**SPECIAL TRANSIT SERVICES**

Lakewood’s DASH service takes senior citizens and disabled adults to medical centers and community facilities in Lakewood and a limited number of destinations outside the city. The free service is for Lakewood residents over 60 or disabled residents of any age. Pre-registration is required, and pickups are by reservation only. For registration information, call the DASH office at 562-924-0149.

**BIKES ARE COOL**

Lakewood’s bike lane network includes trails and clusters of parks, schools and stores making biking an option that’s as good for your health as it is for your pocketbook. Just ask the increasing number of people who use a bike to commute to work, take trips around town or connect to bus and rail services.

Long Beach Transit and Metro buses have bike racks. And Metro allows riders to bring their bike on board light rail and subway cars. Bicycle racks and storage lockers for bikes can be found at some Metro stations.

Lakewood has its own system of bike lanes and paths. The system is described at [www.lakewoodcity.org/bicycle](http://www.lakewoodcity.org/bicycle).

**CAR AND VAN POOLS**

Carpooling will help reduce the cost of commuting to destinations in Long Beach, Signal Hill and Lakewood. Like Lakewood DASH, pre-registration is required to ride. For help with Dial-A-Lift registration, call 562-599-8381.

**BIKE TRAILS**

Entrance points in Lakewood to the San Gabriel River Trail are at every major crossing of the San Gabriel River. From Del Amo Blvd., the path takes riders south for six miles through Lynwood and El Dorado parks and ending at the ocean in Seal Beach. The northern route terminates in the San Gabriel foothills.

Del Amo Blvd. provides easy access to Cerritos Regional Park and the northern end of the Coyote Creek Bikeway. A four-mile journey further south joins riders with the San Gabriel River Trail.

Cyclists can access the Orange County bike system by pedaling east along Del Amo Blvd. or Centralia St. The southern end of the San Gabriel River Trail connects to beaches near lagoons in Los Angeles and Orange counties.

For information about bike sharing options, go to [https://bikeshare.metro.net](https://bikeshare.metro.net).

**GET MORE INFORMATION**

- [www.lakewoodcity.org/tran](http://www.lakewoodcity.org/tran) (Lakewood’s website includes a guide to local transportation options).
- [www.lbtransit.com](http://www.lbtransit.com) (Long Beach Transit’s website has maps and schedules along with a trip planning tool. Bus arrival times are available for mobile phone users).
- [www.accessla.org](http://www.accessla.org) (Access Services offer transit options for disabled residents).
- [www.octa.net](http://www.octa.net) (The Orange County Transportation Authority has trip planning information for commuters traveling south from Lakewood).
- [www.metro.net](http://www.metro.net) (Metrolink is a regional commuter rail service, and at rail stations has already begun. Transit “ambassadors,” who connect riders to resources and report maintenance and safety concerns, are making transit users feel safer.

**COVID-19**

Even though COVID-19 directives have been relaxed, transit riders should continue safe habits. Maintain your distance from other passengers while riding. Wash your hands frequently. Not feeling well? Stay home, and wear a mask if you must ride.

**RIDE SAFELY**

Regional and local transit agencies are implementing new programs designed to keep travelers secure and improve their transit experience. Increased law enforcement on trains and at rail stations has already begun. Transit “ambassadors,” who connect riders to resources and report maintenance and safety concerns, are making transit users feel safer.

**MORE CHOICES**

Public investment is expanding transit choices in Los Angeles County, making travel faster and easier. The Regional Connector, tying three of the busiest rail lines into a seamless network, and the completion of the K Line (Crenshaw/LAX Line) will soon give transit users even more ways to connect to work, entertainment and recreation. A more direct transit link to LAX is coming as soon as 2024.

**PARKING AND RIDE**

- Park & Ride lots throughout the Metro system provide safe, convenient places to park and transfer to a bus or train. Some lots are free; others have fees. To find a Park & Ride lot at any point along your commute, go to [www.metro.net/riding/parking](http://www.metro.net/riding/parking).

**JUST FOR FUN**

Public transit isn’t only about commuting. How about a trip to the beach cities? Or ride the A Line to see a Lakers, Clippers or Kings game or the L Line to Old Town Pasadena?

Savvy Lakewood baseball fans take light rail and subway lines to catch Metro’s free Dodger Stadium Express buses from Union Station. In summer and fall, Long Beach Transit’s Aquabuses and Aqualink services sail to waterfront attractions.

