

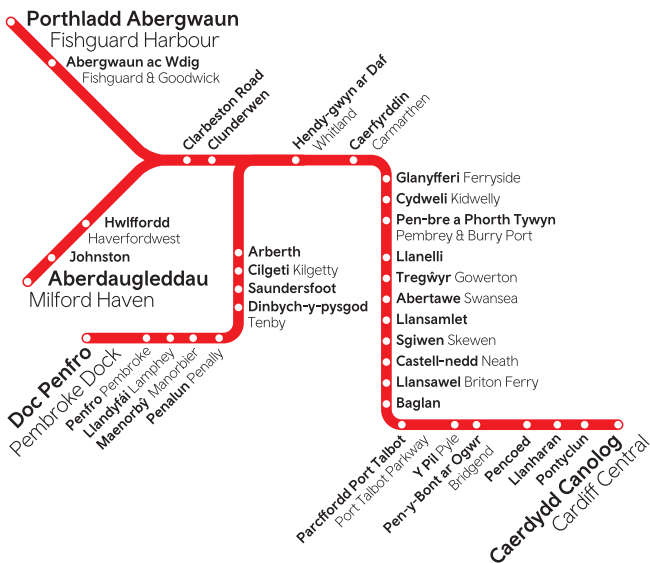
Mae gwasanaethau'n gallu newid felly gwnewch eich gwaith cartref cyn teithio. [www.trctrenau.cymru](http://www.trctrenau.cymru)  
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[www.tfwrail.wales](http://www.tfwrail.wales)



# Amserau Trenau | Train Times

16 May 2021 - 12 Medi 2021 | 16 May 2021 - 12 September 2021

## Gorllewin Cymru - Abertawe - Caerdydd West Wales - Swansea - Cardiff



### Teithio'n saffach

Travel safer



Dod o hyd i drenau llai prysur: defnyddiwch ein Gwiriwr Capasiti a Theithio'n Saffach [www.trctrenau.cymru/travel-safer](http://www.trctrenau.cymru/travel-safer)

Find trains with space: use our Capacity Checker and Travel Safer [www.tfwrail.wales/travel-safer](http://www.tfwrail.wales/travel-safer)



TRAFNIDIAETH CYMRU  
TRANSPORT FOR WALES



## Cadw sedd

Dim ond hyn a hyn o lefydd sydd ar gael ar drenau er mwyn i bawb allu cadw pellter cymdeithasol.

Cadwch eich sedd cyn eich taith, yn ogystal â phrynu eich tocyn. Os ydy'r holl seddi'n llawn ar y trê'n, efallai bydd angen i chi deithio ar adeg wahanol pan fydd lle ar gael.

Tocyn ond dim sedd? Ewch i:

[www.trctrenau.cymru/cyn-eich-taith/cadw-seddi](http://www.trctrenau.cymru/cyn-eich-taith/cadw-seddi)

## Reserve a place

Places are limited on trains for social distancing.

Reserve a place before your journey, as well as buying a ticket. If your intended train is fully reserved, you may need to travel at a different time when they are available.

Got a ticket but no reservation? Visit:

[www.tfwrail.wales/reserve](http://www.tfwrail.wales/reserve)

		GW 1R	GW 1R	GW 1R	GW 1R	AW MO	AW MX	GW 1R	GW 1R	AW H	AW H
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	a					0500	0500			0545	0558
Caerfyrddin / Carmarthen	d									0555x	
Glanyfferi / Ferryside	d									060 tx	
Cydweli / Kidwelly	d										
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d					05 18	05 18			0608	06 18
Llanelli	a					0525	0525			0614	0625
Llanelli	d					0525	0525			0615	0625
Tre-gwyr / Gowerton	d									0622	
Abertawe / Swansea	a									0635	
Abertawe / Swansea	d	0341	0346	0458	0528			0558	0628	0639	
Llansamlet	d									0645	
Sgiwen / Skewen	d									0649	
Castell Nedd / Neath	d	0353	0358	05 10	0540			06 10	0640	0653	
Llansawel / Briton Ferry	d									0657	
Baglan	d									0700	
Parcfordd Port Talbot Parkway	d	0400	0405	05 17	0547	0558	0558	06 17	0647	0705	
Y Pyl / Pyle	d					0606	0606			07 12	
Pen-y-Bont ar Ogwr / Bridgend	a	04 13	0425	0530	0600	06 14	06 14	0630	0700	07 19	
Pen-y-Bont ar Ogwr / Bridgend	d	04 14	0426	0531	0601	06 14	06 14	0631	0701	07 19	
Pencoed	d					0621	0621			0726	
Llanharan	d					0625	0625				
Pontyclun	d					0630	0630			0733	
Parc Ninian / Ninian Park	d										
Caerdydd Canolog / Cardiff Central	a	0504	0507	0551	0622	0648	0648	0651	0721	0747	
Caerdydd Canolog / Cardiff Central	d	0507	0507	0556	0626	0658	0658	0654	0724	0750	
Casnewydd / Newport	a	0524	0524	0606	0636	07 15	07 15	0704	0734	0803	
Caerloyw / Gloucester	a										
Manceinion Piccadilly / Manchester Piccadilly	a									1111	
Filton Abbey Wood	a			0711	0711	0736	0807	0807	0843	0906	
Bryste Temple Meads / Bristol Temple Meads	a			0720	0720	0746	08 15	08 15	0852	0920	
Parcfordd Bryste / Bristol Parkway	a	0551	0551	0628	0658			0726	0758		
Reading	a	0649	0648	07 18	0749			08 18			
Llundain Paddington / London Paddington	a	0716	0716	0744	08 16			0844	09 14		

**Nodiadau**

- MO Dydd Llun yn unig
- MX Dydd Mawrth i ddydd Gwener
- H I Crewe

**Notes**

- MO Monday only
- MX Tuesday to Friday
- H To Crewe

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

**Gorllewin Cymru - Abertawe - Caerdydd** **Dydd Llun i ddydd Gwener**  
**West Wales - Swansea - Cardiff** **Mondays to Fridays**

	AW	GW 1R	GW 1R	AW	GW 1R	AW R	AW	AW	AW	GW 1R	AW R
Porthladd Rosslare Harbour	d										
Porthladd Abergwaun / Fishguard Harbour	d										
Abergwaun ac Wdig / Fishguard & Goodwick	d										
Aberdaugleddau / Milford Haven	d			0554		0703					
Johnston	d			0602x		0711x					
Hwlfordd / Haverfordwest	d			0609		0718					
Clarbeston Road	d			0617x		0726x					
Clunderwen	d			0625x		0734x					
Doc Penfro / Pembroke Dock	d							0659			
Penfro / Pembroke	d							0707			
Llandyfail / Lamphey	d							0710x			
Maenorbyr / Manorbier	d							0718			
Penalun / Penally	d							0724x			
Dinbych-y-Pysgod / Tenby	d							0729			
Saundersfoot	d							0736x			
Cilgeti / Kilgetty	d							0738x			
Arberth / Narberth	d							0748x			
Hendy-gwyn / Whitland	a			0632		0740		0756			
Hendy-gwyn / Whitland	d			0632		0740		0757			
Caerfyrddin / Carmarthen	a			0647		0756		0815			
Caerfyrddin / Carmarthen	d	0613		0652	0725	0800	0810				0900
Glanffery / Ferryside	d	0623x		0702x	0737	0810x	0821x				0910x
Cydweli / Kidwelly	d	0629x		0708x	0744	0816x	0827x				0916x
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	0636		0715	0751	0823	0835				0923
Llanelli	a	0642		0721	0757	0829	0842				0929
Llanelli	d	0643		0722	0758	0830	0842				0930
Tre-gwyr / Gowerton	d	0650		0729		0837					0937
<b>Abertawe / Swansea</b>	a	0704		0741	0814	0849	0901				0950
<b>Abertawe / Swansea</b>	d	0708	0720	0743	0749	0822	0854	0905		0922	0955
Llansamlet	d							0912			
Sgiwen / Skewen	d							0916			
Castell Nedd / Neath	d	0719	0732	0755	0800	0834	0905	0921		0934	1006
Llansawel / Briton Ferry	d							0924			
Baglan	d							0928			
Parcfordd Port Talbot Parkway	d	0726	0739	0802	0807	0841	0913	0932		0941	1014
Y Pil / Pyle	d	0733			0814			0940			
Pen-y-Bont ar Ogwr / Bridgend	a	0740	0752	0815	0822	0854	0925	0948		0954	1027
Pen-y-Bont ar Ogwr / Bridgend	d	0741	0753	0816	0822	0855	0925	0948		0955	1027
Pencoed	d										
Llanharan	d	0748			0829						
Pontyclun	d										
Parc Ninian / Ninian Park	d										
<b>Caerdydd Canolog / Cardiff Central</b>	a	0805	0813	0836	0847	0915	0949	1012		1015	1049
<b>Caerdydd Canolog / Cardiff Central</b>	d		0818	0841	0850	0918	0956	1014		1018	1052
<b>Casnewydd / Newport</b>	a		0828	0852	0902	0929	1009	1029		1032	1105
<b>Caerloyw / Gloucester</b>	a										
Manceinion Piccadilly / Manchester Piccadilly	a				1213		1313				1413
Filton Abbey Wood	a	0906	0942	0942	1006	1042	1042	1106		1143	1143
Bryste Temple Meads / Bristol Temple Meads	a	0920	0951	0951	1014	1051	1051	1116		1151	1151
Parcfordd Bryste / Bristol Parkway	a		0854	0914		0954				1055	
<b>Reading</b>	a		0945	1006		1045				1145	
<b>Llundain Paddington / London Paddington</b>	a		1012	1034		1112				1212	

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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**Gorllewin Cymru - Abertawe - Caerdydd** **Dydd Llun i ddydd Gwener**  
**West Wales - Swansea - Cardiff** **Monday to Fridays**

		GW 1R	AW R	AW	GW 1R	AW	GW 1R	AW R	AW	GW 1R	AW R
Porthladd Rosslare Harbour	d										
Porthladd Abergwaun / Fishguard Harbour	d										
Abergwaun ac Wdig / Fishguard & Goodwick	d										
Aberdaugleddau / Milford Haven	d		0908					1105			
Johnston	d		0916x					1113x			
Hwlfordd / Haverfordwest	d		0923					1120			
Clarbeston Road	d		0931x					1128x			
Clunderwen	d		0939x					1136x			
Doc Penfro / Pembroke Dock	d			0909					1117		
Penfro / Pembroke	d			0917					1125		
Llandyfail / Lamphey	d			0920x					1128x		
Maenorbyr / Manorbier	d			0929					1137		
Penalun / Penally	d			0934x					1142x		
Dinbych-y-Pysgod / Tenby	d			0940					1152		
Saundersfoot	d			0948x					1200x		
Cilgeti / Kilgetty	d			0950x					1202x		
Arberth / Narberth	d			1000x					1212x		
Hendy-gwyn / Whitland	a		0945	1009				1143	1220		
Hendy-gwyn / Whitland	d		0945	1009				1143	1220		
Caerfyrddin / Carmarthen	a		1001	1027				1159	1238		
Caerfyrddin / Carmarthen	d		1005			1100		1204		1300	
Glanffery / Ferryside	d					1110x				1310x	
Cydweli / Kidwelly	d					1116x				1316x	
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d		1023			1123		1222		1323	
Llanelli	a		1029			1129		1228		1329	
Llanelli	d		1030			1130		1229		1330	
Tre-gwyr / Gowerton	d					1137		1236		1337	
Abertawe / Swansea	a		1047			1149		1248		1349	
Abertawe / Swansea	d	1022	1052		1122	1153	1223	1252		1323	1354
Llansamlet	d		1058					1258			
Sgiwen / Skewen	d		1102					1302			
Castell Nedd / Neath	d	1034	1106		1134	1204	1234	1306		1334	1405
Llansawel / Briton Ferry	d		1110					1310			
Baglan	d		1113					1313			
Parcfordd Port Talbot Parkway	d	1041	1117		1141	1212	1241	1317		1341	1413
Y Pil / Pyle	d		1124					1324			
Pen-y-Bont ar Ogwr / Bridgend	a	1054	1132		1154	1224	1254	1332		1354	1425
Pen-y-Bont ar Ogwr / Bridgend	d	1055	1132		1155	1224	1255	1332		1355	1425
Pencoed	d										
Llanharan	d										
Pontyclun	d										
Parc Ninian / Ninian Park	d										
Caerdydd Canolog / Cardiff Central	a	1115	1153		1215	1246	1315	1353		1415	1446
Caerdydd Canolog / Cardiff Central	d	1118	1156		1218	1249	1318	1357		1418	1449
Casnewydd / Newport	a	1128	1209		1228	1302	1328	1410		1428	1502
Caerloyw / Gloucester	a										
Manceinion Piccadilly / Manchester Piccadilly	a		1513			1613		1713			1813
Filton Abbey Wood	a	1206	1242		1306	1343	1407	1443		1506	1540
Bryste Temple Meads / Bristol Temple Meads	a	1215	1251		1315	1352	1416	1452		1515	1549
Parcfordd Bryste / Bristol Parkway	a	1152			1254		1353			1450	
Reading	a	1245			1344		1445			1544	
Llundain Paddington / London Paddington	a	1312			1414		1512			1609	

