

Amtrak Valley Flyer and Vermonter Timetable – Southbound

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



Normal Days of Operation		Monday – Friday						Weekends					
SOUTHBOUND		Amtrak 425 Valley Flyer		Amtrak 55 Vermonter		Amtrak 479 Valley Flyer		Amtrak 461 Valley Flyer		Amtrak 57 Vermonter		Amtrak 499 Valley Flyer	
To: New Haven & New York													
GREENFIELD		6 20A		1 36P		6 05P		9 15A		1 36P		8 10P	
Northampton		6 45A		2 01P		6 30P		9 40A		2 01P		8 35P	
Holyoke		7 00A		2 16P		6 45P		9 55A		2 16P		8 50P	
SPRINGFIELD	ar	7 28A		2 35P		7 13P		10 23A		2 35P		9 18P	
	dp	7 50A		2 50P		7 40P		10 34A		2 50P		9 45P	
Windsor Locks		8 15A		3 12P		7 59P		10 53A		3 12P		10 06P	
Connecting bus:			CTtransit 24		CTtransit 24		CTtransit 24						
Windsor Locks dp		Amtrak 125 Regional	8 30A		3 20P		8 05P						
Bradley Airport, Terminal A ar			8 45A		3 35P		8 20P						
Windsor		8 21A				8 04P		10 59A				CTrail 6411 Hartford Line	
HARTFORD		8 35A		3 27P		8 14P		11 08A		3 27P		10 24P	
Berlin		8 46A				8 25P		11 19A				10 36P	
Meriden		8 57A		3 49P		8 14P		11 29A		3 48P		10 45P	
Wallingford		9 05A				8 42P		11 36A				10 54P	
New Haven – State Street		9 18A				8 55P		11 49A				11 10P	
NEW HAVEN – Union Station	ar	9 20A		4 15P		9 03P		11 56A		4 14P		11 18PM	
Connecting train to:		thru train	MNR 1555	thru train	MNR 1579	Amtrak 67 Regional	MNR 1597	Amtrak 161 Regional	MNR 6531	thru train	MNR 6549		
NEW HAVEN – Union Station	dp	9 35A	10 46A	4 39P	4 40P	9 10P	9 35P	12 06P	12 17P	4 34P	4 39P		
West Haven			10 51A		4 45P		9 40P		12 22P		4 44P		
Milford			10 59A		4 53P		9 48P		12 29P		4 52P		
Stratford			11 05A		4 59P		9 54P		12 36P		4 58P		
BRIDGEPORT		9 57A	11 11A	5 01P	5 05P	9 27P	10 01P	12 28P	12 42P	4 57P	5 05P		
Fairfield–Black Rock			11 17A		5 11P		10 06P		12 48P		5 11P		
Fairfield			11 20A		5 14P		10 09P		12 51P		5 15P		
Southport			11 23A		5 17P		10 13P				5 18P		
Green's Farm			11 26A		5 20P		10 16P				5 21P		
Westport			11 32A		5 26P		10 21P		1 00P		5 26P		
East Norwalk			11 36A		5 30P		10 25P				5 30P		
South Norwalk			11 39A		5 33P		10 28P		1 06P		5 33P		
Rowayton			11 43A		5 37P		10 32P				5 37P		
Darien			11 46A		5 40P		10 35P				5 41P		
Noroton Heights			11 50A		5 44P		10 39P				5 44P		
STAMFORD		10 25A	11 47A	5 28P	5 51P	9 55P	10 46P				5 51P		
Harlem – 125th Street			12 40P		6 42P		11 31P				6 35P		
NEW YORK – Grand Central Terminal	ar		12 52P		6 54P		11 44P				6 47P		
NEW YORK – PENN Station	ar	11 21A		6 25P		10 57P		1 51P		6 25P			

TO PURCHASE TRAIN TICKETS

Amtrak tickets can be purchased using the Amtrak Mobile app, the website Amtrak.com, or by calling 1-800-USA-RAIL. (1-800-872-7245)
Please note that you must have a ticket before boarding an Amtrak train.

Metro-North (MNR) tickets can be purchased using the MTA eTIX app, a Metro-North ticket vending machine, or from a conductor onboard 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

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		11 54A		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				12 30P		3 52P					
Fairfield–Black Rock		12 33P		1 54P				12 33P		3 55P					
BRIDGEPORT		12 40P		12 46P		2 01P		1 55P		7 00P		12 40P	12 50P	4 02P	4 16P
Stratford		12 47P				2 07P				H 7 04P		12 47P		4 08P	
Milford		12 54P		2 14P		H 7 11P	12 54P		4 15P						
West Haven		1 03P		2 23P		H 7 18P	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							
New Haven – State Street				2 52P	7 47P			5 02P							
Wallingford				3 04P	7 59P			5 14P							
Meriden			1 50P	3 13P	8 08P		1 50P	5 23P							
Berlin				3 21P	8 17P			5 32P							
HARTFORD			2 11P	3 38P	8 30P		2 11P	5 46P							
Windsor				3 45P	8 37P			5 53P							
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			5 59P							
SPRINGFIELD ar			2 55P	4 14P	9 09P			6 24P							
Holyoke dp			3 15P	4 22P	9 25P	7 50A		6 45P							
Northampton			3 41P	4 48P	9 51P	8 16A		7 11P							
Northampton			3 57P	5 04P	10 07P	8 32A		7 27P							
GREENFIELD			4 22P	5 30P	10 33P	8 58A		7 53P							

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