Monday through Friday

Effective Dec 13 2026

76

Eastbound (Approximate Times)

DOWNTOWN LOS ANGELES		LINCOLN HEIGHTS	ALHAMBRA	ROSEMEAD	EL MONTE
6	5	4	3	2	1
Olive & Venice	Alameda & Cesar E. Chavez	Main & Griffin	Valley & Garfield	Valley & Rosemead	El Monte Station
5:07A	5:22A	5:29A	5:48A	5:59A	6:08A
5:33	5:48	5:55	6:16	6:28	6:37
5:56	6:12	6:19	6:40	6:52	7:01
6:17	6:34	6:41	7:02	7:16	7:26
6:35	6:52	6:59	7:23	7:37	7:48
6:48	7:05	7:14	7:39	7:53	8:04
7:02	7:20	7:29	7:54	8:09	8:21
7:16	7:34	7:43	8:08	8:23	8:35
7:31	7:49	7:58	8:23	8:38	8:50
7:46	8:04	8:13	8:38	8:53	9:05
8:01	8:20	8:29	8:54	9:10	9:22
8:16	8:35	8:44	9:10	9:27	9:39
8:32	8:51	9:00	9:25	9:43	9:56
8:47	9:06	9:15	9:40	9:58	10:11
9:02	9:21	9:30	9:55	10:13	10:26
9:17	9:36	9:45	10:10	10:28	10:41
9:31	9:51	10:00	10:25	10:43	10:56
9:46	10:06	10:15	10:41	10:59	11:12
10:01	10:21	10:30	10:56	11:15	11:28
10:16	10:36	10:45	11:11	11:30	11:43
10:31	10:51	11:00	11:26	11:45	11:58
10:45	11:05	11:15	11:41	11:59	12:13P
11:00	11:20	11:30	11:56	12:15P	12:28
11:15	11:35	11:45	12:11P	12:30	12:43
11:30	11:50	11:59	12:26	12:45	12:58
11:45	12:05P	12:15P	12:41	1:00	1:13
11:59	12:20	12:30	12:56	1:15	1:28
12:15P	12:35	12:45	1:11	1:30	1:43
12:29	12:50	1:00	1:26	1:45	1:58
12:44	1:05	1:15	1:41	2:00	2:13
12:59	1:20	1:30	1:56	2:15	2:29
1:14	1:35	1:44	2:10	2:29	2:43
1:28	1:49	1:58	2:26	2:45	2:59
1:43	2:04	2:13	2:41	3:00	3:14
1:58	2:19	2:28	2:56	3:15	3:29
2:13	2:34	2:43	3:11	3:30	3:44
2:28	2:49	2:58	3:26	3:45	3:59
2:43	3:04	3:13	3:41	4:00	4:14
2:57	3:19	3:28	3:56	4:14	4:28
3:12	3:34	3:43	4:11	4:29	4:43
3:27	3:49	3:58	4:26	4:44	4:58
3:42	4:04	4:13	4:41	4:59	5:13
3:57	4:19	4:28	4:56	5:14	5:28
4:12	4:34	4:42	5:10	5:28	5:41
4:27	4:49	4:57	5:25	5:43	5:56
4:42	5:04	5:12	5:39	5:57	6:10
4:57	5:19	5:27	5:54	6:11	6:24
5:14	5:36	5:44	6:11	6:28	6:39
5:34	5:56	6:04	6:30	6:46	6:57
5:54	6:16	6:24	6:49	7:05	7:16
6:21	6:42	6:50	7:14	7:29	7:39
6:55	7:16	7:24	7:47	8:02	8:12
7:30	7:50	7:58	8:20	8:34	8:44
8:10	8:28	8:35	8:57	9:10	9:19
C 9:06	9:23	9:30	9:50	10:02	10:11
C 10:06	10:23	10:30	10:49	11:00	11:08
C 11:06	11:23	11:30	11:48	11:59	12:07A
C 12:06A	12:23A	12:30A	12:48A	12:59A	1:07
C 1:06	1:23	1:30	1:48	1:59	D 2:06
C 2:06	2:23	2:30	2:48	2:59	D 3:06
C 3:06	3:23	3:30	3:48	3:59	4:07
C 4:06	4:23	4:30	4:48	4:59	5:07

