

# Amserau Trenau | Train Times

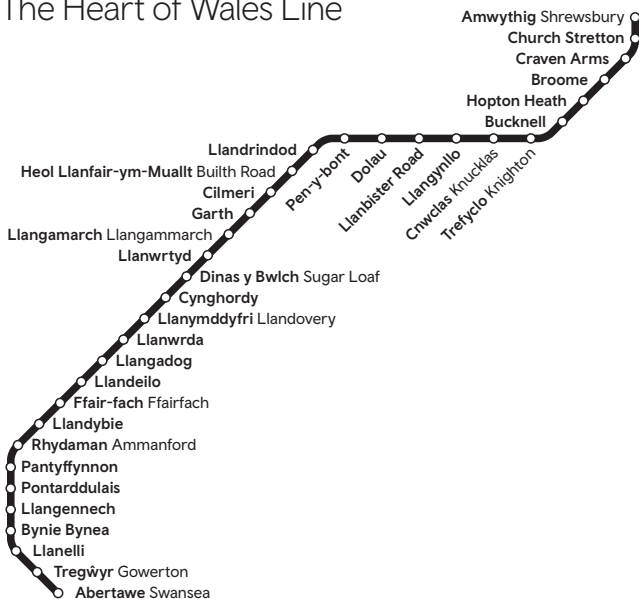
21 Mai - 9 Medi 2023 | 21 May - 9 September 2023

## Abertawe - Llandrindod - Amwythig

### Lein Calon Cymru

Swansea - Llandrindod - Shrewsbury

The Heart of Wales Line



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

Timetable booklets are provided as a guide only. Changes due to engineering works or on-the-day unplanned disruption are not included. Services are subject to change, check before you travel, visit [tfw.wales](https://www.tfw.wales)



TTB01c\_DLB\_V2\_05/23



TRAFNIDIAETH CYMRU  
TRANSPORT FOR WALES



Partneriaeth Cymunedol  
Rheilffordd Calon Cymru  
**Yn Cysylltu Cymunedau**



Heart of Wales Line  
Community Rail Partnership  
**Connecting Communities**



[www.heart-of-wales.co.uk](http://www.heart-of-wales.co.uk)

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 ◇	TfW ◇	TfW ◇	TfW ◇	
Caerdydd Canolog / Cardiff Central	d				0807	1040	1622	1704	1941		
Abertawe / Swansea	d		0547	0909	1138	1418	1819	2115			
Tre-gwyr / Gowerton	d		0558	0920	1150	1430	1832	2127			
Carmarthen	d	0447		0853	1058	1357	1808	2100			
Pembrey & Burry Port	d	0506		0929	1133	1415	1831	2123			
Llanelli	d	0513	0608	0931	1203	1443	1842	2136			
Bynie / Bynea	d	0518x	0613x	0936x	1209x	1448x	1847x	2141x			
Llangennech	d	0522x	0617x	0940x	1215x	1452x	1851x	2145x			
Pontarddulais	d	0526x	0621x	0944x	1233x	1502x	1856x	2150x			
Pantyyfynnon	d	0534	0629	0952	1221	1509	1903	2157			
Rhydaman / Ammanford	d	0537	0632	0955	1234	1512	1906	2200			
Llandybie	d	0541	0636	0959	1238	1517	1911	2205			
Ffairfach	d	0549x	0644x	1007x	1246x	1524x	1918x	2212x			
Llandeilo	a	0551	0646	1009	1248	1527	1921	2215			
Llandeilo	d	0554	0649	1012	1251	1529	1925	2217			
Llangadog	d	0603	0658	1021	1300	1539	1935	2227			
Llanwrda	d	0607	0702	1025	1304	1542	1938	2230			
Llanymddyfri / Llandovery	a	0615	0708	1031	1310	1549	1945	2237			
Llandovery	d		0711	1034	1313	1551	1947				
Cynghordy	d		0719x	1042x	1321x	1600x	1956x				
Sugar Loaf	d		0728x	1051x	1330x	1608x	2004x				
Llanwrtyd	a		0734	1057	1336	1614	2010				
Llanwrtyd	d		0740	1103	1342	1617	2016				
Llangammarch	d		0746x	1109x	1348x	1623x	2022x				
Garth (Powys)	d		0750x	1113x	1352x	1627x	2026x				
Cilmeri	d		0755x	1118x	1357x	1633x	2031x				
Builth Road	d		0759x	1122x	1401x	1636x	2035x				
Llandrindod	a		0811	1135	1413	1649	2048				
Llandrindod	d	0550	0813	1136	1415	1701	2049			2310	
Pen-y-bont	d	0557x	0820x	1143x	1422x	1709x	2057x				
Dolau	d	0602	0825	1148	1427	1714	2102				
Llanbister Road	d	0607x	0831x	1154x	1433x	1720x	2108x				
Llangynllo	d	0612x	0837x	1200x	1439x	1725x	2113x				
Cnwclas / Knucklas	d	0618x	0843x	1206x	1445x	1732x	2120x				
Trefyclawdd / Knighton	a	0624	0849	1212	1451	1737	2125			2343	
Knighton	d	0643	0851	1217	1454	1740	2128			2345	
Bucknell	d	0649	0857	1223	1500	1746	2134				
Hopton Heath	d	0654x	0902x	1227x	1504x	1750x	2139x				
Broome	d	0658x	0906x	1232x	1509x	1755x	2143x				
Craven Arms	d	0708	0915	1245	1517	1804	2152			0008	
Church Stretton	d	0719	0926	1256	1528	1815	2204			0019	
Amwythig / Shrewsbury	a	0738	0946	1313	1545	1832	2221			0036	
Crewe	a	0828	1111	1427	1710	1928	0006				
Wolverhampton	a	0900	1110	1410	1710	1931	2332				
Birmingham New St	a	0923	1132	1432	1732	1951	2351				

