



Hilton London Metropole hotel

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Just 10 minutes' walk from the West End and Oxford Street and a 10 minute tube ride from Westfield Shopping Centre, the Hilton London Metropole hotel is the ideal destination for the business and leisure guest. Take a stroll to Hyde Park or relax in the gym, pool or sauna. Dine on international cuisine at Fiamma Restaurant or sample Asian Fusion favourites at Nippon Tuk. Take in London attractions like The Tower of London and the London Eye. Spend the evening watching Shakespeare at The Globe or enjoy concerts and sports events at Wembley Stadium, just a 30-minute train ride away from the District Line station opposite the hotel.

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LOCATION

Travel to the Hilton London Metropole hotel in the heart of central London, just a 10-minute walk from Oxford Street.



OUR ROOMS

Guest Room



Wake up to this comfortable room. The contemporary room is decorated in rich, warm tones. Catch up with work at the desk or pamper yourself in the bathroom featuring luxury amenities.

[see more rooms on the next page...]

MEETINGS AND EVENTS

15 minutes from Heathrow, the Hilton London Metropole hotel is a premier conference venue offering 40 events and meeting rooms, including 2 suites, with the capacity for up to 1600 delegates.

- 40 Meeting Rooms
- Wireless in all public areas
- Wireless in all meeting rooms
- Executive Floor
- Business Centre

Our largest meeting is King's Suite which measures 1062.0 m² and has capacity for 1600 people.

AT A GLANCE

- 10 minutes from London's Oxford Street
- Smoking rooms available
- Parking available
- 1054 Rooms
- Accessible rooms available
- 40 Meeting Rooms
- Check In: 03:00PM
- Check Out: 12:00PM
- HHonors Category: 5
- HHonors Points: 35000

AMENITIES

- Beauty Salon
- Fitness Centre/Health Club
- Indoor Pool
- Sauna
- Steam Room
- Coffee shop
- Concierge Desk
- Accessible
- Business Centre
- Foreign Currency Exchange
- Wired Guest Rooms



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OUR ROOMS

Guest Room



Wake up to this comfortable room . The contemporary room is decorated in rich, warm tones. Catch up with work at the desk or pamper yourself in the bathroom featuring luxury amenities.

Deluxe Room



Take in the city view from this comfortable room. The modern room is decorated in cool, calm tones. Entertain yourself with the cable TV, get to work at the desk or re-energize in the bathroom.

Executive Room



Work is easy in this modern room offering Executive Lounge access with free continental breakfast and refreshments. Check email with high-speed internet access, work in comfort in the ergonomic chair or relax in the easy chair and gaze at the city views. Refresh in the bathroom with separate shower.

LEISURE FACILITIES

Car Park



The entrance to the hotel car park is at the rear of the hotel in Harbet Road. Please note that car park spaces cannot be reserved by guests in advance but there are usually spaces available. There is a height restriction of 1.9 Metres. First hour - £4.00 ; 1-2 hours - £7.

Journey's Friend gift shop



Forgotten to pack your toiletries or need new batteries for your alarm clock? The Hilton London Metropole hotel's shop is a convenient place to pick up all you need in one place and is open early 'til late. Buy postcards, stamps, souvenirs, or a paperback for your onward trip.



LivingWell Health Club



Start the day with an invigorating workout at the Hilton London Metropole hotel's fully equipped 2nd-floor gym. Tone up on the cardiovascular and weight machines then finish your routine with a few lengths in the heated indoor pool.

Executive Lounge



Guests staying in Executive Rooms and Suites gain access to the smart Executive Lounge at Hilton London Metropole hotel. Enjoy private check-in and check-out, free continental breakfast and use of the free shower facilities.

London attractions



Impress a client with a trip on the London Eye or a night in the West End. The Hilton London Metropole hotel's 24-hour Concierge team can handle all your theatre and sightseeing bookings.

Business Centre



Fifteen minutes from Heathrow, the Hilton London Metropole hotel boasts 40 meeting rooms for 12-3000 and an Executive Lounge. Wireless internet access is available in public areas.

Contrasti Hair and Beauty



Set on Praed Street, adjacent to the Hilton London Metropole hotel, our salon is the ideal place to pamper yourself after a busy day or get ready for an important business dinner.

EATING AND DRINKING

Lounge Bar



Lunch on cardamom chicken or smoked salmon at the Hilton London Metropole hotel's ground-floor bar. At night, candlelight sets a more intimate mood for pre-theatre cocktails or a coffee liqueur digestif. This modern London bar serves late-night platters for guests seeking a nightcap and a bite to eat.



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Fiamma Restaurant



Sample international cuisine with a Mediterranean flavour at the Fiamma Restaurant in the Hilton London Metropole hotel. Following an extensive refurbishment bright contemporary colours with rich red, cool grey and silver hues provide the backdrop for you to enjoy a relaxed dining experience.

Nippon Tuk



Wow clients with sweeping city views at the Hilton London Metropole hotel's 24th-floor Asian Fusion restaurant. Huge lanterns float over the interior of this popular London restaurant decked out in lacquered black and colourful murals. Try the maki sushi, soy-glazed duck or seafood with dipping sauce. Please note that dinner inclusive rates are only valid for Fiamma restaurant.

