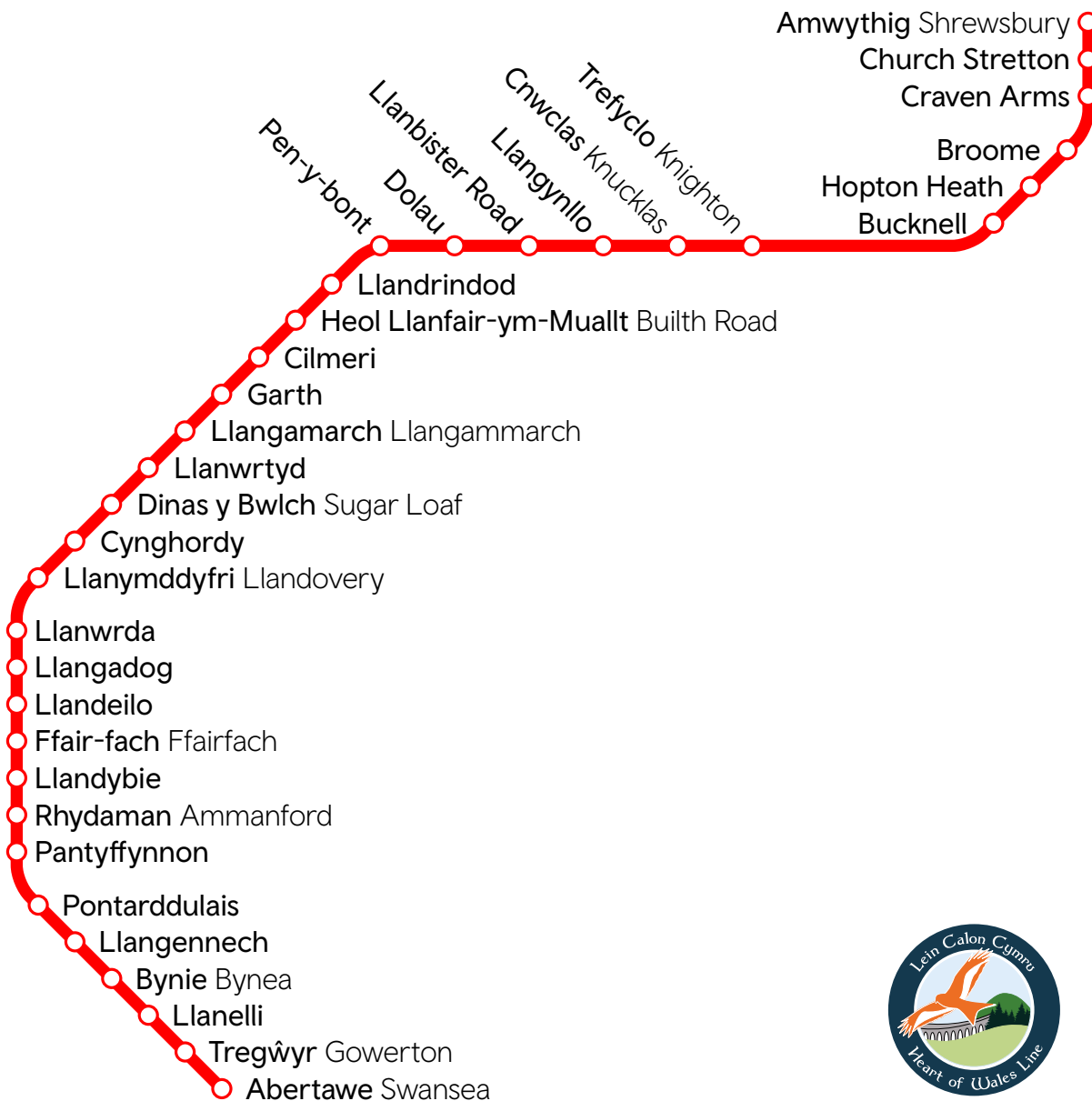




Amserau trê Train times

Abertawe - Amwythig
'Lein Calon Cymru'
17 Mai - 13 Medi 2026

Swansea - Shrewsbury
'The Heart of Wales Line'
17 May - 13 September 2026



Newidiadau i'r amseroedd a gyoeddwyd

Gall gwasanaethau newid. Yn ogystal â hyn, ni chynhwysir newidiadau a achosir gan waith peirianyddol na tharfu ar y diwrnod sydd heb ei gynllunio. Darperir amserlenni fel canllaw yn unig, gwiriwch cyn teithio bob tro:



trc.cymru

- Lawrlwythwch ap TrC neu ewch i trc.cymru
- Edrychwch ar y sgriniau gwybodaeth ar y platform
- Ewch i'r man cymorth yn yr orsaf (pan fydd ar gael)
- Ffoniwch 0333 3211 202
- Messenger @TfWTrafnidiaethCymru
- WhatsApp 07790 952507

