

Llandybie - Rhydaman/Ammanford

drwy/via Garnant - Glanamau

Gwasanaeth/Service 103

Ni fydd gwasanaeth 103 yn gweithredu o 1af Medi 2025. Gall teithwyr ddefnyddio gwasanaethau 165 a X13

Service 103 will not operate from 1st September 2025. Passengers can use services 165 and X13

Brynaman - Rhydaman/Ammanford - Tycroes

drwy/via Garnant - Glanamau

Gwasanaeth/Service 124

Yn weithredol/Effective from 01/09/2025

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	NS am	S+CH am	Col am	am	am	am	am	pm	pm	pm	pm	pm	pm	pm
Brynaman Uchaf/Upper Brynaman, Arfryn	6.39	7.09	7.54	7.54	8.54	9.54	10.54	11.54	12.54	1.54	2.54	3.54	5.14	6.14	7.14
Brynaman, gyferbyn Sinema/opposite Cinema	6.43	7.13	7.59	7.59	8.58	9.58	10.58	11.58	12.58	1.58	2.58	3.58	5.18	6.18	7.18
Gwaun-Cae-Gurwen, sgwâr/square	6.49	7.19	8.06	8.06	9.06	10.06	11.06	12.06	1.06	2.06	3.06	4.06	5.25	6.25	7.25
Garnant, sgwâr/square gyferbyn Meddygfa/opp Surgery	6.53	7.23	8.11	8.11	9.10	10.10	11.10	12.10	1.10	2.10	3.10	4.10	5.28	6.28	7.28
Glanaman, sgwâr/square	6.57	7.27	8.16	8.16	9.14	10.14	11.14	12.14	1.14	2.14	3.14	4.14	5.32	6.32	7.32
Rhydaman/Ammanford, Gorsaf Fysiau/Bus Station cyrr/arr	7.08	7.42	8.28	8.28	9.24	10.24	11.24	12.24	1.24	2.24	3.24	4.24	5.41	6.41	7.41
Rhydaman/Ammanford, Gorsaf Fysiau/Bus Station gad/dep	...	...	...	8.30	...	...	...	...	...	...	...	...	...	...	7.42
Tir-y-dail, Coleg/College	...	...	...	8.35	...	...	...	...	...	...	...	...	...	...	...
Tycroes, Ysgol Gynradd/Primary School	...	...	...	...	...	...	...	...	...	...	...	...	...	...	7.49

Codau Diwrnodau/Day Codes am/pm	NS am	NS am	am	am	am	am	am	am	pm	pm	pm	pm	Col pm	S+CH pm	pm	pm
Tycroes, sgwâr/square	6.06	6.36	7.18	...	...	...	...	...	...	...	...	...	...	...	...	...
Tir-y-dail, gyferbyn Coleg/opposite College	...	...	...	...	...	...	...	...	...	...	...	...	4.37	...	...	...
Rhydaman/Ammanford, Gorsaf Fysiau/Bus Station cyrr/arr	6.13	6.43	7.25	...	...	...	...	...	...	...	...	...	4.42	...	...	...
Rhydaman/Ammanford, Gorsaf Fysiau/Bus Station gad/dep	6.14	6.44	7.26	8.25	9.25	10.25	11.25	12.25	1.25	2.25	3.25	4.45	4.45	5.45	6.45	...
Carregaman, gyferbyn/opposite Wilkinsons	6.16	6.46	7.28	8.27	9.27	10.27	11.27	12.27	1.27	2.27	3.27	4.47	4.47	5.47	6.47	...
Glanaman, sgwâr/square	6.24	6.54	7.37	8.36	9.36	10.36	11.36	12.36	1.36	2.36	3.36	4.56	4.56	5.56	6.56	...
Garnant, sgwâr/square Meddygfa/Surgery	6.27	6.57	7.41	8.40	9.40	10.40	11.40	12.40	1.40	2.40	3.40	5.00	5.00	6.00	7.00	...
Gwaun-Cae-Gurwen, cofeb/memorial	6.30	7.00	7.44	8.44	9.44	10.44	11.44	12.44	1.44	2.44	3.44	5.03	5.03	6.03	7.03	...
Brynaman, Sinema/Cinema	6.35	7.05	7.50	8.50	9.50	10.50	11.50	12.50	1.50	2.50	3.50	5.09	5.09	6.09	7.09	...
Brynaman Uchaf/Upper Brynaman, Arfryn	6.38	7.08	7.53	8.53	9.53	10.53	11.53	12.53	1.53	2.53	3.53	5.12	5.12	6.12	7.12	...

Col:Dyddiau Coleg yn unig • College days only**S+CH:** ...Dydd Sadwrn a gwyliau Coleg (Llun i Gwener) yn unig • Saturday and College holidays (Monday to Friday) onl**NS:**Dydd Llun i ddydd Gwener yn unig • Monday to Friday only

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

*Fe all gwasanaeth dydd Sadwrn weithredu ar ddydd Gwener y Groglith ac ar ddyddiau'r wythnos yn ystod y Nadolig, ac efallai na fydd teithiau gyda'r nos yn gweithredu ar Noswyl Nadolig a Nos Galan - gwiriwch cyn teithio**A Saturday service may operate on Good Friday and on weekdays during the Christmas period, and evening journeys may not operate on Christmas Eve and New Year's Eve - please check before travelling*Ar gyfer teithiau ychwanegol rhwng Brynaman a Rhydaman gweler **gwasanaeth 64**;Ar gyfer teithiau ychwanegol rhwng Garnant, Glanamau a Rhydaman gweler **gwasanaethau 64 a 145/146**For additional journeys between Brynaman and Ammanford see **service 64**;For additional journeys between Garnant, Glanamau and Ammanford see **services 64 and 145/146****First Cymru.** Heol Gwrosydd, Penlan, Abertawe/Swansea SA5 7BN ☎ 0345 646 0707 🌐 www.firstbus.co.uk**Tycroes - Rhydaman/Ammanford**

drwy/via Pantyffynnon

Gwasanaeth/Service 126

Yn weithredol/Effective from 01/09/2025

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

Codau Diwrnodau/Day Codes am/pm	Sch am	am	am
Tycroes, Parc Teglan/Teglan Park	...	9.02	11.45
Tycroes, Heol Brown	7.45	9.05	11.48
Pantyffynnon, Mill Terrace	7.48	9.08	11.51
Rhydaman/Ammanford, Gorsaf Fysiau/Bus Station	7.58	9.16	11.59
am/pm	am	pm	
Rhydaman/Ammanford, Gorsaf Fysiau/Bus Station	11.30	2.30	
Pantyffynnon, Mill Terrace	11.36	2.36	
Tycroes, Heol Brown	11.40	2.40	
Tycroes, Parc Teglan/Teglan Park	11.44	2.44	

