

**SIMON'S TOWN - WYNBERG - CAPE TOWN**

**MONDAYS TO FRIDAYS**

<b>TRAIN NO.</b>	<b>0102</b>	<b>0104</b>	<b>0106</b>	<b>0108</b>	<b>0110</b>	<b>0112</b>	<b>0114</b>	<b>0116</b>	<b>0118</b>	<b>0120</b>
<b>SIMON'S TOWN</b>	04:20		05:11			05:40				
<b>GLENCAIRN</b>	04:25		05:16			05:45				
<b>SUNNY COVE</b>	04:29		05:20			05:49				
<b>FISH HOEK</b>	04:32		05:23	05:35		05:52		06:10		
<b>KALK BAY</b>	04:36		05:27	05:39		05:56		06:14		
<b>ST JAMES</b>	04:38		05:29	05:41		05:58		06:16		
<b>MUIZENBERG</b>	04:41		05:32	05:44		06:01		06:19		
<b>FALSE BAY</b>	04:43		05:34	05:46		06:03		06:21		
<b>LAKESIDE</b>	04:45		05:36	05:48		06:05		06:23		
<b>STEENBERG</b>	04:48		05:39	05:51		06:08		06:26		
<b>RETREAT</b>	04:50	05:20	05:41	05:53	06:00	06:10	06:18	06:28	06:36	
<b>HEATHFIELD</b>	04:53	05:23	05:44	05:56	06:03	06:13	06:21	06:31	06:39	
<b>DIEPRIVIER</b>	04:55	05:25	05:46	05:58	06:05		06:23	06:33	06:41	
<b>STEURHOF</b>	04:57	05:27	05:48	06:00	06:07		06:25	06:35	06:43	
<b>PLUMSTEAD</b>	04:59	05:29	05:50	06:02	06:09	06:17	06:27	06:37	06:45	06:51
<b>WITTEBOME</b>	05:01	05:31	05:52	06:04	06:11		06:29	06:39	06:47	06:53
<b>WYNBERG</b>	05:03	05:33	05:54	06:06	06:13	06:20	06:31	06:41	06:49	06:55
<b>KENILWORTH</b>	05:05	05:35	05:56	06:08	06:15	06:22	06:33	06:43	06:51	06:57
<b>HARFIELD RD</b>	05:07	05:37	05:58	06:10	06:17		06:35	06:45	06:53	06:59
<b>CLAREMONT</b>	05:09	05:39	06:00	06:12	06:19	06:25	06:37	06:47	06:55	07:01
<b>NEWLANDS</b>	05:11	05:41	06:02	06:14	06:21		06:39	06:49	06:57	07:03
<b>RONDEBOSCH</b>	05:13	05:43	06:04	06:16	06:23	06:29	06:41	06:51	06:59	07:05
<b>ROSEBANK</b>	05:15	05:45	06:06	06:18	06:25		06:43	06:53	07:01	07:07
<b>MOWBRAY</b>	05:17	05:47	06:08	06:20	06:27	06:32	06:45	06:55	07:03	07:09
<b>OBSERVATORY</b>	05:19	05:49	06:10	06:22	06:29	06:34	06:47	06:57	07:05	07:11
<b>SALT RIVER</b>	05:22	05:52	06:13	06:25	06:32	06:37	06:50	07:00	07:08	07:14
<b>WOODSTOCK</b>	05:25	05:55	06:16	06:28	06:35	06:40	06:53	07:03	07:11	07:17
<b>CAPE TOWN</b>	05:28	05:58	06:19	06:31	06:38	06:43	06:56	07:06	07:14	07:20

