



Metro-North Railroad Hudson Line



Effective **August 2 – September 7, 2025**

Grand Central New York City	Yankees – E. 153rd St	Ludlow	Hastings-on-Hudson	Tarrytown	Cortlandt	Manitou	Beacon	Poughkeepsie
Harlem – 125th Street	Morris Heights	Yonkers	Dobbs Ferry	Philipse Manor	Peekskill	Garrison	New Hamburg	
	University Heights	Glenwood	Ardsley-on-Hudson	Scarborough		Cold Spring		
	Marble Hill	Greystone	Irvington	Ossining		Breakneck Ridge		
	Spuyten Duyvil			Croton-Harmon				
	Riverdale							

Schedule Links

Monday – Friday

[To Grand Central AM Peak & Mornings](#) 4 AM – 12 Noon

[To Grand Central Afternoons & Nights](#) 12 Noon – 12 Midnight

[To Poughkeepsie AM Peak & Mornings](#) 5 AM – 12 Noon

[To Poughkeepsie Afternoons, PM Peak & Nights](#)

12 Noon – 2 AM

Saturday & Sunday

[To Grand Central](#)

[To Poughkeepsie](#)

[See information on ADA accommodations](#)

Useful links

mta.info/mnr
mta.info/schedules
mta.info

Download the TrainTime App



Key

- A** – [Amtrak](#) connection.
- C** – **Change trains** to continue your trip.
- D** – **Discharges** customers only.
- H** – Stops primarily to discharge customers. Train may depart up to **5 minutes earlier** than the time shown.
- R** – **Receives** customers only.
- G** – [511NY Rideshare Guaranteed Ride Program](#) Sponsored by NYSDOT.
- **UniTicket** (combined monthly rail/bus ticket) is available for bus service between train station and residential area or worksites.
- Ferry connection.
- [Airport connecting service.](#)
- **Full ADA access** for persons with disabilities.
- **Wheelchair access only.** Please call 511 or visit mta.info for accessibility details for this station.

2025 Holidays Schedule

7/4 Independence Day	Sunday
9/1 Labor Day	Sunday
11/27 Thanksgiving Day	Special
11/28 Friday after Thanksgiving	Saturday + Extras
12/24 Christmas Eve	Special
12/25 Christmas Day	Hourly
12/31 New Year's Eve	Special

2026 Holidays Schedule

1/1 New Year's Day	Special
1/19 M.L.King Jr. Day	Saturday + Extras
2/16 Presidents Day	Saturday
5/25 Memorial Day	Sunday

General Info

Peak tickets are required on trains that:

- Arrive at Grand Central on weekdays between 6 AM – 10 AM
- Depart from Grand Central on weekdays between 6 AM – 9 AM and between 4 PM – 8 PM

Reduced fares

Not available on inbound AM Peak trains.

- Senior (65+)/People with Disabilities and Medicare customers will be charged full fare.

Half fares are available on all other trains.

- Senior (65+)/People with Disabilities and Medicare customers **must present proper ID. See details**

Bicycles

Visit our website at mta.info for our [full bike policy.](#)

- **Bicycles NOT permitted** on:
 - inbound AM peak trains
 - on trains with the NO BIKE symbol
 - outbound PM peak trains
 - or on some holidays

Weekday off-peak trains

unless noted allow a maximum 4 bicycles per train:
no more than 2 bicycles per car.

Weekend off-peak trains

allow a maximum 8 bicycles per train:
no more than 2 bicycles per car.

- **“Bike Train”** a maximum of 15 bicycles are permitted on trains marked with this symbol.

- **New York State Law prohibits smoking and vaping on all MTA Metro-North Railroad property** at all times. Including, but not limited to all trains; stations; terminals; platforms; ticketing, waiting, and boarding areas; elevators; and staircases.

