

Amtrak's Vermonter & Valley Flyer Schedules, Southbound, 6-24-2026

(A non-Amtrak rail advocacy group created these schedules. Verify times at booking.)

Note: 3 locations serve Burlington: Train Station; Transit Center; Essex Junction. 2 locations serve Middlebury: Train Station and Bus Stop. 2 locations serve Rutland: Train Station and Transit Center. Check all locations before booking.

Vermont (Has Business/Cafe Car)		Stations + Codes	Valley Flyer + NE Regionals (Only Regionals have Business and Café Cars)			
Mo-Fr #55	Sa-Su, Hol #57		Mo-Fr		Sa-Su, Holidays	
			#425+125	#479+67	#461+161	#499
9:15a (Dp)	9:15a (Dp)	St Albans, VT (SAB) [P]				
9:44a (Ar)	9:44a (Ar)	Essex Jct (ESX) [P] (6mi E Burlington) 🚆				
10:10a	10:10a	Waterbury (WAB) [P] (10mi S Stowe)				
10:25a	10:25a	Montpelier (MPR) [P] (10mi NW Barre)				
10:59a	10:59a	Randolph, VT (RPH) [P]				
11:37a	11:35a	White River Jct (WRJ) [P] (5mi S Dartmouth College, Hanover, NH)				
11:56a	11:56a	Windsor, VT (WNM) [P]				
12:06p	12:06p	Claremont, NH (CLA) [P] (14mi NE Springfield, VT)				
12:30p	12:30p	Bellows Falls, VT (BLF) [P]				
12:59p	1:02p	Brattleboro (BRA)[P, Garage,4min] (19mi W Keene, NH)				
1:36p	1:36p	Greenfield, MA (GFD) [P, Gar, 2min]	6:05a (Dp)	6:05p (Dp)	9:15a (Dp)	8:10p (Dp)
2:01p	2:01p	Northampton, MA (NHT) [P]	6:30a (Ar)	6:30p (Ar)	9:40a (Ar)	8:35p (Ar)
2:16p	2:16p	Holyoke, MA (HLK) [P]	6:45a	6:45p	9:55a	8:50p
2:35p (Ar)	2:35p (Ar)	Springfield, MA (SPG) [P, Garage]	7:13a (Ar)	7:13p (Ar)	10:23a (Ar)	9:18p (Ar)
2:50p (Dp)	2:50p (Dp)	(Change from VF #425 to NER #125)	7:30a (Dp)	7:40p (Dp)	10:34a (Dp)	
3:10p (Ar)	3:07p (Ar)	Windsor Locks, CT (WNL) 🚆	7:52a (Ar)	8:00p(Ar)	10:53a (Ar)	
		Windsor, CT (WND)	7:58a	8:05p	10:59a	
3:25p	3:19p	Hartford, CT (HFD) 🚆	8:09a	8:15p	11:05a	
