

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							
6:35	from New Canaan						
6:38	from Grand Central						
6:40	Express from Grand Central	7:05	7:10	..	7:16	7:20	7:25
6:43	from Danbury						
6:47/6:56	from New Haven						
7:01	Acela Express from New York Penn						
7:05	from Grand Central						
7:05	from South Norwalk	7:20	7:25	..	7:31	7:35	7:40
7:09	from Waterbury						
7:09	Express from Grand Central						
7:15	from Danbury						
7:20/7:23	from New Haven	7:35	7:40	..	7:46	7:50	7:55
7:29	from Grand Central						
7:29	from New Canaan	7:50	7:55	..	8:01	8:05	8:10
7:34	from South Norwalk						
7:45	from New Haven						
7:47	from Grand Central						
7:47	Amtrak from Washington	8:05	8:10	..	8:16	8:20	8:25
7:48	Express from Grand Central						
7:54	Acela Express from Boston						
7:54	from Danbury						
8:02	from Grand Central						
8:03	SLE from New London	8:15	8:20	8:23	8:26	8:30	8:35
8:04	from South Norwalk						
8:08	from Fairfield Metro						
8:13	from New Canaan						
8:18/8:20	from New Haven	8:30	8:35	8:38	8:41	8:45	8:50
8:22	from Grand Central						
8:24	Express from Grand Central						
8:27	Amtrak from Springfield	8:40	8:45	..	8:51	8:55	*9:00
8:32	from Danbury						
8:35	SLE from Old Saybrook						
8:43/8:49	from Grand Central						
8:45	from South Norwalk	9:00	9:05	..	9:11	9:15	*9:20
8:45	from Grand Central						
8:47	Acela Express from Washington						
8:49/8:52	from New Haven						

Downtown Loop

(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

REDUCED SERVICE DAYS

A Reduced service schedule will operate on the following days:

- Day after Thanksgiving (11/29/19)
- Martin Luther King Jr. Day (1/20/20)
- President's Day (2/17/20)
- Other dates as announced

Please contact your railroad or consult your railroad's timetable for connecting train info on reduced service days.

Shaded Connector trips  do not operate on reduced service days.

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	3:50	to New Haven (Friday Only)
					3:51	Express to Grand Central
					3:55	to New Haven
					3:58	Acela Express to Washington
					3:58	to New Canaan
					3:57/4:08	to Grand Central
					4:02	to Danbury
					4:18	Amtrak to Boston
3:51	3:56	4:02	4:06	4:12	4:21	Express to Grand Central
					4:22	to New Haven
					4:27	to Grand Central
					4:39	to New Canaan
..	4:16	4:22	4:26	4:32	4:43	to Grand Central
					4:47	SLE to New London
					4:48	Express to Grand Central
4:21	4:26	4:32	4:36	4:42	4:51	to New Haven
					4:55	Amtrak to Washington
					4:56	to South Norwalk
					5:02	to Grand Central
4:36	4:41	4:47	4:51	4:57	5:07	SLE to Old Saybrook
					5:11	to New Haven
4:51	4:56	5:02	..	5:10	5:18	to Danbury
					5:23	to New Haven
					5:23	Express to Grand Central
					5:28	Amtrak to Washington
					5:29	to Grand Central
					5:31	to New Haven
5:06	5:11	5:17	5:21	5:27	5:35	to Grand Central
					5:45	to New Canaan
					5:48	to New Haven
					5:48	Acela Express to Boston
5:21	5:26	5:32	5:36	5:42	5:51	Express to Grand Central
					5:54	to New Haven
					5:57	to Danbury
					5:59	Acela Express to Washington
5:31	5:36	5:42	5:46	5:52	6:01	to New Canaan
					6:06	Express to Grand Central (Friday Only)
					6:08	to Grand Central
					6:09	to New Haven
					6:16	to Bridgeport
5:51	5:56	6:02	6:06	6:12	6:21	to South Norwalk
					6:29	Amtrak to Boston
					6:30	Express to Grand Central
					6:32	Amtrak to Washington
					6:34	to Grand Central
					6:36	to New Haven
					6:39	to Danbury
					6:47	Acela Express to Boston