Q7

Cypress Hills - Rockaway Blvd - Jfk Travel Plz. Via Rockaway Bl.

Local 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.

Reference notes

- **SD:** Trip runs only when schools are in session.

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. When schools are closed, trips marked with **SD** will not operate.

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

Fare information

- **Tap and ride** with your contactless credit or debit card, smartphone, wearable device, or OMNY Card at the front door of the bus. Use the same card or device for both legs of your trip to get a free transfer.
- **Exact change** is accepted at the bus farebox. If you need to transfer, ask the driver for a paper transfer. Bills, half-dollars, and pennies are not accepted. Change is not provided.
- **Children under 44 inches tall** ride free when accompanied by an adult.
- **Reduced fares** at half the regular price are available for seniors and people with qualifying disabilities.

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
to JFK Travel Plaza

Notes	Jamaica Av Eldert Ln	Rockaway Blvd 94 St	Rockaway Blvd 102 St	Rockaway Blvd 98 St	Rockaway Blvd Lefferts Blvd	Rockaway Blvd 121 St	Rockaway Blvd 133 St	Rockaway Blvd 150 St	147 St 147 Av
	12:25	12:35			12:42	12:42	12:46	12:50	12:53
	12:55	1:05			1:12	1:12	1:16	1:20	1:23
	1:25	1:35			1:42	1:42	1:46	1:50	1:53
	1:55	2:05			2:12	2:12	2:16	2:20	2:23
	2:25	2:35			2:42	2:42	2:46	2:50	2:53
	2:55	3:05			3:12	3:12	3:16	3:20	3:23
	3:25	3:35			3:42	3:42	3:46	3:50	3:53
	3:55	4:05			4:12	4:12	4:16	4:20	4:23
	4:25	4:35			4:42	4:42	4:46	4:50	4:53
	4:55	5:05			5:16	5:16	5:22	5:28	5:32
	5:25	5:35			5:46	5:46	5:52	5:58	6:02
	5:45	5:55			6:06	6:06	6:12	6:18	6:22
	6:05	6:15			6:26	6:26	6:32	6:38	6:42
	6:25	6:35			6:46	6:46	6:52	6:58	7:02
	6:40	6:50			7:01	7:01	7:07	7:13	7:17
	6:50	7:00			7:11	7:11	7:17	7:23	7:27
	7:00	7:10			7:21	7:21	7:27	7:33	7:37
	7:10	7:20			7:31	7:31	7:37	7:43	7:47
	7:20	7:30			7:41	7:41	7:47	7:53	7:57
	7:30	7:40			7:51	7:51	7:57	8:03	8:07
	7:40	7:50			8:01	8:01	8:07	8:13	8:17
	7:50	8:00			8:11	8:11	8:17	8:23	8:27
	8:00	8:10			8:21	8:21	8:27	8:33	8:37
	8:10	8:20			8:31	8:31	8:37	8:43	8:47
	8:20	8:30			8:41	8:41	8:47	8:53	8:57
	8:30	8:40			8:51	8:51	8:57	9:03	9:07
	8:40	8:50			9:01	9:01	9:07	9:13	9:17
	8:50	9:00			9:11	9:11	9:17	9:23	9:27
	9:00	9:10			9:21	9:21	9:27	9:33	9:37
	9:10	9:20			9:31	9:31	9:37	9:43	9:47
	9:20	9:30			9:41	9:41	9:47	9:53	9:57
	9:30	9:40			9:51	9:51	9:57	10:03	10:07
	9:45	9:55			10:06	10:07	10:13	10:21	10:25
	10:05	10:15			10:27	10:28	10:34	10:42	10:46
	10:25	10:35			10:47	10:48	10:54	11:02	11:06
	10:45	10:55			11:07	11:08	11:14	11:22	11:26
	11:05	11:15			11:27	11:28	11:34	11:42	11:46
	11:25	11:35			11:47	11:48	11:54	**12:02**	**12:06**
	11:45	11:55			**12:07**	**12:08**	**12:14**	**12:22**	**12:26**
	12:05	**12:15**			**12:27**	**12:28**	**12:34**	**12:42**	**12:46**
	12:25	**12:35**			**12:47**	**12:48**	**12:54**	**1:02**	**1:06**
	12:45	**12:55**			**1:07**	**1:08**	**1:14**	**1:22**	**1:26**
	1:05	**1:15**			**1:27**	**1:28**	**1:34**	**1:42**	**1:46**
	1:25	**1:35**			**1:47**	**1:48**	**1:54**	**2:02**	**2:06**
SD						**1:55**	**2:01**	**2:09**	**2:13**
	1:45	**1:55**			**2:07**	**2:08**	**2:14**	**2:22**	**2:26**
	2:05	**2:15**			**2:27**	**2:28**	**2:34**	**2:42**	**2:46**
SD				**2:30**	**2:35**	**2:35**	**2:41**	**2:50**	**2:54**
SD						**2:40**	**2:46**	**2:55**	**2:59**
SD						**2:40**	**2:46**	**2:55**	**2:59**

