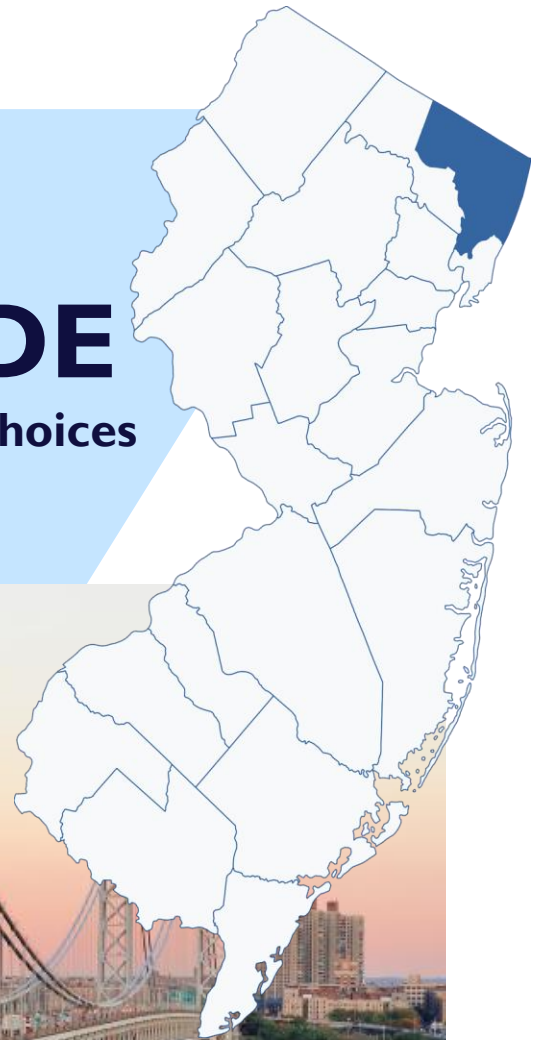




MOBILITY RESOURCE GUIDE

Empowering Smarter Transportation Choices



Bergen County

Meadowlands Transportation Brokerage Corporation
144 Park Place East, Wood-Ridge, NJ 07075
(201) 939-4242 | www.ezride.org

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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, [click here](#).

Train Line	Schedule	
Main/Bergen Line	Weekdays	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 [Bus Point-to-Point](#) tool.
- Contact NJ TRANSIT customer service at ☎ (973) 275-5555

How to Read a Timetable

Service Designation

Destination

Pickup/Dropoff locations along the route

Weekdays

Saturdays

709

Route Number

MAP REFERENCE									
10	9	8	7	5	4	3	2	1	
545	551	600	537	548	551	557	600	610	
615	621	630	642	653	656	702	705	745	
645	651	700	712	723	726	732	735	745	
715	721	730	742	753	756	802	805	815	
745	751	800	812	823	826	832	835	845	
820	826	835	847	858	901	907	911	922	
855	901	913	927	941	944	950	954	1005	
930	938	950	1004	1018	1021	1027	1031	1042	
1005	1013	1025	1039	1053	1056	1102	1106	1117	
1040	1048	1100	1114	1128	1131	1137	1141	1152	
1115	1123	1135	1149	1203	1206	1212	1216	1227	
1150	1158	1210	1224	1238	1241	1247	1251	102	
1225	1233	1245	1259	113	116	122	126	137	
100	108	120	134	148	151	157	201	212	
135	143	155	209	223	226	232	236	247	
210	218	230	244	258	301	307	311	323	
245	253	305	321	338	341	347	351	403	
320	329	342	358	415	418	424	428	440	
355	404	417	433	450	453	459	503	515	
435	444	457	513	530	533	539	543	555	
510	519	532	548	604	607	612	615	625	
545	554	606	619	634	637	642	645	655	
620	628	639	652	707	710	715	718	728	
650	658	709	722	737	740	745	748	758	
725	733	744	757	812	815	820	823	833	
800	808	819	832	847	850	855	858	908	
910	918	928	940	952	955	1000	1003	1013	

