

Explore PADDINGTON

SPRING/SUMMER 2019

FEELING FRUITY?

Fruit and floral tipples
to suit all tastebuds

ON YOUR MARKS

From Zorbs to zip lines,
stay active this summer

Grand DAY OUT

A festival on the Grand Union Canal
signals the start of summer

WHAT'S ON | WHAT'S NEW | LIVE MUSIC | EATING OUT



FREE MUSIC FESTIVAL FRIDAYS

Enjoy Live Music Tribute Acts, Children's Entertainers,
Street Food and Summer Vibes under the trees of
Norfolk Square Gardens, W2 1RU from 12noon – 7pm

FRIDAY 28 JUNE

STEVIE WONDER

BON JOVI

MADONNA

ROLLING STONES

FRIDAY 26 JULY

DOLLY PARTON

ELVIS

ADELE

ABBA

FRIDAY 30 AUGUST

BRYAN ADAMS

TAKE THAT

ED SHEERAN

QUEEN

For more information on the artist line up and dates please visit Facebook, Instagram and Twitter @InPaddington

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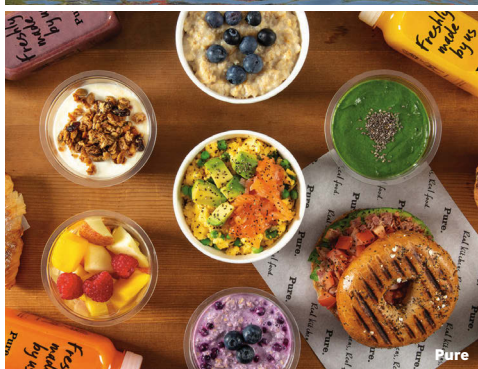
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IWA Canalway Cavalcade



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GET IN TOUCH

✉ magazine@paddingtonnow.co.uk #ExplorePaddington

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Editor Sarah Riches **Sub editor** Anna Frame **Production** Dave Weeks **Art** Tim Benton, Suzette Scoble **Sales** Charlotte Johnson-Last. 020 7611 7892.
charlotte.johnson@morriseurope.com **Published by** Morris Visitor Publications, Samuel House, St Alban's St. SW1Y 4SQ. 020 7242 5222. www.mvplondon.uk

YOUR AREA MAP

Welcome to the spring/summer issue of *Explore Paddington*, brought to you by *PaddingtonNow Business Improvement District (BID)* and *The Paddington Partnership*

For this seventh issue, I pored over maps of Paddington from the 1600s – long before Paddington Station and St Mary's Hospital were built. It's hard to imagine the area back then, before the fields and river were replaced with mews and the canal.

Paddington is constantly evolving, which is why *Explore Paddington* has a new Change section, which introduces exciting developments including an office building with a huge public auditorium and garden.

There are new cafés and restaurants, too, many of which serve vegan dishes. Carnivore or not, I bet you'll be tempted by Les Filles' buckwheat pancakes, which are drizzled with coconut cream and topped with fruit.

Speaking of fruit, if you're craving a fruity number, then sink a pint of Sticky Wicket at The Victoria, which tastes of grapefruit and lychee. You can also try floral drinks like Saint Aymes' butterfly pea tea, which turns from blue to purple. It's the perfect summer tippie.

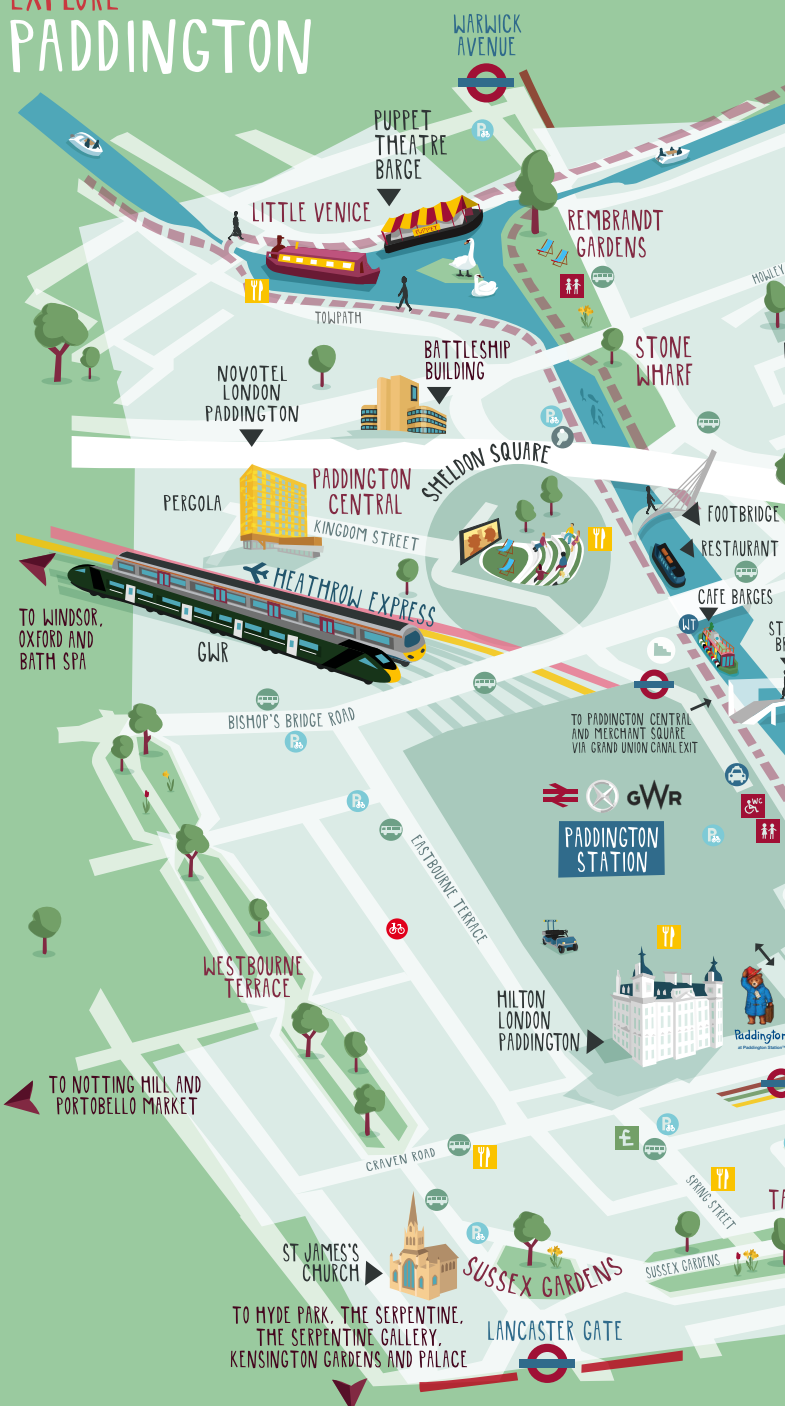
Summer also brings events to Merchant Square and Paddington Central. After zip lining or Zorbing, chill out by a big screen or listen to music on the Floating Pocket Park.

If you'd like to feature in the next autumn/winter issue, please do get in touch – contact details are dotted throughout the magazine.

Sarah

Sarah Riches
Editor

EXPLORE PADDINGTON





The Paddington Partnership

Visit thisispaddington.com or follow us on Twitter [@inpaddington](https://twitter.com/inpaddington) for more information about our trails, events, places to eat and things to do in Paddington.

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WHAT'S ON

IF YOU'RE CULTURAL...

ONGOING Table Talks Series includes a cocktail, talk and dinner. 7pm. £25. You can also try new suppliers at Supper Club 35 every four to six weeks. *The Cleveland Arms*, 28 Chilworth St, W2 6DT. 020 7706 1759. www.theclevelandarms.com.

ONGOING Expand your mind at a quiz, documentary or talk on current affairs. *The Frontline Club*, 13 Norfolk Place, W2 1QJ. 020 7479 8960. www.frontlineclub.com.

ONGOING Tour Alexander Fleming's lab, where he discovered penicillin in 1928, or attend a presentation on topics such as antibiotic awareness (Nov). Adult £4; child £2. *Fleming Museum, St Mary's Hospital*, Praed St, W2 1NY. 020 3312 6528. www.imperial.nhs.uk.

ONGOING NewsRevue—comical songs and sketches about current affairs (Thu-Sat 9.30pm; Sun 9pm). You can also listen to joker Jess Robinson (12 Jul. 7.30pm). *Canal Cafe Theatre*, 13 Westbourne Terrace Rd, W2 6NG. 020 7289 6054. www.canalcafe theatre.com.

To 4 May *No Ordinary Blue*: see ethereal works themed around gravity, light and colour by American artist Spencer Finch. *Lisson Gallery*, 67 Lisson St, NW1 5DA. 020 7724 2739. www.lissongallery.com.

IF YOU'RE SPORTY...

20 May-12 Sep Compete against pals in Mario Kart, Super Smash Bros and Wii Sports on London's biggest outdoor screen. The screen can be split and up to four people can play at a time. Daily, except 1-14 Jul during Wimbledon. Noon-2pm. *Merchant Square*, W2 1AG. 020 7298 2455. www.merchantsquare.co.uk.

21 May-10 Sep Get fit at an eight-week boot camp on the Floating Pocket Park. The first one is hosted by LJ, a personal trainer and Wildcat Fitness blogger. Book ahead*. Tue. 5.30pm-6.30pm. *Merchant Square*, see above.

22-23 May Race pals on a 60m zip line across a water maze. Book ahead*. Free. 11am-5pm. *Merchant Square*, see left.

Jun-Sep Join a yoga class organised by PaddingtonNow BID. Tue. 10am. Free. *Norfolk Square Gardens*, W2. www.paddingtonnow.co.uk.

19-20 Jun Run like a hamster on a wheel in a Zorb (a plastic sphere on water). Two people can share. Book ahead*. Noon-8pm. Free. *Merchant Square*, see left.

20 Jun Take a yoga class in honour of International Yoga Day. Take a mat or towel and book ahead*. 12.30pm-1.30pm. Free. *Merchant Square*, see left.

1-14 Jul Watch Wimbledon live on a big screen. You can also play tennis on the screen's game console. Free. *Merchant Square*, see left.

25 Jul Teams battle for fastest and best-dressed prizes in a dragon boat race to raise funds for COSMIC, which supports the Children's Intensive Care Unit at St Mary's Hospital. Want to enter? Then email events@merchantsquare.co.uk. 5pm-9pm. *Merchant Square*, see left.

14-15 Aug Up to 10 people at a time can attempt a high-ropes course, four metres above ground. Book ahead*. 11am-3pm. Free. *Merchant Square*, see left.

