

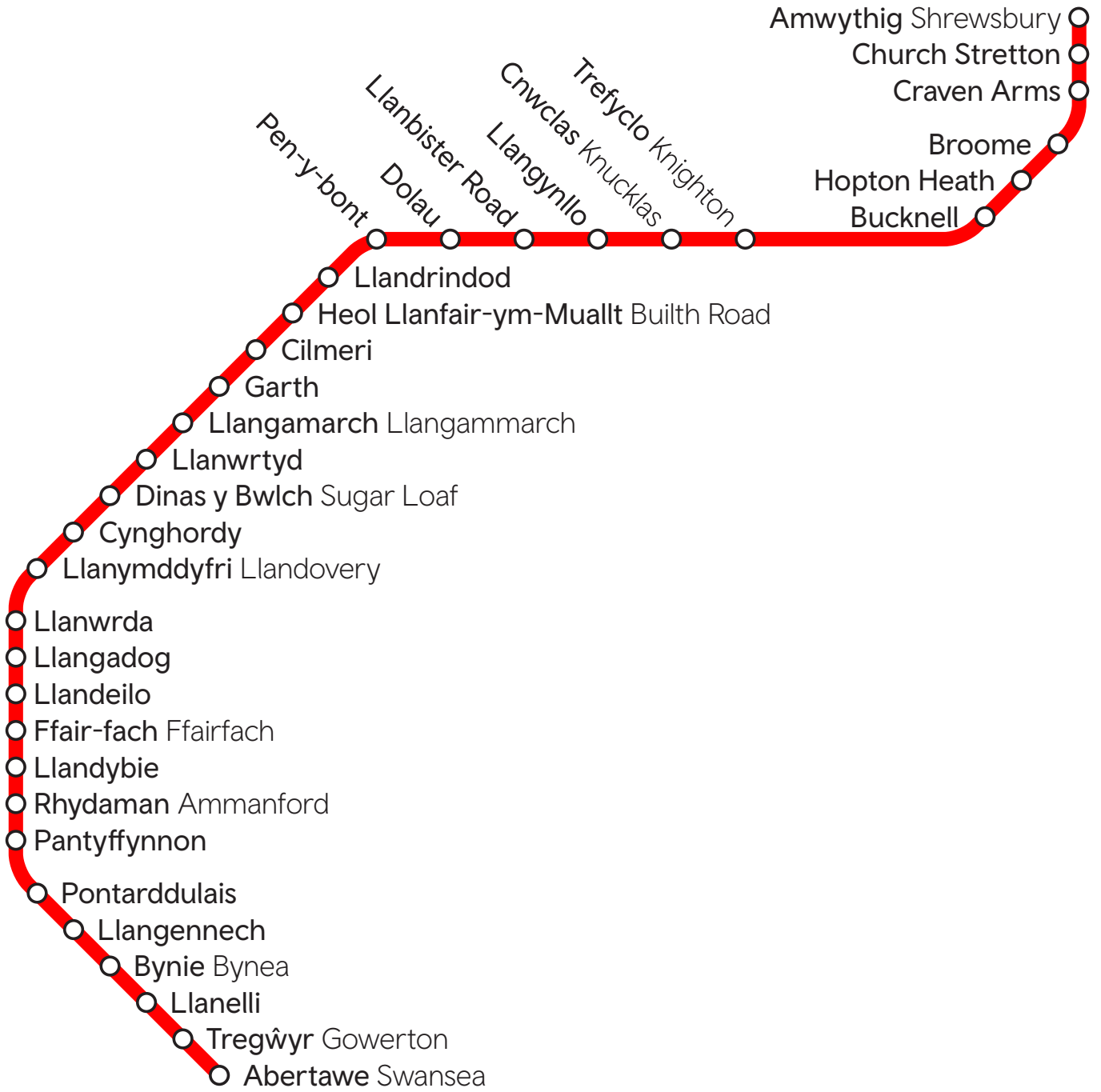


# Amserau trenau

Abertawe - Amwythig. 'Lein Calon Cymru',  
15 Rhagfyr 2024 - 17 Mai 2025

# Train times

Swansea - Shrewsbury. 'The Heart of Wales Line',  
15 December 2024 - 17 May 2025



TRAFNIDIAETH CYMRU  
TRANSPORT FOR WALES



## Newidiadau i'r amseroedd a gyhoeddwyd

Gall gwasanaethau newid. Yn ogystal â hyn, ni chynhwysir newidiadau a achosir gan waith peirianyddol na tharfu ar y diwrnod sydd heb ei gynllunio.