**PEDESTRIAN FRIENDLY**

- No matter where you plan to go, Lakewood is a good place to leave the car at home. Walkable and bikeable streets that lead to Lake-wood’s schools, parks and shopping centers are essential parts of the city’s transportation infrastructure.

The 2023 Lakewood Transit Guide is packed with advice on alternatives to solo driving. You’ll find trip planning tools, handy tips for new and veteran riders and answers to your questions on getting around by bus and train. As Lakewood residents work and play this summer, they’ll find that public transit is ready to speed them on their way.

Metro is the regional provider of bus, light rail and subway services. Long Beach Transit supplies bus service locally. Other transit agencies can take Metro and Long Beach Transit passengers to coastal cities, foothill communities and destinations in Orange County.

Web addresses and customer service phone numbers for local and regional transit agencies are on pages 2 and 4 of this guide.
A GOOD IDEA TO PLAN AHEAD

BEFORE YOU RIDE
• Get a copy of the Long Beach route map and bus schedules at www.ridelblt.com. Use the site’s online trip planner to plan your trip. Metro provides the same service at www.metro.net. You’ll need the address of your starting and destination points, as well as the day and time you want to leave or arrive.
• Review your stops and transfer points. Be at your starting point 10 minutes early. Google Maps has a feature for mobile phones telling you when the next bus or train is approaching. Metro and Long Beach Transit provide a similar service for mobile phones.
• Buses, trains and subways have audio and visual announcements of the next stop. On the bus, signal your stop by touching the “stop requested” strip or tab near your seat or pulling the “stop requested” cord over the window. Trains and subways stop at every station.

TAP TO GO
• Long Beach Transit buses accept TAP cards and cash, but you need to have the exact fare. Metro trains and subways do not accept cash. Riders use a TAP card instead. There are vending machines at Metro stations to issue a new TAP card, add fares or validate a transfer. Your TAP card also gives you access to 26 transit systems across Los Angeles County.
• Remember to tap your TAP card every time you make a bus, train or subway transfer, even if you’re using the free transfer option.

TRANSIT HELP
• If you need more help to plan a trip with Long Beach Transit, you can speak to an information specialist by calling 562-591-2301. In-person help is offered Monday through Saturday at the Transit Gallery in downtown Long Beach (130 E. First St.). The Transit Gallery is the connection point for a majority of Long Beach Transit routes, as well as the Metro A Line and other regional bus routes (Torrance, Orange County Transportation Authority, DowneyLink, Lakewood DASH and Cerritos on Wheels). For in-person help, call 211 Los Angeles County at 562-929-5533.
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GETTING AROUND
Long Beach Transit operates nearly a dozen bus routes in Lakewood. Many of them connect to downtown Long Beach. Many of these routes also serve Lakewood Center; other routes connect Lakewood to adjacent cities.

CALL AHEAD FOR TRANSIT HELP
These experts have the answers to get you where you want to go.

Local
Lakewood DASH (van service) 562-924-0149
Bellflower Dial-a-Ride (van service) 562-865-7433
Cerritos on Wheels (bus service) 562-928-4COW
Dial-A-Lift (van service) 562-599-8581
DowneyLink (bus service) 562-529-LINK
Long Beach Transit 562-591-2301
211 Los Angeles County call 211 for referral assistance
Metropolitan Transportation Authority 323-GO-METRO
Norwalk Transit 562-929-5533
Orange County Transportation Authority 714-636-7433

TAKE A TRIP BY BUS
It’s easy to make connections.
If you’re new to public transit, your first ride is likely to be on a bus. The systems that serve Lakewood run modern, air-conditioned, clean-fueled coaches that make getting to your destination easy, comfortable and environmentally sound.

To make using bus transit even more appealing, Lakewood upgraded more than a hundred bus stops on major city streets. Many stops have solar-powered lighting to aid evening travelers.

Long Beach Transit operates nearly a dozen bus routes in Lakewood. Many of them connect to downtown Long Beach. Many of these routes also serve Lakewood Center; other routes connect Lakewood to adjacent cities.

1. Metro’s bus system includes local and express routes. 2. Daily walking provides a wide range of health benefits. 3. Service is frequent and fast on Metro rail lines.

Gridlock isn’t where anyone would want to be. Make travel less stressful by taking the bus or the train.