YOUR GUIDE TO - LONDON





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Your audio guide:

Thanks very much for choosing this mp3cityguides guide to London. If you've already done any of our other walks, you'll know how it works but if not, I'll tell you now.

As you've probably already noticed, each of these sections of the walk that you've downloaded on to your machine has a name - this first one in our Westminster and West End tour is 'Westminster', for instance, while in our London City tour it's 'The Tower of London'. Just consider each of these walks as individual tracks on an 'album' which is the complete tour. You'll hear directions about where to go next at the end of each section but the route and the stopping points are also marked on your map which is on page five of this Printed Guide.

When you get to a stopping point find somewhere to stand or sit which is out of the way of people and traffic and then play the relevant section of the walk.

The map has been especially produced to help you find your way while you're listening to the audio guide which means that it's not drawn exactly to scale.

Top tip: when you print out this Printed Guide or, at least, the map, set your printer to high quality or fine print so that the map is as clear as possible and easy to read.

Please take care when you're using the audio guide: London is a relatively safe city but do keep an eye out for pick pockets and watch out when you're crossing the road.

When we arrive at a monument, church or a museum, after I've described it you might want to go in or you might want to buy a ticket for later if it looks crowded. Or you might just want to carry on and come back and visit it afterwards now that you know where it is.

Top tip: Play a few sections of the tour on your mp3 player or iPod before you go just to check that they've downloaded OK.

Your printed guide:

This printed guide complements your audio guide. We know that exploring a city can take more than one visit - and possibly even a life time so we've pared our guide down to what we think are the essential things to see and do. They're included in section four, the Hit List.

We've done our best to get it right and, because we're an Internet based guide rather than a conventional guidebook, we can update our information very quickly.

That said, all kinds of places inevitably change their opening times at short notice so please accept our apologies if you arrive somewhere and, despite what we've said, you find it's shut. As with your Audio Guide, if you find that a museum, gallery, church, bar or restaurant is not as we've described it then please do let us know by contacting us at feedback@mp3cityguides.com

Finally, before you go you might want to book the following which can be very busy: the National Gallery, the Tate Gallery and Buckingham Palace so you might want to book a timed entry ticket before you go. Here are the Internet sites from which you can book tickets:

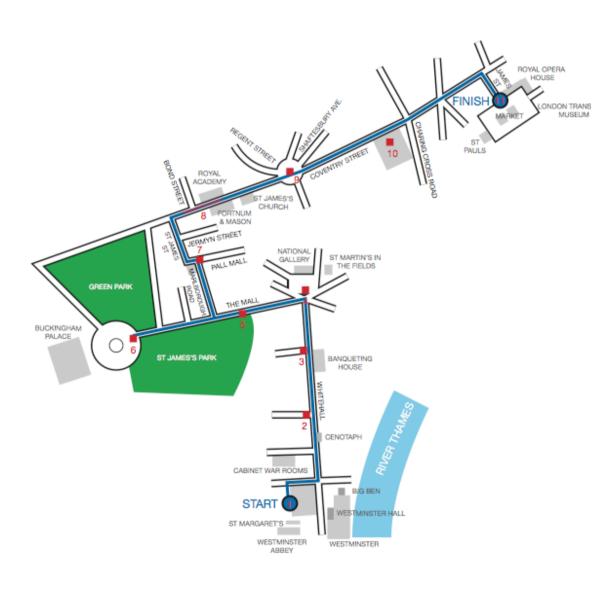
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www.nationalgallery.org.uk www.tate.org.uk www.the-royal-collection.com www.londoneye.com

Note all phone numbers are quoted as dialled from within the UK. To dial from abroad simply use your international access code followed by 44 and then drop the first 0 of the number shown. In most cases this will be INTL ACCESS CODE \pm 44 \pm 20 then the rest of the number.

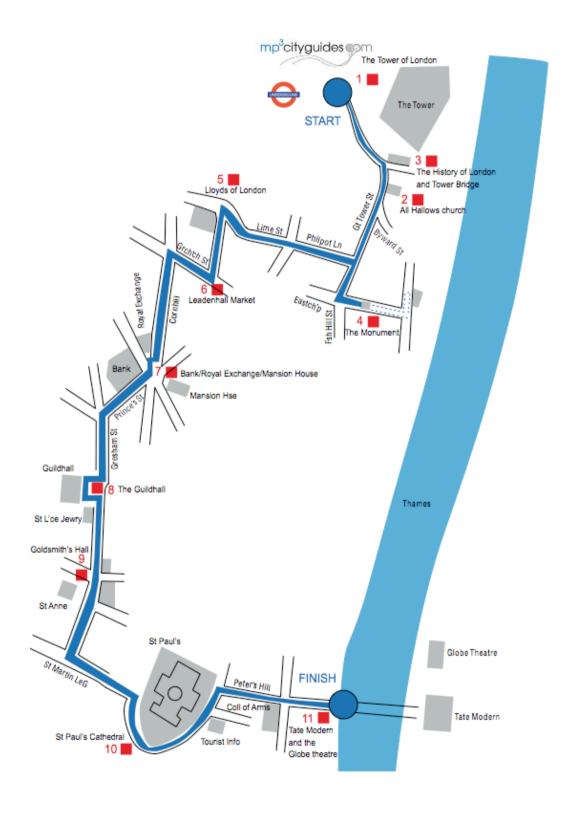
Numbers beginning '0845' can usually only be dialled from within the UK. TOP TIP: London is a big city and so this Printed Guide is also big – over 30 pages of details of transport and attractions plus the best restaurants and shops. You might want to print out only those sections that are relevant to you and your plans in London. Alternatively, copy and paste some section into another document to create your own bespoke guide to London.

- Stops:
 1. Westminster 6. Buckingham Palace 2. Whitehall & Downing St 7. St James's Palace
- 3. Horseguards
- 4. Trafalgar Square
- 5. The Mall
- 8. Piccadilly
- 9. Piccadilly Circus10. Leicester Square
- 11. Covent Garden



2.0 - MAP - LONDON CITY

1. Tower of London 2. All Hallows Church 3. History & Tower Bridge 4. Monument 5. Lloyds of London. 6. Leadenhall Market 7. Bank/Royal Exchange/Mansion House 8. Guildhall 9. St Paul's 10. Tate Modern & Globe



3.0 - GETTING AROUND

From Heathrow Airport

Underground: Take the Piccadilly Line of the Underground (also known as the Tube) which goes directly into the West End via Chelsea and takes about 50 minutes. Trains start at about 5.30am and run until about midnight.

There is an additional ticket machine in the Baggage Reclaim area of International Arrivals in Terminal 1 which can save you queuing at the Underground station. If you plan to travel quite a bit by Tube during your staff it's cheaper to buy an Oyster card – see Tube below. For more information visit www.thetube.com or ring 020 7222 1234

Train:

Heathrow Express: A comfortable, fast train service into Paddington station in the north west corner of central London. Services run every 15 minutes and the journey time is just 15 minutes with an extra seven to eight minutes to and from Terminal 4. Price: single fare from: £21 and standard return £34. See www.heathrowexpress.com or ring 0845 600 1515 from the UK.

Heathrow Connect: A slower but much cheaper service that stops at stations in West London. Trains depart every 30 minutes from 4.42am until 11.08pm and take about 30 to 45 minutes. Price: single fare to Paddington is £9.90.

Coach: Most coaches pick up and set down passengers at the Central Bus Station, which is near Terminals 1, 2 and 3. Buses depart every 10 to 15 minutes from 5.30am until about 9.30pm and take 45 minutes to an hour depending on traffic. Price: single from £15 and return from £25. For more information visit www.nationalexpress.co.uk or ring 8705 808 080.

There is also a night bus, the N9 which goes to and from Central London every 30 minutes.

Taxi: London black cabs are available outside all terminals. They take about 45 minutes to an hour to get into the West End depending on traffic and cost about £45 to £60.

From Gatwick Airport:

Train: Gatwick Express trains leave every 15 minutes from 4.35am until 1.35am and take 30 minutes to get into London's Victoria station which is on the District & Circle and the Victoria Lines of the Underground. Price: £17.70 single and £31.05 return (round trip). You can buy them at Gatwick Airport station but it's cheaper to get

them online beforehand. For sales and more information visit www.gatwickexpress.com or ring 0845 850 1530.

A cheaper train option is the Southern Trains service which takes about 40 minutes to get to Victoria, stopping at Clapham Junction where you can change for trains to Waterloo just south of the Thames and south west London. Price: from about £11 single and £19 return. For more information see: www.southernrailway.com. Note: you MUST buy tickets before you board the train.

Coach: National Express coaches leave every 30 minutes and take about two hours. Price: single £6.60 and return £12.20. For more information visit www.nationalexpress.co.uk or ring 08705 808 080.

Taxi: A last resort from this airport. They take about an hour and half to get into Central London and cost around £110.

From Stansted Airport:

Train: the Stansted Express departs every 15 – 30 minutes and takes about 45 minutes to get to London Liverpool Street station on the Central Line and the Circle Line in the City of London which is the Financial District to the East of Central London. Price: £23.40 single and £33.20 return. For more information visit www.stanstedexpress.com

Coach: National Express coaches go variously to Victoria and Trafalgar Square. They depart about every 10 to 30 minutes and take about an hour and 40 minutes, depending on traffic. Most operate 24 hours a day. Price: £13 single and £21 return. For more information visit visit www.nationalexpress.co.uk or ring 8705 808 080.

Terravision coaches go directly from Stansted to London Victoria Coach station 24 hours day. They depart every 30 minutes and take about an hour and a quarter depending on traffic and cost. Price: £10 single and £17 return.

Snowdrop Travel connecting to Kings Cross, Bussell Square, Piccadilly, Bayswater.

Snowdrop Travel connecting to Kings Cross, Russell Square, Piccadilly, Bayswater and Earls Court. Coaches go every hour 24 hours a day. Journey Time is about two hours. Price: single £15.50 and £30 return. For further Information ring: 020 8593 7771

Taxi: Taxis take about an hour to get into Central London and cost about £110.

Luton Airport

Train: Trains take about 25 minutes to get into Kings Cross station which is on the Piccadilly, Northern, Metropolitan & Circle, and Victoria Underground lines towards the north of Central London. Trains depart every few minutes. Price: single £13.00

£24.40 return. There is a regular shuttle from the airport to the station which departs from Bay 1.

