

DISCLAIMER: While route start times are precise, travel times throughout the route may vary due to traffic, construction, weather or other impacts.

## Sterling Ridge Park & Ride

8001 McBeth Way, The Woodlands, TX

Sign up for Transit Alerts & Newsletter @ <https://www.thewoodlandstowship-tx.gov/ALERTS>

Questions about the schedule? Call (281) 363-1325

Feel like you have missed a bus? Need assistance while riding? Call (832) 851-3362

### AM Schedule

299 The Woodlands Express - Monday-Friday to Houston										
AM Departure	Sterling Ridge P&R	Arrival	Downtown		Texas Medical Center			Greenway Plaza		
			Milam St. & Congress St.	Milam St. & Jefferson	Milam St. & Elgin St.	Main St. & Cambridge St.	East Rd. & Cambridge St. (UT School of Dentistry)	20 Greenway	9 Greenway	3 Greenway
ROUTE TIME POINTS										
1	5:25		6:10	6:20	6:25	6:35	6:55			
2	6:05		7:00	7:10				7:25	7:30	7:35
3	6:25		7:20	7:30						
4	6:45		7:45	7:55	8:00	8:10	8:30			
5	7:00		8:00	8:10						
6	7:30		8:30	8:45						
7	8:05		9:00	9:10						

### PM Schedule

299 The Woodlands Express - Monday-Friday from Houston										
PM Departure	Medical Center			Greenway Plaza			Downtown		Arrival	Sterling Ridge P&R
	East Rd. & Cambridge St. (UT School of Dentistry)	Main St. / MH Medical Plaza	Travis St. & Elgin St.	20 Greenway	9 Greenway	3 Greenway	Louisiana St. & St. Joseph's Parkway	Louisiana St. & Prairie St.		
ROUTE TIME POINTS										
8	12:28	12:40	12:55					1:00	1:10	2:00
9								3:30	3:40	4:30
10								3:45	3:55	4:45
11	3:53	4:10	4:20					4:40	4:50	5:50
12								4:00	4:10	5:05
13				4:25	4:30	4:35		4:50	5:00	6:00
14								4:30	4:40	5:40
15	4:33	4:50	5:00					5:10	5:20	6:25
16								5:50	6:00	6:55
17	SUNSETTER RUN							7:00	7:10	8:10

Route maps and schedules are available for download at: [www.WoodlandsTransit.com](http://www.WoodlandsTransit.com)

Revised August 2025

STERLING RIDGE SCHEDULE