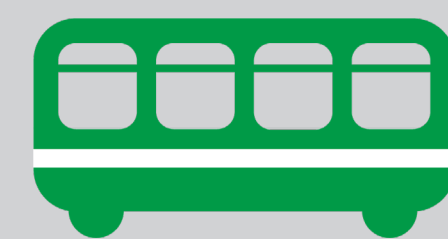




Dim ond lle i sefyll  
Standing only



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: **Pontypridd - Caerdydd Canolog**  
Weekday trains - getting a seat from **Pontypridd - Cardiff Central**








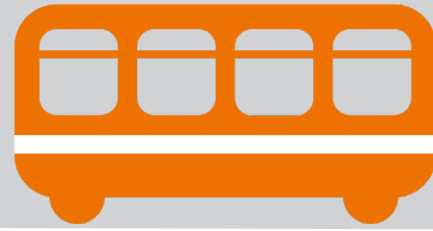









O Hydref 14eg 2018 / From October 14th 2018

Gadael  
Depart

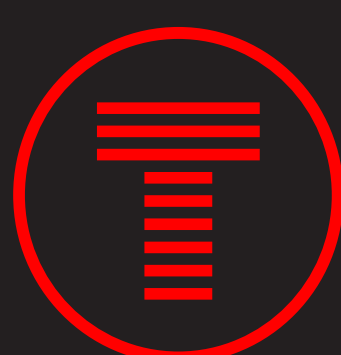
Cyrraedd  
Arrive

Nifer y cerbydau  
Number of carriages

AM

0708	0738	 
0718	0750	 
0724	0754	 
0738	0809	 
0748	0822	   
0754	0823	 
0808	0839	   
0818	0850	   
0824	0854	   
0838	0909	 
0848	0920	   
0854	0924	 

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