

Explore **PADDINGTON**

Free

SPRING/SUMMER 2018

PUSH THE BOAT OUT

Come on in, the water's fine!
Charter your own boat on the canal

TUNE IN, CHILL OUT
Listen to tribute acts at
Paddington Covers festival

CHEERS TO THAT
Sample unicorn lattes
and pints of craft beer



STREET FOOD | FREE FILMS | LIVE MUSIC | GET FIT | VOLUNTEER



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YOUR AREA MAP

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

While living in Japan, I was lucky enough to try mud, wine, rose petal and even electric baths, but I had never tried a sound bath – until now. Even after a 10-hour sleep the night before, I fell asleep in a ‘sound bath’ while vibrations from gongs washed over me in Crystal Sound Lounge.

The new meditation lounge isn’t Paddington’s only first, as the area also has the capital’s first free water taxi and it’s (probably) the only place in the city where you can sip a unicorn latte, at Saint Aymes. This season also sees the return of Paddington Pergola – the capital’s first 850-seater rooftop bar.

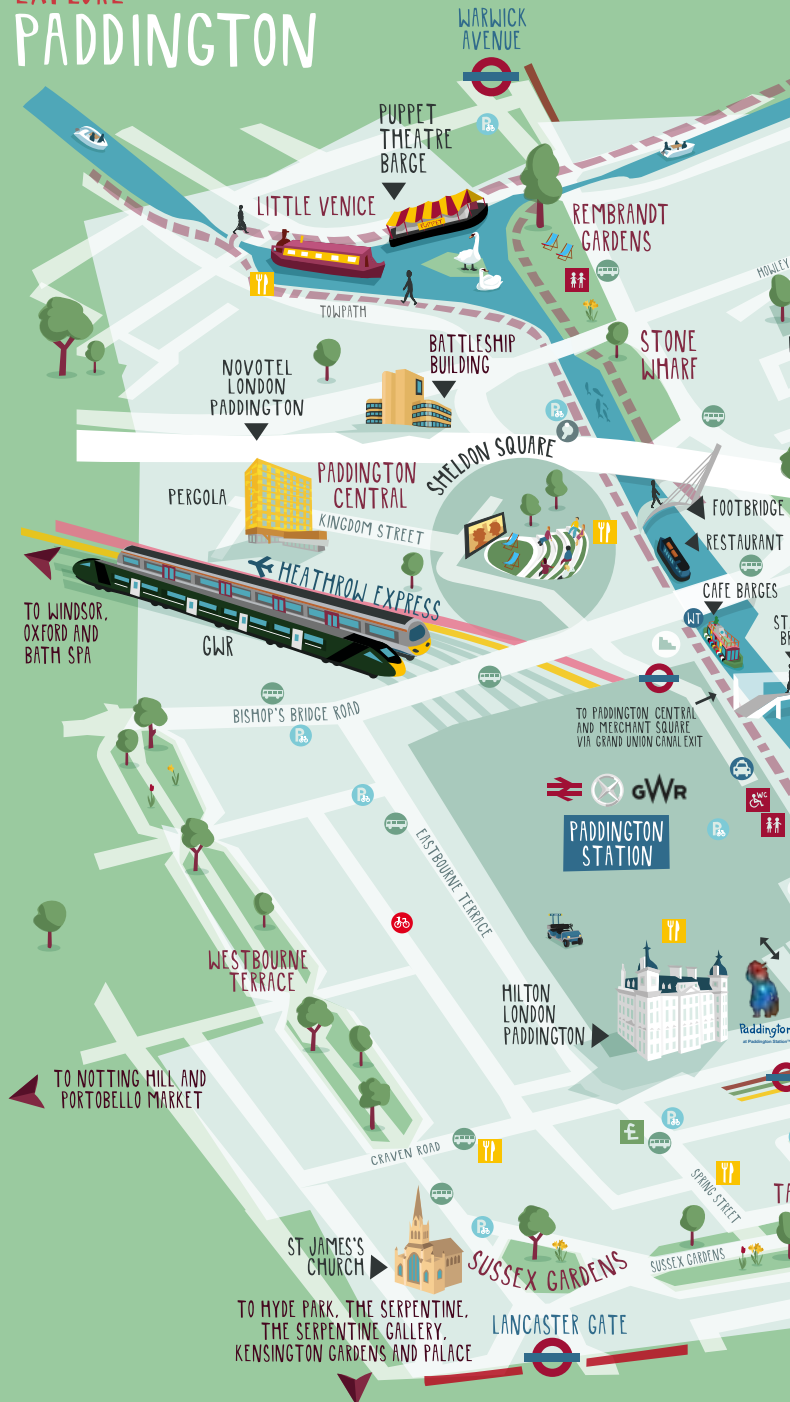
Paddington knows how to do firsts, and it knows how to do free. Who knew you can listen to live bands, watch films and major sporting events on a big screen, paddleboard, rock climb and Zorb on water, all for nothing? No wonder everyone’s moving to Paddington.

There’s so much more in this issue, so dive in and let me know what you think. You’ll find our contact details are dotted throughout the magazine.

Sarah

Sarah Riches
Editor

EXPLORE PADDINGTON





REFRESHMENTS		BUS STOP	
PING PONG		TAXI RANK	
TOILETS		CYCLE HIRE	
CASH POINTS		CYCLE PARKING	
WATER TAXI		TOWPATH	

The Paddington Partnership

Visit thispaddington.com or follow us on Twitter @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 LIKE ENTERTAINMENT...

From Jun Catch tribute acts such as Ultimate Elton, Wrong Jovi and The Stones during Paddington Covers (p. 12) in Norfolk Square Gardens (29 Jun; 27 Jul & 31 Aug). www.paddingtonnow.co.uk.

Jul Alternatively, follow the beat to Hyde Park – a 10-minute walk from Paddington Station – for British Summer Time (6-14 Jul). Bag tickets to watch famous names from Eric Clapton and Michael Bublé to Bruno Mars. There will also be a street food market – with pulled pork, dirty burgers and vegan options. www.bst-hydepark.com.

To Sep Meanwhile, in Merchant Square you can bag a deckchair, bean bag and blanket to watch free films on a big screen on the first Wednesday of every month (to Sep. 5.30pm-8.30pm). Don't miss classics like *10 Things I Hate About You* (16 May), *The Breakfast Club* (6 Jun), *La La Land* (4 Jul), *The Greatest Showman* (1 Aug) and *Dirty Dancing* (5 Sep). You can also watch dancers and



a steel band at lunchtime (24 Aug) and catch live music every Thursday (to Sep).

To Sep The Floating Pocket Park in Paddington Basin will also see some action as local musicians, BMG-signed acts and DJs perform for free during Sunset Sessions (to 13 Sep. Thu.

5.30pm-8pm). Food vans and a gin bar will help you make a night of it. www.merchantsquare.co.uk.

IF YOU'RE SPORTY...

To Aug Active 360 will offer free paddleboarding (to 31 Aug) and yoga on a paddleboard in Paddington Basin. On the last Wednesday of every month you can also join the team for a paddle and pick – litterpicking on a board. www.active360.co.uk.

To Sep TBC If you're based at Paddington Central, then pop by Sheldon Square, which will have a free big screen showing major sports events throughout summer. www.paddingtoncentral.com.

To Sep TBC Merchant Square will also

have a free big screen in summer. Watch live sports such as the FIFA World Cup, Ascot, international Test match cricket and The Open Championship golf, as well as Wimbledon – during which you can enjoy free strawberries and cream at lunchtime and in the evenings (5-6 Jul).

To Sep Alternatively, attempt the Merchant Square Climbing Tower (24-25 May); test your reactions in Batak Pro, Giant Buzz and Neuron Race games (10-11 May) or battle pals in a round of human table football (12-13 Jul), football pool (12-13 Jul) or on a mini putting course (19-20 Jul). You can also join a Bike & Blend contest (13-14 Sep) – the act of peddling mixes fruit into a smoothie.

To Sep A fitness influencer will lead group classes one Wednesday evening a month (to Sep) and Virgin Active will offer training, yoga and Pilates in Merchant Square and on the Floating Pocket Park (Mon-Tue). www.merchantsquare.co.uk.

IF YOU HAVE A FAMILY...

May Stick around in Merchant Square as all ages will enjoy browsing items for sale at the Floating Market (to 8 May). www.merchantsquare.co.uk.

If you want to watch a dragon boat race, try Zorbing on water or have a go at human table football, then Paddington is the place to be this summer



Clockwise from left: Watch sport on a big screen in Sheldon Square; play in fountains by Fan Bridge; watch a dragon boat race; do yoga on the Floating Pocket Park; take part in a duck race **Inset:** Paddington; touch creepy crawlies in Festival; visit the Floating Meadow

To Jun The Floating Meadow is a boat run by Clifton Nurseries. Shop for plants, listen to talks on edible plants and city gardening and attend workshops. *Grand Union Canal, W2.*

www.paddingtoncentral.com.

Jun Active types can test their speed and communication skills with a game of cones (14-15 Jun) and compete against one another in a cannon ball blaster game – a tamer version of paintballing.

www.merchant-square.co.uk.

5 Jul Enjoy food and drink stalls, live music and street entertainment inspired by the past 150 years in a free day out in Connaught Village.

www.connaught-village.co.uk.

Jul Or, why not take part in the COSMIC ducks and dragon boat regatta (26 Jul, from 1pm)? The ducks are the yellow plastic variety... Both events raise money

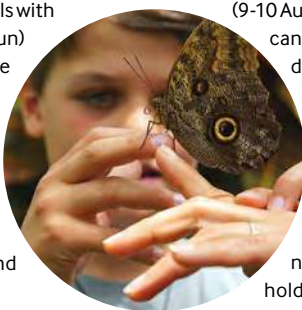
for COSMIC, a charity which supports St Mary's Hospital's Children's Intensive Care Unit. You can browse Epicurean's World Food Market on the same day.

www.merchantsquare.co.uk.

Aug Meanwhile, run like a hamster on a wheel in free Zorbing on water (9-10 Aug, noon-9pm). You can also attempt a free digiwall – an interactive computerised climbing wall (23-24 Aug). www.merchantsquare.co.uk.

