

Eastbound

See the TrainTime app for complete service west of Jamaica as well as transfer options.

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Reference Notes	
J	Transfer at Jamaica. Transfers are only shown on this timetable for select trains. Use the TrainTime app or a City Terminal Zone timetable to view all your transfer options.
Note 1	Train will operate Monday through Thursday, except Monday, July 3, 2023.
Note 2	Train will operate Fridays only and Monday, July 3, 2023.
Note 4	Train will operate Mondays, June 5 through October 9, 2023, Tuesdays, May 30, June 20, September 5, 2023 and Wednesday, July 5, 2023.
Note 5	Train will operate on July 3 and September 1, 2023 only.
	Bicycles are NOT permitted. Click HERE to visit the LIRR's Bicycle Policy Information webpage for complete and current details before planning your trip. *Restriction periods may vary depending on day of week holiday occurs.
	Indicates specially designated weekend train allowing more than the regular eight bikes per train limit (applies during summer only).
Holidays	Holiday service will operate on New Year's Day, Presidents' Day, Memorial Day, July 4th, Labor Day, Thanksgiving Day, and Christmas Day. Regular weekday service will operate on the day after Thanksgiving and Martin Luther King Jr. Day. Off Peak fares will apply on these days. Senior/Disabled/Medicare tickets will be honored all day on Columbus Day, Election Day and Veterans Day.
PEAK AM	Off-Peak One-Way/Ten Trip tickets not honored. Senior citizen/People with disabilities/Medicare customers tickets not honored (restriction lifted on Columbus, Election & Veterans Days). No bicycles are allowed on these trains.
PEAK PM	Off-Peak One-Way/Ten Trip tickets not honored. At stations other than western terminals, PM Peak trains may leave up to three minutes early. Please allow sufficient time. No bicycles are allowed on these trains.
Lynbrook	For complete service at Lynbrook, see the Long Beach Branch Timetable. Trains serving Lynbrook in this timetable arrive and depart from Platform A.
All Branches	On all branches, eastbound trains may depart stations east of Jamaica up to three minutes earlier than times shown.
West of Jamaica	At stations west of Jamaica, westbound trains may depart stations up to three minutes earlier than times shown.

PENN STATION	Zone	1	M7, M20, M34-SBS, M34A-SBS, Q32			
GRAND CENTRAL	1	M1, M2, M3, M4, M42, M101, M102, M103, Q32				1, 2, 3, A, C, E, <i>Amtrak</i> , NJ TRANSIT
Woodside	1	Q18, Q32, Q53-SBS, Q70-SBS			LaGuardia Link Q70-SBS	7
Forest Hills	1	Q23, Q60, Q64				E, F, M, R
Kew Gardens	1	Q10			Q10	
HUNTERSPONT AVE.	1	Q67				7
ATLANTIC TERMINAL	1	B37, B41, B43, B63, B65, B67, B103				2, 3, 4, 5, B, D, N, O, R
Northend Avenue	1	B25, B26, B44, B44-SBS, B49				A, C
East New York	1	B12, B22, B25, B63, Q24, Q56				A, C, <i>J</i> , Z, L
JAMAICA	3	Q6, Q8, Q9, Q21, Q24, Q25, Q31, Q31 Q34, Q40, Q41, Q43, Q44-SBS, Q54, Q56, Q60, Q65				E, <i>J</i> , Z
Lynchbok	4	n4, n25, n31, n32		(516) 599-1600		
Rockville Centre	7	n4, n15, n16, Mergy Medical Shuttle		(516) 538-3333		
Baldwin	7	n35		(516) 223-0036		
Freeport	7	n4, n19, n40A1, n43, n88		(516) 968-2222		
Merrick	7			(516) 376-1144		
Bellmore	7			(516) 765-0412		
Winghatch	7			(516) 785-1770		
Seaford	7	n54		(516) 221-1111		
Masapequa	7	n54, n55, n80		(516) 541-1111		
Masapequa Park	7	n54, n55, n80		(516) 541-1112		
Amityville	9	S1, S20, S33, 1A		(631) 842-1111		
Copague	9	S20, S31		(631) 842-1111		
Lindenhurst	9	S20		(631) 842-8294		
BASTION	9	S20, S23, S25, S27, S29, S40, S42, S47		(631) 601-0057		