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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	AW	GW 1R	AW R	AW R	AW	GW 1R	AW R	GW 1R	AW R	AW
Porthladd Rosslare Harbour	d									
Porthladd Abergwaun / Fishguard Harbour	d		1250							
Abergwaun ac Wdig / Fishguard & Goodwick	d		1253							
Aberdaugleddau / Milford Haven	d			1300						1507
Johnston	d			1308x						15 15x
Hwlfordd / Haverfordwest	d			13 15						1522
Clarbeston Road	d		13 12	1323x						1530x
Clunderwen	d			133 1x						1538x
Doc Penfro / Pembroke Dock	d				1309					1509
Penfro / Pembroke	d				13 17					15 17
Llandyfail / Lamphey	d				1320x					1520x
Maenorbyr / Manorbier	d				1329					1529
Penalun / Penally	d				1334x					1534x
Dinbych-y-Pysgod / Tenby	d				1342					1540
Saundersfoot	d				1350x					1548x
Cilgeti / Kilgetty	d				1352x					1550x
Arberth / Narberth	d				1402x					1600x
Hendy-gwyn / Whitland	a		1325	1337	14 11					1545 1609
Hendy-gwyn / Whitland	d		1326	1337	14 11					1545 1609
Caerfyrddin / Carmarthen	a		1342	1353	1429					160 1 1626
Caerfyrddin / Carmarthen	d		1347	1357			150 1			1605
Glanffery / Ferryside	d						15 1 1x			
Cydweli / Kidwelly	d						15 17x			
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d			14 15			1524			1623
Llanelli	a	1353	14 10	1422			1530			1630
Llanelli	d	1357	14 10	1422			153 1			1630
Tre-gwyr / Gowerton	d	1404		1429			1538			1637
<b>Abertawe / Swansea</b>	a	14 17		1442			155 1			1650
<b>Abertawe / Swansea</b>	d		1422	1446		1523	1554	1623	1654	
Llansamlet	d			1452						
Sgiwen / Skewen	d			1456						
Castell Nedd / Neath	d	1433		1500		1534	1605	1634	1705	
Llansawel / Briton Ferry	d			1504						
Baglan	d			1507						
Parcfordd Port Talbot Parkway	d	1440	1445	15 11		154 1	16 13	164 1	17 12	
Y Pil / Pyle	d		1453	15 18						
Pen-y-Bont ar Ogwr / Bridgend	a	1453	150 1	1525		1554	1625	1654	1724	
Pen-y-Bont ar Ogwr / Bridgend	d	1453	150 1	1525		1555	1625	1655	1724	
Pencoed	d									
Llanharan	d									
Pontyclun	d									
Parc Ninian / Ninian Park	d									
<b>Caerdydd Canolog / Cardiff Central</b>	a		15 14	1527	1547		16 15	1647	17 15	1745
<b>Caerdydd Canolog / Cardiff Central</b>	d		15 18		1550		16 18	1650	1720	1749
<b>Casnewydd / Newport</b>	a		1528		1603		1628	1703	1732	1802
<b>Caerloyw / Gloucester</b>	a									
Manceinion Piccadilly / Manchester Piccadilly	a			19 14			20 19			2 107
Filton Abbey Wood	a		1607	1641	164 1		1706	1740	18 12	1840
Bryste Temple Meads / Bristol Temple Meads	a		16 16	1650	1650		17 14	1749	1820	1850
Parcfordd Bryste / Bristol Parkway	a		1554				1653		1755	
<b>Reading</b>	a		1645				1744		1847	
<b>Llundain Paddington / London Paddington</b>	a		17 14				1809		19 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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**Gorllewin Cymru - Abertawe - Caerdydd** **Dydd Llun i ddydd Gwener**  
**West Wales - Swansea - Cardiff** **Mondays to Fridays**

	AW	GW FR	AW R	AW	GW FR	AW	AW	GW FR FX	GW FR FO	AW
Porthladd Rosslare Harbour	d									
Porthladd Abergwaun / Fishguard Harbour	d									
Abergwaun ac Wdig / Fishguard & Goodwick	d									
Aberdaugleddau / Milford Haven	d					17 11				
Johnston	d					17 19x				
Hwlfordd / Haverfordwest	d					1726				
Clarbeston Road	d					1734x				
Clunderwen	d					1742x				
Doc Penfro / Pembroke Dock	d						1709			
Penfro / Pembroke	d						17 17			
Llandyfail / Lamphey	d						1720x			
Maenorbyr / Manorbier	d						1729			
Penalun / Penally	d						1734x			
Dinbych-y-Pysgod / Tenby	d						1740			
Saundersfoot	d						1748x			
Cilgeti / Kilgetty	d						1750x			
Arberth / Narberth	d						1800x			
Hendy-gwyn / Whitland	a					1748	1809			
Hendy-gwyn / Whitland	d					1748	1809			
Caerfyrddin / Carmarthen	a					1804	1827			
Caerfyrddin / Carmarthen	d		1655			1809				1850
Glanyfferi / Ferryside	d		1705x			18 19x				190 1x
Cydweli / Kidwelly	d		17 11x			1825x				1907x
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d		17 18			1832				19 15
Llanelli	a		1724	1750		1838				1922
Llanelli	d	1643	1725	1754		1839				1922
Tre-gwyr / Gowerton	d		1732	180 1		1846				1930
Abertawe / Swansea	a	1702	1744	18 15		1858				1945
Abertawe / Swansea	d	1705	1722	1749		1822	1905	1922	1922	1949
Llansamlet	d	17 11		1755			19 11			
Sgiwen / Skewen	d	17 15		1759			19 15			
Castell Nedd / Neath	d	17 19	1734	1804		1834	1920	1934	1934	2000
Llansawel / Briton Ferry	d	1723		1807			1923			
Baglan	d	1726		18 11			1927			
Parcfordd Port Talbot Parkway	d	1730	174 1	18 15		184 1	193 1	194 1	194 1	2007
Y Pil / Pyle	d	1737		1822			1938			
Pen-y-Bont ar Ogwr / Bridgend	a	1745	1756	1830		1854	1947	1954	1954	202 1
Pen-y-Bont ar Ogwr / Bridgend	d	1745	1756	1830		1855	1947	1955	1955	202 1
Pencoed	d									
Llanharan	d									
Pontyclun	d									
Parc Ninian / Ninian Park	d									
Caerdydd Canolog / Cardiff Central	a	1808	18 16	1852		19 15	20 10	20 17	20 17	2043
Caerdydd Canolog / Cardiff Central	d		18 19	1855		19 18		202 1	202 1	
Casnewydd / Newport	a		1829	1908		1929		203 1	203 1	
Caerloyw / Gloucester	a									
Manceinion Piccadilly / Manchester Piccadilly	a			22 15						
Filton Abbey Wood	a	19 11	1940	1940		2006	2 106		2 141	2 141
Bryste Temple Meads / Bristol Temple Meads	a	19 19	195 1	195 1		20 15	2 115		2 15 1	2 15 1
Parcfordd Bryste / Bristol Parkway	a		1852			1950		2053	2053	
Reading	a		1946			2044		2 144	2 144	
Llundain Paddington / London Paddington	a		20 14			2 110		2209	22 14	

**Nodiadau**  
 FX Dydd Llun i ddydd lau  
 FO Dydd Gwener yn unig

**Notes**  
 FX Monday to Thursday  
 FO Friday only

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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	AW	AW	GW R FX	GW R FO	AW	AW	AW	AW		
Porthladd Rosslare Harbour	d									
Porthladd Abergwaun / Fishguard Harbour	d						22 13			
Abergwaun ac Wdig / Fishguard & Goodwick	d						22 16			
Aberdaugleddau / Milford Haven	d	19 15				20 38		23 25		
Johnston	d	19 23x				20 46x		23 33x		
Hwlfordd / Haverfordwest	d	19 30				20 53		23 40		
Clarbeston Road	d	19 38x				2 10 1x	22 35	23 48x		
Clunderwen	d	19 46x				2 10 8x	22 43x	23 56x		
Doc Penfro / Pembroke Dock	d	19 19								
Penfro / Pembroke	d	19 27								
Llandyfail / Lamphey	d	19 3 1x								
Maenorbyr / Manorbier	d	19 39								
Penalun / Penally	d	19 44x								
Dinbych-y-Pysgod / Tenby	d	19 50								
Saundersfoot	d	19 58x								
Cilgeti / Kilgetty	d	20 00x								
Arberth / Narberth	d	20 10x								
Hendy-gwyn / Whitland	a	19 52	20 18			2 11 5	22 5 1	00 03		
Hendy-gwyn / Whitland	d	19 52	20 19			2 11 5	22 5 1	00 03		
Caerfyrddin / Carmarthen	a	20 08	20 37			2 13 2	23 08	00 20		
Caerfyrddin / Carmarthen	d	20 12			2 10 0					
Glanyfferi / Ferryside	d				2 11 0x					
Cydweli / Kidwelly	d				2 11 6x					
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	20 30			2 12 3					
Llanelli	a	20 36			2 12 9					
Llanelli	d	20 37			2 13 0					
Tre-gwyr / Gowerton	d	20 44			2 13 7					
Abertawe / Swansea	a	20 56			2 15 0					
Abertawe / Swansea	d	2 10 0	2 12 2	2 12 2	2 15 4					
Llansamlet	d				22 00					
Sgiwen / Skewen	d				22 04					
Castell Nedd / Neath	d	2 11 1	2 13 4	2 13 4	22 08					
Llansawel / Briton Ferry	d				22 12					
Baglan	d				22 15					
Parcfordd Port Talbot Parkway	d	2 11 8	2 14 1	2 14 1	22 19					
Y Pyl / Pyle	d				22 26					
Pen-y-Bont ar Ogwr / Bridgend	a	2 13 1	2 15 4	2 15 4	22 33					
Pen-y-Bont ar Ogwr / Bridgend	d	2 13 1	2 15 5	2 15 5	22 33					
Pencoed	d									
Llanharan	d									
Pontyclun	d									
Parc Ninian / Ninian Park	d	2 15 1			22 53					
Caerdydd Canolog / Cardiff Central	a	2 15 9	22 15	22 15	23 00					
Caerdydd Canolog / Cardiff Central	d		22 18	22 19						
Casnewydd / Newport	a		22 34	22 29						
Caerloyw / Gloucester	a									
Manceinion Piccadilly / Manchester Piccadilly	a									
Filton Abbey Wood	a	23 13	23 24		00 11					
Bryste Temple Meads / Bristol Temple Meads	a	23 24	23 35		00 25					
Parcfordd Bryste / Bristol Parkway	a		23 04	23 02						
Reading	a									
Llundain Paddington / London Paddington	a									

## Nodiadau

FX Dydd Llun i ddydd Iau






FO Dydd Gwener yn unig

## Notes

FX Monday to Thursday











FO Friday only



	AW	AW	AW	AW	AW	AW	AW	AW	GW 1R	GW 1R	AW
Llundain Paddington / London Paddington <b>15</b> 	d								0523	0648	
Reading <b>7</b> 	d								0549	0713	
Parcfordd Bryste / Bristol Parkway <b>7</b>	d						0538		0728	0805	
Bryste Temple Meads / Bristol Temple Meads <b>10</b> 	d						0520	0626	0707	0725	0753
Filton Abbey Wood	d							0638	0716	0738	0803
Manceinion Piccadilly / Manchester Piccadilly <b>10</b>	d										
Caerloyw / Gloucester <b>7</b>	d										
Casnewydd / Newport	d							0732	0752	0827	0842
Caerdydd Canolog / Cardiff Central <b>7</b>	a							0747	0803	0838	0856
Caerdydd Canolog / Cardiff Central <b>7</b>	d					0535	0632	0750	0806	0842	0900
Parc Ninian / Ninian Park	d					0540	0636				
Pontyclun	d					0552					
Llanharan	d					0557					
Pencoed	d					0601					
Pen-y-Bont ar Ogwr / Bridgend	a					0606	0658	0810	0824	0900	0920
Pen-y-Bont ar Ogwr / Bridgend	d					0606	0659	0810	0825	0901	0920
Y Pil / Pyle	d					0614	0707	0817			0927
Parcfordd Port Talbot Parkway	d					0622	0716	0825	0839	0914	0935
Baglan	d					0624	0720	0828			0937
Llansawel / Briton Ferry	d					0629	0724	0832			0941
Castell Nedd / Neath	d					0633	0729	0836	0846	0921	0945
Sgiwen / Skewen	d					0636	0733	0840			0949
Llansamlet	d					0641	0737	0844			0953
Abertawe / Swansea	a					0650	0746	0853	0858	0933	1002
Abertawe / Swansea	d					0654	0753	0908			1006
Tre-gwynr / Gowerton	d					0705	0805	0919			1017
Llanelli	a					0713	0812	0927			1024
Llanelli	d					0713	0812	0927			1025
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d					0719	0818	0933			1031
Cydweli / Kidwelly	d					0726x	0825x	0940x			1037x
Glanyfferi / Ferryside	d					0732x	0831x	0946x			1043x
Caerfyrddin / Carmarthen	a					0744	0844	0958			1054
Caerfyrddin / Carmarthen	d	0450	0530	0600	0641	0748	0848	1003			
Hendy-gwyn / Whitland	a	0506	0547	0615	0659	0803	0904	1018			
Hendy-gwyn / Whitland	d	0506	0547	0615	0659	0803	0904	1018			
Arberth / Narberth	d		0556x		0708x		0913x				
Kilgetty / Kilgetty	d		0605x		0717x		0922x				
Saundersfoot	d		0607x		0719x		0924x				
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		0622x		0810x		1025x			
Clarbeston Road	d	0520x		0630x		0818x		1033x			
Hwlfordd / Haverfordwest	d	0532		0638		0826		1041			
Johnston	d	0540x		0646x		0834x		1049x			
Aberdaugleddau / Milford Haven	a	0552		0658		0843		1103			
Abergwaun ac Wdig / Fishguard & Goodwick	a										
Porthladd Abergwaun / Fishguard Harbour <b>80</b> 	a										
Porthladd Rosslare Harbour 	a										

