

Bus Timetable

Effective as of November 28, 2018



New York City Transit

M7

Local Service



*Between
Harlem and
Chelsea*



If you think your bus operator deserves an Apple Award — our special recognition for service, courtesy and professionalism — call 511 and give us the badge or bus number.

Fares – MetroCard® is accepted for all MTA New York City trains (including Staten Island Railway - SIR), and, local, Limited-Stop and +SelectBusService buses (at MetroCard fare collection machines). Express buses only accept 7-Day Express Bus Plus MetroCard or Pay-Per-Ride MetroCard. All of our buses and +SelectBusService Coin Fare Collector machines accept exact fare in coins. Dollar bills, pennies, and half-dollar coins are not accepted.

Free Transfers – Unlimited Ride MetroCard permits free transfers to all but our express buses (between subway and local bus, local bus and local bus etc.) Pay-Per-Ride MetroCard allows one free transfer of equal or lesser value if you complete your transfer within two hours of the time you pay your full fare with the same MetroCard. If you pay your local bus fare with coins, ask for a free electronic paper transfer to use on another local bus.

Reduced-Fare Benefits – You are eligible for reduced-fare benefits if you are at least 65 years of age or have a qualifying disability. Benefits are available (except on peak-hour express buses) with proper identification, including Reduced-Fare MetroCard or Medicare card (*Medicaid cards do not qualify*).

Children – The subway, SIR, local, Limited-Stop, and +SelectBusService buses permit up to three children, 44 inches tall and under to ride free when accompanied by an adult paying full fare.

Terms and Conditions – Fares and MetroCard use are subject to applicable tariffs and conditions of use.

Holiday Service 2019

Weekday service operates on: Veterans Day.

Reduced weekday service operates on: Martin Luther King Day, Good Friday*, Columbus Day*, Day after Thanksgiving, Christmas Eve*, New Years Eve*.

Saturday service operates on: Presidents Day+, Independence Day.

Sunday service operates on: New Years Day, Memorial Day, Labor Day, Thanksgiving Day, Christmas Day

**Staten Island buses operate Weekday Service.*

+Staten Island buses operate enhanced Saturday Service.

Where applicable, posters on express buses will describe the express bus PM rush hour, "early departure" schedule for the day preceding this holiday or holiday weekend.

For More Information



**One MTA
One Number.**

Call 511 and just say MTA to get the information you need.

TTY/TDD users only711

Online: www.mta.info

**IF YOU SEE
SOMETHING,
SAY
SOMETHING.**

**Be suspicious
of anything
unattended.**

Tell a cop, an MTA employee or call
1-888-692-7233
(1-888-NYC-SAFE).

Filing a Title VI Complaint – MTA New York City Transit ("NYC Transit") is committed to providing non-discriminatory service to ensure that no person is excluded from participation in, or denied the benefits of, or subjected to discrimination in the receipt of its services on the basis of race, color or national origin as protected by Title VI of the Civil Rights Act of 1964 ("Title VI").

To request more information about Title VI or to submit a written complaint if you believe that you have been subjected to discrimination, you may contact NYC Transit's Office of Equal Employment Opportunity, 130 Livingston Street, 3rd Floor, Brooklyn, NY 11201.

In addition to your right to file a complaint with NYC Transit, you have the right to file a Title VI complaint with the U.S. Department of Transportation, Federal Transit Administration, Office of Civil Rights, Attention: Complaint Team, East Building 5th Floor – TCR, 1200 New Jersey Avenue SE, Washington, DC 20590.

Information in this timetable is subject to change without notice. Traffic conditions and weather can affect running time. This timetable was printed with environmentally friendly ink on recycled paper. TADA 18311

M7 WEEKDAY SERVICE

From Harlem to Chelsea

Harlem W 146 St/ M X Blvd	Uppr W Side W 116 St/ Douglass Blvd	Uppr W Side Columb Av/ W 80 St	Lincoln Ctr Bdwy/ W 64 St	Midtown 7 Av/ W 50 St	Penn Station 7 Av/ W 34 St	Chelsea 6 Av/ 18 St
12:30	12:42	12:53	12:56	1:03	1:10	1:14
1:40	1:50	1:59	2:03	2:09	2:13	2:17
2:40	2:50	2:59	3:03	3:09	3:13	3:17
3:40	3:50	3:59	4:03	4:09	4:13	4:17
4:30	4:40	4:52	4:55	5:01	5:06	5:11
5:00	5:10	5:22	5:25	5:31	5:36	5:41
5:20	5:30	5:43	5:47	5:53	5:58	6:03
5:40	5:53	6:06	6:10	6:16	6:21	6:26
5:50	6:03	6:16	6:20	6:26	6:31	6:37
5:58	6:11	6:24	6:28	6:34	6:40	6:46
6:05	6:18	6:31	6:36	6:43	6:49	6:55
6:13	6:26	6:42	6:47	6:54	7:00	7:07
6:20	6:33	6:50	6:55	7:02	7:10	7:17
6:28	6:42	6:59	7:04	7:11	7:19	7:26
6:35	6:51	7:08	7:14	7:21	7:29	7:36
6:43	6:59	7:20	7:26	7:33	7:42	7:49
6:50	7:07	7:30	7:37	7:46	7:55	8:02
6:57	7:14	7:37	7:44	7:53	8:02	8:12
7:04	7:23	7:49	7:56	8:05	8:17	8:27
7:11	7:30	8:00	8:09	8:20	8:32	8:42
7:18	7:38	8:08	8:17	8:28	8:40	8:50
7:28	7:48	8:17	8:26	8:37	8:49	8:59
7:38	7:59	8:28	8:37	8:48	9:00	9:10
7:48	8:08	8:34	8:43	8:54	9:06	9:16
7:58	8:18	8:44	8:53	9:04	9:16	9:26
8:08	8:27	8:53	9:02	9:13	9:25	9:35
8:18	8:37	9:03	9:12	9:23	9:35	9:45
8:28	8:47	9:13	9:22	9:33	9:45	9:55
8:40	8:59	9:25	9:34	9:45	9:57	10:07
8:52	9:11	9:37	9:46	9:57	10:09	10:19
9:04	9:23	9:49	9:58	10:09	10:21	10:31
9:16	9:35	10:01	10:10	10:21	10:33	10:43
9:28	9:47	10:13	10:22	10:33	10:45	10:55
9:40	9:59	10:25	10:34	10:45	10:57	11:07
9:52	10:11	10:37	10:46	10:57	11:09	11:19
10:04	10:23	10:49	10:58	11:09	11:21	11:31
10:16	10:35	11:01	11:10	11:21	11:33	11:44
10:26	10:45	11:11	11:20	11:31	11:45	11:56
10:36	10:55	11:21	11:30	11:42	11:56	12:07
10:46	11:05	11:31	11:40	11:52	12:06	12:17
10:56	11:15	11:41	11:50	12:02	12:16	12:27
11:06	11:25	11:51	12:00	12:12	12:26	12:37
11:16	11:35	12:00	12:09	12:21	12:35	12:46
11:24	11:43	12:08	12:17	12:29	12:43	12:54
11:32	11:51	12:16	12:25	12:37	12:51	1:02
11:40	11:59	12:24	12:33	12:45	12:59	1:10
11:50	12:09	12:34	12:43	12:55	1:09	1:20
12:00	12:19	12:44	12:53	1:05	1:19	1:30
12:10	12:29	12:54	1:03	1:15	1:29	1:40
12:17	12:36	1:01	1:10	1:22	1:36	1:47
12:25	12:44	1:09	1:18	1:30	1:44	1:55
12:32	12:51	1:16	1:25	1:37	1:51	2:02
12:40	12:59	1:24	1:33	1:45	1:59	2:10
12:47	1:06	1:31	1:40	1:52	2:06	2:17
12:55	1:14	1:39	1:48	2:00	2:14	2:25
1:02	1:21	1:46	1:55	2:07	2:21	2:32
1:10	1:29	1:54	2:03	2:15	2:29	2:40
1:17	1:36	2:01	2:10	2:22	2:36	2:47
1:25	1:44	2:09	2:18	2:30	2:44	2:55

