

Amserau Trenau | Train Times

13 Medi 2021 - 11 Rhagfyr 2021 | 13 September - 11 December 2021

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



Mae gwasanaethau'n gallu newid felly gwnewch eich gwaith cartref cyn teithio. www.trc.cymru
Services are subject to change, check before you travel.
www.tfw.wales



Teithio'n saffach
Gwisgwch orchudd
wyneb oni bai eich bod
wedi'ch eithrio

Travel safer
Wear a face covering
unless exempt



Dod o hyd i drenau llai prysur: defnyddiwch ein Gwiriwr Capasiti a Theithio'n Saffach www.trc.cymru/gwiriwr-capasiti
Find trains with space: use our Capacity Checker and Travel Safer
www.tfw.wales/capacity-checker



TRAFNIDIAETH CYMRU
TRANSPORT FOR WALES

Gorllewin Cymru - Abertawe - Caerdydd					Dydd Llun i ddydd Gwener						
West Wales - Swansea - Cardiff					Mondays to Fridays						
		GW 1R	GW 1R	GW 1R	GW 1R	TfW	GW 1R	GW 1R	TfW R	TfW FO	GW 1R
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					0500			0545	0613	
Glanyfferi / Ferryside	d								0555x	0623x	
Cydweli / Kidwelly	d								0601x	0629x	
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d					0518			0608	0636	
Llanelli	a					0525			0614	0642	
Llanelli	d					0525			0615	0643	
Tre-gwyr / Gowerton	d								0622	0650	
Abertawe / Swansea	a								0635	0704	
Abertawe / Swansea	d	0341	0346	0458	0528		0558	0628	0639	0708	0720
Llansamlet	d								0645		
Sgiwen / Skewen	d								0649		
Castell Nedd / Neath	d	0353	0358	0510	0540		0610	0640	0653	0719	0732
Llansawel / Briton Ferry	d								0657		
Baglan	d								0700		
Parcfordd Port Talbot Parkway	d	0400	0405	0517	0547	0558	0617	0647	0705	0726	0739
Y Pil / Pyle	d					0606			0712	0733	
Pen-y-Bont ar Ogwr / Bridgend	a	0413	0425	0530	0600	0614	0630	0700	0719	0740	0752
Pen-y-Bont ar Ogwr / Bridgend	d	0414	0426	0531	0601	0614	0631	0701	0719	0741	0753
Pencoed	d					0621			0726		
Llanharan	d					0625				0748	
Pontyclun	d					0630			0733		
Parc Ninian / Ninian Park	d										
Caerdydd Canolog / Cardiff Central	a	0504	0507	0551	0622	0648	0651	0721	0747	0805	0813
Caerdydd Canolog / Cardiff Central	d	0507	0507	0556	0626		0654	0724	0750		0818
Casnewydd / Newport	a	0524	0524	0606	0636		0704	0734	0803		0828
Caerloyw / Gloucester	a										
Manceinion Piccadilly / Manchester Piccadilly	a								1111		
Filton Abbey Wood	a			0711	0736			0843	0906		0942
Bryste Temple Meads / Bristol Temple Meads	a			0720	0746			0852	0920		0951
Parcfordd Bryste / Bristol Parkway	a	0551	0551	0628	0658		0726	0758			0854
Reading	a	0649	0648	0718	0749		0818				0945
Llundain Paddington / London Paddington	a	0716	0716	0744	0816		0844	0914			1012

Nodiadau

FO Dydd 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 1R	TfW	GW 1R	TfW R	TfW	TfW	GW 1R	TfW R	GW 1R	TfW R
Porthladd Rosslare Harbour	d										
Porthladd Abergwaun / Fishguard Harbour	d										
Abergwaun ac Wdig / Fishguard & Goodwick	d										
Aberdaugleddau / Milford Haven	d		0554		0702						0908
Johnston	d		0602x		0710x						0916x
Hwlfordd / Haverfordwest	d		0609		0717						0923
Clarbeston Road	d		0617x		0725x						0931x
Clunderwen	d		0625x		0732x						0939x
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		0738		0756				0945
Hendy-gwyn / Whitland	d		0632		0738		0757				0945
Caerfyrddin / Carmarthen	a		0647		0754		0815				1001
Caerfyrddin / Carmarthen	d		0652	0725	0758	0810			0900		1005
Glanffery / Ferryside	d		0702x	0737	0808x	0821x			0910x		
Cydweli / Kidwelly	d		0708x	0744	0814x	0827x			0916x		
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d		0715	0751	0821	0835			0923		1023
Llanelli	a		0721	0757	0827	0842			0929		1029
Llanelli	d		0722	0758	0828	0842			0930		1030
Tre-gwyr / Gowerton	d		0729		0835				0937		
Abertawe / Swansea	a		0741	0814	0847	0902			0950		1047
Abertawe / Swansea	d	0743	0749	0822	0851			0922	0955	1022	1052
Llansamlet	d				0857						1058
Sgiwen / Skewen	d				0901						1102
Castell Nedd / Neath	d	0755	0800	0834	0906			0934	1006	1034	1106
Llansawel / Briton Ferry	d				0909						1110
Baglan	d				0913						1113
Parcfordd Port Talbot Parkway	d	0802	0807	0841	0917			0941	1014	1041	1117
Y Pil / Pyle	d		0814		0924						1124
Pen-y-Bont ar Ogwr / Bridgend	a	0815	0822	0854	0932			0954	1027	1054	1132
Pen-y-Bont ar Ogwr / Bridgend	d	0816	0822	0855	0932			0955	1027	1055	1132
Pencoed	d										
Llanharan	d		0829								
Pontyclun	d										
Parc Ninian / Ninian Park	d										
Caerdydd Canolog / Cardiff Central	a	0836	0847	0915	0953			1015	1049	1115	1153
Caerdydd Canolog / Cardiff Central	d	0841	0850	0918	0956			1018	1052	1118	1156
Casnewydd / Newport	a	0852	0902	0929	1009			1032	1105	1128	1209
Caerloyw / Gloucester	a										
Manceinion Piccadilly / Manchester Piccadilly	a		1213		1313				1413		1513
Filton Abbey Wood	a		1006	1042	1106			1143	1206	1242	1306
Bryste Temple Meads / Bristol Temple Meads	a		1014	1051	1116			1151	1215	1251	1315
Parcfordd Bryste / Bristol Parkway	a	0914		0954				1055		1152	
Reading	a	1006		1045				1145		1245	
Llundain Paddington / London Paddington	a	1034		1112				1212		1312	

	TfW	GW 1R	TfW	GW 1R	TfW R	TfW	GW 1R	TfW R	GW 1R	TfW R
Porthladd Rosslare Harbour	d									
Porthladd Abergwaun / Fishguard Harbour	d									1250
Abergwaun ac Wdig / Fishguard & Goodwick	d									1253
Aberdaugleddau / Milford Haven	d				1105					
Johnston	d				1113x					
Hwlfordd / Haverfordwest	d				1120					
Clarboston Road	d				1128x					1312
Clunderwen	d				1136x					
Doc Penfro / Pembroke Dock	d	0909				1117				
Penfro / Pembroke	d	0917				1125				
Llandyfail / Lamphey	d	0920x				1128x				
Maenorbyr / Manorbier	d	0929				1137				
Penalun / Penally	d	0934x				1142x				
Dinbych-y-Pysgod / Tenby	d	0940				1152				
Saundersfoot	d	0948x				1200x				
Cilgeti / Kilgetty	d	0950x				1202x				
Arberth / Narberth	d	1000x				1212x				
Hendy-gwyn / Whitland	a	1009			1143	1220				1325
Hendy-gwyn / Whitland	d	1009			1143	1220				1326
Caerfyrddin / Carmarthen	a	1027			1159	1238				1342
Caerfyrddin / Carmarthen	d		1100		1204			1300		1347
Glanffery / Ferryside	d		1110x					1310x		
Cydweli / Kidwelly	d		1116x					1316x		
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d		1123		1222			1323		
Llanelli	a		1129		1228			1329		1410
Llanelli	d		1130		1229			1330		1410
Tre-gwyr / Gowerton	d		1137		1236			1337		
Abertawe / Swansea	a		1149		1248			1349		
Abertawe / Swansea	d	1122	1153	1223	1252		1323	1354	1422	
Llansamlet	d				1258					
Sgiwen / Skewen	d				1302					
Castell Nedd / Neath	d	1134	1204	1234	1306		1334	1405	1433	
Llansawel / Briton Ferry	d				1310					
Baglan	d				1313					
Parcfordd Port Talbot Parkway	d	1141	1212	1241	1317		1341	1413	1440	1445
Y Pil / Pyle	d				1324					1453
Pen-y-Bont ar Ogwr / Bridgend	a	1154	1224	1254	1332		1354	1425	1453	1501
Pen-y-Bont ar Ogwr / Bridgend	d	1155	1224	1255	1332		1355	1425	1453	1501
Pencoed	d									
Llanharan	d									
Pontyclun	d									
Parc Ninian / Ninian Park	d									
Caerdydd Canolog / Cardiff Central	a	1215	1246	1315	1353		1415	1446	1514	1527
Caerdydd Canolog / Cardiff Central	d	1218	1249	1318	1357		1418	1449	1518	
Casnewydd / Newport	a	1228	1302	1328	1410		1428	1502	1528	
Caerloyw / Gloucester	a									
Manceinion Piccadilly / Manchester Piccadilly	a		1613		1713			1813		
Filton Abbey Wood	a	1343	1407		1506		1540	1607	1641	
Bryste Temple Meads / Bristol Temple Meads	a	1352	1416		1515		1549	1616	1650	
Parcfordd Bryste / Bristol Parkway	a	1254		1353			1450		1554	
Reading	a	1344		1445			1544		1645	
Llundain Paddington / London Paddington	a	1414		1512			1609		1714	

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	TfW R	TfW	GW R	TfW R	GW R	TfW R	TfW	TfW R J	GW R	TfW R
Porthladd Rosslare Harbour	d									
Porthladd Abergwaun / Fishguard Harbour	d									
Abergwaun ac Wdig / Fishguard & Goodwick	d									
Aberdaugleddau / Milford Haven	d	1300				1507				
Johnston	d	1308x				15 15x				
Hwlfordd / Haverfordwest	d	13 15				1522				
Clarbeston Road	d	1323x				1530x				
Clunderwen	d	133 1x				1538x				
Doc Penfro / Pembroke Dock	d		1309				1509			
Penfro / Pembroke	d		13 17				15 17			
Llandyfail / Lamphey	d		1320x				1520x			
Maenorbyr / Manorbier	d		1329				1529			
Penalun / Penally	d		1334x				1534x			
Dinbych-y-Pysgod / Tenby	d		1342				1540			
Saundersfoot	d		1350x				1548x			
Cilgeti / Kilgetty	d		1352x				1550x			
Arberth / Narberth	d		1402x				1600x			
Hendy-gwyn / Whitland	a	1337	14 11			1545	1609			
Hendy-gwyn / Whitland	d	1337	14 11			1545	1609			
Caerfyrddin / Carmarthen	a	1353	1429			160 1	1626			
Caerfyrddin / Carmarthen	d	1357			150 1	1605				1655
Glanyfferi / Ferryside	d				15 1 1x					1705x
Cydweli / Kidwelly	d				15 17x					17 1 1x
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	14 15			1524	1623				17 18
Llanelli	a	1422			1530	1630				1724
Llanelli	d	1422			153 1	1630		1645		1725
Tre-gwyr / Gowerton	d	1429			1538	1637				1732
Abertawe / Swansea	a	1442			155 1	1650		1703		1744
Abertawe / Swansea	d	1446		1523	1554	1623	1654	1706	1722	1749
Llansamlet	d	1452						17 12		1755
Sgiwen / Skewen	d	1456						17 16		1759
Castell Nedd / Neath	d	1500		1534	1605	1634	1705	1720	1734	1804
Llansawel / Briton Ferry	d	1504						1724		1807
Baglan	d	1507						1727		18 11
Parcfordd Port Talbot Parkway	d	15 11		154 1	16 13	164 1	17 12	173 1	174 1	18 15
Y Pil / Pyle	d	15 18						1738		1822
Pen-y-Bont ar Ogwr / Bridgend	a	1525		1554	1625	1654	1724	1747	1756	1830
Pen-y-Bont ar Ogwr / Bridgend	d	1525		1555	1625	1655	1724	1747	1756	1830
Pencoed	d									
Llanharan	d									
Pontyclun	d									
Parc Ninian / Ninian Park	d									
Caerdydd Canolog / Cardiff Central	a	1547		16 15	1647	17 15	1745	1809	18 16	1852
Caerdydd Canolog / Cardiff Central	d	1550		16 18	1650	1720	1749	1823	18 19	1855
Casnewydd / Newport	a	1603		1628	1703	1732	1802	1836	1829	1908
Caerloyw / Gloucester	a									
Manceinion Piccadilly / Manchester Piccadilly	a	19 14			20 19		2 107			22 15
Filton Abbey Wood	a	1706		1740	18 12	1840	19 11	1940		2006
Bryste Temple Meads / Bristol Temple Meads	a	17 14		1749	1820	1850	19 19	195 1		20 15
Parcfordd Bryste / Bristol Parkway	a			1653		1755			1852	
Reading	a			1744		1847			1946	
Llundain Paddington / London Paddington	a			1809		19 14			20 14	

