Q70-SBS

LaGuardia Link Woodside LIRR, Jackson Heights E F M R 7 Subway, LaGuardia Airport

Select Bus Service

Operated by MTA Bus Company

Effective September 6, 2026

Timetables only shows key stops, known as timepoints, along the route where buses are scheduled to start, end, or leave at a specific time. Visit bt.mta.info or use the MTA app to locate the stop nearest you and view estimated arrival times.

Bold times denote p.m. hours.

Holiday schedule for this route

- **New Years Day, Memorial Day, Labor Day, Thanksgiving Day, Christmas Day:** Sunday schedule.
- **Independence Day:** Saturday schedule.
- **Presidents Day:** Saturday schedule.
- **Martin Luther King Day, Friday after Thanksgiving:** Reduced weekday schedule.

On days not listed above, a weekday schedule will run.

Service varies by borough and route on some holidays. Be sure to check each route's schedule.

Information in this timetable is subject to change without notice. Traffic conditions and weather can affect running time. Visit www.mta.info or use the MTA app to view the latest service alerts.

MTA is committed to providing non-discriminatory 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 or national origin as protected by Title VI of the Civil Rights Act of 1964 ("Title VI").
To request more information about Title VI or to submit a written complaint if you believe that you have been subjected to discrimination, you may contact the Office of Equal Employment Opportunity, 130 Livingston Street, 3rd Floor, Brooklyn, NY 11201.
You also have the right to file a complaint with the U.S. Department of Transportation, Federal Transit Administration, Office of Civil Rights, Attention: Complaint Team, East Building 5th Floor – TCR, 1200 New Jersey Avenue SE, Washington, DC 20590.

Weekdays LaGuardia Link

Roosevelt Av 61 St	74 St Roosevelt Av Station	LaGuardia Terminal C	Woodside Av 61 St
12:00	12:04	12:14	12:39
12:20	12:24	12:34	12:59
12:40	12:44	12:54	1:19
1:00	1:04	1:12	1:34
1:20	1:24	1:32	1:54
1:40	1:44	1:52	2:14
2:00	2:04	2:12	2:34
2:20	2:24	2:32	2:54
2:40	2:44	2:52	3:14
3:00	3:04	3:12	3:34
3:20	3:24	3:32	3:54
3:40	3:44	3:52	4:14
4:00	4:04	4:12	4:34
4:20	4:24	4:32	4:55
4:40	4:45	4:55	5:18
4:55	5:00	5:10	5:33
5:05	5:10	5:20	5:43
5:15	5:20	5:30	5:53
5:25	5:30	5:40	6:03
5:35	5:40	5:50	6:13
5:45	5:50	6:00	6:23
5:55	6:00	6:10	6:33
6:05	6:10	6:20	6:43
6:15	6:20	6:30	6:53
6:25	6:30	6:40	7:03
6:35	6:40	6:50	7:13
6:45	6:50	7:00	7:26
6:53	6:58	7:08	7:34
7:01	7:08	7:17	7:43
7:09	7:16	7:25	7:51
7:17	7:24	7:33	7:59
7:25	7:32	7:41	8:07
7:35	7:42	7:51	8:17
7:45	7:52	8:01	8:27
7:55	8:02	8:11	8:37
8:05	8:12	8:21	8:47
8:15	8:22	8:31	9:00
8:25	8:32	8:42	9:11
8:35	8:42	8:52	9:21
8:45	8:52	9:02	9:31
8:55	9:02	9:12	9:41
9:05	9:12	9:22	9:51
9:15	9:22	9:32	10:01
9:25	9:32	9:42	10:11
9:35	9:42	9:52	10:21
9:43	9:50	10:00	10:29
9:50	9:57	10:07	10:36