IF YOU'RE A NIGHT OWL...

Thu Listen to singer-songwriters perform live. 7.30pm. Free. *Pizza Express*, 3 *Merchant Square*, W2 1BF. 020 7706 8000. www.pizzaexpress.com.

23 May-12 Sep Listen to live unsigned artists on the Floating Pocket Park, thanks to Buskin London. Thu 5.30pm-7.30pm. Free. *Merchant Square*, see left.

29 May-4 Sep Hire headphones to watch *Ready Player One* (29 May), *Pitch Perfect* 3 (12 Jun), *Battle*



Yoga in Norfolk Square Gardens



Watch Wimbledon in Merchant Square

of the Sexes (26 Jun), *Crazy Rich Asians* (10 Jul), *Aquaman* (24 Jul), *Bohemian Rhapsody* (7 Aug), *Mary Poppins Returns* (21 Aug) and *Mamma Mia! Here We Go Again* (4 Sep) on a big screen. Book ahead*. Every other Wed. 6pm-8pm. £5. *Merchant Square*, see left.

To 27 Nov Taste Italian wine (22 May), rosé (26 Jun), Californian wine from Rutherford Hill (26 Jul), South African wine from Jordan Wines (30 Sep) and port and sherry (27 Nov), all from £45. You can also sip Champagne (1 May) and attend a dinner with Fells wine (30 Oct). 7.30pm. *Cork & Bottle*, 27 *Spring St*, W2 1JA. 020 7262 1485. www.thecorkandbottle.co.uk.



Crazy golf in Merchant Square



This image:
Dragon boat race
Left: High-ropes course



IF YOU'RE THE FAMILY TYPE...

Apr-Jul Three to 11-year-olds can play with Lego in Mini-Engineers iLab in Paddington Central. Kids can pair up to build monsters, volcanoes or Wonders of the World in a weekly class, design a racing car at a birthday party or ditch their mum or dad at a new Parents' Night Out Saturday evening – designed to let parents have a night off nearby. There will be Lego workshops for adults and kids' holiday camps, too. W2. 07715 093132. www.mini-engineers.com; www.paddingtoncentral.com.

18 Apr Watch *Hop* (18 Apr), the 2011 animation about the Easter bunny, on a big screen. Little ones will receive mini Easter eggs. 5pm-7pm. *Merchant Square, see left.*

19 Apr Enjoy an Easter egg hunt with prizes including vouchers for local restaurants, pampering gift cards

and train tickets. Noon-2pm. Free. *Merchant Square, see left.*

4-6 May At the annual IWA Canalway Cavalcade, kids can have their faces painted and play on bumper boats while adults sip cider, eat street food, listen to choirs and browse 80 stalls selling jam, cheese, potted herbs and canal-themed art. There's an illuminated boat parade on the last night (5 May. From 9pm). *Little Venice, W2. 07774 890750. www.waterways.org.uk.*

5-6 Jun Play a nine-hole crazy golf course in Merchant Square. Book ahead*. 10am-4pm. Free. *Merchant Square, see left.*

3-4 Jul Teams of up to six people can hunt for clues around Paddington Basin in a scavenger hunt. The quickest team will win Champagne from Merchant Square, a picnic courtesy of Bar Torelli and a two-hour GoBoat trip. Book ahead*. 11am-3pm. Free. *Merchant Square, see left.*

25 Jul Watch rubber yellow ducks bob down the canal from St Mary's Bridge in

this annual race, which raises funds for COSMIC. You can sponsor ducks from 5 Merchant Square's reception. 12.30pm-1.30pm. *Merchant Square, see left.*

Jul All ages can celebrate Pride Week at Paddington Central. www.paddingtoncentral.com.

28-29 Aug Play Laser Quest in teams of four in a dark, foggy inflatable arena. Score points by shooting a sensor on your rival's gun. Book ahead*. 11am-3pm. Free. *Merchant Square, see left.*

Aug All ages can enjoy live music, street food and local produce stalls at The Floating Market. Stalls line the towpath and are on barges near Paddington Central. www.paddingtoncentral.com.

11-12 Sep In teams, get locked inside a 1950s' abandoned hospital', then search patients' notes and belongings to find clues to escape. Book ahead*. 10am-6pm. Free. *Merchant Square, see left.*

WHAT'S NEW

Paddington is moving with the times... As investment pours into the area, keep up with local developments and discover which ventures are opening soon in your area



QUICK BITES

The Meal Ticket is brave—in May 2018, it started selling coffee opposite Starbucks in Sheldon Square. The risk paid off and now, the smart ground-floor café serves single-origin coffee and brunch till 2pm. You can also order paninis, bagels, salads, waffles, Portuguese tarts and banana bread. Freelancers can linger thanks to USB chargers and free Wi-Fi. On hot days, grab a table outside or sit by the folding French windows, which open on to the pavement. The café shares an entrance with 12x3 Gym, hence the boxing photos on the wall. **19 Sheldon Square, W2 6PY. www.paddingtoncentral.com.**

Les Filles is the latest venture by French sisters Sonia and Hayet Zaame, who were inspired by their mother's diabetes to create dishes with an 'eat no evil' ethos that are made with unrefined,

unprocessed and ethically sourced ingredients—its manifesto is scrawled in italics on one wall. Another wall features bespoke wallpaper by TattaHome, while dimmable hanging bulbs and velvet cushions form a cosy window seat. The café has applied for a licence to sell alcohol. If approved, it plans to introduce an evening menu and healthy cocktails. **27 Craven Terrace, W2 3EL. 020 7262 0306. www.ilscafe.com.**

Want to sit outside? Then look for **Bar Torelli**'s three new takeaway vans. One is in Merchant Square, the others by Station Bridge—one of which is licensed. Owner Marco Costa says: 'The Airstream "silver bullet" is an American caravan that's the Rolls-Royce of food trailers. We opened the first one in December 2018, serving pastries, focaccia, juice and alcohol. In April we opened Just

Gelato by Torelli next to it, which serves 24 types of gelato.' You can sit on benches under canopies by the water. **W2 1BL. 07508 009977. www.caffetorelli.com.**

The healthy chain **Pure** is opening in Paddington Central in May, so you can grab porridge or pastries, a smoothie or Arabica coffee to go. Work locally? Make the most of the Wi-Fi and plug sockets and sit outside as you linger over a bagel, Korean barbecue wrap or Go Thai egg noodles with chicken, mango and satay sauce, or request a delivery. The chain's ethical ethos means milk is organic or vegan; customers with reusable cups get a 50p discount and leftovers are donated to The Felix Project. **2 Kingdom St, W2 6BD. 020 7240 1555. www.pure.co.uk.**

While not new, David's Deli Garden, opposite St Mary's Hospital, has been rebranded as **David's Grill House**.

Don't forget to share your photos with us!
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Founded in 2004 by four brothers—one of whom cooked for the royal family in Dubai—this Levantine grill serves kebabs fit for kings. Its new look has patterned Spanish floor tiles, red metro wall ones and gold banquettes. There are seats by a new window counter, too, so you can people-watch as you eat. Air-con and heaters have been added and the overall result is smart and spacious. It offers discounts for black cab drivers and NHS and Great Western Railway staff. 127 Praed St, W12 1RL. 020 7262 2626. www.davidscatering.co.uk.

If you'd rather grab a bite along the canal, then order Chinese, Greek, Italian or Mexican at the new **Merchant Square Street Food Market** (Mon-Thur 11.30am-3pm). NHS staff discount available. Merchant Square, W2 1AG. 020 7298 2455. www.merchantsquare.co.uk.

RESTAURANTS & BARS

When one door closes, another opens—and that's what's happening at the head of Paddington Basin. The Draft House shut in February and **BrewDog** opened in its place with a new look in March. Try its Cosmic Crush Tropical, a sour ale made with mango, pineapple and guava. Unit 1, West End Quay, W2 1JX. 01358 724924. www.brewdog.com.

Alternatively, visit the latest branch of **Vagabond Wines**, a wine bar, shop and wholesaler that opens in May on the canal at Sheldon Square. It offers 120 wines by the glass, which you can sample from wine dispensers. There are new varieties every week, and many come from independent producers. It also serves cheese, charcuterie and sharing plates. Watch this space for events including blind tastings, classes and quizzes. 6a Sheldon Square, W2 6HY. www.vagabondwines.co.uk.

Craving a superfood salad? Then try one made with peas, quinoa, kale and orange at **Carriages** in Hilton London Paddington, which opened in December

2018. For something more substantial, you can also order burgers, fish and chips, chicken and leek pie and chicken tikka masala. Jazz music makes it a place to linger. 146 Praed St, W2 1EE. 020 7850 0500. www.3hilton.com.

ACTIVITIES & AMENITIES

In February, **Queens** teamed up with MEATliquor to launch five adults-only bowling lanes, which come with their own bar, bartender and menu inspired by the 1998 comedy *The Big Lebowski*. Order a White Russian alongside hot dogs, mac'n' cheese, honey-glazed

chicken wings or hash browns with blue cheese sauce. 17 Queensway, W2 4PQ. 020 7229 0172. www.queens.london.

When you have a haircut, beard trim or wet shave at **Easton**, a new barbers inside WeWork Paddington, you can enjoy tea and coffee, or draught beers and Prosecco after 3pm. New customers benefit from 50 per cent off. After your appointment you can use WeWork's facilities such as free Wi-Fi and table tennis. *WeWork Paddington*, 2 Eastbourne Terrace, W2 6LG. 020 3695 7895. www.wework.com; www.eastonlondon.com.

The Meal Ticket



Locals: plan your day

Stuck for ideas for things to do? Forget hauling yourself across London to meet pals in zone 4 and stay local instead. Relax in a gallery then hit up HUCKSTER for drinks



9AM If you got out of the wrong side of bed this morning, thrash out your bad mood in an Angry Bird class at **F45 Training** in Paddington Basin. During the 45-minute workout, you'll complete three laps at various speeds which work on your upper body, lower body and core, so you'll work up a sweat. **F45 Training**, W2 1JX. 07948 074747. www.f45training.co.uk.

11AM **Headcase Barbers** opposite Paddington Station is under new management. It accepts walk-ins so pop in for a haircut, beard trim or moustache twirl should you so desire. **9 Spring St, W2 3RA**. 020 7402 7878. www.headcase-barbers.com.

1PM Order a dish from Kalimera, Rice Guys, Hola Guacamole or Rolling Dough at the new **Merchant Square Street Food Market**. Mon-Fri. 11.30am-3pm. NHS staff discount available. **Merchant Square, W2 1AG**. 020 7298 2455. www.merchantsquare.co.uk.

