



Community Transportation Directory

Greater Manchester-Derry-Salem Region

Southern New Hampshire Planning Commission

Region 8 Coordinating Council

438 Dubuque Street
Manchester, NH 03102
(603) 669-4664

MAY 2023

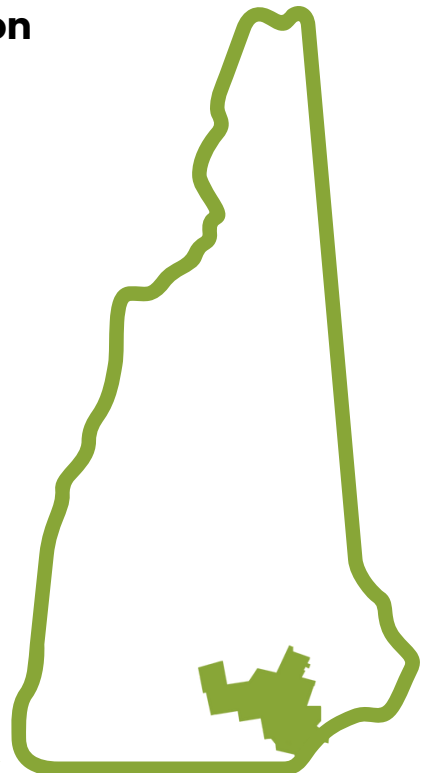


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Introduction

There are always people who are in search of transportation, whether for themselves, a relative, friend, or neighbor. This is certainly true for residents who live in the greater Manchester-Derry-Salem region and finding alternative community transportation can be challenging. The reasons individuals stop driving permanently or temporarily are often due to health, aging, or a combination of both, financial constraints, and other challenges. Still, whether someone is unable to drive themselves, or just wants the convenience of being a passenger, finding transportation is the key to helping people stay connected to their community and the many places they want and need to go.

This directory is overseen by the region's transportation coordinating entity, the **Regional Coordinating Council (RCC)**, as a resource for community transportation services within the region. Services available to the community in this directory include:

- Fixed-route bus services.
- Demand-response services
- Volunteer driver programs
- Youth transportation services.

The goal of this directory is to connect people to the transportation resources that already exist in their communities. It is not uncommon that New Hampshire residents, who often are car dependent, know little about the transportation options in their community. This directory can bridge that knowledge gap. By providing information on a wide range of transportation options in the region, we hope to better connect residents and visitors with transportation providers and better meet community transportation needs within the greater Manchester-Derry-Salem region.

Community Transportation

What is Community Transportation?

Community transportation is any type of transportation in a community that is available to the public and provides needed transportation to health care, community services, shopping, education, employment, and other activities.

What is Coordination of Community Transportation?

Coordination is the deliberate effort in which organizations work together to share information and resources to improve access to transportation.

How does Coordination Strategies Improve Community Transportation?

Strategies focused on coordination ensure those needing the service, or present and future riders have information about those providing the service. Key elements to

accomplish this is making critical connections between the two including understanding resident needs and identifying transportation availability and limitations.

How does Community Transportation Improve Quality of Life for All Residents?

One doesn't have to look far to grasp the multiple quality of life elements that community transportation programs provide. Community transportation allows for connections, which in turn improves health, reduces negative impacts, and affords stability on multiple fronts. Some of the equity, environmental, and economic aspects are shared below.

EQUITY	ENVIRONMENTAL	ECONOMIC
<ul style="list-style-type: none">✓ Improved health through ensuring connection with medical providers.✓ Ensuring connection to community resources.✓ Reduced social isolation.	<ul style="list-style-type: none">✓ Less traffic on the roads.✓ Fewer cars equate to improved air quality.✓ Reduced fossil fuel dependency.	<ul style="list-style-type: none">✓ Affordable services.✓ Connects workers to places of employment.✓ Attracts non-drivers of all ages.

Regional Coordination and Mobility Management

Statewide Coordination

The need for accessible transportation is an issue all regions in New Hampshire are working to address. The work done by each region is overseen by the **Statewide Coordinating Council (SCC)**. The SCC provides guidance throughout the state to implement coordinated community transportation. This guidance focuses on improving outreach, coordination, and access to transportation services. Towns, human service agencies, and other organizations benefit by providing coordinated transportation services for their citizens, clients, and customers.

The SCC holds public meetings on the first Thursday of every month. These meetings can be attended in person at Granite State Independent Living, or virtually via Zoom.

Regional Coordination

Similar to the SCC, the **Regional Coordinating Council (RCC)** works to promote community transportation and to improve transportation services within the region. The RCC is made up of community transportation providers, local leaders, human service organizations, and citizens. There are currently eight RCCs in New Hampshire.

The Region 8 RCC holds bimonthly meetings that are open to the public. More information can be found here:

<https://www.snhpc.org/transportation/pages/human-services-transportation-region-8-9-rcc>, or call (603) 669-4664.

Regional Mobility Management

What is Mobility Management?

Mobility management is a transportation strategy that prioritizes customer needs, and the meeting of these needs through the coordinated use of a variety of providers. Every RCC region in New Hampshire has a dedicated Regional Mobility Manager to:

- (a) ___assist customers in connecting them with community transportation to help meet their daily needs, and
- (b) ___work with community transportation providers to increase effectiveness and efficiency in providing rides for all Granite Staters.

Mobility Managers work for everyone in New Hampshire, especially older adults, individuals with disabilities, veterans, and low-income.

If you're in need of transportation within the region 8 communities, reach out to your Regional Mobility Manager at (603) 669-4664.

About the Region

The area that the Region 8 RCC coordinates ranges from the rural towns of Weare and New Boston in the west to Danville, Raymond, and Plaistow in the east, and encompassing New Hampshire's largest city, Manchester, and the I-93 corridor that connects it to

THE VISION

New Hampshire envisions an integrated system of safe, reliable, and sustainable transportation options that allow residents to maintain independence and participate in work and community life no matter their age or ability.

THE MISSION

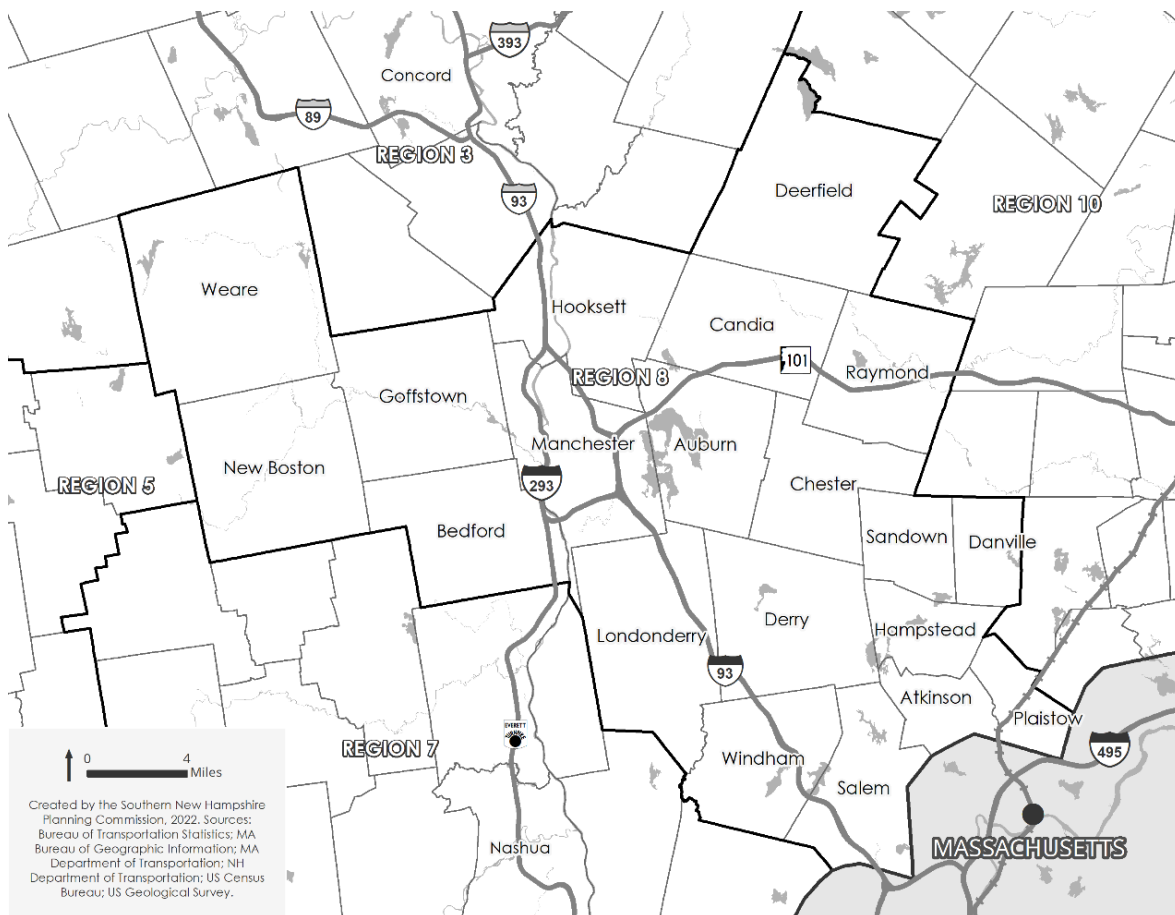
The mission of the New Hampshire Mobility Management Network is to improve the coordination, capacity, accessibility, quality, and sustainability of mobility services statewide.

