

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	Vermonter 55	Valley Flyer 461	Vermonter 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	6 53A	8 43A	2 35P	10 23A	2 35P	9 19P						
	dp	7 05A	8 55A	2 50P	10 34A	2 50P	9 45P						
Windsor Locks		7 24A	9 14A	3 12P	10 53A	3 12P	10 06P						
Connecting bus:								Hartford Line 6411					
Windsor Locks dp		CTtransit 24 7 30A	CTtransit 24 9 25A										
Bradley Airport, Terminal A ar		7 45A	9 40A										
Windsor		7 29A	9 19A		10 59A		10 13P						
HARTFORD		7 39A	9 29A	3 27P	11 08A	3 27P	10 24P						
Berlin		7 49A	9 40A		11 19A		10 36P						
Meriden		7 58A	9 49A	3 49P	11 29A	3 48P	10 45P						
Wallingford		8 06A	9 57A		11 36A		10 54P						
New Haven – State Street		8 19A	10 10A		11 49A		11 10P						
NEW HAVEN – Union Station	ar	8 27A	10 18A	4 15P	11 56A	4 14P	11 18PM						
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 36A	8 47A	10 40A	10 46A	4 39P	4 40P	12 11P	12 15P	4 34P	4 36P		
West Haven			8 51A		10 51A		4 45P		12 20P		4 41P		
Milford			8 59A		10 59A		4 53P		12 27P		4 49P		
Stratford			9 06A		11 05A		4 59P		12 34P		4 55P		
BRIDGEPORT			9 12A	11 02A	11 11A	5 01P	5 05P	12 33P	12 40P	4 57P	5 02P		
Fairfield Metro			9 18A		11 17A		5 11P		12 46P		5 08P		
Fairfield			9 21A		11 20A		5 14P		12 49P		5 12P		
Southport					11 23A		5 17P				5 15P		
Green's Farm					11 26A		5 20P				5 18P		
Westport					11 32A		5 26P		12 58P		5 23P		
East Norwalk					11 36A		5 30P				5 27P		
South Norwalk			9 35A		11 39A		5 33P		1 04P		5 30P		
Rowayton					11 43A		5 37P				5 34P		
Darien					11 46A		5 40P		1 10P		5 38P		
Noroton Heights					11 50A		5 44P				5 41P		
STAMFORD		9 23A	9 46A	11 29A	11 57A	5 28P	5 51P	To Washington	1 00P	1 18P	To Washington	5 25P	5 48P
Harlem – 125th Street			10 28A		12 40P		6 42P			2 02P		6 32P	
NEW YORK – Grand Central Terminal	ar		10 42A		12 54P		6 56P			2 16P		6 46P	
NEW YORK – PENN Station	ar	10 17A		12 24P		6 31P		1 53P		6 27P			

TO PURCHASE TRAIN TICKETS

Amtrak tickets can be purchased using the Amtrak Mobile app or Amtrak.com, or by calling 1-800-USA-RAIL. (1-800-872-7245)
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		7 42P		11 12A		2 44P	
STAMFORD		11 55A	12 18P	6 09P	6 30P	8 20P	8 45P	11 54A	12 20P	3 26P	3 48P
Noroton Heights		12 01P				8 26P		12 01P			
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 13P	1 11P	7 13P	7 25P	9 37P	9 40P	1 18P	1 15P	4 39P	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 47P				5 53P
Connecting bus:				CTtransit 24		CTtransit 24					
Bradley Airport, Terminal A	dp			7 40P		10 20P					
Windsor Locks	ar			7 58P		10 38P					
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
	dp		3 15P		9 15P		11 30P		3 15P		6 45P
Holyoke			3 41P		9 41P		11 56P	7 50A	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

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