

Explore

PADDINGTON

Free

SPRING/SUMMER 2017

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Best spots to eat and drink

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W2 gets a new floating garden

Making WAVES

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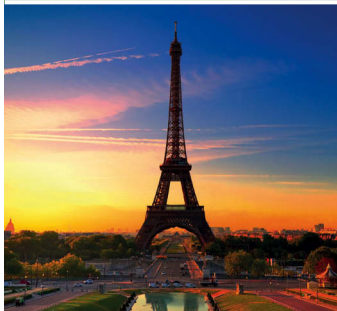


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CONTENTS

Spring/Summer 2017

04 MAP
Use our handy illustrated map to help you find your way around the streets of Paddington

06 WHAT'S ON
From a petting zoo and sunset campfire to a duck race and street food markets, we share local events from now until early October

10 LOCALS' ITINERARY
A pain aux raisin at Momento will set you up for a class at Peacock Pilates before you cycle around nearby Hyde Park on a hired bike

11 VISITORS' ITINERARY
Start the day at comic-themed Café Dylan Dog, shop for Paddington Bear™ then end it with a whisky in hand at Hilton London Metropole

12 SUMMER'S COVERED
Live bands and Shakespeare bring Paddington's squares alive

14 ON THE WATER
Enjoy a picnic on a new eco-friendly slow boat, dinner on a cosy narrowboat and sit among flowers in W2's new pocket park

18 EAT
What with Paddington's pavement cafés, terraces and canalside decks, why eat indoors?







22 DRINK
Fairylights, blankets, heaters and hanging baskets make the most of Paddington's outdoor drinking spots

24 DO
From live opera and air hockey to a pub quiz and aerial yoga, we've got activities for every day of the week

26 RELAX
Pamper yourself with a beauty treatment or get checked out from head to toe at a health MOT

28 SLEEP
Take a peek inside the new Mercure Hyde Park, Stylotel and The Westbourne Hyde Park, and bump into celebrities at The Pavilion

30 GIVE
Meet the fundraising stars who have abseiled down the side of St Mary's Hospital – then find out how you can get involved

32 PARK LIFE
Are Hyde Park's Italian Gardens, pedalos and tennis courts drawing top bands this summer, or could it be British Summer Time festival?

34 OVER TO YOU
We've had our say, now it's time for you to have yours: meet the people of Paddington via social media

GET IN TOUCH

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GoBoat courtesy of GoBoat; The Hyde Bar drinks © Nick Miners Photography; Food courtesy of Ask Italian

YOUR AREA MAP

Welcome to the Spring/ Summer edition of Explore Paddington, brought to you by PaddingtonNow Business Improvement District

Whether you're in Paddington for a few days, weeks or the foreseeable future, it's my job to help you make the most of the area.

Now the sun is out, it made sense to dedicate this issue to the great outdoors, so you'll find a host of events from a summer fête to a pop-up seaside in Merchant Square – all for free, of course.

As well as alfresco drinking and dining spots, this issue is packed with ways to make the most of the Grand Union Canal, whether that's with a new floating pocket park, an eco slow boat or a seafood restaurant aboard a narrowboat.

If you love live music, then you're in for a treat as the alfresco summer programme Paddington Covers returns, while household names perform at British Summer Time in nearby Hyde Park.

As this is our third issue, I've been enjoying hearing what you've got to say – you'll find your voice in *Over to You* (p. 34). Our contact details are on most pages, so if you want to promote an event, share your holiday snaps or simply rave about how much you love us, we're all ears :)

Enjoy the issue,

Sarah

Sarah Riches
Editor





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WHAT'S ON





Left to right: Crave at Merchant Square; Free Fruit Fridays **Below:** Easter egg hunt

CRAVE MARKET

Every Tue & Thu: Craving jerk chicken? Then try it at this outdoor street food market. 11.30am-2pm. *Merchant Square, W2 1AS. 020 7298 0800.* **www.merchantsquare.co.uk.**

QIGONG CLASSES

Every Wed: Focus your mind and practice breathing techniques to slow movements in the ancient art of qigong throughout April and May. Classes are held outdoors. 5.30pm-6.30pm. Free. *Kingdom Square, W2 6BD. 020 3204 4970.* **www.paddingtoncentral.com.**



KERB MARKET

Every third Wed: Crab salad with samphire or summer noodles? A dilemma indeed... Opt for both and share with a colleague at this outdoor market. Noon-2pm. *Sheldon Square, W2 6PY. 020 3204 4970.* **www.paddingtoncentral.com.**

CLASSICAL CONCERTS

8 Apr, 13 May & 30 Jun: Listen to the London Beethoven Orchestra and pianist Anthony Hewitt. 7.30pm. £10. *St James's Church, Sussex Gardens, W2 3UD. Church 020 7262 9976; book 0333 666 3366.* **www.stjamespaddington.org.uk.**

EASTER EGG HUNT

13 Apr: Chocolate bunnies are hiding in Merchant Square. Sign up to its website for details. Free. *Merchant Square, see left.*

ROYAL GUN SALUTE

21 Apr: Watch royal gun salutes on 21 Apr, 2 Jun and 10 Jun. Noon. Free. *Hyde Park, W2. 020 7036 8040.* **www.supporttheroyalparks.org.**

ARTIFICIAL INTELLIGENCE TALK

24 Apr: Meet-up group discussing artificial intelligence. 6pm-9pm. Free. *We Work Paddington, 2 Eastbourne Terrace, W2 6LG. 020 3695 4926.* **www.wework.com.**

WELLBEING MAY

1-26 May: Attend talks on stress awareness and how to get a good night's sleep, plus get your blood sugar and cholesterol levels tested. You can also take part in yoga and fitness classes (1-5 May); try laughter yoga, massage and colouring in for adults (8-12 May); watch chefs at work (15-19 May) and learn how to reduce your reliance on technology (22-26 May). Noon-2pm. Free. *Sheldon Square, see left.*

VINYASA YOGA

8 May: Try a vinyasa flow yoga class and get tips on the science of happiness from a psychology coach. Over 18s. 6.30pm-8pm. £15. *The LookOut Education Centre, Hyde Park, W2 2UH. 020 7036 8056.* **www.supporttheroyalparks.org.**

SCAVENGER HUNT

17 May: In teams of four, solve clues around Hyde Park to collect points. Over 18s. 6.30pm-8.30pm. £20 per team. *The Bandstand (for contact details, see The LookOut, above).*

Crave © Paddington Partnership; Free Fruit Fridays © Paddington Central; Easter bunny © Paddington Partnership

Who needs the gym when on your doorstep you have 'football golf', a dance-off and Gladiators-style combat? And that's not to mention a pop-up assault course...







Clockwise from top: Wimbledon tennis in Merchant Square; fun in Sheldon Square; Sunset Safari **Below:** Petting zoo

Wimbledon© Merchant Square; Sheldon Square© Paddington Partnership; Sunset Safari© Tara Moller Photography; Petting zoo© iStock

BAT WALK

18 May: On this guided walk, you'll use bat-tracking equipment to detect a bat's echo-location calls not usually audible to the human ear. Over 12s. 8.45pm-10.15pm. £5. *Italian Gardens (for contact details, see The LookOut , left).*

FREE FRUIT FRIDAY

From 26 May: On the last Friday of May, June, July and August, fruit will be given out for free in Sheldon Square. From 8am. *W2 6PY.* **www.paddingtoncentral.com.**

PADDINGTON COVERS

26 May: Tributes to Adele, The Beatles, Lionel Richie and The Rolling Stones with street food and kids' entertainers (p. 12-13). Noon-7pm. Free. *Norfolk Square Gardens, W2 1RU.* **www.thisispaddington.com.**

HEALTHY DESSERTS

5 Jun: Get messy making raw, vegan treats with Chantal Di Donato, a health coach and the author of the new recipe book *Innocently Sweet.* Over 18s. 6.30pm-8pm. £15. *The LookOut, see left.*

WHITSUN CAROLS

11 Jun: A choir, orchestra and organist will celebrate Jesus' resurrection, which will be followed by a cucumber sandwich and Pimm's reception. 6pm. Free. *St John's Church, Hyde Park Crescent, W2 2QD. 020 7262 1732.* **www.stjohns-hydepark.com.**

FLOATING FITNESS

12-16 Jun: Join an exercise class on the Pocket Park (p. 17) in Paddington Basin. Times vary. Free. *Merchant Square, see left.*

FOOTBALL GOLF

22 Jun: Grab a scoring card and see how many holes in one you can get in this game, where crazy golf meets football. Noon-2pm. Free. *Merchant Square, see left.*

BIG BOARD GAMES

29 Jun: Big kids and real ones can take part in gigantic retro games. Noon-2pm. Free. *Merchant Square, see left.*

ROMEO & JULIET

1 Jul: Shakespeare in the Squares brings alive the bard's classic romance outdoors – and this version is set in 1950s Italy (p. 12-13). 7pm. From £18. *Norfolk Square Gardens, see left.*

WELLBEING WALK

3 Jul: Join a group on a silent meditation walk in Hyde Park. Over 18s. 6.30pm-8pm. £15. *The LookOut, see left.*

BIG SCREEN: WIMBLEDON

3-16 Jul: Watch Wimbledon tennis action on a big screen. Times vary. Free. *Merchant Square, see left.*

DUCK RACE

20 Jul: Take part in a duck race in Paddington Basin. Entry fees go towards Cosmic, a charity which supports children in intensive care at St Mary's Hospital. Noon-1pm. £3 per duck. *Merchant Square, see left.*

DRAGON BOAT REGATTA

20 Jul: It's free to watch this dragon boat race in Paddington Basin and even more fun to enter with a team. Entry fees go towards Cosmic. Sign up in advance. 5pm-9pm. Free. *Merchant Square, see left.*



PETTING ZOO

27 Jul: Pet piglets and lambs at lunch! Noon-2pm. Free. *Merchant Square, see left.*

PADDINGTON COVERS

28 Jul: Tributes to Spice Girls, Bon Jovi, Take That and Katy Perry (p. 12-13). Noon-7pm. Free. *Norfolk Square Gardens, see left.*