Bold times denote PM hours.

M7 weekday service to Chelsea, cont.

Harlem W 146 St/ M X Blvd	Uppr W Side W 116 St/ Douglass Blvd	Uppr W Side Columb Av/ W 80 St	Lincoln Ctr Bdwy/ W 64 St	Midtown 7 Av/ W 50 St	Penn Station 7 Av/ W 34 St	Chelsea 6 Av/ 18 St
1:35	1:54	2:19	2:28	2:40	2:54	3:05
1:45	2:04	2:29	2:38	2:50	3:04	3:15
1:55	2:14	2:39	2:48	3:00	3:14	3:25
2:05	2:24	2:49	2:58	3:10	3:24	3:35
2:15	2:34	2:59	3:08	3:20	3:34	3:45
2:25	2:44	3:09	3:18	3:30	3:44	3:55
2:33	2:52	3:17	3:26	3:38	3:52	4:03
2:40	2:59	3:24	3:33	3:45	3:59	4:09
2:48	3:07	3:32	3:41	3:53	4:07	4:17
2:55	3:14	3:39	3:48	4:00	4:14	4:24
3:03	3:22	3:47	3:56	4:08	4:22	4:32
3:10	3:29	3:54	4:03	4:14	4:28	4:38
3:18	3:37	4:02	4:10	4:21	4:35	4:45
3:25	3:44	4:09	4:17	4:28	4:42	4:52
3:33	3:52	4:16	4:24	4:35	4:49	4:59
3:40	3:59	4:23	4:31	4:42	4:56	5:06
3:48	4:08	4:33	4:41	4:52	5:06	5:16
3:56	4:16	4:41	4:49	5:00	5:14	5:24
4:04	4:24	4:49	4:57	5:08	5:22	5:32
4:14	4:34	4:59	5:07	5:18	5:32	5:42
4:24	4:44	5:09	5:17	5:28	5:42	5:52
4:34	4:54	5:19	5:27	5:38	5:52	6:02
4:44	5:04	5:29	5:37	5:48	6:02	6:12
4:54	5:14	5:39	5:47	5:58	6:12	6:22
5:04	5:24	5:49	5:57	6:08	6:22	6:32
5:14	5:34	5:59	6:07	6:18	6:32	6:42
5:24	5:44	6:09	6:17	6:28	6:42	6:52
5:34	5:54	6:19	6:27	6:38	6:52	7:02
5:44	6:04	6:29	6:37	6:48	7:02	7:11
5:56	6:16	6:41	6:50	7:01	7:12	7:21
6:08	6:28	6:52	7:01	7:11	7:22	7:31
6:23	6:43	7:05	7:12	7:22	7:33	7:42
6:38	6:57	7:16	7:23	7:33	7:44	7:53
6:53	7:11	7:30	7:37	7:47	7:58	8:07
7:08	7:26	7:45	7:52	8:02	8:12	8:20
7:23	7:41	8:00	8:06	8:15	8:25	8:33
7:38	7:56	8:15	8:21	8:30	8:39	8:46
7:53	8:10	8:28	8:34	8:42	8:51	8:58
8:08	8:24	8:41	8:47	8:55	9:04	9:11
8:23	8:39	8:57	9:03	9:11	9:20	9:27
8:40	8:56	9:14	9:20	9:28	9:37	9:44
9:00	9:16	9:34	9:40	9:48	9:59	10:06
9:20	9:36	9:51	9:57	10:05	10:15	10:21
9:40	9:54	10:09	10:14	10:21	10:31	10:37
10:00	10:13	10:27	10:32	10:39	10:49	10:55
10:20	10:33	10:47	10:52	10:59	11:09	11:15
10:40	10:53	11:07	11:12	11:19	11:28	11:34
11:00	11:12	11:24	11:29	11:36	11:43	11:49
11:20	11:32	11:44	11:48	11:55	12:02	12:07
11:40	11:50	12:02	12:05	12:10	12:18	12:23
12:00	12:10	12:19	12:22	12:27	12:35	12:40

