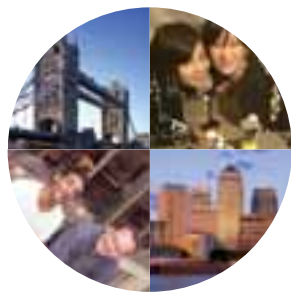




London Eastside 24hr Guide

your round-the-clock
essential guide on where
to go and what to do





LONDON EASTSIDE 24

The definitive guide to a fun packed 24 hours on London Eastside.

Once the undiscovered part of London, the East End has grown into a popular, fascinating, trendy place to live, do business and be seen.

This insider's guide gives you the best eating, drinking, shopping, walking and sleeping to be had in what is fast becoming the most exciting part of the capital. Follow these suggestions and you're guaranteed to have a fantastic time and discover the best that London Eastside has to offer.

Bethnal Green

'Carry on' down to Bethnal Green, the birthplace of Barbara Windsor and home to the delightful Columbia Road Flower Market. Bethnal Green borders the City of London and is a fascinating neighbourhood that boasts an intriguing mix of cultures, markets, eating places, museums and parks. Bethnal Green is a number one destination for browsing and celebrity spotting. Let this area give you a bite-sized introduction to the traditional East End.

drink

The Approach Tavern

47 Approach Road, E2.
020 8980 2321.

A restored Victorian pub and art gallery (frequented by Charles Saatchi and Nigella Lawson) with excellent food and beer.

Green and Red

51 Bethnal Green Road, E1.
020 7749 9670

Green and Red offers the vibrancy and flavours of Mexico without the usual sombrero and stuffed donkey Mexicana! Well worth a visit if you are up for good food, great music and, of course, a tequila or two!

Bistroteque

23-27 Wadeson Street, E2.
020 8983 7900.

Trendy bar and restaurant which is always popular with East London's fashionable art crowd. Very much a place to be seen.



culture

Whitechapel Bell Foundry

32/34 Whitechapel Road,
E1. 020 7247 2599.



Make sure you pre-book for a tour of the fantastic birthplace of Big Ben and America's Liberty Bell.

Royal London Hospital & Archives Museum

Newark Street, E1.
020 7377 7608.

This small museum traces the hospital's history from the 18th Century.

retail therapy

Columbia Road Flower Market

Open Sun 8am – 2pm
www.columbia-flower-market.freewebspace.com



Bahasa

114 –116, Columbia Road,
E2. 020 7613 1933.

Beautiful and stylish handcrafted furniture accessories from Indonesia

Ben Southgate

No.4 The Courtyard, Ezra Street, E2. 020 7613 1364.

An eclectic mix of antiques and vintage curiosities, from 19th Century French tables to metal medical cabinets.



treat yourself

Fothergill

Wawa Showroom,
3 Ezra Street, E2.
020 7729 6768.

Sumptuous leather bags, cases and accessories at the cutting-edge of design. His interiors range includes fabulous cowhide cubes and profiled leather tiles. Commissions undertaken.



eat

Fab Food Patisserie

151-157 Gosset Street, E2.
020 7729 7272.

Gorgeous celebration cakes for every occasion. The pastries are simply out of this world!

Jones Dairy

23 Ezra Street, E2.
020 7739 5372.

Built in 1902, this original

Welsh dairy shop and café specialises in delicious farmhouse cheeses and tasty high-quality bread.

Pellicci's

332 Bethnal Green Road,
E2. 020 7739 4873.

An East End institution since 1900. Pellicci's is the greatest greasy spoon of all time.



Spitalfields & Brick Lane

Home to London's curry capital – see www.visitbricklane.com – and officially London's hippest street, Spitalfields and Brick Lane is the place to be seen. The area is historically famous for providing refuge to those fleeing persecution which is probably why it can be found full of partying 'City Executives' every night of the week! Explore Spitalfields and Brick Lane and you will find an area crammed with historic buildings, street markets and a thriving art scene. Do you need an excuse?

drink

LoungeLover

1 Whitby Street, E1.
020 7012 1234.

This former meat-processing warehouse has been transformed into a decadent cocktail lounge by Les Trois Garçons.