		Berlin, CT (BER)	8:23a	8:28p	11:19a	
3:49p	3:43p	Meriden, CT (MDN)	8:32a	8:37p	11:29a	
		Wallingford, CT (WFD)	8:42a	8:45p	11:36a	
		New Haven, CT, State St (STS)	9:00a	8:58p	11:49a	
4:08p (Ar)	4:09p (Ar)	New Haven, CT, Union Sta (NVH)	9:02a (Ar)	9:00p (Ar)	11:56a (Ar)	
4:31p (Dp)	4:34p (Dp)	(Change from Valley Flyers #479 & #461 to NE Regional Trains.)	9:35a (Dp)	9:10p (Dp)	12:06p (Dp)	
4:52p (Ar)	4:55p (Ar)	Bridgeport, CT (BRP)	9:56a	9:27p (Ar)	12:26p (Ar)	
5:19p	5:23p	Stamford, CT (STM)	10:24a (Ar)	9:55p	12:53p	
		New Rochelle, NY	10:45a	10:16p	1:17p	
6:11p (Ar)	6:25p (Ar)	New York, NY (NYP) 🚆	11:21a (Ar)	11:02p (Ar)	1:51p (Ar)	
6:45p (Dp)	7:01p (Dp)	(Link to FL Silver Meteor Train 97)	11:35a (Dp)	11:23p (Dp)	2:05p (Dp)	
7:02p (Ar)	7:17p (Ar)	Newark Penn Sta, NJ (NWK) 🚆	11:51a (Ar)	11:40p (Ar)	2:21p (Ar)	
		Newark Liberty Int Air, NJ (EWR) 🚆			2:26p	
	7:33p	Metropark, NJ (MET)	12:04a	11:55p	2:39p	
		New Brunswick, NJ (NBK)				
		Princeton Junction, NJ (PJC)				
7:36p	7:55p	Trenton, NJ (TRE)	12:28a	12:21a	3:02p	
8:07p (Ar)	8:23p (Ar)	Philadelphia, PA (PHL) 🚆	1:00p (Ar)	12:51a (Ar)	3:32p (Ar)	
8:11p (Dp)	8:26p (Dp)		1:07p (Dp)	4:40a (Dp)	3:35p (Dp)	
8:34p (Ar)	8:50p (Ar)	Wilmington, DE (WIL)	1:31p (Ar)	5:09a (Ar)	3:59p (Ar)	
		Newark, DE (NRK)	1:43P			
		Aberdeen, MD (ABE)	2:03p		4:25p	
9:20p	9:43p	Baltimore, MD (BAL)	2:25p	6:02a	4:49p	
9:36p	9:57p	BWI Airport, MD (BWI) 🚆	2:39p	6:18a	5:02p	
9:52p	10:11p	New Carrollton, MD (NCR)	2:54p	6:35a	5:17p	
10:06p (Ar)	10:32p (Ar)	Washington, DC (WAS) 🚆	3:11p (Ar)	6:54a (Ar)	5:33p (Ar)	
		To VA & FL			To VA & FL	
Air/Rail Link 🚆	Buy Amtrak Tickets: https://www.amtrak.com Vermont & NE Regional Trains				Valley Flyer Trains	
	Valley Flyer Info: https://www.trainsinthevalley.org/valley-flyer/				[P] Parking Available	



