

Amtrak Valley Flyer and Vermonter Timetable

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



Normal Days of Operation		Monday – Friday				Weekends					
SOUTHBOUND		NEW Amtrak 425 Valley Flyer	Amtrak 55 Vermonter	NEW Amtrak 479 Valley Flyer	Amtrak 461 Valley Flyer	Amtrak 57 Vermonter	Amtrak 499 Valley Flyer				
To: New Haven & New York											
GREENFIELD		6 20A	1 36P	6 05P	9 15A	1 36P	8 10P				
Northampton		6 45A	2 01P	6 30P	9 40A	2 01P	8 35P				
Holyoke		7 00A	2 16P	6 45P	9 55A	2 16P	8 50P				
SPRINGFIELD		7 28A	2 35P	7 13P	10 23A	2 35P	9 18P				
Windsor Locks		8 15A	3 08P	7 58P	10 53A	3 12P	10 06P				
Connecting bus:											
Windsor Locks dp		Amtrak 125 Regional									
Bradley Airport, Terminal A ar		CTransit 24									
Windsor		8 21A		8 04P	10 59A		10 13P				
HARTFORD		8 35A	3 23P	8 14P	11 08A	3 27P	10 24P				
Berlin		8 46A		8 25P	11 19A		10 36P				
Meriden		8 57A	3 46P	8 34P	11 29A	3 48P	10 45P				
Wallingford		9 05A		8 42P	11 36A		10 54P				
New Haven – State Street		9 18A		8 55P	11 49A		11 10P				
NEW HAVEN – Union Station	ar	9 20A	4 11P	9 00P	11 56A	4 14P	11 18PM				
Connecting train to:		thru train	MNR 1551	thru train	MNR 1579	Amtrak 179 Regional	MNR 1597	Amtrak 161 Regional	MNR 6531	thru train	MNR 6549
NEW HAVEN – Union Station	dp	9 35A	9 49A	4 39P	4 40P	9 10P	9 35P	12 06P	12 16P	4 34P	4 38P
West Haven			9 54A		4 45P		9 40P		12 21P		4 43P
Milford			10 02A		4 53P		9 48P		12 28P		4 51P
Stratford			11 09A		4 59P		9 54P		12 35P		4 57P
BRIDGEPORT		9 57A	11 15A	5 01P	5 05P	9 32P	10 01P	12 28P	12 41P	4 57P	5 04P
Fairfield Metro			11 20A		5 11P		10 06P		12 47P		5 10P
Fairfield			11 24A		5 14P		10 09P		12 50P		5 14P
Southport			11 27A		5 17P		10 13P				5 17P
Green's Farm			11 30A		5 20P		10 16P				5 20P
Westport			11 36A		5 26P		10 21P		12 59P		5 25P
East Norwalk			11 40A		5 30P		10 25P				5 29P
South Norwalk			11 43A		5 33P		10 28P		1 05P		5 32P
Rowayton			11 47A		5 37P		10 32P				5 36P
Darien			11 50A		5 40P		10 35P		1 11P		5 40P
Noroton Heights			11 53A		5 44P		10 39P				5 43P
STAMFORD		10 25A	11 01A	5 28P	5 51P	10 00P	10 46P	12 55P	1 19P	5 25P	5 50P
Harlem – 125th Street			11 43A	5 28P	6 31P		11 31P		2 03P		6 35P
NEW YORK – Grand Central Terminal	ar		11 55A	6 42P	6 42P		11 44P		2 15P		6 49P
NEW YORK – PENN Station	ar	11 23A		6 25P		10 57P		1 51P		6 29P	

TO PURCHASE TRAIN TICKETS

Amtrak tickets can be purchased using the Amtrak Mobile app or Amtrak.com, or by calling 1-800-USA-RAIL. (1-800-872-7245)
 Note that you must have a ticket before boarding an Amtrak train.

Metro-North (MNR) tickets can be purchased using the MTA eTIX app, from a Metro-North ticket vending machine, or from a conductor on a Metro-North train. Higher fares may apply when MNR tickets are purchased onboard the train.

