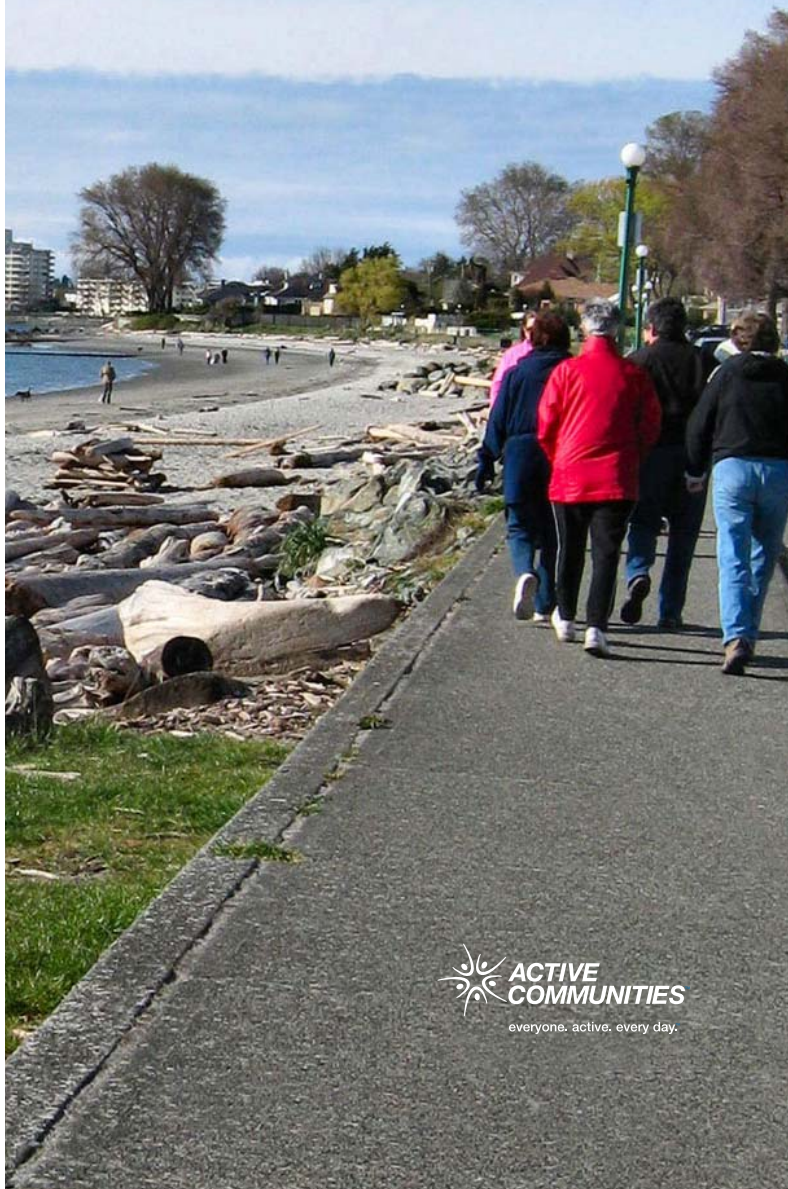




Oak Bay Walking Trails



ACTIVE COMMUNITIES
everyone. active. every day.



Message from the Mayor:

It is my pleasure to welcome you to this edition of the Oak Bay Walking Trails .

This Municipality is a community with a strong sense of its own identity, character and traditions. In its own way it is unique in Greater Victoria.

Oak Bay, incorporated in 1906, has been slowly developing for more than 100 years. There is a wealth of housing styles, old and new, from the grand to the modest, well preserved and often designed by distinguished architects creating a rich legacy of heritage buildings.

The streetscape is frequently dominated by canopies of mature trees (including the Garry Oak, from which Oak Bay derives its name) and delightful gardens of every description.

Oak Bay's physical location in the south east corner of Vancouver Island provides a superb setting for the Municipality. Walking, jogging and bicycling are popular pastimes for residents, and the idea behind these walking maps is to give you more places to explore.

I have had the opportunity to enjoy many of these walks and I am always amazed at the beauty of our community. The Centennial Trail was opened May 24, 2006 and has been specially marked with 14 carved posts as well as special trail markers between the posts to guide you as you explore the back lanes and breathtaking views of Oak Bay.

In 2008, we marked the Camas Trail which leads from the Willows Beach Esplanade up to Nottingham Road in the Uplands.

I hope that these maps will not only interest you, but inspire you to get out and discover more of your Municipality on foot.

Enjoy these maps and your walks.



Christopher M. Causton, Mayor
District of Oak Bay



Why walk?

Walking can be done almost anytime, anywhere, and it's free!

People walk for many reasons – for exercise, for pleasure, to experience the outdoors, to lessen the effects of chronic health conditions, for environmental concerns. Walking strengthens bones and muscles and is virtually injury-free.

