



Amserau trenau

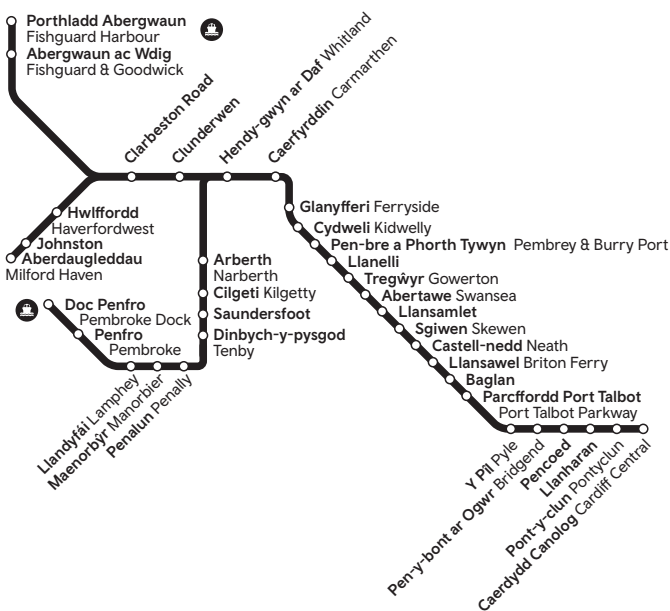
10 Rhagfyr 2023 - 01 Mehefin 2024

Train times

10 December 2023 - 01 June 2024

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	GW	TfW	TfW	GW	TfW	GW	GW	TfW
	1R	1R	1R	◇	◇	1R	1R	1R	1R	1R
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									
Caerfyrddin / Carmarthen Traws	d				0534					
Aberystwyth	a				0720					
Caerfyrddin / Carmarthen Traws	d									
Caerfyrddin / Carmarthen	a									
Caerfyrddin / Carmarthen	d			0438	0447					0545
Glanfferi / Ferryside	d									0555
Cydweli / Kidwelly	d									0601
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d				0506					0608
Llanelli	a			0501	0512					0614
Llanelli	d			0501	0513					0615
Tre-gwyr / Gowerton	d									0622
Abertawe / Swansea	a			0520						0635
Abertawe / Swansea	d	0341	0346	0459		0525	0532	0558	0628	0639
Llansamlet	d									0645
Sgiwen / Skewen	d									0650
Castell Nedd / Neath	d	0353	0358	0511		0537	0544	0610	0640	0654
Llansawel / Briton Ferry	d									0657
Baglan	d									0701
Parcfordd Port Talbot Parkway	d	0400	0405	0518		0544	0551	0617	0647	0706
Y Pyl / Pyle	d						0559			0713
Pen-y-Bont ar Ogwr / Bridgend	a	0413	0425	0530		0558	0607	0629	0659	0720
Pen-y-Bont ar Ogwr / Bridgend	d	0414	0427	0531		0559	0608	0630	0700	0720
Pencoed	d									0727
Llanharan	d									
Pontyclun	d									0734
Parc Ninian / Ninian Park	d									
Caerdydd Canolog / Cardiff Central	a	0504	0504	0551		0619	0628	0650	0720	0748
Caerdydd Canolog / Cardiff Central	d	0507	0507	0554		0623	0635	0653	0723	0750
Casnewydd / Newport	a	0524	0524	0605		0635	0648	0704	0735	0803
Caerloyw / Gloucester	a									
Manceinion Piccadilly / Manchester Piccadilly	a						1015			1115
Filton Abbey Wood	a			0709		0735	0808			
Bryste Temple Meads / Bristol Temple Meads	a			0718		0749	0817			
Parcfordd Bryste / Bristol Parkway	a	0551	0551	0626		0657		0725	0758	
Reading	a	0649	0648	0718		0749		0818		
Llundain Paddington / London Paddington	a	0716	0716	0744		0816		0845	0913	

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	TfW	GW	GW	TfW	TfW	TfW	TfW	GW	TfW
										
Porthladd Rosslare Harbour 	d									
Porthladd Abergwaun / Fishguard Harbour 	d					0650				
Abergwaun ac Wdig / Fishguard & Goodwick	d					0653				
Aberdaugleddau / Milford Haven	d				0554					0702
Johnston	d				0602x					0710x
Hwlfordd / Haverfordwest	d				0609					0717
Clarbeston Road	d				0617x	0714a				0725x
Clunderwen	d				0625x					0732x
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				0632					0738
Hendy-gwyn / Whitland	d				0632					0738
Caerfyrddin / Carmarthen Traws 	d	0609			0709					0809
Aberystwyth 	a	0820			0920					1020
Caerfyrddin / Carmarthen Traws 	d									
Caerfyrddin / Carmarthen	a				0647					0755
Caerfyrddin / Carmarthen	d	0603			0652				0723	0759
Glanyfferi / Ferryside	d	0613			0702				0735	0809
Cydweli / Kidwelly	d	0619			0708				0742	0815
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	0626			0715				0749	0822
Llanelli	a	0632			0721		0729		0755	0828
Llanelli	d	0633			0722		0744		0756	0829
Tre-gwyr / Gowerton	d	0640			0729		0752			0836
Abertawe / Swansea	a	0652			0741		0808		0812	0848
Abertawe / Swansea	d	0657	0704	0720	0743	0749			0823	0852
Llansamlet	d									
Sgiwen / Skewen	d									
Castell Nedd / Neath	d	0710	0715	0732	0755	0800			0835	0904
Llansawel / Briton Ferry	d									
Baglan	d									
Parcffordd Port Talbot Parkway	d	0717	0722	0739	0802	0807			0842	0912
Y Pili / Pyle	d		0729			0814				0919
Pen-y-Bont ar Ogwr / Bridgend	a	0729	0736	0751	0814	0822		0826	0854	0927
Pen-y-Bont ar Ogwr / Bridgend	d	0730	0737	0752	0815	0822		0826	0855	0927
Pencoed	d		0743					0832		
Llanharan	d		0747			0829				
Pontyclun	d		0752					0840		
Parc Ninian / Ninian Park	d									
Caerdydd Canolog / Cardiff Central 	a	0751	0807	0812	0835	0847		0853	0915	0949
Caerdydd Canolog / Cardiff Central 	d	0755		0817	0837			0908	0918	0953
Casnewydd / Newport	a	0807		0828	0849			0923	0929	1006
Caerloyw / Gloucester 	a							1014		
Manceinion Piccadilly / Manchester Piccadilly 	a									1315
Filton Abbey Wood	a		0944		1008			1042		1108
Bryste Temple Meads / Bristol Temple Meads 	a		0952		1017			1050		1117
Parcffordd Bryste / Bristol Parkway 	a	0827		0854	0915	1023			0954	1116
Reading 	a	0919		0945	1006	1118			1045	1216
Llundain Paddington / London Paddington 	a	0944		1014	1034	1144			1112	1244

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	GW	TfW	TfW	GW	TfW	TfW	TfW	TfW	GW
	◇	Ⓜ	◇	◇	Ⓜ	Ⓜ	◇	◇	◇	Ⓜ
Porthladd Rosslare Harbour	d									
Porthladd Abergwaun / Fishguard Harbour	d			0755					0954	
Abergwaun ac Wdig / Fishguard & Goodwick	d			0758					0957	
Aberdaugleddau / Milford Haven	d					09 10				
Johnston	d					09 18x				
Hwlfordd / Haverfordwest	d					0925				
Clarbeston Road	d			08 17x		0933x			10 16x	
Clunderwen	d			0825x		094 1x				
Doc Penfro / Pembroke Dock	d	0659						0909		
Penfro / Pembroke	d	0707						09 17		
Llandyfail / Lamphey	d	07 10x						0920x		
Maenorbyr / Manorbier	d	07 18						0929		
Penalun / Penally	d	0724x						0934x		
Dinbych-y-Pysgod / Tenby	d	0729						0940		
Saundersfoot	d	0736x						0948x		
Cilgeti / Kilgetty	d	0738x						0950x		
Arberth / Narberth	d	0748x						1000x		
Hendy-gwyn / Whitland	a	0756		083 1		0947		1009	1029	
Hendy-gwyn / Whitland	d	0756		0833		0947		1009	1029	
Caerfyrddin / Carmarthen Traws	d			0909		1009			1109	
Aberystwyth	a			1120		1220			1320	
Caerfyrddin / Carmarthen Traws	d									
Caerfyrddin / Carmarthen	a	08 13		0848		1003		1027	1046	
Caerfyrddin / Carmarthen	d	08 15		0853	0927	1006		1030		
Glanyfferi / Ferryside	d	0826		0904						
Cydweli / Kidwelly	d	0832		09 10						
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	0839		09 17	0947	1024		1049		
Llanelli	a	0845		0905	0923	0953	1030	1056		
Llanelli	d	0845		09 10	0924	0954	103 1	1056		
Tre-gwyr / Gowerton	d			09 18	093 1			1104		
Abertawe / Swansea	a	0903		0933	0945	10 10	1048	1117		
Abertawe / Swansea	d	0906	0923		0952	1023	1055	1107		1123
Llansamlet	d	09 13						1114		
Sgiwen / Skewen	d	09 17						1118		
Castell Nedd / Neath	d	0921	0935		1003	1035	1106	1122		1135
Llansawel / Briton Ferry	d	0925						1126		
Baglan	d	0929						1129		
Parcffordd Port Talbot Parkway	d	0934	0942		10 12	1042	1114	1134		1142
Y Pili / Pyle	d	0941					112 1	114 1		
Pen-y-Bont ar Ogwr / Bridgend	a	0950	0954		1026	1054	1129	1149		1154
Pen-y-Bont ar Ogwr / Bridgend	d	0950	0955		1026	1055	1129	1150		1155
Pencoed	d									
Llanharan	d									
Pontyclun	d									
Parc Ninian / Ninian Park	d									
Caerdydd Canolog / Cardiff Central	a	10 13	10 15		1049	1115	115 1	12 13		12 15
Caerdydd Canolog / Cardiff Central	d		10 18			1118	1153			12 18
Casnewydd / Newport	a		1032			1129	1206			1229
Caerloyw / Gloucester	a							15 15		
Manceinion Piccadilly / Manchester Piccadilly	a									
Filton Abbey Wood	a				1206		1307			
Bryste Temple Meads / Bristol Temple Meads	a				12 17		13 16			
Parcffordd Bryste / Bristol Parkway	a		1054		1223	1153	1326			1254
Reading	a		1145		13 17	1244	14 16			1345
Llundain Paddington / London Paddington	a		12 11		1344	13 10	1446			14 14

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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Y siwrnai ddelfrydol

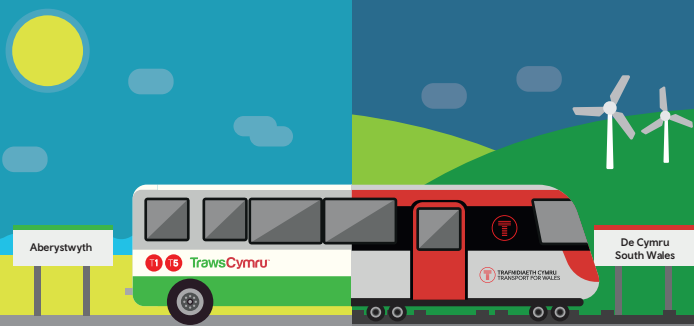
Bellach, gallwch deithio rhwng Aberystwyth a De Cymru trwy Gaerfyrddin gan ddefnyddio ein gwasanaeth trên a gwasanaeth bws T1 TrawsCymru, gydag un tocyn hawdd i deithio'n rhatach ac yn gyflymach.*

Prynwch eich tocynnau ar **ap TrC**, **trc.cymru** neu mewn gorsafodded 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 arosfannau bysiau T1 Aberaeron a Llanbedr Pont Steffan ar **trc.cymru**, trwy **ap TrC**, yn swyddfeydd tocynnau gorsafodded 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.

	TfW	GW	TfW	TfW	TfW	TfW	GW	TfW	GW	TfW
	◊	Ⓜ	Ⓜ	◇	◇	◇	Ⓜ	Ⓜ	Ⓜ	Ⓜ
Porthladd Rosslare Harbour	d									
Porthladd Abergwaun / Fishguard Harbour	d									1250
Abergwaun ac Wdig / Fishguard & Goodwick	d									1253
Aberdaugleddau / Milford Haven	d		1104							
Johnston	d		1112x							
Hwlfordd / Haverfordwest	d		1119							
Clarbeston Road	d		1127x							13 12x
Clunderwen	d		1135x							
Doc Penfro / Pembroke Dock	d					1109				
Penfro / Pembroke	d					1117				
Llandyfail / Lamphey	d					1120x				
Maenorbyr / Manorbier	d					1129				
Penalun / Penally	d					1134x				
Dinbych-y-Pysgod / Tenby	d					1142				
Saundersfoot	d					1150x				
Cilgeti / Kilgetty	d					1152x				
Arberth / Narberth	d					1202x				
Hendy-gwyn / Whitland	a		1142			12 11				1325
Hendy-gwyn / Whitland	d		1142			12 11				1326
Caerfyrddin / Carmarthen Traws	d		1209			1309				
Aberystwyth	a		1420			1520				
Caerfyrddin / Carmarthen Traws	d									
Caerfyrddin / Carmarthen	a		1159			1229				1343
Caerfyrddin / Carmarthen	d	1058	1127	1203		1232		1304		1346
Glanyfferi / Ferryside	d	1108						13 14		
Cydweli / Kidwelly	d	1114						1320		
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	1121	1147	1221		1251		1327		
Llanelli	a	1127	1153	1227	1227	1258		1333		1409
Llanelli	d	1128	1154	1228	1240	1259		1334		1411
Tre-gwyr / Gowerton	d	1135		1235	1248			1341		
Abertawe / Swansea	a	1148	1210	1248	1303		1318		1353	
Abertawe / Swansea	d	1152	1223	1255		1306		1323	1400	1423
Llansamlet	d					1313				
Sgiwen / Skewen	d					1317				
Castell Nedd / Neath	d	1203	1235	1307		1321		1335	1411	1435
Llansawel / Briton Ferry	d					1325				
Baglan	d					1328				
Parcffordd Port Talbot Parkway	d	1211	1242	1315		1333		1342	1419	1442
Y Pili / Pyle	d			1322		1340				1455
Pen-y-Bont ar Ogwr / Bridgend	a	1223	1254	1330		1349		1354	1431	1454
Pen-y-Bont ar Ogwr / Bridgend	d	1223	1255	1332		1349		1355	1434	1455
Pencoed	d									
Llanharan	d									
Pontyclun	d									
Parc Ninian / Ninian Park	d									
Caerdydd Canolog / Cardiff Central	a	1247	1315	1354		1411		1415	1458	1515
Caerdydd Canolog / Cardiff Central	d		1318	1356				1418		1518
Casnewydd / Newport	a		1329	1409				1429		1529
Caerloyw / Gloucester	a									
Manceinion Piccadilly / Manchester Piccadilly	a			1715						
Filton Abbey Wood	a	1409		1506				1608		1705
Bryste Temple Meads / Bristol Temple Meads	a	1417		1516				1617		1715
Parcffordd Bryste / Bristol Parkway	a	1425	1353	1526			1450	1626	1554	
Reading	a	1515	1445	1616			1544	1717	1645	
Llundain Paddington / London Paddington	a	1544	1515	1641			1609	1744	1714	

