



# Amserau Trenau

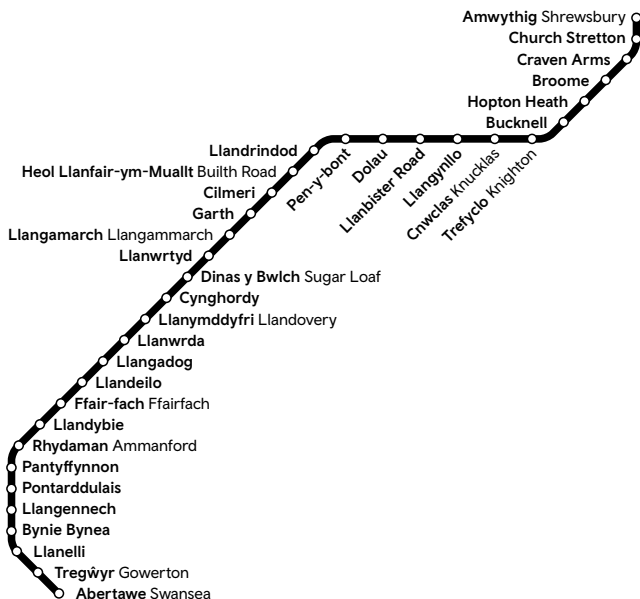
10 Medi - 09 Rhagfyr 2023

## Train Times

10 September - 09 December 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 peirianyddol neu darfu anisgwylledig ar y diwrnod ddim wedi'u cynnwys. Mae gwasanaethau'n gallu newid felly gwnewch eich gwaith cartref cyn teithio, ewch i [trc.cymru](http://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](http://tfw.wales)



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

TTB01c\_DLb\_V1\_08/23

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 Ⓜ	TfW Ⓜ
Caerdydd Canolog / Cardiff Central	d	0435	0635	0750	0953	0807	1040	1357	1622	1549	
Abertawe / Swansea	d		0547	0639	0852	0909	1138	1255	1418	1448	
Tre-gwyr / Gowerton	d		0558	0622	0835	0920	1150	1235	1430	1429	
Carmarthen	d	0447		0545	0758	1003	1158	1203		1357	
Pembrey & Burry Port	d	0506		0608	0821	0929	1133	1221		1415	
Llanelli	d	0513	0608	0615	0828	0931	1203	1228	1443	1422	
Bynie / Bynea	d	0518x	0613x			0936x	1209x		1448x		
Llangennech	d	0522x	0617x			0940x	1215x		1452x		
Pontarddulais	d	0526x	0621x			0944x	1223x		1502x		
Pantyyffnon	d	0534	0629			0952	1231		1509		
Rhydaman / Ammanford	d	0537	0632			0955	1234		1512		
Llandybie	d	0541	0636			0959	1238		1517		
Ffairfach	d	0549x	0644x			1007x	1246x		1524x		
Llandeilo	a	0551	0646			1009	1248		1527		
Llandeilo	d	0554	0649			1012	1251		1529		
Llangadog	d	0603	0658			1021	1300		1539		
Llanwrda	d	0607	0702			1025	1304		1542		
Llanymddyfri / Llandovery	a	0615	0708			1031	1310		1549		
Llandovery	d		0711			1034	1313		1551		
Cynghordy	d		0719x			1042x	1321x		1600x		
Sugar Loaf	d		0728x			1051x	1330x		1608x		
Llanwrtyd	a		0734			1057	1336		1614		
Llanwrtyd	d		0740			1103	1342		1617		
Llangammarch	d		0746x			1109x	1348x		1623x		
Garth (Powys)	d		0750x			1113x	1352x		1627x		
Cilmeri	d		0755x			1118x	1357x		1633x		
Builth Road	d		0759x			1122x	1401x		1636x		
Llandrindod	a		0811			1135	1413		1649		
Llandrindod	d	0550	0813			1136	1415		1701		
Pen-y-bont	d	0557x	0820x			1143x	1422x		1709x		
Dolau	d	0602	0825			1148	1427		1714		
Llanbister Road	d	0607x	0831x			1154x	1433x		1720x		
Llangynllo	d	0612x	0837x			1200x	1439x		1725x		
Cnwclas / Knucklas	d	0618x	0843x			1206x	1445x		1732x		
Trefyclawdd / Knighton	a	0624	0849			1212	1451		1737		
Knighton	d	0643	0851			1217	1454		1740		
Bucknell	d	0649	0857			1223	1500		1746		
Hopton Heath	d	0654x	0902x			1227x	1504x		1750x		
Broome	d	0658x	0906x			1232x	1509x		1755x		
Craven Arms	d	0708	0915	0929	1128	1245	1517	1533	1804	1725	
Church Stretton	d	0719	0926	0938	1137	1256	1528	1542	1815	1734	
Amwythig / Shrewsbury	a	0738	0946	0953	1152	1313	1545	1557	1832	1749	
Crewe	a	0828	1111	1028	1229	1427	1710	1628	1928	1828	
Wolverhampton	a	0900	1110	1131	1311	1410	1710	1731	1931	1854	
Birmingham New St	a	0923	1132	1151	1332	1432	1732	1751	1951	1923	