Coach: easybus buses depart every about 20 minutes 24 hours a day and take about one hour forty minutes to get into Central London. They arrive at Baker Street in the north west of Central London. Baker Street station is on the Bakerloo, Jubilee, Metropolitan & Circle Lines. Prices: start at single £2 and £4 return. Green Line buses depart about every 20 minutes 24 hours a day and take one hour to one hour forty minutes to get into Central London. They arrive at Finchley Road in North London, Baker Street station, Marble Arch and Victoria Coach station. For more information visit: www.greenline.co.uk or ring 0844 801 7261.

Taxi: taxis take about an hour to an hour and a half depending on traffic to get in to Central London and cost from about £50. For more information visit www.cabcotaxisluton.co.uk ring 01582 737777 or www.lutontaxis.com or ring 01582 735555.

Via trains from Dover (into Victoria Station)

Victoria Station is on the Victoria and District & Circle Lines of the London Underground. Taxis in the form of black London cabs are available from the front of the station. Don't be tempted to use a taxi tout. The bus station is also just outside the main entrance. Victoria Coach station which operates coaches for longer journeys is in Buckingham Palace Road, round to the left as you exit the station through the main entrance.

Via the Eurostar (into Waterloo station)

Waterloo station is on the Northern, Bakerloo and Jubilee Lines of the London Underground. Taxis in the form of black London cabs are available – just follow the signs. Don't be tempted to use a taxi tout. There are also numerous buses from the station – again just follow the signs.

Getting Around

For general information about public transport in London visit the Transport for London website www.tfl.gov.uk

Underground: The Underground, or the Tube as it's known is reasonably reliable and is certainly the fastest way to get around London. Trains run every few minutes from about 5.30am until after midnight every day.

Prices start at £4.70 for a single journey if you pay cash.

To get the best value for money, instead of buying a ticket at the station, get an Oyster card. It works for tube, bus and Docklands Light Railway. Either get unlimited travel for a certain period or load a value onto it - £5, £10, £15 etc and the

appropriate fare will be deducted every time you travel. You can buy Oyster cards online before you arrive by visiting www.visitbritaindirect.com Otherwise they are available at tube stations and London Travel Information Centres. Once you've bought your card you can put money onto it at various shops as well. A single journey costs £2.20 off peak.

For more information ring Transport for London on 020 7222 1234 or visit www.thetube.com

Bus: Buses are also frequent and relatively cheap. They run from early in the morning to late at night. Just check the route at a bus stop and the destination on the front of the bus. Also check whether you can buy a ticket on the bus or whether you need to buy one before you board. Prices are \mathfrak{L}^2 in central London if you pay by cash and \mathfrak{L}^1 if you use an Oyster card (see Underground above). A weekly pass for unlimited bus travel Central London costs \mathfrak{L}^14 .

Night buses: Night buses which have the prefix N in front of their route numbers run throughout the night from central London, principally around Trafalgar Square.

Taxi: The drivers of London's famous black cabs have to 'do the knowledge', in other words learn every street in London before they can ply their trade. The minimum charge is £2.20 and you can expect to pay up to £15 to get any distance in Central London. The yellow light means that they are available for hire. They're much harder to hail at night so you might want to ask your restaurant or hotel to order you a minicab.

Docklands Light Railway: At its name suggests, this railway covers the new Docklands area and offers some great views – especially from the front of the first carriage. Tickets and fares are the same as on the Underground.

Boat: There are boat services along the Thames from Westminster, the Tower of London and the Tate modern amongst other places. For details visit: www.tfl.gov.uk/river

Renting bikes: Cycling in London is somewhat hazardous but is getting easier. Look out for cycle symbols and green cycle lanes on the streets.

4.0 - THE HIT LIST

Getting to know London – or any big city – can take a lifetime but if you've only got a weekend then here is what we recommend you see in descending order of priority.

* = covered on our Westminster and West End audio guide †= covered on our London City audio guide

Palaces:

* Buckingham Palace Official home of Her Majesty Queen Elizabeth II.

Open: Daily during August and September 9.45am - 6pm (last admissions 3.45pm. Tickets are by timed entry.

The Mall, SW1. Tube: Green Park. T: 020 7766 7300 or

bookinginfo@royalcollection.org.uk

www.the-royal-collection.com

Hampton Court Vast, richly decorated home of King Henry VIII.

Palace and Maze open: Daily 25th March to 27th October 10am – 6pm (last entry to maze 5.15pm) and 28th October to 29 March 10am – 4.30pm (last entry to maze 3.45pm). Formal gardens open: Daily summer 10am – 7pm and other times 10am – 5.30pm.

Trains go regularly from Waterloo station to Hampton Court station. T: 0870 752 7777

www.hrp.org.uk

* Palace of Westminster The historic seat of Britain's Parliament.

Free tours for UK citizens are held throughout the year. You need to arrange a place through your MP or a Lord. Visitors pay for a tour during the Summer Opening, in advance or by queuing on the day.

Overseas visitors can only tour Parliament during the Summer Opening, when paid-for tickets are available. However, overseas visitors may still attend debates and committees throughout the year. For more information visit the website. Parliament Square, SW1. Tube: Westminster. T: 020 7219 3000 www.parliament.uk

Kensington Palace The former home of Diana, Princess of Wales, this stately home and museum has beautiful state apartments and temporary exhibitions with a royal theme.

Open: Daily 1st March to 31st October 10am - 6pm (last admission 5pm) and 1st November to 28 February 10am - 5pm (last admission 4pm).

Kensington High Street, W8. Tube: Kensington High Street. T: 0870 751 5170 www.hrp.org.uk

Castles

† The Tower of London Over a thousand year of often gruesome history plus the glittering splendour of the crown jewels.

Open: 1st March to 31st October Tuesday to Saturday 9am - 6pm, Sunday and Monday 10am – 6pm (last admission 5pm). 1st November to end February Tuesday to Saturday 9am – 5pm and Sunday and Monday 10am – 5pm (last admission 4pm). Tube: Tower Hill. T: 0870 756 6060

www.hrp.org.uk

Windsor Castle Grand historic castle, said to be the Queen's favourite residence. Open: Daily March to October 9.45am – 5.15pm (last admission 4pm). November to February 9.45am – 4.15pm (last admission 3pm). Windsor. Take the train to Windsor station from London Waterloo or London Paddington. T: 020 7766 7304 or bookinginfo@royalcollection.org.uk

www.the-royal-collection.com

Art galleries

* **The National Gallery** Britain's foremost collection of Old Masters and great works of art with regularly changing exhibitions.

Open: Daily 10am - 6pm and Wednesday until 9pm.

Trafalgar Square, WC1. Tube: Charing Cross/Leicester Square. T: 020 7747 2885 www.nationalgallery.org.uk

† Tate Modern Striking exhibition space with modern art and regularly changing exhibitions.

Open: Sunday to Thursday 10am – 6pm, Friday and Saturday 10am to 10pm. Bankside, SE1. Tube: Blackfriars/Southwark. T: 020 7887 8888 www.tate.org.uk

Tate Britain Recently refurbished gallery specialising in British works of art. Open: Daily 10am – 5.50pm and last Friday of the month open until 10pm. Address Millbank. Tube: Pimlico/Westminster. T: 020 7887 8888 www.tate.org.uk

* Royal Academy Two separate spaces with regularly changing exhibitions. Open: Daily10am - 6pm and Friday until 10pm. Piccadilly, W1. Tube: Green Park/Piccadilly Circus. T: 020 7300 8000 www.royalacademy.org.uk

Hayward Gallery Regularly changing exhibition space for modern art in the South Bank arts complex.

Open: Daily10am - 6pm and Friday and Saturday until 10pm. South Bank Centre, SE1. Tube: Waterloo/Embankment. T: 08703 800 400 www.haywardgallery.org.uk

National Portrait Gallery Paintings and photographs of kings, queens and other members of the great and good in striking newly refurbished building.

Open: Daily 10am - 6pm and Thursday and Friday until 9pm.

St Martin's Place, WC2 (behind the National Gallery). Tube: Charing

Cross/Leicester Square. T: 020 7312 2463

www.npg.org.uk

Dulwich Picture Gallery Easily manageable collection of Old Masters in a beautiful neo-classical building.

Open: Tuesday to Friday 10am – 5pm and Saturday, Sunday and Bank Holidays, 11am – 5pm.

Gallery Road, Dulwich, SE21. Take the over ground train from either Victoria to West Dulwich or London Bridge to North Dulwich. The gallery is ten minutes walk away.

T: 020 8693 5254

www.dulwichpicturegallery.org.uk

Museums

British Museum One of the world's largest collections of art and antiquities. Open: Daily 10am - 5.30pm. Some galleries are open late on Friday and Saturday. Great Russell Street, WC1. Tube: Tottenham Court Road/Holborn. T: 020 7323 8000

www.thebritishmuseum.ac.uk

Victoria and Albert Vast collection of ancient and modern decorative arts from Britain and around the world including special exhibitions. Open: Daily 10am – 5.45pm and until 10pm on Friday.

Cromwell Road, SW7. Tube: South Kensington. T: 020 7942 2000 www.vam.ac.uk

Natural History Museum Extensive and varied collection ranging from dinosaur skeletons to gemstones. Very interactive, particularly good for children. Open: Daily 10am – 5.50pm.

Cromwell Road, SW7. Tube: South Kensington. T: 020 7942 5000 www.nhm.ac.uk

Science Museum Huge interactive array of objects from impressively positioned fighter planes and rockets to computers and old weaving looms. Open: Daily 10am - 6pm.

Exhibition Road, SW7. Tube: South Kensington. T: 0870 870 4868 www.sciencemuseum.org.uk

Museum of London Lively, informative, interactive museum describing every aspect of the story of London. Open: Monday to Saturday10am – 5.50pm and Sunday 12noon - 5.50pm (last admission 5.30pm).