Weekdays LaGuardia Link

Roosevelt Av 61 St	74 St Roosevelt Av Station	LaGuardia Terminal C	Woodside Av 61 St
9:56	10:03	10:13	10:42
10:03	10:10	10:20	10:49
10:09	10:16	10:26	10:55
10:16	10:23	10:33	11:04
10:22	10:29	10:39	11:10
10:29	10:36	10:47	11:18
10:35	10:42	10:53	11:24
10:42	10:49	11:00	11:31
10:48	10:55	11:06	11:37
10:55	11:02	11:13	11:44
11:01	11:08	11:19	11:50
11:08	11:15	11:26	11:57
11:14	11:21	11:32	**12:03**
11:21	11:28	11:39	**12:10**
11:27	11:34	11:45	**12:16**
11:34	11:41	11:52	**12:23**
11:40	11:47	11:58	**12:29**
11:47	11:54	**12:05**	**12:36**
11:53	**12:00**	**12:11**	**12:42**
12:00	**12:07**	**12:18**	**12:49**
12:06	**12:13**	**12:24**	**12:55**
12:13	**12:20**	**12:31**	**1:02**
12:19	**12:26**	**12:37**	**1:08**
12:26	**12:33**	**12:44**	**1:15**
12:32	**12:39**	**12:50**	**1:21**
12:38	**12:45**	**12:56**	**1:27**
12:44	**12:51**	**1:02**	**1:33**
12:50	**12:57**	**1:08**	**1:39**
12:56	**1:03**	**1:14**	**1:45**
1:02	**1:09**	**1:20**	**1:51**
1:08	**1:15**	**1:26**	**1:57**
1:14	**1:21**	**1:32**	**2:05**
1:20	**1:27**	**1:38**	**2:11**
1:26	**1:33**	**1:46**	**2:19**
1:32	**1:39**	**1:52**	**2:25**
1:38	**1:45**	**1:58**	**2:31**
1:44	**1:51**	**2:04**	**2:37**
1:51	**1:58**	**2:11**	**2:44**
1:59	**2:06**	**2:19**	**2:52**
2:06	**2:13**	**2:26**	**2:59**
2:14	**2:21**	**2:34**	**3:10**
2:21	**2:28**	**2:41**	**3:17**
2:29	**2:36**	**2:49**	**3:25**
2:36	**2:44**	**2:57**	**3:33**
2:42	**2:50**	**3:03**	**3:39**
2:49	**2:57**	**3:10**	**3:46**
2:55	**3:03**	**3:16**	**3:52**

Weekdays LaGuardia Link

Roosevelt Av 61 St	74 St Roosevelt Av Station	LaGuardia Terminal C	Woodside Av 61 St
3:02	**3:10**	**3:23**	**3:59**
3:08	**3:16**	**3:29**	**4:05**
3:15	**3:23**	**3:36**	**4:12**
3:21	**3:29**	**3:42**	**4:18**
3:28	**3:36**	**3:49**	**4:25**
3:36	**3:44**	**3:57**	**4:33**
3:43	**3:51**	**4:04**	**4:40**
3:51	**3:59**	**4:12**	**4:48**
3:58	**4:06**	**4:19**	**4:55**
4:06	**4:14**	**4:27**	**5:03**
4:13	**4:21**	**4:34**	**5:10**
4:21	**4:29**	**4:42**	**5:18**
4:28	**4:36**	**4:49**	**5:25**
4:36	**4:44**	**4:57**	**5:33**
4:43	**4:51**	**5:04**	**5:40**
4:51	**4:59**	**5:12**	**5:48**
4:58	**5:06**	**5:19**	**5:55**
5:06	**5:14**	**5:27**	**6:03**
5:13	**5:21**	**5:34**	**6:10**
5:21	**5:29**	**5:42**	**6:18**
5:28	**5:36**	**5:49**	**6:25**
5:36	**5:44**	**5:57**	**6:33**
5:43	**5:51**	**6:04**	**6:40**
5:51	**5:59**	**6:12**	**6:48**
6:01	**6:09**	**6:22**	**6:58**
6:11	**6:19**	**6:32**	**7:03**
6:21	**6:29**	**6:42**	**7:13**
6:31	**6:40**	**6:51**	**7:22**
6:41	**6:50**	**7:01**	**7:32**
6:51	**7:00**	**7:11**	**7:42**
6:59	**7:08**	**7:19**	**7:50**
7:07	**7:16**	**7:27**	**7:58**
7:15	**7:24**	**7:35**	**8:03**
7:23	**7:32**	**7:42**	**8:10**
7:31	**7:37**	**7:47**	**8:15**
7:39	**7:45**	**7:55**	**8:23**
7:47	**7:53**	**8:03**	**8:31**
7:55	**8:01**	**8:11**	**8:39**
8:03	**8:09**	**8:19**	**8:47**
8:11	**8:17**	**8:27**	**8:55**
8:19	**8:25**	**8:35**	**9:03**
8:27	**8:33**	**8:43**	**9:11**
8:35	**8:41**	**8:51**	**9:19**
8:43	**8:49**	**8:59**	**9:27**
8:51	**8:57**	**9:07**	**9:35**
8:59	**9:05**	**9:15**	**9:43**
9:07	**9:13**	**9:23**	**9:51**

