



The University
of North Carolina
at Chapel Hill

Center for Health Promotion and
Disease Prevention

Travel Training

A trip planning workshop to help **use** the local bus systems and plan trips using alternative modes like biking, walking, and rolling.

FFORC | Travel Training | 2026 | Weavers Grove



Let's get started with hearing what you think....

- What does your ideal way of getting around look like?
- What does it feel like?

What is active transportation?

- Walking, bicycling, and using small-wheeled transport (skates, skateboards, push scooters and hand carts) and wheelchair travel. (TDM Encyclopedia (Victoria Transport Policy Institute: www.vtpi.org/tdm/tdm25.htm)
- Uses bike lanes, walking paths, but can also happen on roads and sidewalks.



Why use active transportation?

- It's fun!
- Reduce stress
- It's social! We can do it together!
- We don't have to sit in traffic
- It's good for the planet
- Youth don't rely on their parents to get around
- Saves us all money
- Safer, more lively streets
- About 80% of people who use public transit get the recommended amount of physical activity (Utah Dept. Of Health and Human Services)

What is Climate Change?

- Climate change refers to longer-term changes in temperatures and weather patterns. These changes can be natural, but are currently mostly caused by human activities, primarily the burning of fossil fuels such as coal, oil, and gas, which generates greenhouse gas emissions. These gases act like a blanket around the Earth, trapping the sun's heat and raising temperatures
- Motor vehicles, especially those running on fossil fuels like gasoline and diesel, are responsible for a large portion of the world's pollutant gas emissions.



You don't have to radically change what you do!

- Even shifting **one car trip a week** or a month to another way of getting around benefits us and our planet
- Let's talk about transit, walking, biking, and scooting opportunities in this region and how we can use them:
 - Amtrak
 - NC By Train
 - GoTriangle
 - Chapel Hill Transit
 - Town of Chapel Hill's *CHill-E* Bike Share program
 - Riding a bike
 - Walking
 - Scooting

Overview

- Using GoTriangle
- Using OPT – *it's free!*
- Bus riding overview
 - Getting on and off
 - Paying the fare
 - T route
- Mapping the Route, using the apps
- Biking, walking and scooting
- Planning the last mile (individual coaching)



Taking the bus and the train – your thoughts

- Who has taken the bus or the train?
- If you haven't, what are your reservations?
- What worries do you have about taking the bus or the train?
- What about your kids taking the bus or the train?

Amtrak



- National passenger railroad company of the United States
- Operates intercity rail service in 46 out of the 48 contiguous states in the U.S



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NC By Train

- Service to 9 stations between Charlotte and Raleigh, including Durham
- Service to the Northeast



Station

[Burlington, NC \(BNC\)](#)

[Cary, NC \(CYN\)](#)

[Charlotte, NC \(CLT\)](#)

[Durham, NC \(DNC\)](#)

[Fayetteville, NC \(FAY\)](#)

[Gastonia, NC \(GAS\)](#)

[Greensboro, NC \(GRO\)](#) (pictured above)

[Hamlet, NC \(HAM\)](#)

[High Point, NC \(HPT\)](#)

[Kannapolis, NC \(KAN\)](#)

[Raleigh, NC \(RGH\)](#)

[Rocky Mount, NC \(RMT\)](#)

[Salisbury, NC \(SAL\)](#)

[Selma-Smithfield, NC \(SSM\)](#)

[Southern Pines, NC \(SOP\)](#)

[Wilson, NC \(WLN\)](#)

Amtrak Route

Carolinian, Piedmont

Carolinian, Piedmont, Silver Star

Carolinian, Crescent, Piedmont

Carolinian, Piedmont

Palmetto, Silver Meteor

Crescent

Carolinian, Crescent, Piedmont

Silver Star

Carolinian, Crescent, Piedmont

Carolinian, Piedmont

Carolinian, Piedmont, Silver Star

Carolinian, Palmetto, Silver Meteor, Silver Star

Carolinian, Crescent, Piedmont

Carolinian, Palmetto

Silver Star

Carolinian, Palmetto

GoTriangle

- Direct routes to Hillsborough, Durham and Raleigh from Chapel Hill and Carrboro
- Connects with Regional Transit Centers to access other destinations.
 - 420 (Hill to Hill)
 - 400, 405 (Durham)
 - 800, 805 (RTC, connect to RDU)
 - CRX (Raleigh)



