

Reduced Frequency

Monday 30 June, Monday 07 July & Thursday 10 July 2025

Trains will run at a reduced 20-minute frequency on the Eastern/Western line. Thank you for your patience as we get ready for City Rail Link.

Towards Waitematā (Britomart) City Centre

			•	
		STATION	Swanson	Rānı
Swanson	6	TRAIN	-	
Rānui	-	TRAIN	05:20	05:2
Cturas Dd		TRAIN	-	
Sturges Rd	1		Then at th	ie follo
Henderson	6	TRAIN	00	:0
Sunnyvale	J .	TRAIN	-	
Sumyvale		TRAIN	:20	:2
Glen Eden	-	TRAIN	-	
Fruitvale Rd		TRAIN	:40	:43
		TRAIN	-	
New Lynn	છ	TDAIN	Then at th	
Avondale	4	TRAIN TRAIN	:00 :20	:03
NAI A II		TRAIN	:40	:4:
Mt Albert	1	HVAIIV	Then at th	
Baldwin Ave		TRAIN	-	10110
Morningsido		TRAIN	:00	:0:
Morningside		TRAIN	-	
Kingsland	-	TRAIN	:20	:2:
Maungawhau		TRAIN	-	
Madiigawiida		TRAIN	:40	:43
Grafton	┫.		Then at th	e follo
Newmarket	Ġ	TRAIN	:20	:2:
	Y	TRAIN	:40	:43
Parnell	1	TRAIN	:00	:0
Waitematā	6	TDAIN	Then at th	
(Britomart)		TRAIN	20:20	20:2
		TRAIN	20:50	20:5
		TRAIN	21:20	21:2

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STATION	Swanson	Rānui	Sturges Rd	Henderson	Sunnyvale	Glen Eden	Fruitvale Rd	New Lynn	Avondale	Mt Albert	Baldwin Ave	Morningside	Kingsland	Mt Eden	Grafton	Newmarket	Parnell	Waitematā (Britomart)
TRAIN	-	-	-	05:08	05:11	05:14	05:17	05:20	05:24	05:27	05:30	05:33	05:35	-	05:40	05:48	05:51	05:56
TRAIN	05:20	05:23	05:26	05:28	05:31	05:34	05:37	05:40	05:44	05:47	05:50	05:53	05:55	-	06:00	06:08	06:11	06:16
TRAIN	-	-	-	05:48	05:51	05:54	05:57	06:00	06:04	06:07	06:10	06:13	06:15	-	06:20	06:28	06:31	06:36
	Then at th	ne followir	ng minutes	past each l	nour from (06:00 until	09:10											
TRAIN	00	:03	:06	:08	:11	:14	:17	:20	:24	:27	:30	:33	:35	-	:40	:48	:51	:56
TRAIN	-	-	-	-	-	-	-	:30	:34	:37	:40	:43	:45	-	:50	:58	:01	:06
TRAIN	:20	:23	:26	:28	:31	:34	:37	:40	:44	:47	:50	:53	:55	-	:00	:08	:11	:16