More Details on:


































[Ticket Information](#)

[Contact Information](#)

[Connecting Services](#)

MILES	TO NEW YORK	OFF-PEAK		AM PEAK														(SENIOR/DISABLED/MEDICARE FARE NOT VALID ON INBOUND PEAK TRAINS)														(BICYCLES NOT PERMITTED ON PEAK TRAINS)													
		700	802	702	806	704	810	708	710	814	712	714	716	818	816	416	718	4720	720	830	724	832	426	728	834	732	836	434	734	838	436	736	840	440	738										
74	Poughkeepsie	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM								
65	New Hamburg		4 12		4 42		5 12		5 31		6 08		5 59																																
59	Beacon		4 21		4 51		5 21		5 40		6 17		6 08																																
52	Cold Spring		4 28		4 58		5 28		5 47		6 24		6 15																																
50	Garrison		4 36		5 06		5 36		5 55		6 24		6 28																																
41	Peekskill		4 40		5 10		5 40		6 00		6 37		6 28																																
38	Cortlandt		4 51		5 21		5 51		6 10		6 47		6 40																																
33	Croton-Harmon Ar.		4 55		5 25		5 55		6 15		6 52		6 46																																
33	Croton-Harmon Lv.																																												
31	Ossining		4 42	5 05	5 12	5 35	5 22	6 05	5 54	6 10	6 25	6 22	6 36	6 47	6 55																														
30	Scarborough		4 46		5 16		5 27		5 58	6 13	6 26	6 26	6 39	6 51																															
27	Philipse Manor		4 48		5 18		5 29		6 00	6 16	6 28	6 42	6 53																																
25	Tarrytown		4 52		5 22		5 33		6 04	6 20	6 32	6 46	6 57																																
23	Irvington		4 54		5 24		5 35		6 06	6 22	6 34	6 48	6 59																																
22	Ardasley-on-Hudson		4 58		5 28		5 39		6 10	6 26	6 38	6 51																																	
21	Dobbs Ferry		5 00		5 30		5 41		6 12	6 28	6 40	6 53																																	
20	Hastings-on-Hudson		5 02		5 32		5 43		6 14	6 30	6 42	6 55																																	
18	Greystone		5 04		5 34		5 46		6 17	6 33	6 44	6 58																																	
16	Glenwood		5 07				5 49		6 20		6 47																																		
15	Yonkers		5 10				5 52		6 23		6 50																																		
14	Ludlow		5 12		5 40		5 54		6 25	6 40	6 52	7 03																																	
13	Riverdale		5 14				5 56		6 27		6 54																																		
11	Spuyten Duyvil		5 17				5 59		6 30		6 57																																		
10	Marble Hill		5 21				6 03		6 34		7 01																																		
9	University Heights		5 24		5 48		6 06		6 37	6 48	7 04	7 11																																	
8	Morris Heights						6 08		6 39		7 06																																		
6	Yankees-E. 153rd Street						6 10		6 41		7 08																																		
4	Harlem-125th Street						6 15		6 45		7 13																																		
0	Grand Central	H 5 34	D 5 42	D 5 59	D 6 12	H 6 20	D 6 42	H 6 50	D 6 59	D 7 03	H 7 20	D 7 21	D 7 24	D 7 23	D 7 30	D 7 38	D 7 45	D 7 50	D 7 59	H 8 02	D 8 04	D 8 10				D 8 25	D 8 35	D 8 40	D 8 43	H 8 51	D 9 00	D 9 06	H 9 13	D 9 16											

MILES	TO NEW YORK	AM PEAK														OFF-PEAK																							
		842	740	742	844	744	4844	4744	846	746	850	750	854	754	858	842	740	742	844	744	4844	4744	846	746	850	750	854	754	858										
74	Poughkeepsie	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM		
65	New Hamburg																																						
59	Beacon																																						
52	Cold Spring																																						
50	Garrison																																						
41	Peekskill																																						
38	Cortlandt																																						
33	Croton-Harmon Ar.																																						
33	Croton-Harmon Lv.																																						
31	Ossining		8 55	8 41	8 59	9 26	9 13	9 37	9 34	9 52	9 57	10 42	10 52	11 42	11 56	12 42																							
30	Scarborough			8 45	9 03		9 17	9 38	9 56	10 01	10 46	10 56	11 46	12 00	12 46																								
27	Philipse Manor			8 47	9 06		9 19	9 40	10 03	10 58	11 42	11 56	12 00	12 46																									
25	Tarrytown			8 51	9 10		9 23	9 44	10 07	11 02	11 11	11 22	12 06																										
23	Irvington			8 54	9 13		9 26	9 47	10 04	10 54	11 04	11 54	12 08	12 54																									
22	Ardasley-on-Hudson			8 58	9 16		9 29	9 50	10 13	11 08	11 18	12 12																											
21	Dobbs Ferry			9 00	9 18		9 32	9 53	10 16	11 10	11 20	12 14																											
20	Hastings-on-Hudson			9 02	9 21		9 34	9 55	10 18	11 12	11 22	12 16																											
18	Greystone			9 04	9 23		9 36	9 57	10 20	11 14	11 24	12 18																											
16	Glenwood			9 07			9 40	10 01	10 24	11 17	11																												

