

VERMONTSM and VALLEY FLYER - Northbound

Effective
January 2, 2020

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 ▶		1/20,2/17, 5/25,9/7	1/20,2/17, 5/25,9/7		1/20,2/17, 5/25,9/7			
Will Not Operate ▶				1/20,2/17, 5/25,9/7		1/20,2/17, 5/25,9/7	1/20,2/17, 5/25,9/7	
On Board Service ▶		R ☺	R B ☺ ☺	R B ☺ ☺	R ☺	R ☺	R ☺	
	Mile	Symbol	▼					
WASHINGTON, DC -Union Station	0	● ☺ QR	Dp	7 30A	8 10A	11 25A	2 05P	4 02P
New Carrollton, MD	9	● ☺ QR		7 41A	8 20A	11 37A	2 17P	4 16P
BWI Marshall Airport, MD ✈	30	● ☺ QR [1]		7 57A	8 35A	11 53A	2 33P	4 31P
Baltimore, MD -Penn Station	41	● ☺ QR		8 12A	8 52A	12 08P	2 48P	4 48P
Wilmington, DE	110	● ☺ QR		8 58A	9 36A	12 56P	3 35P	5 35P
PHILADELPHIA, PA -Gray 30th St. Station	135	● ☺ QR	Ar	9 17A	9 58A	1 16P	3 54P	5 56P
Trenton, NJ	168	● ☺ QR	Dp	9 20A	10 01A	1 19P	3 59P	5 59P
Metropark, NJ	202	● ☺ QR		9 50A	10 28A	1 48P		6 27P
Newark Liberty Intl. Air., NJ ✈	213	○ ☺ QR				2 10P		
Newark, NJ	216	● ☺ QR		10 27A	11 03A	2 22P	4 59P	6 58P
NEW YORK, NY -Penn Station	226	● ☺ QR	Ar	10 45A	11 21A	2 28P	5 05P	7 04P
New Rochelle, NY	245	○ ☺ QR	Dp	11 30A	11 33A	3 00P	5 38P	7 50P
Stamford, CT	262	● ☺ QR				3 27P		8 25P
Bridgeport, CT	284	○ ☺ QR		12 18P	12 18P	3 48P	6 29P	8 45P
NEW HAVEN, CT -Union Station	301	● ☺ QR	Ar	1 11P	1 11P	4 16P	7 21P	9 13P
New Haven, CT -State Street Station	302	○ ☺ QR	Dp	1 30P	1 30P	4 45P	7 21P	9 40P
Wallingford, CT	314	○				5 00P	7 35P	9 55P
Meriden, CT	320	○ ☺				5 02P	7 37P	9 57P
Berlin, CT	327	○ ☺		1 50P	1 50P	5 14P	7 49P	10 09P
Hartford, CT	338	● ☺ QR		2 11P	2 11P	5 23P	7 58P	10 18P
Windsor, CT	344	○ ☺				5 32P	8 07P	10 26P
Windsor Locks, CT	349	○		2 22P	2 22P	5 46P	8 20P	10 40P
SPRINGFIELD, MA	364	● ☺ QR	Ar			5 53P	8 26P	10 47P
Holyoke, MA	374	○ ☺	Dp	7 50A	2 55P	5 58P	8 33P	10 53P
Northampton, MA	385	○ ☺		8 16A	3 15P	6 24P	8 59P	11 18P
Greenfield, MA	404	○ ☺		8 32A	3 57P	6 45P	9 15P	11 30P
Brattleboro, VT	427	○		8 58A	4 22P	7 11P	9 41P	11 56P
Bellows Falls, VT	452	○ ☺			4 56P	7 27P	9 57P	12 12A
Claremont, NH	469	○			5 26P	7 53P	10 23P	12 38A
Windsor, VT	478	○			5 47P			
White River Jct., VT -Lebanon-Hanover, NH)	491	○ ☺			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	○ ☺	Ar	8 18P	8 18P			
				8 50P	8 50P			

SCHEDULES EFFECTIVE 1/2/20

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.
- ☑ 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

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

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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 ▶				1/20,2/17, 5/25,9/7		1/20,2/17, 5/25,9/7	1/20,2/17, 5/25,9/7
Will Not Operate ▶		1/20,2/17, 5/25,9/7	1/20,2/17, 5/25,9/7		1/20,2/17, 5/25,9/7		
On Board Service ▶		R ☺	R ☺	R ☺	R B ☺ Q ☺	R B ☺ Q ☺	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
Northampton, MA	224	○ ☺		6 10A	8 00A	9 40A	2 01P
Holyoke, MA	235	○ ☺		6 25A	8 15A	9 55A	2 16P
SPRINGFIELD, MA	245	● ☺ QR	Ar Dp	6 53A	8 43A	10 23A	2 35P
				7 05A	8 55A	10 35A	2 50P
Windsor Locks, CT	260	○		7 24A	9 14A	10 53A	3 12P
Windsor, CT	265	○ ☺		7 29A	9 19A	10 59A	
Hartford, CT	271	● ☺ QR		7 39A	9 29A	11 08A	3 27P
Berlin, CT	282	○ ☺		7 49A	9 40A	11 19A	
Meriden, CT	289	○ ☺		7 58A	9 49A	11 29A	3 49P
Wallingford, CT	295	○		8 06A	9 57A	11 36A	
New Haven, CT—State St. Station	307	○ ☺		8 19A	10 10A	11 49A	
NEW HAVEN, CT —Union Station	308	● ☺ QR	Ar Dp	8 27A	10 18A	11 56A	4 15P
				8 43A	10 40A	12 06P	4 39P
Bridgeport, CT	325	○ ☺ QR		9 30A	11 02A	12 28P	5 01P
Stamford, CT	347	● ☺ QR				12 55P	5 28P
New Rochelle, NY	364	○ ☺ QR				1 17P	
NEW YORK, NY —Penn Station	383	● ☺ QR	Ar Dp	10 22A	12 22P	1 51P	6 25P
				10 35A	12 35P	2 05P	6 45P
Newark, NJ	393	● ☺ QR		10 53A	12 52P	2 22P	7 03P
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 18P	
Princeton Junction, NJ	429	● ☺ QR				1 31P	
Trenton, NJ	441	● ☺ QR		11 30A	1 39P	3 06P	7 38P
PHILADELPHIA, PA —Gray 30th St. Station	474	● ☺ QR	Ar Dp	11 57A	2 07P	3 34P	8 07P
				12 02P	2 13P	3 37P	8 11P
Wilmington, DE	499	● ☺ QR		12 24P	2 34P	3 59P	8 32P
Aberdeen, MD	538	○ ☺ QR				3 03P	4 24P
Baltimore, MD—Penn Station	568	● ☺ QR		1 17P	3 32P	4 51P	9 25P
BWI Marshall Airport, MD ✈	579	● ☺ QR		1 30P	3 47P	5 04P	9 54P
New Carrollton, MD	600	● ☺ QR		1 45P	4 01P	5 17P	9 49P
WASHINGTON, DC —Union Station	609	● ☺ QR	Ar	1 58P	4 17P	5 36P	10 02P

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VERMONTSM and VALLEY FLYER ROUTE MAP and SYMBOLS

