



Grand Central New York City Harlem – 125th St	Fordham Mt. Vernon East Pelham New Rochelle	Larchmont Mamaroneck Harrison Rye Port Chester	Greenwich Cos Cob Riverside Old Greenwich	Stamford Noroton Hgts Darien Rowayton	South Norwalk East Norwalk	Westport Greens Farms Southport Fairfield Fairfield – Black Rock	Bridgeport Milford	Stratford	West Haven New Haven New Haven – State St
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Schedule Links

Monday – Friday

[To Grand Central AM Peak & Mornings](#) 4 AM – 12 Noon

[To Grand Central Afternoons, & Nights](#) 12 Noon – 12 Midnight

[To New Haven Mornings](#) 5 AM – 12 Noon

[To New Haven Afternoons](#) 12 Noon – 4 PM

[To New Haven PM Peak & Nights](#) 4 PM – 2 AM

Saturday & Sunday

[To Grand Central](#)

[To New Haven](#)

Other New Haven Line PDFs

[New Canaan Branch Schedule](#)

[Danbury Branch Schedule](#)

[Waterbury Branch Schedule](#)

Download the TrainTime App



Key

- A** – [Amtrak](#) connection
- C** – **Change trains** to continue your trip
- D** – **Discharges** customers only
- H** – Stops primarily to discharge customers. Train may depart up to **5 minutes earlier** than the time shown
- HL** – Train operates 11/29/24 & 1/20/25 only
- R** – **Receives** customers only
- **UniTicket** (combined monthly rail/bus ticket) is available for bus service between train station and residential area or worksites
- [Airport connecting service](#)
- **Full ADA access** for persons with disabilities
- **Wheelchair access only.** Please call 511 or visit [mta.info](#) for accessibility details for this station

See information on [ADA accommodations](#)

Useful links

[mta.info/mnr](#) [mta.info/schedules](#) [mta.info](#)

2024 Holidays

11/28 Thanksgiving Day.....	Special
11/29 Friday after Thanksgiving.....	Saturday + Extras
12/24 Christmas Eve.....	Friday
12/25 Christmas Day.....	Hourly
12/31 New Year's Eve.....	Special

Schedule

2025 Holidays

1/1 New Year's Day.....	Special
1/20 M.L.King Jr. Day.....	Saturday + Extras
2/17 Presidents Day.....	Saturday
5/26 Memorial Day.....	Sunday
7/4 Independence Day.....	Sunday
9/1 Labor Day.....	Sunday

Schedule

General Info

Peak tickets are required on trains that:

- Arrive at Grand Central on weekdays between 6 AM – 10 AM
- Depart from Grand Central on weekdays between 6 AM – 9 AM and between 4 PM – 8 PM

Reduced fares

Not available on inbound AM Peak trains.

- Senior (65+)/People with Disabilities and Medicare customers will be charged full fare.

Half fares are available on all other trains.

- Senior (65+)/People with Disabilities and Medicare customers **must present proper ID. See details**

Bicycles

Visit our website at [mta.info](#) for our [full bike policy](#).



Bicycles NOT permitted on:

- inbound AM peak trains
- on trains with the NO BIKE symbol
- outbound PM peak trains
- or on some holidays

Weekday off-peak trains

unless noted allow a maximum 4 bicycles per train: no more than 2 bicycles per car.

Weekend off-peak trains

allow a maximum 8 bicycles per train: no more than 2 bicycles per car.



– “**Bike Train**” a maximum of 15 bicycles are permitted on trains marked with this symbol.



– **New York State Law prohibits smoking and vaping on all MTA Metro-North Railroad property** at all times. Including, but not limited to all trains; stations; terminals; platforms; ticketing, waiting, and boarding areas; elevators; and staircases.