Info on Chapel Hill Transit



- Most Chapel Hill Transit routes run between 6:30 AM and 6:30 PM
- It's fare free
- Specific info on each route is available in pamphlets located on the Chapel Hill Transit Buses, or [online](#)
- The T route comes the closest to Weavers Grove
- Once in downtown Chapel Hill, access other routes such as the J, CW (to get to Carrboro), and the D, and CL (to get to Northeast Chapel Hill, including the U-Mall, Chapel Hill Public Library, and East Gate Shopping Center)

Chapel Hill EZ Rider Paratransit Service

- Chapel Hill Transit has a Demand Response system called [EZ Rider](#)
 - Similar to a taxi, but specialized vehicles to accommodate disabilities
 - Check if qualified, call for reservation in advance
 - Door-to-door service for those with impaired mobility
 - Reservations for para-transit: 919-969-4919
 - For more information scan the QR code



EZ Rider Eligibility Requirements

- Must be **certified** to use EZ Rider services
- Eligibility is determined **case-by-case**
- Per ADA regulations, eligibility is limited to individuals who:
 - Have a **permanent or temporary physical or mental impairment**
 - The impairment **substantially limits one or more major life activities**
 - The impairment **prevents use of fixed-route transit services**
 - Eligible customers must complete an application with their medical provider.
- **Call EZ Rider at (919) 969-4920 to obtain an application or scan QR code**



Orange County MOD Service

- **Orange County has a Mobility on Demand Van Service**
 - Works similarly to a Taxi, Uber, or Lyft
 - Fare is \$5.00 each way
 - Monday-Friday 8:15am-4:55pm
 - Not available 12pm-1pm
 - ADA accessible
 - Call: 919-245-2008 for service
 - See QR code for [website](#) and download TransLoc app for more information



Getting on and off the bus

- **Getting on:**
 - Plan ahead
 - Check route & know which side of the street your bus stop is located on
 - Signal driver
- **Getting off:**
 - Pull the cord
 - Exit through the rear (unless you need help)



Paying the fare



- Chapel Hill Transit is **fare free**.
- For GoTriangle routes, you can pay the fare using the **Umo app**
- If you qualify, you can get a free GoPass