Nodiadau

J | Caer

Notes

J 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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	TfW	GW FR	TfW	TfW	GW FX	GW FO	TfW FX	TfW	TfW	TfW	TfW
Porthladd Rosslare Harbour	d										
Porthladd Abergwaun / Fishguard Harbour	d										
Abergwaun ac Wdig / Fishguard & Goodwick	d										
Aberdaugleddau / Milford Haven	d		17 11					19 15			
Johnston	d		17 19x					19 23x			
Hwlfordd / Haverfordwest	d		17 26					19 30			
Clarbuston Road	d		17 34x					19 38x			
Clunderwen	d		17 42x					19 46x			
Doc Penfro / Pembroke Dock	d			17 09						19 19	
Penfro / Pembroke	d			17 17						19 27	
Llandyfail / Lamphey	d			17 20x						19 3 1x	
Maenorbyr / Manorbier	d			17 29						19 39	
Penalun / Penally	d			17 34x						19 44x	
Dinbych-y-Pysgod / Tenby	d			17 40						19 50	
Saundersfoot	d			17 48x						19 58x	
Cilgeti / Kilgetty	d			17 50x						20 00x	
Arberth / Narberth	d			18 00x						20 10x	
Hendy-gwyn / Whitland	a		17 48	18 09				19 52	20 18		
Hendy-gwyn / Whitland	d		17 48	18 09				19 52	20 19		
Caerfyrddin / Carmarthen	a		18 04	18 27				20 08	20 37		
Caerfyrddin / Carmarthen	d		18 09				18 50	20 12			
Glanyfferi / Ferryside	d		18 19x				19 0 1x				
Cydweli / Kidwelly	d		18 25x				19 07x				
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d			18 32			19 15	20 30			
Llanelli	a	17 50	18 38				19 22	20 36			
Llanelli	d	17 54	18 39				19 22	20 37			
Tre-gwyr / Gowerton	d	18 0 1	18 46				19 30	20 44			
Abertawe / Swansea	a	18 15	18 58				19 45	20 56			
Abertawe / Swansea	d		18 22	19 05	19 22	19 22	19 49	2 100			
Llansamlet	d		19 11								
Sgiwen / Skewen	d		19 15								
Castell Nedd / Neath	d	18 34	19 20		19 34	19 34	20 00	2 111			
Llansawel / Briton Ferry	d		19 23								
Baglan	d		19 27								
Parcfordd Port Talbot Parkway	d	18 4 1	19 3 1		19 4 1	19 4 1	20 07	2 118			
Y Pil / Pyle	d		19 38								
Pen-y-Bont ar Ogwr / Bridgend	a	18 5 4	19 4 7		19 5 4	19 5 4	20 2 1	2 13 1			2 138
Pen-y-Bont ar Ogwr / Bridgend	d	18 5 5	19 4 7		19 5 5	19 5 5	20 2 1	2 13 1			2 138
Pencoed	d										2 143
Llanharan	d										2 147
Pontyclun	d										2 152
Parc Ninian / Ninian Park	d							2 15 1			22 04
Caerdydd Canolog / Cardiff Central	a	19 15	20 10		20 17	20 17	20 46	2 159			22 11
Caerdydd Canolog / Cardiff Central	d	19 18			20 2 1	20 2 1					
Casnewydd / Newport	a	19 29			20 3 1	20 3 1					
Caerloyw / Gloucester	a										
Manceinion Piccadilly / Manchester Piccadilly	a										
Filton Abbey Wood	a	20 4 1				2 14 1	22 11	23 13			
Bryste Temple Meads / Bristol Temple Meads	a	20 5 4				2 15 1	22 23	23 24			
Parcfordd Bryste / Bristol Parkway	a	19 50			20 5 3	20 5 3					
Reading	a	20 44			2 144	2 144					
Llundain Paddington / London Paddington	a	2 1 10			22 09	22 14					

Nodiadau

FX Dydd Llun i ddydd lau

FO Dydd Gwener yn unig















Notes

FX Monday to Thursday

FO Friday only

		GW 1R	TfW	TfW	TfW	TfW					
Porthladd Rosslare Harbour	d										
Porthladd Abergwaun / Fishguard Harbour	d	80			22 13						
Abergwaun ac Wdig/ Fishguard & Goodwick	d				22 16						
Aberdaugleddau / Milford Haven	d			2038		2325					
Johnston	d			2046x		2333x					
Hwlfordd / Haverfordwest	d			2053		2340					
Clarbeston Road	d			2 10 1x	2235	2348x					
Clunderwen	d			2 108x	2243x	2356x					
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			2 115	225 1	0003					
Hendy-gwyn / Whitland	d			2 115	225 1	0003					
Caerfyrddin / Carmarthen	a			2 132	2308	0020					
Caerfyrddin / Carmarthen	d		2 100								
Glanyfferi / Ferryside	d		2 110x								
Cydweli / Kidwelly	d		2 116x								
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d		2 123								
Llanelli	a		2 129								
Llanelli	d		2 130								
Tre-gwyr / Gowerton	d		2 137								
Abertawe / Swansea	a		2 150								
Abertawe / Swansea	d	2 122	2 154								
Llansamlet	d		2200								
Sgiwen / Skewen	d		2204								
Castell Nedd / Neath	d	2 134	2208								
Llansawel / Briton Ferry	d		22 12								
Baglan	d		22 15								
Parcfordd Port Talbot Parkway	d	2 14 1	22 19								
Y Pil / Pyle	d		2226								
Pen-y-Bont ar Ogwr / Bridgend	a	2 154	2233								
Pen-y-Bont ar Ogwr / Bridgend	d	2 155	2233								
Pencoed	d										
Llanharan	d										
Pontyclun	d										
Parc Ninian / Ninian Park	d		2253								
Caerdydd Canolog / Cardiff Central	a	7	22 15	2300							
Caerdydd Canolog / Cardiff Central	d	7	22 18								
Casnewydd / Newport	a		2234								
Caerloyw / Gloucester	a	7									
Manceinion Piccadilly / Manchester Piccadilly	a										
Filton Abbey Wood	a		00 11								
Bryste Temple Meads / Bristol Temple Meads	a		0025								
Parcfordd Bryste / Bristol Parkway	a	7	2304								
Reading	a	7									
Llundain Paddington / London Paddington	a	15									

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	TfW	TfW	TfW	TfW	TfW	TfW
										MX	
Llundain Paddington / London Paddington   d											0523 0648
Reading   d											0549 0713
Parcfordd Bryste / Bristol Parkway  d								0538			0728 0805
Bryste Temple Meads / Bristol Temple Meads   d								0520	0626	0707	0725 0753
Filton Abbey Wood d									0638	0716	0738 0803
Manceinion Piccadilly / Manchester Piccadilly  d											
Caerloyw / Gloucester  d											
Casnewydd / Newport d									0732	0752	0827 0842
Caerdydd Canolog / Cardiff Central  a									0747	0803	0838 0856
Caerdydd Canolog / Cardiff Central  d						0535	0632	0750	0806	0842	0900
Parc Ninian / Ninian Park d						0540	0636				
Pontyclun d						0552					
Llanharan d						0557					
Pencoed d						0601					
Pen-y-Bont ar Ogwr / Bridgend a						0606	0658	0810	0824	0900	0920
Pen-y-Bont ar Ogwr / Bridgend d						0606	0659	0810	0825	0901	0920
Y Pîl / Pyle d						0614	0707	0817			0927
Parcfordd Port Talbot Parkway d						0622	0716	0825	0839	0914	0935
Baglan d						0624	0720	0828			0937
Llansawel / Briton Ferry d						0629	0724	0832			0941
Castell Nedd / Neath d						0633	0729	0836	0846	0921	0945
Sgiwen / Skewen d						0636	0733	0840			0949
Llansamlet d						0641	0737	0844			0953
Abertawe / Swansea a						0650	0746	0853	0858	0933	1002
Abertawe / Swansea d						0654	0753	0908			1006
Tre-gwyr / Gowerton d						0705	0805	0919			1017
Llanelli a						0713	0812	0927			1024
Llanelli d						0713	0812	0927			1025
Pen-bre a Phorth Tywyn / Pembrey & Burry Port d						0719	0818	0933			1031
Cydweli / Kidwelly d						0725x	0825x	0940x			1037x
Glanyfferi / Ferryside d						0731x	0831x	0946x			1043x
Caerfyrddin / Carmarthen a						0743	0844	0958			1054
Caerfyrddin / Carmarthen d	0450	0530	0600	0641	0747	0848	1003				
Hendy-gwyn / Whitland a	0506	0547	0615	0659	0802	0904	1018				
Hendy-gwyn / Whitland d	0506	0547	0615	0659	0802	0904	1018				
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		0622x		0809x		1025x				
Clarbeston Road d	0520x		0630x		0817x		1033x				
Hwlfordd / Haverfordwest d	0532		0638		0825		1041				
Johnston d	0540x		0646x		0833x		1049x				
Aberdaugleddau / Milford Haven a	0552		0658		0842		1103				
Abergwaun ac Wdig / Fishguard & Goodwick a											
Porthladd Abergwaun / Fishguard Harbour   a											
Porthladd Rosslare Harbour  a											

Nodiadau












MX Dydd Mawrth i ddydd Gwener

Notes











MX Tuesday to Friday

	TfW	GW 1R	TfW	TfW	GW 1R	TfW	TfW	GW 1R	TfW	GW 1R
Llundain Paddington / London Paddington 15	d	0748			0848			0948		1048
Reading 7	d	0813			0913			1013		1113
Parcffordd Bryste / Bristol Parkway 7	d	0904			1005			1105		1204
Bryste Temple Meads / Bristol Temple Meads 10	d	0823		0856	0924			1027	1057	1120
Filton Abbey Wood 7	d	0837		0905	0935			1036	1105	1137
Manceinion Piccadilly / Manchester Piccadilly 10	d			0630		0730			0831	
Caerloyw / Gloucester 7	d									
Casnewydd / Newport 7	d	0925		0939	1025	1030		1126	1138	1227
Caerdydd Canolog / Cardiff Central 7	a	0938		0959	1037	1045		1139	1150	1238
Caerdydd Canolog / Cardiff Central 7	d	0942		1006	1040	1048		1143	1154	1242
Parc Ninian / Ninian Park	d									
Pontyclun	d									
Llanharan	d									
Pencoed	d									
Pen-y-Bont ar Ogwr / Bridgend	a	1000		1026	1058	1107		1201	1214	1300
Pen-y-Bont ar Ogwr / Bridgend	d	1001		1026	1059	1107		1201	1214	1300
Y Pyl / Pyle	d					1115				
Parcffordd Port Talbot Parkway	d	1015		1038	1112	1122		1215	1226	1314
Baglan	d					1125				
Llansawel / Briton Ferry	d					1128				
Castell Nedd / Neath	d	1022		1045	1119	1133		1222	1233	1321
Sgiwen / Skewen	d					1136				
Llansamlet	d					1140				
Abertawe / Swansea	a	1034		1059	1131	1149		1234	1247	1333
Abertawe / Swansea	d		1101	1109		1156			1255	
Tre-gwyr / Gowerton	d			1120		1207			1307	
Llanelli	a		1118	1128		1215			1314	
Llanelli	d		1118	1128		1215			1315	
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d			1134		1221			1321	
Cydweli / Kidwelly	d					1228x				
Glanyfferi / Ferryside	d					1234x				
Caerfyrddin / Carmarthen	a			1154		1245			1340	
Caerfyrddin / Carmarthen	d	1102		1159			1251		1345	
Hendy-gwyn / Whitland	a	1119		1153	1214		1308		1400	
Hendy-gwyn / Whitland	d	1119		1153	1215		1308		1400	
Arberth / Narberth	d	1128x					1317x			
Cilgeti / Kilgetty	d	1138x					1327x			
Saundersfoot	d	1140x					1329x			
Dinbych-y-Pysgod / Tenby	d	1150					1345			
Penalun / Penally	d	1153x					1348x			
Maenorbyr / Manorbier	d	1159					1354			
Llandyfail / Lamphey	d	1207x					1402x			
Penfro / Pembroke	d	1210					1405			
Doc Penfro / Pembroke Dock	a	1223					1417			
Clunderwen	d			1221x					1407x	
Clarbeston Road	d		1206	1229x					1415x	
Hwlfordd / Haverfordwest	d			1238					1423	
Johnston	d			1245x					1431x	
Aberdaugleddau / Milford Haven	a			1300					1445	
Abergwaun ac Wdig / Fishguard & Goodwick	a		1225							
Porthladd Abergwaun / Fishguard Harbour 80	a		1230							
Porthladd Rosslare Harbour	a									