More Details on:

[Ticket Information](#)

[Contact Information](#)

[Connecting Services](#)

Table with columns for TO NEW YORK (MILES 73-0) and various station names. Rows show arrival times for OFF-PEAK, AM PEAK, and BICYCLES NOT PERMITTED. Includes notes like 'SENIOR/DISABLED/MEDICARE FARE NOT VALID ON INBOUND PEAK TRAINS' and 'WILL NOT RUN FRIDAYS & 11/5, 11/27, 12/23, 12/24, 12/26 & 12/30'.

Table with columns for TO NEW YORK (MILES 73-0) and various station names. Rows show arrival times for INBOUND AM PEAK TRAINS and OFF-PEAK. Includes notes like 'WILL NOT RUN FRIDAYS & 11/5, 11/27, 12/23, 12/24, 12/26 & 12/30'.



Main table for INBOUND: Monday – Friday Afternoons & Nights. Columns include station names (e.g., New Haven-State St., West Haven, Stamford) and arrival times. Includes a 'TO NEW YORK' header and a 'MILES' column on the left. A red vertical bar indicates a service change: 'WILL RUN FRIDAYS ONLY & 11/5, 11/27, 12/23, 12/24, 12/26 & 12/30'.

Table for INBOUND: Monday – Friday Afternoons & Nights, OFF-PEAK. Columns include station names and arrival times. Includes a 'TO NEW YORK' header and a 'MILES' column on the left.

