

Metro Route 25 — PORTLAND - SOUTH PORTLAND - SCARBOROUGH

Effective Date: October 4, 2026



MONDAY THROUGH FRIDAY
SOUTHBOUND TO SCARBOROUGH

Metro Pulse Elm Street A	VA Outpatient Clinic B	Cash Corner C	MaineHealth Campus Drive D	Rte One Gorham Rd E	The Downs Cross St F	Exit 42 Park+Ride G
6:00	6:08	6:15	6:23	6:28	6:35	6:39
6:45	6:53	7:00	7:08	7:13	7:20	7:24
7:30	7:38	7:45	...	7:57	8:04	8:08
8:15	8:23	8:30	8:38	8:43	8:50	8:54
9:00	9:08	9:15	9:23	9:28	9:35	9:39
9:45	9:53	10:00	10:08	10:13	10:20	10:24
10:30	10:38	10:45	10:53	10:58	11:05	11:09
11:15	11:23	11:30	11:38	11:43	11:50	11:54
12:00	12:08	12:15	12:23	12:28	12:35	12:39
12:45	12:53	1:00	1:08	1:13	1:20	1:24
1:30	1:38	1:45	1:53	1:58	2:05	2:09
2:15	2:23	2:30	2:38	2:43	2:50	2:54
3:00	3:08	3:15	3:23	3:28	3:35	3:39
3:45	3:53	4:00	4:08	4:13	4:20	4:24
4:30	4:38	4:45	...	4:55	5:02	5:06
5:15	5:23	5:30	5:38	5:43	5:50	5:54
5:55	6:03	6:10	...	6:20	6:27	6:31
6:40	6:48	6:55	...	7:05	7:12	7:16
7:25	7:33	7:40	...	7:49	7:56	8:00
8:40	8:45	8:51	...	9:00	9:07	...
9:40	9:45	9:51	...	10:00	10:07	10:11
10:40	10:48	10:55	...	11:09	11:16	11:20

MONDAY THROUGH FRIDAY
NORTHBOUND TO PORTLAND

Exit 42 Park+Ride G	The Downs Cross St F	Rte One Gorham Rd E	MaineHealth Campus Drive D	Cash Corner C	VA Outpatient Clinic B	Metro Pulse Elm Street A
6:00	6:04	6:09	6:15	6:24	6:29	6:32
6:45	6:49	6:54	7:00	7:04	7:09	7:17
7:30	7:34	7:39	...	7:51	7:56	8:04
8:14	8:18	8:23	8:29	8:38	8:43	8:51
9:00	9:04	9:09	9:15	9:24	9:29	9:37
9:45	9:49	9:54	10:00	10:09	10:14	10:22
10:30	10:34	10:39	10:45	10:54	10:59	11:07
11:15	11:19	11:24	11:30	11:39	11:44	11:52
12:00	12:04	12:09	12:15	12:24	12:29	12:37
12:45	12:49	12:54	1:00	1:09	1:14	1:22
1:30	1:34	1:39	1:45	1:53	1:58	2:06
2:15	2:19	2:24	...	2:38	2:43	2:51
3:00	3:04	3:09	3:15	3:24	3:29	3:37
3:45	3:49	3:54	4:00	4:09	4:14	4:22
4:30	4:34	4:39	4:45	4:54	4:59	5:07
5:15	5:19	5:24	5:30	5:39	5:44	5:52
6:00	6:04	6:09	...	6:23	6:28	6:36
6:40	6:44	6:49	...	7:03	7:08	7:16
7:25	7:29	7:34	...	7:43	7:48	7:55
8:05	8:09	8:14	...	8:23	8:28	8:36
...	9:10	9:15	...	9:24	9:29	9:37
...	...	...	...	...	...	...
...	...	...	...	...	...	...

Metro Route 25 provides daily roundtrip bus service between Downtown Portland, South Portland, and Scarborough, with bus stops located throughout the route, approximately every quarter mile.

