225 1		2325 0003
Hendy-gwyn / Whitland	d		2037	2 118	2224				225 1		2325 0003
Caerfyrddin / Carmarthen	a		2053	2 135	2243				2308		2343 002 1
Caerfyrddin / Carmarthen	d		2 100						23 11		
Glanyfferi / Ferryside	d		2 110						232 1		
Cydweli / Kidwelly	d		2 116						2327		
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d		2 123						2334		
Llanelli	a		2 129			2 14 1			234 1 2342		
Llanelli	d		2 130			2 145			234 1 2348		
Tre-gwyr / Gowerton	d		2 137			2 153			2349 2356		
Abertawe / Swansea	a		2 150			2208			0002 00 16		
Abertawe / Swansea	d	2 123	2 153				2230				
Llansamlet	d		2200				2237				
Sgiwen / Skewen	d		2204				224 1				
Castell Nedd / Neath	d	2 135	2208				2245				
Llansawel / Briton Ferry	d		22 12				2249				
Baglan	d		22 16				2252				
Parcfordd Port Talbot Parkway	d	2 142	2220				2257				
Y Pil / Pyle	d		2227				2304				
Pen-y-Bont ar Ogwr / Bridgend	a	2 154	2234				23 12				
Pen-y-Bont ar Ogwr / Bridgend	d	2 155	2235				23 14				
Pencoed	d										
Llanharan	d										
Pontyclun	d										
Parc Ninian / Ninian Park	d		2255								
Caerdydd Canolog / Cardiff Central	a	22 15	2302				2339				
Caerdydd Canolog / Cardiff Central	d	22 18									
Casnewydd / Newport	a	2231									
Caerloyw / Gloucester	a										
Manceinion Piccadilly / Manchester Piccadilly	a										
Filton Abbey Wood	a		00 11								
Bryste Temple Meads / Bristol Temple Meads	a		0025								
Parcfordd Bryste / Bristol Parkway	a	2302									
Reading	a										
Llundain Paddington / London Paddington	a										

Nodiadau

FX Dydd Llun i ddydd lau

Notes

FX Monday to Thursday

	TfW	GW	TfW	GW	TfW	GW	GW	GW	TfW	TfW
										
Porthladd Rosslare Harbour 	d									
Porthladd Abergwaun / Fishguard Harbour 	d									
Abergwaun ac Wdig / Fishguard & Goodwick	d									
Aberdaugleddau / Milford Haven	d	0021								
Johnston	d	0029x								
Hwlfordd / Haverfordwest	d	0036								
Clarbeston Road	d	0044x								
Clunderwen	d	0051x								
Doc Penfro / Pembroke Dock	d									
Penfro / Pembroke	d									
Llandyfail / Lamphey	d									
Maenorbyr / Manorbier	d									
Penalun / Penally	d									
Dinbych-y-Pysgod / Tenby	d									
Saundersfoot	d									
Cilgeti / Kilgetty	d									
Arberth / Narberth	d									
Hendy-gwyn / Whitland	a	0057								
Hendy-gwyn / Whitland	d	0057								
Caerfyrddin / Carmarthen	a	0116								
Caerfyrddin / Carmarthen	d		0434						0554	0615
Glanffery / Ferryside	d								0604	0625
Cydweli / Kidwelly	d								0610	0631
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d		0452						0617	0638
Llanelli	a		0458						0623	0645
Llanelli	d		0459						0624	0645
Tre-gwyr / Gowerton	d								0631	0653
Abertawe / Swansea	a		0517						0644	0705
Abertawe / Swansea	d	0356		0525	0530	0552	0623	0644	0649	0710
Llansamlet	d									0717
Sgiwen / Skewen	d									0721
Castell Nedd / Neath	d	0408		0537	0542	0604	0635	0655	0700	0726
Llansawel / Briton Ferry	d									0729
Baglan	d									0733
Parcfordd Port Talbot Parkway	d	0415		0544	0549	0611	0642	0703	0708	0737
Y Pil / Pyle	d				0558				0715	0744
Pen-y-Bont ar Ogwr / Bridgend	a	0427		0556	0605	0623	0654	0714	0722	0753
Pen-y-Bont ar Ogwr / Bridgend	d	0428		0557	0606	0624	0655	0716	0722	0753
Pencoed	d									0813
Llanharan	d								0730	0817
Pontyclun	d									0821
Parc Ninian / Ninian Park	d									
Caerdydd Canolog / Cardiff Central 	a	0449		0618	0630	0645	0716	0737	0746	0835
Caerdydd Canolog / Cardiff Central 	d	0514		0619	0635	0647	0718	0741	0752	
Casnewydd / Newport	a	0525		0631	0648	0658	0729	0753	0805	
Caerloyw / Gloucester 	a									
Manceinion Piccadilly / Manchester Piccadilly 	a				1015				1115	
Filton Abbey Wood	a			0709	0809					0939
Bryste Temple Meads / Bristol Temple Meads 	a			0719	0817					0950
Parcfordd Bryste / Bristol Parkway 	a	0553		0653		0719	0754	0819		
Reading 	a	0648		0745		0816	0846	0916		
Llundain Paddington / London Paddington 	a	0714		0812		0844	0912	0942		

		GW	GW	TfW	TfW	GW	TfW	TfW	GW	TfW	TfW
		11R	11R	11R	11R	11R	11R	11R	11R	11R	11R
Porthladd Rosslare Harbour	d										
Porthladd Abergwaun / Fishguard Harbour	d				0650						0751
Abergwaun ac Wdig / Fishguard & Goodwick	d				0653						0754
Aberdaugleddau / Milford Haven	d			0554		0700					
Johnston	d			0602x		0708x					
Hwlfordd / Haverfordwest	d			0609		0716					
Clarbeston Road	d			0617x	0714a	0723x					0813x
Clunderwen	d			0625x		0730x					0821x
Doc Penfro / Pembroke Dock	d							0659			
Penfro / Pembroke	d							0707			
Llandyfail / Lamphey	d							0710x			
Maenorbyr / Manorbier	d							0718			
Penalun / Penally	d							0724x			
Dinbych-y-Pysgod / Tenby	d							0729			
Saundersfoot	d							0736x			
Cilgeti / Kilgetty	d							0738x			
Arberth / Narberth	d							0748x			
Hendy-gwyn / Whitland	a			0631		0736	0756				0827
Hendy-gwyn / Whitland	d			0631		0737	0756				0827
Caerfyrddin / Carmarthen	a			0647		0753	0813				0842
Caerfyrddin / Carmarthen	d			0651		0724	0755	0816			0855
Glanffery / Ferryside	d			0701		0736	0806	0826			0905
Cydweli / Kidwelly	d			0707		0743	0812	0831			0911
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d			0714		0750	0818	0838			0918
Llanelli	a			0720		0756	0825	0844		0906	0924
Llanelli	d			0721		0757	0825	0844		0911	0925
Tre-gwyr / Gowerton	d			0728			0832			0919	0932
Abertawe / Swansea	a			0740		0814	0845	0900		0934	0946
Abertawe / Swansea	d	0723	0741	0747		0822	0848		0923		0953
Llansamlet	d						0855				
Sgiwen / Skewen	d						0859				
Castell Nedd / Neath	d	0735	0753	0759		0834	0903		0935		1006
Llansawel / Briton Ferry	d						0907				
Baglan	d						0911				
Parcfordd Port Talbot Parkway	d	0745	0801	0806		0841	0915		0943		1014
Y Pil / Pyle	d			0813			0922				1020
Pen-y-Bont ar Ogwr / Bridgend	a	0757	0812	0821		0853	0930		0955		1027
Pen-y-Bont ar Ogwr / Bridgend	d	0759	0815	0821		0854	0930		0956		1028
Pencoed	d			0827							
Llanharan	d										
Pontyclun	d			0834							
Parc Ninian / Ninian Park	d										
Caerdydd Canolog / Cardiff Central	a	0820	0838	0849		0915	0951		1017		1049
Caerdydd Canolog / Cardiff Central	d	0822	0841			0918	0953		1018		
Casnewydd / Newport	a	0834	0853			0930	1006		1030		
Caerloyw / Gloucester	a										
Manceinion Piccadilly / Manchester Piccadilly	a						1315				
Filton Abbey Wood	a		1009				1109				1209
Bryste Temple Meads / Bristol Temple Meads	a		1018				1117				1216
Parcfordd Bryste / Bristol Parkway	a	0854	0914			0955			1054		
Reading	a	0946	1017			1046			1146		
Llundain Paddington / London Paddington	a	1012	1041			1112			1211		











Gorllewin Cymru - Abertawe - Caerdydd										Dydd Sadwrn	
West Wales - Swansea - Cardiff										Saturdays	
		GW	TfW	TfW	TfW	GW	TfW	GW	TfW	TfW	TfW
		1111	111	111	111	1111	111	1111	111	111	111
Porthladd Rosslare Harbour	d										
Porthladd Abergwaun / Fishguard Harbour	d				0954						
Abergwaun ac Wdig / Fishguard & Goodwick	d				0957						
Aberdaugleddau / Milford Haven	d		0857						110 1		
Johnston	d		0905x						1109x		
Hwlfordd / Haverfordwest	d		09 12						11 16		
Clarbeston Road	d		0920x		10 16				1124x		
Clunderwen	d		0928x						1132x		
Doc Penfro / Pembroke Dock	d			0909							1109
Penfro / Pembroke	d			09 17							1117
Llandyfail / Lamphey	d			0920x							1120x
Maenorbyr / Manorbier	d			0929							1129
Penalun / Penally	d			0934x							1134x
Dinbych-y-Pysgod / Tenby	d			0939							1142
Saundersfoot	d			0947x							1150x
Cilgeti / Kilgetty	d			0949x							1152x
Arberth / Narberth	d			0959x							1202x
Hendy-gwyn / Whitland	a		0935	1007	1029				1139		12 11
Hendy-gwyn / Whitland	d		0935	1007	1029				1139		12 11
Caerfyrddin / Carmarthen	a		095 1	1025	1046				1155		1228
Caerfyrddin / Carmarthen	d		0959	1029			110 1		1159		1233
Glanffery / Ferryside	d						1111				
Cydweli / Kidwelly	d						1117				
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d		10 17	1048			1124		12 17		1252
Llanelli	a		1023	1055			1130		1223	1233	1259
Llanelli	d		1024	1056			113 1		1224	1240	1300
Tre-gwyr / Gowerton	d			1104			1138		123 1	1248	
Abertawe / Swansea	a		104 1	1117			1150		1243	1303	13 17
Abertawe / Swansea	d	1022	1045			1124	1159	1222	1246		
Llansamlet	d		1052						1253		
Sgiwen / Skewen	d		1056						1257		
Castell Nedd / Neath	d	1034	110 1			1136	12 10	1234	1302		
Llansawel / Briton Ferry	d		1105						1306		
Baglan	d		1109						13 10		
Parcfordd Port Talbot Parkway	d	1042	1113			1144	12 18	1242	13 14		
Y Pil / Pyle	d		1120						132 1		
Pen-y-Bont ar Ogwr / Bridgend	a	1053	1128			1157	123 1	1253	1329		
Pen-y-Bont ar Ogwr / Bridgend	d	1055	1128			1158	123 1	1255	1329		
Pencoed	d										
Llanharan	d										
Pontyclun	d										
Parc Ninian / Ninian Park	d										
Caerdydd Canolog / Cardiff Central	a	1116	1150			12 19	1252	13 16	135 1		
Caerdydd Canolog / Cardiff Central	d	1118	1154			122 1		13 18	1355		
Casnewydd / Newport	a	1130	1207			1232		1329	1408		
Caerloyw / Gloucester	a										
Manceinion Piccadilly / Manchester Piccadilly	a		15 15						17 15		
Filton Abbey Wood	a		1303				1409		1509		
Bryste Temple Meads / Bristol Temple Meads	a		13 13				14 17		15 17		
Parcfordd Bryste / Bristol Parkway	a	1154				1254		1354	15 16		
Reading	a	1246				1346		1446	16 19		
Llundain Paddington / London Paddington	a	13 11				14 14		15 12	1644		

I gael esboniad o'r nodiadau a symbolau safonol gweler gwaelod yr amserlen
For an explanation of standard notes and symbols, please see end of timetable