Concord to the north and Massachusetts to the south.

This geographic area covered by this study consists of approximately 608 square miles, (including 15 square miles of inland water) and includes the following 20 municipalities:

- | | | |
|-----------|-------------|----------|
| Atkinson | Derry | Plaistow |
| Auburn | Goffstown | Raymond |
| Bedford | Hampstead | Salem |
| Candia | Hooksett | Sandown |
| Chester | Londonderry | Weare |
| Danville | Manchester | Windham |
| Deerfield | New Boston | |

Map of Region 8



How to Use This Directory

Key Symbols and Definitions



Service is wheelchair accessible.



Service provides rides for medical appointments.



Service is free.

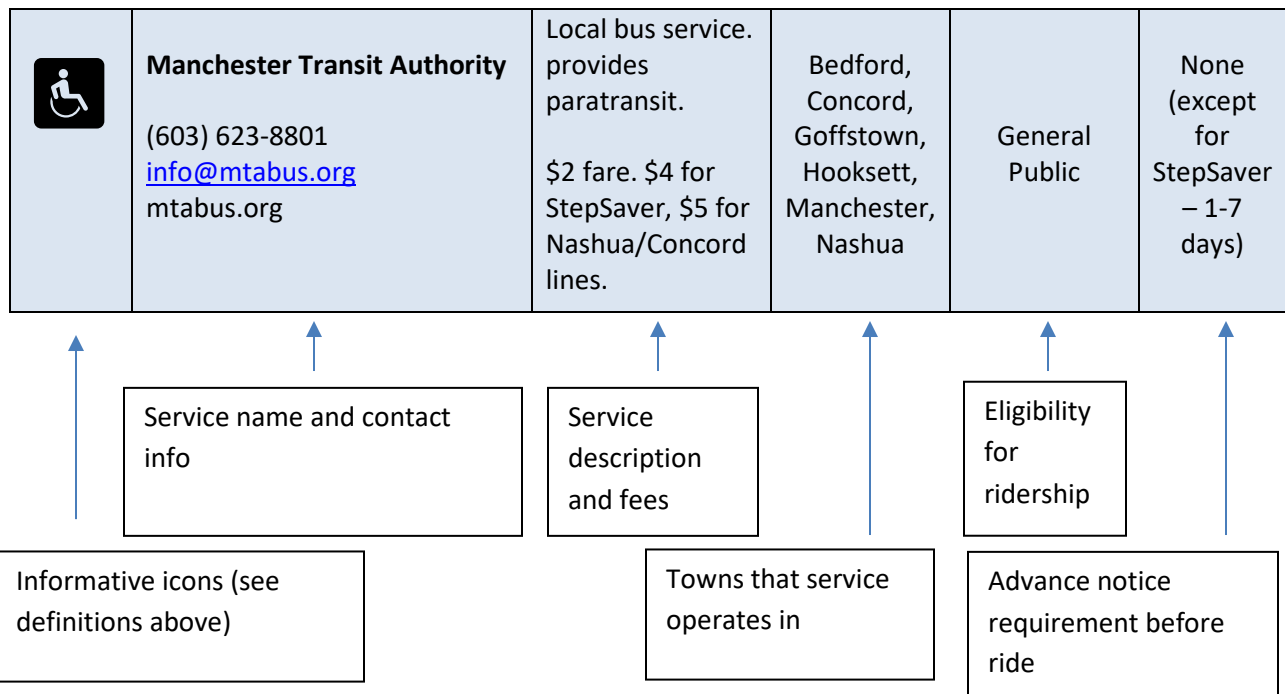
Fixed-Route Bus Service: Bus service that operates on a specific route. This is most commonly seen in public transit bus services.

Demand-Response Service: Transportation service that picks up and drops off passengers at their desired locations.

Volunteer Driver Programs: Similar to demand-response services, except drivers are volunteers and service is usually offered free of charge.

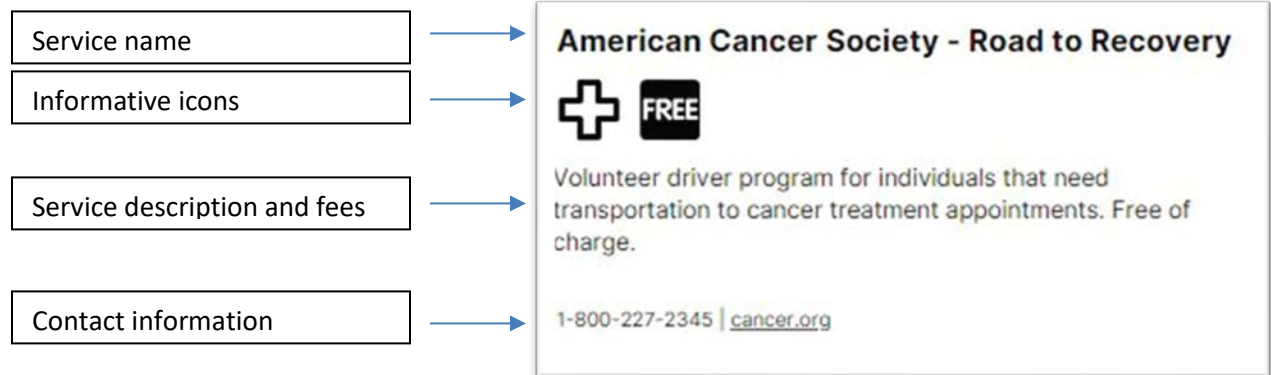
“Show Me All Community Transportation in the Region!”

This section highlights all community transportation services in the Greater Manchester-Derry-Salem region. Services are divided into three categories: fixed-route bus service, demand-response service, and volunteer driver programs.






“Show Me All Community Transportation Where I Live!”










If you wish to only see the services available where you live, this is the section for you! You can find the page with your town’s information in the table of contents. Feel free to print out these pages for yourself, as these pages are color-free and ink-friendly.

















