

Monday through Friday except Holidays, Effective November 9, 2026 - February 28, 2027																																
Eastbound	For explanation, see "Reference Notes."															Peak PM	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM	Peak PM				Monday - Thursday	Friday Only		
	PENN STATION	AM 5:40	AM J 6:09	AM	AM	AM	AM	AM	AM	AM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	
	GRAND CENTRAL		J 6:11	7:31			9:04	9:36	10:36	11:36	12:36	1:31	2:47	3:04				5:30		5:51							8:56	J 9:24	J 10:28	J 11:53	J 11:30	
	Woodside																															
	Forest Hills	5:55		7:46			9:19						3:02				5:33						6:45									
	Kew Gardens						9:21						3:04				5:35								7:54							
	ATLANTIC TERMINAL				7:36	8:37									3:41	4:26				5:32		6:10										
	Nostrand Avenue				7:43	8:44									3:48	4:33				5:39		6:17										
	East New York				7:48	8:49									3:53	4:38				5:44		6:22										
	To West Hempstead	JAMAICA (Arrive)	6:01	6:34	7:52	7:57	8:58	9:25	9:57	10:57	11:57	12:57	1:51	3:08	3:25	4:02	4:46	5:16	5:39	5:50	5:53	6:13	6:30	6:53	7:10	7:57	9:16	9:54	11:13	12:18	11:57	
JAMAICA (Leave)		6:03	6:39	7:53	7:59	9:00	9:27	9:59	10:59	11:59	12:59	1:53	3:09	3:26	4:03	4:48	5:17	5:40	5:51	5:57	6:14	6:31	6:54	7:11	7:58	9:18	10:04	11:18	12:22	12:09		
St. Albans		6:09	6:46	7:59	8:06	9:06	9:33	10:06	11:06	12:06	1:06	1:59	3:15	3:32	4:09	4:55	5:23	5:46	5:57	6:03	6:20	6:37	7:00	7:17	8:04	9:24	10:11	11:24	12:28	12:15		
Westwood			6:56		8:16	9:16		10:16	11:16	12:16	1:16	2:09	3:25		4:19	5:05	5:34			6:13		6:47		7:28	8:14	9:34	10:21	11:34	12:38	12:25		
Malverne			6:58		8:18	9:18		10:18	11:18	12:18	1:18	2:11	3:27		4:21	5:07	5:36			6:15		6:49		7:30	8:16	9:36	10:23	11:36	12:40	12:27		
Lakeview			7:00		8:20	9:20		10:20	11:20	12:20	1:20	2:13	3:29		4:23	5:09	5:38			6:17		6:51		7:32	8:18	9:38	10:25	11:38	12:42	12:29		
Hempstead Gardens			7:02		8:22	9:22		10:22	11:22	12:22	1:22	2:15	3:31		4:25	5:11	5:40			6:19		6:53		7:34	8:20	9:40	10:27	11:40	12:44	12:31		
WEST HEMPSTEAD			7:07		8:27	9:27		10:27	11:27	12:27	1:27	2:20	3:36		4:30	5:16	5:45			6:24		6:58		7:39	8:25	9:45	10:32	11:45	12:49	12:36		
Train #		AM	AM	AM	AM	AM	AM	AM	AM	AM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	AM	AM	