	TfW R	TfW L	GW R	TfW ◇	TfW ◇	TfW R	GW R	TfW R	TfW R	TfW FX L	GW R
Porthladd Rosslare Harbour	d										
Porthladd Abergwaun / Fishguard Harbour	d										
Abergwaun ac Wdig / Fishguard & Goodwick	d										
Aberdaugleddau / Milford Haven	d	1303						1504			
Johnston	d	13 11x						15 12x			
Hwlfordd / Haverfordwest	d	13 18						15 19			
Clarbeston Road	d	1326x						1527x			
Clunderwen	d	1334x						1535x			
Doc Penfro / Pembroke Dock	d			1309							
Penfro / Pembroke	d			13 17							
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	1340		1409				1542			
Hendy-gwyn / Whitland	d	1340		14 14				1542			
Caerfyrddin / Carmarthen Traws	d	1409		1509				1609			
Aberystwyth	a	1620		1720				1820			
Caerfyrddin / Carmarthen Traws	d										
Caerfyrddin / Carmarthen	a	1356		1432				1559			
Caerfyrddin / Carmarthen	d	1359	1424	1434		150 1		160 1		16 19	
Glanyfferi / Ferryside	d					15 11					
Cydweli / Kidwelly	d					15 17					
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	14 17	1444	1453		1524		16 19		1640	
Llanelli	a	1423	1450	1500	1508	1530		1626		1646	
Llanelli	d	1424	145 1	150 1	15 12	153 1		1626	1638	1647	
Tre-gwyr / Gowerton	d	143 1			1520	1538		1633			
Abertawe / Swansea	a	1444	15 12	1520	1536	155 1		1646	1657	1703	
Abertawe / Swansea	d	1448	1505	1523		160 1	1623	1649	1705	1723	
Llansamlet	d		15 12						17 11		
Sgiwen / Skewen	d		15 16						17 16		
Castell Nedd / Neath	d	1500	152 1	1535		16 12	1635	1700	1720	1735	
Llansawel / Briton Ferry	d		1525						1723		
Baglan	d		1529						1728		
Parcffordd Port Talbot Parkway	d	1508	1533	1542		1620	1642	1708	1732	1742	
Y Pyl / Pyle	d	15 15	1540						1739		
Pen-y-Bont ar Ogwr / Bridgend	a	1523	155 1	1554		1632	1654	1720	1747	1755	
Pen-y-Bont ar Ogwr / Bridgend	d	1523	155 1	1555		1632	1655	1720	1747	1756	
Pencoed	d										
Llanharan	d										
Pontyclun	d										
Parc Ninian / Ninian Park	d										
Caerdydd Canolog / Cardiff Central	a	1544	16 13	16 15		1658	17 15	1743	18 10	18 16	
Caerdydd Canolog / Cardiff Central	d	1549	1622	16 18			1720	1749	1825	18 18	
Casnewydd / Newport	a	1602	1635	1629			1732	1802	1838	1830	
Caerloyw / Gloucester	a										
Manceinion Piccadilly / Manchester Piccadilly	a	19 15						21 15			
Filton Abbey Wood	a					1806		19 11		1938	
Bryste Temple Meads / Bristol Temple Meads	a					18 15		19 19		195 1	
Parcffordd Bryste / Bristol Parkway	a		1650			1826	1755			185 1	
Reading	a		1747			19 16	1848			1946	
Llundain Paddington / London Paddington	a		18 14			1944	19 16			20 16	

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Notes

L To Chester

FX Mondays - Thursdays only























	TfW	TfW	GW	TfW	GW	TfW	TfW	TfW	GW	TfW
	◇	◇	1R1	◇	1R	◇	◇	◇	1R1	◇
Porthladd Rosslare Harbour	d									
Porthladd Abergwaun / Fishguard Harbour	d									1906
Abergwaun ac Wdig / Fishguard & Goodwick	d									1909
Aberdaugleddau / Milford Haven	d			1700						
Johnston	d			1708x						
Hwlfordd / Haverfordwest	d			1715						
Clarbeston Road	d			1723x						1928x
Clunderwen	d			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	1610		1737		1809				1941
Hendy-gwyn / Whitland	d	1610		1737		1809				1941
Caerfyrddin / Carmarthen Traws	d	1709		1809		1909		1934		
Aberystwyth	a	1920		2020		2120		2120		
Caerfyrddin / Carmarthen Traws	d									
Caerfyrddin / Carmarthen	a	1627		1754		1827				1958
Caerfyrddin / Carmarthen	d	1630	1655	1757	1818	1830		1850		2001
Glanyfferi / Ferryside	d		1705	1807				1901		
Cydweli / Kidwelly	d		1711	1813				1907		
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	1649	1718	1820	1838	1850		1915		2019
Llanelli	a	1656	1724	1826	1844	1857	1904	1922		2026
Llanelli	d	1656	1725	1827	1849	1857	1907	1922		2026
Tre-gwyr / Gowerton	d	1704	1732	1834		1905	1915	1930		
Abertawe / Swansea	a	1718	1744	1847	1912	1918	1931	1945		2043
Abertawe / Swansea	d		1747	1823	1850	1923		1949	2023	
Llansamlet	d		1753	1857						
Sgiwen / Skewen	d		1758	1901						
Castell Nedd / Neath	d		1802	1835	1906	1935		2000	2035	
Llansawel / Briton Ferry	d		1806	1910						
Baglan	d		1810	1914						
Parcfordd Port Talbot Parkway	d		1815	1842	1918	1942		2007	2042	
Y Pili / Pyle	d		1822	1925						
Pen-y-Bont ar Ogwr / Bridgend	a		1830	1854	1932	1955		2021	2054	
Pen-y-Bont ar Ogwr / Bridgend	d		1830	1855	1933	1956		2021	2055	
Pencoed	d									
Llanharan	d									
Pontyclun	d									
Parc Ninian / Ninian Park	d									
Caerdydd Canolog / Cardiff Central	a		1851	1915	1958	2017		2048	2117	
Caerdydd Canolog / Cardiff Central	d			1918		2021			2120	
Casnewydd / Newport	a			1930		2032			2132	
Caerloyw / Gloucester	a									
Manceinion Piccadilly / Manchester Piccadilly	a									
Filton Abbey Wood	a		2011		2111					
Bryste Temple Meads / Bristol Temple Meads	a		2020		2121					
Parcfordd Bryste / Bristol Parkway	a			1953		2054			2153	
Reading	a			2044		2144			2243	
Llundain Paddington / London Paddington	a			2110		2209			2311	

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	TfW	GW	TfW	TfW	TfW	TfW	TfW	TfW	TfW
	◇	◇	IR	◇		◇	◇	◇	◇	◇
Porthladd Rosslare Harbour	d									
Porthladd Abergwaun / Fishguard Harbour	d								22 15	
Abergwaun ac Wdig / Fishguard & Goodwick	d								22 18	
Aberdaugleddau / Milford Haven	d	19 15			20 46					
Johnston	d	19 23x			20 54x					
Hwlfordd / Haverfordwest	d	19 30			2 10 1					
Clarbeston Road	d	19 38x			2 10 9x				22 37x	
Clunderwen	d	19 46x			2 1 16x				22 45x	
Doc Penfro / Pembroke Dock	d	19 19				2 1 09				22 27
Penfro / Pembroke	d	19 27				2 1 17				22 35
Llandyfail / Lamphey	d	19 3 1x				2 1 20x				22 38x
Maenorbyr / Manorbier	d	19 39				2 1 29				22 46
Penalun / Penally	d	19 44x				2 1 34x				22 52x
Dinbych-y-Pysgod / Tenby	d	19 48a		20 10		2 1 55				22 57
Saundersfoot	d			20 17x		22 03x				23 05x
Cilgeti / Kilgetty	d			20 19x		22 05x				23 07x
Arberth / Narberth	d			20 29x		22 15x				23 16x
Hendy-gwyn / Whitland	a	19 52		20 37	2 1 22	22 24			22 5 1	23 25
Hendy-gwyn / Whitland	d	19 52		20 37	2 1 22	22 24			22 5 1	23 25
Caerfyrddin / Carmarthen Traws	d									
Aberystwyth	a									
Caerfyrddin / Carmarthen Traws	d									
Caerfyrddin / Carmarthen	a	20 08		20 53	2 1 39	22 43			23 08	23 43
Caerfyrddin / Carmarthen	d	20 12	20 30	2 1 00					23 11	
Glanyfferi / Ferryside	d			2 1 10					23 2 1	
Cydweli / Kidwelly	d			2 1 16					23 27	
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	20 30	20 50	2 1 23					23 34	
Llanelli	a	20 36	20 56	2 1 29			2 1 4 1		23 4 1	
Llanelli	d	20 37	20 58	2 1 30			2 1 4 5		23 4 1	
Tre-gwyr / Gowerton	d	20 44		2 1 37			2 1 5 3		23 4 9	
Abertawe / Swansea	a	20 57	2 1 13	2 1 50			22 0 8		00 0 2	
Abertawe / Swansea	d	2 10 1	2 1 23	2 1 53				22 30		
Llansamlet	d			22 00				22 37		
Sgiwen / Skewen	d			22 04				22 4 1		
Castell Nedd / Neath	d	2 1 12	2 1 35	22 0 8				22 4 5		
Llansawel / Briton Ferry	d			22 12				22 4 9		
Baglan	d			22 16				22 5 2		
Parcffordd Port Talbot Parkway	d	2 1 19	2 1 42	22 20				22 5 7		
Y Pili / Pyle	d			22 27				23 0 4		
Pen-y-Bont ar Ogwr / Bridgend	a	2 1 3 1	2 1 54	22 34				23 1 2		
Pen-y-Bont ar Ogwr / Bridgend	d	2 1 3 1	2 1 55	22 3 5				23 1 4		
Pencoed	d									
Llanharan	d									
Pontyclun	d									
Parc Ninian / Ninian Park	d	22 0 4		22 5 5						
Caerdydd Canolog / Cardiff Central	a	22 1 1	22 1 5	23 0 3				23 3 9		
Caerdydd Canolog / Cardiff Central	d		22 1 8							
Casnewydd / Newport	a		22 3 1							
Caerloyw / Gloucester	a									
Manceinion Piccadilly / Manchester Piccadilly	a									
Filton Abbey Wood	a	23 2 4								
Bryste Temple Meads / Bristol Temple Meads	a	23 3 5		00 4 0						
Parcffordd Bryste / Bristol Parkway	a		23 0 2							
Reading	a									
Llundain Paddington / London Paddington	a									

	TfW	TfW ◇							
Porthladd Rosslare Harbour	d								
Porthladd Abergwaun / Fishguard Harbour	d								
Abergwaun ac Wdig / Fishguard & Goodwick	d								
Aberdaugleddau / Milford Haven	d	2324							
Johnston	d	2332x							
Hwlfordd / Haverfordwest	d	2339							
Clarbeston Road	d	2348x							
Clunderwen	d	2356x							
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	0003							
Hendy-gwyn / Whitland	d	0003							
Caerfyrddin / Carmarthen Traws	d								
Aberystwyth	a								
Caerfyrddin / Carmarthen Traws	d								
Caerfyrddin / Carmarthen	a	0021							
Caerfyrddin / Carmarthen	d								
Glanyfferi / Ferryside	d								
Cydweli / Kidwelly	d								
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d								
Llanelli	a	2342							
Llanelli	d	2348							
Tre-gwyr / Gowerton	d	2356							
Abertawe / Swansea	a	0016							
Abertawe / Swansea	d								
Llansamlet	d								
Sgiwen / Skewen	d								
Castell Nedd / Neath	d								
Llansawel / Briton Ferry	d								
Baglan	d								
Parcfordd Port Talbot Parkway	d								
Y Pili / 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 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.

	GW	TfW	TfW	GW	TfW	GW	GW	GW	TfW	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								
Caerfyrddin / Carmarthen Traws 	d								0534	0609
Aberystwyth 	a								0720	0820
Caerfyrddin / Carmarthen Traws 	d									
Caerfyrddin / Carmarthen	a	0116								
Caerfyrddin / Carmarthen	d		0437						0554	0615
Glanyfferi / Ferryside	d								0604	0625
Cydweli / Kidwelly	d								0610	0631
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d		0455						0617	0638
Llanelli	a		0501						0623	0645
Llanelli	d		0502						0624	0645
Tre-gwyr / Gowerton	d								0631	0653
Abertawe / Swansea	a		0520						0644	0705
Abertawe / Swansea	d	0356		0525	0530	0552	0623	0644	0650	0709
Llansamlet	d									0716
Sgiwen / Skewen	d									0720
Castell Nedd / Neath	d	0408		0537	0542	0604	0635	0655	0702	0725
Llansawel / Briton Ferry	d									0728
Baglan	d									0732
Parcffordd Port Talbot Parkway	d	0415		0544	0549	0612	0642	0703	0709	0736
Y Pyl / Pyle	d				0558				0716	0744
Pen-y-Bont ar Ogwr / Bridgend	a	0427		0556	0605	0623	0654	0714	0723	0753
Pen-y-Bont ar Ogwr / Bridgend	d	0428		0557	0606	0624	0655	0716	0724	0753
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
Parcffordd Bryste / Bristol Parkway 	a	0553		0653		0719	0753	0819		
Reading 	a	0648		0745		0816	0846	0916		
Llundain Paddington / London Paddington 	a	0714		0811		0844	0914	0944		

