



# Metro-North Railroad New Haven Line

As of March 22, 2026 only

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

- [Sunday To Grand Central](#)
- [To New Haven](#)

## Key

- A** – **Amtrak** connection
- C** – **Change trains** to continue your trip
- D** – **Discharges** customers only
- H** – Stops primarily to discharge customers. Train may depart up to **5 minutes earlier** than the time shown
- R** – **Receives** customers only
- **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 accommodations](#)

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
7/3 Independence Day Observed	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](http://mta.info) for our [full bike policy](#).

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

**Weekday off-peak trains**  
 unless noted allow a maximum 4 bicycles per train:  
 no more than 2 bicycles per car.

**Weekend off-peak trains**  
 allow a maximum 8 bicycles per train:  
 no more than 2 bicycles per car.

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

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

**Useful links**  
[mta.info/mnr](http://mta.info/mnr) [mta.info/schedules](http://mta.info/schedules) [mta.info](http://mta.info)

**More Details on:**  
[Ticket Information](#) [Contact Information](#) [Connecting Services](#)

## Other New Haven Line PDFs

- [New Canaan Branch Schedule](#)
- [Danbury Branch Schedule](#)
- [Waterbury Branch Schedule](#)

Download the [TrainTime App](#)





# OUTBOUND: Sunday

Effective March 22, 2026 only

MILES	TO NEW HAVEN	6504	6306	6506	6308	3508	6310	6510	6312	3512	6314	6514	6316	6318	6518	6320	6520	6322	6522	6324	6524	6326	6526	6328	6528	6330	6530	6332	6532	6334	6534	6336	6536	6338	6538	6340	6540	6342	3840	6542	63	
0	Grand Central	AM 5:30	AM 6:36	AM 7:02	AM 7:05	AM 7:34	AM 7:36	AM 8:02	AM 8:05	AM 8:34	AM 8:36	AM 9:02	AM 9:05	AM 9:36	AM 10:02	AM 10:05	AM 10:34	AM 10:36	AM 11:02	AM 11:05	AM 11:34	AM 11:36	AM 12:02	AM 12:05	AM 12:34	AM 12:36	AM 1:02	AM 1:05	AM 1:34	AM 1:36	AM 2:02	AM 2:05	AM 2:34	AM 2:36	AM 3:02	AM 3:05	AM 3:34	AM 3:36	AM 4:02	AM 4:02	AM 4:12	AM 4:12
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 4:12	R 4:12	R 4:22	R 4:22
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	9:26	9:54	10:07	10:23	10:54	10:54	11:23	11:23	11:54	11:54	12:23	12:23	12:54	12:54	1:23	1:23	1:54	1:54	2:23	2:23	2:54	2:54	3:23	3:23	3:54	3:54	4:22	4:22	4:32	4:32
14	Mount Vernon East	5:58	7:04	7:33	7:36	8:04	8:04	8:33	8:36	9:04	9:04	9:33	9:33	10:04	10:04	10:33	11:04	11:04	11:33	11:33	12:04	12:04	12:33	12:33	1:04	1:04	1:33	1:33	2:04	2:04	2:33	2:33	3:04	3:04	3:33	3:33	4:04	4:04	4:32	4:32	4:42	4:42