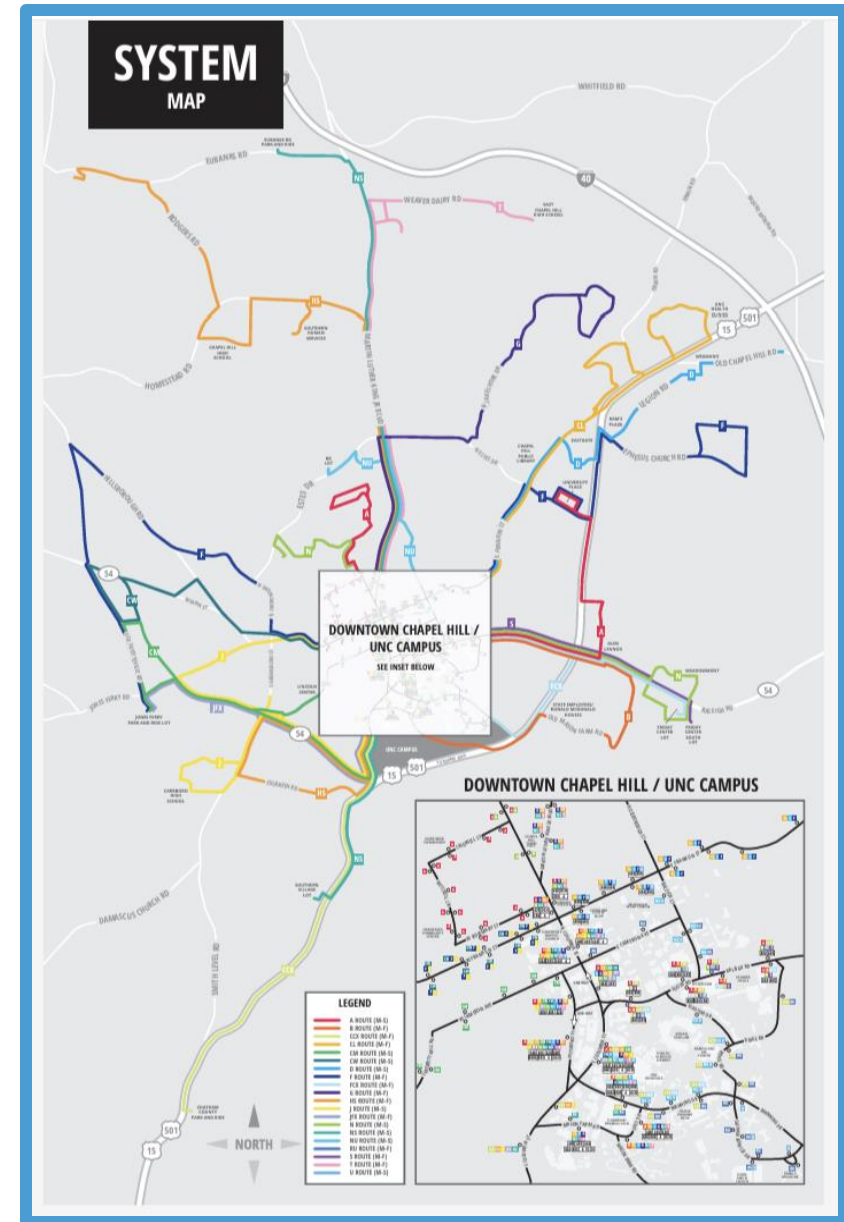


How to obtain a paper GoPass at UNC-CH

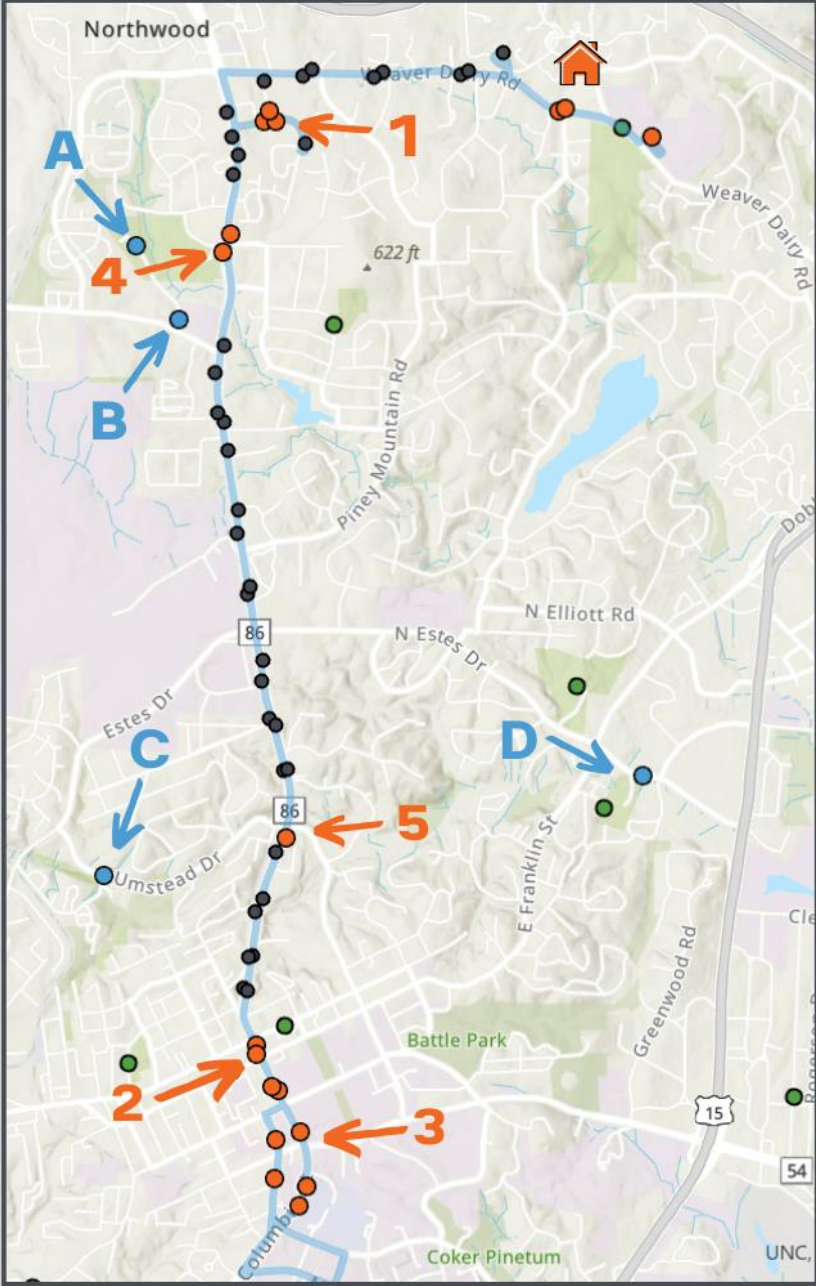
- For International students at UNC with non-American SIM cards, they can pick up a paper GoPass at the ISSS office.
- For other students and for staff: send an email to cap@unc.edu to request a paper GoPass
- After requesting a physical GoPass and receiving confirmation that it is ready to be picked up, head to the reception desk at the public safety building (285 Manning Dr) to get their GoPass packet
- M-F 9am-4pm.
- There are 2 bus stops close by on Manning Drive and also visitor parking spaces in the parking lot.

Chapel Hill Transit route map – weekday

- See map here:



Using the T Route



Direct Stops

-  Weavers Grove
- 1** Food Lion Shopping Center
- 2** Franklin Street
- 3** UNC Campus

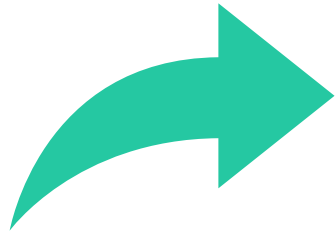
Bike & Walking Connections

- 4** MLK Jr. Blvd. at Stateside
- A** Homestead park
- B** Homestead Aquatic center
- 5** MLK Jr. Blvd. at Hillsborough
- C** Umstead park
- D** Chapel Hill Community center

-  T Route Stops
-  Landmark Stops
-  Parks & Community Centers
-  Landmark Parks & Community Centers

