



Amserau Trenau

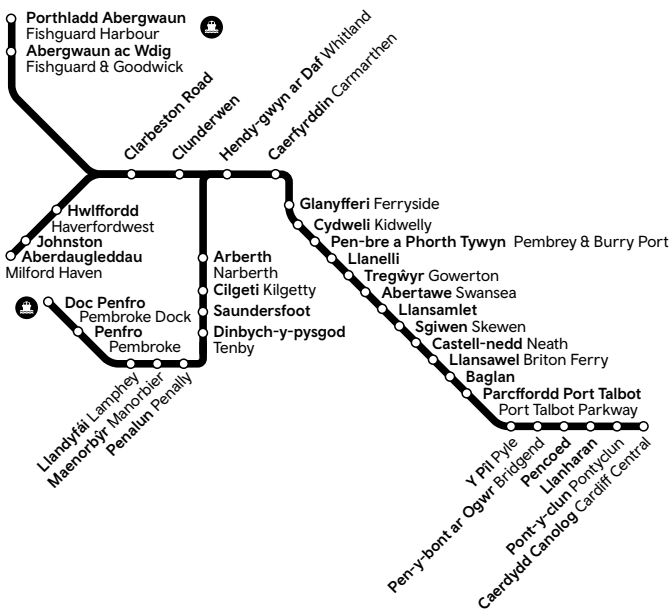
10 Medi - 09 Rhagfyr 2023

Train Times

10 September - 09 December 2023

Gorllewin Cymru - Abertawe - Caerdydd

West Wales - Swansea - Cardiff



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



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



TRAFNIDIAETH CYMRU
TRANSPORT FOR WALES

		GW	GW	TfW	GW	TfW	GW	GW	TfW	GW	TfW
Porthladd Rosslare Harbour	d										
Porthladd Abergwaun / Fishguard Harbour	d										
Abergwaun ac Wdig / Fishguard & Goodwick	d										
Aberdaugleddau / Milford Haven	d										
Johnston	d										
Hwlfordd / Haverfordwest	d										
Clarbeston Road	d										
Clunderwen	d										
Doc Penfro / Pembroke Dock	d										
Penfro / Pembroke	d										
Llandyfail / Lamphey	d										
Maenorbyr / Manorbier	d										
Penalun / Penally	d										
Dinbych-y-Pysgod / Tenby	d										
Saundersfoot	d										
Cilgeti / Kilgetty	d										
Arberth / Narberth	d										
Hendy-gwyn / Whitland	a										
Hendy-gwyn / Whitland	d										
Aberystwyth	d										
Caerfyrddin / Carmarthen Traws	a										
Caerfyrddin / Carmarthen Traws	d							0534			
Caerfyrddin / Carmarthen	a										
Caerfyrddin / Carmarthen	d			0438				0545		0603	
Glanyfferi / Ferryside	d							0555		0613	
Cydweli / Kidwelly	d							0601		0619	
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d							0608		0626	
Llanelli	a			0501				0614		0632	
Llanelli	d			0501				0615		0633	
Tre-gwyr / Gowerton	d							0622		0640	
Abertawe / Swansea	a			0520				0635		0652	
Abertawe / Swansea	d	0341	0459		0528	0536	0558	0628	0639	0657	0704
Llansamlet	d							0645			
Sgiwen / Skewen	d							0650			
Castell Nedd / Neath	d	0353	0511		0540	0548	0610	0640	0654	0710	0715
Llansawel / Briton Ferry	d							0657			
Baglan	d							0701			
Parcfordd Port Talbot Parkway	d	0400	0518		0547	0555	0617	0647	0706	0717	0722
Y Pil / Pyle	d					0603			0713		0729
Pen-y-Bont ar Ogwr / Bridgend	a	0413	0530		0559	0611	0629	0659	0720	0729	0736
Pen-y-Bont ar Ogwr / Bridgend	d	0414	0531		0600	0612	0630	0700	0720	0730	0737
Pencoed	d							0727			0743
Llanharan	d										0747
Pontyclun	d							0734			0752
Parc Ninian / Ninian Park	d										
Caerdydd Canolog / Cardiff Central	a	0504	0551		0620	0632	0650	0720	0748	0750	0809
Caerdydd Canolog / Cardiff Central	d	0507	0554		0623	0635	0653	0723	0750	0755	
Casnewydd / Newport	a	0524	0605		0635	0648	0704	0735	0803	0807	
Caerloyw / Gloucester	a										
Manceinion Piccadilly / Manchester Piccadilly	a					1015		1115			
Filton Abbey Wood	a		0709		0735	0808					0944
Bryste Temple Meads / Bristol Temple Meads	a		0718		0749	0817					0952
Parcfordd Bryste / Bristol Parkway	a	0551	0626		0656		0725	0758		0827	
Reading	a	0649	0718		0749		0818			0919	
Llundain Paddington / London Paddington	a	0716	0744		0816		0845	0914		0943	

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.

TEITHIO'N SAFFACH GYDA'N GWIRIWR CAPASITI

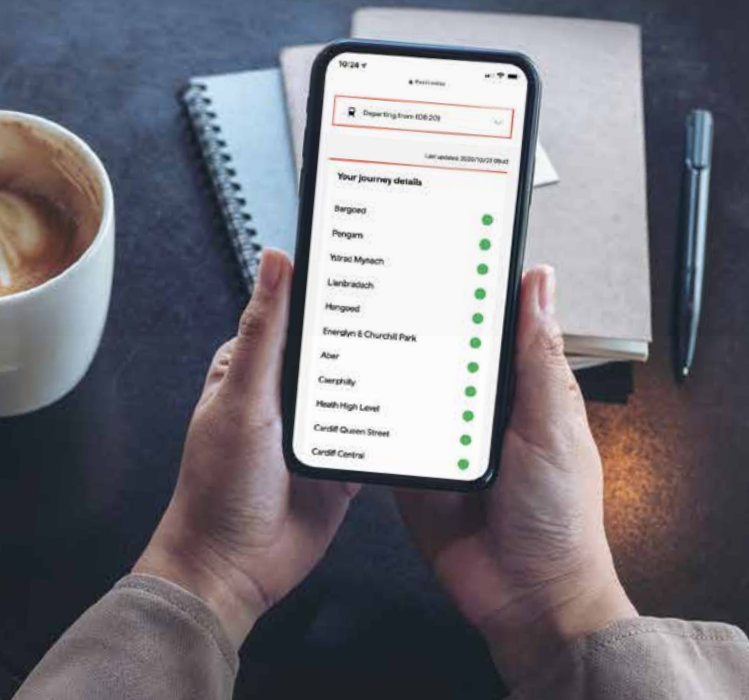
Gynllunio ymlaen llaw, gweld pa mor brysur yw ein trenau fel arfer a phenderfynu pryd i deithio.

Ewch i trctrenau.cymru neu fwrw golwg ar ap TrC.

TRAVEL SAFER WITH OUR CAPACITY CHECKER

Plan ahead, check how busy our trains usually are and decide when to travel.

Visit tfwrail.wales or check the Tfw app.



TRAFNIDIAETH CYMRU
TRANSPORT FOR WALES

	GW	GW	TfW	TfW	GW	TfW	TfW	GW	TfW	GW
Porthladd Rosslare Harbour	d									
Porthladd Abergwaun / Fishguard Harbour	d			0650					0755	
Abergwaun ac Wdig / Fishguard & Goodwick	d			0653					0758	
Aberdaugleddau / Milford Haven	d		0554			0702				
Johnston	d		0602x			0710x				
Hwlfordd / Haverfordwest	d		0609			0717				
Clarbeston Road	d		0617x	0714a		0725x			0817x	
Clunderwen	d		0625x			0732x			0825x	
Doc Penfro / Pembroke Dock	d						0659			
Penfro / Pembroke	d						0707			
Llandyfail / Lamphey	d						0710x			
Maenorbyr / Manorbier	d						0718			
Penalun / Penally	d						0724x			
Dinbych-y-Pysgod / Tenby	d						0729			
Saundersfoot	d						0736x			
Cilgeti / Kilgetty	d						0738x			
Arberth / Narberth	d						0748x			
Hendy-gwyn / Whitland	a		0632			0738	0756		0831	
Hendy-gwyn / Whitland	d		0632			0738	0756		0833	
Aberystwyth	d					0540				0640
Caerfyrddin / Carmarthen Traws	a					0748				0848
Caerfyrddin / Carmarthen Traws	d		0609		0709		0809			0909
Caerfyrddin / Carmarthen	a		0647			0754	0813		0848	
Caerfyrddin / Carmarthen	d		0652		0723	0758	0815		0853	0927
Glanyfferi / Ferryside	d		0702		0735	0808	0826		0904	
Cydweli / Kidwelly	d		0708		0742	0814	0832		0910	
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d		0715		0749	0821	0839		0917	0947
Llanelli	a		0721		0755	0827	0845		0923	0953
Llanelli	d		0722		0756	0828	0845		0924	0954
Tre-gwyr / Gowerton	d		0729			0835			0931	
Abertawe / Swansea	a		0741		0812	0847	0903		0945	1010
Abertawe / Swansea	d	0720	0743	0749		0823	0852	0906	0923	0952
Llansamlet	d						0913			
Sgiwen / Skewen	d						0917			
Castell Nedd / Neath	d	0732	0755	0800		0835	0904	0921	0935	1003
Llansawel / Briton Ferry	d						0925			
Baglan	d						0928			
Parcfordd Port Talbot Parkway	d	0739	0802	0807		0842	0912	0933	0942	1012
Y Pil / Pyle	d			0814			0919	0940		
Pen-y-Bont ar Ogwr / Bridgend	a	0751	0814	0822		0854	0927	0950	0954	1026
Pen-y-Bont ar Ogwr / Bridgend	d	0752	0815	0822		0855	0927	0950	0955	1026
Pencoed	d									
Llanharan	d			0829						
Pontyclun	d									
Parc Ninian / Ninian Park	d									
Caerdydd Canolog / Cardiff Central	a	0812	0835	0847		0915	0949	1013	1015	1049
Caerdydd Canolog / Cardiff Central	d	0817	0841			0918	0953		1018	1118
Casnewydd / Newport	a	0828	0853			0929	1006		1032	1129
Caerloyw / Gloucester	a									
Manceinion Piccadilly / Manchester Piccadilly	a						1315			
Filton Abbey Wood	a		1008				1108			1206
Bryste Temple Meads / Bristol Temple Meads	a		1017				1117			1215
Parcfordd Bryste / Bristol Parkway	a	0854	0915	1023		0954	1115		1054	1223
Reading	a	0945	1006	1118		1045	1214		1145	1314
Llundain Paddington / London Paddington	a	1014	1035	1144		1112	1239		1211	1341

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



	TfW R	TfW ◇	TfW ◇	TfW	GW R	TfW ◇	GW R	TfW R	TfW ◇	TfW ◇
Porthladd Rosslare Harbour	d									
Porthladd Abergwaun / Fishguard Harbour	d			0954						
Abergwaun ac Wdigr / Fishguard & Goodwick	d			0957						
Aberdaugleddau / Milford Haven	d	0908						1104		
Johnston	d	09 16x						1112x		
Hwlfordd / Haverfordwest	d	0923						1119		
Clarboston Road	d	093 1x		10 16x				1127x		
Clunderwen	d	0939x						1135x		
Doc Penfro / Pembroke Dock	d		0909							1109
Penfro / Pembroke	d		09 17							1117
Llandyfail / Lamphey	d		0920x							1120x
Maenorbyr / Manorbier	d		0929							1129
Penalun / Penally	d		0934x							1134x
Dinbych-y-Pysgod / Tenby	d		0940							1142
Saundersfoot	d		0948x							1150x
Cilgeti / Kilgetty	d		0950x							1152x
Arberth / Narberth	d		1000x							1202x
Hendy-gwyn / Whitland	a	0945	1009	1029				1142		12 10
Hendy-gwyn / Whitland	d	0945	1009	1029				1142		12 10
Aberystwyth	d	0740				0840		0940		
Caerfyrddin / Carmarthen Traws	a	0948				1048		1148		
Caerfyrddin / Carmarthen Traws	d		1009			1109				1209
Caerfyrddin / Carmarthen	a	100 1	1027	1046				1158		1228
Caerfyrddin / Carmarthen	d	1006	1030			1058	1127	1203		1231
Glanyfferi / Ferryside	d					1108				
Cydweli / Kidwelly	d					1114				
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	1024	1049			112 1	1147	122 1		125 1
Llanelli	a	1030	1056			1127	1153	1227		1258
Llanelli	d	103 1	1056			1128	1154	1228		1259
Tre-gwyr / Gowerton	d		1104			1135		1235		
Abertawe / Swansea	a	1048	1117			1148	12 10	1248		13 18
Abertawe / Swansea	d	1055	1105		1123	1152	1223	1255	1306	
Llansamlet	d		1112							13 13
Sgiwen / Skewen	d		1116							13 17
Castell Nedd / Neath	d	1106	1120		1135	1203	1235	1307	1321	
Llansawel / Briton Ferry	d		1124							1325
Baglan	d		1127							1328
Parcfordd Port Talbot Parkway	d	1114	1132		1142	12 11	1242	13 15	1333	
Y Pil / Pyle	d	1121	1139					1322	1340	
Pen-y-Bont ar Ogwr / Bridgend	a	1129	1149		1154	1223	1254	1330	1349	
Pen-y-Bont ar Ogwr / Bridgend	d	1129	1149		1155	1223	1255	1333	1349	
Pencoed	d									
Llanharan	d									
Pontyclun	d									
Parc Ninian / Ninian Park	d									
Caerdydd Canolog / Cardiff Central	a	1150	12 13		12 15	1247	13 15	1355	14 11	
Caerdydd Canolog / Cardiff Central	d	1153			12 18		13 18	1357		
Casnewydd / Newport	a	1206			1229		1329	14 10		
Caerloyw / Gloucester	a									
Manceinion Piccadilly / Manchester Piccadilly	a	15 15						17 15		
Filton Abbey Wood	a	1307				1409		1506		
Bryste Temple Meads / Bristol Temple Meads	a	13 16				14 17		15 16		
Parcfordd Bryste / Bristol Parkway	a	1326			1254	1426	1353	1526		
Reading	a	14 16			1345	15 15	1445	16 16		
Llundain Paddington / London Paddington	a	1446			14 14	1542	15 16	164 1		

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.

Y siwrnai ddelfrydol

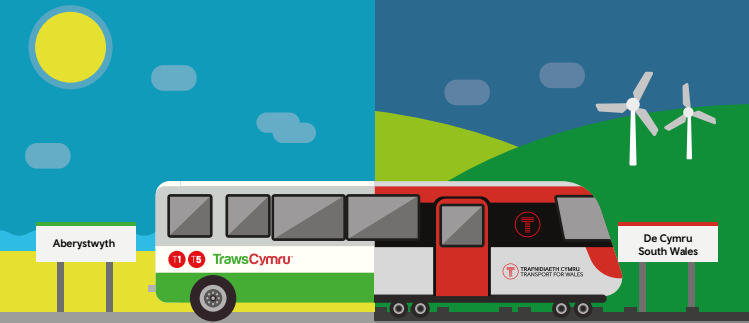
Bellach, gallwch deithio rhwng Aberystwyth a De Cymru trwy Gaerfyrddin gan ddefnyddio ein gwasanaeth trên a gwasanaeth bws T1 TrawsCymru, gydag un tocyn hawdd i deithio'n rhatach ac yn gyflymach.*

Prynwch eich tocynnau ar **ap TrC**, **trc.cymru** neu mewn gorsafoddedol a manwerthwyr dethol.

That's the ticket

You can now travel between Aberystwyth and South Wales via Carmarthen using our rail service and TrawsCymru T1 bus service, with one easy ticket for cheaper, faster travel.*

Buy your tickets on the **TfW app**, **tfw.wales** or at selected stations and retailers.



*O'i gymharu â theithiau dethol ar gyfer rheilffyrdd yn unig. Yn seiliedig ar deithiau dethol trwy lwybr integredig yn erbyn trên yn unig, Gorffennaf 2021. Gellir prynu tocynnau o / i arosannau bysiau T1 Aberaeron a Llanbedr Pont Steffan ar **trc.cymru**, trwy **ap TrC**, yn swyddfydd tocynnau gorsafoddedol trên, mewn peiriannau tocynnau hunanwasanaeth ac mewn manwerthwyr Payzone yn Aberaeron a Llanbedr Pont Steffan. Nid oes unrhyw newid i ddefnyddwyr Traws T1 sydd eisiau prynu eu tocynnau bws arferol ar fwrdd gwasanaethau TrawsCymru.

*In comparison to selected rail-only journeys. Based on selected journeys via integrated route versus train-only, July 2021. Tickets can be purchased from / to T1 bus stops Aberaeron and Lampeter on **tfw.wales**, via the **TfW app**, at train station ticket offices, at self-service ticket machines and at Payzone retailers in Aberaeron & Lampeter. There is no change for Traws T1 users wanting to purchase their usual bus tickets on board TrawsCymru services.

