

Amtrak Valley Flyer and Vermonter Timetable – Southbound

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



Normal Days of Operation		Monday – Friday						Weekends				
SOUTHBOUND		Amtrak 425 Valley Flyer		Amtrak 55 Vermont		Amtrak 479 Valley Flyer		Amtrak 461 Valley Flyer		Amtrak 57 Vermont		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
	ar	7 28A		2 35P		7 13P		10 23A		2 35P		9 18P
SPRINGFIELD												
	dp	7 48A		2 46P		7 35P		10 34A		2 50P		9 45P
Windsor Locks		8 15A		3 08P		7 54P		10 53A		3 12P		10 06P
Connecting bus:												
Windsor Locks dp		Amtrak 125 Regional	CTtransit 24		CTtransit 24		CTtransit 24					CTrail 6411 Hartford Line
Bradley Airport, Terminal A ar			8 30A		3 20P		8 05P					
			8 45A		3 35P		8 20P					
Windsor		8 21A				7 59P		10 59A				10 13P
HARTFORD		8 35A		3 23P		8 09P		11 08A		3 27P		10 24P
Berlin		8 46A				8 20P		11 19A				10 36P
Meriden		8 57A		3 48P		8 29P		11 29A		3 48P		10 45P
Wallingford		9 05A				8 37P		11 36A				10 54P
New Haven – State Street		9 18A				8 50P		11 49A				11 10P
NEW HAVEN – Union Station	ar	9 20A		4 11P		8 58P		11 56A		4 14P		11 18PM
Connecting train to:		thru train	MNR 1551	thru train	MNR 1579	Amtrak 67 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 27P	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	9 55P	10 46P	12 55P	1 19P	5 25P	5 50P	
Harlem – 125th Street			11 43A		6 42P		11 31P		2 03P		6 35P	
NEW YORK – Grand Central Terminal	ar		11 55A		6 54P		11 44P		2 15P		6 47P	
NEW YORK – PENN Station	ar	↓	11 23A	↓	6 25P	↓	10 57P	↓	1 51P	↓	6 27P	

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

Amtrak Valley Flyer and Vermonter Timetable – Northbound

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



Normal Days of Operation		Monday – Friday					Weekends				
NORTHBOUND		MNR 1522	Amtrak 56 Vermonter	MNR 1528	Amtrak 86 Regional	MNR 1560 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		↓ 5 38P		↓ 11 20A		↓ 3 00 P
NEW YORK – Grand Central Terminal dp		11 04A	From Washington DC	12 34P	From Washington DC and Richmond VA	5 41P	From Washington DC and Norfolk VA	11 02A	From Washington DC	2 34P	From Washington DC and Norfolk VA
Harlem – 125th Street		11 14A		12 44P				11 12A		2 44P	
STAMFORD		11 55A	12 18P	1 25P	1 27P		6 30P	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		H 6 55P		12 30P		3 52P	
Fairfield Metro		12 33P		1 54P		H 6 58P		12 34P		3 56P	
BRIDGEPORT		12 40P	12 46P	2 01P	1 55P	H 7 05P	7 00P	12 41P	12 50P	4 03P	4 16P
Stratford		12 47P		2 07P		H 7 12P		12 47P		4 09P	
Milford		12 54P		2 14P		H 7 19P		12 54P		4 15P	
West Haven		1 03P		2 23P		H 7 26P		1 01P		4 22P	
NEW HAVEN – Union Station ar		1 13P	1 11P	2 36P	2 19P	7 35P	7 25P	1 18P	1 15P	4 39P	4 45P
To: Greenfield			thru train		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		7 45P		1 30P		5 00P
New Haven – State Street					2 52P		7 47P				5 02P
Wallingford					3 04P		7 59P				5 14P
Meriden			1 50P		3 13P		8 08P		1 50P		5 23P
Berlin					3 21P		8 17P				5 32P
HARTFORD			2 11P		3 38P		8 30P		2 11P		5 46P
Windsor					3 45P		8 37P				5 53P
Connecting bus:		CTtransit 24		CTtransit 24		CTtransit 24					
Bradley Airport, Terminal A dp		1 55P		3 25P		8 15P					
Windsor Locks ar		2 13P		3 43P		8 33P					
Windsor Locks dp			2 22P		3 51P		8 44P		2 22P		5 59P
SPRINGFIELD ar			2 55P		4 14P		9 09P		2 55P		6 24P
Springfield dp			3 15P		4 22P		9 25P	7 50A	3 15P		6 45P
Holyoke			3 41P		4 48P		9 51P	8 16A	3 41P		7 11P
Northampton			3 57P		5 04P		10 07P	8 32A	3 57P		7 27P
GREENFIELD			4 22P		5 30P		10 33P	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.

KEY: H = This Metro-North train stops primarily to discharge customers. Train may depart up to 5 minutes earlier than the time shown.

For further information visit TrainsInTheValley.org