



Metro-North Railroad Hudson Line

As of October 6, 2024

Grand Central New York City	Yankees – E. 153rd St Morris Heights	Ludlow Yonkers	Hastings-on-Hudson Dobbs Ferry	Tarrytown Philipse Manor	Cortlandt Peekskill	Manitou Garrison	Beacon New Hamburg	Poughkeepsie
Harlem – 125th Street	University Heights Marble Hill Spuyten Duyvil Riverdale	Glenwood Greystone	Ardsley-on-Hudson Irvington	Scarborough Ossining Croton-Harmon		Cold Spring Breakneck Ridge		

Schedule Links

Monday – Friday

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

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

[To Poughkeepsie AM Peak & Mornings](#) 5 AM – 12 Noon

[To Poughkeepsie Afternoons, PM Peak & Nights](#)

12 Noon – 2 AM

Saturday & Sunday

[To Grand Central](#)

[To Poughkeepsie](#)

See information on [ADA accommodations](#)

Useful links

[mta.info/mnr](https://www.mta.info/mnr)
[mta.info/schedules](https://www.mta.info/schedules)
[mta.info](https://www.mta.info)

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.
- R** – **Receives** customers only.
- G** – [511NY Rideshare Guaranteed Ride Program](#) Sponsored by NYSDOT.
- **UniTicket** (combined monthly rail/bus ticket) is available for bus service between train station and residential area or worksites.
- Ferry connection.
- [Airport connecting service.](#)
- **Full ADA access** for persons with disabilities.
- **Wheelchair access only.** Please call 511 or visit [mta.info](https://www.mta.info) for accessibility details for this station.

2024 Holidays Schedule

11/5 Election Day	Friday
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

2025 Holidays Schedule

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

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](https://www.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](#)

