

**Dydd Llun i ddydd Sadwrn (oni nodir fel arall) • Monday to Saturday (unless shown otherwise)**

**First Cymru**

Codau Diwrnodau/Day Codes am/pm	⌘						
	NS am	am	am	am	pm	pm	pm
Llanelli, Gorsaf Fysiau/Bus Station	7.05	8.55	9.55	11.55	1.55	4.40	5.40
Felin-foel, gyferbyn Bragdy/opposite Brewery	7.10	9.01	10.01	12.01	2.01	4.46	5.46
Llannon, sgwâr/square	7.19	9.10	10.10	12.10	2.10	4.55	5.55
Y Tymbl/Tumble, Tynton	...	9.18	10.18	12.18	2.18	5.03	6.03
Drefach, sgwâr/square cyr/arr	...	9.23	10.23	12.23	2.23	5.08E	6.08
Drefach, sgwâr/square gad/dep	...	9.25	10.25	12.25	2.25	5.09C	6.09C
Cefneithin, Neuadd/Hall	...	9.30	10.30	12.30	2.30	5.14	6.14
Cross Hands, sgwâr/square (cofeb/memorial) cyr/arr	7.27	9.36	10.36	12.36	2.36	5.19A	6.19
Cross Hands, sgwâr/square (cofeb/memorial) gad/dep	...	9.38	10.38	12.38	2.38	...	...
Gorslas, gyferbyn Ysgol/opposite School	...	9.43	10.43	12.43	2.43	...	...
Pen-y-groes, Meddygfa/Surgery	...	9.46	10.46	12.46	2.46	...	...
Capel Hendre, gyferbyn Swyddfa Bost/opposite Post Office	...	9.52	10.52	12.52	2.52	...	...
Saron, Colliers Arms	...	9.56	10.56	12.56	2.56	...	...
Rhydaman/Ammanford, Gorsaf Fysiau/Bus Station	...	10.04	11.04	1.04	3.04	...	...

Codau Diwrnodau/Day Codes am/pm	⌘								
	NS am	am	Sch am	S+SH am	am	pm	pm	pm	pm
Rhydaman/Ammanford, Gorsaf Fysiau/Bus Station	...	...	8.10	8.35	10.35	12.35	3.20	5.35	...
Saron, gyferbyn/opposite Colliers Arms	...	...	8.17	8.42	10.42	12.42	3.27	5.41	...
Capel Hendre, Swyddfa Bost/Post Office	...	...	8.21	8.46	10.46	12.46	3.31	5.44	...
Pen-y-groes, gyferbyn Meddygfa/opposite Surgery	...	...	8.27	8.52	10.52	12.52	3.37	5.49	...
Gorslas, Ysgol/School	...	...	8.32	8.55	10.55	12.55	3.40	5.52	...
Ysgol Maes-y-Gwendraeth	...	...	8.40	...	...	...	...	...	...
Cross Hands, sgwâr/square (gyferbyn cofeb/opposite memorial) cyr/arr	...	...	8.46	9.00	11.00	1.00	3.45	5.57	...
Cross Hands, sgwâr/square (gyferbyn cofeb/opposite memorial) gad/dep	6.35	7.35	9.02	9.02	11.02	1.02	3.47	5.57	6.20
Cefneithin, Y Glyn	...	7.40	9.07	9.07	11.07	1.07	3.52	6.02	...
Drefach, sgwâr/square cyr/arr	...	7.46B	9.13	9.13	11.13	1.13	3.58	6.07	...
Drefach, sgwâr/square gad/dep	...	7.48	9.15	9.15	11.15	1.15	4.00	6.09	...
Y Tymbl/Tumble, Clwb Rygbi/Rugby Club	...	7.53	9.20	9.20	11.20	1.20	4.05	6.14H	...
Llannon, sgwâr/square	6.43	8.01	9.28	9.28	11.28	1.28	4.13	...	6.28
Felin-foel, Bragdy/Brewery	6.51	8.10	9.37	9.37	11.37	1.37	4.22	...	6.36
Llanelli, Gorsaf Fysiau/Bus Station	6.57	8.19	9.44	9.44	11.44	1.44	4.29	...	6.42
Sandy, Campws y Graig/Graig Campus	...	8.25G	...	...	...	...	...	...	...

