Metro-North Railroad
New Haven Line

As of October 5, 2025

Grand Central
New York City
Harlem – 125th St

Fordham
Mt. Vernon East
Pelham
New Rochelle

Larchmont
Mamaroneck
Harrison
Rye
Port Chester

Greenwich
Cos Cob
Riverside
Old Greenwich

Stamford
Noroton Hgts
Darien
Rowayton

South Norwalk
East Norwalk

Westport
Greens Farms
Southport
Fairfield
Fairfield – Black Rock

Bridgeport

Stratford
Milford

West Haven
New Haven
New Haven – State St

Schedule Links

Monday – Friday

To Grand Central
AM Peak & Mornings *4 AM – 12 Noon*

To Grand Central
Afternoons, & Nights *12 Noon – 12 Midnight*

To New Haven
Mornings *5 AM – 12 Noon*

To New Haven
Afternoons *12 Noon – 4 PM*

To New Haven
PM Peak & Nights *4PM – 2 AM*

Saturday & Sunday

To Grand Central

To New Haven

Other New Haven Line PDFs

New Canaan Branch Schedule

Danbury Branch Schedule

Waterbury Branch Schedule

Download the TrainTime App

Download on the App Store

GET IT ON Google Play

Key

Ⓐ – 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

– **UniTicket** *(combined monthly rail/bus ticket)* is available for bus service between train station and residential area or worksites

– Airport connecting service

– Tactile warning strips, audio/visual passenger information, ramps, and/or elevators available in station and on platforms.

– Platforms have ramps and/or elevators. An accessible path between platforms or tactile warning strips may not be available.

See information on ADA accomodations

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**
7/4	Independence Day	**Sunday**
9/7	Labor Day	**Sunday**
11/26	Thanksgiving Day	Special
11/27	Friday after Thanksgiving	Saturday + Extras
12/24	Christmas Eve	*Friday*
12/25	Christmas Day	Hourly
12/31	New Year's Eve	Special

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
– Senior (65+)/People with Disabilities and Medicare customers will be charged half the peak fare. **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
– outbound PM peak trains
– on trains with the NO BIKE symbol
– 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.

Useful links
mta.info/mnr **mta.info/schedules** **mta.info**

More Details on:
Ticket Information **Contact Information** **Connecting Services**

INBOUND: Monday – Friday AM Peak & Mornings

Peak trains arrive at Grand Central between 6 AM – 10 AM

Effective **October 5, 2025**

(BICYCLES NOT PERMITTED ON INBOUND AM PEAK TRAINS)

Miles	TO NEW YORK	1301	1503	1303	1507	3507	1305	1707	1509	3511	1307	1407	1409	1309	1511
		OFF-PEAK	OFF-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
73	New Haven-State St.														
72	New Haven (A)		3 58		4 28	5 08			4 56	5 32					5 34
69	West Haven		4 03		4 32				5 01						5 38
63	Milford		4 11		4 40				5 08						5 45
59	Stratford		4 17		4 46				5 15						5 52
55	Bridgeport (A)		4 23		4 53	5 27			5 21	5 52			5 36		5 59
53	Fairfield-Black Rock		4 28		4 58				5 26				5 41		6 04
51	Fairfield		4 32		5 02				5 29				5 44		6 07
49	Southport				5 05								5 47		
47	Green's Farms				5 08								5 50		
44	Westport		4 40		5 13				5 38				5 56		6 16
42	East Norwalk				5 17								5 59		
41	South Norwalk		4 46		5 20				5 43				6 02		
39	Rowayton				5 24								6 06		
38	Darien		4 51		5 27				5 48				6 09		
36	Noroton Heights		4 54		5 31				5 51				6 12		
41	New Canaan Branch: New Canaan							5 30							
39	Talmadge Hill							5 34							
37	Springdale							5 38							
35	Glenbrook							5 41							
33	Stamford Ar. (A)							5 46							
33	Stamford Lv. (A)	4 39	5 02	5 09	5 37	D 5 55	5 33	5 46	5 57	D 6 18	5 59	6 09	6 19	6 13	6 34
31	Old Greenwich	4 42		5 12			5 36	5 49			6 02			6 16	
30	Riverside	4 44		5 14			5 38	5 51			6 05			6 19	
30	Cos Cob	4 46		5 16			5 40	5 53			6 07			6 21	
28	Greenwich	4 49		5 19			5 43	5 56			6 10	6 16		6 23	
26	Port Chester	4 54		5 24			5 47	6 00			6 14	6 21		6 28	
24	Rye	4 57		5 27			5 50	6 03			6 17	6 24		6 31	
22	Harrison	5 00		5 30			5 54				6 21	6 28		6 35	
21	Mamaroneck	5 03		5 33			5 57				6 24	6 31		6 38	
19	Larchmont	5 07		5 37			6 00				6 27	6 35		6 41	
17	New Rochelle (A)	5 11		5 40			6 04				6 31			6 44	
15	Pelham	5 15		5 44			6 07				6 34			6 48	
14	Mount Vernon East	5 18		5 46			6 10				6 37			6 51	
9	Fordham (E.190th)	5 25		5 54			6 18				6 45			6 59	
4	Harlem-125th St.	D 5 35	D 5 44	D 6 04	D 6 17		D 6 27	D 6 32	D 6 38		D 6 54	D 6 56	D 6 58	D 7 07	D 7 11
0	Grand Central	5 49 AM	5 59 AM	6 17 AM	6 30 AM	6 36 AM	6 41 AM	6 43 AM	6 51 AM	7 02 AM	7 06 AM	7 08 AM	7 10 AM	7 20 AM	7 24 AM

Miles	TO NEW YORK	1711	1311	1811	1513	1213	1315	1517	1317	1417	1321	1419	3419	1819	1221
		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
	Notes			FROM DANBURY						WILL NOT OPERATE FRIDAYS		WILL NOT OPERATE FRIDAYS	WILL OPERATE FRIDAYS ONLY	FROM DANBURY	
73	New Haven-State St.														
72	New Haven (A)				5 46			5 58							
69	West Haven				5 50			6 02							
63	Milford				5 57			6 09							
59	Stratford				6 04			6 16							
55	Bridgeport (A)				6 11			6 23				6 30	6 20		
53	Fairfield-Black Rock				6 17			6 29				6 36	6 26		
51	Fairfield				6 20			6 32				6 39	6 29		
49	Southport				6 23							6 42	6 32		
47	Green's Farms				6 26							6 45	6 35		
44	Westport				6 32							6 51	6 41		
42	East Norwalk				6 36							6 56	6 46		
41	South Norwalk			6 23	6 39					6 48		6 59	6 50	7 04	
39	Rowayton			6 27						6 52			6 54		
38	Darien			6 30						6 55			6 57		
36	Noroton Heights			6 34						6 59			7 01		
41	New Canaan Branch: New Canaan	6 20													
39	Talmadge Hill	6 24													
37	Springdale	6 28													
35	Glenbrook	6 31													
33	Stamford Ar. (A)	6 36													
33	Stamford Lv. (A)	6 36	6 28		6 49		6 46	6 57		7 05	6 54	7 10	7 07	7 16	
31	Old Greenwich		6 31				6 49				6 57				
30	Riverside		6 34				6 52				7 00				
30	Cos Cob		6 36				6 54				7 02				
28	Greenwich		6 39				6 57			7 15	7 04		7 17		
26	Port Chester		6 44				7 02				7 08				
24	Rye		6 47				7 05				7 11				
22	Harrison					6 59					7 15				7 28
21	Mamaroneck					7 02					7 18				7 31
19	Larchmont					7 06					7 22				7 36
17	New Rochelle (A)					7 10			7 21		7 26				
15	Pelham					7 14			7 25		7 29				
14	Mount Vernon East					7 16			7 29		7 33				
9	Fordham (E.190th)										7 41				
4	Harlem-125th St.	D 7 14	D 7 16	D 7 19	D 7 29	D 7 31	D 7 37	D 7 39		D 7 46	D 7 49	D 7 51	D 7 51	D 7 54	
0	Grand Central	7 28 AM	7 29 AM	7 32 AM	7 42 AM	7 46 AM	7 52 AM	7 54 AM	7 58 AM	8 02 AM	8 03 AM	8 05 AM	8 07 AM	8 08 AM	8 12 AM

Miles	TO NEW YORK	1325	1723	1225	1525	1429	1427	1327	1529	1731	1331	1531	1633	1831	1229
		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
	Notes						WILL NOT OPERATE FRIDAYS						FROM NEW LONDON	FROM DANBURY	
73	New Haven-State St.												6 44		
72	New Haven (A)				6 18				6 47			6 40	6 55		
69	West Haven				6 23				6 52			6 44	7 00		
63	Milford				6 30				6 59			6 51	7 08		
59	Stratford				6 36				7 06			6 58	7 15		
55	Bridgeport (A)				6 43		6 59		7 12			7 05	7 22		
53	Fairfield-Black Rock				6 49		7 04		7 18			7 11			
51	Fairfield				6 52		7 08		7 22			7 14			
49	Southport				6 55		7 11					7 17			
47	Green's Farms				6 58		7 14					7 20			
44	Westport				7 03		7 20					7 26			
42	East Norwalk				7 07		7 24					7 30			
41	South Norwalk				7 11	7 16						7 34		7 43	
39	Rowayton					7 20									
38	Darien					7 23									
36	Noroton Heights					7 26									
41	New Canaan Branch: New Canaan		7 12							7 32					
39	Talmadge Hill		7 16							7 37					
37	Springdale		7 20							7 41					
35	Glenbrook		7 24							7 45					
33	Stamford Ar. (A)												7 53		
33	Stamford Lv. (A)		7 30		7 23	7 32					7 40	7 46		7 55	
31	Old Greenwich				7 28							7 50			
30	Riverside				7 31							7 53			
30	Cos Cob				7 33							7 55			
28	Greenwich	7 28			7 37						7 48	7 59			
26	Port Chester	7 32									7 53				
24	Rye	7 35									7 56				
22	Harrison							7 48			8 00				
21	Mamaroneck							7 52							
19	Larchmont							7 57							
17	New Rochelle (A)			7 46											8 18
15	Pelham			7 51											8 21
14	Mount Vernon East			7 53											8 24
9	Fordham (E.190th)										8 19				
4	Harlem-125th St.	D 8 06	D 8 08	D 8 09	D 8 13						D 8 27	D 8 33		D 8 36	D 8 38
0	Grand Central	8 20 AM	8 22 AM	8 23 AM	8 27 AM	8 28 AM	8 30 AM	8 33 AM	8 37 AM	8 40 AM	8 41 AM	8 46 AM	AM	8 49 AM	8 51 AM