Weekdays
to JFK Travel Plaza

Notes	Jamaica Av Eldert Ln	Rockaway Blvd 94 St	Rockaway Blvd 102 St	Rockaway Blvd 98 St	Rockaway Blvd Lefferts Blvd	Rockaway Blvd 121 St	Rockaway Blvd 133 St	Rockaway Blvd 150 St	147 St 147 Av
SD						2:40	2:46	2:55	2:59
SD						2:41	2:47	2:56	3:00
	2:20	2:30			2:42	2:43	2:49	2:57	3:01
SD			2:39		2:43	2:43	2:49	2:55	2:59
SD			2:40		2:44	2:44	2:50	2:56	3:00
	2:30	2:40			2:52	2:53	2:59	3:07	3:11
	2:40	2:50			3:02	3:02	3:08	3:15	3:19
	2:50	3:00			3:13	3:13	3:19	3:26	3:30
	3:00	3:10			3:23	3:23	3:29	3:36	3:40
	3:10	3:20			3:33	3:33	3:39	3:46	3:50
	3:20	3:30			3:43	3:43	3:49	3:56	4:00
SD						3:50	3:56	4:05	4:09
	3:30	3:40			3:53	3:53	3:59	4:06	4:10
	3:40	3:50			4:03	4:03	4:09	4:16	4:20
	3:50	4:00			4:13	4:13	4:19	4:26	4:30
	4:00	4:10			4:23	4:23	4:29	4:36	4:40
	4:10	4:20			4:33	4:33	4:39	4:46	4:50
	4:20	4:30			4:43	4:43	4:49	4:56	5:00
	4:30	4:40			4:53	4:53	4:59	5:06	5:10
	4:40	4:50			5:03	5:03	5:09	5:16	5:20
	4:50	5:00			5:13	5:13	5:19	5:26	5:30
	5:00	5:10			5:23	5:23	5:29	5:36	5:40
	5:10	5:20			5:33	5:33	5:39	5:46	5:50
	5:20	5:30			5:43	5:43	5:49	5:56	6:00
	5:30	5:40			5:53	5:53	5:59	6:06	6:10
	5:40	5:50			6:03	6:03	6:09	6:16	6:20
	5:50	6:00			6:13	6:13	6:19	6:26	6:30
	6:00	6:10			6:23	6:23	6:29	6:36	6:40
	6:10	6:20			6:33	6:33	6:39	6:46	6:50
	6:25	6:35			6:48	6:48	6:54	7:01	7:05
	6:40	6:50			7:03	7:03	7:09	7:15	7:19
	6:55	7:05			7:16	7:16	7:22	7:28	7:32
	7:15	7:25			7:36	7:36	7:42	7:48	7:52
	7:35	7:45			7:56	7:56	8:02	8:08	8:12
	7:55	8:05			8:16	8:16	8:22	8:28	8:32
	8:15	8:25			8:36	8:36	8:42	8:48	8:52
	8:35	8:45			8:56	8:56	9:02	9:08	9:12
	8:55	9:05			9:16	9:16	9:22	9:28	9:32
	9:15	9:25			9:36	9:36	9:42	9:48	9:52
	9:35	9:45			9:56	9:56	10:02	10:08	10:12
	9:55	10:05			10:16	10:16	10:22	10:28	10:32
	10:25	10:35			10:46	10:46	10:52	10:58	11:02
	10:55	11:05			11:16	11:16	11:22	11:28	11:32
	11:25	11:35			11:46	11:46	11:52	11:58	12:02
	11:55	12:05			12:16	12:16	12:22	12:28	12:32

Weekdays to Cypress Hills

Notes	147 Av 147 St	Rockaway Blvd Sutphin Blvd	Rockaway Blvd 133 St	Rockaway Blvd Lefferts Blvd	94 St Rockaway Bl	Lafayette St 149 Av	Rockaway Blvd 94 St	Jamaica Av Eldert Ln
	12:15	12:19	12:26	12:29			12:41	12:49
	12:45	12:49	12:56	12:59			1:11	1:19
	1:15	1:19	1:26	1:29			1:41	1:49
	1:45	1:49	1:56	1:59			2:11	2:19
	2:15	2:19	2:26	2:29			2:41	2:49
	2:45	2:49	2:56	2:59			3:11	3:19
	3:15	3:19	3:26	3:29			3:41	3:49
	3:45	3:49	3:56	3:59			4:11	4:19
	4:15	4:19	4:26	4:29			4:41	4:49
	4:45	4:49	4:56	4:59			5:11	5:19
	5:15	5:20	5:27	5:31			5:43	5:51
	5:45	5:50	5:57	6:01			6:13	6:21
	6:00	6:05	6:12	6:16			6:28	6:36
	6:10	6:15	6:22	6:26			6:38	6:46
	6:20	6:25	6:32	6:36			6:48	6:56
	6:30	6:35	6:42	6:46			6:58	7:06
	6:40	6:45	6:52	6:56			7:08	7:16
	6:50	6:55	7:02	7:06			7:18	7:26
SD		6:57	7:04	7:08			7:19	7:27
	7:00	7:05	7:12	7:16			7:28	7:36
SD		7:10	7:17	7:21			7:32	7:40
SD		7:11	7:18	7:22			7:33	7:41
	7:10	7:15	7:22	7:26			7:38	7:46
	7:20	7:25	7:32	7:36			7:48	7:56
SD		7:26	7:33	7:37			7:48	7:56
SD		7:30	7:37	7:41	7:53	7:57		
	7:30	7:35	7:42	7:46			7:58	8:06
SD		7:36	7:43	7:47			7:58	8:06
	7:40	7:45	7:52	7:56			8:08	8:16
	7:50	7:55	8:02	8:06			8:18	8:26
	8:00	8:05	8:12	8:16			8:28	8:36
SD		8:09	8:16	8:20			8:31	8:39
SD		8:15	8:22	8:26			8:37	8:45
	8:10	8:15	8:22	8:26			8:38	8:46
	8:20	8:25	8:32	8:36			8:48	8:56
	8:30	8:35	8:42	8:46			8:58	9:06
	8:40	8:45	8:52	8:56			9:08	9:16
	8:50	8:55	9:02	9:06			9:18	9:26
	9:05	9:10	9:17	9:21			9:33	9:41
	9:25	9:30	9:37	9:41			9:53	10:01
	9:45	9:50	9:57	10:01			10:13	10:22
	10:05	10:10	10:18	10:23			10:35	10:44
	10:25	10:30	10:38	10:43			10:55	11:04
	10:45	10:50	10:58	11:03			11:15	11:24
	11:05	11:10	11:18	11:23			11:35	11:44
	11:25	11:30	11:38	11:43			11:55	**12:04**
	11:45	11:50	11:58	**12:03**			**12:15**	**12:24**
	12:05	**12:10**	**12:18**	**12:23**			**12:35**	**12:44**
	12:25	**12:30**	**12:38**	**12:43**			**12:55**	**1:04**
	12:45	**12:50**	**12:58**	**1:03**			**1:15**	**1:24**

