NIH COMMUTING OPTIONS

The NIH offers the following commuting options to ease traffic congestion, decrease pollution, and reduce the stress associated with the daily trip to and from work.

RIDE METRO, BUSES OR OTHER PUBLIC TRANSPORTATION
- Receive up to $105 per month to use public transportation by participating in the NIH Transhare Program;
- Ride the NIH shuttle from the Metro's Medical Center station to your building;
- Park free at the New Carrollton Metro Parking East Lot;
- Use free Satellite Parking at the Mid-Pike Plaza Commuter Park-N-Ride. There is a free NIH shuttle to the Bethesda campus; and
- Learn more online at http://dtts.ors.od.nih.gov/transhare.htm

JOIN A CARPOOL OR VANPOOL
- Find a carpool or vanpool through the NIH Ridefinders Network;
- Use HOV traffic lanes;
- Carpool spaces reserved until 9:30 a.m. in preferred parking lots;
- Vanpool spaces reserved daily in lot of choice;
- Use the guaranteed ride home service in case of emergencies; and
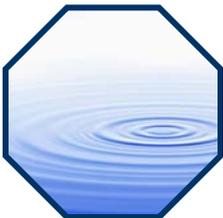- Learn more online at http://dtts.ors.od.nih.gov/ridefinders.htm

BIKE TO WORK
- Use the bike racks outside most NIH buildings;
- Use shower and locker facilities located throughout the Bethesda campus; and
- Receive additional information on routes, showers, and biking advice by visiting the NIH Bicycle Commuter Club's web site (http://www.recgov.org/r&w/nihbike)

USE NIH SHUTTLES
- *Bethesda Campus Shuttles:* Transports employees throughout the Bethesda campus via varied routes;
- *Mid-Pike Plaza Shuttle:* Takes employees to/from the Mid-Pike Plaza satellite parking lot and the Bethesda campus;
- *Off-Campus Routes:* Transports employees between Executive Blvd. and Rock Springs facilities to the Bethesda campus; and
- Learn more online at http://dtts.ors.od.nih.gov/transportation.htm

WORK FROM HOME
- Take advantage of telecommuting options; and
- Learn more online at http://telework.od.nih.gov/Index.htm

FOR MORE INFORMATION, CONTACT:
DIVISION OF TRAVEL AND TRANSPORTATION SERVICES
301-402-RIDE (7433)
HTTP://DTTS.ORS.OD.NIH.GOV/

NATIONAL INSTITUTES OF HEALTH

Division of Travel and Transportation Services

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