15	Pelham	6:01	7:07	7:36	7:40	8:07	8:07	8:36	8:36	9:07	9:07	9:36	9:36	10:07	10:07	10:36	11:07	11:07	11:36	11:36	12:07	12:07	12:36	12:36	1:07	1:07	1:36	1:36	2:07	2:07	2:36	2:36	3:07	3:07	3:36	3:36	4:07	4:07	4:32	4:32	4:42	4:42
17	New Rochelle	6:05	7:11	7:40	7:44	8:11	8:11	8:40	8:40	9:11	9:11	9:40	9:40	10:11	10:11	10:40	11:11	11:11	11:40	11:40	12:11	12:11	12:40	12:40	1:11	1:11	1:40	1:40	2:11	2:11	2:40	2:40	3:11	3:11	3:40	3:40	4:11	4:11	4:32	4:32	4:42	4:42
19	Larchmont	6:09	7:15	7:44	7:48	8:15	8:15	8:44	8:44	9:15	9:15	9:44	9:44	10:15	10:15	10:44	11:15	11:15	11:44	11:44	12:15	12:15	12:44	12:44	1:15	1:15	1:44	1:44	2:15	2:15	2:44	2:44	3:15	3:15	3:44	3:44	4:15	4:15	4:32	4:32	4:42	4:42
21	Mamaroneck	6:12	7:18	7:47	7:51	8:18	8:18	8:47	8:47	9:18	9:18	9:47	9:47	10:18	10:18	10:47	11:18	11:18	11:47	11:47	12:18	12:18	12:47	12:47	1:18	1:18	1:47	1:47	2:18	2:18	2:47	2:47	3:18	3:18	3:47	3:47	4:18	4:18	4:32	4:32	4:42	4:42
22	Harrison	6:15	7:21	7:50	7:54	8:21	8:21	8:50	8:50	9:21	9:21	9:50	9:50	10:21	10:21	10:50	11:21	11:21	11:50	11:50	12:21	12:21	12:50	12:50	1:21	1:21	1:50	1:50	2:21	2:21	2:50	2:50	3:21	3:21	3:50	3:50	4:21	4:21	4:32	4:32	4:42	4:42
24	Rye	6:20	7:25	7:54	7:58	8:25	8:25	8:54	8:54	9:25	9:25	9:54	9:54	10:25	10:25	10:54	11:25	11:25	11:54	11:54	12:25	12:25	12:54	12:54	1:25	1:25	1:54	1:54	2:25	2:25	2:54	2:54	3:25	3:25	3:54	3:54	4:25	4:25	4:32	4:32	4:42	4:42
26	Port Chester	6:23	7:28	7:57	8:01	8:28	8:28	8:57	8:57	9:28	9:28	9:57	9:57	10:28	10:28	10:57	11:28	11:28	11:57	11:57	12:28	12:28	12:57	12:57	1:28	1:28	1:57	1:57	2:28	2:28	2:57	2:57	3:28	3:28	3:57	3:57	4:28	4:28	4:32	4:32	4:42	4:42
28	Greenwich	6:27	7:32	8:01	8:05	8:32	8:32	9:01	9:01	9:32	9:32	10:01	10:01	10:32	10:32	11:01	11:32	11:32	12:01	12:01	12:32	12:32	1:01	1:01	1:32	1:32	2:01	2:01	2:32	2:32	3:01	3:01	3:32	3:32	4:01	4:01	4:32	4:32	4:32	4:32	4:42	4:42
30	Cos Cob	6:31	7:36	8:05	8:09	8:36	8:36	9:05	9:05	9:36	9:36	10:05	10:05	10:36	10:36	11:05	11:36	11:36	12:05	12:05	12:36	12:36	1:05	1:05	1:36	1:36	2:05	2:05	2:36	2:36	3:05	3:05	3:36	3:36	4:05	4:05	4:36	4:36	4:32	4:32	4:42	4:42
30	Riverside	6:33	7:38	8:07	8:11	8:38	8:38	9:07	9:07	9:38	9:38	10:07	10:07	10:38	10:38	11:07	11:38	11:38	12:07	12:07	12:38	12:38	1:07	1:07	1:38	1:38	2:07	2:07	2:38	2:38	3:07	3:07	3:38	3:38	4:07	4:07	4:38	4:38	4:32	4:32	4:42	4:42
31	Old Greenwich	6:36	7:41	8:10	8:14	8:41	8:41	9:10	9:10	9:41	9:41	10:10	10:10	10:41	10:41	11:10	11:41	11:41	12:10	12:10	12:41	12:41	1:10	1:10	1:41	1:41	2:10	2:10	2:41	2:41	3:10	3:10	3:41	3:41	4:10	4:10	4:41	4:41	4:32	4:32	4:42	4:42
33	Stamford	Ar 6:41	7:53	8:22	8:26	8:53	8:53	9:22	9:22	9:53	9:53	10:22	10:22	10:53	10:53	11:22	11:53	11:53	12:22	12:22	12:53	12:53	1:22	1:22	1:53	1:53	2:22	2:22	2:53	2:53	3:22	3:22	3:53	3:53	4:22	4:22	4:53	4:53	4:32	4:32	4:42	4:42
