Monday through Friday except Holidays, Effective September 2 - November 9, 2025

Eastbound

To Hempstead

Weekdays

See the TrainTime app for complete service west of Jamaica as well as transfer options.

For explanation, see "Reference Notes."

	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM
PENN STATION	12:00	12:14	......	......	2:35	3:09	5:22	6:09	......	7:09	7:37	8:05
GRAND CENTRAL	......	......	12:52	1:35	......	......	......	......	6:32	......	......	......
Woodside	......	......	......	......	......	3:21	......	......	......	......	......	......
Forest Hills	......	12:29	......	1:50	......	......	......	......	......	......	......	......
Kew Gardens	......	12:31	......	1:52	......	......	5:39	......	......	7:26	......	8:22
ATLANTIC TERMINAL*	......	......	......	......	......	......	......	......	......	......	......	......
Nostrand Avenue*	......	......	......	......	......	......	......	......	......	......	......	......
East New York*	......	......	......	......	......	......	......	......	......	......	......	......
JAMAICA (Arrive)	12:21	12:35	1:11	1:56	2:56	3:30	5:43	6:29	6:53	7:30	7:57	8:26
JAMAICA (Leave)	12:23	12:37	1:13	1:57	2:57	3:31	5:45	6:30	6:54	7:31	7:58	8:27
Hollis	......	......	1:20	2:03	3:04	......	5:52	......	7:01	......	8:05	......
Queens Village	......	......	1:23	2:06	3:07	......	5:55	......	7:04	......	8:08	......
Elmont- UBS Arena	12:34	12:47	1:25	2:08	3:09	......	5:57	......	7:06	......	8:10	......
Bellerose	......	......	1:27	2:10	3:11	......	5:59	......	7:08	......	8:12	......
Floral Park	......	12:50	1:29	2:12	3:13	3:40	6:01	6:41	7:10	7:40	8:14	8:37
Stewart Manor	......	......	1:32	2:15	3:16	......	6:04	......	7:13	......	8:17	......
Nassau Boulevard	......	......	1:35	2:18	3:19	......	6:07	......	7:16	......	8:20	......
Garden City	......	......	1:38	2:21	3:22	......	6:10	......	7:19	......	8:23	......
Country Life Press	......	......	1:41	2:24	3:25	......	6:13	......	7:22	......	8:26	......
HEMPSTEAD	......	......	1:45	2:28	3:29	......	6:17	......	7:26	......	8:30	......
	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM
Train #	1900	1500	702	704	706	1504	710	1510	712	1512	714	1514

	AM	AM	AM	AM	AM	AM	AM	PM	PM	PM	PM	PM	PM
PENN STATION	......	9:09	......	10:11	......	11:11	......	12:11	......	1:11	......	2:07	......
GRAND CENTRAL	8:34	......	9:45	......	10:45	......	11:45	......	12:45	......	1:45	......	2:41
Woodside	......	......	......	10:22	......	11:22	......	12:22	......	1:23	......	......	......
Forest Hills	......	......	......	......	......	......	......	......	......	......	......	......	......
Kew Gardens	......	......	......	......	......	......	......	......	......	......	......	......	......
ATLANTIC TERMINAL*	......	......	......	......	......	......	......	......	......	......	......	......	......
Nostrand Avenue*	......	......	......	......	......	......	......	......	......	......	......	......	......
East New York*	......	......	......	......	......	......	......	......	......	......	......	......	......
JAMAICA (Arrive)	8:55	9:30	10:05	10:31	11:05	11:31	12:05	12:31	1:05	1:32	2:05	2:28	3:01
JAMAICA (Leave)	8:56	9:31	10:07	10:33	11:07	11:33	12:07	12:33	1:07	1:35	2:07	2:30	3:02
Hollis	9:03	......	10:15	......	11:15	......	12:15	......	1:15	......	2:15	......	3:09
Queens Village	9:06	......	10:18	......	11:18	......	12:18	......	1:18	......	2:18	......	3:12
Elmont- UBS Arena	9:08	......	10:20	......	11:20	......	12:20	......	1:20	......	2:20	......	3:14
Bellerose	9:10	......	10:22	......	11:22	......	12:22	......	1:22	......	2:22	......	3:16
Floral Park	9:12	9:40	10:24	10:43	11:24	11:43	12:24	12:43	1:24	1:45	2:24	2:41	3:18
Stewart Manor	9:15	......	10:27	......	11:27	......	12:27	......	1:27	......	2:27	......	3:21
Nassau Boulevard	9:18	......	10:30	......	11:30	......	12:30	......	1:30	......	2:30	......	3:24
Garden City	9:21	......	10:33	......	11:33	......	12:33	......	1:33	......	2:33	......	3:27
Country Life Press	9:24	......	10:36	......	11:36	......	12:36	......	1:36	......	2:36	......	3:30
HEMPSTEAD	9:28	......	10:40	......	11:40	......	12:40	......	1:40	......	2:40	......	3:34
	AM	AM	AM	AM	AM	AM	PM	PM	PM	PM	PM	PM	PM
Train #	716	1516	718	1520	722	1524	724	1550	750	1554	752	1558	754

