

Explore

PADDINGTON

Free

SUMMER 2016

RAISE THE BAR

Paddington's pubs are put to the test

MAKING WAVES

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Festival FEVER

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YOUR AREA MAP

Welcome to the first issue of *Explore Paddington*, brought to you by *PaddingtonNow Business Improvement District*

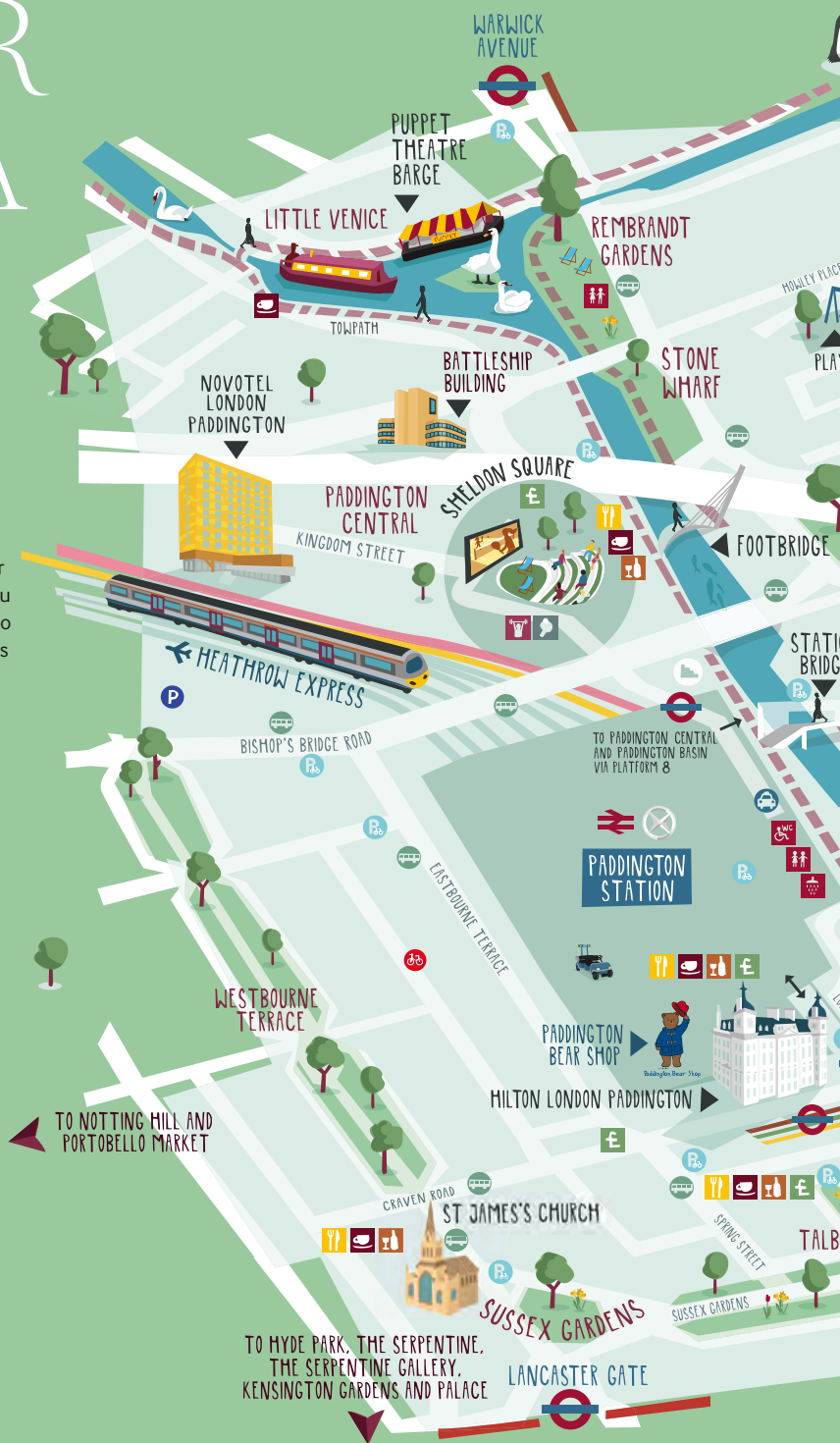
Whether you are living, working or visiting Paddington, we want you to love it as much as we do – so delve in to this summer issue to find the best places to eat, drink, have fun and relax.

Did you know you can experience everything from anti-gravity yoga and ballroom dancing to horse riding and paddleboarding? You just need to know where to look – which is why we've included this handy map.

You'll find our contact details throughout the magazine because we want to hear from you. Did we miss something, or have you got a story to share? Then get in touch – you might just make it into the winter issue...