	AW	AW	GW R	AW	AW	AW	GW R	AW	AW	GW R
Llundain Paddington / London Paddington <b>15</b>	d		0748				0848			0948
Reading <b>7</b>	d		0813				0913			1013
Parcfordd Bryste / Bristol Parkway <b>7</b>	d		0904				1005			1105
Bryste Temple Meads / Bristol Temple Meads <b>10</b>	d	0753	0823		0856	0856	0924	0924		1027
Filton Abbey Wood	d	0803	0837		0905	0905	0935	0935		1036
Manceinion Piccadilly / Manchester Piccadilly <b>10</b>	d				0630			0730		
Caerloyw / Gloucester <b>7</b>	d	0758				0858				
Casnewydd / Newport	d	0850	0925		0939	0951	1025	1030		1126
Caerdydd Canolog / Cardiff Central <b>7</b>	a	0905	0938		0959	1005	1037	1045		1139
Caerdydd Canolog / Cardiff Central <b>7</b>	d	0916	0942		1006	1016	1040	1048		1143
Parc Ninian / Ninian Park	d									
Pontyclun	d	0928				1028				
Llanharan	d	0933				1033				
Pencoed	d	0937				1037				
Pen-y-Bont ar Ogwr / Bridgend	a	0943	1000		1026	1043	1058	1107		1201
Pen-y-Bont ar Ogwr / Bridgend	d	0943	1001		1026	1043	1059	1107		1201
Y Pyl / Pyle	d							1115		
Parcfordd Port Talbot Parkway	d		1015		1038		1112	1122		1215
Baglan	d							1125		
Llansawel / Briton Ferry	d							1128		
Castell Nedd / Neath	d		1022		1045		1119	1133		1222
Sgiwen / Skewen	d							1136		
Llansamlet	d							1140		
Abertawe / Swansea	a		1034		1059		1131	1149		1234
Abertawe / Swansea	d			1101	1109			1156		
Tre-gwyr / Gowerton	d				1120			1207		
Llanelli	a			1118	1128			1215		
Llanelli	d			1118	1128			1215		
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d				1134			1221		
Cydweli / Kidwelly	d							1228x		
Glanyfferi / Ferryside	d							1234x		
Caerfyrddin / Carmarthen	a				1154			1245		
Caerfyrddin / Carmarthen	d	1102			1159				1251	
Hendy-gwyn / Whitland	a	1119		1153	1214				1308	
Hendy-gwyn / Whitland	d	1119		1153	1215				1308	
Arberth / Narberth	d	1128x							1317x	
Cilgeti / Kilgetty	d	1138x							1327x	
Saundersfoot	d	1140x							1329x	
Dinbych-y-Pysgod / Tenby	d	1150							1345	
Penalun / Penally	d	1153x							1348x	
Maenorbyr / Manorbier	d	1159							1354	
Llandyfail / Lamphey	d	1207x							1402x	
Penfro / Pembroke	d	1210							1405	
Doc Penfro / Pembroke Dock	a	1223							1417	
Clunderwen	d				1221x					
Clarbeston Road	d			1206	1229x					
Hwlfordd / Haverfordwest	d				1238					
Johnston	d				1245x					
Aberdaugleddau / Milford Haven	a				1300					
Abergwaun ac Wdig / Fishguard & Goodwick	a			1225						
Porthladd Abergwaun / Fishguard Harbour <b>80</b>	a			1230						
Porthladd Rosslare Harbour	a									

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

	AW	GW 1R	AW	AW	GW 1R	AW H	AW	GW 1R	AW	AW
Llundain Paddington / London Paddington  d		1048			1148			1248		
Reading  d		1113			1213			1313		
Parcfordd Bryste / Bristol Parkway  d		1204			1303			1404		
Bryste Temple Meads / Bristol Temple Meads  d	1057	1120	1157		1225		1225	1321	1321	
Filton Abbey Wood d	1105	1137	1205		1237		1237	1336	1336	
Manceinion Piccadilly / Manchester Piccadilly  d	0831		0931				1031		1131	
Caerloyw / Gloucester  d										
Casnewydd / Newport d	1138	1227	1237		1324		1329	1425	1430	
Caerdydd Canolog / Cardiff Central  a	1150	1238	1253		1335		1342	1436	1444	
Caerdydd Canolog / Cardiff Central  d	1154	1242	1255		1337		1345	1439	1446	
Parc Ninian / Ninian Park d										
Pontyclun d										
Llanharan d										
Pencoed d										
Pen-y-Bont ar Ogwr / Bridgend a	1214	1300	1315		1355		1404	1457	1506	
Pen-y-Bont ar Ogwr / Bridgend d	1214	1300	1315		1356		1404	1458	1506	
Y Pîl / Pyle d			1323							
Parcfordd Port Talbot Parkway d	1226	1314	1330		1410		1416	1511	1518	
Baglan d			1332							
Llansawel / Briton Ferry d			1336							
Castell Nedd / Neath d	1233	1321	1340		1417		1424	1518	1525	
Sgiwen / Skewen d			1343							
Llansamlet d			1347							
Abertawe / Swansea a	1247	1333	1356		1429		1437	1530	1539	
Abertawe / Swansea d	1255		1400			1435	1457		1543	
Tre-gwyr / Gowerton d	1307		1411				1508		1554	
Llanelli a	1314		1418			1452	1516		1602	
Llanelli d	1315		1418			1453	1516		1602	
Pen-bre a Phorth Tywyn / Pembrey & Burry Port d	1321		1424				1522		1608	
Cydweli / Kidwelly d			1431x						1615x	
Glanyfferi / Ferryside d			1437x						1621x	
Caerfyrddin / Carmarthen a	1340		1448				1542		1634	
Caerfyrddin / Carmarthen d	1345			1451			1546		1651	
Hendy-gwyn / Whitland a	1400			1508			1601		1708	
Hendy-gwyn / Whitland d	1400			1508			1601		1708	
Arberth / Narberth d				1517x					1717x	
Cilgeti / Kilgetty d				1527x					1727x	
Saundersfoot d				1529x					1729x	
Dinbych-y-Pysgod / Tenby d				1545					1745	
Penalun / Penally d				1548x					1748x	
Maenorbyr / Manorbier d				1554					1754	
Llandyfail / Lamphey d				1602x					1802x	
Penfro / Pembroke d				1605					1805	
Doc Penfro / Pembroke Dock a				1618					1818	
Clunderwen d	1407x						1608x			
Clarbeston Road d	1415x						1616x			
Hwlfordd / Haverfordwest d	1423						1625			
Johnston d	1431x						1633x			
Aberdaugleddau / Milford Haven a	1445						1643			
Abergwaun ac Wdig / Fishguard & Goodwick a										
Porthladd Abergwaun / Fishguard Harbour  a										
Porthladd Rosslare Harbour  a										











## Nodiadau

H I Amwythig

## Notes

H 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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	AW	GW R	AW R	AW	GW R	AW R	AW H	GW R	AW R	AW
Llundain Paddington / London Paddington  d		1348			1448			1548		
Reading  d		14 13			15 13			16 13		
Parcfordd Bryste / Bristol Parkway  d		1504			1604			1704		
Bryste Temple Meads / Bristol Temple Meads  d	1356	1424	1424	1457	1521	1556		1626	1626	1656
Filton Abbey Wood d	1404	1437	1437	1506	1534	1605		1637	1637	1707
Manceinion Piccadilly / Manchester Piccadilly  d			123 1			133 1			143 1	
Caerloyw / Gloucester  d										
Casnewydd / Newport d		1524	1529		1624	1645		1724	1730	
Caerdydd Canolog / Cardiff Central  a		1535	1544		1635	1700		1736	1743	
Caerdydd Canolog / Cardiff Central  d	15 12	1539	1546	1602	1639	1704		1742	1746	1806
Parc Ninian / Ninian Park d										
Pontyclun d										18 18
Llanharan d						17 19				
Pencoed d										1825
Pen-y-Bont ar Ogwr / Bridgend a	1531	1557	1606	1622	1657	1728		1800	1806	1831
Pen-y-Bont ar Ogwr / Bridgend d	1531	1558	1606	1623	1658	1729		180 1	1806	183 1
Y Pyl / Pyle d	1539			163 1		1736			18 14	1839
Parcfordd Port Talbot Parkway d	1547	16 11	16 18	1639	17 11	1743		18 14	182 1	1847
Baglan d	1550					1747				185 1
Llansawel / Briton Ferry d	1553					1750				1854
Castell Nedd / Neath d	1557	16 18	1626	1648	17 18	1755		182 1	1828	1859
Sgiwen / Skewen d	160 1					1758				1902
Llansamlet d	1605					1802				1906
Abertawe / Swansea a	16 14	1630	1639	170 1	1730	18 11		1833	1842	19 15
Abertawe / Swansea d	16 18		1643	1709		18 16	1830		1846	
Tre-gwyr / Gowerton d	1630		1654	172 1		1827	184 1		1857	
Llanelli a	1638		170 1	1728		1834	1849		1905	
Llanelli d			1702	1729		1834	1853		1905	
Pen-bre a Phorth Tywyn / Pembrey & Burry Port d			1708	1735		1840			19 11	
Cydweli / Kidwelly d			17 14x	1742x		1847x				
Glanyfferi / Ferryside d			1720x	1748x		1853x				
Caerfyrddin / Carmarthen a			1732	180 1		1905			193 1	
Caerfyrddin / Carmarthen d			1736						1935	
Hendy-gwyn / Whitland a			175 1						1950	
Hendy-gwyn / Whitland d			175 1						1950	
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			1758x						1957x	
Clarbeston Road d			1806x						2005x	
Hwlfordd / Haverfordwest d			18 14						20 14	
Johnston d			1822x						2022x	
Aberdaugleddau / Milford Haven a			1836						2036	
Abergwaun ac Wdig / Fishguard & Goodwick a										
Porthladd Abergwaun / Fishguard Harbour  a										
Porthladd Rosslare Harbour  a										

## Nodiadau





















































H I Amwythig

## Notes

H To Shrewsbury

	AW	GW 1R	AW R	AW	AW	GW 1R	AW R	AW	AW	GW 1R
Llundain Paddington / London Paddington 	d	1648				1748				1818
Reading 	d	1713				1813				1843
Parcfordd Bryste / Bristol Parkway 	d	1805				1904				1939
Bryste Temple Meads / Bristol Temple Meads 	d	1656	1722	1756		1756	1822	1822	1856	1856
Filton Abbey Wood	d	1707	1730	1804		1804	1840	1840	1906	1906
Manceinion Piccadilly / Manchester Piccadilly 	d			1531				1631		
Caerloyw / Gloucester 	d	1700				1800			1903	
Casnewydd / Newport	d	1754	1825	1841		1854	1924	1932	1956	2001
Caerdydd Canolog / Cardiff Central 	a	1811	1836	1857		1909	1938	1945	2011	2013
Caerdydd Canolog / Cardiff Central 	d	1816	1840	1905		1912	1941	1948	2015	2021
Parc Ninian / Ninian Park	d									
Pontyclun	d	1828				1924			2027	
Llanharan	d	1833				1929			2032	
Pencoed	d	1838				1934			2036	
Pen-y-Bont ar Ogwr / Bridgend	a	1845	1858	1925		1941	1959	2007	2042	2047
Pen-y-Bont ar Ogwr / Bridgend	d	1845	1859	1926		1941	2000	2007	2042	2048
Y Pil / Pyle	d			1933						
Parcfordd Port Talbot Parkway	d		1914	1941			2013	2019		2103
Baglan	d			1944						
Llansawel / Briton Ferry	d			1948						
Castell Nedd / Neath	d		1921	1952			2020	2026		2110
Sgiwen / Skewen	d			1957						
Llansamlet	d			2001						
Abertawe / Swansea	a		1933	2010			2032	2041		2121
Abertawe / Swansea	d			2013			2105	2044		
Tre-gwyr / Gowerton	d			2024				2055		
Llanelli	a			2032			2119	2103		2158
Llanelli	d			2032			2121	2103		2159
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d			2038			2127	2109		2205
Cydweli / Kidwelly	d							2116x		
Glanyfferi / Ferryside	d							2122x		
Caerfyrddin / Carmarthen	a			2059			2149	2134		2228
Caerfyrddin / Carmarthen	d				2103			2142		
Hendy-gwyn / Whitland	a				2119			2158		
Hendy-gwyn / Whitland	d				2119			2158		
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				2126x			2204x		
Clarboston Road	d				2134			2212x		
Hwlfordd / Haverfordwest	d							2223		
Johnston	d							2231x		
Aberdaugleddau / Milford Haven	a							2246		
Abergwaun ac Wdig / Fishguard & Goodwick	a				2152					
Porthladd Abergwaun / Fishguard Harbour 	a				2159					
Porthladd Rosslare Harbour 	a									

Mae'n bosibl na fydd tocynnau Off-Peak Day yn ddilys i deithio rhwng 0430 a 0930 ac ar gyfer teithiau sy'n cychwyn rhwng 1600 a 1829 Llun-Gwener. Dylech wirio am unrhyw gyfyngiadau cyn teithio.  
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		GW 1R	AW	GW 1R	GW 1R	AW FO	AW FX	GW 1R FO	GW 1R FX	AW	GW 1R FO
Llundain Paddington / London Paddington	 d	1848		19 18	1948			2048	2048		2 148
Reading	 d	19 13		1943	20 13			2 113	2 113		22 13
Parcfordd Bryste / Bristol Parkway	 d	2004		2038	2 105			2203	2203		2304
Bryste Temple Meads / Bristol Temple Meads	 d	1923	1956		2020	2057	2057	2 130	2 130	2 155	2234
Filton Abbey Wood	 d	1940	2006		2028	2 105	2 105	2 138	2 138	2203	2242
Manceinion Piccadilly / Manchester Piccadilly	 d					183 1	183 1				
Caerloyw / Gloucester	 d										
Casnewydd / Newport	 d	2028		2 100	2 127	2 153	2 156	2226	2234		2325
Caerdydd Canolog / Cardiff Central	 a	2039		2 115	2 140	2208	22 11	2239	2249		2336
Caerdydd Canolog / Cardiff Central	 d	2041	2 108	2 124	2 143	22 15	22 18	2250	2250	23 15	235 1
Parc Ninian / Ninian Park	 d										
Pontyclun	 d					2227	223 1			2330	
Llanharan	 d					2232	2236			2335	
Pencoed	 d					2236	2240			2340	
Pen-y-Bont ar Ogwr / Bridgend	 a	2059	2 128	2 145	220 1	224 1	2246	2308	2308	2347	00 13
Pen-y-Bont ar Ogwr / Bridgend	 d	2 100	2 128	2 146	2202	224 1	2246	2309	2309	2347	00 14
Y Pîl / Pyle	 d		2 137							2355	
Parcfordd Port Talbot Parkway	 d	2 114	2 145	2200	22 16	2253	2259	2323	2323	0003	0026
Baglan	 d									0007	
Llansawel / Briton Ferry	 d									0011	
Castell Nedd / Neath	 d	2 121	2 153	2207	2223	2300		2331	2331	00 16	0033
Sgiwen / Skewen	 d									0020	
Llansamlet	 d									0024	
Abertawe / Swansea	 a	2 133	2208	22 19	2235	23 14		2343	2343	0034	0046
Abertawe / Swansea	 d		2225			23 18				005 1	
Tre-gwyr / Gowerton	 d		2237			2329				0 102s	
Llanelli	 a		2244			2336	2329			0 109s	
Llanelli	 d		2245			2337	2333			0 109s	
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	 d		2251			2343	2339			0 116s	
Cydweli / Kidwelly	 d		2258x			2349x	2345x			0 123s	
Glanyfferi / Ferryside	 d		2304x			2355x	235 1x			0 129s	
Caerfyrddin / Carmarthen	 a		23 18			0011	0004			0 142	
Caerfyrddin / Carmarthen	 d										
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										