Weekdays
LaGuardia Link

Roosevelt Av 61 St	74 St Roosevelt Av Station	LaGuardia Terminal C	Woodside Av 61 St
9:15	9:21	9:31	9:59
9:23	9:29	9:39	10:07
9:31	9:37	9:47	10:15
9:39	9:45	9:55	10:23
9:47	9:53	10:03	10:31
9:55	10:01	10:11	10:39
10:03	10:09	10:19	10:47
10:11	10:17	10:27	10:55
10:19	10:25	10:35	11:03
10:27	10:33	10:43	11:11
10:35	10:41	10:51	11:19
10:45	10:51	11:01	11:29
10:55	11:01	11:11	11:39
11:05	11:11	11:21	11:49
11:15	11:21	11:31	11:59
11:30	11:36	11:46	12:14
11:45	11:51	12:01	12:26

Saturdays
LaGuardia Link

Roosevelt Av 61 St	74 St Roosevelt Av Station	LaGuardia Terminal C	Woodside Av 61 St
12:00	12:06	12:19	12:36
12:20	12:26	12:39	12:56
12:40	12:46	12:59	1:16
1:00	1:06	1:19	1:36
1:20	1:26	1:39	1:56
1:40	1:46	1:59	2:16
2:00	2:06	2:19	2:36
2:20	2:26	2:39	2:56
2:40	2:46	2:59	3:16
3:00	3:06	3:19	3:36
3:20	3:26	3:39	3:56
3:40	3:46	3:59	4:16
4:00	4:06	4:19	4:36
4:20	4:26	4:39	4:56
4:40	4:46	4:59	5:16
5:00	5:06	5:19	5:36
5:20	5:26	5:39	5:56
5:40	5:46	5:59	6:16
6:00	6:06	6:19	6:36
6:15	6:21	6:34	6:51
6:30	6:36	6:49	7:06
6:45	6:51	7:04	7:21
7:00	7:06	7:19	7:36
7:12	7:18	7:31	7:48
7:24	7:30	7:43	8:00
7:36	7:42	7:55	8:12
7:48	7:54	8:07	8:24
8:00	8:06	8:19	8:36
8:10	8:16	8:29	8:46
8:20	8:26	8:39	8:59
8:30	8:36	8:50	9:10
8:40	8:46	9:00	9:20
8:50	8:56	9:10	9:30
9:00	9:06	9:20	9:40
9:10	9:16	9:30	9:50
9:20	9:26	9:40	10:00
9:30	9:36	9:50	10:10
9:40	9:46	10:00	10:20
9:50	9:56	10:10	10:30
10:00	10:06	10:20	10:40
10:10	10:16	10:30	10:53
10:20	10:26	10:40	11:03
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10:50	10:57	11:11	11:34
11:00	11:07	11:21	11:44
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Saturdays
LaGuardia Link