M7 Weekday Service

From Chelsea to Harlem

Chelsea 6 Av/ 18 St	Herald Sq 6 Av/ W 34 St	Midtown 6 Av/ W 49 St	Lincoln Ctr Bdwy/ W 63 St	Uppr W Side Amstmdm Av/ W 100 St	Uppr W Side W 116 St/ Douglass Blvd	Harlem W 146 St/ A C Powell
1:45	1:49	1:53	1:59	2:07	2:13	2:23
2:45	2:49	2:53	2:59	3:07	3:12	3:20
3:45	3:49	3:53	3:59	4:07	4:12	4:20
4:45	4:49	4:53	4:59	5:07	5:12	5:20
5:35	5:40	5:44	5:51	6:00	6:07	6:19
6:05	6:11	6:16	6:23	6:38	6:48	7:03
6:21	6:27	6:32	6:40	6:53	7:03	7:18
6:36	6:42	6:48	6:56	7:13	7:26	7:43
6:51	6:57	7:03	7:12	7:30	7:42	8:01
7:06	7:13	7:20	7:29	7:51	8:03	8:20
7:18	7:25	7:32	7:43	8:06	8:18	8:35
7:28	7:35	7:43	7:54	8:16	8:28	8:45
7:37	7:45	7:53	8:04	8:26	8:38	8:55
7:45	7:53	8:01	8:13	8:35	8:47	9:04
7:53	8:01	8:12	8:24	8:46	8:58	9:15
8:01	8:15	8:26	8:38	9:00	9:12	9:29
8:13	8:27	8:38	8:50	9:12	9:24	9:41
8:25	8:39	8:50	9:02	9:24	9:36	9:53
8:37	8:51	9:02	9:14	9:36	9:48	10:05
8:49	9:03	9:14	9:26	9:48	10:00	10:17
9:01	9:15	9:26	9:38	10:00	10:12	10:29
9:13	9:27	9:38	9:50	10:12	10:24	10:41
9:25	9:39	9:50	10:02	10:24	10:36	10:53
9:35	9:49	10:00	10:12	10:34	10:45	11:02
9:45	9:59	10:10	10:22	10:44	10:55	11:12
9:55	10:09	10:20	10:32	10:56	11:07	11:24
10:05	10:19	10:30	10:44	11:08	11:19	11:36
10:15	10:29	10:40	10:54	11:18	11:29	11:46
10:27	10:41	10:53	11:07	11:31	11:43	12:01
10:39	10:56	11:08	11:22	11:46	11:58	12:16
10:51	11:08	11:20	11:34	11:59	12:11	12:29
11:03	11:20	11:32	11:47	12:12	12:24	12:42
11:15	11:32	11:44	11:59	12:24	12:36	12:54
11:27	11:44	11:56	12:11	12:36	12:48	1:06
11:39	11:57	12:09	12:24	12:50	1:02	1:20
11:51	12:09	12:21	12:36	1:02	1:14	1:32
12:03	12:21	12:33	12:50	1:16	1:28	1:46
12:13	12:31	12:43	1:00	1:26	1:38	1:56
12:23	12:41	12:53	1:10	1:36	1:48	2:06
12:33	12:52	1:04	1:21	1:47	1:59	2:17
12:43	1:02	1:14	1:31	1:57	2:09	2:27
12:53	1:12	1:24	1:41	2:07	2:19	2:37
1:03	1:22	1:34	1:51	2:17	2:29	2:49
1:12	1:31	1:43	2:00	2:26	2:38	3:00
1:19	1:38	1:50	2:07	2:33	2:47	3:09
1:27	1:46	1:58	2:15	2:41	2:55	3:17
1:34	1:53	2:05	2:22	2:48	3:02	3:24
1:42	2:01	2:13	2:30	2:57	3:11	3:33
1:49	2:08	2:20	2:37	3:04	3:18	3:40
1:57	2:16	2:28	2:45	3:12	3:26	3:48
2:06	2:25	2:38	2:55	3:22	3:36	3:58
2:14	2:33	2:47	3:04	3:31	3:45	4:07
2:23	2:42	2:56	3:13	3:40	3:54	4:16
2:31	2:48	3:02	3:19	3:46	4:00	4:22
2:40	2:57	3:11	3:28	3:55	4:09	4:31
2:48	3:05	3:19	3:36	4:03	4:17	4:39
2:57	3:14	3:28	3:45	4:12	4:26	4:48
3:05	3:22	3:36	3:53	4:20	4:34	4:56
3:14	3:31	3:45	4:02	4:29	4:43	5:05
3:22	3:39	3:53	4:10	4:37	4:51	5:13
3:31	3:48	4:02	4:19	4:46	5:00	5:22

schedule continues on page 4 (cover side)

M7 weekday service to Harlem, cont. from page 3

Chelsea 6 Av/ 18 St	Herald Sq 6 Av/ W 34 St	Midtown 6 Av/ W 49 St	Lincoln Ctr Bdwy/ W 63 St	Uppr W Side Amstmdm Av/ W 100 St	Uppr W Side W 116 St/ Douglass Blvd	Harlem W 146 St/ A C Powell
3:39	3:56	4:10	4:27	4:54	5:08	5:30
3:48	4:05	4:19	4:36	5:03	5:17	5:39
3:56	4:13	4:27	4:44	5:11	5:25	5:46
4:03	4:20	4:34	4:51	5:18	5:32	5:52
4:11	4:28	4:42	4:59	5:26	5:40	6:00
4:18	4:35	4:49	5:06	5:33	5:46	6:06
4:26	4:43	4:57	5:14	5:41	5:54	6:12
4:35	4:52	5:06	5:23	5:48	6:01	6:18
4:43	5:00	5:14	5:31	5:55	6:08	6:25
4:52	5:09	5:23	5:40	6:04	6:16	6:33
5:00	5:17	5:31	5:47	6:11	6:23	6:40
5:09	5:26	5:40	5:56	6:20	6:32	6:48
5:17	5:34	5:48	6:04	6:28	6:40	6:56
5:26	5:43	5:57	6:13	6:37	6:48	7:04
5:34	5:49	6:03	6:17	6:41	6:52	7:09
5:43	5:58	6:11	6:25	6:48	6:59	7:16
5:53	6:08	6:20	6:34	6:57	7:08	7:25
6:03	6:16	6:28	6:42	7:05	7:16	7:33
6:13	6:26	6:38	6:52	7:15	7:26	7:43
6:23	6:36	6:47	7:01	7:24	7:35	7:52
6:33	6:45	6:56	7:10	7:33	7:44	8:01
6:41	6:53	7:04	7:16	7:39	7:50	8:07
6:50	7:02	7:11	7:23	7:44	7:55	8:11
6:58	7:10	7:19	7:31	7:51	8:02	8:17
7:07	7:18	7:27	7:39	7:59	8:10	8:25
7:17	7:28	7:37	7:48	8:08	8:18	8:33
7:27	7:38	7:47	7:58	8:18	8:28	8:43
7:39	7:49	7:58	8:09	8:29	8:39	8:53
7:51	8:01	8:10	8:21	8:41	8:50	9:04
8:03	8:12	8:21	8:32	8:50	8:59	9:13
8:15	8:24	8:33	8:44	9:02	9:11	9:25
8:27	8:36	8:44	8:55	9:13	9:22	9:36
8:39	8:47	8:55	9:06	9:24	9:33	9:47
8:51	8:59	9:07	9:18	9:36	9:45	9:59
9:03	9:11	9:19	9:30	9:48	9:57	10:10
9:16	9:24	9:32	9:43	10:01	10:09	10:22
9:31	9:39	9:47	9:58	10:15	10:23	10:36
9:46	9:54	10:02	10:12	10:29	10:37	10:50
10:01	10:09	10:17	10:27	10:43	10:52	11:05
10:16	10:24	10:32	10:40	10:56	11:05	11:16
10:31	10:38	10:44	10:52	11:08	11:15	11:26
10:50	10:57	11:03	11:12	11:26	11:33	11:44
11:10	11:16	11:22	11:31	11:45	11:52	12:03
11:30	11:36	11:42	11:51	12:05	12:13	12:25
11:50	11:56	12:02	12:10	12:22	12:30	12:41
12:10	12:15	12:20	12:28	12:39	12:45	12:56
12:30	12:34	12:39	12:46	12:57	1:03	1:13
12:50	12:54	12:59	1:06	1:14	1:20	1:30
1:10	1:14	1:18	1:24	1:32	1:38	1:48