Mae'n bosibl na fydd tocynnau Off-Peak Day yn ddilys i deithio rhwng 0430 a 0930 ac ar gyfer teithiau sy'n cychwyn rhwng 1600 a 1829 Llun-Gwener. Dylech wirio am unrhyw gyfyngiadau cyn teithio.  
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Please check restrictions before travel.

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.

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Abertawe - Llandrindod - Amwythig		Lein Calon Cymru				Dydd Llun i ddydd Gwener			
Swansea - Llandrindod - Shrewsbury		The Heart of Wales Line				Mondays to Fridays			
		TfW ⚡	TfW ◇ G	TfW ◇ FO	TfW ◇				
Caerdydd Canolog / Cardiff Central	<b>7</b> d	1749	2005	2005	1941				
Abertawe / Swansea	d	1650	18 19	18 19	2 115				
Tre-gwyr / Gowerton	d	1633	1832	1832	2 127				
Carmarthen	d	1601							
Pembrey & Burry Port	d	16 19			2 126				
Llanelli	d	1626	1842	1842	2 136				
Bynie / Bynea	d		1847x	1847x	2 14 1x				
Llangennech	d		185 1x	185 1x	2 145x				
Pontarddulais	d		1856x	1856x	2 150x				
Pantyyffynnon	d		1903	1903	2 157				
Rhydaman / Ammanford	d		1906	1906	2200				
Llandybie	d		19 11	19 11	2205				
Ffairfach	d		19 18x	19 18x	22 12x				
Llandeilo	a		192 1	192 1	22 15				
Llandeilo	d		1925	1925	22 17				
Llangadog	d		1935	1935	2227				
Llanwrda	d		1938	1938	2230				
Llanymddyfri / Llandovery	a		1945	1945	2237				
Llandovery	d		1947	1947					
Cynghordy	d		1956x	1956x					
Sugar Loaf	d		2004x	2004x					
Llanwrtyd	a		20 10	20 10					
Llanwrtyd	d		20 16	20 16					
Llangammarch	d		2022x	2022x					
Garth (Powys)	d		2026x	2026x					
Cilmeri	d		203 1x	203 1x					
Builth Road	d		2035x	2035x					
Llandrindod	a		2048	2048					
Llandrindod	d		2049	2049	23 10				
Pen-y-bont	d		2057x	2057x					
Dolau	d		2 102	2 102					
Llanbister Road	d		2 108x	2 108x					
Llangynllo	d		2 113x	2 113x					
Cnwclas / Knucklas	d		2 120x	2 120x					
Trefyclawdd / Knighton	a		2 125	2 125	2343				
Knighton	d		2 128	2 128	2345				
Bucknell	d		2 134	2 134					
Hopton Heath	d		2 139x	2 139x					
Broome	d		2 143x	2 143x					
Craven Arms	d	1926	2 152	2 152	0008				
Church Stretton	d	1935	2204	2204	00 19				
Amwythig / Shrewsbury	a	1950	222 1	222 1	0036				
Crewe	<b>10</b> a	2027	0006	0006					
Wolverhampton	<b>7</b> a	2 131	2332						
Birmingham New St	<b>12</b> a	2 151	2351						

