

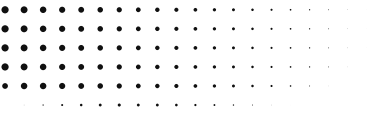
MIDDLESEX COUNTY MOBILITY GUIDE

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26



A Comprehensive Guide to Help You Find, Access,
and Use Transportation Options That Fit Your Needs.





ACKNOWLEDGEMENTS

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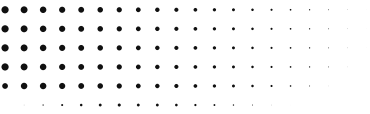


TABLE OF CONTENTS

<u>Acknowledgements</u>	2
<u>About Us</u>	4
<u>Introduction</u>	5
<u>Transportation Resource Directory</u>	6
<u>Transportation by Municipality</u>	11
<u>Public Transit to Popular Destinations</u>	15
<u>Riding the Bus in Middlesex County</u>	20
<u>NJ TRANSIT</u>	21
<u>Middlesex County RIDE</u>	38
<u>More Bus Services</u>	44
<u>Riding the Train in Middlesex County</u>	51
<u>NJ TRANSIT</u>	52
<u>Amtrak</u>	62
<u>NY Waterway Ferry</u>	63
<u>Older Adult Municipal Transportation Services</u>	64
<u>Healthcare Transportation</u>	89
<u>Transportation Network Companies</u>	93
<u>Active Transportation</u>	97
<u>KMM Programs</u>	100

ABOUT KMM

Keep Middlesex Moving, Inc. (KMM) is a 501(c)(3) nonprofit Transportation Management Association (TMA) serving Middlesex County, NJ.

KMM's mission is to educate the public about the importance of air quality, promote traffic safety through public outreach and education, and improve transportation access for everyone who lives, works, and does business in Middlesex County.

FOLLOW US



CONTACT US

Contact us today to learn more about our services.



732-745-4465



100 Bayard St, 2nd Floor
New Brunswick, NJ 08901



programs@kmm.org



kmm.org

INTRODUCTION

Public transportation can be an affordable and convenient way to get around, but understanding the available options may sometimes be challenging.

This guide is designed to help. Inside, you'll find information on bus, train, and ferry services, along with resources to help you plan your trip. Whether you're a first-time rider or a regular commuter, this guide can help you navigate your transportation options available throughout Middlesex County.

Disclaimer: The information contained in this publication was compiled from publicly available sources believed to be accurate at the time of publication. Users are encouraged to verify details directly with the transportation provider. The inclusion of a transportation provider in this guide does not constitute an endorsement or recommendation by KMM.



The resources found in this guide are for non-emergency transportation services only. In case of an emergency, call 911.

KEY:



Important
Information



Helpful Tips



Accessibility
Information

TRANSPORTATION RESOURCE DIRECTORY

Keep Middlesex Moving

[732-745-4465](tel:732-745-4465)

kmm.org

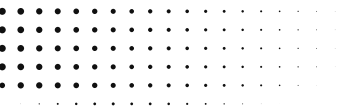
Bus, Train, and Ferry Services

<u>Academy Bus</u>	800-442-7272
<u>Amtrak</u>	800-872-7245
<u>Coach USA</u>	866-912-6224
<u>DASH 851 & 852 and CAT-1R (Somerset County Division of Transportation)</u>	908-231-7115
<u>FlixBus</u>	855-626-8585
<u>Greyhound</u>	800-231-2222
<u>Middlesex County RIDE</u>	800-221-3520 TTY: 732-745-8905
<u>NJ TRANSIT Access Link</u>	973-491-4224
<u>NJ TRANSIT Information</u>	973-275-5555 TTY: 800-772-2287
<u>NJ TRANSIT Reduced Fare Program</u>	973-491-7112
<u>NY Waterway</u>	800-533-3779

OurBus844-800-6828**Perth Amboy Hometown Trolley**732-826-0290**Route 130 Connection**609-989-6827

Older Adult Municipal Transportation

Carteret Office on Aging732-541-3890**Dunellen Senior Center**732-968-3033Senior Bus: 732-968-1226**East Brunswick Department on Aging**732-390-6896**Edison Senior Citizen Center**732-248-7345**Highland Park Community Services**732-819-0052**Metuchen Senior Citizens Center**732-632-8525**Middlesex Borough Department of Senior & Disabled Services**732-356-0414**Milltown Senior Center**732-296-0681**Monroe Township Senior Center**609-448-7254**Monroe Township Office of Transportation**609-443-0511



<u>New Brunswick Senior Citizen Resource Center</u>	<u>732-745-5100</u>
<u>New Brunswick Dial-A-Ride</u>	<u>732-745-5161</u>
<u>North Brunswick Senior Center</u>	<u>732-418-2222</u>
<u>Old Bridge Silver Linings</u>	<u>732-721-5600</u> ext. 6635
<u>Perth Amboy Office on Aging</u>	<u>732-826-1690</u> ext. 4326
<u>Piscataway Senior Center</u>	<u>732-562-1133</u> Medical Transport: <u>732-743-2218</u>
<u>Plainsboro: RideProvide (Greater Mercer TMA)</u>	609-452-5140 Reservations: <u>609-452-5144</u>
<u>Sayreville Office on Aging</u>	<u>732-390-7058</u>
<u>South Amboy Senior Center</u>	<u>732-525-5960</u>
<u>South Brunswick Office on Aging</u>	<u>732-329-4000</u> ext. 7363
<u>South Plainfield Senior Center</u>	<u>908-754-1047</u>
<u>South River Office on Aging</u>	<u>732-257-2340</u>
<u>Spotswood Division of Senior Services</u>	<u>732-251-3432</u>
<u>Senior Transportation of Woodbridge (STOW)</u>	<u>732-726-2394</u>

Healthcare Transportation

<u>American Cancer Society Road to Recovery.</u>	<u>800-227-2345</u>
<u>Modivcare</u>	<u>866-527-9933</u>
<u>ScreenNJ</u>	<u>833-727-3665</u>

Transportation Network Companies

<u>EZ Ryde4Life</u>	<u>201-939-4242</u> option 4
<u>GoGoGrandparent</u>	<u>855-464-6872</u>



Taxi Services



Company	Phone Number	Serving*
A-A Checker Cab	<u>732-545-2300</u>	Highland Park area
All Around America (AAA) Taxi	<u>732-628-0000</u>	New Brunswick area
All Brunswick Taxi	<u>732-545-0900</u>	New Brunswick area
Avenel Checker Taxi	<u>732-882-2360</u>	Woodbridge area
Metuchen Taxi	<u>732-549-7777</u>	Metuchen area
North Plainfield Taxi	<u>908-222-8777</u>	North Plainfield area, including South Plainfield & Dunellen
Princeton Car Services	<u>609-799-9180</u>	Southern Middlesex County
United Taxi	<u>732-826-2424</u>	Perth Amboy area

*Taxi companies serve more than one municipality, as fares are calculated by distance. All companies listed provide airport transportation and other long-distance travel, as well as local travel.



The inclusion of a transportation provider in this guide does not constitute an endorsement or recommendation by KMM.

TRANSPORTATION BY MUNICIPALITY

Municipality	Bus Service	Train/Ferry Service
Carteret*	NJ TRANSIT: 48, 116	
Cranbury	RIDE: M1 Other: Route 130 Connection	
Dunellen*	NJ TRANSIT: 59, 65, 113, 114	NJ TRANSIT: Raritan Valley Line
East Brunswick*	NJ TRANSIT: 68, 811, 815, 818 RIDE: M7 Other: Coach USA 100, 400, 500, 600	
Edison*	NJ TRANSIT: 48, 801, 802, 803, 804, 805, 810, 813, 814, 819	NJ TRANSIT: Northeast Corridor
Helmetta		
Highland Park*	NJ TRANSIT: 810, 814	
Jamesburg	RIDE: M1	
Metuchen*	NJ TRANSIT: 810, 813, 819	NJ TRANSIT: Northeast Corridor

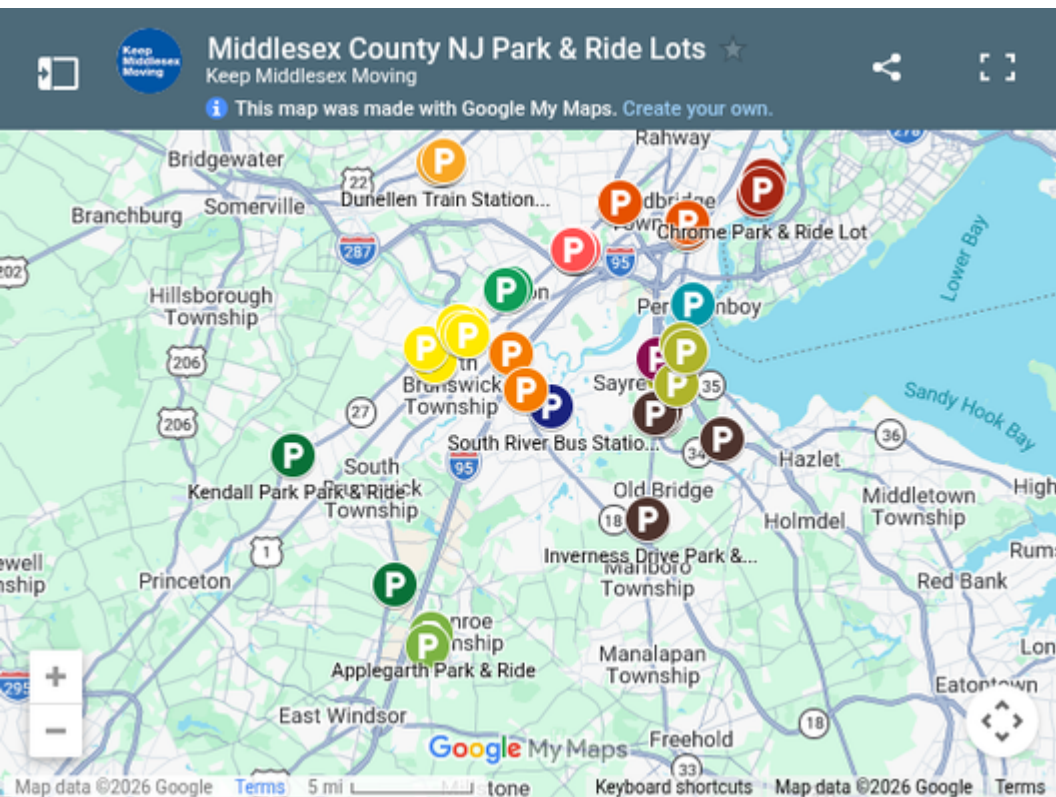
Municipality	Bus Service	Train/Ferry Service
Middlesex*	NJ TRANSIT: 65, 114	
Milltown*	NJ TRANSIT: 811	
Monroe Township*	NJ TRANSIT: 138 RIDE: M1 Other: Academy Bus; Coach USA 300, 600; Route 130 Connection <i>For residents only: Freehold Out-of-Town Shuttles (see page 74)</i>	
New Brunswick*	NJ TRANSIT: 810, 811, 814, 815, 818 RIDE: M1, On Demand Other: Coach USA 100, 500, 600; CAT 1-R, DASH 851 & 852; Greyhound/FlixBus; Rutgers Campus Buses	NJ TRANSIT: Northeast Corridor Amtrak
North Brunswick*	NJ TRANSIT: 811, 814 RIDE: M1, On Demand (limited) Other: Coach USA 100	
Old Bridge*	NJ TRANSIT: 67, 68, 131, 133, 138, 139, 818 RIDE: M7 Other: Academy Bus	
Perth Amboy*	NJ TRANSIT: 48, 116, 813, 815, 817 Other: Perth Amboy Hometown Trolley	NJ TRANSIT: North Jersey Coast Line