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	TfW	TfW	GW 1R	TfW	GW 1R	TfW	TfW	TfW	GW 1R	TfW
Llundain Paddington / London Paddington 	d		1148		1248				1348	
Reading 	d		1213		1313				1413	
Parcffordd Bryste / Bristol Parkway 	d		1303		1404				1504	
Bryste Temple Meads / Bristol Temple Meads 	d	1157	1225		1321				1424	
Filton Abbey Wood 	d	1205	1237		1336				1437	
Manceinion Piccadilly / Manchester Piccadilly 	d	0931		1031		1131				1231
Caerloyw / Gloucester 	d									
Casnewydd / Newport	d	1237	1324	1329	1425	1430		1458	1524	1529
Caerdydd Canolog / Cardiff Central 	a	1253	1335	1342	1436	1444		1510	1535	1544
Caerdydd Canolog / Cardiff Central 	d	1256	1337	1345	1439	1446		1513	1539	1546
Parc Ninian / Ninian Park	d									
Pontyclun	d									
Llanharan	d									
Pencoed	d									
Pen-y-Bont ar Ogwr / Bridgend	a	1316	1355	1404	1457	1506		1532	1557	1606
Pen-y-Bont ar Ogwr / Bridgend	d	1316	1356	1404	1458	1506		1532	1558	1606
Y Pîl / Pyle	d	1324						1540		
Parcffordd Port Talbot Parkway	d	1331	1410	1416	1511	1518		1547	1611	1618
Baglan	d	1333						1550		
Llansawel / Briton Ferry	d	1337						1553		
Castell Nedd / Neath	d	1341	1417	1424	1518	1525		1557	1618	1626
Sgiwen / Skewen	d	1344						1601		
Llansamlet	d	1348						1605		
Abertawe / Swansea	a	1357	1429	1437	1530	1539		1614	1630	1639
Abertawe / Swansea	d	1401		1457		1543		1618		1643
Tre-gwyn / Gowerton	d	1412		1508		1554		1630		1654
Llanelli	a	1419		1516		1602		1636		1701
Llanelli	d	1419		1516		1602				1702
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	1425		1522		1608				1708
Cydweli / Kidwelly	d	1432x				1615x				1714x
Glanyfferi / Ferryside	d	1438x				1621x				1720x
Caerfyrddin / Carmarthen	a	1449		1542		1634				1732
Caerfyrddin / Carmarthen	d		1451	1546			1651			1736
Hendy-gwyn / Whitland	a		1508	1601			1708			1751
Hendy-gwyn / Whitland	d		1508	1601			1708			1751
Arberth / Narberth	d		1517x				1717x			
Cilgeti / Kilgetty	d		1527x				1727x			
Saundersfoot	d		1529x				1729x			
Dinbych-y-Pysgod / Tenby	d		1545				1745			
Penalun / Penally	d		1548x				1748x			
Maenorbyr / Manorbier	d		1554				1754			
Llandyfail / Lamphey	d		1602x				1802x			
Penfro / Pembroke	d		1605				1805			
Doc Penfro / Pembroke Dock	a		1618				1818			
Clunderwen	d			1608x						1758x
Clarbeston Road	d			1616x						1806x
Hwlfordd / Haverfordwest	d			1625						1814
Johnston	d			1633x						1822x
Aberdaugleddau / Milford Haven	a			1643						1836
Abergwaun ac Wdig / Fishguard & Goodwick	a									
Porthladd Abergwaun / Fishguard Harbour 	a									
Porthladd Rosslare Harbour 	a									

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	TfW	GW 1R	TfW R	GW 1R	TfW R	TfW	GW 1R	TfW R	TfW	GW 1R
Llundain Paddington / London Paddington 	d	1448		1548			1648			1748
Reading 	d	15 13		16 13			17 13			18 13
Parcfordd Bryste / Bristol Parkway 	d	1604		1704			1805			1904
Bryste Temple Meads / Bristol Temple Meads 	d	1457	152 1	1556	1626		1656	1722	1756	1822
Filton Abbey Wood	d	1506	1534	1605	1637		1707	1730	1804	1840
Manceinion Piccadilly / Manchester Piccadilly 	d		133 1		143 1			153 1		
Caerloyw / Gloucester 	d									
Casnewydd / Newport	d		1624	1645	1724	1730		1825	184 1	1924
Caerdydd Canolog / Cardiff Central 	a		1635	1700	1736	1743		1836	1857	1938
Caerdydd Canolog / Cardiff Central 	d	1602	1639	1704	1742	1746	1806	1840	1905	194 1
Parc Ninian / Ninian Park	d									
Pontyclun	d					18 18				
Llanharan	d		17 19							
Pencoed	d					1825				
Pen-y-Bont ar Ogwr / Bridgend	a	1622	1657	1728	1800	1806	183 1	1858	1925	1959
Pen-y-Bont ar Ogwr / Bridgend	d	1623	1658	1729	180 1	1806	183 1	1859	1926	2000
Y Pîl / Pyle	d	163 1		1736		18 14	1839		1933	
Parcfordd Port Talbot Parkway	d	1639	17 11	1743	18 14	182 1	1847	19 14	194 1	20 13
Baglan	d		1747			185 1		1944		
Llansawel / Briton Ferry	d		1750			1854		1948		
Castell Nedd / Neath	d	1648	17 18	1755	182 1	1828	1859	192 1	1952	2020
Sgiwen / Skewen	d		1758			1902		1957		
Llansamlet	d		1802			1906		200 1		
Abertawe / Swansea	a	170 1	1730	18 11	1833	1842	19 15	1933	20 10	2032
Abertawe / Swansea	d	1709		18 16		1846		20 13		2 105
Tre-gwyr / Gowerton	d	172 1		1827		1857		2024		
Llanelli	a	1728		1834		1905		2032		2 119
Llanelli	d	1729		1834		1905		2032		2 12 1
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	1735		1840		19 11		2038		2 127
Cydweli / Kidwelly	d	1742x		1847x						
Glanyfferi / Ferryside	d	1748x		1853x						
Caerfyrddin / Carmarthen	a	180 1		1905		193 1		2059		2 149
Caerfyrddin / Carmarthen	d					1935			2 103	
Hendy-gwyn / Whitland	a					1950			2 119	
Hendy-gwyn / Whitland	d					1950			2 119	
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					1957x			2 126x	
Clarbeston Road	d					2005x			2 134	
Hwlfordd / Haverfordwest	d					20 14				
Johnston	d					2022x				
Aberdaugleddau / Milford Haven	a					2036				
Abergwaun ac Wdig / Fishguard & Goodwick	a								2 152	
Porthladd Abergwaun / Fishguard Harbour 	a								2 159	
Porthladd Rosslare Harbour 	a									

Mae'n bosibl na fydd tocynnau Off-Peak Day yn ddilys i deithio rhwng 0430 a 0930 ac ar gyfer teithiau sy'n cychwyn rhwng 1600 a 1829 Llun-Gwener. Dylech wirio am unrhyw gyfyngiadau cyn teithio.
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	TfW R	GW R	GW R	TfW	GW R	GW R	TfW FO	TfW FX	GW R FO	GW R FX
Llundain Paddington / London Paddington  d		18 18	1848		19 18	1948			20 48	2048
Reading  d		1843	19 13		19 43	20 13			21 13	21 13
Parcfordd Bryste / Bristol Parkway  d		1939	2004		2038	2 105			2203	2203
Bryste Temple Meads / Bristol Temple Meads  d			1923	1956		2020	2057		2 130	
Filton Abbey Wood d			1940	2006		2028	2 105		2 138	
Manceinion Piccadilly / Manchester Piccadilly  d	163 1						183 1	183 1		
Caerloyw / Gloucester  d										
Casnewydd / Newport d	1932	2001	2028		2 100	2 127	2 153	2 156	2226	2234
Caerdydd Canolog / Cardiff Central  a	1945	20 13	2039		2 115	2 140	2208	22 11	2239	2249
Caerdydd Canolog / Cardiff Central  d	1948	2021	2041	2 108	2 124	2 143	22 13	22 18	2250	2250
Parc Ninian / Ninian Park d										
Pontyclun d							2225	223 1		
Llanharan d							2230	2236		
Pencoed d							2234	2240		
Pen-y-Bont ar Ogwr / Bridgend a	2007	2047	2059	2 128	2 145	220 1	2239	2246	2308	2308
Pen-y-Bont ar Ogwr / Bridgend d	2007	2048	2 100	2 128	2 146	2202	2239	2246	2309	2309
Y Pyl / Pyle d				2 137						
Parcfordd Port Talbot Parkway d	20 19	2 103	2 114	2 145	2200	22 16	225 1	2259	2323	2323
Baglan d										
Llansawel / Briton Ferry d										
Castell Nedd / Neath d	2026	2 110	2 12 1	2 153	2207	2223	2258		2331	2331
Sgiwen / Skewen d										
Llansamlet d										
Abertawe / Swansea a	2041	2 12 1	2 133	2208	22 19	2235	23 12		2343	2343
Abertawe / Swansea d	2044			2225			23 18			
Tre-gwyr / Gowerton d	2055			2237			2329			
Llanelli a	2 103			2244			2336	2329		
Llanelli d	2 103			2245			2337	2333		
Pen-bre a Phorth Tywyn / Pembrey & Burry Port d	2 109			225 1			2343	2339		
Cydweli / Kidwelly d	2 116x			2258x			2349x	2345x		
Glanffery / Ferryside d	2 122x			2304x			2355x	235 1x		
Caerfyrddin / Carmarthen a	2 134			23 18			00 11	0004		
Caerfyrddin / Carmarthen d	2 142									
Hendy-gwyn / Whitland a	2 158									
Hendy-gwyn / Whitland d	2 158									
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	2204x									
Clarbeston Road d	22 12x									
Hwlfordd / Haverfordwest d	2223									
Johnston d	223 1x									
Aberdaugleddau / Milford Haven a	2246									
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 lau

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.
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	TfW	GW FR FO	GW FR FX	GW FR FX	GW FR FO	GW FR FX	GW FR FX			
Llundain Paddington / London Paddington 	d	2 148	2 148	2 148	2248	2248	2248			
Reading 	d	22 13	22 13	22 13	23 18	23 18	23 18			
Parcfordd Bryste / Bristol Parkway 	d	2304	2304	2304	00 15	00 15	00 15			
Bryste Temple Meads / Bristol Temple Meads 	d	2 155	2 234	2 234						
Filton Abbey Wood	d	2203	2242	2242						
Manceinion Piccadilly / Manchester Piccadilly 	d									
Caerloyw / Gloucester 	d									
Casnewydd / Newport	d	2325	2331	2331	0036	0045	0045			
Caerdydd Canolog / Cardiff Central 	a	2336	2347	2347	0047	0 100	0 100			
Caerdydd Canolog / Cardiff Central 	d	23 15	235 1	235 1	235 1	0050	0 103	0 103		
Parc Ninian / Ninian Park	d									
Pontyclun	d	2330								
Llanharan	d	2335								
Pencoed	d	2340								
Pen-y-Bont ar Ogwr / Bridgend	a	2347	00 13	00 13	0034	0 108	0 12 1	0 147		
Pen-y-Bont ar Ogwr / Bridgend	d	2347	00 14	00 14	0035	0 109	0 122	0 148		
Y Pîl / Pyle	d	2355								
Parcfordd Port Talbot Parkway	d	0003	0026	0026	0049	0 132	0 145	0202		
Baglan	d	0007								
Llansawel / Briton Ferry	d	0011								
Castell Nedd / Neath	d	00 16	0033	0033	0057	0 140	0 153	0209		
Sgiwen / Skewen	d	0020								
Llansamlet	d	0024								
Abertawe / Swansea	a	0034	0046	0046	0 109	0 152	0205	022 1		
Abertawe / Swansea	d	005 1								
Tre-gwyr / Gowerton	d	0 102s								
Llanelli	a	0 109s								
Llanelli	d	0 109s								
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	0 116s								
Cydweli / Kidwelly	d	0 123s								
Glanyfferi / Ferryside	d	0 129s								
Caerfyrddin / Carmarthen	a	0 142								
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

