

# 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                        |                         |               |                     |               |                         |                         |                     |                           |
| To: New Haven & New York          |                         |               |                     |               |                         |                         |                     |                           |
|                                   | Amtrak 425 Valley Flyer |               | Amtrak 55 Vermonter |               | Amtrak 479 Valley Flyer | Amtrak 461 Valley Flyer | Amtrak 57 Vermonter | Amtrak 499 Valley Flyer   |
| GREENFIELD                        | 6 05A                   |               | 1 36P               |               | 6 40P                   | 9 15A                   | 1 36P               | 8 10P                     |
| Northampton                       | 6 30A                   |               | 2 01P               |               | 7 05P                   | 9 40A                   | 2 01P               | 8 35P                     |
| Holyoke                           | 6 45A                   |               | 2 16P               |               | 7 20P                   | 9 55A                   | 2 16P               | 8 50P                     |
| SPRINGFIELD                       | 7 13A                   |               | 2 35P               |               | 7 48P                   | 10 23A                  | 2 35P               | 9 18P                     |
| Windsor Locks                     | 7 28A                   |               | 2 45P               |               | 8 16P                   | 10 34A                  | 2 45P               | 9 45P                     |
|                                   | 7 49A                   |               | 3 07P               |               | 8 35P                   | 10 53A                  | 3 07P               | 10 06P                    |
| Connecting bus:                   |                         | CTtransit 24E |                     | CTtransit 24E |                         |                         |                     | CTrail 6411 Hartford Line |
| Windsor Locks dp                  | Amtrak 125 Regional     | 8 05A         |                     | 3 25P         |                         | 10 59A                  |                     | 10 13P                    |
| Bradley Airport, Terminal A ar    |                         | 8 17A         |                     | 3 37P         |                         | 11 08A                  | 3 22P               | 10 24P                    |
| Windsor                           | 7 55A                   |               |                     |               | 8 40P                   | 11 19A                  |                     | 10 36P                    |
| HARTFORD                          | 8 06A                   |               | 3 22P               |               | 8 50P                   | 11 29A                  | 3 43P               | 10 45P                    |
| Berlin                            | 8 17A                   |               |                     |               | 9 01P                   | 11 36A                  |                     | 10 54P                    |
| Meriden                           | 8 29A                   |               | 3 44P               |               | 9 10P                   | 11 49A                  |                     | 11 10P                    |
| Wallingford                       | 8 42A                   |               |                     |               | 9 18P                   |                         |                     |                           |
| New Haven – State Street          | 9 03A                   |               |                     |               | 9 31P                   | 11 56A                  | 4 09P               | 11 18PM                   |
| NEW HAVEN – Union Station         | 9 02A                   |               | 4 08P               |               | 9 35P                   |                         |                     |                           |
| Connecting train to:              | thru train              | MNR 1549      | thru train          | MNR 1577      | Amtrak 179 Regional     | Amtrak 161 Regional     | thru train          | MNR 6573                  |
| NEW HAVEN – Union Station dp      | 9 35A                   | 9 23A         | 4 31P               | 4 24P         | 10 12P                  | 12 08P                  | 4 34P               | 11 39P                    |
| West Haven                        |                         | 9 27A         |                     | 4 29P         |                         |                         |                     | 11 44P                    |
| Milford                           |                         | 9 35A         |                     | 4 36P         |                         |                         |                     | 11 52P                    |
| Stratford                         |                         | 9 41A         |                     | 4 43P         |                         |                         |                     | 11 58                     |
| BRIDGEPORT                        | 9 57A                   | 9 47A         | 4 53P               | 4 49P         | 10 33P                  | 12 28P                  | 4 57P               | 12 05A                    |
| Fairfield–Black Rock              |                         | 9 53A         |                     | 4 54P         |                         |                         |                     | 12 11A                    |
| Fairfield                         |                         | 9 56A         |                     | 4 58P         |                         |                         |                     | 12 15A                    |
| Southport                         |                         |               |                     | 5 01P         |                         |                         |                     | 12 18A                    |
| Green's Farm                      |                         |               |                     | 5 04P         |                         |                         |                     | 12 21A                    |
| Westport                          |                         | 10 05A        |                     | 5 10P         |                         |                         |                     | 12 26A                    |
| East Norwalk                      |                         |               |                     | 5 14P         |                         |                         |                     | 12 30A                    |
| South Norwalk                     |                         | 10 12A        |                     | 5 17P         |                         |                         |                     | 12 33A                    |
| Rowayton                          |                         |               |                     | 5 20P         |                         |                         |                     | 12 37A                    |
| Darien                            |                         | 10 18A        |                     | 5 23P         |                         |                         |                     | 12 41A                    |
| Noroton Heights                   |                         | 10 21A        |                     | 5 26P         |                         |                         |                     | 12 44A                    |
| STAMFORD                          | 10 25A                  | 10 28A        | 5 20P               | 5 32P         | 11 00P                  | 12 55P                  | 5 25P               | 12 51A                    |
| Harlem – 125th Street             |                         | 11 06A        |                     | 6 12P         |                         |                         |                     | 1 34A                     |
