

# Amserau Trenau | Train Times

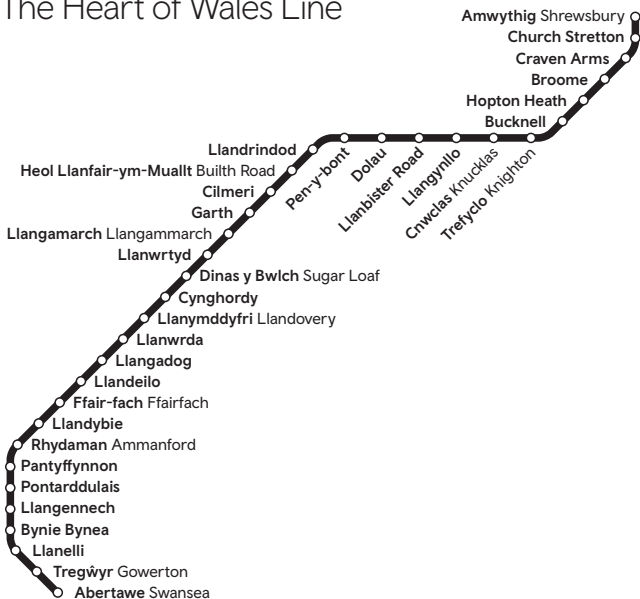
15 Mai 2022 - 10 Rhagfyr 2022 | 15 May 2022 - 10 December 2022

## Abertawe - Llandrindod - Amwythig

### Lein Calon Cymru

Swansea - Llandrindod - Shrewsbury

The Heart of Wales Line



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

Ystyriwch bobl eraill - rydym yn argymhell eich bod yn gwisgo gorchudd wyneb

#### Travel safer

Consider others - we recommend you wear a face covering



Dod o hyd i drenau llai prysur: defnyddiwch ein Gwiriwr Capasiti a Theithio'n Saffach, lawrlwythwch ap TrC neu ewch i [trc.cymru/gwiriwr-capasiti](http://trc.cymru/gwiriwr-capasiti)

Find trains with space: use our Capacity Checker and Travel Safer, download the TFW app or visit [tfw.wales/capacity-checker](http://tfw.wales/capacity-checker)

TTB01c\_DLB\_V1\_04/22



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



Abertawe - Llandrindod - Amwythig	Lein Calon Cymru					Dydd Llun i ddydd Gwener				
Swansea - Llandrindod - Shrewsbury	The Heart of Wales Line					Mondays to Fridays				
	TfW	TfW	TfW	TfW	TfW	TfW				
Llundain Paddington / London Paddington <b>15e</b> d				0523	1148	1448				
Caerdydd Canolog / Cardiff Central <b>7</b> d				0807	1338	1704				
Abertawe / Swansea d			0601	0927	1435	1830				
Tre-gwyr / Gowerton d			0613	0939		1841				
Carmarthen d	0447		0545	0900	1357	1809				
Pembrey & Burry Port d	0506		0608	0923	1415	1832				
Llanelli d	0516		0625	0951	1453	1853				
Bynie / Bynea d	0520x		0629x	0955x	1457x	1857x				
Llangennech d	0524x		0633x	0959x	1501x	1901x				
Pontarddulais d	0529x		0638x	1003x	1506x	1905x				
Pantyyffynnon d	0537		0646	1012	1514	1914				
Rhydaman / Ammanford d	0540		0649	1015	1517	1917				
Llandybie d	0545		0654	1019	1522	1921				
Ffairfach d	0551x		0700x	1026x	1528x	1928x				
Llandeilo a	0556		0705	1030	1533	1932				
Llandeilo d	0557		0708	1032	1534	1934				
Llangadog d	0607		0718	1041	1544	1943				
Llanwrda d	0610		0721	1045	1547	1947				
Llanymddyfri / Llandovery a	0619		0729	1052	1555	1954				
Llandovery d			0730	1054	1556	1956				
Cynghordy d			0738x	1101x	1603x	2003x				
Sugar Loaf d			0747x	1110x	1612x	2013x				
Llanwrtyd a			0754	1117	1619	2020				
Llanwrtyd d			0812	1118	1626	2035				
Llangammarch d			0817x	1123x	1631x	2040x				
Garth (Powys) d			0821x	1126x	1635x	2044x				
Cilmeri d			0826x	1131x	1640x	2049x				
Builth Road d			0830x	1135x	1644x	2053x				
Llandrindod a			0843	1148	1657	2106				
Llandrindod d		0618	0845	1201	1659	2109				
Pen-y-bont d		0625x	0851x	1208x	1705x	2116x				
Dolau d		0630	0857	1214	1711	2122				
Llanbister Road d		0636x	0902x	1219x	1716x	2127x				
Llangynllo d		0642x	0907x	1224x	1722x	2132x				
Cnwclas / Knucklas d		0648x	0914x	1231x	1728x	2139x				
Trefyclawdd / Knighton a		0655	0921	1238	1736	2146				
Knighton d		0703	0923	1241	1737	2148				
Bucknell d		0709	0929	1247	1743	2154				
Hopton Heath d		0714x	0933x	1251x	1748x	2158x				
Broome d		0718x	0936x	1255x	1751x	2202x				
Craven Arms d		0729	0945	1306	1800	2210				
Church Stretton d		0742	0958	1319	1813	2225				
Amwythig / Shrewsbury a		0758	1014	1337	1829	2243				
Crewe <b>10</b> a		0852	1111	1427	1934	0005				
Wolverhampton <b>7</b> a		0911	1111	1511	1937					
Birmingham New St <b>12</b> a		0932	1134	1533	1956					

