



Metro-North Railroad

New Haven Line

As of October 17, 2026 only

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 Milford	West Haven New Haven New Haven – State St
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Schedule Links

Saturday

[To Grand Central](#)

[To New Haven](#)

Key

- [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](#)
- Tactile warning strips, audio/visual passenger information, ramps, and/or elevators available in station and on platforms.
- Platforms have ramps and/or elevators. An accessible path between platforms or tactile warning strips may not be available.

See information on [ADA accommodations](#)

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

- Senior (65+)/People with Disabilities and Medicare customers will be charged half the peak fare. [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.

Useful links

[mta.info/mnr](#) [mta.info/schedules](#) [mta.info](#)

More Details on:

[Ticket Information](#) [Contact Information](#) [Connecting Services](#)

Other New Haven Line PDFs

[New Canaan Branch Schedule](#)

[Danbury Branch Schedule](#)

[Waterbury Branch Schedule](#)

Download the [TrainTime App](#)



2026 Holidays	Schedule
1/1 New Year's Day	Special
1/19 M.L.King Jr. Day	Saturday + Extras
2/16 Presidents Day	Saturday
5/25 Memorial Day	Sunday
7/3 Independence Day Observed	Sunday
9/7 Labor Day	Sunday
11/26 Thanksgiving Day	Special
11/27 Friday after Thanksgiving	Saturday + Extras
12/24 Christmas Eve	Friday
12/25 Christmas Day	Hourly
12/31 New Year's Eve	Special