**M7 SCHEDULE
CONTINUES INSIDE**

M7 SATURDAY SERVICE

From Harlem to Chelsea

Harlem W 146 St/ M X Blvd	Uppr W Side W 116 St/ Douglass Blvd	Uppr W Side Columb Av/ W 80 St	Lincoln Ctr Bdwy/ W 64 St	Midtown 7 Av/ W 50 St	Penn Station 7 Av/ W 34 St	Chelsea 6 Av/ 18 St
12:35	12:48	1:02	1:08	1:15	1:23	1:32
1:35	1:48	2:02	2:08	2:15	2:23	2:32
2:35	2:46	2:56	3:01	3:08	3:13	3:18
3:35	3:45	3:56	4:01	4:07	4:12	4:16
4:35	4:45	4:56	5:01	5:07	5:12	5:16
5:05	5:15	5:26	5:31	5:37	5:41	5:47
5:35	5:47	5:58	6:02	6:08	6:12	6:18
6:05	6:17	6:28	6:32	6:38	6:42	6:47
6:35	6:48	7:03	7:07	7:13	7:17	7:22
6:55	7:08	7:23	7:27	7:33	7:39	7:44
7:15	7:28	7:45	7:51	7:57	8:03	8:08
7:30	7:46	8:03	8:09	8:15	8:21	8:26
7:45	8:01	8:18	8:24	8:30	8:37	8:43
8:00	8:16	8:33	8:39	8:46	8:53	8:59
8:15	8:31	8:49	8:55	9:02	9:09	9:15
8:30	8:46	9:04	9:10	9:17	9:24	9:30
8:45	9:01	9:19	9:25	9:32	9:40	9:47
9:00	9:16	9:34	9:41	9:49	9:57	10:04
9:12	9:28	9:49	9:56	10:04	10:12	10:19
9:24	9:40	10:01	10:08	10:16	10:24	10:31
9:36	9:53	10:14	10:21	10:29	10:37	10:45
9:48	10:05	10:26	10:33	10:42	10:52	11:00
10:00	10:17	10:38	10:47	10:56	11:06	11:14
10:12	10:29	10:50	10:59	11:08	11:18	11:26
10:24	10:42	11:04	11:13	11:22	11:32	11:40
10:36	10:54	11:16	11:25	11:34	11:44	11:52
10:48	11:06	11:28	11:37	11:46	11:56	12:04
11:00	11:18	11:40	11:49	11:58	12:08	12:17
11:10	11:28	11:50	11:59	12:08	12:20	12:29
11:20	11:38	12:00	12:09	12:19	12:31	12:40
11:30	11:48	12:10	12:19	12:29	12:41	12:50
11:40	11:58	12:21	12:30	12:40	12:52	1:01
11:50	12:09	12:32	12:41	12:51	1:03	1:12
12:00	12:20	12:43	12:52	1:02	1:14	1:23
12:10	12:30	12:53	1:02	1:12	1:24	1:33
12:20	12:40	1:03	1:12	1:22	1:34	1:43
12:30	12:50	1:13	1:22	1:32	1:43	1:52
12:40	1:00	1:23	1:32	1:42	1:53	2:02
12:50	1:10	1:33	1:41	1:51	2:02	2:11
1:00	1:20	1:43	1:51	2:01	2:12	2:21
1:10	1:30	1:52	2:00	2:10	2:21	2:30
1:18	1:37	1:59	2:07	2:17	2:28	2:37
1:25	1:44	2:06	2:14	2:24	2:35	2:44
1:33	1:52	2:14	2:22	2:32	2:43	2:52
1:40	1:59	2:21	2:29	2:39	2:50	2:59
1:48	2:07	2:29	2:37	2:47	2:58	3:07
1:55	2:14	2:36	2:44	2:54	3:05	3:13
2:03	2:22	2:44	2:52	3:02	3:14	3:22
2:10	2:29	2:51	2:59	3:09	3:21	3:29
2:18	2:37	2:59	3:07	3:16	3:28	3:36
2:26	2:45	3:07	3:15	3:24	3:36	3:44
2:34	2:53	3:14	3:22	3:31	3:43	3:51
2:41	3:00	3:21	3:29	3:38	3:50	3:58
2:49	3:07	3:28	3:36	3:45	3:57	4:05
2:56	3:14	3:35	3:43	3:52	4:04	4:12
3:04	3:22	3:43	3:51	4:00	4:12	4:20
3:11	3:29	3:50	3:58	4:07	4:19	4:27
3:19	3:37	3:58	4:06	4:15	4:27	4:35
3:26	3:44	4:05	4:13	4:22	4:34	4:43
3:34	3:52	4:13	4:21	4:30	4:44	4:53
3:41	3:59	4:20	4:28	4:37	4:51	5:00

Bold times denote PM hours.

M7 Saturday service to Chelsea, cont.

Harlem W 146 St/ M X Blvd	Uppr W Side W 116 St/ Douglass Blvd	Uppr W Side Columb Av/ W 80 St	Lincoln Ctr Bdwy/ W 64 St	Midtown 7 Av/ W 50 St	Penn Station 7 Av/ W 34 St	Chelsea 6 Av/ 18 St
3:49	4:07	4:28	4:36	4:47	5:01	5:10
3:56	4:14	4:35	4:43	4:54	5:08	5:17
4:04	4:22	4:44	4:52	5:03	5:17	5:26
4:11	4:29	4:51	4:59	5:10	5:24	5:33
4:19	4:38	4:59	5:07	5:18	5:32	5:41
4:28	4:47	5:08	5:16	5:27	5:41	5:50
4:38	4:57	5:18	5:26	5:37	5:51	6:00
4:48	5:07	5:28	5:36	5:47	6:01	6:10
4:58	5:17	5:38	5:46	5:57	6:11	6:20
5:08	5:27	5:48	5:56	6:07	6:24	6:33
5:18	5:37	5:58	6:06	6:18	6:35	6:44
5:28	5:47	6:08	6:17	6:29	6:46	6:55
5:38	5:57	6:19	6:28	6:40	6:57	7:06
5:48	6:07	6:29	6:38	6:50	7:07	7:16
5:58	6:17	6:39	6:48	7:00	7:17	7:26
6:08	6:26	6:48	6:57	7:09	7:26	7:35
6:20	6:38	7:00	7:09	7:21	7:38	7:47
6:32	6:50	7:12	7:21	7:33	7:50	7:59
6:44	7:02	7:24	7:33	7:45	8:02	8:11
6:56	7:14	7:36	7:45	7:57	8:14	8:23
7:08	7:26	7:48	7:57	8:09	8:25	8:34
7:20	7:38	8:00	8:07	8:17	8:33	8:42
7:40	7:58	8:18	8:25	8:35	8:47	8:56
8:00	8:18	8:38	8:44	8:52	9:04	9:13
8:20	8:37	8:54	9:00	9:08	9:20	9:29
8:40	8:56	9:13	9:19	9:27	9:39	9:47
9:00	9:16	9:33	9:39	9:47	10:02	10:10
9:20	9:36	9:50	9:56	10:04	10:19	10:27
9:40	9:55	10:09	10:15	10:23	10:38	10:46
10:00	10:15	10:29	10:35	10:43	10:58	11:06
10:20	10:35	10:49	10:55	11:03	11:13	11:22
10:40	10:55	11:07	11:12	11:19	11:29	11:38
11:00	11:13	11:26	11:31	11:38	11:48	11:57
11:20	11:33	11:46	11:51	11:58	12:08	12:17
11:40	11:53	12:06	12:12	12:19	12:27	12:36
12:00	12:13	12:27	12:33	12:40	12:48	12:57

