

RETREAT - CAPE TOWN (VIA CAPE FLATS)

MONDAYS TO FRIDAYS

| TRAIN NO. | 0500 | 0502 | 0504 | 0506 | 0508 | 0510 | 0512 | 0514 | 0516 | 0518 | TRAIN NO. |
|-------------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------------|
| RETREAT | 05:00 | 05:33 | | | | | | | | | RETREAT |
| HEATHFIELD | 05:02 | 05:35 | 05:50 | 06:07 | 06:22 | 06:39 | 06:58 | 07:09 | 07:22 | 07:37 | HEATHFIELD |
| SOUTHFIELD | 05:06 | 05:39 | 05:54 | 06:11 | 06:26 | 06:43 | 07:02 | 07:13 | 07:26 | 07:41 | SOUTHFIELD |
| OTTERY | 05:10 | 05:43 | 05:58 | 06:15 | 06:30 | 06:47 | 07:06 | 07:17 | 07:30 | 07:45 | OTTERY |
| WETTON | 05:12 | 05:45 | 06:00 | 06:17 | 06:32 | 06:49 | 07:08 | 07:19 | 07:32 | 07:47 | WETTON |
| LANSDOWNE | 05:15 | 05:48 | 06:03 | 06:20 | 06:35 | 06:52 | 07:11 | 07:22 | 07:35 | 07:50 | LANSDOWNE |
| CRAWFORD | 05:17 | 05:50 | 06:05 | 06:22 | 06:37 | 06:54 | 07:13 | 07:24 | 07:37 | 07:52 | CRAWFORD |
| ATHLONE | 05:19 | 05:52 | 06:07 | 06:24 | 06:39 | 06:56 | 07:15 | 07:26 | 07:39 | 07:54 | ATHLONE |
| HAZENDAL | 05:21 | 05:54 | 06:09 | 06:26 | 06:41 | 06:58 | 07:17 | 07:28 | 07:41 | 07:56 | HAZENDAL |
| PINELANDS | 05:24 | 05:57 | 06:12 | 06:29 | 06:44 | 07:01 | 07:20 | 07:31 | 07:44 | 07:59 | PINELANDS |
| NDABENI | 05:26 | 05:59 | 06:14 | 06:31 | 06:46 | 07:03 | 07:22 | 07:33 | 07:46 | 08:01 | NDABENI |
| MAITLAND | 05:29 | 06:02 | 06:17 | 06:34 | 06:49 | 07:06 | 07:25 | 07:36 | 07:49 | 08:04 | MAITLAND |
| KOEBERG RD | 05:31 | 06:04 | 06:19 | 06:36 | 06:51 | 07:08 | 07:27 | 07:38 | 07:51 | 08:06 | KOEBERG RD |
| SALT RIVER | 05:33 | 06:06 | 06:21 | 06:38 | 06:53 | 07:10 | 07:29 | 07:40 | 07:53 | 08:08 | SALT RIVER |
| WOODSTOCK | 05:36 | 06:09 | 06:24 | 06:41 | 06:56 | 07:13 | 07:32 | 07:43 | 07:56 | 08:11 | WOODSTOCK |
| CAPE TOWN | 05:40 | 06:13 | 06:28 | 06:45 | 07:00 | 07:17 | 07:36 | 07:47 | 08:00 | 08:15 | CAPE TOWN |

RETREAT - CAPE TOWN (VIA CAPE FLATS)

MONDAYS TO FRIDAYS

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

RETREAT - CAPE TOWN (VIA CAPE FLATS)