SUMMER FÊTE

3 Aug: Enjoy playing games, join in a raffle and browse sample sales. Noon-2pm. Free. *Merchant Square, see left.*

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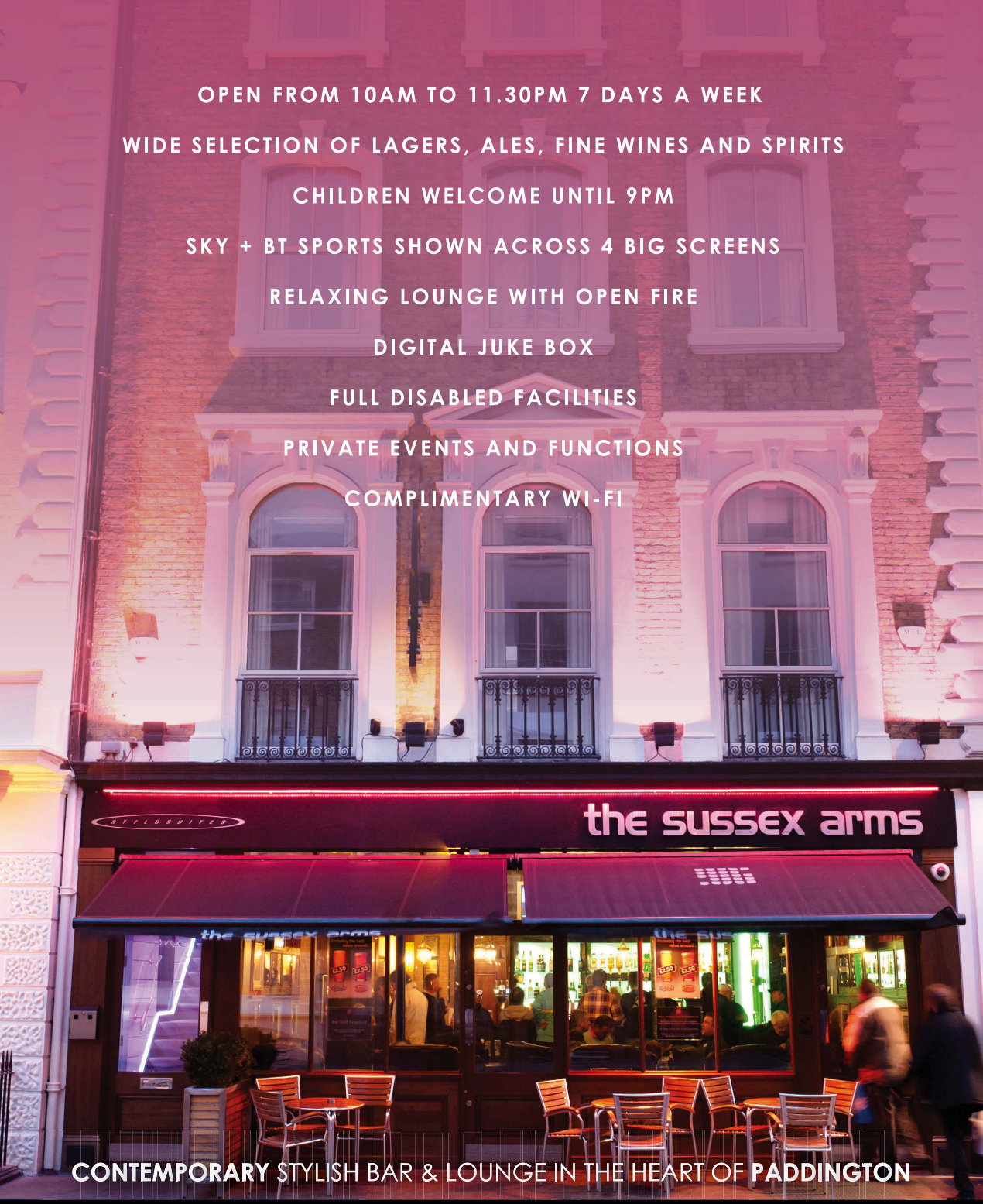
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For more events in Hyde Park, turn to p. 32-33.
Don't miss Sheldon Square's summer screen, which will show films and live sports from June to August

SUNSET SAFARI

4 & 25 Aug: Cook up some yummy campfire snacks while learning all about nocturnal animals. Over sevens. 7pm-9.30pm. £12. *The LookOut, see p. 6.*

FLOATING MUSIC SESSIONS

17 Aug: Acoustic jams by up-and-coming London musicians (p. 17). Noon-2pm. Free. *Merchant Square, see p. 6.*

PADDINGTON COVERS

25 Aug: Listen to Madonna, Michael Bublé, Abba and Robbie Williams tributes (p. 12-13). Noon-7pm. Free. *Norfolk Square Gardens, see p. 7.*

THE GREAT BRITISH SEASIDE

31 Aug: Browse seaside stalls, play pier games and relax on deckchairs. Fish and chips, anyone? Noon-2pm. Free. *Merchant Square, see p. 6.*

PAMPER DAY

7 Sep: Enjoy massages, meditation and nail treatments, attend mindfulness classes and relax in chill-out zones. Noon-2pm. Free. *Merchant Square, see p. 6.*

THE COMEDY OF ERRORS

8 Sep: Ay caramba! This version of the bard's comedy is set in Mexico and performed outdoors by Illyria (p. 12-13). 7pm. From £15. *Norfolk Square Gardens, see p. 7.*

GLADIATORS

14 Sep: Contenders, rrrready! Compete in *Gladiators*-style combat, just like the 90s TV show. You can win money for a charity of your choice. Noon-2pm. Free. *Merchant Square, see p. 6.*

50TH HORSEMAN'S SUNDAY

17 Sep: Attend a Festival Eucharist before browsing village fête stalls and watching Ross Nye Stables' Horseman's Cavalcade. 10am. Free. *St John's Church, see p. 7.*







Clockwise from top: Gladiators in Merchant Square; Halloween in Hyde Park; 50th Horseman's Sunday

HALLOWEEN

25-26 Oct: Touch 'feely' boxes in a sensory witch's den, create a conker bug and magic potions with plants and explore an educational nature trail. Kids can also build a bat box (£15) and make a broomstick pencil (£1). All ages. 11am-3pm. Free. *The LookOut, see p. 6.*

PADDINGTON 2

10 Nov: Julie Walters, Hugh Grant, Imelda Staunton and Jim Broadbent star in this animation about Paddington Bear™ (Ben Whishaw). *In most cinemas.*

COMING SOON TO W2

Look out for Cork & Bottle, a wine bar on Spring Street; LEON and Wasabi, plus Bar Burrito, The Pilgrim Hotel, 146 Paddington bar and a floating café by Beany Green.

Don't forget to share your photos with us if you attend a local event! @inpaddington #paddington
InPaddington InPaddington magazine@paddingtonnow.co.uk

Gladiators © Paddington Partnership; Halloween © Royal Parks Foundation; 50th Horseman's Sunday courtesy of St John's Church

Locals: plan your day

Make the most of your weekend by seeking out neighbourhood spots from cafés to pubs, a Pilates studio and a restaurant offering bike hire







Family fun





Great for a date



Have you visited one of these venues? Then show us your pics!
@inpaddington #paddington InPaddington
InPaddington magazine@paddingtonnow.co.uk

9AM If a pain aux raisin chased with an espresso is the only thing that'll wake you up, then start your day at **Momento** (far left) opposite Paddington Station. All food is homemade. *159 Praed St, W2 1RL. (No number).*

10AM Work your core in a private class at **Peacock Pilates**, opposite Paddington Station. Equipment includes a mini trampoline and the Reformer, a board with springs that add resistance to your workout. Pre-book. From £120 per 55 mins. *51 Conduit Mews, W2 3RE. 020 7262 2210.* **www.peacock-pilates.com.**

NOON Learn about the discovery of penicillin at the interactive **Alexander Fleming Museum**. While you're there you can see the doctor's laboratory, which is restored to its 1928 condition. Adult £4; child £2. *St Mary's Hospital, Praed St, W2 1NY. 020 3312 6528.* **www.imperial.nhs.uk.**

2PM **Raffles Café** serves everything from English fry ups and jacket potatoes to shepherd's pie. Quirky art and maps as tablecloths are a nice touch. *13 Craven Rd, W2 3BP. 020 7723 3159.*

3PM Have a drink at **Heist Bank** behind the Rolling Bridge, then play pool or Nintendo games. If the sun's out, hire one of its four bikes and cycle along the canal. £5 for two hours. *5 North Wharf Rd, W2 1LA. 020 7723 8080.* **www.heistbank.com.**

5PM Check out Paddington Station's new shops: **Boots**, **Kiehl's**, **Thomas Pink**, **Accessorize** and **Fat Face**. *Fat Face, W2 1HB. 020 7262 2967.*

7PM Try clay-oven dishes and chaat street food at **Flavors of India** near Paddington Station. The ground level has patterned floor tiles and a bar that resembles a bus, complete with headlights and fairylights. Upstairs is just as cosy, with pretty lanterns, traditional horns and a gong on the wall. *46 Gloucester Terrace, W2 3HH. 020 7402 1100.* **www.flavorsofindia.co.uk.**

9PM Had enough of gastropubs? Then give the **Prince of Wales** behind Paddington Station a try. Play pool, watch BT Sport or sit under the hanging baskets outside. 2 Cleveland Terrace, *W2 6LH. 020 7706 7040.* **www.princeofwalespaddington.co.uk.**

Momento © Sarah Riches; Icons: coffee, Reformer workout and jacket potato © iStock; Blue plaque © Paddington Partnership; Flavors of India © Will Almot

Visitors: plan your day

Whether you're a tourist, here on business or just passing through, make the most of your time in Paddington with our morning-to-night itinerary

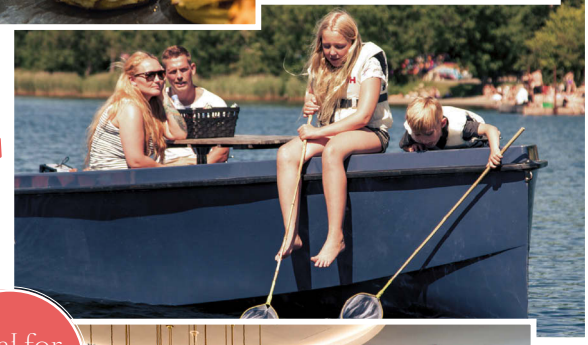




Great for families







9AM Start your day at **Café Dylan Dog**, opposite Paddington Station. The café is themed around a paranormal investigator from an Italian horror comic series, which is set in London at the café's address. Framed sketches of the main characters hang on the walls. The café serves good-value paninis and fry ups, including a veggie option. Sit inside or under the canopy on the pavement outside. *7 Craven Rd, W2 3BP. 020 7723 8027.* **www.cafedylandog.com.**

10.30AM Burn off your cooked breakfast on a **Santander Cycles** rental bike – find out where to hire one on our map (p. 4-5). Why not zip around Hyde Park (p. 32-33). From £2. *0343 222 6666.* **www.tfl.gov.uk.**