**As of 20 December 2009**

**SIMON'S TOWN - WYNBERG - CAPE TOWN**

**MONDAYS TO FRIDAYS**

<b>TRAIN NO.</b>	<b>0122</b>	<b>0124</b>	<b>0126</b>	<b>0128</b>	<b>0130</b>	<b>0132</b>	<b>B 0134</b>	<b>0136</b>	<b>0138</b>	<b>0140</b>
<b>SIMON'S TOWN</b>		06:30					07:08			
<b>GLENCAIRN</b>		06:35					07:13			
<b>SUNNY COVE</b>		06:39					07:17			
<b>FISH HOEK</b>	06:31	06:42		06:55		07:10	07:20	07:27		07:40
<b>KALK BAY</b>	06:35	06:46		06:59		07:14	07:24	07:31		07:44
<b>ST JAMES</b>	06:37	06:48		07:01		07:16	07:26	07:33		07:46
<b>MUIZENBERG</b>	06:40	06:51		07:04		07:19	07:29	07:36		07:49
<b>FALSE BAY</b>	06:42	06:53		07:06		07:21	07:31	07:38		07:51
<b>LAKESIDE</b>	06:44	06:55		07:08		07:23	07:33	07:40		07:53
<b>STEENBERG</b>	06:47	06:58		07:11		07:26	07:36	07:43		07:56
<b>RETREAT</b>	06:49	07:00	07:07	07:13		07:28	07:38	07:45	07:54	07:58
<b>HEATHFIELD</b>	06:52	07:03	07:10	07:16		07:31	07:41	07:48	07:57	08:01
<b>DIEPRIVIER</b>	06:54	07:05	07:12	07:18		07:33		07:50	07:59	08:03
<b>STEURHOF</b>	06:56		07:14	07:20		07:35		07:52	08:01	08:05
<b>PLUMSTEAD</b>	06:58	07:08	07:16	07:22	07:28	07:37	07:44	07:54	08:03	08:07
<b>WITTEBOME</b>	07:00		07:18	07:24	07:30	07:39		07:56	08:05	08:09
<b>WYNBERG</b>	07:02	07:11	07:20	07:26	07:32	07:41	07:47	07:58	08:07	08:11
<b>KENILWORTH</b>	07:04	07:13	07:22	07:28	07:34	07:43		08:00	08:09	08:13
<b>HARFIELD RD</b>	07:06		07:24	07:30	07:36	07:45		08:02	08:11	08:15
<b>CLAREMONT</b>	07:08	07:16	07:26	07:32	07:38	07:47	07:52	08:04	08:13	08:17
<b>NEWLANDS</b>	07:10		07:28	07:34	07:40	07:49	07:54	08:06	08:15	08:19
<b>RONDEBOSCH</b>	07:12	07:19	07:30	07:36	07:42	07:51	07:56	08:08	08:17	08:21
<b>ROSEBANK</b>	07:14		07:32	07:38	07:44	07:53	07:58	08:10	08:19	08:23
<b>MOWBRAY</b>	07:16	07:22	07:34	07:40	07:46	07:55	08:00	08:12	08:21	08:25
<b>OBSERVATORY</b>	07:18	07:24	07:36	07:42	07:48	07:57	08:02	08:14	08:23	08:27
<b>SALT RIVER</b>	07:21	07:27	07:39	07:45	07:51	08:00	08:05	08:17	08:26	08:30
<b>WOODSTOCK</b>	07:24	07:30	07:42	07:48	07:54	08:03	08:08	08:20	08:29	08:33
<b>CAPE TOWN</b>	07:27	07:33	07:45	07:51	07:57	08:06	08:11	08:23	08:32	08:36

