

VERMONTSM and VALLEY FLYER - Northbound

Effective September 23, 2019

serving WASHINGTON, DC - NEW YORK - SPRINGFIELD - GREENFIELD - ESSEX JCT. (Burlington) - ST. ALBANS and intermediate stations

Amtrak.com
1-800-USA-RAIL

Train Name ▶		Valley Flyer	Vermont	Vermont	Valley Flyer	Valley Flyer	Valley Flyer
Train Number ▶		400	54	56	488	494	478
Normal Days of Operation ▶		SaSu	SaSu	Mo-Fr	SaSu	Mo-Fr	Mo-Fr
Will Also Operate ▶		11/28, 12/25	11/28, 12/25		11/28, 12/25		
Will Not Operate ▶				11/28, 12/25		11/28, 12/25	11/28, 12/25
On Board Service ▶		R ☺	R B ☺ ☺	R B ☺ ☺	R ☺	R ☺	R ☺
	Mile	Symbol					
WASHINGTON, DC -Union Station	0	● ☺ QR					
New Carrollton, MD	9	● ☺ QR	7 30A	8 10A	11 25A	2 05P	4 02P
BWI Marshall Airport, MD ✈	30	● ☺ QR [1]	7 41A	8 20A	11 37A	2 17P	4 15P
Baltimore, MD -Penn Station	41	● ☺ QR	7 57A	8 35A	11 53A	2 33P	4 30P
Wilmington, DE	110	● ☺ QR	8 12A	8 52A	12 08P	2 48P	4 47P
PHILADELPHIA, PA -Gray 30th St. Station	135	● ☺ QR	8 58A	9 36A	12 56P	3 35P	5 34P
Trenton, NJ	168	● ☺ QR	9 17A	9 58A	1 16P	3 55P	5 56P
Metropark, NJ	202	● ☺ QR	9 20A	10 01A	1 19P	3 59P	5 59P
Newark Liberty Intl. Air., NJ ✈	213	○ ☺ QR	9 50A	10 28A	1 48P		6 27P
Newark, NJ	216	● ☺ QR	10 11A		2 10P		
NEW YORK, NY -Penn Station	226	● ☺ QR	10 27A	11 03A	2 22P	4 59P	6 58P
New Rochelle, NY	245	○ ☺ QR	10 45A	11 21A	2 28P	5 05P	7 04P
Stamford, CT	262	● ☺ QR	10 30A	11 33A	2 46P	5 23P	7 24P
Bridgeport, CT	284	○ ☺ QR			3 00P	5 38P	7 50P
NEW HAVEN, CT -Union Station	301	● ☺ QR	12 20P	12 21P	3 27P		8 25P
New Haven, CT -State Street Station	302	○ ☺ QR	12 50P	12 49P	4 16P		9 13P
Wallingford, CT	314	○	1 15P	1 14P	4 45P	7 27P	9 40P
Meriden, CT	320	○ ☺	1 30P	1 30P	5 00P	7 35P	9 55P
Berlin, CT	327	○ ☺			5 02P	7 37P	9 57P
Hartford, CT	338	● ☺ QR			5 14P	7 49P	10 09P
Windsor, CT	344	○ ☺			5 23P	7 58P	10 18P
Windsor Locks, CT	349	○			5 32P	8 07P	10 26P
SPRINGFIELD, MA	364	● ☺ QR	2 22P	2 22P	5 46P	8 20P	10 40P
Holyoke, MA	374	○ ☺	2 55P	2 55P	5 53P	8 27P	10 46P
Northampton, MA	385	○ ☺	3 15P	3 15P	6 24P	8 59P	11 18P
Greenfield, MA	404	○ ☺	3 41P	3 41P	6 45P	9 15P	11 30P
Brattleboro, VT	427	○	4 22P	4 22P	7 11P	9 41P	11 56P
Bellows Falls, VT	452	○ ☺	4 56P	4 56P	7 27P	9 57P	12 12A
Claremont, NH	469	○	5 26P	5 26P	7 53P	10 23P	12 38A
Windsor, VT	478	○	5 47P	5 47P			
White River Jct., VT _(Lebanon-Hanover, NH)	491	○ ☺	5 56P	5 56P			
Randolph, VT	523	○ ☺	6 18P	6 18P			
Montpelier, VT	553	○ ☺	6 56P	6 56P			
Waterbury, VT	562	○	7 34P	7 34P			
ESSEX JUNCTION, VT _(Burlington)**	585	○ ☺	7 50P	7 50P			
St. Albans, VT (Jay Peak)	609	○ ☺	8 18P	8 18P			
			8 50P	8 50P			

