

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

## Abertawe - Llandrindod - Amwythig Lein Calon Cymru

Swansea - Llandrindod - Shrewsbury  
The Heart of Wales Line



I gefnogi mesurau cadw pellter cymdeithasol, ni fydd gwasanaethau trên yn stopio yn Sugar Loaf na Hopton Heath ar hyn o bryd. I drefnu ffordd arall o deithio rhwng y gorsafoedd dan sylw, ffoniwch 0333 3211 202.

To support social distancing measures, train services are currently not stopping at Sugar Loaf or Hopton Heath. For alternative transport arrangements serving these stations phone 0333 3211 202.

### 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)

Abertawe - Llandrindod - Amwythig	Lein Calon Cymru				Dydd Llun i ddydd Gwener					
Swansea - Llandrindod - Shrewsbury	The Heart of Wales Line				Mondays to Fridays					
	AW	AW	AW	AW						
Llundain Paddington / London Paddington <b>15</b> 	d		1148							
Caerdydd Canolog / Cardiff Central <b>7</b>	d	0750	1337	1704						
Abertawe / Swansea	d		1435	1830						
Tre-gwyr / Gowerton	d			1841						
Carmarthen	d	0558								
Llanelli	d	0625	0951	1453	1853					
Bynie / Bynea	d	0629x	0955x	1457x	1857x					
Llangennech	d	0633x	0959x	1501x	1901x					
Pontarddulais	d	0638x	1003x	1506x	1905x					
Pantyyffynnon	d	0646	1012	1514	1914					
Rhydaman / Ammanford	d	0649	1015	1517	1917					
Llandybie	d	0654	1019	1522	1921					
Ffairfach	d	0700x	1026x	1528x	1928x					
Llandeilo	a	0705	1030	1533	1932					
Llandeilo	d	0708	1032	1534	1934					
Llangadog	d	0718	1041	1544	1943					
Llanwrda	d	0721	1045	1547	1947					
Llanymddyfri / Llandovery	a	0729	1052	1555	1954					
Llandovery	d	0730	1054	1556	1956					
Cynghordy	d	0738x	1101x	1604x	2003x					
Sugar Loaf	d									
Llanwrtyd	a	0754	1118	1620	2020					
Llanwrtyd	d	0812	1119	1626	2033					
Llangammarch	d	0817x	1124x	1631x	2038x					
Garth (Powys)	d	0821x	1128x	1635x	2042x					
Cilmeri	d	0826x	1134x	1640x	2048x					
Builth Road	d	0830x	1137x	1644x	2051x					
Llandrindod	a	0843	1151	1657	2105					
Llandrindod	d	0845	1201	1659	2109					
Pen-y-bont	d	0851x	1208x	1705x	2116x					
Dolau	d	0857	1214	1711	2122					
Llanbister Road	d	0902x	1219x	1716x	2127x					
Llangynllo	d	0907x	1224x	1722x	2132x					
Cnwclas / Knucklas	d	0914x	1231x	1728x	2139x					
Trefyclawdd / Knighton	a	0921	1238	1736	2146					
Knighton	d	0923	1241	1737	2148					
Bucknell	d	0929	1247	1743	2154					
Hopton Heath	d									
Broome	d	0936x	1255x	1751x	2202x					
Craven Arms	d	0945	1306	1800	2210					
Church Stretton	d	0958	1319	1813	2225					
<b>Amwythig / Shrewsbury</b>	a	1014	1337	1829	2243					
Crewe <b>10</b>	a	1111	1427	1934	0005					
Wolverhampton <b>7</b>	a	1111		1937						
Birmingham New St <b>12</b>	a	1132		1955						

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.

Gall gwaith i wella rheilffyrdd effeithio ar deithiau ar ddiwrnodau'r wythnos cyn 0630 neu ar ôl 2100. Cyn teithio, ewch i [www.trctrenau.cymru](http://www.trctrenau.cymru) neu ffoniwch 03457 48 49 50.


Rail improvement work can affect journeys on weekdays before 0630 or after 2100 hours and on weekends. Before travelling, visit [www.tfwrail.wales](http://www.tfwrail.wales) or call 03457 48 49 50.