Municipality	Bus Service	Train/Ferry Service
Piscataway*	NJ TRANSIT: 65, 114, 819 Other: Rutgers Campus Buses, OurBus	
Plainsboro*	NJ TRANSIT: 600	
Sayreville*	NJ TRANSIT: 131, 815 RIDE: M7	
South Amboy*	NJ TRANSIT: 815, 817 RIDE: M7 Other: Academy Bus, OurBus	NJ TRANSIT: North Jersey Coast Line Ferry: NY Waterway
South Brunswick*	RIDE: M1 Other: Academy Bus; Coach USA 100, 300, 600	
South Plainfield*	NJ TRANSIT: 819	
South River*	NJ TRANSIT: 811, 815 RIDE: M7	
Spotswood*	NJ TRANSIT: 138	
Woodbridge*	NJ TRANSIT: 48, 115, 116, 801, 802, 803, 804, 805, 810, 813, 815	NJ TRANSIT: North Jersey Coast Line, Northeast Corridor Amtrak

**Municipal transportation available for older adults. Depending on municipality, people 18+ with disabilities may be eligible for these services, too. See pages 64-88.*

PARK & RIDE LOTS

Park & Rides are more than just parking lots; they connect commuters to transportation services. Don't have a bus stop or train station near you? No problem! You can drive to a Park & Ride lot, then take the bus or train from there. Park and Rides are also great meetup locations for carpools or vanpools.*



*A vanpool is comprised of 4 to 15 people who commute to work by van or SUV leased through an approved third-party vendor. Eligible vanpools can receive \$400 a month through the [NJ TRANSIT Vanpool Sponsorship Program](#).

PUBLIC TRANSIT TO POPULAR DESTINATIONS

Shopping

Brunswick Shopping Center – North Brunswick	NJ TRANSIT 811, 814 RIDE M1
Brunswick Square Mall – East Brunswick	NJ TRANSIT 811, 818 RIDE M7
Menlo Park Mall – Edison	NJ TRANSIT 805, 810
Middlesex Shopping Center	NJ TRANSIT 65, 114
Walmart – Old Bridge	NJ TRANSIT 63, 64, 67, 132, 139 RIDE M7
Woodbridge Center Mall	NJ TRANSIT 48, 803, 810, 815

Colleges/Universities

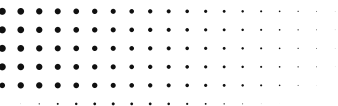
Middlesex College – Edison	NJ TRANSIT 813, 814
Rutgers University – New Brunswick	NJ TRANSIT 810, 811, 814, 815, 818 NJ TRANSIT Northeast Corridor CAT-1R, DASH 851 & 852 Rutgers Campus Buses
Princeton University	NJ TRANSIT Northeast Corridor → Princeton Dinky → TigerTransit NJ TRANSIT 600 → TigerTransit Coach USA 100

Health Facilities

Hackensack Meridian Health – Metropark (Iselin)	NJ TRANSIT 48, 801, 802, 803, 804, 805 NJ TRANSIT Northeast Corridor
JFK University Medical Center – Edison	NJ TRANSIT 801
Old Bridge Medical Center	NJ TRANSIT 138
Princeton Medical Center – Plainsboro	NJ TRANSIT 600 TigerTransit Route 3
Raritan Bay Medical Center – Perth Amboy	NJ TRANSIT 116, 813, 817
Robert Wood Johnson University Hospital – New Brunswick	NJ TRANSIT 811 NJ TRANSIT Northeast Corridor RIDE On Demand CAT-1R, DASH 851 & 852 Coach USA 100, 500, 600 FlixBus
Saint Peter’s University Hospital – New Brunswick	NJ TRANSIT 811 RIDE On Demand

Fitness

Edison YMCA at the Community Campus/JCC of Middlesex County	NJ TRANSIT 801
Old Bridge Family YMCA	NJ TRANSIT 68, 139, 818



Planet Fitness – Middlesex Borough	NJ TRANSIT 65, 114
Planet Fitness – Plainsboro	NJ TRANSIT 600
Raritan Bay Area YMCA – Perth Amboy	NJ TRANSIT 116, 813, 817
RWJ Fitness & Wellness Center – New Brunswick	NJ TRANSIT 811 NJ TRANSIT Northeast Corridor RIDE M1, RIDE On Demand CAT-1R, DASH 851 & 852 Coach USA 100, 500, 600
RWJ Rahway Fitness & Wellness Center at Carteret	NJ TRANSIT 48, 116
South Amboy Branch YMCA	NJ TRANSIT 815, 817 RIDE M7

Farmers Markets (Seasonal)

Highland Park Farmers Market	NJ TRANSIT 810, 814
Metuchen Farmers Market	NJ TRANSIT 810, 813, 819 NJ TRANSIT Northeast Corridor
Route 28 Farmers Market – Middlesex Borough	NJ TRANSIT 65, 114
Rutgers Community Farmers Market Pavilion – New Brunswick	NJ TRANSIT 811

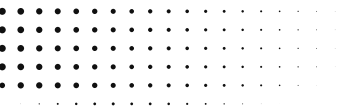
Grocery Shopping

ALDI – New Brunswick	RIDE On Demand Coach USA 100, 500, 600
H Mart – Edison	NJ TRANSIT 810
ShopRite of Carteret	NJ TRANSIT 48, 116
ShopRite of East Brunswick	NJ TRANSIT 68, 138, 815, 818 Coach USA 100
ShopRite of Old Bridge	NJ TRANSIT 64, 67, 139
Superfood Fresh Supermarket – Middlesex Borough*	NJ TRANSIT 65, 114
Wegmans – Woodbridge	NJ TRANSIT 48, 803, 810, 815

*Superfood Fresh Supermarket also has its own shuttle service. Learn more about its [Pick-Up and Drop-Off Service](#).

Food Assistance

Alliance Center for Independence Food Pantry – Edison	NJ TRANSIT 813
Elijah’s Promise Soup Kitchen – New Brunswick	NJ TRANSIT 815, 818 RIDE M1, RIDE On Demand
Hands of Hope – Edison	NJ TRANSIT 814



Highland Park Community Food Pantry	NJ TRANSIT 810, 814
Old Bridge Township Food Bank	NJ TRANSIT 133, 818
Plainsboro Township Food Pantry	NJ TRANSIT 600
Raritan Bay Area YMCA's Center for Support, Success, & Prosperity – Perth Amboy	NJ TRANSIT 48, 815



**QUICK
TIPS**

If your preferred destination isn't listed here, call KMM at 732-745-4465 to discuss your public transportation options to that location!



MIDDLESEX COUNTY
**SERVICES
LOCATOR**

The Middlesex County Services Locator is an online tool to help you find resources near you like food, transportation, veterans services, housing, and more.

Use the [Services Locator](#).

RIDING THE BUS

If you want to take a bus to your destination, you have several options. This section provides information on local and regional bus services, including NJ TRANSIT, Middlesex County RIDE, Rutgers University's bus system, and other shuttle options. You will also find details on routes, fares, schedules, accessibility, and transfers.



QUICK TIPS

Download the NJ TRANSIT Mobile App® for Android or iPhone to plan trips, view schedules, purchase tickets, and receive real-time service updates.



NJ TRANSIT

NJ TRANSIT runs the public transportation system in New Jersey, offering commuters bus, train, and light rail options. Its mission is to provide safe, reliable, and affordable mass transit service.

Planning Your Trip

NJ TRANSIT has several bus lines, both local and regional, that run through Middlesex County. To plan your trip, you should check for service near you to find the nearest bus stops. If you do not know which bus will take you where you need to go, you can use the NJ TRANSIT [Trip Planner](#) or [Bus Point-to-Point](#) for travel itineraries and timetables on [njtransit.com](https://www.njtransit.com).



If you need additional assistance, call NJ TRANSIT Customer Service at [973-275-5555](tel:973-275-5555).

KMM can also help you with trip planning. Contact us at [732-745-4465](tel:732-745-4465).

Timetables

To learn how to read a timetable, follow the instructions below, and practice with the example on the next page.

1

Once you know which bus line you will be riding, find your direction of travel and choose the weekday or weekend section of the schedule.

2

Find your origin bus stop at the top of the schedule. If your origin is between two major stops, choose the earlier time.

3

To find out your arrival time, start at the departure time and read across the timetable until you reach the time next to your destination.



QUICK TIPS

Not every bus stop is shown on the timetable. The stops listed are major stops, or timepoints, along the route. Buses also stop at designated bus stops between these locations when it is safe to do so.

Reading a Timetable

Service Designation

Destination

Weekdays

Saturdays

Sundays

To Woodbridge Center

NEW BRUNSWICK Somerset St. at George St.												NEW BRUNSWICK Somerset St. at George St.												NEW BRUNSWICK Somerset St. at George St.											
HIGHLAND PARK Raritan Ave. at 3rd Ave.												HIGHLAND PARK Raritan Ave. at 3rd Ave.												HIGHLAND PARK Raritan Ave. at 3rd Ave.											
EDISON RT-27 at Plainfield Ave.												EDISON RT-27 at Plainfield Ave.												EDISON RT-27 at Plainfield Ave.											
METUCHEN RAIL STATION Main St. at Woodbridge Ave.												METUCHEN RAIL STATION Main St. at Woodbridge Ave.												METUCHEN RAIL STATION Main St. at Woodbridge Ave.											
METUCHEN Main St. at RT-27												METUCHEN Main St. at RT-27												METUCHEN Main St. at RT-27											
EDISON Menlo Park Mall												EDISON Menlo Park Mall												EDISON Menlo Park Mall											
FORDS (WOODBRIED) Ford Ave. at Main St.												FORDS (WOODBRIED) Ford Ave. at Main St.												FORDS (WOODBRIED) Ford Ave. at Main St.											
WOODBRIED Woodbridge Center Mall												WOODBRIED Woodbridge Center Mall												WOODBRIED Woodbridge Center Mall											
MAP REFERENCE												MAP REFERENCE												MAP REFERENCE											
600	609	616	626	629	638	646	652					700	705	712	722	725	734	742	748					1000	1009	1016	1026	1030	1039	1047	1053				
700	709	716	726	729	738	746	752					800	805	812	822	825	834	842	848					1100	1109	1116	1126	1130	1139	1147	1153				
800	809	816	826	829	838	846	852					900	910	917	928	932	941	949	955					1200	1209	1216	1226	1230	1239	1247	1253				
900	910	917	928	931	940	948	954					1000	1010	1017	1028	1032	1041	1049	1055					100	109	116	126	130	139	147	153				
1000	1010	1017	1028	1031	1040	1048	1054					1101	1111	1118	1129	1133	1142	1150	1156					200	209	216	226	230	239	247	253				
1100	1110	1117	1128	1131	1140	1148	1154					1201	1211	1218	1229	1233	1242	1250	1256					300	310	317	327	331	341	349	355				
1200	1210	1217	1228	1231	1240	1248	1254					102	112	119	130	134	143	151	157					400	410	417	427	431	441	449	455				
100	110	117	128	131	140	148	154					202	212	219	230	234	243	251	257					501	511	518	528	532	542	550	556				
200	210	217	228	231	240	248	254					303	312	319	329	333	342	351	357																
300	310	317	328	332	341	350	356					406	415	422	432	436	445	454	500																
404	414	421	432	436	445	454	500					506	515	522	532	536	545	554	600																
506	516	523	534	538	547	556	602					609	618	625	634	637	646	654	700																
610	619	625	635	638	647	655	701					705	714	721	730	733	742	750	756																
705	714	720	729	732	741	748	754					805	814	821	830	833	842	850	856																
803	812	818	827	830	839	846	852					905	914	921	930	933	942	950	956																
900	908	914	923	926	935	942	948																												

A.M. - Light face type
P.M. - Bold face type

810

Major stops along the route

Times the bus will arrive at stops

Route Number



Fares

NJ TRANSIT fares are determined by the number of zones you travel through. To find this information, check the map on the bus route schedule. The dashed lines show when you enter a new zone. You can also plan your trip (enter your origin and destination) on [njtransit.com](https://www.njtransit.com). The itinerary will tell you when you will enter a new zone.



