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<b>MTS Security</b> MTS Seguridad	<b>619-595-4960</b>
<b>MTS Information &amp; Trip Planning</b> MTS Información y planeo de viaje	<b>619-233-3004</b>
<b>Customer Service / Suggestions</b> Servicio al cliente / Sugerencias	<b>619-557-4555</b>
<b>Lost and Found</b> Objetos extraviados	<b>619-233-3004</b>
<b>Transit Store</b> 12th & Imperial Transit Center M-F / L-V 8am-5pm	<b>619-234-1060</b>
<b>TTY/TDD</b> (teletype for hearing impaired) Teletipo para discapacidad auditiva	<b>619-234-5005</b> <b>888-722-4889</b>

Buses on all MTS routes are accessible via lift or ramp.  
 Autobuses en todas las rutas de MTS son accesibles mediante un ascensor o rampa.  
 Alternative formats available upon request. Call: (619) 557-4555.  
 Formato alternativo disponible al preguntar. Llamar al: (619) 557-4555.

**944**

**945**

Sabre Springs ↔  
**Poway High School**  
 via Poway Road

Rancho Bernardo ↔  
**Poway High School**  
 via Pomerado Road /  
 Poway Road



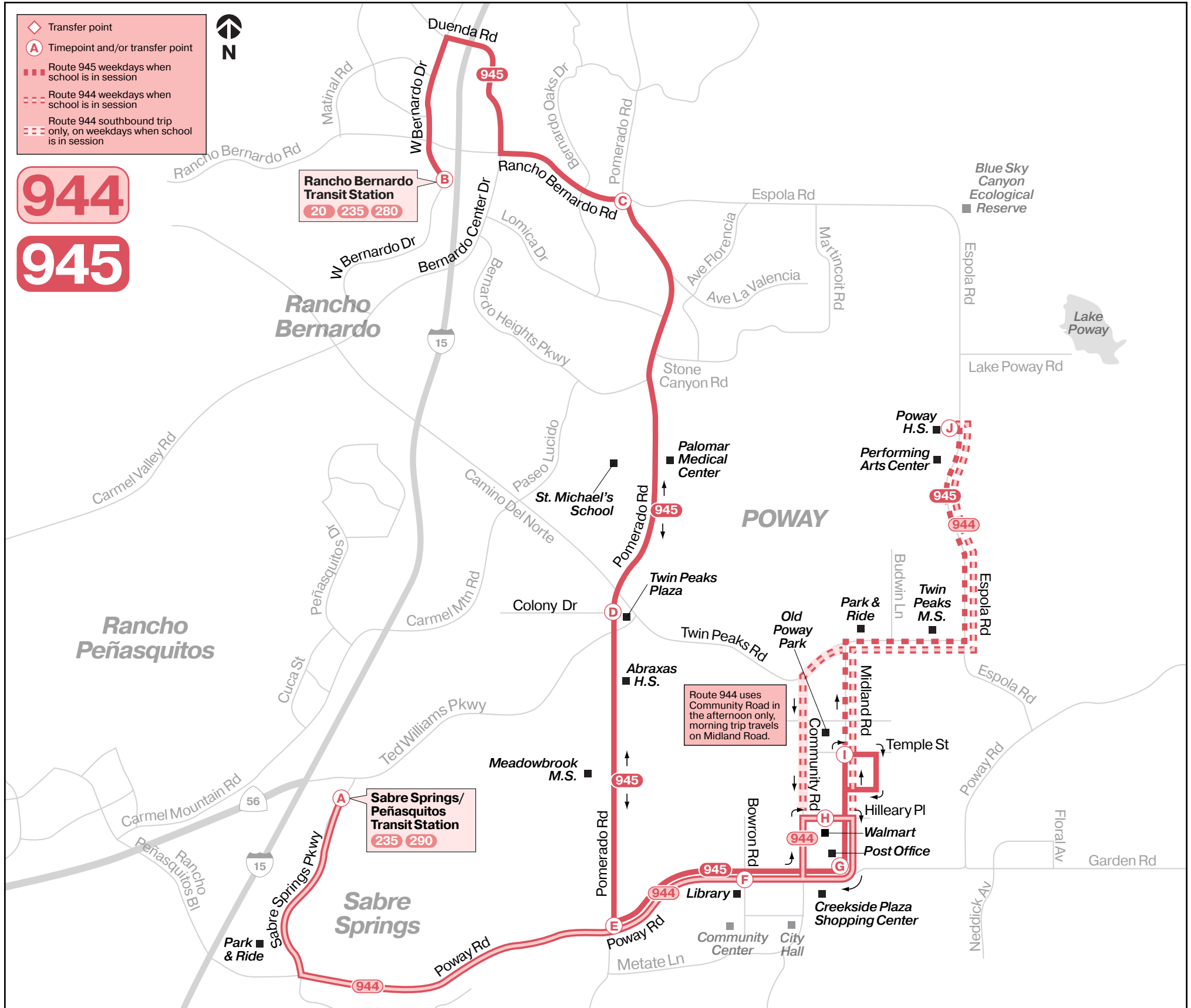
**Destinations**

- Abraxas High School (945)
- Rancho Bernardo Transit Station
- Sabre Springs / Peñasquitos Transit Station
- Meadowbrook Middle School (945)
- Palomar Medical Center (945)
- Poway High School
- Twin Peaks Plaza (945)
- Poway Library

**Bus Routes**



Subject to change without notice  
 Sujeto a cambios sin previo aviso



