

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	
Windsor Locks	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						CTrail 6411 Hartford Line
Windsor Locks dp			8 30A		3 20P		8 05P						
Bradley Airport, Terminal A ar			8 45A		3 35P		8 20P						
Windsor		8 21A				8 04P		10 59A				10 13P	
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	MNR 6573	
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	11 39P	
West Haven			10 51A		4 45P		9 40P		12 22P		4 44P	11 44P	
Milford			10 59A		4 53P		9 48P		12 29P		4 52P	11 52P	
Stratford			11 05A		4 59P		9 54P		12 36P		4 58P	11 58	
BRIDGEPORT		9 57A	11 11A	5 01P	5 05P	9 27P	10 01P	12 28P	12 42P	4 57P	5 05P	12 05A	
Fairfield–Black Rock			11 17A		5 11P		10 06P		12 48P		5 11P	12 11A	
Fairfield			11 20A		5 14P		10 09P		12 51P		5 15P	12 15A	
Southport			11 23A		5 17P		10 13P				5 18P	12 18A	
Green's Farm			11 26A		5 20P		10 16P				5 21P	12 21A	
Westport			11 32A		5 26P		10 21P		1 00P		5 26P	12 26A	
East Norwalk			11 36A		5 30P		10 25P				5 30P	12 30A	
South Norwalk			11 39A		5 33P		10 28P		1 06P		5 33P	12 33A	
Rowayton			11 43A		5 37P		10 32P				5 37P	1237A	
Darien			11 46A		5 40P		10 35P		1 12P		5 41P	12 41A	
Noroton Heights			11 50A		5 44P		10 39P				5 44P	12 44A	
STAMFORD		10 25A	11 47A	5 28P	5 51P	9 55P	10 46P	12 55P	1 20P	5 25P	5 51P	12 51A	
Harlem – 125th Street			12 40P		6 42P		11 31P		2 03P		6 35P	1 34A	
NEW YORK – Grand Central Terminal	ar		12 52P		6 54P		11 44P		2 15P		6 47P	1 46A	
NEW YORK – PENN Station	ar	11 21A		6 25P		11 02P		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				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				
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			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	8 16A		3 41P		7 11P				
Northampton			3 57P	5 04P		10 07P	8 32A		3 57P		7 27P				
GREENFIELD			4 22P	5 30P		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.

For further information visit TrainsInTheValley.org