

# MOBILITY RESOURCE GUIDE

**Empowering Smarter Transportation Choices** 



Meadowlands Transportation Brokerage Corporation

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This publication was prepared with funding from the North Jersey
Transportation Planning Authority (NJTPA) and the Federal Highway
Administration (FHWA). This document is disseminated under the sponsorship
of NJTPA and FHWA in the interest of information exchange. The NJTPA is
solely responsible for its contents.

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## 1. Introduction

Welcome to your comprehensive Bergen County Resource Mobility Guide.

In today's fast-paced world, mobility is more than just getting from point A to point B. It's about freedom, efficiency, and sustainability. Whether you want to enhance your daily commute, find a home near convenient public transportation, or evaluate transportation options for an aging parent or a loved one with disabilities, this guide will serve as your gateway to smarter, smoother, and more sustainable movement in Bergen County.

## Why Mobility Matters?

Mobility affects every aspect of our lives, from our daily routines to our long-term health and the environment. As urban populations grow and technology evolves, the way we move also changes rapidly. This guide is designed to help you navigate these changes, make informed choices, and embrace the exciting future of transportation.

#### What You'll Find?

This guide highlights a wide range of transportation services and resources offered by NJ TRANSIT, Bergen County, local municipalities, Medicaid and wheelchair transportation providers, transportation network companies (TNCs), non-profit organizations, and private bus and taxi services.

Each section provides additional details such as program contacts, eligibility criteria, and application processes, making this guide a one-stop resource for transportation assistance in Bergen County.

Whether you're a CEO determining the ideal location for your business, a social worker or healthcare professional helping clients with transportation, a new resident, a city planner, a visitor, or someone simply striving for more efficient journeys, this guide has something for you. Let's embark on this journey together, towards a more mobile, connected, and sustainable future.

## 2. NJ TRANSIT Services



## **NJ TRANSIT**

**\** Phone: (973) 275-5555

Website: www.njtransit.com

NJ TRANSIT is the nation's largest statewide public transportation system providing over 925,000 weekday trips on 253 bus routes, three light rail lines, 12 commuter rail lines and Access Link paratransit service. As the third largest transit system in the U.S., it operates 166 rail stations, 62 light rail stations, and more than 19,000 bus stops, connecting key destinations in New Jersey, New York, and Philadelphia.

## **Transportation by Train**

Bergen County is served by three primary train lines:

- Main Line
- Bergen Line
- Pascack Valley Line

All three lines converge at Secaucus Junction, one of North America's busiest railway hubs, offering frequent connections to Hoboken and New York City every 15 minutes.

Train Schedules – Schedules for each line are available by selecting 'Weekdays' and/or 'Weekends/Holidays' in the table below. To view the NJ TRANSIT Rail System map, <u>click</u> here.

Train Line	Schedule	
Main/Bergen Line	<u>Weekdays</u>	Weekends/Holidays
Pascack Valley Line	Weekdays	Weekends/Holidays

Additionally, you can **plan your upcoming trip itinerary** by train by **clicking here**. Use the link to explore available train schedules, browse different routes and purchase tickets.



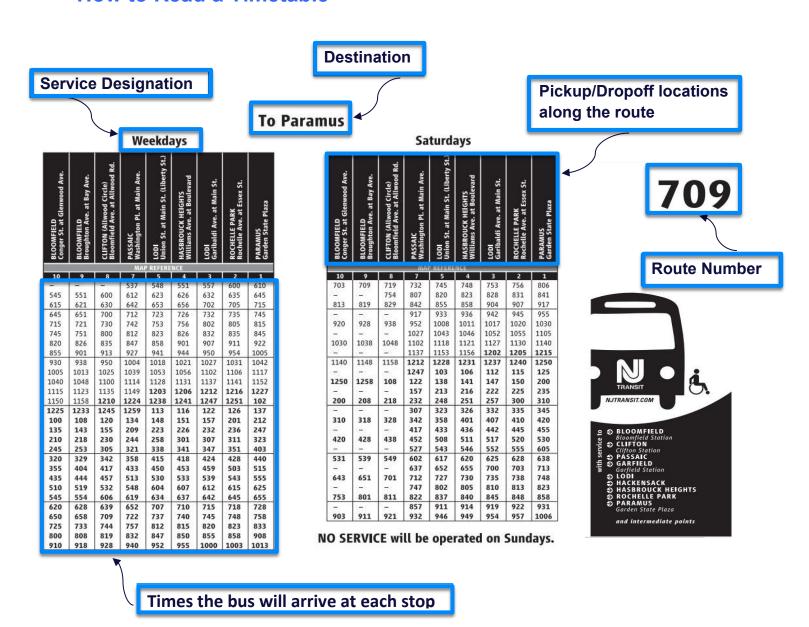
## **Planning Your Trip by Bus**

NJ TRANSIT operates multiple bus lines in Bergen County.

#### You can:

- Explore routes online using the NJ TRANSIT <u>Bus Point-to-Point</u> tool.
- Contact NJ TRANSIT customer service at (973) 275-5555

## How to Read a Timetable





## **Real-Time Bus Updates & Fares**

MYBUS is NJ TRANSIT's real-time information system for bus customers. It provides live bus location and arrival details.



- Call (973) 275-5555 or text your bus stop number to MYBUS (69287).
- Find your bus stop ID online at njtransit.com or on MYBUS signs at bus stops statewide.

NJ TRANSIT operates on a zone-based fare system, where costs depend on the number of zones traveled. For detailed fare information for buses and more, read the **Fare Guide**.

Ticket prices vary by route and distance traveled. Once you determine your itinerary, this area will help you determine your fare and explain how to pay.

Looking for passes or discounts? Click here for NJ TRANSIT <u>bus passes</u>, <u>train</u> passes, light rail passes, Commuter Tax Benefits or other discounts.

