

2019 Shuttle Schedule

Morning Schedule

Monday - Friday 6:00 am until 9:30 am

First pick-up departs Harbor Landing at 6:00 am. The shuttle will then run on a continuous loop until 9:30 am.
The last drop-off at the train station is 9:30 am

Evening Schedule - Harbor Landing

Departs Harbor Landing	Arrives at Train Station	Stamford to New Haven	Stamford to Grand Central
3:30 PM	3:45 PM	3:50 PM / 3:55 PM	4:08 PM
4:00 PM	4:15 PM	4:22 PM / 4:47 PM	4:21 PM / 4:27 PM / 4:43 PM
4:30 PM	4:45 PM	4:51 PM / 5:07 PM / 5:11 PM	4:48 PM / 5:02 PM
5:00 PM	5:15 PM	5:23 PM / 5:31 PM	5:23 PM / 5:29 PM / 5:35 PM
5:30 PM	5:45 PM	5:48 PM / 5:54 PM / 6:09 PM	5:51 PM / 6:08 PM
6:00 PM	6:15 PM	6:36 PM	6:30 PM / 6:34 PM
6:30 PM	6:45 PM	6:56 PM / 7:01 PM	6:51 PM / 7:10 PM
7:00 PM	7:15 PM	7:42 PM	7:28 PM
7:30 PM	7:45 PM	8:01 PM	7:51 PM / 8:01 PM

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The Ride System App is available for both iPhone and Android devices

**Metro-North train schedules and arrival times are subject to constant changes and unfortunately can experience delays. You can get real time train schedules for the Stamford train station with the Metro-North Railroad Train Time™ app. To get the app use your smart phone, and go to www.mta.info to have the most up to date schedules.*

By national industry standard, a commuter train is considered On Time if it arrives at its final destination within 5 minutes and 59 seconds of its scheduled arrival time. Only trains that are canceled either before or during their run, or arrive at their final destination 6 or more minutes behind schedule are listed on the website.