Oct Budding gardeners can attend Festival in Kensington Gardens, nearby (17-28 Oct). If holding creatures great and small and learning about dung beetles whets your appetite, then you can browse street food stalls while you're there. So go hungry! www.pestival.org.

See *Stay in the Loop* below for more details.



PADDINGTON

This year marks 60 years since Michael Bond published the first in a series of children's stories – *A Bear Called Paddington*™. To celebrate, the series' final book, *Paddington at St Paul's*™, about the bear being mistaken for a choirboy in the cathedral, will be published in June on the anniversary of the author's death. The occasion will be marked by a new illustration by the late Peggy Fortnum, while a new GWR train was named after Bond in a ceremony in January at Paddington Station.



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NEW ARRIVALS



Clockwise from above: Trainer Lisa Moore at the new boxing club 12x3; inside May Green; the exterior of the new pub The Draft House in Paddington Basin

SHOPS

Richard Branson is a fan of **Saint Aymes'** luxury chocolate, which is stocked in Harvey Nichols and **Selfridges&Co.** In February, sisters Michela and Lois Wilson – the brains behind the brand – opened a café in Connaught Village. By sprinkling drinks and treats with 23ct gold, it's an Instagram hit. Try cupcakes and crêpes or sip Nutella cocoa, 23ct gold hot chocolate and unicorn lattes – a pink and blue hot drink with marshmallows. Afternoon tea includes 23ct gold macarons. You can also buy bars of chocolate and gift boxes. *59 Connaught St, W2 2BB. 07807 207998. www.saintaymes.com.*

A new **Co-op Food** with a bakery and hot food opened in Merchant Square in April. Area manager Muhammad Rahman says, 'The store is a hub for residents. We want shoppers to know they can become a co-owner and member. Our members make a difference locally; by swiping their membership card when they shop with us, they raise funds for organisations which improve local life.' Members receive

five per cent rewards when buying own-brand products and services, with another one per cent going to local causes. NUS card holders receive a 10 per cent discount. *4 Merchant Square, W2 1BF.*

www.co-operativefood.co.uk.

The latest **Headcase** opened in November 2017, complete with traditional barbers' chairs and huge mirrors. Part salon, part community hub, you can listen to rock, blues and jazz over free BrewDog beers as you get your moustache groomed. *9 Spring St, W2 3RA. 01252 597140.*

www.headcase-barbers.com.

A new **M&S Simply Food** will open this summer at Marks & Spencer's head office in Merchant Square. *Waterside House, 35 North Wharf Rd, W2 1NW. 0333 014 8555. www.marksandspencer.com.*

ACTIVITIES

A new boxing club has packed a punch since it opened in April in Sheldon Square. Its name, **12x3**, comes from its philosophy: trainers guide you through 12 three-minute exercises, punctuated

by one-minute breaks so you improve your stamina, strength, footwork and timing in one-to-one classes or groups of five. Co-founders Darren Barker and Ryan Pickard have the titles and medals to prove their skills. In fact, all 12x3 coaches have represented a club or country, such as world middleweight champ Jason Matthews. But it's not all sweaty blokes – Lisa Moore fights for the England squad, while boxer Lesley Sackey guides women through post-pregnancy training. *Unit 3, 19 Sheldon Square, W2 6PY. 020 8032 4067. www.12x3gym.co.uk.*

If boxing isn't for you, then sign up to **F45 Training**, which opened in October 2017 near St Mary's Hospital. Since it was founded in Australia in 2012, the chain has guided groups through high-intensity circuit training. The '45' in the name represents the minutes in each class, while the 'F' is short for functional training – exercises designed to mimic everyday movements such as squatting and kicking – not putting your feet up... Each class is made up of 27 workouts

All aboard! Like trains, businesses come and go – so keep up to speed with ventures that have just arrived and those which are coming soon



taken from a database of more than 3,000. *4d Praed St, W2 1JX. 07948 074747. www.f45training.co.uk.*

In May 2017, **Yujin Choi Pilates** began improving the balance, posture and muscle tone of W2 through private classes. Yujin says, 'I've practised Pilates for 10 years. It's the best form of exercise for beginners to professional athletes. I wanted to share its benefits with others, so I trained with Stott Pilates and qualified in its equipment.' Try the spine corrector or reformer, which builds up and stretches isolated muscles via cables and pulleys. Craving cardiovascular exercise? Then work up a sweat on a cardio tramp, which is a sort of vertical trampoline. *13 Praed Mews, W2 1QY. 07714 691277. www.yujinchoipilates.com.*

If that sounds too intense, then relax on a **GoBoat** (p. 14) – a fleet of 12 boats which launched in July 2017 and opened for a second season in March. Steer the vessels yourself to Little Venice then to Kensal Green or Camden, or let a captain control one for you between the Floating Pocket Park in Paddington Basin and Bishop's Bridge on its free water taxi during weekday lunchtimes (p. 14).

RESTAURANTS AND BARS

HUCKSTER, a restaurant/bar with graffiti and a 1980s Lower Manhattan vibe, is set to open in June in Paddington Central. *4 Kingdom St, W2. 020 7020 0202. www.hucksterlondon.co.uk.*

Look out too for **Lords of Poké**, which serves bowls of Hawaiian rice and raw fish (www.lordsofpoke.com), and the pasta and breakfast joint **Coco Di Mama** (www.cocodimama.co.uk) – both are also coming soon to Paddington Central.

Meanwhile, Paddington Station saw the opening of **Crussh** in April. Pop in for healthy breakfasts, salads and raw juices. www.crussh.com.

Wasabi also opened in Paddington Station, on the ground floor in December 2017. Sit inside or get sushi and drinks to take away – try the plum tea. *W2 1HA. www.wasabi.uk.com.*

You can't miss **Darcie & May**, which has been moored outside Paddington Station since November 2017. From the team behind Beany Green by Sheldon Square, the restaurant/bar boats feature neon signs, Sir Peter Blake's Pop Art illustrations and rooftop seats. Stop by for spicy tuna tostadas or jackfruit curry, coffee or beer and live music. *Canalside at Paddington Station, W2 6DS. www.daisygreenfood.com.*

Like Darcie & May, **The Draft House** has served craft beer since it opened in October 2017 in Paddington Basin. Note the hand-illustrated maps on the walls as you sip beer and guzzle a 22-inch chick'n lickin' pizza. *West End Quay, W2 1JX. 020 7723 5106. www.drafthouse.co.uk.*

Meanwhile, **Paddington Pergola** returned in April, serving up street food and drinks on its rooftop and beneath its enormous pergola. *5 Kingdom St, W2 6PY. www.pergolalondon.com.*

GOOD NEWS

The Royal Horticultural Society's nationwide gardening contest, **Britain in Bloom**, has announced **PaddingtonNow business improvement district** (BID) as a finalist. Now in its 54th year, the competition pits villages, towns and cities against one another based on their horticultural knowledge, community engagement and climate change adaptation. Seventy-six UK gardening groups are taking part. PaddingtonNow is competing against Leeds, Cornwall's St Austell, Wisbech in Anglia and Falkirk Delivers in Scotland in the BIDs, Town and City Centre category. Judges will announce winners in October and, after bagging gold in London in Bloom 2017, PaddingtonNow is in with a chance – to find out the result, watch this (green) space!



This image: Illustrator Sir Peter Blake signing his name on Darcie & May

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Locals: plan your day



Ballroom and ballet cancel out burgers and beer, right? Whether you're chilling out in W2 alone or with pals, we've got ideas for a fun day out



Great for fitness fans

9.30AM Pop into **Sandro Sandwich Bar**, a busy, friendly café a stone's throw from Paddington Station, for a full English breakfast. You can also opt for salads or enjoy a takeaway panini. 22 Spring St, W2 1JA. 020 7723 9847.

11AM Improve your balance, posture and muscle tone in a private Pilates class at **Yujin Choi Pilates**, which opened at the end of 2017. 13 Praed Mews, W2 1QY. 07714 691277. www.yujinchoipilates.com.



1PM If you're craving something healthy after your workout, have lunch at **Java U** in W2. Choose a salad, soup or an open sandwich topped with salmon, eggs or avocado in the patio garden, or sip on juices and frothy lattes while listening to lively tunes inside, which is decorated with chandeliers and art. 153 Praed St, W2 1RL. 020 7706 3063.

4PM Vlad and Lena Shalnev – former dance champions for Ukraine – have 20 years' teaching experience, so you're in good hands if you take a class at **Dance Art Studios**. Choose between ballroom, salsa, ballet or Latin American. 1 Chilworth Mews, W2 3RG. 020 7402 0822. www.danceartlondon.com.

7PM Meet friends for dinner at **Lockhouse**, which overlooks the canal. Enjoy Vietnamese rolls, rotisserie chicken or alternative burgers – think swordfish, pulled pork, halloumi or jerk chicken. 3 Merchant Square, W2 1AZ. 020 7706 4253. www.lockhouselondon.co.uk.

9PM Head next door to **The Draft House**, which opened in October 2017 on the site of the old Grand Union, for a Yeastie Boys craft beer. Alternatively, see if there's any live music at **Pizza Express** nearby. **The Draft House**, West End Quay, W2 1JX. 020 7723 5106. www.drafthouse.co.uk. **Pizza Express**, 3 Merchant Square, W2 1BF. 020 7706 8000. www.pizzaexpress.com.



Have you visited one of these venues? Then show us your pics!
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Perfect for work drinks



Visitors: plan your day

To get a real feel for the city, stay local and enjoy an Aussie breakfast, a Scandi boat trip, Korean barbecue and live music at a Greek restaurant. This is London, after all!

9AM If you're not a morning person, you will be once you visit **Beany Green**. Sit on colourful deckchairs by the canal or sit inside, which bursts with natural light. The Australian-inspired breakfast and brunch is a riot of colour – try maple granola with berries, edible flowers and Greek yoghurt, or shakshouka – eggs, tomatoes and peppers baked in a pan and served with charcoal bread. *Unit 6c, Sheldon Square, W2 6EZ. 020 7289 3344. www.daisygreenfood.com.*

11AM From Beany Green, stroll north to **Little Venice**, a canal junction that's lined with canalboats decked in hanging baskets. Watch them from Rembrandt Gardens then head south to Paddington Basin.

