

MONDAY - FRIDAY NEW YORK - POUGHKEEPSIE

SCHEDULE EFFECTIVE: OCTOBER 16, 2022

For more information visit mta.info/mnr

Table showing train schedules from New York to Poughkeepsie, including station names, times, and service types (AM Peak, Off-Peak, etc.).

Table showing train schedules from Poughkeepsie to New York, including station names, times, and service types (Off-Peak, PM Peak, etc.).

TRAVEL INFORMATION

General Information:

Schedules & Fares; Lost & Found; Mail&Ride; Group Sales; Parking; Bicycle Permits; Comments, Concerns, and Commendations; and Senior Citizen/Disabled Accessibility

Other Transit Information

MTA Long Island Rail Road... 511
MTA New York City Transit Subway and Bus... 511
NJ Transit Bus and Rail Information... 973-275-5555



Ticket purchasing and real-time train status and schedule information to your smartphone.

HELPFUL PHONE NUMBERS

MTA Metro-North Railroad Main Office

420 Lexington Avenue, NY, NY 10170... 511
Customers outside New York State dial... 877-690-5114

Weekly - Unlimited rides Saturday through Friday. On sale the Wednesday before the Saturday that the ticket becomes valid. Non-transferable.

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. Seniors must be 65 or older with valid ID; people with disabilities must present MTA ID card.

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:

可以在我们的网站, 也可以通过致电获取中文资料:

אינפורמציע אין יידישן און ביימאן אין אונדער ווייבטייל אונדע דורך טעלעפאן:

Responsibility: MTA 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.

www.mta.info/mnr OR call (511)

TICKETS, FARES & PURCHASING OPTIONS

Train Time

Buy your monthly, weekly, ten-trip, one-way, round trip and CityTickets directly from your mobile device using Train Time. Download the free app, create your account and enter your credit/debit card information.

Mail&Ride

Sign up online at www.mta.info for Mail&Ride, our monthly ticket, conveniently delivered to your mobile device through the MTA Train Time app.

At Stations

Buy any ticket at a ticket office or easy-to-use ticket machine. You can use cash or a major credit or debit card.

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. Multiple payment options can be used, including cash, credit cards, pinless debit cards, and Transit Benefit cards.

Ticket Types

One-Way - Good for one ride for 60 days including date of sale. Sold for:

Peak - Weekday trains in the gray shaded areas in this timetable.

Off Peak - All other trains including all day weekends & holidays.

Round-Trip - Good for two rides for 60 days including date of sale.

Sold for peak or off-peak travel. Priced at the combination of one way fares selected (peak, off-peak, peak/off-peak, senior both ways, etc.).

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 20th of the month prior. Non-transferable.

Ten-Trip Tickets - Good for ten one-way rides. Valid for six months from date of sale. Can be shared. Sold for peak, off peak, or intermediate travel.

20-Trip Tickets - Promotional fare, good for 20 Peak one-way rides. Valid for 60 days from date of sale. Available only through eTix app and at ticket offices.

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.

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

SATURDAY, SUNDAY & HOLIDAYS NEW YORK - POUGHKEEPSIE

SCHEDULE EFFECTIVE: OCTOBER 16, 2022

For more information visit mta.info/mnr

Table showing train schedules between New York and Poughkeepsie, including station names, arrival/departure times, and line identifiers.

Table showing train schedules between Poughkeepsie and New York, including station names, arrival/departure times, and line identifiers.

REFERENCE NOTES

- A - Connections to/from Amtrak service are available at this station. Contact Amtrak for schedules.
B - Connecting Service. You must change trains during this trip.
C - 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.
G - Guaranteed Ride Home Program (restrictions apply).
U - Unitticket (combined monthly rail/bus ticket) is available for use on bus service between residential area and this train station.
F - Connecting Ferry service.
M - Commuter Connection bus between train station and local work sites. Unitticket available.
A - Connecting airport bus service. At Harlem-125th Street, connect to LaGuardia Airport; at Beacon, connect to Stewart International Airport.
B - "Bike Train". The number of bicycles allowed on this train is 15.
C - Bicycles not permitted on this train.
D - Full ADA access for persons with disabilities.
E - Wheelchair access only. For more information about accessibility features at stations, please call 511 or visit our website at www.mta.info for details.