Amwythig - Llandrindod - Abertawe		Lein Calon Cymru				Dydd Llun i ddydd Gwener			
Shrewsbury - Llandrindod - Swansea		The Heart of Wales Line				Mondays to Fridays			
		AW	AW	AW	AW				
Birmingham New St	<b>12</b> d		0834	1225	1700				
Wolverhampton	<b>7</b> d		0853	1244	1719				
Crewe	<b>10</b> d	0450	0909	1310	1720				
Amwythig / Shrewsbury	d	0556	1009	1405	1824				
Church Stretton	d	0614	1027	1423	1842				
Craven Arms	d	0626	1037	1434	1854				
Broome	d	0631x	1042x	1439x	1859x				
Hopton Heath	d								
Bucknell	d	0640x	1051x	1448x	1908x				
Trefyclawdd / Knighton	a	0648	1100	1456	1916				
Knighton	d	0656	1101	1458	1918				
Cnwclas / Knucklas	d	0701x	1106x	1502x	1922x				
Llangynllo	d	0709x	1114x	1510x	1930x				
Llanbister Road	d	0714x	1119x	1515x	1935x				
Dolau	d	0720x	1125x	1521x	1941x				
Pen-y-bont	d	0724x	1129x	1526x	1946x				
Llandrindod	a	0735	1140	1537	1957				
Llandrindod	d	0737	1157	1543	1958				
Builth Road	d	0745x	1206x	1551x	2007x				
Cilmeri	d	0749x	1209x	1555x	2010x				
Garth (Powys)	d	0754x	1214x	1600x	2016x				
Llangammarch	d	0758x	1218x	1604x	2020x				
Llanwrtyd	a	0805	1226	1612	2028				
Llanwrtyd	d	0811	1228	1625	2032				
Sugar Loaf	d								
Cynghordy	d	0823x	1240x	1637x	2045x				
Llanymddyfri / Llandovery	a	0834	1252	1649	2056				
Llandovery	d	0836	1253	1650	2058				
Llanwrda	d	0841x	1258x	1655x	2103x				
Llangadog	d	0845x	1302x	1659x	2107x				
Llandeilo	a	0855	1313	1710	2118				
Llandeilo	d	0858	1315	1712	2119				
Ffairfach	d	0900	1317	1714	2122				
Landybie	d	0907x	1324x	1721x	2128x				
Rhydaman / Ammanford	d	0911x	1328x	1725x	2133x				
Pantyyffynnon	d	0915	1332	1729	2137				
Pontarddulais	d	0921x	1338x	1735x	2143x				
Llangennech	d	0926x	1343x	1740x	2147x				
Bynie / Bynea	d	0929x	1346x	1743x	2151x				
Llanelli	d	0938a	1357	1754	2159				
Carmarthen	a				2228				
Tre-gwyr / Gowerton	a		1404	1801					
Abertawe / Swansea	a		1417	1815					
Caerdydd Canolog / Cardiff Central	<b>7</b> a	1153	1514	1915					
Llundain Paddington / London Paddington	<b>15</b> a		1714	2110					


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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Rail improvement work can affect journeys on weekdays before 0630 or after 2100 hours and on weekends. Before travelling, visit [www.tfwrail.wales](http://www.tfwrail.wales) or call 03457 48 49 50.