	GW	TfW	GW	TfW	TfW	TfW	GW	TfW	TfW	GW
	1R-1	R-1	1R-1	R	R-1	R	1R	◇	R	1R-1
Porthladd Rosslare Harbour	d									
Porthladd Abergwaun / Fishguard Harbour	d			1250						
Abergwaun ac Wdig / Fishguard & Goodwick	d			1253						
Aberdaugleddau / Milford Haven	d				1300					
Johnston	d				1308x					
Hwlfordd / Haverfordwest	d				1315					
Clarbeston Road	d			1312x	1323x					
Clunderwen	d				1331x					
Doc Penfro / Pembroke Dock	d							1309		
Penfro / Pembroke	d							1317		
Llandyfail / Lamphey	d							1320x		
Maenorbyr / Manorbier	d							1329		
Penalun / Penally	d							1334x		
Dinbych-y-Pysgod / Tenby	d							1340		
Saundersfoot	d							1348x		
Cilgeti / Kilgetty	d							1350x		
Arberth / Narberth	d							1400x		
Hendy-gwyn / Whitland	a			1325	1337			1409		
Hendy-gwyn / Whitland	d			1326	1337			1412		
Aberystwyth	d	1040			1140				1240	
Caerfyrddin / Carmarthen Traws	a	1248			1348				1448	
Caerfyrddin / Carmarthen Traws	d	1309			1409				1509	
Caerfyrddin / Carmarthen	a			1342	1353			1430		
Caerfyrddin / Carmarthen	d	1304		1347	1357		1424	1434	1501	
Glanyfferi / Ferryside	d	1314							1511	
Cydweli / Kidwelly	d	1320							1517	
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	1327			1415		1444	1453	1524	
Llanelli	a	1333		1410	1421		1450	1500	1530	
Llanelli	d	1334		1411	1422		1451	1501	1531	
Tre-gwyr / Gowerton	d	1341			1429				1538	
Abertawe / Swansea	a	1353			1443		1512	1520	1551	
Abertawe / Swansea	d	1323	1400	1423	1448	1505	1523		1601	1623
Llansamlet	d					1512				
Sgiwen / Skewen	d					1516				
Castell Nedd / Neath	d	1335	1411	1435		1500	1521	1535		1612
Llansawel / Briton Ferry	d						1525			
Baglan	d						1529			
Parcfordd Port Talbot Parkway	d	1342	1419	1442	1447	1508	1533	1542		1620
Y Pyl / Pyle	d				1455	1515	1540			
Pen-y-Bont ar Ogwr / Bridgend	a	1354	1431	1454	1503	1523	1550	1554		1632
Pen-y-Bont ar Ogwr / Bridgend	d	1355	1434	1455	1503	1523	1550	1555		1634
Pencoed	d									
Llanharan	d									
Pontyclun	d									
Parc Ninian / Ninian Park	d									
Caerdydd Canolog / Cardiff Central	a	1415	1458	1515	1526	1544	1612	1615		1658
Caerdydd Canolog / Cardiff Central	d	1418		1518		1549	1622	1618		1720
Casnewydd / Newport	a	1429		1529		1602	1635	1629		1732
Caerloyw / Gloucester	a									
Manceinion Piccadilly / Manchester Piccadilly	a					1915				
Filton Abbey Wood	a		1608		1705					1806
Bryste Temple Meads / Bristol Temple Meads	a		1617		1715					1815
Parcfordd Bryste / Bristol Parkway	a	1450	1626	1554				1650		1826
Reading	a	1544	1717	1645				1747		1916
Llundain Paddington / London Paddington	a	1609	1744	1714				1814		1944

Nodiadau

J I Gaer

Notes

J To Chester

	TfW B-I	TfW B-I J	GW I-R	TfW ◇	TfW ◇-I	GW I-R-I	TfW ◇	GW I-R	TfW ◇	TfW ◇
Porthladd Rosslare Harbour	d									
Porthladd Abergwaun / Fishguard Harbour	d									
Abergwaun ac Wdig / Fishguard & Goodwick	d									
Aberdaugleddau / Milford Haven	d	1504					1700			
Johnston	d	1512x					1708x			
Hwlfordd / Haverfordwest	d	1519					1715			
Clarbeston Road	d	1527x					1723x			
Clunderwen	d	1535x					1731x			
Doc Penfro / Pembroke Dock	d			1509					1709	
Penfro / Pembroke	d			1517					1717	
Llandyfail / Lamphey	d			1520x					1720x	
Maenorbyr / Manorbier	d			1529					1729	
Penalun / Penally	d			1534x					1734x	
Dinbych-y-Pysgod / Tenby	d			1541					1740	
Saundersfoot	d			1549x					1748x	
Cilgeti / Kilgetty	d			1551x					1750x	
Arberth / Narberth	d			1601x					1800x	
Hendy-gwyn / Whitland	a	1542		1610			1737		1809	
Hendy-gwyn / Whitland	d	1542		1610			1737		1809	
Aberystwyth	d		1340		1440			1540		1640
Caerfyrddin / Carmarthen Traws	a		1548		1648			1748		1848
Caerfyrddin / Carmarthen Traws	d		1609		1709			1809		1909
Caerfyrddin / Carmarthen	a	1558		1627			1753		1827	
Caerfyrddin / Carmarthen	d	1601	1619	1630	1655		1756	1818	1830	1850
Glanffery / Ferryside	d				1705		1806			1901
Cydweli / Kidwelly	d				1711		1812			1907
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	1619	1640	1649	1718		1819	1838	1850	1915
Llanelli	a	1626	1646	1656	1724		1825	1844	1857	1922
Llanelli	d	1626	1638	1647	1656	1725	1826	1849	1857	1922
Tre-gwyr / Gowerton	d	1633		1704	1732		1833		1905	1930
Abertawe / Swansea	a	1646	1658	1703	1718	1744	1846	1909	1918	1945
Abertawe / Swansea	d	1650	1705	1723		1747	1823	1850	1923	1949
Llansamlet	d		1711			1753	1857			
Sgiwen / Skewen	d		1716			1758	1901			
Castell Nedd / Neath	d	1701	1720	1735		1802	1835	1906	1935	2000
Llansawel / Briton Ferry	d		1723			1806	1910			
Baglan	d		1727			1810	1914			
Parcfordd Port Talbot Parkway	d	1708	1731	1742		1815	1842	1918	1942	2007
Y Pyl / Pyle	d		1738			1822	1925			
Pen-y-Bont ar Ogwr / Bridgend	a	1720	1747	1755		1830	1854	1932	1955	2021
Pen-y-Bont ar Ogwr / Bridgend	d	1720	1747	1756		1830	1855	1933	1956	2021
Pencoed	d									
Llanharan	d									
Pontyclun	d									
Parc Ninian / Ninian Park	d									
Caerdydd Canolog / Cardiff Central	a	1743	1809	1816		1851	1915	1958	2017	2048
Caerdydd Canolog / Cardiff Central	d	1749	1825	1818			1918		2021	
Casnewydd / Newport	a	1802	1838	1830			1930		2032	
Caerloyw / Gloucester	a									
Manceinion Piccadilly / Manchester Piccadilly	a	2115								
Filton Abbey Wood	a	1911			2006		2111			
Bryste Temple Meads / Bristol Temple Meads	a	1919			2019		2121			
Parcfordd Bryste / Bristol Parkway	a			1851			1953		2054	
Reading	a			1946			2044		2144	
Llundain Paddington / London Paddington	a			2015			2110		2209	

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Notes

J To Chester

		GW M	TfW ◇	TfW ◇	TfW ◇	GW M	TfW ◇	TfW	TfW ◇	TfW ◇	TfW
Porthladd Rosslare Harbour	d										
Porthladd Abergwaun / Fishguard Harbour	d		1905								22 15
Abergwaun ac Wdigi / Fishguard & Goodwick	d		1908								22 18
Aberdaugleddau / Milford Haven	d			19 15				204 1			
Johnston	d			1923x				2049x			
Hwlfordd / Haverfordwest	d			1930				2056			
Clarboston Road	d		1927x	1938x				2 104x			2237x
Clunderwen	d			1946x				2 111x			2245x
Doc Penfro / Pembroke Dock	d				19 19					2 109	
Penfro / Pembroke	d				1927					2 117	
Llandyfail / Lamphey	d				193 1x					2 120x	
Maenorbyr / Manorbier	d				1939					2 129	
Penalun / Penally	d				1944x					2 134x	
Dinbych-y-Pysgod / Tenby	d				1948a			20 10		2 155	
Saundersfoot	d							20 17x		2203x	
Cilgeti / Kilgetty	d							20 19x		2205x	
Arberth / Narberth	d							2029x		22 15x	
Hendy-gwyn / Whitland	a		1940	1952				2037	2 118	2224	2251
Hendy-gwyn / Whitland	d		1940	1952				2037	2 118	2224	2251
Aberystwyth	d		1740					1840			
Caerfyrddin / Carmarthen Traws	a		1948					2048			
Caerfyrddin / Carmarthen Traws	d										
Caerfyrddin / Carmarthen	a		1957	2008				2053	2 135	2243	2308
Caerfyrddin / Carmarthen	d		2000	20 12		2030		2 100			23 11
Glanyfferi / Ferryside	d							2 110			2321
Cydweli / Kidwelly	d							2 116			2327
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d		20 18	2030		2050		2 123			2334
Llanelli	a		2025	2036		2056		2 129			2341
Llanelli	d		2025	2037		2058		2 130			2341
Tre-gwyr / Gowerton	d			2044				2 137			2349
Abertawe / Swansea	a		2042	2057		2 113		2 150			0002
Abertawe / Swansea	d	2023		2 10 1		2 123		2 153			2230
Llansamlet	d							2200			2237
Sgiwen / Skewen	d							2204			2241
Castell Nedd / Neath	d	2035		2 112		2 135		2208			2245
Llansawel / Briton Ferry	d							22 12			2249
Baglan	d							22 16			2252
Parcfordd Port Talbot Parkway	d	2042		2 119		2 142		2220			2257
Y Pil / Pyle	d							2227			2304
Pen-y-Bont ar Ogwr / Bridgend	a	2055		2 13 1		2 154		2234			23 12
Pen-y-Bont ar Ogwr / Bridgend	d	2056		2 13 1		2 155		2235			23 14
Pencoed	d										
Llanharan	d										
Pontyclun	d										
Parc Ninian / Ninian Park	d			220 1				2255			
Caerdydd Canolog / Cardiff Central	a	2 116		2209		22 15		230 1			2339
Caerdydd Canolog / Cardiff Central	d	2 120				22 18					
Casnewydd / Newport	a	2 132				223 1					
Caerloyw / Gloucester	a										
Manceinion Piccadilly / Manchester Piccadilly	a										
Filton Abbey Wood	a	2248		2322				00 11			
Bryste Temple Meads / Bristol Temple Meads	a	2303		2335				0025			
Parcfordd Bryste / Bristol Parkway	a	2 153				2302					
Reading	a	2243									
Llundain Paddington / London Paddington	a	23 11									

	TfW ◇	TfW							
Porthladd Rosslare Harbour	d								
Porthladd Abergwaun / Fishguard Harbour	d								
Abergwaun ac Wdigi / Fishguard & Goodwick	d								
Aberdaugleddau / Milford Haven	d	2325							
Johnston	d	2333x							
Hwlfordd / Haverfordwest	d	2340							
Clarbeston Road	d	2348x							
Clunderwen	d	2356x							
Doc Penfro / Pembroke Dock	d	2227							
Penfro / Pembroke	d	2235							
Llandyfail / Lamphey	d	2238x							
Maenorbyr / Manorbier	d	2246							
Penalun / Penally	d	2252x							
Dinbych-y-Pysgod / Tenby	d	2257							
Saundersfoot	d	2305x							
Cilgeti / Kilgetty	d	2307x							
Arberth / Narberth	d	23 16x							
Hendy-gwyn / Whitland	a	2325	0003						
Hendy-gwyn / Whitland	d	2325	0003						
Aberystwyth	d								
Caerfyrddin / Carmarthen Traws	a								
Caerfyrddin / Carmarthen Traws	d								
Caerfyrddin / Carmarthen	a	2343	0021						
Caerfyrddin / Carmarthen	d								
Glanyfferi / Ferryside	d								
Cydweli / Kidwelly	d								
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d								
Llanelli	a								
Llanelli	d								
Tre-gwyr / Gowerton	d								
Abertawe / Swansea	a								
Abertawe / Swansea	d								
Llansamlet	d								
Sgiwen / Skewen	d								
Castell Nedd / Neath	d								
Llansawel / Briton Ferry	d								
Baglan	d								
Parcfordd Port Talbot Parkway	d								
Y Pil / Pyle	d								
Pen-y-Bont ar Ogwr / Bridgend	a								
Pen-y-Bont ar Ogwr / Bridgend	d								
Pencoed	d								
Llanharan	d								
Pontyclun	d								
Parc Ninian / Ninian Park	d								
Caerdydd Canolog / Cardiff Central	a								
Caerdydd Canolog / Cardiff Central	d								
Casnewydd / Newport	a								
Caerloyw / Gloucester	a								
Manceinion Piccadilly / Manchester Piccadilly	a								
Filton Abbey Wood	a								
Bryste Temple Meads / Bristol Temple Meads	a								
Parcfordd Bryste / Bristol Parkway	a								
Reading	a								
Llundain Paddington / London Paddington	a								

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

		GW 18:11	TfW	TfW ◇	GW 18:11	TfW 18:11	GW 18:11	GW 18:11	GW 18:11	TfW 18:11	TfW
Porthladd Rosslare Harbour	d										
Porthladd Abergwaun / Fishguard Harbour	d										
Abergwaun ac Wdig / Fishguard & Goodwick	d										
Aberdaugleddau / Milford Haven	d		0021								
Johnston	d		0029x								
Hwlfordd / Haverfordwest	d		0036								
Clarbeston Road	d		0044x								
Clunderwen	d		0051x								
Doc Penfro / Pembroke Dock	d										
Penfro / Pembroke	d										
Llandyfail / Lamphey	d										
Maenorbyr / Manorbier	d										
Penalun / Penally	d										
Dinbych-y-Pysgod / Tenby	d										
Saundersfoot	d										
Cilgeti / Kilgetty	d										
Arberth / Narberth	d										
Hendy-gwyn / Whitland	a		0057								
Hendy-gwyn / Whitland	d		0057								
Aberystwyth	d										
Caerfyrddin / Carmarthen Traws	a										
Caerfyrddin / Carmarthen Traws	d								0534		
Caerfyrddin / Carmarthen	a		0116								
Caerfyrddin / Carmarthen	d			0434					0554	0615	
Glanyfferi / Ferryside	d								0604	0625	
Cydweli / Kidwelly	d								0610	0631	
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d			0452					0617	0638	
Llanelli	a			0458					0623	0645	
Llanelli	d			0459					0624	0645	
Tre-gwyr / Gowerton	d								0631	0653	
Abertawe / Swansea	a			0517					0644	0705	
Abertawe / Swansea	d	0356			0525	0530	0552	0623	0644	0650	0710
Llansamlet	d										0717
Sgiwen / Skewen	d										0721
Castell Nedd / Neath	d	0408			0537	0542	0604	0635	0655	0702	0726
Llansawel / Briton Ferry	d										0729
Baglan	d										0733
Parcfordd Port Talbot Parkway	d	0415			0544	0549	0612	0642	0703	0709	0737
Y Pil / Pyle	d					0558				0716	0745
Pen-y-Bont ar Ogwr / Bridgend	a	0427			0556	0605	0623	0654	0714	0723	0754
Pen-y-Bont ar Ogwr / Bridgend	d	0428			0557	0606	0624	0655	0716	0724	0754
Pencoed	d										0813
Llanharan	d									0731	0817
Pontyclun	d										0821
Parc Ninian / Ninian Park	d										
Caerdydd Canolog / Cardiff Central	a	0453			0618	0630	0645	0716	0737	0748	0835
Caerdydd Canolog / Cardiff Central	d	0514			0620	0635	0647	0718	0742	0752	
Casnewydd / Newport	a	0525			0631	0648	0658	0729	0753	0805	
Caerloyw / Gloucester	a										
Manceinion Piccadilly / Manchester Piccadilly	a					1015				1115	
Filton Abbey Wood	a				0709	0806					0939
Bryste Temple Meads / Bristol Temple Meads	a				0718	0816					0950
Parcfordd Bryste / Bristol Parkway	a	0553			0653		0719	0753	0819		
Reading	a	0648			0745		0816	0846	0916		
Llundain Paddington / London Paddington	a	0714			0810		0844	0914	0944		

