



# RECREATION RESOURCE GUIDE

ROUX INSTITUTE

# TABLE OF CONTENTS

**This resource guide is a sample of locations and services that you can use to stay active and engaged in and around Portland!**

**This guide is meant to be an ever evolving document - if you have any recommendations for this guide, please let us know at [nuglobalrec.portland@northeastern.edu](mailto:nuglobalrec.portland@northeastern.edu).**

**Please check local resources for additional facilities.**

This guide is not an endorsement of any venue, location, or business listed in the guide. It is provided for informational purposes only to inform the Northeastern community about recreational options available to them. Please use caution when participating in any activity and traveling to any venue. Participants assume all risks of participation.

The information in this guide was last updated in August, 2024. Please check with the venues for the most up to date hours, locations, and pricing.

Be safe and have fun!

<b>Fitness App</b> .....	<b>3</b>
<b>Open Courts &amp; Fields</b> .....	<b>4</b>
<b>Gyms &amp; Fitness Studios</b> .....	<b>7</b>
<b>Swimming Pools</b> .....	<b>10</b>
<b>Trails for Walking, Hiking, Running, Biking</b> .....	<b>12</b>
<b>Bikeshare System</b> .....	<b>15</b>
<b>Ice Skating &amp; Skate Rentals</b> .....	<b>16</b>
<b>Golf Courses &amp; Driving Range</b> .....	<b>17</b>
<b>Beaches</b> .....	<b>18</b>
<b>More Outdoor Fun</b> .....	<b>20</b>
<b>Islands &amp; Ferries</b> .....	<b>21</b>
<b>Indoor Fun &amp; Rock Climbing</b> .....	<b>23</b>
<b>Professional Sports Teams</b> .....	<b>28</b>
<b>Movies/Cinemas</b> .....	<b>30</b>
<b>Museums/Zoos</b> .....	<b>32</b>

# FITNESS ON DEMAND APP



Northeastern students at global campus locations  
now have access to a free fitness app!

1. Scan the QR code to complete the quick registration form using your Northeastern email address.
2. Within 1-2 business days of completing the registration form, look for an email with the invitation link from Fitness On Demand to create your account.
3. Access the workouts by going to the website below or download the free Fitness on Demand app from the Apple Store or Google Play Store. Sign in with your full Northeastern email address.
4. Choose the right workout for you! Pick from hundreds of workouts designed for all abilities!

## ACCESS YOUR WORKOUTS

Download the Fitness on Demand Mobile App



[flex.fod247.fitness](http://flex.fod247.fitness)

SCAN ME



# OPEN COURTS & FIELDS

**A selection of parks, outdoor fields and courts, outdoor winter ice skating rinks (without skate rentals), and summer outdoor pools. Fields may have reservations on them, which take priority. Check the websites for more information and availability.**

## Eastern Prom Public Tennis & Basketball

**Location:** 283-295 Eastern Promenade, Portland, ME 04101 ([Address from Roux](#))

**Description:** Eastern Prom Public Tennis Courts is one of the most popular places to play pickleball in Portland, ME. There are 6 outdoor asphalt courts. The lines are permanent, and portable nets are available. Players have access to restrooms. The courts are free. Noted, for Pickleball, Tennis ball, basketball, softball, baseball, etc. The courts do not have lights.

**Accessible by:** Bus 1, Bus 9B/7, walking.

**Hours:** Everyday of the week from 6:30am to 10:00pm

**Parking:** Street Parking and On-site Parking

**Cost:** Free

**More info:** [Website](#)

## Deering Oaks Park

**Location:** Deering Oaks Park, Portland, ME 04101 ([Address from Roux](#))

**Description:** 55-acre public park in Portland, Maine, which has a baseball diamond, tennis, volleyball and basketball courts (with lights), a playground, splash pad (in summer), skating pond and sledding hill (in winter), and a pond.

**Accessible by:** Bus Husky

**Hours:** Every day of the week from 6:30am to 10:00pm

**Parking:** Limited Street Parking

**Cost:** Free

**More info:** [Website](#)

# OPEN COURTS & FIELDS

## Fox Field (Kennedy Park)

**Location:** Fox St, Portland, ME 04101 ([Address from Roux](#))

**Description:** Kennedy Park is a neighborhood in East Bayside in downtown Portland, Maine, built around a park, athletic fields, basketball/futsal courts (with lights), a playground and the Boyd Street Urban Garden.

**Accessible by:** Walking

**Hours:** Everyday of the week from 6:30am to 9:30pm

**Parking:** Street Parking

**Cost:** Free

**More info:** [Website](#)

## Dougherty Field

**Location:** 85 St James St, Portland, ME 04102([Address from Roux](#))

**Description:** Large Park filled with multipurpose fields used by high schools & leagues for baseball & softball. It has the Kiwanis Community Pool, Skate Park, Softball Field, Libbytown Community Garden, Soccer field, and more.

**Accessible:** 7/9A Bus

**Hours:** Every day of the week from 6:30am to 10:00pm

**Parking:** Street and Parking lot

**More info:** [Website](#)

## South Portland Parks & Recreation Gymnasium

**Location:** 21 Nelson Rd, South Portland, ME 04106 ([Address from Roux](#))

**Description:** South Portland Parks & Recreation Gym is a multipurpose facility with a full size gym, aerobic room, walking track, and an indoor swimming pool.