Darperir amserlenni fel canllaw yn unig, gwiriwch cyn teithio bob tro:



- Lawrlwythwch ap TrC neu ewch i [trc.cymru](http://trc.cymru)
- Edrychwch ar y **sgriniau gwybodaeth** ar y platform
- Gofynnwch i aelod o **dîm ein gorsaf**
- Ewch i'r **man cymorth** yn yr orsaf (pan fydd ar gael)
- Ffoniwch **0333 3211 202**
- Cofrestrwch i gael ein gwasanaeth rhybuddio am darfu [journeycheck.com/tfwrail](http://journeycheck.com/tfwrail)

## Changes to published times

Services are subject to change. Also, changes due to engineering works or on-the-day unplanned disruption are not included.

Timetables are provided as a guide only, always check before you travel:



- Download the **TfW app** or visit [tfw.wales](http://tfw.wales)
- See **customer information screens** on platform
- Ask a member of our **station team**
- Use the **station help point** (where available)
- Call **0333 3211 202**
- Sign up for our disruption alert service at [journeycheck.com/tfwrail](http://journeycheck.com/tfwrail)

## Hysbysrwydd

- Os oes cyfleusterau prynu tocynnau ar gael, rhaid ichi brynu tocyn cyn mynd ar y trê: Lawrlwythwch ap TrC neu ewch i [trc.cymru](http://trc.cymru) - Yn y swyddfa docynnau neu o beiriant gwerthu tocynnau
- Dod o hyd i drenau llai prysur: defnyddiwch ein Gwiriwr Capasiti a Theithio'n Saffach, lawrlwythwch ap TrC neu ewch i [trc.cymru/cy/delay-compensation](http://trc.cymru/cy/delay-compensation) neu mae ffurflenni ar gael o'ch swyddfa docynnau agosaf.
- Os oes oedi o 15 munud neu fwy ar eich taith, mae gennych chi hawl i gael iawndal. Gallwch chi hawlio ar-lein, ewch i [trc.cymru/cy/delay-compensation](http://trc.cymru/cy/delay-compensation) neu mae ffurflenni ar gael o'ch swyddfa docynnau agosaf.
- Gallwch archebu cymorth arbennig ymlaen llaw - hyd at 2 awr cyn i'ch taith ddechrau, 24/7. I archebu, neu i gael rhagor o wybodaeth am Gymorth i Deithwyr: Ffoniwch ein tîm Cymorth wrth Deithio, **033 300 50 501** - RelayUK, **18001 033 300 50 501** - Ewch i [trc.cymru/teithio-hygyrch](http://trc.cymru/teithio-hygyrch) Gallwch hefyd "gyrraedd a mynd" heb archebu cymorth arbennig ymlaen llaw. Byddwn yn eich helpu i gyrraedd lle'r ydych chi eisiau mynd.

## Information

- Where purchasing facilities are available, you must buy a ticket before you board: Download the **TfW app** or visit [tfw.wales](http://tfw.wales) - From a **station ticket office** or **self-service ticket machine**
- Find trains with space: use our Capacity Checker and Travel Safer, download the **TfW app** or visit [tfw.wales/capacity-checker](http://tfw.wales/capacity-checker)
- If your journey has been delayed for 15 minutes or more, you are entitled to compensation. You can claim on-line at [tfw.wales/delay-repay-compensation](http://tfw.wales/delay-repay-compensation) or pick up a form from your nearest ticket office.
- You can request an assistance booking in advance - up to 2 hours before your journey is due to start, 24/7. To make a booking or for more information about Passenger Assist: Call our Assisted Travel team, **033 300 50 501** - RelayUK, **18001 033 300 50 501** - Visit [tfw.wales/accessible-travel](http://tfw.wales/accessible-travel) You can also simply "turn up and go" without booking assistance in advance. We'll provide assistance to get you to your destination.

## Cysylltu â ni Contact us

- WhatsApp 07790 952507
- @tfwrail
- 0333 3211 202

- I weld ein cynigion a'n bargeinion, cofrestrwch yn [trc.cymru/cofrestru](http://trc.cymru/cofrestru) For offers and deals, register at [tfw.wales/signup](http://tfw.wales/signup)

### 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 gorsafocdd
- gwneud sylw am ein gwasanaethau trê
- gofyn am wybodaeth arall i gwsmeriaid gan gynnwys y siarter teithwyr
- hawlio unrhyw iawndal am oedi o 15 munud neu ragor.