Westbound (Approximate Times)

EL MONTE	ROSEMEAD	ALHAMBRA	LINCOLN HEIGHTS	DOWNTOWN LOS ANGELES	
1	2	3	4	5	7
El Monte Station	Valley & Rosemead	Valley & Garfield	Main & Griffin	Alameda & Cesar E. Chavez	18th & Olive
E 3:57A	4:04A	4:14A	4:30A	4:37A	4:53A
4:36	4:46	4:56	5:12	5:19	5:37
5:07	5:18	5:29	5:48	5:56	6:17
5:35	5:47	5:58	6:18	6:27	6:50
5:53	6:06	6:18	6:39	6:48	7:11
6:10	6:23	6:35	6:56	7:05	7:28
6:24	6:38	6:50	7:12	7:21	7:45
6:37	6:51	7:04	7:26	7:36	8:00
6:53	7:07	7:20	7:42	7:52	8:16
7:08	7:22	7:35	7:57	8:07	8:31
7:21	7:36	7:50	8:12	8:22	8:46
7:36	7:51	8:05	8:27	8:37	9:01
7:52	8:07	8:21	8:43	8:53	9:17
8:08	8:23	8:37	8:59	9:08	9:32
8:23	8:38	8:52	9:14	9:23	9:47
8:37	8:52	9:07	9:29	9:38	10:02
8:50	9:06	9:22	9:44	9:53	10:17
9:05	9:21	9:37	9:59	10:08	10:32
9:20	9:36	9:52	10:14	10:23	10:47
9:35	9:51	10:07	10:29	10:38	11:02
9:49	10:05	10:22	10:44	10:53	11:17
10:04	10:20	10:37	10:59	11:08	11:32
10:19	10:35	10:52	11:14	11:23	11:47
10:34	10:50	11:07	11:29	11:38	12:02P
10:48	11:04	11:22	11:44	11:53	12:17
11:03	11:19	11:37	11:59	12:08P	12:32
11:18	11:34	11:52	12:14P	12:23	12:47
11:33	11:49	12:07P	12:29	12:38	1:02
11:48	12:04P	12:22	12:44	12:53	1:17
12:03P	12:19	12:37	12:59	1:08	1:32
12:18	12:34	12:52	1:14	1:23	1:47
12:33	12:49	1:07	1:29	1:38	2:02
12:48	1:04	1:22	1:44	1:53	2:17
1:03	1:19	1:37	1:59	2:08	2:32
1:18	1:34	1:52	2:14	2:23	2:47
1:33	1:49	2:07	2:29	2:38	3:02
1:48	2:04	2:22	2:44	2:53	3:17
2:03	2:19	2:37	2:59	3:08	3:32
2:18	2:34	2:52	3:15	3:24	B 3:45
2:31	2:47	3:05	3:28	3:37	4:01
2:48	3:04	3:22	3:45	3:54	4:18
3:03	3:19	3:37	4:00	4:09	4:33
3:18	3:34	3:52	4:15	4:24	4:48
3:33	3:49	4:07	4:30	4:39	B 5:00
3:49	4:05	4:22	4:45	4:54	5:18
4:04	4:20	4:37	5:00	5:09	5:33
4:19	4:35	4:52	5:14	5:23	B 5:44
4:34	4:50	5:07	5:29	5:38	6:02
4:49	5:05	5:22	5:44	5:53	B 6:13
5:04	5:20	5:37	5:59	6:08	6:31
5:20	5:36	5:53	6:14	6:23	B 6:43
5:43	5:58	6:14	6:35	6:44	7:07
6:06	6:21	6:37	6:58	7:07	B 7:27
6:37	6:52	7:07	7:28	7:36	B 7:54
7:14	7:28	7:43	8:03	8:11	8:32
7:54	8:08	8:22	8:41	8:49	B 9:06
8:39	8:52	9:05	9:22	9:29	9:49
9:36	9:47	9:59	10:14	10:21	10:40
10:33	10:44	10:55	11:10	11:17	11:35
11:37	11:46	11:55	12:10A	12:17A	12:35A
12:38A	12:46A	12:55A	1:10	1:17	1:35
1:38	1:46	1:55	2:10	2:17	2:35
E 2:38	2:45	2:54	3:09	3:16	3:34
E 3:39	3:45	3:54	4:09	4:16	B 4:31