For explanation, see "Reference Notes."

					Peak PM	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM
	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM
PENN STATION	......	3:09	......	4:04	......	4:45	......	5:31	......	......	......	......	7:20
GRAND CENTRAL	3:01	......	......	......	4:35	......		......	5:48	6:03	......	6:50	......
Woodside	3:13	......	......	......	......	......	......	5:42	......	......	......	7:02	......
Forest Hills	......	3:24	......	4:18	......	......	......	5:47	......	......	......	......	......
Kew Gardens	......	3:26	......	......	......	5:02	......	......	6:05	......	......	......	......
ATLANTIC TERMINAL*	......	......	3:31	......	......	......	4:59	......	......	......	6:38	......	......
Nostrand Avenue*	......	......	3:38	......	......	......	5:06	......	......	......	6:45	......	......
East New York*	......	......	3:43	......	......	......	5:11	......	......	......	6:50	......	......
JAMAICA (Arrive)	3:22	3:30	3:52	4:23	4:55	5:05	5:20	5:55	6:08	6:23	6:59	7:10	7:39
JAMAICA (Leave)	3:24	3:31	3:57	4:24	4:56	5:06	5:21	5:56	6:09	6:24	7:00	7:11	7:40
Hollis	......	......	4:04	4:31	5:02	5:12	5:27	6:02	6:15	6:30	7:06	7:18	7:47
Queens Village	......	......	4:07	4:34	5:05	5:15	5:30	6:05	6:18	6:33	7:09	7:21	7:50
Elmont	......	......	4:09	4:36	5:07	......	5:32	6:07	6:21	6:35	7:11	7:23	7:52
Bellerose	......	......	4:11	4:38	5:09	......	5:34	6:09	6:23	6:37	7:13	7:25	7:54
Floral Park	3:33	3:40	4:13	4:40	5:11	......	5:36	6:11	6:25	6:39	7:15	7:27	7:56
Stewart Manor	......	......	4:16	4:43	5:14	......	5:39	6:14	6:28	6:42	7:18	7:30	7:59
Nassau Boulevard	......	......	4:19	4:46	5:17	......	5:42	6:17	6:31	6:45	7:21	7:33	8:02
Garden City	......	......	4:22	4:49	5:20	......	5:45	6:20	6:34	6:48	7:24	7:36	8:05
Country Life Press	......	......	4:25	4:52	5:23	......	5:48	6:23	6:37	6:51	7:27	7:39	8:08
HEMPSTEAD	......	......	4:29	4:56	5:27	......	5:52	6:27	6:41	6:55	7:31	7:43	8:11
	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM
Train #	2060	1562	756	758	760	1056	762	766	768	770	772	774	778