Fixed-Route Bus Service










Service Information		Service Description	Service Area	Ridership Eligibility	Advance Notice?
	Boston Express (603) 845-1999 bostonexpressbus.com	Bus service to downtown Boston and Logan Airport. Contact for fares.	Londonderry, Manchester, Nashua, Salem	General Public	Yes, Ticket purchase required. Call ahead for wheelchair accommodation.
	Concord Coach Lines (603) 228-3300 info@concordcoachlines.com concordcoachlines.com	Bus service to downtown Boston, Logan Airport, New York City, and Maine. Contact for fares.	Berlin, Center Harbor, Concord, Conway, Franconia, Gorham, Jackson, Lincoln, Littleton, Londonderry, Meredith, Nashua, North Conway, Pinkham Notch, Plymouth, Salem, Tilton, West Ossipee	General Public	Yes, Ticket purchase required. Call ahead for wheelchair accommodation.
	Manchester Transit Authority (603) 623-8801 info@mtabus.org mtabus.org	Local bus service. provides paratransit. \$2 fare. \$4 for StepSaver, \$5 for Nashua/Concord lines.	Bedford, Concord, Goffstown, Hooksett, Londonderry, Manchester, Nashua	General Public	None (except for StepSaver - 1-7 days)







Demand-Response Services

Service Information		Service Description	Service Area	Ridership Eligibility	Advance Notice?
  	Atkinson Elder Services (603) 362-9582 town-atkinsonnh.com/elder-services	Town-owned transportation service for medical appointments, errands, and other essential trips.	Atkinson	Senior (60+) and Disabled (22+) residents of Atkinson	1 week
 	CART - Community Alliance for Regional Transportation (603) 434-3569 info@mtabus.org mtabus.org	Shared-ride service available to any resident of the five-town area. \$3 for rides within town, \$4 for rides between towns.	Chester, Derry, Hampstead, Londonderry, and Salem	General Public	1 - 7 days prior
  	Easterseals NH (603) 668-8603 easterseals.com/nh/	Provides door-to-door transportation with passenger assistance available for the frail and isolated elderly, as well as individuals with special needs and disabilities.	Manchester, Bedford, Goffstown, Hooksett	Seniors (60+) and individuals with disabilities	1-3 days after application submitted
	GSIL - Granite State Independent Living (603) 410-6504 gsil.org	Transportation for eligible persons with disabilities. Rides for social, recreational, and errand purposes. \$2 per mile, \$22 per hour	Statewide (depends on driver availability)	Individuals with disabilities - must be enrolled as a client	Minimum 2 weeks

 	Meals on Wheels of Hillsborough County (603) 669-1699 hcmow.org	This service is available to people aged 60 and older who are socially isolated because of a lack of transportation. Brings older adults to and from meal sites and on grocery errands. Free, accepts donations.	Manchester	Older adults (60+)	7 days
  	MTA - Manchester Transit Authority (603) 623-8801 info@mtabus.org mtabus.org	Local transit agency with shuttle service. Destinations for medical appointments prioritized.	New Boston, Goffstown, Hooksett	General public, priority given to seniors and disabled	1-7 days
  	Rockingham Nutrition and Meals on Wheels (603) 679-2201 Admin@RNMOW.org rockinghammealsonwheels.org	Transportation for seniors to help maintain independence. Food shopping, medical and nutrition transportation.	Atkinson, Danville, Deerfield, Plaistow, Raymond, Sandown	Seniors (60+)	By 11 AM the business day before the trip
  	Veterans Transportation Service - Manchester VA Center (603) 624-4366 va.gov/HEALTHBENEFITS/vtp/	Brings veterans to VA appointments in Manchester.	Statewide	Veterans with VA appointment	Up to 60 days
  	Windham Senior Van (603) 432-7732 recreation@windhamnh.gov windhamnh.gov	Provides rides for Windham residents to medical appointments. Also does weekly Wal-Mart runs on Wednesday's.	Windham	Senior or disabled residents of Windham	Couple Weeks

Volunteer Driver Programs

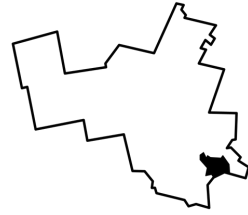
Service Information		Service Description	Service Area	Ridership Eligibility	Advance Notice?
 	American Cancer Society - Road to Recovery 1-800-227-2345 cancer.org	Volunteer driver program for individuals that need transportation to cancer treatment appointments.	Statewide	Individuals with cancer	3 days
 	CareGivers NH (603) 622-4948 info@caregiversnh.org caregiversnh.org	Volunteer driver program. Rides for medical appointments, grocery shopping and essential errands. Service for seniors and disabled individuals. Apply to become a client before booking rides.	Alton, Amherst, Auburn, Bedford, Candia, Goffstown, Hooksett, Hollis, Hudson, Litchfield, Manchester, Merrimack, Milford, Nashua	Seniors and disabled. Must apply as a client before requesting rides	10 days
 	Community Caregivers of Greater Derry (603) 432-0877 office@comcaregivers.org comcaregivers.org	Rides primarily for routine medical appointments.	Chester, Danville, Derry, Hampstead, Londonderry, Sandown, and Windham	Seniors and disabled. Must apply as a client before requesting rides	10 days
  	DAV - Disabled American Veterans (603) 624-4366 ext. 6427 dav.org	Provide free transportation to VA medical facilities for injured and ill veterans. Works in coordination with Manchester VA facility.	Statewide	Veterans with VA appointments	As much as possible.

 	Future in Sight (603) 224-3049 clientrides@futureinsight.org futureinsight.org	Volunteer driver program for visually impaired individuals. Provides rides for medical appointments, grocery shopping, and peer support groups.	Statewide	Visually impaired individuals. Must apply as a client before accepting rides	1 week
 	Greater Salem Caregivers (603) 898-2850 salemcare.org	Volunteer driver program for homebound seniors and individuals with disabilities. Provides rides for medical appointments and grocery shopping.	Salem, Pelham	Seniors or individuals with disabilities. Must apply as a client before requesting rides.	1 week.
 	Sandown Seniors Affairs Transportation Committee (603) 887-0216 sandown.us/senior-affairs-transportation-committee	Town-owned volunteer driver program. Rides available to and from doctor and dentist appointments, medical treatments, trips to the pharmacy, library, nursing homes, grocery shopping and food pantry.	Sandown	Senior or disabled residents of Sandown	3 days

Youth Transportation Services

Service Information		Description	Service Area	Rider Eligibility	Advance Notice?
	Boys and Girls Club of Greater Derry (603) 434-6695 derrybgclub.org	Provides limited after-school transportation services from all of the public elementary and middle schools in Derry. Transportation + Membership Fees	Derry	Children 6-18 years old	Application Required
	Girls, Inc. (603) 623-1117 girlsincnewhampshire.org	Girls are picked up every day after school and brought to the center. \$75/week	Manchester, Nashua	Girls 5-18 years old	Application Required
	Manchester Boys and Girls Club (603) 625-5031 mbgcnh.org	Club provides transportation from school to clubhouse. Transportation + Membership Fees	Manchester	Children grades K-12	Application Required
	Safewheels (844) 342-0339 safewheels.com	Private-owned transportation service for school children. Call for quote	Bedford, Hooksett, Manchester, Nashua, Pembroke	Children	Application required. Provide 1-3 days' notice before ride.

	<p>Salem Boys and Girls Club</p> <p>(603) 898-7709 info@salembgc.org salembgc.org</p>	<p>Offers before and after school transportation.</p> <p>Transportation + membership fees.</p>	<p>Salem, Pelham, Windham</p>	<p>Children grades K-5 for before-school transportation. Grades 1-5 for after-school transportation.</p>	<p>Application Required</p>
	<p>YMCA Goffstown</p> <p>(603) 497-4663 graniteymca.org</p>	<p>Before and after school transportation to the center.</p> <p>Transportation + membership fees.</p>	<p>Goffstown, New Boston</p>	<p>Children grades K-5</p>	<p>Application Required</p>
	<p>YMCA Manchester</p> <p>(603) 623-3558 graniteymca.org</p>	<p>Before and after school transportation to the center.</p> <p>Transportation + membership fees.</p>	<p>Manchester</p>	<p>Children grades K-5</p>	<p>Application Required</p>



ATKINSON

American Cancer Society - Road to Recovery



Volunteer driver program for individuals that need transportation to cancer treatment appointments. Free of charge. 3 days notice before ride.

1-800-227-2345 | [cancer.org](https://www.cancer.org)

Atkinson Elder Services



Town-run transportation service, medical equipment, and other supports for older adults (60+) and individuals with disabilities (22+). Riders must be town residents. Schedule rides 1 week in advance.

(603) 362-9582 | [town-atkinsonnh.com/elder-services](https://www.town-atkinsonnh.com/elder-services)

DAV - Disabled American Veterans



Provide free transportation to VA medical facilities for injured and ill veterans. Works in coordination with Manchester VA facility.