Sarah

Sarah Riches
Editor

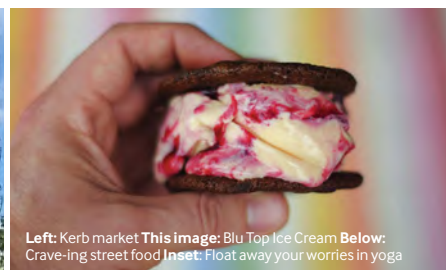




RESTAURANTS		UNDERGROUND	
COFFEE SHOPS		BUS STOP	
BARNS/PUBS		TAXI RANK	
PING PONG		CYCLE HIRE	
TOILETS		CYCLE PARKING	
CASH POINTS		PARKING	
TOWPATH			

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WHAT'S ON



Left: Kerb market This image: Blu Top Ice Cream Below: Crave-ing street food Inset: Float away your worries in yoga



STAY AND PLAY

Every Mon: Art, music and drama for tots, with free cake and drinks. 10am-noon. Free. *St James's Church, Sussex Gardens, W2 3UD. 020 7262 9976.*
www.stjamespaddington.org.uk

TIGHT ASS TUESDAYS

Every Tue: Try Kurobuta's new menu. Choose six Japanese dishes for £28, plus £5 cocktails and bottles of wine from £15 (p. 9). From 6pm. 17-20 *Kendal St, Marble Arch, W2 2AW. 020 7920 6440.*
www.kurobuta-london.com

FLOATING YOGA

Every Tue from 26 Jul: Try yoga aboard The Floating Classroom. Mats are provided. Free. 6pm. *Moored between Little Venice and Paddington station. 020 3204 4975.*
www.paddingtoncentral.com

LUNCHTIME RECITALS

Every Tues, Thur and Fri: Students from Royal Academy of Music and Royal College of Music sing. 1pm-1.50pm (not Aug). Free. *St James's Church, details above.*

CRAVE STREET FOOD

Every Tue & Thur: At this outdoor market you can feast on paella and noodles, wood-fired pizza and burritos. Noon-3pm. *Merchant Square, W2 1AS. 020 7298 0800.*
www.merchantsquare.co.uk

KERB

Every third Wed: Sample dosas, gourmet meatballs, Japanese breaded pork cutlets and more at this outdoor market. Noon-2pm. *Sheldon Square, W2 6PY. 020 3204 4975.*
www.paddingtoncentral.com

TRUCK STOP TODAY

1-29 Jul: We Work (p. 22) has teamed up with Truck Stop Today to bring gourmet food trucks to Paddington. Mac and cheese topped with lobster for lunch? Don't mind if we do. *2 Eastbourne Terrace, W2 6LG. (No number).*
www.truckstoptoday.com



SHAKESPEARE IN THE SQUARES

9 Jul: Watch *Much Ado About Nothing*, set at the end of WWI, outdoors. 7pm-10pm. Adult £22.50; child £12.50. *Norfolk Square Gardens, W2 1RU.*
www.shakespeareinthesquares.co.uk

BIG SCREEN: WIMBLEDON

To 10 Jul: Sip Pimm's while watching Wimbledon action on large outdoor screens. Times vary. Free. *Merchant and Sheldon Squares, see left.*

PADDINGTON COVERS BST HYDE PARK

29 Jul: Catch Ellie Goulding Tribute, 'Take That' and Victoriana à la Mumford & Sons outdoors in *Norfolk Square Gardens, see left.*

FREE FRUIT FRIDAY

29 Jul & 26 Aug: Fruit will be given out for free in Sheldon Square. Free. From 8am. *W2 6PY.*
www.paddingtoncentral.com

From a duck race and a steel drum band performance to samba shows and free music festivals, Paddington is bustling with events

DUCK RACE

14 Jul: Launch a rubber duck from a bridge. Your £2.50 goes to Cosmic (p. 23), a charity for sick kids at St Mary's Hospital. 12.30pm-1.30pm. *Paddington Basin*. 020 7298 0800.

DRAGON BOAT RACE

14 Jul: Enter this annual dragon boat race – now in its 10th year – in aid of Cosmic. 5pm-9pm. *Paddington Basin*. 020 7298 0800. www.merchantsquare.co.uk

PERFORMER/AUDIENCE/MIRROR

15 Jul-25 Aug: See this exhibition, which celebrates the moving image. Mon-Sat. Free. *Lisson Gallery, 52 Bell St, NW1 5BU*. 020 7724 2739. www.lissongallery.com

CANALSIDE LIVE STAGE

28 Jul: Enjoy bands for free at lunch, or buy tickets to the evening concert. 12.30pm-1.30pm & 7pm-9pm. *Merchant Square*, see left.

BRAZILIAN SUMMER PARTY

4 Aug: Celebrate Rio's Olympics with this London School of Samba performance. You can also try capoeira! Noon-3pm. Free. *Merchant Square*, see left.