1PM Bag a canal-side seat at **Kupp**, a Scandi-style diner, or inside by its floor-to-ceiling windows. Graze on small plates of smoked mackerel and horseradish sour cream or Nordic prawns on pan-fried sourdough, or opt for sharing boards with smoked pork meatballs. *Unit 53, 5 Merchant Square, W2 1AS. 020 7262 8618. www.kupp.co.*

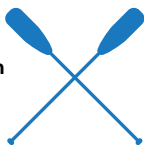
4PM In keeping with the Scandi theme, the Scandinavian company **GoBoat London** is open for its second season – meaning you and up to seven friends can chart your own boat along the canal at a leisurely 4mph. *Paddington Basin, W2 1AS. www.goboat.co.uk.*

8PM For a leisurely meal, head to **Peking-Seoul**. Skip the shark's fin soup for fried dumplings, noodles and duck, pork ribs and, for the adventurous, jelly fish salad. Alternatively, you can't beat a bowl of bibimbap – rice topped with shredded seaweed, mushrooms, carrots and an egg, drizzled in killer hot pepper sauce. *113-115 Praed St, W2 1RL. 020 7723 9550.*

10PM To end your night with drinks and entertainment, head to **Cork & Bottle** for comedy on the last Thursday of every month, or listen to live music at **It's All Greek to Me** every Saturday. *Cork & Bottle, 27 Spring St, W2 1JA. 020 7262 1485. www.thecorkandbottle.co.uk. It's All Greek To Me, 101 Praed St, W2 1NT. 020 7402 5505. www.itsallgreekto.me.*



Ideal if you're hungry



Good for a catch up



It's All Greek To Me



THAT FRIDAY FEELING

If you're after free live music, then Paddington, we've got you covered. Sarah Riches has the lowdown on W2's annual summer festival

WrongJovi

If you've never seen your music idol in concert, here's your chance – as a series of cover bands is coming to Paddington for the fourth year.

Paddington Covers brings tribute acts to Norfolk Square Gardens on the last Friday of June, July and August. Each band performs for 45 minutes from noon to 7pm, with **DJ Freight Train** entertaining in 15-minute slots in between.

The free festival opens on Friday 29 June with Dolly Parton's lookalike **The Dolly Show**, followed by **The Alter Eagles**, **Spice Girls 2** as the Spice Girls, and a **Bon Jovi tribute**.

Singer/guitarist Jay Stezaker from The Alter Eagles says, 'We love the way the Eagles combine harmony with genuine West Coast country rock. Even after 14 years, it's a pleasure bringing *Lyin' Eyes* and *Hotel California* to a new audience.'

The final act, **WrongJovi** – which surely takes first prize for best tribute-band name – is back for a second year. Mark Harding, who plays guitarist Richie Sambora, says, 'I met Richie in a guitar class in LA in 2012. As a massive Bon Jovi fan, he inspired me to put together a band. I found Ally, our singer, on a talent website and assembled a band with friends who are professional musicians.'

The real McCoy have nodded their approval, so play spot the difference as you watch them perform *Bad Medicine* and *Livin' on a Prayer*.

DJ duo Paul Leslie and Elliot Taylor – aka DJ Freight Train – have performed since 2011, including at the Baftas, and are back here for their fourth year.

Paul says, 'Our Paddington Covers setlist is based on the performers of the day. There are lots of changes, as it's about reading the crowd to get



the right vibe. It's great to see the community coming together here.'

If you miss the June line-up, **A Touch of Little Mix** kick things off on Friday 27 July, followed by **Kylie on Show**, **Take on Take That** and **Ultimate Elton**.

A Touch of Little Mix will convince anyone but a die-hard Mixer that this girl band is the real thing. Emily Rooker (Jade Thirlwall) says, 'We had choreography sessions from a professional dancer who studied Little Mix's tour to make our show as alike as possible.'

More of a man-band fan? Stick around for Take on Take That. Adam Morrison, or Gary, has performed in Take That, Westlife and Boyzone tributes since 2012. Returning to Paddington Covers

FRIDAY 29 JUN

The Dolly Show noon & 4pm
The Alter Eagles 1pm & 5pm
Spice Girls 2 2pm & 6pm
Wrong Jovi 3pm & 7pm
DJ Freight Train 12.45pm-6.45pm

FRIDAY 27 JUL

A Touch of Little Mix
 noon & 4pm
Kylie on Show 1pm & 5pm
Take on Take That 2pm & 6pm
Ultimate Elton 3pm & 7pm
DJ Freight Train
 12.45pm-6.45pm

A Touch of Little Mix



FRIDAY 31 AUG

I AM Beyoncé noon & 4pm
Fleetwood Bac 1pm & 5pm
Tasher Leaper as Madonna
 2pm & 6pm
The Stones 3pm & 7pm
DJ Freight Train
 12.45pm-6.45pm



Family fun at Paddington Covers



DJ Freight Train



Ultimate Elton



The Stones



Paddington Covers

for a third year, he says, 'With such a mixed audience, having a setlist that everyone knows makes our job easy and fun.'

Paul Bacon, or Ultimate Elton, rounds off the day. He's so like the real thing that Elton John's mother Sheila Farebrother invited him to perform at her 90th birthday party, describing him as 'sensational'.

As he belts out *I'm Still Standing* and the tearjerker *Candle in the Wind*, it's hard to believe it's not the man himself — especially when you see him in original costumes bought from Elton John's Out the Closet pop-up shop.

Friday 31 August — the last day in the series — begins with **I AM Beyoncé**, followed by **Fleetwood Bac**, **Tasher Leaper as Madonna** and **The Stones**.

Fleetwood Bac have performed on TV, globally, and with the original bassist, Bob Brunning — no wonder *The Times* rates them as one of the UK's top five tributes.

Guitarist Matt (Lindsey Buckingham) says, 'Our Paddington Covers setlist will focus on the *Rumours* album and include hits such as *Go Your Own Way*, *Sara* and *Sweet Little Lies*. We've watched loads of videos so we look and sound like them.'

The Stones, back for a second year, will round up the day. Benjamin Wattam, who impersonates Mick Jagger, says, 'My dad is a musician, so we had harmonicas, tin whistles, flutes, guitars and bass around

the house. I got into showbiz as a guitarist in a covers band of The Commitments. My singing, impersonation and Jagger looks got me noticed and I performed as Mick with pals in my village in Derbyshire. 'Our Paddington Covers setlist depends on the crowd, weather and bands before and after us. You can never play all the Stones' hits at a festival, but *Brown Sugar*, *Paint It Black* and *Satisfaction* are festival staples. All ages know them, and if you don't, they have an infectious ability to move feet. Then the arms follow. And before you know it, you're dancing!' www.paddingtonnow.co.uk.



STILL WATERS RUN DEEP

There's more to the Grand Union Canal in Paddington than first appears, says Sarah Riches

Whether you want to laze about or make a splash, the Grand Union Canal has an activity for you. If you've got time to kill between trains or want to while away a weekend, pop by **Darcie & May**, two canalboats that are moored permanently outside Paddington Station.

The boats, which launched in November 2017, are the latest project from the Australian restaurant group Daisy Green Collection – which is also behind Beany Green at Sheldon Square.

The boats feature Pop Art illustrations by Sir Peter Blake – the man credited for the Beatles' 1967 album cover, *Sgt Pepper's Lonely Hearts Club Band*. Think hearts, stars and stripes set against neon signs, big windows, port holes and plants.

Each 50m long, the boats were used to transport the public around Queen Elizabeth Olympic Park during the 2012 Olympics.

Now, they're floating restaurants with an Antipodean-influenced menu and a rooftop bar.

Director Prue Freeman says, 'We feel extremely lucky to have had the chance to work with the legendary Sir Peter Blake on the barges. His iconic primary colour palette and bold shapes are not only visually amazing but a great reflection of our company's personality. It's hard to walk past Darcie & May's artwork without a smile coming to your face – something we strive to continue to do once you're through the doors.'

Pass by May's takeaway hatch for a 7am shot of coffee, or go later for small plates, cocktails and organic Australian wine, or taste its nine craft beers while listening to live music (Thu-Fri 5pm-8pm). While you're there, pop into the bar's permanent exhibition, *Discover Paddington*, which honours prominent figures associated with Paddington.

Darcie is designed for a sit-down meal. Start the day with quinoa porridge, avocado on charcoal bread or coconut bread French toast – or treat yourself to a sweet breakfast of banana bread with berries, flaked almonds and honey. Lunch options include spicy tuna tostadas with avocado and yuzu cream, while dinner might be Aussie barbecue lamb cutlets. Save space for dessert – go for yoghurt pavlova if you're watching your weight, or a Melbourne Mars Bar cheesecake ball if you just don't care.

Both are available to hire, or you can hire one boat from £800.

Locals in the know love **London Shell Co.**, a seafood restaurant aboard The Prince Regent narrowboat. Siblings Harry and Leah Lobek launched it in December 2016, and chef Stuart Kilpatrick's small plates have proved a hit.

The daily-changing menu might include Dorset char tartare, devilled



Dine aboard
London Shell Co



May Green



Canoe with Active 360

Cornish crab and Baron Bigod cheese with Medjool dates, with optional wine pairings from small producers.

Choose from an à la carte menu at lunch, when the boat remains static, or a five-course set menu for dinner or over lunch at the weekend, during which the boat cruises from Paddington through Little Venice and Regent's Park, on to Camden, before looping back. The boat puts on live music for special occasions and can be hired from £2,500 for a two-and-a-half-hour cruise with food.

Like the sound of a cruise, but would prefer a picnic? Paddington has that too.