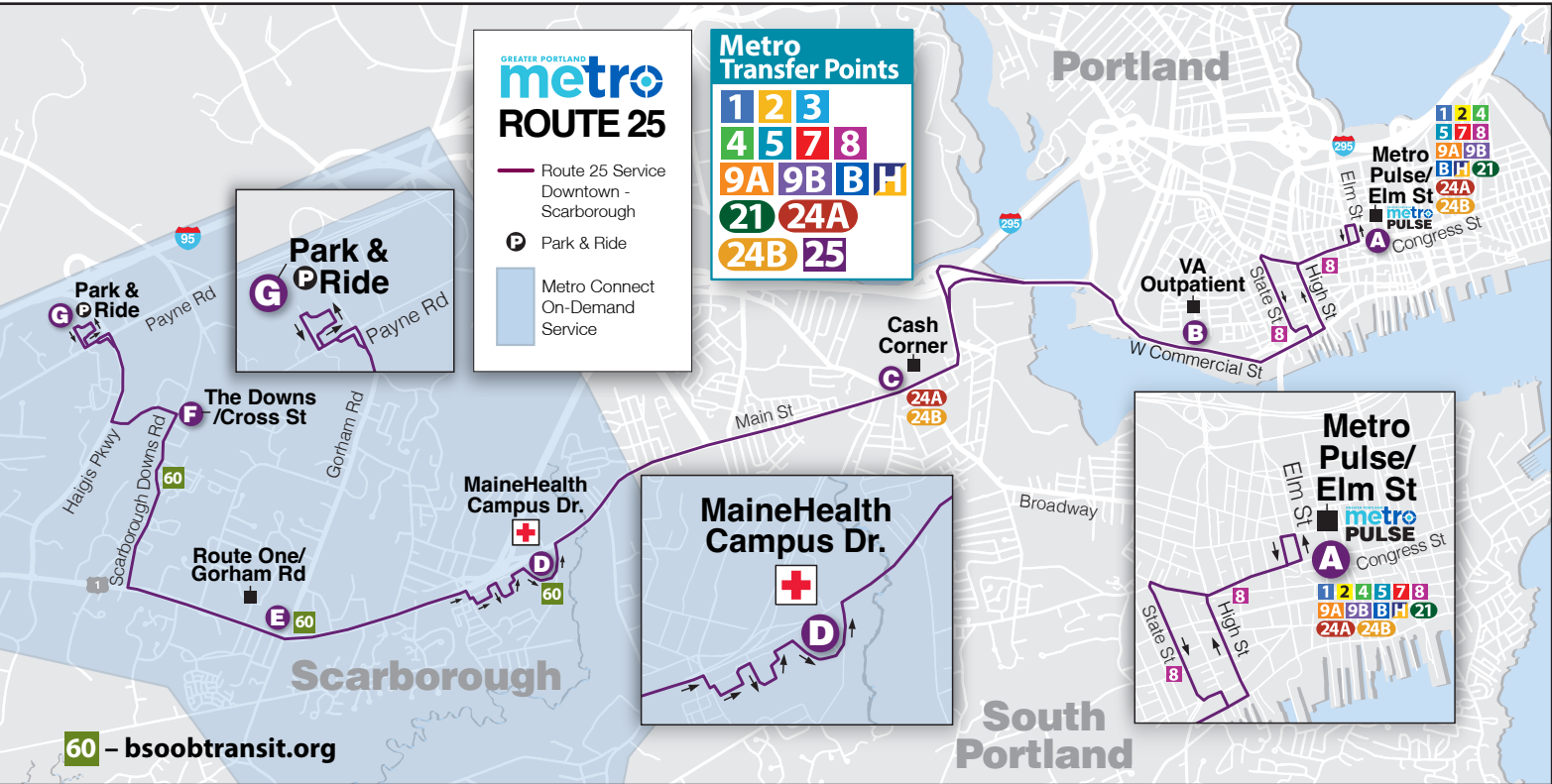
Transfer to other Metro routes to travel throughout the Greater Portland Region. Connect to the Portland Jetport, Amtrak Downeaster, Concord Coach, Casco Bay Ferry, or other regional bus services.

SATURDAY
SOUTHBOUND TO SCARBOROUGH

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6:45	6:53	7:00	...	7:10	7:17	7:23
7:30	7:38	7:45	...	7:55	8:02	8:08
8:15	8:23	8:30	...	8:40	8:47	8:53
9:00	9:08	9:15	...	9:25	9:32	9:38
9:45	9:53	10:00	...	10:10	10:17	10:23
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9:45	9:53	10:00	...	10:10	10:17	10:23

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...	...	...	...	...	...	...



In addition to taking Metro Route #25 to/from Scarborough, you can also use Metro Connect on-demand service to travel throughout most of Scarborough. It's easy to use and costs the same as a trip on any of Metro's local routes.



To get started, download the Metro Connect Greater Portland mobile app and plan your trip. No smartphone? No problem. Call 207-774-0351 or visit gpmetro.org/connect to schedule your ride. More info at gpmetro.org/connect

SUNDAY
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