	Peak PM												
	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM
PENN STATION	......	8:08	......	9:01	9:15	9:34	9:39	......	10:04	10:29	......	11:17	......
GRAND CENTRAL	7:52	......	8:43	......	......	......	......	9:43	......	......	10:54	......	11:54
Woodside	......	......	8:55	9:13	......	......	......	......	......	10:40	......	11:28	......
Forest Hills	......	8:23	......	......	......	......	......	......	......	......	......	......	......
Kew Gardens	8:09	8:25	......	......	......	......	......	......	......	......	......	......	......
ATLANTIC TERMINAL*	......	......	......	......	......	......	......	......	......	......	......	......	......
Nostrand Avenue*	......	......	......	......	......	......	......	......	......	......	......	......	......
East New York*	......	......	......	......	......	......	......	......	......	......	......	......	......
JAMAICA (Arrive)	8:12	8:29	9:04	9:22	9:36	9:54	10:02	10:04	10:25	10:49	11:15	11:37	12:15
JAMAICA (Leave)	8:13	8:31	9:06	9:24	9:38	9:56	10:04	10:06	10:27	10:51	11:17	11:39	12:17
Hollis	8:20	......	9:13	......	......	......	......	10:13	......	......	11:23	......	12:24
Queens Village	8:23	......	9:16	......	......	......	......	10:16	......	......	11:26	......	12:27
Elmont	8:25	......	9:18	9:34	9:48	10:05	10:14	10:18	10:37	11:02	11:28	11:50	12:29
Bellerose	8:27	......	9:20	......	......	......	......	10:20	......	......	11:30	......	12:31
Floral Park	8:29	8:42	9:22	......	9:51	......	......	10:22	......	......	11:32	......	12:33
Stewart Manor	8:32	......	9:25	......	......	......	......	10:25	......	......	11:35	......	12:36
Nassau Boulevard	8:35	......	9:28	......	......	......	......	10:28	......	......	11:38	......	12:39
Garden City	8:38	......	9:31	......	......	......	......	10:31	......	......	11:41	......	12:42
Country Life Press	8:41	......	9:34	......	......	......	......	10:34	......	......	11:44	......	12:45
HEMPSTEAD	8:45	......	9:38	......	......	......	......	10:38	......	......	11:48	......	12:49
	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	AM
Train #	780	1580	782	1980	1584	1982	1586	784	1984	1986	786	1990	788

Monday through Friday except Holidays, Effective September 2 - November 9, 2025

Westbound

To Penn Station, Grand Central, Brooklyn* & Jamaica

Weekdays

See the TrainTime app for complete service west of Jamaica as well as transfer options.

For explanation, see "Reference Notes."

	Mon. Only		Mon. Only									Peak AM
	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM
HEMPSTEAD	......	12:15	......	......	1:04	2:03	......	3:43	......	4:56	......	5:19
Country Life Press	......	12:20	......	......	1:08	2:07	......	3:47	......	5:00	......	5:23
Garden City	......	12:23	......	......	1:11	2:10	......	3:50	......	5:03	......	5:26
Nassau Boulevard	......	12:25	......	......	1:13	2:12	......	3:52	......	5:05	......	5:28
Stewart Manor	......	12:28	......	......	1:16	2:15	......	3:55	......	5:08	......	5:31
Floral Park	......	12:31	......	12:56	1:19	2:18	......	3:58	......	5:11	5:31	5:34
Bellerose	......	12:33	......	......	1:21	2:20	......	4:00	......	5:13	......	5:36
Elmont- UBS Arena	12:29	12:35	12:48	12:58	1:23	2:22	......	4:02	4:31	5:15	5:33	......
Queens Village	......	12:38	......	......	1:26	2:25	2:45	4:05	......	5:18	5:35	......
Hollis	......	12:41	......	......	1:28	2:28	2:47	4:08	......	5:21	5:38	......
JAMAICA (Arrive)	12:39	12:48	12:59	1:08	1:35	2:35	2:55	4:15	4:41	5:28	5:44	5:49
JAMAICA (Leave)	12:41	12:50	1:00	1:10	1:37	2:36	2:56	4:16	4:42	5:29	5:45	5:50
East New York*	......	......	......	......	......	......	......	......	......	......	5:53	......
Nostrand Avenue*	......	......	......	......	......	......	......	......	......	......	5:58	......
ATLANTIC TERMINAL*	......	......	......	......	......	......	......	......	......	......	6:05	......
Kew Gardens	......	12:54	1:04	1:14	1:41	......	......	......	4:46	......	......	......
Forest Hills	......	12:56	1:06	1:16	1:43	......	......	......	4:48	......	......	......
Woodside	12:50	......	......	......	......	......	3:04	......	4:53	......	......	......
GRAND CENTRAL	......	1:08	......	......	......	......	......	......	......	5:48	......	......
PENN STATION	1:01	......	1:21	1:31	1:56	2:55	3:15	4:35	5:03	......	......	6:08
	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM
Train #	7599	701	7999	1501	703	705	1903	707	1507	709	1607	711

