

Bus Stop #	Route M Eastbound - Transit Hub to Grand & Hooker Avenue - Read Down MONDAY THROUGH FRIDAY												
1	POUGHKEEPSIE - HUB	-----	7:10	8:15	9:15	10:15	11:15	12:15	1:15	2:15	3:15	4:15	5:15
338	POUGHKEEPSIE - Mansion Street & Smith Street	-----	7:13	8:18	9:18	10:18	11:18	12:18	1:18	2:18	3:18	4:18	5:18
392	POUGHKEEPSIE - Hudson Avenue E & Howard Street	-----	7:18	8:23	9:23	10:23	11:23	12:23	1:23	2:23	3:23	4:23	5:23
343	POUGHKEEPISE - Innis Avenue - Royal Cove Apartments	-----	7:20	8:25	9:25	10:25	11:25	12:25	1:25	2:25	3:25	4:25	5:25
344	POUGHKEEPSIE - Innis Avenue & Main Street <i>(Connect to Rt. L)</i>	-----	7:24	8:29	9:29	10:29	11:29	12:29	1:29	2:29	3:29	4:29	5:29
358	POUGHKEEPSIE - Forbus Street W - Poughkeepsie High School	-----	7:29	8:34	9:34	10:34	11:34	12:34	1:34	2:45	3:34	4:34	5:34
370	POUGHKEEPSIE - College Avenue Across from Poughkeepsie Middle School	-----	7:32	8:37	9:37	10:37	11:37	12:37	1:37	3:00	3:37	4:37	5:37
253	POUGHKEEPSIE - Hooker Avenue & South Grand Avenue	-----	7:37	8:42	9:42	10:42	11:42	12:42	1:42	3:05	3:42	4:42	5:42
		 No Service AM = Light PM = Bold										
Bus Stop #	Route M Westbound - Grand & Hooker Avenue to Transit Hub - Read Down MONDAY THROUGH FRIDAY												
253	POUGHKEEPSIE - Hooker Avenue & South Grand Avenue	6:37	7:37	8:42	9:42	10:42	11:42	12:42	1:42	3:05	3:42	4:42	5:42
356	POUGHKEEPSIE - Worrall Avenue & Main Street <i>(Connect to Rt. L)</i>	6:44	7:44	8:49	9:49	10:49	11:49	12:49	1:49	3:12	3:49	4:49	5:49
390	POUGHKEEPISE - Maplewood Apartments	6:47	7:47	8:52	9:52	10:52	11:52	12:52	1:52	3:15	3:52	4:52	5:52
331	POUGHKEEPISE - Innis Avenue - Ridgefield Apartments	6:51	7:51	8:56	9:56	10:56	11:56	12:56	1:56	3:19	3:56	4:56	5:56
333	POUGHKEEPSIE - Hudson Avenue W (Across from Howard Street)	6:58	7:58	9:03	10:03	11:03	12:03	1:03	2:03	3:26	4:03	5:03	6:03
336	POUGHKEEPSIE - Mansion Street & Clinton Street	7:02	8:02	9:07	10:07	11:07	12:07	1:07	2:07	3:30	4:07	5:07	6:07
1	POUGHKEEPISE - HUB	7:07	8:07	9:12	10:12	11:12	12:12	1:12	2:12	3:35	4:12	5:12	6:12
		 No Service AM = Light PM = Bold										

Route M - Effective 1-4-2025