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

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

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

Amwythig - Llandrindod - Abertawe		Lein Calon Cymru					Dydd Llun i ddydd Gwener				
Shrewsbury - Llandrindod - Swansea		The Heart of Wales Line					Mondays to Fridays				
		TfW	TfW	TfW	TfW	TfW	TfW				
Birmingham New St	<b>12</b> d				0834	1225	1700				
Wolverhampton	<b>7</b> d				0853	1244	1719				
Crewe	<b>10</b> d			0450	0914	1310	1720				
Amwythig / Shrewsbury	d	0446		0556	1009	1405	1824				
Church Stretton	d	0504		0614	1027	1423	1842				
Craven Arms	d	0515		0626	1037	1434	1854				
Broome	d			0631x	1042x	1439x	1859x				
Hopton Heath	d			0636x	1047x	1444x	1904x				
Bucknell	d			0640x	1051x	1448x	1908x				
Trefyclawdd / Knighton	a	0535		0648	1100	1456	1916				
Knighton	d	0537		0655	1101	1458	1918				
Cnwclas / Knucklas	d			0700x	1106x	1502x	1922x				
Llangynllo	d			0708x	1114x	1510x	1930x				
Llanbister Road	d			0713x	1119x	1515x	1935x				
Dolau	d			0719x	1125x	1521x	1941x				
Pen-y-bont	d			0723x	1129x	1526x	1946x				
Llandrindod	a	0612		0734	1140	1537	1957				
Llandrindod	d			0737	1157	1543	1958				
Builth Road	d			0745x	1206x	1551x	2007x				
Cilmeri	d			0749x	1209x	1555x	2010x				
Garth (Powys)	d			0754x	1214x	1600x	2016x				
Llangammarch	d			0758x	1218x	1604x	2020x				
Llanwrtyd	a			0805	1226	1612	2028				
Llanwrtyd	d			0811	1228	1626	2032				
Sugar Loaf	d			0817x	1234x	1632x	2039x				
Cynghordy	d			0823x	1240x	1637x	2045x				
Llanymddyfri / Llandovery	a			0834	1252	1649	2056				
Llandovery	d		0644	0836	1253	1650	2058				
Llanwrda	d		0650x	0841x	1258x	1655x	2103x				
Llangadog	d		0654x	0845x	1302x	1659x	2107x				
Llandeilo	a		0704	0855	1313	1710	2118				
Llandeilo	d		0705	0858	1315	1712	2119				
Ffairfach	d		0708	0900	1317	1714	2122				
Llandybie	d		0714x	0907x	1324x	1721x	2128x				
Rhydaman / Ammanford	d		0719x	0911x	1328x	1725x	2133x				
Pantyyffnon	d		0723	0915	1332	1729	2137				
Pontarddulais	d		0729x	0921x	1338x	1735x	2143x				
Llangennech	d		0733x	0926x	1343x	1740x	2147x				
Bynie / Bynea	d		0737x	0929x	1346x	1743x	2151x				
Llanelli	d		0746	0942	1357	1754	2159				
Pembrey & Burry Port	d		0818	1030	1321	1819	2205				
Carmarthen	a		0844	1054	1450	1847	2228				
Tre-gwyr / Gowerton	a		0754		1404	1801					
Abertawe / Swansea	a		0809	1004	1417	1815					
Caerdydd Canolog / Cardiff Central	<b>7</b> a		0915	1115	1515	1915					
Llundain Paddington / London Paddington	<b>15</b> a		1112	1312	1714	2110					