GoBoat London is a fleet of 12 boats which launched in May 2017 near Merchant Square. Available for self-hire, you can sail one yourself at 4mph – no experience is required. You and up to seven friends can choose your route – at

Little Venice, you can head west to Kensal Green cemetery or east under the 251m Maida Hill Tunnel and 48m Eyre's Tunnel, through Regent's Park and past ZSL London Zoo. Each boat comes with a picnic table and you can take your own food and limited alcohol per person.

On a budget? Then enjoy a picnic on the **Floating Pocket Park** in Paddington Basin, which is free for all.

You can also take advantage of GoBoat's free **Water Taxi**, which launched in July last year. This runs between the Floating Pocket Park and Bishop's Bridge near Darcie & May Green (Mon-Fri to Oct; noon-2pm).

If all that sounds too tame, the watersports company **Active 360** lets you get closer to the water from its W2 branch, which is based outside the Rolling Bridge in Paddington Basin.

Join a group class to learn canoeing or stand-up paddleboarding (SUP), where you propel yourself through the water with a paddle. Alternatively, try a taster session at Westbourne Summer Festival north of Little Venice (24 Jun. From 1pm).

Want to get wet? Then go a step further and join an SUP yoga class. If you get soaked, showers and changing rooms are usually available – check in advance.

Alternatively, hire Active 360 for parties, stag and hen dos or corporate events – with races, games and drinks.

Come on in, the water's fine!

Darcie & May Green, Canalside at Paddington Station, W2 6DS.

www.daisygreenfood.com.

London Shell Co, Sheldon Square, W2 6PY. 07818 666005.

www.londonshellco.com.

GoBoat, Paddington Basin, W2 1AS.

07392 550821. www.goboat.co.uk.

Active 360, Merchant Square, W2 1JZ.

020 3393 5360. www.active360.co.uk.



GoBoat London

ON THE RIGHT TRACK

You've been reading about it for years, and now it's finally imminent. But before Crossrail opens at Paddington Station, Sarah Riches tells you everything you need to know

DID YOU KNOW?

Crossrail Tunnel's diameter is 6.2m – narrower than the 7.2m Channel Tunnel, 8.6m Blackwall Tunnel and 9.4m Rotherhithe Tunnel

TIMELINE

- 2000** London East-West Study is published as part of the Government's 10-year transport plan, effectively kickstarting Crossrail
- 2008** A Royal Assent is obtained for the Crossrail Hybrid Bill – which means the Queen agrees to turn it into an Act of Parliament
- 2009** Construction begins on 15 May
- 2012** Tunnelling begins in summer
- 2015** Tunnelling ends in May
- 2016** The Queen visits Bond Street on 23 February and announces that the new railway will be named the Elizabeth Line
- 2018** The first Crossrail services are scheduled to open in December, including Paddington to Heathrow and Abbey Wood
- 2019** The Paddington to Shenfield service is set to begin in May
- 2019** All of Crossrail is scheduled to open by December

When Crossrail partially opens in December, it's fair to say it will be a game changer.

The new railway will run east to west through central London, connecting Reading in Berkshire and all of the terminals at Heathrow Airport in the west to Shenfield and Abbey Wood in the east. It will be renamed the Elizabeth Line upon opening.

At a cost of £14.8 billion, the project is set to open on time and within the budget.

The project connects 42km of new rail tunnels under London to 40 Crossrail stations. Ten of those are new London stations: Abbey Wood, Woolwich,



DID YOU KNOW?

Of the seven million tonnes of excavated material, 98 per cent has been reused in quarries, a golf course, a farm and nature reserves along the Thames



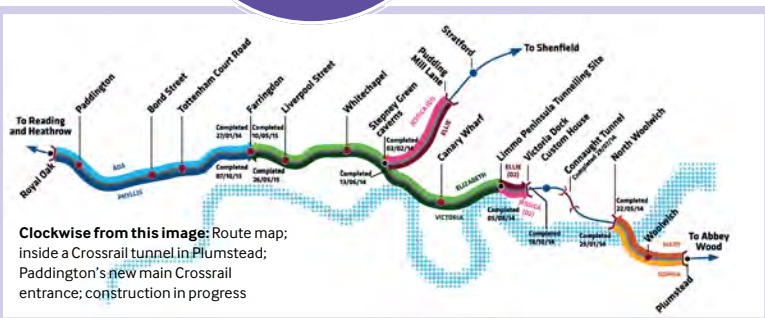
Custom House, Canary Wharf, Whitechapel, Liverpool Street, Farringdon, Tottenham Court Road, Bond Street and Paddington. All will be step-free from the train to street level.

The new route will slash travel times from Paddington to Tottenham Court Road from 20 minutes to four; Liverpool Street from 23 minutes to 10; and Canary Wharf from 34 minutes to 17. Apart from journeys to and from Heathrow Airport, prices within zones 1 to 6 will cost the same as pay-as-you-go Tube fares.

Designed by Scott Wilson, Weston Williamson and Gillespies, the W2 Crossrail station will be on three levels, with two entrances – one on Eastbourne Terrace, the other near the taxi rank by the Grand Union Canal.

Escalators will transport passengers from a series of new shops, cafés and benches outside into the new station. A steel and glass canopy 8m above the Eastbourne Terrace entrance will flood the ticket hall with natural light and allow fresh air to circulate around the station.

The American light installation artist Spencer Finch will showcase *Cloud Index* – hand-drawn clouds that appear to change according to the light – on a 90m section of the 120m-long glazed canopy. Sinisa Galac, Crossrail project manager for Paddington Elizabeth Line Station, says the work is 'one of the longest works of art in Europe, making it a cultural destination in its own right.' You can see more of the artist's work at Lisson Gallery, near Edgware Road.



Crossrail's western route mirrors the Great Western Railway (GWR) line, which runs from Paddington Station to Wales and the West Country.

Sinisa says, 'The Elizabeth Line is going to redefine travel in London with quicker journeys and better connections on state-of-the-art trains. The huge Paddington Station is an impressive gateway for millions of people who live or work in the area. It has also created new jobs and homes and uncovered artefacts that have taught us about the city's history.'

While no archaeological finds were discovered around Paddington during excavations, fragments of 1920s Art Deco teacups and saucers featuring the GWR logo were discovered at an old depot in west London. They were used in the Great Western Hotel – which is now Hilton London Paddington, close to Paddington Station. Meanwhile, a 200m-long engine shed, workshops and turntables – used to turn trains around – were found near Westbourne Park, dating from the mid-1800s.

Like the turntables, Crossrail has turned

Paddington's fortunes around, transforming W2 into a vibrant destination in its own right. And who isn't on board with that?

www.crossrail.co.uk

HEATHROW EXPRESS

This train whizzes you non-stop from Paddington Station to Heathrow Airport terminals 2, 3 and 5 in 15 minutes, and comes with free Wi-Fi and power sockets. Buy tickets at Paddington Station, online, onboard or via the Heathrow Express app. By the end of 2018, when the service will be operated by Great Western Railway (GWR), you will also be able to pay with your Oyster card or a contactless device. **Getting there:** trains every 15 mins
 Mon-Sat 5.10am-11.25pm & Sun 6.10am-11.25pm. 0345 600 1515.
www.heathrowexpress.com



This Image: Astley Clarke
Below left: Kioskafé's Tyler Brülé Below right: Grant Haggerty at Distinctive Shoe Repairs



Going it alone

Support W2's independent businesses by shopping local

SHOPS

Sisters Michela and Lois Wilson opened the luxury café **Saint Aymes** in February. Treat yourself to afternoon tea or cakes, and Nutella cocoa, 23ct gold hot chocolate or unicorn lattes—pink and blue hot drinks topped with marshmallows. You can also buy chocolate bars in fancy packaging. 59 Connaught St, W2 2BB. 07807 207998. www.saintaymes.com.

Bec Astley Clarke founded **Astley Clarke** from her dining room, and now sells her own-brand jewellery from a mews studio.

The collection includes a moonstone locket worn by Hollywood star Cameron Diaz and zodiac pendants, which can be engraved. **Junction Mews**, W2 1PN. 020 7706 0060. www.astleyclarke.com.

Where else would a shop dedicated to Paddington Bear be in Paddington Station? Manager Jackie Tyson says, 'What began as a mobile unit in 1994 grew into a shop in 2012, which moved to bigger premises on the station's ground floor in 2016.' Buy DVDs, books, bronze copies of Paddington's statue on Platform 1 and

Keep Calm and Eat Marmalade Sandwiches cushions. *Ground floor, W2 1RH. 020 7402 5209. www.paddington.com.*

CAFÉS AND BARS

If you're after a one-of-a-kind bar, visit **Paddington Pergola**, which seats 850. Grab a bite from five street food vendors beneath the pergola, or watch the sun set from the rooftop deck. 5 Kingdom St, W2 6PY. www.pergolalondon.com.

Monocle magazine founder Tyler Brülé opened **Kioskafé** in 2015. The café stocks 150 magazines, underwear, hair wax and toothpaste—a bit random, but handy if you're passing through. 31 Norfolk Place, W2 1QH. 020 3111 4242. www.kioskafé.com.

In November 2017, The Zetter Hotel's former manager, Jason Catefioglou, teamed up with a father and son to open **The Pilgrim**, a boutique hotel with a lounge with period décor such as parquet flooring and green velvet armchairs. Pop in for breakfast, British charcuterie, small plates such as spicy fish tacos with coriander cream and posh toasties. You can also have cocktails—try the one made with gin, vermouth and house orange bitters. 25 London St, W2 1HH. www.thepilgrim.com.

As the name suggests, **Lite Bite** serves sandwiches and salads, plus more substantial bites such as Yankee breakfasts. 7 London St, W2 1HL. 020 7262 3877. www.litebite.me.uk.

SERVICES

Do you like supporting small businesses? Then head to **Headcase**, a new barbers that plays rock, blues and jazz music. Rumour has it the back room may become a tattoo parlour in future—you heard it here first! 9 Spring St, W2 3RA. 01252 597140. www.headcase-barbers.com.

Distinctive Shoe Repairs opened in 1951. Its third owner, Grant Haggerty, bought it in 2003 and continues to repair shoes, cut keys and sell Loake brogues. 3 Norfolk Place, W2 1QN. 020 7460 6610.

