Effective - April 20, 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.

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	5.41	5.50
5.40	5.55	6.01	6.10
6.00	6.16	6.23	6.32
6.20	6.36	6.43	6.52
6.40	6.56	7.03	7.12
7.00	7.16	7.23	7.34
7.19	7.37	7.44	7.56
7.39	7.57	8.05	8.17
8.00	8.20	8.28	8.40
8.20	8.40	8.48	9.00
8.40	9.00	9.08	9.19
9.00	9.20	9.28	9.39
9.30	9.50	9.58	10.08
10.00	10.20	10.28	10.38
10.30	10.50	10.58	11.08
11.00	11.20	11.28	11.38
11.30	11.50	11.58	**12.08**
12.00	**12.21**	**12.29**	**12.39**
12.30	**12.51**	**12.59**	**1.09**
1.00	**1.21**	**1.29**	**1.39**
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**	**3.29**
3.05	**3.28**	**3.37**	**3.51**
3.25	**3.48**	**3.57**	**4.11**
3.45	**4.08**	**4.17**	**4.32**
4.00	**4.23**	**4.32**	**4.47**
4.20	**4.43**	**4.52**	**5.08**
4.40	**5.03**	**5.12**	**5.28**
5.00	**5.23**	**5.32**	**5.45**
5.20	**5.43**	**5.52**	**6.03**
5.40	**6.01**	**6.10**	**6.21**
6.00	**6.20**	**6.28**	**6.37**
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**	**8.30**
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	6.14	6.20	6.27
6.30	6.45	6.52	6.59
7.00	7.15	7.22	7.29
7.30	7.45	7.52	7.59
8.00	8.16	8.23	8.30
8.30	8.46	8.53	9.02
9.00	9.16	9.23	9.32
9.30	9.48	9.56	10.05
10.00	10.19	10.27	10.36
10.30	10.49	10.57	11.06
11.00	11.19	11.27	11.36
11.30	11.49	11.57	**12.07**
12.00	**12.21**	**12.29**	**12.39**
12.30	**12.51**	**12.59**	**1.09**

CONTINUED . . .

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.

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	5.55
5.45	5.54	5.59	6.15
6.05	6.14	6.19	6.35
6.25	6.34	6.39	6.55
6.45	6.54	6.59	7.15
7.05	7.15	7.20	7.37
7.25	7.35	7.41	8.00
7.45	7.55	8.01	8.20
8.05	8.16	8.23	8.44
8.25	8.36	8.43	9.04
8.50	9.02	9.08	9.28
9.15	9.25	9.31	9.50
9.50	10.00	10.06	10.25
10.20	10.30	10.36	10.55
10.50	11.00	11.06	11.25
11.20	11.30	11.36	11.55
11.50	**12.00**	**12.06**	**12.25**
12.20	**12.30**	**12.36**	**12.55**
12.50	**1.00**	**1.06**	**1.25**
1.20	**1.30**	**1.36**	**1.55**
1.47	**1.58**	**2.04**	**2.24**
2.20	**2.32**	**2.38**	**2.58**
2.50	**3.03**	**3.11**	**3.34**
3.05	**3.19**	**3.27**	**3.52**
3.25	**3.39**	**3.47**	**4.12**
3.45	**3.59**	**4.07**	**4.32**
4.05	**4.21**	**4.29**	**4.54**
4.25	**4.41**	**4.49**	**5.14**
4.45	**5.01**	**5.09**	**5.34**
5.00	**5.16**	**5.23**	**5.45**
5.20	**5.34**	**5.41**	**6.03**
5.40	**5.54**	**6.00**	**6.20**
6.00	**6.11**	**6.17**	**6.37**
6.20	**6.31**	**6.37**	**6.57**
6.45	**6.56**	**7.02**	**7.20**
7.15	**7.26**	**7.32**	**7.50**
7.45	**7.56**	**8.01**	**8.19**
8.15	**8.26**	**8.31**	**8.49**
8.45	**8.55**	**9.00**	**9.18**
9.45	**9.55**	**10.00**	**10.17**
10.45	**10.55**	**11.00**	**11.17**
11.45	**11.54**	**11.58**	12.13
12.59	1.08	1.12	1.26
SATURDAY			
6.15	6.24	6.29	6.44
6.45	6.54	6.59	7.14
7.15	7.24	7.29	7.44
7.46	7.55	8.00	8.15
8.15	8.24	8.29	8.45
8.47	8.56	9.01	9.17
9.17	9.27	9.32	9.48
9.47	9.57	10.02	10.20
10.17	10.28	10.33	10.51
10.40	10.51	10.56	11.14
11.10	11.21	11.26	11.44
11.40	11.51	11.57	**12.16**
12.10	**12.21**	**12.27**	**12.46**
12.40	**12.51**	**12.57**	**1.16**

CONTINUED . . .

