

Rail Bus & Train Timetable

Tuesday 28 October 2025

Rail buses replace trains between Henderson and Swanson, and from late evening between Waitematā and Swanson.

Towards Waitematā City Centre

	STATION	Swanson	Rānui	Sturges Rd	Henderson Rail Bus	Henderson Train	Sunnyvale	Glen Eden	Fruitvale Rd	New Lynn	Avondale	Mt Albert	Baldwin Ave	Morningside	Kingsland	Grafton	Newmarket	Parnell	Waitemat
Swanson Swanson Station Stop 5975	RAIL	Swanson	Rānui Station	Swanson Rd/ Sturges Rd	Stop B Henderson		Sunnyvale	Glen Eden	Great North Rd/Fruitvale	Stop E New	Stop A	Mt Albert	Baldwin Ave	Morningside	Kingsland	Khyber Pass/	Stop E	Parnell	Stop A Queer
Rānui — ••• Rānui Station Stop 1628	BUS STOP	Station Stop 5975	Stop 1628	Station Stop 5881	Station Stop 5860	_	Station Stop 1630	Station Stop 5429	Rd Stop 5803	Lynn Stop 5914	Avondale Stop 8149	Station Stop 8233	Station Stop 8867	Station Stop 8217	Station Stop 8211	Stop 7176	Newmarket Stop 7401	Shops Stop 7187	Arcade Stop 7016
urges Rd - ··O Swanson Rd/Sturges Rd Station	RBW/TRAIN TRAIN	04:40 05:20	04:46 05:23	04:53 05:26	04:58	05:08 05:28	05:11 05:31	05:14 05:34	05:17 05:37	05:20 05:40	05:24 05:44	05:27 05:47	05:30 05:50	05:33 05:53	05:35 05:55	05:40 06:00	05:48 06:08	05:51 06:11	05:56 06:16
Stop 5881 enderson Stop B Henderson Station	RBW/TRAIN TRAIN	05:23 06:00	05:29 06:03	05:36 06:06	05:41	05:48 06:08	05:51 06:11	05:54 06:14	05:57 06:17	06:00 06:20	06:04 06:24	06:07 06:27	06:10 06:30	06:13 06:33	06:15 06:35	06:20 06:40	06:28 06:48	06:31 06:51	06:36 06:56
Innyvale Sunnyvale Station	TRAIN RBW/TRAIN	06:03	06:09	06:16	06:21	06:28	- 06:31	- 06:34	06:37	06:30 06:40	06:34 06:44	06:37 06:47	06:40 06:50	06:43 06:53	06:45 06:55	06:50 07:00	06:58 07:08	07:01 07:11	07:06 07:16
Stop 1630	TRAIN	- Running	at the foll	- owina mir	nutes pas	- t each hou	r betweer	- n 06:40 an	- d 08:40	06:50	06:54	06:57	07:00	07:03	07:05	07:10	07:18	07:21	07:26
len Eden - · · · Glen Eden Station Stop 5429	TRAIN TRAIN	:40	:43	:46	-	:48	:51	:54	:57	:00 :10	:04 :14	:07 :17	:10 :20	:13 :23	:15 :25	:20 :30	:28 :38	:31 :41	:36 :46
itvale Rd	RBW/TRAIN TRAIN	:43	:49	:56	:01	:08	:11	:14	:17	:20 :30	:24 :34	:27 :37	:30 :40	:33 :43	:35 :45	:40 :50	:48 :58	:51 :01	:56 :06
lew Lynn Stop E New Lynn Stop 5914	RBW/TRAIN TRAIN	:00	:06	:13	:18	:28	:31	:34	:37	:40 :50	:44 :54	:47 :57	:50 :00	:53 :03	:55 :05	:00 :10	:08 :18	:11 :21	:16 :26
Avondale Stop A Avondale Stop 8149	RBW/TRAIN	Then at t	he followi :49	ng minute :56	es past ea :01	ch hour fr :08	om 08:43 :11	until 14:00 :14	:17	:20	:24	:27	:30	:33	:35	:40	:48	:51	:56
