

Oherwydd yr achosion diweddar o Covid 19, mae rhai gwasanaethau wedi cael eu tynnu oddi ar yr amserlen hon dros dro. I gael yr amserlenni diweddaraf, defnyddiwch ein cynllunydd teithiau ar-lein, ewch i [trc.cymru](http://trc.cymru)

Due to the recent Covid 19 outbreak some services in this timetable have been temporarily withdrawn. For up to date timetables please use our online journey planner, visit [tfw.wales](http://tfw.wales)

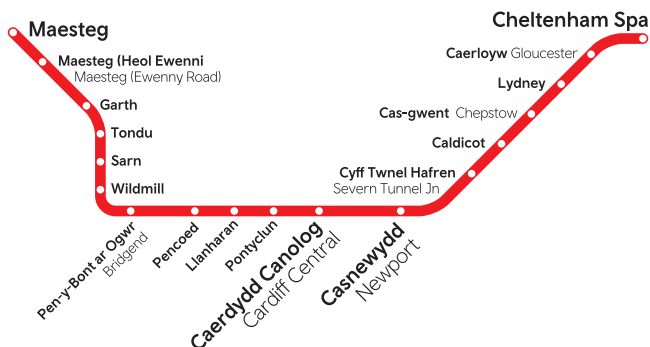


# Amserau Trenau | Train Times

12 Rhagfyr 2021 - 14 Mai 2022 | 12 December 2021 - 14 May 2022

## Maesteg - Caerdydd Canolog - Casnewydd - Cheltenham Spa

Maesteg - Cardiff Central - Newport -  
Cheltenham Spa



Mae gwasanaethau'n gallu newid felly gwnewch eich gwaith cartref cyn teithio, ewch i [trc.cymru](http://trc.cymru)  
Services are subject to change, check before you travel, visit [tfw.wales](http://tfw.wales)



**Teithio'n saffach**  
Gwisgwch orchudd  
wyneb oni bai eich bod  
wedí'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, ewch i [trc.cymru/gwiriwr-capasiti](http://trc.cymru/gwiriwr-capasiti)  
Find trains with space: use our Capacity Checker and Travel Safer, visit [tfw.wales/capacity-checker](http://tfw.wales/capacity-checker)

TTB03a\_DLB\_V5\_02/22



**TRAFNIDIAETH CYMRU**  
**TRANSPORT FOR WALES**

# Paid â chael dy ddal!

# Don't get caught red-handed!



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

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

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

Revenue Protection Inspectors are regularly patrolling our network checking tickets.

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

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

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

\*National Rail Conditions of Travel and Railway Byelaws 2005



# Teithio'n Saffach Travel Safer

Rhaid i chi wisgo gorchudd  
wyneb ar y trên trwy gydol  
eich taith.

You must wear a face  
covering on the train  
for the duration of your  
journey.



Cywir | Correct



Gwenu | The smiler



Ffroeni | The sniffer



Cynhesu'r gwddf | The neck warmer



Band gwallt | The headband



Clustdlws | The earring

O beidio â gwisgo gorchudd  
wyneb, mae'n bosib na ganiateir i  
chi barhau â'ch taith.

Os ydych wedi'ch eithrio rhag  
gwisgo gorchudd-wyneb, gallwch  
gyfathrebu hyn i'n staff trwy  
ddefnyddio nodyn eithrio, sydd ar  
gael yn [www.trc.cymru](http://www.trc.cymru)  
/gorchuddion-wyneb

Not wearing a face covering could  
result in refusal to travel.

If you're exempt from wearing  
a face covering, you can  
communicate this to our staff by  
using our exemption note, available  
at [www.tf.wales/face-coverings](http://www.tf.wales/face-coverings)



Defnyddiwch y biniau.  
Please use the bins provided



 @tfwrail  
[www.trc.cymru](http://www.trc.cymru)  
[www.tf.wales](http://www.tf.wales)

	XC D	TfW	XC D	TfW	TfW	TfW H	XC D	TfW	TfW	XC D
Maesteg	d					0645				
Maesteg (Ewenny Road)	d					0647				
Garth (Bridgend)	d					0650				
Tondu	d					0658				
Sarn	d					0701				
Wildmill	d					0704				
Pen-y-Bont ar Ogwr / Bridgend	a			0614		0708		0719	0740	
Pen-y-Bont ar Ogwr / Bridgend	d			0614		0708		0719	0741	
Pencoed	d			0621		0713		0726		
Llanharan	d			0625		0717			0748	
Pontyclun	d			0630		0721		0733		
Caerdydd Canolog / Cardiff Central	a			0648		0735		0747	0805	
Caerdydd Canolog / Cardiff Central	d	0610	0640		0705	0737	0745	0750		0845
Casnewydd / Newport	a	0623	0653		0719		0757	0803		0858
Casnewydd / Newport	d	0624	0654		0720		0801	0805		0900
Cyff Twnel Hafren / Severn Tunnel Jn	d	0634	0704		0730					
Caldicot	d	0637	0707		0733					
Cas-gwent / Chepstow	d	0645	0715		0741					0919
Lydney	d	0654	0724		0750		0827			
Caerloyw / Gloucester	a	0704	0716	0744		0810	0847			0946
Caerloyw / Gloucester	d	0708	0717	0745		0811	0849			0949
Swindon	a		0859				0956			1058
Reading	a		0932				1028			1129
Llundain Paddington / London Paddington	a		0959				1059			1159
Cheltenham Spa	a	0717	0727	0754		0821	0857			0958
Ashchurch ar gyfer Tewkesbury / Ashchurch For Tewkesbury	a	0725		0802			0952			
Birmingham New Street	a	0816		0845			0945			1045

## Nodiadau

D I Nottingham  
H I Tref Glynebwy

## Notes

D To Nottingham  
H To Ebbw Vale Town

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	TfW	TfW	TfW	XC D	TfW	XC D	TfW	XC D	TfW	XC D
Maesteg	d	0803			0916		1014		1115	
Maesteg (Ewenny Road)	d	0805			0918		1017		1117	
Garth (Bridgend)	d	0808			0921		1020		1120	
Tondu	d	0817			0930		1028		1128	
Sarn	d	0820			0933		1031		1131	
Wildmill	d	0822			0935		1035		1134	
Pen-y-Bont ar Ogwr / Bridgend	a	0822	0826		0939		1039		1138	
Pen-y-Bont ar Ogwr / Bridgend	d	0822	0826		0939		1039		1138	
Pencoed	d		0832		0945		1044		1143	
Llanharan	d	0829			0948		1049		1147	
Pontyclun	d		0840		0953		1053		1152	
Caerdydd Canolog / Cardiff Central	a	0847	0854		1007		1110		1206	
Caerdydd Canolog / Cardiff Central	d	0850		0906	0945	1009	1045		1145	1210
Casnewydd / Newport	a	0902		0922	0957	1023	1058		1157	1224
Casnewydd / Newport	d	0904		0922	0959	1024	1059		1159	1225
Cyff Twnel Hafren / Severn Tunnel Jn	d		0934		1035				1236	
Caldicot	d		0936		1037				1238	
Cas-gwent / Chepstow	d		0945	1016	1046			1216	1247	1316
Lydney	d		0954		1054	1125			1255	
Caerloyw / Gloucester	a		1016	1043	1117	1145		1243	1318	1344
Caerloyw / Gloucester	d			1049		1149		1245		1349
Swindon	a			1158		1259		1359		1459
Reading	a			1229		1330		1429		1530
Llundain Paddington / London Paddington	a			1259		1359		1501		1559
Cheltenham Spa	a			1058		1158		1254		1358
Ashchurch ar gyfer Tewkesbury / Ashchurch For Tewkesbury	a				1155			1302	1355	
Birmingham New Street	a			1145		1245		1345		1445

