

## Trains from Arnos Grove

### Eastbound to Cockfosters

	Mondays to Fridays	Saturdays	Sundays
<b>First train</b>	<b>0619</b>	<b>0619</b>	<b>0619</b>
<b>Last train</b>	<b>0104</b>	<b>0104</b>	<b>0047</b>

Trains run every 3-5 minutes\*

### Westbound to Acton Town

	Mondays to Fridays	Saturdays	Sundays
<b>First train</b>	<b>0519</b>	<b>0519</b>	<b>0519</b>
<b>Last train</b>	<b>0004</b>	<b>0004</b>	<b>2310</b>

Trains run every 3-5 minutes\*

### Westbound to Heathrow Terminal 4

	Mondays to Fridays	Saturdays	Sundays
<b>First train</b>	<b>0525</b>	<b>0525</b>	<b>0519x</b>
<b>Last train</b>	<b>2242</b>	<b>2242</b>	<b>2212</b>

Trains run every 10 minutes\*

x Change at Hatton Cross

### Westbound to Heathrow Terminals 2 & 3 and Heathrow Terminal 5

	Mondays to Fridays	Saturdays	Sundays
<b>First train</b>	<b>0519</b>	<b>0519</b>	<b>0519</b>
<b>Last train</b>	<b>2354y</b>	<b>2354y</b>	<b>2256z</b>

Trains run every 10 minutes\*

y A later train terminates at Heathrow Terminals 2 & 3 at 0004

z A later train terminates at Heathrow Terminals 2 & 3 at 2310

Early mornings and late evenings,  
also Friday and Saturday nights.

### Westbound to Rayners Lane

	Mondays to Fridays	Saturdays	Sundays
<b>First train</b>	<b>0519a</b>	<b>0519a</b>	<b>0555a</b>
<b>Last train</b>	<b>0004a</b>	<b>0004a</b>	<b>2310a</b>

Trains run every 5-10 minutes\*

Change at Acton Town if no through train is shown. Some trains continue beyond Rayners Lane to Uxbridge (at other times, take a Rayners Lane train and change there)

a Change at Acton Town

\*Early morning and late evening trains may run less frequently

Average journey times of through trains from this station

