

RETREAT - CAPE TOWN (VIA CAPE FLATS)

MONDAYS TO FRIDAYS

TRAIN NO.	0500	0502	0504	0506	0508	0510	0512	0514	0516	0518
RETREAT	04:57	05:28								
HEATHFIELD	05:00	05:31	05:50	06:07	06:23	06:38	06:51	07:08	07:23	07:42
SOUTHFIELD	05:04	05:35	05:54	06:11	06:27	06:42	06:55	07:12	07:27	07:46
OTTERY	05:07	05:38	05:57	06:14	06:30	06:45	06:58	07:15	07:30	07:49
WETTON	05:10	05:41	06:00	06:17	06:33	06:48	07:01	07:18	07:33	07:52
LANSDOWNE	05:12	05:43	06:02	06:19	06:35	06:50	07:03	07:20	07:35	07:54
CRAWFORD	05:14	05:45	06:04	06:21	06:37	06:52	07:05	07:22	07:37	07:56
ATHLONE	05:17	05:48	06:07	06:24	06:40	06:55	07:08	07:25	07:40	07:59
HAZENDAL	05:19	05:50	06:09	06:26	06:42	06:57	07:10	07:27	07:42	08:01
PINELANDS	05:22	05:53	06:12	06:29	06:45	07:00	07:13	07:30	07:45	08:04
NDABENI	05:24	05:55	06:14	06:31	06:47	07:02	07:15	07:32	07:47	08:06
MAITLAND	05:28	05:59	06:18	06:35	06:51	07:06	07:19	07:36	07:51	08:10
KOEBERG RD	05:30	06:01	06:20	06:37	06:53	07:08	07:21	07:38	07:53	08:12
SALT RIVER	05:32	06:03	06:22	06:39	06:55	07:10	07:23	07:40	07:55	08:14
WOODSTOCK	05:36	06:07	06:26	06:43	06:59	07:14	07:27	07:44	07:59	08:18
CAPE TOWN	05:39	06:10	06:29	06:46	07:02	07:17	07:30	07:47	08:02	08:21

As of 20 December 2009

RETREAT - CAPE TOWN (VIA CAPE FLATS)

MONDAYS TO FRIDAYS

TRAIN NO.	0520	0522	0524	0526	0528	0530	0532	0534	0536	0538
RETREAT					09:21	09:54	10:38	11:30	12:20	13:20
HEATHFIELD	07:57	08:12	08:30	08:50	09:24	09:57	10:41	11:33	12:23	13:23
SOUTHFIELD	08:01	08:16	08:34	08:54	09:28	10:01	10:45	11:37	12:27	13:27
OTTERY	08:04	08:19	08:37	08:57	09:31	10:04	10:48	11:40	12:30	13:30
WETTON	08:07	08:22	08:40	09:00	09:34	10:07	10:51	11:43	12:33	13:33
LANSDOWNE	08:09	08:24	08:42	09:02	09:36	10:09	10:53	11:45	12:35	13:35
CRAWFORD	08:11	08:26	08:44	09:04	09:38	10:11	10:55	11:47	12:37	13:37
ATHLONE	08:14	08:29	08:47	09:07	09:41	10:14	10:58	11:50	12:40	13:40
HAZENDAL	08:16	08:31	08:49	09:09	09:43	10:16	11:00	11:52	12:42	13:42
PINELANDS	08:19	08:34	08:52	09:12	09:46	10:19	11:03	11:55	12:45	13:45
NDABENI	08:21	08:36	08:54	09:14	09:48	10:21	11:05	11:57	12:47	13:47
MAITLAND	08:25	08:40	08:58	09:18	09:52	10:25	11:09	12:01	12:51	13:51
KOEBERG RD	08:27	08:42	09:00	09:20	09:54	10:27	11:11	12:03	12:53	13:53
SALT RIVER	08:29	08:44	09:02	09:22	09:56	10:29	11:13	12:05	12:55	13:55
WOODSTOCK	08:33	08:48	09:06	09:26	10:00	10:33	11:17	12:09	12:59	13:59
CAPE TOWN	08:36	08:51	09:09	09:29	10:03	10:36	11:20	12:12	13:02	14:02