		GW 18:11	GW 18:11	TfW 18:11	TfW	GW 18:11	TfW ◇	TfW ◇	TfW ◇	GW 18:11	TfW ◇
Porthladd Rosslare Harbour	d										
Porthladd Abergwaun / Fishguard Harbour	d				0650						075 1
Abergwaun ac Wdigr / Fishguard & Goodwick	d				0653						0754
Aberdaugleddau / Milford Haven	d			0554			0703				
Johnston	d			0602x			0711x				
Hwlfordd / Haverfordwest	d			0609			0719				
Clarbeston Road	d			0617x	0714a		0726x				0813x
Clunderwen	d			0625x			0733x				0821x
Doc Penfro / Pembroke Dock	d								0659		
Penfro / Pembroke	d								0707		
Llandyfail / Lamphey	d								0710x		
Maenorbyr / Manorbier	d								0718		
Penalun / Penally	d								0724x		
Dinbych-y-Pysgod / Tenby	d								0729		
Saundersfoot	d								0736x		
Cilgeti / Kilgetty	d								0738x		
Arberth / Narberth	d								0748x		
Hendy-gwyn / Whitland	a			0631			0739		0756		0827
Hendy-gwyn / Whitland	d			0631			0740		0756		0828
Aberystwyth	d								0540		
Caerfyrddin / Carmarthen Traws	a								0748		
Caerfyrddin / Carmarthen Traws	d			0609		0709			0809		
Caerfyrddin / Carmarthen	a			0647			0756		0813		0843
Caerfyrddin / Carmarthen	d			0651		0725	0759		0816		0854
Glanyfferi / Ferryside	d			0701		0737	0810		0826		0904
Cydweli / Kidwelly	d			0707		0744	0816		0831		0910
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d			0714		0751	0822		0838		0917
Llanelli	a			0720		0757	0829		0844		0924
Llanelli	d			0721		0758	0829		0844		0924
Tre-gwyr / Gowerton	d			0728			0836				0931
Abertawe / Swansea	a			0740		0814	0849		0900		0946
Abertawe / Swansea	d	0722	0741	0747		0823	0854		0905	0923	0951
Llansamlet	d								0912		
Sgiwen / Skewen	d								0916		
Castell Nedd / Neath	d	0735	0753	0759		0835	0905		0921	0935	1002
Llansawel / Briton Ferry	d								0924		
Baglan	d								0928		
Parcfordd Port Talbot Parkway	d	0745	0801	0806		0842	0913		0932	0943	1011
Y Pil / Pyle	d			0813			0920		0940		1018
Pen-y-Bont ar Ogwr / Bridgend	a	0757	0812	0821		0854	0928	0938	0951	0955	1027
Pen-y-Bont ar Ogwr / Bridgend	d	0759	0815	0821		0855	0928	0939	0951	0956	1027
Pencoed	d			0827					0944		
Llanharan	d								0949		
Pontyclun	d			0834					0953		
Parc Ninian / Ninian Park	d										
Caerdydd Canolog / Cardiff Central	a	0820	0838	0847		0916	0949	1006	1014	1017	1049
Caerdydd Canolog / Cardiff Central	d	0822	0842			0919	0953	1009	1023	1019	
Casnewydd / Newport	a	0833	0853			0930	1006	1023	1038	1030	
Caerloyw / Gloucester	a							1114			
Manceinion Piccadilly / Manchester Piccadilly	a						1315				
Filton Abbey Wood	a		1009				1109	1140			1209
Bryste Temple Meads / Bristol Temple Meads	a		1017				1117	1149			1216
Parcfordd Bryste / Bristol Parkway	a	0854	0914			0954				1054	
Reading	a	0948	1016			1046				1146	
Llundain Paddington / London Paddington	a	1013	1045			1114				1214	

		GW 18:15	TfW 18	TfW ◇	TfW ◇	TfW	GW 18:15	TfW 18	GW 18:15	TfW 18	TfW ◇
Porthladd Rosslare Harbour	d										
Porthladd Abergwaun / Fishguard Harbour	d					0954					
Abergwaun ac Wdigi / Fishguard & Goodwick	d					0957					
Aberdaugleddau / Milford Haven	d		09 10							110 1	
Johnston	d		09 18x							1109x	
Hwlfordd / Haverfordwest	d		0925							1116	
Clarboston Road	d		0933x			10 16x				1124x	
Clunderwen	d		094 1x							1132x	
Doc Penfro / Pembroke Dock	d				0909						
Penfro / Pembroke	d				09 17						
Llandyfail / Lamphey	d				0920x						
Maenorbyr / Manorbier	d				0929						
Penalun / Penally	d				0934x						
Dinbych-y-Pysgod / Tenby	d				0939						
Saundersfoot	d				0947x						
Cilgeti / Kilgetty	d				0949x						
Arberth / Narberth	d				0959x						
Hendy-gwyn / Whitland	a		0948		1007	1029				1139	
Hendy-gwyn / Whitland	d		0948		1007	1029				1139	
Aberystwyth	d	0640			0740			0840		0940	
Caerfyrddin / Carmarthen Traws	a	0848			0948			1048		1148	
Caerfyrddin / Carmarthen Traws	d	0909			1009			1109			
Caerfyrddin / Carmarthen	a		1004		1025	1046				1155	
Caerfyrddin / Carmarthen	d	0932	1007		1029			1104	1132	120 1	
Glanyfferi / Ferryside	d							1114			
Cydweli / Kidwelly	d							1120			
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	0952	1025		1048			1127	1152	12 19	
Llanelli	a	0958	1031		1055			1133	1158	1225	
Llanelli	d	0959	1032		1056			1134	1159	1226	
Tre-gwyr / Gowerton	d				1104			114 1		1233	
Abertawe / Swansea	a	10 15	1049		1117			1153	12 15	1245	
Abertawe / Swansea	d	1023	1053	1110			1122	1159	1223	1253	1305
Llansamlet	d			1117							13 12
Sgiwen / Skewen	d			112 1							13 16
Castell Nedd / Neath	d	1035	1104	1125			1136	12 10	1235	1305	132 1
Llansawel / Briton Ferry	d			1129							1324
Baglan	d			1132							1328
Parcfordd Port Talbot Parkway	d	1042	1112	1137			1144	12 18	1242	13 12	1332
Y Pil / Pyle	d		1119	1144							13 19
Pen-y-Bont ar Ogwr / Bridgend	a	1054	1127	1152			1157	123 1	1254	1329	1348
Pen-y-Bont ar Ogwr / Bridgend	d	1055	1128	1152			1158	123 1	1255	1329	1349
Pencoed	d										
Llanharan	d										
Pontyclun	d										
Parc Ninian / Ninian Park	d										
Caerdydd Canolog / Cardiff Central	a	1116	1150	12 15			12 19	1252	13 16	135 1	14 12
Caerdydd Canolog / Cardiff Central	d	1118	1154				122 1		13 18	1355	14 14
Casnewydd / Newport	a	1130	1207				1232		1329	1408	1432
Caerloyw / Gloucester	a										
Manceinion Piccadilly / Manchester Piccadilly	a		15 15							17 15	
Filton Abbey Wood	a		1304					1409		1509	
Bryste Temple Meads / Bristol Temple Meads	a		13 13					14 17		15 17	
Parcfordd Bryste / Bristol Parkway	a	1154					1254		1354	15 16	
Reading	a	1246					1346		1446	16 19	
Llundain Paddington / London Paddington	a	13 14					14 13		15 12	1644	

	TfW ◇	GW 1R1	TfW ◇	GW 1R1	TfW R	TfW R	TfW ◇ G	TfW ◇	GW 1R1	TfW R
Porthladd Rosslare Harbour	d									
Porthladd Abergwaun / Fishguard Harbour	d				124 1					
Abergwaun ac Wdig / Fishguard & Goodwick	d				1244					
Aberdaugleddau / Milford Haven	d					1305				
Johnston	d					13 13x				
Hwlfordd / Haverfordwest	d						1320			
Clarbeston Road	d				1303x	1328x				
Clunderwen	d					1336x				
Doc Penfro / Pembroke Dock	d	1109						1309		
Penfro / Pembroke	d	1117						13 17		
Llandyfail / Lamphey	d	1120x						1320x		
Maenorbyr / Manorbier	d	1129						1329		
Penalun / Penally	d	1134x						1334x		
Dinbych-y-Pysgod / Tenby	d	1142						1344		
Saundersfoot	d	1150x						1352x		
Cilgeti / Kilgetty	d	1152x						1354x		
Arberth / Narberth	d	1202x						1404x		
Hendy-gwyn / Whitland	a	12 11			13 15	1342		14 13		
Hendy-gwyn / Whitland	d	12 11			13 16	1342		14 13		
Aberystwyth	d		1040			1140				1240
Caerfyrddin / Carmarthen Traws	a		1248			1348				1448
Caerfyrddin / Carmarthen Traws	d	1209	1309			1409				1509
Caerfyrddin / Carmarthen	a	1228			1332	1358		1430		
Caerfyrddin / Carmarthen	d	1233	1300	1325	1336	140 1		1434		1501
Glanyfferi / Ferryside	d		13 10		1346					15 11
Cydweli / Kidwelly	d		13 16		1352					15 17
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	1252	1323	1345	1359	14 19		1453		1524
Llanelli	a	1259	1329	135 1	1406	1425		1500		1530
Llanelli	d	1300	1330	1355	1406	1426		150 1		1531
Tre-gwyr / Gowerton	d		1337			1433				1538
Abertawe / Swansea	a	13 17	1350	14 11		1446		15 18		1550
Abertawe / Swansea	d	1324	1400	1423		1449	1509		1526	1555
Llansamlet	d						15 16			
Sgiwen / Skewen	d						1520			
Castell Nedd / Neath	d	1336	14 11	1435		1500	1524		1538	1606
Llansawel / Briton Ferry	d						1527			
Baglan	d						1531			
Parcfordd Port Talbot Parkway	d	1344	14 19	1443	1434	1508	1535		1546	16 14
Y Pyl / Pyle	d					15 15	1542			162 1
Pen-y-Bont ar Ogwr / Bridgend	a	1355	143 1	1454	1449	1523	155 1		1557	1629
Pen-y-Bont ar Ogwr / Bridgend	d	1356	1433	1455	1449	1523	155 1		1558	1629
Pencoed	d									
Llanharan	d									
Pontyclun	d									
Parc Ninian / Ninian Park	d									
Caerdydd Canolog / Cardiff Central	a	14 17	1458	15 17	152 1	1544	16 13		16 19	1650
Caerdydd Canolog / Cardiff Central	d	142 1		15 18		1549	16 15		1623	
Casnewydd / Newport	a	1432		1530		1602	1630		1634	
Caerloyw / Gloucester	a									
Manceinion Piccadilly / Manchester Piccadilly	a					19 15				
Filton Abbey Wood	a		1609		1709					1809
Bryste Temple Meads / Bristol Temple Meads	a		16 17		17 17					18 17
Parcfordd Bryste / Bristol Parkway	a	1454		1553					1655	
Reading	a	1547		1646					1748	
Llundain Paddington / London Paddington	a	16 14		17 14					18 13	

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Notes

G To Abergavenny

		GW 18:15	TfW 18	TfW ◇	TfW ◇	GW 18:15	TfW ◇	GW 18:15	TfW ◇	TfW ◇	TfW ◇
Porthladd Rosslare Harbour	d										
Porthladd Abergwaun / Fishguard Harbour	d										
Abergwaun ac Wdig / Fishguard & Goodwick	d										
Aberdaugleddau / Milford Haven	d		1509						1706		
Johnston	d		15 17x						17 14x		
Hwlfordd / Haverfordwest	d		1524						172 1		
Clarboston Road	d		1532x						1729x		
Clunderwen	d		1540x						1737x		
Doc Penfro / Pembroke Dock	d				1509						17 12
Penfro / Pembroke	d				15 17						1720
Llandyfail / Lamphey	d				1520x						1723x
Maenorbyr / Manorbier	d				1529						1732
Penalun / Penally	d				1534x						1737x
Dinbych-y-Pysgod / Tenby	d				1544						1746
Saundersfoot	d				1552x						1754x
Cilgeti / Kilgetty	d				1554x						1756x
Arberth / Narberth	d				1604x						1806x
Hendy-gwyn / Whitland	a		1546		16 12				1744		18 14
Hendy-gwyn / Whitland	d		1546		16 12				1744		18 14
Aberystwyth	d		1340				1440		1540		
Caerfyrddin / Carmarthen Traws	a		1548				1648		1748		
Caerfyrddin / Carmarthen Traws	d		1609				1709		1809		
Caerfyrddin / Carmarthen	a		1602		163 1				1800		1832
Caerfyrddin / Carmarthen	d	1528	1606		1634		170 1	1720	1807		1836
Glanyfferi / Ferryside	d						17 11		18 17		
Cydweli / Kidwelly	d						17 17		1823		
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	1548	1624		1653		1724	1740	1829		1855
Llanelli	a	1554	1630		1700		1730	1746	1836		1902
Llanelli	d	1556	163 1		1700		173 1	1754	1836		1902
Tre-gwyr / Gowerton	d		1638		1708		1738		1843		19 10
Abertawe / Swansea	a	16 12	165 1		172 1		1750	18 10	1855		1923
Abertawe / Swansea	d	1622	1655	17 12		1728	1755	1822	1900	19 10	
Llansamlet	d			17 19						19 17	
Sgiwen / Skewen	d			1723						192 1	
Castell Nedd / Neath	d	1634	1706	1727		1740	1806	1834	19 11	1925	
Llansawel / Briton Ferry	d			173 1						1929	
Baglan	d			1734						1932	
Parcfordd Port Talbot Parkway	d	1642	17 14	1739		1747	18 13	1842	19 19	1937	
Y Pil / Pyle	d		172 1	1746			18 19			1944	
Pen-y-Bont ar Ogwr / Bridgend	a	1653	1729	1755		1759	1827	1853	1932	1953	
Pen-y-Bont ar Ogwr / Bridgend	d	1655	1729	1755		1800	1827	1855	1933	1953	
Pencoed	d										
Llanharan	d										
Pontyclun	d										
Parc Ninian / Ninian Park	d										
Caerdydd Canolog / Cardiff Central	a	17 16	1750	18 19		182 1	1848	19 17	1956	20 17	
Caerdydd Canolog / Cardiff Central	d	17 18	1756			1822		19 19			
Casnewydd / Newport	a	1730	1809			1834		1930			
Caerloyw / Gloucester	a										
Manceinion Piccadilly / Manchester Piccadilly	a		2 1 15								
Filton Abbey Wood	a		1909				2006		2 106		
Bryste Temple Meads / Bristol Temple Meads	a		19 17				20 16		2 116		
Parcfordd Bryste / Bristol Parkway	a	1753				1854		1952			
Reading	a	1846				1948		2046			
Llundain Paddington / London Paddington	a	19 12				20 13		2 112			

	GW 18:15	TfW ◇	GW 1	TfW R	GW 18:15	TfW ◇ H	TfW ◇	TfW	TfW ◇	TfW ◇
Porthladd Rosslare Harbour	d									
Porthladd Abergwaun / Fishguard Harbour	d			1900						
Abergwaun ac Wdig / Fishguard & Goodwick	d			1903						
Aberdaugleddau / Milford Haven	d					19 12		2 116		
Johnston	d					1920x		2 124x		
Hwlfordd / Haverfordwest	d					1927		2 131		
Clarboston Road	d			1922x		1935x		2 139x		
Clunderwen	d					1943x		2 147x		
Doc Penfro / Pembroke Dock	d						19 13		2 109	
Penfro / Pembroke	d						192 1		2 117	
Llandyfail / Lamphey	d						1924x		2 120x	
Maenorbyr / Manorbier	d						1932		2 129	
Penalun / Penally	d						1938x		2 134x	
Dinbych-y-Pysgod / Tenby	d						1956		2 144	
Saundersfoot	d						2003x		2 152x	
Cilgeti / Kilgetty	d						2005x		2 154x	
Arberth / Narberth	d						20 15x		2204x	
Hendy-gwyn / Whitland	a			1935		1949	2023	2 154	22 13	
Hendy-gwyn / Whitland	d			1935		1949	2023	2 154	22 13	
Aberystwyth	d		1640			1740	1840		2040	
Caerfyrddin / Carmarthen Traws	a		1848			1948	2048		2223	
Caerfyrddin / Carmarthen Traws	d		1909							
Caerfyrddin / Carmarthen	a			1952		2005	2039	22 11	2232	
Caerfyrddin / Carmarthen	d	1853	19 19			2009	2 100			
Glanyfferi / Ferryside	d	1904					2 110			
Cydweli / Kidwelly	d	19 10					2 116			
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	19 18	1939			2027	2 123			
Llanelli	a	1925	1945			2033	2 129			
Llanelli	d	1925	1947			2034	2 130			
Tre-gwyr / Gowerton	d	1933				2041	2 137			
Abertawe / Swansea	a	1947	2002			2053	2 150			
Abertawe / Swansea	d	1926	1952			2022	2 057	2 153		2237
Llansamlet	d						2 159			2244
Sgiwen / Skewen	d						2203			2248
Castell Nedd / Neath	d	1938	2003			2034	2 108	2208		2252
Llansawel / Briton Ferry	d						22 11			2256
Baglan	d						22 15			2259
Parcfordd Port Talbot Parkway	d	1946	20 11			2042	2 115	22 19		2304
Y Pil / Pyle	d						2226			23 11
Pen-y-Bont ar Ogwr / Bridgend	a	1957	2025			2053	2 127	2233		23 19
Pen-y-Bont ar Ogwr / Bridgend	d	1959	2025			2055	2 127	2234		2320
Pencoed	d									
Llanharan	d									
Pontyclun	d									
Parc Ninian / Ninian Park	d									
Caerdydd Canolog / Cardiff Central	a	2020	2048			2 116	2 149	2257		2342
Caerdydd Canolog / Cardiff Central	d	2022				2 118	2 153			
Casnewydd / Newport	a	2033				2 129	2206			
Caerloyw / Gloucester	a									
Manceinion Piccadilly / Manchester Piccadilly	a									
Filton Abbey Wood	a									
Bryste Temple Meads / Bristol Temple Meads	a						2343			
Parcfordd Bryste / Bristol Parkway	a	2054				2 150				
Reading	a	2 149								
Llundain Paddington / London Paddington	a	22 14								