**Accessible by:** Bus 24B, Bus 21/24B, Bus 24A/24B, Bus 24Ac, etc.

**Hours:** Monday - Friday 6:00 am- 9:00pm | Saturdays - 8:00am - 5:00pm | Sundays - 10:00am - 6:00pm.

**Parking:** Free Parking for Members and Street Parking.

**Cost:** Membership fee Required (see [link for activities and cost](#)). Check [Website](#).

# OPEN COURTS & FIELDS

## Fitzpatrick Stadium

**Location:** 231 Park Ave, Portland, ME 04102 ([Address from Roux](#))

**Description:** The Fitzpatrick Stadium is a 6,300 seat multi-purpose outdoor capacity. This is a 2-acre football field with a 400-meter running track, hosting a range of amateur & semi-pro events. The public may use the track during operating hours, except when events are scheduled at the stadium.

**Accessible by:** Bus 1, Bus 9A/7, Bus Husky, etc.

**Hours:** 8:00am – 4:30pm | Depending Game Season

**Parking:** Street parking

**Cost:** Free to use, tickets may be sold for events.

**More info:** [Website](#)

## Maine Athletic Complex

**Location:** 1173 Riverside Street, Portland, ME 04103 ([Address from Roux](#))

**Description:** The Maine Athletic Complex offers a variety of sports and fitness facilities, including indoor and outdoor turf fields, a weight room, batting cages, and space for sports clinics and training. It caters to athletes of all levels, from youth to professional.

**Accessible by:** Bus Husky/3, Bus Husky/2, Bus 5, Bus 9A, Bus 9B, etc.

**Hours:** Monday - Friday: 9:00am - 9:00pm | Saturday: 9:00am - 5:00pm

Sunday: 10:00am - 5:00pm. Check website for open drop-in times.

**Parking:** Free on-site parking available.

**Cost:** Fees vary by program and membership; more details are available on their website.

**More info:** [Maine Athletic Complex Website](#)

# OPEN COURTS & FIELDS

## USM Field House & Ice Arena

**Location:** 55 Campus Avenue, Gorham, ME 04038 ([Address from Roux](#))

**Description:** The USM Field House, part of the University of Southern Maine, includes an indoor track, multiple sports courts, cardio and weight equipment.

**Accessible by:** Bus Husky

**Hours:** Monday - Friday: 6:00am - 9:00pm | Saturday: 8:00am - 5:00pm

Sunday: 10:00am - 6:00pm

**Parking:** Parking fees apply.

**Cost:** Student memberships begin at \$45 for 3 months, up to \$100/year.

**More info:** [Website](#)

# GYM & FITNESS STUDIOS

## YMCA (Roux Partnership)

**Location:** 231 High St, Portland, ME 04101 ([Address from Roux](#))

**Description:** Full-service gym with classes and facilities aimed at community health. It has amenities such as swimming pool, squash, indoor basketball, futsal, badminton, and more!

**Accessible by:** Walking, or Bus 8, Bus Husky, Bus 9A/7, Bus 1.

**Hours:** Monday to Friday 6:00am - 8:00pm | Saturday 8:00am - 4:00pm

**Parking:** Limited parking for member of YMCA + Limited Street Parking

**Cost:** Roux students are eligible for a \$29/month membership with no joining fee + More discounts/financial assistance showing financial need with 3 Guest Passes per year.

**More info:** [Website](#)

# GYM & FITNESS STUDIOS

## Roux Housing (Only open to Redfern Nightingale residents!)

**Location:** 144 State Street, Portland ME 04101 ([Address from Roux](#))

**Description:** Central fitness facility with modern equipment for roux students at the Roux Housing. Not open to all students except residents of student housing.

**Hours:** Open 24/7 Hour

**Parking:** Street Parking and Resident Parking

**More info:** [Website](#)

## Workout Anytime Portland Downtown

**Location:** 511 Congress St, Portland, ME 04101 ([Address from Roux](#))

**Description:** Conveniently located gym open 24/7, perfect for any schedule.

**Accessible by:** Bus Husky, Bus 9A/7, Bus 8, etc.

**Hours:** Monday to Sunday - Open 24 hours a day

**Parking:** Street Parking

**Cost:** Starting from \$14.99 per month [link for membership](#)

**More info:** [Website](#)

## Bay Club Fitness

**Location:** 1 City Center #7, Portland ME 04101 ([Address from Roux](#))

**Description:** High end central fitness club with modern equipment and diverse fitness classes.

**Accessible by:** Bus 9A/7, Bus 1, Bus Husky, etc.

**Hours:** Monday to Thursday 6:00am – 9:00pm | Friday 6:00am – 8:00pm |

Saturday & Sunday 8:00am – 4:00pm

**Parking:** Limited Street Parking

**Cost:** [Membership Rate](#) – Memberships start at \$100/month.

**More info:** [Website](#)

# GYM & FITNESS STUDIOS

## Planet Fitness

**Locations:** 145 Marginal Way, Portland, ME 04101 ([Address from Roux](#)) |  
198 Maine Mall Rd, South Portland, ME 04106 ([Address from Roux](#)) |  
251 US-1, Falmouth, ME 04105 ([Address from Roux](#))

**Description:** Known for its friendly environment and affordable membership options.

**Hours:** Monday – Thursday Open 24 hours a day | Friday 12:00am – 9:00pm |  
Saturday & Sunday 7:00am – 7:00pm

**Parking:** Limited free parking

**Cost:** Starting from \$15 per month, \$29 annual fee.

**More info:** [Website](#)

## Maine Athletic Complex

**Location:** 1173 Riverside Street, Portland, ME 04103 ([Address from Roux](#))

**Description:** The Maine Athletic Complex offers a variety of sports and fitness facilities, including indoor and outdoor turf fields, a weight room, batting cages, and space for sports clinics and training. It caters to athletes of all levels, from youth to professional.

**Accessible by:** Bus Husky/3, Bus Husky/2, Bus 5, Bus 9A, Bus 9B.

**Hours:** Monday - Friday: 9:00am - 9:00pm | Saturday: 9:00am - 5:00pm  
Sunday: 10:00am - 5:00pm. Check website for open drop-in times.

