SEEING LONDON
A GUIDE TO GETTING THE MOST OUT OF YOUR STAY
Welcome to London

What a city we get to visit! A quarter of the world’s surface was once ruled from London. This dominant position gave rise to a rich cultural heritage: the city’s architecture, theatres, music, visual arts, and its royal and parliamentary traditions have remained unchanged. Many great things have their origins in London. “The Merry Wives of Windsor” was first performed in Shakespeare’s Globe Theatre. And there certainly was merry activity in the Swinging London of the sixties. Mary Quant designed the first mini skirt on Kings Road, the centre of hippie and punk culture. In the Abbey Road Studios, the Beatles and Pink Floyd recorded their international hits. “Cats” and “Phantom of the Opera” have entertained audiences in the West end Theatre every night since their premieres.

London is now hosting the ESCRS Congress which has become a leading international event. We are looking forward to welcoming you to our Booth B09. You will be able to witness another international sensation: OS4, the Essence of Perfection, will be launched in London to make its way to the most advanced operating theatres in the world. At the place where royal babies are celebrated, we will show you our latest brainchild and explain what lies hidden in its genes. It may not be blue-blooded but it surely is thoroughbred.

Andreas Bosshard  Christoph Bosshard  Thomas Bosshard
Chairman of the Board  CEO  Head of Marketing & Sales

Visit us @ booth B09

www.oertli-instruments.com
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Welcome to seeing London, Ophthalmology Times Europe’s exclusive guide to the exciting ‘global’ city that will play host to the XXXII Congress of the European Society of Cataract and Refractive Surgery (ESCRS). This guide is packed full of information to help you make the most of your visit — what to see and do, where to eat and drink and how to get around.

For over 2000 years London has been at the heart of English life, growing from its Roman roots to become a leading centre for commerce, science, education, arts, entertainment and fashion. The UK’s capital city has an incredibly rich past, with so many galleries, museums and famous buildings it is hard to decide where to begin. Whether you are interested in art, natural history, or shopping, London is packed with things for you to see.

Officially, London is made up of 32 boroughs plus the City of London, the original site of the Roman settlement. But it is also divided informally into districts with names familiar all over the world — Bloomsbury, Canary Wharf, Pimlico, Soho, Whitechapel — each one an area of distinctive character, even without official boundaries.

The city today is home to a huge range of cultures, with more 200 languages spoken on its streets, and that diversity is reflected in the extraordinary array of cuisines available, from traditional pub menus featuring Roast Beef or Fish and Chips to the curry houses of Brick Lane and a host of Mediterranean, Latin American or Caribbean restaurants.

We hope this guide will be a useful introduction to the delights of London. We wish you a fantastic stay and hope you enjoy exploring the city.

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The European Society of Cataract and Refractive Surgeons (ESCRS) is holding its 32nd congress in London, UK this year. As one of the most highly regarded events for the anterior segment, this year’s congress will once again offer a multitude of learning experiences for the ophthalmology community. With free paper presentations, instructional courses, symposia and an exhibition, attendees will be afforded the opportunity to listen, learn and connect with peers from around the world.

**When**

The XXXII ESCRS Congress will be held on **13–17 September 2014**.

**Where**

The XXXII ESCRS Congress will be held at the ExCeL London, One Western Gateway, Royal Victoria Dock, London E16 1XL, UK.

**Website:** www.excel-london.co.uk

**DLR stations:** Custom House (for ExCeL West) or Prince Regent (for ExCeL East)

**Registration**

The onsite registration fees for the congress are as follows:

- **Member:** €635
- **Non-member:** €735
- **Trainee/Resident:** €50
- **Healthcare Professional:** €360
- **Ophthalmic Nurse/Technician:** €50
- **Corporate:** €1500

**Exhibition**

The exhibition will include over 300 booths and will be open between Friday 12 September and Tuesday 16 September.

**Main Symposia**

Main symposia feature every day of the congress. The listings for each day can be found below:

**Saturday 13 September (11 am–1 pm)**

ESCRS/EuCornea Symposium: Corneal Cross-linking: Safety, Efficacy and the Unexpected

Chairpersons: H. Dua, B. Cochener, R. Nuijts

**Saturday 13 September (2 pm–4 pm)**

ESCRS/EURETINA Symposium: Vitreoretinal Complications of Anterior Segment Surgery

Chairpersons: F. Bandello, R. Bellucci

**Sunday 14 September (11 am–1 pm)**

Why Bother with Femto-assisted Cataract Surgery?

Chairpersons: R. Bellucci, U. Stenevi

**Monday 15 September (11 am–1 pm)**

What Really Works in Corneal Refractive Surgery?

Chairpersons: D. Epstein, J. Stevens
Tuesday 16 September (11 am–1 pm)
Combined Surgery for Cataract and Glaucoma
Chairpersons: S. Morselli and J. Salmon

Wednesday 17 September (11 am–1 pm)
Targeting Emmetropia
Chairpersons: O. Findl, D. O’Brart

Clinical Research Symposia
This highly recommended course will take place
on Saturday 13 September and will cover refractive
procedures, laser technologies, IOLs and intrastromal
surgery. OTEurope’s highlights include:
- 9.50 am — Why patients may end up unhappy after
diffractive IOLs (M.J. Tassignon)
- 12.10 pm — Will femtosecond systems replace
phako-emulsification? (P. Rosén)
- 2.15 pm — Trifocal lenses (P. Mojzis)
- 5.05 pm — Technique, outcomes of ReLEx all
femtosecond corneal refractive surgery (J. Hjortdal)

Instructional Courses
These are available from Saturday 13 September to
Tuesday 16 September. Below we have listed some of
our recommendations:
Saturday 13 September
- 10.30 am–12.30 pm — Glaucoma surgery: modern
perspectives
- 2.30 pm–4.30 pm — Collagen cross-linking:
indications, applications, results, complications and
evolving technology
- 5 pm–6 pm — Meibomian gland dysfunction and
chronic blepharitis
Sunday 14 September
- 8 am–10 am — Treatment strategy for custom
ablation of visually disturbing irregular astigmatism
after refractive surgery and in keratoconus
- 2.30 pm–4.30 pm — Management of paediatric
cataracts
- 5 pm–6 pm — The surgical correction of presbyopia
with a shape-changing corneal inlay
Monday 15 September
- 8 am–10 am — Ray tracing for IOL power calculation
- 2.30 pm–4.30 pm — Measuring, marking and
managing astigmatism in cataract surgery and RLE:
all you need to know
- 2.30–4.30 pm — Mastering transepithelial
and epi-off corneal collagen cross-linking for
keratoconus and post-LASIK ectasia
Tuesday 16 September
- 8 am–10 am — ABC in effective ophthalmic
publishing
- 8 am–10 am — Corneal surgery assisted by
femtosecond laser
- 2.30–4.30 pm — Astigmatism management with
toric IOL

Other Highlights
Saturday 13 September
Video Symposium on Challenging Cases
Sunday 14 September
Opening Ceremony
Tuesday 16 September
Presbyopia Workshop

Organizers
ESCRS
Temple House, Temple Road, Blackrock,
Co Dublin, Ireland
Tel.: +35 31 209 1100
Fax: +35 31 209 1112
E-mail: escrs@escrs.org
Website: www.escrs.org
London, the capital of the UK, is the country’s largest city and one of the most vibrant places in Europe. With a population of over eight million, it is the UK’s commercial, political and cultural hub, housing the stock exchange, the headquarters of dozens of multinational companies, Britain’s parliament and many of its leading museums, galleries and arts venues.

It is impossible to list all the sights that visitors to London can enjoy. Central London, an area that mostly fits within zones one and two of the London underground rail network, is home to a staggering array of attractions. From ancient Egyptian mummies to Hollywood waxworks, stately gilded palaces to the steel and glass observation pods of the London Eye, London has something for everyone.

