

AMTRAK'S VALLEY FLYER & VERMONT: WEEKDAY

According to the [GTFS data](#), this was intended to be valid from **2026-09-20** through **2026-10-09**.
Always check [Amtrak.com](#) for precise times for your exact date of travel.
 Timetables may change for holidays, special events, construction projects, and other reasons.

Train # 425	Train # 55	Train # 479	Mile	♿	Station	Train # 56	Train # 486	Train # 494
Valley Flyer	Vermont	Valley Flyer				Vermont	Valley Flyer	Valley Flyer
Mo-Fr	Mo-Fr	Mo-Fr				Mo-Fr	Mo-Fr	Mo-Fr
Read Down	Read Down	Read Down				Read Up	Read Up	Read Up
	from St. Albans					to St. Albans		
Dp 6:05A	1:36P	6:40P	0	♿	Greenfield, MA (GFD)	4:22P	6:08P	10:33P
6:30A	2:01P	7:05P	19	♿	Northampton, MA (NHT)	3:57P	5:42P	10:07P
6:45A	2:16P	7:20P	30	♿	Holyoke, MA (HLK)	3:41P	5:26P	9:51P
Ar 7:13A	2:35P	7:48P	40	♿	SPRINGFIELD, MA (SPG)	Dp 3:15P	5:00P	9:25P
Connecting	↓	↓				↑	↑	↑
Train	↓	↓				↑	↑	↑
125	↓	↓				↑	↑	↑
↓	↓	↓				↑	↑	↑
Dp 7:28A	2:45P	8:16P	40	♿	SPRINGFIELD, MA (SPG)	Ar 3:01P	4:44P	9:09P
7:49A	3:07P	8:35P	55	♿	Windsor Locks, CT (WNL)	2:28P	4:23P	8:47P
7:55A		8:40P	60	♿	Windsor, CT (WND)		4:13P	8:40P
8:06A	3:22P	8:50P	66	♿	Hartford, CT (HFD)	2:17P	3:58P	8:30P
8:17A		9:01P	77	♿	Berlin, CT (BER)		3:43P	8:17P
8:29A	3:44P	9:10P	84	♿	Meriden, CT (MDN)	1:56P	3:35P	8:08P
8:42A		9:18P	90	♿	Wallingford, CT (WFD)		3:25P	7:59P
9:03A		9:31P	100	♿	New Haven, CT (STS) - State Street Station		3:12P	7:47P
Ar 9:05A	4:08P	9:35P	102	♿	NEW HAVEN, CT (NHV) - Union Station	Dp 1:36P	3:10P	7:45P
Dp 9:35A	4:31P					Ar 1:11P		
Train 125 to Washington	to Washington					from Washington		

♿ Platform and train are accessible to people in wheelchairs — some station services may not be accessible.

Platform and train are **not accessible** to people in wheelchairs.

Checked baggage service available

D Stops only to discharge passengers (may leave before time shown)

R Stops only to receive passengers

Connecting trains provided by: [CT rail Hartford Line](#) [CT rail Shore Line East](#) [Metro-North Railroad](#)

This timetable is not an official Amtrak product. **This timetable is provided AS IS. No warranties are provided and all warranties are disclaimed.**

It was produced as a public service by Christopher Juckins <https://juckins.net> for [Rail Passengers Association](#), based on GTFS data released to the public by [Amtrak](#), and on other data sources.

Timetable generated on **2026-09-23** by timetable_kit (https://github.com/neroden/timetable_kit).

Material from timetable_kit in this timetable is subject to the Creative Commons [CC-BY-4.0](#) license.

Timetable_kit was written by Nathanael Nerode.

If you appreciate this timetable, please wear an N95 or P100 mask on the train.

Nathanael's family is immunocompromised and can't take the train unless you wear masks.

AMTRAK'S VALLEY FLYER & VERMONT: WEEKEND

According to the [GTFS data](#), this was intended to be valid from **2026-10-03** through **2026-10-04**.
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Train # 461	Train # 57	Train # 499	Mile	♿	Station	Train # 400	Train # 54	Train # 488
Valley Flyer	Vermont	Valley Flyer				Valley Flyer	Vermont	Valley Flyer
SaSu	SaSu	SaSu				SaSu	SaSu	SaSu
Read Down	Read Down	Read Down				Read Up	Read Up	Read Up
	from St. Albans						to St. Albans	
Dp 9:15A	1:36P	8:10P	0	♿	Greenfield, MA (GFD)	Ar 8:58A	4:22P	7:53P
9:40A	2:01P	8:35P	19	♿	Northampton, MA (NHT)	8:32A	3:57P	7:27P
9:55A	2:16P	8:50P	30	♿	Holyoke, MA (HLK)	8:16A	3:41P	7:11P
Ar 10:23A	2:35P	9:18P	40	♿	SPRINGFIELD, MA (SPG) HL	Dp 7:50A	3:15P	6:45P
Dp 10:34A	2:45P						2:55P	6:24P
10:53A	3:07P		55	♿	Windsor Locks, CT (WNL) HL		2:22P	5:59P
10:59A			60	♿	Windsor, CT (WND) HL			5:53P
11:08A	3:22P		66	♿	Hartford, CT (HFD) HL		2:11P	5:46P
11:19A			77	♿	Berlin, CT (BER) HL			5:32P
11:29A	3:43P		84	♿	Meriden, CT (MDN) HL		1:50P	5:23P
11:36A			90	♿	Wallingford, CT (WFD) HL			5:14P
11:49A			100	♿	New Haven, CT (STS) - State Street Station SLE HL			5:02P
Ar 11:56A	4:09P		102	♿	NEW HAVEN, CT (NHV) - Union Station SLE HL MN		1:30P	5:00P
	4:34P						1:15P	
	to Washington						from Washington	

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✗ Platform and train are **not accessible** to people in wheelchairs.

🧳 Checked baggage service available

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Connecting trains provided by: HL CT rail Hartford Line SLE CT rail Shore Line East MN Metro-North Railroad

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