

# Amtrak Valley Flyer and Vermonter Timetable – Southbound

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



Normal Days of Operation		Monday – Friday						Weekdays					
SOUTHBOUND		Amtrak 471 Valley Flyer		Amtrak 55 Vermonter		Amtrak 479 Valley Flyer		Amtrak 461 Valley Flyer		Amtrak 57 Vermonter		Amtrak 499 Valley Flyer	
To: New Haven & New York												CTrail 6411 Hartford Line	
GREENFIELD	7 35A			1 36P		6 05P		9 15A		1 36P		8 10P	
Northampton	8 00A			2 01P		6 30P		9 40A		2 01P		8 35P	
Holyoke	8 15A			2 16P		6 45P		9 55A		2 16P		8 50P	
SPRINGFIELD	8 43A			2 35P		7 13P		10 23A		2 35P		9 18P	
Windsor Locks	8 55A			2 50P		7 40P		10 34A		2 50P		9 45P	
Windsor Locks	9 14A			3 12P		7 59P		10 53A		3 12P		10 06P	
Connecting bus:		CTransit 24		CTransit 24		CTransit 24							
Windsor Locks dp		9 25A		3 20P		8 05P							
Bradley Airport, Terminal A ar		9 40A		3 35P		8 20P							
Windsor	9 19A					8 04P		10 59A				10 13P	
HARTFORD	9 29A			3 27P		8 14P		11 08A		3 27P		10 24P	
Berlin	9 40A					8 25P		11 19A				10 36P	
Meriden	9 49A			3 49P		8 14P		11 29A		3 48P		10 45P	
Wallingford	9 57A					8 42P		11 36A				10 54P	
New Haven – State Street	10 10A					8 55P		11 49A				11 10P	
NEW HAVEN – Union Station	10 18A			4 15P		9 03P		11 56A		4 14P		11 18PM	
Connecting train to:		Amtrak 171 Regional	MNR 1555	thru train	MNR 1579	Amtrak 67 Regional	MNR 1597	Amtrak 161 Regional	MNR 6531	thru train	MNR 6549		
NEW HAVEN – Union Station dp	10 38A	10 46A	10 46A	4 39P	4 40P	9 10P	9 35P	12 06P	12 17P	4 34P	4 39P		
West Haven		10 51A	10 51A		4 45P		9 40P		12 22P		4 44P		
Milford		10 59A	10 59A		4 53P		9 48P		12 29P		4 52P		
Stratford		11 05A	11 05A		4 59P		9 54P		12 36P		4 58P		
BRIDGEPORT	11 00A	11 11A	11 11A	5 01P	5 05P	9 27P	10 01P	12 28P	12 42P	4 57P	5 05P		
Fairfield-Black Rock		11 17A	11 17A		5 11P		10 06P		12 48P		5 11P		
Fairfield		11 20A	11 20A		5 14P		10 09P		12 51P		5 15P		
Southport		11 23A	11 23A		5 17P		10 13P				5 18P		
Green's Farm		11 26A	11 26A		5 20P		10 16P				5 21P		
Westport		11 32A	11 32A		5 26P		10 21P		1 00P		5 26P		
East Norwalk		11 36A	11 36A		5 30P		10 25P				5 30P		
South Norwalk		11 39A	11 39A		5 33P		10 28P		1 06P		5 33P		
Rowayton		11 43A	11 43A		5 37P		10 32P				5 37P		
Darien		11 46A	11 46A		5 40P		10 35P		1 12P		5 41P		
Noroton Heights		11 50A	11 50A		5 44P		10 39P				5 44P		
STAMFORD	11 27A	11 47A	11 47A	5 28P	5 51P	9 55P	10 46P	12 55P	1 20P	5 25P	5 51P		
Harlem – 125th Street		12 40P	12 40P		6 42P		11 31P		2 03P		6 35P		
NEW YORK – Grand Central Terminal		12 52P	12 52P		6 54P		11 44P		2 15P		6 47P		
NEW YORK – PENN Station	12 26P			6 25P		10 57P		1 51P		6 25P			

**TO PURCHASE TRAIN TICKETS**

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

Metro-North (MNR) tickets can be purchased using the MTA eTIX app, a Metro-North ticket vending machine, or from a conductor onboard 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://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 30A		↓ 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 54A	12 20P	3 26P	3 48P
Noroton Heights		12 01P						12 00P			
Darien		12 04P		1 32P				12 03P		3 33P	
Rowayton		12 07P						12 06P			
South Norwalk		12 11P		1 37 P				12 11P		3 39P	
East Norwalk		12 14P						12 14P			
Westport		12 18P		1 42P				12 18P		3 43P	
Green's Farm		12 22P						12 22P			
Southport		12 27P						12 26P			
Fairfield		12 30P		1 51P		H 6 54P		12 30P		3 52P	
Fairfield–Black Rock		12 33P		1 54P		H 6 57P		12 33P		3 55P	
BRIDGEPORT		12 40P	12 46P	2 01P	1 55P	H 7 04P	7 00P	12 40P	12 50P	4 02P	4 16P
Stratford		12 47P		2 07P		H 7 11P		12 47P		4 08P	
Milford		12 54P		2 14P		H 7 18P		12 54P		4 15P	
West Haven		1 03P		2 23P		H 7 25P		1 01P		4 22P	
NEW HAVEN – Union Station ar		1 13P	1 11P	2 36P	2 19P	7 33P	7 25P	1 17P	1 15P	4 38P	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:											
Bradley Airport, Terminal A dp		CTtransit 24 1 55P		CTtransit 24 3 25P		CTtransit 24 8 15P					
Windsor Locks ar		2 13P		3 43P		8 33P					
Windsor Locks dp			2 22P		3 51P		8 44P				5 59P
SPRINGFIELD ar			2 55P		4 14P		9 09P			2 22P	6 24P
Springfield dp			3 15P		4 22P		9 25P	7 50A		2 55P	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](http://TrainsInTheValley.org)