Special Timetable

Long Island Rail Road

Hempstead Branch

Alternate Plan Schedules
Effective When Announced
Weekdays, March 23, 2026 - May 15, 2026

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)
  - Hunterspoint Avenue
  - Long Island City
- Woodside (LaGuardia Link Q70 +selectbusservice)
  - Grand Central
- Penn Station

ATTENTION CUSTOMERS

In the event of severe weather or emergency conditions, the LIRR has an alternate service plan in place to help ensure the safety of our customers and employees.

Use this special timetable for all Hempstead Branch travel when implemented.

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

For all other service please use the regular Hempstead Branch timetable, effective March 23, 2026.

WATCH THE GAP

Alternate Plan Schedules - Effective When Announced, Weekdays, March 23, 2026 - May 15, 2026

Eastbound

To Hempstead

*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	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	PM	PM	PM	PM	PM	PM
PENN STATION	12:00	12:14	.....	.....	2:35	3:09	5:22	6:09	.....	7:09	7:37	8:05	.....	9:09	.....	10:12	.....	11:11	.....	12:12	.....	1:12	.....	2:07	.....
GRAND CENTRAL	.....	.....	12:52	1:35	.....	.....	.....	.....	6:32	.....	.....	.....	8:34	.....	9:45	.....	10:45	.....	11:44	.....	12:45	.....	1:45	.....	2:41
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	8:55	9:30	10:05	10:32	11:05	11:31	12:05	12:32	1:05	1:32	2:05	2:27	3:01
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	8:56	9:31	10:07	10:34	11:07	11:33	12:07	12:34	1:07	1:34	2:07	2:29	3:02
Hollis	.....	.....	1:20	2:03	3:04	.....	5:52	.....	7:01	.....	8:05	.....	9:03	.....	10:15	.....	11:15	.....	12:15	.....	1:15	.....	2:15	.....	3:09
Queens Village	.....	.....	1:23	2:06	3:07	.....	5:55	.....	7:04	.....	8:08	.....	9:06	.....	10:18	.....	11:18	.....	12:18	.....	1:18	.....	2:18	.....	3:12
Elmont- UBS Arena	12:34	12:47	1:25	2:08	3:09	.....	5:57	.....	7:06	.....	8:10	.....	9:08	.....	10:20	.....	11:20	.....	12:20	.....	1:20	.....	2:20	.....	3:14
Bellerose	.....	.....	1:27	2:10	3:11	.....	5:59	.....	7:08	.....	8:12	.....	9:10	.....	10:22	.....	11:22	.....	12:22	.....	1:22	.....	2:22	.....	3:16
Floral Park	.....	12:50	1:29	2:12	3:13	3:40	6:01	6:41	7:10	7:40	8:14	8:37	9:12	9:40	10:24	10:44	11:24	11:43	12:24	12:44	1:24	1:44	2:24	2:40	3:18
Stewart Manor	.....	.....	1:32	2:15	3:16	.....	6:04	.....	7:13	.....	8:17	.....	9:15	.....	10:27	.....	11:27	.....	12:27	.....	1:27	.....	2:27	.....	3:21
Nassau Boulevard	.....	.....	1:35	2:18	3:19	.....	6:07	.....	7:16	.....	8:20	.....	9:18	.....	10:30	.....	11:30	.....	12:30	.....	1:30	.....	2:30	.....	3:24
Garden City	.....	.....	1:38	2:21	3:22	.....	6:10	.....	7:19	.....	8:23	.....	9:21	.....	10:33	.....	11:33	.....	12:33	.....	1:33	.....	2:33	.....	3:27
Country Life Press	.....	.....	1:41	2:24	3:25	.....	6:13	.....	7:22	.....	8:26	.....	9:24	.....	10:36	.....	11:36	.....	12:36	.....	1:36	.....	2:36	.....	3:30
HEMPSTEAD	.....	.....	1:45	2:28	3:29	.....	6:17	.....	7:26	.....	8:30	.....	9:28	.....	10:40	.....	11:40	.....	12:40	.....	1:40	.....	2:40	.....	3:34
	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
Train #	1900	1500	702	704	706	1504	710	1510	712	1512	714	1514	716	1516	718	1520	722	1524	724	1550	750	1554	752	1558	754