Miles	TO NEW YORK	1231	1431	1433	1333	1735	1335	1533	1233	1535	3537	1237	1437	1537
		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
	Notes												WILL NOT OPERATE FRIDAYS	WILL NOT OPERATE FRIDAYS
73	New Haven-State St.													
72	New Haven (A)							7 25		7 16	7 52			7 44
69	West Haven							7 30		7 20				7 49
63	Milford							7 38		7 28				7 56
59	Stratford							7 44		7 35				8 02
55	Bridgeport (A)							7 51		7 41	8 12			8 08
53	Fairfield-Black Rock		7 37							7 47				8 14
51	Fairfield		7 40							7 50				8 17
49	Southport		7 43											8 20
47	Green's Farms		7 46											8 24
44	Westport		7 52							7 59				8 29
42	East Norwalk		7 55							8 04				8 33
41	South Norwalk		7 59	7 51						8 07			8 28	8 36
39	Rowayton			7 55									8 32	
38	Darien			7 59						8 13			8 36	8 42
36	Noroton Heights			8 02									8 39	
41	New Canaan Branch: New Canaan					7 58								
39	Talmadge Hill					8 03								
37	Springdale					8 07								
35	Glenbrook					8 11								
33	Stamford Ar. (A)													
33	Stamford Lv. (A)		8 09		8 05	8 15	8 00	8 22		8 21	D 8 40		8 45	8 49
31	Old Greenwich				8 08		8 03			8 24				
30	Riverside				8 11		8 06			8 27				
30	Cos Cob				8 14		8 08			8 30				
28	Greenwich				8 17	8 23	8 10			8 33			8 54	8 57
26	Port Chester				8 21		8 15			8 38				
24	Rye				8 24		8 18			8 41				
22	Harrison	8 13					8 22		8 36			8 49		
21	Mamaroneck	8 16					8 25		8 39			8 52		
19	Larchmont	8 20					8 29		8 43			8 56		
17	New Rochelle (A)						8 33		8 46	8 52		9 00		
15	Pelham						8 37		8 50			9 04		
14	Mount Vernon East						8 40		8 53			9 07		
9	Fordham (E.190th)						8 50					9 15		
4	Harlem-125th St.	D 8 41	D 8 47	D 8 49		D 8 56	D 8 57	D 9 02		D 9 11		D 9 23	D 9 25	D 9 29
0	Grand Central	8 54 AM	9 00 AM	9 02 AM	9 03 AM	9 09 AM	9 12 AM	9 15 AM	9 20 AM	9 24 AM	9 30 AM	9 36 AM	9 38 AM	9 43 AM

Miles	TO NEW YORK	3539	1539	1841	1339	3541	1541 / 1741	1239	1341	1241	1545	1445 / 1745	1849
		AM PEAK	AM PEAK	AM PEAK	OFF-PEAK	OFF-PEAK	OFF-PEAK	OFF-PEAK	OFF-PEAK	OFF-PEAK	OFF-PEAK	OFF-PEAK	OFF-PEAK
		AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM
	Notes	WILL OPERATE FRIDAYS ONLY	WILL NOT OPERATE FRIDAYS	FROM DANBURY		WILL OPERATE FRIDAYS ONLY							FROM DANBURY
73	New Haven-State St.												
72	New Haven (A)	7 41	7 56			8 24	8 14				8 47		
69	West Haven	7 46	8 00				8 19				8 51		
63	Milford	7 53	8 07				8 26				8 59		
59	Stratford	7 59	8 14				8 33				9 06		
55	Bridgeport (A)	8 05	8 20			8 44	8 39				9 12	9 18	
53	Fairfield-Black Rock	8 11	8 26				8 44				9 18	9 24	
51	Fairfield	8 14	8 30				8 48				9 21	9 27	
49	Southport	8 17					8 51					9 30	
47	Green's Farms	8 21					8 54					9 33	
44	Westport	8 26					9 00					9 39	
42	East Norwalk	8 30					9 04					9 43	
41	South Norwalk	8 33		8 45			9 07				9 35	9 46	9 56
39	Rowayton	8 37		8 50								9 49	
38	Darien	8 40		8 53								9 52	
36	Noroton Heights	8 43		8 56								9 56	
41	New Canaan Branch: New Canaan						C 8 51					C 9 38	
39	Talmadge Hill						C 8 56					C 9 43	
37	Springdale						C 9 00					C 9 47	
35	Glenbrook						C 9 03					C 9 50	
33	Stamford Ar. (A)						C 9 09					C 9 56	
33	Stamford Lv. (A)	8 49		9 03	8 59	9 12	9 19		9 24		9 46	10 02	10 12
31	Old Greenwich				9 02				9 27				
30	Riverside				9 05				9 30				
30	Cos Cob				9 07				9 32				
28	Greenwich	8 57			9 10				9 35			10 10	
26	Port Chester				9 14				9 39				
24	Rye				9 17				9 42				
22	Harrison				9 21			9 26	9 46	9 50			
21	Mamaroneck							9 29		9 53			
19	Larchmont							9 33		9 57			
17	New Rochelle (A)							9 37		10 01			
15	Pelham							9 41		10 05			
14	Mount Vernon East							9 44		10 08			
9	Fordham (E.190th)							9 55	10 06	10 18			
4	Harlem-125th St.	D 9 29	D 9 34	D 9 43	D 9 50		D 10 00	D 10 03	D 10 15	D 10 26	D 10 28	D 10 43	
0	Grand Central	9 43 AM	9 47 AM	9 55 AM	10 02 AM	10 05 AM	10 14 AM	10 15 AM	10 27 AM	10 38 AM	10 40 AM	10 56 AM	AM

Miles	TO NEW YORK	1347	1549	1349	1551 / 1751	1351	1553	1353	1555 / 1755	1355	1557	1357	1559
		OFF-PEAK	OFF-PEAK	OFF-PEAK	OFF-PEAK	OFF-PEAK	OFF-PEAK	OFF-PEAK	OFF-PEAK	OFF-PEAK	OFF-PEAK	OFF-PEAK	OFF-PEAK
		AM	AM	AM	AM	AM	AM	AM	AM	PM	AM	PM	AM
73	New Haven-State St.										11 17		
72	New Haven (A)		9 23		9 49		10 21		10 46		11 21		11 46
69	West Haven		9 27		9 54		10 25		10 51		11 25		11 51
63	Milford		9 35		10 02		10 33		10 59		11 33		11 59
59	Stratford		9 41		10 09		10 39		11 05		11 39		12 05
55	Bridgeport (A)		9 47		10 15		10 45		11 11		11 45		12 12
53	Fairfield-Black Rock		9 53		10 20		10 51		11 17		11 51		12 17
51	Fairfield		9 56		10 24		10 54		11 20		11 54		12 21
49	Southport				10 27				11 23				12 24
47	Green's Farms				10 30				11 26				12 27
44	Westport		10 05		10 36		11 03		11 32		12 03		12 32
42	East Norwalk				10 40				11 36				12 36
41	South Norwalk		10 12		10 43		11 10		11 39		12 10		12 39
39	Rowayton				10 47				11 43				12 43
38	Darien		10 18		10 50		11 16		11 46		12 16		12 46
36	Noroton Heights		10 21		10 53				11 50				12 50
41	New Canaan Branch: New Canaan				C 10 32				C 11 29				
39	Talmadge Hill				C 10 37				C 11 34				
37	Springdale				C 10 41				C 11 38				
35	Glenbrook				C 10 44				C 11 41				
33	Stamford Ar. (A)				C 10 49				C 11 46				
33	Stamford Lv. (A)	10 05	10 28	10 32	11 01	11 03	11 24	11 31	11 57	12 04	12 24	12 31	12 57
31	Old Greenwich	10 09		10 36		11 07		11 35		12 08		12 35	
30	Riverside	10 12		10 39		11 10		11 38		12 11		12 38	
30	Cos Cob	10 14		10 41		11 12		11 40		12 13		12 40	
28	Greenwich	10 18		10 46		11 16		11 44		12 17		12 44	
26	Port Chester	10 22		10 50		11 20		11 48		12 21		12 48	
24	Rye	10 25		10 53		11 23		11 51		12 24		12 51	
22	Harrison	10 30		10 59		11 28		11 57		12 30		12 57	
21	Mamaroneck	10 33		11 02		11 31		12 00		12 33		1 00	
19	Larchmont	10 37		11 06		11 35		12 04		12 37		1 04	
17	New Rochelle (A)	10 41		11 09		11 39		12 08		12 41		1 08	
15	Pelham	10 44		11 13		11 44		12 13		12 46		1 13	
14	Mount Vernon East	10 47		11 16		11 48		12 17		12 49		1 17	
9	Fordham (E.190th)	10 55		11 28		11 57		12 30		12 57		1 28	
4	Harlem-125th St.	D 11 05	D 11 08	D 11 35	D 11 43	D 12 07	D 12 10	D 12 37	D 12 40	D 1 07	D 1 11	D 1 37	D 1 42
0	Grand Central	11 18 AM	11 23 AM	11 51 AM	11 55 AM	12 20 PM	12 22 PM	12 50 PM	12 52 PM	1 21 PM	1 23 PM	1 50 PM	1 53 PM