(603) 624-4366 ext. 6427 | [dav.org](https://www.dav.org)

Future in Sight



Volunteer driver program for visually impaired individuals. Provides rides for medical appointments, grocery shopping, and peer support groups. Must apply as a client before requesting a ride. Schedule at least 1 week in advance.

(603) 224-3049 | clientrides@futureinsight.org | [futureinsight.org](https://www.futureinsight.org)

Granite State Independent Living



Transportation for individuals with disabilities. Rides for social, recreational, and errand purposes. Must enroll as a client before requesting rides. \$2/mile and \$22/hour. 2 weeks advance notice requested for transportation.

(603) 410-6504 | [gsil.org](https://www.gsil.org)

Rockingham Nutrition Meals on Wheels



Transportation for older adults (60+), to help maintain independence. Food shopping, medical and nutrition transportation. Schedule By 11 AM the business day before the trip. Free of charge, \$3 donations suggested.

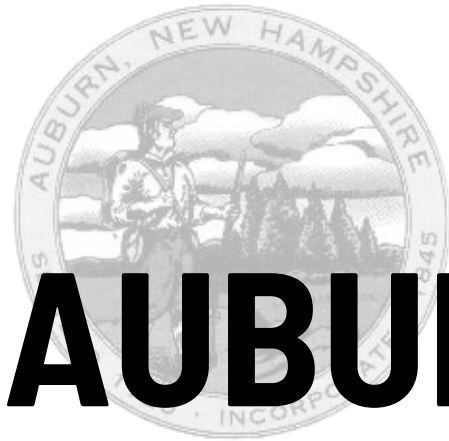
(603) 679-2201 | Admin@RNMOW.org | rockinghammealsonwheels.org

Veterans Transportation Service

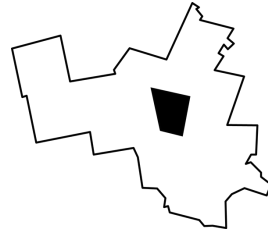


Brings veterans to VA appointments in Manchester. Veterans who are eligible for VA health care benefits and have a VA-authorized appointment are automatically eligible.

(603) 624-4366 | va.gov/HEALTHBENEFITS/vtp/



AUBURN



American Cancer Society - Road to Recovery



Volunteer driver program for individuals that need transportation to cancer treatment appointments. Free of charge. 3 days notice before ride.

1-800-227-2345 | cancer.org

The CareGivers



Volunteer driver program. Rides for medical appointments, grocery shopping and essential errands. Service for seniors and disabled individuals. Apply to become a client before booking rides. Must schedule at least 10 days in advance.

(603) 622-4948 | info@caregiversnh.org | caregivers.org

DAV - Disabled American Veterans



Provide free transportation to VA medical facilities for injured and ill veterans. Works in coordination with Manchester VA facility.

(603) 624-4366 ext. 6427 | dav.org

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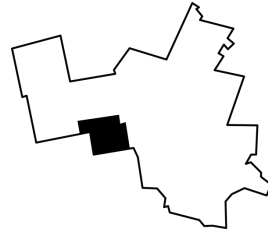
(603) 410-6504 | gsil.org

Veterans Transportation Service



Brings veterans to VA appointments in Manchester. Veterans who are eligible for VA health care benefits and have a VA-authorized appointment are automatically eligible.

(603) 624-4366 | va.gov/HEALTHBENEFITS/vtp/



BEDFORD

DAV - Disabled American Veterans



Provide free transportation to VA medical facilities for injured and ill veterans. Works in coordination with Manchester VA facility.

(603) 624-4366 ext. 6427 | dav.org

American Cancer Society - Road to Recovery



Volunteer driver program for individuals that need transportation to cancer treatment appointments. Free of charge. 3 days notice before ride.

1-800-227-2345 | cancer.org

Easterseals



Demand-response transportation. Provides rides for medical appointments, grocery shopping and other essential errands. Service for seniors and disabled individuals. 1-3 day notice before ride.

(603) 623-8863 · easterseals.com/nh/

The CareGivers



Volunteer driver program. Rides for medical appointments, grocery shopping and essential errands. Service for seniors and disabled individuals. Apply to become a client before booking rides. Must schedule at least 10 days in advance.

(603) 622-4948 | info@caregiversnh.org | caregivers.org

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(603) 410-6504 | gsil.org

Veterans Transportation Service



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(603) 624-4366 | va.gov/HEALTHBENEFITS/vtp/

MTA Bus Service



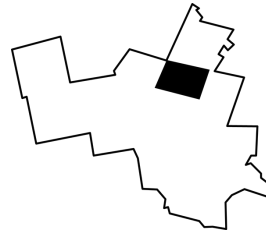
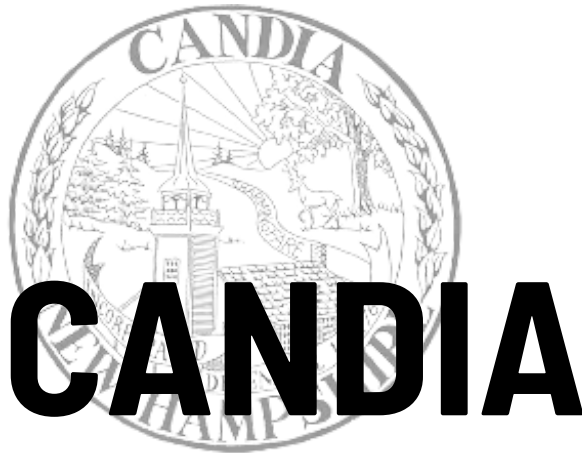
Manchester's public bus service. Route 7 stops at the old Wal-Mart. as well as Colby Court Senior Center by request. Route 4 stops at Target and Commerce Drive. \$2 fare. Seniors and disabled eligible for half fare. Paratransit available.

(603) 623-8801 · info@mtabus.org · mtabus.org

Safewheels

Private school transportation service for school children. Ride requests must be made 1-3 days in advance. Application required. Serves southern New Hampshire area. Call for a quote.

(844) 324-0339 | safewheels.com



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(603) 624-4366 ext. 6427 | dav.org

American Cancer Society - Road to Recovery



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1-800-227-2345 | cancer.org

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(603) 622-4948 | info@caregiversnh.org | caregivers.org

Future in Sight



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Transportation for individuals with disabilities. Rides for social, recreational, and errand purposes. Must enroll as a client before requesting rides. \$2/mile and \$22/hour. 2 weeks advance notice requested for transportation.

(603) 410-6504 | gsil.org

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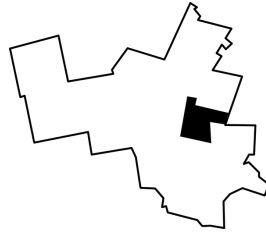


Brings veterans to VA appointments in Manchester. Veterans who are eligible for VA health care benefits and have a VA-authorized appointment are automatically eligible.

(603) 624-4366 | va.gov/HEALTHBENEFITS/vtp/



CHESTER



Community Caregivers of Greater Derry



Rides primarily for routine medical appointments. Serves seniors and individuals with disabilities. Apply to become a client before booking rides. Must schedule at least 10 days in advance.

(603) 432-0877 | office@comcaregivers.org | comcaregivers.org

American Cancer Society - Road to Recovery



Volunteer driver program for individuals that need transportation to cancer treatment appointments. Free of charge. 3 days notice before ride.

1-800-227-2345 | cancer.org

CART - Community Alliance for Regional Transportation



Shared-ride service available to any resident in CART service area. Fares range \$3 to \$5 depending on destination. Must schedule 1-7 days in advance.

