

RETREAT - CAPE TOWN (VIA CAPE FLATS)**MONDAYS TO FRIDAYS**

TRAIN NO.	0500	0502	0504	0506	0508	0510	0512	0514	0516	0518
RETREAT	04:57	05:28								
HEATHFIELD	05:00	05:31	05:50	06:07	06:23	06:38	06:51	07:08	07:23	07:42
SOUTHFIELD	05:04	05:35	05:54	06:11	06:27	06:42	06:55	07:12	07:27	07:46
OTTERY	05:07	05:38	05:57	06:14	06:30	06:45	06:58	07:15	07:30	07:49
WETTON	05:10	05:41	06:00	06:17	06:33	06:48	07:01	07:18	07:33	07:52
LANSDOWNE	05:12	05:43	06:02	06:19	06:35	06:50	07:03	07:20	07:35	07:54
CRAWFORD	05:14	05:45	06:04	06:21	06:37	06:52	07:05	07:22	07:37	07:56
ATHLONE	05:17	05:48	06:07	06:24	06:40	06:55	07:08	07:25	07:40	07:59
HAZENDAL	05:19	05:50	06:09	06:26	06:42	06:57	07:10	07:27	07:42	08:01
PINELANDS	05:22	05:53	06:12	06:29	06:45	07:00	07:13	07:30	07:45	08:04
NDABENI	05:24	05:55	06:14	06:31	06:47	07:02	07:15	07:32	07:47	08:06
MAITLAND	05:28	05:59	06:18	06:35	06:51	07:06	07:19	07:36	07:51	08:10
KOEBERG RD	05:30	06:01	06:20	06:37	06:53	07:08	07:21	07:38	07:53	08:12
SALT RIVER	05:32	06:03	06:22	06:39	06:55	07:10	07:23	07:40	07:55	08:14
WOODSTOCK	05:36	06:07	06:26	06:43	06:59	07:14	07:27	07:44	07:59	08:18
CAPE TOWN	05:39	06:10	06:29	06:46	07:02	07:17	07:30	07:47	08:02	08:21

RETREAT - CAPE TOWN (VIA CAPE FLATS)**MONDAYS TO FRIDAYS**

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

RETREAT - CAPE TOWN (VIA CAPE FLATS)

MONDAYS TO FRIDAYS

TRAIN NO.	0540	0542	0544	0546	0548	0550	0552	0554	0556	0558
RETREAT	14:00	14:25	14:56	15:20						
HEATHFIELD	14:03	14:28	14:59	15:23	15:44	15:56	16:20	16:38	16:58	17:08
SOUTHFIELD	14:07	14:32	15:03	15:27	15:48	16:00	16:24	16:42	17:02	17:12
OTTERY	14:10	14:35	15:06	15:30	15:51	16:03	16:27	16:45	17:05	17:15
WETTON	14:13	14:38	15:09	15:33	15:54	16:06	16:30	16:48	17:08	17:18
LANSDOWNE	14:15	14:40	15:11	15:35	15:56	16:08	16:32	16:50	17:10	17:20
CRAWFORD	14:17	14:42	15:13	15:37	15:58	16:10	16:34	16:52	17:12	17:22
ATHLONE	14:20	14:45	15:16	15:40	16:01	16:13	16:37	16:55	17:15	17:25
HAZENDAL	14:22	14:47	15:18	15:42	16:03	16:15	16:39	16:57	17:17	17:27
PINELANDS	14:25	14:50	15:21	15:45	16:06	16:18	16:42	17:00	17:20	17:30
NDABENI	14:27	14:52	15:23	15:47	16:08	16:20	16:44	17:02	17:22	17:32
MAITLAND	14:31	14:56	15:27	15:51	16:12	16:24	16:48	17:06	17:26	17:36
KOEBERG RD	14:33	14:58	15:29	15:53	16:14	16:26	16:50	17:08	17:28	17:38
SALT RIVER	14:35	15:00	15:31	15:55	16:16	16:28	16:52	17:10	17:30	17:40
WOODSTOCK	14:39	15:04	15:35	15:59	16:20	16:32	16:56	17:14	17:34	17:44
CAPE TOWN	14:42	15:07	15:38	16:02	16:23	16:35	16:59	17:17	17:37	17:47

RETREAT - CAPE TOWN (VIA CAPE FLATS)										
MONDAYS TO FRIDAYS										
TRAIN NO.	0560	0562	0564	0566	0568	0570	0572	0574	0576	
RETREAT			17:48							19:48
HEATHFIELD	17:21	17:37	17:51	18:00	18:13	18:28	18:41	19:06	19:51	
SOUTHFIELD	17:25	17:41	17:55	18:04	18:17	18:32	18:45	19:10	19:55	
OTTERY	17:28	17:44	17:58	18:07	18:20	18:35	18:48	19:13	19:58	
WETTON	17:31	17:47	18:01	18:10	18:23	18:38	18:51	19:16	20:01	
LANSDOWNE	17:33	17:49	18:03	18:12	18:25	18:40	18:53	19:18	20:03	
CRAWFORD	17:35	17:51	18:05	18:14	18:27	18:42	18:55	19:20	20:05	
ATHLONE	17:38	17:54	18:08	18:17	18:30	18:45	18:58	19:23	20:08	
HAZENDAL	17:40	17:56	18:10	18:19	18:32	18:47	19:00	19:25	20:10	
PINELANDS	17:43	17:59	18:13	18:22	18:35	18:50	19:03	19:28	20:13	
NDABENI	17:45	18:01	18:15	18:24	18:37	18:52	19:05	19:30	20:15	
MAITLAND	17:49	18:05	18:19	18:28	18:41	18:56	19:09	19:34	20:19	
KOEBERG RD	17:51	18:07	18:21	18:30	18:43	18:58	19:11	19:36	20:21	
SALT RIVER	17:53	18:09	18:23	18:32	18:45	19:00	19:13	19:38	20:23	
WOODSTOCK	17:57	18:13	18:27	18:36	18:49	19:04	19:17	19:42	20:27	
CAPE TOWN	18:00	18:16	18:30	18:39	18:52	19:07	19:20	19:45	20:30	

