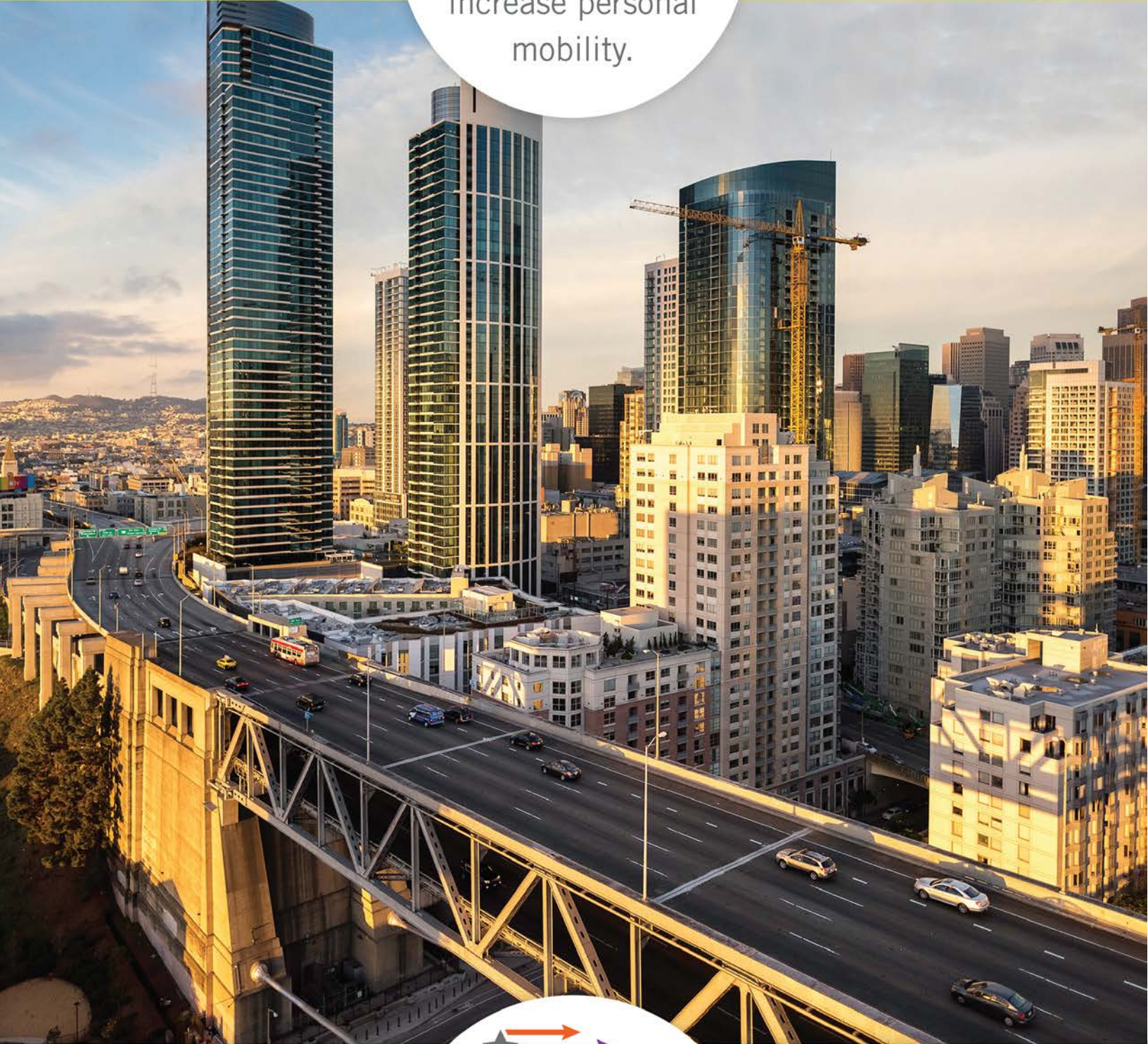


# commute★guide

Linking members to  
increase personal  
mobility.



