



190



Effective 13 April 2026



190 Glenelg to city



GO ZONE Unley Road



Services may operate to a different timetable during the December to January school holidays. Visit the Adelaide Metro website during this period for full details.



Government of South Australia



Useful information



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7am-8pm daily



Delays to services may occur.
Alternate routes may be used.
Register or follow us for disruption advice.



In case of emergency
call 000



Disclaimer
This timetable is correct at the time of publication. Adelaide Metro reserves the right to make amendments when necessary. Refer to adelaidemetro.com.au for latest timetable versions.



Is someone breaking the law on board?

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Route descriptions

190 **Glenelg Interchange to city**
via Cliff Street, Raglan Avenue, Edward Street & Unley Road.
Service operates 7 days.
190B - city to stop 12 Belair Road, Mitcham Square.



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GO ZONE Unley Road

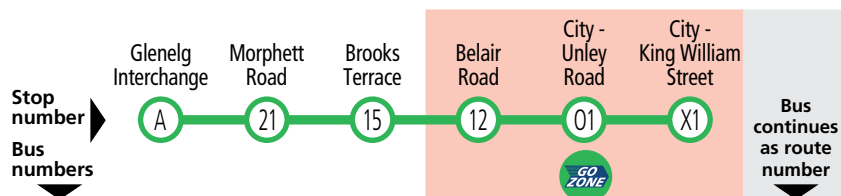
Between stop 12 Belair Road and the city, catch buses 190, 195 and 196 approximately every 15 minutes between 7:30am and 6:30pm Monday to Friday and every 30 minutes at night, Saturday, Sunday and public holidays until 10pm.

Limited 195 and 196 services shown. Refer to the 195-196-197x timetable for details.



190 Glenelg & Mitcham Square to city

Also shows limited route 195



Monday to Friday

AM	195	-	-	-	5:59	6:07	6:16	230
	195	-	-	-	6:29	6:37	6:46	232
	195	-	-	-	6:43	6:51	7:00	230
	195	-	-	-	6:57	7:06	7:16	232
	190	-	-	-	7:12	7:21	7:31	230
	190	-	-	-	7:23	7:34	7:45	232
	190	-	-	-	7:34	7:48	7:59	230
	190	7:08	7:18	7:28	7:44	8:00	8:12	232
	190	-	-	-	7:56	8:12	8:25	230
	190	-	-	-	8:05	8:23	8:34	232
	190	7:34	7:44	7:55	8:14	*8:32	8:43	-