Roosevelt Av 61 St	74 St Roosevelt Av Station	LaGuardia Terminal C	Woodside Av 61 St
11:20	11:27	11:41	**12:04**
11:30	11:37	11:51	**12:14**
11:40	11:47	**12:01**	**12:24**
11:50	11:57	**12:11**	**12:34**
12:00	**12:07**	**12:21**	**12:44**
12:10	**12:17**	**12:31**	**12:54**
12:20	**12:27**	**12:41**	**1:04**
12:30	**12:37**	**12:51**	**1:14**
12:40	**12:47**	**1:01**	**1:25**
12:50	**12:57**	**1:11**	**1:35**
1:00	**1:08**	**1:24**	**1:48**
1:10	**1:18**	**1:34**	**1:58**
1:20	**1:28**	**1:44**	**2:08**
1:30	**1:38**	**1:54**	**2:18**
1:40	**1:48**	**2:04**	**2:28**
1:50	**1:58**	**2:14**	**2:38**
2:00	**2:08**	**2:24**	**2:48**
2:10	**2:18**	**2:34**	**2:58**
2:20	**2:28**	**2:44**	**3:08**
2:30	**2:38**	**2:54**	**3:18**
2:40	**2:48**	**3:04**	**3:28**
2:50	**2:58**	**3:14**	**3:38**
3:00	**3:08**	**3:24**	**3:48**
3:10	**3:18**	**3:34**	**3:58**
3:20	**3:28**	**3:44**	**4:08**
3:30	**3:38**	**3:54**	**4:18**
3:40	**3:48**	**4:04**	**4:28**
3:50	**3:58**	**4:14**	**4:38**
4:00	**4:08**	**4:24**	**4:48**
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4:20	**4:28**	**4:44**	**5:08**
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4:40	**4:48**	**5:04**	**5:28**
4:50	**4:58**	**5:14**	**5:38**
5:00	**5:08**	**5:24**	**5:48**
5:10	**5:18**	**5:34**	**5:58**
5:20	**5:28**	**5:44**	**6:08**
5:30	**5:38**	**5:54**	**6:18**
5:40	**5:48**	**6:04**	**6:28**
5:50	**5:58**	**6:14**	**6:38**
6:00	**6:08**	**6:24**	**6:48**
6:10	**6:18**	**6:34**	**6:58**
6:20	**6:28**	**6:44**	**7:08**
6:30	**6:38**	**6:54**	**7:18**
6:40	**6:48**	**7:04**	**7:28**
6:50	**6:58**	**7:14**	**7:38**
7:00	**7:08**	**7:24**	**7:48**

Saturdays
LaGuardia Link

Roosevelt Av 61 St	74 St Roosevelt Av Station	LaGuardia Terminal C	Woodside Av 61 St
7:10	**7:18**	**7:34**	**7:58**
7:20	**7:28**	**7:44**	**8:08**
7:30	**7:38**	**7:54**	**8:18**
7:40	**7:48**	**8:04**	**8:25**
7:50	**7:58**	**8:14**	**8:35**
8:00	**8:08**	**8:22**	**8:43**
8:10	**8:18**	**8:32**	**8:53**
8:20	**8:28**	**8:42**	**9:03**
8:30	**8:38**	**8:52**	**9:13**
8:40	**8:48**	**9:02**	**9:21**
8:50	**8:58**	**9:12**	**9:31**
9:00	**9:06**	**9:20**	**9:39**
9:10	**9:16**	**9:30**	**9:49**
9:20	**9:26**	**9:40**	**9:59**
9:30	**9:36**	**9:50**	**10:09**
9:40	**9:46**	**10:00**	**10:19**
9:50	**9:56**	**10:10**	**10:29**
10:00	**10:06**	**10:20**	**10:39**
10:12	**10:18**	**10:32**	**10:49**
10:24	**10:30**	**10:43**	**11:00**
10:36	**10:42**	**10:55**	**11:12**
10:48	**10:54**	**11:07**	**11:24**
11:00	**11:06**	**11:19**	**11:36**
11:15	**11:21**	**11:34**	**11:51**
11:30	**11:36**	**11:49**	12:06
11:45	**11:51**	12:04	12:21