12.30PM Have lunch at **8 Caffe**, opposite the Post Office. It serves pizza, pasta, paninis and salads, but no doubt its giant filo pastry quiches are what will tempt you. Chase them with a matcha latte. *37 Praed St, W2 1NR. 020 7262 2343.*

2PM Pop into the new shop dedicated to **Paddington Bear™** inside **Paddington Station**. It stocks teddies of all sizes and cute bear-related accessories. *W2 1HB. 020 7402 5209.*

4PM Cruise the canal on a **GoBoat** (p. 14 & p. 24-25), a new fleet of eco-friendly vessels in Paddington Basin. You can skipper the boats yourself – no licence or experience is required. *Paddington Basin, W2 1AS.* **www.goboat.co.uk.**

7PM Eat dinner at **Kolossi**, opposite Paddington Station. The family-run Greek restaurant is decorated with framed scenes of Greek life. Its native Greek chef specialises in grilled meat, moussaka and kleftiko, as well as slow-cooked lamb. *12 London St, W2 1HL. 020 7262 5834.* **www.kolossirestaurant.com.**

9PM You don't need to stay at the Hilton London Metropole to indulge in a wee dram at **Whisky Lounge** on the hotel's ground floor. The elegant old-school décor features marble tables, whisky-decanter light fittings and glass cabinets displaying the 70 whiskies on offer. If you can't choose, opt for a whisky flight made up of three 15ml tastings. *225 Edgware Rd, W2 1JU. 020 7402 4141.* **www.hiltonlondonmet.com.**

Ideal for couples



Icons and breakfast © iStock; 8 Caffe © Will Amlot; Bikes © Paddington Partnership; GoBoat courtesy of GoBoat; Whisky Lounge courtesy of Hilton London Metropole

Summer in

Want to see hit bands and alfresco theatre this sum

Shakespeare and the Spice Girls might not have much in common on the face of it—but both are set to star in Norfolk Square Gardens.

This summer, experience **outdoor theatre** and big-name tributes **live on stage** as **Paddington Covers** and **Shakespeare in the Squares** celebrate the bard and your favourite music heroes.

Now in its third year, the free music festival **Paddington Covers** (26 May, 28 Jul and 25 Aug) sees live bands on stage from noon until 7pm.

This year's theme is Rock and Pop Legends. Tributes include **Adele**, The Beatles, Lionel Richie and **The Rolling Stones** (26 May); Bon Jovi, Katy Perry, the **Spice Girls** and Take That (28 Jul) and Abba, Robbie Williams, Madonna and **Michael Bublé** (25 Aug). DJ duo Freight Train will also play, ensuring the crowd will get in the festival spirit.

Paddington Covers' organiser, Marisa Barrocas from PaddingtonNow BID, says, 'Forget the mud and crowds of traditional festivals—this is fun, intimate, relaxed and family-friendly.

'Over 3,000 people attended last year's events. Each act went down a storm. Indienational had all the ladies swooning and **Take on Take That** were brilliant.'

LIVE MUSIC







The X Factor finalist Katie Markham performed on TV with Adele!

***The X Factor* finalist** Katie Markham—who performed with the real McCoy for Graham Norton's 2015 TV special *Adele at the BBC*—will perform as Adele. Katie says, 'I became an Adele tribute five years ago. Since performing with Adele on TV my act has been getting such a positive response. Meeting Adele has definitely opened up opportunities.'

...Opportunities like Paddington Covers, no doubt! Does this mean Katie gets 'spotted'? 'Only when I'm in costume,' she smiles.

Katie will sing her favourite Adele tracks such as *One and Only, Take It All* and *When We Were Young*. She says, 'They have pure emotion and such a vocal range that they never fail to move you.'

As well as live music, look out for face painting, balloon modelling and a **bubbleologist** for kids. There will also be **gourmet food** or you can bring along a picnic and sit in a deckchair to eat it. Noon-7pm. Free. *Norfolk Square Gardens, W2 1RU.* **www.thisispaddington.com.**

ROCK & POP COVERS IN NORFOLK SQUARE GARDENS NOON - 7PM

Friday 26 May	Friday 28 July	Friday 25 August
Adele	Bon Jovi	Abba
The Beatles	Katy Perry	Robbie Williams
Lionel Richie	Spice Girls	Madonna
The Rolling Stones	Take That	Michael Bublé
DJ Duo Freight Train	DJ Duo Freight Train	DJ Duo Freight Train

SHOUT OUT YOUR FAVOURITE ON TWITTER! #PADDINGTONCOVERS

Icons © iStock; Paddington Covers images © PaddingtonNow BID

the Square

mer? Then Paddington, we've got you covered...



LIVE SHOWS

Meanwhile, **Shakespeare in the Squares** returns to Norfolk Square Gardens with ***Romeo & Juliet*** (1 Jul. 7pm. From £18).

The production company's patron, **Judi Dench**, says, 'When I heard about Shakespeare in the Squares, my instant reaction was, "That's a marvellous idea, why hasn't anyone done it before?" It offers a great opportunity to engage new and non-traditional audiences of all ages.'

The play's director, Tatty Hennessy, was the assistant director of ***Hamlet: Globe to Globe***, a Shakespeare's Globe production that visited every country in the world between 2014 and 2016.

So how did working on *Hamlet* prepare Tatty for directing in Norfolk Square Gardens? 'It taught me to be **ready for anything**, because we performed at castles, beaches, squares and a refugee camp in Djibouti,' she says. 'You have to work harder to earn an audience's attention. It's not like a dark auditorium where there's not much to look at but the action. We have to be the most interesting thing in the square.'

Tatty set the **play in 1950s Italy**. 'It's a fascinating decade, on the cusp of change,' she explains. 'It's half looking back to a time of war and deprivation and half to a future of optimism and choice as the country tore itself out of economic hardship and into prosperity.'

Sounds too heavy? Then Illyria will lighten the mood with Shakespeare's ***The Comedy of Errors***, also in Norfolk Square Gardens (8 Sep. 7pm. From £15).

Since 1991, the touring company has performed outdoors from Land's End to John o' Groats – as well as internationally.

Made up of five actors – each playing multiple characters – Illyria has built up a reputation for performing authentic Elizabethan plays. It relies on actors projecting their voices instead of using microphones, and uses **basic scenery**, **live music** and **audience participation** – just like the bard did. It also performs unedited scripts from a 1623 collection of Shakespeare's work, which is considered his most original.

Illyria's artistic director, Oliver Gray, says, 'Many plays trim Shakespeare's script here and there, whereas for Illyria the challenge is not to cut out the bits you don't like, but to explore why he included them and make them part of a seamless whole. *The Comedy of Errors* is the bard's shortest, fastest play – so even uncut it's tight and funny.'



The Comedy of Errors is about twins separated at birth, who unknowingly end up in the same city. Cue a fast-paced play of mistaken identity, secrets and confusion – and did we mention a **mariachi band**?

That's right – this production is set in Mexico and is performed by a five-piece band in **sombreros**. So why Mexico?

Oliver explains, 'I found some ridiculous sombreros on holiday last year. They've always made me laugh, and *The Comedy of Errors* is very funny, so I bought six and stuffed them in my luggage.'

www.thisispaddington.com.

Icons© iStock;Shakespeare in the Squares© PaddingtonNowBID

WHATEVER FLOA

Cruise control

A Nordic boat company has launched in Paddington, proving that the UK trend for all things Danish is still going strong

First came Lego, then the 2015 hit film *The Danish Girl* and last year's craze for all things hygge – the Danish concept of cosiness. And now it's time for the Danish export **GoBoat** (p. 11 & p. 25) to shine.

Popular in Denmark's capital, Copenhagen, the vessels launched in **Paddington Basin** in association with **The Paddington Partnership**.

GoBoat co-founder Julian Wootton says, 'I was on holiday in Copenhagen when I experienced GoBoat for the first time. I just knew Londoners would love it! It's such a social and sustainable business, and it's a great way to see this fantastic, historic, vibrant city in a new way.'

It made sense, then, to launch the eight-strong fleet from near the Scandinavian restaurant bar, Kupp, in Paddington Basin.

Co-founder Grant Sweeney adds, 'Our mission is to make the canal waters accessible to all in an eco-friendly way.'

Electrical engines, partly powered by solar energy, propel the boats, which means they're silent and have no fumes.

Reaching top speeds of 4mph, you might not quite feel the wind in your hair but the slow pace does mean you can skipper the boats yourself – no licence or experience is required.

Ideal for a **low-key date**, **family outing** or an **office team-building exercise**, you can hop aboard and navigate your own course to Little Venice – then it's up to you whether you continue to Camden Lock or Kensal Rise.

Grant says, 'The boats seat up to **eight people** and come with a solar-panelled table in the middle. Passengers can take a picnic and their own drinks on board so the boats will have a fun, sociable vibe.'

It's early days but Grant and Julian have grand plans to expand the fleet to 15 boats later in the year, sell organic picnic baskets and host water taxis from Paddington Station to Little Venice and the canal's Pocket Park (p. 17) – so **watch this space**.

Paddington Basin, W2 1AS.
www.goboat.co.uk.



Icons: ©iStock. Image courtesy of GoBoat

ATS YOUR BOAT

Making waves

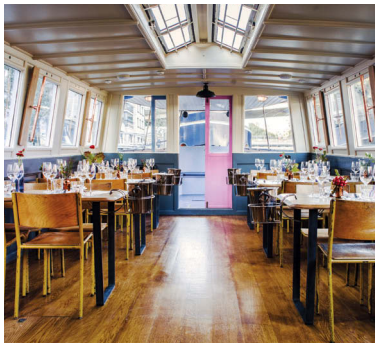
A new floating restaurant on the Grand Union Canal has got people talking, says ***Sarah Riches***

Review









Jostling for elbow space on a candle-lit table at **London Shell Co** feels more like you're at a private supper club than on a dinner cruise – especially when the room falls silent to listen to the host's welcoming speech.

Co-founder Harry Lobek cooked up plans with his sister Leah to open the **canal-boat restaurant** last November. Since then, London Shell Co has been serving **British seafood** and wine aboard The Prince Regent, a 21m-long narrowboat which is moored at Sheldon Square. The boat remains static during lunch, while dinner includes a **two-and-a-half-hour cruise**.

The set menu changes daily as it depends on whatever they get their hands on – all the seafood is caught fresh that morning. Typical dishes might include ethically sourced Morecambe Bay oysters, potted shrimp from Cornwall or mackerel. There's a strong focus on seasonal ingredients, too.

