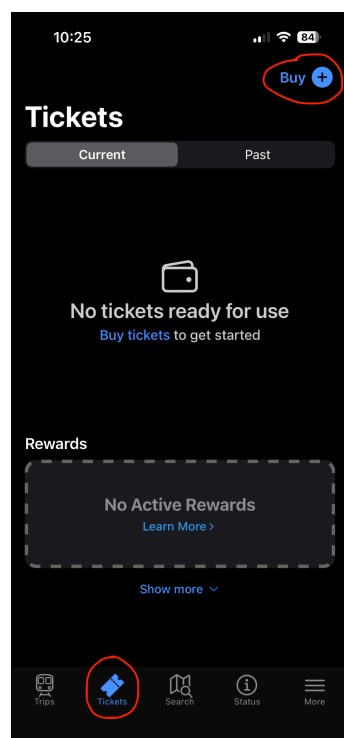


You can check train routes and buy tickets for the train(s) between New York and New Haven using the TrainTime MTA app (it might be listed as "MTA TrainTime" or just "TrainTime"):

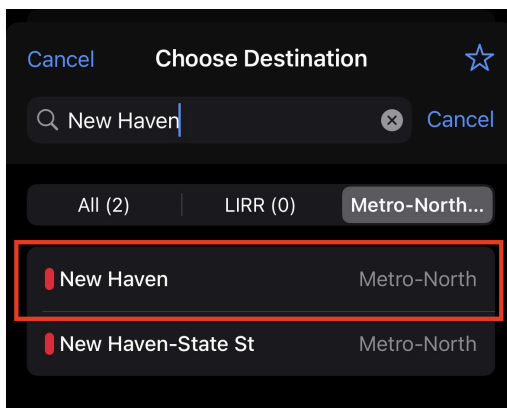
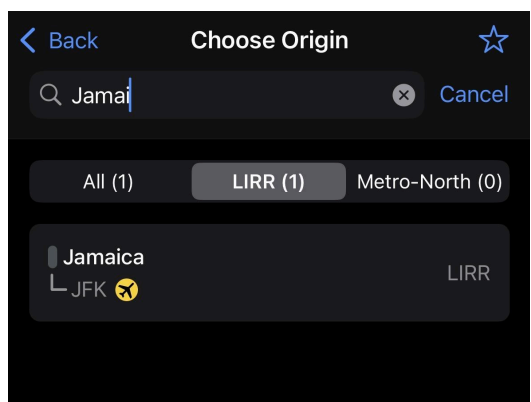


- Please note that you must buy tickets on the app on the day you'll be riding the train as they are only valid until 4:00 AM the next morning.
- When you buy train tickets, you'll need to select either "peak" or "off-peak." **Peak:** weekday (Monday-Friday) trains that arrive at New York City terminals between 6-10:00 AM, depart from NYC terminals between 4-8:00 PM, and those that leave Grand Central Station on weekdays between 6-9:00 AM. All other times are off-peak
- The Long Island Rail Road (LIRR) is the train line you will take between Jamaica Station and Grand Central. The Metro-North is the train that goes between Grand Central and New Haven (you want the station that's just listed as "New Haven" or "Union Station New Haven"). **Off-peak:** all other times.



Buying tickets in the app

- Click the "Tickets" symbol at the bottom, and then the blue + that says "Buy" in the top right
- This will take you to a screen that says "Select Tickets" at the top, where you can set your departure and arrival stations, and then purchase a ticket (one way, peak or off-peak depending on the day/time as detailed above).
- Select "LIRR" to go between Jamaica and Grand Central, and "Metro-North" to go from Grand Central or Harlem-125 to New Haven
- When you get on the train, click your ticket and select "Activate." When a conductor comes by your seat, show them your ticket and they will put a paper punch slip in the pocket on the back of the seat in front of you. You don't have to do anything with it, just leave it be and at some point a conductor will come and take it away.
- New Haven is the very last train stop so you can't miss it!
- The screenshots below show how to find Jamaica in the app and which New Haven station to select. Don't let this mislead you, there's no train that goes direct from Jamaica station to New Haven.



JFK to New Haven

Quick summary: take the AirTrain from JFK to Jamaica Station, then the LIRR from Jamaica to Grand Central Station, then the Metro-North from Grand Central to Union Station in New Haven.