STAYING WITH FAMILY



Little ones love playing in the indoor **pool** and choosing from their own **kids' menus**. Take them to **The Tower of London** or head up into the clouds on the **London Eye**.

- Babysitting Service
- Children's Menu
- High chairs

Children aged 18yrs or under stay free in room with parents or grandparents; Second room for children charged at 50% of first room. Children aged 10yrs or under eat and drink for free, from the children's menu. Children aged 11yrs or over must pay for meals.



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Destination guide: London

Introduction

One city, 300 spoken languages and endless possibilities!

In a Nutshell

Home to 7.6 million people speaking 300 languages, London is the largest city in Europe. So much diversity could hardly fail to produce a **vibrant, cosmopolitan** city, but in London this exciting present is coupled with a Royal, Imperial past, reflected in the city's grand civic architecture.

With a **thriving restaurant scene** championing everything from the gourmet to the "gastropub" and **world-class cultural institutions** like the British Museum, National Gallery, Tate Modern, Royal Opera House and the Barbican Centre, the capital is in excellent shape.

The **South Bank's Millennium Bridge** connects St Paul's Cathedral with **Tate Modern**. Londoners love Norman Foster's "Gherkin", or the **Swiss Re Tower** as it is formally known - found in the heart of the financial district, The City.

Get your Bearings

Enjoy cheaper Tube travel after 9.30am, take river buses east and west

There is no denying London is a monster-sized metropolis, which can make travelling from one end to the other an arduous business. However, follow these few simple rules and the city will be tamed. There are three main ways to get around, aside from your own two feet, of course.

Black Cabs

Hail a **black cab** from the street. Black cab drivers have all passed The Knowledge - a stringent examination of their route-finding abilities which can take years to master. They know all the back routes but are rather expensive (roughly £1 per minute) especially at night when they add a surcharge.

Note that after the theatres throw open their doors between 10.30pm and 11pm, it is notoriously hard to find a taxi in the West End. Your best bet is always to head for a main road where the chances of hailing one are greater. Avoid using mini-cabs at night whose drivers solicit their services on the street, especially if you are a woman travelling alone. Most are unlicensed. To call a taxi from a home or office address, try professional and reliable

Addison Lee on 0844 800 6677.

The Tube

Colloquially known as **The Tube**, London Underground's metro system has the whole city mapped with the exception of Hackney in East London and some parts of South London. The Jubilee line extension to Docklands and Greenwich boasts award-winning station architecture by the likes of Norman Foster. In the centre of town, Tube stations are usually no more than a 15-minute walk apart, so don't be tempted to head for a tunnel when you can grab a map and explore above ground instead.

The cheapest way to buy single Tube tickets is with an **Oyster Card** - you have to pay a small deposit for the plastic credit card-sized card and then top it up with credit at the station. Travel is significantly cheaper this way, and the card can also be used on buses, trams, Docklands Light Railway, city trains and scheduled Riverboat services. You can make as many journeys as you like within a 24-hour period and still be charged less than an equivalent **one-day travelcard** or **Bus Pass**. Note that fares are generally cheaper after 9.30am. If at all possible, avoid Tube travel in central London between 8am-9am and 5pm-6pm, since rush-hour crowds can be intense.

Red Buses

Thanks to the installation of cameras on bus lanes, travelling by a London **red bus** has become much quicker. Buses are cheaper than an equivalent Tube journey and they certainly provide more interesting views! **Bus Passes** are available from newsagents or tube stations, but the cheapest way to get about by bus is still the **Oyster Card**. Kids under 11 years old travel free.

Scenic Routes

Take the **Number 8 bus** from Liverpool Street along 2,000-year-old Cheapside to St Paul's Cathedral, then ride up High Holborn to Oxford Street for a virtually free tour of The City. Take the **Number 12 bus** between Notting Hill and the West End to trundle past a long stretch of Hyde Park to department store, Selfridges, and the West End theatres. The **Number 31 bus** is a handy neighbourhood bus for travel between Notting Hill and Camden Town (where the delights of Regent's Park, London Zoo and Camden Market await). Take the **Number 73 bus** from Angel Islington to reach the shops and theatres of Covent Garden and the bars of Soho.

Jump on the speedy **Tate-to-Tate river boat** between Tate Modern and Tate Britain down the River Thames past the Houses of Parliament and Big Ben. **River buses** connect Embankment (West End theatres) with Docklands Canary Wharf and Greenwich (heading east down the Thames) and Hampton Court Palace, Kew Gardens and Syon Park (heading west up the Thames).



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When to Go

Annual Highlights

Annual cultural highlights include the **Chelsea Flower Show** (May), contemporary music festival **Meltdown** at the South Bank Centre (June), **The Proms** classical music marathon at the Royal Albert Hall (July to September) and the **Turner (contemporary art) Prize** at Tate Britain (October to January). The **London Jazz Festival** and **London Film Festival** spice up October and November and when Christmas comes, it's time to skate on **ice-rinks** in Kew Gardens, Somerset House, Hampstead Heath and Marble Arch.