Walking also gives you an opportunity to carve some time out of a hectic day for yourself. You can achieve fitness through walking while listening to your favourite tunes or taking time to reflect on your surroundings.

If it's difficult for you to maintain your motivation by yourself, invite a friend or join a walking group. Having people around you who enjoy walking can inspire you and hold you accountable to your own walking goals.

Walking will:

- Increase your energy level
- Enhance your mental well being
- Help you relax and sleep better
- Help you manage your body weight, reduce body fat and tone muscles
- Increase bone density, thereby helping to prevent osteoporosis
- Help increase flexibility and co-ordination
- Reduce high cholesterol and lower your risk of high blood pressure, cancer of the colon, diabetes, heart disease, stroke, and osteoarthritis

How much walking is enough?

Although this varies somewhat by age and fitness level, walking at a brisk pace, 4 to 7 days per week, for at least 30 minutes (30 to 60 minutes is best), is the widely accepted guideline.

While continuous activity is optimal, several short bouts of exercise (i.e. 10-minute sessions), at varied times throughout the day is also widely accepted for achieving health benefits.

A simple way to work out how briskly you should walk is to aim to walk "fast without overexertion". Anyone should be able to hold a conversation while walking – this is the 'talk test'.

Counting steps is another way to measure your walking distance. Use a pedometer to track your steps and motivate you.

Daily step goals:

- Highly Active (Children, Youth and Fit Adults) – 10,000 to 16,000
- Active (adults) – 10,000
- Somewhat Active (Older Adults) – 7,000 to 9,000
- Low Active (Chronic Health Condition) – 4,000 to 7,000

Walking is one of the easiest ways to be physically active.

All you need is a good pair of walking shoes!

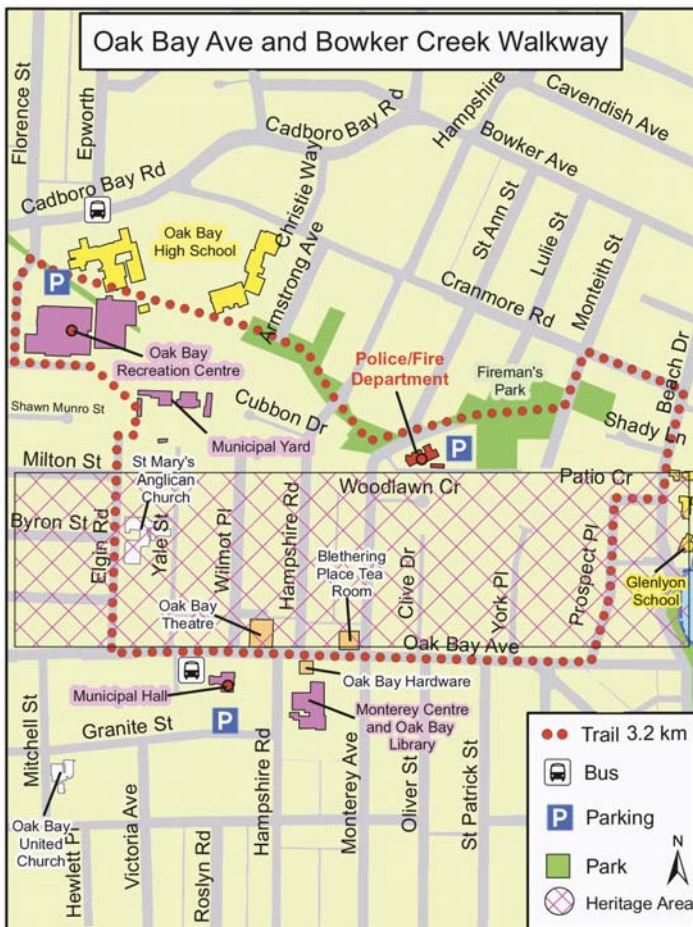
Acknowledgments:

Information for this booklet was compiled from a variety of sources, including the following:

Oak Bay British Columbia in Photographs 1906 – 2006

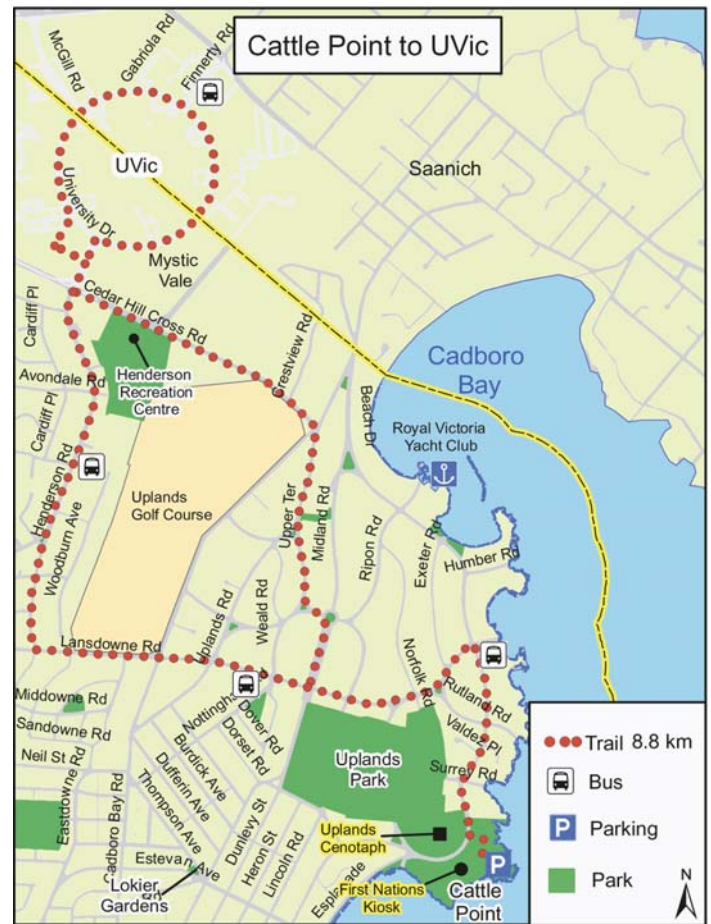
Websites:

www.oakbaybc.org
www.recreation.oakbay.ca
www.heritageoakbay.ca
www.oakbaytourism.com
www.fitinfitness.ca



The Oak Bay Village and the Bowker Creek Walkway are featured in this 3.2 km trail through the heart of Oak Bay. Heritage areas contain a wealth of historically significant architecture.

- Oak Bay High School opened in 1929 with an enrollment of 258 students and today accommodates well over 1000 students.
- The Oak Bay Fire Hall was built in 1938. Since 1939, the Oak Bay Fire Department has hosted a bonfire every Halloween at Fireman's Park.
- In 2006, the 'Oak Bay Sign' on the avenue was restored to its original 1936 colours as part of the Centennial celebrations. This was the site of the Little Theatre, fondly known as 'The Oak Bay'. In the 1930s and 1940s ten cents admitted local children to a Saturday matinee.
- Oak Bay Hardware is the oldest surviving business in the village, established in 1912, and the former Oak Bay Grocery and Post Office is now the Blethering Place Tea Room.
- The first Municipal Hall was built in 1912 and demolished in 1954. The Corporation of the District of Oak Bay was incorporated on July 2, 1906 and the assessed value of the land at that time was \$632,985.
- The Oak Bay Recreation Centre at 1975 Bee Street was built in October of 1975 and provides activities and programs for all ages. Current amenities include: Arena, Fitness Studio, Indoor Sports Field, 7 Indoor Tennis Courts, Pool with Tunnel Dropslide and Indoor Waterslide, Sauna, Steam Room and Hot Tub, Sports View Deli Bar & Grill, Skateboard Area and Teen Centre. Phone: 250-595-SWIM (7946).



This 8.8 km trail travels through north Oak Bay, visits the excellent viewpoint at Cattle Point and circles the Uplands Golf Course.

- The University of Victoria's first classes were held in 1962 in old army huts, a legacy of the World War II training camp that once occupied the site.
- The Uplands Cenotaph, located across from Cattle Point, commemorates the Oak Bay citizens that gave their lives in World War II. First unveiled on Armistice Day, November 11, 1948, the monument includes the following inscription: "Greater love hath no man than this, that a man may lay down his life for friends."
- Once Hudson's Bay Company land, the Uplands Golf Course has been operational since 1922.
- Oak Bay's first school was built in 1885. It was located on the corner of Cadboro Bay and Lansdowne Roads which is now the 18th tee of the Uplands Golf Course.
- Cadboro Bay is named for the first Hudson's Bay ship to moor in the bay, built in England near the village of Cadborough.



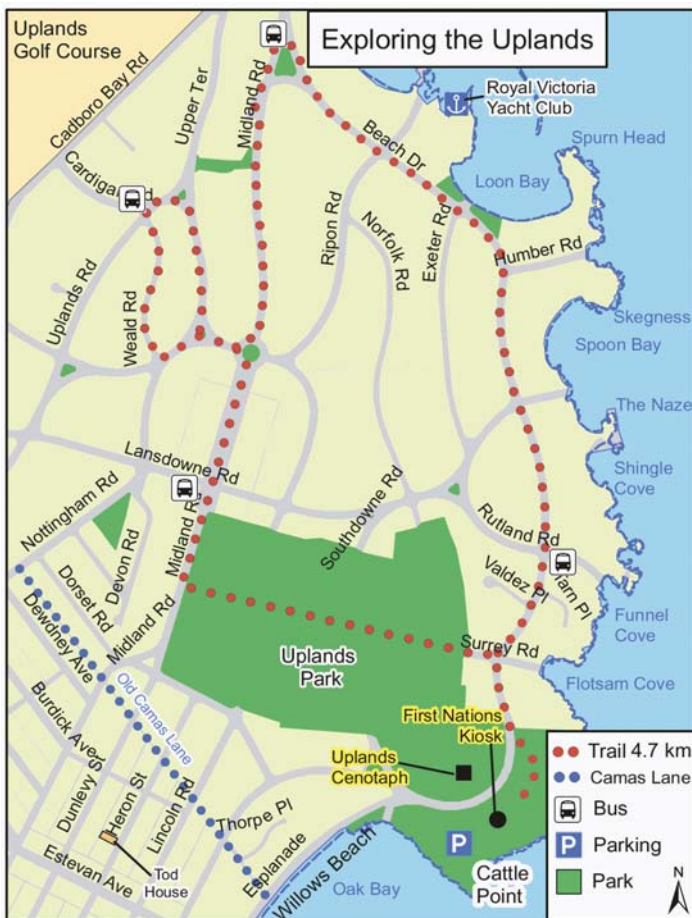
The Centennial Trail, a 6.8 km circuit through South Oak Bay, was designated as part of the Oak Bay Centennial celebrations in 2006 and is marked by 14 carved posts.