## Nodiadau

FO Dydd Gwener yn unig

FX Dydd Llun i ddydd lau

s Yn aros i ollwng teithwyr yn unig

## Notes

FO Friday only

FX Monday to Thursday

s Stops to set down only

		GW 1R FX	GW 1R FX	GW 1R FO	GW 1R FX	GW 1R FX						
Llundain Paddington / London Paddington	15	d	2148	2148	2248	2248	2248					
Reading	7	d	2213	2213	2318	2318	2318					
Parcffordd Bryste / Bristol Parkway	7	d	2304	2304	0015	0015	0015					
Bryste Temple Meads / Bristol Temple Meads	10	d	2234	2234								
Filton Abbey Wood		d	2242	2242								
Manceinion Piccadilly / Manchester Piccadilly	10	d										
Caerloyw / Gloucester	7	d										
Casnewydd / Newport		d	2331	2331	0036	0045	0045					
Caerdydd Canolog / Cardiff Central	7	a	2347	2347	0047	0100	0100					
Caerdydd Canolog / Cardiff Central	7	d	2351	2351	0050	0103	0103					
Parc Ninian / Ninian Park		d										
Pontyclun		d										
Llanharan		d										
Pencoed		d										
Pen-y-Bont ar Ogwr / Bridgend		a	0013	0034	0108	0121	0147					
Pen-y-Bont ar Ogwr / Bridgend		d	0014	0035	0109	0122	0148					
Y Pyl / Pyle		d										
Parcffordd Port Talbot Parkway		d	0026	0049	0132	0145	0202					
Baglan		d										
Llansawel / Briton Ferry		d										
Castell Nedd / Neath		d	0033	0057	0140	0153	0209					
Sgiwen / Skewen		d										
Llansamlet		d										
Abertawe / Swansea		a	0046	0109	0152	0205	0221					
Abertawe / Swansea		d										
Tre-gwyr / Gowerton		d										
Llanelli		a										
Llanelli		d										
Pen-bre a Phorth Tywyn / Pembrey & Burry Port		d										
Cydweli / Kidwelly		d										
Glan-yfferi / Ferryside		d										
Caerfyrddin / Carmarthen		a										
Caerfyrddin / Carmarthen		d										
Hendy-gwyn / Whitland		a										
Hendy-gwyn / Whitland		d										
Arberth / Narberth		d										
Cilgeti / Kilgetty		d										
Saundersfoot		d										
Dinbych-y-Pysgod / Tenby		d										
Penalun / Penally		d										
Maenorbyr / Manorbier		d										
Llandyfail / Lamphey		d										
Penfro / Pembroke		d										
Doc Penfro / Pembroke Dock		a										
Clunderwen		d										
Clarbeston Road		d										
Hwlfordd / Haverfordwest		d										
Johnston		d										
Aberdaugleddau / Milford Haven		a										
Abergwaun ac Wdig / Fishguard & Goodwick		a										
Porthladd Abergwaun / Fishguard Harbour	80	a										
Porthladd Rosslare Harbour		a										

## Nodiadau

FX Dydd Llun i ddydd lau

FO Dydd Gwener yn unig

## Notes

FX Monday to Thursday

FO Friday only

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.

Gorllewin Cymru - Abertawe - Caerdydd										Dydd Sadwrn	
West Wales - Swansea - Cardiff										Saturdays	
	GW	GW	AW	AW	GW	AW	AW	GW	AW	GW	
	1R	1R	D		1R	2		1R	2	1R	
Porthladd Rosslare Harbour	d										
Porthladd Abergwaun / Fishguard Harbour	d	80									
Abergwaun ac Wdig / Fishguard & Goodwick	d										
Aberdaugleddau / Milford Haven	d								0554		
Johnston	d								0602x		
Hwlfordd / Haverfordwest	d								0609		
Clarbeston Road	d								06 17x		
Clunderwen	d								0625x		
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								063 1		
Hendy-gwyn / Whitland	d								063 1		
Caerfyrddin / Carmarthen	a								0646		
Caerfyrddin / Carmarthen	d		0426	0501		0554	06 15		065 1	0722	
Glanyfferi / Ferryside	d					0604x	0625x		070 1x	0735	
Cydweli / Kidwelly	d					06 10x	063 1x		0707x	0742	
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d		0446	05 19		06 17	0638		07 14	0749	
Llanelli	a		0453	0524		0623	0645		0720	0755	
Llanelli	d		0453	0526		0624	0645		072 1	0756	
Tre-gwyr / Gowerton	d					063 1	0653		0728		
Abertawe / Swansea	a					0644	0705		0740	08 12	
Abertawe / Swansea	d	0356	0522		0622	0649	07 10	0724	0747	0822	
Llansamlet	d						07 17				
Sgiwen / Skewen	d						072 1				
Castell Nedd / Neath	d	0408	0534		0634	0700	0726	0736	0759	0834	
Llansawel / Briton Ferry	d						0729				
Baglan	d						0733				
Parcfordd Port Talbot Parkway	d	04 15	0541		0559	064 1	0708	0737	0744	0806	0841
Y Pil / Pyle	d				0606		07 15	0744		08 13	
Pen-y-Bont ar Ogwr / Bridgend	a	0428	0554		06 13	0654	0722	0753	0757	082 1	0854
Pen-y-Bont ar Ogwr / Bridgend	d	0429	0555		06 14	0655	0722	0753	0800	082 1	0855
Pencoed	d				0620			08 13		0827	
Llanharan	d				0623		0730	08 17			
Pontyclun	d				0628			082 1		0834	
Parc Ninian / Ninian Park	d										
Caerdydd Canolog / Cardiff Central	a	0450	06 16		0642	07 16	0746	0835	0820	0847	09 16
Caerdydd Canolog / Cardiff Central	d	05 14	0620		0652	07 18	0750		0822	085 1	09 19
Casnewydd / Newport	a	0524	0630		0705	0728	0803		0832	0904	0929
Caerloyw / Gloucester	a										
Manceinion Piccadilly / Manchester Piccadilly	a				10 14		1113			12 12	
Filton Abbey Wood	a		0709		0806	0806	0843	0940	0906	0940	1006
Bryste Temple Meads / Bristol Temple Meads	a		07 17		08 14	08 14	0852	0950	09 15	0950	10 16
Parcfordd Bryste / Bristol Parkway	a	0553	0652			0754			0854		0954
Reading	a	0649	0745			0846			0946		1046
Llundain Paddington / London Paddington	a	07 14	08 12			09 12			10 12		1111

Nodiadau  
D 1 Amwythig

Notes  
D 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



	AW	AW	AW	GW R	AW	AW D	GW R	AW R	AW	GW R
Porthladd Rosslare Harbour	d									
Porthladd Abergwaun / Fishguard Harbour	d									
Abergwaun ac Wdig / Fishguard & Goodwick	d									
Aberdaugleddau / Milford Haven	d	0704						0900		
Johnston	d	07 12x						0908x		
Hwlfordd / Haverfordwest	d	07 19						09 15		
Clarboston Road	d	0727x						0923x		
Clunderwen	d	0735x						093 1x		
Doc Penfro / Pembroke Dock	d		0659						0909	
Penfro / Pembroke	d		0707						09 17	
Llandyfail / Lamphey	d		07 10x						0920x	
Maenorbyr / Manorbier	d		07 19						0929	
Penalun / Penally	d		0724x						0934x	
Dinbych-y-Pysgod / Tenby	d		0729						0939	
Saundersfoot	d		0737x						0947x	
Cilgeti / Kilgetty	d		0739x						0949x	
Arberth / Narberth	d		0749x						0959x	
Hendy-gwyn / Whitland	a	074 1	0757					0938	1007	
Hendy-gwyn / Whitland	d	074 1	0757					0938	1007	
Caerfyrddin / Carmarthen	a	0757	08 19					0954	1026	
Caerfyrddin / Carmarthen	d	080 1	08 15		0859	09 13		0959		1032
Glanyfferi / Ferryside	d	08 11x	0825		0909x					
Cydweli / Kidwelly	d	08 17x	083 1		09 15x					
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	0824	0838		0922			10 17		1052
Llanelli	a	0830	0844		0928	0936		1023		1058
Llanelli	d	083 1	0844		0929	0937		1024		1059
Tre-gwyr / Gowerton	d	0837			0936					
Abertawe / Swansea	a	0850	0900		0949			104 1		1115
Abertawe / Swansea	d	0854	0907	0923	0954		1022	1045		1122
Llansamlet	d		09 14					105 1		
Sgiwen / Skewen	d		09 18					1055		
Castell Nedd / Neath	d	0905	0922	0935	1006		1034	1100		1135
Llansawel / Briton Ferry	d		0925					1103		
Baglan	d		0929					1107		
Parcfordd Port Talbot Parkway	d	09 13	0933	0942	10 14		104 1	1111		1144
Y Pyl / Pyle	d	092 1	0940		1020			1118		
Pen-y-Bont ar Ogwr / Bridgend	a	0929	0949	0955	1027		1054	1126		1156
Pen-y-Bont ar Ogwr / Bridgend	d	0929	095 1	0956	1028		1055	1126		1157
Pencoed	d									
Llanharan	d									
Pontyclun	d									
Parc Ninian / Ninian Park	d									
Caerdydd Canolog / Cardiff Central	a	0950	10 14	10 17	1049		1116	1149		12 18
Caerdydd Canolog / Cardiff Central	d	0953		10 19	1053		1119	1154		1220
Casnewydd / Newport	a	1006		1029	1106		1129	1207		1230
Caerloyw / Gloucester	a									
Manceinion Piccadilly / Manchester Piccadilly	a	13 13			14 13			15 13		
Filton Abbey Wood	a	1040	1106	114 1	114 1		1206	1240		1303
Bryste Temple Meads / Bristol Temple Meads	a	1050	1115	1150	1150		12 16	1250		13 12
Parcfordd Bryste / Bristol Parkway	a			1055			1154			1254
Reading	a			1148			1246			1346
Llundain Paddington / London Paddington	a			12 13			13 12			14 11

Nodiadau

D | Amwythig

Notes

D To Shrewsbury

Gorllewin Cymru - Abertawe - Caerdydd										Dydd Sadwrn	
West Wales - Swansea - Cardiff										Saturdays	
	AW	GW	AW	AW	AW	GW	AW	AW	GW	AW	
	☐	☐R	☐			☐R		☐	☐R	☐	
Porthladd Rosslare Harbour☞	d										
Porthladd Abergwaun / Fishguard Harbour ☐☞	d							124 1			
Abergwaun ac Wdig / Fishguard & Goodwick	d							1244			
Aberdaugleddau / Milford Haven	d		110 1							1300	
Johnston	d		1109x							1308x	
Hwlfordd / Haverfordwest	d		1116							13 15	
Clarbeston Road	d		1124x					1303		1323x	
Clunderwen	d		1132x							133 1x	
Doc Penfro / Pembroke Dock	d			11 14							
Penfro / Pembroke	d			1122							
Llandyfail / Lamphey	d			1125x							
Maenorbyr / Manorbier	d			1134							
Penalun / Penally	d			1139x							
Dinbych-y-Pysgod / Tenby	d			1149							
Saundersfoot	d			1157x							
Cilgeti / Kilgetty	d			1159x							
Arberth / Narberth	d			1209x							
Hendy-gwyn / Whitland	a		1139	12 18				13 15		1337	
Hendy-gwyn / Whitland	d		1139	12 18				13 16		1337	
Caerfyrddin / Carmarthen	a		1155	1236				1332		1353	
Caerfyrddin / Carmarthen	d	110 1	1159				1300	1336		1358	
Glanffery / Ferryside	d	1111x					13 10x	1346x			
Cydweli / Kidwelly	d	1117x					13 16x	1352x			
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	1124	12 17				1323	1359		14 16	
Llanelli	a	1130	1223		1234		1329	1406		1422	
Llanelli	d	1131	1224		1238		1330	1406		1423	
Tre-gwyr / Gowerton	d	1138	123 1				1337			1430	
<b>Abertawe / Swansea</b>	a	1155	1243		1257		1350			1443	
<b>Abertawe / Swansea</b>	d	1159	1222	1247		1322	1400		1423	1447	
Llansamlet	d		1254							1454	
Sgiwen / Skewen	d		1258							1458	
Castell Nedd / Neath	d	12 10	1234	1302		1334	14 11		1435	1502	
Llansawel / Briton Ferry	d		1306							1506	
Baglan	d		1309							15 10	
Parcfordd Port Talbot Parkway	d	12 18	124 1	13 13		134 1	14 19	1434	1442	15 14	
Y Pil / Pyle	d		1320							152 1	
Pen-y-Bont ar Ogwr / Bridgend	a	123 1	1254	1328		1354	143 1	1449	1455	1529	
Pen-y-Bont ar Ogwr / Bridgend	d	123 1	1255	1328		1356	143 1	1449	1456	1529	
Pencoed	d										
Llanharan	d										
Pontyclun	d										
Parc Ninian / Ninian Park	d										
<b>Caerdydd Canolog / Cardiff Central</b> ☐	a	1252	13 16	1349		14 17	1453	152 1	15 17	155 1	
<b>Caerdydd Canolog / Cardiff Central</b> ☐	d	1255	13 18	1355		142 1	1456		15 19	1555	
<b>Casnewydd / Newport</b>	a	1308	1330	1408		1432	1509		1529	1608	
Caerloyw / Gloucester ☐	a										
Manceinion Piccadilly / Manchester Piccadilly☐	a	16 13		17 14			18 14			19 15	
Filton Abbey Wood	a	1340	1406	1440		1506	1542	1606	164 1	164 1	
Bryste Temple Meads / Bristol Temple Meads☐☞	a	1350	14 15	1450		15 15	1550	16 18	1650	1650	
Parcfordd Bryste / Bristol Parkway ☐	a		1354			1454			1554		
<b>Reading</b> ☐☞	a		1446			1547			1646		
<b>Llundain Paddington / London Paddington</b> ☐☞	a		15 13			16 12			17 12		