Alternate Plan Schedules - Effective When Announced, Weekdays, March 23, 2026 - May 15, 2026

(Continued)

Eastbound

To Hempstead

*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													
	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
PENN STATION	.....	3:09	.....	4:04	.....	4:45	.....	.....	.....	.....	7:20	.....	8:08	.....	9:01	9:15	9:34	9:39	.....	10:04	10:20	10:33	.....	11:17	.....
GRAND CENTRAL	3:01	.....	.....	.....	4:35	.....	.....	5:48	6:03	.....	.....	7:52	.....	8:43	.....	.....	.....	.....	9:43	.....	.....	.....	10:54	.....	11:54
Woodside	3:13	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	8:55	9:13	.....	.....	.....	.....	.....	.....	10:44	.....	11:28	.....
Forest Hills	.....	3:24	.....	4:18	.....	.....	.....	.....	.....	.....	.....	.....	8:23	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
Kew Gardens	.....	3:26	.....	.....	.....	5:02	.....	6:05	.....	.....	.....	8:09	8:25	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
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	6:08	6:23	6:59	7:39	8:12	8:29	9:04	9:22	9:36	9:54	10:02	10:04	10:25	10:40	10:54	11:15	11:37	12:15
JAMAICA (Leave)	3:24	3:31	3:57	4:24	4:56	5:06	5:21	6:09	6:24	7:00	7:40	8:13	8:31	9:06	9:24	9:38	9:56	10:04	10:06	10:27	10:42	10:56	11:17	11:39	12:17
Hollis	.....	.....	4:04	4:31	5:02	5:12	5:27	6:15	6:30	7:06	7:47	8:20	.....	9:13	.....	.....	.....	.....	10:13	.....	.....	.....	11:23	.....	12:24
Queens Village	.....	.....	4:07	4:34	5:05	5:15	5:30	6:18	6:33	7:09	7:50	8:23	.....	9:16	.....	.....	.....	.....	10:16	.....	.....	.....	11:26	.....	12:27
Elmont	.....	.....	4:09	4:36	5:07	.....	5:32	6:21	6:35	7:11	7:52	8:25	.....	9:18	9:34	9:48	10:05	10:14	10:18	10:37	.....	11:06	11:28	11:50	12:29
Bellerose	.....	.....	4:11	4:38	5:09	.....	5:34	6:23	6:37	7:13	7:54	8:27	.....	9:20	.....	.....	.....	.....	10:20	.....	.....	.....	11:30	.....	12:31
Floral Park	3:33	3:40	4:13	4:40	5:11	.....	5:36	6:25	6:39	7:15	7:56	8:29	8:42	9:22	.....	9:51	.....	.....	10:22	.....	10:53	.....	11:32	.....	12:33
Stewart Manor	.....	.....	4:16	4:43	5:14	.....	5:39	6:28	6:42	7:18	7:59	8:32	.....	9:25	.....	.....	.....	.....	10:25	.....	.....	.....	11:35	.....	12:36
Nassau Boulevard	.....	.....	4:19	4:46	5:17	.....	5:42	6:31	6:45	7:21	8:02	8:35	.....	9:28	.....	.....	.....	.....	10:28	.....	.....	.....	11:38	.....	12:39
Garden City	.....	.....	4:22	4:49	5:20	.....	5:45	6:34	6:48	7:24	8:05	8:38	.....	9:31	.....	.....	.....	.....	10:31	.....	.....	.....	11:41	.....	12:42
Country Life Press	.....	.....	4:25	4:52	5:23	.....	5:48	6:37	6:51	7:27	8:08	8:41	.....	9:34	.....	.....	.....	.....	10:34	.....	.....	.....	11:44	.....	12:45
HEMPSTEAD	.....	.....	4:29	4:56	5:27	.....	5:52	6:41	6:55	7:31	8:11	8:45	.....	9:38	.....	.....	.....	.....	10:38	.....	.....	.....	11:48	.....	12:49
	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
Train #	2060	1562	756	758	760	1056	762	768	770	772	778	780	1580	782	1980	1584	1982	1586	784	1984	1588	1986	786	1990	788