RETREAT - CAPE TOWN (VIA CAPE FLATS)										
SATURDAYS										
TRAIN NO.	0500	0502	0504	0506	0508	0510	0512	0514	0516	0518
RETREAT	05:02	06:07	06:25	06:59	07:35	08:10	08:45	09:35	10:25	11:15
HEATHFIELD	05:05	06:10	06:28	07:02	07:38	08:13	08:48	09:38	10:28	11:18
SOUTHFIELD	05:09	06:14	06:32	07:06	07:42	08:17	08:52	09:42	10:32	11:22
OTTERY	05:12	06:17	06:35	07:09	07:45	08:20	08:55	09:45	10:35	11:25
WETTON	05:15	06:20	06:38	07:12	07:48	08:23	08:58	09:48	10:38	11:28
LANSDOWNE	05:17	06:22	06:40	07:14	07:50	08:25	09:00	09:50	10:40	11:30
CRAWFORD	05:19	06:24	06:42	07:16	07:52	08:27	09:02	09:52	10:42	11:32
ATHLONE	05:22	06:27	06:45	07:19	07:55	08:30	09:05	09:55	10:45	11:35
HAZENDAL	05:24	06:29	06:47	07:21	07:57	08:32	09:07	09:57	10:47	11:37
PINELANDS	05:27	06:32	06:50	07:24	08:00	08:35	09:10	10:00	10:50	11:40
NDABENI	05:29	06:34	06:52	07:26	08:02	08:37	09:12	10:02	10:52	11:42
MAITLAND	05:33	06:38	06:56	07:30	08:06	08:41	09:16	10:06	10:56	11:46
KOEBERG RD	05:35	06:40	06:58	07:32	08:08	08:43	09:18	10:08	10:58	11:48
SALT RIVER	05:37	06:42	07:00	07:34	08:10	08:45	09:20	10:10	11:00	11:50
WOODSTOCK	05:41	06:46	07:04	07:38	08:14	08:49	09:24	10:14	11:04	11:54
CAPE TOWN	05:44	06:49	07:07	07:41	08:17	08:52	09:27	10:17	11:07	11:57

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

RETREAT - CAPE TOWN (VIA CAPE FLATS)												
SUNDAYS AND PUBLIC HOLIDAYS												
TRAIN NO.	0502	0504	0506	0508	0510	0512	0514	0516	0518	0520	0522	TRAIN NO.
RETREAT	05:00	06:00	07:18	08:19	09:40	11:18	13:05	14:17	15:30	17:00	18:20	RETREAT
HEATHFIELD	05:03	06:03	07:21	08:22	09:43	11:21	13:08	14:20	15:33	17:03	18:23	HEATHFIELD
SOUTHFIELD	05:07	06:07	07:25	08:26	09:47	11:25	13:12	14:24	15:37	17:07	18:27	SOUTHFIELD
OTTERY	05:10	06:10	07:28	08:29	09:50	11:28	13:15	14:27	15:40	17:10	18:30	OTTERY
WETTON	05:13	06:13	07:31	08:32	09:53	11:31	13:18	14:30	15:43	17:13	18:33	WETTON
LANSDOWNE	05:15	06:15	07:33	08:34	09:55	11:33	13:20	14:32	15:45	17:15	18:35	LANSDOWNE
CRAWFORD	05:17	06:17	07:35	08:36	09:57	11:35	13:22	14:34	15:47	17:17	18:37	CRAWFORD
ATHLONE	05:20	06:20	07:38	08:39	10:00	11:38	13:25	14:37	15:50	17:20	18:40	ATHLONE
HAZENDAL	05:22	06:22	07:40	08:41	10:02	11:40	13:27	14:39	15:52	17:22	18:42	HAZENDAL
PINELANDS	05:25	06:25	07:43	08:44	10:05	11:43	13:30	14:42	15:55	17:25	18:45	PINELANDS
NDABENI	05:27	06:27	07:45	08:46	10:07	11:45	13:32	14:44	15:57	17:27	18:47	NDABENI
MAITLAND	05:31	06:31	07:49	08:50	10:11	11:49	13:36	14:48	16:01	17:31	18:51	MAITLAND
KOEBERG RD	05:33	06:33	07:51	08:52	10:13	11:51	13:38	14:50	16:03	17:33	18:53	KOEBERG RD
SALT RIVER	05:35	06:35	07:53	08:54	10:15	11:53	13:40	14:52	16:05	17:35	18:55	SALT RIVER
WOODSTOCK	05:39	06:39	07:57	08:58	10:19	11:57	13:44	14:56	16:09	17:39	18:59	WOODSTOCK
CAPE TOWN	05:42	06:42	08:00	09:01	10:22	12:00	13:47	14:59	16:12	17:42	19:02	CAPE TOWN