		GW 1R	TfW R	GW 1R	TfW	GW 1R	TfW ◇	TfW ◇	GW 1R	TfW ◇	TfW ◇
Porthladd Rosslare Harbour	d										
Porthladd Abergwaun / Fishguard Harbour	d				0650						075 1
Abergwaun ac Wdig / 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
Caerfyrddin / Carmarthen Traws	d		0709				0809				0909
Aberystwyth	a		0920				1020				1120
Caerfyrddin / Carmarthen Traws	d										
Caerfyrddin / Carmarthen	a		0646				0756	0813			0843
Caerfyrddin / Carmarthen	d		0650			0725	0759	0816			0854
Glanyfferi / Ferryside	d		0700			0737	0810	0826			0904
Cydweli / Kidwelly	d		0706			0744	0816	0831			0910
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d		0713			0751	0822	0838			0917
Llanelli	a		0719			0757	0829	0844		0906	0924
Llanelli	d		0720			0758	0829	0844		0911	0924
Tre-gwyr / Gowerton	d		0727				0836			0919	0931
Abertawe / Swansea	a		0739			0814	0849	0900		0934	0946
Abertawe / Swansea	d	0725	0742	0750		0823	0854	0905	0923		0951
Llansamlet	d							0912			
Sgiwen / Skewen	d							0916			
Castell Nedd / Neath	d	0737	0753	0802		0835	0905	0920	0935		1002
Llansawel / Briton Ferry	d							0924			
Baglan	d							0928			
Parcffordd Port Talbot Parkway	d	0745	0801	0810		0842	0913	0932	0943		1011
Y Pili / Pyle	d		0808				0920	0940			1018
Pen-y-Bont ar Ogwr / Bridgend	a	0757	0816	0821		0854	0928	0951	0955		1027
Pen-y-Bont ar Ogwr / Bridgend	d	0759	0816	0825		0855	0928	0951	0956		1027
Pencoed	d		0822								
Llanharan	d										
Pontyclun	d		0829								
Parc Ninian / Ninian Park	d										
Caerdydd Canolog / Cardiff Central	a	0820	0842	0846		0916	0949	1014	1017		1049
Caerdydd Canolog / Cardiff Central	d	0823		0853		0918	0953	1023	1019		
Casnewydd / Newport	a	0834		0905		0929	1006	1041	1030		
Caerloyw / Gloucester	a										
Manceinion Piccadilly / Manchester Piccadilly	a						1315				
Filton Abbey Wood	a		1009				1109	1209			
Bryste Temple Meads / Bristol Temple Meads	a		1017				1117	1216			
Parcffordd Bryste / Bristol Parkway	a	0855		0927		0954			1054		
Reading	a	0948		1018		1046			1146		
Llundain Paddington / London Paddington	a	1013		1045		1114			1214		

		GW R	TfW R	TfW ◇	TfW ◇	TfW ◇	GW R	TfW R	GW R	TfW R	TfW ◇
Porthladd Rosslare Harbour	d										
Porthladd Abergwaun / Fishguard Harbour	d					0954					
Abergwaun ac Wdig / Fishguard & Goodwick	d					0957					
Aberdaugleddau / Milford Haven	d		09 10							110 1	
Johnston	d		09 18x							1109x	
Hwlfordd / Haverfordwest	d		0925							1116	
Clarbeston 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	
Caerfyrddin / Carmarthen Traws	d	1009				1109				1209	
Aberystwyth	a	1220				1320				1420	
Caerfyrddin / Carmarthen Traws	d										
Caerfyrddin / Carmarthen	a		1004		1025	1046				1155	
Caerfyrddin / Carmarthen	d	0932	1007		1029		1104	1132	1201		
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	103 1		1055		1133	1158	1225	1228	
Llanelli	d	0959	1032		1056		1134	1159	1226	1238	
Tre-gwyr / Gowerton	d				1104		1141		1233	1246	
Abertawe / Swansea	a	10 15	1049		1117		1153	12 15	1245	130 1	
Abertawe / Swansea	d	1023	1053	1108			1122	1159	1223	1253	
Llansamlet	d			1115							
Sgiwen / Skewen	d			1119							
Castell Nedd / Neath	d	1035	1104	1124			1136	12 10	1235	1305	
Llansawel / Briton Ferry	d			1127							
Baglan	d			113 1							
Parcffordd Port Talbot Parkway	d	1042	1112	1136			1144	12 18	1242	13 12	
Y Pîl / Pyle	d		11 19	1143						13 19	
Pen-y-Bont ar Ogwr / Bridgend	a	1054	1127	115 1			1157	123 1	1254	1329	
Pen-y-Bont ar Ogwr / Bridgend	d	1055	1128	1152			1158	123 1	1255	1329	
Pencoed	d										
Llanharan	d										
Pontyclun	d										
Parc Ninian / Ninian Park	d										
Caerdydd Canolog / Cardiff Central	a	11 16	1150	12 15			12 19	1252	13 16	135 1	
Caerdydd Canolog / Cardiff Central	d	11 18	1154				122 1		1320	1355	
Casnewydd / Newport	a	1130	1207				1232		133 1	1408	
Caerloyw / Gloucester	a										
Manceinion Piccadilly / Manchester Piccadilly	a		15 15							17 15	
Filton Abbey Wood	a		13 10					1409		1509	
Bryste Temple Meads / Bristol Temple Meads	a		13 18					14 17		15 17	
Parcffordd 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 ◇	TfW ◇	GW R	TfW ◇	GW R	TfW R	TfW R	TfW ◇ J	TfW ◇	GW 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			
Clarboston 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	
Caerfyrddin / Carmarthen Traws	d	1309					1409		1509	
Aberystwyth	a	1520					1620		1720	
Caerfyrddin / Carmarthen Traws	d									
Caerfyrddin / Carmarthen	a	1228				1332	1358		1430	
Caerfyrddin / Carmarthen	d	1233		1300	1325	1336	140 1		1434	
Glanyfferi / Ferryside	d			13 10		1346				
Cydweli / Kidwelly	d			13 16		1352				
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	1252		1323	1345	1359	14 19		1453	
Llanelli	a	1259		1329	135 1	1406	1425		1500	
Llanelli	d	1300		1330	1355	1406	1426		150 1	
Tre-gwyr / Gowerton	d			1337			1433			
Abertawe / Swansea	a	13 17		1350	14 11		1446		15 18	
Abertawe / Swansea	d	1305	1324	1400	1423		1449	1509		1526
Llansamlet	d	13 12						15 16		
Sgiwen / Skewen	d	13 16						1520		
Castell Nedd / Neath	d	132 1	1336	14 11	1435		1500	1524		1538
Llansawel / Briton Ferry	d	1324						1527		
Baglan	d	1328						153 1		
Parcffordd Port Talbot Parkway	d	1332	1344	14 19	1443	1434	1508	1535		1546
Y Pili / Pyle	d	1340					15 15	1542		
Pen-y-Bont ar Ogwr / Bridgend	a	1348	1355	143 1	1454	1449	1523	155 1		1557
Pen-y-Bont ar Ogwr / Bridgend	d	1349	1356	1433	1455	1449	1523	155 1		1558
Pencoed	d									
Llanharan	d									
Pontyclun	d									
Parc Ninian / Ninian Park	d									
Caerdydd Canolog / Cardiff Central	a	14 12	14 17	1458	15 17	152 1	1544	16 13		16 19
Caerdydd Canolog / Cardiff Central	d	14 14	142 1		15 18		1549	16 15		1623
Casnewydd / Newport	a	1432	1432		1530		1602	1630		1634
Caerloyw / Gloucester	a									
Manceinion Piccadilly / Manchester Piccadilly	a						19 15			
Filton Abbey Wood	a			1609		1709				
Bryste Temple Meads / Bristol Temple Meads	a			16 17		17 17				
Parcffordd Bryste / Bristol Parkway	a		1454		1553					1655
Reading	a		1548		1646					1748
Llundain Paddington / London Paddington	a		16 14		17 14					18 13

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	TfW	TfW	GW	TfW	TfW	TfW	GW	TfW	GW	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
Clarbeston Road	d			1532x						1729x
Clunderwen	d			1540x						1737x
Doc Penfro / Pembroke Dock	d					1509				
Penfro / Pembroke	d					15 17				
Llandyfail / Lamphey	d					1520x				
Maenorbyr / Manorbier	d					1529				
Penalun / Penally	d					1534x				
Dinbych-y-Pysgod / Tenby	d					1544				
Saundersfoot	d					1552x				
Cilgeti / Kilgetty	d					1554x				
Arberth / Narberth	d					1604x				
Hendy-gwyn / Whitland	a			1546		16 12				1744
Hendy-gwyn / Whitland	d			1546		16 12				1744
Carmarthen Traws	d		1609			1709				1809
Caerfyrddin / Aberystwyth	a		1820			1920				2020
Caerfyrddin / Carmarthen Traws	d									
Caerfyrddin / Carmarthen	a			1602		163 1				1800
Caerfyrddin / Carmarthen	d	150 1	1528	1606		1634		170 1	1720	1807
Glanyfferi / Ferryside	d	15 11						17 11		18 17
Cydweli / Kidwelly	d	15 17						17 17		1823
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	1524	1548	1624		1653		1724	1740	1829
Llanelli	a	1508	1530	1554	1630	1700		1730	1746	1836
Llanelli	d	15 12	153 1	1556	163 1	1700		173 1	1754	1836
Tre-gwyr / Gowerton	d	1520	1538		1638	1708		1738		1843
Abertawe / Swansea	a	1537	1550	16 12	165 1	172 1		1750	18 10	1855
Abertawe / Swansea	d		1555	1622	1655	17 12	1728	1754	1822	1900
Llansamlet	d					17 19				
Sgiwen / Skewen	d					1723				
Castell Nedd / Neath	d		1606	1634	1706	1727	1740	1805	1834	19 11
Llansawel / Briton Ferry	d					173 1				
Baglan	d					1734				
Parcffordd Port Talbot Parkway	d		16 14	1642	17 14	1739	1747	18 12	1842	19 19
Y Pyl / Pyle	d		162 1		172 1	1746		18 19		
Pen-y-Bont ar Ogwr / Bridgend	a		1629	1653	1729	1755	1759	1827	1853	1932
Pen-y-Bont ar Ogwr / Bridgend	d		1629	1655	1729	1755	1800	1827	1855	1933
Pencoed	d									
Llanharan	d									
Pontyclun	d									
Parc Ninian / Ninian Park	d									
Caerdydd Canolog / Cardiff Central	a		1650	17 16	1750	18 16	182 1	1848	19 17	1956
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				2 115					
Filton Abbey Wood	a		1809		1909			2006		2 106
Bryste Temple Meads / Bristol Temple Meads	a		18 17		19 17			20 16		2 116
Parcffordd Bryste / Bristol Parkway	a			1753			1854		1952	
Reading	a			1846			1948		2046	
Llundain Paddington / London Paddington	a			19 12			20 13		2 112	

	TfW ◇	TfW ◇	GW 1R2	TfW ◇	TfW ◇	GW 1	TfW R	GW 1R2	TfW ◇ K	TfW ◇
Porthladd Rosslare Harbour	d									
Porthladd Abergwaun / Fishguard Harbour	d						1900			
Abergwaun ac Wdig / Fishguard & Goodwick	d						1903			
Aberdaugleddau / Milford Haven	d								19 12	
Johnston	d								1920x	
Hwlfordd / Haverfordwest	d								1927	
Clarbeston Road	d						1922x		1935x	
Clunderwen	d								1943x	
Doc Penfro / Pembroke Dock	d	17 12								19 13
Penfro / Pembroke	d	1720								192 1
Llandyfail / Lamphey	d	1723x								1924x
Maenorbyr / Manorbier	d	1732								1932
Penalun / Penally	d	1737x								1938x
Dinbych-y-Pysgod / Tenby	d	1746								1956
Saundersfoot	d	1754x								2003x
Cilgeti / Kilgetty	d	1756x								2005x
Arberth / Narberth	d	1806x								20 15x
Hendy-gwyn / Whitland	a	18 14					1935		1949	2023
Hendy-gwyn / Whitland	d	18 14					1935		1949	2023
Caerfyrddin / Carmarthen Traws	d	1909				1934				
Aberystwyth	a	2 120				2 120				
Caerfyrddin / Carmarthen Traws	d									
Caerfyrddin / Carmarthen	a	1832					1952		2005	2040
Caerfyrddin / Carmarthen	d	1836			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	1855			19 18	1939			2027	2 123
Llanelli	a	1902		190 1	1925	1945			2033	2 129
Llanelli	d	1902		1909	1925	1947			2034	2 130
Tre-gwyr / Gowerton	d	19 10		19 17	1933				2041	2 137
Abertawe / Swansea	a	1923		1932	1947	2002			2053	2 150
Abertawe / Swansea	d	19 10	1926		1952			2022	2057	2 153
Llansamlet	d	19 17								2 159
Sgiwen / Skewen	d	192 1								2203
Castell Nedd / Neath	d	1925	1938		2003			2034	2 108	2208
Llansawel / Briton Ferry	d	1929								22 11
Baglan	d	1932								22 15
Parcfordd Port Talbot Parkway	d	1937	1946		20 11			2042	2 115	2220
Y Pyl / Pyle	d	1944								2227
Pen-y-Bont ar Ogwr / Bridgend	a	1953	1957		2025			2053	2 127	2235
Pen-y-Bont ar Ogwr / Bridgend	d	1953	1959		2025			2055	2 127	2235
Pencoed	d									
Llanharan	d									
Pontyclun	d									
Parc Ninian / Ninian Park	d									
Caerdydd Canolog / Cardiff Central	a	20 17	2020		2048			2 116	2 149	2257
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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	TfW	TfW	TfW	TfW	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	2 116						2308		
Johnston	d	2 124x						23 16x		
Hwlfordd / Haverfordwest	d	2 13 1						2323		
Clarbeston Road	d	2 139x				2237x		233 1x		
Clunderwen	d	2 147x				2244x		2339x		
Doc Penfro / Pembroke Dock	d			2 109			22 18			
Penfro / Pembroke	d			2 117			2226			
Llandyfail / Lamphey	d			2 120x			2229x			
Maenorbyr / Manorbier	d			2 129			2237			
Penalun / Penally	d			2 134x			2243x			
Dinbych-y-Pysgod / Tenby	d			2 144			2247			
Saundersfoot	d			2 152x			2255x			
Cilgeti / Kilgetty	d			2 154x			2257x			
Arberth / Narberth	d			2204x			2306x			
Hendy-gwyn / Whitland	a	2 154		22 13		225 1	23 15	2345		
Hendy-gwyn / Whitland	d	2 154		22 13		225 1	23 15	2346		
Caerfyrddin / Carmarthen Traws	d									
Aberystwyth	a									
Caerfyrddin / Carmarthen Traws	d									
Caerfyrddin / Carmarthen	a	22 11		2232		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		2 141			2346				
Llanelli	d		2 149			2346				
Tre-gwyr / Gowerton	d		2 157			2354				
Abertawe / Swansea	a		22 12			0008				
Abertawe / Swansea	d				2237					
Llansamlet	d				2244					
Sgiwen / Skewen	d				2248					
Castell Nedd / Neath	d				2252					
Llansawel / Briton Ferry	d				2256					
Baglan	d				2259					
Parcfordd Port Talbot Parkway	d				2304					
Y Pili / Pyle	d				2311					
Pen-y-Bont ar Ogwr / Bridgend	a				2319					
Pen-y-Bont ar Ogwr / Bridgend	d				2320					
Pencoed	d									
Llanharan	d									
Pontyclun	d									
Parc Ninian / Ninian Park	d									
Caerdydd Canolog / Cardiff Central	a				2342					
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	GW	TfW	TfW	GW
	1R1	1R1	R	1R1	1R1	1R1	1R1	1R1	1R1	1R1
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									
Caerfyrddin / Carmarthen Traws	d					0909				
Aberystwyth	a					1120				
Caerfyrddin / Carmarthen Traws	d									
Caerfyrddin / Carmarthen	a									
Caerfyrddin / Carmarthen	d					0934		0944		
Glanfferi / 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	0933	1022	1032		1123
Llansamlet	d									
Sgiwen / Skewen	d									
Castell Nedd / Neath	d	0807	0844	0849	0935	0944	1035	1044		1135
Llansawel / Briton Ferry	d									
Baglan	d									
Parcffordd Port Talbot Parkway	d	0814	0851	0858	0942	0953	1042	1051		1142
Y Pyl / Pyle	d			0905		1000		1100		
Pen-y-Bont ar Ogwr / Bridgend	a	0826	0903	0914	0954	1009	1054	1108		1154
Pen-y-Bont ar Ogwr / Bridgend	d	0827	0904	0914	0955	1009	1055	1108		1155
Pencoed	d									
Llanharan	d									
Pontyclun	d									
Parc Ninian / Ninian Park	d									
Caerdydd Canolog / Cardiff Central	a	0848	0927	0936	1016	1031	1117	1130		1216
Caerdydd Canolog / Cardiff Central	d	0850	0935	0940	1020	1033	1120	1140		1220
Casnewydd / Newport	a	0906	0951	0957	1031	1048	1130	1153		1231
Caerloyw / Gloucester	a									
Manceinion Piccadilly / Manchester Piccadilly	a			1312		1415		1515		
Filton Abbey Wood	a	1005	1037	1102	1134	1201	1241	1301		
Bryste Temple Meads / Bristol Temple Meads	a	1016	1052	1112	1143	1210	1252	1310		
Parcffordd Bryste / Bristol Parkway	a	0934	1019		1053		1152			1253
Reading	a	1025	1116		1144		1244			1344
Llundain Paddington / London Paddington	a	1050	1142		1210		1309			1409

