



Teamsters Canada Rail Conference  
**Division 295 Toronto**  
 www.tcr295.com

From	AM Rush hour	To Toronto	To Smiths Falls	PM Rush hour	
<b>Toronto</b>	↑	0:00	<b>4:30</b>	increase by 1:00	
Cherrywood		:30 mins	3:30	↓	
Whitby		:45 mins	3:30		
Oshawa		:50 mins	3:20		
Darlington		:50 mins	3:15		
Lovekin		1:10	3:15		
Port Hope		1:35	3:00		
Coburg		1:20	3:00		
Spicer		1:50	3:00		
Colbourne		1:50	3:00		
Brighton		1:50	2:45		
Trenton		1:50	2:45		
Belleville		2:15	2:45		
Lonsdale		2:30	1:50		
Robindale		2:50	1:40		
Lens		3:15	1:50		
Wilkinson		4:00	2:15		
Tichborne		4:00	1:30		
Bolingbrooke			Inassessable		Inaccessable
Elliot			4:15		:45 mins
Elmsley		4:15	:30 m		
Smiths Falls	add 1:00 hr	4:30	0:00		

Rush hour is defined as being between the hours of: 0600-0900 and 1500-1830 Monday to Friday