## Northeast Regional

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### Service adjustments during holiday periods:

Schedules may be modified during the Thanksgiving, Christmas, and New Years holiday periods, and may be different than shown in this timetable. Please refer to Amtrak.com or the Amtrak app for up-to-date schedules during these periods.

### On Board Service

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### SHADING KEY

- **R**: Amtrak Northeast Regional
- **O**: Northeast Regional
- **S**: Palmetto
- **C**: Carolinian
- **P**: Silver Star
- **L**: Local

### Amtrak Trains

- **w**: Washington, DC
- **v**: New York, NY
- **D**: Dp
- **R**: R9 30P
- **Q**: R9 31P
- **F**: R9 36P
- **L**: R9 36P
- **B**: R9 36P
- **O**: R9 50P
- **P**: R9 50P
- **A**: R9 50P
- **N**: R9 50P
- **T**: R9 50P
- **G**: R9 50P
- **K**: R9 50P

### effective November 11, 2019

- **5**: R9 30P
- **3**: R9 31P
- **R**: R9 36P
- **5**: R9 36P
- **R**: R9 50P
- **5**: R9 50P
- **R**: R9 50P
- **5**: R9 50P
- **R**: R9 50P
- **5**: R9 50P

### Northeast Regional service within Virginia is funded in part through grants made available by the Commonwealth of Virginia.

### Service between Greenfield, Springfield, and New Haven is financed primarily through funds made available by the Connecticut Department of Transportation and the Massachusetts Department of Transportation.

### Shading effective 11/11/19

- **Daytime train**
- **Overnight train**
- **Connecting train**
- **Thruway and connecting services**

---

Seasonal summer connecting service offered by shuttle bus and Seastreak Ferry to Newport, RI, Martha’s Vineyard, MA, and Nantucket, MA. Through ticketing available on Amtrak.com.

Van/Car service available from Kingston, RI station to Newport, RI. Reservations required. Call (401) 295-1100 for information and reservations.

Change trains at New York.

All Amtrak services and stations are non-smoking.

See page 2 for Services. See page 9 for Route Map, Symbols, Key, Connecting Local Services, Airport Connections and other amenities.

Effective November 11, 2019
**Service**

- **Coaches**: Reservations required.
- **Business class service available. Reservations required.** For more information visit Amtrak.com/business-class.
- **Sleeping cars**: For more information, visit Amtrak.com/sleeping-accommodations.
- **Flexible Dining service**: Available exclusively for Sleeping Car passengers. For more information, visit Amtrak.com/flexdining.
- **Café service**: Table seating offering a variety of meals, snacks and beverages for sale. For more information, visit Amtrak.com/café.
- **Amtrak Quiet Car**.
- **Checked baggage at select stations**.
- **Wi-Fi available**.
- **On Board Bicycle Racks**: We offer a number of different services to transport your bike onboard on most routes. Each train has different equipment and loading procedures that dictate what service will be offered. Reservations are required and additional charges apply. Visit Amtrak.com/bikes for all the details before you book your trip.
- **Via Thruway connection at Washington, DC**.

**Trails and Rails Program**: In cooperation with the National Park Service, volunteer rangers provide on board narratives between May and September on selected days over parts of some routes. Visit nps.gov/trailsandrails.

All Amtrak services and stations are non-smoking.

See page 9 for Route Map, Symbols Key, Connecting Local Services, Airport Connections and other amenities.

---

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**LINKS FOR DETAILED SERVICE INFORMATION**

- **Northeast Regional between Boston and Virginia Beach/Norfolk/Roanoke.** Visit Amtrak.com/Northeast-Regional
- **Silver Meteor, Silver Star and Palmetto between New York and Tampa/Miami.** Visit Amtrak.com/Silver-Service-Palmetto
- **Cardinal between New York and Chicago.** Visit Amtrak.com/Cardinal
- **Carolinian between New York and Charlotte.** Visit Amtrak.com/Carolinian
- **Crescent between New York and New Orleans.** Visit Amtrak.com/Crescent

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**SHADING KEY**

- **Daytime train**
- **Overnight train**
- **Connecting train**
- **Thruway and connecting services**

---

**THESE TIMETABLES SHOW ALL AMTRAK THROUGH SERVICE TO STATIONS BETWEEN BOSTON, MA, AND ROANOKE, NEWPORT NEWS AND NORFOLK, VA.** Also see timetable Form W2 or Form W4 for complete Boston to New York and Washington DC schedules.

