

Explore

PADDINGTON

Free

AUTUMN/WINTER 2017/18



CHEESE & CHARCUTERIE

Sample both at W2's hottest new wine bar

PLUS

Go ice karting
Meet real reindeer
Take a latte art class



PARTY VENUES | STREET FOOD | CANAL CRUISES | BEER FESTIVAL



ASK ITALIAN

ASK ITALIAN SPRING STREET
41 - 43 SPRING STREET,
PADDINGTON, LONDON, W2 1JA

2 MINUTES' WALK FROM PADDINGTON STATION

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GET IN TOUCH

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YOUR AREA MAP

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

Just like the weather, times are a-changing around Paddington. When Crossrail—the 118km rail line connecting Heathrow Airport to London and Abbey Wood/Shenfield in the east—opens in December 2018, 200 million passengers are expected to use it each year.

Paddington Station has risen to the challenge and over the past few years has been the site of ambitious regeneration.

Now word is out, and W2 is bona fide cool—as the launch of The Pilgrim boutique hotel and Hilton London Paddington's bar, 146 Paddington, indicate. The area's new local wine bar Cork & Bottle, meanwhile, has been giving The Hyde Bar's monthly whisky tastings a run for their money.

If that all sounds a bit too fancy, then the handy contacts on page 26 brings us back down to earth. Paddington may be posh now, but you still need a plumber.

From plumbers to pole-dancing fitness and a polar disco, Paddington has plenty going on—so I hope you enjoy reading this issue as much as I've enjoyed editing it.

As always, I'd love to hear your feedback. Our contact details are throughout in the magazine, so please get in touch in whichever way suits you.

Sarah

Sarah Riches
Editor





RESTAURANTS		UNDERGROUND	
COFFEE SHOPS		BUS STOP	
BARNS/PUBS		TAXI RANK	
PING PONG		CYCLE HIRE	
TOILETS		CYCLE PARKING	
CASH POINTS		PARKING	
TOWPATH			

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WHAT'S ON



Clockwise from above: Crave Market; Pergola Paddington; Heist Bank Inset: Rolling Bridge

CRAVE MARKET

Every Tue: Warm up with a bowl of soup or try paella at this outdoor market. 11am-2.30pm. 020 7298 2455. *Merchant Square, W2 1AS.* www.merchantsquare.co.uk.

ICEKARTING

Tue & Sun: Relive *Fast & Furious* as you compete with up to seven pals at Queens Skate – Dine – Bowl. It's new since August 2017. 6.30pm-10pm. £50 for 40 minutes. 17 *Queensway, W2 4QP.* 020 7229 0172. www.queens.london.

LUNCHTIME CONCERT

Most Tue, Thur & Fri: Pop into St James's Church for recitals by emerging musicians. Free. 1pm. *Sussex Gardens, W2 3UD.* 020 7262 9976. www.stjamespaddington.org.uk.

KERB MARKET

Every second Wed: Tasting soft-shell crab is a basic human right – eat it at

Crabbieshack, one of 10 outdoor stalls. 11am-3pm. *Sheldon Square, W2 6PY.* 020 3204 4970. www.kerbfood.com.

STREET DOT MARKET

Wed-Fri: More street food! Beats last night's leftovers anyday... 11am-3.30pm. *Sheldon Square, W2 6PY.* www.paddingtoncentral.com.

ROLLING BRIDGE

Wed, Fri-Sat: The bridge curls into an octagon. Free. Noon Wed & Fri, 2pm Sat. *Merchant Square, W2 1JS.* www.merchantsquare.co.uk.

FAN BRIDGE

Wed, Fri-Sat: Watch the five-beam Fan Bridge unfold like Edward Scissorhands' fingers. Free. Noon Wed & Fri, 2pm Sat. *Merchant Square, see above.*

LIVE JAZZ

Last Wed: On the last Wednesday of every month, The Waterway near Little

Venice has a jazz night with Arthur Lea and his band. 54 *Formosa St, W9 2JU.* 020 7266 3557. www.thewaterway.co.uk.

WINE TASTING

From Oct: Ask Italian is hosting 'Drink like an Italian' events throughout winter, where you can taste Italian wines. Call for times and prices. 41-43 *Spring St, W2 1JA.* 020 7706 0707. www.askitalian.co.uk.

BOOK MARKET

10-11 Oct, 14-15 Nov & 12-13 Dec: Enjoy the Book People's 75 per cent discount on toys, stationery and books. Noon-5pm. 5 *Merchant Square, see left.*

POLITICAL TALK

11 Oct: Attend the talk *The Bin Laden Family, Where are They Now?* 7pm. £12.50. *The Frontline Club, 13 Norfolk Place, W2 1QJ.* 020 7479 8940. www.frontlineclub.com.

POLAR DISCO

11 Oct: Ice, ice baby! Swap the dance floor for a new weekend disco on ice. *Queens Skate – Dine – Bowl, see left.*



Cigar sampling, a monochrome afternoon tea and a latte art class – ah, it's just another day around Paddington



OPERA

12 Oct: Listen to live opera over a four-course Italian meal with wine at Stuzzico. 24 Kendal St, W2 2AW. 020 7262 9122. www.stuzzico.co.uk.

SILENT FILM

13 Oct: Watch *Nosferatu*, a 1922 silent horror film about vampires on Friday the 13th – at night in a church, no less! 7.30pm. *St John's Church, Hyde Park Crescent, W2 2QD*. 020 7262 1732. www.stjohns-hydepark.com.

BEER FESTIVAL

14-15 Oct: Wait, did someone say Beer Festival? Guzzle – sorry, sample – IPAs and more at Heist Bank near Paddington Basin. 5 North Wharf Rd, W2 1LA. 020 7723 8080. www.heistbank.com.

WHISKY TASTING

19 Oct: Pair cigars with whiskies such as Strathisla 1949, Caol Ila 18 Year Old, Rare Old Littlemill 1985 and Talisker 30 Year Old. 6pm. £400 per person (pp), £550 pp with a personalised bottle of Caol Ila 18 Year Old. *The Hyde Bar, The Royal Park Hotel, 3 Westbourne Terrace, W2 3UL*. 020 7479 6600. www.theroyalpark.com.

CHEESE AND WINE

19 Oct: Sample a selection of wines from the New World and match them with British cheeses at Buchanans Cheesemonger. Pre-book. 6.30pm-8.30pm. £60. 5a Porchester Place, W2 2BS. 020 3441 8010. www.buchananscheesemonger.com.

HALLOWEEN TEA

17-31 Oct: To celebrate its 50th birthday, Royal Lancaster London is hosting a black and white Halloween afternoon tea to 60s horror films. Sink your fangs into axe-carved beef, black pudding, scones with blackberry jam and black Battenberg. Take a monochrome photo and post on social media with

#WeAlwaysScare and you may win a festive high tea. 2pm-5.30pm. £35 pp. *Lancaster Terrace, W2 2TY*. 020 7551 6000. www.lancasterlondon.com.

PERGOLA PADDINGTON

From 24 Oct: Listen to DJs and live bands at Pergola Paddington, a rooftop boardwalk and covered food court with 850 seats. Don't worry, it's heated during winter! 5 Kingdom St, W2 6PY. www.pergolaontheroof.com.

DINNER AND DRINKS

From 30 Oct: Cork & Bottle has monthly themed tastings. Coming up, enjoy a Rioja Beronia wine-tasting dinner with González Byass (30 Oct, £55); a Mumm Champagne tasting dinner with Pernod Ricard (20 Nov, £45); Port tasting and dinner with Alliance Wine suppliers (11 Dec, £55); a Jim Barry

tasting dinner with Negotiants UK wine shippers (22 Jan, £45); a Chakana wine tasting dinner with Fells wine suppliers (19 Feb, £45) and a Yalumba wine tasting dinner, also with Negotiants UK (19 Mar, £45). 27 Spring St, W2 1JA. 020 7262 1485. www.thecorkandbottle.co.uk.

HALLOWEEN CRAFTS

31 Oct: Children can decorate biscuits, make Halloween masks and carve pumpkins while listening to spooky stories. 5.30pm. *St John's Church, see left*.

PUMPKIN CARVING

31 Oct: Carve a spooky face in a pumpkin carving competition and enjoy sweet treats at Crave Market. See p. 6.



Clockwise from top of page: The Waterway; Buchanans Cheesemonger; polpo arrosto at Stuzzico; Royal Lancaster London's Halloween afternoon tea



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FIND US ON



COMING SOON From October, two conjoined canalboats, Darcie and May Green, will be moored outside Paddington Station. Darcie will sell takeaway snacks and drinks while May will open for meals. Both will have seats on their decks. W2. 020 7289 3344. www.daisygreenfood.com. A new Wasabi is set to open by December in Paddington Station, selling Japanese soup and hot dishes. www.wasabi.uk.com.