Saturday

76

Eastbound (Approximate Times)

DOWNTOWN LOS ANGELES		LINCOLN HEIGHTS	ALHAMBRA	ROSEMEAD	EL MONTE
6	5	4	3	2	1
Olive & Venice	Alameda & Cesar E. Chavez	Main & Griffin	Valley & Garfield	Valley & Rosemead	El Monte Station
5:03A	5:18A	5:25A	5:43A	5:53A	6:01A
5:53	6:09	6:16	6:35	6:47	6:56
6:23	6:39	6:46	7:06	7:19	7:29
6:43	6:59	7:07	7:28	7:42	7:52
7:01	7:19	7:27	7:48	8:02	8:12
7:21	7:39	7:47	8:09	8:24	8:34
7:41	7:59	8:07	8:29	8:44	8:55
8:00	8:18	8:26	8:50	9:05	9:16
8:23	8:41	8:49	9:13	9:29	9:40
8:45	9:03	9:11	9:35	9:52	10:03
9:05	9:23	9:31	9:55	10:13	10:25
9:24	9:43	9:51	10:16	10:34	10:46
9:44	10:03	10:11	10:36	10:56	11:08
10:04	10:23	10:31	10:56	11:16	11:28
10:24	10:43	10:51	11:16	11:37	11:49
10:43	11:02	11:10	11:36	11:58	12:10P
11:01	11:22	11:30	11:56	12:18P	12:30
11:21	11:42	11:50	12:16P	12:38	12:50
11:41	12:02P	12:10P	12:36	12:58	1:10
12:01P	12:22	12:30	12:56	1:18	1:30
12:21	12:42	12:50	1:16	1:38	1:50
12:41	1:02	1:10	1:36	1:58	2:10
1:01	1:22	1:30	1:56	2:18	2:30
1:21	1:42	1:50	2:16	2:38	2:50
1:41	2:02	2:10	2:35	2:57	3:09
2:01	2:22	2:30	2:55	3:15	3:27
2:21	2:42	2:50	3:15	3:35	3:47
2:41	3:02	3:10	3:35	3:55	4:07
3:01	3:22	3:30	3:55	4:15	4:27
3:21	3:42	3:50	4:15	4:35	4:47
3:41	4:02	4:10	4:35	4:54	5:06
4:03	4:24	4:32	4:57	5:16	5:28
4:28	4:49	4:57	5:21	5:40	5:51
4:52	5:13	5:21	5:45	6:04	6:15
5:17	5:38	5:46	6:09	6:27	6:38
5:48	6:08	6:16	6:39	6:56	7:07
6:18	6:38	6:46	7:09	7:25	7:36
6:48	7:08	7:16	7:38	7:53	8:04
7:26	7:46	7:54	8:16	8:31	8:41
8:10	8:28	8:35	8:57	9:10	9:19
C 9:06	9:23	9:30	9:50	10:02	10:11
C 10:06	10:23	10:30	10:49	11:00	11:08
C 11:06	11:23	11:30	11:48	11:59	12:07A
C 12:06A	12:23A	12:30A	12:48A	12:59A	1:07
C 1:06	1:23	1:30	1:48	1:59	D 2:06
C 2:06	2:23	2:30	2:48	2:59	D 3:06
C 3:06	3:23	3:30	3:48	3:59	4:07
C 4:06	4:23	4:30	4:48	4:59	5:07