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H I Henffordd

Notes

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	TfW	TfW ◇	TfW										
Porthladd Rosslare Harbour	d												
Porthladd Abergwaun / Fishguard Harbour	d	22 15											
Abergwaun ac Wdig / Fishguard & Goodwick	d	22 18											
Aberdaugleddau / Milford Haven	d			2308									
Johnston	d			23 16x									
Hwlfordd / Haverfordwest	d			2323									
Clarbston Road	d	2237x		233 1x									
Clunderwen	d	2244x		2339x									
Doc Penfro / Pembroke Dock	d	22 18											
Penfro / Pembroke	d	2226											
Llandyfail / Lamphey	d	2229x											
Maenorbyr / Manorbier	d	2237											
Penalun / Penally	d	2243x											
Dinbych-y-Pysgod / Tenby	d	2247											
Saundersfoot	d	2255x											
Cilgeti / Kilgetty	d	2257x											
Arberth / Narberth	d	2306x											
Hendy-gwyn / Whitland	a	2251	23 15	2345									
Hendy-gwyn / Whitland	d	2251	23 15	2346									
Aberystwyth	d												
Caerfyrddin / Carmarthen Traws	a												
Caerfyrddin / Carmarthen Traws	d												
Caerfyrddin / Carmarthen	a	2307	2333	0004									
Caerfyrddin / Carmarthen	d	23 16											
Glanyfferi / Ferryside	d	2326											
Cydweli / Kidwelly	d	2332											
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	2339											
Llanelli	a	2346											
Llanelli	d	2346											
Tre-gwyr / Gowerton	d	2354											
Abertawe / Swansea	a	0008											
Abertawe / Swansea	d												
Llansamlet	d												
Sgiwen / Skewen	d												
Castell Nedd / Neath	d												
Llansawel / Briton Ferry	d												
Baglan	d												
Parcfordd Port Talbot Parkway	d												
Y Pil / Pyle	d												
Pen-y-Bont ar Ogwr / Bridgend	a												
Pen-y-Bont ar Ogwr / Bridgend	d												
Pencoed	d												
Llanharan	d												
Pontyclun	d												
Parc Ninian / Ninian Park	d												
Caerdydd Canolog / Cardiff Central	a												
Caerdydd Canolog / Cardiff Central	d												
Casnewydd / Newport	a												
Caerloyw / Gloucester	a												
Manceinion Piccadilly / Manchester Piccadilly	a												
Filton Abbey Wood	a												
Bryste Temple Meads / Bristol Temple Meads	a												
Parcfordd Bryste / Bristol Parkway	a												
Reading	a												
Llundain Paddington / London Paddington	a												

		GW	GW	TfW	GW	TfW	TfW	TfW	GW	TfW	TfW
Porthladd Rosslare Harbour	d										
Porthladd Abergwaun / Fishguard Harbour	d										
Abergwaun ac Wdig / Fishguard & Goodwick	d										
Aberdaugleddau / Milford Haven	d										
Johnston	d										
Hwlfordd / Haverfordwest	d										
Clarbeston Road	d										
Clunderwen	d										
Doc Penfro / Pembroke Dock	d										
Penfro / Pembroke	d										
Llandyfail / Lamphey	d										
Maenorbyr / Manorbier	d										
Penalun / Penally	d										
Dinbych-y-Pysgod / Tenby	d										
Saundersfoot	d										
Cilgeti / Kilgetty	d										
Arberth / Narberth	d										
Hendy-gwyn / Whitland	a										
Hendy-gwyn / Whitland	d										
Aberystwyth	d										
Caerfyrddin / Carmarthen Traws	a										
Caerfyrddin / Carmarthen Traws	d						0909				
Caerfyrddin / Carmarthen	a										
Caerfyrddin / Carmarthen	d						0934				0944
Glanyfferi / Ferryside	d										0955
Cydweli / Kidwelly	d										1001
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d						0952				1009
Llanelli	a						0958				1016
Llanelli	d						0959				1016
Tre-gwyr / Gowerton	d										1024
Abertawe / Swansea	a						1016				1038
Abertawe / Swansea	d	0755	0832	0838	0923	0935			1022	1032	
Llansamlet	d										
Sgiwen / Skewen	d										
Castell Nedd / Neath	d	0807	0844	0849	0935	0946			1035	1044	
Llansawel / Briton Ferry	d										
Baglan	d										
Parcfordd Port Talbot Parkway	d	0814	0851	0858	0942	0954			1042	1051	
Y Pil / Pyle	d			0905		1001					1100
Pen-y-Bont ar Ogwr / Bridgend	a	0826	0903	0914	0954	1009		1014	1054	1108	
Pen-y-Bont ar Ogwr / Bridgend	d	0827	0904	0914	0955	1009		1014	1055	1108	
Pencoed	d							1020			
Llanharan	d							1024			
Pontyclun	d							1029			
Parc Ninian / Ninian Park	d										
Caerdydd Canolog / Cardiff Central	a	0848	0927	0936	1016	1031		1045	1117	1130	
Caerdydd Canolog / Cardiff Central	d	0850	0935	0940	1020	1034			1120	1140	
Casnewydd / Newport	a	0906	0950	0957	1031	1049			1130	1153	
Caerloyw / Gloucester	a										
Manceinion Piccadilly / Manchester Piccadilly	a			1312		1415				1515	
Filton Abbey Wood	a	1005	1037		1134				1241		
Bryste Temple Meads / Bristol Temple Meads	a	1015	1052		1143				1251		
Parcfordd Bryste / Bristol Parkway	a	0934	1011		1053				1152		
Reading	a	1025	1102		1144				1244		
Llundain Paddington / London Paddington	a	1050	1127		1210				1309		

	TfW ◇	GW 11811	TfW ◇11	TfW ◇11	TfW ◇	GW 11811	TfW 811	TfW 811	TfW ◇	GW 11811
Porthladd Rosslare Harbour	d									
Porthladd Abergwaun / Fishguard Harbour	d									
Abergwaun ac Wdigi / Fishguard & Goodwick	d									
Aberdaugleddau / Milford Haven	d									
Johnston	d									
Hwlfordd / Haverfordwest	d									
Clarbeston Road	d									
Clunderwen	d									
Doc Penfro / Pembroke Dock	d									
Penfro / Pembroke	d									
Llandyfail / Lamphey	d									
Maenorbyr / Manorbier	d									
Penalun / Penally	d									
Dinbych-y-Pysgod / Tenby	d									
Saundersfoot	d									
Cilgeti / Kilgetty	d									
Arberth / Narberth	d									
Hendy-gwyn / Whitland	a									
Hendy-gwyn / Whitland	d									
Aberystwyth	d									
Caerfyrddin / Carmarthen Traws	a									
Caerfyrddin / Carmarthen Traws	d					1109				
Caerfyrddin / Carmarthen	a									
Caerfyrddin / Carmarthen	d		1030	1053		1127				
Glanyfferi / Ferryside	d			1104						
Cydweli / Kidwelly	d			1110						
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d		1048	1118		1147				
Llanelli	a		1054	1125		1153				
Llanelli	d		1055	1125		1154				
Tre-gwyr / Gowerton	d		1102	1133						
Abertawe / Swansea	a		1117	1148		1210				
Abertawe / Swansea	d	1123	1130			1223	1251	1251		1323
Llansamlet	d									
Sgiwen / Skewen	d									
Castell Nedd / Neath	d	1135	1141			1235	1303	1303		1335
Llansawel / Briton Ferry	d									
Baglan	d									
Parcfordd Port Talbot Parkway	d	1142	1149			1242	1310	1310		1342
Y Pil / Pyle	d		1156				1317	1317		
Pen-y-Bont ar Ogwr / Bridgend	a	1134	1154	1204		1237	1254	1326	1326	1337 1354
Pen-y-Bont ar Ogwr / Bridgend	d	1135	1155	1204		1238	1255	1326	1326	1338 1357
Pencoed	d	1140				1245				1343
Llanharan	d	1145				1248				1348
Pontyclun	d	1149				1253				1352
Parc Ninian / Ninian Park	d									
Caerdydd Canolog / Cardiff Central	a	1205	1216	1227		1308	1316	1347	1347	1408 1418
Caerdydd Canolog / Cardiff Central	d		1220	1236			1320	1351	1351	1420
Casnewydd / Newport	a		1231	1249			1331	1404	1404	1431
Caerloyw / Gloucester	a									
Manceinion Piccadilly / Manchester Piccadilly	a			1615				1715	1715	
Filton Abbey Wood	a							1501		
Bryste Temple Meads / Bristol Temple Meads	a							1510		
Parcfordd Bryste / Bristol Parkway	a		1253			1353				1453
Reading	a		1344			1444				1544
Llundain Paddington / London Paddington	a		1409			1509				1609

		TfW 8:15	TfW ◇	TfW ◇	GW 18:15	TfW 18:15	TfW ◇	GW 18:15	TfW 8:15	TfW ◇	TfW ◇
Porthladd Rosslare Harbour	d										
Porthladd Abergwaun / Fishguard Harbour	d			1240							1420
Abergwaun ac Wdig / Fishguard & Goodwick	d			1243							1423
Aberdaugleddau / Milford Haven	d	1124							1330		
Johnston	d	1132x							1338x		
Hwlfordd / Haverfordwest	d	1139							1345		
Clarbeston Road	d	1147x		1302x					1353x		1442x
Clunderwen	d	1154x							1401x		
Doc Penfro / Pembroke Dock	d		1158								
Penfro / Pembroke	d		1206								
Llandyfail / Lamphey	d		1209x								
Maenorbyr / Manorbier	d		1218								
Penalun / Penally	d		1223x								
Dinbych-y-Pysgod / Tenby	d		1228								
Saundersfoot	d		1236x								
Cilgeti / Kilgetty	d		1238x								
Arberth / Narberth	d		1248x								
Hendy-gwyn / Whitland	a	1201	1257	1315					1408		1455
Hendy-gwyn / Whitland	d	1202	1258	1315					1409		1455
Aberystwyth	d	0940	1040								1240
Caerfyrddin / Carmarthen Traws	a	1123	1248								1448
Caerfyrddin / Carmarthen Traws	d		1309								1509
Caerfyrddin / Carmarthen	a	1217	1315	1332					1426		1512
Caerfyrddin / Carmarthen	d	1229	1320	1338			1422	1434			1517
Glanyfferi / Ferryside	d		1331								1528
Cydweli / Kidwelly	d		1337								1534
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	1247	1345	1356			1442	1452			1542
Llanelli	a	1254	1352	1402			1448	1459	1536	1549	
Llanelli	d	1254	1352	1403			1451	1459	1540	1549	
Tre-gwyr / Gowerton	d	1301	1400	1410				1506	1549	1558	
Abertawe / Swansea	a	1313	1416					1510	1518	1602	1614
Abertawe / Swansea	d	1343			1422	1455		1523	1533		
Llansamlet	d										
Sgiwen / Skewen	d										
Castell Nedd / Neath	d	1354		1427	1434	1507		1535	1544		
Llansawel / Briton Ferry	d										
Baglan	d										
Parcfordd Port Talbot Parkway	d	1402		1434	1441	1515		1542	1551		
Y Pil / Pyle	d	1409				1523			1558		
Pen-y-Bont ar Ogwr / Bridgend	a	1417		1447	1453	1532	1543	1554	1606		
Pen-y-Bont ar Ogwr / Bridgend	d	1417		1447	1454	1532	1543	1555	1606		
Pencoed	d						1548		1613		
Llanharan	d						1553		1617		
Pontyclun	d						1557		1622		
Parc Ninian / Ninian Park	d										
Caerdydd Canolog / Cardiff Central	a	1440		1509	1515	1553	1612	1617	1636		
Caerdydd Canolog / Cardiff Central	d	1454			1515	1555		1620	1640		
Casnewydd / Newport	a	1507			1529	1608		1632	1654		
Caerloyw / Gloucester	a										
Manceinion Piccadilly / Manchester Piccadilly	a	1814				1914			2015		
Filton Abbey Wood	a					1702			1819		
Bryste Temple Meads / Bristol Temple Meads	a					1710			1832		
Parcfordd Bryste / Bristol Parkway	a				1552	1725		1653			
Reading	a				1644	1822		1744			
Llundain Paddington / London Paddington	a				1709	1850		1810			

	GW 18:15	TfW 18	TfW	GW 18:15	TfW 18	GW 18:15	TfW Q	TfW ◇	TfW ◇	TfW ◇
Porthladd Rosslare Harbour	d									
Porthladd Abergwaun / Fishguard Harbour	d									
Abergwaun ac Wdig / Fishguard & Goodwick	d									
Aberdaugleddau / Milford Haven	d				153 1				1730	
Johnston	d				1539x				1738x	
Hwlfordd / Haverfordwest	d				1546				1745	
Clarbeston Road	d				1554x				1753x	
Clunderwen	d				1602x				180 1x	
Doc Penfro / Pembroke Dock	d							1624		
Penfro / Pembroke	d							1632		
Llandyfail / Lamphey	d							1635x		
Maenorbyr / Manorbier	d							1644		
Penalun / Penally	d							1649x		
Dinbych-y-Pysgod / Tenby	d							1654		
Saundersfoot	d							1702x		
Cilgeti / Kilgetty	d							1704x		
Arberth / Narberth	d							17 15x		
Hendy-gwyn / Whitland	a				1609			1724	1808	
Hendy-gwyn / Whitland	d				1610			1724	1808	
Aberystwyth	d							1440		
Caerfyrddin / Carmarthen Traws	a							1648		
Caerfyrddin / Carmarthen Traws	d							1709		
Caerfyrddin / Carmarthen	a				1627			1742	1825	
Caerfyrddin / Carmarthen	d			1630	1639			175 1		
Glanyfferi / Ferryside	d				1649			1802		
Cydweli / Kidwelly	d				1655			1809		
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d			1650	1702			18 16		
Llanelli	a			1656	1708			1823		
Llanelli	d			1657	1709			1824		
Tre-gwyr / Gowerton	d				17 16			1832		
Abertawe / Swansea	a			17 12	1733			1849		
Abertawe / Swansea	d	1624	1652	1724	1737	1824	1834			
Llansamlet	d									
Sgiwen / Skewen	d									
Castell Nedd / Neath	d	1636	1703	1736	1748	1836	1846			
Llansawel / Briton Ferry	d									
Baglan	d									
Parcfordd Port Talbot Parkway	d	1643	17 11	1743	1755	1842	1854			
Y Pyl / Pyle	d		17 18		1802		1902			
Pen-y-Bont ar Ogwr / Bridgend	a	1655	1726	1733	1755	18 10	1855	19 11		1940
Pen-y-Bont ar Ogwr / Bridgend	d	1656	1726	1733	1756	18 10	1856	19 11		1940
Pencoed	d			1739						1945
Llanharan	d			1743						1950
Pontyclun	d			1748						1954
Parc Ninian / Ninian Park	d									
Caerdydd Canolog / Cardiff Central	a	17 17	1749	1802	18 17	1833	19 17	1933		20 10
Caerdydd Canolog / Cardiff Central	d	1720	1755	1805	1820	1840	1920	1939		
Casnewydd / Newport	a	1731	1809	1820	183 1	1853	1930	1954		
Caerloyw / Gloucester	a									
Manceinion Piccadilly / Manchester Piccadilly	a		21 15			22 14				
Filton Abbey Wood	a	1840	1902	194 1		2040				
Bryste Temple Meads / Bristol Temple Meads	a	1849	19 11	1950		2049				
Parcfordd Bryste / Bristol Parkway	a	1753			1854	1953				
Reading	a	1844			1944	2049				
Llundain Paddington / London Paddington	a	1909			20 10	2 114				

