City (to Portland)	Miles (Nautical)	Time (20 kts)
Sydney, NS	554	28 hrs
Halifax, NS	338	17 hrs
St. John, NB	218	11 hrs
Bar Harbor, ME	130	7 hrs
Boston, MA	100	5 hrs
Newport, RI	314	16 hrs
New York, NY	430	22 hrs
Philadelphia, PA	575	29 hrs
Norfolk, VA	620	31 hrs
Baltimore, MD	740	34 hrs