CHRISTMAS SKATING

From Nov: Rumour has it Queens Skate – Dine – Bowl will host a Christmas-themed rink (to Jan) with a black ice rink, a Christmas market on the ice (from 20 Dec) and carol singing on Christmas Eve. Dates may change – call to check. Adult from £10.50; child from £10. *Queens Skate – Dine – Bowl*, see p. 6.

SPOON CARVING

9 Nov: What do you mean, you've never taken a spoon carving class? Carve a butter knife and take it home with you. 12.30pm-1.30pm. Free. *1a Sheldon Square, W2 6PY. 020 3204 4970. www.paddingtoncentral.com.*

PADDINGTON 2

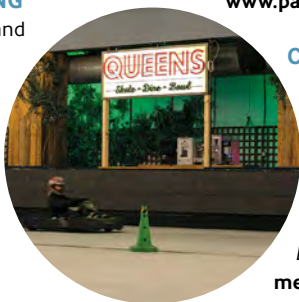
10 Nov: Julie Walters, Hugh Grant, Imelda Staunton and Jim Broadbent star in the animation *Paddington 2*. *In cinemas nationwide.*

CHAMPAGNE TASTING

10 Nov: Enjoy an oyster and Champagne tasting over jazz at The Hyde Bar. The price includes a bottle of Laurent-Perrier Champagne. 6pm. £650 pp. *The Royal Park Hotel*, see p. 7.

HYDE PARK WINTER WONDERLAND

17 Nov-1 Jan: Mark the arrival of winter by looping around a bandstand on the UK's largest outdoor ice rink under a canopy of 100,000 lights. You can also visit a Bavarian market, funfair and igloo bar, admire deep sea-themed ice sculptures and watch world championship skaters in *Cinderella on Ice*. *Hyde Park, W2 2UH. www.hydeparkwonderland.com.*



From top to bottom: The Waterway; Stuzzico; Queens Skate – Dine – Bowl

LATTE ART

28 Nov: Master latte art with coffee experts from Beany Green Cafe. Register via the site. 6pm. Free. Beany Green, *6c Sheldon Square, W2 6EZ. 020 3204 4970. www.paddingtoncentral.com.*

CHRISTMAS LIGHTS & CAROLS

Dec: Listen to carols under festive lights. Check the website for times. Free. *Floating Pocket Park, Paddington Basin, W2. www.merchantsquare.co.uk.*

CHRISTMAS CAROLS

3 Dec: Enjoy carols, readings, fizz and mince pies, plus candlelit carols (17 Dec) and carols with cake and fizz (14 Jan), too. All 6pm. *St John's Church*, see p. 7.

VIRTUAL REALITY

7-8 Dec: Delve into a virtual reality world of alpine skiing and snowball fights. Just turn up. 11am. Free. *Sheldon Square*, see left.

KIDS' CRAFTS

10 Dec: Kids can make stockings and festive tree stars. Activities will be followed by a St Nicholas service led by a child bishop. 4pm. *St John's Church*, see p. 7.

MEETSANTA

13 Dec: Meet Father Christmas and his reindeer at Paddington Central. Just turn up. 12.30pm-4.30pm. Free. *Sheldon Square*, see far left.

NYE DINNER

31 Dec: Book Angelus on New Year's Eve and you can walk home or to your hotel afterwards. Dine on scallops, duck and opera cake over Champagne. £98 pp. *4 Bathurst St, W2 2SD. 020 7402 0083. www.angelusrestaurant.co.uk.*

NYE DRINKS

31 Dec: The Pride of Paddington has a late licence to help you welcome in the New Year. Expect a hearty feast and dancing till the early hours. Call to book. *1-3 Craven Rd, W2 6BP. 020 7402 2156. www.theprideofpaddington.co.uk.*

Don't forget to share your photos with us if you attend a local event! #explorepaddington @inpaddington

InPaddington InPaddington magazine@paddingtonnow.co.uk

Locals: plan your day



If you want a chilled-out weekend, or fancy sticking around your neighbourhood on your day off, then check out these local spots



A good budget option



Great for work drinks



9AM A takeaway coffee from **Moka Café** will give you a boost first thing in the morning. 173 Praed St, W2 1RH. 020 7706 1711.

11AM Treat yourself to a ballroom or Latin American dance lesson or join a Pilates class at **Dance Art Studios**. 1 Chilworth Mews, W2 3RG. 020 7402 0822. www.danceartlondon.com.



1PM Feast on authentic Lebanese cuisine at **Ya Hala**, which may well serve the best hummus in town. The walls are decorated with cartoons. 26 London St, W2 1HH. 020 7262 1111. www.lebanese-restaurant-london.co.uk.

3.30PM Instagram the frothy 'heart' on top of your cappuccino at **La Tazza**, an unpretentious Italian café by Paddington Station. 143 Praed St, W2 1RL. 020 7706 3006.



4PM Go and get your hair cut at **Hair London**, which welcomes ladies and gents. It has a range of men and women's grooming treatments, too, such as a Shiatsu scalp and neck massage. 5 Craven Rd, W2 3BP. 020 7262 6786. www.hairlondon.co.uk.

7PM Sample regional Malaysian and Indonesian cuisine at **Melur**. Specialities include satay and roti canai flatbread; laksa – spicy noodle soup – and nasi lemak, a delicious rice dish made with coconut. 175a Edgware Rd, W2 1ET. 020 7706 8083. www.melurlondon.co.uk.

9PM Have drinks at **The Dickens Tavern**, which is allegedly the longest pub in London. It's decorated with flock wallpaper and black and white photos, and it has a great pool table at the back. 25 London St, W2 1HH. 020 7262 2365. www.taylor-walker.co.uk.



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

Visitors: plan your day

If you've just arrived and want to get your bearings, then stay local for a day with our handy itinerary

9AM Grab a table or relax into a Chesterfield sofa, with an almond croissant and a hand-roasted coffee, at **Java U**, a cosy two-storey café near Paddington Station. Then post your pics on Instagram. 153 Praed St, W2 1RL. 020 7706 3063.



11AM Spend the morning at **Winter Wonderland** in nearby Hyde Park. Scream your head off on rollercoasters or browse 200 market stalls, then warm up at an indoor show or over hot chocolate in a festive chalet bar. Free entry. W2 2UH. 0300 061 2000. www.hydeparkwinterwonderland.com.

1PM Grab a seat under **Fountains Abbey's** hanging baskets and enjoy classic British dishes – think jacket potatoes, steak and ale pie or scampi and chips. 109 Praed St, W2 1RL. 020 7723 2364. www.taylor-walker.co.uk.



Perfect for families

2PM Got little ones? Then catch a show aboard the **Puppet Theatre Barge** in Little Venice. For the past 30 years, the 50-seater boat has been staging puppet shows, often to new music. Call ahead for the schedule. Child £8.50; adult £12. 020 7249 6876. www.puppetbarge.com.



4PM Burn off lunch by whizzing around nearby Hyde Park on rollerblades or skateboards hired from the **London Skate Centre**. Wrist and kneepads are included in the price. You can also have lessons. Rental from £13 per day; lessons from £40 per hour. 27 Leinster Terrace, W2 3ET. 020 7706 8769. www.lonskate.com.

7PM Undo all your hard work at **Il Gusto**, which has an extensive menu of pasta, pizza, risotto and meat dishes, most of which are under £8. The fresh flowers and scenes of Venice are a nice touch. 11 Craven Rd, W2 3BP. 020 7402 2111. www.ilgusto.co.uk.



9PM Listen to a pianist playing over cocktails at **EDG Bar & Lounge** in Hilton London Metropole. Grab a stool by the nine-metre neon bar, or relax on sofas under golden lanterns. 225 Edgware Rd, W2 1JU. 020 7402 4141. www.hiltonlondonmet.com.



Ideal for a date

THE BOATS THAT ROCKED

Make the most of the canal by hiring a party boat, taking a narrowboat tour or opting for a candlelit dinner cruise, says Sarah Riches



The Grand Union Canal's inky water and the Asian plane trees that line it are a picture of tranquility. Come autumn, you might think the only action the canal sees is a duck flapping its wings or a startled blackbird darting across the sky.

But you'd be wrong, as the canal is a hive of activity all year round—and a new restaurant bar aboard a canalboat is set to shake things up even more.

The team behind **Beany Green café** by Sheldon Square is launching **Darcie and May Green** (www.daisygreenfood.com), two connected boats that

will be permanently moored outside Paddington Station. Details are hush hush prior to the launch in October 2017, but rumour has it the exterior will feature bold Pop Art illustrations by a household name.

While Darcie's hole in the wall will sell takeaway drinks and snacks, May will seat 45 inside and serve healthy, Australian-fusion brunch, lunch, dinner and drinks. Both will have an alfresco bar and seating on the top deck—and the team has plans for live music later down the line.

