

Directions

From Newark Airport (EWR) to Poughkeepsie

The most direct route to Grand Central Terminal is via the Newark Airport Express shuttle bus.

1. Pick up your **luggage** at the baggage claim.
2. **Exit the terminal and look for the Newark Airport Express.** Passengers can board the shuttle bus from terminals A, B, or C.
3. Take the Express Bus to Grand Central Terminal.
4. Get off at **Grand Central Terminal. The bus will drop you off at 41st Street** between Park and Lexington avenues. Walk a few blocks to the terminal – 42 street.
5. Enter the terminal. It is a large open area with an information booth in the center & clock on top (the level above the restaurants). Look for machines or windows that sell train tickets.
6. Purchase a ticket for the **Metro North train to Poughkeepsie**. Depending on the time of day, some trains to Poughkeepsie go straight there. Some go halfway making the passengers change to another train to get to Poughkeepsie. Try to get a direct train to Poughkeepsie.
7. Check the screens for the **track number**. Then head for the track and get on the train. During your ride, call the contact person and let them know what time your train arrives in Poughkeepsie.
8. When you arrive at the train station in Poughkeepsie, **go upstairs and into the station**. Look for the designated person who will pick you up. If you don't see him/her, call the contact person again to get more information.



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