**As of 20 December 2009**

**SIMON`S TOWN - WYNBERG - CAPE TOWN**

**MONDAYS TO FRIDAYS**

<b>TRAIN NO.</b>	<b>0142</b>	<b>0144</b>	<b>0146</b>	<b>0148</b>	<b>0150</b>	<b>0152</b>	<b>0154</b>	<b>0156</b>	<b>0158</b>	<b>0160</b>
<b>SIMON`S TOWN</b>		07:46				08:19		08:54		
<b>GLENCAIRN</b>		07:51				08:24		08:59		
<b>SUNNY COVE</b>		07:55				08:28		09:03		
<b>FISH HOEK</b>	07:50	07:58			08:22	08:31	08:49	09:06	09:17	09:29
<b>KALK BAY</b>	07:54	08:02			08:26	08:35	08:53	09:10	09:21	09:33
<b>ST JAMES</b>	07:56	08:04			08:28	08:37	08:55	09:12	09:23	09:35
<b>MUIZENBERG</b>	07:59	08:07			08:31	08:40	08:58	09:15	09:26	09:38
<b>FALSE BAY</b>	08:01	08:09			08:33	08:42	09:00	09:17	09:28	09:40
<b>LAKESIDE</b>	08:03	08:11			08:35	08:44	09:02	09:19	09:30	09:42
<b>STEENBERG</b>	08:06	08:14			08:38	08:47	09:05	09:22	09:33	09:45
<b>RETREAT</b>	08:08	08:16	08:22	08:32	08:40	08:49	09:07	09:24	09:35	09:47
<b>HEATHFIELD</b>	08:11	08:19	08:25	08:35	08:43	08:52	09:10	09:27	09:38	09:50
<b>DIEPRIVIER</b>	08:13	08:21	08:27	08:37	08:45	08:54	09:12	09:29	09:40	09:52
<b>STEURHOF</b>	08:15	08:23	08:29	08:39	08:47	08:56	09:14	09:31	09:42	09:54
<b>PLUMSTEAD</b>	08:17	08:25	08:31	08:41	08:49	08:58	09:16	09:33	09:44	09:56
<b>WITTEBOME</b>	08:19	08:27	08:33	08:43	08:51	09:00	09:18	09:35	09:46	09:58
<b>WYNBERG</b>	08:21	08:29	08:35	08:45	08:53	09:02	09:20	09:37	09:48	10:00
<b>KENILWORTH</b>	08:23	08:31	08:37	08:47	08:55	09:04	09:22	09:39	09:50	10:02
<b>HARFIELD RD</b>	08:25	08:33	08:39	08:49	08:57	09:06	09:24	09:41	09:52	10:04
<b>CLAREMONT</b>	08:27	08:35	08:41	08:51	08:59	09:08	09:26	09:43	09:54	10:06
<b>NEWLANDS</b>	08:29	08:37	08:43	08:53	09:01	09:10	09:28	09:45	09:56	10:08
<b>RONDEBOSCH</b>	08:31	08:39	08:45	08:55	09:03	09:12	09:30	09:47	09:58	10:10
<b>ROSEBANK</b>	08:33	08:41	08:47	08:57	09:05	09:14	09:32	09:49	10:00	10:12
<b>MOWBRAY</b>	08:35	08:43	08:49	08:59	09:07	09:16	09:34	09:51	10:02	10:14
<b>OBSERVATORY</b>	08:37	08:45	08:51	09:01	09:09	09:18	09:36	09:53	10:04	10:16
<b>SALT RIVER</b>	08:40	08:48	08:54	09:04	09:12	09:21	09:39	09:56	10:07	10:19
<b>WOODSTOCK</b>	08:43	08:51	08:57	09:07	09:15	09:24	09:42	09:59	10:10	10:22
<b>CAPE TOWN</b>	08:46	08:54	09:00	09:10	09:18	09:27	09:45	10:02	10:13	10:25

