

RETREAT - CAPE TOWN (VIA CAPE FLATS)																					
MONDAYS TO FRIDAYS																					
TRAIN NO.	0500	0502	0504	0506	0508	0510	0512	0514	0516	0518	0520	0522	0524	0526	0528	0530	0532	0534	0536	0538	TRAIN NO.
RETREAT	04:57	05:28													09:21	09:54	10:38	11:30	12:20	13:20	RETREAT
HEATHFIELD	05:00	05:31	05:50	06:07	06:23	06:38	06:51	07:08	07:23	07:42	07:57	08:12	08:30	08:50	09:24	09:57	10:41	11:33	12:23	13:23	HEATHFIELD
SOUTHFIELD	05:04	05:35	05:54	06:11	06:27	06:42	06:55	07:12	07:27	07:46	08:01	08:16	08:34	08:54	09:28	10:01	10:45	11:37	12:27	13:27	SOUTHFIELD
OTTERY	05:07	05:38	05:57	06:14	06:30	06:45	06:58	07:15	07:30	07:49	08:04	08:19	08:37	08:57	09:31	10:04	10:48	11:40	12:30	13:30	OTTERY
WETTON	05:10	05:41	06:00	06:17	06:33	06:48	07:01	07:18	07:33	07:52	08:07	08:22	08:40	09:00	09:34	10:07	10:51	11:43	12:33	13:33	WETTON
LANSDOWNE	05:12	05:43	06:02	06:19	06:35	06:50	07:03	07:20	07:35	07:54	08:09	08:24	08:42	09:02	09:36	10:09	10:53	11:45	12:35	13:35	LANSDOWNE
CRAWFORD	05:14	05:45	06:04	06:21	06:37	06:52	07:05	07:22	07:37	07:56	08:11	08:26	08:44	09:04	09:38	10:11	10:55	11:47	12:37	13:37	CRAWFORD
ATHLONE	05:17	05:48	06:07	06:24	06:40	06:55	07:08	07:25	07:40	07:59	08:14	08:29	08:47	09:07	09:41	10:14	10:58	11:50	12:40	13:40	ATHLONE
HAZENDAL	05:19	05:50	06:09	06:26	06:42	06:57	07:10	07:27	07:42	08:01	08:16	08:31	08:49	09:09	09:43	10:16	11:00	11:52	12:42	13:42	HAZENDAL
PINELANDS	05:22	05:53	06:12	06:29	06:45	07:00	07:13	07:30	07:45	08:04	08:19	08:34	08:52	09:12	09:46	10:19	11:03	11:55	12:45	13:45	PINELANDS
NDABENI	05:24	05:55	06:14	06:31	06:47	07:02	07:15	07:32	07:47	08:06	08:21	08:36	08:54	09:14	09:48	10:21	11:05	11:57	12:47	13:47	NDABENI
MAITLAND	05:28	05:59	06:18	06:35	06:51	07:06	07:19	07:36	07:51	08:10	08:25	08:40	08:58	09:18	09:52	10:25	11:09	12:01	12:51	13:51	MAITLAND
KOEBERG RD	05:30	06:01	06:20	06:37	06:53	07:08	07:21	07:38	07:53	08:12	08:27	08:42	09:00	09:20	09:54	10:27	11:11	12:03	12:53	13:53	KOEBERG RD
SALT RIVER	05:32	06:03	06:22	06:39	06:55	07:10	07:23	07:40	07:55	08:14	08:29	08:44	09:02	09:22	09:56	10:29	11:13	12:05	12:55	13:55	SALT RIVER
WOODSTOCK	05:36	06:07	06:26	06:43	06:59	07:14	07:27	07:44	07:59	08:18	08:33	08:48	09:06	09:26	10:00	10:33	11:17	12:09	12:59	13:59	WOODSTOCK
CAPE TOWN	05:39	06:10	06:29	06:46	07:02	07:17	07:30	07:47	08:02	08:21	08:36	08:51	09:09	09:29	10:03	10:36	11:20	12:12	13:02	14:02	CAPE TOWN

RETREAT - CAPE TOWN (VIA CAPE FLATS)																				
MONDAYS TO FRIDAYS																				
TRAIN NO.	0540	0542	0544	0546	0548	0550	0552	0554	0556	0558	0560	0562	0564	0566	0568	0570	0572	0574	0576	TRAIN NO.
