

## Urban Explorer Emmeline's Travel Itinerary

"Finding your own piece of calm can come in many different forms. It's about starting and maintaining a simple practice for the long term, not quick fixes and too much at once, with the aim to create a sustainable toolkit for your own life."

- 9am ● --- Stroll with my housemate to grab coffee and pastries from our local bakery Casey's in Lower Clapton or Millfields cafe overlooking the park (great for dog spotting!). We may head a little further to Hackney Downs for a walk around the park and Brunswick East Bakehouse for the best pain au chocolate and sourdough!
- 11am ● --- If I am working from home, I may opt for an outdoor swim before work (preferably at sunrise), which is a great way to start my day. My nearest open water spot is West Reservoir in Stoke Newington which is always followed by a trip to nearby Big Jo (from the guys behind East London's Jolene, Primeur and Westerns Laundry - all big favourites of mine!) or the new Dusty Knuckle, for some carb loading after the cold!
- 12pm ● --- At the weekend or after work, I find time for a reformer pilates class at Tempo Pilates near London Fields or perhaps a boxing class at BLOK in Clapton. My post class ritual again is surprisingly pastry heavy, stopping by the nearby Popham's or a stroll down Broadway Market to the newly opened Cafe Cecilia for breakfast.
- 6pm ● --- Weekends I may be more Central with a couple of gallery visits booked in - this could be anywhere from the Hayward, Tate Modern, Barbican to 180 Studios or White Cube. I like to always catch up with the latest exhibitions across town.
- 6pm ● --- If I'm working from home and haven't had a chance to get outside and move my body, I find an early evening walk (at sunset even better) along the canal to the marshes clears my head. I'm very fortunate to have this practically on my doorstep!
- 6pm ● --- I love a solo early dinner and finding new spots in town - currently, I have Rita's in Soho top of the list, but locally near where I live there are also some great go-to restaurants (UCHI and MEN for Japanese and Top Cuvee and P Franco for natural wine and small plates).