Nodiadau

Q I'r Amwythig

Notes

Q To Shrewsbury

	GW	GW	TfW	TfW	TfW	TfW	TfW	TfW	TfW	TfW
				◇	◇	◇	◇	◇	◇	◇
Porthladd Rosslare Harbour	d									
Porthladd Abergwaun / Fishguard Harbour	d									2303
Abergwaun ac Wdig / Fishguard & Goodwick	d									2306
Aberdaugleddau / Milford Haven	d					1940		2 135		
Johnston	d					1948x		2 143x		
Hwlfordd / Haverfordwest	d					1955		2 15 1		
Clarbeston Road	d					2003x		2 159x		2325x
Clunderwen	d					20 1 tx		2207x		
Doc Penfro / Pembroke Dock	d				1904				220 1	
Penfro / Pembroke	d				19 12				2209	
Llandyfail / Lamphey	d				19 15x				22 12x	
Maenorbyr / Manorbier	d				1924				222 1	
Penalun / Penally	d				1929x				2226x	
Dinbych-y-Pysgod / Tenby	d				1934				223 1	
Saundersfoot	d				1942x				2239x	
Cilgeti / Kilgetty	d				1944x				224 1x	
Arberth / Narberth	d				1954x				225 1x	
Hendy-gwyn / Whitland	a				2003	20 18		22 13	2300	2338
Hendy-gwyn / Whitland	d				2003	20 19		22 13	2300	2338
Aberystwyth	d	1640					1840			
Caerfyrddin / Carmarthen Traws	a	1848					2048			
Caerfyrddin / Carmarthen Traws	d									
Caerfyrddin / Carmarthen	a				2020	2035		2230	2320	2355
Caerfyrddin / Carmarthen	d	1920			2032		2 116	2234		
Glanyfferi / Ferryside	d	1932			2043			2244		
Cydweli / Kidwelly	d	1939			2049			2250		
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	1947			2057		2 135	2257		
Llanelli	a	1953		2002	2 104		2 142	2304		
Llanelli	d	1954		2005	2 104		2 143	2304		
Tre-gwyr / Gowerton	d			20 13	2 112		2 15 1	23 12		
Abertawe / Swansea	a	20 13		2026	2 13 1		2206	2324		
Abertawe / Swansea	d	1924	20 19	2040			22 10	2329		
Llansamlet	d									
Sgiwen / Skewen	d									
Castell Nedd / Neath	d	1936	2031		2051		222 1	2340		
Llansawel / Briton Ferry	d									
Baglan	d									
Parcfordd Port Talbot Parkway	d	1942	2037		2059		2229	2348		
Y Pil / Pyle	d						2237	2355		
Pen-y-Bont ar Ogwr / Bridgend	a	1955	2050	2 10 1	2 114		2245	0003		
Pen-y-Bont ar Ogwr / Bridgend	d	1956	2051	2 10 1	2 114		2245	0004		
Pencoed	d			2 107						
Llanharan	d			2 111						
Pontyclun	d			2 116						
Parc Ninian / Ninian Park	d									
Caerdydd Canolog / Cardiff Central	a	20 17	2 112	2 130	2 137		2307	003 1		
Caerdydd Canolog / Cardiff Central	d	2020	2 120	2 133			23 19			
Casnewydd / Newport	a	2030	2 130				2333			
Caerloyw / Gloucester	a									
Manceinion Piccadilly / Manchester Piccadilly	a									
Filton Abbey Wood	a		22 13							
Bryste Temple Meads / Bristol Temple Meads	a		2222							
Parcfordd Bryste / Bristol Parkway	a	2053	2 152							
Reading	a	2 148	2248							
Llundain Paddington / London Paddington	a	22 14	2327							

Nodiadau

H I Henffordd

Notes

H To Hereford

	TfW ◇										
Porthladd Rosslare Harbour	d										
Porthladd Abergwaun / Fishguard Harbour	d	80									
Abergwaun ac Wdig / Fishguard & Goodwick	d										
Aberdaugleddau / Milford Haven	d	23 11									
Johnston	d	23 19x									
Hwlfordd / Haverfordwest	d	2327									
Clarbeston Road	d	2336x									
Clunderwen	d	2344x									
Doc Penfro / Pembroke Dock	d										
Penfro / Pembroke	d										
Llandyfail / Lamphey	d										
Maenorbyr / Manorbier	d										
Penalun / Penally	d										
Dinbych-y-Pysgod / Tenby	d										
Saundersfoot	d										
Cilgeti / Kilgetty	d										
Arberth / Narberth	d										
Hendy-gwyn / Whitland	a	235 1									
Hendy-gwyn / Whitland	d	235 1									
Aberystwyth	d										
Caerfyrddin / Carmarthen Traws	a										
Caerfyrddin / Carmarthen Traws	d										
Caerfyrddin / Carmarthen	a	00 11									
Caerfyrddin / Carmarthen	d										
Glanyfferi / Ferryside	d										
Cydweli / Kidwelly	d										
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d										
Llanelli	a										
Llanelli	d										
Tre-gwyr / Gowerton	d										
Abertawe / Swansea	a										
Abertawe / Swansea	d										
Llansamlet	d										
Sgiwen / Skewen	d										
Castell Nedd / Neath	d										
Llansawel / Briton Ferry	d										
Baglan	d										
Parcfordd Port Talbot Parkway	d										
Y Pil / Pyle	d										
Pen-y-Bont ar Ogwr / Bridgend	a										
Pen-y-Bont ar Ogwr / Bridgend	d										
Pencoed	d										
Llanharan	d										
Pontyclun	d										
Parc Ninian / Ninian Park	d										
Caerdydd Canolog / Cardiff Central	a	7									
Caerdydd Canolog / Cardiff Central	d	7									
Casnewydd / Newport	a										
Caerloyw / Gloucester	a	7									
Manceinion Piccadilly / Manchester Piccadilly	a	10									
Filton Abbey Wood	a										
Bryste Temple Meads / Bristol Temple Meads	a	10									
Parcfordd Bryste / Bristol Parkway	a	7									
Reading	a	7									
Llundain Paddington / London Paddington	a	15									

	TfW ◇	TfW	TfW ◇	TfW	TfW	TfW ◇	TfW ◇	TfW ◇	TfW	GW 100%
Llundain Paddington / London Paddington										
Reading										
Parcfordd Bryste / Bristol Parkway										0602
Manceinion Piccadilly / Manchester Piccadilly										
Caerloyw / Gloucester										
Casnewydd / Newport										0626
Caerdydd Canolog / Cardiff Central										0639
Caerdydd Canolog / Cardiff Central							0535	0624		0644
Parc Ninian / Ninian Park							0540	0628		
Pontyclun							0552			
Llanharan							0557			
Pencoed							0601			
Pen-y-Bont ar Ogwr / Bridgend							0606	0650		0703
Pen-y-Bont ar Ogwr / Bridgend							0606	0650		0705
Y Pîl / Pyle							0614	0658		
Parcfordd Port Talbot Parkway							0621	0706		0718
Baglan							0625	0710		
Llansawel / Briton Ferry							0629	0714		
Castell Nedd / Neath							0633	0718		0726
Sgiwen / Skewen							0637	0722		
Llansamlet							0642	0726		
Abertawe / Swansea							0651	0735		0740
Abertawe / Swansea	0008					0541	0654	0746		0759
Tre-gwyr / Gowerton	0021					0553	0705	0758		
Llanelli	0028					0600	0713	0805		0813
Llanelli	0029					0600	0713	0806		0817
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	0035					0607	0719	0812		0823
Cydweli / Kidwelly	0042					0614	0725	0819		
Glanyfferi / Ferryside	0048					0621	0731	0825		
Caerfyrddin / Carmarthen	0102					0636	0743	0838		0848
Caerfyrddin / Carmarthen		0450	0530	0550	0600	0641	0746	0842		
Caerfyrddin / Carmarthen Traws			0534	0609		0709	0809	0909		
Aberystwyth Traws			0720	0820		0920	1020	1120		
Hendy-gwyn / Whitland		0506	0547	0606	0615	0659	0801	0858		
Hendy-gwyn / Whitland		0506	0547	0606	0615	0659	0803	0902		
Arberth / Narberth			0556x			0708x		0910x		
Cilgeti / Kilgetty			0605x			0717x		0919x		
Saundersfoot			0607x			0719x		0921x		
Dinbych-y-Pysgod / Tenby			0624			0732		0943		
Penalun / Penally			0627x			0735x		0946x		
Maenorbys / Manorbier			0633			0742		0952		
Llandyfael / Lamphey			0641x			0749x		1000x		
Penfro / Pembroke			0644			0752		1003		
Doc Penfro / Pembroke Dock			0656			0807		1013		
Clunderwen		0513x		0613x	0622x		0810x			
Clarbeston Road		0520x		0620x	0630x		0818x		0720	
Hwlfordd / Haverfordwest		0532			0638		0826			
Johnston		0540x			0646x		0834x			
Aberdaugleddau / Milford Haven		0552			0658		0843			
Abergwaun ac Wdig / Fishguard & Goodwick				0639					0738	
Porthladd Abergwaun / Fishguard Harbour				0645					0744	
Porthladd Rosslare Harbour										

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 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 or call 03457 48 49 50.

	TfW ◇	TfW ◇	TfW ◇	GW ■	GW ■	TfW ◇	TfW ◇	TfW ◇	GW ■	TfW ◇
Llundain Paddington / London Paddington 15e	d			0523	0648				0748	
Reading 7	d			0549	0713				0813	
Parcfordd Bryste / Bristol Parkway 7	d	0538		0728	0804				0905	
Manceinion Piccadilly / Manchester Piccadilly 10	d									
Caerloyw / Gloucester 7	d									
Casnewydd / Newport	d			0752	0827	0841			0925	
Caerdydd Canolog / Cardiff Central 7	a			0803	0839	0854			0938	
Caerdydd Canolog / Cardiff Central 7	d	0716	0745	0807	0842	0900		0911	0942	
Parc Ninian / Ninian Park	d									
Pontyclun	d									
Llanharan	d									
Pencoed	d									
Pen-y-Bont ar Ogwr / Bridgend	a	0736	0805	0826	0901	0920		0931	1001	
Pen-y-Bont ar Ogwr / Bridgend	d	0736	0805	0827	0902	0920		0931	1002	
Y Pîl / Pyle	d	0744	0812			0927		0939		
Parcfordd Port Talbot Parkway	d	0752	0820	0839	0914	0935		0947	1014	
Baglan	d	0756	0824					0950		
Llansawel / Briton Ferry	d	0759	0828					0954		
Castell Nedd / Neath	d	0804	0832	0846	0921	0942		0959	1021	
Sgiwen / Skewen	d	0807	0836					1002		
Llansamlet	d	0811	0841					1007		
Abertawe / Swansea	a	0822	0850	0858	0933	0955		1017	1034	
Abertawe / Swansea	d	0814	0903		0948	0959				1058
Tre-gwyr / Gowerton	d		0914			1011				
Llanelli	a	0830	0922		1002	1018				1115
Llanelli	d	0831	0923		1003	1019				1115
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d		0929		1009	1025				
Cydweli / Kidwelly	d		0935			1031				
Glanyfferi / Ferryside	d		0941			1037				
Caerfyrddin / Carmarthen	a		0953		1038	1050				
Caerfyrddin / Carmarthen	d		1003				1055			
Caerfyrddin / Carmarthen Traws 8	d		1009				1109			
Aberystwyth Traws 8	a		1220				1320			
Hendy-gwyn / Whitland	a	0912	1018				1112			1150
Hendy-gwyn / Whitland	d	0912	1018				1112			1150
Arberth / Narberth	d						1121x			
Cilgeti / Kilgetty	d						1131x			
Saundersfoot	d						1133x			
Dinbych-y-Pysgod / Tenby	d						1143			
Penalun / Penally	d						1146x			
Maenorbyr / Manorbier	d						1152			
Llandyfail / Lamphey	d						1200x			
Penfro / Pembroke	d						1203			
Doc Penfro / Pembroke Dock	a						1216			
Clunderwen	d	0919x	1025x							
Clarboston Road	d	0927x	1033x							1203x
Hwlfordd / Haverfordwest	d		1041							
Johnston	d		1049x							
Aberdaugleddau / Milford Haven	a		1103							
Abergwaun ac Wdig / Fishguard & Goodwick	a	0946								1222
Porthladd Abergwaun / Fishguard Harbour 80	a	0951								1226
Porthladd Rosslare Harbour 8	a									

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

	TfW	GW	TfW	TfW	TfW	GW	TfW	GW	TfW	TfW
	◇	⚡	◇	◇	◇	⚡	⚡	⚡	◇	◇
Llundain Paddington / London Paddington	d	0848	08 18			0948	09 18	1048		10 18
Reading	d	09 13	0843			10 13	0943	11 13		1043
Parcfordd Bryste / Bristol Parkway	d	1005	0934			1105	1035	1204		1134
Manceinion Piccadilly / Manchester Piccadilly	d		0730							0930
Caerloyw / Gloucester	d									
Casnewydd / Newport	d	1025	1034			1125		1227		1237
Caerdydd Canolog / Cardiff Central	a	1037	1048			1137		1239		1252
Caerdydd Canolog / Cardiff Central	d	1006	1040	1049	1111	1140	1204	1242		1256
Parc Ninian / Ninian Park	d									
Pontyclun	d									
Llanharan	d									
Pencoed	d									
Pen-y-Bont ar Ogwr / Bridgend	a	1026	1059	1108	1132	1159	1227	1301		1315
Pen-y-Bont ar Ogwr / Bridgend	d	1026	1100	1109	1132	1200	1227	1302		1316
Y Pîl / Pyle	d		1116		1141					1323
Parcfordd Port Talbot Parkway	d	1038	1112	1124	1149	1212	1239	1314		1331
Baglan	d				1153					
Llansawel / Briton Ferry	d				1157					
Castell Nedd / Neath	d	1045	1120	1131	1201	1220	1246	1321		1338
Sgiwen / Skewen	d				1206					
Llansamlet	d				1211					
Abertawe / Swansea	a	1059	1131	1145	1219	1231	1300	1333		1352
Abertawe / Swansea	d	1108	1149	1201	1241	1303		1346		1357
Tre-gwyr / Gowerton	d	1119	1201	1213		1315				1409
Llanelli	a	1127	1208	1220	1255	1322		1402		1415
Llanelli	d	1127	1209	1221	1256	1328		1403		1417
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	1133	1215	1228	1303	1334		1410		1423
Cydweli / Kidwelly	d		1221							1429
Glanyfferi / Ferryside	d		1227							1435
Caerfyrddin / Carmarthen	a	1153	1238	1249	1325	1355		1432		1446
Caerfyrddin / Carmarthen	d	1158		1253		1402		1452		
Caerfyrddin / Carmarthen Traws	d	1209		1309		1409		1509		
Aberystwyth Traws	a	1420		1520		1620		1720		
Hendy-gwyn / Whitland	a	1215		1310		1417		1509		
Hendy-gwyn / Whitland	d	1216		1310		1418		1509		
Arberth / Narberth	d			1319x				1518x		
Cilgeti / Kilgetty	d			1329x				1528x		
Saundersfoot	d			1331x				1530x		
Dinbych-y-Pysgod / Tenby	d			1345				1545		
Penalun / Penally	d			1348x				1548x		
Maenorbyr / Manorbier	d			1354				1554		
Llandyfail / Lamphey	d			1402x				1602x		
Penfro / Pembroke	d			1405				1605		
Doc Penfro / Pembroke Dock	a			1417				1618		
Clunderwen	d	1222x				1425x				
Clarbeston Road	d	1230x				1433x				
Hwlfordd / Haverfordwest	d	1239				1441				
Johnston	d	1246x				1449x				
Aberdaugleddau / Milford Haven	a	1301				1503				
Abergwaun ac Wdig / Fishguard & Goodwick	a									
Porthladd Abergwaun / Fishguard Harbour	a									
Porthladd Rosslare Harbour	a									