# TMASF Connects Commute Guide

## Table of Contents

### Getting Around

➤ <a href="#">Transit Agencies</a>	3
<a href="#">Transit Agencies with Service to and/or from San Francisco</a>	3
<a href="#">Bay Area Transit Agencies by County</a>	3
<a href="#">Other Bay Area Regional Transit Services</a>	4
<a href="#">Bay Area Paratransit and Senior Services</a>	5
➤ <a href="#">Bay Area Regional Commute Resources</a>	5
<a href="#">Free Commute Services</a>	5
<a href="#">Walking</a>	5
<a href="#">Bicycling</a>	5
<a href="#">Carpooling</a>	6
<a href="#">Carsharing</a>	6
<a href="#">On-Demand Rides</a>	6

### Commuter Benefits

<a href="#">Going Green</a>	6
<a href="#">Financial Incentives</a>	6

### Transportation Resource Links of Interest

<a href="#">Local Resources</a>	7
<a href="#">California</a>	7
<a href="#">Federal and Beyond</a>	7
<a href="#">Special Areas of Interest</a>	8
<a href="#">Senior Mobility</a>	8
<a href="#">Environmental Information</a>	8

### Additional Resources

<a href="#">Statewide Road Resources</a>	9
<a href="#">Bay Area Bridges</a>	9
<a href="#">Major Bay Area Projects</a>	9
<a href="#">Parking Resources</a>	9
<a href="#">Safety Resources</a>	9
<a href="#">Local Media Resources</a>	9

## 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

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

### Bay Area Transit Agencies by County

#### Alameda

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

#### Contra Costa

<a href="#">AC Transit</a>	Alameda-Contra Costa Transit District	<a href="#">Paratransit</a>
<a href="#">BART</a>	Rail serving Peninsula, SF, Alameda, Contra Costa	<a href="#">Paratransit</a>
<a href="#">County Connection</a>	Bus serving Contra Costa County	<a href="#">Paratransit</a>
<a href="#">Golden Gate Transit</a>	Bus serving SF, Marin, Sonoma, and Contra Costa	<a href="#">Paratransit</a>
<a href="#">Tri Delta Transit</a>	Bus serving Alameda and Contra Costa Counties	<a href="#">Paratransit</a>
<a href="#">WestCat Lynx</a>	Bus serving Western Contra Costa County	<a href="#">Paratransit</a>

#### Marin

<a href="#">Golden Gate Transit</a>	Bus/Ferry serving SF, Marin, Sonoma, & Contra Costa	<a href="#">Paratransit</a>
<a href="#">Marin Transit</a>	Bus serving Marin County	<a href="#">Paratransit</a>

**Napa**

<a href="#">Napa County VINE</a>	Bus serving Napa County	<a href="#">Paratransit</a>
<a href="#">American Canyon Transit</a>	Shuttle serving American Canyon	<a href="#">Paratransit</a>
<a href="#">St. Helena Shuttle</a>	Shuttle serving St. Helena	<a href="#">Paratransit</a>
<a href="#">Yountville Trolley</a>	Shuttle serving Yountville	<a href="#">Paratransit</a>

**San Francisco**

<a href="#">PresidioGo</a>	Shuttle serving San Francisco	
<a href="#">SFMTA/ Muni</a>	Bus and rail serving San Francisco	<a href="#">Paratransit</a>

**San Mateo**

<a href="#">BART</a>	Rail serving Peninsula, SF, Alameda, Contra Costa	<a href="#">Paratransit</a>
<a href="#">Caltrain</a>	Rail serving South Bay, Peninsula, and SF	<a href="#">Paratransit</a>
<a href="#">SamTrans</a>	Bus serving Peninsula to and from SF	<a href="#">Paratransit</a>

**Santa Clara**

<a href="#">Caltrain</a>	Rail serving South Bay, Peninsula, and SF	<a href="#">Paratransit</a>
<a href="#">VTA</a>	Bus and rail serving Santa Clara County	<a href="#">Paratransit</a>
<a href="#">Menlo Park Shuttle</a>	Shuttle serving Menlo Park	
<a href="#">Stanford Marguerite</a>	Shuttle serving Stanford campus	

**Solano**

<a href="#">Capitol Corridor</a>	Rail serving Santa Clara, Alameda, and Solano	<a href="#">Paratransit</a>
<a href="#">Fairfield-Suisun Transit</a>	Bus serving the cities of Fairfield and Suisun	<a href="#">Paratransit</a>
<a href="#">SF Bay Ferry</a>	Ferry serving SF, Alameda, Solano, South SF	<a href="#">Paratransit</a>
<a href="#">SolTrans</a>	Bus serving Solano County	<a href="#">Paratransit</a>
<a href="#">Vacaville City Coach</a>	Bus serving the city of Vacaville	<a href="#">Paratransit</a>