Pomp and Glory

London's permanent attractions tend to overshadow the city's festive reputation, which is a shame because London can throw a good party when it wants to. For tradition, pomp and glory, time your trip to coincide with the **Oxford and Cambridge Boat Race** (Mar), **The London Marathon** (Apr), **Trooping the Colour** (Jun) celebrating the Queen's official birthday and **The Lord Mayor's Show** (second Sat in Nov) when a fabulous firework display lights up the river at Blackfriars Bridge.

June Jet-set

The international jet set arrive in June for **Wimbledon**, the **Grosvenor House Art and Antiques Fair**, **Royal Ascot** and the **Royal Academy Summer Exhibition**. Jet set or not, London is glorious in summer when **Queen Mary's Rose Gardens** in Regent's Park are a sea of blooms. Live concerts fill the long summer evenings in **Kenwood**, **Hyde Park**, **Holland Park** and **Marble Hill**.

Bag a Bargain

Sales in January and July bring bargains to London's top department stores - Liberty, Selfridges, Harvey Nichols and Harrods. **London Fashion Week** causes waves in February and again in September.

Multicultural London

London's communities each have their day - the Chinese take to the streets of Soho's Chinatown for **Chinese New Year** celebrations (Feb), the Irish converge on Trafalgar Square for **St Patrick's Day** (Mar), Bengalis celebrate **New Year** in Brick Lane (May) and July brings **London Pride**. In August, dance to samba sounds at the **Carnaval del Pueblo** or celebrate Afro-Caribbean culture during the Notting Hill Carnival. Still in August, Ealing dons a sari for the **London Asian Mela**.

Sightseeing

Hill-top Hampstead, South Bank culture and naval Greenwich

London Villages

Explore London by district, taking a different area each day to get under the capital's skin. Discover chic **Notting Hill** and **Kensington**, establishment **Chelsea**, quirky **Camden Town** and **Regent's Park**, the resurgent **Docklands**, genteel **Hampstead** and **Highgate**, naval **Greenwich** and villagey **Stoke Newington**. After all, London started out as two separate cities - **The City** for trade and **Westminster** for royal governance - surrounded by outlying hamlets. And although the green fields between those villages were terraced over by the Victorians, much of London's village atmosphere remains, if you know where to look for it.

Top Tip Don't try to do too much in a day - it won't feel like fun and London isn't going anywhere. You can always come back.

Must-Sees



BRITISH MUSEUM

When: Daily Galleries: daily
10am-5.30pm Great Court: Sun-Wed
9am-6pm; Thu-Sat 9am-11pm

Where: British Museum

World-class collections from civilisations across the globe are

exhibited at the British Museum in Bloomsbury. Its mission is to "illuminate the histories of cultures for present and future generations", with popular galleries devoted to the Assyrians and the Ancient Greeks.



TATE MODERN

When: Daily Daily 10am-6pm (until
10pm Fri & Sat)

Where: Tate Modern

The industrial Bankside Power Station on the south bank of the Thames houses the Tate Modern gallery's world-class

20th-century and contemporary art collection. Catch temporary exhibitions too, or take tea overlooking the River Thames.

**NATIONAL GALLERY****When: Daily Daily 10am-6pm (until 9pm Fri)****Where: National Gallery**

The pedestrianisation of Trafalgar Square has created an even grander forecourt to one of the world's finest art collections. The National Gallery houses European paintings from the 13th to the 20th centuries, and a visit is free of charge.

**KENWOOD HOUSE****When: Daily Daily 11.30am-4pm****Where: Kenwood House**

Kenwood House is an idyllic cream mansion on north London's Hampstead Heath. View paintings by Rembrandt, Turner and Gainsborough left by the first Earl of Iveagh in 1927. A walk across the heath provides spectacular views of London.

**LONDON EYE****When: Daily Daily 10am-8pm/9pm/9.30pm****Where: London Eye**

The giant London Eye wheel on the Thames riverbank is a magnet for visitors to the capital. A ride provides panoramic views over the river, Big Ben, St Paul's Cathedral and even the distant countryside. Booking ahead is strongly advised.

**SERPENTINE GALLERY****When: Daily Daily 10am-6pm****Where: Serpentine Gallery**

A converted 1934 Palladian tea room, the Serpentine Gallery is a glorious venue in the heart of Hyde Park. Consistently challenging, it attracts some of the finest contemporary artists working today and is known for its innovative programming.

**TOWER OF LONDON****When: Daily Daily 9am/10am-5.30pm****Where: Tower of London**

Since William the Conqueror in 1066, English kings have slept, eaten and executed rivals in the Tower of London on the River Thames. Find primitive

Norman toilets in the White Tower and the Crown Jewels in the Jewel House.

Hidden Gems**SIR JOHN SOANE'S MUSEUM****When: Daily; not Mon or Sun****Tue-Sat 10am-5pm; first Tue of every month also 6pm-9pm****Where: Sir John Soane's Museum**

Sir John Soane's Museum near Holborn is the former home of the neoclassical architect and art collector. Discover hidden passageways and an extensive collection of classical antiquities, ranging from busts and urns to architectural artefacts.