INBOUND: Monday – Friday Afternoons & Nights

Effective **October 5, 2025**

MILES	TO NEW YORK	1351	1553	1353	1555 1755	1355	1557	1357	1559	1359	1561	1361	1563 1763	1363	1565	1365	1567 1767	1367	1569	1369	1471	1571 1771	1371	1473	1573	1373	1775	1575	1275	1375	1577	1777	1579	3581	1279	1379	1581	1381	1583	1383
		AM	AM	AM	AM	PM	AM	PM	AM	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
73	New Haven-State St.						11 17																		3 15			3 34				4 38			5 22		5 34	
72	New Haven A		10 21		10 46		11 21		11 46		12 24		12 47		1 22		1 46		2 22			2 39			3 19			3 39			4 24		4 43	5 14		5 27		5 40	
69	West Haven		10 25		10 51		11 25		11 51		12 28		12 52		1 26		1 51		2 26			2 44			3 24			3 44			4 29		4 48	5 19		5 31		5 44	
63	Milford		10 33		10 59		11 33		11 59		12 36		1 00		1 34		1 59		2 34			2 52			3 31			3 52			4 36		4 56			5 39		5 52	
59	Stratford		10 39		11 05		11 39		12 05		12 42		1 06		1 40		2 05		2 40			2 59			3 38			3 58			4 43		5 02			5 45		5 59	
55	Bridgeport A		10 45		11 11		11 45		12 12		12 49		1 13		1 46		2 12		2 46			3 05			3 45			4 04			4 49		5 08	5 38		5 51		6 05	
53	Fairfield-Black Rock		10 51		11 17		11 51		12 17		12 55		1 18		1 52		2 17		2 52			3 10			3 50			4 10			4 54		5 14			5 57		6 11	
51	Fairfield		10 54		11 20		11 54		12 21		12 58		1 22		1 55		2 21		2 55			3 14			3 53			4 13			4 58		5 17			6 00		6 14	
49	Southport				11 23				12 24				1 25				2 24					3 17						4 16			5 01		5 20					6 17	
47	Green's Farms				11 26				12 27				1 28				2 27					3 20			3 58			4 19			5 04		5 23					6 21	
44	Westport		11 03		11 32		12 03		12 32		1 07		1 33		2 04		2 32		3 04			3 26			4 04			4 25			5 10		5 29			6 09		6 26	
42	East Norwalk				11 36				12 36				1 37				2 36					3 30						4 29			5 14		5 33					6 30	
41	South Norwalk		11 10		11 39		12 10		12 39		1 12		1 40		2 09		2 39		3 09			3 33			4 10			4 32			5 17		5 36			6 14		6 33	
39	Rowayton				11 43				12 43				1 44				2 43					3 37						4 36			5 20		5 40					6 37	
38	Darien		11 16		11 46		12 16		12 46		1 19		1 47		2 15		2 46		3 15			3 40			4 15			4 39			5 23		5 43			6 20		6 40	
36	Noroton Heights				11 50				12 50				1 51				2 50					3 43						4 43			5 26		5 47					6 44	
41	NEW CANAAN BRANCH New Canaan				C 11 29								C 1 29				C 2 29					C 3 29					4 22					5 17						
39	Talmadge Hill				C 11 34								C 1 34				C 2 34					C 3 34					4 27					5 22						
37	Springdale				C 11 38								C 1 38				C 2 38					C 3 38					4 31					5 26						
35	Glenbrook				C 11 41								C 1 41				C 2 41					C 3 42					4 35					5 29						
33	Stamford Ar. A				C 11 46								C 1 46				C 2 46					C 3 47					4 39											
33	Stamford Lv. A	11 03	11 24	11 31	11 57	12 04	12 24	12 31	12 57	1 02	1 27	1 33	1 58	2 03	2 23	2 30	2 57	3 05	3 24	3 31	3 39	3 51	3 56	4 09	4 24	4 28	4 41	4 50		5 03	5 32	5 35	5 54	6 07		6 09	6 29	6 35	6 50	7 08
31	Old Greenwich	11 07		11 35		12 08		12 35		1 06		1 37		2 07		2 34		3 08		3 34			3 59			4 31			5 06		5 39				6 12		6 38		7 11	
30	Riverside	11 10		11 38		12 11		12 38		1 09		1 40		2 10		2 37		3 10		3 36			4 01			4 34			5 09		5 41				6 15		6 41		7 14	
30	Cos Cob	11 12		11 40		12 13		12 40		1 11		1 42		2 12		2 39		3 12		3 38			4 03			4 36			5 11		5 43				6 17		6 43		7 16	
28	Greenwich	11 16		11 44		12 17		12 44		1 15		1 46		2 16		2 43		3 15	3 33	3 41	3 48		4 06	4 18		4 39	4 49	4 58		5 14	5 41	5 46	6 03			6 20	6 37	6 46	7 00	7 19
26	Port Chester	11 20		11 48		12 21		12 48		1 19		1 50		2 20		2 47		3 19		3 45	3 52		4 11	4 22		4 43	4 54			5 18		5 51				6 24		6 50		7 23	
24	Rye	11 23		11 51		12 24		12 51		1 22		1 53		2 23		2 50		3 22		3 48	3 56		4 14	4 26		4 46	4 57			5 21		5 54	6 10			6 27		6 53		7 26	
22	Harrison	11 28		11 57		12 30		12 57		1 28		1 59		2 29		2 56		3 28		3 54			4 18			4 51			5 18	5 26		5 58			6 28	6 32		6 58		7 31	
21	Mamaroneck	11 31		12 00		12 33		1 00		1 31		2 02		2 32		2 59		3 31		3 57			4 21			4 54			5 21	5 29		6 01			6 31	6 35		7 01		7 34	
19	Larchmont	11 35		12 04		12 37		1 04		1 35		2 06		2 36		3 03		3 35		4 01			4 25			4 58			5 25	5 33		6 05			6 35	6 39		7 05		7 38	
17	New Rochelle A	11 39		12 08		12 41		1 08		1 38		2 09		2 39		3 06		3 38		4 05	4 10		4 29	4 36		5 02	5 07			5 28	5 37		6 09			6 38	6 43		7 09		7 42	
15	Pelham	11 44		12 13		12 46		1 13		1 43		2 14		2 44		3 11		3 42		4 09			4 32			5 06				5 32	5 42		6 13			6 42	6 47		7 13		7 47	
14	Mount Vernon East	11 48		12 17		12 49		1 17		1 46		2 18		2 48		3 15		3 45		4 11	4 16		4 35	4 42		5 09	5 13			5 36	5 45		6 16			6 46	6 50		7 16		7 50	
9	Fordham (E.190th)	11 57		12 30		12 57		1 28		1 54		2 29		2 57		3 25		3 54		4 21	4 26		4 44	4 51		5 17	5 21			5 48	5 53		6 24	6 34		6 57	6 59		7 24	H 7 28	7 59
4	Harlem-125th St.	D 12 07	D 12 10	D 12 37	D 12 40	D 1 07	D 1 11	D 1 37	D 1 42	D 2 05	D 2 10	D 2 38	D 2 44	D 3 05	D 3 09	D 3 35	D 3 43	D 4 03	D 4 11	D 4 28	D 4 34	D 4 35	D 4 53	D 5 01	D 5 04	D 5 26	D 5 32	D 5 39	D 5 58	D 6 04	D 6 12	D 6 35	D 6 45	D 6 49	D 7 05	D 7 10	D 7 13	D 7 33	D 7 39	D 8 08	D
0	Grand Central	12 20 PM	12 22 PM	12 50 PM	12 52 PM	1 21 PM	1 23 PM	1 50 PM	1 53 PM	2 19 PM	2 22 PM	2 52 PM	2 56 PM	3 20 PM	3 22 PM	3 48 PM	3 54 PM	4 15 PM	4 24 PM	4 41 PM	4 46 PM	4 47 PM	5 06 PM	5 13 PM	5 18 PM	5 39 PM	5 47 PM	5 53 PM	6 10 PM	6 17 PM	6 26 PM	6 48 PM	6 57 PM	7 00 PM	7 17 PM	7 22 PM	7 26 PM	7 45 PM	7 49 PM	8 20 PM	

WILL OPERATE FRIDAYS ONLY

MILES	TO NEW YORK	OFF-PEAK																
		1385	1587 1787	1387	1889	1389	1591 1791	1391	1393	1595 1795	1395	1597 1797	1397	1497 1799	1299	1599	1399
		PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	AM	PM	AM
73	New Haven-State St.																
72	New Haven A		6 52				7 46			8 43		9 35		10 45		11 24	
69	West Haven		6 57				7 51			8 48		9 40		10 50		11 29	
63	Milford		7 05				7 58			8 55		9 48		10 57		11 37	
59	Stratford		7 11				8 05			9 02		9 54		11 04		11 43	
55	Bridgeport A		7 18				8 12			9 09		10 01		11 10		11 49	
53	Fairfield-Black Rock		7 23				8 18			9 14		10 06		11 16		11 55	
51	Fairfield		7 26				8 21			9 17		10 09		11 19		11 58	
49	Southport		7 30				8 24			9 21		10 13		11 22		12 02	
47	Green's Farms		7 33				8 27			9 24		10 16		11 25		12 05	
44	Westport		7 39				8 33			9 29		10 21		11 31		12 10	
42	East Norwalk		7 43				8 36			9 33		10 25		11 35		12 14	
41	South Norwalk		7 46		8 01		8 39			9 36		10 28		11 38		12 17	
39	Rowayton		7 50				8 43			9 40		10 32		11 42		12 21	
38	Darien		7 53				8 46			9 43		10 35		11 45		12 24	
36	Noroton Heights		7 56				8 50			9 47		10 39		11 49		12 28	
41	NEW CANAAN BRANCH New Canaan		C 7 31				C 8 18			C 9 31		C 10 25		C 11 25			
39	Talmadge Hill		C 7 36				C 8 23			C 9 36		C 10 30		C 11 30			
37	Springdale		C 7 40				C 8 27			C 9 40		C 10 34		C 11 34			
35	Glenbrook		C 7 43				C 8 30			C 9 43		C 10 37		C 11 37			
33	Stamford Ar. A		C 7 48				C 8 35			C 9 48		C 10 42		C 11 42			
33	Stamford Lv. A	7 33	8 03	8 06	8 20	8 30	8 57	9 07	9 28	9 54	9 57	10 46	10 57	11 56	12 05	12 35	12 54
31	Old Greenwich	7 36		8 09		8 33		9 10	9 31		10 00		11 00		12 09		12 57
30	Riverside	7 39		8 12		8 36		9 13	9 34		10 03		11 03		12 11		12 59
30	Cos Cob	7 41		8 14		8 38		9 15	9 36		10 05		11 05		12 13		1 01
28	Greenwich	7 44	8 13	8 17		8 41		9 18	9 39		10 08		11 08		12 17		1 05
26	Port Chester	7 48		8 21		8 45		9 22	9 43		10 13		11 13		12 21		1 09
24	Rye	7 51		8 24		8 48		9 25	9 46		10 16		11 16		12 24		1 12
22	Harrison	7 56		8 29		8 53		9 30	9 51		10 21		11 21		12 29		1 17
21	Mamaroneck	7 59		8 32		8 56		9 33	9 54		10 24		11 24		12 32		1 20
19	Larchmont	8 03		8 36		9 00		9 37	9 58		10 28		11 28		12 36		1 23
17	New Rochelle A	8 06		8 40		9 04		9 42	10 02		10 32		11 32		12 40		1 28
15	Pelham	8 10		8 44		9 09		9 46	10 06		10 37		11 37		12 44		1 32
14	Mount Vernon East	8 13		8 47		9 12		9 49	10 09		10 40		11 40		12 47		1 35
9	Fordham (E.190th)	8 20		8 55		9 21	H 9 31	9 57	10 18		10 49		11 49		12 56		1 43
4	Harlem-125th St.	D 8 28	D 8 50	D 9 05		D 9 30	D 9 41	D 10 07	D 10 28	D 10 39	D 10 59	D 11 31	D 11 59	D 12 40	D 1 09	D 1 20	D 1 54
0	Grand Central	8 40 PM	9 02 PM	9 17 PM	PM	9 42 PM	9 53 PM	10 19 PM	10 40 PM	10 52 PM	11 18 PM	11 44 PM	12 14 AM	12 52 AM	1 22 AM	1 32 AM	2 05 AM