Alternate Plan Schedules - Effective When Announced, Weekdays, March 23, 2026 - May 15, 2026

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."	Mon. Only		Mon. Only									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	AM	AM	AM	AM	AM	AM	AM	PM	PM	PM	PM
HEMPSTEAD	.....	12:15	.....	.....	1:04	2:03	.....	3:43	.....	4:56	.....	5:19	5:49	6:21	.....	6:36	.....	.....	7:04	.....	7:31	7:47	.....	8:32	8:45	9:07	.....	9:57	.....	10:57	.....	11:57	.....	12:57	.....
Country Life Press	.....	12:20	.....	.....	1:08	2:07	.....	3:47	.....	5:00	.....	5:23	5:53	6:25	.....	6:40	.....	.....	7:08	.....	7:35	7:52	.....	8:36	8:49	9:11	.....	10:01	.....	11:01	.....	12:01	.....	1:01	.....
Garden City	.....	12:23	.....	.....	1:11	2:10	.....	3:50	.....	5:03	.....	5:26	5:56	6:28	.....	6:43	.....	.....	7:11	.....	7:38	7:55	.....	8:39	8:52	9:14	.....	10:04	.....	11:04	.....	12:04	.....	1:04	.....
Nassau Boulevard	.....	12:25	.....	.....	1:13	2:12	.....	3:52	.....	5:05	.....	5:28	5:58	6:30	.....	6:45	.....	.....	7:13	.....	7:40	7:57	.....	8:41	8:54	9:16	.....	10:06	.....	11:06	.....	12:06	.....	1:06	.....
Stewart Manor	.....	12:28	.....	.....	1:16	2:15	.....	3:55	.....	5:08	.....	5:31	6:01	6:33	.....	6:48	.....	.....	7:16	.....	7:43	8:00	.....	8:44	8:57	9:19	.....	10:09	.....	11:09	.....	12:09	.....	1:09	.....
Floral Park	.....	12:31	.....	12:56	1:19	2:18	.....	3:58	.....	5:11	5:31	5:34	6:04	6:36	.....	6:51	6:57	7:09	7:19	.....	7:46	8:04	8:39	8:47	9:00	9:22	9:51	10:12	10:53	11:12	11:53	12:12	12:53	1:12	1:53
Bellerose	.....	12:33	.....	.....	1:21	2:20	.....	4:00	.....	5:13	.....	5:36	6:06	6:38	.....	6:53	.....	.....	7:21	.....	7:48	8:06	.....	8:49	9:02	9:24	.....	10:14	.....	11:14	.....	12:14	.....	1:14	.....
Elmont- UBS Arena	12:29	12:35	12:48	12:58	1:23	2:22	.....	4:02	4:31	5:15	5:33	.....	6:09	.....	6:48	6:55	.....	.....	7:23	.....	.....	8:08	.....	8:51	9:04	9:26	.....	10:16	.....	11:16	.....	12:16	.....	1:16	.....
Queens Village	.....	12:38	.....	.....	1:26	2:25	2:45	4:05	.....	5:18	5:35	.....	6:12	.....	6:50	6:58	.....	.....	7:26	7:37	.....	8:11	.....	8:54	9:07	9:29	.....	10:19	.....	11:19	.....	12:19	.....	1:19	.....
