

Urban Explorer Jamie's Travel Itinerary

"I do have a bit of an obsession with retail and often that leads me to deciding on travel destinations if I hear that there are exciting things happening globally. There are so many amazing stores out there...I find it very inspiring to see people doing things in their own way."

- 9am** ● --- If you have your running shoes with you, why not make a nice early start with a gentle jog through St. James's Park. If you prefer something a little lighter, have a lie-in and take a walk there instead
- 10am** ● --- Exit at Green Park and head to The Wolseley. There are some wonderful London breakfast establishments. Jamie recommends the Kedgeree for something a little different
- 11am** ● --- Directly across the road is the Royal Academy. They host exhibitions from both the contemporary and classic world. If you are lucky enough to be there from June to August, you might be able to visit the Summer Exhibition which is the world's largest open submission art show
- 12pm** ● --- Once you've had your art fix, walk through The Burlington Arcade next door where you can get a shoe shine en route, and head across Regent Street to Soho. Have a browse of the endless shops in and around Carnaby, particularly Kingly Street, Beak Street, Broadwick Street and Newburgh Street. Liberty and End Clothing are a must. Explore Soho - there's lots to see
- 1pm** ● --- Jump on the Central Line and head over to Liverpool Street. Cross over Bishopsgate into Spitalfields Market where you can grab something to eat. There are plenty of options from independent food retailers. Jamie recommends you try Dumpling Shack for their delicious dumplings. The antique market runs on a Thursday, and in Jamie's opinion, it is the best day to visit
- 3.30pm** ● --- Have a walk around the area and visit Hanbury Street, Brick Lane and Redchurch Street. There is a strong possibility that you will bump into Gilbert & George. If not, pop into The Golden Heart Pub on Commercial Street which is riddled with original Tracy Emin artwork. Sandra, who has been the Landlady there for 40 years, will tell you a story or two. The Ten Bells and The Culpeper are two other lively East-End Boozers on the same street
- 6.30pm** ● --- As the sun goes down, it will probably now be about time to escape back towards Page8 territory. Rupert Street in Chinatown hosts three restaurants that Jamie strongly recommends: The Palomar, Xu and his favourite, Evelyn's Table, which is hidden in a wine cellar in the basement of The Blue Posts pub
- 10pm** ● --- If you can stomach a post-dinner Martini, your choices are endless. Jamie recommends some of his favourite places for an evening drink: Bellamy's, The Coral Room, Dukes, The Savoy, and The Stafford