**PRONTO**

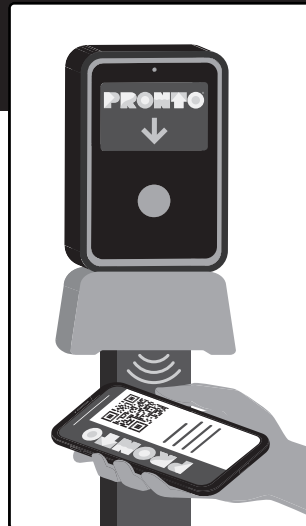


619-595-5636  
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**TAP or SCAN -  
 Required  
 Before Boarding**

**TOCA o ESCANEA -  
 Se requiere antes de abordar**



# 944 Monday through Friday • *lunes a viernes*

## Sabre Springs → Poway High School

<b>A</b>	<b>E</b>	<b>F</b>	<b>H</b>	<b>J</b>
Sabre Springs/Peñasquitos Transit Station <b>DEPART</b>	Poway Rd. & Pomerado Rd.	Poway Rd. & Bowron Rd.	Hilleary Pl. (Walmart)	Poway High School <b>ARRIVE</b>
5:34a	5:42a	5:46a	5:50a	—
6:30	6:38	6:42	6:46	—
7:00	7:09	7:13	7:18	—
7:30	7:39	7:43	7:48	<b>P</b> 8:08a
8:05	8:14	8:18	8:23	—
8:39	8:48	8:52	8:57	—
9:09	9:18	9:22	9:27	—
9:39	9:48	9:52	9:57	—
10:09	10:18	10:22	10:27	—
11:04	11:13	11:17	11:22	—
<b>12:19p</b>	<b>12:28p</b>	<b>12:32p</b>	<b>12:37p</b>	—
<b>1:19</b>	<b>1:28</b>	<b>1:32</b>	<b>1:37</b>	—
<b>1:49</b>	<b>1:59</b>	<b>2:04</b>	<b>2:09</b>	—
<b>2:19</b>	<b>2:29</b>	<b>2:34</b>	<b>2:39</b>	—
<b>2:42</b>	<b>2:52</b>	<b>2:57</b>	<b>3:02</b>	—
<b>3:12</b>	<b>3:22</b>	<b>3:27</b>	<b>3:32</b>	—
<b>4:27</b>	<b>4:37</b>	<b>4:42</b>	<b>4:47</b>	—
<b>4:57</b>	<b>5:07</b>	<b>5:12</b>	<b>5:17</b>	—
<b>5:27</b>	<b>5:37</b>	<b>5:42</b>	<b>5:47</b>	—
<b>5:57</b>	<b>6:06</b>	<b>6:10</b>	<b>6:15</b>	—
<b>6:27</b>	<b>6:36</b>	<b>6:40</b>	<b>6:45</b>	—
<b>7:00</b>	<b>7:08</b>	<b>7:12</b>	<b>7:16</b>	—
<b>7:30</b>	<b>7:38</b>	<b>7:42</b>	<b>7:46</b>	—