	TfW	TfW	GW	TfW	GW	TfW	TfW	TfW	GW	TfW
	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊
Porthladd Rosslare Harbour	d									
Porthladd Abergwaun / Fishguard Harbour	d							1240		
Abergwaun ac Wdig / Fishguard & Goodwick	d							1243		
Aberdaugleddau / Milford Haven	d					1124				
Johnston	d					1132x				
Hwlfordd / Haverfordwest	d					1139				
Clarbeston Road	d					1147x		1302x		
Clunderwen	d					1154x				
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		
Hendy-gwyn / Whitland	d					1202	1258	1315		
Caerfyrddin / Carmarthen Traws	d	1109				1309				
Aberystwyth	a	1320				1520				
Caerfyrddin / Carmarthen Traws	d									
Caerfyrddin / Carmarthen	a					1217	1315	1332		
Caerfyrddin / Carmarthen	d	1030	1053	1127		1232	1320	1338		
Glanfferi / Ferryside	d		1104				1331			
Cydweli / Kidwelly	d		1110				1337			
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	1048	1118	1147		1250	1345	1356		
Llanelli	a	1054	1125	1153		1256	1352	1402		
Llanelli	d	1055	1125	1154		1257	1352	1403		
Tre-gwyr / Gowerton	d	1102	1133			1304	1400	1410		
Abertawe / Swansea	a	1117	1148	1210		1318	1416			
Abertawe / Swansea	d	1130	1223	1251	1323	1343			1422	1455
Llansamlet	d									
Sgiwen / Skewen	d									
Castell Nedd / Neath	d	1141		1235	1303	1335	1354		1427	1434
Llansawel / Briton Ferry	d									
Baglan	d									
Parcfordd Port Talbot Parkway	d	1149		1242	1310	1342	1402		1435	1441
Y Pyl / Pyle	d	1156			1317		1409			1523
Pen-y-Bont ar Ogwr / Bridgend	a	1204		1254	1326	1354	1417		1448	1453
Pen-y-Bont ar Ogwr / Bridgend	d	1204		1255	1326	1357	1417		1448	1454
Pencoed	d									
Llanharan	d									
Pontyclun	d									
Parc Ninian / Ninian Park	d									
Caerdydd Canolog / Cardiff Central	a	1227		1316	1347	1418	1440		1509	1515
Caerdydd Canolog / Cardiff Central	d	1236		1320	1350	1420	1454		1515	1555
Casnewydd / Newport	a	1249		1331	1404	1431	1507		1529	1608
Caerloyw / Gloucester	a									
Manceinion Piccadilly / Manchester Piccadilly	a	1615			1715		1814			1914
Filton Abbey Wood	a	1401			1501		1602		1637	1702
Bryste Temple Meads / Bristol Temple Meads	a	1410			1510		1611		1646	1710
Parcfordd Bryste / Bristol Parkway	a			1353		1453			1552	1725
Reading	a			1444		1544			1644	1822
Llundain Paddington / London Paddington	a			1509		1609			1709	1850

	GW	TfW	TfW	TfW	GW	TfW	GW	TfW	GW	TfW
			◇	◇						
										◇
										D
Porthladd Rosslare Harbour	d									
Porthladd Abergwaun / Fishguard Harbour	d		14 15							
Abergwaun ac Wdig / Fishguard & Goodwick	d		14 18							
Aberdaugleddau / Milford Haven	d	1330						1531		
Johnston	d	1338x						1539x		
Hwlfordd / Haverfordwest	d	1345						1546		
Clarbeston Road	d	1353x	1437x					1554x		
Clunderwen	d	1401x						1602x		
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	1408	1450					1609		
Hendy-gwyn / Whitland	d	1409	1450					1610		
Caerfyrddin / Carmarthen Traws	d	1509						1709		
Aberystwyth	a	1720						1920		
Caerfyrddin / Carmarthen Traws	d									
Caerfyrddin / Carmarthen	a	1426	1506					1627		
Caerfyrddin / Carmarthen	d	1420	1430	1510			1630	1641		
Glanyferri / Ferryside	d		1520					1651		
Cydweli / Kidwelly	d		1526					1657		
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	1440	1448	1533			1650	1704		
Llanelli	a	1446	1455	1540	1549		1656	1710		
Llanelli	d	1450	1455	1540	1551		1657	1711		
Tre-gwyr / Gowerton	d		1502	1548	1601			1718		
Abertawe / Swansea	a	1505	1514	1602	1614		1713	1733		
Abertawe / Swansea	d	1523	1532			1624	1652	1724	1737	1824
Llansamlet	d									
Sgiwen / Skewen	d									
Castell Nedd / Neath	d	1535	1544			1636	1703	1736	1748	1836
Llansawel / Briton Ferry	d									
Baglan	d									
Parcfordd Port Talbot Parkway	d	1542	1551			1643	1711	1743	1755	1842
Y Pyl / Pyle	d		1558				1718		1802	1902
Pen-y-Bont ar Ogwr / Bridgend	a	1554	1606			1655	1726	1755	1810	1855
Pen-y-Bont ar Ogwr / Bridgend	d	1556	1606			1656	1726	1756	1810	1856
Pencoed	d		1613							
Llanharan	d		1617							
Pontyclun	d		1622							
Parc Ninian / Ninian Park	d									
Caerdydd Canolog / Cardiff Central	a	1617	1636			1717	1749	1817	1833	1917
Caerdydd Canolog / Cardiff Central	d	1620	1640			1720	1755	1820	1840	1920
Casnewydd / Newport	a	1631	1654			1731	1809	1831	1853	1930
Caerloyw / Gloucester	a									
Manceinion Piccadilly / Manchester Piccadilly	a		20 15				2 115		22 14	
Filton Abbey Wood	a		1801			1819	1840	1941	2002	2037
Bryste Temple Meads / Bristol Temple Meads	a		1810			1832	1849	1950	2011	2050
Parcfordd Bryste / Bristol Parkway	a	1653				1753		1854		1953
Reading	a	1744				1844		1944		2048
Llundain Paddington / London Paddington	a	1810				1909		2009		2114

Nodiadau

D I Amwythig

Notes

D To Shrewsbury

	TfW ◇	TfW ◇	GW 11R11	GW 11R11	TfW ◇	TfW ◇	TfW ◇	TfW ◇ K	TfW ◇	TfW ◇
Porthladd Rosslare Harbour	d									
Porthladd Abergwaun / Fishguard Harbour	d									
Abergwaun ac Wdig / Fishguard & Goodwick	d									
Aberdaugleddau / Milford Haven	d	1730					1940		2 135	
Johnston	d	1738x					1948x		2 143x	
Hwlfordd / Haverfordwest	d	1745					1955		2 151	
Clarbeston Road	d	1753x					2003x		2 159x	
Clunderwen	d	180 1x					20 11x		2207x	
Doc Penfro / Pembroke Dock	d	1624				1904				220 1
Penfro / Pembroke	d	1632				19 12				2209
Llandyfail / Lamphey	d	1635x				19 15x				22 12x
Maenorbyr / Manorbier	d	1644				1924				222 1
Penalun / Penally	d	1649x				1929x				2226x
Dinbych-y-Pysgod / Tenby	d	1654				1934				223 1
Saundersfoot	d	1702x				1942x				2239x
Cilgeti / Kilgetty	d	1704x				1944x				224 1x
Arberth / Narberth	d	17 15x				1954x				225 1x
Hendy-gwyn / Whitland	a	1724	1808			2003	20 18		22 13	2300
Hendy-gwyn / Whitland	d	1724	1808			2003	20 19		22 13	2300
Caerfyrddin / Carmarthen Traws	d		1934							
Aberystwyth	a		2 120							
Caerfyrddin / Carmarthen Traws	d									
Caerfyrddin / Carmarthen	a	1742	1825			2020	2035		2230	2320
Caerfyrddin / Carmarthen	d	1752			1920	2032		2 116	2234	
Glanyfferi / Ferryside	d	1803			1932	2043			2244	
Cydwelli / Kidwelly	d	1809			1939	2049			2250	
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	18 17			1947		2057		2 135	2257
Llanelli	a	1824			1953	2002	2 104		2 142	2304
Llanelli	d	1824			1954	2005	2 104		2 143	2304
Tre-gwyr / Gowerton	d	1832				20 13	2 112		2 151	23 12
Abertawe / Swansea	a	1849			20 13	2026	2 13 1		2206	2325
Abertawe / Swansea	d		1924		20 19	2040			22 10	2329
Llansamlet	d									
Sgiwen / Skewen	d									
Castell Nedd / Neath	d		1936	2031	205 1				222 1	2340
Llansawel / Briton Ferry	d									
Baglan	d									
Parcfordd Port Talbot Parkway	d		1942	2037	2059				2229	2348
Y Pili / Pyle	d								2237	2355
Pen-y-Bont ar Ogwr / Bridgend	a		1955	2050	2 114				2245	0003
Pen-y-Bont ar Ogwr / Bridgend	d		1956	205 1	2 114				2245	0004
Pencoed	d									
Llanharan	d									
Pontyclun	d									
Parc Ninian / Ninian Park	d									
Caerdydd Canolog / Cardiff Central	a		20 17	2 112	2 137				2307	003 1
Caerdydd Canolog / Cardiff Central	d		2020	2 120					23 19	
Casnewydd / Newport	a		2030	2 130					2333	
Caerloyw / Gloucester	a									
Manceinion Piccadilly / Manchester Piccadilly	a									
Filton Abbey Wood	a				22 12					
Bryste Temple Meads / Bristol Temple Meads	a				2220					
Parcfordd Bryste / Bristol Parkway	a		2053	2 152						
Reading	a		2 148	2248						
Llundain Paddington / London Paddington	a		22 14	2327						












Nodiadau

K | Henffordd

Notes

K To Hereford

	TfW ◇	TfW ◇								
Porthladd Rosslare Harbour	d									
Porthladd Abergwaun / Fishguard Harbour	d	2303								
Abergwaun ac Wdig / Fishguard & Goodwick	d	2306								
Aberdaugleddau / Milford Haven	d		23 11							
Johnston	d		23 19x							
Hwlfordd / Haverfordwest	d		2327							
Clarbeston Road	d	2325x	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	2338	235 1							
Hendy-gwyn / Whitland	d	2338	235 1							
Caerfyrddin / Carmarthen Traws	d									
Aberystwyth	a									
Caerfyrddin / Carmarthen Traws	d									
Caerfyrddin / Carmarthen	a	2355	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									
Parcffordd Port Talbot Parkway	d									
Y Pili / 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									
Parcffordd Bryste / Bristol Parkway	a									
Reading	a									
Llundain Paddington / London Paddington	a									

	TfW ◇ MX	TfW	TfW ◇	TfW	TfW	TfW ◇	TfW ◇ G	TfW ◇	TfW ◇	TfW
Llundain Paddington / London Paddington  d										
Reading  d										
Parcfordd Bryste / Bristol Parkway  d										
Manceinion Piccadilly / Manchester Piccadilly  d										
Caerloyw / Gloucester  d										
Casnewydd / Newport d										
Caerdydd Canolog / Cardiff Central  a										
Caerdydd Canolog / Cardiff Central  d								0535	0624	
Parc Ninian / Ninian Park d								0540	0628	
Pontyclun d								0552		
Llanharan d								0557		
Pencoed d								0601		
Pen-y-Bont ar Ogwr / Bridgend a								0606	0650	
Pen-y-Bont ar Ogwr / Bridgend d								0606	0650	
Y Pyl / Pyle d								0614	0658	
Parcfordd Port Talbot Parkway d								0621	0706	
Baglan d								0625	0710	
Llansawel / Briton Ferry d								0629	0714	
Castell Nedd / Neath d								0633	0718	
Sgiwen / Skewen d								0637	0722	
Llansamlet d								0642	0726	
Abertawe / Swansea a								0651	0735	
Abertawe / Swansea d	0008					0541	0547	0654	0745	
Tre-gwyr / Gowerton d	0021					0553	0558	0705	0757	
Llanelli a	0028					0600	0605	0713	0804	
Llanelli d	0029					0600	0608	0713	0805	
Pen-bre a Phorth Tywyn / Pembrey & Burry Port d	0035					0607		0719	0811	
Cydweli / Kidwelly d	0042					0614		0725	0818	
Glanyfferi / Ferryside d	0048					0621		0731	0824	
Caerfyrddin / Carmarthen a	0102					0636		0744	0837	
Caerfyrddin / Carmarthen d		0450	0530	0550	0600	0641		0747	0841	
Caerfyrddin / Carmarthen Traws  d			0534	0609		0709		0809	0909	
Aberystwyth Traws  a			0720	0820		0920		1020	1120	
Hendy-gwyn / Whitland a		0506	0547	0606	0615	0659		0802	0857	
Hendy-gwyn / Whitland d		0506	0547	0606	0615	0659		0803	0901	
Arberth / Narberth d			0556x			0708x			0909x	
Cilgeti / Kilgetty d			0605x			0717x			0918x	
Saundersfoot d			0607x			0719x			0920x	
Dinbych-y-Pysgod / Tenby d			0624			0732			0943	
Penalun / Penally d			0627x			0735x			0946x	
Maenorbyr / Manorbier d			0633			0742			0952	
Llandyfail / Lamphey d			0641x			0749x			1000x	
Penfro / Pembroke d			0644			0752			1003	
Doc Penfro / Pembroke Dock a			0656			0807			1013	
Clunderwen d		0513x		0613x	0622x			0810x		
Clarbeston Road d		0520x		0620x	0630x			0818x		0720
Hwlfordd / Haverfordwest d		0532		0638				0826		
Johnston d		0540x		0646x				0834x		
Aberdaugleddau / Milford Haven a		0552		0658				0843		
Abergwaun ac Wdig / Fishguard & Goodwick a				0639						0738
Porthladd Abergwaun / Fishguard Harbour  a				0645						0743
Porthladd Rosslare Harbour  a										

