

# Amtrak Valley Flyer / Vermonter Schedule Overview

including connections with Metro-North Railroad / New Haven Line service



Normal Days of Operation		Monday – Friday					Weekends						
SOUTHBOUND		Valley Flyer 495	Valley Flyer 471	Amtrak Vermonter 55	Valley Flyer 461	Amtrak Vermonter 57	Valley Flyer 499						
To: New Haven & New York													
GREENFIELD		5 45A	7 35A	1 36P	9 15A	1 36P	8 10P						
Northampton		6 10A	8 00A	2 01P	9 40A	2 01P	8 35P						
Holyoke		6 25A	8 15A	2 16P	9 55A	2 16P	8 50P						
SPRINGFIELD	ar dp	6 53A	8 43A	2 35P	10 23A	2 35P	9 18P						
Windsor Locks		7 05A	8 55A	2 50P	10 34A	2 50P	9 45P						
Windsor		7 24A	9 14A	3 12P	10 53A	3 12P	10 06P	In Springfield connect with					
HARTFORD		7 39A	9 29A	3 27P	10 59A	3 27P	10 13P						
Berlin		7 49A	9 40A	3 49P	11 08A	3 48P	10 24P	CTrail Hartford Line Train 6411					
Meriden		7 58A	9 49A		11 19A		10 36P						
Wallingford		8 06A	9 57A		11 29A		10 45P						
New Haven – State Street		8 19A	10 10A		11 36A		10 54P						
NEW HAVEN – Union Station	ar	8 27A	10 18A	4 15P	11 49A	4 14P	11 10P						
					11 56A		11 18P						
Connecting train to:		Amtrak Regional 95	MNR 6517	Amtrak Regional 171	MNR 6525	thru train	MNR 6549	Amtrak Regional 161	MNR 6533	thru train	MNR 6549	MNR 6529	Amtrak Regional 65/67
NEW HAVEN – Union Station	dp	8 43A	8 39A	10 37A	10 38A	4 39P	4 38P	12 06P	12 39P	4 34P	4 38P	11 35P	12 50A
West Haven			8 44A		10 43A		4 43P		12 44P		4 43P	11 40P	
Milford			8 52A		10 51A		4 51P		12 52P		4 51P	11 48P	
Stratford			8 58A		10 57A		4 57P		12 58P		4 57P	11 54P	
BRIDGEPORT			9 05A	11 02A	11 05A	5 01P	5 05P	12 28P	1 05P	4 57P	5 05P	12 01A	
Fairfield Metro			9 11A		11 11A		5 11P		1 11P		5 11P	12 07A	
Fairfield			9 15A		11 15A		5 15P		1 15P		5 15P	12 11A	
Southport			9 18A		11 18A		5 18P		1 18P		5 18P	12 14A	
Green's Farm			9 21A		11 21A		5 21P		1 21P		5 21P	12 17A	
Westport			9 26A		11 26A		5 26P		1 26P		5 26P	12 22A	
East Norwalk			9 30A		11 30A		5 30P		1 30P		5 30P	12 26A	
South Norwalk			9 33A		11 33A		5 33P		1 33P		5 33P	12 29A	
Rowayton			9 37A		11 37A		5 37P		1 37P		5 37P	12 33A	
Darien			9 41A		11 41A		5 40P		1 41P		5 41P	12 37A	
Noroton Heights			9 44A		11 44A		5 44P		1 44P		5 44P	12 40A	
STAMFORD		9 30A	9 51A	11 29A	11 51A	5 28P	5 51P	12 55P	1 51P	5 25P	5 51P	12 47A	1 38A
Harlem – 125th Street			10 39A		12 39P		6 39P		2 39P		6 39P	1 35A	
NEW YORK – Grand Central Terminal	ar		10 50A		12 50P		6 50P		2 50P		6 50P	1 46A	
NEW YORK – PENN Station	ar	10 22A		12 22P		6 25P		1 51P		6 25P			2 34A

Please note that a facial covering is required if you are traveling on an Amtrak, CTrail, or Metro-North train at this time.

**TO PURCHASE TICKETS**  
 Amtrak tickets can be purchased using the Amtrak Mobile app or Amtrak.com, or by calling 1-800-USA RAIL. Amtrak tickets must be purchased before boarding the train.  
 Metro-North (MNR) tickets can be purchased using the MTA eTIX app, from a Metro-North ticket vending machine, or from a conductor onboard a Metro-North train.  
 Hartford Line tickets can be purchased using the CTrail eTix app, from a CTrail Ticket Vending Machine, or from a conductor on onboard a CTrail Hartford Line train.  
 Higher fares may apply when MNR or CTrail tickets are purchased onboard the train.

