



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
- 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](#)

2025 Holidays	Schedule
5/26 Memorial Day	Sunday
7/4 Independence Day	Sunday
9/1 Labor Day	Sunday
11/27 Thanksgiving Day	Special
11/28 Friday after Thanksgiving.....	Saturday + Extras
12/24 Christmas Eve	Special
12/25 Christmas Day	Hourly
12/31 New Year's Eve	Special

2026 Holidays	Schedule
1/1 New Year's Day	Special
1/19 M.L.King Jr. Day	Saturday + Extras
2/16 Presidents Day	Saturday

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](#)

Main train schedule table for Monday-Friday Afternoons & Nights. Columns include station names (e.g., New Haven-State St., West Haven, Milford, Stamford, etc.) and arrival times in minutes. Includes a 'MILES' column on the left and a 'TO NEW YORK' header. A red vertical bar indicates 'WILL OPERATE FRIDAYS & 7:03 ONLY' for stations from Stamford to Grand Central.

Off-peak train schedule table for Monday-Friday. Columns include station names and arrival times. Includes a 'MILES' column on the left and a 'TO NEW YORK' header. A 'FROM DANBURY' label is present on the left side of the table.

MILES	TO NEW HAVEN	OFF-PEAK				AM PEAK												AM PEAK				OFF-PEAK										
		1402	1404	1504	1306	1506	1406	1408	1308	1508	1710	1510	1410	1310	1512	1712	1312	1514	1314	1516 1716	1316	1416	1318	1518 1718	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 9:05	R 9:08	R 9:35	R 9:38	R 10:04	R 10:07	R 10:34	R 10:37	R 10:47	R 11:04	R 11:07	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		7:53	8:00	8:19	8:24	8:28		8:49		9:26		9:55		10:25		10:55		11:25		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		10:47		11:04		11:34		12:04	
15	Pelham		5:56		6:25		6:50	7:06	7:07	7:33		8:12		8:39		8:42		9:00		9:38		10:07		10:37		11:07		11:37		12:07		
17	New Rochelle		5:59		6:28		6:50	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	7:17	7:40			8:20		8:46		9:07		9:45		10:14		10:44		11:14		11:44		12:14			
21	Mamaroneck		6:06		6:35			7:17	7:20	7:43			8:23		8:49		9:10		9:48		10:17		10:47		11:17		11:47		12:17			
22	Harrison		6:09		6:38			7:20	7:24	7:46			8:26		8:52		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	8:43		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	Stamford Lv.																			C 10:03												
35	Glenbrook									8:20					9:12					C 10:07												
37	Springdale									8:23					9:15					C 10:10												
39	Talmadge Hill									8:27					9:19					C 10:14												
41	New Canaan									8:38					9:30					C 10:21												
36	Noroton Heights		6:18		6:45		7:14			7:53		8:29		9:00						10:01												
38	Darien		6:21		6:49		7:18			7:57		8:32		9:03			9:31			10:04		10:35		11:04								
39	Rowayton		6:24				7:21			8:00				9:06						10:07				11:07								
41	South Norwalk		6:28		6:54		7:25			8:04		8:37		9:10			9:36			10:10		10:40		11:11								
42	East Norwalk		6:31		6:58		7:29			8:07				9:13						10:13				11:14								
44	Westport		6:35		7:01		7:32			8:11		8:42		9:17			9:42			10:17		10:45		11:18								
47	Green's Farms		6:39				7:37			8:16				9:22						10:21				11:22								
49	Southport		6:43		7:09		7:41			8:20				9:26						10:26				11:27								
51	Fairfield		6:46		7:12		7:45			8:24		8:50		9:29			9:51			10:29		10:54		11:30		11:51						
53	Fairfield-Black Rock		6:49		7:16		7:48			8:27		8:53		9:33			9:54			10:32		10:57		11:33		11:54						
55	Bridgeport		6:55		7:23		7:55			8:34		8:59		9:39			10:01			10:38		11:04		11:40		12:01						
59	Stratford		7:01		7:29		8:01			8:40		9:05		9:46			10:07			10:45		11:10		11:47		12:07						
63	Milford		7:08		7:36		8:09			8:47		9:12		9:53			10:15			10:53		11:18		11:54		12:14						
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						
72	New Haven		7:28		H 7:54		H 8:26			9:08		H 9:31		10:13			H 10:33			11:13		11:40		H 12:15		12:34						
73	New Haven-State St.				7:59		8:33					9:39					10:38							12:20								
			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	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 27	R 3 40	R 3 44	R 3 49	
9	Fordham (E.190th)		12 25		12 55		1 25		1 55		2 25		2 55							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	
26	Port Chester		12 58		1 27		1 58		2 27		2 57		3 27	H 3 39						3 58			4 24	
28	Greenwich		1 03		1 31		2 03		2 31		3 01		3 31	H 3 44						4 02			4 28	
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.	A	C 1 01			C 2 01					C 3 01									C 3 56				
35	Glenbrook	A	C 1 05			C 2 05					C 3 05									C 4 00			4 46	
37	Springdale	A	C 1 08			C 2 08					C 3 08									C 4 03			4 49	
39	Talmadge Hill	A	C 1 12			C 2 12					C 3 12									C 4 07			4 53	
41	New Canaan	A	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			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			4 50	
53	Fairfield-Black Rock		1 33		1 54		2 32		2 54		3 32	H 3 42	3 54							4 29			4 53	
55	Bridgeport	A	1 40		2 01		2 39		3 01		3 39	H 3 48	4 01							H 4 21	4 35	4 42	H 4 50	4 59
59	Stratford		1 47		2 07		2 46		3 07		3 46	H 3 55	4 07							H 4 27	4 42	4 49	H 4 57	5 05
63	Milford		1 54		2 14		2 53		3 14		3 53	H 4 02	4 14							H 4 34	4 49	4 56	H 5 04	5 13
69	West Haven		2 03		2 23		3 02		3 23		4 02	H 4 09	4 23							H 4 42	4 56	5 03	H 5 12	5 20
72	New Haven		2 15		2 36		3 14		3 36		4 15	4 20	4 34							4 55	5 11	5 18	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	5 20	PM	PM	PM	PM