Westbound (Approximate Times)

EL MONTE	ROSEMEAD	ALHAMBRA	LINCOLN HEIGHTS	DOWNTOWN LOS ANGELES	
1	2	3	4	5	7
El Monte Station	Valley & Rosemead	Valley & Garfield	Main & Griffin	Alameda & Cesar E. Chavez	18th & Olive
E 3:57A	4:04A	4:14A	4:30A	4:37A	4:53A
4:39	4:49	4:59	5:15	5:22	5:40
5:31	5:43	5:54	6:11	6:19	6:39
6:14	6:26	6:38	6:56	7:04	7:25
6:55	7:08	7:20	7:39	7:47	8:09
7:26	7:40	7:54	8:14	8:22	8:44
7:47	8:02	8:16	8:36	8:44	9:06
8:08	8:23	8:38	8:58	9:06	9:28
8:28	8:43	8:58	9:19	9:27	9:49
8:48	9:03	9:18	9:39	9:47	10:09
9:07	9:22	9:38	9:59	10:07	10:30
9:28	9:43	10:00	10:22	10:30	10:53
9:50	10:05	10:22	10:44	10:52	11:15
10:10	10:25	10:42	11:04	11:12	11:35
10:30	10:45	11:02	11:24	11:32	11:55
10:50	11:05	11:22	11:44	11:52	12:15P
11:09	11:24	11:42	12:04P	12:12P	12:35
11:29	11:44	12:02P	12:24	12:32	12:55
11:49	12:04P	12:22	12:44	12:52	1:15
12:09P	12:24	12:42	1:04	1:12	1:35
12:29	12:44	1:02	1:24	1:32	1:55
12:49	1:04	1:22	1:44	1:52	2:15
1:09	1:24	1:42	2:04	2:12	2:35
1:29	1:44	2:02	2:24	2:32	2:55
1:49	2:04	2:22	2:44	2:52	3:15
2:09	2:24	2:42	3:04	3:12	3:35
2:29	2:44	3:02	3:24	3:32	B 3:52
2:49	3:04	3:22	3:44	3:52	4:15
3:09	3:24	3:42	4:04	4:12	4:35
3:29	3:44	4:02	4:24	4:32	4:55
3:49	4:04	4:22	4:44	4:52	B 5:12
4:10	4:25	4:42	5:04	5:12	5:35
4:34	4:49	5:06	5:28	5:36	5:59
5:00	5:14	5:31	5:53	6:01	6:23
5:25	5:39	5:56	6:17	6:25	B 6:44
5:53	6:07	6:23	6:44	6:52	7:13
6:21	6:35	6:51	7:12	7:20	B 7:38
6:52	7:06	7:21	7:40	7:48	B 8:05
7:22	7:35	7:50	8:09	8:17	8:36
7:53	8:06	8:20	8:39	8:47	B 9:03
8:40	8:52	9:05	9:22	9:29	9:48
9:36	9:47	9:59	10:14	10:21	10:40
10:33	10:44	10:55	11:10	11:17	11:35
11:37	11:46	11:55	12:10A	12:17A	12:35A
12:38A	12:46A	12:55A	1:10	1:17	1:35
1:38	1:46	1:55	2:10	2:17	2:35
E 2:38	2:45	2:54	3:09	3:16	3:34
E 3:39	3:45	3:54	4:09	4:16	B 4:31

