

Trains to Milford

Departures for Milford are at:

Monday-Saturday

00.59 to Fishguard
(00.48 Mondays)

05.26 from Carmarthen

06.33 from Carmarthen

08.13 from Cardiff

10.27 from Crewe

12.13 from Manchester

14.12 from Manchester

16.15 from Manchester

18.27 from Manchester

20.20 from Manchester

22.34 from Manchester

23.45 from Manchester
(on sat, only to Hwest)

Sunday

00.59 to Fishguard

12.38 from Newport

14.36 from Carmarthen

16.33 from Manchester

18.46 from Manchester

20.48 from Manchester
(20 minutes later from March 29th)

22.40 from Cardiff

See box below

Weekend travel

At weekends, especially on Sundays, engineering work sometimes causes trains to be retimed, and occasionally a bus may be substituted for part of the journey. Please check with National Rail Enquiries 08457 48 49 50 or www.nationalrail.co.uk.

Buses via Clarbeston Road station serve:

313 Crundale, Wiston (Taf Valley) Mon-Sat

344 Crundale, Lllysyfran, New Moat, Maenclochog, Rosebush and Llanychaer (Summerdale coaches) Tuesdays only

432 Crundale, Lllysyfran, New Moat, Maenclochog and Maenachlogddu (Midway motors) Fridays only

For further details of bus times, consult the Pembrokeshire County Council bus timetable or phone one of the numbers on the back of this leaflet.

Taxi firms serving Clarbeston Road

The following firms operate in the area:

Clarbeston Road is twelve minutes from Whitland, if you wish to phone for a taxi as your train leaves Whitland.

Or text the word 'CAB' to 83222 to receive a text with the three nearest licensed cab numbers to your CURRENT LOCATION.

How to catch the train

- Clarbeston Road station is situated in the middle of the village by the railway bridge. It has no car park, but the road to the north of the bridge is fairly wide. If you live in Clarbeston Road, your best bet is probably to walk to the station. If picking up or setting down friends, you can drive right to the platform entrance.
- Buses stop on the main road by the railway bridge.
- You can buy a ticket for your whole rail journey in advance or from the conductor on the first train you catch.
- The booking office at Haverfordwest station is open from early morning until lunchtime on weekdays, and can supply advance purchase tickets.
- Rail agents, Milford Travel in Charles Street, Milford and Activity Wales, Narberth Road, Haverfordwest can also make advance bookings for you, or you can use the internet.
- Clarbeston Road is a request stop for trains. At Johnston, Clarbeston Road, Clunderwen, Ferryside, Kidwelly and Gowerton trains only stop by request. If you want to leave the train at one of these stations, let the guard know when you start your journey. If you want to board the train at one of these stations give a hand signal to the driver in good time, as the train approaches.

Useful telephone numbers and web sites

National Rail enquiries 08457 48 49 50

www.nationalrail.co.uk

Arriva Trains Wales 0845 606 1650

www.arrivatrainswales.co.uk

Pembrokeshire County Council for local bus information 01437 764551

Traveline for other bus info 0870 608 2 608

First Cymru 0870 608 2608

www.firstgroup.co.uk

Activity Wales, 01437 766888

Silcox buses 01646 683143

www.silcoxcoaches.co.uk

Richards Brothers 01239 613 756

www.richardsbros.co.uk

Midway motors 01239 831267

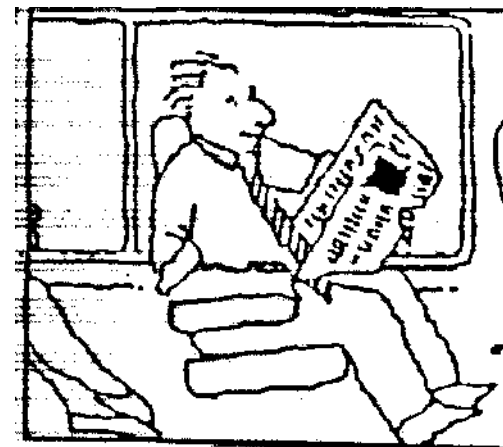
Summerdale coaches 01348 840270

CLARBESTON ROAD

RAIL GUIDE

Winter 2008/9

14th December 2008 - 16th May 2009



*Get out of traffic
And into training!*

Your station now has an excellent, regular interval train service giving access to the UK rail network. Every two hours you can catch a through train to Manchester. A single change at Cardiff will get you to London and many other useful places. A second change will take you almost anywhere in the UK. It is probably a lot faster than you think, and cheaper than the papers would have you believe. Eleven trains each week day serve your station in both directions. Inside this brief guide you will find all the details.

Trains to Carmarthen and beyond

Monday-Saturday

00.37 to Ca'then (not Mon)
 02.10 to Swansea
 06.27 to Manchester
 07.27 to Manchester
 09.32 to Manchester
 11.32 to Manchester
 13.32 to Manchester

 15.32 to Manchester
 17.32 to Cardiff
 19.32 to Crewe(Hereford SO)
 21.42 to Carmarthen
 23.39 to Carmarthen

Sunday

13.57 to Manchester
 15.57 to Manchester
 17.58 to Manchester
 19.58 to Carmarthen
 21.58 to Cardiff
 (25 mins later from March 29th)
 23.37 to Carmarthen

All trains run to Manchester Piccadilly, unless shown, and normally call at *Clunderwen*, Whitland, Carmarthen, Pembrey and Burry Port, Llanelli, Swansea, Neath, Port Talbot, Bridgend, Cardiff Central, Newport, Cwmbran, Abergavenny, Hereford, Leominster, Ludlow, Craven Arms, Church Stretton, Shrewsbury, Crewe, Wilmslow and Stockport. (*Stations in italics are request stops.*)

By changing once or twice, access to most of the UK is yours, and changing trains is usually straightforward.

