Effective - January 5, 2026

101 22nd Street Station / 101 Lougheed Station

From Lougheed Station via Gatineau, Austin, Government, Cariboo, Armstrong, Cumberland, 16 Ave, 1 St, 12 Ave, 6 St, 6 Ave, 22 St, 7 Ave to 22nd Street Station.

From 22nd Street Station via 7 Ave, 20 St, 6 Ave, 6 St, 12 Ave, 1 St, 16 Ave, Cumberland, Armstrong, Cariboo, Government, Austin, Gatineau to Lougheed Station.

Lougheed Station Bay 4	1 St at 16 Ave (E) #52293	6 Ave at 6 St #52303	22nd Street Station (E)
MONDAY TO FRIDAY			
5.20	5.35	5.42	5.50
5.40	5.55	6.02	6.10
6.00	6.15	6.22	6.31
6.22	6.39	6.46	6.55
6.40	6.57	7.04	7.13
7.00	7.18	7.26	7.36
7.19	7.37	7.45	7.56
7.39	7.57	8.05	8.16
8.00	8.21	8.29	8.40
8.20	8.41	8.49	9.00
8.40	8.59	9.07	9.18
9.00	9.18	9.26	9.36
9.30	9.48	9.56	10.05
10.00	10.18	10.26	10.35
10.30	10.48	10.56	11.04
11.00	11.18	11.25	11.33
11.30	11.48	11.56	**12.04**
12.00	**12.20**	**12.28**	**12.36**
12.30	**12.50**	**12.58**	**1.06**
1.00	**1.20**	**1.28**	**1.37**
1.30	**1.50**	**1.58**	**2.08**
2.00	**2.21**	**2.29**	**2.40**
2.25	**2.46**	**2.54**	**3.05**
2.45	**3.06**	**3.15**	**3.28**
3.05	**3.27**	**3.36**	**3.49**
3.25	**3.47**	**3.56**	**4.09**
3.45	**4.06**	**4.15**	**4.28**
4.00	**4.21**	**4.30**	**4.43**
4.20	**4.41**	**4.50**	**5.03**
4.40	**5.01**	**5.10**	**5.23**
5.00	**5.23**	**5.32**	**5.43**
5.20	**5.41**	**5.49**	**5.59**
5.40	**6.01**	**6.09**	**6.19**
6.00	**6.18**	**6.26**	**6.35**
6.30	**6.48**	**6.56**	**7.05**
7.00	**7.18**	**7.25**	**7.33**
7.30	**7.48**	**7.55**	**8.03**
8.00	**8.16**	**8.23**	**8.31**
9.00	**9.16**	**9.23**	**9.30**
10.03	**10.18**	**10.24**	**10.31**
11.00	**11.15**	**11.21**	**11.28**
12.00	12.15	12.21	12.28
SATURDAY			
6.00	6.15	6.22	6.30
6.30	6.45	6.52	7.00
7.00	7.15	7.22	7.30
7.30	7.45	7.52	8.00
8.00	8.15	8.22	8.31
8.30	8.46	8.53	9.02
9.00	9.17	9.24	9.33
9.30	9.48	9.56	10.05
10.00	10.18	10.26	10.36
10.30	10.49	10.57	11.07
11.00	11.19	11.27	11.37
11.30	11.50	11.58	**12.08**
12.00	**12.21**	**12.29**	**12.39**
12.30	**12.51**	**12.59**	**1.09**

CONTINUED . . .

