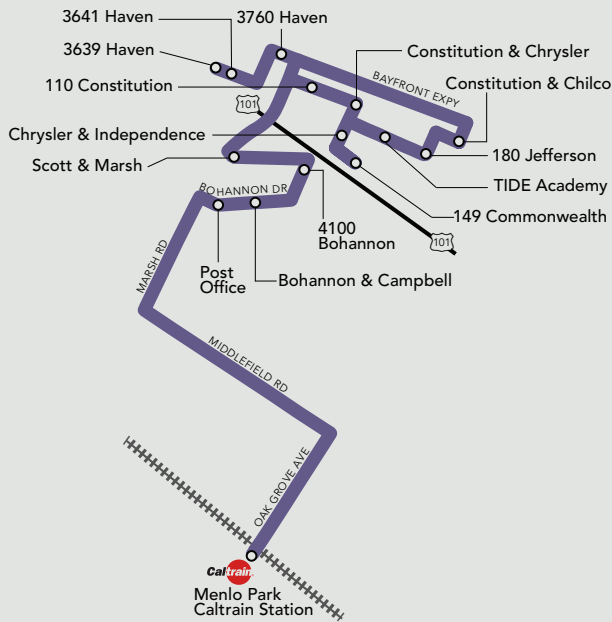




MARSH ROAD SHUTTLE

Menlo Park Caltrain to Marsh Road Business Parks

Effective Sept. 22, 2025



The M3-Marsh Road Shuttle is FREE and open to everyone. The shuttle is wheelchair-accessible and has a rack that can accommodate two bicycles.

FOR MORE INFORMATION

Menlo Park Shuttles
650-330-6770
menlopark.gov/shuttles

Caltrain
800-660-4287
caltrain.com

Regional Transit
Dial 5-1-1
511.org

Immediate Shuttle Assistance
MV Transportation
650-692-1003

Sign up for text alerts: smctd.com/shuttles/shuttle-text-alerts
Live Shuttle Tracker: peninsulashuttles.com

The M3-Marsh Road Shuttle is funded through generous grants from our partner agencies:



Morning Schedule

	RUN 1	RUN 2	RUN 3
Menlo Park Caltrain (Depart)	7:46	8:46	9:46
Post Office	7:54	8:56	9:54
Bohannon & Campbell	7:55	8:57	9:55
4100 Bohannon	7:56	8:58	9:56
Scott & Marsh	7:57	8:59	9:57
110 Constitution	8:00	9:04	10:01
Constitution & Chrysler	8:01	9:05	10:02
Chrysler & Independence	8:02	9:06	10:03
149 Commonwealth	8:03	9:07	10:04
TIDE Academy	8:05	9:09	10:06
180 Jefferson	8:05	9:09	10:06
Constitution & Chilco	8:07	9:11	10:08
3641 Haven (Elan Menlo)	8:14	9:18	10:14
3639 Haven (Anton Menlo)	8:14	9:18	10:14
3760 Haven (Quicken)	8:16	9:20	10:16
Menlo Park Caltrain (Arrive)	8:30	9:32	--

Afternoon Schedule

	RUN 1	RUN 2	RUN 3
Menlo Park Caltrain (Depart)	--	4:21	5:36
110 Constitution	3:48	4:44	5:59
Constitution & Chrysler	3:49	4:45	6:00
Chrysler & Independence	3:50	4:46	6:01
149 Commonwealth	3:51	4:47	6:02
TIDE Academy	3:53	4:49	6:04
180 Jefferson	3:53	4:49	6:04
Constitution & Chilco	3:55	4:52	6:07
3641 Haven (Elan Menlo)	3:59	4:58	6:13
3639 Haven (Anton Menlo)	3:59	4:58	6:13
3760 Haven (Quicken)	4:01	5:00	6:15
Scott & Marsh	4:06	5:07	6:22
4100 Bohannon	4:08	5:09	6:24
Bohannon & Campbell	4:09	5:10	6:25
Post Office	4:10	5:11	6:26
Menlo Park Caltrain (Arrive)	4:21	5:21	6:36

Caltrain Arrivals in Menlo Park

From San Francisco	From San Jose	Shuttle Connection
#404: 7:26 #108: 7:41	#109: 7:28	Run 1 Dep. 7:46
#408: 8:26 #112: 8:41	#113: 8:28	Run 2 Dep. 8:46
#412: 9:26 #116: 9:41	#117: 9:28	Run 3 Dep. 9:46

Caltrain Departures from Menlo Park

Shuttle Connection	To San Jose	To San Francisco
Run 1 Arr. 4:21	#416: 4:26 #144: 4:41	#145: 4:28
Run 2 Arr. 5:21	#420: 5:26 #148: 5:41	#149: 5:28
Run 3 Arr. 6:36	#152: 6:41 #154: 7:11	#155: 6:58

The M3-Marsh Road Shuttle operates Monday to Friday. No service on federal holidays or their observed days. Exceptions: service on Juneteenth, Columbus Day, and Veterans Day; no service on the Friday after Thanksgiving.