

WORCESTER - MALMESBURY- CAPE TOWN

| TRAIN NO. | | METRO 2630 | METRO 3510 | METRO 2632 | METRO 3508 | METRO 3506 |
|---------------|---|----------------------------|--------------------------|---------------|------------------------|---------------------|
| STATIONS | | MONDAYS TO FRIDAYS | MONDAYS TO FRIDAYS | SATURDAYS | SATURDAYS | SUNDAYS |
| WORCESTER | D | .. | 04:40 | .. | 05:00 | 06:00 |
| CHAVONNES | D | .. | express | .. | express | express |
| GOUDINI ROAD | D | .. | 04:51 | .. | 05:12 | 06:10 |
| BOTHA | D | .. | 04:57 | .. | 05:18 | 06:21 |
| BREë RIVIER | D | .. | 05:03 | .. | 05:24 | 06:21 |
| ROMANS RIVIER | D | .. | 05:08 | .. | 05:29 | 06:26 |
| WOLSELEY | D | .. | 05:16 | .. | 05:37 | 06:34 |
| ARTOIS | D | .. | 05:22 | .. | 05:44 | 06:42 |
| TULBAGH RD | D | .. | 05:32 | .. | 05:54 | 06:52 |
| GOUDA | D | .. | 05:42 | .. | 06:04 | 07:02 |
| VOELVLEI | D | .. | 05:49 | .. | 06:12 | 07:10 |
| HERMON | D | .. | 05:58 | .. | 06:20 | 07:18 |
| SOETENDAL | D | .. | 06:07 | .. | 06:28 | 07:26 |
| MALAN | D | .. | 06:15 | .. | 06:36 | 07:33 |
| WELLINGTON | A | .. | 06:24 | .. | 06:43 | 07:43 |
| | D | .. | 06:25 | .. | 06:44 | 07:45 |
| MBEKWENI | D | .. | 06:29 | .. | 06:49 | 07:50 |
| DAL JOSAFAT | D | .. | express | .. | 06:54 | 07:55 |
| HUGUENOT | D | .. | 06:36 | .. | 06:58 | 07:59 |
| PAARL | D | .. | express | .. | 07:03 | 08:04 |
| KLAPMUTS | D | EXPRESS | express | .. | 07:13 | 08:14 |
| MULDERSVLEI | D | Via Monte Vista | 06:53 | .. | 07:20 | 08:21 |
| MALMESBURY | D | 05:25 | .. | 05:30 | .. | .. |
| ABBOTSDALE | D | 05:30 | .. | 05:38 | .. | .. |
| KALBASKRAAL | D | 05:42 | .. | 05:52 | .. | .. |
| WINTERVOGEL | D | 05:51 | .. | 06:04 | .. | .. |
| KLIPHEUWEL | D | 06:01 | .. | 06:16 | .. | .. |
| MIKPUNT | D | 06:07 | .. | 06:23 | .. | .. |
| MELLISH | D | 06:15 | .. | 06:30 | .. | .. |
| FISANTKRAAL | D | 06:22 | .. | 06:37 | .. | .. |
| KRAAIFONTEIN | D | 06:35 | 07:03 | 06:49 | 07:31 | 08:32 |
| EIKENFONTEIN | D | EXPRESS | express | 06:53 | 07:34 | 08:35 |
| BRACKENFELL | D | 06:40 | 07:10 | 06:58 | 07:38 | 08:39 |
| STIKLAND | D | 06:46 | 07:14 | 07:03 | 07:43 | 08:44 |
| BELLVILLE | D | 06:51 | 07:19 | 07:13 | 07:50 | 08:49 |
| MONTE VISTA | D | EXPRESS | express | 07:26 | All stations | All stations |
| KENTEMADE | D | EXPRESS | TO Mutual | 07:34 | Via Monte Vista | Via Maitland |
| YSTERPLAAT | D | 07:14 | Express | 07:38 | to Cape Town | to Cape Town |
| ESPLANADE | D | 07:20 | to CAPE TOWN | 07:46 | | |
| CAPE TOWN | A | 07:25 | 07:44 | 07:54 | 08:24 | 09:25 |