

**Alternate Plan Schedules
Effective When Announced
Weekdays, September 2-November 9, 2025**

www.mta.info

● **Far Rockaway** 



Inwood 

● **Lawrence** 

Cedarhurst

● **Woodmere** 



Hewlett

Gibson

● **Valley Stream** 

Rosedale

● **Laurelton**

● **Locust Manor**

● **Atlantic Terminal** 
(Brooklyn)

Hunterspoint Avenue

Long Island City  

Woodside  **LaGuardia Link**
070 +selectbusservice

● **Grand Central** 



Penn Station

Alternate Plan Schedules - Effective When Announced, Weekdays, September 2-November 9, 2025

Eastbound

To
Far Rockaway

***Refer to the TrainTime app for complete service west of Jamaica as well as transfer options.**

For explanation, see "Reference Notes."																																
PENN STATION	AM	AM 12:57	AM 1:52	AM 2:23	AM 3:52	AM 4:28	AM 4:45	AM 5:37	AM	AM 6:39	AM	AM 7:52	AM	AM 8:52	AM	AM 9:54	AM	AM 10:54	AM	AM 11:54	PM	PM 12:54	PM	PM 1:57	PM	PM 2:51	PM 2:57	PM	PM 3:23	PM		
GRAND CENTRAL	12:38								6:29		7:28		8:23		9:24		10:14		11:14		12:14		1:14		2:14		2:51		3:22		3:52	
Woodside		1:08		2:34	4:03		4:56	5:48	6:41			8:03	8:35	9:04	9:35	10:06	10:26	11:06	11:26	12:06	12:26	1:06	1:26	2:09	2:26	3:03				3:35		
Forest Hills	12:53		2:06		4:09	4:43																										
Kew Gardens	12:55		2:08		4:11	4:45																										
ATLANTIC TERMINAL*																																
Nostrand Avenue*																																
East New York*																																
JAMAICA (Arrive)	12:59	1:17	2:12	2:43	4:15	4:49	5:05	5:57	6:50	7:00	7:49	8:12	8:44	9:12	9:44	10:14	10:34	11:14	11:34	12:14	12:34	1:14	1:34	2:18	2:34	3:12	3:18	3:43	3:43	4:12		
JAMAICA (Leave)	1:01	1:19	2:13	2:44	4:16	4:50	5:06	5:58	6:51	7:02	7:50	8:13	8:45	9:13	9:46	10:15	10:36	11:15	11:36	12:15	12:36	1:15	1:36	2:19	2:36	3:13	3:19	3:44	3:44	4:13	4:13	
Locust Manor	1:07			2:50			5:12		6:57	7:09	7:56		8:51	9:19	9:52		10:42	11:21	11:42		12:42		1:42		2:42	3:19		3:50		4:19		
Laurelton	1:09			2:52			5:14		6:59	7:11	7:58		8:53	9:21	9:54		10:44	11:23	11:44		12:44		1:44		2:44	3:21		3:52		4:21		
Rosedale	1:12			2:55			5:17		7:02	7:14	8:01		8:56	9:24	9:57		10:47	11:26	11:47		12:47		1:47		2:47	3:24		3:55		4:24		
VALLEY STREAM	1:15	1:29	2:22	2:59	4:25	5:02	5:20	6:07	7:05	7:17	8:04	8:22	8:59	9:27	10:00	10:25	10:50	11:29	11:50	12:25	12:50	1:25	1:50	2:30	2:50	3:27	3:30	3:58	3:56	4:27		
Gibson	1:19			3:02			5:24		7:09		8:08		9:03		10:04		10:54		11:54		12:54		1:54		2:54		3:34	4:02				
Hewlett	1:22			3:05			5:27		7:12		8:11		9:06		10:07		10:57		11:57		12:57		1:57		2:57		3:37	4:05				
Woodmere	1:24			3:07			5:29		7:14		8:13		9:08		10:09		10:59		11:59		12:59		1:59		2:59		3:39	4:07				
Cedarhurst	1:27			3:10			5:32		7:17		8:16		9:11		10:12		11:02		12:02		1:02		2:02		3:02		3:42	4:10				
Lawrence	1:29			3:12			5:34		7:19		8:18		9:13		10:14		11:04		12:04		1:04		2:04		3:04		3:44	4:12				
Inwood	1:32			3:15			5:37		7:22		8:21		9:16		10:17		11:07		12:07		1:07		2:07		3:07		3:47	4:15				
FAR ROCKAWAY	1:37			3:20			5:42		7:27		8:26		9:21		10:22		11:12		12:12		1:12		2:12		3:12		3:52	4:20				
	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	
Train #	2702	802	804	2704	806	120	2710	810	2712	812	2716	814	2718	816	2720	820	2722	822	2724	824	2750	852	2752	854	2754	856	2756	2758	858	860		

