

## Dydd Llun i ddydd Gwener • Monday to Friday

First Cymru

am/pm	am	am	am				pm	pm
Abertawe/Swansea, Gorsaf Fysiau/Bus Station	7.25	8.25	8.55	yna	25	55	4.25	5.20
Abertawe/Swansea, Gorsaf Trên/Rail Station	7.31	8.32	9.02	ar y	32	02	4.32	5.27
Cwmbwrla, Gate House	...	8.36	9.06	munudau	36	06	4.36	5.31
Middle Road, Croes Ravenhill Cross	...	8.43	9.13	hyn	43	13	4.43	5.38
Fforestfach, croes/cross	7.39G	...	...	wedi'r	...	...	...	...
Garden Village, Swyddfa'r Post/Post Office	7.51	8.56	9.26	awr	56	26	4.56	5.51
Gorseinon, Gorsaf Fysiau/Bus Station	7.56	9.01	9.31		01	31	5.01	5.56
Casllwchwr/Loughor, Corporation Road	8.02	9.08	9.38	then at	08	38	5.08	6.03
Casllwchwr/Loughor, Ship & Castle	8.08	9.12	9.42	these	12	42	5.12	6.07
Bynea, Berea	8.11	9.15	9.45	minutes	15	45	5.15	6.10
Llwynhendy, Heol Llwynhendy/Llwynhendy Road	8.20	9.18	9.48	past	18	48	5.18	6.13
Capel, gyferbyn/opposite Havard Road	8.23	9.21	9.51	each	21	51	5.21	6.16
Llanelli, Gorsaf Fysiau/Bus Station	8.27	9.25	9.55	hour	25	55	5.25	6.20

am/pm	am	am				pm	pm	
Llanelli, Gorsaf Fysiau/Bus Station	7.10	7.40			10	40	4.10	4.40
Capel, Havard Road	7.15	7.45			15	45	4.15	4.45
Llwynhendy, Y Goedlan/The Avenue	7.19	7.49	yna ar y		19	49	4.19	4.49
Bynea, Clwb Rygbi/Rugby Club	7.23	7.53	munudau hyn		23	53	4.23	4.53
Casllwchwr/Loughor, Ship & Castle	7.26	7.56	wedi'r awr		26	56	4.26	4.56
Casllwchwr/Loughor, Corporation Road	7.30	8.00			30	00	4.30	5.00
Gorseinon, Gorsaf Fysiau/Bus Station	7.37	8.07	then at		37	07	4.37	5.07
Garden Village, Swyddfa'r Post/Post Office	7.41	8.11	these minutes		41	11	4.41	5.11
Middle Road, Croes Ravenhill Cross	7.54	8.24	past each		54	24	4.54	5.24
Abertawe/Swansea, Gorsaf Trên/Rail Station	8.04	8.34	hour		04	34	5.04	5.34
Abertawe/Swansea, Gorsaf Fysiau/Bus Station	8.10	8.40			10	40	5.10	5.40

## Dydd Sadwrn yn unig • Saturday only

First Cymru

am/pm	am	am	am				pm	pm
Abertawe/Swansea, Gorsaf Fysiau/Bus Station	7.40	8.40	9.40	yna	40		3.40	5.20
Abertawe/Swansea, Gorsaf Trên/Rail Station	7.46	8.47	9.47	ar y	47		3.47	5.27
Cwmbwrla, Gate House	...	8.51	9.51	munudau	51		3.51	5.31
Middle Road, Croes Ravenhill Cross	...	8.58	9.58	hyn	58		3.58	5.38
Fforestfach, croes/cross	7.54G	...	...	wedi'r	...		...	...
Garden Village, Swyddfa'r Post/Post Office	8.06	9.11	10.11	awr	11	hyd	4.11	5.51
Gorseinon, Gorsaf Fysiau/Bus Station	8.11	9.16	10.16		16		4.16	5.56
Casllwchwr/Loughor, Corporation Road	8.17	9.23	10.23	then at	23	until	4.23	6.03
Casllwchwr/Loughor, Ship & Castle	8.23	9.27	10.27	these	27		4.27	6.07
Bynea, Berea	8.26	9.30	10.30	minutes	30		4.30	6.10
Llwynhendy, Heol Llwynhendy/Llwynhendy Road	8.35	9.33	10.33	past	33		4.33	6.13
Capel, gyferbyn/opposite Havard Road	8.38	9.36	10.36	each	36		4.36	6.16
Llanelli, Gorsaf Fysiau/Bus Station	8.42	9.40	10.40	hour	40		4.40	6.20