Wonderful Walks

Head to **Hampstead** for walks (and hill-top views), historic pubs (The Wells, the Holly Bush Inn) and famous names (the houses of Freud and English poet Keats are open to the public). Soak up culture on the **South Bank** with a cult movie screening at the **British Film Institute**, lunch on **The Cut** in Waterloo and enjoy innovative art exhibitions at the **Hayward Gallery**. Keep walking east down the Thames Path to find **Shakespeare's Globe** on **Bankside**, **Borough Food Market** and **Tate Modern**.

London by River

Board a Thames riverboat for **Greenwich** to see where the British Navy trained its recruits, where Henry VIII frolicked as a child in medieval/Art Deco **Eltham Palace**, and for panoramic views from Christopher Wren's **Royal Observatory** which straddles the Meridian Line. The handy **Tate to Tate** riverboat (decorated with Damien Hirst's spots) connects **Tate Modern** in Bankside with **Tate Britain** in Vauxhall.

Excursions

Seek out tropical blooms at Kew Gardens, historic Oxford University colleges, the soaring nave of Canterbury Cathedral and let your hair down on Brighton Beach - each just a day-trip from London



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ROYAL OBSERVATORY GREENWICH

When: Daily Daily 10am-5pm

Where: Royal Observatory Greenwich

Home of Greenwich Mean Time and the Prime Meridian Line, the Royal Observatory is part of the Greenwich

UNESCO site. Designed by Sir Christopher Wren in 1675, its striking domed building can be admired from across the park.



KEW GARDENS

When: Daily Daily 9.30am-4.15pm/5.30pm/6pm (depending on season)

Where: Kew Gardens

The Royal Botanic Gardens at Kew are a venerated institution, UNESCO World

Heritage Site and internationally renowned as a pioneering centre of botanical research, study and conservation. They are open throughout the year for all to enjoy.



OXFORD UNIVERSITY

When: Daily

Where: Oxford University, Wellington Square, Oxford, OX1 2JD, UK

As the oldest English-speaking university in the world, Oxford lays claim

to eight centuries of continuous existence. It houses many treasures - in building and park form - and any visit to the town should include at least one of its gems.



CANTERBURY CATHEDRAL

When: Daily Mon-Sat 9am-5.30pm (until 5pm in winter); Sun 12.30pm-2.30pm

Where: Canterbury Cathedral

Canterbury Cathedral is a hallowed place of pilgrimage with church

buildings that date back to 597AD, and one of England's most glorious sights. A long line of distinguished archbishops has kept the church on its spiritual feet for nearly 1500 years.



BRIGHTON BEACHFRONT

When: Daily

Where: Brighton Beachfront

Brighton beachfront is the heart of this buzzing seaside city. It stretches from Brighton Pier, with its bumper cars and Victorian games arcade, to the ghostly

West Pier, now partially subsided into the waters after a huge fire.

Shopping

Alexander McQueen at Harvey Nichols, bespoke suits on Savile Row

Believe it or not, London has over 40,000 shops and around 80 markets. And, for those visiting over a weekend, all the big shops open on Sundays.

Fashion Shopping

London's key fashion shopping districts include **Knightsbridge** (Sloane Street, Knightsbridge), which attracts serious spenders with a penchant for gold. **Chelsea** (King's Road, Sloane Square and Brompton Cross) is where kitten-heeled ladies fresh from their facials stock up on Agnès b and Joseph numbers. Gentlemen love Jermyn Street in **Mayfair** for Floris aftershaves and 100 per cent cotton shirts, while Savile Row is the place for bespoke tailoring. For the latest looks, browse **Selfridges**, **Liberty** and **Harvey Nichols** - London's smartest department stores - or head to the mammoth **Westfield London** in Shepherd's Bush.

Landmark Shops



HARRODS

When: Daily Mon-Sat 10am-8pm;

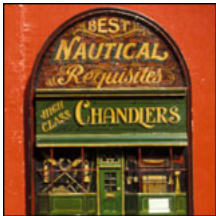
Sun 11.30am-6pm

Where: Harrods

London's most over-the-top department store, Harrods takes up an entire block of smart Knightsbridge. From

world-famous collectable teddy bears in Toy Kingdom to Beluga caviar in the ornately-tiled Food Halls, the store offers seven floors of material delights.

Markets

**PORTOBELLO ROAD MARKET****When: Sat only Every Sat**
Shops: daily 7am-6pm**Where: Portobello Road**

Originally a simple track leading to a farm called Porto Bello, today Portobello Road in Notting Hill hosts one of

London's hippest street markets. With lots of antiques stalls, jewellery and vintage frocks, it's something of a must-see.

**BOROUGH MARKET****When: Thu, Fri, and Sat only**
Thu 11am-5pm; Fri 12pm-6pm; Sat 8am-5pm**Where: Borough Market**

Lively Borough Market has existed on the south bank of the Thames since

1756. Offering a tempting mix of traditional, modern and artisan food, the stalls are busy with curious tourists and locals doing a weekly shop.

