Pharmacies

21 Shoppers Drug Mart 174 Bank St. 613-232-5723



222 Rexall Pharma Plus 240 Sparks St. 613-238-1198

Currency exchange

23 Calforex Currency Exchange
50 Rideau St.
613-569-4075
(on the third floor of the Rideau Centre)



Dry cleaners

25 One Hour Cleaners 222 Albert St. 613-238-8659



26 Browns Cleaners 275 Slater St. 613-230-6764 (directly across from 280 Slater St.)



Medical centres

(walk-in clinics)

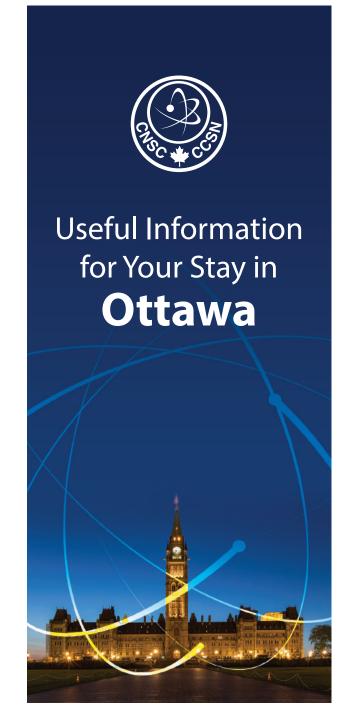
- **32** Appletree Medical Centre 240 Sparks Street 613-482-0118
- 33 Appletree Medical Centre 368 Slater St. 613-236-9441

Hospitals

- 34 The Ottawa Hospital General Campus 501 Smyth Rd. 613-798-5555
- 35 The Ottawa Hospital Civic Campus 1053 Carling Ave. 613-722-7000



Canadian Nucle Safety Commiss Commission canadienne





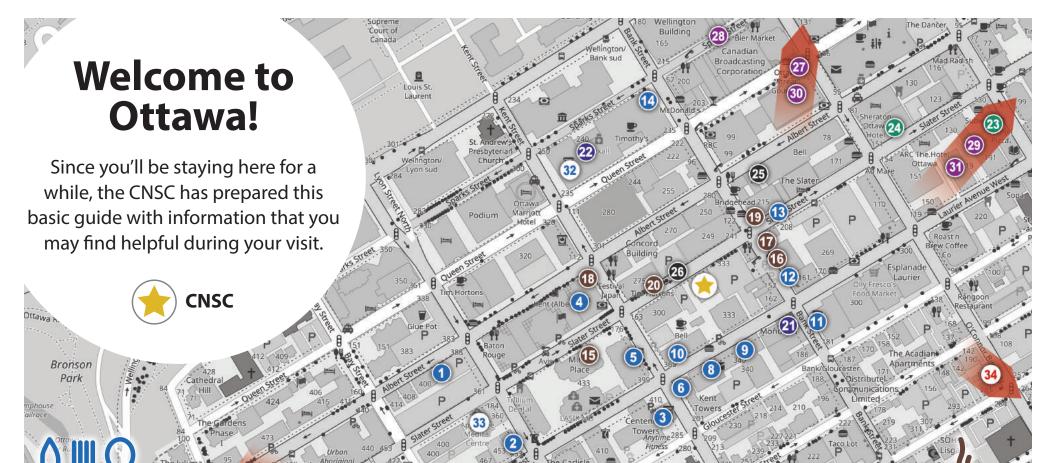
27 Parliament Hill

28 Sparks Street Mall (Canada's first pedestrian mall)

- **29** Byward Market
- **30** National Gallery of Canada
- 31 Rideau Canal







Lunch spots within walking distance

(\$) Under \$10 (\$\$) \$11 to \$25

- 1 Good Eats (\$) 388 Albert St.
- 2 Orchid Sushi (\$\$) 445 Laurier Ave. W
- 3 The Corner Kitchen (\$) 200 Kent St.
- 4 Green Rebel (\$\$) 340 Albert St.

- 5 The Royal Oak (\$\$) 180 Kent St.
- 6 Café Saffron (\$\$) 195 Kent St.
- 7 Som Tum Thai (\$\$) 260 Nepean St.
- 8 Gooney's Sandwich Works (\$) 360 Laurier Ave. W.
- 9 Carrots Buffet Boutique (\$) 340 Laurier Ave. W.
- 10 Subway (\$) 365 Laurier Ave. W.
- 11 Eggspectation (\$\$) 171 Bank St.
- (\$\$) 153 Bank St.

- Juice Monkey (\$) 209 Slater St.
- 14 3 Brewers (\$\$) 240 Sparks St.
- **15 Bridgehead** 344 Slater St.

Coffee

- Morning Owl 139 Bank St.
- 17 Starbucks 129 Bank Street (at the corner of Bank and Slater)
- 18 Starbucks 340 Albert St. (at the corner of Albert St. and Kent St.)
- 19 Second Cup 123 Bank St.
- 20 Tim Hortons 275 Slater St. (directly across from 280 Slater St.)