Mae'n bosibl na fydd tocynnau Off-Peak Day yn ddilys i deithio rhwng 0430 a 0930 ac ar gyfer teithiau sy'n cychwyn rhwng 1600 a 1829 Llun-Gwener. Dylech wirio am unrhyw gyfyngiadau cyn teithio.
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	TfW ◇	GW 1811	TfW ◇	GW 1811	TfW ◇	TfW ◇	GW 1811	TfW 1811	TfW ◇	GW 1811
Llundain Paddington / London Paddington 15e	d	1148	1118	1248			1348	1318		1448
Reading 7	d	1213	1143	1313			1413	1343		1513
Parcfordd Bryste / Bristol Parkway 7	d	1304	1235	1405			1504	1435		1604
Manceinion Piccadilly / Manchester Piccadilly 10	d				1130					
Caerloyw / Gloucester 7	d									
Casnewydd / Newport	d	1325		1425	1430		1524			1625
Caerdydd Canolog / Cardiff Central 7	a	1336		1437	1445		1536			1637
Caerdydd Canolog / Cardiff Central 7	d	1312	1339	1348	1440	1446	1539	1549	1601	1639
Parc Ninian / Ninian Park	d									
Pontyclun	d									
Llanharan	d									
Pencoed	d									
Pen-y-Bont ar Ogwr / Bridgend	a	1332	1358	1407	1459	1506	1558	1613	1620	1658
Pen-y-Bont ar Ogwr / Bridgend	d	1332	1359	1408	1500	1506	1559	1613	1622	1659
Y Pil / Pyle	d	1340							1630	
Parcfordd Port Talbot Parkway	d	1348	1411	1421	1512	1518	1611	1628	1639	1711
Baglan	d	1352							1643	
Llansawel / Briton Ferry	d	1356							1647	
Castell Nedd / Neath	d	1401	1418	1429	1520	1526	1618	1636	1652	1719
Sgiwen / Skewen	d	1405							1656	
Llansamlet	d	1409							1700	
Abertawe / Swansea	a	1419	1430	1442	1531	1539	1630	1649	1709	1730
Abertawe / Swansea	d	1444	1457		1543	1557	1639	1656	1712	
Tre-gwyr / Gowerton	d		1508		1554	1609		1709	1724	
Llanelli	a	1458	1517		1602	1616	1653	1719	1731	
Llanelli	d	1459	1518		1602	1617	1654	1719	1732	
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	1506	1524		1608	1624	1701	1726	1738	
Cydweli / Kidwelly	d					1631		1733	1745	
Glanyfferi / Ferryside	d					1638		1739	1751	
Caerfyrddin / Carmarthen	a	1527	1544		1629	1650	1722	1751	1804	
Caerfyrddin / Carmarthen	d		1547			1654		1758	1807	
Caerfyrddin / Carmarthen Traws 18	d		1609			1709		1809		
Aberystwyth Traws 18	a		1820			1920		2020		
Hendy-gwyn / Whitland	a		1602			1711		1814	1823	
Hendy-gwyn / Whitland	d		1602			1711		1814	1823	
Arberth / Narberth	d					1720x				
Cilgeti / Kilgetty	d					1730x				
Saundersfoot	d					1732x				
Dinbych-y-Pysgod / Tenby	d					1746				
Penalun / Penally	d					1749x				
Maenorbyr / Manorbier	d					1755				
Llandyfail / Lamphey	d					1803x				
Penfro / Pembroke	d					1806				
Doc Penfro / Pembroke Dock	a					1819				
Clunderwen	d		1609x					1821x	1830x	
Clarbeston Road	d		1617x					1829x	1838x	
Hwlfordd / Haverfordwest	d		1626					1838		
Johnston	d		1634x					1846x		
Aberdaugleddau / Milford Haven	a		1644					1900		
Abergwaun ac Wdig / Fishguard & Goodwick	a								1856	
Porthladd Abergwaun / Fishguard Harbour 80	a								1902	
Porthladd Rosslare Harbour 80	a									

Mae'n bosibl na fydd tocynnau Off-Peak Day yn ddilys i deithio rhwng 0430 a 0930 ac ar gyfer teithiau sy'n cychwyn rhwng 1600 a 1829 Llun-Gwener. Dylech wirio am unrhyw gyfyngiadau cyn teithio.
Off-Peak Day tickets may not be valid for travel between 0430 and 0930 and for journeys starting between 1600 and 1829 Mon-Fri.
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	TfW	TfW B	GW B	TfW ◇	TfW ◇	GW B	GW B	TfW	TfW B	GW B
Llundain Paddington / London Paddington			1548			16 18	1648			17 18
Reading			16 13			1643u	17 13			1743
Parcfordd Bryste / Bristol Parkway			1704			1740	1805			1838
Manceinion Piccadilly / Manchester Piccadilly		1330							1530	
Caerloyw / Gloucester										
Casnewydd / Newport		164 1	1724			1802	1825		184 1	190 1
Caerdydd Canolog / Cardiff Central		1656	1737			18 13	1837		1857	19 14
Caerdydd Canolog / Cardiff Central		1703	1742	1747	1808	1824	1840		1904	19 18
Parc Ninian / Ninian Park										
Pontyclun					1820					
Llanharan		17 19								
Pencoed					1827					
Pen-y-Bont ar Ogwr / Bridgend		1728	180 1	1807	1833	1849	1859		1923	1946
Pen-y-Bont ar Ogwr / Bridgend		1728	1802	1807	1833	1850	1900		1924	1947
Y Pîl / Pyle		1736		18 15	184 1				1932	
Parcfordd Port Talbot Parkway		1743	18 14	1822	1849	1902	19 13		1939	2000
Baglan		1746			1853				1943	
Llansawel / Briton Ferry		1750			1856				1947	
Castell Nedd / Neath		1754	182 1	1830	190 1	1909	1920		1952	2007
Sgiwen / Skewen		1758			1904				1957	
Llansamlet		1802			1908				200 1	
Abertawe / Swansea		18 11	1833	1843	1917	192 1	1932		20 11	20 19
Abertawe / Swansea	1752	18 14	1903	1853				1934	20 14	
Tre-gwyr / Gowerton	1804	1825		1905				1946	2026	
Llanelli	a	18 12	1832	19 17	19 12			1954	2033	
Llanelli	d	18 12	1832	192 1	19 13			1954	2034	
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	18 19	1838	1927	19 19			200 1	2040	
Cydweli / Kidwelly	d	1826	1845					2008		
Glanyfferi / Ferryside	d	1833	185 1					20 15		
Caerfyrddin / Carmarthen	a	1847	1903	1949	1938			2029	2 100	
Caerfyrddin / Carmarthen	d		1909		194 1					
Caerfyrddin / Carmarthen Traws	d	1909	1934							
Aberystwyth Traws	a	2 120	2 120							
Hendy-gwyn / Whitland	a		1924		1955					
Hendy-gwyn / Whitland	d		1924		1956					
Arberth / Narberth	d		1933x							
Cilgeti / Kilgetty	d		1942x							
Saundersfoot	d		1944x							
Dinbych-y-Pysgod / Tenby	d		1953a							
Penalun / Penally	d									
Maenorbyr / Manorbier	d									
Llandyfai / Lamphey	d									
Penfro / Pembroke	d									
Doc Penfro / Pembroke Dock	a									
Clunderwen	d				2003x					
Clarboston Road	d				20 11x					
Hwlfordd / Haverfordwest	d				20 19					
Johnston	d				2027x					
Aberdaugleddau / Milford Haven	a				204 1					
Abergwaun ac Wdig / Fishguard & Goodwick	a									
Porthladd Abergwaun / Fishguard Harbour	a									
Porthladd Rosslare Harbour	a									

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

	TfW	GW 1R1	TfW ◇	TfW 1R0	TfW R	TfW ◇	GW 1R1	GW 1R1	TfW ◇	GW 1R1
Llundain Paddington / London Paddington 	d	1748					18 18	1848		19 18
Reading 	d	18 13					1843	19 13		1943
Parcfordd Bryste / Bristol Parkway 	d	1904					1940	2004		2038
Manceinion Piccadilly / Manchester Piccadilly 	d			1630						
Caerloyw / Gloucester 	d									
Casnewydd / Newport	d	1924		193 1			200 1	2028		2 100
Caerdydd Canolog / Cardiff Central 	a	1938		1945			20 12	2039		2 115
Caerdydd Canolog / Cardiff Central 	d	194 1		1947			2020	2042	2 108	2 124
Parc Ninian / Ninian Park	d									
Pontyclun	d									
Llanharan	d									
Pencoed	d									
Pen-y-Bont ar Ogwr / Bridgend	a	2000		2006			2047	2 10 1	2 128	2 145
Pen-y-Bont ar Ogwr / Bridgend	d	200 1		2007			2048	2 102	2 128	2 146
Y Pil / Pyle	d								2 137	
Parcfordd Port Talbot Parkway	d	20 13		20 19			2 100	2 114	2 145	2 158
Baglan	d									
Llansawel / Briton Ferry	d									
Castell Nedd / Neath	d	2020		2027			2 107	2 12 1	2 153	2205
Sgiwen / Skewen	d									
Llansamlet	d									
Abertawe / Swansea	a	2032		2042			2 119	2 134	2208	22 17
Abertawe / Swansea	d	2 104			2048				2225	
Tre-gwyr / Gowerton	d				2 100				2238	
Llanelli	a	2 119			2 108				2245	
Llanelli	d	2 120			2 108				2246	
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	2 126			2 114				2252	
Cydweli / Kidwelly	d	2 133			2 121				2259	
Glanyfferi / Ferryside	d	2 139			2 127				2305	
Caerfyrddin / Carmarthen	a	2 152			2 140				23 18	
Caerfyrddin / Carmarthen	d	2 103	2 110		2 142					
Caerfyrddin / Carmarthen Traws 	d									
Aberystwyth Traws 	a									
Hendy-gwyn / Whitland	a	2 119	2 126		2 158					
Hendy-gwyn / Whitland	d	2 119	2 126		2 158					
Arberth / Narberth	d		2 134x							
Cilgeti / Kilgetty	d		2 143x							
Saundersfoot	d		2 145x							
Dinbych-y-Pysgod / Tenby	d		2 154		2005					
Penalun / Penally	d		2 157x		2008x					
Maenorbyr / Manorbier	d		2203		20 14					
Llandyfail / Lamphey	d		22 10x		2022x					
Penfro / Pembroke	d		22 13		2025					
Doc Penfro / Pembroke Dock	a		2225		2036					
Clunderwen	d	2 126x			2205x					
Clarboston Road	d	2 134x			22 12x					
Hwlfordd / Haverfordwest	d				2224					
Johnston	d				2232x					
Aberdaugleddau / Milford Haven	a				2246					
Abergwaun ac Wdig / Fishguard & Goodwick	a	2 152								
Porthladd Abergwaun / Fishguard Harbour 	a	2 159								
Porthladd Rosslare Harbour 	a									

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










	GW 18:11	TfW ◇	GW 18:11	TfW ◇	GW 18:11	GW 18:11			
Llundain Paddington / London Paddington	15e d	1948		2048		2 148	2249		
Reading	7 d	20 13		2 113		22 13	2327		
Parcfordd Bryste / Bristol Parkway	7 d	2 103		2203		2304	0024		
Manceinion Piccadilly / Manchester Piccadilly	10 d								
Caerloyw / Gloucester	7 d								
Casnewydd / Newport	d	2 126		2226		2325	0045		
Caerdydd Canolog / Cardiff Central	7 a	2 140		224 1		2337	0056		
Caerdydd Canolog / Cardiff Central	7 d	2 142	22 15	2252	23 15	235 1	0 100		
Parc Ninian / Ninian Park	d								
Pontyclun	d		2227		2330				
Llanharan	d		2232		2335				
Pencoed	d		2236		2340				
Pen-y-Bont ar Ogwr / Bridgend	a	220 1	224 1	23 11	2347	00 12	0 119		
Pen-y-Bont ar Ogwr / Bridgend	d	2202	224 1	23 12	2347	00 13	0 120		
Y Pîl / Pyle	d				2355				
Parcfordd Port Talbot Parkway	d	22 14	2253	2324	0003	0025	0 14 1		
Baglan	d				0007				
Llansawel / Briton Ferry	d				00 11				
Castell Nedd / Neath	d	2222	2300	233 1	00 16	0032	0 148		
Sgiwen / Skewen	d				0020				
Llansamlet	d				0024				
Abertawe / Swansea	a	2233	23 14	2343	0034	0044	0200		
Abertawe / Swansea	d		23 18		005 1				
Tre-gwyr / Gowerton	d		2329		0 102s				
Llanelli	a		2336		0 109s				
Llanelli	d		2337		0 109s				
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d		2343		0 116s				
Cydweli / Kidwelly	d		2349		0 123s				
Glanyfferi / Ferryside	d		2355		0 129s				
Caerfyrddin / Carmarthen	a		00 11		0 142				
Caerfyrddin / Carmarthen	d								
Caerfyrddin / Carmarthen Traws	d								
Aberystwyth Traws	a								
Hendy-gwyn / Whitland	a								
Hendy-gwyn / Whitland	d								
Arberth / Narberth	d								
Cilgeti / Kilgetty	d								
Saundersfoot	d								
Dinbych-y-Pysgod / Tenby	d								
Penalun / Penally	d								
Maenorbyr / Manorbier	d								
Llandyfail / Lamphey	d								
Penfro / Pembroke	d								
Doc Penfro / Pembroke Dock	a								
Clunderwen	d								
Clarbeston Road	d								
Hwlfordd / Haverfordwest	d								
Johnston	d								
Aberdaugleddau / Milford Haven	a								
Abergwaun ac Wdig / Fishguard & Goodwick	a								
Porthladd Abergwaun / Fishguard Harbour	80 a								
Porthladd Rosslare Harbour	a								











Mae'n bosibl na fydd tocynnau Off-Peak Day yn ddilys i deithio rhwng 0430 a 0930 ac ar gyfer teithiau sy'n cychwyn rhwng 1600 a 1829 Lun-Gwener. Dylech wirio am unrhyw gyfyngiadau cyn teithio.
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	TfW ◇	TfW	TfW ◇	TfW	TfW	TfW ◇	TfW ◇	TfW ◇	TfW	GW ■
Llundain Paddington / London Paddington	15e	d								
Reading	7	d								
Parcfordd Bryste / Bristol Parkway	7	d								
Manceinion Piccadilly / Manchester Piccadilly	10	d								
Caerloyw / Gloucester	7	d								
Casnewydd / Newport		d								
Caerdydd Canolog / Cardiff Central	7	a								
Caerdydd Canolog / Cardiff Central	7	d					0535	0643		
Parc Ninian / Ninian Park		d								
Pontyclun		d					0549			
Llanharan		d					0554			
Pencoed		d					0559			
Pen-y-Bont ar Ogwr / Bridgend		a					0606	0703		
Pen-y-Bont ar Ogwr / Bridgend		d					0606	0703		
Y Pil / Pyle		d					0614	0711		
Parcfordd Port Talbot Parkway		d					0622	0719		
Baglan		d					0625	0722		
Llansawel / Briton Ferry		d					0629	0726		
Castell Nedd / Neath		d					0633	0730		
Sgiwen / Skewen		d					0637	0734		
Llansamlet		d					0642	0738		
Abertawe / Swansea		a					0652	0748		
Abertawe / Swansea		d	0008				0543	0655	0752	0815
Tre-gwyr / Gowerton		d	0021				0555	0706	0805	
Llanelli		a	0028				0602	0714	0813	0830
Llanelli		d	0029				0602	0714	0813	0831
Pen-bre a Phorth Tywyn / Pembrey & Burry Port		d	0035				0609	0720	0819	0838
Cydweli / Kidwelly		d	0042				0616	0727	0826	
Glanyfferi / Ferryside		d	0048				0623	0733	0833	
Caerfyrddin / Carmarthen		a	0102				0636	0746	0846	0903
Caerfyrddin / Carmarthen		d		0449	0530	0550	0600	0641	0749	0849
Caerfyrddin / Carmarthen Traws		d			0534	0609	0709	0809	0909	
Aberystwyth Traws		a			0720	0820	0920	1020	1120	
Hendy-gwyn / Whitland		a		0505	0547	0606	0615	0658	0803	0905
Hendy-gwyn / Whitland		d		0505	0547	0606	0615	0700	0804	0909
Arberth / Narberth		d			0556x		0709x		0917x	
Cilgeti / Kilgetty		d			0606x		0718x		0926x	
Saundersfoot		d			0608x		0720x		0928x	
Dinbych-y-Pysgod / Tenby		d			0624		0733		0944	
Penalun / Penally		d			0627x		0736x		0947x	
Maenorbyr / Manorbier		d			0633		0742		0953	
Llandyfail / Lamphey		d			0641x		0750x		1001x	
Penfro / Pembroke		d			0644		0753		1004	
Doc Penfro / Pembroke Dock		a			0656		0805		1016	
Clunderwen		d			0512x		0613x	0622x	0811x	
Clarbeston Road		d			0519x		0621x	0630x	0819x	0720
Hwlfordd / Haverfordwest		d			0531		0638		0827	
Johnston		d			0540x		0646x		0835x	
Aberdaugleddau / Milford Haven		a			0552		0658		0846	
Abergwaun ac Wdig / Fishguard & Goodwick		a				0640				0738
Porthladd Abergwaun / Fishguard Harbour	80	a				0646				0744
Porthladd Rosslare Harbour		a								