## Nodiadau

D I Nottingham

## Notes

D To Nottingham

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	TfW	TfW	XC D	TfW	XC D	TfW	XC D	TfW	XC D	TfW	
		J									
Maesteg	d	12 17		13 15		14 15		15 15		16 14	
Maesteg (Ewenny Road)	d	12 19		13 17		14 17		15 17		16 16	
Garth (Bridgend)	d	12 22		13 20		14 20		15 20		16 19	
Tondu	d	12 3 1		13 29		14 28		15 28		16 27	
Sarn	d	12 34		13 32		14 3 1		15 3 1		16 30	
Wildmill	d	12 36		13 34		14 34		15 34		16 33	
Pen-y-Bont ar Ogwr / Bridgend	a	12 40		13 38		14 39		15 38		16 37	
Pen-y-Bont ar Ogwr / Bridgend	d	12 40		13 38		14 39		15 38		16 37	
Pencoed	d	12 46		13 44		14 44		15 43		16 42	
Llanharan	d	12 50		13 48		14 48		15 47		16 46	
Pontyclun	d	12 55		13 53		14 52		15 5 1		16 50	
Caerdydd Canolog / Cardiff Central	a	13 09		14 08		15 07		16 05		17 04	
Caerdydd Canolog / Cardiff Central	d	13 07	13 22	13 45		14 45	15 08	15 45	16 08	16 45	17 08
Casnewydd / Newport	a	13 2 1	13 36	13 57		14 57	15 22	15 57	16 22	16 57	17 23
Casnewydd / Newport	d	13 22	13 37	13 59		14 59	15 24	15 59	16 23	16 59	17 23
Cyff Twnel Hafren / Severn Tunnel Jn	d	13 32				15 34		16 33		17 34	
Caldicot	d	13 35				15 37		16 36		17 36	
Cas-gwent / Chepstow	d	13 43			15 19	15 45	16 16	16 44		17 45	
Lydney	d	13 52		14 23		15 54		16 53	17 25	17 53	
Caerloyw / Gloucester	a	14 12		14 43		15 46	16 14	16 43	17 14	17 45	18 13
Caerloyw / Gloucester	d			14 49		15 49	16 16	16 45	17 17	17 49	18 18
Swindon	a			15 59		16 58		17 59	18 34	18 59	
Reading	a			16 29		17 29		18 30		19 3 1	
Llundain Paddington / London Paddington	a			16 59		18 0 1		19 0 1		19 59	
Cheltenham Spa	a			14 58		15 58	16 26	16 54	17 24	17 58	18 26
Ashchurch ar gyfer Tewkesbury / Ashchurch For Tewkesbury	a							17 02	17 57		
Birmingham New Street	a			15 45		16 45		17 45		18 45	

## Nodiadau

J I Caerdydd  
D I Nottingham

## Notes

J To Holyhead  
D To Nottingham

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		XC D	TfW	XC D	TfW	XC D	TfW	XC D	TfW	XC D	TfW
Maesteg	d		17 14		1820		19 14		20 10		2 1 15
Maesteg (Ewenny Road)	d		17 16		1822		19 16		20 13		2 1 17
Garth (Bridgend)	d		17 19		1825		19 19		20 16		2 1 20
Tondu	d		1727		1834		1927		2024		2 1 28
Sarn	d		1730		1837		1930		2027		2 1 31
Wildmill	d		1733		1839		1933		2031		2 1 34
Pen-y-Bont ar Ogwr / Bridgend	a		1737		1843		1937		2035		2 1 38
Pen-y-Bont ar Ogwr / Bridgend	d		1737		1843		1937		2036		2 1 38
Pencoed	d		1742		1849		1942		2041		2 1 43
Llanharan	d		1746		1852		1946		2047		2 1 47
Pontyclun	d		1751		1857		1950		2052		2 1 52
Caerdydd Canolog / Cardiff Central	a	7	1805		19 12		2004		2 1 07		22 1 1
Caerdydd Canolog / Cardiff Central	d	7	1745	1807	1845		1950		2 1 06	2 1 10	2 1 45
Casnewydd / Newport	a		1757	1823	1857		2002		2 1 19	2 1 24	2 1 57
Casnewydd / Newport	d		1759	1823	1859		2004		2 1 20	2 1 25	2 1 59
Cyff Twnel Hafren / Severn Tunnel Jn	d			1834			20 14			2 1 35	
Caldicot	d			1836			20 17			2 1 38	
Cas-gwent / Chepstow	d		18 16	1845	19 18		2025			2 1 46	
Lydney	d			1853			2034			2 1 55	
Caerloyw / Gloucester	a	7	1843	19 16	1945		2054		2202	22 17	2245
Caerloyw / Gloucester	d	7	1845		1949		2056		2203	22 18	2249
Swindon	a		1959		2 1 03		2020		23 12		
Reading	a	7	2032		2 1 33		2232				
Llundain Paddington / London Paddington	a	15	2 1 01		2207		2300				
Cheltenham Spa	a		1854		1958		2 1 05		22 12	2228	2258
Ashchurch ar gyfer Tewkesbury / Ashchurch For Tewkesbury	a		1902	1957			2 1 40		2220		
Birmingham New Street	a		1945		2045		2 1 54		2305	2341	2358

## Nodiadau

D I Nottingham

## Notes

D To Nottingham

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		TfW FX	TfW FO								
Maesteg	d	22 15	22 15								
Maesteg (Ewenny Road)	d	22 17	22 17								
Garth (Bridgend)	d	2220	2220								
Tondu	d	2228	2228								
Sarn	d	2231	2231								
Wildmill	d	2234	2234								
Pen-y-Bont ar Ogwr / Bridgend	a	2238	2238								
Pen-y-Bont ar Ogwr / Bridgend	d	2240	2240								
Pencoed	d	2246	2246								
Llanharan	d	2250	2250								
Pontyclun	d	2255	2255								
Caerdydd Canolog / Cardiff Central	a	2309	2309								
Caerdydd Canolog / Cardiff Central	d	23 12	2320								
Casnewydd / Newport	a	2329	2333								
Casnewydd / Newport	d	2330	2334								
Cyff Twnel Hafren / Severn Tunnel Jn	d	2349	2346								
Caldicot	d	2351	2348								
Cas-gwent / Chepstow	d	0001	2357								
Lydney	d	0009	0005								
Caerloyw / Gloucester	a	0033	0026								
Caerloyw / Gloucester	d										
Swindon	a										
Reading	a										
Llundain Paddington / London Paddington	a										
Cheltenham Spa	a										
Ashchurch ar gyfer Tewkesbury / Ashchurch For Tewkesbury	a										
Birmingham New Street	a										