OUTBOUND: Monday – Friday AM Peak & Mornings

Peak trains leave Grand Central between 6 AM – 9 AM

Effective **October 5, 2025**

MILES	TO NEW HAVEN		OFF-PEAK				AM PEAK														OFF-PEAK										
			1402	1404	1504	1306	1506	1406	1408	1308	1508	1710	1510	1410	1310	1512	1712	1312	1514	1314	1516 1716	1316	1416	1318	1518 1718	1320	1520	1322	1522	1324	1524	1326
			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
0	Grand Central			5 28	5 49	5 56	6 16	6 20	6 35	6 38	6 55	7 04	7 30	7 35	7 42	8 02	8 06	8 10	8 28	8 31	9 05	9 08	9 35	9 38	10 04	10 07	10 34	10 37	11 04	11 07	11 34	11 37
4	Harlem-125th St.			R 5 38	R 5 59	R 6 06	R 6 26	R 6 31	R 6 45	R 6 48	R 7 05	R 7 14	R 7 40	R 7 45	R 7 52	R 8 12	R 8 16	R 8 20	R 8 38	R 8 41	R 9 15	R 9 18	R 9 45	R 9 48	R 10 14	R 10 17	R 10 44	R 10 47	R 11 14	R 11 17	R 11 44	R 11 47
9	Fordham (E.190th)			5 46	6 07	6 14	6 34	6 38	6 53	6 56	7 13	7 22		7 53	8 00	8 19	8 24	8 28		8 49		9 26		9 55		10 25		10 55		11 25		11 55
14	Mount Vernon East			5 53		6 22		6 45	7 01	7 04		7 30		8 02	8 09			8 36		8 57		9 35		10 04		10 34		11 04		11 34		12 04
15	Pelham			5 56		6 25				7 07		7 33			8 12			8 39		9 00		9 38		10 07		10 37		11 07		11 37		12 07
17	New Rochelle	A		5 59		6 28		6 50	7 06	7 10		7 36		8 06	8 16			8 42		9 03		9 41		10 10		10 40		11 10		11 40		12 10
19	Larchmont			6 02		6 32				7 14		7 40			8 20			8 46		9 07		9 45		10 14		10 44		11 14		11 44		12 14
21	Mamaroneck			6 06		6 35				7 17		7 43			8 23			8 49		9 10		9 48		10 17		10 47		11 17		11 47		12 17
22	Harrison			6 09		6 38				7 20		7 46			8 26			8 52		9 13		9 51		10 20		10 50		11 20		11 50		12 20
24	Rye			6 13		6 42		7 00	7 16	7 24		7 50		8 16	8 30		8 46	8 56		9 17		9 55		10 24		10 54		11 24		11 55		12 24
26	Port Chester			6 16		6 45		7 04	7 19	7 27		7 53		8 19	8 33		8 49	8 59		9 20		9 58		10 27		10 57		11 27		11 58		12 27
28	Greenwich			6 20	6 31	6 54	6 59	7 08	7 24	7 36	7 39	7 57	8 14	8 23	8 39	8 45	8 53	9 03	9 14	9 24		10 02		10 31		11 01		11 31		12 03		12 31
30	Cos Cob			6 23				7 11				8 00		8 26			8 56	9 06		9 27		10 05		10 34		11 04		11 34		12 07		12 34
30	Riverside			6 25				7 14				8 03		8 29			8 59	9 09		9 30		10 08		10 37		11 07		11 37		12 10		12 37
31	Old Greenwich			6 28				7 17				8 06		8 32			9 02	9 12		9 33		10 10		10 39		11 09		11 39		12 12		12 39
33	Stamford *Ar.*	A	6 13	6 38	6 40		7 09	7 29	7 40		7 48	8 16	8 24	8 43		8 55	9 08	9 24	9 25	9 45	9 56	10 23	10 28	10 52	10 55	11 22	11 25	11 52	11 55	12 24	12 25	12 52
33	NEW CANAAN BRANCH Stamford *Lv.*	A																			C 10 03				C 11 01							
35	Glenbrook											8 20					9 12				C 10 07				C 11 05							
37	Springdale											8 23					9 15				C 10 10				C 11 08							
39	Talmadge Hill											8 27					9 19				C 10 14				C 11 12							
41	New Canaan											8 38					9 30				C 10 21				C 11 19							
36	Noroton Heights		6 18		6 45		7 14				7 53		8 29			9 00					10 01				11 00				12 01			
38	Darien		6 21		6 49		7 18				7 57		8 32			9 03			9 31		10 04		10 35		11 04		11 32		12 04		12 32	
39	Rowayton		6 24				7 21				8 00					9 06					10 07				11 07				12 07			
41	South Norwalk		6 28		6 54		7 25				8 04		8 37			9 10			9 36		10 10		10 40		11 11		11 37		12 11		12 37	
42	East Norwalk		6 31		6 58		7 29				8 07					9 13					10 13				11 14				12 14			
44	Westport		6 35		7 01		7 32				8 11		8 42			9 17			9 42		10 17		10 45		11 18		11 42		12 18		12 42	
47	Green's Farms		6 39				7 37				8 16					9 22					10 21				11 22				12 22			
49	Southport		6 43		7 09		7 41				8 20					9 26					10 26				11 27				12 27			
51	Fairfield		6 46		7 12		7 45				8 24		8 50			9 29			9 51		10 29		10 54		11 30		11 51		12 30		12 51	
53	Fairfield-Black Rock		6 49		7 16		7 48				8 27		8 53			9 33			9 54		10 32		10 57		11 33		11 54		12 33		12 54	
55	Bridgeport	A	6 55		7 23		7 55				8 34		8 59			9 39			10 01		10 38		11 04		11 40		12 01		12 40		1 01	
59	Stratford		7 01		7 29		8 01				8 40		9 05			9 46			10 07		10 45		11 10		11 47		12 07		12 47		1 07	
63	Milford		7 08		7 36		8 09				8 47		9 12			9 53			10 15		10 53		11 18		11 54		12 14		12 54		1 14	
69	West Haven		7 16		7 43		8 16				8 54		9 19			10 02			10 22		11 02		11 27		12 03		12 23		1 03		1 23	
72	New Haven	A	7 28		H 7 54		H 8 26				9 08		H 9 31			10 13			H 10 33		11 13		11 40		H 12 15		12 34		1 13		1 36	
73	New Haven-State St.				7 59		8 33						9 39						10 38						12 20							
			AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	PM	AM	PM	AM	PM	PM	PM	PM

MILES	TO NEW HAVEN																									
																					OFF-PEAK					
		1522	1324	1524	1326	1526 1726	1328	1528	1330	1530 1730	1332	1532	1334	1534 1734	1336	1536	1338	3538	1538 1738	1638	1340	1540	1342	1740
		AM	AM	AM	AM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM
0	Grand Central	11 04	11 07	11 34	11 37	12 04	12 07	12 34	12 37	1 04	1 07	1 34	1 37	2 04	2 07	2 34	2 37	3 03	3 05		3 08	3 30	3 34	3 39
4	Harlem-125th St.	R 11 14	R 11 17	R 11 44	R 11 47	R 12 14	R 12 17	R 12 44	R 12 47	R 1 14	R 1 17	R 1 44	R 1 47	R 2 14	R 2 17	R 2 44	R 2 47	R 3 13	R 3 15		R 3 18	R 3 40	R 3 44	R 3 49
9	Fordham (E.190th)		11 25		11 55		12 25		12 55		1 25		1 55		2 25		2 55				3 26		3 52	
14	Mount Vernon East		11 34		12 04		12 34		1 04		1 34		2 04		2 34		3 04				3 35		3 59	
15	Pelham		11 37		12 07		12 37		1 07		1 37		2 07		2 37		3 07				3 38		4 02	
17	New Rochelle Ⓐ		11 40		12 10		12 40		1 10		1 40		2 10		2 40		3 10				3 41		4 06	
19	Larchmont		11 44		12 14		12 44		1 14		1 44		2 14		2 44		3 14				3 45		4 09	
21	Mamaroneck		11 47		12 17		12 47		1 17		1 47		2 17		2 47		3 17				3 48		4 13	
22	Harrison		11 50		12 20		12 50		1 20		1 50		2 20		2 50		3 20				3 51		4 16	
24	Rye		11 55		12 24		12 55		1 24		1 55		2 24		2 54		3 24				3 55		4 20	4 16
26	Port Chester		11 58		12 27		12 58		1 27		1 58		2 27		2 57		3 27				3 58		4 24	4 19
28	Greenwich		12 03		12 31		1 03		1 31		2 03		2 31		3 01		3 31				4 02	4 13	4 28	4 23
30	Cos Cob		12 07		12 34		1 07		1 34		2 07		2 34		3 04		3 34				4 05			4 26
30	Riverside		12 10		12 37		1 10		1 37		2 10		2 37		3 07		3 37				4 08			4 29
31	Old Greenwich		12 12		12 39		1 12		1 39		2 12		2 39		3 09		3 39				4 10			4 31
33	Stamford *Ar.* Ⓐ	11 55	12 24	12 25	12 52	12 55	1 24	1 25	1 52	1 55	2 24	2 25	2 52	2 55	3 22	3 25	3 52	3 50	3 54	4 13	4 20	4 22	4 44	4 37
33	NEW CANAAN BRANCH Stamford *Lv.* Ⓐ					C 1 01				C 2 01				C 3 01				WILL OPERATE FRIDAYS ONLY	C 3 56					4 39
35	Glenbrook					C 1 05				C 2 05				C 3 05					C 4 00					4 46
37	Springdale					C 1 08				C 2 08				C 3 08					C 4 03					4 49
39	Talmadge Hill					C 1 12				C 2 12				C 3 12					C 4 07					4 53
41	New Canaan					C 1 19				C 2 19				C 3 19					C 4 14					5 04
36	Noroton Heights	12 01				1 00				2 00				3 00					3 59			4 28		
38	Darien	12 04		12 32		1 04		1 32		2 03		2 32		3 03		3 32			4 02			4 31		
39	Rowayton	12 07				1 07				2 06				3 06					4 05					
41	South Norwalk	12 11		12 37		1 11		1 37		2 10		2 37		3 10		3 37			4 09			4 36		
42	East Norwalk	12 14				1 14				2 13				3 13					4 11					
44	Westport	12 18		12 42		1 18		1 42		2 17		2 42		3 17		3 42		H 4 04	4 15			4 41		
47	Green's Farms	12 22				1 22				2 21				3 21					4 19					
49	Southport	12 27				1 27				2 26				3 26					4 23					
51	Fairfield	12 30		12 51		1 30		1 51		2 29		2 51		3 29		3 51		H 4 12	4 26			4 50		
53	Fairfield-Black Rock	12 33		12 54		1 33		1 54		2 32		2 54		3 32		3 54		H 4 15	4 29			4 53		
55	Bridgeport Ⓐ	12 40		1 01		1 40		2 01		2 39		3 01		3 39		4 01		H 4 21	4 35	4 42		4 59		
59	Stratford	12 47		1 07		1 47		2 07		2 46		3 07		3 46		4 07		H 4 27	4 42	4 49		5 05		
63	Milford	12 54		1 14		1 54		2 14		2 53		3 14		3 53		4 14		H 4 34	4 49	4 56		5 13		
69	West Haven	1 03		1 23		2 03		2 23		3 02		3 23		4 02		4 23		H 4 42	4 56	5 03		5 20		
72	New Haven Ⓐ	1 13		1 36		2 15		2 36		3 14		3 36		4 15		4 34		4 55	5 11	5 18		5 33		
73	New Haven-State St.																			5 20				
		PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM

