Directions to Maine Eye Center at Stroudwater Crossing
1685 Congress Street, Portland, Maine 04102

Directions from Maine Eye Center (Lowell Campus):
From the Maine Eye Center Parking lot turn right onto Burnham Street. Then turn left onto Marston Street and left again onto Park Avenue. Park Avenue will become Congress Street (Route 22). Follow for approximately 1.5 miles. Stroudwater Crossing is located on your right after the intersection of Congress and Frost Streets.

Directions from I-95:
Take exit 46 off I-95, The Maine Turnpike. Turn onto Jetport Road proceeding towards the Portland International Jetport and take a left onto Route 9 and continue approximately 1.2 miles. Stroudwater Crossing will be on your left after the intersection of Congress and Westbrook Streets.

Directions from I-295:
From the North:
Take exit 5B off Interstate 295 and follow Congress Street (Route 22) approximately 1.2 miles. Stroudwater Crossing is located on the right after the intersection of Congress and Frost Streets.
From the South:
Take exit 5 off Interstate 295 and bear right around the exit to drive west on Congress Street (Route 22). At the light, take a left and drive approximately 1.2 miles on Congress Street (Route 22). Stroudwater Crossing is located on the right after the intersection of Congress and Frost Streets.

The purple line shows the route from Maine Eye Center to Stroudwater Crossing