Gorllewin Cymru - Abertawe - Caerdydd											Dydd Sadwrn	
West Wales - Swansea - Cardiff											Saturdays	
	AW	GW 1R	AW R	GW 1R	AW R	AW	AW	AW	GW 1R	AW	AW	
Porthladd Rosslare Harbour	d											
Porthladd Abergwaun / Fishguard Harbour	d											
Abergwaun ac Wdig / Fishguard & Goodwick	d											
Aberdaugleddau / Milford Haven	d					1509						
Johnston	d					1517x						
Hwlfordd / Haverfordwest	d					1524						
Clarbeston Road	d					1532x						
Clunderwen	d					1540x						
Doc Penfro / Pembroke Dock	d	13 12					1509					
Penfro / Pembroke	d	1320					1517					
Llandyfail / Lamphey	d	1323x					1520x					
Maenorbyr / Manorbier	d	1332					1529					
Penalun / Penally	d	1337x					1534x					
Dinbych-y-Pysgod / Tenby	d	1348					1544					
Saundersfoot	d	1356x					1552x					
Cilgeti / Kilgetty	d	1358x					1554x					
Arberth / Narberth	d	1408x					1604x					
Hendy-gwyn / Whitland	a	14 17				1546	16 12					
Hendy-gwyn / Whitland	d	14 17				1546	16 12					
Caerfyrddin / Carmarthen	a	1436				1602	163 1					
Caerfyrddin / Carmarthen	d		150 1			1606		1636	170 1			
Glanffery / Ferryside	d		15 11x						17 11x			
Cydweli / Kidwelly	d		15 17x						17 17x			
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d		1524			1624		1656	1724			
Llanelli	a		1530			1630		1702	1730	1739		
Llanelli	d		153 1			163 1		1703	173 1	1743		
Tre-gwyr / Gowerton	d		1538			1638			1738	175 1		
<b>Abertawe / Swansea</b>	a		1550			165 1		17 19	1750	1807		
<b>Abertawe / Swansea</b>	d	1523	1555	1622	1658		17 12	1726	1755			
Llansamlet	d						17 19					
Sgiwen / Skewen	d						1723					
Castell Nedd / Neath	d	1534	1606	1634	1709		1727	1738	1806			
Llansawel / Briton Ferry	d						173 1					
Baglan	d						1734					
Parcfordd Port Talbot Parkway	d	1543	16 14	164 1	17 17		1739	1745	18 13			
Y Pil / Pyle	d		162 1		1724		1746		18 19			
Pen-y-Bont ar Ogwr / Bridgend	a	1555	1629	1654	1732		1755	1759	1827			
Pen-y-Bont ar Ogwr / Bridgend	d	1557	1629	1655	1732		1755	1800	1827			
Pencoed	d											
Llanharan	d											
Pontyclun	d											
Parc Ninian / Ninian Park	d											
<b>Caerdydd Canolog / Cardiff Central</b>	a	16 18	1650	17 16	1753		1822	182 1	1848			
<b>Caerdydd Canolog / Cardiff Central</b>	d	1623	1654	17 19	1756			1823	185 1			
<b>Casnewydd / Newport</b>	a	1633	1707	1729	1809			1833	1904			
Caerloyw / Gloucester	a											
Manceinion Piccadilly / Manchester Piccadilly	a		20 12		2 115				22 13			
Filton Abbey Wood	a	1706	1740	1806	1840		1940	1906	1940			
Bryste Temple Meads / Bristol Temple Meads	a	17 14	175 1	18 14	1850		1950	19 14	1950			
Parcfordd Bryste / Bristol Parkway	a	1656		1754				1855				
<b>Reading</b>	a	1747		1846				1946				
Llundain Paddington / London Paddington	a	18 11		19 14				20 11				

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

Gorllewin Cymru - Abertawe - Caerdydd										Dydd Sadwrn	
West Wales - Swansea - Cardiff										Saturdays	
		GW ■R	AW	AW	AW	GW ■R	AW	GW ■R G	AW	AW	AW
Porthladd Rosslare Harbour	d										
Porthladd Abergwaun / Fishguard Harbour	d	80									
Abergwaun ac Wdig / Fishguard & Goodwick	d										
Aberdaugleddau / Milford Haven	d		1709						19 12		
Johnston	d		17 17x						1920x		
Hwlfordd / Haverfordwest	d		1724						1927		
Clarbeston Road	d		1732x						1935x		
Clunderwen	d		1740x						1943x		
Doc Penfro / Pembroke Dock	d			17 12						1904	
Penfro / Pembroke	d			1720						19 12	
Llandyfail / Lamphey	d			1723x						19 15x	
Maenorbyr / Manorbier	d			1732						1924	
Penalun / Penally	d			1737x						1929x	
Dinbych-y-Pysgod / Tenby	d			1746						1939	
Saundersfoot	d			1754x						1947x	
Cilgeti / Kilgetty	d			1756x						1949x	
Arberth / Narberth	d			1806x						1959x	
Hendy-gwyn / Whitland	a		1747	18 14					1949	2007	
Hendy-gwyn / Whitland	d		1747	18 14					1949	2007	
Caerfyrddin / Carmarthen	a		1803	1832					2005	2025	
Caerfyrddin / Carmarthen	d		1807				1853		2009		2 100
Glanyfferi / Ferryside	d		18 17x				1904x				2 110x
Cydweli / Kidwelly	d		1823x				19 10x				2 116x
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d		1829				19 18		2027		2 123
Llanelli	a		1836				1925		2033		2 129
Llanelli	d		1836				1925		2034		2 130
Tre-gwyr / Gowerton	d		1843				1933		204 1		2 137
Abertawe / Swansea	a		1855				1947		2053		2 150
Abertawe / Swansea	d	1822	1900		19 10	1926	1952	2022	2057		2 153
Llansamlet	d				19 17						2 159
Sgiwen / Skewen	d				192 1						2203
Castell Nedd / Neath	d	1834	19 11		1925	1938	2003	2034	2 108		2208
Llansawel / Briton Ferry	d				1929						22 11
Baglan	d				1932						22 15
Parcfordd Port Talbot Parkway	d	1841	19 19		1937	1945	20 11	204 1	2 115		22 19
Y Pil / Pyle	d				1944						2226
Pen-y-Bont ar Ogwr / Bridgend	a	1854	1932		1953	1958	2025	2054	2 127		2233
Pen-y-Bont ar Ogwr / Bridgend	d	1855	1933		1953	1959	2025	2055	2 127		2234
Pencoed	d										
Llanharan	d										
Pontyclun	d										
Parc Ninian / Ninian Park	d										
Caerdydd Canolog / Cardiff Central	a	19 16	1956		20 17	2020	2048	2 116	2 149		2257
Caerdydd Canolog / Cardiff Central	d	19 19				2023		2 118			
Casnewydd / Newport	a	1929				2033		2 129			
Caerloyw / Gloucester	a										
Manceinion Piccadilly / Manchester Piccadilly	a										
Filton Abbey Wood	a	2006	2 106		2 141	2 141					
Bryste Temple Meads / Bristol Temple Meads	a	20 15	2 115		2 151	2 151					
Parcfordd Bryste / Bristol Parkway	a	1954				2055		2 150			
Reading	a	2046				2 150					
Llundain Paddington / London Paddington	a	2 111				22 15					

Nodiadau  
G I Swindon









Notes  
G To Swindon

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

	AW	AW	AW						
Porthladd Rosslare Harbour 	d								
Porthladd Abergwaun / Fishguard Harbour 	d	22 12							
Abergwaun ac Wdig / Fishguard & Goodwick	d	22 15							
Aberdaugleddau / Milford Haven	d	21 16		23 08					
Johnston	d	21 24x		23 16x					
Hwlfordd / Haverfordwest	d	21 31		23 23					
Clarbeston Road	d	21 39x	22 34	23 31x					
Clunderwen	d	21 47x	22 42x	23 39x					
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	21 54	22 49	23 45					
Hendy-gwyn / Whitland	d	21 54	22 49	23 46					
Caerfyrddin / Carmarthen	a	22 11	23 05	00 04					
Caerfyrddin / Carmarthen	d		23 09						
Glanyfferi / Ferryside	d		23 19x						
Cydweli / Kidwelly	d		23 25x						
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d		23 32						
Llanelli	a		23 39						
Llanelli	d		23 39						
Tre-gwyr / Gowerton	d		23 47						
Abertawe / Swansea	a		23 59						
Abertawe / Swansea	d								
Llansamlet	d								
Sgiwen / Skewen	d								
Castell Nedd / Neath	d								
Llansawel / Briton Ferry	d								
Baglan	d								
Parcfordd Port Talbot Parkway	d								
Y Pyl / 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								

	AW	AW	AW	AW	AW	AW	AW	AW	AW	GW	GW
Llundain Paddington / London Paddington <b>15</b>	d										
Reading <b>7</b>	d										
Parcfordd Bryste / Bristol Parkway <b>7</b>	d									0724	
Bryste Temple Meads / Bristol Temple Meads <b>10</b>	d								0657	0705	
Filton Abbey Wood	d								0709	0713	
Manceinion Piccadilly / Manchester Piccadilly <b>10</b>	d										
Caerloyw / Gloucester <b>7</b>	d										
Casnewydd / Newport	d								0739	0746	
Caerdydd Canolog / Cardiff Central <b>7</b>	a								0751	0758	
Caerdydd Canolog / Cardiff Central <b>7</b>	d					0535	0643		0756	0803	
Parc Ninian / Ninian Park	d										
Pontyclun	d					0551					
Llanharan	d					0556					
Pencoed	d					0600					
Pen-y-Bont ar Ogwr / Bridgend	a					0608	0703		0815	0821	
Pen-y-Bont ar Ogwr / Bridgend	d					0608	0703		0816	0822	
Y Pyl / Pyle	d					0615	0711		0823		
Parcfordd Port Talbot Parkway	d					0623	0718		0830	0836	
Baglan	d					0627	0722				
Llansawel / Briton Ferry	d					0630	0725				
Castell Nedd / Neath	d					0634	0729		0838	0843	
Sgiwen / Skewen	d					0638	0733				
Llansamlet	d					0642	0738				
Abertawe / Swansea	a					0652	0747		0851	0855	
Abertawe / Swansea	d					0655	0752		0902		0929
Tre-gwyr / Gowerton	d					0706	0804		0913		
Llanelli	a					0714	0811	0853	0921		0943
Llanelli	d					0714	0812	0856	0921		0944
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d					0720	0818		0927		0951
Cydweli / Kidwelly	d					0727x	0825x		0934x		
Glanyfferi / Ferryside	d					0733x	0831x		0940x		
Caerfyrddin / Carmarthen	a					0746	0844	0922	0952		1012
Caerfyrddin / Carmarthen	d	0449	0530	0600	0640	0749	0848		0957		
Hendy-gwyn / Whitland	a	0505	0547	0615	0657	0803	0904		1014		
Hendy-gwyn / Whitland	d	0505	0547	0615	0659	0804	0907		1014		
Arberth / Narberth	d		0556x		0708x		0916x				
Kilgetty / Kilgetty	d		0606x		0717x		0925x				
Saundersfoot	d		0608x		0719x		0927x				
Dinbych-y-Pysgod / Tenby	d		0624		0732		0942				
Penalun / Penally	d		0627x		0735x		0945x				
Maenorbyr / Manorbier	d		0633		0741		0951				
Llandyfail / Lamphey	d		0641x		0749x		0958x				
Penfro / Pembroke	d		0644		0752		1001				
Doc Penfro / Pembroke Dock	a		0656		0804		1013				
Clunderwen	d	0512x		0622x		0811x			1021x		
Clarbeston Road	d	0519x		0630x		0819x			1029x		
Hwlfordd / Haverfordwest	d	0531		0638		0827			1037		
Johnston	d	0540x		0646x		0835x			1045x		
Aberdaugleddau / Milford Haven	a	0552		0658		0846			1059		
Abergwaun ac Wdig / Fishguard & Goodwick	a										
Porthladd Abergwaun / Fishguard Harbour <b>80</b>	a										
Porthladd Rosslare Harbour	a										

