



# SOUTHERN MAINE MOBILITY GUIDE

A Resource Guide for Transportation Options  
in Cumberland and York County, Maine



Created by the Transportation &  
Community Well-Being Network

November 2018



# INTRODUCTION

This resource guide is intended to help people who live, work and play in Southern Maine connect to where they need to go – school, jobs, medical care, shopping, places of worship, and social outlets. The guide is focused on transportation options and mobility supports for people who can't drive or can't afford to own a car. We hope the guide will be helpful both for individuals seeking transportation and those in caregiving or support roles. We have made every attempt to be comprehensive. If you know about a resource that is **not** included, please contact GPCOG at 207-774-9891 and we will include it in the next update.

## Mobility Supports in Southern Maine

### Maine Department of Labor, Division of the Blind and Visually Impaired (DBVI)

Offers individual orientation and mobility instruction to assist individuals with learning to travel on foot and by public transit. Individuals must apply and qualify to receive such services. Contact Portland DBVI for additional information.

**Call:** 207-822-3359

### Shuttlebus-ZOOM Mobility Manager

Offers individual and group travel training and support to people with disabilities, seniors, veterans, and individuals with minimal income. Also works with businesses to help their employees with transportation needs. Contact Perian Carpenter.

**Call:** 207-282-5408 **Email:** pcarpenter@shuttlebus-zoom.com

### Rides in Sight

A toll-free hotline and searchable database of transportation resources, with a focus on seniors and people with disabilities.

**Call:** 1-855-607-4337 **Online:** [www.ridesinsight.org](http://www.ridesinsight.org)

### 211 Maine

A toll-free hotline and searchable database that includes transportation resources.

**Call:** 211 **Online:** [211maine.org](http://211maine.org)



## Access Real-Time Transit Information



### SOUTHERN MAINE TRANSIT TRACKER

Go to <http://smtracker.com/> or text your stop number to 41411



### TRANSIT APP

Download the app at the Appstore or GooglePlay



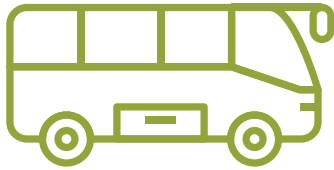
### AMTRAK APP

Download the app at the Appstore or GooglePlay



### GOOGLE TRANSIT

Download the Google Maps app

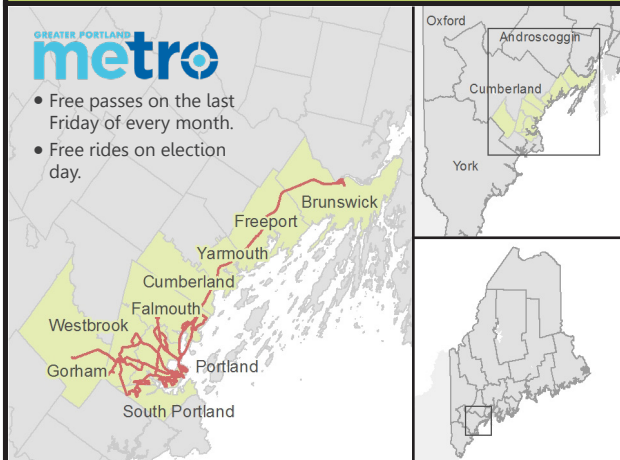


# LOCAL PUBLIC TRANSIT

Wheelchair Accessible / Bicycle Friendly

GREATER PORTLAND

## METRO



- Free passes on the last Friday of every month.
- Free rides on election day.

### Locations

Portland • South Portland • Westbrook • Gorham • Falmouth • Yarmouth • Freeport • Brunswick

**Cost** (rates below are double for METRO BREEZ route)  
\$1.50 one-way; \$13.50 10-ride; \$45 monthly

### How to Ride

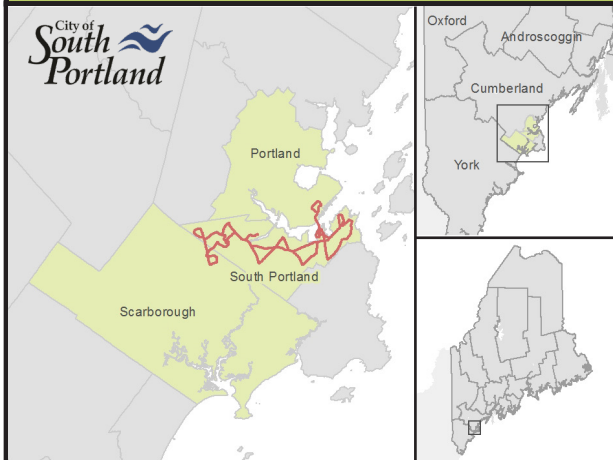
Pay when you board, exact change. 10-ride and monthly passes can be purchased at METRO Pulse on Elm Street, Shaw's/Hannaford locations along routes, and Casco Bay Lines ferry terminal.