Weekdays		See the TrainTime app for complete service west of Jamaica as well as transfer options.	122	1706	222	1710	1712	226	1714	1716	1718	1750	1752	1754	262	1756	1758	1760	1162	1264	1762	270	1764	1178	1766	1768	1770	1772	1774	1702	7702	
	For explanation, see "Reference Notes."	Peak AM	Peak AM	Peak AM	Peak AM	Peak AM	Peak AM	Peak AM	Peak AM	Peak AM	Peak AM	Peak AM	Peak AM	Peak AM	Peak AM	Peak AM	Peak AM	Peak AM	Peak AM	Peak AM	Peak AM	Peak AM	Peak AM	Peak AM	Peak AM	Peak AM	Peak AM	Peak AM	Peak AM	Peak AM		
	WEST HEMPSTEAD	AM 5:21	AM 6:25	AM	AM 7:23	AM	AM 7:54	AM 8:47	AM	AM 9:50	AM 10:50	AM 11:50	AM 12:50	AM 2:27	AM 2:56	AM 3:54	AM	AM 5:50	AM	AM 7:50	AM 8:47	AM 9:59	AM 10:55	AM 11:58								
	Hempstead Gardens	5:24	6:28		7:26		7:57	8:50		9:53	10:53	11:53	12:53	2:30	2:59	3:57		5:53		7:53	8:50	10:02	10:58	12:01								
	Lakeview	5:26	6:30		7:28		7:59	8:52		9:55	10:55	11:55	12:55	2:32	3:01	3:59		5:55		7:55	8:52	10:04	11:00	12:03								
	Malverne	5:28	6:32		7:30		8:01	8:54		9:57	10:57	11:57	12:57	2:34	3:03	4:01		5:57		7:57	8:54	10:06	11:02	12:05								
	Westwood	5:31	6:35		7:33		8:03	8:57		10:00	11:00	12:00	1:00	2:37	3:06	4:04		6:00		8:00	8:57	10:09	11:05	12:08								
	St. Albans	5:42	6:46	7:17	7:44	8:06	8:17	9:08	9:27	10:11	11:11	12:11	1:11	2:48	3:17	4:17	5:04	5:39	6:11	7:05	8:11	9:08	10:20	11:16	12:19							
	JAMAICA (Arrive)	5:48	6:53	7:24	7:51	8:13	8:24	9:14	9:34	10:17	11:17	12:17	1:17	2:54	3:23	4:23	5:10	5:45	6:17	7:11	8:16	9:14	10:26	11:22	12:25							
	JAMAICA (Leave)	5:52	6:54	7:25	7:52	8:15	8:26	9:15	9:35	10:19	11:19	12:19	1:19	2:56	3:24	4:24	5:11	5:46	6:18	7:12	8:18	9:19	10:30	11:26	12:37							
East New York													3:06	3:32	4:32				6:26													
Weekdays	Nostrand Avenue													3:11	3:37	4:37				6:31												
	ATLANTIC TERMINAL													3:16	3:44	4:44				6:38												
	Kew Gardens																															
	Forest Hills																			5:16	5:51		7:17									
	Woodside						8:35																									
	GRAND CENTRAL	J 6:11	7:12		8:10	8:35	8:47			10:38	11:38	12:38	1:38				5:30			7:31	8:38	J 9:42	J 10:52	J 11:48	J 1:08							
	PENN STATION	J 6:20		7:43				9:34	9:54									6:05			J 9:38	J 10:50	J 11:46	J 12:56								
	Train #	AM 122	AM 1706	AM 222	AM 1710	AM 1712	AM 226	AM 1714	AM 1716	AM 1718	AM 1750	AM 1752	AM 1754	AM 262	AM 1756	AM 1758	AM 1760	AM 1162	AM 1264	AM 1762	AM 270	AM 1764	AM 1178	AM 1766	AM 1768	AM 1770	AM 1772	AM 1774	AM 1702	AM 7702		

