**Transit to Trails**

Many METRO routes travel near open green spaces, hiking trails, and scenic ocean vistas.

Route 7, between Portland and Falmouth, offers all three and more.

Stop off the bus near Andrews Ave. / Route 7, cross the bridge, and take a 1.5 mile walk along the perimeter of Mackworth Island.* Just a few stops down the road is Gilsland Farm Audubon Center featuring an environmental center and more than two miles of trails winding along a pond, woods, meadow, orchard, and salt marsh. Tidewater Farm, near the Clearwater Dr. bus stop, offers a 1.5 mile hike with views of Casco Bay.

*The trail at Mackworth Island is part of the Maine State Park system and charges a fee to visit.

Portland Trails includes 70 miles of trails in Portland, Westbrook, South Portland, and Falmouth.

Their network features a diversity of trail options – from woodland hikes to urban adventures. For details on trails near METRO routes, check out the Portland Trails map at trails.org.

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Please note:
- Bus route does not stop at Walmart. Nearest stop is on Cheverus Drive.
- Bus route does not stop at Shaw's on Outbound Service. Use the 101 trip. Bus will stop at Shaw’s on Inbound service.