

The Dogfish Café
Lunch & Dinner
Supporter of HEP
953 Congress St.
Portland
(207) 253-5400

Becky's Diner
Great Breakfast Food
City Landmark
390 Commercial St, Portland
(207)773-7070

Hot Suppa
Breakfast & Lunc
funny enough name....
703 Congress St. Portland
(207) 871-5005

Amato's Sandwich Shops
On the go, and any time....
312 Saint John St.
(207) 828-5978

Silly's
an Hour Exchange Member
40 Washington Avenue
Portland
(207) 772-0360

Local 188
Supporter of HEP Garden Program
685 Congress St. Portland



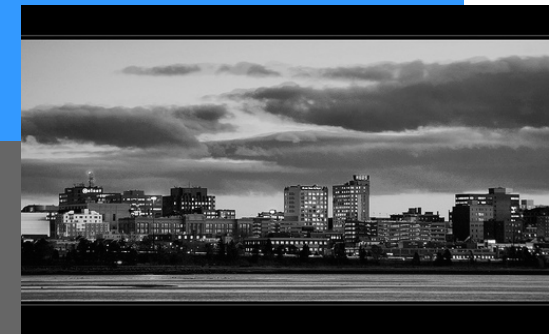
470 Forest Ave.
Suite 300; Third Floor
Portland, ME
04101

(207)874-9868
(207) 773-4701 fax
info@hourexchangeportland.org

Building community
one hour at a time



Visitor's Guide



Turn your travel into a donation!

If you're planning on booking your trip online, consider visiting our new travel site! This service is just like any mainstream travel website such as Travelocity, Expedia or Hotwire. The only difference is that part of the commission fee you'd pay anyway takes place as a donation to Hour Exchange Portland! The deals on this site are as good or better than the other online travel agents. Check it out! <http://www.travelwithhep.com>

Things to do

Catch a **star show** at the [Southworth Planetarium](#) on the University of Southern Maine campus. 96 Fal-mouth Street Portland. (207) 780-4249

First Friday Art Walk. On the first Friday of every month, galleries and studios open their doors to the public. Visit www.firstfridayartwalk.com for more information.

Visit the [Portland Museum of Art](#), which features many works by Maine artists Andrew Wyeth and Winslow Homer. Free admission on Fridays from 5 to 9 pm.

Stroll the cobblestone streets of Portland's Old Port district and browse the rows of unique boutiques and fabulous restaurants. This is a seafood capital!

Visit the historic Victoria Mansion (1858) 109 Danforth St. 772-4841 Example of 19th century Victorian architecture. www.victoriamansion.org

Explore our great city on your own. There is a lot to

Lodging Suggestions:

The Inn At St. John
939 Congress Street
(207) 773-6481
(ask for the value rate!)

Clarion Hotel
1230 Congress St
(207) 774-5611
La Quinta Inn
340 Park Ave.
(207) 871-0611

There are some discounts for AAA Members.

Airport Information

Portland International Jetport Information
[Airline Phone Numbers](#)

(207) 774-7301

AirTran	800-247-8726
Continental	800-523-3273
Continental Express	800-525-0280
Delta	800-221-1212
JetBlue Airways	800-538-2583
Northwest/KLM	800-225-2525

Taxi Services:

ABC Taxi—(207) 877-8685
ASAP Taxi : (207) 791-2727
Town Taxi: (207) 878-4441

Getting Around

Bus Route Map



Route 1 Congress Street **Route 5 Maine mall**
Route 2 Riverton **Route 6 North Deering**
Route 3 North Deering **Route 7 Falmouth**
Route 4 Westbrook-Exit 8 **Route 8 Peninsula loop**

Our Exchange Portland is at 470 Forest Avenue (Green Route). We are on the corner of Forest Ave and Dartmouth Street, with easy on street parking available.

Did you know?

Portland's METRO runs on clean natural gas!

For route schedules and stops

visit www.gpmetrobus.com

or call 207775-3051