Nodiadau

MX Dydd Mawrth - ddydd Gwener yn unig

G I Amwythig

Notes

MX Tuesdays - Fridays only

G To Shrewsbury

		GW 1R	TfW ◇	TfW ◇	TfW ◇	TfW ◇	GW 1R	TfW ◇ G	GW 1R	TfW ◇	TfW ◇
Llundain Paddington / London Paddington	19 d						0523		0648		
Reading	7 d						0549		0713		
Parcffordd Bryste / Bristol Parkway	7 d	0602	0538		0538		0728		0804		
Manceinion Piccadilly / Manchester Piccadilly	10 d										
Caerloyw / Gloucester	7 d		0548								
Casnewydd / Newport	d	0628	0641				0752		0827	0841	
Caerdydd Canolog / Cardiff Central	7 a	0641	0654				0804		0839	0854	
Caerdydd Canolog / Cardiff Central	7 d	0644	0703		0716	0745	0808		0842	0900	
Parc Ninian / Ninian Park	d										
Pontyclun	d		0715								
Llanharan	d		0720								
Pencoed	d		0724								
Pen-y-Bont ar Ogwr / Bridgend	a	0703	0729		0736	0805	0827		0901	0920	
Pen-y-Bont ar Ogwr / Bridgend	d	0705	0731		0736	0805	0828		0902	0920	
Y Pyl / Pyle	d				0745	0812				0927	
Parcffordd Port Talbot Parkway	d	0718			0753	0820	0840		0914	0935	
Baglan	d				0756	0824					
Llansawel / Briton Ferry	d				0800	0828					
Castell Nedd / Neath	d	0726			0804	0832	0847		0921	0942	
Sgiwen / Skewen	d				0808	0836					
Llansamlet	d				0812	0841					
Abertawe / Swansea	a	0740			0822	0850	0859		0933	0956	
Abertawe / Swansea	d	0759		0814		0903		0909	0948	1000	
Tre-gwyr / Gowerton	d					0914		0920		1012	
Llanelli	a	0813		0830		0922		0927	1002	1019	
Llanelli	d	0817		0831		0923		0931	1003	1020	
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	0823				0929			1009	1026	
Cydweli / Kidwelly	d					0935				1032	
Glanyfferi / Ferryside	d					0941				1038	
Caerfyrddin / Carmarthen	a	0849				0953			1038	1050	
Caerfyrddin / Carmarthen	d					0956					1055
Caerfyrddin / Carmarthen Traws	d					1009					1109
Aberystwyth Traws	a					1220					1320
Hendy-gwyn / Whitland	a			0912		1014					1112
Hendy-gwyn / Whitland	d			0912		1014					1112
Arberth / Narberth	d										1121x
Cilgeti / Kilgetty	d										1131x
Saundersfoot	d										1133x
Dinbych-y-Pysgod / Tenby	d										1143
Penalun / Penally	d										1146x
Maenorbys / Manorbier	d										1152
Llandyfai / Lamphey	d										1200x
Penfro / Pembroke	d										1203
Doc Penfro / Pembroke Dock	a										1216
Clunderwen	d			0919x		1021x					
Clarbeston Road	d			0927x		1029x					
Hwlfordd / Haverfordwest	d					1037					
Johnston	d					1045x					
Aberdaugleddau / Milford Haven	a					1059					
Abergwaun ac Wdig / Fishguard & Goodwick	a			0946							
Porthladd Abergwaun / Fishguard Harbour	30 a			0951							
Porthladd Rosslare Harbour	a										












Nodiadau

G I Amwythig

Notes

G To Shrewsbury

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	TfW	TfW	GW	TfW	TfW	TfW	TfW	GW
	◇	1R1	◇	◇	1R1	◇	◇	◇	◇	1R1
Llundain Paddington / London Paddington  d		0748			0848			08 18		0948
Reading  d		08 13			09 13			0843		10 13
Parcffordd Bryste / Bristol Parkway  d		0905			1005			0934		1105
Manceinion Piccadilly / Manchester Piccadilly  d								0730		
Caerloyw / Gloucester  d										
Casnewydd / Newport d		0924			1024			1034		1124
Caerdydd Canolog / Cardiff Central  a		0936			1036			1048		1136
Caerdydd Canolog / Cardiff Central  d	09 11	0940		1006	1039			1049	1111	1139
Parc Ninian / Ninian Park d										
Pontyclun d										
Llanharan d										
Pencoed d										
Pen-y-Bont ar Ogwr / Bridgend a	0931	0959		1026	1058			1108	1132	1158
Pen-y-Bont ar Ogwr / Bridgend d	0931	1000		1026	1059			1109	1132	1159
Y Pyl / Pyle d	0939							1116	1141	
Parcffordd Port Talbot Parkway d	0947	10 13		1038	1111			1124	1149	12 11
Baglan d	0951								1153	
Llansawel / Briton Ferry d	0955								1157	
Castell Nedd / Neath d	0959	1020		1045	1118			113 1	120 1	12 19
Sgiwen / Skewen d	1003								1206	
Llansamlet d	1007								12 11	
Abertawe / Swansea a	10 15	1034		1059	1130			1145	12 19	1230
Abertawe / Swansea d			1058	1104		1138	1149		120 1	124 1
Tre-gwyr / Gowerton d				1115		1150	120 1		12 13	
Llanelli a			1115	1123		1157	1208		1220	1255
Llanelli d			1115	1123		1203	1209		122 1	1256
Pen-bre a Phorth Tywyn / Pembrey & Burry Port d				1129			12 15		1228	1303
Cydweli / Kidwelly d							122 1			
Glanyfferi / Ferryside d							1227			
Caerfyrddin / Carmarthen a				1149			1239		1250	1325
Caerfyrddin / Carmarthen d				115 1					1254	
Caerfyrddin / Carmarthen Traws  d				1209					1309	
Aberystwyth Traws  a				1420					1520	
Hendy-gwyn / Whitland a			1150	1206					13 11	
Hendy-gwyn / Whitland d			1150	1206					13 11	
Arberth / Narberth d									1320x	
Cilgeti / Kilgetty d									1330x	
Saundersfoot d									1332x	
Dinbych-y-Pysgod / Tenby d									1345	
Penalun / Penally d									1348x	
Maenorbyr / Manorbier d									1354	
Llandyfai / Lamphey d									1402x	
Penfro / Pembroke d									1405	
Doc Penfro / Pembroke Dock a									14 17	
Clunderwen d				12 12x						
Clarbeston Road d			1203x	1220x						
Hwlfordd / Haverfordwest d							1230			
Johnston d							1237x			
Aberdaugleddau / Milford Haven a				125 1						
Abergwaun ac Wdig / Fishguard & Goodwick a			1222							
Porthladd Abergwaun / Fishguard Harbour  a			1226							
Porthladd Rosslare Harbour  a										

Nodiadau

G I Amwythig

Notes

G To Shrewsbury

		TfW ◇ TfW	GW ■ GW	TfW ◇ TfW	TfW ◇ TfW	TfW ◇ TfW	TfW ◇ TfW	GW ■ GW	TfW ◇ TfW	GW ■ GW	TfW ◇ TfW
Llundain Paddington / London Paddington	 d	09 18	1048					1148	11 16	1248	
Reading	 d	0943	1113					12 13	1141	13 13	
Parcffordd Bryste / Bristol Parkway	 d	1035	1204					1304	1240	1405	
Manceinion Piccadilly / Manchester Piccadilly	 d				0930						1130
Caerloyw / Gloucester	 d										
Casnewydd / Newport	d		1226		1237			1324		1425	1430
Caerdydd Canolog / Cardiff Central	 a		1238		1252			1335		1437	1445
Caerdydd Canolog / Cardiff Central	 d	1204	1241		1256	13 12		1338	1349	1440	1446
Parc Ninian / Ninian Park	d										
Pontyclun	d										
Llanharan	d										
Pencoed	d										
Pen-y-Bont ar Ogwr / Bridgend	a	1226	1300		13 15	1332		1357	1408	1459	1506
Pen-y-Bont ar Ogwr / Bridgend	d	1226	1301		13 16	1332		1358	1409	1500	1506
Y Pyl / Pyle	d				1323	1340					
Parcffordd Port Talbot Parkway	d	1238	13 13		133 1	1348		14 10	142 1	15 12	15 18
Baglan	d					1352					
Llansawel / Briton Ferry	d					1356					
Castell Nedd / Neath	d	1245	1320		1338	140 1		14 17	1428	1520	1526
Sgiwen / Skewen	d					1405					
Llansamlet	d					1409					
Abertawe / Swansea	a	1259	1332		1352	14 19		1429	1442	153 1	1539
Abertawe / Swansea	d	1309		1346	1356		14 18	1444	1456		1543
Tre-gwyr / Gowerton	d	1321			1408		1430		1508		1554
Llanelli	a	1328		1402	14 14		1437	1458	15 17		1602
Llanelli	d	1329		1403	14 16		1443	1459	15 18		1602
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	1335		14 10	1422			1506	1524		1608
Cydweli / Kidwelly	d				1428						
Glanyfferi / Ferryside	d				1434						
Caerfyrddin / Carmarthen	a	1355		1432	1445			1527	1543		1629
Caerfyrddin / Carmarthen	d	1358		1452					1547		
Caerfyrddin / Carmarthen Traws	 d	1409		1509					1609		
Aberystwyth Traws	 a	1620		1720					1820		
Hendy-gwyn / Whitland	a	14 13		1509					1602		
Hendy-gwyn / Whitland	d	14 13		1509					1602		
Arberth / Narberth	d			15 18x							
Cilgeti / Kilgetty	d			1528x							
Saundersfoot	d			1530x							
Dinbych-y-Pysgod / Tenby	d			1545							
Penalun / Penally	d			1548x							
Maenorbyr / Manorbier	d			1554							
Llandyfai / Lamphey	d			1602x							
Penfro / Pembroke	d			1605							
Doc Penfro / Pembroke Dock	a			16 18							
Clunderwen	d	1420x							1609x		
Clarbeston Road	d	1428x							16 17x		
Hwlfordd / Haverfordwest	d	1436							1625		
Johnston	d	1445x							1634x		
Aberdaugleddau / Milford Haven	a	1457							1644		
Abergwaun ac Wdig / Fishguard & Goodwick	a										
Porthladd Abergwaun / Fishguard Harbour	 a										
Porthladd Rosslare Harbour	a										












Nodiadau

G I Amwythig

Notes

G To Shrewsbury

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	TfW	TfW	GW	TfW	TfW	TfW	GW	TfW
	◇	1111	1111	◇	1111		1111	◇	1111	◇
Llundain Paddington / London Paddington 	d	1348	13 15		1448				1548	
Reading 	d	14 13	1340		15 13				16 13	
Parcffordd Bryste / Bristol Parkway 	d	1504	1435		1604				1704	
Manceinion Piccadilly / Manchester Piccadilly 	d						1330			
Caerloyw / Gloucester 	d									
Casnewydd / Newport	d	1523			1624		1641		1724	
Caerdydd Canolog / Cardiff Central 	a	1535			1636		1656		1737	
Caerdydd Canolog / Cardiff Central 	d	1539	1549	160 1	1639		1703		174 1	1747
Parc Ninian / Ninian Park	d									
Pontyclun	d									
Llanharan	d						17 19			
Pen-coed	d									
Pen-y-Bont ar Ogwr / Bridgend	a	1558	16 12	1620	1658		1728		180 1	1807
Pen-y-Bont ar Ogwr / Bridgend	d	1559	16 13	1622	1659		1728		1802	1807
Y Pyl / Pyle	d			1630			1736			18 15
Parcffordd Port Talbot Parkway	d	16 11	1628	1638	17 11		1743		18 14	1822
Baglan	d			1642			1746			
Llansawel / Briton Ferry	d			1646			1750			
Castell Nedd / Neath	d	16 18	1636	165 1	17 19		1754		1822	1830
Sgiwen / Skewen	d			1655			1758			
Llansamlet	d			1659			1802			
Abertawe / Swansea	a	1630	1649	1708	1730		18 11		1833	1843
Abertawe / Swansea	d	1557	1639	1656	17 11		1752	18 14	18 19	1905
Tre-gwyr / Gowerton	d	1609		1708	1723		1804	1825	1832	1905
Llanelli	a	16 16	1653	17 19	1730		18 12	1832	1839	1920
Llanelli	d	16 17	1654	1720	173 1		18 12	1832	1843	192 1
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	1624	170 1	1726	1737		18 19	1838		1927
Cydweli / Kidwelly	d	163 1		1732	1744		1826	1845		
Glan-yfferi / Ferryside	d	1638		1739	1750		1833	185 1		
Caerfyrddin / Carmarthen	a	1650	1722	175 1	1806		1847	1903	1949	1938
Caerfyrddin / Carmarthen	d	1654		1758	1808			1909		194 1
Caerfyrddin / Carmarthen Traws 	d	1709		1809			1909	1934		
Aberystwyth Traws 	a	1920		2020			2 120	2 120		
Hendy-gwyn / Whitland	a	17 11		18 14	1824		1924			1955
Hendy-gwyn / Whitland	d	17 11		18 14	1824		1924			1956
Arberth / Narberth	d	1720x					1933x			
Cilgeti / Kilgetty	d	1730x					1942x			
Saundersfoot	d	1732x					1944x			
Dinbych-y-Pysgod / Tenby	d	1746					1953a			
Penalun / Penally	d	1749x								
Maenorbwr / Manorbier	d	1755								
Llandyfai / Lamphey	d	1803x								
Penfro / Pembroke	d	1806								
Doc Penfro / Pembroke Dock	a	18 19								
Clunderwen	d			182 1x	183 1x					2003x
Clarbeston Road	d			1829x	1839x					20 11x
Hwlfordd / Haverfordwest	d			1837						20 19
Johnston	d			1845x						2027x
Aberdaugleddau / Milford Haven	a			1859						204 1
Abergwaun ac Wdig / Fishguard & Goodwick	a				1857					
Porthladd Abergwaun / Fishguard Harbour 	a				1903					
Porthladd Rosslare Harbour 	a									