MK Studio also repairs shoes and cuts keys, etches and engraves and sells trophies. Mukesh Gohil founded it in 1986. 75-77 Praed St, W2 1NS. 020 7724 7422. www.mkstudio.co.uk.

MASALA ZONE



EAST MEETS WEST

Long, languid mealtimes meet bustling London hotspots.
Traditional Kerala chicken meets very British duck.
Carefree craft beer meets endlessly chic champagne.
Homely ambience meets decadent, palace-like interiors.
India meets London. East meets West.

Have you met Masala Zone? It's love... at first bite.

All six of our London premises have been lavishly renovated within the last few months to reflect our exotic, sophisticated, fun-loving personality.

BAYSWATER - 75 Bishops Bridge Road W2 6BG

Also at other locations CAMDEN | COVENT GARDEN | EARLS COURT
ISLINGTON | SOHO | SELFRIDGES [VISIT MASALAZONE.COM](http://VISITMASALAZONE.COM)

EAT

Eat street

When it comes to street food, Paddington has so much choice you're bound to find a dish that's right up your street



WORLD FOOD MARKET

WHEN? Tue & Thu 10am-3pm.

WHERE? Merchant Square, W2 1JS.
020 3056 4719.

www.epicureanevents.co.uk.

Epicurean Events launched this foodie market in February, choosing stalls for their global cuisine and provenance.

Don't miss **Nha Trang Kitchen**, which is inspired by founder Chau Nguyen's childhood in Vietnam. Opt for summer rolls – vermicelli, pork, prawns, mint and peanuts stuffed in rice paper – or bánh mì (baguettes) filled with pickles, chillies and grilled meat, prawns or tofu.

The 3 Little Pigs is also influenced by its founder's childhood memories, as Konstantinos Vais ate souvlaki with his siblings on the way home from the

playground. Souvlaki – chicken or pork skewers – are marinated for 26 hours and grilled over charcoal. Like Konstantinos, **The Cheeky Indian's** Ash Sutaria recreates his mum and grandma's recipes using traditional cooking techniques. The result is 'Indianish' dishes (his words!) such as the saagy Maggie and paneer package.

Look out too for **The Good Grill Guys**. Pals Marc Theron and Tim Gillett serve slow-cooked pulled pork in toasted ciabattas from a monochrome gazebo.

Need a pick-me-up? Then pop by **Chapter Coffee Co** – Brazilian Vinny de Oliveira and George Thornton roast Ethiopian single-origin beans in small batches, which are recognised by Fairtrade, Rainforest Alliance and the Soil Association Organic.

STREETDOTS

WHEN? Mon-Fri 11.30am-2.30pm.

WHERE? Sheldon Square, W2 6PY.

www.streetdots.co.uk.

If you like variety, then **StreetDots**, founded in 2015, will suit you as it brings three different traders to Sheldon Square each day.

Co-founder Darren Callcott says, 'We bring a rotating line-up of vendors to Paddington Central. These young, independent businesses bring global cuisine to Sheldon Square and it's great to see local workers supporting them.'

Don't miss **Other Side**, which serves buttermilk-fried chicken with buffalo sauce, ranch dressing, smoked honey butter and bacon alongside 'dirty' fries. You can't miss it – look for a retro ambulance scribbled with illustrations.

The vintage Bedford van **MyPie** might also crop up this summer. Since launching in 2010, it's dreamt up 86 pie varieties. Tuck into pies filled with Hampshire steak and horseradish, minted lamb and peas, or beef, olive and chorizo – all with gravy, of course. You can also grab a takeaway sausage roll.



Fast food at StreetDots

KERB

WHEN? Every other Wed noon-2pm.

WHERE? Sheldon Square, W2 6PY.

020 3204 4970. www.kerbfood.com.

Sheldon Square hosts 12 rotating traders each fortnight.

Fallen off the vegan bandwagon? Then fill up on boeuf Bourguignon burgers at **The Patate**, or steak sandwiches and Italian 'nduja burgers at **Tongue 'n Cheek**, which sources pasture-fed beef via the nose-to-tail butcher The Butchery.

If you don't mind getting messy, give **Growlers** a go. Lara Espirito Santo and Charley Friedman serve Portuguese

pregos – bavette steak with bacon jam, cream cheese or Dijon mustard in crusty rolls. Charley says, 'This isn't first-date food. When you eat a prego, you'll get butter on your lips and steak juice on your chin. That's the joy of good food.'

If that's not suitable for an afternoon meeting, head to **The Bowler Meatballs** for boxes of meatballs made from beef, chicken, pork, lamb or veg. Jez Felwick says, 'Our green chilli chicken balls in coconut curry sauce are popular. We mince free-range chicken

thigh with jalapeños and serve it with wild rice for a satisfying mid-week lunch.'

Bird lovers can try fried chicken with buttermilk, tea or lime mayo from **Mother Clucker's** ex-US Army ambulance; grilled chicken with tzatziki and tabbouleh from **Cyprus Kitchen**; or **Luxury Flats'** koji-fried chicken flatbreads. Co-founder

Jacob Taylor says, 'Koji is a rice culture sourced from Japan that

forms miso, soy and sake.

It makes the chicken tender and imparts

heaps of umami.'

Look out for **Da Ja**

Chicken. Founder

Lani Lam says,

'Our "half and half"

dish is the best

of both worlds, with

white and dark free-range

chicken from Devon. Da Ja's

gluten-free flour results in a fluffy, light and oh-so-moreish coating.'

Love rice? Then try it with raw fish at

Lords of Poké. Director Tom Greenhill

says, 'While sticking with Hawaiian

classics, we use Asian and South

American flavours to create unique

bowls.' Alternatively, give **Jamon**

Jamon's paella or **Yaay Yaay's** Thai

rice with prawns or chicken a go.



Lords of Poké

Yaay Yaay

TRUCK STOP TODAY

WHEN? Mon-Fri 11.30am-2.30pm.

WHERE? 2 Eastbourne Terrace, W2 6LG. 07803 606201.

www.truckstoptoday.com.

CK Edwards-Levene set up **Truck Stop**

Today – 'an online food van library'

– in 2015, and now it has access to

3,000 gourmet food trucks. You'll

find a different one outside WeWork

Paddington each day.

This May, sample wraps and salad from

Kalimera – Greek for 'good morning'

– and burritos, quesadillas and tacos

from **Hola Guacamole**, which offers a

10 per cent discount to students. Don't

miss the cheese toasties with pepperoni

and caramelised onions at **The Big**

Melt. Nikki Wilson, who founded the

company with her sister Sonya in 2017,

says, 'Our aim is to do one thing and do

it well. Our ingredients – British cheese,

organic sourdough and 'trailer-made'

sausages – are fresh and locally sourced.'

Keep an eye out too for **Rupert's**

Street, which has served vegan dishes

such as tofu tikka wraps since 2013.

Founder Emily Runc says, 'We offer

sustainable food from organic farms

in Kent that is naturally good for you.'

Other regulars include **The Rice Guys**,

which serves spicy curry, grilled short

ribs and tofu with purple rice; **Malletti**,

for penne with leek and bacon and spicy

aubergine focaccia; and Lebanese wraps

stuffed with grilled halloumi, chicken

and falafels from **Beirutots**.



Lords of Poké courtesy of Lords of Poké; Yaay Yaay courtesy of Yaay Yaay; The Big Melt courtesy of The Big Melt

DRINK

Paddington pints

Want somewhere nearby for after-work drinks? Then our guide to watering holes is just what you need. Here are 15 of the best, all less than 15 minutes from Paddington Station

1. THE BEER HOUSE

Look out for this by Platform 11 – you can't get much closer to the tracks than that! The seasonal beer menu means even regulars can try something new. Breweries include Meantime Brewing Company, W2 1HA. 020 7262 6131. www.thebeerhouseuk.com.

2. THE MADBISHOP & BEAR

Leather suitcases, an old clock and an up-to-date arrivals and departures board make this pub, on the top floor of Paddington Station, a great option for a quick drink. It's also got cask ales such as London Pride – what more could you want? W2 1HB. 020 7402 2441. www.madbishopandbear.co.uk.

3. PRINCE OF WALES

This pub has been transformed since 2017. There's a new sign, oak tables and chairs, menu and chefs – still serving



Thai cuisine, but now with British classics – and the décor has changed from grey to teal. There's also a chandelier, flowers and candles. The shisha and pool table have gone, attracting new clientele – are you part of it? If the sun's out, sit on the (also new) garden furniture; heaters and a windbreaker will keep you warm. 2 Cleveland Terrace, W2 6LH. 020 7706 7040. www.princeofwalespaddington.co.uk.

4. THE UNION BAR & GRILL

A 2017 refurbishment overhauled this joint. Bag a spot beside the canal or sit on school chairs by huge windows. Share small plates over wine and bottled or tap beers such as Meantime London pale ale. 4 Sheldon Square, W2 6EZ. 020 7289 3063. www.theunionbar.co.uk.

5. HEIST BANK

This place ticks a lot of boxes. It's got pool, karaoke, Nintendo and board games; wood-fired pizza, cocktails and even a florist. It also serves 12 changeable beers and ciders on tap and bottled beers from independent breweries. Soak up the sun on the terrace or sit among plants indoors. 5 North Wharf, W2 1LA. 020 7723 8080. www.heistbank.com.

6. CORK & BOTTLE

For a change from pubs, head to this restaurant and wine bar for cheese and charcuterie and a glass of red. The wine list is 40 pages long – so be adventurous and try something new. Sit outside if it's warm, or indoors under a chandelier made from corks. 27 Spring St, W2 1JA. 020 7262 1485. www.thecorkandbottle.co.uk.

7. 146 PADDINGTON

Inspired by its location next to Paddington Station, the interior of this bar features vintage suitcases and a menu with luggage tags. Try an Oriental espresso, made with coffee liqueur and raspberry, or one of 58 varieties of gin. Hilton London Paddington, 146 Praed St, W2 1EE. 020 7850 0500. www.146paddington.com.

