

Preferred ALT 90B | Modified Timetable w/ Express Service

		New Express Frequency				Semi-Express Frequency				Semi-Express Frequency				New Express Frequency				Semi-Express Frequency				New Express Overnight Frequency		
WESTBOUND TRAINS		Train 271 Empire Service	Train 231 Empire Service	Train 203 Empire Service	Train 63 Maple Leaf	Train 69 Adirondack	Train 281 Empire Service	Train 233 Empire Service	Train 283 Empire Service	Train 235 Empire Service	Train 285 Empire Service	Train 291 Ethan Allen	Train 287 Empire Service	Train 49 Lake Shore Limited	Train 237 Empire Service	Train 209 Empire Service	Train 275 Empire Service	Train 289 Empire Service	Train 239 Empire Service	Train 241 Empire Service	Train 243 Empire Service	Train 245 Empire Service	Train 201 Empire Service	
New York Moynihan Penn Station	0 Dp.		6:15 AM	7:00 AM	7:15 AM	8:15 AM	9:00 AM	10:00 AM	11:00 AM	12:00 PM	1:00 PM	2:00 PM	3:00 PM	3:45 PM	4:30 PM	5:00 PM	5:15 PM	6:00 PM	6:15 PM	7:00 PM	8:00 PM	9:00 PM	11:00 PM	11:45 PM
Yonkers	14 Ar.		---	---	---	---	---	10:15 AM	11:15 AM	12:15 PM	---	2:15 PM	3:15 PM	---	---	---	5:30 PM	---	---	7:15 PM	8:15 PM	---	---	
Croton-Harmon	32 Ar.		7:00 AM	7:45 AM	8:00 AM	9:00 AM	---	10:45 AM	11:45 AM	12:45 PM	---	2:45 PM	3:45 PM	4:30 PM	5:15 PM	5:45 PM	6:00 PM	6:45 PM	7:00 PM	7:45 PM	8:45 PM	11:45 PM	12:30 AM	
Poughkeepsie	73 Ar.		7:30 AM	---	8:30 AM	9:30 AM	---	11:15 AM	12:15 PM	1:15 PM	---	3:15 PM	4:15 PM	---	5:45 PM	---	6:30 PM	---	7:30 PM	8:15 PM	10:15 PM	12:15 AM	---	
Rhinecliff	88 Ar.		7:45 AM	---	8:45 AM	9:45 AM	---	11:30 AM	12:30 PM	1:30 PM	---	3:30 PM	4:30 PM	---	6:00 PM	---	6:45 PM	---	7:45 PM	8:30 PM	10:30 PM	12:30 AM	---	
Hudson	114 Ar.		8:05 AM	---	9:05 AM	10:05 AM	---	11:50 AM	12:50 PM	1:50 PM	---	3:50 PM	4:50 PM	---	6:20 PM	---	7:05 PM	---	8:05 PM	8:50 PM	10:50 PM	12:50 AM	---	
Albany-Rensselaer	141 Dp.	6:30 AM		---	9:30 AM	10:30 AM	11:00 AM	12:15 PM	1:15 PM	2:15 PM	3:00 PM	4:15 PM	5:15 PM	6:00 PM	6:45 PM	---	7:30 PM	8:00 PM	8:30 PM	9:15 PM	11:15 PM	1:15 AM	1:45 AM	
Schenectady	159 Ar.	6:50 AM		---	9:45 AM	10:45 AM	11:15 AM	---	1:30 PM	2:30 PM	3:15 PM	4:30 PM	5:30 PM	6:30 PM	7:00 PM	---	7:45 PM	8:15 PM	8:45 PM	---	---	---	2:00 AM	
Saratoga Springs	178 Ar.	---		---	11:35 AM	---	---	---	---	---	---	5:20 PM	---	---	7:50 PM	---	---	---	9:35 PM	---	---	---	---	
Amsterdam	177 Ar.	7:10 AM		---	10:25 AM	---	11:55 AM	---	2:10 PM	---	3:55 PM	---	6:10 PM	---	---	---	8:25 PM	8:55 PM	---	---	---	---	---	
Utica	237 Ar.	7:55 AM		10:10 AM	---	11:10 AM	12:40 PM	---	2:55 PM	---	4:40 PM	---	6:55 PM	7:50 PM	---	8:10 PM	9:10 PM	9:40 PM	---	---	---	---	3:10 AM	
Rome	250 Ar.	8:10 AM		---	11:25 AM	---	12:55 PM	---	3:10 PM	---	4:55 PM	---	7:10 PM	---	---	---	9:25 PM	9:55 PM	---	---	---	---	---	
Syracuse	291 Ar.	8:50 AM		11:05 AM	12:05 PM	---	1:35 PM	---	3:50 PM	---	5:35 PM	---	7:50 PM	8:45 PM	---	9:05 PM	10:05 PM	10:35 PM	---	---	---	---	4:05 AM	
Rochester	370 Ar.	10:00 AM		12:15 PM	1:15 PM	---	2:45 PM	---	5:00 PM	---	6:45 PM	---	9:00 PM	9:55 PM	---	10:15 PM	---	11:45 PM	---	---	---	---	5:15 AM	
Buffalo-Depew	431 Ar.	10:50 AM		1:05 PM	2:05 PM	---	3:35 PM	---	5:50 PM	---	7:35 PM	---	9:50 PM	10:45 PM	---	11:05 PM	---	12:35 AM	---	---	---	---	6:10 AM	
Buffalo Exchange Street	437 Ar.	11:05 AM		1:20 PM	2:20 PM	---	3:50 PM	---	6:05 PM	---	7:50 PM	---	10:05 PM	---	---	11:20 PM	---	12:50 AM	---	---	---	---	6:30 AM	
Niagara Falls	460 Ar.	11:41 AM		1:51 PM	2:51 PM	---	4:21 PM	---	6:36 PM	---	8:21 PM	---	10:36 PM	---	---	11:51 PM	---	1:21 AM	---	---	---	---	7:05 AM	
					Train Continues to Toronto	Train Continues to Montreal						Train Continues to Burlington		Train Continues to Chicago										

