

TRIPS TO CENTRAL FALMOUTH /RT 1 AND PORTLAND FROM FORESIDE LOOP

If you live in proximity to Rt 88, Rt 1, Johnson Rd., or Depot Rd., the Flyer offers a range of transportation choices to get anywhere you want to go in Falmouth or Portland—or literally anywhere in the world, with transfers at the transportation center and airport—without the expense and trouble of driving. Here are some ideas to get you started.

TIMES ending in :55 are from Town Landing Market; adjust by a few minutes to find the time from your nearest stop (marked by yellow /red Metro sign). Stop not listed on the schedule? Ask your driver, who will be happy to tell you the return time.

FORESIDE TO FALMOUTH TRIPS

Pizza and Movie Outing. Great for groups of middle-school and young high-school kids to do on their own! Board the 3:55 at Town Landing (or anywhere on Rt 88 or Johnson Rd), catch a 4:30 movie or early pizza dinner, then ride the 6:50 back to Falmouth Foreside.

Falmouth Rt. 1 Errands. Ride the 3:55 to Shaws or Walmart and walk to delis and gourmet stores, pharmacy, office store, health care, library, hair salons, bookstores, pet stores, banks, or whatever you need, catching the 5:50 or 6:50 home. Falmouth's central Route 1 area is very walkable, with safe sidewalks and crossings and pleasant landscaping.

Morning Pick-Me-Up. Pop onto the first bus of the day (6:55 AM) to pick up bagels or coffee at a local diner; the 7:40 home will stop for you just across Rte. 1. Or try a peaceful ride to get a newspaper, coffee, or donuts—or simply stroll on the Mackworth causeway before your day begins (unsure where to deboard? The driver will show you).

Audubon Bird Walk. Take the 3:55 PM to Gilsland Farm; walk past community gardens into the bird-filled Sanctuary. Take the 5:40 or 6:40 home, just across Rt. 1.

Falmouth Memorial Library: After-school or Saturday Expedition. Board the 3:55 and get off near Clearwater Drive or Depot Road for an after-school snack at a local restaurant, then walk over to the Library. Catch the 5:50 or 6:50 home.

Morning Errand. For a quick errand, catch the 6:55 to Route 1; the large chain stores and supermarket open at 7 AM. Catch the bus home at 7:46 at Walmart Plaza or 7:50 at Shaws Plaza.

Falmouth Family Health/ Maine Medical Center

On request to the driver, or call Metro at 774-0351.

FORESIDE TO PORTLAND TRIPS

Commute to Portland as many mornings as you like, leaving at 6:55 or 7:55 AM from Town Landing Market. Return on the 3:30, 4:30, 5:30, or 6:30. And did you know, GoMaine will provide you a free taxi or van ride home if you have a work emergency or miss the bus from work? See GoMaine.org for details.

Portland Public Library, Maine Historical Society, Old Port. The Flyer runs straight from the Foreside to the newly-renovated Portland Public Library and is convenient to everything in the Old Port and to Congress St. Take the 3:55 to Portland and the 6:30 home. For longer or earlier trips, use the Park 'N Ride strategy.

Family Restaurant Outing. Especially fun on a Friday or Saturday. Take the 3:55 from Town Landing (or adjust by a few minutes to calculate time for your own stop) to Washington/Veranda St. for pizza, Thai food, or ice cream. Take the 6:38 home, or else deboard from the 5:38 on Rt. 1 in Falmouth for ice cream cones awaiting the 6:45 back to the Foreside.

Late Afternoon Stress-free Portland Date. Take the 3:55 to Monument Square, arrive at 4:30 and enjoy one of the cafes, bars, tea shops, or bookstores around Monument Square for a relaxing, driving-free date before taking the 6:30 home.

Fun on Munjoy Hill/East End. Take the 3:55 to the creative East End Shopping District and savor some of the coolest spots in Southern Maine. Catch the 6:35 home.

Local Shopping Day: Portland Farmers Market and Italian Grocery. Take the 7:55 AM on a Wednesday to Monument Square's Public Market café, then shop the Farmer's Market ("one of America's best"—*Travel & Leisure*). Catch the 12:30 Flyer back towards Falmouth, getting off at Congress and India. Lunch on pizza and shop for Italian goodies in the historic Italian district, then stroll back to Congress with your purchases for the 3:40 home.