MONDAYS TO FRIDAYS

| TRAIN NO. | 0540 | 0542 | 0544 | 0546 | 0548 | 0550 | 0552 | 0554 | 0556 | 0558 | TRAIN NO. |
|-------------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------------|
| RETREAT | 13:55 | 14:25 | 14:55 | 15:22 | | | | | | | RETREAT |
| HEATHFIELD | 13:57 | 14:27 | 14:57 | 15:24 | 15:40 | 15:56 | 16:18 | 16:37 | 16:57 | 17:09 | HEATHFIELD |
| SOUTHFIELD | 14:01 | 14:31 | 15:01 | 15:28 | 15:44 | 16:00 | 16:22 | 16:41 | 17:01 | 17:13 | SOUTHFIELD |
| OTTERY | 14:05 | 14:35 | 15:05 | 15:32 | 15:48 | 16:04 | 16:26 | 16:45 | 17:05 | 17:17 | OTTERY |
| WETTON | 14:07 | 14:37 | 15:07 | 15:34 | 15:50 | 16:06 | 16:28 | 16:47 | 17:07 | 17:19 | WETTON |
| LANSDOWNE | 14:10 | 14:40 | 15:10 | 15:37 | 15:53 | 16:09 | 16:31 | 16:50 | 17:10 | 17:22 | LANSDOWNE |
| CRAWFORD | 14:12 | 14:42 | 15:12 | 15:39 | 15:55 | 16:11 | 16:33 | 16:52 | 17:12 | 17:24 | CRAWFORD |
| ATHLONE | 14:14 | 14:44 | 15:14 | 15:41 | 15:57 | 16:13 | 16:35 | 16:54 | 17:14 | 17:26 | ATHLONE |
| HAZENDAL | 14:16 | 14:46 | 15:16 | 15:43 | 15:59 | 16:15 | 16:37 | 16:56 | 17:16 | 17:28 | HAZENDAL |
| PINELANDS | 14:19 | 14:49 | 15:19 | 15:46 | 16:02 | 16:18 | 16:40 | 16:59 | 17:19 | 17:31 | PINELANDS |
| NDABENI | 14:21 | 14:51 | 15:21 | 15:48 | 16:04 | 16:20 | 16:42 | 17:01 | 17:21 | 17:33 | NDABENI |
| MAITLAND | 14:24 | 14:54 | 15:24 | 15:51 | 16:07 | 16:23 | 16:45 | 17:04 | 17:24 | 17:36 | MAITLAND |
| KOEBERG RD | 14:26 | 14:56 | 15:26 | 15:53 | 16:09 | 16:25 | 16:47 | 17:06 | 17:26 | 17:38 | KOEBERG RD |
| SALT RIVER | 14:28 | 14:58 | 15:28 | 15:55 | 16:11 | 16:27 | 16:49 | 17:08 | 17:28 | 17:40 | SALT RIVER |
| WOODSTOCK | 14:31 | 15:01 | 15:31 | 15:58 | 16:14 | 16:30 | 16:52 | 17:11 | 17:31 | 17:43 | WOODSTOCK |
| CAPE TOWN | 14:35 | 15:05 | 15:35 | 16:02 | 16:18 | 16:34 | 16:56 | 17:15 | 17:35 | 17:47 | CAPE TOWN |

RETREAT - CAPE TOWN (VIA CAPE FLATS)

MONDAYS TO FRIDAYS

| TRAIN NO. | 0560 | 0562 | 0564 | 0566 | 0568 | 0570 | 0572 | 0574 | | | TRAIN NO. |
|-------------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|--|--|-------------------|
| RETREAT | | | | | | | | 19:42 | | | RETREAT |
| HEATHFIELD | 17:26 | 17:40 | 18:00 | 18:14 | 18:30 | 18:44 | 19:06 | 19:44 | | | HEATHFIELD |
| SOUTHFIELD | 17:30 | 17:44 | 18:04 | 18:18 | 18:34 | 18:48 | 19:10 | 19:48 | | | SOUTHFIELD |
| OTTERY | 17:34 | 17:48 | 18:08 | 18:22 | 18:38 | 18:52 | 19:14 | 19:52 | | | OTTERY |
| WETTON | 17:36 | 17:50 | 18:10 | 18:24 | 18:40 | 18:54 | 19:16 | 19:54 | | | WETTON |
| LANSDOWNE | 17:39 | 17:53 | 18:13 | 18:27 | 18:43 | 18:57 | 19:19 | 19:57 | | | LANSDOWNE |
| CRAWFORD | 17:41 | 17:55 | 18:15 | 18:29 | 18:45 | 18:59 | 19:21 | 19:59 | | | CRAWFORD |
| ATHLONE | 17:43 | 17:57 | 18:17 | 18:31 | 18:47 | 19:01 | 19:23 | 20:01 | | | ATHLONE |
| HAZENDAL | 17:45 | 17:59 | 18:19 | 18:33 | 18:49 | 19:03 | 19:25 | 20:03 | | | HAZENDAL |
| PINELANDS | 17:48 | 18:02 | 18:22 | 18:36 | 18:52 | 19:06 | 19:28 | 20:06 | | | PINELANDS |
| NDABENI | 17:50 | 18:04 | 18:24 | 18:38 | 18:54 | 19:08 | 19:30 | 20:08 | | | NDABENI |
| MAITLAND | 17:53 | 18:07 | 18:27 | 18:41 | 18:57 | 19:11 | 19:33 | 20:11 | | | MAITLAND |
| KOEBERG RD | 17:55 | 18:09 | 18:29 | 18:43 | 18:59 | 19:13 | 19:35 | 20:13 | | | KOEBERG RD |
| SALT RIVER | 17:57 | 18:11 | 18:31 | 18:45 | 19:01 | 19:15 | 19:37 | 20:15 | | | SALT RIVER |
| WOODSTOCK | 18:00 | 18:14 | 18:34 | 18:48 | 19:04 | 19:18 | 19:40 | 20:18 | | | WOODSTOCK |
| CAPE TOWN | 18:04 | 18:18 | 18:38 | 18:52 | 19:08 | 19:22 | 19:44 | 20:22 | | | CAPE TOWN |