	190	-	-	-	8:24	8:40	8:53	230
	190	-	-	-	8:34	*8:50	9:02	-
	190	8:02	8:14	8:25	8:43	8:57	9:09	232
	190	-	-	-	8:54	9:09	9:20	230
	190	8:34	8:46	8:55	9:09	9:22	9:32	232
	190	-	-	-	9:17	*9:29	9:39	-
	190	-	-	-	9:24	9:36	9:46	230
	190	-	-	-	9:32	*9:44	9:54	-
	190	9:07	9:18	9:27	9:39	9:51	10:01	232
	190	-	-	-	9:54	10:06	10:16	230
	190	9:34	9:45	9:54	10:06	10:18	10:28	232
	190	-	-	-	10:21	10:33	10:43	230
	190	10:04	10:15	10:24	10:36	10:48	10:58	232
	190	-	-	-	10:51	11:03	11:13	230
	190	10:34	10:45	10:54	11:06	11:18	11:28	232
	190	-	-	-	11:21	11:33	11:43	230
	190	11:04	11:15	11:24	11:36	11:48	11:58	232
	190	-	-	-	11:51	12:03	12:13	230
	190	11:34	11:45	11:54	12:06	12:18	12:28	232
PM	190	-	-	-	12:21	12:33	12:43	230
	190	12:04	12:15	12:24	12:36	12:48	12:58	232
	190	-	-	-	12:51	1:03	1:13	230
	190	12:34	12:45	12:54	1:06	1:18	1:28	232
	190	-	-	-	1:21	1:33	1:43	230
	190	1:04	1:15	1:24	1:36	1:48	1:58	232
	190	-	-	-	1:51	2:03	2:13	230
	190	1:34	1:45	1:54	2:06	2:18	2:28	232
	190	-	-	-	2:21	2:33	2:43	230
	190	2:03	2:14	2:23	2:36	2:48	2:59	232
	190	-	-	-	2:52	3:04	3:15	230
	190	-	-	-	3:08	3:20	3:31	232
	190	2:43	2:54	3:03	3:16	3:30	3:41	230
	190	-	-	-	3:30	3:44	3:55	232
	190	3:12	3:23	3:32	3:45	3:59	4:10	230
	190	-	-	-	4:01	4:14	4:25	232
	190	3:41	3:53	4:03	4:15	4:27	4:38	230
	190	-	-	-	4:31	4:43	4:54	230
	190	4:11	4:23	4:33	4:45	4:57	5:09	230
	190	-	-	-	5:00	5:12	5:24	230
	190	4:42	4:54	5:04	5:16	5:28	5:39	230
	190	-	-	-	5:32	5:43	5:54	232R
	190	-	-	-	5:47	5:58	6:09	230
	190	5:30	5:42	5:51	6:03	6:14	6:24	232R
	190	-	-	-	6:18	6:29	6:39	230
	190	-	-	-	6:35	6:44	6:54	232R
	190	6:39	6:48	6:55	7:05	7:14	7:24	230
	190	-	-	-	7:38	7:46	7:54	232
	190	-	-	-	8:08	8:16	8:24	230
	190	-	-	-	8:38	8:46	8:54	232
	190	-	-	-	9:08	9:16	9:24	230
	190	-	-	-	9:38	9:46	9:54	232
	190	-	-	-	10:08	10:16	10:24	230
	190	-	-	-	10:38	10:45	10:53	232
	190	-	-	-	11:38	11:45	11:53	230