MILES	TO NEW YORK	OFF-PEAK																																							
		854	754	858	758	760	862	762	764	866	766	768	870	770	772	874	774	876	776	878	778	880	780	882	782	886	786	890	790	892	792	894 794	896 796	898 798							
74	Poughkeepsie	AM 10 45	AM 11 45	AM 11 45	PM 12 45	PM 12 45	PM 1 45	PM 1 45	PM 1 45	PM 2 45	PM 2 45	PM 3 45	PM 3 45	PM 4 45	PM 4 45	PM 5 45	PM 5 45	PM 6 45	PM 6 45	PM 7 45	PM 7 45	PM 8 45	PM 8 45	PM 9 45	PM 9 45	PM 10 45	PM 10 45	PM 11 45	PM 11 45	PM 12 45	PM 12 45	PM 1 45	PM 1 45	PM 2 45							
65	New Hamburg	10 55	11 55	12 55	1 55	2 58	3 58	4 03	4 41	5 01	5 46	6 03	7 05	8 03	8 59	9 57	10 55	11 53	12 51	1 49	2 47	3 45	4 43	5 41	6 39	7 37	8 35	9 33	10 31	11 29	12 27	1 25	2 23	3 21							
59	Beacon	11 02	12 02	1 02	2 02	3 05	4 11	4 49	5 09	5 54	6 11	7 13	8 11	9 07	10 06	11 06	12 06	1 06	2 06	3 06	4 06	5 06	6 06	7 06	8 06	9 06	10 06	11 06	12 06	1 06	2 06	3 06	4 06								
52	Cold Spring	11 11	12 11	1 11	2 11	3 14	4 19	5 17	6 19	7 21	8 19	9 16	10 14	11 14	12 14	1 14	2 14	3 14	4 14	5 14	6 14	7 14	8 14	9 14	10 14	11 14	12 14	1 14	2 14	3 14	4 14	5 14	6 14								
50	Garrison	11 15	12 15	1 15	2 15	3 18	4 23	5 21	6 23	7 25	8 23	9 20	10 18	11 18	12 18	1 18	2 18	3 18	4 18	5 18	6 18	7 18	8 18	9 18	10 18	11 18	12 18	1 18	2 18	3 18	4 18	5 18	6 18								
41	Peekskill	11 27	12 27	1 27	2 27	3 30	4 34	5 32	6 34	7 36	8 34	9 32	10 30	11 30	12 30	1 30	2 30	3 30	4 30	5 30	6 30	7 30	8 30	9 30	10 30	11 30	12 30	1 30	2 30	3 30	4 30	5 30	6 30								
38	Cortlandt	11 32	12 32	1 32	2 32	3 35	4 39	5 37	6 39	7 41	8 39	9 37	10 35	11 35	12 35	1 35	2 35	3 35	4 35	5 35	6 35	7 35	8 35	9 35	10 35	11 35	12 35	1 35	2 35	3 35	4 35	5 35	6 35								
33	Croton-Harmon Ar.																																								
33	Croton-Harmon Lv.	11 42	11 56	12 42	12 55	1 27	1 42	1 55	2 27	2 42	2 55	3 27	3 45	3 58	4 24	4 48	4 56	5 19	5 30	5 46	6 01	6 24	6 32	6 48	7 00	7 50	7 56	8 48	8 55	9 46	9 55	10 55	12 01	1 04							
31	Ossining	11 46	12 00	12 46	12 59	1 31	1 46	1 59	2 31	2 46	2 59	3 30	3 49	4 02	4 28	4 52	5 00	5 23	5 34	5 50	6 05	6 28	6 36	6 52	7 04	7 54	8 00	8 52	9 59	10 59	12 06	1 08									
30	Scarborough		12 02		1 01			2 01			3 01			4 04	4 30			5 02			5 36			6 07			7 06			8 02			9 01	10 01	11 01	12 08	1 10				
27	Philipse Manor		12 06		1 05			2 05			3 05			4 08	4 34			5 06			5 40			6 11			7 10			8 06			9 05	10 05	11 05	12 11	1 14				
25	Tarrytown	11 54	12 08	12 54	1 07	1 38	1 54	2 07	2 38	2 54	3 07	3 37	3 57	4 10	4 36	5 00	5 08	5 31	5 42	5 58	6 13	6 36	6 43	7 00	7 12	8 02	9 00	9 07	9 58	10 07	11 07	12 13	1 16								
23	Irvington		12 12		1 11	1 41		2 11	2 41		3 11	3 40		4 14	4 40		5 12			5 46			6 17			6 46			7 16			8 12			9 11	10 11	11 11	12 17	1 20		
22	Ardsley-on-Hudson		12 14		1 13			2 13			3 13			4 16	4 42		5 14			5 48			6 19			7 18			8 14			9 13			10 13	11 13	12 19	1 22			
21	Dobbs Ferry		12 16		1 15	1 44		2 15	2 44		3 15	3 43		4 18	4 44		5 16			5 50			6 21			6 49			7 20			8 16			9 15	10 15	11 15	12 21	1 24		
20	Hastings-on-Hudson		12 18		1 17	1 46		2 17	2 46		3 17	3 46		4 20	4 46		5 18			5 52			6 23			6 51			7 22			8 18			9 17	10 17	11 17	12 23	1 26		
18	Greystone		12 21		1 20			2 20			3 20			4 23	4 49		5 21			5 55			6 26			7 25			8 21			9 20			10 20	11 20	12 26	1 29			
16	Glenwood		12 24		1 23			2 23			3 23			4 26	4 52		5 24			5 58			6 29			7 28			8 24			9 23			10 23	11 23	12 29	1 32			
15	Yonkers		12 27		1 26	1 52		2 26	2 52		3 26	3 52		4 28	4 55		5 27			6 01			6 32			6 57			7 31	8 13	8 27	9 11	9 26	10 09	10 26	11 26	12 31	1 35			
14	Ludlow		12 29		1 28			2 28			3 28			4 30	4 57		5 29			6 03			6 34			7 33			8 29			9 28			10 28	11 28	12 33	1 38			
13	Riverdale		12 31		1 30	1 56		2 30	2 56		3 30	3 55		4 33	4 59		5 31			6 05			6 36			7 01			7 35			8 31			9 30			10 30	11 30	12 36	1 40
11	Spuyten Duyvil		12 36		1 35	2 00		2 35	3 00		3 35	3 59		4 37	5 04		5 36			6 10			6 41			7 06			7 40			8 36			9 35			10 35	11 35	12 40	1 44
10	Marble Hill		12 39		1 38	2 03		2 38	3 03		3 38	4 02		4 40	5 07		5 39			6 13			6 44			7 43			8 39			9 38			10 38	11 38	12 42	1 47			
9	University Heights		12 41		1 40			2 40			3 40	4 05		4 42	5 09		5 41			6 15			6 46			7 45			8 41			9 40			10 40	11 40	12 44				
8	Morris Heights		12 43		1 42			2 42			3 42	4 07		4 44	5 11		5 43			6 17			6 48			7 47			8 43			9 42			10 42	11 42	12 46				
6	Yankees-E. 153rd Street		12 50		1 49			2 49			3 49			4 48	5 17		5 49			6 23			6 54			7 52			8 49			9 49			10 49	11 49	12 53				
4	Harlem-125th Street	H 12 26	H 12 57	H 1 26	H 1 56	H 2 17	H 2 26	H 2 56	H 3 17	H 3 26	H 3 57	H 4 20	H 4 27	H 4 55	H 5 22	H 5 29	H 5 54	H 6 02	H 6 29	H 6 32	H 6 59	H 7 07	H 7 20	H 7 30	H 7 58	H 8 32	H 8 54	H 9 30	H 9 56	H 10 30	H 10 56	H 11 56	H 1 01	H 2 01							
0	Grand Central	12 38 PM	1 09 PM	1 38 PM	2 08 PM	2 28 PM	2 39 PM	3 08 PM	3 29 PM	3 38 PM	4 09 PM	4 31 PM	4 40 PM	5 08 PM	5 36 PM	5 44 PM	6 07 PM	6 15 PM	6 42 PM	6 45 PM	7 11 PM	7 19 PM	7 32 PM	7 42 PM	8 10 PM	8 44 PM	9 06 PM	9 44 PM	10 08 PM	10 43 PM	11 08 PM	12 08 AM	1 13 AM	2 12 AM							

