



Population:

7.5 million

Currency:

British pounds, £1 = 100 pence

Opening hours:

Monday-Saturday 9am-5.30pm Many department stores stay open till 6pm some till 7pm or 8pm on Wednesdays or Thursdays. Larger shops are also open 10am-6pm on Sundays.

Internet:

www.thisislondon.co.uk www.visitlondon.com www.londontown.com

Newspapers:

The Times
Telegraph, Guardian
Daily Mail
Time Out (event listings)
London Planner (visitors
information)

Emergency numbers:

999

Tourist information:

Britain and London Visitor Centre (BLVC).

Address: 1 Lower Regent St, SW1. Opening hours: Mon 9.30am-6pm Tue to Fri 9am-6pm and 10am-4pm Sat & Sun. Jun.-Sep: Mon 9.30am-6.30pm Tue to Fri

9am-6.30pm Sat & Sun 9am-5pm

Tel. +44 (0)20 8846 9000

LONDON

PUBLISHING DATE: **2010-01-21** | COUNTRY CODE: **GB Contents:** The City, Do & See, Cafés, Eating, Bars & Nightlife, Shopping, Essential Information, Maps

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© S. Greg Panosian

LONDON

In the sixties it was "Swinging London" Some thirty years later it was "Cool Britannia" And since then.... Well, London is still the place to be! Its vibrant culture just keeps expanding and developing, and you can feel the buzz as soon as you arrive. And there's more to come. Thanks to London's successful bid for the 2012 Olympics, the city will change and reinvent itself at a pace not witnessed since the days of Queen Victoria.



THE CITY



© Osborne von Waldegg

London is changing and it's changing fast.
Look across the skyline and you will see
not only the familiar landmarks – Big Ben,
St Paul's and Buckingham Palace – but also
extraordinary new buildings such as the
Swiss Re Tower, known as the "Gherkin"
because of its shape, and the new County
Hall, quietly gazing over the river Thames.
Take a ride on the London Eye, the world's
largest observation wheel offering a
spectacular view over the city. Take in over
55 of London's most famous landmarks.

At the heart of London is Soho and its mix of narrow streets and alleys, trendy shops, elegant bars, and theatres. Notting Hill, well-known from the movie of the same name, attracts ever increasing numbers of visitors. Despite this, it has managed to retain its character of an eccentric village where some people still get the Sunday papers in their pyjamas.

And there's more to come. Over the next two decades, London will see new development on a scale not witnessed since the days of Queen Victoria and will build up even more momentum for regeneration, thanks to London's successful bid for the 2012 Olympics.

Stroll down famous Oxford Street where you'll find Selfridge's, one of London's best department stores. Close to Oxford Street is fashionable Bond Street in Mayfair, where more and more interesting shops

have opened over the last couple of years. New Bond Street boasts a concentration of some of the biggest designer shops in the world, Louis Vuitton, Chanel, Donna Karan and Versace to name a few. Bond Street also houses Sotheby's auction house and a number of antique stores.

London may be a city, but that doesn't mean sacrificing nature and wildlife, there are plenty of green and open spaces to enjoy. With eight Royal Parks you're spoilt for choice and can enjoy everything from boating lakes, golf courses, outdoor theatres and relaxing on deckchairs.

Some of the bestknown parks are Green Park, between Buckingham Palace and Piccadilly, Greenwich Park, Hyde Park, Kensington Gardens, Regent's Park, with it's Open Air Theatre, St James's Park facing Buckingham Palace and Richmond Park, the former hunting park of King Charles I featuring roaming deer and other wildlife.

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DO & SEE



© Osborne von Waldegg



Few cities have as many sights as London. Big Ben, Tower Bridge, Towern, Hyde Park, St Paul's Cathedral to name but a few. They all fit into the tourist cliché, but they are all worth visiting and a "must" if you've never been to London.

Buckingham Palace

Buckingham Palace has been the London home of the Royal Family since 1837, but it first opened its doors to the public in 1993. The State Rooms contain some of the finest treasures from the Royal Collection - paintings, sculptures and some of the finest English and French furniture in the world. Enjoy a walk in the Palace's 39-acre garden with its superb views of the Garden, front of the Palace and the 19th-century lake.

Address: The Official Residences of The Queen, SW1. Underground: Victoria, Green Park and Hyde Park Corner.

Phone: +44 (0)20 7766 7300.

Tickets: £16.50

Internet: www.royal.gov.uk

Tower Of London

Construction begun in 1078 by William the Conqueror. Today the Tower of London is one of the most famous fortified buildings in the world. Here you can see the priceless Crown Jewels, the Medieval Palace and the infamous Bloody Tower.

Address: Tower of London, EC3. Underground: Tower Hill. Phone: +44 (0)20 7488 5663 Internet: www.hrp.org.uk

British Museum

The British Museum is regarded as one of the biggest and finest museums in the world. It attracts 6 million visitors yearly. Exhibition highlights are the Assyrian treasures, the Egyptian mummies and the spectacular, light-filled Great Court. Address: Great Russell Street, WC1.

Underground: Holborn, Tottenham Court Road, Russell Square,

Goodge St.

Phone: +44 (0)20 7323 8299 / +44 (0)20 7323 8000

Tickets: Free admission.
Internet: www.britishmuseum.ora

Houses Of Parliament

The neo-Gothic brilliance of the Houses of Parliament is impressive. It was built by Charles Barry and Augustus Pugin in 1840. Together with its clocktower, Saint Stephen's Tower, the clock itself, Big Ben, the best-known of London's many symbols.

Address: Parliament Square, SW1. Underground: Westminster. Phone: +44 (0)20 7219 3000 Tickets: Free admission. Internet: www.parliament.uk

London Eye

137 metres in height, this smart-looking observation wheel, with 32 capsules each holding 25 people, gives a superb view of London. A "flight", as a turn is called, takes 30 minutes.

