

# Amtrak Valley Flyer and Vermonter 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 30A		7 20A		1 36P		9 15A		1 36P	
Northampton		5 55A		7 45A		2 01P		9 40A		2 01P	
Holyoke		6 10A		8 00A		2 16P		9 55A		2 16P	
SPRINGFIELD	ar dp	6 38A 6 50A		8 28A 8 40A		2 35P 2 59P		10 23A 10 34A		2 35P 2 55P	
Windsor Locks						3 21P		10 53A		3 17P	
Connecting bus:		Amtrak Bus 3095		Amtrak Bus 3071							
Windsor Locks dp Bradley Airport, Terminal A ar											
Windsor								10 59A			
HARTFORD		7 20A		9 10A		3 36P		11 08A		3 32P	
Berlin								11 19A			
Meriden						3 58P		11 29A		3 54P	
Wallingford								11 36A			
New Haven – State Street		8 05A		9 55A				11 49A			
NEW HAVEN – Union Station	ar	8 13A		10 03A		4 24P		11 56A		4 19P	
Connecting train to:		Amtrak Regional 95	MNR 1545	Amtrak Regional 171	MNR 1553	thru train	MNR 1579	Amtrak Regional 161	MNR 6531	thru train	MNR 6549
NEW HAVEN – Union Station	dp	8 43A	8 47A	10 40A	10 21A	4 39P	4 40P	12 06P	12 18P	4 34P	4 39P
West Haven			8 51A		10 25A		4 45P		12 23P		4 44P
Milford			8 59A		10 33A		4 53P		12 30P		4 52P
Stratford			9 06A		11 39A		4 59P		12 37P		4 58P
BRIDGEPORT			9 12A		11 02A		5 01P		12 28P		5 05P
Fairfield Metro			9 18A		11 51A		5 11P		12 43P		5 11P
Fairfield			9 21A		11 54A		5 14P		12 49P		5 15P
Southport							5 17P		12 52P		5 18P
Green's Farm							5 20P				5 21P
Westport							5 26P		1 01P		5 26P
East Norwalk							5 30P				5 30P
South Norwalk			9 35A		11 10A		5 33P		1 07P		5 33P
Rowayton							5 37P				5 37P
Darien					11 16A		5 41P		1 13P		5 41P
Noroton Heights							5 44P				5 44P
STAMFORD		9 30A	9 46A	11 29A	11 23A	5 28P	5 51P	12 55P	1 21P	5 25P	5 51P
Harlem – 125th Street			10 28A		12 10P		6 41P		2 05P		6 35P
NEW YORK – Grand Central Terminal	ar		10 40A		12 22P		6 53P		2 16P		6 46P
NEW YORK – PENN Station	ar	10 22A		12 22P		6 25P		1 51P		6 25P	

**Special Construction Schedule**

July 18, 2022  
thru  
Sept. 11, 2022

**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)

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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 32P	From Washington	11 02A	From Washington	2 34P	From Washington and Norfolk VA
Harlem – 125th Street			11 14A		5 32P		7 42P		11 12A		2 44P	
STAMFORD			11 55A	12 18P	6 09P	6 30P	8 20P	8 45P	11 54A	12 20P	3 27P	3 48P
Noroton Heights			12 00P				8 26P		12 00P			
Darien			12 04P				8 29P		12 04P		3 34P	
Rowayton			12 07P				8 32P		12 07P			
South Norwalk			12 11P				8 36P		12 11P		3 39P	
East Norwalk			12 14P				8 39P		12 14P			
Westport			12 18P				8 43P		12 18P		3 44P	
Green's Farm			12 22P				8 47P		12 23P			
Southport			12 27P				8 51P		12 27P			
Fairfield			12 30P				8 54P		12 30P		3 52P	
Fairfield Metro			12 33P				8 57P		12 34P		3 56P	
BRIDGEPORT			12 40P	12 46P	6 41P	7 00P	9 03P	9 13P	12 41P	12 50P	4 03P	4 16P
Stratford			12 47P		6 48P		9 09P		12 47P		4 09P	
Milford			12 54P		6 55P		9 16P		12 54P		4 15P	
West Haven			1 03P		7 02P		9 23P		1 01P		4 22P	
NEW HAVEN – Union Station ar			1 11P	1 11P	7 11P	7 25P	9 35P	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
HARTFORD				2 11P		8 20P		10 40P		2 11P		5 46P
Windsor						8 27P		10 47P				5 53P
Connecting bus:												
Bradley Airport, Terminal A dp												
Windsor Locks ar												
Windsor Locks dp				2 22P		8 34P		10 53P		2 22P		5 59P
SPRINGFIELD ar				2 55P		8 59P		11 18P		2 55P		6 24P
SPRINGFIELD dp				3 15P		9 15P		11 30P		3 15P		6 45P
Holyoke				3 41P		9 41P		11 56P		3 41P		7 11P
Northampton				3 57P		9 57P		12 12A		3 57P		7 27P
GREENFIELD				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)