As of 20 December 2009

RETREAT - CAPE TOWN (VIA CAPE FLATS)

MONDAYS TO FRIDAYS

TRAIN NO.	0540	* 0542	0544	0546	0548	* 0550	0552	0554	0556	0558
RETREAT	14:00	14:25	14:56	15:20						
HEATHFIELD	14:03	14:28	14:59	15:23	15:44	15:56	16:20	16:38	16:58	17:08
SOUTHFIELD	14:07	14:32	15:03	15:27	15:48	16:00	16:24	16:42	17:02	17:12
OTTERY	14:10	14:35	15:06	15:30	15:51	16:03	16:27	16:45	17:05	17:15
WETTON	14:13	14:38	15:09	15:33	15:54	16:06	16:30	16:48	17:08	17:18
LANSDOWNE	14:15	14:40	15:11	15:35	15:56	16:08	16:32	16:50	17:10	17:20
CRAWFORD	14:17	14:42	15:13	15:37	15:58	16:10	16:34	16:52	17:12	17:22
ATHLONE	14:20	14:45	15:16	15:40	16:01	16:13	16:37	16:55	17:15	17:25
HAZENDAL	14:22	14:47	15:18	15:42	16:03	16:15	16:39	16:57	17:17	17:27
PINELANDS	14:25	14:50	15:21	15:45	16:06	16:18	16:42	17:00	17:20	17:30
NDABENI	14:27	14:52	15:23	15:47	16:08	16:20	16:44	17:02	17:22	17:32
MAITLAND	14:31	14:56	15:27	15:51	16:12	16:24	16:48	17:06	17:26	17:36
KOEBERG RD	14:33	14:58	15:29	15:53	16:14	16:26	16:50	17:08	17:28	17:38
SALT RIVER	14:35	15:00	15:31	15:55	16:16	16:28	16:52	17:10	17:30	17:40
WOODSTOCK	14:39	15:04	15:35	15:59	16:20	16:32	16:56	17:14	17:34	17:44
CAPE TOWN	14:42	15:07	15:38	16:02	16:23	16:35	16:59	17:17	17:37	17:47

* As of 18 January 2010

As of 20 December 2009

RETREAT - CAPE TOWN (VIA CAPE FLATS)

MONDAYS TO FRIDAYS

TRAIN NO.	0560	0562	0564	0566	0568	0570	0572	0574	0576	
RETREAT			17:48							19:48
HEATHFIELD	17:21	17:37	17:51	18:00	18:13	18:28	18:41	19:06		19:51
SOUTHFIELD	17:25	17:41	17:55	18:04	18:17	18:32	18:45	19:10		19:55
OTTERY	17:28	17:44	17:58	18:07	18:20	18:35	18:48	19:13		19:58
WETTON	17:31	17:47	18:01	18:10	18:23	18:38	18:51	19:16		20:01
LANSDOWNE	17:33	17:49	18:03	18:12	18:25	18:40	18:53	19:18		20:03
CRAWFORD	17:35	17:51	18:05	18:14	18:27	18:42	18:55	19:20		20:05
ATHLONE	17:38	17:54	18:08	18:17	18:30	18:45	18:58	19:23		20:08
HAZENDAL	17:40	17:56	18:10	18:19	18:32	18:47	19:00	19:25		20:10
PINELANDS	17:43	17:59	18:13	18:22	18:35	18:50	19:03	19:28		20:13
NDABENI	17:45	18:01	18:15	18:24	18:37	18:52	19:05	19:30		20:15
MAITLAND	17:49	18:05	18:19	18:28	18:41	18:56	19:09	19:34		20:19
KOEBERG RD	17:51	18:07	18:21	18:30	18:43	18:58	19:11	19:36		20:21
SALT RIVER	17:53	18:09	18:23	18:32	18:45	19:00	19:13	19:38		20:23
WOODSTOCK	17:57	18:13	18:27	18:36	18:49	19:04	19:17	19:42		20:27
CAPE TOWN	18:00	18:16	18:30	18:39	18:52	19:07	19:20	19:45		20:30

As of 20 December 2009