MILES	TO NEW HAVEN	OFF-PEAK				AM PEAK										OFF-PEAK																				
		1402	1404	1504	1306	1506	1406	1408	1308	1508	1710	1510	1410	1310	1512	1712	1312	1514	1314	1516	1316	1416	1318	1518	1320	1520	1322	1522	1324	1524	1326					
0	Grand Central	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM					
4	Harlem-125th St.		R 5:38	R 5:59	R 6:06	R 6:26	R 6:31	R 6:45	R 6:48	R 7:05	R 7:14	R 7:40	R 7:45	R 7:52	R 8:12	R 8:16	R 8:20	R 8:38	R 8:41	R 9:15	R 9:18	R 9:45	R 9:48	R 10:14	R 10:17	R 10:44	R 10:47	R 11:14	R 11:17	R 11:44	R 11:47					
9	Fordham (E. 190th)		5:46	6:07	6:14	6:34	6:38	6:53	6:56	7:13	7:22	7:40	7:53	8:00	8:19	8:24	8:28	8:49	8:49	9:26	9:26	9:55	9:55	10:25	10:25	10:55	10:55	11:25	11:25	11:55	11:55					
14	Mount Vernon East		5:53		6:22		6:45	7:01	7:04		7:30		8:02	8:09		8:36		8:57		9:35		10:04		10:34		11:04		11:34		12:04						
15	Pelham		5:56		6:25		7:07		7:33		8:12		8:39		9:00		9:38		9:00		9:38		10:07		10:37		11:07		11:37		12:07					
17	New Rochelle		5:59		6:28		7:06		7:10		7:36		8:06	8:16		8:42		9:03		9:41		10:10		10:40		11:10		11:40		12:10						
19	Larchmont		6:02		6:32		7:14		7:40		8:20		8:46		9:07		9:46		9:07		9:45		10:14		10:44		11:14		11:44		12:14					
21	Mamaroneck		6:06		6:35		7:17		7:43		8:23		8:49		9:10		9:48		9:10		9:48		10:17		10:47		11:17		11:47		12:17					
22	Harrison		6:09		6:38		7:20		7:46		8:26		8:52		9:13		9:51		9:13		9:51		10:20		10:50		11:20		11:50		12:20					
24	Rye		6:13		6:42		7:00	7:16	7:24		7:50		8:16	8:30		8:46	8:56	9:17		9:55		10:24		10:54		11:24		11:55		12:24						
26	Port Chester		6:16		6:45		7:04	7:19	7:27		7:53		8:19	8:33		8:49	8:59	9:20		9:58		10:27		10:57		11:27		11:58		12:27						
28	Greenwich		6:20	6:31	6:54	6:59	7:08	7:24	7:36	7:39	7:57	8:14	8:23	8:39	8:45	8:53	9:03	9:14	9:24		10:02		10:31		11:01		11:31		12:03		12:31					
30	Cos Cob		6:23				7:11				8:00		8:26		8:56	9:06	9:27			10:05		10:34		11:04		11:34		12:07		12:34						
30	Riverside		6:25				7:14				8:03		8:29		8:59	9:09	9:30			10:08		10:37		11:07		11:37		12:10		12:37						
31	Old Greenwich		6:28				7:17				8:06		8:32		9:02	9:12	9:33			10:10		10:39		11:09		11:39		12:12		12:39						
33	Stamford Ar.		6:13	6:38	6:40		7:09	7:29	7:40		7:48	8:16	8:24		8:55	9:08	9:24	9:25	9:45	9:56	10:23	10:28	10:52	10:55	11:22	11:25	11:52	11:55	12:24	12:25	12:52					
33	NEW CANAAN BRANCH										8:20				9:12					C 10:03				C 11:01												
35	Stamford Lv.																			C 10:07					C 11:05											
37	Glenbrook										8:23				9:15					C 10:10					C 11:08											
37	Springdale										8:27				9:19					C 10:14					C 11:12											
39	Talmadge Hill										8:38				9:30					C 10:21					C 11:19											
41	New Canaan																																			
36	Noroton Heights		6:18		6:45		7:14				7:53		8:29		9:00					10:01					11:00						12:01					
38	Darien		6:21		6:49		7:18				7:57		8:32		9:03			9:31		10:04			10:35		11:04						11:32		12:04			
39	Rowayton		6:24				7:21				8:00				9:06				10:07					11:07								12:07				
41	South Norwalk		6:28		6:54		7:25				8:04		8:37		9:10				9:36		10:10			10:40		11:11						11:37		12:11		
42	East Norwalk		6:31		6:58		7:29				8:07				9:13					10:13					11:14								12:14			
44	Westport		6:35		7:01		7:32				8:11		8:42		9:17					9:42				10:17		10:45							11:18		12:18	
47	Green's Farms		6:39				7:37				8:16				9:22					10:21				11:22									12:22			
49	Southport		6:43		7:09		7:41				8:20				9:26					10:26				11:27									12:27			
51	Fairfield		6:46		7:12		7:45				8:24		8:50		9:29			9:51		10:29			10:54		11:30								12:30		12:51	
53	Fairfield-Black Rock		6:49		7:16		7:48				8:27		8:53		9:33			9:54		10:32			10:57		11:33								12:33		12:54	
55	Bridgeport		6:55		7:23		7:55				8:34		8:59		9:39			10:01		10:38			11:04		11:40								12:40		1:01	
59	Stratford		7:01		7:29		8:01				8:40		9:05		9:46			10:07		10:45			11:10		11:47								12:47		1:07	
63	Milford		7:08		7:36		8:09				8:47		9:12		9:53			10:15		10:53			11:18		11:54								12:54		1:14	
69	West Haven		7:16		7:43		8:16				8:54		9:19		10:02			10:22		11:02			11:27		12:03								12:23		1:03	
72	New Haven		7:28		H 7:54		H 8:26				9:08		H 9:31		H 10:13			H 10:33		11:13			11:40		H 12:15								12:34		1:13	
73	New Haven-State St.		AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	