Legend

* — Times are approximate only. Bus does not have to wait until this time to depart stop.

Explanations

Limited timetable shown for 195 buses originating from Blackwood Interchange. See 195-196-197x timetable for details.

Buses continue to...

230, 232 Port Dock Interchange
232R Rosewater

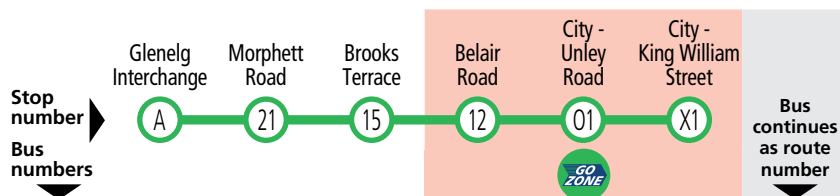


Services may operate to a different timetable during the December to January school holidays. Visit the Adelaide Metro website during this period for full details.



190 Glenelg & Mitcham Square to city

Also shows limited routes 195 & 196



Saturday only

AM	190	-	-	-	7:03	7:10	7:19	230
	190	-	-	-	7:33	7:40	7:49	232
	190	-	-	-	8:02	8:10	8:19	230

Saturday, Sunday & public holidays

AM	196	-	-	-	8:31	8:40	8:49	232
	190	8:32	8:42	8:50	9:00	9:10	9:19	230
	195	-	-	-	9:27	9:39	9:49	232
	190	9:25	9:36	9:45	9:57	10:09	10:19	230
	196	-	-	-	10:27	10:39	10:49	232
	190	10:25	10:36	10:45	10:57	11:09	11:19	230
	195	-	-	-	11:27	11:39	11:49	232
	190	11:25	11:36	11:45	11:57	12:09	12:19	230
PM	196	-	-	-	12:27	12:39	12:49	232
	190	12:25	12:36	12:45	12:57	1:09	1:19	230
	195	-	-	-	1:27	1:39	1:49	232
	190	1:25	1:36	1:45	1:57	2:09	2:19	230
	196	-	-	-	2:27	2:39	2:49	232
	190	2:25	2:36	2:45	2:57	3:09	3:19	230
	195	-	-	-	3:27	3:39	3:49	232
	190	3:25	3:36	3:45	3:57	4:09	4:19	230
	196	-	-	-	4:27	4:39	4:49	232
	190	4:27	4:37	4:46	4:58	5:09	5:19	230
	195	-	-	-	5:28	5:39	5:49	232
	190	5:27	5:37	5:46	5:58	6:09	6:19	230
	196	-	-	-	6:28	6:36	6:45	232
	190	-	-	-	6:59	7:07	7:15	230
	190	-	-	-	7:29	7:37	7:45	232
	190	-	-	-	7:59	8:07	8:15	230
	190	-	-	-	8:29	8:37	8:45	232
	190	-	-	-	8:59	9:07	9:15	230
	190	-	-	-	9:29	9:37	9:45	232
	190	-	-	-	9:59	10:07	10:15	230
	190	-	-	-	10:29	10:37	10:45	232
	190	-	-	-	10:59	11:07	11:15	230

Explanations

Limited timetable shown for 195 & 196 buses originating from Blackwood Interchange.
See 195-196-197x timetable for details.

Buses continue to...