Effective Dec 13 2026

76

Metro Local

Eastbound to El Monte
Westbound to Downtown Los Angeles
via Valley Bl

metro.net
323.GO.METRO

Wheelchair Hotline
800.621.7828

511 Travel Info
511

California Relay Service
711

LINCOLN HEIGHTS — MAIN ST — ALHAMBRA — SAN GABRIEL — VALLEY BL — ROSEMEAD

- **Chinatown Station** — A Line
- **Union Station** — A, B, D, J Lines, Amtrak, Metrolink, LAX Flyaway, Flixbus, Greyhound
- **Historic Broadway** — A, E Lines
- **Civic Center/Grand Park Station** — B, D Lines
- **Grand Av/Bunker Hill** — A, E Lines
- **Pershing Square Station** — B, D Lines
- **7th St/Metro Center Station** — A, B, D, E, J Lines
- **Pico Station** — A, E Lines

DOWNTOWN LOS ANGELES

El Monte Station — J Line

Metro

N

Subject to change without notice
Sujeto a cambios sin previo aviso

Sunday & Holiday

Effective Dec 13 2026

76

Eastbound (Approximate Times)

DOWNTOWN LOS ANGELES		LINCOLN HEIGHTS	ALHAMBRA	ROSEMEAD	EL MONTE
6	5	4	3	2	1
Olive & Venice	Alameda & Cesar E. Chavez	Main & Griffin	Valley & Garfield	Valley & Rosemead	El Monte Station
5:09A	5:22A	5:29A	5:47A	5:57A	6:07A
5:58	6:11	6:18	6:37	6:49	6:59
6:24	6:38	6:46	7:06	7:19	7:29
6:46	7:01	7:09	7:29	7:42	7:53
7:05	7:20	7:28	7:50	8:03	8:15
7:24	7:40	7:48	8:10	8:25	8:37
7:43	7:59	8:07	8:30	8:46	8:58
8:03	8:19	8:27	8:50	9:06	9:18
8:24	8:41	8:49	9:12	9:29	9:41
8:46	9:03	9:11	9:34	9:51	10:03
9:06	9:23	9:31	9:55	10:13	10:25
9:26	9:43	9:51	10:15	10:33	10:47
9:46	10:03	10:11	10:35	10:53	11:07
10:06	10:23	10:31	10:55	11:14	11:28
10:25	10:43	10:51	11:15	11:34	11:48
10:44	11:03	11:11	11:35	11:54	12:08P
11:04	11:23	11:31	11:55	12:14P	12:28
11:24	11:43	11:51	12:15P	12:34	12:48
11:44	12:03P	12:11P	12:35	12:54	1:08
12:03P	12:22	12:30	12:54	1:13	1:27
12:24	12:43	12:51	1:15	1:34	1:48
12:44	1:03	1:11	1:35	1:54	2:08
1:04	1:23	1:31	1:55	2:14	2:28
1:24	1:43	1:51	2:15	2:34	2:48
1:43	2:02	2:10	2:35	2:54	3:08
2:03	2:22	2:30	2:55	3:14	3:28
2:23	2:42	2:50	3:15	3:34	3:47
2:43	3:02	3:10	3:35	3:54	4:07
3:03	3:22	3:30	3:55	4:13	4:26
3:23	3:42	3:50	4:15	4:33	4:46
3:43	4:02	4:10	4:35	4:53	5:06
4:04	4:22	4:30	4:55	5:13	5:26
4:26	4:44	4:52	5:17	5:35	5:48
4:51	5:09	5:17	5:42	6:00	6:11
5:16	5:34	5:42	6:07	6:23	6:34
5:45	6:03	6:11	6:35	6:51	7:02
6:15	6:33	6:41	7:04	7:19	7:30
6:50	7:08	7:16	7:38	7:53	8:04
7:26	7:43	7:51	8:13	8:28	8:39
8:11	8:28	8:35	8:57	9:10	9:19
C 9:06	9:23	9:30	9:50	10:02	10:11
C 10:06	10:23	10:30	10:49	11:00	11:08
C 11:06	11:23	11:30	11:48	11:59	12:07A
C 12:06A	12:23A	12:30A	12:48A	12:59A	1:07
C 1:06	1:23	1:30	1:48	1:59	D 2:06
C 2:06	2:23	2:30	2:48	2:59	D 3:06
C 3:06	3:23	3:30	3:48	3:59	4:07
C 4:06	4:23	4:30	4:48	4:59	5:07