3PM Hyde Park is on your doorstep, so stroll to Junya Ishigami's **Serpentine Pavilion**, which is inspired by forests (from 20 Jun). **West Carriage Drive, W2 2AR**. 020 7402 6075. www.serpentinegalleries.org.

5PM Lie down and chill out in a private or public class at **Crystal Sound Lounge**, during which you'll listen to an instructor tap crystal bowls and gongs to emit soothing sounds. **16 Conduit Mews, W2 3RE**. www.crystalsoundlounge.com.

7PM Planning an office social? Then head to **Zizzi**. Grab a table outside by the canal or huddle up on a banquette under a pergola next to floor-to-ceiling windows, which also have views of the water. Our tip? Order the prawn and courgette bites or vegan 'beetballs' oven-baked in tomato sauce. **17 Sheldon Square, W2 6EP**. 020 3302 1895. www.zizzi.co.uk.

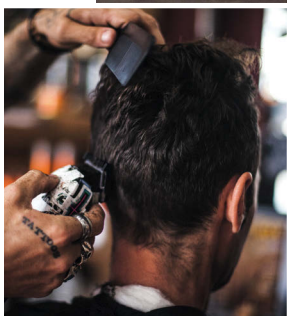
9PM For drinks, **HUCKSTER** is the obvious choice. Cool down with a Cornell's Cucumber Cooler, made with gin, mint and cucumber tonic. **4 Kingdom St, W2 6BD**. 020 7020 0202. www.hucksterlondon.co.uk.

Have you visited one of these places? Then show us your pics!

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KALIMER



Chill out at lunch



Great for work dos



Visitors: plan your day

Can't face the crowds and queues in central London? Then experience another side of the city in Paddington. From boxing and poké to horse riding and pool, it's got it all

9AM Never boxed before? Then try a class at **12x3** in Sheldon Square, which welcomes pay-as-you-go guests. The boxing gym is named after the length of professional fights—which last for a dozen three-minute rounds—and many of the trainers are former world champions. With the strapline 'no guts, no glory,' don't expect an easy ride. 19 Sheldon Square, W2 6PY. 020 7121 0235. www.12x3gym.co.uk.



11AM Once you've worked up a sweat, cool down with a stroll around nearby **Little Venice**, a tranquil triangle formed at the junction of the Grand Union and Regent's Canals. Sit on the grass in Rembrandt Gardens and watch narrowboats, paddleboarders and swans pass you by. www.canalrivertrust.org.uk.

1PM Design your own bowl at **Lords of Poké** in Paddington Central. The Hawaiian dish resembles sushi in a bowl—think coconut brown rice topped with raw spicy tuna, Korean salmon ceviche or teriyaki-glazed tempeh and edamame, charred corn and mango. 2 Kingdom St, W2 6BD. 020 7289 3937. www.lordsofpoke.com.



2PM Go on, treat yourself—you deserve it. **Mille Pâtisserie** opposite Paddington Station specialises in a French cake with light cream sandwiched between multiple crêpes. Try the bergamot-scented Earl Grey one. 8a Spring St, W2 3RA. 020 7018 7667. www.patisseriemille.com.

Stop for lunch

3PM Riding a horse in Hyde Park will be a highlight of your trip. Book a session with **Ross Nye Stables** by Sussex Gardens. 8 Bathurst Mews, W2 2SB. 020 7262 3791. www.rossnyestables.co.uk.



7PM The pizza at **Heist Bank** behind the Rolling Bridge is made from scratch and baked in a wood oven—the radicchio, pear, toasted walnut and Gorgonzola is the lightest option. After dinner, linger over a pint and a game of pool. 5 North Wharf Rd, W2 1LA. 020 7723 8080. www.heistbank.com.

9PM End your day over a glass of Chardonnay. Try the Pinot Gris 2017 from the Tiki Estate in New Zealand at **Cork & Bottle**, a wine bar with outdoor seating opposite Paddington Station. 27 Spring St, W2 1JA. 020 7262 1485. www.thecorkandbottle.co.uk.



Get active



TAKE THE TOUR

*Take this grand tour of the Grand Union Canal and along the way you can walk on a floating park, dine on a boat and experience paddleboarding, says **Sarah Riches***



Left: Paddleboarding
This image: GoBoat



Darcie & May Green



IWA Canalway Cavalcade

The Grand Union Canal is grand indeed, as it flows into a network of canals that connect London with Lancaster and York in the north. The Paddington Arm runs into the main branch of the **Grand Union Canal** in Hayes, and Paddington Basin is at the end of the arm – making it the obvious place to start your excursion.

The basin's restaurants and bars – **Brew Dog**, **Lockhouse**, **Pizza Express** and **KuPP** – all have outside dining areas and views of the **Floating Pocket Park**.

The 45m floating deck has a pergola, flowerbeds and a lawn for events. This summer, active types can attend a boot camp (21 May–10 Sep. p. 6), but if you'd rather just chill out, you can listen to unsigned singer-songwriters (23 May–12 Sep. p. 6). You can also do yoga on **The Boathouse London**, a floating hotel that's connected to the park.

From The Boathouse London you'll see a **water maze** outside Merchant Square, which is a great spot for little ones to cool off in summer. The maze is at one end of the **Fan Bridge**, which has five beams that unfold like a Japanese fan. Engineering buffs can also cross the nearby **Rolling Bridge**, which curls into an octagon. Both operate at noon (Wed & Fri) and 2pm (Sat).

If the water looks inviting, hire a boat. **GoBoat London** in Merchant Square has expanded its fleet to 16 boats, each of which seat eight people. You can captain one even if you have no sailing experience as they drift along at a leisurely 4mph. Buy picnic food from **Marks & Spencer** nearby and glide to **Little Venice** and beyond.

In 2018, 60,000 people took to the boats – and seven of them proposed! So what's the appeal? Co-founder Julian Wootton says: 'We give Londoners the chance to see their city from a new perspective, plus there's the thrill of driving your own boat along the waterways. Visitors meanwhile can escape overcrowded tourist traps and experience London's more relaxing side. GoBoat allows you to travel through Little Venice, past London Zoo and up to Camden Lock – see the real London that's not in the guide books.'

GoBoat London also manages the free **Paddington Water Taxi** on behalf of The Paddington Partnership, which runs from Merchant Square to Paddington Central (Mon–Fri noon–2pm to 31 Oct).

You can also paddleboard or canoe with **Active360** nearby. Founder Paul Hyman says: 'Locals can explore the outdoors and get fit on their doorstep, while visitors get to see the area from a new perspective. That's why we have had people from India, Australia and Canada paddle with us.'

Fallen in? Once you've dried off, warm up over Italian coffee from **Bar Torelli**, a new silver Airstream caravan by Station Bridge. It's next to Just Gelato by Torelli, which serves 24 types of gelato.

If you'd rather have a proper meal, dine aboard **Darcie & May Green**, a static boat on the canal behind Paddington Station. **London Shell Co** also serves lunch

while static, and offers candlelit dinner cruises to Camden. Co-founder Harry Lobek says: 'Our summer sunset cruises leave Little Venice as the sun goes down. It is beautiful as we set off to Camden at dusk, passing walled gardens that back on to the canal, before returning in the dark. It's definitely for lovers.'

Sheldon Square's restaurants also overlook the canal, so you can watch boats, kayakers and ducks drift by as you eat. **Smiths Bar & Grill**, **Zizzi**, **The Union** and **Vagabond Wines** are open every day. If you'd rather eat outside, order healthy bites from **The Meal Ticket**, **Tossed**

or **Itsu** in the square then picnic in **Rembrandt Gardens** in Little Venice. The canal junction is a tranquil spot that's brought to life each year thanks to the **IWA Canalway Cavalcade** (4–6 May), a festival with 80 food, drink and craft stalls, live music, kids' games and an illuminated boat parade

(5 May). London Shell Co will be taking part, lighting up its Prince Regent boat. Visit on a Sunday and tuck into a chicken, beef, lamb or veggie nut roast at **Bridge House** nearby. In the evening, listen to satirical sketches and songs upstairs in the **Canal Café Theatre**.

Continue north along the canal and you will come to **The Summerhouse's** covered terrace on the water and **The Waterway's** sunny deck and beer garden – what a way to spend a summer's day, eh?



London Shell Co



COVER STORY

*Put on your dancing shoes and grab your air guitar and you'll be all set for a family-friendly music festival that's returning to Paddington this summer, says **Sarah Riches***

Never got to see Elvis, ABBA or Queen in concert? Then now's your chance to catch your musical heroes, as tributes to them are coming to Paddington.

Now in its fifth year, **Paddington Covers** is a free music festival in Norfolk Square Gardens that takes place on the last Friday of every summer month.

In 2018, nearly 5,000 people danced to acts mimicking Beyoncé, Fleetwood Mac and Kylie, while kids played with bubbles and stilt walkers roamed around.

This year, the stilt performers will return alongside a balloon modeller, selfie frame and Face Painter Bo, who will paint little ones (and not so little ones) for free.

Each day, four bands perform on stage for 45 minutes, with DJ collective **Freight Train** hitting the decks between each act.

Stock up on picnic supplies from M&S by the canal or Budgens on Praed Street. You can also grab sandwiches from Lite Bite opposite the gardens or from a Truck Stop Today van at the festival.

This year, **Godfrey Gayle as Stevie Wonder** kicks things off on Friday 28 June, followed by three firm favourites from 2018 – **Wrong Jovi**, **Tasha Leaper as Madonna** and **The Stones**.

Godfrey says: 'I've always been a gospel singer and in 1989 I won The Stevie Wonder Award for Best Male Gospel Choir Soloist at the NEC in Birmingham. A gentleman from the competition told Stevie Wonder I'd won and introduced me to him at Wembley Stadium that same year, just before he went on stage. Stevie seemed a nice fellow. He said: "It would be nice to hear you sometime."

'I hope to open Paddington Covers with *Do I Do*, and finish with *Superstition*, but it depends on the audience vibes. I'll sing *Isn't She Lovely?* and *Signed, Sealed, Delivered*. *I Wish* is a great tune, too.

'I have a great selection of custom-made Stevie outfits. My favourites are the funky purple or green ones, which I wear with Stevie's famous sunglasses.'

Wrong Jovi is the next act, and they're back for their third year. Mark Harding – aka Bon Jovi's guitarist Richie Sambora – says: 'Although it rained at Paddington Covers in 2018, the audience came out in full force and helped us deliver an amazing afternoon.