### Discount & Free Options

- » Half off one-way and 10-ride passes for seniors and people w/disabilities (application required).
- » \$1 for youth 6-18 yrs.
- » Children 5 & under free.

tel: 207-774-0351 | web: [gpmetro.org](http://gpmetro.org)

## SOUTH PORTLAND BUS SERVICE (SPBS)



### Locations

South Portland • Portland • Scarborough

### Cost

\$1.50 one-way; \$13.50 10-ride; \$45 monthly

### How to Ride

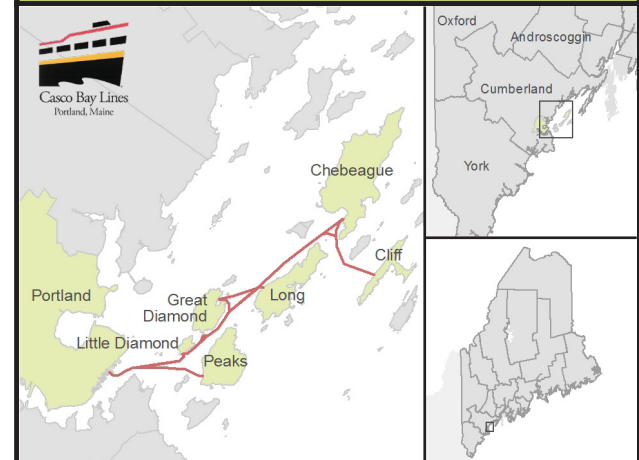
Pay when you board, exact change. 10-ride passes can be purchased at City Hall in the Finance Dept. and at Hannaford and Shaw's in Mill Creek. Monthly passes are sold only at Mill Creek Hannaford and City Hall.

### Discount & Free Options

- » Seniors and people w/disabilities: \$.75 one-way, \$6.75 10-ride.
- » Students: \$1.25 one-way, \$11.25 10-ride.
- » Free passes available to eligible residents through the City's General Assistance Dep't.

tel: 207-774-7871 | web: [southportland.org](http://southportland.org)

## CASCO BAY LINES



### Locations

Peaks Island • Little Diamond Island • Great Diamond Island • Long Island • Chebeague Island • Cliff Island • Portland

### Cost

- » \$7.70 to \$11.55 peak season round trip
- » \$4.10 to \$7.45 off-season round trip

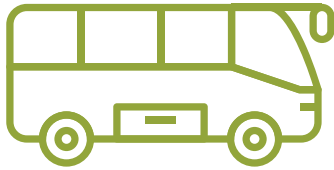
### How to Ride

Purchase tickets in advance at Casco Bay Lines Terminal ticket window in Portland.

### Discount & Free Options

- » Half fare for seniors.
- » Half fare for people w/transportation disabilities.
- » Children 5 & under free.

tel: 207-774-7871 | web: [cascobaylines.com](http://cascobaylines.com)