FO Dydd Gwener yn unig

FX Dydd Llun i ddydd lau

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FO Friday only

FX Monday to Thursday

	GW TR	GW TR	TfW	GW TR	TfW R	TfW	GW TR	TfW R	GW TR	TfW	
Porthladd Rosslare Harbour	d										
Porthladd Abergwaun / Fishguard Harbour	d										
Abergwaun ac Wdig / Fishguard & Goodwick	d										
Aberdaugleddau / Milford Haven	d							0554		0704	
Johnston	d							0602x		0712x	
Hwlfordd / Haverfordwest	d							0609		0719	
Clarbeston Road	d							0617x		0727x	
Clunderwen	d							0625x		0735x	
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							0631		0741	
Hendy-gwyn / Whitland	d							0631		0741	
Caerfyrddin / Carmarthen	a							0646		0757	
Caerfyrddin / Carmarthen	d		0501		0554	0615		0651	0722	0801	
Glanffery / Ferryside	d				0604x	0625x		0701x	0735	0811x	
Cydweli / Kidwelly	d				0610x	0631x		0707x	0742	0817x	
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d		0519		0617	0638		0714	0749	0824	
Llanelli	a		0524		0623	0645		0720	0755	0830	
Llanelli	d		0526		0624	0645		0721	0756	0831	
Tre-gwyr / Gowerton	d				0631	0653		0728		0837	
Abertawe / Swansea	a				0644	0705		0740	0812	0850	
Abertawe / Swansea	d	0356	0522		0622	0649	0710	0724	0747	0822	0854
Llansamlet	d							0717			
Sgiwen / Skewen	d							0721			
Castell Nedd / Neath	d	0408	0534		0634	0700	0726	0736	0759	0834	0905
Llansawel / Briton Ferry	d							0729			
Baglan	d							0733			
Parcfordd Port Talbot Parkway	d	0415	0541	0559	0641	0708	0737	0744	0806	0841	0913
Y Pil / Pyle	d			0606		0715	0744		0813		0921
Pen-y-Bont ar Ogwr / Bridgend	a	0428	0554	0613	0654	0722	0753	0757	0821	0854	0929
Pen-y-Bont ar Ogwr / Bridgend	d	0429	0555	0614	0655	0722	0753	0800	0821	0855	0929
Pencoed	d		0620				0813		0827		
Llanharan	d		0623		0730	0817					
Pontyclun	d		0628			0821		0834			
Parc Ninian / Ninian Park	d										
Caerdydd Canolog / Cardiff Central	a	0450	0616	0642	0716	0746	0835	0820	0847	0916	0950
Caerdydd Canolog / Cardiff Central	d	0514	0620	0652	0718	0750		0822	0851	0919	0953
Casnewydd / Newport	a	0524	0630	0705	0728	0803		0832	0904	0929	1006
Caerloyw / Gloucester	a										
Manceinion Piccadilly / Manchester Piccadilly	a			1014		1113			1212		1313
Filton Abbey Wood	a		0709	0806	0843	0906	0940		1006	1040	1106
Bryste Temple Meads / Bristol Temple Meads	a		0717	0814	0852	0915	0950		1016	1050	1115
Parcfordd Bryste / Bristol Parkway	a	0553	0652		0754			0854		0954	
Reading	a	0649	0745		0846			0946		1046	
Llundain Paddington / London Paddington	a	0714	0812		0912			1012		1111	

	TfW	TfW	GW 1R	TfW	GW 1R	TfW R	TfW	GW 1R	TfW R	GW 1R
Porthladd Rosslare Harbour	d									
Porthladd Abergwaun / Fishguard Harbour	d									
Abergwaun ac Wdig / Fishguard & Goodwick	d									
Aberdaugleddau / Milford Haven	d					0900				
Johnston	d					0908x				
Hwlfordd / Haverfordwest	d					0915				
Clarbeston Road	d					0923x				
Clunderwen	d					0931x				
Doc Penfro / Pembroke Dock	d	0659						0909		
Penfro / Pembroke	d	0707						0917		
Llandyfail / Lamphey	d	0710x						0920x		
Maenorbyr / Manorbier	d	0719						0929		
Penalun / Penally	d	0724x						0934x		
Dinbych-y-Pysgod / Tenby	d	0729						0939		
Saundersfoot	d	0737x						0947x		
Cilgeti / Kilgetty	d	0739x						0949x		
Arberth / Narberth	d	0749x						0959x		
Hendy-gwyn / Whitland	a	0757				0938	1007			
Hendy-gwyn / Whitland	d	0757				0938	1007			
Caerfyrddin / Carmarthen	a	0815				0954	1025			
Caerfyrddin / Carmarthen	d		0815		0859		0959			1101
Glanffery / Ferryside	d		0825		0909x					1111x
Cydweli / Kidwelly	d		0831		0915x					1117x
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d		0838		0922		1017			1124
Llanelli	a		0844		0928		1023			1130
Llanelli	d		0844		0929		1024			1131
Tre-gwyr / Gowerton	d				0936					1138
Abertawe / Swansea	a		0900		0949		1041			1150
Abertawe / Swansea	d		0907	0923	0954	1022	1045		1122	1159
Llansamlet	d		0914				1051			
Sgiwen / Skewen	d		0918				1055			
Castell Nedd / Neath	d		0922	0935	1006	1034	1100		1135	1210
Llansawel / Briton Ferry	d		0925				1103			
Baglan	d		0929				1107			
Parcfordd Port Talbot Parkway	d		0933	0942	1014	1041	1111		1144	1218
Y Pil / Pyle	d		0940		1020		1118			
Pen-y-Bont ar Ogwr / Bridgend	a		0949	0955	1027	1054	1126		1156	1231
Pen-y-Bont ar Ogwr / Bridgend	d		0951	0956	1028	1055	1126		1157	1231
Pencoed	d									
Llanharan	d									
Pontyclun	d									
Parc Ninian / Ninian Park	d									
Caerdydd Canolog / Cardiff Central	a		1014	1017	1049	1116	1149		1218	1252
Caerdydd Canolog / Cardiff Central	d			1019	1053	1119	1154		1220	1255
Casnewydd / Newport	a			1029	1106	1129	1207		1230	1308
Caerloyw / Gloucester	a									1330
Manceinion Piccadilly / Manchester Piccadilly	a				1413		1513			1613
Filton Abbey Wood	a		1141		1206		1303		1340	1406
Bryste Temple Meads / Bristol Temple Meads	a		1150		1216		1312		1350	1415
Parcfordd Bryste / Bristol Parkway	a			1055		1154			1254	1354
Reading	a			1148		1246			1346	1446
Llundain Paddington / London Paddington	a			1213		1312			1411	1513

	TfW R	TfW	GW R	TfW	TfW R	GW R	TfW R	TfW	GW R	TfW R
Porthladd Rosslare Harbour	d									
Porthladd Abergwaun / Fishguard Harbour	d				124 1					
Abergwaun ac Wdig / Fishguard & Goodwick	d				1244					
Aberdaugleddau / Milford Haven	d	110 1					1300			
Johnston	d	1109x					1308x			
Hwlfordd / Haverfordwest	d	11 16					13 15			
Clarbeston Road	d	1124x			1303		1323x			
Clunderwen	d	1132x					133 1x			
Doc Penfro / Pembroke Dock	d		1114					13 12		
Penfro / Pembroke	d		1122					1320		
Llandyfail / Lamphey	d		1125x					1323x		
Maenorbyr / Manorbier	d		1134					1332		
Penalun / Penally	d		1139x					1337x		
Dinbych-y-Pysgod / Tenby	d		1149					1348		
Saundersfoot	d		1157x					1356x		
Cilgeti / Kilgetty	d		1159x					1358x		
Arberth / Narberth	d		1209x					1408x		
Hendy-gwyn / Whitland	a	1139	12 18			13 15	1337	14 17		
Hendy-gwyn / Whitland	d	1139	12 18			13 16	1337	14 17		
Caerfyrddin / Carmarthen	a	1155	1235			1332	1353	1434		
Caerfyrddin / Carmarthen	d	1159			1300	1336	1358			150 1
Glanffery / Ferryside	d				13 10x	1346x				15 11x
Cydweli / Kidwelly	d				13 16x	1352x				15 17x
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	12 17			1323	1359		14 16		1524
Llanelli	a	1223			1329	1406		1422		1530
Llanelli	d	1224			1330	1406		1423		1531
Tre-gwyr / Gowerton	d	1231			1337			1430		1538
Abertawe / Swansea	a	1243			1350			1443		1550
Abertawe / Swansea	d	1247	1322	1400		1423	1447		1523	1555
Llansamlet	d	1254						1454		
Sgiwen / Skewen	d	1258						1458		
Castell Nedd / Neath	d	1302	1334	14 11		1435	1502		1534	1606
Llansawel / Briton Ferry	d	1306						1506		
Baglan	d	1309						15 10		
Parcfordd Port Talbot Parkway	d	13 13	134 1	14 19	1434	1442	15 14		1543	16 14
Y Pil / Pyle	d	1320						152 1		162 1
Pen-y-Bont ar Ogwr / Bridgend	a	1328	1354	143 1	1449	1455	1529		1555	1629
Pen-y-Bont ar Ogwr / Bridgend	d	1328	1356	143 1	1449	1456	1529		1557	1629
Pencoed	d									
Llanharan	d									
Pontyclun	d									
Parc Ninian / Ninian Park	d									
Caerdydd Canolog / Cardiff Central	a	1349	14 17	1453	152 1	15 17	155 1		16 18	1650
Caerdydd Canolog / Cardiff Central	d	1355	142 1	1456		15 19	1555		1623	1654
Casnewydd / Newport	a	1408	1432	1509		1529	1608		1633	1707
Caerloyw / Gloucester	a									
Manceinion Piccadilly / Manchester Piccadilly	a	17 14		18 14			19 15			20 12
Filton Abbey Wood	a	1506	1542	1606			1706		1740	1806
Bryste Temple Meads / Bristol Temple Meads	a	15 15	1550	16 18			17 14		175 1	18 14
Parcfordd Bryste / Bristol Parkway	a		1454			1554			1656	
Reading	a		1547			1646			1747	
Llundain Paddington / London Paddington	a		16 12			17 12			18 11	

		GW 1R	TfW R	TfW	TfW	GW 1R	TfW	GW 1R	TfW	TfW	TfW
Porthladd Rosslare Harbour	d										
Porthladd Abergwaun / Fishguard Harbour	d										
Abergwaun ac Wdig / Fishguard & Goodwick	d										
Aberdaugleddau / Milford Haven	d		1509						1709		
Johnston	d		15 17x						17 17x		
Hwlfordd / Haverfordwest	d		1524						1724		
Clarbeston Road	d		1532x						1732x		
Clunderwen	d		1540x						1740x		
Doc Penfro / Pembroke Dock	d			1509							17 12
Penfro / Pembroke	d			15 17							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	16 12					1747	18 14	
Hendy-gwyn / Whitland	d		1546	16 12					1747	18 14	
Caerfyrddin / Carmarthen	a		1602	163 1					1803	1832	
Caerfyrddin / Carmarthen	d		1606				170 1		1807		
Glanyfferi / Ferryside	d						17 1 1x		18 17x		
Cydweli / Kidwelly	d						17 17x		1823x		
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d		1624				1724		1829		
Llanelli	a		1630				1730		1836		
Llanelli	d		1631				173 1		1836		
Tre-gwyr / Gowerton	d		1638				1738		1843		
Abertawe / Swansea	a		1651				1750		1855		
Abertawe / Swansea	d	1622	1658		17 12	1726	1755	1822	1900		19 10
Llansamlet	d				17 19						19 17
Sgiwen / Skewen	d				1723						192 1
Castell Nedd / Neath	d	1634	1709		1727	1738	1806	1834	19 11		1925
Llansawel / Briton Ferry	d				173 1						1929
Baglan	d				1734						1932
Parcfordd Port Talbot Parkway	d	1641	17 17		1739	1745	18 13	184 1	19 19		1937
Y Pil / Pyle	d		1724		1746		18 19				1944
Pen-y-Bont ar Ogwr / Bridgend	a	1654	1732		1755	1759	1827	1854	1932		1953
Pen-y-Bont ar Ogwr / Bridgend	d	1655	1732		1755	1800	1827	1855	1933		1953
Pencoed	d										
Llanharan	d										
Pontyclun	d										
Parc Ninian / Ninian Park	d										
Caerdydd Canolog / Cardiff Central	a	17 16	1753		1822	182 1	1848	19 16	1956		20 17
Caerdydd Canolog / Cardiff Central	d	17 19	1756			1823	185 1	19 19			
Casnewydd / Newport	a	1729	1809			1833	1904	1929			
Caerloyw / Gloucester	a										
Manceinion Piccadilly / Manchester Piccadilly	a		2 1 15				22 13				
Filton Abbey Wood	a	1840	1906		1940		2006		2 106		2 14 1
Bryste Temple Meads / Bristol Temple Meads	a	1850	19 14		1950		20 15		2 1 15		2 15 1
Parcfordd Bryste / Bristol Parkway	a	1754				1855		1954			
Reading	a	1846				1946		2046			
Llundain Paddington / London Paddington	a	19 14				20 11		2 1 11			

