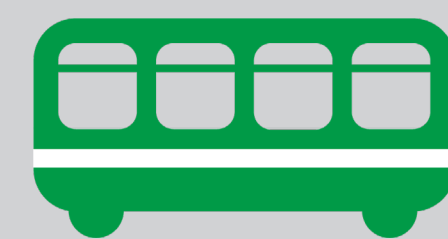




Dim ond lle i sefyll  
Standing only



Rhai seddi ar gael  
Few seats left



Llawer o seddi ar gael  
Plenty of seats

# BYDDWCH YN BAROD BE PREPARED

Trenau dydd Llun i ddydd Gwener - seddi gwag: **Casnewydd - Caerdydd Canolog**  
Weekday trains - getting a seat from **Newport - Cardiff Central**

O Hydref 14eg 2018 / From October 14th 2018

Gadael  
Depart

Cyrraedd  
Arrive

Nifer y cerbydau  
Number of carriages

AM

0731

0749



0801

0817



0738

0856



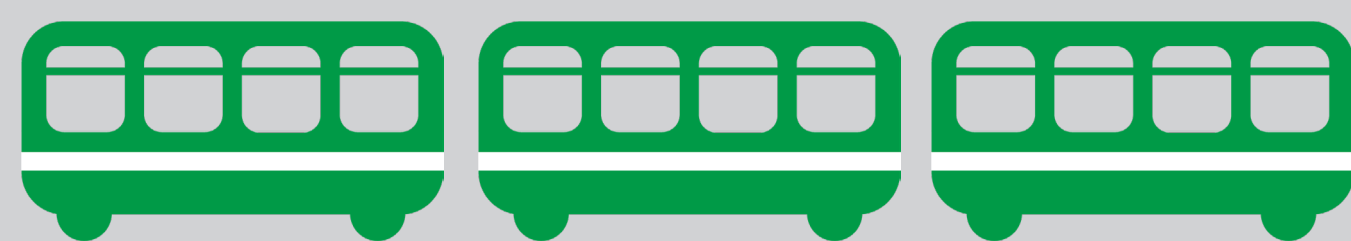
0852

0907



0901

0919



0936

0959



0942

0958



0952

1011



Gan ein bod wrthi ar hyn o bryd yn uwchraddio ein trenau, gallai nifer y cerbydau ar bob gwasanaeth fod yn wahanol i'r hyn a ddangosir uchod.  
Due to on-going upgrade work to our fleet, the number of cars in each service may differ from that shown above.



TRAFNIDIAETH CYMRU  
TRANSPORT FOR WALES