

Saturday, Sunday and Holidays, Effective March 3 - May 18, 2025

Eastbound

To Hempstead

Weekends & Holidays

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

Table with columns for stations (PENN STATION, GRAND CENTRAL, Woodside, Forest Hills, Kew Gardens, ATLANTIC TERMINAL*, Nostrand Avenue*, East New York*) and times for various train numbers (7900-7968).

For explanation, see "Reference Notes."

Table with columns for stations (PENN STATION, GRAND CENTRAL, Woodside, Forest Hills, Kew Gardens, ATLANTIC TERMINAL*, Nostrand Avenue*, East New York*) and times for various train numbers (6760-6774).

Saturday, Sunday and Holidays, Effective March 3 - May 18, 2025

Westbound

To Penn Station, Grand Central, Brooklyn* & Jamaica

Weekends & Holidays

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

Table with columns for stations (HEMPSTEAD, Country Life Press, Garden City, Nassau Boulevard, Stewart Manor, Floral Park, Bellerose, Elmont-UBS Arena, Queens Village, Hollis, JAMAICA (Arrive), JAMAICA (Leave), East New York*, Nostrand Avenue*, ATLANTIC TERMINAL*, Kew Gardens, Forest Hills, Woodside, GRAND CENTRAL, PENN STATION) and times for various train numbers (7599-7557).

For explanation, see "Reference Notes."

Table with columns for stations (HEMPSTEAD, Country Life Press, Garden City, Nassau Boulevard, Stewart Manor, Floral Park, Bellerose, Elmont-UBS Arena, Queens Village, Hollis, JAMAICA (Arrive), JAMAICA (Leave), East New York*, Nostrand Avenue*, ATLANTIC TERMINAL*, Kew Gardens, Forest Hills, Woodside, GRAND CENTRAL, PENN STATION) and times for various train numbers (7959-7997).

Customer Service Center

Long Island Rail Road Schedule & Fare Info: www.mta.info
24-hour automated Schedule & Fare information
Call: 511 (Say "LIRR" at anytime)
Deaf/Hard of Hearing Customers: Use your preferred relay service provider or the free 711 relay to reach 511
NYC SUBWAY AND BUS MTA New York City Transit, MTA Bus 511
BUS SERVICES: Nassau Inter-County Express (516) 336-6600
Suffolk County Transit (Suffolk County Buses) (631) 852-5200
HART (Huntington Area Rapid Transit) (631) HART-BUS
City of Long Beach Buses (516) 431-4445
RAILROADS: Metro-North Railroad (New York City) 511
New Jersey Transit (973) 275-5555
PATH (Port Authority Trans Hudson) (800) 234-PATH
AMTRAK (800) USA-RAIL
FERRY SERVICES: Port Jefferson-Bridgeport Ferry (631) 473-0286
VISITORS AND TOURISM: Long Island Convention & Visitors Bureau (877) FUN-ON-LI

Helpful Phone Numbers
To Report Vandalism or get Emergency Assistance
Emergency only 911
MTA Police (212) 878-1001
MTA Inspector General Hotline (800) MTA-IG4U
Call 511 and say "LIRR", then:
DEPARTMENT HOURS
Schedule Information Say "Schedules" 24/7
Fare Information Say "Fares" 24/7
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Mail&Ride Say "Mail and Ride" Daily, 6AM - 10 PM
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Lost & Found Say "Lost & Found" Daily, 6 AM - 10 PM
Refunds Say "More Options" - "Ticket Refunds" Daily, 6 AM - 10 PM
Ticket Machine Assistance Say "More Options" - "Ticket Machines" M-F, 6:30 AM-3:30 PM
Hamptons Reserve Service Say "More Options" - "Hamptons Reserve" Seasonal: May-Sept.
Comments & Concerns Say "More Options" - "Public Affairs" Daily, 6 AM - 10 PM
Corporate Offices or All Other Business Say "More Options" - "Corporate Directory" M-F, 9 AM-5 PM

Long Island Rail Road
Jamaica Station
Jamaica, NY 11435
Title VI Statement
The LIRR is committed to ensuring that no person is excluded from participation in, denied the benefits of, or otherwise subjected to, discrimination in our programs, services, or activities on the basis of race, color, or national origin (including limited English proficiency) as protected by Title VI of the Civil Rights Act of 1964, and age, sex, disability, or religion as protected by other Federal Transit Laws. (49 U.S.C. § 5332). For more information or to file a complaint, visit www.mta.info/transparency/title-vi/notice-to-public or contact MTA Long Island Rail Road, Diversity and Equal Opportunity Division, 93-02 Sutphin Boulevard, Jamaica, NY 11435, (718)558-7351.
A complainant may also file a complaint directly with the U.S. Department of Transportation, Federal Transit Administration, Office of Civil Rights Complaint Team, East Building, 5th Floor—TCR, 1200 New Jersey Ave. SE, Washington, DC 20590