MAP REFERENCE									
10	9	8	7	5	4	3	2	1	
703	709	719	732	745	748	753	756	806	
-	-	754	807	820	823	828	831	841	
813	819	829	842	855	858	904	907	917	
-	-	-	917	933	936	942	945	955	
920	928	938	952	1008	1011	1017	1020	1030	
-	-	-	1027	1043	1046	1052	1055	1105	
1030	1038	1048	1102	1118	1121	1127	1130	1140	
-	-	-	1137	1153	1156	1202	1205	1215	
1140	1148	1158	1212	1228	1231	1237	1240	1250	
-	-	-	1247	103	106	112	115	125	
1250	1258	108	122	138	141	147	150	200	
-	-	-	157	213	216	222	225	235	
200	208	218	232	248	251	257	300	310	
-	-	-	307	323	326	332	335	345	
310	318	328	342	358	401	407	410	420	
-	-	-	417	433	436	442	445	455	
420	428	438	452	508	511	517	520	530	
-	-	-	527	543	546	552	555	605	
531	539	549	602	617	620	625	628	638	
-	-	-	637	652	655	700	703	713	
643	651	701	712	727	730	735	738	748	
-	-	-	747	802	805	810	813	823	
753	801	811	822	837	840	845	848	858	
-	-	-	857	911	914	919	922	931	
903	911	921	932	946	949	954	957	1006	

NO SERVICE will be operated on Sundays.

with service to

- BLOOMFIELD Bloomfield Station
- CLIFTON Clifton Station
- PASSAIC Passaic Station
- LODI Lodi Station
- HACKENSACK Hackensack Station
- HASBROUCK HEIGHTS Hasbrouck Heights Station
- ROCHELLE PARK Rochelle Park Station
- PARAMUS Paramus Station

and intermediate points

Times the bus will arrive at each stop



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 [bus passes](#), [train 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 (Fare priced by # of zones traveled)	\$1.80 - \$0.85 (One-Way)	
Light Rail (Fares are priced by route)	\$1.80-\$2.55 (One-Way)	
Rail	\$1.80 \$23.85 (One-Way)	

Not sure which route to take? View [our transit map](#).

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

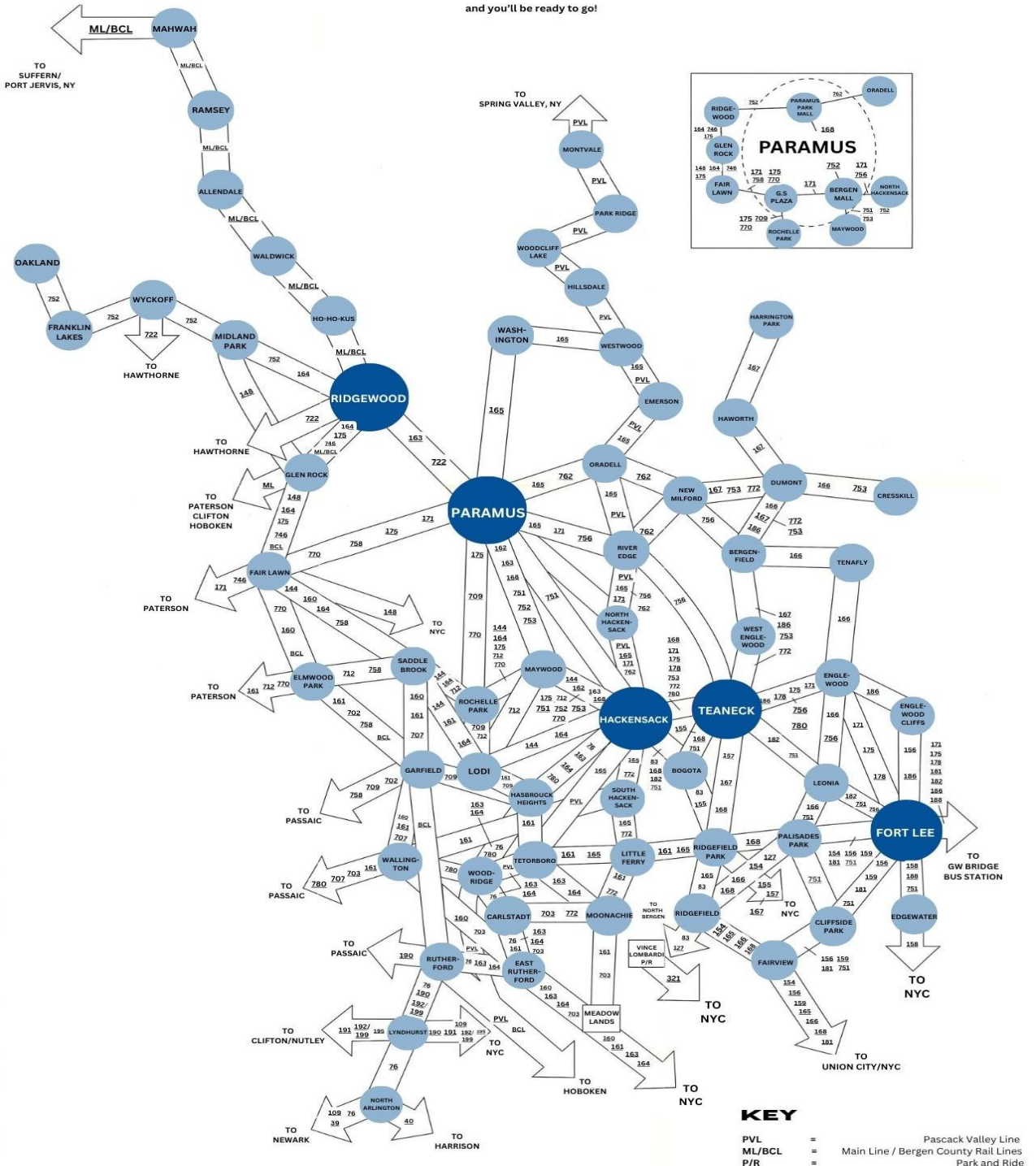
Visit [NJ TRANSIT Official Trip Planner](#) or **download** the NJ TRANSIT mobile app.