Abertawe - Llandrindod - Amwythig	Lein Calon Cymru				Dydd Sadwrn					
Swansea - Llandrindod - Shrewsbury	The Heart of Wales Line				Saturdays					
	AW	AW	AW	AW						
Llundain Paddington / London Paddington <b>15</b> 	d		0948	1448						
Caerdydd Canolog / Cardiff Central <b>7</b>	d	0756	1204	1704						
Abertawe / Swansea	d		1312	1816						
Tre-gwyr / Gowerton	d		1323	1828						
Carmarthen	d	0426	0913							
Llanelli	d	0453	0937	1336	1842					
Bynie / Bynea	d	0457x	0941x	1340x	1845x					
Llangennech	d	0500x	0945x	1344x	1849x					
Pontarddulais	d	0504x	0950x	1348x	1853x					
Pantyyffynnon	d	0513	0958	1357	1901					
Rhydaman / Ammanford	d	0516	1001	1400	1904					
Llandybie	d	0520	1006	1404	1909					
Ffairfach	d	0526x	1012x	1411x	1915x					
Llandeilo	a	0531	1017	1415	1919					
Llandeilo	d	0532	1018	1417	1921					
Llangadog	d	0542	1028	1426	1930					
Llanwrda	d	0545	1031	1430	1934					
Llanymddyfri / Llandovery	a	0553	1039	1437	1941					
Llandovery	d	0554	1040	1439	1943					
Cynghordy	d	0601x	1048x	1446x	1950x					
Sugar Loaf	d									
Llanwrtyd	a	0617	1103	1503	2006					
Llanwrtyd	d	0619	1111	1504	2009					
Llangammarch	d	0623x	1116x	1509x	2014x					
Garth (Powys)	d	0627x	1120x	1513x	2018x					
Cilmeri	d	0632x	1125x	1519x	2023x					
Builth Road	d	0635x	1129x	1522x	2026x					
Llandrindod	a	0647	1142	1536	2039					
Llandrindod	d	0657	1144	1542	2041					
Pen-y-bont	d	0703x	1150x	1549x	2047x					
Dolau	d	0708x	1156	1555	2053					
Llanbister Road	d	0714x	1201x	1600x	2057x					
Llangynllo	d	0719x	1207x	1605x	2102x					
Cnwclas / Knucklas	d	0725x	1213x	1612x	2108x					
Trefyclawdd / Knighton	a	0732	1220	1619	2116					
Knighton	d	0734	1221	1621	2117					
Bucknell	d	0740	1227	1627	2123					
Hopton Heath	d									
Broome	d	0747x	1234x	1635x	2130x					
Craven Arms	d	0756	1242	1643	2139					
Church Stretton	d	0809	1255	1656	2151					
<b>Amwythig / Shrewsbury</b>	a	0825	1311	1712	2208					
Crewe <b>10</b>	a	0928	1428	1727	2305					
Wolverhampton <b>7</b>	a	0912	1412	1810	2309					
Birmingham New St <b>12</b>	a	0935	1432	1832	2330					

Amwythig - Llandrindod - Abertawe		Lein Calon Cymru				Dydd Sadwrn					
Shrewsbury - Llandrindod - Swansea		The Heart of Wales Line				Saturdays					
		AW	AW	AW	AW						
Birmingham New St	<b>12</b> d		0724	1225	1625						
Wolverhampton	<b>7</b> d		0743	1244	1644						
Crewe	<b>10</b> d		08 10	1308	17 10						
Amwythig / Shrewsbury	d	05 16	0904	1358	1757						
Church Stretton	d	0533	0922	14 16	18 14						
Craven Arms	d	0547	0932	1426	1825						
Broome	d	0552x	0937x	143 1x	1830x						
Hopton Heath	d										
Bucknell	d	060 1x	0946x	1440x	1839x						
Trefyclawdd / Knighton	a	0609	0955	1449	1847						
Knighton	d	06 11	0956	1450	1849						
Cnwclas / Knucklas	d	06 15x	100 1x	1455x	1853x						
Llangynllo	d	0623x	1009x	1503x	190 1x						
Llanbister Road	d	0628x	10 14x	1508x	1906x						
Dolau	d	0634x	1020x	15 14x	19 12x						
Pen-y-bont	d	0639x	1024x	15 18x	19 17x						
Llandrindod	a	0650	1035	1529	1928						
Llandrindod	d	0656	1037	1543	193 1						
Builth Road	d	0705x	1045x	155 1x	1939x						
Gilmeri	d	0708x	1049x	1555x	1943x						
Garth (Powys)	d	07 14x	1054x	1600x	1948x						
Llangammarch	d	07 18x	1058x	1604x	1952x						
Llanwrtyd	a	0726	1106	16 12	2000						
Llanwrtyd	d	0727	1109	16 14	20 10						
Sugar Loaf	d										
Cynghordy	d	0740x	112 1x	1626x	2023x						
Llanymddyfri / Llandovery	a	075 1	1133	1638	2034						
Llandovery	d	0753	1134	1639	2036						
Llanwrda	d	0758x	1139x	1644x	204 1x						
Llangadog	d	0802x	1143x	1648x	2045x						
Llandeilo	a	08 13	1154	1659	2056						
Llandeilo	d	08 14	1156	170 1	2057						
Ffairfach	d	08 17	1158	1703	2 100						
Landybie	d	0823x	1205x	17 10x	2 106x						
Rhydaman / Ammanford	d	0828x	1209x	17 14x	2 111x						
Pantyyffynnon	d	0832	12 13	17 18	2 115						
Pontarddulais	d	0838x	12 19x	1724x	2 12 1x						
Llangennech	d	0842x	1224x	1729x	2 126x						
Bynie / Bynea	d	0846x	1227x	1732x	2 130x						
Llanelli	d	0856	1238	1743	2 140						
Carmarthen	a	0922			2206						
Tre-gwyr / Gowerton	a			175 1							
Abertawe / Swansea	a		1257	1807							
Caerdydd Canolog / Cardiff Central	<b>7</b> a	1049	14 17	19 16							
Llundain Paddington / London Paddington	<b>15e</b> a		16 12	2 111							