Have you had a great night out in Paddington? Share your photos with us:

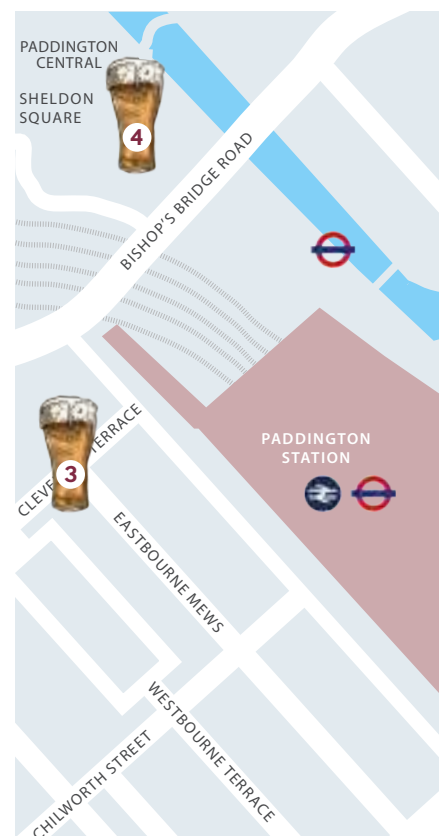
magazine@paddingtonnow.co.uk ✉

#explorepaddington

@inpaddington

InPaddington

InPaddington



8. THE DICKENS TAVERN

On a warm day, what could be better than a Rekorderlig pear cider, or a Sipsmith lemon drizzle G&T? Look for the pub by the station – the entrance bursts with blooms. 25 London St, W2 1HH. 020 7262 2365.

www.greeneking-pubs.co.uk

9. SAWYERS ARMS

If you're after a glass of sunshine, opt for Ara single estate pinot gris, which has notes of honey and citrus and scents of pear and nectarine, sipped on a picnic bench outside. Artificial grass and hanging baskets make the most of the space. 8-9 London St, W2 1HL. 020 7723 0685. www.greeneking-pubs.co.uk



Lockhouse

10. THE PRIDE OF PADDINGTON

Sip on craft beer and keg lager at this lively pub, which is a stone's throw from the station's main entrance – look out for the hanging baskets cascading with hot-pink blooms. 1-3 Craven Rd, W2 3BP. 020 7402 2156.

www.theprideofpaddington.co.uk

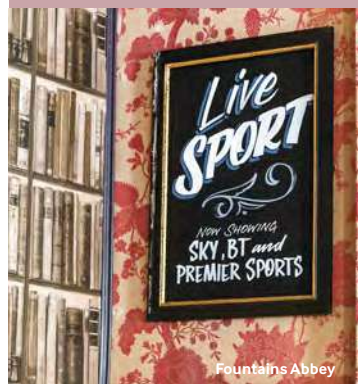
11. LOCKHOUSE

Sit outside Lockhouse by the Floating Pocket Park as you sip a Brew Tea Co cuppa or a smoothie in the day, or wine or bottled beer in the late afternoon. Feeling peckish? Then dig into chilli squid or nibble on nachos. 3 Merchant Square, W2 1AZ. 020 7706 4253. www.lockhouselondon.co.uk

WHERE TO WATCH SPORTS

12. THE SUSSEX ARMS

Watch sport events such as the World Cup (14 Jun-15 Jul) on one of this pub's three plasma screens. And why not play the World Cup anthem – Jason Derulo's *Colors* – on its digital jukebox? 21 London St, W2 1HL. 020 7723 1026. www.sussexarms.com



Fountains Abbey

13. FOUNTAINS ABBEY

Sip Belhaven Grand Slam on tap as you watch a game on Sky, BT and Premier Sports, then head outside, which has picnic benches, blooms and tables made from barrels. 109 Praed St, W2 1RL. 020 7723 2364. www.greeneking-pubs.co.uk

14. ROYAL EXCHANGE

This has a proper boozier vibe: old-school décor, lager and real ale, plus Sky Sports and BT Sport on two TVs. You can also watch the horses. Go on, Danny Boy! 26 Sale Place, W2 1PU. 020 7404 4368.

15. THE DRAFT HOUSE

Since it opened in October 2017, this canalside gastropub has been serving up pizza and draft and bottled beers such as Yeastie Boys. There are a few tables and chairs outside by the water. Unit 1, West End Quay, W2 1JX. 020 7723 5106. www.drafthouse.co.uk



DO

Shape up

From a boxing gym and Pilates classes to outdoor yoga and gong meditation, Sarah Riches looks at the new ways you can wind up or cool down in Paddington



Clockwise from this image: in action at F45 Training; Darren Barker at 12x3; ballroom dancing at Dance Art Studios; relaxing sounds at Crystal Sound Lounge; SUP with Active 360

WIND UP

INTENSITY INDEX:



Had a tough week, or want to bulk up? Then hot foot it to **12x3**, which opened in Sheldon Square in April. The name comes from its philosophy, as the coaches lead 12 boxing exercises, each three minutes long, with a one-minute break in between. All of the coaches have impressive CVs, particularly co-founder Darren Barker, who holds British, European, Commonwealth and World title belts. The club's philosophy is to use your body

only, so there are no machines – just an official-sized ring and tried and tested gear such as 20 Reyes punch bags, set within industrial décor. Darren says, 'Our coaches are real boxers with years of experience acquired in the ring. Anyone can participate as the gym is welcoming, accessible and luxurious. A diverse group of people provide a feeling of camaraderie in our club and we want to keep it that way.'

Women are well-catered for, with Lesley Sackey, who boxes for England, training women through post-pregnancy. *Unit 3, 19 Sheldon Square, W2 6PY. 020 8032 4067. www.12x3gym.co.uk.*

INTENSITY INDEX:



If you're addicted to adrenaline and love feeling the burn, then join a high-intensity circuit class at **F45 Training**, which opened in October 2017 on the canal overlooking Paddington Basin. The 'F' is short for functional training – exercises that mimic our daily movements – while the '45' represents the minutes spent in each class, so you can even squeeze one in during your lunch hour. Don't worry if you're a repeat visitor – there are 27 different workouts. *4d Praed St, W2 1JX. 07948 074747. www.f45training.co.uk.*

INTENSITY INDEX:

If you've got a spare tyre to burn, then sign up to **Virgin Active**, which has a 20m indoor pool, sauna and steam room. Steaming alone won't shift the bulge, so work up a sweat in a boxing or cycle class, or lift weights in Iron Zuu Whole Body. You can also try aqua Zumba and aerial yoga – tougher than it looks – or take an adult swimming class. 33 North Wharf Rd, W2 1LA. 020 3811 2229. www.virginactive.co.uk.

INTENSITY INDEX:

Alternatively, if you're based by Sheldon Square, visit **Nuffield Health**. As well as the usual gym, pool and personal trainer options, you can join Zumba, Pilates and



yoga classes, or lift weights in Bodypump. 2 Sheldon Square, W2 6EZ. 020 3811 2626. www.nuffieldhealth.com.

INTENSITY INDEX:

Learn new dance skills or brush up on old ones at **Dance Art Studios**. Vlad and

Lena Shalnev – ex-champions for Ukraine – have 20 years' teaching experience, so there isn't a ballroom, ballet or Latin American move they don't know. 1 Chilworth Mews, W2 3RG. 020 7402 0822. www.danceartlondon.com.

INTENSITY INDEX:

Maida Vale's 27-acre **Paddington Recreation Ground** is about the size of Highbury Fields. As well as an indoor gym, it has a bowling green, cricket pitch, table tennis and 13 floodlit tennis courts. It also has a floodlit hockey or 11-a-side football pitch, a 400m track and a Tarmac court. Try tai chi, or bowls, tennis and table tennis for over-50s. Randolph Ave, W9 1PD. 0333 005 0413. www.everyoneactive.com.

COOL DOWN**INTENSITY INDEX:**

Founded in a mews in 1965, **Ross Nye Stables** welcomes all ages and abilities. Beginners can enjoy walking, while those a step above can trot or canter around Hyde Park's riding tracks. The stables are closed from 27 July to early September. 8 Bathurst Mews, W2 2SB. 020 7262 3791. www.rossnyestables.co.uk.

INTENSITY INDEX:

Do yoga where it should be done: in the great outdoors. **Virgin Active** hosts weekly yoga on the Floating Pocket Park. So go on, try the heron or boat asana on the water! **Paddington Basin**, W2 1JX. www.merchantsquare.co.uk.

INTENSITY INDEX:

If you're a fan of private Pilates classes, you can improve your balance, posture and muscle tone at **Peacock Pilates** or **Yujin Choi Pilates**, which opened in 2017. **Peacock Pilates**, 51 Conduit Mews, W2 3RE. 020 7262 2210. www.peacock-pilates.com. **Yujin Choi Pilates**, 13 Praed Mews, W2 1QY. 07714 691277. www.yujinchoipilates.com.

**INTENSITY INDEX:**

Ever seen a stand-up paddleboard (SUP) race? Then you'll know it's not as serene as it first appears. But for beginners, it's just a gentle stretch. You can learn the basics with **Active 360** – start on your knees before standing with your feet hip-width apart. You can also hire canoes or have canoeing classes. **Merchant Square**, W2 1AS. 020 3393 5360. www.active360.co.uk.

INTENSITY INDEX:

The self-sail **GoBoats** in **Paddington Basin** are as easy as they look. Gather up to seven friends and set off for Little Venice, then on to Camden or Kensal Rise. **Paddington Basin**, W2 1AS. www.goboat.co.uk.

**INTENSITY INDEX:**

It doesn't get much easier than this. Take a private or group session at **Crystal Sound Lounge** – a block from The Frontline Club – and you'll lie on a mat, wrapped in a blanket, and listen to vibrations created by bowls being tapped. The sounds evoke emotions, reduce stress and encourage sleep. Former TV executive Laura Franses set up the centre in January after discovering the practice in Mexico. She says, 'No effort is required on behalf of participants, as the sound does all the work. Clients participate by letting go, while I play gongs, pure quartz crystal bowls and alchemy crystal bowls. You'll be surrounded by sounds and vibrations which affect brainwave activity.' 51a St Michael's St, W2 1QR. www.crystalsoundlounge.com.