MILES	TO NEW HAVEN	MILES																	OFF-PEAK						
		1526 1726	1328	1528	1330	1530 1730	1332	1532	1334	1534 1734	1336	3536	1536	1338	3238	3538	1538 1738	1638 SLE	1340	3540	1540	1342	1740		
0	Grand Central	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	
4	Harlem-125th St.	R 12 14	R 12 17	R 12 44	R 12 47	R 1 14	R 1 17	R 1 44	R 1 47	R 2 14	R 2 17	R 2 38	R 2 44	R 2 47	R 3 06	R 3 13	R 3 15		R 3 18	R 3 37	R 3 40	R 3 44	R 3 49		
9	Fordham (E.190th)		12 25	12 55		1 25	1 55		2 25														3 26	3 52	
14	Mount Vernon East		12 34		1 04	1 34	2 04	2 34						3 04									3 35	3 59	
15	Pelham		12 37		1 07	1 37	2 07	2 37						3 07									3 38	4 02	
17	New Rochelle		12 40		1 10	1 40	2 10	2 40						3 10									3 41	4 06	
19	Larchmont		12 44		1 14	1 44	2 14	2 44						3 14	H 3 26								3 45	4 09	
21	Mamaroneck		12 47		1 17	1 47	2 17	2 47						3 17	H 3 30								3 48	4 13	
22	Harrison		12 50		1 20	1 50	2 20	2 50						3 20	H 3 33								3 51	4 16	
24	Rye		12 55		1 24	1 55	2 24	2 54						3 24	H 3 36								3 55	4 20	4 16
26	Port Chester		12 58		1 27	1 58	2 27	2 57						3 27	H 3 39								3 58	4 24	4 19
28	Greenwich		1 03		1 31	2 03	2 31	3 01						3 31	H 3 44								4 02	4 28	4 23
30	Cos Cob		1 07		1 34	2 07	2 34	3 04						3 34	H 3 47								4 05	4 26	
30	Riverside		1 10		1 37	2 10	2 37	3 07						3 37	H 3 49								4 08	4 29	
31	Old Greenwich		1 12		1 39	2 12	2 39	3 09						3 39	H 3 51								4 10	4 31	
33	Stamford Ar.	12 55	1 24	1 25	1 52	1 55	2 24	2 25	2 52	2 55	3 22			3 25	3 52	3 57	3 50	3 54	4 13	4 20	4 16	4 22	4 44	4 39	
33	Stamford Lv.	C 1 01			C 2 01			C 3 01										C 3 56							
35	Glenbrook	C 1 05			C 2 05			C 3 05										C 4 00						4 46	
37	Springdale	C 1 08			C 2 08			C 3 08										C 4 03						4 49	
39	Talmadge Hill	C 1 12			C 2 12			C 3 12										C 4 07						4 53	
41	New Canaan	C 1 19			C 2 19			C 3 19										C 4 14						5 04	
36	Noroton Heights	1 00			2 00			3 00										3 59					4 28		
38	Darien	1 04		1 32	2 03		2 32	3 03				3 32						4 02					4 31		
39	Rowayton	1 07			2 06			3 06										4 05							
41	South Norwalk	1 11		1 37	2 10		2 37	3 10				3 37						4 09					4 36		
42	East Norwalk	1 14			2 13			3 13										4 11							
44	Westport	1 18		1 42	2 17		2 42	3 17		H 3 29	3 42							4 15			H 4 30	4 41			
47	Green's Farms	1 22			2 21			3 21										4 19							
49	Southport	1 27			2 26			3 26										4 23							
51	Fairfield	1 30		1 51	2 29		2 51	3 29		H 3 38	3 51							4 26			H 4 40	4 50			
53	Fairfield-Black Rock	1 33		1 54	2 32		2 54	3 32		H 3 42	3 54							4 29			H 4 43	4 53			
55	Bridgeport	1 40		2 01	2 39		3 01	3 39		H 3 48	4 01							4 35			H 4 50	4 59			
59	Stratford	1 47		2 07	2 46		3 07	3 46		H 3 55	4 07							4 42			H 4 57	5 05			
63	Milford	1 54		2 14	2 53		3 14	3 53		H 4 02	4 14							4 49			H 5 04	5 13			
69	West Haven	2 03		2 23	3 02		3 23	4 02		H 4 09	4 23							4 56			H 5 12	5 20			
72	New Haven	2 15		2 36	3 14		3 36	4 15		4 20	4 34							5 11			5 21	5 33			
73	New Haven-State St.	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	

Table with columns for TO NEW YORK (MILES) and various station numbers (6301-6529). Rows include stations like New Haven, West Haven, Milford, Stratford, Bridgeport, Fairfield-Black Rock, Fairfield, Southport, Green's Farms, Westport, East Norwalk, South Norwalk, Rowayton, Darien, Noroton Heights, Stamford, Old Greenwich, Riverside, Cos Cob, Greenwich, Port Chester, Rye, Harrison, Mamaroneck, Larchmont, New Rochelle, Pelham, Mount Vernon East, Fordham (E.190th), and Grand Central.