(603) 434-3569 | info@mtabus.org | mtabus.org

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DANVILLE

American Cancer Society - Road to Recovery



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Rockingham Nutrition Meals on Wheels



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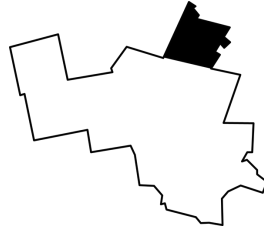
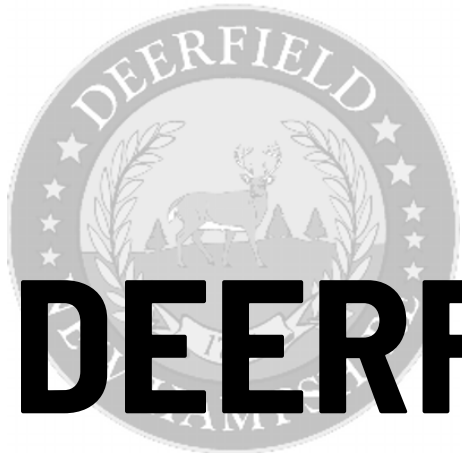
(603) 679-2201 | Admin@RNMOW.org | rockinghammealsonwheels.org

Veterans Transportation Service



Brings veterans to VA appointments in Manchester. Veterans who are eligible for VA health care benefits and have a VA-authorized appointment are automatically eligible.

(603) 624-4366 | va.gov/HEALTHBENEFITS/vtp/



DEERFIELD

American Cancer Society - Road to Recovery



Volunteer driver program for individuals that need transportation to cancer treatment appointments. Free of charge. 3 days notice before ride.

1-800-227-2345 | cancer.org

DAV - Disabled American Veterans



Provide free transportation to VA medical facilities for injured and ill veterans. Works in coordination with Manchester VA facility.

(603) 624-4366 ext. 6427 | dav.org

Future in Sight



Volunteer driver program for visually impaired individuals. Provides rides for medical appointments, grocery shopping, and peer support groups. Must apply as a client before requesting a ride. Schedule at least 1 week in advance.

(603) 224-3049 | clientrides@futureinsight.org | futureinsight.org

Granite State Independent Living



Transportation for individuals with disabilities. Rides for social, recreational, and errand purposes. Must enroll as a client before requesting rides. \$2/mile and \$22/hour. 2 weeks advance notice requested for transportation.

(603) 410-6504 | gsil.org

Rockingham Nutrition Meals on Wheels



Transportation for older adults (60+), to help maintain independence. Food shopping, medical and nutrition transportation. Schedule By 11 AM the business day before the trip. Free of charge, \$3 donations suggested.

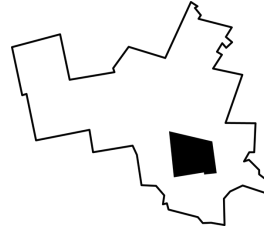
(603) 679-2201 | Admin@RNMOW.org | rockinghammealsonwheels.org

Veterans Transportation Service



Brings veterans to VA appointments in Manchester. Veterans who are eligible for VA health care benefits and have a VA-authorized appointment are automatically eligible.

(603) 624-4366 | va.gov/HEALTHBENEFITS/vtp/



CART - Community Alliance for Regional Transportation



Shared-ride service available to any resident in CART service area. Fares range \$3 to \$5 depending on destination. Must schedule 1-7 days in advance.

(603) 434-3569 | info@mtabus.org | mtabus.org

American Cancer Society - Road to Recovery



Volunteer driver program for individuals that need transportation to cancer treatment appointments. Free of charge. 3 days notice before ride.

1-800-227-2345 | cancer.org

Boys and Girls Club of Greater Derry

Provides limited after-school transportation services from all of the public elementary and middle schools in Derry.

(603) 434-6695 | derrybgclub.org

Community Caregivers of Greater Derry



Rides primarily for routine medical appointments. Serves seniors and individuals with disabilities. Apply to become a client before booking rides. Must schedule at least 10 days in advance.

(603) 432-0877 | office@comcaregivers.org | comcaregivers.org

DAV - Disabled American Veterans



Provide free transportation to VA medical facilities for injured and ill veterans. Works in coordination with Manchester VA facility.

(603) 624-4366 ext. 6427 | dav.org

Future in Sight



Volunteer driver program for visually impaired individuals. Provides rides for medical appointments, grocery shopping, and peer support groups. Must apply as a client before requesting a ride. Schedule at least 1 week in advance.

(603) 224-3049 | clientrides@futureinsight.org | futureinsight.org

Granite State Independent Living



Transportation for individuals with disabilities. Rides for social, recreational, and errand purposes. Must enroll as a client before requesting rides. \$2/mile and \$22/hour. 2 weeks advance notice requested for transportation.

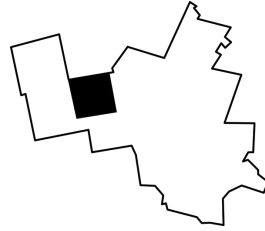
(603) 410-6504 | gsil.org

Veterans Transportation Service



Brings veterans to VA appointments in Manchester. Veterans who are eligible for VA health care benefits and have a VA-authorized appointment are automatically eligible.

(603) 624-4366 | va.gov/HEALTHBENEFITS/vtp/



GOFFSTOWN

DAV - Disabled American Veterans



Provide free transportation to VA medical facilities for injured and ill veterans. Works in coordination with Manchester VA facility.

(603) 624-4366 ext. 6427 | dav.org

American Cancer Society - Road to Recovery



Volunteer driver program for individuals that need transportation to cancer treatment appointments. Free of charge. 3 days notice before ride.

1-800-227-2345 | cancer.org

Easterseals



Demand-response transportation. Provides rides for medical appointments, grocery shopping and other essential errands. Service for seniors and disabled individuals. 1-3 day notice before ride.

(603) 623-8863 · easterseals.com/nh/

The CareGivers



Volunteer driver program. Rides for medical appointments, grocery shopping and essential errands. Service for seniors and disabled individuals. Apply to become a client before booking rides. Must schedule at least 10 days in advance.

(603) 622-4948 | info@caregiversnh.org | caregivers.org

Future in Sight



Volunteer driver program for visually impaired individuals. Provides rides for medical appointments, grocery shopping, and peer support groups. Must apply as a client before requesting a ride. Schedule at least 1 week in advance.

(603) 224-3049 | clientrides@futureinsight.org | futureinsight.org

Granite State Independent Living



Transportation for individuals with disabilities. Rides for social, recreational, and errand purposes. Must enroll as a client before requesting rides. \$2/mile and \$22/hour. 2 weeks advance notice requested for transportation.

(603) 410-6504 | gsil.org

MTA Bus Service



Public bus service based in Manchester. Route 6 stops at Big Lots, Hannaford's, and St. Anselm's. Serves general public. \$2 fare. Seniors and disabled eligible for half fare. Paratransit available.

(603) 623-8801 · info@mtabus.org · mtabus.org

MTA Shuttle Service



Curb-to-curb shuttle service operated by MTA in partnership with the town of Goffstown. Available to general public, priority given to senior and disabled riders, and medical appointment destinations. Schedule 1-7 days in advance.

(603) 623-8801 · info@mtabus.org · mtabus.org

MTA - Manchester Transit Authority

Veterans Transportation Service



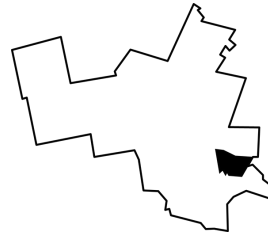
Brings veterans to VA appointments in Manchester. Veterans who are eligible for VA health care benefits and have a VA-authorized appointment are automatically eligible.

(603) 624-4366 | va.gov/HEALTHBENEFITS/vtp/

YMCA Goffstown

Before and after school transportation to center. Serves children grades K-5.

(603) 497-4663 | graniteymca.org



HAMPSTEAD

Community Caregivers of Greater Derry



Rides primarily for routine medical appointments. Serves seniors and individuals with disabilities. Apply to become a client before booking rides. Must schedule at least 10 days in advance.

(603) 432-0877 | office@comcaregivers.org | comcaregivers.org

American Cancer Society - Road to Recovery



Volunteer driver program for individuals that need transportation to cancer treatment appointments. Free of charge. 3 days notice before ride.

1-800-227-2345 | cancer.org

DAV - Disabled American Veterans



Provide free transportation to VA medical facilities for injured and ill veterans. Works in coordination with Manchester VA facility.

(603) 624-4366 ext. 6427 | dav.org

CART - Community Alliance for Regional Transportation



Shared-ride service available to any resident in CART service area. Fares range \$3 to \$5 depending on destination. Must schedule 1-7 days in advance.