GIVE



This image and left: Silver Sunday activities
Below: A workshop with arts charity Create

Every little helps

Sharing is caring, so share your time and show you care for your local Paddington community

BANK ON IT

When rent takes priority, meals can fall by the wayside – so food banks are a lifeline. Next time you shop, why not buy extra food to drop off at the food bank by the new Co-op at Merchant Square (p. 8)? You can also find **North Paddington Food Bank** by Sainsbury's in Paddington Station on the first Tuesday of the month (4.30pm-6.30pm), and outside Sainsbury's in Sheldon Square on the second Tuesday of the month (11.30am-2.30pm). The necessities will be distributed locally; in 2017, the scheme helped 2,543 people by providing them with a minimum of three days' food. If you'd like to benefit from this service, ask your GP, place of worship or social services to give you vouchers to swap for a food

parcel at Wech Community Centre (every Wed 9.30am-12.30pm). *Athens Gardens, W9 3RS. 020 7266 3347.*

www.npfoodbank.org.uk.

THE POWER OF ART

The arts charity Create, which empowers vulnerable people through art, is collaborating with Hallfield Primary School near Whiteleys to deliver **art:space** creative workshops (to 16 Jul). Students aged seven to 11 can learn new skills such as photography or hat and brooch-making – which are designed to help kids develop creative thinking, teamwork,

confidence and communication. They will also learn how to write, direct and star in their own film during six full-day workshops led by film-maker Aoife Twomey. The short films will be shown to friends and family at the school and to the public on a screen in Sheldon Square during summer's annual

Paddington Central Film Festival (19-29 Jul). 020 7374 8485.

www.createarts.org.uk.

CHEAP THRILLS

Daredevils can get a thrill and fundraise at the same time with the help of Imperial Health Charity, which fundraises to help improve



healthcare at Imperial College Healthcare NHS Trust's five London hospitals – St Mary's, Charing Cross, Hammersmith, Queen Charlotte's & Chelsea and Western Eye. In May you can **abseil 40m** down the front of Paddington Central's newest building, 4 Kingdom Street, from its 10th-floor rooftop. *020 3857 9840*. www.imperialcharity.org.uk.

RUN THE GOOD RACE

If you love the buzz of adrenaline but don't have a head for heights, then why not take part in a **duck and dragon boat race** by Merchant Square (26 Jul. 1pm & 5pm)? The annual events raise funds for Cosmic – a charity which supports the paediatric intensive care unit in St Mary's Hospital, which treats 400 sick children each year. Sign up a team or go along to watch. *Paddington Basin, W2 1AF*. www.merchantsquare.co.uk.

PAY IT FORWARD

Set up in 2004, the Paddington Partnership's **Community Programme** matches local company volunteers' skills and interests with local charities and schools. If you own a local company and want to sign up, you can pay an annual fee or opt for a pay-as-you-go basis for individual volunteers for a one-off activity. The Partnership will

then work with your corporate social responsibility team to develop opportunities within your business and to find volunteering opportunities with local charities. Volunteers in schools can help students with their maths, reading, exam or interview technique; host a career talk or support staff at lunchtime or an after-school club. You can also help cook lunches for the homeless, organise tea parties for the elderly, garden and decorate for social housing providers, help at North Paddington's Food Bank or develop a business plan for a social enterprise. Each year, the programme places 800 volunteers in 70 projects. This year, will you be one of them? *020 3145 1207*.

www.thisispaddington.com.

CARE TO DANCE?

Silver Sunday (7 Oct), an initiative that supports lonely elderly people, started with a tea dance in Westminster in 2012 and has since grown into a national campaign. In 2017, older

people took part in everything from free tai chi to dance aerobics and a Morse code workshop. Events take place in the week leading up to and following the Sunday, while businesses offer

discounts on local services

and activities. If you own a local business, why not show you care by hosting an event? *Host an event 020 3145 1207; attend events www.silversunday.org.uk*.

A HELPING HAND

The NHS turns 70 this summer (5 Jul), and to celebrate, St Mary's Hospital is hosting events such as a birthday talk or an NHS Big 7Tea party – visit the website for details. If you run a local business, you could captain a GoBoat to take hospital staff and volunteers on NHS birthday trips on the canal. You can also adopt a hospital ward and help patients without visitors or those who require extra care get the attention they need by serving weekly meals. www.imperialcharity.org.uk.



This image:
Volunteer gardeners
Left: A local food bank
Above: A volunteer decorator

WORK

Work-life balance

Whether you want to add yoga, canalside walks or rooftop socialising to your busy schedule, these eclectic offices help you balance work with pleasure, says Muireann Bolger

DRAMATIC HEIGHTS

2 Merchant Square will be the next office building at the heart of Merchant Square. The 16-storey space will be light and airy and it will face the garden square – making it ideal for new occupiers to Paddington. A ground-floor hub space connected to the square and roof terraces accessible to the whole building will ensure a great work-life balance for all employees. W2. 020 7298 0800.

www.2merchantsquare.co.uk.

TRAINSPOTTING

Located within Paddington Station, **19 Eastbourne Terrace** is a Grade I-listed building with direct access to Platform 1. A joint venture between The Office Group and Network Rail, and designed by architects dMFK, many of the building's original mouldings, brick-vaulted ceilings, arches and steel columns have been restored. The space brims with natural light and has offices, meeting and event rooms, kitchens and lounge areas.

19 Eastbourne Terrace, W2 6LG. 020 3626 0100. www.theofficegroup.com.

WORK AND PLAY

Just two minutes' walk from Paddington Station, **WeWork** is a seven-storey office space with common areas that include a wellness room and large terrace. It also features a games room with table football, air hockey, a shuffleboard and ping-pong tables. If you want to mingle, you can attend lunch-and-learn sessions, workshops and member-hosted events. Sporty types can join a running club, yoga class or boxing session, store bikes and shower on-site.



Clockwise from top: 4 Kingdom Street; Brunel Building; 2 Merchant Square **Facing page, from top to bottom:** WeWork; Julian Maynard of Maynard Design; Cameron Woodford of Now Dating; 20 Eastbourne Terrace

Just remember that you're there to work... **2 Eastbourne Terrace**, W2 6LG. 020 3695 4926. www.wework.com.

INSPIRATIONAL BRUNEL

Work is underway on the **Brunel Building**, a 243,000sqft office building spanning 17 spacious column-free floors. The upper floors feature two terraces, with views across London. Inspired by the work of Isambard Kingdom Brunel, the

engineering mastermind behind Paddington Station, architects Fletcher Priest have designed an eye-catching new addition on the waterfront. When it's finished in 2019, it will open on to the Grand Union Canal at Paddington Basin, opposite Paddington Station and Crossrail, which will be renamed the Elizabeth line when it opens at the end of 2018. **2 Canalside Walk**, W2 1DG. 020 7659 3000. www.brunelbuilding.com.

KINGLY VIEWS

Since launching in June 2017, **4Kingdom Street** opposite Novotel London Paddington has been *the* place to work in. The building accommodates the latest working trends within nine storeys of offices, each with a glass pod meeting room. As well as private corner terraces, a 5,000sqft roof terrace boasts a café/bar and basketball court – no wonder the software company Finastra signed a 10-year lease to occupy the first, second and third floors, and Mars is on floors six and seven. *4 Kingdom St, W2. 020 3204 4970. www.paddingtoncentral.com.*

NORDIC VIBES

Transformed from a 1960s concrete office block into a light and airy building, **20 Eastbourne Terrace** features a striking Scandi-inspired roof garden with stunning city views. Designed by architects Stiff & Trevillion, it has a large co-working space, studio offices designed for start-ups and small companies, a lounge, meeting rooms and event spaces. It's ideal for cyclists commuting to work, as it has space to park 160 bikes. *20 Eastbourne Terrace, W2 6LG. 020 3871 2600. www.theofficegroup.co.uk.*



WHY PADDINGTON?

From great transport links to vibrant streets and London's only floating park, these local workers tell us why they chose to be based in Paddington

Angela Kretschmer, head of facilities UK and Ireland at BCD Travel: 'After our office lease near Marble Arch came to an end, we took a 10-year lease on 30 Eastbourne Terrace because of its location. Paddington has good transport links for staff and visitors and it's convenient for our owners when they travel to and from Heathrow Airport. Work has been underway on Crossrail since we moved in, so it's been exciting to see its progress. We're looking forward to Crossrail opening at the end of 2018, which will give us excellent links to our Maidenhead and Liverpool Street offices. I love the buzz of Praed Street, but my favourite place is Little Venice. It's good to explore the canal banks and find great places to eat.'

Cameron Woodford, founder and chief executive of Now Dating: 'I chose WeWork Paddington over anywhere else in London because I love being able to walk just a few minutes from my office into Little Venice along Paddington Basin – and also have easy access to Hyde Park and Regent's Park. After a long day at work, a walk around Paddington is the perfect way to clear the mind while still keeping your feet firmly in the city. Being close to the action but also having space to

unwind is a must in busy London. I can also enjoy lunch or a drink at any of the restaurants or bars dotted around at the start of the Basin.'

Julian Maynard, managing director of Maynard Design: 'I've always been inspired by Victorian architecture, design and engineering, so basing our practice near Brunel's Paddington

Station felt like the perfect fit. The transport links are fantastic too so our clients can easily find us, and with the upcoming Crossrail it will only get better. I enjoy the energy here, especially in summer when Paddington Basin and the canal comes alive with its floating garden and open spaces. I often take the towpath walk into work and I love the mix of the historic canal, houseboats and barges alongside the business district with its outdoor ping-pong tables, art installations, restaurants, skeletal work-in-progress buildings and welcoming coffee kiosks.'