#### Nodiadau

G I Aberystwyth  
FO Dydd Gwener yn unig

#### Notes

G To Aberystwyth  
FO Friday only

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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	<b>12</b> d					0729	0722	0922	0956	1122	1322
Wolverhampton	<b>7</b> d					0748	0741	0941	1015	1141	1341
Crewe	<b>10</b> d				0558	0810		1010		1210	1410
<b>Amwythig / Shrewsbury</b>	d	0420		0522	0648	0844	0857	1040	1122	1242	1451
Church Stretton	d	0438		0540	0703	0859	0915	1055	1142	1257	1506
Craven Arms	d	0448		0550	0711	0907	0924		1151		1514
Broome	d			0556x			0930x		1157x		
Hopton Heath	d			0600x			0934x		1201x		
Bucknell	d			0605x			0939x		1206x		
Trefyclawdd / Knighton	a	0507		0611			0946		1213		
Knighton	d	0510		0625			0948		1216		
Cnwclas / Knucklas	d			0631x			0954x		1221x		
Llangynllo	d			0639x			1002x		1229x		
Llanbister Road	d			0644x			1007x		1234x		
Dolau	d			0650x			1013x		1240x		
Pen-y-bont	d			0654x			1017x		1245x		
Llandrindod	a	0545		0704			1027		1256		
Llandrindod	d			0706			1029		1256		
Builth Road	d			0715x			1038x		1306x		
Cilmeri	d			0719x			1042x		1309x		
Garth (Powys)	d			0724x			1047x		1315x		
Llangammarch	d			0728x			1051x		1319x		
Llanwrtyd	a			0734			1057		1325		
Llanwrtyd	d			0740			1103		1341		
Sugar Loaf	d			0746x			1109x		1348x		
Cynghordy	d			0753x			1116x		1355x		
Llanymddyfri / Llandovery	a			0803			1126		1404		
Llandovery	d		0626	0805			1128		1407		
Llanwrda	d		0632x	0811x			1134x		1413x		
Llangadog	d		0636x	0815x			1138x		1417x		
Llandeilo	a		0645	0824			1147		1426		
Llandeilo	d		0650	0827			1150		1428		
Ffairfach	d		0653	0829			1152		1431		
Llandybie	d		0700x	0837x			1200x		1438x		
Rhydaman / Ammanford	d		0705x	0841x			1204x		1443x		
Pantyyfynnon	d		0708	0844			1207		1446		
Pontarddulais	d		0715x	0851x			1214x		1453x		
Llangennech	d		0719x	0856x			1219x		1457x		
Bynie / Bynea	d		0723x	0859x			1222x		1501x		
Llanelli	d		0744	0910	1019	1209	1240	1417	1512	1602	1832
Pembrey & Burry Port	d		0715		1025	1215		1423		1608	1838
Carmarthen	a			0848	1050	1238		1446		1629	1903
Tre-gwyr / Gowerton	a		0752	0917	1010	1200	1247	1408	1519	1554	1825
Abertawe / Swansea	a		0808	0933	0955	1145	1303	1352	1536	1539	1811
Caerdydd Canolog / Cardiff Central	<b>7</b> a		0915	0747	0854	1048	1415	1252	1658	1445	1656