Oxford Street**Oxford Street** is the ultimate high street and packs in the bargains, so teenagers flock to the likes of Topshop, Mango and Zara. Step off the busy thoroughfare for designer clothes at Browns on **South Molton Street**, or contemporary jewellery and classic print scarves at department store Liberty, on **Regent Street**.**Gizmos and Antiques**For the latest hi-fi, video games and computer hardware, head for **Tottenham Court Road**. For designer shoes, trawl **Neal Street** in Covent Garden while antique lovers can browse furniture, clocks and lights from the 1600s onwards in **Lillie Road** (Fulham) and **Camden Passage** in Islington.

Dining

Gastropubs, fast-food noodle bars and Michelin starsLondon has more than 6000 restaurants offering cuisines from all over the world. To make the choice a little less overwhelming, we have selected **nine restaurants** (including Hilton's finest) located in neighbourhoods across London. They range from Michelin-starred gourmet fare in Chelsea to simple Cantonese suppers in Chinatown.**New Trends**

The rise of the London **gastropub** has been inexorable. Put simply, a gastropub is a refit of an "old man's" London pub with chrome-topped bars and no-nonsense dining furniture which serves dishes influenced by Thai, French and Italian cuisines. Gastropub favourites include Thai fishcakes, top quality bangers and mash or lamb shanks, rounded off with French-style lemon tarts or homemade ice-cream. **Primrose Hill**, **Farringdon**, **Notting Hill** and **Islington** are all prime gastropub districts. **Noodle bars** with shared tables and warming coconut soups are another London dining trend - **Wagamama** has several branches - while **Busaba Thai** (Soho and Bloomsbury) is a very successful Thai take on fast-food dining.

London Restaurants**MR KONG****When: Daily Mon-Sat 12pm-2.45am;**
Sun 12pm-1.45am**Where: Mr Kong**

If eating out in London's Chinatown, then make a beeline for cheap and cheerful Mr Kong. This unpretentious

Hong Kong Chinese restaurant on Lisle Street has a Cantonese-style menu to satisfy beginners and the more adventurous diner. It's popular both with local Chinese and out-of-towners.

**THE IVY****When: Daily Mon-Sat 12pm-3pm &**
5.30pm-12am; Sun 12pm-3.30pm &
5.30pm-11pm**Where: The Ivy**

Located in the heart of the West End, The Ivy is popular with London's A-list celebrities. Behind the distinctive diamond lattice windows, actors and writers have lunch with their agents or eat dinner after a show. The menu offers fresh, unfussy dishes such as rump of lamb or chargrilled fish. Reservations are essential.

**ST JOHN BREAD & WINE****When: Daily Mon-Fri 9am-11pm; Sat**
10am-11pm; Sun 10am-10.30pm**Where: St John Bread & Wine**

The acclaimed St John Bread & Wine in Spitalfields, on the fringe of The City, has an understated, simple take on British dining. The restaurant merges the finest ingredients, old British classics and a tapas-style dining experience. Expect some unusual options, such as pigs' trotters.



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RESTAURANT GORDON RAMSAY

When: Weekdays only Mon-Fri 12pm-2.30pm, 6.30pm-11pm

Where: Restaurant Gordon Ramsay

Three Michelin stars take Gordon Ramsay's flagship eatery, Restaurant Gordon Ramsay, to another level of

dining. Its location in Chelsea and the deluxe white and cream interior prepare the upper end of London society for a serious gourmet experience. A sommelier advises on the wine list.



NIPPON TUK

When: Daily; not Sun Tue-Sat lunch and dinner, Mon dinner only

Where: Hilton Metropole Hotel

With spectacular views and a glamorous but relaxed vibe, Nippon Tuk on the 23rd floor of the Hilton London Metropole

offers an exciting mix of Chinese, Japanese and South-East Asian food and drink, delivered with a sophisticated twist. Expect a quality selection of sushi, sashimi, tempura, noodle dishes and even Japanese fish and chips!



WOBURN PLACE DINING ROOM

When: Daily Mon-Sat 12pm-2.30pm & 5.30pm-10.30pm; Sun 5.30pm-10.30pm

Where: Hilton Euston

The Woburn Place Dining Room is housed in a beautifully light and airy

Victorian conservatory, part of Hilton Euston. Sophisticated and chic, the restaurant serves classic English, continental and Far Eastern dishes. So no matter what you like to eat, you should find something to enjoy on the menu.



GALVIN AT WINDOWS

When: Daily Mon-Sat 12pm-3pm & 6pm-11pm; Sun 12pm-4pm

Where: London Hilton Park Lane

Galvin at Windows, on the 28th floor of London's Hilton Park Lane Hotel, has a glamorous interior evoking the golden

age of the 1930s with a 21st-century theme. An iconic space renowned for its peerless views of London, this has become one of London's leading destination restaurants with Chris Galvin at the helm.

Where to Eat

Restaurants cluster in the **West End** and **Soho** is wall-to-wall restaurants. But every neighbourhood can guarantee a choice of Pizza Express, Indian, Chinese and Italian restaurants. Eat your way around the world with Bengali food in **Brick Lane**, Indian curries in **Southall**, Turkish chargrilled dishes in **Stoke Newington**, Caribbean stews in **Hackney**, Vietnamese spring rolls in **Hoxton** and Chinese stir-frys in **Chinatown**.

