

Downtown Loop

WEEKDAY MORNING SERVICE

Stamford RR Station ► Downtown Stamford ► Stamford RR Station		①	②	③	④	②	①
Train Arrivals		Stamford Trans. Ctr. Lane A	Broad & Greyrock	Prospect & North	Hoyt & Summer	Broad & Greyrock	Stamford Trans. Ctr. Lane A
AM							
6:42	Local from Grand Central						
6:45	from New Canaan	7:05	7:10	..	7:16	7:20	7:25
6:50	from New Haven						
7:22	Local from Grand Central	7:35	7:40	..	7:46	7:50	7:55
7:26	from New Haven						
7:45	from New Canaan						
7:51	from New Haven	8:05	8:10	..	8:16	8:20	8:25
7:52	Local from Grand Central						
7:57	Express from Grand Central						
8:21	from New Haven	8:30	8:35	8:38	8:41	8:45	8:50
8:23	Local from Grand Central						
8:42	from South Norwalk						
8:45	from New Canaan	9:00	9:05	..	9:11	9:15	*9:20
8:51	from New Haven						
8:52	Local from Grand Central						
8:57	Express from Grand Central						

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(No Service Saturday or Sunday)

NOTES

Timepoints are places the bus is scheduled to reach at a specific time.
The timepoints are not the only places the bus will stop along the route.
.. No service is provided to that timepoint.

Connecting train information is current as of the effective date of this timetable and is subject to change. Please contact your railroad directly for the most up-to-date information.

RAILROAD CONNECTIONS

Stamford Transportation Center

CTrail New Haven Line (Metro-North)
CTrail Shore Line East
Amtrak

For train schedule & fare information:

CTrail New Haven Line
877-690-5114 • www.mta.info/mnr
CTrail Shore Line East
877-CT-RIDES • www.shorelineeast.com
Amtrak
800-USA-RAIL • www.mta.info/mnr

Downtown Loop

WEEKDAY EVENING SERVICE

Stamford RR Station ▶ Downtown Stamford ▶ Stamford RR Station

1	2	4	2	1		
Stamford Trans. Ctr. Lane A	Broad & Greyrock	Hoyt & Summer	Broad & Greyrock	Stamford Trans. Ctr. Lane A	Train Departures	
PM						
..	3:26	3:32	3:36	3:42	3:51	Express to Grand Central to New Haven
					3:55	Local to Grand Central to New Canaan
					3:58	
					4:01	
3:51	3:56	4:02	4:06	4:12	4:21	Express to Grand Central to New Haven
					4:27	Local to Grand Central
					4:28	
4:21	4:26	4:32	4:36	4:42	4:51	Express to Grand Central to New Haven
					4:55	Local to Grand Central to New Canaan
					4:58	
					5:01	
4:51	4:56	5:02	..	5:10	5:21	Express to Grand Central to New Haven
					5:27	Local to Grand Central
					5:28	
5:21	5:26	5:32	5:36	5:42	5:51	Express to Grand Central to New Haven
					5:55	Local to Grand Central to New Canaan
					5:58	
					6:01	
5:51	5:56	6:02	6:06	6:12	6:21	Express to Grand Central to New Haven
					6:27	Local to Grand Central
					6:28	