London has an incredible variety of architecture and some of the best open public spaces in the world, from lush green parks to statued historic squares. Just walking London’s streets can be an adventure — look out for the blue plaques. Strolling along the banks of river Thames will give visitors a glimpse of the rich heritage that London has to offer, from Tower Bridge to Big Ben, HMS Belfast to Shakespeare’s Globe Theatre.

**Places**

**Blue Plaques**

[www.cityoflondon.gov.uk/blueplaques](http://www.cityoflondon.gov.uk/blueplaques)

London has been home to some of the world’s leading scientists, authors, musicians and artists for hundreds of years and there are almost 900 blue plaques on buildings across London, showing where famous people have worked and lived. The scheme has been running for close to 150 years; the oldest surviving blue plaque dates back to 1867 and shows where Napoleon III lived. Most plaques are in central London and commemorate people from all walks of life, from Charles Dickens to Jimi Hendrix, Charles Darwin to Alfred Hitchcock. Keep an eye out when you’re walking around and see who once lived on the street you’re walking down.

**Parks**

[www.royalparks.org.uk](http://www.royalparks.org.uk)

Get away from the hustle and bustle of congress and take a stroll around one of London’s Royal Parks. With eight to choose from you can find a range of flora and fauna unexpected in the centre of a major city. Possibly the best known is Hyde Park — over 140 hectares with over 4000 trees, a lake and ornamental gardens, it features two lakeside restaurants where you can enjoy everything from a quick cup of coffee to a three-course meal. The park closest to congress is Greenwich Park, oldest of London’s enclosed Royal Parks and home to a herd of deer as well as the Prime Meridian Line and the Royal Observatory.
Trafalgar Square
www.london.gov.uk/priorities/arts-culture/trafalgar-square

*Tube: Charing Cross*
Trafalgar Square is a must-see destination for visitors to London, home to Nelson’s Column, four iconic stone lions and thousands of pigeons. Sitting at the heart of the city, it is a lively open space where you will always find something going on. The famous Fourth Plinth at Trafalgar Square displays a series of artworks commissioned under the Fourth Plinth programme, one of the most talked about contemporary art prizes in the world. The work currently on the plinth is Hahn/Cock by Katharina Fritsch a 5 metre high ultramarine domestic farmyard cockerel.

Houses of Parliament & Big Ben
www.parliament.uk/visiting

*Tube: Westminster*
Tours inside ‘the Mother of Parliaments’, a seat of government since the 11th century, are only available on Saturdays and during holidays — but the parliamentary buildings and the most iconic of London landmarks, Big Ben, are a must see for visitors to London. Within easy walking distance of the Parliamentary precincts are Westminster Abbey, the location for Royal coronations; the British Prime Minister’s official residence at number 10 Downing Street; and many Whitehall landmarks including Winston Churchill’s Cabinet War Rooms.

Buckingham Palace
www.royalcollection.org.uk

*Tube: Victoria, Green Park, St James’s Park, Hyde Park Corner*
As both the office and the London residence of Her Majesty the Queen, Buckingham Palace is one of the few working royal palaces in the world today. Even from outside those famous gates, the Palace buildings, the stately Victoria Memorial and the surrounding parks and avenues are impressive. However, during September it is possible for visitors to sneak a peek inside, touring the Royal State Rooms, The Royal Mews and the Queen’s Gallery.

**Opening hours:** 9.30 am–4.15 pm
**Admission:** Prices start from £19.75

Tower of London
www.hrp.org.uk/TowerOfLondon

*Tube: Tower Hill*
The Tower of London has a gruesome reputation as the inescapable prison where traitors against the Crown were taken to be tortured and killed. There are no prisoners there today, but visitors can hear the terrifying tales from an iconic Beefeater and learn about the building’s role as a fortress, an armoury and London’s first zoo. The Tower is also where Britain’s priceless Crown Jewels, still used regularly in state ceremonies like the opening of parliament, are kept under armed guard.

**Opening hours:** Tuesday–Saturday, 9 am–5 pm; Sunday–Monday 10 am–5 pm
**Admission:** Prices start from £20

The view from the Shard
www.theviewfromtheshard.com

*Tube: London Bridge*
Check out the view from the top of The Shard, Western Europe’s tallest building and London’s newest landmark. At a height of almost 250 metres the building has come to define London’s skyline. From the observation platform, almost twice as high as any other vantage point in London, you can see the entire city and up to 40 miles beyond. If the weather stops you seeing at least three key landmarks — London Eye, St Paul’s Cathedral, The Gherkin, Tower Bridge and
One Canada Square — you can come back within three months for free.
**Opening hours:** Daily 10 am–8.30 pm  
**Admission:** Price on the day, £29.95

**EDF Energy London Eye**  
www.londoneye.com  
**Tube:** Westminster, Embankment  
Standing 135 metres tall, the London Eye is the world’s largest cantilevered observation wheel and the UK’s most popular paid for visitor attraction. Originally known as the ‘Millennium Wheel’, it was opened in March 2000 to celebrate time turning through the end of the 20th century and into the 21st. With a full rotation taking 30 minutes, passengers in the wheel’s 32 capsules have plenty of time to take in the sights of London — on a clear day, you can see up to 40 kilometres.  
**Opening hours:** 10 am–9 pm  
**Admission:** Prices start from £26.55*

**Madame Tussauds**  
www.madametussauds.com/London  
**Tube:** Baker Street  
Mix up London’s incredible history with the glitz and glamour of Hollywood in Madame Tussaud’s world famous waxworks. Across 14 areas you can attend an A-list party, hang out with movie stars and your favourite sports men and women, get close to world leaders, past and present, and even see Marvel’s superheroes. You may not meet the Queen during your trip to London, but you can at least have your picture taken with her at Madame Tussauds.  
**Opening hours:** 9.30 am–5.30 pm  
**Admission:** Prices start from £28*

*You can save up to 40% by buying your tickets for the London Eye and Madame Tussaud’s with tickets for other attractions like SEA LIFE London Aquarium or London Dungeon.

**Art, Culture & History**

**Museum of London**  
www.museumoflondon.org.uk  
**Tube:** Barbican, St Paul’s  
The Museum of London offers visitors a trip through the capital’s colourful past. You can journey all the way back to prehistoric London, get a glimpse of the city as it developed under the Romans and the Saxons, hear stories of famine, fire and disease from the medieval period before its rebirth and the rapid industrial growth that created the thriving modern metropolis that became Victorian London, the foundation for the city we know today.  
**Opening hours:** 10 am–6 pm  
**Admission:** Free

**Natural History Museum**  
www.nhm.ac.uk  
**Tube:** South Kensington  
Winner of ‘Best of the Best’ in the Museums and Heritage Awards 2013, the Natural History Museum is a world-class visitor attraction and a leading science research centre. It hosts hundreds of exciting, interactive exhibits in one of London’s most beautiful buildings. Highlights are the Dinosaurs gallery and the iconic Diplodocus skeleton in the central hall. The Museum offers a wide-ranging programme of temporary exhibitions — Britain: One Million Years of the Human Story is the leading exhibition during ESCRS.  
**Opening hours:** 10 am–5.30 pm  
**Admission:** Free

**London Film Museum — Bond in Motion**  
londonfilmmuseum.com  
**Tube:** Leicester Square, Charing Cross, Covent Garden  
Bond in Motion at the London Film Museum is an official exhibition of the vehicles that appeared
in the renowned James Bond film series. It is the largest display of its kind ever staged in London, featuring over 100 exhibits from all 23 Bond films, including storyboards, scripts, model miniatures and full size vehicles. Highlights include the archetypal Bond car, the Aston Martin DB5; Goldfinger’s majestic Rolls-Royce Phantom III and the unforgettable Lotus Esprit S1 submersible from ‘The Spy Who Loved Me’.