M7 Saturday Service

From Chelsea to Harlem

Chelsea 6 Av/ 18 St	Herald Sq 6 Av/ W 34 St	Midtown 6 Av/ W 49 St	Lincoln Ctr Bdwy/ W 63 St	Uppr W Side Amst'dm Av/ W 100 St	Uppr W Side W 116 St/ Douglass Blvd	Harlem W 146 St/ A C Powell
1:40	1:46	1:50	1:56	2:05	2:11	2:22
2:40	2:44	2:48	2:54	3:02	3:08	3:16
3:40	3:45	3:49	3:55	4:03	4:09	4:17
4:40	4:45	4:49	4:55	5:03	5:09	5:17
5:40	5:45	5:49	5:55	6:03	6:09	6:17
6:10	6:15	6:19	6:25	6:33	6:41	6:53
6:40	6:44	6:48	6:55	7:06	7:14	7:26
7:10	7:14	7:18	7:25	7:36	7:45	7:58
7:40	7:45	7:50	7:58	8:13	8:22	8:35
8:10	8:15	8:20	8:28	8:43	8:53	9:07
8:30	8:37	8:42	8:50	9:05	9:15	9:31
8:50	8:57	9:02	9:11	9:30	9:40	9:56
9:05	9:13	9:19	9:28	9:47	9:57	10:13
9:20	9:28	9:34	9:43	10:02	10:13	10:30
9:35	9:43	9:49	9:58	10:17	10:28	10:45
9:50	9:58	10:04	10:13	10:32	10:43	11:00
10:05	10:14	10:21	10:30	10:49	11:00	11:16
10:20	10:29	10:36	10:45	11:04	11:15	11:31
10:35	10:44	10:51	11:00	11:20	11:31	11:47
10:50	10:59	11:06	11:16	11:36	11:47	12:03
11:05	11:15	11:22	11:32	11:52	12:03	12:20
11:17	11:27	11:34	11:44	12:04	12:15	12:32

M7 Saturday service to Harlem, cont.

Chelsea 6 Av/ 18 St	Herald Sq 6 Av/ W 34 St	Midtown 6 Av/ W 49 St	Lincoln Ctr Bdwy/ W 63 St	Uppr W Side Amstmdm Av/ W 100 St	Uppr W Side W 116 St/ Douglass Blvd	Harlem W 146 St/ A C Powell
11:29	11:39	11:46	11:56	12:16	12:27	12:44
11:41	11:51	11:58	12:08	12:29	12:40	12:58
11:53	12:03	12:10	12:21	12:42	12:54	1:12
12:05	12:18	12:25	12:36	12:58	1:10	1:28
12:17	12:30	12:38	12:50	1:12	1:24	1:42
12:29	12:42	12:50	1:02	1:24	1:36	1:54
12:41	12:51	12:59	1:11	1:33	1:45	2:03
12:53	1:03	1:11	1:23	1:45	1:57	2:15
1:05	1:15	1:23	1:35	1:57	2:09	2:28
1:17	1:27	1:35	1:47	2:09	2:21	2:40
1:27	1:37	1:45	1:57	2:18	2:30	2:49
1:37	1:47	1:55	2:07	2:27	2:39	2:58
1:47	1:57	2:04	2:15	2:35	2:47	3:06
1:57	2:07	2:14	2:25	2:45	2:57	3:16
2:07	2:17	2:24	2:35	2:55	3:07	3:26
2:17	2:27	2:34	2:45	3:05	3:17	3:36
2:25	2:35	2:42	2:53	3:13	3:25	3:44
2:33	2:43	2:50	3:01	3:21	3:33	3:51
2:41	2:51	2:58	3:09	3:29	3:41	3:59
2:49	2:59	3:06	3:17	3:37	3:48	4:06
2:57	3:07	3:14	3:25	3:46	3:57	4:15
3:05	3:15	3:22	3:33	3:55	4:06	4:24
3:13	3:23	3:30	3:43	4:05	4:16	4:34
3:20	3:30	3:38	3:51	4:13	4:24	4:41
3:28	3:38	3:46	3:59	4:21	4:32	4:48
3:35	3:47	3:55	4:08	4:30	4:41	4:57
3:43	3:55	4:03	4:16	4:38	4:49	5:05
3:50	4:02	4:10	4:23	4:44	4:55	5:11
3:58	4:10	4:18	4:31	4:51	5:02	5:18
4:05	4:17	4:25	4:38	4:58	5:09	5:25
4:13	4:25	4:33	4:45	5:05	5:16	5:32
4:20	4:32	4:41	4:53	5:13	5:24	5:40
4:28	4:40	4:49	5:01	5:21	5:32	5:48
4:35	4:47	4:56	5:08	5:28	5:39	5:55
4:43	4:55	5:04	5:16	5:36	5:47	6:03
4:50	5:02	5:11	5:23	5:43	5:54	6:10
4:58	5:10	5:19	5:31	5:51	6:02	6:18
5:05	5:17	5:26	5:38	5:58	6:09	6:25
5:13	5:25	5:34	5:46	6:06	6:17	6:33
5:20	5:32	5:41	5:53	6:13	6:24	6:40
5:28	5:40	5:49	6:01	6:21	6:32	6:48
5:38	5:50	5:59	6:11	6:31	6:42	6:58
5:48	6:00	6:09	6:21	6:41	6:52	7:08
5:58	6:10	6:19	6:31	6:52	7:03	7:19
6:08	6:20	6:29	6:41	7:02	7:13	7:29
6:18	6:30	6:38	6:49	7:10	7:21	7:37
6:28	6:40	6:48	6:59	7:20	7:31	7:47
6:38	6:49	6:57	7:08	7:29	7:40	7:56
6:48	6:59	7:07	7:18	7:39	7:50	8:06
6:58	7:09	7:17	7:28	7:49	8:00	8:16
7:08	7:19	7:27	7:38	7:59	8:10	8:26
7:18	7:29	7:37	7:48	8:09	8:20	8:36
7:28	7:39	7:47	7:58	8:18	8:29	8:45
7:40	7:51	7:59	8:10	8:29	8:40	8:55
7:52	8:03	8:09	8:18	8:37	8:47	9:02
8:04	8:14	8:20	8:29	8:46	8:56	9:11
8:16	8:26	8:33	8:42	8:59	9:09	9:24
8:28	8:38	8:44	8:53	9:10	9:20	9:35
8:40	8:49	8:55	9:04	9:21	9:31	9:46
8:52	9:01	9:07	9:16	9:33	9:43	9:58
9:04	9:13	9:19	9:28	9:45	9:55	10:10
9:16	9:25	9:31	9:40	9:57	10:07	10:22
9:28	9:37	9:43	9:52	10:09	10:19	10:34
9:43	9:52	9:58	10:07	10:24	10:34	10:49
10:03	10:12	10:18	10:27	10:44	10:54	11:08
10:23	10:32	10:38	10:47	11:04	11:12	11:25

M7 Saturday service to Harlem, cont.