If **May Green** is full, then bag yourself a table at **London Shell Co** (www.londonshellco.com), a canalboat moored near **Sheldon Square**.



Since siblings Harry and Leah Lobek founded it in November 2016, **London Shell Co** has garnered rave reviews for its seafood menu with optional wine pairings, which changes daily. The set

seafood menu will be replaced with game dishes every Tuesday night until late October 2017.



Clockwise from left:
GoBoat London; London Shell Co; GoBoat London at Paddington Basin; Floating Pocket Park
Inset, left: Oysters at London Shell Co

During lunch, the boat remains static, while dinner includes a return cruise to Camden Lock. With just 40 seats, it has the intimacy of a supper club and the romance of a candlelit dinner for two – especially when night falls and the windows steam up.

If you want to cruise the canal without having a meal, then take a tour on a traditional **narrowboat** with the **London Waterbus Company** (www.londonwaterbus.com). A trip from **Little Venice** to **Camden**, via **Regent's Park** and **ZSL London Zoo**, takes 50 minutes, or just under two

hours for a return trip. There's no need to book. **Jason's Trip** (www.jasons.co.uk), also in **Little Venice**, travels along the same route in a 100-year-old canalboat, with a live commentary (to 5 Nov).

If you're looking to get closer to nature, stroll around the **Floating Pocket Park** (www.thisispaddington.com) – a 730sqm floating deck bordered by greenery in Paddington Basin. If you wrap up warm, you can meditate on the lawn surrounded by scented winter flowers; have a picnic lunch under its canopies, chill or sit and use the park's free wifi.

Alternatively, why not hire a **GoBoat** (www.goboat.co.uk)? The fleet of eight vessels, moored in Paddington Basin, will run at weekends throughout the cooler months according to demand – check its website for availability.

Each boat has a picnic table in the middle and eight seats, so pack a flask of something hot, brave the chill and set sail for **Camden Lock**.

Reaching speeds of 4mph, the craft is safe enough to skipper yourself, even if you're a novice. In fact, the only danger you might face is being chased by one of the canal's pesky ducks...

EAT

What's cooking?

A new head chef, experimental cooking classes, revamped menus and a sparkling winter pergola: Paddington's food scene is changing – and the proof is in the pudding



A BIG CHEESE

Since the Paddington branch of **Cork & Bottle** opened in May 2017, its wine list and events have got people talking. But its English/European menu – led by executive chef Anthony Greenan from Scotland – shouldn't be overlooked. As well as an extensive selection of cheese – which includes unfamiliar options such as Aarewasser, apricot Stilton, Black Bomber and Sharpam – you can nibble on duck liver pâté, charcuterie and other light dishes. Mains, meanwhile, might include crab and prawn linguine or shepherd's pie. 27 Spring St, W2 1JA. 020 7262 1485. www.thecorkandbottle.co.uk.



SPICE IT UP

Fancy a quick bite? Then grab a wrap at **BarBurrito**, which opened in Paddington Station in March 2017. Tall chairs at a communal table overlook the concourse so you can people-watch – ideal for solo diners. Ingredients are seasonal, free from preservatives and mostly halal, while the meat is marinated for 24 hours. Extras include craft beer and fried churros in caramel sauce. W2 1RH. 020 7706 0247. www.barburrito.co.uk.



ON A ROLL

Cocomaya may be no more but in its place is **Roni's**, which opened in July. Like the original branch, established in 1989 in Hampstead, it sells cakes and Jewish specialities such as bagels; salt beef and mustard in rye bread; malawach pancakes with boiled egg, pickles and harissa and shakshuka – tomatoes and eggs served in a pan. 12 Connaught St, W2 2AF. 020 7706 4214. www.ronisonline.co.uk.



FAST TRACK

Leon is known for healthy fast food, and its latest branch – which opened in June 2017 in Paddington Station – is no exception. It's ideal for diners with specific requirements, including climatarians keen to reduce their carbon footprint. Sit on a banquette or at the counter to try its new South India-inspired plate of smoked coley in a coconut and turmeric sauce with rice and lime. W2 1HB. 020 7262 9901. www.leonrestaurants.co.uk.



ON THE FRONTLINE

In May, **The Frontline Club** – a hotel, restaurant, events space and members' club – acquired a new head chef. Previously at the iconic seafood restaurant J Sheekey and the gastropub Galvin Green Man in Essex, David Jones is now on the frontline of the restaurant's British-focused menu, so expect dishes such as slow-cooked beef, artichoke and crushed new potatoes.

13 Norfolk Place, W2 1QJ. 020 7479 8960.

www.frontlineclub.com.



STREETS AHEAD

Since April 2017, **146 Paddington**, Hilton London Paddington's restaurant and bar, has been serving street food-inspired dishes such as mini hot dogs, chicken quesadillas, pulled pork sliders, barbecue chicken wings and stone-baked pizza. It also offers afternoon tea with or without a glass of Prosecco or Champagne.

146 Praed St, Hilton London Paddington, W2 1EE. 020 7850 0500.

www3.hilton.com.



WORTH THE JOURNEY

Swap your cornflakes for kimchi rice with a tea-poached egg at **The Pilgrim**, which is on a mission to resurrect slow food at its new ground-floor café. Its upstairs restaurant, which seats 30, feels like a drawing room, with reclaimed floorboards, restored furniture and a marble counter. The late-night menu – which includes warm milk and cookies – is perfect for a midnight feast.

25 London St, W2 1HH.

www.thepilgrim.com.



A SWEET DEAL

In spring 2017, **Park Grand Lancaster Gate** launched a chocolate high tea. After sandwiches, you'll enjoy choc-chip scones, Swiss roll, banana and walnut cake, chocolate muffins and a triple chocolate loaf. Hot chocolate or chocolate milkshakes are served on request! £35 for two. 14-16 Craven Hill, W2 3DU. 020 7262 0111.

www.parkgrandlancastergate.co.uk.



COOKED TO PERFECTION

Celebrity chef Theo Randall oversees **Ask Italian**'s menu. Relaunched in September 2017, it now includes basil pesto Genovese; prima pizza salsiccia with fiery Calabrian n'duja sausage; vegan lentil ragu and a chocolate and blood orange tart. Rumour has it the restaurant will launch pizza classes – watch this space for details. 41-43 Spring St, W2 1JA. 020 7706 0707. www.askitalian.co.uk.



RAISE THE ROOF

Pergola Paddington was a hit when it opened in May 2017 – so much so it will open from 24 October, too. Its rooftop and covered food court seat 850, and you can book for 199 people for free! There are DJs, bands, bars, communal tables and self-service diners. Blankets and heaters will keep you cosy. Open seven days a week. 5 Kingdom St, W2 6PY. www.pergolaontheroof.com.

Some like it hot



Baby, it's cold outside... so warm up in a fiery curry house

BEST FOR: A TREAT

The Times voted **Bombay Palace** sixth in the UK's 20 'secret foodie' restaurants. Head chef Harjeet Biji, from Punjab in northern India, specialises in tandoori dishes, while his signature dish is nalli gosht (lamb shank). Fancy something different? Then try scallops, quail or Goan fish curry. Save room for cold cottage cheese cakes in sweet milk – which taste nicer than they sound!
50 Connaught St, W2 2AA. 020 7723 8855. www.bombay-palace.co.uk.

BEST FOR: GREAT DÉCOR

With a bar made from an Indian bus, drums, horns and elaborate tiles, **Flavors of India** by Paddington Station is quirkiest than your average Indian. The head chef is from Punjab, and dishes reflect that. Try the Kashmiri lamb in ginger and yoghurt, cooked in a clay oven.
46 Gloucester Terrace, W2 3HH. 020 7402 1100. www.flavorsofindia.co.uk.

BEST FOR: DUCK DISHES

Taj Mahal Indian

Tandoori – formerly Connoisseurs Indian Tandoori – opened under new management in 2016, near St Mary's Hospital. Its head chef is from south India, so the menu features lots of fish and duck. A set lunch is £7.95. 8 Norfolk Place, W2 1QL. 020 7402 3299.



and so is the food. Set menus start at £5.95; you'll receive a 20 per cent discount on cash orders over £12, while card orders receive 15 per cent off.

6 Spring St, W2 3RA. 020 7262 3763.

www.goldenshalimar.co.uk.

BEST FOR: CONSISTENT SERVICE

An illuminated 5ft teapot guides you to **The Mughal's** opposite Norfolk Square Gardens. Named after the Mughal empire, the menu is heavy on north Indian-style buttery sauces and chicken, lamb and seafood dishes over beef or pork. Its lunch buffet is £7.95. The service and food are consistently good, and it makes an effort with décor, too – a Taj Mahal image covers one wall.
11 London St, W2 1HL. 020 7262 3030.