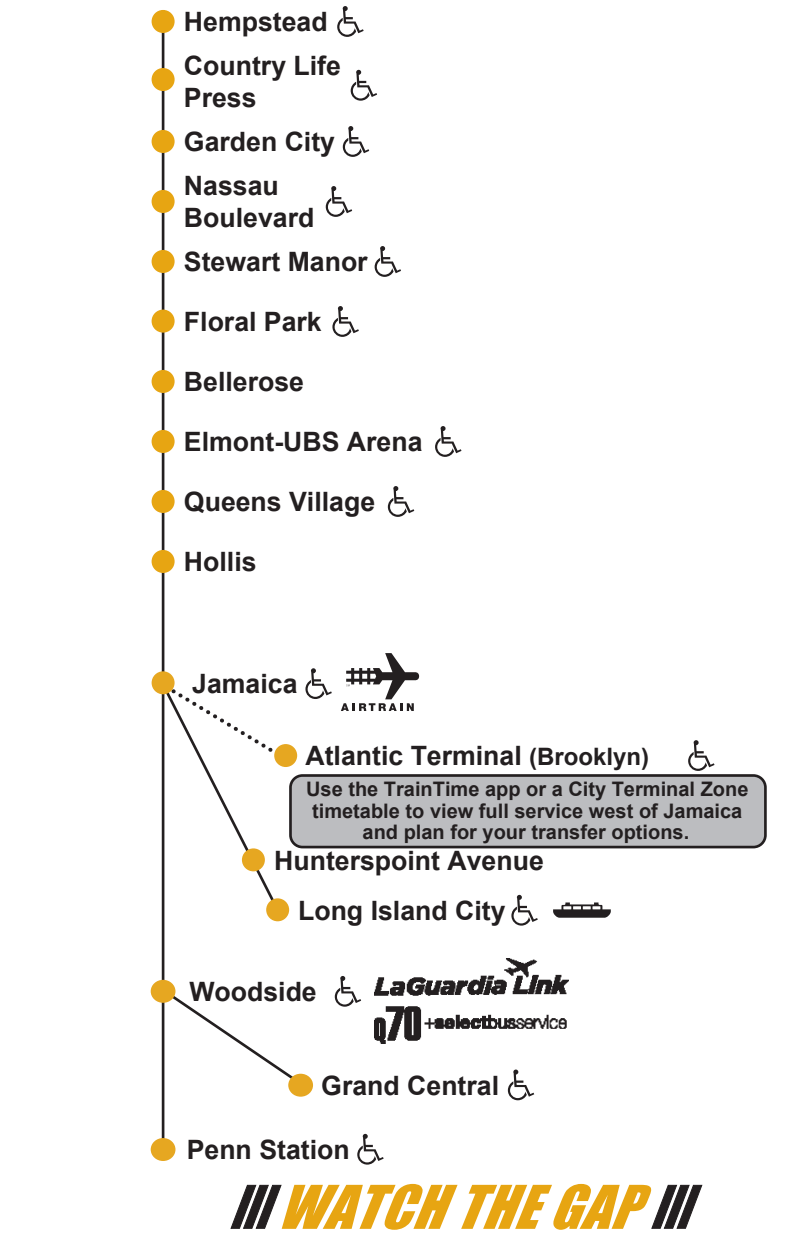
Responsibility
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Assaulting
MTA Long Island Rail Road Train Crew Members is a felony punishable by up to 7 years in prison.

Long Island Rail Road

Effective March 3 - May 18, 2025

Hempstead Branch Timetable

www.mta.info



WATCH THE GAP

Monday through Friday except Holidays, Effective March 3 - May 18, 2025

Eastbound

To Hempstead

Weekdays

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

Table with columns for station names (e.g., PENN STATION, GRAND CENTRAL, Woodside, Forest Hills, Kew Gardens) and arrival times for various train types (AM, PM) and days.

Table with columns for station names (e.g., PENN STATION, GRAND CENTRAL, Woodside, Forest Hills, Kew Gardens) and arrival times for various train types (Peak, Off-Peak, etc.) and days.