93 Feet East

150 Brick Lane, E1.
020 7247 3293.

Drinks and top dance tunes with a relaxed, friendly atmosphere.

The Rhythm Factory

16-18 Whitechapel Road,
E1 020 7375 3774.

A club, bar and Thai restaurant all under one roof! Live music and top DJs throughout the week. A relaxed and comfortable setting, the bar's walls are adorned with modern and contemporary art.



retail therapy

Old Spitalfields Market

E1. Open Mon-Fri and
Sunday 9am-5pm.



Frockbrokers

115 Commercial Street,
Old Spitalfields Market, E1.
020 7247 4222.

For fashion cognoscenti and canny buyers who want in-the-moment clothes and accessories – the whole glorious experience under one roof.

Gloria's

Shop 6, Dray Walk,
The Old Truman Brewery,
91-95 Brick Lane, E1.
020 7770 6222.

A unique blend of rare and unusual sneakers, toys, clothes and other collectables. Trendy brands in stock include Nike, Adidas, Medicom and Kubrick.

treat yourself

Rokit

101-107 Brick Lane, E1.
020 7375 3864.

A quality selection of second hand and vintage goods can be found spread over two shops on Brick Lane. No.107 has handbags, homewares and ball gowns, while No.101 stocks jeans, military and western - including all shapes and sizes of cowboy boots. Rokit also sells jewellery, customised

clothing and their own designed t-shirts and sweatshirts.



eat

Les Trois Garçons

*1 Club Row, E1.
020 7613 1924.*
Fabulous chandeliers,
three-foot wineglasses
and fine French food.



Brick Lane Beigel Bake

*159 Brick Lane, E1.
020 7729 0616.*
A 24-hour beigel bakery
famous for late night
munchies. It's busy, but
always worth the wait!

Square Pie Company

*South-east corner of Old
Spitalfields Market, E1.
020 7377 1114.*
A wide selection of tasty
pies, guaranteed to satisfy
the biggest appetites.
Pies range from the classic
steak and kidney to wild
mushroom and asparagus.

walk



Explore the vibrant and historic surroundings of Spitalfields through a self-guiding walk around the area. Email info.tourism@towerhamlets.gov.uk or telephone 020 7364 4900 for a copy.

culture

Whitechapel Art Gallery

*80-82 Whitechapel High
Street, E1. 020 7522 7888.*
Founded in 1901 to
bring great art to the
people of East London.

Geffrye Museum

*Kingsland Road, E2.
020 7739 9893.*
One of London's most
popular museums, chart-
ing the changing style of
the interior of English
homes from 1600 to
present day.

Christ Church

Commercial Street, E1.
Built around 1729, this
stunning church is one
of Nicholas Hawksmoor's
finest.



up all night

Copyright

*110 Pennington Street,
E1. 020 7488 9000.*
London's most glam-
orous venue.

Vibe Bar

*Old Truman Brewery,
91 Brick Lane E1.
020 7247 3479.*
A young and lively
crowd live it up inside
and out – in a massive
fairy-lighted courtyard.



you 'avin a larf?

Lee Hurst's Backyard Comedy Club

*231-237 Cambridge
Heath Road, E2.
020 7739 3122.*
One of London's pre-
mier comedy clubs.

Bar Risa Jongleurs

*Bow Wharf,
221 Grove Road, E3.
020 8980 7874.*
Features some of the
best names on the
stand-up comedy scene.
'Eat, Drink, Laugh and
Dance.'

St Katharine's/Wapping

500 years ago the Wapping/St Katharine's dock area was covered in marshland, making it largely uninhabitable. It was drained in the mid 16th Century creating rich meadows and gardens until it was developed into the main London docks. At this point it flourished, becoming alive with seafarers who bought goods and tall tales from exotic climates. Famous faces frequenting the 36 pubs along Wapping High Street included Charles Dickens and diarist Samuel Pepys.