Mt Albert - Mt Albert Station Stop 8233	RBW/TRAIN TRAIN	:00 :40	:06 :43	:13 :46	:18	:28 :48	:31 :51	:34 :54	:37 :57	:40 :00	:44 :04	:47 :07	:50 :10	:53 :13	:55 :15	:00 :20	:08 :28	:11 :31	:16 :36
		Then at t	he followi		es past ea	ch hour fr									4=			=-	
dwin Ave — Baldwin Ave Station Stop 8867	TRAIN TRAIN	:40	:43	:46	-	:48	:51	:54	:57 -	:00 :11	:04	:07	:10	:13	:15	:20 :30	:28 :38	:31 :41	:36 :46
rningside - ·· O Morningside Station Stop 8217	RBW/TRAIN TRAIN	:43	:49	:57	:03	:08	:11	:14	:17	:20 :31	:24	:27	:30	:33	:35	:40 :50	:48 :58	:51 :01	:56 :06
Kingsland - ·· Kingsland Station Stop 8211	RBW/TRAIN TRAIN	:00	:06	:14	:20	:28	:31	:34	:37	:40 :51	:44	:47 -	:50	:53 -	:55	:00 :10	:08 :18	:11 :21	:16 :26
			he followi		40.00	10.00	40.44	4044	4045	10.00	10.01	40.00	10 =0	40.77	40 ==	10.10	10.10	40.54	10 50
ngawhau - ·· O Station closed	RBW/TRAIN RBW/TRAIN	17:43 18:00	17:49 18:06	17:57 18:14	18:03 18:20	18:08 18:28	18:11 18:31	18:14 18:34	18:17 18:37	18:20 18:40	18:24 18:44	18:27 18:47	18:30 18:50	18:33 18:53	18:35 18:55	18:40 19:00	18:48 19:08	18:51 19:11	18:56 19:16
Grafton - Khyber Pass/Mountain Rd Stop 7176	TRAIN RBW/TRAIN	18:40 18:43	18:43 18:49	18:46 18:56	19:01	18:48 19:08	18:51 19:11	18:54 19:14	18:57 19:17	19:00 19:20	19:04 19:24	19:07 19:27	19:10 19:30	19:13 19:33	19:15 19:35	19:20 19:40	19:28 19:48	19:31 19:51	19:36 19:56
wmarket Stop E Newmarket Stop 7401	RBW/TRAIN TRAIN	19:00 19:50	19:06 19:53	19:13 19:56	19:18	19:28 19:58	19:31 20:01	19:34 20:04	19:37 20:07	19:40 20:10	19:44 20:14	19:47 20:17	19:50 20:20	19:53 20:23	19:55 20:25	20:00 20:30	20:08 20:38	20:11 20:41	20:16 20:46
Parnell - Parnell Shops	RBW/TRAIN RBW	20:00 20:20	20:06 20:25	20:13 20:31	20:18 20:36	20:28	20:31 20:42	20:34 20:49	20:37 20:56	20:40 21:02	20:44 21:08	20:47 21:12	20:50 21:16	20:53 21:20	20:55 21:22	21:00 21:33	21:08 21:39	21:11 21:46	21:16 21:53
Stop 7187 aitematā Stop A Britomart Queens Arcade	RBW RBW	20:50 21:20	20:55 21:25	21:01 21:31	21:06 21:36	-	21:12 21:42	21:19 21:49	21:26 21:56	21:32 22:02	21:38 22:08	21:42 22:12	21:46 22:16	21:50 22:20	21:52 22:22	22:03 22:33	22:09 22:39	22:16 22:46	22:23 22:53
Stop A Britomart Queens Arcade Stop 7016	RBW	21:50	21:55	22:01	22:06	-	22:12	22:19	22:26	22:32	22:38	22:42	22:46	22:50	22:52	23:03	23:09	23:16	23:23
	RBW	22:20	22:25 ail Bus West	22:31	22:36	-	22:42	22:49	22:56	23:02	23:08	23:12	23:16	23:20	23:22	23:33	23:39	23:46	23:53

