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2018

# 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

|                                     |   |                             |
|-------------------------------------|---|-----------------------------|
| <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> |
| <a href="#">SMART</a>               | Rail serving Sonoma and Marin counties              | <a href="#">Paratransit</a> |

**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](#)  
[SMART](#)

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

[Paratransit](#)  
[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 | <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  
[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

|                           |  |
|---------------------------|--|
| <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="#">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    |
| <a href="#">Carma</a>     | High occupancy commuting tracker       |

**Carsharing**

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

|                                 |   |
|---------------------------------|---|
| <a href="#">Enterprise</a>      | National carsharing service                       |
| <a href="#">Zipcar</a>          | National carsharing service                       |
| <a href="#">Gig</a>             | East Bay 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>        | Carsharing, ridesharing, autonomous fleet service |
| <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 |

**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](#)  
[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](#)