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**Effective November 11, 2019**

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**Amtrak.com**

1-800-USA-RAIL

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**On Board Service**

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<th>Northeast Regional</th>
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**Effective November 11, 2019**

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**Schedules subject to change without notice.**

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Amtrak is a registered service mark of the National Railroad Passenger Corporation. National Railroad Passenger Corporation, One Massachusetts Ave. N.W., Washington, DC 20001. NRPC Form W6-Internet only—11/11/19. Schedules subject to change without notice.
## Virginia Service - Southbound

*Effective November 11, 2019*

**Serving:** Boston - New York - Washington DC - Charlottesville - Roanoke - Richmond - Newport News - Norfolk and intermediate stations

### Service/Train Name

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#### Normal Days of Operation

- Su
- Sa
- Su
- Mo-Fr
- Sa-Su
- Mo-Fr
- Daily
- Sa-Su
- Mo-Fr
- Daily

### Will Also Operate

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### Will Not Operate

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- Change trains at New York.
- Change trains at Washington, DC.
- All Amtrak services and stations are non-smoking.

See page 4 for Services. See page 9 for Route Map, Symbols Key, Connecting Local Services, Airport Connections and other amenities.

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**Northeast Regional** service within Virginia is funded in part through grants made available by the Commonwealth of Virginia.

Service between Greenfield, Springfield, and New Haven is financed primarily through funds made available by the Connecticut Department of Transportation and the Massachusetts Department of Transportation.
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#### Service adjustments during holiday periods:

Schedules may be modified during the Thanksgiving, Christmas and New Years holiday periods, and may be different than shown in this timetable. Please refer to Amtrak.com or the Amtrak app for up-to-date schedules during these periods.

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Service continues on page 6. No change of train required.

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### Service

- Coaches: Reservations required.
- Business class service available. Reservations required. For more information visit Amtrak.com/business-class.
- Sleeping cars. For more information, visit Amtrak.com/sleeping-accommodations.
- Flexible Dining service: Available exclusively for Sleeping Car passengers. For more information, visit Amtrak.com/flexdining.
- Cafe service. Table seating offering a variety of meals, snacks and beverages for sale. For more information, visit Amtrak.com/cafe.
- Amtrak Quiet Car.
- Checked baggage at select stations.
- Wi-Fi available.
- On Board Bicycle Racks: We offer a number of different services to transport your bike onboard on most routes. Each train has different equipment and loading procedures that dictate what service will be offered. Reservations are required and additional charges apply. Visit Amtrak.com/bikes for all the details before you book your trip.

#### Trails and Rails Program:

In cooperation with the National Park Service, volunteer rangers provide on board narratives between May and September on selected days over parts of some routes. Visit nps.gov/trailsandrails.

All Amtrak services and stations are non-smoking.

See page 9 for Route Map, Symbols Key, Connecting Local Services, Airport Connections and other amenities.

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### Links for Detailed Service Information

- Northeast Regional between Boston and Virginia Beach/Norfolk/Roanoke. Visit Amtrak.com/Northeast-Regional
- Silver Meteor, Silver Star and Palmetto between New York and Tampa/Miami. Visit Amtrak.com/Silver-Service-Palmetto
- Cardinal between New York and Chicago. Visit Amtrak.com/Cardinal
- Carolinian between New York and Charlotte. Visit Amtrak.com/Carolinian
- Crescent between New York and New Orleans. Visit Amtrak.com/Crescent

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### Shading Key

- Daytime train
- Overnight train
- Connecting train
- Thruway and connecting services

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**Northeast Regional**

- Northbound
- Southbound
- Thruway and connecting services
- Overnight train
- Connecting train
- Thruway and connecting services

**Service**

- Effective November 11, 2019
- Serving Norfolk - Newport News - Richmond - Roanoke - Charlottesville - Washington DC - New York - Boston and intermediate stations

Amtrak.com 1-800-USA-RAIL

Amtrak is a registered service mark of the National Railroad Passenger Corporation. National Railroad Passenger Corporation, One Massachusetts Ave. N.W., Washington, DC 20001. NRPC Form W6-Internet only—11/11/19. Schedules subject to change without notice.
### Virginia Service - Northbound

**Effective November 11, 2019**

Serving Norfolk, Newport News, Richmond, Roanoke, Charlottesville, Washington DC, New York, Boston, and intermediate stations.