	TfW ◇	TfW ◇	GW 1811	GW 1811	TfW ◇	TfW ◇	TfW ◇	TfW ◇	GW 1811	TfW ◇
Llundain Paddington / London Paddington				0648					0748	
Reading				0713					0814	
Parcfordd Bryste / Bristol Parkway			0725	0804					0905	
Manceinion Piccadilly / Manchester Piccadilly										
Caerloyw / Gloucester										
Casnewydd / Newport			0746	0826	0840				0927	
Caerdydd Canolog / Cardiff Central			0759	0838	0857				0939	
Caerdydd Canolog / Cardiff Central	0716	0756	0803	0842	0900	0914			0942	
Parc Ninian / Ninian Park										
Pontyclun										
Llanharan										
Pencoed										
Pen-y-Bont ar Ogwr / Bridgend	0738	0815	0822	0901	0920	0934			1001	
Pen-y-Bont ar Ogwr / Bridgend	0738	0816	0824	0903	0920	0934			1002	
Y Pyl / Pyle	0746	0823			0927	0942				
Parcfordd Port Talbot Parkway	0754	0830	0836	0915	0934	0950			1014	
Baglan	0758					0954				
Llansawel / Briton Ferry	0801					0958				
Castell Nedd / Neath	0806	0838	0844	0923	0943	1003			1022	
Sgiwen / Skewen	0809					1007				
Llansamlet	0813					1011				
Abertawe / Swansea	0822	0851	0855	0934	0957	1022			1033	
Abertawe / Swansea		0902		0944	0959					1058
Tre-gwyr / Gowerton		0913				1011				
Llanelli		0921		0959		1018				1115
Llanelli		0921		1000		1019				1115
Pen-bre a Phorth Tywyn / Pembrey & Burry Port		0927		1007		1025				
Cydweli / Kidwelly		0934				1031				
Glanyfferi / Ferryside		0940				1037				
Caerfyrddin / Carmarthen		0952		1028		1050				
Caerfyrddin / Carmarthen		0957						1055		
Caerfyrddin / Carmarthen Traws		1009						1109		
Aberystwyth Traws		1220						1320		
Hendy-gwyn / Whitland		1014						1111		1150
Hendy-gwyn / Whitland		1014			0908			1111		1150
Arberth / Narberth								1120x		
Cilgeti / Kilgetty								1130x		
Saundersfoot								1132x		
Dinbych-y-Pysgod / Tenby								1145		
Penalun / Penally								1148x		
Maenorbyr / Manorbier								1154		
Llandyfail / Lamphey								1202x		
Penfro / Pembroke								1205		
Doc Penfro / Pembroke Dock								1219		
Clunderwen		1021x			0915x					
Clarboston Road		1029x			0923x					1203x
Hwlfordd / Haverfordwest		1037								
Johnston		1045x								
Aberdaugleddau / Milford Haven		1059								
Abergwaun ac Wdig / Fishguard & Goodwick					0942					1222
Porthladd Abergwaun / Fishguard Harbour					0947					1226
Porthladd Rosslare Harbour										

	TfW ◇	GW 118	TfW ◇	TfW ◇	TfW ◇	GW 118	TfW 8	GW 118	TfW ◇	TfW ◇
Llundain Paddington / London Paddington	15e	d	0848				0948		1048	
Reading	7	d	0913				1013		1113	
Parcfordd Bryste / Bristol Parkway	7	d	1005				1104		1204	
Manceinion Piccadilly / Manchester Piccadilly	10	d			0730					0930
Caerloyw / Gloucester	7	d								
Casnewydd / Newport		d	1025		1039	1048	1125		1225	1240
Caerdydd Canolog / Cardiff Central	7	a	1038		1053	1102	1137		1237	1255
Caerdydd Canolog / Cardiff Central	7	d	1005	1040		1102	1113	1139	1204	1239
Parc Ninian / Ninian Park		d								
Pontyclun		d								
Llanharan		d								
Pencoed		d								
Pen-y-Bont ar Ogwr / Bridgend		a	1025	1059		1122	1133	1158	1224	1258
Pen-y-Bont ar Ogwr / Bridgend		d	1025	1100		1124	1133	1159	1224	1259
Y Pîl / Pyle		d				1131	1141			1327
Parcfordd Port Talbot Parkway		d	1037	1112		1139	1149	1211	1235	1311
Baglan		d					1153			
Llansawel / Briton Ferry		d					1157			
Castell Nedd / Neath		d	1044	1119		1147	1201	1219	1242	1319
Sgiwen / Skewen		d					1205			
Llansamlet		d					1210			
Abertawe / Swansea		a	1059	1132		1200	1218	1230	1256	1330
Abertawe / Swansea		d	1105	1140	1154	1204			1308	1340
Tre-gwyr / Gowerton		d	1117		1206	1215			1319	
Llanelli		a	1125	1155	1213	1223			1327	1355
Llanelli		d	1125	1156	1214	1223			1327	1357
Pen-bre a Phorth Tywyn / Pembrey & Burry Port		d	1131	1202	1221	1229			1333	1403
Cydweli / Kidwelly		d				1236				1436
Glanyfferi / Ferryside		d				1242				1442
Caerfyrddin / Carmarthen		a	1151	1224	1242	1253			1353	1431
Caerfyrddin / Carmarthen		d	1158		1258				1401	1458
Caerfyrddin / Carmarthen Traws		d	1209		1309				1409	1509
Aberystwyth Traws		a	1420		1520				1620	1720
Hendy-gwyn / Whitland		a	1216		1314				1416	1514
Hendy-gwyn / Whitland		d	1216		1314				1416	1514
Arberth / Narberth		d			1323x					1523x
Cilgeti / Kilgetty		d			1333x					1533x
Saundersfoot		d			1335x					1535x
Dinbych-y-Pysgod / Tenby		d			1345					1545
Penalun / Penally		d			1348x					1548x
Maenorbyr / Manorbier		d			1354					1554
Llandyfail / Lamphey		d			1402x					1602x
Penfro / Pembroke		d			1405					1605
Doc Penfro / Pembroke Dock		a			1418					1618
Clunderwen		d	1223x						1423x	
Clarboston Road		d	1231x						1431x	
Hwlfordd / Haverfordwest		d	1239						1439	
Johnston		d	1247x						1447x	
Aberdaugleddau / Milford Haven		a	1301						1501	
Abergwaun ac Wdig / Fishguard & Goodwick		a								
Porthladd Abergwaun / Fishguard Harbour	80	a								
Porthladd Rosslare Harbour		a								

	TfW ◇	GW 1R1	TfW R	GW 1R1	TfW ◇	TfW ◇	TfW ◇	TfW R	GW 1R1	TfW ◇
Llundain Paddington / London Paddington  d		1148		1248		12 13			1348	
Reading  d		12 13		13 13		1240			14 13	
Parcfordd Bryste / Bristol Parkway  d		1304		1404		1343			1504	
Manceinion Piccadilly / Manchester Piccadilly  d						1130				
Caerloyw / Gloucester  d										
Casnewydd / Newport d		1325		1425		1437	1445		1528	
Caerdydd Canolog / Cardiff Central  a		1338		1437		1452	150 1		154 1	
Caerdydd Canolog / Cardiff Central  d	13 10	134 1	1403	144 1		1504	15 12	1542	1545	1602
Parc Ninian / Ninian Park d										
Pontyclun d										
Llanharan d										
Pencoed d										
Pen-y-Bont ar Ogwr / Bridgend a	1332	1400	1423	1500		1524	1533	160 1	1606	162 1
Pen-y-Bont ar Ogwr / Bridgend d	1332	140 1	1424	150 1		1524	1533	1602	1607	1622
Y Pil / Pyle d	1340						154 1			1630
Parcfordd Port Talbot Parkway d	1347	14 13	1436	15 13		1537	1549	16 13	1620	1638
Baglan d	135 1						1553			
Llansawel / Briton Ferry d	1354						1556			
Castell Nedd / Neath d	1359	1420	1443	152 1		1545	160 1	1620	1627	1647
Sgiwen / Skewen d	1402						1605			
Llansamlet d	1406						1609			
Abertawe / Swansea a	14 15	1432	1456	1532		1559	16 19	1634	1639	1700
Abertawe / Swansea d			150 1	1540	1552	1603		1639		1704
Tre-gwyr / Gowerton d			15 12			16 14		1650		17 16
Llanelli a			1520	1555	1608	1622		1658		1722
Llanelli d			1520	1556	1609	1622		1658		1723
Pen-bre a Phorth Tywyn / Pembrey & Burry Port d			1526	1603	16 16	1628		1704		1729
Cydweli / Kidwelly d						1635		17 11		1736
Glanyfferi / Ferryside d						164 1		17 17		1742
Caerfyrddin / Carmarthen a			1546	1624	164 1	1656		1729		1755
Caerfyrddin / Carmarthen d			1550		1700			1733		1802
Caerfyrddin / Carmarthen Traws  d			1609		1709					1809
Aberystwyth Traws  a			1820		1920					2020
Hendy-gwyn / Whitland a			1605		17 16			1748		18 18
Hendy-gwyn / Whitland d			1605		17 16			1748		18 18
Arberth / Narberth d					1725x					
Cilgeti / Kilgetty d					1735x					
Saundersfoot d					1737x					
Dinbych-y-Pysgod / Tenby d					1747					
Penalun / Penally d					1750x					
Maenorbyr / Manorbier d					1756					
Llandyfail / Lamphey d					1804x					
Penfro / Pembroke d					1807					
Doc Penfro / Pembroke Dock a					1820					
Clunderwen d			16 12x					1755x		1825x
Clarbeston Road d			1620x					1803x		1833x
Hwlfordd / Haverfordwest d			1628					18 11		
Johnston d			1636x					18 19x		
Aberdaugleddau / Milford Haven a			1650					1833		
Abergwaun ac Wdig / Fishguard & Goodwick a										185 1
Porthladd Abergwaun / Fishguard Harbour  a										1857
Porthladd Rosslare Harbour  a										

	GW	TfW	TfW	GW	TfW	TfW	GW	TfW	TfW	GW
										
Llundain Paddington / London Paddington	 d	1448			1548			1648		17 18
Reading	 d	15 13			16 13			17 13		1743
Parcfordd Bryste / Bristol Parkway	 d	1604			1704			1804		1838
Manceinion Piccadilly / Manchester Piccadilly	 d			1330					1530	
Caerloyw / Gloucester	 d									
Casnewydd / Newport	d	1625		164 1	1725			1825		1842 1902
Caerdydd Canolog / Cardiff Central	 a	1637		1657	1738			1837		1858 19 14
Caerdydd Canolog / Cardiff Central	 d	164 1		1704	1739	1744	1805	1840		1903 19 18
Parc Ninian / Ninian Park	d									
Pontyclun	d									
Llanharan	d									
Pencoed	d									
Pen-y-Bont ar Ogwr / Bridgend	a	1700		1725	1758	1804	1825	1859		1923 1938
Pen-y-Bont ar Ogwr / Bridgend	d	170 1		1725	1759	1804	1825	1900		1924 1939
Y Pîl / Pyle	d			1732		18 13	1833			193 1
Parcfordd Port Talbot Parkway	d	17 13		1740	18 11	182 1	1840	19 13		1939 1952
Baglan	d			1743		1824				1943
Llansawel / Briton Ferry	d			1747		1828				1947
Castell Nedd / Neath	d	1720		1752	18 19	1832	1848	1920		195 1 2000
Sgiwen / Skewen	d			1756		1836				1955
Llansamlet	d			1800		1840				2000
Abertawe / Swansea	a	1734		1809	1830	185 1	190 1	1932		20 10 20 12
Abertawe / Swansea	d	1742	1750	18 12			1905	1940	20 13	2025
Tre-gwyr / Gowerton	d		1803	1824			19 16	1952	2024	
Llanelli	a	1757	18 11	183 1			1924	2000	2032	2040
Llanelli	d	1758	18 11	1832			1924	2000	2032	204 1
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	1804	18 18	1838			1930	2007	2038	2048
Cydweli / Kidwelly	d		1825	1845				20 14		
Glanyfferi / Ferryside	d		1832	185 1				2020		
Caerfyrddin / Carmarthen	a	1826	1847	1903			1950	2034	2058	2 109
Caerfyrddin / Carmarthen	d			1906			1957		2 100	
Caerfyrddin / Carmarthen Traws	 d		1909	1934						
Aberystwyth Traws	 a		2 120	2 120						
Hendy-gwyn / Whitland	a			1922			20 12		2 115	
Hendy-gwyn / Whitland	d			1922			20 13		2 115	
Arberth / Narberth	d			1930x					2 124x	
Cilgeti / Kilgetty	d			1940x					2 133x	
Saundersfoot	d			1942x					2 135x	
Dinbych-y-Pysgod / Tenby	d			1954					2 143	
Penalun / Penally	d			1957x					2 146x	
Maenorbyr / Manorbier	d			2003					2 152	
Llandyfail / Lamphey	d			20 10x					2200x	
Penfro / Pembroke	d			20 13					2203	
Doc Penfro / Pembroke Dock	a			2025					22 16	
Clunderwen	d						2020x			
Clarbeston Road	d						2028x			
Hwlfordd / Haverfordwest	d						2036			
Johnston	d						2044x			
Aberdaugleddau / Milford Haven	a						2059			
Abergwaun ac Wdigi / Fishguard & Goodwick	a									
Porthladd Abergwaun / Fishguard Harbour	 a									
Porthladd Rosslare Harbour	a									

	GW 18:11	TfW 18	TfW	TfW R	GW 18:11	GW 18:11	TfW ◇	GW 18:11	GW 18:11	TfW ◇
Llundain Paddington / London Paddington	15e d	1748			18 18	1848		19 18	1948	
Reading	7 d	18 13			1843	19 13		1943	20 13	
Parcfordd Bryste / Bristol Parkway	7 d	1904			1940	2004		2039	2 104	
Manceinion Piccadilly / Manchester Piccadilly	10 d		1630							
Caerloyw / Gloucester	7 d									
Casnewydd / Newport	d	1927	1939		2001	2025		2059	2 125	
Caerdydd Canolog / Cardiff Central	7 a	1940	1957		20 13	2039		2 111	2 138	
Caerdydd Canolog / Cardiff Central	7 d	1942	2001		20 15	2040	2 104	2 113	2 140	22 14
Parc Ninian / Ninian Park	d									
Pontyclun	d									2227
Llanharan	d									2231
Pencoed	d									2235
Pen-y-Bont ar Ogwr / Bridgend	a	2001	2021		2034	2059	2 124	2 132	2 159	2241
Pen-y-Bont ar Ogwr / Bridgend	d	2002	2021		2035	2 100	2 124	2 133	2200	2241
Y Pyl / Pyle	d						2 131			
Parcfordd Port Talbot Parkway	d	20 14	2033		2047	2 112	2 139	2 145	22 12	2253
Baglan	d									
Llansawel / Briton Ferry	d									
Castell Nedd / Neath	d	2021	2041		2054	2 120	2 147	2 153	2220	2300
Sgiwen / Skewen	d									
Llansamlet	d									
Abertawe / Swansea	a	2033	2054		2 106	2 131	2 159	2204	2231	23 13
Abertawe / Swansea	d			2 105			2223			23 16
Tre-gwyr / Gowerton	d						2235			2327
Llanelli	a			2 122			2243			2335
Llanelli	d			2 122			2243			2335
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d			2 128			2249			2341
Cydweli / Kidwelly	d			2 135			2255			2347
Glanyfferi / Ferryside	d			2 142			2301			2353
Caerfyrddin / Carmarthen	a			2 155			23 15			0004
Caerfyrddin / Carmarthen	d		2 114	2203						
Caerfyrddin / Carmarthen Traws	d									
Aberystwyth Traws	a									
Hendy-gwyn / Whitland	a		2 129	22 18						
Hendy-gwyn / Whitland	d		2 129	22 18						
Arberth / Narberth	d									
Cilgeti / Kilgetty	d									
Saundersfoot	d									
Dinbych-y-Pysgod / Tenby	d									
Penalun / Penally	d									
Maenorbyr / Manorbier	d									
Llandyfail / Lamphey	d									
Penfro / Pembroke	d									
Doc Penfro / Pembroke Dock	a									
Clunderwen	d				2226x					
Clarboston Road	d			2 143x	2237x					
Hwlfordd / Haverfordwest	d				2245					
Johnston	d				2253x					
Aberdaugleddau / Milford Haven	a				2307					
Abergwaun ac Wdig / Fishguard & Goodwick	a			2201						
Porthladd Abergwaun / Fishguard Harbour	80 a			2208						
Porthladd Rosslare Harbour	a									




