

CAPE TOWN - WYNBERG - SIMON'S TOWN																						
MONDAYS TO FRIDAYS																						
CAPE TOWN											CAPE TOWN											
PLATFORM NO.	2	3	4	1	7	3	6	4	7	5	2	4	6	3	1	6	4	2	5	4	PLATFORM NO.	
TRAIN NO.	0101	0103	0105	0107	0109	0111	0113	0115	0117	0119	0121	0123	0125	0127	0129	0131	0133	0135	0137	0139	TRAIN NO.	
CAPE TOWN	05:10	05:25	05:42	05:50	Via Cape Flats Line To	06:10	06:16	06:27	06:34	06:44	06:51	07:01	07:07	07:16	07:22	07:32	07:38	07:46	07:55	08:09	CAPE TOWN	
WOODSTOCK	05:13	05:28	05:45	05:53		06:13	06:19	06:30	06:37	06:47	06:54	07:04	07:10	07:19	07:25	07:35	07:41	07:49	07:58	08:12	WOODSTOCK	
SALT RIVER	05:16	05:31	05:48	05:56		06:16	06:22	06:33	06:40	06:50	06:57	07:07	07:13	07:22	07:28	07:38	07:44	07:52	08:01	08:15	SALT RIVER	
OBSERVATORY	05:19	05:34	05:51	05:59		06:19	06:25	06:36	06:43	06:53	07:00	07:10	07:16	07:25	07:31	07:41	07:47	07:55	08:04	08:18	OBSERVATORY	
MOWBRAY	05:21	05:36	05:53	06:01		06:21	06:27	06:38	06:45	06:55	07:02	07:12	07:18	07:27	07:33	07:43	07:49	07:57	08:06	08:20	MOWBRAY	
ROSEBANK	05:23	05:38	05:55	06:03		06:23	06:29	06:40	06:47	06:57	07:04	07:14	07:20	07:29	07:35	07:45	07:51	07:59	08:08	08:22	ROSEBANK	
RONDEBOSCH	05:25	05:40	05:57	06:05		06:25	06:31	06:42	06:49	06:59	07:06	07:16	07:22	07:31	07:37	07:47	07:53	08:01	08:10	08:24	RONDEBOSCH	
NEWLANDS	05:28	05:43	06:00	06:08		06:28	06:34	06:45	06:52	07:02	07:09	07:19	07:25	07:34	07:40	07:50	07:56	08:04	08:13	08:27	NEWLANDS	
CLAREMONT	05:30	05:45	06:02	06:10		06:30	06:36	06:47	06:54	07:04	07:11	07:21	07:27	07:36	07:42	07:52	07:58	08:06	08:15	08:29	CLAREMONT	
HARFIELD RD	05:32	05:47	06:04	06:12		06:32	06:38	06:49	06:56	07:06	07:13	07:23	07:29	07:38	07:44	07:54	08:00	08:08	08:17	08:31	HARFIELD RD	
KENILWORTH	05:34	05:49	06:06	06:14	06:34	06:40	06:51	06:58	07:08	07:15	07:25	07:31	07:40	07:46	07:56	08:02	08:10	08:19	08:33	KENILWORTH		
WYNBERG	05:36	05:51	06:08	06:16	06:36	06:42	06:53	07:00	07:10	07:17	07:27	07:33	07:42	07:48	07:58	08:04	08:12	08:21	08:35	WYNBERG		
WITTEBOME	05:38	05:53	06:10	06:18	Heath- field	06:38	06:44	06:55	07:02	07:12	07:19	07:29	07:35	07:44	07:50	08:00	08:06	08:14	08:23	08:37	WITTEBOME	