This fascinating area is brimming with historical sights such as internationally renowned Tower Bridge and the Tower of London. There is also an abundance of restaurants, bars and pubs with a variety of different styles to suit all tastes and budgets.

culture

Wilton's Music Hall

*Graces Alley, London, E1.
020 7702 9555.*

This magnificent building is the only place in the UK where a giant mid-Victorian London music hall of the 1850s can still be experienced and studied. Phone to arrange for either a guided tour, or to make sure someone will be there to let you have a quick look around.



All Hallows by the Tower

*Byward Street, EC3.
020 7481 2928.*

As the oldest Church in London, All Hallows has ties to many historical figures such as William Penn, founder of the colony of

Pennsylvania, John Quincy Adams, 6th U.S. President and Samuel Pepys who watched the Great Fire of London safely from its walls in 1666.

Wapping Police Station

*98 Wapping High Street, E1.
020 7481 1212.*

View uniforms, equipment and other memorabilia from the Marine Police Establishment and Metropolitan Police Thames Division who were formed in 1798 to combat pilfering by sailors. Admission is free, but visits are by written appointment only.

The Wapping Project

Wapping Hydraulic Power Station, Wapping Wall, E1W. 020 7680 2080.

Sometimes described as the Tate Modern's little sister, this converted power station is now an art gallery. Much of the building's original equipment remains, and it also has a restaurant which boasts excellent reviews.

treat yourself

Tower of London

*London EC3.
0870 756 6060.*

Searching for a truly memorable party location? Hold a private party in William the Conqueror's White Tower. It's a lavish venue for numerous types of occasions. You can even include some old style 'bling bling' by arranging a private viewing of the Crown Jewels for your guests.



be pampered

Harbour Beauty Clinic

Ivory House, St Katharine's Dock, E1. 020 7481 4500.

From massage and manicures to facials and mud-wraps, the choice of treatment is endless. Gift vouchers and a range of face and body products are also available.

retail therapy

Scotia

Ivory House, St Katharine's Dock, E1. 020 7481 2556.
Stockists of designer knitwear, tartans, weather-proof jackets, hats and accessories.



Katypel

Ivory House St. Katharine's Dock, E1. 020 7481 0147.
Open Mon-Sun, 10.30am-6pm
Quality Italian Leather goods for men and women, including shoes, handbags, belts, coats, and fashion accessories.

Dominique

Ivory House, St. Katharine's Dock, E1.
Open Mon-Sun, 11am-6pm
A selection of stylish and smart fashion for all occasions.

eat

Il Bordello

81 Wapping High Street, E1. 020 7481 9950.
Tasty, traditional Italian fare, including pizza, pasta and fish dishes

River View Chinese Restaurant

16 New Crane Place, Wapping High Street, E1. 020 7480 6026.
A fantastic variety of Chinese cuisine with stunning views over the river.

Wapping Food

Wapping Wall, E1. 020 7680 2080.
Set in a former Hydraulic

Power Station, this popular Spanish-influenced restaurant boasts an excellent selection of seafood dishes.



drink

Prospect of Whitby

57 Wapping Wall, E1. 020 7481 1095.
A charming riverside pub that mixes the traditional real ale-feel with a modern style menu. Fantastic views across the river are combined with a friendly service and atmosphere.

Smollensky's

22 Wapping High Street, E1. 020 7680 1818.
Stunning views towards Tower Bridge from this American Bar and Grill. The emphasis is on steaks but there's also a wide choice of fish and vegetarian dishes.

Lilly's Restaurant

75 Wapping High Street, E1. 020 7702 2040.
The welcoming feel of a New York brasserie, serving something for all appetites at all times of the day, such as specialties from the grill and weekend brunch.



walk

Explore the riverside and docks that were the scene for many historical events such as Judge Jeffrey's escape attempt and Captain Kidd's execution. See www.towerhamlets.gov.uk/data/discover or call 020 7364 4900 for details.