All one-way bus tickets have a 30-day expiration period, unless stated otherwise.



Above: Tap-to-Pay Reader on a NJ TRANSIT bus for contactless payments by credit or debit card, mobile wallets, and paper bus tickets.



Above: NJ TRANSIT Ticket Vending Machines are located at almost all major rail and bus stations. They sell bus and train tickets, along with monthly passes.

Paying the Fare

Once you know the route you are taking and how much it will cost, you can pay the fare in one of several ways. You can buy tickets:

Using the NJ TRANSIT app before boarding the bus

With cash*, a paper ticket, a credit/debit card using Tap & Ride, or a FARE-PAY Card



Using a monthly pass or FlexPass



QUICK TIPS

If you plan to commute by bus regularly, you may want to invest in a monthly pass to save up to 30%. You can use your monthly pass to make unlimited trips for a whole month for the number of zones indicated on the pass. College students can save 25% using the NJ TRANSIT monthly Student Pass.

In Middlesex County, all local route buses require **exact fare. If paying your fare with cash, have the exact amount ready before boarding. Bus operators cannot provide change.*

*Some regional buses are **full service**, meaning that drivers will provide change. These buses are indicated in the [Regional & NY Bus Routes chart](#) (page 28).*

North Jersey Intrastate Fares* (Local)

ZONE	1	2	3	4	TRANSFER
Reduced Fare	\$0.85	\$1.25	\$1.60	\$2.10	\$0.40
Full Fare	\$1.90	\$3.00	\$3.80	\$4.55	\$0.85
Monthly Pass	\$71.00	\$93.00	\$112.00	\$121.00	N/A
Student Pass	\$52.00	\$71.00	\$84.00	\$90.00	N/A
FlexPass**	\$32.30	\$51.00	\$64.60	\$77.35	N/A

North Jersey Interstate Fares* (Regional & NYC)

ZONE	1	2	3	4	TRANSFER
Reduced Fare	\$0.95	\$1.85	\$2.45	\$3.20	N/A
Full Fare	\$2.20	\$4.20	\$5.45	\$7.30	N/A
Monthly Pass	N/A	\$129.00	\$180.00	\$202.00	N/A
Student Pass	N/A	\$96.00	\$133.00	\$151.00	N/A
FlexPass**	\$37.40	\$71.40	\$92.65	\$124.10	N/A

*Fare prices as of July 2026

**20 one-way adult tickets between origin & destination, at a 15% discount

Local Bus Routes

Click the route numbers to view timetables.

Route	Bus
<u>801</u>	Metropark Loops
<u>802</u>	Metropark Loops
<u>803</u>	Metropark Loops
<u>804</u>	Metropark Loops
<u>805</u>	Metropark Loops
<u>810</u>	New Brunswick – Woodbridge Center
<u>811</u>	New Brunswick – South River
<u>813</u>	Perth Amboy – Middlesex County College
<u>814</u>	North Brunswick – New Brunswick – Middlesex County College
<u>815</u>	New Brunswick – East Brunswick – Woodbridge Center
<u>817</u>	Perth Amboy – Campbell's Junction
<u>818</u>	New Brunswick – East Brunswick – Old Bridge
<u>819</u>	Piscataway – Plainfield – Metuchen – South Plainfield
<u>600</u>	Trenton – Plainsboro (US 1 Corridor)

Regional & NY Bus Routes

Click the route numbers to view timetables.

Route	Bus
<u>48</u>	Elizabeth – Woodbridge – Perth Amboy
<u>59</u>	Plainfield – Newark
<u>63/64*</u>	Lakewood – Jersey City – Weehawken
<u>65</u>	Newark – Mountainside – Somerville
<u>67*</u>	Toms River – Lakewood – Newark
<u>68*</u>	Old Bridge – East Brunswick – Jersey City – Weehawken
<u>113*</u>	Dunellen – New York
<u>114*</u>	Bridgewater – New York
<u>115*</u>	Rahway – New York
<u>116*</u>	Perth Amboy – New York
<u>131/135*</u>	Freehold – Sayreville – Old Bridge – New York
<u>133</u>	Old Bridge – Aberdeen – New York
<u>138*</u>	Old Bridge – East Brunswick – New York
<u>139*</u>	Lakewood – Old Bridge – New York

*Full-service bus

NJ TRANSIT MyBus

MyBus provides real-time information on when your bus will be arriving at your stop.

- 1 Find the MyBus sign below the NJ TRANSIT bus stop sign.
- 2 Identify the bus stop number.
- 3 Use the NJ TRANSIT app, call 973-275-5555, or text your bus stop number to mybus (69287). You will find out what time the next scheduled bus will arrive at that stop.



All bus stops in New Brunswick use NaviLens technology. Those who are blind or have low vision can scan the multicolored QR code from up to 60 feet away to find out next bus arrivals, service status, and directions through audio messages.

Learn more about NaviLens.



Boarding the Bus

- 1** Arrive at your bus stop at least 5 minutes before the scheduled departure time. Check the bus stop sign to confirm that your bus route serves that stop.
- 2** When you see your bus approaching, raise your arm and wave to signal to the driver that you would like to board. Otherwise, the driver might not stop.
- 3** Many bus stops serve multiple routes, so be sure to board the correct bus. The route number and destination are displayed on the front of the bus. If you are unsure, ask the bus operator before boarding.
- 4** As you are boarding, tell the driver where you are going, so they can confirm how many zones you need to travel, and pay the fare.



All NJ TRANSIT buses can lower the front entrance ("kneel") to make boarding easier. If you need this assistance, let the bus operator know before boarding.

For those using wheelchairs or other mobility devices, all NJ TRANSIT buses are also equipped with lifts and ramps.



Transfers

Sometimes you may need to take more than one bus to reach your destination. If your trip requires two buses, purchase a transfer from the driver when boarding your first bus instead of paying a second full fare.

A full fare transfer is \$0.85, and a reduced fare transfer is \$0.40.

If you are traveling more than one zone after transferring, you will need to pay an override fee on the second bus.

If you are transferring more than once, you must pay the full fare on the third bus, as you cannot use a transfer ticket to buy another transfer ticket.



Transfer tickets must be used within 2 hours.



**QUICK
TIPS**

To request a stop, press the signal strip above your seat or the red "stop" button.

Bikes on the Bus

Most NJ TRANSIT buses in Central and Northern NJ have front mounted bike racks.

- Each rack holds up to 2 bikes.
- If the rack is full, wait for the next bus.
- Folding bikes may be brought onboard.

Using the Bike Rack:

1. Tell the driver you will be loading a bike.
2. Place your bike on the rack and secure it using the support arm.
3. Tell the driver before unloading your bike.
4. Remove your bike and return the rack to its upright position if empty.

Personal Electric Vehicles (PEVs):

- PEVs must be powered off during transport.
- Riding and charging are prohibited.
- Hoverboards and shared/rental devices (e.g., Citi Bike, Lime, Bird) are not permitted.
- Foldable PEVs must be folded.
- Size and weight restrictions apply.



Bikes are not permitted on buses going into New York City.



NJ TRANSIT Reduced Fare Program

If you are 62 and older, have a disability, or are in the military, you can **save 50% or more** on NJ TRANSIT tickets and passes for buses, trains, and light rail systems. To receive this discount, you will need to show the bus driver proof of your age. Valid IDs for seniors must include your date of birth and be issued by a government, social service, or mass transportation agency.

When you board the bus, show the driver your NJ TRANSIT Reduced Fare ID or Medicare Card.



If you are a passenger with a disability or do not have a qualifying form of identification, you need to sign up for a NJ TRANSIT Reduced Fare Card. Reduced Fare Cards are valid for four years. **Those who are eligible for Access Link automatically qualify for the Reduced Fare Program.**



Reduced Fare Cards cannot be used on Access Link.

For more information and to apply, visit [NJ TRANSIT Reduced Fare Program](#) or call the Reduced Fare Office at [973-491-7112](tel:973-491-7112).

Access Link ADA Paratransit



NJ TRANSIT Access Link provides curb-to-curb transportation for people with disabilities who are unable to use local bus or light rail service. Trips must begin and end within $\frac{3}{4}$ mile of a NJ TRANSIT local bus route or light rail line, and service is available during the same days and hours as the corresponding fixed-route service. All Access Link vans are wheelchair accessible. Access Link drivers must verbally announce every scheduled stop.

Fare: The fare is the same as the local fixed-route bus fare.

Eligibility: To determine eligibility, applicants must complete an interview and provide documentation of their disability. To begin the application process, call 973-491-4224 and select Option 1.

Scheduling A Trip: Eligible riders can schedule trips through the Access Link app, online, or by calling 973-491-4224 and selecting Option 2.



You must reserve your ride at least 24 hours, but no more than 7 days, before your trip.



Riders' Choice Pilot Program by Access Link

The Riders' Choice Pilot Program is a supplemental rideshare service for NJ TRANSIT Access Link customers.

NJ TRANSIT contracts out to rideshare services like Via and UZURV. There are some wheelchair accessible vehicles. You pay the same fee as you would for an Access Link shuttle.

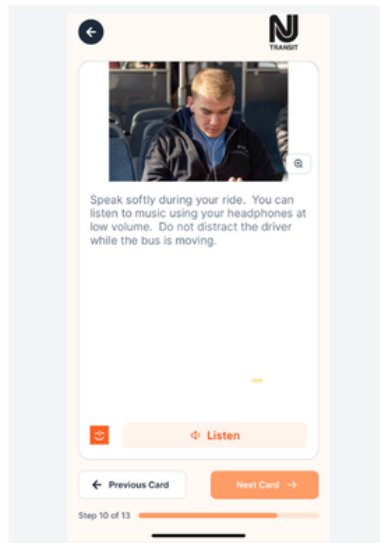
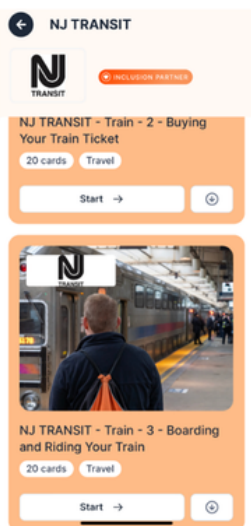
To be eligible, you must have been an Access Link customer for 6 months and have taken at least 24 rides.