PLUMSTEAD	05:40	05:55	06:12	06:20		06:40	06:46	06:57	07:04	07:14	07:21	07:31	07:37	07:46	07:52	08:02	08:08	08:16	08:25	08:39	PLUMSTEAD	
STEURHOF	05:42	05:57	06:14	06:22		06:48	06:59	07:06	07:16	07:18	07:23	07:33	07:39	07:48	07:54	08:04	08:10	08:18	08:27	08:41	STEURHOF	
DIEPRIVIER	05:44	05:59	06:16	06:24		06:50	07:01	07:08	07:18	07:18	07:23	07:35	07:41	07:50	07:56	08:06	08:12	08:20	08:29	08:43	DIEPRIVIER	
HEATHFIELD	05:46	06:01	06:18	06:26		06:35	06:52	07:03	07:10	07:20	07:23	07:37	07:43	07:52	07:58	08:08	08:14	08:22	08:31	08:45	HEATHFIELD	
RETREAT	05:49	06:04	06:21	06:29	06:38	06:55	07:06	07:13	07:23	07:23	07:40	07:46	07:55	08:01	08:11	08:17	08:25	08:34	08:48	RETREAT		
STEENBERG	05:52	06:07	06:24	06:32	06:41	06:58	07:09	07:16	07:26	07:26	07:43	07:49	07:58	08:04	08:14	08:20	08:29	08:37	08:51	STEENBERG		
LAKESIDE	05:54	06:09	06:26	06:34	06:43	07:00	07:11	07:18	07:28	07:28	07:45	07:51	08:00	08:16	08:22	08:31	08:39	08:53	09:07	LAKESIDE		
FALSE BAY	05:57	06:12	06:29	06:37	06:46	07:03	07:14	07:21	07:31	07:31	07:48	07:54	08:03	08:19	08:25	08:34	08:42	08:56	09:10	FALSE BAY		
MUIZENBERG	05:58	06:13	06:30	06:38	06:47	07:04	07:15	07:22	07:32	07:32	07:49	07:55	08:04	08:20	08:26	08:35	08:43	08:57	09:11	MUIZENBERG		
ST JAMES	06:01	06:16	06:33	06:41	06:50	07:07	07:18	07:25	07:35	07:35	07:52	07:58	08:07	08:23	08:29	08:38	08:46	09:00	09:14	ST JAMES		
KALK BAY	06:03	06:18	06:35	06:43	06:52	07:09	07:20	07:27	07:37	07:37	07:54	08:00	08:09	08:25	08:31	08:40	08:48	09:02	09:16	KALK BAY		
FISH HOEK	06:08	06:23	06:40	06:48	06:57	07:14	07:25	07:32	07:42	07:42	07:59	08:05	08:14	08:30	08:36	08:45	08:53	09:07	09:21	FISH HOEK		
SUNNY COVE	06:10			06:50				07:27				08:01				08:34				09:09	SUNNY COVE	
GLENCAIRN	06:15			06:55				07:32				08:06				08:39				09:14	GLENCAIRN	
SIMON'S TOWN	06:20			07:00				07:37				08:11				08:44				09:19	SIMON'S TOWN	

CAPE TOWN - WYNBERG - SIMON'S TOWN																					
MONDAYS TO FRIDAYS																					
CAPE TOWN											CAPE TOWN										
PLATFORM NO.	6	1	6	5	5	6	4	1	4	5	4	5	6	5	4	6	3	2	1	6	PLATFORM NO.
TRAIN NO.	0141	0143	0147	0149	0153	0155	0157	0161	0163	0165	0169	0171	0173	0175	0177	0179	0181	0183	0185	0187	TRAIN NO.
