

從2019年10月15日起

[東京→長野]

| | Asama699 | Asama401 | Asama403 | Asama405 | Asama407 | Asama409 | Asama411 | Asama413 | Asama415 | Asama417 |
|-------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| 東京 | | 6:28 | 6:52 | 7:24 | 7:52 | 8:44 | 9:20 | 10:24 | 11:24 | 12:04 |
| 上野 | | 6:34 | 6:58 | 7:30 | 7:58 | 8:50 | 9:26 | 10:30 | 11:30 | 12:10 |
| 大宮 | | 6:54 | 7:18 | 7:50 | 8:18 | 9:10 | 9:46 | 10:50 | 11:50 | 12:30 |
| 熊谷 | | 7:07 | 7:31 | 8:03 | 8:31 | 9:23 | 9:59 | 11:03 | 12:03 | 12:43 |
| 本庄早稻田 | | 7:17 | 7:41 | 8:13 | 8:41 | 9:33 | 10:09 | 11:13 | 12:13 | 12:53 |
| 高崎 | | 7:27 | 7:53 | 8:23 | 8:51 | 9:43 | 10:19 | 11:23 | 12:23 | 13:03 |
| 安中榛名 | | 7:36 | 8:02 | 8:32 | 9:00 | 9:52 | 10:28 | 11:32 | 12:32 | 13:12 |
| 輕井澤 | 7:06 | 7:48 | 8:14 | 8:44 | 9:12 | 10:04 | 10:40 | 11:44 | 12:44 | 13:24 |
| 佐久平 | 7:15 | 7:56 | 8:22 | 8:52 | 9:20 | 10:13 | 10:48 | 11:52 | 12:52 | 13:32 |
| 上田 | 7:24 | 8:06 | 8:32 | 9:02 | 9:30 | 10:24 | 10:58 | 12:02 | 13:02 | 13:42 |
| 長野 | 7:36 | 8:18 | 8:44 | 9:14 | 9:42 | 10:37 | 11:10 | 12:14 | 13:14 | 13:54 |

| | Asama419 | Asama421 | Asama423 | Asama425 | Asama427 | Asama429 | Asama431 | Asama433 | Asama435 | Asama437 |
|-------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| 東京 | 13:24 | 14:24 | 15:24 | 16:24 | 17:32 | 18:24 | 19:04 | 19:32 | 20:36 | 22:08 |
| 上野 | 13:30 | 14:30 | 15:30 | 16:30 | 17:38 | 18:30 | 19:10 | 19:38 | 20:42 | 22:14 |
| 大宮 | 13:50 | 14:50 | 15:50 | 16:50 | 17:58 | 18:50 | 19:30 | 19:57 | 21:02 | 22:34 |
| 熊谷 | 14:03 | 15:03 | 16:03 | 17:03 | 18:11 | 19:03 | 19:43 | 20:10 | 21:15 | 22:47 |
| 本庄早稻田 | 14:13 | 15:13 | 16:13 | 17:13 | 18:27 | 19:13 | 19:53 | 20:26 | 21:25 | 22:57 |
| 高崎 | 14:23 | 15:23 | 16:23 | 17:23 | 18:36 | 19:23 | 20:03 | 20:35 | 21:35 | 23:07 |
| 安中榛名 | 14:32 | 15:32 | 16:32 | 17:32 | 18:45 | 19:32 | 20:12 | 20:44 | 21:44 | 23:16 |
| 輕井澤 | 14:44 | 15:44 | 16:44 | 17:44 | 18:57 | 19:44 | 20:24 | 20:56 | 21:56 | 23:28 |
| 佐久平 | 14:52 | 15:52 | 16:52 | 17:52 | 19:06 | 19:52 | 20:32 | 21:05 | 22:04 | 23:36 |
| 上田 | 15:02 | 16:02 | 17:02 | 18:02 | 19:16 | 20:02 | 20:42 | 21:15 | 22:14 | 23:46 |
| 長野 | 15:14 | 16:14 | 17:14 | 18:14 | 19:27 | 20:14 | 20:54 | 21:26 | 22:26 | 23:58 |