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 [click here](#) 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	83	North Arlington - Kearny - Newark	30
Paterson - Elmwood Park	702	North Arlington - Kearny - Jersey Gardens	40
Haledon - Paterson - East Rutherford	703	Hackensack – North Arlington - Newark	76
Paterson – Paramus	707		
Bloomfield - Passaic – Paramus	709		
Hackensack - Paterson - Willowbrook Mall	712		
Paterson - Paramus Park	722		
Ridgewood – Paterson	746		
Paramus - Cliffside Park – Edgewater	751		
Oakland - Ridgewood – Hackensack	752		
New Milford – Paramus	753		
Paramus - Fort Lee – Edgewater	755		
Englewood Cliffs - Fort Lee - Paramus	756		
Passaic - Paramus Park	758		
Hackensack - New Milford – Paramus	762		
Paterson – Hackensack	770		
New Milford - Hackensack - Meadowlands	772		
Passaic - Hackensack – Englewood	780		

NJ TRANSIT Services

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

To plan your upcoming trip itinerary using the trip planning tool use this [link](#). 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:

- Curb-to-Curb Service: 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).
 - Reservations for next-day trips can be made from 3:00 P.M. to 4:00 P.M. daily.
- Types of Trips: 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 [brochure](#) 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 [Accessibility](#) 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 reducedfare.NJTRANSIT.com 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 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 [NJ TRANSIT First/Last Mile 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: njtip_info@njtip.rutgers.edu

7. Medicaid & Wheelchair Accessible Transportation



modivcare

ModivCare

Phone: (201) 488-0170


Website: www.modivcare.com

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)

Medicaid & Wheelchair Accessible Transportation



TLC Mobile Health Services

 Phone: (201) 488-0170

 Website: www.tlcmobilehealth.com

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 Community Transportation



1. Ride Connect Program

The [Ride Connect Program](#) 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.

2. Community Transportation

[Community Transportation](#) 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.

3. Transit Connector Service

[The Transit Connector](#) 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+	Monday - Friday 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+	Monday - Thursday 7:00 A.M. - 1:15 P.M.	(201) 387-5040 Dumont Senior Bus
7. Fair Lawn	Free bus for local use around town only. Children must be accompanied by an adult.	All Ages	Monday - Friday 9:00 A.M. - 4:00 P.M.	(201) 794-5327 Fair Lawn Mini Bus Service

Municipal Transportation

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+	Monday – Friday 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+	Monday - Friday 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+	Monday - Friday 8:00 A.M. - 3:30 P.M.	(201) 385-3577 Harrington Park Senior Van
13. Haworth	Free van for medical appointments and shopping trips within a 10-mile radius.	60+ & 18+ For Disabled	Monday - Friday 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+	Monday - Friday 9:45 A.M. - 5:00 P.M.	(201) 693-8124 Hasbrouck Heights Senior Bus

Municipal Transportation

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+	Tue/Wed/Thur 9:00 A.M. - 1:30 P.M.	(201) 391-4977 Ext. 200 Hillsdale Senior Van
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 Leonia Senior Bus Registration
17. Mahwah	\$1 van for medical services, shopping, banking, and other appointments.	62+	Monday - Friday 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+	Monday - Friday 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 shopping and local businesses.	55+	Tuesdays 9:00 A.M. - 12:00 P.M.	(201) 405-7731 (Press 0) Oakland Senior Bus

Municipal Transportation

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+	Monday - Friday 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+	Tuesday & Thursday 9:30 A.M. - 2:00 P.M. Wednesday 9:00 A.M.- 11:15 A.M.	(201) 670-5500 Ext. 2203 Ridgewood Senior Bus
28. River Edge	Free bus for medical appointments and local shopping.	60+	Monday – Friday 8:00 A.M. - 4:00 P.M.	(201) 599-6277 River Edge Senior Bus

