Directions to the University of Southern Maine  
Parking and Sullivan Gym

From the South
Take the Maine Turnpike (I-95) to Exit 44, South Portland/Downtown Portland (formerly Exit 6A). Follow I-295 to Exit 6B, Forest Avenue North. At the first traffic light, turn left onto Bedford Street. Enter the USM parking garage by taking the next first left onto Surrenden Street immediately after the Alumni Skywalk.

From the North
Take the Maine Turnpike to Exit 47, Rand Road/Westbrook (formerly Exit 7B). Follow Route 25 east for 3 miles. At the intersection of Falmouth Street, Route 25 (Brighton Avenue), and Bedford Street, bear to the left on Brighton Avenue that soon intersects with Bedford Street. Enter the USM parking garage by taking the first right onto Surrenden Street immediately before the Alumni Skywalk.