

Cycling Basics

Ride safely and follow the law

Always make sure to wear a helmet and bring a front and rear light for nighttime cycling. Cyclists must follow the same road rules as vehicles. Learn The League of American Bicyclists' Rules of the Road at bikeleague.org/ridemart

Secure your bike

Always secure your bike with a U-lock, and be sure to pass the lock through your bike's frame. In addition, registering your bike with the Tufts Police can help to identify it if it is stolen. Learn more about bicycle theft prevention and how to register at go.tufts.edu/bikeregistration

Learn about SafeRide

If you ever feel uncomfortable while cycling at night, you can park your bike and contact the Tufts University Police Department to get a *SafeRide* home. For more details, visit the back cover of this pamphlet.

Bring your bike while traveling

Bicycles can be carried on to MBTA Commuter Rail trains on weekdays, except during peak periods, and on the weekends. There are also bike racks located on the Worcester Regional Transit Authority buses that service the Grafton campus.

Explore the community

The Grafton Land Trust's large properties have networks of trails that are fun to ride on mountain bikes. The Lambert Property (29 Wesson Street) is just a 4 minute bike ride from campus. Learn more at graftonland.org.



Additional Information

SafeRide

If you ever feel unsafe while traveling to your destination, all Cummings School students, faculty, and staff are encouraged to utilize the Tufts *SafeRide* service for a free walking escort or car ride home.

The service is available 24 hours a day, 7 days a week. In addition to campus-wide escorts, campus police will also extend these services to and from the Grafton Commuter Rail station. For service, please contact the Grafton Campus Police at **(508) 887-4900**.

Telecommuting Policy

Eligible employees in certain positions may telecommute with prior approval: go.tufts.edu/telecommuting.

GO Buses gobuses.com

GO Buses has regular routes from Boston to places like midtown Manhattan and Providence. Tufts students, staff, and faculty get a 12% discount on GO Bus trips by using discount code "tufts12".

A university-wide commitment to sustainability

Sustainability at Tufts is a collective effort spanning departments, offices, and the Tufts campuses in Boston, Grafton, and Medford/Somerville. If you're interested in learning more, please contact the Office of Sustainability at sustainabilityoffice@tufts.edu or **617-627-3191** to be put in touch with the right people. Learn more at sustainability.tufts.edu.

✉ Newsletter: bit.ly/greentuftnews

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📷 [greenttufts](https://www.instagram.com/greenttufts)

📍 Tufts Eco-Map:
go.tufts.edu/ecomap

Sustainable Commuting

Grafton Campus



Car/Ride Sharing Programs

miles2share

The Tufts miles2share network connects riders and drivers on all four campuses. People with overlapping routes are connected, enabling them to ride share to and from campus, meetings, daily commutes and more. Download the app and sign up with your Tufts email. Learn more at go.tufts.edu/m2s.



Lyft

Lyft is a good service for occasionally commuting to places in a hurry, or places without good public transit. Tufts employees can sign up for a Lyft Business account using their Tufts corporate credit card. New business users will receive \$15 off their first Lyft ride taken within 30 days of sign-up.



Create a personal Lyft profile:

- Select 'Business Profile' under Settings
- Follow the prompts to enter your work email and preferred method of payment

On your next ride, simply toggle between Personal and Business.



Check out go.tufts.edu/greentravel for all the latest sustainable transportation information.

Commuting Programs

Emergency Ride Home (ERH)

Tufts ERH program supports employees who use low-carbon transportation with a free ride if an unexpected emergency arises. Medford and Grafton employees can take a Lyft in the event of an emergency and submit a reimbursement request to Tufts afterwards. Learn more and get registered before an emergency arises at go.tufts.edu/erh.

Bay State Commute

Get rewarded for taking greener trips with Bay State Commute whenever you avoid using a car (walk, bike, telecommute, carpool, vanpool, take a subway, train, bus, ferry, or even work a condensed work week). Redeem the points for discounts at local and online establishments at baystatecommute.com/tufts.



Take Public Transportation

Commuter Rail

Tufts' Grafton campus is less than a 10 minute walk from the Grafton Station on the MBTA Framingham/Worcester Commuter Rail Line, which runs between **South Station** in downtown Boston, and Worcester. From the **Grafton Commuter Rail Station**, exit the parking lot and take a right onto Pine Street and a left onto Route 30 (Westboro Road). The Cummings School is just up the road.



Connections to the Boston Campus

Take the Commuter Rail to **South Station** or **Back Bay**. Tufts' Boston Campus is about a 12 minute walk from South Station or a 20 minute walk from Back Bay.

Connections to Medford Campus & Logan Airport

From **South Station** on the MBTA Red Line, you can access **Logan Airport** (via the Silver Line SL1 bus), the **Medford/Somerville campus** (via the Red Line to Davis Square), and many other destinations.

Commuter Rail mTicket App

The mTicket app allows you to view system maps, train schedules and even information on the commuter ferry. Here's how to use it:

1. Download the **MBTA mTicket app** (available for Android and iPhone) to purchase commuter rail tickets on your phone
2. Select your origin and destination
3. Use your credit card to purchase a ticket
4. Activate your ticket before you board - your phone serves as your ticket



Transit Tip:

Use a Charlie Card on the MBTA & WRTA to avoid a surcharge for paper tickets. Learn more at mbta.com



Download **Transit**, the official app of the MBTA. Available for Android & iPhone.

MBTA Discounts

Faculty & Staff

Grafton employees receive a **35% discount** on bus, train, or commuter rail MBTA passes (up to \$40 per month). Save cash by using pre-tax money to buy your train, bus, and subway tickets and/or your vanpool or commuter parking. For more details, visit go.tufts.edu/commuterbenefits.



Students

Grafton-based Veterinary School students can purchase an MBTA Semester Pass at an **11% discount**.

1. Log into SIS: sis.tufts.edu
2. Navigate to the "Bills & Balances" tab
3. Click "Purchase MBTA Pass"

Order Fall passes by Aug. 8th and Spring passes by Dec. 8th. Each student is entitled to one pass. For more info, visit go.tufts.edu/mbtadiscount.

Visit mbta.com for schedules, maps, and a trip planner.

Worcester Bus System

The **Worcester Regional Transit Authority (WRTA)**



is a bus system that alleviates the challenges of traveling around Tufts. Bike racks are available on the WRTA buses. **Bus Route B** stops at the Grafton commuter rail station and makes stops at Stop & Shop, Shaw's & Ocean State Job Lot, Walmart, Cumberland Farms, and Grafton Town Common. Many WRTA buses depart from the **Union Station hub** where the Commuter Rail makes its final stop in Worcester and they travel to malls, movie theaters, and shopping plazas all over the region.

Bus Fares A single WRTA fare costs **\$1.75** in cash, or **\$1.55** with an MBTA Charlie Card.



Bus Tracking The full bus schedule is available at therta.com, and you can track individual buses at bustracker.therta.com.