230, 232 Port Dock Interchange



190 Glenelg & Mitcham Square to city

Legend

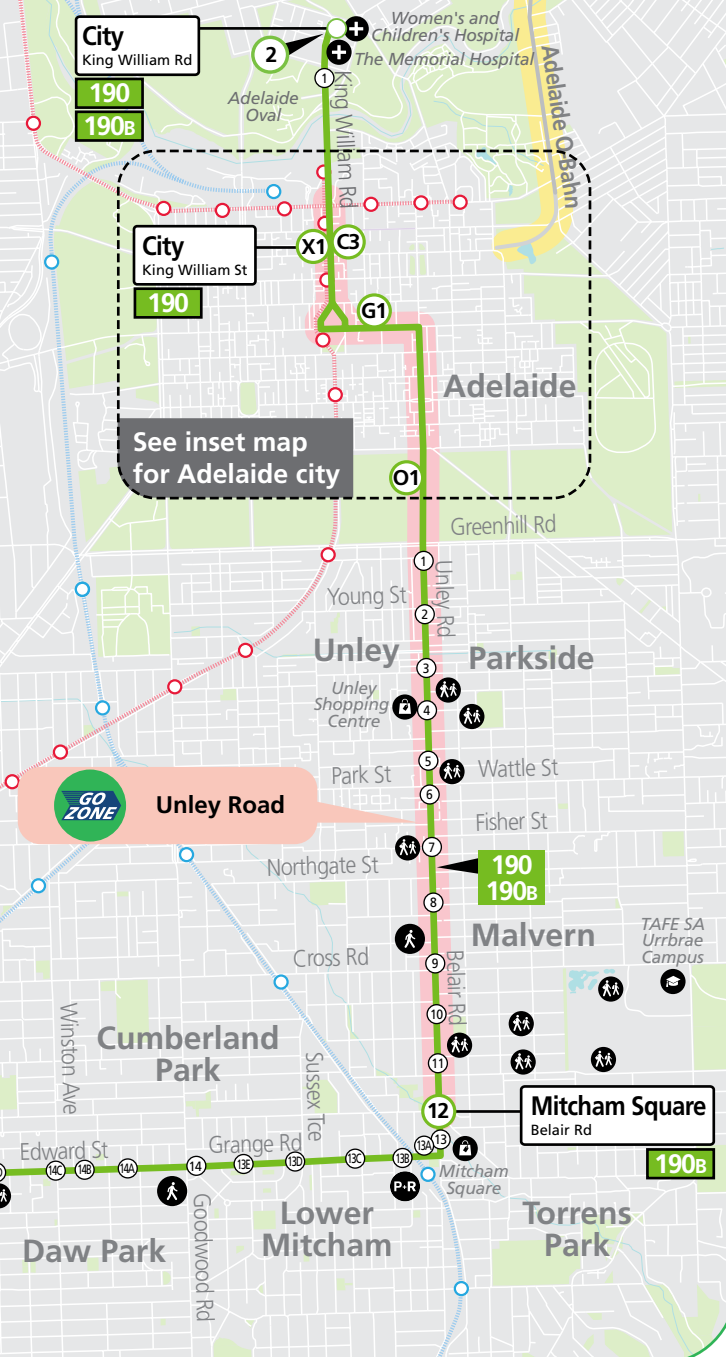
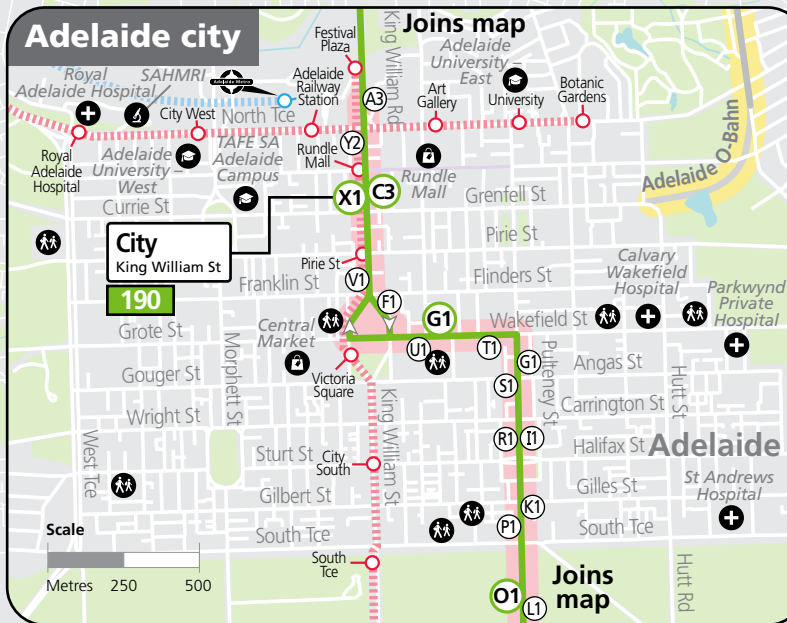
- Route 190
- Bus stop
- Bus stop on this side only
- Bus stop relating to timetable
- Convenient transfer point
- Park 'n' Ride
- Train line & station
- Tram line & stop
- Hospital
- School
- Shopping Centre
- Educational Institution
- Medical research precinct
- Adelaide Metro InfoCentre