**Parking:** Free on-site parking available.

**Cost:** Fees vary by program and membership; more details are available on their website.

**More info:** [Maine Athletic Complex Website](#)

# GYM & FITNESS STUDIOS

## USM Field House & Ice Arena

**Location:** 55 Campus Avenue, Gorham, ME 04038 ([Address from Roux](#))

**Description:** The USM Field House, part of the University of Southern Maine, includes an indoor track, multiple sports courts, cardio and weight equipment.

**Accessible by:** Bus Husky

**Hours:** Monday - Friday: 6:00am - 9:00pm | Saturday: 8:00am - 5:00pm

Sunday: 10:00am - 6:00pm

**Parking:** Parking fees apply.

**Cost:** Student memberships begin at \$45 for 3 months, up to \$100/year.

**More info:** [Website](#)

# SWIMMING POOLS

## YMCA (Roux Partnership)

**Location:** 231 High St, Portland, ME 04101 ([Address from Roux](#))

**Description:** Full-service gym with classes and facilities aimed at community health. It has amenities such as swimming pool, squash, indoor basketball, futsal, badminton, and more!

**Accessible by:** Walking, or Bus 8, Bus Husky, Bus 9A/7, Bus 1.

**Hours:** Monday to Friday 6:00am - 8:00pm | Saturday 8:00am - 4:00pm

**Parking:** Limited parking for member of YMCA + Limited Street Parking

**Cost:** Roux students are eligible for a \$29/month membership with no joining fee + More discounts/financial assistance showing financial need with 3 Guest Passes per year.

**More info:** [Website](#)

# SWIMMING POOLS

## Hap Frank Pool/Reiche Community Center

**Location:** 166 Brackett St, Portland, ME 04101 ([Address from Roux](#))

**Description:** Indoor pool with lap swim times for patrons.

**Accessible by:** Walking, Bus 9A/7, Bus 1.

**Hours:** Check website

**Parking:** Limited Street Parking

**Cost:** \$5.50 for City of Portland Residents.

**More info:** [Website](#)

## Kiwanis Community Pool (Summer Only)

**Location:** 165 Douglass St, Portland, ME 04102 ([Address from Roux](#))

**Description:** Outdoor pool with lap swim times for patrons.

**Accessible by:** Bus 4 or 5.

**Hours:** Check website

**Parking:** Street Parking

**Cost:** \$6.00 for City of Portland Residents.

**More info:** [Website](#)

## South Portland Parks & Recreation Pool

**Location:** 21 Nelson Rd, South Portland, ME 04106 ([Address from Roux](#))

**Description:** South Portland Parks & Recreation Gym is a multipurpose facility with a full size gym, aerobic room, walking track, and an indoor swimming pool.

**Accessible by:** Bus 24B, Bus 21/24B, Bus 24A/24B, Bus 24Ac, etc.

**Hours:** Monday - Friday 6:00am- 9:00pm | Saturdays - 8:00am - 5:00pm | Sundays - 10:00am - 6:00pm.

**Parking:** Free Parking for Members and Street Parking.

**Cost:** Membership fee Required (see [link for activities and cost](#)). Check [Website](#).

# TRAILS

## FOR WALKING/HIKING/RUNNING/BIKING

### Eastern Promenade Trail

**Location:** Eastern Promenade, Portland, ME 04101 ([Address from Campus](#))

**Description:** This waterfront trail built along an old rail corridor offers spectacular harbor and ocean views. Benches and picnic tables are located along the route and at East End Beach. Stroller and wheelchair accessible, great for kids, running, walking, biking, picnicking. Dogs must be on a leash or under voice control.

**Accessible by:** Walking

**Hours:** Open 24 hours a day (recommended dawn to dusk)

**Parking:** Street and Paid Parking

**More info:** [Website](#)

### Back Cove Trail

**Location:** 860 Baxter Blvd Portland, ME 04103 ([Address from Roux](#))

**Description:** Popular walking and running loop with panoramic views of the Portland skyline. Accessible to people with disabilities, running, biking, birding, pushing strollers.

**Accessible by:** Bus 9B, Bus 1 & Bus 7

**Hours:** Open 24 hours a day (recommended dawn to dusk)

**Parking:** Street and Paid Parking

**More info:** [Website](#)

### Back Cove Trail

**Location:** 167 Rowe Ave, Portland, ME 04102 ([Address from Roux](#))

**Description:** Experience Portland's only natural waterfall and the surrounding sanctuary. Various activities include biking, hiking, birdwatching, loop trail.

**Accessible by:** Bus 4, Bus 5, Bus Husky, or Bus 8

**Hours:** Dawn to Dusk.

**Parking:** Street and Paid Parking

**More info:** [Website](#)

# TRAILS

## FOR WALKING/HIKING/RUNNING/BIKING

### Brook Trail

**Location:** 814-832 Baxter Boulevard, Portland, ME 04103 ([Address from Campus](#))

**Description:** Enjoy a peaceful walk along this scenic trail that winds through lush landscapes. Stroller and wheelchair accessible, great for kids, running, walking, biking, picnicking. Dogs must be on a leash or under voice control.

**Accessible by:** Bus 9A/B

**Hours:** Open 24 hours a day (recommended dawn to dusk)

**Parking:** Reserved Parking

**More info:** [Website](#)

### Baxter Woods

**Location:** 555 Stevens Ave, Portland, ME 04103 ([Address for Roux](#))

**Description:** Trail running, hiking, biking, snowshoeing, cross-country skiing.

**Accessible by:** Bus 2 or Bus 9A & B

**Hours:** Dawn to Dusk.

**Parking:** Parking available

**More info:** [Website](#)

### Forest City Trail

**Location:** 85 Woodvale St, Portland, ME 04102 ([Address from Roux](#))

**Description:** Traverse diverse environments from forests to urban settings on this extensive trail. This trail combines existing trails, sidewalks and routes to make an end to end 10-mile hike. Activities vary by trail section.