Nodiadau

G I Amwythig

Notes












G To Shrewsbury

	TfW ◇	GW ⚡	GW ⚡	TfW	TfW ⚡	GW ⚡	TfW	GW ⚡	TfW ◇	TfW ⚡
Llundain Paddington / London Paddington	d	16 18	16 48			17 18		17 48		
Reading	d	16 43	17 13			17 43		18 13		
Parcffordd Bryste / Bristol Parkway	d	17 39	18 05			18 37		19 04		
Manceinion Piccadilly / Manchester Piccadilly	d				15 30					16 30
Caerloyw / Gloucester	d									
Casnewydd / Newport	d	18 01	18 25		18 41	19 00		19 26		19 31
Caerdydd Canolog / Cardiff Central	a	18 13	18 37		18 56	19 11		19 38		19 45
Caerdydd Canolog / Cardiff Central	d	18 06	18 24	18 40	18 58	19 17		19 41		19 47
Parc Ninian / Ninian Park	d									
Pontyclun	d	18 18								
Llanharan	d									
Pencoed	d	18 25								
Pen-y-Bont ar Ogwr / Bridgend	a	18 30	18 49	18 59	19 17	19 46		20 00		20 06
Pen-y-Bont ar Ogwr / Bridgend	d	18 31	18 50	19 00	19 18	19 47		20 01		20 07
Y Pyl / Pyle	d	18 39			19 26					
Parcffordd Port Talbot Parkway	d	18 47	19 02	19 12	19 33	19 59		20 13		20 19
Baglan	d	18 51			19 37					
Llansawel / Briton Ferry	d	18 54			19 41					
Castell Nedd / Neath	d	19 00	19 09	19 19	19 46	20 07		20 20		20 27
Sgiwen / Skewen	d	19 03			19 51					
Llansamlet	d	19 07			19 55					
Abertawe / Swansea	a	19 16	19 22	19 31	20 04	20 18		20 32		20 42
Abertawe / Swansea	d			19 34	20 09			2 10 4		
Tre-gwyn / Gowerton				19 46	20 20					
Llanelli	a			19 54	20 28			2 1 19		
Llanelli	d			19 54	20 28			2 1 20		
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d			20 01	20 34			2 1 26		
Cydweli / Kidwelly	d			20 08				2 1 33		
Glanyfferi / Ferryside	d			20 15				2 1 39		
Caerfyrddin / Carmarthen	a			20 29	20 58			2 1 52		
Caerfyrddin / Carmarthen	d						2 1 03		2 1 10	
Caerfyrddin / Carmarthen Traws	d									
Aberystwyth Traws	a									
Hendy-gwyn / Whitland	a						2 1 19		2 1 26	
Hendy-gwyn / Whitland	d						2 1 19		2 1 26	
Arberth / Narberth	d								2 1 34x	
Cilgeti / Kilgetty	d								2 1 43x	
Saundersfoot	d								2 1 45x	
Dinbych-y-Pysgod / Tenby	d								2 1 54	
Penalun / Penally	d								2 1 57x	
Maenorbyr / Manorbier	d								22 03	
Llandyfail / Lamphey	d								22 10x	
Penfro / Pembroke	d								22 13	
Doc Penfro / Pembroke Dock	a								22 25	
Clunderwen	d						2 1 26x			
Clarboston Road	d						2 1 34x			
Hwlfordd / Haverfordwest	d									
Johnston	d									
Aberdaugleddau / Milford Haven	a									
Abergwaun ac Wdig / Fishguard & Goodwick	a						2 1 52			
Porthladd Abergwaun / Fishguard Harbour	a						2 1 59			
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	TfW	TfW	GW	GW	TfW	GW	GW	TfW	GW
	Ⓜ	◇	◇	Ⓜ	Ⓜ	◇	Ⓜ	Ⓜ	◇	Ⓜ
Llundain Paddington / London Paddington	19	d		18 18	1848		19 18	1948		2048
Reading	7	d		1843	1913		1943	20 13		2113
Parcffordd Bryste / Bristol Parkway	7	d		1939	2004		2038	2 103		2203
Manceinion Piccadilly / Manchester Piccadilly	10	d								
Caerloyw / Gloucester	7	d								
Casnewydd / Newport		d		2001	2028		2 103	2 126		2225
Caerdydd Canolog / Cardiff Central	7	a		20 13	2039		2 115	2 140		2237
Caerdydd Canolog / Cardiff Central	7	d		2020	2042	2 110	2 124	2 142	22 15	2252
Parc Ninian / Ninian Park		d								
Pontyclun		d							2227	
Llanharan		d							2232	
Pencoed		d							2236	
Pen-y-Bont ar Ogwr / Bridgend		a		2047	2 101	2 130	2 145	2201	224 1	2311
Pen-y-Bont ar Ogwr / Bridgend		d		2048	2 102	2 130	2 146	2202	224 1	2312
Y Pîl / Pyle		d				2 139				
Parcffordd Port Talbot Parkway		d		2 100	2 114	2 147	2 158	22 14	2253	2324
Baglan		d								
Llansawel / Briton Ferry		d								
Castell Nedd / Neath		d		2 107	2 121	2 154	2206	2222		2332
Sgiwen / Skewen		d								
Llansamlet		d								
Abertawe / Swansea		a		2 119	2 134	2209	22 17	2233		2343
Abertawe / Swansea	d	2048		2 115		22 15				
Tre-gwyr / Gowerton	d	2100		2 127		2228				
Llanelli	a	2 108		2 134		2235			2329	
Llanelli	d	2 108		2 136		2236			2329	
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	2 114				2242			2335	
Cydweli / Kidwelly	d	2 121				2249			2342	
Glanyfferi / Ferryside	d	2 127				2255			2348	
Caerfyrddin / Carmarthen	a	2 140				2309			0001	
Caerfyrddin / Carmarthen	d	2 142								
Caerfyrddin / Carmarthen Traws		d								
Aberystwyth Traws		a								
Hendy-gwyn / Whitland	a	2 158								
Hendy-gwyn / Whitland	d	2 158								
Arberth / Narberth		d								
Cilgeti / Kilgetty		d								
Saundersfoot		d								
Dinbych-y-Pysgod / Tenby	d		2005							
Penalun / Penally	d		2008x							
Maenorbyr / Manorbier	d		20 14							
Llandyfail / Lamphey	d		2022x							
Penfro / Pembroke	d		2025							
Doc Penfro / Pembroke Dock	a		2036							
Clunderwen	d	2205x								
Clarboston Road	d	22 12x								
Hwlfordd / Haverfordwest	d	2224								
Johnston	d	2232x								
Aberdaugleddau / Milford Haven	a	2246								
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 ⚡	GW ⚡						
Llundain Paddington / London Paddington  d		2148	2249						
Reading  d		2213	2327						
Parcffordd Bryste / Bristol Parkway  d		2304	0024						
Manceinion Piccadilly / Manchester Piccadilly  d									
Caerloyw / Gloucester  d									
Casnewydd / Newport d		2324	0045						
Caerdydd Canolog / Cardiff Central  a		2336	0056						
Caerdydd Canolog / Cardiff Central  d	2315	2351	0100						
Parc Ninian / Ninian Park d									
Pontyclun d	2330								
Llanharan d	2335								
Pencoed d	2340								
Pen-y-Bont ar Ogwr / Bridgend a	2347	0012	0119						
Pen-y-Bont ar Ogwr / Bridgend d	2347	0013	0120						
Y Pyl / Pyle d	2355								
Parcffordd Port Talbot Parkway d	0003	0025	0141						
Baglan d	0007								
Llansawel / Briton Ferry d	0011								
Castell Nedd / Neath d	0016	0032	0148						
Sgiwen / Skewen d	0020								
Llansamlet d	0024								
Abertawe / Swansea a	0034	0044	0200						
Abertawe / Swansea d	0051								
Tre-gwyr / Gowerton d	0102s								
Llanelli a	0109s								
Llanelli d	0109s								
Pen-bre a Phorth Tywyn / Pembrey & Burry Port d	0116s								
Cydweli / Kidwelly d	0123s								
Glanyfferi / Ferryside d	0129s								
Caerfyrddin / Carmarthen a	0142								
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									
Clarboston 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									

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 ◇	TfW	TfW ◇	TfW	TfW	TfW ◇	TfW ◇	TfW ◇ G	TfW ◇	TfW
Llundain Paddington / London Paddington  d										
Reading  d										
Parcffordd Bryste / Bristol Parkway  d										
Manceinion Piccadilly / Manchester Piccadilly  d										
Caerloyw / Gloucester  d										
Casnewydd / Newport d										
Caerdydd Canolog / Cardiff Central  a										
Caerdydd Canolog / Cardiff Central  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 Pîl / Pyle d							0614		0711	
Parcffordd Port Talbot Parkway d							0622		0719	
Baglan d							0626		0722	
Llansawel / Briton Ferry d							0630		0726	
Castell Nedd / Neath d							0634		0730	
Sgiwen / Skewen d							0638		0734	
Llansamlet d							0642		0738	
Abertawe / Swansea a							0652		0748	
Abertawe / Swansea d	0008						0543	0655	0549	0752
Tre-gwyr / Gowerton d	0021						0555	0706	0600	0805
Llanelli a	0028						0602	0714	0607	0813
Llanelli d	0029						0602	0714	0610	0813
Pen-bre a Phorth Tywyn / Pembrey & Burry Port d	0035						0609	0720		0819
Cydweli / Kidwelly d	0042						0616	0727		0826
Glanyfferi / Ferryside d	0048						0623	0733		0833
Caerfyrddin / Carmarthen a	0102						0636	0746		0846
Caerfyrddin / Carmarthen d		0449	0530	0550	0600		0640	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	0657	0803		0905	
Hendy-gwyn / Whitland d		0505	0547	0606	0615	0657	0804		0909	
Arberth / Narberth d			0556x			0706x			0917x	
Cilgeti / Kilgetty d			0606x			0716x			0926x	
Saundersfoot d			0608x			0719x			0928x	
Dinbych-y-Pysgod / Tenby d			0624			0730			0944	
Penalun / Penally d			0627x			0733x			0947x	
Maenorbyr / Manorbier d			0633			0739			0953	
Llandyfail / Lamphey d			0641x			0747x			1001x	
Penfro / Pembroke d			0644			0750			1004	
Doc Penfro / Pembroke Dock a			0656			0802			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  a				0646						0744
Porthladd Rosslare Harbour  a										

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	GW ■	TfW ◇	TfW ◇	GW ■	TfW ◇	GW ■	TfW ◇	TfW ◇	TfW ◇	TfW ◇
Llundain Paddington / London Paddington  d						0648				
Reading  d						0713				
Parcffordd Bryste / Bristol Parkway  d				0725		0804				
Manceinion Piccadilly / Manchester Piccadilly  d										
Caerloyw / Gloucester  d										
Casnewydd / Newport d				0746		0824		0840		
Caerdydd Canolog / Cardiff Central  a				0801		0836		0857		
Caerdydd Canolog / Cardiff Central  d		0716	0756	0803		0838		0900	0914	
Parc Ninian / Ninian Park d										
Pontyclun d										
Llanharan d										
Pen-coed d										
Pen-y-Bont ar Ogwr / Bridgend a		0738	0815	0822		0857		0920	0934	
Pen-y-Bont ar Ogwr / Bridgend d		0738	0816	0824		0902		0920	0934	
Y Pyl / Pyle d		0746	0823					0927	0942	
Parcffordd Port Talbot Parkway d		0754	0830	0836		0915		0934	0950	
Baglan d		0758							0954	
Llansawel / Briton Ferry d		0801							0958	
Castell Nedd / Neath d		0806	0838	0844		0923		0943	1003	
Sgiwen / Skewen d		0809							1007	
Llansamlet d		0813							1011	
Abertawe / Swansea a		0822	0851	0856		0934		0957	1022	
Abertawe / Swansea d	0815		0901		0908	0944		1000		
Tre-gwyr / Gowerton d			0913		0919			1011		
Llanelli a	0830		0920		0926	0959		1019		
Llanelli d	0831		0921		0931	1000		1019		
Pen-bre a Phorth Tywyn / Pembrey & Burry Port d	0838		0927			1007		1025		
Cydweli / Kidwelly d			0933					1032		
Glanyfferi / Ferryside d			0939					1038		
Caerfyrddin / Carmarthen a	0903		0951			1028		1050		
Caerfyrddin / Carmarthen d			0957							1055
Caerfyrddin / Carmarthen Traws  d			1009							1109
Aberystwyth Traws  a			1220							1320
Hendy-gwyn / Whitland a			1014							1111
Hendy-gwyn / Whitland d			1014				0913			1111
Arberth / Narberth d										1120x
Cilgeti / Kilgetty d										1130x
Saundersfoot d										1132x
Dinbych-y-Pysgod / Tenby d										1145
Penalun / Penally d										1148x
Maenorbyr / Manorbier d										1154
Llandyfai / Lamphey d										1202x
Penfro / Pembroke d										1205
Doc Penfro / Pembroke Dock a										1219
Clunderwen d			1021x				0920x			
Clarbeston Road d			1029x				0927x			
Hwlfordd / Haverfordwest d			1037							
Johnston d			1045x							
Aberdaugleddau / Milford Haven a			1059							
Abergwaun ac Wdig / Fishguard & Goodwick a							0946			
Porthladd Abergwaun / Fishguard Harbour  a							0951			
Porthladd Rosslare Harbour  a										






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Notes

G To Shrewsbury

I gael esboniad o'r nodiadau a symbolau safonol gweler gwaelod yr amserlen
For an explanation of standard notes and symbols, please see end of timetable