Nodiadau

- 1634 Gwasanaethau uniongyrchol
- 1634 Trenau cysylltu (o bosib yn cael eu rhedeg gan weithredwyr trênn eraill). Newid ar y gwasanaeth uniongyrchol nesaf/blaenorol
 - 5 Amser cysylltu argymelledig
 - x1 Newid yma ar gyfer gwasanaethau tuag at Gorllewin Cymru
 - x2 Newid yma ar gyfer gwasanaethau tuag at Caer, Crewe, Birmingham Rhyngwladol ac Aberystwyth
 - x3 Newid yma ar gyfer gwasanaethau tuag at Pen-y-bont ar Ogwr ac Caerdydd
 - x4 Newid yma ar gyfer gwasanaethau tuag at Henffordd ac Caerdydd
- A Tan 9 Awst
- B O 16 Awst
- a Amser cyrraedd
- d Amser ymadael
- x Gorsaf ar alw

Hysbysrwydd

- Os oes cyfleusterau prynu tocynnu ar gael, rhaid ichi brynu tocyn cyn mynd ar y trênn:
Lawrlwythwch ap TrC neu ewch i trc.cymru ~ Yn y swyddfa docynnau neu o beiriant gwerthu tocynnau.
Yr oriau brig yw 0430 - 0930 a 1600 - 1829 dydd Llun i ddydd Gwener. Mae'n bosib ni fydd tocynnau trênn un diwrnod ar gyfer adegau tawel yn ddilys ar deithiau sy'n dechrau yn ystod adegau prysur. Gwiriwch y cyfyngiadau cyn teithio.
- 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 ~
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.
- 15 Os oes oedi o 15 munud neu fwy ar eich taith, mae gennych chi hawl i gael iawndal.
Gallwch chi hawlio ar-lein, ewch i trc.cymru/ad-daliad-am-oedi neu mae ffurflenni ar gael o'ch swyddfa docynnau agosaf.

Changes to published times

Services are subject to change. Also, changes due to engineering works or on-the-day unplanned disruption are not included. Timetables are provided as a guide only, always check before you travel:



tfw.wales

- Download the TfW app or visit tfw.wales
- See customer information screens on platform
- Use the station help point (where available)
- Call 0333 3211 202
- Messenger @TfWTrafnidiaethCymru
- WhatsApp 07790 952507

Notes

- 1634 Direct services
- 1634 Connecting services, (may be run by other train operators). Change at the next / preceding direct service
 - 5 Recommended connecting time
 - x1 Change here for services towards West Wales
 - x2 Change here for services towards Chester, Crewe, Birmingham International and Aberystwyth
 - x3 Change here for services towards Bridgend and Cardiff
 - x4 Change here for services towards Hereford and Cardiff
- A Until 9 August
- B From 16 August
- a Arrival time
- d Departure time
- x Request stop

Information

- Where purchasing facilities are available, you must buy a ticket before you board:
Download the TfW app or visit tfw.wales ~ From a station ticket office or self-service ticket machine.
Peak times are 0430 - 0930 and 1600 - 1829 Monday to Friday. Off-Peak Day tickets may not be valid for journeys starting at peak times. Please check restrictions before travel
- You can request an assistance booking in advance - up to 2 hours before your journey is due to start, 24/7. To make a booking or for more information about Passenger Assist:
Call our Assisted Travel team, 033 300 50 501 ~ RelayUK, 18001 033 300 50 501 ~
Visit tfw.wales/accessible-travel.
You can also simply "turn up and go" without booking assistance in advance. We'll provide assistance to get you to your destination.
- 15 If your journey has been delayed for 15 minutes or more, you are entitled to compensation.
You can claim on-line at tfw.wales/delay-repay-compensation or pick up a form from your nearest ticket office.