		GW 1R	AW	AW	GW 1R	AW	AW	GW 1R	AW	AW	GW 1R
Llundain Paddington / London Paddington	15	d	0648			0748			0848		0948
Reading	7	d	0713			0813			0913		1013
Parcffordd Bryste / Bristol Parkway	7	d	0804			0905			1005		1104
Bryste Temple Meads / Bristol Temple Meads	10	d	0728	0757		0826	0857	0929	0957		1032
Filton Abbey Wood		d	0735	0805		0833	0907	0938	1007		1040
Manceinion Piccadilly / Manchester Piccadilly	10	d					0630		0731		
Caerloyw / Gloucester	7	d									
Casnewydd / Newport		d	0826	0840		0927	0941	1025	1041		1125
Caerdydd Canolog / Cardiff Central	7	a	0838	0856		0939	0959	1040	1054		1137
Caerdydd Canolog / Cardiff Central	7	d	0842	0858		0942	1000	1042	1057		1140
Parc Ninian / Ninian Park		d									
Pontyclun		d									
Llanharan		d									
Pencoed		d									
Pen-y-Bont ar Ogwr / Bridgend		a	0900	0919		1000	1020	1100	1117		1158
Pen-y-Bont ar Ogwr / Bridgend		d	0901	0919		1001	1020	1101	1118		1159
Y Pil / Pyle		d		0926					1126		
Parcffordd Port Talbot Parkway		d	0915	0933		1015	1032	1115	1133		1213
Baglan		d		0937					1137		
Llansawel / Briton Ferry		d		0940					1140		
Castell Nedd / Neath		d	0923	0945		1022	1039	1122	1145		1220
Sgiwen / Skewen		d		0948					1148		
Llansamlet		d		0952					1152		
Abertawe / Swansea		a	0935	1002		1034	1054	1134	1201		1232
Abertawe / Swansea		d		1005		1059	1105	1146	1205		
Tre-gwyn / Gowerton		d		1016			1117		1216		
Llanelli		a		1023		1116	1125	1201	1223		
Llanelli		d		1023		1116	1125	1202	1224		
Pen-bre a Phorth Tywyn / Pembrey & Burry Port		d		1029			1131	1208	1230		
Cydweli / Kidwelly		d		1035x					1236x		
Glanyfferi / Ferryside		d		1041x					1242x		
Caerfyrddin / Carmarthen		a		1052			1151	1230	1253		
Caerfyrddin / Carmarthen		d			1055		1156			1258	
Hendy-gwyn / Whitland		a			1111		1151	1211		1314	
Hendy-gwyn / Whitland		d			1111		1151	1211		1314	
Arberth / Narberth		d			1120x					1323x	
Cilgeti / Kilgetty		d			1130x					1333x	
Saundersfoot		d			1132x					1335x	
Dinbych-y-Pysgod / Tenby		d			1145					1345	
Penalun / Penally		d			1148x					1348x	
Maenorbyr / Manorbier		d			1154					1354	
Llandyfail / Lamphey		d			1202x					1402x	
Penfro / Pembroke		d			1205					1405	
Doc Penfro / Pembroke Dock		a			1219					1418	
Clunderwen		d						1218x			
Clarbeston Road		d				1204	1226x				
Hwlfordd / Haverfordwest		d					1234				
Johnston		d					1242x				
Aberdaugleddau / Milford Haven		a					1256				
Abergwaun ac Wdig / Fishguard & Goodwick		a					1223				
Porthladd Abergwaun / Fishguard Harbour	80	a					1230				
Porthladd Rosslare Harbour		a									

	AW R	AW H	GW R	AW	AW	GW R	AW R	GW R	GW R	AW
Llundain Paddington / London Paddington  d			1048			1148		1248		
Reading  d			1113			1213		1313		
Parcfordd Bryste / Bristol Parkway  d			1204			1304		1404		
Bryste Temple Meads / Bristol Temple Meads  d	1057		1127	1157		1232	1257	1332		1357
Filton Abbey Wood d	1107		1140	1207		1240	1307	1346		1407
Manceinion Piccadilly / Manchester Piccadilly  d	0830			0931			1031			1131
Caerloyw / Gloucester  d										
Casnewydd / Newport d	1137		1225	1240		1325	1337	1425		1441
Caerdydd Canolog / Cardiff Central  a	1154		1237	1255		1337	1354	1437		1455
Caerdydd Canolog / Cardiff Central  d	1204		1240	1257		1341	1403	1441		1505
Parc Ninian / Ninian Park d										
Pontyclun d										
Llanharan d										
Pencoed d										
Pen-y-Bont ar Ogwr / Bridgend a	1224		1258	1318		1359	1423	1459		1525
Pen-y-Bont ar Ogwr / Bridgend d	1224		1259	1318		1400	1424	1500		1525
Y Pîl / Pyle d				1325						
Parcfordd Port Talbot Parkway d	1235		1313	1332		1414	1436	1514		1537
Baglan d				1336						
Llansawel / Briton Ferry d				1340						
Castell Nedd / Neath d	1242		1320	1344		1421	1443	1521		1544
Sgiwen / Skewen d				1347						
Llansamlet d				1352						
Abertawe / Swansea a	1256		1332	1401		1433	1456	1533		1558
Abertawe / Swansea d	1300	1312		1405			1501		1539	1602
Tre-gwyr / Gowerton d	1311	1323		1416			1512			1613
Llanelli a	1319	1331		1423			1520		1553	1621
Llanelli d	1319	1336		1423			1520		1554	1621
Pen-bre a Phorth Tywyn / Pembrey & Burry Port d	1325			1429			1526		1601	1627
Cydweli / Kidwelly d				1435x						1634x
Glanyfferi / Ferryside d				1441x						1640x
Caerfyrddin / Carmarthen a	1345			1452			1546		1622	1655
Caerfyrddin / Carmarthen d	1355				1458		1550			
Hendy-gwyn / Whitland a	1410				1514		1605			
Hendy-gwyn / Whitland d	1410				1514		1605			
Arberth / Narberth d					1523x					
Cilgeti / Kilgetty d					1533x					
Saundersfoot d					1535x					
Dinbych-y-Pysgod / Tenby d					1545					
Penalun / Penally d					1548x					
Maenorbyr / Manorbier d					1554					
Llandyfail / Lamphey d					1602x					
Penfro / Pembroke d					1605					
Doc Penfro / Pembroke Dock a					1620					
Clunderwen d	1417x						1612x			
Clarbeston Road d	1425x						1620x			
Hwlfordd / Haverfordwest d	1434						1628			
Johnston d	1442x						1636x			
Aberdaugleddau / Milford Haven a	1456						1650			
Abergwaun ac Wdig / Fishguard & Goodwick a										
Porthladd Abergwaun / Fishguard Harbour  a										
Porthladd Rosslare Harbour  a										











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## Notes

H To Shrewsbury



	AW	AW	AW R	GW R	AW	GW R	AW R	AW H	GW R	AW
Llundain Paddington / London Paddington  d				1348		1448			1548	
Reading  d				14 13		15 13			16 13	
Parcfordd Bryste / Bristol Parkway  d				1504		1604			1704	
Bryste Temple Meads / Bristol Temple Meads  d		1357	1427	1427	1457	1527	1557		1632	1632
Filton Abbey Wood d		1407	1438	1438	1507	1540	1607		1640	1640
Manceinion Piccadilly / Manchester Piccadilly  d			1230				133 1			
Caerloyw / Gloucester  d					1442					
Casnewydd / Newport d			1522	1527	1537	1625	164 1		1725	
Caerdydd Canolog / Cardiff Central  a			1537	154 1	1553	1637	1657		1738	
Caerdydd Canolog / Cardiff Central  d	15 13	1540	1544	1604	164 1	1704			1739	1744
Parc Ninian / Ninian Park d										
Pontyclun d										
Llanharan d										
Pencoed d										
Pen-y-Bont ar Ogwr / Bridgend a	1534	1600	1606	1623	1659	1725			1757	1804
Pen-y-Bont ar Ogwr / Bridgend d	1534	160 1	1607	1623	1700	1725			1758	1804
Y Pyl / Pyle d	1542			163 1		1732				18 12
Parcfordd Port Talbot Parkway d	1550	16 15	162 1	1638	17 14	1739			18 12	1820
Baglan d	1553					1743				1824
Llansawel / Briton Ferry d	1557					1746				1827
Castell Nedd / Neath d	160 1	1622	1628	1646	172 1	175 1			1820	1832
Sgiwen / Skewen d	1606					1754				1835
Llansamlet d	16 10					1758				1839
Abertawe / Swansea a	1620	1635	1640	1659	1733	1807			1832	1850
Abertawe / Swansea d		1639		1704		18 11	18 16			
Tre-gwyr / Gowerton d		1650		17 15		1822	1828			
Llanelli a		1658		1722		1830	1838			
Llanelli d		1658		1722		1830	1842			
Pen-bre a Phorth Tywyn / Pembrey & Burry Port d		1704		1728		1836				
Cydweli / Kidwelly d		17 11x		1736x		1843x				
Glanyfferi / Ferryside d		17 17x		1742x		1849x				
Caerfyrddin / Carmarthen a		1729		1754		190 1				
Caerfyrddin / Carmarthen d	1700	1733								
Hendy-gwyn / Whitland a	17 17	1748								
Hendy-gwyn / Whitland d	17 17	1748								
Arberth / Narberth d	1726x									
Cilgeti / Kilgetty d	1735x									
Saundersfoot d	1737x									
Dinbych-y-Pysgod / Tenby d	1747									
Penalun / Penally d	1750x									
Maenorbyr / Manorbier d	1757									
Llandyfail / Lamphey d	1804x									
Penfro / Pembroke d	1807									
Doc Penfro / Pembroke Dock a	1820									
Clunderwen d		1755x								
Clarbeston Road d		1803x								
Hwlfordd / Haverfordwest d		18 11								
Johnston d		18 19x								
Aberdaugleddau / Milford Haven a		1833								
Abergwaun ac Wdig / Fishguard & Goodwick a										
Porthladd Abergwaun / Fishguard Harbour  a										
Porthladd Rosslare Harbour  a										


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## Notes

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	AW R	GW R	AW R	AW	GW R	AW R	AW	GW R	AW	GW R
Llundain Paddington / London Paddington 	d	1648			1748			1848		1948
Reading 	d	1713			1813			1913		2013
Parcffordd Bryste / Bristol Parkway 	d	1804			1904			2004		2113
Bryste Temple Meads / Bristol Temple Meads 	d	1657	1732	1757	1832	1857		1926	1957	
Filton Abbey Wood 	d	1707	1741	1807	1840	1907		1940	2007	
Manceinion Piccadilly / Manchester Piccadilly 	d	1431		1531		1631				
Caerloyw / Gloucester 	d									
Casnewydd / Newport	d	1740	1825	1842	1927	1938		2026		2136
Caerdydd Canolog / Cardiff Central 	a	1756	1837	1858	1940	1957		2038		2148
Caerdydd Canolog / Cardiff Central 	d	1804	1840	1903	1942	2001		2041	2104	2150
Parc Ninian / Ninian Park	d									
Pontyclun	d									
Llanharan	d									
Pencoed	d									
Pen-y-Bont ar Ogwr / Bridgend	a	1824	1858	1923	2000	2021		2059	2124	2208
Pen-y-Bont ar Ogwr / Bridgend	d	1824	1859	1924	2001	2021		2100	2124	2209
Y Pyl / Pyle	d	1832		1931					2131	
Parcffordd Port Talbot Parkway	d	1839	1913	1939	2015	2033		2114	2139	2223
Baglan	d			1943						
Llansawel / Briton Ferry	d			1946						
Castell Nedd / Neath	d	1847	1921	1951	2022			2121	2147	2230
Sgiwen / Skewen	d			1954						
Llansamlet	d			1959						
Abertawe / Swansea	a	1900	1933	2009	2034			2133	2159	2242
Abertawe / Swansea	d	1905		2013					2226	
Tre-gwyr / Gowerton	d	1916		2024					2238	
Llanelli	a	1924		2032		2103	2139		2245	
Llanelli	d	1924		2032		2103	2140		2246	
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	1930		2038		2109	2146		2252	
Cydweli / Kidwelly	d					2116x			2258x	
Glanyfferi / Ferryside	d					2122x			2304x	
Caerfyrddin / Carmarthen	a	1950		2058		2135	2206		2320	
Caerfyrddin / Carmarthen	d	1957			2107	2203				
Hendy-gwyn / Whitland	a	2012			2123	2218				
Hendy-gwyn / Whitland	d	2013			2123	2218				
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	2020x				2225x				
Clarbeston Road	d	2028x			2136	2233x				
Hwlfordd / Haverfordwest	d	2036				2241				
Johnston	d	2044x				2249x				
Aberdaugleddau / Milford Haven	a	2059				2303				
Abergwaun ac Wdig / Fishguard & Goodwick	a				2155					
Porthladd Abergwaun / Fishguard Harbour 	a				2203					
Porthladd Rosslare Harbour 	a									

	AW	AW	GW R							
Llundain Paddington / London Paddington  	d		2048							
Reading  	d		2113							
Parcffordd Bryste / Bristol Parkway 	d		2205							
Bryste Temple Meads / Bristol Temple Meads  	d									
Filton Abbey Wood	d									
Manceinion Piccadilly / Manchester Piccadilly 	d	1831								
Caerloyw / Gloucester 	d									
Casnewydd / Newport	d	2147	2232							
Caerdydd Canolog / Cardiff Central 	a	2205	2249							
Caerdydd Canolog / Cardiff Central 	d	2208	2227	2251						
Parc Ninian / Ninian Park	d									
Pontyclun	d	2221	2239							
Llanharan	d	2225	2244							
Pencoed	d	2229	2248							
Pen-y-Bont ar Ogwr / Bridgend	a	2235	2255	2309						
Pen-y-Bont ar Ogwr / Bridgend	d	2235	2255	2310						
Y Pil / Pyle	d		2303							
Parcffordd Port Talbot Parkway	d	2247	2311	2324						
Baglan	d		2314							
Llansawel / Briton Ferry	d		2318							
Castell Nedd / Neath	d	2254	2322	2331						
Sgiwen / Skewen	d		2326							
Llansamlet	d		2330							
Abertawe / Swansea	a	2307	2340	2343						
Abertawe / Swansea	d	2311	2343							
Tre-gwyr / Gowerton	d	2322	2355							
Llanelli	a	2329	0002							
Llanelli	d	2330	0003							
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	2336	0009							
Cydweli / Kidwelly	d	2342x	0016x							
Glanyfferi / Ferryside	d	2348x	0022x							
Caerfyrddin / Carmarthen	a	0004	0035							
Caerfyrddin / Carmarthen	d									
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									

