

## 2016 Cape Town Cycle Tour

Metrorail welcomes cyclists and visitors. Tickets for cyclists will cost **R47.00** and can be purchased at the Metrorail exhibition stand at the Cape Town Cycle Tour Expo, Cape Town Stadium (3 – 5 March 2016).

To plan your journey effectively visit [www.gometro.co.za](http://www.gometro.co.za) or contact the Transport Information Centre on 0800 65 64 63 for train time tables.

The following trains will run on **SUNDAY 6 MARCH 2016**  
Please note the first two carriages of these trains are **RESERVED** for **CYCLIST'S FORWARD JOURNEY**

Station	Train 0102	*Train 0400	Train 0104	Train 0106	*Train 0402	Train 0108	*Train 0406	Train 0110
Simon's Town	04:24		05:24	06:22	07:01	07:18		08:17
Glencairn	04:29		05:29	06:27	07:06	07:23		08:22
Sunny Cove	04:33		05:33	06:31	07:11	07:27		08:26
Fish Hoek	04:36	05:00	05:36	06:34	07:13	07:30	07:50	08:29
Kalk Bay	04:40	05:04	05:40	06:38	07:17	07:34	07:54	08:33
St. James	04:42	05:06	05:42	06:40	07:19	07:36	07:56	08:35
Muizenberg	04:45	05:08	05:45	06:43	07:21	07:39	07:58	08:38
False Bay	04:47	05:10	05:47	06:45	07:23	07:41	08:00	08:40
Lakeside	04:49	05:13	05:49	06:47	07:26	07:43	08:03	08:42
Steenberg	04:52	05:15	05:52	06:50	07:28	07:46	08:05	08:45
Retreat	04:54	05:18	05:54	06:52	07:31	07:48	08:08	08:47
Heathfield	04:57	05:21	05:57	06:55	07:34	07:51	08:11	08:50
Diep River	04:59	05:23	05:59	06:57	07:36	07:53	08:13	08:52
Steurhof	05:01	05:25	06:01	06:59	07:38	07:55	08:15	08:54
Plumstead	05:03	05:27	06:03	07:01	07:40	07:57	08:17	08:56
Wittebome	05:05	05:28	06:05	07:03	07:41	07:59	08:18	08:58
Wynberg	05:07	05:30	06:07	07:05	07:43	08:01	08:20	09:00
Kenilworth	05:09	05:32	06:09	07:07	07:45	08:03	08:22	09:02
Harfield Road	05:11	05:34	06:11	07:09	07:47	08:05	08:24	09:04
Claremont	05:15	05:36	06:13	07:11	07:49	08:07	08:26	09:06
Newlands	05:17	05:38	06:15	07:13	07:51	08:09	08:28	09:08
Rondebosch	05:17	05:40	06:17	07:15	07:53	08:11	08:30	09:10
Rosebank	05:19	05:42	06:19	07:17	07:55	08:13	08:32	09:12
Mowbray	05:21	05:44	06:21	07:19	07:57	08:15	08:34	09:14
Observatory	05:23	05:46	06:23	07:21	07:59	08:17	08:36	09:16
Salt River	05:26	05:49	06:26	07:24	08:02	08:20	08:39	09:19
Woodstock	05:29	05:52	06:29	07:27	08:05	08:23	08:42	09:22
Cape Town	05:32	05:56	06:32	07:30	08:09	08:26	08:46	09:25

\*Extra trains for Cape Town Cycle Tour

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The following trains will run on **SUNDAY 6 MARCH 2016**  
Please note the last 2 carriages of these trains are RESERVED for CYCLIST'S RETURN JOURNEY

Station	Train 0125	Train 0127	Train 0129	Train 0131	Train 0133	Train 0135
Cape Town	15:30	15:55	16:16	16:52	17:38	18:41
Woodstock	15:33	15:58	16:19	16:55	17:41	18:44
Salt River	15:36	16:01	16:22	16:58	17:44	18:47
Observatory	15:39	16:04	16:25	17:01	17:47	18:50
Mowbray	15:41	16:06	16:27	17:03	17:49	18:52
Rosebank	15:43	16:08	16:29	17:05	17:51	18:54
Rondebosch	15:45	16:10	16:31	17:07	17:53	18:56
Newlands	15:48	16:13	16:34	17:10	17:56	18:59
Claremont	15:50	16:15	16:36	17:12	17:58	19:01
Harfield Rd	15:52	16:17	16:38	17:14	18:00	19:03
Kenilworth	15:54	16:19	16:40	17:16	18:02	19:05
Wynberg	15:56	16:21	16:42	17:18	18:04	19:07
Wittebomme	15:58	16:23	16:44	17:20	18:06	19:09
Plumstead	16:00	16:25	16:46	17:22	18:08	19:11
Steurhof	16:02	16:27	16:48	17:24	18:10	19:13
Diep River	16:04	16:29	16:50	17:26	18:12	19:15
Heathfield	16:06	16:31	16:52	17:28	18:14	19:17
Retreat	16:09	16:34	16:55	17:31	18:17	19:20
Steenberg	16:12	16:37	16:58	17:34	18:20	19:23
Lakeside	16:14	16:39	17:00	17:36	18:22	19:25
False Bay	16:17	16:42	17:03	17:39	18:25	19:28
Muizenberg	16:18	16:43	17:04	17:40	18:26	19:29
St. James	16:21	16:46	17:07	17:43	18:29	19:32
Kalk Bay	16:23	16:48	17:09	17:45	18:31	19:34
Fish Hoek	16:28	16:53	17:14	17:50	18:36	19:39
Sunny Cove	16:30		17:16	17:52	18:38	19:41
Glencairn	16:35		17:21	17:57	18:43	19:46
Simon's Town	16:40		17:26	18:02	18:48	19:51