Opening hours: 10 am–5 pm
Admission: Prices start from £14.50

British Optical Association Museum
www.college-optometrists.org/museum
Tube: Charing Cross, Embankment
Founded by Mr J.H. Sutcliffe of the British Optical Association in 1901, the ‘MusEYEum’ is a remarkable museum collection of over 13,000 objects relating to the history of optometry, the human eye and visual aids. The museum was entrusted to the care of the College of Optometrists in 1980 and continues to be recognized as the oldest and one of the best specialist optical collections in the world.

Visits to the museum are only by appointment, please call the curator on +44 (0)20 7766 4353 or e-mail: museum@college-optometrists.org

Victoria & Albert Museum
www.vam.ac.uk
Tube: South Kensington
The Victoria and Albert Museum bills itself as the world’s greatest museum of art and design, representing more than 3000 years of human creativity. Highlights include the Medieval Renaissance galleries, the Jewellery gallery and the British Galleries, illustrating the history of Britain through the nation’s art and design. During ESCRS, the V&A is celebrating the 450th anniversary of Shakespeare’s birth with an immersive installation examining the enduring influence and popularity of the world’s most famous playwright.

Opening hours: 10 am–5.45 pm
Admission: Free

Imperial War Museum London
www.iwm.org.uk/london
Tube: Lambeth North, Elephant and Castle
The Imperial War Museum in London only reopened in July, following a major transformation project to mark the First World War Centenary. The remodelled museum now features ground-breaking new WWI galleries, a newly configured atrium displaying the museum’s largest items and terraces featuring key stories from the collection. To mark the Centenary it is launching ‘Truth and Memory’, the largest exhibition of British WWI art for almost 100 years.

Opening hours: 10 am–5.30 pm
Admission: Free

Tate Britain
www.tate.org.uk/visit/tate-britain
Tube: Pimlico, Vauxhall
Tate Britain holds the world’s largest collection of British art, with works from the present day back to the 16th century. Well-known painters in the collection include Gainsborough, Hogarth, Millais and Whistler, as well as more contemporary artists such as Francis Bacon, Lucian Freud and Damien Hirst. During ESCRS, Tate Britain will be holding its first exhibition examining the later works of romantic landscape painter Turner. The exhibition includes work produced following an extensive tour around Europe.

Opening hours: 10 am–6 pm
Admission: Free; £16.50 for Turner Exhibition
National Portrait Gallery
www.npg.org.uk
**Tube: Charing Cross, Leicester Square, Embankment**
The National Portrait Gallery brings visitors face-to-face with the people who have shaped British history, from the Middle Ages to the present day. Kings, queens, musicians and film stars are all represented in painting, sculpture, photography and video. Artists in the collection range from Holbein to Hockney. During ESCRS, the annual BP Portrait Award exhibition will be taking place, showcasing the most outstanding and innovative new portraits from around the world.

**Opening hours:** 10 am–6 pm
**Admission:** Free

Theatre

**Getting tickets last-minute**
The West End theatre district is famous the world over and no visit to London would really be complete without seeing a show. There are hundreds of plays and musicals on at any one time. If you are looking to book theatre tickets last-minute, visit the tkts booth in Leicester Square. There you will be able to get discounted tickets on the day of the show and up to a week in advance.

**POPULAR SHOWS**

**The Lion King**
**Lyceum Theatre**
**Tube: Covent Garden**
Featuring music by Sir Elton John, the award-winning adaptation of Disney’s The Lion King promises audiences outstanding costumes and wonderful special effects that bring the animals of the Serengeti to life on the stage. Telling the story of the lion cub Simba and how he overcomes many adversities to fulfil his destiny and become King, reviewers have called the show ‘a wonderful menagerie of a musical’.

**Tickets starting from £32.50**

**Wicked**
**Apollo Victoria**
**Tube: Victoria**
Based on a novel by Gregory Maguire, Wicked tells the story of the early life of the Witches of Oz, a prequel to the Wonderful Wizard of Oz. It imagines a friendship between two girls who meet as sorcery students and go on to become Glinda the Good and the Wicked Witch of the West in ‘one of the most popular West End musicals ever’.

**Tickets starting from £15.00**

**Billy Elliot: The Musical**
**Victoria Palace Theatre**
**Tube: Victoria**
Said to be the greatest British musical ever, this is an adaptation of the Oscar-winning winning movie of the same name. It tells the story of a boy raised by his father in a Northern mining town to box, not dance. But after he sneaks into a ballet class, his dance teacher spots real
talent and encourages Billy to apply to the Royal Ballet.

**Tickets starting from £20.70**

**Shakespeare in Love**
**Noel Coward Theatre**
**Tube: Leicester Square**
Another screenplay adaptation, the stage premiere of Shakespeare in Love takes an unusual look at Britain’s most famous writer through a fictional love affair. Crippled by writer’s block and deep in debt, William Shakespeare needs another hit. He discovers his inspiration in a young, aristocratic, woman and their affair quickly involves everyone from rival writers to Queen Elizabeth I and eventually inspiring Shakespeare’s greatest love story, Romeo and Juliet.

**Tickets starting from £15.00**

**Jeeves and Wooster**
**The Duke of York’s Theatre**
**Tube: Charing Cross, Leicester Square**
The aristocratic buffoon Bertie Wooster and his dutiful valet Jeeves feature in the stage debut of PG Wodehouse’s famous double act. A pleasant trip to a country house takes a turn for the worse, and Bertie has to play matchmaker, or he’ll be forced to abandon his precious bachelor status. Luckily, Jeeves is there to stop him making a fool of himself in this raucous comedy.

**Tickets starting from £15.00**

**War Horse**
**New London Theatre**
**Drury Lane, Covent Garden, WC2B 5SU**
**Tube: Holborn, Covent Garden**
This award-winning production of War Horse continues to captivate audiences with its magnificent, life-sized puppets. Young Albert’s horse, is sold to the cavalry and shipped to France at the outbreak of WWI. Fate takes him on an extraordinary journey, serving on both sides before finding himself alone in No Man’s Land. Albert, still too young to join the army, sets out to find him and bring him home.

**Tickets starting from £15.00**

**Shopping**

**LONDON SHOPPING DISTRICTS**
Everyone knows London has some of the most iconic shops on the planet. Across the city, there is a huge variety of stores to suit every taste, but rather than hunt down individual emporiums, why not head for one of the city’s well-known shopping districts. Each has its own unique style, with a distinct range of merchants, from luxury high-street brands to quirky independent boutiques.

**Bond Street**
**Tube: Bond Street, Oxford Circus**
Bond Street is famous throughout the world for its elegant shops, luxury brands and designer fashion. In the up-market district of Mayfair in London’s West End, it is a popular destination for the rich and famous. The best brands in the world, from Chanel and Cartier to Jimmy Choo and Ralph Lauren are on Bond Street alongside the Ritz and the the world famous Sotheby’s auction house.

**Carnaby Street**
**Tube: Oxford Circus, Piccadilly Circus**
The world famous Carnaby Street is actually just one of 13 streets in the Carnaby district of London, where a combination of unique boutiques
and global brands combine to create one of the city’s most distinctive shopping areas. Beneath the iconic ‘Welcome to Carnaby Street’ archway you will also find more than 50 independent restaurants, cafes, bars and pubs serving over 16 different cuisines from around the world.

**Covent Garden**  
**Tube: Covent Garden**  
In and around its historic Market Building, Covent Garden mixes shops, restaurants, history, entertainment and culture. The area combines luxury retailers with one-off craft stalls, street theatre with the Royal Opera House and established brands with emerging designers. Performers appear every day in the piazza, adding to the unique atmosphere of Covent Garden, which attracts a staggering 44 million worldwide visitors every year.

**Camden Lock Market**  
**Tube: Camden Town**  
Camden isn’t all about shopping. The area is one of London’s busiest entertainment districts with live music and comedy venues, café’s and bars. But the market at Camden Lock has a huge selection of small independent stores and market stalls selling everything from crafts, to handmade jewellery and vintage fashion. The market is open seven days a week.

