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/nyct/service/