# Metro-North Railroad and Long Island Rail Road

with subway and other rail connections

## Legend

### Stations Info

**Connections**
- Major transfer stations indicated with bold type
- Connecting service listed below station name

Grand Central
Metro-North, LIRR

**Major transportation complexes**

Transfers can be made within station

**Frequency**

Full-time service

Limited service

Special event service

### Emergency

MTA Police district in station

### Accessibility

**Accessible station**
- Station and platforms are accessible via ramps and/or elevators
- Tactile warning strips
- Audio/visual passenger information

**Step-free access to platforms**

Arrows indicate single direction step-free access
- Platforms are accessible via ramps and/or elevators
- Tactile warning strips and/or accessible path between platforms not present

### Airport Access

**Bus to LaGuardia Airport**
LaGuardia Link Q70
M60 SBS

Terminal

AirTrain JFK
Paid connection

Terminal

## Travel Info

### In Stations
- Customer information screens provide continuous updates
- Listen to announcements
- Check for track changes

### By Phone

Call 511 for train info at all times

Agents available 6AM–10PM daily

### Online

mta.info for service status

mta.info/traintime to download the TrainTime app

mta.info/stations for detailed information about each station

mta.info

## Rail Lines

This map shows the layout of the the entire Metro-North Railroad and Long Island Rail Road systems

Especially at rush hour many trains do not make all stops

Plan your specific trip before traveling

Note: The MTA assumes no responsibility for the services of other transportation providers

### Metro-North Railroad

**Rail lines in New York:**
Dutchess, Orange, Putnam, Rockland, and Westchester counties, and New York City

**Rail lines in Connecticut:**
Fairfield and New Haven counties

**Lines:**
Harlem
Hudson
New Haven
Pascack Valley
Port Jervis

### Long Island Rail Road

Rail lines in Nassau and Suffolk counties and New York City.

**Branches:**
Babylon
City Terminal Zone
Far Rockaway
Hempstead
Long Beach
Montauk
Oyster Bay
Port Jefferson
Port Washington
Ronkonkoma
West Hempstead