- Once you arrive at JFK and get your luggage, follow the signs to the **AirTrain** (if you don't see anything that says "AirTrain" specifically, head towards ground transportation)
 - The fare for a single ride on the AirTrain is \$8.75. There'll be a place to pay (I believe by some turnstiles) either when you get on or off the AirTrain. You can use any form of contactless payment (credit/debit card, Apple pay, etc.). There should also be vending machines where you can purchase an "OMNY" card to pay the fare if you don't have a form of contactless payment.
- Get off the AirTrain at **Jamaica station**. At Jamaica, you will take the **Long Island Rail Road (LIRR)** to **Grand Central Station**. Use the app to buy a ticket, see what time the train will arrive, and check which platform to go to.
- Once you arrive at Grand Central, you will have to find your way through the non-Euclidean maze that is the LIRR area of Grand Central terminal. If there's a crowd of people moving in one direction, follow them. Sometimes there are signs, sometimes you just have to start walking and hope for the best. You're looking for the **main concourse**.
- From Grand Central you will take a Metro-North train to New Haven. Use the app to buy a ticket and find the train time/track number.
- I would recommend you try to avoid using the restroom at Grand Central if you can help it. Especially if you use the men's room. If you must, stay strong and don't wear your favorite shoes. You can find bathrooms in the dining concourse that's just below the main concourse. I always have to circle the perimeter at least twice before the bathrooms spontaneously reveal themselves to me, but hopefully you won't have to use them.
- The ride to New Haven is typically around 2 hours.

LGA to New Haven

Quick summary: take the M60-SBS bus from LGA to E 125 St & Park Ave, then the Metro-North train from Harlem-125 St station to New Haven.



- If you fly into LaGuardia, I recommend you download the NYC Transit app as you will need to take a bus to the train station (you can also take an Uber/Lyft but the bus is much cheaper). The bus fare is \$3 and can be paid with cash, card, or contactless payment (or a MetroCard/OMNY if you're feeling especially local)
- At LGA, follow the signs to ground transportation and then to the bus pick-up (there should be many signs, there are also usually lots of employees in official vests that can point you in the right direction if needed).

- Take the **M60-SBS** (might be referred to as just "M60" on signage) bus to **E 125 St & Park Ave**. The bus will probably have a screen showing upcoming stops; this stop comes after E 125 St & Lexington Av. You can pull the (yellow?) string or hit a red "stop" button after the Lexington stop to request the bus stops at Park Ave. The bus will more likely than not be crowded, and if you're standing be sure to grab a handle because New York drivers tend to sacrifice a smooth ride for speed and efficiency. If you are prone to motion sickness maybe take a dramamine tablet. The ride takes around 30-40 minutes.



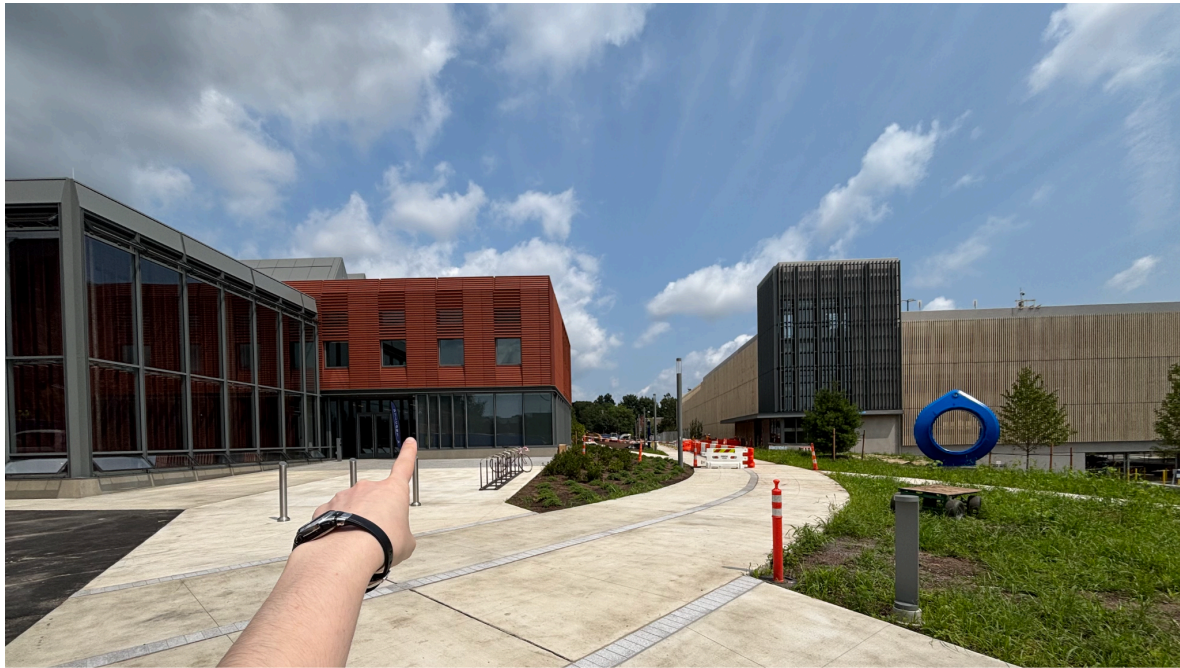
- The bus stop is right next to the train station. Enter the **Harlem-125 St** train station by making like a troll and going under the bridge.
- The train station technically has bathrooms but they're normally kept locked. There may or may not be an employee (look for someone with a vest or shirt that says "MTA") who you can ask for the key. There are also bathrooms on the train.
- Use the MTA TrainTime app to purchase a ticket for the Metro-North from **Harlem-125** to **New Haven**. When you get on the train, remember to activate your ticket.
- Now it's easy sailing (or, riding, I guess) to New Haven!