**Nodiadau**

FX Dydd Llun i ddydd Iau  
FO Dydd Gwener yn unig

**Notes**

FX Monday to Thursday  
FO Friday only

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	TfW	TfW	TfW	XC 1	XC 1	TfW	TfW	XC 1	TfW	XC 1
	L									
Birmingham New Street	d			0500	0537			0730		0830
Ashchurch ar gyfer Tewkesbury / Ashchurch For Tewkesbury	d			0537	0631		0724			
Cheltenham Spa	d		0537	0606	0640		0746	0815	0846	0915
Llundain Paddington / London Paddington	d						0535	0628		0727
Reading	d						0600	0653		0753
Swindon	d						0633	0730	0754	0822
Caerloyw / Gloucester	a		0549	0614	0649		0756	0823	0856	0923
Caerloyw / Gloucester	d		0549	0616	0651		0758	0827	0858	0927
Lydney	d		0609	0635	0710		0817		0917	
Cas-Gwent / Chepstow	d		0618	0645	0720		0826	0853	0926	0953
Caldicot	d		0627	0653	0728		0835		0935	
Cyff Twnel Hafren / Severn Tunnel Jn	d		0630	0657	0731		0838		0938	
Casnewydd / Newport	a		0642	0709	0742		0850	0911	0950	1011
Casnewydd / Newport	d		0643	0710	0744		0850	0913	0953	1013
Caerdydd Canolog / Cardiff Central	a		0657	0722	0800		0905	0925	1007	1025
Caerdydd Canolog / Cardiff Central	d	0535	0554	0703		0820	0916		1015	
Pontyclun	d	0552		0715		0832	0928		1027	
Llanharan	d	0557		0720		0837	0933		1032	
Pencoed	d	0601		0724		0842	0937		1036	
Pen-y-Bont ar Ogwr / Bridgend	a	0606	0616	0729		0848	0943		1042	
Pen-y-Bont ar Ogwr / Bridgend	d	0606	0616	0731		0848	0943		1042	
Wildmill	d		0619	0733		0850	0945		1044	
Sarn	d		0622	0736		0853	0948		1047	
Tondu	d		0625	0740		0857	0952		1051	
Garth (Bridgend)	d		0635	0747		0906	0959		1058	
Maesteg (Ewenny Road)	d		0637	0750		0909	1002		1101	
Maesteg	a		0641	0754		0914	1006		1104	

## Nodiadau


L | Aberdaugleddau

## Notes

L | To Milford Haven

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	TfW	XC 1	TfW	XC 1	TfW	TfW	XC 1	TfW	XC 1	TfW
Birmingham New Street <b>12</b>	d	0930		1030			1130		1230	
Ashchurch ar gyfer Tewkesbury / Ashchurch For Tewkesbury	d				1113					1314
Cheltenham Spa	d	1015		1115			1215		1315	
Llundain Paddington / London Paddington <b>15</b> 	d	0828		0928			1028		1128	
Reading	d	0853		0954			1053		1153	
Swindon	d	0929		1028			1128		1228	
Caerloyw / Gloucester <b>7</b>	a	1025		1125			1224		1325	
Caerloyw / Gloucester <b>7</b>	d	1027	1100	1127	1159		1227		1328	1359
Lydney	d	1046	1119		1218				1347	1418
Cas-Gwent / Chepstow	d		1129	1153	1228		1253			1427
Caldicot	d		1137		1236					1436
Cyff Twnel Hafren / Severn Tunnel Jn	d		1140		1239					1439
Casnewydd / Newport	a	1100	1111	1152	1211	1252	1311		1412	1451
Casnewydd / Newport	d	1101	1113	1154	1213	1253	1313		1413	1451
Caerdydd Canolog / Cardiff Central <b>7</b>	a	1116	1125	1209	1225	1307	1325		1425	1505
Caerdydd Canolog / Cardiff Central <b>7</b>	d	1120		1218			1316		1416	1517
Pontyclun	d	1133		1230			1328		1429	1530
Llanharan	d	1138		1235			1333		1434	1534
Pencoed	d	1143		1240			1338		1439	1539
Pen-y-Bont ar Ogwr / Bridgend	a	1149		1246			1344		1445	1544
Pen-y-Bont ar Ogwr / Bridgend	d	1149		1247			1344		1445	1544
Wildmill	d	1151		1250			1346		1448	1547
Sarn	d	1154		1253			1349		1451	1550
Tondu	d	1158		1256			1353		1454	1553
Garth (Bridgend)	d	1207		1304			1402		1504	1601
Maesteg (Ewenny Road)	d	1210		1307			1405		1506	1604
Maesteg	a	1212		1311			1408		1510	1606

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

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

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

		XC 1	TfW	XC 1	TfW	TfW	XC 1	TfW	TfW	XC 1	TfW
Birmingham New Street	d	1330		1430			1530			1630	1642
Ashchurch ar gyfer Tewkesbury / Ashchurch For Tewkesbury	d									1709	1715
Cheltenham Spa	d	1415		1515			1615		1646	1719	1745
Llundain Paddington / London Paddington	d	1228		1328			1428			1528	
Reading	d	1253		1353			1453			1553	
Swindon	d	1328		1428			1528			1628	
Caerloyw / Gloucester	a	1425		1525			1624		1658	1727	1757
Caerloyw / Gloucester	d	1427	1457	1527			1626		1700	1730	1800
Lydney	d		1516				1646		1719	1749	1819
Cas-Gwent / Chepstow	d	1453	1525	1553			1656		1729		1829
Caldicot	d		1534						1737		1837
Cyff Twnel Hafren / Severn Tunnel Jn	d		1537						1740		1840
Casnewydd / Newport	a	1511	1549	1611	1640		1713		1753	1815	1853
Casnewydd / Newport	d	1513	1550	1613	1645		1714		1754	1816	1854
Caerdydd Canolog / Cardiff Central	a	1525	1602	1625	1700		1727		1811	1828	1909
Caerdydd Canolog / Cardiff Central	d		1618		1704	1723		1806	1816		1912
Pontyclun	d		1630			1737		1818	1828		1924
Llanharan	d		1635		1719	1741			1833		1929
Pencoed	d		1640			1745		1825	1838		1934
Pen-y-Bont ar Ogwr / Bridgend	a		1645		1728	1751		1831	1845		1941
Pen-y-Bont ar Ogwr / Bridgend	d		1645		1729	1751		1831	1845		1941
Wildmill	d		1648			1753			1848		1944
Sarn	d		1651			1756			1851		1947
Tondu	d		1654			1800			1854		1950
Garth (Bridgend)	d		1702			1809			1904		2000
Maesteg (Ewenny Road)	d		1705			1812			1906		2002
Maesteg	a		1708			1815			1910		2006