MILES	TO POUGHKEEPSIE	AM PEAK											AM PEAK								OFF-PEAK					
		703	803	705	805	707	807	709	809	711	813	713	813	715	813	715	717	817	719	817	721	821	725	825		
0	Grand Central	AM 5 35	AM 6 14	AM 6 21	AM 6 46	AM 6 50	AM 7 19	AM 7 23	AM 7 39	AM 7 45	AM 8 13	AM 8 38	AM 8 59	AM 9 14	AM 9 35	AM 9 58	AM 10 14	AM 10 35	AM 11 14	AM 11 35						
4	Harlem-125th Street	5 45	R 6 25	6 31	R 6 57	7 00	R 7 30	7 33	R 7 50	7 55	8 23	R 8 49	9 10	9 24	R 9 46	10 08	10 24	R 10 46	11 24	R 11 46						
6	Yankees-E. 153rd Street	5 49		6 35		7 04		7 37		7 59	8 28						10 29			11 29						
8	Morris Heights	5 52		6 38		7 07		7 40		8 02	8 32						10 32			11 32						
9	University Heights	5 54		6 40		7 09		7 42		8 04	8 34						10 34			11 34						
10	Marble Hill	5 56	6 33	6 42	7 05	7 11	7 39	7 44	7 59	8 06	8 36		9 20	9 36		10 18	10 36			11 36						
11	Spuyten Duyvil	5 58		6 44		7 13		7 46		8 08	8 38		9 22	9 38		10 21	10 38			11 38						
13	Riverdale	6 02		6 48		7 17		7 50		8 12	8 42		9 26	9 42		10 24	10 42			11 42						
14	Ludlow	6 04		6 50		7 19		7 52		8 14	8 45			9 44		10 44				11 44						
15	Yonkers	6 07	6 41	6 53	7 13	7 22	7 48	7 55	8 08	8 17	8 48		9 30	9 47		10 28	10 47			11 47						
16	Glenwood	6 09		6 55		7 24		7 57		8 19	8 50			9 49		10 49				11 49						
18	Greystone	6 12		6 58		7 27		8 00		8 22	8 53			9 52		10 52				11 52						
20	Hastings-on-Hudson	6 15		7 01		7 30		8 03		8 25	8 56		9 36	9 55		10 34	10 55			11 55						
21	Dobbs Ferry	6 18		7 04		7 33		8 06		8 28	8 59		9 39	9 58		10 37	10 58			11 58						
22	Ardsley-on-Hudson	6 20		7 06		7 35		8 08		8 30	9 01			10 00		11 00				12 00						
23	Irvington	6 22		7 08		7 37		8 10		8 32	9 03		9 42	10 03		10 41	11 03			12 03						
25	Tarrytown	6 26	6 52	7 12	7 24	7 41	7 59	8 14	8 21	8 36	9 07	9 15	9 46	10 07	10 14	10 45	11 07	11 14	12 07	12 14						
27	Philipse Manor	6 28		7 14		7 43		8 16		8 38	9 10			10 09		11 09			12 09							
30	Scarborough	6 32		7 18		7 47		8 20		8 42	9 14			10 13		11 13			12 13							
31	Ossining	6 35	7 00	7 21	7 32	7 50	8 07	8 23	8 29	8 45	9 17	9 23	9 53	10 16	10 22	10 52	11 16	11 22	12 16	12 22						
33	Croton-Harmon Ar.	6 45		7 32		8 00		8 34		8 56	9 26		10 02	10 26		11 01	11 25			12 26						
33	Croton-Harmon Lv.		7 05		7 37		8 12		8 35			9 28			10 28			11 28		12 28						
38	Cortlandt		7 13		7 45		8 20		8 42			9 36			10 36			11 36		12 36						
41	Peekskill		7 18		7 50		8 25		8 47			9 41			10 41			11 41		12 41						
50	Garrison		7 29		8 01		8 36		8 58			9 52			10 52			11 53		12 52						
52	Cold Spring		7 33		8 05		8 40		9 02			9 56			10 56			11 56		12 56						
59	Beacon		7 41		8 13		8 48		9 11			10 05			11 05			12 05		1 05						
65	New Hamburg		7 49		8 21		8 56		9 19			10 13			11 13			12 13		1 13						
74	Poughkeepsie		8 07		8 38		9 13		9 38			10 30			11 30			12 30		1 30						
		AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	PM	PM	PM			

