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In celebration of California Clean Air Day, people can ride transit for free Wednesday, Oct. 2

San Diego – The San Diego Metropolitan Transit System (MTS) and the North County Transit District (NCTD) announced today both agencies will provide free transit rides Wednesday, Oct. 2, to encourage residents to save money, reduce carbon emissions and shake up routines.

Free Ride Day includes all MTS buses, the Trolley, COASTER, SPRINTER and BREEZE fixed-route services. This will be the fifth Free Ride Day held jointly by MTS and NCTD. Free Ride Day is sponsored by Mission Fed Credit Union and is part of [California Clean Air Day](#), which encourages the state’s residents to reduce carbon emissions to improve the region’s air quality.

“For those who’ve thought about riding transit as an alternative to driving, Free Ride Day is a great opportunity to explore the region or commute to work via the Trolley or bus,” said Stephen Whitburn, MTS Board Chair and San Diego City Councilmember, District 3. “It’s a day to celebrate transit and see what MTS has to offer. It’s a great way to support clean air, sustainable solutions, and a new future for how more and more people get around town.”

MTS and NCTD have held Free Ride Day four times since 2018, and in 2021 the agencies held a free ride month. Each year, the transit agencies have seen a significant increase in ridership, by as much as 30%.

“Taking transit is a great way to improve air quality in our communities,” said Jewel Edson, NCTD Board Chair and Solana Beach Deputy Mayor. “Free Ride Day provides an opportunity for residents and visitors to experience NCTD’s services and the many benefits of the region’s transit network.”

Mission Fed Credit Union is sponsoring this year’s Free Ride Day as part of [its Community is Everything initiative](#), a commitment to investing in the community to contribute to the well-being and needs of the region’s residents.

“Mission Fed is committed to investing in our community by partnering with organizations that contribute to the well-being of the people who live, work and play in San Diego,” said Doug Wright, President & CEO of Mission Fed Credit Union. “We are thrilled to sponsor Free Ride Day this year. Transit gives so many San Diego residents the opportunity to experience and enjoy the quality of life that we all cherish. Free Ride Day is a great way to celebrate it.”

Riders who take advantage of Free Ride Day can reap the benefits of taking public transportation, including:

- **Cost savings:** With gas prices nearing \$5 in San Diego County, riders are encouraged to try the commute cost calculator to see how they can save by choosing transit.
- **Reducing air pollution:** People who will participate in Free Ride Day are encouraged to take the clean air pledge and demonstrate the collective commitment to cleaner air.

The San Diego Association of Governments (SANDAG) encourages people in the San Diego region to take part in Free Ride Day and support California Clean Air Day. Pledge to commute for clean air on Wednesday, Oct. 2, by walking, biking, carpooling, or riding transit for free. San Diego commuters travel more miles annually than the state average, making Clean Air Day the perfect opportunity to help clean the air. Take the pledge at [SANDAG.org/CleanAirDay](https://www.sandag.org/CleanAirDay).

For more information about Free Ride Day activities, visit sdmts.com/free-ride-day or GoNCTD.com.

About Free Ride Day

Free Ride Day will be valid on all MTS and NCTD fixed-route services including buses, the Trolley, SPRINTER and COASTER (Amtrak Rail 2 Rail, MTS Access and NCTD LIFT paratransit are not part of this promotion). Passengers will not need a PRONTO card or valid fare for either system. MTS and NCTD services will operate on a normal weekday schedule. To plan a trip, visit the [MTS](#) or [NCTD](#) website and use the Trip Planner tool.

About MTS

The Metropolitan Transit System (MTS) operates 92 bus routes and three Trolley lines in 10 cities and unincorporated areas of San Diego. MTS is a leader in advancing initiatives to create a greener, cleaner and better-connected transit system in San Diego. Each weekday more than 250,000 passenger trips are taken throughout the MTS system taking people to work, school, health appointments and other essential trips. In FY 2024, MTS served more than 75 million riders. For service schedule updates, news, alerts and more information on how you can use public transportation, go to www.sdmts.com.

About NCTD

The North County Transit District is a public transportation agency providing critical multi-modal services throughout North San Diego County and into downtown San Diego. NCTD is designated as a rail common carrier by the Surface Transportation Board based on the movement of interstate commerce on the tracks and the Railroad of Record by the Federal Railroad Administration responsible for safety over the entire San Diego portion of the LOSSAN corridor, the nation's second largest passenger rail network. NCTD's system includes BREEZE buses (with FLEX service), COASTER commuter trains, SPRINTER hybrid rail trains, LIFT paratransit service, and NCTD+ On-demand and is one of only three public transit agencies in the nation to operate heavy rail, hybrid rail, and bus service. For more information visit: GoNCTD.com.

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