Your closest bus stop

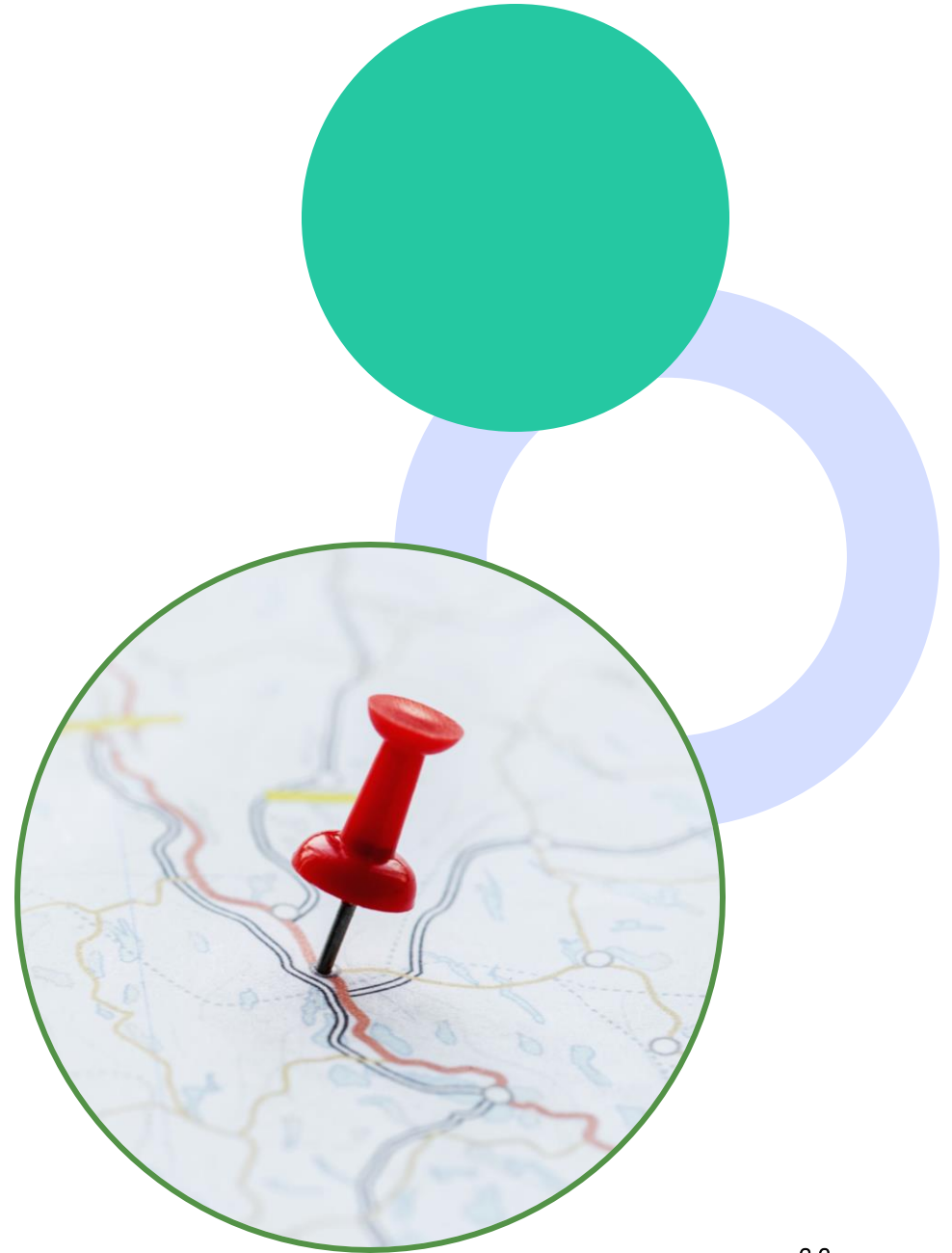
- Walk to the end of Amesbury Street
- You'll see a trail through the leaves curving to the right
- Duck through the opening in the fence
- Follow the path up to the ball field (you will see a paved sidewalk)
- Walk around the ball field and down the hill
- Take the sidewalk up the hill around the school
- You'll see the bus stop and porta-john