RETREAT	14:00	14:25	14:56	15:20									17:48							19:48
HEATHFIELD	14:03	14:28	14:59	15:23	15:44	15:56	16:20	16:38	16:58	17:08	17:21	17:37	17:51	18:00	18:13	18:28	18:41	19:06	19:51	HEATHFIELD
SOUTHFIELD	14:07	14:32	15:03	15:27	15:48	16:00	16:24	16:42	17:02	17:12	17:25	17:41	17:55	18:04	18:17	18:32	18:45	19:10	19:55	SOUTHFIELD
OTTERY	14:10	14:35	15:06	15:30	15:51	16:03	16:27	16:45	17:05	17:15	17:28	17:44	17:58	18:07	18:20	18:35	18:48	19:13	19:58	OTTERY
WETTON	14:13	14:38	15:09	15:33	15:54	16:06	16:30	16:48	17:08	17:18	17:31	17:47	18:01	18:10	18:23	18:38	18:51	19:16	20:01	WETTON
LANSDOWNE	14:15	14:40	15:11	15:35	15:56	16:08	16:32	16:50	17:10	17:20	17:33	17:49	18:03	18:12	18:25	18:40	18:53	19:18	20:03	LANSDOWNE
CRAWFORD	14:17	14:42	15:13	15:37	15:58	16:10	16:34	16:52	17:12	17:22	17:35	17:51	18:05	18:14	18:27	18:42	18:55	19:20	20:05	CRAWFORD
ATHLONE	14:20	14:45	15:16	15:40	16:01	16:13	16:37	16:55	17:15	17:25	17:38	17:54	18:08	18:17	18:30	18:45	18:58	19:23	20:08	ATHLONE
HAZENDAL	14:22	14:47	15:18	15:42	16:03	16:15	16:39	16:57	17:17	17:27	17:40	17:56	18:10	18:19	18:32	18:47	19:00	19:25	20:10	HAZENDAL
PINELANDS	14:25	14:50	15:21	15:45	16:06	16:18	16:42	17:00	17:20	17:30	17:43	17:59	18:13	18:22	18:35	18:50	19:03	19:28	20:13	PINELANDS
NDABENI	14:27	14:52	15:23	15:47	16:08	16:20	16:44	17:02	17:22	17:32	17:45	18:01	18:15	18:24	18:37	18:52	19:05	19:30	20:15	NDABENI
MAITLAND	14:31	14:56	15:27	15:51	16:12	16:24	16:48	17:06	17:26	17:36	17:49	18:05	18:19	18:28	18:41	18:56	19:09	19:34	20:19	MAITLAND
KOEBERG RD	14:33	14:58	15:29	15:53	16:14	16:26	16:50	17:08	17:28	17:38	17:51	18:07	18:21	18:30	18:43	18:58	19:11	19:36	20:21	KOEBERG RD
SALT RIVER	14:35	15:00	15:31	15:55	16:16	16:28	16:52	17:10	17:30	17:40	17:53	18:09	18:23	18:32	18:45	19:00	19:13	19:38	20:23	SALT RIVER
WOODSTOCK	14:39	15:04	15:35	15:59	16:20	16:32	16:56	17:14	17:34	17:44	17:57	18:13	18:27	18:36	18:49	19:04	19:17	19:42	20:27	WOODSTOCK
CAPE TOWN	14:42	15:07	15:38	16:02	16:23	16:35	16:59	17:17	17:37	17:47	18:00	18:16	18:30	18:39	18:52	19:07	19:20	19:45	20:30	CAPE TOWN