Amtrak's Vermonter & Valley Flyer Schedules, Northbound, 6-24-2026

(A non-Amtrak rail advocacy group created these schedules. Verify times at booking.)

Vermont (Has Business/Café Car)		Stations + Codes	NE Regionals + Valley Flyer (Only Regionals have Business and Café Cars)			
Mo-Fr #56	Sa-Su, Hol #54		Mo-Fr		Sa-Su, Hol	
			#86+486	#94+494	#400	#88+488
			From VA/FL	From VA/FL	From VA/FL	
8:08a (Dp)	7:28a (Dp)	Washington, DC (WAS) 🚂	8:50a (Dp)	2:00p (Dp)		11:25a (Dp)
8:17a (Ar)	7:38a (Ar)	New Carrollton, MD (NCR)	9:00a (Ar)	2:11p (Ar)		11:36a (Ar)
8:31a	7:530a	BWI Airport, MD (BWI) 🚂	9:17a	2:26p		11:52a
8:46a	8:08a	Baltimore, MD (BAL)	9:31a	2:41p		12:07a
		Newark, DE (NRK)	10:12a			
9:34a	8:56a	Wilmington, DE (WIL)	10:23a	3:31p		12:55p
9:58a (Ar)	9:13a (Ar)	Philadelphia, PA (PHL) 🚂	10:47a (Ar)	3:56p (Ar)		1:17p (Ar)
10:01a Dp)	9:17a (Dp)		10:51a (Dp)	3:59p (Dp)		1:20p (Dp)
10:26a (Ar)	9:48a (Ar)	Trenton, NJ (TRE)	11:17a (Ar)	4:26p (Ar)		1:47p (Ar)
	10:09a	Metropark, NJ (MET)	11:40a			2:10p
		Newark Liberty Int Air, NJ (EWR) 🚂		4:57p		2:22p
11:01a	10:25a	Newark Penn Sta, NJ (NWK) 🚂	11:54a	5:03p		2:27p
11:21a (Ar)	10:45a (Ar)	New York, NY (NYP) 🚂 (Link from FL Silver Meteor Train 98)	12:15p (Ar)	5:24p (Ar)		2:47p (Ar)
11:33a (Dp)	11:20a (Dp)		12:37p (Dp)	5:38p (Dp)		3:00p (Dp)
		New Rochelle, NY (NRO)		6:06p (Ar)		3:27p (Ar)
12:16p (Ar)	12:19p (Ar)	Stamford, CT (STM)	1:26p	6:28p	3:46p	
12:45p	12:49p	Bridgeport, CT (BRP)	1:54p	6:59p	4:15p	
1:11p (Ar)	1:15p (Ar)	New Haven, CT, Union Sta (NVH) (Change from NE Regional to Valley Flyer trains.)	2:19p (Ar)	7:25p (Ar)	4:45p (Ar)	
1:36p (Dp)	1:30p (Dp)		2:50p (Dp)	7:45p (Dp)	5:00p (Dp)	
		New Haven, CT, State St (STS)	2:52p (Ar)	7:47p (Ar)	5:02p (Ar)	
		Wallingford, CT (WFD)	3:04p	7:59p	5:14p	
1:56p (Ar)	1:50p (Ar)	Meriden, CT (MDN)	3:15p	8:07p	5:23p	
		Berlin, CT (BER)	3:23p	8:17p	5:32p	
2:14p	2:08p	Hartford, CT (HFD) 🚂	3:38p	8:27p	5:43p	
		Windsor, CT (WND)	3:46p	8:37p	5:53p	
2:28p	2:22p	Windsor Locks, CT (WNL) 🚂	3:52p	8:44p	5:59p	
3:01p (Ar)	2:55 (Ar)	Springfield, MA (SPG) [P, Garage]	4:13p (Ar)	9:09p (Ar)	7:50a (Dp)	6:24p (Ar)
3:15p (Dp)	3:15p (Dp)		4:22p (Dp)	9:25p (Dp)		6:45p (Dp)
3:41p (Ar)	3:41p (Ar)	Holyoke, MA (HLK) [P]	4:48p (Ar)	9:51p (Ar)	8:16a (Ar)	7:11p (Ar)
3:57p	3:57p	Northampton, MA (NHT) [P]	5:04p	10:07p	8:32a	7:27p
4:22p	4:22p	Greenfield, MA (GFD) [P, Gar, 2 min]	5:30p (Ar)	10:33p (Ar)	8:58a (Ar)	7:53p (Ar)
4:56p	4:53p	Brattleboro, VT (BRA) [P, Garage, 4 min] (19mi W Keene, NH)				
5:26p	5:26p	Bellows Falls (BLF) [P]				
5:47p	5:47p	Claremont, NH (CLA) [P] (14mi NE Springfield, VT)				
5:56p	5:56p	Windsor, VT (WNM) [P]				
6:15p	6:15p	White River Jct, VT (WRJ) [P] (5mi S Dartmouth College, Hanover, NH)				
6:56p	6:56p	Randolph, VT (RPH) [P]				
7:34p	7:34p	Montpelier [P] (MPR (10mi NW Barre)				
7:50p	7:50p	Waterbury (WAB) [P] (10mi S Stowe)				
8:18p	8:18p	Essex Jct [P] (6mi E Burlington) 🚂				
8:50p (Ar)	8:50p (Ar)	St Albans, VT (SAB) [P]				
Air/Rail Link 🚂	Buy Amtrak Tickets: https://www.amtrak.com Vermonter & NE Regional Trains Valley Flyer Info: https://www.trainsinthevalley.org/valley-flyer/				Valley Flyer Trains [P] Parking Available	

More VT Rail Info: <https://www.vermontvacation.com/Amtrak>