### Get in touch to:

- request other timetable formats, including large print
- report faults or damage to our trains and stations
- comment on our train services
- request other customer information including the passenger charter
- claim any compensation for delays of 15 minutes or more.

## Nodiadau

- 1634** Yr oriau brig yw 0430 - 0930 a 1600 - 1829 dydd Llun i ddydd Gwener. Mae'n bosib ni fydd tocynnau trê un diwrnod ar gyfer adegau tawel yn ddilys ar deithiau sy'n dechrau yn ystod adegau prysur. Gwiriwch y cyfyngiadau cyn teithio
- 1634** Gwasanaethau uniongyrchol
- 1634** Trenau cysylltu (o bosib yn cael eu rhedeg gan weithredwyr trê eraill). Newid ar y gwasanaeth uniongyrchol nesaf/blaenorol
- 5** Amser cysylltu argymelledig
- ◇ Dim ond os oes seddi ar gael y gallwch chi eu cadw
- x1** Newid yma ar gyfer gwasanaethau tuag at Gorllewin Cymru
- x2** Newid yma ar gyfer gwasanaethau tuag at Crewe, Birmingham Rhyngwladol ac Aberystwyth
- x3** Newid yma ar gyfer gwasanaethau tuag at Pen-y-bont ar Ogwr ac Caerdydd
- x4** Newid yma ar gyfer gwasanaethau tuag at Henffordd ac Caerdydd
- g Newid yn Craven Arms
- a Amser cyrraedd
- d Amser ymadael
- x Gorsaf ar alw

## Notes

- 1634** Peak times are 0430 - 0930 and 1600 - 1829 Monday to Friday. Off-Peak Day tickets may not be valid for journeys starting at peak times. Please check restrictions before travel
- 1634** Direct services
- 1634** Connecting services, (may be run by other train operators). Change at the next / preceding direct service
- 5** Recommended connecting time
- ◇ Seat reservations subject to availability
- x1** Change here for services towards West Wales
- x2** Change here for services towards Crewe, Birmingham International and Aberystwyth
- x3** Change here for services towards Bridgend and Cardiff
- x4** Change here for services towards Hereford and Cardiff
- g Change at Craven Arms
- a Arrival time
- d Departure time
- x Request stop

