

CAPE TOWN - RETREAT VIA CAPE FLATS																					
MONDAYS TO FRIDAYS																					
CAPE TOWN PLATFORM NO.	15	14	13	15	7	12	16	15	13	13	13	15	13	13	14	14	13	15	13	15	CAPE TOWN PLATFORM NO.
TRAIN NO.	0501	0503	0505	0507	0109	0509	0511	0513	0515	0517	0519	0521	0523	0525	0527	0529	0531	0533	0535	0537	TRAIN NO.
CAPE TOWN	05:02	05:20	05:34	05:50	05:58	06:05	06:12	06:21	06:37	06:54	07:10	07:26	07:38	07:57	08:29	09:03	09:50	10:40	11:30	12:25	CAPE TOWN
WOODSTOCK	05:05	05:23	05:37	05:53	06:01	06:08	06:15	06:24	06:40	06:57	07:13	07:29	07:41	08:00	08:32	09:06	09:53	10:43	11:33	12:28	WOODSTOCK
SALT RIVER	05:08	05:26	05:40	05:56	06:04	06:11	06:18	06:27	06:43	07:00	07:16	07:32	07:44	08:03	08:35	09:09	09:56	10:46	11:36	12:31	SALT RIVER
KOEBERG RD	05:10	05:28	05:42	05:58	06:06	06:13	06:20	06:29	06:45	07:02	07:18	07:34	07:46	08:05	08:37	09:11	09:58	10:48	11:38	12:33	KOEBERG RD
MAITLAND	05:12	05:30	05:44	06:00	06:08	06:15	06:22	06:31	06:47	07:04	07:20	07:36	07:48	08:07	08:39	09:13	10:00	10:50	11:40	12:35	MAITLAND
NDABENI	05:15	05:33	05:47	06:03	06:11	06:18	06:25	06:34	06:50	07:07	07:23	07:39	07:51	08:10	08:42	09:16	10:03	10:53	11:43	12:38	NDABENI
PINELANDS	05:18	05:36	05:50	06:06	06:14	06:21	06:28	06:37	06:53	07:10	07:26	07:42	07:54	08:13	08:45	09:19	10:06	10:56	11:46	12:41	PINELANDS
HAZENDAL	05:20	05:38	05:52	06:08	06:16	06:23	06:30	06:39	06:55	07:12	07:28	07:44	07:56	08:15	08:47	09:21	10:08	10:58	11:48	12:43	HAZENDAL
ATHLONE	05:23	05:41	05:55	06:11	06:19	06:26	06:33	06:42	06:58	07:15	07:31	07:47	07:59	08:18	08:50	09:24	10:11	11:01	11:51	12:46	ATHLONE
CRAWFORD	05:25	05:43	05:57	06:13	06:21	06:28	06:35	06:44	07:00	07:17	07:33	07:49	08:01	08:20	08:52	09:26	10:13	11:03	11:53	12:48	CRAWFORD
LANSDOWNE	05:27	05:45	05:59	06:15	06:23	06:30	06:37	06:46	07:02	07:19	07:35	07:51	08:03	08:22	08:54	09:28	10:15	11:05	11:55	12:50	LANSDOWNE
WETTON	05:30	05:48	06:02	06:18	06:26	06:33	06:40	06:49	07:05	07:22	07:38	07:54	08:06	08:25	08:57	09:31	10:18	11:08	11:58	12:53	WETTON
OTTERY	05:32	05:50	06:04	06:20	06:28	06:35	06:42	06:51	07:07	07:24	07:40	07:56	08:08	08:27	08:59	09:33	10:20	11:10	12:00	12:55	OTTERY
SOUTHFIELD	05:36	05:54	06:08	06:24	06:32	06:39	06:46	06:55	07:11	07:28	07:44	08:00	08:12	08:31	09:03	09:37	10:24	11:14	12:04	12:59	SOUTHFIELD
HEATHFIELD	05:40	05:58	06:12	06:28	06:36	06:43	06:50	06:59	07:15	07:32	07:48	08:04	08:16	08:35	09:07	09:41	10:28	11:18	12:08	13:03	HEATHFIELD
RETREAT					06:38		06:52								09:09	09:43	10:30	11:20	12:10	13:05	RETREAT

\* Train operates from Cape Town to Fish Hoek.