Weekdays to Cypress Hills

Notes	147 Av 147 St	Rockaway Blvd Sutphin Blvd	Rockaway Blvd 133 St	Rockaway Blvd Lefferts Blvd	94 St Rockaway Bl	Lafayette St 149 Av	Rockaway Blvd 94 St	Jamaica Av Eldert Ln
	1:05	1:10	1:18	1:23			1:35	1:44
	1:25	1:30	1:38	1:43			1:55	2:04
	1:45	1:50	1:58	2:03			2:15	2:24
	2:00	2:05	2:13	2:18			2:30	2:39
	2:15	2:20	2:28	2:33			2:45	2:54
	2:30	2:35	2:43	2:48			3:00	3:09
	2:45	2:50	2:58	3:03			3:17	3:26
	2:55	3:00	3:08	3:13			3:27	3:36
	3:05	3:10	3:18	3:23			3:37	3:46
	3:15	3:20	3:28	3:33			3:47	3:56
	3:25	3:30	3:38	3:43			3:57	4:06
	3:35	3:40	3:48	3:53			4:07	4:16
	3:45	3:50	3:58	4:03			4:17	4:26
	3:55	4:00	4:08	4:13			4:27	4:36
	4:05	4:10	4:18	4:23			4:37	4:46
	4:15	4:20	4:28	4:33			4:47	4:56
	4:25	4:30	4:38	4:43			4:57	5:06
	4:35	4:40	4:48	4:53			5:07	5:16
	4:45	4:50	4:58	5:03			5:17	5:26
	4:55	5:00	5:08	5:13			5:27	5:36
	5:05	5:10	5:18	5:23			5:37	5:46
	5:15	5:20	5:28	5:33			5:47	5:56
	5:25	5:30	5:38	5:43			5:57	6:06
	5:35	5:40	5:48	5:53			6:07	6:16
	5:45	5:50	5:58	6:03			6:17	6:26
	6:00	6:05	6:13	6:18			6:32	6:41
	6:15	6:20	6:28	6:33			6:47	6:56
	6:35	6:40	6:48	6:53			7:07	7:16
	6:55	7:00	7:07	7:11			7:21	7:30
	7:15	7:20	7:27	7:31			7:41	7:50
	7:35	7:40	7:47	7:51			8:01	8:10
	7:55	8:00	8:07	8:11			8:21	8:30
	8:15	8:20	8:27	8:31			8:41	8:50
	8:35	8:40	8:47	8:51			9:01	9:10
	8:55	9:00	9:07	9:11			9:21	9:30
	9:15	9:20	9:27	9:31			9:41	9:50
	9:45	9:50	9:57	10:01			10:11	10:20
	10:15	10:20	10:27	10:31			10:41	10:50
	10:45	10:50	10:57	11:01			11:11	11:20
	11:15	11:20	11:27	11:31			11:41	11:50
	11:45	11:50	11:57	12:01			12:11	12:20

