Effective - June 8, 2026

144 Metrotown Station

From SFU Exchange via University High St, Tower Rd, South Campus Rd, Gaglardi, tunnel, University Dr W., Gaglardi, Burnaby Mountain Parkway, Hastings, Duthie, Broadway, Kensington, off-ramp, Sperling Ave, Sperling Station, Sperling Ave, Kensington on-ramp, Sprott, Norland, Deer Lake Parkway, Burnaby City Hall, Deer Lake Parkway, Deer Lake Ave, Sperling Ave, Canada Way, Burris, Oakland, Dover, Nelson, Bennett, Bonsor, Central Blvd to Metrotown Station.

SFU Exchange Bay 4	Duthie at Hastings (E) #52907	Sperling Station Bay 2	Burnaby City Hall (E) #52716	Metrotown Station (E)
MONDAY TO FRIDAY				
-	5.33	5.44	5.51	6.09
5.48	5.58	6.08	6.16	6.35
6.17	6.27	6.38	6.46	7.06
6.37	6.47	6.58	7.07	7.27
6.56	7.06	7.17	7.26	7.49
7.12	7.22	7.34	7.43	8.06
7.27	7.37	7.49	7.58	8.21
7.42	7.53	8.05	8.14	8.37
7.57	8.08	8.20	8.29	8.52
8.12	8.23	8.34	8.44	9.07
8.27	8.38	8.49	8.59	9.22
8.45	8.56	9.07	9.16	9.38
9.00	9.11	9.22	9.31	9.53
9.15	9.26	9.37	9.46	10.08
9.30	9.41	9.52	10.01	10.23
9.44	9.55	10.06	10.15	10.37
9.59	10.10	10.21	10.30	10.52
10.13	10.24	10.35	10.44	11.06
10.28	10.39	10.50	10.59	11.21
10.43	10.54	11.05	11.14	11.36
10.57	11.08	11.19	11.28	11.50
11.11	11.22	11.33	11.42	**12.05**
11.26	11.37	11.48	11.57	**12.20**
11.41	11.52	**12.03**	**12.12**	**12.35**
11.56	**12.07**	**12.18**	**12.27**	**12.50**
12.11	**12.22**	**12.33**	**12.42**	**1.05**
12.26	**12.37**	**12.48**	**12.57**	**1.20**
12.41	**12.52**	**1.03**	**1.12**	**1.35**
12.56	**1.07**	**1.18**	**1.27**	**1.50**
1.11	**1.22**	**1.33**	**1.43**	**2.06**
1.26	**1.37**	**1.48**	**1.58**	**2.21**
1.41	**1.52**	**2.03**	**2.13**	**2.37**
1.58	**2.09**	**2.20**	**2.30**	**2.54**

CONTINUED . . . .

SFU Exchange Bay 4	Duthie at Hastings (E) #52907	Sperling Station Bay 2	Burnaby City Hall (E) #52716	Metrotown Station (E)
MONDAY TO FRIDAY				
. . . . CONTINUED				
2.13	**2.24**	**2.35**	**2.45**	**3.09**
2.27	**2.38**	**2.49**	**2.59**	**3.23**
2.41	**2.52**	**3.04**	**3.14**	**3.38**
2.54	**3.05**	**3.17**	**3.27**	**3.51**
3.08	**3.19**	**3.31**	**3.41**	**4.05**
3.24	**3.35**	**3.47**	**3.57**	**4.21**
3.38	**3.49**	**4.01**	**4.11**	**4.35**
3.54	**4.05**	**4.17**	**4.28**	**4.55**
4.09	**4.21**	**4.33**	**4.44**	**5.11**
4.24	**4.36**	**4.48**	**4.59**	**5.26**
4.39	**4.51**	**5.03**	**5.14**	**5.41**
4.54	**5.06**	**5.18**	**5.29**	**5.56**
5.10	**5.22**	**5.34**	**5.44**	**6.08**
5.24	**5.36**	**5.48**	**5.58**	**6.22**
5.39	**5.50**	**6.01**	**6.11**	**6.35**
5.54	**6.05**	**6.16**	**6.25**	**6.47**
6.09	**6.20**	**6.31**	**6.40**	**7.01**
6.24	**6.35**	**6.46**	**6.55**	**7.16**
6.39	**6.50**	**7.00**	**7.09**	**7.30**
7.04	**7.15**	**7.25**	**7.34**	**7.54**
7.33	**7.44**	**7.54**	**8.03**	**8.23**
8.02	**8.13**	**8.23**	**8.31**	**8.50**
8.31	**8.42**	**8.52**	**9.00**	**9.19**
9.00	**9.11**	**9.20**	**9.27**	**9.44**
9.27	**9.38**	**9.47**	**9.54**	**10.11**
9.56	**10.07**	**10.16**	**10.23**	**10.40**
10.26	**10.37**	**10.46**	**10.52**	**11.08**
10.56	**11.07**	**11.16**	**11.22**	**11.38**
11.28	**11.38**	**11.47**	**11.53**	12.07
12.01	12.11	12.20	12.26	12.40
12.34	12.44	12.53	12.59	1.13

