

Monday through Friday except Holidays, Effective May 11, 2026 - September 7, 2026



For explanation, see "Reference Notes."																										
	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
PENN STATION																										
GRAND CENTRAL	12:16	12:57	1:52	3:52	4:11	5:37	6:39	6:45	7:52	8:13	8:52	9:33	9:51	10:33	10:51	11:33	11:51	12:33	12:51	1:33	1:51	2:51	
Woodside	12:28	1:08	4:03	4:22	5:48	6:56	7:00	7:46	8:03	9:04	2:02	3:03	
Forest Hills	2:06	4:09	6:28	7:00	7:46	8:28	9:21	9:49	10:49	11:49	12:49	1:49	
Kew Gardens	2:08	4:11	9:23	9:51	10:51	11:51	12:51	1:51	
ATLANTIC TERMINAL	
Nostrand Avenue	
East New York	
JAMAICA (Arrive)	12:37	1:17	2:12	4:15	4:31	5:57	6:34	7:00	7:06	7:52	8:12	8:34	9:12	9:26	9:55	10:10	10:55	11:10	11:55	12:10	12:55	1:10	1:55	2:10	3:12	
JAMAICA (Leave)	12:39	1:19	2:13	4:16	4:32	5:58	6:35	7:02	7:07	7:53	8:13	8:35	9:13	9:28	9:57	10:12	10:57	11:12	11:57	12:12	12:57	1:12	1:57	2:12	3:13	
Locust Manor	7:09	9:19	
Laurelton	7:11	9:21	
Rosedale	7:14	9:24	
Valley Stream	1:29	2:22	4:25	6:07	7:17	8:22	9:27	10:24	11:24	12:24	1:24	2:24	3:24	
LYNBROOK	A 12:53	B 1:31	B 2:25	B 4:28	A 4:46	B 6:10	A 6:49	B 7:21	A 7:21	A 8:07	B 8:25	A 8:49	B 9:30	A 9:42	A 10:10	B 10:27	A 11:10	B 11:27	A 12:10	B 12:27	A 1:10	B 1:27	A 2:10	B 2:27	B 3:27	
Centre Avenue	1:33	2:27	4:30	6:12	7:23	8:27	9:32	10:29	11:29	12:29	1:29	2:29	3:29	
East Rockaway	1:35	2:29	4:32	6:14	7:25	8:29	9:34	10:31	11:31	12:31	1:31	2:31	3:31	
Oceanside	1:37	2:31	4:34	6:16	7:27	8:31	9:36	10:33	11:33	12:33	1:33	2:33	3:33	
Island Park	1:41	2:35	4:38	6:20	7:31	8:35	9:40	10:37	11:37	12:37	1:37	2:37	3:37	
LONG BEACH	1:48	2:42	4:45	6:27	7:38	8:42	9:47	10:44	11:44	12:44	1:44	2:44	3:44	
Train #	202	802	804	806	1120	810	220	812	1124	222	814	224	816	1290	134	820	138	822	146	824	150	852	156	854	856	

To Long Beach

Weekdays

See the TrainTime app for complete service west of Jamaica as well as transfer options.

For explanation, see "Reference Notes."																									
	PM	PM	PM	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM
PENN STATION	3:23	4:31	4:48	5:18	5:54	6:10	6:34	7:04	7:44	8:12	8:52	9:52	10:48	11:57	
GRAND CENTRAL	3:04	3:52	5:00	5:18	5:54	6:10	6:34	7:04	7:18	7:44	8:12	9:12	10:07	11:12	
Woodside	3:35	6:45	8:12	9:12	10:07	11:12	
Forest Hills	6:45	9:04	9:24	10:04	10:19	11:23	
Kew Gardens	7:18	7:33	11:03	
ATLANTIC TERMINAL	7:50	
Nostrand Avenue	7:57	
East New York	8:02	
JAMAICA (Arrive)	3:25	3:43	4:12	4:51	5:09	5:21	5:38	5:55	6:14	6:31	6:53	7:04	7:25	7:38	8:03	8:11	8:33	9:12	9:33	10:13	10:28	11:09	11:31	12:18	
JAMAICA (Leave)	3:26	3:44	4:13	4:52	5:10	5:23	5:39	5:56	6:15	6:32	6:54	7:05	7:26	7:39	8:04	8:12	8:35	9:14	9:35	10:15	10:30	11:11	11:33	12:20	
Locust Manor	4:19	5:16	6:38	8:10	9:20	12:26	
Laurelton	4:21	5:18	5:32	6:04	6:40	8:12	9:22	12:28	
Rosedale	4:24	5:01	5:21	6:07	6:43	7:47	8:15	9:25	12:31	
Valley Stream (Note)	3:56	4:27	5:03	5:24	5:49	6:10	6:24	6:46	7:15	7:35	7:50	8:18	9:29	10:25	11:21	12:34	
LYNBROOK	A 3:40	B 3:59	B 4:30	B 5:06	B 5:28	A 5:38	B 5:52	B 6:13	B 6:27	B 6:49	A 7:08	B 7:18	B 7:38	B 7:53	B 8:21	A 8:26	A 8:49	B 9:32	A 9:49	B 10:28	A 10:44	B 11:24	A 11:47	B 12:37	
Centre Avenue	4:01	4:32	5:08	5:31	5:54	6:15	6:29	6:51	7:20	7:40	7:55	8:23	9:34	10:30	11:26	12:39	
East Rockaway	4:03	4:34	5:10	5:33	5:56	6:17	6:31	6:53	7:22	7:42	7:57	8:25	9:36	10:32	11:28	12:41	
Oceanside	4:05	4:36	5:12	5:35	5:58	6:19	6:33	6:55	7:24	7:44	7:59	8:27	9:38	10:34	11:30	12:43	
Island Park	4:09	4:40	5:16	5:39	6:02	6:23	6:37	6:59	7:28	7:48	8:03	8:31	9:42	10:38	11:34	12:47	
LONG BEACH	4:16	4:47	5:23	5:46	6:09	6:30	6:44	7:35	7:55	8:10	8:38	9:49	10:45	11:41	12:54		
Train #	262	858	860	862	864	1258	866	868	870	874	1178	876	878	880	882	284	286	886	288	888	290	890	292	892	