Alternate Plan Schedules - Effective When Announced, Weekdays, September 2-November 9, 2025

(Continued)

Eastbound

To Far Rockaway

***Refer to the TrainTime app for complete service west of Jamaica as well as transfer options.**

For explanation, see "Reference Notes."	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM								
PENN STATION	PM	PM 4:31	PM	PM 4:48	PM	PM	PM	PM 5:34				PM 6:10					PM 7:26	PM 7:44	PM	PM	PM 8:52		PM 9:52		PM 10:48		PM 11:57
GRAND CENTRAL	4:18				5:00	5:12	5:18		5:36	5:54	5:57		6:36	6:44	6:56	7:18			7:55	8:24		9:24		10:31		11:30	
Woodside	4:30																		8:07		9:04		10:04				12:09
Forest Hills																				8:39		9:39		10:46	11:03	11:45	
Kew Gardens	4:35								5:53											8:41		9:41		10:48	11:05	11:47	
ATLANTIC TERMINAL*			4:46																								
Nostrand Avenue*																											
East New York*																											
JAMAICA (Arrive)	4:39	4:51	5:05	5:09	5:21	5:31	5:38	5:55	5:57	6:14	6:17	6:31	6:55	7:04	7:15	7:38	7:45	8:03	8:15	8:45	9:12	9:45	10:13	10:52	11:09	11:51	12:18
JAMAICA (Leave)	4:40	4:52	5:06	5:10	5:23	5:32	5:39	5:56	5:59	6:15	6:18	6:32	6:56	7:05	7:16	7:39	7:46	8:04	8:16	8:47	9:14	9:47	10:15	10:54	11:11	11:53	12:20
Locust Manor	4:45			5:16		5:38			6:05		6:24	6:38	7:02		7:22		7:52	8:10	8:22	8:53	9:20	9:52		11:00		11:59	12:26
Laurelton	4:47			5:18	5:32	5:40		6:04	6:07		6:26	6:40	7:04		7:24		7:54	8:12	8:24	8:55	9:22	9:55		11:02		12:01	12:28
Rosedale	4:50	5:01		5:21		5:43		6:07	6:10		6:29	6:43	7:07		7:27	7:47	7:57	8:15	8:27	8:58	9:25	9:58		11:05		12:04	12:31
VALLEY STREAM	4:53	5:03	5:17	5:24		5:46	5:49	6:10	6:14	6:24	6:32	6:46	7:10	7:15		7:50	8:00	8:18	8:30	9:01	9:29	10:01	10:25	11:08	11:21	12:07	12:34
Gibson	4:57		5:21			5:49			6:18		6:35		7:13		7:33		8:04		8:34	9:05		10:05		11:12		12:11	
Hewlett	5:00		5:24			5:52			6:21		6:38		7:16		7:36		8:07		8:37	9:08		10:08		11:15		12:14	
Woodmere	5:02		5:26			5:54			6:23		6:40		7:18		7:38		8:09		8:39	9:10		10:10		11:17		12:16	
Cedarhurst	5:05		5:29			5:57			6:26		6:43		7:21		7:41		8:12		8:42	9:13		10:13		11:20		12:19	
Lawrence	5:07		5:31			5:59			6:28		6:45		7:23		7:44		8:14		8:44	9:15		10:15		11:22		12:21	
Inwood	5:10		5:34			6:02			6:31		6:48		7:26		7:46		8:17		8:47	9:18		10:18		11:25		12:24	
FAR ROCKAWAY	5:15		5:39			6:07			6:36		6:53		7:31		7:51		8:22		8:52	9:23		10:23		11:30		12:29	
	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	AM	AM
Train #	2760	862	2762	864	1258	2766	866	868	2768	870	2770	874	2774	876	2776	880	2778	882	2780	2784	886	2786	888	2788	890	2790	892

