

## **Directions to Life Chiropractic College West Using BART and Bus:**

### **From San Francisco:**

Take the Fremont BART Train. Exit upon arriving at the Hayward or South Hayward Station. Follow directions "From BART"

**From the Oakland or San Francisco Airports:** Take the Fremont BART Train. Exit upon arriving at the Hayward or South Hayward Station. Follow directions "From BART"

**From Dublin/Pleasanton:** Take the San Francisco or Richmond Train and transfer at the Bayfair Station. Board the Fremont BART Train. Exit upon arriving at the Hayward or South Hayward Station. Follow directions "From BART"

### **From San Jose:**

Take the #180 Express bus from downtown San Jose (the route starts at the Diridon Transit Center and makes a few stops in downtown San Jose before heading north on the highway). #180 goes to the Fremont BART station. Get on any BART train departing Fremont; they will all stop at both South Hayward and Hayward stations. Follow directions "From BART"

### **From BART:**

There are two buses that make a round trip between South Hayward and Hayward BART stations: route numbers 83 and 86. From the 86 departing South Hayward, get off at the stop on Depot Road, at the intersection of Industrial Boulevard and Depot. From the 83 departing South Hayward, get off on Depot Road, at the intersection of Clawiter Road and Depot Road. From the 83 departing Hayward BART, the stop is on Depot Road, at the intersection of Industrial Boulevard and Depot.

### **To return to BART:**

Both the 83 and 86 go roundtrip to and from BART. To go to South Hayward BART, get on the 86 at Depot Road, near the intersection of Depot and Industrial or the 83 at Clawiter and Industrial. To go to Hayward BART, get on the 83 at the intersection of Industrial Blvd. and Clawiter Road or the 86 at Depot Road and Industrial Blvd. The times for each vary so check [www.bart.gov](http://www.bart.gov).

### **IMPORTANT NOTE:**

From 9:30 am until 3 pm weekdays, Route 86 runs a shorter version and does NOT stop at the College. So we recommend you take the 83. The shorter version of the 86 is also in effect on weekends, **and there is no route 83 service at all on weekends. So if you need to get to Lifewest on a Saturday, take the 92 toward Chabot College.** Get off at Chabot College, walk a short distance along Hesperian Blvd. to Depot Road, turn Right on Depot and walk to LCCW (about 15 minutes' walk).

Also note: The Greyhound bus station is at Hayward BART.

Useful Links:

<http://www.actransit.org/main.wu>

<http://www.bart.gov/>