Saturday, Sunday and Holidays, Effective November 9, 2026 - February 28, 2027

Eastbound

To West
Hempstead

Weekends &
Holidays

See the
TrainTime app
for complete
service west
of Jamaica as
well as transfer
options.

For explanation, see "Reference Notes."																			Saturday Only	Sunday Only
	AM	AM	AM	AM	AM	AM	AM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM
PENN STATION	J 5:54	J 6:47														J 9:54	J 10:54	J 11:43	J 11:58	
GRAND CENTRAL	J 5:35	J 6:38	7:50	8:50	9:50	10:50	11:50	12:50	1:50	2:50	3:50	4:50	5:50	6:52	7:50	8:50	J 9:39	J 10:48	J 11:39	J 11:48
Woodside																				
Forest Hills			8:05	9:05	10:05	11:05	12:05	1:05	2:05	3:05	4:05	5:05	6:05	7:07	8:05	9:05				
Kew Gardens			8:07	9:07	10:07	11:07	12:07	1:07	2:07	3:07	4:07	5:07	6:07	7:09	8:07	9:07				
ATLANTIC TERMINAL																				
Nostrand Avenue																				
East New York																				
JAMAICA (Arrive)	6:14	7:08	8:11	9:11	10:11	11:11	12:11	1:11	2:11	3:11	4:11	5:11	6:11	7:13	8:11	9:11	10:14	11:14	12:04	12:18
JAMAICA (Leave)	6:19	7:13	8:13	9:13	10:13	11:13	12:13	1:13	2:13	3:13	4:13	5:13	6:13	7:15	8:13	9:13	10:19	11:19	12:09	12:22
St. Albans	6:25	7:19	8:19	9:19	10:19	11:19	12:19	1:19	2:19	3:19	4:19	5:19	6:19	7:22	8:19	9:19	10:25	11:25	12:15	12:28
Westwood	6:35	7:29	8:29	9:29	10:29	11:29	12:29	1:29	2:29	3:29	4:29	5:29	6:29	7:32	8:29	9:29	10:36	11:35	12:25	12:38
Malverne	6:37	7:31	8:31	9:31	10:31	11:31	12:31	1:31	2:31	3:31	4:31	5:31	6:31	7:34	8:31	9:31	10:38	11:37	12:27	12:40
Lakeview	6:39	7:33	8:33	9:33	10:33	11:33	12:33	1:33	2:33	3:33	4:33	5:33	6:33	7:36	8:33	9:33	10:40	11:39	12:29	12:42
Hempstead Gardens	6:41	7:35	8:35	9:35	10:35	11:35	12:35	1:35	2:35	3:35	4:35	5:35	6:35	7:38	8:35	9:35	10:42	11:41	12:31	12:44
WEST HEMPSTEAD	6:46	7:40	8:40	9:40	10:40	11:40	12:40	1:40	2:40	3:40	4:40	5:40	6:40	7:43	8:40	9:40	10:47	11:46	12:36	12:49
	AM	AM	AM	AM	AM	AM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	AM	AM	AM
Train #	7708	7710	7712	7714	7716	7718	7720	7750	7752	7754	7756	7758	7760	7762	7764	7766	7768	7770	7702	1702

Saturday, Sunday and Holidays, Effective November 9, 2026 - February 28, 2027

Westbound

To Penn Station,
Grand Central
Brooklyn* &
Jamaica

Weekends &
Holidays

See the
TrainTime app
for complete
service west
of Jamaica as
well as transfer
options.

