

## GENERAL INFORMATION

These walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

In case of Emergency: Dial 911  
Event Related Assistance:  
Sondra Taylor  
(207) 856-6464

### Walk Rating

2A

### Walk Description

Experience Portland's working waterfront with views of Casco Bay Islands. Enjoy unique restaurants, galleries and shops in the Old Port. Portland has been recognized as 'America's 'Foodiest Small Town' by Bon Appetit Magazine, and also one of the Food Network's top five 'Most Delicious Destinations'. Portland is also home to many historic sites and museums.

### Starting Point

Hannaford Shopping Plaza  
295 Forest Ave.  
Portland ME 04101

### Getting There

295 Forest Ave., Portland ME.

From South: I-95 N to I-295 N Exit 6B.  
Merge to US-302/ME-100 Forest Ave

From North: I-295 S Exit 6B. Merge  
to US-302/ME-100 Forest Ave. Go  
0.1 mile to Hannaford's on the right.

### Latitude/Longitude

Latitude 43.6636

Longitude -70.2685

### Parking

Parking is available in the  
Hannaford's parking lot.

### Restrooms

Restrooms are available at  
Hannaford's Market.

### Special Programs

Lighthouses II  
Mayflower-400<sup>th</sup> Anniversary Walk  
Rails-to-Trails  
Rockin' Around the Clock  
Town Halls/City Halls

### Point of Contact

Sondra Taylor

[Sondrataylor190@gmail.com](mailto:Sondrataylor190@gmail.com)

P.O. Box 722  
Westbrook ME 04098

### **Walk Completion and Credit**

Be sure to log back into the OSB system to finish/complete your online registration after doing the event. The OSB does not deduct any event fee from a participant's Event Bank until they have submitted event completion info including the date the event was walked, the distance walked, and the selection of applicable special programs that person is participating in. Nevertheless, a fee of \$2 for a downloaded PDF is deducted from the Event Bank when the PDF is downloaded. Later, and PDF fees are credited back to a user's Event Bank when they submit the event completion info as a paying for credit participant. Note, however, that the \$2 coupon for the downloaded PDF expires in 60 days.

