



**Directions to the Island Institute  
386 Main Street  
Rockland, ME 04841  
207-594-9209**

**Heading North on US Route 1:**

- As you come into Rockland the first set of lights will be at the intersection of US Route 1 (turns into Park Street) and Broadway. Stay in the right lane and go straight through this light.
- The next light will be at the intersection of Park Street and Union Street. Move into the left lane and go straight through this light.
- The next light is at the intersection of Park Street and Main Street. Take a left onto Main Street and merge into the right lane.
- At the first light, turn right onto Tillson Avenue. There is plenty of free parking on either side of Tillson Avenue in the municipal parking lots.
- Once parked, walk up Tillson Avenue. The Island Institute is the large building across the street facing you as you walk up Tillson.

**Heading South on US Route 1:**

- As you come into Rockland the first set of lights will be at the intersection between Wal-Mart and Home Depot. Stay in the right lane and go straight.
- Again at the next two sets of lights, stay in the right lane and go straight.
- At the fourth set of lights merge into the left lane (McDonalds will be on your right, Burger King will be ahead on your left) and proceed straight through this light.
- Continue approximately ½ mile to the intersection, which will direct you onto a one-way rotary (Union Street).
- Merge into the left lane and follow Union Street approximately ½ mile. You will go straight through one set of lights at Limerock Street, and staying in the left lane, continue to the next set of lights at Union & Park streets
- Turn left onto Park Street and stay in the left lane.
- The next light is at the intersection of Park Street and Main Street. Take a left onto Main Street and merge into the right lane.
- At the first light, turn right onto Tillson Avenue. There is plenty of free parking on either side of Tillson Avenue in the municipal parking lots.
- Once parked, walk up Tillson Avenue. The Island Institute is the large building across the street facing you as you walk up Tillson.

### **Heading East from Augusta (Route 17):**

- Coming into Rockland the first set of lights will be at the intersection of Route 17 and Old County Road. Go straight through this light.
- Go approximately ½ mile and take a right at the flashing light onto North Main Street.
- At the next set of lights, go straight. You will still be on North Main Street.
- Once at the Stop sign, merge right onto the rotary, which turns into Union Street.
- Merge into the left lane and follow Union Street approximately ½ mile. You will go straight through one set of lights (Limerock Street), and staying in the left lane, continue to the next set of lights at Union & Park streets
- Turn left onto Park Street and stay in the left lane.
- The next light is at the intersection of Park Street and Main Street. Take a left onto Main Street and merge into the right lane.
- At the first light, turn right onto Tillson Avenue. There is plenty of free parking on either side of Tillson Avenue in the municipal parking lots.
- Once parked, walk up Tillson Avenue. The Island Institute is the large building across the street facing you as you walk up Tillson.

Please use the municipal parking lots on Tillson Avenue and save the parking spots near Main Street for customers of the local businesses. Besides, if you are there more than 2 hours you will receive a gift from our local Police Department!

Thanks!

### **Directions to the Midcoast School of Technology 1 South Main Street Rockland, Maine**

### **Heading North on US Route 1:**

- As you come into Rockland the first set of lights will be at the intersection of US Route 1 (turns into Park Street) and Broadway. Stay in the right lane and go straight through this light.
- The next light will be at the intersection of Park Street and Union Street. Move into the right lane and go straight through this light.
- The next light is at the intersection of Park Street and Main Street. Take a right onto Main Street/Route 73 South
- Follow Route 73 South for about 1 mile
- The Midcoast School of Technology is on the left.

### **Heading South on US Route 1:**

- As you come into Rockland the first set of lights will be at the intersection between Wal-Mart and Home Depot. Stay in the right lane and go straight.
- Again at the next two sets of lights, stay in the right lane and go straight.
- At the fourth set of lights merge into the left lane (McDonalds will be on your right, Burger King will be ahead on your left) and proceed straight through this light.
- Continue approximately ½ mile to the intersection, which will direct you onto a one-way rotary (Union Street).
- Merge into the left lane and follow Union Street approximately ½ mile. You will go straight through one set of lights at Limerock Street, and staying in the left lane, continue to the next set of lights at Union & Park streets
- Turn left onto Park Street and move into the right lane.
- The next light is at the intersection of Park Street and Main Street. Take a right onto Main Street/Route 73 South
- Follow Route 73 South for about 1 mile
- The Midcoast School of Technology is on the left.

### **Heading East from Augusta (Route 17):**

- Coming into Rockland the first set of lights will be at the intersection of Route 17 and Old County Road. Go straight through this light.
- Go approximately ½ mile and take a right at the flashing light onto North Main Street.
- At the next set of lights, go straight. You will still be on North Main Street.
- Once at the Stop sign, merge right onto the rotary, which turns into Union Street.
- Merge into the left lane and follow Union Street approximately ½ mile. You will go straight through one set of lights (Limerock Street), and staying in the left lane, continue to the next set of lights at Union & Park streets
- Turn left onto Park Street and move into the right lane.
- The next light is at the intersection of Park Street and Main Street. Take a right onto Main Street/Route 73 South
- Follow Route 73 South for about 1 mile
- The Midcoast School of Technology is on the left.