

commute★guide

Linking members to
increase personal
mobility.



TMASF Connects Commute Guide

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Transit Agencies

For more information on paratransit, pets on transit, and bicycles on transit, please visit the agencies' sites.

Transit Agencies with Service to and/or from San Francisco

AC Transit	Bus serving Alameda-Contra Costa	Paratransit
BART	Rail serving Peninsula, SF, Alameda, Contra Costa	Paratransit
Caltrain	Rail serving South Bay, Peninsula, and SF	Paratransit
Golden Gate Transit	Bus/Ferry serving SF, Marin, Sonoma, & Contra Costa	Paratransit
PresidioGo	Shuttle serving San Francisco	
SamTrans	Bus serving Peninsula to and from SF	Paratransit
SF Bay Ferry	Ferry serving SF, Alameda, Solano, South SF	Paratransit
SFMTA / Muni	Bus and rail serving San Francisco	Paratransit

Bay Area Transit Agencies by County

Alameda

AC Transit	Alameda-Contra Costa Transit District	Paratransit
BART	Rail serving Peninsula, SF, Alameda, Contra Costa	Paratransit
Capitol Corridor	Rail serving Santa Clara, Alameda, and Solano	Paratransit
Emery Go Round	Shuttle serving Oakland, Emeryville, Berkeley	Paratransit
SF Bay Ferry	Ferry serving SF, Alameda, Solano, South SF	Paratransit
Wheels	BART Connections in Alameda County	Paratransit
Union City Transit	Bus serving Union City	Paratransit
UC Berkeley Shuttle	Shuttle serving UC Berkeley campus	Paratransit
West Berkeley Shuttle	Shuttle serving West Berkeley	Paratransit

Contra Costa

AC Transit	Alameda-Contra Costa Transit District	Paratransit
BART	Rail serving Peninsula, SF, Alameda, Contra Costa	Paratransit
County Connection	Bus serving Contra Costa County	Paratransit
Golden Gate Transit	Bus serving SF, Marin, Sonoma, and Contra Costa	Paratransit
Tri Delta Transit	Bus serving Alameda and Contra Costa Counties	Paratransit
WestCat Lynx	Bus serving Western Contra Costa County	Paratransit

Marin

Golden Gate Transit	Bus/Ferry serving SF, Marin, Sonoma, & Contra Costa	Paratransit
Marin Transit	Bus serving Marin County	Paratransit

Napa[Napa County VINE](#)

Bus serving Napa County

[Paratransit](#)[American Canyon Transit](#)

Shuttle serving American Canyon

[Paratransit](#)[St. Helena Shuttle](#)

Shuttle serving St. Helena

[Paratransit](#)[Yountville Trolley](#)

Shuttle serving Yountville

[Paratransit](#)**San Francisco**[PresidioGo](#)

Shuttle serving San Francisco

[SFMTA / Muni](#)

Bus and rail serving San Francisco

[Paratransit](#)**San Mateo**[BART](#)

Rail serving Peninsula, SF, Alameda, Contra Costa

[Paratransit](#)[Caltrain](#)

Rail serving South Bay, Peninsula, and SF

[Paratransit](#)[SamTrans](#)

Bus serving Peninsula to and from SF

[Paratransit](#)**Santa Clara**[Caltrain](#)

Rail serving South Bay, Peninsula, and SF

[Paratransit](#)[VTA](#)

Bus and rail serving Santa Clara County

[Paratransit](#)[Menlo Park Shuttle](#)

Shuttle serving Menlo Park

[Stanford Marguerite](#)

Shuttle serving Stanford campus

Solano[Capitol Corridor](#)

Rail serving Santa Clara, Alameda, and Solano

[Paratransit](#)[Fairfield-Suisun Transit](#)

Bus serving the cities of Fairfield and Suisun

[Paratransit](#)[SF Bay Ferry](#)

Ferry serving SF, Alameda, Solano, South SF

[Paratransit](#)[SolTrans](#)

Bus serving Solano County

[Paratransit](#)[Vacaville City Coach](#)