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 gwasanaeth 126 yn aros ger **Gorsaf Rheilffordd Pantyffynnon**
Service 126 stops near **Pantyffynnon Railway Station****First Cymru.** Heol Gwrosydd, Penlan, Abertawe/Swansea SA5 7BN ☎ 0345 646 0707 🌐 www.firstbus.co.uk

Garnswllt - Rhydaman/Ammanford

drwy/via Betws - Tre-hopcyn/Hopkinstown

Gwasanaeth/Service 127

Yn weithredol/Effective from 01/09/2025

Dydd Llun i ddydd Sadwrn • Monday to Saturday**First Cymru**

am/pm	am	am	pm	pm	pm
Garnswllt, sgwâr/square	7.35	9.35	12.53	3.53	5.53
Garnswllt, Lon-y-felin	7.40	9.40	...	...	...
Betws, Parc Penrhiw	7.45	9.45	...	...	...
Betws, gyferbyn/opposite Plough & Harrow	7.47	9.47	12.59	3.59	5.59
Betws, Heol Maeswarre/Maesquarre Road	7.52	9.52	...	...	...
Tre-hopcyn/Hopkinstown, Llys-y-Deri	7.57	9.57	...	...	...
Carregaman, Wilkinsons	8.03	10.03	1.02	4.02	6.02
Rhydaman/Ammanford, Gorsaf Fysiau/Bus Station	8.07	10.07	1.05	4.08	6.05
am/pm	am	am	pm	pm	pm
Rhydaman/Ammanford, Gorsaf Fysiau/Bus Station	7.20	9.20	12.20	3.20	5.20
Carregaman, gyferbyn/opposite Wilkinsons	7.23	9.23	12.24	3.24	5.24
Tre-hopcyn/Hopkinstown, Llys-y-Deri	...	...	12.30	3.30	5.30
Betws, Heol Maeswarre/Maesquarre Road	...	...	12.34	3.34	5.34
Betws, Plough & Harrow	7.26	9.26	12.40	3.40	5.40
Betws, Parc Penrhiw	...	...	12.42	3.42	5.42
Garnswllt, Lon-y-felin	...	...	12.46	3.46	5.46
Garnswllt, sgwâr/square	7.33	9.33	12.51	3.51	5.51

Yn gweithredu ar ran Cyngor Sir Caerfyrddin mewn cydweithrediad â Chyngor Dinas a Sir Abertawe

Operates on behalf of Carmarthenshire County Council in conjunction with City & County of Swansea Council

First Cymru. Heol Gwrosydd, Penlan, Abertawe/Swansea SA5 7BN ☎ 0345 646 0707 🌐 www.firstbus.co.uk

Llanelli - Rhydaman/Ammanford

drwy/via Drefach - Cross Hands - Capel Hendre

Gwasanaeth/Service 128

Yn weithredol/Effective from 01/09/2025

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

Codau Diwrnodau/Day Codes	NS	am	am	am	pm	S+SH	Sch	pm	pm
am/pm	am	am	am	pm	pm	pm	pm	pm	pm
Llanelli, Gorsaf Fysiau/Bus Station	6.40	9.00	11.00	1.00	3.00	3.00	5.00	6.00	
Felin-foel, gyferbyn Bragdy/opposite Brewery	6.46	9.07	11.07	1.07	3.07	3.07	5.07	6.07	
Llannon, sgwâr/square	6.57	9.17	11.17	1.17	3.17	3.17	5.17	6.17	
Y Tymbl/Tumble, Stryd Fawr/High Street	...	9.24	11.24	1.24	3.24	3.24	5.24	6.24	
Drefach, Sgwâr/Square gad/dep	...	9.32	11.32	1.32	3.32	3.32	5.31	6.31	
Drefach, Sgwâr/Square gad/dep	...	9.33	11.33	1.33	3.33	3.33	5.32	6.32	
Cefneithin, Neuadd/Hall	...	9.38	11.38	1.38	3.38	3.38	5.38	6.38	
Cross Hands, sgwâr/square (cofeb/memorial) cyr/arr	7.07	9.43	11.43	1.43	3.43	3.43	5.43	6.43	
Cross Hands, sgwâr/square (cofeb/memorial) gad/dep	7.07	9.44	11.44	1.44	3.44	3.43	...	...	
Cefneithin, Ysgol Maesygwendraeth	...	...	...	...	...	3.47	...	...	
Parc Busnes Cross Hands Business Park	7.11	9.49	11.49	1.49	3.49	3.53	...	...	
Gorslas, gyferbyn Ysgol/opposite School	...	9.54	11.54	1.54	3.54	3.58	...	...	
Pen-y-groes, Meddygfa/Surgery	...	9.59	11.59	1.59	3.59	4.03	...	...	
Capel Hendre, gyferbyn Swyddfa Bost/opposite Post Office	...	10.06	12.06	2.06	4.06	4.10	...	...	
Saron, Colliers Arms	...	10.10	12.10	2.10	4.10	4.14	...	...	
Tir-y-dail, gyferbyn Coleg/opposite College	...	10.15	12.15	2.15	4.15	4.20	...	...	
Rhydaman/Ammanford, Gorsaf Fysiau/Bus Station	...	10.18	12.18	2.18	4.18	4.23	...	...	
am/pm	am	am	am	am	am	pm	pm	pm	pm
Rhydaman/Ammanford, Gorsaf Fysiau/Bus Station	...	...	7.30	9.30	11.30	1.30	3.00	5.30	
Tir-y-dail, Coleg/College	...	...	7.32	9.32	11.32	1.32	3.02	5.32	
Saron, gyferbyn/opposite Colliers Arms	...	...	7.38	9.38	11.38	1.38	3.08	5.38	
Capel Hendre, Swyddfa Bost/Post Office	...	...	7.42	9.42	11.42	1.42	3.12	5.41	
Pen-y-groes, gyferbyn Meddygfa/opposite Surgery	...	...	7.49	9.49	11.49	1.49	3.19	5.48	
Gorslas, Ysgol/School	...	...	7.54	9.54	11.54	1.54	3.24	5.53	
Parc Busnes Cross Hands Business Park	...	7.13	7.59	9.59	11.59	1.59	3.29	5.58	
Cross Hands, sgwâr/square (gyferbyn cofeb/opp memorial) cyr/arr	...	7.17	8.03	10.03	12.03	2.03	3.33	6.02	
Cross Hands, sgwâr/square (gyferbyn cofeb/opp memorial) gad/dep	6.40	7.18	8.04	10.04	12.04	2.04	3.34	6.03	
Cefneithin, Y Glyn	...	7.23	8.10	10.10	12.10	2.10	3.40	6.08	
Drefach, Sgwâr/Square gad/dep	...	7.30	8.17	10.17	12.17	2.17	3.47	6.14	
Drefach, Sgwâr/Square gad/dep	...	7.32	8.18	10.18	12.18	2.18	3.48	6.14	
Y Tymbl/Tumble, Stryd Fawr/High Street - lloches/shelter	...	7.39	8.25	10.25	12.25	2.25	3.55	6.19	
Tymbl Uchaf/Upper Tumble, Meddygfa/Surgery	...	7.40	8.26	10.26	12.26	2.26	3.56	6.20	
Llannon, sgwâr/square	6.50	7.48	8.34	10.34	12.34	2.34	4.04	...	
Felin-foel, Bragdy/Brewery	7.00	7.59	8.45	10.45	12.45	2.45	4.14	...	
Llanelli, Gorsaf Fysiau/Bus Station	7.06	8.11	8.54	10.54	12.54	2.54	4.23	...	