BEST FOR: A LIGHT MEAL

Park Grand London Lancaster Gate's Indian-inspired afternoon tea includes chicken tikka and paneer sandwiches, samosas, spicy sultana scones, mango rice pudding and masala chai. £35 for two.
14-16 Craven Hill, W2 3DU. 020 7262 0111. www.parkgrandlancastergate.co.uk.

BEST FOR: THALIS

Established in 1978, **Ryath Indian Tandoori** opposite The Frontline Club serves thalis, so you can sample mouthfuls of several dishes – handy if you can't decide. It offers free evening deliveries

for orders over £15. 32 Norfolk Place, W2 1QH. 020 7262 4621.

www.ryathindiantandoori.com.

BEST FOR: VALUE

Golden Shalimar's exterior doesn't entice, but it's what's inside that counts: white tablecloths, plants and pictures of Bangladesh. The head chef is Bengali,



Rise to the occasion



Want to party but can't be bothered to host? That's where these special-occasion restaurants step in...



SING FOR YOUR SUPPER

Corus Hotel's **Bel Canto** has a French chef, roving opera singers, violins and a grand piano. Enquire about prices for an opera-themed dinner in your home. Closed Sun-Tue. 67 Bayswater Rd, W2 3LG. 020 7262 1678. www.belcantolondon.co.uk.



FIT FOR A ROYAL

To impress guests, book **Island Grill** in **Royal Lancaster London**, which has views of Hyde Park and dishes such as cauliflower soup, English lamb with kale or sticky toffee pudding. Ingredients are sourced from nearby farms, while the honey comes from hives on the roof. No wonder the restaurant has two AA Rosette Awards, and three stars from the Sustainable Restaurants Association. Hire the whole venue for 75 guests and enjoy a set menu – minimum spend from £2,500. Lancaster Terrace, W2 2TY. 020 7551 6070. www.islandrestaurant.co.uk.



A REAL GEM

Pearl Liang, which specialises in dim sum and seafood, has three private rooms for groups of up to 50. Gatherings of 10 or more are served a 10-course banquet or a bespoke menu. 8 Sheldon Square, W2 6EZ. 020 7289 7000. www.pearlliang.co.uk.



TANTALISE YOUR TASTEBUDS

Named after the Italian for tease, **Stuzzico** in Connaught Village promises to tantalise. Regulars have been eating here since 2001, attracted by its seasonal ingredients, Italian wine and pasta – made by head chef Franco de Todaro from Puglia in the south of Italy. The menu changes seasonally, but if the burrata – a creamy ball of mozzarella – is available, then order it! Groups of up to 20 can enjoy a set menu, or you can pre-order catering for a party at home. 24 Kendal St, W2 2AW. 020 7262 9122. www.stuzzico.co.uk.

Dinner party night

Hosting a cheese and wine night? Then make like the French and stock up on artisan produce from these neighbourhood delis

Shop for British and European cheese, chutney, biscuits, beer and wine in **Buchanans Cheesemonger** off Connaught Street. You can also attend cheese and wine nights.

Connaught Cellars, across the road, sells French and Italian wines and has a tasting room downstairs, which you can book for private parties if you're paranoid about red wine carpet stains... Alternatively, nearby **Abasto** sells cheese, wine and Italian produce such as amaretti biscuits, as well as coffee, pastries and cake. Like Buchanans Cheesemonger, it has wine-tasting nights, as well as occasional live music.

Buchanans Cheesemonger, 5a Porchester Place, W2 2BS. 020 3441 8010. www.buchananscheesemonger.com.

Connaught Cellars, 8 Porchester Place, W2 2BS. 020 7930 6211. www.connaughtwinecellars.com. **Abasto**, 55-57 Connaught St, W2 2BB. 020 7262 5267. www.abasto.co.uk.



DRINK

We'll drink to that

As new bars open and cocktail classes launch, why call a late-night cab when you can drink in Paddington and – hic – stumble back to bed?

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

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magazine@paddingtonnow.co.uk



HIT THE BOTTLE

Since opening in May 2017, **Cork & Bottle** wine bar opposite Paddington Station has been making waves. Unlike its first branch in Leicester Square – which has low ceilings and cosy basement arches – the Paddington branch is spacious and bright, with mirrors, natural light and a lamp made from corks. With 300 wines to choose from, its themed tasting events are ideal. Packages include six wine samples paired with food – a recent US south coast one featured po'boys, or deep-fried oyster sandwiches. As well as the main room, there are two adjoining basement rooms that can be hired alone or together. They fit 18 seating, 24 standing, with a maximum of 36 for both. £130 to hire one room; £250 for both. 27 Spring St, W2 1JA. 020 7262 1485. www.thecorkandbottle.co.uk.



GREAT SHAKES

You needn't stay at **The Pilgrim** hotel to visit its new cocktail bar upstairs. Try the **Silvertone**, made with gin, vermouth and house orange bitters – which is on loan from **Midnight Rambler** in Dallas, USA – or the **Reverse Martinez**, made with Maraschino liqueur, rose vermouth and gin, and designed by **The Clumsies** in Athens. 25 London St, off Norfolk Square, W2 1HH. www.thepilgrim.com.

HANGING GARDENS OF PADDINGTON

The pop-up **Pergola Paddington** – an enormous two-storey space near Sheldon Square – has proved so popular, it's extending its stay (from 24 Oct). If the sun is out, make the most of its rooftop boardwalk and skyline views; on cloudier days, huddle under blankets by heaters as you shelter in its trellis-covered food court. 5 Kingdom St, W2 6PY. www.pergolaontheroof.com.



TOP CLASS

Following a renovation, **The Hyde Bar** – complete with roaring fires, chandeliers and gilt picture frames – now has regular masterclasses. Choose from whisky and cigar tasting (19 Oct); Champagne and oyster tasting (10 Nov) and Dalmore whisky tasting (16 Nov). *The Royal Park Hotel, 3 Westbourne Terrace, W2 3UL. 020 7479 6600. www.theroyalpark.com.*



MAKING AN ENTRANCE: Not to be confused with The Hyde Bar (above), Hyde Lobby Bar launched in the lobby on the ground floor of Royal Lancaster London in September 2017. *Lancaster Terrace, W2 2TY. 020 7551 6000. www.lancasterlondon.com.*



BOTTOMS UP

Formerly Steam Bar, **146 Paddington** opened in April 2017 on the ground floor of Hilton London Paddington, featuring velvet sofas, brick walls and vintage leather suitcases. Now a cocktail bar with less of a nightclub feel, the bar has swapped its dance floor for an expanded seating area, although it still has a DJ, grand piano and plans for live music. While it serves street food and afternoon tea, you'll want to come here for its travel-themed cocktails and to try some of its 60 types of gin. *146 Praed St, Hilton London Paddington, W2 1EE. 020 7850 0500. www.3.hilton.com.*

RAISING THE BAR

Sloe Bar is no more but in January 2017 **Cabin** opened in its place on the mezzanine of Paddington Station. It serves Champagne, cocktails and wine, and has 80 seats with views of the concourse. *Paddington Station, W2 1RH. 020 7262 9901. www.cabinbar.co.uk.*



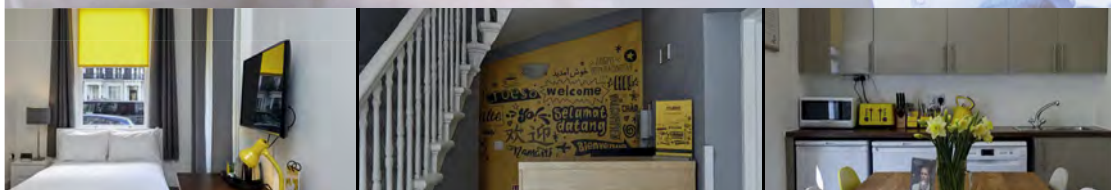
The Hyde Bar © Nick Miners Photography; 146 Paddington courtesy of Hilton London Paddington; Cabin images © Holly Farrier

STÜDYO™

BY BRIDGESTREET

Quote **STUDYO15** and receive 15% discount on the best available rate. Book anytime through **BridgeStreet.com** and stay between 16th October to 28th February 2018*

*Excluding Christmas and New Year's Eve. Subject to availability.



Stüdyo by BridgeStreet, Paddington | 190 Sussex Gardens, London, Greater London, W2 1TU
bridgestreet.com | T: +44 (0) 20 7792 2222

BUY A COFFEE AND GET A CAKE ON US

JUST MENTION THE CODE WORD
'EXPLORE PADDINGTON'



JOIN THE LEON PADDINGTON CLUB AND BE THE FIRST TO RECEIVE EXCLUSIVE OFFERS AND NEWS ABOUT OUR NEW MENUS AT LEONRESTAURANTS.CO.UK/CLUB

The Lawn, Paddington Station, W2 1HB - 0207 262 9901

The offer can only be redeemed at Leon Paddington. The code word entitles a person to one free cake when a hot beverage is purchased. The offer is only valid between the 7th Oct 2017 to 7th Nov 2017. The offer cannot be used in conjunction with any other offer and can be changed at any time.

