

Amtrak Valley Flyer / Vermonter Schedule Overview

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



Normal Days of Operation			Monday – Friday						Weekends & Holidays						
SOUTHBOUND			Valley Flyer 495		Valley Flyer 471		Vermont 55		Valley Flyer 461		Vermont 57		Valley Flyer 499		
To: New Haven & New York															
GREENFIELD			5 45A		7 35A		1 36P		9 15A		1 36P		8 10P		
Northampton			6 10A		8 00A		2 01P		9 40A		2 01P		8 35P		
Holyoke			6 25A		8 15A		2 16P		9 55A		2 16P		8 50P		
SPRINGFIELD	ar	dp	6 53A		8 43A		2 35P		10 23A		2 35P		9 18P		
			7 05A		8 55A		2 50P		10 34A		2 50P		9 45P	In Springfield	
Windsor Locks			7 24A		9 14A		3 12P		10 53A		3 12P		10 06P		
Windsor			7 29A		9 19A				10 59A				10 13P		
HARTFORD			7 39A		9 29A		3 27P		11 08A		3 27P		10 24P	connect with	
Berlin			7 49A		9 40A				11 19A		3 48P		10 36P		
Meriden			7 58A		9 49A		3 49P		11 29A				10 45P	CTrail Hartford Line	
Wallingford			8 06A		9 57A				11 36A				10 54P	Train 6411	
New Haven – State Street			8 19A		10 10A				11 49A				11 10P		
NEW HAVEN – Union Station	ar		8 27A		10 18A		4 12P		11 56A		4 14P		11 18P		
Connecting train to:			↓	↘	↓	↘	↘	↓	↓	↘	↓	↘	↓	↘	
			Amtrak Regional 95	MNR 1545	Amtrak Regional 171	MNR 1555	thru train	MNR 1579	Amtrak Regional 161	MNR 6531	thru train	MNR 6549	MNR 6573	Amtrak Regional 65/67	
NEW HAVEN – Union Station	dp		8 43A	8 41A	10 40A	10 46A	4 39P	4 40P	12 06P	12 18P	4 34P	4 38P	11 35P	12 50A	
West Haven				8 46A		10 51A		4 45P		12 23P		4 43P	11 40P		
Milford				8 54A		10 59A		4 53P		12 30P		4 51P	11 48P		
Stratford				9 00A		11 05A		4 59P		12 37P		4 57P	11 54P		
BRIDGEPORT				9 07A		11 02A		5 01P		12 28P		4 57P	5 05P	12 01A	
Fairfield Metro				9 12A		11 17A		5 11P		12 50P		5 11P	12 07A		
Fairfield				9 16A		11 20A		5 14P		12 53P		5 15P	12 11A		
Southport						11 23A		5 17P				5 18P	12 14A		
Green's Farm						11 27A		5 21P				5 21P	12 17A		
Westport						11 33A		5 27P				5 26P	12 22A		
East Norwalk						11 38A		5 32P				5 30P	12 26A		
South Norwalk				9 30A		11 42A		5 36P			1 02P	5 33P	12 29A		
Rowayton						11 45A		5 39P				5 37P	12 33A		
Darien						11 48A		5 42P				5 41P	12 37A		
Noroton Heights						11 51A		5 45P				5 44P	12 40A		
STAMFORD			9 30A	9 42A	11 29A	11 58A	5 28P	5 51P	12 55P	1 21P	5 25P	5 51P	12 47A	1 36A	
Harlem – 125th Street				10 28A		12 42P		6 43P		2 09P		6 39P	1 35A		
NEW YORK – Grand Central Terminal	ar			10 40A		12 55P		6 56P		2 20P		6 50P	1 46A		
NEW YORK – PENN Station	ar		↓	10 22A	↓	12 22P	↓	6 25P	↓	1 51P	↓	6 25P		↓	2 30A

SAMPLE ONE-WAY FARES	Adult	Senior
Northampton ↔ NYC on Amtrak	\$56 – \$103	\$56 – \$82
Northampton ↔ NYC via Amtrak + MNR	\$45 – \$52	\$39 – \$43
Northampton ↔ Springfield	\$11 or \$14	\$11 or \$13
Northampton ↔ New Haven	\$27 or \$34	\$27 or \$31

TO PURCHASE TICKETS

Amtrak tickets can be purchased using the Amtrak Mobile app or Amtrak.com, or by calling 1-800-USA RAIL. Amtrak tickets must be purchased before boarding the train.

