

## **Directions Coming from Victoria to Dr.Ramstead's Office.**

### **1. Follow Trans-Canada Highway # 1**

- Over the Malahat
- Through Mill Bay
- Go Pass MacDonald's on your right hand side, coming through Duncan
- After you pass MacDonald's, turn left at the next set of lights
- Second set of lights immediately turn right into Beverly Corners Mall, just past Starbucks

Dr. Ramsteads office is located on the second floor, next to Life Labs.

Go directly onto the elevator, once the elevator doors open you will see Dr. Ramsteads office doors.

## **Directions Coming from Nanaimo to Dr. Ramstead's Office.**

### **1. Follow Trans-Canada Highway #1**

- Go through Ladysmith
- Go Past the Walmart Mall, on your right hand side
- Turn right coming off the highway as you see Thrifty's
- Immediately turn right again into Beverly Corners Mall, just past Starbucks

Dr. Ramsteads office is located on the second floor, next to Life Labs. Go directly onto the elevator, once the elevator doors open you will see Dr.Ramsteads office doors.

## **Directions Coming from Salt spring To Dr.Ramstead's Office.**

1. Follow Trans-Canada Highway #1

- Pass the Walmart Mall, on your right hand side
- Turn right coming off the highway as you see Thrifty's
- Immediately Turn right again into Beverly Corners Mall, just past Starbucks

Dr. Ramstead office is located on the second floor, next to life labs. Go directly onto the elevator, once the elevator doors open you will see Dr. Ramsteads office doors.

**Directions to Cowichan District Hospital from Victoria.**

1. Follow the Trans-Canada Highway # 1

- Go over the Malahat
- Through Mill Bay

2. Once you enter Duncan, TURN LEFT onto Trunk Rd.

3. Continue onto Government Street

4. At the Roundabout, take the 2<sup>nd</sup> exit onto Gibbons Rd.

5. At the top of the hill, turn right into the Cowichan District Hospital

**Directions to Cowichan District Hospital from Nanaimo.**

1. Follow Trans-Canada Highway #1

2. Once you see Thrifty's Food turn right off the highway onto Beverly Street, continue straight

3. Turn Left onto Canada Ave

4. Turn Right onto Government Street

5. At the roundabout, take the 2<sup>nd</sup> exit onto Gibbons Rd

6. At the top of the hill, turn right into the Cowichan District Hospital

## **Directions to Cowichan District Hospital from Salt spring**

1. Follow Trans-Canada Highway #1
  - Pass the Walmart Mall, on your right hand side
2. Turn right coming off the highway as you see Thrifty's continue straight
3. Turn Left onto Canada Ave
4. Turn Right onto Government Street
5. At the roundabout, take the 2<sup>nd</sup> exit onto Gibbons Rd
6. At the top of the hill, turn right into the Cowichan District Hospital