



# Amtrak Valley Flyer and Vermonter Timetable – Northbound

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



Normal Days of Operation		Monday – Friday					Weekends								
NORTHBOUND		MNR 1522	Amtrak 56 Vermonter	MNR 1528	Amtrak 86 Regional	MNR 1560 PEAK	Amtrak 94 Regional	MNR 6522	Amtrak 54 Vermonter	MNR 6536	Amtrak 88 Regional				
Connecting train from:															
NEW YORK – PENN Station dp			↓ 11 33A		↓ 12 37P		↓ 5 38P		↓ 11 30A		↓ 3 00 P				
NEW YORK – Grand Central Terminal dp		11 04A	From Washington DC	12 34P	From Washington DC and Richmond VA	5 41P	From Washington DC and Norfolk VA	11 02A	From Washington DC	2 34P	From Washington DC and Norfolk VA				
Harlem – 125th Street		11 14A		12 44P				5 41P				11 12A	2 44P		
STAMFORD		11 55A		1 25P		1 27P				6 30P		11 54A	12 20P	3 26P	3 48P
Noroton Heights		12 01P										12 00P			
Darien		12 04P		1 32P								12 03P		3 33P	
Rowayton		12 07P										12 06P			
South Norwalk		12 11P		1 37 P								12 11P		3 39P	
East Norwalk		12 14P										12 14P			
Westport		12 18P		1 42P								12 18P		3 43P	
Green's Farm		12 22P										12 22P			
Southport		12 27P					12 26P								
Fairfield		12 30P	1 51P			H 6 54P	12 30P		3 52P						
Fairfield–Black Rock		12 33P	1 54P			H 6 57P	12 33P		3 55P						
BRIDGEPORT		12 40P	12 46P	2 01P	1 55P	H 7 04P	12 40P	12 50P	4 02P	4 16P					
Stratford		12 47P		2 07P		H 7 11P	12 47P		4 08P						
Milford		12 54P		2 14P		H 7 18P	12 54P		4 15P						
West Haven		1 03P		2 23P		H 7 25P	1 01P		4 22P						
NEW HAVEN – Union Station ar		1 13P	1 11P	2 36P	2 19P	7 33P	7 25P	1 17P	1 15P	4 38P	4 45P				
To: Greenfield			thru train		Amtrak 486 Valley Flyer		Amtrak 494 Valley Flyer		Amtrak 400 Valley Flyer		thru train		Amtrak 488 Valley Flyer		
NEW HAVEN – Union Station dp			1 30P		2 50P		7 45P		1 30P		5 00P		5 02P		
New Haven – State Street					2 52P		7 47P						5 14P		
Wallingford					3 04P		7 59P						5 23P		
Meriden			1 50P		3 13P		8 08P		1 50P				5 32P		
Berlin					3 21P		8 17P						5 46P		
HARTFORD			2 11P		3 38P		8 30P		2 11P				5 53P		
Windsor					3 45P		8 37P								
Connecting bus:		CTtransit 24		CTtransit 24		CTtransit 24									
Bradley Airport, Terminal A dp		1 55P		3 25P		8 15P									
Windsor Locks ar		2 13P		3 43P		8 33P									
Windsor Locks dp			2 22P		3 51P		8 44P				2 22P		5 59P		
SPRINGFIELD ar			2 55P		4 14P		9 09P				2 55P		6 24P		
Holyoke dp			3 15P		4 22P		9 25P	7 50A			3 15P		6 45P		
Northampton			3 41P		4 48P		9 51P				3 41P		7 11P		
Northampton			3 57P		5 04P		10 07P	8 16A			3 57P		7 27P		
GREENFIELD			4 22P		5 30P		10 33P	8 32A			4 22P		7 53P		
								8 58A							

This timetable is a summary of the 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 that this timetable was prepared by Trains In The Valley, a rail advocacy organization in western Massachusetts. The timetable is not an official Amtrak or Massachusetts Department of Transportation (MassDOT) document. Neither Amtrak, MassDOT or Trains In The Valley is responsible for any errors contained herein.

KEY: H = This Metro-North train stops primarily to discharge customers. This train may depart up to 5 minutes earlier than the time shown.

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