

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

STERLING RIDGE SCHEDULE

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	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		PM 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							3:10	3:20		4:15	
10							3:30	3:40		4:30	
11							3:45	3:55		4:45	
12	3:53	4:10	4:20				4:40	4:50		5:50	
13							4:00	4:10		5:05	
14				4:25	4:30	4:35	4:50	5:00		6:00	
15							4:30	4:40		5:40	
16	4:33	4:50	5:00				5:10	5:20		6:25	
17							5:50	6:00		6:55	
18	<i>SUNSETTER RUN</i>							7:00	7:10		8:10

Route maps and schedules are available for download at: www.WoodlandsTransit.com

Revised July 1 2026