- Windsor Park, originally called Oak Bay Park or BC Electric Park, has been the site of sporting events since 1890. Cricket has been played at Windsor Park since 1906.
- Windsor Pavilion was rebuilt in 2006 and hosts community groups, recreation programs and sporting events.
- Captain William McNeill, explorer and HBC employee, purchased 202 waterfront acres from the Hudson's Bay Company in 1850 for a homestead. This land was bounded by Gonzales Hill and Anderson Hill and stretched inland to what is now McNeill Avenue. Throughout the late nineteenth century, McNeill Bay was a popular destination for picnics and summer campers.
- Since 1903, the Chinese Cemetery has been located at Harling Point, off King George Terrace. Traditionally, the bodies of the deceased were buried for seven years prior to being sent back to China. In 1996, the Government of Canada designated the Cemetery as a National Historic Site.



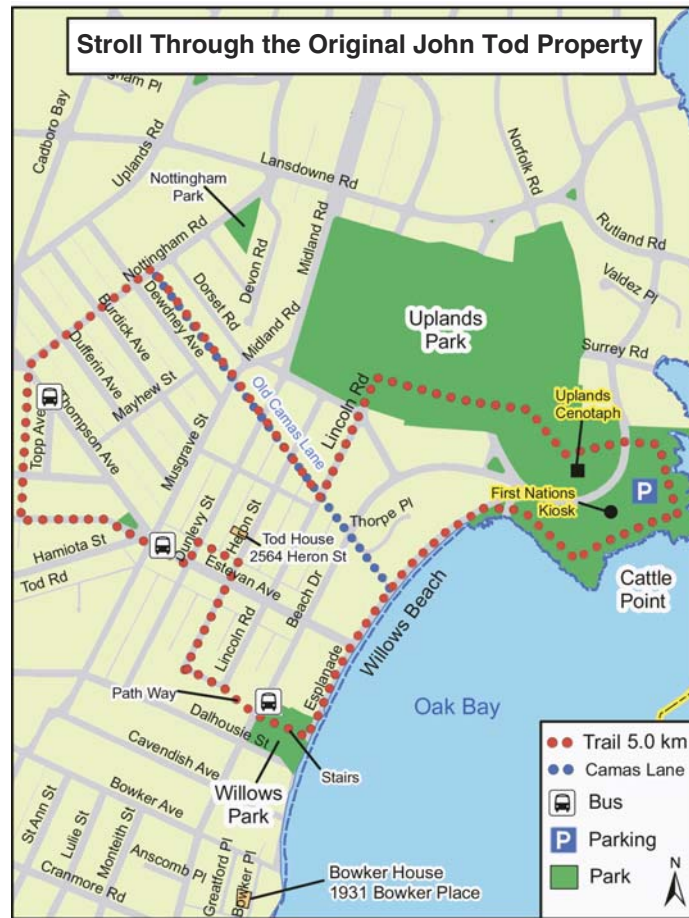
From near the Oak Bay Marina, which on a clear day offers a view of Mount Baker in Washington State, to McNeill Bay this 4.4 km trail connects two of Oak Bay's coastal areas.

- In 1893 near the corner of Orchard Avenue and Beach Drive the luxurious five-storey Mount Baker Hotel was built. The hotel accommodated such distinguished guests as the Duke and Duchess of Cornwall and York (later King George V and Queen Mary) before the hotel was destroyed by fire in 1902.
- After the Mount Baker Hotel burned to the ground, only the boathouse remained. In 1914, the boathouse was moved on skids from its original location at the foot of Orchard Avenue to municipal property on Turkey Head. For nearly 60 years, local children 'hung out' at the boathouse, or they rented a rowboat for a day of fishing and exploring Jimmy Chicken Island. In 1960, the Oak Bay Municipal Council decided to fill in the bay and build the new modern Oak Bay Marina on this site.
- Ada Beavan (one of the four Pemberton children) gifted the Oak Bay Native Plant Garden to the municipality. She also donated 500 roses to establish the Rose Garden at Windsor Park.
- The Victoria Golf Course was created in 1893 with a shipping box for a piano as the original clubhouse. Since 1936, there have been rumours of Doris, a resident ghost that is said to appear on the seventh green.