London Wall, EC2. Tube: St Paul's/Barbican. T: 0870 444 3850 www.museumoflondon.org.uk

National Maritime Museum Comprehensive telling of the story of Britain's great seafaring history. Open: Daily 10am to 5pm (last admission 4.30pm). Greenwich, SE10. Take Dockland Light Railway to Cutty Sark. T: 020 8858 4422 www.nmm.ac.uk

London Transport Museum The story of public transport in London complete with trams, buses and Underground Trains. Interactive and fun for kids. Stylish shop. Open: Saturday to Thursday 10am – 6pm and Friday 11am – 9pm. Covent Garden Piazza, WC2. Tube: Covent Garden. T: 020 7379 6344 www.ltmuseum.co.uk

Imperial War Museum Well thought out and often moving with a focus on the two World Wars with regular temporary exhibitions. Open: Daily 10am - 6pm. Lambeth Road, SE1. Tube: Lambeth North/Elephant & Castle. T: 020 7416 5320 www.iwm.org.uk

Design Museum Regularly changing exhibitions on the subject of design. Open: Daily 10am – 5.45 pm (last admission 5.15pm). Shad Thames, SE1. Tube: London Bridge/Tower Hill. T: 0870 833 9955 www.designmuseum.org

* Cabinet War Rooms & Churchill Museum Meticulously preserved bunker from which Churchill directed Britain's effort during the Second World War. Open: Daily 9.30am - 6pm (last admission 5pm).

King Charles Street, SW1. Tube: Westminster/Charing Cross. T: 020 7930 6961 www.iwm.org.uk

Smaller museums – many of London's smaller museums are easily manageable and less crowded than the larger ones but every bit as fascinating.

Sir John Soane The home of one of Britain's greatest architects, beautifully preserved and full of works of art and antiquities. Open: Tuesday to Saturday 10am - 5pm with atmospheric candlelit opening on the first Tuesday of every month. 13 Lincoln's Inn Fields, WC2. Tube: Holborn. T: 020 7440 4263 www.soane.org

Wallace Collection Small stately home containing stunning Old Masters and a collection of French eighteenth century painting, furniture and porcelain. Open: Daily 10am - 5pm.

Manchester Square, W1. Tube: Marble Arch. T: 0207 563 9500 www.wallacecollection.org

Leighton House Beautifully decorated home of romantic Victorian painter Alfred, Lord Leighton. Open: Daily except Tuesday 11am – 5.30pm. 12 Holland Park Road, W14. Tube: High Street Kensington. T: 020 7602 3316 www.rbkc.gov.uk/leightonhousemuseum

Pollock's Toy Museum Vast collection of toys and games throughout the ages. Open: Monday to Saturday 10am – 5pm (last admission 4.30pm).

1 Scala Street, W1. Tube: Goodge Street. T: 020 7636 3452

www.pollockstoymuseum.com

Churches

Please be respectful during services.

* Westminster Abbey Gothic cathedral filled with monuments to Great Britons.

Open: Times vary but are normally: Monday to Saturday 9.30am – 3.45pm and Wednesday until 7pm. Sunday - worship only.

Parliament Square, SW1. Tube: Westminster/St James's Park. T: 020 7654 4900 or info@westminster-abbey.org

www.westminster-abbey.org

† St Paul's Cathedral London's most magnificent cathedral, designed by Sir Christopher Wren. Open: Monday to Saturday between 8.30am – 4pm. Sunday – worship only.

St Paul's Churchyard, EC4. Tube: St Paul's. T: 020 7246 8350 / 020 7236 4128 www.stpauls.co.uk

* **St Martin's in the Fields** Beautiful interior with classical concerts and brass rubbing.

Open: Depending on services and concerts, Monday to Friday 8am – 6pm, Saturday 9am – 5pm and Sunday 8am – 6.30pm. www.stmartin-in-the-fields.org

* **St James's Piccadilly** Sir Christopher Wren's favourite church, elegant and spacious. Open: Depending on services and concerts, daily 8.15am – 6.30pm. Piccadilly, W1. Tube: Piccadilly Circus. T: 020 7734 4511 www.st-james-piccadilly.org

Other attractions:

London Aquarium Over 350 species including sharks, stingrays and sideways walking crabs. Open: Daily 10am - 6pm (last admission 5pm)
County Hall, Westminster Bridge Road, SE1. Tube: Waterloo/Westminster. T: 020 7967 8000

www.londonacquarium.co.uk

British Airways London Eye Giant Ferris wheel on the banks of the Thames, offering great views of London. Open: October to May daily 10am - 8pm and June to September daily 10am - 9pm. Opening times are subject to change. Riverside Building, County Hall, Westminster Bridge Road, SE1.

Tube: Waterloo/Westminster. T: 0870 990 8883 www.londoneve.com

† The Monument Sir Christopher Wren's magnificent memorial to the Great Fire of London is the tallest stone column in the world and offers great views across the City if you have the energy to climb its 311 steps. Open: Daily 9.30am – 5.30pm. 1st October and 31st March 9.30am – 5pm.

Fish Hill Street. Tube: Monument. T: 020 7626 2717 www.themonument.info

* Banqueting House Inigo Jones' elegant Palladian style hall with stunning ceiling painting by Rubens. Open: Monday to Saturday 10am – 5pm but please note that it can close early at short notice due to evening events.

Whitehall. Tube: Embankment/Charing Cross/Westminster. T: 0870 751 517 www.hrp.org.uk

† Tower Bridge Enjoy great views from the upper walkways and see the machinery that lifts this massive structure on a regular basis. Open: 1st April – 30th September Daily 10am – 5.30pm. 1st October and 31st March 9.30am – 5pm. Tower Bridget, SE1. Tube: Tower Hill/London Bridge. T: 020 7403 3761 www.towerbridget.org.uk

London Dungeon Ghoulish recreation of the more bloodthirsty elements of London's history. Open: Opening times vary constantly but usually the Dungeon is open daily from about 9.30am until about 5.30pm.

Tooley Street, SE1. Tube: London Bridge. T: 0871 360 2049 www.thedungeons.com

Madame Tussauds The famous waxworks now includes Stardome - formerly the London Planetarium. Open: Daily. Peak (ie, weekends and school holidays) 9am - 6pm and weekdays excluding school holidays 9.30am - 5pm. Baker Street, W1. Tube: Baker Street. T: 0870 999 0293

www.madame-tussauds.com

Theatre

London is famous for its theatre. There are too many individual theatres to mention here but the Official London Theatre guide website has an up to date list of shows with seat availability. www.officiallondontheatre.co.uk

Visit the cut price ticket office in Leicester Square open Monday to Saturday 10am- 7pm and Sunday noon – 2.30pm.

5.0 - EATING, DRINKING & SHOPPING

LONDON AREA BY AREA

WEST END/COVENT GARDEN

The heart of London, here you'll find all the big name shops and some of the city's most famous restaurants – as well as big crowds – so think about going early.

EATING AND DRINKING

Cafes/Coffee houses

Patisserie Valerie Traditional French café and patisserie with some stunning cakes. 44 Old Compton Street, W1. Tube: Leicester Square/Piccadilly Circus. T: 020 7437 3466. Open: Monday and Tuesday 7.30am – 8pm, Wednesday to Friday 7.30am 11pm, Sunday 9am – 8pm.

162 Piccadilly, W1. Tube: Green Park/Piccadilly Circus. T: 020 7491 1717. Open: Monday to Friday 7.30am – 7.30pm, Saturday 8am – 8pm and Sunday 9am – 7pm. 105 Marylebone High Street, W1. Tube: Baker Street/Bond Street. T: 020 7935 6240.

Open: Monday to Friday 7.30am - 7pm, Saturday 8am - 7pm and Sunday 9am - 6pm.

www.patisserie-valerie.co.uk

Paul Smart French café and bakery chain. Open: Monday to Friday: 7.30am - 9pm and

Saturday Sunday: 9am - 9pm.

29-30 Bedford Street, WC2. Tube: Covent Garden/Leicester Square. T: 020 7836 3304

See website for other branches

www.paul.fr/uk

Richoux French café and patisserie which also serves more substantial snacks. 172 Piccadilly, W1, Tube: Green Park/Piccadilly Circus. T: 020 7493 2204 Open: Monday to Friday 8am – 11pm, Saturday 8am – 11.30pm and Sun 9am – 11pm.

1a South Audley Street, W1. Tube: Green Park/Bond Street. T: 020 7629 5228

Open: Monday to Friday 8am – 11pm, Saturday 8am – 11.30pm and Sunday 9am – 11pm.

www.richoux.co.uk

Sketch: The Parlour Extremely smart and rather quirky teashop. Open: Monday to Friday 8am – 9pm and Saturday 10am – 9pm.

9 Conduit Street, W1. Tube: Oxford Circus. T: 0870 777 4488. www.sketch.uk.com

The Wolseley Elegant, bustling café and restaurant in the grand European style. Excellent service and attention to detail. Open: Monday to Friday 7am – midnight and Saturday and Sunday 9pm to 11.30pm.

160 Piccadilly, W1. Tube: Green Park/Piccadilly Circus. T: 020 7499 6996 www.thewolseley.com

Yauatcha Minimalist teashop with an Eastern influence, amazing range of teas and chi-chi cakes. Open: Monday to Friday noon – 11pm, Saturday 11.45am – 11pm and Sunday 11.45am – 10.30pm.

15 Broadwick Street, W1. Tube: Oxford Circus. T: 020 7494 8888

Pubs and bars

One Aldwych Lobby Bar Drop dead elegant hotel bar serving the smartest cocktails.

Saturday 9am – midnight and Sunday 8am – 10.30pm. 1 Aldwych, WC2. Tube: Holborn. T: 020 7300 1070 www.onealdwych.com

Hakkasan Part of London's chicest Chinese restaurant, this smart bar offers imaginative, well constructed cocktails with an oriental theme. Open: Monday to Wednesday noon - 12.30am, Thursday to Saturday noon - 1.30am and Sunday noon - midnight.

8 Hanway Place, W1. Tube: Tottenham Court Road. T: 020 7907 1888

Lab Cool hangout for media and creative types with imaginative cocktail list. Open: Monday to Saturday 4pm – midnight and Sunday:

12 Old Compton Street, W1. Tube: Leicester Square. T: 020 7437 7820 www.lab-townhouse.com

Pearl Bar Relaxed bar with subtle décor and extensive list of wines by the glass. Open: Monday to Friday 11am – 11pm and Saturday 6pm – 11pm. Chancery Court Hotel, 252 High Holborn. Tube: Holborn. T: 020 7829 7000 www.pearl-restaurant.com

Polo Bar You don't have to stay at the exclusive Westbury Hotel to enjoy a quiet drink in its charming Art Deco bar. Open: Daily 11am – 1am.

