

Metro Route 7 — Falmouth - Downtown Portland - Jetport

Route Change - Updated Service

*NEW On Demand Service

Effective Date: December 29, 2024



MONDAY THROUGH FRIDAY OUTBOUND TO FALMOUTH

Jetport	Congress Hutchins	Westgate	Congress St Maine Med Center	Monument Square	Washington Veranda	Falmouth Walmart	Falmouth Shaw's
A	H	B	C	D	E	F	G
...
...	6:22	6:30	6:38	6:45	6:50
7:15	7:20	7:28	7:36	7:45	7:53	8:03	8:08
8:15	8:20	8:28	8:36	8:45	8:53	9:03	9:08
9:15	9:20	9:28	9:36	9:45	9:53	10:03	10:08
10:15	10:20	10:28	10:36	10:45	10:53	11:03	11:08
11:15	11:20	11:28	11:36	11:45	11:53	12:03	12:08
12:15	12:20	12:28	12:36	12:45	12:53	1:03	1:08
1:15	1:20	1:28	1:36	1:45	1:53	2:03	2:08
2:15	2:20	2:28	2:36	2:45	2:53	3:03	3:08
3:15	3:20	3:28	3:36	3:45	3:53	4:03	4:08
4:15	4:20	4:28	4:36	4:45	4:53	5:03	5:08
5:15	5:20	5:28	5:36	5:45	5:53	6:03	6:08
6:15	6:20	6:28	6:36	6:45	6:53	7:03	7:08
7:15	7:20	7:28	7:36	7:45	7:53	8:03	8:08
8:15	8:20	8:28	8:36	8:45	8:53	9:00	9:05
9:15	9:20	9:28	9:36	9:45	9:53	10:00	10:05
10:05	10:10	10:18	10:26	10:35	10:43	10:50	10:55

MONDAY THROUGH FRIDAY INBOUND TO DOWNTOWN PORTLAND

Falmouth Shaw's	Falmouth Walmart	Washington Veranda	Portland City Hall	Congress St Maine Med Center	Westgate	Congress Hutchins	Jetport
G	F	E	D	C	B	H	A
...	...	5:10	5:15	5:21	5:26	5:31	5:40
7:15	7:20	7:28	7:37	7:46	7:54	7:59	8:07
8:15	8:20	8:28	8:37	8:46	8:54	8:59	9:07
9:15	9:20	9:28	9:37	9:46	9:54	9:59	10:07
10:15	10:20	10:28	10:37	10:46	10:54	10:59	11:07
11:15	11:20	11:28	11:37	11:46	11:54	11:59	12:07
12:15	12:20	12:28	12:37	12:46	12:54	12:59	1:07
1:15	1:20	1:28	1:37	1:46	1:54	1:59	2:07
2:15	2:20	2:28	2:37	2:46	2:54	2:59	3:07
3:15	3:20	3:28	3:37	3:46	3:54	3:59	4:07
4:15	4:20	4:28	4:37	4:46	4:54	4:59	5:07
5:15	5:20	5:28	5:37	5:46	5:54	5:59	6:07
6:15	6:20	6:28	6:37	6:46	6:54	6:59	7:07
7:15	7:20	7:28	7:37	7:46	7:54	7:59	8:07
8:15	8:20	8:28	8:37	8:46	8:54	8:59	9:07
9:10	9:15	9:23	9:32	9:41	9:49	9:54	10:02
10:10	10:15	10:23	10:30	10:39

SUNDAY OUTBOUND TO FALMOUTH

Jetport	Congress Hutchins	Westgate	Congress St Maine Med Center	Monument Square	Washington Veranda	Falmouth Walmart	Falmouth Shaw's
A	H	B	C	D	E	F	G
...
...	8:40	8:45	8:53	9:03	9:08
9:15	9:20	9:28	9:36	9:45	9:53	10:03	10:08
10:15	10:20	10:28	10:36	10:45	10:53	11:03	11:08
11:15	11:20	11:28	11:36	11:45	11:53	12:03	12:08
12:02	12:20	12:28	12:36	12:45	12:53	1:03	1:08
1:15	1:20	1:28	1:36	1:45	1:53	2:03	2:08
2:15	2:20	2:28	2:36	2:45	2:53	3:03	3:08
3:15	3:20	3:28	3:36	3:45	3:53	4:03	4:08
4:15	4:20	4:28	4:36	4:45	4:53	5:03	5:08
5:15	5:20	5:28	5:36	5:45	5:53	6:03	6:08
6:15	6:20	6:28	6:36	6:45	6:53	7:03	7:08