TO NEW LONDON

OUTBOUND: Monday – Friday PM Peak & Nights

Peak trains depart Grand Central between 4 PM – 8 PM

Effective **October 5, 2025**

TO NEW HAVEN

PM PEAK — BICYCLES NOT PERMITTED ON OUTBOUND PM PEAK TRAINS

MILES		1442	1542	1244	3542	1544	1844	1346	1546	1548	1750	3546	1248	1552	1554	1848	1752	1352	1254	1256	1556	1456	1458	1358	1260	1758	1360	1560	1562	1362	1860	1264	1268	1568	1770	1470	3570	1868	1368	1870	3568
		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	PM	PM	PM	PM	PM	PM	PM	PM	PM
0	Grand Central	4 00	4 02	4 04	4 11	4 13		4 26	4 36	4 39	4 41	4 49	4 50	5 00	5 03	5 07	5 13	5 14	5 18	5 21	5 22	5 25	5 28	5 31	5 33	5 34	5 37	5 41	5 46	5 50	5 53	5 57	6 02	6 07	6 09	6 11	6 11	6 17	6 19	6 20	6 26	
4	Harlem-125th St.	R 4 10	R 4 12	R 4 14		R 4 23		R 4 36	R 4 46	R 4 49	R 4 51		R 5 01		R 5 13	R 5 18		R 5 24	R 5 28	R 5 31	R 5 32	R 5 35					R 5 47		R 5 56	R 6 00				R 6 17	R 6 19	R 6 21		R 6 29	R 6 30			
9	Fordham (E.190th)					4 31		4 44					5 08		5 21												5 55														
14	Mount Vernon East			4 27				4 52					5 15							H 5 45							6 02					H 6 25						6 44		
15	Pelham			4 30				4 55					5 18							H 5 48							6 05					H 6 28						6 47		
17	New Rochelle A			4 33		4 42		4 58					5 21						H 5 46	5 56					H 5 59		6 08					6 36						6 50		
19	Larchmont			4 37				5 02					5 25						H 5 50						H 6 03		6 12				H 6 26						6 54		
21	Mamaroneck			4 40				5 06					5 28						H 5 53						H 6 07		6 15				H 6 30						6 57		
22	Harrison			4 54				5 09			5 15		5 40					5 47	6 06						6 14		6 18			H 6 23		6 44						7 10		
24	Rye					4 53		5 12			5 19							5 51						H 6 06			6 22			H 6 27							H 6 56			
26	Port Chester					4 56		5 15			5 22							5 54						H 6 09			6 25			H 6 30							H 6 59			
28	Greenwich		4 42			5 00		5 20	5 17		5 26				5 46			5 58						H 6 14			6 29			H 6 35							H 7 04			
30	Cos Cob					5 03		5 23			5 29							6 01						H 6 17			6 33			H 6 38							H 7 07			
30	Riverside					5 05		5 25			5 32							6 04						H 6 19			6 35			H 6 40							H 7 09			
31	Old Greenwich					5 08		5 27			5 34							6 06						H 6 22			6 38			6 47							H 7 12			
33	Stamford Ar. A	4 49	4 51		R 4 55	5 12	5 18	5 37	5 26		5 39	R 5 34		5 47	5 53		6 00	6 16			6 09	6 13	H 6 16	6 33			6 51		6 34		6 41		6 56	6 58	7 00		7 23		R 7 10	
33	Stamford Lv. A																									H 6 24														
35	NEW CANAAN BRANCH Glenbrook										5 45						6 05									H 6 27								7 03						
37	Springdale										5 48						6 08									H 6 31								7 06						
39	Talmadge Hill										5 52						6 12									H 6 31								7 11						
41	New Canaan										6 02						6 22									6 42								7 20						
36	Noroton Heights	4 54							5 31							6 02							H 6 21					H 6 39								7 12			
38	Darien	4 57				5 18			5 34							6 06							H 6 24					H 6 42								7 15			
39	Rowayton	5 00							5 37							6 10							H 6 27					H 6 45								7 18			
41	South Norwalk	5 08	5 02			5 24	5 30		5 41						6 05	6 14						6 24	6 36					H 6 49		6 52				H 7 10	H 7 11	7 23				
42	East Norwalk		5 05			5 26			5 44						6 08							H 6 27						H 6 52						H 7 13	H 7 15					
44	Westport		5 08			5 30			5 48						6 12							6 30						H 6 55						H 7 16	H 7 18					
47	Green's Farms		5 13						5 53						6 16							H 6 35						H 7 00						H 7 21	H 7 23					
49	Southport		5 16						5 56						6 20							H 6 38						H 7 04						H 7 24	H 7 26					
51	Fairfield		5 20			5 38			5 59					H 6 10	6 23							H 6 41						H 7 07					H 7 18	H 7 27	H 7 29					
53	Fairfield-Black Rock		5 23			5 42			6 03					H 6 13	6 27							H 6 44						H 7 10					H 7 21	H 7 30	H 7 33					
55	Bridgeport A		5 29		5 17	5 48			6 09	H 5 53		5 56		H 6 19	6 33						H 6 41	6 55						H 7 04	H 7 16					H 7 27		7 44	H 7 40			7 32	
59	Stratford		5 35			5 54			6 15	H 5 59				H 6 25	6 39						H 6 47							H 7 11	H 7 22					H 7 33			H 7 46				
63	Milford		5 42			6 02			6 22	H 6 06				H 6 32	6 46						H 6 55							H 7 18	H 7 30					H 7 41			H 7 54				
69	West Haven		5 49			6 09			6 29	H 6 13				H 6 39	6 53						H 7 02							H 7 25	H 7 37					H 7 48			H 8 01				
72	New Haven A		6 03		5 42	6 22			6 43	6 25		6 20		6 51	7 06						7 12							7 33	7 49					8 00			8 19			7 57	
73	New Haven-State St.																																								
		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	PM	PM	PM	PM	PM	PM	PM	PM	PM

TO NEW HAVEN

PM PEAK — OFF-PEAK — OFF-PEAK

MILES		1370	1274	1572	1374	1574	1774	1576	1376	1578	1778	1382	1882	1582 1782	1384	1584	1386	1586 1786	1388	1588	1390	1590 1790	1392	1592	1394	1594 1794	1398	1598 1798	1300	1500	1302	1502	1304
		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	AM	AM	AM	AM	AM	AM
0	Grand Central	6 39	6 42	6 44	6 48	6 55	7 03	7 13	7 16	7 32	7 38	7 41	8 01	8 07	8 10	8 36	8 39	9 07	9 10	9 39	9 42	10 08	10 11	10 41	10 44	11 28	11 38	12 07	12 25	1 07	1 15	1 47	1 53
4	Harlem-125th St.			R 6 54	R 6 58	R 7 05	R 7 13	R 7 23	R 7 26	R 7 42		R 7 51	R 8 11	R 8 17	R 8 20	R 8 46	R 8 49	R 9 17	R 9 20	R 9 49	R 9 52	R 10 18	R 10 21	R 10 51	R 10 54	R 11 38	R 11 48	R 12 17	R 12 35	R 1 17	R 1 25	R 1 57	R 2 03
9	Fordham (E.190th)				7 06				7 34			7 59			8 28		8 57		9 28		10 00		10 29		11 02		11 56		12 43		1 33		
14	Mount Vernon East				7 14				7 42			8 06			8 35		9 05		9 36		10 08		10 37		11 10		12 06		12 52		1 42		2 19
15	Pelham				7 17				7 44			8 09			8 38		9 08		9 39		10 11		10 40		11 13		12 09		12 55		1 45		2 22
17	New Rochelle A		H 7 08		7 20				7 48			8 12			8 41		9 11		9 42		10 14		10 43		11 16		12 13		12 58		1 48		2 25
19	Larchmont		H 7 12		7 24				7 51			8 16			8 45		9 15		9 46		10 18		10 47		11 20		12 17		1 02		1 52		2 29
21	Mamaroneck		H 7 15		7 28				7 55			8 19			8 48		9 18		9 49		10 21		10 50		11 23		12 20		1 05		1 55		2 32
22	Harrison	H 7 11	7 28		7 31				7 58			8 22			8 51		9 21		9 52		10 24		10 53		11 26		12 23		1 08		1 58		2 35
24	Rye	H 7 15			7 35				8 01		H 8 13	8 26			8 55		9 25		9 56		10 28		10 58		11 30		12 27		1 12		2 02		2 39
26	Port Chester	H 7 18			7 38				8 04		H 8 16	8 29			8 58		9 28		9 59		10 31		11 01		11 33		12 30		1 15		2 05		2 42
28	Greenwich	H 7 22			7 42				8 09		H 8 20	8 33	8 43		9 03		9 32		10 03		10 35		11 06		11 37		12 34		1 19		2 09		2 46
30	Cos Cob	H 7 25			7 45				8 12		H 8 23	8 37			9 06		9 35		10 06		10 38		11 10		11 40		12 38		1 23		2 13		2 50
30	Riverside	H 7 27			7 47				8 14		H 8 25	8 39			9 09		9 38		10 09		10 41		11 13		11 43		12 40		1 25		2 15		2 52
31	Old Greenwich	H 7 30			7 50				8 17		H 8 28	8 42			9 11		9 40		10 11		10 43		11 15		11 45		12 43		1 28		2 18		2 55
33	Stamford Ar. A	7 39		7 33	8 00	7 44	7 51	8 03	8 25	8 19	8 33	8 54	8 52	8 56	9 23	9 25	9 53	9 55	10 24	10 28	10 53	10 57	11 27	11 30	11 58	12 16	12 55	12 56	1 35	1 56	2 33	2 36	3 02
33	Stamford Lv. A													C 9 00				C 9 58				C 10 58				C 12 20		C 1 06					
35	NEW CANAAN BRANCH Glenbrook						7 56				8 38			C 9 04				C 10 02				C 11 02				C 12 24		C 1 10					
37	Springdale						7 59				8 41			C 9 07				C 10 05				C 11 05				C 12 27		C 1 13					
39	Talmadge Hill						8 03				8 46			C 9 11				C 10 09				C 11 09				C 12 31		C 1 18					
41	New Canaan						8 13				8 56			C 9 18				C 10 16				C 11 16				C 12 38		C 1 26					
36	Noroton Heights			7 39		7 49		8 08		8 25			8 58			9 30		10 00		10 33		11 02		11 35		12 21		1 01		2 01		2 41	
38	Darien			7 42		7 52		8 11		8 28			9 01			9 33		10 03		10 36		11 05		11 38		12 24		1 04		2 04		2 44	
39	Rowayton			7 45		7 55		8 14		8 31			9 05			9 36		10 06		10 39		11 08		11 41		12 27		1 07		2 07		2 47	
41	South Norwalk			7 49		7 59		8 18		8 35			9 10			9 40		10 10		10 43		11 12		11 45		12 31		1 11		2 11		2 51	
42	East Norwalk					8 02		8 21		8 38				9 08		9 43		10 13		10 46		11 15		11 48		12 34		1 14		2 14		2 54	
44	Westport			7 53		8 05		8 24		8 42				9 11		9 47		10 17		10 50		11 19		11 52		12 38		1 18		2 18		2 58	
47	Green's Farms					8 10		8 29		8 46				9 16		9 51		10 21		10 54		11 23		11 56		12 43		1 22		2 22		3 02	
49	Southport					8 14		8 33		8 50				9 19		9 55		10 25		10 58		11 27		11 59		12 46		1 26		2 26		3 06	
51	Fairfield			8 01		8 17		8 36		8 53				9 23		9 58		10 28		11 01		11 30		12 02		12 49		1 29		2 29		3 09	
53	Fairfield-Black Rock			8 05		8 20		8 39		8 56				9 26		10 01		10 31		11 05		11 33		12 05		12 52		1 32		2 32		3 12	
55	Bridgeport A			8 11		8 26		8 46		9 02				9 32		10 07		10 37		11 11		11 39		12 12		12 58		1 38		2 38		3 18	
59	Stratford			8 17		8 33		8 52		9 08				9 38		10 14		10 44		11 18		11 46		12 19		1 05		1 45		2 45		3 24	
63	Milford			8 23		8 39		8 58		9 14				9 45		10 20		10 50		11 24		11 52		12 25		1 12		1 52		2 51		3 30	
69	West Haven			8 30		8 46		9 06		9 22				9 52		10 27		10 57		11 31		12 00		12 32		1 19		1 59		2 58		3 37	
72	New Haven A			8 41		9 01		9 16		9 35				10 06		10 41		11 11		11 47		12 14		12 47		1 38		2 17		3 17		3 56	
73	New Haven-State St.																																
		PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	AM	PM	AM	PM	AM	AM	AM	AM	AM	AM	AM	AM