HOLIDAYS

Schedules will be made available on the webpage via www.mta.info for Thanksgiving Day (11/24/22) & New Year's Eve (12/31/22), Enhanced Saturday service will operate on Day After Thanksgiving (11/25/22), Christmas Day Observed (12/26/22), New Year's Day Observed (1/02/23) and Martin Luther King Jr. (1/16/23), Saturday service will operate on Presidents' Day (2/20/23).

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, any train with the symbol, or on holidays as indicated in the bicycle regulations. For full rules and regulations please visit our web site at www.mta.info.

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, elevators, staircases, ticketing, boarding and platform areas of terminals and stations.

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, should contact Customer Service with a request for a refund by dialing 511, or from Connecticut 877-690-5114, or visit the Customer Service Window Grand Central Terminal, Main Concourse.

Commutation Tickets - when monthly or weekly commutation tickets are submitted for refund before their expiration, the discount is forfeited, and we must deduct the proper combination of one-way and/or weekly fares for the period the ticket has been in the customer's possession. Details of refund regulations are available for review at any ticket office and at our fares page at mta.info/mnr. Should any questions arise as to proper fare and ticket privileges, please pay the fare requested, obtain receipt, and communicate with us.

SAMPLE FARES

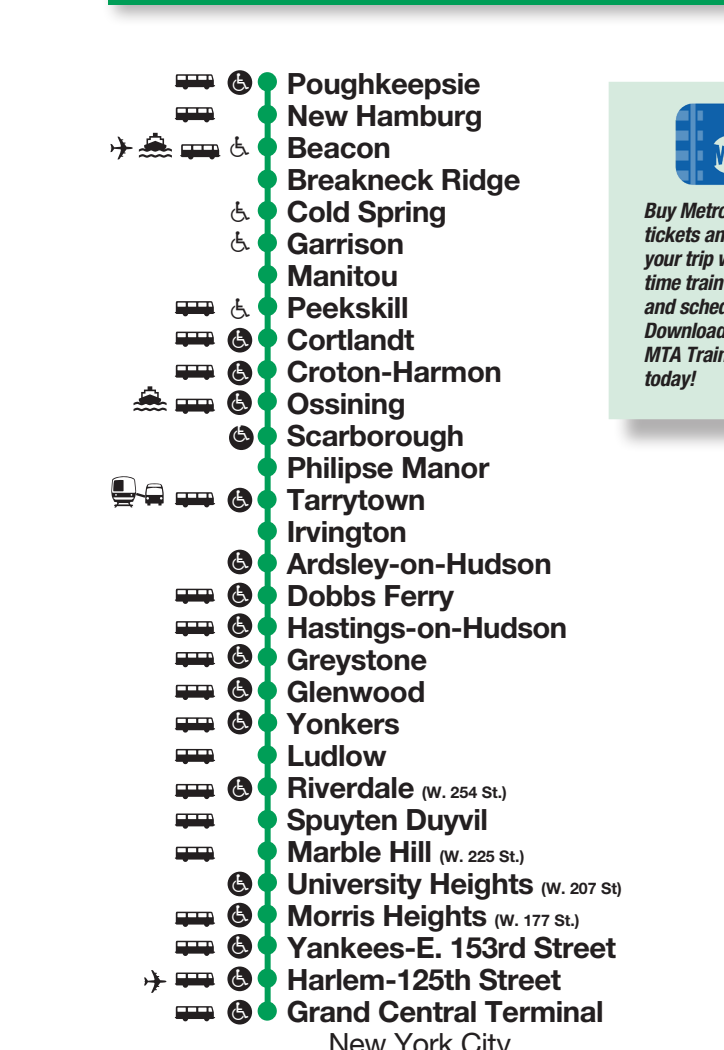
Effective February 25, 2022
On-board fares are indicated in red, Temporary Promotional Fare in green

Table showing sample fares between Grand Central Terminal and various stations, including Commutation, 10 Trip, One-Way, and Sr./Disabled Medicare rates.

Advertisement for the MTA Train Time app, featuring QR codes for scanning and availability on the App Store and Google Play. Includes text about scanning QR codes with a Smart Phone to access ticket purchasing and trip planning information.

Timetable Effective: October 16, 2022

Hudson Line logo and Metro-North Railroad logo.



Buy Metro-North tickets and plan your trip with real-time train status and schedules. Download the free MTA Train Time app today!

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