Saturdays to JFK Travel Plaza

Jamaica Av Eldert Ln	Rockaway Blvd 94 St	Rockaway Blvd Lefferts Blvd	Rockaway Blvd 133 St	Rockaway Blvd 150 St	147 St 147 Av
12:05	12:14	12:22	12:26	12:30	12:33
12:35	12:44	12:52	12:56	1:00	1:03
1:05	1:14	1:22	1:26	1:30	1:33
1:35	1:44	1:52	1:56	2:00	2:03
2:05	2:14	2:22	2:26	2:30	2:33
2:35	2:44	2:52	2:56	3:00	3:03
3:05	3:14	3:22	3:26	3:30	3:33
3:35	3:44	3:52	3:56	4:00	4:03
4:05	4:14	4:22	4:26	4:30	4:33
4:35	4:44	4:52	4:56	5:00	5:04
5:05	5:16	5:28	5:34	5:40	5:44
5:35	5:46	5:58	6:04	6:10	6:14
6:00	6:11	6:23	6:29	6:35	6:39
6:20	6:31	6:43	6:49	6:55	6:59
6:40	6:51	7:03	7:10	7:18	7:22
7:00	7:10	7:22	7:29	7:37	7:41
7:20	7:30	7:42	7:49	7:57	8:01
7:40	7:50	8:02	8:09	8:17	8:21
8:00	8:10	8:22	8:29	8:37	8:41
8:20	8:30	8:42	8:49	8:57	9:01
8:40	8:50	9:02	9:09	9:17	9:21
9:00	9:10	9:22	9:29	9:37	9:41
9:20	9:30	9:42	9:49	9:57	10:01
9:40	9:50	10:02	10:09	10:17	10:21
10:00	10:10	10:22	10:29	10:37	10:41
10:20	10:30	10:42	10:49	10:57	11:01
10:40	10:50	11:02	11:09	11:17	11:21
11:00	11:10	11:22	11:29	11:37	11:41
11:20	11:30	11:42	11:49	11:57	**12:01**
11:40	11:50	**12:02**	**12:09**	**12:17**	**12:21**
12:00	**12:10**	**12:22**	**12:29**	**12:37**	**12:41**
12:20	**12:30**	**12:43**	**12:49**	**12:56**	**1:00**
12:40	**12:51**	**1:04**	**1:10**	**1:17**	**1:21**
1:00	**1:11**	**1:24**	**1:30**	**1:37**	**1:41**
1:20	**1:31**	**1:44**	**1:50**	**1:57**	**2:01**
1:40	**1:51**	**2:04**	**2:10**	**2:17**	**2:21**
2:00	**2:11**	**2:24**	**2:30**	**2:37**	**2:41**
2:20	**2:31**	**2:44**	**2:50**	**2:57**	**3:01**
2:40	**2:51**	**3:04**	**3:10**	**3:17**	**3:21**
3:00	**3:11**	**3:24**	**3:30**	**3:37**	**3:41**
3:20	**3:31**	**3:44**	**3:50**	**3:57**	**4:01**
3:40	**3:51**	**4:04**	**4:10**	**4:17**	**4:21**
4:00	**4:11**	**4:24**	**4:30**	**4:37**	**4:41**
4:20	**4:31**	**4:44**	**4:50**	**4:57**	**5:01**
4:40	**4:51**	**5:04**	**5:10**	**5:17**	**5:21**
5:00	**5:11**	**5:24**	**5:30**	**5:37**	**5:41**
5:20	**5:31**	**5:44**	**5:50**	**5:57**	**6:01**
5:40	**5:51**	**6:04**	**6:10**	**6:17**	**6:21**
6:00	**6:11**	**6:24**	**6:30**	**6:37**	**6:41**
6:20	**6:31**	**6:44**	**6:50**	**6:57**	**7:01**

Saturdays to JFK Travel Plaza

Jamaica Av Eldert Ln	Rockaway Blvd 94 St	Rockaway Blvd Lefferts Blvd	Rockaway Blvd 133 St	Rockaway Blvd 150 St	147 St 147 Av
6:40	**6:51**	**7:04**	**7:10**	**7:17**	**7:21**
7:00	**7:11**	**7:24**	**7:30**	**7:37**	**7:41**
7:20	**7:31**	**7:44**	**7:50**	**7:57**	**8:01**
7:40	**7:51**	**8:04**	**8:10**	**8:16**	**8:20**
8:00	**8:10**	**8:21**	**8:27**	**8:33**	**8:37**
8:20	**8:30**	**8:41**	**8:47**	**8:53**	**8:57**
8:40	**8:50**	**9:01**	**9:07**	**9:13**	**9:17**
9:00	**9:10**	**9:21**	**9:27**	**9:33**	**9:37**
9:20	**9:30**	**9:41**	**9:47**	**9:53**	**9:57**
9:40	**9:50**	**10:01**	**10:07**	**10:13**	**10:17**
10:05	**10:15**	**10:26**	**10:32**	**10:38**	**10:42**
10:35	**10:45**	**10:56**	**11:02**	**11:08**	**11:12**
11:05	**11:15**	**11:26**	**11:32**	**11:38**	**11:42**
11:35	**11:45**	**11:56**	12:02	12:06	12:09

Saturdays to Cypress Hills

147 Av 147 St	Rockaway Blvd Sutphin Blvd	Rockaway Blvd 133 St	Rockaway Blvd Lefferts Blvd	Rockaway Blvd 94 St	Jamaica Av Eldert Ln
12:05	12:09	12:16	12:19	12:31	12:38
12:35	12:39	12:46	12:49	1:01	1:08
1:05	1:09	1:16	1:19	1:31	1:38
1:35	1:39	1:46	1:49	2:01	2:08
2:05	2:09	2:16	2:19	2:31	2:38
2:35	2:39	2:46	2:49	3:01	3:08
3:05	3:09	3:16	3:19	3:31	3:38
3:35	3:39	3:46	3:49	4:01	4:08
4:05	4:09	4:16	4:19	4:31	4:38
4:35	4:39	4:46	4:49	5:01	5:10
5:05	5:10	5:17	5:21	5:29	5:38
5:35	5:40	5:47	5:51	5:59	6:08
5:55	6:00	6:07	6:11	6:19	6:28
6:15	6:20	6:27	6:31	6:39	6:48
6:35	6:40	6:47	6:51	6:59	7:08
6:55	7:00	7:07	7:11	7:19	7:28
7:15	7:20	7:27	7:31	7:39	7:48
7:35	7:40	7:47	7:51	7:59	8:08
7:55	8:00	8:07	8:11	8:19	8:28
8:15	8:20	8:27	8:31	8:39	8:48
8:35	8:40	8:47	8:51	8:59	9:08
8:55	9:00	9:07	9:11	9:19	9:28
9:15	9:20	9:27	9:31	9:39	9:48
9:35	9:40	9:47	9:51	9:59	10:08
9:55	10:00	10:08	10:13	10:25	10:34
10:15	10:20	10:28	10:33	10:45	10:54
10:35	10:40	10:48	10:53	11:05	11:14
10:55	11:00	11:08	11:13	11:25	11:34
11:15	11:20	11:28	11:33	11:45	11:54
11:35	11:40	11:48	11:53	**12:05**	**12:14**
11:55	**12:00**	**12:08**	**12:13**	**12:25**	**12:34**
12:15	**12:20**	**12:28**	**12:33**	**12:45**	**12:54**
12:35	**12:40**	**12:48**	**12:53**	**1:05**	**1:14**
12:55	**1:00**	**1:08**	**1:13**	**1:25**	**1:34**
1:15	**1:20**	**1:28**	**1:33**	**1:45**	**1:54**
1:35	**1:40**	**1:48**	**1:53**	**2:05**	**2:14**
1:55	**2:00**	**2:08**	**2:13**	**2:25**	**2:34**
2:15	**2:20**	**2:28**	**2:33**	**2:45**	**2:54**
2:35	**2:40**	**2:48**	**2:53**	**3:05**	**3:15**
2:55	**3:00**	**3:08**	**3:13**	**3:27**	**3:37**
3:15	**3:21**	**3:29**	**3:34**	**3:48**	**3:58**
3:35	**3:41**	**3:49**	**3:54**	**4:08**	**4:18**
3:55	**4:01**	**4:09**	**4:14**	**4:28**	**4:38**
4:15	**4:21**	**4:29**	**4:34**	**4:48**	**4:58**
4:35	**4:41**	**4:49**	**4:54**	**5:08**	**5:18**
4:55	**5:01**	**5:09**	**5:14**	**5:28**	**5:38**
5:15	**5:21**	**5:29**	**5:34**	**5:48**	**5:58**
5:35	**5:41**	**5:49**	**5:54**	**6:08**	**6:18**
5:55	**6:01**	**6:09**	**6:14**	**6:28**	**6:38**
6:15	**6:21**	**6:29**	**6:34**	**6:48**	**6:58**

