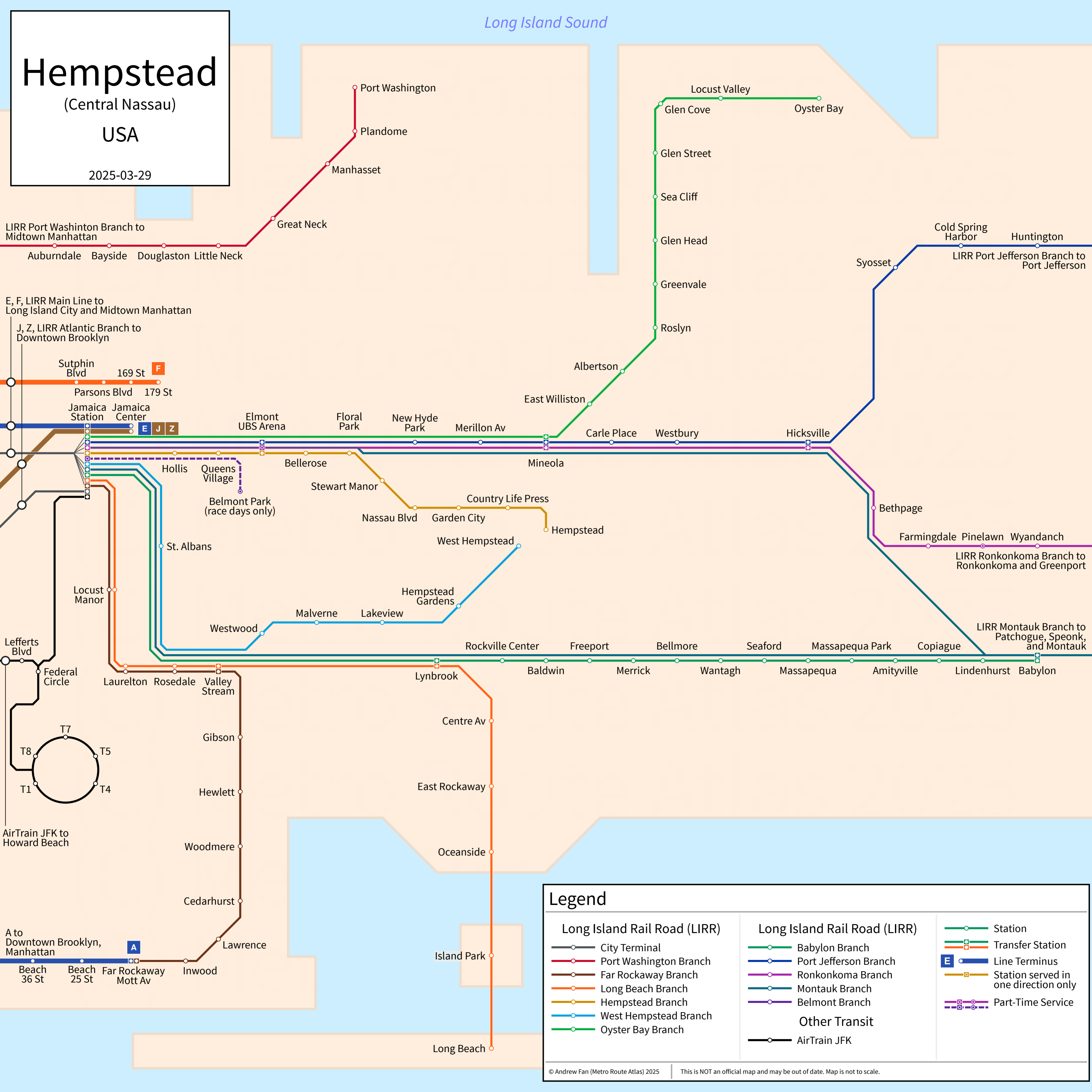


# Hempstead

(Central Nassau)

USA

2025-03-29



Long Island Sound

LIRR Port Washinton Branch to Midtown Manhattan  
 Auburndale Bayside Douglaston Little Neck

E, F, LIRR Main Line to Long Island City and Midtown Manhattan  
 J, Z, LIRR Atlantic Branch to Downtown Brooklyn

Sutphin Blvd 169 St **F**  
 Parsons Blvd 179 St  
 Jamaica Station Jamaica Center **E J Z**

Lefferts Blvd  
 Federal Circle  
 T7  
 T8  
 T5  
 T4  
 T1

A to Downtown Brooklyn, Manhattan  
 Beach 36 St Beach 25 St Far Rockaway Mott Av **A**  
 Inwood

### Legend

<b>Long Island Rail Road (LIRR)</b> <ul style="list-style-type: none"> <li>City Terminal</li> <li>Port Washington Branch</li> <li>Far Rockaway Branch</li> <li>Long Beach Branch</li> <li>Hempstead Branch</li> <li>West Hempstead Branch</li> <li>Oyster Bay Branch</li> </ul>	<b>Long Island Rail Road (LIRR)</b> <ul style="list-style-type: none"> <li>Babylon Branch</li> <li>Port Jefferson Branch</li> <li>Ronkonkoma Branch</li> <li>Montauk Branch</li> <li>Belmont Branch</li> </ul>	<ul style="list-style-type: none"> <li>Station</li> <li>Transfer Station</li> <li><b>E</b> Line Terminus</li> <li>Station served in one direction only</li> <li>Part-Time Service</li> </ul>
<b>Other Transit</b> <ul style="list-style-type: none"> <li>AirTrain JFK</li> </ul>		