

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

Effective Date: June 21, 2026

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

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
6:30	6:34	6:42	6:54	7:03	7:09	7:24
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

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	8:59	9:05
9:15	9:28	9:34	9:45	9:53	9:59	10:05
10:15	10:28	10:34	10:45	10:53	10:59	11:05
11:15	11:28	11:34	11:45	11:53	11:59	12:05
12:15	12:28	12:34	12:45	12:53	12:59	1:05
1:15	1:28	1:34	1:45	1:53	1:59	2:05
2:15	2:28	2:34	2:45	2:53	2:59	3:05
3:15	3:28	3:34	3:45	3:53	3:59	4:05
4:15	4:28	4:34	4:45	4:53	4:59	5:05
5:15	5:28	5:34	5:45	5:53	5:59	6:05
6:15	6:28	6:34	6:45	6:53	6:59	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	8:31	8:40	8:48	8:53	9:05
9:15	9:20	9:26	9:35	9:43	9:48	10:00
10:15	10:20	10:26	10:35	10:43	10:48	11:00
11:15	11:20	11:26	11:35	11:43	11:48	12:00
12:15	12:20	12:26	12:35	12:43	12:48	1:00
1:15	1:20	1:26	1:35	1:43	1:48	2:00
2:15	2:20	2:26	2:35	2:43	2:48	3:00
3:15	3:20	3:26	3:35	3:43	3:48	4:00
4:15	4:20	4:26	4:35	4:43	4:48	5:00
5:15	5:20	5:26	5:35	5:43	5:48	6:00
6:15	6:20	6:26	6:35	6:43	6:48	7:00
7:05	7:10	7:16	7:25	7:33

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
...
...	...	6:24	6:30	6:38	6:45	6:50
7:18	7:30	7:36	7:45	7:53	8:00	8:05
8:18	8:30	8:36	8:45	8:53	9:00	9:05
9:16	9:29	9:36	9:45	9:53	10:00	10:05
10:16	10:29	10:36	10:45	10:53	11:00	11:05
11:16	11:29	11:36	11:45	11:53	12:00	12:05
12:16	12:29	12:36	12:45	12:53	1:00	1:05
1:16	1:29	1:36	1:45	1:53	2:00	2:05
2:16	2:29	2:36	2:45	2:53	3:00	3:05
3:17	3:30	3:36	3:45	3:53	4:00	4:05
4:17	4:30	4:36	4:45	4:53	5:00	5:05
5:17	5:30	5:36	5:45	5:53	6:00	6:05
6:17	6:30	6:36	6:45	6:53	7:00	7:05
7:17	7:30	7:36	7:45	7:53	8:00	8:05
8:18	8:31	8:36	8:45	8:53	9:00	9:05
9:18	9:31	9:36	9:45	9:53	10:00	10:05
10:05	10:18	10:23	10:30	10:37	10:44	10:47