All 40 diners share tables of four, so if there are two of you, you'll share with strangers. Some of the dishes are **designed to be shared** with your dining companion, while others are shared between the four of you whether you know the other two guests or not. That won't suit everyone, although for me it was another way of making the experience feel like an intimate house party.

Harry explains, 'Our customers are encouraged to share tables with people they don't know, partly because of the obvious limitations of our space but also because we believe there is a strong social element to what we do. More often than not, people make friends over their meal and go on for a drink together.'

After a welcome cocktail – **a double shot of Kingston Black apple aperitif** – each of the five courses are paired with wine (an optional extra).

Portions are on the small side. One oyster and a handful of salty angel hair fries – so-called because they're as thin as spaghetti – count as the first course, while three anchovies count as the second, but by the end of the meal I am full.

For my friend and I, the highlight of the meal is slivers of cured Dorset char served with egg yolk confit and white truffle oil, which we mop up with crusty bread.

The main course, made up of Cornish monkfish, long-stem broccoli and new potatoes flavoured with seaweed butter, is also delicious.

Dessert meanwhile is sweetened, poached rhubarb and set vanilla cream, which is balanced perfectly with a scattering of toasted almonds.

As the boat chugs through Little Venice, it cruises neck and neck with ducks, geese and swans, but if you want to get closer to nature then sip a glass of red on the deck as you pass through London Zoo.

After turning around in **Camden Lock** around sunset, The Prince Regent then glides back through the inky water on its return to **Paddington**.

£45 meal; from £80 meal with wine.
Sheldon Square, W2 6EP. 07818 666005.
www.londonshellco.com.

Icons © iStock | Images courtesy of London Shell Co

LONDON SHELL CO

PADDINGTON'S ONLY FLOATING RESTAURANT



BOARD THE PRINCE REGENT FOR A STATIC LUNCH OR DINNER CRUISE ALONG THE GRAND UNION CANAL

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Drift away

Proving April showers bring May flowers, a floating garden is opening in Paddington Basin this May

London's first **floating pocket park** has been given the green light from Westminster City Council – and it's launching in Paddington Basin (20 May).

The park will be on the Grand Union Canal by Merchant Square, close to the fountain, Rolling Bridge and Fan Bridge.

Cllr Robert Davis MBE DL says, 'The park will rejuvenate a forgotten section of the canal and create a **peaceful oasis**. Our canals were once the arteries that brought the Industrial Revolution into London before modern technology left stretches unused. The council welcomes this ingenious reinvention of the waterway which gives this part of the Grand Union a new purpose – attracting more businesses and visitors to the area.'



Merchant Square's developer, European Land & Property Limited, commissioned Tony Woods from the landscape garden firm **Garden Club** to design the park. A former Royal Horticultural Society gold winner, Tony is best known for designing John Lewis's rooftop garden on Oxford Street. He says, 'I expect the park will bring in more people who don't realise how many bars, cafés and events there are in Paddington Basin.

'The park will make the area more atmospheric. For some, it will offer a new scenic route to get to work or to Paddington Station. For others, it will be a chance to interact with nature. They can dip their feet in the water while **bees and butterflies** fly around and paddleboarders paddle nearby.'

Stretching 45m, the 730sqm semi-permanent deck will float on the surface of the water, which is 1.4m deep. At one end, near Grand Union, there will be a lawn fringed by **raised flowerbeds**, while the other end will feature a **pergola** and benches. Free wifi will encourage mobile working.

'Events may take place on the lawn or under the pergola, which has space for 120 people,' explains Tony. 'They're not confirmed yet, but we hope there will be live music, sculptures and **wildlife talks**.'

Next to the pergola will be an island of flowers such as Japanese anemones, which are suited to the shade and designed to attract ground-nesting birds.

'The park has been a hugely exciting challenge,' adds Tony. 'Not only is it a one-of-a-kind garden for London but it's also a re-think of the way we create public space in urban areas.'

So what was Tony's biggest challenge? 'I calculate weight for roof gardens, but for this project I worked with structural and marine engineers to calculate load, to ensure the deck was weighed down properly,' he says. 'We also considered the wind tunnel factor, so we've used robust, **textural plants** as ornamental centrepieces such as Japanese forest grass, which will move with the breeze.'

Electricity points will allow GoBoat **water taxis** (p. 14) and narrowboats selling food and drink to moor.

Tony says there are more gardens planned for autumn in Paddington, so it seems the Pocket Park is sowing the seeds of success.

Images © European Land

EAT



Canalside seating

Dining out

Why stay indoors when you can eat out? ***Sarah Riches*** *sits in the sunshine at 10 local restaurants with outdoor spaces*

What do you think of these local spots?

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magazine@paddingtonnow.co.uk

THE SUMMERHOUSE

Who needs a long weekend in St Ives when you have **The Summerhouse** (above) on your doorstep? This **canalside venue** near Little Venice serves market-fresh catch of the day alongside New England clam chowder, seared scallops and oysters – perfect with a glass of rosé or a lychee and rose martini. If you're lucky, nab a table by the water on the covered terrace, which is heated in case you want to stay late. If The Summerhouse is full, try its sister restaurant **The Waterway**, which has a deck and garden with parasols, blankets and heaters, and a new function room and bar (40 seated, 70 standing) with self-serving keg pourers. Time for a party! *The Summerhouse, opposite 60 Blomfield Rd, W9 2PA. 020 7286 6752.* **www.thesummerhouse.co.** *The Waterway, 54 Formosa St, W9 2JU. 020 7266 3557.* **www.thewaterway.co.uk.**

MASSIS

This Lebanese restaurant (below) overlooks Sheldon Square's amphitheatre, making it a great spot for people-watching. Its **outdoor seating area** has dining tables and armchairs for 45, but if they're all taken you can sit indoors and still admire the view as floor-to-ceiling folding doors open up on to the terrace. The restaurant is known for its **chargrilled lamb kebabs**, **stews** and **rice dishes**, but its **mezze selection** is ideal if you're after a quick bite for lunch. It also does takeaway, so you could eat your lunch on the steps or lawn in the square. *9 Sheldon Square, W2 6HY. 020 7286 8000.* **www.massis.co.uk.**



Icon © iStock; The Summerhouse courtesy of The Summerhouse; Massis © www.alexioferrao.com



THE FRONTLINE CLUB

Not content with refurbishing its interior last October, by August this restaurant, bar and events space (p. 30-31) in a former warehouse will have spruced up its pavement seating area. Until then, make the most of the sunlight which streams through its **enormous windows** as you dine on **seasonal British dishes** such as Cornish hake with octopus or pig cheeks with chorizo. Most ingredients come from **The Frontline Club**'s farm in Norfolk; the rest from small, local producers. *13 Norfolk Place, W2 1QJ. 020 7479 8940.* **www.frontlineclub.com.**



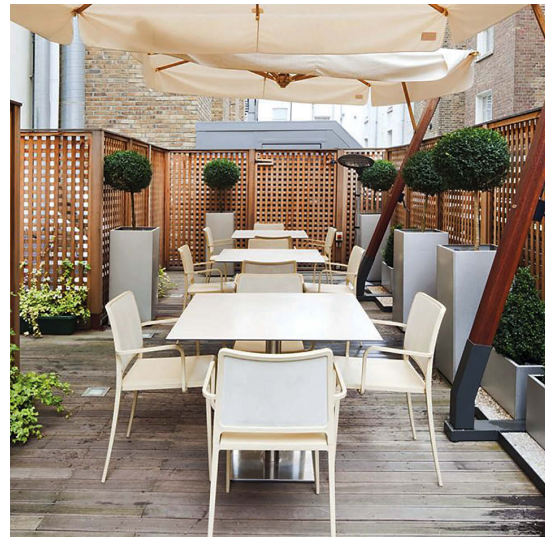
Canalside seating

LOCKHOUSE

Since its launch last December, **Lockhouse** has been giving Kupp a run for its money as the latest **hip hangout** at Merchant Square. Inside is all concrete, copper and exposed piping, with **school chairs** at **communal tables**, **stools** by an open kitchen and **leather armchairs**—all naturally lit through floor-to-ceiling windows. Its bar, restaurant and mezzanine seat 180, while outside its 25 seats overlook a **lawn** and the **canal**. As well as breakfast and salads in jam jars, it serves rotisserie chicken, 20 craft keg and tap beers and healthy drinks such as almond milk smoothies and herb juices for the Instagram crowd. *3 Merchant Square, W2 1AZ. 020 7706 4253.* **www.lockhouselondon.co.uk.**

LONDON STREET BRASSERIE

Just opposite Paddington Station, **London Street Brasserie** has a **wide outdoor terrace** that's ideal for people-watching, as it's on the pavement at the front of the hotel it belongs to. It also has a deck round the back that's decorated with trellises and sculpted bushes. **Canopies** provide shade on sunny days. It serves **seasonal British cuisine**—if you stop for lunch you can enjoy a pizza or salad with a 125ml glass of house wine for £12.95 from noon to 3pm. *Hotel Indigo Paddington, 16 London St, W2 1HL. 020 7706 4444.* **www.indigopaddington.com.**



KUPP

With its glass walls and outdoor seating, Kupp makes the most of its **canalside location** in Paddington Basin. Part café, part restaurant and bar, its Scandinavian menu is made for spring/summer—try the Norwegian gravadlax (salmon and dill) or smoked trout with crushed avocado. The drinks are just as trendy—think elderflower oolong iced tea, Brazilian espresso and local craft beers. Almond and soya milk is also available, naturally. Whether you're after a place with **free wifi**, **sockets for laptops** or high chairs for your kids, Kupp's thought of you. *5 Merchant Square, W2 1AS. 020 7262 8618.* **www.kupp.co.**



Canalside seating

The Frontline Club courtesy of The Frontline Club; London Street Brasserie courtesy of Hotel Indigo Paddington; Lockhouse courtesy of Lockhouse; Kupp courtesy of Kupp

BRAND NEW LOOK







ASK ITALIAN

ASK ITALIAN SPRING STREET

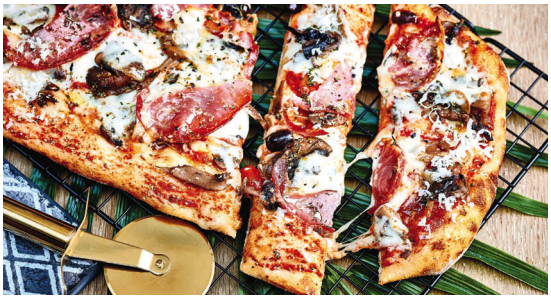
41 - 43 SPRING STREET,

PADDINGTON, LONDON, W2 1JA

2 MINUTES' WALK FROM PADDINGTON STATION

March brought a refurbishment for Pearl Liang, a dim sum restaurant in Sheldon Square. Panelling has replaced its private dining area's old fabric décor, it has new seating and a great new menu. 8 Sheldon Square, W2 6EZ. 020 7289 7000. www.pearlliang.co.uk.