'Things have been going well [since then]. We have a hectic schedule in the UK, we're heading to the Middle East and working on new songs such as *Something*



TRIBUTE ACTS

FRIDAY 28 JUNE

Stevie Wonder
Bon Jovi
Madonna
The Rolling Stones

FRIDAY 26 JULY

Dolly Parton
Elvis
Adele
ABBA

FRIDAY 30 AUGUST

Bryan Adams
Take That
Ed Sheeran
Queen

From noon to 7pm

Clockwise from far left:

Family fun; Daniel East
as Ed Sheeran; Katie
Markham as Adele; Tasha
Leaper as Madonna



for the Pain, Living in Sin and I Believe.

'It's likely we'll start Paddington Covers 2019 with *You Give Love a Bad Name* and finish with *Livin' on a Prayer*.'

A Dolly Parton tribute, **The Dolly Show**, returns to open the festivities on Friday 26 July, followed by **Mark as Elvis**, **Katie Markham as Adele** and **ABsolute** as ABBA.

Katie Markham as Adele is another returning favourite – you may recognise her from her 2017 Paddington Covers appearance, from *The X Factor*, or when she appeared alongside the real Adele on a Graham Norton BBC special in 2015.

Katie says: 'As well as meeting Adele on TV, I went to see her at Wembley Stadium in June 2017. I was in the golden circle near the front holding a sign saying: "Do you remember when we met on the BBC?"' She sang three songs then she saw me and gave me a massive shout out, saying she'd get tickets to see my show!

'I perform *The Adele Songbook* with a six-piece band internationally – we're now in our third year and in talks about going to Australia. I also perform a solo show, *One and Only Adele*, which I'll perform at Paddington Covers. I'll open with *Hello*, of course, and finish with *Rolling in the Deep*. I might throw in some less well-known songs, too.'

The festival will go out with a bang on Friday 30 August thanks to **The Bryan Adams Effect**, **Take on Take That**, **Dan as Ed Sheeran** and **Pure Queen**.

Paul Higginson – aka Bryan Adams – says: 'I usually tour with a five-piece band but at Paddington Covers it'll just be me with a backing track. I'll see what age the audience is and play it by ear, but I'll be singing his greatest hits such as *Run to You*, *Summer of 69*, *Heaven* and *The Only Thing That Looks Good on Me is You*. I might sneak in a new one from his latest album, too.'

Next up on stage will be Take on Take That, returning for a fourth year. Carl Tracey, who plays Jason or Robbie depending on the gig, says: 'I went to youth theatre from ages seven to 17 and got hooked, so then I trained at various performing arts colleges. I got into tribute gigs through a friend – the industry is a small world.'

'I bumped into Gary Barlow in the theatre bar after his solo gig at the Royal Albert Hall. I had a glass of red wine with him and we talked about how awesome the venue is. He said I was a regular face in his house as I'm also in a band on the TV channel Nick Jr, which his daughter Daisy likes.'

Adam Morrison – aka Gary – adds: 'We enjoy performing at Paddington Covers because it's like a mini festival. It's a great day out, and relatively local as three of us live in London. We'll probably open with *Greatest Day* and close with *Never Forget* as it's such an iconic song.'

Hot on their heels will be Daniel East, who has performed as Ed Sheeran – complete with sleeve 'tattoos' – since 2015.

Daniel says: 'I started playing my guitar at local gigs. After emailing agents, one suggested I put together a tribute to Ed Sheeran as my voice wasn't far off. Ed's album *Divide* hit the charts in 2017, and after that I took my *Tribute to Ed Sheeran* show to 13 countries. I've also performed on P&O cruise ships. I sing all of Ed's hits, such as *Thinking Out Loud*, *Shape of You*, *Perfect* and *Castle on the Hill*. I hope I get to perform in front of him one day.'

'When it comes to my Paddington Covers set list, I like to go with the flow depending on audience requests. Of course I'll wear a checked shirt – Ed's trademark look. My hair is real... promise!'

Pure Queen will no doubt rock the stage with *We Will Rock You*, and, like the other acts, they deserve the royal treatment – so give them a cheer.

...Or say cheers over a pint at Sawyers Arms or The Sussex Arms opposite the park once the festival draws to a close in the evening. You can make the most of the light nights and sit outside on picnic benches. Who knows – you might just bump into a rock star.

www.paddingtonnow.co.uk

DID YOU KNOW?

Merchant Square's name reflects its commercial heritage, as the Grand Union Canal was built to carry goods between London and the north of England



ROLLING BACK THE YEARS

*Next time you walk down Praed Street or stop for lunch in Sheldon Square, spare a thought for the people behind the places, says **Sarah Riches***

PADDINGTON

Ever wondered how Paddington got its name? Variations of 'Pad' are an old English name, while 'tun' is old English for farm or settlement – so it may mean father's meadow. Pad was also a packhorse – a horse or donkey used to carry goods – so the name could mean packhorse meadow. Scholars suggest Pæding-tun may also refer to the village of the race of Pæd. Paddington in Surrey was recorded as Padendene in the 1086 Domesday Book. Residents may have moved from there to Paddington in Middlesex.

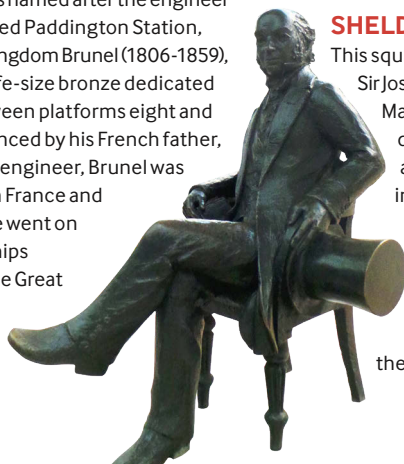
KINGDOM STREET

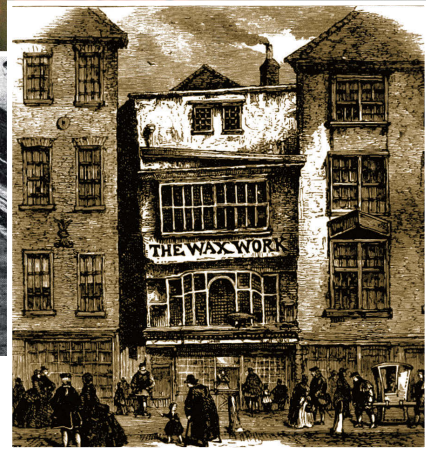
This street is named after the engineer who designed Paddington Station, Isambard Kingdom Brunel (1806-1859), who has a life-size bronze dedicated to him between platforms eight and nine. Influenced by his French father, who was an engineer, Brunel was educated in France and England. He went on to design ships including the Great Western, a steam-powered

transatlantic passenger boat which launched in 1837. He also helped his father plan the Rotherhithe to Wapping Tunnel, which was completed in 1843. He designed the Clifton Suspension Bridge across the River Avon in 1864 and a network of tunnels, bridges and viaducts for Great Western Railway, which linked London to Bristol.

SHELDON SQUARE

This square derives its name from Sir Joseph Sheldon (c1627-1681). Married twice, he had two daughters, one sister and seven brothers, including Gilbert Sheldon, the Archbishop of Canterbury. While Sheldon was a candle maker, he was best known for his role as the Lord Mayor of London





in 1676. During that time, he was also the chairman of The Drapers' Company, which was founded in 1364 to regulate the textile trade and protect tradesmen, and is now a philanthropic organisation near Bank—Sheldon's portrait hangs in Drapers' Hall. In 1678, Sheldon paid for a church on the site of what is now St Mary's on Paddington Green.

PRAED STREET

If you've ever spelt Praed Street wrong, then you have William Praed (1747-1833) to blame.

With an MP for St Ives and Cornwall as a father and an Eton education, Praed was destined to have a bright future. In 1778 he married and went on to have 10 children. He also founded the bank Praed & Co in 1802 on Fleet Street, which was designed by the architect Sir John Soane and later bought by Lloyds. As an MP for St Ives

and later Banbury, he steered the Grand Junction Canal bill through Parliament in 1793, which authorised the construction of Paddington Basin. He also became chair of the Grand Junction Canal Company. You might think it's fitting then, that his grave, in St Peter's Church in Tyringham, Buckinghamshire, features a relief of a lock and canal barge.

JUNCTION MEWS

Hidden between Praed Street and Sussex Gardens, this mews derives its name from the Grand Junction Canal, known as the Grand Union Canal since the 1930s. Work began on the waterway in 1793. The original plan was to link Braunston in Northamptonshire with the River Thames in Brentford, Middlesex, but before this route was completed

the Grand Junction Canal Company —led by Praed— decided to branch into Paddington as it was closer to central London. The Paddington Arm opened in 1801.

LITTLE VENICE AND REMBRANT GARDENS

It is thought that the poet Lord Byron—who lived in Italy for seven years—first compared the junction of the Grand Union Canal and Regent's Canal to Venice, resulting in the name Little Venice. In 1975, to commemorate the 700th anniversary of the founding of Amsterdam (nicknamed Venice of the

Clockwise from far left: Paddington Station back in the day; Joseph Sheldon; outside Fleming Museum; Little Venice; William Praed's bank on Fleet Street **Inset:** A statue of Isambard Kingdom Brunel in Paddington Station



North), artists' studios were demolished around Little Venice to make way for Rembrandt Gardens, named after the Dutch painter. The Dutch donated 5,000 tulips and an opening ceremony was held with people in Dutch national dress.

ELMS MEWS

In the 1820s, Elms Mews by Lancaster Gate was known as Elms Lane after the elm trees that lined it. The road bordered the River Westbourne (sound familiar?) which ran south into Hyde Park to the River Thames, then north along Craven Terrace to the canal beyond Little Venice, until it was redirected underground.

DID YOU KNOW?

In the 1830s, a reservoir stood on the site of what is now St Mary's Hospital, between South Wharf Road and London Street

EAT

Plant power

Whether you're a vegan virgin or flirting with veganism, a fan of meat-free Monday or full-time herbivore, here's how to stay on track

Share your foodie photos

#ExplorePaddington

@inpaddington

InPaddington

f InPaddington

✉ magazine@paddingtonnow.co.uk

What with vegan pies, curries and a full English breakfast all available in Paddington, there's no excuse not to give vegan cuisine a shot. Still not convinced? Then date butter toast might persuade you... Here's a guide to W2's plant-based options from morning till night, whether you're in a hurry or long to linger.

Breakfast

QUICK

If you're hesitant about trying vegan cuisine, **Les Filles** makes it easy, as it serves up vibrant plates. Start your day guilt-free with an acai smoothie bowl made with buckwheat granola, coconut milk and fruit; buckwheat pancakes with homemade chia jam and fruit, drizzled with coconut cream and date syrup, or coconut yoghurt with fruit and buckwheat granola. 27 Craven Terrace, W2 3EL. 020 7262 0306. www.ilsafe.com.

