



# TRANSPORTATION NETWORK DIRECTORY FOR PEOPLE WITH DISABILITIES AND ADULTS 50+ MONTGOMERY COUNTY, MARYLAND

## Travel Training

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This is a project of the Montgomery County Commission on People with Disabilities.

To submit an update, add or remove a listing, or request an alternative format, please contact: [MCCPWD@montgomerycountymd.gov](mailto:MCCPWD@montgomerycountymd.gov).

### **Columbia Lighthouse for the Blind – Orientation and Mobility**

Learn safety techniques and how to use a cane to increase your independence. Participants will receive hands-on practice in negotiating different environments including their home, office and other places in the community. Instruction includes successfully using public transportation.

..... 240-737-5100 (V)  
[www.clb.org/services/orientation-and-mobility](http://www.clb.org/services/orientation-and-mobility) • Email: [info@clb.org](mailto:info@clb.org)

### **Metro – Washington Metropolitan Area Transit Authority (WMATA)**

**MetroReady Travel Training and System Orientation:** Free individual or group travel training is offered for customers with disabilities as well as adults 65+, with or without disabilities. Travel training is short-term, comprehensive, intensive instruction designed to teach customers how to travel safely and independently on the accessible Metrobus and Metrorail public transportation systems. Training includes learning how to pay fares, how to obtain reduced fare for adults 65+ and persons with disabilities, how to plan a trip, how to communicate with Metro to obtain travel information, how to use accessible features, how to travel safely on public transportation, and how to ride independently. Also offer free tours of a Metro station to promote and identify the accessibility and safety features. Free bus demonstrations on accessibility (available to groups of 20 or more). Free resources include large print pocket guides and a booklet titled "[Accessible Options for Customers with Disabilities and Senior Citizens](#)", which includes a comprehensive listing of public transportation options available in the District of Columbia, Maryland (the counties of Montgomery, Prince George's, Anne Arundel, and Baltimore, Baltimore City and Central Maryland) and Virginia (the counties of Arlington and Fairfax, and the cities of Alexandria, Fairfax, and Falls Church). Call to schedule an orientation or to request a booklet. Metro travel trainers are available to make presentations for staff training, organization meetings, workshops, consumers and caregivers on the accessibility features of the Metro system.

..... 202-962-2703 (V)  
..... 202-962-2033 (TTY)  
..... 202-510-9165 (Video Relay Service)

[www.wmata.com/rider-guide/new-riders/Travel-Training.cfm](http://www.wmata.com/rider-guide/new-riders/Travel-Training.cfm) • [www.wmata.com/service/accessibility](http://www.wmata.com/service/accessibility)

Email: [traveltraining@wmata.com](mailto:traveltraining@wmata.com)

## **Metro – Washington Metropolitan Area Transit Authority (WMATA)**

**Trip Planning:** Plan routes between two destinations using Metrorail and/or Metrobus. Suggested trip itineraries also include the fare, estimated travel time, and any walking directions. Trip Planner also offers information on the accessibility of bus stops including whether the bus stop has a shelter or bench, the availability of crosswalks and curb ramps, and more. To utilize the tool, click on any bus stop that appears in a Trip Planner itinerary or “Service Nearby” location search. Live Chat agents are available online Monday through Friday, 7 a.m. to 7 p.m., excluding holidays.

..... 202-637-7000 (V)

..... 202-962-2033 (TTY)

<https://wmata.com/schedules/trip-planner>

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## **Ride Smart Workshops – Connect-A-Ride – Jewish Council for the Aging of Greater Washington**

Offer free half-day workshops that help Montgomery County residents aged 50+ get confident and comfortable taking public transportation. Participants learn how to read the Metro map, understand digital schedule signs, load a fare card, and where to find a station’s emergency and accessibility features. The workshops run about three hours and include classroom training, a trip on a Ride On bus, a visit to a Metro station, and a one-station round-trip train ride.

..... 301-738-3252 (V)

<https://accessjca.org/connect-a-ride> • Email: [connectaride@accessjca.org](mailto:connectaride@accessjca.org)