ASK ITALIAN

Stripy canopies, blankets, fairy lights and vibrant cushions help make the most of **Ask Italian's front terrace**, which is set apart from the pavement by plants. It has more **outdoor tables** at the back, while inside, a **conservatory** and plants bring the outside in. In January, the flagship restaurant was refurbished; it now has a **disco ball**, **photos of Italian scooters** and a **map of Italy** made from lightbulbs. Michelin-starred chef **Theo Randall** oversees the recently relaunched menu. New plates include burrata, salmon and grain salad and Eton mess – a chocolate cone filled with strawberries, meringue and cream. Mamma mia! *41-43 Spring St, W2 1JA. 020 7706 0707.* **www.askitalian.co.uk.**



BIZZARRO

Established in 1957, this two-storey restaurant (p. 25) serves regional dishes from Abruzzi in Italy. It's popular with visitors and locals alike and no wonder – it's conveniently located next to Paddington Station, it has **occasional live music** and **reasonable prices**, with most pasta dishes costing around £7.50. It also serves pizza, fish and meat. Inside features faux marble columns, murals of Italian daily life and **alcove seating**, but when the sun shines you'll want to make the most of its pavement terrace. *18-22 Craven Rd, W2 3PX. 020 7402 4695.* **www.bizzarro.co.uk.**

ZIZZI

This **pizza and pasta** chain is just two minutes from Paddington Station, by the Grand Union Canal. It reopened in February following a **refurbishment**. Its popular mural, inspired by Paddington Bear™, has remained and it still has rainbow-coloured furniture, but now it also has **new padded chairs** and a sofa by the entrance. If you're lucky, grab a table outside by the water and **watch ducks paddle by**. Potted plants and large canopies make the most of the outdoor space. *17 Sheldon Square, W2 6EP. 020 7286 4770.* **www.zizzi.co.uk.**

Canalside seating



SAN MARCO

Just two minutes' walk from Paddington Station, **San Marco** has a handful of seats outside by the pavement. While it's nothing fancy, when it comes to food this Italian gets things right – so expect speedy service, **generous portions** of spaghetti, thin-crust pizza and tiramisu, served by Italian staff. *10 London St, W2 1HL. 020 7724 3673. (No website).*



Icon and dim sum © iStock; Ask Italian © David Griffen; Zizzi, San Marco and Bizzarro © Will Amlot

Alfresco drinks

The sun is out – and so are Paddington's hanging baskets, picnic benches and parasols at these top 10 outdoor drinking spots

Do you know a better pub?
Then spread the word!

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THE PRIDE OF PADDINGTON

This pub's prime location opposite Paddington Station makes it popular with visitors. As well as craft ales and keg lagers, it has a well-chosen wine menu as its sister venue, the Cork & Bottle wine bar, regularly visits wineries. Heaters, hanging baskets and tables made from barrels make the most of the picnic benches on the pavement outside. *1-3 Craven Rd, W2 3BP. 020 7402 2156.* **www.theprideofpaddington.co.uk.**

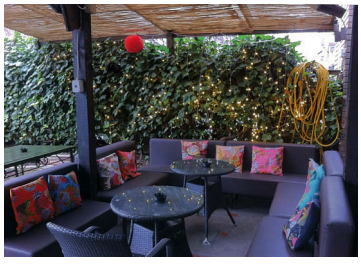


SAWYERS ARMS

This two-storey pub has a handful of picnic benches on the pavement outside, which overlook Norfolk Square. The flowers blooming above the sign are a nice touch, while canopies provide shade on hot days. Inside has smart décor, a couple of games machines and three TVs, which show mostly football matches. *8-9 London St, W2 1HL. 020 7723 0685.* **www.sawyerarms-paddington.co.uk.**

THE MONKEY PUZZLE

This pub's beer garden has lots of benches amid plants and a covered, heated area with colourful cushions. Fun fact: it's named after the native Chilean tree next to the pub sign – so-called because botanists thought its spiny branches would puzzle monkeys! Expect a range of ales and large portions of pub classics for under £10. *30 Southwick St, Sussex Gardens, W2 1JQ. 020 7723 0143.* **www.themonkeypuzzlepub.co.uk.**



Canalside seating



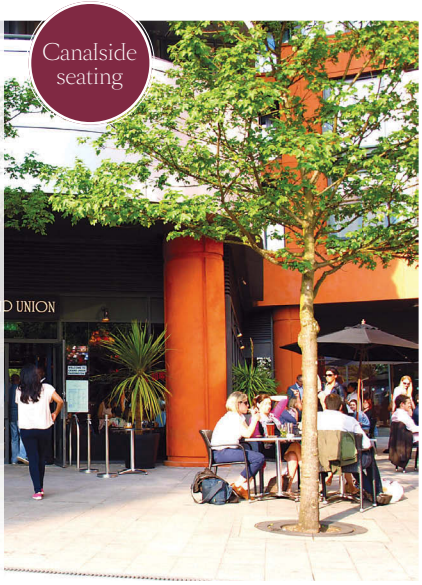
BRIDGE HOUSE

Established in 1820, the Bridge House retains its charm with chandeliers and a fireplace, but when the sun comes out it's the beer garden that'll draw you in. Adjoined to the Canal Café Theatre, the pub has views of the canal. So sit outside as you sup a craft beer, glass of wine or Hendrick's gin and tonic while tucking into a Sunday roast. *13 Westbourne Terrace Rd, W2 6NG. 020 7266 4326.* **www.thebridgehouselittlevenice.co.uk.**

The Pride of Paddington courtesy of The Pride of Paddington; Drinkers © iStock; Sawyers Arms and The Monkey Puzzle © Sarah Riches; Bridge House courtesy of Bridge House

GRAND UNION

Canalside seating



Perfectly located for views of the new Pocket Park (p. 17), Grand Union's outdoor space in Paddington Basin features tables shaded by umbrellas and a few trees. Inside is decorated with Oriental fans, gilt mirrors and neon signs which give the bar a touch of glamour, making it ideal for Friday-night cocktails – and it does a mean mojito. Stay until late and a DJ will entertain you. *Paddington Basin, West End Quay, W2 1JX. 020 7723 5106.* **www.grandunionbars.com.**



ROYAL STANDARD

When Rob Roy closed down and reopened as Royal Standard, the name wasn't the only thing that changed. Now the bar serves charcuterie and veg platters alongside lychee Collins and strawberry and Rekorderlig cider. Sit on leather sofas under alcoves or grab a table outdoors. On Thursdays and Fridays, you can hear live blues and pop. *8-9 Sale Place, W2 1PH. 020 7262 8007.* **www.royalstandard.london.**



THE SUSSEX ARMS

This pub near Norfolk Square has a loyal male clientele that is attracted by its draught beer, digital jukebox and three plasma screens showing sport. On a warm day, sit outside and sip a Gordon's sloe gin or a pint of London Pride. Canopies provide shade. *21 London St, W2 1HL. 020 7723 1026.* **www.sussexarms.com.**



Canalside seating



SMITH'S BAR & GRILL

The spacious, tree-lined terrace on the canal outside Smith's Bar & Grill is the perfect spot for a Peroni or an Aperol spritz. Lanterns, heaters and blankets will keep you cosy in the evening. *25 Sheldon Square, W2 6EY. 020 7286 9458.* **www.smithsbarandgrill.co.uk.**

THE VICTORIA

If this pub (p. 24-25) was good enough for past patrons Churchill and Dickens, then no doubt you'll give it the nod of approval, especially when you sit on its pavement terrace. The suntrap is surrounded by plants. Inside, traditional décor including flock wallpaper, mirrors and framed paintings give it a homely feel. It's located between Sussex Gardens and Hyde Park. *10a Strathearn Place, W2 2NH. 020 7724 1191.* **www.victoriapaddington.co.uk.**

THE HYDE BAR

New!



Since The Royal Park refurbished its bar last November, tourists and in-the-know locals have been flocking to The Hyde Bar's hidden courtyard, which is decorated with candles and cushions. The bar is open until midnight midweek and 1am on Friday to Saturday, so you can linger over its cocktails. Inside is just as pretty, with a gilt mirror and period fireplace. *3 Westbourne Terrace, Lancaster Gate, W2 3UL. 020 7479 6600.* **www.theroyalpark.com.**

Grand Union courtesy of Grand Union; Royal Standard courtesy of Royal Standard; The Victoria courtesy of The Victoria; The Sussex Arms © Adrian Pope; Smith's Bar & Grill courtesy of Smith's Bar & Grill; The Hyde Bar © Nick Miners Photography

DO

Play time

Stuck for ideas for things to do? Here's an activity for every day of the week

MONDAY



Hang loose: If you've mastered the lotus, then why not try it upside down? Take the weight off your feet in an **anti-gravity yoga class** at **Virgin Active** off Merchant Square, which is suitable for up to 14 people.

The class involves doing typical asanas such as the plank, warrior or a headstand with the support of a hammock that dangles from the ceiling. The hammock allows you to try challenging positions you might normally shy away from – the **one-legged king pigeon**, anyone? Don't worry – you'll get the hang of it in no time... Membership from £110 a month. *33 North Wharf Rd, W2 1LA. 020 3126 5500.* **www.virginactive.co.uk.**

TUESDAY





Question time: The Victoria's (p. 22-23) landlord, Chris, has hosted a **weekly quiz** for the past 16 years – so there isn't a capital city in Africa he doesn't know. Join in every **Tuesday at 9pm** with up to three pals. As well as news, photos and top-five rounds, you'll play connections, in which participants guess the link between five questions. It ends in a wipe out: answer one of 10 random questions incorrectly and you'll forfeit that round's points.

The winning team wins two drinks each while runners-up get a bottle of wine. £2 per person. *10a Strathearn Place, W2 2NH. 020 7724 1191.* **www.victoriapaddington.co.uk.**

WEDNESDAY



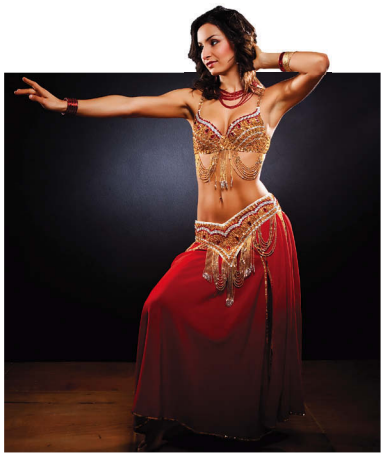
Cha-cha-cha: If you feel inspired by TV's *Strictly Come Dancing* and Ryan Gosling and Emma Stone's dreamy dance sequences in the Hollywood hit *La La Land*, then why not learn how to rumba and samba your way through the streets of Paddington?