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	TfW	TfW	TfW	TfW		
	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇		
Birmingham New St	12	d			0729	0729	0956	1356	1626	2022		
Wolverhampton	7	d			0748	0748	1015	1415	1645	2041		
Crewe	10	d			0810	0810	1010	1410	1710	2010		
Amwythig / Shrewsbury		d	0420		0522	0844	0857	1122	1517	1807	2129	
Church Stretton		d	0438		0540	0859	0915	1142	1535	1825	2147	
Craven Arms		d	0448		0550	0907	0924	1151	1544	1836	2157	
Broome		d			0556x		0930x	1157x	1550x	1842x	2203x	
Hopton Heath		d			0600x		0934x	1201x	1554x	1846x	2207x	
Bucknell		d			0605x		0939x	1206x	1559x	1851x	2212x	
Trefyclawdd / Knighton		a	0507		0611		0946	1213	1606	1857	2219	
Knighton		d	0510		0625		0948	1216	1608	1900	2221	
Cnwclas / Knucklas		d			0631x		0954x	1221x	1614x	1906x	2227x	
Llangynllo		d			0639x		1002x	1229x	1622x	1914x	2235x	
Llanbister Road		d			0644x		1007x	1234x	1627x	1919x	2240x	
Dolau		d			0650x		1013x	1240x	1633x	1925x	2246x	
Pen-y-bont		d			0654x		1017x	1245x	1637x	1929x	2250x	
Llandrindod		a	0545		0704		1027	1256	1648	1939	2300	
Llandrindod		d			0706		1029	1256	1701	1941		
Builth Road		d			0715x		1038x	1306x	1710x	1950x		
Cilmeri		d			0719x		1042x	1309x	1714x	1954x		
Garth (Powys)		d			0724x		1047x	1315x	1719x	1959x		
Llangamarch		d			0728x		1051x	1319x	1723x	2003x		
Llanwrtyd		a			0734		1057	1325	1729	2009		
Llanwrtyd		d			0740		1103	1341	1732	2017		
Sugar Loaf		d			0746x		1109x	1348x	1738x	2023x		
Cynghordy		d			0753x		1116x	1355x	1745x	2030x		
Llanymddyfri / Llandovery		a			0803		1126	1404	1755	2040		
Llandovery		d			0626	0805	1128	1407	1757	2042	2243	
Llanwrda		d			0632x	0811x	1134x	1413x	1803x	2048x	2249x	
Llangadog		d			0636x	0815x	1138x	1417x	1807x	2052x	2253x	
Llandeilo		a			0645	0824	1147	1426	1816	2101	2302	
Llandeilo		d			0650	0827	1150	1428	1819	2104	2304	
Ffairfach		d			0653	0829	1152	1431	1821	2106	2307	
Llandybie		d			0700x	0837x	1200x	1438x	1829x	2114x	2314x	
Rhydaman / Ammanford		d			0705x	0841x	1204x	1443x	1833x	2118x	2319x	
Pantyyfynnon		d			0708	0844	1207	1446	1836	2121	2322	
Pontarddulais		d			0715x	0851x	1214x	1453x	1843x	2128x	2329x	
Llangennech		d			0719x	0856x	1219x	1457x	1848x	2133x	2333x	
Bynie / Bynea		d			0723x	0859x	1222x	1501x	1851x	2136x	2337x	
Llanelli		d			0744	0910	1209	1240	1512	1907	2145	2348
Pembrey & Burry Port		d			0812	0929	1215	1303	1524	1919	2252	0035
Carmarthen		a			0838	0953	1238	1325	1544	1938	2318	0102
Tre-gwyr / Gowerton		a			0752	0917	1200	1247	1519	1914	2152	2355
Abertawe / Swansea		a			0808	0933	1145	1303	1536	1931	2208	0016
Caerdydd Canolog / Cardiff Central	7	a			0915	1049	1048	1415	1658	2047	2339	

