

SATURDAY OUTBOUND TO MAINE MALL

Metro Pulse Elm St	Park Ave Portland Expo	Westgate	Maine Mall JC Penney	To Route
A	B	C	D	
6:10	6:15	6:19	6:30	5
7:00	7:05	7:09	7:20	5
7:40	7:45	7:49	8:00	5
8:25	8:30	8:34	8:45	5
9:10	9:15	9:20	9:30	5
9:55	10:00	10:05	10:15	5
10:35	10:40	10:45	10:55	5
11:25	11:30	11:35	11:50	5
12:10	12:15	12:20	12:35	5
1:00	1:05	1:10	1:25	5
1:40	1:45	1:50	2:02	5
2:30	2:35	2:40	2:52	5
3:15	3:19	3:24	3:37	5
4:10	4:14	4:19	4:30	5
4:45	4:49	4:54	5:10	5
5:35	5:39	5:44	5:55	5
6:20	6:24	6:28	6:40	5
7:00	7:04	7:08	7:20	5
7:50	7:54	7:58	8:10	5
8:40	8:44	8:48	9:00	5
9:55	9:59	10:03	10:15	5

SATURDAY INBOUND TO DOWNTOWN PORTLAND

Maine Mall JC Penney	Westgate	Park Ave & Weymouth	Metro Pulse Elm St	To Route
D	C	B	A	
6:30	6:42	6:56	7:00	4
7:20	7:34	7:39	7:55	4
8:00	8:14	8:19	8:35	4
8:50	9:04	9:09	9:25	4
9:30	9:44	9:49	10:05	4
10:20	10:34	10:39	10:55	4
11:00	11:14	11:19	11:35	4
11:50	12:04	12:09	12:25	4
12:35	12:49	12:54	1:10	4
1:25	1:39	1:44	2:00	4
2:05	2:19	2:24	2:40	4
2:55	3:10	3:16	3:30	4
3:40	3:55	4:01	4:15	4
4:30	4:45	4:51	5:05	4
5:10	5:25	5:31	5:45	4
6:00	6:14	6:20	6:35	4
6:40	6:54	7:00	7:15	4
7:20	7:34	7:40	8:00	N/A
8:10	8:24	8:29	8:40	4
9:00	9:14	9:19	9:30	4
10:15	10:29	10:35	10:45	N/A

D - Maine Mall - JC Penney entrance.

SUNDAY OUTBOUND TO MAINE MALL

Metro Pulse Elm St	Park Ave Portland Expo	Westgate	Maine Mall JC Penney	To Route
A	B	C	D	
7:55	7:59	8:03	8:20	5
8:40	8:44	8:48	9:05	5
9:25	9:29	9:33	9:50	3
10:10	10:14	10:18	10:35	5
10:55	10:59	11:03	11:20	3
11:40	11:44	11:48	12:05	5
12:25	12:29	12:33	12:50	3
1:10	1:14	1:18	1:35	5
1:55	1:59	2:03	2:20	3
2:40	2:44	2:48	3:05	5
3:25	3:29	3:33	3:50	3
4:10	4:14	4:18	4:35	5
4:55	4:59	5:03	5:20	3
5:40	5:44	5:48	6:05	5

SUNDAY INBOUND TO DOWNTOWN PORTLAND

Maine Mall JC Penney	Westgate	Park & Weymouth	Metro Pulse Elm St	To Route
D	C	B	A	
8:25	8:39	8:44	8:55	
9:10	9:24	9:29	9:40	
9:55	10:09	10:14	10:25	
10:40	10:54	10:59	11:10	
11:20	11:34	11:39	11:50	
12:10	12:24	12:29	12:40	
12:50	1:04	1:09	1:20	
1:40	1:54	1:59	2:10	
2:20	2:34	2:39	2:50	
3:10	3:24	3:29	3:40	
3:50	4:04	4:09	4:20	
4:40	4:54	4:59	5:10	
5:20	5:34	5:39	5:50	
6:10	6:24	6:29	6:40	