Conduit Street, W1. Tube: Bond Street. T: 020 7629 7755. www.westburymayfair.com

Restaurants

Prices: Budget: main courses up to £15 Moderate: £15- 25 Expensive: £25 and upwards

Andrew Edmonds Cosy, atmospheric little bistro with varied Modern British and European menu. Open: Monday to Friday 12.30pm - 3pm and 6pm - 10.45pm, Saturday 1pm - 3.30pm and 6pm - 10.45pm, Sunday 1pm - 3.30pm and 6pm - 10.30pm. Price: Moderate.

46 Lexington Street, W1. Tube: Piccadilly Circus/Oxford Circus. T: 020 7437 5708

Barrafina Authentic tapas bar offering food with lively flavours and fresh ingredients. Open: Monday to Saturday 12noon - 3pm and 5pm – 11pm. Price: Moderate.

54 Frith, W1. Tube: Tottenham Court Road. T: 020 7813 8016 www.barrafina.co.uk

Bocca di Lipo Wonderfully simple, fresh tasting Italian food is organised geographically in this very popular new eatery. Open: Monday to Saturday 12.30pm – 3pm and 5.30pm – midnight, Sunday 12noon – 4pm. Pre-theatre dinner: Monday to Saturday 5.30pm – 7pm. Price: Budget/Moderate/Expensive. 12 Archer Street. Tube: Piccadilly Circus. T: 020 7734 2223. www.boccadilupo.com

Breakfast Club As the name suggests, fry ups are the speciality here but a quirky menu of well priced comfort food is also a major draw. Open: Monday to Friday 8am – 6pm and Saturday 9.30am to 5pm. Price: Budget.

33 D'Arblay Street, W1. Tube: Tottenham Court Road. T: 020 7434 2571 www.thebreakfastclubsoho.com

Christophers American cooking with seafood and particularly good grills. Open: Monday to Friday 12noon - 3pm and 5pm - 11.30pm, Saturday 11.30am - 3.30pm and 5pm - 11.30pm. Sunday 11.30am - 3.30pm and 5pm - 10.30pm. Price: Moderate/Expensive.

18 Wellington Street, WC2. Tube: Covent Garden/Holborn. T: 020 7240 4222 www.christophersgrill.com

Fernandez & Wells Upmarket takeaway sandwich bar with good soups, salads and puddings. To eat in - take your food round the corner to their branch at 73 Beak Street, W1. Open: Monday to Saturday 10am – 7pm. Price: Budget. 43 Lexington Street, W1. Tube: Piccadilly Circus/Oxford Circus. T: 020 7734 1546 www.fernandezandwells.com

Great Queen Street A new take on some classic British dishes. Open: Monday 6pm – 10.30pm, Tuesday to Saturday noon – 2.30pm and 6pm – 10.30pm. Price: Moderate/Expensive.

32 Great Queen Street. Tube: Covent Garden/Holborn. T: 020 7242 0622

Hummus Bros As the name suggests, hummus and pitta bread is on the menu with a variety of toppings including beef stew and sautéed mushrooms. Price: Budget. 37-63 Southampton Row, WC1. Tube: Holborn. T: 020 7404 7079

Open: Monday to Friday 11am - 10pm.

88 Wardour Street, W1. Tube: Piccadilly Circus. T: 020 7734 1311

Open: Monday to Wednesday 11am - 10pm, Thursday to Friday 11am - 11pm,

Saturday 12pm - 11pm and Sunday 12pm - 10pm.

www.hbros.co.uk

La Petite Maison London branched of the south of France restaurant serving well executed classic French dishes. Open: Monday to Saturday noon – 2.30pm and 7pm – 10.45pm. Price: Moderate/Expensive.

54 Brooks Mews, W1. Tube: Bond Street/Green Park. T: 020 7495 4774

Orso Authentic rustic Italian food in stylish subterranean restaurant. Open: Daily noon – 11.30pm. Price: Moderate.

27 Wellington Street, WC2. Tube: Covent Garden. T: 020 7240 5869 www.orsorestaurant.com

Passione Authentic Italian food in cosy but smart eatery. Open: Monday to Saturday 12.30pm – 2.15pm and 7.30pm – 10.15pm. Dinner only on Saturday. Price: Moderate.

10 Charlotte Street, W1. Tube: Goodge Street/Tottenham Court Road. T: 020 7636 2833

www.passione.co.uk

Polpo Small dishes of imaginative and very authentic Italian food, especially from the north of the country are the speciality as this bustling new eatery. No bookings but give your name and enjoy a glass of Prosecco at the elegant bar until a table comes up. Open: Monday to Saturday 12noon – 3pm and 6pm – 12midnight. Cold food and snacks are available all day. Price: Moderate.

41 Beak Street, W1. Tube: Piccadilly Circus. T: 020 7734 4479

Rhodes W1 Restaurant Smart modern versions of some of the gems of classic French cooking. Open: Tuesday to Friday noon – 2.30pm and 7pm – 10.30pm and Saturday 7pm – 10.30pm only. Price: Expensive. T: 020 7479 3737

Rhodes W1 Brasserie Modern European dishes with a British twist. Open: Monday to Friday 6.30am – 10am, Saturday and Sunday 7am – 10.30am. Daily noon – 2.30pm and 6pm – 10.30pm. Price: Moderate. T: 020 7479 3838

Great Cumberland Place (off Oxford Street) W1. Tube: Marble Arch www.rhodesw1.com

Stockpot Good, old fashioned British comfort food at amazingly low prices. Open: Monday and Tuesday 11.30am – 11.30pm, Wednesday to Saturday 11.30am – midnight and Sunday noon – 11.30pm. Price: Moderate. 18 Old Compton Street, W1. Tube: Leicester Square. T: 020 7287 1066 38 Panton Street, SW1. Tube: Piccadilly Circus. T: 020 7839 5142

Strada A chain but a very good one – imaginative Italian food consistently well executed in stylish surroundings. Open: Monday to Saturday noon – 11pm and Sunday noon – 10.30pm. Price: Moderate 39 Panton Street, SW1. Tube: Piccadilly Circus. T: 020 7930 8535 9-19 Market Place, W1. Tube: Oxford Circus. T: 020 7580 4644 15-16 New Burlington Street, W1. Tube: Piccadilly Circus/Oxford Circus. T: 020 7287 5987

For more branches see the website www.strada.co.uk

Wild Honey Modern British and European cooking beautifully executed in a relaxed dining room. Open Monday to Saturday noon – 2.30pm and 5.30pm – 10.30pm. Sunday 12.30pm – 3.30pm and 5.30pm – 9.30pm. Price: Expensive. 12 St George Street, W1. Tube: Bond Street/Green Park. Marble Arch. T: 020 7758 9160

www.wildhoneyrestaurant.co.uk

SHOPS

Clothes - Women:

Birdcage Clothes and accessories with a delicate, Oriental influence. Open: Monday to Saturday 11am – 7pm and Thursday until 8pm, Sunday 11am – 6pm. 8 Upper St Martin's Lane, WC2. Tube: Covent Garden/Leicester Square. T: 020 240 0388

www.birdcageboutique.com

KJ's Laundry Collection of casual and smarter clothing from up and coming designers from around the world. Open: Monday to Saturday 10am – 7pm and Thursday until 8pm. Sunday noon – 5pm.

74 Marylebone Lane, W1. Tube: Bond Street. T: 020 7486 7855 www.kjslaundry.com

Koh Samui Fashion labels ranging from Marc Jacobs to new, up and coming names. Open: Monday to Saturday 10.30am – 6.30pm and Thursday until 7pm, Sunday noon – 5pm.

65-67 Monmouth Street, WC1. Tube: Covent Garden/Leicester Square. T: 020 7240 4280

www.kohsamui.co.uk

Clothes - Men:

Nigel Hall Smart but comfortable and very wearable, Nigel Hall has established his own style. Open: Monday to Saturday 10.30am – 6.30pm and Thursday until 8pm, Sunday noon – 6pm.

18 Floral Street, WC2. Tube: Covent Garden/Leicester Square. T: 020 7379 3600 www.nigelhallmenswear.co.uk

Microzine A men's magazine in the format of a shop – street fashion, gadgets and all a bachelor needs for his pad. Open: Monday to Saturday 11am – 6pm. 3-4 Little Portland Street, W1. Tube: Oxford Circus. T: 020 7636 8969 www.microzine.co.uk

Paul Smith Quirky but very British shirts, suits and casual wear. Open: Monday to Saturday 10am – 6pm and Sunday noon – 5pm. 40-44 Floral Street, WC2. Tube: Covent Garden. T: 020 7379 7133 www.paulsmith.co.uk

Simon Carter Simon Carter has a range of suits, shirts, trousers and accessories which is effortlessly elegant but never takes itself too seriously. Fine British tailoring with a twist. Open: Monday to Saturday 10am – 6pm and Sunday noon – 6pm. 29 King Street, WC2. Tube: Covent Garden. T: 020 7240 9456 www.simoncarter.net

Ted Baker Striking collection of menswear, especially shirts. Open: Monday to Saturday 10am – 7pm and Thursday until 8pm, Sunday noon to 6pm. 9-10 Floral Street, WC2. Tube: Covent Garden. T: 020 7836 7808 www.tedbaker.co.uk

Clothes - Men and Women

Browns One of the best collections of designer labels in London. See Browns Focus for younger looks, just across the road. Open: Monday to Saturday 10am – 6.30pm and Thursday until 7pm.