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Abertawe - Llandrindod - Amwythig		Lein Calon Cymru				Dydd Sadwrn				
Swansea - Llandrindod - Shrewsbury		The Heart of Wales Line				Saturdays				
		TfW	TfW	TfW	TfW					
Llundain Paddington / London Paddington	<b>15</b> d			0948	1448					
Caerdydd Canolog / Cardiff Central	<b>7</b> d		0756	1204	1704					
Abertawe / Swansea	d	0430	09 14	13 10	18 16					
Tre-gwyr / Gowerton	d	0442	0926	1322	1828					
Carmarthen	d		0859	1300	1807					
Pembrey & Burry Port	d		0922	1323	1829					
Llanelli	d	0453	0937	1336	1842					
Bynie / Bynea	d	0457x	094 1x	1340x	1845x					
Llangennech	d	0500x	0945x	1344x	1849x					
Pontarddulais	d	0504x	0950x	1348x	1853x					
Pantyyffynnon	d	05 13	0958	1357	190 1					
Rhydaman / Ammanford	d	05 16	100 1	1400	1904					
Llandybie	d	0520	1006	1404	1909					
Ffairfach	d	0526x	10 12x	14 11x	19 15x					
Llandeilo	a	0531	10 17	14 15	19 19					
Llandeilo	d	0532	10 18	14 17	192 1					
Llangadog	d	0541	1027	1426	1930					
Llanwrda	d	0544	1030	1430	1933					
Llanymddyfri / Llandovery	a	0552	1038	1437	194 1					
Llandovery	d	0553	1039	1439	1942					
Cynghordy	d	0600x	1046x	1446x	1949x					
Sugar Loaf	d	0609x	1055x	1455x	1958x					
Llanwrtyd	a	06 16	110 1	1502	2005					
Llanwrtyd	d	06 18	1111	1504	2009					
Llangammarch	d	0622x	11 16x	1509x	20 14x					
Garth (Powys)	d	0626x	1120x	15 12x	20 18x					
Cilmeri	d	063 1x	1125x	15 17x	2023x					
Builth Road	d	0634x	1129x	152 1x	2026x					
Llandrindod	a	0646	1142	1534	2039					
Llandrindod	d	0657	1144	1542	204 1					
Pen-y-bont	d	0703x	1150x	1549x	2047x					
Dolau	d	0708x	1156	1555	2053					
Llanbister Road	d	07 14x	120 1x	1600x	2057x					
Llangynllo	d	07 19x	1207x	1605x	2 102x					
Cnwclas / Knucklas	d	0725x	12 13x	16 12x	2 108x					
Trefyclawdd / Knighton	a	0732	1220	16 19	2 116					
Knighton	d	0734	122 1	162 1	2 117					
Bucknell	d	0740	1227	1627	2 123					
Hopton Heath	d	0744x	123 1x	163 1x	2 127x					
Broome	d	0747x	1234x	1635x	2 130x					
Craven Arms	d	0756	1242	1643	2 139					
Church Stretton	d	0809	1255	1656	2 15 1					
Amwythig / Shrewsbury	a	0825	13 11	17 12	2208					
Crewe	<b>10</b> a	0928	1428	1827	2305					
Wolverhampton	<b>7</b> a	09 12	14 12	18 10	2309					
Birmingham New St	<b>12</b> a	0935	1433	1833	233 1					

