Train Number Frequency		63	69	281	233	283	291	49	237	239	241	243	245
		Daily	Daily	Daily	Daily	Daily	Daily	Daily	Daily	Daily	Daily	M-F	S&S
NY Penn Station Moynihan Train Hall	Dp	7:15a		10:20a	11:20a	1:20p	2:19p	3:40p	4:45p	5:47p	6:46p	8:55p	10:45p
Yonkers	Dp	7:43a		-	11:44a	1:44p	2:42p	-			7:08p	9:19p	-
Croton-Harmon	Dp	8:02a		11:01a	12:03p	2:03p	3:00p	4:23p	5:27p	6:32p	7:26p	9:38p	11:24p
Poughkeepsie	Dp	8:43a		11:43a	12:45p	2:45p	3:42p	5:07p	6:08p	7:22p	8:08p	10:20p	12:06p
Rhinecliff	Dp	8:58a		12:00n	12:58p	2:58p	3:58p	5:24p	6:20p	7:36p	8:23p	10:34p	12:22a
Hudson	Dp	9:20a		12:25p	1:19p	3:20p	4:19p	-	6:41p	7:57p	8:44p	10:55p	12:42a
Albany-	Ar	✓ 9:50a 🗸		12:50p	1:51p	3:45p	4:49p	6:20p	7:10p	8:28p	9:15p	11:25p	1:15a
Rensselaer	Dp	10:10a	11:40a	1:15p		4:10p	5:04p	7:05p					
Schenectady	Dp	10:34a	12:03p	1:39p		4:34p	5:28p	7:33p					
Saratoga Springs	Dp	1	12:28p	↓		↓	5:56p	↓					
Fort Edward	Dp	1	12:51p	↓		↓	6:17p	1					
Amsterdam	Dp	10:52a	То	1:57p		4:52p	То	-	7) 40	-8			
Utica	Dp	11:50a	MTR	2:55p		5:50p	BURL	8:50p		T 5			
Rome	Dp	12:03p		3:11p	i i	6:05p	2	-		2			
Syracuse	Ar	12:57p		4:02p		6:59p		9:51p					
	Dp	12:57p		4:02p		6:59p		10:05p		C			
Rochester	Dp	2:13p		5:28p		8:15p		11:29p					
Buffalo-Depew	Ar	3:19p		6:34p		9:21p		12:29a					
	Dp	3:19p		6:34p		9:21p		12:39a		32 3	Į.		
Buffalo-Exchange	Dp	3:32p		6:55p		9:42p		To		36 35			
Niagara Falls, NY	Ar	4:42p		7:35p		10:28p		CHIC					
		To TOR									0		

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					200	2.40		200				
Train Number Frequency		232 Daily	234 Daily	236 Daily	280 Daily	240 Daily	284 Daily	290 Daily	48 Daily	244 Daily	64 Daily	68 Daily
											TOR	
Niagara Falls, NY	Dp			, i	3:52a		6:47a		From		11:50a	
Buffalo-Exchange	Dp				4:28a		7:22a		CHIC		12:25p	
Buffalo-Depew	Ar			4 83	4:45a		7:39a		8:53a	2 13	12:36p	
	Dp			2.0	4:45a		7:39a		9:05a		12:40p	
Rochester	Dp				5:40a		8:34a		10:06a		1:34p	
Syracuse	Ar			-	6:57a		9:49a		11:28a		2:44p	
	Dp				7:06a		9:59a		11:42a		2:54p	
Rome	Dp				7:45a		10:38a				3:36p	
Utica	Dp			8 8	7:59a		10:52a	From	12:42p		3:53p	From
Amsterdam	Dp				9:01a		11:54a	BURL	-	1	4:55p	MTR
Fort Edward	Dp			9-	\		\	1:00p	1		1	5:33p
Saratoga Springs	Dp				\		↓	1:22p	1		\	6:02p
Schenectady	Dp				9:21a		12:17p	1:58p	2:21p		5:39p	6:38p
Albany-	Ar				9:42a		12:39p	2:21p	2:53p		6:05p	7:00p
Rensselaer	Dp	5:55a	6:50a	8:25a	10:05a	11:15a	1:05p	2:48p	4:10p	4:30p	7:40p	
Hudson	Dp	6:15a	7:10a	8:45a	10:26a	11:35a	1:26p	3:08p	-	4:50p	8:01p	
Rhinecliff	Dp	6:37a	7:34a	9:07a	10:49a	11:57a	1:49p	3:29p	4:55p	5:12p	8:23p	
Poughkeepsie	Dp	-	7:51a	9:20a	11:10a	12:15p	2:10p	3:48p	5:13p	5:30p	8:40p	
Croton-Harmon	Dp	7:31a	8:31a	9:59a	11:50a	12:54a	2:50p	4:28p	5:53p	6:10p	9:19p	
Yonkers	Dp	-	8:55a	10:21p		1:16p	3:11p	4:50p	-	-	9:42p	
NY Penn - NYP	Dp	8:15a	9:21a	10:50a	12:45p	1:45p	3:45p	5:24p	6:42p	7:05p	10:15p	

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