Chelsea 6 Av/ 18 St	Herald Sq 6 Av/ W 34 St	Midtown 6 Av/ W 49 St	Lincoln Ctr Bdwy/ W 63 St	Uppr W Side Amstmdm Av/ W 100 St	Uppr W Side W 116 St/ Douglass Blvd	Harlem W 146 St/ A C Powell
10:43	10:52	10:58	11:07	11:23	11:31	11:47
11:03	11:09	11:16	11:24	11:38	11:44	12:00
11:23	11:29	11:35	11:42	11:55	12:01	12:15
11:43	11:48	11:53	12:00	12:12	12:18	12:32
12:02	12:06	12:13	12:19	12:31	12:38	12:51
12:17	12:21	12:28	12:34	12:43	12:50	1:03
12:32	12:38	12:42	12:48	12:57	1:04	1:17
12:50	12:56	1:00	1:06	1:15	1:22	1:35
1:10	1:16	1:20	1:26	1:35	1:42	1:55

M7 SUNDAY SERVICE

From Harlem to Chelsea

Harlem W 146 St/ M X Blvd	Uppr W Side W 116 St/ Douglass Blvd	Uppr W Side Columb Av/ W 80 St	Lincoln Ctr Bdwy/ W 64 St	Midtown 7 Av/ W 50 St	Penn Station 7 Av/ W 34 St	Chelsea 6 Av/ 18 St
12:40	12:53	1:03	1:08	1:14	1:18	1:24
1:40	1:52	2:02	2:07	2:13	2:17	2:23
2:40	2:52	3:02	3:07	3:13	3:17	3:23
3:40	3:52	4:02	4:07	4:13	4:17	4:23
4:40	4:52	5:02	5:07	5:13	5:17	5:23
5:10	5:22	5:32	5:37	5:43	5:47	5:53
5:40	5:52	6:02	6:07	6:13	6:17	6:23
6:10	6:22	6:32	6:37	6:43	6:47	6:53
6:40	6:52	7:02	7:06	7:13	7:18	7:23
7:00	7:12	7:24	7:28	7:35	7:40	7:45
7:20	7:32	7:46	7:51	7:57	8:02	8:07
7:40	7:54	8:08	8:13	8:19	8:24	8:29
8:00	8:14	8:28	8:33	8:39	8:44	8:50
8:20	8:34	8:52	8:56	9:02	9:08	9:13
8:40	8:56	9:15	9:21	9:28	9:34	9:41
9:00	9:17	9:37	9:43	9:51	9:59	10:06
9:15	9:32	9:54	10:00	10:08	10:16	10:23
9:30	9:47	10:09	10:15	10:23	10:31	10:38
9:45	10:02	10:24	10:30	10:38	10:46	10:53
10:00	10:17	10:39	10:45	10:53	11:01	11:09
10:12	10:29	10:51	10:57	11:05	11:15	11:23
10:22	10:39	11:01	11:09	11:18	11:28	11:36
10:32	10:49	11:11	11:19	11:28	11:38	11:46
10:42	10:59	11:23	11:31	11:42	11:54	12:02
10:52	11:09	11:32	11:40	11:51	12:03	12:11
11:02	11:19	11:42	11:50	12:01	12:13	12:21
11:12	11:29	11:51	11:59	12:10	12:22	12:30
11:22	11:39	12:01	12:09	12:20	12:32	12:41
11:32	11:50	12:12	12:20	12:31	12:42	12:51
11:42	12:00	12:22	12:30	12:42	12:53	1:02
11:52	12:10	12:32	12:40	12:52	1:03	1:12
12:02	12:20	12:42	12:50	1:02	1:13	1:22
12:12	12:30	12:53	1:01	1:13	1:24	1:33
12:21	12:39	1:02	1:10	1:22	1:33	1:42
12:29	12:47	1:10	1:18	1:30	1:41	1:50
12:36	12:54	1:17	1:25	1:37	1:48	1:57
12:44	1:02	1:25	1:33	1:45	1:56	2:05
12:51	1:09	1:32	1:40	1:52	2:03	2:12
12:59	1:17	1:40	1:48	2:00	2:11	2:20
1:06	1:24	1:47	1:55	2:07	2:18	2:27
1:14	1:32	1:55	2:03	2:15	2:26	2:35
1:23	1:41	2:04	2:12	2:24	2:35	2:44
1:31	1:49	2:12	2:20	2:32	2:43	2:52
1:40	1:58	2:21	2:29	2:41	2:52	3:01
1:48	2:06	2:29	2:37	2:49	3:00	3:08
1:57	2:15	2:38	2:46	2:58	3:09	3:17
2:05	2:23	2:46	2:54	3:06	3:16	3:24
2:14	2:32	2:55	3:03	3:13	3:23	3:31

M7 Sunday service to Chelsea, cont.

Harlem W 146 St/ M X Blvd	Uppr W Side W 116 St/ Douglass Blvd	Uppr W Side Columb Av/ W 80 St	Lincoln Ctr Bdwy/ W 64 St	Midtown 7 Av/ W 50 St	Penn Station 7 Av/ W 34 St	Chelsea 6 Av/ 18 St
2:22	2:40	3:03	3:10	3:20	3:30	3:38
2:29	2:47	3:10	3:17	3:27	3:37	3:45
2:35	2:53	3:15	3:22	3:32	3:42	3:50
2:42	3:00	3:22	3:29	3:39	3:49	3:57
2:48	3:06	3:28	3:35	3:45	3:55	4:03
2:55	3:13	3:35	3:42	3:52	4:02	4:10
3:01	3:19	3:41	3:48	3:58	4:08	4:16
3:08	3:26	3:48	3:55	4:05	4:15	4:23
3:14	3:32	3:54	4:01	4:11	4:21	4:29
3:21	3:39	4:01	4:08	4:18	4:28	4:37
3:27	3:45	4:07	4:14	4:24	4:34	4:43
3:34	3:52	4:14	4:21	4:31	4:43	4:52
3:40	3:58	4:20	4:27	4:37	4:49	4:58
3:47	4:05	4:27	4:34	4:46	4:58	5:07
3:55	4:13	4:35	4:43	4:55	5:07	5:16
4:04	4:22	4:44	4:52	5:04	5:16	5:25
4:12	4:30	4:51	4:59	5:11	5:23	5:32
4:21	4:39	5:00	5:08	5:20	5:32	5:41
4:29	4:47	5:08	5:16	5:28	5:40	5:49
4:38	4:56	5:17	5:25	5:37	5:49	5:58
4:48	5:06	5:27	5:35	5:47	5:59	6:08
4:58	5:16	5:37	5:45	5:57	6:09	6:18
5:08	5:26	5:47	5:55	6:07	6:19	6:28
5:18	5:36	5:57	6:05	6:17	6:29	6:38
5:28	5:46	6:07	6:15	6:27	6:39	6:48
5:40	5:58	6:19	6:27	6:39	6:51	7:00
5:55	6:13	6:34	6:42	6:54	7:06	7:15
6:10	6:28	6:49	6:57	7:09	7:21	7:30
6:30	6:48	7:09	7:17	7:29	7:41	7:50
6:50	7:08	7:29	7:37	7:45	7:58	8:07
7:10	7:28	7:47	7:54	8:02	8:15	8:24
7:30	7:49	8:09	8:16	8:24	8:37	8:46
7:50	8:09	8:29	8:36	8:45	8:56	9:05
8:10	8:29	8:50	8:56	9:05	9:15	9:22
8:30	8:48	9:07	9:13	9:20	9:30	9:39
8:50	9:07	9:23	9:29	9:36	9:44	9:53
9:10	9:24	9:38	9:43	9:50	9:58	10:06
9:30	9:44	9:58	10:03	10:11	10:20	10:26
9:50	10:04	10:17	10:22	10:30	10:36	10:43
10:20	10:32	10:43	10:48	10:54	11:00	11:07
10:50	11:02	11:13	11:18	11:24	11:30	11:37
11:20	11:32	11:43	11:48	11:54	12:00	12:05
11:50	12:02	12:12	12:17	12:24	12:34	12:39
12:20	12:33	12:43	12:48	12:55	1:05	1:11