MILES	TO NEW YORK	OFF-PEAK																														
		758	760	862	762	764	866	766	768	870	770	772	874	774	876	776	878	778	880	780	882	782	886	786	890	790	892	792	894 794	896 796	898 798	
74	Poughkeepsie  	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	
65	New Hamburg 			12 55			1 55			2 58			4 02		4 41			5 01		5 46		6 03		7 05		8 05		8 59		C 9 58	C 10 48	C 12 09
59	Beacon   			1 02			2 02			3 05			4 10		4 49			5 09		5 54		6 11		7 13		8 13		9 07		C 10 06	C 11 06	C 12 17
52	Cold Spring Garrison 			1 11			2 11			3 14			4 18				5 17				6 19		7 21		8 21		9 16		C 10 14	C 11 14	C 12 25	
50	Garrison 			1 15			2 15			3 18			4 22				5 21				6 23		7 25		8 25		9 20		C 10 18	C 11 18	C 12 29	
41	Peekskill 			1 27			2 27			3 30			4 33		5 08			5 32		6 13		6 34		7 36		8 36		9 32		C 10 29	C 11 29	C 12 40
38	Cortlandt 			1 32			2 32			3 35			4 38				5 37				6 39		7 41		8 41		9 37		C 10 34	C 11 34	C 12 45	
33	Croton-Harmon <i>Ar.</i> 																													C 10 47	C 11 47	C 12 58
33	Croton-Harmon <i>Lv.</i> 	12 55	1 27	1 42	1 55	2 27	2 42	2 55	3 27	3 45	3 58	4 24	4 47	4 56	5 19	5 30	5 46	6 01	6 24	6 32	6 48	7 00	7 50	7 56	8 50	8 55	9 46	9 56	10 55	12 05	1 04	
31	Ossining 	12 59	1 31	1 46	1 59	2 31	2 46	2 59	3 30	3 49	4 02	4 28	4 51	5 00	5 23	5 34	5 50	6 05	6 28	6 36	6 52	7 04	7 54	8 00	8 54	8 59	9 50	10 00	10 59	12 09	1 08	
30	Scarborough 	1 01			2 01			3 01			4 04	4 30		5 02			5 36		6 07			7 06		8 02		9 01		10 02	11 01	12 11	1 10	
27	Philipse Manor Tarrytown 	1 05			2 05			3 05			4 08	4 34		5 06			5 40		6 11			7 10		8 06		9 05		10 06	11 05	12 15	1 14	
25	Tarrytown 	1 07	1 38	1 54	2 07	2 38	2 54	3 07	3 37	3 57	4 10	4 36	4 59	5 08	5 31	5 42	5 58	6 13	6 36	6 43	7 00	7 12	8 02	8 08	9 02	9 07	9 58	10 08	11 07	12 17	1 16	
23	Irvington 	1 11	1 41		2 11	2 41		3 11	3 40		4 14	4 40		5 12		5 46		6 17		6 46		7 16		8 12		9 11		10 12	11 11	12 21	1 20	