	Peak AM	Peak AM	Peak AM	Peak AM	Peak AM	Peak AM	Peak AM	Peak AM	Peak AM	Peak AM	Peak AM	Peak AM
	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM
HEMPSTEAD	5:49	6:21	......	6:36	......	......	7:04	......	7:31	......	7:47	......
Country Life Press	5:53	6:25	......	6:40	......	......	7:08	......	7:35	......	7:52	......
Garden City	5:56	6:28	......	6:43	......	......	7:11	......	7:38	......	7:55	......
Nassau Boulevard	5:58	6:30	......	6:45	......	......	7:13	......	7:40	......	7:57	......
Stewart Manor	6:01	6:33	......	6:48	......	......	7:16	......	7:43	......	8:00	......
Floral Park	6:04	6:36	......	6:51	6:57	7:09	7:19	......	7:46	......	8:04	8:31
Bellerose	6:06	6:38	......	6:53	......	......	7:21	......	7:48	......	8:06	......
Elmont	6:09	......	6:48	6:55	......	......	7:23	......	......	7:59	8:08	......
Queens Village	6:12	......	6:50	6:58	......	......	7:26	7:37	......	8:02	8:11	......
Hollis	6:15	......	6:53	7:01	......	......	7:29	7:40	......	8:05	8:14	......
JAMAICA (Arrive)	6:21	6:49	6:58	7:07	7:08	7:20	7:35	7:47	8:02	8:13	8:20	8:41
JAMAICA (Leave)	6:22	6:50	6:59	7:08	7:09	7:21	7:36	7:48	8:03	8:14	8:21	8:42
East New York*	......	......	......	......	......	......	7:43	......	......	8:22	......	......
Nostrand Avenue*	......	......	......	......	......	......	7:48	......	......	8:27	......	......
ATLANTIC TERMINAL*	......	......	......	......	......	......	7:55	......	......	8:34	......	......
Kew Gardens	......	......	7:03	......	......	......	......	......	......	......	......	......
Forest Hills	......	......	7:05	......	......	......	......	......	......	......	......	......
Woodside	......	6:58	......	......	......	......	......	......	......	......	......	......
GRAND CENTRAL	......	7:09	......	7:27	......	7:40	......	8:07	......	......	8:40	......
PENN STATION	6:41	......	7:21	......	7:28	......	......	......	8:23	......	......	9:02
	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM
Train #	713	717	2501	719	1915	1613	721	2699	723	2601	725	2503

	Peak AM	Peak AM										
	AM	AM	AM	AM	AM	AM	AM	AM	AM	PM	PM	PM
HEMPSTEAD	8:32	8:45	9:07	......	9:57	......	10:57	......	11:57	......	12:57	......
Country Life Press	8:36	8:49	9:11	......	10:01	......	11:01	......	12:01	......	1:01	......
Garden City	8:39	8:52	9:14	......	10:04	......	11:04	......	12:04	......	1:04	......
Nassau Boulevard	8:41	8:54	9:16	......	10:06	......	11:06	......	12:06	......	1:06	......
Stewart Manor	8:44	8:57	9:19	......	10:09	......	11:09	......	12:09	......	1:09	......
Floral Park	8:47	9:00	9:22	9:58	10:12	10:55	11:12	11:57	12:12	12:57	1:12	2:00
Bellerose	8:49	9:02	9:24	......	10:14	......	11:14	......	12:14	......	1:14	......
Elmont	8:51	9:04	9:26	......	10:16	......	11:16	......	12:16	......	1:16	......
Queens Village	8:54	9:07	9:29	......	10:19	......	11:19	......	12:19	......	1:19	......
Hollis	8:57	9:10	9:32	......	10:22	......	11:22	......	12:22	......	1:22	......
JAMAICA (Arrive)	9:03	9:16	9:38	10:09	10:29	11:07	11:30	12:09	12:30	1:09	1:30	2:10
JAMAICA (Leave)	9:04	9:17	9:39	10:11	10:30	11:08	11:31	12:11	12:31	1:11	1:31	2:12
East New York*	9:12	......	......	......	......	......	......	......	......	......	......	......
Nostrand Avenue*	9:17	......	......	......	......	......	......	......	......	......	......	......
ATLANTIC TERMINAL*	9:24	......	......	......	......	......	......	......	......	......	......	......
Kew Gardens	......	......	......	......	......	......	......	......	......	......	......	......
Forest Hills	......	......	......	......	......	......	......	......	......	......	......	......
Woodside	......	9:25	......	10:20	......	11:18	......	12:21	......	1:21	......	2:21
GRAND CENTRAL	......	9:36	......	......	10:49	......	11:50	......	12:50	......	1:50	......
PENN STATION	......	......	9:58	10:30	......	11:29	......	12:31	......	1:31	......	2:32
	AM	AM	AM	AM	AM	AM	AM	PM	PM	PM	PM	PM
Train #	727	729	731	1525	737	1529	739	1533	741	1551	753	1555