Maine Mall – Downtown Portland

5

LOCAL SERVICE

Effective June 21, 2026

MAJOR STOPS

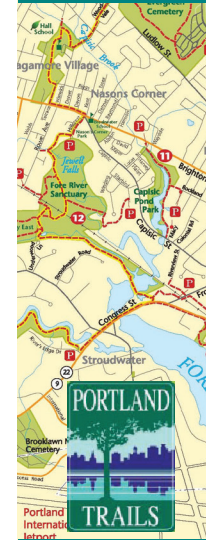
- A** METRO PULSE/
ELM ST
- B** Park Ave/Portland Expo
- C** Westgate
- D** MAINE MALL/
JC PENNEY

Fare information at
gpmetro.org/fares



GREATER PORTLAND
metro
207.774.0351 gpmetro.org

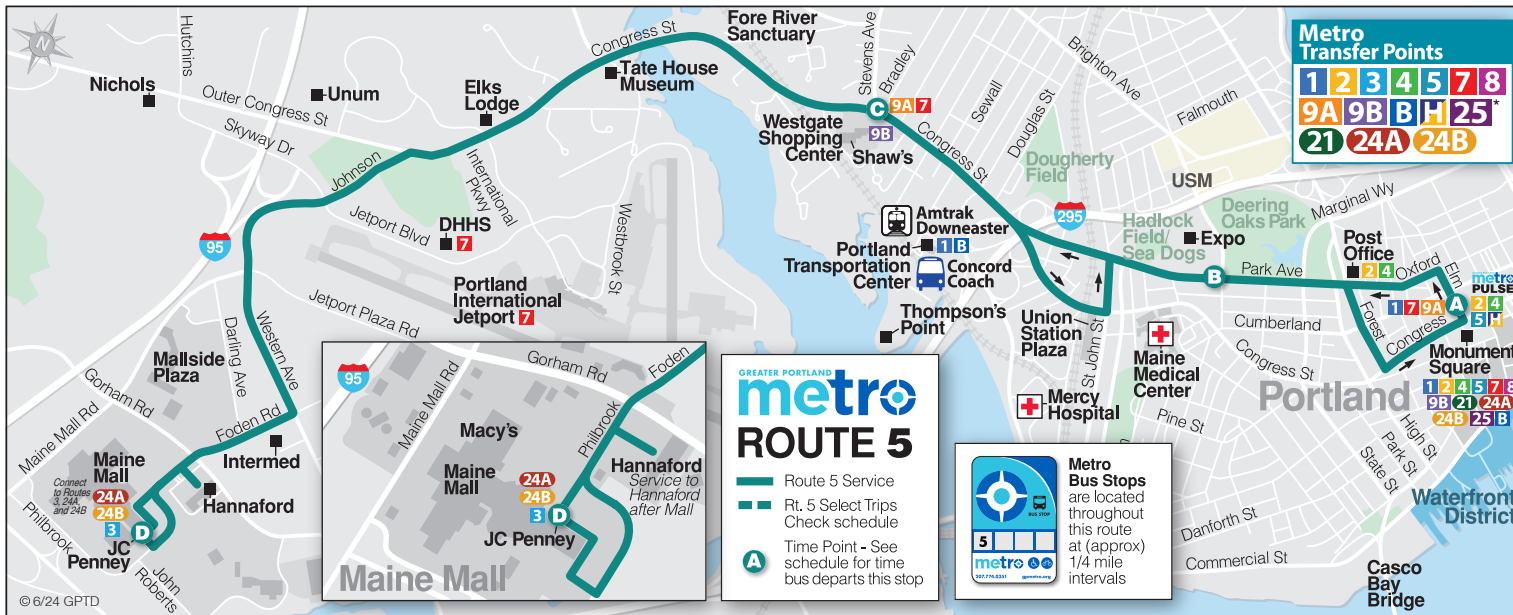
Transit to Trails



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.

Check out the Portland Trails map at trails.org for details and information on trails near Metro routes.