Westbound (Approximate Times)

EL MONTE	ROSEMEAD	ALHAMBRA	LINCOLN HEIGHTS	DOWNTOWN LOS ANGELES	
1	2	3	4	5	7
El Monte Station	Valley & Rosemead	Valley & Garfield	Main & Griffin	Alameda & Cesar E. Chavez	18th & Olive
E 3:57A	4:04A	4:14A	4:30A	4:37A	4:53A
4:45	4:53	5:03	5:19	5:26	5:43
5:33	5:43	5:54	6:11	6:18	6:35
6:22	6:33	6:44	7:01	7:08	7:26
6:58	7:11	7:22	7:42	7:49	8:08
7:30	7:43	7:56	8:16	8:23	8:42
7:52	8:05	8:18	8:38	8:45	9:04
8:13	8:26	8:40	9:00	9:08	9:27
8:33	8:48	9:02	9:23	9:31	9:50
8:52	9:07	9:22	9:43	9:51	10:10
9:12	9:27	9:42	10:03	10:11	10:30
9:32	9:47	10:02	10:23	10:31	10:51
9:52	10:07	10:22	10:43	10:51	11:11
10:11	10:26	10:42	11:03	11:11	11:31
10:31	10:45	11:02	11:23	11:31	11:51
10:51	11:05	11:22	11:43	11:51	12:11P
11:11	11:25	11:42	12:03P	12:11P	12:31
11:31	11:45	12:02P	12:23	12:31	12:51
11:51	12:05P	12:22	12:43	12:51	1:11
12:11P	12:25	12:42	1:03	1:11	1:31
12:31	12:45	1:02	1:23	1:31	1:51
12:51	1:05	1:22	1:43	1:51	2:11
1:11	1:25	1:42	2:03	2:11	2:31
1:31	1:45	2:02	2:23	2:31	2:51
1:51	2:05	2:22	2:43	2:51	3:11
2:11	2:25	2:42	3:03	3:11	3:31
2:31	2:45	3:02	3:23	3:31	B 3:48
2:51	3:05	3:22	3:43	3:51	4:11
3:11	3:25	3:42	4:03	4:11	4:31
3:30	3:44	4:01	4:22	4:30	4:49
3:51	4:05	4:22	4:43	4:51	B 5:07
4:10	4:24	4:42	5:03	5:11	5:30
4:34	4:48	5:06	5:27	5:35	5:54
4:59	5:13	5:31	5:52	6:00	6:19
5:24	5:38	5:56	6:17	6:25	B 6:41
5:51	6:05	6:23	6:44	6:52	7:11
6:20	6:34	6:51	7:11	7:19	B 7:35
6:50	7:04	7:20	7:40	7:48	B 8:04
7:21	7:33	7:49	8:09	8:17	8:36
7:53	8:05	8:20	8:39	8:47	B 9:03
8:39	8:51	9:05	9:22	9:29	9:48
9:36	9:47	9:59	10:14	10:21	10:40
10:33	10:44	10:55	11:10	11:17	11:35
11:37	11:46	11:55	12:10A	12:17A	12:35A
12:38A	12:46A	12:55A	1:10	1:17	1:35
1:38	1:46	1:55	2:10	2:17	2:35
E 2:38	2:45	2:54	3:09	3:16	3:34
E 3:39	3:45	3:54	4:09	4:16	B 4:31

Sunday & Holiday Schedules

Sunday & Holiday schedule in effect on New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day and Christmas Day.

Horarios de domingo y días feriados

Horarios de domingo y días feriados en efecto para año nuevo, día conmemorativo, cuatro de julio, día del trabajo, día de acción de gracias, y Navidad.