This 4.7 km trail through the Uplands passes some of Oak Bay's finest private residences and abundant green spaces, travelling along Beach Drive and back through Uplands Park.

- Between 1843 and 1850, the Hudson's Bay Company established a small fur trading post four miles north of Fort Victoria, near what is now Nottingham Park. Land was also cleared for the Uplands Farm, which consisted of barns for livestock, accommodation for seventeen hands, and a family home for the farm superintendent.
- By 1910 the municipality came to an agreement with the newly formed Uplands Company who purchased the 465 acre farm to allow subdivision of the property for 'high-class residential purposes with all commercial activity excluded'.
- Olmstead Landscape Architects, who designed the Uplands, also designed Central Park in New York City, Mount Royal in Montreal, Boston's 'Emerald Necklace' park system and Brooklyn's Prospect Park.
- Francis Rattenbury, the prominent architect also responsible for the British Columbia Parliament Buildings, the Empress Hotel and Crystal Gardens, was hired as chief architect for the Uplands project.
- Constructed in 1912, the Royal Victoria Yacht Club is the oldest yacht club in British Columbia.



This 5.0 km trail visits the former property of retired Hudson's Bay Chief Factor John Tod, travelling along Camas Lane, through Uplands Park, along Beach Drive and back to Nottingham Road.

- The Camas Lane, an Oak Bay Heritage Byway, runs from Willows Beach to Nottingham Road, and once separated Jon Tod's Willows Farm and Hudson's Bay's Uplands Farm. In use before 1882, this service trail provided access to the southern parts of the farm and facilitated bringing carts and cattle to market.
- Camas is the name of a blue wild flower that was common in local meadows and once a staple food for Pacific First Nations peoples. The name of the plant comes from the Nootka word for 'sweet'.
- Near the corner of Heron St. and Estevan Ave, is Tod House, the former residence of Jon Tod. Completed in 1851 and originally called Oak Bay House, it is Western Canada's oldest house. Occupants of the house have complained of ghostly and unexplained events since 1929.
- Uplands Park was originally a burial ground for First Nations peoples, with cairns of carefully piled boulders marking these sites. Today, most have disappeared.



The back lanes and trails of Oak Bay are highlighted in this 4.5 km trail. However, walkers with an adventurous spirit can find many more unmarked pathways, back lanes and secret places to explore.

- Nestled between Monterey Avenue and Hampshire Road at 1442 Monterey Avenue, the Monterey Recreation Centre is an adult-oriented (50+) centre during the day, attracting over 2500 members who participate in a number of activities from computer to fitness classes. In the evening a variety of courses are offered for adults 19 years and older. Ph: 250-370-7300.
- The Oak Bay Library, the busiest library in the region, is adjacent to the Monterey Centre.
- In 1906, Oak Bay Avenue was still a dirt track with the BC Electric Railway Company tracks on the north side to carry passengers between Victoria and the Windsor Park Terminus.
- St. Michael's School was located at the corner of Roslyn Road and Windsor Road from 1910 to 1954.
- Some of Victoria's oldest manhole covers are found in Oak Bay. These covers were imported from Scotland in the 19th century as ballast in sailing ships and bear the foundry name, such as "Glenfield & Kennedy Ltd. Kilmarnock."



This trail travels 7.5 km along Oak Bay's coast and through two of Oak Bay's most well known green spaces, Uplands Park and Willows Park

- Uplands Park is a seventy-six acre park and an excellent example of a Garry Oak meadow. The park has one of the greatest concentrations of rare plant species in all of Canada.
- Cattle Point, located across from Uplands Park, earned its name as a drop off point for Uplands Farm, which once occupied the surrounding land. Cattle would be barged to the bay in front of what is now the parking lot to swim and wade the short distance to shore. The circular scenic drive has been in place since 1961.
- Willows Beach was the site of a large First Nations village, Sitshamalth. Settlements also existed at McNeill Bay, Gonzales Point and Loon Bay. Artifacts dating back 3000 years have been found at these locations.
- The first Oak Bay Tea Party celebrating Oak Bay's Golden Jubilee was held in 1956. In 1963 the event was changed and introduced teacup races, a midway, a parade and live entertainment at Willows Beach. This event is held each year on the first weekend in June.
- One of Oak Bay's best kept secrets is the lovely Lokier Gardens in Estevan Village at Musgrave Street.
- In 2008, a fully assessable scented garden will be planted at Willows Beach (corner of Dalhouse and Beach Drive).