CAPE TOWN	08:23	08:40	09:11	09:32	10:23	10:48	11:20	12:00	12:20	12:40	13:18	13:43	13:57	14:10	14:26	14:37	14:44	14:52	15:06	15:23	CAPE TOWN
WOODSTOCK	08:26	08:43	09:14	09:35	10:26	10:51	11:23	12:03	12:23	12:43	13:21	13:46	14:00	14:13	14:29	14:40	14:47	14:55	15:09	15:26	WOODSTOCK
SALT RIVER	08:29	08:46	09:17	09:38	10:29	10:54	11:26	12:06	12:26	12:46	13:24	13:49	14:03	14:16	14:32	14:43	14:50	14:58	15:12	15:29	SALT RIVER
OBSERVATORY	08:32	08:49	09:20	09:41	10:32	10:57	11:29	12:09	12:29	12:49	13:27	13:52	14:06	14:19	14:35	14:46	14:53	15:01	15:15	15:32	OBSERVATORY
MOWBRAY	08:34	08:51	09:22	09:43	10:34	10:59	11:31	12:11	12:31	12:51	13:29	13:54	14:08	14:21	14:37	14:48	14:55	15:03	15:17	15:34	MOWBRAY
ROSEBANK	08:36	08:53	09:24	09:45	10:36	11:01	11:33	12:13	12:33	12:53	13:31	13:56	14:10	14:23	14:39	14:50	14:57	15:05	15:19	15:36	ROSEBANK
RONDEBOSCH	08:38	08:55	09:26	09:47	10:38	11:03	11:35	12:15	12:35	12:55	13:33	13:58	14:12	14:25	14:41	14:52	14:59	15:07	15:21	15:38	RONDEBOSCH
NEWLANDS	08:41	08:58	09:29	09:50	10:41	11:06	11:38	12:18	12:38	12:58	13:36	14:01	14:15	14:28	14:44	14:55	15:02	15:10	15:24	15:41	NEWLANDS
CLAREMONT	08:43	09:00	09:31	09:52	10:43	11:08	11:40	12:20	12:40	13:00	13:38	14:03	14:17	14:30	14:46	14:57	15:04	15:12	15:26	15:43	CLAREMONT
HARFIELD RD	08:45	09:02	09:33	09:54	10:45	11:10	11:42	12:22	12:42	13:02	13:40	14:05	14:19	14:32	14:48	14:59	15:06	15:14	15:28	15:45	HARFIELD RD
KENILWORTH	08:47	09:04	09:35	09:56	10:47	11:12	11:44	12:24	12:44	13:04	13:42	14:07	14:21	14:34	14:50	15:01	15:08	15:16	15:30	15:47	KENILWORTH
WYNBERG	08:49	09:06	09:37	09:58	10:49	11:14	11:46	12:26	12:46	13:06	13:44	14:09	14:23	14:36	14:52	15:03	15:10	15:18	15:32	15:49	WYNBERG
WITTEBOME	08:51	09:08	09:39	10:00	10:51	11:16	11:48	12:28	12:48	13:08	13:46	14:11	14:25	14:38	14:54	15:05	15:12	15:20	15:34	15:51	WITTEBOME
PLUMSTEAD	08:53	09:10	09:41	10:02	10:53	11:18	11:50	12:30	12:50	13:10	13:48	14:13	14:27	14:40	14:56	15:07	15:14	15:22	15:36	15:53	PLUMSTEAD
STEURHOF	08:55	09:12	09:43	10:04	10:55	11:20	11:52	12:32	12:52	13:12	13:50	14:15	14:29	14:42	14:58	15:09	15:16	15:24	15:38	15:55	STEURHOF
DIEPRIVIER	08:57	09:14	09:45	10:06	10:57	11:22	11:54	12:34	12:54	13:14	13:52	14:17	14:31	14:44	15:00	15:11	15:18	15:26	15:40	15:57	DIEPRIVIER
HEATHFIELD	08:59	09:16	09:47	10:08	10:59	11:24	11:56	12:36	12:56	13:16	13:54	14:19	14:33	14:46	15:02	15:13	15:20	15:28	15:42	15:59	HEATHFIELD
RETREAT	09:02	09:19	09:50	10:11	11:02	11:27	11:59	12:39	12:59	13:19	13:57	14:22	14:36	14:49	15:05	15:16	15:23	15:31	15:45	16:02	RETREAT
STEENBERG	09:05	09:22	09:53	10:14	11:05	11:30	12:02	12:42	13:02	13:22	14:00	14:25	14:39	14:52	15:08	15:19		15:34	15:48		STEENBERG
