### VERMONTER℠ and VALLEY FLYER - Northbound

**Effective September 23, 2019**

Serving: WASHINGTON, DC - NEW YORK - SPRINGFIELD - GREENFIELD - ESSEX JCT. (Burlington) - ST. ALBANS and intermediate stations

<table>
<thead>
<tr>
<th>Train Name</th>
<th>Valley Flyer</th>
<th>Vermonter</th>
<th>Valley Flyer</th>
<th>Vermonter</th>
<th>Valley Flyer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Train Number</td>
<td>400</td>
<td>54</td>
<td>56</td>
<td>488</td>
<td>494</td>
</tr>
<tr>
<td>Normal Days of Operation</td>
<td>SaSu</td>
<td>SaSu</td>
<td>Mo-Fr</td>
<td>SaSu</td>
<td>Mo-Fr</td>
</tr>
</tbody>
</table>

### On Board Service

<table>
<thead>
<tr>
<th>Mile Symbol</th>
<th>Valley Flyer</th>
<th>Vermonter</th>
<th>Valley Flyer</th>
<th>Vermonter</th>
<th>Valley Flyer</th>
</tr>
</thead>
</table>

### Service on the Vermont℠ and Valley Flyer

- **Coaches:** Reservations required. Business class service available. Reservations required. For more information visit [Amtrak.com/business-class](http://Amtrak.com/business-class).
- **Cafe service:** Table seating offering a variety of meals, snacks and beverages for sale. For more information, visit [Amtrak.com/cafe](http://Amtrak.com/cafe).
- **Wi-Fi available.**
- **On Board Bicycle Racks:** We offer a number of different services to transport your bike onboard. Each train has different equipment and loading procedures that dictate what service will be offered. Reservations are required and additional charges apply. Visit amtrak.com/bikes for all the details before you book your trip.
- **Free shuttle service between rail and air terminal.**

*All Amtrak services and stations are non-smoking.*

The Vermont℠ is financed primarily through funds made available by the Vermont Agency of Transportation, the Massachusetts Department of Transportation and the Connecticut Department of Transportation. The Valley Flyer service is financed primarily through funds made available by the Massachusetts Department of Transportation and the Connecticut Department of Transportation.

### SHADING KEY

- **Daytime train**
- **Connecting train**

### Carry-On Pet Program

A small cat or dog in a pet carrier may be carried aboard Vermont and Valley Flyer trains. Reservations are required, and some restrictions apply. Visit [Amtrak.com/pets](http://Amtrak.com/pets) for details.
| Train Name      | Valley Flyer | Valley Flyer | Val

<table>
<thead>
<tr>
<th>Train Name</th>
<th>Valley Flyer</th>
<th>Valley Flyer</th>
<th>Valley Flyer</th>
<th>Valley Flyer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Train Number</td>
<td>495</td>
<td>471</td>
<td>461</td>
<td>55</td>
</tr>
<tr>
<td>Normal Days of Operation</td>
<td>Mo-Fr</td>
<td>Mo-Fr</td>
<td>SaSu</td>
<td>Mo-Fr</td>
</tr>
<tr>
<td>On Board Service</td>
<td>R R R R R R</td>
<td>R R R R R R</td>
<td>R R R R R R</td>
<td>R R R R R R</td>
</tr>
</tbody>
</table>

**SHADING KEY**
- **R** - Will Not Operate
- **D** - Will Also Operate
- **O** - Normal Days of Operation
- **P** - Primary
- **S** - Secondary
- **Q** - Amtrak Quiet Car
- **F** - Free Shuttle Service
- **B** - On Board Bicycle Racks
- **V** - Wi-Fi Available
- **C** - Connecting Train
- **G** - Daytime Train