LAZY

Head chef Clarisse Flon is behind **Café Forty One**, a vegan café and restaurant with a leafy terrace in La Suite West hotel, 15 minutes' walk from Paddington Station. Breakfast is served between 7am and 11am. As well as pastries, muesli, French toast and avocado on toast, you can opt for a full English made with vegan bacon, vegan sausages and the usual roasted mushrooms, tomatoes and baked beans with a slice of sourdough. For something different, try porridge with black beans, mushrooms, onions, carrots and vegan bacon. The venue has free Wi-Fi, in case you want to Instagram your brekkie... 41-51 Inverness Terrace, W2 3JN. 020 7313 8484. www.lasuitewest.com.



Les Filles



Snacks

If you're after something easy, nip into **Leon** in Paddington Station, which has a range of vegan options from cinnamon and date butter toast, harissa falafel wrap (left) and treats including a Jaffa Cake, a chocolate and chai doughnut and a peanut butter and jam brownie. **First floor, Paddington Station, W2 1HB. 020 7262 9901. www.leon.co.**



Merchant Square Street Food Market



Coco di Mama

VEGAN
FLIRT

Lunch

QUICK

Vegans are spoilt for choice at **Merchant Square Street Food Market**. Opt for Rolling Dough's marinara pizza, made with tomato, basil, garlic and oregano, or The Rice Guy's most popular vegan dish, the funghi mapo tofu, made with tofu, shiitake and spicy broad bean sauce. *Merchant Square, W2 1AG. 020 7298 2455. www.merchantsquare.co.uk.*

LAZY

When meat-free Monday comes round, head to **Coco di Mama** in Paddington Central. While it does serve the obligatory tomato and basil pasta, you won't be limited to that. Take your pick from lentil ragù or lasagne, chargrilled aubergine ciabatta with olive tapenade and spicy red pesto or interesting salads including one made with jackfruit flavoured with tomato harissa paste, bean pesto, beetroot and balsamic-roasted

cauliflower. Finish with chocolate and banana bread, which you can eat sitting outside the café or on nearby benches. Coffee lovers might also want to learn latte art at a Funk N Grind class (19 Jun, 24 Jul, 23 Oct & 20 Nov, £30). The price includes as much coffee as you can drink, an Italian sharing platter and a gift bag. *2 Kingdom St, W2 6BD. 020 7286 0673. www.cocodimama.co.uk.*

Dinner

QUICK

The Dickens Tavern opposite Paddington Station blooms with hanging baskets in summer. Inside, framed local history pictures, old photos and a vintage wooden clock hang from panelled walls, while leather suitcases remind you of its proximity to the station. If you're travelling by train, it's a good spot for a midweek dinner. Vegans can order a generous-sized pudding filled with chestnut, field and chanterelle mushrooms cooked in ale sauce, served with peas and chips. Who said vegans have to go hungry? *25 London St, W2 1HH. 020 7262 2365. www.greeneking-pubs.co.uk.*

LAZY

When it comes to seasoning, **Flavors of India** certainly packs a punch – proving that vegan food



needn't lack flavour. While its menu lacks vegan symbols, staff are happy to run through your options. Take your pick from rice with chickpea curry; potato and cauliflower curry; yellow lentil dahl and spinach and corn. *46 Gloucester Terrace, W2 3HH. 020 7402 1100. www.flavorsofindia.co.uk.*

FULL-TIME
VEGAN



Vegan curry

DRINK

Fruity versus floral

*Watch Wimbledon over a pint of Sticky Wicket or sip a cloudberry cocktail outside by the canal. Whatever your taste, **Sarah Riches** has a drink for you*

FEELING FRUITY

Cricket fans will be bowled over by the seasonal ales at **The Victoria** near Hyde Park. Assistant manager Kin Kvarfordt says: 'Summer in the UK means picnics, Wimbledon and cricket – so it's fitting that we'll have Sticky Wicket on draught from June. It's a fruity little number full of tropical flavours such as grapefruit and lychee – a perfect summer tipple.' Sip it on the pavement terrace. 10a Strathearn Place, W2 2NH. 020 7724 1191. www.victoriapaddington.co.uk.

If it's grape you're after then pop into **Cork & Bottle**, a wine bar opposite Paddington Station. Sit outside and sip on a Gnarly Head Viognier 2016 from Lodi, California. Duty manager Yasmine Boruvkova says: 'It smells of apricots and peaches and has a flower finish, making it a great summer option.' 27 Spring St, W2 1JA. 020 7262 1485. www.thecorkandbottle.co.uk.

Alternatively, why not try **Vagabond Wines**? The wine bar is opening in May on the canal by Sheldon Square and it will offer 120 wines by the glass. After topping up a wine card at the till, sample wine with the help of the sommeliers. Tastings manager Maddy Barrett says: 'The one to watch this summer

will be our 2018 English Pinot Noir rosé made in our urban winery in Battersea Power Station. This is our second vintage English rosé. The year 2017 was said to be "easily England's best rosé" by Master of Wine Richard Hemming, so we are excited to taste this year's release! It's a dry, complex and textured rosé with elements of strawberries and cream.' 6a Sheldon Square, W2 6HY.

www.vagabondwines.co.uk.

If you need to keep a group happy, then visit **KuPP** by Merchant Square. Manager David Stephenson says: 'We serve Blue Moon, an American beer with a citrusy flavour that comes with a wedge of orange. We also serve Torun – blackcurrant vodka, Chambord raspberry liqueur, raspberry purée, lime juice, sherbet and ginger ale – which is garnished with raspberries and lime. The Nordic Honey Bee, meanwhile, is made with Wild Turkey American Honey liqueur, cloudberry liqueur, apple and lemon juice and cloudberry syrup.'

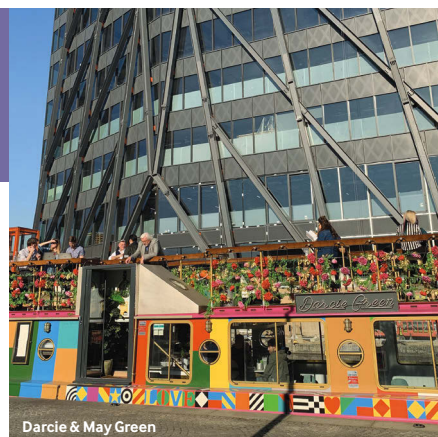
Grab a table outside by the canal.

5 Merchant Square, W2 1AS.

020 7262 8618. www.kupp.co.

Alternatively, **Pergola Paddington** is ideal for groups, and its rooftop deck and pergola have a real summer vibe. Order

Pimm's made with mint and strawberries. 5 Kingdom St, W2 6PY. 07951 890484. www.pergola-london.com.



Darcie & May Green



The Mitre

Craving a fruity number, but without alcohol? Keep a clear head with a Nix & Kix from **Lords of Poké** in Paddington Central. Sit in the sun as you sip a can of blood orange and turmeric made with apple, lime, cayenne pepper and chilli; or go for the vegan peach and vanilla. Unit 1, 2 Kingdom St, W2 6BD. 020 7289 3937. www.lordsofpoke.com.

The boat **Darcie & May Green**, meanwhile, has new summer drinks including the sparkling Daisy Shrub, made with berries, herbs and apple cider vinegar; the Horchata, made from dates, fermented rice, almonds and cinnamon; and the house-made raspberry and lime cooler, a blend of raspberry syrup and lime juice. Sheldon Square, Canalside at Paddington Station, W2 6DS. www.daisygreenfood.com.

Saint Aymes hot drink © Holly Farrier; The Mitre courtesy of The Mitre; Darcie & May Green courtesy of The Paddington Partnership



Prince of Wales



The Victoria branch of Vagabond Wines



Saint Aymes

FLOWER POWER

Cocktail drinkers can sip a Grey Goose Le Fizz outside **The Sussex Arms** near Norfolk Square, which is made up of elderflower liqueur, Grey Goose vodka, lime juice and soda water and scattered with cherry blossom. 21 London St, W2 1HL. 020 7723 1026. www.sussexarms.com.

When the sun's out, hot foot it to the **Prince of Wales** off Eastbourne Terrace for an Absolutely Pink, which is made with Absolut vodka, rose lemonade and edible pink rose petals. Sit under hanging baskets on picnic benches outside. 2 Cleveland Terrace, W2 6LH. 020 7706 7040. www.princeofwalespaddington.co.uk.

If there's a group of you, then order a jug of hibiscus sangria from **HUCKSTER** in Paddington Central, which serves four.

It's made with Grenache (red wine), Red Bull Tropical, hibiscus-infused brandy and orange juice. On a sunny evening, bag a table outside overlooking Kingdom Square. 4 Kingdom St, W2 6BD. 020 7846 1985. www.hucksterlondon.co.uk.

The Frontline Club is a restaurant, bar and space for documentaries and talks that celebrate the work of war reporters. It's apt, then, that it serves War of the Roses. Managing director Mario Armani explains: 'It's a gin-based cocktail made with rhubarb, rosemary, rose syrup and lemon juice. It's garnished with orange peel or rosemary, which is heated to give a strong scent.' 13 Norfolk Place, W2 1QJ. 020 7479 8960. www.frontlineclub.com.

Craving a botanical beverage, just not so keen on flowers? Then try a herby cocktail at Old Mary's beneath the Grade II-listed

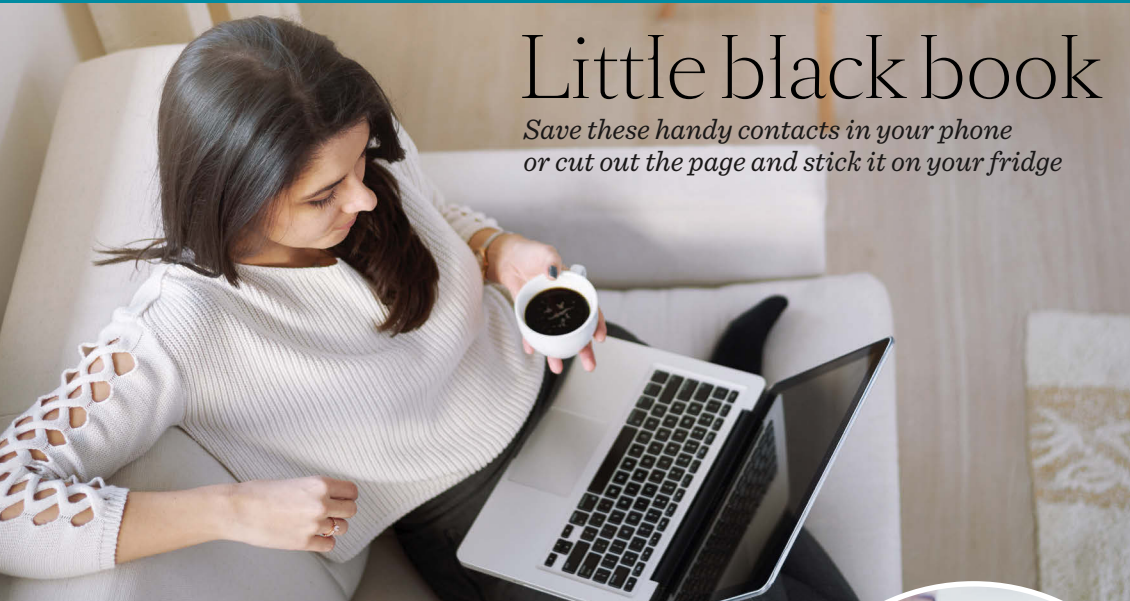
The Mitre near Lancaster Gate.