Tipping

Tips of ten to fifteen per cent are usual in London restaurants and service is often included in the bill (always for large groups). You don't have to tip unless the service merits it. It is possible to eat for £10 per head, but smarter restaurants cost between £40 and £100 per head. **Book in advance** for upmarket restaurants especially on Friday and Saturday nights. Bear in mind that many close on Sunday nights.

Culture & Entertainment

Titians at the National Gallery, West End shows and opera in Covent Garden

Art Treasures

Caravaggio in the National Gallery, Rothko in Tate Modern

Where to start? London is crammed with art treasures and a lifetime would just about suffice to see it all. Visit the **National Gallery** for an internationally-renowned selection of Western Art (Titian, da Vinci, Michelangelo) from 1400AD to 1900AD. To see decorative arts from the same period, but drawn from all over the globe, visit the **Victoria & Albert Museum** in Knightsbridge. International modern and contemporary art (Rothko, Duchamp, Kapoor) occupies a former power station in **Tate Modern** on the Southbank. Upstream, **Tate Britain** in Vauxhall is a precious repository of British art treasures including Turner, Blake and the Pre-Raphaelites.

Over the centuries, wealthy British families have amassed numerous art treasures - not least the Royal Family. See Her Majesty's da Vinci and Michelangelo drawings at the **Queen's Gallery**, Poussin and porcelain at the **Wallace Collection**, Old Masters (Rembrandt, Rubens) at the **Dulwich Picture Gallery** and impressionist and post-impressionist masterpieces at the **Courtauld Institute** in Somerset House on the Strand.

Concerts

Hear the LSO in the Barbican and the Royal Philharmonic in Cadogan Hall

Key classical music venues include the **Southbank Centre** which is home to two resident orchestras, the Philharmonia and the London Philharmonic, as well as associate ensembles, the



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Orchestra of the Age of Enlightenment, the New London Consort and the Alban Berg Quartet.

The **Barbican Centre** has the London Symphony Orchestra and associate BBC Symphony Orchestra. The **Royal Albert Hall** along with smaller venues such as **Wigmore Hall** and **St John Smith's Square** welcome touring ensembles, orchestras and opera companies, while **Cadogan Hall** in Chelsea is now the home of the Royal Philharmonic Orchestra.

Comedy

Chortle in pubs or guffaw in The Comedy Store

Amazingly, London has many venues (pubs, theatres, arts centres) where stand-up comedy is performed, if not every night, then every week or month. The biggest names play **The Comedy Store** on Oxendon Street by Leicester Square and there are **Jongleurs Comedy Clubs** in Camden, Battersea and Bow. The **New Ambassadors Theatre** in Covent Garden welcomes the smash-hit, touring comedy acts.

Dance

Enjoy classical ballet at the Opera House, see contemporary dance at Sadler's Wells

Sadler's Wells on Rosebery Avenue in Islington is London's pre-eminent dance theatre, welcoming international ballet companies and contemporary dance ensembles, as well as the very best of UK dance talent. Shows usually last a fortnight and a similar kind of programming can be found at Sadler's Wells' sister theatre, **The Peacock**, in Holborn.

Britain's most prestigious classical ballet company, the **Royal Ballet** share premises with the Royal Opera at the **Royal Opera House** in Covent Garden. The troupe perform over 15 productions a year during the London season (Sep-Jul).

Opera

Sip champagne in Covent Garden's Floral Hall, hear the ENO in the Coliseum

London has two opera houses. The **Royal Opera House** is the jewel of the UK operatic scene. The conductor of the **Royal Opera** presides over a world-class opera season of 20 productions a year (Sep-Jul). All foreign-language productions are surtitled. Innovative **English National Opera** champions the vernacular by performing all operas in English at their home the **London Coliseum** on St Martin's Lane.

Theatre & Shows

Tap your feet to West End musicals, find cutting-edge drama at the Donmar

London has about 100 theatres, half of them in the West End, or "Theatreland" according to the street signs for Shaftesbury Avenue, Haymarket and St Martin's Lane. Musicals are big business in the West End, along with shows starring Hollywood celebrities (recent board-trotters have included Jessica Lange, Kevin Spacey and Christian Slater).

New writing and classic drama are championed in the **National Theatre** complex on the South Bank (every summer, the majority of tickets for the biggest theatre, the **Olivier**, are just £10). Further down the South Bank, **Shakespeare's Globe** on Bankside stages a summer Shakespeare season between May and October. **The Almeida** and **The Donmar Warehouse** are both known for big-name productions in intimate theatres, while the **Royal Court** is a hotbed of young talent and stages numerous new plays. International theatre productions' tours now regularly take in the **Barbican Centre**. The **Royal Shakespeare Company** transfers its most successful Stratford-upon-Avon shows direct to the West End.

Nightlife

Historic watering holes, gigs in pubs and celebrity hangouts

The London Scene

London's nightlife scene is very diverse, changing in feel from neighbourhood to neighbourhood. **Soho** has most of the late-night bars and is London's busiest party district. **Hoxton** comes a close second, with numerous pubs, old-style drinking dens and chrome-topped new bars along Charlotte Road, Great Eastern Street, Old Street and all the streets in-between.