am/pm	am	am				pm	pm	
Llanelli, Gorsaf Fysiau/Bus Station	8.50	9.50			50		3.50	4.50
Capel, Havard Road	8.55	9.55			55		3.55	4.55
Llwynhendy, Y Goedlan/The Avenue	8.59	9.59	yna ar y		59		3.59	4.59
Bynea, Clwb Rygbi/Rugby Club	9.03	10.03	munudau hyn		03		4.03	5.03
Casllwchwr/Loughor, Ship & Castle	9.06	10.06	wedi'r awr		06	hyd	4.06	5.06
Casllwchwr/Loughor, Corporation Road	9.10	10.10			10		4.10	5.10
Gorseinon, Gorsaf Fysiau/Bus Station	9.17	10.17	then at		17	until	4.17	5.17
Garden Village, Swyddfa'r Post/Post Office	9.21	10.21	these minutes		21		4.21	5.21
Middle Road, Croes Ravenhill Cross	9.34	10.34	past each		34		4.34	5.34
Abertawe/Swansea, Gorsaf Trên/Rail Station	9.44	10.44	hour		44		4.44	5.44
Abertawe/Swansea, Gorsaf Fysiau/Bus Station	9.50	10.50			50		4.50	5.50

G:..... Yn rhedeg drwy Heol Caerfyrddin ac Ystad Masnachu Fforestfach • Operates via Carmarthen Road and Fforestfach Trading Estate

**First Cymru.** Heol Gwyrosydd, Penlan, Abertawe/Swansea SA5 7BN.Ffôn/Phone 01792 572 255. [www.firstgroup.com](http://www.firstgroup.com)

Mae'r amserlenni hon yn dangos dim ond y teithiau ar lwybrau 110 a 111 sy'n rhedeg i mewn i Sir Gaerfyrddin, am amserlen lawn ewch i [www.firstgroup.com/south-west-wales](http://www.firstgroup.com/south-west-wales)

These timetables show only those journeys on routes 110 and 111 which run into Carmarthenshire, for the full timetable go to [www.firstgroup.com/south-west-wales](http://www.firstgroup.com/south-west-wales)

## Dydd Llun i ddydd Gwener • Monday to Friday

First Cymru

am/pm	am	am	am	am				pm	pm	pm	pm	CCS	CCS	
Abertawe/Swansea, Gorsaf Fysiau/Bus Station	6.55	...	8.10	8.40				4.40	5.05	5.35	6.40	7.40	8.40	
Abertawe/Swansea, Gorsaf Trên/Rail Station	7.00	...	8.17	8.47	yna	17	47	4.47	5.12	5.42	6.45	7.45	8.45	
Cwmbwrla, Gate House	...	...	8.21	8.51	ar y	21	51	4.51	5.16	5.46	6.49	7.49	8.49	
Middle Road, Croes Ravenhill Cross	...	...	8.28	8.58	munudau	28	58	4.58	5.23	5.53	6.54	7.53	8.53	
Fforestfach, croes/cross	7.08G	...	...	...	hyn	...	...	...	...	...	...	...	...	
Garden Village, Swyddfa'r Post/Post Office	7.16	8.10	8.41	9.11	wedi'r	41	11	5.11	5.36	6.06	7.07	8.03	9.03	
Gorseinon, Gorsaf Fysiau/Bus Station	7.21	8.15	8.46	9.16	awr	46	16	hyd	5.16	5.41	6.11	7.11	8.07	9.07
Casllwchr/Loughor, Cross Keys	7.27	8.21	8.53	9.23		53	23		5.23	5.48	6.18	7.18	8.12	9.12
Casllwchr/Loughor, Ship & Castle	7.30	8.24	8.57	9.27	then at	57	27	until	5.27	5.52	6.22	7.22	8.15	9.15
Bynea, Berea	7.35	8.29	9.00	9.30	these	00	30		5.30	5.55	6.25	7.27	8.20	9.20
Llwynhendy, Heol Llwynhendy/Llwynhendy Road	7.38	8.32	9.03	9.33	minutes	03	33		5.33	5.58	6.28	7.30	8.23	9.23
Parc Pemberton, gyferbyn/opposite Morrisons	...	...	9.07	9.37	past	07	37		5.37	6.02	6.32	...	...	...
Parc Trostre, lloches/shelter	...	...	9.10	9.40	each	10	40		5.40	6.05	6.35	...	...	...
Capel, gyferbyn/opposite Havard Road	7.41	8.35	...	...	hour	...	...		...	...	...	7.35	8.26	9.26
Llanelli, Gorsaf Fysiau/Bus Station	7.45	8.39	9.15	9.45		15	45		5.45	6.10	6.40	7.39	8.30	9.30

