Metro-North Railroad and Long Island Rail Road

with subway and other rail connections

Legend

Stations Info

Connections
- Major transfer stations indicated with bold type
- Connecting service listed below station name

Grand Central
Metro-North, LIRR

Major transportation complexes

Transfers can be made within station

Frequency

Full-time service

Limited service

Special event service

Emergency

MTA Police district in station

Accessibility

Accessible station

- Station and platforms are accessible via ramps and/or elevators
- Tactile warning strips
- Audio/visual passenger information

Step-free access to platforms

Arrows indicate single direction step-free access
- Platforms are accessible via ramps and/or elevators
- Tactile warning strips and/or accessible path between platforms not present

Airport Access

Bus to LaGuardia Airport
LaGuardia Link Q70
M60 SBS
Terminal

AirTrain JFK
Paid connection
Terminal

Travel Info

In Stations

- Customer information screens provide continuous updates
- Listen to announcements
- Check for track changes

By Phone

Call 511 for train info at all times

Agents available 6AM–10PM daily

Online

mta.info for service status

mta.info/traintime to download the TrainTime app

mta.info/stations for detailed information about each station

mta.info

Rail Lines

This map shows the layout of the the entire Metro-North Railroad and Long Island Rail Road systems

Especially at rush hour many trains do not make all stops

Plan your specific trip before traveling

Note: The MTA assumes no responsibility for the services of other transportation providers

Metro-North Railroad

Rail lines in New York:
Dutchess, Orange, Putnam, Rockland, and Westchester counties, and New York City

Rail lines in Connecticut:
Fairfield and New Haven counties

Lines:
Harlem, Hudson, New Haven, Pascack Valley, Port Jervis

Long Island Rail Road

Rail lines in Nassau and Suffolk counties and New York City.

Branches:
Babylon, City Terminal Zone, Far Rockaway, Hempstead, Long Beach, Montauk, Oyster Bay, Port Jefferson, Port Washington, Ronkonkoma, West Hempstead

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