LEON.
NATURALLY FAST FOOD

Party on

Whether you're planning a date, an office shindig or a family get together, these night spots are the perfect place to raise a glass

Share your party snaps with us at:

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magazine@paddingtonnow.co.uk

BEST FOR A DATE

If you want to impress a date, take them to **The Hyde Bar**. As well as winning brownie points for finding it – it's hidden inside **The Royal Park Hotel** – you'll bag extra kudos when the two of you cosy up on velvet chairs under candlelight. If The Hyde's full, get tipsy in **Whisky Lounge** on the ground floor of **Hilton London Metropole**. *The Hyde Bar, 3 Westbourne Terrace, W2 3UL. 020 7479 6600. www.theroyalpark.com. Hilton London Metropole, 225 Edgware Rd, W2 1JU. 020 7402 4141. www.hiltonlondonmet.com.*



BEST FOR AN OFFICE PARTY



When it comes to work nights out, what everyone wants is something cheap, convenient and with space to sit down. Fortunately, the **Royal Standard** and **The Dickens Tavern** fit the bill, and both are stylish. Want to continue the party? Then dance to a juke box at **The Sussex Arms**. *Royal Standard, 8-9 Sale Place, W2 1PH. 020 7262 8007. www.royalstandard.london. The Dickens Tavern, 25 London St, W2 1HH. 020 7262 2365. www.taylor-walker.co.uk. The Sussex Arms, 21 London St, W2 1HL. 020 7723 1026. www.sussexarms.com.*

BEST FOR A REUNION

If you're meeting up with your old rugby team or the lads from Tenerife 1999 and fancy a boozy knees-up, you won't be short of a proper pub around Paddington Station. Kick off your night at **The Sawyers Arms**. For something a touch more refined – your monthly book club meeting, or a WI girls' night out, say – then the smart new wine bar **Cork & Bottle** will be just the ticket. *The Sawyers Arms, 8-9 London St, W2 1HL. 020 7723 0685. www.sawyerarms-paddington.co.uk. Cork & Bottle, 27 Spring St, W2 1JA. 020 7262 1485. www.thecorkandbottle.co.uk.*



BEST FOR A FAMILY AFFAIR



Planning a family get together? While a lack of highchairs and baby changing facilities mean **The Monkey Puzzle** isn't suitable for babies, children are welcome and can stay as long as you're eating, and portions can be adapted for little mouths. **The Mitre** is another option. Again, it doesn't have highchairs or baby changing facilities (know a local pub that does? Tweet us!), but it does have a wheelchair-accessible toilet and a children's menu, and kids are welcome even if you're not eating. You can book a table for 20 or three private areas for 30-80 – in case your second cousins turn up... *The Monkey Puzzle, 30 Southwick St, Sussex Gardens, W2 1JQ. 020 7723 0143. www.themonkeypuzzlepub.co.uk. The Mitre, 24 Craven Terrace, W2 3QH. 020 7262 5240. www.mitrelandcastergate.com.*

DO

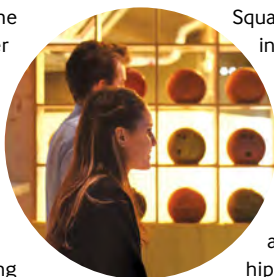
Get active

Looking for alternative things to do? Work off all that food and drink in an ice karting, pole fitness or ballet class with a difference, says Sarah Riches



ALL IN A SPIN

For an alternative office party or for a fun treat for the kids, head to **Queens: Skate – Dine – Bowl** in Bayswater, which is home to 12 bowling lanes, a diner by the TV chef Jimmy Garcia and a 1,115sqm ice rink – which is nearly the same size as an Olympic swimming pool. The entertainment venue has a host of seasonal events – including **ice karting**, which is basically dodgems on ice. 17 Queensway, W2 4QP. 020 7229 0172. www.queensiceandbowl.co.uk.



BE A BARRE STAR

For an energetic workout set to upbeat chart hits, try an hour-long **ButtyBarre class** at **Virgin Active** by Merchant Square. It begins with a warm-up inspired by ballet, Pilates and yoga, followed by light weights to improve arm strength. The next 30 minutes mixes ballet, Pilates and yoga at the barre to build strength and flexibility in the legs, hips, core and upper body – which is when you'll feel the burn in your bum and thighs. You'll then use a Pilates ball to do controlled exercises on and off the barre to work your core. The

concept came from a panel of experts at Virgin Active's Discovery Lab, who travel the world in search of fitness trends. What next – a class inspired by a tribal dance in Papua New Guinea? £79 a month for a year, classes only; £110 a month for a year, club and classes. 33 North Wharf Rd, W2 1LA. 020 3126 5500. www.virginactive.co.uk.

POLE POSITION

Nuffield Health Fitness & Wellbeing Gym's Pole Fitness class combines the tricks of the pole dancing trade with moves from a **dance class** to tone your core. Your first class is free! 2 Sheldon Square, W2 6EZ. 020 3773 4348. www.nuffieldhealth.com.



SPRING INTO ACTION

Tackle your spare tyre in a private **Pilates class at Peacock Pilates**. Activate your core muscles and improve your posture, balance and flexibility by working against the springs of a sliding Reformer bench, or challenge your balance on a Pilates chair. Founder Tania Franses says: 'You can **stand, sit, kneel** or **lie down** on the Reformer, which helps you transform the way you move, relieves back pain and improves posture.' There are also hand weights, cardio trampolines and balls. By appointment only. £120 per 55 minutes. 51 Conduit Mews, W2 3RE. 020 7262 2210. www.peacock-pilates.com.

HEY, MR DJ!

On Thursday and Friday nights, the **Royal Standard** has a **resident DJ**, who plays a mix of pop, house and hip hop tunes. There's a **dance floor** on the ground floor, too. 8-9 Sale Place, W2 1PH. 020 7262 8007. www.royalstandard.london.



SKIP A BEAT

Swap your desk for the dance floor in a new lunchtime class at **Dance Art Studio**. Rafal leads a group Latin fusion cardio class for all abilities every Tuesday – so you can say goodbye to RSI and hola to an increased BPM! Noon-1pm. **Drop in** £14; **four classes** £48. 1 Chilworth Mews, W2 3RG. www.danceartlondon.com.

STRIKE A BALANCE

If you're as stiff as a board, why not **loosen up** by taking up stand-up paddleboarding (SUP)? When the sky is blue, swap your pint for a paddle with Active360. Take a **private** or **group lesson** for beginners and within minutes you'll have graduated from kneeling on a floating paddleboard to standing on one and using a paddle to propel yourself along the **Grand Union Canal**. Crave a bigger challenge? Then try **paddleboarding yoga**. If – sorry, when – you fall in, showers and changing rooms are available. You can also join a paddleboarding tour or hire a Canadian dugout canoe. £49 for a beginner lesson; £20 for returning paddlers, both 90 minutes. Merchant Square, W2 1AS. 020 3393 5360. www.active360.co.uk.



SLEEP

Forty winks

As The Pilgrim opens and more hotels unveil refurbishments, visitors in need of a bed for the night are now spoilt for choice

Have you stayed in one of these hotels? Share your experience at:

#explorepaddington

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Left to right: Royal Lancaster London; St David's Hotels; Hilton London Metropole

WE LOVE...

ITS VICTORIAN TOUCHES

As part of an extensive six-year refurbishment,

St David's Hotels, a Grade II-listed former townhouse overlooking Norfolk Square, has introduced high-pressure showers, bigger bathrooms and pocket-sprung mattresses in its 60 bedrooms. In July 2017, it also **revamped** an entrance with monochrome tiles to reflect its Victorian heritage, which complement the original fireplaces and stained-glass window. Many guests say the hotel serves the 'best English breakfast in town'. From £80*, with breakfast.

14-20 Norfolk Square, W2 1RS. 020 7723 3856. www.stdavidshotels.com.

WE LOVE...

ITS MUTED PALETTE

Built in 1967, **Royal Lancaster London** celebrated its 50th

birthday in September 2017 by putting the 'royal' back in its title – and unveiling a £80 million renovation. The works have transformed the 18-storey tower's interior and exterior. As well as a **new entrance façade** and **lobby** – which now has a curved marble staircase and bar – all 411 rooms and suites have been elegantly **redecorated** in a muted palette with gold, bronze and polished brass, with even better views of Hyde Park. From £209*, without breakfast. Lancaster Terrace, W2 2TY. 020 7551 6000. www.lancasterlondon.com.