Amwythig - Llandrindod - Abertawe		Lein Calon Cymru				Dydd Sadwrn				
Shrewsbury - Llandrindod - Swansea		The Heart of Wales Line				Saturdays				
		TfW	TfW	TfW	TfW					
Birmingham New St	<b>12</b> d		0724	1225	1625					
Wolverhampton	<b>7</b> d		0743	1244	1644					
Crewe	<b>10</b> d		08 10	1308	17 10					
<b>Amwythig / Shrewsbury</b>	d	05 16	0904	1358	1757					
Church Stretton	d	0533	0922	14 16	18 14					
Craven Arms	d	0547	0932	1426	1825					
Broome	d	0552x	0937x	143 1x	1830x					
Hopton Heath	d	0556x	0942x	1436x	1835x					
Bucknell	d	0600x	0946x	1440x	1839x					
Trefyclawdd / Knighton	a	0609	0954	1449	1847					
Knighton	d	06 10	0956	1450	1849					
Cnwclas / Knucklas	d	06 14x	1000x	1455x	1853x					
Llangynllo	d	0622x	1008x	1503x	190 1x					
Llanbister Road	d	0627x	10 13x	1508x	1906x					
Dolau	d	0632x	10 18x	15 14x	19 12x					
Pen-y-bont	d	0637x	1023x	15 18x	19 17x					
Llandrindod	a	0648	1034	1529	1928					
Llandrindod	d	0656	1035	1543	193 1					
Builth Road	d	0705x	1044x	155 1x	1939x					
Cilmeri	d	0708x	1047x	1555x	1943x					
Garth (Powys)	d	07 14x	1052x	1600x	1948x					
Llangammarch	d	07 18x	1056x	1604x	1952x					
Llanwrtyd	a	0726	1104	16 12	2000					
Llanwrtyd	d	0727	1109	16 14	20 12					
Sugar Loaf	d	0734x	1115x	1620x	20 18x					
Cynghordy	d	0740x	112 1x	1626x	2023x					
Llanymddyfri / Llandovery	a	075 1	1133	1638	2035					
Llandovery	d	0753	1134	1639	2036					
Llanwrda	d	0758x	1139x	1644x	204 1x					
Llangadog	d	0802x	1143x	1648x	2045x					
Llandeilo	a	08 13	1154	1659	2056					
Llandeilo	d	08 14	1156	170 1	2057					
Ffairfach	d	08 17	1158	1703	2 100					
Llandybie	d	0823x	1205x	17 10x	2 106x					
Rhydaman / Ammanford	d	0828x	1209x	17 14x	2 11 1x					
Pantyffynnon	d	0832	12 13	17 18	2 115					
Pontarddulais	d	0838x	12 19x	1724x	2 12 1x					
Llangennech	d	0842x	1224x	1729x	2 126x					
Bynie / Bynea	d	0846x	1227x	1732x	2 130x					
Llanelli	d	0859	1238	1743	2 140					
Pembrey & Burry Port	d	0927	1325	1704	2 146					
Carmarthen	a	0952	1345	1800	2206					
Tre-gwyr / Gowerton	a	0906	132 1	175 1	2346					
Abertawe / Swansea	a	092 1	1257	1807	2359					
Caerdydd Canolog / Cardiff Central	<b>7</b> a	11 16	14 17	19 17						
Llundain Paddington / London Paddington	<b>15</b> a	13 11	16 13	2 111						

Abertawe - Llandrindod - Amwythig		Lein Calon Cymru		Dydd Sul							
Swansea - Llandrindod - Shrewsbury		The Heart of Wales Line		Sundays							
		TfW	TfW								
Llundain Paddington / London Paddington	<b>15</b>  d		1143								
Caerdydd Canolog / Cardiff Central	<b>7</b> d	0953	1406								
Abertawe / Swansea	d	1110	1535								
Tre-gwyr / Gowerton	d	1121	1546								
Carmarthen	d	1053	1517								
Pembrey & Burry Port	d	1117	1542								
Llanelli	d	1133	1558								
Bynie / Bynea	d	1137x	1602x								
Llangennech	d	1141x	1606x								
Pontarddlais	d	1145x	1610x								
Pantyyffnon	d	1154	1618								
Rhydaman / Ammanford	d	1157	1621								
Llandybie	d	1201	1626								
Ffairfach	d	1208x	1632x								
Llandeilo	a	1212	1637								
Llandeilo	d	1214	1638								
Llangadog	d	1223	1648								
Llanwrda	d	1227	1651								
Llanymddyfri / Llandovery	a	1234	1659								
Llandovery	d	1236	1700								
Cyngordy	d	1243x	1708x								
Sugar Loaf	d	1252x	1717x								
Llanwrtyd	a	1259	1724								
Llanwrtyd	d	1301	1725								
Llangammarch	d	1306x	1730x								
Garth (Powys)	d	1309x	1734x								
Cilmeri	d	1314x	1739x								
Builth Road	d	1318x	1742x								
Llandrindod	a	1331	1756								
Llandrindod	d	1344	1759								
Pen-y-bont	d	1350x	1806x								
Dolau	d	1356	1812								
Llanbister Road	d	1401x	1817x								
Llangynllo	d	1407x	1822x								
Cnwclas / Knucklas	d	1413x	1829x								
Trefyclawdd / Knighton	a	1421	1836								
Knighton	d	1422	1838								
Bucknell	d	1428	1844								
Hopton Heath	d	1432x	1848x								
Broome	d	1436x	1851x								
Craven Arms	d	1444	1900								
Church Stretton	d	1457	1913								
Amwythig / Shrewsbury	a	1513	1935								
Crewe	<b>10</b> a	1627	2031								
Wolverhampton	<b>7</b> a	1609	2112								
Birmingham New St	<b>12</b> a	1630	2132								