Dance Art Studios by Paddington Station specialises in ballroom and Latin American dance styles such as salsa and tango, but it also offers ballet and Pilates classes. No partner is required.

Studio directors Vlad and Lena Shalnev – **former dance champions for Ukraine** – teach adults and children of all ages and abilities. £14 for a one-hour drop-in class; adult £60; child £40, both for a 45-minute private class. *1 Chilworth Mews, W2 3RG. 020 7402 0822.* **www.danceartlondon.com.**

Yoga, tango dancers and belly dancer © iStock; The Victoria images courtesy of The Victoria; Queens © Jamie Lau/Studio Lau; Roulette table courtesy of The Grosvenor Victoria Casino; Bel Canto courtesy of Bel Canto London; GoBoat courtesy of GoBoat







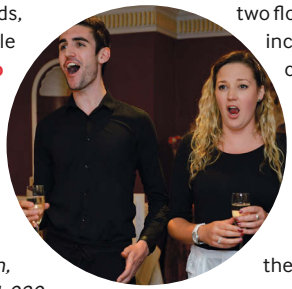
THURSDAY

Spinning around: Get your skates on and head over to **Queens: Skate-Dine-Bowl**. Following a renovation, the 1930s venue reopened this winter featuring original roof beams set against artwork by **Graffiti Kings** and plants above its ice rink. Join a public session today and whizz about on the ice or pick a time for a private class in skating, ice hockey or curling (a kind of ice hockey in lanes).

As well as the rink, the 4,186sqm space has 12 original 10-pin bowling lanes, air hockey, table tennis, a Pac-Man arcade game, bars and a diner from TV chef Jimmy Garcia. Bowling from £7.50; adult skating from £10.50; child from £10 per two hours. *17 Queensway, W2 4QP. 020 7229 0172.* **www.queensiceandbowl.co.uk.**

FRIDAY

Don't miss a beat: Listen to live music at **Bizzarro** (p. 21) or watch **Maroush's** belly dancer every night. **The Swan** meanwhile has swing, acoustic rock and 60s tunes at weekends, while opera singers double up as waiters at **Bel Canto** (Wed-Sat). *Bizzarro, 18-22 Craven Rd, W2 3PX. 020 7402 4695.* **www.bizzarro.co.uk.** *Maroush, 21 Edgware Rd, W2 2JE. 020 7723 0773.* **www.maroush.com**. *The Swan, 66 Bayswater Rd, W2 3PH. 020 7262 5204.* **www.swanbayswater.co.uk.** *Bel Canto, 67 Bayswater Rd, W2 3LG. 020 7262 1678.* **www.belcantolondon.co.uk.**



SATURDAY

It's the weekend: ...So there's no excuse not to party! And where better than at **The Grosvenor Victoria Casino**, which is open 24 hours a day? The venue has two floors packed with games including poker and the card game punto banco – a kind of baccarat – as well as 14 roulette tables, nine blackjack ones and a host of jackpot machines.

If you need refuelling, there's a bar and dining room serving international and Arabic dishes. *150-162 Edgware Rd, W2 2DT. 020 7262 7777.* **www.grosvenorvictoriacasino.com.**

SUNDAY

New!



Set sail: On a fine day, take it easy and cruise along the Grand Union Canal on a **GoBoat** (p. 11 & p. 14). A new fleet of eco-friendly vessels is launching in **Paddington Basin**. Reaching top speeds of 4mph, they are safe enough to skipper yourself – **no experience required**.

So grab a picnic and hop aboard with up to eight friends or colleagues, then set off down the canal in the direction of Little Venice. *Paddington Basin, W2 1AS.* **www.goboat.co.uk.**

Have a health MOT

Are you a tourist panicking over a broken tooth or a resident concerned about your creaking knees? Then it's time for a health overhaul

How many of us have a gym membership, but forget to care for our teeth? If the last time you had a check-up was, ooh, 2002, then book an appointment with **Paddington Dental Practice**, which welcomes new NHS patients and tourists without insurance.

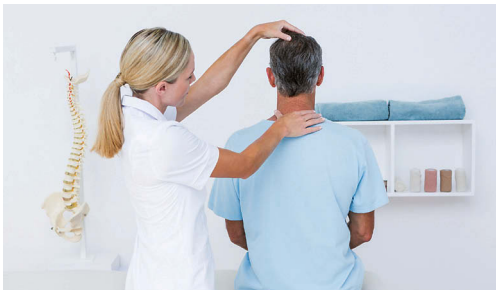
As well as **polishing** your teeth, the practice offers white fillings, extractions and root canals, which remove infected root tissue. Got a gappy smile? Consider dentures – removable false teeth – or dental implants, a long-lasting alternative that substitutes teeth roots for titanium, which fuses to the bone. Ceramic crowns – natural-looking tooth covers – can then be attached.

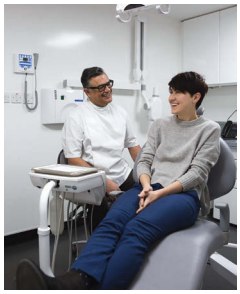
For discoloured teeth, consider **teeth whitening**, while **veneers** – attachments fixed to the front of the tooth – can improve crooked teeth. Too extreme? **PerfectSmileAligner**, a series of almost invisible plastic moulds that clip on to your real teeth, is another option.

The practice also offers **Botox** to reduce wrinkles, and **dermal fillers** to plump lips or cheeks.

Once you have a winning smile, sort out that pesky ache in your back/knee. **In Motion Physiotherapy** manages short-term and chronic injuries at its clinic in St Mary's Hospital or at your home. It accepts most private health insurance such as **Bupa**, **Aviva**, **Simply Health**, **Pru Health**, **WPA** and **Cigna**, as well as tourists without health insurance. Local businesses get a 20 per cent discount on initial assessments (to 22 Sep).

So whether you have sprained an ankle playing sport or have a repetitive strain injury from typing too much, InMotion Physiotherapy's **hydrotherapy**, **acupuncture**, **deep tissue** or **sports injury massages** may help. From May, you can also see a **personal trainer**, **nutritionist** or do **Pilates**.









Sam Rogg, 32, visited the clinic while suffering dizziness and earache. She says, 'I was impressed with how many tests I had in an hour. The therapists are prepared for anything you throw at them and are reassuringly thorough.'

Alternatively, **London Spine & Joint Clinic's chiropractic manipulation** corrects out-of-position joints, soothing back pain, migraines and whiplash. If you need an X-ray, it can take place on-site.

Meanwhile, there isn't a foot or ankle issue that **Body 4 Life Healthcare**, opposite St Mary's Hospital, hasn't dealt with. As structural problems in your feet can alter your walking pattern and cause pain in your legs, knees, hips and back, a gait scan machine evaluates the way you walk. Sensors monitor the distribution of pressure on each sole to create a 3D image.

The clinic is recognised by most healthcare providers including Bupa, Aviva, Allianz, PPP and Standard. It also treats tourists without insurance.

Now, where's your gym kit?

Paddington Dental Practice, 17 Craven Rd, W2 3BP. 020 7723 6106. **www.paddingtondental.co.uk.** *In Motion Physiotherapy, St Mary's Hospital, Praed St, W2 1NY. 07582 444601.* **www.imphysiotherapy.com.** *London Spine & Joint Clinic, 14 Norfolk Place, W2 1QJ. 020 7706 7003.* **www.londonsjc.co.uk.** *Body 4 Life Healthcare, 14 Norfolk Place, W2 1QJ. 020 7402 8999.* **www.body4lifehealthcare.co.uk.**

Paddington Dental Practice © Will Amiot; Iconand all other images © iStock

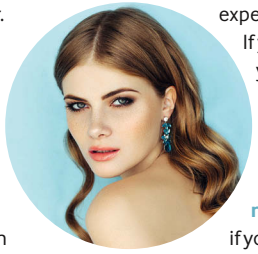
Relax from head to toe

If you want to look your best or just enjoy a well-earned rest, Paddington has the right treatment for you

Visited one of these venues?
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magazine@paddingtonnow.co.uk

If you're after an oxygen facial, **Indian head massage** or semi-permanent make-up, then you needn't travel far – because between them, Paddington's hair and beauty salons have got you covered.

Having a bad hair day? **Contrasti London** can turn it into a good one because it specialises in hair. As well as cuts for men and women, it can transform your appearance with **extensions**, while its Brazilian keratin treatment will reduce frizz. While you're there, have a 'deep clean' urban cleanse for men or an **oxygen facial**, in which a Japanese silk mask soaked in serum is applied to your face.



Meanwhile, **Fé** near Connaught Village promises permanently straight hair without the need for straighteners or regular blow dries – bingo! Just ask for its Yuko treatment. It also offers waxing, threading and permanent hair removal, as well as treatments such as an **Indian head massage**, during which warm aromatherapy oil is poured on to your hair.

Fé specialises in make-up. Owner Samira Heydari has worked with *Vogue* and London Fashion Week and is an expert on **bridal make-up**. If you need to brush up your skills, she can give you lessons or do **face painting** – for kids and adults! You can also opt for **semi-permanent make-up**, which is ideal if you play sports, have poor eyesight or like to use face oils.

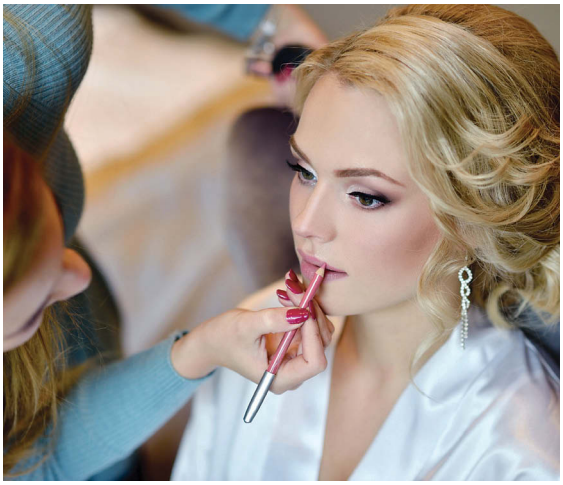
CoLaz, between Praed Street and Sussex Gardens, has two treatment rooms, in which it offers Swedish and **hot stone massages**. The centre specialises in skin care, so this is the place to come if you want a facial, skin tags or tattoos removed or **microdermabrasion**, which is meant to reduce wrinkles. During the procedure, fine needles puncture the skin to exfoliate it and remove dead cells. This encourages the skin to produce more collagen – which boosts elasticity and keeps skin plump.