If you have any questions or need help applying, email accesslinkaltservices@njtransit.com or leave a voicemail at [973-491-4297](tel:973-491-4297).

Accessibility Feature: Magnusmode

NJ TRANSIT partnered with Magnusmode to create 15 MagnusCards decks to help neurodivergent and autistic people navigate public transit step by step. The card decks use simple and clear instructions accompanied by pictures, sounds, and rewards, helping you plan a trip, buy a ticket, board and ride a bus or train, ride with a mobility device, and have a safe trip.

Learn more about [Magnusmode and NJ TRANSIT](#).



NJTIP @ RUTGERS

Through one-on-one and small group travel instruction, the New Jersey Travel Independence Program aims to increase the independence and self-sufficiency of people with disabilities and older adults by empowering them and providing them with the tools to use the public transit system safely and successfully. One-on-one instruction is available free of charge to those who have applied to Access Link, except those with visual impairments.



To learn more about this program, visit the [Alan M. Voorhees Transportation Center](#).

KMM can coordinate travel instruction services for your group. Contact us at [732-745-4465](tel:732-745-4465).

MIDDLESEX COUNTY RIDE

RIDE is Middlesex County's transportation service, offered through the Department of Transportation. Middlesex County RIDE has wheelchair accessible vehicles. RIDE services include RIDE Routes, RIDE Reservations, and RIDE On Demand.

RIDE Routes

RIDE Routes is a Deviated Route Shuttle service, which operate every two hours, Monday to Friday, 6:45 a.m. to 6:35 p.m. Two routes are available: **M1**, serving New Brunswick, North Brunswick, Monroe, and Jamesburg; and **M7**, serving South Amboy, Sayreville, Old Bridge, South River, and East Brunswick. Both connect with local bus and rail services.

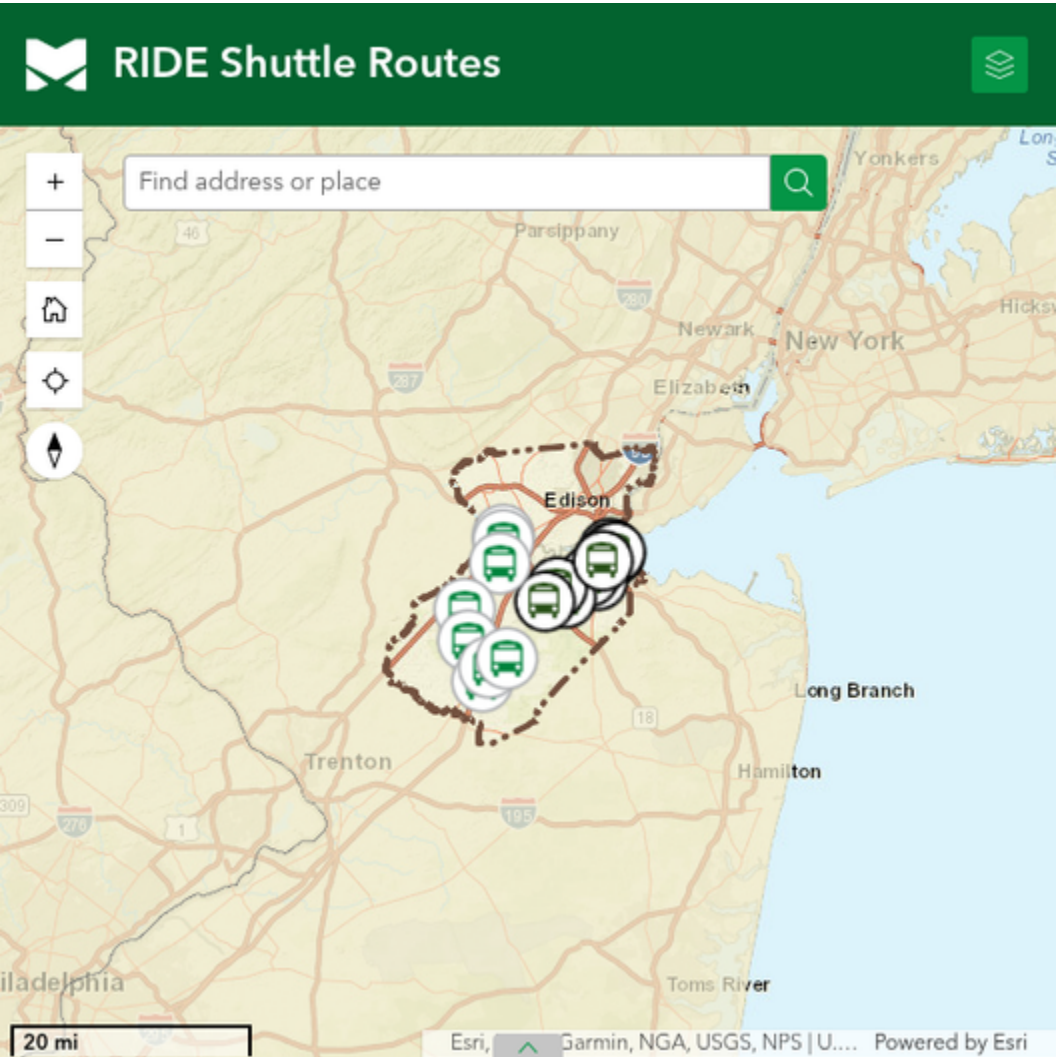
Fare: The suggested fare is \$1 or \$0.50 for seniors and people with disabilities.

Eligibility: Open to all ages

Scheduling a trip: No reservation is required, but if you would like to request a route deviation of up to $\frac{3}{4}$ of a mile off route, you must call 800-221-3520 24 hours in advance.

Learn about low-cost transportation options at [Middlesex County RIDE](#).

RIDE M1 and M7 Routes



RIDE Reservations

RIDE Reservations is a curb-to-curb shared ride service for older adults and people with disabilities. Your destination can be anywhere in Middlesex County and up to 5 miles outside of the County. This service runs Monday to Friday, 9 a.m. to 4:30 p.m.

Fare: The fare is \$3 one way via transportation credits.

Eligibility: Those aged 60 and up and people with disabilities aged 18 and up

Scheduling a trip: You must reserve your ride at least 4 full business days in advance. To make a reservation or purchase credits, call 800-221-3520.



Cash is not accepted on RIDE Reservations. Transportation credits must be purchased in advance of the trip.



Before booking with RIDE, check your municipal transportation options.



RIDE On Demand

RIDE On Demand is a shared-ride service currently available in New Brunswick and parts of North Brunswick. Service is available seven days a week: Monday to Friday, 6 a.m. to 10 p.m., and Saturday and Sunday, 9 a.m. to 6 p.m.

Fare: The fare is \$3 per ride, plus \$3 for each additional passenger.

Eligibility: It is open to all ages. Riders must be 13 or older to ride alone. Children under 13 must be accompanied by a parent or guardian.

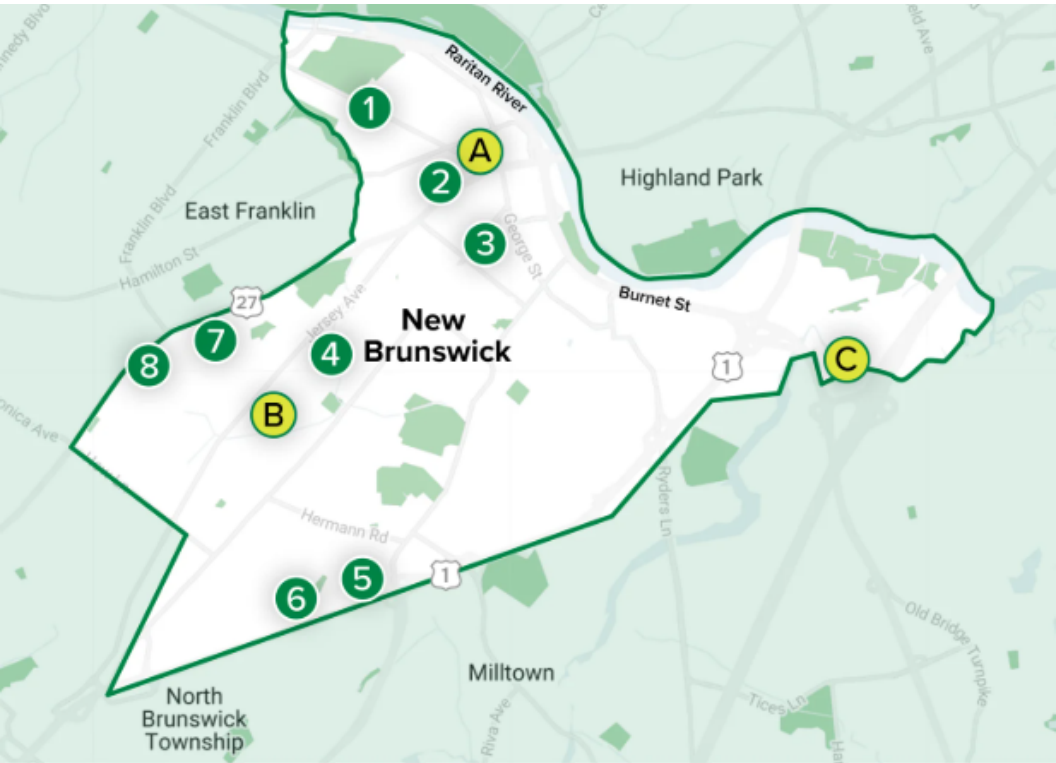
Scheduling a trip: Rides can be booked through the Middlesex County RIDE On Demand app or by calling [732-655-6600](tel:732-655-6600). To book a ride in the app, enter your pickup and drop-off locations and select “Book This Ride.” The app will display your designated pickup location. Because RIDE On Demand operates as a corner-to-corner service, your pickup location may be a short walk from your starting point.



Riders who need a wheelchair-accessible vehicle can make a request through the app, complete the online [accessibility request form](#), or call [732-655-6600](tel:732-655-6600). Once approved, riders will be eligible for door-to-door service.

For more information on low-cost rides in New and North Brunswick, visit [Ride On Demand](#).

RIDE On Demand Service Area*



Popular Destinations:

- | | |
|---|-----------------------------|
| 1 Saint Peter's University Hospital | 6 Walmart |
| 2 Robert Wood Johnson University Hospital | 7 ALDI |
| 3 New Brunswick Free Public Library | 8 New Brunswick High School |
| 4 Youth Sports Complex & Teen Center | |
| 5 Trader Joe's | |

Transit Hubs:

- | |
|------------------------------|
| A New Brunswick (NJ Transit) |
| B Jersey Avenue (NJ Transit) |
| C Neilson Plaza (Coach USA) |

**You are not limited to these destinations.*

Veterans Transportation

Middlesex County RIDE provides transportation for veterans traveling to Veterans Affairs (VA) medical appointments.

Service Area:

- Middlesex County VA medical facilities: Monday to Friday
- Lyons VA Medical Center: Tuesday and Thursday
- East Orange VA Medical Center: Monday, Wednesday, and Friday

Contact Information: 800-221-3520 or 732-745-7456

Veterans traveling to approved VA healthcare appointments may be eligible for reimbursement from the U.S. Department of Veterans Affairs. Eligibility requirements apply. Learn more about [VA healthcare transportation benefits](#).