KEY

ar	arrival time
dp	departure time
MNR	Metro-North Railroad
PEAK	MNR peak fares apply

For further information visit [TrainsInTheValley.org](https://www.TrainsInTheValley.org)

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NORTHBOUND		MNR 1522	Amtrak 56 Vermonter	MNR 1528	Amtrak 86 Regional	MNR 1556 PEAK	Amtrak 94 Regional	MNR 6522	Amtrak 54 Vermonter	MNR 6536	Amtrak 88 Regional
Connecting train from:											
NEW YORK – PENN Station	dp		↓ 11 33A		↓ 12 37P		↓ 6 06P		↓ 11 20A		↓ 300 P
NEW YORK – Grand Central Terminal	dp	11 04A	From Washington	12 34P	From Washington DC and Richmond VA	5 22P	From Washington DC and Norfolk VA	11 02A	From Washington	2 34P	From Washington and Norfolk VA
Harlem – 125th Street		11 14A		12 44P		5 32P		11 12A		2 44P	
STAMFORD		11 55A	12 18P	1 25P	1 29P	6 09P	6 55P	11 55A	12 20P	3 27P	3 48P
Noroton Heights		12 01P						12 01P			
Darien		12 04P		1 32P				12 04P		3 34P	
Rowayton		12 07P						12 07P			
South Norwalk		12 11P		137 P				12 11P		3 39P	
East Norwalk		12 14P						12 14P			
Westport		12 18P		1 42P				12 18P		3 44P	
Green's Farm		12 22P						12 23P			
Southport		12 27P						12 27P			
Fairfield		12 30P		1 51P				12 30P		3 52P	
Fairfield Metro		12 33P		1 54P				12 34P		3 56P	
BRIDGEPORT		12 40P	12 46P	2 01P	1 57P	6 42P	7 25P	12 41P	12 50P	4 03P	4 16P
Stratford		12 47P		2 07P		6 49P		12 47P		4 09P	
Milford		12 54P		2 14P		6 56P		12 54P		4 15P	
West Haven		1 03P		2 23P		7 03P		1 01P		4 22P	
NEW HAVEN – Union Station	ar	1 13P	1 14P	2 36P	2 22P	7 14P	7 51P	1 18P	1 15P	4 39P	4 45P
To: Greenfield			thru train		NEW Amtrak 486 Valley Flyer		Amtrak 494 Valley Flyer	Amtrak 400 Valley Flyer	thru train		Amtrak 488 Valley Flyer
NEW HAVEN – Union Station	dp		1 30P		2 50P		8 10P		1 30P		5 00P
New Haven – State Street					2 52P		8 12P				5 02P
Wallingford					3 04P		8 24P				5 14P
Meriden			1 50P		3 13P		8 33P		1 50P		5 23P
Berlin					3 21P		8 42P				5 32P
HARTFORD			2 11P		3 38P		8 55P		2 11P		5 46P
Windsor					3 45P		9 02P				5 53P
Connecting bus:				CTtransit 24		CTtransit 24					
Bradley Airport, Terminal A	dp			tbd		tbd					
Windsor Locks	ar			tbd		tbd					
Windsor Locks	dp		2 22P		3 51P		9 12P		2 22P		5 59P
SPRINGFIELD	ar		2 55P		4 14P		9 35P		2 55P		6 24P
	dp		3 15P		4 22P		9 45P	7 50A	3 15P		6 45P
Holyoke			3 41P		4 48P		10 11P	8 16A	3 41P		7 11P
Northampton			3 57P		5 04P		10 27P	8 32A	3 57P		7 27P
GREENFIELD			4 22P		5 30P		10 53P	8 58A	4 22P		7 53P

This timetable is a summary of the available passenger rail service in our region. Some information, such as holiday schedules, has been omitted due to space limitations.

Train and bus schedules are subject to change. Please refer to the current Amtrak, CTtransit, and/or Metro-North schedule before traveling. Please note — This timetable was prepared by Trains In The Valley, a rail advocacy organization in western Massachusetts, and not by Amtrak.

For further information visit TrainsInTheValley.org