



**MONDAY-FRIDAY / LUNES-VIERNES**

**WESTBOUND: Hudson River Housing to Poughkeepsie Train Station / HACIA EL OESTE: Hudson River Housing a Poughkeepsie Train Station**

Stop #	Route 55 at Hudson River Housing POUGHKEEPSIE	Route 55 at Manchester Rd POUGHKEEPSIE	Colledgeview Ave & Fairmont Ave (Vassar College) POUGHKEEPSIE	Arlington Heights (N Grand Ave & Marple Rd) POUGHKEEPSIE	N Cherry St & Main St POUGHKEEPSIE	Poughkeepsie Train Station (Arrives) POUGHKEEPSIE	Metro-North Hudson Line (Departs) Poughkeepsie Train Station	Metro-North Hudson Line (Arrives) Grand Central Terminal
AM	4:55	4:58	5:00	5:02	5:15	5:25	5:32	7:16
	160	507	308	504	509	3	3	7:47
	—	5:39	5:41	5:46	5:56	6:06	6:13	8:40
	—	6:21	6:23	6:28	6:38	6:48	7:02	9:20
	—	7:00	7:02	7:07	7:17	7:27	7:32	—

**Train to Grand Central Terminal / Tren a Grand Central Terminal**

**EASTBOUND: Poughkeepsie Train Station to Hudson River Housing / HACIA EL ESTE: Poughkeepsie Train Station a Hudson River Housing**

Stop #	Metro-North Hudson Line (Departs) Grand Central Terminal	Metro-North Hudson Line (Arrives) Poughkeepsie Train Station	Poughkeepsie Train Station (Departs) POUGHKEEPSIE	Dutchess County Transit Hub (Arrives) POUGHKEEPSIE	S Cherry St & Route 44/55 POUGHKEEPSIE	Arlington Heights (N Grand Ave & Marple Rd) POUGHKEEPSIE	Colledgeview Ave & Fairmont Ave (Vassar College) POUGHKEEPSIE	Route 55 at Hudson River Housing (Arrives) POUGHKEEPSIE
PM	4:14	6:01	6:13	6:15	*	*	6:31	6:43
	5:08	6:45	6:57	7:00	508	504	7:15	7:27
	5:53	7:38	7:50	7:53	*	*	8:08	8:20
	6:45	8:33	8:45	8:48	*	*	9:03	9:15

**Train from Grand Central Terminal / Tren desde Grand Central Terminal**

\* Drop off only / Dejar solo

Only key points along the route are listed. Read the timetable from left to right. / Solo se enumeran las paradas claves a lo largo de la ruta. Lee el horario de izquierda a derecha.