

Amtrak Valley Flyer / Vermonter Schedule Overview

including connections with Metro-North Railroad / New Haven Line service



Normal Days of Operation		Monday – Friday				Weekends & Holidays					
SOUTHBOUND		Valley Flyer 471		Vermont 55		Valley Flyer 461		Vermont 57		Valley Flyer 499	
To: New Haven & New York											
GREENFIELD		7 35A		↔ 1 36P		9 15A		↔ 1 36P		8 10P	
Northampton		8 00A		↔ 2 01P		9 40A		↔ 2 01P		8 35P	
Holyoke		8 15A		↔ 2 16P		9 55A		↔ 2 16P		8 50P	
SPRINGFIELD	ar dp	8 43A		↔ 2 35P		10 23A		↔ 2 35P		9 18P	
		8 55A		↔ 2 50P		10 34A		↔ 2 50P		9 45P	
Windsor Locks		9 14A		↔ 3 12P		10 53A		↔ 3 12P		10 06P	In Springfield
Windsor		9 19A				10 59A				10 13P	
HARTFORD		9 29A		↔ 3 27P		11 08A		↔ 3 27P		10 24P	connect with
Berlin		9 40A				11 19A				10 36P	
Meriden		9 49A		↔ 3 49P		11 29A		↔ 3 48P		10 45P	
Wallingford		9 57A				11 36A				10 54P	
New Haven – State Street		10 10A				11 49A				11 10P	CTrail Hartford Line Train 6411
NEW HAVEN – Union Station	ar	10 18A		↔ 4 15P		11 56A		↔ 4 14P		11 18P	
Connecting train to:		↓	↘	↘	↘	↓	↘	↘	↘	↓	↓
		Amtrak Regional 171	MNR 6525	thru train	MNR 6549	Amtrak Regional 161	MNR 6533	thru train	MNR 6549	MNR 6529	Amtrak Regional 65/67
NEW HAVEN – Union Station	dp	10 37A	10 38A	4 39P	4 38P	12 06P	12 39P	4 34P	4 38P	11 35P	12 50A
West Haven			10 43A		4 43P		12 44P		4 43P	11 40P	
Milford			10 51A		4 51P		12 52P		4 51P	11 48P	
Stratford			10 57A		4 57P		12 58P		4 57P	11 54P	
BRIDGEPORT		11 02A	11 05A	5 01P	5 05P	12 28P	1 05P	4 57P	5 05P	12 01A	
Fairfield Metro			11 11A		5 11P		1 11P		5 11P	12 07A	
Fairfield			11 15A		5 15P		1 15P		5 15P	12 11A	
Southport			11 18A		5 18P		1 18P		5 18P	12 14A	
Green's Farm			11 21A		5 21P		1 21P		5 21P	12 17A	
Westport			11 26A		5 26P		1 26P		5 26P	12 22A	
East Norwalk			11 30A		5 30P		1 30P		5 30P	12 26A	
South Norwalk			11 33A		5 33P		1 33P		5 33P	12 29A	
Rowayton			11 37A		5 37P		1 37P		5 37P	12 33A	
Darien			11 41A		5 40P		1 41P		5 41P	12 37A	
Noroton Heights			11 44A		5 44P		1 44P		5 44P	12 40A	
STAMFORD		11 29A	11 51A	5 28P	5 51P	12 55P	1 51P	5 25P	5 51P	12 47A	1 38A
Harlem – 125th Street			12 39P		6 39P		2 39P		6 39P	1 35A	
NEW YORK – Grand Central Terminal	ar		12 50P		6 50P		2 50P		6 50P	1 46A	
NEW YORK – PENN Station	ar	↓ 12 22P		↓ 6 25P		↓ 1 51P		↓ 6 25P			↓ 2 34A

Please note that a facial covering is required if you are traveling on an Amtrak, CTrail, or Metro-North train at this time.

TO PURCHASE TICKETS

Amtrak tickets can be purchased using the Amtrak Mobile app or Amtrak.com, or by calling 1-800-USA RAIL. Amtrak tickets must be purchased before boarding the train.
Metro-North (MNR) tickets can be purchased using the MTA eTIX app, from a Metro-North ticket vending machine, or from a conductor onboard a Metro-North train.
Hartford Line tickets can be purchased using the CTrail eTix app, from a CTrail Ticket Vending Machine, or from a conductor on onboard a CTrail Hartford Line train.
 Higher fares may apply when MNR or CTrail tickets are purchased onboard the train.

KEY

MNR = Metro-North Railroad

For further information visit TrainsInTheValley.org/valley-flyer

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Normal Days of Operation		Monday – Friday				Weekends & Holidays			
NORTHBOUND		MNR 6522	Vermonter 56	MNR 6546	Amtrak Regional 94	MNR 6522	Vermonter 54	MNR 6534	Amtrak Regional 88
Connecting train from:									
NEW YORK – PENN Station	dp		↓ 11 33A		↓ 5 38P		↓ 11 30A		↓ 300 P
NEW YORK – Grand Central Terminal	dp	11 02A	From Washington	5 02P	From Washington	11 02A	From Washington	2 02P	From Washington
Harlem – 125th Street		11 12A		5 12P		11 12A		2 12P	
STAMFORD		11 55A	12 18P	5 55P	6 29P	11 55A	12 18P	2 55P	3 48P
Noroton Heights		12 00P		6 00P		12 00P		3 00P	
Darien		12 04P		6 04P		12 04P		3 04P	
Rowayton		12 07P		6 07P		12 07P		3 07P	
South Norwalk		12 11P		6 11P		12 11P		3 11P	
East Norwalk		12 14P		6 14P		12 14P		3 14P	
Westport		12 18P		6 18P		12 18P		3 18P	
Green's Farm		12 23P		6 23P		12 23P		3 23P	
Southport		12 27P		7 27P		12 27P		3 27P	
Fairfield		12 31P		6 31P		12 31P		3 31P	
Fairfield Metro		12 35P		6 35P		12 35P		3 35P	
BRIDGEPORT		12 43P	12 46P	6 43P		12 43P	12 46P	3 43P	4 16P
Stratford		12 49P		6 49P		12 49P		3 49P	
Milford		12 56P		6 56P		12 56P		3 56P	
West Haven		1 03P		7 03P		1 03P		4 03P	
NEW HAVEN – Union Station	ar	1 17P	1 11P	7 17P	7 21P	1 17P	1 11P	4 17P	4 45P
To: Springfield and Greenfield			thru train		Valley Flyer 494		thru train		Valley Flyer 488
NEW HAVEN – Union Station	dp		1 30P		7 35P		1 30P		5 00P
New Haven – State Street					7 37P				5 02P
Wallingford					7 49P				5 14P
Meriden			1 50P		7 58P		1 50P		5 23P
Berlin					8 07P				5 32P
HARTFORD			2 11P		8 20P		2 11P		5 46P
Windsor					8 27P				5 53P
Windsor Locks			2 22P		8 34P		2 22P		5 59P
SPRINGFIELD	ar		2 55P		8 59P		2 55P		6 24P
	dp		3 15P		9 15P		3 15P		6 45P
Holyoke			3 41P		9 41P		3 41P		7 11P
Northampton			3 57P		9 57P		3 57P		7 27P
GREENFIELD			4 22P		10 23P		4 22P		7 53P

Please note that these two pages provide only a summary of the available passenger rail service in our region. Some information, such as holiday schedules, has been omitted due to space limitations.

Please refer to the current Amtrak, Hartford Line and/or Metro-North schedule(s) before traveling.

For further information visit TrainsInTheValley.org/valley-flyer