		GW 1R	TfW	GW 1R F	TfW	TfW	TfW	TfW	TfW	TfW	
Porthladd Rosslare Harbour	d										
Porthladd Abergwaun / Fishguard Harbour	d									22 12	
Abergwaun ac Wdig / Fishguard & Goodwick	d									22 15	
Aberdaugleddau / Milford Haven	d				19 12				2 116		2308
Johnston	d				1920x				2 124x		23 16x
Hwlfordd / Haverfordwest	d				1927				2 13 1		2323
Clarbeston Road	d				1935x				2 139x	2234	233 1x
Clunderwen	d				1943x				2 147x	2242x	2339x
Doc Penfro / Pembroke Dock	d						1904				
Penfro / Pembroke	d						19 12				
Llandyfail / Lamphey	d						19 15x				
Maenorbyr / Manorbier	d						1924				
Penalun / Penally	d						1929x				
Dinbych-y-Pysgod / Tenby	d						1939				
Saundersfoot	d						1947x				
Cilgeti / Kilgetty	d						1949x				
Arberth / Narberth	d						1959x				
Hendy-gwyn / Whitland	a				1949	2007			2 154	2249	2345
Hendy-gwyn / Whitland	d				1949	2007			2 154	2249	2346
Caerfyrddin / Carmarthen	a				2005	2025			22 11	2305	0004
Caerfyrddin / Carmarthen	d		1853		2009			2 100		2309	
Glanyfferi / Ferryside	d		1904x					2 110x		23 19x	
Cydweli / Kidwelly	d		19 10x					2 116x		2325x	
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d		19 18		2027			2 123		2332	
Llanelli	a		1925		2033			2 129		2339	
Llanelli	d		1925		2034			2 130		2339	
Tre-gwyr / Gowerton	d		1933		2041			2 137		2347	
Abertawe / Swansea	a		1947		2053			2 150		2359	
Abertawe / Swansea	d	1926	1952	2022	2057			2 153			
Llansamlet	d							2 159			
Sgiwen / Skewen	d							2203			
Castell Nedd / Neath	d	1938	2003	2034	2 108			2208			
Llansawel / Briton Ferry	d							22 11			
Baglan	d							22 15			
Parcfordd Port Talbot Parkway	d	1945	20 11	2041	2 115			22 19			
Y Pyl / Pyle	d							2226			
Pen-y-Bont ar Ogwr / Bridgend	a	1958	2025	2054	2 127			2233			
Pen-y-Bont ar Ogwr / Bridgend	d	1959	2025	2055	2 127			2234			
Pencoed	d										
Llanharan	d										
Pontyclun	d										
Parc Ninian / Ninian Park	d										
Caerdydd Canolog / Cardiff Central	a	2020	2048	2 116	2 149			2257			
Caerdydd Canolog / Cardiff Central	d	2023		2 118							
Casnewydd / Newport	a	2033		2 129							
Caerloyw / Gloucester	a										
Manceinion Piccadilly / Manchester Piccadilly	a										
Filton Abbey Wood	a										
Bryste Temple Meads / Bristol Temple Meads	a										
Parcfordd Bryste / Bristol Parkway	a	2055		2 150							
Reading	a	2 150									
Llundain Paddington / London Paddington	a	22 15									








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F I Swindon











Notes

F To Swindon

	TfW	TfW	TfW	TfW	TfW	TfW	TfW	TfW	GW 1R	GW 1R	TfW
Llundain Paddington / London Paddington 15 	d									0648	
Reading 7 	d									0713	
Parcfordd Bryste / Bristol Parkway 7	d								0724	0804	
Bryste Temple Meads / Bristol Temple Meads 10 	d							0657	0705	0728	0757
Filton Abbey Wood	d							0709	0713	0735	0805
Manceinion Piccadilly / Manchester Piccadilly 10	d										
Caerloyw / Gloucester 7	d										
Casnewydd / Newport	d							0739	0746	0826	0840
Caerdydd Canolog / Cardiff Central 7	a							0751	0758	0838	0856
Caerdydd Canolog / Cardiff Central 7	d					0535	0643	0756	0803	0842	0858
Parc Ninian / Ninian Park	d										
Pontyclun	d					0548					
Llanharan	d					0553					
Pencoed	d					0557					
Pen-y-Bont ar Ogwr / Bridgend	a					0604	0703	0815	0821	0900	0919
Pen-y-Bont ar Ogwr / Bridgend	d					0604	0703	0816	0822	0901	0919
Y Pîl / Pyle	d					0611	0711	0823			0926
Parcfordd Port Talbot Parkway	d					0620	0718	0830	0836	0915	0933
Baglan	d					0623	0722				0937
Llansawel / Briton Ferry	d					0627	0725				0940
Castell Nedd / Neath	d					0632	0729	0838	0843	0923	0945
Sgiwen / Skewen	d					0636	0733				0948
Llansamlet	d					0641	0738				0952
Abertawe / Swansea	a					0651	0747	0851	0855	0935	1002
Abertawe / Swansea	d					0654	0752	0902			1005
Tre-gwyr / Gowerton	d					0705	0804	0913			1016
Llanelli	a					0713	0811	0921			1023
Llanelli	d					0713	0812	0921			1023
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d					0719	0818	0927			1029
Cydweli / Kidwelly	d					0725x	0825x	0934x			1035x
Glanyfferi / Ferryside	d					0731x	0831x	0940x			1041x
Caerfyrddin / Carmarthen	a					0744	0844	0952			1052
Caerfyrddin / Carmarthen	d	0449	0530	0600	0640	0747	0848	0957			
Hendy-gwyn / Whitland	a	0505	0547	0615	0657	0802	0904	1014			
Hendy-gwyn / Whitland	d	0505	0547	0615	0659	0802	0907	1014			
Arberth / Narberth	d		0556x		0708x		0916x				
Kilgetty / Kilgetty	d		0606x		0717x		0925x				
Saundersfoot	d		0608x		0719x		0927x				
Dinbych-y-Pysgod / Tenby	d		0624		0732		0942				
Penalun / Penally	d		0627x		0735x		0945x				
Maenorbyr / Manorbier	d		0633		0741		0951				
Llandyfail / Lamphey	d		0641x		0749x		0958x				
Penfro / Pembroke	d		0644		0752		1001				
Doc Penfro / Pembroke Dock	a		0656		0804		1013				
Clunderwen	d	0512x		0622x		0809x		1021x			
Clarbeston Road	d	0519x		0630x		0817x		1029x			
Hwlfordd / Haverfordwest	d	0531		0638		0826		1037			
Johnston	d	0540x		0646x		0834x		1045x			
Aberdaugleddau / Milford Haven	a	0552		0658		0845		1059			
Abergwaun ac Wdig / Fishguard & Goodwick	a										
Porthladd Abergwaun / Fishguard Harbour 80 	a										
Porthladd Rosslare Harbour 	a										

	TfW	GW 1R	TfW	TfW	GW 1R	TfW	GW 1R	TfW	TfW	GW 1R
Llundain Paddington / London Paddington 	d	0748			0848		0948			1048
Reading 	d	0813			0913		1013			1113
Parcffordd Bryste / Bristol Parkway 	d	0905			1005		1104			1204
Bryste Temple Meads / Bristol Temple Meads 	d			0857	0929	0957	1032		1057	1127
Filton Abbey Wood	d			0907	0938	1007	1040		1107	1140
Manceinion Piccadilly / Manchester Piccadilly 	d			0630		0731			0830	
Caerloyw / Gloucester 	d									
Casnewydd / Newport	d	0927		0941	1025	1041	1125		1137	1225
Caerdydd Canolog / Cardiff Central 	a	0939		0959	1040	1054	1137		1154	1237
Caerdydd Canolog / Cardiff Central 	d	0942		1000	1042	1057	1140		1204	1240
Parc Ninian / Ninian Park	d									
Pontyclun	d									
Llanharan	d									
Pencoed	d									
Pen-y-Bont ar Ogwr / Bridgend	a	1000		1020	1100	1117	1158		1224	1258
Pen-y-Bont ar Ogwr / Bridgend	d	1001		1020	1101	1118	1159		1224	1259
Y Pyl / Pyle	d					1126				
Parcffordd Port Talbot Parkway	d	1015		1032	1115	1133	1213		1235	1313
Baglan	d					1137				
Llansawel / Briton Ferry	d					1140				
Castell Nedd / Neath	d	1022		1039	1122	1145	1220		1242	1320
Sgiwen / Skewen	d					1148				
Llansamlet	d					1152				
Abertawe / Swansea	a	1034		1054	1134	1201	1232		1256	1332
Abertawe / Swansea	d		1059	1105		1205			1300	
Tre-gwyr / Gowerton	d			1117		1216			1311	
Llanelli	a		1116	1125		1223			1319	
Llanelli	d		1116	1125		1224			1319	
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d			1131		1230			1325	
Cydweli / Kidwelly	d					1236x				
Glanyfferi / Ferryside	d					1242x				
Caerfyrddin / Carmarthen	a			1151		1253			1345	
Caerfyrddin / Carmarthen	d	1055		1156				1258	1355	
Hendy-gwyn / Whitland	a	1111		1151	1211			1314	1410	
Hendy-gwyn / Whitland	d	1111		1151	1211			1314	1410	
Arberth / Narberth	d	1120x						1323x		
Cilgeti / Kilgetty	d	1130x						1333x		
Saundersfoot	d	1132x						1335x		
Dinbych-y-Pysgod / Tenby	d	1145						1345		
Penalun / Penally	d	1148x						1348x		
Maenorbyr / Manorbier	d	1154						1354		
Llandyfail / Lamphey	d	1202x						1402x		
Penfro / Pembroke	d	1205						1405		
Doc Penfro / Pembroke Dock	a	1219						1418		
Clunderwen	d			1218x					1417x	
Clarbeston Road	d		1204	1226x					1425x	
Hwlfordd / Haverfordwest	d			1234					1434	
Johnston	d			1242x					1442x	
Aberdaugleddau / Milford Haven	a			1256					1456	
Abergwaun ac Wdig / Fishguard & Goodwick	a		1223							
Porthladd Abergwaun / Fishguard Harbour 	a		1230							
Porthladd Rosslare Harbour 	a									

	TfW	TfW	GW R	TfW R	GW R	TfW	TfW	TfW	TfW R	GW R
Llundain Paddington / London Paddington 	d		1148		1248					1348
Reading 	d		1213		1313					1413
Parcfordd Bryste / Bristol Parkway 	d		1304		1404					1504
Bryste Temple Meads / Bristol Temple Meads 	d	1157	1232	1257	1332	1357			1427	
Filton Abbey Wood	d	1207	1240	1307	1346	1407			1438	
Manceinion Piccadilly / Manchester Piccadilly 	d	0931		1031		1131			1230	
Caerloyw / Gloucester 	d									
Casnewydd / Newport	d	1240	1325	1337	1425	1441			1522	1527
Caerdydd Canolog / Cardiff Central 	a	1255	1337	1354	1437	1455			1537	1541
Caerdydd Canolog / Cardiff Central 	d	1257	1341	1403	1441	1505		1513	1540	1544
Parc Ninian / Ninian Park	d									
Pontyclun	d									
Llanharan	d									
Pencoed	d									
Pen-y-Bont ar Ogwr / Bridgend	a	1318	1359	1423	1459	1525		1534	1600	1606
Pen-y-Bont ar Ogwr / Bridgend	d	1318	1400	1424	1500	1525		1534	1601	1607
Y Pîl / Pyle	d	1325						1542		
Parcfordd Port Talbot Parkway	d	1332	1414	1436	1514	1537		1550	1615	1621
Baglan	d	1336						1553		
Llansawel / Briton Ferry	d	1340						1557		
Castell Nedd / Neath	d	1344	1421	1443	1521	1544		1601	1622	1628
Sgiwen / Skewen	d	1347						1606		
Llansamlet	d	1352						1610		
Abertawe / Swansea	a	1401	1433	1456	1533	1558		1620	1635	1640
Abertawe / Swansea	d	1405		1501		1602			1639	
Tre-gwyr / Gowerton	d	1416		1512		1613			1650	
Llanelli	a	1423		1520		1621			1658	
Llanelli	d	1423		1520		1621			1658	
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	1429		1526		1627			1704	
Cydweli / Kidwelly	d	1435x				1634x			1711x	
Glanyfferi / Ferryside	d	1441x				1640x			1717x	
Caerfyrddin / Carmarthen	a	1452		1546		1655			1729	
Caerfyrddin / Carmarthen	d		1458	1550		1700		1733		
Hendy-gwyn / Whitland	a		1514	1605		1717		1748		
Hendy-gwyn / Whitland	d		1514	1605		1717		1748		
Arberth / Narberth	d		1523x			1726x				
Cilgeti / Kilgetty	d		1533x			1735x				
Saundersfoot	d		1535x			1737x				
Dinbych-y-Pysgod / Tenby	d		1545			1747				
Penalun / Penally	d		1548x			1750x				
Maenorbyr / Manorbier	d		1554			1757				
Llandyfail / Lamphey	d		1602x			1804x				
Penfro / Pembroke	d		1605			1807				
Doc Penfro / Pembroke Dock	a		1618			1820				
Clunderwen	d			1612x				1755x		
Clarbeston Road	d			1620x				1803x		
Hwlfordd / Haverfordwest	d			1628				1811		
Johnston	d			1636x				1819x		
Aberdaugleddau / Milford Haven	a			1650				1833		
Abergwaun ac Wdig / Fishguard & Goodwick	a									
Porthladd Abergwaun / Fishguard Harbour 	a									
Porthladd Rosslare Harbour 	a									

