

Sounder train schedules

Lakewood to Seattle (northbound)

EFFECTIVE MARCH 13, 2017 THROUGH SEPTEMBER 24, 2017

Train	Lakewood Station	S. Tacoma Station	Tacoma Dome	Puyallup Station	Sumner Station	Auburn Station	Kent Station	Tukwila Station	Seattle
1500	4:41 ^{AM}	4:46	4:55	5:06	5:11	5:20	5:27	5:34	5:54
1502	5:16	5:21	5:30	5:41	5:46	5:55	6:02	6:09	6:29
1504	5:46	5:51	6:00	6:12	6:17	6:26	6:33	6:40	6:59
1506	6:06	6:11	6:20	6:32	6:37	6:46	6:53	7:00	7:19
1508	6:26	6:31	6:40	6:52	6:57	7:06	7:13	7:20	7:39
1510	6:46	6:51	7:00	7:12	7:17	7:26	7:33	7:40	7:59
1514	:	:	7:35	7:46	7:51	8:00	8:07	8:14	8:34
1516	:	:	8:10	8:21	8:26	8:35	8:42	8:49	9:09
1518	10:18	10:23	10:32	10:43	10:48	10:57	11:04	11:11	11:31
1522	:	:	4:30^{PM}	4:41	4:46	4:55	5:02	5:09	5:28
1524	:	:	5:00	5:11	5:16	5:25	5:32	5:39	5:58

Seattle to Lakewood (southbound)

Train	Seattle	Tukwila Station	Kent Station	Auburn Station	Sumner Station	Puyallup Station	Tacoma Dome	S. Tacoma Station	Lakewood Station
1501	6:15 ^{AM}	6:27	6:34	6:41	6:50	6:54	7:13	:	:
1503	6:50	7:02	7:09	7:16	7:25	7:29	7:48	:	:
1507	2:32^{PM}	2:44	2:51	2:58	3:07	3:11	3:23	3:32	3:45
1509	3:12	3:24	3:31	3:38	3:47	3:51	4:10	:	:
1511	3:42	3:54	4:01	4:08	4:17	4:21	4:40	:	:
1513	4:12	4:24	4:31	4:38	4:48	4:52	5:04	5:13	5:25
1515	4:32	4:44	4:51	4:58	5:08	5:12	5:24	5:33	5:45
1517	4:52	5:04	5:11	5:18	5:28	5:32	5:44	5:53	6:05
1519	5:12	5:24	5:31	5:38	5:48	5:52	6:04	6:13	6:25
1523	5:50	6:02	6:09	6:16	6:25	6:29	6:41	6:50	7:03
1525	6:20	6:32	6:39	6:46	6:55	6:59	7:11	7:20	7:33

Route 580 connects Lakewood and Puyallup stations. See page 119 for schedule info.