BIG SCREEN: OLYMPICS

5-21 Aug: Grab a free deck chair or bean bag on the lawn and watch the Rio 2016 Olympics on big screens. Free. Times vary. *Merchant and Sheldon Squares*, see left.

SHOOTING HOOPS

9-10 Aug: Grab a pal and see who can shoot the most hoops against a clock. Free. Noon-2pm. *Sheldon Square, W2 6PY*. 0203204 4975. www.paddingtoncentral.com

NOTTING HILL CARNIVAL PARTY

25 Aug: Dance to a steel drum band, see carnival rehearsals and try on costumes. Noon-3pm. Free. *Merchant Square*, see left.

PADDINGTON COVERS READING

26 Aug: Forgo the train to Reading and head to this festival to see Beatfox, Chilli Peppers and Indienational perform. *Norfolk Square Gardens*, see left.

CANALSIDE COMEDY

1 Sep: Catch comedy on the lawn. Free at lunch, paid-for at night. 12.30pm-1.30pm & 7pm-9pm. *Merchant Square*, see left.

RECLAIM YOUR LUNCHBREAK

5-9 Sep: Try something new with *Stylist*, from yoga to a wine masterclass. Noon-3pm. Free. *Merchant Square*, see left.

CRYSTAL MAZE

15 Sep: Sign up with a team and enter a series of challenges and a pop-up dome inspired by the 90s game show, *Crystal Maze*. Have you got what it takes? Noon-3pm. Free. *Merchant Square*, see left.

HORSEMAN'S SUNDAY

18 Sep: Attend a church service with a vicar riding a horse (p. 18). There will also be a village fête with cake stalls, jazz and children's activities. 10am-2pm. Free. *St John's Hyde Park, Hyde Park Crescent, W2 2QD*. 020 7262 1732. www.stjohns-hydepark.com



Clockwise from above: Dragon boat racing; a slam dunk in Sheldon Square; crooners performing at Paddington Covers

Don't forget to share your photos with us if you attend a local event. [@inpaddington](https://twitter.com/inpaddington) [#paddington](https://twitter.com/#paddington)
[p](https://www.instagram.com/paddingtonnow)paddingtonnow [f](https://www.facebook.com/PaddingtonNow) PaddingtonNow [✉](mailto:magazine@paddingtonnow.co.uk) magazine@paddingtonnow.co.uk

Locals: plan your day

Whether you've got a day off or you've found yourself at a loose end one weekend, we've planned a fun day out from morning till night

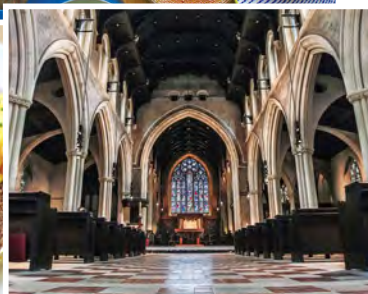


Great for families

9AM Grab breakfast at **Beany Green** (p. 13) on the canal near Sheldon Square. Avocado and rye? Yes, please.



10AM Hit the gym at **Nuffield Health Fitness & Wellbeing**, just behind Beany Green. Membership includes a health MOT and towels. Once you're a member, you can use its 20m pool, gym, sauna and steam room, or take any of its 90 weekly classes. It also has a spin studio and offers physiotherapy. From £70 a month, based on a year's membership. 2 Sheldon Square, W2 6EZ. 020 3773 2596. www.nuffieldhealth.com



11.30AM Catch a modern art exhibition at **Lisson Gallery** (p. 7), near Edgware Road station.

1PM-2PM Stroll down the **Grand Union Canal** then pop into **St James's Church** (p. 6) at the end of Sussex Gardens for a free lunchtime concert.

2PM Have lunch at **Ask**. As well as pizza, pasta and risotto, it serves salads and fish in case you don't want to undo your hard work at the gym. 41-43 Spring St, W2 1JA. 020 7706 0707. www.askitalian.co.uk

3.30PM Pop across the road to the charity shop **All Aboard** to hunt down some second-hand gems. 12 Spring St, W2 3RA. 020 7262 5955. www.allaboardshops.com



4PM Treat yourself at **Hair London**, a stylish hairdressers and barbers opposite Paddington station (left). 5 Craven Rd, W2 3BP. 020 7262 6786. www.hairlondon.co.uk

7PM With your new hair do, you'll be ready for an evening at the **Frontline Club**. This elegant restaurant serves seasonal British dishes – on Fridays and Saturdays there's a three-course set menu for £20. Upstairs, war reporters and journalists lead regular talks and screenings. Closed Aug. 13 Norfolk Place, W2 1QJ. 020 7479 8940. www.frontlineclub.com



