

Cardiff to Bridgend, Maesteg, Swansea, Carmarthen, Tenby, Pembroke Dock, Milford Haven, Fishguard and Rosslare

Mondays to Fridays

Operator Days of operation/Notes 1st Class/Reservations/Bus/Ferry Catering facilities	AW	AW	AW	AW	AW A	AW	AW	AW B	AW C	GW D 113 113	AW	AW E	AW F	AW	AW	GW 113 113
London Paddington (PAD)  d																0523
Reading (RDG)  d																0549
Manchester Piccadilly (MAN)  d																
Cheltenham Spa (CNM)  d																
Gloucester (GCR)  d																
Newport (South Wales) (NWP)  d										0625			0700			0753
Cardiff Central (CDF)  a										0637			0715			0806
Cardiff Central (CDF)  d								0535	0613	0639	0643	0713	0721		0745	0808
Pontyclun (PYC)  d								0554	0625		0656	0725			0757	
Llanharan (LLR)  d								0558	0629		0701	0729			0802	
Pencoed (PCD)  d								0603	0633		0705	0733			0807	
Bridgend (BGN)  a								0608	0639	0658	0710	0739	0743		0812	0827
Bridgend (BGN)  d								0608	0639	0659	0711	0739	0743		0813	0828
Wildmill (WMI)  d									0642			0742				
Sarn (SRR)  d									0646			0746				
Tondu (TDU)  d									0648			0748				
Garth (Mid Glamorgan) (GMG)  d									0657			0757				
Maesteg (Ewenny Road) (MEW)  d									0701			0801				
Maesteg (MST)  a									0705			0805				
Pyle (PYL)  d								0616			0718				0821	
Port Talbot Parkway (PTA)  d								0623		0711	0726		0755		0828	0840
Baglan (BAJ)  d								0625			0729				0832	
Briton Ferry (BNF)  d								0629			0733				0836	
Neath (NTH)  d								0633		0719	0737		0802		0841	0848
Skewen (SKE)  d								0637			0741				0845	
Llansamlet (LAS)  d								0641			0745				0849	
Swansea (SWA)  a								0651		0730	0755		0817		0859	0902
Swansea (SWA)  d					0513		0602	0657	0729	0740	0759		0820	0849		
Gowerton (GWN)  d					0525		0613	0707	0741		0810			0859		
Llanelli (LLE)  d					0534a		0619	0714	0750a	0757	0816		0835	0906		
Pembrey & Burry Port (PBY)  d							0625	0719		0804	0822			0911		
Kidwelly (KWL)  d							0632	0726			0829			0918		
Ferryside (FYS)  d							0638	0732			0835			0924		
Carmarthen (CMN)  a							0651	0745		0825	0848		0858	0939		
Carmarthen (CMN)  d	0453	0534	0543	0552			0654	0746			0851		0903	0942		
Whitland (WTL)  a	0509	0550	0559	0608			0710	0802			0907		0919	0957		
Whitland (WTL)  d	0509	0550	0559	0608			0711	0802			0908		0919	0957		
Narberth (NAR)  d							0558x				0916x					
Kilgetty (KGT)  d							0607x				0925x					
Saundersfoot (SDF)  d							0609x				0927x					
Tenby (TEN)  d							0621				0938					
Penally (PNA)  d							0624x				0941x					
Manorbier (MRB)  d							0630				0947					
Lamphey (LAM)  d							0638x				0954x					
Pembroke (PMB)  d							0641				0958					
Pembroke Dock (PMD)  a							0654				1010					
Clunderwen (CUW)  d	0516x		0606x	0615x				0809x					0926x	1004x		
Clarbeston Road (CLR)  d	0523x		0617x	0622x		0718		0816x					0933x	1011x		
Haverfordwest (HVF)  d	0532			0631				0825						1034c		
Johnston (JOH)  d	0539x			0639x				0832x						1041x		
Milford Haven (MFH)  a	0550			0650				0843						1052		
Fishguard & Goodwick (FGW)  d			0635			0736							0952			
Fishguard Harbour (FGH)  d			0641			0742							0958			
Fishguard Harbour (FGH)  d																
Rosslare Harbour (RSB)  a																

Ferry times are subject to alteration at any time and should be always be double checked with the ferry company www.stenaline.co.uk

For the complete service between London and Cardiff see table 125, and between Manchester and Cardiff table 131
For the complete service between Cheltenham Spa, Gloucester and Cardiff see table 132

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
- d Departure time
- x Stops on request
- c Arrives 15 minutes earlier
- A To Llandoverly
- B Also calls at Ninian Park 0541
- C To Shrewsbury
- D From Bristol Parkway
- E From Ebbw Vale Town
- F From Shrewsbury

Cardiff to Bridgend, Maesteg, Swansea, Carmarthen, Tenby, Pembroke Dock, Milford Haven, Fishguard and Rosslare

Mondays to Fridays

Operator Days of operation/Notes 1st Class/Reservations/Bus/Ferry Catering facilities	AW E	GW 	AW G 	GW 	AW	AW E	GW 	AW C	AW	AW 	AW E 	GW 	AW 	AW	AW E	GW 	AW
London Paddington (PAD)  d		0648					0748					0848					0948
Reading (RDG)  d		0713					0813					0913					1013
Manchester Piccadilly (MAN)  d													0730				
Cheltenham Spa (CNM) d																	
Gloucester (GCR)  d																	
Newport (South Wales) (NWP) d		0827	0824				0924					1025	1035				1128
Cardiff Central (CDF)  a		0839	0844				0936					1037	1049				1140
Cardiff Central (CDF)  d	0813	0842	0847		0851	0913	0938		1006		1013	1039	1050	1054	1113	1142	
Pontyclun (PYC) d	0825				0904	0925					1025			1108	1125		
Llanharan (LLR) d	0829				0908	0929					1029			1113	1129		
Pencoed (PCD) d	0833				0913	0933					1033			1117	1133		
Bridgend (BGN) a	0839	0901	0906		0918	0939	0957		1026		1039	1058	1109	1122	1139	1201	
Bridgend (BGN) d	0839	0902	0907		0918	0939	0958		1026		1039	1059	1110	1122	1139	1202	
Wildmill (WMI) d	0842				0942						1042				1142		
Sarn (SRR) d	0846				0946						1046				1146		
Tondu (TDU) d	0848				0948						1048				1148		
Garth (Mid Glamorgan) (GMG) d	0857				0957						1057				1157		
Maesteg (Ewenny Road) (MEW) d	0901				1001						1101				1201		
Maesteg (MST) a	0905				1005						1105				1205		
Pyle (PYL) d					0926									1129			
Port Talbot Parkway (PTA) d		0914	0919		0933		1010		1039			1111	1121	1136		1214	
Baglan (BAJ) d					0936									1139			
Briton Ferry (BNF) d					0940									1143			
Neath (NTH) d		0921	0926		0944		1018		1047			1119	1128	1146		1221	
Skewen (SKE) d					0949									1150			
Llansamlet (LAS) d					0953									1154			
Swansea (SWA) a		0932	0941		1005		1029		1102			1130	1143	1204		1233	
Swansea (SWA) d		0955	0943	0955	1009			1048	1104				1148	1206		1245	
Gowerton (GWN) d			0954					1100	1115				1159	1217			
Llanelli (LLE)  d			1000	1012	1025			1109a	1122				1206	1224		1302	
Pembrey & Burry Port (PBY) d			1006	1019	1032				1128				1212	1230		1309	
Kidwelly (KWV) d			1013										1219				
Ferryside (FYS) d			1019										1225				
Carmarthen (CMN) a			1032	1040	1053				1149				1239	1251		1330	
Carmarthen (CMN) d			1033		1054				1155				1241	1254			1355
Whitland (WTL) a			1049		1110				1210				1256	1310			1410
Whitland (WTL) d			1050		1111				1211				1256	1310			1410
Narberth (NAR) d					1119x									1318x			
Kilgetty (KGT) d					1128x									1328x			
Saundersfoot (SDF) d					1130x									1330x			
Tenby (TEN) d					1138									1338			
Penally (PNA) d					1141x									1341x			
Manorbier (MRB) d					1147									1347			
Lamphey (LAM) d					1155x									1354x			
Pembroke (PMB) d					1158									1358			
Pembroke Dock (PMD) a					1211									1411			
Clunderwen (CUW) d			1057x						1217x				1303x				1417x
Clarbeston Road (CLR) d			1105x						1225x				1311x				1425x
Haverfordwest (HVF) d			1116e										1320				1433
Johnston (JOH) d			1124x										1328x				1441x
Milford Haven (MFH) a			1135										1337				1452
Fishguard & Goodwick (FGW) d									1244								
Fishguard Harbour (FGH) a									1250								
Fishguard Harbour (FGH)  d										1400							
Rosslare Harbour (RSB)  a										1730							

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
- d Departure time
- x Stops on request
- e Arrives 3 minutes earlier
- C To Shrewsbury
- E From Ebbw Vale Town
- G From Crewe

Cardiff to Bridgend, Maesteg, Swansea, Carmarthen, Tenby, Pembroke Dock, Milford Haven, Fishguard and Rosslare

Mondays to Fridays

Operator Days of operation/Notes 1st Class/Reservations/Bus/Ferry Catering facilities	AW E	GW 	AW 	AW	AW E	GW 	AW C	AW	AW E	GW 	AW	AW	AW E	GW 	AW	AW	AW E
London Paddington (PAD)  d		1048				1148				1248				1348			
Reading (RDG)  d		1113				1213				1313				1413			
Manchester Piccadilly (MAN)  d			0930								1130						
Cheltenham Spa (CNM) d																	
Gloucester (GCR)  d																	
Newport (South Wales) (NWP) d		1225	1231			1323				1425	1430			1523			
Cardiff Central (CDF)  a		1237	1245			1335				1437	1444			1536			
Cardiff Central (CDF)  d	1213	1239	1247	1251	1313	1337			1413	1439	1447	1451	1513	1538	1543	1606	1613
Pontyclun (PYC) d	1225			1304	1325				1425			1504	1525		1555		1625
Llanharan (LLR) d	1229			1308	1329				1429			1508	1529		1600		1629
Pencoed (PCD) d	1233			1313	1333				1433			1513	1533		1604		1633
Bridgend (BGN) a	1239	1258	1306	1318	1339	1356			1439	1458	1506	1518	1539	1557	1611	1625	1639
Bridgend (BGN) d	1239	1259	1306	1318	1339	1357			1439	1459	1506	1518	1539	1558	1611	1626	1639
Wildmill (WMI) d	1242				1342				1442				1542				1642
Sarn (SRR) d	1246				1346				1446				1546				1646
Tondu (TDU) d	1248				1348				1448				1548				1648
Garth (Mid Glamorgan) (GMG) d	1257				1357				1457				1557				1657
Maesteg (Ewenny Road) (MEW) d	1301				1401				1501				1601				1701
Maesteg (MST) a	1305				1405				1505				1605				1705
Pyle (PYL) d				1326								1526			1620		
Port Talbot Parkway (PTA) d		1311	1318	1333		1409				1511	1518	1533		1610	1628	1640	
Baglan (BAJ) d				1335								1535			1632		
Briton Ferry (BNF) d				1339								1539			1636		
Neath (NTH) d		1318	1325	1343		1417				1518	1525	1543		1616	1640	1649	
Skewen (SKE) d				1347								1547			1645		
Llansamlet (LAS) d				1351								1551			1649		
Swansea (SWA) a		1330	1340	1402		1427				1530	1540	1602		1629	1658	1705	
Swansea (SWA) d			1344	1406		1444	1450				1544	1603		1637		1709	
Gowerton (GWN) d			1354				1502				1554	1614				1720	
Llanelli (LLE)  d			1401	1421		1501	1511a				1601	1620		1654		1726	
Pembrey & Burry Port (PBY) d			1406	1427		1508					1606	1626		1701		1732	
Kidwelly (KWL) d			1413								1613	1633				1739	
Ferryside (FYS) d			1419								1619	1638				1745	
Carmarthen (CMN) a			1432	1448		1529					1632	1651		1721		1759	
Carmarthen (CMN) d			1435	1454				1544			1642	1654				1801	
Whitland (WTL) a			1450	1510				1559			1658	1710				1816	
Whitland (WTL) d			1450	1510				1559			1658	1710				1816	
Narberth (NAR) d				1518x								1718x					
Kilgetty (KGT) d				1528x								1728x					
Saundersfoot (SDF) d				1530x								1730x					
Tenby (TEN) d				1538								1739e					
Penally (PNA) d				1541x								1742x					
Manorbier (MRB) d				1547								1748					
Lamphey (LAM) d				1555x								1755x					
Pembroke (PMB) d				1558								1759					
Pembroke Dock (PMD) a				1611								1811					
Clunderwen (CUW) d			1457x					1606x			1705x					1823x	
Clarboston Road (CLR) d			1505x					1614x			1718x					1830x	
Haverfordwest (HVF) d								1622			1727					1839	
Johnston (JOH) d								1630x			1734x					1847x	
Milford Haven (MFH) a								1640			1745					1856	
Fishguard & Goodwick (FGW) d			1524														
Fishguard Harbour (FGH) a			1530														
Fishguard Harbour (FGH)  d																	
Rosslare Harbour (RSB)  a																	

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
- d Departure time
- x Stops on request
- e Arrives 3 minutes earlier
- C To Shrewsbury
- E From Ebbw Vale Town

Cardiff to Bridgend, Maesteg, Swansea, Carmarthen, Tenby, Pembroke Dock, Milford Haven, Fishguard and Rosslare

Mondays to Fridays

Operator Days of operation/Notes 1st Class/Reservations/Bus/Ferry Catering facilities	GW 	AW 	AW C 	AW 	AW E 	GW 	AW 	AW 	GW 	AW 	AW E 	GW 	AW 	AW E 	AW 	AW TSM 	AW TX
London Paddington (PAD)  d	1448					1548			1618				1648				
Reading (RDG)  d	1513					1613							1713				
Manchester Piccadilly (MAN)  d			1330												1530		
Cheltenham Spa (CNM)  d																	
Gloucester (GCR)  d																	
Newport (South Wales) (NWP)  d	1625		1632			1724			1752			1825	1832				
Cardiff Central (CDF)  a	1638		1646			1737			1805			1837	1846				
Cardiff Central (CDF)  d	1639		1647		1651	1713	1739	1744	1751	1809	1813	1839	1848				1851
Pontyclun (PYC)  d					1704	1725			1804		1825						1905
Llanharan (LLR)  d					1709	1730			1808		1829						1910
Pencoed (PCD)  d					1713	1734			1813		1833						1914
Bridgend (BGN)  a	1658		1706		1718	1739	1758	1804	1818	1828	1839	1858	1907				1919
Bridgend (BGN)  d	1659		1707		1718	1740	1800	1804	1818	1829	1839	1859	1907				1920
Wildmill (WMI)  d					1743						1842						
Sarn (SRR)  d					1746						1846						
Tondu (TDU)  d					1749						1848						
Garth (Mid Glamorgan) (GMG)  d					1757						1857						
Maesteg (Ewenny Road) (MEW)  d					1801						1901						
Maesteg (MST)  a					1804						1905						
Pyle (PYL)  d				1725							1826						1927
Port Talbot Parkway (PTA)  d	1711		1719		1732		1812		1818	1833	1842		1911	1919			1934
Baglan (BAJ)  d				1735						1835							1936
Briton Ferry (BNF)  d				1739						1839							1940
Neath (NTH)  d	1719		1727		1742		1820		1826	1843	1853		1919	1926			1944
Skewen (SKE)  d				1746						1847							1948
Llansamlet (LAS)  d				1750						1851							1952
Swansea (SWA)  a	1730		1742		1759		1834		1841	1901	1903		1930	1941			2002
Swansea (SWA)  d		1736	1800	1747		1800		1835	1842		1910				1943		2003
Gowerton (GWN)  d		1748		1759		1811		1846	1854						1954		2014
Llanelli (LLE)  d		1756		1808a		1818		1854a	1901		1927				2001		2020
Pembrey & Burry Port (PBY)  d		1802				1824			1907		1934				2007		2026
Kidwelly (KWV)  d		1809				1831			1914								2033
Ferryside (FYS)  d		1815				1837			1920								2039
Carmarthen (CMN)  a		1829				1850			1934		1955				2029		2052
Carmarthen (CMN)  d		1831				1854			1935						2036		2053
Whitland (WTL)  a		1846				1910			1950						2051		2109
Whitland (WTL)  d		1846				1910			1951						2051		2109
Narberth (NAR)  d						1918x											2117x
Kilgetty (KGT)  d						1928x											2127x
Saundersfoot (SDF)  d						1930x											2129x
Tenby (TEN)  d						1940											2142g
Penally (PNA)  d						1943x											2145x
Manorbier (MRB) d						1949											2151
Lamphey (LAM) d						1956x											2159x
Pembroke (PMB) d						2000											2202
Pembroke Dock (PMD) a						2012											2215
Clunderwen (CUW) d		1853x							1958x						2058x		
Clarbeston Road (CLR) d		1901x							2005x						2105x		
Haverfordwest (HVF) d									2014								
Johnston (JOH) d									2022x								
Milford Haven (MFH) a									2033								
Fishguard & Goodwick (FGW) d		1920													2124		
Fishguard Harbour (FGH) a		1926													2128		
Fishguard Harbour (FGH) d																0130	
Rosslare Harbour (RSB) a																0530	