Special Notes

- B Trip ends at Grand & Venice at time shown.
- C Trip waits at Olive St & 7th St with other lines for connecting passengers
- D Trip ends at El Monte Station Upper Terminal Bay 19
- E Trip starts at El Monte Station Upper Terminal Bay 19

Avisos especiales

- B *Viaje termina en Grand y Venice a la hora mostrada.*
- C *Viaje espera en Olive St y 7th St para las conexiones de transferencia*
- D *Viaje termina en El Monte Station Upper Terminal Bay 19*
- E *Viaje comienza en El Monte Station Upper Terminal Bay 19*

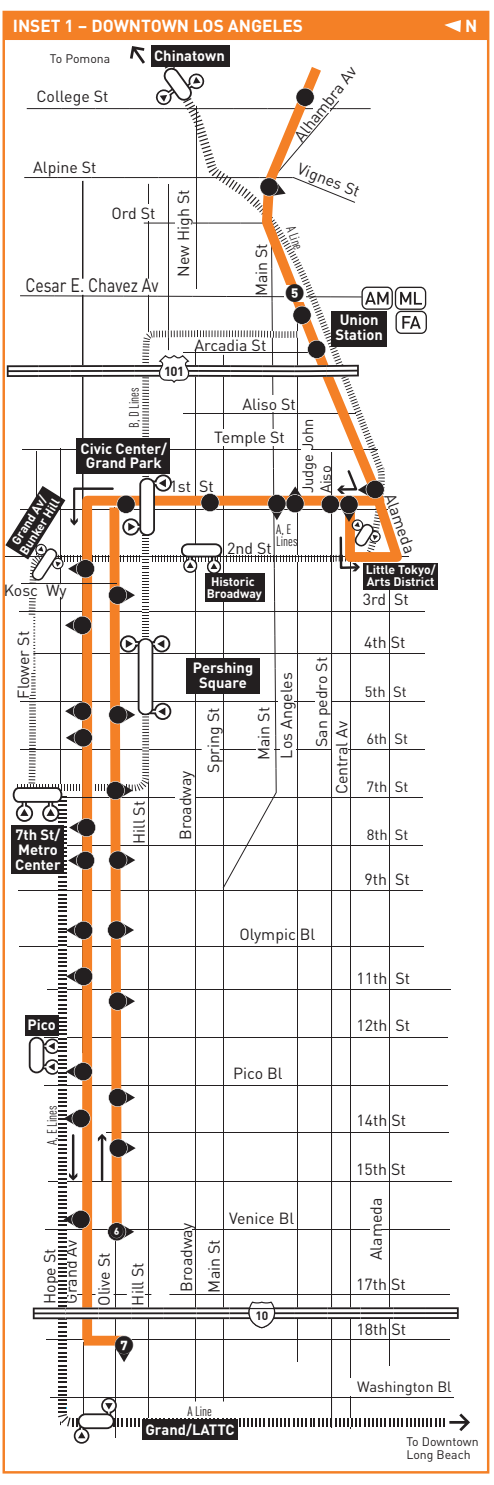
ROUTE MAP



MAP NOTES

1. El Monte Station
   Upper Level: J Line; FT 486, 488, 492, Silver Streak; Greyhound; Hollywood Bowl Shuttle;
   Lower Level: Metro 70, 76, 267, 268 , 287, 577; FT 178, 190, 194, 269, 270, 282; N7
2. Cal State LA
3. LA General Medical Center

INSET 1 – DOWNTOWN LOS ANGELES



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LEGEND

- Line 76 Route
- Metro Rail
- Local Stop Timepoint
- Local Stop Timepoint - Single Direction Only
- Local Stop
- Local Stop - Single Direction Only
- Transit Center
- Map Notes
- ### Connecting Line
- AM Amtrak
- ML Metrolink
- FA FlyAway
- CO Commerce Municipal Bus
- FT Foothill Transit
- LD LADOT DASH
- M Montebello Bus Lines
- N Norwalk Transit

INSET 1 - DOWNTOWN LOS ANGELES

- Metro Rail Station
- Metro Rail Station Entrance

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