For explanation, see "Reference Notes."																				
	AM	AM	AM	AM	AM	AM	AM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM
WEST HEMPSTEAD	6:02	6:51	7:51	8:51	9:51	10:51	11:51	12:51	1:51	2:51	3:51	4:51	5:51	6:51	7:51	8:51	10:02	11:02	11:58	
Hempstead Gardens	6:05	6:54	7:54	8:54	9:54	10:54	11:54	12:54	1:54	2:54	3:54	4:54	5:54	6:54	7:54	8:54	10:05	11:05	12:01	
Lakeview	6:07	6:56	7:56	8:56	9:56	10:56	11:56	12:56	1:56	2:56	3:56	4:56	5:56	6:56	7:56	8:56	10:07	11:07	12:03	
Malverne	6:09	6:58	7:58	8:58	9:58	10:58	11:58	12:58	1:58	2:58	3:58	4:58	5:58	6:58	7:58	8:58	10:09	11:09	12:05	
Westwood	6:12	7:01	8:01	9:01	10:01	11:01	12:01	1:01	2:01	3:01	4:01	5:01	6:01	7:01	8:01	9:01	10:12	11:12	12:08	
St. Albans	6:23	7:12	8:12	9:12	10:12	11:12	12:12	1:12	2:12	3:12	4:12	5:12	6:12	7:12	8:12	9:12	10:23	11:23	12:19	
JAMAICA (Arrive)	6:29	7:18	8:18	9:18	10:18	11:18	12:18	1:18	2:18	3:18	4:18	5:18	6:18	7:18	8:18	9:18	10:29	11:29	12:25	
JAMAICA (Leave)	6:33	7:20	8:20	9:20	10:20	11:20	12:20	1:20	2:20	3:20	4:20	5:20	6:20	7:20	8:20	9:27	10:34	11:34	12:37	
East New York																				
Nostrand Avenue																				
ATLANTIC TERMINAL																				
Kew Gardens																				
Forest Hills																				
Woodside																				
GRAND CENTRAL	J 7:04	7:38	8:38	9:38	10:38	11:38	12:38	1:38	2:38	3:38	4:38	5:38	6:38	7:38	8:38	J 9:51	J 11:04	J 12:03	J 1:08	
PENN STATION	J 6:52															J 9:45	J 10:54	J 11:54	J 12:58	
	AM	AM	AM	AM	AM	AM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	AM	AM
Train #	7705	7709	7711	7713	7715	7717	7719	7751	7753	7755	7757	7759	7761	7763	7765	7767	7769	7771	7773	

Ticket Types

One Way
Good for one ride from time of purchase until 4 A.M. the next day. Sold for:
Peak - Valid on all trains.
Off Peak – Additional fare payable to the conductor if used on weekday trains marked Peak AM or PM herein.
Day Pass
Good for unlimited rides within the ticketed zones from time of purchase until 4 A.M. the next day.
Lower prices on Saturdays, Sundays, and Holidays.
Weekly
Unlimited rides Saturday through Friday. On sale the Wednesday before the Saturday that the ticket becomes valid. Non-transferable.
Monthly
Unlimited rides during the calendar month indicated on the ticket.
On sale starting on the 25th of the month prior. Non-transferable.
Senior/People with Disabilities and Medicare Customers
Save 50% off the one way peak fare. Valid from time of purchase until 4 A.M. the next day.
Seniors must be 65 or older.
Valid ID must be presented when buying and using tickets.

Family Fare
Children aged 5-17 can ride for \$1 when accompanied by a fare-paying adult. Up to four children may ride for a dollar each with one adult. A 5th child or any additional children would have to purchase a child ticket fare.
Children's Fare
Children under 5 ride free.
Children ages five (5) through eleven (11) traveling alone, and children in excess of four per adult, will pay the One-Way Half fare (peak or off-peak), as applicable.
Unaccompanied children ages 12-17 will pay the adult fare.

Refunds
Refunds are only available on monthly and weekly tickets, and are subject to a \$10 processing fee per transaction. The cost of two rides per day will be deducted for each day the ticket was in your possession.
USPS postmark or time-stamp on application (if submitted at a Ticket window) used as turn-in date.
Mail to: LIRR Ticket Refunds Department, Jamaica Station-MC 1410, Jamaica, New York 11435

On Board The Train
Onboard ticket sales cost up to \$8.50 more. Train crews must charge the higher on board fare and are not authorized to waive this rule. If an issue arises, pay the requested fare, obtain receipt, and contact us.

Other Ticket Types
See **Tickets & Fares** brochure, our website or call 511 for details & other types: CityTicket, Monthly School, Group Rates, Deals & Getaways, etc.