Sundays
LaGuardia Link

Roosevelt Av 61 St	74 St Roosevelt Av Station	LaGuardia Terminal C	Woodside Av 61 St
12:00	12:06	12:19	12:36
12:20	12:26	12:39	12:56
12:40	12:46	12:59	1:16
1:00	1:06	1:19	1:36
1:20	1:26	1:39	1:56
1:40	1:46	1:59	2:16
2:00	2:06	2:19	2:36
2:20	2:26	2:39	2:56
2:40	2:46	2:59	3:16
3:00	3:06	3:19	3:36
3:20	3:26	3:39	3:56
3:40	3:46	3:59	4:16
4:00	4:06	4:19	4:36
4:20	4:26	4:39	4:56
4:40	4:46	4:59	5:16
5:00	5:06	5:19	5:36
5:20	5:26	5:39	5:56
5:40	5:46	5:59	6:16
6:00	6:06	6:19	6:36
6:15	6:21	6:34	6:51
6:30	6:35	6:47	7:04
6:45	6:50	7:02	7:19
7:00	7:05	7:17	7:34
7:12	7:17	7:29	7:46
7:24	7:29	7:41	7:58
7:36	7:41	7:53	8:10
7:48	7:53	8:05	8:22
8:00	8:05	8:17	8:34
8:10	8:15	8:27	8:44
8:20	8:25	8:37	8:54
8:30	8:35	8:47	9:04
8:40	8:45	8:57	9:14
8:50	8:55	9:07	9:26
9:00	9:06	9:20	9:39
9:10	9:16	9:30	9:49
9:20	9:26	9:40	9:59
9:30	9:36	9:50	10:09
9:40	9:46	10:00	10:19
9:50	9:56	10:10	10:29
10:00	10:06	10:20	10:39
10:10	10:16	10:30	10:49
10:20	10:26	10:40	10:59
10:30	10:36	10:50	11:09
10:40	10:46	11:00	11:19
10:50	10:56	11:10	11:29
11:00	11:06	11:20	11:39
11:10	11:16	11:30	11:53

Sundays
LaGuardia Link

Roosevelt Av 61 St	74 St Roosevelt Av Station	LaGuardia Terminal C	Woodside Av 61 St
11:20	11:26	11:40	**12:03**
11:30	11:37	11:52	**12:15**
11:40	11:47	**12:02**	**12:25**
11:50	11:57	**12:12**	**12:35**
12:00	**12:07**	**12:22**	**12:45**
12:10	**12:17**	**12:32**	**12:55**
12:20	**12:27**	**12:42**	**1:05**
12:30	**12:37**	**12:52**	**1:15**
12:40	**12:47**	**1:02**	**1:25**
12:50	**12:57**	**1:12**	**1:35**
1:00	**1:08**	**1:24**	**1:47**
1:10	**1:18**	**1:34**	**1:57**
1:20	**1:28**	**1:44**	**2:07**
1:30	**1:38**	**1:54**	**2:17**
1:40	**1:48**	**2:04**	**2:27**
1:50	**1:58**	**2:14**	**2:37**
2:00	**2:08**	**2:24**	**2:47**
2:10	**2:18**	**2:34**	**2:57**
2:20	**2:28**	**2:44**	**3:07**
2:30	**2:38**	**2:54**	**3:17**
2:40	**2:48**	**3:04**	**3:27**
2:50	**2:58**	**3:14**	**3:37**
3:00	**3:08**	**3:24**	**3:47**
3:10	**3:18**	**3:34**	**3:57**
3:20	**3:28**	**3:44**	**4:07**
3:30	**3:38**	**3:54**	**4:17**
3:40	**3:48**	**4:04**	**4:27**
3:50	**3:58**	**4:14**	**4:37**
4:00	**4:08**	**4:24**	**4:47**
4:10	**4:18**	**4:34**	**4:57**
4:20	**4:28**	**4:44**	**5:07**
4:30	**4:38**	**4:54**	**5:17**
4:40	**4:48**	**5:04**	**5:27**
4:50	**4:58**	**5:14**	**5:37**
5:00	**5:08**	**5:24**	**5:47**
5:10	**5:18**	**5:34**	**5:57**
5:20	**5:28**	**5:44**	**6:07**
5:30	**5:38**	**5:54**	**6:17**
5:40	**5:48**	**6:04**	**6:27**
5:50	**5:58**	**6:14**	**6:37**
6:00	**6:08**	**6:24**	**6:47**
6:10	**6:18**	**6:34**	**6:57**
6:20	**6:28**	**6:44**	**7:07**
6:30	**6:38**	**6:54**	**7:17**
6:40	**6:48**	**7:04**	**7:27**
6:50	**6:58**	**7:14**	**7:37**
7:00	**7:08**	**7:24**	**7:47**