		GW	TfW	TfW	GW	TfW	TfW	GW	TfW	TfW	GW
Porthladd Rosslare Harbour	d										
Porthladd Abergwaun / Fishguard Harbour	d			1241							
Abergwaun ac Wdig / Fishguard & Goodwick	d			1244							
Aberdaugleddau / Milford Haven	d					1300					
Johnston	d					1308x					
Hwlfordd / Haverfordwest	d					1315					
Clarbeston Road	d			1303		1323x					
Clunderwen	d					1331x					
Doc Penfro / Pembroke Dock	d						1309				
Penfro / Pembroke	d						1317				
Llandyfail / Lamphey	d						1320x				
Maenorbyr / Manorbier	d						1329				
Penalun / Penally	d						1334x				
Dinbych-y-Pysgod / Tenby	d						1344				
Saundersfoot	d						1352x				
Cilgeti / Kilgetty	d						1354x				
Arberth / Narberth	d						1404x				
Hendy-gwyn / Whitland	a			1315		1337	1413				
Hendy-gwyn / Whitland	d			1316		1337	1413				
Caerfyrddin / Carmarthen	a			1332		1353	1430				
Caerfyrddin / Carmarthen	d		1302	1336		1357	1434			1501	
Glanyfferi / Ferryside	d		1312	1346						1511	
Cydweli / Kidwelly	d		1318	1352						1517	
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d		1325	1359		1415	1453			1524	
Llanelli	a		1331	1406		1421	1500		1508	1530	
Llanelli	d		1332	1406		1422	1501		1512	1531	
Tre-gwyr / Gowerton	d		1339			1429			1520	1538	
Abertawe / Swansea	a		1352			1442	1518		1539	1550	
Abertawe / Swansea	d	1324	1357		1423	1445		1526		1555	1622
Llansamlet	d					1452					
Sgiwen / Skewen	d					1456					
Castell Nedd / Neath	d	1336	1408		1435	1501		1538		1606	1634
Llansawel / Briton Ferry	d					1505					
Baglan	d					1509					
Parcfordd Port Talbot Parkway	d	1344	1416	1434	1443	1513		1546		1614	1642
Y Pil / Pyle	d		1423							1621	
Pen-y-Bont ar Ogwr / Bridgend	a	1355	1431	1449	1454	1526		1557		1629	1653
Pen-y-Bont ar Ogwr / Bridgend	d	1356	1432	1449	1455	1526		1558		1629	1655
Pencoed	d										
Llanharan	d										
Pontyclun	d										
Parc Ninian / Ninian Park	d										
Caerdydd Canolog / Cardiff Central	a	1417	1458	1521	1517	1547		1619		1650	1716
Caerdydd Canolog / Cardiff Central	d	1421			1518	1549		1623			1718
Casnewydd / Newport	a	1432			1530	1602		1634			1730
Caerloyw / Gloucester	a										
Manceinion Piccadilly / Manchester Piccadilly	a					1915					
Filton Abbey Wood	a		1609	1709						1809	
Bryste Temple Meads / Bristol Temple Meads	a		1617	1717						1817	
Parcfordd Bryste / Bristol Parkway	a	1454			1554			1655			1753
Reading	a	1547			1646			1747			1846
Llundain Paddington / London Paddington	a	1613			1712			1811			1913

Gorllewin Cymru - Abertawe - Caerdydd										Dydd Sadwrn
West Wales - Swansea - Cardiff										Saturdays
	TfW	TfW	TfW	GW	TfW	GW	TfW	TfW	TfW	GW
Porthladd Rosslare Harbour	d									
Porthladd Abergwaun / Fishguard Harbour	d									
Abergwaun ac Wdig / Fishguard & Goodwick	d									
Aberdaugleddau / Milford Haven	d	1509						1706		
Johnston	d	1517x						1714x		
Hwlfordd / Haverfordwest	d	1524						1721		
Clarbeston Road	d	1532x						1729x		
Clunderwen	d	1540x						1737x		
Doc Penfro / Pembroke Dock	d		1509						1712	
Penfro / Pembroke	d		1517						1720	
Llandyfail / Lamphey	d		1520x						1723x	
Maenorbyr / Manorbier	d		1529						1732	
Penalun / Penally	d		1534x						1737x	
Dinbych-y-Pysgod / Tenby	d		1544						1746	
Saundersfoot	d		1552x						1754x	
Cilgeti / Kilgetty	d		1554x						1756x	
Arberth / Narberth	d		1604x						1806x	
Hendy-gwyn / Whitland	a	1546	1612					1744	1814	
Hendy-gwyn / Whitland	d	1546	1612					1744	1814	
Caerfyrddin / Carmarthen	a	1602	1631					1800	1832	
Caerfyrddin / Carmarthen	d	1606	1634		1701			1807	1836	
Glanyfferi / Ferryside	d				1711			1817		
Cydweli / Kidwelly	d				1717			1823		
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	1624	1653		1724			1829	1855	
Llanelli	a	1630	1700		1730			1836	1902	
Llanelli	d	1631	1700		1731			1836	1902	
Tre-gwyr / Gowerton	d	1638	1708		1738			1843	1910	
Abertawe / Swansea	a	1651	1721		1750			1855	1923	
Abertawe / Swansea	d	1658	1712		1726	1754	1822	1900	1910	1926
Llansamlet	d		1719						1917	
Sgiwen / Skewen	d		1723						1921	
Castell Nedd / Neath	d	1709	1727		1738	1805	1834	1911	1925	1938
Llansawel / Briton Ferry	d		1731						1929	
Baglan	d		1734						1932	
Parcfordd Port Talbot Parkway	d	1717	1739		1747	1812	1842	1919	1937	1946
Y Pil / Pyle	d	1724	1746			1819			1944	
Pen-y-Bont ar Ogwr / Bridgend	a	1732	1755		1759	1827	1853	1932	1953	1957
Pen-y-Bont ar Ogwr / Bridgend	d	1732	1755		1800	1827	1855	1933	1953	1959
Pencoed	d									
Llanharan	d									
Pontyclun	d									
Parc Ninian / Ninian Park	d									
Caerdydd Canolog / Cardiff Central	a	1753	1819		1821	1848	1917	1956	2017	2020
Caerdydd Canolog / Cardiff Central	d	1756			1822		1919			2022
Casnewydd / Newport	a	1809			1834		1930			2033
Caerloyw / Gloucester	a									
Manceinion Piccadilly / Manchester Piccadilly	a	2115								
Filton Abbey Wood	a	1909			2006		2106			
Bryste Temple Meads / Bristol Temple Meads	a	1917			2016		2115			
Parcfordd Bryste / Bristol Parkway	a				1854		1954			2054
Reading	a				1946		2046			2149
Llundain Paddington / London Paddington	a				2011		2111			2216

I gael esboniad o'r nodiadau a symbolau safonol gweler gwaelod yr amserlen
For an explanation of standard notes and symbols, please see end of timetable











	TfW ◇	TfW ◇	TfW R	GW 1R F	TfW ◇ H	TfW ◇	TfW	TfW ◇	TfW ◇	TfW ◇
Porthladd Rosslare Harbour 	d									
Porthladd Abergwaun / Fishguard Harbour 	d		1900							
Abergwaun ac Wdig / Fishguard & Goodwick	d		1903							
Aberdaugleddau / Milford Haven	d				19 12		2 116			
Johnston	d				1920x		2 124x			
Hwlfordd / Haverfordwest	d				1927		2 13 1			
Clarbeston Road	d		1922		1935x		2 139x			
Clunderwen	d				1943x		2 147x			
Doc Penfro / Pembroke Dock	d					19 13			2 109	
Penfro / Pembroke	d					192 1			2 117	
Llandyfail / Lamphey	d					1924x			2 120x	
Maenorbyr / Manorbier	d					1932			2 129	
Penalun / Penally	d					1938x			2 134x	
Dinbych-y-Pysgod / Tenby	d					1956			2 144	
Saundersfoot	d					2003x			2 152x	
Cilgeti / Kilgetty	d					2005x			2 154x	
Arberth / Narberth	d					20 15x			2204x	
Hendy-gwyn / Whitland	a		1935		1949	2023	2 154		22 13	
Hendy-gwyn / Whitland	d		1935		1949	2023	2 154		22 13	
Caerfyrddin / Carmarthen	a		1952		2005	2039	22 11		2232	
Caerfyrddin / Carmarthen	d	1853			2009	2049				
Glanyfferi / Ferryside	d	1904				2059				
Cydweli / Kidwelly	d	19 10				2 105				
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	19 18			2027	2 112				
Llanelli	a	1857	1925		2033	2 119		2 141		
Llanelli	d	1909	1925		2034	2 119		2 149		
Tre-gwyr / Gowerton	d	19 17	1933		204 1	2 127		2 157		
Abertawe / Swansea	a	1939	1947		2053	2 141		22 12		
Abertawe / Swansea	d		1952	2022	2057	2 144				2237
Llansamlet	d					2 15 1				2244
Sgiwen / Skewen	d					2 155				2248
Castell Nedd / Neath	d		2003	2034	2 108	2 159				2252
Llansawel / Briton Ferry	d					2203				2256
Baglan	d					2206				2259
Parcfordd Port Talbot Parkway	d		20 11	2042	2 115	22 11				2304
Y Pil / Pyle	d					22 18				23 11
Pen-y-Bont ar Ogwr / Bridgend	a		2025	2053	2 127	2226				23 19
Pen-y-Bont ar Ogwr / Bridgend	d		2025	2055	2 127	2227				2320
Pencoed	d									
Llanharan	d									
Pontyclun	d									
Parc Ninian / Ninian Park	d									
Caerdydd Canolog / Cardiff Central 	a		2048	2 116	2 149	2252				2342
Caerdydd Canolog / Cardiff Central 	d			2 118	2 152					
Casnewydd / Newport	a			2 129	2205					
Caerloyw / Gloucester 	a									
Manceinion Piccadilly / Manchester Piccadilly 	a									
Filton Abbey Wood	a									
Bryste Temple Meads / Bristol Temple Meads 	a				234 1					
Parcfordd Bryste / Bristol Parkway 	a			2 150						
Reading 	a									
Llundain Paddington / London Paddington 	a									

Nodiadau

F | Swindon
H | Henffordd

Notes

F | To Swindon
H | To Hereford

	TfW	TfW	TfW								
		◇									
Porthladd Rosslare Harbour 	d										
Porthladd Abergwaun / Fishguard Harbour 	d	22 15									
Abergwaun ac Wdig / Fishguard & Goodwick	d	22 18									
Aberdaugleddau / Milford Haven	d			2308							
Johnston	d			23 16x							
Hwlfordd / Haverfordwest	d			2323							
Clarbeston Road	d	2237		233 1x							
Clunderwen	d	2244x		2339x							
Doc Penfro / Pembroke Dock	d		22 18								
Penfro / Pembroke	d		2226								
Llandyfail / Lamphey	d		2229x								
Maenorbyr / Manorbier	d		2237								
Penalun / Penally	d		2243x								
Dinbych-y-Pysgod / Tenby	d		2247								
Saundersfoot	d		2255x								
Cilgeti / Kilgetty	d		2257x								
Arberth / Narberth	d		2306x								
Hendy-gwyn / Whitland	a	2251	23 15	2345							
Hendy-gwyn / Whitland	d	2251	23 15	2346							
Caerfyrddin / Carmarthen	a	2307	2333	0004							
Caerfyrddin / Carmarthen	d	23 16									
Glanyfferi / Ferryside	d	2326									
Cydweli / Kidwelly	d	2332									
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	2339									
Llanelli	a	2346									
Llanelli	d	2346									
Tre-gwyr / Gowerton	d	2354									
Abertawe / Swansea	a	0008									
Abertawe / Swansea	d										
Llansamlet	d										
Sgiwen / Skewen	d										
Castell Nedd / Neath	d										
Llansawel / Briton Ferry	d										
Baglan	d										
Parcfordd Port Talbot Parkway	d										
Y Pil / Pyle	d										
Pen-y-Bont ar Ogwr / Bridgend	a										
Pen-y-Bont ar Ogwr / Bridgend	d										
Pencoed	d										
Llanharan	d										
Pontyclun	d										
Parc Ninian / Ninian Park	d										
Caerdydd Canolog / Cardiff Central 	a										
Caerdydd Canolog / Cardiff Central 	d										
Casnewydd / Newport	a										
Caerloyw / Gloucester 	a										
Manceinion Piccadilly / Manchester Piccadilly 	a										
Filton Abbey Wood	a										
Bryste Temple Meads / Bristol Temple Meads 	a										
Parcfordd Bryste / Bristol Parkway 	a										
Reading 	a										
Llundain Paddington / London Paddington 	a										