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

First Cymru. Heol Gwrosydd, Penlan, Abertawe/Swansea SA5 7BN ☎ 0345 646 0707 🌐 www.firstbus.co.uk

Caerfyrddin/Carmarthen - Rhydaman/Ammanford - Tycroes

drwy/via Drefach - Cross Hands - Capel Hendre

Gwasanaeth/Service 129

Yn weithredol/Effective from 01/09/2025

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

am/pm	am	am	am	pm	pm	pm	pm	pm	pm
Caerfyrddin/Carmarthen, Gorsaf Fysiau/Bus Station	7.00	8.00	10.00	12.00	2.00	4.00	5.05	6.05	7.40
Nantycaws, lloches/shelter	7.08	8.09	10.09	12.09	2.09	4.09	5.13	6.13	7.48
Llanddarog, Is-y-Llan	7.15	8.16	10.16	12.16	2.16	4.16	5.20	6.20	7.55
Porthyrhyd, Prince of Wales	7.20	8.21	10.21	12.21	2.21	4.21	5.25	6.25	8.00
Drefach, Sgwâr/Square cyr/arr	7.24	8.26	10.26	12.26	2.26	4.26	5.30	6.30	8.05
Drefach, Sgwâr/Square gad/dep	7.25	8.27	10.27	12.27	2.27	4.27	5.32	6.32	8.05
Y Tymbl/Tumble, Stryd Fawr/High Street - lloches/shelter	7.32	8.34	10.34	12.34	2.34	4.34	5.38	6.38	8.10
Cross Hands, sgwâr/square (cofeb/memorial) cyr/arr	7.39	8.43	10.43	12.43	2.43	4.43	5.46	6.46	8.17
Cross Hands, sgwâr/square (cofeb/memorial) gad/dep	7.40	8.44	10.44	12.44	2.44	4.44	5.47	6.47	8.17
Parc Busnes Cross Hands Business Park	7.45	8.49	10.49	12.49	2.49	4.49	5.52	6.52	8.21
Gorslas, gyferbyn Ysgol/opposite School	7.49	8.54	10.54	12.54	2.54	4.54	5.57	6.57	8.25
Pen-y-groes, Meddygfa/Surgery	7.54	8.59	10.59	12.59	2.59	4.59	6.02	7.02	8.29
Capel Hendre, gyferbyn Swyddfa Bost/opposite Post Office	8.01	9.06	11.06	1.06	3.06	5.06	6.08	7.08	8.35
Saron, Colliers Arms	8.06	9.10	11.10	1.10	3.10	5.10	6.11	7.11	8.38
Tir-y-dail, gyferbyn Coleg/opposite College	8.12	9.15	11.15	1.15	3.15	5.15	6.15	7.15	8.42
Rhydaman/Ammanford, Gorsaf Fysiau/Bus Station cyr/arr	8.15	9.18	11.18	1.18	3.18	5.18	6.18	7.18	8.44
Rhydaman/Ammanford, Gorsaf Fysiau/Bus Station gad/dep	...	...	...	...	...	...	6.19	7.19	...
Tycroes, Ysgol Gynradd/Primary School	...	...	...	...	...	...	6.26	7.26	...

Codau Diwrnodau/Day Codes	am	am	Sch	S+SH	am	pm	pm	pm	pm	pm
am/pm	am	am	am	am	am	pm	pm	pm	pm	pm
Tycroes, sgwâr/square	...	6.36	...	...	...	...	...	...	...	...
Rhydaman/Ammanford, Gorsaf Fysiau/Bus Station cyr/arr	...	6.43	...	...	...	...	...	...	...	...
Rhydaman/Ammanford, Gorsaf Fysiau/Bus Station gad/dep	5.50	6.44	8.00	8.05	10.30	12.30	2.30	3.30	4.30	6.30
Tir-y-dail, Coleg/College	5.52	6.46	8.02	8.07	10.32	12.32	2.32	3.32	4.32	6.32
Saron, gyferbyn/opposite Colliers Arms	5.57	6.51	8.08	8.13	10.38	12.38	2.38	3.38	4.38	6.37
Capel Hendre, Swyddfa Bost/Post Office	6.00	6.54	8.11	8.16	10.41	12.41	2.41	3.41	4.41	6.40
Pen-y-groes, gyferbyn Meddygfa/opposite Surgery	6.07	7.02	8.20	8.25	10.49	12.49	2.49	3.49	4.49	6.47
Gorslas, Ysgol/School	6.11	7.06	8.25	8.30	10.54	12.54	2.54	3.54	4.54	6.51
Parc Busnes Cross Hands Business Park	6.16	7.11	8.30	8.35	10.59	12.59	2.59	3.59	4.59	6.56
Cefneithin, Ysgol Maesygwendraeth	...	...	8.36	...	...	...	...	...	...	...
Cross Hands, sgwâr/square (gyferbyn cofeb/opp memorial) cyr/arr	6.19	7.15	8.39	8.39	11.03	1.03	3.03	4.03	5.03	6.59
Cross Hands, sgwâr/square (gyferbyn cofeb/opp memorial) gad/dep	6.19	7.16	8.42	8.42	11.04	1.04	3.04	4.04	5.04	7.00
Y Tymbl/Tumble, Stryd Fawr/High Street	6.26	7.24	8.51	8.51	11.13	1.13	3.13	4.13	5.13	7.07
Drefach, Sgwâr/Square cyr/arr	6.31	7.30	8.57	8.57	11.19	1.19	3.19	4.19	5.19	7.12
Drefach, Sgwâr/Square gad/dep	6.31	7.32	8.58	8.58	11.20	1.20	3.20	4.20	5.20	7.13
Porthyrhyd, Cwm-catti	6.35	7.36	9.03	9.03	11.25	1.25	3.25	4.25	5.25	7.17
Llanddarog, Is-y-Llan	6.40	7.41	9.08	9.08	11.30	1.30	3.30	4.30	5.30	7.22
Nantycaws, lloches/shelter	6.47	7.48	9.15	9.15	11.37	1.37	3.37	4.37	5.37	7.29
Caerfyrddin/Carmarthen, Gorsaf Fysiau/Bus Station	6.55	7.56	9.25	9.25	11.47	1.47	3.47	4.47	5.47	7.37