Bow

Home to the splendid Roman Road Market, and bordered by the magnificent Victoria and Mile End Parks, Bow is the respectable face of London Eastside dating back almost a thousand years. Popular with City workers, young families and artists looking to take time out from their hectic schedules, Bow is the place to go when you want to take it easy. Get yourself down to Roman Road Market on a Saturday for the banter if not for the bargains. Finish off with a well-deserved trip to Kelly's Pie and Mash Shop to avail yourself of traditional East End hospitality.

walk

Victoria Park Tree Walks

Explore a different side to Victoria Park with this self-guiding walk. Check out www.towerhamlets.gov.uk/data/discover for details.



retail therapy

Roman Road Market

E3. Open Tuesdays, Thursdays and Saturdays 8.30am – 5.30pm.



KSM Sports

439 Roman Road, E3. 020 8981 8367.

This store specialises in imported trainers and hip-hop wear and can boast England football star Ashley Cole as a regular customer.

KRS

437 Roman Road, E3. 020 8983 1977.

This small shop is packed full with wonderful women's designer clothes, with a perfect something for every occasion.

eat

Friends Organic Health Food



83 Roman Road, E2. 020 8980 1843.

This vegetarian health food store offers a range of wholefoods, vegetables, bread, snacks and sandwiches.

The Fat Cat Cafe Bar

Bow Wharf, E3. 020 8983 4353.

Excellent neighbourhood meeting place for eating and drinking.

Thai Room Restaurant

221 Grove Road, Bow Wharf, E3. 020 8880 6500.

An authentic Thai restaurant and takeaway with an elegantly furnished and decorated dining room.

drink

The New Globe

359 Mile End Road, E3. 020 8980 6689.

A lively atmosphere in a friendly environment. Live DJs and music and a selection of guest cask ales, premium lagers and a varied international wine list.

Crown Organic Pub

223 Grove Road, E3. 020 8981 9998.

The pub has a spacious ground floor bar with a 100% organic wine list and a varied range of organic draught beers.



culture

Ragged School Museum

46-50 Copperfield Road, E3. 020 8980 6405.

An excellent museum which houses photographs, documents and many other artifacts connected with the lives of the children who attended Dr Barnado's free ragged day schools in the late 1800s.



The Sweet Tea House

264 Globe Street, E2. 020 8981 2909.

The only Tibetan art gallery in the UK, showcasing contemporary Tibetan art and artifacts.

treat yourself

Paul Mark Hatton

65 Roman Road, E2. 020 8981 7110.

A master jeweller and true craftsman conjuring up disparate materials to produce beautiful, unique creations.



sleep

London Eastside has a wide choice of hotels ranging from 5-star luxury to 2-star budget, to meet all your accommodation needs.

Ibis Hotel Docklands

1 Baffin Way, Preston's Road, E14. 020 7517 1100.

Express By Holiday Inn London Limehouse

469-475 The Highway, E1. 020 7791 3850.

Four Seasons Hotel Canary Wharf

46 Westferry Circus, E14. 020 7510 1999.

Travelodge Docklands

Coriander Avenue, E14. 020 7531 9705.

City Hotel

12 Osborn Street, E1. 020 7247 3313.

Great Eastern Hotel

Liverpool Street, EC2M. 020 7618 5000.

International

163 Marsh Wall, E14. 020 7712 0100.

Travel Lodge London City

1 Harrow Place, E1. 0870 191 1689.

Ibis London City

5 Commercial Street, E1. 020 7422 8400.

Thistle Tower Hotel

St Katharine's Way, E1W. 020 7481 2575.

London Marriott Hotel West India Quay

West India Quay, E14. 020 7093 1000.