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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 ◇	TfW ◇	TfW ◇				
Caerdydd Canolog / Cardiff Central	<b>7</b> d	0635	0803	1040	1310	1704	2015				
Abertawe / Swansea	d	0549	0908	1145	1430	1818	2115				
Tre-gwyr / Gowerton	d	0600	0919	1158	1442	1830	2127				
Carmarthen	d	0434	0854	1132	1401	1807	2048				
Pembrey & Burry Port	d	0452	0917	1152	1419	1829	2111				
Llanelli	d	0610	0931	1208	1454	1842	2136				
Bynie / Bynea	d	0615x	0936x	1213x	1459x	1848x	2141x				
Llangennech	d	0619x	0940x	1217x	1503x	1852x	2145x				
Pontarddulais	d	0623x	0944x	1223x	1507x	1857x	2150x				
Pantyyfynnon	d	0631	0952	1231	1515	1904	2157				
Rhydaman / Ammanford	d	0634	0955	1234	1518	1907	2200				
Llandybie	d	0638	0959	1238	1522	1912	2205				
Ffairfach	d	0646x	1007x	1246x	1530x	1919x	2212x				
Llandeilo	a	0648	1009	1248	1532	1922	2215				
Llandeilo	d	0651	1012	1251	1535	1924	2217				
Llangadog	d	0700	1021	1300	1544	1934	2227				
Llanwrda	d	0704	1025	1304	1548	1937	2230				
Llanymddyfri / Llandovery	a	0710	1031	1310	1554	1944	2237				
Llandovery	d	0713	1034	1313	1557	1946					
Cynghordy	d	0721x	1042x	1321x	1605x	1955x					
Sugar Loaf	d	0730x	1051x	1330x	1614x	2003x					
Llanwrtyd	a	0736	1057	1336	1620	2009					
Llanwrtyd	d	0742	1103	1342	1622	2015					
Llangammarch	d	0748x	1109x	1348x	1628x	2021x					
Garth (Powys)	d	0752x	1113x	1352x	1632x	2025x					
Cilmeri	d	0757x	1118x	1357x	1638x	2030x					
Builth Road	d	0801x	1122x	1401x	1641x	2034x					
Llandrindod	a	0813	1135	1413	1654	2047					
Llandrindod	d	0815	1136	1415	1702	2048					
Pen-y-bont	d	0822x	1143x	1423x	1709x	2056x					
Dolau	d	0827	1148	1428	1714	2101					
Llanbister Road	d	0833x	1154x	1434x	1720x	2107x					
Llangynllo	d	0838x	1200x	1439x	1726x	2112x					
Cnwclas / Knucklas	d	0844x	1206x	1446x	1732x	2119x					
Trefyclawdd / Knighton	a	0850	1212	1451	1738	2124					
Knighton	d	0852	1219	1454	1740	2127					
Bucknell	d	0858	1225	1500	1746	2133					
Hopton Heath	d	0903x	1229x	1504x	1751x	2137x					
Broome	d	0907x	1234x	1508x	1755x	2142x					
Craven Arms	d	0916	1242	1517	1804	2153					
Church Stretton	d	0927	1253	1528	1815	2205					
Amwythig / Shrewsbury	a	0945	1310	1545	1835	2226					
Crewe	<b>10</b> a	1028	1428	1628	1928	2354					
Wolverhampton	<b>7</b> a	1112	1410	1711	1931	2331					
Birmingham New St	<b>12</b> a	1132	1432	1732	1951	2351					

