

Trains to Pembroke Dock

Monday-Sat'day

06.10 from C'then
07.09 from S'sea
09.21 from S'sea
11.19 from S'sea
13.24 from S'sea
15.24 from S'sea
17.24 from S'sea
19.30 from S'sea
21.24 from S'sea

Sunday

12.39 from W'land
To Tenby only
14.45 from C'then
17.30 from C'then
20.39 from M'chr
(18 mins later from
March 29th)

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 near your station serve:

381 Robeston Wathen, Canaston Bridge, Slebech (Silcox)
381 Templeton (Silcox)

Buses from Narberth Town Centre serve:

322 Robeston Wathen, Canaston Bridge, Slebech (Silcox)
391 Clunderwen, Llandissilio, Glandy Cross
430 Clunderwen, Llandissilio, Cardigan (Richards Bros)

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 your station

The following firms operate in the area:

Narberth 01834 861601
TP 01834 860297

As you leave Whitland station, there are about nine minutes of your journey left, should you wish to phone for a taxi to meet you.

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

- The station is nearly a mile from the town centre on the east side of town. The walk, along Station Road, then left into Kiln Park Road, and right into Station Approach involves some walking on a fairly main road which has no footway.
- There is parking in the Station Approach road, but signs restrict parking outside particular properties.
- You can also drive right to the platform entrance, and set down or pick up people at platform level.
- There is no ticket office at the station.
- You can buy a ticket for your whole rail journey in advance or from the conductor on the first train you catch.
- One bus passes the end of Station Approach, the 381 which runs between Tenby and Haverfordwest.
- Other buses pass through the town centre, but not along Kiln Park Road. The 430 bus runs into the town centre along Jesse Road, at the north end of Kiln Park Road.
- If you are travelling by car to the station, you should be aware that some rail journeys may be more conveniently made from Clunderwen station, for which there is a separate guide.
- Rail agents, Activity Wales, Narberth Road, Haverfordwest can also make advance bookings for you, or you can use the internet.
- At Lamphey, Manorbier, Penally, Saundersfoot, Kilgetty, Narberth, 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.

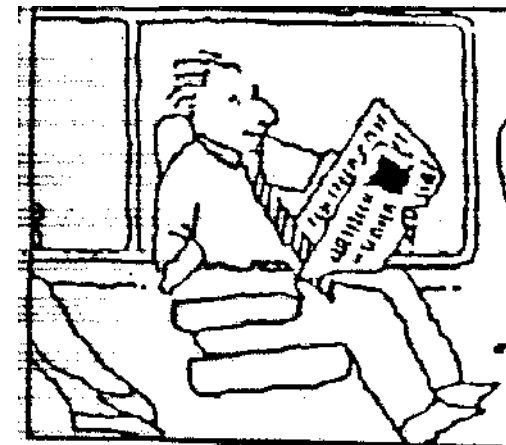
Useful telephone numbers and web sites

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 831 267
Jones motors 01437 563 277

NARBERTH RAIL GUIDE

Winter 2008/9

14th December 2008 - 16th May 2009



*Get out of traffic
And into training!*

Your railway 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 Carmarthen and Swansea. A single change will get you to many other useful places such as London or Manchester. 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. Nine trains a day serve your station. Inside this brief guide, you will find all the details.

Trains towards Swansea

Monday-Sat'day

08.00 to Swansea
 10.00 to Swansea
 12.00 to Swansea
 14.01 to Swansea
 16.02 to Swansea
 18.01 to Swansea
 20.05 to Cardiff
 22.06 to Swansea
 23.09 to C'then

Sunday

13.30 to S'sea
 16.55 to C'then
 19.53 to Hereford
 22.55 to C'then

All trains run to Swansea, unless shown, and normally call at Whitland, Carmarthen, *Ferryside*, *Kidwelly*, Pembrey and Burry Port, Llanelli, and Gowerton. (*Stations in italics are request stops.*)

If you want an earlier departure, or a later arrival, and you are driving to the station anyway, you may find it faster to drive to Whitland station, where the first train leaves at 06.40 (Mon-Fri) and the last one arrives back at 23.31

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
Hereford, Shrewsbury, Crewe and Manchester	Carmarthen
London	Swansea
Bristol, Salisbury, Portsmouth, Birmingham and North Wales	Swansea and Cardiff
South West England	Swansea and Bristol Parkway
North East England	Swansea and Bristol Parkway
Scotland and North West England	Carmarthen and Crewe
South East England	Swansea and London

Typical journey time to:

- Carmarthen	29mins	- Portsmouth	5hrs 50mins
- Swansea	1hrs 25 mins	- Carlisle	7hrs 35mins
- Cardiff	2hrs 25mins	- Newcastle	8hrs 20mins
- Newport	2hrs 40mins	- Penzance	7hrs 50mins
- Cardiff Airport	3hrs 10mins	- Glasgow	8hrs 45mins
- Bristol	3hrs 25mins	- Edinburgh	9hrs 30mins
- London	4hrs 30mins	- Aberdeen	13hrs 20mins
- Heathrow	5hrs 15mins	- Inverness	14hrs 20mins
- Manchester	6hrs 15mins		

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 until October 2018. But from time to time there will be detail changes. The latest version of this leaflet will be on the PRTA website at www.prta.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.prta.org.uk

Please notify any errors with the guide to Peter 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 Pembrokeshire 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.