## Nodiadau

N | Abertawe

## Notes

N | To Swansea

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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		XC 1	TfW	XC 1	XC 1	TfW	XC 1	TfW	TfW	XC 1	XC 1
								FO	FX	XC 1 FO	XC 1 FX
Birmingham New Street	d	1730		18 12	1830		1930			2030	2030
Ashchurch ar gyfer Tewkesbury / Ashchurch For Tewkesbury	d	1809				19 13					
Cheltenham Spa	d	18 19	1846	1852	19 15		20 15			21 15	21 15
Llundain Paddington / London Paddington	d	1630			1730		1830				
Reading	d										
Swindon	d	1730			1825		1926				
Caerloyw / Gloucester	a	1827	1855	1902	1924		2023			21 23	21 23
Caerloyw / Gloucester	d	1830	1903	1908	1927	2000	2027			21 25	21 25
Lydne	d		1922			20 19				21 44	21 44
Cas-Gwent / Chepstow	d		1932			2028				21 53	21 53
Caldicot	d		1940			2037				2202	2202
Cyff Twnel Hafren / Severn Tunnel Jn	d		1943			2040				2205	2205
Casnewydd / Newport	a	19 15	1955		20 12	2052	21 09	21 15	21 15	22 16	22 16
Casnewydd / Newport	d	19 16	1956		20 14	2053	21 10	21 15	21 15	22 17	22 17
Caerdydd Canolog / Cardiff Central	a	1928	20 11		2026	21 07	21 24	2208	22 11	2229	2236
Caerdydd Canolog / Cardiff Central	d		20 15			21 12		22 15	22 18		
Pontyclun	d		2027			21 25		2227	2231		
Llanharan	d		2032			21 30		2232	2236		
Pencoed	d		2036			21 34		2236	2240		
Pen-y-Bont ar Ogwr / Bridgend	a		2042			21 40		2241	2246		
Pen-y-Bont ar Ogwr / Bridgend	d		2042			21 41		2241	2246		
Wildmill	d		2045			21 43					
Sarn	d		2048			21 46					
Tondu	d		2051			21 50					
Garth (Bridgend)	d		2059			21 57					
Maesteg (Ewenny Road)	d		21 02			2200					
Maesteg	a		21 06			2204					

**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.  
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		XC 1	TfW FO	XC 1	TfW FX	TfW Q	TfW FO	TfW FX			
Birmingham New Street	d	2112		2130			2212				
Ashchurch ar gyfer Tewkesbury / Ashchurch For Tewkesbury	d			2209							
Cheltenham Spa	d	2152		2221			2258	2258			
Llundain Paddington / London Paddington	d										
Reading	d										
Swindon	d	2054									
Caerloyw / Gloucester	a	2200		2230			2308	2308			
Caerloyw / Gloucester	d	2205					2310	2310			
Lydney	d						2330	2330			
Cas-Gwent / Chepstow	d						2339	2339			
Caldicot	d						2348	2348			
Cyff Twnel Hafren / Severn Tunnel Jn	d						2351	2351			
Casnewydd / Newport	a						0007	0013			
Casnewydd / Newport	d						0007	0016			
Caerdydd Canolog / Cardiff Central	a						0022	0036			
Caerdydd Canolog / Cardiff Central	d		2236		2237	2315					
Pontyclun	d					2330					
Llanharan	d					2335					
Pencoed	d					2340					
Pen-y-Bont ar Ogwr / Bridgend	a		2256		2258	2347					
Pen-y-Bont ar Ogwr / Bridgend	d		2258		2300	2347					
Wildmill	d		2300		2302						
Sarn	d		2303		2305						
Tondu	d		2307		2309						
Garth (Bridgend)	d		2316		2318						
Maesteg (Ewenny Road)	d		2319		2321						
Maesteg	a		2322		2324						

**Nodiadau**

FO Dydd Gwener yn unig

FX Dydd Llun i ddydd Iau

Q I Caerfyrddin

**Notes**

FO Friday only

FX Monday to Thursday

Q To Carmarthen

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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		XC I	XC I G	TfW	XC I D	TfW	TfW	TfW H	XC I D	TfW	TfW
Maesteg	d							0643			
Maesteg (Ewenny Road)	d							0645			
Garth (Bridgend)	d							0648			
Tondu	d							0656			
Sarn	d							0659			
Wildmill	d							0702			
Pen-y-Bont ar Ogwr / Bridgend	a					06 13		0706		0722	0753
Pen-y-Bont ar Ogwr / Bridgend	d					06 14		0706		0722	0753
Pencoed	d					0620		0711			08 13
Llanharan	d					0623				0730	08 17
Pontyclun	d					0628		07 18			0821
Caerdydd Canolog / Cardiff Central	a					0642		0732		0746	0835
Caerdydd Canolog / Cardiff Central	d			06 10	0640	0652	0707	0735	0745	0752	
Casnewydd / Newport	a			0624	0653	0705	0721		0758	0805	
Casnewydd / Newport	d			0626	0654	0706	0722		0800	0806	
Cyff Twnel Hafren / Severn Tunnel Jn	d			0638	0704		0736				
Caldicot	d			0640	0707		0739				
Cas-gwent / Chepstow	d			0649	07 15		0748				
Lydney	d			0657	0724		0758		0825		
Caerloyw / Gloucester	a	0650		07 18	0744		0822		0845		
Caerloyw / Gloucester	d	0659	0705	07 18	0745		0823		0849		
Swindon	a	0759			0903				100 1		
Reading	a	0830			0934						
Llundain Paddington / London Paddington	a	0859			0959						
Cheltenham Spa	a	0707	07 13	0729	0754		0837		0858		
Ashchurch ar gyfer Tewkesbury / Ashchurch For Tewkesbury	a	0757	072 1		0802						
Birmingham New Street	a	0756	0806		0845		0956		0945		

## Nodiadau

- G I Stansted Airport  
D I Nottingham  
H I Tref Glynebwy

## Notes

- G To Stansted Airport  
D To Nottingham  
H To Ebbw Vale Town

		X D	TfW	TfW	X D	TfW	X D	TfW J	X D	TfW	X D
Maesteg	d			0805		0915		1018		1115	
Maesteg (Ewenny Road)	d			0808		0917		1020		1117	
Garth (Bridgend)	d			0811		0920		1023		1120	
Tondu	d			0820		0928		1032		1128	
Sarn	d			0823		0931		1035		1131	
Wildmill	d			0826		0934		1037		1134	
Pen-y-Bont ar Ogwr / Bridgend	a		0821	0831		0938		1041		1138	
Pen-y-Bont ar Ogwr / Bridgend	d		0821	0831		0939		1041		1138	
Pencoed	d		0827			0944		1047		1143	
Llanharan	d			0839		0949		1050		1147	
Pontyclun	d		0834			0953		1055		1151	
Caerdydd Canolog / Cardiff Central	a	7	0847	0856		1006		1110		1205	
Caerdydd Canolog / Cardiff Central	d	7	0845	0851	0904	0945	1009	1045	1123	1145	1208
Casnewydd / Newport	a		0858	0904	0921	0957	1023	1057	1136	1157	1221
Casnewydd / Newport	d		0859	0905	0921	0959	1024	1101	1137	1158	1222
Cyff Twnel Hafren / Severn Tunnel Jn	d			0932		1034				1233	
Caldicot	d			0935		1037				1235	
Cas-gwent / Chepstow	d		0916	0944	1016	1045			1217	1244	1316
Lydney	d			0953		1054	1125			1252	
Caerloyw / Gloucester	a	7	0943	1014	1043	1114	1144		1243	1313	1343
Caerloyw / Gloucester	d	7	0949		1049		1149		1245		1349
Swindon	a		1102		1203		1302		1402		1502
Reading	a	7	1133		1234		1333		1433		1533
Llundain Paddington / London Paddington	a	15	1159		1259		1359		1458		1559
Cheltenham Spa	a		0958		1058		1158		1254		1358
Ashchurch ar gyfer Tewkesbury / Ashchurch For Tewkesbury	a					1156			1302	1357	
Birmingham New Street	a		1045		1145		1245		1345		1445