Address: Riverside Building, next to County Hall, Westminster

Bridge Road. SW1.

Underground: Westminster, Waterloo.

Phone: +44 870 5000 600.
Internet: www.londoneye.com

The Victoria & Albert Museum

The V & A, as it's commonly known, has breathtaking collections of almost everything from Islamic art to iconic clothing by Vivienne Westwood. However, it is the always stunningly designed exhibitions that truly set the V & A apart.

Address: Cromwell Road, SW7. Underground: South Kensington. Phone: +44 (0)20 7942 2000

Tickets: Admission is free but tickets for temporary exhibitions

vary.

Internet: www.vam.ac.uk

Tate Modern

Housed in a former power station, Tate Modern is both imposing and impressive even before you enter it. Since opening in 2000, TM has become one of London's lead attractions thanks to high-profile





exhibitions of artists like Andy Warhol, Joseph Beuys and Frida Kahlo.

Address: Bankside, SE1

Underground: Southwark, Blackfriars Phone: +44 (0) 20 7887 8888

Tickets: free admission to the collections. Ticket prices for

temporary exhibitions vary. Internet: www.tate.org.uk

Shakespeare's Globe

The Globe is a reconstruction of the original Globe Theatre, co-owned by William Shakespeare and the theatre where he first staged many of his plays. It burned down in 1613 during a performance of Henry VIII. Now, almost 400 years later, it has risen again almost on the same spot.

Address: 21 New Globe Walk, Bankside, SE1.

Underground: Mansion House Phone: +44 (0)20 7902 1500 Tickets: Ticket prices for plays vary. Internet: www.shakespeares-globe.org

CAFÉS



© Jacobien Schroevers

In London every underground station has its cluster of coffee shops. Costa's, Café Nero and Starbucks are all very well for a quick cup of coffee, but if you prefer your perfectly brewed cup of java in a more sober setting these are the spots to aim for.

Bar Italia

This Soho institution is charming and a bit chaotic. According to people in the know, this is the best café north of Milan.

Address: 22 Frith Street, W1. Underground: Tottenham Court Road. Phone: +44 (0)207 4374520 Internet: www.baritaliasoho.co.uk

Riba Café

This hidden gem, situated at the Royal Institute of British Architects, is worshipped by its faithful. In the summertime, coffee, sandwiches, and the light lunch menu are best sampled on the roof terrace (make reservations in good time).

Address: 66 Portland Place, W1. Underground: Regents Park. Phone: +44 (0)20 76310467

Lisboa Patisserie

After an early shopping round on Portobello Road come here for Portuguese pastries.

Address: 57 Golborne Road, W10. Underground: Westbourne Park.

Poetry Café

This café is a combined café/restaurant/bar and regular readings and performances are organised every night. The menu varies daily but is always vegetarian. Regular poetry and jazz evening is held every Saturday, and on Tuesday it's Poetry Unplugged open mike evening.

Address: 22 Betterton Street Phone: +44 (0)20 74209887

The Café on the Square

After strolling around the National Gallery, why not drop in at the Café on the Square. Located at the bottom of the central staircase and to the right as you face the National Gallery, this café offers an all-day menu and fully licensed bar.

Address: Trafalgar Square

Pret a Manger

When out and about, drop by one of the many Pret a Manger sandwich bars. The cafés individual style makes it very popular





with Londoners. All food is handmade and without chemicals, additives and preservatives. There is no best before dates on the products as the company offer the leftover food to charity.

Address: All over London Internet: www.pret.com

Caffè Nero

With branches springing up all over Festival Hall, Regent Street and Piccadilly, Caffe Nero is an ideal cafe to sit after a hard days work or shopping. Tasteful decor and a fine choice of beverages make for a positive, appealing experience. Excellent coffee.

Address: 36a St Martin's Lane

Underground: Covent Garden (Piccadilly)

Phone: +44 (0)20 7836 5110

EATING



© Christopher Steer

It may surprise you to hear that Britain's favourite food is - Chicken Tikka Masala. The popularity of Indian cuisine means that you will find Indian restaurants in practically every neighbourhood in London. Traditional English restaurants are much rarer (if you want roast beef or saddle of mutton the best bet is still Simpson's-in-the-Strand, 100 the Strand, WC2, tel. +44 (0)20 7836 9112). Although English cuisine has seen a revival and a renewal in the restaurants and in recipes of celebrated chefs such as Gordon Ramsay, Marco Pierre White and Fergus Henderson. Between the curry and the Welsh rarebit,

just about every other cuisine in the world is represented in London, and often at a world-class level. This is particularly true of major cuisines such as Italian, Chinese, French and Indian.

Locanda Locatelli

Undoubtedly one of the best Italian restaurants in London at present. Locatelli's culinary style can be described as rustic regional food delivered with urban panache. One of their best dishes is the tagliatelle al ragù di capretto, handmade tagliatelle with kid goat ragù.

Address: 8 Seymour Street, W1 Underground: Marble Arch Phone: +44 (0)20 7935 9088 Internet: www.locandalocatelli.com

J Sheekey

Situated in the middle of London's theatre district, this sober and very elegant restaurant has long been the choice for both pre-and-post-dinners. It's also London's best restaurant for seafood and the menu include such delicacies as dressed crab with grated egg and parsley, delicately flavoured sea trout and shrimps with brown butter. J Sheekey attracts a lot of A list celebrities these days, so booking is absolutely essential.

Address: 28-32 StMartin's Court, WC2 Underground: Leicester Square Phone: +44 (0)20 7240 2565 Internet: www.j-sheekey.co.uk

Shepherd's

The interior of this power restaurant, near the Houses of Parliament, resembles an old fashioned club and the food consists of traditional English dishes such as juicy marinated lamb, Cumberland sausages, fish cakes and an impressive assortment of pies.