	TfW	GW 1R	TfW R	GW 1R	TfW	TfW R	GW 1R	TfW R	TfW	GW 1R
Llundain Paddington / London Paddington  d		1448		1548			1648			1748
Reading  d		15 13		16 13			17 13			18 13
Parcffordd Bryste / Bristol Parkway  d		1604		1704			1804			1904
Bryste Temple Meads / Bristol Temple Meads  d	1457	1527	1557	1632		1657	1732			1832
Filton Abbey Wood d	1507	1540	1607	1640		1707	1741			1840
Manceinion Piccadilly / Manchester Piccadilly  d			133 1			143 1		153 1		
Caerloyw / Gloucester  d	1442									
Casnewydd / Newport d	1537	1625	1641	1725		1740	1825	1842		1927
Caerdydd Canolog / Cardiff Central  a	1553	1637	1657	1738		1756	1837	1858		1940
Caerdydd Canolog / Cardiff Central  d	1604	1641	1704	1739	1744	1804	1840	1903		1942
Parc Ninian / Ninian Park d										
Pontyclun d										
Llanharan d										
Pencoed d										
Pen-y-Bont ar Ogwr / Bridgend a	1623	1659	1725	1757	1804	1824	1858	1923		2000
Pen-y-Bont ar Ogwr / Bridgend d	1623	1700	1725	1758	1804	1824	1859	1924		2001
Y Pîl / Pyle d	1631		1732		18 12	1832		193 1		
Parcffordd Port Talbot Parkway d	1638	17 14	1739	18 12	1820	1839	19 13	1939		20 15
Baglan d			1743		1824			1943		
Llansawel / Briton Ferry d			1746		1827			1946		
Castell Nedd / Neath d	1646	172 1	175 1	1820	1832	1847	192 1	195 1		2022
Sgiwen / Skewen d			1754		1835			1954		
Llansamlet d			1758		1839			1959		
Abertawe / Swansea a	1659	1733	1807	1832	1850	1900	1933	2009		2034
Abertawe / Swansea d	1704		18 11			1905		20 13		
Tre-gwyr / Gowerton d	17 15		1822			19 16		2024		
Llanelli a	1722		1830			1924		2032		
Llanelli d	1722		1830			1924		2032		
Pen-bre a Phorth Tywyn / Pembrey & Burry Port d	1728		1836			1930		2038		
Cydweli / Kidwelly d	1736x		1843x							
Glanyfferi / Ferryside d	1742x		1849x							
Caerfyrddin / Carmarthen a	1754		190 1			1950		2058		
Caerfyrddin / Carmarthen d						1957			2 107	
Hendy-gwyn / Whitland a						20 12			2 123	
Hendy-gwyn / Whitland d						20 13			2 123	
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						2020x				
Clarbeston Road d						2028x			2 136	
Hwlfordd / Haverfordwest d						2036				
Johnston d						2044x				
Aberdaugleddau / Milford Haven a						2059				
Abergwaun ac Wdig / Fishguard & Goodwick a									2 155	
Porthladd Abergwaun / Fishguard Harbour  a									2203	
Porthladd Rosslare Harbour  a										

		TfW R	GW R	TfW	GW R	TfW	TfW	GW R			
Llundain Paddington / London Paddington	d		1848		1948			2048			
Reading	d		19 13		20 13			2 113			
Parcffordd Bryste / Bristol Parkway	d		2004		2 113			2205			
Bryste Temple Meads / Bristol Temple Meads	d	1857	1926	1957							
Filton Abbey Wood	d	1907	1940	2007							
Manceinion Piccadilly / Manchester Piccadilly	d	163 1				183 1					
Caerloyw / Gloucester	d										
Casnewydd / Newport	d	1938	2026		2 136	2 147		2232			
Caerdydd Canolog / Cardiff Central	a	1957	2038		2 148	2205		2249			
Caerdydd Canolog / Cardiff Central	d	200 1	204 1	2 104	2 150	2208	2227	225 1			
Parc Ninian / Ninian Park	d										
Pontyclun	d					222 1	2239				
Llanharan	d					2225	2244				
Pencoed	d					2229	2248				
Pen-y-Bont ar Ogwr / Bridgend	a	202 1	2059	2 124	2208	2235	2255	2309			
Pen-y-Bont ar Ogwr / Bridgend	d	202 1	2 100	2 124	2209	2235	2255	23 10			
Y Pîl / Pyle	d			2 13 1			2303				
Parcffordd Port Talbot Parkway	d	2033	2 114	2 139	2223	2247	23 11	2324			
Baglan	d						23 14				
Llansawel / Briton Ferry	d						23 18				
Castell Nedd / Neath	d		2 12 1	2 147	2230	2254	2322	233 1			
Sgiwen / Skewen	d						2326				
Llansamlet	d						2330				
Abertawe / Swansea	a		2 133	2 159	2242	2307	2340	2343			
Abertawe / Swansea	d			2226		23 11					
Tre-gwyr / Gowerton	d			2238		2322					
Llanelli	a	2 103		2245		2329					
Llanelli	d	2 103		2246		2330					
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	2 109		2252		2336					
Cydweli / Kidwelly	d	2 116x		2258x		2342x					
Glanyfferi / Ferryside	d	2 122x		2304x		2348x					
Caerfyrddin / Carmarthen	a	2 135		2320		0004					
Caerfyrddin / Carmarthen	d	2200									
Hendy-gwyn / Whitland	a	22 15									
Hendy-gwyn / Whitland	d	22 15									
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	2222x									
Clarbeston Road	d	2230x									
Hwlfordd / Haverfordwest	d	2238									
Johnston	d	2246x									
Aberdaugleddau / Milford Haven	a	2300									
Abergwaun ac Wdig / Fishguard & Goodwick	a										
Porthladd Abergwaun / Fishguard Harbour	a										
Porthladd Rosslare Harbour	a										

		GW TfR	TfW R	GW TfR G	GW TfR H	TfW R	GW TfR G	GW TfR H	TfW	TfW	GW TfR H
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									0944	
Glanyfferi / Ferryside	d									0955x	
Cydweli / Kidwelly	d									100 tx	
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d									1009	
Llanelli	a									10 16	
Llanelli	d									10 16	
Tre-gwyr / Gowerton	d									1024	
Abertawe / Swansea	a									1038	
Abertawe / Swansea	d	0753	0826	0920	0920	0935	1022	1022	1032		1122
Llansamlet	d										
Sgiwen / Skewen	d										
Castell Nedd / Neath	d	0805	0837	0934	0934	0946	1034	1034	1043		1133
Llansawel / Briton Ferry	d										
Baglan	d										
Parcfordd Port Talbot Parkway	d	08 11	0846	0940	0940	0954	1040	1040	105 1		1140
Y Pyl / Pyle	d		0853			100 1			1058		
Pen-y-Bont ar Ogwr / Bridgend	a	0825	0902	0954	0954	1009	1054	1054	1107		1153
Pen-y-Bont ar Ogwr / Bridgend	d	0826	0903	0955	0955	1009	1055	1055	1107		1153
Pencoed	d										
Llanharan	d										
Pontyclun	d										
Parc Ninian / Ninian Park	d										
Caerdydd Canolog / Cardiff Central	a	0847	0925	10 16	10 16	103 1	1116	1116	1130		12 14
Caerdydd Canolog / Cardiff Central	d	0849	0929	1020	1020	1034	1120	1120	1139		1220
Casnewydd / Newport	a	0904	0947	1029	1029	1049	1129	1129	1154		1229
Caerloyw / Gloucester	a										
Manceinion Piccadilly / Manchester Piccadilly	a		13 15			14 17			15 15		
Filton Abbey Wood	a			1129					1300		1341
Bryste Temple Meads / Bristol Temple Meads	a			1138					13 10		1349
Parcfordd Bryste / Bristol Parkway	a	0932		105 1	1053		115 1	115 1			1252
Reading	a	1026		1143	1144		1243	1245			1345
Llundain Paddington / London Paddington	a	1052		12 14	12 14		13 16	1309			14 16

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		GW 1R G	TfW	TfW	GW 1R H	GW 1R G	TfW R	GW 1R G	GW 1R H	TfW R	TfW
Porthladd Rosslare Harbour	d										
Porthladd Abergwaun / Fishguard Harbour	d										
Abergwaun ac Wdig / Fishguard & Goodwick	d										
Aberdaugleddau / Milford Haven	d										1124
Johnston	d										1132x
Hwlfordd / Haverfordwest	d										1139
Clarbeston Road	d										1147x
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
Hendy-gwyn / Whitland	d										1202 1258
Caerfyrddin / Carmarthen	a										1217 1315
Caerfyrddin / Carmarthen	d		1030	1053							1229 1319
Glanyfferi / Ferryside	d			1104x							1330x
Cydweli / Kidwelly	d			1110x							1336x
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d		1048	1118							1247 1344
Llanelli	a		1054	1125							1254 1351
Llanelli	d		1055	1125							1254 1351
Tre-gwyr / Gowerton	d		1102	1133							1301 1359
Abertawe / Swansea	a		1117	1148							1313 1416
Abertawe / Swansea	d	1122	1130		1222	1222	1251	1322	1322	1343	
Llansamlet	d										
Sgiwen / Skewen	d										
Castell Nedd / Neath	d	1133	1141		1234	1234	1303	1334	1334	1354	
Llansawel / Briton Ferry	d										
Baglan	d										
Parcfordd Port Talbot Parkway	d	1140	1149		1240	1240	1310	1340	1340	1402	
Y Pyl / Pyle	d		1156				1317				1409
Pen-y-Bont ar Ogwr / Bridgend	a	1153	1204		1254	1254	1326	1353	1353	1417	
Pen-y-Bont ar Ogwr / Bridgend	d	1153	1204		1255	1255	1326	1354	1354	1417	
Pencoed	d										
Llanharan	d										
Pontyclun	d										
Parc Ninian / Ninian Park	d										
Caerdydd Canolog / Cardiff Central	a	1214	1227		1316	1316	1347	1417	1417	1440	
Caerdydd Canolog / Cardiff Central	d	1220	1236		1320	1320	1350	1420	1420	1454	
Casnewydd / Newport	a	1229	1249		1329	1329	1403	1429	1429	1508	
Caerloyw / Gloucester	a										
Manceinion Piccadilly / Manchester Piccadilly	a		1614				1717				1818
Filton Abbey Wood	a				1438		1459	1539		1602	
Bryste Temple Meads / Bristol Temple Meads	a				1447		1509	1548		1612	
Parcfordd Bryste / Bristol Parkway	a	1251			1353	1351		1451	1451		
Reading	a	1343			1445	1443		1544	1546		
Llundain Paddington / London Paddington	a	1414			1516	1511		1614	1615		

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	TfW	GW R G	GW R H	TfW R	GW R H	GW R G	TfW R	TfW	GW R H	GW R G
Porthladd Rosslare Harbour	d									
Porthladd Abergwaun / Fishguard Harbour	d	1240						1420		
Abergwaun ac Wdig / Fishguard & Goodwick	d	1243						1423		
Aberdaugleddau / Milford Haven	d						1330			
Johnston	d						1338x			
Hwlfordd / Haverfordwest	d						1345			
Clarbeston Road	d	1302					1353x	1442		
Clunderwen	d						140 1x			
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	13 15					1408	1455		
Hendy-gwyn / Whitland	d	13 15					1409	1455		
Caerfyrddin / Carmarthen	a	1332					1426	15 12		
Caerfyrddin / Carmarthen	d	1338			14 17	14 17	1440	15 17		
Glanyfferi / Ferryside	d				1430	1430		1528x		
Cydweli / Kidwelly	d				1437	1437		1534x		
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	1356			1444	1444	1458	1542		
Llanelli	a	1402			1450	1450	1504	1549		
Llanelli	d	1403			145 1	145 1	1505	1549		
Tre-gwyr / Gowerton	d	14 10					15 12	1558		
Abertawe / Swansea	a				1508	1508	1525	16 14		
Abertawe / Swansea	d		1420	1422	1457	15 17	15 17	1531		1622
Llansamlet	d									
Sgiwen / Skewen	d									
Castell Nedd / Neath	d	1427	1432	1434	1508	1529	1529	1542	1634	1634
Llansawel / Briton Ferry	d									
Baglan	d									
Parcfordd Port Talbot Parkway	d	1435	1438	1440	15 15	1535	1535	1549	1640	1640
Y Pil / Pyle	d			1522			1556			
Pen-y-Bont ar Ogwr / Bridgend	a	1448	1452	1454	1530	1549	1549	1604	1654	1654
Pen-y-Bont ar Ogwr / Bridgend	d	1448	1453	1455	1530	1550	1550	1604	1655	1655
Pencoed	d						16 10			
Llanharan	d						16 14			
Pontyclun	d						16 19			
Parc Ninian / Ninian Park	d									
Caerdydd Canolog / Cardiff Central	a	1509	15 14	15 16	1552	16 14	16 14	1633	17 16	17 16
Caerdydd Canolog / Cardiff Central	d		15 15	1520	1600	16 15	16 15	1640	1720	1720
Casnewydd / Newport	a		1526	1534	16 12	1626	1626	1654	1729	1729
Caerloyw / Gloucester	a									
Manceinion Piccadilly / Manchester Piccadilly	a				19 15			20 16		
Filton Abbey Wood	a	1636			1656	1738		1759	18 18	1838
Bryste Temple Meads / Bristol Temple Meads	a	1644			1707	1746		18 10	1828	1847
Parcfordd Bryste / Bristol Parkway	a		1547	1555		1648	1648		1752	175 1
Reading	a		1643	1647		1745	1743		1844	1843
Llundain Paddington / London Paddington	a		17 14	17 14		18 15	18 14		1909	19 11