Abertawe - Llandrindod - Amwythig	Lein Calon Cymru									Dydd Sul
Swansea - Llandrindod - Shrewsbury	The Heart of Wales Line									Sundays
	AW	AW								
Llundain Paddington / London Paddington <b>15</b> 	d	1243								
Caerdydd Canolog / Cardiff Central <b>7</b>	d	0953	1435							
Abertawe / Swansea	d	1110	1535							
Tre-gwyr / Gowerton	d	1121	1546							
Carmarthen	d									
Llanelli	d	1133	1558							
Bynie / Bynea	d	1137x	1602x							
Langennech	d	1141x	1606x							
Pontarddulais	d	1145x	1610x							
Pantyyffnon	d	1154	1618							
Rhydaman / Ammanford	d	1157	1621							
Llandybie	d	1201	1626							
Ffairfach	d	1208x	1632x							
Llandeilo	a	1212	1637							
Llandeilo	d	1214	1638							
Langadog	d	1223	1648							
Llanwrda	d	1227	1651							
Llanymddyfri / Llandovery	a	1234	1659							
Llandovery	d	1236	1700							
Cynghordy	d	1243x	1708x							
Sugar Loaf	d									
Llanwrtyd	a	1300	1724							
Llanwrtyd	d	1301	1726							
Llangammarch	d	1306x	1731x							
Garth (Powys)	d	1310x	1735x							
Cilmeri	d	1316x	1740x							
Builth Road	d	1319x	1744x							
Llandrindod	a	1333	1757							
Llandrindod	d	1343	1759							
Pen-y-bont	d	1350x	1805x							
Dolau	d	1356	1811							
Llanbister Road	d	1401x	1816x							
Llangynllo	d	1406x	1822x							
Cnwclas / Knucklas	d	1413x	1828x							
Trefyclawdd / Knighton	a	1420	1836							
Knighton	d	1422	1837							
Bucknell	d	1428	1843							
Hopton Heath	d									
Broome	d	1436x	1851x							
Craven Arms	d	1444	1900							
Church Stretton	d	1457	1913							
<b>Amwythig / Shrewsbury</b>	a	1513	1932							
Crewe <b>10</b>	a	1627	2031							
Wolverhampton <b>7</b>	a	1601	2036							
Birmingham New St <b>12</b>	a	1620	2057							