Address: Marsham Court, Marsham Street, SW1.

Underground: Pimlico Phone: +44 (0)20 7834 9552

Internet: www.langansrestaurants.co.uk



Haandi

One of the best and certainly most luxurious of London's many Indian restaurants, conveniently close to Harrods's, Harvey Nichols and Sloane Street. The cuisine is a modern take on traditional dishes from the Punjabi region of North India.

Address: 7 Cheval Place, SW3.
Underground: Knightsbridge.
Phone: +44 (0)20 7823 7373.
Internet: www.haandi-restaurants.com

Duke of Cambridge

At the rustic Duke of Cambridge in Islington, there are no fast Asian fusion dishes – only slow and carefully prepared meals with organic ingredients. Most dishes go well with a pint of Saint Peter's Organic Bitter.

Address: 30 Saint Peters Street, N1.

Underground: Angel.

Phone: +44 (0)20 7359 3066. Internet: www.dukeorganic.co.uk

GAUCHO

A hip and very nice South American restaurant. Try the duck tortillas and grilled lamb.

Address: 25 Swallow Street, close to Regent Street, W1.

Underground: Piccadilly Circus, Green Park

Phone: +44 (0)20 7734 4040

Internet: www.gauchorestaurants.co.uk

Mr Chow

An institution and simply the best Chinese restaurant in London. The interior positively oozes discreet glamour, with smoked mirrors and walnut furniture and the dishes are even better than rumoured: hand-pulled pasta served with minced pork and sweet bean sauce, Beijing Chicken with walnuts.

Address: 151 Knightsbridge, SW1 Underground: Knightsbridge Phone: +44 (0)20 7589 7347 Internet: www.mrchow.com

The Wolseley

Regarded by many as the best of the latest

crop of new restaurants in London. Housed in a former car showroom, it has been turned into an elegant old-style "Grand Café." The food is a mix of modern European and classic brassiere food: omelettes aux fines herbes with frites, marinated herring with potato salad.

Address: 160 Piccadilly, W1 Underground: Green Park Phone: +44 (0)20 7499 6996 Internet: www.thewolseley.com

Restaurant Gordon Ramsey

A combination of elegance and an intimate ambiance is what welcomes you at this restaurant, honored with three Michelin Stars. The food is French with a little extra twist.

Address: 68 Royal Hospital Road Phone: +44 (0)20 7352 4441 Internet: www.gordonramsay.com

Dehesa

Dehesa is a charcuterie and tapas bar inspired by the cuisine of Spain and Italy. It offers an imaginative menu of small dishes designed for sharing. Even though the name Dehesa comes from a unique woodland area in Spain which is home to the black-footed Ibérico pigs – said to produce the best ham in the world, there is also a good choice of vegetarian dishes.

Address: 25 Ganton Street Phone: +44 (0)20 7494 4170 Internet: www.dehesa.co.uk

No. 20

Located on the ground floor of Sanctum Soho Hotel. This restaurant serves a modern British cuisine, with menus changing seasonally. The restaurants bar is an ideal place to relax after work, catch up with friends or enjoy a few cocktails before dinner.

Address: Sanctum Soho Hotel, 20 Warwick Street

Phone: +44 (0)20 7292 6102



BARS & NIGHTLIFE



© Sean Nel

Londoners are not just into music. The truth is they're mad about it and their sheer love and enthusiasm for music has played no small part in creating what is undoubtedly one of the most vibrant club scenes in the world, with venues ranging from mega big, ultra sleek designed clubs to small DJ bars.

There are trendy and classical bars everywhere in London. But if you want to do a hip barhop Soho, Hoxton/Shoreditch and Clerkenwell are the areas to visit. Here are a few selected bars and pubs, both classic and modern:

Selfridge's

Yes that's right. Selfridge's department store now has an oasis in the middle of all the shopping hoopla. A place with soothing bubbles for the soul. Is it a day spa? No, it's the Moët & Chandon Champagne Bar.

Address: Selfridges, 400 Oxford Street, W1.

Underground: Marble Arch. Phone: +44 113 369 8040

Drunken Monkey

Chinese inspired bar mixing classic details with a futuristic aesthetic. The food here is very good, especially the dim sum dishes.

Address: 222 Shoreditch High Street, E1.

Underground: Shoreditch. Phone: +44 (0)20 7392 9606

Internet: www.thedrunkenmonkey.co.uk

The Argyll Arms

One of the best pubs in the Oxford Circus area. Stylish Victorian bar, beautiful windows and a good crowd around lunch and after work.

Address: 18 Argyll Street, W1. Underground: Oxford Circus. Phone: +44 (0)20 7734 6117

The Prince Alfred

Considered to be the best preserved bar from the Victorian era. It opened in 1862 and hasn't changed a bit.

Address: 5a Formosa Street, W9. Underground: Warwich Avenue. Phone: +44 (0)20 7286 3287 Internet: www.theprincealfred.com

Ministry of Sound

Ministry of Sound is much more than a club. It's a brand, producing dance compilations, tours and T-shirts etc.

Snobby clubbers tend to sneer at the very mention of it, but this is one of the few clubs with enough financial muscle to consistently be able to hire the best DJs, and the sound system is probably the best in London, which is why MoS is always packed.

Address: 103 Gaunt Street Underground: Elephant & Castle Phone: +44 (0)870 060 0010

Internet: club.ministryofsound.com/club

Fabric

Fabric is loved and known throughout the world as something truly special. Housed in what was formerly a meat market, and divided into three spaces, it has a rough look but intimate ambience. But it's Fabric's music that really sets this place apart: underground and left-field dance music.