## Poway High School → Sabre Springs

<b>J</b>	<b>H</b>	<b>F</b>	<b>E</b>	<b>A</b>
Poway High School <b>DEPART</b>	Hilleary Pl. (Walmart)	Poway Rd. & Bowron Rd.	Poway Rd. & Pomerado Rd.	Sabre Springs/Peñasquitos Transit Station <b>ARRIVE</b>
—	5:00a	5:03a	5:06a	5:15a
—	6:00	6:03	6:06	6:15
—	6:30	6:33	6:36	6:45
—	6:55	6:58	7:01	7:10
—	7:22	7:26	7:30	7:40
—	8:30	8:34	8:38	8:48
—	9:04	9:08	9:12	9:22
—	9:34	9:38	9:42	9:52
—	10:04	10:08	10:12	10:22
—	10:34	10:38	10:42	10:52
—	11:34	11:38	11:42	11:52
—	<b>12:49p</b>	<b>12:53p</b>	<b>12:57p</b>	<b>1:07p</b>
—	<b>1:49</b>	<b>1:53</b>	<b>1:57</b>	<b>2:07</b>
—	<b>2:15</b>	<b>2:19</b>	<b>2:24</b>	<b>2:35</b>
—	<b>2:45</b>	<b>2:49</b>	<b>2:54</b>	<b>3:05</b>
—	<b>3:08</b>	<b>3:12</b>	<b>3:17</b>	<b>3:28</b>
—	<b>3:38</b>	<b>3:42</b>	<b>3:47</b>	<b>3:58</b>
<b>P</b> 3:56p	<b>4:11</b>	<b>4:15</b>	<b>4:20</b>	<b>4:31</b>
—	<b>4:56</b>	<b>5:00</b>	<b>5:05</b>	<b>5:16</b>
—	<b>5:28</b>	<b>5:32</b>	<b>5:36</b>	<b>5:46</b>
—	<b>5:58</b>	<b>6:02</b>	<b>6:06</b>	<b>6:16</b>
—	<b>6:30</b>	<b>6:34</b>	<b>6:38</b>	<b>6:48</b>
—	<b>6:59</b>	<b>7:03</b>	<b>7:07</b>	<b>7:17</b>

Route 944 does not operate on weekends. For more information, visit [sdmts.com](http://sdmts.com) or call (619) 233-3004. / La ruta 944 no opera los fines de semana. Para obtener más información, visite [sdmts.com](http://sdmts.com) o llame al (619) 233-3004.

# 945 Saturday and Sunday • *sábado y domingo*

## Rancho Bernardo → Old Poway

<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>G</b>	<b>I</b>
Rancho Bernardo Transit Station <b>DEPART</b>	Pomerado Rd. & R. Bernardo Rd.	Pomerado Rd. & Colony Dr.	Poway Rd. & Pomerado Rd.	Midland Rd. & Poway Rd.	Temple St. & Midland Rd. <b>ARRIVE</b>
6:42a	6:52a	6:59a	7:06a	7:14a	7:18a
7:27	7:37	7:44	7:52	8:01	8:05
8:12	8:22	8:29	8:37	8:46	8:50
8:57	9:07	9:14	9:22	9:31	9:35
9:42	9:52	9:59	10:07	10:16	10:20
10:27	10:37	10:44	10:52	11:01	11:05
11:12	11:22	11:29	11:37	11:46	11:50
11:57	<b>12:07p</b>	<b>12:14p</b>	<b>12:22p</b>	<b>12:31p</b>	<b>12:35p</b>
<b>12:42p</b>	<b>12:52</b>	<b>12:59</b>	<b>1:07</b>	<b>1:16</b>	<b>1:20</b>
<b>1:27</b>	<b>1:37</b>	<b>1:44</b>	<b>1:52</b>	<b>2:01</b>	<b>2:05</b>
<b>2:12</b>	<b>2:22</b>	<b>2:29</b>	<b>2:37</b>	<b>2:46</b>	<b>2:50</b>
<b>2:57</b>	<b>3:07</b>	<b>3:14</b>	<b>3:22</b>	<b>3:31</b>	<b>3:35</b>
<b>3:43</b>	<b>3:53</b>	<b>4:00</b>	<b>4:08</b>	<b>4:17</b>	<b>4:21</b>
<b>4:28</b>	<b>4:38</b>	<b>4:45</b>	<b>4:53</b>	<b>5:02</b>	<b>5:06</b>
<b>5:13</b>	<b>5:23</b>	<b>5:30</b>	<b>5:38</b>	<b>5:47</b>	<b>5:51</b>
<b>5:58</b>	<b>6:08</b>	<b>6:15</b>	<b>6:23</b>	<b>6:32</b>	<b>6:36</b>
<b>6:58</b>	<b>7:08</b>	<b>7:15</b>	<b>7:22</b>	<b>7:30</b>	<b>7:34</b>