# Abertawe - Amwythig Swansea - Shrewsbury

		Dydd Llun - Dydd Gwener Mondays - Fridays						Dydd Sadwrn Saturdays				Dydd Sul Sundays		
Caerdydd Canolog Cardiff Central	<b>7</b>	d	-	-	-	0740	1142	1647	-	0744	1141	1649	0953	1412
Abertawe Swansea	<b>5</b>	d	-	0450	0516	0856	1251	1748	0451	0859	1253	1748	1110	1526
Tregŵyr Gowerton		d	-	-	0528	0908	1303	1800	0503	0911	1305	1800	1122	1538
Llanelli	<b>x1</b>	d	-	0439	-	0831	1234	1656	0439	0832	1236	1730	1044	1510
Caerfyrddin Carmarthen		d	-	0513	0538	0919	1316	1810	0513	0922	1317	1810	1133	1549
Bynie Bynea	x	d	-	0517	0542	0923	1320	1815	0517	0926	1321	1815	1137	1553
Llangennech	x	d	-	0521	0546	0927	1324	1819	0521	0930	1328	1819	1141	1557
Pontarddulais	x	d	-	0526	0551	0931	1328	1824	0526	0934	1332	1824	1145	1601
Pantyyffynnon		d	-	0534	0559	0940	1337	1831	0534	0943	1341	1831	1154	1609
Rhydaman Ammanford		d	-	0537	0602	0943	1340	1834	0537	0946	1344	1834	1157	1612
Llandybie		d	-	0542	0607	0947	1344	1839	0542	0950	1348	1839	1201	1617
Ffair-fach Ffairfach	x	d	-	0548	0613	0954	1351	1846	0548	0957	1355	1846	1208	1623
Llandeilo	a	-	-	0553	0619	0959	1356	1851	0553	1002	1400	1851	1212	1628
Llandeilo	d	-	-	0554	0619	1000	1357	1851	0554	1003	1401	1851	1214	1629
Llangadog	d	-	-	0604	0629	1009	1406	1901	0604	1012	1410	1901	1223	1639
Llanwrda	d	-	-	0607	0632	1013	1410	1904	0607	1016	1414	1904	1227	1642
Llanymddyfri Llandovery	a	-	-	0615	0640	1021	1418	1913	0615	1024	1422	1913	1234	1650
Llanymddyfri Llandovery	d	-	-	0616	-	1022	1419	1913	0616	1025	1423	1913	1236	1651
Cynghordy	x	d	-	0624	-	1029	1426	1922	0624	1032	1430	1922	1243	1659
Dinas y Bwlch Sugar Loaf	x	d	-	0633	-	1039	1436	1930	0633	1042	1440	1930	1252	1708
Llanwrtyd	a	-	-	0640	-	1047	1444	1938	0640	1050	1448	1938	1259	1715
Llanwrtyd	d	-	-	0642	-	1047	1444	1939	0642	1050	1448	1939	1301	1716
Llangamarch Llangammarch	x	d	-	0647	-	1052	1449	1945	0647	1055	1453	1945	1306	1721
Garth	x	d	-	0651	-	1056	1453	1949	0651	1059	1457	1949	1309	1725
Cilmeri	x	d	-	0656	-	1102	1459	1954	0656	1105	1503	1954	1314	1730
Heol Llanfair-ym-Muallt Builth Road	x	d	-	0700	-	1105	1502	1958	0700	1108	1506	1958	1318	1733
Llandrindod	a	-	-	0713	-	1120	1517	2011	0713	1123	1521	2011	1331	1747
Llandrindod	d	-	-	0555	0732	-	1140	1533	0732	1144	1534	2024	1344	1759
Pen-y-bont	x	d	-	0602	0738	-	1146	1539	0738	1151	1540	2031	1350	1806
Dolau	d	-	-	0607	0744	-	1152	1545	0744	1157	1546	2036	1356	1812
Llanbister Road	x	d	-	0613	0749	-	1157	1550	0749	1202	1551	2042	1401	1817
Llangynllo	x	d	-	0619	0755	-	1203	1556	0755	1207	1557	2048	1407	1822
Cnwclas Knucklas	x	d	-	0625	0801	-	1209	1602	0801	1214	1603	2054	1413	1829
Trefyclo Knighton	a	-	-	0634	0809	-	1217	1610	0809	1221	1611	2100	1421	1836
Trefyclo Knighton	d	-	-	0643	0810	-	1218	1611	0810	1223	1612	2102	1422	1838
Bucknell	d	-	-	0649	0816	-	1224	1617	0816	1229	1618	2108	1428	1844
Hopton Heath	x	d	-	0653	0821	-	1229	1622	0821	1233	1623	2113	1432	1848
Broome	x	d	-	0658	0824	-	1232	1625	0824	1237	1626	2117	1436	1851
Craven Arms	<b>x4</b>	d	-	0708	0834	-	1242	1635	0834	1246	1636	2127	1445	1901
Church Stretton		d	-	0721	0846	-	1254	1647	0846	1258	1648	2139	1458	1915
Amwythig Shrewsbury	<b>x2</b>	a	-	0738	0903	-	1312	1704	0902	1315	1705	2159	1514	1935
Crewe	<b>10</b>	a	-	0829	1029	-	1429	1829	1029	1428	1829	2258g	1627	2035
Wolverhampton	<b>7</b>	a	-	0838	1010	-	1410	1811	1010	1410	1810	2302	1610	2113
Birmingham New Street	<b>12</b>	a	-	0900	1032	-	1432	1832	1032	1432	1832	2330	1632	2133