33	Stamford Lv.	C 6:53	C 8:01	C 8:30	C 8:34	C 9:01	C 9:01	C 9:30	C 9:30	C 10:01	C 10:01	C 10:30	C 10:30	C 11:01	C 11:01	C 11:30	C 12:01	C 12:01	C 12:30	C 12:30	C 1:01	C 1:01	C 1:30	C 1:30	C 2:01	C 2:01	C 2:30	C 2:30	C 3:01	C 3:01	C 3:30	C 3:30	C 4:01	C 4:01	C 4:30	C 4:30	C 5:01	C 5:01	C 5:01	C 5:01	4:42	4:42
35	Glenbrook	C 6:57	C 8:05	C 8:34	C 8:38	C 9:05	C 9:05	C 9:34	C 9:34	C 10:05	C 10:05	C 10:34	C 10:34	C 11:05	C 11:05	C 11:34	C 12:05	C 12:05	C 12:34	C 12:34	C 1:05	C 1:05	C 1:34	C 1:34	C 2:05	C 2:05	C 2:34	C 2:34	C 3:05	C 3:05	C 3:34	C 3:34	C 4:05	C 4:05	C 4:34	C 4:34	C 5:05	C 5:05	4:42	4:42	4:42	4:42
37	Springdale	C 7:00	C 8:08	C 8:37	C 8:41	C 9:08	C 9:08	C 9:37	C 9:37	C 10:08	C 10:08	C 10:37	C 10:37	C 11:08	C 11:08	C 11:37	C 12:08	C 12:08	C 12:37	C 12:37	C 1:08	C 1:08	C 1:37	C 1:37	C 2:08	C 2:08	C 2:37	C 2:37	C 3:08	C 3:08	C 3:37	C 3:37	C 4:08	C 4:08	C 4:37	C 4:37	C 5:08	C 5:08	4:42	4:42	4:42	4:42
39	Talmadge Hill	C 7:04	C 8:12	C 8:41	C 8:45	C 9:12	C 9:12	C 9:41	C 9:41	C 10:12	C 10:12	C 10:41	C 10:41	C 11:12	C 11:12	C 11:41	C 12:12	C 12:12	C 12:41	C 12:41	C 1:12	C 1:12	C 1:41	C 1:41	C 2:12	C 2:12	C 2:41	C 2:41	C 3:12	C 3:12	C 3:41	C 3:41	C 4:12	C 4:12	C 4:41	C 4:41	C 5:12	C 5:12	4:42	4:42	4:42	4:42
41	New Canaan	C 7:10	C 8:18	C 8:47	C 8:51	C 9:18	C 9:18	C 9:47	C 9:47	C 10:18	C 10:18	C 10:47	C 10:47	C 11:18	C 11:18	C 11:47	C 12:18	C 12:18	C 12:47	C 12:47	C 1:18	C 1:18	C 1:47	C 1:47	C 2:18	C 2:18	C 2:47	C 2:47	C 3:18	C 3:18	C 3:47	C 3:47	C 4:18	C 4:18	C 4:47	C 4:47	C 5:18	C 5:18	4:42	4:42	4:42	4:42
36	Noroton Heights	6:47	8:01	8:30	8:34	9:01	9:01	9:30	9:30	10:01	10:01	10:30	10:30	11:01	11:01	11:30	12:01	12:01	12:30	12:30	1:01	1:01	1:30	1:30	2:01	2:01	2:30	2:30	3:01	3:01	3:30	3:30	4:01	4:01	4:30	4:30	5:00	5:00	4:42	4:42		
38	Darien	6:50	8:04	8:33	8:37	9:04	9:04	9:33	9:33	10:04	10:04	10:33	10:33	11:04	11:04	11:33	12:04	12:04	12:33	12:33	1:04	1:04	1:33	1:33	2:04	2:04	2:33	2:33	3:04	3:04	3:33	3:33	4:04	4:04	4:33	4:33	5:03	5:03	4:42	4:42		
39	Rowayton	6:53	8:07	8:36	8:40	9:07	9:07	9:36	9:36	10:07	10:07	10:36	10:36	11:07	11:07	11:36	12:07	12:07	12:36	12:36	1:07	1:07	1:36	1:36	2:07	2:07	2:36	2:36	3:07	3:07	3:36	3:36	4:07	4:07	4:36	4:36	5:06	5:06	4:42	4:42		
41	South Norwalk	6:58	8:12	8:41	8:45	9:12	9:12	9:41	9:41	10:12	10:12	10:41	10:41	11:12	11:12	11:41	12:12	12:12	12:41	12:41	1:12	1:12	1:41	1:41	2:12	2:12	2:41	2:41	3:12	3:12	3:41	3:41	4:12	4:12	4:41	4:41	5:11	5:11	4:42	4:42		
42	East Norwalk	7:01	8:15	8:44	8:48	9:15	9:15	9:44	9:44	10:15	10:15	10:44	10:44	11:15	11:15	11:44	12:15	12:15	12:44	12:44	1:15	1:15	1:44	1:44	2:15	2:15	2:44	2:44	3:15	3:15	3:44	3:44	4:15	4:15	4:44	4:44	5:14	5:14	4:42	4:42		
44	Westport	7:05	8:19	8:48	8:52																																					