**Service on the Vermonter™ and Valley Flyer**
- **Coaches**: Reservations required.
- **Business class service available. Reservations required**.
- **For more information visit [Amtrak.com/business-class]**.
- **Table seating offering a variety of meals, snacks and beverages for sale**.
- **For more information, visit [Amtrak.com/cafe]**.
- **Amtrak Quiet Car**.
- **Wi-Fi available**.
- **On Board Bicycle Racks**:
  - We offer a number of different services to transport your bike onboard. Each train has different equipment and loading procedures that dictate what service will be offered. Reservations are required and additional charges apply. Visit amtrak.com/bikes for all the details before you book your trip.
  - Free shuttle service between rail and air terminal.
- **Burlington is ten miles from Essex Junction, VT.**

**All Amtrak services and stations are non-smoking.**

The Vermonter is financed primarily through funds made available by the Vermont Agency of Transportation, the Massachusetts Department of Transportation and the Connecticut Department of Transportation.

**Valley Flyer service** is financed primarily through funds made available by the Massachusetts Department of Transportation and the Connecticut Department of Transportation.

[See page 3 for Route Map, Symbols Key and Thruway Connections.]

**SHADING KEY**
- **R** - Will Not Operate
- **D** - Will Also Operate
- **O** - Normal Days of Operation
- **P** - Primary
- **S** - Secondary
- **Q** - Amtrak Quiet Car
- **F** - Free Shuttle Service
- **B** - On Board Bicycle Racks
- **V** - Wi-Fi Available
- **C** - Connecting Train
- **G** - Daytime Train

**Carry-On Pet Program**
- A small cat or dog in a pet carrier may be carried aboard Vermonter and Valley Flyer trains.
- Reservations are required, and some restrictions apply. Visit [Amtrak.com/pets](http://Amtrak.com/pets) for details.

**New Haven**
- Shore Line East (commuter rail): in Connecticut (800) ALL-RIDE; outside Connecticut (203) 777-RIDE; www.shorelineeast.com
- Connecticut Transit (bus service): (203) 624-0151

**New York**
- Metro-North Railroad: (800) 638-7646 or (212) 532-4900; www.mta.info
- Long Island Rail Road (LIRR) (commuter rail): (718) 217-LIRR; www.mta.info

**Long Island Rail Road (LIRR)**
- (commuter rail): (718) 217-LIRR; www.mta.info

**NJ TRANSIT**
- (commuter rail & bus): (973) 275-5555; www.NJ Transit.com
- New York City Transit
  - (subway & bus): (718) 330-1234; www.mta.info

**Key and Thruway Connections.**
- Available by the Massachusetts Department of Transportation and the Connecticut Department of Transportation.
- Reservations required.
- Business class service available. Reservations required.
- Amtrak Quiet Car.
- Wi-Fi available.
- On Board Bicycle Racks.
- Free shuttle service between rail and air terminal.
- Burlington is ten miles from Essex Junction, VT.
Connecting Local Services

New Haven
Shore Line East (commuter rail): in Connecticut (800) ALL-RIDE; outside Connecticut (203) 777-RIDE; www.shorelineeast.com
Connecticut Transit (bus service): (203) 624-0151

New York
Metro-North Railroad: (800) 638-7646 or (212) 532-4900; www.mta.info
Long Island Rail Road (LIRR) (commuter rail): (718) 217-LIRR; www.mta.info
NJ TRANSIT (commuter rail & bus): (973) 275-5555; www.NJtransit.com
New York City Transit (subway & bus): (718) 330-1234; www.mta.info

Carry-On Pet Program

A small cat or dog in a pet carrier may be carried aboard Vermonter and Valley Flyer trains. Reservations are required, and some restrictions apply. Visit Amtrak.com/pets for details.

VERMONTER and VALLEY FLYER
ROUTE MAP and SYMBOLS

SYMBOLS KEY

Airport connection
Quik-Trak self-serve ticketing kiosk
Unstaffed station
Staffed ticket office; may or may not be open for all train departures
Station wheelchair accessible; no barriers between station and train
Station wheelchair accessible; not all station facilities accessible