Fares/Monthly Pass	COST	TRANSFER*
Reduced Fare	\$0.80 - \$0.85	\$0.30
Full Fare	\$1.80	\$0.80
Monthly Pass	\$67.00	
Bus	\$1.80 - \$0.85	
(Fare priced by # of zones traveled)	(One-Way)	
Light Rail	\$1.80-\$2.55	
(Fares are priced by route)	(One-Way)	
Rail	\$1.80 \$23.85 (One-Way)	

Not sure which route to take? View our transit map.

#### **NJ TRANSIT Services**

NJ TRANSIT's official trip planner is a user-friendly tool designed to help passengers plan their journeys across NJ TRANSIT's extensive network of buses, trains, and light rail services. With the trip planner, you can

- Enter your starting location and destination to receive step-by-step directions
- View schedules, travel times, and route options for your trip
- Check fare information for your chosen route
- Customize your trip by selecting preferences like travel time, fewer transfers, or specific transit modes

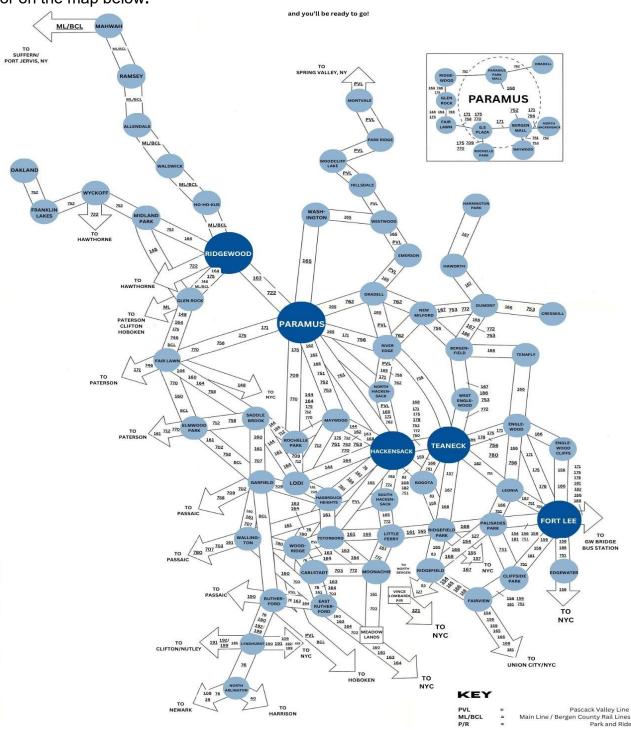
Visit NJ TRANSIT Official Trip Planner or download the NJ TRANSIT mobile app.





## **NJ TRANSIT Services – Bergen County**

NJ TRANSIT offers extensive bus and rail connections within Bergen and to New York City. For a comprehensive overview of all the services and links to bus and train schedules <u>click</u> <u>here</u> or on the map below.





## **Local Bus Routes – Bergen County**

NJ TRANSIT operates 49 bus routes in Bergen County, providing a range of travel options:

- 18 routes serving local destinations within Bergen County
- 3 routes linking to Newark
- 28 routes connecting to New York City

The table below summarizes these routes, including links to their schedules for easy reference

Table – 1. NJ TRANSIT Bus Routes in Bergen County

Local Bus Routes	Route Number	Bus Routes to Newark	Route Number
Hackensack - Jersey City - Journal Square	<u>83</u>	North Arlington - Kearny - Newark	<u>30</u>
Paterson - Elmwood Park	702	North Arlington - Kearny - Jersey Gardens	<u>40</u>
Haledon - Paterson - East Rutherford	703	Hackensack – North Arlington - Newark	<u>76</u>
Paterson – Paramus	707		
Bloomfield - Passaic – Paramus	709		
Hackensack - Paterson - Willowbrook Mall	712		
Paterson - Paramus Park	722		
Ridgewood – Paterson	<u>746</u>		
Paramus - Cliffside Park – Edgewater	<u>751</u>		
Oakland - Ridgewood – Hackensack	<u>752</u>		
New Milford – Paramus	<u>753</u>		
Paramus - Fort Lee – Edgewater	<u>755</u>		
Englewood Cliffs - Fort Lee - Paramus	<u>756</u>		
Passaic - Paramus Park	<u>758</u>		
Hackensack - New Milford – Paramus	<u>762</u>		
Paterson – Hackensack	770		
New Milford - Hackensack - Meadowlands	772		
Passaic - Hackensack – Englewood	<u>780</u>		

## **NJ TRANSIT Services**

Bus Routes to New York	Route Number	Bus Routes to New York	Route Number
North Arlington – Lyndhurst - New York	<u>109</u>	Cresskill - Bergenfield - New York	<u>166</u>
Ridgefield - Union City - New York	<u>127</u>	Harrington Park - Teaneck - New York	<u>167</u>
Elmwood Park - Hackensack - New York	<u>144</u>	Teaneck - Ridgefield Park - New York	<u>157</u>
Fort Lee - Palisades Park - New York	<u>154</u>	Fort Lee - Edgewater - New York	<u>158</u>
Bogota - Ridgefield Park - New York	<u>155</u>	Fort Lee - New York	<u>159</u>
Englewood Cliffs - Fort Lee - New York	<u>156</u>	Elmwood Park - Wallington - New York	<u>160</u>
Fair Lawn - New York	<u>145</u>	Paramus - New York	<u>168</u>
Midland Park - New York	<u>148</u>	Teaneck – Fort Lee - New York	<u>171</u>
Lodi – Carlstadt - New York Express	<u>151</u>	Ridgewood - New York	<u>175</u>
Fairview - Fort Lee - New York	<u>153</u>	Rutherford - New York	<u>190</u>
Lodi - Carlstadt - New York	<u>161</u>	Rutherford-Lyndhurst - New York	<u>191</u>
Maywood - New York	<u>162</u>	Rutherford-Lyndhurst - New York	<u>192/199</u>
Ridgewood - New York	<u>163</u>		
Midland Park - Fair Lawn - New York	<u>164</u>		
Westwood - New York	<u>165</u>		

To plan your upcoming trip itinerary using the trip planning tool use this <u>link</u>. Once there, enter your starting location and destination, along with the date and time you plan to travel. The tool will generate recommended routes, including any necessary transfers, estimated travel times and bus schedules.

