



**AM**

**Depart  
Train Station**

6:45 am  
7:15 am  
7:45 am  
8:15 am  
8:45 am  
9:15 am  
9:45 am

**Arrive  
707**

6:53 am  
7:23 am  
7:53 am  
8:23 am  
8:53 am  
9:23 am  
9:53 am

**Arrive  
3001**

6:59 am  
7:29 am  
7:59 am  
8:29 am  
8:59 am  
9:29 am  
9:59 am

**Arrive  
2777**

7:02 am  
7:32 am  
8:02 am  
8:32 am  
9:02 am  
9:32 am

*Ashforth Express Shuttle Schedule*

**To and From the Stamford Transportation Center**

- Ashforth provides a premier shuttle to and from the Stamford Transportation Center, with stops at three of our buildings.
- The Ashforth Express is a free amenity to those who work in our building and picks up and drops off outside the first floor lobby.

**PM**

**Depart  
3001**

3:57 pm  
4:27 pm  
4:57 pm  
5:27 pm  
5:57 pm  
6:27 pm  
6:57 pm

**Depart  
2777**

3:59 pm  
4:29 pm  
4:59 pm  
5:29 pm  
5:59 pm  
6:29 pm  
6:59 pm

**Depart  
707**

4:03 pm  
4:33 pm  
5:03 pm  
5:33 pm  
6:03 pm  
6:33 pm  
7:03 pm

**Arrive  
Train Station**

4:13 pm  
4:43 pm  
5:13 pm  
5:43 pm  
6:13 pm  
6:43 pm  
7:13 pm