Covent Garden, **Soho** and **Mayfair** have several historic pubs, as does the ancient **City of London**.

Bars and Clubs

With thousands of pubs and clubs spread across its many boroughs, London is the place to party. Though many local pubs are fast being converted into sleek gastropubs, some still serve real ale with a Victorian-tiled smile.

Try the **Cross Keys** in Covent Garden and **The Golden Heart** in Spitalfields - real London pub experiences. To hobnob with celebrities, head for **Cuckoo Club**, **Mahiki** or **Boujis**. For the best-mixed cocktail in town, try **The Lab** on Old Compton Street in Soho. Hilton has some trendy cocktail bars too, many of which boast panoramic views of the capital.

As for clubs, **Fabric** in Clerkenwell boasts state-of-the-art sound systems and a changing roster of innovative DJs. Up in Camden, **Koko** pulls a cool crowd with a mix of live music and straight-up dance nights.

Nightspots



KOKO

When: Daily

Where: Koko

Koko is a nightclub and live music venue in trendy Camden. The grand building was originally a theatre and the club's ornate décor reflects this today. Crowds fill the dance floor by the stage or look down from the gallery.



MAROUSH 1

When: Daily 12pm-2am

Where: Maroush 1

Step downstairs into the cavernous interior of Maroush 1 on Edgware Road and a little slice of Lebanon awaits. Delicious mixed grills, meze dishes and the best freshly-squeezed fruit juices are just the beginning of its delights.



93 FEET EAST

When: Daily

Where: 93 Feet East

93 Feet East is a multi-faceted bar, club and live music venue in London's East End. See cutting-edge live performances or spend a night on the dance-floor. On summer nights, step outside to the cobbled courtyard for al fresco drinks.



CARGO

When: Daily

Where: Cargo

Cargo's multi-tasking Music-Dance-Food concept is staggeringly popular. Under the East London railway arches you'll find live music, afternoon barbecues, club nights and even miniature festivals.



RONNIE SCOTT'S

When: Daily

Where: Ronnie Scott's

London's best known jazz club, Ronnie Scott's offers live jazz every night of the week in the heart of Soho. Book a table, order a scotch and watch as renowned musicians and new talent perform on the famous stage.



WHISKY MIST AT ZETA

When: Daily 6pm-4am

Where: Whisky Mist at Zeta

If you mind about your feng shui when sampling cocktails, head for London Hilton's stylish celebrity hangout, Whisky Mist at Zeta, on Mayfair's Park Lane. The barman uses plenty of fresh fruit and vegetable juices, so you needn't feel guilty



ROCKWELL BAR

When: Daily Mon-Sat 8am-1am; Sun 9am-10.30pm

Where: The Trafalgar

A well-kept secret awaits you at the top of the Hilton Trafalgar. Rockwell Bar in the roof garden is a romantic way to start a night on the town, or the ideal place to unwind after a hard day's graft.



WINDOWS BAR

When: Daily Mon-Thu 10pm-1am; Fri 10am-3pm; Sat 5.30pm-3am; Sun 10am-10.30pm

Where: London Hilton Park Lane

For a cocktail with a view to remember, head to the Hilton Park Lane. A well-mixed drink on the 28th storey offers panoramic views of the capital, while the dark expanse of 300-acre Hyde Park spreads out directly beneath you.

Live Music

London's live music scene is thriving and, with so many venues to choose from, there is talent to enjoy every night of the week. Catch tomorrow's stars today at **The Barfly** in Camden Town, and **The Water Rats Theatre** in King's Cross (the first place Bob Dylan played in London).

Established world music and jazz stars play the **South Bank Centre**, **Barbican Centre**, **Ronnie Scott's** and **The Jazz Café**, while touring rock and pop acts thrill big crowds at the **Hammersmith Apollo**, **02 Academy Brixton**, **02 Shepherd's Bush Empire**, **Wembley Arena** and the **Royal Albert Hall**.



Kids & Family

Dinosaurs at the Natural History Museum, the latest Barbie in Hamleys

Kids' Shopping

Hamleys is obviously the first port of call - this five-floor department store on Regent Street is devoted entirely to toys. New toys are demonstrated by staff members to enthralled kids (and grown-ups). When the bewildering choice and the excited squeals of the youngsters get too much, the top floor has a friendly café. Little girls with a fairy obsession must visit **Mystical Fairies** in Flask Walk, Hampstead. Buy a pair of fairy wings and the staff will wrap them up with glitter and tiny silver stars.

Traditional handmade wooden toys are sold in Covent Garden's **Benjamin Pollock's Toyshop** while the Toy Kingdom in **Harrods** rivals Hamleys with an entire floor devoted to the latest must-have toys.

Never willingly eclipsed by Harrods, **Selfridges** has a large toy department and prides itself on its range of designer labels for tots - Burberry booties anyone?

