

# Amtrak Valley Flyer and Vermonter Timetable

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



Normal Days of Operation		Monday – Friday					Weekends					
SOUTHBOUND		Valley Flyer 495		Valley Flyer 471		Vermonter 55		Valley Flyer 461		Vermonter 57		Valley Flyer 499
To: New Haven & New York												
GREENFIELD		5 45A		7 35A		1 40P		9 15A		1 36P		8 10P
Northampton		6 10A		8 00A		2 05P		9 40A		2 01P		8 35P
Holyoke		6 25A		8 15A		2 20P		9 55A		2 16P		8 50P
SPRINGFIELD	ar dp	6 53A 7 05A		8 43A 8 55A		2 39P 2 50P		10 23A 10 34A		2 35P 2 50P		9 19P 9 45P
Windsor Locks		7 24A		9 14A		3 12P		10 53A		3 12P		10 06P
Connecting bus:			CTtransit 24		CTtransit 24		CTtransit 24					Hartford Line 6411
Windsor Locks dp			7 30A		9 20A		3 20P					
Bradley Airport, Terminal A ar			7 45A		9 35A		3 35P					
Windsor		7 29A		9 19A				10 59A				10 13P
HARTFORD		7 39A		9 29A		3 27P		11 08A		3 27P		10 24P
Berlin		7 49A		9 40A				11 19A				10 36P
Meriden		7 58A		9 49A		3 49P		11 29A		3 48P		10 45P
Wallingford		8 06A		9 57A				11 36A				10 54P
New Haven – State Street		8 19A		10 10A				11 49A				11 10P
NEW HAVEN – Union Station	ar	8 27A		10 18A		4 15P		11 56A		4 14P		11 18PM
Connecting train to:		Amtrak Regional 95	MNR 1545	Amtrak Regional 171	MNR 1555	thru train	MNR 1579	Amtrak Regional 161	MNR 6531	thru train	MNR 6549	
NEW HAVEN – Union Station	dp	8 36A	8 47A	10 40A	10 46A	4 39P	4 40P	12 06P	12 15P	4 34P	4 36P	
West Haven			8 51A		10 51A		4 45P		12 20P		4 41P	
Milford			8 59A		10 59A		4 53P		12 27P		4 49P	
Stratford			9 06A		11 05A		4 59P		12 34P		4 55P	
BRIDGEPORT			9 12A	11 02A	11 11A	5 01P	5 05P	12 28P	12 40P	4 57P	5 02P	
Fairfield Metro			9 18A		11 17A		5 11P		12 46P		5 08P	
Fairfield			9 21A		11 20A		5 14P		12 49P		5 12P	
Southport					11 23A		5 17P				5 15P	
Green's Farm					11 26A		5 20P				5 18P	
Westport					11 32A		5 26P		12 58P		5 23P	
East Norwalk					11 36A		5 30P				5 27P	
South Norwalk			9 35A		11 39A		5 33P		1 04P		5 30P	
Rowayton					11 43A		5 37P				5 34P	
Darien					11 46A		5 40P		1 10P		5 38P	
Noroton Heights					11 50A		5 44P				5 41P	
STAMFORD		9 23A	9 46A	11 29A	11 57A	5 28P	5 51P	12 55P	1 18P	5 25P	5 48P	
Harlem – 125th Street			10 28A		12 40P		6 42P		2 02P		6 32P	
NEW YORK – Grand Central Terminal	ar		10 42A		12 54P		6 56P		2 16P		6 46P	
NEW YORK – PENN Station	ar	10 22A		12 27P		6 31P		1 51P		6 27P		

**TO PURCHASE TRAIN TICKETS**

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

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

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Normal Days of Operation		Monday – Friday					Weekends				
NORTHBOUND		MNR 1522	Amtrak Vermonter 56	MNR 1562 PEAK	Amtrak Regional 94	MNR 1578 PEAK	Amtrak Regional 178	MNR 6522	Amtrak Vermonter 54	MNR 6536	Amtrak Regional 88
Connecting train from:											
NEW YORK – PENN Station	dp		↓ 11 30A		↓ 6 05P		↓ 7 45P		↓ 11 15A		↓ 300 P
NEW YORK – Grand Central Terminal	dp	11 04A	From Washington	5 46P	From Washington and Norfolk VA	7 32P	From Washington	11 02A	From Washington	2 34P	From Washington and Norfolk VA
Harlem – 125th Street		11 14A		5 56P		7 42P		11 12A		2 44P	
STAMFORD		11 55A	12 18P	6 36P	6 45P	8 20P	8 45P	11 54A	12 05P	3 26P	3 48P
Noroton Heights		12 01P				8 26P		12 01P			
Darien		12 04P				8 29P		12 04P		3 34P	
Rowayton		12 07P				8 32P		12 07P			
South Norwalk		12 11P		6 46P		8 36P		12 11P		3 39P	
East Norwalk		12 14P		6 49P		8 39P		12 14P			
Westport		12 18P		6 63P		8 43P		12 18P		3 44P	
Green's Farm		12 22P		6 58P		8 47P		12 23P			
Southport		12 27P		7 01P		8 51P		12 27P			
Fairfield		12 30P		7 05P		8 54P		12 30P		3 52P	
Fairfield Metro		12 33P		7 08P		8 57P		12 34P		3 56P	
BRIDGEPORT		12 40P	12 46P	7 14P	7 08P	9 03P	9 13P	12 41P	12 35P	4 03P	4 16P
Stratford		12 47P		7 21P		9 09P		12 47P		4 09P	
Milford		12 54P		7 28P		9 16P		12 54P		4 15P	
West Haven		1 03P		7 35P		9 23P		1 01P		4 22P	
NEW HAVEN – Union Station	ar	1 11P	1 11P	7 49P	8 00P	9 37P	9 40P	1 18P	1 02P	4 39P	4 45P
<b>To: Greenfield</b>			↓ thru train		↓ Valley Flyer 494		↓ Valley Flyer 478	↓ Valley Flyer 400	↓ thru train		↓ Valley Flyer 488
NEW HAVEN – Union Station	dp		1 30P		8 10P		9 55P		1 30P		5 00P
New Haven – State Street					8 12P		9 57P				5 02P
Wallingford					8 24P		10 09P				5 14P
Meriden			1 50P		8 33P		10 18P		1 50P		5 23P
Berlin					8 42P		10 26P				5 32P
HARTFORD			2 11P		8 55P		10 40P		2 11P		5 46P
Windsor					9 02P		10 47P				5 53P
Connecting bus:		CTtransit 24		CTtransit 24		CTtransit 24					
Bradley Airport, Terminal A	dp	1 55P		8 05P		10 25P					
Windsor Locks	ar	2 13P		8 23P		10 43P					
Windsor Locks	dp		2 22P		9 09P		10 53P		2 22P		5 59P
SPRINGFIELD	ar		2 49P		9 34P		11 18P		2 55P		6 24P
dp			3 15P		9 50P		11 30P	7 50A	3 15P		6 45P
Holyoke			3 41P		10 16P		11 56P	8 16A	3 41P		7 11P
Northampton			3 57P		10 32P		12 12A	8 32A	3 57P		7 27P
GREENFIELD			4 22P		10 58P		12 38A	8 58A	4 22P		7 53P

This timetable is a summary of the available 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 — This timetable was prepared by Trains In The Valley, a rail advocacy organization in western Massachusetts, and not by Amtrak.

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