Saturdays to Cypress Hills

147 Av 147 St	Rockaway Blvd Sutphin Blvd	Rockaway Blvd 133 St	Rockaway Blvd Lefferts Blvd	Rockaway Blvd 94 St	Jamaica Av Eldert Ln
6:35	**6:41**	**6:49**	**6:54**	**7:08**	**7:17**
6:55	**7:01**	**7:08**	**7:12**	**7:22**	**7:31**
7:15	**7:20**	**7:27**	**7:31**	**7:41**	**7:50**
7:35	**7:40**	**7:47**	**7:51**	**8:01**	**8:10**
7:55	**8:00**	**8:07**	**8:11**	**8:21**	**8:30**
8:15	**8:20**	**8:27**	**8:31**	**8:41**	**8:50**
8:35	**8:40**	**8:47**	**8:51**	**9:01**	**9:10**
8:55	**9:00**	**9:07**	**9:11**	**9:21**	**9:30**
9:15	**9:20**	**9:27**	**9:31**	**9:41**	**9:50**
9:35	**9:40**	**9:47**	**9:51**	**10:01**	**10:10**
10:05	**10:10**	**10:17**	**10:21**	**10:31**	**10:40**
10:35	**10:40**	**10:47**	**10:51**	**11:01**	**11:10**
11:05	**11:10**	**11:17**	**11:21**	**11:31**	**11:40**
11:35	**11:40**	**11:47**	**11:51**	12:01	12:08

Sundays to JFK Travel Plaza

Jamaica Av Eldert Ln	Rockaway Blvd 94 St	Rockaway Blvd Lefferts Blvd	Rockaway Blvd 133 St	Rockaway Blvd 150 St	147 St 147 Av
12:05	12:15	12:21	12:25	12:29	12:32
12:35	12:45	12:51	12:55	12:59	1:02
1:05	1:15	1:21	1:25	1:29	1:32
1:35	1:45	1:51	1:55	1:59	2:02
2:05	2:15	2:21	2:25	2:29	2:32
2:35	2:45	2:51	2:55	2:59	3:02
3:05	3:15	3:21	3:25	3:29	3:32
3:35	3:45	3:51	3:55	3:59	4:02
4:05	4:15	4:21	4:25	4:29	4:32
4:35	4:45	4:51	4:55	4:59	5:02
5:05	5:15	5:26	5:32	5:38	5:42
5:35	5:45	5:56	6:02	6:08	6:12
6:05	6:15	6:26	6:32	6:38	6:42
6:35	6:45	6:56	7:02	7:08	7:12
7:05	7:15	7:26	7:32	7:38	7:42
7:35	7:45	7:56	8:02	8:08	8:12
8:05	8:15	8:26	8:32	8:38	8:42
8:35	8:45	8:56	9:02	9:08	9:12
9:05	9:15	9:26	9:32	9:38	9:42
9:25	9:35	9:46	9:52	9:58	10:02
9:45	9:55	10:06	10:13	10:21	10:25
10:05	10:15	10:27	10:34	10:42	10:46
10:25	10:35	10:47	10:54	11:02	11:06
10:45	10:55	11:07	11:14	11:22	11:26
11:05	11:15	11:27	11:34	11:42	11:46
11:25	11:35	11:47	11:54	**12:02**	**12:06**
11:45	11:55	**12:07**	**12:14**	**12:22**	**12:26**
12:05	**12:15**	**12:27**	**12:34**	**12:42**	**12:46**
12:25	**12:35**	**12:47**	**12:54**	**1:02**	**1:06**
12:45	**12:55**	**1:07**	**1:14**	**1:22**	**1:26**
1:05	**1:15**	**1:27**	**1:34**	**1:42**	**1:46**
1:25	**1:35**	**1:47**	**1:54**	**2:02**	**2:06**
1:45	**1:55**	**2:07**	**2:14**	**2:22**	**2:26**
2:05	**2:15**	**2:27**	**2:34**	**2:42**	**2:46**
2:25	**2:35**	**2:47**	**2:54**	**3:02**	**3:06**
2:45	**2:55**	**3:07**	**3:13**	**3:20**	**3:24**
3:05	**3:15**	**3:28**	**3:34**	**3:41**	**3:45**
3:25	**3:35**	**3:48**	**3:54**	**4:01**	**4:05**
3:45	**3:55**	**4:08**	**4:14**	**4:21**	**4:25**
4:05	**4:15**	**4:28**	**4:34**	**4:41**	**4:45**
4:25	**4:35**	**4:48**	**4:54**	**5:01**	**5:05**
4:45	**4:55**	**5:08**	**5:14**	**5:21**	**5:25**
5:05	**5:15**	**5:28**	**5:34**	**5:41**	**5:45**
5:25	**5:35**	**5:48**	**5:54**	**6:01**	**6:05**
5:45	**5:55**	**6:08**	**6:14**	**6:21**	**6:25**
6:05	**6:15**	**6:28**	**6:34**	**6:41**	**6:45**
6:25	**6:35**	**6:48**	**6:54**	**7:01**	**7:05**
6:45	**6:55**	**7:08**	**7:14**	**7:20**	**7:24**
7:05	**7:15**	**7:26**	**7:32**	**7:38**	**7:42**
7:25	**7:35**	**7:46**	**7:52**	**7:58**	**8:02**