**As of 20 December 2009**

## SIMON`S TOWN - WYNBERG - CAPE TOWN

### MONDAYS TO FRIDAYS

TRAIN NO.	0162		B 0166	* 0168	0170		0174	0176	0178	
<b>SIMON`S TOWN</b>	09:28		10:02		10:52		11:43		12:42	
<b>GLENCAIRN</b>	09:33		10:07		10:57		11:48		12:47	
<b>SUNNY COVE</b>	09:37		10:11		11:01		11:52		12:51	
<b>FISH HOEK</b>	09:40		10:14	10:40	11:04		11:55	12:21	12:54	
<b>KALK BAY</b>	09:44		10:18	10:44	11:08		11:59	12:25	12:58	
<b>ST JAMES</b>	09:46		10:20	10:46	11:10		12:01	12:27	13:00	
<b>MUIZENBERG</b>	09:49		10:23	10:49	11:13		12:04	12:30	13:03	
<b>FALSE BAY</b>	09:51		10:25	10:51	11:15		12:06	12:32	13:05	
<b>LAKESIDE</b>	09:53		10:27	10:53	11:17		12:08	12:34	13:07	
<b>STEENBERG</b>	09:56		10:30	10:56	11:20		12:11	12:37	13:10	
<b>RETREAT</b>	09:58		10:32	10:58	11:22		12:13	12:39	13:12	
<b>HEATHFIELD</b>	10:01		10:35	11:01	11:25		12:16	12:42	13:15	
<b>DIEPRIVIER</b>	10:03		10:37	11:03	11:27		12:18	12:44	13:17	
<b>STEURHOF</b>	10:05		10:39	11:05	11:29		12:20	12:46	13:19	
<b>PLUMSTEAD</b>	10:07		10:41	11:07	11:31		12:22	12:48	13:21	
<b>WITTEBOME</b>	10:09		10:43	11:09	11:33		12:24	12:50	13:23	
<b>WYNBERG</b>	10:11		10:45	11:11	11:35		12:26	12:52	13:25	
<b>KENILWORTH</b>	10:13		10:47	11:13	11:37		12:28	12:54	13:27	
<b>HARFIELD RD</b>	10:15		10:49	11:15	11:39		12:30	12:56	13:29	
<b>CLAREMONT</b>	10:17		10:51	11:17	11:41		12:32	12:58	13:31	
<b>NEULANDS</b>	10:19		10:53	11:19	11:43		12:34	13:00	13:33	
<b>RONDEBOSCH</b>	10:21		10:55	11:21	11:45		12:36	13:02	13:35	
<b>ROSEBANK</b>	10:23		10:57	11:23	11:47		12:38	13:04	13:37	
<b>MOWBRAY</b>	10:25		10:59	11:25	11:49		12:40	13:06	13:39	
<b>OBSERVATORY</b>	10:27		11:01	11:27	11:51		12:42	13:08	13:41	
<b>SALT RIVER</b>	10:30		11:04	11:30	11:54		12:45	13:11	13:44	
<b>WOODSTOCK</b>	10:33		11:07	11:33	11:57		12:48	13:14	13:47	
<b>CAPE TOWN</b>	10:36		11:10	11:36	12:00		12:51	13:17	13:50	