UNITICKETS (COMBINATION RAIL/BUS TICKETS)			
The following discounted bus options are available with the purchase of LIRR Monthly or Weekly tickets:			
Bus Operator	Monthly	Weekly	
NICE (Nassau Inter-County Express)	\$62.25	\$14.50	
Long Beach – All Buses	\$30.00	Not Available	
NYCT - Q5, Q12, Q13, Q15, Q16, Q17, Q20, Q26, Q27, Q28, Q31, Q44, Q48, Q85 (at Rosedale, Bayside & Flushing LIRR Stations only)	\$50.75	\$12.50	
MTA Bus – Q19, Q25, Q34, Q50, Q65, Q66 (at Flushing LIRR Station only)			

Fares to and from New York and Brooklyn

Between	And Zone	Monthly	Weekly	PEAK One Way	Off Peak One Way	Senior One Way	Day Pass- Weekday	Day Pass- Weekend	Onboard Peak One Way	Onboard Off Peak One Way
Zone 1	1	\$172.50	\$67.75	\$7.25	\$5.25	\$3.50	\$14.50	\$10.50	\$15.00	\$13.00
	3	\$207.00	\$81.50	\$7.25	\$5.25	\$3.50	\$14.50	\$10.50	\$15.00	\$13.00
New York Brooklyn	4	\$264.25	\$94.00	\$13.50	\$10.00	\$6.75	\$24.25	\$20.00	\$22.00	\$18.00
	7	\$299.75	\$106.50	\$15.25	\$11.25	\$7.50	\$27.50	\$22.00	\$23.00	\$19.00
L.I. City	9	\$356.50	\$126.75	\$18.25	\$13.50	\$9.00	\$32.75	\$27.50	\$26.00	\$22.00
	10	\$394.50	\$140.25	\$21.50	\$16.00	\$10.75	\$36.75	\$32.00	\$30.00	\$24.00
Hunterspoint	12	\$452.00	\$160.75	\$25.50	\$18.75	\$12.75	\$46.00	\$37.50	\$34.00	\$27.00
	14	\$487.75	\$173.50	\$33.00	\$24.50	\$16.50	\$59.50	\$49.00	\$41.00	\$33.00
Woodside										
Forest Hills										
Kew Gardens										

Your Safety Is Our Top Priority!

Help us make your trip safer!
• Step over the gap between the train and platform when boarding and exiting.
• Never stand at the edge of a platform, or lean over a platform to see if your train is coming.
• Please safeguard your property, including your electronic devices.
• Never attempt to retrieve something from the track area. If you drop something onto the tracks, notify a LIRR employee for assistance.
• Never lean against standing trains.
• Be extra careful in the winter, especially if ice forms on stairs and platforms.
• Obey posted instructions if the platform is undergoing rehabilitation.

Before Boarding Your Train

Station platforms are accessible to mobility-impaired customers. Please inform the conductor if you need assistance on and off trains. Penn Station is accessible through the 34th Street entrance near 7th Avenue and the 33rd Street entrance at 8th Avenue.

Ticket purchases on board trains will cost more. To save money, buy before boarding at ticket offices and machines.

Westbound PEAK AM electric trains displaying white and red headlights simultaneously are short of cars. If red lights appear, you may need to reposition yourself on the platform to board

The LIRR is a smoke-free public transportation system. Smoking is prohibited at all times on all trains; in all waiting rooms, elevators, staircases and enclosed waiting areas; and in outdoor ticketing, boarding and platform areas of terminals and stations.

On Your Train

Please make sure that your ticket is available for immediate presentation to the conductor. If you change seats or trains en route, hold on to your ticket for presentation to avoid paying an additional fare. On trains that stop at Jamaica, tickets are inspected both before and after the Jamaica stop.

Quiet Cars® are available on weekday AM Peak (FIRST CAR) and PM Peak (LAST CAR) single-level electric trains to/from Penn Station, Grand Central and Atlantic Terminal. Customers should disable the sound on electronic devices; use headphones at a low volume; speak in a subdued voice; refrain from talking on cell phones. *Quiet Car is the registered service mark of the National Railroad Passenger Corporation (Amtrak) and is being used by permission.*

Most LIRR trains have restrooms in every other car. These are always the odd-numbered cars. Check the car number on the outside or the inside of the car to locate a restroom-equipped car.