/// WATCH THE GAP ///

Alternate Plan Schedules - Effective When Announced, Weekdays, September 2-November 9, 2025

Westbound

To Jamaica, Brooklyn* & New York

*Refer to the TrainTime app for complete service west of Jamaica as well as transfer options.

For explanation, see "Reference Notes."							Peak AM	Peak AM	Peak AM	Peak AM	Peak AM	Peak AM	Peak AM	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	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM
FAR ROCKAWAY		12:36	1:06	3:01			5:27		6:04		6:25			6:47		7:10			7:33		7:50		8:10		
Inwood		12:41	1:11	3:06			5:32		6:09		6:30			6:52		7:15			7:38		7:55		8:15		
Lawrence		12:43	1:13	3:08			5:34		6:11		6:32			6:54		7:17			7:40		7:57		8:17		
Cedarhurst		12:45	1:15	3:10			5:36		6:13		6:34			6:56		7:19			7:42		7:59		8:19		
Woodmere		12:48	1:18	3:13			5:39		6:16		6:37			6:59		7:22			7:45		8:02		8:22		
Hewlett		12:50	1:20	3:15			5:41		6:18		6:39			7:01		7:24			7:47		8:04		8:24		
Gibson		12:53	1:23	3:18			5:44		6:21		6:42			7:04		7:27			7:50		8:07		8:27		
VALLEY STREAM	12:31	12:57	1:27	3:22	4:38	5:33	5:48	6:09	6:25	6:36	6:46	6:54	7:02	7:08	7:22	7:31	7:36	7:47	7:54	8:01	8:11	8:20	8:31	8:45	9:08
Rosedale		1:00	1:30	3:25	4:41	5:36	5:51			6:28	6:39	6:49		7:11	7:25	7:34	7:39		7:57			8:23	8:34		
Laurelton		1:03	1:33	3:28	4:44	5:39	5:54		6:31	6:42	6:52			7:14		7:37	7:42		8:00			8:26	8:37		
Locust Manor		1:05	1:35	3:30	4:46	5:41	5:56		6:33	6:44	6:54			7:16		7:39	7:44		8:02			8:28	8:39		
JAMAICA (Arrive)	12:44	1:11	1:42	3:37	4:53	5:48	6:02	6:23	6:39	6:51	7:01	7:05	7:13	7:23	7:37	7:47	7:51	7:59	8:08	8:12	8:24	8:36	8:47	8:57	9:20
JAMAICA (Leave)	12:45	1:13	1:43	3:38	4:54	5:49	6:03	6:24	6:40	6:52	7:02	7:06	7:14	7:24	7:38	7:48	7:53	8:00	8:10	8:13	8:25	8:37	8:48	8:58	9:21
East New York*							6:11			7:00	7:10						8:00		8:17						
Nostrand Avenue*							6:16			7:05	7:15						8:05		8:22						
ATLANTIC TERMINAL*							6:23			7:12	7:22						8:12		8:29						
Kew Gardens				3:42		5:53															8:41	8:52			
Forest Hills				3:44				6:29					7:19								8:43				
Woodside	12:53	1:23	1:51	3:49	5:02																8:48				
GRAND CENTRAL		1:33				6:08		6:43	6:59				7:34	7:43			8:19		8:32			9:06		9:39	
PENN STATION	1:04 AM	 AM	2:02 AM	3:59 AM	5:12 AM	 AM	 AM	 AM	 AM	 AM	 AM	7:25 AM	 AM	 AM	 AM	 AM	 AM	 AM	 AM	 AM	8:43 AM	8:59 AM	 AM	9:16 AM	 AM
Train #	801	2701	2703	2705	807	809	2711	811	2715	815	2717	817	819	2719	821	2721	899	823	2723	827	2725	829	2727	831	833