**Accessible by:** Bus Husky or Bus 4 or 9A

**Hours:** Dawn to Dusk.

**Parking:** Overset Road has small, marked lot for parking

**More info:** [Website](#)

# TRAILS

## FOR WALKING/HIKING/RUNNING/BIKING

### Jewell Falls/Fore River Sanctuary

**Location:** 167 Rowe Ave, Portland, ME 04102 ([Address from Roux](#)).

**Description:** Experience Portland's only natural waterfall and the surrounding sanctuary. Various activities include biking, hiking, birdwatching, trail running.

**Accessible by:** Bus 4, Bus 5, Bus Husky, or Bus 8

**Hours:** Dawn to Dusk.

**Parking:** Reserved Parking

**More info:** [Website](#)

### Capisic Brook Trail

**Location:** Access from Macy Street or Lucas Street, Portland, ME 04102. ([Address from Roux](#))

**Description:** A serene trail perfect for bird watching and quiet walks. This tranquil 18-acre nature preserve surrounds Portland's largest fresh-water pond. Good for hiking with kid-friendly hikes.

**Accessible by:** Bus Husky, Bus 9A & Bus 4

**Hours:** Dawn to Dusk.

**Parking:** Available

**More info:** [Website](#)

### Winnick Woods Greenbelt Trail

**Location:** Winnick Woods, Cape Elizabeth, ME 04107 ([Address from Roux](#))

**Description:** Explore this expansive greenbelt with well-maintained trails ideal for family hikes. Open Space & Passive Recreation noted for hiking, biking, snow snowing, trail running, bird watching.

**Accessible by:** South Portland Transit Bus 24A & Bus 24B

**Hours:** Dawn to Dusk.

**Parking:** Available

**More info:** [Website](#)

# TRAILS

## FOR WALKING/HIKING/RUNNING/BIKING

### Robinson Woods Preserve

**Location:** 1088 Shore Rd, Cape Elizabeth, ME 04107 ([Address from Roux](#)).

**Description:** Discover old-growth forests and historic landmarks in this preserved area. Good for hiking, bird watching, trail running.

**Accessible by:** Not transit accessible

**Hours:** Dawn to Dusk.

**Parking:** Available

**More info:** [Website](#)

# BIKESHARE SYSTEM

### Portland Bikeshare

**Locations:** Docking stations located around Portland.

**Description:** With 200 bikes at over 40 stations and affordable pricing, exploring Portland has never been easier! [Map of Stations at bottom of page](#).

**How To Use:**

1. [Download the Movatic App](#)
2. Create an account, add a cc & select membership or pay as you go
3. Scan the QR code or enter bike # to unlock the ring lock
4. Remove the cable from the station and start riding
5. Return bike to an approved station
6. Press End Rental in app
7. Push down orange tab to lock, insert station cable from dock into ring lock

**Hours:** Open 24 Hours

**Cost:** Membership - Waived unlock fees 50% off per minute rates \$14.99/month or \$99/year | Pedal Bikes \$1 to unlock & \$0.15 per minute| Electric Bikes \$2 to unlock & \$0.30 per minute.

**More Info:** [Website](#)

# ICE SKATING & SKATE RENTALS

## William B. Troubh Ice Arena (Open year round)

**Location:** 225 Park Ave, Portland, ME 04102 ([Address from Roux](#))

**Description:** The William B. Troubh Ice Arena offers public skating sessions, hockey programs, and figure skating lessons. It's a popular destination for recreational skating and ice sports in Portland.

**Accessible by:** Bus 7, Bus 1.

**Hours:** Check website for schedules for public skate, adult pick up hockey, and freestyle ice.

**Parking:** Free on-site parking

**Cost:** Public Skate - \$6.00/ person | Rental Skates \$4. 00/ person | Pickup adult Hockey - \$8.00/ person | Freestyle Ice \$15, Thursday Bargain - \$8.00 [Link](#)

**More Info:** [Website](#)

## Thompson's Point Rink (Open in winter only)

**Location:** 207 Thompsons Point, Portland, ME 04102 ([Address from Roux](#))

**Description:** Thompson's Point Rink offers a large outdoor ice-skating rink with an on-site bar, food options, fire pits, and skate rentals, making it a lively spot for family and friends to gather and enjoy skating.