22nd Street Station Bay 5	6 Ave at 6 St #52242	1 St at 16 Ave (E) #58165	Lougheed Station (E)
MONDAY TO FRIDAY			
5.25	5.34	5.39	5.54
5.45	5.54	5.59	6.14
6.05	6.14	6.19	6.34
6.25	6.35	6.40	6.57
6.45	6.55	7.00	7.17
7.05	7.15	7.20	7.38
7.25	7.35	7.40	7.58
7.45	7.56	8.02	8.21
8.05	8.16	8.22	8.41
8.25	8.36	8.42	9.01
8.50	9.01	9.07	9.26
9.15	9.26	9.32	9.50
9.50	10.01	10.07	10.25
10.20	10.31	10.37	10.55
10.50	11.01	11.07	11.25
11.20	11.32	11.38	11.56
11.50	**12.02**	**12.08**	**12.26**
12.20	**12.31**	**12.37**	**12.55**
12.50	**1.01**	**1.07**	**1.25**
1.20	**1.31**	**1.37**	**1.55**
1.47	**1.58**	**2.04**	**2.23**
2.20	**2.32**	**2.38**	**2.59**
2.50	**3.03**	**3.10**	**3.32**
3.05	**3.18**	**3.26**	**3.49**
3.25	**3.39**	**3.47**	**4.10**
3.45	**3.59**	**4.07**	**4.30**
4.05	**4.19**	**4.27**	**4.50**
4.25	**4.39**	**4.46**	**5.09**
4.45	**4.59**	**5.06**	**5.29**
5.00	**5.14**	**5.21**	**5.42**
5.20	**5.34**	**5.40**	**6.01**
5.40	**5.54**	**6.00**	**6.19**
6.00	**6.12**	**6.18**	**6.37**
6.20	**6.32**	**6.38**	**6.57**
6.45	**6.56**	**7.02**	**7.20**
7.15	**7.25**	**7.30**	**7.48**
7.45	**7.55**	**8.00**	**8.16**
8.15	**8.25**	**8.30**	**8.46**
8.45	**8.55**	**9.00**	**9.16**
9.45	**9.54**	**9.59**	**10.15**
10.45	**10.54**	**10.59**	**11.14**
11.45	**11.54**	**11.58**	12.12
12.59	1.08	1.12	1.26
SATURDAY			
6.15	6.24	6.28	6.42
6.45	6.54	6.58	7.12
7.15	7.24	7.28	7.42
7.46	7.55	8.00	8.15
8.15	8.24	8.29	8.44
8.47	8.56	9.01	9.16
9.17	9.27	9.32	9.48
9.47	9.57	10.02	10.19
10.17	10.28	10.33	10.50
10.40	10.51	10.56	11.13
11.10	11.21	11.26	11.43
11.40	11.51	11.56	**12.14**
12.10	**12.21**	**12.26**	**12.44**
12.40	**12.51**	**12.57**	**1.15**

CONTINUED . . .

Effective - January 5, 2026

101 22nd Street Station / 101 Lougheed Station

Lougheed Station to 22nd Street Station.

22nd Street Station to Lougheed Station.

(Refer to Monday to Friday for routing)

Lougheed Station Bay 4	1 St at 16 Ave (E) #52293	6 Ave at 6 St #52303	22nd Street Station (E)
SATURDAY			
	. . . CONTINUED		
1.00	**1.21**	**1.29**	**1.39**
1.30	**1.48**	**1.56**	**2.07**
2.00	**2.20**	**2.28**	**2.38**
2.30	**2.49**	**2.57**	**3.08**
3.00	**3.19**	**3.27**	**3.37**
3.30	**3.49**	**3.57**	**4.07**
4.00	**4.19**	**4.27**	**4.37**
4.30	**4.49**	**4.57**	**5.07**
5.00	**5.19**	**5.27**	**5.37**
5.30	**5.49**	**5.57**	**6.07**
6.00	**6.19**	**6.27**	**6.37**
6.30	**6.49**	**6.57**	**7.06**
7.00	**7.18**	**7.26**	**7.35**
7.30	**7.48**	**7.55**	**8.03**
8.00	**8.16**	**8.23**	**8.31**
8.30	**8.45**	**8.52**	**9.00**
8.55	**9.10**	**9.17**	**9.25**
9.25	**9.40**	**9.47**	**9.54**
10.15	**10.30**	**10.37**	**10.44**
11.10	**11.25**	**11.32**	**11.39**
12.25	12.40	12.46	12.53
1.26	1.41	1.47	1.54
SUNDAY & HOLIDAYS			
7.30	7.45	7.52	8.00
8.00	8.17	8.24	8.32
8.30	8.47	8.54	9.02
9.00	9.17	9.24	9.32
9.30	9.47	9.54	10.02
10.00	10.17	10.24	10.32
10.30	10.48	10.56	11.06
11.00	11.18	11.26	11.35
11.30	11.48	11.56	**12.05**
12.00	**12.19**	**12.27**	**12.36**
12.30	**12.49**	**12.57**	**1.08**
1.00	**1.19**	**1.27**	**1.38**
1.30	**1.49**	**1.57**	**2.08**
2.00	**2.19**	**2.27**	**2.37**
2.30	**2.48**	**2.55**	**3.05**
3.00	**3.17**	**3.24**	**3.33**
3.30	**3.48**	**3.55**	**4.04**
4.00	**4.17**	**4.24**	**4.33**
4.30	**4.47**	**4.54**	**5.03**
5.00	**5.17**	**5.24**	**5.32**
5.30	**5.47**	**5.54**	**6.02**
6.00	**6.17**	**6.24**	**6.32**
6.30	**6.47**	**6.54**	**7.02**
7.00	**7.17**	**7.24**	**7.32**
7.30	**7.46**	**7.53**	**8.01**
8.00	**8.16**	**8.23**	**8.31**
8.25	**8.41**	**8.48**	**8.56**
8.57	**9.12**	**9.19**	**9.27**
9.19	**9.34**	**9.41**	**9.49**
10.10	**10.25**	**10.32**	**10.40**
11.19	**11.34**	**11.40**	**11.48**
12.24	12.39	12.45	12.53