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****First Cymru.** Heol Gwrosydd, Penlan, Abertawe/Swansea SA5 7BN ☎ 0345 646 0707 🌐 www.firstbus.co.uk**Rhydaman/Ammanford - Cwmaman**

drwy/via Bro Ryan - Heol Folland/Folland Road - Maesybedol - Twyn

Gwasanaeth/Service 145/146

Yn weithredol/Effective from 01/09/2025

Dydd Llun i ddydd Sadwrn • Monday to Saturday**First Cymru**

Rhif y Gwasanaeth/Service Number	145	145	Rhif y Gwasanaeth/Service Number	146	146	146
am/pm	am	pm	am/pm	am	pm	pm
Rhydaman/Ammanford, Gorsaf Fysiau/Bus Station	8.55	12.55	Rhydaman/Ammanford, Gorsaf Fysiau/Bus Station	10.55	2.00	4.15
Carregaman, gyferbyn/opposite Wilkinsons	8.58	12.58	Carregaman, gyferbyn/opposite Wilkinsons	10.59	2.04	4.19
Glanaman, Bro Ryan	9.08	1.08	Glanaman, Bro Ryan	11.08	2.13	4.28
Garnant, Heol Ysgol Newydd/New School Road	...	...	Cwmaman, Heol Aman lloches/shelter	11.15	2.20	4.35
Garnant, sgwâr/square Meddygfa/Surgery	9.16	1.16	Glanaman, Heol Folland/Folland Road	11.18	2.23	4.38
Garnant, Bryncethin Road	9.18	1.18	Garnant, Maesybedol	11.23	2.28	4.43
Garnant, sgwâr/square gyferbyn Meddygfa/opp Surgery	9.20	1.20	Twyn, sgwâr/square	11.27	2.32	4.47
Twyn, sgwâr/square	9.23	1.23	Garnant, sgwâr/square Meddygfa/Surgery	11.30	2.35	4.50
Garnant, Maesybedol	9.27	1.27	Garnant, Bryncethin Road	11.32	2.37	4.52
Glanaman, Heol Folland/Folland Road	9.33	1.33	Garnant, sgwâr/square gyferbyn Meddygfa/opp Surgery	11.34	2.39	4.54
Cwmaman, Heol Aman lloches/shelter	9.35	1.35	Garnant, Heol Ysgol Newydd/New School Road	11.35	2.40	4.55
Glanaman, sgwâr/square	9.39	1.39	Glanaman, sgwâr/square	11.39	2.44	4.59
Glanaman, Bro Ryan	9.42	1.42	Glanaman, Bro Ryan	11.42	2.47	5.02
Carregaman, Wilkinsons	9.52	1.52	Carregaman, Wilkinsons	11.52	2.57	5.12
Rhydaman/Ammanford, Gorsaf Fysiau/Bus Station	9.55	1.55	Rhydaman/Ammanford, Gorsaf Fysiau/Bus Station	11.55	3.00	5.15

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Rhydaman/Ammanford - Cross Hands

drwy/via Llandybie - Blaenau - Gorsddu

Gwasanaeth/Service 165

Yn weithredol/Effective from 01/09/2025

Dydd Llun i ddydd Sadwrn • Monday to Saturday

First Cymru

am/pm	am	am	pm
Rhydaman/Ammanford, Gorsaf Fysiau/Bus Station	8.10	10.15	1.15
Llandybie, Clwb Rygbi/Rugby Club	8.20	10.25	1.25
Llandybie, Ystad Caecoed Estate	8.22	10.27	1.27
Blaenau, gyferbyn lloches/opposite shelter	...	10.32	1.32
Cae'r-bryn, sgwâr/square	...	10.33	1.33
Pen-y-groes, Meddygfa/Surgery	...	10.36	1.36
Gorsddu, gyferbyn/opposite Glan-y-Gors	...	10.38	1.38
Gorslas, Ysgol/School	...	10.42	1.42
Cross Hands, sgwâr/square (gyferbyn cofeb/opp memorial)	...	10.46	1.46

am/pm	am	am	pm
Cross Hands, sgwâr/square (gyferbyn cofeb/opp memorial)	...	10.48	1.48
Parc Busnes Cross Hands Business Park	...	10.52	1.52
Gorslas, gyferbyn Ysgol/opposite School	...	10.56	1.56
Gorsddu, Glan-y-Gors	...	11.00	2.00
Pen-y-groes, gyferbyn Meddygfa/opposite Surgery	...	11.03	2.03
Cae'r-bryn, sgwâr/square	...	11.06	2.06
Blaenau, lloches/shelter	...	11.07	2.07
Llandybie, Clwb Rygbi/Rugby Club	8.20	11.12	2.12
Llandybie, Ystad Caecoed Estate	8.22	11.13	2.13
Rhydaman/Ammanford, Gorsaf Fysiau/Bus Station	8.35	11.24	2.24

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Cross Hands - Caerfyrddin/Carmarthen

drwy/via Pontyberem - Mynyddcerrig - Cefneithin - Foelgastell - Capel Dewi

Gwasanaeth/Service 166

Yn weithredol/Effective from 01/09/2025

Dydd Llun i ddydd Sadwrn • Monday to Saturday

First Cymru

am/pm	am	am
Cross Hands, sgwâr/square (gyferbyn cofeb/opp memorial)	9.00	...
Ysbyty Mynyddmawr Hospital	9.08	...
Pontyberem, Coedlan Grugos/Grugos Avenue	9.22	11.26
Pontyberem, sgwâr/square lloches/shelter	9.27	...
Cwm-mawr, Heol Derwen/Derwen Road	...	11.30
Bancffosfelen, Heol Mynyddcerrig	9.32	...
Mynyddcerrig, Maeslan	9.38	...
Drefach, Sgwâr/Square	9.46	11.33
Cross Hands, sgwâr/square (cofeb/memorial)	9.53	11.40
Cross Hands, gyferbyn parc adwerthu/opposite retail park	9.55	11.42
Cefneithin, Y Glyn	9.59	11.46
Foelgastell, lloches/shelter	10.02	11.49
Porthyrhyd, gyferbyn/opposite Derwen Deg	10.07	11.54
Capel Dewi, lloches/shelter	10.15	...
Nantycaws, lloches/shelter	...	12.01
Caerfyrddin/Carmarthen, Gorsaf Fysiau/Bus Station	10.26	12.09