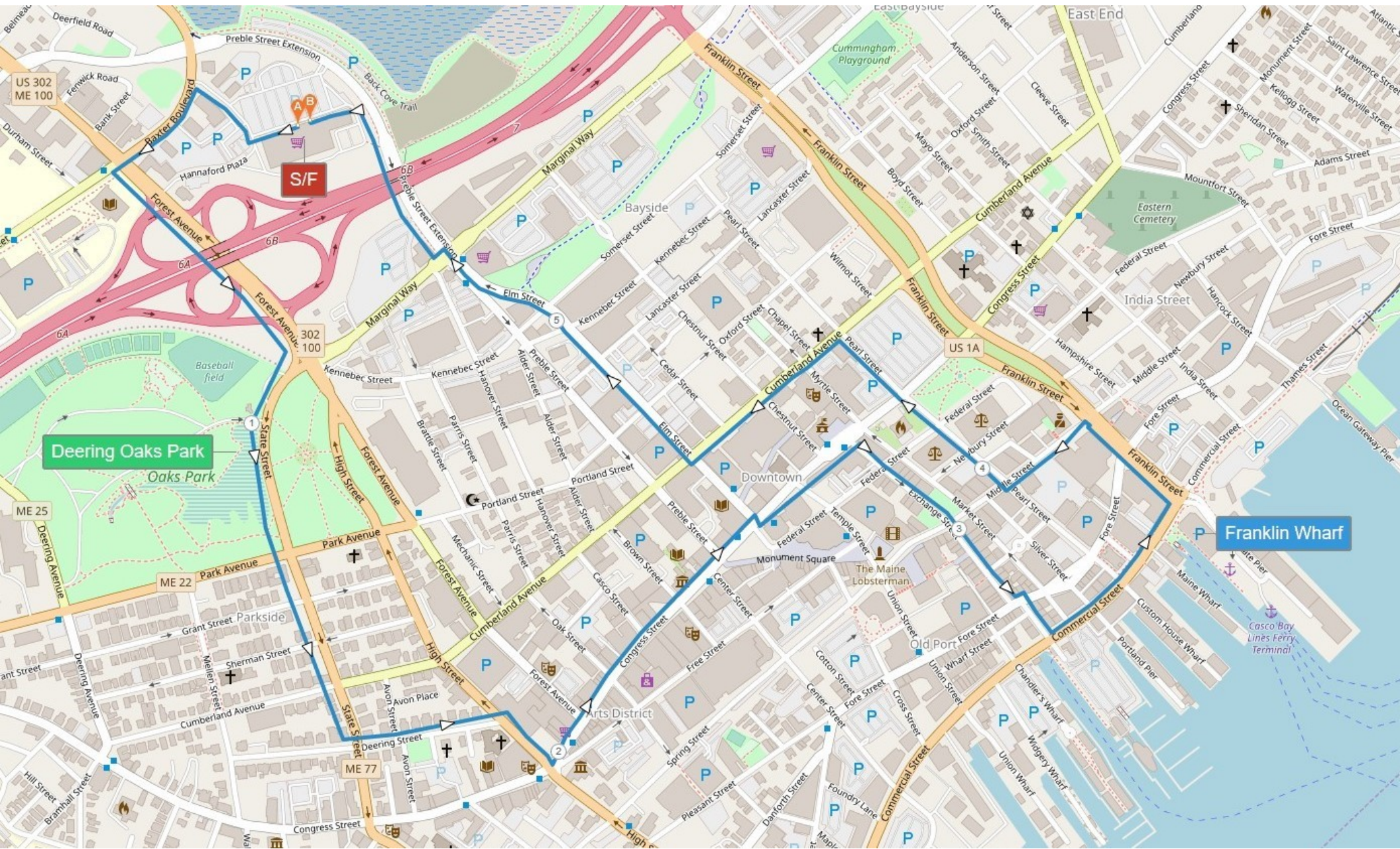
## PORTLAND SEASONAL 5K WALK

1. As if you were exiting Hannaford's produce department, turn left on the sidewalk to the crosswalk. Cross and turn right to Baxter Blvd.
2. At Northern Light Health, turn left (short break in sidewalk) and walk to traffic light on Forest Ave. (Rt. 302).
3. Cross Forest Ave. and go left, passing the Glickman Map Library of USM. Carefully cross the on/off ramps, using crossing flashers if needed.
4. Turn right on State St. (Rt. 77) into Deering Oaks Park. This is a 54-acre city park with pond, fountain, playground and a farmers' market.
5. Follow the brick walkway to Park Ave. Cross Park Ave. at the light and continue walking up State St.
6. There is a Little Free Library at 234 State St.
7. Turn left onto Deering St. and walk to High St.
8. Turn right and go to Congress St.
9. Cross High St. to Congress Square Park. Check out the Portland Union Station Clock (Rock around it!).
10. Continue left along Congress St.
11. Cross Congress St. at Elm St. (by the Portland Public Library). Continue left another block to Exchange St. and turn right.
12. Turn left on Fore St. and then right onto Moulton St.
13. Turn left at Commercial St. This is Portland's working waterfront. Behind the Casco Bay Ferry Terminal is Franklin Wharf where many slaves continued on their way to freedom, having hidden in cargo ships to get this far.
14. As you turn left on Franklin St., look right to see Ocean

Gateway Terminal where huge cruise ships dock.

15. From Franklin, turn left on Middle St and then right on Pearl St.
16. When you get to Congress St. and Portland City Hall, you can see the clock tower and weather vane.
17. Cross Congress and continue to Cumberland St. where you will turn left.
18. Turn right onto Elm St to the bottom of the hill where Elm merges with Preble St.
19. After crossing Marginal Way, cross to the left side of Preble St. and follow it under the interstate back to Hannaford Plaza.

# Portland 5k Map



## **PORTLAND SEASONAL 10K WALK**

1. As if you were exiting Hannaford's at the produce department, turn right onto the sidewalk alongside the building. Carefully cross the parking lot to the public sidewalk, then walk left to the traffic light.
2. Cross Preble St. at the lights (3x) and enter the Back Cove Trail and walk in a counterclockwise direction (to your right). Bear left onto the Sebago to Sea Trail at the fence (small sign).
3. Follow the trail under the highway and along Casco Bay toward the Waste Treatment Plant. At the waste treatment facility, bear left and walk along the edge of Casco Bay. Sail Maine (on your left) is a non-profit that allows people of all ages to enjoy sailing without the cost of owning a boat.
4. Continue along the edge of the bay on the Eastern Promenade Trail through Fort Allen Park until you reach Ocean Gateway Terminal. This is the dock for huge cruise ships that visit Portland.
5. At Ocean Gateway, continue left on the sidewalk along Thames St. which becomes Commercial St. Be careful crossing RR tracks near the Narrow Gauge Railroad Museum.
6. Behind the Casco Bay Ferry Terminal is Franklin Wharf where many slaves continued on their way north to freedom, having hidden in cargo ships to get this far. There is a self-guided Freedom Walk tour that starts at the wharf.
7. Follow Commercial St., turning right onto Moulton St. Turn left on Fore St. and right on Exchange St. to the end at Congress St, Portland City Hall is across the street in front of you. It has a clock tower and weather vane.

8. Turn left on Congress St. First Parish Church (425 Congress St.) is the oldest church in the city. It hid slaves on their way to Canada. It is an example of Federal Period architecture.
9. The Time and Temp. Building is at 477 Congress St. It has a time and temperature sign on top that can be seen as you enter the city from most roads, and a digital clock on the sidewalk.
10. Continue on Congress St. to High St. Cross Congress to Congress Square Park to see the Portland Union Station clock.
11. Cross High St. and walk down High St. for one block and turn left at Deering St.
12. Turn right onto State St. At 234 State St. there is a Little Free Library. Continue down the hill to Park Ave.
13. At Park Ave., turn left to Mellon St. Cross Park Ave. at the light.
14. Enter Deering Oaks Park. Follow the footpath toward the left and straight. Cross the bridge, then bear right on the path. Go straight at the YIELD sign, Turn left at the STOP sign, crossing the road by TIQA Continue to Forest Ave. (Rt. 302). Turn left.
15. Walk on the sidewalk, using caution crossing the (4) on/off ramps to the interstate. Use the crosswalk flashers if needed to cross.
16. At the corner of Bedford St. (USM/Glickman Library) turn right to cross Forest Ave, to Baxter Blvd. using the crosswalk.
17. At 43 Baxter Blvd. (Northern Lights) turn right on the sidewalk to the 2<sup>nd</sup> crosswalk at STOP sign. Cross to your left and follow the sidewalk back to Hannaford.

# Portland 10k Map