For	Change at
Heart of Wales line	Llanelli
London, Bristol, Salisbury, Portsmouth, Birmingham and North Wales	Cardiff or Newport
South West England	Cardiff and Bristol T.M.
North East England	Cardiff and Bristol Pkwy
Scotland and North West England	Crewe
South East England	Cardiff and London

Typical journey time to:

- Carmarthen	29mins	- Portsmouth	6hrs 25mins
- Swansea	1hr 13mins	- Carlisle	7hrs 08mins
- Cardiff	2hrs 15mins	- Newcastle	8hrs 03mins
- Newport	2hrs 31mins	- Penzance	8.5hrs
- Cardiff Airport	2hrs 50mins	- Glasgow	8hrs 23mins
- Bristol	3hrs 19mins	- Edinburgh	8hrs 52mins
- London	4hrs 28mins	- Aberdeen	11.5hrs
- Heathrow	4hrs 53mins	- Inverness	12.5hrs
- Manchester	5hrs 41mins		

Currency of information: Under an EEC directive, a new train timetable is produced each June and December. In the UK, times of trains generally change in May(for summer) and September(for winter)! Today's general service pattern is franchised for another twelve years. But from time to time there will be detail changes. The latest version of this leaflet will be on the PRTA website at www.pрта.org.uk from where you can print a copy. Always check train times with National Rail before you set out.

Sample fares

Fares - a complex subject. Here are some samples to give you an idea of how far you can go with your money. They are correct at the time of writing, but fares tend to increase each year in line with inflation

Standard day returns (out any train, back any train same day as far as Newport), Carmarthen £7.10, Swansea £11.20, Cardiff £18.60, Newport £22.20. A day return is usually not much more than a single.

Saver returns (not available on certain trains, just turn up, buy ticket and return within a month), London £71, Bristol £33, Manchester £64, Penzance £92, Glasgow £142.

Advance purchase (various schemes - like APEX, Advance Purchase Excursion) can reduce price of return ticket dramatically, London £30, Bristol £22, Manchester £26, Basingstoke £29, Penzance £37 and Glasgow £57. These are probably the cheapest prices you will get. Ask at station or travel agent and book well in advance naming the train(s) on which you will travel, though some seats will not be available until a few weeks before the date of travel.

Pembrokeshire Rail Travellers Association (see box below) can supply a four page booklet giving more detail on fares, or you can go and talk to your local travel agent or surf the net.

This guide was produced by the Pembrokeshire Rail Travellers Association (PRTA) who have done their best but accept no responsibility for the accuracy of the information it contains.

The PRTA is a voluntary group working to improve transport in the county. Members receive six newsletters a year and information on train times and fares. If you would like to help us try to improve rail services, you can join us by sending your name, and email address and £4 (all PRTA material comes by email) or postal address and £7 (all PRTA material comes by post) to our membership secretary: Robert Best, 11 Warwick Road, Milford Haven SA73 2LP.

For more information on the PRTA, for further/latest copies of this guide, see www.pрта.org.uk

Please notify Peter of any errors with the guide at taberna@inn01.freeserve.co.uk

The PRTA has neither the expertise nor the resources to produce a Welsh language version of this guide. Should any reader wish to volunteer a translation, we will happily include it on the web site.

- Technical material edited by Pembrokeshire Rail Travellers Association -
 - Typing by Taberna Inn Publications (Serving You)! -
 - Downloaded from PRTA website -

Bargains

The **Pembrokeshire Railcard** can save you money on train fares, especially local journeys. It costs £5, lasts a year and entitles you to a third off the cost of savers and day returns as far as Swansea. So you can get to Carmarthen and back in a day for £4.80 and Swansea £7.50. You can buy your card at Milford or Haverfordwest station or at Milford Travel. If you have no rail card of any kind yet you will need to take two passport photos with you. Otherwise take your existing rail photocard.

Group Wales allows a group of between three and nine people to travel out and back together at "25 percent off the full price ticket". Arriva allows it on *standard day returns* from Pembrokeshire (all day Saturdays and Sundays, and after 9am Monday to Friday). Each of the group could therefore travel to Cardiff and back for £13.95. Just ask on the day.

If you are over 60, a **senior citizen railcard** may help you. It costs £24 for a year, but if you live in Pembroys you can claim back £12 from the County Council. It will give you a third off most tickets, but not Apex. Buy one from Milford or Haverfordwest station, Milford Travel or Council Offices at Haverfordwest or Llanion.

Other railcards which give a third off include **Young person's, Family, and Disabled persons railcard**.

If you travel out from Milford beyond Carmarthen, you can, should it prove more convenient return to Pembroke Dock and vice versa. This could be especially useful to those who start from Neyland.

For a train/walk day out, the **West Wales day ranger** costs £7.80 and allows you a day's unlimited travel (after 08.45 Mon-Fri, all day Sat/Sun) on all lines west of Carmarthen (to Milford, Pembroke Dock and Fishguard).

For small add-on to your rail ticket, **Plus bus** allows you 'unlimited' travel on buses in the area around your destination. The rules are all slightly different for each town, but plus-bus is available at Swansea, Neath, Port Talbot, Bridgend, Cardiff, Newport and Bristol. Phone Traveline Cymru on 0870 608 2 608.

For £6.60 adults and £4.40 children (£3.30 accompanied children) you can buy a **West Wales Rover ticket** which allows unlimited travel on buses (except 322) in Pembrokeshire, Carmarthenshire and Ceredigion for a day. Buy yours from the driver.

And remember, everything can change at short notice, so please check times and fares before travelling.