London Marriott Hotel West India Quay

Canary Wharf/ Isle of Dogs

Home to the tallest building in Britain and some of the most fascinating architecture in the world, the Isle of Dogs is easily identifiable as the famous 'U' bend in the River Thames. Delve into the hidden depths of the Isle of Dogs for an endless choice of eateries, a plethora of pubs and a scintillating blend of restored warehouses and historic buildings, award-winning contemporary housing complexes and office developments. The culture-vultures among you can even explore the fascinating history of London and its Docklands by visiting the Museum in Docklands on West India Quay.

retail therapy

Billingsgate Fish Market

Trafalgar Way, E14.
020 7987 1118.
Open Tue-Sat 5am to 8.30am. Sun 6am to 8am.
Mon closed.



Canary Wharf Canada Place, Cabot Square and Jubilee Place shopping malls, E14.

Beneath the ultra-modern complex of offices lies a shoppers' paradise. Check out www.mycanarywharf.com



culture

Museum in Docklands

West India Quay, E14.
0870 444 3857.
A fine museum plotting the history of the docks and the port of London from Roman-times up to the 20th Century.

Mudchute City Farm

Pier Street, E14.
020 7515 5901.
A piece of countryside in the heart of the city.



eat

Royal China

30 Westferry Circus, E14.
020 7719 0888.
A delightful Chinese restaurant offering a selection of tasty Cantonese, Peking and Szechuan dishes.

The Curve Restaurant and Bar

22 Hertsmere Road,
Canary Wharf, E14.
020 7517 2808.
An extensive international menu strong on seafood, steaks, salads, pasta and soups.



Elephant Royale

Locke's Wharf,
Westferry Road, E14.
020 7987 7999.
Authentic Thai cuisine in a tranquil riverside setting at the heart of Docklands.

be pampered

The Quiet Space

Unit 122, Cannon Workshops, 3 Cannon Drive,
E14. 020 7537 6166.
Offering treatments in reflexology, shiatsu, massage, reiki and acupuncture.

drink

The Fine Line

*Fisherman's Walk,
Canary Wharf, E14.
020 7513 0255.*

Plenty of good beers, even more cocktails, a decent wine list and a great atmosphere – what more could you ask for?!

The Henry Addington

*20-28 McKenzie Walk,
Canary Wharf, E14.
020 7513 0921.*

Great wines and a thoughtful short menu create the ideal place for lunch. Live DJ on Thursday and Friday nights.

The Gun

*27 Coldharbour, Isle of
Dogs, E14. 020 7515 5222.*

One of Docklands' oldest watering holes, this pub boasts fantastic views across the river to Greenwich. Lord Nelson was a regular.



walk

Walks in the Isle of Dogs

For a copy of self-guiding walks around the area. Email info.tourism@towerhamlets.gov.uk or telephone 020 7364 4900.

A different perspective

Self-guiding walking tours at Canary Wharf. Check out www.canarywharf.com for details.



Further Information

For more information on what to do and where to go in London Eastside check out the following websites:-

General

www.towerhamlets.gov.uk
www.spitalfields.org.uk
www.visitbricklane.com

Event Listings

www.mycanarywharf.com
www.spitalfields.org.uk
www.jongleurs.com
www.spitz.co.uk
www.eastendlife.com

Eating

[www.towerhamlets.gov.uk/
data/discover](http://www.towerhamlets.gov.uk/data/discover)
[www.bricklanerestaurants.
com](http://www.bricklanerestaurants.com)
www.mycanarywharf.com
www.squaremeal.co.uk

Shopping

[www.towerhamlets.gov.uk/
data/discover](http://www.towerhamlets.gov.uk/data/discover)
[www.eastlondonmarkets.
com](http://www.eastlondonmarkets.com)
www.mycanarywharf.com