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Shrewsbury - Llandrindod - Swansea		The Heart of Wales Line					Mondays to Fridays				
		TfW ◇	TfW ⚡	TfW ◇	TfW ◇	TfW ◇					
Birmingham New St	<b>12</b> d	1356	1522	1626	2022						
Wolverhampton	<b>7</b> d	14 15	1541	1645	2041						
Crewe	<b>10</b> d		16 10	17 10	20 10						
<b>Amwythig / Shrewsbury</b>	d	15 17	165 1	1807	2 129						
Church Stretton	d	1535	1706	1825	2 147						
Craven Arms	d	1544	17 14	1836	2 157						
Broome	d	1550x		1842x	2203x						
Hopton Heath	d	1554x		1846x	2207x						
Bucknell	d	1559x		185 1x	22 12x						
Trefyclawdd / Knighton	a	1606		1857	22 19						
Knighton	d	1608		1900	222 1						
Cnwclas / Knucklas	d	16 14x		1906x	2227x						
Llangynllo	d	1622x		19 14x	2235x						
Llanbister Road	d	1627x		19 19x	2240x						
Dolau	d	1633x		1925x	2246x						
Pen-y-bont	d	1637x		1929x	2250x						
Llandrindod	a	1648		1939	2300						
Llandrindod	d	170 1		194 1							
Builth Road	d	17 10x		1950x							
Cilmeri	d	17 14x		1954x							
Garth (Powys)	d	17 19x		1959x							
Llangammarch	d	1723x		2003x							
Llanwrtyd	a	1729		2009							
Llanwrtyd	d	1732		20 17							
Sugar Loaf	d	1738x		2023x							
Cynghordy	d	1745x		2030x							
Llanymddyfri / Llandovery	a	1755		2040							
Llandovery	d	1757		2042		2243					
Llanwrda	d	1803x		2048x		2249x					
Llangadog	d	1807x		2052x		2253x					
Llandeilo	a	18 16		2 10 1		2302					
Llandeilo	d	18 19		2 10 4		2304					
Ffairfach	d	182 1		2 10 6		2307					
Llandybie	d	1829x		2 114x		23 14x					
Rhydaman / Ammanford	d	1833x		2 118x		23 19x					
Pantyyffnon	d	1836		2 12 1		2322					
Pontarddulais	d	1843x		2 128x		2329x					
Llangennech	d	1848x		2 133x		2333x					
Bynie / Bynea	d	185 1x		2 136x		2337x					
Llanelli	d	1907	2034	2 145		2348					
Pembrey & Burry Port	d	18 19	2040	2 123							
Carmarthen	a		2 100								
Tre-gwyr / Gowerton	a	19 14	2025	2 152		2355					
Abertawe / Swansea	a	193 1	20 11	2208		00 16					
Caerdydd Canolog / Cardiff Central	<b>7</b> a	2047	1857	2 10 1	00 15						

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Abertawe - Llandrindod - Amwythig		Lein Calon Cymru								Dydd Sadwrn	
Swansea - Llandrindod - Shrewsbury		The Heart of Wales Line								Saturdays	
		TfW ◇	TfW R	TfW ◇	TfW ◇	TfW ◇	TfW R	TfW ◇	TfW R	TfW R	TfW ◇
Caerdydd Canolog / Cardiff Central	<b>7</b> d	0635	0752	0953	0803	1040	1355	1310	1549	1756	2005
Abertawe / Swansea	d	0549	0650	0854	0908	1145	1253	1430	1449	1655	1818
Tre-gwyr / Gowerton	d	0600	0631	0836	0919	1158	1233	1442	1433	1638	1830
Carmarthen	d		0554	0759	0957	1158	1201		1401	1606	
Pembrey & Burry Port	d		0617	0822	0927	1202	1219	1403	1419	1624	1804
Llanelli	d	0610	0624	0829	0931	1208	1226	1453	1426	1631	1842
Bynie / Bynea	d	0615x			0936x	1213x		1458x			1848x
Llangennech	d	0619x			0940x	1217x		1502x			1852x
Pontarddulais	d	0623x			0944x	1223x		1506x			1857x
Pantyyfynnon	d	0631			0952	1231		1514			1904
Rhydaman / Ammanford	d	0634			0955	1234		1517			1907
Llandybie	d	0638			0959	1238		1521			1912
Ffairfach	d	0646x			1007x	1246x		1529x			1919x
Llandeilo	a	0648			1009	1248		1531			1922
Llandeilo	d	0651			1012	1251		1534			1924
Llangadog	d	0700			1021	1300		1543			1934
Llanwrda	d	0704			1025	1304		1547			1937
Llanymddyfri / Llandovery	a	0710			1031	1310		1553			1944
Llandovery	d	0713			1034	1313		1556			1946
Cynghordy	d	0721x			1042x	1321x		1604x			1955x
Sugar Loaf	d	0730x			1051x	1330x		1613x			2003x
Llanwrtyd	a	0736			1057	1336		1619			2009
Llanwrtyd	d	0742			1103	1342		1621			2015
Llangammarch	d	0748x			1109x	1348x		1627x			2021x
Garth (Powys)	d	0752x			1113x	1352x		1631x			2025x
Cilmeri	d	0757x			1118x	1357x		1637x			2030x
Builth Road	d	0801x			1122x	1401x		1640x			2034x
Llandrindod	a	0813			1135	1413		1653			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	0929	1129	1242	1517	1531	1804	1726		2153
Church Stretton	d	0927	0939	1138	1253	1528	1540	1815	1735		2205
Amwythig / Shrewsbury	a	0945	0953	1153	1310	1545	1555	1835	1750	1951	2226
Crewe	<b>10</b> a	1110	1028	1228	1428	1710	1628	1928	1828	2028	2351
Wolverhampton	<b>7</b> a	1112	1131	1312	1410	1711	1731	1931	1911	2131	2331
Birmingham New St	<b>12</b> a	1132	1151	1332	1432	1732	1751	1951	1932	2151	2351