		GW	TfW	GW	GW	TfW	TfW	GW	TfW	TfW	GW
		ⓂⓂⓂ	Ⓜ	ⓂⓂⓂ	ⓂⓂⓂ	ⓂⓂ	Ⓜ	ⓂⓂⓂ	ⓂⓂ	Ⓜ	ⓂⓂⓂ
Porthladd Rosslare Harbour	d										
Porthladd Abergwaun / Fishguard Harbour	d										
Abergwaun ac Wdig / Fishguard & Goodwick	d										
Aberdaugleddau / Milford Haven	d										
Johnston	d										
Hwlfordd / Haverfordwest	d										
Clarbeston Road	d										
Clunderwen	d										
Doc Penfro / Pembroke Dock	d										
Penfro / Pembroke	d										
Llandyfail / Lamphey	d										
Maenorbyr / Manorbier	d										
Penalun / Penally	d										
Dinbych-y-Pysgod / Tenby	d										
Saundersfoot	d										
Cilgeti / Kilgetty	d										
Arberth / Narberth	d										
Hendy-gwyn / Whitland	a										
Hendy-gwyn / Whitland	d										
Caerfyrddin / Carmarthen	a										
Caerfyrddin / Carmarthen	d						0934			0944	
Glanyfferi / Ferryside	d									0955	
Cydweli / Kidwelly	d									1001	
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d						0952			1009	
Llanelli	a						0958			1016	
Llanelli	d						0959			1016	
Tre-gwyr / Gowerton	d									1024	
Abertawe / Swansea	a						1016			1038	
Abertawe / Swansea	d	0755	0825	0835	0923	0935		1022	1032		1123
Llansamlet	d										
Sgiwen / Skewen	d										
Castell Nedd / Neath	d	0807	0836	0847	0935	0946		1035	1043		1135
Llansawel / Briton Ferry	d										
Baglan	d										
Parcfordd Port Talbot Parkway	d	0814	0845	0854	0942	0954		1042	1051		1142
Y Pil / Pyle	d		0852			1001			1058		
Pen-y-Bont ar Ogwr / Bridgend	a	0826	0901	0906	0954	1009		1054	1107		1154
Pen-y-Bont ar Ogwr / Bridgend	d	0827	0902	0907	0955	1009		1055	1107		1155
Pencoed	d										
Llanharan	d										
Pontyclun	d										
Parc Ninian / Ninian Park	d										
Caerdydd Canolog / Cardiff Central	a	0848	0924	0928	1016	1031		1116	1130		1216
Caerdydd Canolog / Cardiff Central	d	0850	0935	0930	1020	1034		1120	1140		1220
Casnewydd / Newport	a	0906	0952	0946	1031	1049		1130	1153		1231
Caerloyw / Gloucester	a										
Manceinion Piccadilly / Manchester Piccadilly	a		1312			1416			1515		
Filton Abbey Wood	a	1005	1040	1102	1134	1201		1241	1301		
Bryste Temple Meads / Bristol Temple Meads	a	1015	1052	1112	1143	1210		1249	1310		
Parcfordd Bryste / Bristol Parkway	a	0934		1014	1053			1152			1253
Reading	a	1025		1115	1144			1244			1344
Llundain Paddington / London Paddington	a	1052		1139	1209			1309			1409

	TfW ◇	TfW ◇	GW ■	TfW ■	GW ■	TfW ■	TfW ◇	TfW ◇	GW ■	TfW ■
Porthladd Rosslare Harbour	d									
Porthladd Abergwaun / Fishguard Harbour	d							1240		
Abergwaun ac Wdig / Fishguard & Goodwick	d							1243		
Aberdaugleddau / Milford Haven	d					1124				
Johnston	d					1132x				
Hwlfordd / Haverfordwest	d					1139				
Clarbeston Road	d					1147x		1302		
Clunderwen	d					1154x				
Doc Penfro / Pembroke Dock	d						1158			
Penfro / Pembroke	d						1206			
Llandyfail / Lamphey	d						1209x			
Maenorbyr / Manorbier	d						1218			
Penalun / Penally	d						1223x			
Dinbych-y-Pysgod / Tenby	d						1228			
Saundersfoot	d						1236x			
Cilgeti / Kilgetty	d						1238x			
Arberth / Narberth	d						1248x			
Hendy-gwyn / Whitland	a					1201	1257	1315		
Hendy-gwyn / Whitland	d					1202	1258	1315		
Caerfyrddin / Carmarthen	a					1217	1315	1332		
Caerfyrddin / Carmarthen	d	1030	1053	1127		1229	1320	1338		
Glanyfferi / Ferryside	d		1104				1331			
Cydweli / Kidwelly	d		1110				1337			
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	1048	1118	1147		1247	1345	1356		
Llanelli	a	1054	1125	1153		1254	1351	1402		
Llanelli	d	1055	1125	1154		1254	1352	1403		
Tre-gwyr / Gowerton	d	1102	1133			1301	1400	1410		
Abertawe / Swansea	a	1117	1148	1210		1313	1413			
Abertawe / Swansea	d	1130		1223	1251	1323	1343		1422	1457
Llansamlet	d									
Sgiwen / Skewen	d									
Castell Nedd / Neath	d	1141		1235	1303	1335	1354		1427	1434
Llansawel / Briton Ferry	d									
Baglan	d									
Parcfordd Port Talbot Parkway	d	1149		1243	1310	1342	1402		1434	1441
Y Pil / Pyle	d	1156			1317		1409			1522
Pen-y-Bont ar Ogwr / Bridgend	a	1204		1254	1326	1354	1417		1447	1453
Pen-y-Bont ar Ogwr / Bridgend	d	1204		1255	1326	1357	1417		1447	1454
Pencoed	d									
Llanharan	d									
Pontyclun	d									
Parc Ninian / Ninian Park	d									
Caerdydd Canolog / Cardiff Central	a	1227		1316	1347	1418	1440		1510	1515
Caerdydd Canolog / Cardiff Central	d	1236		1320	1351	1420	1454		1516	1600
Casnewydd / Newport	a	1249		1331	1404	1431	1509		1529	1613
Caerloyw / Gloucester	a									
Manceinion Piccadilly / Manchester Piccadilly	a	1614			1717		1816			1915
Filton Abbey Wood	a	1401			1501		1602		1636	1701
Bryste Temple Meads / Bristol Temple Meads	a	1410			1510		1611		1644	1710
Parcfordd Bryste / Bristol Parkway	a			1353		1453			1552	1726
Reading	a			1444		1545			1645	1823
Llundain Paddington / London Paddington	a			1509		1610			1709	1850

		GW 1R1	TfW R1	TfW ◇	TfW ◇	GW 1R1	TfW R1	GW 1R1	TfW R1	GW 1R1	TfW ◇
Porthladd Rosslare Harbour	d										
Porthladd Abergwaun / Fishguard Harbour	d				1420						
Abergwaun ac Wdig / Fishguard & Goodwick	d				1423						
Aberdaugleddau / Milford Haven	d		1330						1531		
Johnston	d		1338x						1539x		
Hwlfordd / Haverfordwest	d		1345						1546		
Clarbeston Road	d		1353x		1442				1554x		
Clunderwen	d		1401x						1602x		
Doc Penfro / Pembroke Dock	d										
Penfro / Pembroke	d										
Llandyfail / Lamphey	d										
Maenorbyr / Manorbier	d										
Penalun / Penally	d										
Dinbych-y-Pysgod / Tenby	d										
Saundersfoot	d										
Cilgeti / Kilgetty	d										
Arberth / Narberth	d										
Hendy-gwyn / Whitland	a		1408		1455				1609		
Hendy-gwyn / Whitland	d		1409		1455				1610		
Caerfyrddin / Carmarthen	a		1426		1512				1627		
Caerfyrddin / Carmarthen	d	1417	1434		1517			1623	1639		
Glanyfferi / Ferryside	d	1430			1528			1635	1649		
Cydweli / Kidwelly	d	1437			1534			1642	1655		
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	1444	1452		1542			1650	1702		
Llanelli	a	1450	1459	1536	1549			1656	1708		
Llanelli	d	1451	1459	1540	1549			1657	1709		
Tre-gwyr / Gowerton	d		1506	1549	1558				1716		
Abertawe / Swansea	a	1509	1518	1602	1614			1712	1733		
Abertawe / Swansea	d	1523	1531			1624	1652	1724	1737	1824	1834
Llansamlet	d										
Sgiwen / Skewen	d										
Castell Nedd / Neath	d	1535	1542			1636	1703	1736	1748	1836	1846
Llansawel / Briton Ferry	d										
Baglan	d										
Parcfordd Port Talbot Parkway	d	1542	1549			1643	1711	1743	1755	1842	1854
Y Pil / Pyle	d		1556				1718		1802		1902
Pen-y-Bont ar Ogwr / Bridgend	a	1554	1604			1655	1726	1755	1810	1855	1911
Pen-y-Bont ar Ogwr / Bridgend	d	1555	1604			1656	1726	1756	1810	1856	1911
Pencoed	d		1610								
Llanharan	d		1614								
Pontyclun	d		1619								
Parc Ninian / Ninian Park	d										
Caerdydd Canolog / Cardiff Central	a	1616	1633			1717	1749	1817	1833	1917	1933
Caerdydd Canolog / Cardiff Central	d	1620	1640			1720	1755	1820	1840	1920	1940
Casnewydd / Newport	a	1631	1654			1731	1809	1831	1853	1930	1955
Caerloyw / Gloucester	a										
Manceinion Piccadilly / Manchester Piccadilly	a		2015				2115		2218		
Filton Abbey Wood	a		1801			1819	1840	1941	2002	2040	2111
Bryste Temple Meads / Bristol Temple Meads	a		1810			1831	1849	1950	2011	2049	2121
Parcfordd Bryste / Bristol Parkway	a	1653				1753		1855		1953	
Reading	a	1744				1844		1948		2049	
Llundain Paddington / London Paddington	a	1810				1909		2014		2113	

Nodiadau

D 1 Amwythig

Notes

D To Shrewsbury

	TfW	TfW	GW	GW	TfW	TfW	TfW	TfW	TfW	TfW	
	◇	◇	⚡	⚡	◇	◇	◇	◇	◇	◇	
Porthladd Rosslare Harbour	d										
Porthladd Abergwaun / Fishguard Harbour	d										
Abergwaun ac Wdig / Fishguard & Goodwick	d										
Aberdaugleddau / Milford Haven	d	1730					1940		2 135		
Johnston	d	1738x					1948x		2 143x		
Hwlfordd / Haverfordwest	d	1745					1955		2 15 1		
Clarbeston Road	d	1753x					2003x		2 159x		
Clunderwen	d	180 1x					20 1 1x		2207x		
Doc Penfro / Pembroke Dock	d	1624					1904			220 1	
Penfro / Pembroke	d	1632					19 12			2209	
Llandyfail / Lamphey	d	1635x					19 15x			22 12x	
Maenorbyr / Manorbier	d	1644					1924			222 1	
Penalun / Penally	d	1649x					1929x			2226x	
Dinbych-y-Pysgod / Tenby	d	1654					1934			223 1	
Saundersfoot	d	1702x					1942x			2239x	
Cilgeti / Kilgetty	d	1704x					1944x			224 1x	
Arberth / Narberth	d	17 15x					1954x			225 1x	
Hendy-gwyn / Whitland	a	1724	1808				2003	20 18		22 13	2300
Hendy-gwyn / Whitland	d	1724	1808				2003	20 19		22 13	2300
Caerfyrddin / Carmarthen	a	1742	1825				2020	2035		2230	2320
Caerfyrddin / Carmarthen	d	175 1			1920		2032		2 116	2234	
Glanyfferi / Ferryside	d	1802			1932		2043			2244	
Cydweli / Kidwelly	d	1809			1939		2049			2250	
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	18 16			1947		2057		2 135	2257	
Llanelli	a	1823			1953	2002	2 104		2 142	2304	
Llanelli	d	1824			1954	2005	2 104		2 143	2304	
Tre-gwyr / Gowerton	d	1832				20 13	2 112		2 15 1	23 12	
Abertawe / Swansea	a	1849			20 12	2026	2 13 1		2206	2324	
Abertawe / Swansea	d				1924	20 19	2040		22 10	2329	
Llansamlet	d										
Sgiwen / Skewen	d										
Castell Nedd / Neath	d				1936	203 1	205 1		222 1	234 1	
Llansawel / Briton Ferry	d										
Baglan	d										
Parcfordd Port Talbot Parkway	d				1942	2037	2059		2229	2349	
Y Pil / Pyle	d								2237	2357	
Pen-y-Bont ar Ogwr / Bridgend	a				1955	2050	2 114		2245	0005	
Pen-y-Bont ar Ogwr / Bridgend	d				1956	205 1	2 114		2245	0005	
Pencoed	d										
Llanharan	d										
Pontyclun	d										
Parc Ninian / Ninian Park	d										
Caerdydd Canolog / Cardiff Central	a				20 17	2 112	2 137		2307	003 1	
Caerdydd Canolog / Cardiff Central	d				2020	2 120			23 19		
Casnewydd / Newport	a				2030	2 130			2333		
Caerloyw / Gloucester	a										
Manceinion Piccadilly / Manchester Piccadilly	a										
Filton Abbey Wood	a						22 11				
Bryste Temple Meads / Bristol Temple Meads	a						2220				
Parcfordd Bryste / Bristol Parkway	a				2053	2 153					
Reading	a				2 148	2249					
Llundain Paddington / London Paddington	a				22 14	2324					