22nd Street Station Bay 5	6 Ave at 6 St #52242	1 St at 16 Ave (E) #58165	Lougheed Station (E)
SATURDAY			
	. . . CONTINUED		
1.10	**1.21**	**1.27**	**1.45**
1.40	**1.51**	**1.57**	**2.15**
2.10	**2.21**	**2.27**	**2.45**
2.40	**2.51**	**2.57**	**3.15**
3.10	**3.21**	**3.27**	**3.47**
3.40	**3.51**	**3.57**	**4.16**
4.10	**4.21**	**4.27**	**4.46**
4.40	**4.51**	**4.56**	**5.14**
5.10	**5.21**	**5.26**	**5.44**
5.40	**5.51**	**5.56**	**6.14**
6.10	**6.22**	**6.28**	**6.47**
6.40	**6.50**	**6.56**	**7.14**
7.17	**7.27**	**7.33**	**7.51**
7.47	**7.57**	**8.02**	**8.20**
8.17	**8.27**	**8.32**	**8.49**
8.45	**8.55**	**9.00**	**9.16**
9.45	**9.55**	**10.00**	**10.16**
10.50	**11.00**	**11.04**	**11.19**
11.50	12.00	12.04	12.19
12.50	12.59	1.03	1.17
SUNDAY & HOLIDAYS			
7.45	7.54	7.58	8.13
8.15	8.24	8.29	8.45
8.45	8.54	8.59	9.15
9.15	9.24	9.29	9.46
9.45	9.54	9.59	10.17
10.15	10.24	10.29	10.47
10.45	10.54	10.59	11.17
11.15	11.25	11.30	11.48
11.45	11.55	**12.01**	**12.19**
12.15	**12.25**	**12.30**	**12.48**
12.45	**12.55**	**1.00**	**1.18**
1.15	**1.25**	**1.30**	**1.48**
1.45	**1.55**	**2.00**	**2.18**
2.15	**2.25**	**2.30**	**2.48**
2.45	**2.55**	**3.00**	**3.18**
3.15	**3.26**	**3.31**	**3.49**
3.45	**3.55**	**4.01**	**4.19**
4.15	**4.25**	**4.31**	**4.49**
4.45	**4.56**	**5.01**	**5.19**
5.15	**5.25**	**5.30**	**5.48**
5.45	**5.55**	**6.00**	**6.17**
6.15	**6.25**	**6.30**	**6.47**
6.45	**6.55**	**7.00**	**7.17**
7.15	**7.25**	**7.30**	**7.47**
7.45	**7.55**	**8.00**	**8.16**
8.18	**8.27**	**8.32**	**8.49**
8.41	**8.50**	**8.55**	**9.10**
9.36	**9.45**	**9.50**	**10.05**
10.45	**10.54**	**10.59**	**11.14**
11.49	**11.58**	12.02	12.17
12.59	1.08	1.12	1.26