Abertawe - Llandrindod - Amwythig		Lein Calon Cymru		Dydd Sadwrn					
Swansea - Llandrindod - Shrewsbury		The Heart of Wales Line		Saturdays					
		TfW ◇							
Caerdydd Canolog / Cardiff Central	<b>7</b> d	20 15							
Abertawe / Swansea	d	21 15							
Tre-gwyr / Gowerton	d	21 27							
Carmarthen	d								
Pembrey & Burry Port	d	20 48							
Llanelli	d	21 36							
Bynie / Bynea	d	21 4 1x							
Llangennech	d	21 45x							
Pontarddulais	d	21 50x							
Pantyyfynnon	d	21 57							
Rhydaman / Ammanford	d	22 00							
Llandybie	d	22 05							
Ffairfach	d	22 12x							
Llandeilo	a	22 15							
Llandeilo	d	22 17							
Llangadog	d	22 27							
Llanwrda	d	22 30							
Llanymddyfri / Llandovery	a	22 37							
Llandovery	d								
Cynghordy	d								
Sugar Loaf	d								
Llanwrtyd	a								
Llanwrtyd	d								
Llangammarch	d								
Garth (Powys)	d								
Cilmeri	d								
Builth Road	d								
Llandrindod	a								
Llandrindod	d								
Pen-y-bont	d								
Dolau	d								
Llanbister Road	d								
Llangynllo	d								
Cnwclas / Knucklas	d								
Trefyclawdd / Knighton	a								
Knighton	d								
Bucknell	d								
Hopton Heath	d								
Broome	d								
Craven Arms	d								
Church Stretton	d								
Amwythig / Shrewsbury	a								
Crewe	<b>10</b> a								
Wolverhampton	<b>7</b> a								
Birmingham New St	<b>12</b> a								