Hollis	.....	12:41	.....	.....	1:28	2:28	2:47	4:08	.....	5:21	5:38	.....	6:15	.....	6:53	7:01	.....	.....	7:29	7:40	.....	8:14	.....	8:57	9:10	9:32	.....	10:22	.....	11:22	.....	12:22	.....	1:22	.....
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	6:21	6:49	6:58	7:07	7:08	7:20	7:35	7:47	8:02	8:20	8:50	9:03	9:16	9:38	10:02	10:29	11:04	11:30	12:04	12:30	1:04	1:30	2:04
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	6:22	6:50	6:59	7:08	7:09	7:21	7:36	7:48	8:03	8:21	8:51	9:04	9:17	9:39	10:04	10:30	11:06	11:31	12:06	12:31	1:06	1:31	2:06
East New York*	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	5:53	.....	.....	.....	.....	.....	.....	.....	7:43	.....	.....	.....	.....	9:12	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
Nostrand Avenue*	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	5:58	.....	.....	.....	.....	.....	.....	.....	7:48	.....	.....	.....	.....	9:17	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
ATLANTIC TERMINAL*	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	6:05	.....	.....	.....	.....	.....	.....	.....	7:55	.....	.....	.....	.....	9:24	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
Kew Gardens	.....	12:54	1:04	1:14	1:41	.....	.....	.....	4:46	.....	.....	.....	.....	.....	7:03	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
Forest Hills	.....	12:56	1:06	1:16	1:43	.....	.....	.....	4:48	.....	.....	.....	.....	.....	7:05	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
Woodside	12:50	.....	.....	.....	.....	.....	3:04	.....	4:53	.....	.....	.....	.....	6:58	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	9:25	.....	10:15	10:38	11:17	11:39	12:17	12:40	1:17	1:39	2:17
GRAND CENTRAL	.....	1:08	.....	.....	.....	.....	.....	.....	.....	5:48	.....	.....	.....	7:09	.....	7:27	.....	7:40	.....	8:07	.....	8:40	.....	.....	9:36	.....	.....	10:49	.....	11:50	.....	12:50	.....	1:50	.....
PENN STATION	1:01	.....	1:21	1:31	1:56	2:55	3:15	4:35	5:03	.....	.....	6:08	6:41	.....	7:21	.....	7:28	.....	.....	.....	8:23	.....	9:09	.....	.....	9:58	10:25	.....	11:27	.....	12:27	.....	1:27	.....	2:27
	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	PM	PM	PM	PM
Train #	7599	701	7999	1501	703	705	1903	707	1507	709	1607	711	713	717	2501	719	1915	1613	721	2699	723	725	1623	727	729	731	1525	737	1529	739	1533	741	1551	753	1555