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144 Metrotown Station

SFU Exchange to Metrotown Station.
(Refer to Monday to Friday for routing)

SFU Exchange Bay 4	Duthie at Hastings (E) #52907	Sperling Station Bay 2	Burnaby City Hall (E) #52716	Metrotown Station (E)
SATURDAY				
6.41	6.51	7.00	7.08	7.28
7.41	7.51	8.01	8.09	8.29
8.14	8.24	8.34	8.43	9.03
8.50	9.00	9.10	9.19	9.39
9.24	9.34	9.44	9.53	10.16
10.00	10.10	10.20	10.29	10.51
10.29	10.39	10.49	10.58	11.20
10.49	10.59	11.09	11.18	11.40
11.09	11.19	11.29	11.39	**12.02**
11.29	11.39	11.49	11.59	**12.22**
11.54	**12.04**	**12.14**	**12.24**	**12.47**
12.12	**12.23**	**12.33**	**12.43**	**1.06**
12.32	**12.43**	**12.53**	**1.03**	**1.26**
12.52	**1.03**	**1.13**	**1.23**	**1.46**
1.12	**1.23**	**1.33**	**1.43**	**2.06**
1.32	**1.43**	**1.53**	**2.03**	**2.26**
1.52	**2.03**	**2.13**	**2.23**	**2.46**
2.12	**2.23**	**2.33**	**2.43**	**3.06**
2.32	**2.43**	**2.53**	**3.03**	**3.26**
2.52	**3.03**	**3.13**	**3.23**	**3.46**
3.12	**3.23**	**3.33**	**3.43**	**4.06**
3.32	**3.43**	**3.53**	**4.03**	**4.26**
3.52	**4.03**	**4.13**	**4.23**	**4.46**
4.12	**4.23**	**4.33**	**4.43**	**5.06**
4.32	**4.43**	**4.53**	**5.03**	**5.26**
4.54	**5.05**	**5.15**	**5.25**	**5.48**
5.15	**5.26**	**5.36**	**5.45**	**6.07**
5.35	**5.46**	**5.56**	**6.05**	**6.27**
5.55	**6.06**	**6.16**	**6.25**	**6.47**
6.15	**6.26**	**6.36**	**6.45**	**7.07**
6.35	**6.46**	**6.56**	**7.05**	**7.25**
6.55	**7.06**	**7.16**	**7.25**	**7.45**
7.15	**7.26**	**7.36**	**7.45**	**8.05**
7.35	**7.45**	**7.55**	**8.03**	**8.22**
7.58	**8.08**	**8.18**	**8.26**	**8.45**
8.28	**8.38**	**8.48**	**8.56**	**9.15**
8.55	**9.05**	**9.15**	**9.23**	**9.42**
9.28	**9.38**	**9.48**	**9.55**	**10.12**
9.58	**10.08**	**10.18**	**10.25**	**10.42**
10.28	**10.38**	**10.47**	**10.53**	**11.09**
10.58	**11.08**	**11.17**	**11.23**	**11.39**
11.28	**11.38**	**11.47**	**11.53**	12.09
11.58	12.08	12.17	12.23	12.39
12.28	12.38	12.47	12.53	1.09