Amwythig - Llandrindod - Abertawe		Lein Calon Cymru							Dydd Sadwrn		
Shrewsbury - Llandrindod - Swansea		The Heart of Wales Line							Saturdays		
		TfW ◇	TfW ◇	TfW ◇ 工	TfW ◇	TfW ◇	TfW ◇	TfW ◇	TfW ◇	TfW ◇	
Birmingham New St	<b>12</b> d			0722	0656	0922	1022	1122	1322	1356	1522
Wolverhampton	<b>7</b> d			0741	0715	0941	1041	1141	1341	1415	1541
Crewe	<b>10</b> d		0555	0810	0719	1010		1210	1410		1610
Amwythig / Shrewsbury	d	0523	0645	0844	0856	1040	1126	1244	1449	1525	1652
Church Stretton	d	0541	0700	0859	0914	1055	1144	1259	1504	1543	1707
Craven Arms	d	0552	0708	0907	0923	1103	1153	1307	1512	1552	1715
Broome	d	0558x			0929x		1159x			1558x	
Hopton Heath	d	0602x			0933x		1203x			1602x	
Bucknell	d	0607x			0938x		1208x			1607x	
Trefyclawdd / Knighton	a	0613			0945		1216			1614	
Knighton	d	0627			0947		1219			1616	
Cnwclas / Knucklas	d	0633x			0953x		1224x			1622x	
Llangynllo	d	0641x			1001x		1232x			1630x	
Llanbister Road	d	0646x			1006x		1237x			1635x	
Dolau	d	0652x			1012x		1243x			1641x	
Pen-y-bont	d	0656x			1016x		1248x			1645x	
Llandrindod	a	0706			1026		1259			1656	
Llandrindod	d	0708			1028		1259			1706	
Builth Road	d	0717x			1037x		1309x			1715x	
Cilmeri	d	0721x			1041x		1312x			1719x	
Garth (Powys)	d	0726x			1046x		1318x			1724x	
Llangammarch	d	0730x			1050x		1322x			1728x	
Llanwrtyd	a	0736			1056		1328			1734	
Llanwrtyd	d	0742			1103		1341			1737	
Sugar Loaf	d	0748x			1109x		1348x			1743x	
Cynghordy	d	0755x			1116x		1355x			1750x	
Llanymddyfri / Llandovery	a	0805			1126		1404			1800	
Llandovery	d	0807			1128		1407			1802	
Llanwrda	d	0813x			1134x		1413x			1808x	
Llangadog	d	0817x			1138x		1417x			1812x	
Llandeilo	a	0826			1147		1426			1821	
Llandeilo	d	0829			1150		1428			1824	
Ffairfach	d	0831			1152		1431			1826	
Llandybie	d	0839x			1200x		1438x			1834x	
Rhydaman / Ammanford	d	0843x			1204x		1443x			1838x	
Pantyyffnon	d	0846			1207		1446			1841	
Pontarddulais	d	0853x			1214x		1453x			1848x	
Llangennech	d	0858x			1219x		1457x			1853x	
Bynie / Bynea	d	0901x			1222x		1501x			1856x	
Llanelli	d	0911	1019	1223	1238	1423	1512	1622	1832	1909	2032
Pembrey & Burry Port	d		1025	1229		1429		1628	1838	1829	2038
Carmarthen	a	0843	1050	1253		1453		1656	1903		2058
Tre-gwyr / Gowerton	a	0918	1010	1215	1245	1415	1519	1614	1823	1916	2024
Abertawe / Swansea	a	0934	0957	1200	1301	1357	1537	1559	1809	1932	2010
Caerdydd Canolog / Cardiff Central	<b>7</b> a	0751	0857	1053	1417	1255	1650	1452	1657	2048	1858



Amwythig - Llandrindod - Abertawe		Lein Calon Cymru		Dydd Sadwrn					
Shrewsbury - Llandrindod - Swansea		The Heart of Wales Line		Saturdays					
		TfW ◇	TfW ◇						
Birmingham New St	<b>12</b> d	1656							
Wolverhampton	<b>7</b> d	17 15							
Crewe	<b>10</b> d	17 10							
Amwythig / Shrewsbury	d	1808							
Church Stretton	d	1826							
Craven Arms	d	1835							
Broome	d	184 1x							
Hopton Heath	d	1845x							
Bucknell	d	1850x							
Trefyclawdd / Knighton	a	1857							
Knighton	d	1900							
Cnwclas / Knucklas	d	1905x							
Llangynllo	d	19 13x							
Llanbister Road	d	19 18x							
Dolau	d	1924x							
Pen-y-bont	d	1929x							
Llandrindod	a	1939							
Llandrindod	d	1940							
Builth Road	d	1950x							
Cilmeri	d	1953x							
Garth (Powys)	d	1959x							
Llangamarch	d	2003x							
Llanwrtyd	a	2009							
Llanwrtyd	d	20 15							
Sugar Loaf	d	202 1x							
Cyngorody	d	2028x							
Llanymddyfri / Llandovery	a	2038							
Llandovery	d	2040	2243						
Llanwrda	d	2046x	2248x						
Llangadog	d	2050x	2252x						
Llandeilo	a	2059	230 1						
Llandeilo	d	2 102	2304						
Ffairfach	d	2 104	2306						
Llandybie	d	2 112x	23 14x						
Rhydaman / Ammanford	d	2 116x	23 18x						
Pantyyffynnon	d	2 119	232 1						
Pontarddulais	d	2 126x	2327x						
Llangennech	d	2 13 1x	2332x						
Bynie / Bynea	d	2 136x	2335x						
Llanelli	d	2 149	2346						
Pembrey & Burry Port	d	2 123							
Carmarthen	a		00 17						
Tre-gwyr / Gowerton	a	2 156							
Abertawe / Swansea	a	22 12							
Caerdydd Canolog / Cardiff Central	<b>7</b> a	2 100							