Nodiadau

H 1 Henffordd

Notes

H To Hereford

	TfW ◇	TfW ◇												
Porthladd Rosslare Harbour 	d													
Porthladd Abergwaun / Fishguard Harbour 	d	2303												
Abergwaun ac Wdig/ Fishguard & Goodwick	d	2306												
Aberdaugleddau / Milford Haven	d		2323											
Johnston	d		233 1x											
Hwlfordd / Haverfordwest	d		2338											
Clarbeston Road	d	2325	2347x											
Clunderwen	d		2355x											
Doc Penfro / Pembroke Dock	d													
Penfro / Pembroke	d													
Llandyfail / Lamphey	d													
Maenorbyr / Manorbier	d													
Penalun / Penally	d													
Dinbych-y-Pysgod / Tenby	d													
Saundersfoot	d													
Cilgeti / Kilgetty	d													
Arberth / Narberth	d													
Hendy-gwyn / Whitland	a	2338	0003											
Hendy-gwyn / Whitland	d	2338	0003											
Caerfyrddin / Carmarthen	a	2355	0023											
Caerfyrddin / Carmarthen	d													
Glanyfferi / Ferryside	d													
Cydweli / Kidwelly	d													
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d													
Llanelli	a													
Llanelli	d													
Tre-gwyr / Gowerton	d													
Abertawe / Swansea	a													
Abertawe / Swansea	d													
Llansamlet	d													
Sgiwen / Skewen	d													
Castell Nedd / Neath	d													
Llansawel / Briton Ferry	d													
Baglan	d													
Parcfordd Port Talbot Parkway	d													
Y Pil / Pyle	d													
Pen-y-Bont ar Ogwr / Bridgend	a													
Pen-y-Bont ar Ogwr / Bridgend	d													
Pencoed	d													
Llanharan	d													
Pontyclun	d													
Parc Ninian / Ninian Park	d													
Caerdydd Canolog / Cardiff Central 	a													
Caerdydd Canolog / Cardiff Central 	d													
Casnewydd / Newport	a													
Caerloyw / Gloucester 	a													
Manceinion Piccadilly / Manchester Piccadilly 	a													
Filton Abbey Wood	a													
Bryste Temple Meads / Bristol Temple Meads 	a													
Parcfordd Bryste / Bristol Parkway 	a													
Reading 	a													
Llundain Paddington / London Paddington 	a													










	TfW ◇ MX	TfW	TfW ◇	TfW	TfW	TfW ◇	TfW ◇ G	TfW ◇	TfW ◇	TfW
Llundain Paddington / London Paddington  d										
Reading  d										
Parcfordd Bryste / Bristol Parkway  d									0538	
Manceinion Piccadilly / Manchester Piccadilly  d										
Caerloyw / Gloucester  d										
Casnewydd / Newport d										
Caerdydd Canolog / Cardiff Central  a										
Caerdydd Canolog / Cardiff Central  d								0535	0631	
Parc Ninian / Ninian Park d								0540	0635	
Pontyclun d								0552		
Llanharan d								0557		
Pencoed d								0601		
Pen-y-Bont ar Ogwr / Bridgend a								0606	0657	
Pen-y-Bont ar Ogwr / Bridgend d								0606	0658	
Y Pil / Pyle d								0614	0706	
Parcfordd Port Talbot Parkway d								0622	0715	
Baglan d								0625	0719	
Llansawel / Briton Ferry d								0629	0723	
Castell Nedd / Neath d								0633	0728	
Sgiwen / Skewen d								0637	0732	
Llansamlet d								0641	0736	
Abertawe / Swansea a								0650	0749	
Abertawe / Swansea d	0008					0541	0547	0654	0753	
Tre-gwyr / Gowerton d	0021					0553	0558	0705	0805	
Llanelli a	0028					0600	0605	0713	0812	
Llanelli d	0029					0600	0608	0713	0812	
Pen-bre a Phorth Tywyn / Pembrey & Burry Port d	0035					0607		0719	0818	
Cydweli / Kidwelly d	0042					0614		0726	0825	
Glanyfferi / Ferryside d	0048					0621		0732	0831	
Caerfyrddin / Carmarthen a	0102					0637		0744	0844	
Caerfyrddin / Carmarthen d		0450	0530	0550	0600	0641		0746	0848	
Hendy-gwyn / Whitland a		0506	0547	0606	0615	0659		0801	0904	
Hendy-gwyn / Whitland d		0506	0547	0606	0615	0659		0803	0904	
Arberth / Narberth d			0556x			0708x			0913x	
Cilgeti / Kilgetty d			0605x			0717x			0922x	
Saundersfoot d			0607x			0719x			0924x	
Dinbych-y-Pysgod / Tenby d			0624			0732			0943	
Penalun / Penally d			0627x			0735x			0946x	
Maenorbyr / Manorbier d			0633			0742			0952	
Llandyfail / Lamphey d			0641x			0749x			1000x	
Penfro / Pembroke d			0644			0752			1003	
Doc Penfro / Pembroke Dock a			0656			0807			1013	
Clunderwen d		0513x		0613x	0622x			0810x		
Clarboston Road d		0520x		0620	0630x			0818x		0720
Hwlfordd / Haverfordwest d		0532			0638			0826		
Johnston d		0540x			0646x			0834x		
Aberdaugleddau / Milford Haven a		0552			0658			0843		
Abergwaun ac Wdig / Fishguard & Goodwick a				0639						0738
Porthladd Abergwaun / Fishguard Harbour  a				0645						0744
Porthladd Rosslare Harbour  a										

Nodiadau

MX Dydd Mawrth i ddydd Gwener
G I Amwythig

Notes

MX Tuesday to Friday
G To Shrewsbury

	TfW ◇	TfW ◇	GW 1111	TfW ◇ G	GW 1111	TfW ◇	TfW ◇	GW 1111	TfW ◇	TfW ◇
Llundain Paddington / London Paddington  d			0523		0648			0748		
Reading  d			0549		0713			0813		
Parcfordd Bryste / Bristol Parkway  d			0728		0804			0905		
Manceinion Piccadilly / Manchester Piccadilly  d										
Caerloyw / Gloucester  d										
Casnewydd / Newport d			0752		0827	0842		0925		
Caerdydd Canolog / Cardiff Central  a			0803		0839	0858		0938		
Caerdydd Canolog / Cardiff Central  d		0745	0807		0842	0900		0942		1007
Parc Ninian / Ninian Park d										
Pontyclun d										
Llanharan d										
Pencoed d										
Pen-y-Bont ar Ogwr / Bridgend a		0805	0826		0901	0920		1001		1027
Pen-y-Bont ar Ogwr / Bridgend d		0805	0827		0902	0920		1002		1027
Y Pil / Pyle d		0812			0928					
Parcfordd Port Talbot Parkway d		0820	0838		0914	0935		1014		1039
Baglan d		0824				0939				
Llansawel / Briton Ferry d		0828				0942				
Castell Nedd / Neath d		0832	0845		0921	0946		1021		1046
Sgiwen / Skewen d		0836				0950				
Llansamlet d		0841				0954				
Abertawe / Swansea a		0850	0858		0933	1003		1034		1100
Abertawe / Swansea d	0817	0903		0909		1004			1058	1108
Tre-gwyr / Gowerton d		0914		0920		1016				1119
Llanelli a	0834	0922		0927		1023			1115	1127
Llanelli d	0834	0922		0931		1023			1115	1127
Pen-bre a Phorth Tywyn / Pembrey & Burry Port d		0928				1029				1133
Cydweli / Kidwelly d		0935				1036				
Glanyfferi / Ferryside d		0941				1042				
Caerfyrddin / Carmarthen a		0953				1055				1154
Caerfyrddin / Carmarthen d		1003					1055			1158
Hendy-gwyn / Whitland a	0912	1018					1112		1150	1214
Hendy-gwyn / Whitland d	0912	1018					1112		1150	1215
Arberth / Narberth d							1121x			
Cilgeti / Kilgetty d							1131x			
Saundersfoot d							1133x			
Dinbych-y-Pysgod / Tenby d							1143			
Penalun / Penally d							1146x			
Maenorbyr / Manorbier d							1152			
Llandyfail / Lamphey d							1200x			
Penfro / Pembroke d							1203			
Doc Penfro / Pembroke Dock a							1215			
Clunderwen d	0919x	1025x								1221x
Clarbeston Road d	0927	1033x							1203	1229x
Hwlfordd / Haverfordwest d		1041								1238
Johnston d		1049x								1245x
Aberdaugleddau / Milford Haven a		1103								1300
Abergwaun ac Wdig / Fishguard & Goodwick a	0946								1222	
Porthladd Abergwaun / Fishguard Harbour  a	0951								1226	
Porthladd Rosslare Harbour  a										









Nodiadau

G I Amwythig

Notes

G To Shrewsbury

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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Please check restrictions before travel.

		GW 1111	TfW ◇ G	TfW ◇11	TfW ◇11	GW 1111	TfW ◇11	GW 1111	TfW ◇11	TfW ◇11	TfW ◇
Llundain Paddington / London Paddington	 d	0848		08 18		0948		1048		10 18	
Reading	 d	0913		0843		10 13		1113		1043	
Parcfordd Bryste / Bristol Parkway	 d	1005		0934		1105		1204		1134	
Manceinion Piccadilly / Manchester Piccadilly	 d			0730						0930	
Caerloyw / Gloucester	 d										
Casnewydd / Newport	d	1025		1034		1125		1227		1237	
Caerdydd Canolog / Cardiff Central	 a	1037		1048		1137		1239		1252	
Caerdydd Canolog / Cardiff Central	 d	1040		1049		1140	1147	1242		1256	13 12
Parc Ninian / Ninian Park	d										
Pontyclun	d										
Llanharan	d										
Pencoed	d										
Pen-y-Bont ar Ogwr / Bridgend	a	1059		1108		1159	1207	1301		1315	1331
Pen-y-Bont ar Ogwr / Bridgend	d	1100		1109		1200	1207	1302		1316	1331
Y Pil / Pyle	d			1116						1323	1339
Parcfordd Port Talbot Parkway	d	1112		1125		1212	1219	1314		1331	1346
Baglan	d			1128							1349
Llansawel / Briton Ferry	d			1132							1353
Castell Nedd / Neath	d	1120		1137		1220	1226	1321		1338	1358
Sgiwen / Skewen	d			1141							1402
Llansamlet	d			1146							1406
Abertawe / Swansea	a	1131		1157		1231	1240	1333		1353	1416
Abertawe / Swansea	d		1140	1200	1149		1252		1341	1357	
Tre-gwyr / Gowerton	d		1152	1212	1201		1303			1408	
Llanelli	a		1159	1219	1208		1311		1357	1415	
Llanelli	d		1203	1220	1209		1311		1358	1416	
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d			1226	1216		1317		1405	1422	
Cydweli / Kidwelly	d			1232						1429	
Glan-yfferi / Ferryside	d			1238						1435	
Caerfyrddin / Carmarthen	a			1249	1238		1337		1429	1446	
Caerfyrddin / Carmarthen	d				1255		1345		1452		
Hendy-gwyn / Whitland	a				1312		1400		1508		
Hendy-gwyn / Whitland	d				1312		1400		1508		
Arberth / Narberth	d				1321x				1517x		
Cilgeti / Kilgetty	d				1331x				1527x		
Saundersfoot	d				1333x				1529x		
Dinbych-y-Pysgod / Tenby	d				1345				1545		
Penalun / Penally	d				1348x				1548x		
Maenorbyr / Manorbier	d				1354				1554		
Llandyfail / Lamphey	d				1402x				1602x		
Penfro / Pembroke	d				1405				1605		
Doc Penfro / Pembroke Dock	a				1415				1618		
Clunderwen	d						1407x				
Clarbeston Road	d						1415x				
Hwlfordd / Haverfordwest	d						1423				
Johnston	d						1431x				
Aberdaugleddau / Milford Haven	a						1445				
Abergwaun ac Wdig / Fishguard & Goodwick	a										
Porthladd Abergwaun / Fishguard Harbour	 a										
Porthladd Rosslare Harbour	a										










Nodiadau

G I Amwythig

Notes

G To Shrewsbury

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 ◇ G	GW ■ ■	TfW ◇ ■	GW ■ ■	TfW ◇ ■	TfW ◇ ■	GW ■ ■	TfW ◇ ■	TfW ◇ ■	GW ■ ■
Llundain Paddington / London Paddington  d		1148	1118	1248			1348	1318		1448
Reading  d		1213	1143	1313			1413	1343		1513
Parcffordd Bryste / Bristol Parkway  d		1303	1235	1405			1504	1435		1604
Manceinion Piccadilly / Manchester Piccadilly  d					1130					
Caerloyw / Gloucester  d										
Casnewydd / Newport d		1324		1425	1430		1524			1625
Caerdydd Canolog / Cardiff Central  a		1335		1437	1445		1536			1637
Caerdydd Canolog / Cardiff Central  d		1338	1346	1440	1445		1539	1544	1602	1639
Parc Ninian / Ninian Park d										
Pontyclun d										
Llanharan d										
Pencoed d										
Pen-y-Bont ar Ogwr / Bridgend a		1357	1405	1459	1505		1558	1604	1621	1658
Pen-y-Bont ar Ogwr / Bridgend d		1358	1406	1500	1505		1559	1605	1622	1659
Y Pil / Pyle d									1630	
Parcffordd Port Talbot Parkway d		1410	1419	1512	1517		1611	1617	1638	1711
Baglan d									1642	
Llansawel / Briton Ferry d									1646	
Castell Nedd / Neath d		1417	1427	1520	1525		1618	1624	1650	1719
Sgiwen / Skewen d									1654	
Llansamlet d									1658	
Abertawe / Swansea a		1429	1440	1531	1538		1630	1638	1707	1730
Abertawe / Swansea d	1418		1457		1545	1557		1644	1710	
Tre-gwyr / Gowerton d	1430		1508		1556	1609		1655	1722	
Llanelli a	1437		1516		1604	1616		1703	1729	
Llanelli d	1446		1516		1604	1620		1703	1730	
Pen-bre a Phorth Tywyn / Pembrey & Burry Port d			1522		1610	1627		1709	1736	
Cydweli / Kidwelly d					1617			1716	1743	
Glanyfferi / Ferryside d					1623			1722	1749	
Caerfyrddin / Carmarthen a			1542		1636	1648		1734	1802	
Caerfyrddin / Carmarthen d			1546			1652		1738	1805	
Hendy-gwyn / Whitland a			1601			1709		1753	1821	
Hendy-gwyn / Whitland d			1601			1709		1753	1821	
Arberth / Narberth d						1718x				
Cilgeti / Kilgetty d						1728x				
Saundersfoot d						1730x				
Dinbych-y-Pysgod / Tenby d						1746				
Penalun / Penally d						1749x				
Maenorbyr / Manorbier d						1755				
Llandyfail / Lamphey d						1803x				
Penfro / Pembroke d						1806				
Doc Penfro / Pembroke Dock a						1819				
Clunderwen d			1608x					1800x	1828x	
Clarbeston Road d			1616x					1808x	1836	
Hwlfordd / Haverfordwest d			1625					1816		
Johnston d			1633x					1824x		
Aberdaugleddau / Milford Haven a			1643					1838		
Abergwaun ac Wdig / Fishguard & Goodwick a									1854	
Porthladd Abergwaun / Fishguard Harbour  a									1900	
Porthladd Rosslare Harbour  a										