23-27 South Moulton Street, W1. Tube: Bond Street. T: 020 7514 0000 www.brownsfashion.com

Boxfresh Relaxed street fashion. Open: Monday to Friday 10am – 6.30pm and Thursday until 7pm. Saturday 11am – 6pm. 13 Shorts Gardens, WC2. Tube: Covent Garden. T: 020 7240 4742 www.boxfresh.co.uk

Dover Street Market Extensive collection of young, up and coming designers with every sort of look. Open: Monday to Saturday 11am – 6pm and Thursday until 7pm 17-18 Dover Street, W1. Tube: Green Park. T: 020 7518 0680. www.doverstreetmarket.com

Pringle David Beckham and golfers around the world are fans of the Pringle diamond pattern but under a new creative director this iconic Scottish knitwear brand is returning to a former age of elegance and luxury. Open: Monday to Saturday 10.30am – 6.30pm and Thursday until 7.30pm. 112 New Bond Street, W1. Tube: Bond Street. T: 020 7297 4580 www.pringleofscotland.com

Thomas Pink Huge range of work and casual shirts for men and women plus ties and cufflinks where funkiness and elegance mix easily. Open: Monday to Friday 10am – 6pm and until 7pm Thursday, Saturday 10am – 6.30pm and Sunday noon – 5pm

85 Jermyn Street, SW1. Tube: Piccadilly Circus. T: 020 7930 6364

Department Stores

John Lewis Huge array of products from homewares to clothes. Open: Monday to Saturday 9.30am – 7pm and Thursday until 8pm. Sunday 12noon – 6pm. 278-306 Oxford Street, W1. Tube: Oxford Circus. T: 020 7629 7711

Liberty The home of British arts, crafts and design has now been revamped with extensive and imaginative range of fashion, perfumery, jewellery and stylish homewares. Open: Monday to Friday 11am - 9pm, Saturday 10am - 8pm and Sunday noon - 6pm.

208-222 Regent Street, W1. Tube: Oxford Circus. T: 020 7734 1234 www.liberty.co.uk

Selfridges The legendary founder Gordon Selfridge was a showman and the sense of theatre remains at this vast emporium. Open Monday to Wednesday 9.30am - 8pm, Thursday to Saturday 9.30am – 9pm and Sunday 11.30am – 6pm. 400 Oxford Street, W1. Tube: Bond Street. T: 0800 123 400 www.selfridges.com

Interiors/accessories

Heal's Traditional home of modern furniture which now has an exciting range of homewares and accessories. Open: Monday to Saturday 10am – 6pm and Thursday until 8pm. Sunday noon – 6pm.

196 Tottenham Court Road, W1. Tube: Goodge Street. T: 020 7636 1666 www.heals.co.uk

Mint Striking modern homewares including lamps and crockery. Open: Monday to Saturday 10.30am – 6.30pm and Thursday until 7.30pm.
70 Wigmore Street, W1. Tube: Bond Street. T: 020 7224 4406
www.mintshop.co.uk

Nicole Farhi Home Homewares and accessories with a warm, natural look. Open: Monday to Saturday 10am – 6pm and Thursday until 7pm.

17 Clifford Street, W1. Tube: Green Park/Piccadilly Circus. T: 020 7494 9051 www.nicolefarhi.com

Skandium Cool, airy emporium of Scandinavian design. Open: Monday to Saturday 10am – 6pm and Thursday until 7pm. 86 Marylebone Street, W1. Tube: Baker Street. T: 020 7935 2077 www.skandium.com

Thorsten van Elten Quirky modern homewares and accessories. Open: Monday to Friday 10.30am – 6.30 and Saturday 10am – 6pm. 22 Warren Street, W1. Tube: Warren Street. T: 020 7388 8008 www.thorstenvanelten.com

Zara Home The fast growing Spanish high street fashion chain offers similarly strong designs at low prices. Open: Monday to Saturday 10am – 7pm and Thursday until 8pm. Sunday noon – 6pm.
129 Regent Street, W1. Tube: Piccadilly Circus. T: 020 7432 0040 www.zarahome.com

Food and Wine

See Patisserie Valerie and Paul above

Algerian Coffee Stores Despite the name, you'll find teas and coffees from around the world here – and plenty of them. Open: Monday to Saturday 9am – 7pm. 52 Old Compton Street, W1. Tube: Piccadilly Circus/Leicester Square. T: 020 7437 2480

www.algcoffee.co.uk

Berry Bros & Rudd Traditional wine merchant with vast range of mainly Old World wines and spirits. Open: Monday to Friday 10am – 6pm, Saturday 10am – 4pm. 3 St James's Street, SW1. Tube: Green Park. T: 0207396 9600 www.bbr.com

Choccywoccydoodah Ludicrous name – sublime cakes and pastries. Open: Tuesday to Friday 10am – 2pm and 3pm – 6pm, Saturday 11am – 6pm. 47 Harrowby Street, W1. Tube: Marble Arch. T: 020 7724 5465 www.choccywoccydoodah.com

Fresh & Wild Trendy organic grocers, greengrocers and juice bar which has recently been acquired by the US Whole Food Market giant. Eat in or take away. Open: Monday to Friday 7.30am – 9pm, Saturday 9am – 9pm and Sunday 11.30am – 6.30pm.

69-75 Brewer Street, W1. Tube: Piccadilly Circus. T: 020 7434 3179 www.freshandwild.com

I Camisa & Son Small Italian grocers packed with salamis, olives and good range of fresh pasta. Open: Monday - Saturday 8.30am – 6pm. 61 Old Compton Street, W1. Tube: Piccadilly Circus. T: 020 7437 7610

La Fromagerie Vast array of cheeses – some old favourites and some little known – from around the world. Open: Monday 10.30am – 7.30pm and Tuesday to Friday 8am – 7pm, Saturday 9am – 7pm, Sunday 10am – 6pm. 2-4 Moxon Street, W1. Tube: Bond Street. T: 020 7935 0341.

Lina Store Family run Italian grocers with wide range of pasta, hams, bread and olives. Open: Monday to Friday 9am – 6.30pm and Saturday 9am – 5.30pm. 18 Brewer Street, W1. Tube: Piccadilly Circus. T: 020 7437 6482

Postcard Teas Extensive range of teas and tea making equipment which you can drink in the tiny café area. Open: Tuesday to Saturday 10.30am – 6.30pm. 9 Dering Street, W1. Tube: Bond Street. T: 020 7629 3654 www.postcardteas.com

MISCELLANEOUS

Apple Store Sleek and elegantly modernist, this has everything an Apple addict could want including regular free seminars. Open: Monday to Saturday 10am – 9pm and Sunday noon – 6pm.

235 Regent Street, W1. Tube: Oxford Circus. T: 020 7153 9000

Foyles The world's biggest bookshop is now smarter and better organised. Open: Monday to Saturday 9.30am – 9pm, Sunday noon – 6pm. 113-119 Charing Cross Road, WC2. Tube: Leicester Square. T: 020 7437 5660 www.foyles.co.uk

Hamleys Huge, busy and very noise toy superstore. Open: Monday to Friday 10am – 8pm, Saturday 9am – 8pm and Sunday noon – 6pm

188-196 Regent Street, W1. Tube: Oxford Circus/Piccadilly Circus. T: 0800 2802 444

www.hamleys.com

Little White Company The junior version of the smart online retailer has children's clothes and accessories that are elegant but practical and well priced. Open: Monday to Saturday 10am –7pm, Sunday 11am – 5pm.

90 Marylebone High Street, W1. Tube: Baker Street or Bond Street. T: 020 7486 7550.

www.thewhitecompany.com

Benjamin Pollock's Toyshop Pollock's theatres and other traditional toys are beautifully made. Open: Monday to Saturday 10.30am – 6.30pm, Sunday 11am – 4pm.

44 The Market, Covent Garden. Tube: Covent Garden. T: 020 7379 7866 www.pollocks-coventgarden.co.uk

Field & Trek Everything you need for the outdoors life, ranging from hiking boots to camping gear. Open: Monday to Saturday 10am – 7pm and Thursday until 8pm, Sunday 11am – 5pm.

42 Maiden Lane, WC2. Tube: Covent Garden. T: 020 7379 3793 www.fieldandtrek.com

CHELSEA/KENSINGTON/KNIGHTSBRIDGE

London's smartest neighbourhoods, these are where you'll find a great range of shops and good restaurants – but, by and large, don't expect to find a bargain!

EATING AND DRINKING

Cafes/Coffee houses

Daylesford Organic Café Smart interior with simple, high quality light lunches and cakes. Open: Monday to Friday 8am – 6pm, Saturday 10am – 6pm and Sunday noon – 5pm.

Bamford & Sons, 31 Sloane Square, SW1. Tube: Sloane Square. T: 020 7881 8020 www.daylesfordorganic.com

Ladurée The London outpost of the great French institution offers exquisite patisserie, especially macaroons. Open: Monday to Saturday 9am – 6pm and Sunday noon to 6pm.

Harrods (Hans Road), SW1, Tube: Knightsbridge T: 020 7893 8293 www.laduree.com

Kensington Palace Orangery Elegant, spacious café which offers light lunches and a wonderful array of cakes and pastries. Open: March to October daily 10am – 6pm, November to February daily 10am – 5pm.

Kensington Palace, Kensington Gardens, W8. Tube: Kensington High Street. T: 020 7376 0239

www.digbytrout.co.uk

Pubs and bars

Admiral Codrington Smart but traditional gastro pub serving lunch and dinner daily. Open: Monday to Saturday 11.30am – midnight and Sunday noon - 10.30pm. 17 Mossop Street, SW3. Tube: South Kensington. T: 020 7581 0005 www.theadmiralcodrington.co.uk

The Grenadier Cosy traditional pub with food at lunch and dinner times away from Knightsbridge traffic and crowds. Open: Monday to Saturday noon – 11pm and Sunday until 10.30pm.

Wilton Row, SW1. Tube: Knightsbridge. T: 020 7235 3074

The Oratory Smart bar with good range of modern British dishes. Open: Daily noon – 11pm.

234 Brompton Road, SW3. Tube: South Kensington. T: 020 7584 3493 www.brinkleys.com

Restaurants

Prices: Budget: main courses up to £15 Moderate: £15- 25 Expensive: £25 and upwards

Bluebird Modern European cooking plus lively bar in this spacious venue above the deli and café. Open: Monday to Friday noon – 2.30pm, 6pm – 10.30pm, Saturday noon – 3.30pm and 6pm – 10.30pm and Sunday noon – 3.30pm and 6pm – 9.30pm. Price: Moderate.

350 King's Road, SW3. Tube: Sloane Square then bus: 11, 19, 22. T: 0207 559 1000

www.danddlondon.com/restaurants/bluebird/home

Daphne's Über elegant food stop for women who shop – seriously. Well made, beautifully presented Italian food with risotto a speciality. Open: Monday to Saturday noon – 3pm (and until 3.30pm) and 5.30pm – 11.30pm, Sunday noon – 4pm and 5.30pm – 10.30pm. Price: Moderate/Expensive. 112 Draycott Avenue, SW3. Tube: South Kensington. T: 020 7589 4257 www.daphnes-restaurant.co.uk

L'Etranger Light, subtle flavours and a wide variety of ingredients are key to the success of this imaginative Modern European menu. Open: Monday to Friday noon – 3pm and 6pm – 11pm, Saturday 6pm – 11pm.