Alternate Plan Schedules - Effective When Announced, Weekdays, September 2-November 9, 2025

(Continued)

Westbound

To Jamaica, Brooklyn* & New York

*Refer to 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	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM
FAR ROCKAWAY	8:53	9:06		10:24		11:24		12:24		1:24		2:24		3:24		4:06		4:36		5:19		5:51		6:10		7:14
Inwood	8:58	9:11		10:29		11:29		12:29		1:29		2:29		3:29		4:11		4:41		5:24		5:56		6:15		7:19
Lawrence	9:00	9:13		10:31		11:31		12:31		1:31		2:31		3:31		4:13		4:43		5:26		5:58		6:17		7:21
Cedarhurst	9:02	9:15		10:33		11:33		12:33		1:33		2:33		3:33		4:15		4:45		5:28		6:00		6:19		7:23
Woodmere	9:05	9:18		10:36		11:36		12:36		1:36		2:36		3:36		4:18		4:48		5:31		6:03		6:22		7:26
Hewlett	9:07	9:20		10:38		11:38		12:38		1:38		2:38		3:38		4:20		4:50		5:33		6:06		6:25		7:29
Gibson	9:10	9:23		10:41		11:41		12:41		1:41		2:41		3:41		4:23		4:53		5:36		6:08		6:28		7:32
VALLEY STREAM	9:14	9:27	10:12	10:45	11:14	11:45	12:14	12:45	1:14	1:45	2:11	2:45	3:13	3:45	4:16	4:27	4:46	4:57	5:16	5:40	5:50	6:13	6:15	6:32	7:09	7:42
Rosedale	9:17	9:30	10:15	10:48		11:48		12:48		1:48		2:48	3:16	3:48		4:30	4:49	5:00	5:18	5:43		6:18	6:35		7:45	8:27
Laurelton	9:20	9:33	10:18	10:51		11:51		12:51		1:51		2:51	3:19	3:51		4:33	4:52	5:03		5:46		6:21	6:38	7:14	7:48	8:30
Locust Manor	9:22	9:35	10:20	10:53		11:53		12:53		1:53		2:53	3:21	3:53		4:35	4:54	5:05		5:48		6:23	6:40	7:16	7:50	8:32
JAMAICA (Arrive)	9:29	9:42	10:26	11:00	11:24	12:00	12:24	1:00	1:24	2:00	2:21	3:00	3:28	4:00	4:26	4:42	5:01	5:12	5:28	5:55	6:01	6:23	6:29	6:47	7:23	7:57
JAMAICA (Leave)	9:30	9:43	10:27	11:02	11:25	12:02	12:25	1:02	1:25	2:02	2:22	3:02	3:29	4:01	4:27	4:43	5:02	5:13	5:29	5:56	6:02	6:24	6:30	6:48	7:24	7:59
East New York*																			6:04							
Nostrand Avenue*																			6:09							
ATLANTIC TERMINAL*																			6:16							
Kew Gardens		9:47																				8:44			9:49	
Forest Hills	9:35																					8:46			9:51	
Woodside			10:35		11:33		12:33		1:33			3:10	3:36	4:09	4:34	4:52	5:09	5:22	5:37		6:10			8:07		10:45
GRAND CENTRAL	9:49	10:02		11:21		12:21		1:21		2:21		3:21		4:20		5:02			5:48			6:43		7:07		8:18
PENN STATION			10:46 AM	 AM	11:44 AM	 PM	12:45 PM	 PM	1:44 PM	 PM	2:42 PM	 PM	3:47 PM	 PM	4:45 PM	 PM	5:20 PM	5:33 PM	 PM	 PM	 PM	6:49 PM	 PM	7:41 PM	 PM	9:09
Train #	2731	2733	835	2735	837	2737	839	2753	853	2755	855	2757	857	2759	859	2761	861	2763	863	2765	865	2767	867	2769	869	2771



Long Island Rail Road

Reference Notes	
*	For complete service to/from Atlantic Terminal see the Atlantic Terminal - City Terminal Zone Timetable.
	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.

/// WATCH THE GAP ///