Alternate Plan Schedules - Effective When Announced, Weekdays, March 23, 2026 - May 15, 2026

(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."																																			
	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
HEMPSTEAD	2:04	.....	2:57	.....	.....	.....	3:56	.....	.....	.....	5:00	.....	.....	.....	.....	6:03	.....	.....	.....	.....	.....	.....	.....	7:52	.....	.....	8:48	.....	.....	9:59	.....	.....	10:55	.....
Country Life Press	2:08	.....	3:01	.....	.....	.....	4:00	.....	.....	.....	5:04	.....	.....	.....	.....	6:07	.....	.....	.....	.....	.....	.....	.....	7:56	.....	.....	8:52	.....	.....	10:03	.....	.....	10:59	.....
Garden City	2:11	.....	3:04	.....	.....	.....	4:03	.....	.....	.....	5:07	.....	.....	.....	.....	6:10	.....	.....	.....	.....	.....	.....	.....	7:59	.....	.....	8:55	.....	.....	10:06	.....	.....	11:02	.....
Nassau Boulevard	2:13	.....	3:06	.....	.....	.....	4:05	.....	.....	.....	5:09	.....	.....	.....	.....	6:12	.....	.....	.....	.....	.....	.....	.....	8:01	.....	.....	8:58	.....	.....	10:08	.....	.....	11:04	.....
Stewart Manor	2:16	.....	3:09	.....	.....	.....	4:08	.....	.....	.....	5:12	.....	.....	.....	.....	6:15	.....	.....	.....	.....	.....	.....	.....	8:04	.....	.....	9:01	.....	.....	10:11	.....	.....	11:07	.....
Floral Park	2:19	2:59	3:12	.....	3:56	.....	4:11	.....	4:53	.....	5:15	.....	.....	5:48	.....	6:18	.....	.....	6:56	.....	.....	8:03	.....	8:07	.....	8:55	9:05	9:53	.....	10:14	.....	10:58	11:10	11:53
Bellerose	2:21	.....	3:14	.....	.....	.....	4:13	.....	.....	.....	5:17	.....	.....	.....	.....	6:20	.....	.....	.....	.....	.....	.....	.....	8:09	.....	.....	9:08	.....	.....	10:16	.....	.....	11:12	.....
Elmont	2:23	.....	3:16	.....	.....	.....	4:15	.....	.....	5:03	5:19	5:28	5:37	5:50	6:18	6:22	6:27	6:44	6:58	7:15	7:45	8:05	8:09	8:11	8:44	8:57	9:10	9:55	10:14	10:18	10:41	11:00	11:14	11:55
Queens Village	2:26	.....	3:19	3:46	.....	.....	4:18	.....	.....	5:06	5:22	.....	.....	5:53	.....	6:25	.....	.....	.....	.....	.....	.....	.....	8:15	.....	.....	9:13	.....	.....	10:21	.....	.....	11:17	.....
Hollis	2:29	.....	3:22	.....	.....	4:14	4:21	4:48	.....	.....	5:25	.....	.....	5:55	.....	6:28	.....	.....	.....	.....	.....	.....	.....	8:17	.....	.....	9:15	.....	.....	10:24	.....	.....	11:19	.....
JAMAICA (Arrive)	2:32	3:10	3:30	3:55	4:08	4:20	4:28	4:55	5:04	5:15	5:33	5:37	5:48	6:03	6:31	6:35	6:37	6:54	7:07	7:25	7:55	8:14	8:20	8:24	8:54	9:07	9:22	10:04	10:24	10:31	10:51	11:09	11:27	12:05
JAMAICA (Leave)	2:36	3:12	3:31	3:56	4:09	4:21	4:29	4:56	5:05	5:16	5:34	5:38	5:49	6:05	6:33	6:36	6:38	6:55	7:08	7:26	7:56	8:15	8:22	8:26	8:56	9:08	9:24	10:06	10:26	10:33	10:53	11:11	11:29	12:07
East New York*	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
Nostrand Avenue*	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
ATLANTIC TERMINAL*	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....
Kew Gardens	.....	.....	.....	.....	4:12	.....	.....	.....	5:08	.....	.....	5:42	.....	6:09	.....	.....	6:42	.....	7:12	.....	.....	.....	8:25	.....	.....	9:12	.....	10:10	.....	10:37	.....	11:15	11:33	12:11
Forest Hills	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	.....	8:27	.....	.....	9:14	.....	10:12	.....	10:39	.....	11:17	11:35	12:13
Woodside	2:46	.....	.....	4:05	.....	4:30	.....	5:04	.....	5:25	.....	.....	.....	.....	6:42	.....	.....	7:03	.....	7:35	8:04	8:24	.....	.....	9:04	.....	9:32	.....	.....	.....	11:02	.....	.....	.....
GRAND CENTRAL	2:57	.....	3:50	4:16	.....	.....	4:48	5:15	.....	.....	.....	5:57	.....	.....	.....	6:55	6:58	7:14	.....	.....	8:15	.....	.....	8:46	.....	.....	9:42	.....	.....	10:52	.....	.....	11:48	.....
PENN STATION	.....	3:32	.....	.....	4:28	4:41	.....	.....	5:24	5:36	5:54	.....	6:08	6:24	6:53	.....	.....	.....	7:28	7:45	.....	8:35	8:41	.....	9:16	9:28	.....	10:27	10:45	.....	11:12	11:31	.....	12:28
	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
Train #	755	1557	799	2055	1559	1961	757	2057	1561	1963	761	1661	1965	1563	1967	763	1663	2063	1571	1971	2065	1575	1975	769	1977	1579	771	1583	1585	773	1985	1587	775	1591

Long Island Rail Road

Reference Notes

*	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.

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