TRAIN	-	-	-	-	-	-	-	:50	:54	:57	:00	:03	:05	-	:10	:18	:21	:26
TRAIN	:40	:43	:46	:48	:51	:54	:57	:00	:04	:07	:10	:13	:15	-	:20	:28	:31	:36
TRAIN	-	-	-	-	-	-	-	:10	:14	:18	:20	:23	:25	-	:30	:38	:41	:46
	Then at th	ne followir	ng minutes	past each l	nour from (09:00 until	14:40											
TRAIN	:00	:03	:06	:08	:11	:14	:17	:20	:24	:27	:30	:33	:35	-	:40	:48	:51	:56
TRAIN	:20	:23	:26	:28	:31	:34	:37	:40	:44	:47	:50	:53	:55	-	:00	:08	:11	:16
TRAIN	:40	:43	:46	:48	:51	:54	:57	:00	:04	:07	:10	:13	:15	-	:20	:28	:31	:36
	Then at th	ne followir	ng minutes	past each h	nour from 1	5:00 until	18:11											
TRAIN	-	-	-	-	-	-	-	:11	-	-	-	-	-	-	-	:38	:41	:46
TRAIN	:00	:03	:06	:08	:11	:14	:17	:20	:24	:27	:30	:33	:35	-	:40	:48	:51	:56
TRAIN	-	-	-	-	-	-	-	:31	-	-	-	-	-	-	-	:58	:01	:06
TRAIN	:20	:23	:26	:28	:31	:34	:37	:40	:44	:47	:50	:53	:55	-	:00	:08	:11	:16
TRAIN	-	-	-	-	-	-	-	:51	-	-	-	-	-	-	-	:18	:21	:26
TRAIN	:40	:43	:46	:48	:51	:54	:57	:00	:04	:07	:10	:13	:15	-	:20	:28	:31	:36
	Then at th	e followin	ng minutes į	past each h	nour from 1	8:20 until 2	20:00											
TRAIN	:20	:23	:26	:28	:31	:34	:37	:40	:44	:47	:50	:53	:55	-	:00	:08	:11	:16
TRAIN	:40	:43	:46	:48	:51	:54	:57	:00	:04	:07	:10	:13	:15	-	:20	:28	:31	:36
TRAIN	:00	:03	:06	:08	:11	:14	:17	:20	:24	:27	:30	:33	:35	-	:40	:48	:51	:56
Then at the following times																		
TRAIN	20:20	20:23	20:26	20:28	20:31	20:34	20:37	20:40	20:44	20:47	20:50	20:53	20:55	-	21:00	21:08	21:11	21:16
TRAIN	20:50	20:53	20:56	20:58	21:01	21:04	21:07	21:10	21:14	21:17	21:20	21:23	21:25	-	21:30	21:38	21:41	21:46
TRAIN	21:20	21:23	21:26	21:28	21:31	21:34	21:37	21:40	21:44	21:47	21:50	21:53	21:55	-	22:00	22:08	22:11	22:16
TRAIN	21:50	21:53	21:56	21:58	22:01	22:04	22:07	22:10	22:14	22:17	22:20	22:23	22:25	-	22:30	22:38	22:41	22:46
TRAIN	22:20	22:23	22:26	22:28	22:31	22:34	22:37	22:40	22:44	22:47	22:50	22:53	22:55	-	23:00	23:08	23:11	23:16