Kids' Attractions



SCIENCE MUSEUM

When: Daily Daily 10am-6pm

Where: Science Museum

London's awe-inspiring Science Museum uses hands-on displays, gizmos, gadgets and virtual rides on a state-of-the-art trip into past and future. Take virtual

photographs, whisper using parabolic reflectors, discover how a satellite works and set a combine harvester in motion.



NATURAL HISTORY MUSEUM

When: Daily Daily 10am-5.50pm

Where: Natural History Museum

South Kensington's iconic Natural History Museum is home to millions of specimens, from huge dinosaur skeletons to tiny precious gems. Learn

about volcanoes and earthquakes in the interactive Power Within gallery and watch scientists at work in the Darwin Centre.

Kids' Restaurants

While all London restaurants (except the very smartest) welcome children by providing highchairs and sometimes special kids' menus, there are a few places worth making a detour for. **Giraffe** is one of them - a chain of bright, buzzy non-smoking

neighbourhood cafés (in Hampstead, Kensington High Street, Spitalfields, Islington and Marylebone) where the world's music and cuisines meet at communal wooden tables. Surprisingly, it manages to attract trendy couples and singletons too, so is not too child-dominated.

In the West End, **The Rainforest Café** on Shaftesbury Avenue serves Mexican, Caribbean and Asian dishes in a jungly interior of cascading waterfalls, eye-catching aquaria and rainforest greenery. Bill Wyman's popular Kensington hamburger bar, **Sticky Fingers**, is a hit with families thanks to friendly service, quality burgers and walls adorned with Rolling Stone memorabilia. South of the river, make a beeline for Crumpet on Northcote Road, where healthy snacks and traditional home-made afternoon teas fill up little tummies. There's even a menu for babies.

Unwind

Roses in Regent's Park, yoga in Notting Hill

Although Londoners are known for working hard and playing hard, there is more to the city than this. Londoners particularly need respite from their busy metropolis and fortunately, London has no shortage of parks, commons, heaths and woodland to **escape** to. The most central of the **parks** (originally Royal hunting grounds) are Hyde Park, Green Park and St James' Park. Richmond Park, on the banks of the River Thames, offers herds of deer and horse-riding in the west, Hampstead Heath draws intellectual types north for Sunday strolls. South Londoners love Clapham and Wimbledon Commons and East Londoners are devoted to Victoria Park and London Fields.

Then there are the **spas and yoga centres** for which the capital is justly famed. **Hilton** also has some good ideas for **chilling in the city**. For inspiration, click below.



QUEEN MARY'S ROSE GARDENS

When: Daily 5am to dusk

Where: Regent's Park

Beautiful blooms perfume the air at Queen Mary's Rose Gardens, situated in Regent's Park. These quintessential English gardens hold one of the finest

collections of roses in the country. Rambling, climbing and cluster-flowered varieties are at their best in mid-June.



Travel should take you places™

Destination guide: London



THE LIFE CENTRE

When: Daily 6.30am-8.30pm (Sat & Sun shorter hours - please check for schedule)

Where: The Life Centre

Tucked behind one of London's more famous restaurants, Kensington Place, Notting Hill's Life Centre gets on with the more serious business of yoga, yoga and yoga, (with plenty of pampering to make you feel extra good).



THE SANCTUARY

When: Daily Day visits: Mon-Fri 9.30am-6pm; Sat & Sun 9.30am-8pm.

Evening visits: Mon 5pm-10pm;

Wed-Fri 5pm-10pm

Where: The Sanctuary

The Sanctuary is a tranquil spa in the heart of bustling Covent Garden. Relax among ponds and candles in the Koi Carp Lounge and glide through the Atrium Pool on a swing. Beauty treatments like manicures and facials cost extra.



E REJUVENATION CENTRE

When: Daily 7am-11pm

Where: E Rejuvenation Centre

Imagine highly-trained people pummelling you and squeezing aching parts of your body in perfect synchronicity for an hour. Add in

sweet-smelling oils, a beautiful room and calming music, and this is what you get at London's E Rejuvenation Centre.



HOMAGE PATISSERIE

When: Daily 9am-11pm

Where: The Waldorf Hilton

Welcome to the 'jewel box' - a counter of mouth-watering French pastries by day and sumptuous champagne cocktails by night. The Waldorf's Homage

Patisserie is housed in an historic room of the hotel featuring restored Waring & Gillow panelling (the cabinet-makers to Queen Victoria).



LA FITNESS AT THE WALDORF

When: Daily Mon-Thu

6.30am-9.30pm; Fri 6.30am-8pm;

Sat-Sun 9.30am-6pm

Where: The Waldorf Hilton

Enjoy complimentary membership to the LA Fitness Club at The Waldorf Hilton

during your stay. Make the most of its 13-metre swimming pool, steam room, jacuzzi, sauna, fully equipped gym and spa treatments.



TRAFALGAR ROOF GARDEN

When: 1 Apr - 31 Dec 2009; not Sun (annual) Mon-Sat 5pm-11pm

Where: The Trafalgar

A well kept secret awaits you at the top of the Hilton Trafalgar hotel. The chic, candlelit Trafalgar Roof Garden is a

great way to start a romantic night on the town or to unwind after a hard day's graft.