

| Ulster-Poughkeepsie LINK | | Effective May 12, 2014 | | | | | | | | | | | | | | | | | |
|--|--|--|------|------|-------|-------|-------|------------------|-------|-------|------|---------|------|------|-------|------|-------|-------|-------|
| | | Weekdays from Ulster via Poughkeepsie to Grand Central Terminal | | | | | | | | | | | | | | | | | |
| | | AM Peak | | | | | AM | | | | | PM | | | | | | | |
| Rosendale Park & Ride | | 5 20 | 6 00 | - | - | - | - | From Kingston | 9 30 | 11 30 | 1 35 | 3 00 | - | - | 4 35 | - | - | - | - |
| New Paltz/Route 32 Park & Ride | | 5 28 | 6 10 | 6 30 | - | 7 45 | 8 30 | | 9 38 | 11 38 | 1 43 | 3 07 | 3 45 | 4 15 | 4 45 | 5 50 | 6 45 | 7 45 | 9 00 |
| New Paltz - SUNY HAR Shelter | | - | - | - | - | - | - | | - | 11 43 | 1 48 | - | 3 53 | - | - | - | - | - | - |
| Rt. 299/Old New Paltz Rd. | | 5 38 | 6 18 | 6 38 | - | 7 53 | 8 38 | | 9 46 | 11 51 | 1 56 | 3 15 | 4 00 | 4 23 | 4 52 | 5 58 | 6 53 | 7 53 | 9 08 |
| Highland/Route 299 & 9W | | 5 45 | 6 25 | 6 45 | c7 30 | 8 03 | 8 45 | 9 15 | 9 50 | 12 00 | 2 05 | 3 30 | 4 10 | 4 30 | 5 05 | 6 05 | 7 00 | 8 00 | 9 15 |
| Woodside Place | | - | - | - | - | 8 06 | - | - | - | - | 3 31 | - | 4 31 | - | - | - | - | - | |
| Milton & Vineyard | | - | - | - | 7 33 | 8 07 | 8 48 | - | 9 53 | - | 2 08 | 3 32 | - | 4 32 | - | - | - | - | |
| Haviland/Tilson & Rt. 9W | | 5 48 | 6 28 | 6 48 | 7 35 | 8 08 | 8 50 | 9 20 | 9 55 | 12 03 | 2 10 | 3 35 | 4 13 | 4 35 | 5 08 | 6 08 | 7 03 | 8 03 | 9 18 |
| Bridgeview Plaza | | - | - | - | - | - | - | - | - | 12 06 | - | - | - | - | - | - | - | - | |
| Poughkeepsie Station | | 6 00 | 6 40 | 7 00 | 7 45 | 8 30 | 9 00 | 9 30 | 10 15 | 12 15 | 2 20 | 3 45 | 4 25 | 4 50 | 5 20 | 6 20 | 7 20 | 8 15 | 9 30 |
| Poughkeepsie Main & Market | | x | x | x | x | x | x | - | x | x | - | x | - | x | x | x | x | x | |
| Poughkeepsie Station | | 6 14 | 6 47 | 7 09 | 8 02 | 8 59 | 9 54 | 10 54 | 12 54 | 2 54 | 3 54 | 4 37 | 4 54 | 5 39 | 6 56 | 7 54 | 8 54 | 9 54 | |
| Grand Central Terminal | | 7 47 | 8 31 | 8 52 | 9 43 | 10 42 | 11 41 | 12 41 | 2 41 | 4 41 | 5 42 | 6 15 | 6 42 | 7 14 | 8 42 | 9 42 | 10 42 | 11 42 | |
| x Poughkeepsie Main Street & Market Customers: Buses will stop at Main & Market after stopping at Poughkeepsie Station. | | | | | | | | | | | | | | | | | | | |
| c Bus change required. | | Yellow times= new train schedule Red times= new bus schedule | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | |
| | | Weekdays from Grand Central via Poughkeepsie to Ulster | | | | | | | | | | | | | | | | | |
| | | AM Peak | | | | | | | | | | PM Peak | | | | | | | |
| Grand Central Terminal | | - | - | - | - | 6 43 | 7 38 | 8 46 | 10 43 | 12 43 | 1 43 | 2 43 | 3 18 | 4 14 | 5 08 | 5 53 | 6 15 | 7 53 | |
| Poughkeepsie Station | | - | - | - | - | 8 36 | 9 31 | 10 36 | 12 33 | 2 33 | 3 33 | 4 33 | 5 05 | 6 01 | 6 45 | 7 38 | 8 04 | 9 39 | |
| Poughkeepsie Station | | 6 00 | 7 00 | 7 15 | 7 45 | 8 40 | 9 40 | 9 40 | 10 45 | 12 45 | 2 40 | 3 45 | 4 45 | 5 20 | 6:05 | 6:50 | 7:43 | 8 30 | 9 40 |
| Poughkeepsie Main & Market | | 6 03 | 7 03 | 7 18 | 7 48 | 8 42 | 9 43 | - | 10 48 | 12 48 | 2 43 | 3 48 | 4 48 | 5 23 | 6:08 | 6:53 | 7:45 | 8 33 | 9 43 |
| Bridgeview Plaza | | - | - | - | - | - | - | - | - | 2 53 | - | - | - | - | - | - | - | - | |
| Haviland/Tilson & Rt. 9W | | 6 13 | 7 13 | 7 28 | 7 54 | 8 55 | 9 55 | - | 10 58 | 12 58 | 2 55 | 3 58 | 4 57 | 5 32 | 6:17 | 7:02 | 7:54 | 8 41 | 9 48 |
| Milton & Vineyard | | - | - | - | 7 55 | 8 57 | 9 57 | - | 10 59 | - | - | 3 59 | 4 58 | - | 6:18 | - | - | 8 42 | - |
| Highland/Route 299 & 9W | | - | 7 15 | 7 30 | 8 00 | 9 00 | 10 00 | 9 55 | 11 00 | 1 00 | 3 00 | 4 00 | 5 00 | 5 35 | 6:20 | 7:05 | 7:57 | 8 45 | 9 50 |
| Rt. 299/Old New Paltz Rd. | | 6 22 | - | 7 35 | 8 05 | 9 05 | 10 05 | To Kingston | 11 05 | 1 05 | 3 05 | 4 05 | 5 05 | 5 40 | 6:25 | 7:10 | 8:02 | 8 50 | 9 55 |
| New Paltz - SUNY HAR Shelter | | - | - | - | - | - | - | | - | 1 12 | - | - | 5 10 | - | - | - | - | - | - |
| New Paltz/Route 32 Park & Ride | | 6 30 | - | 7 45 | 8 15 | 9 20 | 10 15 | | 11 15 | 1 20 | 3 15 | 4 15 | 5 15 | 5 50 | c6 35 | 7:20 | 8:12 | 9 00 | 10 05 |
| Rosendale Park & Ride | | - | - | - | - | 9 30 | 10 30 | | 11 30 | 1 35 | - | - | 5 30 | - | - | - | - | 8 20 | - |
| c Bus change required. | | | | | | | | | | | | | | | | | | | |
| Buses will wait at Poughkeepsie for the train in the event of a train delay on the two final trips on weekdays and the final trip on weekends. | | | | | | | | | | | | | | | | | | | |