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a** Arrival time
- d** Departure time
- x** Stops on request
- g** Arrives 4 minutes earlier
- C** To Shrewsbury
- E** From Ebbw Vale Town
- TSM** Tuesday to Saturday mornings
- TX** Not Tuesdays

Cardiff to Bridgend, Maesteg, Swansea, Carmarthen, Tenby, Pembroke Dock, Milford Haven, Fishguard and Rosslare

Mondays to Fridays

Operator Days of operation/Notes 1st Class/Reservations/Bus/Ferry Catering facilities	AW TO	AW E	GW 11 12	GW 13 14	AW 15 16	GW 17 18	AW	AW	AW E	GW 19 20	GW 21 22	AW	GW 23 24	AW FX	AW FO	AW E	GW 25 26
London Paddington (PAD) 15 d			1718	1748						1818	1848		1918				1948
Reading (RDG) 7 d			1743	1813						1843	1913						2013
Manchester Piccadilly (MAN) 10 d					1630							1730					
Cheltenham Spa (CNM) d																	
Gloucester (GCR) 7 d																	
Newport (South Wales) (NWP) d			1858	1924	1931				1958	2002	2026	2039	2050			2100	2122
Cardiff Central (CDF) 7 a			1910	1937	1945				2013	2014	2038	2054	2102			2115	2138
Cardiff Central (CDF) 7 d	1851	1913	1918	1939	1947			1951	2014	2019	2041	2058	2104			2115	2144
Pontyclun (PYC) d	1905	1925						2004	2026							2127	
Llanharan (LLR) d	1910	1929						2009	2030							2132	
Pencoed (PCD) d	1914	1933						2014	2034							2136	
Bridgend (BGN) a	1919	1939	1944	1958	2007			2019	2040	2045	2100	2117	2123			2141	2203
Bridgend (BGN) d	1920	1939	1945	1959	2007			2020	2040	2046	2101	2117	2124			2142	2204
Wildmill (WMI) d		1942							2043							2145	
Sarn (SRR) d		1946							2047							2148	
Tondu (TDU) d		1948							2049							2151	
Garth (Mid Glamorgan) (GMG) d		1957							2058							2200	
Maesteg (Ewenny Road) (MEW) d		2001							2101							2203	
Maesteg (MST) a		2005							2106							2207	
Pyle (PYL) d	1927				2015			2027				2125					
Port Talbot Parkway (PTA) d	1934		1957	2012	2023			2035		2058	2113	2132	2140				2216
Baglan (BAJ) d	1936							2038				2135					
Briton Ferry (BNF) d	1940							2042				2139					
Neath (NTH) d	1944		2004	2020	2030			2046		2105	2120	2143	2151				2224
Skewen (SKE) d	1948							2050				2147					
Llansamlet (LAS) d	1952							2055				2151					
Swansea (SWA) a	2002		2016	2034	2044	←		2105		2117	2132	2159	2204	←	←		2235
Swansea (SWA) d	2005			2048		2048	2057					2209		2209	2209		
Gowerton (GWN) d	2016			←			2108					←		2220	2220		
Llanelli (LLE) 7 d	2022						2116							2226	2226		
Pembrey & Burry Port (PBY) d	2028						2112	2123						2232	2232		
Kidwelly (KWL) d	2035						2120	2131						2239	2239		
Ferryside (FYS) d	2041						2127	2140						2244	2244		
Carmarthen (CMN) a	2054						2139	2152						2255	2255		
Carmarthen (CMN) d	2055							2154								2300	
Whitland (WTL) a	2111							2209								2316	
Whitland (WTL) d	2111							2209								2316	
Narberth (NAR) d	2119x																
Kilgetty (KGT) d	2129x																
Saundersfoot (SDF) d	2131x																
Tenby (TEN) d	2142																
Penally (PNA) d	2145x																
Manorbier (MRB) d	2151																
Lamphey (LAM) d	2159x																
Pembroke (PMB) d	2202																
Pembroke Dock (PMD) a	2215																
Clunderwen (CUW) d							2216x									2323x	
Clarbeston Road (CLR) d							2223x									2330x	
Haverfordwest (HVF) d								2232								2343f	
Johnston (JOH) d								2239x								2350x	
Milford Haven (MFH) a								2250								0001	
Fishguard & Goodwick (FGW) d																	
Fishguard Harbour (FGH) d																	
Fishguard Harbour (FGH) d																	
Rosslare Harbour (RSB) a																	

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
- d Departure time
- x Stops on request
- f Arrives 5 minutes earlier
- E From Ebbw Vale Town
- FO Fridays only
- FX Not Fridays
- TO Tuesdays only
- Pullman restaurant car service is available when boarding at highlighted times

Cardiff to Bridgend, Maesteg, Swansea, Carmarthen, Tenby, Pembroke Dock, Milford Haven, Fishguard and Rosslare

Mondays to Fridays

Operator Days of operation/Notes 1st Class/Reservations/Bus/Ferry Catering facilities	AW	AW	AW	GW FO 113 113	GW FX 113 113	AW	AW	AW FO	AW FX	GW FO 113 113	GW FX 113 113	AW TSM	GW FO 113 113	GW FX 113 113
London Paddington (PAD)  d				2048	2048					2148	2148		2249	2249
Reading (RDG)  d				2113	2113					2213	2213		2327	2327
Manchester Piccadilly (MAN)  d														
Cheltenham Spa (CNM) d														
Gloucester (GCR)  d														
Newport (South Wales) (NWP) d				2224	2230					2323	2330		0043	0052
Cardiff Central (CDF)  a				2237	2247					2336	2346		0056	0107
Cardiff Central (CDF)  d		2210	2227	2250	2250		2316	2320	2320	2351	2351		0058	0111
Pontyclun (PYC) d		2222					2328	2333	2333					
Llanharan (LLR) d		2226					2333	2338	2338					
Pencoed (PCD) d		2231					2337	2342	2342					
Bridgend (BGN) a		2236	2246	2309	2309		2343	2347	2349	0012	0012		0117	0130
Bridgend (BGN) d		2237	2246	2310	2310		2344	2348	2349	0013	0013		0118	0131
Wildmill (WMI) d		2240					2347							
Sarn (SRR) d		2243					2351							
Tondu (TDU) d		2246					2354							
Garth (Mid Glamorgan) (GMG) d		2255					0003							
Maesteg (Ewenny Road) (MEW) d		2258					0006							
Maesteg (MST) a		2303					0011							
Pyle (PYL) d			2254					2355	2356					
Port Talbot Parkway (PTA) d			2301	2322	2322			0003	0004	0025	0025		0142	0152
Baglan (BAJ) d								0006	0007					
Briton Ferry (BNF) d								0010	0011					
Neath (NTH) d				2329	2329			0014	0015	0032	0032		0149	0159
Skewen (SKE) d								0018	0019					
Llansamlet (LAS) d								0022	0023					
Swansea (SWA) a				2341	2341			0032	0033	0044	0044	←	0201	0211
Swansea (SWA) d	2240					2348		0050	0050			0050		
Gowerton (GWN) d	2252					2359		←	←			0101		
Llanelli (LLE)  d	2300		2331			0006						0107		
Pembrey & Burry Port (PBY) d	2307		2337			0012						0113		
Kidwelly (KWL) d	2315		2344			0019						0120		
Ferryside (FYS) d	2321		2350			0025						0126		
Carmarthen (CMN) a	2336		0004			0039						0138		
Carmarthen (CMN) d														
Whitland (WTL) a														
Whitland (WTL) d														
Narberth (NAR) d														
Kilgetty (KGT) d														
Saundersfoot (SDF) d														
Tenby (TEN) d														
Penally (PNA) d														
Manorbier (MRB) d														
Lamphey (LAM) d														
Pembroke (PMB) d														
Pembroke Dock (PMD) a														
Clunderwen (CUW) d														
Clarbeston Road (CLR) d														
Haverfordwest (HVF) d														
Johnston (JOH) d														
Milford Haven (MFH) a														
Fishguard & Goodwick (FGW) d														
Fishguard Harbour (FGH) a														
Fishguard Harbour (FGH)  d														
Rosslare Harbour (RSB)  a														

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a** Arrival time
- d** Departure time
- FO** Fridays only
- FX** Not Fridays
- TSM** Tuesday to Saturday mornings

Cardiff to Bridgend, Maesteg, Swansea, Carmarthen, Tenby, Pembroke Dock, Milford Haven, Fishguard and Rosslare

Saturdays

Operator Days of operation/Notes 1st Class/Reservations/Bus/Ferry Catering facilities	AW	AW A	AW	AW	AW	AW	AW	AW	AW	AW A	AW B	AW C	AW D	GW 1	AW 2	AW	GW E 123	AW C
London Paddington (PAD)  d																		
Reading (RDG)  d																		
Manchester Piccadilly (MAN)  d																		
Cheltenham Spa (CNM) d																		
Gloucester (GCR)  d																		
Newport (South Wales) (NWP) d													0707				0745	
Cardiff Central (CDF)  a													0723				0758	
Cardiff Central (CDF)  d								0542	0612		0636	0712	0727			0739	0804	0812
Pontyclun (PYC) d								0555	0624		0653	0724				0751		0824
Llanharan (LLR) d								0559	0628		0658	0728				0757		0828
Pencoed (PCD) d								0604	0632		0703	0732				0802		0832
Bridgend (BGN) a								0609	0638		0708	0738	0746			0807	0823	0838
Bridgend (BGN) d								0609	0638		0709	0738	0746			0808	0825	0838
Wildmill (WMI) d									0641			0741						0841
Sarn (SRR) d									0645			0745						0845
Tondu (TDU) d									0647			0747						0847
Garth (Mid Glamorgan) (GMG) d									0656			0756						0856
Maesteg (Ewenny Road) (MEW) d									0700			0800						0900
Maesteg (MST) a									0705			0804						0904
Pyle (PYL) d								0617			0717						0816	
Port Talbot Parkway (PTA) d								0624			0725		0759				0824	0838
Baglan (BAJ) d								0626			0728						0828	
Briton Ferry (BNF) d								0630			0732						0832	
Neath (NTH) d								0634			0736		0806				0837	0846
Skewen (SKE) d								0638			0740						0841	
Llansamlet (LAS) d								0642			0745						0845	
Swansea (SWA) a								0652			0756		0821				0855	0859
Swansea (SWA) d		0450				0600		0657		0730	0758		0825	0834	0850			
Gowerton (GWN) d		0502				0610		0707		0742	0809				0901			
Llanelli (LLE)  d		0509a				0617		0714		0751a	0815		0840	0851	0908			
Pembrey & Burry Port (PBY) d						0622		0719			0821			0858	0914			
Kidwelly (KWV) d						0629		0726			0828				0921			
Ferryside (FYS) d						0635		0732			0834				0927			
Carmarthen (CMN) a						0648		0745			0847		0904	0919	0941			
Carmarthen (CMN) d	0454		0535	0550	0600	0654		0746			0853		0906		0943			
Whitland (WTL) a	0510		0551	0606	0616	0710		0802			0909		0922		0958			
Whitland (WTL) d	0510		0551	0606	0616	0711		0803			0910		0922		0959			
Narberth (NAR) d			0559x			0719x					0918x							
Kilgetty (KGT) d			0609x			0728x					0927x							
Saundersfoot (SDF) d			0611x			0730x					0929x							
Tenby (TEN) d			0623e			0740					0939							
Penally (PNA) d			0626x			0743x					0942x							
Manorbier (MRB) d			0632			0749					0948							
Lamphey (LAM) d			0639x			0757x					0955x							
Pembroke (PMB) d			0643			0800					0959							
Pembroke Dock (PMD) a			0655			0812					1011							
Clunderwen (CUW) d	0517x			0613x	0623x			0809x					0929x		1006x			
Clarbeston Road (CLR) d	0524x			0622x	0630x		0718	0817x					0936x		1014x			
Haverfordwest (HVF) d	0533				0639			0825							1023			
Johnston (JOH) d	0540x				0647x			0833x							1031x			
Milford Haven (MFH) a	0551				0658			0844							1042			
Fishguard & Goodwick (FGW) d				0640			0736						0955					
Fishguard Harbour (FGH)  d				0646			0742						1001					
Fishguard Harbour (FGH)  a																		
Rosslare Harbour (RSB)  a																		

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
- d Departure time
- x Stops on request
- e Arrives 3 minutes earlier
- A To Shrewsbury
- B Also calls at Ninian Park 0641
- C From Ebbw Vale Town
- D From Shrewsbury
- E From Bristol Temple Meads

Cardiff to Bridgend, Maesteg, Swansea, Carmarthen, Tenby, Pembroke Dock, Milford Haven, Fishguard and Rosslare