WE LOVE...

ITS GIANT CONFERENCE ROOM

Hilton London Metropole has refurbished its largest

conference room, the King's Suite. The £1 million refurbishment of the 1,062sqm pillar-free space features American black walnut and more coloured lights, while capacity has increased from 1,300 to 1,700 people. If you'd like to stay, choose from a guest room, suite or an executive room, which grants you access to the executive lounge. The rooms go up to the 22nd floor – so most benefit from sweeping views across the capital. From £159*, with breakfast. 225 Edgware Rd, W2 1JU. 020 7402 4141. www3.hilton.com.

*All prices are for doubles. Royal Lancaster London © Simon John Owen; St David's Hotel courtesy of St David's Hotels; Hilton London Metropole courtesy of Hilton London Metropole



Clockwise from left: The Pilgrim; Stüdyo by BridgeStreet (two images); Go Native Hyde Park



WE LOVE...

THE RECLAIMED FURNITURE

The much-anticipated boutique hotel

The Pilgrim is set to open in autumn 2017 off Norfolk Square. Formerly The Royal Norfolk Hotel, the grand Victorian building will feature original cast-iron radiators and **200-year-old mahogany parquet floors** in its 73 rooms, which have **100 per cent Egyptian cotton sheets** and Marshall speakers. Each room is finished with a selection of books and magazines, plants and original artwork. Members of the public are invited to try its ground-floor neighbourhood café and enjoy a bespoke coffee, tea or hot chocolate. Or why not visit the first-floor lounge bar and 30-seat dining room, with its reclaimed furniture and vintage cornicing? Check in online before you arrive. From £129*, without breakfast. 25 London St, W2 1HH. www.thepilgrim.com.

PREFER A HOME FROM HOME?

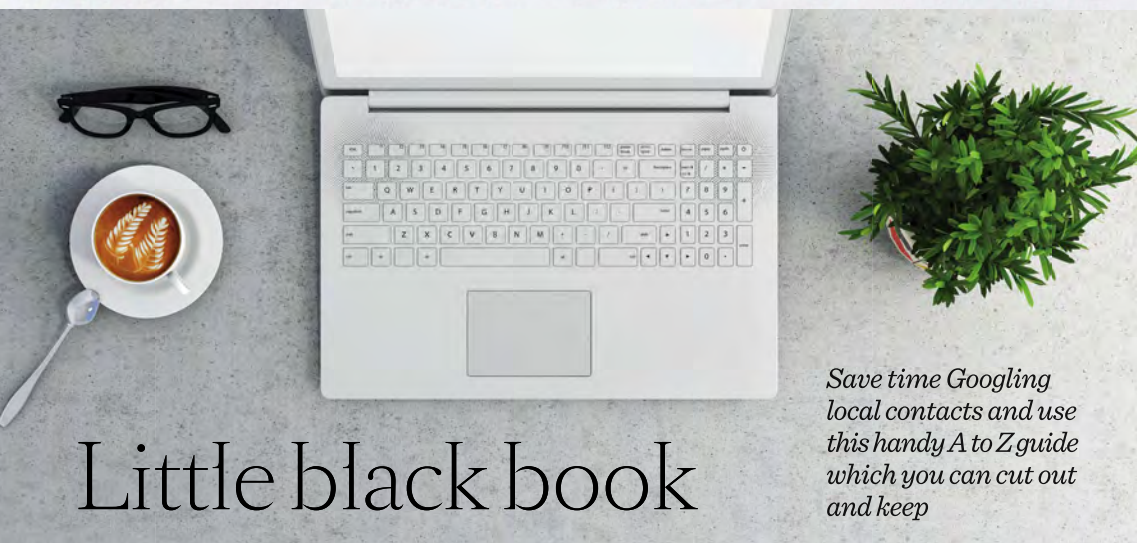
Want a short-let option? Then choose **Stüdyo by BridgeStreet**, which has 21 studios of various sizes. As well as flatscreen TVs, the bedrooms have contemporary décor, with bold colours and London skyline murals. There's also **free wifi** in common areas, a communal kitchen and an on-site laundry with ironing board to ensure you feel right at home... **Go Native Hyde Park**, opposite St James's Church, is another alternative, and it has a minimum stay of just one night.

Its studios also vary in size, and have a modern white palette with flashes of colour. Each come with a kitchen, DVD player, iPod dock and free wifi. Stüdyo by BridgeStreet. Call ahead for prices. 190 Sussex Gardens, W2 1TU. 020 7792 2222. www.bridgestreet.com. Go Native. From around £170*, without breakfast. 206-214 Sussex Gardens, W2 3UA. 020 7313 3886. www.gonative.com.

The Pilgrim courtesy of The Pilgrim; Stüdyo by Bridge Street images courtesy of Stüdyo by Bridge Street; Go Native Hyde Park courtesy of Go Native Hyde Park

LIVE

These services are by no means exhaustive, so call ahead for full details



Little black book

Save time Googling local contacts and use this handy A to Z guide which you can cut out and keep

A&E

St Mary's Hospital: 24-hour emergency treatment. Call 999 in an emergency. *Praed St, W2 1NY. 020 3312 6666.*
www.imperial.nhs.uk

Bike hire

Santander Cycles: 24-hour bike hire – see p. 4-5 for docking stations.
www.santandercycleslondon.co.uk

Chemist

Lloyds Pharmacy: 24-hour on-call chemist, dispenses medicine. *St Mary's Hospital, Praed St, W2 1NY. 020 7402 2988.* www.imperial.nhs.uk

Apek Pharmacy: Consultations, prescription collection and delivery. *107 Praed St, W2 1NT. 020 7724 8698.*

Cobbler

Distinctive Shoe Repairs: Reheeling, resoling, polishing plus general repairs. *3 Norfolk Place, W2 1QN. 020 7460 6610.*

Dentist

Dentist@W2: Invisalign™, fillings,

teeth whitening, veneers, crowns, implants, root canal and gum disease treatment, dentures. Emergency appointments are also available. *3-4 Norfolk Place, W2 1QN. 020 3944 0057.* www.dentistw2.co.uk

Paddington Dental Practice:

Fillings, PerfectSmile-Aligner™, teeth whitening, veneers, crowns, root canal treatment, gum disease treatment, implants. *17 Craven Rd, W2 3BP. 020 7723 6106.* www.paddingtondental.co.uk

Doctor

London Doctors Clinic: Private GP, sexual health, medicals, weight management and prescriptions, plus referrals to dietitians, physiotherapists, osteopaths, psychologists, occupational therapists and psychotherapists. *20 Eastbourne Terrace, W2 6LG. 020 3553 3227.* www.londondoctorsclinic.co.uk

Dry cleaners

Spring Dry Cleaners: Dry cleaning, clothes and shoe repairs. *30 Spring St, W2 1JA. 020 7723 9457.*

Electrician

Tower Electrical: 24-hour electrical breakdown cover, installation, fire alarms and inspections. Office Mon-Fri 8am-5pm. *13 Craven Rd, W2 3BP. 020 7096 8406.*
www.towerelectrical.co.uk

Florist

Clifton Nurseries: Flowers, plants, furniture shop, café and garden design. *5a Clifton Villas, W9 2PH. 020 7289 6851.*
www.clifton.co.uk

Garage

Handman & Collis: Car repairs, MOTs and sales. *1-15 Portsea Mews, W2 2BN. 020 7723 4207.*
www.motlondonw2.co.uk



Hardware

Paddington Hardware: Locks and key cutting, paint matching service and hardware products such as gardening and kitchen items. *10 Spring St, W2 3RA. 020 7262 0616. www.paddingtonhardware.com.*

Ironmongers

A & H Brass: Wide range of brass products such as door handles, chains and hinges, hooks, vents, lighting, bathroom accessories, switches and sockets. *201-203 Edgware Rd, W2 1ES. 020 7402 1854. www.ahbrass.co.uk.*

Jewellers

William Mansel: Clock, watch and jewellery repairs. 24 Connaught St, W2 2AF. 020 7723 4154. www.williammansell.co.uk.

