

Welcome to Portland

We are excited to introduce you to the city we call home.

Good Eats



Upscale Dining

Scales, 68 Commercial St. \$\$\$

Lobster, Seafood, Land-food, and Raw Bar in an elegant setting on the Maine Wharf, on Portland's Historic Waterfront.

Fore St., 288 Fore St. \$\$\$

Fore St. is a locally sourced seafood restaurant that changes its menu daily. Their cuisine is entirely Maine-inspired, using fresh ingredients from local fisherman, foragers, and farmers.

Union Restaurant, 390 Congress St. \$\$\$

Located on the bottom floor of the Press Hotel, Union offers a variety of delicious dishes from seafood to cheeses, meats, and vegetable dishes. Additionally, they serve wonderful brunch and breakfast.

Via Vecchia, 10 Dana St. \$\$

Via Vecchia is a small plates, Italian inspired restaurant located in the heart of the Old Port in an iconic brick and ivy covered building, overlooking cobblestone streets.

Central Provisions, 414 Fore St. \$\$

An eclectic restaurant serving small plates and cocktails in a rustic, brick walled building on Portland's bustling Fore St. Their new outdoor patio is a great place to sip wine and enjoy some caviar.

Roma, 767 Congress St. \$\$

Roma is a throwback, classic American Italian restaurant located in the heart of the West End on Congress St. Enjoy fresh pasta made daily, then head downstairs to grab a pint at sister restaurant Bramhall.

Food and Drinks Close to Campus



Coffee

Speckled Ax, 18 Thames St. (3-minute walk) \$\$

Speckled Ax is a great option for a gourmet coffee lover. The coffee shop offers two locations (one near the Roux Campus, one at 567 Congress St.) and a variety of wood-roasted coffees and teas. A must try? Their classic latte.

Coffee by Design, 67 India St. (5-minute walk) \$

Coffee by Design is perhaps a bit more accessible, offering more traditional coffee and a wider array of drinks. They have four locations in Southern Maine, including one steps from campus. They also offer curbside pick-up.

Food

Navis Café, 56 Thames St. (2-minute walk) \$\$

Located in WEX's Thames St. building, Navis offers a selection of sandwiches, salads, and drinks as well as online ordering. Try a draft La Colombe coffee or their classic BLT. They also offer gluten-free and vegan options.

Micucci Grocery, 45 India St. (5-minute walk) \$

Micucci is a staple in Portland and is located just around the corner from campus. The traditional Italian bakery and grocery store is stocked with a variety of traditional goods and wines. Their Sicilian slab pizza is a must-try and can be ordered by the slice—a perfect study-break treat.

Honey Paw, 78 Middle St. (10-minute walk) \$\$\$

Owned by two James Beard Award winners, Honey Paw describes themselves as a “nondenominational noodle bar.” While it is a bit pricier than some of the grab-and-go spots, it is an amazing Portland restaurant that offers online ordering and takeout. They also offer gluten free and vegan options.

Mami, 339 Fore St. (10-minute walk) \$\$

Mami is a great spot for Japanese street food in downtown Portland. They offer online ordering and takeout as well as indoor dining.

Duckfat, 43 Middle St. (5-minute walk) \$

This famous sandwich shop & cafe is known for its duck-fat fried Belgian fries & milkshakes. Don't miss out on the Poutine with slow cooked duck confit and locally sourced cheese curds.

Banh Appetit, 171 Cumberland Ave. (15-minute walk) \$

Offers an amazing selection of authentic Vietnamese street food and takeout in downtown Portland. Their Banh Mis are a must try!

Eventide, 86 Middle St. (5-minute walk) \$\$\$

A revival of the great American oyster bar, Eventide offers pristine oysters and shellfish, the famed Brown Butter Lobster Roll, and a James Beard Award-winning take on classic New England fare.

The Roux Institute is located in the Old Port amidst some amazing spots for food and drinks.

Food and Drinks In and around Portland

Portland was recently heralded as the [Restaurant City of the Year](#) by Bon Appetit.



Pastries and Sweets

Belleville, 1 North St. \$

Paris meets Maine as husband and wife Chris and Amy Deutsch produce some of the best laminated baked goods in town. You simply must sample a croissant or stop by Friday to Sunday from 4–6 pm to try their Roman style pizza.

Standard Baking Company, 75 Commercial St. \$

A Portland Institution, Standard Baking has been a pastry staple for 25 years. Their baguettes are a must-try and their cookies are to die for.

