# Metro-North Railroad and Long Island Rail Road

## Legend

### Stations Info

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

**Grand Central**
4 5 6 7 <7> S
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

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