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	TfW R	GW R G	GW R H	TfW R	GW R G	GW R H	TfW K	TfW	TfW	GW R G
Porthladd Rosslare Harbour	d									
Porthladd Abergwaun / Fishguard Harbour	d									
Abergwaun ac Wdig / Fishguard & Goodwick	d									
Aberdaugleddau / Milford Haven	d			153 1					1730	
Johnston	d			1539x					1738x	
Hwlfordd / Haverfordwest	d			1546					1745	
Clarbeston Road	d			1554x					1753x	
Clunderwen	d			1602x					180 1x	
Doc Penfro / Pembroke Dock	d							1624		
Penfro / Pembroke	d							1632		
Llandyfail / Lamphey	d							1635x		
Maenorbyr / Manorbier	d							1644		
Penalun / Penally	d							1649x		
Dinbych-y-Pysgod / Tenby	d							1654		
Saundersfoot	d							1702x		
Cilgeti / Kilgetty	d							1704x		
Arberth / Narberth	d							17 15x		
Hendy-gwyn / Whitland	a			1609				1724	1808	
Hendy-gwyn / Whitland	d			16 10				1724	1808	
Caerfyrddin / Carmarthen	a			1627				1742	1825	
Caerfyrddin / Carmarthen	d	1622	1622	1639				175 1		
Glanyfferi / Ferryside	d	1634	1634	1649x				1802x		
Cydweli / Kidwelly	d	1640	164 1	1655x				1809x		
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	1648	1649	1702				18 16		
Llanelli	a	1654	1655	1708				1823		
Llanelli	d	1655	1656	1709				1824		
Tre-gwyr / Gowerton	d			17 16				1832		
Abertawe / Swansea	a	17 11	17 14	1730				1849		
Abertawe / Swansea	d	1652	1720	1722	1737	1820	1822	1829		1920
Llansamlet	d									
Sgiwen / Skewen	d									
Castell Nedd / Neath	d	1703	1732	1733	1748	1832	1834	184 1		1932
Llansawel / Briton Ferry	d									
Baglan	d									
Parcfordd Port Talbot Parkway	d	17 11	1738	1740	1755	1838	1840	1849		1938
Y Pil / Pyle	d	17 18			1802			1857		
Pen-y-Bont ar Ogwr / Bridgend	a	1726	1752	1753	18 10	1852	1854	1906		1952
Pen-y-Bont ar Ogwr / Bridgend	d	1726	1752	1754	18 10	1853	1855	1906		1953
Pencoed	d									
Llanharan	d									
Pontyclun	d									
Parc Ninian / Ninian Park	d									
Caerdydd Canolog / Cardiff Central	a	1749	18 13	18 15	1833	19 14	19 16	1929		20 14
Caerdydd Canolog / Cardiff Central	d	1755	18 15	1820	1840	19 15	1920	1940		20 15
Casnewydd / Newport	a	1808	1825	1829	1853	1925	1929	1955		2025
Caerloyw / Gloucester	a									
Manceinion Piccadilly / Manchester Piccadilly	a	2 115			22 19					
Filton Abbey Wood	a	1859				1959	2038			
Bryste Temple Meads / Bristol Temple Meads	a	19 11				20 11	2047			
Parcfordd Bryste / Bristol Parkway	a		1847	185 1		1947	1953			2048
Reading	a		1943	1948		2043	2049			2 143
Llundain Paddington / London Paddington	a		20 16	20 14		2 114	2 114			2208

Nodiadau

- G O 31 Hydref
H Tan 24 Hydref
K I Amwythig

Notes

- G From 31 October
H Until 24 October
K To Shrewsbury

		GW 1R H	GW 1R G	GW 1R H	TfW	TfW	TfW	TfW	TfW	TfW	TfW
Porthladd Rosslare Harbour	d										
Porthladd Abergwaun / Fishguard Harbour	d										2303
Abergwaun ac Wdig / Fishguard & Goodwick	d										2306
Aberdaugleddau / Milford Haven	d						1940			2 135	
Johnston	d						1948x			2 143x	
Hwlfordd / Haverfordwest	d						1955			2 15 1	
Clarbeston Road	d						2003x			2 159x	2325
Clunderwen	d						20 1 tx			2207x	
Doc Penfro / Pembroke Dock	d						1904				220 1
Penfro / Pembroke	d						19 12				2209
Llandyfail / Lamphey	d						19 15x				22 12x
Maenorbyr / Manorbier	d						1924				222 1
Penalun / Penally	d						1929x				2226x
Dinbych-y-Pysgod / Tenby	d						1934				223 1
Saundersfoot	d						1942x				2239x
Cilgeti / Kilgetty	d						1944x				224 1x
Arberth / Narberth	d						1954x				225 1x
Hendy-gwyn / Whitland	a						2003	20 18		22 13	2300 2338
Hendy-gwyn / Whitland	d						2003	20 19		22 13	2300 2338
Caerfyrddin / Carmarthen	a						2020	2035		2230	2320 2355
Caerfyrddin / Carmarthen	d		1920	1920			2032		2 116	2234	
Glanyfferi / Ferryside	d		1932	1932			2043x			2244x	
Cydweli / Kidwelly	d		1939	1939			2049x			2250x	
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d		1947	1947			2057		2 135	2257	
Llanelli	a		1953	1953	2002	2 104			2 142	2304	
Llanelli	d		1954	1954	2005	2 104			2 143	2304	
Tre-gwyr / Gowerton	d				20 13	2 112			2 15 1	23 12	
Abertawe / Swansea	a		20 12	20 12	2026	2 13 1			2206	2324	
Abertawe / Swansea	d	1922	20 19	20 19	2040				22 10	2329	
Llansamlet	d										
Sgiwen / Skewen	d										
Castell Nedd / Neath	d	1934	2031	2031	2051				222 1	234 1	
Llansawel / Briton Ferry	d										
Baglan	d										
Parcfordd Port Talbot Parkway	d	1940	2037	2037	2059				2229	2349	
Y Pyl / Pyle	d								2237	2357	
Pen-y-Bont ar Ogwr / Bridgend	a	1954	2051	2051	2 114				2245	0005	
Pen-y-Bont ar Ogwr / Bridgend	d	1955	2052	2052	2 114				2245	0005	
Pencoed	d										
Llanharan	d										
Pontyclun	d										
Parc Ninian / Ninian Park	d										
Caerdydd Canolog / Cardiff Central	a	20 16	2 113	2 113	2 137				2307	003 1	
Caerdydd Canolog / Cardiff Central	d	2020	2 115	2 120					23 19		
Casnewydd / Newport	a	2029	2 125	2 129					2333		
Caerloyw / Gloucester	a										
Manceinion Piccadilly / Manchester Piccadilly	a										
Filton Abbey Wood	a										
Bryste Temple Meads / Bristol Temple Meads	a										
Parcfordd Bryste / Bristol Parkway	a	2053	2 147	2 153							
Reading	a	2 148	2243	2249							
Llundain Paddington / London Paddington	a	22 13	23 17	2329							

Nodiadau

H Tan 24 Hydref
G O 31 Hydref
L I Henffordd


Notes

H Until 24 October
G From 31 October
L To Hereford

	TfW									
Porthladd Rosslare Harbour	d									
Porthladd Abergwaun / Fishguard Harbour	d	80								
Abergwaun ac Wdig / Fishguard & Goodwick	d									
Aberdaugleddau / Milford Haven	d	2323								
Johnston	d	2331x								
Hwlfordd / Haverfordwest	d	2338								
Clarbeston Road	d	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	0003								
Hendy-gwyn / Whitland	d	0003								
Caerfyrddin / Carmarthen	a	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 Pyl / 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	7								
Caerdydd Canolog / Cardiff Central	d	7								
Casnewydd / Newport	a									
Caerloyw / Gloucester	a	7								
Manceinion Piccadilly / Manchester Piccadilly	a	10								
Filton Abbey Wood	a									
Bryste Temple Meads / Bristol Temple Meads	a	10								
Parcfordd Bryste / Bristol Parkway	a	7								
Reading	a	7								
Llundain Paddington / London Paddington	a	15								

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

Rail improvement work often affects Sunday services, including on-train catering. Before travelling, visit www.tfwrail.wales or call 03457 484 950.

	TfW	TfW	TfW	GW R	TfW	TfW	TfW	GW R J	GW R K	TfW
Llundain Paddington / London Paddington  d								0833	0834	
Reading  d								0859	0903	
Parcfordd Bryste / Bristol Parkway  d				0858				0953	0957	
Bryste Temple Meads / Bristol Temple Meads  d										
Filton Abbey Wood d										
Manceinion Piccadilly / Manchester Piccadilly  d										
Caerloyw / Gloucester  d										
Casnewydd / Newport d				0925			0930	10 11	10 15	1057
Caerdydd Canolog / Cardiff Central  a				0943			0949	1027	1029	1111
Caerdydd Canolog / Cardiff Central  d		0804		0947			0953	1034	1034	1114
Parc Ninian / Ninian Park d										
Pontyclun d							1005			
Llanharan d							10 11			
Pencoed d							10 16			
Pen-y-Bont ar Ogwr / Bridgend a		0827		1005			1022	1052	1052	1134
Pen-y-Bont ar Ogwr / Bridgend d		0827		1006			1023	1053	1053	1134
Y Pîl / Pyle d							103 1			
Parcfordd Port Talbot Parkway d		0840		1020			1039	1107	1107	1147
Baglan d										
Llansawel / Briton Ferry d										
Castell Nedd / Neath d		0848		1028			1047	1115	1115	1155
Sgiwen / Skewen d										
Llansamlet d										
Abertawe / Swansea a		090 1		1040			1100	1128	1128	1208
Abertawe / Swansea d	00 12					1045	1104			12 12
Tre-gwyr / Gowerton d	0023s						1116			1224
Llanelli a	003 1s					110 1	1124			123 1
Llanelli d	003 1s					1102	1124			1232
Pen-bre a Phorth Tywyn / Pembrey & Burry Port d	0037s					1108	113 1			1238
Cydweli / Kidwelly d	0044s						1138x			1245x
Glanyfferi / Ferryside d	0050s						1145x			125 1x
Caerfyrddin / Carmarthen a	0 103					1127	1159			1304
Caerfyrddin / Carmarthen d			0955	10 19	1132	1202				1308
Hendy-gwyn / Whitland a			10 12	1036	1148	12 19				1323
Hendy-gwyn / Whitland d			10 12	1036	1148	12 19				1323
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			10 19x				1227x			
Clarbeston Road d			1028x		120 1	1236x				1337
Hwlfordd / Haverfordwest d			1036			1244				
Johnston d			1045x			1253x				
Aberdaugleddau / Milford Haven a			1055			1303				
Abergwaun ac Wdig / Fishguard & Goodwick a						12 19				1355
Porthladd Abergwaun / Fishguard Harbour  a						1227				140 1
Porthladd Rosslare Harbour  a										