Effective - April 20, 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	**1.20**	**1.28**	**1.38**
1.30	**1.50**	**1.58**	**2.10**
2.00	**2.20**	**2.28**	**2.39**
2.30	**2.48**	**2.56**	**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	**5.18**	**5.26**	**5.35**
5.30	**5.48**	**5.56**	**6.05**
6.00	**6.18**	**6.26**	**6.35**
6.30	**6.47**	**6.54**	**7.03**
7.00	**7.17**	**7.24**	**7.33**
7.30	**7.48**	**7.55**	**8.02**
8.00	**8.16**	**8.23**	**8.30**
8.30	**8.45**	**8.52**	**8.59**
8.55	**9.10**	**9.17**	**9.24**
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	7.51	7.59
8.00	8.15	8.22	8.30
8.30	8.45	8.52	9.00
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	10.47	10.54	11.02
11.00	11.17	11.24	11.32
11.30	11.47	11.54	**12.02**
12.00	**12.18**	**12.25**	**12.33**
12.30	**12.48**	**12.55**	**1.05**
1.00	**1.18**	**1.25**	**1.35**
1.30	**1.48**	**1.56**	**2.06**
2.00	**2.18**	**2.26**	**2.36**
2.30	**2.49**	**2.57**	**3.07**
3.00	**3.19**	**3.27**	**3.37**
3.30	**3.49**	**3.57**	**4.05**
4.00	**4.19**	**4.27**	**4.35**
4.30	**4.48**	**4.56**	**5.04**
5.00	**5.18**	**5.26**	**5.34**
5.30	**5.48**	**5.56**	**6.04**
6.00	**6.18**	**6.25**	**6.33**
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	**8.15**	**8.21**	**8.29**
8.25	**8.40**	**8.46**	**8.54**
8.57	**9.11**	**9.17**	**9.25**
9.19	**9.33**	**9.39**	**9.47**
10.10	**10.24**	**10.30**	**10.38**
11.19	**11.33**	**11.39**	**11.47**
12.24	12.38	12.44	12.52

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**	**1.46**
1.40	**1.51**	**1.57**	**2.16**
2.10	**2.21**	**2.27**	**2.47**
2.40	**2.51**	**2.57**	**3.17**
3.10	**3.21**	**3.27**	**3.47**
3.40	**3.51**	**3.57**	**4.17**
4.10	**4.21**	**4.27**	**4.47**
4.40	**4.51**	**4.57**	**5.16**
5.10	**5.21**	**5.27**	**5.46**
5.40	**5.51**	**5.57**	**6.16**
6.10	**6.20**	**6.26**	**6.45**
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**	**8.50**
8.45	**8.55**	**9.00**	**9.18**
9.45	**9.55**	**10.00**	**10.17**
10.50	**11.00**	**11.05**	**11.20**
11.50	12.00	12.05	12.20
12.50	12.59	1.04	1.19
SUNDAY & HOLIDAYS			
7.45	7.54	7.58	8.13
8.15	8.24	8.28	8.43
8.45	8.54	8.59	9.14
9.15	9.24	9.29	9.46
9.45	9.54	9.59	10.16
10.15	10.24	10.29	10.46
10.45	10.54	11.00	11.18
11.15	11.25	11.31	11.49
11.45	11.55	**12.01**	**12.19**
12.15	**12.25**	**12.31**	**12.49**
12.45	**12.55**	**1.01**	**1.19**
1.15	**1.25**	**1.31**	**1.50**
1.45	**1.55**	**2.01**	**2.20**
2.15	**2.25**	**2.31**	**2.50**
2.45	**2.55**	**3.01**	**3.20**
3.15	**3.25**	**3.31**	**3.50**
3.45	**3.55**	**4.01**	**4.19**
4.15	**4.25**	**4.31**	**4.49**
4.45	**4.55**	**5.01**	**5.19**
5.15	**5.25**	**5.31**	**5.49**
5.45	**5.55**	**6.01**	**6.19**
6.15	**6.25**	**6.30**	**6.48**
6.45	**6.55**	**7.00**	**7.18**
7.15	**7.25**	**7.30**	**7.48**
7.45	**7.55**	**8.00**	**8.17**
8.18	**8.27**	**8.32**	**8.48**
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**	12.03	12.18
12.59	1.08	1.12	1.26