從2019年10月15日起

[長野→東京]

| | Asama400 | Tanigawa50 | Tanigawa52 | Asama402 | Asama404 | Asama406 | Asama408 | Asama410 | Asama412 | Asama414 | Asama416 |
|-------|----------|------------|------------|----------|----------|----------|----------|----------|----------|----------|----------|
| 長野 | 6:00 | | | 7:04 | 8:24 | 9:24 | 10:04 | 10:32 | 11:24 | 12:24 | 13:24 |
| 上田 | 6:12 | | | 7:16 | 8:36 | 9:36 | 10:16 | 10:44 | 11:36 | 12:36 | 13:36 |
| 佐久平 | 6:22 | | | 7:26 | 8:46 | 9:46 | 10:26 | 10:54 | 11:46 | 12:46 | 13:46 |
| 輕井澤 | 6:31 | | | 7:36 | 8:56 | 9:56 | 10:36 | 11:04 | 11:56 | 12:56 | 13:56 |
| 安中榛名 | 6:42 | | | 7:46 | 9:06 | 10:06 | 10:46 | 11:14 | 12:06 | 13:06 | 14:06 |
| 高崎 | 6:50 | 7:02 | 7:35 | 7:55 | 9:15 | 10:15 | 10:55 | 11:23 | 12:15 | 13:15 | 14:15 |
| 本庄早稻田 | レ | 7:11 | 7:44 | 8:04 | 9:24 | 10:24 | 11:04 | 11:32 | 12:24 | 13:24 | 14:24 |
| 熊谷 | レ | 7:21 | 7:53 | 8:13 | 9:33 | 10:33 | 11:13 | 11:41 | 12:33 | 13:33 | 14:33 |
| 大宮 | 7:15 | 7:35 | 8:07 | 8:27 | 9:47 | 10:47 | 11:27 | 11:55 | 12:47 | 13:47 | 14:47 |
| 上野 | 7:35 | 7:55 | 8:27 | 8:47 | 10:07 | 11:07 | 11:47 | 12:15 | 13:07 | 14:07 | 15:07 |
| 東京 | 7:40 | 8:00 | 8:32 | 8:52 | 10:12 | 11:12 | 11:52 | 12:20 | 13:12 | 14:12 | 15:12 |

| | Asama418 | Asama420 | Asama422 | Asama424 | Asama426 | Asama428 | Asama430 | Asama432 | Asama434 | Asama436 |
|-------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| 長野 | 14:24 | 15:24 | 16:24 | 17:04 | 17:32 | 18:36 | 19:04 | 20:24 | 21:12 | 21:44 |
| 上田 | 14:36 | 15:36 | 16:36 | 17:16 | 17:44 | 18:48 | 19:16 | 20:36 | 21:24 | 21:56 |
| 佐久平 | 14:46 | 15:46 | 16:46 | 17:26 | 17:54 | 18:58 | 19:26 | 20:46 | 21:34 | 22:06 |
| 輕井澤 | 14:56 | 15:56 | 16:56 | 17:36 | 18:04 | 19:08 | 19:36 | 20:56 | 21:44 | 22:16 |
| 安中榛名 | 15:06 | 16:06 | 17:06 | 17:46 | 18:14 | 19:18 | 19:46 | 21:06 | 21:54 | 22:26 |
| 高崎 | 15:15 | 16:15 | 17:15 | 17:55 | 18:23 | 19:27 | 19:55 | 21:15 | 22:03 | 22:35 |
| 本庄早稻田 | 15:24 | 16:24 | 17:24 | 18:04 | 18:32 | 19:36 | 20:04 | 21:24 | 22:12 | 22:44 |
| 熊谷 | 15:33 | 16:33 | 17:33 | 18:13 | 18:41 | 19:45 | 20:13 | 21:33 | 22:21 | 22:53 |
| 大宮 | 15:47 | 16:47 | 17:47 | 18:27 | 18:55 | 19:59 | 20:27 | 21:47 | 22:35 | 23:07 |
| 上野 | 16:07 | 17:07 | 18:07 | 18:47 | 19:15 | 20:19 | 20:47 | 22:07 | 22:55 | 23:27 |
| 東京 | 16:12 | 17:12 | 18:12 | 18:52 | 19:20 | 20:24 | 20:52 | 22:12 | 23:00 | 23:32 |