*Route 25 service to Scarborough beginning approximately Fall 2026

Route map and stops subject to change.

GREATER PORTLAND metro ROUTE 5

- Route 5 Service
- Rt. 5 Select Trips Check schedule
- Time Point - See schedule for time bus departs this stop

Metro Bus Stops are located throughout this route at (approx) 1/4 mile intervals

MONDAY THROUGH FRIDAY OUTBOUND TO MAINE MALL

Metro Pulse Elm St (A)	Park Ave Portland Expo (B)	Westgate (C)	Maine Mall JC Penney (D)	To Route
5:20	5:25	5:28	5:40	5
...
6:00	6:05	6:08	6:25	5
6:30	6:35	6:38	6:55	3
7:00	7:06	7:11	7:25	5
7:30	7:36	7:41	7:55	3
8:00	8:06	8:11	8:25	5
8:30	8:36	8:41	8:55	3
9:00	9:06	9:11	9:25	5
9:30	9:36	9:41	9:55	3
10:00	10:06	10:11	10:25	5
10:30	10:36	10:41	10:55	3
11:00	11:06	11:11	11:25	5
11:30	11:36	11:41	11:55	3
12:00	12:06	12:11	12:25	5
12:30	12:36	12:41	12:55	3
1:00	1:06	1:11	1:25	5
1:30	1:36	1:41	1:55	3
2:00	2:06	2:11	2:25	5
2:30	2:36	2:41	2:55	3
3:00	3:07	3:12	3:25	5
3:30	3:37	3:42	3:55	3
4:00	4:07	4:12	4:25	5
4:30	4:37	4:42	4:55	3
5:00	5:07	5:12	5:25	5
5:30	5:37	5:42	5:55	3
6:00	6:07	6:12	6:25	5
6:30	6:35	6:40	6:55	3
7:30	7:34	7:39	7:55	3
8:30	8:34	8:38	8:55	3
9:50	9:54	9:58	10:10	3

MONDAY THROUGH FRIDAY INBOUND TO DOWNTOWN PORTLAND

Maine Mall JC Penney (D)	Westgate (C)	Park Ave & Weymouth (B)	Metro Pulse Elm St (A)	To Route
5:40	5:54	5:59	6:10	2
6:10	6:24	6:29	6:40	2
6:40	6:54	6:59	7:10	2
7:10	7:25	7:30	7:40	2
7:35	7:50	7:55	8:10	2
8:05	8:20	8:25	8:40	2
8:40	8:55	9:00	9:10	2
9:10	9:25	9:30	9:40	2
9:40	9:55	10:00	10:10	2
10:10	10:25	10:30	10:40	2
10:40	10:55	11:00	11:10	2
11:10	11:25	11:30	11:40	2
11:40	11:55	12:00	12:10	2
12:10	12:25	12:30	12:40	2
12:40	12:55	1:00	1:10	2
1:10	1:25	1:30	1:40	2
1:40	1:55	2:00	2:10	2
2:10	2:25	2:30	2:40	2
2:40	2:55	3:00	3:10	2
3:10	3:25	3:30	3:40	2
3:40	3:55	4:00	4:10	2
4:10	4:25	4:30	4:40	2
4:40	4:55	5:00	5:10	2
5:10	5:25	5:30	5:40	2
5:40	5:55	6:00	6:10	2
6:10	6:25	6:30	6:40	2
6:40	6:55	7:00	7:10	2
7:10	7:25	7:30	7:40	2
8:10	8:24	8:29	8:40	2
9:10	9:23	9:28	9:40	2
10:10	10:23	10:28	10:35	N/A

Route 5 has easy access to the trailhead to Fore River Sanctuary.

This network of trails encompasses some of the most diverse habitats in Greater Portland and features Jewell Falls, Portland's only waterfall.

The hike features wooded areas, marshes, and bridges. The lowland area, where salt and freshwater marsh meet, provides great bird-watching opportunities.



Photos: Summer night at Deering Oaks Park: Corey Templeton
Fore River Sanctuary: Denise Beck