

# First Cymru By Carms Coaches

**Duty: 232**

Day(s): Every Day

Start Time: 08:10 - End Time: 19:52

**Break Times:**

**From:** Trostre  
**To:** Carmarthen

**Route:**196

Depart: 08:10 - Arrive: 09:23 1

**From:** Carmarthen  
**To:** Trostre

**Route:**196

Depart: 17:30 - Arrive: 18:36 10

**From:** Carmarthen  
**To:** Trostre

**Route:**196

Depart: 09:33 - Arrive: 10:35 2

**From:** Trostre  
**To:** Ammanford

**Route:**L3

Depart: 18:39 - Arrive: 19:52 11

**From:** Trostre  
**To:** Pontarddulais

**Route:**L3

Depart: 10:35 - Arrive: 11:24 3

**From:** Pontardulais  
**To:** Trostre

**Route:**L3

Depart: 11:31 - Arrive: 12:18 4

**From:** Trostre  
**To:** Carmarthen

**Route:**196

Depart: 12:19 - Arrive: 13:33 5

**From:** Carmarthen  
**To:** Trostre

**Route:**196

Depart: 13:33 - Arrive: 14:38 6

**From:** Trostre  
**To:** Pontardulais

**Route:**L3

Depart: 14:39 - Arrive: 15:24 7

**From:** Pontardulais  
**To:** Trostre

**Route:**L3

Depart: 15:31 - Arrive: 16:18 8

**From:** Trostre  
**To:** Carmarthen

**Route:**196

Depart: 16:19 - Arrive: 17:30 9