

# Amtrak Valley Flyer and Vermont Timetable

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



Normal Days of Operation		Monday – Friday						Weekends			
SOUTHBOUND		Valley Flyer 495		Valley Flyer 471		Vermont 55		Valley Flyer 461		Vermont 57	
To: New Haven & New York											
GREENFIELD	5 45A			7 35A		1 36P		9 15A		1 36P	
Northampton	6 10A			8 00A		2 01P		9 40A		2 01P	
Holyoke	6 25A			8 15A		2 16P		9 55A		2 16P	
SPRINGFIELD	6 53A			8 43A		2 35P		10 23A		2 35P	
Windsor Locks	7 05A			8 55A		2 50P		10 34A		2 50P	
	7 24A			9 14A		3 12P		10 53A		3 12P	
Connecting bus:		CTtransit 24		CTtransit 24		CTtransit 24					
Windsor Locks dp		7 35A		9 20A		3 25P					
Bradley Airport, Terminal A ar		7 50A		9 35A		3 40P					
Windsor	7 29A			9 19A				10 59A			
HARTFORD	7 39A			9 29A		3 27P		11 08A		3 27P	
Berlin	7 49A			9 40A				11 19A			
Meriden	7 58A			9 49A		3 49P		11 29A		3 48P	
Wallingford	8 06A			9 57A				11 36A			
New Haven – State Street	8 19A			10 10A				11 49A			
NEW HAVEN – Union Station	8 27A			10 18A		4 15P		11 56A		4 14P	
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
NEW HAVEN – Union Station	dp	8 43A	8 44A	10 40A	10 46A	4 39P	4 40P	12 06P	12 18P	4 34P	4 39P
West Haven			8 48A		10 51A		4 45P		12 23P		4 44P
Milford			8 56A		10 59A		4 53P		12 30P		4 52P
Stratford			9 03A		11 05A		4 59P		12 37P		4 58P
BRIDGEPORT			9 09A		11 02A		5 01P		12 28P		5 05P
Fairfield Metro			9 15A		11 17A		5 11P		12 43P		5 11P
Fairfield			9 18A		11 20A		5 14P		12 52P		5 15P
Southport					11 23A		5 17P				5 18P
Green's Farm					11 26A		5 20P				5 21P
Westport					11 32A		5 26P		1 01P		5 26P
East Norwalk					11 36A		5 30P				5 30P
South Norwalk			9 32A		11 39A		5 33P		1 07P		5 33P
Rowayton					11 43A		5 37P				5 37P
Darien					11 47A		5 41P		1 13P		5 41P
Noroton Heights					11 50A		5 44P				5 44P
STAMFORD		9 30A	9 43A	11 29A	11 58A	5 28P	5 51P	12 55P	1 21P	5 25P	5 51P
Harlem – 125th Street			10 28A		12 40P		6 41P		2 05P		6 35P
NEW YORK – Grand Central Terminal	ar		10 40A		12 52P		6 53P		2 16P		6 46P
NEW YORK – PENN Station	ar	10 22A		12 22P		6 25P		1 51P		6 25P	

**TO PURCHASE TRAIN TICKETS**

**Amtrak tickets** can be purchased using the Amtrak Mobile app or Amtrak.com, or by calling 1-800-USA RAIL. 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](http://TrainsInTheValley.org)

# Amtrak Valley Flyer and Vermonter Timetable

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



Normal Days of Operation			Monday – Friday				Weekends					
NORTHBOUND			MNR 1522	Amtrak Vermonter 56	MNR 1556 PEAK	Amtrak Regional 94	MNR 1578 PEAK	Amtrak Regional 178	MNR 6522	Amtrak Vermonter 54	MNR 6536	Amtrak Regional 88
<b>Connecting train from:</b>												
NEW YORK – PENN Station dp				↓ 11 33A		↓ 5 38P		↓ 7 50P		↓ 11 30A		↓ 300 P
NEW YORK – Grand Central Terminal dp			11 04A	From Washington	5 22P	From Washington and Norfolk VA	7 34P	From Washington	11 02A	From Washington	2 34P	From Washington and Norfolk VA
Harlem – 125th Street			11 14A		5 32P		7 44P		11 12A		2 44P	
<b>STAMFORD</b>			11 55A	12 18P	6 09P	6 30P	8 22P	8 45P	11 55A	12 20P	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 56P		12 30P		3 52P	
Fairfield Metro			12 33P				8 59P		12 34P		3 56P	
<b>BRIDGEPORT</b>			12 40P	12 46P	6 41P	7 00P	9 05P	9 13P	12 41P	12 50P	4 03P	4 16P
Stratford			12 47P		6 48P		9 11P		12 47P		4 09P	
Milford			12 54P		6 55P		9 18P		12 54P		4 15P	
West Haven			1 03P		7 02P		9 25P		1 01P		4 22P	
NEW HAVEN – Union Station ar			1 11P	1 11P	7 11P	7 25P	9 37P	9 40P	1 15P	1 15P	4 36P	4 45P
<b>To: Greenfield</b>				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
<b>HARTFORD</b>				2 11P		8 20P		10 40P		2 11P		5 46P
Windsor						8 27P		10 47P				5 53P
Connecting bus:			CTtransit 24		CTtransit 24							
Bradley Airport, Terminal A dp			1 56P		7 51P							
Windsor Locks ar			2 12P		8 07P							
Windsor Locks dp				2 22P		8 34P		10 53P		2 22P		5 59P
<b>SPRINGFIELD</b>				2 55P		8 59P		11 18P		2 55P		6 24P
Holyoke				3 15P		9 15P		11 30P		3 15P		6 45P
Northampton				3 41P		9 41P		11 56P		3 41P		7 11P
<b>GREENFIELD</b>				3 57P		9 57P		12 12A		3 57P		7 27P
				4 22P		10 23P		12 38A		4 22P		7 53P

Please note that 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.

For further information visit [TrainsInTheValley.org](http://TrainsInTheValley.org)