**Free Ride Day 2025: Partner Content**

**Email Newsletter / Website:**

Title/Subject: Ride Transit for Free on October 1

On Wednesday, October 1, give a new commute a go – for free! The [San Diego Metropolitan Transit System](http://www.sdmts.com) (MTS) and [North County Transit – San Diego Railroad](https://gonctd.com/) (NCTD) will be giving free rides all day on all buses, Trolleys, SPRINTER and COASTER.

Whether you want to skip traffic on your way to work, head out for fun without parking hassles, or explore a new part of San Diego, [Free Ride Day](https://www.sdmts.com/free-ride-day) is a great chance for people to try transit, at no cost.

Plus, when you take transit on Free Ride Day, you will also be joining thousands of Californians to help create a greener community as part of [California Clean Air Day](https://www.sandag.org/projects-and-programs/regional-initiatives/sustainable-transportation-services/clean-air-day).

Learn more about Free Ride Day and plan your trip on the [MTS website](https://www.sdmts.com/free-ride-day).

**Social Media:**

* Save the Date: Transit in San Diego will be free on Wednesday, October 1! Try a new way to commute with @sdmts and @gonctd [www.sdmts.com/free-ride-day](http://www.sdmts.com/free-ride-day)
* Try a new way to move! All @sdmts and @gonctd bus, Trolley, SPRINTER and COASTER service will be free on 10/1. Whether commuting to work or exploring a new part of SD, Free Ride Day is a great chance to get on board: [www.sdmts.com/free-ride-day](http://www.sdmts.com/free-ride-day)
* Reminder: Free Ride Day is next Wednesday, October 1! Try a new way to move around SD with FREE bus, Trolley, SPRINTER and COASTER service all day. Plan your trip: [www.sdmts.com/free-ride-day](http://www.sdmts.com/free-ride-day)