Sundays
LaGuardia Link

Roosevelt Av 61 St	74 St Roosevelt Av Station	LaGuardia Terminal C	Woodside Av 61 St
7:10	**7:18**	**7:34**	**7:57**
7:20	**7:28**	**7:44**	**8:07**
7:30	**7:38**	**7:54**	**8:17**
7:40	**7:48**	**8:04**	**8:24**
7:50	**7:58**	**8:14**	**8:34**
8:00	**8:06**	**8:22**	**8:42**
8:10	**8:16**	**8:32**	**8:52**
8:20	**8:26**	**8:42**	**9:02**
8:30	**8:36**	**8:52**	**9:12**
8:40	**8:46**	**9:02**	**9:22**
8:50	**8:56**	**9:12**	**9:32**
9:00	**9:06**	**9:22**	**9:42**
9:10	**9:16**	**9:32**	**9:52**
9:20	**9:26**	**9:42**	**10:02**
9:30	**9:36**	**9:52**	**10:12**
9:40	**9:46**	**10:02**	**10:22**
9:50	**9:56**	**10:12**	**10:32**
10:00	**10:06**	**10:22**	**10:42**
10:12	**10:18**	**10:34**	**10:54**
10:24	**10:30**	**10:46**	**11:06**
10:36	**10:42**	**10:58**	**11:18**
10:48	**10:54**	**11:10**	**11:27**
11:00	**11:06**	**11:19**	**11:36**
11:15	**11:21**	**11:34**	**11:51**
11:30	**11:36**	**11:49**	12:06
11:45	**11:51**	12:04	12:21

Stops LaGuardia Link:

- Roosevelt Av/61 St
- 74 St/Roosevelt Av Station
- LaGuardia Rd/94 St
- LaGuardia/Terminal C
- LaGuardia/Terminal B
- Roosevelt Av/74 St
- Woodside Av/61 St

Q70 LaGuardia Link

Service between LaGuardia Airport and Woodside

THERE ARE NO CHANGES TO THE Q70

EXISTING ROUTES

Q70

CONNECTIONS

7 E F M R

LIRR

Q18, Q32, Q33, Q47, Q49, Q53-SBS, Q72

AVERAGE STOP SPACING

Existing: 3,708 ft

Proposed: 3,708 ft

PROPOSED FREQUENCIES* AND HOURS OF OPERATION

	Service Span	Overnight	Early Morning	AM Peak	Midday	PM Peak	Evening	Late Evening
		12 am - 4 am	4 am - 6 am	6 am - 9 am	9 am - 3 pm	3 pm - 7 pm	7 pm - 9 pm	9 pm - 12 am
WEEKDAY								
Existing	24 hours	20	13	9	9	8	9	13
Proposed	24 hours	20	13	9	9	8	9	13
SATURDAY								
Existing	24 hours	20	20	12	10	10	10	12
Proposed	24 hours	20	20	12	10	10	10	12
SUNDAY								
Existing	24 hours	20	20	12	10	10	10	12
Proposed	24 hours	20	20	12	10	10	10	12

*Frequencies indicate how often the bus arrives on average in the peak direction in minutes.

no change | added service | reduced service

Q70 LaGuardia Link

Service between LaGuardia Airport and Woodside



Q70 LaGuardia Link

Service between LaGuardia Airport and Woodside

On Street/At Street		Proposal Note	Connections
1	Roosevelt Av/62 St	Keep	7, LIRR, Q18, Q32, Q53-SBS
2	74 St/Roosevelt Av	Keep	7 E F M R, Q32, Q33, Q47, Q49, Q53-SBS
3	LaGuardia Rd/94 St	Keep	Q47, Q72
4	LaGuardia Airport/Terminal C	Keep	
5	LaGuardia Airport/Terminal B	Keep	
6	Roosevelt Av/74 St	Keep	7 E F M R, Q32, Q33, Q47, Q49, Q53-SBS
7	Woodside Av/61 St	Keep	7, LIRR, Q18, Q32, Q53-SBS