



Train To Plane

CONNECTION SCHEDULE



MONDAY THROUGH FRIDAY

Connecting at SunRail Sand Lake Road Station

SUNRAIL SOUTHBOUND ARRIVAL	SUNRAIL NORTHBOUND ARRIVAL	LYNX 11 EASTBOUND TO OIA DEPARTURE	LYNX 42 EASTBOUND TO OIA DEPARTURE	LYNX 311 EASTBOUND TO OIA DEPARTURE
		4:39 AM	4:59 AM	
		5:11 AM	5:29 AM	
		5:36 AM	5:58 AM	
6:03 AM	6:11 AM	6:06 AM		6:09 AM
			6:29 AM	6:37 AM
6:33 AM	6:41 AM	6:41 AM	7:05 AM	7:07 AM
7:03 AM	7:11 AM	7:12 AM	7:35 AM	7:37 AM
7:33 AM	7:41 AM	7:43 AM	8:05 AM	8:10 AM
8:03 AM	8:11 AM	8:14 AM	8:35 AM	8:41 AM
8:33 AM	8:41 AM	8:47 AM	9:06 AM	
9:03 AM	9:11 AM	9:17 AM	9:36 AM	9:09 AM
10:03 AM			10:11 AM	9:41 AM
			10:41 AM	10:15 AM
11:03 AM	11:11 AM		11:11 AM	10:42 AM
			11:41 AM	11:15 AM
			12:12 PM	11:36 AM
12:33 PM	12:40 PM		12:42 PM	12:05 PM
			1:12 PM	12:35 PM
1:33 PM	1:40 PM		1:42 PM	1:05 PM
			2:12 PM	1:35 PM
2:33 PM	2:41 PM		2:42 PM	2:01 PM
			3:19 PM	2:31 PM
			3:49 PM	2:59 PM
	3:41 PM			3:29 PM
4:03 PM	4:11 PM		4:20 PM	4:01 PM
4:33 PM	4:41 PM	4:49 PM	4:50 PM	4:31 PM
5:03 PM	5:11 PM	5:19 PM	5:21 PM	5:01 PM
5:33 PM		5:50 PM	5:51 PM	5:31 PM
6:03 PM	5:50 PM	6:20 PM	6:16 PM	6:04 PM
6:33 PM	6:20 PM	6:45 PM	6:46 PM	6:30 PM
	6:50 PM	7:15 PM	7:12 PM	7:05 PM
	7:50 PM		7:42 PM	7:35 PM
7:53 PM			8:15 PM	7:59 PM
			8:45 PM	8:33 PM
	9:10 PM		9:11 PM	8:58 PM
9:13 PM			9:41 PM	9:42 PM
			10:05 PM	9:54 PM
	10:20 PM		10:34 PM	
11:13 PM			11:04 PM	11:06 PM
			11:34 PM	
			12:14 AM	

LYNX is an independent transit service operated by Central Florida Regional Transportation Authority and is not part of SunRail. The schedule was last updated in April 2026.