**King’s Road**  
**Tube: Sloane Square**  
The King’s Road is all about shopping. It is packed with a staggering mix of trendy boutiques, unique labels, designer shops and high-street staples. It is also a magnet for interior designers and home decorators with Peter Jones, Heal’s, Cath Kidston and Habitat all in the area. But shoppers of a certain age will have another reason to visit the King’s Road — this is where punk was born.

**Oxford Street**  
**Tube: Bond Street, Oxford Circus, Tottenham Court Road**  
Be sure to make some time for this shopping trip — Oxford Street has it all. High-street fashion, international brands and technology, all running for more than one and a half miles, on London’s shopping hotspot. All the major UK department
stores are here, from Marks & Spencer and House of Fraser to Selfridges and John Lewis. There are also plenty of coffee shops, bars and restaurants to keep you going.

Westfield Shopping Centre
**Tube: Shepherd’s Bush, White City, Wood Lane, Shepherd’s Bush Market**
Westfield is a huge shopping centre in London’s White city with a retail floor area of 150 000 m², that’s equivalent to about 30 football pitches. All the leading high-street brands have a store in the centre, from Apple to All Saints, Build-a-Bear workshop to Zara. The centre also features a luxury area called the Village where Tiffany & Co and De Beers have shops.

ICONIC LONDON SHOPS
London is a luxury shoppers dream, with world famous department stores a speciality. These sprawling emporiums sell everything you can imagine under one roof as well as providing rest and relaxation with elegant cafes and restaurants in-store.

Fortnum & Masons
**Tube: Green Park, Piccadilly**
Selling everything from food to fashion, this most English of establishments has been serving London’s elite since 1707. Official grocer to Her Majesty the Queen, Fortnum’s sells the finest foodstuffs and if you are looking for specialist teas or exquisite hampers, this is the place to go. The store is housed in a very beautiful building that has not one, but four restaurants.
**Opening Times:** Monday to Saturday 10 am–9 pm; Sunday 11.30 am–7 pm

Harrods
**Tube: Knightsbridge**
It’s the one store that everyone who visits London wants to go to, even if it’s only to pick up a carrier bag. From its beginnings as a humble grocer’s shop in 1849, Harrods has grown to sell everything from furniture to sportswear. You’re unlikely to need a piano tuning while you’re at congress, but if you did Harrods could do it for you. The shop boasts a staggering 20 restaurants.
**Opening Times:** Monday to Saturday 10 am–8 pm; Sunday 11.30 am–6 pm

Harvey Nichols
**Tube: Knightsbridge**
Although it has branches in several UK cities and overseas, London is home to the flagship store for Harvey Nichols. The shop has traded on the corner of Knightsbridge and Sloane Street since the late 19th century. The building houses eight floors of high-end fashion labels like D&G, John Galliano, Burberry and Jimmy Choo. The fifth floor given over to food and restaurants.
**Opening Times:** Monday to Saturday 10 am–8 pm; Sunday 11.30 am–6 pm

Liberty
**Tube: Oxford Circus**
From the street, with its historic Tudor frontage, Liberty looks like it will be one of London’s most traditional stores, but inside the shop stocks the most innovative, cutting edge designers. The store prides itself in bringing together heritage and avant-garde with labels on sale over five floors including Vivienne Westwood, Chloé and Dries Van Noten, all alongside the magnificent Liberty Print collection.
**Opening Times:** Monday to Saturday 10 am–9 pm; Sunday 12 pm–8 pm
London is a haven for food lovers. The city has an enormous variety of restaurants to suit every taste and budget. Food trends sweep through the capital faster than fashion trends, from East end to West end, the hot spots changing almost overnight as new venues and new tastes come and go.

However, the city also has a rock-solid foundation of reliable restaurants where diners know they will be served the best. From cheap and cheerful eateries, through upmarket dining establishments to the most delicate of afternoon tea spots, London has it all.

**Good food, great prices**

**Regency Café**
17–19 Regency St, SW1P 4BY
+44 20 7821 6596
**Tube: St James Park, Victoria**
This is an old school London café, the ideal place to come for breakfast or lunch (it closes at 2.30 pm). The art deco exterior, and utilitarian interior tell the story of an establishment that has been serving food since the 1940s. The menu tends toward ‘comfort-food’, from lasagne, to pies, chunky chips and cooked breakfasts. If you have a sweet tooth, don’t leave without trying the bread and butter pudding.
**Cuisine:** British
**Price:** Main course under £7

**Jerk City**
189 Wardour Street, W1F 8ZD
+44 20 7287 2878
**Tube: Tottenham Court Road**
This is proper Caribbean food. There’s no fancy décor, the menu is not extensive and never changes, but the food served is excellent. Choose chicken (jerk, barbecue, brown stew or curry), curried mutton, oxtail, peppered steak, ackee and saltfish, stewed fish, roti (chicken, mutton, prawn or veg) or rice and peas. Be warned, it’s busy at lunch times, packed with office workers after some quality home-cooking.
**Cuisine:** Caribbean
**Price:** Main course from £6.50 to £9.50

**Hummus Bros**
88 Wardour Street, W1F 0TJ
+44 20 7734 1311
**Tube: Oxford Circus, Tottenham Court Road**
Houmous has never tasted so good. Lunchtimes are busy here, and at the Holborn and Cheapside branches of Hummus Bros, with office staff buying wraps and/or houmous bowls sprinkled with paprika and olive oil and topped with cumin-scented fava beans or slow-cooked beef. Servings come with wholemeal pitta breads and a range of delicious side dishes are
available — the barbecued aubergine comes highly recommended.

**Café Below**
St Mary-le-Bow Church, EC2V 6AU
+44 20 7329 0789
**Tube:** St Paul’s, Bank
This is a small family run breakfast and lunch restaurant hidden away in the thousand year old crypt St Mary-le-Bow Church. From British classics to Mediterranean favourites, the chefs at Café Below make everything themselves. Bacon sandwiches and French toast are favourites in the morning, beef bourguignon and fish pie come midday. If the weather holds up, climb the steps and have your coffee in the churchyard.

**Cuisine:** British
**Price:** Main course from £6 to £10

**Fleet River Bakery**
71 Lincoln’s Inn Fields, WC2A 3JF
+44 20 7691 1457
**Tube:** Holborn
This café’s baked goods counter is stunning, laden with everything from carrot and chocolate cake to caramel and peanut butter shortbread. Don’t worry though, it’s not all sweet stuff, sandwiches, quiches and frittatas are also available. Customers queue for the daily lunch special, usually steaming stew or pie. The décor is described as ‘modern-rustic’ but the customers are more interested in the great value food.

**Cuisine:** European
**Price:** Main course from £6.50 to £9.50

**Longji**
47–49 Charing Cross Road, WC2H 0AN
+44 20 7534 9898
**Tube:** Leicester Square
This restaurant wouldn’t be out of place in Hong Kong — it used to be called the Café de Hong Kong. The fact that it’s likely to be full of Chinese students should tell you all you need to know about the quality of the food. The menu is a varied mixture of rice and noodle dishes and service is said to be fast and friendly, at least by London Chinatown standards.

**Cuisine:** Chinese
**Price:** Main course from £5 to £9

**Beatroot**
92 Berwick Street, W1F 0QD
+44 20 7437 8591
**Tube:** Oxford Circus, Piccadilly Circus, Tottenham Court Road tube
Fast and wholesome, what more could you ask for? Freshly made salads and 10 hot dishes every day are on display at the counter. Regulars include coconut dahl, lentil and mushroom shepherd’s pie and organic rice salad with tamari soy sauce and seaweed. Most people take away, but there are seats inside or, if the sun’s shining, on the pavement outside.

**Cuisine:** Vegetarian
**Price:** Main course from £4.50 to £6.50

**Jubo**
68 Rivington Street, EC2A 3AY
+44 207 033 0198
**Tube:** Shoreditch High Street
Korean food became popular in London recently. This restaurant is an ‘eat-with-fingers, messy, New York dude food’ version of Korean
fast food. Headlining the menu is the Korean fried chicken seasoned then fried twice, crunchier than the more famous KFC. It goes well with beer we’re told. Other dishes include steamed buns, bulgogi beef, rice, noodles and the obligatory kimchee side.