am/pm	am	pm
Caerfyrddin/Carmarthen, Gorsaf Fysiau/Bus Station	10.30	1.00
Nantycaws, gyferbyn lloches/opposite shelter	10.38	...
Capel Dewi, gyferbyn lloches/opposite shelter	...	1.11
Porthyrhyd, Derwen Deg	10.44	1.20
Foelgastell, gyferbyn lloches/opposite shelter	10.50	1.26
Cefneithin, Neuadd/Hall	10.53	1.29
Cross Hands, parc adwerthu/retail park	10.56	1.32
Cross Hands, sgwâr/square (gyferbyn cofeb/opp memorial)	10.58	1.34
Drefach, Sgwâr/Square	11.05	1.41
Mynyddcerrig, Maeslan	11.11	1.48
Bancffosfelen, Heol Mynyddcerrig	11.17	1.53
Pontyberem, Coedlan Grugos/Grugos Avenue	11.25	2.01
Pontyberem, sgwâr/square lloches/shelter	...	2.05
gyferbyn Ysbyty Mynyddmawr/opp Mynyddmawr Hospital	...	2.14
Cross Hands, sgwâr/square (cofeb/memorial)	...	2.20

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

Mae'r gwasanaeth hwn yn aros y tu allan i'r Ardd Fotaneg Cymru, yn Neuadd Middleton

This service stops outside the Botanic Garden of Wales, at Middleton Hall

Gall teithwyr o Heol Llannon a Grugos Avenue ym Mhontyberem ddefnyddio gwasanaeth 166 ar gyfer Cross Hands a Caerfyrddin, neu newid yn Nrefach i wasanaeth 128 ar gyfer Llanelli.

Passengers from Llannon Road and Grugos Avenue in Pontyberem can use service 166 for Cross Hands and Carmarthen, or change at Drefach onto service 128 for Llanelli.

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Caerfyrddin/Carmarthen - Llanelli - Parc Trostre

drwy/via Pontyberem - Pont-iets - Pum Heol/Five Roads

Gwasanaeth/Service 195

Yn weithredol/Effective from 01/09/2025

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

am/pm	am	am	am	pm	pm	pm	pm
Tre-loan/Johnstown, Ysgol Uwch F.E./Q.E. High School	...	...	...	...	3.33A	...	...
Caerfyrddin/Carmarthen, Gorsaf Fysiau/Bus Station cyr/arr	...	...	...	...	3.46A	...	...
Caerfyrddin/Carmarthen, Gorsaf Fysiau/Bus Station gad/dep	7.10	9.28	11.28	1.28	3.49	5.30	6.45
Pibwrlwyd, Coleg/College	7.13	9.32	11.32	1.32	3.53	5.34	6.48
Cwmffrwd, Y Llew Du/Black Lion	7.18	9.37	11.37	1.37	3.58	5.38	6.52
Llangyndeyrn, gyferbyn lloches/opposite shelter	7.24	9.43	11.43	1.43	4.04	5.44	6.58
Crwbin, gyferbyn lloches/opposite shelter	7.27	9.46	11.46	1.46	4.07	5.47	7.01
Bancffosfelen, Ysgol/School	7.30	9.49	11.49	1.49	4.10	5.50	7.04
Pontyberem, sgwâr/square lloches/shelter	7.40	9.59	11.59	1.59	4.20	5.58	7.12
Pont-henri, Heol y Pentre	7.47	10.05	12.05	2.05	4.26	6.04	7.18
Pont-iets, Gwendraeth	7.51	10.08	12.08	2.08	4.29	6.07	7.21
Pum Heol/Five Roads, lloches/shelter	7.58	10.15	12.15	2.15	4.36	6.14	7.28
Ffwrnes/Furnace, Colliers Arms	8.04	10.21	12.21	2.21	4.42	6.20	7.34
Llanelli, Gorsaf Fysiau/Bus Station cyr/arr	8.10	10.27	12.27	2.27	4.49	6.25	7.39
Llanelli, Gorsaf Fysiau/Bus Station gad/dep	8.13	10.30	12.30	2.30	...	6.28	...
Parc Trostre, lloches/shelter	8.17	10.34	12.34	2.34	...	6.32	...

am/pm	am	am	am	pm	pm	pm	pm
Parc Trostre, lloches/shelter	...	...	8.19	10.19	12.19	2.19	4.19
Llanelli, Gorsaf Fysiau/Bus Station cyr/arr	...	...	8.24	10.24	12.24	2.24	4.24
Llanelli, Gorsaf Fysiau/Bus Station gad/dep	6.15	7.10	8.27	10.27	12.27	2.27	4.27
Ffwrnes/Furnace, lloches/shelter	6.19	7.15	8.32	10.32	12.32	2.32	4.32
Pum Heol/Five Roads, Swyddfa Bost/Post Office	6.25	7.21	8.38	10.38	12.38	2.38	4.38
Pont-iets, Heol Ponthenri	6.31	7.27	8.44	10.44	12.44	2.44	4.44
Pont-henri, Heol y Pentre	6.34	7.31	8.48	10.48	12.48	2.48	4.48
Pontyberem, sgwâr/square lloches/shelter	6.42	7.40	8.57	10.57	12.57	2.57	4.57
Bancffosfelen, gyferbyn Ysgol/opposite School	6.48	7.48	9.04	11.04	1.04	3.04	5.04
Crwbin, lloches/shelter	6.51	7.51	9.07	11.07	1.07	3.07	5.07
Llangyndeyrn, Neuadd/Hall	6.54	7.54	9.10	11.10	1.10	3.10	5.10
Cwmffrwd, gyferbyn Y Llew Du/opposite Black Lion	7.00	8.01	9.16	11.16	1.16	3.16	5.16
Pibwrlwyd, gyferbyn Coleg/opposite College	7.03	8.05	9.19	11.19	1.19	3.19	5.19
Caerfyrddin/Carmarthen, Gorsaf Fysiau/Bus Station cyr/arr	7.08	8.11	9.24	11.24	1.24	3.24	5.24
Caerfyrddin/Carmarthen, Gorsaf Fysiau/Bus Station gad/dep	...	8.13A	...	...	...	...	...
Tre-loan/Johnstown, Ysgol Uwch F.E./Q.E. High School	...	8.19A	...	...	...	...	...

