

From Truro (or further such as New Brunswick, etc):

Take the #102 past the Halifax (International) Airport. Watch for the "Y" split in the road (at Miller Lake, for those from Nova Scotia...) where the #118 shoots off to the left toward Dartmouth (you can also access Halifax that way, across the bridges). Take the #118 (i.e., veer to the left at that "Y").

After a bit (6-8 kms ??) you'll be down in a valley sort of and will see an interchange ahead. Signs will indicate "Eastern Shore" – take that turn off – that is, stay to your right as you approach and go under the underpass.

Follow that highway (10 kilometres ??) until you come to a set of lights. You want to go straight at those lights. You are now on Forest Hills Parkway. You will see a Sobeys to the left across the way.

You encounter 6 sets of lights along this stretch (the Forest Hills Parkway).

1st set a church is on your right.

2nd set just a left turn to a residential street.

3rd set is the main access to the Dartmouth Sportsplex grounds.

4th set is residential.

5th set allows traffic in and out of a shopping centre on your right. As you get through this set of lights, transfer to the right-hand lane.

As you approach the next (6th) set of lights, take the right hand turn lane. You now want to merge onto Cole Harbour Road.

As soon as you do (you're in the right hand lane) start to watch for your chance to transfer into the left hand lane. Once you do that and have reached the crest of this gradual hill, look for your chance to enter the left turning lane.

You can turn to the left either at the Chris Brothers store or at the next entrance, being the main entrance to the Village Plaza Shopping Centre. Moulton Optical is between those two entrances.

Any problems, call : 434-9500.

GOOD LUCK. SAFE DRIVING. WE'LL SEE YOU SOON. !!