Sundays to JFK Travel Plaza

Jamaica Av Eldert Ln	Rockaway Blvd 94 St	Rockaway Blvd Lefferts Blvd	Rockaway Blvd 133 St	Rockaway Blvd 150 St	147 St 147 Av
7:45	**7:55**	**8:06**	**8:12**	**8:18**	**8:22**
8:05	**8:15**	**8:26**	**8:32**	**8:38**	**8:42**
8:25	**8:35**	**8:46**	**8:52**	**8:58**	**9:02**
8:45	**8:55**	**9:06**	**9:12**	**9:18**	**9:22**
9:05	**9:15**	**9:26**	**9:32**	**9:38**	**9:42**
9:35	**9:45**	**9:56**	**10:02**	**10:08**	**10:12**
10:05	**10:15**	**10:26**	**10:32**	**10:38**	**10:42**
10:35	**10:45**	**10:56**	**11:02**	**11:08**	**11:12**
11:05	**11:15**	**11:26**	**11:32**	**11:38**	**11:42**
11:35	**11:45**	**11:56**	12:02	12:08	12:12

Sundays to Cypress Hills

147 Av 147 St	Rockaway Blvd Sutphin Blvd	Rockaway Blvd 133 St	Rockaway Blvd Lefferts Blvd	Rockaway Blvd 94 St	Jamaica Av Eldert Ln
12:05	12:09	12:14	12:17	12:29	12:37
12:35	12:39	12:44	12:47	12:59	1:07
1:05	1:09	1:14	1:17	1:29	1:37
1:35	1:39	1:44	1:47	1:59	2:07
2:05	2:09	2:14	2:17	2:29	2:37
2:35	2:39	2:44	2:47	2:59	3:07
3:05	3:09	3:14	3:17	3:29	3:37
3:35	3:39	3:44	3:47	3:59	4:07
4:05	4:09	4:14	4:17	4:29	4:37
4:35	4:39	4:44	4:47	4:59	5:07
5:05	5:10	5:17	5:21	5:29	5:36
5:35	5:40	5:47	5:51	5:59	6:06
6:05	6:10	6:17	6:21	6:29	6:36
6:35	6:40	6:47	6:51	6:59	7:06
7:05	7:10	7:17	7:21	7:29	7:36
7:35	7:40	7:47	7:51	7:59	8:06
8:05	8:10	8:17	8:21	8:29	8:36
8:25	8:30	8:37	8:41	8:49	8:56
8:45	8:50	8:57	9:01	9:09	9:16
9:05	9:10	9:17	9:21	9:29	9:36
9:25	9:30	9:37	9:41	9:49	9:56
9:45	9:50	9:57	10:01	10:13	10:22
10:05	10:10	10:18	10:23	10:35	10:44
10:25	10:30	10:38	10:43	10:55	11:04
10:45	10:50	10:58	11:03	11:15	11:24
11:05	11:10	11:18	11:23	11:35	11:44
11:25	11:30	11:38	11:43	11:55	**12:04**
11:45	11:50	11:58	**12:03**	**12:15**	**12:24**
12:05	**12:10**	**12:18**	**12:23**	**12:35**	**12:44**
12:25	**12:30**	**12:38**	**12:43**	**12:55**	**1:04**
12:45	**12:50**	**12:58**	**1:03**	**1:15**	**1:24**
1:05	**1:10**	**1:18**	**1:23**	**1:35**	**1:44**
1:25	**1:30**	**1:38**	**1:43**	**1:55**	**2:04**
1:45	**1:50**	**1:58**	**2:03**	**2:15**	**2:24**
2:05	**2:10**	**2:18**	**2:23**	**2:35**	**2:44**
2:25	**2:30**	**2:38**	**2:43**	**2:55**	**3:04**
2:45	**2:50**	**2:58**	**3:03**	**3:17**	**3:26**
3:05	**3:10**	**3:18**	**3:23**	**3:37**	**3:46**
3:25	**3:30**	**3:38**	**3:43**	**3:57**	**4:06**
3:45	**3:50**	**3:58**	**4:03**	**4:17**	**4:26**
4:05	**4:10**	**4:18**	**4:23**	**4:37**	**4:46**
4:25	**4:30**	**4:38**	**4:43**	**4:57**	**5:06**
4:45	**4:50**	**4:58**	**5:03**	**5:17**	**5:26**
5:05	**5:10**	**5:18**	**5:23**	**5:37**	**5:46**
5:25	**5:30**	**5:38**	**5:43**	**5:57**	**6:06**
5:45	**5:50**	**5:58**	**6:03**	**6:17**	**6:26**
6:05	**6:10**	**6:18**	**6:23**	**6:37**	**6:46**
6:25	**6:30**	**6:38**	**6:43**	**6:57**	**7:06**
6:45	**6:50**	**6:58**	**7:03**	**7:13**	**7:22**
7:05	**7:10**	**7:17**	**7:21**	**7:31**	**7:40**