(603) 434-3569 | info@mtabus.org | mtabus.org

Future in Sight



Volunteer driver program for visually impaired individuals. Provides rides for medical appointments, grocery shopping, and peer support groups. Must apply as a client before requesting a ride. Schedule at least 1 week in advance.

(603) 224-3049 | clientrides@futureinsight.org | futureinsight.org

Granite State Independent Living



Transportation for individuals with disabilities. Rides for social, recreational, and errand purposes. Must enroll as a client before requesting rides. \$2/mile and \$22/hour. 2 weeks advance notice requested for transportation.

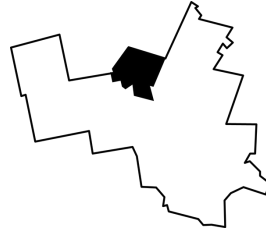
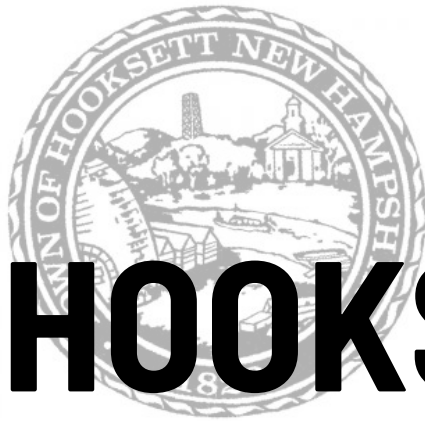
(603) 410-6504 | gsil.org

Veterans Transportation Service



Brings veterans to VA appointments in Manchester. Veterans who are eligible for VA health care benefits and have a VA-authorized appointment are automatically eligible.

(603) 624-4366 | va.gov/HEALTHBENEFITS/vtp/



HOOKSETT

DAV - Disabled American Veterans



Provide free transportation to VA medical facilities for injured and ill veterans. Works in coordination with Manchester VA facility.

(603) 624-4366 ext. 6427 | dav.org

American Cancer Society - Road to Recovery



Volunteer driver program for individuals that need transportation to cancer treatment appointments. Free of charge. 3 days notice before ride.

1-800-227-2345 | cancer.org

Easterseals



Demand-response transportation. Provides rides for medical appointments, grocery shopping and other essential errands. Service for seniors and disabled individuals. 1-3 day notice before ride.

(603) 623-8863 · easterseals.com/nh/

The CareGivers



Volunteer driver program. Rides for medical appointments, grocery shopping and essential errands. Service for seniors and disabled individuals. Apply to become a client before booking rides. Must schedule at least 10 days in advance.

(603) 622-4948 | info@caregiversnh.org | caregivers.org

Future in Sight



Volunteer driver program for visually impaired individuals. Provides rides for medical appointments, grocery shopping, and peer support groups. Must apply as a client before requesting a ride. Schedule at least 1 week in advance.

(603) 224-3049 | clientrides@futureinsight.org | futureinsight.org

Granite State Independent Living



Transportation for individuals with disabilities. Rides for social, recreational, and errand purposes. Must enroll as a client before requesting rides. \$2/mile and \$22/hour. 2 weeks advance notice requested for transportation.

(603) 410-6504 | gsil.org

MTA Bus Service



Manchester's public bus system. Route 11 stops at Wal-Mart. Route 5 stops at SNHU. Serves general public. \$2 fare. Seniors and disabled eligible for half fare. Provides paratransit

(603) 623-8801 · info@mtabus.org · mtabus.org

MTA Shuttle Service



Curb-to-curb shuttle service operated by MTA in partnership with the town of Hooksett. Available to general public, priority given to senior and disabled riders, and medical appointment destinations. Schedule 1-7 days in advance.

(603) 623-8801 · info@mtabus.org · mtabus.org

Safewheels

Private school transportation service for school children. Ride requests must be made 1-3 days in advance. Application required. Serves southern New Hampshire area. Call for a quote.

(844) 324-0339 | safewheels.com

Veterans Transportation Service

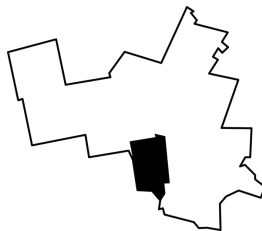


Brings veterans to VA appointments in Manchester. Veterans who are eligible for VA health care benefits and have a VA-authorized appointment are automatically eligible.

(603) 624-4366 | va.gov/HEALTHBENEFITS/vtp/



LONDONDERRY



CART - Community Alliance for Regional Transportation



Shared-ride service available to any resident in CART service area. Fares range \$3 to \$5 depending on destination. Must schedule 1-7 days in advance.

(603) 434-3569 | info@mtabus.org | mtabus.org

American Cancer Society - Road to Recovery



Volunteer driver program for individuals that need transportation to cancer treatment appointments. Free of charge. 3 days notice before ride.

1-800-227-2345 | cancer.org

Boston Express



Bus service to downtown Boston and Logan Airport. Ticket purchase required. Available to general public. Call ahead for wheelchair accommodation. Terminal located off Exit 5 (I-93) in North Londonderry.

(603) 845-1999 | bostonexpressbus.com

Community Caregivers of Greater Derry



Rides primarily for routine medical appointments. Serves seniors and individuals with disabilities. Apply to become a client before booking rides. Must schedule at least 10 days in advance.

(603) 432-0877 | office@comcaregivers.org | comcaregivers.org

Concord Coach Lines



Bus service to downtown Boston, Logan Airport, New York City, and Maine. Ticket purchase required. Call ahead for wheelchair accommodation. Terminal located off Exit 5 (I-93) in North Londonderry.

(603) 228-3300 | info@concordcoachlines.com | concordcoachlines.com

DAV - Disabled American Veterans



Provide free transportation to VA medical facilities for injured and ill veterans. Works in coordination with Manchester VA facility.

(603) 624-4366 ext. 6427 | dav.org

Future in Sight



Volunteer driver program for visually impaired individuals. Provides rides for medical appointments, grocery shopping, and peer support groups. Must apply as a client before requesting a ride. Schedule at least 1 week in advance.

(603) 224-3049 | clientrides@futureinsight.org | futureinsight.org

Granite State Independent Living



Transportation for individuals with disabilities. Rides for social, recreational, and errand purposes. Must enroll as a client before requesting rides. \$2/mile and \$22/hour. 2 weeks advance notice requested for transportation.

(603) 410-6504 | gsil.org

MTA Bus Service



Public bus service based in Manchester. Route 3 stops at Innovation Way, near the airport. Serves general public. \$2 fare. Seniors and disabled eligible for half fare. Also provides paratransit.

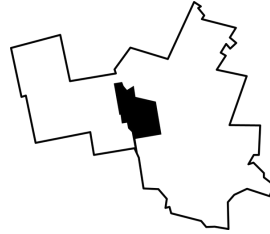
(603) 623-8801 · info@mtabus.org · mtabus.org

Veterans Transportation Service



Brings veterans to VA appointments in Manchester. Veterans who are eligible for VA health care benefits and have a VA-authorized appointment are automatically eligible.

(603) 624-4366 | va.gov/HEALTHBENEFITS/vtp/



MANCHESTER

American Cancer Society - Road to Recovery



Volunteer driver program for individuals that need transportation to cancer treatment appointments. Free of charge. 3 days notice before ride.

1-800-227-2345 | [cancer.org](https://www.cancer.org)

Boston Express



Bus service to downtown Boston and Logan Airport. Ticket purchase required. Available to general public. Call ahead for wheelchair accommodation. Terminal located at Manchester Transportation Center on Canal Street.

(603) 845-1999 | [bostonexpressbus.com](https://www.bostonexpressbus.com)

Boys and Girls Club of Manchester

Provides limited after-school transportation services Manchester schools. Brings children to clubhouse.

(603) 625-5031 | [mbgcnh.org](https://www.mbgcnh.org)

The CareGivers



Volunteer driver program. Rides for medical appointments, grocery shopping and essential errands. Service for seniors and disabled individuals. Apply to become a client before booking rides. Must schedule at least 10 days in advance.