Additionally, it provides information about fares and the stops along each route to help ensure it meets your needs. You can save or print the itinerary for easy reference and check for any service updates or delays before your trip.

## 3. NJ TRANSIT Access Link



## **Access Link**

📞 Phone: (800) 955-2321

Website: www.njtransit.com/accessibility

#### What is Access Link?

Access Link is NJ TRANSIT's curb-to-curb transportation service for individuals with disabilities who cannot use regular fixed-route buses. This service operates during the same hours as the local bus network and requires eligibility approval.

## **Key Features of Access Link:**

- ➤ <u>Curb-to-Curb Service</u>: Shared ride transportation with pick-up and drop-off points located within 3/4 of a mile of a fixed bus route or light rail station.
- Pick-Up Timeframe: Drivers operate within a 20-minute window before or after the scheduled pick-up time.

## Reservations:

- Must be made at least 24 hours in advance (no more than seven days ahead).
- o Reservations for next-day trips can be made from 3:00 P.M. to 4:00 P.M. daily.
- ➤ <u>Types of Trips:</u> Access Link can be used for medical, social, recreational, shopping, and other travel purposes.

#### How to Book a Ride?

Call **(800)** 955-2321 between 7:30 A.M. and 4:00 P.M. to reserve your trip

## **Access Link Mobile App:**

The Access Link mobile app offers:

- Easy trip management (create, cancel, or monitor reservations).
- Updates to customer information
- EZ-wallet payment status tracking

The app is available for download on both Apple and Android devices.



#### **Access Link Online**

An interactive website allows users to:

- Manage reservations
- Update personal information
- · Check trip status

Visit the Access Link website or call (973) 491-4224 Option 1

## The Access Link Rider's Choice Pilot Program

This initiative offers you the option to have your scheduled Access Link rides handled by Uber or Lyft. A <u>brochure</u> is available for more information.

### **How to Apply for Access Link?**

## 1. Eligibility Assessment:

- Prospective riders must complete an application and participate in a telephone interview to assess eligibility.
- During the interview, you will be asked about your disability and its impact on your ability to use fixed-route services. Medical documentation may be required.

#### 2. Scheduling the Interview:

• Call (973) 491-4224 (Option 1) to schedule your interview with NJ TRANSIT's Assessment Agency network.

For more details about Access Link or other accessible services available on NJ TRANSIT buses, trains, and light rail, visit the <u>Accessibility</u> section of the NJ TRANSIT website.

## 4. NJ TRANSIT

## **Reduced Fare Program**



#### **How Does it Work?**

If you're an older adult or a person with a disability, NJ TRANSIT's Reduced Fare Program allows you to enjoy greater travel freedom while saving **50% or more** on regular one-way fares.

## Who is Eligible?

Special reduced rates are available for:

- Older adults aged **62 and older** (or **65 and older** for travel to/from Metro-North Railroad stations).
- People with disabilities.

Additionally, personal assistants can ride for free when accompanying a person with a disability who presents proper identification. **You don't need to be a New Jersey resident** to qualify for the program.

#### Where and When is Reduced Fare in Effect?

The Reduced Fare Program is valid on:

- All NJ TRANSIT buses, trains, and light rail vehicles.
- Participating private bus companies operating within the state.

Eligible older adults and individuals with disabilities can use reduced fare at any time.

#### NJ TRANSIT Reduced Fare ID/Card

To access reduced fares, you must present a **Reduced Fare ID/Card** to the bus operator, light rail operator, or train conductor along with the appropriate fare. Older adults may alternatively show a valid ID as proof of eligibility.

#### How to Apply?

If you don't have a qualifying form of identification, you can obtain a personalized Reduced Fare ID/Card through the following steps:

#### 1. Apply Online

Visit <u>reducedfare.NJTRANSIT.com</u> to complete your application.

## 2. Submit a Paper Application

- Download and print the application
- Fill out the form and include: proof of age (e.g., driver's license, passport) and a recent photo.
- Mail the completed application to:

#### **NJ TRANSIT**

## **Reduced Fare Program**

2 Gateway, Suite 900 283-299 Market St. Newark, NJ 07102

## 5. Bikes on Buses & Trains





NJ TRANSIT offers cyclists a flexible and convenient transportation network through New Jersey, allowing riders to seamlessly combine bicycle travel with bus and train services. Whether you're commuting to work, exploring the state's diverse landscapes, or seeking an eco-friendly travel alternative, understanding how to transport your bicycle can significantly enhance your mobility.

## **Bikes on Buses**

Most New Jersey buses are equipped with bike racks on the front. Follow these steps when using the bike rack:

- Prepare your bike and gear as the bus approaches.
- Signal the driver that you'll be using the rack after the bus stops.
- Before disembarking, inform the driver that you'll be unloading your bike.

### Tips for using the bike rack:

- Use one hand to lower the rack and the other to lift your bike onto it.
- Place your bike's tires in the slots marked "front" and "back."
- Secure the support bar over the front tire.
- When unloading, remove the support bar, take your bike off, and fold the rack back up.

## **Bikes on Trains**

Bicycles are permitted on all NJ trains, with the following exceptions:

Trains heading towards Newark, New York City, or Hoboken on weekdays during peak hours:

- Morning: 6:00 A.M. 10:00 A.M.
- Evening: 4:00 P.M. 7:00 P.M.

#### **Guidelines for bringing bikes on trains:**

Use designated areas for bikes, typically in ADA accessible areas near entrance doors.

- Wheelchair users have priority in these areas.
- Secure your bike to maintain stability during transit.
- Keep a firm grip on your bicycle and stay alert to your surroundings.

For additional information and usage restrictions, consult <a href="NJ TRANSIT First/Last Mile">NJ TRANSIT First/Last Mile</a> Connections or call (973) 275-5555.