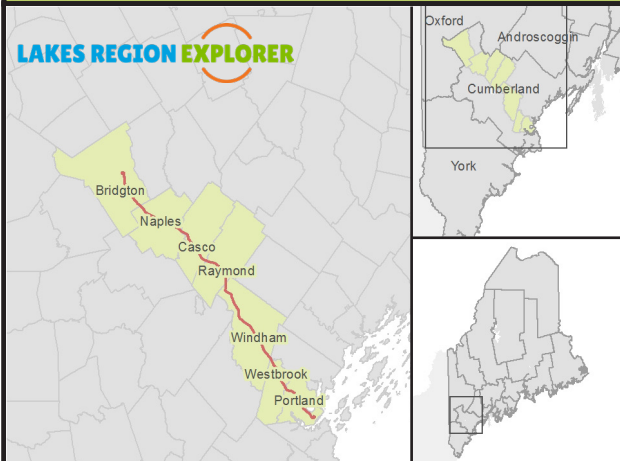


# LOCAL PUBLIC TRANSIT

Wheelchair Accessible / Bicycle Friendly

GREATER PORTLAND

## LAKE REGION EXPLORER



### Locations

Portland • Westbrook • Windham • Raymond  
Casco • Naples • Bridgton

### Cost

\$3 one-way; \$25 10-ride; \$50 monthly

### How to Ride

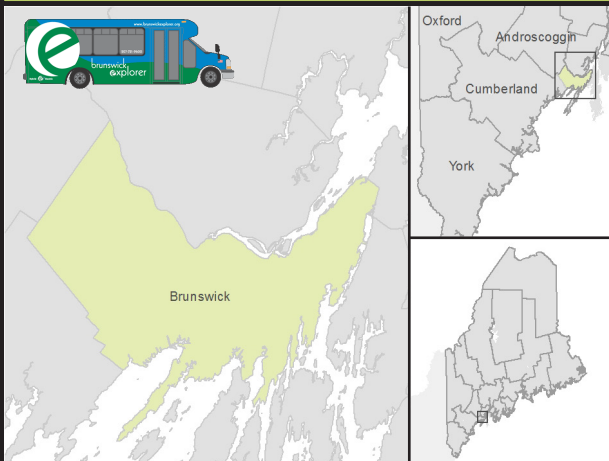
Pay when you board. Passes can be purchased on the bus, or at the RTP office (127 St. John St., Portland) or by phone.

### Discount & Free Options

- » \$2 seniors and students.
- » Children 6 & under free.
- » Free passes available at: Bridgton Community Center, Naples Food Pantry, Windham Adult Ed., and Windham, Raymond, Casco, and Naples town offices.

tel: 207-774-2666 | web: rtprides.org

## BRUNSWICK EXPLORER



### Location

Brunswick

### Cost

\$1 one-way  
\$10 12-ride  
\$30 monthly

### How to Ride

Pay when you board. Passes can be purchased on the bus and at the Brunswick Explorer office (16 Station Ave. #107, Brunswick).

### Discount & Free Options

- » Children 6 & under free.

tel: 207-721-9600 | web: brunswickexplorer.org

## Free and Discount Options

- » Many municipalities provide free passes to residents with financial need. Contact your municipal office today to see if you qualify.
- » **Don't forget to ask for a transfer!** Most transit agencies provide free or discounted same-day transfers to routes operated by other agencies. When exiting, make sure to ask the driver for a transfer pass.

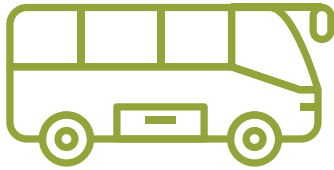
## Bus & Buy

- » Hannaford Biddeford, spend \$25 and get two free Shuttlebus-ZOOM passes.
- » Hannaford Sanford, spend \$25 to receive two tokens redeemable on Sanford Transit.
- » At most Hannaford and Shaw's stores served by METRO, riders get a transfer stamped at checkout for a free trip.

## Can't use transit because of a disability?

You may qualify for door-to-door service. The Americans with Disabilities Act (ADA) requires public transit agencies to provide "complementary paratransit" service to people with disabilities who cannot use the fixed-route bus, rail or ferry service because of a disability. In general, paratransit service operates at the same hours and days. To find out if you or someone you know is eligible, contact the paratransit agency in your county.

Cumberland: RTP, 207-774-2666, rtprides.org  
York: YCCAC, 207-324-5762, yccac.org

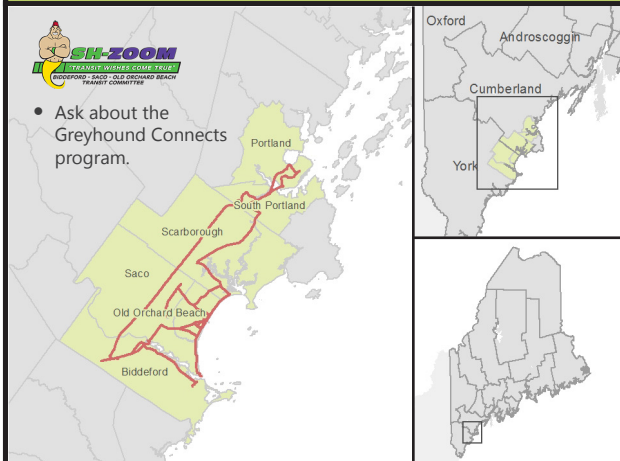


# LOCAL PUBLIC TRANSIT

Wheelchair Accessible / Bicycle Friendly

SOUTHERN MAINE

## SHUTTLEBUS-ZOOM



- Ask about the Greyhound Connects program.