A:Yn redeg i ac o Ysgol Uwch F.E. ar ddyddiau Ysgol yn unig • Runs to and from Q.E.High School on school days only

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drwy/via Meinciau - Pont-iets - Trimsaran

Gwasanaeth/Service 197

Yn weithredol/Effective from 01/09/2025

Dydd Llun i ddydd Sadwrn • Monday to Saturday**First Cymru**

am/pm	am	am	am	pm	pm	pm	pm
Caerfyrddin/Carmarthen, Gorsaf Fysiau/Bus Station	...	8.30	10.30	12.30	2.30	4.30	6.25
Pibwrlwyd, Coleg/College	...	8.34	10.34	12.34	2.34	4.34	6.29
Cwmffrwd, Y Llew Du/Black Lion	...	8.39	10.39	12.39	2.39	4.39	6.33
Meinciau, sgwâr/square	7.20	8.48	10.48	12.48	2.48	4.48	6.42
Pont-iets, Rwyth Inn	7.27	8.55	10.55	12.55	2.55	4.55	6.48
Carwe, Maes-y-wern	7.32	8.59	10.59	12.59	2.59	4.59	6.52
Ffos-las, Ffordd Brynderi	7.37	9.04	11.04	1.04	3.04	5.04	6.56
Trimsaran, gyferbyn Clwb Rygbi/opposite Rugby Club	7.44	9.10	11.10	1.10	3.10	5.10	7.02
Ffwrnes/Furnace, Neuadd/Hall	7.57	9.21	11.21	1.21	3.21	5.21	7.13
Llanelli, Gorsaf Fysiau/Bus Station cyr/arr	8.04	9.27	11.27	1.27	3.27	5.27	7.19
Llanelli, Gorsaf Fysiau/Bus Station gad/dep	PT	9.30	11.30	1.30	3.30	5.30	...
Parc Trostre, lloches/shelter	...	9.34	11.34	1.34	3.34	5.34	...

am/pm	am	am	am	pm	pm	pm	pm
Parc Trostre, lloches/shelter	...	9.19	11.19	1.19	3.19	5.19	6.19
Llanelli, Gorsaf Fysiau/Bus Station cyr/arr	...	9.24	11.24	1.24	3.24	5.24	6.24
Llanelli, Gorsaf Fysiau/Bus Station gad/dep	7.15	9.27	11.27	1.27	3.27	5.27	6.27
Ffwrnes/Furnace, Stradey Arms	7.20	9.32	11.32	1.32	3.32	5.32	6.32
Trimsaran, Clwb Rygbi/Rugby Club	7.33	9.44	11.44	1.44	3.44	5.44	6.43
Ffos-las, Ffordd Brynderi	7.39	9.50	11.50	1.50	3.50	5.50	6.49
Carwe, gyferbyn/opposite Maes-y-wern	7.43	9.54	11.54	1.54	3.54	5.54	6.52
Pont-iets, gyferbyn/opposite Rwyth	7.48	9.59	11.59	1.59	3.59	5.58	6.56
Meinciau, sgwâr/square	7.56	10.06	12.06	2.06	4.06	6.05	7.02
Cwmffrwd, gyferbyn Y Llew Du/opposite Black Lion	8.06	10.15	12.15	2.15	4.15	6.13	7.10
Pibwrlwyd, gyferbyn Coleg/opposite College	8.10	10.18	12.18	2.18	4.18	6.16	7.13
Caerfyrddin/Carmarthen, Gorsaf Fysiau/Bus Station	8.15	10.23	12.23	2.23	4.23	6.21	7.18

PT:Defnyddiwrch gwasanaethau 195 neu X11 ar gyfer Parc Trostre • Use services 195 or X11 for Parc Trostre

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Dyffryn y Swistir/Swiss Valley - Llanelli - Pentre Awel - Morfa

drwy/via Ysbyty Tywysog Philip/Prince Philip Hospital - Parc Pemberton - Parc Trostre

Gwasanaeth/Service L1/L2

Yn weithredol/Effective from 01/09/2025

Dydd Llun i ddydd Sadwrn • Monday to Saturday**First Cymru**

Rhif y Gwasanaeth/Service No. am/pm	L1 am	L1 pm	L1 pm	L1 pm
Dyffryn y Swistir/Swiss Valley, siopau/shops	...	10.57	1.57	4.57
Ysbyty Tywysog Philip/Prince Philip Hospital H	...	11.05	2.05	5.05
Felin-foel, Maeswerdd	...	11.09	2.09	5.09
Llanelli, Gorsaf Fysiau/Bus Station cyrr/arr	...	11.17	2.17	5.17
Llanelli, Gorsaf Fysiau/Bus Station gad/dep	8.20	11.20	2.20	5.20
Glan-môr/Seaside, gyferbyn/opposite Llys Newydd	8.25	11.25	2.25	5.25
Astoria ➡	8.27	11.27	2.27	5.27
Pentre Awel, lloches/shelter	8.32	11.32	2.32	5.32
Morfa, Stryd Olive/Olive Street	8.38	11.38	2.38	5.38
Pen-y-fan, Sgwâr Firth/Firth Square	8.45	11.45	2.45	5.45
Parc Trostre, lloches/shelter	8.53	11.53	2.53	5.51
Parc Pemberton, Morrisons	8.55	11.55	2.55	5.53
Llanelli, Gorsaf Fysiau/Bus Station cyrr/arr	9.01	12.01	3.01	5.58
Llanelli, Gorsaf Fysiau/Bus Station gad/dep	9.04	12.04	3.04	...
Felin-foel, Maesgolau	9.10	12.10	3.10	...
Ysbyty Tywysog Philip/Prince Philip Hospital H	9.14	12.14	3.14	...
Dyffryn y Swistir/Swiss Valley, siopau/shops	9.25	12.25	3.25	...

Rhif y Gwasanaeth/Service No. am/pm	L2 am	L2 pm	L2 pm
Dyffryn y Swistir/Swiss Valley, siopau/shops	9.27	12.27	3.27
Ysbyty Tywysog Philip/Prince Philip Hospital H	9.35	12.35	3.35
Felin-foel, Maeswerdd	9.39	12.39	3.39
Llanelli, Gorsaf Fysiau/Bus Station cyrr/arr	9.47	12.47	3.47
Llanelli, Gorsaf Fysiau/Bus Station gad/dep	9.50	12.50	3.50
Parc Pemberton, Morrisons	9.55	12.55	3.55
Parc Trostre, lloches/shelter	9.57	12.57	3.57
Pen-y-fan, Sgwâr Firth/Firth Square	10.05	1.05	4.05
Morfa, Stryd Olive/Olive Street	10.12	1.12	4.12
Pentre Awel, lloches/shelter	10.17	1.17	4.17
Astoria ➡	10.23	1.23	4.23
Glan-môr/Seaside, Llys Newydd	10.25	1.25	4.25
Llanelli, Gorsaf Fysiau/Bus Station cyrr/arr	10.31	1.31	4.31
Llanelli, Gorsaf Fysiau/Bus Station gad/dep	10.34	1.34	4.34
Felin-foel, Maesgolau	10.40	1.40	4.40
Ysbyty Tywysog Philip/Prince Philip Hospital H	10.44	1.44	4.44
Dyffryn y Swistir/Swiss Valley, siopau/shops	10.55	1.55	4.55