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LIVE

Waterside living

If you love the idea of making a home in an oasis, then Paddington's new waterfront developments will make your dream come true, says Muireann Bolger

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Clockwise from above: A bedroom in Paddington Gardens; a view of 3 Canalside Walk; a living room in Paddington Gardens

GREEN HAVEN

Paddington Gardens is a 3.7-acre development designed to create a new community with homes, offices, shops, restaurants and a 340-room hotel. Designed by Assael Architects, the scheme's four towers will rise to 17, 19, 21 and 19 storeys. These will include 335 homes, made up of 271 private and 64 affordable apartments. Balconies and roof gardens mean that if you're green-fingered, you can grow your own plants. The first phase, Drummond House, has 95 homes and is on the south-east corner of the development. A wide boulevard with seating and topiary surrounds the development, connecting it to the Grand Union Canal. There's a private basement car park

for up to 203 cars with charging points for electric cars and 452 bicycle spaces. A 24-hour concierge will also be available. Virgin Active, with its pool, gym and classes, is next door. The best bit? When it's ready later in 2018, it will feature the largest green space closest to Hyde Park – an acre of gardens offering a haven for wildlife, children's play and outdoor pursuits. Highlights include more than 200 birch trees, a stream and a play fort. Apartments for sale from £825,000. *North Wharf Rd, W2. 020 3510 2202.*

www.paddingtongardens.com.

HERITAGE FLOURISHES

If living by the sound of lapping water appeals, two and three-bedroom

apartments are available to buy at No 3 Canalside Walk. Designed to reflect the heritage of the area, the development's geometric architecture has a terracotta façade inspired by Paddington Station's linear train tracks, while glass balconies drift across the building like boats on the canal. Residents can work out in an outdoor gym or socialise and relax in a beautiful rooftop observatory lounge, which offers expansive views over the city. The bustling hubs of nearby Merchant Square, Paddington Central and Little Venice offer plenty to see and do all year round. Prices start from £1.2m. *No 3 Canalside Walk, North Wharf Rd, W2. 020 7087 5111.*

www.canalsidewalk.com.

Paddington Gardens bedroom, living room and view courtesy of Paddington Gardens; 3 Canalside Walk courtesy of 3 Canalside Walk; Tamara Peckelman Denian courtesy of Tamara Peckelman Denian; Hyde Park courtesy of The Royal Parks; Cork & Bottle courtesy of Cork & Bottle

WHY PADDINGTON?

With its waterside setting, social scene and parks, it's little wonder that W2 is one of London's most coveted postcodes. Residents tell us why they are proud to call Paddington home

Laura Franses has lived in Paddington since her childhood. 'I've been here since I was 10 so it's always felt like home.

My family, including Albert the dog, live here too. I run a local business, Crystal Sound Lounge, which offers relaxing sound baths – guests meditate to the vibrations of crystal bowls. I like the area because it's so central. With Paddington's amazing transport links, I can be at Heathrow Airport in just 15 minutes. The bustle of it all is terrific and it's wonderful to have Hyde Park on our doorstep. I like that the area is a real melting pot of people. For food, I like Satay House for great Malay dishes. I do have a fondness for Astley Clarke's jewellery shop, which is dangerously close to me, while Cork & Bottle is a great local wine bar with an amazing sauvignon blanc that I can't resist.'



Tamara Pekelman Derian moved to Paddington six years ago and lives with her husband Greg and their two children.

'Once we found a place we liked, we jumped on it because the location is so central. We bought here when our youngest was a year old. We loved the idea of being near Hyde Park, which is perfect for children. When we moved, we weren't sure that raising a young family here made sense. But we were wrong. Paddington has lots of schools, activities, playgrounds—you name it. The fact that you can hear languages from all over the world makes the area fascinating. We're a bilingual family, so it's important for us that our children have neighbours and school friends from a mix of backgrounds. Connaught Street is charming—a little haven away from bustling Edgware Road.'

Dr Fiorenza Shepherd is a psychiatrist who lives in Paddington with her family. 'I can't imagine calling another place home. Three generations of my family have lived here, contributed to the area and seen it thrive and grow. On first impression, Paddington is a transient and fast-moving location so it can be hard to imagine a sense of community. But see beyond the metal arches of Paddington Station and you'll find a soul made up of families and generations who make this area their home—a home rich in history and diversity. Where else in London can I call Hyde Park my garden, have a drink in the Victorian-era Fountains Abbey where Alexander Fleming, who discovered penicillin, was a regular, and of course have royal neighbours like William and Kate? When I take my daughter to school near Sussex Gardens, it's a beautiful walk. It's so lovely, especially during spring and summer when the flowers are in bloom.'



Clockwise from above: An aerial view of Paddington Gardens; resident Tamara Pekelman Derian; enjoying the sun in nearby Hyde Park; Cork & Bottle

SLEEP

Coming up roses

Roseate House London hotel is revamping its garden in time for summer, says Sarah Riches

Have you visited these hotels?
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Hotel dining

Local to Paddington? You too can
try these hotel restaurants

The Pilgrim's
Lounge

Graze on small plates such as artichoke soup. You can also sip cocktails designed by the world's best bars in this stylish hotel lounge (above). 25 London St, W2 1HH. www.thepilgrim.com.

Raw

Try the vegan afternoon tea, complete with coconut cream scones, at this vegan restaurant at La Suite West by Bayswater. 41-51 Inverness Terrace, W2 3JN. 020 7313 8484. www.lasuitewest.com.

The Rackhouse

Craving wings, dogs and key lime pie? Visit Hilton London Metropole for American fare and BT and Sky Sports. 225 Edgware Rd, W2 1JU. 020 7402 4141. www3.hilton.com.

The Royal Park Hotel by Sussex Gardens has rebranded as **Roseate House, London** – and it's not just the name that's changed.

By summer, its **garden** will be revamped with new furniture, heaters and a permanent canopy – making it suitable for alfresco dining.

The townhouse also refurbished **The Hyde Bar** in 2016, opening it to the public. The bar has since built

a reputation for its 24 gins, cocktails and whiskies sourced from private sellers and global auctions. Try London's only bottle of Dalmore Constellation 1973.

The bar's new menu focuses on **British dishes** such as chicken liver pâté with apple chutney, or pollock battered in Camden beer. You can also enjoy high tea with Earl Grey éclairs. 3 Westbourne Terrace, W2 3UL. 020 7479 6600.

www.roseatehouselondon.com.

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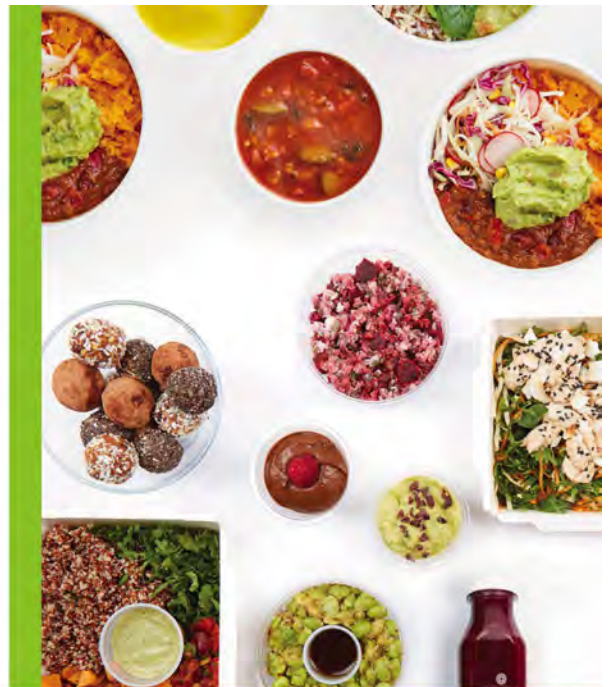


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Grand days out

In Paddington, you're handily placed to take a day trip by train to some great destinations. Emma Levine jumps on board

The eyes of the world gaze on Windsor for May's royal wedding, but you don't need an invitation to head here the rest of the year.

The town is crowned by **Windsor Castle**, which has been the home of 39 monarchs. It's still the Queen's favourite weekend home – if she's in, the Royal Standard flag flies from the Round Tower. Take a State Apartments tour and you'll see painted ceilings, art by Holbein and Rubens, and St George's Chapel – Harry and Meghan's wedding venue and the resting place of King Henry VIII.

Fancy some fresh air? The River Thames meanders for 32km through the borough, so relax on a **boat trip**, stroll around ancient forests that are home to rare wildlife or watch a summer polo match in the 4,800-acre **Windsor Great Park**.

To see where many royals went to school, tour **Eton College**, which was founded by King Henry VIII in 1440 – ironically to give free education to 70 poor boys. Your own kids will love

Legoland Windsor Resort, which displays miniature global landmarks made from 80 million Lego bricks.

After your grand day out, find a riverside pub or cosy restaurant before jumping on the train back to London.

Getting there: 3 trains per hour (via Slough); journey time approx. 30 mins.

OXFORD

Oxford is synonymous with its university – scenes from *Harry Potter* were filmed in **Christ Church** college. Punt along the River Thames or see an eighth-century BC mummy at **Ashmolean Museum**, Britain's oldest public museum.

Getting there: several trains per hour; journey time approx. 1 hr.

BATH SPA

Visit the **Roman Baths** that gave the city its name, then relax in **Thermae Bath Spa**, a 21st-century spa with treatment rooms and a rooftop pool. Don't miss beautiful Royal Crescent,



Clockwise from left: Windsor Castle on the Thames; mineral waters at the Roman Baths in Bath; Wales Millennium Centre in Cardiff; Bristol's Clifton Suspension Bridge

a masterpiece of Georgian architecture.

Getting there: trains every 30 mins; journey time approx. 90 mins.

BRISTOL

The 19th-century engineer Isambard Kingdom Brunel is forever linked to this city: see his ocean liner **SS Great Britain** and the **Being Brunel** exhibition, which celebrates his life and works. **Clifton Suspension Bridge** is also iconic.

Getting there: trains every 30 mins; journey time approx. 90 mins.

CARDIFF

Home to the Gothic **Cardiff Castle** and major football and rugby matches at **Principality Stadium**, the Welsh capital also boasts a buzzing waterfront. At the forefront of Cardiff Bay's regeneration is the **Wales Millennium Centre**, a hub for music and dance performances.

Getting there: trains every 30 mins; journey time approx. 2 hrs.

0345 700 0125. www.gwr.com.

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