36 Gloucester Road, SW7. Tube: Gloucester Road. T: 020 7584 1118 www.etranger.co.uk

Manicomio The relaxed understated interior reflects the good quality ingredients of the food at this Italian restaurant with a very pleasant terrace and a deli. Open: Monday to Saturday noon – 3pm (until 5pm on Saturday) and 6.30pm to 10.3pm. Sunday noon – 5pm and 6.30pm – 10pm. Price: Moderate.

85 Duke of York's Square, SW3. Tube: Sloane Square. T: 020 7730 3366 www.manicomio.co.uk

Olivomare Small seafood restaurant with Mediterranean influences, bear Victoria Station. Open: Monday to Saturday noon – 2.30pm and 7pm – 11pm. Price: Moderate.

10-12 Lower Belgrave Street, SW1. Tube: Victoria. T: 020 7730 9022

Randa Well executed Lebanese dishes, popular with smart young North African set. Open: Daily noon – midnight. Price: Moderate.

23 Kensington Church Street, W8. Tube: High Street Kensington. T: 020 7937 5636

Oyster Bar As well as seafood you'll find a range of Modern European dishes served in this small, elegant eatery below the more formal Bibendum restaurant. Open: Monday to Saturday noon – 11pm and Sunday noon to 10.30pm. Price: Moderate.

81 Fulham Road, SW3. Tube: South Kensington. T: 020 7589 1480 www.bibendum.co.uk

Tartine Slices of Poilâne bread piled with a variety of seasonal ingredients and served with a green salad plus a variety of soups, salads, pasta, meat and fish dishes.

Open Monday – Saturday 11am – 11pm and Sunday 11am – 10.30pm. Price: Moderate.

114 Draycott Avenue, SW3. Tube: South Kensington/Sloane Square. T: 020 7589 4981

www.tartine.co.uk

Volt Smart and incredibly slick it might be but Volt's menu is full of good quality, good value Italian dishes. Open: Monday to Friday noon – 11pm and Saturday 6pm – 11pm.

Price: Moderate.

17 Hobart Place, SW1. Tube: Sloane Square/Victoria. T: 020 7235 9696 www.voltlounge.com

Zaika Part of the new school of Indian cooking with lighter sauces and fresher flavours. Open: Monday to Friday noon – 2.45pm and 6.30pm – 10.45pm, Saturday 6.30pm – 10.45pm and Sunday noon 2.45pm and 6.30pm – 9.45pm. Price: Moderate/Expensive.

1 Kensington High Street, W8. Tube: High Street Kensington. T: 020 7795 6533 www.zaika-restaurant.co.uk

Zuma The theatrical interior and fashionista crowd provide an appropriate backdrop for some innovative, beautifully prepared sushi and other Japanese dishes. Smart bar. Open: Monday to Friday noon – 2.15pm and 6 – 10.45pm, Saturday 12.30pm – 3.15pm and 6pm – 10.45pm, Sunday 12.30pm – 2.45pm and 6pm – 10.15pm. Price: Expensive.

5 Raphael Street, SW7. Tube: Knightsbridge. T: 020 7584 1010 www.zumarestaurant.com

SHOPS

Clothes - Women

Amanda Wakeley Elegant understated womenswear by one of Britain's foremost designers. Open: Monday to Saturday 10am – 6pm. 80 Fulham Road, SW3. Tube: South Kensington. T: 020 7590 9105 www.amandawakeley.com

East Relaxed, well priced feminine womenswear and accessories. Open: Monday to Saturday 10am – 6.30pm and Sunday noon – 6pm. 105 King's Road, SW3. Tube: Sloane Square. T: 020 7376 3161 www.east.co.uk

Kate Kuba Kuba's day shoes are comfortable and practical but smart while her evening footwear is exotic and glamorous. Open: Monday to Saturday 10am – 6.30pm and Sunday noon – 6pm.

22-24 Duke of York's Square, SW3. Tube: Sloane Square. T: 020 7259 0011 www.katekuba.co.uk

Manolo Blahnik The granddaddy of luxury footwear's Chelsea shop is cosy but glam. Open: Monday to Friday 10am – 5.30pm and Saturday 10.30am – 4.45pm. 49-51 Old Church Street, SW3. Tube: Sloane Square then bus: 11, 19 or 22. T: 020 7352 3863

www.manoloblahnik.com

Clothes - Men

Bamford & Sons Beautifully made, understated men's clothes in natural fibres. Open: Monday to Saturday 10am – 6pm and Wednesday until 7pm. Sunday noon – 5pm.

31 Sloane Square, SW1W. Tube: Sloane Square. T: 020 7881 8010 www.bamfordandsons.com

Hackett Elegant casual clothing and super smart formal wear are the order of the day in this frightfully pukka establishment that, nonetheless, never takes itself too seriously. Open: Monday to Saturday 9.30am – 6.30pm and Sunday noon – 5pm. 137-138 Sloane Street, SW1. Tube: Sloane Square. T: 020 7730 3331 www.hackett.co.uk

The Library Wide selection casual and smart clothing by well established and up and coming designers. Open: Monday to Saturday 10am – 6.30pm and Wednesday until 7pm. Sunday 12.30pm – 5.30pm. 268 Brompton Road, SW3. Tube: South Kensington. T: 020 7589 6569

Department Stores

Harrods Vast and vulgar, Harrods is at least good for site seeing. Open: Monday to Saturday 10am – 8pm (some parts of the Food Halls 9am – 9pm) and Sunday noon – 6pm.

87-135 Brompton Road, SW1. Tube: Knightsbridge. T: 020 7730 1234 www.harrods.com

Harvey Nichols Luxurious clothes, accessories for women and men plus homewares with ultra cool food halls, bar and café on the fifth floor. Open: Monday to Friday 10am - 8pm (Fifth Floor Café opens at 8am), Saturday 10am - 8pm and Sunday noon - 6pm.

109 - 125 Knightsbridge , SW1. Tube: Knightsbridge. T: 020 7235 5000 www.harveynichols.com

Interiors/accessories

Anya Hindmarch Bags range from funky to luxurious. Open: Monday to Saturday 10am – 6pm and Thursday until 7pm.

15-17 Pont Street, SW1. Tube: Knightsbridge. T: 020 7838 9177 www.anyahindmarch.com

The Conran Shop As well as furniture, you'll find a varied range of home accessories and some food. Open: Monday to Saturday 10am – 6pm and Wednesday and Thursday until 7pm. Saturday 10am – 6.30pm and Sunday noon – 6pm.

81 Fulham Road, SW3. Tube: South Kensington. T: 020 7589 7401

www.conran.com

Couverture Bright, pretty shop selling one off pieces by European designers for the home as well as women's fashion. Open: Monday to Saturday 10am - 6pm and Sunday in December only noon – 5pm.

310 King's Road, SW3. Tube: Sloane Square. T: 020 7795 1200 www.couverture.co.uk

Butler & Wilson Vintage clothing and paste jewellery – all things bright and sparkly. Open: Daily 10am – 6pm and Wednesday until 7pm. 189 Fulham Road, SW3. Tube: South Kensington. T: 020 7352 8255 www.butlerandwilson.co.uk

Designers Guild Brightly coloured accessories for the home. Open: Monday to Saturday 10am – 6pm.

267 King's Road, SW3. Tube: Sloane Square then bus 11, 19, 22. T: 020 7351 5775

www.designersguild.com

Jo Malone The effortlessly elegant fragrance designer, famous for her single note creations, is always worth a visit. Open: Monday to Saturday 10am – 6pm and 8pm on Thursday. Sunday noon – 5pm.

150 Sloane Street, SW3 Tube: Sloane Square. T: 020 7730 2100 www.jomalone.co.uk

Korres Light, natural beauty products for women and men from Greece in elegant, minimalist packaging. Open: Monday to Saturday 10am – 7pm and Sunday noon – 6pm.

124 King's Road, SW3. Tube: Sloane Square. T: 020 581 6455 www.korres.com

Louise Bradley Beautiful and sometimes rather quirky antiques and home accessories. Open: Monday to Friday 9.30am – 6pm and Saturday 10am – 6pm. 15 Walton Street, SW3. Tube: South Kensington. T: 020 7589 1442 555 Kings Road, SW3. Tube: Sloane Square. T: 020 7589 1442

Ordning & Reda Scandinavian stationary with bold designs and striking colours. Open: Monday to Saturday 10am – 7pm and Sunday noon – 6pm. 186a King's Road, SW3. Tube: Sloane Square. T: 0207 351 1003 www.ordning-reda.com

Organic Pharmacy As the name, suggests you'll find a wide range of organic beauty and skincare products here including familiar brands and own label. Open: Monday to Saturday 9.30am – 6pm and Sunday noon – 6pm. 369 King's Road, SW10. Tube: Sloane Square then bus 11 or 22. T: 020 7351 2232 www.organicpharmancy.com

Theo Fennell Fennell produces jewellery that is individual and often quirky and witty. Open: Monday to Saturday 10am – 6pm.
169 Fulham Road, SW3. Tube: South Kensington. T: 020 7591 5000 www.theofennell.com

Food

& Clarke's Great selection of fresh bread and patisserie as well as high quality groceries. Open: Monday to Friday 8am – 8pm and Saturday 8am – 4pm. 122 Kensington Church Street, W8. Tube: Notting Hill Gate. T: 020 7229 2190 www.sallyclarke.com

Bluebird Épicerie This well stocked, frightfully smart grocery is situated below the Bluebird restaurant (see above). Open: Monday to Friday 8am – 9pm, Saturday 9am – 8pm and Sunday 9am – 6pm.

350 King's Road, SW3. Tube: Sloane Square then bus 11, 19, 22. T: 020 7559 1140

www.conran.com

Whole Foods Market Vast organic and health food emporium where you can also eat in.

Open: Monday to Saturday 8am – 10pm and Sunday noon – 6pm.