Sundays to Cypress Hills

147 Av 147 St	Rockaway Blvd Sutphin Blvd	Rockaway Blvd 133 St	Rockaway Blvd Lefferts Blvd	Rockaway Blvd 94 St	Jamaica Av Eldert Ln
7:25	**7:30**	**7:37**	**7:41**	**7:51**	**8:00**
7:45	**7:50**	**7:57**	**8:01**	**8:11**	**8:20**
8:05	**8:10**	**8:17**	**8:21**	**8:31**	**8:40**
8:25	**8:30**	**8:37**	**8:41**	**8:51**	**9:00**
8:45	**8:50**	**8:57**	**9:01**	**9:11**	**9:20**
9:05	**9:10**	**9:17**	**9:21**	**9:31**	**9:40**
9:35	**9:40**	**9:47**	**9:51**	**10:01**	**10:10**
10:05	**10:10**	**10:17**	**10:21**	**10:31**	**10:40**
10:35	**10:40**	**10:47**	**10:51**	**11:01**	**11:10**
11:05	**11:10**	**11:17**	**11:21**	**11:31**	**11:40**
11:35	**11:40**	**11:47**	**11:51**	12:01	12:10

Q7 Rockaway Boulevard

Service between JFK Travel Plaza and Cypress Hills

CHANGES TAKE EFFECT AUGUST 31, 2025

The Q7 will be rerouted on its western end to provide new service along Rockaway Blvd between Liberty and Jamaica Avs.

Current Q7 service to East New York along Sutter and Pitkin Avs will be discontinued and replaced by the Q112.

On its eastern end, the Q7 will be shortened to the JFK Travel Plaza. Service to JFK Cargo Area C will be provided by Port Authority shuttles and the Q3.

EXISTING ROUTES

Q7

CONNECTIONS

A J Z

Q3, Q6, Q8, Q9, Q10, Q11, Q24, Q37, Q40, Q41, Q51, Q52-SBS, Q53-SBS, Q56, Q80, Q112

AVERAGE STOP SPACING

Existing: 775 ft

Proposed: 1,098 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	4:10 AM - 1:05 AM	-	30	7	13	10	20	26
Proposed	24 hours	30	30	7	12	10	20	26
SATURDAY								
Existing	4:20 AM - 1:05 AM	-	40	20	20	20	20	26
Proposed	24 hours	30	24	20	20	20	20	26
SUNDAY								
Existing	4:20 AM - 1:05 AM	-	40	30	26	20	30	30
Proposed	24 hours	30	30	26	20	20	20	30

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

no change | added service | reduced service

Q7 Rockaway Boulevard

Service between JFK Travel Plaza and Cypress Hills



Q7 Rockaway Boulevard

EASTBOUND to JFK Travel Plaza

On Street/At Street		Proposal Note	Connections
1	Jamaica Av/Eldert Ln	Added at existing bus stop	J Z
2	Grant Av/Etna St	New stop location	
3	Rockaway Blvd/75 St	New stop location	Q24
4	Rockaway Blvd/Atlantic Av	New stop location	Q24
5	Rockaway Blvd/84 St	New stop location	Q8
6	Rockaway Blvd/101 Av	New stop location	Q8
7	Rockaway Blvd/102 Rd	New stop location	Q8
8	Rockaway Blvd/94 St	New stop location	A, Q11, Q41, Q52-SBS, Q53-SBS, Q112, QM15
	Pitkin Av/Euclid Av	Removed due to new routing	
	Pitkin Av/Autumn Av	Removed due to new routing	
	Pitkin Av/Eldert Ln	Removed due to new routing	
	Pitkin Av/Drew St	Removed due to new routing	
	Pitkin Av/78 St	Removed due to new routing	
	Pitkin Av/79 St	Removed due to new routing	
	Pitkin Av/81 St	Removed due to new routing	
	Pitkin Av/83 St	Removed due to new routing	
	Sutter Av/85 St	Removed due to new routing	
	Sutter Av/87 St	Removed due to new routing	
	Sutter Av/89 St	Removed due to new routing	
	Sutter Av/91 St	Removed due to new routing	
	Sutter Av/Cross Bay Blvd	Removed due to new routing	
	Cross Bay Blvd/108 Av	Removed due to new routing	
	Liberty Av/95 St	Removed due to new routing	
9	Rockaway Blvd/97 St	Keep	A, Q11, Q41, Q51, Q52-SBS, Q53-SBS, Q112, QM15
	Rockaway Blvd/98 St	Removed to improve speed & reliability	
10	Rockaway Blvd/101 St	Keep	A, Q112
	Rockaway Blvd/103 St	Removed to improve speed & reliability	
11	Rockaway Blvd/Centreville St	Keep	Q41
	Rockaway Blvd/107 St	Removed to improve speed & reliability	
12	Rockaway Blvd/109 St	Keep	Q37
	Rockaway Blvd/111 St	Removed to improve speed & reliability	
13	Rockaway Blvd/113 St	Keep	
	Rockaway Blvd/114 Pl	Removed to improve speed & reliability	
14	Rockaway Blvd/115 St	New stop location	
	Rockaway Blvd/116 St	Removed to improve speed & reliability	
15	Rockaway Blvd/Lefferts Blvd	Keep	Q10, Q80, QM18

