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Press Release

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[MTA Headquarters](#)

IMMEDIATE

### Avoid Gridlock at the Gridiron:

#### *LIRR and Metro-North Offer One-Ticket Rides to Jets and Giants Games*

New York and Connecticut football fans have a great way to get to Giants or Jets games while avoiding traffic gridlock and tolls. Back for the third year, football fans can take the train right to the new stadium just steps from MetLife Stadium at the Meadowlands, home of the New York Giants and the New York Jets.

And you don't need to be from New York City to do it. All LIRR and Metro-North lines and branches can get fans to and from the game with just one train ticket. And on Metro-North's New Haven Line, we're bringing back Penn Station through-service to get you closer to the game with fewer transfers. Below are details on travel from each region and ticketing.

#### Travel Details

##### Long Island Rail Road - All Branches

You'll travel across state lines using two railroads, but all you need is one train ticket. Fans from Long Island or Queens, take any regularly scheduled train to Penn Station. Once there, change to an NJ Transit train for a 12-minute ride to Secaucus Junction. From there, hop on an NJ Transit shuttle train for a short ride directly to the stadium. The LIRR/NJT transfer at Penn Station is not a direct connection. Please plan your trip accordingly.

After the game, you will make the reverse trip. NJ Transit shuttle trains will run up to two hours as needed to Secaucus Junction.

##### Metro-North Railroad - New Haven Line

For Sunday 1 p.m. Jets and Giants games, you can get to MetLife Stadium without changing trains in Manhattan! Enjoy the company of your fellow Jets or Giants fans on a semi-express train that will provide service from major stations on the New Haven Line directly to Secaucus Junction. The train will depart New Haven at 9:03 AM, stop at Bridgeport, Fairfield, Westport, South Norwalk, Stamford, Greenwich, Rye, Larchmont, Penn Station and Secaucus Junction. From Secaucus, customers hop on an NJ Transit shuttle train for a short ride right to the Meadowlands.

The through-train from New Haven is timed to get you to the stadium about an hour and 15 minutes before kickoff. Fans who'd prefer to arrive earlier or later can take any regularly scheduled Metro-North train to Grand Central Terminal. From there, ride the subway to Penn Station to use your joint Metro-North/NJ Transit ticket to the Meadowlands to catch NJ Transit to the stadium.

##### Metro-North Railroad - Harlem Line & Hudson Line

Take any regularly scheduled train to Grand Central Terminal. From there, ride the subway to Penn Station. Take the S or 7 to Times Square-42 St, and change to the downtown 1, 2, or 3 one stop to 34 St-Penn Station. At Penn Station, use your joint Metro-North/NJ Transit ticket to the Meadowlands to catch NJ Transit to the stadium.

**Metro-North Railroad - Pascack Valley Line** Rockland, Orange, and Westchester County residents can get to the Meadowlands from Spring Valley, Nanuet, and Pearl River stations on the Pascack Valley Line, connecting at Secaucus Junction. Check [mta.info](http://mta.info) for the latest schedule details.

Here's a Tip: If you live in Westchester County, you may want to drive to one of our Pascack Valley Line stations in Rockland County. Parking is free on weekends, and getting to the stations is easy: Simply take the Tappan Zee Bridge to Interstate 87 for a quick 15-20 minute trip to any

of the three Pascack Valley Line stations. All three Metro-North stations are located within minutes of Exit 14 (Route 59).

#### **Tickets**

Whichever train line or branch you may be traveling from, whether you're changing trains in Manhattan or not, Metro-North or LIRR train customers need only one railroad ticket to get to the Meadowlands. (Fans changing to the subway at Grand Central would also need a \$4.50 round-trip MetroCard.)

LIRR and Metro-North customers can purchase off-peak tickets to the Meadowlands Sports Complex for one-way, round-trip and ten-trip travel. Customers planning on taking the train from the game should buy round trip tickets in advance, because NJ Transit does not sell joint tickets from its Meadowlands station. Those traveling in a group can save money by sharing a ten-trip ticket. At ticket machines, select "M" for Meadowlands. A round-trip ticket is good for joint travel on either LIRR and NJ Transit or Metro-North and NJ Transit, and includes the standard fare to Manhattan plus \$10.50 for the New Jersey portion of travel.

Fans should purchase round-trip tickets before boarding because NJ Transit does not sell this joint ticket, and tickets purchased on-board trains are more expensive.

Monthly/Weekly Ticket Holders: If you already have a ticket to Penn Station, Grand Central, Harlem-125th Street or any station in LIRR Fare Zone 1, you need only to purchase a ticket to the Meadowlands from NJ Transit. NJT tickets can be purchased at Penn Station, at windows on the NJT upper level or at ticket machines, available throughout the NJT upper and lower levels. NJT machines list Penn Station as "New York Penn Station." Please allow extra time, as lines may be long before games.

Those who hold Port Jervis Line or Pascack Valley Line monthly or weekly tickets to Hoboken or Penn Station can travel to the Meadowlands at no additional charge.