For explanation, see "Reference Notes."

	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM
HEMPSTEAD	2:00	......	2:57	......	......	......	3:56	......	......	......	5:00	......
Country Life Press	2:04	......	3:01	......	......	......	4:00	......	......	......	5:04	......
Garden City	2:07	......	3:04	......	......	......	4:03	......	......	......	5:07	......
Nassau Boulevard	2:09	......	3:06	......	......	......	4:05	......	......	......	5:09	......
Stewart Manor	2:12	......	3:09	......	......	......	4:08	......	......	......	5:12	......
Floral Park	2:15	2:59	3:12	......	3:56	......	4:11	......	4:53	......	5:15	......
Bellerose	2:17	......	3:14	......	......	......	4:13	......	......	......	5:17	......
Elmont	2:19	......	3:16	......	......	......	4:15	......	......	5:03	5:19	5:28
Queens Village	2:22	......	3:19	3:46	......	......	4:18	......	......	5:06	5:22	......
Hollis	2:25	......	3:22	......	......	4:14	4:21	4:48	......	......	5:25	......
JAMAICA (Arrive)	2:32	3:11	3:30	3:55	4:08	4:20	4:28	4:55	5:04	5:15	5:33	5:37
JAMAICA (Leave)	2:34	3:13	3:31	3:56	4:09	4:21	4:29	4:56	5:05	5:16	5:34	5:38
East New York*	......	......	......	......	......	......	......	......	......	......	......	......
Nostrand Avenue*	......	......	......	......	......	......	......	......	......	......	......	......
ATLANTIC TERMINAL*	......	......	......	......	......	......	......	......	......	......	......	......
Kew Gardens	......	......	......	......	4:12	......	......	......	5:08	......	......	5:42
Forest Hills	......	......	......	......	......	......	......	......	......	......	......	......
Woodside	2:42	......	......	4:05	......	4:30	......	5:04	......	5:25	......	......
GRAND CENTRAL	2:53	......	3:50	4:16	......	......	4:48	5:15	......	......	......	5:57
PENN STATION	......	3:33	......	......	4:28	4:41	......	......	5:24	5:36	5:54	......
	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM
Train #	755	1557	799	2055	1559	1961	757	2057	1561	1963	761	1661

	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM
HEMPSTEAD	......	......	......	6:03	......	......	......	......	7:09	......	......	......
Country Life Press	......	......	......	6:07	......	......	......	......	7:13	......	......	......
Garden City	......	......	......	6:10	......	......	......	......	7:16	......	......	......
Nassau Boulevard	......	......	......	6:12	......	......	......	......	7:18	......	......	......
Stewart Manor	......	......	......	6:15	......	......	......	......	7:21	......	......	......
Floral Park	......	5:48	......	6:18	......	......	6:56	......	7:24	......	8:03	......
Bellerose	......	......	......	6:20	......	......	......	......	7:26	......	......	......
Elmont	5:37	5:50	6:18	6:22	6:27	6:44	6:58	7:15	7:28	7:45	8:05	8:09
Queens Village	......	5:53	......	6:25	......	......	......	......	7:31	......	......	......
Hollis	......	5:55	......	6:28	......	......	......	......	7:34	......	......	......
JAMAICA (Arrive)	5:48	6:03	6:31	6:35	6:37	6:54	7:07	7:25	7:41	7:55	8:14	8:20
JAMAICA (Leave)	5:49	6:05	6:33	6:36	6:38	6:55	7:08	7:26	7:42	7:56	8:15	8:22
East New York*	......	......	......	......	......	......	......	......	......	......	......	......
Nostrand Avenue*	......	......	......	......	......	......	......	......	......	......	......	......
ATLANTIC TERMINAL*	......	......	......	......	......	......	......	......	......	......	......	......
Kew Gardens	......	6:09	......	......	6:42	......	7:12	......	7:46	......	......	8:25
Forest Hills	......	......	......	......	......	......	......	......	......	......	......	8:27
Woodside	......	......	6:42	......	......	7:03	......	7:35	......	8:04	8:24	......
GRAND CENTRAL	......	......	......	6:55	6:58	7:14	......	......	8:01	8:15	......	......
PENN STATION	6:08	6:24	6:53	......	......	......	7:28	7:45	......	......	8:35	8:41
	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM
Train #	1965	1563	1967	763	1663	2063	1571	1971	767	2065	1575	1975