OUTBOUND: Monday - Friday Afternoons, PM Peak & Nights

Peak trains depart Grand Central between 4 PM - 8 PM

Effective October 6, 2024

Table showing train schedules for TO POUGHKEEPSIE (Miles 0-74) with columns for OFF-PEAK and PM PEAK times. Includes station names like Grand Central, Harlem-125th Street, and Poughkeepsie.

Table showing train schedules for TO POUGHKEEPSIE (Miles 0-74) with columns for PM PEAK and OFF-PEAK times. Includes station names like Grand Central, Harlem-125th Street, and Poughkeepsie.

Table showing train routes from Grand Central to Poughkeepsie (Miles 0 to 74) with departure times and station names.

Table showing train routes from Poughkeepsie to Grand Central (Miles 74 to 0) with departure times and station names.

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

Dutchess County Public Transit 845-473-8424
dutchessny.gov/dcpt.doublemap.com/map

GO Airlink 212-812-9000

HarTransit 203-744-4070
hartransit.com

LAZ Parking 888-682-PARK
(888-682-7275)

Putnam County Transit 845-878-RIDE (7433)
putnamcountyny.com/transportation

Westchester Bee-Line 914-813-7777
westchestergov.com

Connecting Services

New York City Transit Subway & Buses [511 mta.info/nyct](http://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](http://511.mta.info/lirr)

Grand Central Madison

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

Connections at your station mta.info/mta-stations