INBOUND: Saturday & Sunday

Effective **October 5, 2025** rev. 11-29-25

TO NEW YORK

MILES			6301	6503 3703	6503	3505	6303	6203	6505 6705	3305	6305	3809	3509	6307	6509 6709	3309	6309	6511	6311	3413	6513 6713	6313	6515	6315	6517 6717	6419	6317	6519	6319	6521 6721	6321	6523	6425	6323	6525 6725	6325	6527	6327	6529 6729	6329	6531	6
			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	PM	AM	PM	AM	PM	PM	
72	New Haven	A		4 37	4 37	5 14			5 37				6 20		6 40			7 17			7 39		8 17		8 39	9 11		9 16		9 39		10 19	10 33		10 39		11 17		11 39		12 17		
69	West Haven			4 42	4 42	5 19			5 42				6 25		6 45			7 22			7 44		8 22		8 44			9 21		9 44		10 24			10 44		11 22		11 44		12 22		
63	Milford			4 50	4 50	5 27			5 50				6 33		6 53			7 29			7 52		8 29		8 52	9 22		9 28		9 52		10 31	10 44		10 52		11 29		11 52		12 29		
59	Stratford			4 56	4 56	5 33			5 56				6 39		6 59			7 36			7 58		8 36		8 58			9 35		9 58		10 38			10 58		11 36		11 58		12 36		
55	Bridgeport	A		5 02	5 02	5 39			6 03				6 45		7 06			7 42			8 05		8 42		9 05	9 33		9 41		10 05		10 44	10 56		11 05		11 42		12 05		12 42		
53	Fairfield-Black Rock			5 08	5 08	5 45			6 09				6 51		7 12			7 48			8 11		8 48		9 11			9 47		10 11		10 50			11 11		11 48		12 11		12 48		
51	Fairfield			5 12	5 12	5 49			6 13				6 55		7 16			7 51			8 15		8 51		9 15			9 50		10 15		10 53			11 15		11 51		12 15		12 51		
49	Southport			5 15	5 15	5 52			6 16				6 58		7 19						8 18				9 18					10 18					11 18				12 18				
47	Green's Farms			5 18	5 18	5 55			6 19				7 01		7 22						8 21				9 21					10 21					11 21				12 21				
44	Westport			5 23	5 23	6 00			6 24				7 06		7 27			8 00			8 26		9 00		9 26			9 59		10 26		11 02			11 26		12 00		12 26		1 00		
42	East Norwalk			5 27	5 27	6 04			6 28				7 10		7 31						8 30				9 30					10 30					11 30				12 30				
41	South Norwalk			5 30	5 30	6 07			6 31			7 03	7 13		7 34			8 06		8 21	8 33		9 06		9 33			10 05		10 33		11 08			11 33		12 06		12 33		1 06		
39	Rowayton			5 34	5 34	6 11			6 35			7 07			7 38						8 37				9 37					10 37					11 37				12 37				
38	Darien			5 38	5 38	6 15			6 39			7 11			7 42			8 12		8 26	8 41		9 12		9 41			10 11		10 41		11 14			11 41		12 12		12 41		1 12		
36	Noroton Heights			5 41	5 41	6 18			6 42			7 15			7 45					8 30	8 44				9 44					10 44					11 44				12 44				
41	NEW CANAAN BRANCH New Canaan			C 5 23					C 6 28						C 7 28						C 8 28				C 9 28					C 10 28					C 11 28				C 12 28				
39	Talmadge Hill			C 5 28					C 6 33						C 7 33						C 8 33				C 9 33					C 10 33					C 11 33				C 12 33				
37	Springdale			C 5 32					C 6 37						C 7 37						C 8 37				C 9 37					C 10 37					C 11 37				C 12 37				
35	Glenbrook			C 5 35					C 6 40						C 7 40						C 8 40				C 9 40					C 10 40					C 11 40				C 12 40				
33	Stamford *Ar.*	A		C 5 41					C 6 45						C 7 45						C 8 45				C 9 45					C 10 45					C 11 45				C 12 45				
33	Stamford *Lv.*	A	5 01	5 48	5 48	6 25	6 01	6 28	6 49	6 54	7 01	7 22	7 26	7 28	7 52	7 55	8 01	8 20	8 28	8 35	8 51	9 01	9 20	9 30	9 51		10 01	10 19	10 30	10 51	11 01	11 22		11 30	11 51	12 01	12 20	12 30	12 51	1 01	1 20		
31	Old Greenwich		5 04				6 04	6 31			7 04			7 31			8 04		8 31			9 04		9 33			10 04		10 33		11 04			11 33		12 04		12 33		1 04			
30	Riverside		5 06				6 06	6 33			7 06			7 33			8 06		8 33			9 06		9 35			10 06		10 35		11 06			11 35		12 06		12 35		1 06			
30	Cos Cob		5 08				6 08	6 35			7 08			7 35			8 08		8 35			9 08		9 37			10 08		10 37		11 08			11 37		12 08		12 37		1 08			
28	Greenwich		5 12				6 12	6 39		7 04	7 12			7 39		8 03	8 12		8 39	8 44		9 12		9 41			10 12		10 41		11 12			11 41		12 12		12 41		1 12			
26	Port Chester		5 16				6 16	6 43		7 09	7 16			7 43		8 08	8 16		8 43	8 49		9 16		9 45			10 16		10 45		11 16			11 45		12 16		12 45		1 16			
24	Rye		5 19				6 19	6 46		7 13	7 19			7 46		8 11	8 19		8 46	8 52		9 19		9 48			10 19		10 48		11 19			11 48		12 19		12 48		1 19			
22	Harrison		5 24				6 24	6 51		7 17	7 24			7 51		8 16	8 24		8 51	8 57		9 24		9 53			10 24		10 53		11 24			11 53		12 24		12 53		1 24			
21	Mamaroneck		5 27				6 27	6 54		7 21	7 27			7 54		8 19	8 27		8 54	9 00		9 27		9 56			10 27		10 56		11 27			11 56		12 27		12 56		1 27			
19	Larchmont		5 30				6 30	6 57		7 25	7 30			7 57		8 23	8 30		8 57	9 03		9 30		9 59			10 30		10 59		11 30			11 59		12 30		12 59		1 30			
17	New Rochelle	A	5 34				6 34	7 01			7 34			8 01			8 34		9 01			9 34		10 03			10 34		11 03		11 34			12 03		12 34		1 03		1 34			
15	Pelham		5 38				6 38	7 05			7 38			8 05			8 38		9 05			9 38		10 07			10 38		11 07		11 38			12 07		12 38		1 07		1 38			
14	Mount Vernon East		5 41				6 41	7 08			7 41			8 08			8 41		9 08			9 41		10 10			10 41		11 10		11 41			12 10		12 41		1 10		1 41			
9	Fordham (E.190th)		5 49				6 49	7 16			7 49			8 16			8 49		9 16			9 49		10 18			10 49		11 18		11 49			12 18		12 49		1 18		1 49			
4	Harlem-125th St.		D 6 09	D 6 32	D 6 32	D 7 08	D 7 09	D 7 26	D 7 34	D 7 49	D 8 00	D 8 06	D 8 08	D 8 26	D 8 35	D 8 45	D 8 59	D 9 02	D 9 26	D 9 29	D 9 35	D 9 59	D 10 02	D 10 28	D 10 34	D 10 43	D 11 00	D 11 02	D 11 28	D 11 34	D 12 00	D 12 02	D 12 14	D 12 28	D 12 34	D 1 00	D 1 03	D 1 28	D 1 34	D 2 00	D 2 03	D
0	Grand Central		6 21 AM	6 51 AM	6 51 AM	7 19 AM	7 21 AM	7 39 AM	7 53 AM	8 00 AM	8 12 AM	8 17 AM	8 19 AM	8 39 AM	8 47 AM	8 56 AM	9 12 AM	9 15 AM	9 39 AM	9 41 AM	9 48 AM	10 12 AM	10 15 AM	10 39 AM	10 46 AM	10 57 AM	11 12 AM	11 14 AM	11 39 AM	11 46 AM	12 12 PM	12 16 PM	12 28 PM	12 39 PM	12 46 PM	1 12 PM	1 15 PM	1 39 PM	1 46 PM	2 12 PM	2 15 PM		