LAKESIDE	09:07	09:24	09:55	10:16	11:07	11:32	12:04	12:44	13:04	13:24	14:02	14:27	14:41	14:54	15:10	15:21		15:36	15:50		LAKESIDE
FALSE BAY	09:10	09:27	09:58	10:19	11:10	11:35	12:07	12:47	13:07	13:27	14:05	14:30	14:44	14:57	15:13	15:24		15:39	15:53		FALSE BAY
MUIZENBERG	09:11	09:28	09:59	10:20	11:11	11:36	12:08	12:48	13:08	13:28	14:06	14:31	14:45	14:58	15:14	15:25		15:40	15:54		MUIZENBERG
ST JAMES	09:14	09:31	10:02	10:23	11:14	11:39	12:11	12:51	13:11	13:31	14:09	14:34	14:48	15:01	15:17	15:28		15:43	15:57		ST JAMES
KALK BAY	09:16	09:33	10:04	10:25	11:16	11:41	12:13	12:53	13:13	13:33	14:11	14:36	14:50	15:03	15:19	15:30		15:45	15:59		KALK BAY
FISH HOEK	09:21	09:38	10:09	10:30	11:21	11:46	12:18	12:58	13:18	13:38	14:16	14:41	14:55	15:08	15:24	15:35		15:50	16:04		FISH HOEK
SUNNY COVE		09:43		10:32	11:23		12:20	13:00		13:40	14:18		14:57			15:37			16:10		SUNNY COVE
GLENCAIRN		09:48		10:37	11:28		12:25	13:05		13:45	14:23		15:02			15:42			16:15		GLENCAIRN
SIMON'S TOWN		09:53		10:42	11:33		12:30	13:10		13:50	14:28		15:07			15:47			16:20		SIMON'S TOWN

CAPE TOWN - WYNBERG - SIMON'S TOWN																						
MONDAYS TO FRIDAYS																						
CAPE TOWN											B											CAPE TOWN
PLATFORM NO.	4	5	6	7	4	6	3	2	5	6	3	2	5	4	1	6	3	5	3	4	5	PLATFORM NO.
TRAIN NO.	0189	0191	0193	0195	0197	0199	0201	0203	0205	0207	0209	0211	0213	0215	0217	0219	0221	0223	0225	0227	0231	TRAIN NO.
CAPE TOWN	15:36	15:50	16:00	16:12	16:18	16:24	16:32	16:43	16:56	17:02	17:15	17:21	17:33	17:40	17:48	17:59	18:14	18:26	18:40	18:58	20:05	CAPE TOWN
WOODSTOCK	15:39	15:53	16:03	16:15	16:21	16:27	16:35	16:46	16:59	17:05	17:18	17:24	17:36	17:43	17:51	18:02	18:17	18:29	18:43	19:01	20:08	WOODSTOCK
SALT RIVER	15:42	15:56	16:06	16:18	16:24	16:30	16:38	16:49	17:02	17:08	17:21	17:27	17:39	17:46	17:54	18:05	18:20	18:32	18:46	19:04	20:11	SALT RIVER
OBSERVATORY	15:45	15:59	16:09	16:21	16:27	16:33	16:41	16:52	17:05	17:11	17:24	17:30	17:42	17:49	17:57	18:08	18:23	18:35	18:49	19:07	20:14	OBSERVATORY
MOWBRAY	15:47	16:01	16:11		16:29	16:35	16:43	16:54	17:07	17:13		17:32	17:44	17:51	17:59	18:10	18:25	18:37	18:51	19:09	20:16	MOWBRAY
ROSEBANK	15:49	16:03	16:13		16:31	16:37	16:45	16:56	17:09	17:15		17:34	17:46	17:53	18:01	18:12	18:27	18:39	18:53	19:11	20:18	ROSEBANK
RONDEBOSCH	15:51	16:05	16:15	16:26	16:33	16:39	16:47	16:58	17:11	17:17	17:29	17:36	17:48	17:55	18:03	18:14	18:29	18:41	18:55	19:13	20:20	RONDEBOSCH
NEWLANDS	15:54	16:08	16:18		16:36	16:42	16:50	17:01	17:14	17:20		17:39	17:51	17:58	18:06	18:17	18:32	18:44	18:58	19:16	20:23	NEWLANDS
