

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		07:33	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		07:35	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		07:37	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		07:40	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		07:43		07:58		08:14	08:20		08:37	08:51	STEENBERG	
LAKESIDE	05:54	06:09	06:26	06:34	06:43		07:00	07:11	07:18	07:28		07:45		08:00		08:16	08:22		08:39	08:53	LAKESIDE	
FALSE BAY	05:57	06:12	06:29	06:37	06:46		07:03	07:14	07:21	07:31		07:48		08:03		08:19	08:25		08:42	08:56	FALSE BAY	
MUIZENBERG	05:58	06:13	06:30	06:38	06:47		07:04	07:15	07:22	07:32		07:49		08:04		08:20	08:26		08:43	08:57	MUIZENBERG	
ST JAMES	06:01	06:16	06:33	06:41	06:50		07:07	07:18	07:25	07:35		07:52		08:07		08:23	08:29		08:46	09:00	ST JAMES	
KALK BAY	06:03	06:18	06:35	06:43	06:52		07:09	07:20	07:27	07:37		07:54		08:09		08:25	08:31		08:48	09:02	KALK BAY	
FISH HOEK	06:08	06:23	06:40	06:48	06:57		07:14	07:25	07:32	07:42		07:59		08:14		08:30	08:36		08:53	09:07	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																									
PLATFORM NO.	4	5	6	7	4	6	3	2	5	6	3	2	5	4	1	6	3	5	3	4	6	5	3	5	CAPE TOWN PLATFORM NO.
TRAIN NO.	0189	0191	0193	0195	0197	0199	0201	0203	0205	0207	0209	0211	0213	0215	0217	0219	0221	0223	0225	0227	0229	0231	0233	0235	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	19:30	20:05	20:30	21:15	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	19:33	20:08	20:33	21:18	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	19:36	20:11	20:36	21:21	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	19:39	20:14	20:39	21:24	OBSERVATORY
MOWBRAY	15:47	16:01	16:11		16:29	16:35	16:43	16:54	17:07	17:13	17:26	17:32	17:44	17:51	17:59	18:10	18:25	18:37	18:51	19:09	19:41	20:16	20:41	21:26	MOWBRAY
ROSEBANK	15:49	16:03	16:13		16:31	16:37	16:45	16:56	17:09	17:15	17:28	17:34	17:46	17:53	18:01	18:12	18:27	18:39	18:53	19:11	19:43	20:18	20:43	21:28	ROSEBANK
RONDEBOSCH	15:51	16:05	16:15	16:26	16:33	16:39	16:47	16:58	17:11	17:17	17:30	17:36	17:48	17:55	18:03	18:14	18:29	18:41	18:55	19:13	19:45	20:20	20:45	21:30	RONDEBOSCH
NEWLANDS	15:54	16:08	16:18		16:36	16:42	16:50	17:01	17:14	17:20	17:33	17:39	17:51	17:58	18:06	18:17	18:32	18:44	18:58	19:16	19:48	20:23	20:48	21:33	NEWLANDS
CLAREMONT	15:56	16:10	16:20	16:29	16:38	16:44	16:52	17:03	17:16	17:22	17:35	17:41	17:53	18:00	18:08	18:19	18:34	18:46	19:00	19:18	19:50	20:25	20:50	21:35	CLAREMONT
HARFIELD RD	15:58	16:12	16:22		16:40	16:46	16:54	17:05	17:18	17:24	17:37	17:43	17:55	18:02	18:10	18:21	18:36	18:48	19:02	19:20	19:52	20:27	20:52	21:37	HARFIELD RD