Saturdays

Operator Days of operation/Notes 1st Class/Reservations/Bus/Ferry Catering facilities	GW 113 113	AW F 113	AW 113	AW F 113	AW C 113	GW 113 113	AW A 113	AW 113	AW 113	AW C 113	GW 113 113	AW 113	AW 113	AW C 113	GW 113 113	AW 113	AW C 113	GW 113 113
London Paddington (PAD)  d	0648					0748					0848				0948			1048
Reading (RDG)  d	0713					0813					0913				1013			1113
Manchester Piccadilly (MAN)  d												0730						
Cheltenham Spa (CNM)  d																		
Gloucester (GCR)  d																		
Newport (South Wales) (NWP)  d	0824	0822				0923					1027	1033			1128			1227
Cardiff Central (CDF)  a	0837	0842				0936					1040	1047			1141			1240
Cardiff Central (CDF)  d	0840	0847	0851		0912	0938		1007			1012	1042	1049	1053	1112	1143	1208	1212
Pontyclun (PYC)  d			0904		0924						1024			1106	1124			1224
Llanharan (LLR)  d			0908		0928						1028			1110	1128			1228
Pencoed (PCD)  d			0913		0932						1032			1115	1132			1232
Bridgend (BGN)  a	0859	0906	0918		0938	0957		1028			1038	1101	1108	1120	1138	1202	1228	1238
Bridgend (BGN)  d	0900	0907	0918		0938	0958		1028			1038	1102	1108	1120	1138	1203	1228	1238
Wildmill (WMI)  d					0941						1041				1141			1241
Sarn (SRR)  d					0945						1045				1145			1245
Tondu (TDU)  d					0947						1047				1147			1247
Garth (Mid Glamorgan) (GMG)  d					0956						1056				1156			1256
Maesteg (Ewenny Road) (MEW)  d					1000						1100				1200			1300
Maesteg (MST)  a					1004						1104				1204			1304
Pyle (PYL)  d			0926											1128				
Port Talbot Parkway (PTA)  d	0912	0918	0933			1011		1040				1114	1120	1135		1215	1241	1314
Baglan (BAJ)  d			0935											1137				
Briton Ferry (BNF)  d			0939											1141				
Neath (NTH)  d	0919	0925	0943			1018		1048				1121	1127	1145		1222	1249	1321
Skewen (SKE)  d			0947											1149				
Llansamlet (LAS)  d			0951											1153				
Swansea (SWA)  a	0931	0940	0959			1030		1103				1133	1141	1201		1234	1304	1333
Swansea (SWA)  d	0940	0949	1007				1043	1106				1141	1149	1207			1306	1341
Gowerton (GWN)  d		1000					1055	1117					1200	1218			1317	
Llanelli (LLE)  a	0957	1008	1023				1104a	1125				1158	1209	1225			1324	1358
Pembrey & Burry Port (PBY)  d	1004	1014	1029					1131				1205	1215	1231			1330	1405
Kidwelly (KWL)  d		1021											1222					
Ferryside (FYS)  d		1027											1228					
Carmarthen (CMN)  a	1025	1040	1050					1150				1226	1242	1251			1350	1426
Carmarthen (CMN)  d		1104	1057	1104				1154					1244	1253			1356	
Whitland (WTL)  a			1112	1120				1209					1259	1309			1412	
Whitland (WTL)  d			1112	1121				1209					1259	1309			1413	
Narberth (NAR)  d			1120x											1317x				
Kilgetty (KGT)  d			1130x											1327x				
Saundersfoot (SDF)  d			1132x											1329x				
Tenby (TEN)  d			1140											1338				
Penally (PNA)  d			1143x											1341x				
Manorbier (MRB)  d			1149											1347				
Lamphey (LAM)  d			1157x											1355x				
Pembroke (PMB)  d			1200											1358				
Pembroke Dock (PMD)  a			1213											1411				
Clunderwen (CUW)  d				1128x				1216x					1306x				1419x	
Clarbeston Road (CLR)  d				1136				1224x					1314x				1427x	
Haverfordwest (HVF)  d				1144									1323				1436	
Johnston (JOH)  d				1152x									1331x				1443x	
Milford Haven (MFH)  a				1203									1342				1454	
Fishguard & Goodwick (FGW)  d								1243										
Fishguard Harbour (FGH)  a								1250										
Fishguard Harbour (FGH)  d									1400									
Rosslare Harbour (RSB)  a									1730									

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
- d Departure time
- x Stops on request
- A To Shrewsbury
- C From Ebbw Vale Town
- F From Crewe

Cardiff to Bridgend, Maesteg, Swansea, Carmarthen, Tenby, Pembroke Dock, Milford Haven, Fishguard and Rosslare

Saturdays

Operator Days of operation/Notes 1st Class/Reservations/Bus/Ferry Catering facilities	AW A	AW A	AW C	GW A	AW A	AW C	GW A	AW A	AW C	AW A	AW C	GW A	AW A	AW C	AW A	GW A	AW A
London Paddington (PAD) 13 d				1148			1248					1348				1448	
Reading (RDG) 7 d				1213			1313					1413				1513	
Manchester Piccadilly (MAN) 10 d	0930							1130									1330
Cheltenham Spa (CNM) d																	
Gloucester (GCR) 7 d																	
Newport (South Wales) (NWP) d	1231			1324			1424	1430				1523				1624	1630
Cardiff Central (CDF) 7 a	1245			1337			1437	1444				1536				1637	1644
Cardiff Central (CDF) 7 d	1247	1251	1312	1339		1406	1412	1440	1447	1451	1512	1537	1543	1606	1612	1640	1647
Pontyclun (PYC) d		1304	1324				1424			1504	1524		1555		1624		
Llanharan (LLR) d		1308	1328				1428			1508	1528		1600		1628		
Pencoed (PCD) d		1313	1332				1432			1513	1532		1605		1632		
Bridgend (BGN) a	1306	1318	1338	1358		1427	1438	1459	1506	1518	1538	1556	1611	1626	1638	1659	1706
Bridgend (BGN) d	1306	1318	1338	1359		1427	1438	1500	1507	1518	1538	1557	1612	1626	1638	1700	1706
Wildmill (WMI) d			1341				1441				1541				1641		
Sarn (SRR) d			1345				1445				1545				1645		
Tondu (TDU) d			1347				1447				1547				1647		
Garth (Mid Glamorgan) (GMG) d			1356				1456				1556				1656		
Maesteg (Ewenny Road) (MEW) d			1400				1500				1600				1700		
Maesteg (MST) a			1404				1504				1604				1704		
Pyle (PYL) d		1326								1526			1620				
Port Talbot Parkway (PTA) d	1320e	1333		1411		1439		1512	1519	1533		1609	1628	1639		1712	1718
Baglan (BAJ) d		1335								1535			1632				
Briton Ferry (BNF) d		1339								1539			1636				
Neath (NTH) d	1327	1343		1418		1447		1520	1527	1543		1617	1640	1648		1719	1725
Skewen (SKE) d		1347								1547			1644				
Llansamlet (LAS) d		1351								1551			1648				
Swansea (SWA) a	1342	1359		1430		1502		1534	1542	1601		1628	1658	1703		1732	1740
Swansea (SWA) d	1349	1407			1450	1504		1542	1549	1603				1706		1726	1740
Gowerton (GWN) d	1400				1502	1515		1600	1614					1717		1738	1758
Llanelli (LLE) 7 d	1407	1423		1511a	1522		1559	1607	1620					1723		1746	1758
Pembrey & Burry Port (PBY) d	1413	1429			1528		1606	1613	1626					1729		1753	1808c
Kidwelly (KWV) d	1420							1620	1633					1736		1800	
Ferryside (FYS) d	1426							1626	1638					1742		1807	
Carmarthen (CMN) a	1439	1450				1549		1627	1639	1651				1755		1821	1830
Carmarthen (CMN) d	1440	1454				1556		1640	1653					1757		1823	
Whitland (WTL) a	1455	1509				1612		1656	1709					1812		1839	
Whitland (WTL) d	1456	1509				1612		1656	1709					1813		1840	
Narberth (NAR) d		1517x								1717x							
Kilgetty (KGT) d		1527x								1727x							
Saundersfoot (SDF) d		1529x								1729x							
Tenby (TEN) d		1537								1738e							
Penally (PNA) d		1540x								1741x							
Manorbier (MRB) d		1546								1747							
Lamphey (LAM) d		1554x								1755x							
Pembroke (PMB) d		1557								1758							
Pembroke Dock (PMD) a		1610								1810							
Clunderwen (CUW) d	1503x					1619x		1703x						1819x		1847x	
Clarbeston Road (CLR) d	1511x					1626x		1710x						1827x		1855x	
Haverfordwest (HVF) d						1635		1719						1835			
Johnston (JOH) d						1642x		1726x						1843x			
Milford Haven (MFH) a						1653		1737						1852			
Fishguard & Goodwick (FGW) d	1530															1914	
Fishguard Harbour (FGH) a	1536															1920	
Fishguard Harbour (FGH) d																	
Rosslare Harbour (RSB) a																	

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
- d Departure time
- x Stops on request
- c Arrives 4 minutes earlier
- e Arrives 3 minutes earlier
- A To Shrewsbury
- C From Ebbw Vale Town

Cardiff to Bridgend, Maesteg, Swansea, Carmarthen, Tenby, Pembroke Dock, Milford Haven, Fishguard and Rosslare

Saturdays

Operator Days of operation/Notes 1st Class/Reservations/Bus/Ferry Catering facilities	AW A	AW A	AW A	AW C	GW A	AW A	AW A	AW A	AW C	GW A	AW A	AW SUM	AW A	AW C	GW A	GW A	AW A	AW A
London Paddington (PAD)  d					1548					1648					1718	1748		
Reading (RDG)  d					1613					1713					1743	1813		
Manchester Piccadilly (MAN)  d											1530						1630	
Cheltenham Spa (CNM) d																		
Gloucester (GCR)  d																		
Newport (South Wales) (NWP) d					1724					1824	1832				1857	1926	1931	
Cardiff Central (CDF)  a					1737					1837	1846				1910	1939	1945	
Cardiff Central (CDF)  d			1653	1712	1739		1745	1751	1812	1839	1848		1852	1907	1918	1940	1947	
Pontyclun (PYC) d			1706	1724				1805	1824				1905	1919				
Llanharan (LLR) d			1710	1728				1809	1828				1909	1923				
Pencoed (PCD) d			1715	1732				1814	1832				1914	1927				
Bridgend (BGN) a			1720	1738	1758		1805	1819	1838	1858	1907		1919	1933	1937	1959	2007	
Bridgend (BGN) d			1720	1738	1759		1805	1819	1838	1859	1907		1919	1933	1938	2000	2007	
Wildmill (WMI) d				1741					1841					1936				
Sarn (SRR) d				1745					1845					1940				
Tondu (TDU) d				1747					1847					1942				
Garth (Mid Glamorgan) (GMG) d				1756					1856					1951				
Maesteg (Ewenny Road) (MEW) d				1800					1900					1955				
Maesteg (MST) a				1804					1904					1959				
Pyle (PYL) d			1728					1827					1927				2015	
Port Talbot Parkway (PTA) d			1735		1811		1819	1834		1911	1919		1934		1950	2012	2024	
Baglan (BAJ) d			1738					1836					1936					
Briton Ferry (BNF) d			1742					1840					1940					
Neath (NTH) d			1746		1818		1828	1844		1919	1927		1944		1958	2020	2031	
Skewen (SKE) d			1750					1848					1948					
Llansamlet (LAS) d			1754					1853					1952					
Swansea (SWA) a 			1804		1830		1842	1903		1933	1942		2000		2009	2031	2046	
Swansea (SWA) d	1748	1758				1834	1850				1946		2006		2018			2052
Gowerton (GWN) d	1800	1809				1845	1901				1957		2016					2103
Llanelli (LLE)  d	1809a	1819c			1853a		1908				2003		2023		2035			2110
Pembrey & Burry Port (PBY) d		1825					1914				2009		2028		2042			2116
Kidwelly (KWL) d		1832					1921						2035					2123
Ferryside (FYS) d		1838					1927						2041					2129
Carmarthen (CMN) a		1852					1940				2031		2054		2103			2144
Carmarthen (CMN) d		1855					1941				2034		2056					2147
Whitland (WTL) a		1911					1956				2049		2111					2202
Whitland (WTL) d		1911					1956				2049		2112					2202
Narberth (NAR) d		1919x											2120x					
Kilgetty (KGT) d		1929x											2129x					
Saundersfoot (SDF) d		1931x											2131x					
Tenby (TEN) d		1941											2142					
Penally (PNA) d		1944x											2145x					
Manorbier (MRB) d		1950											2151					
Lamphey (LAM) d		1958x											2159x					
Pembroke (PMB) d		2001											2202					
Pembroke Dock (PMD) a		2013											2215					
Clunderwen (CUW) d							2003x				2056x							2209x
Clarbeston Road (CLR) d							2011x				2105x							2217x
Haverfordwest (HVF) d							2019											2226
Johnston (JOH) d							2027x											2234x
Milford Haven (MFH) a							2038											2245
Fishguard & Goodwick (FGW) d											2124							
Fishguard Harbour (FGH) a											2128							
Fishguard Harbour (FGH)  d												0130						
Rosslare Harbour (RSB)  a												0530						

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
- d Departure time
- x Stops on request
- c Arrives 4 minutes earlier
- A To Shrewsbury
- C From Ebbw Vale Town
- SUM Sunday mornings

Cardiff to Bridgend, Maesteg, Swansea, Carmarthen, Tenby, Pembroke Dock, Milford Haven, Fishguard and Rosslare

Saturdays

Operator Days of operation/Notes 1st Class/Reservations/Bus/Ferry Catering facilities	AW	GW 113 11	AW C	GW 113 11	AW	GW 113 11	AW C	GW 113 11	AW	AW	AW	AW	GW 113 11	AW SUM	AW C
London Paddington (PAD)  d		1818		1848		1918		1948					2048		
Reading (RDG)  d		1843		1913		1943		2013					2113		
Manchester Piccadilly (MAN)  d					1730										
Cheltenham Spa (CNM) d															
Gloucester (GCR)  d															
Newport (South Wales) (NWP) d		1957	2000	2024	2041	2058	2101	2124					2225		
Cardiff Central (CDF)  a		2010	2014	2037	2056	2111	2116	2137					2241		
Cardiff Central (CDF)  d	1951	2012	2016	2039	2059	2114	2117	2140		2157	2213	2227	2250		2317
Pontyclun (PYC) d	2004		2028				2129			2210	2225	2240			2329
Llanharan (LLR) d	2009		2033				2133			2215	2230	2245			2333
Pencoed (PCD) d	2013		2037				2137			2219	2234	2249			2337
Bridgend (BGN) a	2018	2031	2042	2058	2118	2133	2143	2159		2224	2240	2254	2309		2343
Bridgend (BGN) d	2019	2032	2043	2059	2118	2134	2143	2200		2225	2240	2255	2310		2343
Wildmill (WMI) d			2046				2146				2244				2346
Sarn (SRR) d			2049				2150				2247				2350
Tondu (TDU) d			2052				2152				2250				2352
Garth (Mid Glamorgan) (GMG) d			2101				2201				2259				0002
Maesteg (Ewenny Road) (MEW) d			2104				2205				2303				0004
Maesteg (MST) a			2109				2209				2305				0008
Pyle (PYL) d	2026				2126					2232		2302			
Port Talbot Parkway (PTA) d	2033	2044		2111	2133	2146		2212		2239		2310	2323		
Baglan (BAJ) d	2036				2136							2313			
Briton Ferry (BNF) d	2040				2140							2317			
Neath (NTH) d	2043	2051		2118	2144	2153		2219		2246		2321	2331		
Skewen (SKE) d	2047				2148							2325			
Llansamlet (LAS) d	2051				2152							2330			
Swansea (SWA) a	2101	2104		2130	2200	2205		2231		2259		2340	2343		
Swansea (SWA) d					2205				2242	2304		2344		0012	
Gowerton (GWN) d					2216				2253	2315		2355		0023	
Llanelli (LLE)  d					2223				2300	2322		0002		0029	
Pembrey & Burry Port (PBY) d					2229				2306	2328		0007		0035	
Kidwelly (KWL) d					2236				2313	2335		0014		0042	
Ferryside (FYS) d					2242				2319	2341		0020		0048	
Carmarthen (CMN) a					2253				2333	2353		0033		0102	
Carmarthen (CMN) d															
Whitland (WTL) a															
Whitland (WTL) d															
Narberth (NAR) d															
Kilgetty (KGT) d															
Saundersfoot (SDF) d															
Tenby (TEN) d															
Penally (PNA) d															
Manorbier (MRB) d															
Lamphey (LAM) d															
Pembroke (PMB) d															
Pembroke Dock (PMD) a															
Clunderwen (CUW) d															
Clarbeston Road (CLR) d															
Haverfordwest (HVF) d															
Johnston (JOH) d															
Milford Haven (MFH) a															
Fishguard & Goodwick (FGW) d															
Fishguard Harbour (FGH) a															
Fishguard Harbour (FGH)  d															
Rosslare Harbour (RSB)  a															