## Nodiadau

D I Nottingham  
J I Caerdydd

## Notes

D To Nottingham  
J To Holyhead

	TfW	TfW	XC 1 D	TfW	XC 1 D	TfW	TfW	XC 1 D	TfW	XC 1 D	
		J				J					
Maesteg	d	12 18		13 15		14 15		15 14			
Maesteg (Ewenny Road)	d	1220		13 17		14 17		15 17			
Garth (Bridgend)	d	1223		1320		1420		15 19			
Tondu	d	1232		1328		1429		1527			
Sarn	d	1235		133 1		1432		1530			
Wildmill	d	1237		1334		1434		1534			
Pen-y-Bont ar Ogwr / Bridgend	a	124 1		1338		1438		1537			
Pen-y-Bont ar Ogwr / Bridgend	d	124 1		1339		1438		1537			
Pencoed	d	1247		1344		1444		1543			
Llanharan	d	1250		1349		1448		1547			
Pontyclun	d	1255		1353		1453		155 1			
Caerdydd Canolog / Cardiff Central	a	13 10		1407		1509		1605			
Caerdydd Canolog / Cardiff Central	d	1308	1322	1345		1445	1507	1523	1545	1607	1645
Casnewydd / Newport	a	1326	1335	1357		1458	152 1	1537	1557	162 1	1657
Casnewydd / Newport	d	1327	1336	1359		1459	1522	1538	1559	1622	1659
Cyff Twnel Hafren / Severn Tunnel Jn	d	1338				1533				1632	
Caldicot	d	1341				1535				1635	
Cas-gwent / Chepstow	d	1350			15 18	1544		16 16		1643	
Lydney	d	1359		1423		1552				1652	1724
Caerloyw / Gloucester	a	1420		1443		1544	16 13		1643	17 13	1743
Caerloyw / Gloucester	d			1449		1549			1645		1749
Swindon	a			160 1		1702			1802		1902
Reading	a					1733			1833		
Llundain Paddington / London Paddington	a					1759			1859		
Cheltenham Spa	a			1458		1558			1654		1758
Ashchurch ar gyfer Tewkesbury / Ashchurch For Tewkesbury	a								1702	1756	
Birmingham New Street	a			1545		1645			1745		1845

## Nodiadau

J I Caerdydd  
D I Nottingham

## Notes

J To Holyhead  
D To Nottingham



	TfW	XC D	TfW	XC D	TfW	XC D	TfW	XC K	TfW	TfW	
Maesteg	d	16 14		17 13		18 20		19 16		20 16	2 115
Maesteg (Ewenny Road)	d	16 16		17 15		18 22		19 18		20 18	2 117
Garth (Bridgend)	d	16 19		17 18		18 25		19 21		20 21	2 120
Tondu	d	16 27		17 26		18 33		19 30		20 29	2 128
Sarn	d	16 30		17 29		18 36		19 33		20 32	2 131
Wildmill	d	16 33		17 32		18 39		19 35		20 35	2 134
Pen-y-Bont ar Ogwr / Bridgend	a	16 37		17 36		18 43		19 39		20 39	2 138
Pen-y-Bont ar Ogwr / Bridgend	d	16 37		17 36		18 43		19 39		20 39	2 138
Pencoed	d	16 42		17 41		18 49		19 45		20 44	2 144
Llanharan	d	16 46		17 45		18 53		19 48		20 48	2 148
Pontyclun	d	16 51		17 50		18 58		19 53		20 53	2 152
Caerdydd Canolog / Cardiff Central	a	17 04		18 04		19 12		20 07		2 107	22 13
Caerdydd Canolog / Cardiff Central	d	17 07	17 45	18 09	18 45		20 00		20 48	2 110	
Casnewydd / Newport	a	17 22	17 57	18 23	18 57		20 12		21 00	2 125	
Casnewydd / Newport	d	17 22	17 59	18 24	18 59		20 14		21 02	2 125	
Cyff Twnel Hafren / Severn Tunnel Jn	d	17 32		18 35			20 25			2 136	
Caldicot	d	17 35		18 38			20 27			2 138	
Cas-gwent / Chepstow	d	17 43	18 17	18 46	19 16		20 36			2 147	
Lydney	d	17 52		18 55			20 44			2 155	
Caerloyw / Gloucester	a	18 12	18 44	19 15	19 43		2 105		2 144	22 16	
Caerloyw / Gloucester	d		18 45		19 49		2 107		2 149		
Swindon	a		20 02		2 102		2 204				
Reading	a		20 33		2 133		2 236				
Llundain Paddington / London Paddington	a		20 59		2 200		2 305				
Cheltenham Spa	a		18 54		19 58		2 116		2 158		
Ashchurch ar gyfer Tewkesbury / Ashchurch For Tewkesbury	a		19 02	19 56			2 125				
Birmingham New Street	a		19 45		20 45		22 07		22 45		

## Nodiadau

D I Nottingham  
K I Derby

## Notes

D To Nottingham  
K To Derby

	TfW									
Maesteg	d	22 18								
Maesteg (Ewenny Road)	d	2220								
Garth (Bridgend)	d	2223								
Tondu	d	2232								
Sarn	d	2235								
Wildmill	d	2237								
Pen-y-Bont ar Ogwr / Bridgend	a	224 1								
Pen-y-Bont ar Ogwr / Bridgend	d	224 1								
Pencoed	d	2247								
Llanharan	d	225 1								
Pontyclun	d	2255								
Caerdydd Canolog / Cardiff Central	 a	23 12								
Caerdydd Canolog / Cardiff Central	 d	23 14								
Casnewydd / Newport	a	233 1								
Casnewydd / Newport	d	2332								
Cyff Twnel Hafren / Severn Tunnel Jn	d	2352								
Caldicot	d	2354								
Cas-gwent / Chepstow	d	0003								
Lydney	d	00 12								
Caerloyw / Gloucester	 a	0034								
Caerloyw / Gloucester	 d									
Swindon	a									
Reading	 a									
Llundain Paddington / London Paddington	 a									
Cheltenham Spa	a									
Ashchurch ar gyfer Tewkesbury / Ashchurch For Tewkesbury	a									
Birmingham New Street	 a									

	TfW	TfW	TfW	XC 1	XC 1	TfW	TfW	TfW	XC 1	TfW
	L									
Birmingham New Street	d			0500	0542				0730	
Ashchurch ar gyfer Tewkesbury / Ashchurch For Tewkesbury	d				0634		0708			
Cheltenham Spa	d			0603	0644		0746		0815	0846
Llundain Paddington / London Paddington	d									
Reading	d									
Swindon	d								0729	
Caerloyw / Gloucester	a			0612	0653		0755		0824	0855
Caerloyw / Gloucester	d		0548	0615	0657		0757		0827	0901
Lydney	d		0607	0635	0716		0816			0920
Cas-Gwent / Chepstow	d		0617	0644	0726		0825		0853	0929
Caldicot	d		0625	0653	0734		0834			0938
Cyff Twnel Hafren / Severn Tunnel Jn	d		0628	0656	0739		0838			0941
Casnewydd / Newport	a		0640	0707	0750		0851	0905	0911	0953
Casnewydd / Newport	d		0641	0708	0753		0852	0905	0913	0953
Caerdydd Canolog / Cardiff Central	a		0653	0720	0805		0907	0920	0925	1008
Caerdydd Canolog / Cardiff Central	d	0535	0549	0704		0818		0922		1016
Pontyclun	d	0551	0601	0716		0831		0935		1029
Llanharan	d	0556	0606	0721		0835		0940		1034
Pencoed	d	0600	0610	0725		0840		0944		1039
Pen-y-Bont ar Ogwr / Bridgend	a	0608	0616	0731		0847		0949		1045
Pen-y-Bont ar Ogwr / Bridgend	d	0608	0616	0732		0847		0950		1045
Wildmill	d		0619	0735		0849		0952		1048
Sarn	d		0622	0738		0852		0955		1051
Tondu	d		0625	0741		0856		0959		1054
Garth (Bridgend)	d		0633	0749		0905		1008		1102
Maesteg (Ewenny Road)	d		0636	0752		0908		1011		1105
Maesteg	a		0639	0755		0912		1015		1108