**Cuisine:** Korean  
**Price:** Main course from £4.50 to £6.50

**G Kelly, Noted Eel and Pie Shop**  
526 Roman Rd, E3 5ES  
+44 20 8980 3165  
**Tube:** Bow Road, Mile End  
This is a daytime venue serving the most traditional of East End London comfort foods, Pie & Mash and stewed or jellied eels. The business has been family owned and run since before WWII. Since then the menu has grown to include vegetarian pies and deserts, but sitting inside and looking at the white-tiled interior you could easily imagine a time in London as it used to be.

**Cuisine:** British  
**Price:** Main course from £7

**Poppies**  
6–8 Hanbury Street, E1 6QR  
+44 20 7247 0892  
**Tube:** Aldgate East, Liverpool Street  
Poppies looks like you would want an old-style British fish and chip shop to look like, with a jukebox, a miniature red telephone box and waitresses in head scarves. The food is the way you would want it to be too. Brought from the nearby Billingsgate fish market, the fish is as fresh as it could be. Besides the standard cod and haddock, the menu also offers mackerel, lemon sole and jellied eels. For fish and chips, this is a little expensive, but you get what you pay for.

**Cuisine:** British  
**Price:** Main course from £10 to £15

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**Mid-range meals**

**Hawksmoor Seven Dials**  
11 Langley Street, WC2H 9JJ  
+44 20 7420 9390  
www.thehawksmoor.com  
**Tube:** Covent Garden  
The chefs at the Hawksmoor have travelled the world in search of the perfect steak, but they say they’ve found nothing better than British reared beef — this is a real meat lovers’ restaurant. Once a fruit warehouse, this was Time Out’s ‘Best New Restaurant’ in 2011. À la carte can get expensive, but the express menu offers two courses for under £25. Be careful though, the cocktails will be tempting.

**Cuisine:** British  
**Price:** Main course from £15 to £30

**Dishoom**  
7 Boundary Street, E2 7JE  
www.dishoom.com  
+44 20 7420 9324  
**Tube:** Shoreditch High Street  
This is the second branch of Dishoom. It is decorated in late 20th century Mumbai, the giant clock hanging from the roof is a miniature copy of one at the city’s Victoria Terminus. You can watch the chefs cooking when seated in the basement dining room. The menu includes old-fashioned Bombay dishes like seekh kebabs, bhel spicy puffed-rice snacks and pau bhaji, spicy vegetables in a bread roll. More modern creations include the lamb raan bun, having more in common with London’s burger restaurants than Mumbai.

**Cuisine:** Indian  
**Price:** Meal for two, drinks, service — about £55
Roast
The Floral Hall, Borough Market, Stoney Street, SE1 1TL
+44 20 36417958
www.roast-restaurant.com
Tube: London Bridge
Below the elegant mezzanine Floral Hall in Borough Market hordes of shoppers eat standing up. Roast offers a more refined eating experience. Described as ‘staunchly British’ this is where to get some of the city’s finest roast dinners — free-range pork belly with apple sauce, Goosnargh chicken with bread sauce, or blackface lamb with mint relish are all on the menu. Go along on a Sunday and although the menu is restricted, you’ll get three courses for £35.
Cuisine: British
Price: Main course from £16.50 to £35

GAIL’s Kitchen
11–13 Bayley Street, WC1B 3HD
+44 20 7323 9694
www.gailskitchen.co.uk
Tube: Tottenham Court Road
GAIL’s Kitchen, part of an upmarket bakery chain, makes dishes inspired by bread and the bread oven. The shop sells a range of baked goods, and you’ll get a little plate of bread served with olive oil as you sit down. Mackerel, steak or cheese open sandwiches on a range of breads, pizza, scones served with clam chowder, carry the bakery theme through the menu. If you like your bread, this is for you.
Cuisine: British
Price: Main course from £7 to £9.50

The Gun
27 Coldharbour, E14 9NS
+44 20 7515 5222
www.thegundocklands.com
Tube: Canary Wharf
The Gun is a ‘dressed up’ pub with a focus on making both diners and drinkers feel at home. The bar menu offers pub favourites from fish finger sandwiches to sausage rolls, while the more sophisticated restaurant menu, available throughout, delivers delicacies like artichoke ravioli and lamb rump. Drinkers can enjoy real ales, cocktails and a good wine list. If the weather is fine, the terrace offers amazing views of the river and the O2 (check whether this should be sub/super) arena.
Cuisine: British
Price: Main course from £12.50 to £28

Yauatcha
15 Broadwick Street, W1F 0DL
+44 20 7494 8888
www.yauatcha.com
Tube: Leicester Square, Piccadilly Circus, Tottenham Court Road
Restaurants come and go in London, but after a decade Yauatcha is still going strong. What’s the secret of this self-styled Taipai tea house? It’s stylish, with a classy ‘nightclub vibe’, but it also has day-and-night dim sum, a huge array of choices from the scallop shui mai to mustard green and edamame dumplings. Exotic teas and East-West fusion desserts are highlights too.
Cuisine: Chinese
Price: Dim Sum £4 to £15

Bocca di Lupo
12 Archer Street, W1D 7BB
+44 20 7734 2223
www.boccadilupo.com
Tube: Piccadilly Circus
There’s a real buzz about this popular Soho
restaurant. Eat at the bar for a fun night, especially by the window where you might catch a glimpse of a celebrity making for the rear dining room. The menu is a mix of small and large plates to share. Try the shrimp on polenta, deep-fried calamari, soft-shell crab and lemon. The radish, celeriac, pomegranate and pecorino salad with truffle dressing is Bocca di Lupo’s signature dish.

**Cuisine:** Tapas  
**Price:** Main course from £7 to £32

### Rooftop Café

**The Exchange, SE1 9SG**  
+44 20 3102 3770  
[www.theexchange.so/rooftop](http://www.theexchange.so/rooftop)

**Tube:** London Bridge

The Rooftop Café has a seasonal, straightforward approach to food and one of the best views in London. Getting in can be a bit of an adventure — you have to navigate the entry-phone, lift and winding stairs and corridors. But it’s worth the journey. In summer, the enormous deck terrace is planted with herbs and vegetables, while the small inner café is a pretty escape on cooler days. The menu changes daily.

**Cuisine:** British  
**Price:** Main course from £10 to £14

### The Gate

370 St John Street, EC1V 4NN  
+44 20 7278 5483  
[www.thegaterestaurants.com](http://www.thegaterestaurants.com)

**Tube:** Angel

“Vegetarian food never tasted so good”, says one reviewer. The Gate has a well-lit, modern and airy interior featuring an open kitchen. The varied menu includes halloumi skewers; artichoke tempura; crunchy balls of couscous, feta and mint; tortilla with tasty beetroot and goat’s cheese filling. Dishes are beautifully presented, with a little dish of aioli, pepper coulis or harissa to complement. Desserts are equally good, including a dessert meze for £15.

**Cuisine:** Vegetarian  
**Price:** Main course from £12.50 to £15.50

### The Modern Pantry

47–48 St John’s Square, EC1V 4JJ  
+44 20 7553 9210  
[www.themodernpantry.co.uk](http://www.themodernpantry.co.uk)

**Tube:** Farringdon

Chef Anna Hansen is well known for conjuring fusion dishes that combine unusual ingredients from around the world. Even the most devoted gastronome might be a little surprised by some of the menu. Cod with parsnip puree? Lychee and lemongrass sorbet? The flavour combinations can look strange, but they always deliver, and like the signature dish, sugar-cured prawn omelette with chilli, service at Modern Pantry is said to be second to none.

