



Travel Options Give Personal Choice

Everyday, people throughout the Metro region are getting where they need to be without the hassles of gas prices, traffic and parking woes. The Portland area's many travel options give residents a lot of personal choices.

Public Transit

Using public transit is an easy and inexpensive transportation alternative. Annual ridership has grown every year for the past 17 years as more services and routes are added. And, while 30 percent of riders use the bus or MAX train to get to work, nearly a quarter use it for recreation, shopping and personal business. Frequent service, park and ride lots, and online trip planning make public transit convenient and reliable.

Carpooling & Vanpooling

Ridesharing—either in a carpool or vanpool—can be a great way to get where you need to go whether it is work or getting the kids to soccer practice. Just two people can form a carpool. And arrangements may be more flexible than you might think. Plus, finding someone to share a ride with is easy and convenient using the variety of matching services available in the metro area. Ridesharing can help you save on commuting costs and make your commute more stress free.

Walking

Walking is great for your health and is effective for short trips or when combined with other travel options. Even a short walk to a transit stop can benefit your health. Many downtown areas boast pedestrian-friendly environments. And area trails, such as the Springwater Trail, offer pleasant walking routes that link neighborhoods to shopping and other services. Best of all, walking is free!

Bicycling

Biking is a great choice for short to medium trips. In a region known for great cycling, there are many reasons to consider biking as a transportation option from cost savings to improving your health and fitness. A variety of conveniences throughout the metro area, including bike lockers, racks and changing facilities, make biking a practical travel option.

Travel Options Resources

Public transit services

- **TriMet** (www.trimet.org) - contains an interactive system map that gives street-level detail about routes, bus stops, MAX stations and more throughout the region.
- **SMART** (www.ridesmart.com) - provides bus service in the Wilsonville area. Passengers ride for free.
- **CTRAN** (www.c-tran.com) - Clark County Washington's public transit provider with 26 bus routes, carpool and vanpool services, a bike and bus program, and much more.

Carpool resources

- **CarPoolMatchNW** (www.carpoolmatchnw.org) - an easy and convenient way to find someone to share a ride in Oregon and S.W. Washington. Free service.
- **eRideShare.com** (www.erideshare.com) - a free service connecting travelers for long distance trips across the state or across the country.

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Vanpooling resources

- **TriMet's vanpool program** (www.trimet.org/employers/vanpools.htm) - TriMet can help you get a vanpool rolling. TriMet's vanpool program provides commuters with information about how to organize and pay for a vanpool.

Walking resources

- **Oregon Walk + Bike to School** (www.walknbike.org) - provides parents, teachers and students with useful information about walking and biking to school.
- **Willamette Pedestrian Coalition** (www.americawalks.org/wpc) - a citizen's action group that seeks to make walking a pleasure throughout the Portland metro area.

Biking resources

- **2005 Bike There! Map** (www.metro-region.org/bikethere) - Metro's bike map can help you find the best and safest way to travel around the region.
- **Bicycle Transportation Alliance** (www.bta4bikes.org) - The BTA is a non-profit bicycle organization based in Portland. BTA projects include bike safety programs and "Safe Routes for Kids programs."
- **Bikes on TriMet** (www.trimet.org/guide/bikes.htm) - learn how to combine bikes with public transportation.

Other travel options resources

- **City of Portland Office of Transportation** (www.portlandonline.com/transportation) - offers a variety of links to travel option services throughout the region.
- **Citizens of the Road** (www.easytoshare.com) - provides tips for cyclists, motorists, pedestrians and transit riders on how to travel safely together.
- **Metro** (www.metro-region.org) - provides information on transportation planning as well as travel options.