am/pm	am	am	am					pm	pm	pm	pm	CCS	CCS	CCS
Llanelli, Gorsaf Fysiau/Bus Station	6.15	6.55	7.55	yna	25	55		4.25	4.55	5.30	6.30	7.45	8.45	
Capel, Havard Road	6.20	7.00	...	ar y	...	...		...	...	...	...	7.49	8.49	
Parc Trostre, lloches/shelter	...	...	8.01	munudau	31	01		4.31	5.00	5.35	6.35	...	...	
Parc Pemberton, Morrisons	...	...	8.04	hyn	34	04		4.34	5.03	5.38	6.38	...	...	
Llwynhendy, Y Goedlan/The Avenue	6.22	7.02	8.09	wedi'r	39	09		4.39	5.07	5.42	6.42	7.52	8.52	
Bynea, Clwb Rygbi/Rugby Club	6.24	7.04	8.13	awr	43	13	hyd	4.43	5.11	5.46	6.46	7.56	8.56	
Casllwchr/Loughor, Ship & Castle	6.29	7.09	8.16		46	16		4.46	5.15	5.50	6.50	7.58	8.58	
Casllwchr/Loughor, Cross Keys	6.34	7.14	8.20	then at	50	20	until	4.50	5.19	5.54	6.54	8.03	9.03	
Gorseinon, Gorsaf Fysiau/Bus Station	6.41	7.21	8.27	these	57	27		4.57	5.26	6.01	7.01	8.09	9.09	
Garden Village, Swyddfa'r Post/Post Office	6.46	7.26	8.31	minutes	01	31		4.01	5.30	6.05	7.05	8.13	9.13	
Middle Road, Croes Ravenhill Cross	...	...	8.44	past	14	44		5.14	5.43	6.18	7.18	8.23	9.23	
Fforestfach, croes/cross	7.01	7.41	...	each	...	...		...	...	...	...	...	...	
Abertawe/Swansea, Gorsaf Trên/Rail Station	7.08	7.48	8.53	hour	23	53		5.23	5.52	6.27	7.27	8.30	9.30	
Abertawe/Swansea, Gorsaf Fysiau/Bus Station	7.15	7.55	9.00		30	00		5.00	5.59	6.34	7.34	8.37	9.37	

## Dydd Sadwrn yn unig • Saturday only

First Cymru

am/pm	am	am	am					pm	pm	pm	pm	CCS	CCS
Abertawe/Swansea, Gorsaf Fysiau/Bus Station	7.55	8.15	8.55	yna	15	55		4.15	5.00	5.40	6.40	7.40	8.40
Abertawe/Swansea, Gorsaf Trên/Rail Station	8.02	8.22	9.02	ar y	22	02		4.22	5.07	5.47	6.45	7.45	8.45
Cwmbwrla, Gate House	8.06	8.26	9.06	munudau	26	06		4.26	5.11	5.51	6.49	7.49	8.49
Middle Road, Croes Ravenhill Cross	8.13	8.33	9.13	hyn	33	13		4.33	5.18	5.58	6.54	7.53	8.53
Garden Village, Swyddfa'r Post/Post Office	8.26	8.46	9.26	wedi'r	46	26		4.46	5.31	6.11	7.07	8.03	9.03
Gorseinon, Gorsaf Fysiau/Bus Station	8.31	8.51	9.31	awr	51	31	hyd	4.51	5.36	6.16	7.11	8.07	9.07
Casllwchr/Loughor, Cross Keys	8.38	8.58	9.38		58	38		4.58	5.43	6.23	7.18	8.12	9.12
Casllwchr/Loughor, Ship & Castle	8.42	9.02	9.42	then at	02	42	until	5.02	5.47	6.27	7.22	8.15	9.15
Bynea, Berea	8.45	9.05	9.45	these	05	45		5.05	5.50	6.30	7.27	8.20	9.20
Llwynhendy, Heol Llwynhendy/Llwynhendy Road	8.48	9.08	9.48	minutes	08	48		5.08	5.53	6.33	7.30	8.23	9.23
Parc Pemberton, gyferbyn/opposite Morrisons	8.52	9.12	9.52	past	12	52		5.12	5.57	6.37	...	...	...
Parc Trostre, lloches/shelter	8.55	9.15	9.55	each	15	55		5.15	6.00	6.40	...	...	...
Capel, gyferbyn/opposite Havard Road	...	...	...	hour	...	...		...	...	...	7.35	8.26	9.26
Llanelli, Gorsaf Fysiau/Bus Station	9.00	9.20	10.00		20	00		5.20	6.05	6.45	7.39	8.30	9.30