## Nodiadau

L | Aberdaugleddau

## Notes

L | To Milford Haven

		XC 1	TfW	XC 1	TfW	XC 1	TfW	TfW	XC 1	TfW	XC 1
Birmingham New Street	d	0830		0930		1030			1130		1230
Ashchurch ar gyfer Tewkesbury / Ashchurch For Tewkesbury	d						1113				
Cheltenham Spa	d	0915		1015		1115			1215		1315
Llundain Paddington / London Paddington	d	0728		0828		0928			1028		1128
Reading	d	0753		0854		0953			1053		1153
Swindon	d	0828		0928		1028			1128		1228
Caerloyw / Gloucester	a	0924		1023		1124			1223		1323
Caerloyw / Gloucester	d	0927		1027	1052	1127	1158		1227		1330
Lydney	d			1046	1111		1217				1349
Cas-Gwent / Chepstow	d	0953			1120	1153	1227		1253		
Caldicot	d				1129		1235				
Cyff Twnel Hafren / Severn Tunnel Jn	d				1132		1238				
Casnewydd / Newport	a	1012	1100	1111	1145	1212	1252	1258	1312		1414
Casnewydd / Newport	d	1013	1103	1113	1146	1213	1252	1259	1313		1417
Caerdydd Canolog / Cardiff Central	a	1027	1116	1125	1200	1226	1308	1314	1325		1429
Caerdydd Canolog / Cardiff Central	d		1119		1218			1315		1416	
Pontyclun	d		1132		1230			1328		1428	
Llanharan	d		1137		1235			1332		1433	
Pencoed	d		1141		1239			1337		1437	
Pen-y-Bont ar Ogwr / Bridgend	a		1147		1245			1343		1443	
Pen-y-Bont ar Ogwr / Bridgend	d		1148		1245			1343		1443	
Wildmill	d		1151		1248			1345		1446	
Sarn	d		1154		1251			1348		1449	
Tondu	d		1157		1254			1352		1452	
Garth (Bridgend)	d		1207		1302			1402		1500	
Maesteg (Ewenny Road)	d		1210		1305			1404		1503	
Maesteg	a		1213		1308			1408		1507	

	TfW	XC 1	TfW F	TfW	XC 1	TfW	XC 1	TfW	XC 1	TfW
Birmingham New Street <b>12</b>	d	1330			1430		1530		1630	
Ashchurch ar gyfer Tewkesbury / Ashchurch For Tewkesbury	d	13 13								17 13
Cheltenham Spa	d	14 15			15 15		16 15		17 15	
Llundain Paddington / London Paddington <b>15</b> <b>e</b>	d				1328		1428			
Reading	d				1353		1453			
Swindon	d	1328			1428		1528		1628	
Caerloyw / Gloucester <b>7</b>	a	1424			1524		1623		1724	
Caerloyw / Gloucester <b>7</b>	d	1358	1427	1442	1527		1627	1658	1727	1746
Lydney	d	14 17		150 1			1646	17 17	1746	1805
Cas-Gwent / Chepstow	d	1426	1453	15 11	1553		1656	1726		18 15
Caldicot	d	1435		15 19				1735		1823
Cyff Twnel Hafren / Severn Tunnel Jn	d	1438		1524				1738		1826
Casnewydd / Newport	a	1450	15 11	1537	16 11	1655	17 13	1750	18 11	1838
Casnewydd / Newport	d	1452	15 13	1537	16 13	1656	17 15	1750	18 13	1839
Caerdydd Canolog / Cardiff Central <b>7</b>	a	1507	1525	1553	1625	17 10	1727	1807	1827	1852
Caerdydd Canolog / Cardiff Central <b>7</b>	d	15 16		1604	16 18		17 15	18 15		1907
Pontyclun	d	1529			1630		1727	1828		1920
Llanharan	d	1534			1635		1732	1833		1924
Pencoed	d	1539			1640		1736	1837		1929
Pen-y-Bont ar Ogwr / Bridgend	a	1545		1623	1646		1742	1843		1945
Pen-y-Bont ar Ogwr / Bridgend	d	1545		1623	1646		1742	1844		1946
Wildmill	d	1548			1648		1745	1847		1948
Sarn	d	155 1			165 1		1748	1850		195 1
Tondu	d	1554			1655		175 1	1853		1955
Garth (Bridgend)	d	1602			1702		180 1	190 1		2002
Maesteg (Ewenny Road)	d	1605			1705		1803	1904		2005
Maesteg	a	1608			1709		1806	1907		2009

## Nodiadau

F I Porthladd Abergwaun

## Notes

F To Fishguard Harbour

		XC 1	TfW	XC 1	TfW	TfW	XC 1	TfW	TfW	XC 1	XC 1
Birmingham New Street	d	1730		1830			1930			2030	2112
Ashchurch ar gyfer Tewkesbury / Ashchurch For Tewkesbury	d	1809			1913						
Cheltenham Spa	d	1819		1915			2015			2115	2152
Llundain Paddington / London Paddington	d	1628		1728			1828			1928	
Reading	d	1653		1753			1853			1953	
Swindon	d	1728		1828			1929			2028	
Caerloyw / Gloucester	a	1827		1924			2023			2124	2200
Caerloyw / Gloucester	d	1830	1858	1927	1958		2027			2127	2205
Lydney	d		1917		2017					2146	
Cas-Gwent / Chepstow	d		1927		2027					2156	
Caldicot	d		1935		2035					2204	
Cyff Twnel Hafren / Severn Tunnel Jn	d		1938		2039					2207	
Casnewydd / Newport	a	1912	1950	2009	2052		2109	2146		2224	
Casnewydd / Newport	d	1913	1952	2010	2053		2110	2147		2227	
Caerdydd Canolog / Cardiff Central	a	1925	2007	2022	2107		2122	2205		2245	
Caerdydd Canolog / Cardiff Central	d		2019			2119		2208	2227		
Pontyclun	d		2031			2131		2221	2239		
Llanharan	d		2036			2136		2225	2244		
Pen-coed	d		2040			2140		2229	2248		
Pen-y-Bont ar Ogwr / Bridgend	a		2046			2147		2235	2255		
Pen-y-Bont ar Ogwr / Bridgend	d		2046			2147		2235	2255		
Wildmill	d		2049			2149					
Sarn	d		2052			2152					
Tondu	d		2055			2156					
Garth (Bridgend)	d		2103			2206					
Maesteg (Ewenny Road)	d		2106			2208					
Maesteg	a		2110			2212					