Where to Shop on your Walk in Oak Bay
Merchant List for Oak Bay Village

Accommodation		
Oak Bay Guest House	1052 Newport Ave	250-598-3812
Accountants		
Rod Sim Inc. CA, CFP	210-2187 Oak Bay Ave	250-595-1500
Antiques & Collectibles		
Avenue China & Chintz	2225 Oak Bay Ave	250-595-1880
Cambridge Antiques	2207 Oak Bay Ave	250-592-2062
Eclectic Arts & Crafts	2170 Oak Bay Ave	250-590-8095
Art Galleries		
Eclectic Arts & Crafts	2170 Oak Bay Ave	250-590-8095
Gallery in Oak Bay Village	2223A Oak Bay Ave	250-598-9890
Prestige Picture Framing	2002 Oak Bay Ave	250-592-7115
Side Street Studio	204-2250 Oak Bay Ave	250-592-1262
Ted Harrison Studio	2004 Oak Bay Ave	250-592-0561
The Avenue Gallery	2184 Oak Bay Ave	250-598-2184
Winchester Galleries Ltd.	2260 Oak Bay Ave	250-595-2777
Bakeries, Bistros & Cafes		
Cobs Bakery	2178 Oak Bay Ave	250-592-8687
Kadalima's Bakery & Café	2032 Oak Bay Ave	250-598-2712
Kissako Green Tea Café	2027 Oak Bay Ave	250-370-5195
Ottavio Italian Bakery & Delicatessen	2272 Oak Bay Ave	250-592-4080
Village Patisserie	2217 Oak Bay Ave	250-370-0766
Banks		
Bank of Montreal	2219 Oak Bay Ave	250-405-2320
CIBC	2224 Oak Bay Ave	250-356-4335
HSBC Bank Canada	2154 Oak Bay Ave	250-592-5423
Royal Bank Financial Group	2255 Oak Bay Ave	250-356-3455
Scotiabank & Trust	2212 Oak Bay Ave	250-953-8111
TD Canada Trust	107-2187 Oak Bay Ave	250-953-6044
Book Stores		
Ivy's Bookshop	2180 Oak Bay Ave	250-598-2713
Grafton Bookshop	2238 Oak Bay Ave	250-370-1455
Butchers		
The Village Butcher	209-2250 Oak Bay Ave	250-598-1115
Churches		
Christ the King Anglican Church	2185 Theatre Lane	250-519-0130
Providence Community Church	1442 Monterey Ave	250-519-0799
Children Clothing & Accessories		
Abra Kid Abra	2024 Oak Bay Ave	250-595-1613
Finn & Izzy Ltd.	2259 Oak Bay Ave	250-592-8168
Clothing Stores		
Fashion by Consignment	107-2250 Oak Bay Ave	250-590-3482
A La Mode Consignment	1507 Wilmot Place	250-592-1116
Connie's Petites	2241 Oak Bay Ave	250-370-5400
Country Life Clothing & Gifts	2201 Oak Bay Ave	250-598-3388
Grad Central Formals & Accessories	105-2250 Oak Bay Ave	250-595-2955
Maresa Boutique	2227 Oak Bay Ave	250-592-1412
Nepean Clothing	2005 Oak Bay Ave	250-592-6157
Coffee Houses		
Athlone Gourmet Coffee	114-2187 Oak Bay Ave	250-595-1391
Serious Coffee	2080 Oak Bay Ave	250-370-0410
Starbucks Coffee	2182 Bay Ave	250-598-8666
Confectioneries		
Naturally for You - Belgian Chocolate & Special Teas	106-2250 Oak Bay Ave	250-595-6234
Rogers' Tudor Sweet Shoppe	(Below Blethering Place) 2234 Oak Bay Ave	250-598-2911
Delicatessens		
Ambrosio Markets & Deli	1503 Wilmot Place	250-592-7225
Ottavio Italian Bakery & Delicatessen	2272 Oak Bay Ave	250-592-4080
Dry Cleaners		
Individual Dry Cleaners	2174 Oak Bay Ave	250-598-2950
Footwear & Shoe Repair		
Island Shoe Place	2215 Oak Bay Ave	250-595-1144
Oak Bay Cobbler	2045 Oak Bay Ave	250-595-3262
Oak Bay Shoe Repair	114B-2187 Oak Bay Ave	250-370-6035
Funeral Services		
Funeral Service Association of BC	211-2187 Oak Bay Ave	250-592-3213