Amtrak Empire Corridor
Amtrak to Albany and all points north and west

Poughkeepsie
New Hamburg
Beacon
Breakneck Ridge
Closed until 2027
Cold Spring
Garrison
Manitou
Peekskill
Cortlandt
Croton-Harmon
Ossining
Scarborough
Philipse Manor
Tarrytown
Irvington
Ardsley-on-Hudson
Dobbs Ferry
Hastings-on-Hudson
Greystone
Glenwood
Yonkers
Ludlow
Riverdale
Marble Hill
Spuyten Duyvil
University Heights
Morris Heights
Yankees-E 153 St
Harlem-125 St
Grand Central
Penn Station
Secaucus Junction
Hoboken
Newark Penn Station
Newark Liberty International Airport
EWR Airport
Wassaic
Termile River
Dover Plains
Harlem Valley-Wingdale
Appalachian Trail
Pawling
Patterson
Southeast
Brewster
Croton Falls
Purdy's
Goldens Bridge
Katonah
Bedford Hills
Mt Kisco
Chappaqua
Pleasantville
Hawthorne
Mt Pleasant
Valhalla
North White Plains
White Plains
Hartsdale
Scarsdale
Crestwood
Tuckahoe
Bronxville
Fleetwood
Mt Vernon West
Wakefield
Mt Vernon East
Woodlawn
Williams Bridge
Botanical Garden
Fordham
Tremont
Melrose
Harlem Line
Hudson Line
Port Jervis Line
Otisville
Middletown
Campbell Hall
Salisbury Mills-Cornwall
Port Jervis
Harriman
Tuxedo
Sloatsburg
Suffern
Mahwah
Ramsey-Route 17
Ramsey
Allendale
Waldwick
Ho-Ho-Kus
Ridgewood
Glen Rock-Main Line
Glen Rock-Boro Hall
Hawthorne
Radburn-Fair Lawn
Paterson
Broadway-Fair Lawn
Clifton
Plauderville
Passaic
Garfield
Delawanna
Wesmont
Lyndhurst
Rutherford
Pascack Valley Line
Spring Valley
Nanuet
Pearl River
New York / New Jersey
Montvale
Park Ridge
Woodcliff Lake
Hillsdale
Westwood
Emerson
Oradell
River Edge
New Bridge Landing
Anderson St-Hackensack
Essex St-Hackensack
Teterboro-Williams Av
Wood-Ridge
Meadowlands Sports Complex
Hackensack-Gauging Ferry
Orange
Putnam
Rockland
Westchester
New York
New Jersey
Passaic
Bergen
Essex
Hudson
Union
Manhattan
The Bronx
Brooklyn
Queens
Staten Island
Hudson River
Crossed out New York
Amtrak Northeast Corridor
NJ Transit
• Amtrak to/from Washington, D.C.
• NJ Transit Northeast Corridor
• NJ Transit North Jersey Coast Line
NJ Transit Main Line
NJ Transit Bergen Line
NJ Transit Morristown Line
NJ Transit Gladstone Branch
NJ Transit Raritan Valley Line
Dutchess
Putnam
Dutchess Putnam
Putnam Westchester
Connecticut
New Haven
Fairfield
Amtrak Springfield Line
• Amtrak to/from Vermont
• CT rail Hartford Line to/from Hartford and Springfield
Amtrak Northeast Corridor
• Amtrak to/from Boston
• CT rail Shore Line East to/from New London
Waterbury Branch
Waterbury
Naugatuck
Beacon Falls
Seymour
Ansonia
Derby-Shelton
Danbury Branch
Danbury
Bethel
Redding
Branchville
Cannondale
Wilton
Merritt 7
New Canaan Branch
New Canaan
Talmadge Hill
Springdale
Glenbrook
New Haven Line
New Haven-State St
New Haven
CT rail, Amtrak
West Haven
Milford
Stratford
Bridgeport
Fairfield-Black Rock
Fairfield
Southport
Green's Farms
Westport
East Norwalk
South Norwalk
Rowayton
Darien
Noroton Heights
Stamford
Old Greenwich
Riverside
Cos Cob
Greenwich
Port Chester
Rye
Harrison
Mamaroneck
Larchmont
New Rochelle
Pelham
Bridgeport & Port Jefferson Steamboat Co.
Port Jefferson to/from Bridgeport
Cross Sound Ferry
Orient Point to/from New London
Long Island Sound
Port Jefferson Branch
Port Jefferson
Stony Brook
St. James
Smithtown
Kings Park
Northport
Huntington
Cold Spring Harbor
Greenport
Southold
Mattituck
Riverhead
Yaphank
Medford
Ronkonkoma
Central Islip
Oyster Bay Branch
Oyster Bay
Glen Cove
Glen Street
Sea Cliff
Glen Head
Greenvale
Roslyn
Albertson
East Williston
Locust Valley
Ronkonkoma Branch
Montauk Branch
Montauk
Amagansett
East Hampton
Bridgehampton
Southampton
Hampton Bays
Westhampton
Speonk
Mastic-Shirley
Bellport
Patchogue
Sayville
Oakdale
Great River
Islip
Bay Shore
Babylon
Brentwood
Deer Park
Wyandanch
Pinelawn
Farmingdale
Bethpage
Syosset
Greenlawn
Mineola
Merillon Av
New Hyde Park
Carle Place
Westbury
Hicksville
Suffolk
Nassau
Atlantic Ocean
Port Washington Branch
Port Washington
Plandome
Manhasset
Great Neck
Little Neck
Douglaston
Bayside
Auburndale
Broadway
Murray Hill
Flushing Main St
Mets Willets Point
Kew Gardens
Forest Hills
Woodside
Hunterspoint Av
Long Island City
Elmont-UBS Arena
Jamaica
Floral Park
Bellerose
Queens Village
Hollis
Belmont Park
Hempstead Branch
Stewart Manor
Garden City
Country Life Press
Hempstead
Nassau Blvd
West Hempstead Branch
West Hempstead
Hempstead Gardens
Lakeview
Malverne
Westwood
St. Albans
Locust Manor
Laurelton
Rosedale
Valley Stream
Lynbrook
Rockville Centre
Baldwin
Freeport
Merrick
Bellmore
Wantagh
Seaford
Massapequa
Massapequa Park
Amityville
Copiague
Lindenhurst
Babylon Branch
Far Rockaway Branch
Long Beach Branch
Gibson
Hewlett
Woodmere
Cedarhurst
Lawrence
Inwood
Far Rockaway
Centre Av
East Rockaway
Oceanside
Island Park
Long Beach
City Terminal Zone
LGA Airport
JFK Airport
Howard Beach Airtrain JFK Connection to Train
Federal Circle
Lefferts Blvd
Atlantic Terminal
Nostrand Av
East New York
Fire Island Ferries, Inc. Bay Point/Navigator Bay Shore Point/Ocean Beach
Davis Park Ferry Co.
Sayville Ferry Service, Inc.

eric's new york.

© 2025 Metropolitan Transportation Authority
This MTA Rail Map may not be reproduced without written permission from the Metropolitan Transportation Authority and is not intended for resale.