<table>
<thead>
<tr>
<th>Service/Train Name</th>
<th>Silver Meteor</th>
<th>Northeast Regional</th>
<th>Northeast Regional</th>
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<td><strong>Train Number</strong></td>
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<td>86</td>
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<td><strong>Normal Days of Operation</strong></td>
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<td>Mo-Fr</td>
<td>SaSu</td>
<td>Mo-Fr</td>
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<tr>
<td><strong>Will Also Operate</strong></td>
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<td><strong>Will Not Operate</strong></td>
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<tr>
<td><strong>On Board Service</strong></td>
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<td><strong>Symbol</strong></td>
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</tr>
</tbody>
</table>

**WASHINGTON, DC**

- **Union Station**
  - **From** Dp 80 A 82 A 84 A
  - **To** Dp 10 A 12 A 14 A

**New Carrollton, MD**

- **From** Dp 84 A 86 A 88 A
  - **To** Dp 10 A 12 A 14 A

**BWI Marshall Airport, MD**

- **From** Dp 84 A 86 A 88 A
  - **To** Dp 10 A 12 A 14 A

**Baltimore, MD-Penn Station**

- **From** Dp 84 A 86 A 88 A
  - **To** Dp 10 A 12 A 14 A

**Aberdeen, MD**

- **From** Dp 84 A 86 A 88 A
  - **To** Dp 10 A 12 A 14 A

**Newark, DE**

- **From** Dp 84 A 86 A 88 A
  - **To** Dp 10 A 12 A 14 A

**Wilmington, DE**

- **From** Dp 84 A 86 A 88 A
  - **To** Dp 10 A 12 A 14 A

**PHILADELPHIA, PA**

- **From** Dp 84 A 86 A 88 A
  - **To** Dp 10 A 12 A 14 A

**Metropolitan Park, Center City Station**

- **From** Dp 96 A 98 A 100 A
  - **To** Dp 11 A 13 A 15 A

**Newark Liberty Intl. Air., NJ**

- **From** Dp 96 A 98 A 100 A
  - **To** Dp 11 A 13 A 15 A

**Bridgeport, CT**

- **From** Dp 100 A 102 A 104 A
  - **To** Dp 11 A 13 A 15 A

**New Haven, CT**

- **From** Dp 100 A 102 A 104 A
  - **To** Dp 11 A 13 A 15 A

**Norwalk, CT**

- **From** Dp 100 A 102 A 104 A
  - **To** Dp 11 A 13 A 15 A

**Stamford, CT**

- **From** Dp 100 A 102 A 104 A
  - **To** Dp 11 A 13 A 15 A

**Bronxville, NY**

- **From** Dp 100 A 102 A 104 A
  - **To** Dp 11 A 13 A 15 A

**Springfield, MA**

- **From** Dp 100 A 102 A 104 A
  - **To** Dp 11 A 13 A 15 A

**Holyoke, MA**

- **From** Dp 100 A 102 A 104 A
  - **To** Dp 11 A 13 A 15 A

**Northampton, MA**

- **From** Dp 100 A 102 A 104 A
  - **To** Dp 11 A 13 A 15 A

**Greenfield, MA**

- **From** Dp 100 A 102 A 104 A
  - **To** Dp 11 A 13 A 15 A

**Old Saybrook, CT**

- **From** Dp 100 A 102 A 104 A
  - **To** Dp 11 A 13 A 15 A

**New London, CT (Casino)**

- **From** Dp 100 A 102 A 104 A
  - **To** Dp 11 A 13 A 15 A

**Westerly, RI**

- **From** Dp 100 A 102 A 104 A
  - **To** Dp 11 A 13 A 15 A

**Kingston, RI**

- **From** Dp 100 A 102 A 104 A
  - **To** Dp 11 A 13 A 15 A

**Providence, RI**

- **From** Dp 100 A 102 A 104 A
  - **To** Dp 11 A 13 A 15 A

**Route 128, MA**

- **From** Dp 100 A 102 A 104 A
  - **To** Dp 11 A 13 A 15 A

**Boston, MA—Back Bay Station**

- **From** Dp 100 A 102 A 104 A
  - **To** Dp 11 A 13 A 15 A

**BOSTON, MA—South Station**

- **From** Dp 100 A 102 A 104 A
  - **To** Dp 11 A 13 A 15 A

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1. Seasonal summer connecting service offered by shuttle bus and Seastreak Ferry to Newport, RI, Martha’s Vineyard, MA, and Nantucket, MA. Through ticketing available on Amtrak.com.
2. Van/Car service available from Kingston, RI station to Newport, RI. Reservations required. Call (401) 295-1100 for information and reservations.
3. On Saturdays and Sundays, Train 20 arrives New York 1:48 p.m. All Amtrak services and stations are non-smoking.

