

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

*** Train operates from Cape Town to Fish Hoek.**

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

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

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

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

CAPE TOWN - RETREAT VIA CAPE FLATS										
SATURDAYS										
CAPE TOWN PLATFORM NO.	12	14	12	14	13	14	14	14	14	13
TRAIN NO.	0521	0523	0525	0527	0529	0531	0533	0535	0537	0539
CAPE TOWN	12:20	12:48	13:20	14:13	14:48	15:30	16:05	16:58	17:50	18:30
WOODSTOCK	12:23	12:51	13:23	14:16	14:51	15:33	16:08	17:01	17:53	18:33
SALT RIVER	12:26	12:54	13:26	14:19	14:54	15:36	16:11	17:04	17:56	18:36
KOEBERG RD	12:28	12:56	13:28	14:21	14:56	15:38	16:13	17:06	17:58	18:38
MAITLAND	12:30	12:58	13:30	14:23	14:58	15:40	16:15	17:08	18:00	18:40
NDABENI	12:33	13:01	13:33	14:26	15:01	15:43	16:18	17:11	18:03	18:43
PINELANDS	12:36	13:04	13:36	14:29	15:04	15:46	16:21	17:14	18:06	18:46
HAZENDAL	12:38	13:06	13:38	14:31	15:06	15:48	16:23	17:16	18:08	18:48
ATHLONE	12:41	13:09	13:41	14:34	15:09	15:51	16:26	17:19	18:11	18:51
CRAWFORD	12:43	13:11	13:43	14:36	15:11	15:53	16:28	17:21	18:13	18:53
LANSDOWNE	12:45	13:13	13:45	14:38	15:13	15:55	16:30	17:23	18:15	18:55
WETTON	12:48	13:16	13:48	14:41	15:16	15:58	16:33	17:26	18:18	18:58
OTTERY	12:50	13:18	13:50	14:43	15:18	16:00	16:35	17:28	18:20	19:00
SOUTHFIELD	12:54	13:22	13:54	14:47	15:22	16:04	16:39	17:32	18:24	19:04
HEATHFIELD	12:58	13:26	13:58	14:51	15:26	16:08	16:43	17:36	18:28	19:08
RETREAT	13:00	13:28	14:00	14:53	15:28	16:10	16:45	17:38	18:30	19:10

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