- A:**.....Mae'r bus yn mynd ymlaen i Gwmgwili a Tycroes fel gwasanaeth 126 • The bus continues to Cwmgwili & Tycroes as service 126
- B:**.....Cysylltiad o Bontyberem (gwasanaeth 164) ac i Gaerfyrddin (gwasanaeth 129) - yn aros hyd at 10 munud  
Connection from Pontyberem (service 164) and to Carmarthen (service 129) - waits for up to 10 minutes
- C:**.....Cysylltiad o Gaerfyrddin (gwasanaeth 129) - yn aros hyd at 10 munud • Connection from Carmarthen (service 129) - waits for up to 10 minutes
- E:**.....Gall teithwyr newid am wasanaeth 164 i Fynyddcerrig/Pontyberem • Passengers can change for service 164 to Mynyddcerrig/Pontyberem
- G:**.....Yn mynd ymlaen i Coleg Sir Gar ar ddiwrnodau Coleg yn unig • Continues to Coleg Sir Gar on College days only
- H:**.....Mae'r bus yn mynd ymlaen i sgwâr y Tymbl Uchaf • The bus continues to Upper Tumble square
- NS:**.....Dydd Llun i ddydd Gwener yn unig • Monday to Friday only
- S+SH:**...Dydd Sadwrn a gwyliau Ysgol (Llun i Gwener) yn unig • Saturdays and School holidays (Monday to Friday) only
- Sch:**.....Dyddiau Ysgol (Llun i Gwener) yn unig • School days (Monday to Friday) only

⌘ Yn Gweithredu ar ran Cyngor Sir Caerfyrddin • Operates on behalf of Carmarthenshire County Council

Mae'r gwasanaeth hwn yn aros ger **Gorsaf Rheilffordd Rhydaman**  
This service stops near **Ammanford Railway Station**

Ar gyfer teithiau ychwanegol rhwng Cross Hands a Rhydaman gweler **gwasanaethau 129, 164 a 165**  
For additional journeys between Cross Hands and Ammanford see **services 129, 164 and 165**

*Fe all gwasanaeth dydd Sadwrn weithredu ar ddydd Gwener y Groglith ac ar ddyddiau'r wythnos yn ystod y Nadolig - gwiriwch cyn teithio*  
*A Saturday service may operate on Good Friday and on weekdays during the Christmas period - please check before travelling*

**First Cymru**, Heol Gwrosydd, Penlan, Abertawe/Swansea SA5 7BN ☎ 01792 572 255 🌐 www.firstgroup.com

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**Dydd Llun i ddydd Sadwrn (oni nodir fel arall) • Monday to Saturday (unless shown otherwise)**