		GW 11811	TfW ◇	TfW ◇11	GW 11811	TfW ◇ G	TfW ◇	TfW ◇11	TfW ◇	GW 11811	TfW 11811
Llundain Paddington / London Paddington	13  d	0748			0848					0948	
Reading	7  d	0813			0913					1013	
Parcffordd Bryste / Bristol Parkway	7 d	0904			1004					1104	
Manceinion Piccadilly / Manchester Piccadilly	10 d							0730			
Caerloyw / Gloucester	7 d										
Casnewydd / Newport	d	0925			1025			1039	1050	1125	
Caerdydd Canolog / Cardiff Central	7 a	0937			1037			1053	1106	1137	
Caerdydd Canolog / Cardiff Central	7 d	0942		1005	1040			1103	1113	1139	1204
Parc Ninian / Ninian Park	d										
Pontyclun	d										
Llanharan	d										
Pen-coed	d										
Pen-y-Bont ar Ogwr / Bridgend	a	1001		1025	1059			1123	1133	1158	1224
Pen-y-Bont ar Ogwr / Bridgend	d	1002		1025	1100			1124	1133	1159	1224
Y Pyl / Pyle	d							1131	1141		
Parcffordd Port Talbot Parkway	d	1014		1037	1112			1139	1149	1211	1235
Baglan	d								1153		
Llansawel / Briton Ferry	d								1157		
Castell Nedd / Neath	d	1022		1044	1119			1146	1201	1219	1242
Sgiwen / Skewen	d								1205		
Llansamlet	d								1210		
Abertawe / Swansea	a	1033		1059	1132			1201	1218	1230	1256
Abertawe / Swansea	d		1056	1105	1140	1145	1154	1204			1308
Tre-gwyr / Gowerton	d			1117		1158	1206	1215			1319
Llanelli	a		1114	1125	1155	1205	1213	1223			1327
Llanelli	d		1114	1125	1156	1208	1214	1223			1327
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d			1131	1202		1221	1229			1333
Cydweli / Kidwelly	d							1236			
Glanyfferi / Ferryside	d							1242			
Caerfyrddin / Carmarthen	a			1151	1224		1242	1254			1353
Caerfyrddin / Carmarthen	d			1157			1259				1401
Caerfyrddin / Carmarthen Traws	 d			1209			1309				1409
Aberystwyth Traws	 a			1420			1520				1620
Hendy-gwyn / Whitland	a		1149	1215			1315				1416
Hendy-gwyn / Whitland	d		1149	1215			1315				1416
Arberth / Narberth	d						1324x				
Cilgeti / Kilgetty	d						1334x				
Saundersfoot	d						1336x				
Dinbych-y-Pysgod / Tenby	d						1345				
Penalun / Penally	d						1348x				
Maenorbys / Manorbier	d						1354				
Llandyfai / Lamphey	d						1402x				
Penfro / Pembroke	d						1405				
Doc Penfro / Pembroke Dock	a						1418				
Clunderwen	d				1222x						1423x
Clarbeston Road	d		1202x	1230x							1431x
Hwlfordd / Haverfordwest	d			1239							1439
Johnston	d			1247x							1447x
Aberdaugleddau / Milford Haven	a			1257							1501
Abergwaun ac Wdig / Fishguard & Goodwick	a		1221								
Porthladd Abergwaun / Fishguard Harbour	30  a		1225								
Porthladd Rosslare Harbour	a										

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G To Shrewsbury

		GW 1111	TfW ◇	TfW ◇	TfW ◇	TfW ◇ G	GW 1111	TfW 111	GW 1111	TfW ◇	TfW ◇
Llundain Paddington / London Paddington	d	1048					1148		1248		1213
Reading	d	1113					1213		1313		1240
Parcffordd Bryste / Bristol Parkway	d	1204					1304		1404		1343
Manceinion Piccadilly / Manchester Piccadilly	d			0930							1130
Caerloyw / Gloucester	d										
Casnewydd / Newport	d	1225		1240			1324		1424		1437
Caerdydd Canolog / Cardiff Central	a	1237		1255			1336		1436		1451
Caerdydd Canolog / Cardiff Central	d	1239		1258	1310		1341	1403	1441		1504
Parc Ninian / Ninian Park	d										
Pontyclun	d										
Llanharan	d										
Pen-coed	d										
Pen-y-Bont ar Ogwr / Bridgend	a	1258		1319	1332		1400	1423	1500		1524
Pen-y-Bont ar Ogwr / Bridgend	d	1259		1319	1332		1401	1424	1501		1524
Y Pyl / Pyle	d			1327	1340						
Parcffordd Port Talbot Parkway	d	1312		1335	1348		1413	1436	1513		1537
Baglan	d				1351						
Llansawel / Briton Ferry	d				1355						
Castell Nedd / Neath	d	1319		1344	1359		1420	1443	1521		1545
Sgiwen / Skewen	d				1402						
Llansamlet	d				1406						
Abertawe / Swansea	a	1331		1357	1415		1432	1456	1532		1559
Abertawe / Swansea	d	1340	1353	1403		1425		1501	1540	1552	1603
Tre-gwyr / Gowerton	d			1415		1437		1513			1614
Llanelli	a	1355	1409	1421		1445		1520	1555	1608	1622
Llanelli	d	1356	1410	1422		1449		1521	1556	1609	1622
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	1402	1417	1428				1527	1603	1616	1628
Cydweli / Kidwelly	d			1435							1635
Glanyfferi / Ferryside	d			1441							1641
Caerfyrddin / Carmarthen	a	1424	1441	1453				1546	1624	1641	1656
Caerfyrddin / Carmarthen	d		1458					1550		1700	
Caerfyrddin / Carmarthen Traws	d		1509					1609		1709	
Aberystwyth Traws	a		1720					1820		1920	
Hendy-gwyn / Whitland	a		1514					1605		1716	
Hendy-gwyn / Whitland	d		1514					1605		1716	
Arberth / Narberth	d		1523x							1725x	
Cilgeti / Kilgetty	d		1533x							1735x	
Saundersfoot	d		1535x							1737x	
Dinbych-y-Pysgod / Tenby	d		1545							1747	
Penalun / Penally	d		1548x							1750x	
Maenorbys / Manorbier	d		1554							1756	
Llandyfai / Lamphey	d		1602x							1804x	
Penfro / Pembroke	d		1605							1807	
Doc Penfro / Pembroke Dock	a		1618							1820	
Clunderwen	d							1612x			
Clarbeston Road	d							1620x			
Hwlfordd / Haverfordwest	d							1628			
Johnston	d							1636x			
Aberdaugleddau / Milford Haven	a							1650			
Abergwaun ac Wdig / Fishguard & Goodwick	a										
Porthladd Abergwaun / Fishguard Harbour	a										
Porthladd Rosslare Harbour	a										












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G To Shrewsbury

I gael esboniad o'r nodiadau a symbolau safonol gweler gwaelod yr amserlen
For an explanation of standard notes and symbols, please see end of timetable

	TfW ◇	TfW R	GW R	TfW ◇	GW R	TfW	TfW R	TfW ◇ G	GW R	TfW ◇
Llundain Paddington / London Paddington  d			1348		1448				1548	
Reading  d			1413		1513				1613	
Parcfordd Bryste / Bristol Parkway  d			1504		1604				1704	
Manceinion Piccadilly / Manchester Piccadilly  d							1330			
Caerloyw / Gloucester  d										
Casnewydd / Newport d	1445		1528		1625		1641		1724	
Caerdydd Canolog / Cardiff Central  a	1504		1542		1637		1657		1737	
Caerdydd Canolog / Cardiff Central  d	15 12	1542	1545	1602	1641		1702		1739	1744
Parc Ninian / Ninian Park d										
Pontyclun d										
Llanharan d										
Pen-coed d										
Pen-y-Bont ar Ogwr / Bridgend a	1532	1601	1606	1621	1700		1723		1758	1804
Pen-y-Bont ar Ogwr / Bridgend d	1532	1602	1607	1622	1701		1725		1759	1804
Y Pyl / Pyle d	1541			1630			1732			1813
Parcfordd Port Talbot Parkway d	1549	1613	1620	1638	1713		1740		1811	1821
Baglan d	1553						1743			1824
Llansawel / Briton Ferry d	1557						1747			1828
Castell Nedd / Neath d	1601	1620	1627	1646	1720		1752		1819	1832
Sgiwen / Skewen d	1605						1756			1836
Llansamlet d	1609						1800			1840
Abertawe / Swansea a	1619	1634	1639	1659	1734		1809		1830	1851
Abertawe / Swansea d		1639		1703	1742	1750	1812	1818		
Tre-gwyr / Gowerton d		1650		1716		1803	1824	1831		
Llanelli a		1658		1722	1757	1811	1831	1838		
Llanelli d		1658		1723	1758	1811	1832	1842		
Pen-bre a Phorth Tywyn / Pembrey & Burry Port d		1704		1729	1804	1818	1838			
Cydweli / Kidwelly d		1711		1736		1825	1844			
Glanyfferi / Ferryside d		1717		1742		1832	1850			
Caerfyrddin / Carmarthen a		1729		1755	1826	1847	1903			
Caerfyrddin / Carmarthen d		1733		1801			1906			
Caerfyrddin / Carmarthen Traws  d				1809		1909	1934			
Aberystwyth Traws  a				2020		2120	2120			
Hendy-gwyn / Whitland a		1748		1817			1922			
Hendy-gwyn / Whitland d		1748		1817			1922			
Arberth / Narberth d							1930x			
Cilgeti / Kilgetty d							1940x			
Saundersfoot d							1942x			
Dinbych-y-Pysgod / Tenby d							1954			
Penalun / Penally d							1957x			
Maenorbyr / Manorbier d							2003			
Llandyfai / Lamphey d							2010x			
Penfro / Pembroke d							2013			
Doc Penfro / Pembroke Dock a							2025			
Clunderwen d		1755x		1824x						
Clarbeston Road d		1803x		1832x						
Hwlfordd / Haverfordwest d		1811								
Johnston d		1819x								
Aberdaugleddau / Milford Haven a		1833								
Abergwaun ac Wdig / Fishguard & Goodwick a				1850						
Porthladd Abergwaun / Fishguard Harbour  a				1856						
Porthladd Rosslare Harbour  a										










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	TfW	GW	TfW	TfW	GW	GW	TfW	TfW	TfW	GW
	R	TR		R	TR	TR	TR		R	TR
Llundain Paddington / London Paddington	d		1648			17 18	17 48			18 18
Reading	d		17 13			17 43	18 13			18 43
Parcffordd Bryste / Bristol Parkway	d		1804			18 38	19 04			19 40
Manceinion Piccadilly / Manchester Piccadilly	d				15 30			16 30		
Caerloyw / Gloucester	d									
Casnewydd / Newport	d		1824		18 42	19 02	19 24	19 39		20 00
Caerdydd Canolog / Cardiff Central	a		18 36		18 58	19 14	19 36	19 58		20 13
Caerdydd Canolog / Cardiff Central	d	18 05	18 40		19 03	19 18	19 39	20 0 1		20 15
Parc Ninian / Ninian Park	d									
Pontyclun	d									
Llanharan	d									
Pencoed	d									
Pen-y-Bont ar Ogwr / Bridgend	a	18 25	18 59		19 23	19 38	19 58	20 2 1		20 34
Pen-y-Bont ar Ogwr / Bridgend	d	18 25	19 00		19 24	19 39	19 59	20 2 1		20 35
Y Pyl / Pyle	d	18 33			19 3 1					
Parcffordd Port Talbot Parkway	d	18 40	19 13		19 39	19 52	20 1 11	20 33		20 47
Baglan	d				19 43					
Llansawel / Briton Ferry	d				19 47					
Castell Nedd / Neath	d	18 48	19 20		19 5 1	20 00	20 18	20 4 1		20 54
Sgiwen / Skewen	d				19 55					
Llansamlet	d				20 00					
Abertawe / Swansea	a	19 0 1	19 32		20 10	20 13	20 3 1	20 54		2 106
Abertawe / Swansea	d	19 05		19 40	20 1 11	20 25			2 105	
Tre-gwyr / Gowerton	d	19 16		19 52	20 23					
Llanelli	a	19 24		20 00	20 30	20 40			2 122	
Llanelli	d	19 24		20 00	20 3 1	20 4 1			2 122	
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	19 30		20 07	20 37	20 48			2 128	
Cydweli / Kidwelly	d			20 14					2 135	
Glanyferi / Ferryside	d			20 20					2 142	
Caerfyrddin / Carmarthen	a	19 50		20 34	20 56	2 109			2 155	
Caerfyrddin / Carmarthen	d	19 57			2 100			2 1 14	2 203	
Caerfyrddin / Carmarthen Traws	d									
Aberystwyth Traws	a									
Hendy-gwyn / Whitland	a	20 12			2 1 15			2 1 29	2 2 18	
Hendy-gwyn / Whitland	d	20 13			2 1 15			2 1 29	2 2 18	
Arberth / Narberth	d				2 1 24x					
Cilgeti / Kilgetty	d				2 1 33x					
Saundersfoot	d				2 1 35x					
Dinbych-y-Pysgod / Tenby	d				2 1 43					
Penalun / Penally	d				2 1 46x					
Maenorbyr / Manorbier	d				2 1 52					
Llandyfai / Lamphey	d				2 2 00x					
Penfro / Pembroke	d				2 2 03					
Doc Penfro / Pembroke Dock	a				2 2 16					
Clunderwen	d	20 20x							2 2 26x	
Clarbeston Road	d	20 28x						2 1 43x	2 2 37x	
Hwlfordd / Haverfordwest	d	20 36							2 2 45	
Johnston	d	20 44x							2 2 53x	
Aberdaugleddau / Milford Haven	a	20 59							2 3 07	
Abergwaun ac Wdig / Fishguard & Goodwick	a							2 2 0 1		
Porthladd Abergwaun / Fishguard Harbour	a							2 2 0 8		
Porthladd Rosslare Harbour	a									

	TfW ◇	GW ⚡	TfW ◇	GW ⚡	GW ⚡	TfW ◇	TfW ◇	TfW ◇	GW ⚡
Llundain Paddington / London Paddington 		1848		19 18	1948				2048
Reading 		19 13		1943	20 13				21 13
Parcffordd Bryste / Bristol Parkway 	d	2004		2039	2 104				2205
Manceinion Piccadilly / Manchester Piccadilly 	d								
Caerloyw / Gloucester 	d								
Casnewydd / Newport	d	2025		2058	2 124				2229
Caerdydd Canolog / Cardiff Central 	a	2038		2 111	2 137				2246
Caerdydd Canolog / Cardiff Central 	d	2040	2 104	2 113	2 139	22 14		2227	225 1
Parc Ninian / Ninian Park	d								
Pontyclun	d					2227		2239	
Llanharan	d					2231		2244	
Pencoed	d					2236		2248	
Pen-y-Bont ar Ogwr / Bridgend	a	2059	2 124	2 132	2 158	224 1		2255	23 10
Pen-y-Bont ar Ogwr / Bridgend	d	2 100	2 124	2 133	2 159	224 1		2255	23 11
Y Pil / Pyle	d		2 131					2303	
Parcffordd Port Talbot Parkway	d	2 112	2 139	2 145	22 12	2253		23 11	2323
Baglan	d							23 15	
Llansawel / Briton Ferry	d							23 18	
Castell Nedd / Neath	d	2 119	2 147	2 153	22 19	2300		2323	233 1
Sgiwen / Skewen	d							2326	
Llansamlet	d							2330	
Abertawe / Swansea	a	2 131	2200	2204	223 1	23 13		234 1	2344
Abertawe / Swansea	d	2 115		2223		23 16		2343	
Tre-gwyr / Gowerton	d	2 127		2235		2328		2356	
Llanelli	a	2 134		2243		2335	234 1	0003	
Llanelli	d	2 136		2243		2336	2346	0003	
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d			2249		2342		0009	
Cydweli / Kidwelly	d			2255		2348		00 16	
Glanyfferi / Ferryside	d			230 1		2354		0023	
Caerfyrddin / Carmarthen	a			23 15		0006	00 18	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								
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 	a								
Porthladd Rosslare Harbour 	a								












