

# Buses of Wales - Cwmni Bysus Cymreig

**Duty: 01/290**

Day(s): Every Day

Start Time: 06:00 - End Time: 00:02

**Break Times:**

**From:** Swansea Bus Station Stand H (at)  
**To:** Ammanford Bus Station Stand 4 (Bay 4)  
**Route:**290  
Depart: 06:00 - Arrive: 07:22 1

**From:** Ammanford Bus Station Stand 4 (Bay 4)  
**To:** Swansea Bus Station Stand H (at)  
**Route:**290  
Depart: 07:52 - Arrive: 09:10 2

**From:** Swansea Bus Station Stand H (at)  
**To:** Ammanford Bus Station Stand 4 (Bay 4)  
**Route:**290  
Depart: 09:20 - Arrive: 10:42 3

**From:** Ammanford Bus Station Stand 4 (Bay 4)  
**To:** Swansea Bus Station Stand H (at)  
**Route:**290  
Depart: 11:12 - Arrive: 12:30 4

**From:** Swansea Bus Station Stand H (at)  
**To:** Ammanford Bus Station Stand 4 (Bay 4)  
**Route:**290  
Depart: 12:40 - Arrive: 14:02 5

**From:** Ammanford Bus Station Stand 4 (Bay 4)  
**To:** Swansea Bus Station Stand H (at)  
**Route:**290  
Depart: 14:32 - Arrive: 15:50 6

**From:** Swansea Bus Station Stand H (at)  
**To:** Ammanford Bus Station Stand 4 (Bay 4)  
**Route:**290  
Depart: 16:00 - Arrive: 17:22 7

**From:** Ammanford Bus Station Stand 4 (Bay 4)  
**To:** Swansea Bus Station Stand H (at)  
**Route:**290  
Depart: 17:52 - Arrive: 19:10 8

**From:** Swansea Bus Station Stand H (at)  
**To:** Ammanford Bus Station Stand 4 (Bay 4)  
**Route:**290  
Depart: 19:20 - Arrive: 20:42 9

**From:** Ammanford Bus Station Stand 4 (Bay 4)  
**To:** Swansea Bus Station Stand H (at)  
**Route:**290  
Depart: 21:12 - Arrive: 22:30 10

**From:** Swansea Bus Station Stand H (at)  
**To:** Ammanford Bus Station Stand 4 (Bay 4)  
**Route:**290  
Depart: 22:40 - Arrive: 00:02 11