am/pm	am	am	am	am	am			pm	pm	pm	pm	CCS	CCS	CCS	
Llanelli, Gorsaf Fysiau/Bus Station	6.45	7.10	7.45	7.55	8.25	yna	05	25	4.25	5.10	5.30	6.30	7.45	8.45	
Capel, Havard Road	6.50	...	...	...	...	ar y	...	...	...	...	...	...	7.49	8.49	
Parc Trostre, lloches/shelter	...	7.15	7.50	8.00	8.30	munudau	10	30	4.30	5.15	5.35	6.35	...	...	
Parc Pemberton, Morrisons	...	7.18	7.53	8.03	8.33	hyn	13	33	4.33	5.18	5.38	6.38	...	...	
Llwynhendy, Y Goedlan/The Avenue	6.52	7.22	7.57	8.07	8.37	wedi'r	17	37	4.37	5.22	5.42	6.42	7.52	8.52	
Bynea, Clwb Rygbi/Rugby Club	6.54	7.26	8.01	8.11	8.41	awr	21	41	hyd	4.41	5.26	5.46	6.46	7.56	8.56
Casllwchr/Loughor, Ship & Castle	6.59	7.30	8.05	8.16	8.46		26	46		4.46	5.30	5.50	6.50	7.58	8.58
Casllwchr/Loughor, Cross Keys	7.04	7.34	8.09	8.20	8.50	then at	30	50	until	4.50	5.34	5.54	6.54	8.03	9.03
Gorseinon, Gorsaf Fysiau/Bus Station	7.11	7.41	8.16	8.27	8.57	these	37	57		4.57	5.41	6.01	7.01	8.09	9.09
Garden Village, Swyddfa'r Post/Post Office	7.16	7.45	8.20	8.31	9.01	minutes	41	01		5.01	5.45	6.05	7.05	8.13	9.13
Middle Road, Croes Ravenhill Cross	...	7.58	8.33	8.44	9.14	past	54	14		5.14	5.58	6.18	7.18	8.23	9.23
Fforestfach, croes/cross	7.31	...	...	...	...	each	...	...		...	...	...	...	...	
Abertawe/Swansea, Gorsaf Trên/Rail Station	7.38	8.07	8.42	8.53	9.23	hour	03	23		5.23	6.07	6.27	7.27	8.30	9.30
Abertawe/Swansea, Gorsaf Fysiau/Bus Station	7.45	8.14	8.49	9.00	9.30		10	30		5.30	6.14	6.34	7.34	8.37	9.37

G:..... Yn rhedeg drwy Heol Caerfyrddin ac Ystad Masnachu Fforestfach • Operates via Carmarthen Road and Fforestfach Trading Estate

CCS: Yn gweithredu ar ran Cyngor Dinas a Sir Abertawe • Operates on behalf of City &amp; County of Swansea Council

First Cymru. Heol Gwyrosydd, Penlan, Abertawe/Swansea SA5 7BN.

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Dydd Sul a Gwyliau Banc • Sunday and Bank Holidays

First Cymru

am/pm	am	am	pm	pm	pm	pm	pm	pm
Abertawe/Swansea, Gorsaf Fysiau/Bus Station	10.00	11.00	12.00	1.00	2.00	3.00	4.00	5.00
Abertawe/Swansea, Gorsaf Trên/Rail Station	10.06	11.06	12.06	1.06	2.06	3.06	4.06	5.06
Cwmbwrla, Gate House	10.09	11.09	12.09	1.09	2.09	3.09	4.09	5.09
Middle Road, Croes Ravenhill Cross	10.15	11.15	12.15	1.15	2.15	3.15	4.15	5.15
Garden Village, Swyddfa'r Post/Post Office	10.23	11.23	12.23	1.23	2.23	3.23	4.23	5.23
Gorseinon, Gorsaf Fysiau/Bus Station	10.27	11.27	12.27	1.27	2.27	3.27	4.27	5.27
Casllwchwr/Loughor, cofeb/monument	10.34	11.34	12.34	1.34	2.34	3.34	4.34	5.34
Bynea, Berea	10.40	11.40	12.40	1.40	2.40	3.40	4.40	5.40
Llwynhendy, Heol Llwynhendy/Llwynhendy Road	10.46	11.46	12.46	1.46	2.46	3.46	4.46	5.44
Parc Pemberton, gyferbyn/opposite Morrisons	10.49	11.49	12.49	1.49	2.49	3.49	4.49	...
Capel, gyferbyn/opposite Havard Road	...	...	...	...	...	...	...	5.47
Llanelli, Gorsaf Fysiau/Bus Station	10.55	11.55	12.55	1.55	2.55	3.55	4.55	5.53