| NEW YORK – Grand Central Terminal |                         | 11 23A        |                     | 6 26P         |                         |                         |                     | 1 46A                     |
| NEW YORK – PENN Station           | 11 21A                  |               | 6 11P               |               | 11 49P                  | 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 or a reservation number 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](https://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<br>1522     | Amtrak<br>56<br>Vermont | MNR<br>1528      | Amtrak<br>86<br>Regional           | MNR<br>1560<br>PEAK | Amtrak<br>94<br>Regional          | MNR<br>6522                   | Amtrak<br>54<br>Vermont | MNR<br>6536 | Amtrak<br>88<br>Regional          |
| Connecting train from:               |  |                 |                         |                  |                                    |                     |                                   |                               |                         |             |                                   |
| NEW YORK – PENN Station dp           |  |                 | ↓ 11 33A                |                  | ↓ 1 10P                            |                     | ↓ 5 38P                           |                               | ↓ 11 20A                |             | ↓ 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           |                                    |                     |                                   | 11 12A                        |                         | 2 44P       |                                   |
| STAMFORD                             |  | 11 55A          |                         | 1 25P            |                                    |                     |                                   | 11 54A                        |                         | 3 26P       |                                   |
| 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 37P            |                                    |                     |                                   | 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            | 2 27P                              | H 7 04P             | 7 00P                             | 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 51P                              | 7 33P               | 7 25P                             | 1 17P                         | 1 15P                   | 4 38P       | 4 45P                             |
| To: Greenfield                       |  |                 | thru train              |                  | Amtrak<br>486<br>Valley Flyer      |                     | Amtrak<br>494<br>Valley Flyer     | Amtrak<br>400<br>Valley Flyer | thru train              |             | Amtrak<br>488<br>Valley Flyer     |
| NEW HAVEN – Union Station dp         |  |                 | 1 36P                   |                  | 3 10P                              |                     | 7 45P                             |                               | 1 30P                   |             | 5 00P                             |
| New Haven – State Street             |  |                 |                         |                  | 3 12P                              |                     | 7 47P                             |                               |                         |             | 5 02P                             |
| Wallingford                          |  |                 |                         |                  | 3 25P                              |                     | 7 59P                             |                               |                         |             | 5 14P                             |
| Meriden                              |  |                 | 1 56P                   |                  | 3 35P                              |                     | 8 08P                             |                               | 1 50P                   |             | 5 23P                             |
| Berlin                               |  |                 |                         |                  | 3 43P                              |                     | 8 17P                             |                               |                         |             | 5 32P                             |
| HARTFORD                             |  |                 | 2 17P                   |                  | 3 58P                              |                     | 8 30P                             |                               | 2 11P                   |             | 5 46P                             |
| Windsor                              |  |                 |                         |                  | 4 13P                              |                     | 8 40P                             |                               |                         |             | 5 53P                             |
| Connecting bus:                      |  | CTtransit<br>24 |                         | CTtransit<br>24E |                                    | CTtransit<br>24E    |                                   |                               |                         |             |                                   |
| Bradley Airport, Terminal A dp       |  | 2 00P           |                         | 3 40P            |                                    | 8 20P               |                                   |                               |                         |             |                                   |
| Windsor Locks ar                     |  | 2 18P           |                         | 3 55P            |                                    | 8 35P               |                                   |                               |                         |             |                                   |
| Windsor Locks dp                     |  |                 | 2 28P                   |                  | 4 23P                              |                     | 8 47P                             |                               | 2 22P                   |             | 5 59P                             |
| SPRINGFIELD ar                       |  |                 | 3 01P                   |                  | 4 44P                              |                     | 9 09P                             |                               | 2 55P                   |             | 6 24P                             |
| Holyoke                              |  |                 | 3 15P                   |                  | 5 00P                              |                     | 9 25P                             | 7 50A                         | 3 15P                   |             | 6 45P                             |
| Northampton                          |  |                 | 3 41P                   |                  | 5 26P                              |                     | 9 51P                             | 8 16A                         | 3 41P                   |             | 7 11P                             |
| GREENFIELD                           |  |                 | 3 57P                   |                  | 5 42P                              |                     | 10 07P                            | 8 32A                         | 3 57P                   |             | 7 27P                             |
|                                      |  |                 | 4 22P                   |                  | 6 08P                              |                     | 10 33P                            | 8 58A                         | 4 22P                   |             | 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.  
Note: MNR train 1560 will not operate on Fridays..

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