**Accessible by:** Bus 5, Bus Breeze, Bus 7, Bus 1.

**Hours:** Monday – Sunday: 9:00am – 9:30pm. Check website for any potential schedule adjustments.

**Parking:** Paid on-site parking

**Cost:** Public admission rates \$10.00 | Public admission tickets book \$80.00

**More Info:** [Website](#)

# GOLF COURSES & DRIVING RANGE

## South Portland Municipal Golf Course

**Location:** 155 Wescott Rd., South Portland, ME 04106 ([Address from Roux](#))

**Description:** 9-hole golf course ideal for new players.

**Accessible by:** South Portland Bus 24A or 24B.

**Hours:** Dawn to Dusk, spring to fall.

**Parking:** Free parking

**Cost:** Green fees beginning at \$15. Club rental for \$10.

**Website for more info:** [Website](#)

## Nonesuch River Golf Club

**Location:** 304 Gorham Rd Scarborough, ME 04074 ([Address from Roux](#))

**Description:** Scenic 18-hole golf course with challenging layouts.

**Accessible by:** Not accessible by transit

**Hours:** 7:30am – 7:00pm daily

**Parking:** Open public parking

**Cost:** Green fees beginning at \$37

**Website for more info:** [Website](#)

## Sunset Ridge Golf Club

**Location:** 771 Cumberland St, Westbrook, ME 04092 ([Address from Roux](#))

**Description:** Enjoy a round of golf with picturesque sunset views.

**Accessible by:** Not transit accessible

**Hours:** Dawn to Dusk, spring to fall.

**Parking:** Open public parking

**Cost:** Green fees beginning at \$35

**More info:** [Website](#)

# GOLF COURSES & DRIVING RANGE

## Pleasant Hill Driving Range

**Location:** 132 Pleasant Hill Rd., Scarborough, ME 04074 ([Address from Roux](#))

**Description:** Fun low key driving range where you hit balls into a lake.

**Accessible by:** Not transit accessible

**Hours:** Dawn to Dusk, spring to fall.

**Parking:** Free public parking

**Cost:** \$5 for a half bucket of balls. Free clubs available for use.

**More info:** [Website](#)

# BEACHES

## East End Beach

**Location:** Eastern Promenade Trail, Portland, ME 04101 ([Address from Roux](#))

**Description:** Portland's easily accessible urban beach with stunning views of Casco Bay.

**Hours:** 6:30am – 10pm, swimming from dawn to dusk.

**Parking:** Parking available in Eastern Prom.

**Cost:** Free for beach. [Kayaks available for rental](#).

**More Info:** [Website](#)

## Willard Beach

**Location:** 1 Fisherman Ln South Portland, ME 04106 ([Address from Roux](#))

**Description:** A favorite local spot for swimming and picnics, with views of Spring Point Ledge Light.

**Accessible by:** South Portland Transit, Bus 21

**Hours:** Facilities open 6:00am – 9:00am, swimming dawn to dusk.

**Parking:** Limited parking in Willow Street lot (or SMCC campus)

**Cost:** Free. Free Street Parking + Paid Parking at SMCC.

**More Info:** [Website](#)

# BEACHES

## Cliff House Beach

**Location:** 23-61 Sea View Ave Cape Elizabeth, ME 04107 ([Address from Roux](#))

**Description:** Secluded and serene, perfect for a quiet beach day.

**Accessible by:** Bus 21

**Hours:** Dawn to Dusk

**Parking:** Limited Street Parking

**Cost:** Free

**More info:** [Website](#)

## Crescent Beach State Park

**Location:** 109 Bowery Beach Rd Cape Elizabeth, ME 04107 ([Address from Roux](#))

**Description:** Wide sandy beach with gentle waves, ideal for families.

**Accessible by:** Not transit accessible

**Hours:** 9:00am - Sunset

**Parking:** Limited Street Parking

**Cost:** \$6 for Maine Residents

**More Info:** [Website](#)

## Pine Point Beach

**Location:** East Grand Ave Scarborough, ME 04074 ([Address from Roux](#))

**Description:** Long stretches of sand with ample space for beach activities.

Connects to Old Orchard Beach as well.

**Accessible by:** Portland Metro Bus and Biddeford Saco Old Orchard Beach Transit

**Hours:** Dawn to Dusk

**Parking:** Ample paid parking in lots right on the beach.

**Cost:** Free + \$5 - \$15 for parking

**More Info:** [Website](#)

# BEACHES

## Scarborough Beach State Park

**Location:** 418 Black Point Road, Scarborough, ME 04074 ([Address from Roux](#))

**Description:** Ocean beach with lifeguards & a snack shack.

**Accessible by:** Not transit accessible

**Hours:** 9:00am – 7:00pm

**Parking:** Free parking with entry fee.

**Cost:** \$10 per person, Cash Only.

**More Info:** [Website](#)

## MORE OUTDOOR FUN

## Bug Light Park

**Location:** Bug Light Park 58-96 Madison Street, South Portland, ME 04106 ([Address from Roux](#))

**Description:** Historic lighthouse with expansive park offering kite flying and sailing.

**Accessible by:** Bus 21

**Hours:** Dawn to Dusk

**Parking:** Limited free street parking

**Cost:** Free

**More Info:** [Website](#)

## Fort Williams Park

**Location:** 1000 Shore Rd, Cape Elizabeth, ME 04107 South Portland, ME ([Address from Roux](#))

**Description:** Home to Portland Head Light, with stunning ocean views and picnic areas.

**Accessible by:** Not transit accessible

**Hours:** Dawn to Dusk

**Parking:** Paid parking

**More Info:** [Website](#)

# ISLANDS AND FERRIES

**There are a number of islands accessible only by boat from Portland, with unique amenities and experiences on each one!**

## **Ferry Fares - Check this Link**

**For all islands:**

- Accessible by: Ferry dock is a short walk from campus.
- Hours: Islands are open 24 hours per day, but ferry schedule varies by season, between 5:00 AM and MIDNIGHT.

**Parking:** You can get to Peaks Island by taking a 20-minute ferry ride from Portland, which departs 10–13 times daily. Cars are allowed on the ferry but cost extra. Parking is available for a fee near the ferry dock.

**Cost:** \$14.00 per adult for a round trip on the ferry

## **Peaks Island**

**Location:** Casco Bay, Maine ([Address from Roux](#))

**Description:** Easily accessible island with bike rentals and artist studios.

## **Great Diamond Island**

**Location:** Great Diamond Island, Portland, ME 04109 ([Address from Roux](#))

**Description:** A quiet retreat with historic forts and peaceful walking trails. The island is not easily accessible by motor vehicle and has a limited network of roads. The primary modes of transportation are golf carts and bicycles. This fact has become a selling point for the island, marketing the area as “car-free” and “kid-friendly.”

## **Long Island**

**Location:** Long Island, Portland, ME 04050 ([Address from Roux](#))

**Description:** Ideal for day trips with beautiful beaches and a small community.

Approximate travel time from Portland: 30-60 minutes one-way (trip times vary based upon route and cargo volume).