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a** Arrival time
- d** Departure time
- C** From Ebbw Vale Town
- SUM** Sunday mornings

Cardiff to Bridgend, Maesteg, Swansea, Carmarthen, Tenby, Pembroke Dock, Milford Haven, Fishguard and Rosslare

Sundays

Operator Days of operation/Notes 1st Class/Reservations/Bus/Ferry Catering facilities	AW	AW	AW	AW	GW	GW A	AW	AW	AW	AW B	AW	GW	AW C	AW	GW	AW	AW	GW
London Paddington (PAD)  d												0833			0931			1045
Reading (RDG)  d												0859			0956			1110
Manchester Piccadilly (MAN)  d																		
Cheltenham Spa (CNM) d																		
Gloucester (GCR)  d																		
Newport (South Wales) (NWP) d						0925			0930			1015	1057		1115			1221
Cardiff Central (CDF)  a						0942			0951			1029	1112		1128			1233
Cardiff Central (CDF)  d	0804			0845		0944			0953		1014	1031	1113	1118	1130	1205	1212	1235
Pontyclun (PYC) d				0857					1005		1026			1130		1217	1224	
Llanharan (LLR) d				0902					1010		1030			1134		1222	1229	
Pencoed (PCD) d				0906					1014		1034			1138		1226	1233	
Bridgend (BGN) a	0826			0915		1003			1021		1040	1050	1133	1144	1149	1233	1240	1255
Bridgend (BGN) d	0826			0917		1004			1021		1040	1051	1133	1144	1150	1233	1240	1255
Wildmill (WMI) d				0920							1044			1148			1244	
Sarn (SRR) d				0924							1047			1151			1247	
Tondu (TDU) d				0927							1051			1154			1250	
Garth (Mid Glamorgan) (GMG) d				0936							1059			1203			1258	
Maesteg (Ewenny Road) (MEW) d				0939							1103			1207			1302	
Maesteg (MST) a				0942							1106			1211			1305	
Pyle (PYL) d									1028							1240		
Port Talbot Parkway (PTA) d	0838					1016			1036			1103	1145		1202	1249		1308
Baglan (BAJ) d																		
Briton Ferry (BNF) d																		
Neath (NTH) d	0846					1024			1044			1110	1153		1210			1315
Skewen (SKE) d																		
Llansamlet (LAS) d																		
Swansea (SWA) a	0902					1035			1059			1122	1208		1221			1329
Swansea (SWA) d					1027		1043		1102	1110			1216		1232			
Gowerton (GWN) d									1113	1122			1227					
Llanelli (LLE)  d					1043		1059		1121	1130a			1234		1249	1318		
Pembrey & Burry Port (PBY) d					1050		1105		1128				1240		1256	1324		
Kidwelly (KWL) d									1135				1247					
Ferryside (FYS) d									1141				1253					
Carmarthen (CMN) a					1111		1125		1156				1307		1316	1345		
Carmarthen (CMN) d		0955	1015				1127		1156				1309			1354		
Whitland (WTL) a		1011	1031				1142		1212				1324			1410		
Whitland (WTL) d		1011	1031				1142		1213				1324			1410		
Narberth (NAR) d				1039x														
Kilgetty (KGT) d				1049x														
Saundersfoot (SDF) d				1052x														
Tenby (TEN) d				1100														
Penally (PNA) d				1103x														
Manorbier (MRB) d				1110														
Lamphey (LAM) d				1118x														
Pembroke (PMB) d				1121														
Pembroke Dock (PMD) a				1131														
Clunderwen (CUW) d		1018x					1149x		1220x				1331x			1417x		
Clarbeston Road (CLR) d		1026x					1157x		1228x				1339x			1425x		
Haverfordwest (HVF) d		1035							1236							1433		
Johnston (JOH) d		1043x							1244x							1441x		
Milford Haven (MFH) a		1053							1254							1456		
Fishguard & Goodwick (FGW) d							1216						1358					
Fishguard Harbour (FGH) a							1223						1403					
Fishguard Harbour (FGH)  d									1400									
Rosslare Harbour (RSB)  a									1730									

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
- d Departure time
- x Stops on request
- A From Bristol Parkway
- B To Shrewsbury
- C From Hereford

Cardiff to Bridgend, Maesteg, Swansea, Carmarthen, Tenby, Pembroke Dock, Milford Haven, Fishguard and Rosslare

Sundays

Operator Days of operation/Notes 1st Class/Reservations/Bus/Ferry Catering facilities	AW	AW	GW	AW	AW	AW	B	GW	AW	GW	AW	AW	AW	GW	AW	GW	AW	AW	AW
London Paddington (PAD)	d		1145					1245		1345				1445		1545			
Reading (RDG)	d		1210					1310		1410				1510		1610			
Manchester Piccadilly (MAN)	d	0930		1030					1129			1231			1330			1430	
Cheltenham Spa (CNM)	d																		
Gloucester (GCR)	d																		
Newport (South Wales) (NWP)	d	1302	1321	1333				1421	1434	1526		1538		1621	1641	1728		1739	
Cardiff Central (CDF)	a	1316	1334	1348				1435	1449	1540		1555		1634	1656	1740		1755	
Cardiff Central (CDF)	d	1320	1335	1412	1415			1435	1451	1541		1603	1608	1635	1707	1742		1809	
Pontyclun (PYC)	d				1428								1620						
Llanharan (LLR)	d				1433								1625						
Pencoed (PCD)	d				1437								1629						
Bridgend (BGN)	a	1340	1354	1432	1443			1454	1511	1601		1622	1636	1654	1727	1802		1829	
Bridgend (BGN)	d	1340	1355	1432	1444			1456	1511	1602		1622	1636	1656	1727	1803		1829	
Wildmill (WMI)	d				1448								1640						
Sarn (SRR)	d				1451								1643						
Tondu (TDU)	d				1454								1646						
Garth (Mid Glamorgan) (GMG)	d				1503								1655						
Maesteg (Ewenny Road) (MEW)	d				1507								1659						
Maesteg (MST)	a				1510								1702						
Pyle (PYL)	d	1348		1439					1518			1630			1734			1836	
Port Talbot Parkway (PTA)	d	1356	1407	1448				1508	1526	1614		1638		1710	1742	1815		1844	
Baglan (BAJ)	d																		
Briton Ferry (BNF)	d																		
Neath (NTH)	d	1403	1415	1456				1515	1534	1621		1646		1717	1749	1822		1852	
Skewen (SKE)	d																		
Llansamlet (LAS)	d																		
Swansea (SWA)	a	1420	1428	1510				1529	1548	1633		1701		1731	1802	1834		1907	
Swansea (SWA)	d	1402		1436	1513		1518			1640	1648	1706					1844	1914	
Gowerton (GWN)	d	1413			1524		1531				1659	1717					1855	1925	
Llanelli (LLE)	d	1420		1453	1532		1540a			1657	1706	1725					1902	1932	
Pembrey & Burry Port (PBY)	d	1426		1500	1538					1704	1712	1731					1908	1938	
Kidwelly (KWL)	d	1433									1719						1915		
Ferryside (FYS)	d	1439									1725						1921		
Carmarthen (CMN)	a	1452		1520	1559					1725	1738	1753					1935	2001	
Carmarthen (CMN)	d	1455			1603						1745	1808					1937	2004	
Whitland (WTL)	a	1511			1619						1801	1824					1953	2021	
Whitland (WTL)	d	1511			1619						1801	1824					1953	2025	2029
Narberth (NAR)	d	1520x									1809x							2033x	
Kilgetty (KGT)	d	1530x									1819x							2043x	
Saundersfoot (SDF)	d	1532x									1822x							2045x	
Tenby (TEN)	d	1540									1830							2055	
Penally (PNA)	d	1544x									1833x							2058x	
Manorbier (MRB)	d	1550									1839							2104	
Lamphey (LAM)	d	1558x									1847x							2112x	
Pembroke (PMB)	d	1602									1850							2116	
Pembroke Dock (PMD)	a	1615									1900							2127	
Clunderwen (CUW)	d				1626x							1831x					1959x	2036x	
Clarbeston Road (CLR)	d				1634x							1839x					2007x	2044x	
Haverfordwest (HVF)	d				1642							1851					2017a	2052	
Johnston (JOH)	d				1650x							1858x						2100x	
Milford Haven (MFH)	a				1659							1910						2115	
Fishguard & Goodwick (FGW)	d																		
Fishguard Harbour (FGH)	a																		
Fishguard Harbour (FGH)	d																		
Rosslare Harbour (RSB)	a																		

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
- d Departure time
- x Stops on request
- B To Shrewsbury

Cardiff to Bridgend, Maesteg, Swansea, Carmarthen, Tenby, Pembroke Dock, Milford Haven, Fishguard and Rosslare

Sundays

Operator 1st Class/Reservations/Bus/Ferry Catering facilities	AW	GW 11 12	AW 11 12	GW 11 12	AW	AW	AW	AW	GW 11 12	AW	GW 11 12	AW	AW	GW 11 12	AW	AW	GW 11 12
London Paddington (PAD) 15 d		1645		1745					1845		1945			2045			2145
Reading (RDG) 7 d		1710		1810					1910		2010			2110			2210
Manchester Piccadilly (MAN) 10 d			1530			1630				1730		1830				1930	
Cheltenham Spa (CNM) d																	
Gloucester (GCR) 7 d																	
Newport (South Wales) (NWP) d		1822	1841	1921		1929			2021	2032	2121	2132		2223		2237	2323
Cardiff Central (CDF) 7 a		1835	1854	1934		1943			2035	2047	2134	2147		2236		2251	2337
Cardiff Central (CDF) 7 d	1819	1836	1856	1936	1943	1955		2019	2036	2050	2135	2149	2230	2236		2259	2338
Pontyclun (PYC) d	1831				1955												
Llanharan (LLR) d	1836				1959												
Pencoed (PCD) d	1840				2003												
Bridgend (BGN) a	1847	1855	1916	1955	2009	2014		2039	2055	2110	2155	2209	2249	2255		2319	2355
Bridgend (BGN) d	1847	1856	1917	1956	2009	2014		2039	2056	2110	2156	2209	2249	2256		2319	2356
Wildmill (WMI) d	1850				2013												
Sarn (SRR) d	1854				2016												
Tondu (TDU) d	1857				2020												
Garth (Mid Glamorgan) (GMG) d	1906				2028												
Maesteg (Ewenny Road) (MEW) d	1909				2032												
Maesteg (MST) a	1912				2034												
Pyle (PYL) d			1924			2021		2047		2117		2216				2327	
Port Talbot Parkway (PTA) d		1908	1933	2008		2029		2055	2107	2124	2207	2224	2301	2309		2337	0009
Baglan (BAJ) d																	
Briton Ferry (BNF) d																	
Neath (NTH) d		1916	1940	2015		2037		2103	2115	2131	2215	2231	2309	2318		2344	0018
Skewen (SKE) d																	
Llansamlet (LAS) d																	
Swansea (SWA) a		1929	1955	2029		2052		2117	2127	2148	2227	2246	2323	2329		2359	0030
Swansea (SWA) d							2057	2119				2250	2333			2333	
Gowerton (GWN) d							2110	2131				2301				2344	
Llanelli (LLE) 7 d							2118	2138				2308				2351	
Pembrey & Burry Port (PBY) d							2124	2144				2314				2357	
Kidwelly (KWL) d							2131					2321				0004	
Ferryside (FYS) d							2137					2327				0010	
Carmarthen (CMN) a							2152	2206				2342				0024	
Carmarthen (CMN) d							2153	2207									
Whitland (WTL) a							2208	2222									
Whitland (WTL) d							2208	2222									
Narberth (NAR) d																	
Kilgetty (KGT) d																	
Saundersfoot (SDF) d																	
Tenby (TEN) d																	
Penally (PNA) d																	
Manorbier (MRB) d																	
Lamphey (LAM) d																	
Pembroke (PMB) d																	
Pembroke Dock (PMD) a																	
Clunderwen (CUW) d							2216x	2230x									
Clarbeston Road (CLR) d							2224x	2238x									
Haverfordwest (HVF) d								2246									
Johnston (JOH) d								2255x									
Milford Haven (MFH) a								2306									
Fishguard & Goodwick (FGW) d							2243										
Fishguard Harbour (FGH) a							2247										
Fishguard Harbour (FGH) d																	
Rosslare Harbour (RSB) a																	

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
- d Departure time
- x Stops on request

Rosslare, Fishguard, Milford Haven, Pembroke Dock, Tenby, Carmarthen, Swansea, Maesteg and Bridgend to Cardiff

Mondays to Fridays

Operator Days of operation/Notes 1st Class/Reservations/Bus/Ferry Catering facilities	GW 113 T	GW 113 T	AW A	AW	GW 113 T	AW B	AW 1 X	GW 113 T	AW A	AW	GW 113 T	AW	AW	GW 113 T	AW A	AW	GW 113 T
Rosslare Harbour (RSB)	d																
Fishguard Harbour (FGH)	a																
Fishguard Harbour (FGH)	d																
Fishguard & Goodwick (FGW)	d																
Milford Haven (MFH)	d																
Johnston (JOH)	d																
Haverfordwest (HVF)	d																
Clarbeston Road (CLR)	d																
Clunderwen (CUW)	d																
Pembroke Dock (PMD)	d																
Pembroke (PMB)	d																
Lamphey (LAM)	d																
Manorbier (MRB)	d																
Penally (PNA)	d																
Tenby (TEN)	d																
Saundersfoot (SDF)	d																
Kilgetty (KGT)	d																
Narberth (NAR)	d																
Whitland (WTL)	a																
Whitland (WTL)	d																
Carmarthen (CMN)	a																
Carmarthen (CMN)	d			0438		0446				0532			0601				
Ferryside (FYS)	d									0542			0611				
Kidwelly (KWL)	d									0548			0617				
Pembrey & Burry Port (PBY)	d			0456		0505				0555			0624				
Llanelli (LLE)	d			0503		0511a				0602			0631			0655	
Gowerton (GWN)	d			0510						0609						0702	
Swansea (SWA)	a			0524						0621		←				0713	
Swansea (SWA)	d	0346	0459		0529		0543	0557		0631	0626	0631		0654		0723	0718
Llansamlet (LAS)	d									→		0637				→	
Skewen (SKE)	d											0642					
Neath (NTH)	d	0358	0511		0541		0555	0609			0638	0645		0706			0730
Briton Ferry (BNF)	d											0649					
Baglan (BAJ)	d											0653					
Port Talbot Parkway (PTA)	d	0405	0518		0548		0602	0616			0645	0657	0707	0713			0737
Pyle (PYL)	d						0611					0704					
Maesteg (MST)	d								0611							0707	
Maesteg (Ewenny Road) (MEW)	d								0613							0709	
Garth (Mid Glamorgan) (GMG)	d								0616							0712	
Tondu (TDU)	d								0626							0722	
Sarn (SRR)	d								0629							0725	
Wildmill (WMI)	d								0632							0728	
Bridgend (BGN)	a	0424	0530		0600		0619	0628	0635		0657	0711	0721	0725	0731		0749
Bridgend (BGN)	d	0425	0531	0537	0601		0619	0629	0636		0658	0711	0721	0726	0732		0750
Pencoed (PCD)	d			0542					0641			0718			0738		
Llanharan (LLR)	d			0546					0645			0721			0742		
Pontyclun (PYC)	d			0551					0650			0726			0747		
Cardiff Central (CDF)	a	0457	0551	0603		0621	0641	0649	0705		0718	0739	0745	0746	0801		0810
Cardiff Central (CDF)	d	0507	0554		0624		0646	0651			0723		0753	0749			0818
Newport (South Wales) (NWP)	a	0524	0605		0635		0659	0703			0736		0806	0802			0829
Gloucester (GCR)	a																
Cheltenham Spa (CNM)	a																
Manchester Piccadilly (MAN)	a						1013						1113				
Reading (RDG)	a	0648	0718		0748			0822						0917			0949
London Paddington (PAD)	a	0716	0744		0816			0851			0912			0944			1014