SCHEDULES EFFECTIVE 9/23/19

Service on the VermontSM and Valley Flyer

- ☑ Coaches: Reservations required.
- ☑ Business class service available. Reservations required. For more information visit Amtrak.com/business-class.
- ☑ Café service. Table seating offering a variety of meals, snacks and beverages for sale. For more information, visit Amtrak.com/cafe.
- ☑ Amtrak Quiet Car.
- ☑ Wi-Fi available.
- ☑ On Board Bicycle Racks: We offer a number of different services to transport your bike onboard. Each train has different equipment and loading procedures that dictate what service will be offered. Reservations are required and additional charges apply. Visit amtrak.com/bikes for all the details before you book your trip.
- [1] Free shuttle service between rail and air terminal.
- ** Burlington is ten miles from Essex Junction, VT.

All Amtrak services and stations are non-smoking.

The Vermont is financed primarily through funds made available by the Vermont Agency of Transportation, the Massachusetts Department of Transportation and the Connecticut Department of Transportation.

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See page 3 for Route Map, Symbols Key and Thruway Connections.

SHADING KEY

Daytime train Connecting train

Carry-On Pet Program

A small cat or dog in a pet carrier may be carried aboard Vermont and Valley Flyer trains. Reservations are required, and some restrictions apply. Visit Amtrak.com/pets for details.

Connecting Local Services

New Haven

Shore Line East (commuter rail): in Connecticut (800) ALL-RIDE; outside Connecticut (203) 777-RIDE; www.shorelineeast.com
Connecticut Transit (bus service): (203) 624-0151

New York

Metro-North Railroad: (800) 638-7646 or (212) 532-4900; www.mta.info
Long Island Rail Road (LIRR) (commuter rail): (718) 217-LIRR; www.mta.info
NJ TRANSIT (commuter rail & bus): (973) 275-5555; www.njtransit.com
New York City Transit (subway & bus): (718) 330-1234; www.mta.info