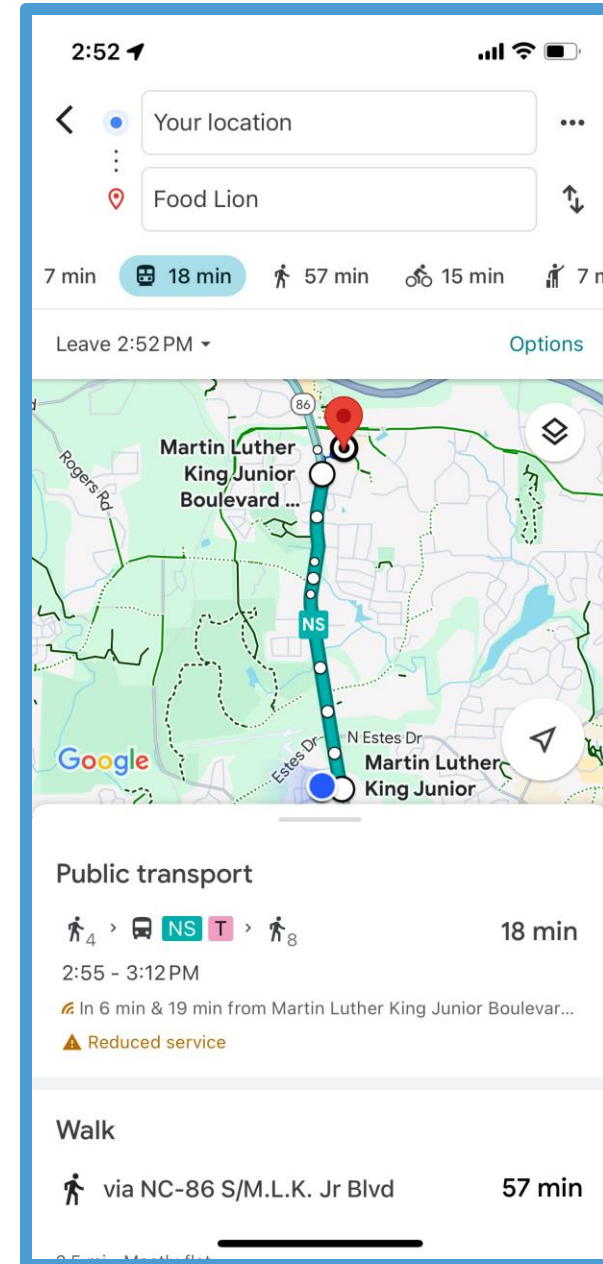
T Route Bus Stop at East Chapel Hill High School

You can also use this route to get to school, to use the track after hours, to get to Cedar Forks Park!

