



Congratulations on your upcoming trip to Sterling, we are excited to see you!

Sterling is located at [26 Morin St, Biddeford Maine 04005](#).

Parking:

If you are coming to the office, please park in the first parking area on the right hand side as you arrive and ring the bell on the glass doors.

If you are coming to the training center, please park at the southern end of the building and enter through the green door with bright yellow trim.

Driving :

We are just off Exit 32 on Interstate 95, approximately 20 minutes south of Portland, Maine and 1.5 hours north of Boston, MA.

Air Travel:

The closest airport is Portland, Maine, (PWM) which has regular flights to major hubs with American, Delta, Jet Blue, Southwest and United. Travel time by car from Portland is about 20 minutes.

Logan Airport in Boston (BOS) is approximately 1.5 hours by car and features a wider variety of flights and airlines.

Public Transport:

The closest Amtrak train stop is in Saco, Maine which features regular service to Boston and Portland, and is about 10 minutes from here.

There is currently no bus option to Biddeford.

Accommodations:

The closest hotel to Sterling is the Holiday Inn located at 45 Barra Rd, Biddeford, ME 04005. They can be reached at [\(207\) 294-6464](tel:207-294-6464), or reserved online.

There are also smaller independent hotels, which may only be open seasonally.

There is a wide selection of hotels in Portland.



#### Dining:

Route 111 features a standard selection of chain restaurants, including fast food, sports bars, sushi etc, all within a 1 mile radius of Sterling.

Run of the Mill - 100 Main St, Saco, ME 04072 – Local brewery featuring standard pub fare.

Saco Island Deli - 110 Main St #1204, Saco, ME 04072 – delicious and unique lunch options including soup, sandwiches and their famous blueberry and maple iced tea.

Mulligans - 23 Lincoln St, Biddeford, ME 04005 - Local dive, famous for having nothing on the menu over \$5, including the steak dinner.

Palace Diner - 18 Franklin St, Biddeford, ME 04005 – Old timey throwback diner featuring counter seating, delicious pancakes and lunch.

Biscuits and Company - 25 Alfred St, Biddeford, ME 04005 – Homemade biscuits and other yummy baked goods.

3 Sisters – Directly across the street from Sterling, local greasy spoon for breakfast and lunch.

There are endless dining options in Portland, which has the highest per capita ratio of restaurants of any city in the US.