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
- d Departure time
- A To Ebbw Vale Town
- B To Shrewsbury

Rosslare, Fishguard, Milford Haven, Pembroke Dock, Tenby, Carmarthen, Swansea, Maesteg and Bridgend to Cardiff

Mondays to Fridays

Operator Days of operation/Notes 1st Class/Reservations/Bus/Ferry Catering facilities	AW	AW	GW 113 12	AW	AW A	AW C	GW 113 12	AW	AW	AW	AW A	AW	GW 113 12	AW	AW	AW A	AW D
Rosslare Harbour (RSB)  d																	
Fishguard Harbour (FGH)  a																	
Fishguard Harbour (FGH) d									0650						0745		
Fishguard & Goodwick (FGW) d									0653						0748		
Milford Haven (MFH) d		0553									0700						
Johnston (JOH) d		0601x									0708x						
Haverfordwest (HVF) d		0609									0715						
Clarbeston Road (CLR) d		0616x							0714a	0724x					0807x		
Clunderwen (CUW) d		0623x								0731x					0814x		
Pembroke Dock (PMD) d												0707					
Pembroke (PMB) d												0715					
Lamphey (LAM) d												0718x					
Manorbier (MRB) d												0726					
Penally (PNA) d												0732x					
Tenby (TEN) d												0742e					
Saundersfoot (SDF) d												0750x					
Kilgetty (KGT) d												0752x					
Narberth (NAR) d												0801x					
Whitland (WTL) a		0630									0738	0809			0820		
Whitland (WTL) d		0630									0738	0810			0821		
Carmarthen (CMN) a		0647									0755	0827			0839		
Carmarthen (CMN) d		0650					0723				0759	0829					
Ferryside (FYS) d		0700					0735				0809	0839					
Kidwelly (KWL) d		0706					0741				0815	0845					
Pembrey & Burry Port (PBY) d		0713					0749				0821	0852					
Llanelli (LLE)  d		0719				0744	0756				0827	0858					0930
Gowerton (GWN) d		0726				0752					0834	0905					0938
Swansea (SWA) a		0738				0811	0813				0848	0917					0951
Swansea (SWA) d	0723	0752	0744	0752			0823	0828			0854	0927	0922	0927			
Llansamlet (LAS) d	0729							0835						0933			
Skewen (SKE) d	0734							0839						0938			
Neath (NTH) d	0738		0756	0804			0835	0843			0906		0934	0942			
Briton Ferry (BNF) d	0741							0846						0945			
Baglan (BAJ) d	0745							0850						0949			
Port Talbot Parkway (PTA) d	0749		0803	0811			0842	0854			0913		0941	0953			
Pyle (PYL) d	0756			0818				0902						1000			
Maesteg (MST) d					0807							0907				1007	
Maesteg (Ewenny Road) (MEW) d					0809							0909				1009	
Garth (Mid Glamorgan) (GMG) d					0812							0912				1012	
Tondu (TDU) d					0822							0922				1022	
Sarn (SRR) d					0825							0925				1025	
Wildmill (WMI) d					0828							0928				1028	
Bridgend (BGN) a	0803		0815	0826	0831		0854	0910			0926	0931	0954	1007		1031	
Bridgend (BGN) d	0804		0816	0826	0834		0855	0910			0927	0932	0955	1008		1032	
Pencoed (PCD) d	0810				0839			0916				0938		1014		1037	
Llanharan (LLR) d	0814				0843			0920				0942		1018		1041	
Pontyclun (PYC) d	0819				0848			0925				0947		1023		1046	
Cardiff Central (CDF)  a	0832		0836	0846	0902		0915	0938			0951	1001	1015	1038		1101	
Cardiff Central (CDF)  d			0838				0919				0953		1018				
Newport (South Wales) (NWP) a			0850				0930				1006		1030				
Gloucester (GCR)  a																	
Cheltenham Spa (CNM) a																	
Manchester Piccadilly (MAN)  10 a											1313						
Reading (RDG)  a			1008				1050						1145				
London Paddington (PAD)  15 a			1036				1120						1211				

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
- d Departure time
- x Stops on request
- e Arrives 4 minutes earlier
- A To Ebbw Vale Town
- C From Llandovery
- D From Shrewsbury

Rosslare, Fishguard, Milford Haven, Pembroke Dock, Tenby, Carmarthen, Swansea, Maesteg and Bridgend to Cardiff

Mondays to Fridays

Operator Days of operation/Notes 1st Class/Reservations/Bus/Ferry Catering facilities	GW 113 ⚓	AW ⚓	AW A	AW ⚓	GW 113 ⚓	AW ⚓	AW	AW A	GW 113 ⚓	AW ⚓	AW A	AW D	AW	GW 113 ⚓	AW ⚓	AW A	AW A
Rosslare Harbour (RSB)  d																	
Fishguard Harbour (FGH)  a																	
Fishguard Harbour (FGH) d							1001										
Fishguard & Goodwick (FGW) d							1004										
Milford Haven (MFH) d		0900								1059						1155	
Johnston (JOH) d		0908x								1107x						1203x	
Haverfordwest (HVF) d		0915								1114						1211	
Clarbeston Road (CLR) d		0924x					1023x			1122x						1219x	
Clunderwen (CUW) d		0932x					1030x			1129x						1226x	
Pembroke Dock (PMD) d				0902									1102				
Pembroke (PMB) d				0910									1110				
Lamphey (LAM) d				0913x									1113x				
Manorbier (MRB) d				0921									1121				
Penally (PNA) d				0927x									1127x				
Tenby (TEN) d				0937e									1138f				
Saundersfoot (SDF) d				0945x									1146x				
Kilgetty (KGT) d				0947x									1148x				
Narberth (NAR) d				0956x									1157x				
Whitland (WTL) a		0938		1004			1036			1136			1205			1233	
Whitland (WTL) d		0939		1005			1037			1136			1206			1233	
Carmarthen (CMN) a		0956		1021			1054			1153			1222			1251	
Carmarthen (CMN) d	0921	0957		1030					1127	1155			1230			1257	
Ferry-side (FYS) d		1008								1205							
Kidwelly (KWL) d		1014								1211							
Pembrey & Burry Port (PBY) d	0942	1021		1048					1148	1218			1248			1315	
Llanelli (LLE)  d	0950	1027		1054					1155	1224		1235	1255			1322	
Gowerton (GWN) d		1034		1101						1231		1243				1329	
Swansea (SWA) a	1007	1049		1117		←			1213	1246		1300	1315		←	1344	
Swansea (SWA) d	1022	1054		1127	1122	1127			1222	1254			1327	1322	1327	1352	
Llansamlet (LAS) d				←		1133							←		1333		
Skewen (SKE) d						1138									1338		
Neath (NTH) d	1035	1106			1134	1142			1234	1306				1334	1342	1403	
Briton Ferry (BNF) d						1145									1345		
Baglan (BAJ) d						1149									1349		
Port Talbot Parkway (PTA) d	1042	1114			1143c	1153			1241	1314				1341	1353	1410	
Pyle (PYL) d						1200									1400		
Maesteg (MST) d			1107					1207			1307						1407
Maesteg (Ewenny Road) (MEW) d			1109					1209			1309						1409
Garth (Mid Glamorgan) (GMG) d			1112					1212			1312						1412
Tondu (TDU) d			1122					1222			1322						1422
Sarn (SRR) d			1125					1225			1325						1425
Wildmill (WMI) d			1128					1228			1328						1428
Bridgend (BGN) a	1054	1127	1131		1155	1208		1233	1253	1326	1331			1353	1407	1422	1431
Bridgend (BGN) d	1055	1128	1132		1156	1208		1234	1254	1327	1332			1354	1408	1423	1433
Pencoed (PCD) d			1138			1215		1239			1337				1414		1438
Llanharan (LLR) d			1142			1218		1243			1341				1418		1443
Pontyclun (PYC) d			1147			1223		1248			1346				1423		1448
Cardiff Central (CDF)  a	1115	1150	1201		1217	1238		1302	1314	1350	1401			1414	1438	1443	1502
Cardiff Central (CDF)  d	1118	1153			1218				1318	1353				1418			
Newport (South Wales) (NWP) a	1129	1207			1231				1329	1406				1429			
Gloucester (GCR)  a																	
Cheltenham Spa (CNM) a																	
Manchester Piccadilly (MAN)   a		1513								1713							
Reading (RDG)  a	1244				1346				1445					1545			
London Paddington (PAD)   a	1310				1414				1512					1609			

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
- d Departure time
- x Stops on request
- c Arrives 3 minutes earlier
- e Arrives 4 minutes earlier
- f Arrives 5 minutes earlier
- A To Ebbw Vale Town
- D From Shrewsbury
-  Pullman restaurant car service is available when boarding at highlighted times

Rosslare, Fishguard, Milford Haven, Pembroke Dock, Tenby, Carmarthen, Swansea, Maesteg and Bridgend to Cardiff

Mondays to Fridays

Operator Days of operation/Notes 1st Class/Reservations/Bus/Ferry Catering facilities	GW 	AW 	AW 	AW 	GW 	AW 	GW 	AW 	AW 	AW 	AW 	AW 	GW 	AW 	AW 	AW 	GW 	AW 
Rosslare Harbour (RSB) 	d	0815																
Fishguard Harbour (FGH) 	a	1145																
Fishguard Harbour (FGH)	d		1257															
Fishguard & Goodwick (FGW)	d		1301															
Milford Haven (MFH)	d								1358						1500			
Johnston (JOH)	d								1406x						1508x			
Haverfordwest (HVF)	d								1413						1515			
Clarbeston Road (CLR)	d		1320x						1422x						1523x			
Clunderwen (CUW)	d		1327x						1429x						1530x			
Pembroke Dock (PMD)	d					1302												1502
Pembroke (PMB)	d					1310												1510
Lamphey (LAM)	d					1313x												1513x
Manorbier (MRB)	d					1321												1521
Penally (PNA)	d					1327x												1527x
Tenby (TEN)	d					1338f												1537e
Saundersfoot (SDF)	d					1345x												1545x
Kilgetty (KGT)	d					1347x												1547x
Narberth (NAR)	d					1357x												1556x
Whitland (WTL)	a		1334			1405			1435						1537			1604
Whitland (WTL)	d		1334			1405			1436						1537			1605
Carmarthen (CMN)	a		1351			1421			1453						1554			1621
Carmarthen (CMN)	d		1354		1420	1432			1457						1556		1619	1632
Ferryside (FYS)	d		1404												1606			
Kidwelly (KWL)	d		1410												1612			
Pembrey & Burry Port (PBY)	d		1416		1440	1450			1515						1618		1640	1649
Llanelli (LLE) 	d		1422		1448	1456			1522		1533				1624		1648	1655
Gowerton (GWN)	d		1429						1529		1542				1631			1703
Swansea (SWA)	a		1444		1505	1517	←	←	1544		1600				1646		1708	1717
Swansea (SWA)	d	1422	1455		1522	1527	1522	1527	1552			1622	1627	1651		1722	1727	
Llansamlet (LAS)	d				←	←		1533					1634			←	←	
Skewen (SKE)	d							1538					1638					
Neath (NTH)	d	1434	1507				1534	1542	1604			1634	1642	1704				
Briton Ferry (BNF)	d							1545					1646					
Baglan (BAJ)	d							1549					1650					
Port Talbot Parkway (PTA)	d	1441	1514				1541	1553	1611			1641	1654	1712				
Pyle (PYL)	d							1600					1701					
Maesteg (MST)	d			1507						1607						1707		
Maesteg (Ewenny Road) (MEW)	d			1509						1609						1709		
Garth (Mid Glamorgan) (GMG)	d			1512						1612						1712		
Tondu (TDU)	d			1522						1622						1722		
Sarn (SRR)	d			1525						1625						1725		
Wildmill (WMI)	d			1528						1628						1728		
Bridgend (BGN)	a	1453	1527	1531			1553	1607	1625	1631		1653	1709	1724	1731			
Bridgend (BGN)	d	1454	1528	1534			1554	1608	1625	1633		1654	1710	1724	1732			
Pencoed (PCD)	d			1539				1614		1638			1716		1737			
Llanharan (LLR)	d			1543				1618		1643			1720		1741			
Pontyclun (PYC)	d			1548				1623		1648			1725		1746			
Cardiff Central (CDF) 	a	1514	1549	1602			1614	1638	1646	1703		1714	1738	1751	1803			
Cardiff Central (CDF) 	d	1518	1551				1621					1718		1753				
Newport (South Wales) (NWP)	a	1529	1604				1633					1729		1806				
Gloucester (GCR) 	a																	
Cheltenham Spa (CNM)	a																	
Manchester Piccadilly (MAN) 	a		1915												2113			
Reading (RDG) 	a	1645					1748					1845						
London Paddington (PAD) 	a	1710					1813					1916						

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
- d Departure time
- x Stops on request
- e Arrives 4 minutes earlier
- f Arrives 5 minutes earlier
- A To Ebbw Vale Town
- D From Shrewsbury
- MX Not Mondays

Rosslare, Fishguard, Milford Haven, Pembroke Dock, Tenby, Carmarthen, Swansea, Maesteg and Bridgend to Cardiff