Address: 77a Charterhouse Street, EC1.

Underground: Farringdon.
Phone: +44 (0)2073368898
Internet: www.fabriclondon.com



Ye Olde Mitre Tavern

The history of this pub can be traced all the way back to 1546. It is mentioned in William Shakespeare's Richard II, and Queen Elizabeth is said to have danced here. Small rooms with beautifully aged wood panelled walls and worn oriental rugs.

Address: 1 Ely Court, EC1. Underground: Farringdon. Phone: +44 (0)20 7405 4751 Internet: www.yeoldemitre.co.uk

Absolut Icebar London

Made of crystal clear ice from the Torne river in Sweden maintained at a constant minus 5 degrees all year round, ABSOLUT ICEBAR LONDON is literally the UK's coolest bar. The bar is re-designed every six months with a completely new theme and everything in the bar is made from ice including the walls, tables, chairs and even the glass that the cocktails are served in to ensure a complete ice experience.

Address: 31-33 Heddon Street Phone: +44 (0)20 7478 8910 Internet: www.belowzerolondon.com

Gordon's

Gordon's is reported to be London's oldest wine bar. Duck into the darkened cellar, lit only by candles in old wine bottles, and you step back to Victorian times. The bar sells a wide selection of wines from around the world. It also offers port and sherry decanted from barrels above the bar.

Address: 47 Villiers Street, Charing Cross Phone: +44 (0)20 7930 1408

SHOPPING



© Jan Kranendonk

Shopping in London means being strategic. It is easy to wear yourself out trying to take in the large number of shops and boutiques. Two good tips are to focus on one area at a time and to wear comfortable shoes.

For more detailed shopping information download our special London shopping guide at: www.arrivalguides.com

Oxford Street and Mayfair

Oxford Street is the street of retail chains, with one exception: Selfridge's. This is the largest department store in London which after many transformations has emerged as the quintessential London luxury department store (see the paragraph about department stores). Near Oxford Street, in Mayfair, you will find the fashionable Bond Street where an increasing number of interesting boutiques are opening up. If you are searching for shoes by luxury brands like Gucci and Sergio Rossi, make sure you visit 15 Old Bond Street.

Savile Row

Savile Row has long been synonymous with English customized tailoring. It is is no longer the old fashioned gentlemen's club it used to be, thanks to a new generation of innovative tailors, including Richard James at number 29 and Ozwald Boateng at number 12a. For shirts, ties, hats and handmade shoes head for Jermyn Street in



St James behind Piccadilly.

Soho and Covent Garden

Soho is a maze. You never exit where you think you will, and you never really know where you've been. The area has many fun shops so prepare to shoulder an ever-increasing number of shopping bags. Many of the shops around Covent Garden cater to teens, especially those interested in skate and street fashions. On Neal Street, the sneaker shops line up, and the Seven Dials shopping mall houses even more of the same.

This area is also home to high-class jeweller Laura Lee and Paul Smith - by far the most successful British fashion designer - opened his first shop in Floral Street in Covent Garden in 1979. Now he has a whole string of shops there. Another shop worth mentioning is Aram, 110 Drury Lane, which has five floors with furniture classics by names such as Eileen Gray, Charles & Ray Eames and Alvar Aalto alongside the latest pieces by Ron Arad, Jasper Morrison and Philippe Starck.

Chelsea, South Kensington and Knightsbridge

This is the area mostly known for its high end fashion shopping. On Sloane Street in Knightsbridge you'll find Prada, Gucci, Giorgio Armani, Dolce et Gabbana, Fendi and many more. But in recent years it has also attracted a lot of excellent furniture and interior design shops.

Among the best are B & B Italia's cathedral-like shop at 250 Brompton Road in South Kensington, designed by the famous minimalist architect John Pawson. Nearby is The Conran Shop at 8 Fulham Road, founded by Sir Terence Conran and one of the first lifestyle shops in London. If you're feeling hungry, have some oysters in the Bibendum Oyster Bar, located to the

left of the main entrance.

Make sure to visit David Gill at 60 Fulham Road. He's the first stop for London's leading interior designers and displays exquisite pieces such as ceramics by Jean Cocteau and Pablo Picasso, mirrors by Line Vautrin and silver furniture by Bonetti. A bit further down the road, at

No 175- 177, you will find Kelly Hoppen, currently Britain's leading interior design guru with several books to her name.

There are also plenty of markets in London, some of the most known being Camden Market, Covent Garden Market and Old Spitalfields Market. If you have time to spare you should definitely visit one of these local markets, you won't regret it.

Greenwich Market

Packed with unique arts and crafts, this market is well known for items that cannot be found anywhere else. Browse any of the 120 arts and craft stalls, enjoy the continental food court and take in the music performed by students from nearby Trinity College of Music.

Address: Colleage Approach Phone: +44 (0)20 8293 3110 Internet: www.greenwichmarket.net

Conduit Street and Bruton Street

Just around the corner from Bond Street, these both streets have emerged as new contenders and among those who have opened stores here are Vivienne Westwood, Stella McCartney, Yohji Yamamoto and Matthew Williamson. Also, do not miss the seriously hip Dover Street Market near Dover Street.

Harrods

You can buy virtually anything here: furniture, home electronics, pets, books, etc. Londoners tend to concentrate on two



things though – food and clothes. The food hall is legendary, with its old style decor and its enormous sections of bread, sweets, vegetables, meats, coffee and tea. The fashion departments are some of the best in town, with clothes ranging from traditional to distinctly cutting edge.

Address: 87 - 135 Brompton Road, SW1

Underground: Knightsbridge Phone: +44 (0)20 7730 1234 Internet: www.harrods.com

Harvey Nichols

The emphasis here is on fashion, so it's no small surprise that it's a favourite among London's fashionistas. Harvey Nix as it's known locally, stocks not only the best of the well-known designer labels but also collections from new, young talent.

