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Stanford Medicine Transportation Services

Transportation & Parking News

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Save on Your Commute with Pre-Tax Benefits

Pre-Tax commuter benefits can be used to save on eligible transit and parking expenses including parking at the 500P - Pasteur Staff Garage!



Use Pre-Tax Parking Benefits to pay for parking at Caltrain stations!

Is your commute costing you?

If you are spending money on commuting expenses such as public transit passes (BART) or paying for parking at a transit station (Caltrain), you could save money with Pre-Tax Commuter benefits!

Interested in saving?

- For transit pre-tax benefits, click [here!](#)
- For parking pre-tax benefits, click [here!](#)

If you are using payroll deduction to pay for an 'A', 'C', or 'Z' parking permit - good news! You're already using pre-tax money for that parking permit.

Click the link below for more information about pre-tax benefits, including a calculator to find out how much you could save!

[CLICK TO LEARN MORE](#)

“Fall” Into a Healthy Commute

A change in season means a change in lifestyle



See below for a few options to "pumpkin spice" up your day to day routine!

Fall is here and nights are getting longer. With darker commutes and increased traffic, driving alone to work can be a big hassle! Skip the stress and try a new commute mode this fall. Fall is a season of change, and it's also a great time to change your commute!

Commuter Buses

Enjoy free parking and a ride where you're not behind the wheel on a commuter bus! Instead of stressing about the road, you can read, meditate, or even nap on a commuter bus! Enjoy a free ride from [Santa Clara](#), [Menlo Park](#), or the East Bay on the [AE-F](#), [EB](#), or [Dumbarton Express](#).

[Caltrain Go Pass](#)

Set aside time for yourself on Caltrain! Use the train as "you-time" to catch up on work, listen to music, or watch your favorite TV show!

[Bike Program](#)

Get your daily exercise in by biking to work. There are numerous

bicycle amenities throughout the Stanford Main Campus for staff to take advantage of whether you want to park your bike, fill a tire, or freshen up before your shift in one of the convenient [shower & locker rooms](#).

To help decide how you will change your commute with the change of the seasons, click the link below to explore the all options available to hospital staff.

[CLICK TO LEARN MORE](#)

Santa Clara Park & Ride Lot

Direct shuttle connection from the South Bay to the main hospital



The new Santa Clara Park & Ride is conveniently located near Levi's Stadium

The Santa Clara park & ride lot and shuttle provides convenient free parking and a direct commuter bus ride for Stanford Health Care & Lucile Packard Children's Hospital staff commuting between the South Bay and the main hospital campus.

With the Santa Clara Park & Ride lot and shuttle, you can enjoy:

- Free parking
- Convenient VTA lightrail connection
- Wifi on the shuttle
- Convenient fuel delivery & ability to earn a FREE car wash with Yoshi!

A (free) parking hangtag is required to park in the Santa Clara Park & Ride Lot. To apply for a parking hangtag, click [here](#).

Santa Clara Shuttle

The free staff shuttle from Santa Clara to the main campus runs during peak commuting hours in the morning and afternoon.

- AM Northbound shuttles:
 - Shuttles depart Santa Clara between 4:20am - 8:20am
 - Shuttles arrive at Lucile Packard Children's Hospital and 500 Pasteur between 4:45am - 8:58am

All staff must scan their badge when boarding the AM shuttle in Santa Clara.

- PM Southbound shuttles:
 - Shuttles depart campus between 2:30pm - 8:25pm
 - Shuttles arrive in Santa Clara between 3:10pm - 9:05pm

Fuel & Wash at the Park & Ride!

Staff with a valid (free) Santa Clara Park & Ride hangtag permit can sign up for Yoshi fuel delivery with no membership fee. Use the app to purchase fuel, and a delivery vehicle will fill up your tank while you're at work!

- Fuel will be comparably priced with local gas stations
- No delivery fee*
- Just schedule, leave your fuel hatch open, and come back to a full tank!

**Up to 6 deliveries per month. A delivery fee will apply to the 7th, 8th, etc delivery within 1 month.*

Earn a FREE detail car wash!

Stanford Health Care & Lucile Packard Children's Hospital employees who park at the SRI Park & Ride lot at least 12 times in 1 month can earn a free car wash (\$89 value!**).

***the value of the car wash will be taxable as imputed income. Claiming the free car wash is optional, and tax will not apply if the car wash is **not** accepted. Please reach out with any questions regarding the tax impact.*

To learn more about the Santa Clara Park & Ride lot and shuttle, click the link below.

[CLICK TO LEARN MORE](#)

Tired of Paying for Parking at the Main Campus?

Try a Park & Ride Lot and Shuttle!

The SRI Park & Ride Lot (Menlo Park) and the Santa Clara Park & Ride Lot (near Levi Stadium) provide FREE parking and transportation for staff at the main hospital campus. Enjoy easy, free parking and a direct shuttle ride that connects directly to Lucile Packard Children's Hospital and 500 Pasteur!

For more information, view the flyers here:

[SRI Park & Ride](#) | [Santa Clara Park & Ride](#)

Hospital Transportation Services is here to help if you have any questions. Visit the Hospital Transportation Services [website](#), or reach out via email, phone call, or **text!** The Hospital Transportation Operations Center phone line is operated **24/7**, so you can reach out any time.

Stanford Medicine Transportation Services

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