## Ticket info

### Buy Tickets before boarding to avoid the onboard surcharge

You will be charged an additional fee if a ticket vending machine or ticket office is available at your boarding station.

*Surcharge does not apply to senior citizens or passengers with disabilities*

### RESPONSIBILITY –

Metro-North Railroad 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 schedules in this timetable are subject to change without notice.

### Title VI Statement:

MTA Metro-North Railroad is committed to providing nondiscriminatory service to ensure that no person is excluded from participation in, or denied the benefits of, or subjected to discrimination in the receipt of its services on the basis of race, color, national origin or income as protected by Title VI of the Civil Rights Act of 1964.

For more information visit [mta.info](http://mta.info) or contact:

### MTA Metro-North Railroad

Office of Diversity & Equal Employment Opportunity,  
420 Lexington Avenue, 12th Fl.,  
New York, NY 10170,  
or call 511.

In addition to your right to file a complaint with Metro-North Railroad, you have the right to file a Title VI complaint with the Federal Transit Administration, Office of Civil Rights, Attention: Complaint Team, East Building 5th Floor—TCR, 1200 New Jersey Ave. SE, Washington, DC 20590.

## Contact Information

**MTA Metro-North Railroad** [mta.info/mnr](http://mta.info/mnr)

- [– Schedules](#)   [– Lost & Found](#)   [– Mail&Ride](#)
- [– Fares](#)   [– Group Sales](#)   [– Bicycle Permits](#)
- [– Parking](#)   [– Senior/Disabled Accesibility](#)
- [– Comments, Concerns, Commendations](#)

Daily 6AM – 10PM /Automated info 24/7 .....	511
Outside New York State .....	877-690-5114
Deaf/Hard of Hearing – Use your preferred relay service provider or the free 711 relay to reach .....	511
MTA Long Island Rail Road .....	511
MTA New York City Transit Subway & Bus Information .....	511
MTA Police .....	212-878-1001
<b>MTA PD Emergency Only</b> .....	888-MTA-911PD
MTA Inspector General Hotline.....	800-MTA-IG4U (800-682-4448)

### Other Transit Information

Amtrak.....	800-872-7245
CT Transit.....	<a href="http://cttransit.com">cttransit.com</a>
Coach USA .....	866-912-6224
GO Airlink .....	212-812-9000
Greater Bridgeport Transit .....	203-333-3031 <a href="http://gogbt.com">gogbt.com</a>
HarTransit .....	203-744-4070 <a href="http://hartransit.com">hartransit.com</a>
LAZ Parking.....	888-682-PARK (888-682-7275)
Norwalk Transit .....	203-852-0000 <a href="http://norwalktransit.com">norwalktransit.com</a>
Shoreline East .....	1-877-287-4337 <a href="http://shorelineeast.com">shorelineeast.com</a>
Westchester Bee-Line.....	914-813-7777 <a href="http://westchestergov.com">westchestergov.com</a>

## Connecting Services

**New York City Transit Subway & Buses** **511** [mta.info/nyct](http://mta.info/nyct)

**Grand Central Terminal** 4 5 6 7 S  
42 St.: **M42**  
Lexington Av: **M101, M102, M103**  
Madison Av: **M1, M2, M3, M4**

**Harlem–125th Street** 4 5 6  
125 St: **SBS M60** to Laguardia Airport, **M125, M101**  
Lexington Av: **M101, M103**

**Long Island Rail Road** **511** [mta.info/lirr](http://mta.info/lirr)  
**Grand Central Madison**

**Connections to NY Area Airports** [mta.info/guides/airports](http://mta.info/guides/airports)

**Connections at your station** [mta.info/mta-stations](http://mta.info/mta-stations)