Long Island Rail Road

To Hunterspoint Avenue & Long Island City Monday to Friday except Holidays

Leave		Arrive	
Train #	Notes	Jamaica	HP Ave LI City
Morning Service			
609	Peak	6:14	6:32 6:40
611	Peak	6:44	7:02 7:14
35	Peak	7:05	7:23 7:35
37	Peak	7:29	7:47 7:55
615	Peak	7:41	7:59
509	Peak	7:55	8:11
617	Peak	8:05	8:22 8:30
7	Peak	8:32	8:48 8:57
621	Peak	8:57	9:13
515	Peak	9:12	9:28 9:36
11	Note 1	9:51	10:09

From Long Island City & Hunterspoint Avenue Monday to Friday except Holidays

Leave		Arrive	
Train #	Notes	LI City	HP Ave Jamaica
12	Note 3	1:11 1:29
656	3:15	3:30 3:46
558	3:57 4:16
658	Peak	4:22 4:37
18	Peak	4:30 4:46
80	Peak	4:27	4:42 4:58
662	Peak	4:58	5:07 5:25
698	Peak	5:43	5:58 6:16
668	Peak	6:43 6:58
568	Peak	6:40	6:53 7:09

Station Services: Connecting Transportation

Station	Fare Zone	MTA Bus	MTA Subway	LaGuardia Link	AirTrain	Other
PENN STATION	1	M7, M10, M104-SBS, M104-SBS, Q32				1, 2, 3, A, C, E, Antik, NU TRANSIT
GRAND CENTRAL	1	M1, M2, M3, M4, M42, M101, M102, M103, Q32				4, 5, 6, 7, S, METRO-NORTH
Woodside	1	Q18, Q32, Q33-SBS, Q70-SBS		LaGuardia Link Q70-SBS		7 E, F, M, R
Forest Hills	1	Q33, Q34, Q34, Q70				
Kew Gardens	1	Q31, Q31				
HUNTERSPOINT AVE.	1	Q37				7
ATLANTIC TERMINAL	1	B37, B41, B45, B45, B65, B67, B103				2, 3, 4, 5, B, D, N, Q, R
Nostrand Avenue	1	B25, B26, B44, B44-SBS, B49				A, C
East New York	1	B12, B20, B25, B83, Q24, Q26				A, C, J, Z, L
JAMAICA	3	Q1, Q1, Q2, Q2, Q24, Q25, Q31, Q31, Q41, Q41, Q43, Q44-SBS, Q54, Q56, Q56, Q75				E, J, Z
Valley Stream	4	n1, Elmont Plaza				
Lynbrook	4	n4, n25, n31, n32				
Centre Avenue	7					
East Rockaway	7					
Oceanside	7					
Island Park	7	n15				
LONG BEACH	7	n15, n33, City of Long Beach Bus				

Reference Notes	
Note 1	Train will operate Mondays, June 1 through October 12, 2026, as well as Tuesdays, May 26 and September 8, 2026.
Note 3	Train will operate Fridays except May 15; will also operate Thursdays, June 18 and July 2, 2026.
*	For complete service to/from Atlantic Terminal see the Atlantic Terminal - City Terminal Zone Timetable.
A	Leaves from Platform A.
B	Leaves from Platform B.
	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	Weekend service will operate on New Year's Day, President's 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 be accepted on all trains on these days.
PEAK AM	Off-peak tickets subject to additional charge. No bicycles are allowed on these trains.
PEAK PM	Off-peak tickets are subject to additional charge. At stations other than western terminals, train may leave up to three minutes early. Please allow sufficient time. No bicycles are allowed on these trains.
Valley Stream, Rosedale	