Scale
Metres 800 1600

Street Legend

- Brighton Rd
- Diagonal Rd
- Brooks Tce

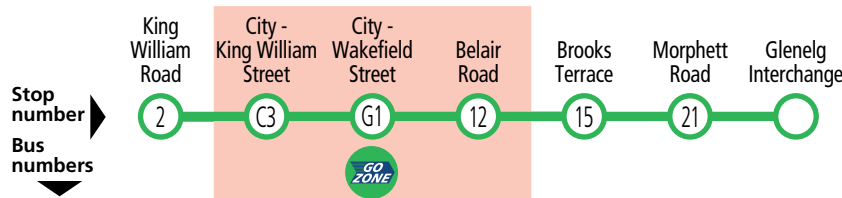
North





190 City to Mitcham Square & Glenelg

Also shows limited routes 195 & 196



Monday to Friday

AM	190B	5:42	5:47	5:50	6:01	-	-	-
	190B	6:12	6:17	6:20	6:32	-	-	-
	190	6:35	6:40	6:43	6:55	7:05	*7:12	7:22
	196	6:50	6:55	6:59	7:12	-	-	-
	190	7:06	7:11	7:15	7:28	7:41	*7:49	8:02
	196	7:19	7:24	7:28	7:43	-	-	-
	190	7:30	7:35	7:39	7:55	8:10	*8:20	8:34
	190B	7:40	7:45	7:49	8:05	-	-	-
	190	7:48	7:54	7:59	8:18	8:33	*8:41	8:51
	190B	8:03	8:09	8:13	8:32	-	-	-
	190B	8:18	8:24	8:29	8:47	-	-	-
	190	8:24	8:30	8:35	8:52	9:04	*9:12	9:24
	190B	8:40	8:46	8:51	9:07	-	-	-
	190	8:55	9:01	9:06	9:22	9:34	*9:42	9:52
	190B	9:06	9:12	9:17	9:33	-	-	-
	190	9:21	9:27	9:31	9:47	9:59	*10:07	10:17
	190B	9:36	9:42	9:46	10:02	-	-	-
	190	9:47	9:53	9:57	10:13	10:25	*10:33	10:43
	190B	10:02	10:08	10:12	10:28	-	-	-
	190	10:17	10:23	10:27	10:43	10:55	*11:03	11:13
	190B	10:32	10:38	10:42	10:58	-	-	-
	190	10:47	10:53	10:57	11:13	11:25	*11:33	11:43
	190B	11:02	11:08	11:12	11:28	-	-	-
	190	11:17	11:23	11:27	11:43	11:55	*12:03	12:13
	190B	11:32	11:38	11:42	11:58	-	-	-
	190	11:47	11:53	11:57	12:13	12:25	*12:33	12:43
PM	190B	12:02	12:08	12:12	12:28	-	-	-
	190	12:17	12:23	12:27	12:43	12:55	*1:03	1:13
	190B	12:32	12:38	12:42	12:58	-	-	-
	190	12:47	12:53	12:57	1:13	1:25	*1:33	1:43
	190B	1:02	1:08	1:12	1:28	-	-	-
	190	1:17	1:23	1:27	1:43	1:55	*2:03	2:13
	190B	1:32	1:38	1:42	1:58	-	-	-
	190	1:47	1:53	1:57	2:13	2:25	*2:33	2:43
	190B	2:02	2:08	2:12	2:28	-	-	-
	190	2:17	2:23	2:27	2:44	2:57	*3:06	3:19
	190B	2:32	2:38	2:42	2:59	-	-	-
	190	2:49	2:55	2:59	3:19	3:37	*3:47	3:58
	190B	3:06	3:12	3:16	3:39	-	-	-
	190	3:21	3:27	3:31	3:54	4:12	*4:22	4:34
	190B	3:36	3:42	3:46	4:05	-	-	-
	190	3:53	3:59	4:03	4:22	4:39	*4:49	5:01
	190B	4:07	4:13	4:18	4:37	-	-	-
	190	4:22	4:28	4:33	4:52	5:07	*5:17	5:29
	190B	4:37	4:43	4:48	5:10	-	-	-
	190	4:52	4:58	5:03	5:25	5:40	*5:50	6:01
	190B	5:09	5:15	5:20	5:46	-	-	-
	190B	5:24	5:30	5:35	5:57	-	-	-
	190B	-	A5:38	5:43	6:05	-	-	-
	190B	5:39	5:45	5:50	6:11	-	-	-
	190B	5:52	5:58	6:03	6:21	-	-	-
	190B	6:06	6:11	6:15	6:31	-	-	-
	190B	6:19	6:24	6:28	6:42	-	-	-
	190B	6:34	6:39	6:43	6:57	-	-	-
	190B	6:50	6:55	6:59	7:12	-	-	-
	195	7:05	7:10	7:14	7:27	-	-	-
	190B	7:25	7:30	7:34	7:47	-	-	-
	190B	7:50	7:55	7:59	8:11	-	-	-
	190B	8:20	8:25	8:29	8:41	-	-	-
	190B	8:50	8:55	8:59	9:11	-	-	-
	190B	9:20	9:25	9:29	9:41	-	-	-
	196	9:50	9:55	9:59	10:10	-	-	-
	190B	10:50	10:55	10:59	11:09	-	-	-
	190B	11:50	11:55	11:59	12:09	-	-	-

Legend

- A – Bus departs from stop A3 King William Road, City 4 minutes prior to the time shown.
- * – Times are approximate only. Bus does not have to wait until this time to depart stop.