## Nodiadau

Q I Caerfyrddin

## Notes

Q To Carmarthen

	TfW												
Birmingham New Street <b>12</b>	d												
Ashchurch ar gyfer Tewkesbury / Ashchurch For Tewkesbury	d												
Cheltenham Spa	d												
Llundain Paddington / London Paddington <b>15</b> 	d												
Reading	d												
Swindon	d												
Caerloyw / Gloucester <b>7</b>	a												
Caerloyw / Gloucester <b>7</b>	d	2309											
Lydney	d	2328											
Cas-Gwent / Chepstow	d	2338											
Caldicot	d	2346											
Cyff Twnel Hafren / Severn Tunnel Jn	d	2349											
Casnewydd / Newport	a	0009											
Casnewydd / Newport	d	0009											
Caerdydd Canolog / Cardiff Central <b>7</b>	a	0030											
Caerdydd Canolog / Cardiff Central <b>7</b>	d												
Pontyclun	d												
Llanharan	d												
Pencoed	d												
Pen-y-Bont ar Ogwr / Bridgend	a												
Pen-y-Bont ar Ogwr / Bridgend	d												
Wildmill	d												
Sarn	d												
Tondu	d												
Garth (Bridgend)	d												
Maesteg (Ewenny Road)	d												
Maesteg	a												

	TfW	XC 1	TfW	TfW	XC 1 D	XC 1 D	TfW	TfW	XC 1 D	TfW
Maesteg	d			0948			1109			1214
Maesteg (Ewenny Road)	d			0951			1112			1217
Garth (Bridgend)	d			0954			1115			1219
Tondu	d			1003			1123			1227
Sarn	d			1006			1126			1230
Wildmill	d			1009			1130			1234
Pen-y-Bont ar Ogwr / Bridgend	a			1014			1134			1237
Pen-y-Bont ar Ogwr / Bridgend	d			1014			1135			1238
Pencoed	d			1020			1140			1244
Llanharan	d			1024			1145			1248
Pontyclun	d			1029			1149			1252
Caerdydd Canolog / Cardiff Central	a			1045			1205			1306
Caerdydd Canolog / Cardiff Central	d	0823		1030		1045	1145		1229	1245
Casnewydd / Newport	a	0840		1043		1057	1157		1242	1257
Casnewydd / Newport	d	0841		1044		1059	1159		1243	1258
Cyff Twnel Hafren / Severn Tunnel Jn	d	0903		1056					1254	
Caldicot	d	0905		1059					1256	
Cas-gwent / Chepstow	d	0914		1107					1305	
Lydney	d	0922		1116					1313	
Caerloyw / Gloucester	a	0943	0950	1137		1142	1241		1334	1341
Caerloyw / Gloucester	d	0944	1002	1138		1149	1249		1335	1349
Swindon	a	1036		1303			1403		1504	
Reading	a									
Llundain Paddington / London Paddington	a									
Cheltenham Spa	a	0956	1010	1148		1158	1258		1345	1358
Ashchurch ar gyfer Tewkesbury / Ashchurch For Tewkesbury	a		1056							
Birmingham New Street	a		1049	1249		1245	1345		1449	1445

## Nodiadau

D I Nottingham

## Notes

D To Nottingham



		XC D	TfW	TfW	XC D	XC D	TfW	TfW	TfW	XC D	XC D
Maesteg	d		13 10				15 10				
Maesteg (Ewenny Road)	d		13 13				15 13				
Garth (Bridgend)	d		13 16				15 16				
Tondu	d		13 24				15 24				
Sarn	d		13 27				15 27				
Wildmill	d		13 31				15 3 1				
Pen-y-Bont ar Ogwr / Bridgend	a		13 36				15 36		16 04		
Pen-y-Bont ar Ogwr / Bridgend	d		13 36				15 36		16 04		
Pencoed	d		13 41				15 4 1		16 10		
Llanharan	d		13 46				15 46		16 14		
Pontyclun	d		13 50				15 50		16 19		
Caerdydd Canolog / Cardiff Central	a	7	14 05				16 08		16 33		
Caerdydd Canolog / Cardiff Central	d	7	13 45		14 29	14 45	15 45		16 25	16 40	16 45
Casnewydd / Newport	a		13 57		14 42	14 58	15 57		16 39	16 54	16 57
Casnewydd / Newport	d		14 0 1		14 43	14 59	15 59		16 43	16 55	16 59
Cyff Twnel Hafren / Severn Tunnel Jn	d				14 54				16 55		
Caldicot	d				14 57				16 57		
Cas-gwent / Chepstow	d				15 05				17 06		
Lydney	d				15 14				17 14		
Caerloyw / Gloucester	a	7	14 45		15 34	15 4 1	16 4 1		17 35		17 4 1
Caerloyw / Gloucester	d	7	14 49		15 35	15 49	16 49		17 36		17 49
Swindon	a		16 02		17 04		18 03		19 02		20 0 1
Reading	a	7	16 32				18 33				
Llundain Paddington / London Paddington	a	15	16 59				18 58				
Cheltenham Spa	a		14 58		15 45	15 58	16 58		17 46		17 58
Ashchurch ar gyfer Tewkesbury / Ashchurch For Tewkesbury	a										
Birmingham New Street	a		15 45		16 49	16 45	17 45		18 50		18 45

## Nodiadau

D I Nottingham

## Notes

D To Nottingham

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	TfW	TfW	XC D	XC M	TfW	TfW	XC D	TfW	TfW	
	H						H			
Maesteg	d	1708			1915		2038			
Maesteg (Ewenny Road)	d	1711			1918		2040			
Garth (Bridgend)	d	1714			1921		2043			
Tondu	d	1723			1929		2051			
Sarn	d	1726			1932		2054			
Wildmill	d	1729			1936		2057			
Pen-y-Bont ar Ogwr / Bridgend	a	1734			1940		2101			
Pen-y-Bont ar Ogwr / Bridgend	d	1734			1940		2101			
Pencoed	d	1740			1945		2106			
Llanharan	d	1744			1950		2111			
Pontyclun	d	1749			1954		2115			
Caerdydd Canolog / Cardiff Central	a	1802			2010		2128			
Caerdydd Canolog / Cardiff Central	d	1805	1829	1845	1945	2024	2045	2133	2226	
Casnewydd / Newport	a	1819	1842	1857	1958	2037	2057		2239	
Casnewydd / Newport	d	1822	1843	1859	2002	2038	2059		2240	
Cyff Twnel Hafren / Severn Tunnel Jn	d		1855			2048			2255	
Caldicot	d		1857			2051			2258	
Cas-gwent / Chepstow	d		1906			2059			2306	
Lydney	d		1914			2108			2315	
Caerloyw / Gloucester	a		1935	1941	2044	2130	2142		2338	
Caerloyw / Gloucester	d		1935	1949	2049		2149			
Swindon	a		2102		2202	2301				
Reading	a									
Llundain Paddington / London Paddington	a									
Cheltenham Spa	a		1945	1958	2058		2158			
Ashchurch ar gyfer Tewkesbury / Ashchurch For Tewkesbury	a									
Birmingham New Street	a		2055	2045	2145		2245			