KENILWORTH	16:00	16:14	16:24	16:32	16:42	16:48	16:56	17:07	17:20	17:26	17:39	17:45	17:57	18:04	18:12	18:23	18:38	18:50	19:04	19:22	19:54	20:29	20:54	21:39	KENILWORTH
WYNBERG	16:02	16:16	16:26	16:34	16:44	16:50	16:58	17:09	17:22	17:28	17:41	17:47	17:59	18:06	18:14	18:25	18:40	18:52	19:06	19:24	19:56	20:31	20:56	21:41	WYNBERG
WITTEBOME	16:04	16:18	16:28		16:46	16:52	17:00	17:11	17:24	17:30	17:43	17:49	18:01	18:08	18:16	18:27	18:42	18:54	19:08	19:26	19:58	20:33	20:58	21:43	WITTEBOME
PLUMSTEAD	16:06	16:20	16:30	16:37	16:48	16:54	17:02	17:13	17:26	17:32	17:45	17:51	18:03	18:10	18:18	18:29	18:44	18:56	19:10	19:28	20:00	20:35	21:00	21:45	PLUMSTEAD
STEURHOF	16:08	16:22	16:32		16:50	16:56	17:04	17:15	17:28	17:34	17:47	17:53	18:05	18:12	18:20	18:31	18:46	18:58	19:12	19:30	20:02	20:37	21:02	21:47	STEURHOF
DIEPRIVIER	16:10	16:24	16:34		16:52	16:58	17:06	17:17	17:30	17:36	17:49	17:55	18:07	18:14	18:22	18:33	18:48	19:00	19:14	19:32	20:04	20:39	21:04	21:49	DIEPRIVIER
HEATHFIELD	16:12	16:26	16:36	16:40	16:54	17:00	17:08	17:19	17:32	17:38	17:51	17:57	18:09	18:16	18:24	18:35	18:50	19:02	19:16	19:34	20:06	20:41	21:06	21:51	HEATHFIELD
RETREAT	16:15	16:29	16:39	16:43	16:57	17:03	17:11	17:22	17:35	17:41	17:54	18:00	18:12	18:19	18:27	18:38	18:53	19:05	19:19	19:37	20:09	20:44	21:09	21:54	RETREAT
STEENBERG	16:18	16:32		16:46	17:00	17:06	17:14	17:25	17:38	17:44	17:57	18:03	18:15		18:30		18:56	19:08	19:22	19:40	20:12		21:12	21:57	STEENBERG
LAKESIDE	16:20	16:34		16:48	17:02	17:08	17:16	17:27	17:40	17:46	17:59	18:05	18:17		18:32		18:58	19:10	19:24	19:42	20:14		21:14	21:59	LAKESIDE
FALSE BAY	16:23	16:37		16:51	17:05	17:11	17:19	17:30	17:43	17:49	18:02	18:08	18:20		18:35		19:01	19:13	19:27	19:45	20:17		21:17	22:02	FALSE BAY
MUIZENBERG	16:24	16:38		16:52	17:06	17:12	17:20	17:31	17:44	17:50	18:03	18:09	18:21		18:36		19:02	19:14	19:28	19:46	20:18		21:18	22:03	MUIZENBERG
ST JAMES	16:27	16:41		16:55	17:09	17:15	17:23	17:34	17:47	17:53	18:06	18:12	18:24		18:39		19:05	19:17	19:31	19:49	20:21		21:21	22:06	ST JAMES
KALK BAY	16:29	16:43		16:57	17:11	17:17	17:25	17:36	17:49	17:55	18:08	18:14	18:26		18:41		19:07	19:19	19:33	19:51	20:23		21:23	22:08	KALK BAY
FISH HOEK	16:34	16:48		17:02	17:16	17:22	17:30	17:41	17:54	18:00	18:13	18:19	18:31		18:46		19:12	19:24	19:38	19:56	20:28		21:28	22:13	FISH HOEK
SUNNY COVE		16:50				17:24				18:02	18:15				18:48			19:26		19:58	20:30		21:30	22:15	SUNNY COVE
GLENCAIRN		16:55				17:29				18:07	18:20				18:53			19:31		20:03	20:35		21:35	22:20	GLENCAIRN
SIMON'S TOWN		17:00				17:34				18:12	18:25				18:58			19:36		20:08	20:40		21:40	22:25	SIMON'S TOWN

** Former semi -express train will stop at all stations until further notice