CAPE TOWN - RETREAT VIA CAPE FLATS																					
MONDAYS TO FRIDAYS																					
CAPE TOWN PLATFORM NO.	13	15	14	13	15	14	13	14	14	15	14	13	12	14	13	12	15	13	14	12	CAPE TOWN PLATFORM NO.
TRAIN NO.	0539	0541	0543	0545	0547	0549	0551	0553	0555	0557	0559	0561	0563	0565	0567	0569	0571	0573	0575	0577	TRAIN NO.
CAPE TOWN	13:05	13:35	14:00	14:30	14:58	15:08	15:30	15:50	16:11	16:22	16:34	16:46	16:57	17:14	17:26	17:40	17:56	18:15	18:50	19:22	CAPE TOWN
WOODSTOCK	13:08	13:38	14:03	14:33	15:01	15:11	15:33	15:53	16:14	16:25	16:37	16:49	17:00	17:17	17:29	17:43	17:59	18:18	18:53	19:25	WOODSTOCK
SALT RIVER	13:11	13:41	14:06	14:36	15:04	15:14	15:36	15:56	16:17	16:28	16:40	16:52	17:03	17:20	17:32	17:46	18:02	18:21	18:56	19:28	SALT RIVER
KOEBERG RD	13:13	13:43	14:08	14:38	15:06	15:16	15:38	15:58	16:19	16:30	16:42	16:54	17:05	17:22	17:34	17:48	18:04	18:23	18:58	19:30	KOEBERG RD
MAITLAND	13:15	13:45	14:10	14:40	15:08	15:18	15:40	16:00	16:21	16:32	16:44	16:56	17:07	17:24	17:36	17:50	18:06	18:25	19:00	19:32	MAITLAND
NDABENI	13:18	13:48	14:13	14:43	15:11	15:21	15:43	16:03	16:24	16:35	16:47	16:59	17:10	17:27	17:39	17:53	18:09	18:28	19:03	19:35	NDABENI
PINELANDS	13:21	13:51	14:16	14:46	15:14	15:24	15:46	16:06	16:27	16:38	16:50	17:02	17:13	17:30	17:42	17:56	18:12	18:31	19:06	19:38	PINELANDS
HAZENDAL	13:23	13:53	14:18	14:48	15:16	15:26	15:48	16:08	16:29	16:40	16:52	17:04	17:15	17:32	17:44	17:58	18:14	18:33	19:08	19:40	HAZENDAL
ATHLONE	13:26	13:56	14:21	14:51	15:19	15:29	15:51	16:11	16:32	16:43	16:55	17:07	17:18	17:35	17:47	18:01	18:17	18:36	19:11	19:43	ATHLONE
CRAWFORD	13:28	13:58	14:23	14:53	15:21	15:31	15:53	16:13	16:34	16:45	16:57	17:09	17:20	17:37	17:49	18:03	18:19	18:38	19:13	19:45	CRAWFORD
LANSDOWNE	13:30	14:00	14:25	14:55	15:23	15:33	15:55	16:15	16:36	16:47	16:59	17:11	17:22	17:39	17:51	18:05	18:21	18:40	19:15	19:47	LANSDOWNE
WETTON	13:33	14:03	14:28	14:58	15:26	15:36	15:58	16:18	16:39	16:50	17:02	17:14	17:25	17:42	17:54	18:08	18:24	18:43	19:18	19:50	WETTON
OTTERY	13:35	14:05	14:30	15:00	15:28	15:38	16:00	16:20	16:41	16:52	17:04	17:16	17:27	17:44	17:56	18:10	18:26	18:45	19:20	19:52	OTTERY
SOUTHFIELD	13:39	14:09	14:34	15:04	15:32	15:42	16:04	16:24	16:45	16:56	17:08	17:20	17:31	17:48	18:00	18:14	18:30	18:49	19:24	19:56	SOUTHFIELD
HEATHFIELD	13:43	14:13	14:38	15:08	15:36	15:46	16:08	16:28	16:49	17:00	17:12	17:24	17:35	17:52	18:04	18:18	18:34	18:53	19:28	20:00	HEATHFIELD
RETREAT	13:45	14:15	14:40	15:10									17:37						19:30	20:02	RETREAT