VERMONTSM and VALLEY FLYER - Southbound

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Train Name ▶		Valley Flyer	Valley Flyer	Valley Flyer	Vermont	Vermont	Valley Flyer			
Train Number ▶		495	471	461	55	57	499			
Normal Days of Operation ▶		Mo-Fr	Mo-Fr	SaSu	Mo-Fr	SaSu	SaSu			
Will Also Operate ▶				11/28, 12/25		11/28, 12/25	11/28, 12/25			
Will Not Operate ▶		11/28, 12/25	11/28, 12/25		11/28, 12/25					
On Board Service ▶		R ☺	R ☺	R ☺	R B ☺ ☺	R B ☺ ☺	R ☺			
	Mile	Symbol	▼							
St. Albans, VT (Jay Peak)	0	○ ☺	Dp			9 15A	9 15A			
ESSEX JUNCTION, VT (Burlington)**	24	○ ☺	↓			9 44A	9 44A			
Waterbury, VT	47	○				10 10A	10 10A			
Montpelier, VT	56	○ ☺				10 25A	10 25A			
Randolph, VT	86	○ ☺				10 59A	10 59A			
White River Jct., VT (Lebanon-Hanover, NH)	118	○ ☺				11 37A	11 37A			
Windsor, VT	131	○				11 56A	11 56A			
Claremont, NH	140	○				12 06P	12 06P			
Bellows Falls, VT	157	○ ☺				12 30P	12 30P			
Brattleboro, VT	181	○				1 02P	1 02P			
Greenfield, MA	205	○ ☺			5 45A	7 35A	9 15A	1 36P	1 36P	8 10P
Northampton, MA	224	○ ☺			6 10A	8 00A	9 40A	2 01P	2 01P	8 35P
Holyoke, MA	235	○ ☺			6 25A	8 15A	9 55A	2 16P	2 16P	8 50P
SPRINGFIELD, MA	245	● ☺ QR		Ar Dp	6 53A	8 43A	10 23A	2 35P	2 35P	9 18P
					7 05A	8 55A	10 35A	2 50P	2 50P	
Windsor Locks, CT	260	○			7 24A	9 14A	10 54A	3 12P	3 12P	
Windsor, CT	265	○ ☺		7 29A	9 19A	11 00A				
Hartford, CT	271	● ☺ QR		7 39A	9 29A	11 09A	3 27P	3 27P		
Berlin, CT	282	○ ☺		7 49A	9 40A	11 20A				
Meriden, CT	289	○ ☺		7 58A	9 49A	11 30A	3 49P	3 48P		
Wallingford, CT	295	○		8 06A	9 57A	11 37A				
New Haven, CT—State St. Station	307	○ ☺		8 19A	10 10A	11 50A				
NEW HAVEN, CT —Union Station	308	● ☺ QR	Ar Dp	8 27A	10 18A	11 57A	4 12P	4 14P		
				8 38A	10 37A	12 04P	4 34P	4 34P		
Bridgeport, CT	325	○ ☺ QR		9 27A	10 58A	12 26P	4 56P	4 56P		
Stamford, CT	347	● ☺ QR			11 28A	12 55P	5 25P	5 25P		
New Rochelle, NY	364	○ ☺ QR				1 18P				
NEW YORK, NY —Penn Station	383	● ☺ QR	Ar Dp	10 22A	12 22P	1 51P	6 23P	6 25P		
				10 35A	12 35P	2 05P	6 45P	7 01P		
Newark, NJ	393	● ☺ QR		10 53A	12 52P	2 22P	7 03P	7 18P		
Newark Liberty Intl. Air., NJ ✈	395	○ ☺ QR				2 27P				
Metropark, NJ	407	● ☺ QR		11 07A		1 10P	2 40P		7 33P	
New Brunswick, NJ	413	● ☺				1 20P				
Princeton Junction, NJ	429	● ☺ QR				1 35P				
Trenton, NJ	441	● ☺ QR		11 30A	1 45P	3 06P	7 38P	7 58P		
PHILADELPHIA, PA —Gray 30th St. Station	474	● ☺ QR	Ar Dp	11 57A	2 14P	3 34P	8 11P	8 30P		
				12 02P	2 17P	3 37P	8 19P	8 33P		
Wilmington, DE	499	● ☺ QR		12 24P	2 38P	3 59P	8 42P	8 57P		
Aberdeen, MD	538	○ ☺ QR			3 05P	4 24P				
Baltimore, MD—Penn Station	568	● ☺ QR		1 17P	3 33P	4 51P	9 29P	9 44P		
BWI Marshall Airport, MD ✈	579	● ☺ QR ☺		1 30P	3 48P	5 04P				
New Carrollton, MD	600	● ☺ QR		1 45P	4 03P	5 17P	9 52P	9 57P		
WASHINGTON, DC —Union Station	609	● ☺ QR	Ar	1 58P	4 50P	5 36P	10 08P	10 10P		

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See page 3 for Route Map, Symbols Key and Thruway Connections.

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Daytime train Connecting train

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VERMONTSM and VALLEY FLYER ROUTE MAP and SYMBOLS