### Locations

Biddeford • Saco • Old Orchard Beach  
Scarborough • South Portland • Portland

### Cost

\$1.50 to \$3 local one-way  
\$5 long distance  
\$25 monthly

### How to Ride

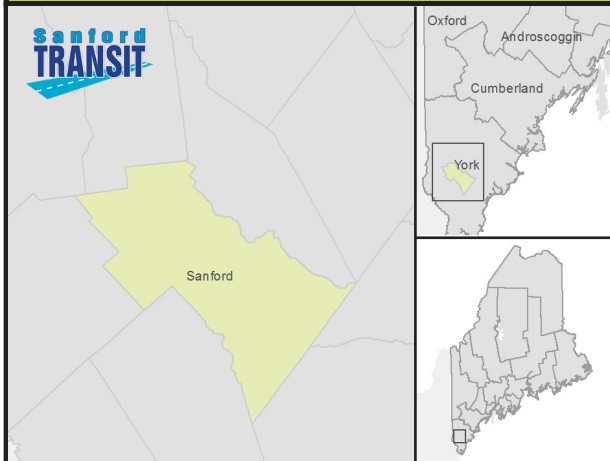
Pay when you board. Passes can be purchased on the bus, at the ShuttleBus-ZOOM office (13 Pomerleau St., Biddeford) or by phone. Portland Intercity and Zoom passes can be purchased online.

### Discount & Free Options

- » \$.75 seniors and people w/disabilities.
- » Children 5 & under free.

tel: 207-282-5408 | web: shuttlebuszoom.com

## SANFORD TRANSIT



### Location

Sanford

### Cost

\$1 one-way

### How to Ride

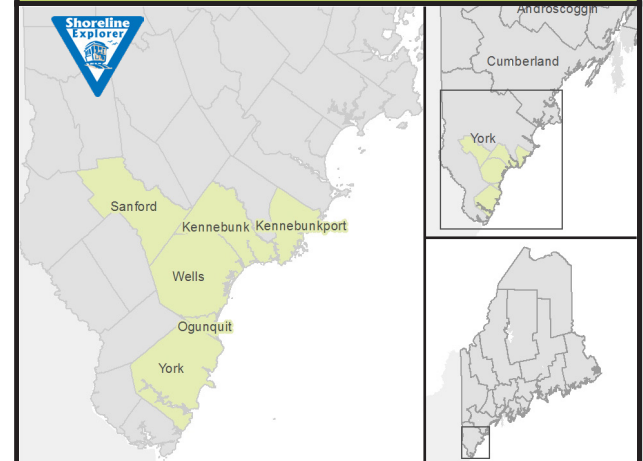
Pay when you board.

### Discount and Free Options

- » \$.50 for seniors and people w/disabilities (\$1.50 for BREEZ).
- » Children 8 & under free.
- » Nason Health Care provides free Sanford Transit tokens to their patients.

tel: 207-459-9283 | web: yccac.org/transportation

## SHORELINE EXPLORER TROLLEY & SHUTTLE SERVICE



### Locations

Kennebunk • Kennebunkport • Sanford • Wells  
• Ogunquit • York

### Cost

Varies by provider (\$1 to \$6).

### How to Ride

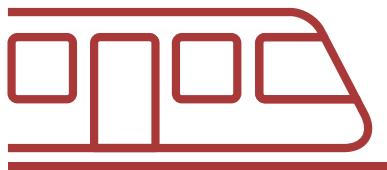
Pay when you board.

### Discount and Free Options

- » Children ride free on some routes.

tel: 800-965-5762 | web: shorelineexplorer.com



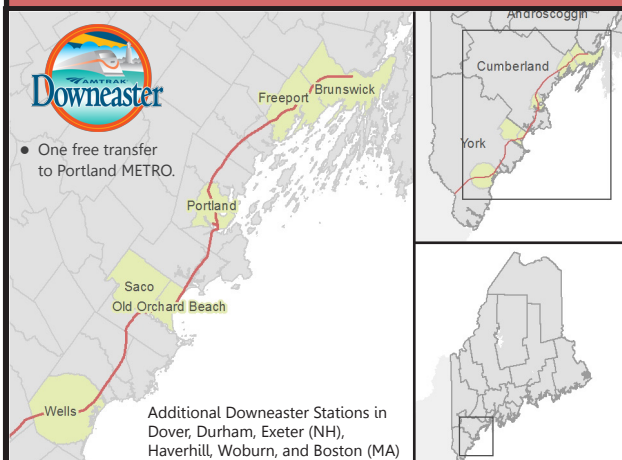


# REGIONAL TRANSIT

Wheelchair Accessible / All Locations Served by METRO Bus

MAINE & NEW ENGLAND

## AMTRAK DOWNEASTER



### Locations

Brunswick • Freeport • Portland • Old Orchard Beach • Saco • Wells • Locations in NH and MA