	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM
HEMPSTEAD	7:52	......	......	......	8:48	......	......	......	9:59	......	......	10:55	......
Country Life Press	7:56	......	......	......	8:52	......	......	......	10:03	......	......	10:59	......
Garden City	7:59	......	......	......	8:55	......	......	......	10:06	......	......	11:02	......
Nassau Boulevard	8:01	......	......	......	8:58	......	......	......	10:08	......	......	11:04	......
Stewart Manor	8:04	......	......	......	9:01	......	......	......	10:11	......	......	11:07	......
Floral Park	8:07	......	......	8:55	9:05	......	9:53	......	10:14	......	10:58	11:10	11:53
Bellerose	8:09	......	......	......	9:08	......	......	......	10:16	......	......	11:12	......
Elmont	8:11	8:24	8:44	8:57	9:10	9:29	9:55	10:14	10:18	10:41	11:00	11:14	11:55
Queens Village	8:15	......	......	......	9:13	......	......	......	10:21	......	......	11:17	......
Hollis	8:17	......	......	......	9:15	......	......	......	10:24	......	......	11:19	......
JAMAICA (Arrive)	8:24	8:34	8:54	9:07	9:22	9:39	10:04	10:24	10:31	10:51	11:09	11:27	12:05
JAMAICA (Leave)	8:26	8:35	8:56	9:08	9:24	9:41	10:06	10:26	10:33	10:53	11:11	11:29	12:07
East New York*	......	......	......	......	......	......	......	......	......	......	......	......	......
Nostrand Avenue*	......	......	......	......	......	......	......	......	......	......	......	......	......
ATLANTIC TERMINAL*	......	......	......	......	......	......	......	......	......	......	......	......	......
Kew Gardens	......	......	......	9:12	......	......	10:10	......	10:37	......	11:15	11:33	12:11
Forest Hills	......	......	......	9:14	......	......	10:12	......	10:39	......	11:17	11:35	12:13
Woodside	......	8:45	9:04	......	9:32	......	......	......	......	11:02	......	......	......
GRAND CENTRAL	8:46	......	......	......	9:42	......	......	......	10:52	......	......	11:48	......
PENN STATION	......	8:56	9:16	9:28	......	10:01	10:27	10:45	......	11:12	11:31	......	12:28
	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	AM
Train #	769	1577	1977	1579	771	1581	1583	1585	773	1985	1587	775	1591

To Hunterspoint Avenue & Long Island City
Monday to Friday except Holidays

Leave			Arrive	
Train #	Notes	Jamaica	HP Ave	LI City
Morning Service				
609	Peak	6:14	6:32	6:40
611	Peak	6:44	7:02	7:14
35	Peak	7:05	7:23	7:35
37	Peak	7:29	7:47	7:55
615	Peak	7:41	7:59	......
509	Peak	7:55	8:11	......
617	Peak	8:05	8:22	8:30
7	Peak	8:32	8:48	8:57
621	Peak	8:57	9:13	......
515	Peak	9:12	9:28	9:36
11	Note 1	9:51	10:09	......