22	Ardsley-on-Hudson 	1 13			2 13			3 13			4 16	4 42		5 14		5 48		6 19			7 18		8 14		9 13		10 14	11 13	12 23	1 22		
21	Dobbs Ferry 	1 15	1 44		2 15	2 44		3 15	3 43		4 18	4 44		5 16		5 50		6 21		6 49		7 20		8 16		9 15		10 16	11 15	12 25	1 24	
20	Hastings-on-Hudson 	1 17	1 46		2 17	2 46		3 17	3 46		4 20	4 46		5 18		5 52		6 23			7 22		8 18		9 17		10 18	11 17	12 27	1 26		
18	Greystone 	1 20			2 20			3 20			4 23	4 49		5 21		5 55		6 26			7 25		8 21		9 20		10 21	11 20	12 30	1 29		
16	Glenwood 	1 23			2 23			3 23			4 26	4 52		5 24		5 58		6 29			7 28		8 24		9 23		10 24	11 23	12 33	1 32		
15	Yonkers 	1 26	1 52		2 26	2 52		3 26	3 52		4 28	4 55		5 27		6 01		6 32		6 57		7 31	8 13	8 27	9 13	9 26	10 09	10 27	11 26	12 36	1 35	
14	Ludlow 	1 28			2 28			3 28			4 30	4 57		5 29		6 03		6 34			7 33		8 29		9 28		10 29	11 28	12 39	1 38		
13	Riverdale 	1 30	1 56		2 30	2 56		3 30	3 55		4 33	4 59		5 31		6 05		6 36		7 01		7 35		8 31		9 30		10 31	11 30	12 41	1 40	
11	Spuyten Duyvil 	1 35	2 00		2 35	3 00		3 35	3 59		4 37	5 04		5 36		6 10		6 41		7 06		7 40		8 36		9 35		10 36	11 35	12 45	1 44	
10	Marble Hill 	1 38	2 03		2 38	3 03		3 38	4 02		4 40	5 07		5 39		6 13		6 44		7 08		7 43		8 39		9 38		10 39	11 38	12 49	1 47	
9	University Heights 	1 40			2 40			3 40	4 05		4 42	5 09		5 41		6 15		6 46			7 45		8 41		9 40		10 41	11 40	12 51			
8	Morris Heights 	1 42			2 42			3 42	4 07		4 44	5 11		5 43		6 17		6 48			7 47		8 43		9 42		10 43	11 42	12 53			
6	Yankees-E. 153rd Street 	1 49			2 49			3 49			4 48	5 17		5 49		6 23		6 54			7 52		8 49		9 49		10 50	11 49	12 57			
4	Harlem-125th Street  	H 1 56	H 2 17	H 2 26	H 2 56	H 3 17	H 3 26	H 3 57	H 4 20	H 4 27	H 4 55	H 5 22	H 5 28	H 5 54	H 6 02	H 6 29	H 6 32	H 6 59	H 7 07	H 7 20	H 7 30	H 7 58	H 8 32	H 8 54	H 9 32	H 9 56	H 10 30	H 10 57	H 11 56	H 1 05	H 2 01	
0	Grand Central 	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM

MILES	TO POUGHKEEPSIE	AM PEAK											AM PEAK											OFF-PEAK				
		703	803	705	805	707	807	709	809	711	813	713	813	715	813	715	717	817	719	817	721	821	725	825				
0	Grand Central	AM 5 35	AM 6 14	AM 6 21	AM 6 46	AM 6 50	AM 7 19	AM 7 23	AM 7 39	AM 7 45	AM 8 13	AM 8 38	AM 8 59	AM 9 14	AM 9 35	AM 9 58	AM 10 14	AM 10 35	AM 11 14	AM 11 35								
4	Harlem-125th Street	5 45	R 6 25	6 31	R 6 57	7 00	R 7 30	7 33	R 7 50	7 55	8 23	R 8 49	9 10	9 24	R 9 46	10 08	10 24	R 10 46	11 24	R 11 46								
6	Yankees-E. 153rd Street	5 49		6 35		7 04		7 37		7 59	8 28						10 29			11 29								
8	Morris Heights	5 52		6 38		7 07		7 40		8 02	8 32						10 32			11 32								
9	University Heights	5 54		6 40		7 09		7 42		8 04	8 34						10 34			11 34								
10	Marble Hill	5 56	6 33	6 42	7 05	7 11	7 39	7 44	7 59	8 06	8 36		9 20	9 36		10 18	10 36			11 36								
11	Spuyten Duyvil	5 58		6 44		7 13		7 46		8 08	8 38		9 22	9 38		10 21	10 38			11 38								
13	Riverdale	6 02		6 48		7 17		7 50		8 12	8 42		9 26	9 42		10 24	10 42			11 42								
14	Ludlow	6 04		6 50		7 19		7 52		8 14	8 45			9 44		10 44				11 44								
15	Yonkers	6 07	6 41	6 53	7 13	7 22	7 48	7 55	8 08	8 17	8 48		9 30	9 47		10 28	10 47			11 47								
16	Glenwood	6 09		6 55		7 24		7 57		8 19	8 50			9 49		10 49				11 49								
18	Greystone	6 12		6 58		7 27		8 00		8 22	8 53			9 52		10 52				11 52								
20	Hastings-on-Hudson	6 15		7 01		7 30		8 03		8 25	8 56		9 36	9 55		10 34	10 55			11 55								
21	Dobbs Ferry	6 18		7 04		7 33		8 06		8 28	8 59		9 39	9 58		10 37	10 58			11 58								
22	Ardsley-on-Hudson	6 20		7 06		7 35		8 08		8 30	9 01		10 00			11 00				12 00								
23	Irvington	6 22		7 08		7 37		8 10		8 32	9 03		9 42	10 03		10 41	11 03			12 03								
25	Tarrytown	6 26	6 52	7 12	7 24	7 41	7 59	8 14	8 21	8 36	9 07	9 15	9 46	10 07	10 14	10 45	11 07	11 14	12 07	12 14								
27	Philipse Manor	6 28		7 14		7 43		8 16		8 38	9 10		10 09			11 09			12 09									
30	Scarborough	6 32		7 18		7 47		8 20		8 42	9 14		10 13			11 13			12 13									
31	Ossining	6 35	7 00	7 21	7 32	7 50	8 07	8 23	8 29	8 45	9 17	9 23	9 53	10 16	10 22	10 52	11 16	11 22	12 16	12 22								
33	Croton-Harmon Ar.	6 45		7 32		8 00		8 34		8 56	9 26		10 02	10 26		11 01	11 25			12 26								
33	Croton-Harmon Lv.		7 05		7 37		8 12		8 35			9 28			10 28			11 28		12 28								
38	Cortlandt		7 13		7 45		8 20		8 42			9 36			10 36			11 36		12 36								
41	Peekskill		7 18		7 50		8 25		8 47			9 41			10 41			11 41		12 41								
50	Garrison		7 29		8 01		8 36		8 58			9 52			10 52			11 53		12 52								
52	Cold Spring		7 33		8 05		8 40		9 02			9 56			10 56			11 56		12 56								
59	Beacon		7 41		8 13		8 48		9 11			10 05			11 05			12 05		1 05								
65	New Hamburg		7 49		8 21		8 56		9 19			10 13			11 13			12 13		1 13								
74	Poughkeepsie		8 07		8 38		9 13		9 38			10 30			11 30			12 30		1 30								
		AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	PM	PM	PM	PM	PM			