Explanations

Limited timetable shown for 195 & 196 buses continuing to Blackwood Interchange.

See 195-196-197x timetable for details.

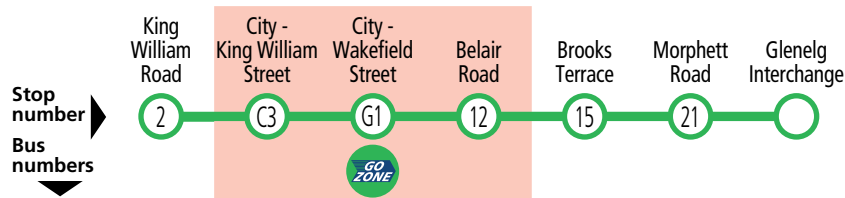


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190 City to Mitcham Square & Glenelg

Also shows limited routes 195 & 196



Saturday only

AM	190B	6:30	6:35	6:38	6:49	-	-	-
	190B	7:00	7:05	7:08	7:19	-	-	-
	190	7:30	7:35	7:38	7:50	7:59	*8:06	8:14

Saturday, Sunday & public holidays

AM	190B	8:00	8:05	8:09	8:22	-	-	-
	190	8:30	8:35	8:39	8:53	9:03	*9:11	9:21
	196	8:54	9:00	9:04	9:19	-	-	-
	190	9:24	9:30	9:34	9:49	10:01	*10:09	10:21
	195	9:54	10:00	10:04	10:19	-	-	-
	190	10:24	10:30	10:34	10:49	11:01	*11:09	11:21
	196	10:54	11:00	11:04	11:19	-	-	-
	190	11:24	11:30	11:34	11:49	12:01	*12:09	12:21
	195	11:54	12:00	12:04	12:19	-	-	-
PM	190	12:24	12:30	12:34	12:49	1:01	*1:09	1:21
	196	12:54	1:00	1:04	1:19	-	-	-
	190	1:24	1:30	1:34	1:49	2:01	*2:09	2:21
	195	1:54	2:00	2:04	2:19	-	-	-
	190	2:24	2:30	2:34	2:49	3:01	*3:09	3:21
	196	2:54	3:00	3:04	3:19	-	-	-
	190	3:24	3:30	3:34	3:49	4:01	*4:09	4:21
	195	3:54	4:00	4:04	4:19	-	-	-
	190	4:24	4:30	4:34	4:49	5:01	*5:09	5:21
	196	4:54	5:00	5:04	5:19	-	-	-
	190	5:24	5:30	5:34	5:49	6:00	*6:08	6:18
	190B	5:54	6:00	6:04	6:18	-	-	-
	190B	6:27	6:32	6:36	6:49	-	-	-
	190B	6:57	7:02	7:06	7:19	-	-	-
	190B	7:30	7:35	7:39	7:52	-	-	-
	190B	8:00	8:05	8:09	8:21	-	-	-
	190B	8:30	8:35	8:39	8:51	-	-	-
	190B	9:00	9:05	9:09	9:21	-	-	-
	190B	9:30	9:35	9:39	9:51	-	-	-
	190B	10:00	10:05	10:09	10:21	-	-	-
	190B	10:30	10:35	10:39	10:51	-	-	-
	190B	11:00	11:05	11:09	11:20	-	-	-
AM	190B	12:00	12:05	12:09	12:20	-	-	-

Legend

* – Times are approximate only.
Bus does not have to wait until
this time to depart stop.

Explanations

Limited timetable shown for 195 & 196 buses
continuing to Blackwood Interchange.
See 195-196-197x timetable for details.