Bus serving the city of Vacaville

[Paratransit](#)**Sonoma**[Petaluma Transit](#)

Bus serving the city of Petaluma

[Paratransit](#)[Santa Rosa City Bus](#)

Bus serving the city of Santa Rosa

[Paratransit](#)[Sonoma County Transit](#)

Bus and shuttle services in Sonoma County

[Paratransit](#)**Other Bay Area Regional Transit Services**[ACE](#)

Rail serving SF, Alameda, Solano, Santa Clara

[Tideline](#)

Water transportation serving SF, Marin, Alameda, San Mateo

[RidePal](#)

Shuttle serving SF, Alameda, San Mateo, and Santa Clara

[Chariot](#)

Shuttle serving SF, San Mateo, Santa Clara, Alameda, Marin

Bay Area Paratransit and Senior Services

San Francisco	Department of Aging & Adult Services	Paratransit
Alameda	Agency on Aging	Paratransit
Contra Costa	Agency on Aging	Paratransit
Marin	Division of Aging	Paratransit
Napa	Area Agency on Aging	Paratransit
San Mateo	Commission on Aging	Paratransit
Santa Clara	Department on Aging and Adult Services	Paratransit
Solano	Area Agency on Aging	Paratransit
Sonoma	Area Agency on Aging	Paratransit

**For Paratransit information for a specific transit agency, please see the transit section.*

Bay Area Regional Commute Resources

Free Commute Services 511 / Metropolitan Transportation Commission of the SF Bay Area is a public agency that provides trip planning tools and commute resources. **Call 511 for assistance or visit 511.org.**

[511 Ridesharing](#) [511 Bicycling](#) [Clipper Information](#)

Walking

Resources and guides for safe walking listed below

Walk SF	Advocacy group that promotes walking in SF
Walkfirst	Initiative to improve pedestrian safety
Vision Zero	San Francisco's road safety policy
SFMTA	San Francisco Walking Guide
SFMTA	Safe Streets SF at a glance

Bicycling

Bicycle resources, tips, and guides listed below

SF Bike Coalition	Bicycle group representing San Francisco
Bike Share	Bay Area's bike sharing system
511	Bay Area bicycling resources
SFMTA	San Francisco bicycling resources
DMV	Safety tips for bicyclists
Bridge Shuttle	Bay Bridge shuttle for bicyclists
Home Advisor	Commuting by Bike: Safety Guide & Tips
Walk Bike Marin	Marin initiative to encourage biking
Silicon Valley Bike	Bike advocacy group of Silicon Valley
Bike Walk Alameda	Alameda initiative to encourage biking

**Visit each transit agency's website to learn about their bicycle policies.*

Carpooling

Groups of passengers who travel together in a single vehicle

[511](#) RideMatch Service
[511](#) Carpool & Vanpool Incentives
[Caltrans](#) Park & Ride Lots Map
[FasTrak](#) Electronic toll collection system
[HOV Lanes](#) Map of Northern California's HOV lanes
[Scoop](#) Carpool matching service

Carsharing

Services that allow riders to rent a non-privately owned vehicle

[Carma](#) Bay Area carsharing service
[Enterprise](#) National carsharing service
[Zipcar](#) National carsharing service
[Getaround](#) Allows users to rent privately-owned vehicles
[Turo](#) Allows users to rent privately-owned vehicles
[Scoot](#) Scooter sharing service
[Cost Calculator](#) How much money can you save?

On-Demand Rides

On-demand services that connect riders to drivers

[Lyft](#) On-demand ride service
[Uber](#) On-demand ride service
[Carzac](#) On-demand private car service
[Taxi](#) SFTMA's Taxi Company Directory

Commuter Benefits**Going Green**

Learn how to make your commute more environmentally friendly

[Spare the Air](#)
[San Francisco Department of the Environment](#)
[Bay Area Air Quality Management District](#)
[California Air Resources Board](#)
[California Bureau of Automotive Repair](#)
[Calculate how much CO2 is consumed when you travel](#)

Financial Incentives

Learn about the many financial commuting benefits

[511 Rideshare Rewards](#)
[San Francisco Commuter Benefits](#)
[IRS Commuter Benefit Laws](#)
[Clipper Direct](#)
[APTA Transit Calculator](#)

Transportation Resource Links of Interest

Federal, state and city services, helpful links for seniors, emergency plans – click on the links below to learn even more.