M7 Sunday Service

From Chelsea to Harlem

Chelsea 6 Av/ 18 St	Herald Sq 6 Av/ W 34 St	Midtown 6 Av/ W 49 St	Lincoln Ctr Bdwy/ W 63 St	Uppr W Side Amstmd Av/ W 100 St	Uppr W Side W 116 St/ Douglass Blvd	Harlem W 146 St/ A C Powell
1:40	1:45	1:49	1:55	2:06	2:12	2:22
2:40	2:45	2:49	2:55	3:06	3:12	3:22
3:40	3:45	3:49	3:55	4:06	4:12	4:22
4:40	4:45	4:49	4:55	5:06	5:12	5:22
5:40	5:45	5:49	5:55	6:06	6:12	6:22
6:10	6:15	6:19	6:25	6:36	6:42	6:52
6:40	6:45	6:49	6:55	7:06	7:14	7:27
7:10	7:14	7:18	7:25	7:39	7:47	8:00
7:40	7:44	7:48	7:55	8:09	8:17	8:30
8:10	8:14	8:18	8:25	8:43	8:53	9:07
8:35	8:41	8:47	8:55	9:13	9:23	9:37
8:55	9:01	9:07	9:15	9:33	9:43	9:57
9:15	9:21	9:27	9:35	9:53	10:03	10:19
9:35	9:41	9:47	9:55	10:13	10:23	10:39
9:55	10:01	10:08	10:19	10:38	10:48	11:04
10:15	10:23	10:30	10:41	11:00	11:10	11:26
10:35	10:43	10:50	11:01	11:20	11:30	11:46
10:50	10:58	11:05	11:16	11:35	11:45	12:01
11:05	11:13	11:20	11:31	11:50	12:00	12:17
11:20	11:28	11:35	11:46	12:05	12:15	12:32
11:35	11:43	11:50	12:01	12:22	12:32	12:49
11:50	11:58	12:06	12:19	12:40	12:50	1:07
12:05	12:15	12:24	12:37	12:58	1:08	1:25
12:20	12:30	12:39	12:52	1:13	1:23	1:40
12:32	12:42	12:51	1:04	1:25	1:35	1:52
12:42	12:52	1:01	1:14	1:35	1:45	2:02
12:52	1:02	1:11	1:24	1:45	1:55	2:13
1:02	1:12	1:21	1:34	1:55	2:05	2:23
1:12	1:22	1:31	1:44	2:05	2:16	2:34
1:22	1:32	1:41	1:54	2:16	2:27	2:45
1:31	1:41	1:50	2:03	2:26	2:37	2:55
1:39	1:49	1:58	2:11	2:34	2:45	3:03
1:46	1:56	2:05	2:17	2:40	2:51	3:09
1:54	2:04	2:13	2:25	2:48	2:59	3:17
2:01	2:14	2:23	2:35	2:58	3:09	3:26
2:09	2:22	2:31	2:43	3:06	3:19	3:36
2:16	2:29	2:38	2:50	3:13	3:26	3:43
2:24	2:37	2:46	2:58	3:20	3:33	3:50
2:31	2:44	2:53	3:05	3:26	3:39	3:56
2:39	2:52	3:01	3:14	3:35	3:48	4:05
2:47	3:00	3:08	3:21	3:42	3:55	4:10
2:56	3:09	3:17	3:30	3:51	4:04	4:19
3:04	3:16	3:24	3:37	3:58	4:11	4:26
3:13	3:25	3:33	3:46	4:07	4:18	4:33
3:21	3:33	3:41	3:54	4:13	4:24	4:39
3:30	3:42	3:50	4:03	4:22	4:33	4:48
3:38	3:50	3:58	4:11	4:30	4:41	4:56
3:45	3:57	4:05	4:17	4:36	4:47	5:02
3:51	4:03	4:11	4:23	4:42	4:53	5:08
3:58	4:10	4:18	4:30	4:49	5:00	5:15
4:04	4:16	4:24	4:36	4:55	5:06	5:21
4:11	4:23	4:31	4:43	5:02	5:13	5:28
4:17	4:29	4:37	4:49	5:08	5:19	5:34
4:24	4:36	4:44	4:56	5:15	5:26	5:42
4:30	4:42	4:50	5:02	5:21	5:32	5:48
4:37	4:49	4:57	5:09	5:28	5:39	5:55
4:43	4:55	5:03	5:15	5:34	5:45	6:01
4:50	5:02	5:10	5:22	5:41	5:52	6:08
4:56	5:08	5:16	5:28	5:49	6:00	6:16
5:03	5:15	5:23	5:35	5:57	6:08	6:24
5:11	5:23	5:31	5:43	6:05	6:16	6:32
5:20	5:32	5:41	5:53	6:15	6:26	6:42
5:28	5:40	5:49	6:01	6:23	6:34	6:49
5:37	5:49	5:58	6:10	6:32	6:41	6:56

M7 Sunday service to Harlem, cont.