Amwythig - Llandrindod - Abertawe	Lein Calon Cymru	Dydd Sul					
Shrewsbury - Llandrindod - Swansea	The Heart of Wales Line	Sundays					
	AW	AW					
Birmingham New St <b>12</b>	d	1026	1500				
Wolverhampton <b>7</b>	d	1046	1520				
Crewe <b>10</b>	d	1111	1521				
Amwythig / Shrewsbury	d	1204	1620				
Church Stretton	d	1222	1639				
Craven Arms	d	1232	1649				
Broome	d	1238x	1654x				
Hopton Heath	d						
Bucknell	d	1247x	1703x				
Trefyclawdd / Knighton	a	1255	1712				
Knighton	d	1256	1713				
Cnwclas / Knucklas	d	1302x	1718x				
Llangynllo	d	1310x	1726x				
Llanbister Road	d	1315x	1731x				
Dolau	d	1321x	1737x				
Pen-y-bont	d	1325x	1741x				
Llandrindod	a	1335	1752				
Llandrindod	d	1340	1805				
Builth Road	d	1349x	1814x				
Cilmeri	d	1353x	1817x				
Garth (Powys)	d	1358x	1823x				
Llangammarch	d	1402x	1827x				
Llanwrtyd	a	1409	1835				
Llanwrtyd	d	1411	1836				
Sugar Loaf	d						
Cynghordy	d	1424x	1849x				
Llanymddyfri / Llandovery	a	1435	1900				
Llandovery	d	1436	1902				
Llanwrda	d	1442x	1907x				
Llangadog	d	1446x	1911x				
Llandeilo	a	1456	1922				
Llandeilo	d	1458	1923				
Ffairfach	d	1500	1926				
Llandybie	d	1508x	1932x				
Rhydaman / Ammanford	d	1512x	1937x				
Pantyyffynnon	d	1515	1941				
Pontarddulais	d	1522x	1947x				
Llangennech	d	1527x	1951x				
Bynie / Bynea	d	1530x	1955x				
Llanelli	d	1540	2005				
Carmarthen	a						
Tre-gwyr / Gowerton	a	1548	2013				
Abertawe / Swansea	a	1602	2026				
Caerdydd Canolog / Cardiff Central <b>7</b>	a	1716	2137				
Llundain Paddington / London Paddington <b>15e</b>	a	1909					

Yn aml mae gwaith gwella'r rheilffyrdd yn effeithio ar wasanaethau ar y Sul, gan gynnwys arlwyio ar drenau. Cyn teithio ewch i [www.trctrenau.cymru](http://www.trctrenau.cymru) neu ffoniwch 03457 484 950.

Rail improvement work often affects Sunday services, including on-train catering. Before travelling, visit [www.tfwrail.wales](http://www.tfwrail.wales) or call 03457 484 950.



## Roedd yr wybodaeth hon yn gywir adeg cyhoeddi.

This information was correct at the time of publication.

### Cysylltwch â ni er mwyn:

- gofyn am yr amserlen mewn fformat gwahanol, gan gynnwys print bras
- rhoi gwybod am nam neu ddfrod i'n trenau a'n gorsafoedd
- gwneud sylw am ein gwasanaethau trên
- gofyn am wybodaeth arall i gwsmeriaid gan gynnwys y siarter teithwyr
- hawlio unrhyw iawndal am oedi o 15 munud neu ragor.

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[www.tfwrail.wales](http://www.tfwrail.wales) or at a station



I archebu cymorth ac i gael cyngor ar hygyrchedd, cysylltwch â'n tîm Cymorth wrth  
Deithio: 033 30 050 501 (Testun y Genhedlaeth Nesaf 18001 0333 005 0501) ar agor  
8am tan 8pm saith niwrnod yr wythnos neu i gael rhagor o wybodaeth ewch i  
[www.trctrenau.cymru/cy/cyn-eich-taith/teithio-hygyrch](http://www.trctrenau.cymru/cy/cyn-eich-taith/teithio-hygyrch). Rydym yn argymhell  
gwneud cais am gymorth o leiaf 6 awr cyn i chi teithio (Os ydych chi'n dymuno archebu  
rhwng 10yh ac 8yb, defnyddiwch ein gwasanaeth archebu ar-lein).

To book assistance and for accessibility advice please contact our Assisted Travel team:  
033 30 050 501 (Next Generation text 18001 0333 005 0501) open 8am to 8pm seven  
days a week or for more information visit [www.tfwrail.wales/before-your-journey/accessible-travel](http://www.tfwrail.wales/before-your-journey/accessible-travel). We recommend reserving assistance at least 6 hours before you  
travel (If you wish to make a booking between the hours of 10pm and 8am please use  
our online booking service).



Mae toiledau hygyrch ar bob gwasanaeth, ond dim ym mhob cerbyd. Holwch staff y  
trên neu edrych ar yr arwyddion ar y drysau i wneud yn siŵr eich bod yn defnyddio'r  
rhan iawn o'r trên. | Accessible toilets are available on all our services, but not every  
carriage. Please check with railway staff or door signs to ensure you access the right  
part of the train.

### Nodiadau safonol

Mae'r amseroedd **mewn coch** yn dynodi  
gwasanaethau sy'n cysylltu

Trafnidiaeth Cymru

Amser cyrraedd

Amser ymadael

Yn aros i ollwng teithwyr yn unig

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