From Long Island City & Hunterspoint Avenue
Monday to Friday except Holidays

Leave				Arrive
Train #	Notes	LI City	HP Ave	Jamaica
Afternoon and Evening Service				
656		3:15	3:30	3:46
558		......	3:57	4:16
658	Peak	......	4:22	4:37
18	Peak	......	4:30	4:46
80	Peak	4:27	4:42	4:58
662	Peak	4:58	5:07	5:25
698	Peak	5:43	5:58	6:16
668	Peak	......	6:43	6:58
568	Peak	6:40	6:53	7:09

Reference Notes

Note 1	Train will operate Tuesday, September 2, and Mondays through October 13, 2025.
*	For complete service to/from Atlantic Terminal see the Atlantic Terminal - City Terminal Zone Timetable.
A	Leaves from track 3.
	Bicycles are NOT permitted. Click HERE to visit the LIRR's Bicycle Policy Information webpage for complete and current details before planning your trip. *Restriction periods may vary depending on day of week holiday occurs.
Holidays	Holiday service will operate on New Year's Day, Presidents' Day, Memorial Day, July 4th, Labor Day, Thanksgiving Day and Christmas Day. Regular weekday service will operate on the day after Thanksgiving and Martin Luther King Jr. Day. Off Peak fares will apply on these days. Senior/Disabled/Medicare tickets will be honored all day on Columbus Day, Election Day and Veterans Day.
PEAK AM	Off-Peak One-Way/Ten Trip tickets not honored. Senior citizen/People with disabilities/Medicare customers tickets not honored (restriction lifted on Columbus, Election & Veterans Days). No bicycles are allowed on these trains.
PEAK PM	Off-Peak One-Way/Ten Trip tickets not honored. At stations other than western terminals, PM Peak trains may leave up to three minutes early. Please allow sufficient time. No bicycles are allowed on these trains.
All Branches	On all branches, eastbound trains may depart stations east of Jamaica up to three minutes earlier than times shown.
West of Jamaica	At stations west of Jamaica, westbound trains may depart stations up to three minutes earlier than times shown.

Station Services: Connecting Transportation

	Fare Zone				
PENN STATION	1	M7, M20, M34-SBS, M34A-SBS, Q32			1, 2, 3, A, C, E, Amtrak, NJ TRANS
GRAND CENTRAL	1	M1, M2, M3, M4, M42, M101, M102, M103, Q32			4, 5, 6, 7, S, METRO-NORTH
Woodside	1	Q18, Q32, Q53-SBS, Q70-SBS		LaGuardia Link Q70-SBS	7
Forest Hills	1	Q23, Q60, Q64, Q74			E, F, M, R
Kew Gardens	1	Q10, Q80		Q10	
HUNTERSPOINT AVE.	1	Q67			7
ATLANTIC TERMINAL	1	B37, B41, B45, B63, B65, B67, B103			2, 3, 4, 5, B, D, N, Q, R
Nostrand Avenue	1	B25, B26, B44, B44-SBS, B49			A, C
East New York	1	B12, B20, B25, B83, Q24, Q56			A, C, J, Z, L
JAMAICA	3	Q1, Q6, Q8, Q9, Q20, Q24, Q25, Q30, Q31, Q40, Q41, Q43, Q44-SBS, Q54, Q56, Q60, Q65, Q75		AIRTRAIN	E, J, Z
Hollis	3	Q2, Q3, Q110	(718) 479-7676	Q3	
Queens Village	3	Q27, Q36, Q88, Q110, n24	(718) 479-7676		
Bellerose	4		(516) 328-8888		
Floral Park	4		(516) 328-8888		
Stewart Manor	4	n25	(516) 354-3554		
Nassau Boulevard	4		(516) 742-2222		
Garden City	4		(516) 746-1542		
Country Life Press	4		(516) 746-1542		
HEMPSTEAD	4	n6, n15, n16, n27, n31, n32, n35, n40/41, n48, n49, n54, n55, n70, Mercy Medical Shuttle	(516) 489-4460		

Customer Service Center

Long Island Rail Road Schedule & Fare Info: .... www.mta.info
24-hour automated Schedule & Fare information
Call: 511 (Say "LIRR" at anytime)

Deaf/Hard of Hearing Customers:
Use your preferred relay service provider or the free **711** relay to reach 511

NYC SUBWAY AND BUS
MTA New York City Transit, MTA Bus............................511

BUS SERVICES:
Nassau Inter-County Express...(516) 336-6600
Suffolk County Transit (Suffolk County Buses)..............(631) 852-5200
HART (Huntington Area Rapid Transit) ....(631) HART-BUS
City of Long Beach Buses ....(516) 431-4445