# 6. NJTIP at Rutgers University



## **NJTIP at Rutgers University**

📞 Phone: (848) 932-4499

Website: vtc.rutgers.edu/njtip

New Jersey Travel Independence Program (NJTIP) at Rutgers University expands mobility for people with disabilities and older adults through travel instruction. This service teaches safe, independent travel skills on all public transit systems including buses, trains, light rail, county and private systems.

## NJTIP offers two main types of travel instruction:

#### a) One-on-One Travel Instruction:

- Customers are paired with a travel instructor
- Instructors teach travel skills by accompanying customers on the bus or train
- Training continues until the customer is ready to travel independently

#### b) Small Group/In-School Travel Instruction:

- Designed for older adults and people with disabilities
- Provides a group learning environment for those who enjoy camaraderie

#### What Customers Learn:

- · Reading bus and train schedules
- Trip planning
- Fare Payment methods

#### **Contact Information:**

Visit: @ vtc.rutgers.edu/njtip to fill out an online form

Call: **(**848) 932-4499

Email: nitip info@nitip.rutgers.edu

# 7. Wheelchair Accessible Transportation



## Life Ride

**(**551) 225-0080

Website: ride.life

Life Ride offers specialized non-emergency transportation services for individuals with disabilities, medical needs, and mobility limitations. Their fleet includes wheelchair-accessible vans, basic life support (BLS) ambulances, and standard passenger vehicles.

#### **Services Provided:**

- Door-to-door assistance
- Non-emergency medical transportation
- o Wheelchair-accessible van service
- Trained & Certified Drivers
- Basic life support ambulance transportation
- o Rides to medical appointments, social outings, shopping trips and more

#### **How to Access:**

Call Life Ride directly to schedule a ride or request a ride by phone at 📞 (551) 225-0080.

## **Wheelchair Accessible Transportation**



## modivcare

## **ModivCare**

**hone:** (201) 488-0170

Website: <a href="https://www.modivcare.com">www.modivcare.com</a>

ModivCare (formerly known as LogistiCare) has been New Jersey's medical transportation broker since July of 2009. They coordinate the following transportation services for Medicaid recipients through their provider network:

- Upper-mode non-emergent Mobility Assistance Vehicles (MAVs)
- Ambulance services
- Lower-mode livery services

Medicaid HMO enrollees are eligible for free, non-emergency medical transportation arranged by ModivCare. Drivers provide door-to-door service, picking members up at their homes, transporting them to their appointments and bringing them back.

## How to Arrange a Trip

To schedule transportation, **call (866) 527-9933** between 8:00 A.M. and 4:00 P.M., Monday through Friday. Trips must be booked at least two days in advance.

## When calling, be prepared to provide:

- Enrollee's Medicaid ID number
- · Date of birth
- Date & time of the trip
- Trip confirmation number (If you already have a routine ride or are making modifications to an existing ride agreement)

## **Wheelchair Accessible Transportation**



## **TLC Mobile Health Services**

**\** Phone: (201) 488-0170

Website: <a href="https://www.tlcmobilehealth.com">www.tlcmobilehealth.com</a>

### Curb to curb wheelchair-accessible transportation

TLC Mobile Health provides older adults transportation - to the doctor, the senior center, the grocery store, or a friend. A great alternative for those who have stopped driving.

#### How to Use the Service:

- Booking: Call the number above to schedule a ride. Service hours are 6:00 A.M. –
   6:00 P.M. Monday to Friday.
- **Sign-Up:** You do not need to sign up for an account in advance, simply call to arrange transportation
- Eligibility: The service is designed for older adults and individuals with mobility challenges

#### What You Need to Know:

- Advance Notice: It's recommended to book your ride in advance to ensure availability
- Service Area: Check with TLC Mobile Health for their coverage area
- Cost: Contact the service directly for pricing and payment options

# 8. Bergen County Transportation



## **Ride Connect Program**

The <u>Ride Connect Program</u> serves as a one-stop travel information and trip-planning resource for Bergen County residents aged 60 and older. A Mobility Manager identifies the most accessible, reliable, and affordable transportation option, which may include Community Transportation, Local town buses, EZ Ride, NJ TRANSIT, or AccessLink (if eligible).

**To request assistance**, contact the Bergen County Division of Community Transportation at **(201) 368-5955**, Monday to Friday, 9:00 A.M. to 2:00 P.M.

## **Community Transportation**

<u>Community Transportation</u> is a service which is available for older adults and individuals with disabilities living in Bergen County. It provides transportation for medical appointments, including post-stroke care, physical therapy, employment, educational opportunities, community and recreational activities, shopping and meals on wheels deliveries.

**Special Trips Include:** Veterans' transportation to VA Hospitals, subscription rides for routine trips and Work First New Jersey.

## Scheduling:

- To reserve a trip, call **(201)** 368-5955 and press 1 for dispatch Monday to Friday, 8:00 A.M. to 4:00 P.M.
- Trips are scheduled on a first-come, first-served basis, and requests should be made 7–10 days in advance.
- Trips for Medical appointments are available between 10:30 A.M. and 2:00 P.M.

## **Transit Connector Service**

<u>The Transit Connector</u> is a free, ADA-accessible weekday shuttle that links the Essex Street train station, County Complex, Transit Bus Station, and the Hackensack Medical Center.

- Service is available every hour from 7:15 A.M. to 6:15 P.M. except at 10:15 A.M. and 2:15 P.M.
- The service can deviate two blocks from the scheduled route and requests must be received 24 hours prior to the trip by calling (201) 368-5955 and press 1 for dispatch.

# 9. Municipal Transportation

In Bergen County, 37 municipalities offer transportation programs primarily designed for older adults, focusing on trips to medical appointments and grocery shopping. Additionally, some municipalities provide shuttle services for commuters traveling to local train, bus, or ferry stations. Below is a list of the transportation services available in each municipality.