Address: 109 - 125 Knightsbridge, SW1. Underground: Hyde Park, Knightsbridge.

Phone: +44 (0)20 7235 5000. Internet: www.harveynichols.com

Selfridge's

Selfridges has gone through many transformations over the years and has now emerged as the quintessential London luxury department store, combining tradition with innovation. Don't miss Superbrands, the new menswear department on the first floor, with clothes from all the leading brands and with a football-inspired interior.

Address: 400 Oxford Street, W1. Underground: Bond Street. Phone: +44 (0)113 369 8040 Internet: www.selfridges.com

Liberty

The fashionable department store can be found on Regent Street and offers toys, jewellery, furniture, oriental carpets and much more. The lavish department store has recently launched a new boutique and luxury brand. Liberty of London is housed in Liberty's newly redesigned central atrium and is stocked with leather accessories, scarves, jewellery and more.

Address: Regent Street Phone: +44 (0)20 7734 1234 Internet: www.liberty.co.uk

ESSENTIAL INFORMATION



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Airports

London is served by five major airports: Heathrow (www.heathrowairport.com), Gatwick (www.gatwickairport.com), Stansted (www.stanstedairport.com), London City Airport (www.londoncityairport.com) and Luton (www.london-luton.co.uk).

The high-speed Heathrow Express train is £16.50 and takes 15 minutes to Paddington Station. Gatwick is 28 miles from London, and a 30-minute train ride on the Gatwick Express gets you to Victoria Station for £16.90. The Stansted Express



connects Stansted Airport and Liverpool Street Station with a single journey costing £17. London City Airport is located in the city itself and is served by the DLR which easily connects to the Underground. Luton Airport is 34 miles from the city and is served by several coach companies. The cheapest is Easybus (www.easybus.co.uk), offering tickets from £2.

Public transport

Public transport in London mainly consists of buses, the vast underground system with 11 lines and the DLR (Docklands Light Railway). The "tube" (underground) is legendary and the quickest and easiest way to get around, especially during rush hour. The underground runs until 12.30 Mon-Sat, and until 11.30 on Sundays.

If you're not in a hurry, buses are a pleasant and interesting way to get around. Viewing the city from the top of a red double-decker is a classic London experience. More and more of London's buses run at night.

Internet: www.tfl.gov.uk

A smart idea is to buy a London Travelpass that will give you unlimited travel on London's buses, underground trains, national rail trains, Docklands light rail and Tramlink, for the dates and duration you require.

Internet: www.londontravelpass.com

Taxi

Riding in one of a London's famous black cabs is a must. They are excellent with lots of space for legs and shopping bags.

Minicabs are another alternative.

Black Cabs

Phone: +44 (0)20 7272 0272

Mini Cabs

Phone: +44 (0)20 7387 8888

Lady Cabs (female drivers)

Phone: +44 (0)20 7272 3300

Post

Stamps are available from post offices and newsagents. Post offices are generally open Monday-Friday 9.00-17.30. Larger post offices are open Saturdays 9.00-12.30.

Pharmacy

There's always one neighbourhood chemist that's open 24 hours. Since all medication is readily available, either over the counter or on prescription, there's no need to stock up. Apart from individual chemists, Boots the Chemist is the main point for anything pharmacy related, but the Superdrug chain is also a good option.

If you need urgent medical and dental care, call NHS Direct, tel. 0845 4647. They can give you free medical advice and direct you to the nearest hospital with 24-hour accident and emergency departments.

Telephone

Country code: +44

Area code: 020

Electricity

230/240V AC, 50Hz.



ACCOMMODATION



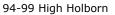
The Cranley

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Cit Adines Holborn -**Covent Garden Apart'hotel**



Located just a few minutes walk from Covent Garden, not far from the City's business area, the Citadines at Covent Garden is situated in the middle of London's prime shopping area. You are surrounded by 16th and 17th Century pubs, world-class restaurants, art galleries, churches, and a converted 19th century fruit and vegetable market. Walk down Oxford Street and Piccadilly Circus to feel the pulse of modern London.

Holiday Inn Oxford Circus

57-59 Welbeck Street

Centrally situated, London's historic and famous attractions are all within walking or a short distance to the hotel. These are Theatreland, West End Shopping including Liberty, Selfridges, Harrods and Bond Street; Hyde Park, Buckingham Palace, Trafalgar Square, Piccadilly Circus, Madame Tussauds, Lords Cricket Ground, The British Museum, London Eye.

Quality Crown Hotel Kensington

900 West Georgia Street

Set in the heart of fashionable Kensington, this hotel is idyllically situated close to all of London's most popular attractions. The area is well known for its exclusive shops and boutiques. Its convenient location makes the Kensington hotel an ideal choice for your stay in London, whether you are on a business trip or enjoying some leisure time. The hotel has all of the latest amenities and its spacious lounges and attentive staff work to make your stay both comfortable and relaxed.

Holiday Inn Kensington Forum

97 Cromwell Road

Centrally situated, London's historic and famous attractions are all within walking or a short distance to the hotel. These are Theatreland, West End Shopping including Liberty, Selfridges, Harrods and Bond Street; Hyde Park, Buckingham Palace, Trafalgar Square, Piccadilly Circus, Madame Tussauds. Lords Cricket Ground, The British Museum, London Eve.

The Cranley

10 Bina Gardens, South Kensington

Situated in a guiet, tree-lined street in the heart of the London Royal Borough of Kensington and Chelsea, The Cranley is one of London's most charming townhouse hotels, comprised of 3 buildings built in 1869. More than a hotel, The Cranley is an ideal city-centre haven appealing equally to the discerning business or leisure traveller wanting a tranquil residence in the heart of London. It is within easy walking distance of most famous London museums and exclusive shops.