SFU Exchange Bay 4	Duthie at Hastings (E) #52907	Sperling Station Bay 2	Burnaby City Hall (E) #52716	Metrotown Station (E)
SUNDAY & HOLIDAYS				
-	-	-	7.40	7.57
8.05	8.15	8.25	8.33	8.53
9.05	9.15	9.26	9.35	9.55
9.35	9.45	9.56	10.05	10.25
10.05	10.15	10.26	10.35	10.55
10.34	10.44	10.55	11.04	11.25
11.03	11.14	11.25	11.34	11.56
11.33	11.44	11.55	**12.04**	**12.26**
12.03	**12.14**	**12.25**	**12.34**	**12.56**
12.33	**12.44**	**12.55**	**1.04**	**1.26**
1.03	**1.14**	**1.25**	**1.34**	**1.56**
1.33	**1.44**	**1.55**	**2.04**	**2.26**
2.03	**2.14**	**2.25**	**2.34**	**2.56**
2.33	**2.44**	**2.55**	**3.04**	**3.26**
3.03	**3.14**	**3.25**	**3.34**	**3.56**
3.33	**3.44**	**3.55**	**4.04**	**4.26**
4.03	**4.14**	**4.25**	**4.34**	**4.56**
4.33	**4.45**	**4.56**	**5.05**	**5.27**
5.05	**5.16**	**5.26**	**5.35**	**5.56**
5.35	**5.46**	**5.56**	**6.05**	**6.26**
6.05	**6.16**	**6.26**	**6.35**	**6.55**
6.35	**6.46**	**6.56**	**7.04**	**7.22**
7.05	**7.16**	**7.26**	**7.34**	**7.52**
7.35	**7.46**	**7.56**	**8.04**	**8.22**
8.05	**8.16**	**8.26**	**8.34**	**8.52**
8.35	**8.46**	**8.56**	**9.04**	**9.22**
9.05	**9.16**	**9.26**	**9.33**	**9.51**
9.35	**9.46**	**9.56**	**10.03**	**10.21**
10.05	**10.16**	**10.25**	**10.31**	**10.47**
10.35	**10.46**	**10.55**	**11.01**	**11.17**
11.05	**11.16**	**11.25**	**11.31**	**11.45**
11.35	**11.46**	**11.55**	12.01	12.15
11.54	12.05	12.14	12.20	12.34
12.30	12.41	12.49	12.55	1.09

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144 SFU Exchange

From Metrotown Station via Central Blvd, Bonsor, Bennett, Nelson, Dover, Oakland, Burris, Canada Way, Sperling, Deer Lake Ave, Deer Lake Parkway, Burnaby City Hall, Deer Lake Parkway, Norland, Sprott, Kensington, off-ramp, Sperling Ave, Sperling Station, Sperling Ave, Kensington on-ramp, Broadway, Duthie, Hastings, Burnaby Mountain Parkway, Gaglardi, tunnel, University Dr E., East Campus Rd to SFU Exchange.

Metrotown Station Bay 14	Burnaby City Hall (E) #52716	Sperling Station Bay 2	Hastings at Duthie (E) #51856	SFU Exchange (E)
MONDAY TO FRIDAY				
5.31	5.46	5.54	6.01	6.12
5.50	6.05	6.13	6.20	6.31
6.08	6.23	6.31	6.39	6.50
6.23	6.38	6.46	6.54	7.05
6.38	6.53	7.01	7.09	7.20
6.51	7.07	7.15	7.23	7.34
7.04	7.20	7.28	7.36	7.47
7.19	7.36	7.45	7.54	8.06
7.33	7.50	7.59	8.08	8.20
7.50	8.07	8.16	8.25	8.37
8.04	8.22	8.31	8.40	8.52
8.19	8.37	8.46	8.55	9.08
8.34	8.52	9.01	9.10	9.23
8.48	9.06	9.15	9.24	9.37
9.03	9.21	9.30	9.39	9.51
9.18	9.36	9.45	9.54	10.06
9.33	9.50	9.59	10.07	10.19
9.48	10.05	10.14	10.22	10.34
10.03	10.20	10.29	10.37	10.49
10.18	10.35	10.44	10.52	11.04
10.32	10.49	10.58	11.06	11.18
10.47	11.04	11.13	11.21	11.33
11.02	11.20	11.29	11.37	11.49
11.17	11.35	11.44	11.52	**12.04**
11.32	11.50	11.59	**12.07**	**12.19**
11.47	**12.05**	**12.14**	**12.22**	**12.34**
12.02	**12.21**	**12.30**	**12.38**	**12.50**
12.17	**12.36**	**12.45**	**12.53**	**1.05**
12.32	**12.51**	**1.01**	**1.09**	**1.21**
12.47	**1.06**	**1.16**	**1.24**	**1.36**
1.02	**1.21**	**1.31**	**1.40**	**1.53**
1.17	**1.36**	**1.46**	**1.55**	**2.08**
1.32	**1.51**	**2.01**	**2.10**	**2.23**
CONTINUED				