	TfW	TfW	TfW	GW	TfW	GW	TfW	TfW	TfW	GW
	◇	◇	◇	■	◇	■	◇	◇	◇	■
Llundain Paddington / London Paddington  d										0833
Reading  d										0859
Parcfordd Bryste / Bristol Parkway  d						0858				0956
Manceinion Piccadilly / Manchester Piccadilly  d										
Caerloyw / Gloucester  d										
Casnewydd / Newport d						0925		0930		10 15
Caerdydd Canolog / Cardiff Central  a						0942		0949		1029
Caerdydd Canolog / Cardiff Central  d		0806				0944		0953		103 1
Parc Ninian / Ninian Park d										
Pontyclun d								1005		
Llanharan d								10 11		
Pencoed d								10 16		
Pen-y-Bont ar Ogwr / Bridgend a		0827				1003		1022		1050
Pen-y-Bont ar Ogwr / Bridgend d		0827				1004		1022		105 1
Y Pîl / Pyle d								103 1		
Parcfordd Port Talbot Parkway d		0840				10 16		1039		1103
Baglan d										
Llansawel / Briton Ferry d										
Castell Nedd / Neath d		0847				1024		1046		1110
Sgiwen / Skewen d										
Llansamlet d										
Abertawe / Swansea a		0900				1035		1059		1122
Abertawe / Swansea d	00 12			1027			1043	1102	1110	
Tre-gwyr / Gowerton d	0023s							1115	1122	
Llanelli a	003 1s			104 1			1059	1122	1130	
Llanelli d	003 1s			104 1			1100	1123	1133	
Pen-bre a Phorth Tywyn / Pembrey & Burry Port d	0037s			1048			1106	1129		
Cydweli / Kidwelly d	0044s							1136		
Glanyfferi / Ferryside d	0050s							1143		
Caerfyrddin / Carmarthen a	0 103			1110			1125	1156		
Caerfyrddin / Carmarthen d			0955		10 19		1129	120 1		
Caerfyrddin / Carmarthen Traws  d		0909			1109			1309		
Aberystwyth Traws  a		1120			1320			1520		
Hendy-gwyn / Whitland a			10 12		1036		1144	12 17		
Hendy-gwyn / Whitland d			10 12		1036		1144	12 17		
Arberth / Narberth d					1045x					
Cilgeti / Kilgetty d					1054x					
Saundersfoot d					1056x					
Dinbych-y-Pysgod / Tenby d					1106					
Penalun / Penally d					1109x					
Maenorbyr / Manorbier d					1115					
Llandyfail / Lamphey d					1123x					
Penfro / Pembroke d					1126					
Doc Penfro / Pembroke Dock a					1137					
Clunderwen d			10 19x					1225x		
Clarbeston Road d			1028x				1157x	1233x		
Hwlfordd / Haverfordwest d			1036					124 1		
Johnston d			1045x					1250x		
Aberdaugleddau / Milford Haven a			1055					1300		
Abergwaun ac Wdig / Fishguard & Goodwick a							12 15			
Porthladd Abergwaun / Fishguard Harbour  a							1223			
Porthladd Rosslare Harbour  a										

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	TfW ◇	GW ▣	TfW ◇	GW ▣	TfW ◇	TfW ▣	GW ▣	TfW ▣	GW ▣	TfW ◇
Llundain Paddington / London Paddington 	d	0931		1045			1145		1245	
Reading 	d	0956		1110			1210		1310	
Parcffordd Bryste / Bristol Parkway 	d	1055		1201			1301		1401	
Manceinion Piccadilly / Manchester Piccadilly 	d					0930		1030		
Caerloyw / Gloucester 	d									
Casnewydd / Newport	d	1056	1115		1221		1302	1321	1334	1421
Caerdydd Canolog / Cardiff Central 	a	1110	1127		1233		1315	1334	1351	1434
Caerdydd Canolog / Cardiff Central 	d	1112	1130	1206	1235		1320	1335	1411	1435
Parc Ninian / Ninian Park	d									
Pontyclun	d			1219						
Llanharan	d			1224						
Pen-coed	d			1228						
Pen-y-Bont ar Ogwr / Bridgend	a	1132	1149	1235	1255		1339	1354	1431	1454
Pen-y-Bont ar Ogwr / Bridgend	d	1132	1150	1236	1256		1340	1355	1431	1455
Y Pîl / Pyle	d			1243			1348		1439	
Parcffordd Port Talbot Parkway	d	1145	1202	1251	1308		1356	1412	1447	1507
Baglan	d									
Llansawel / Briton Ferry	d									
Castell Nedd / Neath	d	1152	1210		1316		1403	1419	1455	1515
Sgiwen / Skewen	d									
Llansamlet	d									
Abertawe / Swansea	a	1205	1221		1329		1420	1431	1512	1529
Abertawe / Swansea	d	1211	1234			1401		1440	1518	1537
Tre-gwyr / Gowerton	d	1224				1413			1530	1549
Llanelli	a	1231	1248	1320		1421		1455	1536	1557
Llanelli	d	1232	1249	1320		1421		1456	1538	1600
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	1238	1256	1326		1428		1502	1544	
Cydweli / Kidwelly	d	1245				1435				
Glanyfferi / Ferryside	d	1251				1442				
Caerfyrddin / Carmarthen	a	1304	1317	1348		1455		1525	1603	
Caerfyrddin / Carmarthen	d	1307		1357		1459			1615	
Caerfyrddin / Carmarthen Traws 	d					1509			1709	
Aberystwyth Traws 	a					1720			1920	
Hendy-gwyn / Whitland	a	1322		1412		1516			1631	
Hendy-gwyn / Whitland	d	1322		1412		1516			1631	
Arberth / Narberth	d					1525x				
Cilgeti / Kilgetty	d					1535x				
Saundersfoot	d					1537x				
Dinbych-y-Pysgod / Tenby	d					1545				
Penalun / Penally	d					1548x				
Maenorbyr / Manorbier	d					1555				
Llandyfai / Lamphey	d					1603x				
Penfro / Pembroke	d					1606				
Doc Penfro / Pembroke Dock	a					1619				
Clunderwen	d			1419x					1638x	
Clarbeston Road	d	1336x		1427x					1646x	
Hwlfordd / Haverfordwest	d			1436					1654	
Johnston	d			1444x					1702x	
Aberdaugleddau / Milford Haven	a			1459					1711	
Abergwaun ac Wdig / Fishguard & Goodwick	a	1354								
Porthladd Abergwaun / Fishguard Harbour 	a	1400								
Porthladd Rosslare Harbour 	a									

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	TfW R	GW R	TfW ◇	TfW R	GW R	TfW R	GW R	TfW ◇	TfW R	GW R
Llundain Paddington / London Paddington		1345			1445	1413	1545			1645
Reading		1410			1510	1442	1610			1710
Parcffordd Bryste / Bristol Parkway		1501			1601	1541	1701			1801
Manceinion Piccadilly / Manchester Piccadilly	1129			1231		1330			1430	
Caerloyw / Gloucester										
Casnewydd / Newport	1434	1524		1539	1621	1642	1721		1740	1821
Caerdydd Canolog / Cardiff Central	1449	1539		1555	1634	1657	1735		1755	1835
Caerdydd Canolog / Cardiff Central	1452	1539		1605	1635	1710	1735		1811	1835
Parc Ninian / Ninian Park										
Pontyclun										
Llanharan										
Pencoed										
Pen-y-Bont ar Ogwr / Bridgend	1512	1559		1625	1655	1730	1754		1832	1854
Pen-y-Bont ar Ogwr / Bridgend	1512	1600		1625	1659	1730	1755		1832	1855
Y Pyl / Pyle	1519			1633		1738			1840	
Parcffordd Port Talbot Parkway	1527	1612		1640	1713	1746	1807		1848	1907
Baglan										
Llansawel / Briton Ferry										
Castell Nedd / Neath	1534	1620		1648	1721	1753	1815		1856	1915
Sgiwen / Skewen										
Llansamlet										
Abertawe / Swansea	1549	1631		1701	1734	1806	1830		1910	1929
Abertawe / Swansea		1639	1647	1705				1839	1913	
Tre-gwyn / Gowerton			1659	1717				1851	1925	
Llanelli		1653	1707	1724				1859	1933	
Llanelli		1654	1707	1725				1859	1933	
Pen-bre a Phorth Tywyn / Pembrey & Burry Port		1701	1713	1731				1905	1940	
Cydweli / Kidwelly			1721					1913		
Glanyfferi / Ferryside			1727					1919		
Caerfyrddin / Carmarthen		1722	1741	1750				1932	2003	
Caerfyrddin / Carmarthen			1744	1806				1935	2006	
Caerfyrddin / Carmarthen Traws										
Aberystwyth Traws										
Hendy-gwyn / Whitland			1800	1822				1952	2023	
Hendy-gwyn / Whitland			1800	1822				1952	2026	
Arberth / Narberth			1809x							
Cilgeti / Kilgetty			1819x							
Saundersfoot			1821x							
Dinbych-y-Pysgod / Tenby			1829							
Penalun / Penally			1832x							
Maenorbyr / Manorbier			1839							
Llandyfail / Lamphey			1846x							
Penfro / Pembroke			1850							
Doc Penfro / Pembroke Dock			1903							
Clunderwen				1829x				2000x	2036x	
Clarbston Road				1837x				2008x	2045x	
Hwlfordd / Haverfordwest				1847				2017a	2053	
Johnston				1855x					2102x	
Aberdaugleddau / Milford Haven				1907					2116	
Abergwaun ac Wdig / Fishguard & Goodwick										
Porthladd Abergwaun / Fishguard Harbour										
Porthladd Rosslare Harbour										

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		TfW 1 8 8	GW 1 8 1	TfW 8 1	TfW ◇	TfW ◇	GW 1 8 1	TfW 8 1	TfW ◇	GW 1 8 1	TfW 8
Llundain Paddington / London Paddington	d		1745				1845			1945	
Reading	d		18 10				19 10			20 10	
Parcffordd Bryste / Bristol Parkway	d		190 1				200 1			2 104	
Manceinion Piccadilly / Manchester Piccadilly	d	1530		1630				1730			1830
Caerloyw / Gloucester	d										
Casnewydd / Newport	d	1838	192 1	1934			202 1	2029		2 124	2 129
Caerdydd Canolog / Cardiff Central	a	1853	1935	1948			2035	2045		2 137	2 145
Caerdydd Canolog / Cardiff Central	d	1855	1935	1954		20 17	2035	2049		2 137	2 150
Parc Ninian / Ninian Park	d										
Pontyclun	d										
Llanharan	d										
Pencoed	d										
Pen-y-Bont ar Ogwr / Bridgend	a	19 16	1954	20 15		2038	2054	2 110		2 157	22 10
Pen-y-Bont ar Ogwr / Bridgend	d	19 16	1955	20 15		2039	2055	2 110		2 158	22 10
Y Pyl / Pyle	d	1923		2022		2048		2 117			22 17
Parcffordd Port Talbot Parkway	d	193 1	2007	2030		2055	2 107	2 125		22 10	2225
Baglan	d										
Llansawel / Briton Ferry	d										
Castell Nedd / Neath	d	1939	20 15	2037		2 103	2 115	2 133		22 17	2232
Sgiwen / Skewen	d										
Llansamlet	d										
Abertawe / Swansea	a	1954	2028	2052		2 116	2 126	2 148		2229	2247
Abertawe / Swansea	d				2058	2 119					2252
Tre-gwyn / Gowerton	d				2 111	2 132					2304
Llanelli	a				2 118	2 139					23 11
Llanelli	d				2 119	2 140					23 12
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d				2 125	2 146					23 18
Cydweli / Kidwelly	d				2 132						2324
Glanyferi / Ferryside	d				2 138						2330
Caerfyrddin / Carmarthen	a				2 15 1	2207					2344
Caerfyrddin / Carmarthen	d				2 155	2209					
Caerfyrddin / Carmarthen Traws	d										
Aberystwyth Traws	a										
Hendy-gwyn / Whitland	a				22 11	2224					
Hendy-gwyn / Whitland	d				22 11	2224		2037			
Arberth / Narberth	d							2046x			
Cilgeti / Kilgetty	d							2055x			
Saundersfoot	d							2057x			
Dinbych-y-Pysgod / Tenby	d							2 106			
Penalun / Penally	d							2 109x			
Maenorbyr / Manorbier	d							2 115			
Llandyfail / Lamphey	d							2 123x			
Penfro / Pembroke	d							2 126			
Doc Penfro / Pembroke Dock	a							2 137			
Clunderwen	d					2232x					
Clarboston Road	d				2224x	2240x					
Hwlfordd / Haverfordwest	d					2248					
Johnston	d					2256x					
Aberdaugleddau / Milford Haven	a					2305					
Abergwaun ac Wdig / Fishguard & Goodwick	a				2243						
Porthladd Abergwaun / Fishguard Harbour	a				2249						
Porthladd Rosslare Harbour	a										

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	TfW ◇	GW ⚡	TfW ◇	GW ⚡					
Llundain Paddington / London Paddington  d		2045		2 145					
Reading  d		2110		2209					
Parcffordd Bryste / Bristol Parkway  d		2204		2304					
Manceinion Piccadilly / Manchester Piccadilly  d			1930						
Caerloyw / Gloucester  d									
Casnewydd / Newport d		2223	2241	2323					
Caerdydd Canolog / Cardiff Central  a		2236	2257	2336					
Caerdydd Canolog / Cardiff Central  d	2230	2237	2300	2336					
Parc Ninian / Ninian Park d									
Pontyclun d									
Llanharan d									
Pencoed d									
Pen-y-Bont ar Ogwr / Bridgend a	2250	2257	2320	2355					
Pen-y-Bont ar Ogwr / Bridgend d	2250	2258	2320	2356					
Y Pyl / Pyle d			2328						
Parcffordd Port Talbot Parkway d	2303	23 10	2336	0009					
Baglan d									
Llansawel / Briton Ferry d									
Castell Nedd / Neath d	2311	23 18	2344	00 18					
Sgiwen / Skewen d									
Llansamlet d									
Abertawe / Swansea a	2324	2329	2358	0030					
Abertawe / Swansea d	2335								
Tre-gwyr / Gowerton d	2347								
Llanelli a	2354								
Llanelli d	2355								
Pen-bre a Phorth Tywyn / Pembrey & Burry Port d	0002								
Cydweli / Kidwelly d	0009								
Glanyfferi / Ferryside d	00 16								
Caerfyrddin / Carmarthen a	003 1								
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									
Clarbston 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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Amser ymadael

Yn aros i ollwng teithwyr yn unig

Yn aros i godi teithwyr yn unig

Gorsaf ar alw

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Gwasanaeth llunïaeth sedd

Dim ond os oes seddi ar gael y gallwch chi eu cadw ac argymhellir hyn

Dim ond os oes seddi ar gael y gallwch chi eu cadw

Yn parhau mewn colofn ddiweddarach

Parhad o golofn gynharach

Great Western Railway

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Trafnidiaeth Cymru

Avanti West Coast

Northern

Cross Country

Standard notes

1256 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 Request stop

10 Recommended connecting time

1 1st class / business class

1 At seat refreshment service

R Seat reservations recommended subject to availability

◇ Seat reservations subject to availability

↳ 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