**Northeast Regional** service within Virginia is funded in part through grants made available by the Commonwealth of Virginia.

Service between Greenfield, Springfield and New Haven is financed primarily through funds made available by the Connecticut Department of Transportation and the Massachusetts Department of Transportation.

**These timetables show all Amtrak through service to stations between Boston, MA, and Roanoke, Newport News and Norfolk, VA. Also see timetable Form W2 or Form W4 for complete Boston to New York and Washington DC schedules.**
### Service

Coaches: Reservations required.

Business class service available. Reservations required. For more information visit Amtrak.com/business-class.

Sleeping cars. For more information, visit Amtrak.com/sleeping-accommodations.

Flexible Dining service: Available exclusively for Sleeping Car passengers. For more information, visit Amtrak.com/flexdining.

Café service. Table seating offering a variety of meals, snacks and beverages for sale. For more information, visit Amtrak.com/cafe.

Amtrak Quiet Car.

Checkered baggage at select stations.

Wi-Fi available.

On Board Bicycle Racks: We offer a number of different services to transport your bike onboard on most routes. Each train has different equipment and loading procedures that dictate what service will be offered. Reservations are required and additional charges apply. Visit Amtrak.com/bikes for all the details before you book your trip.

Via Thruway connection at Washington, DC.

### Trails and Rails Program

In cooperation with the National Park Service, volunteer rangers provide on board narratives between May and September on selected days over parts of some routes. Visit nps.gov/trailsandrails.

All Amtrak services and stations are non-smoking.

See page 9 for Route Map, Symbols Key, Connecting Local Services, Airport Connectors and other amenities.

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**LINKS FOR DETAILED SERVICE INFORMATION**

Northeast Regional between Boston and Virginia Beach/Norfolk/Roanoke. Visit Amtrak.com/Northeast-Regional

Silver Meteor, Silver Star and Palmetto between New York and Tampa/Miami. Visit Amtrak.com/Silver-Service-Palmetto

Cardinal between New York and Chicago. Visit Amtrak.com/Cardinal

Carolinian between New York and Charlotte. Visit Amtrak.com/Carolinian

Crescent between New York and New Orleans. Visit Amtrak.com/Crescent

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### SCHEDULES EFFECTIVE 11/11/19

**Effective November 11, 2019**

**1-800-USA-RAIL**

**Shading Key**

Daytime train

Overnight train

Connecting train

Thruway and connecting services

**These Timetables show all Amtrak through service to stations between Boston, MA, and Roanoke, Newport News and Norfolk, VA. Also see timetable Form W2 or Form W4 for complete Boston to New York and Washington DC schedules.**

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<table>
<thead>
<tr>
<th>Service/Train Name</th>
<th>Northeast Regional</th>
<th>Northeast Regional</th>
<th>Northeast Regional</th>
<th>Northeast Regional</th>
<th>Silver Star</th>
<th>Carolinian</th>
<th>Cardinal</th>
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</tbody>
</table>

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**On Board Service**

- **Symbol:**
  - **R:** Regional
  - **B:** Northeast
  - **O:** Silver Star
  - **S:** Palmetto
  - **Y:** Carolinian
  - **Q:** Northeast
  - **A:** Silver Meteor
  - **P:** Silver Star
  - **L:** Palmetto
  - **D:** Northeast
  - **F:** Carolinian
  - **W:** Northeast

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National Railroad Passenger Corporation, One Massachusetts Ave. N.W., Washington, DC 20001. NRPC Form W6-Internet only—11/11/19. Schedules subject to change without notice.
**TRAIN 168/132**  
**Waverly, RI to Providence, RI**  
**On Saturdays, change at Washington, DC to Train 168; on Sundays, change at Washington, DC to Train 146, which arrives approximately 30 minutes later than the time shown at this station.**  
**All Amtrak services and stations are non-smoking.**

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### Service/Train Name

<table>
<thead>
<tr>
<th>Service/Train Name</th>
<th>Northeast Regional</th>
<th>Northeast Regional</th>
<th>Northeast Regional</th>
<th>Northeast Regional</th>
<th>Silver Star</th>
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<td>Su</td>
<td>Mo-Fr</td>
<td>SaSu</td>
<td>Daily</td>
<td>Daily</td>
<td>SuWeFr</td>
<td>Daily</td>
<td>Daily</td>
</tr>
</tbody>
</table>

### Will Also Operate

Service adjustments during holiday periods: Schedules may be modified during the Thanksgiving, Christmas and New Years holiday periods, and may be different than shown in this timetable. Please refer to Amtrak.com or the Amtrak app for up-to-date schedules during these periods.