Metrotown Station Bay 14	Burnaby City Hall (E) #52716	Sperling Station Bay 2	Hastings at Duthie (E) #51856	SFU Exchange (E)
MONDAY TO FRIDAY				
. . . . CONTINUED				
1.47	**2.06**	**2.16**	**2.25**	**2.38**
2.02	**2.21**	**2.31**	**2.40**	**2.53**
2.17	**2.36**	**2.46**	**2.55**	**3.08**
2.32	**2.51**	**3.01**	**3.10**	**3.23**
2.47	**3.06**	**3.16**	**3.25**	**3.38**
3.02	**3.24**	**3.34**	**3.44**	**3.57**
3.17	**3.39**	**3.49**	**3.59**	**4.12**
3.32	**3.54**	**4.04**	**4.14**	**4.27**
3.49	**4.11**	**4.21**	**4.31**	**4.44**
4.06	**4.28**	**4.38**	**4.48**	**5.01**
4.18	**4.40**	**4.50**	**5.00**	**5.13**
4.33	**4.55**	**5.05**	**5.15**	**5.28**
4.48	**5.10**	**5.20**	**5.30**	**5.43**
5.03	**5.25**	**5.35**	**5.45**	**5.58**
5.19	**5.41**	**5.51**	**6.01**	**6.14**
5.35	**5.55**	**6.05**	**6.14**	**6.27**
5.50	**6.10**	**6.20**	**6.29**	**6.42**
6.05	**6.25**	**6.35**	**6.44**	**6.56**
6.20	**6.40**	**6.50**	**6.59**	**7.11**
6.35	**6.54**	**7.03**	**7.12**	**7.24**
7.05	**7.24**	**7.33**	**7.42**	**7.54**
7.35	**7.53**	**8.02**	**8.11**	**8.23**
8.05	**8.23**	**8.32**	**8.41**	**8.53**
8.34	**8.51**	**9.00**	**9.09**	**9.21**
9.04	**9.21**	**9.30**	**9.38**	**9.50**
9.34	**9.51**	**10.00**	**10.08**	**10.20**
10.04	**10.20**	**10.28**	**10.36**	**10.48**
10.38	**10.54**	**11.02**	**11.10**	**11.22**
11.14	**11.29**	**11.36**	**11.44**	**11.55**
11.44	**11.59**	12.06	12.14	12.25
12.21	12.36	12.43	12.51	1.02

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144 SFU Exchange

Metrotown Station to SFU Exchange.
(Refer to Monday to Friday for routing)