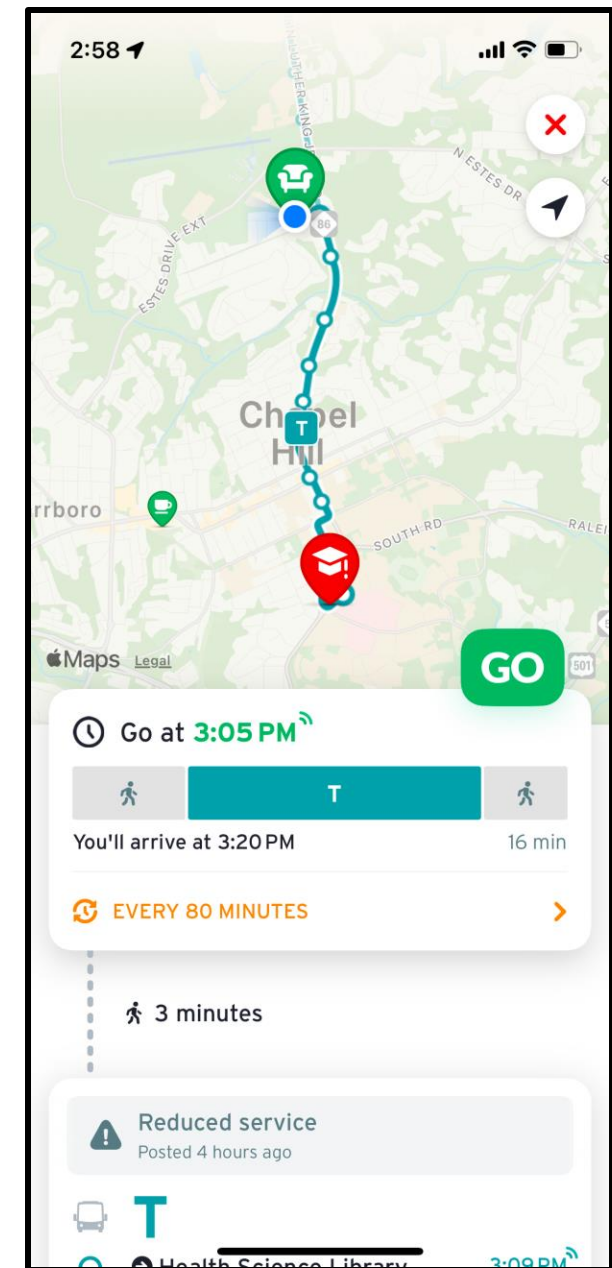
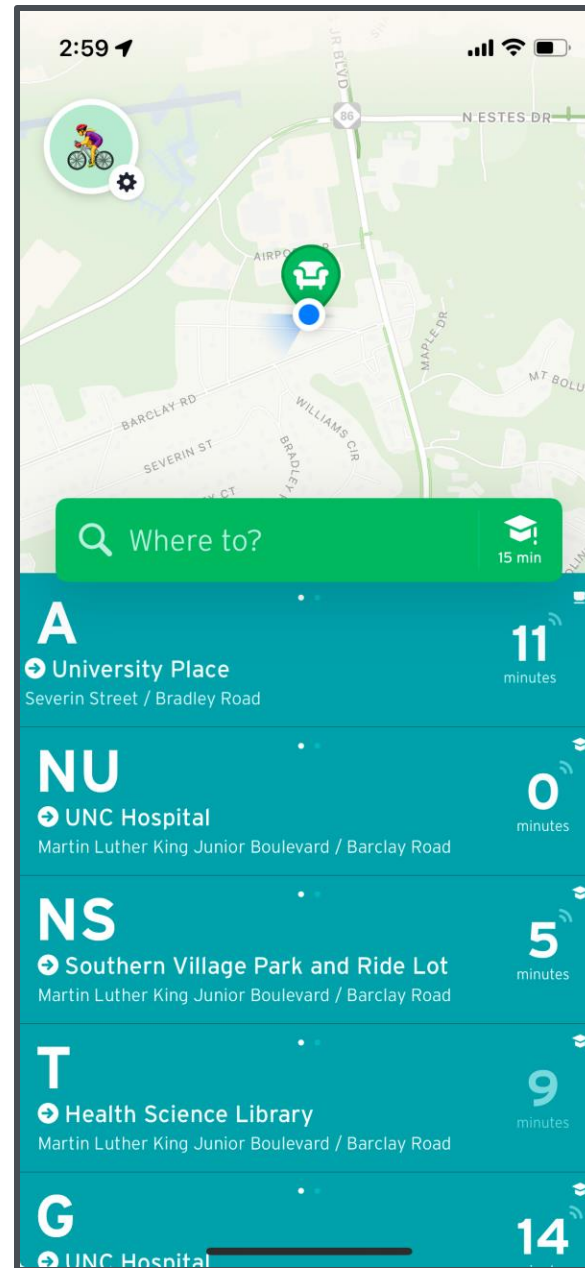
Mapping your route



Using the Google Maps app to map our bus, biking & walking routes



Using the Chapel Hill Transit app to map our routes



More questions for you!

- What do you think others in your community think about public transit in this area?
- What are your 'go-to' sources for news and information about your local community (is it social media? Radio? Local newspaper? Friends?)