## Nodiadau

- H I Tref Glynebwy  
D I Nottingham  
M I Leicester

## Notes

- H To Ebbw Vale Town  
D To Nottingham  
M To Leicester

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	TfW	TfW	TfW	TfW	TfW	TfW	TfW	TfW	XC	TfW	XC
		L						L	■		■
Birmingham New Street	d					0930			10 12		11 12
Ashchurch ar gyfer Tewkesbury / Ashchurch For Tewkesbury	d					10 14					
Cheltenham Spa	d					1038			1100		1200
Llundain Paddington / London Paddington	d										
Reading	d										
Swindon	d					0935					
Caerloyw / Gloucester	a					1047			1109		1209
Caerloyw / Gloucester	d			0845		1048			1111		12 11
Lydney	d			0904		1107					
Cas-Gwent / Chepstow	d			09 14		1116					
Caldicot	d			0922		1125					
Cyff Twnel Hafren / Severn Tunnel Jn	d			0925		1128					
Casnewydd / Newport	a			0944		1140			1153		1253
Casnewydd / Newport	d	0930		0945		1140			1154		1254
Caerdydd Canolog / Cardiff Central	a		0949	1004		1155			1206		1306
Caerdydd Canolog / Cardiff Central	d	0846	0953		10 13	11 19		1204		12 10	
Pontyclun	d	0858	1005		1025	113 1		12 18		1223	
Llanharan	d	0903	10 11		1030	1136		1223		1228	
Pencoed	d	0908	10 16		1035	114 1		1227		1233	
Pen-y-Bont ar Ogwr / Bridgend	a	09 15	1022		1040	1146		1233		1239	
Pen-y-Bont ar Ogwr / Bridgend	d	09 15	1023		1040	1146		1234		1239	
Wildmill	d	0918			1043	1149				1242	
Sarn	d	0921			1047	1152				1246	
Tondu	d	0925			1050	1156				1249	
Garth (Bridgend)	d	0933			1058	1203				1257	
Maesteg (Ewenny Road)	d	0936			1102	1207				130 1	
Maesteg	a	0940			1106	12 10				1305	

## Nodiadau

L I Aberdaugleddau

## Notes

L To Milford Haven

	TfW	TfW	XC 1	TfW	XC 1	TfW	XC 1	TfW	XC 1	TfW
Birmingham New Street	d	1130		1230	1312	1330		1430	1512	1530
Ashchurch ar gyfer Tewkesbury / Ashchurch For Tewkesbury	d	1211								
Cheltenham Spa	d	1235		1318	1409	1415		1515	1610	1615
Llundain Paddington / London Paddington	d									
Reading	d									
Swindon	d	1130		1232	1330			1430	1530	
Caerloyw / Gloucester	a	1245		1328	1419	1424		1524	1622	1624
Caerloyw / Gloucester	d	1246		1330	1429	1425		1530	1629	1625
Lydney	d	1305			1448				1648	
Cas-Gwent / Chepstow	d	1314			1458				1658	
Caldicot	d	1323			1506				1706	
Cyff Twnel Hafren / Severn Tunnel Jn	d	1326			1509				1709	
Casnewydd / Newport	a	1338		1412	1521	1507		1612	1721	1707
Casnewydd / Newport	d	1341		1413	1522	1508		1613	1722	1708
Caerdydd Canolog / Cardiff Central	a	1353		1425	1536	1524		1625	1735	1720
Caerdydd Canolog / Cardiff Central	d		1413				1611			1819
Pontyclun	d		1425				1623			1831
Llanharan	d		1430				1628			1836
Pencoed	d		1435				1633			1840
Pen-y-Bont ar Ogwr / Bridgend	a		1441				1639			1846
Pen-y-Bont ar Ogwr / Bridgend	d		1441				1639			1846
Wildmill	d		1444				1642			1849
Sarn	d		1448				1645			1853
Tondu	d		1451				1649			1856
Garth (Bridgend)	d		1459				1657			1904
Maesteg (Ewenny Road)	d		1503				1700			1908
Maesteg	a		1506				1705			1912

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		XC 1	XC 1	TfW	TfW	XC 1	TfW	XC 1	XC 1	TfW	
Birmingham New Street	d	1630	1730		17 12	1830	19 12	1930	2 112		
Ashchurch ar gyfer Tewkesbury / Ashchurch For Tewkesbury	d				18 14						
Cheltenham Spa	d	17 15	18 15		1835	19 15	20 10	20 15	2 152		
Llundain Paddington / London Paddington	d					1733					
Reading	d					1758					
Swindon	d		1730			1829	1929		203 1	2 130	
Caerloyw / Gloucester	a	1723	1827		1846	1923	2022	2024	2200		
Caerloyw / Gloucester	d	1725	1828		1848	1925	2033	2025	2205	2240	
Lydney	d				1907		2052			2259	
Cas-Gwent / Chepstow	d				19 16		2 102			2308	
Caldicot	d				1925		2 111			23 17	
Cyff Twnel Hafren / Severn Tunnel Jn	d				1928		2 117			2320	
Casnewydd / Newport	a	1807	19 11		194 1	2007	2 133	2 107		2332	
Casnewydd / Newport	d	1808	19 12		1942	2008	2 134	2 108		2334	
Caerdydd Canolog / Cardiff Central	a	1820	1925		1956	2020	2 148	2 120		2347	
Caerdydd Canolog / Cardiff Central	d			1943							
Pontyclun	d			1955							
Llanharan	d			2000							
Pencoed	d			2005							
Pen-y-Bont ar Ogwr / Bridgend	a			20 10							
Pen-y-Bont ar Ogwr / Bridgend	d			20 10							
Wildmill	d			20 13							
Sarn	d			20 16							
Tondu	d			2020							
Garth (Bridgend)	d			2027							
Maesteg (Ewenny Road)	d			2031							
Maesteg	a			2035							

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Prynu Cyn Teithio. Archebwch ar **ap TrC**, [trc.cymru](https://trc.cymru) neu mewn gorsaf  
Buy before you board. Book on the **TfW app**, [tfw.wales](https://tfw.wales) or at a station



I archebu cymorth ac i gael cyngor ar hygyrchedd, cysylltwch â'n tîm Cymorth wrth Deithio: 033 30 050 501 (Testun y Genhedlaeth Nesaf 18001 0333 005 0501) ar agor 8yh tan 8yh saith niwrnod yr wythnos neu i gael rhagor o wybodaeth ewch i [trc.cymru/gwybodaeth/teithwyr/teithio-hygyrch](https://trc.cymru/gwybodaeth/teithwyr/teithio-hygyrch). Rydym yn argymhell gwneud cais am gymorth o leiaf 6 awr cyn i chi teithio (Os ydych chi'n dymuno archebu rhwng 10yh ac 8yh, defnyddiwch ein gwasanaeth archebu ar-lein).

To book assistance and for accessibility advice please contact our Assisted Travel team: 033 30 050 501 (Next Generation text 18001 0333 005 0501) open 8am to 8pm seven days a week or for more information visit [tfw.wales/info-for/passengers/accessible-travel](https://tfw.wales/info-for/passengers/accessible-travel). We recommend reserving assistance at least 6 hours before you travel (If you wish to make a booking between the hours of 10pm and 8am please use our online booking service).



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 tocyennwr. Rhaid i bobl sydd eisiau mynd ar y trên roi'r arwydd llaw priodol i'r gyrrwr

Amser cysylltu a argymhellir

Yn parhau mewn colofn ddiweddarach

Parhad o golofn gynharach

Great Western Railway

West Midlands Trains

Trafnidiaeth Cymru

Avanti West Coast

Northern

Cross Country

### 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

**↳** Continued in later column

**←** Continued from earlier column

**GW** Great Western Railway

**LM** West Midlands Trains

**TfW** Transport for Wales

**VT** Avanti West Coast

**NT** Northern

**XC** Cross Country