Municipality	Type of Service	Eligibility-Age	Service Hours	Phone & Website
1. Bogota	Free bus for food, mall shopping, doctor visits & senior center.	60+	Call for Details	(201) 342-1736 Ext.232 Bogota Senior Bus
2. Carlstadt	Free bus for food, mall shopping and medical appointments. Five days reservation advance notice required.	60+	Tue/Thur/ Fri. 12:00 P.M 5:00 P.M.	Medical: (551) 486-9411 Mall/Shopping: (201) 531-7181 Carlstadt Senior Bus
3. Edgewater	Free bus for shopping at Acme & Shop Rite.	60+	Tuesdays to Acne 9:30 A.M. – 11:30 A.M. Thursdays to ShopRite/Pal Park 11:30 A.M.	(201) 943-1700 Edgewater Shopping Bus
4. Cliffside Park	Free Ferry Shuttle Service.	60+	Monday - Friday 5:30 A.M. & 9:40 A.M. & 4:00 P.M 8:20 P.M.	(800) 533-3779 Free Ferry Shuttle Bus
5. Rutherford	Free bus for shopping and other local trips including medical appointments.	60+	<b>Monday - Friday</b> 8:00 A.M 4:00 P.M.	(201) 937-9711  East Rutherford Senior Medical Bus
6. Dumont	Free bus for medical, pharmacy, post office or nursing home.	60+	<b>Monday - Thursday</b> 7:00 A.M 1:15 P.M.	(201) 387-5040 <u>Dumont Senior Bus</u>
7. Fair Lawn	Free bus for local use around town only. Children must be accompanied by an adult.	All Ages	<b>Monday - Friday</b> 9:00 A.M 4:00 P.M.	(201) 794-5327 Fair Lawn Mini Bus Service

Municipality	Type of Service	Eligibility-Age	Service Hours	Phone & Website
8. Fairview	Free for medical appointments and local shopping.  Medical: Monday and Wednesday by appointment only, seven day notice required.	60+	Monday: 9:30 A.M 12:50 P.M. Tuesday: 9:30 A.M 11:00 A.M. Wednesday: 9:30 A.M 10:30 A.M. Thursday: 9:30 A.M 1:00 P.M. Friday: 9:30 A.M 12:30 P.M.	(201) 943-3768 Fairview Senior Bus
9. Fort Lee	Free bus for medical services and local shopping.	60+	<b>Monday – Friday</b> 8:30 A.M 4:00 P.M	(201) 592-3500 Ext. 1518 Fort Lee Senior Bus
10. Garfield	Free bus to senior activity center.	54+	<b>Monday - Friday</b> 8:00 A.M 3:30 P.M.	(973) 478-9592 Garfield Senior Activity Center Bus
11. Glen Rock	Free bus for shopping, doctors' appointments and daily needs. 'Arrange A Ride' shuttles are available for local doctor appointments.	60+	Monday - Friday 8:30 A.M 2:30 P.M.	(201) 670-3956 Glen Rock Senior Bus
12. Harrington Park	Free van for medical appointments and shopping.	60+	<b>Monday - Friday</b> 8:00 A.M 3:30 P.M.	(201) 385-3577 <u>Harrington Park</u> <u>Senior Van</u>
13. Haworth	Free van for medical appointments and shopping trips within a 10-mile radius.	60+ & 18+ For Disabled	<b>Monday - Friday</b> 9:00 A.M 3:00 P.M.	(201) 385-3577 Haworth Senior Van
14. Hasbrouck Heights	\$1 bus for shopping, exercise, and other activities.	62+	<b>Monday - Friday</b> 9:45 A.M 5:00 P.M.	(201) 693-8124  Hasbrouck Heights  Senior Bus

Municipality	Type of Service	Eligibility-Age	Service Hours	Phone & Website
15. Hillsdale	Free van for local doctors' appointments, food shopping, post office/banking and other errands.	50+	<b>Tue/Wed/Thur</b> 9:00 A.M 1:30 P.M.	(201) 391-4977 Ext. 200 <u>Hillsdale Senior</u> <u>Van</u>
16. Leonia	Free bus for shopping, social, recreational, and medical services within Leonia.	60+	Monday - Friday Shopping 8:30 A.M. & 10 A.M. Tuesday & Thursday Medical 8:30 A.M 2:30 P.M.	(201) 302-9660 or (201) 302-9667 <u>Leonia Senior Bus</u> <u>Registration</u>
17. Mahwah	\$1 van for medical services, shopping, banking, and other appointments.	62+	<b>Monday - Friday</b> 8:30 A.M 1:30 P.M.	(201) 529-2691 Mahwah Senior Van
18. Maywood	Free bus for shopping, errands, and various activities.	60+ & Disabled 18+	Monday - Friday 9:00 A.M 1:00 P.M. (Except Borough Holidays)	(201) 529-3666  Maywood Senior Shuttle Bus
19. Montvale	Free bus for shopping, errands, and various activities.	55+	Wednesday - Friday 8:30 A.M 1:30 P.M.	(201) 391-5700 Montvale Senior Van
20. New Milford	Free bus for medical appointments and shopping.	60+	<b>Monday – Friday</b> 8:00 A.M 3:00 P.M.	(201) 967-5044 Ext. 7874 New Milford Senior Van
21. No. Arlington	Free bus for shopping and other errands.	60+	Monday - Friday 9:45 A.M 11:25 A.M. 1:15 P.M 3:00 P.M. (Excluding Holidays)	(201) 991-6060 Ext. 311 North Arlington Senior Bus Schedule
22. Oakland	Free bus for senior center, medical appointments, shopping and local businesses.	55+	Tuesdays 9:00 A.M 12:00 P.M. Wednesdays 12:00 P.M 4:00 P.M. Thursdays 10:30 A.M 2:30 P.M.	(201) 405-7731 (Press 0) <u>Oakland</u> <u>Senior Bus</u>