Nodiadau

G I Amwythig

Notes

G To Shrewsbury

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	TfW TfW	TfW ◇ G	GW TfW	TfW ◇ ◇	TfW ◇	GW TfW	TfW	GW TfW	TfW TfW
Llundain Paddington / London Paddington  d				1548			16 18		1648	
Reading  d				16 13			1643		17 13	
Parcffordd Bryste / Bristol Parkway  d				1704			1740		1805	
Manceinion Piccadilly / Manchester Piccadilly  d		1330								1530
Caerloyw / Gloucester  d										
Casnewydd / Newport d		1645		1724			1802		1825	1841
Caerdydd Canolog / Cardiff Central  a		1703		1737			18 14		1837	1857
Caerdydd Canolog / Cardiff Central  d		1704		1742	1747	1808	1824		1840	1904
Parc Ninian / Ninian Park d										
Pontyclun d						1820				
Llanharan d		17 19								
Pencoed d						1827				
Pen-y-Bont ar Ogwr / Bridgend a		1728		180 1	1806	1833	1849		1859	1923
Pen-y-Bont ar Ogwr / Bridgend d		1728		1802	1807	1833	1850		1900	1924
Y Pil / Pyle d		1736			18 14	184 1				1932
Parcffordd Port Talbot Parkway d		1743		18 14	1822	1849	1902		19 13	1939
Baglan d		1746				1853				1942
Llansawel / Briton Ferry d		1750				1856				1946
Castell Nedd / Neath d		1754		182 1	1829	190 1	1909		1920	1951
Sgiwen / Skewen d		1758				1904				1955
Llansamlet d		1802				1908				1959
Abertawe / Swansea a		18 11		1833	1842	19 17	192 1		1932	2009
Abertawe / Swansea d	1752	18 14	18 19		1853			1928		20 13
Tre-gwyr / Gowerton d	1804	1825	1832		1905			1940		2024
Llanelli a	18 12	1832	1839		19 12			1948		2032
Llanelli d	18 12	1832	1844		19 13			1948		2032
Pen-bre a Phorth Tywyn / Pembrey & Burry Port d	18 19	1838			19 19			1955		2038
Cydweli / Kidwelly d	1826	1845						2002		
Glanyfferi / Ferryside d	1833	1851						2009		
Caerfyrddin / Carmarthen a	1847	1903			1938			2023		2059
Caerfyrddin / Carmarthen d		1909			194 1					
Hendy-gwyn / Whitland a		1924			1955					
Hendy-gwyn / Whitland d		1924			1956					
Arberth / Narberth d		1933x								
Cilgeti / Kilgetty d		1942x								
Saundersfoot d		1944x								
Dinbych-y-Pysgod / Tenby d		1953a								
Penalun / Penally d										
Maenorbyr / Manorbier d										
Llandyfail / Lamphey d										
Penfro / Pembroke d										
Doc Penfro / Pembroke Dock a										
Clunderwen d					2003x					
Clarboston Road d					20 11x					
Hwlfordd / Haverfordwest d					20 19					
Johnston d					2027x					
Aberdaugleddau / Milford Haven a					204 1					
Abergwaun ac Wdig / Fishguard & Goodwick a										
Porthladd Abergwaun / Fishguard Harbour  a										
Porthladd Rosslare Harbour  a										

Nodiadau

G I Amwythig

Notes

G To Shrewsbury

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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		GW 11R11	TfW	GW 11R11	TfW ◇	TfW 11R11	TfW R11	TfW ◇	TfW ◇ Z	GW 11R11	GW 11R11
Llundain Paddington / London Paddington	15	d	17 18	1748						18 18	1848
Reading	7	d	1743	18 13						1843	19 13
Parcfordd Bryste / Bristol Parkway	7	d	1838	1904						1940	2004
Manceinion Piccadilly / Manchester Piccadilly	10	d				1630					
Caerloyw / Gloucester	7	d									
Casnewydd / Newport		d	1901	1924		1931				2001	2028
Caerdydd Canolog / Cardiff Central	7	a	19 15	1938		1945				20 13	2039
Caerdydd Canolog / Cardiff Central	7	d	19 18	1941		1947				2020	2042
Parc Ninian / Ninian Park		d									
Pontyclun		d									
Llanharan		d									
Pencoed		d									
Pen-y-Bont ar Ogwr / Bridgend		a	1946	2000		2006				2047	2 101
Pen-y-Bont ar Ogwr / Bridgend		d	1947	2001		2007				2048	2 102
Y Pil / Pyle		d									
Parcfordd Port Talbot Parkway		d	2000	20 13		20 19				2 100	2 114
Baglan		d									
Llansawel / Briton Ferry		d									
Castell Nedd / Neath		d	2007	2020		2027				2 107	2 121
Sgiwen / Skewen		d									
Llansamlet		d									
Abertawe / Swansea		a	20 19	2032		2042				2 119	2 133
Abertawe / Swansea		d		2 104			2048		2 115		
Tre-gwyr / Gowerton		d					2 100		2 127		
Llanelli		a		2 118			2 108		2 134		
Llanelli		d		2 119			2 108		2 136		
Pen-bre a Phorth Tywyn / Pembrey & Burry Port		d		2 126			2 114				
Cydweli / Kidwelly		d		2 132			2 121				
Glanyfferi / Ferryside		d		2 139			2 127				
Caerfyrddin / Carmarthen		a		2 152			2 140				
Caerfyrddin / Carmarthen		d		2 103	2 110		2 142				
Hendy-gwyn / Whitland		a		2 119	2 126		2 158				
Hendy-gwyn / Whitland		d		2 119	2 126		2 158				
Arberth / Narberth		d			2 134x						
Cilgeti / Kilgetty		d			2 143x						
Saundersfoot		d			2 145x						
Dinbych-y-Pysgod / Tenby		d			2 154			2005			
Penalun / Penally		d			2 157x			2008x			
Maenorbyr / Manorbier		d			2203			20 14			
Llandyfail / Lamphey		d			22 10x			2022x			
Penfro / Pembroke		d			22 13			2025			
Doc Penfro / Pembroke Dock		a			2225			2036			
Clunderwen		d		2 126x			2205x				
Clarbeston Road		d		2 134			22 13x				
Hwlfordd / Haverfordwest		d					2224				
Johnston		d					2232x				
Aberdaugleddau / Milford Haven		a					2246				
Abergwaun ac Wdig / Fishguard & Goodwick		a		2 152							
Porthladd Abergwaun / Fishguard Harbour	80	a		2 159							
Porthladd Rosslare Harbour		a									










Nodiadau

Z I Lanyddyfri

Notes

Z To Llandovery

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 ◇ FO	TfW ◇ FX	GW ■ ■	GW ■ ■	TfW ◇ FO	TfW ◇ FX	GW ■ ■	TfW ◇	GW ■ ■	GW ■ ■ FO
Llundain Paddington / London Paddington  d			19 18	19 48			20 48		2 148	22 48
Reading  d			19 43	20 13			2 113		22 13	23 19
Parcfordd Bryste / Bristol Parkway  d			20 38	2 105			22 03		23 04	00 15
Manceinion Piccadilly / Manchester Piccadilly  d										
Caerloyw / Gloucester  d										
Casnewydd / Newport d			2 100	2 127			22 34		23 31	00 36
Caerdydd Canolog / Cardiff Central  a			2 115	2 140			22 50		23 47	00 47
Caerdydd Canolog / Cardiff Central  d	2 108	2 108	2 124	2 143	22 18	22 18	22 52	23 15	23 51	00 50
Parc Ninian / Ninian Park d										
Pontyclun d					22 30	22 31		23 30		
Llanharan d					22 35	22 36		23 35		
Pencoed d					22 39	22 40		23 40		
Pen-y-Bont ar Ogwr / Bridgend a	2 128	2 128	2 145	22 02	22 44	22 46	23 11	23 47	00 12	0 111
Pen-y-Bont ar Ogwr / Bridgend d	2 128	2 128	2 146	22 03	22 44	22 46	23 12	23 47	00 13	0 112
Y Pil / Pyle d	2 137	2 137						23 55		
Parcfordd Port Talbot Parkway d	2 145	2 145	2 158	22 15	22 56	22 59	23 24	00 03	00 25	0 136
Baglan d								00 07		
Llansawel / Briton Ferry d								00 11		
Castell Nedd / Neath d	2 153	2 153	22 05	22 22	23 03		23 31	00 16	00 32	0 144
Sgiwen / Skewen d								00 20		
Llansamlet d								00 24		
Abertawe / Swansea a	22 08	22 08	22 17	22 34	23 16		23 43	00 34	00 44	0 155
Abertawe / Swansea d	22 25	22 25			23 19			00 5 1		
Tre-gwyr / Gowerton d	22 38	22 38			23 30			0 10 2s		
Llanelli a	22 45	22 45			23 37	23 29		0 10 9s		
Llanelli d	22 46	22 46			23 38	23 30		0 10 9s		
Pen-bre a Phorth Tywyn / Pembrey & Burry Port d	22 52	22 52			23 44	23 36		0 11 6s		
Cydweli / Kidwelly d	22 59	22 59			23 50	23 42		0 12 3s		
Glanyfferi / Ferryside d	23 05	23 05			23 56	23 48		0 12 9s		
Caerfyrddin / Carmarthen a	23 19	23 18			00 12	00 0 1		0 14 2		
Caerfyrddin / Carmarthen d	23 21									
Hendy-gwyn / Whitland a	23 36									
Hendy-gwyn / Whitland d	23 36									
Arberth / Narberth d										
Cilgeti / Kilgetty d										
Saundersfoot d										
Dinbych-y-Pysgod / Tenby d										
Penalun / Penally d										
Maenorbyr / Manorbier d										
Llandyfail / Lamphey d										
Penfro / Pembroke d										
Doc Penfro / Pembroke Dock a										
Clunderwen d	23 44x									
Clarboston Road d	23 52x									
Hwlfordd / Haverfordwest d	23 59									
Johnston d	00 09x									
Aberdaugleddau / Milford Haven a	00 2 1									
Abergwaun ac Wdig / Fishguard & Goodwick a										
Porthladd Abergwaun / Fishguard Harbour  a										
Porthladd Rosslare Harbour  a										

Nodiadau

FO Dydd Gwener yn unig

FX Dydd Llun i ddydd Iau

Notes

FO Friday only

FX Monday to Thursday

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.

			GW FX															
Llundain Paddington / London Paddington		d	2248															
Reading		d	23 19															
Parcfordd Bryste / Bristol Parkway		d	00 15															
Manceinion Piccadilly / Manchester Piccadilly		d																
Caerloyw / Gloucester		d																
Casnewydd / Newport		d	0043															
Caerdydd Canolog / Cardiff Central		a	0058															
Caerdydd Canolog / Cardiff Central		d	0 103															
Parc Ninian / Ninian Park		d																
Pontyclun		d																
Llanharan		d																
Pencoed		d																
Pen-y-Bont ar Ogwr / Bridgend		a	0 122															
Pen-y-Bont ar Ogwr / Bridgend		d	0 123															
Y Pil / Pyle		d																
Parcfordd Port Talbot Parkway		d	0 144															
Baglan		d																
Llansawel / Briton Ferry		d																
Castell Nedd / Neath		d	0 152															
Sgiwen / Skewen		d																
Llansamlet		d																
Abertawe / Swansea		a	0203															
Abertawe / Swansea		d																
Tre-gwyr / Gowerton		d																
Llanelli		a																
Llanelli		d																
Pen-bre a Phorth Tywyn / Pembrey & Burry Port		d																
Cydweli / Kidwelly		d																
Glanyfferi / Ferryside		d																
Caerfyrddin / Carmarthen		a																
Caerfyrddin / Carmarthen		d																
Hendy-gwyn / Whitland		a																
Hendy-gwyn / Whitland		d																
Arberth / Narberth		d																
Cilgeti / Kilgetty		d																
Saundersfoot		d																
Dinbych-y-Pysgod / Tenby		d																
Penalun / Penally		d																
Maenorbyr / Manorbier		d																
Llandyfail / Lamphey		d																
Penfro / Pembroke		d																
Doc Penfro / Pembroke Dock		a																
Clunderwen		d																
Clarbeston Road		d																
Hwlfordd / Haverfordwest		d																
Johnston		d																
Aberdaugleddau / Milford Haven		a																
Abergwaun ac Wdig / Fishguard & Goodwick		a																
Porthladd Abergwaun / Fishguard Harbour		a																
Porthladd Rosslare Harbour		a																










Nodiadau

FX Dydd Llun i ddydd Iau

Notes

FX Monday to Thursday

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.










