

# Alternate Commuting Guide: Meredith College, updated Spring 2010



Travel to campus using an alternate method, even just one day per week and you will reduce your commuting costs and your carbon footprint by 20%. Calculate your savings here: [gotriangle.org/go-info/commute-savings-calculator](http://gotriangle.org/go-info/commute-savings-calculator)

## CARPOOL.

Check out Meredith College's carpool-matching registration page at [ShareTheRideNC.org/Meredith](http://ShareTheRideNC.org/Meredith). Here you can find carpool partners from nearby companies or select the option to only match to co-workers and fellow students – it's your choice! You can also join the free *Emergency Ride Home* program so you never have to worry about finding a ride when you need it most. Once you have registered, your login password will be emailed to you.

## BUS.

- A. CAT (Capital Area Transit), free with Meredith College ID.  
Map: [raleighnc.gov/portal](http://raleighnc.gov/portal)
- B. Wolfline, free. Routes to local apartment complexes and neighborhoods, Glenwood South, and downtown.  
Map: [ncsu.edu/trans/transportation/wolfline](http://ncsu.edu/trans/transportation/wolfline)
- C. Triangle Transit, \$2.00 per ride. Routes to Wake Forest, Garner, Cary, Apex, RTP, Chapel Hill and Durham.  
Maps and schedules: [triangletransit.org/bus/maps-and-schedules](http://triangletransit.org/bus/maps-and-schedules)
- D. R-Line, free. Circulates around downtown Raleigh and to Glenwood South.  
Information: [godowntownraleigh.com/get-around/r-line](http://godowntownraleigh.com/get-around/r-line)

## BIKE.

Capital Area Greenway Trails :[Capital Area Greenway Map.pdf](#)  
Cyclist Resources from *GoTriangle*: [gotriangle.org/bike-walk/cyclist-resources](http://gotriangle.org/bike-walk/cyclist-resources)  
Bike safety information: [gotriangle.org/bike-walk/safe-cycling](http://gotriangle.org/bike-walk/safe-cycling)  
*Commute by Bike* blog: <http://commutebybike.com/>

Showers available at the Weatherspoon Gymnasium. Private faculty/staff dressing room with permanent lockers available from Peggy Ross, 760-8546.

## WALK.

Explore Google's "Walking Directions," [google-latlong.blogspot.com/2008/07/pound-pavement](http://google-latlong.blogspot.com/2008/07/pound-pavement).  
Meredith *Working on Wellness*' (WOW!) mission is to help participants identify current health risks and opportunities for risk reduction. Use walking to work as your daily exercise!

Also check out *Walk Score*<sup>TM</sup> to calculate the walkability of your neighborhood. The tool measures how easy it is to access nearby stores, restaurants, schools, parks, etc. Use it to see everything within walking distance of anywhere you choose – your home, Meredith College, etc. [walkscore.com](http://walkscore.com)

## LIVE NEAR CAMPUS.

(for Students) The Oaks, Meredith's new student apartments, offers independent on-campus living with zero commuting costs. Use *Redefine Travel's* apartment finding tool to locate other apartment options situated near transit options: [redefinetravel.org/](http://redefinetravel.org/)