Municipal Transportation

Municipality	Type of Service	Eligibility-Age	Service Hours	Phone & Website
29. River Vale	Free bus shopping or appointments within the Pascack Valley area.	65+	Wednesdays 9:30 A.M.- 3:00 P.M.	(201) 644-2346 Ext. 1006 River Vale Senior Bus
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+	Monday – Thursday 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+	Monday – Friday 8:30 A.M. - 2:30 P.M.	(201) 837-7130 Ext. 7040 Teaneck Senior Bus
33. Tenafly	Free bus for medical appointments and shopping	50+	Monday – Friday 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+	Monday – Friday 8:30 A.M. - 3:00 P.M.	(201) 589-3227 Washington Senior Bus
35. Westwood	Free van for medical and shopping	50+	Monday – Friday 9:00 A.M. - 2:00 P.M.	(201) 664-7100 Ext. 170 Westwood Senior Van
36. Woodcliff Lake	Free van for doctor appointments, pharmacy, food shopping and other errands	55+	Tue/Wed/Thur 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+	Monday – Friday 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:** www.uber.com


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

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

 **Website:** get.gogograndparent.com

11. Non-Profit Transportation Providers



American Cancer Society
 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



EZ Ride

 Phone: (201) 939-4242


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

 Website: www.ezride.org

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 Ryde4Life 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.

 **Phone: (201) 939-4242 Option 4**

 **Website: [EZ Ryde4life Program](#)**

How to Register?


- Register by providing a credit or debit card. No reservations are required; rides are scheduled on demand.
- To speak with a live representative, call (201) 939-4242 Option 4, or [fill an application online](#), or [print the registration form](#) and mail it to our office at: 144 Park Place East, Wood-Ridge, NJ 07075

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

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.

 **Phone: (201) 939-4242 Option**

 **Website: [Carpool Program](#) - [Vanpool Program](#)**

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

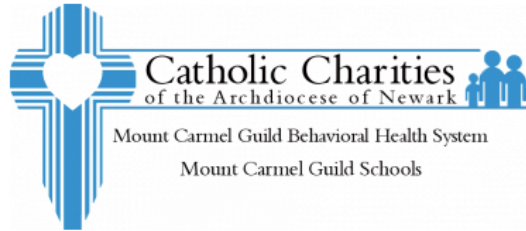
4. Wheels 4 Work Program

The Wheels 4 Work program provides a used, refurbished bicycle to individuals with financial constraints for work or school-related transportation. To participate, [fill application](#) and email to EZ Ride at bikeped@ezride.org.


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

 **Website: [Bike/Pedestrian Program](#)**

Non-Profit Transportation Providers



Catholic Charities

 (973) 220-5749

 Website: ccannj.org/adult-services

 Email: cfcsinfo@catholiccharities.org

[Catholic Charities](#) for Bergen 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

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](#)

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

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

 **Website:** [Panorama Casino Bus Services](#)

2. Academy Bus


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

 **Phone:** (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

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

 Website: bergencountytaxi.com

2. Bergen Tri-State Chauffers

 Phone: 1 (848) 999-9008

 Website: tristatechauffeurs.com

3. Bergen Cab & Limo Co.

 Phone: (973) 787-9059

 Website: nj-taxiservice.com

4. Bergenfield - Royal Taxi Cab Limo Service LLC

 Phone: (201) 724-7565


 Website: njroyallimo.com

5. Bogota - Infinity Car Service

 Phone: (201) 238-7427


 Website: taxiservicesbogota.com

6. Carlstadt - Big Ed's Car Services

 Phone: (201) 470-1590

 Website: bigedscarservices.com

7. Cliffside Park ASAP Taxi & Limo

 Phone: (201) 366-6675

 Website: asaptaxilimo.wixsite.com/taxinearme

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

 Phone: (973) 794-0076

 Website: quickstaxiairportlimo-nj.com

9. Fairview Transportation Services (Galaxy Star Taxi)

 Phone: (201) 951-1138

 Website: [Galaxy Star Taxi](#)

10. Fort Lee Taxi

 Phone: (201) 944-3737

 Website: [fortleetaxi.com](#)

11. Maywood Taxi & Limo Service

 Phone: (973) 980-4445 or (973) 914-7111

 Website: [www.mmtaxilimo.com](#)

12. Palisades Park Taxi Service & Limo

 Phone: (201) 380-8885 or (551) 270-6700

 Website: [nj-taxiservice.com](#)

13. Rutherford Taxi & Limo Service

 Phone: (201) 939-9100

 Website: [rutherfordtaxi.net](#)

14. EV Resources



EV Charging Station Map



[PlugShare](http://www.plugshare.com) 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



[A Better Routeplanner](http://www.abetterrouteplanner.com) (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



Embracing a Connected Future

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.