Le Meridien Piccadilly

21 Piccadilly

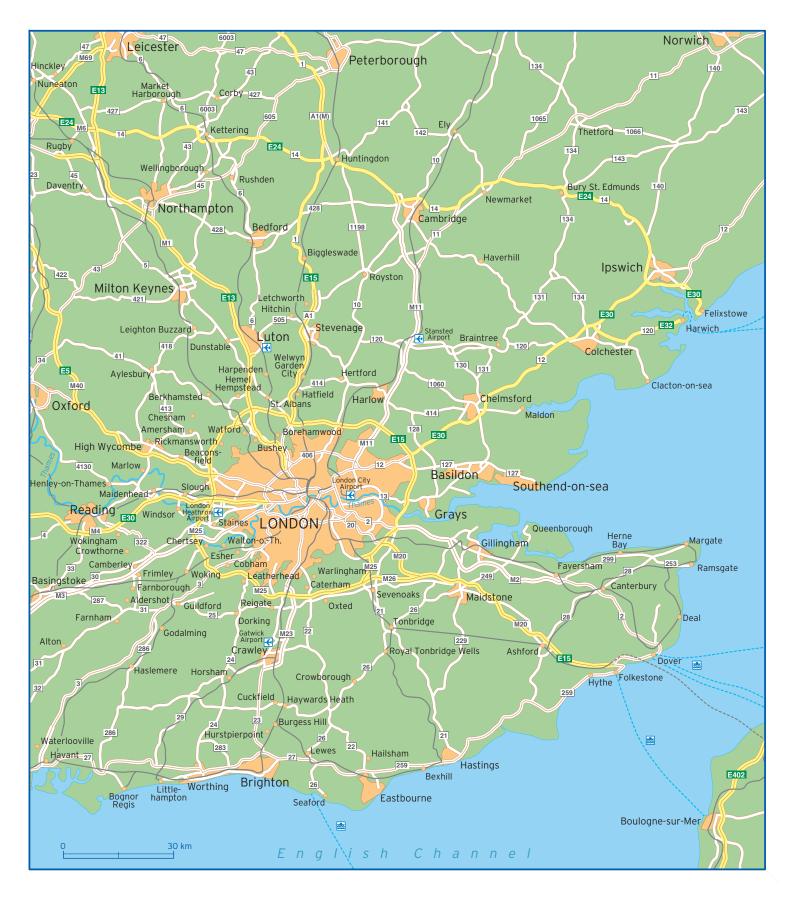
Set in the heart of London's West End, Le Méridien Piccadilly complements the hotel's vibrant cultural and architectural surroundings. The hotel's many amenities include meeting facilities and banqueting suites, the Piccadilly Health Club, a Jacuzzi, and one of London's largest indoor swimming pools. The time-honoured English tradition of afternoon tea takes place at the Oak Room Lounge, and the Terrace Restaurant and Bar serves gourmet international cuisine. London's cultural attractions are just minutes away from the hotel, including Piccadilly Circus, Leicester Square, and Covent Garden.



