

Bike to Work Week is May 12-16, 2025



Join the movement and bike to work to enhance your well-being, learn more about community resources, and participate in a more sustainable commute. Visit hr.jhu.edu/bike-to-work for more information.

Transportation



Transportation Services provides reliable and efficient parking, shuttle, and transportation options, for a convenient and safe experience traveling throughout the entire JHU Homewood campus.



Live Near Your Work

The Johns Hopkins Live Near Your Work program offers grants of up to \$17,000 toward a down payment and closing costs associated with buying a house in designated Baltimore City neighborhoods.

Well-being

Biking can help you:

- maintain a healthy weight by burning fat and toning muscles.
- strengthen your heart and reduce your risk of heart disease with aerobic exercise.
- release endorphins, which can improve your mood and reduce stress and anxiety.



Sustainability

Biking encourages sustainable transportation. Commuting by bicycle decreases reliance on fossil fuels, contributing to the university's goal of achieving net-zero greenhouse gas emissions by 2040. Supporting Baltimore's Bike Infrastructure and Complete Streets Program, [learn more here.](#)

Photo Raffle

Take a photo of yourself biking to work during Bike to Work Week and post it to social media with the hashtag #JHUBikes. Scan the QR code to upload your photo for a chance to win a raffle prize!