### Cost

\$5 to \$12 one-way within Southern Maine  
\$24 to \$30 to Boston

### How to Ride

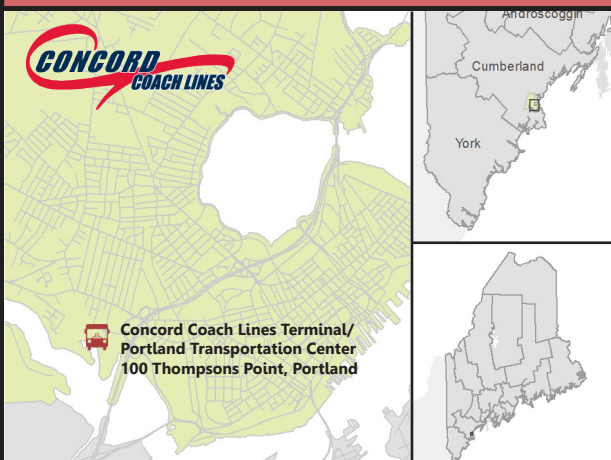
Purchase tickets in advance online, by phone, or at Downeaster Stations.

### Discount & Free Options

- » 50% off children ages 2 to 12, seniors, and people w/disabilities.
- » 10% off for military members.
- » Significant discounts available for cancer patients traveling to Boston. Call National Cancer Information Ctr. at 1-800-227-2345.

tel: 800-USA-RAIL | web: amtrakdowneaster.com

## CONCORD COACH LINES



### Locations

Portland • Locations in Central and Northern Maine, New Hampshire, Boston, and New York City

### Cost

\$10 to \$28 one-way within Southern Maine  
\$24 to Boston  
\$75 to New York

### How to Ride

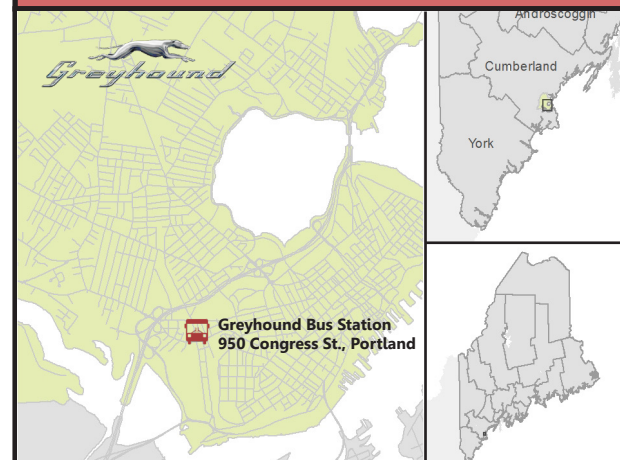
Purchase tickets in advance online, or at the Concord Coach terminal.

### Discount & Free Options

- » 50% off children ages 5 to 11.
- » \$5 college student discount (Portland to Boston).
- » 1 child under age 5 rides free per adult.

tel: 800-639-3317 | web: concordcoachlines.com

## GREYHOUND



### Locations

Biddeford • Brunswick • Old Orchard Beach • Portland • Saco • Scarborough • Wells • Cities Nationwide

### Cost

\$3 to \$36 one-way within Southern Maine

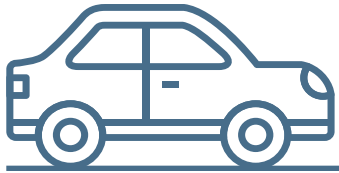
### How to Ride

Purchase tickets in advance online, at the Portland Greyhound terminal, or by phone (\$12 service charge).

### Discount & Free Options

- » 20% off children ages 2 to 16.
- » 5% off seniors 62+ yrs.
- » 10% off for military members.