# ISLANDS AND FERRIES

## Little Diamond Island

**Location:** Little Diamond Island, Portland, ME ([Address from Roux](#))

**Description:** Private island, noted for its exclusivity and beautiful vistas. Tiny residential island with quick ferry service & a sandbar connecting Great Diamond at low tide. Approximate travel time from Portland: 15 minutes one-way.

## Diamond Island

**Location:** Great Diamond, Portland, ME 04109 ([Address from Roux](#))

**Description:** Diamond Cove, on Great Diamond Island, is Maine's premier private island community. Approximate travel time from Portland: 30-45 minutes one-way (trip times vary based upon route and cargo volume).

## Chebeague Island

**Location:** Chebeague Island, Portland, ME 04017

**Description:** Private island, noted for its exclusivity and beautiful vistas.

Chebeague (pronunciation: "shuh big" (without a significant emphasis on either syllable) is one of Maine's most beautiful islands! Approximate travel time from Portland: 60-90 minutes one-way.

## Cliff Island

**Location:** Cliff Island, Portland, ME 04019 ([Address from Roux](#))

**Description:** The smallest year-round island with a tight-knit community. Cliff Island is the smallest year-round island in Casco Bay and the last stop "down the bay" on the Casco Bay Lines ferry. Approximate travel time from Portland: 60-120 minutes one-way (trip times vary based upon route and cargo volume).

# ISLANDS AND FERRIES

## Cushings Island

**Location:** Cushing Island, Portland, ME 04109 ([Address from Roux](#))

**Description:** Private island, Part of Portland, is less than a mile offshore and is accessible only by boat.

# INDOOR FUN & ROCK CLIMBING

## Portland Community Squash

**Location:** 66 Noyes St, Portland, ME 04103 ([Address from Roux](#))

**Description:** A friendly, welcoming, intergenerational community of squash players.

**Accessible by:** Bus Husky, Bus 8, Bus 4, Bus 2, etc.

**Hours:** Weekdays (8am – 9pm) & Weekends (8am – 9pm)

**Parking:** Available for members of the Community

**Cost:** Drop in to play squash/ call for reservations/ Membership Required

**More info:** [Website](#)

## Bayside Bowl

**Location:** 58 Alder St, Portland, ME 04106 ([Address from Roux](#))

**Description:** Modern bowling alley with a rooftop terrace that hosts live music.

**Accessible by:** Bus 21

**Hours:** Mondays – Thursday 3pm – 11pm | Friday 12pm – 11am |

Saturday 12pm – 12am | Sunday 12pm – 10 pm

**Parking:** Street Parking and Metered Parking (Map Parking - [Parking Map Link](#))

**Cost:** \$35/hr. per lane Monday – Thursday \$40/hr. per lane Friday - Sunday |

Shoe Rentals \$5/pair | Socks \$5/pair.

**More info:** [Website](#)

# INDOOR FUN & ROCK CLIMBING

## Round1 Bowling & Arcade at Maine Mall

**Location:** 364 Maine Mall Rd, South Portland, ME 04106 ([Address from Roux](#))

**Description:** Classic bowling fun perfect for groups and family outings. Fun games (Arcade games, bowling, billiards, karaoke, ping pong, party room, victory zone, spo-cha, kids play zone, food and bar, etc.)

**Accessible by:** Bus Husky, Bus 5, Bus 2, Bus 24A/24B, etc.

**Hours:** Monday – Sunday 10:00am to 2:00am

**Parking:** Maine Mall parking lot anytime

**Cost:** Starting Price \$24.99 per guest and many more

**More info:** [Website](#)

## EVO Rock + Fitness Portland (Rock Climbing)

**Location:** 65 Warren Ave, Portland, ME 04103 ([Address from Roux](#))

**Description:** EVO Rock + Fitness offers a diverse range of climbing walls for all skill levels, including a speed wall, bouldering areas, and auto belays. It also has fitness areas and offers various classes and programs.

**Accessible by:** Bus 1/2, Bus 2, Bus 7/9A, Bus 9A/7/2, etc.

**Hours:** Sunday: 10am-6pm | Monday: 10am-9pm | Tuesday: 10am-10pm (Members Only 8am-10am) | Wednesday: 10am-10pm (Members Only 8am-10am) | Thursday: 10am-10pm (Members Only 8am-10am) | Friday: 10am-9pm | Saturday: 10am-6pm

**Parking:** On-site Parking

**Cost:** Membership [Individual - \$75.00 | Disc for Student. - \$72.00 | Child (<10years) - \$69.00 | Family - \$144.00 | Additional Family Member - \$38.00].

**DAY PASS:** [Individual - \$21.00 | Disc for Student. - \$19.00 | Child (<10years) - \$17.00].

**RENTAL EQUIPMENT:** Full Rental Package (Shoes, Harness, Chalk Bag and Belay Device - \$15.00) | Shoes - \$6.00 | Harness \$6.00 | Chalk Bag - \$3.00 | Belay Device - \$2.00.

**More info:** [Website](#)

# INDOOR FUN & ROCK CLIMBING

## Salt Pump Climbing Company (Rock Climbing)

**Location:** 36 Haigis Pkwy, Scarborough, ME 04074 ([Address from Roux](#))

**Description:** Salt Pump Climbing Company features extensive climbing walls and offers memberships, day passes, and equipment rentals. It provides a welcoming environment for climbers of all levels.

**Accessible by:** Not transit accessible

**Hours:** Sunday: 10am-8pm | Monday - Fridays 12pm -10pm | Mondays – Fridays 9am-12pm (Members Only) | Saturday: 10am-8pm

**Parking:** On-site Parking

**Cost:** Membership [Individual - \$85.00 | Disc for Student. - \$76.50 | Child (<10years) - \$69.00 | Family - \$161.50 | Additional Family Member - \$45.00].