Amwythig - Llandrindod - Abertawe		Lein Calon Cymru					Dydd Sadwrn				
Shrewsbury - Llandrindod - Swansea		The Heart of Wales Line					Saturdays				
		TfW ◇	TfW ◇	TfW ◇	TfW ◇	TfW ◇	TfW ◇				
Birmingham New St	<b>12</b> d		0656	1022	1356	1656					
Wolverhampton	<b>7</b> d		07 15	1041	14 15	17 15					
Crewe	<b>10</b> d		07 19			17 10					
Amwythig / Shrewsbury	d	0523	0856	1126	1525	1808					
Church Stretton	d	0541	09 14	1144	1543	1826					
Craven Arms	d	0552	0923	1153	1552	1835					
Broome	d	0558x	0929x	1159x	1558x	184 1x					
Hopton Heath	d	0602x	0933x	1203x	1602x	1845x					
Bucknell	d	0607x	0938x	1208x	1607x	1850x					
Trefyclawdd / Knighton	a	06 13	0945	12 16	16 14	1857					
Knighton	d	0627	0947	12 19	16 16	1900					
Cnwclas / Knucklas	d	0633x	0953x	1224x	1622x	1905x					
Llangynllo	d	064 1x	100 1x	1232x	1630x	19 13x					
Llanbister Road	d	0646x	1006x	1237x	1635x	19 18x					
Dolau	d	0652x	10 12x	1243x	164 1x	1924x					
Pen-y-bont	d	0656x	10 16x	1248x	1645x	1929x					
Llandrindod	a	0706	1026	1259	1656	1939					
Llandrindod	d	0708	1028	1259	1702	1940					
Builth Road	d	07 17x	1037x	1309x	17 11x	1950x					
Cilmeri	d	072 1x	104 1x	13 12x	17 15x	1953x					
Garth (Powys)	d	0726x	1046x	13 18x	1720x	1959x					
Llangamarch	d	0730x	1050x	1322x	1724x	2003x					
Llanwrtyd	a	0736	1056	1328	1730	2009					
Llanwrtyd	d	0742	1103	134 1	1733	20 15					
Sugar Loaf	d	0748x	1109x	1348x	1739x	202 1x					
Cynghordy	d	0755x	1116x	1355x	1746x	2028x					
Llanymddyfri / Llandovery	a	0805	1126	1404	1756	2038					
Llandovery	d	0807	1128	1407	1758	2040	2243				
Llanwrda	d	08 13x	1134x	14 13x	1804x	2046x	2248x				
Llangadog	d	08 17x	1138x	14 17x	1808x	2050x	2252x				
Llandeilo	a	0826	1147	1426	18 17	2059	230 1				
Llandeilo	d	0829	1150	1428	1820	2 102	2304				
Ffairfach	d	083 1	1152	143 1	1822	2 104	2306				
Llandybie	d	0839x	1200x	1438x	1830x	2 112x	23 14x				
Rhydaman / Ammanford	d	0843x	1204x	1443x	1834x	2 116x	23 18x				
Pantyyffnon	d	0846	1207	1446	1837	2 119	232 1				
Pontarddulais	d	0853x	12 14x	1453x	1844x	2 126x	2327x				
Llangennech	d	0858x	12 19x	1457x	1849x	2 13 1x	2332x				
Bynie / Bynea	d	090 1x	1222x	150 1x	1852x	2 136x	2335x				
Llanelli	d	09 11	1238	15 12	1909	2 149	2346				
Pembrey & Burry Port	d				1829	2 111					
Carmarthen	a	0843					00 17				
Tre-gwyr / Gowerton	a	09 18	1245	15 19	19 16	2 156					
Abertawe / Swansea	a	0934	130 1	1537	1932	22 12					
Caerdydd Canolog / Cardiff Central	<b>7</b> a	075 1	14 17	1650	2048	2 100					