		GW 1R	AW R	GW 1R	AW R	AW	AW	GW 1R	AW	AW	AW
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	a										
Caerfyrddin / Carmarthen	d					0934				0944	
Glanffery / Ferryside	d									0955x	
Cydweli / Kidwelly	d									100 1x	
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d					0952				1009	
Llanelli	a					0958				10 16	
Llanelli	d					0959				10 16	
Tre-gwyr / Gowerton	d									1024	
Abertawe / Swansea	a					10 16				1038	
Abertawe / Swansea	d	0753	0826	0920	0935			1022	1032		
Llansamlet	d										
Sgiwen / Skewen	d										
Castell Nedd / Neath	d	0805	0837	0934	0946			1034	1043		
Llansawel / Briton Ferry	d										
Baglan	d										
Parcfordd Port Talbot Parkway	d	08 11	0846	0940	0954			1040	105 1		
Y Pil / Pyle	d		0853		100 1				1058		
Pen-y-Bont ar Ogwr / Bridgend	a	0825	0902	0954	1009		10 14	1054	1107		1134
Pen-y-Bont ar Ogwr / Bridgend	d	0826	0903	0955	1009		10 14	1055	1107		1135
Pencoed	d						1020				1140
Llanharan	d						1024				1145
Pontyclun	d						1029				1149
Parc Ninian / Ninian Park	d										
Caerdydd Canolog / Cardiff Central	a	0847	0925	10 16	103 1		1045	1116	1130		1205
Caerdydd Canolog / Cardiff Central	d	0849	0928	1020	1034			1120	1139		
Casnewydd / Newport	a	0904	0947	1029	1049			1129	1154		
Caerloyw / Gloucester	a										
Manceinion Piccadilly / Manchester Piccadilly	a		13 15		14 17				15 15		
Filton Abbey Wood	a			1129	1129				1300		1300
Bryste Temple Meads / Bristol Temple Meads	a			1138	1138				13 10		13 10
Parcfordd Bryste / Bristol Parkway	a	0932		1053				115 1			
Reading	a	1026		1144				1245			
Llundain Paddington / London Paddington	a	1052		12 14				1309			

		GW 1R	AW	AW	AW	GW 1R	AW R	AW	GW 1R	AW R	AW
Porthladd Rosslare Harbour	d										
Porthladd Abergwaun / Fishguard Harbour	d										
Abergwaun ac Wdig / Fishguard & Goodwick	d										
Aberdaugleddau / Milford Haven	d									1124	
Johnston	d									1132x	
Hwlfordd / Haverfordwest	d									1139	
Clarbeston Road	d									1147x	
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
Hendy-gwyn / Whitland	d									1202	1258
Caerfyrddin / Carmarthen	a									1217	1315
Caerfyrddin / Carmarthen	d		1030	1053						1229	1319
Glanffery / Ferryside	d			1104x							1330x
Cydweli / Kidwelly	d			1110x							1336x
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d		1048	1118						1247	1344
Llanelli	a		1054	1125						1254	1351
Llanelli	d		1055	1125						1254	1351
Tre-gwyr / Gowerton	d		1102	1133						1301	1359
Abertawe / Swansea	a		1117	1148						1313	1416
Abertawe / Swansea	d	1122	1134			1222	1251		1322	1343	
Llansamlet	d										
Sgiwen / Skewen	d										
Castell Nedd / Neath	d	1133	1146			1234	1303		1334	1354	
Llansawel / Briton Ferry	d										
Baglan	d										
Parcfordd Port Talbot Parkway	d	1140	1153			1240	1310		1340	1402	
Y Pil / Pyle	d		1200				1317			1409	
Pen-y-Bont ar Ogwr / Bridgend	a	1153	1209		1237	1254	1326	1336	1353	1417	
Pen-y-Bont ar Ogwr / Bridgend	d	1153	1209		1238	1255	1326	1336	1354	1417	
Pencoed	d				1244			1341			
Llanharan	d				1248			1346			
Pontyclun	d				1252			1350			
Parc Ninian / Ninian Park	d										
Caerdydd Canolog / Cardiff Central	a	1214	1230		1306	1316	1347	1405	1417	1440	
Caerdydd Canolog / Cardiff Central	d	1220	1235			1320	1350		1420	1454	
Casnewydd / Newport	a	1229	1249			1329	1403		1429	1508	
Caerloyw / Gloucester	a										
Manceinion Piccadilly / Manchester Piccadilly	a		1614				1717			1818	
Filton Abbey Wood	a	1341	1341		1359	1359	1438	1459	1459	1539	
Bryste Temple Meads / Bristol Temple Meads	a	1349	1349		1409	1409	1447	1509	1509	1548	
Parcfordd Bryste / Bristol Parkway	a	1252				1353			1451		
Reading	a	1345				1445			1546		
Llundain Paddington / London Paddington	a	1416				1516			1615		

	AW	GW 1R	AW R	AW	GW 1R	AW R	AW	AW	GW 1R	AW R
Porthladd Rosslare Harbour	d									
Porthladd Abergwaun / Fishguard Harbour	d	1240						1420		
Abergwaun ac Wdig / Fishguard & Goodwick	d	1243						1423		
Aberdaugleddau / Milford Haven	d						1330			
Johnston	d						1338x			
Hwlfordd / Haverfordwest	d						1345			
Clarbeston Road	d	1302					1353x	1442		
Clunderwen	d						140 tx			
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	13 15					1408	1455		
Hendy-gwyn / Whitland	d	13 15					1409	1455		
Caerfyrddin / Carmarthen	a	1332					1426	15 12		
Caerfyrddin / Carmarthen	d	1338				14 17	1440	15 17		
Glanffery / Ferryside	d					1430		1528x		
Cydweli / Kidwelly	d					1437		1534x		
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	1356				1444	1458	1542		
Llanelli	a	1402				1450	1504	1536	1549	
Llanelli	d	1403				145 1	1505	1540	1549	
Tre-gwyr / Gowerton	d	14 10					15 12	1549	1558	
<b>Abertawe / Swansea</b>	a					1508	1525	1602	16 14	
<b>Abertawe / Swansea</b>	d	1422	1457			15 17	153 1		1622	1652
Llansamlet	d									
Sgiwen / Skewen	d									
Castell Nedd / Neath	d	1427	1434	1508		1529	1542		1634	1703
Llansawel / Briton Ferry	d									
Baglan	d									
Parcfordd Port Talbot Parkway	d	1435	1440	15 15		1535	1549		1640	17 11
Y Pil / Pyle	d			1522			1556			17 18
Pen-y-Bont ar Ogwr / Bridgend	a	1448	1454	1530	1536	1549	1604		1654	1726
Pen-y-Bont ar Ogwr / Bridgend	d	1448	1455	1530	1536	1550	1604		1655	1726
Pencoed	d				154 1		16 10			
Llanharan	d				1546		16 14			
Pontyclun	d				1550		16 19			
Parc Ninian / Ninian Park	d									
<b>Caerdydd Canolog / Cardiff Central</b>	a	1509	15 16	1552	1608	16 14	1633		17 16	1749
<b>Caerdydd Canolog / Cardiff Central</b>	d		1520	1600		16 15	1640		1720	1755
<b>Casnewydd / Newport</b>	a		1534	16 12		1626	1654		1729	1808
Caerloyw / Gloucester	a									
Manceinion Piccadilly / Manchester Piccadilly	a			19 15			20 16			2 1 15
Filton Abbey Wood	a	1602	1602	1656	1656	17 16	1738		1759	1838
Bryste Temple Meads / Bristol Temple Meads	a	16 12	16 12	1707	1707	1725	1746		18 10	1847
Parcfordd Bryste / Bristol Parkway	a		1555			1648			1752	
Reading	a		1647			1745			1844	
Llundain Paddington / London Paddington	a		17 14			18 15			1909	











	AW	GW 1R	AW R	GW 1R	AW D	AW	AW	AW	AW	GW 1R	GW 1R
Porthladd Rosslare Harbour	d										
Porthladd Abergwaun / Fishguard Harbour	d										
Abergwaun ac Wdig / Fishguard & Goodwick	d										
Aberdaugleddau / Milford Haven	d		153 1				1730				
Johnston	d		1539x				1738x				
Hwlfordd / Haverfordwest	d		1546				1745				
Clarbeston Road	d		1554x				1753x				
Clunderwen	d		1602x				180 1x				
Doc Penfro / Pembroke Dock	d					1624					
Penfro / Pembroke	d					1632					
Llandyfail / Lamphey	d					1635x					
Maenorbyr / Manorbier	d					1644					
Penalun / Penally	d					1649x					
Dinbych-y-Pysgod / Tenby	d					1654					
Saundersfoot	d					1702x					
Cilgeti / Kilgetty	d					1704x					
Arberth / Narberth	d					17 15x					
Hendy-gwyn / Whitland	a		1609			1724	1808				
Hendy-gwyn / Whitland	d		16 10			1724	1808				
Caerfyrddin / Carmarthen	a		1627			1742	1825				
Caerfyrddin / Carmarthen	d	1622	1639			175 1					1920
Glanyfferi / Ferryside	d	1634	1649x			1802x					1932
Cydweli / Kidwelly	d	164 1	1655x			1809x					1939
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d	1649	1702			18 16					1947
Llanelli	a	1655	1708			1823					1953
Llanelli	d	1656	1709			1824					1954
Tre-gwyr / Gowerton	d		17 16			1832					
Abertawe / Swansea	a	17 14	1730			1849					20 12
Abertawe / Swansea	d	1722	1737	1822	1829					1922	20 19
Llansamlet	d										
Sgiwen / Skewen	d										
Castell Nedd / Neath	d	1733	1748	1834	184 1					1934	203 1
Llansawel / Briton Ferry	d										
Baglan	d										
Parcfordd Port Talbot Parkway	d	1740	1755	1840	1849					1940	2037
Y Pil / Pyle	d		1802		1857						
Pen-y-Bont ar Ogwr / Bridgend	a	1736	1753	18 10	1854	1906			1940	1954	205 1
Pen-y-Bont ar Ogwr / Bridgend	d	1736	1754	18 10	1855	1906			1940	1955	2052
Pencoed	d	174 1							1945		
Llanharan	d	1746							1950		
Pontyclun	d	1750							1954		
Parc Ninian / Ninian Park	d										
Caerdydd Canolog / Cardiff Central	a	1806	18 15	1833	19 16	1929			20 10	20 16	2 113
Caerdydd Canolog / Cardiff Central	d		1820	1840	1920	1940				2020	2 120
Casnewydd / Newport	a		1829	1853	1929	1955				2029	2 129
Caerloyw / Gloucester	a										
Manceinion Piccadilly / Manchester Piccadilly	a			22 19							
Filton Abbey Wood	a	1859	1859	1933	1959	2038			2 111	2 111	
Bryste Temple Meads / Bristol Temple Meads	a	19 11	19 11	1943	20 11	2047			2 120	2 120	
Parcfordd Bryste / Bristol Parkway	a		185 1		1953					2053	2 153
Reading	a		1948		2049					2 148	2249
Llundain Paddington / London Paddington	a		20 14		2 114					22 13	2329

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Notes

D To Shrewsbury

	AW	AW	AW	AW	AW G	AW	AW	AW	AW
Porthladd Rosslare Harbour 	d								
Porthladd Abergwaun / Fishguard Harbour 	d							2303	
Abergwaun ac Wdig / Fishguard & Goodwick	d							2306	
Aberdaugleddau / Milford Haven	d			1940		2 135			2323
Johnston	d			1948x		2 143x			233 1x
Hwlffordd / Haverfordwest	d			1955		2 15 1			2338
Clarbeston Road	d			2003x		2 159x		2325	2347x
Clunderwen	d			2011x		2207x			2355x
Doc Penfro / Pembroke Dock	d		1904				220 1		
Penfro / Pembroke	d		19 12				2209		
Llandyfail / Lamphey	d		19 15x				22 12x		
Maenorbyr / Manorbier	d		1924				222 1		
Penalun / Penally	d		1929x				2226x		
Dinbych-y-Pysgod / Tenby	d		1934				223 1		
Saundersfoot	d		1942x				2239x		
Cilgeti / Kilgetty	d		1944x				224 1x		
Arberth / Narberth	d		1954x				225 1x		
Hendy-gwyn / Whitland	a		2003	20 18		22 13	2300	2338	0003
Hendy-gwyn / Whitland	d		2003	20 19		22 13	2300	2338	0003
Caerfyrddin / Carmarthen	a		2020	2035		2230	2320	2355	0023
Caerfyrddin / Carmarthen	d		2032		2 116	2234			
Glanyfferi / Ferryside	d		2043x			2244x			
Cydweli / Kidwelly	d		2049x			2250x			
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d		2057		2 135	2257			
Llanelli	a	2002	2 104		2 142	2304			
Llanelli	d	2005	2 104		2 143	2304			
Tre-gwyr / Gowerton	d	20 13	2 112		2 15 1	23 12			
<b>Abertawe / Swansea</b>	a	2026	2 13 1		2206	2324			
<b>Abertawe / Swansea</b>	d	2040			22 10	2329			
Llansamlet	d								
Sgiwen / Skewen	d								
Castell Nedd / Neath	d	205 1			222 1	234 1			
Llansawel / Briton Ferry	d								
Baglan	d								
Parcfordd Port Talbot Parkway	d	2059			2229	2349			
Y Pil / Pyle	d				2237	2357			
Pen-y-Bont ar Ogwr / Bridgend	a	2 10 1	2 114		2245	0005			
Pen-y-Bont ar Ogwr / Bridgend	d	2 10 1	2 114		2245	0005			
Pencoed	d	2 106							
Llanharan	d	2 111							
Pontyclun	d	2 115							
Parc Ninian / Ninian Park	d								
<b>Caerdydd Canolog / Cardiff Central</b> 	a	2 128	2 137		2307	003 1			
<b>Caerdydd Canolog / Cardiff Central</b> 	d	2 133			23 19				
<b>Casnewydd / Newport</b>	a				2333				
Caerloyw / Gloucester 	a								
Manceinion Piccadilly / Manchester Piccadilly 	a								
Filton Abbey Wood	a	2254	2254						
Bryste Temple Meads / Bristol Temple Meads 	a	2305	2305						
Parcfordd Bryste / Bristol Parkway 	a								
Reading 	a								
Llundain Paddington / London Paddington 	a								