Towards Swanson

	STATION	Waitematā (Britomart)	Parnell	Newmarket	Grafton	Mt Eden	Kingsland	Morningside	Baldwin Ave	Mt Albert	Avondale	New Lynn	Fruitvale Rd	Glen Eden	Sunnyvale	Henderson	Sturges Rd	Rānui	Swanson
Waitematā (Britomart)	TRAIN	05:23	05:27	05:33	05:37	-	05:42	05:44	05:46	05:48	05:52	05:56	05:59	06:01	06:07	06:11	06:14	06:16	06:19
(Biitoillait)	TRAIN	05:43	05:47	05:53	05:57	-	06:02	06:04	06:06	06:08	06:12	06:16	06:19	06:21	06:27	06:31	06:34	06:36	06:39
Parnell –	TRAIN	06:03	06:07	06:13	06:17	-	06:22	06:24	06:26	06:28	06:32	06:36	06:39	06:41	06:47	06:51	06:54	06:56	06:59
Newmarket 🕝		Then at the	ne followi	ng minutes p	oast each	hour from	06:23 unti	il 09:13											
Newmarket 😝	TRAIN	:23	:27	:33	:37	-	:42	:44	:46	:48	:52	:56	:59	:01	:07	:11	:14	:16	:19
Grafton -	TRAIN	:33	:37	:43	:47	-	-	-	-	-	-	:02	-	-	-	-	-	-	-
Mauranauhau	TRAIN	:43	:47	:53	:57	-	:02	:04	:06	:08	:12	:16	:19	:21	:27	:31	:34	:36	:39
Maungawhau —	TRAIN	:53	:57	:03	:07	-	-	-	-	-	-	:22	-	-	-	-	-	-	-
Kingsland –	TRAIN	:03	:07	:13	:17	-	:22	:24	:26	:28	:32	:36	:39	:41	:47	:51	:54	:56	:59
	TRAIN	:13	:17	:23	:27	-	-	-	-	-	-	:42	-	-	-	-	-	-	-
Morningside -			ne followi	ng minutes p	oast each	hour from	09:23 unti												
Baldwin Ave	TRAIN	:23	:27	:33	:37	-	:42	:44	:46	:48	:52	:56	:59	:01	:07	:11	:14	:16	:19
	TRAIN	:43	:47	:53	:57	-	:02	:04	:06	:08	:12	:16	:19	:21	:27	:31	:34	:36	:39
Mt Albert -	TRAIN	:03	:07	:13	:17	-	:22	:24	:26	:28	:32	:36	:39	:41	:47	:51	:54	:56	:59
Avondale -				ng minutes p		hour from													
7 trondus	TRAIN	:23	:27	:33	:37	-	:42	:44	:46	:48	:52	:56	:59	:01	:07	:11	:14	:16	:19
New Lynn	TRAIN	:33	:37	:43	:47	-	:52	:54	:56	:58	:02	:05	-	-	-	-	-	-	-
Fruitvale Rd	TRAIN	:43	:47	:53	:57	-	:02	:04	:06	:08	:12	:16	:19	:21	:27	:31	:34	:36	:39
Traitvale Rd	TRAIN	:53	:57	:03	:07	-	:12	:14	:16	:18	:22	:25	70	. 11	47	.51	-	.FG	-
Glen Eden	TRAIN	:03	:07	:13	:17	-	:22	:24	:26	:28	:32	:36	:39	:41	:47	:51	:54	:56	:59
Sunnyvale -	TRAIN	:13 Then at th	:17	:23	:27	-	:32	:34	:36	:38	:42	:45	-	-	-	-	-	-	-
Samyvaic	TRAIN	19:23	19:27	19:33	19:37		19:42	19:44	19:46	19:48	19:52	19:56	19:59	20:01	20:07	20:11	20:14	20:16	20:19
Henderson 🕝	TRAIN	19:43	19:47	19:53	19:57		20:02	20:04	20:06	20:08	20:12	20:16	20:19	20:21	20:27	20:31	20:34	20:36	20:39
Sturges Dd	TRAIN	20:13	20:17	20:23	20:27		20:32	20:34	20:36	20:38	20:42	20:46	20:49	20:51	20:57	21:01	21:04	21:06	21:09
Sturges Rd	TRAIN	20:43	20:47	20:53	20:57		21:02	21:04	21:06	21:08	21:12	21:16	21:19	21:21	21:27	21:31	21:34	21:36	21:39
Rānui 🗕	TRAIN	21:13	21:17	21:23	21:27		21:32	21:34	21:36	21:38	21:42	21:46	21:49	21:51	21:57	22:01	22:04	22:06	22:09
Swansan 🕝	TRAIN	21:43	21:47	21:53	21:57		22:02	22:04	22:06	22:08	22:12	22:16	22:19	22:21	22:27	22:31	22:34	22:36	22:39
Swanson 😉	TRAIN	22:13	22:17	22:23	22:27		22:32	22:34	22:36	22:38	22:42	22:46	22:49	22:51	22:57	23:01	23:04	23:06	23:09
	TRAIN	22:43	22:47	22:53	22:57		23:02	23:04	23:06	23:08	23:12	23:16	23:19	23:21	23:27	23:31	23:34	23:36	23:39
	IRAIN	22:45	22:4/	22:55	22:5/		25:02	25:04	25:06	25:08	25:12	25:16	25:19	25:21	25:27	25:51	25:54	25:56	25:59

- 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.
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running as scheduled. Train service not operating Pedestrian Walkway Walking access. Usually short These symbols indicate the distance between different section of the Train line which Platforms or Bus Stops. are not operating a service. Rail Buses service available.

Train service operating

These symbols indicate the

and the Train line which is

Bus and Connecting Services Regular services indicated location of the Train Stations above connect you to local interchanges and key destinations.

Key Station or Connection Point This symbol indicates a location to connect to other bus and



*Public holidays. On public holidays a Sunday timetable operates. When Waitangi Day (6 Feb) or Anzac Day (25 April) fall on a Saturday, normal **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 Conditions of Carriage. For clarification on all issues it is

recommended you contact Auckland Transport







