

EASTBOUND				MONDAY - FRIDAY				
Monsey - Park & Ride	Spring Valley - Train Station	Nanuet Exit 14 Park & Ride	Palisades Center - Lot J	Westchester County Center	White Plains - Train Station (Main/Bank)	White Plains - Train Station (Ferris)	White Plains - Main Street (Galleria)	White Plains - Hamilton/ EJ Conroy
4:26	4:35	4:44	4:54	5:04	5:06 T	5:08	5:11	5:13
4:47	4:56	5:05	5:15	5:25	5:27 T	5:29	5:32	5:34
5:09	5:19	5:29	5:39	5:53	5:55 T	5:58	6:01	6:04
5:39	5:49	5:59	6:11	6:29	6:31 T	6:34	6:37	6:40
5:53	6:03	6:13	6:26	6:44	6:46 T	6:49	6:52	6:55
6:25	6:35	6:45	6:58	7:17	7:19 T	7:22	7:25	7:29
6:42	6:52	7:02	7:16	7:34	7:36 T	7:39	7:42	7:45
6:54	7:04	7:13	7:36	7:56	7:58 T	8:02	8:05	8:08
7:10	7:20	7:30	7:50	8:11	8:13 T	8:17	8:20	8:23
7:32	7:42	7:51	8:11	8:28	8:30 T	8:34	8:37	8:40
8:08	8:18	8:28	8:40	8:58	9:00 T	9:04	9:07	9:10
8:36	8:46	8:55	9:10	9:27	9:29	9:33	9:36	9:39
9:10	9:20	9:29	9:39	—	— T	—	—	—
9:26	9:36	9:45	9:55	H05				
9:54	10:04	10:13	10:23	—	—	—	—	—
10:29	10:39	10:48	10:58	H07				
10:52	11:02	11:11	11:21	H05 T				
11:29	11:39	11:48	11:58	H05				
11:50	12:00	12:09	12:19	H05 T				
12:16	12:26	12:35	12:45	H07				
12:56	1:06	1:15	1:21	H05 T				
1:44	1:54	2:03	2:13	2:30	2:32	2:36	2:39	2:42
2:22	2:32	2:42	2:52	3:09	3:12 T	3:16	3:19	3:22
2:53	3:03	3:13	3:23	3:40	3:43	3:47	3:50	3:53
3:25	3:35	3:45	3:55	4:12	4:15	4:19	4:22	4:26
3:46	3:56	4:06	4:16	4:33	4:36	4:40	4:43	4:46
4:15	4:25	4:35	4:45	5:02	5:05	5:09	5:12	5:16
4:25	4:35	4:45	4:55	5:12	5:15	5:19	5:22	5:26
4:54	5:04	5:14	5:24	5:41	5:44	5:48	5:51	5:55
5:04	5:14	5:24	5:34	5:51	5:54	5:58	6:01	6:04
5:20	5:30	5:40	5:50	6:07	6:10	6:14	6:17	6:20
5:38	5:48	5:58	6:08	6:25	6:28	6:32	6:35	6:38
5:56	6:06	6:16	6:26	6:43	6:46	6:50	6:53	6:56
6:22	6:32	6:42	6:52	7:09	7:11 T	7:15	7:18	7:21
7:04	7:14	7:23	7:33	7:50	7:52	7:55	7:58	8:01
7:24	7:34	7:43	7:53	8:10	8:12	8:15	8:18	8:21
8:08	8:18	8:27	8:37	H05 T				
8:59	9:09	9:18	9:28	—	—	—	—	—
9:26	9:36	9:45	9:55	H05				
10:24	10:34	10:43	10:53	H05				
11:31	11:41	11:50	12:00	H05				
12:29	12:39	12:48	12:58	—	—	—	—	—

Metro-North Railroad transfer indicated by T  
 New York Power Authority Eastbound: Drop-off only.