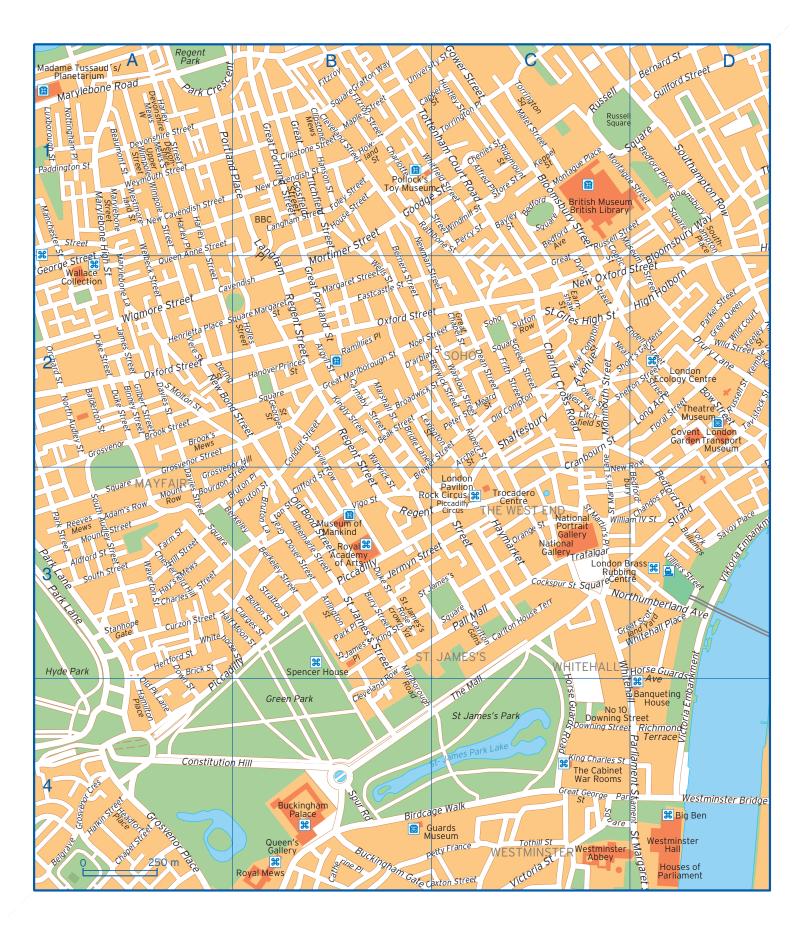














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Adam's Row	A3	Carlton Gardens	C3	Ewer Street	F3 F4	Hay's Mews	А3
Albemarle Street	В3	Carlton House Terr.	C3	Eyre Street Hill	E1	Haymarket	C3
Aldermanbury	G2	Carmelite Street	E2	Fann Street	F1 G1	Headfort Place	A4
Aldersgate Street	F1	Carnaby Street	B2	Farm Street	А3	Henrietta Place	A2
Aldford Street	A3	Carter Lane	F2	Farringdon New Bri.	F2	Hertford Street	А3
Aldwych	D2	Catherine Place	B4	Farringdon Road	E1	High Holborn D:	1 D2 E1
Alfred Place	C1	Cavendish Square	A2 B2	Fetter Lane	E2	Hill Street	А3
Archer Street	C2	Caxton Street	B4 C4	Fitzroy Square	B1	Holborn Viaduct	E1 F2
Argyll Street	B2	Chancery Lane	E2	Fitzroy Street	B1	Holland Street	F3
Arlington Street	В3	Chandos Place	D3	Fleet Street	E2	Holles Street	B2
Arundel Street	E2	Chapel Street	A4	Floral Street	D2	Hopton Street	F3
Balderton Street	A2	Charing Cross Road	C2	Foley Street	B1	Horse Guards Avenu.	D3 D4
Bayley Street	C1	Charles Street	A3	Fortune Street	G1	Horse Guards Road	C3 C4
Baylis Road	E4	Charlotte Street	B1	Foster Lane	G2	Hosier Lane	F1
Beak Street	B2	Charterhouse Squar.	F1	Frith Street	C2	House Street	B1
Bear Lane	F3	Charterhouse Stree.	E1 F1	Furnival Street	E1 E2	Howland Street	B1
Beaumont Street	A1	Chenies Street	C1	George Street	A2	Huntley Street	C1
Bedford Ave	C1	Chesterfield Hill	A3	Gilbert Street	A2	James Street	A2
Bedford Place	D1	Chicheley Street	D4 E4	Giltspur Street	F1 F2	Jermyn Street	B3 C3
Bedford Row	D1 E1	Chiswell Street	G1	Gloucester Terrace	D2 E2	John Carpenter Str.	E2 F2
Bedford Square	C1	City Road	G1	Golden Lane	G1	John Street	D1 E1
Bedford Street	D3	Clarges Street	В3	Goodge Street	B1 C1	Kean Street	D2
Bedfordbury	D3	Clerkenwell Road	E1 F1	Gordon Square	C1	Keeley Street	D2
Belgrave Square	A4	Cleveland Row	B3 B4	Gosfield Street	B1	Kemble Street	D2
Belvedere Road	D4 E3	Cleveland Street	B1	Goswell Road	F1	Keppel Street	C1
Berkeley Square	A3 B3	Clifford Street	В3	Gower Street	C1	King Charles Stree.	C4
Berkeley Street	В3	Clipstone Mews	B1	Grafton Street	В3	King Edward Street	F1 F2
Bernard Street	D1	Clipstone Street	B1	Grafton Way	B1	King Street	В3
Berners Street	B1 B2	Cockspur Street	C3	Gray's Inn Road	E1	King William St	G2
Berwick Street	B2 C2	Coleman Street	G2	Great Chapel Stree.	C2	Kingly Street	B2
Binney Street	A2	Conduit Street	B2	Great Dover Street	G4	Kingsway	D2
Birdcage Walk	B4 C4	Consert Hall Appro.	E3	Great George Stree.	C4	Kirby Street	E1
Blackfriars Bridge	F2 F3	Constitution Hill	A4 B4	Great Guildford St.	F3 G4	Lambeth Place Road	D4
Blackfriars Road	F3 F4	Coptic Street	C1 C2	Great James Street	D1	Lancaster Place	D2 D3
Bloomsbury Square	D1	Coral Street	E4	Great Marlborough .	B2	Langham Place	B1 B2
Bloomsbury Street	C1	Cornwall Road	E3	Great Portland Str.	B1 B2	Langham Street	B1
Bloomsbury Way	D1 D2	Cowcross Street	F1	Great Queen	D2	Lavindton Street	F3
Bolton Street	В3	Cranbourn Street	C2 C3	Great Russell Stre.	C2	Laystall Street	E1
Bonhill Street	G1	Crosby Row	G4	Great Scotland Yar.	C3 D3	Leather Lane	E1
Borgough Road	F4	Cursitor Street	E2	Great Suffolk Stre.	F4	Lexington Street	B2 C2
Borough High Stree.	G3 G4	Curzon Street	А3	Great Titchfield S.	B1	Lincoln's Inn Fiel.	D2 E2
Bourdon Street	A3 B2	D'arblay Street	B2 C2	Greek Street	C2	Litchfield Street	C2
Bouverie St Temple.	E2	Davies Street	A2 A3	Gresham Street	F2 G2	Little Britain	F1
Bow Street	D2	Dean Street	C2	Greville Street	E1	Loman Street	F4
Bread Street	G2	Dering Street	A2	Grosvenor Crescent	A4	London Bridge	G3
Bream's Buildings	E2	Devonshire Mews So.	A1	Grosvenor Hill	A3 B2	London Wall	G1
Brewer Street	B3 C2	Devonshire Mews We.	A1	Grosvenor Place	A4	Long Acre	D2
Brick Street	A3	Devonshire Street	A1	Grosvenor Square	A2	Long Lane	G4
Bridle Lane	B2	Dodson Street	E4 F4	Grosvenor Street	A2 A3	Lower Marsh	E4
Broadwick Street	B2 C2	Doughty Street	D1	Guilford Street	D1	Ludgate Hill	F2
Brook Street	A2	Dover Street	В3	Gutter Lane	G2	Luxborough Street	A1
Brook's Mews	A2	Down Street	A3 A4	Half Moon Street	A3 B3	Malet Street	C1