New Haven Union Station to your lodging

- Honestly just get an Uber or Lyft, it shouldn't be that expensive and will be the easiest. There are typically taxis that line up outside the train station as well.
- There is also apparently a bus:
<https://transitapp.com/en/region/connecticut/cttransit-new-haven/bus-uss>

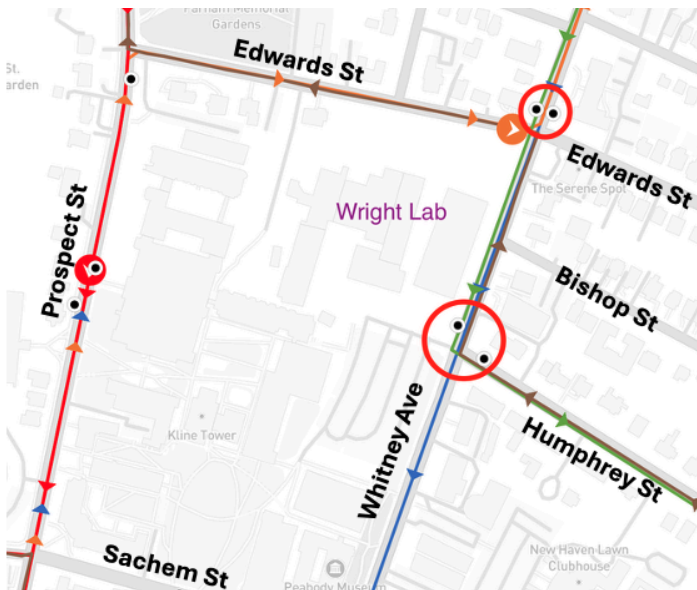
Getting to Wright Lab

- You can probably find us just by following the sounds of construction
- Google Maps has the correct location for Wright Lab but the street view and satellite are very out of date. Luckily your friendly guide is here to show you which building we'll be in:



- You can check out the Yale Shuttle (<https://your.yale.edu/campus-essentials/getting-around-campus/using-the-shuttle>) which is free to use. The Whitney/Humphrey (S) stop on the Blue route, Humphrey/Whitney stop on the Brown Connector, and Whitney/Edwards (N) on the Orange weekday route are all the closest to Wright Lab (screenshot taken from the "downtownerapp" website):

<https://yale.downtownerapp.com/routes>



- Otherwise there's always Uber, Lyft, and good old fashioned walking. Or, just yell at us on Mattermost and someone will probably be able to help you get where you need to go.

New Haven to JFK/LGA

- For your return trip, just take all the steps you took to get to New Haven in reverse. The stops and stations are all the same except for one if you're going to LaGuardia:
- On the return trip to LaGuardia, get off the Metro-North train at the Harlem-125 St stop (one stop before Grand Central). Then go to the bus stop for the M60-SBS, which is across the street from the bus stop you got off at when you arrived:



- In this screenshot, the bus stop you'll take to get to LGA is on the left side of the road with the fun painted mural where the red arrows are pointing, roughly 1 block from the train station. You can't miss it, there are ticket kiosks and a shelter with a bench. There's a Dunkin' Donuts and Baskin Robbins directly across the street. The screenshot is looking out from the bridge under the train station, with the bus stop you got off at when you arrived on the right.

PSA

- This is the spotted lanternfly. It's completely harmless to humans but extremely invasive, and they are absolutely everywhere in Connecticut. You may find a sidewalk littered with their corpses as we are encouraged to kill them on sight. The adults (left, middle) are a few centimeters long and the babies (right) are smaller. Obliterate them.

