

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 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	ar dp	6 53A 7 05A	8 43A 8 55A	2 35P 2 54P	10 23A 10 29A	2 35P 2 53P					
Windsor Locks		7 24A	9 14A	3 16P	10 48A	3 15P					
Connecting bus:		CTtransit 24	CTtransit 24	CTtransit 24							
Windsor Locks dp		7 30A	9 20A	3 20P							
Bradley Airport, Terminal A ar		7 45A	9 35A	3 35P							
Windsor		7 29A	9 19A		10 54A						
HARTFORD		7 39A	9 29A	3 31P	11 05A	3 32P					
Berlin		7 49A	9 40A		11 16A						
Meriden		7 58A	9 49A	3 53P	11 26A	3 53P					
Wallingford		8 06A	9 57A		11 33A						
New Haven – State Street		8 24A	10 15A		11 51A						
NEW HAVEN – Union Station	ar	8 32A	10 23A	4 24P	11 56A	4 20P					
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 47A	10 40A	10 46A	4 39P	4 40P	12 06P	12 18P	4 34P	4 39P
West Haven			8 51A		10 51A		4 45P		12 23P		4 44P
Milford			8 59A		10 59A		4 53P		12 30P		4 52P
Stratford			9 06A		11 05A		4 59P		12 37P		4 58P
BRIDGEPORT			9 12A		11 02A		5 01P		12 43P		5 05P
Fairfield Metro			9 18A		11 17A		5 11P		12 49P		5 11P
Fairfield			9 21A		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 35A		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 46A	11 29A	11 58A	5 28P	5 51P	12 55P	1 21P	5 25P	5 51P
Harlem – 125th Street			10 28A		12 40P		6 42P		2 05P		6 35P
NEW YORK – Grand Central Terminal	ar		10 40A		12 52P		6 54P		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

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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
Connecting train from:											
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	7 32P	From Washington	11 02A	From Washington	2 34P	From Washington
Harlem – 125th Street		11 14A		5 32P	From Washington and Norfolk VA	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
To: Greenfield			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 54P		10 14P				5 19P
Meriden			1 55P		8 03P		10 23P		1 55P		5 28P
Berlin					8 12P		10 31P				5 37P
HARTFORD			2 16P		8 25P		10 45P		2 16P		5 51P
Windsor					8 32P		10 52P				5 58P
Connecting bus: CTtransit 24											
Bradley Airport, Terminal A dp		1 55P		8 05P		10 25P					
Windsor Locks ar		2 10P		8 20P		10 40P					
Windsor Locks dp			2 27P		8 39P		10 58P		2 27P		6 04P
SPRINGFIELD ar			2 55P		8 59P		11 18P		2 50P		6 29P
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