**Cuisine:** Creative Contemporary  
**Price:** Main course from £15 to £22.50

### Treat yourself

### Berners Tavern

10 Berners Street, W1T 3NP  
+44 20 7908 7979  
[www.bernerstavern.com](http://www.bernerstavern.com)

**Tube:** Oxford Circus, Tottenham Court Road

This is a glamorous eating experience. Situated in the Edition hotel in Fitzrovia with luxurious chandeliers, art works on every wall and super elegant staff. The huge dining room features
an ornate plasterwork ceiling, low lighting and lively bar area. Mouthwatering dishes include pork belly with capers, golden raisins and apple coleslaw; pan-braised halibut with savoury squid ink risotto; and an ‘egg, ham and peas’ starter that includes a breadcrumbed duck egg. **Cuisine:** British  
**Price:** Dinner for two, drinks, service — about £140

**The Delauney**  
55 Aldwych, WC2B 4BB  
+44 20 7499 8558  
www.thedelaunay.com  
**Tube:** Covent Garden, Temple, Charing Cross  
Grand European cafés provide the inspiration for the décor, a mix of green leather seating, dark wood, brass rails, antique mirrors and a black and white marble floor. The menu covers breakfast, lunch and dinner and offers a wide selection, from a hearty goulash as dish of the day through soups, salads and sandwiches. Luxurious starters include steak tartare and smoked salmon. The food is not cheap, but the setting and service make it worth it.  
**Cuisine:** European  
**Price:** Dinner for two, wine, service — about £120

**Orrery**  
55 Marylebone High Street, W1U 5RB  
+44 20 7616 8000  
www.orrery-restaurant.co.uk  
**Tube:** Baker Street, Regents Park  
Serene and elegant, Orrery is not particularly cheap, but does offer real value with its menu du jour offering ‘beauty, glamour and flavour’ for £26. Start with lobster bisque or chicken liver pâté on toasted Poilâne; follow with salmon with caramelized fennel and butternut squash or beef à la bordelaise; and for dessert have Crème brûlée with candied nuts. Wine at £9 a glass will bump your bill up, but you’re worth it.  
**Cuisine:** French  
**Price:** Three courses, £26–£60
Chiltern Firehouse
1 Chiltern St, W1U 7PA
+44 20 7073 7676
www.chilternfirehouse.com
**Tube: Bond Street, Baker Street**
The Chiltern Firehouse is millionaire bachelor André Balazs’ first hotel outside of the US. As you would expect it is a luxurious experience, attracting London’s rich and famous and even credited with pushing up property prices in the area. Starters, main courses and deserts are all exquisite, reflecting the latest culinary trends in the best international restaurants. Be warned — this is one of the hottest tickets in town, getting a reservation won’t be easy.

**Cuisine:** European

**Price:** Dinner for two, wine, service — about £150

Restaurant Gordon Ramsay
68 Royal Hospital Road, Chelsea, SW3 4HP
+44 20 7352 4441
www.gordonramsay.com/royalhospitalroad
**Tube: South Kensington, Sloane Square**
This is the celebrity TV chef’s flagship restaurant, established by Gordon Ramsay in 1998. It has held three Michelin stars since 2001, and is now led by Chef Patron Clare Smyth. The cooking is modern French, using the best seasonal ingredients and employing both classic and modern techniques. The food is invariably complex, but subtle, with excellent service combining to create a fine dining experience you are unlikely to forget.

**Cuisine:** French

**Price:** Starting at £40

Afternoon Tea
Maybe more than anywhere else in the world, London is thought of as the place to have afternoon tea. The tradition can be traced back to one of Queen Victoria’s ladies-in-waiting — Anna, the seventh Duchess of Bedford. In 18th and 19th Century England, the aristocratic classes didn’t normally eat much between a large breakfast and a late dinner. Feeling hungry one afternoon, the Duchess asked one of her servants to serve her tea and cakes, which she enjoyed so much, she had it every afternoon from then on. Eventually, the custom became so popular among all classes, that tea shops and tearooms began to open and today London has hundreds of venues where you can join in this most delicate tradition.

The Savoy
Strand, WC2R 0EU
www.fairmont.com/savoy-london
**Tube: Embankment, Covent Garden**
Afternoon Tea at The Savoy is an enduring custom where guests can choose from a range of teas served with finger sandwiches, homemade scones with clotted cream & jam and a mouth-watering selection of seasonal cakes and pastries. Tea is served in the Thames Foyer where a stunning glass dome floods this sociable spot with wonderful natural light. A pianist serenades guests as they enjoy this world-famous afternoon tea.

**Price:** From £50

The English Tea Room — Brown’s Hotel
Albemarle Street, Mayfair, W1S 4BP
bit.ly/brownstearoom
**Tube: Green Park**
Queen Victoria loved to take tea at Brown’s and
it is thought that The English Tea Room was the inspiration for Agatha Christie’s ‘At Bertram’s Hotel’. Today, in surroundings that combine original wood panelling and antique fireplaces with Paul Smith floor lamps and contemporary artwork, Brown’s serves one of the most traditional Afternoon Teas in London. Choose from over 17 teas — including Brown’s own blend — and a selection of sandwiches, scones, cakes and pastries.

**Price:** From £41.50

**OXO Tower**
**Barge House Street, Oxo Tower Wharf, South Bank, SE1 9PH**
www.harveynichols.com/restaurant/the-oxo-tower

**Tube: Southwark, Waterloo**
The iconic OXO Tower building overlooks the River Thames and the top floor is home to Harvey Nichols OXO Tower Restaurant & Brasserie. The restaurant has unrivalled panoramic views across a London skyline dominated by St Paul’s Cathedral. The ‘Not Afternoon Tea’ menu, served on the famous OXO terrace, features a range of four tasting dessert plates, each paired with a matching cocktail.

**Price:** From £24.50

**Canteen — Canary Wharf**
**1 Park Pavillion, 40 Canada Square, E14 5FW**
www.canteen.co.uk

**Tube: Canary Wharf**
If you can only manage to get away from the conference for a couple of hours one afternoon, you can still squeeze in afternoon tea at the Canteen restaurant in Canary Wharf, passionate about providing honest food, nationally sourced, skillfully prepared and reasonably priced. Canteen are nostalgic about Afternoon Tea with the menu paying homage to English summer fetes, Woman’s Institute fairs and cricket match teas.

**Price:** From £19.50
If it’s just a drink you’re after, then the bars and pubs of London are as vibrant as ever offering drinkers everything from traditional English ales in underground cellars to fine wines and spirits on rooftop terraces

Traditional pubs

The Ship Tavern
12 Gate Street, Holborn, WC2A 3HP
+44 20 7405 1992
Tube: Holborn
Between busy Kingsway and the serene Lincoln’s Inn Fields, ‘The Oak Room’ above The Ship Tavern public house, established in 1549, exudes cosy, Dickensian charm. Dine on traditional pub food surrounded by antique paintings with a crackling open fire. Downstairs in the main bar you can enjoy one of six award-winning cask ales. Live jazz every Sunday from 4 pm.

The Ten Bells
84 Commercial Road, Spitalfields, E1 6LY
+44 20 7366 1721
Tube: Aldgate
Firmly on the trendy Shoreditch circuit, The Ten Bells is still buzzing a century or so after its customers included Jack the Ripper’s last victim enjoying her final drink. Press cuttings and other Ripper memorabilia line the stairs to the toilets, although the glitterball takes the edge off the period feel. The beer selection includes Bombardier and John Smith’s on draught.

The Dog & Duck
18 Bateman Street, Soho, W1D 3AJ
+44 20 7494 0697
Tube: Tottenham Court Road
Dating back to 1873, and once a regular haunt of ‘1984’ author George Orwell, The Dog & Duck offers timeless British pub hospitality. A great line up of smooth and silky cask ales are served at the bar, while home-cooked British classics are served in the dining room. The wine list brings together some great international bottles, while a Cask Ale Club is offered for any true beer aficionados.