Mondays to Fridays

Operator Days of operation/Notes 1st Class/Reservations/Bus/Ferry Catering facilities	GW 	AW 	AW 	AW A	GW 	AW 	AW 	AW A	GW 	AW 	AW 	AW A	AW D	GW 	AW 	AW 	AW A
Rosslare Harbour (RSB) 	d																
Fishguard Harbour (FGH) 	a																
Fishguard Harbour (FGH)	d		1600														
Fishguard & Goodwick (FGW)	d		1604														
Milford Haven (MFH)	d						1650					1800				1900	
Johnston (JOH)	d						1658x					1808x				1908x	
Haverfordwest (HVF)	d						1706					1815				1915	
Clarbeston Road (CLR)	d		1623x				1714x					1823x				1923x	
Clunderwen (CUW)	d		1630x				1722x					1830x				1930x	
Pembroke Dock (PMD)	d										1702						
Pembroke (PMB)	d										1710						
Lamphey (LAM)	d										1713x						
Manorbier (MRB)	d										1721						
Penally (PNA)	d										1727x						
Tenby (TEN)	d										1739g						
Saundersfoot (SDF)	d										1746x						
Kilgetty (KGT)	d										1748x						
Narberth (NAR)	d										1758x						
Whitland (WTL)	a		1637				1728				1806	1837				1937	
Whitland (WTL)	d		1637				1728				1806	1837				1937	
Carmarthen (CMN)	a		1654				1745				1824	1854				1953	
Carmarthen (CMN)	d		1656				1748		1820	1832	1857					2000	
Ferryside (FYS)	d		1706				1759				1907					2010	
Kidwelly (KWL)	d		1712				1805				1913					2016	
Pembrey & Burry Port (PBY)	d		1719				1812		1840	1850	1920					2022	
Llanelli (LLE) 	d		1725				1819		1849	1857	1928		1939			2028	
Gowerton (GWN)	d		1732				1827			1904	1937		1947			2035	
Swansea (SWA)	a			1746			1844		1909	1916	1951		2003			2049	
Swansea (SWA)	d	1722	1727	1752		1823	1828	1845		1919	1924	1954			2023		2052
Llansamlet (LAS)	d		1733				1834				1930						2058
Skewen (SKE)	d		1738				1839				1935						2103
Neath (NTH)	d	1734	1742	1803		1835	1844	1856		1931	1939	2005		2035		2107	
Briton Ferry (BNF)	d		1745				1847				1942						2110
Baglan (BAJ)	d		1749				1851				1946						2114
Port Talbot Parkway (PTA)	d	1741	1753	1810		1842	1856	1904		1938	1950	2012		2042		2118	
Pyle (PYL)	d		1800				1904				1957						2125
Maesteg (MST)	d			1807					1909				2007				2111
Maesteg (Ewenny Road) (MEW)	d			1809					1911				2009				2113
Garth (Mid Glamorgan) (GMG)	d			1812					1914				2012				2116
Tondu (TDU)	d			1822					1924				2022				2126
Sarn (SRR)	d			1825					1927				2025				2129
Wildmill (WMI)	d			1828					1930				2028				2132
Bridgend (BGN)	a	1753	1807	1822	1831	1854	1911	1917	1933	1950	2004	2024	2031		2054	2132	2136
Bridgend (BGN)	d	1754	1808	1823	1833	1855	1912	1917	1935	1953	2005	2025	2032		2055	2133	2137
Pencoed (PCD)	d		1814		1838		1918		1940		2011		2037				2142
Llanharan (LLR)	d		1818		1843		1922		1944		2015		2041				2146
Pontyclun (PYC)	d		1823		1848		1927		1949		2020		2046				2151
Cardiff Central (CDF) 	a	1814	1838	1843	1902	1915	1940	1946	2005	2014	2035	2048	2101		2116	2155	2203
Cardiff Central (CDF) 	d	1818				1918			2006	2018			2106		2120		2206
Newport (South Wales) (NWP)	a	1829				1929			2019	2030			2118		2131		2218
Gloucester (GCR) 	a																
Cheltenham Spa (CNM)	a																
Manchester Piccadilly (MAN) 	a																
Reading (RDG) 	a	1947			2044				2144						2243		
London Paddington (PAD) 	a	2014			2110				2209						2311		

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
- d Departure time
- x Stops on request
- g Arrives 6 minutes earlier
- A To Ebbw Vale Town
- D From Shrewsbury

Rosslare, Fishguard, Milford Haven, Pembroke Dock, Tenby, Carmarthen, Swansea, Maesteg and Bridgend to Cardiff

Mondays to Fridays

Operator Days of operation/Notes 1st Class/Reservations/Bus/Ferry Catering facilities	GW E 113 3	AW	AW FX	AW FO	AW A	AW FO	AW FX	AW D	AW	AW FX	AW FO	AW 113 3	AW	AW FX	AW FO	AW SM
Rosslare Harbour (RSB) 	d												1930			
Fishguard Harbour (FGH) 	a												2300			
Fishguard Harbour (FGH)	d		1928							2146	2146					
Fishguard & Goodwick (FGW)	d		1931							2149	2149					
Milford Haven (MFH)	d					2036	2036								2320	0021
Johnston (JOH)	d					2044x	2044x								2328x	0029x
Haverfordwest (HVF)	d					2051	2051								2335	0036
Clarbeston Road (CLR)	d		1949x			2059x	2059x			2208x	2208x				2343x	0044x
Clunderwen (CUW)	d		1957x			2107x	2107x			2215x	2215x				2350x	0051x
Pembroke Dock (PMD)	d			1907	1907				2107				2226			
Pembroke (PMB)	d			1915	1915				2115				2234			
Lamphey (LAM)	d			1918x	1918x				2118x				2237x			
Manorbier (MRB)	d			1926x	1926x				2126				2245			
Penally (PNA)	d			1931x	1931x				2132x				2251x			
Tenby (TEN)	d			1945h	1945h				2146j				2255			
Saundersfoot (SDF)	d			1953x	1953x				2154x				2303x			
Kilgetty (KGT)	d			1955x	1955x				2156x				2305x			
Narberth (NAR)	d			2004x	2004x				2205x				2314x			
Whitland (WTL)	a		2003	2012	2012		2113	2113	2214	2221	2221		2322	2357	0001	0057
Whitland (WTL)	d		2003	2014	2014		2113	2113	2214	2222	2222		2323	2357	0002	0058
Carmarthen (CMN)	a		2021	2030	2030		2131	2131	2231	2239	2239		2340	0014	0018	0116
Carmarthen (CMN)	d	2020		2033	2033		2132	2132		2242	2243					
Ferryside (FYS)	d			2043	2043		2142	2142		2252	2253					
Kidwelly (KWL)	d			2049	2049		2148	2148		2258	2259					
Pembrey & Burry Port (PBY)	d	2040		2055	2055		2156	2156		2304	2305					
Llanelli (LLE)	d	2048		2101	2101		2202	2203	2235	2310	2311					
Gowerton (GWN)	d			2108	2108		2210	2211	2243	2317	2318					
Swansea (SWA)	a	2107		2123	2123		2225	2224	2258	2329	2332					
Swansea (SWA)	d	2123		2128	2128		2227	2227		2334	2334					
Llansamlet (LAS)	d			2135	2135		2234	2234		2340	2340					
Skewen (SKE)	d			2139	2139		2238	2238		2345	2345					
Neath (NTH)	d	2135		2143	2143		2242	2242		2348	2348					
Briton Ferry (BNF)	d			2147	2147		2246	2246		2352	2352					
Baglan (BAJ)	d			2151	2151		2250	2250		2356	2356					
Port Talbot Parkway (PTA)	d	2142		2155	2155		2254	2254		0002	0001					
Pyle (PYL)	d			2202	2202		2302	2302		0007	0008					
Maesteg (MST)	d					2209										
Maesteg (Ewenny Road) (MEW)	d					2211										
Garth (Mid Glamorgan) (GMG)	d					2214										
Tondu (TDU)	d					2224										
Sarn (SRR)	d					2227										
Wildmill (WMI)	d					2230										
Bridgend (BGN)	a	2154		2209	2209	2233	2310	2310		0015	0015					
Bridgend (BGN)	d	2155		2210	2213	2234	2311	2311		0017	0017					
Pencoed (PCD)	d					2239										
Llanharan (LLR)	d					2243										
Pontyclun (PYC)	d					2248										
Cardiff Central (CDF)	a	2215		2235	2235	2301	2336	2338		0038	0038					
Cardiff Central (CDF)	d	2217														
Newport (South Wales) (NWP)	a	2234														
Gloucester (GCR)	a															
Cheltenham Spa (CNM)	a															
Manchester Piccadilly (MAN)	a															
Reading (RDG)	a															
London Paddington (PAD)	a															

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
- d Departure time
- x Stops on request
- f Arrives 5 minutes earlier
- h Arrives 8 minutes earlier
- j Arrives 10 minutes earlier
- A To Ebbw Vale Town
- D From Shrewsbury
- E To Bristol Parkway
- FO Fridays only
- FX Not Fridays
- SM Saturday mornings

Rosslare, Fishguard, Milford Haven, Pembroke Dock, Tenby, Carmarthen, Swansea, Maesteg and Bridgend to Cardiff

Saturdays

Operator Days of operation/Notes 1st Class/Reservations/Bus/Ferry Catering facilities	GW 113 113	AW A	AW	GW 113 113	AW 1 1	GW 113 113	AW A	AW	GW 113 113	AW	AW	GW 113 113	AW A	AW	GW 113 113	AW A	AW	AW
Rosslare Harbour (RSB)	d																	
Fishguard Harbour (FGH)	a																	
Fishguard Harbour (FGH)	d																	
Fishguard & Goodwick (FGW)	d																	
Milford Haven (MFH)	d																	0556
Johnston (JOH)	d																	0604x
Haverfordwest (HVF)	d																	0611
Clarbeston Road (CLR)	d																	0619x
Clunderwen (CUW)	d																	0626x
Pembroke Dock (PMD)	d																	
Pembroke (PMB)	d																	
Lamphey (LAM)	d																	
Manorbier (MRB)	d																	
Penally (PNA)	d																	
Tenby (TEN)	d																	
Saundersfoot (SDF)	d																	
Kilgetty (KGT)	d																	
Narberth (NAR)	d																	
Whitland (WTL)	a																	0633
Whitland (WTL)	d																	0633
Carmarthen (CMN)	a																	0651
Carmarthen (CMN)	d			0437					0527			0603						0653
Ferryside (FYS)	d								0537			0613						0704
Kidwelly (KWL)	d								0543			0619						0709
Pembrey & Burry Port (PBY)	d			0454					0550			0626						0716
Llanelli (LLE)	d			0501					0557			0632			0655			0723
Gowerton (GWN)	d			0508					0604						0702			0730
Swansea (SWA)	a			0520					0618		←				0713		←	0742
Swansea (SWA)	d	0356			0525	0539	0552		0628	0623	0628		0654		0727	0722	0727	0752
Llansamlet (LAS)	d								→		0634				→		0733	→
Skewen (SKE)	d										0639						0738	
Neath (NTH)	d	0408			0537	0551	0604			0635	0642		0706			0734	0742	
Briton Ferry (BNF)	d										0646						0745	
Baglan (BAJ)	d										0650						0749	
Port Talbot Parkway (PTA)	d	0415			0544	0558	0611			0642	0654	0706	0713			0742	0753	
Pyle (PYL)	d					0607					0701						0800	
Maesteg (MST)	d						0611							0707				
Maesteg (Ewenny Road) (MEW)	d						0613							0709				
Garth (Mid Glamorgan) (GMG)	d						0616							0712				
Tondu (TDU)	d						0626							0722				
Sarn (SRR)	d						0629							0725				
Wildmill (WMI)	d						0632							0728				
Bridgend (BGN)	a	0427			0556	0615	0623	0635		0654	0708	0717	0725	0731		0753	0807	
Bridgend (BGN)	d	0428	0537		0557	0615	0624	0636		0655	0708	0720	0726	0732		0754	0808	
Pencoed (PCD)	d		0542					0641			0715			0737			0814	
Llanharan (LLR)	d		0546					0645			0718			0741			0818	
Pontyclun (PYC)	d		0551					0650			0723			0746			0823	
Cardiff Central (CDF)	a	0449	0603		0618	0637	0645	0705		0716	0736	0743	0748	0800		0817	0838	
Cardiff Central (CDF)	d	0514			0620	0643	0648			0718		0753	0750			0823		
Newport (South Wales) (NWP)	a	0526			0631	0657	0659			0729		0806	0801			0834		
Gloucester (GCR)	a																	
Cheltenham Spa (CNM)	a																	
Manchester Piccadilly (MAN)	a					1013						1113						
Reading (RDG)	a	0648			0745		0816			0846			0918			0948		
London Paddington (PAD)	a	0714			0810		0844			0914			0944			1013		

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
- d Departure time
- x Stops on request
- A To Ebbw Vale Town

Rosslare, Fishguard, Milford Haven, Pembroke Dock, Tenby, Carmarthen, Swansea, Maesteg and Bridgend to Cardiff

Saturdays

Operator Days of operation/Notes 1st Class/Reservations/Bus/Ferry Catering facilities	GW 	AW	AW A	GW 	AW	AW	AW	AW A	AW	GW 	AW	AW	AW A	AW B	GW 	AW	AW A
Rosslare Harbour (RSB) 	d																
Fishguard Harbour (FGH) 	a																
Fishguard Harbour (FGH)	d					0650						0800					
Fishguard & Goodwick (FGW)	d					0653						0803					
Milford Haven (MFH)	d						0659									0858	
Johnston (JOH)	d						0707x									0906x	
Haverfordwest (HVF)	d						0715									0913	
Clarbeston Road (CLR)	d					0714a	0724x					0822x				0922x	
Clunderwen (CUW)	d						0731x					0829x				0929x	
Pembroke Dock (PMD)	d								0707								
Pembroke (PMB)	d								0715								
Lamphey (LAM)	d								0718x								
Manorbier (MRB)	d								0726								
Penally (PNA)	d								0732x								
Tenby (TEN)	d								0742c								
Saundersfoot (SDF)	d								0750x								
Kilgetty (KGT)	d								0752x								
Narberth (NAR)	d								0801x								
Whitland (WTL)	a						0738		0809			0835				0936	
Whitland (WTL)	d						0738		0810			0836				0936	
Carmarthen (CMN)	a						0755		0827			0851				0953	
Carmarthen (CMN)	d				0724		0758		0830			0855			0930	0955	
Ferryside (FYS)	d				0736		0808		0841			0906				1005	
Kidwelly (KWL)	d				0742		0814		0846			0912				1011	
Pembrey & Burry Port (PBY)	d				0750		0821		0853			0919			0951	1018	
Llanelli (LLE) 	d				0757		0828		0859			0928c		0940	0958	1024	
Gowerton (GWN)	d						0835		0906			0935		0948		1031	
Swansea (SWA)	a				0814		0849		0918			0949		1002	1015	1046	
Swansea (SWA)	d	0747	0752		0822	0828		0853		0929	0923	0929	0956			1023	1054
Llansamlet (LAS)	d					0835						0935					
Skewen (SKE)	d					0839						0940					
Neath (NTH)	d	0759	0804		0834	0843		0905			0935	0944	1007			1035	1105
Briton Ferry (BNF)	d					0846						0947					
Baglan (BAJ)	d					0850						0951					
Port Talbot Parkway (PTA)	d	0807	0811		0842	0854		0913			0943	0955	1014			1043	1112
Pyle (PYL)	d		0818			0902						1002					
Maesteg (MST)	d			0807					0907					1007			1107
Maesteg (Ewenny Road) (MEW)	d			0809					0909					1009			1109
Garth (Mid Glamorgan) (GMG)	d			0812					0912					1012			1112
Tondu (TDU)	d			0822					0922					1022			1122
Sarn (SRR)	d			0825					0925					1025			1125
Wildmill (WMI)	d			0828					0928					1028			1128
Bridgend (BGN)	a	0818	0826	0832	0853	0910		0926	0931		0954	1009	1026	1031		1054	1125
Bridgend (BGN)	d	0819	0826	0833	0855	0910		0926	0932		0956	1010	1026	1032		1056	1125
Pencoed (PCD)	d			0838		0916			0937			1016		1037			1137
Llanharan (LLR)	d			0842		0920			0941			1020		1041			1141
Pontyclun (PYC)	d			0847		0925			0946			1025		1046			1146
Cardiff Central (CDF) 	a	0840	0846	0902	0916	0938		0950	1000		1017	1038	1046	1101		1117	1150
Cardiff Central (CDF) 	d	0851			0919			0953			1020					1120	1153
Newport (South Wales) (NWP)	a	0902			0930			1006			1031					1131	1206
Gloucester (GCR) 	a																
Cheltenham Spa (CNM)	a																
Manchester Piccadilly (MAN) 	a							1313									
Reading (RDG) 	a	1018			1047						1146					1246	
London Paddington (PAD) 	a	1044			1114						1213					1312	

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
- d Departure time
- x Stops on request
- c Arrives 4 minutes earlier
- A To Ebbw Vale Town
- B From Shrewsbury

Rosslare, Fishguard, Milford Haven, Pembroke Dock, Tenby, Carmarthen, Swansea, Maesteg and Bridgend to Cardiff