\*As from 8 February 2010

As of 20 December 2009

**SIMON`S TOWN - WYNBERG - CAPE TOWN**

**MONDAYS TO FRIDAYS**

<b>TRAIN NO.</b>	<b>B</b>	<b>0182</b>	<b>0184</b>	<b>0186</b>		<b>0190</b>	<b>0192</b>	<b>0194</b>	<b>0196</b>	<b>0198</b>	<b>0200</b>
<b>SIMON`S TOWN</b>	13:20			14:00		14:40				15:18	
<b>GLENCAIRN</b>	13:25			14:05		14:45				15:23	
<b>SUNNY COVE</b>	13:29			14:09		14:49				15:27	
<b>FISH HOEK</b>	13:32	13:50	14:12			14:52	15:05		15:20	15:30	15:40
<b>KALK BAY</b>	13:36	13:54	14:16			14:56	15:09		15:24	15:34	15:44
<b>ST JAMES</b>	13:38	13:56	14:18			14:58	15:11		15:26	15:36	15:46
<b>MUIZENBERG</b>	13:41	13:59	14:21			15:01	15:14		15:29	15:39	15:49
<b>FALSE BAY</b>	13:43	14:01	14:23			15:03	15:16		15:31	15:41	15:51
<b>LAKESIDE</b>	13:45	14:03	14:25			15:05	15:18		15:33	15:43	15:53
<b>STEENBERG</b>	13:48	14:06	14:28			15:08	15:21		15:36	15:46	15:56
<b>RETREAT</b>	13:50	14:08	14:30			15:10	15:23	15:32	15:38	15:48	15:58
<b>HEATHFIELD</b>	13:53	14:11	14:33			15:13	15:26	15:35	15:41	15:51	16:01
<b>DIEPRIVIER</b>	13:55	14:13	14:35			15:15	15:28	15:37	15:43	15:53	16:03
<b>STEURHOF</b>	13:57	14:15	14:37			15:17	15:30	15:39	15:45	15:55	16:05
<b>PLUMSTEAD</b>	13:59	14:17	14:39			15:19	15:32	15:41	15:47	15:57	16:07
<b>WITTEBOME</b>	14:01	14:19	14:41			15:21	15:34	15:43	15:49	15:59	16:09
<b>WYNBERG</b>	14:03	14:21	14:43			15:23	15:36	15:45	15:51	16:01	16:11
<b>KENILWORTH</b>	14:05	14:23	14:45			15:25	15:38	15:47	15:53	16:03	16:13
<b>HARFIELD RD</b>	14:07	14:25	14:47			15:27	15:40	15:49	15:55	16:05	16:15
<b>CLAREMONT</b>	14:09	14:27	14:49			15:29	15:42	15:51	15:57	16:07	16:17
<b>NEWLANDS</b>	14:11	14:29	14:51			15:31	15:44	15:53	15:59	16:09	16:19
<b>RONDEBOSCH</b>	14:13	14:31	14:53			15:33	15:46	15:55	16:01	16:11	16:21
<b>ROSEBANK</b>	14:15	14:33	14:55			15:35	15:48	15:57	16:03	16:13	16:23
<b>MOWBRAY</b>	14:17	14:35	14:57			15:37	15:50	15:59	16:05	16:15	16:25
<b>OBSERVATORY</b>	14:19	14:37	14:59			15:39	15:52	16:01	16:07	16:17	16:27
<b>SALT RIVER</b>	14:22	14:40	15:02			15:42	15:55	16:04	16:10	16:20	16:30
<b>WOODSTOCK</b>	14:25	14:43	15:05			15:45	15:58	16:07	16:13	16:23	16:33
<b>CAPE TOWN</b>	14:28	14:46	15:08			15:48	16:01	16:10	16:16	16:26	16:36

**As of 20 December 2009**

**SIMON`S TOWN - WYNBERG - CAPE TOWN**

**MONDAYS TO FRIDAYS**

<b>TRAIN NO.</b>	<b>0202</b>	<b>0204</b>	<b>0206</b>	<b>0208</b>	<b>B 0210</b>	<b>0212</b>	<b>0214</b>	<b>0216</b>	<b>0218</b>	<b>0220</b>
<b>SIMON`S TOWN</b>		15:56			16:30			17:09		
<b>GLENCAIRN</b>		16:01			16:35			17:14		
<b>SUNNY COVE</b>		16:05			16:39			17:18		
<b>FISH HOEK</b>		16:08	16:20		16:42	16:55	17:10	17:21	17:27	17:38
<b>KALK BAY</b>		16:12	16:24		16:46	16:59	17:14	17:25	17:31	17:42
<b>ST JAMES</b>		16:14	16:26		16:48	17:01	17:16	17:27	17:33	17:44
<b>MUIZENBERG</b>		16:17	16:29		16:51	17:04	17:19	17:30	17:36	17:47
<b>FALSE BAY</b>		16:19	16:31		16:53	17:06	17:21	17:32	17:38	17:49
<b>LAKESIDE</b>		16:21	16:33		16:55	17:08	17:23	17:34	17:40	17:51
<b>STEENBERG</b>		16:24	16:36		16:58	17:11	17:26	17:37	17:43	17:54
<b>RETREAT</b>	16:12	16:26	16:38	16:49	17:00	17:13	17:28	17:39	17:45	17:56
<b>HEATHFIELD</b>	16:15	16:29	16:41	16:52	17:03	17:16	17:31	17:42	17:48	17:59
<b>DIEPRIVIER</b>	16:17	16:31	16:43	16:54	17:05	17:18	17:33	17:44	17:50	18:01
<b>STEURHOF</b>	16:19	16:33	16:45	16:56	17:07	17:20	17:35	17:46	17:52	18:03
<b>PLUMSTEAD</b>	16:21	16:35	16:47	16:58	17:09	17:22	17:37	17:48	17:54	18:05
<b>WITTEBOME</b>	16:23	16:37	16:49	17:00	17:11	17:24	17:39	17:50	17:56	18:07
<b>WYNBERG</b>	16:25	16:39	16:51	17:02	17:13	17:26	17:41	17:52	17:58	18:09
<b>KENILWORTH</b>	16:27	16:41	16:53	17:04	17:15	17:28	17:43	17:54	18:00	18:11
<b>HARFIELD RD</b>	16:29	16:43	16:55	17:06	17:17	17:30	17:45	17:56	18:02	18:13
<b>CLAREMONT</b>	16:31	16:45	16:57	17:08	17:19	17:32	17:47	17:58	18:04	18:15
<b>NEWLANDS</b>	16:33	16:47	16:59	17:10	17:21	17:34	17:49	18:00	18:06	18:17
<b>RONDEBOSCH</b>	16:35	16:49	17:01	17:12	17:23	17:36	17:51	18:02	18:08	18:19
<b>ROSEBANK</b>	16:37	16:51	17:03	17:14	17:25	17:38	17:53	18:04	18:10	18:21
<b>MOWBRAY</b>	16:39	16:53	17:05	17:16	17:27	17:40	17:55	18:06	18:12	18:23
<b>OBSERVATORY</b>	16:41	16:55	17:07	17:18	17:29	17:42	17:57	18:08	18:14	18:25
<b>SALT RIVER</b>	16:44	16:58	17:10	17:23	17:32	17:45	18:00	18:11	18:17	18:28
<b>WOODSTOCK</b>	16:47	17:01	17:13	17:26	17:35	17:48	18:03	18:14	18:20	18:31
<b>CAPE TOWN</b>	16:50	17:04	17:16	17:29	17:38	17:51	18:06	18:17	18:23	18:34