➡ Mae gwasanaethau L1 a L2 yn aros ger **Gorsaf Rheilffordd Llanelli**
 Services L1 and L2 stop near **Llanelli Railway Station**

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Pontarddulais - Llanelli - Parc Trostre

drwy/via Yr Hendy - Llangennech - Ysbyty Tywysog Philip/Prince Philip Hospital

Gwasanaeth/Service L3

Yn weithredol/Effective from 01/09/2025

Dydd Llun i ddydd Sadwrn • Monday to Saturday**First Cymru**

am/pm	am	am	am	am	am	pm	pm	pm	pm	pm	pm
Pontarddulais, Gorsaf Fysiau/Bus Station	7.20	8.24	9.30	10.30	11.30	12.30	1.30	2.30	3.30	4.30	5.30
Yr Hendy, Sgwâr/Square	7.27	8.34	9.37	10.37	11.37	12.37	1.37	2.37	3.37	4.37	5.37
Llangennech, Co-op	7.33	8.42	9.43	10.43	11.43	12.43	1.43	2.43	3.43	4.43	5.43
Trallwm, Dylan	7.41	8.51	9.51	10.51	11.51	12.51	1.51	2.51	3.51	4.51	5.51
Cefn Caeau, Dwyfor	7.45	8.55	9.55	10.55	11.55	12.55	1.55	2.55	3.55	4.55	5.55
Ysbyty Tywysog Philip/Prince Philip Hospital H	7.52	9.02	10.02	11.02	12.02	1.02	2.02	3.02	4.02	5.02	6.02
Llanelli, Gorsaf Fysiau/Bus Station cyrr/arr	8.01	9.11	10.11	11.11	12.11	1.11	2.11	3.11	4.11	5.11	6.11
Llanelli, Gorsaf Fysiau/Bus Station gad/dep	PT	9.14	10.14	11.14	12.14	1.14	2.14	3.14	4.14	5.14	6.14
Parc Trostre, lloches/shelter	...	9.18	10.18	11.18	12.18	1.18	2.18	3.18	4.18	5.18	6.18
am/pm	am	am	am	am	pm	pm	pm	pm	pm	pm	pm
Parc Trostre, lloches/shelter	...	9.35	10.35	11.35	12.35	1.35	2.35	3.35	4.35	5.35	6.35
Llanelli, Gorsaf Fysiau/Bus Station cyrr/arr	...	9.40	10.40	11.40	12.40	1.40	2.40	3.40	4.40	5.40	6.40
Llanelli, Gorsaf Fysiau/Bus Station gad/dep	8.05	9.43	10.43	11.43	12.43	1.43	2.43	3.43	4.43	5.43	6.43
Ysbyty Tywysog Philip/Prince Philip Hospital H	8.14	9.52	10.52	11.52	12.52	1.52	2.52	3.52	4.52	5.52	6.52
Cefn Caeau, Dwyfor	8.20	9.58	10.58	11.58	12.58	1.58	2.58	3.58	4.58	5.58	6.58
Trallwm, Dylan	8.24	10.02	11.02	12.02	1.02	2.02	3.02	4.02	5.02	6.02	7.02
Llangennech, gyferbyn/opposite Co-op	8.32	10.10	11.10	12.10	1.10	2.10	3.10	4.10	5.10	6.10	7.10
Yr Hendy, Sgwâr/Square	8.39	10.17	11.17	12.17	1.17	2.17	3.17	4.17	5.17	6.17	7.17
Pontarddulais, Gorsaf Fysiau/Bus Station	8.45	10.21	11.21	12.21	1.21	2.21	3.21	4.21	5.21	6.21	7.21

PT:Defnyddiwch gwasanaethau 195 neu X11 ar gyfer Parc Trostre • Use services 195 or X11 for Parc Trostre

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Llanelli - Llundain Fach

drwy/via Heol Pentrepoeth

Gwasanaeth/Service L4

Yn weithredol/Effective from 01/09/2025

Dydd Llun i ddydd Sadwrn • Monday to Saturday

First Cymru

am/pm	 am	 am	 pm	 pm
Llanelli, Gorsaf Fysiau/Bus Station	8.10	10.45	1.40	3.40
Llanelli, Vauxhall	8.15	10.50	1.45	3.45
Heol Pentre-poeth/Pentrepoeth Road	8.17	10.52	1.47	3.47
Pentre-poeth, Llundain Fach	8.20	10.55	1.50	3.50

am/pm	 am	 am	 pm	 pm
Pentre-poeth, Llundain Fach	8.22	10.57	1.52	3.52
Heol Pentre-poeth/Pentrepoeth Road	8.24	10.59	1.54	3.54
Llanelli, Ty'r Llys/Court House	8.30	11.05	2.00	4.00
Llanelli, Gorsaf Fysiau/Bus Station	8.35	11.10	2.05	4.05

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Llanelli - Dafen

drwy/via Brynsiriol - Clos Cilsaig - Bryncaol - Tir Capel

Gwasanaeth/Service L5

Yn weithredol/Effective from 01/09/2025

Dydd Llun i ddydd Sadwrn • Monday to Saturday

First Cymru

am/pm	 am	 am	 pm	 pm
Llanelli, Gorsaf Fysiau/Bus Station	8.40	11.15	2.10	4.10
Felin-foel, Brynsiriol	8.50	11.25	2.20	4.19
Dafen, Clos Cilsaig	8.58	11.32	2.27	4.25
Dafen, Swyddfa Bost/Post Office	9.01	11.35	2.30	4.28
Bryngwyn Bach	9.04	11.38	2.33	4.31
Capel, Tir Capel	9.06	11.39	2.34	4.32
Llanelli, Gorsaf Fysiau/Bus Station	9.12	11.45	2.40	4.38

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Llanelli - Ty-isha

drwy/via Bigyn - Heol yr Orsaf/Station Road

Gwasanaeth/Service L6

Yn weithredol/Effective from 01/09/2025

Dydd Llun i ddydd Sadwrn • Monday to Saturday

First Cymru

am/pm	 am	 am	 pm	 pm
Llanelli, Gorsaf Fysiau/Bus Station	9.15	11.50	2.45	4.40
Bigyn, Pen y Bigyn	9.18	11.53	2.49	4.44
Bigyn, Margam Place	9.20	11.55	2.51	4.46
Ty-isha, Hick Street	9.22	11.57	2.53	4.48
Llanelli, Heol Erw/Erw Road	9.26	12.01	2.57	4.52
Llanelli, Waunlanyrafon	9.27	12.02	2.58	4.53
Llanelli, Gorsaf Fysiau/Bus Station	9.31	12.07	3.03	4.58