RETREAT - CAPE TOWN (VIA CAPE FLATS)

SATURDAYS

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

RETREAT - CAPE TOWN (VIA CAPE FLATS)

SATURDAYS

| TRAIN NO. | 0526 | 0528 | 0532 | 0534 | 0536 | 0540 | 0542 | 0544 | TRAIN NO. |
|-------------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------------|
| RETREAT | 12:10 | 13:00 | 13:50 | 14:40 | 15:40 | 16:17 | 17:05 | 18:00 | RETREAT |
| HEATHFIELD | 12:12 | 13:02 | 13:52 | 14:42 | 15:42 | 16:19 | 17:07 | 18:02 | HEATHFIELD |
| SOUTHFIELD | 12:16 | 13:06 | 13:56 | 14:46 | 15:46 | 16:23 | 17:11 | 18:06 | SOUTHFIELD |
| OTTERY | 12:20 | 13:10 | 14:00 | 14:50 | 15:50 | 16:27 | 17:15 | 18:10 | OTTERY |
| WETTON | 12:22 | 13:12 | 14:02 | 14:52 | 15:52 | 16:29 | 17:17 | 18:12 | WETTON |
| LANSDOWNE | 12:25 | 13:15 | 14:05 | 14:55 | 15:55 | 16:32 | 17:20 | 18:15 | LANSDOWNE |
| CRAWFORD | 12:27 | 13:17 | 14:07 | 14:57 | 15:57 | 16:34 | 17:22 | 18:17 | CRAWFORD |
| ATHLONE | 12:29 | 13:19 | 14:09 | 14:59 | 15:59 | 16:36 | 17:24 | 18:19 | ATHLONE |
| HAZENDAL | 12:31 | 13:21 | 14:11 | 15:01 | 16:01 | 16:38 | 17:26 | 18:21 | HAZENDAL |
| PINELANDS | 12:34 | 13:24 | 14:14 | 15:04 | 16:04 | 16:41 | 17:29 | 18:24 | PINELANDS |
| NDABENI | 12:36 | 13:26 | 14:16 | 15:06 | 16:06 | 16:43 | 17:31 | 18:26 | NDABENI |
| MAITLAND | 12:39 | 13:29 | 14:19 | 15:09 | 16:09 | 16:46 | 17:34 | 18:29 | MAITLAND |
| KOEBERG RD | 12:41 | 13:31 | 14:21 | 15:11 | 16:11 | 16:48 | 17:36 | 18:31 | KOEBERG RD |
| SALT RIVER | 12:43 | 13:33 | 14:23 | 15:13 | 16:13 | 16:50 | 17:38 | 18:33 | SALT RIVER |
| WOODSTOCK | 12:46 | 13:36 | 14:26 | 15:16 | 16:16 | 16:53 | 17:41 | 18:36 | WOODSTOCK |
| CAPE TOWN | 12:50 | 13:40 | 14:30 | 15:20 | 16:20 | 16:57 | 17:45 | 18:40 | CAPE TOWN |

RETREAT - CAPE TOWN (VIA CAPE FLATS)