**KEY**  
 MNR = Metro-North Railroad

For further information visit  
[TrainsInTheValley.org/valley-flyer](https://TrainsInTheValley.org/valley-flyer)

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Normal Days of Operation			Monday – Friday					Weekends				
NORTHBOUND		MNR 6522	Amtrak Vermonter 56	MNR 6546	Amtrak Regional 94	MNR 6554	Amtrak Regional 178	MNR 6522	Amtrak Vermonter 54	MNR 6534	Amtrak Regional 88	
Connecting train from:												
NEW YORK – PENN Station		dp	↓ 11 33A		↓ 5 38P		↓ 7 50P		↓ 11 30A		↓ 300 P	
NEW YORK – Grand Central Terminal		dp	11 02A	5 02P	7 02P			11 02A		2 02P		
Harlem – 125th Street			11 12A	5 12P	7 12P			11 12A		2 12P		
<b>STAMFORD</b>			11 55A	5 55P	6 30P	7 55P	8 45P	11 55A	12 18P	2 55P	3 48P	
Noroton Heights			12 00P	6 00P	8 00P			12 00P		3 00P		
Darien			12 04P	6 04P	8 04P			12 04P		3 04P		
Rowayton			12 07P	6 07P	8 07P			12 07P		3 07P		
South Norwalk			12 11P	6 11P	8 11P			12 11P		3 11P		
East Norwalk			12 14P	6 14P	8 14P			12 14P		3 14P		
Westport			12 18P	6 18P	8 18P			12 18P		3 18P		
Green's Farm			12 23P	6 23P	8 23P			12 23P		3 23P		
Southport			12 27P	7 27P	8 27P			12 27P		3 27P		
Fairfield			12 31P	6 31P	8 31P			12 31P		3 31P		
Fairfield Metro			12 35P	6 35P	8 35P			12 35P		3 35P		
<b>BRIDGEPORT</b>			12 43P	6 43P	8 43P	9 13P		12 43P	12 46P	3 43P	4 16P	
Stratford			12 49P	6 49P	8 49P			12 49P		3 49P		
Milford			12 56P	6 56P	8 56P			12 56P		3 56P		
West Haven			1 03P	7 03P	9 03P			1 03P		4 03P		
<b>NEW HAVEN – Union Station</b>		ar	1 17P	7 17P	7 25P	9 18P	9 40P	1 17P	1 11P	4 17P	4 45P	
<b>To: Greenfield</b>			↓ thru train	↓	↓	↓	↓	↓	↓ thru train	↓	↓	
<b>NEW HAVEN – Union Station</b>		dp	1 30P	7 35P	Valley Flyer 494	9 55P	Valley Flyer 478	Valley Flyer 400	1 30P	5 00P	5 00P	
New Haven – State Street				7 37P		9 57P				5 02P	5 02P	
Wallingford				7 49P		10 09P				5 14P	5 14P	
Meriden			1 50P	7 58P		10 18P			1 50P	5 23P	5 23P	
Berlin				8 07P		10 26P				5 32P	5 32P	
<b>HARTFORD</b>			2 11P	8 20P		10 40P			2 11P	5 46P	5 46P	
Windsor				8 27P		10 47P				5 53P	5 53P	
Windsor Locks			2 22P	8 34P		10 53P			2 22P	5 59P	5 59P	
<b>SPRINGFIELD</b>		ar	2 55P	8 59P		11 18P			2 55P	6 24P	6 24P	
Holyoke		dp	3 15P	9 15P		11 30P		7 50A	3 15P	6 45P	6 45P	
Northampton			3 41P	9 41P		11 56P		8 16A	3 41P	7 11P	7 11P	
<b>GREENFIELD</b>			↓ 4 22P	9 57P	9 57P	12 12A		8 32A	3 57P	7 27P	7 27P	
				10 23P		12 38A		8 58A	↓ 4 22P	7 53P	7 53P	

Please note that these two pages provide only a summary of the available passenger rail service in our region. Some information, such as holiday schedules, has been omitted due to space limitations.

For further information visit [TrainsInTheValley.org/valley-flyer](https://TrainsInTheValley.org/valley-flyer)

Please refer to the current Amtrak, Hartford Line and/or Metro-North schedule(s) before traveling.