Gardening Supplies		
Dig This	1990 Oak Bay Ave	250-598-0802
Giftware & Housewares		
Eclectic	2170 Oak Bay Ave	250-590-8095
La Tavola	2039 Oak Bay Ave	250-590-4868
Nicholas Randall	2180 Oak Bay Ave	250-592-1789
Side Street Studio	204-2250 Oak Bay Ave	250-592-1262
Grocery Stores		
Ambrosio Markets & Deli	1503 Wilmot Place	250-592-7225
Fairway Market	101-2187 Oak Bay Ave	250-592-8191
Hair & Beauty		
Aesthetic Edge	2021 Oak Bay Ave	250-519-0665
Fresh Hair Design	1465 Hampshire Rd	250-370-1611
Cosmetique a la Carte Skin Care Salon	218-2187 Oak Bay Ave	250-592-3353
David Levi Salon	2047 Oak Bay Ave	250-592-0777
Lorraine's Salon	2120 Oak Bay Ave	250-598-2922
Oak Bay Barber	207-2250 Oak Bay Ave	250-595-0201
Oak Bay Hair Studio	1505 Wilmot Pl.	250-598-1114
Serenity Ethstetics	108-2250 Oak Bay Ave	250-595-0017
The Point Hair & Retail Centre	111-2187 Oak Bay Ave	250-592-4345
Village Barber Shop	202-2250 Oak Bay Ave	250-598-1912
Health		
Good Health Vitamins	2249 Oak Bay Ave	250-592-2249
The Herbal Path	2012 Oak Bay Ave	250-598-8805
Inner Focus Energy Healer	210-2186 Oak Bay Ave	250-370-1380
Jin Tripp Health Services	113-2187 Oak Bay Ave.	250-388-3669
Monterey Recreation Centre	1442 Monterey Avenue	250-370-7300
Oak Bay Pharmasave	2200 Oak Bay Ave	250-598-3380
Pilates Etc. Corporeal Education Studio	210-2186 Oak Bay Ave	250-370-9232
V.I. Fitness for Women	2040 Oak Bay Ave	250-595-3354
Hardware		
Oak Bay Pro Hardware	2213 Oak Bay Ave	250-598-4222
Insurance & Financial Services/Planning		
Edward Jones	105-1841 Oak Bay Ave	250-595-3903
Oak Bay Financial Group	103-2250 Oak Bay Ave	250-598-0360
SeaFirst Insurance Brokers	112-2187 oak Bay Ave	250-592-5544
Jewellers		
Barclay's Jewellers	106-2187 Oak Bay Ave	250-592-1100
Bling	201-2250 Oak Bay Ave	250-590-9533
Lawyers		
Goult & Company	2185 Theatre Lane	250-595-1621
Humphries & Co.	302-2250 Oak Bay Ave	250-382-9211
Mastectomy Supplies		
Just You Boutique	210-2250 Oak Bay Ave	250-384-1791
Medical Services		
Anaesthetic Services	213-2186 Oak Bay Ave	250-595-7211
Bonnie Robinson		
Doctor of Traditional Chinese Medicine	214-2187 Oak Bay Ave	250-595-0145
Jeffrey Fuhr & Assoc.	214-2187 Oak Bay Ave	250-592-1855
Jurgen Jung Psychotherapy	215-2186 Oak Bay Ave	250-370-1029
McNeill Audiology	1463 Hampshire Rd	250-595-5562
Newspapers		
Oak Bay News	818 Broughton Street	250-598-4123
Optical Supplies		
Artsee Eyewear	2265 Oak Bay Ave	250-595-2773
Oak Bay Optical Ltd.	108-2187 Oak Bay Ave	250-592-1300
Pet Care		
Bark Bath & Beyond Pet Boutique	2041 Oak Bay Ave	250-590-2822
Real Estate		
Baywood Property Management	2019 Oak Bay Ave	250-592-5852
RE/MAX Camosun Oak Bay	2239 Oak Bay Ave	250-370-7788
Genesis Group Real Estate Inc.	110-2187 Oak Bay Ave	250-370-7788
Senior's Care		
Carlton House	2080 Oak Bay Ave	250-595-1914
Restaurants & Bars		
Blighty's Bistro	2006 Oak Bay Ave	250-592-5111
Bon Sushi	1467 Hampshire Rd	250-592-0008
Chef on the Run	2020 Oak Bay Ave	250-595-3151
Complete Cuisine Fine Foods	2014 Oak Bay Ave	250-595-3115
Penny Farthing Olde English Pub	2228 Oak Bay Ave	250-370-9008
The Blethering Place Tea Room	206-2250 Oak Bay Ave	250-598-1413

Tailoring & Alterations

Sorensen's Tailors	114D 2187 Oak Bay Ave	250-595-2115
Traditional Lace Alterations	2031 Oak Bay Ave	250-598-2877

Toys

Timeless Toys	117-2187 Oak Bay Ave	250-598-8697
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Travel

Athlone Travel Ltd.	104-2187 Oak Bay Ave	250-598-5252
Marlin Travel	205-2250 Oak Bay Ave	250-370-1222

Videos & Such

Oak Bay Video	115-2187 Oak Bay Ave	250-592-5697
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Wine Stores

Penny Farthing Spirit Merchants	118-2187 Oak Bay Ave	250-592-9463
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Merchant List for Estevan Village