Once you have clear skin, turn your attention to your nails. **Rose Beauty**, a women-only salon by St Mary's Hospital, offers **manicures** and **pedicures** including **Shellac** in a range of colours that stay put without chipping for two weeks.

Now you've got killer nails and a fancy up-do, it's time to let your hair down – and where better than at a local bar? Turn to p. 22-23 for inspiration.

Contrasti London, 10 Praed St, W2 1JU. 020 7616 7394. **www.contrasti.co.uk.** *Fé, 22 Kendal St, W2 2AW. 020 7402 4442.* **www.fehairandbeauty.com.** *CoLaz, 31 Southwick St, W2 1JQ. 020 7402 2772.* **www.colaz.co.uk.** *Rose Beauty, 145 Praed St, W2 1RL. 020 7706 9841.* **www.rosebeautycare.co.uk.**





Images © iStock

Beauty sleep

Whether you want a business or boutique hotel or budget accommodation, Paddington has a place for you

Can you recommend a hotel in Paddington? Then spread the word!

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magazine@paddingtonnow.co.uk





IF YOU WANT NEW

MERCURE LONDON HYDE PARK

When the four-star **Mercure London Hyde Park** opened in **Talbot Square** last November, it caused quite a stir. That's because the team behind it understand that it's the little things that guests remember, which is why you can expect **heated bathroom floors**, **Hypnos beds** and **Nespresso machines**. Guests can also borrow smartphones which include 3G data, plus local and international calls to selected countries.

Built from four **townhouses** dating from the 1850s, the hotel has 72 rooms that benefit from high ceilings and traditional sash windows, while its three junior suites have **balconies** overlooking the beautiful garden square. All the bedrooms are tastefully decorated with bold wallpaper, and many feature black and white photos of London scenes.

In addition to a well-equipped **gym**, facilities include a breakfast room and three meeting rooms which are filled with natural light, **free wifi** and **plasma screen TVs** with data connection (included). *8-14 Talbot Square, W2 1TS. 020 7262 6699.* **www.mercurehydepark.com.**

IF YOU WANT BUSINESS

THE WESTBOURNE HYDE PARK

Giving Mercure a run for its money is the four-star **The Westbourne Hyde Park**, which opened last September.

The **boutique hotel** is located just five minutes from Paddington Station, on the site of eight restored Victorian terraced houses, one of which is Grade II-listed.

The hotel's 96 rooms – made up of 26 suites and 70 studios – are decorated with a **smart chocolate** and **cream theme** and feature **Hypnos beds**, **Nespresso machines** and trendy wireless **Kube alarm clocks** from which you can charge your devices. **BaByliss hairdryers** and **Elemis toiletries** will ensure you look the part at your next meeting.

You needn't go far as there's a meeting room on the ground floor, which fits 12 boardroom-style and has **free wifi**, a 55in television and a conference phone. It can be hired by the hour or the day. Once you've shaken on your deal, celebrate with drinks at the hotel's W Lounge and Bar, which is also on the ground floor.

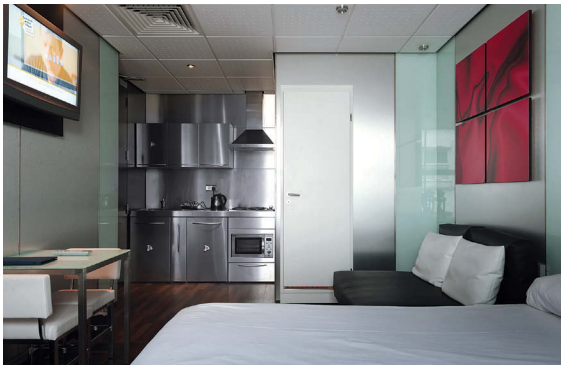
51 Gloucester Terrace, W2 3DQ. 020 7402 5077. **www.thewestbournelondon.co.uk.**

Icon © iStock. Mercure London Hyde Park courtesy of Mercure London Hyde Park. The Westbourne Hyde Park © Matthew Shaw

No room at the inn? If you've arrived and have nowhere to stay, pop into the London Hotel Reservation Centre, which offers special rates on hotels and serviced apartments. 145 Praed St, W21RL. 020 7706 0900. www.londonreservation.com







IF YOU WANT QUIRKY

THE PAVILION FASHION ROCK 'N' ROLL HOTEL

The Pavilion Fashion Rock 'n' Roll Hotel is as kitsch as they come – and that's why you'll love it. Created by a former model – whose purple Lamborghini Diablo is parked nearby – this townhouse off **Sussex Gardens** has 30 boutique rooms.

Their names, such as **Flower Power**, **Three's Company** and **Funky Zebra**, give you a clue to their décor; **Honky Tonky Afro** pays tribute to the 70s, while Highland Fling resembles a shortbread tin. Look out for **Oriental folding screens**, **Arabic lanterns**, **candelabras** and a **four-poster bed**.

It's little wonder then that the hotel is popular with creatives. Everyone from **Leonardo DiCaprio** and the magician **David Blaine** have visited, while supermodel **Naomi Campbell** bared all for a photoshoot here.

Wifi is free but the bathrooms are small, and there's no gym, bar or restaurant – although that's reflected in the price. Besides, when was the last time someone brought you breakfast in bed?

34-36 Sussex Gardens, W2 1UL. 020 7262 0905.
www.pavilionhoteluk.com.

IF YOU WANT MODERN

STYLOTEL

Stylotel, situated between **Norfolk Square** and **Sussex Gardens**, is just over the road from its sister venue, The Sussex Arms pub (p. 22-23).

But don't let the hotel's **cream exterior**, sash windows and **wrought-iron balcony** deceive you, as this former 19th-century Victorian townhouse features **aluminium walls**, **stainless steel**, **floor-to-ceiling mirrors** and illuminated glass throughout its interior.

The hotel has 40 rooms, some of which have bunk beds. It also has an adjoining annexe which is made up of eight suites with kitchens, four of which have a separate bedroom and lounge with sofa beds. Both options are ideal for **visitors on a budget** or for those who've missed their last train or had one too many in The Sussex Arms.

Wifi is free. Facilities include a **guest lounge**, which features asymmetric chairs, and a dining room for 43 people, which is set to be renovated this summer.

160-162 Sussex Gardens, W2 1UD. 020 7723 1026.
www.stylotel.com.

Icon©iStock; The Pavilion©Will Amlot; Stylotel©Adrian Pope

GIVE



At your side

Whether it's their time, money or unwanted crockery, the people of Paddington just keep on giving

LIVING ON THE EDGE

Adrenaline junkies and fundraising fans can harness the power of goodwill with the help of the **Imperial College Healthcare Charity**, which is giving you the chance to abseil 10 storeys down the Queen Elizabeth Queen Mother building in aid of St Mary's Hospital (26 Apr).

The aim of the game is to **raise funds** for the hospital's **More Smiles Appeal**, which hopes to raise another £700,000 towards its £2 million target to expand its Children's Intensive Care Unit – one of just five in London. The funds will help top up the £8 million invested by the hospital.

The redeveloped unit will have new equipment, a parents' room, a private room for doctors to provide emotional support to families and 15 beds – nearly double the current number.



Interested? Anyone aged 18 and over can take part. Registration costs £30 and you'll need to pledge to raise a minimum of £80. No experience is required as you'll, um, learn the ropes on the day!

St Mary's Hospital, Praed St, W2 1NY. 020 3312 5694.
www.imperialcharity.org.uk.

ON THE FRONTLINE

Black-and-white photos of a child in hospital, soldiers in Northern Ireland and St Paul's Cathedral during the Blitz dominate one wall of **The Frontline Club**, reminding diners that it's not just a fancy restaurant (p. 18-21).

Since the social enterprise launched in 2003, it has pumped profits from its restaurant into an events programme run by The Frontline Club Charitable Trust.

The venue's owner, Vaughan Smith – a former freelance news journalist – says, 'Half of my friends were killed while reporting, so this restaurant is to remember them. It's a club for journalists who risk their lives yet nobody knows about them.

'Anybody can be a member if they find a proposer and a seconder. We are a club for reporters and photographers who have covered conflicts, as that's the part of the industry that I come from.'

Membership benefits include access to the 120-seat clubroom, event

Abseiling images courtesy of More Smiles Appeal

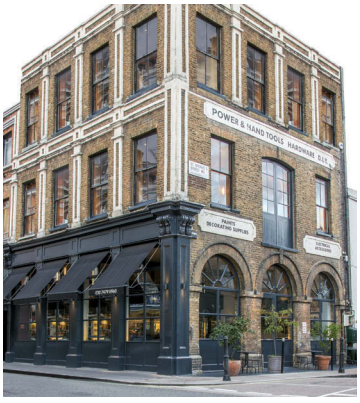
discounts and club membership in Russia, Bosnia, Georgia, Romania, Slovakia and Albania.

The club also runs The Frontline Freelance Register, a representative body that promotes safe practice and helps secure funding for freelancers working in international conflict zones. There are currently 586 of them.

Non-members can also attend the club's talks, debates and documentaries. These are held on the top floor, which is lined with photographs: **Normandy's Omaha Beach during World War II**, the **Berlin Wall** and **Marc Riboud's iconic image** of a woman holding a flower inches from a row of bayonets at an anti-Vietnam War protest.

'We see too many of these photos,' says Vaughan, pointing to the atomic bomb dropping on Hiroshima. '...and not enough of these,' he adds, shifting his gaze to a Japanese mother clutching her baby after the bomb was dropped.

The venue works hard to ensure the people in these photos—and those behind the camera—are not forgotten. **Support it** by attending an event. Coming up, photographer Guillaume Bonn from Madagascar will give a talk about his new book about East Africa (23 May). *13 Norfolk Place, W2 1QJ. 020 7479 8940.* **www.frontlineclub.com.**



The Frontline Club courtesy of The Frontline Club; Homeless man © iStock; Walk for Wards courtesy of Imperial College Healthcare NHS Trust

If you see someone sleeping rough, call StreetLink on 0300 500 0914



HOME AWAY FROM HOME

More than 100 homeless people visit **West London Day Centre** near Edgware Road every day. This January, it helped 26 rough sleepers find accommodation and four to resume working.

As part of the West London Mission—which celebrates its **130th anniversary** this year—the facility provides short-term relief and long-term solutions to people aged 25 and over who are living on the street.