# Amwythig - Abertawe Shrewsbury - Swansea

		Dydd Llun - Dydd Gwener Mondays - Fridays							Dydd Sadwrn Saturdays				Dydd Sul Sundays	
Birmingham New Street	<b>12</b>	a	-	-	-	0852	1222	1721	-	0852	1226	1722	1022	1456
Wolverhampton	<b>7</b>	a	-	-	-	0912	1241	1741	-	0912	1258	1741	1041	1514
Crewe	<b>10</b>	a	-	-	-	0910	1310	1719	0448	0910	1310	1719	1110	1520
Amwythig Shrewsbury		d	-	0420	0525	1002	1354	1835	0528	1006	1355	1835	1204	1620
Caerfyrddin Carmarthen		a	-	0438	0543	1020	1412	1853	0546	1024	1413	1853	1222	1639
Craven Arms	<b>x4</b>	d	-	0448	0553	1030	1423	1904	0556	1034	1424	1904	1232	1649
Broome	x	d	-	-	0559	1035	1428	1910	0602	1040	1429	1910	1238	1654
Hopton Heath	x	d	-	-	0603	1040	1433	1914	0606	1045	1434	1914	1242	1659
Bucknell	x	d	-	-	0608	1044	1437	1919	0611	1049	1438	1919	1247	1703
Trefyclo Knighton		a	-	0509	0617	1054	1447	1927	0620	1058	1448	1927	1255	1711
Trefyclo Knighton		d	-	0510	0634	1054	1447	1928	0625	1059	1448	1928	1256	1713
Cnwclas Knucklas	x	d	-	-	0640	1059	1452	1933	0631	1103	1453	1933	1302	1717
Llangynllo	x	d	-	-	0648	1107	1500	1941	0639	1111	1501	1941	1310	1725
Llanbister Road	x	d	-	-	0653	1112	1505	1946	0644	1116	1506	1946	1315	1729
Dolau	x	d	-	-	0659	1118	1511	1952	0650	1122	1512	1952	1321	1735
Pen-y-bont	x	d	-	-	0703	1122	1515	1957	0654	1127	1516	1957	1325	1739
Llandrindod		a	-	0546	0715	1135	1528	2009	0706	1140	1529	2009	1335	1750
Llandrindod		d	-	-	0730	1136	1535	2027	0730	1142	1538	2027	1359	1805
Heol Llanfair-ym-Muallt Buith Road	x	d	-	-	0739	1144	1543	2036	0739	1151	1546	2036	1408	1814
Cilmeri	x	d	-	-	0743	1148	1547	2040	0743	1154	1550	2040	1412	1817
Garth	x	d	-	-	0748	1153	1552	2045	0748	1200	1555	2045	1417	1823
Llangamarch Llangamarch	x	d	-	-	0752	1157	1556	2049	0752	1204	1559	2049	1421	1827
Llanwrtyd		a	-	-	0800	1206	1605	2057	0800	1213	1608	2057	1428	1835
Llanwrtyd		d	-	-	0801	1207	1606	2058	0801	1213	1609	2058	1430	1836
Dinas y Bwch Sugar Loaf	x	d	-	-	0807	1213	1612	2104	0807	1220	1615	2104	1436	1843
Cynghordy	x	d	-	-	0814	1219	1618	2111	0814	1226	1621	2111	1443	1849
Llanymddyfri Llandovery		a	-	-	0826	1232	1631	2123	0826	1238	1634	2123	1454	1900
Llanymddyfri Llandovery		d	0644	-	0826	1232	1631	2123	0826	1239	1634	2123	1455	1902
Llanwrda	x	d	0650	-	0832	1237	1636	2129	0832	1244	1639	2129	1501	1907
Llangadog	x	d	0654	-	0836	1241	1640	2133	0836	1248	1643	2133	1505	1911
Llandeilo		a	0705	-	0847	1253	1652	2144	0847	1300	1655	2144	1515	1922
Llandeilo		d	0705	-	0848	1254	1653	2145	0848	1300	1656	2145	1517	1923
Ffair-fach Ffairfach		d	0708	-	0850	1256	1655	2147	0850	1303	1658	2147	1519	1926
Llandybie	x	d	0715	-	0858	1303	1702	2155	0858	1309	1705	2155	1527	1932
Rhydaman Ammanford	x	d	0720	-	0902	1307	1706	2159	0902	1314	1709	2159	1531	1937
Pantyyffnon		d	0723	-	0905	1311	1710	2202	0905	1318	1713	2204	1534	1941
Pontarddulais	x	d	0730	-	0912	1317	1716	2209	0912	1324	1719	2211	1541	1947
Llangennech	x	d	0734	-	0917	1322	1721	2214	0917	1328	1724	2216	1545	1951
Bynie Bynea	x	d	0738	-	0920	1325	1724	2217	0920	1332	1727	2219	1549	1955
Llanelli	<b>x1</b>	d	0746	-	0931	1338	1737	2235	0934	1341	1738	2235	1557	2005
Caerfyrddin Carmarthen		a	0824	-	1032	1432	1829	-	1024	1424	1822	2335	1724	2152
Tregŵyr Gowerton		a	0754	-	0939	1345	1745	2242	0942	1349	1746	2242	1605	2013
Abertawe Swansea	<b>x3 5</b>	a	0809	-	0954	1401	1801	2258	0957	1404	1801	2258	1619	2029
Caerdydd Canolog Cardiff Central	<b>7</b>	d	0915	-	1115	1514	1915	0038	1117	1517	1917	-	1750	2139