Apple Jack is made with Plymouth gin, Chambord, La Fée absinthe, apple, cherry and thyme, while Revolveress is made with Sipsmith vodka, green Chartreuse, lime and rosemary-infused honey. The pub hosts comedy (Wed) and jazz and blues (Thur), but if it's sunny, nab one of the six tables outside. 24 Craven Terrace, W2 3QH. 020 7262 5240. www.mitrelancastergate.com.

Teetotallers, meanwhile, can celebrate spring with 24ct gold Unicorn Tears tea at **Saint Aymes** in Connaught Village. Made from organic butterfly pea flowers from Thailand, the naturally blue tea turns purple when infused with a drop of lemon juice. Sip it by a wall of flowers. 59 Connaught St, W2 2BB. 020 7262 1185. www.saintaymes.com.

LIVE

These pages are a guide only – call ahead for a full list of services



Little black book

*Save these handy contacts in your phone
or cut out the page and stick it on your fridge*

Airport

Heathrow Express: Travel between Paddington Station and Heathrow Airport in 15 minutes by train. 0345 600 1515. www.heathrowexpress.com.

Bureau de Change

Danati Bureau de Change:
Exchange rates and foreign exchange.
187 Praed St, W2 1RH. 020 7258 3662.

Chiropractor

Body 4 Life: Treatment for joint pain and running injuries. 14 Norfolk Place, W2 1QJ. 020 7402 8999.
www.london-chiropractor.co.uk.

Dentist

Bridge Court Dental Centre:
Check-ups and veneers, crowns, implants and teeth whitening.
4 Sussex Gardens, W2 1UL. 020 7262 3334. www.dental-magic.co.uk.

Estate agent

Hamptons International: Homes to rent and for sale. 4c Praed St, W2 1JX. 020 3151 4185. www.hamptons.co.uk.

Function room

Heist Bank: Book a space for 20-90 people in this restaurant and bar for free – minimum spend starts at £500. You can also book the whole venue for 300 people.
5 North Wharf Rd, W2 1LA. 020 7723 8080. www.heistbank.com.

Gym

Nuffield Health Fitness & Wellbeing Gym: A 20-metre pool, sauna, steam room, classes and physiotherapy.
2 Sheldon Square, W2 6EZ. 020 7289 4686. www.nuffieldhealth.com.

Hotel bookings

London Hotel Reservation Centre:
Book discounted hotels as well as theatre and attraction tickets.
145 Praed St, W2 1RL. 020 7706 0900.
www.londonreservation.com.

Ironmongers

A & H Brass: Locks, lights and window fittings, with products in more than 30 finishes. 201-203 Edgware Rd, W2 1ES. 020 7402 1854. www.ahbrass.co.uk.



Jogging

Paddington Recreation Ground:
This park has hurdles, monkey bars, chin-up bars and trapeze swings. There's also a café, tennis courts, football and hockey pitches. Randolph Ave, W9 1PD. www.westminster.gov.uk.

Kennels

Pretty Paws: Dog daycare and grooming, plus a shop with pet toys and edible treats, by Sussex Gardens. 3 Craven Terrace, W2 3QD. 020 7262 7884. www.myprettypaws.co.uk.

Alimages © iStock

Launderette

Central Wash: Self-service laundry.
17 Star St, W2 1QD. 020 7706 4535.

Mobile phone shop

Carphone Warehouse: Buy, repair and upgrade mobile phones. Unit 3, West End Quay, Praed St, W2 1JX. 0343 538 1285. www.carphonewarehouse.com.

Nursery

Hope Montessori Nursery School: Nursery for babies and children up to eight. West End Quay, South Wharf Rd, W2 1JB. 020 3075 0170. www.hopemontessori.org.uk.

Opticians

Lauder & Rees: This family-owned business of optometrists and opticians was established in 1948. 119 Praed St, W2 1RW. 020 7262 2514. www.lauderandrees.co.uk.

Pharmacy

Apek Pharmacy: Prescription collection and delivery, vaccinations, a stop-smoking service and emergency contraception. 107 Praed St, W2 1NT. 020 7724 8698. www.nhs.uk.

Quorn

As Nature Intended: Veggie and vegan Quorn products and organic items. 36 Edgware Rd, W2 2EH. 020 7723 6750. www.asnatureintended.uk.com.

Recycling

PaddingtonNow BID and Westminster Council:

PaddingtonNow BID members can benefit from free recycling. 020 3145 1212. www.paddingtonnow.co.uk. Residents can find out more about recycling by creating an account at www.westminster.gov.uk.

Security

Barry Bros Security: Locks, alarms, CCTV, key cutting and a 24-hour emergency response. 121-123 Praed St, W2 1RL. 020 7262 9009. www.barrybros.com.



Travel agent

Flight Centre: Book flights, hotels and holiday packages with 24/7 emergency assistance while you're away. 4b Praed St, W2 1JX. 020 8131 2703. www.flightcentre.co.uk.

Umbrellas

Boots: Prepare for unpredictable weather. Paddington Station, W2 1HB. 020 7262 7434. www.boots.com.

Vaccinations

Paddington Green Health Centre: Get vaccinated against rabies, hepatitis B, tuberculosis and more. 4 Princess Louise Close, W2 1LQ. 020 7887 1600. www.paddingtongreenhc.nhs.uk.

Window cleaners

Cleaners Paddington: Carpet, car, patio and gutter cleaning, end-of-tenancy cleaning and grass cutting. 020 3745 5127. www.cleanerspaddington.net.

Xerox

Reload Internet: Photocopying, printing, scanning and binding. You can also get passport photos, business cards and top up mobile SIM cards. 197 Praed St, W2 1RH. 020 7262 4111. www.reloadinternet.com.

Yoga

Virgin Active Merchant Square: Hatha, ashtanga and vinyasa yoga, restorative and power yoga and anti-gravity aerial yoga in hammocks. 33 North Wharf Rd, W2 1LA. 020 3143 8420. www.virginactive.co.uk.

Zipcar

Zipcar: 24-hour car and van rental by the hour, day or week. One-way trips available. 15 Spring St, W2 1JA. 0333 240 9000. www.zipcar.co.uk.

Have we missed somewhere?

#ExplorePaddington @inpaddington

Instagram: InPaddington Facebook: InPaddington

✉ magazine@paddingtonnow.co.uk



Talbot Square



KuPP



Les Filles

WHY LIVE IN PADDINGTON?

A friendly neighbourhood with green spaces in central London is a rare thing indeed – so it's no wonder these locals feel like they've hit the jackpot



Leon Prebeau-Menezes is a principal at the energy firm Equinor at 1 Kingdom Street in Paddington Central and lives

around Little Venice. He says:

'I moved to Paddington in autumn 2017. I chose it because it's centrally located, diverse and has so many amenities and restaurants. It also has a mix of calm places to enjoy a tranquil evening and energetic venues to enjoy London's vivacious after-work scene.'

'Hyde Park is close by and Little Venice is nice for a jog and a breath of fresh air. In summer I watch the screen in Paddington Central or sit on a bench along the canal.'

'I usually buy breakfast at Beany Green. If I have more time I'll have a Scandinavian breakfast from KuPP. I buy lunch at the street food market in Paddington Central, and go to The Frontline Club or Pearl Liang for a more formal lunch or for colleagues' leaving dos. Roba Bar & Restaurant or the Indian Mughal's are good for those, too.'

'For after-work drinks, I go to The Union, The Heron Bar & Restaurant off Sussex Gardens or Pergola Paddington in summer, which is amazing.'



Councillor Ian Adams is a member of Westminster Council for the Hyde Park ward and a cabinet member for Public

Protection and Licensing. He says:

'My work means I spend a lot of time in Paddington representing people in the Hyde Park ward.'

'I live with my husband Christopher on the Hyde Park Estate. We moved into a flat on Gloucester Terrace in 1994 and moved to our current home in 2001.'

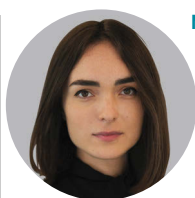
'Paddington has it all; it's a lovely place to live. My neighbourhood is so friendly, and within easy reach of the West End.'

'In summer, I love sitting in Sheldon Square's amphitheatre, especially after a run in Hyde Park.'

'I sometimes call into Workshop Coffee in The Pilgrim on London Street for a pastry and coffee. I'm also a regular at KuPP by Merchant Square – I love its Scandinavian smörgåsbords.'

'For after-work drinks, I'll go to Smith's Bar & Grill in Sheldon Square, as it has a varied menu and is on the canal.'

'For a special occasion dinner, Nipa Thai in Royal Lancaster London by Lancaster Gate is top of my list.'



Maria Averkina moved to Paddington in 2013 and lives near Lancaster Gate. She says:

'This part of town has a lot to offer: lovely

streets, beautiful architecture and various cafés and local shops. What I like most is its proximity to Hyde Park and brilliant connectivity, particularly to Heathrow which is handy as I travel a lot.'

'On weekends I buy coffee and pastries at The Italian Gardens Café in Hyde Park, which has views of the pond. During the week I eat at Les Filles, which opened recently on Craven Terrace. It has a nice design and a unique menu, especially when it comes to eggs.'

'For lunch, I'll pop to the diverse food stands in Sheldon Square or go for sushi at Itsu. I like going for dinner at Darcie & May Green or London Shell Co. My two favourite places are The Waterway's outside terrace and The Summerhouse.'

'I drink in The Cleveland Arms, which was recently refurbished. I know the owner so it's a proper 'local' experience.'

'In summer, I love walking towards Westbourne Grove, which has beautiful buildings, lots of greenery and not much traffic.'