## WESTBOUND MONDAY - FRIDAY

White Plains - Hamilton/ EJ Conroy	White Plains - Broadway	White Plains - Train Station (Ferris)	Westchester County Center	Palisades Center - Lot J	Nanuet Exit 14 Park & Ride	Spring Valley - Train Station	Monsey - Park & Ride
5:26	5:28	5:30	5:33	5:49	5:57	6:06	6:14
5:47	5:50	5:53	5:56	6:12	6:21	6:31	6:40
6:13	6:16	6:19	6:22	6:38	6:47	6:57	7:06
6:49	6:52	6:55	6:58	7:14	7:23	7:34	7:44
7:04	7:07	7:10	7:13	7:29	7:38	7:49	7:59
7:34	7:37	7:40 <b>T</b>	7:43	7:59	8:08	8:19	8:29
7:53	7:56	7:59	8:02	8:18	8:27	8:38	8:49
8:17	8:20	8:23	8:26	8:42	8:51	9:02	9:12
8:34	8:37	8:40 <b>T</b>	8:43	8:59	9:08	9:19	9:29
8:58	9:01	9:04 <b>T</b>	9:07	9:23	9:32	9:43	9:53
9:23	9:26	9:29 <b>T</b>	9:32	9:48	9:57	10:08	10:18
9:42	9:45	9:48 <b>T</b>	9:51	10:07	10:16	10:28	10:38
—	—	— <b>T</b>	—	10:34	10:43	10:55	11:06
<b>H05</b>				11:03	11:13	11:25	11:36
<b>H05</b>				11:24	11:34	11:46	11:57
<b>H05</b>				11:41	11:51	12:03	12:14
<b>H05</b>				12:22	12:32	12:44	12:55
<b>H05</b>				1:05	1:15	1:27	1:38
<b>H05</b>				1:33	1:43	1:55	2:06
<b>H05</b>				2:02	2:12	2:24	2:35
<b>H05</b>				2:29	2:39	2:51	2:02
2:37	2:40	2:43	2:46	3:04	3:16	3:28	3:39
2:51	2:54	2:58 <b>T</b>	3:01	3:24	3:36	3:49	4:00
3:31	3:34	3:38 <b>T</b>	3:41	4:12	4:24	4:37	4:48
4:02	4:05	4:09 <b>T</b>	4:12	4:44	4:56	5:09	5:20
4:19	4:22	4:26 <b>T</b>	4:29	5:04	5:16	5:29	5:40
4:35	4:38	4:42 <b>T</b>	4:45	5:23	5:35	5:49	6:00
4:55	4:58	5:02 <b>T</b>	5:05	5:40	5:52	6:05	6:16
5:25	5:28	5:32	5:35	6:16	6:28	6:42	6:53
5:38	5:41	5:45 <b>T</b>	5:48	6:22	6:34	6:48	6:59
6:03	6:06	6:10 <b>T</b>	6:13	6:37	6:49	7:03	7:14
6:13	6:16	6:20 <b>T</b>	6:23	6:47	6:59	7:13	7:24
6:32	6:35	6:39 <b>T</b>	6:42	7:06	7:16	7:30	7:40
6:47	6:50	6:54 <b>T</b>	6:57	7:13	7:23	7:37	7:47
7:05	7:08	7:12 <b>T</b>	7:15	7:31	7:42	7:55	8:05
7:30	7:33	7:37 <b>T</b>	7:40	8:01	8:11	8:22	8:32
8:10	8:12	8:15	8:18	8:34	8:44	8:55	9:05
8:30	8:32	8:35 <b>T</b>	8:38	8:54	9:04	9:15	9:25
—	—	— <b>T</b>	—	9:28	9:38	9:49	9:59
<b>H05</b>				10:07	10:16	10:27	10:35
—	—	—	—	11:06	11:15	11:26	11:33
<b>H05</b>				11:41	11:50	12:01	12:08
—	—	—	—	12:19	12:28	12:39	12:46
—	—	—	—	1:27	1:31	1:37	1:41

Metro-North Railroad transfer indicated by **T**  
 New York Power Authority Westbound: Flag service only between 4 p.m. – 7 p.m.

EASTBOUND									SATURDAY - SUNDAY				
Monsey - Park & Ride	Spring Valley - Train Station	Nanuet Exit 14 Park & Ride	Palisades Center - Lot J	Palisades Center (Macy's)	Central Nyack - Mountainview Ave	Downtown Nyack	South Nyack	Westchester County Center	White Plains - Train Station (Main/Bank)	White Plains - Train Station (Ferris)	White Plains - Main Street (Galleria)	White Plains - Hamilton/ EJ Conroy	
4:57	5:06	5:11	5:26	5:28	5:34	5:39	5:42	5:54	5:56 <b>T</b>	5:59	6:02	6:04	
5:57	6:06	6:11	6:26	6:28	6:34	6:39	6:42	6:54	6:56 <b>T</b>	6:59	7:02	7:04	
6:57	7:06	7:11	7:26	7:28	7:34	7:39	7:42	7:54	7:56 <b>T</b>	7:59	8:02	8:04	
7:57	8:06	8:11	8:26	8:28	8:34	8:39	8:42	8:54	8:56 <b>T</b>	8:59	9:02	9:04	
8:57	9:06	9:11	9:26	9:28	9:34	9:39	9:42	9:54	9:56 <b>T</b>	9:59	10:02	10:04	
9:57	10:06	10:11	10:26	10:28	10:34	10:39	10:42	10:54	10:56 <b>T</b>	10:59	11:02	11:04	
10:57	11:06	11:11	11:26	11:28	11:34	11:39	11:42	11:54	11:56 <b>T</b>	11:59	12:02	12:04	
11:28	11:37	11:42	11:57	11:59	12:06	12:11	12:14	12:26	12:28 <b>T</b>	12:31	12:34	12:36	
12:18	12:27	12:32	12:47	12:51	12:59	1:05	1:09	1:22	1:24 <b>T</b>	1:29	1:32	1:35	
1:15	1:24	1:30	1:47	1:51	1:59	2:05	2:09	2:22	2:24 <b>T</b>	2:29	2:32	2:35	
2:15	2:24	2:30	2:47	2:51	2:59	3:05	3:09	3:22	3:24 <b>T</b>	3:29	3:32	3:35	
3:15	3:24	3:30	3:47	3:51	3:59	4:05	4:09	4:22	4:24 <b>T</b>	4:29	4:32	4:35	
4:15	4:24	4:30	4:47	4:51	4:59	5:05	5:09	5:22	5:24 <b>T</b>	5:29	5:32	5:35	
5:15	5:24	5:30	5:47	5:51	5:59	6:05	6:09	6:22	6:24 <b>T</b>	6:29	6:32	6:35	
6:20	6:29	6:35	6:52	6:56	7:04	7:10	7:14	7:27	7:29 <b>T</b>	7:34	7:37	7:40	
7:26	7:35	7:41	7:58	8:00	8:06	8:11	8:14	8:26	8:28 <b>T</b>	8:31	8:34	8:36	
8:29	8:38	8:43	8:58	9:00	9:06	9:11	9:14	9:26	9:28 <b>T</b>	9:31	9:34	9:36	
9:29	9:38	9:43	9:58	10:00	10:06	10:11	10:14	10:26	10:28 <b>T</b>	10:31	10:34	10:36	
10:37	10:46	10:51	11:06	11:08	11:14	11:19	11:22	11:34	11:36 <b>T</b>	11:39	11:42	11:44	
11:29	11:38	11:43	11:58	12:00	12:06	12:11	12:14	12:26	12:28 <b>T</b>	12:31	12:34	12:36	