MORE BUS SERVICES

Academy Bus

Fare: Depends on zone; honors NJ TRANSIT Reduced Fare cards. Costs more if paying by cash

Eligibility: Anyone

Service Area: Old Bridge, South Amboy, and South Brunswick to New York City

Availability: Monday to Friday

Wheelchair Accessible? Yes

Contact Information: 800-442-7272

Website: academybus.com

Coach USA/Suburban Transit* – Lines 100, 300, 400, 500, 600

Fare: Depends on zone. Seniors, children, and disabled passengers receive a discount.

Eligibility: Anyone

Service Area: East Brunswick, New Brunswick, North Brunswick, South Brunswick, Monroe Township to Jersey City & New York City

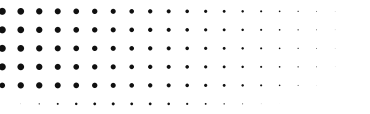
Availability: 7 days a week. Runs hourly

Wheelchair Accessible? Yes

Contact Information: 866-912-6224

Website: coachusa.com

**NJ TRANSIT contracts some service to Coach USA/Suburban Transit. For certain NJ TRANSIT local bus routes, you may see a Coach USA bus instead of a NJ TRANSIT bus. Learn more about [NJ TRANSIT's contracted private carriers](#).*



Greyhound/FlixBus

Fare: Depends on day, time, and destination

Eligibility: Anyone

Service Area: Stops in New Brunswick. Travels to major cities across the country

Availability: 7 days a week

Wheelchair Accessible? Yes

Contact Information: Greyhound: 800-231-2222

FlixBus Customer Service: 855-626-8585

Websites: greyhound.com

flixbus.com

OurBus

Fare: Depends on day, time, and destination

Eligibility: Anyone

Service Area: Multiple stops in Middlesex County to multiple locations. Check the website for specific information.

Availability: 7 days a week

Wheelchair Accessible? Yes, but give 48 hours' advance notice

Contact Information: 844-800-6828

Website: ourbus.com

Perth Amboy Hometown Trolley

Provided by the City of Perth Amboy
732-826-0290

Fare: Free

Eligibility: Anyone

Service Area: Perth Amboy

Availability: Seasonal (May to September).
Thursday to Sunday, 10 a.m. to 6 p.m. Full route takes
about an hour and travels in a continuous loop.

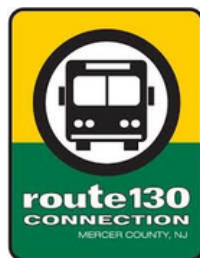
Wheelchair Accessible? Yes

Website: [Perth Amboy Hometown Trolley](#)



Route 130 Connection

Provided by Mercer County
609-989-6827



Fare: \$1 one way

Eligibility: Anyone

Service Area: Mercer County, as well as Cranbury and Monroe. This service connects to RIDE M1 Shuttle in Cranbury and Monroe.

Availability: Monday to Friday, 2 a.m. to 8:02 p.m. Saturday buses do not go to Cranbury or Monroe.

Wheelchair Accessible? Yes, but must request a pickup 24 hours in advance

Route Deviation: To request a route deviation of up to 0.2 miles, call the number above Monday to Friday, 8:30 a.m. to 4 p.m.

Website: [Route 130 Connection](#)

Rutgers Campus Buses

Provided by Rutgers University Institutional Planning and Operations*

848-445-1234

Rutgers University operates 13 **free** bus routes connecting Cook/Douglass, Busch, and Livingston campuses in New Brunswick and Piscataway. Buses are **open to the public**, and are wheelchair accessible, with low floor or lift equipped platforms.

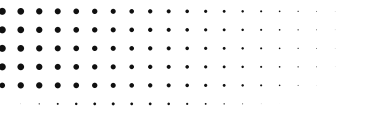
Operating Hours:

- Monday to Thursday, 6 a.m. to 3:30 a.m. (every 5 to 25 minutes)
- Friday to Sunday, 24 hours a day (every 20 to 60 minutes)

Website: To access bus schedules, visit [Rutgers University New Brunswick Buses](#).



**Operated by Academy Bus*



Somerset County Shuttles

Provided by Somerset County Division of
Transportation
908-231-7115

Somerset County offers shuttle services that stop in New Brunswick, the **DASH 851 & 852** and **CAT - 1R**. The DASH 851 and 852 connect to the RIDE M1 shuttle.

Fare: \$2 one way. Children under 5 can ride for free if accompanied by an adult.

Eligibility: Anyone

Service Area: New Brunswick, Bound Brook, Franklin Township, Bound Brook, Somerville, Raritan, Branchburg

Availability: Monday to Friday, 6 a.m. to 7:30 p.m.

Wheelchair Accessible? Yes

Route Deviation: If you would like to request a route deviation (up to $\frac{3}{4}$ of a mile off route), you must call Somerset County Transportation 24 hours in advance.

Website: For shuttle information, visit [Somerset County Shuttle Schedules](#).

TigerTransit

Provided by Princeton University

Dispatch: 609-258-9401

While TigerTransit operates nine routes, only the Route 3 bus stops in Plainsboro.

Fare: Free

Eligibility: Anyone

Service Area: Princeton University campus and surrounding area, including Plainsboro

Availability: Monday to Friday, 7 a.m. to 7 p.m.

Wheelchair Accessible? Yes

Website: TigerTransit



RIDING THE TRAIN

There are several options for traveling by train in Middlesex County. In this section, you will find information on NJ TRANSIT and Amtrak routes which serve New Jersey, Philadelphia, New York City, and more. You will also find information on routes, fares, schedules, station amenities, and accessibility.



QUICK TIPS

When possible, purchase your train ticket before boarding the train. On NJ TRANSIT trains, onboard ticket purchase is cash-only, and a \$5 surcharge applies if ticket vending machines or ticket agents are available.



NJ TRANSIT

In Middlesex County, NJ TRANSIT provides service along the Northeast Corridor rail line between New York City and Trenton, the North Jersey Coast Line between New York City and Bay Head, and the Raritan Valley Line between New York City and High Bridge.

The following NJ TRANSIT stations are in Middlesex County:

Northeast Corridor	North Jersey Coast Line	Raritan Valley Line
Jersey Avenue Station	South Amboy Station 	Dunellen Station
New Brunswick Station* 	Perth Amboy Station  **	
Edison Station 	Woodbridge Station 	
Metuchen Station 	Avenel Station	
Metropark Station* 		

**Also serves Amtrak*

***Partially accessible*

Timetables

You can find timetables for all train lines on the [Train Schedules webpage](#) or posted at most major train stations. Learn how to read a timetable by following these steps and practice with the example on the next page.

1

Once you know which two stations you are traveling between, locate the timetable for the train line that matches your travel preferences (AM/PM, To/From, Weekday/Weekend).

2

Find your origin station in the left-hand column and follow the line to the right until you reach your desired departure time.

3

To find out your arrival time, start at the departure time and follow the column down until you reach the time next to your destination.



Not all NJ TRANSIT stations are accessible. If you require assistance boarding or exiting the train, please ask a member of the train crew. At all accessible stations, crew can provide bridge plates between the train and the platform.

Reading a Timetable

Train Line

NORTHEAST CORRIDOR
TO NEWARK/NEW YORK

Final
Destination

Train Numbers

as of 3/15/26
MONDAY - FRIDAY (except Holidays)

	AM																							
	3806	3808	3204	3700	3910	3810	3208	3702	3812	3704	3210	3914	3814	3706	3918	3708	3920	3818	3124	3922	3710	3502	3924	
Departing from:																								
via SEPTA from Philadelphia																								
Jefferson Station					3:55							4:35											5:45	
Suburban Station					4:00							4:40					5:20						5:50	
30th Street Station					4:05							4:45					5:25						5:55	
arrive TRENTON					5:00							5:40					6:20						6:50	
TRENTON	3:47	4:17			5:06	4:51			5:32			6:03	5:43		6:23		6:53	6:11		6:53			7:11	
Hamilton	3:53	4:23			5:13	4:57			5:38			6:09	5:49		6:30		6:40	6:17		7:00			7:18	
via Princeton Shuttle					4:53	4:53			5:25			5:45		6:14		6:35	6:14			6:55			7:15	
arrive Princeton Junction					4:58	4:58			5:30			5:50		6:19		6:40	6:19			7:00			7:20	
Princeton Junction	3:58	4:30			5:20	5:04			5:45			6:17	5:56		6:37		6:47	6:25		7:07			7:26	
Jersey Avenue				5:00				5:23		5:46				6:16		6:40					7:06			
New Brunswick	4:13	4:44		5:05		5:18		5:30	6:00	5:51			6:11	6:24		6:46		6:40	7:03		7:13			
Edison	4:17	4:48		5:09		5:23		5:35	6:04	5:56			6:15	6:29		6:51		6:45	7:08		7:18			
Metuchen	4:22	4:53		5:14		5:28		5:40	6:09	6:01			6:20	6:34		6:56		6:50	7:13		7:23			
Metropark	4:26	4:58		5:19		5:32		5:44	6:14	6:05			6:25	6:40		7:01		6:55	7:19		7:29			
Rahway	4:33		5:20	5:25			5:44	5:51		6:12	6:26		6:31					7:02				7:30		
Linden	4:37			5:29				5:55		6:16			6:35					7:08				7:35		
Elizabeth	4:43			5:35				6:01		6:22			6:42					7:16				7:44		
North Elizabeth	4:46			5:38				6:04		6:25			6:45					7:19				7:47		
Newark Int'l. Airport	4:50	5:12	5:30	5:41		5:46		6:08		6:29			6:48					7:24				7:51		
NEWARK PENN STATION	4:56	5:19	5:37	5:47	5:54	5:52	5:58	6:15	6:32	6:38	6:43	6:50	6:54	6:59	7:12	7:19	7:22	7:32	7:37	7:43	7:48	7:58	8:02	
via PATH	5:15	5:30	5:45	5:56	6:01	6:01	6:06	6:21	6:41	6:41	6:51	6:56	7:01	7:06	7:21	7:26	7:31	7:41	7:46	7:51	7:56	8:06	8:11	
arrive World Trade Center	5:40	5:55	6:10	6:21	6:26	6:26	6:31	6:46	7:06	7:06	7:16	7:21	7:26	7:31	7:46	7:51	7:56	8:06	8:11	8:16	8:21	8:31	8:36	
Secaucus Junction	5:03	5:27	5:44	5:54		6:00	6:06	6:23	6:39		6:50	6:57	7:01		7:20		7:30	7:40		7:51	7:55	8:05	8:09	
NEW YORK	5:18	5:40	5:58	6:07	6:12	6:14	6:19	6:35	6:52	6:54	7:03	7:10	7:14	7:17	7:34	7:37	7:44	7:53	7:55	8:05	8:10	8:20	8:22	

Departure
Stations

Departure
Times

Buying a Train Ticket

Train fares are based on how far you travel (origin and destination). Riders enrolled in the NJ TRANSIT Reduced Fare Program (see page 33) receive 50% off all train tickets.

Tickets can be purchased:

- At station Ticket Offices or Ticket Vending Machines (TVMs)
- Through the NJ TRANSIT app
- Online via Web Ticketing

Ticket Offices are found at most major rail stations, and TVMs are available at every rail station. Verify Ticket Office locations and hours.



One-way train tickets have a 30-day expiration date.

Mobile and online tickets must be activated before boarding. Keep your paper ticket available as a conductor may ask to see it.



QUICK TIPS

If you commute by train regularly, you may want to invest in weekly or monthly passes for unlimited trips between two rail stations.