Luggage should be stored in overhead racks and not take up seat space or block the aisles or doorways of trains. Luggage may not be left unattended. Bags and containers are subject to random search by MTA police.

At Your Destination

Please carefully check to ensure you do not leave anything behind. Should you forget something, our Lost & Found Office in Penn Station will be happy to help. Open weekdays 7:20 AM - 7:20 PM or call 511 (Say "LIRR" then "Lost & Found").

Please help us keep our trains clean by taking coffee cups, paper bags or other disposable items and depositing them in the receptacles on the station platform.

Customer Service Center

Long Island Rail Road Schedule & Fare Info: www.mta.info
24-hour automated Schedule & Fare information
Call: 511 (Say "LIRR" at anytime)

Deaf/Hard of Hearing Customers:
Use your preferred relay service provider or the free 711 relay to reach 511

NYC SUBWAY AND BUS
MTA New York City Transit, MTA Bus 511
BUS SERVICES:
Nassau Inter-County Express..... (516) 336-6600
Suffolk County Transit (Suffolk County Buses)..... (631) 852-5200
HART (Huntington Area Rapid Transit) (631) HART-BUS
City of Long Beach Buses (516) 431-4445

RAILROADS:
Metro-North Railroad (New York City) 511
New Jersey Transit (973) 275-5555
PATH (Port Authority Trans Hudson) (800) 234-PATH
AMTRAK..... (800) USA-RAIL

FERRY SERVICES:
Port Jefferson-Bridgeport Ferry (631) 473-0286

VISITORS AND TOURISM:
Long Island Convention & Visitors Bureau..... (877) FUN-ON-LI

Helpful Phone Numbers

To Report Vandalism or get Emergency Assistance
Emergency only911
MTA Police(212) 878-1001
MTA Inspector General Hotline(800) MTA-IG4U

Call 511 and say "LIRR", then:

DEPARTMENT	HOURS
Schedule Information.....	Say "Schedules"24/7
Fare Information.....	Say "Fares"24/7
Mobile Ticketing.....	Say "Mobile Ticketing"Daily, 6AM – 10 PM
Mail&Ride.....	Say "Mail and Ride"Daily, 6AM – 10 PM
Group Travel and Getaways. Say "Group Travel".....	M-F, 8 AM-4 PM
Lost & Found.....	Say "Lost & Found".....Daily, 6 AM – 10 PM
Refunds.....	Say "More Options" - "Ticket Refunds".....Daily, 6 AM – 10 PM
Ticket Machine Assistance... Say "More Options" - "Ticket Machines".....	M-F, 6:30 AM-3:30 PM
Hamptons Reserve Service... Say "More Options" - "Hamptons Reserve" ...Seasonal: May-Sept.	Comments & Concerns Say "More Options" - "Public Affairs".....Daily, 6 AM - 10 PM
Corporate Offices or All Other Business.....	Say "More Options" - "Corporate Directory" ... M-F, 9 AM-5 PM

MTA Long Island Rail Road
Jamaica Station
Jamaica, NY 11435

Title VI Statement

The LIRR is committed to ensuring that no person is excluded from participation in, denied the benefits of, or otherwise subjected to, discrimination in our programs, services, or activities on the basis of race, color, or national origin (including limited English proficiency) as protected by Title VI of the Civil Rights Act of 1964, and age, sex, disability, or religion as protected by other Federal Transit Laws, (49 U.S.C. § 5332). For more information or to file a complaint, visit www.mta.info/transparency/title-vi/notice-to-public or contact MTA Long Island Rail Road, Diversity and Equal Opportunity Division, 93-02 Sutphin Boulevard, Jamaica, NY 11435, (718)558-7351.