ASK ITALIAN

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WORK

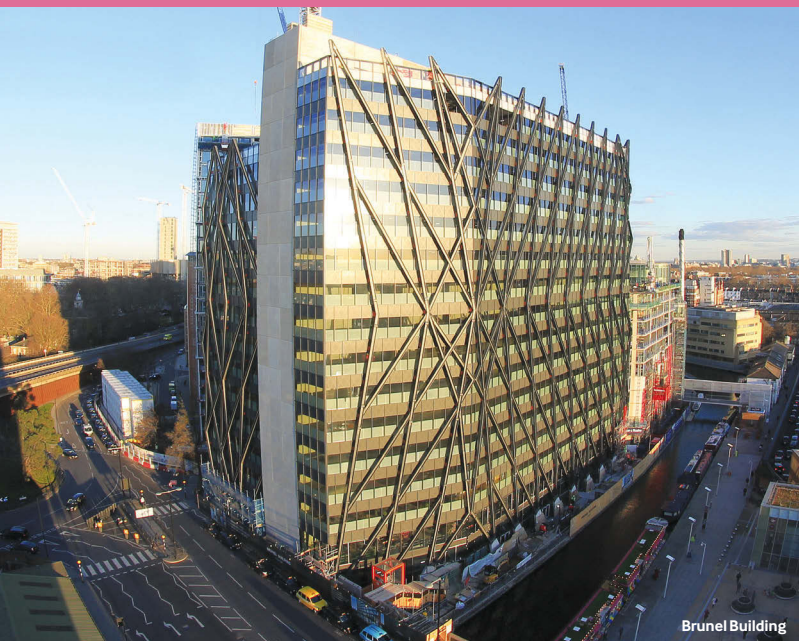
Tell us why you like working in Paddington

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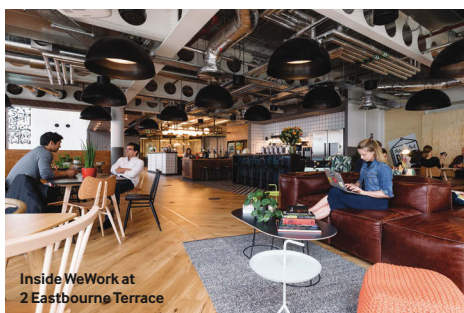
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Brunel Building



4 Kingdom Street



Inside WeWork at 2 Eastbourne Terrace

Working together

Forget 'out with the old, in with the new' – in Paddington there's room for both. So after a morning in a swish new office, why not have a lunch special in a Grade II-listed pub?

TAKING OFFICE

Proving that the trend for co-working spaces is still going strong, this summer a new branch of **WeWork** is opening at 5 Merchant Square, in addition to the existing branch at 2 Eastbourne Terrace. The new branch will take up eight storeys – a reception on the ground floor and offices on floors one to seven. While both branches feature baristas, showers, mothers' rooms, wellness rooms and bike storage, the existing branch has parking spaces while the new branch will be bigger, with space for 3,000 members – 1,000 more than the one at Eastbourne Terrace. W2 1NH. 020 3695 7895. www.wework.com.

WATCH THIS SPACE

Hot on the heels of WeWork is **Storey**, personalised workspace for scale-up businesses or special-project teams that need flexibility. Following strong demand at 4 Kingdom Street, Storey is now opening seven more workspace units at 2 Kingdom Street in July, each with 20-70 desks. Businesses in the workspaces get flexible leases and layouts and the chance to personalise the space with your own brand. Everyone that works there will also benefit from access to the newly opened Storey Club on the ground floor of 4 Kingdom Street, which has additional meeting rooms, events and a free lounge. 2 Kingdom St, W2 6BD. 020 7467 2838. www.storey.co.uk.

A FINE ART

The 17-storey **Brunel Building** on the canal facing Paddington Station opened its doors this spring. Fifteen floors are reserved for offices, including Sony Pictures Entertainment, Premier League and Coach. The developer Derwent London has also created a space for a café or restaurant on the ground floor, which is under offer. This will open on to a new canal path. The building will benefit from a roof terrace, too. Visitors will no doubt also be impressed by the triple-height atrium, from which James Capper's *Tread Pads* will hang. The artist explores themes of evolution and engineering – making him the perfect choice for the Brunel Building, which is named after the engineer behind Paddington Station. The sculptures are part of the artist's nine-metre **WALKING SHIP, MUDSKIPPER**. A five-metre reception desk made from European oak by the British furniture firm Benchmark will also wow visitors. 2 Canalside Walk, W2 1DG. www.brunelbuilding.com.

Brunel Building courtesy of Derwent London; 4 Kingdom Street courtesy of 4 Kingdom Street; WeWork interior © Ryan Wicks

WHY WORK IN PADDINGTON?

A community vibe, easy commutes and picnic spots where you can eat lunch in the sun mean job satisfaction is soaring in W2



Maria Tamander is the landlady of The Cleveland Arms by Westbourne Terrace. In February she pitched to investors on BBC2's My Million Pound Menu. Maria says:

'I bought The Cleveland Arms in 2014. I saw a Grade II-listed building that needed a facelift and it was an

amazing opportunity to bring it back to its former glory.

'I have lived in the area for 20 years so it's exciting to see changes, which are linking Notting Hill, Westbourne Grove and Bishop's Bridge Road. I feel that Paddington is once again turning into a more residential area, which will encourage local businesses to offer something more community-based – although obviously it will always have an interesting flow of people.

'Paddington Basin, Crossrail and the redevelopment of Whiteleys will be instrumental in showing how to create a community vibe, and to fill the space with new experiences that are for locals.

'I've created a space I enjoy being in. Our Cleveland Lunch Club features daily specials, so I'm lucky I can invite people for business meetings, after-work drinks or late suppers.'



Burak Kaplan is a marketing and strategy manager for Mitsubishi Hitachi Power Systems near St Mary's Bridge, so he's responsible for market research and marketing for its website, brochures, events and exhibitions. He says:

'I started working in Paddington in

August 2018. I like it because I can cycle to work from my home in Golders Green. The area is central, well-connected and it has loads of shops, restaurants, pubs and a Post Office.

'If I buy lunch, I go to Marks & Spencer or Pizza Express in Paddington Basin, or Bonne Bouche or McDonald's on Praed Street. On a sunny day, I'll eat it outside in front of M&S.

'For colleagues' leaving dos, I recommend Smith's Bar & Grill, The Union in Sheldon Square and Pergola Paddington.

'In March I started volunteering at Marylebone Boys' School for an hour a week, helping the boys with science. The Paddington Partnership organises it; I heard about the opportunity on a work cake day for Macmillan Cancer Support.'



Charlotte Yendole is a finance analyst for the clothing and home team at Marks & Spencer by Paddington Basin. She says:

'I started working at M&S in Paddington in 2018. I love being next to the canal – it's very calming, especially on a sunny day. I also like

sitting in the sun or watching Wimbledon on the big screen in Merchant Square when I'm on my lunch break. Being close to Paddington Station is great for travelling to see my parents in Bristol at the weekend, as I can go straight from work with no commute.

'If I'm running late for work, I might grab a bite from Pret a Manger, Itsu or M&S, which has a great vegan selection.

'I enjoy going for after-work drinks at Heist Bank because it has a great atmosphere and games. Lockhouse and HUCKSTER are also great for drinks in the evening. For leaving-do meals, my office goes to The Waterway near Little Venice, which has a heated outdoor area overlooking the canal; Zizzi, which has a vegan menu and The Union, which is reasonably priced.'



Vaughan Smith founded The Frontline Club with his wife Pranvera in 2003. He says:

'I founded the freelance news agency Frontline News TV in 1988 and wanted to open a watering hole for journalists and their friends in memory of colleagues who were killed while

working for the agency. I moved to Southwick Mews in 1997.

'Three years ago I began living in and running the agency from The Frontline Club annex during the week, and on a Norfolk farm on weekends. So really I move between Norfolk and Norfolk Place!

'Paddington's special station is a gateway to the world and as a freelance journalist I spend much of my life travelling. It has perhaps the best transportation in London, including the Heathrow Express which only takes 15 minutes.

'For lunch, I walk to Paddington Station and if I don't get tempted by Bonne Bouche, I wander around the station.

'I host colleagues' leaving dos at The Frontline Club, but if I'm not on duty then I go to Cork & Bottle on Spring Street.'

SLEEP



Great for Families

For a special trip, book **The Boathouse London**, a widebeam barge on the Floating Pocket Park in Paddington Basin, which has been transformed into a floating hotel. While the space has one bedroom, it can comfortably sleep four as the sofa can be turned into a bed, making it great for a small group or a family. The 18m-long boat has Scandinavian-style décor

designed by Made.com, so think reclaimed ash panelling, fake fur throws, neutral tones and plants dotted about. Make the most of the two free bikes and a rowing boat. You can also hire a captain, yoga teacher and private chef – then dine on the roof or relax in a hanging wicker chair. On cooler nights, make use of the free Wi-Fi or play chess by the stove. **Merchant Square, W2 1JX. 07528 515363. www.boathouselondon.co.uk**

Style file

*If you want to travel in style, then stay at one of these chic hotels in Paddington, says **Sarah Riches***

Great for Business travellers

If you're in town for a short stay, then **The Pilgrim** will suit you, as it's just 100m from Paddington Station, you can check in online before you arrive, the rooms come with plenty of USB ports and the lounge is laptop-friendly. The Victorian four-storey hotel features sash windows, enamel sinks and a grand staircase. On the ground floor there's a small, hip café which is handy for a quick pre-meeting breakfast. The lounge on the first floor, meanwhile, is beautiful – one half has an Art Deco mirror above a marble mantelpiece, a distressed leather armchair and ceramic hand sculptures on the windowsill, while the other has hanging plants, framed vintage photos and velvet shell-shaped chairs around a bar. **25 London St, W2 1HH. www.thepilgrim.com**



Have you stayed at one of these hotels?
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Great for Couples

Treat yourself to a romantic weekend at **Signature Townhouse Hyde Park** (formerly Arbor Hyde Park) near St James's Sussex Gardens. The four-star hotel has been under new management since November 2018. The Georgian building has a cream exterior, columns and detailed cornices. Its 40 rooms vary in size and shape, but most come with thick carpets, floor-length curtains and on-trend metro bathroom tiles, while its larger executive rooms have Nespresso coffee machines. The jewel in the crown is the Lounge Bar, which is decorated in jewel tones, with a chandelier that resembles a dandelion puff. Flashes of mauve dapple the hotel, from orchids and a hot-pink velvet sofa to floral cushions and pastel walls in the restaurant on the lower ground floor. 36 Lancaster Gate, W2 3NA. 020 7402 1101.

www.signaturesignaturetownhousehydepark.co.uk.