SUNDAY INBOUND TO DOWNTOWN PORTLAND

Falmouth Shaw's	Falmouth Walmart	Washington Veranda	Portland City Hall	Congress St Maine Med Center	Westgate	Congress Hutchins	Jetport
G	F	E	D	C	B	H	A
8:20	8:25	8:33	8:42	8:51	8:59	9:04	9:12
9:20	9:25	9:33	9:42	9:51	9:59	10:04	10:12
10:20	10:25	10:33	10:42	10:51	10:59	11:04	11:12
11:20	11:25	11:33	11:42	11:51	11:59	12:04	12:12
12:20	12:25	12:33	12:42	12:51	12:59	1:04	1:12
1:20	1:25	1:33	1:42	1:51	1:59	2:04	2:12
2:20	2:25	2:33	2:42	2:51	2:59	3:04	3:12
3:20	3:25	3:33	3:42	3:51	3:59	4:04	4:12
4:20	4:25	4:33	4:42	4:51	4:59	5:04	5:12
5:20	5:25	5:33	5:42	5:51	5:59	6:04	6:12
6:20	6:25	6:33	6:42	6:51	6:59	7:04	7:12
7:10	7:15	7:23	7:32	7:41

SATURDAY OUTBOUND TO FALMOUTH

Jetport	Congress Hutchins	Westgate	Congress St Maine Med Center	Monument Square	Washington Veranda	Falmouth Walmart	Falmouth Shaw's
A	H	B	C	D	E	F	G
...
...	6:22	6:30	6:38	6:45	6:50
7:15	7:20	7:28	7:36	7:45	7:53	8:03	8:08
8:15	8:20	8:28	8:36	8:45	8:53	9:03	9:08
9:15	9:20	9:28	9:36	9:45	9:53	10:03	10:08
10:15	10:20	10:28	10:36	10:45	10:53	11:03	11:08
11:15	11:20	11:28	11:36	11:45	11:53	12:03	12:08
12:15	12:20	12:28	12:36	12:45	12:53	1:03	1:08
1:15	1:20	1:28	1:36	1:45	1:53	2:03	2:08
2:15	2:20	2:28	2:36	2:45	2:53	3:03	3:08
3:15	3:20	3:28	3:36	3:45	3:53	4:03	4:08
4:15	4:20	4:28	4:36	4:45	4:53	5:03	5:08
5:15	5:20	5:28	5:36	5:45	5:53	6:03	6:08
6:15	6:20	6:28	6:36	6:45	6:53	7:03	7:08
7:15	7:20	7:28	7:36	7:45	7:53	8:03	8:08
8:15	8:20	8:28	8:36	8:45	8:53	9:00	9:05
9:15	9:20	9:28	9:36	9:45	9:53	10:00	10:05
10:05	10:10	10:18	10:26	10:35	10:43	10:50	10:55