Municipality	Type of Service	Eligibility-Age	Service Hours	Phone & Website
23. Oradell	Free van for medical appointments and grocery shopping.	60+	Wednesdays Shopping 9:00 A.M 4:00 P.M.  Tuesdays & Thursdays Medical 9:00 A.M 4:00 P.M.	(201) 649-9271 or (201) 649-9243 Oakland Senior Bus
24. Palisades Park	Free bus for medical appointments, groceries, and other shopping.	60+	<b>Monday - Friday</b> 9:15 A.M 3:30 P.M.	(201) 585-4114 Palisades Park Senior Bus
25. Paramus	Free bus for shopping, groceries, and other errands.	62+	Monday 11 A.M. to 12:00 P.M.  Tuesday & Wednesday 8 A.M. to 12:15 P.M.  Thursday 7:30 A.M. to 10:45 A.M.  Friday 7:45 A.M. to 10:45 A.M.	(201) 649-0738 Paramus Senior Bus
26. Park Ridge	Free wheelchair accessible van for shopping, groceries, and other errands within 8-mile radius.	55+	Mon/Tues/Thur 8:00 A.M 2:00 P.M.	(201) 573-1800 Park Ridge Senior Van
27. Ridgewood	Free bus for groceries, shopping, and other errands.	60+	<b>Tuesday &amp; Thursday</b> 9:30 A.M 2:00 P.M. <b>Wednesday</b> 9:00 A.M 11:15 A.M.	(201) 670-5500 Ext. 2203 <u>Ridgewood Senior</u> <u>Bus</u>
28. River Edge	Free bus for medical appointments and local shopping.	60+	<b>Monday – Friday</b> 8:00 A.M 4:00 P.M.	(201) 599-6277 River Edge Senior Bus

Municipality	Type of Service	Eligibility-Age	Service Hours	Phone & Website
29. River Vale	Free bus shopping or appointments within the Pascack Valley area.	65+	<b>Wednesdays</b> 9:30 A.M 3:00 P.M.	(201) 644-2346 Ext. 1006 <u>River Vale Senior</u> <u>Bus</u>
30. Rutherford	Free commuter shuttle to train station and free shuttle to Shop Rite.	All Ages	Monday - Friday: Commuter Shuttle 6:00 A.M 8:43 A.M. and 4:49 P.M 7:04 P.M. Monday & Wednesday ShopRite Shuttle 9:00 A.M 3:46 P.M.	(201) 460-3000 Ext. 4000 Rutherford Commuter Shuttle
31. Saddle Brook	Free bus for medical appointments.	60+	<b>Monday – Thursday</b> 8:00 A.M 1:00 P.M.	(201) 845-4594 Saddle Brook Senior Bus
32. Teaneck	Free bus for medical appointments and grocery trips.	60+	<b>Monday – Friday</b> 8:30 A.M 2:30 P.M.	(201) 837-7130 Ext. 7040 <u>Teaneck Senior</u> <u>Bus</u>
33. Tenafly	Free bus for medical appointments and shopping	50+	<b>Monday – Friday</b> 9:00 A.M 4:00 P.M.	(201) 408-3625 Tenafly Senior Bus
34. Washington	Free bus for social services, shopping, and medical visits.	55+	<b>Monday – Friday</b> 8:30 A.M 3:00 P.M.	(201) 589-3227 Washington Senior Bus
35. Westwood	Free van for medical and shopping	50+	<b>Monday – Friday</b> 9:00 A.M 2:00 P.M.	(201) 664-7100 Ext. 170 <u>Westwood Senior</u> <u>Van</u>
36. Woodcliff Lake	Free van for doctor appointments, pharmacy, food shopping and other errands	55+	<b>Tue/Wed/Thur</b> 9:00 A.M 2:00 P.M.	(201) 391-4977 Ext. 200 Woodcliff Lake Senior Van
37. Wood-Ridge	Free bus to the mall and supermarkets	60+	<b>Monday – Friday</b> 8:00 A.M 4:00 P.M.	(201) 939-7507 Wood-Ridge Senior Bus

## 10. TNC's & Related Programs



## **Transportation Network Companies (TNCs)**

A Transportation Network Company (TNC) is a service that connects passengers with drivers via a mobile app or online/web-based platform, providing on-demand transportation. When selecting a TNC, consider factors such as accessibility, cost, ease of use and service availability in your area.



## Lyft

#### On demand 24/7 car service.

You will first have to sign up by downloading the app on your cell phone and set up an account with your credit card.

Website: www.lyft.com



## **Uber**

#### On demand 24/7 car service.

You will first have to sign up by downloading the app on your cell phone and set up an account with your credit card.

Website: <a href="https://www.uber.com">www.uber.com</a>

## **Transportation Programs Using TNCs**



## **EZ Ryde4Life® Transportation Program**

#### Rides on demand with Lyft & Uber

Statewide transportation for adults 18 years and older. Service available Monday through Friday from 8:00 a.m. to 8:00 p.m. and Saturdays from 8:00 a.m. to 5:00 p.m. No smartphone needed.

Phone: (201) 939-4242, Option 4

Website: ezride.org/ezryde4life



## **Go-Go Grandparent**

#### On demand 24/7 car service.

Screened & monitored transportation from Uber, DoorDash, Instacart and more, with or without a smartphone, 24/7

**hone:** (855) 646-6872 ext. 3960

Website: get.gogograndparent.com

# 11. Non-Profit Transportation Providers





Phone: (800) 277-2345 ext. 5

Website: www.cancer.org



## **Road to Recovery Program**

The program offers free transportation specifically for cancer patients who need assistance getting to and from their medical appointments, including chemotherapy, radiation, or follow-up visits. The program is run by the American Cancer Society with the help of volunteer drivers.

#### How to Use this Service:

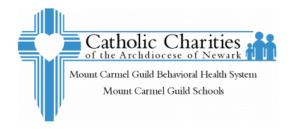
- **Eligibility:** The service is available **only for cancer patients** who do not have their own means of transportation or are unable to drive themselves.
- **Reservation Required:** Patients must schedule rides in advance. Same-day requests may not be accommodated, so it's recommended to plan transportation needs as early as possible.
- How to Book a Ride: Call the American Cancer Society at (800) 277-2345 ext.
   5 and a representative will help confirm eligibility, provide details about the service and schedule transportation.