(603) 622-4948 | info@caregiversnh.org | [caregivers.org](https://www.caregivers.org)

DAV - Disabled American Veterans



Provide free transportation to VA medical facilities for injured and ill veterans. Works in coordination with Manchester VA facility.

(603) 624-4366 ext. 6427 | [dav.org](https://www.dav.org)

Easterseals



Demand-response transportation. Provides rides for medical appointments, grocery shopping and other essential errands. Service for seniors and disabled individuals. 1-3 day notice before ride.

(603) 623-8863 · easterseals.com/nh/

Future in Sight



Volunteer driver program for visually impaired individuals. Provides rides for medical appointments, grocery shopping, and peer support groups. Must apply as a client before requesting a ride. Schedule at least 1 week in advance.

(603) 224-3049 | clientrides@futureinsight.org | futureinsight.org

Girls, inc.

After-school transportation service for girls 5-18 years old. Girls are picked up every day and brought to the center.

(603) 623-1117 | girlsinnewhampshire.org

MTA - Manchester Transit Authority

Granite State Independent Living



Transportation for individuals with disabilities. Rides for social, recreational, and errand purposes. Must enroll as a client before requesting rides. \$2/mile and \$22/hour. 2 weeks advance notice requested for transportation.

(603) 410-6504 | gsil.org

Meals on Wheels of Hillsborough County



Provides rides to people age 60 or older who are socially isolated because of a lack of transportation. Brings riders to meal sites and grocery shopping trips.

(603) 669-1699 | hcmow.org

MTA Bus Service



Public bus service based in Manchester. Serves general public. Has commuter service to Concord and Nashua. \$2 fare for city bus. \$5 fare for Nashua/Concord route. Seniors and disabled eligible for half fare. Also provides paratransit.

(603) 623-8801 · info@mtabus.org · mtabus.org

Safewheels

Private school transportation service for school children. Ride requests must be made 1-3 days in advance. Application required. Serves southern New Hampshire area. Call for a quote.

(844) 324-0339 | safewheels.com

Veterans Transportation Service



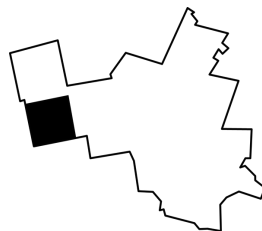
Brings veterans to VA appointments in Manchester. Veterans who are eligible for VA health care benefits and have a VA-authorized appointment are automatically eligible.

(603) 624-4366 | va.gov/HEALTHBENEFITS/vtp/

YMCA Manchester

Before and after school transportation to center. Serves children grades K-5.

(603) 623-3558 | graniteymca.org



NEW BOSTON

American Cancer Society - Road to Recovery



Volunteer driver program for individuals that need transportation to cancer treatment appointments. Free of charge. 3 days notice before ride.

1-800-227-2345 | [cancer.org](https://www.cancer.org)

DAV - Disabled American Veterans



Provide free transportation to VA medical facilities for injured and ill veterans. Works in coordination with Manchester VA facility.

(603) 624-4366 ext. 6427 | [dav.org](https://www.dav.org)

MTA - Manchester Transit Authority

Future in Sight



Volunteer driver program for visually impaired individuals. Provides rides for medical appointments, grocery shopping, and peer support groups. Must apply as a client before requesting a ride. Schedule at least 1 week in advance.

(603) 224-3049 | clientrides@futureinsight.org | [futureinsight.org](https://www.futureinsight.org)

Granite State Independent Living



Transportation for individuals with disabilities. Rides for social, recreational, and errand purposes. Must enroll as a client before requesting rides. \$2/mile and \$22/hour. 2 weeks advance notice requested for transportation.

(603) 410-6504 | [gsil.org](https://www.gsil.org)

MTA Shuttle Service



Curb-to-curb shuttle service operated by MTA in partnership with the town of New Boston. Available to general public, priority given to senior and disabled riders, and medical appointment destinations. Schedule 1-7 days in advance.

(603) 623-8801 · info@mtabus.org · [mtabus.org](https://www.mtabus.org)

Veterans Transportation Service



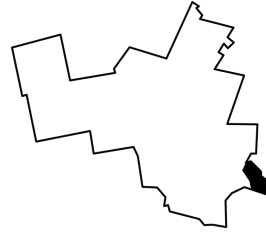
Brings veterans to VA appointments in Manchester. Veterans who are eligible for VA health care benefits and have a VA-authorized appointment are automatically eligible.

(603) 624-4366 | va.gov/HEALTHBENEFITS/vtp/

YMCA Goffstown

Before and after school transportation to center. Serves children grades K-5.

(603) 497-4663 | graniteymca.org



PLAISTOW

American Cancer Society - Road to Recovery



Volunteer driver program for individuals that need transportation to cancer treatment appointments. Free of charge. 3 days notice before ride.

1-800-227-2345 | [cancer.org](https://www.cancer.org)

DAV - Disabled American Veterans



Provide free transportation to VA medical facilities for injured and ill veterans. Works in coordination with Manchester VA facility.

(603) 624-4366 ext. 6427 | [dav.org](https://www.dav.org)

Future in Sight



Volunteer driver program for visually impaired individuals. Provides rides for medical appointments, grocery shopping, and peer support groups. Must apply as a client before requesting a ride. Schedule at least 1 week in advance.

(603) 224-3049 | clientrides@futureinsight.org | [futureinsight.org](https://www.futureinsight.org)

Granite State Independent Living



Transportation for individuals with disabilities. Rides for social, recreational, and errand purposes. Must enroll as a client before requesting rides. \$2/mile and \$22/hour. 2 weeks advance notice requested for transportation.

(603) 410-6504 | [gsil.org](https://www.gsil.org)

Rockingham Nutrition Meals on Wheels



Transportation for older adults (60+), to help maintain independence. Food shopping, medical and nutrition transportation. Schedule By 11 AM the business day before the trip. Free of charge, \$3 donations suggested.

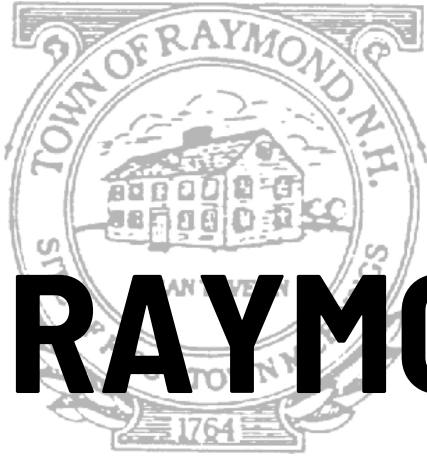
(603) 679-2201 | Admin@RNMOW.org | [rockinghammealsonwheels.org](https://www.rockinghammealsonwheels.org)

Veterans Transportation Service

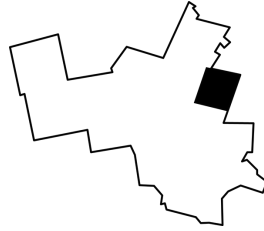


Brings veterans to VA appointments in Manchester. Veterans who are eligible for VA health care benefits and have a VA-authorized appointment are automatically eligible.

(603) 624-4366 | va.gov/HEALTHBENEFITS/vtp/



RAYMOND



American Cancer Society - Road to Recovery



Volunteer driver program for individuals that need transportation to cancer treatment appointments. Free of charge. 3 days notice before ride.

1-800-227-2345 | cancer.org

DAV - Disabled American Veterans



Provide free transportation to VA medical facilities for injured and ill veterans. Works in coordination with Manchester VA facility.

(603) 624-4366 ext. 6427 | dav.org

Future in Sight



Volunteer driver program for visually impaired individuals. Provides rides for medical appointments, grocery shopping, and peer support groups. Must apply as a client before requesting a ride. Schedule at least 1 week in advance.

(603) 224-3049 | clientrides@futureinsight.org | futureinsight.org

Granite State Independent Living



Transportation for individuals with disabilities. Rides for social, recreational, and errand purposes. Must enroll as a client before requesting rides. \$2/mile and \$22/hour. 2 weeks advance notice requested for transportation.