Towards Swanson

			STATION	Waitematā	Parnell	Newmarket	Grafton	Kingsland	Morningside	Baldwin Ave	Mt Albert	Avondale	New Lynn	Fruitvale Rd	Glen Eden	Sunnyvale	Henderson Train	Henderson Rail Bus	Sturges Rd	Rānui	Swanson
Waitematā	ခာ ့ဝ	Customs St West Stop 7005		Customs St	Parnell	Stop E	Khyber Pass/	New North	Morningside	Asquith	Mt Albert	Stop B	Stop D	Great North	Glen Eden	Sunnyvale		Stop A	Swanson Rd/		Swanson
Parnell -	0	Parnell Shops Stop 7188	RAIL BUS STOP	West Stop 7005	Shops Stop 7188	Newmarket Stop 7401	Mountain Rd Stop 7175	Rd/Kingsland Station Stop 8210	Station Stop 8216	Avenue Stop 8872	Station Stop 8232	Avondale Stop 8146	New Lynn Stop 5912	Rd/Fruitvale Rd Stop 5822	Station Stop 5458	Station Stop 1632	_	Henderson Station Stop 5841	Sturges Rd Station Stop 5424	Rānui Station Stop 1617	Station Stop 5975
Newmarket	૱	Stop E Newmarket Stop 7401	TRAIN/RBW TRAIN	05:23 05:43	05:27 05:47	05:33 05:53	05:37 05:57	05:42 06:02	05:44 06:04	05:46 06:06	05:48 06:08	05:52 06:12	05:56 06:16	05:59 06:19	06:01 06:21	6:05 06:25	06:10 06:30	06:20	06:24 06:32	06:30 06:34	06:38 06:35
Grafton –	0	Khyber Pass/Mountain Rd Stop 7175	TRAIN/RBW TRAIN/RBW	06:03 06:23	06:07 06:27	06:13 06:33	06:17 06:37	06:22 06:42	06:24 06:44	06:26 06:46	06:28 06:48	06:32 06:52	06:36 06:56	06:39 06:59	06:41 07:01	06:45 07:05	06:50 07:10	07:00 07:20	07:04 07:25	07:10 07:32	07:19 07:40
Maungawhau 🗕 🕶	O	Station closed		Running a		_		each hou	ır between	06:33 an	d 09:13										
iadiigawiiad	I	3.0.0.0.0.0.0.0.0.0.0.0.0.0.0.0.0.0.0.0	TRAIN	:33	:37	:43	:47	-	-	-	-	-	:01	-	-	-	-	-	-	-	-
Kingsland -	0	New North Rd/Kingsland Station Stop 8210	TRAIN TRAIN	:43 :53	:47 :57	:53 :03	:57 :07	:02	:04	:06	:08	:12	:16 :21	:19	:21	:25	:30		:32	:34	:35
			TRAIN/RBW TRAIN	:03	:07	:13	:17	:22	:24	:26	:28	:32	:36	:39	:41	:45	:50	:00	:04	:10	:18
Morningside -	10	Morningside Station Stop 8216	TRAIN/RBW	:13 :23	:17 :27	:23	:27 :37	- :42	:44	:46	:48	:52	:41 :56	:59	:01	:05	:10	:20	:23	:30	:38
Baldwin Ave 🚽 😶	Ō	Asquith Avenue	TDAIN /DDW	Then at th		ing minute		ch hour fr				,E2		.50	۰01	.05	.10	.20	.24	.71	.70
		Stop 8872	TRAIN/RBW TRAIN	:23 :43	:27 :47	:33 :53	:37 :57	:42 :02	:44 :04	:46 :06	:48 :08	:52 :12	:56 :16	:59 :19	:01 :21	:05 :25	:10 :30	:20	:24 :32	:31 :34	:39 :35
Mt Albert -	•••	Mt Albert Station Stop 8232	TRAIN/RBW	:03 Then at th	:07 ne followi	:13 ing minute	:17 s nast ea	:22 ch hour fr	:24 om 14:33 u	:26 ntil 18:53	:28	:32	:36	:39	:41	:45	:50	:00	:04	:11	:19
Avandala		Cton D. Avandala	TRAIN	:33	:37	:43	:47	:52	:54	:56	:58	:02	:05	-	-	-	-	_	_	-	_
Avondale -	Ψ.Υ	Stop B Avondale Stop 8146	TRAIN	:43	:47	:53	:57	:02	:04	:06	:08	:12	:16	:19	:21	:25	:30	-	:32	:34	:35
May Lynn	3	Ctora D. Marridayara	TRAIN	:53	:57	:03	:07	:12	:14	:16	:18	:22	:25	-	-	-	-	-	-	-	-
New Lynn	૱ ः	Stop D New Lynn Stop 5912	TRAIN/RBW TRAIN	:03 :13	:07 :17	:13 :23	:17 :27	:22 :32	:24 :34	:26 :36	:28 :38	:32 :42	:36 :45	:39	:41	:45	:50	:00	:05	:14	:23
Fruitvale Rd -		Great North Rd/Fruitvale Rd	TRAIN/RBW	:23	:27	:33	:37	:42	:44	:46	:48	:52	:56	:59	:01	:05	:10	:20	:25	:33	:43
		Stop 5822		Then at th																	
Glen Eden -	0	Glen Eden Station Stop 5458	TRAIN/RBW TRAIN/RBW	19:03 19:23	19:07 19:27	19:13 19:33	19:17 19:37	19:22 19:42	19:24 19:44	19:26 19:46	19:28 19:48	19:32 19:52	19:36 19:56	19:39 19:59	19:41 20:01	19:45 20:05	19:50 20:10	20:00 20:20	20:05 20:25	20:12 20:32	20:18 20:38
Sunnyvale -	0	Sunnyvale Station	TRAIN TRAIN/RBW	19:43 20:03	19:47 20:07	19:53 20:13	19:57 20:17	20:02 20:22	20:04 20:24	20:06 20:26	20:08 20:28	20:12 20:32	20:16 20:36	20:19 20:39	20:21 20:41	20:25 20:45	20:30 20:50	21:00	20:32 21:05	20:34 21:12	20:35 21:18
		Stop 1632	TRAIN	20:23	20:27	20:33	20:37	20:42	20:44	20:46	20:48	20:52	20:56	20:59	21:01	21:05	21:10	-	21:12	21:14	21:15
Henderson	૱ ∙	Stop A Henderson Station Stop 5841	TRAIN/RBW RBW	20:43 21:13	20:47 21:20	20:53 21:27	20:57 21:30	21:02 21:36	21:04 21:38	21:06 21:42	21:08 21:46	21:12 21:50	21:16 21:56	21:19 22:02	21:21 22:06	21:25 22:13	21:30	21:40 22:19	21:45 22:24	21:51 22:28	21:56 22:33
Chura a Dal			RBW	21:43	21:50	21:57	22:00	22:06	22:08	22:12	22:16	22:20	22:26	22:32	22:36	22:43	-	00.40	22:54	22:58	23:03
Sturges Rd -	1	Swanson Rd/Sturges Rd Station Stop 5424	RBW	22:13	22:20	22:27	22:30	22:36	22:38	22:42	22:46	22:50	22:56	23:02	23:06	23:13	-	23:19	23:24	23:28	23:33
Rānui -	0	Rānui Station Stop 1617	RBW	22:43 RBW = F	22:50 Rail Bus V	22:57 Vestern Lir	23:00 ne	23:06	23:08	23:12	23:16	23:20	23:26	23:32	23:36	23:43	-	23:49	23:54	23:58	00:03