Beer gardens

Aragon House
247 New King’s Road, SW6 4XG
+44 20 7731 7313
Tube: Parsons Green
Aragon House is a discreet establishment. Only a small brass plaque suggests there is anything of interest behind the plain black front door, but step inside, and it’s like a rustic country retreat that calls itself the ‘best beer garden in Fulham’. The beer selection is fairly mainstream with lagers including Kronenbourg, Tiger and Peroni, Aspall’s and Scrumpy Jack are also available.

Drayton Court
2 The Avenue, W13 8PH
+44 20 8997 1019
Train: West Ealing
One reviewer warns visitors not to be put off by the ‘Castle Greyskull-like exterior’ and maybe from the
outside Drayton Court does look a little spooky, but this is a warm, welcoming pub where kids are made welcome. The garden is enormous and the bar stocks the full range of Fuller’s beers. You can even stay in the hotel in guest rooms themed after famous Ealing comedy films.

The Castle
38 Tooting High St, SW17 0RG
+44 20 8672 7018
**Tube: Tooting Broadway**
The Castle has been a public house since 1832, although a recent makeover makes it look anything but 19th century. A Young’s pub, it now features a full British gastropub menu with Meantime London Lager available from bar-top tanks, among many other tipples. The beer garden was added very recently and has various outdoor seating areas including cabana-style huts and outdoor heating in case it gets a little chilly.

City Barge
27 Strand-on-the-Green, W4 3PH
+44 20 8994 2148
**Tube: Gunnersbury**
This higgledy-piggledy 14th century pub offers peace and quiet inside and out. Beside a tranquil stretch of the Thames, facing a little island, the honking of geese is louder than the Heathrow-bound aircraft. Inside a striking reclaimed 19th century bar provides a focal point and some quirky touches including vintage games and a metre-long Thames Barge create an interesting and stylish environment.

Riverside pubs

Duke’s Head
8 Lower Richmond Rd, SW15 1JN
+44 20 8788 2552
**Tube: Putney Bridge**
The Duke’s Head is set in a Victorian listed building next to the river Thames right by the starting line for the famous Oxford and Cambridge University Boat Race. If you tell the barman you like to take your beer outside, he’ll give you it in a plastic glass so that you can stand by the river and watch the rowers training.

The Dove
19 Upper Mall, W6 9TA
+44 20 8748 9474
**Tube: Hammersmith or Ravenscourt**
There are several pubs on the Upper Mall embankment upriver from Hammersmith Bridge. This is one of the best and another prime spot for watching the Boat Race. Inside, it has a heritage claiming to have witnessed the comings and goings of Charles II and Nell Gwynn. Inside are the low ceilings of the period, but most drinkers come here to sit in the vine-entangled conservatory or the riverside terrace overlooking the houseboats.

City Barge
27 Strand-on-the-Green, W4 3PH
+44 20 8994 2148
**Tube: Gunnersbury**
This higgledy-piggledy 14th century pub offers peace and quiet inside and out. Beside a tranquil stretch of the Thames, facing a little island, the honking of geese is louder than the Heathrow-bound aircraft. Inside a striking reclaimed 19th century bar provides a focal point and some quirky touches including vintage games and a metre-long Thames Barge create an interesting and stylish environment.

Rooftop bars

Radio Rooftop Bar
ME London, 336–337 The Strand, WC2R 1HA
**Tube: Temple**
The Radio name comes from the fact that this bar is in the grand art deco building once known as Marconi House where the first BBC programme was made in 1922. Now it’s the ME London hotel and offers drinkers a stunning view — what you can’t see from up here isn’t worth its place on the London skyline.

The Boundary Rooftop
2–4 Boundary Street, E2 7DD
+44 20 7729 1051
**Tube: Old Street**
This is a popular spot on top of the Terence Conran-designed Boundary Project. The rooftop retreat in the heart of Shoreditch offers stunning panoramic views...
of the city. There’s restaurant seating for 48, but you don’t need to eat — just enjoy a drink with bottled beers including Meantime Wheat and Meteor pilsner from France, cocktails and jugs of sangria.

**Vista**  
The Trafalgar, Trafalgar Square, 2 Spring Gardens, SW1A 2TS  
+44 20 7870 2900

*Tube: Charing Cross*

Vista is perched on top of The Trafalgar hotel in Trafalgar Square. To get there, you need to walk through the Rockwell Bar and take the lift to the sixth floor. The rooftop bar is small and stylish, but the view is the real draw. Nelson’s Column dominates the skyline to the left, the London Eye is straight ahead, and Big Ben just to the right. A London vista to remember.

**Hotel bars**

**Mandarin Bar — Mandarin Oriental hotel**  
Mandarin Oriental Hyde Park, 66 Knightsbridge, SW1X 7LA  
+44 20 7235 2000

*Tube: Knightsbridge*

The Mandarin bar sparkles with a central bar surrounded by an array of glass, wood and marble. It’s modern and sleek with the drinks delivered expertly, from house cocktails to old-time classics. Exemplary service complimented by great bar snacks round out the experience. A fantastic watering hole if you’ve been hitting the shops of Knightsbridge hard.

**The Coburg bar & The Connaught Bar — The Connaught hotel**  
The Connaught, Carlos Place, W1K 2AL  
+44 20 7499 7070

*Tube: Bond Street, Green Park*

The Connaught in Mayfair is one of London’s best hotels and boasts two excellent bars. The Coburg is clubbier and more discreet; The Connaught is sleek and stylish. For the full Connaught experience, order the house martini — a bartender wheels up a trolley with a choice of bitters to go with the high-end gins and vodkas. Expensive, but a once in a lifetime experience.

**The Beaufort bar — The Savoy hotel**  
The Savoy, 100 Strand, WC2R 0EW  
+44 20 7836 4343

*Tube: Embankment, Charing Cross*

The Beaufort is less famous than the American bar in the Savoy, but some would argue it’s a more attractive place to drink, with art deco cornicing carrying £38000 of gold leaf, offsetting the black velvet furnishings beautifully. Champagne is on offer from £16 a glass, beer from £6. The American bar has a greater variety of cocktails, but the Beaufort has a few worth trying including the Winston Churchill at £50 a glass.

**Craft beer pubs**

**Jerusalem Tavern**  
55 Britton Street, EC1M 5UQ  
+44 20 7490 4281

*Tube: Farringdon*

Historically, the Jerusalem is something of a mixed bag. The premises date from the early 18th century, the frontage from 1810 and it only opened as a pub in the 1990s. None of that gets in the way of the full range of beers from the St Peter’s Brewery in Suffolk; exquisitely crafted mild, best and bitter served from a row of small wooden casks lined up behind the counter.

**Royal Oak**  
44 Tabard Street, SE1 4JU  
+44 20 7357 7173

*Tube: Borough*

This traditional Victorian corner tavern draws beer fanatics with good reason — the ales from all-year stalwarts like Sussex Mild to seasonals such as Old Ale, are always kept in perfect condition. This is a down to earth, old-fashioned traditional pub, without glamour,
glitz or even music. The perfect environment to really savour a pint.

**Euston Tap**  
**West Lodge, 190 Euston Rd, NW1 2EF**  
**+44 20 7387 2890**  
**Tube: Euston**

Across the way from Euston’s Cider Tap is a fantastic craft beer bar. It’s in a matching Portland stone lodge left over from the original station built in the 1830s. The building is small, but the selection is huge — 19 genuinely rare and renowned craft beers on draught from as far afield as the US and the Czech Republic. More beers on hand pumps offer more locally brewed cask ales.

**Cider pubs**

**Euston Cider Tap**  
**East Lodge, 188 Euston Rd, NW1 2EF**  
**+44 20 3137 883**  
**Tube: Euston**

Situated in one of two old gatehouses that once stood guard at the entrance of the original Euston station, the Cider Tap is a regular stopping off spot for travellers looking for some refreshment before their journey. In the rustic style bar you can choose from fizzy keg ciders, still ciders on tap and even a mulled cider.