The Holy Donut, 194 Park Ave. \$

Holy Donut is a cult favorite on the Southern Maine food scene, but these aren't just any old donut. Their secret? Mashed potatoes. This insider trick keeps the donuts moist but dense. They offer a variety of flavors including maple-bacon, wild Maine blueberry, and sweet potato-ginger. They even offer gluten-free options!

Gross Confection Bar, 172 Middle St. \$\$

Gross is atmospheric, with incredible desserts and cocktails. This is a great place if you are looking for a slightly more up-scale dessert.

Pizza

Monte's Fine Foods, 788 Washington Ave. \$\$

A relative newcomer, Monte's offers pizza as well as a curated selection of imported and specialty foods.

Slab, 25 Preble St. \$

Another great option for Sicilian style pizza.

Flatbread Company, 72 Commercial St. \$\$

Offering rustic ambiance and thin crust pizza. Their must-try is the maple-lemonade.

OTTO, 225 Congress St. \$\$

Features a bar with 20 taps of the area's best craft beer, a full service dining room, and a slice counter for those on the go.



Food and Drinks

In and Around Portland

Noodles, etc.

Empire Chinese Kitchen, 575 Congress St. \$\$

Thai Esaan, 849 Forest Ave. \$\$

Green Elephant Vegetarian Bistro, 608 Congress St. \$\$

Mainly Noods, 658 Congress St. \$

Barbeque, etc.

Terlingua, 40 Washington Ave. \$\$

Salvage BBQ, 919 Congress St. \$

Brews and Snacks

Oxbow Brewing, 49 Washington Ave. \$\$

Maine Craft Distilling, 123 Washington Ave. \$\$

Rising Tide Brewing, 103 Fox St. \$

Bonus Spots and Resources

Eastern Promenade food trucks \$-\$\$

On weekends, many food trucks park along the Eastern promenade. Bring a blanket or some towels and have a picnic!

Becky's Diner, 390 Commercial St. \$

A true maritime staple, Becky's is a wonderful place for a classic diner breakfast and is located right on the waterfront.

Portland Food Map

A comprehensive resource for anyone interested in exploring Portland's food scene (@portlandfoodmap on Instagram)

Creative Portland

This nonprofit arts agency has a great "Food + Foodie" resource with links to blogs, publications, and events.

Exploring
Open Spaces



Outdoor Activities

On the peninsula

Take a walk on the [Eastern Promenade](#)

If you're looking for classic Portland views, the Eastern Promenade is a great choice. With two miles of ocean front trails, the Prom is the perfect place for a leisurely walk or a scenic bike ride. Bonus: pack a picnic or stop at the great food trucks that park along the East End.

Catch the views at [Fort Sumner Park](#)

Garnering rave reviews from native Portlanders, Fort Sumner Park is a hidden gem in the East End. Located on North St., this little park boasts an amazing view of the Portland skyline.

Shop at the [Portland Farmer's Market](#)

Typically opening in April and running until November, Portland's Farmers Markets are a great place to buy local produce, baked goods, and other treats. One is held in Deering Oaks Park on Saturdays and the other is held in Monument Square on Wednesdays.

Peruse the [Portland Museum of Art](#)

Located in the heart of downtown Portland, the Portland Museum of Art displays a rotating collection of works by a large selection of artists. Discover a new favorite local artist or view works by well-known names including mainstays Winslow Homer, Claude Monet, and Andrew Wyeth.

Walk or run the [Back Cove Trail](#)

One of the oldest and most popular of the trails in Portland, Back Cove offers great views of the Portland skyline. Ideal for walking, running, biking (road/mountain) and dog walking.

Harbor Fish Market

A local landmark since the 1800s, the photogenic market on Custom House Wharf is a top destination for locals and people-from-away alike in search of lobster in Maine, and some of the freshest seafood anywhere.

For other Portland-area outdoor adventures

[Portland Trails](#) maintains 70 miles of trails and green space. Their map can be found at the link provided.

[Portland Park Finder](#) is a great resource for finding parks, trails, and swimming areas.



Outdoor Activities

Day Trips, Hikes and Excursions

Explore [Mackworth Island](#) (5 minutes away)

Mackworth Island is a legislated bird sanctuary in Falmouth, just across the Portland border. The island offers a short but beautiful loop trail with amazing views of Casco Bay.

Swim at [Higgins Beach](#) (20 minutes away)

Higgins, one of Maine's (few) sandy beaches, offers a lovey place to walk, swim, sunbathe, and surf.