OUTBOUND: Monday – Friday Afternoons, PM Peak & Nights Peak trains depart Grand Central between 4 PM – 8 PM Effective **March 30, 2025** revised July 7, 2025

MILES	TO POUGHKEEPSIE	OFF-PEAK																				PM PEAK		(BICYCLES NOT PERMITTED ON PEAK TRAINS)											
		729	829	4833	733	833	4735	4835	737	837	739	839	741	841	443	745	843	747	749	847	753	849	851	755	757	461	853	855	759	4761	761	465	857	765	
0	Grand Central	PM 12:14	PM 12:35	PM 1:18	PM 1:20	PM 1:43	PM 1:51	PM 2:18	PM 2:20	PM 2:43	PM 2:48	PM 3:18	PM 3:21	PM 3:48	PM 3:51	PM 4:07	PM 4:15	PM 4:19	PM 4:38	PM 4:47	PM 4:52	PM 5:08	PM 5:11	PM 5:17	PM 5:20	PM 5:23	PM 5:30	PM 5:32	PM 5:36	PM 5:36	PM 5:39	PM 5:43	PM 5:54	PM 6:00	
4	Harlem-125th Street	R 12:24	R 12:46	R 1:29	1:30	R 1:53	2:01	R 2:29	2:30	R 2:54	2:58	R 3:29	3:31	R 3:59	4:01	R 4:17	R 4:26	4:29	R 4:48	R 4:58	5:03	R 5:19	R 5:22	R 5:28	5:30	5:33	R 5:43								
6	Yankees-E. 153rd Street	12:29			1:34		2:05		2:34		3:02		3:35		4:05		4:34		5:07		5:07				5:34	5:37									
8	Morris Heights	12:32			1:38		2:09		2:38		3:06		3:39		4:09		4:38		5:11		5:11				5:40	5:40									
9	University Heights	12:34			1:40		2:11		2:40		3:08		3:41		4:11		4:39		5:13		5:13				5:42	5:42									
10	Marble Hill	12:36			1:42		2:13		2:42		3:10		3:43		4:13		4:42		5:15		5:15				5:40	5:45									
11	Spuyten Duyvil	12:38			1:44		2:15		2:44		3:12		3:45		4:16		4:44		5:18		5:18				5:40	5:47									
13	Riverdale	12:42			1:48		2:19		2:48		3:16		3:49		4:19		4:48		5:22		5:22				5:50	5:50									
14	Ludlow	12:44			1:50		2:21		2:50		3:18		3:51		4:22		4:50		5:25		5:25				5:53	5:53									
15	Yonkers	12:47			1:53		2:24		2:53		3:21		3:54		4:24	H 4:34	4:53		5:28		5:28				5:48	5:56									
16	Glenwood	12:49			1:55		2:26		2:55		3:23		3:56		4:26		4:55		5:30		5:30				5:58	5:58									
18	Greystone	12:52			1:58		2:29		2:58		3:26		3:59		4:33		4:58		5:33		5:33				6:04	6:04									
20	Hastings-on-Hudson	12:55			2:01		2:33		3:01		3:29		4:02		H 4:40		5:01	H 5:10		5:36					5:54	5:54									
21	Dobbs Ferry	12:58			2:04		2:36		3:04		3:32		4:05		H 4:43		5:04	H 5:13		5:39					5:56	5:56									
22	Ardasley-on-Hudson	1:00			2:06		2:38		3:06		3:34		4:07		H 4:45		5:06	H 5:15		5:41					5:59	5:59									
23	Irvington	1:03			2:09		2:41		3:09		3:37		4:09		H 4:47		5:09	H 5:17		5:43					6:01	6:01									
25	Tarrytown	1:07	1:14		2:13	2:24	2:46		3:13	3:23	3:41		4:13		H 4:51		5:12	H 5:21		5:47				H 6:05	6:05										
27	Philipse Manor	1:09			2:15		2:48		3:15		3:43		4:15		H 4:54		5:15	H 5:24		5:50				H 6:08	6:08										
30	Scarborough	1:13			2:19		2:52		3:19		3:47		4:19		H 4:58		5:19	H 5:28		5:54				H 6:03	6:12										
31	Ossining	1:16	1:22		2:22	2:32	2:55		3:22	3:31	3:50		4:22		H 5:01		5:22	H 5:31		5:57				H 6:06	6:15										
33	Croton-Harmon Ar.	1:26			2:32		3:04		3:32		3:59		4:32				5:31	5:40		6:07					6:14	6:24									
33	Croton-Harmon Lv.		1:28	2:07		2:38		3:07		3:37		4:07		4:35			5:02		5:34					5:57			6:17								
38	Cortlandt		1:36	2:14		2:46		3:14		3:45		4:14		4:42			5:09		5:42					H 6:05			6:25								
41	Peekskill		1:41	2:19		2:51		3:19		3:50		4:19		4:47			5:15		5:47					H 6:10			6:30								
50	Garrison		1:52	2:31		3:02		3:31		4:01		4:31		4:59			5:25		5:58					H 6:21			6:41								
52	Cold Spring		1:56	2:35		3:06		3:35		4:05		4:35		5:03			5:30		6:02					H 6:25			6:46								
59	Beacon		2:05	2:44		3:15		3:44		4:14		4:44		5:12			5:38		6:12				H 6:21			6:54									
65	New Hamburg		2:13	2:52		3:23		3:52		4:22		4:52		5:19			5:46		6:19				H 6:29			7:02									
74	Poughkeepsie		2:30	3:09		3:40		4:09		4:39		5:09		5:42			6:04		6:37							7:04									