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G I Henffordd

Notes

G To Hereford



	AW	AW	AW	GW R	AW	AW	AW	AW	H	GW R	AW
Llundain Paddington / London Paddington  d										0833	
Reading  d										0859	
Parcfordd Bryste / Bristol Parkway  d				0858						0953	
Bryste Temple Meads / Bristol Temple Meads  d											
Filton Abbey Wood d											
Manceinion Piccadilly / Manchester Piccadilly  d											
Caerloyw / Gloucester  d											
Casnewydd / Newport d				0925			0930			10 11	1057
Caerdydd Canolog / Cardiff Central  a				0943			0949			1027	1111
Caerdydd Canolog / Cardiff Central  d		0804		0947			0953			1034	1114
Parc Ninian / Ninian Park d											
Pontyclun d							1005				
Llanharan d							10 11				
Pencoed d							10 16				
Pen-y-Bont ar Ogwr / Bridgend a		0827		1005			1022			1052	1134
Pen-y-Bont ar Ogwr / Bridgend d		0827		1006			1023			1053	1134
Y Pîl / Pyle d							103 1				
Parcfordd Port Talbot Parkway d		0840		1020			1039			1107	1147
Baglan d											
Llansawel / Briton Ferry d											
Castell Nedd / Neath d		0848		1028			1047			1115	1155
Sgiwen / Skewen d											
Llansamlet d											
Abertawe / Swansea a		090 1		1040			1100			1128	1208
Abertawe / Swansea d	00 12					1045	1104	1110			12 12
Tre-gwyr / Gowerton d	0023s						1116	112 1			1224
Llanelli a	003 1s					110 1	1124	1129			123 1
Llanelli d	003 1s					1102	1124	1133			1232
Pen-bre a Phorth Tywyn / Pembrey & Burry Port d	0037s					1108	113 1				1238
Cydweli / Kidwelly d	0044s						1138x				1245x
Glanyfferi / Ferryside d	0050s						1145x				125 1x
Caerfyrddin / Carmarthen a	0 103					1127	1159				1304
Caerfyrddin / Carmarthen d			0955	10 19	1132	1202					1308
Hendy-gwyn / Whitland a			10 12	1036	1148	12 19					1323
Hendy-gwyn / Whitland d			10 12	1036	1148	12 19					1323
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				1227x				
Clarbeston Road d			1028x		120 1	1236x					1337
Hwlfordd / Haverfordwest d			1036			1244					
Johnston d			1045x			1253x					
Aberdaugleddau / Milford Haven a			1055			1303					
Abergwaun ac Wdig / Fishguard & Goodwick a						12 19					1355
Porthladd Abergwaun / Fishguard Harbour  a						1227					140 1
Porthladd Rosslare Harbour  a											

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H I Amwythig

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## Notes

H To Shrewsbury

s Stops to set down only

		GW 1R	AW	GW 1R	AW	AW R	GW 1R	AW R	GW 1R	AW H	AW R
Llundain Paddington / London Paddington	15	d	0937		1043		1143		1243		
Reading	7	d	1003		1109		1209		1309		
Parcfordd Bryste / Bristol Parkway	7	d	1100		1200		1259		1359		
Bryste Temple Meads / Bristol Temple Meads	10	d	1042	1042	1114		1215	1215	1254	1315	1354
Filton Abbey Wood		d	1049	1049	1121		1223	1223	1301	1323	1400
Manceinion Piccadilly / Manchester Piccadilly	10	d				0930		1031			1130
Caerloyw / Gloucester	7	d									
Casnewydd / Newport		d	1117		1218		1305	1319	1334	1420	1433
Caerdydd Canolog / Cardiff Central	7	a	1131		1232		1318	1333	1351	1430	1448
Caerdydd Canolog / Cardiff Central	7	d	1135	1204	1235		1321	1335	1406	1435	1450
Parc Ninian / Ninian Park		d									
Pontyclun		d		1218							
Llanharan		d		1223							
Pencoed		d		1227							
Pen-y-Bont ar Ogwr / Bridgend		a	1152	1233	1253		1340	1354	1426	1452	1510
Pen-y-Bont ar Ogwr / Bridgend		d	1153	1234	1254		1341	1355	1426	1453	1510
Y Pyl / Pyle		d		1241			1348		1433		1517
Parcfordd Port Talbot Parkway		d	1207	1248	1308		1356	1411	1441	1507	1525
Baglan		d									
Llansawel / Briton Ferry		d									
Castell Nedd / Neath		d	1216		1316		1403	1419	1448	1515	1533
Sgiwen / Skewen		d									
Llansamlet		d									
Abertawe / Swansea		a	1228		1328		1418	1431	1503	1527	1548
Abertawe / Swansea		d	1236			1401		1438	1525		1535
Tre-gwyr / Gowerton		d				1412			1537		1546
Llanelli		a	1250	1319		1420		1453	1545		1554
Llanelli		d	1251	1320		1421		1454	1546		1558
Pen-bre a Phorth Tywyn / Pembrey & Burry Port		d	1258	1326		1427		1501	1552		
Cydweli / Kidwelly		d				1435x					
Glanyfferi / Ferryside		d				1441x					
Caerfyrddin / Carmarthen		a	1326	1348		1454		1524	1611		
Caerfyrddin / Carmarthen		d		1357		1459			1615		
Hendy-gwyn / Whitland		a		1413		1516			1630		
Hendy-gwyn / Whitland		d		1413		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					
Llandyfail / Lamphey		d				1603x					
Penfro / Pembroke		d				1606					
Doc Penfro / Pembroke Dock		a				1619					
Clunderwen		d		1420x					1638x		
Clarbeston Road		d		1428x					1646x		
Hwlfordd / Haverfordwest		d		1436					1654		
Johnston		d		1444x					1702x		
Aberdaugleddau / Milford Haven		a		1459					1713		
Abergwaun ac Wdig / Fishguard & Goodwick		a									
Porthladd Abergwaun / Fishguard Harbour	80	a									
Porthladd Rosslare Harbour		a									

## Nodiadau

H | Amwythig

## Notes

H | To Shrewsbury

		GW 1R	AW	AW R	GW 1R	AW R	GW 1R	AW	AW R	GW 1R	AW R
Llundain Paddington / London Paddington	15	d	1343		1443		1543			1642	
Reading	7	d	1409		1509		1609			1709	
Parcffordd Bryste / Bristol Parkway	7	d	1459		1559		1701			1759	
Bryste Temple Meads / Bristol Temple Meads	10	d	1418	1454	1513	1613	1645		1645	1714	1754
Filton Abbey Wood		d	1425	1502	1521	1621	1652		1652	1721	1803
Manceinion Piccadilly / Manchester Piccadilly	10	d		1232		1330			1430		1530
Caerloyw / Gloucester	7	d									
Casnewydd / Newport		d	1525	1539	1622	1642	1723		1739	1819	1837
Caerdydd Canolog / Cardiff Central	7	a	1536	1555	1632	1657	1737		1754	1834	1853
Caerdydd Canolog / Cardiff Central	7	d	1540	1602	1635	1708	1740		1805	1835	1902
Parc Ninian / Ninian Park		d									
Pontyclun		d									
Llanharan		d									
Pencoed		d									
Pen-y-Bont ar Ogwr / Bridgend		a	1558	1622	1656	1728	1757		1827	1854	1923
Pen-y-Bont ar Ogwr / Bridgend		d	1559	1622	1657	1729	1758		1827	1855	1923
Y Pyl / Pyle		d		1630		1736			1835		1930
Parcffordd Port Talbot Parkway		d	1613	1637	1714	1744	1812		1843	1909	1938
Baglan		d									
Llansawel / Briton Ferry		d									
Castell Nedd / Neath		d	1621	1645	1723	1751	1820		1851	1918	1945
Sgiwen / Skewen		d									
Llansamlet		d									
Abertawe / Swansea		a	1633	1659	1735	1808	1832		1906	1930	2001
Abertawe / Swansea		d	1641	1647	1703			1837	1916		
Tre-gwyr / Gowerton		d		1659	1715			1849	1928		
Llanelli		a	1655	1707	1723			1857	1936		
Llanelli		d	1656	1707	1723			1857	1936		
Pen-bre a Phorth Tywyn / Pembrey & Burry Port		d	1702	1713	1729			1904	1943		
Cydweli / Kidwelly		d		1721x				1911x			
Glanyfferi / Ferryside		d		1727x				1918x			
Caerfyrddin / Carmarthen		a	1724	1741	1750			1931	2006		
Caerfyrddin / Carmarthen		d		1744	1806			1935	2012		
Hendy-gwyn / Whitland		a		1800	1822			1952	2029		
Hendy-gwyn / Whitland		d		1800	1822			1952	2032		
Arberth / Narberth		d		1809x							
Cilgeti / Kilgetty		d		1819x							
Saundersfoot		d		1821x							
Dinbych-y-Pysgod / Tenby		d		1829							
Penalun / Penally		d		1832x							
Maenorbyr / Manorbier		d		1839							
Llandyfail / Lamphey		d		1846x							
Penfro / Pembroke		d		1850							
Doc Penfro / Pembroke Dock		a		1903							
Clunderwen		d			1829x			2000x	2040x		
Clarbeston Road		d			1837x			2008x	2049x		
Hwlfordd / Haverfordwest		d			1847			2017a	2057		
Johnston		d			1855x				2106x		
Aberdaugleddau / Milford Haven		a			1907				2120		
Abergwaun ac Wdig / Fishguard & Goodwick		a									
Porthladd Abergwaun / Fishguard Harbour	80	a									
Porthladd Rosslare Harbour		a									

		GW 1R	AW R	AW	AW	AW R	AW	GW 1R	AW R	AW	GW 1R
Llundain Paddington / London Paddington	15	d	1743					1942			2043
Reading	7	d	1809					2009			2109
Parcfordd Bryste / Bristol Parkway	7	d	1859					2102			2205
Bryste Temple Meads / Bristol Temple Meads	10	d	1817	1850		1850			2045		
Filton Abbey Wood		d	1825	1903		1903			2052		
Manceinion Piccadilly / Manchester Piccadilly	10	d		1630			1730		1830		
Caerloyw / Gloucester	7	d									
Casnewydd / Newport		d	1918	1936			2029	2119	2129		2222
Caerdydd Canolog / Cardiff Central	7	a	1932	1951			2046	2133	2144		2236
Caerdydd Canolog / Cardiff Central	7	d	1935	1954		2018	2050	2135	2149	2230	2238
Parc Ninian / Ninian Park		d									
Pontyclun		d									
Llanharan		d									
Pencoed		d									
Pen-y-Bont ar Ogwr / Bridgend		a	1953	2015		2037	2111	2153	2209	2250	2256
Pen-y-Bont ar Ogwr / Bridgend		d	1954	2015		2038	2111	2154	2209	2250	2257
Y Pyl / Pyle		d		2022		2047	2118		2216		
Parcfordd Port Talbot Parkway		d	2008	2030		2054	2126	2208	2224	2303	2310
Baglan		d									
Llansawel / Briton Ferry		d									
Castell Nedd / Neath		d	2016	2037		2102	2134	2217	2231	2312	2318
Sgiwen / Skewen		d									
Llansamlet		d									
Abertawe / Swansea		a	2028	2052		2116	2149	2229	2246	2325	2330
Abertawe / Swansea		d			2058	2120			2250	2336	
Tre-gwyr / Gowerton		d			2110	2132			2301	2348	
Llanelli		a			2117	2139			2309	2355	
Llanelli		d			2118	2140			2309	2356	
Pen-bre a Phorth Tywyn / Pembrey & Burry Port		d			2124	2146			2315	0003	
Cydweli / Kidwelly		d			2131x				2322x	0010x	
Glanyfferi / Ferryside		d			2137x				2328x	0017x	
Caerfyrddin / Carmarthen		a			2150	2207			2342	0032	
Caerfyrddin / Carmarthen		d			2155	2214					
Hendy-gwyn / Whitland		a			2211	2229					
Hendy-gwyn / Whitland		d			2211	2229		2037			
Arberth / Narberth		d						2046x			
Cilgeti / Kilgetty		d						2055x			
Saundersfoot		d						2057x			
Dinbych-y-Pysgod / Tenby		d						2106			
Penalun / Penally		d						2109x			
Maenorbyr / Manorbier		d						2115			
Llandyfail / Lamphey		d						2123x			
Penfro / Pembroke		d						2126			
Doc Penfro / Pembroke Dock		a						2137			
Clunderwen		d						2237x			
Clarbeston Road		d			2224	2245x					
Hwlfordd / Haverfordwest		d				2253					
Johnston		d				2301x					
Aberdaugleddau / Milford Haven		a				2310					
Abergwaun ac Wdig / Fishguard & Goodwick		a			2243						
Porthladd Abergwaun / Fishguard Harbour	80	a			2249						
Porthladd Rosslare Harbour		a									

	AW	GW R								
Llundain Paddington / London Paddington  	d	2143								
Reading  	d	2209								
Parcffordd Bryste / Bristol Parkway 	d	2304								
Bryste Temple Meads / Bristol Temple Meads  	d	2145								
Filton Abbey Wood	d	2152								
Manceinion Piccadilly / Manchester Piccadilly 	d	1930								
Caerloyw / Gloucester 	d									
Casnewydd / Newport	d	2241	2321							
Caerdydd Canolog / Cardiff Central 	a	2257	2335							
Caerdydd Canolog / Cardiff Central 	d	2300	2338							
Parc Ninian / Ninian Park	d									
Pontyclun	d									
Llanharan	d									
Pencoed	d									
Pen-y-Bont ar Ogwr / Bridgend	a	2320	2356							
Pen-y-Bont ar Ogwr / Bridgend	d	2320	2357							
Y Pîl / Pyle	d	2328								
Parcffordd Port Talbot Parkway	d	2336	0011							
Baglan	d									
Llansawel / Briton Ferry	d									
Castell Nedd / Neath	d	2345	0020							
Sgiwen / Skewen	d									
Llansamlet	d									
Abertawe / Swansea	a	2359	0032							
Abertawe / Swansea	d									
Tre-gwyr / Gowerton	d									
Llanelli	a									
Llanelli	d									
Pen-bre a Phorth Tywyn / Pembrey & Burry Port	d									
Cydweli / Kidwelly	d									
Glanyfferi / Ferryside	d									
Caerfyrddin / Carmarthen	a									
Caerfyrddin / Carmarthen	d									
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									

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Amser cyrraedd

Amser ymadael

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Yn aros i godi teithwyr yn unig

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

Amser cysylltu a argymhellir

### Standard notes

Times in **red type** indicate connecting services.

**AW** Transport for Wales

**a** Arrival time

**d** Departure time

**s** Stops to set down only

**u** Stops to pick up only

**x** Service stops on request. Passengers wishing to alight must inform the conductor. Passengers wishing to board must give the appropriate hand signal to the driver

**[ ]** Recommended connecting time

**GW** Great Western Railway