	TfW	TfW	TfW	TfW	TfW	TfW	TfW	TfW	TfW	TfW
	◇		◇			◇	◇	◇ G	◇	
Llundain Paddington / London Paddington  d										
Reading  d										
Parcfordd Bryste / Bristol Parkway  d										
Manceinion Piccadilly / Manchester Piccadilly  d										
Caerloyw / Gloucester  d										
Casnewydd / Newport d										
Caerdydd Canolog / Cardiff Central  a										
Caerdydd Canolog / Cardiff Central  d							0535		0643	
Parc Ninian / Ninian Park d										
Pontyclun d							055 1			
Llanharan d							0556			
Pencoed d							0600			
Pen-y-Bont ar Ogwr / Bridgend a							0608		0703	
Pen-y-Bont ar Ogwr / Bridgend d							0608		0703	
Y Pil / Pyle d							06 15		07 11	
Parcfordd Port Talbot Parkway d							0623		07 18	
Baglan d							0627		0722	
Llansawel / Briton Ferry d							063 1		0725	
Castell Nedd / Neath d							0635		0729	
Sgiwen / Skewen d							0639		0733	
Llansamlet d							0643		0738	
Abertawe / Swansea a							0653		0747	
Abertawe / Swansea d	0008						0543	0655	0549	0752
Tre-gwyr / Gowerton d	002 1						0555	0706	0600	0804
Llanelli a	0028						0602	07 14	0607	08 11
Llanelli d	0029						0602	07 14	06 10	08 12
Pen-bre a Phorth Tywyn / Pembrey & Burry Port d	0035						0609	0720		08 18
Cydweli / Kidwelly d	0042						06 16	0727		0825
Glanyfferi / Ferryside d	0048						0623	0733		083 1
Caerfyrddin / Carmarthen a	0 102						0636	0746		0844
Caerfyrddin / Carmarthen d		0449	0530	0550	0600		064 1	0749		0848
Hendy-gwyn / Whitland a		0505	0547	0606	06 15		0658	0803		0904
Hendy-gwyn / Whitland d		0505	0547	0606	06 15		0700	0804		0907
Arberth / Narberth d			0556x				0709x			09 16x
Cilgeti / Kilgetty d			0606x				07 18x			0925x
Saundersfoot d			0608x				0720x			0927x
Dinbych-y-Pysgod / Tenby d			0624				0733			0942
Penalun / Penally d			0627x				0736x			0945x
Maenorbyr / Manorbier d			0633				0742			095 1
Llandyfail / Lamphey d			064 1x				0750x			0958x
Penfro / Pembroke d			0644				0753			100 1
Doc Penfro / Pembroke Dock a			0656				0805			10 13
Clunderwen d		05 12x		06 13x	0622x			08 11x		
Clarboston Road d		05 19x		062 1	0630x			08 19x		0720
Hwlfordd / Haverfordwest d		053 1			0638			0827		
Johnston d		0540x			0646x			0835x		
Aberdaugleddau / Milford Haven a		0552			0658			0846		
Abergwaun ac Wdig / Fishguard & Goodwick a				0640						0738
Porthladd Abergwaun / Fishguard Harbour  a				0646						0744
Porthladd Rosslare Harbour  a										

Nodiadau

G I Amwythig

Notes

G To Shrewsbury

	TfW ◇	GW 1R	TfW ◇ G	TfW ◇	GW 1R	TfW ◇	TfW ◇	GW 1R	TfW ◇	TfW ◇
Llundain Paddington / London Paddington  d					0648			0748		
Reading  d					0713			0814		
Parcfordd Bryste / Bristol Parkway  d		0724			0804			0905		
Manceinion Piccadilly / Manchester Piccadilly  d										
Caerloyw / Gloucester  d										
Casnewydd / Newport d		0746			0826	0840		0927		
Caerdydd Canolog / Cardiff Central  a		0759			0838	0858		0939		
Caerdydd Canolog / Cardiff Central  d	0756	0803			0842	0859		0942		1005
Parc Ninian / Ninian Park d										
Pontyclun d										
Llanharan d										
Pencoed d										
Pen-y-Bont ar Ogwr / Bridgend a	0815	0822			0901	0919		1001		1025
Pen-y-Bont ar Ogwr / Bridgend d	0816	0824			0903	0919		1002		1025
Y Pil / Pyle d	0823					0926				
Parcfordd Port Talbot Parkway d	0830	0836			0915	0934		1014		1038
Baglan d						0937				
Llansawel / Briton Ferry d						0941				
Castell Nedd / Neath d	0838	0844			0923	0945		1022		1046
Sgiwen / Skewen d						0949				
Llansamlet d						0954				
Abertawe / Swansea a	0851	0855			0934	1003		1033		1101
Abertawe / Swansea d	0902		0908			1005			1058	1105
Tre-gwyr / Gowerton d	0913		0919			1016				1117
Llanelli a	0921		0926			1024			1115	1125
Llanelli d	0921		0931			1024			1115	1125
Pen-bre a Phorth Tywyn / Pembrey & Burry Port d	0927					1030				1131
Cydweli / Kidwelly d	0934					1037				
Glanyfferi / Ferryside d	0940					1043				
Caerfyrddin / Carmarthen a	0952					1056				1151
Caerfyrddin / Carmarthen d	0956			1055						1157
Hendy-gwyn / Whitland a	1014			1111					1150	1216
Hendy-gwyn / Whitland d	1014			1111			0908		1150	1216
Arberth / Narberth d				1120x						
Cilgeti / Kilgetty d				1130x						
Saundersfoot d				1132x						
Dinbych-y-Pysgod / Tenby d				1145						
Penalun / Penally d				1148x						
Maenorbyr / Manorbier d				1154						
Llandyfail / Lamphey d				1202x						
Penfro / Pembroke d				1205						
Doc Penfro / Pembroke Dock a				1219						
Clunderwen d	1021x						0915x			1223x
Clarbeston Road d	1029x						0923		1203	1231x
Hwlfordd / Haverfordwest d	1037									1239
Johnston d	1045x									1247x
Aberdaugleddau / Milford Haven a	1059									1301
Abergwaun ac Wdig / Fishguard & Goodwick a							0942		1222	
Porthladd Abergwaun / Fishguard Harbour  a							0947		1226	
Porthladd Rosslare Harbour  a										

Nodiadau

G 1 Amwythig

Notes

G To Shrewsbury

		GW 1111	TfW ◇ G	TfW ◇11	TfW ◇11	GW 1111	TfW R11	GW 1111	TfW ◇11	TfW ◇11	TfW ◇ G
Llundain Paddington / London Paddington	15	d	0848			0948		1048			
Reading	7	d	0913			1013		1113			
Parcfordd Bryste / Bristol Parkway	7	d	1005			1104		1204			
Manceinion Piccadilly / Manchester Piccadilly	10	d		0730					0930		
Caerloyw / Gloucester	7	d									
Casnewydd / Newport		d	1025	1039		1125		1225		1240	
Caerdydd Canolog / Cardiff Central	7	a	1038	1053		1137		1237		1255	
Caerdydd Canolog / Cardiff Central	7	d	1040	1059		1139	1207	1239		1258	
Parc Ninian / Ninian Park		d									
Pontyclun		d									
Llanharan		d									
Pencoed		d									
Pen-y-Bont ar Ogwr / Bridgend		a	1059	1118		1158	1227	1258		1318	
Pen-y-Bont ar Ogwr / Bridgend		d	1100	1119		1159	1227	1259		1318	
Y Pil / Pyle		d		1126						1325	
Parcfordd Port Talbot Parkway		d	1112	1134		1211	1238	1311		1333	
Baglan		d		1137						1337	
Llansawel / Briton Ferry		d		1141						1341	
Castell Nedd / Neath		d	1119	1145		1219	1245	1319		1345	
Sgiwen / Skewen		d		1149						1349	
Llansamlet		d		1154						1354	
Abertawe / Swansea		a	1132	1203		1230	1259	1330		1403	
Abertawe / Swansea		d		1143	1207	1154	1308		1353	1405	1430
Tre-gwyr / Gowerton		d		1155	1218	1206	1319			1417	1442
Llanelli		a		1202	1226	1213	1327		1409	1424	1449
Llanelli		d		1208	1226	1214	1327		1410	1425	1454
Pen-bre a Phorth Tywyn / Pembrey & Burry Port		d			1232	1221	1333		1417	1431	
Cydweli / Kidwelly		d			1239					1437	
Glan-yfferi / Ferryside		d			1245					1443	
Caerfyrddin / Carmarthen		a			1256	1242	1356		1441	1454	
Caerfyrddin / Carmarthen		d				1258	1401		1458		
Hendy-gwyn / Whitland		a				1314	1418		1514		
Hendy-gwyn / Whitland		d				1314	1418		1514		
Arberth / Narberth		d				1323x			1523x		
Cilgeti / Kilgetty		d				1333x			1533x		
Saundersfoot		d				1335x			1535x		
Dinbych-y-Pysgod / Tenby		d				1345			1545		
Penalun / Penally		d				1348x			1548x		
Maenorbyr / Manorbier		d				1354			1554		
Llandyfail / Lamphey		d				1402x			1602x		
Penfro / Pembroke		d				1405			1605		
Doc Penfro / Pembroke Dock		a				1418			1618		
Clunderwen		d					1425x				
Clarbeston Road		d					1433x				
Hwlfordd / Haverfordwest		d					1441				
Johnston		d					1449x				
Aberdaugleddau / Milford Haven		a					1503				
Abergwaun ac Wdig / Fishguard & Goodwick		a									
Porthladd Abergwaun / Fishguard Harbour	80	a									
Porthladd Rosslare Harbour		a									










Nodiadau

G 1 Amwythig

Notes

G To Shrewsbury

		GW	TfW	GW	TfW	TfW	TfW	TfW	GW	TfW	GW	
		11R11	11R11	11R11	11R11	11R11	11R11	11R11	11R11	11R11	11R11	
Llundain Paddington / London Paddington	15	d	1148		1248		1213		1348		1448	
Reading	7	d	1213		1313		1240		1413		1513	
Parcffordd Bryste / Bristol Parkway	7	d	1304		1404		1343		1504		1604	
Manceinion Piccadilly / Manchester Piccadilly	10	d					1130					
Caerloyw / Gloucester	7	d										
Casnewydd / Newport		d	1325		1425		1437		1528		1625	
Caerdydd Canolog / Cardiff Central	7	a	1338		1437		1452		1541		1637	
Caerdydd Canolog / Cardiff Central	7	d	1341	1400	1441		1505	1512	1535	1544	1604	1641
Parc Ninian / Ninian Park		d										
Pontyclun		d										
Llanharan		d										
Pencoed		d										
Pen-y-Bont ar Ogwr / Bridgend		a	1400	1420	1500		1525	1532	1554	1603	1623	1700
Pen-y-Bont ar Ogwr / Bridgend		d	1401	1421	1501		1525	1532	1558	1607	1623	1701
Y Pyl / Pyle		d					1540			1631		
Parcffordd Port Talbot Parkway		d	1413	1433	1513		1537	1548	1611	1619	1638	1713
Baglan		d					1552					
Llansawel / Briton Ferry		d					1555					
Castell Nedd / Neath		d	1420	1440	1521		1544	1600	1618	1627	1646	1720
Sgiwen / Skewen		d					1603					
Llansamlet		d					1607					
Abertawe / Swansea		a	1432	1453	1532		1558	1618	1632	1638	1659	1732
Abertawe / Swansea		d		1501		1552	1604		1639		1704	
Tre-gwyr / Gowerton		d		1512			1615		1650		1715	
Llanelli		a		1520		1608	1623		1658		1722	
Llanelli		d		1520		1609	1623		1658		1722	
Pen-bre a Phorth Tywyn / Pembrey & Burry Port		d		1526		1616	1629		1704		1728	
Cydweli / Kidwelly		d					1636		1711		1735	
Glanyfferi / Ferryside		d					1642		1717		1741	
Caerfyrddin / Carmarthen		a		1546		1641	1655		1729		1753	
Caerfyrddin / Carmarthen		d		1550		1700			1733		1802	
Hendy-gwyn / Whitland		a		1605		1716			1748		1817	
Hendy-gwyn / Whitland		d		1605		1716			1748		1817	
Arberth / Narberth		d				1725x						
Cilgeti / Kilgetty		d				1735x						
Saundersfoot		d				1737x						
Dinbych-y-Pysgod / Tenby		d				1747						
Penalun / Penally		d				1750x						
Maenorbyr / Manorbier		d				1756						
Llandyfail / Lamphey		d				1804x						
Penfro / Pembroke		d				1807						
Doc Penfro / Pembroke Dock		a				1820						
Clunderwen		d		1612x				1755x		1824x		
Clarbeston Road		d		1620x				1803x		1832		
Hwlfordd / Haverfordwest		d		1628				1811				
Johnston		d		1636x				1819x				
Aberdaugleddau / Milford Haven		a		1650				1833				
Abergwaun ac Wdig / Fishguard & Goodwick		a								1850		
Porthladd Abergwaun / Fishguard Harbour	80	a								1856		
Porthladd Rosslare Harbour		a										

