

## Directions

### From the Portland Jetport:

- Make a right coming out of the airport onto Outer Congress Street.
- Follow Congress Street for 2.3 miles, through six traffic lights.
- At the seventh light turn right onto St John's Street (Burger King on the near corner – Greyhound terminal opposite).
- Travel 7/10 of a mile on St John's Street to a traffic light.
- Turn right at the traffic light and get into the left hand lane.
- Turn left at this traffic light and you will now be on Commercial Street.
- Proceed 7/10 mile down Commercial Street and you'll see the Casco Bay Bridge.
- Take left immediately before the bridge, onto the bridge entry ramp, THIS IS NOT WELL MARKED . If you go under the bridge you have gone too far.
- Proceed over the Casco Bay Bridge, take first left exit marked "Waterfront Market".
- Take left at the traffic light (100 feet) just before the entrance to the shopping center.
- Take the first right past McDonald's onto E Street (100 yards). You can see our tan clapboard office building and the Chiropractic Healing Arts Center sign from the corner.
- Our address is #85 E Street; the front entrance is below the burgundy awning.
- You can park in our parking lot right next to the building; on the side of the street (you will not get towed), or in the McDonald's parking lot.

### From the South:

- Take I 95/Maine Turnpike North.
- Take Exit 44 (FORMERLY EXIT 6A) onto I-295 to Portland – you will have to pay a 50 cent toll.
- Take first Portland Exit, a sign that says "Exit 4 Portland Waterfront- 1 North."
- Bear right on exit ramp, follow signs saying, "Route 1A Truck Route – Waterfront."
- You will approach a wide intersection – stay in the right hand lane and veer to the right – this will take you to Commercial Street.
- Proceed about 1 mile down Commercial Street and you'll see the new Casco Bay Bridge.
- Take left immediately before the bridge, onto the bridge entry ramp. THIS IS NOT WELL MARKED . If you go under the bridge you have gone too far.
- Proceed over the Casco Bay Bridge, take first left exit marked "Waterfront Market."
- Take left at traffic light (100 feet) just before the entrance to the shopping center.
- Then take the first right past McDonald's onto E Street (100 yards).
- You can see our gray clapboard office building and the Chiropractic Healing Arts Center sign from the corner. Our address is #85 E Street, the front entrance is below the burgundy awning.
- You can park in our parking lot right next to the building; on the side of the street (you will not get towed), or in the parking lot where the McDonalds is. From the North:
- Take Interstate 295 to Portland.
- Take 2nd Forest Avenue Exit (#6A), heading towards downtown Portland.
- Stay in the right side of the lane once you merge onto Forest Avenue. Follow Forest Avenue under I 295.
- As you approach the first traffic light, bear right at the fork (Deering Oaks Park is on the right) onto State Street (Marked Route 77).
- Stay on State Street (which will go up the hill, across Congress Street, and directly onto the new Casco Bay Bridge).
- Proceed over the Casco Bay Bridge, take the first left exit marked "Waterfront Market."
- Take left at traffic light (100 feet) just before the entrance to the shopping center.
- Then take the first right past McDonald's onto E Street (100 yards).
- You can see our tan clapboard office building and the Market Decisions sign from the corner. Our address is #85 E Street, the front entrance is below the burgundy awning.

- You can park in our parking lot right next to the building; on the side of the street (you will not get towed), or in the McDonald's parking lot.

#### **From Downtown Portland:**

- Follow State Street (Marked Route 77) towards the Casco Bay Bridge in South Portland.
- Stay on State Street (which will go up the hill, across Congress Street, and directly onto the new Casco Bay Bridge).
- Proceed over the Casco Bay Bridge, take the first left exit marked "Waterfront Market."
- Take left at traffic light (100 feet) just before the entrance to the shopping center.
- Then take the first right past McDonald's onto E Street (100 yards).
- You can see our tan clapboard office building and the Market Decisions sign from the corner. Our address is #85 E Street, the front entrance is below the burgundy awning.
- You can park in our parking lot right next to the building; on the side of the street (you will not get towed), or in the McDonald's parking lot.

#### **From South Portland/Cape Elizabeth:**

- Head towards Knightville and the Millcreek Shopping Center by way of Cottage St, Ocean St, Broadway or whichever road leads you in the general direction of the Casco Bay Bridge.
- If coming by Cottage St. or Ocean St., Follow Cottage or Ocean St. until you approach a rotary. Follow the rotary around until you are able to turn onto E St. (Barb's sandwich shop is on the corner). Follow E St. and turn right into the Chiropractic Healing Arts Center parking lot, 85 E. St.; the front entrance is below the burgundy awning.
- You will see a McDonald's diagonally across from Chiropractic Healing Arts Center.
- You can park in our parking lot right next to the building; on the side of the street (you will not get towed), or in the parking lot where the McDonalds is.
- If coming by Broadway; you will come to a main traffic light before the Casco Bay Bridge and you'll want to follow Waterman Drive, which will lead you past the Millcreek Shopping Center and you will see a McDonald's on your right.
- Then take the first right past McDonald's onto E Street (100 yards).
- You can see our gray clapboard office building and the Chiropractic Healing Arts sign from the corner. Our address is #85 E Street, the front entrance is below the burgundy awning.
- You can park in our parking lot right next to the building; on the side of the street (you will not get towed), or in the McDonald's parking lot.