### What You Need to Know:

- **Sign-Up Process:** There is **no formal account sign-up** required, but you will need to provide some basic information, such as your diagnosis, treatment location and appointment details.
- Service Area: Availability of the service may vary depending on the number of volunteer drivers in your area. Patients are encouraged to inquire about local resources if their needs fall outside the scope of this program.

**Cost:** Free transportation for eligible cancer patients

## **Non-Profit Transportation Providers**



## **Catholic Charities**

(973) 220-5749

Website: <u>ccannj.org/adult-services</u>

Email: cfcsinfo@catholicharities.org

<u>Catholic Charities</u> for Begen County provides transportation assistance primarily for older adults and individuals with disabilities who face barriers accessing essential services. This program helps eligible residents get to medical appointments, grocery stores and other necessary destinations.

Services are coordinated through the Catholic Charities of the Archdiocese of Newark in partnership with local agencies and community networks to ensure that vulnerable populations maintain independence and access to care.

#### **Services Provided:**

Provide scheduled transportation for medical appointments, shopping and essential services

#### **How to Access:**

 Residents can contact Catholic Charities directly to inquire about eligibility and scheduling

Catholic Charities also offers the Supportive Services for Veteran Families (SSVF) program in Bergen providing transportation assistance to veterans who are homeless or at risk of homelessness.

- Eligibility: Veterans with very low income who are homeless or at risk of becoming homeless.
- **Services:** Transportation assistance as part of a range of supportive services, including case management and financial aid.

For more information, please call **(973) 220-5749** 

## **Non-Profit Transportation Providers**





## **EZ Ride**

**hone: (201) 939-4242** 

Address: 144 Park Place, Wood-Ridge, NJ 07075

Website: <a href="https://www.ezride.org">www.ezride.org</a>

EZ Ride is a nonprofit organization that provides affordable, safe, and reliable transportation services throughout New Jersey. Its programs are designed to fill the gaps in the public transportation network, ensuring access to essential services, workplaces, schools, medical appointments, and more.

## 1. Shuttle Program

The shuttle program serves as an extension of public transit and connects key transit hubs, train stations and bus terminals to workplaces and other destinations.

📞 Phone: (201) 939-4242 Option 1

Website: Shuttle Program

EZ Ride currently offers three shuttle routes for Bergen County residents.

- Rutherford-Lyndhurst Shuttle This service connects the Rutherford and Lyndhurst train stations with the Lyndhurst corporate park and is open to the public. All passengers must obtain a bus ticket by contacting EZ Ride at 201-939-4242 ext. 131. Monthly passes are available for \$180, or you can purchase a booklet of 10 one-way tickets for \$50. The shuttle operates Monday through Friday from 5:19 A.M. to 9:10 A.M. and from 5:19 P.M. to 8:15 P.M.
- Kearny Avenue Line Shuttle The shuttle provides transportation between the PATH station in Harrison and bus stops along Ridge Road and Kearny Avenue up to Garden Terrace in North Arlington. The service operates during morning and evening rush hours, from 6:20 A.M. to 9:20 A.M. and from 4:30 P.M. to 7:35 P.M. Monday – Friday. One-way fare is \$3.00.
- The Monarch Shuttle The Monarch Shuttle serves residents of The Monarch in East Rutherford, providing transportation to Secaucus Junction Station in Secaucus. The service operates during peak commute hours, from 6:00 A.M. to 9:40 A.M. and from 4:30 P.M. to 8:10 P.M., Monday through Friday. To ride the shuttle, passengers must show a Monarch resident ID.

## 2. EZ Ryde4Life Program - Rides with Lyft and Uber

EZ Ryde4Lilfe is a membership-based program that provides rides for adults 18 years or older in partnership with Lyft and Uber throughout New Jersey. The program is entirely app-free and does not require a smartphone.

## **Non-Profit Transportation Providers**



Phone: (201) 939-4242 Option 4

Website: EZ Ryde4life Program

## How to Register?

 To register, call (201) 939-4242 Option 4, or complete the application online at www.ezride.org/ezryde4life

#### What Does it Cost?

- Non-refundable one-time registration fee: \$10
- Ride fee: based on Lyft or Uber rates + administrative fee: \$2.50 per ride

## How to request a ride? Call \( (201) 939-4242 Option 4

Driver name and vehicle details such as plate number, make and color of the car are shared with passengers before their ride.

#### Rides are available:

- Monday through Friday from 8:00 A.M. 8:00 P.M.
- Saturday from 8:00 A.M. 5:00P P.M.
- No Service on the following Holidays: New Year's, Thanksgiving & Christmas

## 3. Carpool & Vanpool Program

EZ Ride's free ride-matching service connects you with New Jersey's largest commuter network, making it easy to find carpool or vanpool partners that fit your schedule. By sharing rides, participants save on commuting costs such as gas, tolls, and parking, while reducing wear and tear on their vehicles.

**hone:** (201) 939-4242 Option 2

Website: <u>Carpool Program</u> - <u>Vanpool Program</u>

To start a carpool/vanpool or like to join an existing carpool click www.njrideshare.com.

## 4. Wheels 4 Work Program

The Wheels 4 Work program provides a used, refurbished bicycle to individuals with financial constraints for work or school-related transportation. To participate, <u>fill out this application</u> and email <u>bikeped@ezride.org</u>.

**hone:** (201) 939-4242 Option 3

Website: Bike/Pedestrian Program

## 12. Private Bus Service



For those seeking private bus services in Bergen County, the list below highlights options offering regular service routes as well as charter bus services to popular destinations. Each listing includes departure points, destinations and website links for schedules and bookings, ensuring you have all the details you need to plan your trip with ease.

