# 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

<table>
<thead>
<tr>
<th>Agency</th>
<th>Service Description</th>
<th>Paratransit</th>
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<tbody>
<tr>
<td>AC Transit</td>
<td>Bus serving Alameda-Contra Costa</td>
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<tr>
<td>BART</td>
<td>Rail serving Peninsula, SF, Alameda, Contra Costa</td>
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<tr>
<td>Caltrain</td>
<td>Rail serving South Bay, Peninsula, and SF</td>
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<tr>
<td>Golden Gate Transit</td>
<td>Bus/Ferry serving SF, Marin, Sonoma, &amp; Contra Costa</td>
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<tr>
<td>PresidioGo</td>
<td>Shuttle serving San Francisco</td>
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<td>SamTrans</td>
<td>Bus serving Peninsula to and from SF</td>
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<td>SF Bay Ferry</td>
<td>Ferry serving SF, Alameda, Solano, South SF</td>
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<td>SFMTA/ Muni</td>
<td>Bus and rail serving San Francisco</td>
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<tr>
<td>Capitol Corridor</td>
<td>Rail serving Santa Clara, Alameda, and Solano</td>
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<tr>
<td>Emery Go Round</td>
<td>Shuttle serving Oakland, Emeryville, Berkeley</td>
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<td>SF Bay Ferry</td>
<td>Ferry serving SF, Alameda, Solano, South SF</td>
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<td>Wheels</td>
<td>BART Connections in Alameda County</td>
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<td>Union City Transit</td>
<td>Bus serving Union City</td>
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<tr>
<td>UC Berkeley Shuttle</td>
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<tr>
<td>West Berkeley Shuttle</td>
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### Bay Area Transit Agencies by County

#### Alameda

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<th>Service Description</th>
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<td>UC Berkeley Shuttle</td>
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<td>West Berkeley Shuttle</td>
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#### Contra Costa

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<td>County Connection</td>
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<td>Tri Delta Transit</td>
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#### Marin

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<td>Shuttle serving St. Helena</td>
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<td>Shuttle serving Yountville</td>
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<td>Bus and rail serving San Francisco</td>
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<td>San Mateo</td>
<td>BART</td>
<td>Rail serving Peninsula, SF, Alameda, Contra Costa</td>
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<td>Bus serving Peninsula to and from SF</td>
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<td>Caltrain</td>
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<td>Shuttle serving Menlo Park</td>
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<td>Capitol Corridor</td>
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<td>Sonoma</td>
<td>Petaluma Transit</td>
<td>Bus serving the city of Petaluma</td>
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<td>Santa Rosa City Bus</td>
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<td>SMART</td>
<td>Rail serving Sonoma and Marin counties</td>
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<td>Other Bay Area Regional Transit Services</td>
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<td>Chariot</td>
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<td>Tideline</td>
<td>Water transportation serving SF, Marin, Alameda, San Mateo</td>
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Bay Area Paratransit and Senior Services

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<thead>
<tr>
<th>City</th>
<th>Department/Agency</th>
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<tbody>
<tr>
<td>San Francisco</td>
<td>Department of Aging &amp; Adult Services</td>
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<tr>
<td>Alameda</td>
<td>Agency on Aging</td>
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<td>Contra Costa</td>
<td>Agency on Aging</td>
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<td>Marin</td>
<td>Division of Aging</td>
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<td>Napa</td>
<td>Area Agency on Aging</td>
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<td>San Mateo</td>
<td>Commission on Aging</td>
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<td>Santa Clara</td>
<td>Department on Aging and Adult Services</td>
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<td>Solano</td>
<td>Area Agency on Aging</td>
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<td>Sonoma</td>
<td>Area Agency on Aging</td>
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*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
TMASF Connects Emergency Resources

Local Media Resources
KCBS | KGO | KTVU | NBC Bay Area | SF Gate