Here to stay

Paddington always likes to stay ahead of the game, and now it's getting a new 620-room hotel on North Wharf Road. **Premier Inn** will take 373 of the rooms – 60 per cent – while the remaining 40 per cent will be used by the short-stay apartments group Staycity. Both firms have signed 30-year leases, an indicator that they're staying the course.

Jonathan Langdon is the acquisition manager for central London for Whitbread, which owns Premier Inn. He says: 'Having a presence in Paddington is a real asset to our portfolio. The area has seen huge investment in recent years, and being in zone 1 with Crossrail arriving soon, it's a business hub and an attractive destination for leisure visitors.'

The **Staycity** part, meanwhile, will have studios and one-bedrooms from its premium brand Wilde Aparthotels by Staycity – so guests can expect futons, coffee-table books and Smeg toasters.

CEO Tom Walsh says: 'Our European expansion plans have always had a strong focus on the UK, and Brexit hasn't changed this. We expect our new Wilde in Paddington, with its gym and Staycafé, to attract business and leisure guests as it's within easy reach of Heathrow, has great links to Notting Hill and Little Venice and is near two Royal Parks.' The £203 million hotel is due to open in 2021. For more information, stay tuned.

www.premierinn.com; www.staycity.com.





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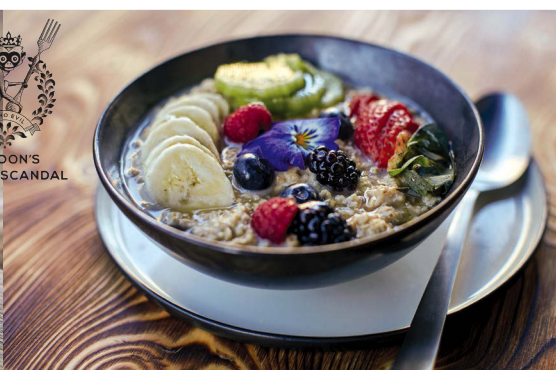
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GIVE

Mitsubishi volunteers run a school science club



Watch a rubber duck race



Community activities at St Mary Magdalene's



A helping hand

Find out what locals are doing to improve your area and how you can help, too

JOIN THE CLUB

Local schoolchildren's English, maths and science are improving thanks to The Paddington Partnership's Community Programme. More than 50 employee volunteers visit local schools each week to build pupils' confidence and enjoyment of reading and maths. Year 5 pupil Azad from King Solomon Academy says: 'The volunteers help us understand numbers. Their support makes maths easier, as they show us exactly what we need to do.'

Meanwhile, during spring half-term in February, Mitsubishi volunteers brought science to life at Marylebone Boys' School, helping pupils study forces and build solar-powered cars. If your firm would like to help, call 020 3145 1207. www.thisispaddington.com.

PERIOD POVERTY

Alleviate period poverty by donating sanitary products to patients at St Mary's Hospital in time for Menstrual Hygiene Day (28 May). 020 3640 7766. www.imperialcharity.org.uk.

STAY GROUNDED

Edward Wilson Primary School by Little Venice has adopted a patch of grass by the canal near Blomfield Road from the Canal & River Trust, which it plans to turn into a community garden. The space is about half the size of the Floating Pocket Park. Pupils will use it to grow plants and learn about wildlife.

OFF TO THE RACES

Help raise money for COSMIC, a charity which supports the Children's Intensive Care Unit at St Mary's Hospital, at the annual duck and dragon boat races (25 Jul). Sponsor a yellow rubber duck at the reception of 5 Merchant Square and watch hundreds of them drift down the canal from St Mary's Bridge. You can also sign up a dragon boat team – email events@merchantsquare.co.uk, or cheer on teams paddling to win the fastest and best-dressed prizes. Duck race 12.30pm-1.30pm; dragon boats 5pm-9pm. *Merchant Square, W2 1JS. 020 7298 2455. www.merchantsquare.co.uk*

SPREAD YOUR WINGS

St Mary Magdalene's, north of Little Venice, is launching Grand Junction at St Mary Magdalene's, Paddington: a new community, heritage and arts wing that's part of an exciting £7 million renovation project. It will open just in time for summer, in June.

The new building, which is joined to the church, will have a café with floor-to-ceiling windows that open on to a canalside terrace. It will also have space for exhibitions and concerts and a classroom designed for lectures and workshops for 30 students. Listen out for volunteering and work experience opportunities, particularly if you're interested in hospitality. While the new space will be open to all, it will be available for private hire, too.

The Grade I-listed church was designed by George Edmund Street, the architect behind The Royal Courts of Justice on the Strand, and it was completed in 1878. *Rowington Close, W2 5TF. 020 3214 3120. www.marymags.org.uk*

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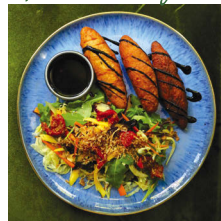

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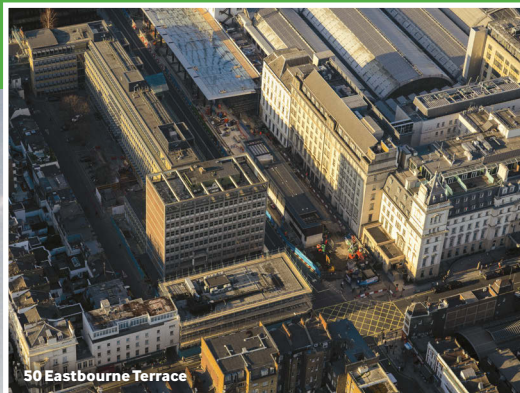
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CHANGE

The proposed look for 5 Kingdom Street



TIMES ARE A-CHANGING

A new office building that has replaced a 1960s tower next to Paddington Station is changing the face of Eastbourne Terrace. Construction began on the seven-storey building, **50 Eastbourne Terrace**, in January. Designed by Fletcher Priest Architects – the team behind the Brunel Building near Paddington Basin – it will feature open-plan offices, leafy roof terraces at multiple levels and solar panels. It will also have shops, cafés and restaurants at ground level. A terrace of seven four-storey townhouses at the back will feature discreet roof gardens and small landscaped gardens with trees that face Chilworth Mews. The project is due to be completed in autumn 2021. www.yardnine.com.

HIP TO BE SQUARE

Work began on **Paddington Square**, in the 1.35-acre block behind Hotel Mercure London, in March. Designed by Renzo Piano (the brains behind The Shard), the 19-storey building is set to transform the area, with five floors of shops and restaurants on the ground level and below ground, 14 floors of offices and a terraced rooftop garden restaurant with an outdoor terrace. A public square on Praed Street will connect the building to Paddington Station. The venture is set to be completed around February 2022 – but it'll soon come round, we promise! www.paddingtonsquare.co.uk.

Facelifts of the future

If you welcome a change of scenery then look no further than Paddington, as future developments with roof gardens, public squares and an auditorium are transforming the area

TICKS ALL THE RIGHT BOXES

Live or work near Paddington Central? Then listen up, as developer British Land has revised plans for the final plot. After a pre-planning public consultation, a planning application is expected to be submitted this spring. If approved, **5 Kingdom Street** will replace Pergola Paddington. The proposed 18-storey building will have flexible offices for 2,500 people – around 150 per floor – and cafés on the ground floor and mezzanine. If the proposed scheme goes ahead, work will start at the end of 2020, ready for an estimated opening at

the end of 2023. Even if you never work there, you should still anticipate it as it will include The Box, a community and leisure facility the size of 35 Olympic pools. It will have an auditorium and a multi-level public garden for events and art – British Land is consulting with the local community to find out what other uses they would like to see included.

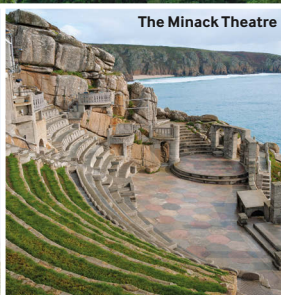
A public path is set to run from Kingdom Street through the building's ground floor and under Westway, linking Paddington to North Westminster and reducing the walk to Maida Vale to 10 minutes. www.fivekingdomstreet.com.



Clifton Suspension Bridge



Cardiff Castle



The Minack Theatre



Eden Project

Weekend trips

Paddington's trump card is Paddington Station, so make the most of Great Western Railway's connections to the south west and experience something new

BRISTOL

Start your day with a bowl of banana, dark chocolate and maple syrup oats at the Bristol Porridge Project, then burn it off by sliding down a naturally slippery rock near Clifton Suspension Bridge. Spend the afternoon at Bristol Lido, a heated 24m outdoor pool with a sauna, steam room, Jacuzzi and restaurant, which overlooks the pool. If you miss Bristol International Balloon Fiesta (8-11 Aug) – Europe's largest hot-air balloon festival – you can still fly all year round thanks to Bristol Balloons. If you need a break, visit the cat café You & Meow, then stay the night in a retro rocket – a steel caravan on the rooftop of Brooks Guesthouse.

Get there: Direct trains from Paddington to Bristol Temple Meads take about 1 hr 45 mins.

CARDIFF

Have you ever dined in a prison? No? Then you should book a table at The Clink restaurant at HMP Cardiff, where you will be served a meal made by prisoners who are training for professional food and hospitality qualifications while serving time. As night falls, you could go on a torchlit ghost tour of Cardiff Castle, a Roman fort established around 50AD. Later on, sip cocktails in a cosy fairy lit yurt in the yard at Milg. The drinks will get you in the mood for a rave in a 1926 bank vault at The Vaults. If you're on a budget and want to stay in the city centre, then consider sleeping in student halls at Cardiff University (Jun-Sep), which are available to all.

Get there: Direct trains from Paddington to Cardiff Central take about 2 hrs.

CORNWALL

Adrenalin seekers, take your pick from the UK's fastest zip line at the world's largest greenhouse, the Eden Project near St Austell, or an inflatable obstacle course in a flooded quarry at Kernow Adventure Park near Penryn. You can also be catapulted into the air, free fall from a giant swing or try axe throwing at Adrenalin Quarry near Liskeard. For something more sedate, see a show at The Minack Theatre on a clifftop near Penzance. You can also tour Tregothnan, a tea plantation near Truro. On longer trips, visit the Museum of Witchcraft and Magic near Bodmin, then tour Bodmin Jail after dark. Sleep in a World War II bunker, The Bunker near Penzance, or in St Anthony's Lighthouse near Falmouth.

Get there: Direct trains from Paddington to St Austell take 4 to 4½ hrs.

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