

Pharmacies

21 Shoppers Drug Mart

174 Bank St.
613-232-5723



22 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)



24 Globex Foreign Exchange Corporation

151 Slater St.
613-232-7038

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.)

Nearby attractions

27 Parliament Hill



28 Sparks Street Mall

(Canada's first pedestrian mall)

29 Byward Market

30 National Gallery of Canada

31 Rideau Canal



For more ideas and information about what's unique to see and do in Ottawa, visit ottawatourism.ca



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

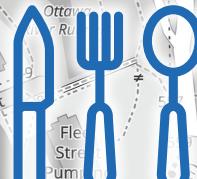


Useful Information for Your Stay in Ottawa



Welcome to Ottawa!

Since you'll be staying here for a while, the CNSC has prepared this basic guide with information that you may find helpful during your visit.



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.
- 12 Sansotei Ramen (\$\$)**
153 Bank St.

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

Coffee

- 15 Bridgehead**
344 Slater St.
- 16 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.)

