

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											
To: New Haven & New York											
				Amtrak 425 Valley Flyer	Amtrak 55 Vermonter	Amtrak 479 Valley Flyer		Amtrak 461 Valley Flyer	Amtrak 57 Vermonter	Amtrak 499 Valley Flyer	
GREENFIELD				6 05A	1 36P	6 05P		9 15A	1 36P	8 10P	
Northampton				6 30A	2 01P	6 30P		9 40A	2 01P	8 35P	
Holyoke				6 45A	2 16P	6 45P		9 55A	2 16P	8 50P	
SPRINGFIELD				7 13A	2 35P	7 13P		10 23A	2 35P	9 18P	
Windsor Locks				7 30A	2 48P	7 40P		10 34A	2 45P	9 45P	
Windsor Locks				7 52A	3 10P	7 59P		10 53A	3 07P	10 06P	
Connecting bus:				Amtrak 125 Regional	CTtransit 24	CTtransit 24	CTtransit 24				CTrail 6411 Hartford Line
Windsor Locks dp				8 05A	3 25P	8 04P		10 59A		10 13P	
Bradley Airport, Terminal A ar				8 25A	3 45P	8 14P		11 08A	3 22P	10 24P	
Windsor				7 58A		8 04P		11 19A		10 36P	
HARTFORD				8 12A	3 25P	8 25P		11 29A	3 43P	10 45P	
Berlin				8 23A		8 34P		11 36A		10 54P	
Meriden				8 32A	3 47P	8 42P		11 49A		11 10P	
Wallingford				8 42A		8 55P		11 56A	4 09P	11 18PM	
New Haven – State Street				9 00A		9 00P					
NEW HAVEN – Union Station				9 02A	4 13P	9 00P					
Connecting train to:				thru train	MNR 1549	thru train	MNR 1579	Amtrak 67 Regional	MNR 1597		
NEW HAVEN – Union Station				9 35A	9 23A	4 39P	4 40P	9 10P	9 35P		
West Haven					9 27A		4 45P		9 40P		
Milford					9 35A		4 53P		9 48P		
Stratford					9 41A		4 59P		9 54P		
BRIDGEPORT				9 57A	9 47A	5 01P	5 05P	9 27P	10 01P		
Fairfield–Black Rock					9 53A		5 11P		10 06P		
Fairfield					9 56A		5 14P		10 09P		
Southport							5 17P		10 13P		
Green's Farm							5 20P		10 16P		
Westport					10 05A		5 26P		10 21P		
East Norwalk							5 30P		10 25P		
South Norwalk					10 12A		5 33P		10 28P		
Rowayton							5 37P		10 32P		
Darien					10 18A		5 40P		10 35P		
Noroton Heights					10 21A		5 44P		10 39P		
STAMFORD				10 25A	10 28A	5 28P	5 51P	9 55P	10 46P		
Harlem – 125th Street					11 06A		6 42P		11 31P		
NEW YORK – Grand Central Terminal					11 23A		6 54P		11 44P		
NEW YORK – PENN Station				11 21A		6 25P		11 02P			

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

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 Vermont	MNR 1528	Amtrak 86 Regional	MNR 1560 PEAK	Amtrak 94 Regional	MNR 6522	Amtrak 54 Vermont	MNR 6536	Amtrak 88 Regional
Connecting train from:											
NEW YORK – PENN Station dp			↓ 11 33A		↓ 12 37P		↓ 5 38P		↓ 11 20A		↓ 3 02 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		1 25P				11 54A		3 26P	
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 36P		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 56P		3 13P		8 08P		1 50P		5 23P
Berlin					3 21P		8 17P				5 32P
HARTFORD			2 17P		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		2 00P		3 20P		8 20P					
Windsor Locks ar		2 18P		3 38P		8 35P					
Windsor Locks dp			2 28P		3 51P		8 44P		2 22P		5 59P
SPRINGFIELD ar			3 01P		4 14P		9 09P		2 55P		6 24P
Holyoke			3 15P		4 22P		9 25P	7 50A	3 15P		6 45P
Northampton			3 41P		4 48P		9 51P	8 16A	3 41P		7 11P
GREENFIELD			3 57P		5 04P		10 07P	8 32A	3 57P		7 27P
			4 22P		5 30P		10 33P	8 58A	4 22P		7 53P

This timetable is a summary of the 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 that this timetable was prepared by Trains In The Valley, a rail advocacy organization in western Massachusetts. The timetable is not an official Amtrak or Massachusetts Department of Transportation (MassDOT) document. Neither Amtrak, MassDOT or Trains In The Valley is responsible for any errors contained herein.

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

For further information visit
TrainsInTheValley.org