**First Cymru**

Codau Diwrnodau/Day Codes	⌘	⌘	⌘	⌘	⌘	⌘	⌘	⌘	⌘
am/pm	am	am	am	pm	S+SH pm	Sch pm	pm	pm	pm
Caerfyrddin/Carmarthen, Gorsaf Fysiau/Bus Station	7.10	8.20	10.55	12.55	2.55	2.55	4.45	5.45	7.40
Nantycaws, gyferbyn lloches/opposite shelter	7.18	8.29	11.03	1.03	3.03	3.03	4.53	5.53	7.48
Llanddarog, sgwâr/square	7.23	8.35	11.09	1.09	3.09	3.09	4.58	5.58	7.53
Llanddarog, Is-y-Llan	7.25	8.37	...	...	3.11	3.11	5.00	6.00	7.55
Porthyrhyd, Prince of Wales	7.29	8.41	11.11	1.11	3.15	3.15	5.04	6.04	7.59
Drefach, sgwâr/square cyr/arr	7.32	8.44	11.15	1.15	3.18	3.18	5.07E	6.07	8.02
Drefach, sgwâr/square gad/dep	7.32	8.46	11.18	1.18	3.20	3.20	5.09C	6.09C	8.02
Y Tymbl/Tumble, Clwb Rygbi/Rugby Club	7.37	8.53	11.25	1.25	3.27	3.27	5.14	6.14	8.07
Cross Hands, sgwâr/square (cofeb/memorial) cyr/arr	7.42	8.59	11.32	1.32	3.33	3.33	5.20	6.20	8.12
Cross Hands, sgwâr/square (cofeb/memorial) gad/dep	7.43	9.01	11.35	1.35	3.35	3.35	5.22	6.22	8.13
Parc Busnes Cross Hands Business Park, lloches/sheltere	7.47	9.05	...	...	...	...	5.26	6.26	8.16
Ysgol Maes-y-Gwendraeth	...	...	...	...	...	3.40	...	...	...
Gorslas, gyferbyn Ysgol/opposite School	7.49	9.07	11.40	1.40	3.40	3.45	5.28	6.28	8.17
Pen-y-groes, Meddygfâ/Surgery	7.54	9.12	11.43	1.43	3.43	3.50	5.33	6.33	8.23
Capel Hendre, gyferbyn Swyddfa Bost/opposite Post Office	7.59	9.18	11.49	1.49	3.49	3.56	5.38	6.38	8.28
Saron, Colliers Arms	8.02	9.22	11.53	1.53	3.53	4.00	5.41	6.41	8.31
Tir-y-dail, gyferbyn Coleg/opposite College	8.07	9.25	11.56	1.56	3.56	4.03	5.44	6.44	8.34
Rhydaman/Ammanford, Gorsaf Fysiau/Bus Station cyr/arr	8.12H	9.30	12.01	2.01	4.01	4.08	5.48G	6.48G	8.37
Rhydaman/Ammanford, Gorsaf Fysiau/Bus Station gad/dep	...	...	...	...	4.03	4.10	5.50	6.50	...
Pantffynnon, Mill Terrace	...	...	...	...	4.08	4.15	5.55	6.55	...
Tycroes, sgwâr/square	...	...	...	...	4.10	4.17	5.57	6.57	...

am/pm	⌘	⌘	⌘	⌘	⌘	⌘	⌘	⌘	⌘
am/pm	am	am	am	am	pm	pm	pm	pm	pm
Tycroes, depo Bysiau/Bus depot	...	6.57	...	...	...	...	...	...	...
Pantffynnon, Mill Terrace	...	6.59	...	...	...	...	...	...	...
Rhydaman/Ammanford, Gorsaf Fysiau/Bus Station cyr/arr	...	7.05	...	...	...	...	...	...	...
Rhydaman/Ammanford, Gorsaf Fysiau/Bus Station gad/dep	6.05	7.10A	9.35	11.35	1.35	3.35	4.35	6.35	...
Tir-y-dail, Coleg/College	6.07	7.12	9.37	11.37	1.37	3.37	4.37	6.37	...
Saron, gyferbyn/opposite Colliers Arms	6.11	7.16	9.42	11.42	1.42	3.41	4.41	6.41	...
Capel Hendre, Swyddfa Bost/Post Office	6.14	7.19	9.46	11.46	1.46	3.44	4.44	6.44	...
Pen-y-groes, gyferbyn Meddygfâ/opposite Surgery	6.19	7.24	9.52	11.52	1.52	3.49	4.49	6.49	...
Gorslas, Ysgol/School	6.22	7.27	9.55	11.55	1.55	3.52	4.52	6.52	...
Parc Busnes Cross Hands Business Park, lloches/sheltere	6.27	7.32X	...	...	...	3.57	4.57	6.57	...
Cross Hands, sgwâr/square (gyferbyn cofeb/opposite memorial) cyr/arr	6.29	7.34	10.00	12.00	2.00	3.59	4.59	6.59	...
Cross Hands, sgwâr/square (gyferbyn cofeb/opposite memorial) gad/dep	6.29	7.34	10.03	12.03	2.02	3.59	4.59	6.59	...
Y Tymbl/Tumble, Tynton	6.34	7.39	10.08	12.08	2.07	4.04	5.04	7.04	...
Drefach, sgwâr/square cyr/arr	6.39	7.46B	10.15	12.15	2.14	4.11	5.11	7.11	...
Drefach, sgwâr/square gad/dep	6.40	7.48	10.18	12.18	2.16	4.13	5.13	7.13	...
Porthyrhyd, Swyddfa Bost/Post Office	6.43	7.51	10.21	12.21	2.19	4.16	5.16	7.16	...
Llanddarog, sgwâr/square	6.45	7.53	10.23	12.23	2.21	4.18	5.18	7.18	...
Llanddarog, Is-y-Llan	6.47	7.55	...	...	2.23	4.20	5.20	7.20	...
Nantycaws, lloches/shelter	6.54	8.02	10.28	12.28	2.30	4.27	5.27	7.27	...
Caerfyrddin/Carmarthen, Gorsaf Fysiau/Bus Station	7.04	8.12	10.38	12.38	2.40	4.37	5.37	7.37	...

