

VERMONTSM and VALLEY FLYER - Northbound

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

BOOK TRAVEL, CHECK TRAIN STATUS, ACCESS YOUR ETICKET AND MORE THROUGH THE [Amtrak app](#).

Effective
March 16, 2020

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 ▶		5/25,7/3, 9/7	5/25,7/3, 9/7		5/25,7/3, 9/7			
Will Not Operate ▶				5/25,7/3, 9/7		5/25,7/3, 9/7	5/25,7/3, 9/7	
On Board Service ▶								
	Mile	Symbol						
Washington, DC —Union Station	0	●●QR◆	Dp	7 20A	8 00A	11 20A	2 00P	4 00P
New Carrollton, MD	9	●●QR		7 31A	8 10A	11 32A	2 12P	4 14P
BWI Marshall Airport, MD ✈	30	●●QR		7 48A	8 27A	11 50A	2 28P	4 30P
Baltimore, MD—Penn Station	41	●●QR		8 05A	8 45A	12 05P	2 45P	4 49P
Wilmington, DE	110	●●QR		8 52A	9 30A	12 53P	3 32P	5 36P
Philadelphia, PA —Gray 30th St. Station	135	●●QR◆	Ar Dp	9 15A 9 18A	9 54A 9 57A	1 16P 1 19P	3 53P 3 57P	5 58P 6 01P
Trenton, NJ	168	●●QR		9 48A	10 25A	1 48P	4 26P	6 32P
Metropark, NJ	202	●●QR		10 09A		2 10P		
Newark Liberty Intl. Air., NJ ✈	213	●●QR				2 22P	4 57P	7 04P
Newark, NJ	216	●●QR		10 25A	11 01A	2 28P	5 03P	7 10P
New York, NY —Penn Station	226	●●QR◆	Ar Dp	10 47A 11 30A	11 21A 11 33A	2 46P 3 00P	5 22P 5 38P	7 32P 7 50P
New Rochelle, NY	245	○●QR				3 27P		8 25P
Stamford, CT	262	●●QR		12 20P	12 21P	3 50P	6 29P	8 48P
Bridgeport, CT	284	○●QR		12 50P	12 49P	4 20P		9 17P
New Haven, CT —Union Station	301	●●QR	Ar Dp	1 15P 1 30P	1 14P 1 30P	4 50P	7 21P	9 41P
New Haven, CT—State Street Station	302	○●QR				5 00P	7 35P	9 55P
Wallingford, CT	314	○				5 02P	7 37P	9 57P
Meriden, CT	320	○●QR		1 50P	1 50P	5 14P	7 49P	10 09P
Berlin, CT	327	○●QR				5 23P	7 58P	10 18P
Hartford, CT	338	●●QR		2 11P	2 11P	5 32P	8 07P	10 26P
Windsor, CT	344	○●QR				5 46P	8 20P	10 40P
Windsor Locks, CT	349	○				5 53P	8 27P	10 46P
Springfield, MA	364	●●QR	Ar Dp	2 22P 2 55P	2 22P 2 55P	5 59P 6 24P	8 33P 8 59P	10 52P 11 18P
Holyoke, MA	374	○●QR		7 50A 8 16A	3 15P 3 41P	6 45P 7 11P	9 15P 9 41P	11 30P 11 56P
Northampton, MA	385	○●QR		8 32A	3 57P	7 27P	9 57P	12 12A
Greenfield, MA	404	○●QR		8 58A	4 22P	7 53P	10 23P	12 38A
Brattleboro, VT	427	○				4 56P	4 56P	
Bellows Falls, VT	452	○●QR				5 26P	5 26P	
Claremont, NH	469	○				5 47P	5 47P	
Windsor, VT	478	○				5 56P	5 56P	
White River Jct., VT (Lebanon-Hanover, NH)	491	○●QR						
Randolph, VT	523	○●QR		6 18P	6 18P			
Montpelier, VT	553	○●QR		6 56P	6 56P			
Waterbury, VT	562	○		7 34P	7 34P			
Essex JUNCTION, VT (Burlington)**	585	○●QR		7 50P	7 50P			
St. Albans, VT (Jay Peak)	609	○●QR	Ar	8 18P	8 18P			
				8 50P	8 50P			

SCHEDULES EFFECTIVE 3/16/20

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 on most routes. 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.