Key cutter:

MK Studio: Key cutting, engraving, glass etching, shoe repair. *75-77 Praed St, W2 1NS. 020 7724 7422. www.mkstudio.co.uk.*

Kennels

Pretty Paws: Day care for dogs, dog walking, professional grooming, pet products. *3 Craven Terrace, W2 3QD. 020 7262 7884. www.myprettypaws.co.uk.*

Locksmith

Barry Brothers: 24-hour lock opening, repairs and replacements; safe opening; emergency board-up service; burglary damage repairs, CCTV, key cutting, panic/security alarms, remote monitoring, signs. *121-123 Praed St, W2 1RL. 020 3944 0994. www.barrybros.com.*

Mobile phone repair

Nano Tech Paddington: All types of phone, tablet and mp3 player repairs, including Apple and Samsung. *93 Praed St, W2 1NT. 020 7402 3418. www.nanotechpaddington.co.uk.*

Nursery

Micky Star Community Nursery: Drop-in play sessions, a crèche and a health clinic – all for children under five. *58-61 St Michael's St, W2 1QR. 020 7262 5590. www.leyf.org.uk.*

Office plants

Window Flowers: Corporate supplier of flower arrangements, hanging baskets and window boxes, Christmas trees and landscaping services. For the best rates, call for a quote and mention London in Bloom, a charity which promotes community horticulture. *01628 667227. www.windowflowers.com.*

Plumber

Emergency Boiler Repairs: Boiler and central heating installation and repairs, emergency plumbing. Labour is guaranteed for one year. *07979 180187. www.emergencyboilerrepairs.net.*

Post service Mail Boxes Etc:

Worldwide parcel delivery, business card printing, post box rental, post forwarding service, dissertation binding, printing and design. It also works with UPS, Parcelforce Express, FedEx, TNT and DHL. *61 Praed St, W2 1NS. 020 7706 3666. www.mbe.co.uk.*

Q-Park

Q-Park: A 24-hour car park with 277 car spaces, 61 motorbike spaces, four electric charging points, a car wash, long-term car storage and free and convenient buggy and umbrella loans. *26 Queensway, W2 4QJ. 0113 238 4200. www.q-park.co.uk.*

Removal firm

Amazing Man and Van Removals: This company does exactly what it says on the tin! *131 Sussex Gardens, W2 2RX. 020 8216 9909. www.manandvannow.com.*

Security specialists

Blue Moon Spy Shop: Body and vehicle cameras, video recorders and GPS tracking. *020 8088 2403. 14 Spring St, W2 3RA. www.bluemoonspyshop.co.uk.*

Tanning

The Tanning Shop: Sunbeds and spray tans. *89-91 Praed St, W2 1RL. 020 702 4856. www.thetanningshop.co.uk.*

Udon Noodles

Chozen Noodle Pan-Asian takeaway also serving sushi, dumplings and curry with vegan, veggie, gluten-free and halal options. *141 Praed St, W2 1RL. www.chozen.co.uk.*

Vets

Hyde Park Vet: Vaccinations, parasite control, pet passports, neutering, dentistry, training, grooming, 24-hour emergency care, osteopathy, homeopathy and general pet news and advice. *61-63 Connaught St, W2 2AE. 020 7723 0453. www.hydeparkvet.co.uk.*

Waxing

Rose Beauty: Waxing, eyebrow tinting and shaping, manicures and pedicures. *145 Praed St, W2 1RL. 020 7706 9841. www.rosebeautycare.co.uk.*

Xchange

Eurochange: Buy and sell currency, money transfers, exchange rates and international payments. *179 Praed St, W2 1RH. 020 7258 0442. www.eurochange.co.uk.*

Yoga

Nuffield Health Fitness & Wellbeing Gym: Pilates, Zumba, swimming pool. *2 Sheldon Square, W2 6EZ. 020 3773 4348. www.nuffieldhealth.com.*

Zipcar

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



WORK

WORK IN W2?

Then Taylor Wimpey's new Paddington Exchange – three residential towers made up of 123 flats – will make commuting a breeze. **North Wharf Gardens, W2 1LF. 020 3376 6289.**
www.taylorwimpeycentrallondon.com.



No 2 Merchant Square

Work hard, play hard

Paddington is in the midst of a facelift, and these new developments ensure you have attractive spaces in which to work and play, says Emma Levine

CLEVER COLLABORATION

Thanks to a partnership between **British Land** and **Snøhetta**, a Norwegian landscaping and architectural practice, a raft of exciting plans are set to bring Paddington to life. If you work by **Kingdom Street** you can enjoy new **pocket parks, public art, games rooms and benches** with **USB ports** to enable outdoor working – weather permitting, of course... Snøhetta is also creating a new space dubbed the 'Library,' also in Kingdom Street, by December. Inspired by a real library, it will be made up of a cluster of oversized books that create geometric public spaces. You can actually 'flip' the pages of the books to adapt the space to your needs. A fun and functional addition to the area. **W2. www.paddingtoncentral.com.**

BEAUTIFUL BRUNEL

Work is underway on a new 16-storey building near Bishop's Bridge Road,

which is due to be completed in early 2019. The **Brunel Building** will boast 22,290sqm of column-free office space and **two large roof terraces**. Facing the Grand Union Canal, it will have waterfront public spaces by its entrance. **55-65 North Wharf Rd, W2. 020 7659 3000.**

www.brunelbuilding.com.

FEELING FLEXIBLE

If you have a growing business that needs additional space on your own terms, **Storey at Paddington Central** could be the solution. Launched by British Land in June 2017, this new brand provides offices for 20 to 70 employees, for companies that have outgrown co-working spaces. All-inclusive leases include **wifi, showers, bike racks and meeting and collaboration spaces**. The campus is surrounded by pocket parks and landscaped green spaces. **Kingdom St, W2. 020 7486 4466.**
www.storey.co.uk.

THE FUTURE'S BRIGHT

No 2 Merchant Square, a 15,050sqm, 16-storey office space next to the existing offices at No 5 Merchant Square, is due to be completed in late 2019. Once it is ready, it will have a contemporary, curving façade and **panoramic views** from floor-to-ceiling windows. Its main entrance opens on to Merchant Square's landscaped garden, which overlooks the Floating Pocket Park and GoBoat in Paddington Basin. The **amenities and cafés on Praed Street** – which are ideal for a quick bite at lunch – are just a five-minute walk away. **W2. 020 7298 0800.**
www.merchantsquare.co.uk.

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GIVE

Giving back

A&E departments are busy, but it's non-stop behind the scenes at St Mary's Hospital, too, says Sarah Riches

A host of events took place throughout 2017 to support **St Mary's Hospital**, in a testament to its outstanding work.

In May, **Chris Orr's skyline sketch** and **Emma Haworth's watercolours** of **Paddington Basin**, St Mary Church on Paddington Green, Little Venice and nearby Rembrandt Park went on display to brighten up A&E. The artwork is on show for everyone to see.

Emma says: 'I wanted something that would reflect the area and the people who use it. Paddington is a transient area with **tourists, workers** and **residents**. We didn't want it too urban – we wanted trees and greenery – so we looked at parks and areas where people have lunch. I think they'll take your mind off being in a hospital and have a calming effect.'

The artwork is part of the emergency department's refurbishment, funded by a **£3.5million grant** from Imperial Health Charity. Funds have also gone

towards extra resuscitation bays, new triage rooms and a paediatric assessment unit.

In June, 19 members of **Prepare for Surgery** – which supports patients with oesophagus and stomach cancers – completed the **Three Peaks Challenge**. Surgeons, dieticians and personal trainers conquered the UK's highest mountains – Ben Nevis, Scafell Pike and Snowdon – in 24 hours. Rashmi Chauhan completed the final peak, Snowdon, just a year after surgery, helping **raise £10,000**.

Meanwhile, in July, 130 hospital staff, businesses and former patients participated in Walk for Wards. The walk from Merchant Square to Regent's Park and back raised £9,000 for St Mary's Hospital and the four other hospitals within the Imperial College Healthcare NHS Trust. *St Mary's Hospital, Praed St, W2 1NY. 020 3312 5694.*

www.imperialcharity.org.uk.

SPARE A THOUGHT

A charity is on a mission to raise awareness and funds for the city's homeless people, says Sarah Riches

When you're dodging puddles en route to your hotel or home, stop for a minute to think about **homeless people**.

Winter is a particularly miserable time to sleep rough, so why not **fundraise** for the homeless by participating in **Sleep Out** (13 Oct)? The event sees up to 100 people with homes spend a night outside St James's Church on Piccadilly. It's run by West London Mission (WLM). Without funds, the charity couldn't help the **100 rough sleepers** who visit West London Day Centre by Edgware Road each day to access its **showers, hot meals** and in-house NHS team.

With the help of **160 volunteers**, WLM also co-ordinates a night shelter – temporary accommodation for homeless people inside 13 churches and a synagogue (to 31 May).

Shelter co-ordinator Peter Mwaniki says: '**Our guests are given a warm evening meal cooked by volunteers**. We provide activities, **sleeping bags** and **camp beds** in a peaceful place. It's vital we provide these facilities to help our guests get back on their feet.'

Robert says: 'I lost my job, and a few weeks later I'd run out of money, so I came to the centre for a shower, a hot meal and advice. **I was lucky to get a place at WLM's night shelter**, too. WLM helped me get an interview as a chef at a hotel and I've worked there full-time ever since. Soon I'd saved enough money to rent my own place.'