## **Regular Service Routes**

## 1. Greyhound

From: Ridgewood Northbound, and Ridgewood (Southbound) Train Station

To: New York City, Washington DC, Philadelphia, and Boston

Website: Greyhound Bus Schedules

## 2. Boxcar - Bergen Bullet

From: Train station at Waldwick, Ho-Ho-Kus and Ridgewood

To: East Side of New York City

Website: Boxcar Routes

#### 3. Coach USA

**From:** Paramus, Ridgewood, Mahwah, Montvale, Ramsey, Wyckoff, Waldwick, Cresskill, Franklin Lakes, Ho-Ho Kus, Tenafly, Demarest, Northvale, Oakland, Park Ridge, Palisades Park, Leonia, Woodcliff Lake, Alpine, Englewood, Englewood Cliffs, Fort Lee

**To:** New York City, Upstate New York, South Jersey, and airport transportation

Website: Coach USA Schedules

#### 4. FlixBus

From: Ridgewood

To: New York City and Washington DC

Website: FlixBus Ridgewood Schedules

#### 5. MegaBus

From: Ridgewood

**To**: Bus service to New York City and Upstate NY

Website: click megabus or create a user account

#### **Private Bus Service**

## **Charter Bus Services**

If you're planning long-distance travel from Bergen County, charter bus services offer a variety of stress-free options.

#### 1. Air Brook Bus

**Type of Vehicles:** luxury sedans, SUVs, sprinter vans, mini buses and full-size coaches

Phone: (201) 843-6100

Website: Reserve online

#### 1. Panorama Tours

Type of Vehicles: 56 passenger coaches

**hone:** (973) 470-9700

Website: Panorama Casino Bus Services

## 2. Academy Bus

Type of Vehicles: 38-seat minibuses to 54-passenger coaches

**hone:** (800) 442-7272 or (201) 420-7000

Website: Academy Bus Schedules

#### 3. OurBus

Type of Vehicles: luxury coach vehicles from 14 to 56 passenger

Phone: (747) 236-6916

Website: Reserve online

# 13. Local Taxi Companies



Looking for an alternative way to get around Bergen County? This section provides an overview of taxi companies in the area. You'll also find links to their websites, making it easy to compare rates, book rides and learn more about the services they offer.

1. Bergen County Taxi

L Phone: (201) 944-3737 or (201) 666-5666

Website: bergencountytaxi.com

2. Bergen Tri-State Chauffers

**hone:** 1 (848) 999-9008

Website: tristatechauffeurs.com

3. Bergen Cab & Limo Co.

L Phone: (973) 787-9059

Website: nj-taxiservice.com

4. Bergenfield - Royal Taxi Cab Limo Service LLC

**hone: (201) 724-7565** 

Website: <u>njroyallimo.com</u>

5. Bogota - Infinity Car Service

**Name : (201) 238-7427** 

Website: taxiservicesbogota.com

6. Carlstadt - Big Ed's Car Services

**Name : (201) 470-1590** 

Website: <u>bigedscarservices.com</u>

7. Cliffside Park ASAP Taxi & Limo

**hone:** (201) 366-6675

Website: <u>asaptaxilimo.wixsite.com/taxinearme</u>

8. Fair Lawn - Jersey On Time Taxi & Limo Car Service

**hone:** (973) 794-0076

Website: quickstaxiairportlimo-nj.com

## **Local Taxi Companies**

9. Fairview Transportation Services (Galaxy Star Taxi)

**\** Phone: (201) 951-1138

Website: Galaxy Star Taxi

10. Fort Lee Taxi

**hone:** (201) 944-3737

Website: <u>fortleetaxi.com</u>

11. Maywood Taxi & Limo Service

**hone:** (973) 980-4445 or (973) 914-7111

Website: www.mmtaxilimo.com

12. Palisades Park Taxi Service & Limo

**hone:** (201) 380-8885 or (551) 270-6700

Website: nj-taxiservice.com

13. Rutherford Taxi & Limo Service

**Cape 1** Phone: (201) 939-9100

Website: rutherfordtaxi.net

## 14. EV Resources

## **EV Charging Station Map**





<u>PlugShare</u> is a free application designed to help electric vehicle (EV) drivers easily locate charging stations, contribute reviews, and connect with fellow plug-in vehicle enthusiasts. The app features the world's most comprehensive public charging map, encompassing stations from all major networks across North America, Europe, and beyond. Supported by the largest global community of EV drivers, PlugShare continuously updates its database, ensuring users always have access to the latest and most accurate information.

## **EV Road Trip Planner**



www.abetterrouteplanner.com

<u>A Better Routeplanner</u> (ABRP) is the world's most respected service for planning road trips and learning about electric vehicles (EVs). Simply select your vehicle model, enter your destination, and choose "Plan" to generate a full trip itinerary that includes suggested charge stops and accurate trip duration.

## 15. Conclusion



The diverse transportation options available in Bergen County confirm a commitment to providing accessible, efficient, and sustainable mobility solutions for all residents and visitors.

## **Key Takeaways**

- 1. Comprehensive Public Transit: NJ TRANSIT's extensive network of buses and trains connects Bergen County internally and to major hubs.
- 2. Inclusive Transportation: Specialized services ensure that older adults and individuals with disabilities can travel independently and affordably.
- 3. Alternative Options: From bike-friendly initiatives to carpooling and EV support, Bergen County is embracing eco-friendly transportation alternatives.
- 4. Community-Focused Solutions: A variety of solutions demonstrate a commitment to addressing specific local transportation needs.

## **Future Mobility Guide Updates**

- 1. Electric Vehicle Infrastructure Future updates of the guide could include information about the expanding network of public EV charging stations and identification of transportation providers that have integrated EVs into their fleets.
- 2. Sustainable Transportation Information about bike lanes and pedestrian-friendly infrastructure and recreational trails and bike paths.

## **Moving Forward Together**

By leveraging diverse transportation options, we can create a more connected, accessible, and sustainable Bergen County. Whether you're a daily commuter, an occasional traveler, or planning for future mobility needs, this guide serves as a roadmap to smarter transportation choices.

Let's continue to embrace innovation in mobility, reduce our environmental impact, and enhance the quality of life for all Bergen County residents. Together, we're not just moving from place to place – we're moving towards a brighter, more connected future.