**Sonoma**

<a href="#">Petaluma Transit</a>	Bus serving the city of Petaluma	<a href="#">Paratransit</a>
<a href="#">Santa Rosa City Bus</a>	Bus serving the city of Santa Rosa	<a href="#">Paratransit</a>
<a href="#">Sonoma County Transit</a>	Bus and shuttle services in Sonoma County	<a href="#">Paratransit</a>

**Other Bay Area Regional Transit Services**

<a href="#">ACE</a>	Rail serving SF, Alameda, Solano, Santa Clara
<a href="#">Tideline</a>	Water transportation serving SF, Marin, Alameda, San Mateo
<a href="#">RidePal</a>	Shuttle serving SF, Alameda, San Mateo, and Santa Clara
<a href="#">Chariot</a>	Shuttle serving SF, San Mateo, Santa Clara, Alameda, Marin
<a href="#">MagicBus</a>	Private shuttle serving SF, San Mateo, Santa Clara

## Bay Area Paratransit and Senior Services

San Francisco	<a href="#">Department of Aging &amp; Adult Services</a>	<a href="#">Paratransit</a>
Alameda	<a href="#">Agency on Aging</a>	<a href="#">Paratransit</a>
Contra Costa	<a href="#">Agency on Aging</a>	<a href="#">Paratransit</a>
Marin	<a href="#">Division of Aging</a>	<a href="#">Paratransit</a>
Napa	<a href="#">Area Agency on Aging</a>	<a href="#">Paratransit</a>
San Mateo	<a href="#">Commission on Aging</a>	<a href="#">Paratransit</a>
Santa Clara	<a href="#">Department on Aging and Adult Services</a>	<a href="#">Paratransit</a>
Solano	<a href="#">Area Agency on Aging</a>	<a href="#">Paratransit</a>
Sonoma	<a href="#">Area Agency on Aging</a>	<a href="#">Paratransit</a>

*\*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](#)  
[NextBus](#)   [Swiftly](#)   [Waze](#)

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

[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

**Carpooling**

Groups of passengers who travel together in a single vehicle

<a href="#">511</a>	RideMatch Service
<a href="#">511</a>	Carpool & Vanpool Incentives
<a href="#">Caltrans</a>	Park & Ride Lots Map
<a href="#">HOV Lanes</a>	Map of Northern California's HOV lanes
<a href="#">Scoop</a>	On-demand carpool matching service app
<a href="#">MuV</a>	On-demand carpool matching service app
<a href="#">Duet</a>	On-demand carpool matching service app
<a href="#">Waze</a>	On-demand carpool matching service app
<a href="#">Carzac</a>	On-demand ride-matching service app

**Carsharing**

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

<a href="#">Carma</a>	Bay Area carsharing service
<a href="#">Enterprise</a>	National carsharing service
<a href="#">Zipcar</a>	National carsharing service
<a href="#">Getaround</a>	Allows users to rent privately-owned vehicles
<a href="#">Turo</a>	Allows users to rent privately-owned vehicles
<a href="#">Ridecell</a>	On-demand carsharing service app
<a href="#">Scoot</a>	Scooter sharing service
<a href="#">Cost Calculator</a>	How much money can you save?

**On-Demand Rides**

On-demand services that connect riders to drivers

<a href="#">Lyft</a>	On-demand ride service
<a href="#">Uber</a>	On-demand ride service
<a href="#">Taxi</a>	SFTMA's Taxi Company Directory
<a href="#">Ridecell</a>	On-demand ride-matching service app

**Commuter Benefits****Going Green**

Learn how to make your commute more environmentally friendly

<a href="#">Spare the Air</a>
<a href="#">San Francisco Department of the Environment</a>
<a href="#">Bay Area Air Quality Management District</a>
<a href="#">California Air Resources Board</a>
<a href="#">California Bureau of Automotive Repair</a>
<a href="#">Calculate how much CO2 is consumed when you travel</a>

**Financial Incentives**

Learn about the many financial commuting benefits

<a href="#">511 Rideshare Rewards</a>
<a href="#">San Francisco Commuter Benefits</a>
<a href="#">IRS Commuter Benefit Laws</a>
<a href="#">Clipper Direct</a>
<a href="#">APTA Transit Calculator</a>

## 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

[Van Ness Improvement Project](#)  
[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](#)