63-97 Kensington High Street, W8. Tube: Kensington High Street. T: 020 7368 4500

www.wholefoodsmarket.com

MISCELLANEOUS

Daisy & Tom Wide variety of children's toys and games with an emphasis on the traditional. Open: Monday to Saturday 9.30am – 6 pm and Wednesday and Saturday until 7pm. Sunday noon – 6pm.

181-183 King's Road, SW3. Tube: Sloane Square. T: 020 7352 5000 www.daisyandtom.com

John Sandoe Books One of the few independent booksellers left in London – a real gem. Open: Monday to Saturday 9.30am – 5.30pm and Wednesday until 7.30pm. Sunday noon – 6pm.

10 Blacklands Terrace, SW3. Tube: Sloane Square. T: 020 7589 9473 www.johnsandoe.com

THE CITY/ISLINGTON/HOXTON

The City is London's financial district, around St Paul's Cathedral. Islington is smart but still slightly alternative while Hoxton is just achingly hip.

EATING AND DRINKING

Cafés/Coffee houses

Jones Dairy Café Wonderfully traditional café and with huge range of cheese to eat in and take home. Open: Monday to Saturday 9am – 3pm and Sunday 8am – 2pm. 23 Ezra Street, E2. Tube: Old Street. T: 020 7739 5372 www.jonesdairy.co.uk

Tea Smith Very smart new tea shop with fine range of teas to drink with cake on the premises or buy and take home. Open: Daily 11am – 6pm. 6 Lamb Street, E1. Tube: Liverpool Street. T: 020 7247 1333 www.teasmith.co.uk

Pubs and bars

Cellar Gascon Luxurious wine bar with food and drink from South West France. Open: Monday to Friday noon – midnight. 59 West Smithfield, EC1. Tube: Barbican/Farringdon. T: 020 7600 7651

Vinoteca Vast arrange of wines by the bottle and the glass plus gutsy Modern European food all served by knowledgeable, friendly staff. Open: Monday to Saturday: 11am – 11pm.

7 John Street, EC1. Tube: Farringdon. T: 020 7253 8786 www.vinoteca.co.uk

Ye Old Mitre Tiny, very traditional pub with basic but well prepared food menu. Open: Monday to Friday 11am – 11pm.

1 Ely Court (just by 8 Hatton Gardens) EC1. Tube: Chancery Lane/Farringdon. T: 020 7405 4751

Restaurants

Prices: Budget: main courses up to £15 Moderate: £15- 25 Expensive: £25 and upwards.

Almeida This restaurant has an elegant, understated interior and serves good quality French regional cuisine. Open: Monday to Saturday noon – 3pm and 5.30pm – 11pm. Sunday 1pm – 9pm. Price: Moderate/Expensive. 30 Almeida Street, N1. Tube: Angel/Highbury & Islington. T: 020 7354 4777

www.danddlondon.com

Barcelona Tapas Bar y Restaurante Spanish food and drink in a relaxed bar with a nod towards the great architect Gaudi. Open: Monday to Friday 11am - 11pm. Price: Budget. 13 Well Court, Off Bow Lane, EC4. Tube: Mansion House. T: 020 7329 5111

www.barcelona-tapas.com

Cay Tre Vietnamese food made with fresh, good quality ingredients. Open: Monday to Saturday noon - 3pm, 5.30pm - 11pm and until 11.30pm on Friday and Saturday. Sunday continuously noon - 10.30pm. Price: Budget/Moderate. 301 Old Street, EC1. Tube: Old Street. T: 020 7729 8662 www.vietnamesekitchen.co.uk

Georgetown This 'colonial Malaysian' restaurant offers a fusion of Malaysian, Mandarin Chinese and Tamil Indian cooking. Open: Daily noon – 2.30pm and 6.30pm – 11pm. Price: Budget/Moderate.

10 London Bridge Street, SE1. Tube: London Bridge. T: 020 7357 7359

www.georgetownrestaurants.co.uk

Metro Bar & Grill Spacious modern bar and restaurant serving everything from classic British cooking to fusion food. Open: Tuesday to Friday 6pm – midnight, Saturday 5pm - midnight and Sunday 1pm – 8pm. 270 Upper Street, N1. Tube: Highbury & Islington. T: 020 7226 1118 www.metrobargrill.com

Moro Imaginative, beautifully prepared Moorish cuisine in a light, modern dining room. Open: Monday to Friday 12.30pm – 2.30pm and 7pm – 10.30pm with tapas served all day. Price: Budget/Moderate. 34 - 36 Exmouth Market, EC1. Tube: Angel/Farringdon. T: 020 7833 8336 www.moro.co.uk

Paternoster Chop House Elegant restaurant serving modern British food. Open: Monday to Friday noon – 3pm and 5.30pm – 11pm and Sunday noon – 4pm. Price: Moderate/Expensive.

Warwick Court, Paternoster Square, EC2. Tube: St Paul's. T: 020 7029 9400 www.dandlondon.com

Smithfield Bar & Grill Cool but relaxed restaurant serving modern European food with an emphasis on simple grills. Open: Monday to Thursday noon – midnight, Friday noon – 1am and Sunday 6pm to 2am. Price: Moderate.

2-3 West Smithfield, EC1. Tube: Farringdon/Barbican. T: 0870 44 22 541 www.blackhousegrills.com

St John Restaurant Chef Fergus Henderson focuses on meat and offal and other hearty traditional British dishes in this bar and restaurant with a light, neo-industrial

interior. Open: Monday to Friday noon - 3pm and Monday to Saturday 6pm - 11pm. Price: Moderate/Expensive.

26 St John Street, London, EC1. Tube: Farringdon/Chancery Lane. T: 020 7251 0848

SHOPS

Clothes - Women

Lollipop London Small but exquisite shop with an exclusive shoe collections and helpful staff. Open: Monday and Tuesday 11am – 6pm, Wednesday to Saturday 11am – 6pm and Sunday noon – 5pm.

114 Islington High Street, N1. Tube: Angel. T: 020 7226 4005 www.lollipoplondon.com

Palette London Eclectic mix of vintage women's clothing from the sixties and seventies plus accessories and some homewares. Open: Daily noon – 6.30pm. 21 Canonbury Lane, N1. Tube: Highbury & Islington. T: 020 7288 7428

Wild Swans Interesting ranges by less well known European designers. Open: Monday to Saturday 10am – 6pm and Sunday 11am – 5pm. 54 Cross Street, N1. Tube: Highbury & Islington. T: 020 7354 8881 www.wild-swans.com

Clothes - men

Diverse A small but well stocked boutique which has a good collection of relaxed menswear. Open: Monday to Saturday 10am - 6.30pm and Sunday noon – 5.30pm. 286 Upper Street, N1. Tube: Highbury & Islington. T: 020 7359 0081

Duchamp Small, elegant menswear label with just the right amount of quirkiness. Open: Monday to Friday 8am – 7pm.

148 Fenchurch Street, EC3. Tube: Bank. T: 020 7929 0009

Clothes – women and men

Start You'll find well known designers as well as up and coming names at these two strikingly modern boutiques. Open: Monday to Friday 10.30am to 6.30pm, Saturday 11am – 6pm and Sunday 1pm – 5pm.

Womenswear and accessories: 42-44 Rivington Street, EC2. Tube: Old Street. T: 020 7729 3334.

Menswear: 59 Rivington Street, EC2. Tube: Old Street. T: 020 7739 3636 www.start-london.com

TM Lewin Formal and casual shirts for men and women. Open: Monday to Friday 9.30am – 6pm (NB Wednesday does not open until 10am) 32-33 Blomfield Street, EC2. Tube: Liverpool Street. T: 020 7920 0787 For other branches and store information please ring 020 7877 3550 or visit the website.

www.tmlewin.co.uk

Interiors/accessories

Angela Flanders Richly evocative fragrances for home and body near the famous Sunday flower market. Open: Sundays only 9am – 2.30pm. 96 Columbia Road, E2. Tube: Old Street. T: 020 7739 7555

Aria Homewares, accessories and fashion with a funky retro feel. Open: Monday to Saturday 10am – 6.30pm and Thursday until 7pm. Sunday noon – 5pm. Barnsbury Hall, 2 Barnsbury Street, N1. Tube: Highbury & Islington. T: 020 7704 1999

econe, Elegant modern jewellery with a strong fashion direction. Open: Monday to Wednesday and Friday 10am – 6pm, Thursday 11am – 7pm and Saturday 10.30am – 6pm.

41 Exmouth Market, EC1. Tube: Farringdon. T: 020 7713 6185 www.econe.co.uk

Ian Logan What are described as "gifts and toys for kids of all ages" range from the quirky to the practical plus some that are a bit of both. Open: Monday to Friday 10am – 6.30pm and Saturday 11am – 5pm.

42 Charterhouse Square, EC1. Tube: Barbican/St Paul's. T: 020 7600 9888 www.ian-logan.co.uk

Links of London Watches, cufflinks and elegant modern jewellery and accessories for men and women. Open: Monday to Friday 9.30am – 6pm.

27 Broadgate Circle, EC2. Tube: Liverpool Street. T: 020 7628 9668. For more branches visit the website.

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www.linksoflondon.com

Magma Fascinating cross between bookshop and art gallery. Open: Monday to Saturday 10 – 7pm.

117-119 Clerkenwell Road, EC1. Tube: Chancery Lane/Farringdon. T: 020 7242 9503

www.magmabooks.com

Pickett Elegant leather belts and briefcases, gloves and accessories for men and women. Open Monday to Friday 9.30am – 6.30pm.

6 Royal Exchange, EC3. Tube: Bank. T: 020 7283 7636 www.pickett.co.uk

Food

Flaneur A stunning deli and restaurant – eat amongst the hams, cheeses and fascinating jars and tins full of goodies from small producers from the UK and Europe. Open: Monday to Friday 8am - 10pm and Saturday 10am - 10pm. Closed Sunday.

41 Farringdon Road, EC1. Tube: Farringdon. T: 020 7404 4422

Food Hall Wide range of bread, cheese, tea and coffee from around the world plus a great café. Open: Monday to Friday 9am – 7pm, Saturday and Sunday 10am – 5pm.

347-378 Old Street, EC1. Tube: Old Street. T: 020 7729 6005

NOTTING HILL

Smart, expensive but still just a little bit alternative.