Open Space








www.milendpark.com

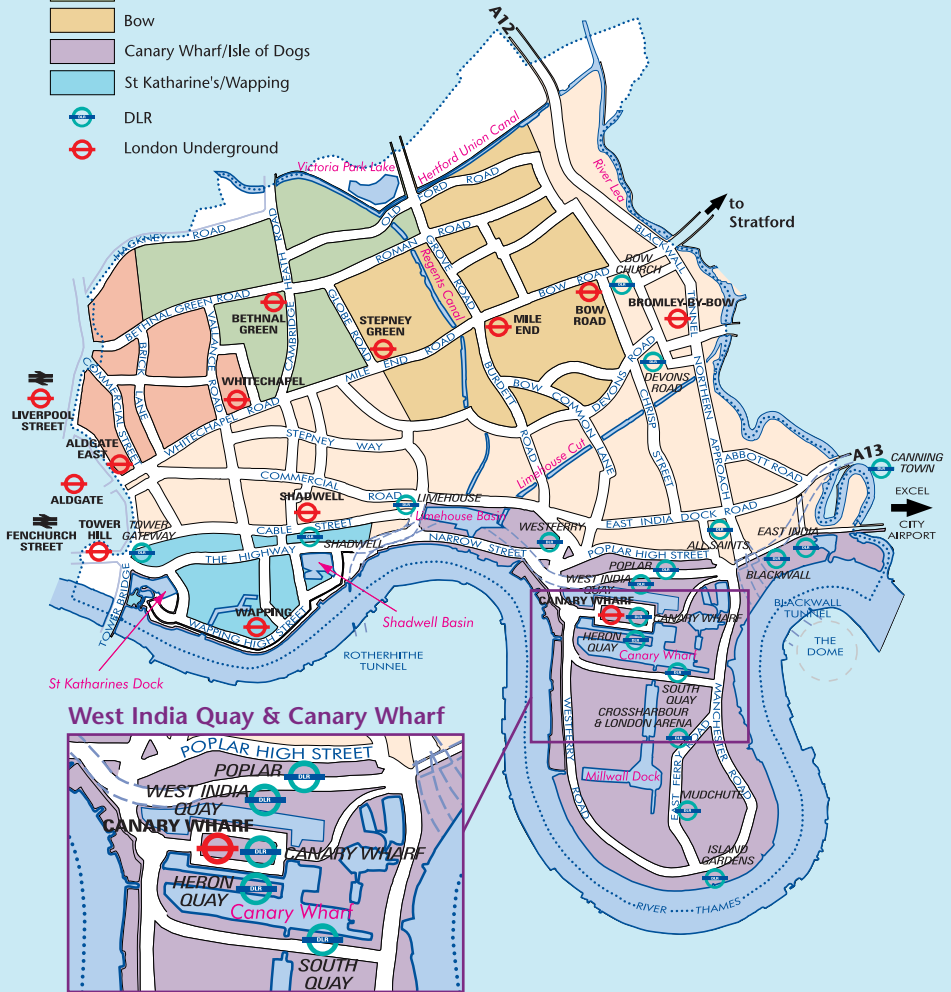
Useful Publications

Available from
[www.towerhamlets.gov.uk/
data/discover](http://www.towerhamlets.gov.uk/data/discover) or call
020 7364 4900.



Finding your way around

-  Spitalfields & Brick Lane
-  Bethnal Green
-  Bow
-  Canary Wharf/Isle of Dogs
-  St Katharine's/Wapping
-  DLR
-  London Underground



Docklands Eastside is well served by London Underground – Central, Circle, District, East London, Hammersmith & City and Jubilee Lines which provide easy access to the City, West, Central, North London and key mainline stations. Docklands Light Railway runs from Bank and Tower Gateway to the west; Stratford to the north-east; Beckton to the east and Lewisham to the south. For further information, visit www.dlr.co.uk or call Docklands Travel Hotline (24 hours) on 020 7918 4000.

To order further copies of this guide please email info.tourism@towerhamlets.gov.uk or call 020 7364 4900

A large print version is available by contacting 020 7364 4958 or visiting www.towerhamlets.gov.uk