Abertawe - Amwythig Swansea - Shrewsbury

Dydd Llun - Dydd Gwener Mondays - Fridays

Dydd Sadwrn Saturdays

Dydd Sul Sundays

Nodiadau Notes																B	B	A				
Caerdydd Canolog Cardiff Central	7	d	-	-	-	0535	0938	1338	1639			-	0542	0938	1342	1647		-	0950	0953	1413	
Abertawe Swansea	5	d	-	-	0513	0729	1039	1449	1747			0450	0730	1038	1450	1748		0853	1105	1110	1518	
Tregŵyr Gowerton		d	-	-	0525	0741	1051	1501	1759			0502	0742	1051	1502	1800		0905	1117	1122	1531	
Caerfyrddin Carmarthen		d	-	0446	-	-	1035	-	-			-	-	-	-	-		-	-	-	-	
Pen-bre a Phorth Tywyn Pembrey & Burry Port		d	-	0505	-	0719	1031	1430	1732			-	0719	1030	1428	1728		-	-	-	1500	
Llanelli	x1	d	-	0512	0535	0752	1102	1511	1809			0512	0752	1105	1512	1809		0915	1127	1132	1542	
Bynie Bynea		x d	-	0516	0540	0756	1106	1516	1815			0517	0757	1110	1518	1815		0919	1131	1137	1546	
Llangennech		x d	-	0520	0544	0800	1110	1520	1819			0521	0801	1114	1522	1819		0923	1135	1141	1550	
Pontarddulais		x d	-	0525	0548	0805	1115	1525	1823			0525	0805	1118	1526	1823		0927	1140	1145	1555	
Pantyyffynnon		d	-	0533	0557	0813	1123	1532	1831			0534	0814	1127	1534	1831		0936	1148	1154	1603	
Rhydaman Ammanford		d	-	0537	0600	0817	1127	1536	1834			0537	0817	1130	1537	1834		0939	1152	1157	1606	
Llandybie		d	-	0542	0604	0822	1132	1541	1839			0542	0822	1135	1542	1839		0944	1157	1202	1611	
Ffair-fach Ffairfach		x d	-	0549	0611	0829	1139	1549	1847			0549	0829	1142	1550	1847		0951	1204	1209	1618	
Llandeilo		a	-	0553	0616	0834	1144	1553	1852			0554	0835	1148	1555	1852		0956	1208	1214	1623	
Llandeilo		d	-	0555	0617	0847	1145	1554	1852			0555	0846	1148	1555	1852		0957	1210	1215	1624	
Llangadog		d	-	0605	0626	0857	1155	1604	1902			0605	0856	1158	1605	1902		1007	1220	1225	1634	
Llanwrda		d	-	0608	0630	0900	1158	1607	1906			0609	0900	1202	1609	1906		1011	1223	1229	1638	
Llanymddyfri Llandoverly		a	-	0616	0637	0909	1207	1616	1914			0616	0908	1210	1617	1914		1018	1231	1236	1645	
Llanymddyfri Llandoverly		d	-	0617	-	0909	1207	1616	1915			0618	0909	1211	1618	1915		1020	1235	1238	1647	
Cynghordy		x d	-	0624	-	0917	1215	1625	1923			0625	0916	1218	1626	1923		1027	1242	1245	1654	
Dinas y Bwlch Sugar Loaf		x d	-	0633	-	0926	1224	1633	1931			0634	0926	1227	1635	1931		1036	1252	1254	1703	
