

MONDAY - FRIDAY NEW YORK - POUGHKEEPSIE

SCHEDULE EFFECTIVE: JULY 10, 2022

For more information visit mta.info/mnr

Table showing train schedules from New York to Poughkeepsie, including station names, arrival/departure times, and peak/off-peak indicators.

Table showing train schedules from Poughkeepsie to New York, including station names, arrival/departure times, and peak/off-peak indicators.

TRAVEL INFORMATION

General Information: Buy your monthly, weekly, ten-trip, one-way, round trip and CityTickets directly from your mobile device using MTA eTix. Download the free App, create your account and enter your credit/debit card information.

On Board the Train: Purchasing your ticket on board the train is the most expensive ticket-buying option, costing between \$5.75 and \$6.50 more than the regular ticket price.

Train Time logo and text: Real-time train status and schedule information to your smartphone or computer.

HELPFUL PHONE NUMBERS

- MTA Metro-North Railroad Main Office: 420 Lexington Avenue, NY, NY 10170
Customers outside New York State dial: 800-690-5114
MTA Inspector General Hot Line: 800-MTA-IG4U (877-682-4448)
MTA Police: 212-878-1001
Emergency Only: 888-682-9117
LAZ Parking: 888-682-PARK

OTHER IMPORTANT INFORMATION

Unaccompanied Children: MTA Metro-North Railroad recommends that children under the age of 8 be accompanied by an adult or a responsible youth (at least 12 years old) when riding its trains.
Senior/People with Disabilities and Medicare Customers: Half-fare good at all times except weekday AM Peak trains.
Children's Fares and Family Fare: Children 5-11 years old ride for 50% of adult fares; children under 5 years old ride free at all times.

Title VI Statement: MTA Metro-North Railroad is committed to providing non-discriminatory 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 or national origin as protected by Title VI of the Civil Rights Act of 1964.

ADDITIONAL LANGUAGE INFORMATION

Información en español está disponible en nuestro sitio web o por teléfono.
Informação em português está disponível em nosso site ou pelo telefone.
Informazione in italiano è disponibile sul nostro sito web o per telefono.

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.

TICKETS, FARES & PURCHASING OPTIONS

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Peak - Weekday trains in the gray shaded areas in this timetable.
Round-Trip - Good for two rides for 60 days including date of sale.
Monthly - Unlimited rides during the calendar month indicated on the ticket.

20-Trip Tickets - Promotional fare, good for 20 Peak one-way rides. Valid for 60 days from date of sale.

Senior/People with Disabilities and Medicare Customers: Half-fare good at all times except weekday AM Peak trains.

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SATURDAY, SUNDAY & HOLIDAYS NEW YORK - POUGHKEEPSIE

SCHEDULE EFFECTIVE: JULY 10, 2022

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Table showing train schedules from New York to Poughkeepsie on Saturdays, Sundays, and holidays. Includes station names, arrival/departure times, and service types.

Table showing train schedules from Poughkeepsie to New York on Saturdays, Sundays, and holidays. Includes station names, arrival/departure times, and service types.

REFERENCE NOTES

- A - Connections to/from Amtrak service are available at this station. Contact Amtrak for schedules.
C - Connecting Service. You must change trains during this trip.
R - Stops only to receive customers.
D - Stops only to discharge customers.
H - Stops primarily to discharge customers. Train may depart up to 5 minutes earlier than the time shown.

HOLIDAYS

Sunday service will operate on Labor Day (September 5).

ON YOUR TRAIN

Bicycles: Generally, bicycles may be brought on off-peak trains only, subject to limits on the number of bicycles on the train. Bicycles are not permitted on inbound AM peak trains and outbound PM peak trains...

MTA Metro-North Railroad is a smoke-free public transportation system. Smoking is prohibited at all times on all trains and in all indoor and outdoor waiting areas...

RETURNING TICKETS

Consult Ticket Agent or mail claim to: Ticket Redemption MTA Metro-North Railroad P.O. Box 4117 New York, NY 10163

Refunds are subject to a \$10 processing fee per transaction. One-Way, Round-Trip and Ten-Trip tickets, including MTA eTix are refundable within validity period plus 2 years. MTA eTix holders who believe they have an expired ticket that was never used because it is no longer in their wallet...

SAMPLE FARES

Table of sample fares for various routes, including Commutation, 10 Trip, One-Way, and Sr./Disabled Medicare fares.

MTA eTix logo and QR code for scanning to access Metro-North ticket purchasing information.

Available on the App Store and GET IT ON Google play logos.

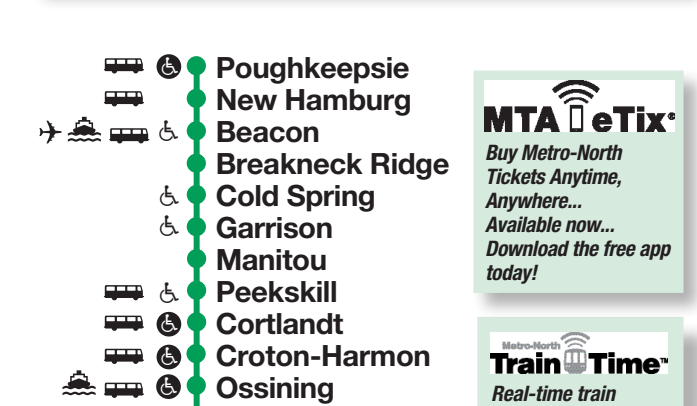
QR codes for iPhone and Android app access.

GRAND CENTRAL NORTH

When your destination is north of 45th Street, use any of the following exits accessible from the north end of Grand Central platforms. EXITS: 230 Park Avenue (East & West Walks - 45th Street)...

Timetable Effective: July 10, 2022

Hudson Line logo with Metro-North Railroad branding.



MTA eTix logo and QR code for scanning to access Metro-North ticket purchasing information.

Call 511 or visit mta.info for more information...