TO NEW YORK

MILES			6331	6533 6733	6333	6535	6335	6537 6737	6337	6539	6339	6541 6741	6341	6543	6343	6545 6745	6345	6547	6347	6549 6749	6349	6551	6351	6553 6753	6353	6555	6355	6557 6757	6357	6559	6359	6561 6761	6361	6363	6565 6765	6365	6569 6769	6369	6571 6771	6371	6573	6399
			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	PM	PM	PM	PM	PM	AM	PM	AM	AM	
72	New Haven	A		12 39		1 17		1 39		2 17		2 39		3 17		3 39		4 17		4 39		5 17		5 39		6 17		6 39		7 17		7 39			8 39		9 39		10 45		11 39			
69	West Haven			12 44		1 22		1 44		2 22		2 44		3 22		3 44		4 22		4 44		5 22		5 44		6 22		6 44		7 22		7 44			8 44		9 44		10 50		11 44			
63	Milford			12 52		1 29		1 52		2 29		2 52		3 29		3 52		4 29		4 52		5 29		5 52		6 29		6 52		7 29		7 52			8 52		9 52		10 57		11 52			
59	Stratford			12 58		1 36		1 58		2 36		2 58		3 36		3 58		4 36		4 58		5 36		5 58		6 36		6 58		7 36		7 58			8 58		9 58		11 04		11 58			
55	Bridgeport	A		1 05		1 42		2 05		2 42		3 05		3 42		4 05		4 42		5 05		5 42		6 05		6 42		7 05		7 42		8 05			9 05		10 05		11 10		12 05			
53	Fairfield-Black Rock			1 11		1 48		2 11		2 48		3 11		3 48		4 11		4 48		5 11		5 48		6 11		6 48		7 11		7 48		8 11			9 11		10 11		11 16		12 11			
51	Fairfield			1 15		1 51		2 15		2 51		3 15		3 51		4 15		4 51		5 15		5 51		6 15		6 51		7 15		7 51		8 15			9 15		10 15		11 19		12 15			
49	Southport			1 18				2 18				3 18				4 18				5 18				6 18				7 18				8 18			9 18		10 18		11 22		12 18			
47	Green's Farms			1 21				2 21				3 21				4 21				5 21				6 21				7 21				8 21			9 21		10 21		11 25		12 21			
44	Westport			1 26		2 00		2 26		3 00		3 26		4 00		4 26		5 00		5 26		6 00		6 26		7 00		7 26		8 00		8 26			9 26		10 26		11 31		12 26			
42	East Norwalk			1 30				2 30				3 30				4 30				5 30				6 30				7 30				8 30			9 30		10 30		11 35		12 30			
41	South Norwalk			1 33		2 06		2 33		3 06		3 33		4 06		4 33		5 06		5 33		6 06		6 33		7 06		7 33		8 06		8 33			9 33		10 33		11 38		12 33			
39	Rowayton			1 37				2 37				3 37				4 37				5 37				6 37				7 37				8 37			9 37		10 37		11 42		12 37			
38	Darien			1 41		2 12		2 41		3 12		3 41		4 12		4 41		5 12		5 41		6 12		6 41		7 12		7 41		8 12		8 41			9 41		10 41		11 46		12 41			
36	Noroton Heights			1 44				2 44				3 44				4 44				5 44				6 44				7 44				8 44			9 44		10 44		11 49		12 44			
41	NEW CANAAN BRANCH New Canaan			C 1 28				C 2 28				C 3 28				C 4 28				C 5 28				C 6 28				C 7 28				C 8 28			C 9 28		C 10 28		C 11 28					
39	Talmadge Hill			C 1 33				C 2 33				C 3 33				C 4 33				C 5 33				C 6 33				C 7 33				C 8 33			C 9 33		C 10 33		C 11 33					
37	Springdale			C 1 37				C 2 37				C 3 37				C 4 37				C 5 37				C 6 37				C 7 37				C 8 37			C 9 37		C 10 37		C 11 37					
35	Glenbrook			C 1 40				C 2 40				C 3 40				C 4 40				C 5 40				C 6 40				C 7 40				C 8 40			C 9 40		C 10 40		C 11 40					
33	Stamford *Ar.*	A		C 1 45				C 2 45				C 3 45				C 4 45				C 5 45				C 6 45				C 7 45				C 8 45			C 9 45		C 10 45		C 11 47					
33	Stamford *Lv.*	A	1 28	1 51	2 01	2 20	2 28	2 51	3 01	3 20	3 28	3 51	4 01	4 20	4 28	4 51	5 01	5 20	5 28	5 51	6 01	6 20	6 28	6 51	7 01	7 20	7 28	7 51	8 01	8 20	8 28	8 51	9 01	9 28	9 51	10 03	10 51	11 08	11 56	12 08	12 51	12 54	
31	Old Greenwich		1 31		2 04		2 31		3 04		3 31		4 04		4 31		5 04		5 31		6 04		6 31		7 04		7 31		8 04		8 31		9 04	9 31		10 06		11 11		12 11		12 57	
30	Riverside		1 33		2 06		2 33		3 06		3 33		4 06		4 33		5 06		5 33		6 06		6 33		7 06		7 33		8 06		8 33		9 06	9 33		10 08		11 13		12 13		12 59	
30	Cos Cob		1 35		2 08		2 35		3 08		3 35		4 08		4 35		5 08		5 35		6 08		6 35		7 08		7 35		8 08		8 35		9 08	9 35		10 10		11 15		12 15		1 01	
28	Greenwich		1 39		2 12		2 39		3 12		3 39		4 12		4 39		5 12		5 39		6 12		6 39		7 12		7 39		8 12		8 39		9 12	9 39		10 14		11 19		12 19		1 05	
26	Port Chester		1 43		2 16		2 43		3 16		3 43		4 16		4 43		5 16		5 43		6 16		6 43		7 16		7 43		8 16		8 43		9 16	9 43		10 18		11 23		12 23		1 09	
24	Rye		1 46		2 19		2 46		3 19		3 46		4 19		4 46		5 19		5 46		6 19		6 46		7 19		7 46		8 19		8 46		9 19	9 46		10 21		11 26		12 26		1 12	
22	Harrison		1 51		2 24		2 51		3 24		3 51		4 24		4 51		5 24		5 51		6 24		6 51		7 24		7 51		8 24		8 51		9 24	9 51		10 26		11 31		12 31		1 17	
21	Mamaroneck		1 54		2 27		2 54		3 27		3 54		4 27		4 54		5 27		5 54		6 27		6 54		7 27		7 54		8 27		8 54		9 27	9 54		10 29		11 34		12 34		1 20	
19	Larchmont		1 57		2 30		2 57		3 30		3 57		4 30		4 57		5 30		5 57		6 30		6 57		7 30		7 57		8 30		8 57		9 30	9 57		10 32		11 37		12 37		1 23	
17	New Rochelle	A	2 01		2 34		3 01		3 34		4 01		4 34		5 01		5 34		6 01		6 34		7 01		7 34		8 01		8 34		9 01		9 34	10 01		10 36		11 41		12 41		1 28	
15	Pelham		2 05		2 38		3 05		3 38		4 05		4 38		5 05		5 38		6 05		6 38		7 05		7 38		8 05		8 38		9 05		9 38	10 05		10 40		11 45		12 45		1 32	
14	Mount Vernon East		2 08		2 41		3 08		3 41		4 08		4 41		5 08		5 41		6 08		6 41		7 08		7 41		8 08		8 41		9 08		9 41	10 08		10 43		11 48		12 48		1 35	
9	Fordham (E.190th)		2 16		2 49		3 16		3 49		4 16		4 49		5 16		5 49		6 16		6 49		7 16		7 49		8 16		8 49		9 16	9 25	9 49	10 16		10 51		11 56		12 56		1 43	
4	Harlem-125th St.		D 2 26	D 2 34	D 3 00	D 3 03	D 3 26	D 3 34	D 4 00	D 4 03	D 4 26	D 4 34	D 5 00	D 5 03	D 5 27	D 5 35	D 6 00	D 6 03	D 6 27	D 6 35	D 7 00	D 7 03	D 7 26	D 7 34	D 8 00	D 8 03	D 8 26	D 8 34	D 9 00	D 9 03	D 9 26	D 9 34	D 10 00	D 10 26	D 10 34	D 11 02	D 11 34	D 12 08	D 12 40	D 1 08	D 1 34	D 1 54	
0	Grand Central		2 39 PM	2 46 PM	3 12 PM	3 15 PM	3 39 PM	3 46 PM	4 12 PM	4 15 PM	4 39 PM	4 46 PM	5 12 PM	5 15 PM	5 39 PM	5 47 PM	6 12 PM	6 15 PM	6 39 PM	6 47 PM	7 12 PM	7 15 PM	7 39 PM	7 46 PM	8 12 PM	8 15 PM	8 39 PM	8 46 PM	9 12 PM	9 15 PM	9 39 PM	9 46 PM	10 12 PM	10 39 PM	10 46 PM	11 14 PM	11 46 PM	12 20 AM	12 52 AM	1 20 AM	1 46 AM	2 05 AM	

OUTBOUND: Saturday & Sunday

Effective **October 5, 2025** rev. 11-29-25

TO NEW HAVEN

MILES		6504 6704	6306	6506 6706	6308	3508	6310	6510 6710	6312	3512	6314	6514 6714	6316	6318	6518 6718	6320	6520	6322	6522 6722	6324	6524	6326	6526 6726	6328	6528	6330	6530 6730	6332	6532	6334	6534 6734	6336	6536	6338	6538 6738	6340	6540	6342	3840	6542 6742	6344	6
		AM	AM	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	PM	PM	PM	PM	PM	PM	
0	Grand Central	5 30	6 36	7 02	7 05	7 34	7 36	8 02	8 05	8 34	8 36	9 02	9 05	9 36	10 02	10 05	10 34	10 36	11 02	11 05	11 34	11 36	12 02	12 05	12 34	12 36	1 02	1 05	1 34	1 36	2 02	2 05	2 34	2 36	3 02	3 05	3 34	3 36	3 45	4 02	4 05	
4	Harlem-125th St.	R 5 40	R 6 46	R 7 12	R 7 15	R 7 44	R 7 46	R 8 12	R 8 15	R 8 44	R 8 46	R 9 12	R 9 15	R 9 46	R 10 12	R 10 15	R 10 44	R 10 46	R 11 12	R 11 15	R 11 44	R 11 46	R 12 12	R 12 15	R 12 44	R 12 46	R 1 12	R 1 15	R 1 44	R 1 46	R 2 12	R 2 15	R 2 44	R 2 46	R 3 12	R 3 15	R 3 44	R 3 46	R 3 56	R 4 12	R 4 15	R
9	Fordham (E.190th)	5 48	6 54	7 20	7 23	7 51	7 54	8 20	8 23	8 51	8 54		9 23	9 54		10 23		10 54		11 23		11 54		12 23		12 54		1 23		1 54		2 23		2 54		3 23		3 54			4 23	
14	Mount Vernon East	5 58	7 04		7 33	WILL RUN 1/19 ONLY	8 04		8 33	WILL RUN 1/19 ONLY	9 04		9 33	10 04		10 33	SATURDAY ONLY	11 04		11 33		12 04		12 33		1 04		1 33		2 04		2 33		3 04		3 33		4 04	WILL RUN 1/19 ONLY		4 33	
15	Pelham	6 01	7 07		7 36		8 07		8 36		9 07		9 36	10 07		10 36		11 07		11 36		12 07		12 36		1 07		1 36		2 07		2 36		3 07		3 36		4 07			4 36	
17	New Rochelle A	6 05	7 11		7 40		8 11		8 40		9 11		9 40	10 11		10 40		11 11		11 40		12 11		12 40		1 11		1 40		2 11		2 40		3 11		3 40		4 11			4 40	
19	Larchmont	6 09	7 15		7 44		8 15		8 44		9 15		9 44	10 15		10 44		11 15		11 44		12 15		12 44		1 15		1 44		2 15		2 44		3 15		3 44		4 15			4 44	
21	Mamaroneck	6 12	7 18		7 47		8 18		8 47		9 18		9 47	10 18		10 47		11 18		11 47		12 18		12 47		1 18		1 47		2 18		2 47		3 18		3 47		4 18			4 47	
22	Harrison	6 15	7 21		7 50		8 21		8 50		9 21		9 50	10 21		10 50		11 21		11 50		12 21		12 50		1 21		1 50		2 21		2 50		3 21		3 50		4 21			4 50	
24	Rye	6 20	7 25		7 54		8 25		8 54		9 25		9 54	10 25		10 54		11 25		11 54		12 25		12 54		1 25		1 54		2 25		2 54		3 25		3 54		4 25			4 54	
26	Port Chester	6 23	7 28		7 57		8 28		8 57		9 28		9 57	10 28		10 57		11 28		11 57		12 28		12 57		1 28		1 57		2 28		2 57		3 28		3 57		4 28			4 57	
28	Greenwich	6 27	7 32		8 01	8 17	8 32		9 01	9 17	9 32		10 01	10 32		11 01		11 32		12 01		12 32		1 01		1 32		2 01		2 32		3 01		3 32		4 01		4 32			5 01	
30	Cos Cob	6 31	7 36		8 05		8 36		9 05		9 36		10 05	10 36		11 05		11 36		12 05		12 36		1 05		1 36		2 05		2 36		3 05		3 36		4 05		4 36			5 05	
30	Riverside	6 33	7 38		8 07		8 38		9 07		9 38		10 07	10 38		11 07		11 38		12 07		12 38		1 07		1 38		2 07		2 38		3 07		3 38		4 07		4 38			5 07	
31	Old Greenwich	6 36	7 41		8 10		8 41		9 10		9 41		10 10	10 41		11 10		11 41		12 10		12 41		1 10		1 41		2 10		2 41		3 10		3 41		4 10		4 41			5 10	
33	Stamford Ar. A	6 41	7 53	7 55	8 22	8 27	8 53	8 55	9 22	9 27	9 53	9 54	10 22	10 53	10 54	11 22	11 26	11 53	11 54	12 22	12 26	12 53	12 54	1 22	1 26	1 53	1 54	2 22	2 26	2 53	2 54	3 22	3 26	3 53	3 54	4 22	4 26	4 53	4 35	4 54	5 22	
33	NEW CANAAN BRANCH Stamford Lv. A	C 6 53		C 8 01				C 9 01				C 10 01			C 11 01				C 12 01				C 1 01				C 2 01				C 3 01				C 4 01					C 5 01	
35	Glenbrook	C 6 57		C 8 05				C 9 05				C 10 05			C 11 05				C 12 05				C 1 05				C 2 05				C 3 05				C 4 05					C 5 05	
37	Springdale	C 7 00		C 8 08				C 9 08				C 10 08			C 11 08				C 12 08				C 1 08				C 2 08				C 3 08				C 4 08					C 5 08	
39	Talmadge Hill	C 7 04		C 8 12				C 9 12				C 10 12			C 11 12				C 12 12				C 1 12				C 2 12				C 3 12				C 4 12					C 5 12	
41	New Canaan	C 7 10		C 8 18				C 9 18				C 10 18			C 11 18				C 12 18				C 1 18				C 2 18				C 3 18				C 4 18					C 5 18	
36	Noroton Heights	6 47		8 01		8 32		9 01		9 32		10 00			11 00				12 00				1 00				2 00				3 00				4 00					5 00	
38	Darien	6 50		8 04		8 35		9 04		9 35		10 03			11 03		11 33		12 03		12 33		1 03		1 33		2 03		2 33		3 03		3 33		4 03		4 33		4 42	5 03	
39	Rowayton	6 53		8 07				9 07				10 06			11 06				12 06				1 06				2 06				3 06				4 06					5 06	
41	South Norwalk	6 58		8 12		8 40		9 12		9 40		10 11			11 11		11 39		12 11		12 39		1 11		1 39		2 11		2 39		3 11		3 39		4 11		4 39		4 48	5 11	
42	East Norwalk	7 01		8 15				9 15				10 14			11 14				12 14				1 14				2 14				3 14				4 14					5 14	
44	Westport	7 05		8 19		8 45		9 19		9 45		10 18			11 18		11 43		12 18		12 43		1 18		1 43		2 18		2 43		3 18		3 43		4 18		4 43			5 18	
47	Green's Farms	7 09		8 23				9 23				10 22			11 22				12 22				1 22				2 22				3 22				4 22					5 22	
49	Southport	7 13		8 27				9 27				10 26			11 26				12 26				1 26				2 26				3 26				4 26					5 26	
51	Fairfield	7 17		8 31		8 54		9 31		9 54		10 30			11 30		11 52		12 30		12 52		1 30		1 52		2 30		2 52		3 30		3 52		4 30		4 52			5 30	
53	Fairfield-Black Rock	7 20		8 34		8 57		9 34		9 57		10 33			11 33		11 55		12 33		12 55		1 33		1 55		2 33		2 55		3 33		3 55		4 33		4 55			5 33	
55	Bridgeport A	7 27		8 41		9 04		9 41		10 04		10 40			11 40		12 02		12 40		1 02		1 40		2 02		2 40		3 02		3 40		4 02		4 40		5 02			5 40	
59	Stratford	7 34		8 48		9 10		9 48		10 10		10 47			11 47		12 08		12 47		1 08		1 47		2 08		2 47		3 08		3 47		4 08		4 47		5 08			5 47	
63	Milford	7 41		8 55		9 17		9 55		10 17		10 54			11 54		12 15		12 54		1 15		1 54		2 15		2 54		3 15		3 54		4 15		4 54		5 15			5 54	
69	West Haven	7 48		9 02		9 24		10 02		10 24		11 01			12 01		12 22		1 01		1 22		2 01		2 22		3 01		3 22		4 01		4 22		5 01		5 22			6 01	
72	New Haven A	8 04		9 19		9 32		10 19		10 32		11 17			12 18		12 38		1 17		1 38		2 17		2 38		3 17		3 38		4 17		4 38		5 17		5 38			6 17	
		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	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM		PM	PM	