Hike to a secluded beach at [Morse Mountain](#) (1 hour away)

Maintained by Bates College, the Morse Mountain trail passes through protected salt marshes, up a small mountain, and ends at Seawall Beach. Pack some comfortable shoes and a picnic lunch and enjoy one of Maine's hidden gems. Do note, it's best to get there on the earlier side, as the parking lot fills up fast.

Play at [Sunflower Farm Creamery](#) (25 minutes away)

Goats, goats, goats! Offering a wide array of activities including goat yoga, cheese making courses, and visits with their herd, Sunflower Farm is a great option for anyone who loves goats (or goat cheese!). Visit in the spring to see the sweetest kids around.

Visit [Wolfe's Neck Farm](#) (30 minutes away)

Another local staple, Wolfe's Neck offers a little bit of everything. Scenic trails, a family-friendly campground, and a functioning farm ensure that visitors of all ages will find something enjoyable. Visit newborn lamb in the spring, swim in the summer, pick pumpkins in the fall—Wolfe's Neck Farm is quintessential New England fun.

Ferry to [Peaks Island](#) (25 minutes away)

Take the short ferry ride from Portland to Peaks Island and hop off to explore. Once known as the Coney Island of Maine, and later an important WW II outpost, Peaks Island today is a neighborhood within the city of Portland. Home to artists, retirees, commuters of all sorts and a substantial summer population, Peaks Island boasts a small town feel with unparalleled ocean views and access.

Visit the Lighthouse at [Fort Williams Park](#) (10 minutes from Portland)

Visit the iconic Portland Head Light and Museum, relish awe-inspiring ocean views, wander diverse natural environments, play on recreational sites, and discover ruins from a long maritime and military history.



Outdoor Activities



Lessons and Rentals

[L.L. Bean Discovery School](#)

L.L. Bean offers a lessons and guided tours in a myriad of activities, including snow shoeing, cross country skiing, fishing, and paddle boarding.

[Portland Paddle](#)

Portland Paddle offers lessons and rentals for summer activities like kayaking and stand-up paddle boarding.

[Pineland Farms](#)

Pineland Farms offers rentals and lessons for cross country skiers.

Skiing and Snowboarding

[Shawnee Peak](#) (1 hr., 10 min. from Portland)

At just over an hour away from Portland, Shawnee is wonderful day-trip option if you feel like hitting the slopes. At full capacity, Shawnee offers 249 acres of skiable terrain made up of 40 trails and seven glades. They also offer night skiing, no-contact lift ticket purchase, and COVID friendly dining options. A full-day, weekend lift ticket costs \$81.

[Mt. Abram](#) (1 hr., 30 min. from Portland)

With 450 skiable acres and 36 trails, Mt. Abram is another great, smaller mountain. They offer online reservation of tickets and takeout food options to minimize the impact of COVID as much as possible. A full day, Saturday lift ticket costs \$54.

[Sunday River](#) (1 hr., 40 min. from Portland)