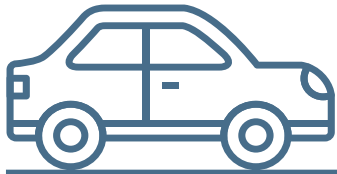
tel: 800-231-2222 | web: greyhound.com



# DIAL-A-RIDE

## CUMBERLAND COUNTY

	Eligibility	Destinations	Cost	How to Schedule a Ride
<b>Bridgton Community Center</b>	Bridgton residents needing non-medical transportation.	Within Bridgton	FREE	Call Carmen Lone or Lorraine Goldrup at the Bridgton Community Center 24 hours in advance. tel: 207-647-3116 web: <a href="http://bridgtoncommunitycenter.org">bridgtoncommunitycenter.org</a>
<b>Cumberland Area Rides</b>	Town of Cumberland residents age 60+.	Greater Portland	FREE	Call or e-mail. tel: 207-829-3367 email: <a href="mailto:cumberlandrides@gmail.com">cumberlandrides@gmail.com</a> .
<b>Freeport Community Services</b>	Freeport/Pownal residents needing rides to med. appointments.	Greater Portland and Brunswick-Lewiston area	FREE	Call Sarah Lundin, Community Services Coordinator. tel: 207-865-3985 x205   web: <a href="http://fcsmaine.org">fcsmaine.org</a>
<b>Independent Transportation Network</b>	Seniors 65+ and visually impaired adults.	Greater Portland	\$11 average \$50 annual membership	Membership required. Apply online. tel: 207-854-0505 web: <a href="http://itnportland.org">itnportland.org</a>
<b>Lake Region Senior Service, Inc</b>	People with medical needs who do not qualify for Mainecare and cannot afford transportation.	All medical offices and facilities in the Lakes Region.	\$7-\$30 local* Up to \$58 regional*	*Suggested donation* Rides available regardless of ability to pay.* Call or email. tel: 207-647-2483 email: <a href="mailto:dispatchstp@netzero.net">dispatchstp@netzero.net</a> web: <a href="http://lrssstp.nzfreeservers.com">lrssstp.nzfreeservers.com</a>
<b>People Plus Volunteer Transportation Network</b>	Elderly or disabled adults without means of or access to other transportation.	Brunswick, Harpswell, Topsham	FREE	Call at least three business days in advance. tel: 207-729-0757 web: <a href="http://peopleplusmaine.org/volunteer-transportation-network">peopleplusmaine.org/volunteer-transportation-network</a>
<b>Portland Area Villages</b>	Portland residents age 50+.	Greater Portland	*\$250 ind. *\$325 family	*Annual membership required* To apply or learn more call or visit online. tel: 207-370-1896 web: <a href="http://portlandareavillages.wordpress.com">portlandareavillages.wordpress.com</a>
<b>Road to Recovery</b>	Patients traveling to cancer-related med. appointments. Other eligibility requirements may apply.	National	FREE	Call at least three business days in advance to coordinate ride. tel: 800-227-2345 web: <a href="http://cancer.org/treatment/support-programs-and-services/road-to-recovery.html">cancer.org/treatment/support-programs-and-services/road-to-recovery.html</a>



# DIAL-A-RIDE

## CUMBERLAND COUNTY

	Eligibility	Destinations	Cost	How to Schedule a Ride
<b>RTP Rides Programs</b>	General public	Cumberland County with the exception of Brunswick and Harpswell.	\$2.50-\$5	Annual application and income verification required. Download and mail or drop off at RTP office, 127 St. John St., Portland. tel: 207-774-2666   web: rtprides.org
<b>Yarmouth Cares About Neighbors</b>	Yarmouth residents who cannot drive temporarily or permanently.	Medical appointments from Freeport to Scarborough; errands and non-medical trips from Freeport to Falmouth.	FREE	Call or email. Must schedule two days in advance. tel: 207-329-7295, or 207-846-2406 web: www.ycan.info