Sample Fare Chart*

Train Line: Northeast Corridor

Origin: Jersey Ave. Station

To Newark/New York

DESTINATION	Adult One-Way	Reduced Fare	Weekly	Monthly
New Brunswick	\$2.65	\$1.20	\$21.50	\$73.00
Edison				
Metuchen				
Metropark	\$3.65	\$1.55	\$29.50	\$98.00
Rahway	\$5.05	\$2.25	\$46.00	\$152.00
Linden	\$6.05	\$2.90	\$53.00	\$175.00
Elizabeth	\$7.85	\$3.65	\$66.00	\$222.00
North Elizabeth				
Newark Liberty International Airport	\$20.55	\$14.05	N/A	\$328.00
Newark Penn Station	\$11.80	\$5.30	\$99.50	\$328.00
Secaucus Junction	\$17.00	\$7.55	\$146.00	\$477.00
New York Penn Station				

*Fare prices as of July 2026

NJ TRANSIT

DepartureVision

NJ TRANSIT's DepartureVision tool in the NJ TRANSIT app provides real-time information on when trains will be arriving at your station.

To use DepartureVision, follow these steps:

- 1** In the NJ Transit app, under "Nearby & Schedules" tap the Train icon.
- 2** You can type in a specific station using the Search feature at the top, or you can select a nearby station the app suggests based on your location. Tap on the selected station to see upcoming trains.
- 3** A screen will display upcoming trains, the track they will arrive on, and how long it is estimated until the train arrives. You can tap on a train to see what other stations that train will stop at.

Boarding the Train

- 1** Arrive at your station at least 5 minutes before the scheduled departure time. Provide additional time if you need to purchase your ticket there. Check train schedules posted at the station to make sure the next train stops at your destination.
- 2** Listen for announcements and check the DepartureVision screens for approaching trains. Always stand behind the yellow line on the platform until the train is fully stopped with its doors open. Make sure that the train you are boarding stops at the station you want to go to. If you are unsure, ask a crew member standing on the platform before boarding.
- 3** Board the train carefully. At accessible stations, be careful of the gap between the train and the platform. At inaccessible stations, use handrails when going up and down steps when entering or leaving the train.
- 4** Once on the train, find a seat. If you are in a wheelchair, some seats can be flipped to provide additional space for your wheelchair. Have your ticket ready for inspection by a member of the train crew when on the train.

On the Train & Exiting

When you are on the train, pay attention to announcements for each station stop. NJ TRANSIT trains have onboard screens that display the train's next stop, and crew members will make announcements between each station.

When the train arrives at your destination station, watch the gap between the train and the platform at accessible stations and use handrails when using steps at inaccessible stations. Once you are off the train, stay clear of the platform edge. There will be signs directing you to exits from the station.



Not all doors will open at every station stop. Listen to crew announcements. You may need to relocate to different car of the train to exit at your station. If you are unsure, ask a member of the train crew for help.



Bikes on the Train

Folding bikes are always permitted on NJ TRANSIT trains. When possible, they should be stored in the overhead luggage rack.



Personal Electric Vehicles (PEVs) must be powered off during transport. Riding, charging, hoverboards, and shared/rental devices (e.g., Citi Bike, Lime, Bird) are prohibited. Foldable PEVs must be folded, and all devices must meet NJ TRANSIT size and weight limits.

Weekdays

Non-folding bikes are allowed on all trains except peak-hour trains to Newark, Hoboken, and New York (6 a.m. to 10 a.m.) and peak-hour trains departing from Newark, Hoboken, and New York (4 p.m. to 7 p.m.).

Weekends

On Raritan Valley Line trains, non-folding bikes are allowed at all times. On Northeast Corridor and North Jersey Coast Line trains, non-folding bikes are allowed except on trains arriving in New York between 9 a.m. and 12 p.m. and departing from New York between 5 p.m. and 8 p.m.

Holidays

Non-folding bikes are not permitted on trains.

Bike Lockers

If you do not need to bring your bike to your destination, or if you are traveling during peak periods when bikes may not be permitted on trains, bike lockers are available at select train stations.

Locations: Dunellen, Edison, Metropark, New Brunswick, Old Bridge Park & Ride, and South Amboy

Fee: \$7.50 per month (6 month minimum) and \$50 refundable key deposit

Contact: Call [732-745-4465](tel:732-745-4465) or visit kmm.org

Note: Some locations may have a waiting list.

Metuchen Station North Lot: \$120 a year with a \$50 key deposit. Contact Metuchen Parking Authority at [732-632-8540](tel:732-632-8540).



Free bike racks are available at all train stations in Middlesex County for daily use. Make sure to bring your own lock.

AMTRAK

Amtrak serves two stations in Middlesex County: **Metropark** and **New Brunswick**. Middlesex County is served by the Northeast Regional (Boston to Virginia) and Keystone Service (New York City to Harrisburg, PA, by way of Philadelphia) routes.

Access schedules and buy tickets at [amtrak.com](https://www.amtrak.com).



Zipcar car rental service is available at Metropark Station.



QUICK TIPS

Need to get to Newark Liberty International Airport? You can take the NJ TRANSIT Northeast Corridor or North Jersey Coast Line, or you can take Amtrak. From there, you can take the AirTrain to your terminal. Within the airport, the AirTrain is free, but **don't get rid of your NJ TRANSIT or Amtrak ticket**, because you will need it to pass through the RailLink Station at the airport.





NY WATERWAY FERRY

Looking for a different way to get to New York City? Consider taking the ferry from South Amboy, operated by NY Waterway. Ferry and connecting shuttle buses are wheelchair accessible.

Routes from South Amboy (Monday to Friday only):

- Midtown / W. 39th St.
- Brookfield Place Terminal
- Pier 11 / Wall St.

Fares:

- Adults: \$19 one-way
- Older adults (62+) & people with disabilities: \$18 one-way
- Children 12 and under: Free

Free Connections:

- Free transfers to Weehawken, Hoboken, and Jersey City
- Free connecting buses in New York City

Tickets:

Purchase at the terminal (cash, credit, or debit) or through the NY Waterway app.

Find route schedules on nywaterway.com.



OLDER ADULT MUNICIPAL TRANSPORTATION SERVICES



No matter your ability, there are ways to get you to your destination reliably, affordably, and safely. You are not just limited to NJ TRANSIT or Middlesex County RIDE. You have options!

Many senior centers and municipal offices on aging offer free or low-cost transportation to eligible residents. These services may also be open to adults (18+) with disabilities. Many, but not all, services require a Senior Center membership, and you must be a resident of the municipality to use its transportation.

Unless otherwise noted, these services will pick you up from your residence.



Cranbury, Helmetta, and Jamesburg currently do not offer transportation services. If you reside in one of these communities, please refer to Middlesex County RIDE.

Carteret Office on Aging



100 Cooke Avenue, Carteret, NJ 07008
732-541-3890

Fare: Free

Eligibility: Carteret Office on Aging members (55+)

Service Area: Carteret

Destination: In-town medical providers, supermarkets, malls, and social/recreational events listed on senior calendar

Advance Reservation? Yes, at least 48 hours for medical transportation

Availability: Hours are subject to change. Please call to confirm availability.

Wheelchair Accessible? Yes

Website: Carteret Health Department

Dunellen Senior Center



216 Orange Street, Dunellen, NJ 08812

732-968-3033

Senior Bus Reservations: 732-968-1226

Fare: Free

Eligibility: Dunellen older adult residents (62+) and adult residents with disabilities (18+). The Senior Bus requires an application, found on the website below.

Service Area: Dunellen and surrounding towns

Destination: Medical appointments, grocery stores, convenience stores, Senior Center

Advance Reservation? Yes, at least 48 hours. To make a reservation, call Monday to Friday, 9 a.m. to 1 p.m.

Availability: Medical appointments must be between 9 a.m. and 11:45 a.m. on Monday and Tuesday. On Wednesday and Thursday, there are shopping trips.

Wheelchair Accessible? Yes

Website: Dunellen Seniors and Disabled Community Members

East Brunswick Senior Center



3 Civic Center Drive, East Brunswick, NJ 08816
732-390-6896

Fare: Free

Eligibility: Registered East Brunswick Senior Center members (60+)

Service Area: East Brunswick

Destination: Senior Center, grocery shopping, medical appointments in East Brunswick only

Advance Reservation? Yes, day of between 8 a.m. and 9 a.m. for Senior Center and grocery shopping transportation; at least 2, but no more than 30, business days for medical transportation

Availability: Senior Center transportation is Monday to Friday, 9:30 a.m. to 2:30 p.m. Shopping trips are Tuesday and Thursday at 12:15 p.m.

Wheelchair Accessible? Buses to the Senior Center are equipped with lifts; medical transportation vehicles are not wheelchair accessible.

Website: East Brunswick Department on Aging Transportation

Edison Senior Citizen Center



2963 Woodbridge Avenue, Edison, NJ 08817
732-248-7345

Fare: Free

Eligibility: Edison older adult residents (55+) and adult residents with disabilities (18+) with no other means of transportation

Service Area: Edison and Metuchen

Services: 1. Medical Transportation, 2. Shopping Transportation, and 3. Edison Dial-A-Ride service to banks, pharmacies, and hairdressers/barbers

Advance Reservation? Yes, at least two weeks for medical transportation. No same-day transportation

Availability: Medical transportation is Monday to Friday, 9 a.m. to 2:30 p.m. Shopping transportation is once a week, with pick-up time between 9 a.m. and 10 a.m. Edison Dial-A-Ride appointments are available Monday to Friday, 9 a.m. to 1:30 p.m. All appointments must be completed by 2:30 p.m.

Wheelchair Accessible? Yes

Website: Edison Senior Citizen Transportation Service

Highland Park Community Center



220 S. 6th Avenue, Highland Park, NJ 08904
732-819-0052

Fare: \$20 annual Community Center membership fee, no additional charge for rides

Eligibility: Highland Park older adult residents (55+) and adult residents with disabilities (18+) who are Community Center members

Service Area: Highland Park, as well as out-of-town medical transportation

Destination: Medical appointments, grocery stores, movies, shopping malls, restaurants

Advance Reservation? Yes, at least 2 weeks for out-of-town medical transportation, 1 day for non-medical transportation

Availability: Daily trip hours are Monday, Wednesday, Thursday, 8 a.m. to 4 p.m.; Tuesday, 8 a.m. to 6 p.m.; and Friday, 8 a.m. to 1 p.m. Medical transportation hours are Monday, Wednesday, Thursday, 8 a.m. to 4 p.m.; and Friday, 8 a.m. to 1 p.m.

Wheelchair Accessible? Yes

Website: [Highland Park Transportation](#)

Metuchen Senior Citizens Center



15 Center Street, Metuchen, NJ 08840
732-632-8525

Fare: Free

Eligibility: Metuchen older adult residents (60+)

Service Area: Metuchen; Parsonage Road and James Street in Edison (covers JFK University Medical Center)

Destination: Medical appointments, shopping trips, hair appointments, Senior Center

Advance Reservation? Yes, at least 1 day

Availability: Monday to Friday, 9:30 a.m. to 2:30 p.m.
Try to make your medical appointments between 10 a.m. and 1 p.m.

Wheelchair Accessible? Yes

Website: Metuchen Senior Citizens Center



QUICK TIPS

Metuchen seniors may be eligible for reduced price taxi services. Contact the Senior Center for more information.