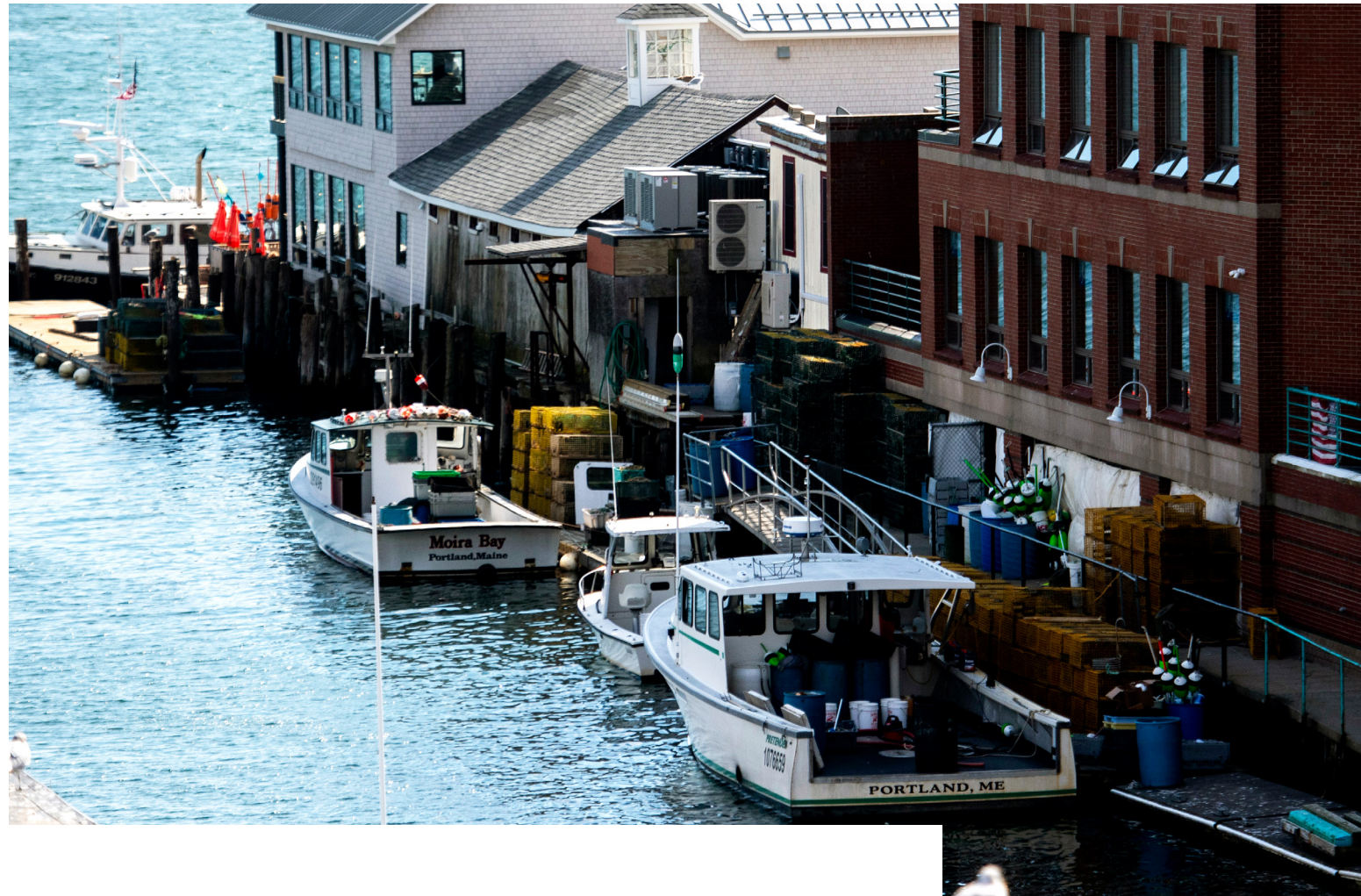
Sunday River is another great option for winter fun and offers more of a resort feel than the previous two mountains. Sunday River has 870 skiable acres and 135 runs and glades. They also offer activities like tubing, snow shoeing, and cross-country skiing. Full-day, weekend lift tickets cost \$119.

[Sugarloaf](#) (2 hr., 30 min. from Portland)

Sugarloaf has some of the best snowboarding and skiing in the state. Plus, there are tons of amazing trails and places to stay for a weekend away! Lift tickets cost \$125, but are heavily discounted online.

Living in Maine





Neighborhoods

Portland has many neighborhoods, each with its own charm. [Creative Portland](#) created a handy summary that can help you get to know these neighborhoods a little better.





Public Transport

Don't have a car or don't feel like driving? Portland has a plenty of options to help you get to where you're going, whether that's the grocery store or New York City.

Where are you heading?

Greater Portland Area?

[Portland Metro](#): offers routes within Portland and to neighboring towns South Portland, Falmouth, and Westbrook. This includes places like the Maine Mall and the Portland JetPort. Here is a [quick link](#) to their map and transit tracking function.

A sight-seeing trip to one of the islands in Casco Bay?

[The Casco Bay Line's Ferry](#) will be your best bet. These ferries take trips to islands like Peak's, Great Diamond, and Chebeague, where you can hike, swim or eat.

Yarmouth, Freeport or Brunswick?

[The Metro BREEZ](#) travels a little further than the traditional metro and can take you to places like L.L. Bean or Bowdoin College.

From Portland to Boston or New York City?

[Amtrak's Downeaster](#) is a train line that runs from Brunswick to Boston with stops in-between like Portland, Durham, NH, and Woburn, MA.

[Greyhound Bus](#) and [Concord Coach](#) both take trips around the Northeast, including NYC.

Winter Weather Tips

Parking in Portland in the winter can be a bear. But it's easy to navigate if you stay one step ahead of the city's biweekly street sweeping and winter weather parking bans.