## YORK COUNTY

	Eligibility	Destinations	Cost	How to Schedule a Ride
<b>Friends in Service Helping (FISH)</b>	Kennebunk, Kennebunkport, and Arundel residents needing rides to med. appointments.	Kennebunk, Kennebunkport, and Arundel.	FREE	Call or register online four days in advance. tel: 207-967-8514 web: seniorcenterkennebunk.org/services
<b>Road to Recovery</b>	Patients traveling to cancer-related med. appointments. Other eligibility requirements may apply.	National	FREE	Call at least three business days in advance to coordinate ride. tel: 800-227-2345 web: cancer.org/treatment/support-programs-and-services/road-to-recovery.html
<b>WAVE Premium Transportation Service</b>	General public	Biddeford, Sanford, Springvale, and Wells	*\$3-\$6	*Half price children under 12 yrs* Call or visit YCCAC two days in advance. Address: 6 Spruce St., Sanford. tel: 207-459-9283   web: yorkwave.org
<b>York County Community Action Connecting to Cancer Care</b>	People undergoing cancer treatment.	All cancer care facilities in York County.	FREE	Call or visit YCCAC two days in advance. Address: 6 Spruce St., Sanford. tel: 800-965-5762   yccac.org/transportation
<b>York County Community Action Volunteer Driver Program</b>	York County residents traveling to med. appointments.	York County	*FREE	*One free ride per month* Call or visit YCCAC two days in advance. Address: 6 Spruce St., Sanford. tel: 800-965-5762   yccac.org/transportation
<b>York County Community Action Weekly Local Rides</b>	General public	York County	*\$0.50 -\$4	*Suggested donation* Call or visit YCCAC two days in advance. Address: 6 Spruce St., Sanford. tel: 800-965-5762   yccac.org/transportation





# RTP SHOPPER SHUTTLES

RTP operates weekday shopper shuttles throughout Cumberland County to help people access food. The shuttles run between the locations below and nearby supermarkets. Rides are \$2.50 each way or free to income eligible riders. To schedule a ride, call RTP at 207-774-2666 or 1-800-244-0704. Rides must be arranged two days in advance and riders must complete an application. The map below shows pick-up locations in Portland, Westbrook, and South Portland, but RTP also provides townwide door-to-door shuttle service in Scarborough, Bridgton, Naples, and Casco.

CUMBERLAND COUNTY



## PORTLAND

- » **Bayview Heights**, 158 North St. (Mon.)
- » **Loring House**, 1125 Brighton Ave. (Tues.)
- » **Congress Square Apts.**, 10 Congress Square Plz. (Wed.)
- » **Washington Gardens**, 194 Sherwood St. (Wed.)
- » **State Street Housing**, 100 State St. (Wed.)
- » **Harbor Terrace**, 284 Danforth St. (Wed.)
- » **Deering Pavilion**, 888 Forest Ave. (Fri.)
- » **Northfield Green Apts.**, 147 Allen Ave. (Fri.)

## WESTBROOK

- » **Longfellow Place** (Tues.)
- » **Millbrook Estates**, 300 E. Bridge St. (Wed.)
- » **Larrabee Village**, 30 Liza Harmon Dr. (Thurs.)

## SCARBOROUGH

- » Townwide door-to-door service. (Tues.)

## SOUTH PORTLAND

- » **Betsy Ross House**, 99 Preble St. (Thurs.)
- » **St. Cyr Court**, 1700 Broadway (Fri.)

## BRIDGTON, NAPLES, CASCO

- » Townwide door-to-door service bringing residents from Bridgton, Naples, and Casco to the Windham Walmart. (Fri.)



# BICYCLING

Free and Low-Cost Bike Resources

## SOUTHERN MAINE

### COMMUNITY BICYCLE CENTER



#### About

The Community Bicycle Center offers low-cost and no-cost after-school and programming for youth, including drop-in open shop time for kids to connect and grow through hands-on bike repair with adult and peer-to-peer mentors.

#### Details

45 Granite St., Biddeford  
tel: 207-282-9700  
email: [Director@Communitybike.net](mailto:Director@Communitybike.net)  
web: [communitybike.net](http://communitybike.net)

### BIKES FOR ALL MAINERS



#### About

Bikes for All Mainers is a partnership between the Bicycle Coalition of Maine, the Portland Gear Hub, and MaineDOT. The program provides an opportunity for adults who do not have financial access to bikes, are undocumented or recent immigrants, or live in communities under-served by public transit, to acquire basic bike mechanic skills, learn to bike safely on Maine roadways, volunteer in their communities, and overcome some of their transportation challenges.

#### Details

- » Open to anyone 18 or older who is able to safely ride a bicycle.
- » Sliding scale fee of \$25-50. Fee waiver request available.
- » Those who complete the program earn a refurbished bike, helmet, lock, lights, and saddle bag filled with tools and accessories.
- » Location: The program is run out of the Portland Gear Hub, location details and contact information to the right.