Jonathan Tingle, head of fundraising, says, 'Each year, the centre needs half a million pounds to run. This allows us to provide support in the form of **showers**, **laundry facilities**, **luggage storage** and **postal services**, access to NHS doctors and hot meals.'

The charity also **teaches IT** and **social skills** and helps homeless people to source accommodation and jobs.

Before David, 67, heard about the centre in 2016, he was sleeping outside Paddington Station. He had been self-employed most of his life but hadn't understood about his entitlements. 'I was in such a sorry state, exhausted and shaken,' he says. 'The centre helped me claim my backdated pension and found me a flat. It transformed my life.'

Can you help people like David? Then get in touch to see how you can support the charity, either by donating funds or volunteering. *134-136 Seymour Place, W1H 1NT. 020 7569 5917.* **www.wlm.org.uk.**

GIFT OF LIFE

Donate your time or unwanted items to **All Aboard**, **a charity shop** which sells second-hand books, clothes and gifts to raise funds for UK Jewish charities. Your support will also help it fund youth clubs and adult education projects, while providing care for the elderly, people with disabilities, victims of abuse and cancer patients. *12 Spring St, W2 3RA. 020 7262 5955.* **www.imperialcharity.org.uk.**

WALK FOR WARDS

Join hospital staff, former patients and locals on this **sponsored walk** (9 Jul) along the Grand Union Canal to Regent's Park. The two- or five-mile route starts and finishes in Merchant Square. The registration fee and the money you raise will help one of the five hospitals within the **Imperial College Healthcare NHS Trust**, such as St Mary's, or a ward of your choice. *020 3312 5694.* **www.imperialcharity.org.uk.**



RUN FOR MONEY

Last year, *Explore Paddington* editor Sarah Riches finished the Royal Parks Half Marathon in two hours 19 minutes. Think you can beat her? **Pursuing Independent Paths** (PIP), a charity that supports adults with learning disabilities to achieve their potential, has 20 places available—and to bag one, you just need to raise £375. Now in its 10th year, the 20km race (8 Oct) starts and finishes in Hyde Park. *To register, call PIP on 020 8960 4004.* **www.piponline.org.uk.**



PARK LIFE

Hyde Park is just a 10-minute hop, skip and jump from Paddington Station – so make the most of it, says Sarah Riches

Excuse us, but did we already mention you have 350 acres, a festival and a lake on your doorstep?

One of London's eight Royal Parks, Hyde Park hosts events all year round, but it comes alive when more than 65,000 people a day attend Barclaycard presents British Summer Time (BST) (30 Jun-9 Jul).

Since 2013, everyone from The Rolling Stones to Kylie and Taylor Swift have graced its stage, while last year's headliners included Take That, Carole King and Stevie Wonder.

Penelope Boyd, head of events at The Royal Parks, says, 'The Great Oak stage has hosted the best global artists, and 2017 is shaping up to be an exciting year.

'Along with Hyde Park's other events – including the Royal Parks Foundation Half Marathon (p. 30-31) and Hyde Park Winter Wonderland – BST raises vital funds which go back into conserving and enhancing this iconic park.'

Already booked a hotel? Hate camping? Then the festival will suit you perfectly, as it's a series of one-day concerts.

Blondie will support **British superstar Phil Collins** (30 Jun) as he kicks things off with his biggest solo show. After a 10-year break, he's coming out of retirement for his *Not Dead Yet: Live* tour – and BST will be his only European festival this year. All together now: *Take a Look at Me Now.*

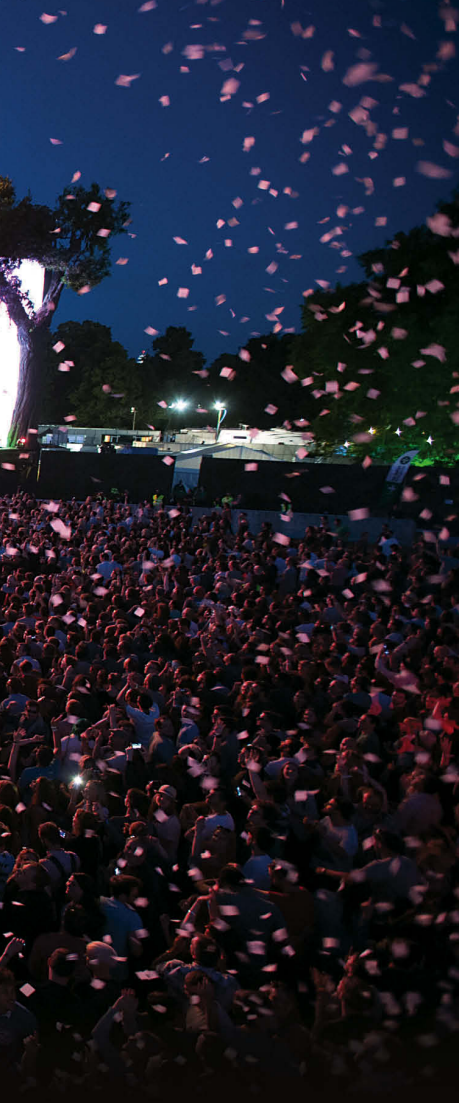
Five-time **Grammy Award-winning rock band Green Day** will perform songs from their new album, *Revolution Radio* (1 Jul), while the next day **pop hero Justin Bieber** (2 Jul) will sing *Love Yourself, Sorry* and *What Do You Mean?* as part of his *Purpose* world tour.

Bieber will be supported by Dutch **DJ Martin Garrix**, Swedish electropop singer **Tove Lo** and Brit star **Anne-Marie** of *Rockabye* fame.

For more Hyde Park events, see p. 6-9

Meanwhile, Kings of Leon will play tracks from their *Walls* album (6 Jul) – which will be your only chance to see them live in London in 2017. On the same day, catch US **rock legends the Pixies** performing songs from their latest album, *Head Carrier*, as well as R&B artists **Nathaniel Rateliff & The Night Sweats.**

Meanwhile, rock band **The Killers** (8 Jul) from Las Vegas will perform *Human* and *Mr Brightside* alongside the Mancunian rock



group **Elbow**, pop group **Tears for Fears** and punk trio **White Lies** – so sing along to *Morning in LA* from their *Friends* album.

American rock band **Tom Petty & The Heartbreakers** (9 Jul) will also grace the stage for their only European performance this year as part of their 40th anniversary tour, supported by pop rocker **Stevie Nicks** and the American folk rock band **The Lumineers**.

Missed out on tickets? Then make the most of the festival's free events, including daily tennis screenings and open-air film nights, comedy and DJs. There will also be a pay-per-ride funfair, badminton and ping pong. And you thought Hyde Park was just there for a walk in the park...

Hyde Park, W2 2UH. 0300 061 2000.
www.royalparks.org.uk.
www.bst-hydepark.com.

Concert courtesy of British Summer Time: Icons and Hyde Park © iStock

WALKING TOUR OF HYDE PARK

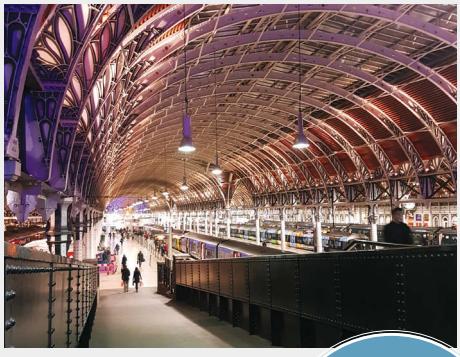
- Grab a drink in The Italian Gardens Café by Lancaster Gate before letting your kids loose in the nearby playground.
- Stroll the path parallel to Bayswater Road to discover Speakers Corner, an area dedicated to public speaking.
- Stop by Joy of Life, a fountain on the park's east side, then head south to the Victorian bandstand near the Holocaust Memorial Gardens.
- Serpentine Bar & Kitchen is always a popular spot as it's right by the Serpentine lake; in summer, visit its gin bar.
- The area north of the lake is popular with rollerskaters. Watch them from a deckchair *(£1.60 per hour)* or rowing boat *(adult £12; child £5 per hour)*.
- On the south side of the lake, there's a play area, free football pitches and the Lido Bar & Café. Need to cool off? Take a dip in the Princess Diana Memorial Fountain or The Serpentine Lido *(to 12 Sep. Adult £4.80; child £1.80)*.
- Cross West Carriage Drive to catch *Arthur Jafa (8 Jun-10 Sep)* at the Serpentine Sackler Gallery and *John Latham (to 21 May)* and *Grayson Perry: The Most Popular Art Exhibition Ever! (8 Jun-10 Sep)* at the Serpentine Gallery. South of the galleries, you can bowl *(£8 an hour)*, putt *(adult £6; child £4)* or play tennis *(adult £13; child £7)* at Will to Win.
- From the nearby Albert Memorial – which commemorates Prince Albert – stroll Flower Walk to Princess Diana's former home, Kensington Palace, on the park's west side. *Diana: Her Fashion Story (adult £19; child free)* displays the princess's iconic outfits.
- Feeling peckish? Then stop at The Orangery before doing a loop of the Round Pond in Kensington Gardens.
- Stop by Broadwalk Cafe in the park's north west corner, which is next to teepees, a beach and a pirate ship in Diana Memorial Playground.
- Follow the path parallel to Bayswater Road and you'll come full circle.



Over to you

Whether you're a tourist, a resident or you work in the area, you help to make Paddington what it is. So here's your chance to have your say...

@stevebristoluk Paddington is amazing when you look at it #London





Like what you see? Then look out for the next issue of *Explore Paddington*, out 6 October

@LockhouseLondon Try Paddington's favourite drink... a marmalade lemon-aid. #paddingtonlovemarmalade #mocktail #merchantsquare #marmalade

@CreativeWisdom_ Paddington, London #streetphotography #yellow #photography #urbanphotography





This is the sales and lettings team – Tom Folland, Katherine Francis, Emily Watts and Chris Newton – from Hamptons International taking part in our company's Relay around the Regions event to raise money for Cancer Research UK. We had a great time paddling the two miles from our office near Paddington Basin to our Notting Hill branch. *Lucie Rickwood, sales administrator, Hamptons International*



Yesterday we got a giant doughnut and yellow dog donated. My job is weird! *Emily Hughes, fundraising and communications executive, Children of St Mary's Intensive Care (COSMIC)*

Want to rave about a meal you've had, thank a kind-hearted local or shout out about an event you're hosting? Then get in touch...
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For information, news, events and offers, visit www.thisispaddington.com.

Tunnel image © Linda Wisdom www.lindawisdomphotography.co.uk



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