Keen to help by volunteering or donating? Then get in touch. **134-136 Seymour Place, W1H 1NT. 020 7569 5900. www.wlm.org.uk**.



Left to right: Emma Haworth; Prepare for Surgery's Venetia Wynter-Blyth and Rashmi Chauhan



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INSIDE SCOOP



Pillow talk

The founder of W2's hottest boutique hotel, The Pilgrim, talks to Sarah Riches about his vision ahead of its launch



Clockwise from top: A bedroom at The Pilgrim; Steph Thrasyvoulou, Jason Catifeoglou and Andreas Thrasyvoulou; a delicious dish at The Pilgrim

The man behind Clerkenwell's The Zetter Hotel – Jason Catifeoglou – is the brains behind **The Pilgrim**, a new boutique hotel opening in autumn 2017 in Norfolk Square.

Catifeoglou began his career in the hotel industry with MyHotels, where he worked for eight years, before moving on to the InterContinental Hotels Group and The Zetter Group, which is made up of The Zetter Hotel, The Zetter Townhouses in Marylebone and Clerkenwell, and the Grain Store behind King's Cross.

He's now drawing on his two decades' experience to set up The Pilgrim with MyHotels' founder Andreas Thrasyvoulou and his son Steph.

'The Pilgrim's ethos is all about human interaction,' Catifeoglou explains. 'So

instead of using a mini bar, guests can serve themselves snacks and drinks from hallway pantries, where they can mingle with other guests.

'Human interaction between guests and the people running the place is also important,' he adds. 'A lobby feels somewhat unnecessary. While

working in the hotel industry, I often saw guests arrive and go through the passport and credit card check-in process, and thought: "Wouldn't it be great if that didn't have to take place?"

The experience at The Pilgrim will be very different, as we'll

remove barriers between guests and the hotel. Guests will check in online before arriving, but of course someone will be there to greet you.'

Like The Zetter Group's brands, you can **expect The Pilgrim to be hot on design.**

'I started a degree in design but never finished it, because I went into the hotel industry,' Catifeoglou explains. 'So it's been phenomenal to implement my design ideas at The Pilgrim.'

'We've sourced most materials from around the UK. **Nearly everything, such as our cast-iron radiators, are reclaimed**, repurposed and reused, which is sustainable and rewarding. The food and drink menu will focus on local ingredients.'

What's with the hotel name, I ask Catifeoglou. 'I'm dyslexic, so I spelt it wrong and the mistake stuck,' he explains. 'The name is inspired by mine and our guests' travels. But it's not just about my experiences; it's inspired by my business partners' travels too. It's our pilgrimage.'

Sounds like a man on a mission. *25 London St, off Norfolk Square, W2 1HH. www.thepilgrim.com.*



DID YOU KNOW?

Marble Arch was designed as a state entrance for Buckingham Palace. It moved to its current location in 1851

Grand tours

Want to explore further afield? Discover highlights close to Paddington on foot and at your own pace with Emma Levine's mini walking guides

WALK 1: TO MARYLEBONE

Start: *Connaught Street (8 min walk from Paddington Station)*

Spend a few hours dipping in and out of the independent shops, galleries, cafés and restaurants on **Connaught Street**, which give the neighbourhood a village feel. Head west to **Hyde Park** and explore **Winter Wonderland**. **Marble Arch** is nearby—the 19th-century white marble landmark is at the west end of **Oxford Street** (above), which is bookended with two Primark stores and lined with high-street shops, as well as **Selfridges** and **John Lewis**. If you fancy a break from shopping, see 18th-century French paintings and furniture in townhouse gallery **The Wallace Collection**. Later on,

listen to a chamber or instrumental concert at **Wigmore Hall**, an intimate Victorian concert hall that dates back to 1901.

Pit stop: Marylebone Coffeebar (1 Barrett St), for coffee and pastries.



Clifton Nurseries

WALK 2: TO LONDON ZOO

Start: *Little Venice (10 min walk from Paddington Station)*

The oasis of **Little Venice**—where the Grand Union Canal meets Regent's Canal—is lined with narrowboats, pubs and cafés. **Clifton Nurseries**, with its Quince Tree Café (left), is nearby. Walk along the canal towpath, and head east to **Church Street**. Browse **Alfies Antique Market** (numbers 13-25) and the lively outdoor market, which dates back to the 1830s—it's still popular with locals for its fruit and vegetables, clothes and household goods. Make a quick detour to **Lisson Gallery** (27 Bell St), which showcases contemporary art, before heading to cosmopolitan **Lisson Grove**. From here,

gather three pals—or willing strangers—to recreate The Beatles' **Abbey Road** album cover on the road of the same name. Lord's Cricket Ground is nearby, and just beyond, Regent's Park. Look out for the London Central Mosque and Open Air Theatre, and **ZSL London Zoo**, in the park's northwest corner.

Pit stop: The Sea Shell (49-51 Lisson Grove), for fish and chips. Eat in or takeaway.

WALK 3: TO NOTTING HILL

Start: *Notting Hill Gate (25 min walk from Paddington Station)*

Walk northwest along **Kensington Park Road**, which is lined with four-storey Georgian townhouses and garden squares. Once you reach Westbourne Park Road, turn south on to Portobello Road and get ready for a sharp contrast. The street is lined with independent shops and is best known for its **antique market** every Friday and Saturday. Go early if you want to pick up a bargain.

You're in the hub of cosmopolitan **Notting Hill**—famous for its carnival each August and, of course, where the 1999 rom-com *Notting Hill* was filmed. Look out for 13 Blenheim Crescent, the former location of The Travel Bookshop, where Hugh Grant's character William Thacker worked. Later on, head to the **Electric Cinema**, a renovated 1910 film hall with retro furnishings and sofas.

Pit stop: Hummingbird Bakery (133 Portobello Rd), for cupcakes.

WALK 4: TO HIGH STREET KENSINGTON

Start: *Harrods (30 min walk from Paddington Station)*

Shop to your heart's content at **Harrods** department store, which has global treats in its food hall. Stroll north to **Hyde Park**—one of London's eight Royal Parks—which is criss-crossed with pathways. At its centre is the **Serpentine lake**, where you can watch the swans swim past. On the park's western side, admire contemporary art at **Serpentine Gallery** and the imposing Albert Memorial. The **Royal Albert Hall**, opposite, is home to regular classical music concerts. Visit **Kensington Palace**, Princess Diana's



Clockwise from top: Portobello Road; Little Venice; Harrods; The Serpentine lake in Hyde Park

former home, to see her gorgeous gowns in *Diana: Her Fashion Story* (to 28 Feb 2018). If that inspires your stylish side, stroll along **Kensington High Street**, a major shopping hub.

Pit stop: Verdi Italian Kitchen, in the Royal Albert Hall, for afternoon tea.

WALK 5: TO KNIGHTSBRIDGE AND CHELSEA

Start: *Victoria and Albert Museum (30 min walk from Paddington Station)*

The **Victoria and Albert Museum**, or the V&A, has a collection of everything from Indian sculptures to Art Nouveau

jewellery spanning 5,000 years. Music fans will love *Opera: Passion, Power and Politics* (to 25 Feb 2018). The **Natural History Museum** and **Science Museum** are a short stroll away, and both are great for kids. Walk east along Cromwell Road to the **London Oratory**, a 19th-century church with regular music recitals. East of here is Chelsea's **Sloane Street**, an exclusive fashion haunt. On the south side of **Sloane Square** is the **Saatchi Gallery**, a free gallery in a Grade II-listed building. **Pit stop:** Comptoir Libanais (53 Duke of York Square), for Middle Eastern sharing plates in vibrant surroundings.

DID YOU KNOW?
In the 1830s, Notting Hill was the site of Kensington Hippodrome racecourse

Have you snapped a great photo around Paddington? Share it with us at #explorepaddington @inpaddington

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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...

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#Europe_gallery#Londonlife#visitLondon#IloveLondon
#mysecretLondon#travellingIt's between Mercure and Hyde Park



Just wanted to get in touch and let you know how my film *Brackenmore* is doing since it featured in *Explore Paddington* winter 2016. It has won 10 awards worldwide, was released in the US in August and it's available to buy on Amazon Prime. I'm currently working on the next film, which is due to start filming next year!
Catherine Laine, local producer

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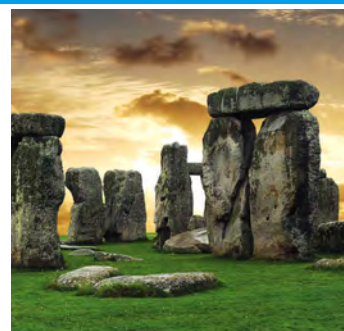
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