

Monday to Friday

Inbound to Boston

ZONE	STATION	TRAIN #	AM							PM						
			040	042	044	046	048	050	052	054	056	058	060	062	064	
8	Kingston	Ⓜ	5:30	6:30	7:30	8:35	9:50	11:05	12:20	1:35	2:50	4:10	6:17	8:13	10:13	
7	Halifax	Ⓜ	5:39	6:39	7:39	8:44	9:59	11:14	12:29	1:44	2:59	4:20	6:29	8:22	10:22	
6	Hanson	Ⓜ	5:44	6:44	7:44	8:49	10:04	11:19	12:34	1:49	3:04	4:26	6:34	8:27	10:27	
5	Whitman	Ⓜ	5:50	6:50	7:50	8:55	10:14	11:29	12:44	1:59	3:14	4:32	6:39	8:32	10:32	
4	Abington	Ⓜ	5:54	6:54	7:54	8:59	10:18	11:33	12:48	2:03	3:18	4:36	6:43	8:36	10:36	
3	South Weymouth	Ⓜ	5:59	6:59	7:59	9:04	10:23	11:38	12:53	2:08	3:23	4:41	6:48	8:41	10:41	
2	Braintree	Ⓜ	L 6:07	L 7:07	L 8:07	L 9:12	L 10:30	L 11:45	L 1:00	L 2:15	L 3:30	L 4:55	L 7:00	L 8:49	10:49	
1	Quincy Center	Ⓜ	L 6:12	L 7:12	L 8:12	L 9:17	L 10:35	L 11:50	L 1:05	L 2:20	L 3:35	L 5:00	L 7:05	L 8:54	-	
1A	JFK/UMASS	Ⓜ	L 6:21	L 7:21	L 8:21	L 9:26	L 10:44	L 11:59	L 1:14	L 2:29	L 3:49	L 5:09	L 7:14	L 9:03	-	
1A	South Station	Ⓜ	6:29	7:29	8:29	9:34	10:52	12:07	1:22	2:37	3:57	5:17	7:21	9:11	-	

Monday to Friday

Outbound from Boston

ZONE	STATION	TRAIN #	AM							PM						
			041	043	045	047	049	051	053	055	057	059	061	063	Middleborough 031	065
1A	South Station	Ⓜ	6:07	8:33	9:35	10:50	12:05	1:20	2:35	3:37	4:37	5:30	6:42	8:50	10:55	Board Middleborough Train 031 and change trains at Braintree for a Kingston connection
1A	JFK/UMASS	Ⓜ	6:13	8:39	9:41	10:56	12:11	1:26	2:41	3:43	4:43	5:36	6:48	8:56	11:01	
1	Quincy Center	Ⓜ	6:21	8:47	9:49	11:04	12:19	1:34	2:49	3:51	4:51	5:44	6:56	9:04	11:09	
2	Braintree	Ⓜ	6:26	8:52	9:54	11:09	12:24	1:39	2:54	3:56	4:56	5:49	7:01	9:09	11:14 → 11:19	
3	South Weymouth	Ⓜ	6:32	8:58	10:00	11:15	12:30	1:45	3:00	4:02	5:02	5:55	7:07	9:15	-	11:25
4	Abington	Ⓜ	6:37	9:06	10:05	11:20	12:35	1:50	3:05	4:07	5:07	6:00	7:12	9:20	-	11:30
5	Whitman	Ⓜ	6:41	9:10	10:09	11:24	12:39	1:54	3:09	4:11	5:11	6:04	7:16	9:24	-	11:34
6	Hanson	Ⓜ	6:50	9:15	10:14	11:29	12:44	1:59	3:14	4:16	5:16	6:09	7:21	9:29	-	11:39
7	Halifax	Ⓜ	6:55	9:20	10:19	11:34	12:49	2:04	3:19	4:21	5:21	6:14	7:26	9:34	-	11:44
8	Kingston	Ⓜ	7:09	9:33	10:32	11:47	1:02	2:17	3:32	4:34	5:35	6:28	7:40	9:47	-	11:57

Keep in Mind:

This schedule will be effective from April 5, 2021 and will replace the schedule of January 23, 2021.

Holiday Service

For holiday service, please visit MBTA.com/holidays or pick up the dedicated holiday schedule at North Station, South Station or Back Bay three weeks prior to the holiday.

Masks are federally required on board and in station. Visit MBTA.com/covid19 for the latest updates

Times in blue with "L" indicate an early departure: The train may leave ahead of schedule at these stops.

Bikes: Bicycles are allowed on all trains.

Connect to a different train for continued service outbound.

High level platform and bridge plate available. Visit mbta.com/accessibility for more information.