**DAY PASS:** [Individual - \$23.00 | Disc for Student. - \$20.70 | Child (<12years) - \$18.50 | Kids (<5years) - \$10.00].

**RENTAL EQUIPMENT:** Full Rental Package (Shoes, Harness, Chalk Bag and Belay Device - \$13.00) | Shoes - \$6.00 | Harness \$6.00 | Chalk Bag - \$3.00 | Belay Device - \$3.00.

**More info:** [Website](#)

## Urban Air Trampoline and Adventure Park

**Location:** 333 Clarks Pond Pkwy, South Portland, ME 04106 ([Address from Roux](#))

**Description:** A large indoor park with trampolines, climbing walls, and obstacle courses.

**Accessible by:** Bus Husky, Bus 5, Bus 2, Bus 24A/24B, etc.

**Hours:** Monday & Tuesday 4pm – 8pm | Wed 12pm – 8pm | Thursday 4pm – 8pm | Friday 12pm – 9pm | Saturday & Sunday 10am – 8pm

**Parking:** Street parking and open public parking

**Cost:** Starting from \$15.49 to \$28.99

**More info:** [Website](#)

# INDOOR FUN & ROCK CLIMBING

## The Escape Room

**Location:** The Escape Room, 492 Congress St, Portland, ME 04101 ([Address from Roux](#))

**Description:** Challenge yourself and your friends to solve puzzles and escape within the time limit. It enables team building.

**Accessible by:** Bus 9A, Bus Husky, Bus 1, Bus 8, Bus 7, etc.

**Hours:** Closed on Mon & Tue | Wed - Thu 12pm - 8:15pm | Fridays 12pm - 9:45pm | Sat 11am - 10pm | Sun 11:30am - 7:45pm

**Parking:** Street Parking

**Cost:** Fridays through Sunday, the cost for two people to play a room is \$70, or \$25 each for groups over two.

**More info:** [Website](#)

## Maine Escape Games

**Location:** 125 John Roberts Rd #8, South Portland, ME 04106 ([Address from Roux](#))

**Description:** Exploring exciting games to challenge yourself and your friends to engage with a puzzle and escape within a set period of time.

**Accessible by:** Bus Husky, Bus 5, Bus 24b/24A, Bus 1, etc.

**Hours:** Closed on Mon & Tue | Wed - Fri 1pm - 8:30pm | Sat 10am - 8:30pm | Sun 10:30am - 7pm

**Cost:** The cost to play is \$35 per person for adults/teens and \$32 for children under 13. On Friday through Sunday and on holidays, the price for just two people to play in a room is \$105.

**More info:** [Website](#)

# INDOOR FUN & ROCK CLIMBING

## Maine Narrow Gauge Railroad

**Location:** 49 Thames St, Portland, ME 04101 ([Address from Roux](#))

**Description:** Take a scenic ride along the historic railroad with stunning waterfront views.

**Accessible by:** Short walk from campus

**Hours:** Train rides 6 times per day, 7 days per week along beautiful Casco Bay starting from 10 am.

**Parking:** Open public parking, metered and street parking

**Cost:** Starting from \$9.10 to \$21.00

**More info:** [Website](#)

## Victoria Mansion

**Location:** 109 Danforth Street, Portland, ME 04101, United States ([Address from Roux](#))

**Description:** Tour this well-preserved pre-Civil War mansion with its original interiors. This 19th-century Italian villa-style home with an ornate interior offers tours & a museum shop.

**Accessible by:** Bus 1, Bus 7/9A, Bus 21/24B, etc.

**Hours:** Monday 10am – 5pm | Tuesday – Sunday 10am - 4pm

**Parking:** Street and Metered parking spaces

**Cost:** College students: \$8.00 with valid student ID | Starting from \$19.25

**More info:** [Website](#)

# PROFESSIONAL SPORTS TEAMS

## Hadlock Field (Portland Seadogs Baseball)

**Location:** 271 Park Ave, Portland, ME 04102 ([Address from Roux](#))

**Description:** Hadlock Field is not just the home of the Portland Seadogs but also perennial High School baseball powerhouses the Portland High School Bulldogs and the Deering High School Rams.

**Accessible by:** Bus Breeze/1/9A, Bus Husky/5, etc.

**Hours:** Varies based on game schedule.

**Parking:** Limited Street Parking | King Middle School Lot | Fitzpatrick Stadium Lot | Congress Street Medical Building Garage | 995 Congress Street Maine Medical Centre Lot, etc.

**Cost:** Tickets ranges from \$14.00 - \$18.00 for Adults, \$11.00 - \$17.00 for Children & Senior on Weekday | Weekend \$14.00 - \$19.00 for Adults, \$11.00 - \$18.00 for Children & Senior. [Ticket info.](#)

**More info:** [Website](#)

## Cross Insurance Arena (Maine Mariners Ice Hockey)

**Location:** 1 Civic Center Square, Portland, ME 04101 ([Address from Roux](#))

**Description:** The Cross Insurance Arena, home of the Maine Mariners, hosts concerts, sports events, and community activities.

**Accessible by:** Bus 7, Bus 1, etc.

**Hours:** Varies based on game and event schedule.

**Parking:** Street and [Parking](#)

**More info:** [Website](#)

# PROFESSIONAL SPORTS TEAMS

## Cross Insurance Arena (Maine Mariners Ice Hockey) & Concerts

**Location:** 1 Civic Center Square, Portland, ME 04101 ([Address from Roux](#))

**Description:** The Cross Insurance Arena, home of the Maine Mariners, hosts concerts, sports events, and community activities. It seats 6,700 to 9,500 people and features a versatile event space for various activities.