Metrotown Station Bay 14	Burnaby City Hall (E) #52716	Sperling Station Bay 2	Hastings at Duthie (E) #51856	SFU Exchange (E)
SATURDAY				
5.58	6.13	6.20	6.27	6.36
6.56	7.11	7.18	7.25	7.35
8.03	8.18	8.25	8.33	8.45
9.07	9.23	9.31	9.39	9.51
9.36	9.52	10.00	10.08	10.20
10.05	10.22	10.31	10.39	10.51
10.35	10.52	11.01	11.09	11.21
11.01	11.18	11.27	11.35	11.47
11.33	11.50	11.59	**12.07**	**12.19**
11.53	**12.10**	**12.19**	**12.27**	**12.39**
12.13	**12.31**	**12.40**	**12.48**	**1.00**
12.34	**12.52**	**1.01**	**1.09**	**1.21**
12.54	**1.12**	**1.21**	**1.29**	**1.41**
1.14	**1.32**	**1.41**	**1.49**	**2.01**
1.34	**1.53**	**2.02**	**2.10**	**2.22**
1.54	**2.13**	**2.22**	**2.30**	**2.42**
2.14	**2.33**	**2.42**	**2.50**	**3.02**
2.34	**2.53**	**3.02**	**3.10**	**3.22**
2.54	**3.13**	**3.22**	**3.30**	**3.42**
3.14	**3.33**	**3.42**	**3.50**	**4.02**
3.34	**3.53**	**4.02**	**4.10**	**4.22**
3.55	**4.14**	**4.23**	**4.31**	**4.43**
4.15	**4.34**	**4.43**	**4.52**	**5.04**
4.35	**4.54**	**5.03**	**5.12**	**5.24**
4.55	**5.14**	**5.23**	**5.32**	**5.44**
5.16	**5.35**	**5.44**	**5.53**	**6.05**
5.36	**5.54**	**6.03**	**6.12**	**6.24**
5.58	**6.16**	**6.25**	**6.34**	**6.46**
6.18	**6.36**	**6.45**	**6.54**	**7.06**
6.36	**6.54**	**7.03**	**7.12**	**7.24**
7.05	**7.23**	**7.32**	**7.41**	**7.53**
7.35	**7.53**	**8.02**	**8.11**	**8.23**
8.02	**8.19**	**8.28**	**8.36**	**8.48**
8.35	**8.52**	**9.01**	**9.09**	**9.21**
9.05	**9.22**	**9.31**	**9.39**	**9.51**
9.35	**9.52**	**10.01**	**10.09**	**10.21**
10.05	**10.22**	**10.30**	**10.38**	**10.50**
10.35	**10.52**	**11.00**	**11.08**	**11.20**
11.05	**11.20**	**11.27**	**11.35**	**11.47**
11.40	**11.55**	12.02	12.10	12.22
12.22	12.37	12.44	12.52	1.04

Metrotown Station Bay 14	Burnaby City Hall (E) #52716	Sperling Station Bay 2	Hastings at Duthie (E) #51856	SFU Exchange (E)
SUNDAY & HOLIDAYS				
7.05	7.20	7.27	7.34	7.45
8.05	8.20	8.27	8.34	8.45
9.05	9.20	9.28	9.35	9.46
9.35	9.52	10.00	10.07	10.18
10.05	10.22	10.30	10.37	10.48
10.35	10.52	11.00	11.07	11.18
11.05	11.22	11.31	11.39	11.51
11.35	11.52	**12.01**	**12.09**	**12.21**
12.06	**12.23**	**12.32**	**12.41**	**12.53**
12.37	**12.54**	**1.03**	**1.12**	**1.24**
1.07	**1.24**	**1.33**	**1.42**	**1.54**
1.37	**1.54**	**2.03**	**2.12**	**2.24**
2.07	**2.24**	**2.33**	**2.42**	**2.54**
2.37	**2.55**	**3.04**	**3.13**	**3.25**
3.07	**3.25**	**3.34**	**3.43**	**3.55**
3.37	**3.55**	**4.04**	**4.13**	**4.26**
4.07	**4.25**	**4.34**	**4.43**	**4.56**
4.37	**4.55**	**5.04**	**5.13**	**5.26**
5.07	**5.25**	**5.34**	**5.43**	**5.56**
5.37	**5.55**	**6.04**	**6.13**	**6.26**
6.07	**6.25**	**6.34**	**6.43**	**6.56**
6.36	**6.54**	**7.03**	**7.12**	**7.25**
7.05	**7.22**	**7.31**	**7.39**	**7.51**
7.35	**7.52**	**8.01**	**8.09**	**8.21**
8.05	**8.22**	**8.31**	**8.39**	**8.51**
8.35	**8.52**	**9.01**	**9.09**	**9.21**
9.05	**9.22**	**9.30**	**9.38**	**9.50**
9.35	**9.52**	**10.00**	**10.08**	**10.20**
10.05	**10.20**	**10.28**	**10.36**	**10.48**
10.35	**10.50**	**10.58**	**11.06**	**11.18**
11.05	**11.20**	**11.27**	**11.35**	**11.47**
11.35	**11.50**	**11.57**	12.05	12.17
12.20	12.35	12.42	12.50	1.02