SUNDAYS AND PUBLIC HOLIDAYS

| TRAIN NO. | 0500 | 0502 | 0504 | 0506 | 0508 | 0510 | 0512 | 0514 | 0516 | 0518 | TRAIN NO. |
|-------------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------------|
| RETREAT | 05:00 | 05:55 | 07:13 | 08:13 | 09:10 | 10:10 | 11:10 | 12:10 | 13:10 | 14:10 | RETREAT |
| HEATHFIELD | 05:02 | 05:57 | 07:15 | 08:15 | 09:12 | 10:12 | 11:12 | 12:12 | 13:12 | 14:12 | HEATHFIELD |
| SOUTHFIELD | 05:06 | 06:01 | 07:19 | 08:19 | 09:16 | 10:16 | 11:16 | 12:16 | 13:16 | 14:16 | SOUTHFIELD |
| OTTERY | 05:10 | 06:05 | 07:23 | 08:23 | 09:20 | 10:20 | 11:20 | 12:20 | 13:20 | 14:20 | OTTERY |
| WETTON | 05:12 | 06:07 | 07:25 | 08:25 | 09:22 | 10:22 | 11:22 | 12:22 | 13:22 | 14:22 | WETTON |
| LANSDOWNE | 05:15 | 06:10 | 07:28 | 08:28 | 09:25 | 10:25 | 11:25 | 12:25 | 13:25 | 14:25 | LANSDOWNE |
| CRAWFORD | 05:17 | 06:12 | 07:30 | 08:30 | 09:27 | 10:27 | 11:27 | 12:27 | 13:27 | 14:27 | CRAWFORD |
| ATHLONE | 05:19 | 06:14 | 07:32 | 08:32 | 09:29 | 10:29 | 11:29 | 12:29 | 13:29 | 14:29 | ATHLONE |
| HAZENDAL | 05:21 | 06:16 | 07:34 | 08:34 | 09:31 | 10:31 | 11:31 | 12:31 | 13:31 | 14:31 | HAZENDAL |
| PINELANDS | 05:24 | 06:19 | 07:37 | 08:37 | 09:34 | 10:34 | 11:34 | 12:34 | 13:34 | 14:34 | PINELANDS |
| NDABENI | 05:26 | 06:21 | 07:39 | 08:39 | 09:36 | 10:36 | 11:36 | 12:36 | 13:36 | 14:36 | NDABENI |
| MAITLAND | 05:29 | 06:24 | 07:42 | 08:42 | 09:39 | 10:39 | 11:39 | 12:39 | 13:39 | 14:39 | MAITLAND |
| KOEBERG RD | 05:31 | 06:26 | 07:44 | 08:44 | 09:41 | 10:41 | 11:41 | 12:41 | 13:41 | 14:41 | KOEBERG RD |
| SALT RIVER | 05:33 | 06:28 | 07:46 | 08:46 | 09:43 | 10:43 | 11:43 | 12:43 | 13:43 | 14:43 | SALT RIVER |
| WOODSTOCK | 05:36 | 06:31 | 07:49 | 08:49 | 09:46 | 10:46 | 11:46 | 12:46 | 13:46 | 14:46 | WOODSTOCK |
| CAPE TOWN | 05:40 | 06:35 | 07:53 | 08:53 | 09:50 | 10:50 | 11:50 | 12:50 | 13:50 | 14:50 | CAPE TOWN |

RETREAT - CAPE TOWN (VIA CAPE FLATS)**SUNDAYS AND PUBLIC HOLIDAYS**

| TRAIN NO. | 0520 | 0522 | 0524 | 0526 | TRAIN NO. |
|-------------------|-------------|-------------|-------------|-------------|-------------------|
| RETREAT | 15:10 | 16:10 | 17:10 | 18:10 | RETREAT |
| HEATHFIELD | 15:12 | 16:12 | 17:12 | 18:12 | HEATHFIELD |
| SOUTHFIELD | 15:16 | 16:16 | 17:16 | 18:16 | SOUTHFIELD |
| OTTERY | 15:20 | 16:20 | 17:20 | 18:20 | OTTERY |
| WETTON | 15:22 | 16:22 | 17:22 | 18:22 | WETTON |
| LANSDOWNE | 15:25 | 16:25 | 17:25 | 18:25 | LANSDOWNE |
| CRAWFORD | 15:27 | 16:27 | 17:27 | 18:27 | CRAWFORD |
| ATHLONE | 15:29 | 16:29 | 17:29 | 18:29 | ATHLONE |
| HAZENDAL | 15:31 | 16:31 | 17:31 | 18:31 | HAZENDAL |
| PINELANDS | 15:34 | 16:34 | 17:34 | 18:34 | PINELANDS |
| NDABENI | 15:36 | 16:36 | 17:36 | 18:36 | NDABENI |
| MAITLAND | 15:39 | 16:39 | 17:39 | 18:39 | MAITLAND |
| KOEBERG RD | 15:41 | 16:41 | 17:41 | 18:41 | KOEBERG RD |
| SALT RIVER | 15:43 | 16:43 | 17:43 | 18:43 | SALT RIVER |
| WOODSTOCK | 15:46 | 16:46 | 17:46 | 18:46 | WOODSTOCK |
| CAPE TOWN | 15:50 | 16:50 | 17:50 | 18:50 | CAPE TOWN |