

Metrorail Train Schedule

Cape Town Cycle Tour 2019 | Sunday 10 March 2019

The following Metrorail train schedule will operate on Sunday, 10 March 2019 to transport cyclists and spectators to and from the Cape Town Cycle Tour.

Cycle Tour Tickets

Cycle Tour train tickets may be purchased at the Metrorail exhibition stand at the **Cape Town Cycle Tour Expo** taking place at Cape Town Stadium from **07 to 09 March 2019**, and at dedicated Metrorail ticket offices two weeks leading up to the event day.

A return Cycle Tour train ticket costs **R47** and allows cyclists to travel with their bicycles on-board the train. Please note that tickets can be purchased with cash only as no card facilities are available at train stations or at the Expo.

Take note of the following:

Reserved Coaches: The first two carriages on these trains will be reserved for cyclists and their bicycles.

Additional trains: Three additional trains will operate on the Southern Line only.

Delays: Allow for additional travelling time of **- 15-20 minutes** due to faulty level crossing booms at Kenilworth.

SIMON'S TOWN – CAPE TOWN								
	0102	*0400	0104	0106	*0402	0108	*0404	0110
Fish Hoek	04:36	05:00	05:36	06:34	07:15	07:30	08:00	08:29
Kalk Bay	04:40	05:04	05:40	06:38	07:19	07:34	08:04	08:33
St. James	04:42	05:06	05:42	06:40	07:21	07:36	08:06	08:35
Muizenberg	04:45	05:08	05:45	06:43	07:24	07:39	08:09	08:38
False Bay	04:47	05:10	05:47	06:45	07:26	07:41	08:13	08:40
Lakeside	04:49	05:13	05:49	06:47	07:28	07:43	08:13	08:42
Steenberg	04:52	05:15	05:52	06:50	07:31	07:46	08:16	08:45
Retreat	04:54	05:18	05:54	06:52	07:33	07:48	08:18	08:47
Heathfield	04:57	05:21	05:57	06:55	07:36	07:51	08:21	08:50
Diep River	04:59	05:23	05:59	06:57	07:38	07:53	08:23	08:52
Steurhof	05:01	05:25	06:01	06:59	07:40	07:55	08:25	08:54
Plumstead	05:03	05:27	06:03	07:01	07:42	07:57	08:27	08:56
Wittebome	05:05	05:28	06:05	07:03	07:44	07:59	08:29	08:58
Wynberg	05:07	05:30	06:07	07:05	07:46	08:01	08:31	09:00
Kenilworth	05:09	05:32	06:09	07:07	07:48	08:03	08:33	09:02
Harfield Road	05:11	05:34	06:11	07:09	07:50	08:05	08:35	09:04
Claremont	05:13	05:36	06:13	07:11	07:52	08:07	08:37	09:06
Newlands	05:15	05:38	06:15	07:13	07:54	08:09	08:39	09:08
Rondebosch	05:17	05:40	06:17	07:15	07:56	08:11	08:41	09:10
Rosebank	05:19	05:42	06:19	07:17	07:58	08:13	08:43	09:12
Mowbray	05:21	05:44	06:21	07:19	08:00	08:15	08:45	09:14
Observatory	05:23	05:46	06:23	07:21	08:02	08:17	08:47	09:16
Salt River	05:26	05:49	06:26	07:24	08:05	08:20	08:50	09:19
Woodstock	05:29	05:52	06:29	07:27	08:08	08:23	08:53	09:22
Cape Town	05:32	05:55	06:32	07:30	08:11	08:26	08:56	09:25

CAPE TOWN – SIMON'S TOWN						
	0115	0117	0119	0121	0123	0125
Cape Town	10:35	11:25	12:23	13:32	14:45	15:30
Woodstock	10:38	11:28	12:26	13:35	14:48	15:33
Salt River	10:41	11:31	12:29	13:38	14:51	15:36
Observatory	10:44	11:34	12:32	13:41	14:54	15:39
Mowbray	10:46	11:36	12:34	13:43	14:56	15:41
Rosebank	10:48	11:38	12:36	13:45	14:58	15:43
Rondebosch	10:50	11:40	12:38	13:44	15:00	15:45
Newlands	10:53	11:43	12:41	13:50	15:03	15:48
Claremont	10:55	11:45	12:43	13:52	15:05	15:50
Harfield Rd	10:57	11:47	12:45	13:56	15:07	15:52
Kenilworth	10:59	11:49	12:47	13:58	15:09	15:45
Wynberg	11:01	11:51	12:49	14:00	15:11	15:56
Wittebomme	11:03	11:53	12:51	14:02	15:13	15:58
Plumstead	11:05	11:55	12:53	14:04	15:15	16:00
Steurhof	11:07	11:57	12:55	14:06	15:17	06:02
Diep River	11:09	11:59	12:57	14:08	15:19	16:04
Heathfield	11:11	12:01	12:59	14:11	15:21	16:06
Retreat	11:14	12:04	13:02	14:14	15:24	16:09
Steenberg	11:17	12:07	13:05	14:16	15:27	16:12
Lakeside	11:19	12:09	13:07	14:19	15:29	16:14
False Bay	11:22	12:12	13:10	14:20	15:32	16:17
Muizenberg	11:23	12:13	13:11	14:20	15:33	16:18
St. James	11:26	12:16	13:14	14:23	15:36	16:21
Kalk Bay	11:28	12:18	13:16	14:25	15:38	16:23
Fish Hoek	11:33	12:23	13:21	14:30	15:43	16:28