### Public Transit Serving Twinbrook Metro / Congressional Plaza & Vicinity

**Ride On 5**
- **Frequency**: 20-30 minutes
- **Service Hours**: Twinbrook Metro Station • 5:40am-12:28am, Silver Spring Metro Station • 5:05am-11:48pm
- **Serves**: Twinbrook Metro, White Flint Metro, Garrett Park, and Silver Spring Metro.

**Ride On 10**
- **Frequency**: 30 minutes
- **Service Hours**: Twinbrook Metro Station • 5:23am-10:14pm, Hillandale • 4:39am-9:45pm
- **Serves**: Twinbrook Metro, Parklawn Drive, Randolph Road, Glenmont Metro, Old Columbia Pike, White Oak Center, and Hillandale (New Hampshire Avenue and Powder Mill Road).

**Ride On 26**
- **Frequency**: 15-30 minutes
- **Service Hours**: Montgomery Mall • 4:57am-12:20am, Glenmont Metro Station • 4:56am-11:17pm
- **Serves**: Glenmont & White Flint Metro, Twinbrook Metro, and Montgomery Mall.

**Ride On 38**
- **Frequency**: 20-35 minutes
- **Service Hours**: White Flint Metro Station • 5:42am-10:12pm, Wheaton Metro Station • 5:11am-9:40pm
- **Serves**: Wheaton and White Flint Metro Stations. Midday service diverts to Holiday Park Senior Service Center.

*(continued on reverse side)*

*See schedules for specific arrival and departure times and for weekend service available on many routes.*
<table>
<thead>
<tr>
<th>ROUTE</th>
<th>FREQUENCY</th>
<th>WEEKDAY SERVICE HOURS*</th>
<th>BUS SERVICES INFORMATION</th>
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</thead>
<tbody>
<tr>
<td>Ride On 44</td>
<td>Rush Hour 30 minutes</td>
<td>Rockville Metro Station • 6:13am-8:46am &amp; 4:14pm-7:17pm Twinbrook Metro Station • 6:20am-8:54am &amp; 4:21pm-6:54pm</td>
<td>Rush hour service only. Serves Rockville Metro, Edmonston Drive at Rockville Pike, Veirs Mill at Ardennes, and Twinbrook Metro.</td>
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<tr>
<td>Ride On 45</td>
<td>20-35 minutes</td>
<td>Twinbrook Metro Station • 5:27am-7:52pm Rockville Regional Transit Center • 5:25am-7:55pm Rockville Senior Center • Limited service</td>
<td>Rush hour service only for Rockshire, Rockville Metro and Twinbrook Metro. Rockville Senior Center – limited service.</td>
</tr>
<tr>
<td>Ride On 46</td>
<td>15-30 minutes</td>
<td>Shady Grove Station • 4:52am-5:47am Montgomery College • 5:00am-12:30am Medical Center Metro Station • 5:41am-1:10am</td>
<td>Serves Montgomery College, Rockville Metro, Twinbrook Metro, White Flint Metro, Grosvenor-Strathmore Metro and Medical Center Metro. Service to Shady Grove Metro provided intermittently throughout the day (see schedule).</td>
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<tr>
<td>Ride On 81</td>
<td>Rush Hour 30 minutes</td>
<td>Rockville Metro Station • 6:00am-9:00am &amp; 3:15pm-6:45pm White Flint Metro Station • 6:00am-9:00am &amp; 3:15pm-7:15pm</td>
<td>Rush hour service only. Serves Rockville Metro, Tower Oaks Boulevard, Montrose Road, and White Flint Metro.</td>
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<tr>
<td>Ride On 93</td>
<td>Rush Hour 30 minutes</td>
<td>Twinbrook Metro Station • 6:06am-9:06am Twinbrook Metro Station • 3:37pm-6:37pm</td>
<td>Shuttle from Twinbrook Metro to Fishers Lane, HHS, Parklawn Drive and back to Twinbrook Metro.</td>
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<tr>
<td>Metrobus C4</td>
<td>10-30 minutes</td>
<td>Twinbrook Metro Station • 4:31am-12:51am Prince George’s Plaza Metro Station • 4:20am-12:40am</td>
<td>Serves Twinbrook Metro, Veirs Mill area, Wheaton Metro, University Boulevard area and Prince George’s Plaza Metro.</td>
</tr>
<tr>
<td>Metrobus C8</td>
<td>35 minutes</td>
<td>White Flint Metro Station (eastbound) • 5:08am-7:56pm Glenmont Metro Station (westbound) • 6:30am-10:00pm College Park-U. of MD (westbound) • 6:34am-9:19pm</td>
<td>Serves White Flint Metro, Randolph Road, Veirs Mill Road, Glenmont Metro, New Hampshire Avenue, Univ. of MD.</td>
</tr>
<tr>
<td>Metrobus J5</td>
<td>Rush Hour 30 minutes</td>
<td>Twinbrook Metro Station (eastbound) • 6:40am-8:10am &amp; 3:40pm-6:13pm Paul S. Sarbanes Transit Center/Silver Spring Metro Station (westbound) • 6:21am-8:51am &amp; 4:51pm-6:21pm</td>
<td>Serves Paul S. Sarbanes Transit Center/Silver Spring Metro, Grosvenor-Strathmore Metro, Parklawn Building, and Twinbrook Metro.</td>
</tr>
</tbody>
</table>

*See schedules for specific arrival and departure times and for weekend service available on many routes.

For additional route and bus schedule information:
http://www.rideonbus.com
http://www.wmata.com/bus/timetables/
http://mta.maryland.gov/commuter-bus

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