## Old Poway → Rancho Bernardo

<b>I</b>	<b>G</b>	<b>E</b>	<b>D</b>	<b>C</b>	<b>B</b>
Temple St. & Midland Rd. <b>DEPART</b>	Midland Rd. & Poway Rd.	Poway Rd. & Pomerado Rd.	Pomerado Rd. & Colony Dr.	R. Bernardo Rd. & Pomerado Rd.	Rancho Bernardo Transit Station <b>ARRIVE</b>
6:41a	6:44a	6:50a	6:56a	7:03a	7:12a
7:26	7:29	7:35	7:41	7:48	7:57
8:09	8:12	8:18	8:25	8:32	8:42
8:56	8:59	9:05	9:12	9:19	9:29
9:41	9:44	9:50	9:57	10:04	10:14
10:26	10:29	10:35	10:42	10:49	10:59
11:10	11:13	11:19	11:26	11:34	11:44
11:55	11:58	<b>12:04p</b>	<b>12:11p</b>	<b>12:19p</b>	<b>12:29p</b>
<b>12:40p</b>	<b>12:43p</b>	<b>12:49</b>	<b>12:56</b>	<b>1:04</b>	<b>1:14</b>
<b>1:25</b>	<b>1:28</b>	<b>1:34</b>	<b>1:41</b>	<b>1:49</b>	<b>1:59</b>
<b>2:10</b>	<b>2:13</b>	<b>2:19</b>	<b>2:26</b>	<b>2:34</b>	<b>2:44</b>
<b>2:55</b>	<b>2:58</b>	<b>3:04</b>	<b>3:11</b>	<b>3:19</b>	<b>3:29</b>
<b>3:40</b>	<b>3:43</b>	<b>3:49</b>	<b>3:56</b>	<b>4:04</b>	<b>4:14</b>
<b>4:25</b>	<b>4:28</b>	<b>4:34</b>	<b>4:41</b>	<b>4:49</b>	<b>4:59</b>
<b>5:10</b>	<b>5:13</b>	<b>5:19</b>	<b>5:26</b>	<b>5:34</b>	<b>5:44</b>
<b>5:55</b>	<b>5:58</b>	<b>6:04</b>	<b>6:11</b>	<b>6:19</b>	<b>6:29</b>

# 945 Monday through Friday • *lunes a viernes*

## Rancho Bernardo → Poway High School

<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>G</b>	<b>I</b>	<b>J</b>
Rancho Bernardo Transit Station <b>DEPART</b>	R. Bernardo Rd. & Pomerado Rd.	Pomerado Rd. & Colony Dr.	Poway Rd. & Pomerado Rd.	Midland Rd. & Poway Rd.	Temple St. & Midland Rd.	Poway High School <b>ARRIVE</b>
5:52a	6:01a	6:08a	6:15a	6:24a	6:27a	—
6:22	6:31	6:38	6:45	6:54	6:57	<b>P</b> 7:07a
6:48	6:57	7:04	7:11	7:20	7:23	—
7:18	7:28	7:35	7:43	7:53	7:56	<b>P</b> 8:13
7:51	8:01	8:08	8:16	8:26	8:29	—
8:21	8:31	8:38	8:46	8:56	8:59	—
8:52	9:02	9:09	9:17	9:27	9:30	—
9:22	9:32	9:39	9:47	9:57	10:00	—
9:57	10:07	10:14	10:22	10:32	10:35	—
10:27	10:37	10:44	10:52	11:02	11:05	—
10:56	11:06	11:13	11:21	11:31	11:34	—
11:26	11:36	11:43	11:51	<b>12:01p</b>	<b>12:04p</b>	—
11:56	<b>12:06p</b>	<b>12:13p</b>	<b>12:21p</b>	<b>12:31</b>	<b>12:34</b>	—
<b>12:26p</b>	<b>12:36</b>	<b>12:43</b>	<b>12:51</b>	<b>1:01</b>	<b>1:04</b>	—
<b>12:57</b>	<b>1:07</b>	<b>1:14</b>	<b>1:22</b>	<b>1:32</b>	<b>1:35</b>	—
<b>1:27</b>	<b>1:37</b>	<b>1:44</b>	<b>1:52</b>	<b>2:02</b>	<b>2:05</b>	—
<b>1:57</b>	<b>2:07</b>	<b>2:14</b>	<b>2:22</b>	<b>2:32</b>	<b>2:35</b>	—
<b>2:27</b>	<b>2:37</b>	<b>2:44</b>	<b>2:52</b>	<b>3:02</b>	<b>3:05</b>	—
<b>3:02</b>	<b>3:12</b>	<b>3:19</b>	<b>3:27</b>	<b>3:37</b>	<b>3:40</b>	—
<b>4:02</b>	<b>4:12</b>	<b>4:19</b>	<b>4:27</b>	<b>4:37</b>	<b>4:40</b>	—
<b>4:34</b>	<b>4:44</b>	<b>4:51</b>	<b>4:59</b>	<b>5:09</b>	<b>5:12</b>	—
<b>5:04</b>	<b>5:14</b>	<b>5:21</b>	<b>5:29</b>	<b>5:39</b>	<b>5:42</b>	—
<b>5:34</b>	<b>5:44</b>	<b>5:51</b>	<b>5:59</b>	<b>6:09</b>	<b>6:12</b>	—
<b>6:04</b>	<b>6:14</b>	<b>6:21</b>	<b>6:29</b>	<b>6:39</b>	<b>6:42</b>	—
<b>6:37</b>	<b>6:47</b>	<b>6:54</b>	<b>7:02</b>	<b>7:12</b>	<b>7:15</b>	—
<b>7:07</b>	<b>7:16</b>	<b>7:23</b>	<b>7:30</b>	<b>7:39</b>	<b>7:42</b>	—
<b>7:47</b>	<b>7:56</b>	<b>8:03</b>	<b>8:10</b>	<b>8:19</b>	<b>8:22</b>	—

