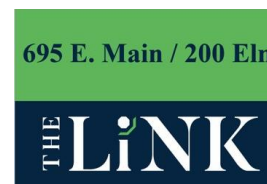




The LiNK

695 EAST MAIN / 200 ELM STREET

2026 Shuttle Schedule



Morning Schedule 695 East Main / 200 Elm St.		
Departs Train Station	New Haven to Stamford	Grand Central to Stamford
Shuttle 12 - 7:05 AM	6:57 AM	6:38 AM / 6:40 AM
Shuttle 13 - 7:15 AM		7:09 AM
Shuttle 12 - 7:25 AM	7:23 AM	
Shuttle 13 - 7:35 AM		7:29 AM
Shuttle 12 - 7:45 AM		7:40 AM
Shuttle 13 - 7:55 AM	7:45 AM	7:48 AM
Shuttle 12 - 8:05 AM	7:53 AM	
Shuttle 13 - 8:20 AM		8:16 AM
Shuttle 12 - 8:30 AM	8:21 AM / 8:22 AM	
Shuttle 13 - 8:40 AM		8:24 AM
Shuttle 12 - 8:50 AM	8:40 AM	8:43 AM
Shuttle 13 - 9:00 AM	8:49 AM	
Shuttle 12 - 9:10 AM		8:55 AM
Shuttle 13 - 9:20 AM		9:08 AM
Shuttle 12 - 9:27 AM	9:19 AM	
Shuttle 13 - 9:35 AM		9:24 AM / 9:25 AM

Evening Schedule 695 East Main / 200 Elm St.		
Departs 695 East Main / 200 Elm St.	Stamford to New Haven	Stamford to Grand Central
Shuttle 12 - 3:30 PM	3:54 PM / 4:13 PM	3:51 PM / 3:56 PM / 4:09 PM
Shuttle 13 - 4:00 PM	4:22 PM	4:24 PM / 4:28 PM
Shuttle 12 - 4:15 PM		4:43 PM
Shuttle 13 - 4:20 PM	4:51 PM	4:50 PM
Shuttle 12 - 4:30 PM	4:55 PM	
Shuttle 13 - 4:40 PM		5:03 PM
Shuttle 12 - 4:50 PM	5:12 PM	
Shuttle 13 - 5:00 PM	5:26 PM	5:32 PM
Shuttle 12 - 5:10 PM	5:34 PM	5:35 PM
Shuttle 13 - 5:20 PM	5:47 PM	
Shuttle 12 - 5:30 PM	5:53 PM	5:54 PM
Shuttle 13 - 5:40 PM	6:09 PM	6:09 PM
Shuttle 12 - 5:50 PM	6:13 PM	6:29 PM
Shuttle 13 - 6:10 PM	6:34 PM	6:35 PM
Shuttle 12 - 6:28 PM		6:50 PM

**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.

To track our shuttles download the app by scanning the QR code below:

