

# Amtrak Valley Flyer / Vermonter Schedule Overview | COVID-19 UPDATE

including connections with Metro-North Railroad / New Haven Line service



Normal Days of Operation		Monday – Friday			Weekends & Holidays					
<b>SOUTHBOUND</b>		Valley Flyer 495	Valley Flyer 471	Vermonter 55	Valley Flyer 461	Vermonter 57		Valley Flyer 499		
<b>To: New Haven &amp; New York</b>		Service Suspended		Service North of New Haven Suspended		Service North of New Haven Suspended				
GREENFIELD			7 35A				9 15A		8 10P	
Northampton			8 00A				9 40A		8 35P	
Holyoke			8 15A				9 55A		8 50P	
SPRINGFIELD ar			8 43A				10 23A		9 18P	
dp			8 55A				10 34A		9 45P	In Springfield
Windsor Locks			9 14A				10 53A		10 06P	
Windsor			9 19A				10 59A		10 13P	connect with CTrail Hartford Line Train 6411
HARTFORD			9 29A				11 08A		10 24P	
Berlin			9 40A				11 19A		10 36P	
Meriden		9 49A		11 29A		10 45P				
Wallingford		9 57A		11 36A		10 54P				
New Haven – State Street		10 10A		11 49A		11 10P				
NEW HAVEN – Union Station ar		10 18A		11 56A		11 18P				
<b>Connecting train to:</b>		Amtrak Regional 171	MNR 6525		Amtrak Regional 161	MNR 6533		MNR 6573	Amtrak Regional 65/67	
NEW HAVEN – Union Station dp		10 37A	10 38A	4 34P	12 04P	12 39P	4 34P	11 35P	Service Suspended	
West Haven			10 43A			12 44P		11 40P		
Milford			10 51A			12 52P		11 48P		
Stratford			10 57A			12 58P		11 54P		
BRIDGEPORT		10 58A	11 05A	4 56P	12 26P	1 05P	4 56P	12 01A		
Fairfield Metro			11 11A			1 11P		12 07A		
Fairfield			11 15A			1 15P		12 11A		
Southport			11 18A			1 18P		12 14A		
Green's Farm			11 21A			1 21P		12 17A		
Westport			11 26A			1 26P		12 22A		
East Norwalk			11 30A			1 30P		12 26A		
South Norwalk			11 33A			1 33P		12 29A		
Rowayton			11 37A			1 37P		12 33A		
Darien			11 41A			1 41P		12 37A		
Noroton Heights			11 44A			1 44P		12 40A		
STAMFORD		11 28A	11 51A	5 25P	12 55P	1 51P	5 25P	12 47A		
Harlem – 125th Street			12 39P			2 39P		1 35A		
NEW YORK – Grand Central Terminal ar			12 50P			2 50P		1 46A		
NEW YORK – PENN Station ar		↓ 12 22P		↓ 6 27P	↓ 1 51P		↓ 6 25P			

**Please note that a facial covering is required if you are traveling on an Amtrak, CTrail, or Metro-North train at this time.**

### TO PURCHASE TICKETS

**Amtrak tickets** can be purchased using the Amtrak Mobile app or Amtrak.com, or by calling 1-800-USA RAIL. Amtrak tickets must be purchased before boarding the train.  
**Metro-North (MNR) tickets** can be purchased using the MTA eTIX app, from a Metro-North ticket vending machine, or from a conductor onboard a Metro-North train.  
**CTrail Hartford Line** tickets can be purchased from a CTrail Ticket Vending Machine or from a conductor onboard a CTrail Hartford Line train.  
 Higher fares may apply when MNR or CTrail tickets are purchased onboard the train.

### KEY

MNR = Metro-North Railroad

For further information visit [TrainsInTheValley.org/valley-flyer](https://TrainsInTheValley.org/valley-flyer)

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Normal Days of Operation		Monday – Friday			Weekends & Holidays		
NORTHBOUND		Vermonter 56	MNR 6546	Amtrak Regional 94	Vermonter 54	MNR 6534	Amtrak Regional 88
Connecting train from:							
NEW YORK – PENN Station	dp	↓ 11 33A		↓ 5 38P	↓ 11 30A		↓ 300 P
NEW YORK – Grand Central Terminal	dp	From Washington	5 02P	From Washington	From Washington	2 02P	From Washington
Harlem – 125th Street			5 12P	From Washington and Norfolk		2 12P	
<b>STAMFORD</b>		12 26P	5 55P	6 29P	12 20P	2 55P	3 50P
Noroton Heights			6 00P			3 00P	
Darien			6 04P			3 04P	
Rowayton			6 07P			3 07P	
South Norwalk			6 11P			3 11P	
East Norwalk			6 14P			3 14P	
Westport			6 18P			3 18P	
Green's Farm			6 23P			3 23P	
Southport			7 27P			3 27P	
Fairfield			6 31P			3 31P	
Fairfield Metro			6 35P			3 35P	
<b>BRIDGEPORT</b>		12 55P	6 43P		12 50P	3 43P	4 20P
Stratford			6 49P			3 49P	
Milford			6 56P			3 56P	
West Haven			7 03P			4 03P	
<b>NEW HAVEN – Union Station</b>	ar	1 14P	7 17P	7 21P	1 15P	4 17P	4 50P
<b>To: Springfield and Greenfield</b>							
<b>NEW HAVEN – Union Station</b>	dp	New Haven Suspended		Valley Flyer 494	Valley Flyer 478	Valley Flyer 400	Valley Flyer 488
New Haven – State Street			7 35P				5 00P
Wallingford			7 37P				5 02P
Meriden			7 49P				5 14P
Berlin			7 58P				5 23P
<b>HARTFORD</b>			8 07P				5 32P
Windsor			8 20P				5 46P
Windsor Locks			8 26P				5 52P
<b>SPRINGFIELD</b>	ar		8 33P				5 58P
Holyoke	dp		8 59P				6 24P
<b>Northampton</b>		9 15P			7 50A	6 45P	
<b>GREENFIELD</b>		9 41P			8 16A	7 11P	
		9 57P			8 32A	7 27P	
		10 23P			8 58A	7 53P	

Please note that these two pages provide only a summary of the available passenger rail service in our region. Some information, such as holiday schedules, has been omitted due to space limitations.

Please refer to the current Amtrak, Hartford Line and/or Metro-North schedule(s) before traveling.

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