**Green Man**  
**36 Riding House Street, W1W 7EP**  
**+44 20 7580 9087**  
**Tube: Goodge Street, Oxford Circus**

It’s cider that marks the Green Man different from other pubs; it has perhaps the best choice of ciders and perries in London. The selection changes every couple of weeks, with up to 10 on draft at any time and as least twice as many bottled. They even have their own ‘Green Man Special’ cider.

**Wenlock Arms**  
**26 Wenlock Road, N1 7TA**  
**+44 20 7608 3406**

**Whisky**

**Boisdale Canary Wharf**  
**Cabot Hall, E14 4QT**  
**+44 20 7715 5818**  
**Tube: Canary Wharf**

Boisdale is a tartan-strewn celebration of food, jazz, cigars and whisky. There are two bars, a restaurant and a cigar terrace that looks westwards towards central London sunsets. It’s not cheap, but good whisky never is. The barman’s favourite is Old Pulteney, a salty malt from close to the North Sea, but there are whisky’s available from every corner of Scotland.

**Britannia**  
**44 Kipling Street, SE1 3RU**  
**+44 20 7403 6821**  
**Tube: Borough**

A welcoming and traditional pub boasting a huge blackboard listing 130-odd different types of whisky. The list — no descriptions just names — is a little overwhelming, but don’t be afraid to ask for a recommendation. The selection ranges from run of the mill malts to rarities like Mosstowie. Keep an eye out for the malt of the month.

**St Pancras Grand**  
**St Pancras International**  
**Upper Concourse, Euston Road, N1C 4QL**  
**+44 20 7870 9900**  
**Tube: King’s Cross**

It’s unlikely that there are any grander bars in London — the recently restored roof soars high above the
terrace tables and the art deco brasserie. The bar offers a mix from all over Scotland, with something to keep traditionalists and modernists happy. Just be careful the whisky doesn’t keep you from catching your train.

Wine bars

**Bar Pepito**  
Varnishers Yard, N1 9FD  
+44 20 7841 7331  
*Tube: King’s Cross*  
Hidden in a courtyard, this Andalucían-themed bar is dedicated to sherry rather than wine. It’s a tiny bar, with room for only four or five sherry-cask tables — the toilet is actually across the road at a sister establishment. But it boasts 15 sherries from the delicate and pale to the sweeter and fruitier. Candelabras and bare-brick walls make it cosy rather than cramped.

**Kensington Wine Rooms**  
127–129 Kensington Church Street, W8 7LP  
+44 20 7727 8142  
*Tube: Notting Hill Gate*  
This place attracts a knowledgeable wine crowd, browsing through the 40 different wines available by the glass and over 100 more in bottles. The list includes classics and newer varieties, with the staff eager to guide customer choices. If you are eating, wine matches that won’t break the bank are suggested for each of the 15 or so dishes.

**The Remedy**  
124 Cleveland St, W1T 6PG  
+44 20 3489 3800  
*Tube: Warren Street*  
The wine list at the Remedy is almost deliberately obscure, covering lesser-known regions, grapes and style of wines. Big brands are absent, instead there are oddities like ‘natural wines’ made with minimal chemical intervention or ‘orange wines’ that are allowed extra time before their juice and skins are separated for fermentation. Make the most of the enthusiastic staff who really know their wine.

Cocktails

**Mr Fogg’s**  
15 Bruton Lane, W1J 6JD  
+44 20 7036 0608  
*Tube: Green Park*  
Mr Fogg’s is the home of the eccentric British adventurer Phileas Fogg of ‘Around the world in 80 days’ fame. As you would expect of an adventurer’s abode, it is packed with memorabilia, from Jungle helmets to hot air balloons. In among all the Victoriana, the cocktails are excellent and served at your table with an adventurous sense of fun.

**Happiness Forgets**  
8–9 Hoxton Square, N1 6NU  
+44 20 7613 0325  
*Tube: Old Street*  
This is a busy little bar, but one of the friendliest in London. The original cocktails on offer are all good with lots of clever variations on classic ideas, but never forgetting the golden rules of cocktail making — balance, harmony and drinkability. The best on the list are said to be Mr McRae, Perfect Storm and Tokyo Collins.

**Experimental Cocktail Club**  
13A Gerrard Street, W1D 5PS  
+44 20 7434 3559  
*Tube: Leicester Square*  
Playing true to its ‘Speakeasy’ inspiration, Experimental Cocktail Club isn’t easy to find, but the cocktails are among the best in town. The list isn’t too ostentatious in terms of ingredient and preparation — maybe experimental isn’t quite right. Most drinks are very affordable, but if you feel like splashing out, you could try a vintage 1950s gin martini for £150.
GETTING AROUND

Every day around 24 million journeys are made across London’s transport network and few cities in the world are as defined by their transport system. Think red double-decker buses, black cabs or ‘the Tube’ and you’re thinking London.

Transport for London

www.tfl.gov.uk
This department of the Mayor’s Office is responsible for keeping the city moving. It manages London’s buses, the Tube network and Docklands Light Railway. It also runs Barclays Cycle Hire and London River Services. At the TFL website you will find up-to-date information on services, maps and handy journey planners for the whole network.

Oyster Card
If you intend to try to see a bit of London during your visit, consider buying an Oyster card, a smartcard which holds discounted, pay as you go credit for travelling around London. You can use it to travel on buses, the Tube and the DLR. You can buy an Oyster card at most stations.

The Tube
The London Underground rail network, or ‘the Tube’, is a great way to travel to and from Central London and will be an integral part of most people’s stay in the capital. The Jubilee Line is recommended as the quickest route to the ESCR venue at ExCeL London. Get off at Canning Town and change onto a Beckton-bound DLR train, for the quick 2-stop journey to Custom House for ExCeL West or Prince Regent for ExCeL East.

DLR — Docklands Light Railway
London’s driverless Docklands Light Railway (DLR) was opened in 1987 to serve the redeveloped Docklands area. It has been extended several times since with further extensions planned; in 2013 it carried over 100 million passengers. It connects with the Tube network at several points in the city; the nearest Tube connection to the ESCR venue is at Canning Town.

Buses
London’s famous red buses are a quick, convenient and cheap way to travel around the city, with plenty of sightseeing opportunities along the way.

Black Cabs
No trip to London is really complete without a ride in a black cab. London’s official taxis, black
Cabs can be hailed in the street or at designated ranks. If the yellow TAXI sign at the front is lit up, you’re in luck, the cab is available for hire. Fares are metered, and there is a minimum charge of £2.40. Many black cabs accept payment by credit or debit card but check with the driver before the trip starts.

Walking
London is one of the most foot-friendly cities in the world, it’s healthy, free and environmentally-friendly. It’s also a great way to beat the traffic while taking in the sights. In Central London, walking will save you time, with many landmarks closer to each other than you might think. Remember cars drive on the left in the UK, so be careful to look in the correct direction for oncoming traffic when crossing the road.

Finding the Congress
XXXII Congress of ESCR will be held at:
ExCel London
www.excel-london.co.uk
One Western Gateway, Royal Victoria Dock, London, E16 1XL

DLR: Custom House, Prince Regent

Useful Websites
Visit London
www.visitlondon.com
Information on all London’s sights

Time Out London
www.timeout.com/london
Entertainment guide for London
The Essence of Perfection

When the best engineers and designers give their best, they are bound to develop the best machine. “We have redefined the concept of the operating platform for cataract, glaucoma and retina surgery. The OS4 includes everything we are good at: cutting-edge technology, perfect design, irresistible simplicity, the highest degree of safety and Swiss quality. In short: 100 percent Oertli®.”

From 12 to 16 September 2014, the OS4 will see its world premiere at the ESCRS in London. At our booth B09, we will have the pleasure of showing you all the details of the device, which will provide you with clear added value.
The Essence of Perfection

Become a witness when we are launching our new anterior and vitreoretinal surgery platform and experience another international sensation made in Switzerland.

Welcome @ booth B09!