Abertawe - Llandrindod - Amwythig		Lein Calon Cymru								Dydd Sul	
Swansea - Llandrindod - Shrewsbury		The Heart of Wales Line								Sundays	
		TfW ◇	TfW ◇ <b>II</b>	TfW ◇ <b>II</b>	TfW ◇ <b>II</b>	TfW ◇ <b>II</b>	TfW ◇ <b>II</b>	TfW ◇ <b>II</b>	TfW ◇	TfW ◇	TfW ◇
Caerdydd Canolog / Cardiff Central	<b>7</b> d	0953	1236	1236	1454	1454	1640	1640	1436	1336	1840
Abertawe / Swansea	d	1110	1130	1130	1343	1343	1533	1533	1537	1537	1737
Tre-gwyr / Gowerton	d	1121	1102	1102	1301	1301	1506	1506	1548	1548	1716
Carmarthen	d	1202	1030	1030	1229	1229	1434	1434		1517	1639
Pembrey & Burry Port	d	1131	1048	1048	1247	1247	1452	1452	1507	1542	1702
Llanelli	d	1133	1055	1055	1254	1254	1459	1459	1600	1600	1709
Bynie / Bynea	d	1137x							1604x	1604x	
Llangennech	d	1141x							1608x	1608x	
Pontarddulais	d	1145x							1612x	1612x	
Pantyyfynnon	d	1154							1620	1620	
Rhydaman / Ammanford	d	1157							1623	1623	
Llandybie	d	1201							1628	1628	
Ffairfach	d	1208x							1634x	1634x	
Llandeilo	a	1212							1639	1639	
Llandeilo	d	1214							1640	1640	
Llangadog	d	1223							1650	1650	
Llanwrda	d	1227							1653	1653	
Llanymddyfri / Llandovery	a	1234							1701	1701	
Llandovery	d	1236							1702	1702	
Cynghordy	d	1243x							1710x	1710x	
Sugar Loaf	d	1252x							1719x	1719x	
Llanwrtyd	a	1259							1726	1726	
Llanwrtyd	d	1301							1727	1727	
Llangammarch	d	1306x							1732x	1732x	
Garth (Powys)	d	1309x							1736x	1736x	
Cilmeri	d	1314x							1741x	1741x	
Builth Road	d	1318x							1744x	1744x	
Llandrindod	a	1331							1758	1758	
Llandrindod	d	1344							1759	1759	
Pen-y-bont	d	1350x							1806x	1806x	
Dolau	d	1356							1812	1812	
Llanbister Road	d	1401x							1817x	1817x	
Llangynllo	d	1407x							1822x	1822x	
Cnwclas / Knucklas	d	1413x							1829x	1829x	
Trefyclawdd / Knighton	a	1421							1836	1836	
Knighton	d	1422							1838	1838	
Bucknell	d	1428							1844	1844	
Hopton Heath	d	1432x							1848x	1848x	
Broome	d	1436x							1851x	1851x	
Craven Arms	d	1444	1423	1423			1826	1826	1900	1900	2023
Church Stretton	d	1457	1433	1433			1835	1835	1913	1913	2032
Amwythig / Shrewsbury	a	1513	1449	1449	1654	1654	1850	1850	1935	1935	2047
Crewe	<b>10</b> a	1627	1528	1528	1729	1729	1926	1926	2035	2035	2127
Wolverhampton	<b>7</b> a	1609	1631		1809	1809	2009	2009	2031	2112	2152
Birmingham New St	<b>12</b> a	1632	1651		1832	1832	2032	2032	2051	2132	2211

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								
Wolverhampton	<b>7</b> d								
Crewe	<b>10</b> d	10 14	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						
Cynghordy	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								
Carmarthen	a								
Tre-gwyr / Gowerton	a	1548	20 13						
Abertawe / Swansea	a	1602	2026						
Caerdydd Canolog / Cardiff Central	<b>7</b> a		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.

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This information was correct at the time of publication.

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### Nodiadau safonol

Mae'r amseroedd **mewn coch** yn dynodi gwasaethau 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

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