- Customers paying in cash must purchase train tickets at a train station before boarding rail buses.
- Some rail buses cannot accommodate mobility scooters, bicycles, or larger personal items.
- Please make yourself visible to the bus driver and signal the driver to stop.
- AT HOP customers must tag-on when boarding a train or rail bus and tag-off when leaving the station or bus.
- Your AT HOP fare for combined bus and train trips will be calculated based on the start and end of your journey.

 The journey can use up to five bus or train trips within four hours, with a maximum transfer time of 30 minutes between each trip.
- Terms of use of AT HOP cards are available at AT.govt.nz/ATHOP.



These symbols indicate the location of the Train Stations and the Train line which is running as scheduled.

Train service not operating These symbols indicate the section of the Train line which are not operating a service. Rail Buses service available.

Train service operating





*Public holidays. On public holidays a Sunday timetable operates. When Waitangi Day (6 Feb) or Anzac Day (25 April) fall on a Saturday, normal Saturday timetables run.

Disclaimer: Actual bus frequency may vary due to traffic, road conditions or other unplanned circumstances. This information is a true and accurate guide at the time of publication. However Auckland Transport and its operators reserve the right to change services without notice. All travel is subject to the respective Operator's Conditions of Carriage. For clarification on all issues it is

recommended you contact Auckland Transport.