EASTBOUND to JFK Travel Plaza

On Street/At Street		Proposal Note	Connections
16	Rockaway Blvd/121 St	Keep	Q37
	Rockaway Blvd/122 Pl	Removed to improve speed & reliability	
17	Rockaway Blvd/124 St	Keep	
	Rockaway Blvd/126 St	Removed to improve speed & reliability	
18	Rockaway Blvd/128 St	Keep	Q9
	Rockaway Blvd/131 St	Removed to improve speed & reliability	
19	Rockaway Blvd/133 St	Keep	Q9
	Rockaway Blvd/135 St	Removed to improve speed & reliability	
20	Rockaway Blvd/Van Wyck Expwy	Keep	
	Rockaway Blvd/140 St	Removed to improve speed & reliability	
21	Rockaway Blvd/142 St	Keep	Q40
22	Rockaway Blvd/143 St	Keep	Q40
23	Rockaway Blvd/145 St	Keep	Q40
24	Rockaway Blvd/147 St	Keep	Q6
25	Rockaway Blvd/150 St	Keep	Q6
	150 St/Sutter Av	Removed to improve speed & reliability	
26	150 St/130 Av	Keep	
	150 St/133 Av	Removed to improve speed & reliability	
	148 St/147 Av	Removed due to new routing	
	148 St/150 Av	Removed due to new routing	
	148 St/Central Cargo Rd	Removed due to new routing	
	148 St/South Cargo Rd	Removed due to new routing	
	S outh Cargo Rd/Cargo Plaza	Removed due to new routing	
27	148 St/147 Av	Keep	Q3
28	147 St/147 Av	New stop location	Q3

WESTBOUND to Cypress Hills

	South Cargo Rd/Cargo Plaza	Removed due to new routing	
	Cargo Plaza/North Service Ct	Removed due to new routing	
	Cargo Plaza/Building 86	Removed due to new routing	
	Cargo Plaza/150 Av	Removed due to new routing	
	150 Av/147 St	Removed due to new routing	
1	147 Av/147 St	New stop location	
	150 St/133 Av	Removed to improve speed & reliability	
2	150 St/130 Av	Keep	
3	Rockaway Blvd/Sutphin Blvd	Keep	Q6
4	Rockaway Blvd/147 St	Keep	
5	Rockaway Blvd/145 St	Keep	Q40
6	Rockaway Blvd/143 St	Keep	
7	Rockaway Blvd/142 St	Keep	Q40
	Rockaway Blvd/140 St	Removed to improve speed & reliability	
8	Rockaway Blvd/Van Wyck Expwy	New stop location	

WESTBOUND to Cypress Hills

On Street/At Street		Proposal Note	Connections
	Rockaway Blvd/135 St	Removed to improve speed & reliability	
9	Rockaway Blvd/133 St	Keep	Q9
	Rockaway Blvd/Lincoln St	Removed to improve speed & reliability	
10	Rockaway Blvd/128 St	Keep	Q9
	Rockaway Blvd/Foch Blvd	Removed to improve speed & reliability	
11	Rockaway Blvd/125 St	New stop location	
12	Rockaway Blvd/122 St	Keep	
13	Rockaway Blvd/Lefferts Blvd	Keep	Q10, Q37, Q80, QM18
	Rockaway Blvd/118 St	Removed to improve speed & reliability	
14	Rockaway Blvd/116 St	Keep	
15	Rockaway Blvd/111 St	Keep	
16	Rockaway Blvd/109 St	Keep	Q37
17	Rockaway Blvd/109 Av	Keep	Q41
18	Rockaway Blvd/102 St	Keep	A, Q112
19	Rockaway Blvd/Liberty Av	Keep	A, Q11, Q52-SBS, Q53-SBS, Q112, QM15
20	Rockaway Blvd/94 St	New stop location	A, Q11, Q41, Q52-SBS, Q53-SBS, Q112, QM15
21	Rockaway Blvd/90 St	New stop location	Q8
22	Rockaway Blvd/87 St	New stop location	Q8
23	Rockaway Blvd/95 Av	New stop location	Q24
24	Rockaway Blvd/79 St	New stop location	Q24
25	Rockaway Blvd/75 St	New stop location	
26	Eldert Ln/88 Rd	New stop location	
27	Jamaica Av/Eldert Ln	Added at existing bus stop	J Z, Q56
	Cross Bay Blvd/Liberty Av	Removed due to new routing	
	Sutter Av/93 St	Removed due to new routing	
	Sutter Av/91 St	Removed due to new routing	
	Sutter Av/88 St	Removed due to new routing	
	Sutter Av/85 St	Removed due to new routing	
	Pitkin Av/84 St	Removed due to new routing	
	Pitkin Av/81 St	Removed due to new routing	
	Pitkin Av/79 St	Removed due to new routing	
	Pitkin Av/76 St	Removed due to new routing	
	Pitkin Av/Forbell St	Removed due to new routing	
	Pitkin Av/Grant Av	Removed due to new routing	
	Pitkin Av/Autumn Av	Removed due to new routing	
	Pitkin Av/Euclid Av	Removed due to new routing	