Effective - April 20, 2026

388 22nd Street Station
388 Carvolth Exchange

From Carvolth Exchange via 202 St, 91A Ave, 200 St, 201 St, 96 Ave, 96 Ave Connector, Golden Ears Way, 96 Ave, 168 St, 88 Ave, Nordel Way, Hwy 91, Cliveden Interchange, Hwy 91, Hwy 91A, Howes St Interchange, Hwy 91A, Queensborough Bridge, bus lane, 23 St, 7 Ave, to 22nd Street Station.

From 22nd Street Station via 7 Ave, 20 St, Marine, access lane, Queensborough Bridge, Hwy 91A, Howes St Interchange, Hwy 91A, Hwy 91, Cliveden Interchange, Hwy 91, Nordel Way, 88 Ave, 168 St, 96 Ave, Golden Ears Way, 96 Ave Connector, 96 Ave, 200 St, 91A Ave, 202 St, to Carvolth Exchange.

Carvolth Exchange Bay 7	Nordel Way at Scott #61190	22nd Street Station (E)
MONDAY TO FRIDAY		
5.31	6.22	6.46
5.54	6.45	7.10
6.26	7.17	7.43
6.54	7.46	8.13
7.22	8.19	8.46
7.51	8.48	9.15
8.20	9.17	9.40
8.51	9.51	10.14
9.22	10.22	10.45
9.54	10.49	11.13
10.24	11.19	11.43
10.54	11.49	**12.13**
11.24	**12.19**	**12.43**
11.54	**12.49**	**1.13**
12.24	**1.19**	**1.43**
12.54	**1.49**	**2.13**
1.24	**2.19**	**2.43**
1.53	**2.48**	**3.12**
2.26	**3.21**	**3.41**
2.54	**3.57**	**4.21**
3.26	**4.30**	**4.54**
3.56	**5.00**	**5.24**
4.29	**5.33**	**5.57**
4.59	**6.02**	**6.23**
5.29	**6.29**	**6.48**
5.56	**6.54**	**7.12**
6.35	**7.25**	**7.43**
7.04	**7.54**	**8.12**
7.35	**8.25**	**8.43**
8.05	**8.55**	**9.13**
8.35	**9.25**	**9.43**
9.05	**9.55**	**10.13**

22nd Street Station Bay 7	Nordel Way at Scott #61189	Carvolth Exchange (E)
MONDAY TO FRIDAY		
5.01	5.22	6.10
5.31	5.52	6.40
5.58	6.20	7.09
6.27	6.51	7.45
6.54	7.18	8.13
7.22	7.46	8.41
7.52	8.16	9.11
8.22	8.47	9.42
8.52	9.17	10.12
9.22	9.48	10.44
9.52	10.18	11.14
10.23	10.49	11.45
10.52	11.18	**12.14**
11.22	11.48	**12.44**
11.52	**12.18**	**1.14**
12.22	**12.48**	**1.44**
12.52	**1.18**	**2.14**
1.22	**1.48**	**2.44**
1.52	**2.18**	**3.14**
2.21	**2.47**	**3.43**
2.49	**3.17**	**4.22**
3.17	**3.47**	**4.52**
3.47	**4.18**	**5.23**
4.17	**4.48**	**5.48**
4.56	**5.28**	**6.25**
5.17	**5.46**	**6.39**
5.47	**6.13**	**7.06**
6.17	**6.41**	**7.30**
6.47	**7.10**	**7.59**
7.17	**7.40**	**8.28**
7.47	**8.10**	**8.58**
8.17	**8.40**	**9.28**
8.48	**9.11**	**9.59**
9.18	**9.41**	**10.29**