(603) 410-6504 | gsil.org

Rockingham Nutrition Meals on Wheels



Transportation for older adults (60+), to help maintain independence. Food shopping, medical and nutrition transportation. Schedule By 11 AM the business day before the trip. Free of charge, \$3 donations suggested.

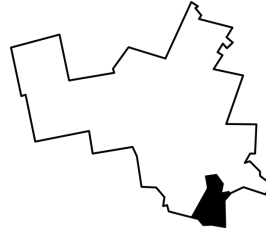
(603) 679-2201 | Admin@RNMOW.org | rockinghammealsonwheels.org

Veterans Transportation Service



Brings veterans to VA appointments in Manchester. Veterans who are eligible for VA health care benefits and have a VA-authorized appointment are automatically eligible.

(603) 624-4366 | va.gov/HEALTHBENEFITS/vtp/



Boys and Girls Club of Greater Salem

Offers before and after school transportation to/from clubhouse. Children grades K-5 qualify for before-school transportation. Grades 1-5 qualify for after-school transportation.

(603) 898-7709 | salembgc.org

American Cancer Society - Road to Recovery



Volunteer driver program for individuals that need transportation to cancer treatment appointments. Free of charge. 3 days notice before ride.

1-800-227-2345 | cancer.org

Boston Express



Bus service to downtown Boston and Logan Airport. Ticket purchase required. Available to general public. Call ahead for wheelchair accommodation. Terminal located off Exit 2 (I-93).

(603) 845-1999 | bostonexpressbus.com

CART - Community Alliance for Regional Transportation



Shared-ride service available to any resident in CART service area. Fares range \$3 to \$5 depending on destination. Must schedule 1-7 days in advance.

(603) 434-3569 | info@mtabus.org | mtabus.org

Concord Coach Lines



Bus service to downtown Boston, Logan Airport, New York City, and Maine. Ticket purchase required. Call ahead for wheelchair accommodation. Terminal located off Exit 2 (I-93).

(603) 228-3300 | info@concordcoachlines.com | concordcoachlies.com

DAV - Disabled American Veterans



Provide free transportation to VA medical facilities for injured and ill veterans. Works in coordination with Manchester VA facility.

(603) 624-4366 ext. 6427 | dav.org

Future in Sight



Volunteer driver program for visually impaired individuals. Provides rides for medical appointments, grocery shopping, and peer support groups. Must apply as a client before requesting a ride. Schedule at least 1 week in advance.

(603) 224-3049 | clientrides@futureinsight.org | futureinsight.org

Granite State Independent Living



Transportation for individuals with disabilities. Rides for social, recreational, and errand purposes. Must enroll as a client before requesting rides. \$2/mile and \$22/hour. 2 weeks advance notice requested for transportation.

(603) 410-6504 | gsil.org

Greater Salem Caregivers



Volunteer driver program for seniors and individuals with disabilities. Rides for medical appointments and grocery shopping. Advance notice of at least 1 week required.

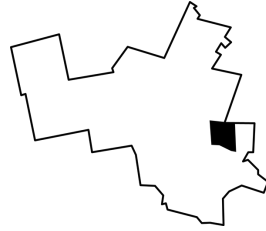
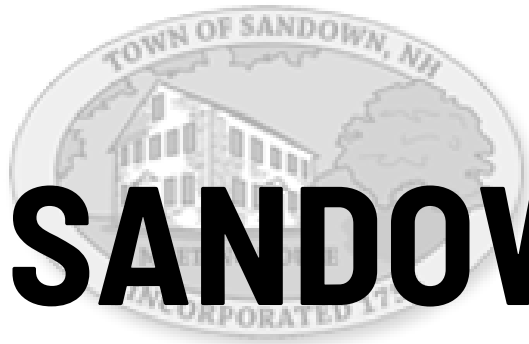
(603) 898-2850 | salemcare.org

Veterans Transportation Service



Brings veterans to VA appointments in Manchester. Veterans who are eligible for VA health care benefits and have a VA-authorized appointment are automatically eligible.

(603) 624-4366 | va.gov/HEALTHBENEFITS/vtp/



SANDOWN

DAV - Disabled American Veterans



Provide free transportation to VA medical facilities for injured and ill veterans. Works in coordination with Manchester VA facility.

(603) 624-4366 ext. 6427 | dav.org

American Cancer Society - Road to Recovery



Volunteer driver program for individuals that need transportation to cancer treatment appointments. Free of charge. 3 days notice before ride.

1-800-227-2345 | cancer.org

Future in Sight



Volunteer driver program for visually impaired individuals. Provides rides for medical appointments, grocery shopping, and peer support groups. Must apply as a client before requesting a ride. Schedule at least 1 week in advance.

(603) 224-3049 | clientrides@futureinsight.org | futureinsight.org

Community Caregivers of Greater Derry



Rides primarily for routine medical appointments. Serves seniors and individuals with disabilities. Apply to become a client before booking rides. Must schedule at least 10 days in advance.

(603) 432-0877 | office@comcaregivers.org | comcaregivers.org

Granite State Independent Living



Transportation for individuals with disabilities. Rides for social, recreational, and errand purposes. Must enroll as a client before requesting rides. \$2/mile and \$22/hour. 2 weeks advance notice requested for transportation.

(603) 410-6504 | gsil.org

Rockingham Nutrition Meals on Wheels



Transportation for older adults (60+), to help maintain independence. Food shopping, medical and nutrition transportation. Schedule By 11 AM the business day before the trip. Free of charge, \$3 donations suggested.

(603) 679-2201 | Admin@RNMOW.org | rockinghammealsonwheels.org

Sandown Senior Affairs Transportation Committee



Town-owned volunteer driver program. Rides available to and from medical appointments, treatments, trips to the pharmacy, library, nursing homes, grocery shopping and food pantry. Schedule 3 days in advance

(603) 887-0216 | sandown.us/senior-affairs-transportation-committee

Veterans Transportation Service

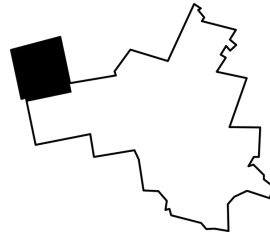


Brings veterans to VA appointments in Manchester. Veterans who are eligible for VA health care benefits and have a VA-authorized appointment are automatically eligible.

(603) 624-4366 | va.gov/HEALTHBENEFITS/vtp/



WEARE



American Cancer Society - Road to Recovery



Volunteer driver program for individuals that need transportation to cancer treatment appointments. Free of charge. 3 days notice before ride.

1-800-227-2345 | [cancer.org](https://www.cancer.org)

DAV - Disabled American Veterans



Provide free transportation to VA medical facilities for injured and ill veterans. Works in coordination with Manchester VA facility.

(603) 624-4366 ext. 6427 | [dav.org](https://www.dav.org)

Future in Sight



Volunteer driver program for visually impaired individuals. Provides rides for medical appointments, grocery shopping, and peer support groups. Must apply as a client before requesting a ride. Schedule at least 1 week in advance.

(603) 224-3049 | clientrides@futureinsight.org | [futureinsight.org](https://www.futureinsight.org)

Granite State Independent Living



Transportation for individuals with disabilities. Rides for social, recreational, and errand purposes. Must enroll as a client before requesting rides. \$2/mile and \$22/hour. 2 weeks advance notice requested for transportation.

(603) 410-6504 | [gsil.org](https://www.gsil.org)

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Boys and Girls Club of Greater Salem

Offers before and after school transportation to/from clubhouse. Children grades K-5 qualify for before-school transportation. Grades 1-5 qualify for after-school transportation.

(603) 898-7709 | [salembgc.org](https://www.salembgc.org)

Community Caregivers of Greater Derry



Rides primarily for routine medical appointments. Serves seniors and individuals with disabilities. Apply to become a client before booking rides. Must schedule at least 10 days in advance.

(603) 432-0877 | office@comcaregivers.org | [comcaregivers.org](https://www.comcaregivers.org)

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Windham Senior Van



Provides rides for senior and disabled Windham residents to medical appointments. Also does weekly Wal-Mart runs on Wednesday's. Couple weeks notice required for rides.

(603) 432-7732 | windhamnh.gov/Faq.aspx?QID=150