



Located on the

Ground floor of Maine Medical Center's East Tower

22 Bramhall Street

Portland, Maine 04102

From the North:

- Take the Maine Turnpike (I-95) south to Exit 45, the South Portland exit at the Maine Mall.
- Take the exit for Interstate 295 after the toll booth, continuing on I-295 north to Exit 5, Congress Street.
- Continue along Congress Street through two traffic lights.
- Look for MMC's visitor parking garage on the right, opposite the medical office building at 887 Congress Street.

From the South:

- Take the Maine Turnpike (I-95) north to Exit 44, for downtown Portland.
- After the toll booth, continue straight on Interstate 295 to Exit 5, Congress Street.
- Continue along Congress Street through two traffic lights.
- Look for MMC's visitor parking garage on the right, opposite the medical office building at 887 Congress Street.

From the West - Route 302:

- Follow Route 302 east to Forest Avenue.
- At the end of Forest Avenue, turn right onto Congress Street.
- Follow Congress Street past the third traffic light at Bramhall Street.
- Look for MMC's visitor parking garage on the left, opposite the medical office building at 887 Congress Street.