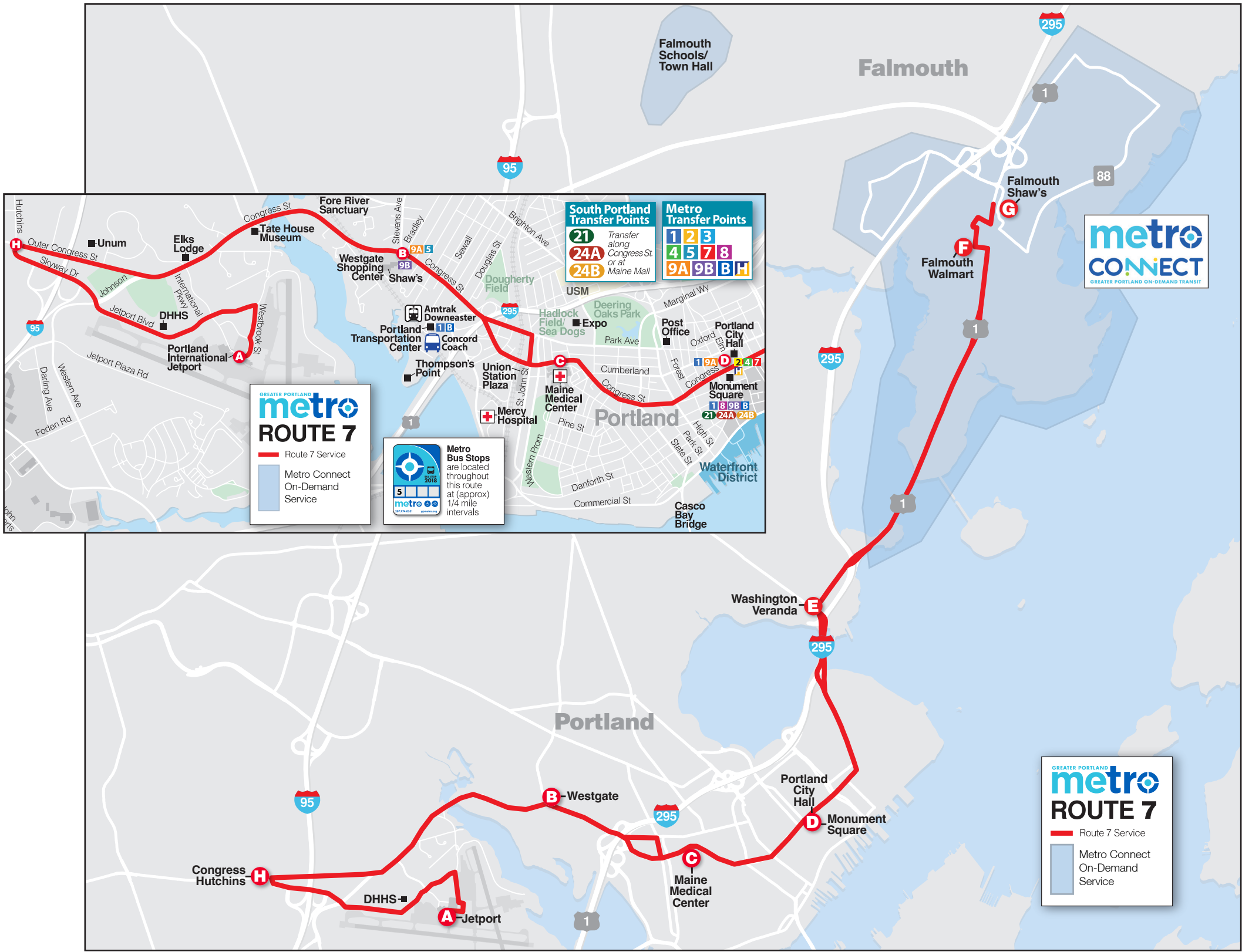
SATURDAY INBOUND TO DOWNTOWN PORTLAND

Falmouth Shaw's	Falmouth Walmart	Washington Veranda	Portland City Hall	Congress St Maine Med Center	Westgate	Congress Hutchins	Jetport
G	F	E	D	C	B	H	A
...	...	5:10	5:15	5:21	5:26	5:31	5:40
7:15	7:20	7:28	7:37	7:46	7:54	7:59	8:07
8:15	8:20	8:28	8:37	8:46	8:54	8:59	9:07
9:15	9:20	9:28	9:37	9:46	9:54	9:59	10:07
10:15	10:20	10:28	10:37	10:46	10:54	10:59	11:07
11:15	11:20	11:28	11:37	11:46	11:54	11:59	12:07
12:15	12:20	12:28	12:37	12:46	12:54	12:59	1:07
1:15	1:20	1:28	1:37	1:46	1:54	1:59	2:07
2:15	2:20	2:28	2:37	2:46	2:54	2:59	3:07
3:15	3:20	3:28	3:37	3:46	3:54	3:59	4:07
4:15	4:20	4:28	4:37	4:46	4:54	4:59	5:07
5:15	5:20	5:28	5:37	5:46	5:54	5:59	6:07
6:15	6:20	6:28	6:37	6:46	6:54	6:59	7:07
7:15	7:20	7:28	7:37	7:46	7:54	7:59	8:07
8:15	8:20	8:28	8:37	8:46	8:54	8:59	9:07
9:10	9:15	9:23	9:32	9:41	9:49	9:54	10:02
10:10	10:15	10:23	10:30	10:39

Greater Portland Metro is introducing Metro Connect, an on-demand rideshare option available in parts of Falmouth. The 'fixed route' service loops — Johnson Rd., Town Landing, and Route 88 and OceanView and nearby locations — will be removed (effective 12.29.24) and replaced by Metro Connect On-Demand service.

To get started, download the GP Metro Connect on-Demand mobile app and plan your trip. Riders can be dropped off within the zone or at a Metro bus stop for continued service to Downtown Portland and beyond. More info at gpmetro.org/connect.





Route map and stops subject to change.