Bruton Lane	В3	Downing Street	C4	Halkin Street	A4	Manchester Street	A1 A2
Bruton Place	A3 B3	Drury Lane	D2	Hamilton Place	A4	Manciple Street	G4
Bruton Street	В3	Drury Lane	D2	Hanover Square	B2	Maple Street	B1
Buckingham Gate	В4	Duke Street	A2 B3	Hanson Street	B1	Marchmont Street	D1
Bunhill Row	G1	Earnshaw Street	C2	Harley Place	A1	Margaret Street	B2
Bury Street	В3	Eastcastle Street	B2	Harley Street	A1	Marlborough Road	B3 B4
Cannon Street	G2	Elm Street	E1	Harper Road	G4	Marshall Street	B2
Capper Street	B1 C1	Emerson Street	G3	Hatfields	E3	Marshalsea Road	G4
Carey Street	E2	Endell Street	C2 D2	Hatton Garden	E1	Marylebone High St.	A1 A2
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Marylebone Lane	A1 A2	Queen Street G2	Sutton Row C2
Marylebone Road	A1	Queen Victoria Str. F2 G2	Tabard Street G4
Marylebone Street	A1	Ramillies Place B2	Tavistock Street D2
Meard Street	C2	Rathbone Street B1 C1	Temple Place E2
Milk Street	G2	Ray Street E1	The Mall C4
Millman Street	D1	Redcross Way G4	Theobald's Road D1
Milton Street	G1	Reeves Mews A3	Thrale Street G3
Mint Street	G4	Regent Street B2 B3 C3	Torrington Place C1
Monmouth Street	C2	Rennie Street F3	Torrington Square C1
Montague Place	C1	Richmond Terrace D4	Tothill Street C4
Montague Street	C1 D1	Ridgmount Street C1	Tottenham Court Ro. B1 C1
Moorgate	G1 G2	Ropemaker Street G1	Tower Street C2
Morley Street	E4	Rupert Street C2	Trafalgar Square C3
Mortimer Street	B1 B2	Russell Square C1	Tudor Street E2 F2
Mount Row	A3	Russell Street D2	Ufford Street E4 F4
Mount Street	A3	Saffron Hill E1	Union Street E4 F4 G4
Museum Street	C1 D2	Sandland Street D1 E1	University Street B1 C1
Neal Street	C2	Savile Row B2 B3	Upper Ground E3
New Bond Street	A2 B2	Savoy Place D3	Upper Marsh E4
New Cavendish Stre.	A1 B1	Shaftesbury Avenue C2	Upper Thames Stree. G2 G3
New Compton Street	C2	Shelton Street C2 D2	Walbrook Court G2
New Fetter Lane	E1 E2	Shoe Lane E2	Wardour Street C2
New Oxford Street	C2 D2	Short's Gardens C2 D2	Warwick Street B2 B3
New Row	C3 D2	Silk Street G1	Waterloo Bridge D3 E3
Newgate Street	F2	Snow Hill F1 F2	Waterloo Road E3 E4
Newman Street	B1 C2	Soho Square C2	Watling Street G2
Noel Street	B2 C2	South Audley Stree. A3	Waverton Street A3
North Audley Stree.	A2	South Molton Stree. A2	Webber Street E4 F4
Northington Street	D1 E1	South Street A3	Welbeck Street A1 A2
Northumberland Ave.		Southampton Place D1	Wells Street B2
Nottingham Place	A1	Southampton Row D1	Vere Street A2
Old Bond Street	B3	Southwark Bridge G3	West Smithfield Lo. F1
Old Compton	C2	Southwark Bridge R. F4 G3	West Street C2
Old Jewry	G2	Southwark Street F3	Westminster Bridge D4
Old Park Lane	A4	Spur Road B4	Westminster Bridge. E4
Orange Street	C3	St Andrew Street E1 E2	Westmoreland Stree. A1
Orchard Street	A2	St Ann's Street C4	Weymouth Street A1
Oxford Street	A2 B2	St Bride Street F2	White Lion Hill F2
Paddington Street	A2 B2 A1	St Cross Street E1	Whitecross Street G1
Pall Mall	C3	St George's Circus F4	Whitehall C3 C4
Paris Garden	F3	St Georges Street B2	Whitehall Place C3 D3
Park Crescent	гэ A1 B1	St Georges Street B2 St Giles High Stre. C2	Whitehorse Street A3 B3
Park Lane		St James's Place B3	
Park Place	A3 B3	St James's Rose & . B3	
Park Street		= *	
Park Street	A3	St James's Square B3 C3	- · ·
	G3	St James's Street B3	Wigmore Street A2
Parker Street	D2	St John Street F1	Vigo Street B3
Parliament Square	C4 D4	St John's Square F1	Viktoria Embankmen. D3
Parliament Street	D4	St Margaret Street D4	Wild Court D2
Pearman Street	E4	St Margaret Street D4	Wild Street D2
Percy Street	C1	St Martin's Lane C2 C3	William IV Street C3 D3
Peter Street	C2	St Martin's Le Gra. F2	Villiers Street D3
Peter's Lane	F1	St Martin's Place C3	Wimpole Street A1
Petty France	B4 C4	St Paul's Churchya. F2	Windmill Street C1
Phoneix Place	E1	Stamford Street E3	Wood Street G2
Piccadilly	A4 B3	Stanhope Gate A3	York Bridge A1
Pilgrimage Street	G4	Stones End Street G4	York Buildings D3
Portland Place	A1 B1	Store Street C1	York Road E4
Portpool Lane	E1	Strand D2 D3 E2	Zoar Street F3
Princes Street	B2	Stratton Street B3	
Queen Anne Street	A1 A2	Sumner Street F3 G3	