Llanwrtyd		a	-	0640	-	0934	1232	1641	1939			0641	0934	1235	1643	1939		1043	1259	1301	1710	
Llanwrtyd		d	-	0642	-	0935	1233	1642	1939			0642	0934	1235	1643	1939		1044	1300	1303	1711	
Llangamarch Llangammarch		x d	-	0647	-	0940	1238	1648	1945			0647	0939	1240	1649	1945		1049	1305	1308	1716	
Garth		x d	-	0650	-	0944	1242	1652	1949			0651	0943	1244	1653	1948		1053	1309	1312	1720	
Cilmeri		x d	-	0655	-	0949	1247	1657	1954			0656	0949	1249	1659	1953		1058	1315	1317	1725	
Heol Llanfair-ym-Muallt Builth Road		x d	-	0659	-	0953	1251	1701	1957			0659	0952	1252	1702	1956		1101	1318	1321	1728	
Llandrindod		a	-	0712	-	1007	1305	1714	2011			0713	1007	1307	1716	2010		1115	1332	1334	1742	
Llandrindod		d	0605	0732	-	1012	1312	1738	2025			0732	1012	1308	1738	2025		1128	1345	1345	1759	
Pen-y-bont		x d	0612	0738	-	1018	1319	1745	2032			0738	1018	1314	1745	2033		1134	1351	1351	1806	
Dolau		d	0617	0744	-	1024	1325	1750	2037			0744	1024	1320	1750	2038		1140	1357	1357	1812	
Llanbister Road		x d	0623	0749	-	1029	1330	1756	2043			0749	1029	1325	1756	2044		1145	1402	1402	1817	
Llangynllo		x d	0629	0755	-	1035	1335	1802	2049			0755	1035	1331	1802	2049		1151	1408	1408	1822	
Cnwclas Knucklas		x d	0635	0801	-	1041	1342	1808	2055			0801	1041	1337	1808	2056		1157	1414	1414	1829	
Trefyclo Knighton		a	0644	0809	-	1049	1349	1814	2101			0809	1049	1345	1814	2101		1205	1422	1422	1836	
Trefyclo Knighton		d	0646	0810	-	1050	1351	1816	2103			0810	1050	1346	1816	2104		1209	1423	1423	1838	
Bucknell		d	0652	0816	-	1056	1357	1822	2109			0816	1056	1352	1822	2110		1215	1429	1429	1844	
Hopton Heath		x d	0656	0821	-	1101	1401	1827	2114			0821	1101	1357	1827	2114		1219	1434	1434	1848	
Broome		x d	0701	0824	-	1104	1405	1831	2118			0824	1104	1400	1831	2119		1223	1437	1437	1851	
Craven Arms		x4	d	0710	0835	-	1114	1414	1841	2127			0834	1114	1410	1841	2127		1235	1447	1447	1901
Church Stretton		d	0721	0847	-	1125	1425	1852	2138			0845	1125	1421	1852	2138		1247	1500	1500	1915	
Amwythig Shrewsbury		x2 5	a	0738	0903	-	1142	1442	1910	2155			0901	1142	1438	1909	2200		1303	1516	1516	1936
Crewe		10	a	0829	1029	-	1228	1528	2029	2255			1029	1229	1528	2029	2305		1421	1627	1627	2003
Birmingham New Street		12	a	0900	1032	-	1300	1600	2032	2321			1032	1300	1600	2032	2330		1432	1632	1632	2133