### Will Not Operate

**VIRGINIA SERVICE**  
**WASHINGTON DC - NEW YORK - BOSTON**

**Shading Key**
- Daytime train
- Overnight train
- Connecting train

---

**SYMBOLS**

- **Ar**: Amtrak Regional
- **Dp**: Diner Plus
- **D**: Dining car
- **B**: Bar car
- **R**: Restroom
- **s**: Satellite phone
- **y**: Satellite TV
- **Q**: Quiet car
- **å**: ADA compliant

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**On Board Service**

- **Shading Key**
  - Daytime train
  - Overnight train
  - Connecting train

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**See page 7 for Services. See page 9 for Route Map, Symbols Key, Connecting Local Services, Airport Connections and other amenities.**

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**Department of Transportation.**

**National Railroad Passenger Corporation, One Massachusetts Ave. N.W., Washington, DC 20001. NRPC Form W6-Internet only–11/11/19. Schedules subject to change without notice.**
Washington DC schedules.

THESE TIMETABLES SHOW ALL AMTRAK THROUGH SERVICE TO STATIONS 9 Heights for the convenience of passengers traveling to/from Newark. Amtrak offers limited stops at North Philadelphia and Cornwells via free shuttle bus.

Convenient transfers between Amtrak station and airline terminals via SEPTA Airport Line trains.

Convenient transfers between Gray 30th Street station and airline terminals via AirTrain. Your Amtrak ticket, ticket receipt or eTicket travel document must be presented to the SEPTA conductor and remain visible while on board. For additional details, call SEPTA at (215) 580-7800.

Connecting Local Services

Boston
Massachusetts Bay Transportation Authority (commuter rail, subway, light rail & bus): (617) 222-3200 or (800) 392-6100; www.mbta.com

New Haven
Shore Line East (commuter rail): in Connecticut (800) ALL-RIDE; outside Connecticut (203) 777-RIDE; www.shorelineeast.com

Connecticut Transit (bus service): (203) 624-0151

New York
Metro-North Railroad: (800) 638-7646 or (212) 332-4900; www.mta.info

Long Island Rail Road (LIRR) (commuter rail): (718) 217-LIRR; www.mta.info

NJ TRANSIT (commuter rail & bus): (973) 275-5555; www.NJtransit.com

New York City Transit (subway & bus): (718) 330-1234; www.mta.info

Newark
NJ TRANSIT (commuter rail, subway & bus): (973) 275-5555; www.NJtransit.com

Port Authority Trans-Hudson Corporation (PATH) (subway): (800) 234-PATH; www.panynj.gov/path

Philadelphia
Southeastern Pennsylvania Transportation Authority (SEPTA) (commuter, light rail, subway & bus): (215) 580-7800; www.septa.org

Wilmington
DART First State (DART) (commuter rail & bus); 1-800-652-DART; www.DartFirstState.com

Baltimore
MARC (commuter rail): (800) 325-RAIL; www.mtamaryland.com

Maryland Transit Administration (MTA) (bus, light rail & subway): in the Baltimore metropolitan area: (800) 543-9809; other areas: (410) 539-5000; www.mta.maryland.com

Washington
MARC (commuter rail): (800) 325-RAIL; www.mtamaryland.com

Virginia Railway Express (commuter rail): (800) RIDE-VRE; www.vre.org

Metrorail & Metrobus (subway & bus): (202) 637-7000; www wmata.com

Amtrak 30th Street Station-Center City Rail Transfer

Amtrak tickets to and from Philadelphia are honored for a transfer between Gray 30th Street Station (Upper Level platforms) and either Suburban Station or Jefferson Station (Pennsylvania Convention Center) via the frequent commuter rail service operated by SEPTA. Your Amtrak ticket, ticket receipt or eTicket travel document must be presented to the SEPTA conductor and remain visible while on board. For additional details, call SEPTA at (215) 580-7800.

Carry-On Pet Program

A small cat or dog in a pet carrier may be carried aboard many Northeast Corridor trains. Reservations are required, and some restrictions apply. Visit Amtrak.com/pets for details.

Amtrak offers limited stops at North Philadelphia and Cornwells Heights for the convenience of passengers traveling to/from Newark and New York.

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