

Trains and Buses

Train Stations

Grand Central Terminal

Lexington Ave. at 43rd St
 800.metro.info or 212.532.4900
<http://grandcentralterminal.com/>
 (MetroNorth)

Penn Station

7th Ave. & 33rd St.
www.transitcenter.com/transitguide/hub_nyp.htm
 (Amtrak, LIRR, NJ Transit)

Train Services

Amtrak (at Penn Station)

800.872.7245
 Red Cap Service: 212.630.6401
<http://www.amtrak.com/>

Long Island Railroad

718.217.5477
 Penn Station
<http://www.mta.info/lirr/>

Metro North

212.532.4900 or 212.672.1290
 Grand Central Station
<http://www.mta.info/mnr/>

New Jersey Transit

800.772.2287
 Penn Station
<http://www.njtransit.com/>

PATH Trains (to New Jersey)

800.234.7284
<http://www.panynj.gov/path/>

Buses

Port Authority Bus Terminal

8th Ave. and 42nd St.
 800.221.9903 or 212.564.8484
<http://www.panynj.gov>

New Jersey Transit

973.491.7000
www.njtransit.com

Greyhound

800.231.2222
www.greyhound.com

Hampton Jitney

800.936.0440
 (to and from Long Island locations)
<http://www.hamptonjitney.com>

MTA Long Island Bus

516.228.4000
<http://www.mta.info/libus/>

Local NYC bus and subway

<http://www.mta.info/nycct/service/>

