

Trains from Pembroke Dock

Monday-Sat'day

07.05 to Swansea
 09.05 to Swansea
 11.05 to Swansea
 13.05 to Swansea
 15.05 to Swansea
 17.05 to Swansea
 19.05 to Cardiff
 21.11 to Swansea
 22.22 to C'then

Sunday

16.05 to C'then
 19.05 to Hereford
 22.05 to C'then

All trains run to Swansea, unless shown, and normally call at Pembroke, Lamphey, Manorbier, Penally, Tenby, Saundersfoot, Kilgetty, Narberth, Whitland, Carmarthen, Ferryside, Kidwelly, Pembrey and Burry Port, Llanelli, and Gowerton. (*Stations in italics are request stops.*)

For	Change at
Heart of Wales line	Llanelli
Hereford, Shrewsbury, Crewe and Manchester	Carmarthen
Cardiff, Newport, 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 weekday journey time from Pembroke Dock to:

- Carmarthen	81mins	- Portsmouth	6hrs 42mins
- Swansea	2hrs 18 mins	- Carlisle	8hrs 25mins
- Cardiff	3hrs 17mins	- Newcastle	9hrs
- Newport	3hrs 32mins	- Penzance	8hrs 45 mins
- Cardiff Airport	4hrs 02mins	- Glasgow	9hrs 40mins
- Bristol	4hrs 12mins	- Edinburgh	10hrs 22mins
- London	5hrs 21mins	- Aberdeen	14hrs
- Heathrow	6hrs	- Inverness	15hrs
- Manchester	7hrs 08mins		

Buses to Pembroke Dock:

349 destination Tenby (First Cymru)
 356 destination Monkton (Silcox)

Neyland Taxi firms

Bobby 01646 600642
 Parry 01646 601176

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

Ticket Interchangeability:

If you are travelling beyond Carmarthen from Milford, Johnston or Pembroke Dock with a return ticket, you can return to a different station if it is more convenient, without any penalty.

How to catch the train

- Milford Haven station is at Haven's Head by Tesco. It has a spacious car park which never fills up.
- Pembroke Dock station is in the middle of town, in Apley Terrace near its junction with Laws Street. It has a car park, but some of the spaces may be used by shoppers or customers at the Station Inn.
- The 356 bus to Milford will drop you at Tesco, from where it is a five minute walk to the station. The 356 to Pembroke Dock will also drop you outside the station, while the 349 takes you to Laws Street, just round the corner.
- If you are being taken to either station by car, you can be dropped off right by the platform entrance.
- Milford Haven station ticket office is open
Mon-Fri: 6.45-7.15, 8.30-11.30, and 12.30-15.30
Sat: 6.45-7.15 and 8.30-11.30.
- If it is open, buy a ticket before boarding or you may be charged full fare.
- There is no ticket office at Pembroke Dock station.
- You can buy a ticket for your whole rail journey in advance or from the conductor on the first train you catch (except advance bookings!).
- 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.
- At Johnston, Clarboston Road, Clunderwen, 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

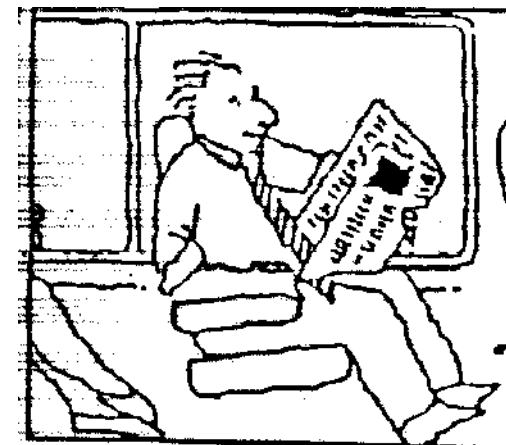
National Rail enquiries 08457 48 49 50
www.nationalrail.co.uk
 Arriva Trains Wales 0845 606 1650
www.arrivatrainswales.co.uk
 Pembrokeshire County Council for local bus information 01437 764551
 Traveline for other bus info 0870 608 2 608
 First Cymru 0870 608 2608
www.firstgroup.co.uk
 Activity Wales, 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

NEYLAND RAIL GUIDE

Winter 2008/9

14th December 2008 - 16th May 2009



Get out of traffic
 And into training!

It can't have escaped your notice that Neyland doesn't have a station any more! But there are excellent, regular interval train services from Milford Haven or Pembroke Dock giving access to the UK rail network. Every two hours you can catch a through train from Pembroke Dock to Swansea, or from Milford Haven to Manchester. A single change will get you to many other 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. Inside this brief guide, you will find all the details.

Trains from Milford Haven

Monday-Saturday

00.15 to Ca'then (not Mon)
 06.05 to Manchester
 07.05 to Manchester
 09.10 to Manchester
 11.10 to Manchester
 13.10 to Manchester
 15.10 to Manchester
 17.10 to Cardiff
 19.10 to Crewe(Hereford SO)
 21.20 to Carmarthen
 23.15 to Carmarthen

Sunday

13.35 to Manchester
 15.35 to Manchester
 17.35 to Manchester
 19.35 to Carmarthen
 21.35 to Cardiff
 (25 mins later from March 29th)
 23.15 to Carmarthen

All trains run to Manchester Piccadilly, unless shown, and normally call at *Johnston*, Haverfordwest, *Clarbeston Road*, *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 the whole 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 from Milford Haven to:

- Carmarthen	51mins	- Portsmouth	6hrs 47mins
- Swansea	1hr 35mins	- Carlisle	7hrs 30mins
- Cardiff	2hrs 37mins	- Newcastle	8hrs 25mins
- Newport	2hrs 53mins	- Penzance	9hrs
- Cardiff Airport	3hrs 12mins	- Glasgow	8hrs 45mins
- Bristol	3hrs 41mins	- Edinburgh	9hrs 15mins
- London	4hrs 50mins	- Aberdeen	12hrs
- Heathrow	5hrs 15mins	- Inverness	13hrs
- Manchester	6hrs 3mins		

Buses to Milford Haven:

356 to Milford (Silcox)

Johnston, the third alternative:

You might prefer to catch the train from Johnston. Trains leave there seven minutes after leaving Milford. Johnston has its own guide in this series.

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 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 Pembro 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.