Boutique De Laine	2534 Estevan Ave	250-592-9616
Buddies Toys	2533 Estevan Ave	250-595-6501
Bungalow Gifts	2525A Estevan Ave	250-595-6193
Crumsby's Cupcake Cafe	2509 Estevan Ave	250-595-2221
Curves Oak Bay	2545 Musgrave Ave	250-598-2311
En-visage Hair Design	2527 Estevan Ave	250-598-4800
Estevan Pharmacy	2517 Estevan Ave	250-598-2517
Jennings Florists	2508 Estevan Ave	250-477-9538
De Goutiere Jewellers	2542 Estevan Ave	250-592-3224
Dr. Geoffrey Luckhurst	2519 Estevan Ave	250-598-7200
Oak Bay Barber Shoppe	2538 Estevan Ave	250-598-9900
Paprika Bistro	2524 Estevan Ave	250-592-7424
Pizazz Pizza	2510 Estevan Ave	250-370-0868
The Village Restaurant	2518 Estevan Ave	250-592-8311
Twice as Nice Clothing	2532 Estevan Ave	250-598-2049
Willow's Galley Fish & Chips	2559 Estevan Ave	250-598-2711

Merchant List for Willow's Centre

BC Wineguys	2579 Cadboro Bay Road	250-592-8466
Bistro 28	2583 Cadboro Bay Road	250-598-2828
Cadboro Bay Insurance Agency Ltd	2571 Cadboro Bay Road	250-477-1355
Dr. D Sims, DDS	202-2590 Cadboro Bay Road	250-704-1137
Food Forum	2584 Cadboro Bay Road	
Pure Vanilla Bakery & Cafe	6-2590 Cadboro Bay Road	250-592-2896
Salon Modello	2590 Cadboro Bay Road	250-598-4247
Slater's First Class Meats	2577 Cadboro Bay Road	250-592-0823
Willow's King Spa	102-2590 Cadboro Bay Road	250-598-5464

Uplands Golf Club	3300 Cadboro Bay Road	250-592-7313
Henderson Recreation Centre	2291 Cedar Hill Cross Road	250-370-7200
4 Cats Art Studio	2279 Bowker Ave	250-598-0300

Merchant List for Dean Heights

Buttons and Bows	2867 Foul Bay Road	250-592-7924
Charelli's Cheese Shop & Delicatessen	2863 Foul Bay Road	250-598-4794
Dean Heights Beauty Salon	2877 Foul Bay Road	250-592-7633
Dean Heights Florist	2857 Foul Bay Road	250-592-3532
Caffe Misto Victoria	2865 Foul Bay Road	250-598-8679
Hot House Pizza	2865 Foul Bay Road	250-598-7575
Tomley's Market	2897 Foul Bay Road	250-592-3212

Merchant List for Cadboro Bay Road

Cheryl's Gourmet Pantry	2007 Cadboro Bay Road	250-595-3212
Dairy Queen	2013 Cadboro Bay Road	250-595-4328
Oak Bay Copy Centre	2017 Cadboro Bay Road	250-595-3040
Nick's Hair Salon	2017 Cadboro Bay Road	250-595-2621
A Pet's Life	2019 Cadboro Bay Road	250-592-3301

M&M Meats Shops	102-2000 Cadboro Bay Road	250-595-1233
TD Bank Financial Group	2000 Cadboro Bay Road	250-592-8111
Baan Thai	104-2000 Cadboro Bay Road	250-598-0057
Village Winery	106-2000 Cadboro Bay Road	250-595-7774

Yo Video	107-2000 Cadboro Bay Road	250-592-5678
Serious Coffee	108-2000 Cadboro Bay Road	250-592-2615

AM2PM zkcs	2073 Cadboro Bay Road	250-592-3590
Boorman's-Real Estate & Insurance	2045 Cadboro Bay Road	250-595-1535
Coast Capital Savings	2067 Cadboro Bay Road	250-483-7000
Dr Neil Paterson	2067 Cadboro Bay Road	250-595-8500
Morgan's Upholstery	2070 Cadboro Bay Road	250-598-4011
Mutsuki-An	2075 Cadboro Bay Road	250-595-0378
Oak Bay High School	2151 Cranmore Road	250-598-3361
Oak Bay Recreation Centre	1975 Bee Street	250-595-7946

Merchant List for South Oak Bay

Casey's Market	713 St. Patrick St	250-598-3432
De'Lish Fine Foods & Catering	677 St. Patrick St	250-598-5614
Emerald Day Spa	697 St. Patrick St	250-383-2441
Eclectic Hair Studio	697 St. Patrick St	250-382-4641
Fairchild Therapy Centre	2325 Central Ave	250-370-2010
Demitasse Bakery Store	2164 McNeil Ave	250-598-6668
Victoria Golf Club	1110 Beach Drive	250-598-4321

Merchant List near Windsor Park

Nar Cafe Bistro	2540 Windsor Road	250-598-1085
Windsor Park Shoppe	2552 Windsor Road	250-592-4475
Oak Bay Marina	1327 Beach Drive	250-598-3369
Manilatag	A-1157 Newport Ave	250-590-7868
W & J Wilson Clothing	1210 Newport Ave	250-592-2821

If you have a business in Oak Bay and would like to add it to this list for the next printing, please send the information to recoakbay@oakbay.ca