### **GETTING STARTED**

Start small, explore nearby routes, and stay connected to local transit, biking, and walking resources to build confidence.



## [1] KEEPING ACTIVE TRANSPORTATION IN MIND

- Take note of the bus stops close to where you live and where you want to go
- When preparing to drive to a location check on Google Maps to see what it would look like to bus, bike, or walk there

### [2] START SMALL

- Practice riding your bike around your neighborhood or on a trail
- Ride the bus for one stop and then ride back to build confidence
- Ride, bike, or walk with friends or family

#### [3] STAY IN THE KNOW

- Follow a local biking group on social media to be updated on repair or skill events and social rides
- Engage with other people you see biking, walking, or taking the bus and ask how they make it work

# TRAVEL RESOURCES

Scan the code below for Orange County tools and resources including:

- Go Triangle Trip Planner
- · Chapel Hill E-bike Library
- Orange County Commuter Support
- · Family Biking Blog



#### **NOW YOU GIVE IT A TRY!**

Plan a trip from your house to ...

- The nearest theatre
- Your favorite lunch spot
- The library
- Your school or place of work



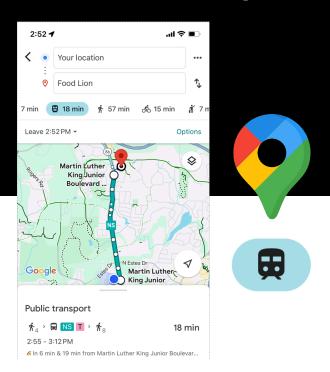


## YOUR GUIDE TO ACTIVE TRANSPORTATION

Gaining confidence walking, biking and riding the bus

**FOODFITNESSOPPORTUNITY.ORG** 

# A QUICK GUIDE TO TRIP PLANNING



# TRANSIT TRIP PLANNING USING GOOGLE MAPS

[1] Enter the location you wish to go into the search bar (as if you were going by car).

- [2] Select the "Directions" button to see route options for all travel modes (car, bus, walk, bike) and select the "bus" image.
- [3] From here you should be able to see all the available route options based on the current time.

- [4] Select the "Leave by" button to choose from a drop down of preferred arrival and departure times Google Maps will display route options reflecting these choices.
- [5] Once you select a route option, press "Start" and Google Maps will provide walking directions to the correct bus stop, tell you how many ride stops there will be, and walking directions from the final bus stop to your selected destination.



## TRANSIT TRIP PLANNING USING TRADITIONAL BUS ROUTES

[1] Identify what location you would like to leave from and arrive at on the bus route map.

- [2] Identify the closet stops to each of these points.
- [3] Decide what your preferred arrival time is and looking at the time points of your desired arrival location, choose the best time.
- [4] Looking at the time points within your departure stop, choose the time point that is closest to your chosen arrival time point (before not after).

## **KEEP IN MIND...**

- Bus times are estimates and may change with traffic Routes with a lot of stops may not include a time point for each stop. It may be necessary to use the provided time points to estimate what time the bus will arrive to a stop with no stated time point
- Use major stop time points to estimate arrival and allow extra time for delays or variations Regardless of your chosen trip planning method, bus arrival times will always be estimates that are likely to change according to traffic on the road. It's best practice to give yourself ample time to account for schedule variations.
- Check your town or regional transit
   agency website for local information Note that weekend service may be
   limited in some areas.