Monday through Friday except Holidays, Effective March 3 - May 18, 2025

Westbound

To Penn Station, Grand Central, Brooklyn & Jamaica

Weekdays

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

Table with columns for station names (e.g., HEMPSTEAD, Country Life Press, Garden City, Nassau Boulevard, Stewart Manor, Floral Park, Bellerose, Elmont-UBS Arena, Queens Village, Hollis, JAMAICA (Arrive), JAMAICA (Leave), East New York, Nostrand Avenue, ATLANTIC TERMINAL, Kew Gardens, Forest Hills, Woodside, GRAND CENTRAL, PENN STATION) and arrival times for various train types (Mon. Only, AM, PM) and days.

Table with columns for station names (e.g., HEMPSTEAD, Country Life Press, Garden City, Nassau Boulevard, Stewart Manor, Floral Park, Bellerose, Elmont, Queens Village, Hollis, JAMAICA (Arrive), JAMAICA (Leave), East New York, Nostrand Avenue, ATLANTIC TERMINAL, Kew Gardens, Forest Hills, Woodside, GRAND CENTRAL, PENN STATION) and arrival times for various train types (Peak, Off-Peak, etc.) and days.

Ticket Types

Your Safety Is Our Top Priority!

- Help us make your trip safer!
- Step over the gap between the train and platform when boarding and exiting
- Never stand at the edge of a platform, or lean over a platform to see if your train is coming.

Before Boarding Your Train

- Station platforms are accessible to mobility-impaired customers. Please inform the conductor if you need assistance on and off trains.
- Ticket purchases on board trains will cost more. To save money, buy before boarding at ticket offices and machines.

On Your Train

- Please make sure that your ticket is available for immediate presentation to the conductor.
- Quiet Cars are available on weekday AM Peak (FIRST CAR) and PM Peak (LAST CAR) single-level electric trains.

On Board the Train

- Refunds are subject to a \$10 processing fee per transaction.
- Onboard ticket sales cost up to \$6.50 more. Train crews must charge the higher on board fare and are not authorized to waive this rule.

Other Ticket Types

- See Tickets & Fares brochure, our website or call 511 for details and other types: City Ticket, Monthly School, Group Rates, Deals & Getaways, etc.

UNTICKETS (COMBINATION RAIL/BUS TICKETS)

Table showing unticket prices for Bus Operator, NICE (Nassau Inter-County Express), Long Beach - All Buses, and MTA Bus - Q19, Q23, Q34, Q50, Q65, Q66.

At Your Destination

- Please carefully check to ensure you do not leave anything behind.
- Please help us keep our trains clean by taking coffee cups, paper bags or other disposable items and depositing them in the receptacles on the station platform.

Buy Before Boarding

Table with columns for fare zones (Zone 1, Zone 2, Zone 3) and ticket types (Monthly, Weekly, Peak, Off-Peak, Senior, etc.) and prices.

Printed on partially recycled paper. Please recycle after use.

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

Table with columns for Train #, Notes, Jamaica, HP Ave, LI City and arrival times.

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

Table with columns for Train #, Notes, LI City, HP Ave, Jamaica and arrival times.

Station Services: Connecting Transportation

Table showing connecting transportation services for various stations like PENN STATION, GRAND CENTRAL, Woodside, Forest Hills, Kew Gardens, HUNTERSPOINT AVENUE, ATLANTIC TERMINAL, Nostrand Avenue, East New York, JAMAICA, Hollis, Queens Village, Bellerose, Floral Park, Stewart Manor, Nassau Boulevard, Garden City, Country Life Press, HEMPSTEAD.

Reference Notes

- * For complete service to/from Atlantic Terminal see the Atlantic Terminal - City Terminal Zone Timetable.
A Leaves from track 3.
Bicycles are NOT permitted. Click HERE to visit the LIRR's Bicycle Policy Information webpage for complete and current details before planning your trip.
Holiday service will operate on New Year's Day, Presidents' Day, Memorial Day, July 4th, Labor Day, Thanksgiving Day and Christmas Day.
Off-Peak One-Way/Ten Trip tickets not honored. Senior/Disabled/Medicare tickets will be honored all day on Columbus Day, Election Day and Veterans Day.
Off-Peak One-Way/Ten Trip tickets not honored. Senior/Disabled/Medicare customers ticket not honored (restriction lifted on Columbus, Election & Veterans Days).
Off-Peak One-Way/Ten Trip tickets not honored. At stations other than western terminals, PM Peak trains may leave up to three minutes early.
On all branches, eastbound trains may depart stations east of Jamaica up to three minutes earlier than times shown.
At stations west of Jamaica, westbound trains may depart stations up to three minutes earlier than times shown.

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Hours

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AMTRAK..... (800) USA-RAIL
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