EASTBOUND TRAINS		Train 200 Empire Service	Train 230 Empire Service	Train 203 Empire Service	Train 234 Empire Service	Train 236 Empire Service	Train 270 Empire Service	Train 202 Empire Service	Train 238 Empire Service	Train 280 Empire Service	Train 242 Empire Service	Train 282 Empire Service	Train 244 Empire Service	Train 284 Empire Service	Train 290 Ethan Allen	Train 48 Lake Shore Limited	Train 286 Empire Service	Train 68 Adirondack	Train 64 Maple Leaf	Train 246 Empire Service	Train 288 Empire Service	Train 208 Empire Service	Train 274 Empire Service	
Niagara Falls	0 Dp.	11:40 PM						3:40 AM		4:40 AM		6:40 AM		8:40 AM			10:40 AM			12:40 PM		2:40 PM	4:40 PM	6:40 PM
Buffalo Exchange Street	23 Ar.	12:10 AM						4:10 AM		5:10 AM		7:10 AM		9:10 AM			11:10 AM			1:10 PM		3:10 PM	5:10 PM	7:10 PM
Buffalo-Depew	29 Ar.	12:25 AM						4:25 AM		5:25 AM		7:25 AM		9:25 AM			10:25 AM			1:25 PM		3:25 PM	5:25 PM	7:25 PM
Rochester	90 Ar.	1:15 AM						5:15 AM		6:15 AM		8:15 AM		10:15 AM			11:15 AM			1:25 PM		3:25 PM	5:25 PM	7:25 PM
Syracuse	170 Ar.	2:25 AM					5:25 AM	6:25 AM		7:25 AM		9:25 AM		11:25 AM			12:25 PM			1:25 PM		3:25 PM	5:25 PM	7:25 PM
Rome	210 Ar.	---						6:05 AM		8:05 AM		10:05 AM		12:05 PM			2:05 PM			4:05 PM		6:05 PM	8:05 PM	10:05 PM
Utica	224 Ar.	3:15 AM						6:20 AM		7:15 AM		8:20 AM		10:20 AM			1:20 PM			4:20 PM		6:20 PM	8:15 PM	10:20 PM
Amsterdam	283 Ar.	---						7:05 AM		9:05 AM		11:05 AM		1:05 PM			3:05 PM			5:05 PM		7:05 PM	9:05 PM	11:05 PM
Saratoga Springs	19 Ar.	---			6:00 AM		---	---	8:00 AM	---	---	---	---	1:55 PM		---	---		3:55 PM	---	---	---	---	
Schenectady	301 Ar.	---			6:30 AM		7:25 AM	---	8:30 AM	9:25 AM	11:25 AM	1:25 PM	2:25 PM	2:25 PM	2:25 PM	2:25 PM	3:25 PM	4:25 PM	5:25 PM	7:25 PM	9:25 PM	11:25 PM	---	
Albany-Rensselaer	319 Dp.	4:30 AM			6:50 AM		7:45 AM	8:30 AM	8:50 AM	9:45 AM	11:45 AM	1:45 PM	2:45 PM	2:45 PM	2:45 PM	3:45 PM	4:45 PM	5:45 PM	6:45 PM	7:45 PM	8:45 PM	9:30 PM	11:45 PM	
Hudson	347 Ar.	---	5:00 AM	6:00 AM	7:00 AM	7:30 AM	8:00 AM	8:40 AM	9:00 AM	10:00 AM	11:00 AM	12:00 PM	1:00 PM	2:00 PM	3:00 PM	3:30 PM	4:00 PM	5:00 PM	6:00 PM	7:00 PM	8:00 PM	9:40 PM	---	
Rhinecliff	372 Ar.	---	5:25 AM	6:25 AM	---	7:50 AM	8:25 AM	---	9:25 AM	10:25 AM	11:25 AM	12:25 PM	1:25 PM	---	3:25 PM	---	4:25 PM	5:25 PM	6:25 PM	7:25 PM	8:25 PM	---	---	
Poughkeepsie	387 Ar.	---	5:50 AM	6:50 AM	---	8:10 AM	8:50 AM	---	9:50 AM	10:50 AM	11:50 AM	12:50 PM	1:50 PM	---	3:50 PM	---	4:50 PM	5:50 PM	6:50 PM	7:50 PM	8:50 PM	---	---	
Croton-Harmon	428 Ar.	6:05 AM	6:35 AM	7:35 AM	---	---	9:35 AM	---	10:35 AM	11:35 AM	12:35 PM	1:35 PM	2:35 PM	---	4:35 PM	5:10 PM	5:35 PM	6:35 PM	7:35 PM	8:35 PM	9:35 PM	11:00 PM	---	
Yonkers	446 Ar.	---	---	---	---	---	---	---	10:55 AM	---	12:55 PM	---	2:55 PM	---	4:55 PM	---	---	---	---	8:55 PM	---	---	---	
New York Moynihan Penn Station	460 Ar.	6:45 AM	7:10 AM	8:10 AM	9:00 AM	9:40 AM	10:15 AM	10:40 AM	11:15 AM	12:15 PM	1:15 PM	2:15 PM	3:15 PM	4:00 PM	5:15 PM	5:45 PM	6:15 PM	7:15 PM	8:15 PM	9:15 PM	10:15 PM	11:40 PM	---	