Saturdays

Operator Days of operation/Notes 1st Class/Reservations/Bus/Ferry Catering facilities	AW	GW	AW	AW	AW A	GW	AW	AW A	AW B	AW	GW	AW	AW	AW A	GW	AW	AW
Rosslare Harbour (RSB)	d																0815
Fishguard Harbour (FGH)	a																1145
Fishguard Harbour (FGH)	d			1004													1300
Fishguard & Goodwick (FGW)	d			1007													1303
Milford Haven (MFH)	d						1053						1208				
Johnston (JOH)	d						1101x						1216x				
Haverfordwest (HVF)	d						1108						1223				
Clarbeston Road (CLR)	d			1026x			1117x						1231x				1322x
Clunderwen (CUW)	d			1033x			1124x						1238				1330x
Pembroke Dock (PMD)	d	0904								1109							
Pembroke (PMB)	d	0912								1117							
Lamphey (LAM)	d	0915x								1120x							
Manorbier (MRB)	d	0923								1128							
Penally (PNA)	d	0929x								1134x							
Tenby (TEN)	d	0937								1146e							
Saundersfoot (SDF)	d	0945x								1154x							
Kilgetty (KGT)	d	0947x								1156x							
Narberth (NAR)	d	0956x								1205x							
Whitland (WTL)	a	1004		1039			1131			1213			1245				1336
Whitland (WTL)	d	1005		1040			1131			1214			1245				1337
Carmarthen (CMN)	a	1021		1056			1148			1231			1303				1354
Carmarthen (CMN)	d	1030		1101		1130	1152			1233			1304		1330		1356
Ferryside (FYS)	d						1202										1406
Kidwelly (KWL)	d						1208										1412
Pembrey & Burry Port (PBY)	d	1047		1119		1151	1215			1251			1322		1351		1419
Llanelli (LLE)	d	1053		1126		1158	1222		1234	1257			1328		1358		1425
Gowerton (GWN)	d	1100		1133			1229		1242				1335				1432
Swansea (SWA)	a	1116		1149		1216	1244		1255	1315			1349		1415		1447
Swansea (SWA)	d	1126	1121	1126	1154		1224	1256		1325	1320	1325	1353		1423		1454
Llansamlet (LAS)	d			1132								1331					
Skewen (SKE)	d			1137								1336					
Neath (NTH)	d		1133	1141	1206		1236	1308				1332	1340	1405		1435	1506
Briton Ferry (BNF)	d			1144									1343				
Baglan (BAJ)	d			1148									1347				
Port Talbot Parkway (PTA)	d		1141	1152	1214		1243	1315				1340	1351	1412		1443	1513
Pyle (PYL)	d			1159									1358				
Maesteg (MST)	d				1207			1307						1407			
Maesteg (Ewenny Road) (MEW)	d				1209			1309						1409			
Garth (Mid Glamorgan) (GMG)	d				1212			1312						1412			
Tondu (TDU)	d				1222			1322						1422			
Sarn (SRR)	d				1225			1325						1425			
Wildmill (WMI)	d				1228			1328						1428			
Bridgend (BGN)	a		1152	1206	1225	1231	1255	1328	1332			1351	1405	1424	1431	1454	1526
Bridgend (BGN)	d		1154	1207	1227	1232	1256	1328	1333			1353	1406	1425	1432	1456	1526
Pencoed (PCD)	d			1213		1237			1338				1412		1437		
Llanharan (LLR)	d			1217		1241			1342				1416		1441		
Pontyclun (PYC)	d			1222		1246			1347				1421		1446		
Cardiff Central (CDF)	a		1215	1238	1246	1302	1317	1350	1402			1414	1438	1446	1501	1517	1549
Cardiff Central (CDF)	d		1220				1320	1353				1421				1520	1553
Newport (South Wales) (NWP)	a		1231				1331	1406				1432				1531	1606
Gloucester (GCR)	a																
Cheltenham Spa (CNM)	a																
Manchester Piccadilly (MAN)	a							1713									1913
Reading (RDG)	a		1346				1446					1548				1646	
London Paddington (PAD)	a		1412				1512					1614				1714	

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
- d Departure time
- x Stops on request
- e Arrives 6 minutes earlier
- A To Ebbw Vale Town
- B From Shrewsbury

Rosslare, Fishguard, Milford Haven, Pembroke Dock, Tenby, Carmarthen, Swansea, Maesteg and Bridgend to Cardiff

Saturdays

Operator Days of operation/Notes 1st Class/Reservations/Bus/Ferry Catering facilities	AW A	AW	GW 	AW	AW	AW A	AW B	GW 	AW	AW	AW A	AW	GW 	AW	AW	AW A	GW 	
Rosslare Harbour (RSB) 	d																	
Fishguard Harbour (FGH) 	a																	
Fishguard Harbour (FGH)	d														1600			
Fishguard & Goodwick (FGW)	d														1604			
Milford Haven (MFH)	d				1359					1459								
Johnston (JOH)	d				1407x					1507x								
Haverfordwest (HVF)	d				1414					1514								
Clarbeston Road (CLR)	d				1422x					1523x					1623x			
Clunderwen (CUW)	d				1429x					1530x					1630x			
Pembroke Dock (PMD)	d		1304									1504						
Pembroke (PMB)	d		1312									1512						
Lamphey (LAM)	d		1315x									1515x						
Manorbier (MRB)	d		1323									1523						
Penally (PNA)	d		1329x									1529x						
Tenby (TEN)	d		1337									1537						
Saundersfoot (SDF)	d		1345x									1545x						
Kilgetty (KGT)	d		1347x									1547x						
Narberth (NAR)	d		1356x									1556x						
Whitland (WTL)	a		1404			1435				1537		1604			1637			
Whitland (WTL)	d		1405			1436				1537		1605			1637			
Carmarthen (CMN)	a		1421			1453				1554		1622			1654			
Carmarthen (CMN)	d		1429			1455		1528		1556		1629			1656		1730	
Ferryside (FYS)	d									1606					1706			
Kidwelly (KWL)	d									1612					1712			
Pembrey & Burry Port (PBY)	d		1446			1513		1549		1618		1646			1719		1751	
Llanelli (LLE) 	d		1453			1520	1531	1556		1624		1653			1726		1758	
Gowerton (GWN)	d					1527	1541h			1631		1700			1733			
Swansea (SWA)	a		1515			1542	1600	1613		1646		1716			1748		1815	
Swansea (SWA)	d		1528	1523	1528	1552		1622	1627	1650		1729	1723	1729	1752		1823	
Llansamlet (LAS)	d				1534				1634						1735			
Skewen (SKE)	d				1539				1638						1740			
Neath (NTH)	d			1535	1543	1603		1634	1642	1701			1735	1744	1803		1835	
Briton Ferry (BNF)	d				1546				1646						1747			
Baglan (BAJ)	d				1550				1650						1751			
Port Talbot Parkway (PTA)	d			1543	1554	1610		1641	1654	1708			1742	1755	1810		1843	
Pyle (PYL)	d				1601				1701						1802			
Maesteg (MST)	d	1507				1607					1707					1807		
Maesteg (Ewenny Road) (MEW)	d	1509				1609					1709					1809		
Garth (Mid Glamorgan) (GMG)	d	1512				1612					1712					1812		
Tondu (TDU)	d	1522				1622					1722					1822		
Sarn (SRR)	d	1525				1625					1725					1825		
Wildmill (WMI)	d	1528				1628					1728					1828		
Bridgend (BGN)	a	1531		1554	1608	1622	1631		1653	1709	1721	1731		1754	1809	1822	1831	1854
Bridgend (BGN)	d	1532		1556	1609	1622	1633		1654	1710	1721	1732		1755	1810	1822	1832	1855
Pencoed (PCD)	d	1537			1615		1639			1716		1737			1816		1837	
Llanharan (LLR)	d	1541			1619		1643			1720		1741			1820		1841	
Pontyclun (PYC)	d	1546			1624		1648			1725		1746			1825		1846	
Cardiff Central (CDF) 	a	1603		1617	1638	1646	1703		1715	1738	1743	1803		1816	1838	1845	1901	1916
Cardiff Central (CDF) 	d			1623					1718		1751			1819				1919
Newport (South Wales) (NWP)	a			1634					1729		1804			1830				1930
Gloucester (GCR) 	a																	
Cheltenham Spa (CNM)	a																	
Manchester Piccadilly (MAN) 	a									2113								
Reading (RDG) 	a			1748				1846						1948				2046
London Paddington (PAD) 	a			1813				1913						2013				2112

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
- d Departure time
- x Stops on request
- h Arrives 3 minutes earlier
- A To Ebbw Vale Town
- B From Shrewsbury

Rosslare, Fishguard, Milford Haven, Pembroke Dock, Tenby, Carmarthen, Swansea, Maesteg and Bridgend to Cardiff

Saturdays

Operator Days of operation/Notes 1st Class/Reservations/Bus/Ferry Catering facilities	AW	AW	AW A	AW	GW 	AW	AW	AW A	AW B	GW 	GW C 	AW	AW A	AW	AW A	AW
Rosslare Harbour (RSB) 	d															
Fishguard Harbour (FGH) 	a															
Fishguard Harbour (FGH)	d														1927	
Fishguard & Goodwick (FGW)	d														1930	
Milford Haven (MFH)	d		1700					1754				1857				2040
Johnston (JOH)	d		1708x					1802x				1905x				2048x
Haverfordwest (HVF)	d		1719c					1809				1912				2055
Clarbeston Road (CLR)	d		1727x					1818x				1921x		1948x		2103x
Clunderwen (CUW)	d		1734x					1825x				1928x		1956x		2111x
Pembroke Dock (PMD)	d			1702											1907	
Pembroke (PMB)	d			1710											1915	
Lamphey (LAM)	d			1713x											1918x	
Manorbier (MRB)	d			1721											1926	
Penally (PNA)	d			1727x											1931x	
Tenby (TEN)	d			1737c											1947f	
Saundersfoot (SDF)	d			1745x											1955x	
Kilgetty (KGT)	d			1747x											1957x	
Narberth (NAR)	d			1756x											2006x	
Whitland (WTL)	a		1740	1804				1832				1935		2002	2014	2117
Whitland (WTL)	d		1741	1805				1832				1935		2002	2017	2117
Carmarthen (CMN)	a		1757	1822				1849				1951		2020	2033	2135
Carmarthen (CMN)	d		1800	1833				1852		1919		1954			2037	2135
Ferry-side (FYS)	d		1810					1902				2004			2048	2146
Kidwelly (KWL)	d		1816					1908				2010			2054	2152
Pembrey & Burry Port (PBY)	d		1823	1850				1915		1940		2017			2101	2159
Llanelli (LLE) 	d		1829	1857				1922		1933	1947	2024			2108	2206
Gowerton (GWN)	d		1836	1905				1929		1941		2031			2115	2213
Swansea (SWA)	a		1851	1917				1944		1957	2005	2045			2131	2228
Swansea (SWA)	d	1831	1853	1927	1922	1927	1949					2022	2047		2131	2236
Llansamlet (LAS)	d	1837				1933							2053		2138	2243
Skewen (SKE)	d	1842				1938							2058		2143	2248
Neath (NTH)	d	1846	1905		1934	1942	2001					2034	2102		2147	2252
Briton Ferry (BNF)	d	1850				1945							2105		2151	2256
Baglan (BAJ)	d	1853				1949							2109		2155	2300
Port Talbot Parkway (PTA)	d	1857	1913		1942	1953	2009					2042	2113		2159	2304
Pyle (PYL)	d	1904				2000							2120		2206	2312
Maesteg (MST)	d			1907				2007					2111			2212
Maesteg (Ewenny Road) (MEW)	d			1909				2009					2113			2214
Garth (Mid Glamorgan) (GMG)	d			1912				2012					2116			2217
Tondu (TDU)	d			1922				2022					2126			2227
Sarn (SRR)	d			1925				2025					2129			2230
Wildmill (WMI)	d			1928				2028					2132			2233
Bridgend (BGN)	a	1911	1925	1931		1954	2007	2021	2031			2053	2127	2135	2213	2236
Bridgend (BGN)	d	1912	1925	1932		1955	2008	2022	2032			2054	2128	2135	2214	2237
Pencoed (PCD)	d	1918		1937			2014		2037				2140			2242
Llanharan (LLR)	d	1922		1941			2018		2041				2145			2246
Pontyclun (PYC)	d	1927		1946			2023		2046				2149			2251
Cardiff Central (CDF) 	a	1941	1947	1958		2016	2038	2045	2100			2115	2152	2204	2238	2306
Cardiff Central (CDF) 	d			2004		2022		2105				2118	2204			
Newport (South Wales) (NWP)	a			2017		2033		2118				2129	2218			
Gloucester (GCR) 	a															
Cheltenham Spa (CNM)	a															
Manchester Piccadilly (MAN) 	a															
Reading (RDG) 	a					2149										
London Paddington (PAD) 	a					2214										

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
- d Departure time
- x Stops on request
- c Arrives 4 minutes earlier
- f Arrives 10 minutes earlier
- A To Ebbw Vale Town
- B From Shrewsbury
- C To Bristol Parkway

Rosslare, Fishguard, Milford Haven, Pembroke Dock, Tenby, Carmarthen, Swansea, Maesteg and Bridgend to Cardiff

Saturdays

Operator Days of operation/Notes 1st Class/Reservations/Bus/Ferry	AW B	AW	AW	AW 	AW	AW
Rosslare Harbour (RSB) 	d			1930		
Fishguard Harbour (FGH) 	a			2300		
Fishguard Harbour (FGH)	d		2144			
Fishguard & Goodwick (FGW)	d		2147			
Milford Haven (MFH)	d					2308
Johnston (JOH)	d					2316x
Haverfordwest (HVF)	d					2323
Clarbeston Road (CLR)	d		2206x			2331x
Clunderwen (CUW)	d		2213x			2338x
Pembroke Dock (PMD)	d	2107			2218	
Pembroke (PMB)	d	2115			2226	
Lamphey (LAM)	d	2118x			2229x	
Manorbier (MRB)	d	2126			2237	
Penally (PNA)	d	2132x			2243x	
Tenby (TEN)	d	2142e			2247	
Saundersfoot (SDF)	d	2150x			2255x	
Kilgetty (KGT)	d	2152x			2257x	
Narberth (NAR)	d	2201x			2306x	
Whitland (WTL)	a	2209	2219		2314	2345
Whitland (WTL)	d	2210	2220		2315	2345
Carmarthen (CMN)	a	2227	2237		2332	0003
Carmarthen (CMN)	d		2239			
Ferryside (FYS)	d		2250			
Kidwelly (KWL)	d		2255			
Pembrey & Burry Port (PBY)	d		2302			
Llanelli (LLE) 	d	2232	2308			
Gowerton (GWN)	d	2240	2315			
Swansea (SWA)	a	2255	2327			
Swansea (SWA)	d					
Llansamlet (LAS)	d					
Skewen (SKE)	d					
Neath (NTH)	d					
Briton Ferry (BNF)	d					
Baglan (BAJ)	d					
Port Talbot Parkway (PTA)	d					
Pyle (PYL)	d					
Maesteg (MST)	d					
Maesteg (Ewenny Road) (MEW)	d					
Garth (Mid Glamorgan) (GMG)	d					
Tondu (TDU)	d					
Sarn (SRR)	d					
Wildmill (WMI)	d					
Bridgend (BGN)	a					
Bridgend (BGN)	d					
Pencoed (PCD)	d					
Llanharan (LLR)	d					
Pontyclun (PYC)	d					
Cardiff Central (CDF) 	a					
Cardiff Central (CDF) 	d					
Newport (South Wales) (NWP)	a					
Gloucester (GCR) 	a					
Cheltenham Spa (CNM)	a					
Manchester Piccadilly (MAN) 	a					
Reading (RDG) 	a					
London Paddington (PAD) 	a					