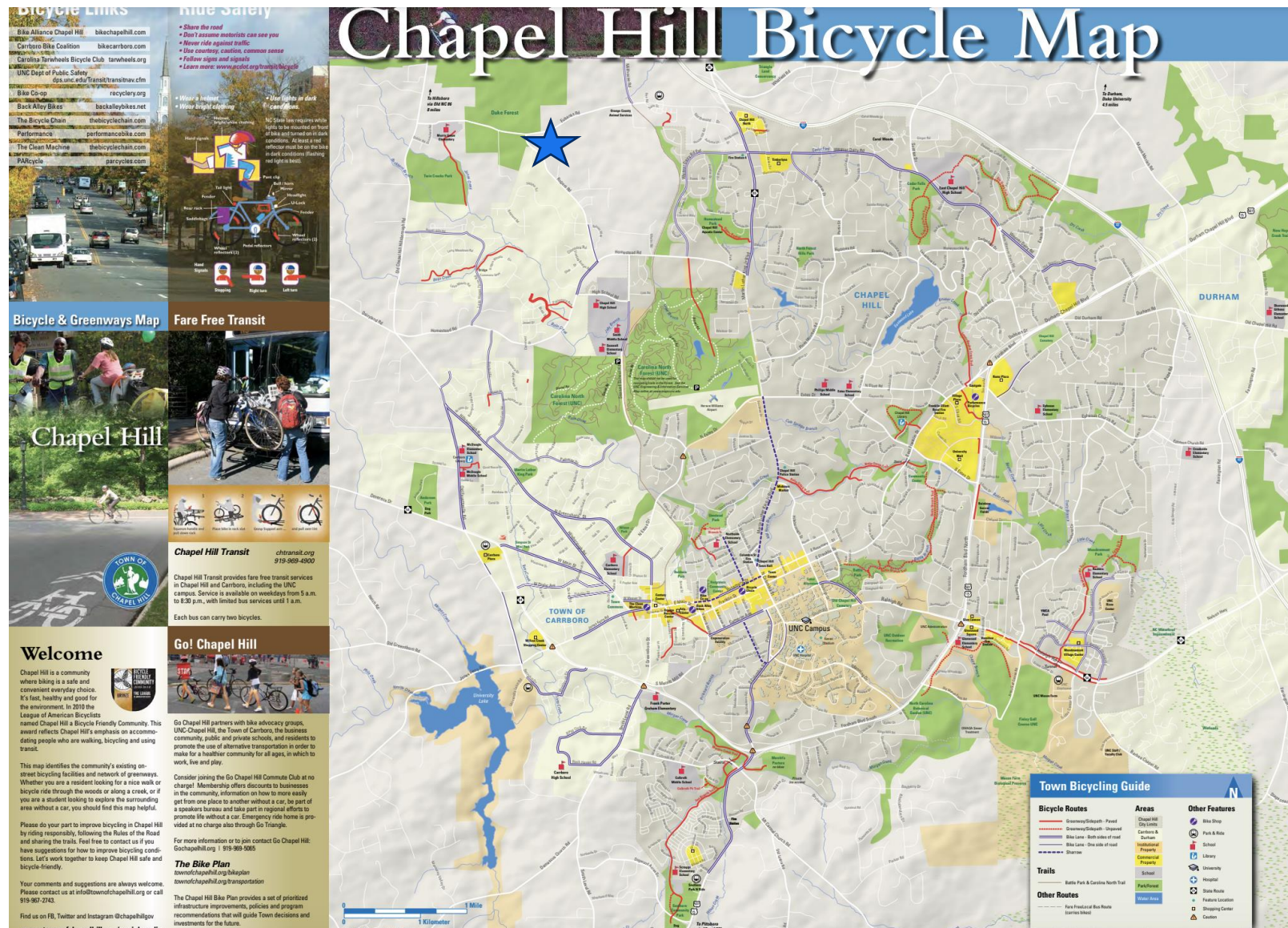
Biking and Walking

- When biking:
 - Stay in the bike lane
 - Learn hand signals and always signal when stopping or turning
 - On greenways: pass on the left
 - Use bike lights at night on the front and back of your bike.
- When walking
 - Walk facing traffic
 - Use something to make you visible at night (reflective vest, flashlight etc...)



Chapel Hill-Carrboro Greenway Network

- Paved and unpaved
- Find the map here:



Helpful Resources for Riding the Bus



- [Chapel Hill Transit – Putting your bike on the bus](#)
- [How to find a greenway on your phone](#)
- [How to find a park on your phone](#)
- [Public Transit Resources by community](#)
- [Transit to Healthcare Guide](#)