Amwythig - Abertawe Shrewsbury - Swansea

Dydd Llun - Dydd Gwener Mondays - Fridays

Dydd Sadwrn Saturdays

Dydd Sul Sundays

Nodiadau Notes																B			
Birmingham New Street	12	d	-	-	-	0722	1022	1452	1721		-	0722	1022	1452	1722		0825	1022	1456
Crewe	10	d	-	-	0433	0733	1010	1510	1719		0512	0734	1010	1510	1719		-	1110	1520
Amwythig Shrewsbury	5	d	-	0430	0554	0835	1131	1600	1835		0554	0835	1131	1600	1835		0943	1208	1620
Church Stretton		d	-	0448	0612	0853	1149	1618	1853		0612	0853	1149	1618	1853		1001	1226	1640
Craven Arms	x4	d	-	0458	0622	0902	1158	1628	1902		0622	0902	1158	1627	1902		1011	1235	1649
Broome	x	d	-	-	0628	0907	1203	1634	1908		0628	0907	1203	1633	1908		1017	1241	1654
Hopton Heath	x	d	-	-	0632	0912	1208	1638	1912		0632	0912	1208	1637	1912		1021	1245	1659
Bucknell	x	d	-	-	0637	0916	1212	1643	1917		0637	0916	1212	1642	1917		1026	1250	1703
Trefyclo Knighton		a	-	0519	0645	0926	1222	1652	1926		0645	0926	1222	1651	1926		1034	1258	1711
Trefyclo Knighton		d	-	0520	0646	0926	1222	1652	1926		0646	0926	1222	1651	1926		1035	1259	1713
Cnwclas Knucklas	x	d	-	-	0651	0931	1227	1658	1932		0651	0931	1227	1657	1932		1041	1305	1717
Llangynllo	x	d	-	-	0659	0939	1235	1706	1940		0659	0939	1235	1705	1940		1049	1313	1725
Llanbister Road	x	d	-	-	0704	0944	1240	1711	1945		0704	0944	1240	1710	1945		1054	1318	1729
Dolau	x	d	-	-	0710	0950	1246	1717	1951		0710	0950	1246	1716	1951		1100	1324	1735
Pen-y-bont	x	d	-	-	0715	0954	1250	1721	1955		0715	0954	1250	1720	1955		1104	1328	1739
Llandrindod		a	-	0556	0727	1007	1303	1733	2007		0727	1007	1303	1732	2007		1114	1338	1750
Llandrindod		d	-	-	0729	1024	1324	1733	2027		0729	1022	1322	1732	2027		1131	1353	1803
Heol Llanfair-ym-Muallt Builth Road	x	d	-	-	0738	1032	1332	1742	2036		0738	1030	1330	1741	2036		1140	1402	1812
Cilmeri	x	d	-	-	0741	1035	1336	1746	2040		0741	1034	1334	1745	2039		1143	1406	1815
Garth	x	d	-	-	0746	1040	1341	1751	2045		0746	1039	1339	1750	2044		1148	1411	1821
Llangamarch Llangamarch	x	d	-	-	0750	1044	1345	1755	2049		0750	1043	1343	1754	2048		1152	1415	1825
Llanwrtyd		a	-	-	0758	1053	1354	1803	2057		0758	1052	1352	1802	2056		1159	1422	1833
Llanwrtyd		d	-	-	0759	1054	1358	1804	2058		0759	1053	1356	1803	2057		1201	1424	1834
Dinas y Bwlch Sugar Loaf	x	d	-	-	0805	1100	1404	1810	2104		0805	1059	1402	1809	2103		1207	1430	1841
Cynghordy	x	d	-	-	0811	1105	1410	1817	2111		0812	1105	1408	1816	2109		1213	1437	1847
Llanymddyfri Llandovery		a	-	-	0823	1118	1423	1829	2123		0824	1118	1421	1828	2121		1224	1448	1858
Llanymddyfri Llandovery		d	0641	-	0823	1118	1426	1829	2123		0824	1118	1424	1828	2121		1231	1449	1900
Llanwrda	x	d	0647	-	0829	1123	1431	1835	2129		0830	1123	1429	1834	2127		1237	1455	1905
Llangadog	x	d	0651	-	0834	1128	1436	1840	2134		0835	1128	1434	1839	2132		1242	1500	1909
Llandeilo		a	0702	-	0845	1140	1448	1851	2145		0846	1140	1446	1850	2143		1252	1510	1920
Llandeilo		d	0702	-	0845	1154	1448	1855	2145		0846	1150	1448	1853	2143		1253	1511	1922
Ffair-fach Ffairfach		d	0705	-	0848	1157	1451	1858	2148		0849	1153	1451	1856	2146		1256	1514	1925
Llandybie	x	d	0712	-	0856	1204	1458	1906	2156		0857	1200	1458	1904	2154		1304	1522	1932
Rhydaman Ammanford	x	d	0717	-	0901	1209	1503	1911	2201		0902	1205	1503	1909	2159		1309	1527	1937
Pantyyffynnon		d	0720	-	0904	1213	1507	1914	2204		0905	1209	1507	1912	2202		1312	1530	1941
Pontarddulais	x	d	0727	-	0911	1219	1514	1921	2211		0912	1215	1513	1919	2209		1319	1537	1947
Llangennech	x	d	0731	-	0916	1224	1518	1926	2216		0917	1220	1517	1923	2214		1323	1541	1952
Bynie Bynea	x	d	0735	-	0919	1228	1522	1930	2220		0921	1224	1521	1927	2218		1327	1545	1956
Llanelli	x1	d	0744	-	0930	1242	1532	1944	2235		0940	1234	1531	1936	2232		1335	1554	2006
Tregŵyr Gowerton		d	0752	-	0938	1250	1542	1952	2243		0948	1242	1541	1944	2240		1343	1602	2014
Abertawe Swansea	x3 5	a	0811	-	0951	1303	1600	2005	2258		1002	1255	1600	1959	2255		1356	1615	2030
Caerdydd Canolog Cardiff Central	7	a	0916	-	1115	1414	1714	2116	0045		1117	1414	1715	2149	-		1515	1717	2140