

# Travel Pal!

## Bike to Work – Plan Your Trip with Travel Pal



National “Bike to Work” week is happening right now! Leave your car at home, hop on your bike and peddle to work – it’s a great way to get some exercise, relieve the stress from driving and help lessen your personal transportation carbon footprint!

While Travel Pal can’t peddle for you, it can help you plan your route, meet others who are traveling to work near you by bike, and help you to understand how choosing your bike (instead of your car) can make a difference towards a greener city.

Here’s how it works: It’s as easy as “1, 2, 3!”

1. Go to <https://southbaytravelpal.com> and register or login to set up your account. You’ll want to go into your “Dashboard” and set up your commute preferences.
2. Once you’ve registered, you’re ready to see if there’s a Travel Pal match waiting for you. First, go the box “A Start” and enter your home address
3. Next, in the box below “B Destination” enter your work address
4. Simply Click the “Let’s Go” Button to see the results.
5. Be sure to “Save” your favorite trips by clicking on the “Star” button.
6. At this point you can choose both carpool and/or bikepool as options with the dates/times/preferences for you – this is the information that a potential bikepool or carpool match will see.
7. Now go back and check the results of your search – you’ll that it’s popped up on the left side of the screen. You’ll see all the different ways and routes for your commute trip and, if there’s a carpool or bikepool match, you’ll see that too.

Ever wonder how many calories you just burned or how much Green House Gas emissions you’ve saved Travel from commuting to work by bike? Well Travel Pal can answer those questions too! Simply hop back on to Travel Pal and from your personal dashboard log your trips – enter the date, time, distance and mode of travel then hit “log trips”. You’ll be surprised at the results!!

Log on to Travel Pal at <https://southbaytravelpal.com> and start planning your Bike to Work today!