



TRIANGLE
TRANSPORTATION
CHOICES

Triangle

2001



January 2026

TDM Partners Monthly Newsletter

HAPPY NEW
YEARS!!





bike the triangle.

Winter Biking in the Research Triangle

Stay Warm • Stay Safe • Keep Riding

Use [TrailLink.com](https://www.trailink.com) or [AllTrails.com](https://www.alltrails.com) for route planning and reviews.

Popular Winter Routes

- American Tobacco Trail
- Neuse River Greenway
- Walnut Creek & Rocky Branch Trails
- Research Triangle Park



Shorter days mean higher risk. In NC, most pedestrian and cyclist fatalities happen in the dark. Learn more at gotriangle.org/lightenup



Lighten Up:

- White front light + red rear light
- Reflective clothing or accessories
- Ride with traffic and follow all traffic laws

Cold-Weather Bike Prep

- Slightly lower tire pressure for better traction
- Check pressure before every ride
- Consider wider or puncture-resistant tires
- Tubeless setups or liners help prevent flats

Dress for the Ride

- Layer up (start slightly cool)
- Moisture-wicking base layer
- Windproof/waterproof outer layer

Stay Warm: [Learn More](#)



ROUTE CHANGES

Going into effect March 2026



Service Change Summary

Frequency Improvements:
Route 100

New Route:
Route 705

Alignment and Stop Changes:
Routes 310 and 700

Hours of Operation Increases:
Routes 100, 300, 700, and 800

ROUTE CHANGES

Going into effect March 2026



ROUTE 100

RTC – NC State – Raleigh

Weekday service will now operate every 15 minutes from 6am - 7pm. There are no proposed changes to the route's alignment or stops.

Weekday		Saturday		Sunday	
Time	Frequency	Time	Frequency	Time	Frequency
6am - 7pm	15 minutes	6am - 7pm	30 minutes	7am - 7pm	30 minutes
7pm - 9pm	30 minutes	7pm - 12am	60 minutes	7pm - 11pm	60 minutes
9pm - 12am	60 minutes				

ROUTE 310

RTC – Morrisville – Cary

Realigned to serve the Walmart on Shiloh Glenn Dr. in Morrisville

No changes to frequency or span

All removed stops will be served by Morrisville Smart Shuttle. The stop pair at Slater Rd at Carrington Mill Blvd will continue to be served by Route 100 and RDU Shuttle



ROUTE CHANGES

Continued



Routes 700 and 705

Durham – RTP – RTC

700:

-Realigned to serve NCCU and Durham Tech and bring new access to Ellis Rd and Miami Bl.

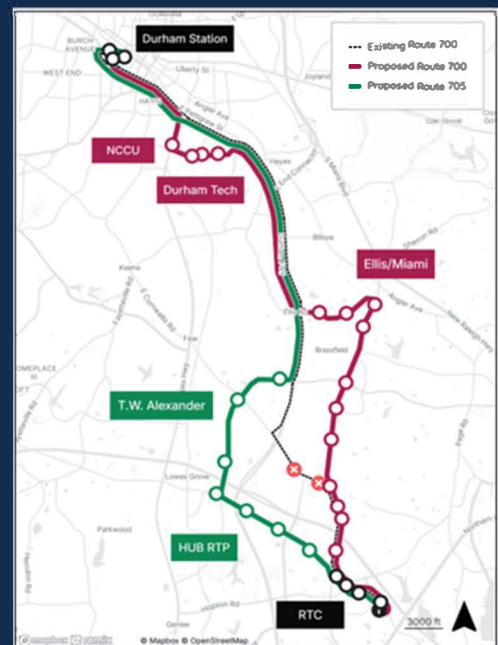
-Service every 30 minutes

-More evening service on weekdays and earlier start and later end on weekends

705:

-New route directly connecting Durham with RTP including Hub RTP and Boxyard

-Service every 30 minutes on weekdays



Routes 300 and 800

Hours of Operation

Weekdays: Additional PM hour

Weekends: Additional AM and PM hour

No changes to alignment or stops

300:

Cary - Raleigh

Weekday	Saturday	Sunday
6am-Midnight	6am-Midnight	7am-11pm

800:

Chapel Hill - RTC

Weekday	Saturday	Sunday
5am-Midnight	6am-Midnight	6am-11pm

RESOURCES

[GOTRIANGLE PRINT MATERIAL REQUEST FORM](#)



IF YOU WOULD LIKE PRINT MATERIAL, PLEASE COMPLETE GOTRIANGLE PRINT MATERIAL REQUEST FORM. [CLICK HERE](#)

[OUTREACH ASSISTANCE](#)



IF YOU WOULD LIKE OUTREACH ASSISTANCE WITH AN EVENT IN YOUR HOTSPOT, PLEASE COMPLETE THE [TDM OUTREACH EVENT REQUEST FORM](#)

[INDIVIDUALIZED ASSISTANCE](#)



FEEL FREE TO PROMOTE INDIVIDUALIZED ASSISTANCE! [INDIVIDUALIZED ASSISTANCE FORM](#)



PLEASE SUBMIT ANY TDM RELATED EVENTS ADD TO THE TDM EVENT CALENDAR.

[TDM Calendar Event Request Form](#)