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➡ Mae gwasanaeth L6 yn aros ger **Gorsaf Rheilffordd Llanelli** • Service L6 stops near **Llanelli Railway Station**

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Yr Hendy - Llanelli

drwy/via Llangennech - Llwynifan - Llwynbedw

Gwasanaeth/Service L7

Yn weithredol/Effective from 01/09/2025

Dydd Llun i ddydd Sadwrn • Monday to Saturday

First Cymru

am/pm	 am	 pm
Yr Hendy, Heol Llwynbedw	9.52	1.17
Llangennech, Nantygro	10.01	...
Llangennech, Llwynifan	10.03	...
Llangennech, Co-op	10.07	...
Llangennech, Ystad Brynhyfryd Estate	10.11	...
Bryn, Heol y Mynydd	10.16	...
Penygraig, Parc Richard (lloches/shelter)	10.19	...
Cefn Caeau, Ynyslas (lloches/shelter)	10.23	...
Parc Pemberton, gyferbyn/opposite Morrisons	10.29	...
Parc Trostre, lloches/shelter	10.32	...
Llanelli, Gorsaf Fysiau/Bus Station	10.37	1.35

am/pm	 am	 pm	 pm
Llanelli, Gorsaf Fysiau/Bus Station	9.35	12.35	3.05
Parc Trostre, lloches/shelter	...	12.39	3.09
Parc Pemberton, Morrisons	...	12.42	3.11
Cefn Caeau, Ynyslas (lloches/shelter)	...	12.48	3.17
Pengraig, Parc Richard (gyf lloches/opp shelter)	...	12.53	3.22
Bryn, Heol y Mynydd	...	12.56	3.25
Llangennech, Ystad Brynhyfryd Estate	...	12.59	...
Llangennech, gyferbyn/opposite Co-op	...	1.03	...
Llangennech, Nantygro	...	1.06	...
Llangennech, Llwynifan	...	1.08	...
Yr Hendy, Heol Llwynbedw	9.50	1.16	...

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Cydweli/Kidwelly - Llanelli - Pentre Awel

drwy/via Porth Tywyn/Burry Port

Gwasanaeth/Service L11

Yn weithredol/Effective from 01/09/2025

Dydd Llun i ddydd Sadwrn • Monday to Saturday**First Cymru**

am/pm	☼ am	☼ am	☼ am	☼ am	☼ am	☼ pm	☼ pm	☼ pm	☼ pm	☼ pm	☼ pm
Cydweli/Kidwelly, Porth y Castell	7.55	8.55	9.55	10.55	11.55	12.55	1.55	2.55	3.55	4.55	5.53
Cydweli/Kidwelly, Stryd y Prior/Priory Street	7.57	8.57	9.57	10.57	11.57	12.57	1.57	2.57	3.57	4.57	5.55
Pen-bre/Pembrey, gyferbyn Eglwys/opposite Church	8.08	9.08	10.08	11.08	12.08	1.08	2.08	3.08	4.08	5.08	...
Achddu - Pemberton Arms	8.12	9.12	10.12	11.12	12.12	1.12	2.12	3.12	4.12	5.12	...
Porth Tywyn/Burry Port, Gorsaf Trên/Rail Station cyr/arr	8.19	9.19	10.19	11.19	12.19	1.19	2.19	3.19	4.19	5.19	...
Porth Tywyn/Burry Port, Gorsaf Trên/Rail Station cyr/arr	8.20	9.20	10.20	11.20	12.20	1.20	2.20	3.20	4.20	5.20	...
Pwll, gyferbyn/opposite Talbot Inn	8.25	9.25	10.25	11.25	12.25	1.25	2.25	3.25	4.25	5.25	...
Sandy, Campws y Graig/Graig Campus	8.30	9.30	10.30	11.30	12.30	1.30	2.30	3.30	4.30	5.30	...
Llanelli, Gorsaf Fysiau/Bus Station cyr/arr	8.39	9.39	10.39	11.39	12.39	1.39	2.39	3.39	4.39	5.39	...
Llanelli, Gorsaf Fysiau/Bus Station gad/dep	8.41	...	...	...	...	...	...	...	4.41	...	...
Doc y Gogledd/North Dock, gyferbyn lloches/opposite shelter	8.45	...	...	...	...	...	...	...	4.46	...	...
Glan-môr/Seaside, gyferbyn/opposite Llys Newydd	...	...	...	...	...	...	...	...	4.46	...	...
Astoria ➡	...	...	...	...	...	...	...	...	4.48	...	...
Pentre Awel, lloches/shelter	8.50	...	...	...	...	...	...	...	4.53	...	...

am/pm	☼ am	☼ am	☼ am	☼ am	☼ pm	☼ pm	☼ pm	☼ pm	☼ pm	☼ pm
Pentre Awel, lloches/shelter	...	8.51	...	...	...	...	...	...	...	4.54
Astoria ➡	...	8.57	...	...	...	...	...	...	...	...
Glan-môr/Seaside, Llys Newydd	...	8.58	...	...	...	...	...	...	...	...
Doc y Gogledd/North Dock, lloches/shelter	...	8.59	...	...	...	...	...	...	...	4.59
Llanelli, Gorsaf Fysiau/Bus Station cyr/arr	...	9.05	...	...	...	...	...	...	...	5.03
Llanelli, Gorsaf Fysiau/Bus Station gad/dep	8.10	9.10	10.10	11.10	12.10	1.10	2.10	3.10	4.10	5.10
Sandy, gyferbyn Campws y Graig/opposite Graig Campus	8.18	9.18	10.18	11.18	12.18	1.18	2.18	3.18	4.18	5.18
Pwll, Talbot Inn	8.22	9.22	10.22	11.22	12.22	1.22	2.22	3.22	4.22	5.22
Porth Tywyn/Burry Port, Gorsaf Trên/Rail Station cyr/arr	8.28	9.28	10.28	11.28	12.28	1.28	2.28	3.28	4.28	5.28
Porth Tywyn/Burry Port, Gorsaf Trên/Rail Station gad/dep	8.29	9.29	10.29	11.29	12.29	1.29	2.29	3.29	4.29	5.29
Achddu - Pemberton Arms	8.35	9.35	10.35	11.35	12.35	1.35	2.35	3.35	4.35	5.35
Pen-bre/Pembrey, Eglwys/Church	8.40	9.40	10.40	11.40	12.40	1.40	2.40	3.40	4.40	5.40
Cydweli/Kidwelly, Porth y Castell	8.53	9.53	10.53	11.53	12.53	1.53	2.53	3.53	4.53	5.53

➡ Mae gwasanaeth L11 yn aros ger **Gorsaf Rheilffordd Llanelli**
 Service L11 stops near **Llanelli Railway Station**

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