	TfW	TfW R	TfW ◇ G	GW R	TfW ◇	TfW R	GW R	TfW R	TfW R	GW R
Llundain Paddington / London Paddington  d				1548			1648			17 18
Reading  d				16 13			17 13			1743
Parcffordd Bryste / Bristol Parkway  d				1704			1804			1838
Manceinion Piccadilly / Manchester Piccadilly  d		1330							1530	
Caerloyw / Gloucester  d										
Casnewydd / Newport d		1641		1725			1825		1842	1902
Caerdydd Canolog / Cardiff Central  a		1657		1738			1837		1858	19 14
Caerdydd Canolog / Cardiff Central  d		1702		1739	1744	1805	1840		1903	19 19
Parc Ninian / Ninian Park d										
Pontyclun d										
Llanharan d										
Pencoed d										
Pen-y-Bont ar Ogwr / Bridgend a		1725		1758	1804	1825	1859		1923	1938
Pen-y-Bont ar Ogwr / Bridgend d		1725		1759	1804	1825	1900		1924	1939
Y Pil / Pyle d		1732			18 12	1833			193 1	
Parcffordd Port Talbot Parkway d		1740		18 11	1820	1840	19 13		1939	1952
Baglan d		1742			1824				1943	
Llansawel / Briton Ferry d		1746			1827				1947	
Castell Nedd / Neath d		175 1		18 19	1832	1848	1920		195 1	2000
Sgiwen / Skewen d		1755			1835				1955	
Llansamlet d		1759			1839				2000	
Abertawe / Swansea a		1808		1830	1850	190 1	1932		20 10	20 12
Abertawe / Swansea d	1752	18 11	18 18			1905		1940	20 13	2025
Tre-gwyr / Gowerton d	1804	1822	1830			19 16		1952	2024	
Llanelli a	18 12	1830	1837			1924		2000	2032	2040
Llanelli d	18 12	1830	1842			1924		2000	2032	2041
Pen-bre a Phorth Tywyn / Pembrey & Burry Port d	18 19	1836				1930		2007	2038	2048
Cydweli / Kidwelly d	1826	1843						20 14		
Glanyfferi / Ferryside d	1833	1849						2020		
Caerfyrddin / Carmarthen a	1848	190 1				1950		2034	2058	2 109
Caerfyrddin / Carmarthen d		1905				1957			2 100	
Hendy-gwyn / Whitland a		192 1				20 12			2 1 15	
Hendy-gwyn / Whitland d		192 1				20 13			2 1 15	
Arberth / Narberth d		1929x							2 124x	
Cilgeti / Kilgetty d		1939x							2 133x	
Saundersfoot d		194 1x							2 135x	
Dinbych-y-Pysgod / Tenby d		1953							2 143	
Penalun / Penally d		1956x							2 146x	
Maenorbyr / Manorbier d		2002							2 152	
Llandyfail / Lamphey d		2009x							2200x	
Penfro / Pembroke d		20 12							2203	
Doc Penfro / Pembroke Dock a		2024							22 16	
Clunderwen d						2020x				
Clarboston Road d						2028x				
Hwlfordd / Haverfordwest d						2036				
Johnston d						2044x				
Aberdaugleddau / Milford Haven a						2059				
Abergwaun ac Wdig / Fishguard & Goodwick a										
Porthladd Abergwaun / Fishguard Harbour  a										
Porthladd Rosslare Harbour  a										

Nodiadau

G I Amwythig

Notes

G To Shrewsbury

	GW 11R11	TfW 11R11	TfW	TfW R11	GW 11R11	TfW ◇ Z	GW 11R11	TfW ◇	GW 11R11	GW 11R11
Llundain Paddington / London Paddington	15	d	1748				18 18	1848	19 15	1948
Reading	7	d	18 13				1843	19 13	1941	20 13
Parcfordd Bryste / Bristol Parkway	7	d	1904				1940	2004	2039	2 104
Manceinion Piccadilly / Manchester Piccadilly	10	d		1630						
Caerloyw / Gloucester	7	d								
Casnewydd / Newport	d	1927	1939			2001		2025	2059	2 125
Caerdydd Canolog / Cardiff Central	7	a	1940	1957			20 13	2039	2 111	2 138
Caerdydd Canolog / Cardiff Central	7	d	1942	200 1			20 15	2040	2 104	2 113
Parc Ninian / Ninian Park	d									
Pontyclun	d									
Llanharan	d									
Pencoed	d									
Pen-y-Bont ar Ogwr / Bridgend	a	200 1	202 1				2034	2059	2 124	2 132
Pen-y-Bont ar Ogwr / Bridgend	d	2002	202 1				2035	2 100	2 124	2 133
Y Pil / Pyle	d								2 13 1	
Parcfordd Port Talbot Parkway	d	20 14	2033				2047	2 112	2 139	2 145
Baglan	d									
Llansawel / Briton Ferry	d									
Castell Nedd / Neath	d	202 1	204 1				2054	2 120	2 147	2 153
Sgiwen / Skewen	d									
Llansamlet	d									
Abertawe / Swansea	a	2033	2054				2 106	2 13 1	2 159	2204
Abertawe / Swansea	d									
Tre-gwyr / Gowerton	d									
Llanelli	a									
Llanelli	d									
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d									
Cydweli / Kidwelly	d									
Glanffery / Ferryside	d									
Caerfyrddin / Carmarthen	a									
Caerfyrddin / Carmarthen	d									
Hendy-gwyn / Whitland	a									
Hendy-gwyn / Whitland	d									
Arberth / Narberth	d									
Cilgeti / Kilgetty	d									
Saundersfoot	d									
Dinbych-y-Pysgod / Tenby	d									
Penalun / Penally	d									
Maenorbyr / Manorbier	d									
Llandyfail / Lamphey	d									
Penfro / Pembroke	d									
Doc Penfro / Pembroke Dock	a									
Clunderwen	d									
Clarbeston Road	d									
Hwlfordd / Haverfordwest	d									
Johnston	d									
Aberdaugleddau / Milford Haven	a									
Abergwaun ac Wdig / Fishguard & Goodwick	a									
Porthladd Abergwaun / Fishguard Harbour	a									
Porthladd Rosslare Harbour	a									










Nodiadau

Z 1 Lanyddyfri

Notes

Z To Llandovery

	TfW ◇	TfW ◇	TfW ◇	GW ⚙								
Llundain Paddington / London Paddington 15 ⇄	d			2048								
Reading 7 ⇄	d			2113								
Parcffordd Bryste / Bristol Parkway 7	d			2205								
Manceinion Piccadilly / Manchester Piccadilly 10	d											
Caerloyw / Gloucester 7	d											
Casnewydd / Newport	d			2229								
Caerdydd Canolog / Cardiff Central 7	a			2247								
Caerdydd Canolog / Cardiff Central 7	d	2208		2227	225 1							
Parc Ninian / Ninian Park	d											
Pontyclun	d	2221		2239								
Llanharan	d	2225		2244								
Pencoed	d	2229		2248								
Pen-y-Bont ar Ogwr / Bridgend	a	2235		2255	23 10							
Pen-y-Bont ar Ogwr / Bridgend	d	2235		2255	23 11							
Y Pîl / Pyle	d			2303								
Parcffordd Port Talbot Parkway	d	2247		23 11	2323							
Baglan	d			23 14								
Llansawel / Briton Ferry	d			23 18								
Castell Nedd / Neath	d	2254		2322	233 1							
Sgiwen / Skewen	d			2326								
Llansamlet	d			2330								
Abertawe / Swansea	a	2307		2340	2343							
Abertawe / Swansea	d	2311		2343								
Tre-gwyr / Gowerton	d	2322		2356								
Llanelli	a	2329	2341	0003								
Llanelli	d	2330	2346	0003								
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	2336		0009								
Cydweli / Kidwelly	d	2342		00 16								
Glanyfferi / Ferryside	d	2348		0022								
Caerfyrddin / Carmarthen	a	0004	00 11	0036								
Caerfyrddin / Carmarthen	d											
Hendy-gwyn / Whitland	a											
Hendy-gwyn / Whitland	d											
Arberth / Narberth	d											
Cilgeti / Kilgetty	d											
Saundersfoot	d											
Dinbych-y-Pysgod / Tenby	d											
Penalun / Penally	d											
Maenorbyr / Manorbier	d											
Llandyfail / Lamphey	d											
Penfro / Pembroke	d											
Doc Penfro / Pembroke Dock	a											
Clunderwen	d											
Clarbeston Road	d											
Hwlfordd / Haverfordwest	d											
Johnston	d											
Aberdaugleddau / Milford Haven	a											
Abergwaun ac Wdig / Fishguard & Goodwick	a											
Porthladd Abergwaun / Fishguard Harbour 80 ⇄	a											
Porthladd Rosslare Harbour ⇄	a											










	TfW	TfW	TfW	GW	TfW	GW	TfW	TfW	TfW	GW
	◇	◇	◇	■	◇	■	◇	■	◇	■
									◇	■
									◇	■
Llundain Paddington / London Paddington  d										0833
Reading  d										0859
Parcfordd Bryste / Bristol Parkway  d						0858				0954
Manceinion Piccadilly / Manchester Piccadilly  d										
Caerloyw / Gloucester  d										
Casnewydd / Newport d						0926		0930		1017
Caerdydd Canolog / Cardiff Central  a						0943		0949		1031
Caerdydd Canolog / Cardiff Central  d		0804				0945		0953		1035
Parc Ninian / Ninian Park d										
Pontyclun d								1005		
Llanharan d								1011		
Pencoed d								1016		
Pen-y-Bont ar Ogwr / Bridgend a		0827				1004		1022		1056
Pen-y-Bont ar Ogwr / Bridgend d		0827				1005		1023		1057
Y Pil / Pyle d								1031		
Parcfordd Port Talbot Parkway d		0840				1017		1039		1109
Baglan d										
Llansawel / Briton Ferry d										
Castell Nedd / Neath d		0848				1025		1047		1116
Sgiwen / Skewen d										
Llansamlet d										
Abertawe / Swansea a		0901				1036		1100		1129
Abertawe / Swansea d	0012			1027			1043	1104	1110	
Tre-gwyr / Gowerton d	0023s							1116	1121	
Llanelli a	0031s			1041			1059	1124	1129	
Llanelli d	0031s			1041			1100	1124	1133	
Pen-bre a Phorth Tywyn / Pembrey & Burry Port d	0037s			1048			1106	1131		
Cydweli / Kidwelly d	0044s							1138		
Glanyfferi / Ferryside d	0050s							1145		
Caerfyrddin / Carmarthen a	0103			1110			1125	1159		
Caerfyrddin / Carmarthen d			0955		1019		1129	1202		
Hendy-gwyn / Whitland a			1012		1036		1144	1219		
Hendy-gwyn / Whitland d			1012		1036		1144	1219		
Arberth / Narberth d					1045x					
Cilgeti / Kilgetty d					1054x					
Saundersfoot d					1056x					
Dinbych-y-Pysgod / Tenby d					1106					
Penalun / Penally d					1109x					
Maenorbyr / Manorbier d					1115					
Llandyfail / Lamphey d					1123x					
Penfro / Pembroke d					1126					
Doc Penfro / Pembroke Dock a					1137					
Clunderwen d			1019x					1227x		
Clarbeston Road d			1028x				1157	1236x		
Hwlfordd / Haverfordwest d			1036					1244		
Johnston d			1045x					1253x		
Aberdaugleddau / Milford Haven a			1055					1303		
Abergwaun ac Wdig / Fishguard & Goodwick a							1215			
Porthladd Abergwaun / Fishguard Harbour  a							1223			
Porthladd Rosslare Harbour  a										