Table with columns for TO NEW YORK (MILES) and various station numbers (6329-6599). Rows include stations like New Haven, West Haven, Milford, Stratford, Bridgeport, Fairfield-Black Rock, Fairfield, Southport, Green's Farms, Westport, East Norwalk, South Norwalk, Rowayton, Darien, Noroton Heights, Stamford, Old Greenwich, Riverside, Cos Cob, Greenwich, Port Chester, Rye, Harrison, Mamaroneck, Larchmont, New Rochelle, Pelham, Mount Vernon East, Fordham (E.190th), and Grand Central.



Ticket info

Buy Tickets before boarding to avoid the onboard surcharge

You will be charged an additional fee if a ticket vending machine or ticket office is available at your boarding station.

Surcharge does not apply to senior citizens or passengers with disabilities

RESPONSIBILITY –

Metro-North Railroad cannot assume responsibility for inconvenience, expense or damage resulting from errors in timetables, delayed trains, failure to make connections, or for changes in or shortage of equipment. The schedules in this timetable are subject to change without notice.

Title VI Statement:

MTA Metro-North Railroad is committed to providing nondiscriminatory 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, national origin or income as protected by Title VI of the Civil Rights Act of 1964.

For more information visit mta.info or contact:

MTA Metro-North Railroad

Office of Diversity & Equal Employment Opportunity,
420 Lexington Avenue, 12th Fl.,
New York, NY 10170,
or call 511.

In addition to your right to file a complaint with Metro-North Railroad, you have the right to file a Title VI complaint with the Federal Transit Administration, Office of Civil Rights, Attention: Complaint Team, East Building 5th Floor—TCR, 1200 New Jersey Ave. SE, Washington, DC 20590.

Contact Information

MTA Metro-North Railroad mta.info/mnr

- [Schedules](#) - [Lost & Found](#) - [Mail&Ride](#)
- [Fares](#) - [Group Sales](#) - [Bicycle Permits](#)
- [Parking](#) - [Senior/Disabled Accesibility](#)
- [Comments, Concerns, Commendations](#)

Daily 6AM – 10PM /Automated info 24/7	511
Outside New York State	877-690-5114
Deaf/Hard of Hearing – Use your preferred relay service provider or the free 711 relay to reach	511
MTA Long Island Rail Road	511
MTA New York City Transit Subway & Bus Information	511
MTA Police	212-878-1001
MTA PD Emergency Only	888-MTA-911PD
MTA Inspector General Hotline.....	800-MTA-IG4U (800-682-4448)

Other Transit Information

Amtrak.....	800-872-7245
CT Transit.....	cttransit.com
Coach USA	866-912-6224
GO Airlink	212-812-9000
Greater Bridgeport Transit	203-333-3031 gogbt.com
HarTransit	203-744-4070 hartransit.com
LAZ Parking.....	888-682-PARK (888-682-7275)
Norwalk Transit	203-852-0000 norwalktransit.com
Shoreline East	1-877-287-4337 shorelineeast.com
Westchester Bee-Line.....	914-813-7777 westchestergov.com

Connecting Services

New York City Transit Subway & Buses **511** mta.info/nyct

Grand Central Terminal 4 5 6 7 S

42 St.: **M42**

Lexington Av: **M101, M102, M103**

Madison Av: **M1, M2, M3, M4**

Harlem–125th Street 4 5 6

125 St: **SBS M60** to Laguardia Airport, **M125, M101**

Lexington Av: **M101, M103**

Long Island Rail Road **511** mta.info/lirr

Grand Central Madison

Connections to NY Area Airports mta.info/guides/airports

Connections at your station mta.info/mta-stations