SATURDAY INBOUND TO DOWNTOWN PORTLAND

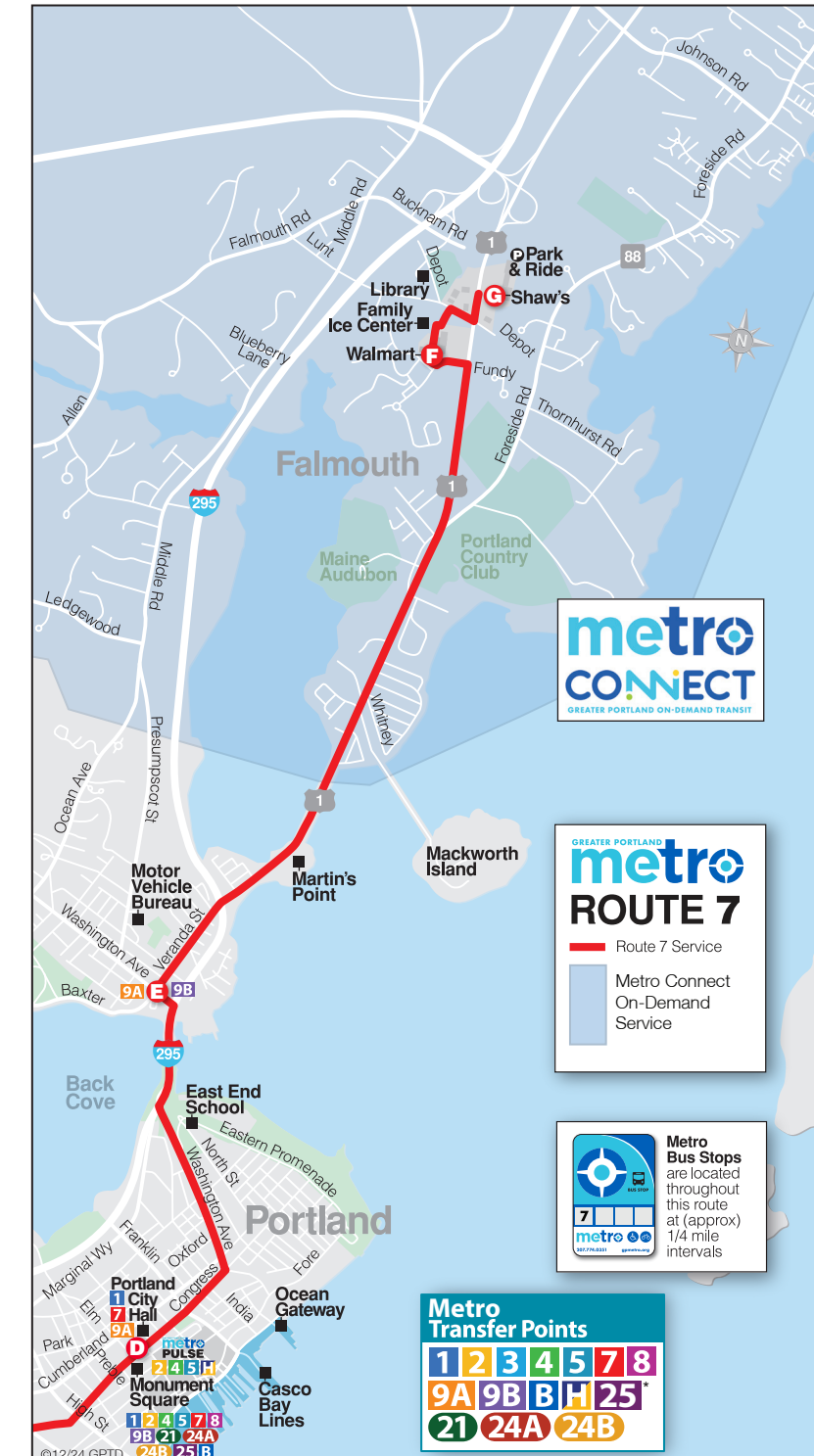
Falmouth Shaw's	Falmouth Walmart	Washington Veranda	Portland City Hall	Congress St Maine Med Center	Westgate	Jetport
G	F	E	D	C	B	A
...	...	5:10	5:15	5:21	5:26	5:40
7:17	7:22	7:28	7:35	7:44	7:49	8:03
8:16	8:21	8:27	8:35	8:44	8:49	9:03
9:16	9:21	9:27	9:35	9:44	9:49	10:03
10:16	10:21	10:27	10:35	10:44	10:49	11:03
11:16	11:21	11:27	11:35	11:44	11:49	12:03
12:16	12:21	12:27	12:35	12:44	12:49	1:03
1:16	1:21	1:27	1:35	1:44	1:49	2:03
2:16	2:21	2:27	2:35	2:44	2:49	3:03
3:16	3:21	3:27	3:35	3:44	3:49	4:03
4:16	4:21	4:27	4:35	4:44	4:49	5:03
5:16	5:21	5:27	5:35	5:44	5:49	6:03
6:16	6:21	6:27	6:35	6:44	6:49	7:03
7:16	7:21	7:27	7:35	7:44	7:49	8:03
8:17	8:22	8:28	8:35	8:44	8:49	9:03
9:12	9:17	9:23	9:30	9:39	9:44	9:58
10:10	10:14	10:20	10:27	10:35



Metro Connect on-demand rideshare is available in most parts of Falmouth.

It's easy to use. To get started, download the GP Metro Connect mobile app and plan your trip. No smartphone? No problem. Just call 207-774-0351 or visit gpmetro.org/connect to schedule your ride. More info at gpmetro.org/connect.





Route map and stops subject to change.

*Route 25 service to Scarborough beginning approximately Fall 2026