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a** Arrival time
- d** Departure time
- x** Stops on request
- e** Arrives 6 minutes earlier
- B** From Shrewsbury

Rosslare, Fishguard, Milford Haven, Pembroke Dock, Tenby, Carmarthen, Swansea, Maesteg and Bridgend to Cardiff

Sundays

Operator Days of operation/Notes 1st Class/Reservations/Bus/Ferry Catering facilities	GW 113 A	GW A 113	GW B 113	AW A	GW 113 A	AW A	AW A	AW A	GW 113 A	AW A	AW A	AW A	GW 113 A	AW A	AW A	AW A	GW 113 A
Rosslare Harbour (RSB) 	d																
Fishguard Harbour (FGH) 	a																
Fishguard Harbour (FGH)	d																
Fishguard & Goodwick (FGW)	d																
Milford Haven (MFH)	d																
Johnston (JOH)	d																
Haverfordwest (HVF)	d																
Clarbeston Road (CLR)	d																
Clunderwen (CUW)	d																
Pembroke Dock (PMD)	d																
Pembroke (PMB)	d																
Lamphey (LAM)	d																
Manorbier (MRB)	d																
Penally (PNA)	d																
Tenby (TEN)	d																
Saundersfoot (SDF)	d																
Kilgetty (KGT)	d																
Narberth (NAR)	d																
Whitland (WTL)	a																
Whitland (WTL)	d																
Carmarthen (CMN)	a																
Carmarthen (CMN)	d							0934			0948		1034			1054	1125
Ferryside (FYS)	d										0958					1104	
Kidwelly (KWL)	d										1004					1110	
Pembrey & Burry Port (PBY)	d							0952			1011		1051			1117	1146
Llanelli (LLE) 	d							0959			1018		1058			1124	1153
Gowerton (GWN)	d										1025		1105			1131	
Swansea (SWA)	a							1017			1038		1118			1144	1211
Swansea (SWA)	d	0755	0835	0835	0841	0923	0930			1022	1032			1131	1123	1131	1223
Llansamlet (LAS)	d																
Skewen (SKE)	d																
Neath (NTH)	d	0807	0847	0847	0853	0935	0942			1035	1044			1135	1143		1235
Briton Ferry (BNF)	d																
Baglan (BAJ)	d																
Port Talbot Parkway (PTA)	d	0814	0854	0854	0900	0942	0949			1042	1051			1142	1150		1242
Pyle (PYL)	d				0908		0957				1100				1158		
Maesteg (MST)	d							0947					1109				1214
Maesteg (Ewenny Road) (MEW)	d							0949					1111				1216
Garth (Mid Glamorgan) (GMG)	d							0953					1115				1219
Tondu (TDU)	d							1003					1125				1229
Sarn (SRR)	d							1006					1128				1232
Wildmill (WMI)	d							1009					1131				1235
Bridgend (BGN)	a	0826	0906	0906	0916	0954	1005	1014		1054	1108		1135		1154	1206	1239 1254
Bridgend (BGN)	d	0827	0907	0907	0916	0955	1005	1018		1055	1108		1135		1155	1206	1240 1255
Pencoed (PCD)	d							1023					1140				1245
Llanharan (LLR)	d							1028					1145				1250
Pontyclun (PYC)	d							1032					1149				1254
Cardiff Central (CDF) 	a	0848	0928	0928	0939	1016	1026	1047		1117	1130		1202		1216	1226	1309 1316
Cardiff Central (CDF) 	d	0850	0935	0935	0945	1020	1043			1120	1140				1220	1239	1320
Newport (South Wales) (NWP)	a	0906	0951	0951	1003	1031	1056			1130	1153				1231	1253	1331
Gloucester (GCR) 	a																
Cheltenham Spa (CNM)	a																
Manchester Piccadilly (MAN) 	a				1311		1415				1515					1615	
Reading (RDG) 	a	1025	1103	1117		1144				1244					1344		1444
London Paddington (PAD) 	a	1050	1127	1141		1210				1309					1409		1509

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a** Arrival time
- d** Departure time
- A** Runs from 5 April
- B** Runs until 29 March

Rosslare, Fishguard, Milford Haven, Pembroke Dock, Tenby, Carmarthen, Swansea, Maesteg and Bridgend to Cardiff

Sundays

Operator Days of operation/Notes 1st Class/Reservations/Bus/Ferry Catering facilities	AW	AW	AW	GW	AW	AW	AW	AW	GW	AW	AW	GW	AW	GW	AW	GW	AW	GW
	⌚		⌚	⌚⌚ ⌚	⌚		⌚⌚ R		⌚⌚ ⌚	⌚ ⌚		⌚⌚ ⌚	⌚	⌚⌚ ⌚	⌚	⌚⌚ ⌚	AW C	GW ⌚
Rosslare Harbour (RSB) ⚓	d						0815											
Fishguard Harbour (FGH) ⚓	a						1145											
Fishguard Harbour (FGH)	d							1237									1412	
Fishguard & Goodwick (FGW)	d							1240									1415	
Milford Haven (MFH)	d			1123										1324				
Johnston (JOH)	d			1131x										1332x				
Haverfordwest (HVF)	d			1138										1340				
Clarbeston Road (CLR)	d			1147x				1259x						1349x			1434x	
Clunderwen (CUW)	d			1154x				1306x						1356x			1442x	
Pembroke Dock (PMD)	d					1139												
Pembroke (PMB)	d					1148												
Lamphey (LAM)	d					1151x												
Manorbier (MRB)	d					1159												
Penally (PNA)	d					1205x												
Tenby (TEN)	d					1210												
Saundersfoot (SDF)	d					1218x												
Kilgetty (KGT)	d					1220x												
Narberth (NAR)	d					1230x												
Whitland (WTL)	a			1202		1239		1313						1404			1449	
Whitland (WTL)	d			1202		1239		1313						1404			1449	
Carmarthen (CMN)	a			1217		1256		1331						1421			1507	
Carmarthen (CMN)	d			1232		1258		1334					1415	1427			1508	
Ferryside (FYS)	d					1308											1519	
Kidwelly (KWL)	d					1314											1525	
Pembrey & Burry Port (PBY)	d			1249		1321		1351					1436	1444			1532	
Llanelli (LLE) 7	d			1256		1328		1358					1446c	1451			1538	1553
Gowerton (GWN)	d			1303		1335		1405						1459			1545	1601
Swansea (SWA)	a			1317		1347							1504	1513			1559	1615
Swansea (SWA)	d	1251		1340	1323	1340			1422	1455			1523	1532	1523	1532		1625
Llansamlet (LAS)	d																	
Skewen (SKE)	d																	
Neath (NTH)	d	1303			1335	1352		1422	1434	1507					1535	1544		1635
Briton Ferry (BNF)	d																	
Baglan (BAJ)	d																	
Port Talbot Parkway (PTA)	d	1311			1342	1359		1430	1441	1515					1542	1552		1643
Pyle (PYL)	d	1318				1407				1523						1559		
Maesteg (MST)	d		1310									1516						
Maesteg (Ewenny Road) (MEW)	d		1312									1518						
Garth (Mid Glamorgan) (GMG)	d		1316									1522						
Tondu (TDU)	d		1326									1532						
Sarn (SRR)	d		1329									1535						
Wildmill (WMI)	d		1332									1538						
Bridgend (BGN)	a	1326	1337		1355	1415		1443	1453	1532	1543				1554	1606		1654
Bridgend (BGN)	d	1327	1338		1355	1415		1443	1454	1532	1543				1555	1607		1656
Pencoed (PCD)	d		1343								1548					1612		
Llanharan (LLR)	d		1348								1553					1617		
Pontyclun (PYC)	d		1352								1557					1621		
Cardiff Central (CDF) 7	a	1347	1407		1414	1436		1504	1515	1553	1612				1615	1635		1717
Cardiff Central (CDF) 7	d	1351			1420	1455			1515	1555					1620	1641		1720
Newport (South Wales) (NWP)	a	1404			1431	1508			1529	1608					1631	1654		1731
Gloucester (GCR) 7	a																	
Cheltenham Spa (CNM)	a																	
Manchester Piccadilly (MAN) 10	a	1715				1814				1914						2015		
Reading (RDG) 7	a				1544				1644						1744			1844
London Paddington (PAD) 15	a				1609				1709						1809			1909

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
- d Departure time
- x Stops on request
- c Arrives 3 minutes earlier
- C From Shrewsbury

Rosslare, Fishguard, Milford Haven, Pembroke Dock, Tenby, Carmarthen, Swansea, Maesteg and Bridgend to Cardiff

Sundays

Operator Days of operation/Notes 1st Class/Reservations/Bus/Ferry Catering facilities	AW	AW D	AW T	GW T	AW T	GW T	AW	AW E	AW	AW	GW T	GW T	AW D	AW C	AW	AW	AW F
Rosslare Harbour (RSB)	d																
Fishguard Harbour (FGH)	a																
Fishguard Harbour (FGH)	d																
Fishguard & Goodwick (FGW)	d																
Milford Haven (MFH)	d		1529					1730								1939	
Johnston (JOH)	d		1537x					1738x								1947x	
Haverfordwest (HVF)	d		1545					1745								1955	
Clarbeston Road (CLR)	d		1554x					1753x								2003x	
Clunderwen (CUW)	d		1601x					1801x								2010x	
Pembroke Dock (PMD)	d						1622								1910		
Pembroke (PMB)	d						1631								1919		
Lamphey (LAM)	d						1634x								1922x		
Manorbier (MRB)	d						1642								1930		
Penally (PNA)	d						1648x								1936x		
Tenby (TEN)	d						1653								1941		
Saundersfoot (SDF)	d						1701x								1949x		
Kilgetty (KGT)	d						1703x								1951x		
Narberth (NAR)	d						1713x								2001x		
Whitland (WTL)	a		1609				1722	1808							2010	2018	
Whitland (WTL)	d		1609				1723	1809							2010	2018	
Carmarthen (CMN)	a		1625				1740	1826							2027	2036	
Carmarthen (CMN)	d		1640	1630	1640		1742					1920			2041		2041 2115
Ferryside (FYS)	d				1651		1752					1932					2051
Kidwelly (KWL)	d				1657		1758					1939					2057
Pembrey & Burry Port (PBY)	d				1650	1704	1805					1947					2104 2133
Llanelli (LLE)					1658	1710	1812					1954		2006			2111 2140
Gowerton (GWN)	d				1717		1819							2014			2118 2147
Swansea (SWA)	a				1714	1732	1833					2012		2029			2135 2200
Swansea (SWA)	d	1654			1722	1736	1823		1836			1924	2020		2040		2205
Llansamlet (LAS)	d																
Skewen (SKE)	d																
Neath (NTH)	d	1706			1735	1747	1835		1849			1936	2032		2051		2216
Briton Ferry (BNF)	d																
Baglan (BAJ)	d																
Port Talbot Parkway (PTA)	d	1713			1742	1755	1842		1857			1942	2039		2100		2224
Pyle (PYL)	d	1721				1804			1905								2232
Maesteg (MST)	d		1708								1917			2039			
Maesteg (Ewenny Road) (MEW)	d		1711								1919			2041			
Garth (Mid Glamorgan) (GMG)	d		1714								1923			2044			
Tondu (TDU)	d		1723								1932			2054			
Sarn (SRR)	d		1726								1935			2056			
Wildmill (WMI)	d		1729								1938			2059			
Bridgend (BGN)	a	1729	1733		1754	1811	1854		1913		1942	1955	2051	2103	2115		2240
Bridgend (BGN)	d	1729	1733		1756	1811	1856		1913		1942	1956	2052	2103	2115		2240
Pencoed (PCD)	d		1739								1947			2108			
Llanharan (LLR)	d		1743								1952			2112			
Pontyclun (PYC)	d		1748								1956			2117			
Cardiff Central (CDF)		a	1749	1802		1817	1834	1917		1935		2010	2017	2114	2130	2140	2300
Cardiff Central (CDF)		d	1755	1805		1820	1842	1920		1939			2020	2120			2320
Newport (South Wales) (NWP)	a		1808	1822		1831	1855	1930		1952			2030	2130			2334
Gloucester (GCR)		a															
Cheltenham Spa (CNM)	a																
Manchester Piccadilly (MAN)	a	2115				2214											
Reading (RDG)		a			1943		2048					2148	2249				
London Paddington (PAD)		a			2009		2114					2214	2327				

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
- d Departure time
- x Stops on request
- C From Shrewsbury
- D To Ebbw Vale Town
- E To Shrewsbury
- F To Hereford

Rosslare, Fishguard, Milford Haven, Pembroke Dock, Tenby, Carmarthen, Swansea, Maesteg and Bridgend to Cardiff

Sundays

1st Class/Reservations/Bus/Ferry	Operator	AW	AW	AW	AW	AW
Rosslare Harbour (RSB)	 d			1930		
Fishguard Harbour (FGH)	 a			2300		
Fishguard Harbour (FGH)	d				2301	
Fishguard & Goodwick (FGW)	d				2304	
Milford Haven (MFH)	d	2134				2310
Johnston (JOH)	d	2142x				2318x
Haverfordwest (HVF)	d	2150				2326
Clarbeston Road (CLR)	d	2159x			2323x	2334x
Clunderwen (CUW)	d	2206x			2331x	2341x
Pembroke Dock (PMD)	d		2200			
Pembroke (PMB)	d		2209			
Lamphey (LAM)	d		2212x			
Manorbier (MRB)	d		2220			
Penally (PNA)	d		2226x			
Tenby (TEN)	d		2232			
Saundersfoot (SDF)	d		2240x			
Kilgetty (KGT)	d		2242x			
Narberth (NAR)	d		2252x			
Whitland (WTL)	a	2214	2301		2338	2348
Whitland (WTL)	d	2214	2301		2338	2348
Carmarthen (CMN)	a	2231	2319		2354	0007
Carmarthen (CMN)	d	2234				
Ferryside (FYS)	d	2244				
Kidwelly (KWL)	d	2250				
Pembrey & Burry Port (PBY)	d	2257				
Llanelli (LLE)	 d	2304				
Gowerton (GWN)	d	2311				
Swansea (SWA)	a	2324				
Swansea (SWA)	d	2327				
Llansamlet (LAS)	d					
Skewen (SKE)	d					
Neath (NTH)	d	2339				
Briton Ferry (BNF)	d					
Baglan (BAJ)	d					
Port Talbot Parkway (PTA)	d	2346				
Pyle (PYL)	d	2354				
Maesteg (MST)	d					
Maesteg (Ewenny Road) (MEW)	d					
Garth (Mid Glamorgan) (GMG)	d					
Tondu (TDU)	d					
Sarn (SRR)	d					
Wildmill (WMI)	d					
Bridgend (BGN)	a	0003				
Bridgend (BGN)	d	0003				
Pencoed (PCD)	d					
Llanharan (LLR)	d					
Pontyclun (PYC)	d					
Cardiff Central (CDF)	 a	0029				
Cardiff Central (CDF)	 d					
Newport (South Wales) (NWP)	a					
Gloucester (GCR)	 a					
Cheltenham Spa (CNM)	a					
Manchester Piccadilly (MAN)	 a					
Reading (RDG)	 a					
London Paddington (PAD)	 a					

NOTES (see introductory pages for explanation of train operator codes and standard symbols)

- a Arrival time
- d Departure time
- x Stops on request