

Arbedion RHAGOROL! Amserlen RHEOLAIDD! Synnwyr CYFFREDIN!

Bellach mae teithio i'r gwaith ar y trên yn haws nag erioed - gyda threnau'n rhedeg bob awr pan fyddwch eu hangen

Trenau ychwanegol - nawr bob awr yn ystod oriau brig rhwng Aberystwyth a'r Amwythig, ac i Birmingham bob dwy awr

Amseroedd cyfleus - gallwch gyrraedd unrhyw orsaf rhwng Aberystwyth a'r Amwythig cyn 9am - a threnau adref pan fyddwch eu hangen

Cysylltiadau gwell - gyda bysiau yn Aberystwyth, Machynlleth a'r Drenewydd, a chysylltiadau rheilffordd gwell o arfordir y Cambria a theithio yn eich blaen i ddinasoedd fel Manceinion a Chaerdydd

Ymlacio - pam brwydo yn erbyn traffig trwm a phroblemau parcio bob dydd - gadewch i rywun arall yrru

Galw Cyflogwyr!

Mae mwy o staff yn teithio i'r gwaith ar drên yn golygu:

- Staff sy'n iachach ac wedi ymlacio fwy
- Llai o bwysau ar lefydd parcio yn eich gweithle
- Hwb i berfformiad amgylcheddol

Gall helpu'ch staff deithio i'r gwaith ar drên fod yn rhan o gynllun teithio gweithle llwyddiannus

Am fwy o wybodaeth cysylltwch ag leincambrian.co.uk

Crewyd gan Good Journey
Lluniau: Good Journey, Tina Jones
Cyda diolch i Susie o Trenau Arriva Trains Cymru
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5 rheswm i deithio
i'r gwaith ar drên



Cyfle i weithio
yn ystod y daith

Mae'n arbed
llawer o arian
ac amser



Gallwch ymlacio
gyda diod

Cyfle i wefru'ch
teclynnau



Rhowch hwb i'ch
ffitrwydd ar y
ffordd i'r orsaf

a yw'n aderyn?



a yw'n drên?

TRENAU
I'R GWAITH
BOB AWRI!

HWYLU SO'R DAITH I'R GWAITH!

SUPER savings!
SUPER regular!
SUPER smart!

It's now easier than ever to commute by train - with trains every hour when you need them

Extra trains - now every hour at peak times between Aberystwyth and Shrewsbury and Birmingham every two hours

Convenient times - arrive before 9am at any station between Aberystwyth and Shrewsbury - and trains home when you need them

Better connections - with buses at Aberystwyth, Machynlleth and Newtown and better rail connections from the Cambrian coast and onward travel to cities like Manchester and Cardiff

Relaxing - why have the hassle traffic jams and parking every day - let someone else do the driving

Calling Employers!

More staff commuting by rail means:

- More relaxed and healthy staff
- Less pressure on parking at your workplace
- A boost to environmental performance

Helping your staff commute by train can be part of a successful workplace travel plan

To find out more see thecambrianline.co.uk

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5 reasons to go work by train



1 Get some work done on the way

2 Save loads of time and money



3 Relax and enjoy a drink

4 Charge up your gadgets



5 Get fit on the way to the station

is it a train?

is it a bird?

TRAINS
TO WORK
NOW
HOURLY!

BE A SUPER COMMUTER!