Abertawe - Llandrindod - Amwythig		Lein Calon Cymru		Dydd Sul							
Swansea - Llandrindod - Shrewsbury		The Heart of Wales Line		Sundays							
		TfW ◇	TfW ◇								
Caerdydd Canolog / Cardiff Central	<b>7</b>	d 0953	1436								
Abertawe / Swansea		d 1110	1537								
Tre-gwyr / Gowerton		d 1121	1548								
Carmarthen		d 1053	1517								
Pembrey & Burry Port		d 1118	1542								
Llanelli		d 1133	1600								
Bynie / Bynea		d 1137x	1604x								
Llangennech		d 1141x	1608x								
Pontarddulais		d 1145x	1612x								
Pantyyffnon		d 1154	1620								
Rhydaman / Ammanford		d 1157	1623								
Llandybie		d 1201	1628								
Ffairfach		d 1208x	1634x								
Llandeilo		a 1212	1639								
Llandeilo		d 1214	1640								
Llangadog		d 1223	1650								
Llanwrda		d 1227	1653								
Llanymddyfri / Llandovery		a 1234	1701								
Llandovery		d 1236	1702								
Cynghordy		d 1243x	1710x								
Sugar Loaf		d 1252x	1719x								
Llanwrtyd		a 1259	1726								
Llanwrtyd		d 1301	1727								
Llangammarch		d 1306x	1732x								
Garth (Powys)		d 1309x	1736x								
Cilmeri		d 1314x	1741x								
Builth Road		d 1318x	1744x								
Llandrindod		a 1331	1758								
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	2035								
Wolverhampton	<b>7</b>	a 1609	2031								
Birmingham New St	<b>12</b>	a 1632	2051								

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	1022	1456								
Wolverhampton	<b>7</b> d	1041	15 14								
Crewe	<b>10</b> d	11 10	1520								
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	17 11								
Knighton	d	1256	17 13								
Cnwclas / Knucklas	d	1302x	17 17x								
Llangynllo	d	13 10x	1725x								
Llanbister Road	d	13 15x	1729x								
Dolau	d	132 1x	1735x								
Pen-y-bont	d	1325x	1739x								
Llandrindod	a	1335	1750								
Llandrindod	d	1340	1805								
Builth Road	d	1349x	18 14x								
Cilmeri	d	1353x	18 17x								
Garth (Powys)	d	1358x	1823x								
Llangamarch	d	1402x	1827x								
Llanwrtyd	a	1409	1835								
Llanwrtyd	d	14 11	1836								
Sugar Loaf	d	14 17x	1843x								
Cyngordy	d	1424x	1849x								
Llanymddyfri / Llandovery	a	1435	1900								
Llandovery	d	1436	1902								
Llanwrda	d	1442x	1907x								
Llangadog	d	1446x	19 11x								
Llandeilo	a	1456	1922								
Llandeilo	d	1458	1923								
Ffairfach	d	1500	1926								
Llandybie	d	1508x	1932x								
Rhydaman / Ammanford	d	15 12x	1937x								
Pantyyffynnon	d	15 15	194 1								
Pontarddulais	d	1522x	1947x								
Llangennech	d	1527x	195 1x								
Bynie / Bynea	d	1530x	1955x								
Llanelli	d	1540	2005								
Pembrey & Burry Port	d	1552	2 123								
Carmarthen	a	16 11	2 150								
Tre-gwyr / Gowerton	a	1548	20 13								
Abertawe / Swansea	a	1602	2026								
Caerdydd Canolog / Cardiff Central	<b>7</b> a	17 17	2 137								

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.

---

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	<b>L</b> →	Continued in later column
Parhad o golofn gynharach	← <b>L</b>	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	<b>☞</b>	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, a gwasanaeth bwffe o fyrbrydau poeth, brechdanau, diodydd oer a phoeth	<b>☒</b>	A restaurant for 1st 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	<b>☞</b>	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

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

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Gallwch archebu cymorth arbennig ymlaen llaw - hyd at 2 awr cyn i'ch taith ddechrau, 24/7. I archebu, neu i gael rhagor o wybodaeth am Gymorth i Deithwyr ffoniwch ein tîm Cymorth wrth Deithio: **033 300 50 501** RelayUK: **18001 033 300 50 501** neu ewch i [trc.cymru/teithio-hygyrch](https://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.