

Metro Route 7 — Falmouth - Downtown Portland - Jetport/DHHS

Effective Date: November 9, 2025

MONDAY THROUGH FRIDAY OUTBOUND TO FALMOUTH						
Jetport	Westgate	Congress St Maine Med Center	Monument Square	Washington Veranda	Falmouth Walmart	Falmouth Shaw's
A	B	C	D	E	F	G
...	...	...	...	...	...	...
5:45	5:58	6:03	6:10	6:18	6:25	6:28
...	...	6:46	6:55	7:03	7:10	7:14
7:04	7:20	7:26	7:35	7:44	7:51	7:55
7:44	8:00	8:06	8:15	8:24	8:31	8:35
8:19	8:35	8:41	8:50	8:59	9:06	9:10
9:05	9:20	9:26	9:35	9:44	9:51	9:55
9:40	9:55	10:01	10:10	10:19	10:26	10:30
10:30	10:45	10:51	11:00	11:09	11:16	11:20
11:05	11:20	11:26	11:35	11:44	11:51	11:55
11:45	12:00	12:06	12:15	12:24	12:31	12:35
12:30	12:45	12:51	1:00	1:09	1:16	1:20
1:10	1:25	1:31	1:40	1:49	1:56	2:00
1:45	2:00	2:06	2:15	2:24	2:31	2:35
2:15	2:30	2:36	2:45	2:54	3:01	3:05
3:05	3:20	3:26	3:35	3:44	3:51	3:55
3:45	4:00	4:06	4:15	4:24	4:31	4:35
4:30	4:45	4:51	5:00	5:09	5:16	5:20
5:05	5:20	5:26	5:35	5:44	5:51	5:55
5:45	6:00	6:06	6:15	6:24	6:30	6:35
6:17	6:30	6:36	6:45	6:54	7:00	7:05
7:07	7:20	7:26	7:35	7:44	7:50	7:55
8:12	8:25	8:31	8:40	8:48	8:54	8:59
9:12	9:25	9:31	9:40	9:48	9:54	9:59
10:02	10:15	10:21	10:30	10:38	10:44	10:47

SATURDAY OUTBOUND TO FALMOUTH						
Jetport	Westgate	Congress St Maine Med Center	Monument Square	Washington Veranda	Falmouth Walmart	Falmouth Shaw's
A	B	C	D	E	F	G
...	...	...	...	...	...	...
...	...	6:22	6:30	6:38	6:45	6:50
7:15	7:26	7:36	7:45	7:53	8:00	8:05
8:15	8:26	8:36	8:45	8:53	9:00	9:05
9:15	9:26	9:36	9:45	9:53	10:00	10:05
10:15	10:26	10:36	10:45	10:53	11:00	11:05
11:15	11:26	11:36	11:45	11:53	12:00	12:05
12:15	12:26	12:36	12:45	12:53	1:00	1:05
1:15	1:26	1:36	1:45	1:53	2:00	2:05
2:15	2:26	2:36	2:45	2:53	3:00	3:05
3:15	3:26	3:36	3:45	3:53	4:00	4:05
4:15	4:26	4:36	4:45	4:53	5:00	5:05
5:15	5:26	5:36	5:45	5:53	6:00	6:05
6:15	6:26	6:36	6:45	6:53	7:00	7:05
7:15	7:26	7:36	7:45	7:53	8:00	8:05
8:15	8:26	8:36	8:45	8:53	9:00	9:05
9:15	9:26	9:36	9:45	9:53	10:00	10:05
10:05	10:15	10:23	10:30	10:37	10:44	10:47

MONDAY THROUGH FRIDAY INBOUND TO DOWNTOWN PORTLAND						
Falmouth Shaw's	Falmouth Walmart	Washington Veranda	Portland City Hall	Congress St Maine Med Center	Westgate	Jetport
G	F	E	D	C	B	A
...	...	5:10	5:15	5:21	5:25	5:40
6:45	6:49	6:57	7:09	7:18	7:24	7:39
7:15	7:20	7:28	7:40	7:49	7:55	8:10
8:00	8:05	8:13	8:25	8:34	8:40	8:55
8:45	8:50	8:58	9:10	9:19	9:25	9:40
9:15	9:20	9:28	9:40	9:49	9:55	10:10
10:00	10:05	10:13	10:25	10:34	10:40	10:55
10:45	10:50	10:58	11:10	11:19	11:25	11:40
11:20	11:25	11:33	11:45	11:54	12:00	12:15
12:00	12:05	12:13	12:25	12:34	12:40	12:55
12:45	12:50	12:58	1:10	1:19	1:25	1:40
1:20	1:25	1:33	1:45	1:54	2:00	2:15
2:05	2:10	2:18	2:30	2:39	2:45	3:00
2:35	2:40	2:48	3:00	3:09	3:15	3:30
3:10	3:15	3:23	3:35	3:44	3:50	4:05
4:05	4:10	4:18	4:30	4:39	4:45	5:00
4:40	4:45	4:53	5:05	5:14	5:20	5:35
5:20	5:25	5:33	5:45	5:54	6:00	6:15
6:00	6:05	6:13	6:25	6:34	6:40	6:55
6:40	6:45	6:53	7:05	7:14	7:20	7:35
7:15	7:20	7:28	7:40	7:49	7:55	8:10
8:05	8:10	8:18	8:30	8:39	8:45	9:00
9:05	9:10	9:18	9:30	9:39	9:45	10:00
10:10	10:15	10:23	10:30	10:39	...	...