Middlesex Borough Department of Senior & Disabled Services



1400 Mountain Avenue, Middlesex, NJ 08846
732-356-0414

Fare: Free (suggested \$1 donation)

Eligibility: Middlesex Borough older adult residents (60+)

Service Area: Within a 6-mile radius of Middlesex Borough

Destination: Medical appointments, grocery shopping, other essential needs

Advance Reservation? Yes, at least 2 weeks for medical appointments

Availability: Medical transportation is Monday to Friday, 9 a.m. to 12 p.m., unless the Senior Center is closed. On Tuesday, there is a grocery shopping trip at 9 a.m.

Wheelchair Accessible? Yes

Website: Middlesex Borough Department of Senior & Disabled Services

Milltown Senior Center

60 Violet Terrace, Milltown, NJ 08850
732-296-0681



Fare: Free

Eligibility: Milltown older adult residents (60+)

Service Area: Middlesex County

Destination: Banks, food stores, local shopping, post office, restaurants, senior events

Advance Reservation? Yes, at least 1 to 2 weeks

Availability: Tuesday and Wednesday, 9 a.m. to 2 p.m.

Wheelchair Accessible? Yes

Website: Milltown Senior Center

Monroe Township Office of Transportation



12 Halsey Reed Road, Monroe Township, NJ 08831

609-443-0511

Senior Center: 609-448-7140

Fare: Free

Eligibility: Monroe Township older adult residents (55+) and residents with disabilities who are registered with the Senior Center

Wheelchair Accessible? Some (confirm during reservation)

Website: Monroe Township Senior Center Transportation

In Town Shuttle

Service Area: Monroe Township, Jamesburg

Destination: Errands (grocery shopping, dry cleaners, bank, etc.)

Advance Reservation? Yes, by 4 p.m. the day before

Availability: Tuesday and Thursday. Pick-ups start at 10:15 a.m., returns start at 1:30 p.m.

Out of Town Shopping Bus

Service Area: East Windsor

Destination: East Windsor Town Center Plaza, Target

Advance Reservation? Yes, by 3 p.m. the day before

Residential Pick-up? No. Pick up and drop off is on the main street in the adult communities.

Availability: Friday morning. 1.5 hours to shop.



Round-trip transportation to the Senior Center is also available.

Monroe Township Office of Transportation (Cont.)



Medical Transportation

Service Area: Monroe, Jamesburg, Cranbury

Destination: Medical appointments

Advance Reservation? Yes, up to 3 weeks, but no fewer than 5 business days in advance

Availability: Trips to Monroe and Jamesburg are Monday to Friday, 9:30 a.m. to 1 p.m. Trips to Cranbury occur Friday, 9:30 a.m. to 11 a.m.

Freehold Shuttle Bus Routes A & B

Fare: Free

Eligibility: Any Monroe Township resident, regardless of age

Service Area: Between Monroe and Freehold

Destination: Mall, Walmart, shopping centers

Advance Reservation? At least one business day required only if you need a wheelchair accessible vehicle or your community is not listed on schedule

Residential Pick-up? No. Bus picks up along the main street or at designated bus stops.

Availability: Monday to Friday, 8:50 a.m. to 3:20 p.m. Makes 2 morning runs and 2 afternoon runs per day

Wheelchair Accessible? Some (confirm during reservation)

Website: For additional information on public shuttle services, visit [Monroe Township Transportation Services](#).

New Brunswick Senior Citizen Resource Center



81 Huntington Street, New Brunswick, NJ 08901
732-745-5100

Fare: Free

Eligibility: New Brunswick Senior Citizen Resource Center members (60+)

Service Area: New Brunswick

Destination: Senior Citizen Resource Center only

Advance Reservation? Yes, by 3 p.m. the day before

Availability: Early morning pick-up is 8 a.m. Mid-day transport home is 12:30 p.m. Last transport home is 2 p.m.

Wheelchair Accessible? Yes, provide 24 hours' advance notice by calling the Social Worker at 732-745-5090. The day of your trip, call the Reception Desk and tell the receptionist that you need the wheelchair lift.

Website: New Brunswick Senior Citizen Resource Center Transportation and Parking

New Brunswick (Cont.) Dial-A-Ride



17 Joyce Kilmer Avenue, New Brunswick, NJ 08901
732-745-5161

Fare: Free

Eligibility: Low income, disabled, and/or elderly
(60+) New Brunswick residents

Service Area: Within an 8-mile radius of Dial-A-Ride
office

Destination: Medical, mental health, and physical
therapy appointments; social service agencies; and
other essential services

Advance Reservation? Yes, at least 2 business days

Availability: For medical appointments, Monday to
Friday, 8 a.m. to 4 p.m. For social service agencies,
Monday to Friday after 11 a.m. For food pantry,
Wednesday after 11 a.m.

Wheelchair Accessible? Yes

Website: [City of New Brunswick Dial-A-Ride](#)

North Brunswick Senior Center



15 Linwood Place, North Brunswick, NJ 08902

732-418-2222

After hours: 877-396-8080

Fare: \$1 one way for transportation to Senior Center. For other trips, \$2 one way if destination is in North Brunswick, and \$3 one way if destination is outside of North Brunswick

Eligibility: North Brunswick older adult residents (62+) who medically need transportation

Service Area: North Brunswick. Trips for medical appointments can be up to 10 miles each way

Destination: Anywhere. This service cannot be used as transportation to work.

Advance Reservation? Yes, at least 2 days

Availability: Anytime. After hours appointments (4:30 p.m. to 8:30 a.m.) can be made in advance. Limited to 3 trips per week

Wheelchair Accessible? No

Website: [North Brunswick Senior Transportation Information](#)

Old Bridge Silver Linings



1 Old Bridge Plaza, Old Bridge, NJ 08857
732-721-5600 (ext. 6635 for Transportation
Coordinator)

Fare: \$5 one-time fee

Eligibility: Old Bridge older adult residents (60+) with
no other means of transportation

Service Area: Old Bridge

Destination: Medical transportation is available
Monday to Friday. On Tuesday, there is a trip to
ShopRite. On Wednesday, there is a trip to Marlboro
or Gateway Plaza. On Thursday, there is a trip to
Walmart. Round-trip transportation to the Senior
Center is also available.

Advance Reservation? Yes, by 12 p.m. the day
before

Availability: Medical appointments must be
between 9 a.m. and 10 a.m. For shopping trips, pick-
up starts at 9 a.m. There are two return trips, one at
12 p.m. and the other at 2:30 p.m. Find scheduled
trips on the monthly calendar on the website.

Wheelchair Accessible? Yes (must have an aide)

Website: Silver Linings at Old Bridge

Perth Amboy Office on Aging



1 Olive Street, Perth Amboy, NJ 08861
732-826-1690

Fare: Free

Eligibility: Perth Amboy Office on Aging members (60+)

Service Area: Perth Amboy

Destination: Medical appointments, grocery shopping, social outings, Senior Center

Advance Reservation? Yes, at least 1 week

Availability: Monday to Friday, 8 a.m. to 2 p.m.

Wheelchair Accessible? Yes

Website: For more information on the City's transportation services, go to the [Perth Amboy Office on Aging website](#) and click on the "Services" tab.

Piscataway Senior Center



700 Buena Vista Avenue, Piscataway, NJ 08854
732-562-1133

Medical Transportation: 732-743-2218

Fare: If your destination is in Piscataway, trips are free. If your destination is outside Piscataway, there is a suggested donation of \$10 per round trip.

Eligibility: Piscataway Senior Center members (60+)

Service Area: Piscataway and surrounding towns

Destination: Senior Center, medical appointments, shopping trips (ShopRite, Target, Walmart)

Advance Reservation? Yes, at least 24 hours

Availability: Medical transportation is Monday to Friday, 8 a.m. to 11:30 a.m. Appointments must be completed by 1 p.m. Shopping trips are Tuesday to Friday.

Wheelchair Accessible? No

Website: Piscataway Senior Center Transportation

Plainsboro: RideProvide



A program of Greater Mercer TMA
609-452-5140

Reservations: 609-452-5144

Membership Service (Possible Waitlist): \$40/year for individuals or \$60/year for families. Trip fares \$9 to \$22.50 per person, plus a \$5 surcharge before 8 a.m. Shared rides receive a 15% discount.

No Membership Required: Free medical transportation to Princeton Medical Center and RWJ University Hospital Hamilton

Eligibility: Plainsboro older residents (65+) and visually impaired residents

Service Area: Plainsboro, Mercer County, southern portion of Montgomery

Destination: Anywhere (within service area)

Advance Reservation? Yes, at least 2 business days by phone, 3 business days online

Availability: Monday to Friday, 8 a.m. to 5 p.m. If you need a ride outside these hours, RideProvide will work to find a volunteer to drive you.

Wheelchair Accessible? No

Website: rideprovide.org

Sayreville Office on Aging



23 Main Street, Sayreville, NJ 08871
732-390-7058

Fare: Free

Eligibility: Sayreville older adult residents (60+)

Service Area: Sayreville

Destination: Medical appointments, ShopRite, Walmart, bank, hair salon, etc.

Advance Reservation? Yes, by 3 p.m. the day before

Availability: The Around the Town bus makes two trips every weekday except Thursday, at 8:15 a.m. and 10:15 a.m.

Wheelchair Accessible? Yes

Website: [Sayreville Office on Aging Transportation](#)

South Amboy Senior Center



108 S. Stevens Avenue, South Amboy, NJ 08879
732-525-5960

Fare: Free

Eligibility: South Amboy Senior Center members (60+). Prospective members must register at the Senior Center.

Service Area: Within a 10-mile radius of South Amboy for medical appointments

Destination: Medical appointments, shopping trips, grocery stores/farmers market, Senior Center

Advance Reservation? Yes, at least 2 days

Availability: Shopping trips occur four times a week. Find scheduled trips on the Monthly Transportation & Activities Calendar on the website.

Wheelchair Accessible? Yes

Website: [South Amboy Senior Center](#)

South Brunswick Office on Aging



540 Ridge Road, Monmouth Junction, NJ 08852
732-329-4000 (ext. 7363 for Transportation)

Fare: \$0.50 one way

Eligibility: South Brunswick Senior Center members (55+) and adult residents with disabilities (18+) with no other means of transportation

Service Area: South Brunswick, limited outside city

Destination: Medical appointments, Senior Center, shopping trips/errand runs

Advance Reservation? Yes, by 4 p.m. the day before for Senior Center trips and at least 2 weeks for medical transportation

Availability: Monday to Friday. Medical transportation is from 9 a.m. to 2:30 p.m. Senior Center pickups are in the morning, arriving at the Senior Center at 9:25 a.m. and 10:45 a.m. There are two afternoon buses home, the first at 1:45 p.m. and the second at 3:15 p.m. Weekly grocery shopping trips include Stop & Shop on Monday and ShopRite on Friday, both at 10:30 a.m.

Wheelchair Accessible? Yes

Website: [South Brunswick Senior Transportation](#)

South Plainfield Senior Center



90 Maple Avenue, South Plainfield, NJ 07080
908-754-1047

Fare: Free

Eligibility: South Plainfield older adult residents (55+)

Service Area: South Plainfield and surrounding towns (Edison, Plainfield, North Plainfield, Piscataway, Dunellen, Fanwood, and Scotch Plains)

Destination: Essential services (medical appointments, physical therapy, banking, hairdressers, etc.), grocery shopping trips

Advance Reservation? Yes, 48 hours to 1 week

Availability: Monday to Friday, 8:30 a.m. to 1:30 p.m.
There are weekly grocery shopping trips every Wednesday or Thursday morning at 9 a.m.