Chelsea 6 Av/ 18 St	Herald Sq 6 Av/ W 34 St	Midtown 6 Av/ W 49 St	Lincoln Ctr Bdwy/ W 63 St	Uppr W Side Amstmdm Av/ W 100 St	Uppr W Side W 116 St/ Douglass Blvd	Harlem W 146 St/ A C Powell
5:45	5:57	6:06	6:18	6:40	6:49	7:04
5:54	6:06	6:15	6:27	6:46	6:55	7:10
6:04	6:16	6:25	6:37	6:55	7:04	7:19
6:14	6:26	6:34	6:44	7:02	7:11	7:26
6:24	6:36	6:42	6:52	7:10	7:19	7:34
6:34	6:42	6:48	6:58	7:16	7:25	7:40
6:44	6:52	6:58	7:08	7:26	7:35	7:50
6:54	7:02	7:08	7:18	7:36	7:45	8:00
7:04	7:12	7:18	7:28	7:46	7:55	8:09
7:14	7:22	7:28	7:38	7:56	8:05	8:19
7:24	7:32	7:38	7:48	8:06	8:15	8:29
7:39	7:47	7:53	8:03	8:18	8:27	8:41
7:59	8:07	8:13	8:22	8:37	8:46	9:00
8:19	8:28	8:34	8:43	8:58	9:07	9:21
8:39	8:48	8:54	9:03	9:18	9:27	9:41
8:59	9:08	9:14	9:23	9:38	9:47	10:00
9:19	9:28	9:33	9:41	9:56	10:05	10:18
9:39	9:45	9:50	9:58	10:13	10:22	10:35
9:59	10:05	10:10	10:18	10:33	10:41	10:53
10:14	10:20	10:25	10:33	10:45	10:53	11:05
10:29	10:35	10:40	10:48	11:00	11:08	11:20
10:44	10:49	10:54	11:02	11:14	11:22	11:34
11:04	11:09	11:14	11:22	11:34	11:42	11:54
11:24	11:29	11:34	11:42	11:54	12:02	12:14
11:54	11:59	12:04	12:11	12:23	12:30	12:42
12:24	12:30	12:36	12:43	12:55	1:02	1:14
12:54	1:00	1:06	1:13	1:25	1:32	1:42
1:24	1:30	1:34	1:40	1:51	1:57	2:07

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Ed-11/27/18-hdmp

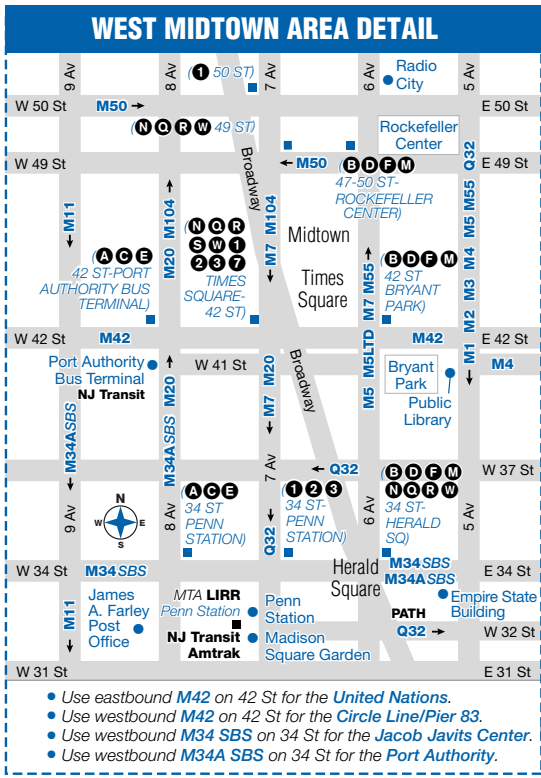


We're serious about safety

your safety

We are committed to providing you with the safest service possible. Please take a moment to read this list and consider what can happen if you're not careful:

- **Don't run for the bus** — that's when most accidents happen. Slips, trips, and falls are the most common causes of injuries.
 - **Stand behind the white line** if you are in the front of the bus. A sudden stop could propel you forward into the dashboard, window, or stairwell.
 - **Avoid standing in the stairwell** of the rear door, and don't lean on the rear door.
 - **Allow the bus operator to secure your chair** if you are in a wheelchair.
 - **Keep your head and arms inside** bus windows.
 - **Signal the bus operator** two blocks before you want to get off so that there's sufficient time to stop.
 - **Hold the handrail** when you exit, particularly in wintry weather when the steps get slippery from snow.
 - **Watch for cars** as you leave the bus. This becomes even more important when the bus operator is unable to pull completely into the bus stop. Make it a point to not cross in front of the bus after you get off.
- 



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M7 MAP LEGEND

Local/Limited/SBS Bus Transfers: shown in bold blue type.

Express Bus Transfers: shown in bold black type.

■ Terminal

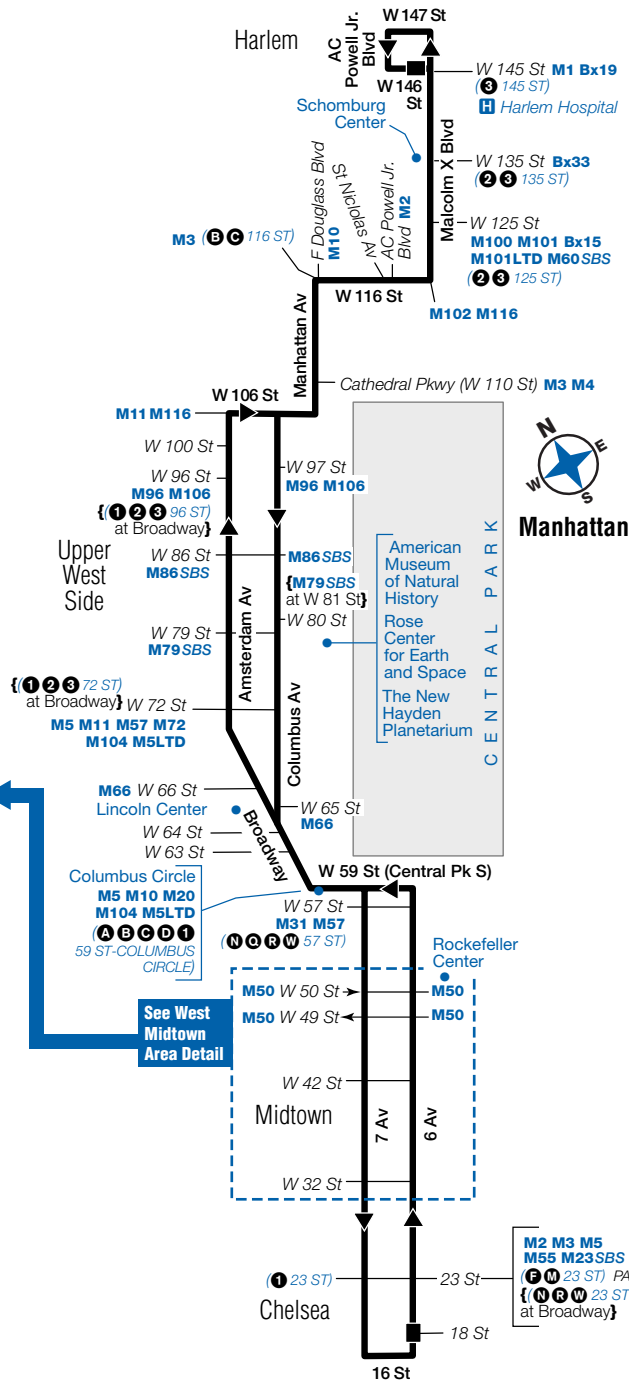
● Point of Interest

① **STATION NAME**

Subway Connection

MTA LIRR

Railroad Station



For Accessible subway stations, travel directions and other information:

Call 511 or visit www.mta.info