TO NEW HAVEN

MILES		6544	6346	3348	3446	6546 6746	6348	3350	6548	6350	3550	6550 6750	6352	6552	6354	6554 6754	6356	6556	6358	6558 6758	6360	6560	6362	6562 6762	6364	6564	6366	6566 6766	6568	6370	6372	6570 6770	6374	6598 6798	6300	6500	6302	6502	6304
		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	PM	AM	AM	AM	AM	AM	
0	Grand Central	4 34	4 36	4 55	4 59	5 02	5 05	5 30	5 34	5 36	5 59	6 02	6 05	6 34	6 36	7 02	7 05	7 34	7 36	8 02	8 05	8 34	8 36	9 02	9 05	9 34	9 38	10 06	10 34	10 38	11 07	11 28	11 38	12 07	12 25	1 07	1 15	1 47	1 53
4	Harlem-125th St.	R 4 44	R 4 46	R 5 05	R 5 09	R 5 12	R 5 15	R 5 40	R 5 44	R 5 46	R 6 09	R 6 12	R 6 15	R 6 44	R 6 46	R 7 12	R 7 15	R 7 44	R 7 46	R 8 12	R 8 15	R 8 44	R 8 46	R 9 12	R 9 15	R 9 44	R 9 48	R 10 16	R 10 44	R 10 48	R 11 17	R 11 38	R 11 48	R 12 17	R 12 35	R 1 17	R 1 25	R 1 57	R 2 03
9	Fordham (E.190th)		4 54				5 23			5 54			6 23		6 54		7 23		7 54		8 23		8 54		9 23		9 56		10 56	11 25		11 56		12 43		1 33			
14	Mount Vernon East		5 04				5 33			6 04			6 33		7 04		7 33		8 04		8 33		9 04		9 33		10 06		11 06	11 35		12 06		12 52		1 42		2 19	
15	Pelham		5 07				5 36			6 07			6 36		7 07		7 36		8 07		8 36		9 07		9 36		10 09		11 09	11 38		12 09		12 55		1 45		2 22	
17	New Rochelle A		5 11				5 40			6 11			6 40		7 11		7 40		8 11		8 40		9 11		9 40		10 13		11 13	11 42		12 13		12 58		1 48		2 25	
19	Larchmont		5 15				5 44			6 15			6 44		7 15		7 44		8 15		8 44		9 15		9 44		10 17		11 17	11 46		12 17		1 02		1 52		2 29	
21	Mamaroneck		5 18				5 47			6 18			6 47		7 18		7 47		8 18		8 47		9 18		9 47		10 20		11 20	11 49		12 20		1 05		1 55		2 32	
22	Harrison		5 21				5 50			6 21			6 50		7 21		7 50		8 21		8 50		9 21		9 50		10 23		11 23	11 52		12 23		1 08		1 58		2 35	
24	Rye		5 25	H 5 32			5 54	H 6 08		6 25			6 54		7 25		7 54		8 25		8 54		9 25		9 54		10 27		11 27	11 56		12 27		1 12		2 02		2 39	
26	Port Chester		5 28	H 5 35			5 57	H 6 11		6 28			6 57		7 28		7 57		8 28		8 57		9 28		9 57		10 30		11 30	11 59		12 30		1 15		2 05		2 42	
28	Greenwich		5 32	H 5 40			6 01	H 6 16		6 32			7 01		7 32		8 01		8 32		9 01		9 32		10 01		10 34		11 34	12 03		12 34		1 19		2 09		2 46	
30	Cos Cob		5 36	H 5 43			6 05	H 6 19		6 36			7 05		7 36		8 05		8 36		9 05		9 36		10 05		10 38		11 38	12 07		12 38		1 23		2 13		2 50	
30	Riverside		5 38	H 5 45			6 07	H 6 21		6 38			7 07		7 38		8 07		8 38		9 07		9 38		10 07		10 40		11 40	12 09		12 40		1 25		2 15		2 52	
31	Old Greenwich		5 41	H 5 48			6 10	H 6 24		6 41			7 10		7 41		8 10		8 41		9 10		9 41		10 10		10 43		11 43	12 12		12 43		1 28		2 18		2 55	
33	Stamford Ar. A	5 25	5 53	5 59		5 54	6 22	6 35	6 26	6 53		6 54	7 22	7 26	7 53	7 54	8 22	8 26	8 53	8 54	9 22	9 26	9 53	9 54	10 22	10 26	10 55	10 58	11 26	11 55	12 24	12 16	12 55	12 56	1 49	1 56	2 47	2 36	3 16	
33	NEW CANAAN BRANCH Stamford Lv. A					C 6 01						C 7 01				C 8 01				C 9 01				C 10 01				C 11 01				C 12 20		C 1 06					
35	Glenbrook					C 6 05						C 7 05				C 8 05				C 9 05				C 10 05				C 11 05				C 12 24		C 1 10					
37	Springdale					C 6 08						C 7 08				C 8 08				C 9 08				C 10 08				C 11 08				C 12 27		C 1 13					
39	Talmadge Hill					C 6 12						C 7 12				C 8 12				C 9 12				C 10 12				C 11 12				C 12 31		C 1 18					
41	New Canaan					C 6 18						C 7 18				C 8 18				C 9 18				C 10 18				C 11 18				C 12 38		C 1 26					
36	Noroton Heights					6 00						7 00				8 00				9 00				10 00				11 04				12 21		1 01		2 01		2 41	
38	Darien	5 32				6 03			6 33			7 03		7 33		8 03		8 33		9 03		9 33		10 03	10 33			11 07	11 33			12 24		1 04		2 04		2 44	
39	Rowayton					6 06						7 06				8 06				9 06				10 06				11 10				12 27		1 07		2 07		2 47	
41	South Norwalk	5 38				6 11			6 39			7 11		7 39		8 11		8 39		9 11		9 39		10 11	10 39			11 15	11 39			12 31		1 11		2 11		2 51	
42	East Norwalk					6 14						7 14				8 14				9 14				10 14				11 18				12 34		1 14		2 14		2 54	
44	Westport	5 42			D 6 02	6 18			6 43		D 7 02	7 18		7 43		8 18		8 43		9 18		9 43		10 18	10 43			11 22	11 43			12 38		1 18		2 18		2 58	
47	Green's Farms					6 22						7 22				8 22				9 22				10 22				11 26				12 43		1 22		2 22		3 02	
49	Southport					6 26						7 26				8 26				9 26				10 26				11 30				12 46		1 26		2 26		3 06	
51	Fairfield	5 51			D 6 10	6 30			6 52		D 7 10	7 30		7 52		8 30		8 52		9 30		9 52		10 30	10 52			11 34	11 52			12 49		1 29		2 29		3 09	
53	Fairfield-Black Rock	5 54			D 6 14	6 33			6 55		D 7 14	7 33		7 55		8 33		8 55		9 33		9 55		10 33	10 55			11 37	11 55			12 52		1 32		2 32		3 12	
55	Bridgeport A	6 01			D 6 21	6 40			7 02		D 7 21	7 40		8 02		8 40		9 02		9 40		10 02		10 40	11 02			11 44	12 02			12 58		1 38		2 38		3 18	
59	Stratford	6 07			D 6 27	6 47			7 08		D 7 27	7 47		8 08		8 47		9 08		9 47		10 08		10 47	11 08			11 51	12 08			1 05		1 45		2 45		3 24	
63	Milford	6 14			D 6 34	6 54			7 15		D 7 34	7 54		8 15		8 54		9 15		9 54		10 15		10 54	11 15			11 58	12 15			1 12		1 52		2 51		3 30	
69	West Haven	6 21			D 6 42	7 01			7 22		D 7 42	8 01		8 22		9 01		9 22		10 01		10 22		11 01	11 22			12 05	12 22			1 19		1 59		2 58		3 37	
72	New Haven A	6 35			6 53	7 17			7 38		7 53	8 17		8 38		9 17		9 38		10 17		10 38		11 17	11 38			12 21	12 38			1 38		2 31		3 31		4 10	
		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	PM	AM	AM	AM	AM	AM	AM	AM	AM	AM	

Metro-North Railroad
New Haven Line

As of October 5, 2025

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