### PORTLAND GEAR HUB AND BIKE SCHOOL



#### About

The Gear Hub sells reused bicycles (along with other outdoor gear) and offers bike repairs. The Bike School offers open bench time, at a sliding scale, and classes in bike repair and maintenance for youth and adults. Proceeds support youth and adult educational programming at the shop and at Camp Ketcha.

#### Details

Gear Hub Shop: 155 Washington Ave., Portland  
Bike School: 85 Anderson St., Portland

#### Shop Hours:

Mon-Fri: 10am-6pm  
Saturday: 10am-4pm  
tel: 207-761-7632  
web: [portlandgearhub.org](http://portlandgearhub.org)

# ABOUT THIS GUIDE

This resource guide was developed by the Greater Portland Council of Governments (GPCOG) in collaboration with the Transportation and Community Well-Being Network and the Southern Maine Planning and Development Commission (SMPDC).

**GPCOG** strengthens the cities and towns of Greater Portland and the Lakes Region by providing excellent, responsive services and leading the region toward sustainable prosperity. GPCOG offers planning and municipal services to its 26 member municipalities. GPCOG also houses the Metropolitan Planning Organization for the region, the Portland Area Comprehensive Transportation System, or PACTS, which includes 18 Cumberland and York County towns and cities.

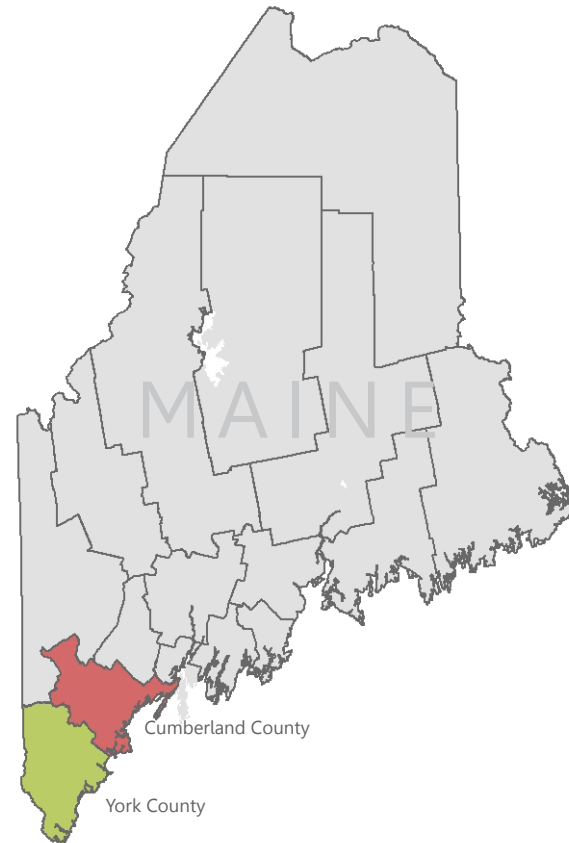
Founded in 1964, in response to an identified need for a coordinated effort for economic development and resource management, **SMPDC** has been conducting economic development, environmental, land use and transportation planning and providing technical assistance to the municipalities in the region for 50 years. A council of governments enabled by state statute, SMPDC includes 39 communities in York, Oxford, and Cumberland Counties.

**The Transportation and Community Well-Being Network** was launched by GPCOG in 2017 with funding from the National Center for Mobility Management. The Network focuses on improving transportation access and options for people who experience barriers. The Network is responding to the need for greater coordination by intentionally connecting stakeholders across sectors including human services, aging and disability organizations, health care and public health, transportation agencies, and individuals with lived experience of transportation barriers. After assessing transportation needs through a roundtable event and an assessment survey, the Network chose to focus on three goals:

1. Coordination to address gaps and improve access
2. Advocacy to raise awareness among decision-makers
3. Sharing information and solutions within the Network and beyond

## Network Members Include:

Alpha One, AARP Maine, Greater Portland Health, Greater Portland Transportation District (METRO), Maine Department of Labor – Division for the Blind and Visually Impaired, Maine Department of Transportation (MaineDOT), Maine’s Impact Cancer Network, Maine Primary Care Association, ShuttleBus-ZOOM, Southern Maine Agency on Aging, and people with lived experience of transportation challenges.



To obtain this guide in large print, or for more information, contact Zoe Miller • [zmiller@gpcog.org](mailto:zmiller@gpcog.org) • 207-774-9891

November, 2018



