

Commute Guide



Q4 2017



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Commute Guide

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
SMART	Rail serving Sonoma and Marin counties	Paratransit

Napa

[Napa County VINE](#)
[American Canyon Transit](#)
[St. Helena Shuttle](#)
[Yountville Trolley](#)

Bus serving Napa County
 Shuttle serving American Canyon
 Shuttle serving St. Helena
 Shuttle serving Yountville

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

San Francisco

[PresidioGo](#)
[SFMTA/ Muni](#)

Shuttle serving San Francisco
 Bus and rail serving San Francisco

[Paratransit](#)

San Mateo

[BART](#)
[Caltrain](#)
[SamTrans](#)

Rail serving Peninsula, SF, Alameda, Contra Costa
 Rail serving South Bay, Peninsula, and SF
 Bus serving Peninsula to and from SF

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

Santa Clara

[Caltrain](#)
[VTA](#)
[Menlo Park Shuttle](#)
[Stanford Marguerite](#)

Rail serving South Bay, Peninsula, and SF
 Bus and rail serving Santa Clara County
 Shuttle serving Menlo Park
 Shuttle serving Stanford campus

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

Solano

[Capitol Corridor](#)
[Fairfield-Suisun Transit](#)
[SF Bay Ferry](#)
[SolTrans](#)
[Vacaville City Coach](#)

Rail serving Santa Clara, Alameda, and Solano
 Bus serving the cities of Fairfield and Suisun
 Ferry serving SF, Alameda, Solano, South SF
 Bus serving Solano County
 Bus serving the city of Vacaville

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

Sonoma

[Petaluma Transit](#)
[Santa Rosa City Bus](#)
[Sonoma County Transit](#)

Bus serving the city of Petaluma
 Bus serving the city of Santa Rosa
 Bus and shuttle services in Sonoma County

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

Other Bay Area Regional Transit Services

[ACE](#)
[Chariot](#)
[MagicBus](#)
[RidePal](#)
[Tideline](#)

Rail serving SF, Alameda, Solano, Santa Clara
 Shuttle serving SF, San Mateo, Santa Clara, Alameda, Marin
 Private shuttle serving SF, San Mateo, Santa Clara
 Shuttle serving SF, Alameda, San Mateo, and Santa Clara
 Water transportation serving SF, Marin, Alameda, San Mateo

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](#)
[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
[Ford GoBike](#) 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

511	RideMatch Service
511	Carpool & Vanpool Incentives
Caltrans	Park & Ride Lots Map
HOV Lanes	Map of Northern California's HOV lanes
Scoop	On-demand carpool matching service app
Duet	On-demand carpool matching service app
Waze	On-demand carpool matching service app
Carzac	On-demand ride-matching service app
Carma	High occupancy commuting tracker

Carsharing

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

Enterprise	National carsharing service
Zipcar	National carsharing service
Gig	East Bay carsharing service
Getaround	Allows users to rent privately-owned vehicles
Turo	Allows users to rent privately-owned vehicles
Ridecell	Carsharing, ridesharing, autonomous fleet service
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
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](#)
[California Transportation Foundation](#)
[League of California Cities](#)
[California Transportation Plan](#)
[California Department of Education Pupil Transportation](#)
[Transportation California](#)
[California Counties](#)

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. Environmental Protection Agency \(EPA\)](#)
[National Transportation Safety Board](#)

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](#)
[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 Resources](#)

Local Media Resources

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