

Special Timetable



West Hempstead Branch

Special Track Work Timetable

Effective Saturday & Sunday,

May 30-31, 2026

www.mta.info

● West Hempstead

● Hempstead Gardens

● Lakeview

● Malverne

● Westwood

● St. Albans

● Jamaica AIRTRAIN

● Atlantic Terminal (Brooklyn)

● Hunterspoint Avenue

● Long Island City

● Woodside LaGuardia Link
 70-selectbus service

● Grand Central

● Penn Station

ATTENTION CUSTOMERS



As a result of signal installation on the Mainline, West Hempstead trains will operate on adjusted schedules and have affected connections.

Use this special timetable for all West Hempstead Branch travel on this affected weekend only.

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

For all other service please use the regular West Hempstead Branch timetable, effective May 11, 2026.



Long Island Rail Road

Reference Notes

*	For complete service west of Jamaica see the applicable City Terminal Zone timetable.
J	Transfer at Jamaica. Transfers are only shown on this timetable for select trains. Use the TrainTime app or a City Terminal Zone timetable to view all your transfer options.
	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.
All Branches	On all branches, eastbound trains may depart stations east of Jamaica up to three minutes earlier than times shown.
West of Jamaica	At stations west of Jamaica, westbound trains may depart stations up to three minutes earlier than times shown.

/// WATCH THE GAP ///

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Effective Saturday and Sunday, May 30-31, 2026

Eastbound

To West 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	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM
PENN STATION	J 5:50	J 6:53
GRAND CENTRAL	J 5:35	J 6:48	7:55	8:56	9:54	10:56	11:56	12:56	1:56	2:56	3:56	4:56	5:56	6:56	7:56	8:56	9:57	10:57	11:48
Woodside
Forest Hills	8:10	9:11	10:09	11:11	12:11	1:11	2:11	3:11	4:11	5:11	6:11	7:11	8:11	9:11
Kew Gardens	8:12	9:13	10:11	11:13	12:13	1:13	2:13	3:13	4:13	5:13	6:13	7:13	8:13	9:13
ATLANTIC TERMINAL
Nostrand Avenue
East New York
JAMAICA (Arrive)	6:10	7:14	8:16	9:17	10:15	11:17	12:17	1:17	2:17	3:17	4:17	5:17	6:17	7:17	8:17	9:17	10:17	11:17	12:10
JAMAICA (Leave)	6:19	7:19	8:18	9:19	10:17	11:19	12:19	1:19	2:19	3:19	4:19	5:19	6:19	7:19	8:19	9:19	10:19	11:19	12:11
St. Albans	6:25	7:25	8:24	9:25	10:23	11:25	12:25	1:25	2:26	3:25	4:25	5:25	6:25	7:25	8:25	9:25	10:25	11:25	12:17
Westwood	6:35	7:35	8:34	9:35	10:33	11:35	12:35	1:35	2:36	3:35	4:35	5:35	6:36	7:36	8:35	9:36	10:36	11:35	12:27
Malverne	6:37	7:37	8:36	9:37	10:35	11:37	12:37	1:37	2:38	3:37	4:37	5:37	6:38	7:38	8:37	9:38	10:38	11:37	12:29
Lakeview	6:39	7:39	8:38	9:39	10:37	11:39	12:39	1:39	2:40	3:39	4:39	5:39	6:40	7:40	8:39	9:40	10:40	11:39	12:31
Hempstead Gardens	6:41	7:41	8:40	9:41	10:39	11:41	12:41	1:41	2:42	3:41	4:41	5:41	6:42	7:42	8:41	9:42	10:42	11:41	12:33
WEST HEMPSTEAD	6:46	7:46	8:45	9:46	10:44	11:46	12:46	1:46	2:47	3:46	4:46	5:46	6:47	7:47	8:46	9:47	10:47	11:46	12:38
	AM	AM	AM	AM	AM	AM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM
Train #	7708	7710	7712	7714	7716	7718	7720	7750	7752	7754	7756	7758	7760	7762	7764	7766	7768	7770	7772

Effective Saturday and Sunday, May 30-31, 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."																				
	AM	AM	AM	AM	AM	AM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM
WEST HEMPSTEAD	6:02	7:02	8:02	9:02	10:02	11:02	12:02	1:02	2:02	3:02	4:02	5:02	6:02	7:02	8:02	9:02	10:02	11:02	11:58
Hempstead Gardens	6:05	7:05	8:05	9:05	10:05	11:05	12:05	1:05	2:05	3:05	4:05	5:05	6:05	7:05	8:05	9:05	10:05	11:05	12:01
Lakeview	6:07	7:07	8:07	9:07	10:07	11:07	12:07	1:07	2:07	3:07	4:07	5:07	6:07	7:07	8:07	9:07	10:07	11:07	12:03
Malverne	6:09	7:09	8:09	9:09	10:09	11:09	12:09	1:09	2:09	3:09	4:09	5:09	6:09	7:09	8:09	9:09	10:09	11:09	12:05
Westwood	6:12	7:12	8:12	9:12	10:12	11:12	12:12	1:12	2:12	3:12	4:12	5:12	6:12	7:12	8:12	9:12	10:12	11:12	12:08
St. Albans	6:23	7:23	8:23	9:23	10:23	11:23	12:23	1:23	2:23	3:23	4:23	5:23	6:23	7:23	8:23	9:23	10:23	11:23	12:19
JAMAICA (Arrive)	6:29	7:29	8:29	9:29	10:29	11:29	12:29	1:29	2:29	3:29	4:29	5:29	6:29	7:29	8:29	9:29	10:29	11:29	12:25
JAMAICA (Leave)	6:33	7:31	8:31	9:31	10:31	11:31	12:31	1:31	2:31	3:31	4:31	5:31	6:31	7:31	8:31	9:31	10:31	11:31	12:27
East New York
Nostrand Avenue
ATLANTIC TERMINAL
Kew Gardens
Forest Hills
Woodside
GRAND CENTRAL	J 7:05	7:51	8:51	9:51	10:51	11:51	12:50	1:51	2:51	3:51	4:51	5:51	6:51	7:51	8:51	9:50	10:51	11:51	12:47
PENN STATION	J 6:52
	AM	AM	AM	AM	AM	AM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	AM
Train #	7705	7709	7711	7713	7715	7717	7719	7751	7753	7755	7757	7759	7761	7763	7765	7767	7769	7771	7773