Valley Flyer service is financed primarily through funds made available by the Massachusetts Department of Transportation and the Connecticut Department of Transportation.

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 most Amtrak 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

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

BOOK TRAVEL, CHECK TRAIN STATUS, ACCESS YOUR ETICKET AND MORE THROUGH THE [Amtrak app](#).

Effective
March 16, 2020

Amtrak.com
1-800-USA-RAIL

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 ▶			5/25,7/3,9/7		5/25,7/3,9/7	5/25,7/3,9/7
Will Not Operate ▶	5/25,7/3,9/7	5/25,7/3,9/7		5/25,7/3,9/7		
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
Northampton, MA	224	○ ☺		6 10A	8 00A	9 40A
Holyoke, MA	235	○ ☺		6 25A	8 15A	9 55A
Springfield, MA	245	● ☺ QR	Ar Dp	6 53A	8 43A	10 23A
				7 05A	8 55A	10 34A
Windsor Locks, CT	260	○		7 24A	9 14A	10 53A
Windsor, CT	265	○ ☺		7 29A	9 19A	10 59A
Hartford, CT	271	● ☺ QR		7 39A	9 29A	11 08A
Berlin, CT	282	○ ☺		7 49A	9 40A	11 19A
Meriden, CT	289	○ ☺		7 58A	9 49A	11 29A
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
				8 38A	10 37A	12 04P
Bridgeport, CT	325	○ ☺ QR		9 27A	10 58A	12 26P
Stamford, CT	347	● ☺ QR			11 28A	12 55P
New Rochelle, NY	364	○ ☺ QR				1 18P
New York, NY—Penn Station	383	● ☺ QR ◆	Ar Dp	10 22A	12 22P	1 51P
				10 35A	12 35P	2 05P
Newark, NJ	393	● ☺ QR		10 53A	12 52P	2 22P
Newark Liberty Intl. Air., NJ ✈	395	○ ☺ QR				12 57P
Metropark, NJ	407	● ☺ QR		11 07A	1 10P	2 40P
New Brunswick, NJ	413	○ ☺				1 18P
Princeton Junction, NJ	429	● ☺ QR				1 31P
Trenton, NJ	441	● ☺ QR		11 30A	1 39P	3 03P
Philadelphia, PA—Gray 30th St. Station	474	● ☺ QR ◆	Ar Dp	11 59A	2 10P	3 32P
				12 04P	2 16P	3 35P
Wilmington, DE	499	● ☺ QR		12 27P	2 38P	3 57P
Aberdeen, MD	538	○ ☺ QR				3 07P
Baltimore, MD—Penn Station	568	● ☺ QR		1 26P	3 36P	4 52P
BWI Marshall Airport, MD ✈	579	● ☺ QR		1 39P	3 51P	5 05P
New Carrollton, MD	600	● ☺ QR		1 54P	4 06P	5 19P
Washington, DC—Union Station	609	● ☺ QR ◆	Ar	2 09P	4 23P	5 37P

SCHEDULES EFFECTIVE 3/16/20

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/café](#).
 - ☑ Amtrak Quiet Car.
 - ☑ Wi-Fi available.
 - 🚲 On Board Bicycle Racks: We offer a number of different services to transport your bike onboard on most routes. 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.

Valley Flyer service is financed primarily through funds made available by the Massachusetts Department of Transportation and the Connecticut Department of Transportation.

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 most Amtrak 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

Effective March 16, 2020

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

BOOK TRAVEL, CHECK TRAIN STATUS, ACCESS YOUR ETICKET AND MORE THROUGH THE [Amtrak app](#).

[Amtrak.com](#)
1-800-USA-RAIL

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](#)

Carry-On Pet Program

 A small cat or dog in a pet carrier may be carried aboard most Amtrak trains. Reservations are required, and some restrictions apply. Visit [Amtrak.com/pets](#) for details.

VERMONTSM and VALLEY FLYER ROUTE MAP and SYMBOLS