CLAREMONT	15:56	16:10	16:20	16:29	16:38	16:44	16:52	17:03	17:16	17:22	17:32	17:41	17:53	18:00	18:08	18:19	18:34	18:46	19:00	19:18	20:25	CLAREMONT
HARFIELD RD	15:58	16:12	16:22		16:40	16:46	16:54	17:05	17:18	17:24		17:43	17:55	18:02	18:10	18:21	18:36	18:48	19:02	19:20	20:27	HARFIELD RD
KENILWORTH	16:00	16:14	16:24	16:32	16:42	16:48	16:56	17:07	17:20	17:26	17:35	17:45	17:57	18:04	18:12	18:23	18:38	18:50	19:04	19:22	20:29	KENILWORTH
WYNBERG	16:02	16:16	16:26	16:34	16:44	16:50	16:58	17:09	17:22	17:28	17:37	17:47	17:59	18:06	18:14	18:25	18:40	18:52	19:06	19:24	20:31	WYNBERG
WITTEBOME	16:04	16:18	16:28		16:46	16:52	17:00	17:11	17:24	17:30		17:49	18:01	18:08	18:16	18:27	18:42	18:54	19:08	19:26	20:33	WITTEBOME
PLUMSTEAD	16:06	16:20	16:30	16:37	16:48	16:54	17:02	17:13	17:26	17:32	17:40	17:51	18:03	18:10	18:18	18:29	18:44	18:56	19:10	19:28	20:35	PLUMSTEAD
STEURHOF	16:08	16:22	16:32		16:50	16:56	17:04	17:15	17:28	17:34	17:42	17:53	18:05	18:12	18:20	18:31	18:46	18:58	19:12	19:30	20:37	STEURHOF
DIEPRIVIER	16:10	16:24	16:34		16:52	16:58	17:06	17:17	17:30	17:36	17:44	17:55	18:07	18:14	18:22	18:33	18:48	19:00	19:14	19:32	20:39	DIEPRIVIER
HEATHFIELD	16:12	16:26	16:36	16:40	16:54	17:00	17:08	17:19	17:32	17:38	17:46	17:57	18:09	18:16	18:24	18:35	18:50	19:02	19:16	19:34	20:41	HEATHFIELD
RETREAT	16:15	16:29	16:39	16:43	16:57	17:03	17:11	17:22	17:35	17:41	17:49	18:00	18:12	18:19	18:27	18:38	18:53	19:05	19:19	19:37	20:44	RETREAT
STEENBERG	16:18	16:32		16:46	17:00	17:06	17:14	17:25	17:38	17:44	17:52	18:03	18:15		18:30	18:41	18:56	19:08	19:22	19:40		STEENBERG
LAKESIDE	16:20	16:34		16:48	17:02	17:08	17:16	17:27	17:40	17:46	17:54	18:05	18:17		18:32	18:43	18:58	19:10	19:24	19:42		LAKESIDE
FALSE BAY	16:23	16:37		16:51	17:05	17:11	17:19	17:30	17:43	17:49	17:57	18:08	18:20		18:35	18:46	19:01	19:13	19:27	19:45		FALSE BAY
MUIZENBERG	16:24	16:38		16:52	17:06	17:12	17:20	17:31	17:44	17:50	17:58	18:09	18:21		18:36	18:47	19:02	19:14	19:28	19:46		MUIZENBERG
ST JAMES	16:27	16:41		16:55	17:09	17:15	17:23	17:34	17:47	17:53	18:01	18:12	18:24		18:39	18:50	19:05	19:17	19:31	19:49		ST JAMES
KALK BAY	16:29	16:43		16:57	17:11	17:17	17:25	17:36	17:49	17:55	18:03	18:14	18:26		18:41	18:52	19:07	19:19	19:33	19:51		KALK BAY
FISH HOEK	16:34	16:48		17:02	17:16	17:22	17:30	17:41	17:54	18:00	18:08	18:19	18:31		18:46	18:57	19:12	19:24	19:38	19:56		FISH HOEK
SUNNY COVE		16:50				17:24				18:02	18:10				18:48	18:59		19:26		19:58		SUNNY COVE
GLENCAIRN		16:55				17:29				18:07	18:15				18:53	19:04		19:31		20:03		GLENCAIRN
SIMON'S TOWN		17:00				17:34				18:12	18:20				18:58	19:09		19:36		20:08		SIMON'S TOWN