RAILROADS:
Metro-North Railroad (New York City) 511
New Jersey Transit...(973) 275-5555
PATH (Port Authority Trans Hudson) ....(800) 234-PATH
AMTRAK...(800) USA-RAIL

FERRY SERVICES:
Port Jefferson-Bridgeport Ferry ....(631) 473-0286

VISITORS AND TOURISM:
Long Island Convention & Visitors Bureau ....(877) FUN-ON-LI

Helpful Phone Numbers

To Report Vandalism or get Emergency Assistance
Emergency only..911
MTA Police ....(212) 878-1001
MTA Inspector General Hotline ....(800) MTA-IG4U

Call 511 and say "LIRR", then:

DEPARTMENT		HOURS
Schedule Information	Say "Schedules"	24/7
Fare Information	Say "Fares"	24/7
Mobile Ticketing	Say "Mobile Ticketing"	Daily, 6AM – 10 PM
Mail&Ride	Say "Mail and Ride"	Daily, 6AM – 10 PM
Group Travel and Getaways	Say "Group Travel"	M-F, 8 AM-4 PM
Lost & Found	Say "Lost & Found"	Daily, 6 AM – 10 PM
Refunds	Say "More Options" - "Ticket Refunds"	Daily, 6 AM – 10 PM
Ticket Machine Assistance	Say "More Options" - "Ticket Machines"	M-F, 6:30 AM-3:30 PM
Hamptons Reserve Service	Say "More Options" - "Hamptons Reserve"	Seasonal: May-Sept.
Comments & Concerns	Say "More Options" - "Public Affairs"	Daily, 6 AM - 10 PM
Corporate Offices or All Other Business	Say "More Options" - "Corporate Directory"	M-F, 9 AM-5 PM

MTA Long Island Rail Road
Jamaica Station
Jamaica, NY 11435

Title VI Statement

The LIRR is committed to ensuring that no person is excluded from participation in, denied the benefits of, or otherwise subjected to, discrimination in our programs, services, or activities on the basis of race, color, or national origin (including limited English proficiency) as protected by Title VI of the Civil Rights Act of 1964, and age, sex, disability, or religion as protected by other Federal Transit Laws, (49 U.S.C. § 5332). For more information or to file a complaint, visit www.mta.info/transparency/title-vi/notice-to-public or contact MTA Long Island Rail Road, Diversity and Equal Opportunity Division, 93-02 Sutphin Boulevard, Jamaica, NY 11435, (718)558-7351.

A complainant may also file a complaint directly with the U.S. Department of Transportation, Federal Transit Administration, Office of Civil Rights Complaint Team, East Building, 5th Floor—TCR, 1200 New Jersey Ave. SE, Washington, DC 20590

Responsibility

Assaulting MTA Long Island Rail Road Train Crew Members is a felony punishable by up to **7** years in prison. New York State Penal Code 120.05

The Long Island Rail Road cannot assume responsibility for inconvenience, expense or damage resulting from errors in timetables, delayed trains, failure to make connections or for changes in or shortage of equipment. The sale of any ticket includes no assurance of a seat on a particular train. The schedules shown in this timetable are subject to change without notice.

MTA Long Island Rail Road

Effective September 2 - November 9, 2025

Hempstead
Branch Timetable

www.mta.info

- Hempstead
- Country Life Press
- Garden City
- Nassau Boulevard
- Stewart Manor
- Floral Park
- Bellerose
- Elmont-UBS Arena
- Queens Village
- Hollis
- Jamaica (AIRTRAIN)
- Atlantic Terminal (Brooklyn)
- Use the TrainTime app or a City Terminal Zone timetable to view full service west of Jamaica and plan for your transfer options.
- Hunterspoint Avenue
- Long Island City
- Woodside (LaGuardia Link Q70 +selectbusservice)
- Grand Central
- Penn Station

/// WATCH THE GAP ///

Saturday, Sunday and Holidays, Effective September 2 - November 9, 2025

Eastbound

To Hempstead

Weekends & Holidays

See the TrainTime app for complete service west of Jamaica as well as transfer options.

For explanation, see "Reference Notes."

| | AM | AM | AM