	TfW ◇	GW ⚡																		
Llundain Paddington / London Paddington	15e d		2048																	
Reading	7 d		2113																	
Parcfordd Bryste / Bristol Parkway	7 d		2205																	
Manceinion Piccadilly / Manchester Piccadilly	10 d																			
Caerloyw / Gloucester	7 d																			
Casnewydd / Newport	d		2230																	
Caerdydd Canolog / Cardiff Central	7 a		2246																	
Caerdydd Canolog / Cardiff Central	7 d	2227	2251																	
Parc Ninian / Ninian Park	d																			
Pontyclun	d	2239																		
Llanharan	d	2244																		
Pencoed	d	2248																		
Pen-y-Bont ar Ogwr / Bridgend	a	2255	2310																	
Pen-y-Bont ar Ogwr / Bridgend	d	2255	2311																	
Y Pîl / Pyle	d	2303																		
Parcfordd Port Talbot Parkway	d	2311	2323																	
Baglan	d	2315																		
Llansawel / Briton Ferry	d	2318																		
Castell Nedd / Neath	d	2323	2331																	
Sgiwen / Skewen	d	2326																		
Llansamlet	d	2330																		
Abertawe / Swansea	a	2341	2344																	
Abertawe / Swansea	d	2343																		
Tre-gwyr / Gowerton	d	2356																		
Llanelli	a	0003																		
Llanelli	d	0003																		
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	0009																		
Cydweli / Kidwelly	d	0016																		
Glanyfferi / Ferryside	d	0023																		
Caerfyrddin / Carmarthen	a	0036																		
Caerfyrddin / Carmarthen	d																			
Caerfyrddin / Carmarthen Traws	d																			
Aberystwyth Traws	a																			
Hendy-gwyn / Whitland	a																			
Hendy-gwyn / Whitland	d																			
Arberth / Narberth	d																			
Cilgeti / Kilgetty	d																			
Saundersfoot	d																			
Dinbych-y-Pysgod / Tenby	d																			
Penalun / Penally	d																			
Maenorbys / Manorbier	d																			
Llandyfail / Lamphey	d																			
Penfro / Pembroke	d																			
Doc Penfro / Pembroke Dock	a																			
Clunderwen	d																			
Clarbeston Road	d																			
Hwlfordd / Haverfordwest	d																			
Johnston	d																			
Aberdaugleddau / Milford Haven	a																			
Abergwaun ac Wdig / Fishguard & Goodwick	a																			
Porthladd Abergwaun / Fishguard Harbour	80 a																			
Porthladd Rosslare Harbour	a																			

	TfW ◇	TfW ◇	GW ■	TfW ◇	GW ■	TfW ◇	TfW ◇	GW ■	TfW ◇	GW ■
Llundain Paddington / London Paddington								0833		0931
Reading								0859		0956
Parcfordd Bryste / Bristol Parkway					0858			0956		1055
Manceinion Piccadilly / Manchester Piccadilly										
Caerloyw / Gloucester										
Casnewydd / Newport					0926		0930	10 16	1057	1115
Caerdydd Canolog / Cardiff Central					0943		0949	1029	1111	1128
Caerdydd Canolog / Cardiff Central		0804			0945		0953	1030	1113	1130
Parc Ninian / Ninian Park										
Pontyclun							1005			
Llanharan							10 11			
Pencoed							10 16			
Pen-y-Bont ar Ogwr / Bridgend		0827			1004		1022	1050	1133	1150
Pen-y-Bont ar Ogwr / Bridgend		0827			1005		1023	1051	1133	1151
Y Pil / Pyle							1031			
Parcfordd Port Talbot Parkway		0840			10 17		1039	1103	1146	1203
Baglan										
Llansawel / Briton Ferry										
Castell Nedd / Neath		0848			1025		1047	1110	1154	12 10
Sgiwen / Skewen										
Llansamlet										
Abertawe / Swansea		0901			1036		1100	1122	1207	1222
Abertawe / Swansea	00 12		1027			1043	1104		12 12	1235
Tre-gwyr / Gowerton	0023s						1116		1224	
Llanelli	003 1s		1041			1059	1124		1231	1249
Llanelli	003 1s		1041			1100	1124		1232	1250
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	0037s		1048			1106	113 1		1238	1257
Cydweli / Kidwelly	0044s						1138		1245	
Glanyfferi / Ferryside	0050s						1145		1251	
Caerfyrddin / Carmarthen	0 103		1110			1125	1159		1304	13 18
Caerfyrddin / Carmarthen				10 19		1129	1202		1308	
Caerfyrddin / Carmarthen Traws				1109			1309			
Aberystwyth Traws				1320			1520			
Hendy-gwyn / Whitland				1036		1144	12 19		1323	
Hendy-gwyn / Whitland				1036		1144	12 19		1323	
Arberth / Narberth				1045x						
Cilgeti / Kilgetty				1054x						
Saundersfoot				1056x						
Dinbych-y-Pysgod / Tenby				1106						
Penalun / Penally				1109x						
Maenorbyr / Manorbier				1115						
Llandyfail / Lamphey				1123x						
Penfro / Pembroke				1126						
Doc Penfro / Pembroke Dock				1137						
Clunderwen							1227x			
Clarbeston Road						1157x	1236x		1337x	
Hwlfordd / Haverfordwest							1244			
Johnston							1253x			
Aberdaugleddau / Milford Haven							1303			
Abergwaun ac Wdig / Fishguard & Goodwick						12 15			1355	
Porthladd Abergwaun / Fishguard Harbour						1223			1401	
Porthladd Rosslare Harbour										

	TfW ◇	TfW ◇	GW ▣	TfW ▣	GW ▣	TfW ▣	GW ▣	TfW ▣	GW ▣	TfW ◇
Llundain Paddington / London Paddington			1046		1146		1246		1346	
Reading			1111		1211		1311		1411	
Parcfordd Bryste / Bristol Parkway			1201		1301		1401		1501	
Manceinion Piccadilly / Manchester Piccadilly				0930		1030		1129		
Caerloyw / Gloucester										
Casnewydd / Newport			1222	1302	1322	1334	1422	1434	1525	
Caerdydd Canolog / Cardiff Central			1235	1315	1335	1351	1435	1449	1540	
Caerdydd Canolog / Cardiff Central	1204		1236	1320	1336	1410	1436	1452	1540	
Parc Ninian / Ninian Park										
Pontyclun	1218									
Llanharan	1223									
Pencoed	1227									
Pen-y-Bont ar Ogwr / Bridgend	1233		1255	1339	1355	1430	1455	1512	1600	
Pen-y-Bont ar Ogwr / Bridgend	1234		1256	1340	1356	1430	1456	1512	1601	
Y Pîl / Pyle	1241			1348		1437		1519		
Parcfordd Port Talbot Parkway	1248		1308	1356	1412	1445	1508	1527	1613	
Baglan										
Llansawel / Briton Ferry										
Castell Nedd / Neath		1316	1403	1420	1452	1516	1534	1621		
Sgiwen / Skewen										
Llansamlet										
Abertawe / Swansea			1329	1420	1431	1507	1529	1549	1632	
Abertawe / Swansea		1401			1445	1526			1640	1647
Tre-gwyr / Gowerton		1412				1537				1659
Llanelli	1319	1420			1459	1545			1654	1707
Llanelli	1320	1421			1500	1546			1655	1707
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	1326	1427			1507	1552			1702	1713
Cydweli / Kidwelly		1435								1721
Glanyfferi / Ferryside		1441								1727
Caerfyrddin / Carmarthen	1348	1454			1528	1611			1723	1741
Caerfyrddin / Carmarthen	1357	1459				1615				1744
Caerfyrddin / Carmarthen Traws		1509				1709				
Aberystwyth Traws		1720				1920				
Hendy-gwyn / Whitland	1413	1516				1630				1800
Hendy-gwyn / Whitland	1413	1516				1631				1800
Arberth / Narberth		1525x								1809x
Cilgeti / Kilgetty		1535x								1819x
Saundersfoot		1537x								1821x
Dinbych-y-Pysgod / Tenby		1545								1829
Penalun / Penally		1548x								1832x
Maenorbyr / Manorbier		1555								1839
Llandyfail / Lamphey		1603x								1846x
Penfro / Pembroke		1606								1850
Doc Penfro / Pembroke Dock		1619								1903
Clunderwen	1420x					1638x				
Clarbeston Road	1428x					1646x				
Hwlfordd / Haverfordwest	1436					1654				
Johnston	1444x					1702x				
Aberdaugleddau / Milford Haven	1459					1711				
Abergwaun ac Wdigi / Fishguard & Goodwick										
Porthladd Abergwaun / Fishguard Harbour										
Porthladd Rosslare Harbour										

Yn aml mae gwaith gwella'r rheilffyrdd yn effeithio ar wasanaethau ar y Sul, gan gynnwys arllwyo ar drenau. Cyn teithio ewch i 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 or call 03457 484 950.

	TfW TfW	GW GW	TfW TfW	GW GW	TfW ◇	TfW TfW	GW GW	TfW TfW	GW GW	TfW ◇	M
Llundain Paddington / London Paddington  d		1446	14 13	1546			1646		1746		
Reading  d		15 11	1442	16 11			17 11		18 11		
Parcfordd Bryste / Bristol Parkway  d		160 1	154 1	170 1			180 1		190 1		
Manceinion Piccadilly / Manchester Piccadilly  d	123 1		1330			1430		1530			
Caerloyw / Gloucester  d											
Casnewydd / Newport d	1539	1622	1642	1722		1740	1822	1838	1922		
Caerdydd Canolog / Cardiff Central  a	1555	1635	1657	1735		1755	1835	1853	1935		
Caerdydd Canolog / Cardiff Central  d	1605	1636	1708	1736		18 11	1836	1900	1936	1943	
Parc Ninian / Ninian Park d											
Pontyclun d											1955
Llanharan d											2000
Pencoed d											2004
Pen-y-Bont ar Ogwr / Bridgend a	1625	1655	1728	1755		1832	1855	1920	1955	20 10	
Pen-y-Bont ar Ogwr / Bridgend d	1625	1659	1729	1756		1832	1856	1920	1956	20 10	
Y Pîl / Pyle d	1633		1736			1840		1928			
Parcfordd Port Talbot Parkway d	1640	17 15	1744	1808		1848	1908	1936	2008		
Baglan d											
Llansawel / Briton Ferry d											
Castell Nedd / Neath d	1648	1723	175 1	18 16		1857	19 16	1943	20 16		
Sgiwen / Skewen d											
Llansamlet d											
Abertawe / Swansea a	170 1	1734	1805	1830		19 11	1929	1958	2028		
Abertawe / Swansea d	1705				1837	19 14					
Tre-gwyr / Gowerton d	17 17				1849	1926					
Llanelli a	1724				1857	1934					
Llanelli d	1725				1857	1934					
Pen-bre a Phorth Tywyn / Pembrey & Burry Port d	173 1				1903	194 1					
Cydweli / Kidwelly d					19 11						
Glanyfferi / Ferryside d					19 17						
Caerfyrddin / Carmarthen a	1750				1930	2004					
Caerfyrddin / Carmarthen d	1806				1934	2007					
Caerfyrddin / Carmarthen Traws  d											
Aberystwyth Traws  a											
Hendy-gwyn / Whitland a	1822				195 1	2024					
Hendy-gwyn / Whitland d	1822				195 1	2027					
Arberth / Narberth d											
Cilgeti / Kilgetty d											
Saundersfoot d											
Dinbych-y-Pysgod / Tenby d											
Penalun / Penally d											
Maenorbyr / Manorbier d											
Llandyfail / Lamphey d											
Penfro / Pembroke d											
Doc Penfro / Pembroke Dock a											
Clunderwen d	1829x				1959x	2037x					
Clarbeston Road d	1837x				2007x	2046x					
Hwlfordd / Haverfordwest d	1847				20 16a	2054					
Johnston d	1855x					2 103x					
Aberdaugleddau / Milford Haven a	1907					2 117					
Abergwaun ac Wdig / Fishguard & Goodwick a											
Porthladd Abergwaun / Fishguard Harbour  a											
Porthladd Rosslare Harbour  a											

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Notes

M To Maesteg

	TfW B I	TfW ◇	TfW ◇	GW B I	TfW B I	GW B I	TfW B	TfW ◇	GW B I	TfW ◇
Llundain Paddington / London Paddington	15E d			1846		1946			2046	
Reading	7 d			1911		2011			2111	
Parcfordd Bryste / Bristol Parkway	7 d			2001		2105			2205	
Manceinion Piccadilly / Manchester Piccadilly	10 d	1630			1730		1830			1930
Caerloyw / Gloucester	7 d									
Casnewydd / Newport	d	1934		2022	2029	2125	2129		2225	2241
Caerdydd Canolog / Cardiff Central	7 a	1948		2035	2046	2138	2144		2238	2257
Caerdydd Canolog / Cardiff Central	7 d	1954	2018	2036	2050	2138	2149	2230	2238	2300
Parc Ninian / Ninian Park	d									
Pontyclun	d									
Llanharan	d									
Pencoed	d									
Pen-y-Bont ar Ogwr / Bridgend	a	2015	2038	2055	2111	2158	2209	2250	2258	2320
Pen-y-Bont ar Ogwr / Bridgend	d	2015	2039	2056	2111	2159	2209	2250	2259	2320
Y Pîl / Pyle	d	2022	2047		2118		2216			2328
Parcfordd Port Talbot Parkway	d	2030	2055	2108	2126	2211	2224	2303	2311	2336
Baglan	d									
Llansawel / Briton Ferry	d									
Castell Nedd / Neath	d	2037	2103	2116	2134	2218	2231	2312	2319	2345
Sgiwen / Skewen	d									
Llansamlet	d									
Abertawe / Swansea	a	2052	2116	2127	2149	2230	2246	2325	2330	2359
Abertawe / Swansea	d	2058	2120				2250	2336		
Tre-gwyr / Gowerton	d	2110	2132				2301	2348		
Llanelli	a	2117	2139				2309	2355		
Llanelli	d	2118	2140				2309	2356		
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	2124	2146				2315	0003		
Cydweli / Kidwelly	d	2131					2322	0010		
Glanyfferi / Ferryside	d	2137					2328	0017		
Caerfyrddin / Carmarthen	a	2150	2207				2342	0032		
Caerfyrddin / Carmarthen	d	2155	2210							
Caerfyrddin / Carmarthen Traws	d									
Aberystwyth Traws	a									
Hendy-gwyn / Whitland	a	2211	2225							
Hendy-gwyn / Whitland	d	2211	2225							
Arberth / Narberth	d									
Cilgeti / Kilgetty	d									
Saundersfoot	d									
Dinbych-y-Pysgod / Tenby	d									
Penalun / Penally	d									
Maenorbys / Manorbier	d									
Llandyfail / Lamphey	d									
Penfro / Pembroke	d									
Doc Penfro / Pembroke Dock	a									
Clunderwen	d		2233x							
Clarbeston Road	d	2224x	2241x							
Hwlfordd / Haverfordwest	d		2249							
Johnston	d		2257x							
Aberdaugleddau / Milford Haven	a		2306							
Abergwaun ac Wdigh / Fishguard & Goodwick	a	2243								
Porthladd Abergwaun / Fishguard Harbour	80 a	2249								
Porthladd Rosslare Harbour	a									

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 neu ffoniwch 03457 484 950.

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

	GW								
									
Llundain Paddington / London Paddington	 d	2146							
Reading	 d	2211							
Parcfordd Bryste / Bristol Parkway	 d	2305							
Manceinion Piccadilly / Manchester Piccadilly	 d								
Caerloyw / Gloucester	 d								
Casnewydd / Newport	d	2325							
Caerdydd Canolog / Cardiff Central	 a	2338							
Caerdydd Canolog / Cardiff Central	 d	2338							
Parc Ninian / Ninian Park	d								
Pontyclun	d								
Llanharan	d								
Pencoed	d								
Pen-y-Bont ar Ogwr / Bridgend	a	2358							
Pen-y-Bont ar Ogwr / Bridgend	d	2359							
Y Pil / Pyle	d								
Parcfordd Port Talbot Parkway	d	0011							
Baglan	d								
Llansawel / Briton Ferry	d								
Castell Nedd / Neath	d	0019							
Sgiwen / Skewen	d								
Llansamlet	d								
Abertawe / Swansea	a	0032							
Abertawe / Swansea	d								
Tre-gwyr / Gowerton	d								
Llanelli	a								
Llanelli	d								
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d								
Cydweli / Kidwelly	d								
Glanyfferi / Ferryside	d								
Caerfyrddin / Carmarthen	a								
Caerfyrddin / Carmarthen	d								
Caerfyrddin / Carmarthen Traws	 d								
Aberystwyth Traws	 a								
Hendy-gwyn / Whitland	a								
Hendy-gwyn / Whitland	d								
Arberth / Narberth	d								
Cilgeti / Kilgetty	d								
Saundersfoot	d								
Dinbych-y-Pysgod / Tenby	d								
Penalun / Penally	d								
Maenorbys / Manorbier	d								
Llandyfail / Lamphey	d								
Penfro / Pembroke	d								
Doc Penfro / Pembroke Dock	a								
Clunderwen	d								
Clarbeston Road	d								
Hwlfordd / Haverfordwest	d								
Johnston	d								
Aberdaugleddau / Milford Haven	a								
Abergwaun ac Wdig / Fishguard & Goodwick	a								
Porthladd Abergwaun / Fishguard Harbour	 a								
Porthladd Rosslare Harbour	a								

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Roedd yr wybodaeth hon yn gywir adeg cyhoeddi.

This information was correct at the time of publication.

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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.

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Nodiadau safonol

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

Amser cyrraedd

Amser ymadael

Yn aros i ollwng teithwyr yn unig

Yn aros i godi teithwyr yn unig

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

Amser cysylltu a argymhellir

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