

NYC COMMUTE OPTIONS (TRAIN & BUS)



Train Commute to Manhattan (NYC)

From: 42 Spring Valley Road, Montvale, NJ
To: New York Penn Station (Midtown Manhattan)

Nearest Train Station

Montvale Station (NJ Transit – Pascack Valley Line)
Approximately **4 minutes / 1.2 miles** from the property.

Train Line

NJ Transit Pascack Valley Line

(Transfer at Secaucus Junction required for Penn Station service.)

Estimated Travel Time

Morning commute: 58–70 minutes

Evening return: 60–75 minutes

Estimated Fare

One-way: Approximately **\$11.50**

Round-trip: Approximately **\$23.00**

Monthly Pass: Approximately **\$340–360**

Peak Service

Inbound to NYC

5:30 AM – 8:30 AM

Outbound from NYC

4:30 PM – 7:30 PM

Parking

Montvale Station offers commuter parking (permit and daily parking options are available through the Borough of Montvale, subject to availability).



Bus Commute to Manhattan

Nearby Bus Service

Coach USA / Rockland Coaches (Route 11 & 20 Series)

Nearest Park & Ride: Approximately **5–10 minutes** from the property.

Park Ridge

Montvale

Nanuet (NY)

Destination

Port Authority Bus Terminal

42nd Street & 8th Avenue

Midtown Manhattan

Estimated Travel Time

Morning commute: 50–70 minutes

Evening return: 55–75 minutes

Estimated Fare

One-way: Approximately **\$13–15**

Round-trip: Approximately **\$26–30**

Monthly Pass: Approximately **\$350–390**



Driving to NYC & Nearby Airports

George Washington Bridge

Approximately **22 miles**

Estimated Drive Time

Morning: 35–60 minutes

Midday: 30–40 minutes

Rush Hour: 60–90 minutes

Teterboro Airport (TEB): ~25 minutes

Newark Liberty International Airport (EWR): ~35 minutes

LaGuardia Airport (LGA): ~45–60 minutes

John F. Kennedy International Airport (JFK): ~60–90 minutes