Amwythig - Llandrindod - Abertawe		Lein Calon Cymru		Dydd Sul										
Shrewsbury - Llandrindod - Swansea		The Heart of Wales Line		Sundays										
		TfW	TfW											
Birmingham New St	<b>12</b> d	1004	1423											
Wolverhampton	<b>7</b> d	1023	1444											
Crewe	<b>10</b> d	1111	1521											
Amwythig / Shrewsbury	d	1204	1620											
Church Stretton	d	1222	1639											
Craven Arms	d	1232	1649											
Broome	d	1238x	1654x											
Hopton Heath	d	1242x	1659x											
Bucknell	d	1247x	1703x											
Trefyclawdd / Knighton	a	1255	1711											
Knighton	d	1256	1713											
Cnwclas / Knucklas	d	1302x	1717x											
Llangynllo	d	1310x	1725x											
Llanbister Road	d	1315x	1729x											
Dolau	d	1321x	1735x											
Pen-y-bont	d	1325x	1739x											
Llandrindod	a	1335	1750											
Llandrindod	d	1340	1805											
Builth Road	d	1349x	1814x											
Cilmeri	d	1353x	1817x											
Garth (Powys)	d	1358x	1823x											
Llangammarch	d	1402x	1827x											
Llanwrtyd	a	1409	1835											
Llanwrtyd	d	1411	1836											
Sugar Loaf	d	1417x	1843x											
Cynghordy	d	1424x	1849x											
Llanymddyfri / Llandovery	a	1435	1900											
Llandovery	d	1436	1902											
Llanwrda	d	1442x	1907x											
Llangadog	d	1446x	1911x											
Llandeilo	a	1456	1922											
Llandeilo	d	1458	1923											
Ffairfach	d	1500	1926											
Llandybie	d	1508x	1932x											
Rhydaman / Ammanford	d	1512x	1937x											
Pantyffynnon	d	1515	1941											
Pontarddulais	d	1522x	1947x											
Llangennech	d	1527x	1951x											
Bynie / Bynea	d	1530x	1955x											
Llanelli	d	1540	2005											
Pembrey & Burry Port	d	1552	2124											
Carmarthen	a	1611	2150											
Tre-gwyr / Gowerton	a	1548	2013											
Abertawe / Swansea	a	1602	2026											
Caerdydd Canolog / Cardiff Central	<b>7</b> a	1717	2137											
Llundain Paddington / London Paddington	<b>15</b> a	1909												

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

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








## Nodiadau safonol

## Standard notes

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

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

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

Roedd yr wybodaeth hon yn gywir adeg cyhoeddi.  
This information was correct at the time of publication.

#### Cysylltwch â ni er mwyn:

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

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



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Gallwch archebu cymorth arbennig ymlaen llaw - hyd at 2 awr cyn i'ch taith ddechrau, 24/7. I archebu, neu i gael rhagor o wybodaeth am Gymorth i Deithwyr  
ffoniwch ein tîm Cymorth wrth Deithio: **033 300 50 501** RelayUK:  
**18001 033 300 50 501** neu ewch i **trc.cymru/teithio-hygyrch**.  
Gallwch hefyd "gyrraedd a mynd" heb archebu cymorth arbennig ymlaen llaw. Byddwn yn eich helpu i gyrraedd lle'r ydych chi eisiau mynd.  
You can request an assistance booking in advance - up to 2 hours before your journey is due to start, 24/7. To make a booking or for more information about Passenger Assist call our Assisted Travel team: **033 300 50 501** RelayUK:  
**18001 033 300 50 501** or visit [tfw.wales/accessible-travel](https://tfw.wales/accessible-travel).  
You can also simply "turn up and go" without booking assistance in advance. We'll provide assistance to get you to your destination.



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