

Metro Route 7 — Falmouth - Downtown Portland - Jetport

Route Change - Updated Service

*New On Demand Service
Metro Connect

Effective Date: March 2, 2025



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
...
5:45	5:50	5:58	6:06	6:15	6:23	6:30	6:35
...	6:46	6:55	7:03	7:10	7:15
7:05	7:10	7:18	7:26	7:35	7:43	7:50	7:55
7:45	7:50	7:58	8:06	8:15	8:23	8:30	8:35
8:20	8:25	8:33	8:41	8:50	8:58	9:05	9:10
9:05	9:10	9:18	9:26	9:35	9:43	9:50	9:55
9:40	9:45	9:53	10:01	10:10	10:18	10:25	10:30
10:30	10:35	10:43	10:51	11:00	11:08	11:15	11:20
11:05	11:10	11:18	11:26	11:35	11:43	11:50	11:55
11:45	11:50	11:58	12:06	12:15	12:23	12:30	12:35
12:30	12:35	12:43	12:51	1:00	1:08	1:15	1:20
1:10	1:15	1:23	1:31	1:40	1:48	1:55	2:00
1:45	1:50	1:58	2:06	2:15	2:23	2:30	2:35
2:15	2:20	2:28	2:36	2:45	2:53	3:00	3:05
3:05	3:10	3:18	3:26	3:35	3:43	3:50	3:55
3:45	3:50	3:58	4:06	4:15	4:23	4:30	4:35
4:30	4:35	4:43	4:51	5:00	5:08	5:15	5:20
5:05	5:10	5:18	5:26	5:35	5:43	5:50	5:55
5:45	5:50	5:58	6:06	6:15	6:23	6:30	6:35
6:15	6:20	6:28	6:36	6:45	6:53	7:00	7:05
7:10	7:15	7:23	7:31	7:40	7:48	7:55	8:00
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
10:15	10:20	10:28	10:36	10:45	10:53	11:00	11:05

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
6:45	6:50	6:58	7:10	7:19	7:25	7:30	7:40
7:15	7:20	7:28	7:40	7:49	7:55	8:00	8:10
8:00	8:05	8:13	8:25	8:34	8:40	8:45	8:55
8:45	8:50	8:58	9:10	9:19	9:25	9:30	9:40
9:15	9:20	9:28	9:40	9:49	9:55	10:00	10:10
10:00	10:05	10:13	10:25	10:34	10:40	10:45	10:55
10:45	10:50	10:58	11:10	11:19	11:25	11:30	11:40
11:20	11:25	11:33	11:45	11:54	12:00	12:05	12:15
12:00	12:05	12:13	12:25	12:34	12:40	12:45	12:55
12:45	12:50	12:58	1:10	1:19	1:25	1:30	1:40
1:20	1:25	1:33	1:45	1:54	2:00	2:05	2:15
2:05	2:10	2:18	2:30	2:39	2:45	2:50	3:00
2:35	2:40	2:48	3:00	3:09	3:15	3:20	3:30
3:10	3:15	3:23	3:35	3:44	3:50	3:55	4:05
4:05	4:10	4:18	4:30	4:39	4:45	4:50	5:00
4:40	4:45	4:53	5:05	5:14	5:20	5:25	5:35
5:20	5:25	5:33	5:45	5:54	6:00	6:05	6:15
6:00	6:05	6:13	6:25	6:34	6:40	6:45	6:55
6:40	6:45	6:53	7:05	7:14	7:20	7:25	7:35
7:15	7:20	7:28	7:40	7:49	7:55	8:00	8:10
8:10	8:15	8:23	8:35	8:44	8:50	8:55	9:05
9:10	9:15	9:23	9:35	9:44	9:50	9:55	10:05
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

Now in Service. Metro Connect, an on-demand rideshare option available in parts of Falmouth. The 'fixed route' service loops – Johnson Rd., Town Landing, Route 88, OceanView, and nearby locations – were removed and replaced by Metro Connect providing more efficient service and better coverage.

To get started, download the GP Metro Connect on-Demand mobile app and plan your trip. Riders can be dropped off with the zones 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.