**H03 and H05 are combined on the weekends.**

**WESTBOUND** **SATURDAY - SUNDAY**

White Plains - Broadway	White Plains - Court St (Martine)	White Plains - Train Station (Ferris)	Westchester County Center	South Nyack	Downtown Nyack	Central Nyack - Mountainview Ave	Palisades Center (Macy's)	Palisades Center - Lot J	Nanuet Exit 14 Park & Ride	Spring Valley - Train Station	Monsey - Park & Ride
—	—	—	—	—	—	—	—	6:23	6:33	6:38	6:47
—	—	—	—	—	—	—	—	7:23	7:33	7:38	7:47
—	—	—	—	—	—	—	—	8:23	8:33	8:38	8:47
—	—	—	—	—	—	—	—	9:23	9:33	9:38	9:47
—	—	—	—	—	—	—	—	10:23	10:33	10:38	10:47
10:11	10:14	10:17 <b>T</b>	10:20	10:32	10:35	10:38	10:43	10:54	11:04	11:09	11:18
11:12	11:15	11:18 <b>T</b>	11:21	11:33	11:36	11:39	11:44	11:50	11:58	<b>12:03</b>	<b>12:12</b>
12:12	12:15	12:18 <b>T</b>	12:21	12:33	12:36	12:39	12:44	12:51	1:03	1:09	1:19
12:45	12:48	12:51 <b>T</b>	12:54	1:06	1:09	1:12	1:17	1:25	1:37	1:43	1:53
1:44	1:47	1:51 <b>T</b>	1:54	2:06	2:09	2:12	2:18	2:26	2:38	2:44	2:54
2:44	2:47	2:51 <b>T</b>	2:54	3:06	3:09	3:12	3:18	3:26	3:38	3:44	3:54
3:44	3:47	3:51 <b>T</b>	3:54	4:06	4:09	4:12	4:18	4:26	4:38	4:44	4:54
4:44	4:47	4:51 <b>T</b>	4:54	5:06	5:09	5:12	5:18	5:26	5:38	5:44	5:54
5:44	5:47	5:51 <b>T</b>	5:54	6:06	6:09	6:12	6:18	6:26	6:38	6:44	6:55
6:44	6:47	6:51 <b>T</b>	6:54	7:05	7:08	7:11	7:17	7:24	7:35	7:40	7:49
7:45	7:48	7:51 <b>T</b>	7:54	8:06	8:09	8:12	8:17	8:23	8:33	8:38	8:47
8:45	8:48	8:51 <b>T</b>	8:54	9:06	9:09	9:12	9:17	9:24	9:34	9:39	9:48
9:45	9:48	9:51 <b>T</b>	9:54	10:06	10:09	10:12	10:17	10:24	10:34	10:39	10:48
10:45	10:48	10:51 <b>T</b>	10:54	11:06	11:09	11:12	11:17	11:24	11:34	11:39	11:48
11:52	11:55	11:58 <b>T</b>	12:01	12:13	12:16	12:19	12:24	12:31	12:41	12:46	12:55
12:44	12:47	12:50 <b>T</b>	12:53	1:05	1:08	1:11	1:16	1:18	1:23	1:33	1:38

**H03 and H05 are combined on the weekends.**

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