MILES TO NEW HAVEN		6538 6738	6340	6540	6342 6742	6344	6346	6544	6546 6746	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	6568	6370	6372	6570 6770	6374	6598 6798	6300	6500	6302	6502	6304				
0	Grand Central	PM 3 02	PM 3 05	PM 3 34	PM 3 36	PM 4 02	PM 4 05	PM 4 36	PM 4 34	PM 5 02	PM 5 05	PM 5 34	PM 5 36	PM 6 02	PM 6 05	PM 6 34	PM 6 36	PM 7 02	PM 7 05	PM 7 34	PM 7 36	PM 8 02	PM 8 05	PM 8 34	PM 8 36	PM 9 02	PM 9 05	PM 9 34	PM 9 38	PM 10 06	PM 10 34	PM 10 38	PM 11 07	PM 11 28	PM 11 38	PM 12 07	AM 12 25	AM 1 07	AM 1 15	AM 1 47	AM 1 53			
4	Harlem-125th St.	R 3 12	R 3 15	R 3 44	R 3 46	R 4 12	R 4 15	R 4 46	R 4 44	R 5 12	R 5 15	R 5 44	R 5 46	R 6 12	R 6 15	R 6 44	R 6 46	R 7 12	R 7 15	R 7 44	R 7 46	R 8 12	R 8 15	R 8 44	R 8 46	R 9 12	R 9 15	R 9 44	R 9 48	R 10 16	R 10 44	R 10 48	R 11 17	R 11 38	R 11 48	R 12 17	R 12 35	R 1 17	R 1 25	R 1 57	R 2 03			
9	Fordham (E.190th)		3 23		3 54		4 23	4 54		5 23		5 54		6 23		6 54		7 23		7 54		8 23		8 54		9 23		9 56		10 23		10 56		11 25		11 56		12 43		1 33				
14	Mount Vernon East		3 33		4 04		4 33	5 04		5 33		6 04		6 33		7 04		7 33		8 04		8 33		9 04		9 33		10 06				11 06		11 35		12 06		12 52		1 42		2 19		
15	Pelham		3 36		4 07		4 36	5 07		5 36		6 07		6 36		7 07		7 36		8 07		8 36		9 07		9 36		10 09				11 09		11 38		12 09		12 55		1 45		2 22		
17	New Rochelle	A	3 40		4 11		4 40	5 11		5 40		6 11		6 40		7 11		7 40		8 11		8 40		9 11		9 40		10 13				11 13		11 42		12 13		12 58		1 48		2 25		
19	Larchmont		3 44		4 15		4 44	5 15		5 44		6 15		6 44		7 15		7 44		8 15		8 44		9 15		9 44		10 17				11 17		11 46		12 17		1 02		1 52		2 29		
21	Mamaroneck		3 47		4 18		4 47	5 18		5 47		6 18		6 47		7 18		7 47		8 18		8 47		9 18		9 47		10 20				11 20		11 49		12 20		1 05		1 55		2 32		
22	Harrison		3 50		4 21		4 50	5 21		5 50		6 21		6 50		7 21		7 50		8 21		8 50		9 21		9 50		10 23				11 23		11 52		12 23		1 08		1 58		2 35		
26	Rye		3 54		4 25		4 54	5 25		5 54		6 25		6 54		7 25		7 54		8 25		8 54		9 25		9 54		10 27				11 27		11 56		12 27		1 12		2 02		2 39		
26	Port Chester		3 57		4 28		4 57	5 28		5 57		6 28		6 57		7 28		7 57		8 28		8 57		9 28		9 57		10 30				11 30		11 59		12 30		1 15		2 05		2 42		
28	Greenwich		4 01		4 32		5 01	5 32		6 01		6 32		7 01		7 32		8 01		8 32		9 01		9 32		10 01		10 34				11 34		12 03		12 34		1 19		2 09		2 46		
30	Cos Cob		4 05		4 36		5 05	5 36		6 05		6 36		7 05		7 36		8 05		8 36		9 05		9 36		10 05		10 38				11 38		12 07		12 38		1 23		2 13		2 50		
30	Riverside		4 07		4 38		5 07	5 38		6 07		6 38		7 07		7 38		8 07		8 38		9 07		9 38		10 07		10 40				11 40		12 09		12 40		1 25		2 15		2 52		
31	Old Greenwich		4 10		4 41		5 10	5 41		6 10		6 41		7 10		7 41		8 10		8 41		9 10		9 41		10 10		10 43				11 43		12 12		12 43		1 28		2 18		2 55		
33	Stamford Ar.	A	3 54	4 22	4 26	4 53	4 54	5 22	5 53		5 25	5 54	6 22	6 26	6 53	6 54	7 22	7 26	7 53	7 54	8 22	8 26	8 53	8 54	9 22	9 26	9 53	9 54	10 22	10 26	10 55	10 58	11 26	11 55	12 24	12 16	12 55	12 56	1 49	1 56	2 47	2 36	3 16	
33	NEW CANAAN BRANCH	Stamford Lv.	A	C 4 01		C 5 01		C 6 01		C 7 01		C 8 01		C 9 01		C 10 01		C 11 01		C 12 01		C 1 01		C 2 01		C 3 01		C 4 01		C 5 01		C 6 01		C 7 01		C 8 01		C 9 01		C 10 01		C 11 01		C 12 01
35		Glenbrook		C 4 05		C 5 05		C 6 05		C 7 05		C 8 05		C 9 05		C 10 05		C 11 05		C 12 05		C 1 05		C 2 05		C 3 05		C 4 05		C 5 05		C 6 05		C 7 05		C 8 05		C 9 05		C 10 05		C 11 05		C 12 05
37		Springdale		C 4 08		C 5 08		C 6 08		C 7 08		C 8 08		C 9 08		C 10 08		C 11 08		C 12 08		C 1 08		C 2 08		C 3 08		C 4 08		C 5 08		C 6 08		C 7 08		C 8 08		C 9 08		C 10 08		C 11 08		C 12 08
39		Talmadge Hill		C 4 12		C 5 12		C 6 12		C 7 12		C 8 12		C 9 12		C 10 12		C 11 12		C 12 12		C 1 12		C 2 12		C 3 12		C 4 12		C 5 12		C 6 12		C 7 12		C 8 12		C 9 12		C 10 12		C 11 12		C 12 12
41		New Canaan		C 4 18		C 5 18		C 6 18		C 7 18		C 8 18		C 9 18		C 10 18		C 11 18		C 12 18		C 1 18		C 2 18		C 3 18		C 4 18		C 5 18		C 6 18		C 7 18		C 8 18		C 9 18		C 10 18		C 11 18		C 12 18
43	Noroton Heights		4 00		5 00		6 00		7 00		8 00		9 00		10 00		11 00		12 00		1 00		2 00		3 00		4 00		5 00		6 00		7 00		8 00		9 00		10 00		11 00		12 00	
39	Darien		4 03		4 33		5 03		5 32	6 03		6 33		7 03		7 33		8 03		8 33		9 03		9 33		10 03		10 33				11 07		11 33		12 24		1 04		2 04		2 44		
39	Roseton		4 06				5 06		5 32	6 06		6 33		7 06		7 33		8 06		8 33		9 06		9 33		10 06		10 33				11 10		11 33		12 27		1 07		2 07		2 47		
41	South Norwalk		4 11		4 39		5 11		5 38	6 11		6 39		7 11		7 39		8 11		8 39		9 11		9 39		10 11		10 39				11 15		11 39		12 31		1 11		2 11		2 51		
42	East Norwalk																																											
44	Westport		4 18		4 43		5 18		5 42	6 18		6 43		7 18		7 43		8 18		8 43		9 18		9 43		10 18		10 43				11 22		11 43		12 38		1 18		2 18		2 58		
47	Green's Farms		4 22				5 22		5 42	6 22				7 22				8 22				9 22				10 22						11 26		12 02		12 43		1 22		2 22		3 02		
49	Southport		4 26				5 26			6 26				7 26				8 26				9 26				10 26						11 30		12 06		12 46		1 26		2 26		3 06		
51	Fairfield		4 30		4 52		5 30		5 51	6 30		6 52		7 30		7 52		8 30		8 52		9 30		9 52		10 30		10 52				11 34		11 52		12 49		1 29		2 29		3 09		
53	Fairfield-Black Rock		4 33		4 55		5 33		5 54	6 33		6 55		7 33		7 55		8 33		8 55		9 33		9 55		10 33		10 55				11 37		11 55		12 52		1 32		2 32		3 12		
55	Bridgeport	A	4 40		5 02		5 40		6 01	6 40		7 02		7 40		8 02		8 40		9 02		9 40		10 02		10 40		11 02				11 44		12 02		12 58		1 38		2 38		3 18		
59	Stratford		4 47		5 08		5 47		6 07	6 47		7 08		7 47		8 08		8 47		9 08		9 47		10 08		10 47		11 08				11 51		12 08		1 05		1 45		2 45		3 24		
63	Milford		4 54		5 15		5 54		6 14	6 54		7 15		7 54		8 15		8 54		9 15		9 54		10 15		10 54		11 15				11 58		12 15		1 12		1 52		2 51		3 30		
69	West Haven		H 5 01		H 5 22		H 6 01		H 6 21	H 7 01		H 7 22		H 8 01		H 8 22		H 9 01		H 9 22		H 10 01		H 10 22		H 11 01		H 11 22				H 12 05		H 12 22		H 1 05		H 1 25		H 2 58		H 3 37		
72	New Haven	A	5 17		5 38		6 17		6 35	7 17		7 38		8 17		8 38		9 17		9 38		10 17		10 38		11 17		11 38				12 21		12 38		1 38		2 31		3 31		4 10		
			PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM		



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/nyc

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