**Accessible by:** Bus 7, Bus 1, etc.

**Hours:** [Varies by event](#).

**Parking:** Street and Paid [Parking](#)

**More info on Mariners:** [Website](#)

## Portland Exposition Building (Maine Celtics Basketball)

**Location:** 239 Park Ave, Portland, ME 04102 ([Address from Roux](#))

**Description:** The Expo is home to the Maine Celtics NBA G League team and to the Portland High Bulldogs basketball teams.

**Accessible by:** Bus 7/9A, Bus 1, etc.

**Hours:** Varies by event

**Parking:** Street and Paid [Parking](#)

**More info on Celtics:** [Website](#)

# MOVIES/CINEMAS

## The Patriot Cinemas - Nickelodeon Cinemas

**Location:** 1 Temple Street Portland, ME 04101 ([Address from Roux](#))

**Description:** Downtown cinema showing the latest films in a historical setting. Multi-theatre art house screens a mix of independent & local films plus blockbuster movies.

**Accessible by:** Short walk from campus

**Hours:** Depending on the movie showing. It is cheaper during the day than at night.

**Parking:** Metered and Street parking

**Cost:** Adults \$12 | Children (under 12) - \$9 | Seniors (over 65) - \$9 | All seats \$9 until 6:00pm.

**More info:** [Website](#)

## Apple Cinemas Westbrook

**Location:** 183 County Road, Westbrook ME 04092 ([Address from Roux](#))

**Description:** Comfortable seating and modern amenities enhance your movie-watching experience.

**Accessible by:** Not transit accessible

**Hours:** Depending on the movie showing. It is cheaper during the day than at night.

**Parking:** Street and Metered Parking

**Cost:** Varies by show

**More info:** [Website](#)

# MOVIES/CINEMAS

## Apple Cinemas Saco IMAX

**Location:** 779 Portland Rd., Saco ME 04072 ([Address from Roux](#))

**Description:** Experience movies with cutting-edge IMAX technology.

**Accessible by:** Accessible by Biddeford Saco Old Orchard Transit

**Hours:** Events driven depending on an event time.

**Parking:** Street and Metered Parking

**Cost:** Varies by show

**More info:** [Website](#)

## Eveningstar Cinema

**Location:** 149 Maine St., Brunswick ME 04011 (Located in: Tontine Mall & Apartments) ([Address from Roux](#))

**Description:** Independent cinema offering a selection of art-house films and classics.

**Accessible by:** Not transit accessible

**Hours:** Events driven depending on an event time.

**Parking:** Street and Metered Parking

**Cost:** Varies by show

**More info:** [Website](#)

## State Theatre

**Location:** 609 Congress St, Portland, ME 04101 ([Address from Roux](#))

**Description:** Vast, old-renovated concert hall with a steady schedule of national music acts of different genres.

**Accessible by:** Bus 7/9A, Bus 1, etc.

**Hours:** Events driven depending on an event time.

**Parking:** Street and Metered Parking

**Cost:** Starting from \$20

**More info:** [Website](#)

# MUSEUMS/ZOOS

## Portland Museum of Art

**Location:** 7 Congress Sq, Portland, ME 04101 ([Address from Roux](#))

**Description:** Explore significant artworks ranging from local to international pieces.

**Accessible by:** Bus 7/9A, Bus Husky, Bus 1, etc.

**Hours:** Closed on Mondays & Tuesdays | Open Wednesday to Sunday from 10am – 6pm

**Parking:** PMA does not have public parking. City street parking is \$2 per hour and FREE after 6 p.m. and all-day Sunday.

**Cost:** Free for Visitors 21 & under\* | Free on Fridays from 4pm – 8 pm\*\* | \$20 for adults | \$18 Seniors and Students 22+

**More info:** [Website](#)

## International Cryptozoology Museum

**Location:** 32 Resurgam Pl, Portland, ME 04102 ([Address from Roux](#))

**Description:** The International Cryptozoology Museum showcases exhibit on Bigfoot, Abominable Snowmen, chupacabras, and more. It features over 10,000 items including hair samples, footprint casts, models, artwork, and film props related to cryptozoology, the study of hidden or unknown animals.

**Accessible by:** Bus 1, Bus Breez, Bus 1, Bus 7, etc.

**Hours:** Open seven days a week 10:00am – 6:00pm.

**Parking:** Paid Street and Metered Parking

**Cost:** Adults +13 - \$13.00 | Children below 12 \$5.00 | Free for Babies in arms and/strollers

**More info:** [Website](#)

# MUSEUMS/ZOOS

## Maine Museum of Photographic Arts

**Location:** 15 Middle St, Portland, ME 04101 ([Address from Roux](#))

**Description:** The Maine Museum of Photographic Arts focuses on the exhibition of contemporary photographic works and related media, supporting the appreciation and understanding of photographic art.

**Accessible by:** Short walk from campus

**Hours:** Gallery Hours Tuesday, Thursday – Saturday 11:00am– 5:00pm

**Parking:** Paid Street Parking

**More info:** [Website](#)

## Maine Wildlife Park (ZOO)

**Location:** 56 Game Farm Rd, Gray, ME 04039 ([Address from Roux](#))

**Description:** Home to over 30 species of Maine wildlife that cannot be returned to the wild, offering a safe environment for injured, orphaned, and human-dependent animals.

**Accessible by:** Not transit accessible

**Hours:** Daily from 9:30am – 4:30pm

**Parking:** On-site Parking

**Cost:** Entrance Fees Ages 60+ - \$7.50 | Ages 13-59 - \$10.00 | Ages 3-12 - \$7.50 | Ages <2 – Free | Group of 18 or more - \$6.50 per person | Community Pass Holder - \$5.00 per person.

**More info:** [Website](#)