## Poway High School → Rancho Bernardo

<b>J</b>	<b>I</b>	<b>G</b>	<b>E</b>	<b>D</b>	<b>C</b>	<b>B</b>
Poway High School <b>DEPART</b>	Temple St. & Midland Rd.	Midland Rd. & Poway Rd.	Poway Rd. & Pomerado Rd.	Pomerado Rd. & Colony Dr.	R. Bernardo Rd. & Pomerado Rd.	Rancho Bernardo Transit Station <b>ARRIVE</b>
—	5:39a	5:42a	5:49a	5:55a	6:02a	6:12a
—	6:35	6:38	6:45	6:51	6:58	7:08
—	7:36	7:39	7:47	7:53	8:01	8:11
—	8:06	8:09	8:17	8:23	8:31	8:41
—	8:36	8:39	8:47	8:53	9:01	9:11
—	9:10	9:13	9:21	9:27	9:35	9:45
—	9:40	9:43	9:51	9:57	10:05	10:15
—	10:10	10:13	10:21	10:27	10:35	10:45
—	10:41	10:44	10:52	10:58	11:06	11:16
—	11:11	11:14	11:22	11:28	11:36	11:46
—	11:39	11:43	11:51	11:57	<b>12:05p</b>	<b>12:16p</b>
—	<b>12:09p</b>	<b>12:13p</b>	<b>12:21p</b>	<b>12:27p</b>	<b>12:35</b>	<b>12:46</b>
—	<b>12:39</b>	<b>12:43</b>	<b>12:51</b>	<b>12:57</b>	<b>1:05</b>	<b>1:16</b>
—	<b>1:09</b>	<b>1:13</b>	<b>1:21</b>	<b>1:27</b>	<b>1:35</b>	<b>1:46</b>
—	<b>1:43</b>	<b>1:47</b>	<b>1:55</b>	<b>2:01</b>	<b>2:09</b>	<b>2:20</b>
—	<b>2:13</b>	<b>2:17</b>	<b>2:25</b>	<b>2:31</b>	<b>2:39</b>	<b>2:50</b>
—	<b>2:44</b>	<b>2:48</b>	<b>2:56</b>	<b>3:02</b>	<b>3:10</b>	<b>3:21</b>
—	<b>3:14</b>	<b>3:18</b>	<b>3:26</b>	<b>3:32</b>	<b>3:40</b>	<b>3:51</b>
—	<b>3:44</b>	<b>3:48</b>	<b>3:56</b>	<b>4:02</b>	<b>4:10</b>	<b>4:21</b>
<b>P</b> 3:59p	<b>4:16</b>	<b>4:20</b>	<b>4:28</b>	<b>4:34</b>	<b>4:42</b>	<b>4:53</b>
—	<b>4:46</b>	<b>4:50</b>	<b>4:58</b>	<b>5:04</b>	<b>5:12</b>	<b>5:23</b>
—	<b>5:18</b>	<b>5:22</b>	<b>5:30</b>	<b>5:36</b>	<b>5:44</b>	<b>5:55</b>
—	<b>5:48</b>	<b>5:52</b>	<b>6:00</b>	<b>6:06</b>	<b>6:14</b>	<b>6:25</b>
—	<b>6:18</b>	<b>6:22</b>	<b>6:30</b>	<b>6:36</b>	<b>6:44</b>	<b>6:55</b>
—	<b>7:02</b>	<b>7:05</b>	<b>7:12</b>	<b>7:18</b>	<b>7:25</b>	<b>7:35</b>

**P** = Trip serves Poway High School only when schools are in regular session. / Viaje de ruta ofrece servicio a la escuela Poway High School únicamente cuando las clases se imparten con normalidad.



[sdmts.com/RiderInsider](http://sdmts.com/RiderInsider)



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