**As of 20 December 2009**

## SIMON'S TOWN - WYNBERG - CAPE TOWN

### MONDAYS TO FRIDAYS

TRAIN NO.	0222	0224	0226	0228	B 0230					
SIMON'S TOWN		17:48		18:25	19:11					
GLENCAIRN		17:53		18:30	19:16					
SUNNY COVE		17:57		18:34	19:20					
FISH HOEK	17:50	18:00	18:12	18:37	19:23					
KALK BAY	17:54	18:04	18:16	18:41	19:27					
ST JAMES	17:56	18:06	18:18	18:43	19:29					
MUIZENBERG	17:59	18:09	18:21	18:46	19:32					
FALSE BAY	18:01	18:11	18:23	18:48	19:34					
LAKESIDE	18:03	18:13	18:25	18:50	19:36					
STEENBERG	18:06	18:16	18:28	18:53	19:39					
RETREAT	18:08	18:18	18:30	18:55	19:41					
HEATHFIELD	18:11	18:21	18:33	18:58	19:44					
DIEPRIVIER	18:13	18:23	18:35	19:00	19:46					
STEURHOF	18:15	18:25	18:37	19:02	19:48					
PLUMSTEAD	18:17	18:27	18:39	19:04	19:50					
WITTEBOME	18:19	18:29	18:41	19:06	19:52					
WYNBERG	18:21	18:31	18:43	19:08	19:54					
KENILWORTH	18:23	18:33	18:45	19:10	19:56					
HARFIELD RD	18:25	18:35	18:47	19:12	19:58					
CLAREMONT	18:27	18:37	18:49	19:14	20:00					
NEWLANDS	18:29	18:39	18:51	19:16	20:02					
RONDEBOSCH	18:31	18:41	18:53	19:18	20:04					
ROSEBANK	18:33	18:43	18:55	19:20	20:06					
MOWBRAY	18:35	18:45	18:57	19:22	20:08					
OBSERVATORY	18:37	18:47	18:59	19:24	20:10					
SALT RIVER	18:40	18:50	19:02	19:27	20:13					
WOODSTOCK	18:43	18:53	19:05	19:30	20:16					
CAPE TOWN	18:46	18:56	19:08	19:33	20:19					

As of 20 December 2009