SATURDAY INBOUND TO DOWNTOWN PORTLAND						
Falmouth Shaw's	Falmouth Walmart	Washington Veranda	Portland City Hall	Congress St Maine Med Center	Westgate	Jetport
G	F	E	D	C	B	A
...	...	5:10	5:15	5:21	5:26	5:40
7:15	7:20	7:27	7:35	7:44	7:51	8:05
8:15	8:20	8:27	8:35	8:44	8:51	9:05
9:15	9:20	9:27	9:35	9:44	9:51	10:05
10:15	10:20	10:27	10:35	10:44	10:51	11:05
11:15	11:20	11:27	11:35	11:44	11:51	12:05
12:15	12:20	12:27	12:35	12:44	12:51	1:05
1:15	1:20	1:27	1:35	1:44	1:51	2:05
2:15	2:20	2:27	2:35	2:44	2:51	3:05
3:15	3:20	3:27	3:35	3:44	3:51	4:05
4:15	4:20	4:27	4:35	4:44	4:51	5:05
5:15	5:20	5:27	5:35	5:44	5:51	6:05
6:15	6:20	6:27	6:35	6:44	6:51	7:05
7:15	7:20	7:27	7:35	7:44	7:51	8:05
8:15	8:20	8:27	8:35	8:44	8:51	9:05
9:10	9:15	9:22	9:30	9:39	9:46	10:00
10:10	10:14	10:21	10:28	10:36	...	...

SUNDAY OUTBOUND TO FALMOUTH						
Jetport	Westgate	Congress St Maine Med Center	Monument Square	Washington Veranda	Falmouth Walmart	Falmouth Shaw's
A	B	C	D	E	F	G
...	...	...	...	...	...	...
...	...	8:40	8:45	8:53	9:01	9:05
9:15	9:28	9:36	9:45	9:53	10:01	10:05
10:15	10:28	10:36	10:45	10:53	11:01	11:05
11:15	11:28	11:36	11:45	11:53	12:01	12:05
12:15	12:28	12:36	12:45	12:53	1:01	1:05
1:15	1:28	1:36	1:45	1:53	2:01	2:05
2:15	2:28	2:36	2:45	2:53	3:01	3:05
3:15	3:28	3:36	3:45	3:53	4:01	4:05
4:15	4:28	4:36	4:45	4:53	5:01	5:05
5:15	5:28	5:36	5:45	5:53	6:01	6:05
6:15	6:28	6:36	6:45	6:53	7:01	7:05

SUNDAY INBOUND TO DOWNTOWN PORTLAND						
Falmouth Shaw's	Falmouth Walmart	Washington Veranda	Portland City Hall	Congress St Maine Med Center	Westgate	Jetport
G	F	E	D	C	B	A
8:20	8:25	8:33	8:40	8:48	8:54	9:10
9:15	9:20	9:28	9:35	9:43	9:49	10:05
10:15	10:20	10:28	10:35	10:43	10:49	11:05
11:15	11:20	11:28	11:35	11:43	11:49	12:05
12:15	12:20	12:28	12:35	12:43	12:49	1:05
1:15	1:20	1:28	1:35	1:43	1:49	2:05
2:15	2:20	2:28	2:35	2:43	2:49	3:05
3:15	3:20	3:28	3:35	3:43	3:49	4:05
4:15	4:20	4:28	4:35	4:43	4:49	5:05
5:15	5:20	5:28	5:35	5:43	5:49	6:05
6:15	6:20	6:28	6:35	6:43	6:49	7:05
7:05	7:10	7:18	7:25	7:33	...	...



Metro Connect on-demand rideshare is available in most parts of Falmouth. It's easy to use and just \$2 a ride (\$1 reduced fare).

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Route map and stops subject to change.