Local Resources

[City and County of San Francisco](#)
[Transportation Element of San Francisco General Plan](#)
[San Francisco City Hall](#)
[Metropolitan Transportation Commission \(MTC\)](#)
[Transbay Center Project](#)
[San Francisco County Transportation Authority](#)
[San Francisco Convention & Visitors Bureau](#)
[San Francisco Planning and Urban Research Association \(SPUR\)](#)
[Greenbelt Alliance](#)
[Walk San Francisco](#)

California

[State of California](#)
[California Transportation Commission](#)
[California High Speed Rail](#)
[Caltrans](#)
[ITS-CA \(Formerly CAATS\)](#)
[CalACT](#)
[CalStart](#)
[California State Legislature](#)
[League of California Cities](#)
[California Transportation Plan](#)
[California Department of Education Pupil Transportation](#)
[Transportation California](#)
[California Counties](#)
[Caltrans Photolog](#)

Federal and Beyond

[Amtrak](#)
[U.S. Department of Transportation](#)
[US Library of Congress](#)
[US House of Representatives](#)
[US Senate](#)
[The Transportation, Community, and System Preservation \(TCSP\) Program](#)
[Federal Transit Administration](#)
[Federal Highway Administration](#)

Federal and Beyond

[Intelligent Transportation Systems](#)
[U.S. Department of Energy](#)
[U.S. Department of Environment \(EPA\)](#)
[National Transportation Safety Board](#)
[Railway Association of Canada](#)
[Perils for Pedestrians](#)

Special Areas of Interest

[American Public Transportation Association](#)
[Surface Transportation Policy Partnership](#)
[Institute for Transportation and Development Policy](#)

Senior Mobility

[Senior Driving](#)
[American Society on Aging Webinars](#)
[AAA Foundation for Traffic Safety](#)
[AARP Driver Safety](#)

Environmental Information

[National Biodiesel Board](#)
[The Green Guide to Cars and Trucks](#)
[Planning and Conservation League](#)
[Clean Car Campaign](#)
[Union of Concerned Scientists](#)
[Sierra Club](#)
[Environmental Defense Fund](#)
[International Association for Natural Gas Vehicles Online](#)
[The International Council For Local Environmental Initiatives](#)
[Scorecard – The Pollution Information Site](#)

Additional Resources

Statewide Road Resources

- [Caltrans District 4](#)
- [Caltrans Homepage](#)
- [California DMV](#)
- [California DMV Driver's Handbook](#)
- [California DMV Motorcycle Handbook](#)
- [California Highway Patrol \(CHP\)](#)

Bay Area Bridges

- [San Francisco- Oakland Bay Bridge](#)
- [Golden Gate Bridge](#)
- [San Mateo- Hayward Bridge](#)
- [Richmond- San Rafael Bridge](#)
- [Dumbarton Bridge](#)
- [FasTrak](#)
- [Bay Area Toll Authority](#)

Major Bay Area Projects

- [Transbay Transit Center](#)
- [Central Subway](#)
- [Moscone Center](#)

Parking Resources

- [SFMTA Parking](#)
- [Park and Ride Lots](#)
- [Parking Carma](#)
- [Parking Panda](#)

Safety Resources

- [San Francisco Department of Emergency Management \(SFDEM\)](#)
- [Department of Homeland Security \(See Something, Say Something\)](#)
- [San Francisco Police Department](#)
- [SF Environment Emergency Ride Home](#)
- [AlertSF Text Notification System](#)
- [TMA SF Connects Emergency Text Alert Program](#)

Local Media Resources

[KCBS](#) | [KGO](#) | [KTVU](#) | [NBC Bay Area](#) | [SF Gate](#)