Nodiadau

J Tan 24 Hydref

K O 31 Hydref

Notes

J Until 24 October

K From 31 October

		GW 1R K	GW 1R J	TfW	GW 1R K	GW 1R J	TfW	TfW R	GW 1R J	GW 1R K	TfW R	
Llundain Paddington / London Paddington	15	d	0935	0937		1035	1043		1143	1135		
Reading	7	d	1003	1003		1109	1109		1209	1209		
Parcfordd Bryste / Bristol Parkway	7	d	1100	1100		1200	1200		1259	1259		
Bryste Temple Meads / Bristol Temple Meads	10	d	1042	1042				1215			1254	
Filton Abbey Wood		d	1049	1049				1223			1301	
Manceinion Piccadilly / Manchester Piccadilly	10	d						0930			1031	
Caerloyw / Gloucester	7	d										
Casnewydd / Newport		d	1117	1117		1218	1218		1305	1319	1319	1334
Caerdydd Canolog / Cardiff Central	7	a	1131	1131		1232	1232		1318	1333	1333	1351
Caerdydd Canolog / Cardiff Central	7	d	1135	1135	1204	1235	1235		1321	1335	1337	1406
Parc Ninian / Ninian Park		d										
Pontyclun		d			1218							
Llanharan		d			1223							
Pencoed		d			1227							
Pen-y-Bont ar Ogwr / Bridgend		a	1152	1152	1233	1253	1253		1340	1354	1354	1426
Pen-y-Bont ar Ogwr / Bridgend		d	1153	1153	1234	1254	1254		1341	1355	1355	1426
Y Pîl / Pyle		d			1241				1348			1433
Parcfordd Port Talbot Parkway		d	1207	1207	1248	1308	1308		1356	1411	1411	1441
Baglan		d										
Llansawel / Briton Ferry		d										
Castell Nedd / Neath		d	1216	1216		1316	1316		1403	1419	1419	1448
Sgiwen / Skewen		d										
Llansamlet		d										
Abertawe / Swansea		a	1228	1228		1328	1328		1418	1431	1431	1503
Abertawe / Swansea		d	1236	1236				1401	1438	1438	1525	
Tre-gwyr / Gowerton		d						1412			1537	
Llanelli		a	1250	1250	1319			1420	1453	1453	1545	
Llanelli		d	1251	1251	1320			1421	1454	1454	1546	
Pen-bre a Phorth Tywyn / Pembrey & Burry Port		d	1258	1258	1326			1427	1501	1501	1552	
Cydweli / Kidwelly		d						1435x				
Glanyfferi / Ferryside		d						1441x				
Caerfyrddin / Carmarthen		a	1326	1326	1348			1454	1524	1524	1611	
Caerfyrddin / Carmarthen		d			1357			1459			1615	
Hendy-gwyn / Whitland		a			1413			1516			1630	
Hendy-gwyn / Whitland		d			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			1428x						1646x	
Hwlfordd / Haverfordwest		d			1436						1654	
Johnston		d			1444x						1702x	
Aberdaugleddau / Milford Haven		a			1459						1713	
Abergwaun ac Wdig / Fishguard & Goodwick		a										
Porthladd Abergwaun / Fishguard Harbour	80	a										
Porthladd Rosslare Harbour		a										

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Notes

K From 31 October

J Until 24 October

		GW 1R K	GW 1R J	TfW R	GW 1R K	GW 1R J	TfW R	TfW R	GW 1R K	GW 1R J	TfW R
Llundain Paddington / London Paddington	15	d	1233	1243		1336	1343		1435	1443	
Reading	7	d	1309	1309		1409	1409		1509	1509	
Parcfordd Bryste / Bristol Parkway	7	d	1359	1359		1459	1459		1559	1559	
Bryste Temple Meads / Bristol Temple Meads	10	d			1354	14 18		1454	15 13		16 13
Filton Abbey Wood		d			1400	1425		1502	152 1		162 1
Manceinion Piccadilly / Manchester Piccadilly	10	d		1130			1232				1330
Caerloyw / Gloucester	7	d									
Casnewydd / Newport		d	1420	1420	1433	1525	1525	1539	1622	1622	1642
Caerdydd Canolog / Cardiff Central	7	a	1430	1430	1448	1536	1536	1555	1632	1632	1657
Caerdydd Canolog / Cardiff Central	7	d	1435	1435	1450	1540	1540	1602	1635	1635	1708
Parc Ninian / Ninian Park		d									
Pontyclun		d									
Llanharan		d									
Pencoed		d									
Pen-y-Bont ar Ogwr / Bridgend		a	1452	1452	15 10	1558	1558	1622	1656	1656	1728
Pen-y-Bont ar Ogwr / Bridgend		d	1453	1453	15 10	1559	1559	1622	1657	1657	1729
Y Pîl / Pyle		d			15 17			1630			1736
Parcfordd Port Talbot Parkway		d	1507	1507	1525	16 13	16 13	1637	17 14	17 14	1744
Baglan		d									
Llansawel / Briton Ferry		d									
Castell Nedd / Neath		d	15 15	15 15	1533	162 1	162 1	1645	1723	1723	175 1
Sgiwen / Skewen		d									
Llansamlet		d									
Abertawe / Swansea		a	1527	1527	1548	1633	1633	1659	1735	1735	1808
Abertawe / Swansea		d				164 1	164 1	1647	1703		
Tre-gwyr / Gowerton		d					1659	17 15			
Llanelli		a				1655	1655	1707	1723		
Llanelli		d				1656	1656	1707	1723		
Pen-bre a Phorth Tywyn / Pembrey & Burry Port		d				1702	1702	17 13	1729		
Cydweli / Kidwelly		d						172 1x			
Glanyfferi / Ferryside		d						1727x			
Caerfyrddin / Carmarthen		a				1724	1724	174 1	1750		
Caerfyrddin / Carmarthen		d						1744	1806		
Hendy-gwyn / Whitland		a						1800	1822		
Hendy-gwyn / Whitland		d						1800	1822		
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						1903			
Clunderwen		d							1829x		
Clarbeston Road		d							1837x		
Hwlfordd / Haverfordwest		d							1847		
Johnston		d							1855x		
Aberdaugleddau / Milford Haven		a							1907		
Abergwaun ac Wdïg / Fishguard & Goodwick		a									
Porthladd Abergwaun / Fishguard Harbour	80	a									
Porthladd Rosslare Harbour		a									

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Notes

K From 31 October
J Until 24 October

		GW 1R K	GW 1R J	TfW	TfW R	GW 1R K	GW 1R J	TfW R	GW 1R K	GW 1R J	TfW R	
Llundain Paddington / London Paddington	15	d	1535	1543		1635	1642		1735	1743		
Reading	7	d	1609	1609		1709	1709		1809	1809		
Parcfordd Bryste / Bristol Parkway	7	d	1701	1701		1759	1759		1859	1859		
Bryste Temple Meads / Bristol Temple Meads	10	d	1645					1754	1817		1850	
Filton Abbey Wood		d	1652					1803	1825		1903	
Manceinion Piccadilly / Manchester Piccadilly	10	d			1430			1530			1630	
Caerloyw / Gloucester	7	d										
Casnewydd / Newport		d	1723	1723		1739	1819	1819	1837	1918	1918	1936
Caerdydd Canolog / Cardiff Central	7	a	1737	1737		1754	1834	1834	1853	1932	1932	1951
Caerdydd Canolog / Cardiff Central	7	d	1740	1740		1805	1835	1835	1902	1935	1935	1954
Parc Ninian / Ninian Park		d										
Pontyclun		d										
Llanharan		d										
Pencoed		d										
Pen-y-Bont ar Ogwr / Bridgend		a	1757	1757		1827	1854	1854	1923	1953	1953	2015
Pen-y-Bont ar Ogwr / Bridgend		d	1758	1758		1827	1855	1855	1923	1954	1954	2015
Y Pîl / Pyle		d				1835			1930			2022
Parcfordd Port Talbot Parkway		d	1812	1812		1843	1909	1909	1938	2008	2008	2030
Baglan		d										
Llansawel / Briton Ferry		d										
Castell Nedd / Neath		d	1820	1820		1851	1918	1918	1945	2016	2016	2037
Sgiwen / Skewen		d										
Llansamlet		d										
Abertawe / Swansea		a	1832	1832		1906	1930	1930	2001	2028	2028	2052
Abertawe / Swansea		d			1837	1916						
Tre-gwyr / Gowerton		d			1849	1928						
Llanelli		a			1857	1936						
Llanelli		d			1857	1936						
Pen-bre a Phorth Tywyn / Pembrey & Burry Port		d			1904	1943						
Cydweli / Kidwelly		d			1911x							
Glanyfferi / Ferryside		d			1918x							
Caerfyrddin / Carmarthen		a			1931	2006						
Caerfyrddin / Carmarthen		d			1935	2012						
Hendy-gwyn / Whitland		a			1952	2029						
Hendy-gwyn / Whitland		d			1952	2032						
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			2000x	2040x						
Clarboston Road		d			2008x	2049x						
Hwlfordd / Haverfordwest		d			2017a	2057						
Johnston		d				2106x						
Aberdaugleddau / Milford Haven		a				2120						
Abergwaun ac Wdig / Fishguard & Goodwick		a										
Porthladd Abergwaun / Fishguard Harbour	80	a										
Porthladd Rosslare Harbour		a										

Nodiadau











K O 31 Hydref

J Tan 24 Hydref

Notes

K From 31 October

J Until 24 October










	TfW	TfW	TfW R	GW R K	GW R J	TfW	TfW R	TfW	GW R J	GW R K
Llundain Paddington / London Paddington  d				1935	1942				2043	2035
Reading  d				2009	2009				2 109	2 109
Parcfordd Bryste / Bristol Parkway  d				2 102	2 102				2205	2205
Bryste Temple Meads / Bristol Temple Meads  d							2045			
Filton Abbey Wood d							2052			
Manceinion Piccadilly / Manchester Piccadilly  d			1730				1830			
Caerloyw / Gloucester  d										
Casnewydd / Newport d			2029	2 119	2 119		2 129		2222	2222
Caerdydd Canolog / Cardiff Central  a			2046	2 133	2 133		2 144		2236	2236
Caerdydd Canolog / Cardiff Central  d	20 18	2050	2 135	2 135			2 149	2230	2238	2238
Parc Ninian / Ninian Park d										
Pontyclun d										
Llanharan d										
Pencoed d										
Pen-y-Bont ar Ogwr / Bridgend a	2037	2 111	2 153	2 153			2209	2250	2256	2256
Pen-y-Bont ar Ogwr / Bridgend d	2038	2 111	2 154	2 154			2209	2250	2257	2257
Y Pîl / Pyle d	2047	2 118					22 16			
Parcfordd Port Talbot Parkway d	2054	2 126	2208	2208			2224	2303	23 10	23 10
Baglan d										
Llansawel / Briton Ferry d										
Castell Nedd / Neath d	2 102	2 134	22 17	22 17			223 1	23 12	23 18	23 18
Sgiwen / Skewen d										
Llansamlet d										
Abertawe / Swansea a	2 116	2 149	2229	2229			2246	2325	2330	2330
Abertawe / Swansea d	2058	2 120					2250	2336		
Tre-gwyr / Gowerton d	2 110	2 132					230 1	2348		
Llanelli a	2 117	2 139					2309	2355		
Llanelli d	2 118	2 140					2309	2356		
Pen-bre a Phorth Tywyn / Pembrey & Burry Port d	2 124	2 146					23 15	0003		
Cydweli / Kidwelly d	2 13 1x						2322x	00 10x		
Glanyfferi / Ferryside d	2 137x						2328x	00 17x		
Caerfyrddin / Carmarthen a	2 150	2207					2342	0032		
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										

Nodiadau

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K From 31 October
J Until 24 October

	TfW	GW R K	GW R J							
Llundain Paddington / London Paddington  d		2133	2143							
Reading  d		2209	2209							
Parcffordd Bryste / Bristol Parkway  d		2302	2304							
Bryste Temple Meads / Bristol Temple Meads  d	2145									
Filton Abbey Wood d	2152									
Manceinion Piccadilly / Manchester Piccadilly  d	1930									
Caerloyw / Gloucester  d										
Casnewydd / Newport d	2241	2321	2321							
Caerdydd Canolog / Cardiff Central  a	2257	2335	2335							
Caerdydd Canolog / Cardiff Central  d	2300	2338	2338							
Parc Ninian / Ninian Park d										
Pontyclun d										
Llanharan d										
Pencoed d										
Pen-y-Bont ar Ogwr / Bridgend a	2320	2356	2356							
Pen-y-Bont ar Ogwr / Bridgend d	2320	2357	2357							
Y Pîl / Pyle d	2328									
Parcffordd Port Talbot Parkway d	2336	0011	0011							
Baglan d										
Llansawel / Briton Ferry d										
Castell Nedd / Neath d	2345	0020	0020							
Sgiwen / Skewen d										
Llansamlet d										
Abertawe / Swansea a	2359	0032	0032							
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										

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Notes

K From 31 October

J Until 24 October

Roedd yr wybodaeth hon yn gywir adeg cyhoeddi.

This information was correct at the time of publication.

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Mae toiledau hygyrch ar bob gwasanaeth, ond dim ym mhob cerbyd. Holwch staff y trên neu edrych ar yr arwyddion ar y drysau i wneud yn siŵr eich bod yn defnyddio'r rhan iawn o'r trên. | Accessible toilets are available on all our services, but not every carriage. Please check with railway staff or door signs to ensure you access the right part of the train.

Nodiadau safonol

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

Amser cyrraedd

Amser ymadael

Yn aros i ollwng teithwyr yn unig

Yn aros i godi teithwyr yn unig

Yn aros ar gais. Rhaid i bobl sydd eisiau mynd i lawr hysbysu'r tocynnwr. Rhaid i bobl sydd eisiau mynd ar y trên roi'r arwydd llaw priodol i'r gyrrwr

Amser cysylltu a argymhellir

Great Western Railway

West Midlands Trains

Trafnidiaeth Cymru

Avanti West Coast

Standard notes

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

a Arrival time

d Departure time

s Stops to set down only

u Stops to pick up only

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

10 Recommended connecting time

GW Great Western Railway

LM West Midlands Trains

TfW Transport for Wales

VT Avanti West Coast