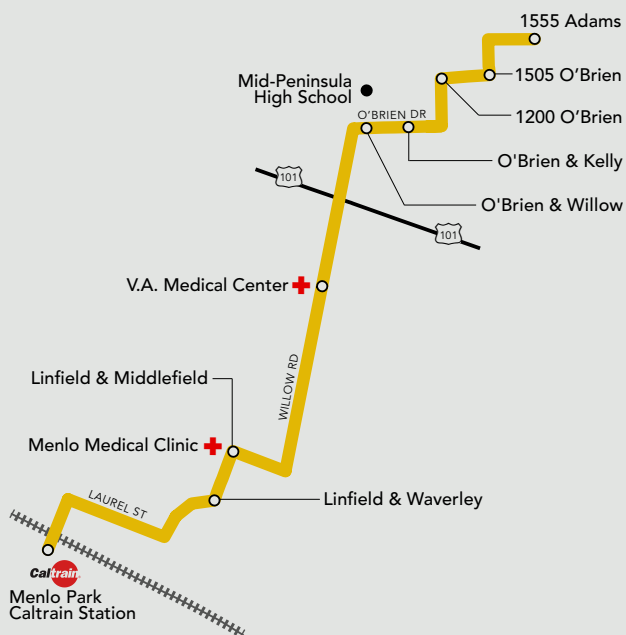




# WILLOW ROAD SHUTTLE

## Menlo Park Caltrain to Willow Road Business Parks

Effective Sept. 22, 2025



The M4-Willow Road Shuttle is FREE and open to everyone. The M1-Crosstown Shuttle also provides service along Willow Road (between Caltrain and Ivy Drive), from 8 a.m. – 5 p.m.

### FOR MORE INFORMATION

**Menlo Park Shuttles**  
650-330-6770  
[menlopark.gov/shuttles](http://menlopark.gov/shuttles)

**Caltrain**  
800-660-4287  
[caltrain.com](http://caltrain.com)

**Regional Transit**  
Dial 5-1-1  
[511.org](http://511.org)

**Immediate Shuttle Assistance**  
MV Transportation  
650-692-1003

**Sign up for text alerts:** [smctd.com/shuttles/shuttle-text-alerts](http://smctd.com/shuttles/shuttle-text-alerts)  
**Live Shuttle Tracker:** [peninsulashuttles.com](http://peninsulashuttles.com)

This shuttle is funded through grants from our partner agencies:



## Morning Schedule

	RUN 1	RUN 2	RUN 3
Menlo Park Caltrain (Depart)	7:46	8:46	9:46
Linfield & Waverley	7:52	8:52	9:52
Linfield & Middlefield	7:53	8:53	9:53
VA Medical Center	8:00	9:00	10:00
O'Brien & Willow (Mid-Peninsula High School)	8:04	9:04	10:04
O'Brien & Kelly	8:04	9:04	10:04
1200 O'Brien (JobTrain)	8:05	9:05	10:05
1505 O'Brien	8:07	9:07	10:07
1555 Adams Dr	8:09	9:09	10:09
Menlo Park Caltrain (Arrive)	8:29	9:29	--

## Afternoon Schedule

	RUN 1	RUN 2	RUN 3
Menlo Park Caltrain (Depart)	--	4:21	5:36
1555 Adams Dr	4:00	5:00	6:15
1505 O'Brien	4:02	5:02	6:17
1200 O'Brien (JobTrain)	4:03	5:03	6:18
O'Brien & Kelly	4:03	5:03	6:18
O'Brien & Willow (Mid-Peninsula High School)	4:04	5:04	6:19
VA Medical Center	4:09	5:09	6:24
Linfield & Middlefield	4:14	5:14	6:29
Linfield & Waverley	4:15	5:15	6:30
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 M4-Willow 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.