Nodiadau

G 1 Amwythig

Notes

G To Shrewsbury

	TfW ◇	GW ■	TfW ◇	GW ■	TfW ◇	TfW ■	GW ■	TfW ■	GW ■	TfW ◇	G
Llundain Paddington / London Paddington  d		0933		1043			1143		1243		
Reading  d		0958		1109			1209		1309		
Parcfordd Bryste / Bristol Parkway  d		1055		1201			1300		1400		
Manceinion Piccadilly / Manchester Piccadilly  d						0930		1030			
Caerloyw / Gloucester  d											
Casnewydd / Newport d	1057	1115		1222		1302	1323	1334	1420		
Caerdydd Canolog / Cardiff Central  a	1111	1128		1235		1315	1335	1351	1433		
Caerdydd Canolog / Cardiff Central  d	1114	1130	1204	1236		1320	1337	1410	1437		
Parc Ninian / Ninian Park d											
Pontyclun d			1218								
Llanharan d			1223								
Pencoed d			1227								
Pen-y-Bont ar Ogwr / Bridgend a	1134	1150	1233	1255		1339	1356	1430	1456		
Pen-y-Bont ar Ogwr / Bridgend d	1134	1151	1234	1256		1340	1357	1430	1457		
Y Pil / Pyle d			1241			1347		1437			
Parcfordd Port Talbot Parkway d	1147	1203	1248	1308		1355	1412	1445	1509		
Baglan d											
Llansawel / Briton Ferry d											
Castell Nedd / Neath d	1155	1210		1316		1402	1420	1452	1517		
Sgiwen / Skewen d											
Llansamlet d											
Abertawe / Swansea a	1208	1222		1329		1421	1431	1507	1529		
Abertawe / Swansea d	1212	1229			1401		1439	1525		1535	
Tre-gwyr / Gowerton d	1224				1412			1537		1546	
Llanelli a	1231	1244	1319		1420		1453	1545		1554	
Llanelli d	1232	1245	1320		1421		1454	1546		1558	
Pen-bre a Phorth Tywyn / Pembrey & Burry Port d	1238	1251	1326		1427		1501	1552			
Cydweli / Kidwelly d	1245	1258			1435		1508				
Glanyfferi / Ferryside d	1251	1305			1441		1515				
Caerfyrddin / Carmarthen a	1304	1318	1348		1454		1528	1611			
Caerfyrddin / Carmarthen d	1308		1357		1459			1615			
Hendy-gwyn / Whitland a	1323		1413		1516			1630			
Hendy-gwyn / Whitland d	1323		1413		1516			1631			
Arberth / Narberth d					1525x						
Cilgeti / Kilgetty d					1535x						
Saundersfoot d					1537x						
Dinbych-y-Pysgod / Tenby d					1545						
Penalun / Penally d					1548x						
Maenorbyr / Manorbier d					1555						
Llandyfail / Lamphey d					1603x						
Penfro / Pembroke d					1606						
Doc Penfro / Pembroke Dock a					1619						
Clunderwen d			1420x					1638x			
Clarbeston Road d	1337		1428x					1646x			
Hwlfordd / Haverfordwest d			1436					1654			
Johnston d			1444x					1702x			
Aberdaugleddau / Milford Haven a			1459					1711			
Abergwaun ac Wdig / Fishguard & Goodwick a	1355										
Porthladd Abergwaun / Fishguard Harbour  a	1401										
Porthladd Rosslare Harbour  a											

Nodiadau

G I Amwythig

Notes

G To Shrewsbury

		TfW R I	GW R I	TfW ◇	TfW R I	GW R I	TfW R I	GW R I	TfW ◇	TfW R I	GW R I	
Llundain Paddington / London Paddington	15		1343			1443	14 13	1543			1643	
Reading	7		1409			1509	1440	1609			1709	
Parcffordd Bryste / Bristol Parkway	7		1500			1600	1539	1700			1800	
Manceinion Piccadilly / Manchester Piccadilly	10	1129			1231		1330			1430		
Caerloyw / Gloucester	7											
Casnewydd / Newport		1433	1525		1539	1622	1642	1726		1740	1822	
Caerdydd Canolog / Cardiff Central	7	a	1448	1540		1555	1634	1657	1739		1755	1834
Caerdydd Canolog / Cardiff Central	7	d	1451	1540		1605	1637	1707	1740		18 10	1837
Parc Ninian / Ninian Park												
Pontyclun												
Llanharan												
Pencoed												
Pen-y-Bont ar Ogwr / Bridgend	a	15 12	1600		1625	1659	1727	1759		1832	1857	
Pen-y-Bont ar Ogwr / Bridgend	d	15 12	160 1		1625	170 1	1728	1800		1832	1858	
Y Pyl / Pyle	d	15 19			1633		1736			1840		
Parcffordd Port Talbot Parkway	d	1527	16 13		1640	17 15	1744	18 12		1848	19 10	
Baglan												
Llansawel / Briton Ferry												
Castell Nedd / Neath	d	1534	162 1		1648	1723	1753	1820		1857	19 17	
Sgiwen / Skewen												
Llansamlet												
Abertawe / Swansea	a	1549	1632		170 1	1734	1807	183 1		19 11	1929	
Abertawe / Swansea	d		1640	1647	1705				1837	19 16		
Tre-gwyr / Gowerton	d			1659	17 17				1849	1928		
Llanelli	a		1654	1707	1724				1857	1936		
Llanelli	d		1655	1707	1725				1857	1936		
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d		1702	17 13	173 1				1904	1943		
Cydweli / Kidwelly	d			172 1					19 11			
Glanfferi / Ferryside	d			1727					19 18			
Caerfyrddin / Carmarthen	a		1723	174 1	1750				1931	2006		
Caerfyrddin / Carmarthen	d			1744	1806				1935	20 12		
Hendy-gwyn / Whitland	a			1800	1822				1952	2029		
Hendy-gwyn / Whitland	d			1800	1822				1952	2032		
Arberth / Narberth	d			1809x								
Cilgeti / Kilgetty	d			18 19x								
Saundersfoot	d			182 1x								
Dinbych-y-Pysgod / Tenby	d			1829								
Penalun / Penally	d			1832x								
Maenorbyr / Manorbier	d			1839								
Llandyfail / Lamphey	d			1846x								
Penfro / Pembroke	d			1850								
Doc Penfro / Pembroke Dock	a			1902								
Clunderwen	d				1829x				2000x	2040x		
Clarbeston Road	d				1837x				2008x	2049x		
Hwlfordd / Haverfordwest	d				1847				20 17a	2057		
Johnston	d				1855x					2 106x		
Aberdaugleddau / Milford Haven	a				1907					2 120		
Abergwaun ac Wdig / Fishguard & Goodwick	a											
Porthladd Abergwaun / Fishguard Harbour	80	a										
Porthladd Rosslare Harbour	a											












Yn aml mae gwaith gwella'r rheilffyrdd yn effeithio ar wasanaethau ar y Sul, gan gynnwys arlywyo ar drenau. Cyn teithio ewch i 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 or call 03457 484 950.

	TfW R	GW R	TfW R	TfW ◇	TfW ◇	GW R	TfW R	TfW ◇	GW R	TfW R		
Llundain Paddington / London Paddington	15		1743			1843			1943			
Reading	7		1809			1909			2009			
Parcfordd Bryste / Bristol Parkway	7		1900			2000			2 103			
Manceinion Piccadilly / Manchester Piccadilly	10		1530		1630			1730		1830		
Caerloyw / Gloucester	7											
Casnewydd / Newport		1837	1922	1936		2022	2029		2 123	2 129		
Caerdydd Canolog / Cardiff Central	7	a	1853	1935	195 1		2035	2046		2 136	2 144	
Caerdydd Canolog / Cardiff Central	7	d	1902	1936	1956		20 19	2036	2050		2 136	2 149
Parc Ninian / Ninian Park	d											
Pontyclun	d											
Llanharan	d											
Pencoed	d											
Pen-y-Bont ar Ogwr / Bridgend	a	1923	1955	20 15		2039	2055	2 111		2 156	2209	
Pen-y-Bont ar Ogwr / Bridgend	d	1923	1956	20 15		2040	2056	2 111		2 157	2209	
Y Pyl / Pyle	d	1930		2023		2048		2 118			22 16	
Parcfordd Port Talbot Parkway	d	1938	2008	2030		2055	2 108	2 126		2209	2224	
Baglan	d											
Llansawel / Briton Ferry	d											
Castell Nedd / Neath	d	1945	20 16	2038		2 103	2 116	2 134		22 16	2231	
Sgiwen / Skewen	d											
Llansamlet	d											
Abertawe / Swansea	a	2001	2027	2052		2 117	2 127	2 149		2228	2246	
Abertawe / Swansea	d				2058	2 120					2250	
Tre-gwyr / Gowerton	d				2 110	2 132					2301	
Llanelli	a				2 117	2 139					2309	
Llanelli	d				2 118	2 140					2309	
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d				2 124	2 146					23 15	
Cydweli / Kidwelly	d				2 131						2322	
Glanyfferi / Ferryside	d				2 137						2328	
Caerfyrddin / Carmarthen	a				2 150	2207					2342	
Caerfyrddin / Carmarthen	d				2 155	22 14						
Hendy-gwyn / Whitland	a				22 11	2229						
Hendy-gwyn / Whitland	d				22 11	2229			2037			
Arberth / Narberth	d								2046x			
Cilgeti / Kilgetty	d								2055x			
Saundersfoot	d								2057x			
Dinbych-y-Pysgod / Tenby	d								2 106			
Penalun / Penally	d								2 109x			
Maenorbyr / Manorbier	d								2 115			
Llandyfail / Lamphey	d								2 123x			
Penfro / Pembroke	d								2 126			
Doc Penfro / Pembroke Dock	a								2 137			
Clunderwen	d					2237x						
Clarbeston Road	d				2224	2245x						
Hwlfordd / Haverfordwest	d					2253						
Johnston	d					230 1x						
Aberdaugleddau / Milford Haven	a					23 10						
Abergwaun ac Wdig / Fishguard & Goodwick	a				2243							
Porthladd Abergwaun / Fishguard Harbour	a				2249							
Porthladd Rosslare Harbour	a											

Yn aml mae gwaith gwella'r rheilffyrdd yn effeithio ar wasanaethau ar y Sul, gan gynnwys arlywyo ar drenau. Cyn teithio ewch i www.trc.cymru neu ffoniwch 03457 484 950.

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	TfW ◇	GW ⚡	TfW ◇	GW ⚡						
Llundain Paddington / London Paddington  	d	2043		2143						
Reading  	d	2109		2209						
Parcffordd Bryste / Bristol Parkway 	d	2203		2303						
Manceinion Piccadilly / Manchester Piccadilly 	d		1930							
Caerloyw / Gloucester 	d									
Casnewydd / Newport	d	2225	2241	2321						
Caerdydd Canolog / Cardiff Central 	a	2238	2257	2336						
Caerdydd Canolog / Cardiff Central 	d	2230	2239	2300	2339					
Parc Ninian / Ninian Park	d									
Pontyclun	d									
Llanharan	d									
Pencoed	d									
Pen-y-Bont ar Ogwr / Bridgend	a	2250	2258	2320	2359					
Pen-y-Bont ar Ogwr / Bridgend	d	2250	2259	2320	0001					
Y Pyl / Pyle	d			2328						
Parcffordd Port Talbot Parkway	d	2303	2311	2336	0012					
Baglan	d									
Llansawel / Briton Ferry	d									
Castell Nedd / Neath	d	2312	2319	2345	0020					
Sgiwen / Skewen	d									
Llansamlet	d									
Abertawe / Swansea	a	2325	2330	2359	0032					
Abertawe / Swansea	d	2336								
Tre-gwyr / Gowerton	d	2348								
Llanelli	a	2355								
Llanelli	d	2356								
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	0003								
Cydweli / Kidwelly	d	0010								
Glanyfferi / Ferryside	d	0017								
Caerfyrddin / Carmarthen	a	0032								
Caerfyrddin / Carmarthen	d									
Hendy-gwyn / Whitland	a									
Hendy-gwyn / Whitland	d									
Arberth / Narberth	d									
Cilgeti / Kilgetty	d									
Saundersfoot	d									
Dinbych-y-Pysgod / Tenby	d									
Penalun / Penally	d									
Maenorbyr / Manorbier	d									
Llandyfail / Lamphey	d									
Penfro / Pembroke	d									
Doc Penfro / Pembroke Dock	a									
Clunderwen	d									
Clarbeston Road	d									
Hwlfordd / Haverfordwest	d									
Johnston	d									
Aberdaugleddau / Milford Haven	a									
Abergwaun ac Wdig / Fishguard & Goodwick	a									
Porthladd Abergwaun / Fishguard Harbour  	a									
Porthladd Rosslare Harbour 	a									

Yn aml mae gwaith gwella'r rheilffyrdd yn effeithio ar wasanaethau ar y Sul, gan gynnwys arlwygo ar drenau. Cyn teithio ewch i www.trc.cymru neu ffoniwch 03457 484 950.

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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	a	Arrival time
Amser ymadael	d	Departure time
Yn aros i ollwng teithwyr yn unig	s	Stops to set down only
Yn aros i godi teithwyr yn unig	u	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	x	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	10	Recommended connecting time
Yn parhau mewn colofn ddiweddarach	L →	Continued in later column
Parhad o golofn gynharach	← L	Continued from earlier column
Hefyd â seddi Dosbarth Cyntaf	1	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	GW	Great Western Railway
West Midlands Trains	LM	West Midlands Trains
Trafniduaiaeth Cymru	TfW	Transport for Wales
Avanti West Coast	VT	Avanti West Coast
Northern	NT	Northern
Cross Country	XC	Cross Country

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- 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.

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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.
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