Wheelchair Accessible? Yes

Website: South Plainfield Senior Center Services

South River Office on Aging



55 Reid Street, South River, NJ 08882
732-257-2340

Fare: Free

Eligibility: South River older adult residents (60+) who are registered with the Office on Aging

Service Area: South River and the northbound side of Route 18 in East Brunswick from Rues Lane to Tices Lane

Destination: Medical transportation, local errands, shopping trips

Advance Reservation? Yes, by 3 p.m. the day before

Availability: The Around Town Shuttle operates once a week, typically on Tuesday from 9 a.m. to 2 p.m. Weekly ShopRite trips take place on Thursday at 10 a.m.

Wheelchair Accessible? Yes

Website: [South River Office on Aging Transportation](#)

Spotswood Division of Senior Services



1 Arlington Ave., Suite 401, Spotswood, NJ 08884
732-251-3432

Fare: Suggested donation of \$2 round trip for medical, \$1 round trip for other transportation

Eligibility: Spotswood Senior Center members (55+) and those on Social Security Disability

Service Area: For medical transportation, Spotswood, East Brunswick, Helmetta, Jamesburg, Monroe, Old Bridge

Destination: Senior Center, medical appointments, errands

Advance Reservation? Yes, as soon as possible. To arrange transportation, call and ask to speak with the Transportation Coordinator.

Availability: Medical transportation is Monday to Friday, 8:30 a.m. to 2:30 p.m.

Wheelchair Accessible? Yes

Website: [Spotswood Division of Senior Services Transportation](#)

Senior Transportation of Woodbridge (STOW)



400 Inman Avenue, Colonia, NJ 07067
732-726-2394

Fare: Free

Eligibility: Woodbridge Township older adult residents (60+)

Service Area: Woodbridge Township

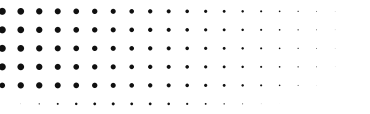
Destination: Any place in Woodbridge Township, including medical appointments

Advance Reservation? Yes, at least 24 hours. If medical, at least 7 business days

Availability: Monday to Friday, 8:30 a.m. to 2:30 p.m. Appointments must be scheduled for arrival no earlier than 9:00 a.m.

Wheelchair Accessible? Yes

Website: Senior Transportation of Woodbridge



HEALTHCARE TRANSPORTATION

Modivcare

866-527-9945

TTY: 866-288-3133

Fare: Free under Medicaid

Eligibility: Amerigroups/DMAS, Humana National Medicare (MCR), New Jersey Medicaid, United Healthcare Group Retiree, HCSC Group Retiree, National Medicaid, and NJ FamilyCare recipients

Service Area: Mileage coverage depends on plan benefits.

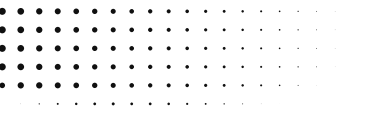
Destination: Non-emergency medical appointments (doctor visits, dental care, behavioral health care)

Advance Reservation? Yes, at least 2 business days

Availability: Anytime

Wheelchair Accessible? Yes

Website: [modivcare.org](https://www.modivcare.org)



American Cancer Society Road to Recovery

800-227-2345

TTY: 866-228-4327

Fare: Free

Eligibility: Patients traveling to a cancer-related medical appointment. You must be able to walk unassisted to and from the vehicle or have an accompanying caregiver to assist. If you are under 18, you must be accompanied by a parent or caregiver.

Service Area: Every NJ county except Salem County

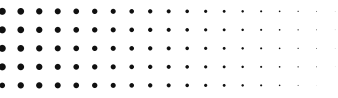
Destination: Cancer-related medical appointments

Advance Reservation? Yes, at least 4 business days

Availability: 24 hours a day, 7 days a week

Wheelchair Accessible? No

Website: Road to Recovery



ScreenNJ

833-727-3665

Fare: Up to 2 free rides per month

Eligibility: Uninsured or underinsured adults in need of cancer screening services and support

Service Area: New Jersey

Destination: Cancer screening services with medical providers throughout New Jersey

Advance Reservation? Yes, at least 1 week

Availability: Anytime

Wheelchair Accessible? No

Website: You can find transportation services on the [Where to Get Screened webpage](#).

Request transportation by filling out the [Patient Transportation Service Request Form](#).

Hospital Transportation

If you are unable to find transportation for a non-emergency medical appointment, contact the hospital directly. Hospitals generally do not provide transportation, but they may be able to connect you to additional transportation resources.

JFK University Medical Center	<u>732-321-7000</u>
Old Bridge Medical Center	<u>732-360-1000</u>
Penn Medicine Princeton Medical Center	<u>609-853-6500</u>
Raritan Bay Medical Center	<u>732-442-3700</u>
Robert Wood Johnson University Hospital	<u>732-828-3000</u>
Saint Peter's University Hospital	<u>732-745-8600</u>



QUICK TIPS

Your insurance may cover the cost of private, wheelchair-accessible **non-emergency medical transport** (NEMT). Check your benefits with your provider.



The resources found in this guide are for non-emergency transportation services only. In case of an emergency, call 911.

TRANSPORTATION NETWORK COMPANIES

While we advocate for you to use public transportation, we recognize that sometimes that isn't possible. There may not be a NJ TRANSIT bus stop near you or your destination. In that case, if you cannot or prefer not to drive yourself, you may opt to use a transportation network company (TNC). TNCs like **Uber** and **Lyft** are ride-hailing services that provide on-demand transportation to users.

While they are not TNCs, taxis are also ride-hailing services. See local taxi companies on page 10.



QUICK TIPS

If you do not have a bus stop or train station near you, you can use a TNC to get to one on your route, rather than take a TNC all the way to your destination.

For another transportation option, find a carpool or vanpool that fits your schedule on [NJ Rideshare](#), a free service that matches people interested in carpooling.

No Smartphone Required

To access TNC services, you typically need to download their apps. If you do not have a smartphone, there are other ways for you to access the same services.

UZURV

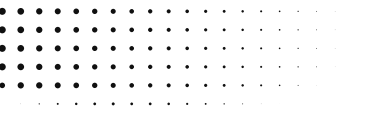
UZURV is an adaptive TNC. Services can be booked through the fully accessible UZURV app or by phone.

NJ TRANSIT partners with UZURV for its Riders' Choice program (see page 35).

Contact Information: Contact NJ TRANSIT Access Link to see if you meet eligibility requirements to ride with UZURV at 973-491-4224. UZURV Customer Service can be reached by email at ridersupport@uzurv.com.

Website: uzurv.com





EZ Ryde4Life

A program of EZ Ride TMA
201-939-4242 option 4

Fare: \$10 one-time membership fee, ride fee based on Lyft or Uber rates + \$2.50 administrative fee per ride

Eligibility: NJ residents 18 and older who are members of the program

Service Area: All rides must originate in New Jersey. You may take trips out of state, but you cannot be picked up out of state.

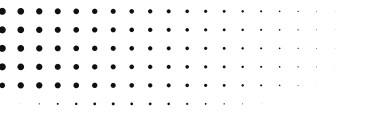
Destination: Anywhere within a 100-mile radius

Advance Reservation? No. Rides are provided on demand.

Availability: Monday to Friday, 8 a.m. to 8 p.m.
Saturday, 8 a.m. to 5 p.m.

Wheelchair Accessible? No

Website: To register for rides on demand, visit [EZ Ryde4Life](#).



GoGoGrandparent

855-464-6872

Fare: Monthly fee varies depending on plan (Basic, Value, Premium, Total Care). Value, Premium, and Total Care members receive unlimited operator-ordered rides per month. Basic members pay \$5 per operator-ordered ride (if you use the phone menu instead, you can waive this \$5 fee). All members pay \$0.27/minute, on top of the vendor's fare.

Eligibility: GoGoGrandparent members

Service Area: United States

Destination: Anywhere

Advance Reservation? No, rides are provided on demand (within 20 to 90 minutes).

Availability: 24 hours a day, 7 days a week

Wheelchair Accessible? Operators can request wheelchair-accessible vehicles.

Website: Learn more about GoGoGrandparent's [Transportation Services for Seniors & People Living with Disabilities](#).

ACTIVE TRANSPORTATION

Active transportation isn't just good for your mind and body; it's also good for the environment! Middlesex County offers miles of trails and greenways for transportation and recreation.

Popular Trails:

- **Middlesex Greenway** (3.5 miles) – Part of the East Coast Greenway. Open to walkers and cyclists. E-Bikes are not permitted on this trail.
- **Delaware & Raritan (D&R) Canal State Park Trail** (70+ miles) – Open to walkers and cyclists.

Explore more [hiking and biking trails in Middlesex County](#).



QUICK TIPS

If you don't live near a trail, you can take public transit! Learn about traveling with your bike on pages 32 and 60.

Find out more about [Transit to Trails](#).

SAFE WALKING & BIKING



On your next walk, consider these tips:

- **Be visible:** Wear bright or reflective clothing or carry a flashlight.
- Make **eye contact** with drivers before crossing the street. You can also give drivers a wave!
- **Listen** for engine noise. Avoid auditory and visual distractions!
- Whenever possible, use sidewalks and crosswalks.

On your next bike ride, consider these tips:

- **Be visible:** Wear bright or reflective clothing. Make sure your bike has a white reflector in the front and red reflector in the back. In NJ, bicycles must have a front white light and a rear red light when riding at night.
- **Be heard:** Use a bike bell.
- **Wear a helmet:** In NJ, children 17 years and younger must wear a helmet, but it's smart to wear a helmet regardless of age!



BIKE & SCOOTER RESOURCES

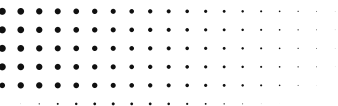


Veo E-Scooter Share: Available in New Brunswick and Piscataway through Rutgers, and Highland Park. Rent a scooter for as little as a \$1 unlocking fee and \$0.35 per minute for up to 48 hours. Download the Veo app to see e-scooters available near you, as well as designated parking locations. Learn more at veoride.com.

Woodbridge Bikeshare: Free 12-hour bike rentals at the following locations: Herbert Rankin Park, 4th Street Park, Tanzman Park, E. William Street, Evergreen Senior Center, LeGrand Park, Kennedy Park, and Fords Library. Learn more about [Woodbridge's Free Bikeshare Program](#).

Perth Amboy Bikeshare Program: Free bike rentals from sunrise to sunset, located at the Perth Amboy Harborside Marina. For more information on how to create an account and reserve a bike, visit the [City of Perth Amboy's Bikeshare Program](#).

New Brunswick Bike Exchange: Buy refurbished bikes or donate used bikes. Learn more at nbbikeexchange.org.



KMM PROGRAMS

KMM offers a variety of programs and services to improve mobility, safety, and accessibility. Contact us to learn how we can help.

Commuters

Carpool Matching Services
Public Transit Information
Bike Locker Rentals
Emergency Ride Home

Municipalities

Complete & Green Streets
Road Safety, Walk, and Bike Audits
Local Safety Action Plans
Demonstration Projects
Technical Assistance

Employers and Businesses

Employer Recognition Programs
On-Site Assessments
Transportation Fairs
Conferences and Workshops

Community

Safe Routes to School
Safety Education Presentations
Older Adult Transportation Programs
Travel Trainings
Air Quality Monitoring