  

am/pm	am	am	am	pm	pm	pm	pm	pm	pm	pm
Llanelli, Gorsaf Fysiau/Bus Station	9.00	10.00	11.00	12.00	1.00	2.00	3.00	4.00	5.00	6.00
Parc Pemberton, Morrisons	9.04	10.04	11.04	12.04	1.04	2.04	3.04	4.04	...	...
Capel, Havard Road	...	...	...	...	...	...	...	...	5.03	6.03
Llwynhendy, Y Goedlan/The Avenue	9.07	10.07	11.07	12.07	1.07	2.07	3.07	4.07	5.07	6.07
Bynea, Clwb Rygbi/Rugby Club	9.12	10.12	11.12	12.12	1.12	2.12	3.12	4.12	5.11	6.11
Casllwchwr/Loughor, cofeb/monument	9.19	10.19	11.19	12.19	1.19	2.19	3.19	4.19	5.19	6.19
Gorseinon, Gorsaf Fysiau/Bus Station	9.26	10.26	11.26	12.26	1.26	2.26	3.26	4.26	5.26	6.26
Garden Village, Swyddfa'r Post/Post Office	9.30	10.30	11.30	12.30	1.30	2.30	3.30	4.30	5.30	6.30
Middle Road, Croes Ravenhill Cross	9.42	10.42	11.42	12.42	1.42	2.42	3.42	4.42	5.42	6.42
Abertawe/Swansea, Gorsaf Trên/Rail Station	9.50	10.50	11.50	12.50	1.50	2.50	3.50	4.50	5.50	6.50
Abertawe/Swansea, Gorsaf Fysiau/Bus Station	9.55	10.55	11.55	12.55	1.55	2.55	3.55	4.55	5.55	6.55

**First Cymru.** Heol Gwyrosydd, Penlan, Abertawe/Swansea SA5 7BN.  
Ffôn/Phone 01792 572 255. [www.firstgroup.com](http://www.firstgroup.com)

Mae'r amserlenni hon yn dangos dim ond y teithiau ar lwybrau 110 a 111 sy'n rhedeg i mewn i Sir Gaerfyrddin, am amserlen lawn ewch i [www.firstgroup.com/south-west-wales](http://www.firstgroup.com/south-west-wales)

These timetables show only those journeys on routes 110 and 111 which run into Carmarthenshire, for the full timetable go to [www.firstgroup.com/south-west-wales](http://www.firstgroup.com/south-west-wales)



Am y newyddion a'r wybodaeth ddiweddaraf am drafnidiaeth gyhoeddus leol ewch i [www.sirgar.llyw.cymru/trafnidiaeth](http://www.sirgar.llyw.cymru/trafnidiaeth)

For the latest news and information about local public transport visit [www.carmarthenshire.gov.wales/transport](http://www.carmarthenshire.gov.wales/transport)



Yr arbenigwyr ar wybodaeth am drafnidiaeth gyhoeddus  
The public transport information people

Rhadffôn/Freephone  
0800 464 0000

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CADWCH MEWN CYSYLLTIAD  
STAY IN THE LOOP  
TravelineCymru

Gwneir pob ymdrech i sicrhau fod y wybodaeth sydd yn yr amserlenni hyn yn gywir ond gall y manylion am yr amserau, llwybrau a phrisiau newid ar fyr rybudd. Ni all y cyhoeddwr dderbyn cyfrifoldeb am unrhyw wybodaeth anghywir neu newidiadau hwyr. Cynghorir teithwyr i sicrhau manylion y daith cyn teithio ac i fod yn y man aros mewn da bryd cyn yr amser y nodir y bydd y bws yn gadael.

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.