Metro-North (MNR) tickets can be purchased using the MTA eTIX app, from a Metro-North ticket vending machine, or from a conductor onboard a Metro-North train.

CTrail Hartford Line tickets can be purchased from a CTrail Ticket Vending Machine or from a conductor onboard a CTrail Hartford Line train.

Higher fares may apply when MNR or CTrail tickets are purchased onboard the train.

KEY

MNR = Metro-North Railroad

For further information visit TrainsInTheValley.org/valley-flyer

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Normal Days of Operation		Monday – Friday					Weekends & Holidays				
NORTHBOUND		MNR 1522	Vermonter 56	PEAK MNR 1556	Amtrak Regional 94	PEAK MNR 1578	Amtrak Regional 178	MNR 6522	Vermonter 54	MNR 6536	Amtrak Regional 88
Connecting train from:											
NEW YORK – PENN Station	dp		↓ 11 30A		↓ 5 38P		↓ 7 50P		↓ 11 30A		↓ 300 P
NEW YORK – Grand Central Terminal	dp	11 04A	From Washington	5 22P	From Washington and Norfolk	7 34P	From Washington	11 02A	From Washington	2 34P	From Washington
Harlem – 125th Street		11 14A		5 32P		7 44P		11 12A		2 44P	
STAMFORD		11 55A	12 18P	6 09P	6 29P	8 22P	8 45P	11 55A	12 18P	3 27P	3 48P
Noroton Heights		12 00P				8 28P		12 00P			
Darien		12 04P				8 31P		12 04P		3 34P	
Rowayton		12 07P				8 34P		12 07P			
South Norwalk		12 11P				8 38P		12 11P		3 39P	
East Norwalk		12 14P				8 41P		12 14P			
Westport		12 18P				8 45P		12 18P		3 44P	
Green's Farm		12 22P				8 49P		12 23P			
Southport		12 27P				8 53P		12 27P			
Fairfield		12 30P				8 57P		12 31P		3 53P	
Fairfield Metro		12 34P				9 00P		12 35P		3 57P	
BRIDGEPORT		12 42P	12 46P	6 41P		9 07P	9 13P	12 43P	12 46P	4 05P	4 16P
Stratford		12 49P		6 48P		9 13P		12 49P		4 11P	
Milford		12 56P		6 55P		9 20P		12 56P		4 17P	
West Haven		1 03P		7 02P		9 27P		1 03P		4 24P	
NEW HAVEN – Union Station	ar	1 13P	1 11P	7 13P	7 21P	9 39P	9 40P	1 17P	1 11P	4 38P	4 45P
			↓ thru train		↓ Valley Flyer 494		↓ Valley Flyer 478		↓ thru train		↓ Valley Flyer 488
NEW HAVEN – Union Station	dp		1 30P		7 35P		9 55P		1 30P		5 00P
New Haven – State Street					7 37P		9 57P				5 02P
Wallingford					7 49P		10 09P				5 14P
Meriden			1 50P		7 58P		10 18P		1 50P		5 23P
Berlin					8 07P		10 26P				5 32P
HARTFORD			2 11P		8 20P		10 40P		2 11P		5 46P
Windsor					8 27P		10 46P				5 53P
Windsor Locks			2 22P		8 34P		10 52P		2 22P		5 59P
SPRINGFIELD	ar		2 55P		8 59P		11 18P		2 55P		6 24P
	dp		3 15P		9 15P		11 30P	7 50A	3 15P		6 45P
Holyoke			3 41P		9 41P		11 56P	8 16A	3 41P		7 11P
Northampton			3 57P		9 57P		12 12A	8 32A	3 57P		7 27P
GREENFIELD			↓ 4 22P		10 23P		12 38A	8 58A	↓ 4 22P		7 53P

Please note that these two pages provide only a summary of the available passenger rail service in our region. Some information, such as holiday schedules, has been omitted due to space limitations.

Please refer to the current Amtrak, Hartford Line and/or Metro-North schedule(s) before traveling.

For further information visit
TrainsInTheValley.org/valley-flyer