EATING AND DRINKING

Cafes/Coffee houses

Books for Cooks This bookshop specialising in the culinary arts has regular demonstrations and a small café at the back. Tuesday to Saturday 10am – 6pm. 4 Blenheim Crescent, W11. Tube: Notting Hill Gate. T: 020 7221 1992

Lisboa Pâtisserie Noisy and rather chaotic it might be, especially on Saturday afternoons, but this Portuguese coffee shop really is the business. Open 8am – 7.30pm.

57 Golborne Road, W10. Tube: Ladbroke Grove. T: 020 8968 5242

Tea Palace Hip tea shop with vast range of teas from the familiar to the exotic to drink in or take away. Teapots and accessories are also on sale. Open: Daily 10am – 6.30pm.

175 Westbourne Grove, W11. Tube: Notting Hill Gate. T: 020 7727 2600 www.teapalace.com

Pubs and bars

Beach Blanket Babylon The Baroque interior and laid back sounds attract a young, hip and - this being Notting Hill Gate - affluent crowd to this bar and restaurant. Open: Daily noon – midnight.

45 Ledbury Road, W11. Tube: Notting Hill Gate. T: 020 7229 2907

Eclipse Cool, laid back bar which is known for its weekend brunch. Open: Tuesday to Thursday 5pm – midnight, Friday 5pm – midnight, Saturday 11am – midnight and Sunday 11am – 10.30pm.

186 Kensington Park Road, W11. Tube: Notting Hill Gate/Ladbroke Grove. T: 020 7792 2063

The Phoenix Lively pub, popular with young crowd. Open: Monday to Saturday noon – 11pm and Sunday noon until 10.30pm.

51 Moscow Road, W2. Tube: Bayswater/Queensway. T: 020 7229 0647

The Uxbridge Arms Relaxed, unpretentious pub with regular crowd. Open: Daily noon – 11pm and until 10.30pm on Sunday.

13 Uxbridge Street, W8. Tube: Kensington High Street. T: 020 7727 7326

Restaurants

Prices: Budget: main courses up to £15 Moderate: £15- 25 Expensive: £25 and upwards.

Electric Brasserie Bustling brasserie popular with local which offers a Modern European menu as well as good breakfast, grills and burgers. Open: Monday to Wednesday 8am to midnight, Thursday to Saturday 8am to 1am and Sunday 8am to 11pm. Price: Budget/Moderate.

191 Ladbroke Grove, W11. Tube: Ladbroke Grove. T: 020 7908 9696 www.electricbrasserie.com

Hereford Road Despite the stark minimalist design this restaurant offers old fashioned, meaty British cooking and friendly staff. Open: Daily noon – 3pm and 6pm – 10.30pm (until 10pm on Sunday). Price: Moderate. 3 Hereford Road, W2. Tube: Notting Hill Gate/Bayswater. T: 020 7727 1144 www.herefordroad.org

Kensington Place Bustling restaurant serving modern British cooking. Open: Daily noon – 3.30pm and 6.30pm – 11.30pm (until 10.15pm on Sunday). Price: Moderate. 201-209 Kensington Church Street, W8. Tube: Notting Hill Gate. T: 020 7727 3184 www.egami.co.uk

Notting Grill Tee hee! Celebrity chef Antony Worrall Thompson's quirkily decorated restaurants offers great grills and traditional British food. Open: Monday 6.30pm 10.30pm, Tuesday to Thursday 6.30pm – 10.30pm, Friday 6.30pm – 11.30pm,

Saturday noon – 4pm, 6.30pm – 11.30pm and Sunday noon – 10pm. Price: Moderate.

123a Clarendon Road, W11. Tube: Holland Park. T: 020 7229 1500 www.awtonline.co.uk

Osteria Basilico Rustic and relaxed, this Notting Hill favourite offers unpretentious but imaginative good quality Italian food. Open: Monday to Friday 12.30pm – 3pm and 6.30pm – 11.30pm. Saturday noon – 4pm and 6.3pm – 11.30pm. Sunday 12.30pm, – 3.30pm and 6.30pm – 10.30pm.

29 Kensington Park Road, W11. Tube: Notting Hill Gate. T: 020 7727 9957 www.osteriabasilico.co.uk

Wodka Cosy restaurant serving great Polish comfort food as well as lighter variations. Well established and popular locals. Open: Monday to Friday noon – 3pm, daily noon – 3pm and 6.30pm – 11pm. Price: Moderate.

12 St Alban's Grove. W8. Tube: High Street Kensington/Gloucester Road. T: 020

www.wodka.co.uk

SHOPS

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Clothes - women

Aimé Two French Cambodian sisters offer womenswear and accessories plus gifts and books, all of which are chic but understated. Open: Monday to Saturday 10.30am – 7pm.

32 Ledbury Road, W11. Tube: Notting Hill Gate. T: 020 7221 7070

Appleby Jane Appleby offers carefully selected vintage clothing for women with an eye for a bargain. Open: Monday to Saturday 11am – 6pm. 95 Westbourne Park Villas, W2. Tube: Westbourne Park/Royal Oak. T: 020 7229 7772

The Cross Eclectic mix of up and coming designers plus well established names such as Betty Jackson and Clements Ribeiro. Open: Monday to Saturday 11am - 5.30pm.

141 Portland Road, W11. Tube: Holland Park/Latimer Road. T: 020 7727 6760

Temperley This young London designer produces frocks and clothing that is modern but luxurious. Open: Monday to Friday 10am – 6pm and Thursday until 7.30pm and Saturday 11am – 6pm.

6-10 Colville Mews, Lonsdale Road, W11. Tube: Ladbroke Grove/Notting Hill Gate. T: 020 7229 7957

Wall Women's fashions – some exclusive to this shop – plus accessories and beauty products. Open: Monday to Saturday 10am – 6pm.

1 Denbigh Road, W11. Tube: Notting Hill Gate. T: 020 7243 4623

Yates Buchanan Womenswear and accessories from less well known designers, most with a youthful, relaxed feel. Open: Monday to Saturday 11am – 7pm and Sunday noon – 5pm.

33 Pembridge Road, W11. Tube: Notting Hill Gate. T: 020 7229 5884

Clothes - men

Supra Super hip streetwear including trainers and accessories for hip young dudes. Open: Monday to Saturday 11am – 7pm and Sunday noon – 6pm. 253 Portobello Road, W11. Tube: Ladroke Grove. T: 020 7229 4238

Clothes – women and men

Matches Wide range of designer label womenswear and menswear with friendly, helpful staff. Open: Monday to Saturday 10am – 6pm and Sunday noon – 6pm. 60-64 Ledbury Road W11. Tube: Notting Hill Gate. T: 020 7221 0255 www.matchesfashion.com

Question Air Wide range of brands from the well known to up and coming streetwear. Open: Monday to Wednesday 10.30am – 6pm, Thursday to Saturday 10am – 6.30pm and Sunday noon – 5.30pm. 229 Westbourne Grove, W11. Tube: Notting Hill Gate. T: 020 7221 8163

Interiors/accessories

Graham & Green Home furnishings and accessories that manage to be pretty without being twee. Open: Monday to Saturday 10am – 6pm and Sunday 11.30am – 5.30pm.

4 and 11 Elgin Crescent, W11. Tube: Notting Hill Gate/Ladbroke Grove. T: 020 7792 8908

www.grahamandgreen.co.uk

The Jacksons The Jacksons offers belts, bags and shoes that are striking but not intimidatingly hip. Open: Monday to Friday 10am - 6pm and Saturday 11am - 6pm. 5 All Saints Road, W11. Tube: Ladbroke Grove/Westbourne Park. T: 020 7792 8336

www.thejacksons.co.uk

Solange Azagury-Partridge Gorgeous, decadent jewellery by one of the country's leading young names. Open: Monday to Saturday 11am – 6pm. 187 Westbourne Grove, W11. Tube: Notting Hill Gate. T: 020 7792 0197

www.solangeazagurypartridge.com

Zarvis Bath and body products made with herbal mixes and essential oils are available in this fragrant shops. Open: Monday to Saturday 10am – 6pm and Sunday noon – 6pm.

4 Portobello Green, 281 Portobello Road, W10. Tube: Ladbroke Grove. T: 020 8968 5435

www.zarvis.com

Food

Ottolenghi Stunning modernistic deli with foods from North Africa, France, Italy and Britain. Eat in at the communal table. Open: Monday to Friday 8am – 8pm, Saturday 8am – 7pm and Sunday 8.30am – 6pm.

63 Ledbury Road, W11. Tube: Notting Hill Gate/Westbourne Park. T: 020 7727 1121

www.ottolenghi.co.uk

Tavola Unpretentious Italian deli owned by chef Alistair Little which has a good range of cooked meats, olives and pasta sauces. Open: Monday to Saturday 10am – 6pm.

155 Westbourne Grove, W11. Tube: Notting Hill Gate. T: 020 7229 0571

Tom's Deli Stylish deli with all the goodies you'd expect and a nice café at the back. Open: Monday to Saturday 8am – 7.30pm and Sunday 9am – 6.30pm. 226 Westbourne Grove, W11. Tube: Notting Hill Gate. T: 020 7221 8818

Bars and Clubs - London wide

Most clubs have different styles of music, DJs, atmosphere and clients on different nights of the week. Check websites or listings magazines before you go.

CC Club Glam West End venue with funky sounds and a near guarantee of spotting a celeb.

13 Coventry Street, W1. Tube: Piccadilly Circus. T: 020 7297 3232 www.cc-club.co.uk

Crazy Larry's Not the hippest place in town but great fun - an old favourite. 533 Kings Road, SW10. Tube: Fulham Broadway. T: 020 7376 5555 www.crazylarrys.co.uk

Fabric Three dance floors of cutting edge sounds. 77a Charterhouse Street, EC1. Tube: Barbican. T: 020 7336 8898

www.fabriclondon.com

Ministry of Sound Vast dance factory with the hottest DJs. Book a table for dinner – and your own limo to whisky you away in the early hours!

103 Gaunt Street, SE1. Tube: Elephant & Castle. T: 0870 060 0010

www.ministryofsound.com

Turnmills Vast venue with numerous dance floors, playing every sort of sound plus bars and restaurants.

63b Clerkenwell Road, EC1. Tube: Farrington. T: 020 7250 3409

5.0 - USEFUL WEBSITES

www.visitlondon.com - the official London tourist site

<u>www.tfl.gov.uk</u> - London transport site – good for checking how the tubes are running