Table showing train schedules for the 'TO NEW HAVEN' route during PM Peak and NightSPeak. It includes columns for miles, station names, and departure times. Key features include 'BICYCLES NOT PERMITTED ON OUTBOUND PM PEAK TRAINS' and specific notes for Friday service.

Table showing train schedules for the 'TO NEW HAVEN' route during Off-Peak times. It includes columns for miles, station names, and departure times, with a specific 'OFF-PEAK' header.

Table with columns for station names (TO NEW YORK), mile markers (6301-6337), and arrival times for various train services (AM, PM, SATURDAY ONLY, SUNDAY ONLY).

Table with columns for station names (TO NEW YORK), mile markers (6539-6399), and arrival times for various train services (PM, SATURDAY ONLY, SUNDAY ONLY).

OUTBOUND: Saturday & Sunday

Effective March 30, 2025

MILES	TO NEW HAVEN																																						
	6504 6704	6306	6506 6706	6308	6310	6510 6710	6312	6314	6514 6714	6316	6318	6518 6718	6320	6520	6322	6522 6722	6324	6524	6326	6526 6726	6328	6528	6330	6530 6730	6332	6532	6334	6534 6734	6336	6536	6338	6538 6738	6340	6540	6342	6542 6742	6344	6544	6346
0	Grand Central																																						
4	Harlem-125th St.																																						
9	Fordham (E.190th)																																						
14	Mount Vernon East																																						
15	Pelham																																						
17	New Rochelle																																						
19	Larchmont																																						
21	Mamaroneck																																						
22	Harrison																																						
24	Rye																																						
26	Port Chester																																						
28	Greenwich																																						
30	Cos Cob																																						
30	Riverside																																						
31	Old Greenwich																																						
33	Stamford																																						
33	Stamford Lv.																																						
35	Glenbrook																																						
37	Springdale																																						
39	Talmadge Hill																																						
41	New Canaan																																						
36	Noroton Heights																																						
38	Darien																																						
39	Rowayton																																						
41	South Norwalk																																						
42	East Norwalk																																						
44	Westport																																						
47	Green's Farms																																						
49	Southport																																						
51	Fairfield																																						
53	Fairfield-Black Rock																																						
55	Bridgeport																																						
59	Stratford																																						
63	Milford																																						
69	West Haven																																						
72	New Haven																																						

MILES	TO NEW HAVEN																																	
	6348	6548	6350	6550 6750	6352	6552	6354	6554 6754	6356	6556	6358	6558 6758	6360	6560	6362	6562 6762	6364	6564	6366	6566 6766	6368	6568	6370	6570 6770	6372	3572	6572 6772	6374	6598 6798	6300	6500	6302	6502	6304
0	Grand Central																																	
4	Harlem-125th St.																																	
9	Fordham (E.190th)																																	
14	Mount Vernon East																																	
15	Pelham																																	
17	New Rochelle																																	
19	Larchmont																																	
21	Mamaroneck																																	
22	Harrison																																	
24	Rye																																	
26	Port Chester																																	
28	Greenwich																																	
30	Cos Cob																																	
30	Riverside																																	
31	Old Greenwich																																	
33	Stamford																																	
33	Stamford Lv.																																	
35	Glenbrook																																	
37	Springdale																																	
39	Talmadge Hill																																	
41	New Canaan																																	
36	Noroton Heights																																	
38	Darien																																	
39	Rowayton																																	
41	South Norwalk																																	
42	East Norwalk																																	
44	Westport																																	
47	Green's Farms																																	
49	Southport																																	
51	Fairfield																																	
53	Fairfield-Black Rock																																	
55	Bridgeport																																	
59	Stratford																																	
63	Milford																																	
69	West Haven																																	
72	New Haven																																	



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

