

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							
6:33	from New Canaan						
6:38	from Grand Central						
6:40	Express from Grand Central	7:05	7:10	..	7:16	7:20	7:25
6:37	from Danbury						
6:44	from New Haven						
7:04	from Bridgeport						
7:05	from Grand Central	7:20	7:25	..	7:31	7:35	7:40
7:08	from Waterbury						
7:08	from New Haven						
7:09	Express from Grand Central						
7:17	from Danbury						
7:26	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
7:45	from New Haven						
7:47	from Grand Central						
7:48	Express from Grand Central	8:05	8:10	..	8:16	8:20	8:25
7:49	Acela Express from Penn						
7:54	from Danbury						
8:04	from South Norwalk	8:15	8:20	8:23	8:26	8:30	8:35
8:08	from New Haven						
8:13	from New Canaan						
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
8:33	from Danbury						
8:43/8:49	from Grand Central						
8:47	Acela Express from Washington						
8:45/8:52	from New Haven	9:00	9:05	..	9:11	9:15	9:20
8:55	Acela Express from Boston						

(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)
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	3:50	to New Haven (Friday Only)
					3:51	Express to Grand Central
					3:53	to New Haven
					3:56	to New Canaan
					3:57	to Grand Central
					4:02	to Danbury
					4:08	to Grand Central
					4:18	Amtrak to Boston
3:51	3:56	4:02	4:06	4:12	4:22	to New Haven
					4:24	Express to Grand Central
					4:29	to Grand Central
					4:39	to New Canaan
..	4:16	4:22	4:26	4:32	4:41	to Grand Central
					4:47	Acela Express to Boston
4:21	4:26	4:32	4:36	4:42	4:50	Express to Grand Central
					4:51	to New Haven
					4:57	Acela Express to Washington
					5:02	to Grand Central
4:36	4:41	4:47	4:51	4:57	5:11	to New Haven
4:51	4:56	5:02	..	5:10	5:18	to Danbury
					5:19	Amtrak to Washington
					5:23	to New Haven
					5:23	Express to Grand Central
5:06	5:11	5:17	5:21	5:27	5:35	to Grand Central
					5:45	to New Canaan
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
5:31	5:36	5:42	5:46	5:52	6:07	Express to Grand Central (Friday Only)
					6:08	to Grand Central
					6:15	to New Canaan
					6:16	to New Haven
5:51	5:56	6:02	6:06	6:12	6:30	Amtrak to Boston
					6:30	Express to Grand Central
					6:33	Amtrak to Washington
					6:34	to Grand Central
					6:36	to New Haven
					6:40	to Danbury
					6:47	Acela Express to Boston