MILES	TO POUGHKEEPSIE	PM PEAK												OFF-PEAK												OFF-PEAK								
		469	863	865	767	769	771	869	775	875	477	777	877	781	881	483	783	883	785	787	887	789	791	891	793	795	895	797	897	799	701	801		
0	Grand Central	PM 6:06	PM 6:11	PM 6:15	PM 6:22	PM 6:25	PM 6:28	PM 6:46	PM 6:53	PM 7:19	PM 7:22	PM 7:35	PM 7:51	PM 7:59	PM 8:27	PM 8:32	PM 8:42	PM 9:04	PM 9:13	PM 9:20	PM 9:47	PM 9:56	PM 10:22	PM 10:47	PM 10:58	PM 11:21	PM 11:47	PM 12:17	PM 12:43	PM 1:00	PM 1:50			
4	Harlem-125th Street	R 6:16	R 6:22	R 6:26			6:38	R 6:57	7:03	R 7:30	7:32	7:45	R 8:02	8:09	R 8:38	8:42	R 8:52	R 9:15	R 9:23	9:30	R 9:58	R 10:07	10:32	R 10:58	R 11:09	11:31	R 11:58	12:27	R 12:54	1:10	2:00			
6	Yankees-E. 153rd Street	6:20					6:43		7:08		7:36		8:14		8:47		8:57		9:35		9:47		10:36		10:58		11:36		12:32		1:15	2:05		
8	Morris Heights	6:23					6:46		7:11		7:39		8:17		8:50		9:05		9:38		9:50		10:40		11:02		11:39		H 12:36		H 1:19	2:09		
9	University Heights	6:25					6:48		7:13		7:41		8:19		8:52		9:07		9:40		9:52		10:42		11:04		11:41		H 12:38		H 1:21	2:11		
10	Marble Hill	6:28					6:51		7:16		7:43		8:22		8:54		9:02		9:42		9:54		10:44		11:06		11:43		H 12:40		H 1:04	H 1:23	2:13	
11	Spuyten Duyvil	6:30					6:53		7:18		7:46		8:24		8:56		9:04		9:44		9:56		H 10:19		10:46		H 11:21		H 12:42		H 1:06	H 1:25	2:15	
13	Riverdale	6:33					6:57		7:22		7:49		8:28		9:00		9:08		9:48		9:60		H 10:22		10:50		H 11:24		H 12:46		H 1:10	H 1:29	2:19	
14	Ludlow	6:36					7:00		7:25		7:52		8:31		9:02		9:10		9:50		9:62				10:52		11:51		H 12:49		H 1:32	2:22		
15	Yonkers	6:39					7:03		7:27		7:55		8:02		8:34		9:05		9:53		9:65				10:55		H 11:29		H 12:51		H 1:14	H 1:34	2:25	
16	Glenwood	6:41					7:05		7:30		7:57		8:36		9:07		9:17		9:55		9:67				10:57		11:56		H 12:53		H 1:36	2:27		
18	Greystone	6:47					7:08		7:33		8:03		8:39		9:13		9:23		9:58		9:70				11:00		11:59		H 12:56		H 1:39	2:30		
20	Hastings-on-Hudson						6:56		7:11		7:36		8:09		8:42		9:16		H 9:46		10:01		H 10:33		11:03		H 11:35		12:02	H 12:25	H 12:59	H 1:20	H 1:42	2:33
21	Dobbs Ferry						6:59		7:14		7:38		8:11		8:45		9:18		H 9:49		10:04		H 10:35		11:06		H 11:37		12:05	H 12:28	H 1:02	H 1:22	H 1:45	2:36
22	Ardasley-on-Hudson						7:01		7:16		7:41		8:14		8:47		9:21				10:06				11:08		12:07		H 1:04		H 1:47	2:38		
23	Irvington						7:03		7:18		7:43		8:16		8:49		9:23		H 9:53		10:09		H 10:40		11:11		H 11:42		12:10	H 12:32	H 1:07	H 1:26	H 1:50	2:41
25	Tarrytown						H 6:58		7:07		7:22		7:47		8:21		8:53		H 9:57		10:13		H 10:44		11:15		H 11:46		12:14	H 12:36	H 1:11	H 1:30	H 1:54	2:45
27	Philipse Manor						H 7:01		7:10		7:25		7:49		8:24		8:55				10:15				11:17		12:16		H 1:14		H 1:57	2:48		
30	Scarborough						H 7:05		7:14		7:29		7:53		8:28		8:59		H 10:02		10:19		H 10:50		11:21		H 11:52		12:20	H 12:42	H 1:18	H 1:37	H 2:01	2:52
31	Ossining						H 7:08		7:17		7:32		7:56		8:31																			

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