Street Sweeping

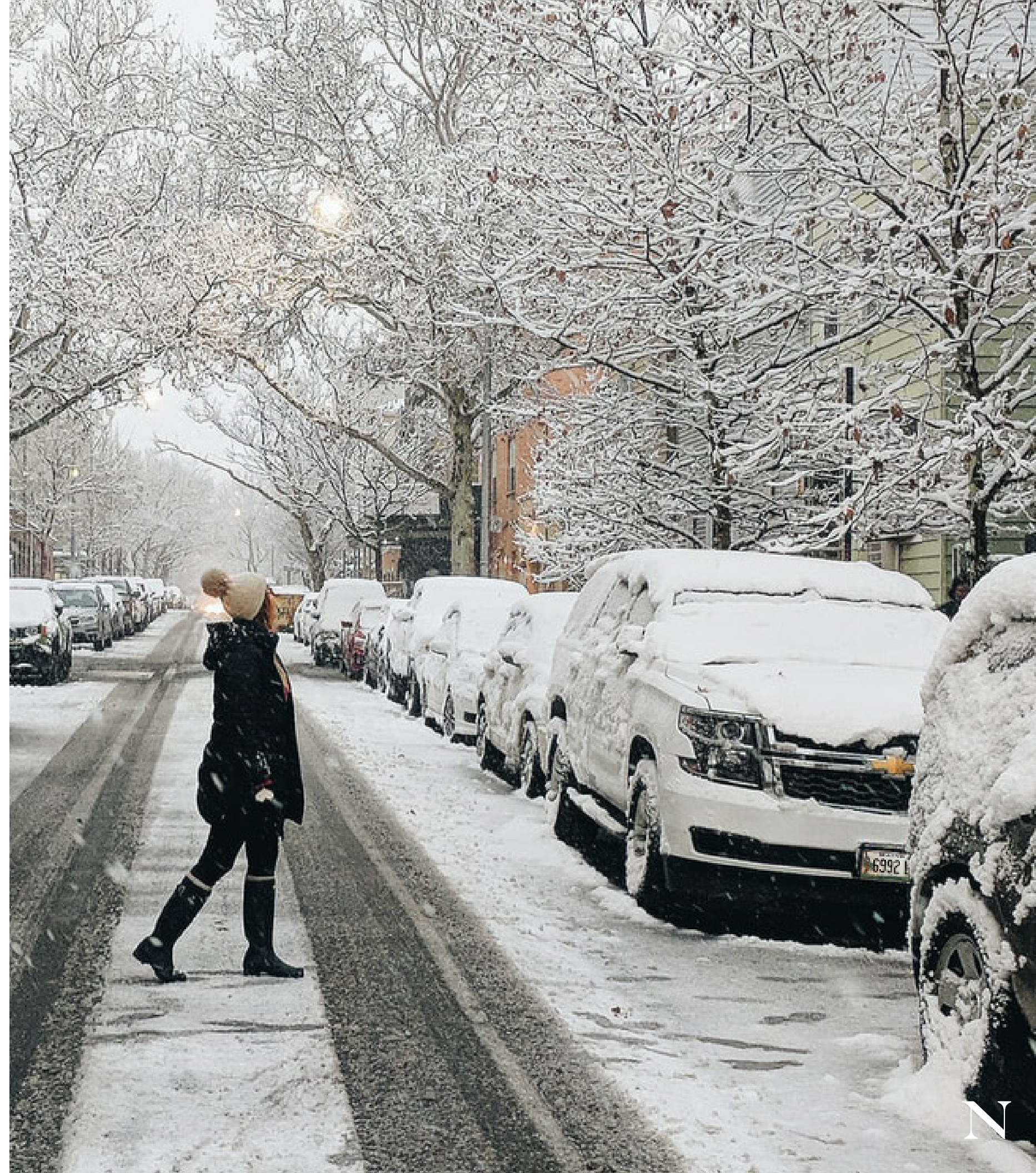
Street sweeping bans occur either the first and third or second and fourth Tuesday of each month. The schedule depends on the street, so make sure to check the signs posted.

Winter Weather Bans

In the event of snow accumulation, the city may enact a parking ban which lasts from 10 pm to 6 am. Portland's website has a list of locations to park at during these bans. Make sure you are paying attention to parking bans. If your car is left on the street, it is subject to being towed and will require a cash payment to get back.

Text Notifications

While this all may seem a little daunting, there are some helpful resources to keep you up to date. The city of Portland has a notification system for emergencies as well as routine updates. You can subscribe to receive texts, emails or phone calls for the events you want to be notified about including parking bans or traffic alerts.





N The Roux Institute
Northeastern University

For more on all that Portland and Maine have to offer, visit:
liveandworkinmaine.com