- A:** .....Cysylltiad o Frynman (gwasanaeth 124) ar ddydd Llun i ddydd Gwener - yn aros hyd at 10 munud  
Connection from Brynman (service 124) on Monday to Friday - waits for up to 10 minutes
- B:** .....Cysylltiad o Pontyberem (gwasanaeth 164) ac i Lanelli (gwasanaeth 128) - yn aros hyd at 10 munud  
Connection from Pontyberem (service 164) and to Lanelli (service 128) - waits for up to 10 minutes
- C:** .....Cysylltiad gyda gwasanaeth 128 o Lanelli ac i Gefneithin - yn aros hyd at 10 munud  
Connection with service 128 from Lanelli and to Cefneithin - waits for up to 10 minutes
- E:** .....Gall teithwyr newid am wasanaeth 164 i Fynyddcerrig/Pontyberem • Passengers can change for service 164 to Mynyddcerrig/Pontyberem
- G:** .....Gall teithwyr newid am wasanaeth 124 i Frynman • Passengers can change for service 124 to Brynman
- H:** .....Gall teithwyr newid am wasanaeth X13 i Landeilo • Passengers can change for service X13 to Landeilo
- S+SH:** ...Dydd Sadwrn a gwyliau Ysgol (Llun i Gwener) yn unig • Saturdays and School holidays (Monday to Friday) only
- Sch:** .....Dyddiau Ysgol (Llun i Gwener) yn unig • School days (Monday to Friday) only
- X:** .....Mae'r daith hon yn aros GYFERBYN y lloches • This journey stops OPPOSITE the shelter

⌘ Yn gweithredu ar ran Cyngor Sir Caerfyrddin • Operates on behalf of Carmarthenshire County Council

**Mae'r gwasanaeth hwn yn aros ger Gorsafoedd Rheilffordd Rhydaman a Pantffynnon**  
This service stops near **Ammanford and Pantffynnon Railway Stations**

Ar gyfer teithiau ychwanegol rhwng Cross Hands a Rhydaman gweler **gwasanaethau 128, 164 a 165**  
For additional journeys between Cross Hands and Ammanford see **services 128, 164 and 165**

*Efallai na fydd teithiau gyda'r nos yn gweithredu ar Noswyl Nadolig a Nos Galan - gwiriwch cyn teithio*  
*Evening journeys may not operate on Christmas Eve and New Year's Eve - please check before travelling*

Ewch allan am y dydd ar fws gyda...

## Tocyn Crwydro GORLLEWIN CYMRU



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Every effort is made to ensure that the information contained in these timetables is correct, but details of times, routes and fares may change at short notice. The publishers cannot accept responsibility for any inaccuracies or late alterations. **Passengers are advised to check journey details before travelling, and to be at the stop in advance of the advertised departure time.**

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