

## Urban Explorer Emilie's Travel Itinerary

"In the short term, I think exploring will be more appreciative like finding the corners of your own neighbourhood or trying a different restaurant in your local neighbourhood."

- 8am** ● --- If you're a runner, or even a walker, pick up a tea or coffee from Page Common and head out early - London is a wonderful place to explore when it's just waking up and you'll catch the shopkeepers getting set up and get a sense of the inner workings of the city
- 9am** ● --- Head to 26 Grains for breakfast - a wonderful porridge cafe in the beautiful and hidden-away Neal's Yard in the heart of Covent Garden. You can try any of their signature porridge dishes. If you're a coffee lover, when you've finished, pop across the road to Monmouth Coffee on the adjacent Monmouth Street - this teeny coffee shop sells beans by the kilo and cups to go, but more importantly, it is an institution, having been there since well before specialty coffee hit London in any significant way
- 10.30am** ● --- Wiggle your way through the cobbled streets of Covent Garden and explore the many shops there - wander down Long Acre or head down James Street into the covered Market. You'll be with plenty of other tourists but the atmosphere, with buskers, cobbled streets, market stalls and boutiques alike is a good one
- 12pm** ● --- Depending on how much time you have, head for lunch at Barrafinna for delicious tapas at the bar, or for delicious Middle Eastern fare head to Maison Bab
- 2pm** ● --- Assuming your shoes are still comfortable and you're suitably fuelled, head across the river via the Jubilee Bridge by Embankment and you'll be straight into the action on the South Bank. Keep water side and enjoy the views of the Thames and the London Eye as you wander North East along the river. If you're an art aficionado, pop into the Hayward Gallery - a world-renowned contemporary art space within the Southbank Centre with fantastic year-round exhibitions
- 4pm** ● --- Keep walking river side, taking in Shakespeare's Globe theatre, the tall, narrow streets around Park Street and you'll soon hit Borough Market. The market is open Thursday - Saturday and it has a great food market with wonderful produce
- 5pm** ● --- From there, jump on the Underground at London Bridge to head back to Page8, taking in London's tallest building - The Shard. You can even head up if you have time for breathtaking views of the city
- 7pm** ● --- Onwards: After a good rest and a cup of tea to re-energise at the hotel, the evening is now ahead of you! With Soho so close the options are endless, but a few favourites are The Barbary back in Neal's Yard for fantastic Berber-style fare in a tiny eatery, Krickit for Mumbai-inspired small plates and great cocktails or Hoppers for family-style Sri Lankan. Everything changes fast in London so look up the best places to eat at the time - be ready to join a queue!