Great for a date



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

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[f](https://www.facebook.com/PaddingtonNow)PaddingtonNow [✉magazine@paddingtonnow.co.uk](mailto: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 Pop into **Herb N' Kitchen**, a new café serving pastries, fresh fruit and cereal inside **Hilton London Metropole**. You can sit in the lobby by the café or take it away and eat canal-side. 225 Edgware Rd, W2 1JU. 020 7402 4141. www.hiltonlondonmet.com



Great for families

11AM Visit **Alexander Fleming Laboratory Museum**. In 1928, Fleming discovered the antibiotic penicillin at **St Mary's Hospital**, revolutionising medicine and earning him a Nobel Prize. You can now visit his original laboratory, restored to its 1928 condition. Adult £4; child £2. *St Mary's Hospital, Praed St, W2 1NY*. 020 3312 6528. www.medicalmuseums.org



NOON Watch the **Rolling Bridge** in Merchant Square curl like a caterpillar to form an octagon on one side, allowing boats to pass underneath. Every Friday and Wednesday at noon, and 2pm on Saturdays.



1PM Dine on Middle Eastern dishes at London's first Yemeni restaurant, **Queen of Sheba**, opposite St Mary's Hospital. Inside is decorated with lanterns, while outside has cushions for shisha smokers to lounge on. 3-4 Bouverie Place, W2 1RE. 020 7402 6667.



3PM Pop into **The Barbara Stanley Gallery** to see a collection of Irish contemporary art for sale. It's near Hyde Park's Italian gardens. 2a Bathurst St, Hyde Park, W2 2SD. 020 7262 2410. www.irishartinlondon.com

5PM Explore **Connaught Street Village**. Browse fine art at The Park Gallery and Indar Pasricha or try party outfits at Lucy Choi London and Viola. Need a rest? Drink Ethiopian coffee at Markus, an authentic coffee house that's been roasting beans on site since 1957.

8PM Have dinner at hip Asian restaurant **Kurobuta** (p. 6; right). Sharing dishes include miso grilled baby chicken and tuna sashimi pizza – but you can't *not* try the soft shell crab tempura. Just be sure to save some space for the lavender-infused crème brûlée...



Great for a date

10.30PM Splash your cash playing roulette, poker, blackjack and more at **Grosvenor Victoria Casino London**. There's a bar and restaurant if you get the midnight munchies. 150 Edgware Rd, W2 2DT. 020 7298 2411. www.grosvenorvictoriacasino.com

Sneaking under a tunnel in the dead of the night might sound like a scene from *The Great Escape*. But if you're up for adventure it can become a reality—because a watersports company runs evening tours along the canal in Paddington.

Active 360 has hosted paddleboarding sessions from Paddington Basin in Merchant Square since 2014. Also known as **stand-up paddleboarding**, or **SUP**, it involves standing (read: wobbling!) on a board that resembles a surf board, propelling yourself through water with a paddle.

Evening paddles (£18) run from 7pm until 9pm. While the inky water glitters with lights at night, it's important boats can see boarders, so lifejackets feature lights.

Too chicken for *The Great Escape*? Then try **daytime paddleboarding**. Active 360 has 16 qualified instructors—there's one instructor for every eight participants—so you're in safe hands. Beginners must opt for a three-hour introduction (£65) that runs from outside **KuPP** (p. 12) to Kensal Rise in northwest London.

A keen paddleboarder, I join a group of 30 for a 10km daytime paddle. Following a safety brief, I don a life jacket and keep my sandals on to protect my feet from cuts in the (likely) event I take a tumble.



Initially, I set off on my knees—advancing to an upright position once I'm confident.

It's tempting to wave at passersby, but instead I focus on paddling, steering right to avoid oncoming canal boats. Soon I've navigated under bridges, dodged an angry goose and have arrived in Little Venice, a junction with an island of willow trees tickling the water.

The junction is lined with boats including **Puppet Theatre Barge** and the **London Water Bus Company**, a sightseeing boat with large windows—a 50-minute trip to Camden costs £8.50. Alternatively, you could hire a whole canal boat; **The Electric Barge** is great for parties (£225 an hour, minimum three hours).

The canal is remarkably clean; there's not a trolley in sight. Active 360's founder, Paul Hyman, says: 'That's because we host canal clean ups—we pick up litter as we paddle. We call ourselves the water Wombles, after the '60s TV characters that collected rubbish!'

'Paddle pick ups' cost £5, which is donated to the charity WaterTrek Foundation. The next pick up is April 2017—but if you work locally, you can volunteer sooner.

My group paddles past **Waterside Café**, a canal boat café in Little Venice, before turning left and passing **The Summerhouse**, a seafood restaurant that opens on to the water.

Persevering, we paddle parallel to a cycle path, past **The Waterway** gastropub and **St Mary Magdalene Church**, before returning the way we came. I stay afloat, but hear the inevitable splash in the direction of my friend. Luckily, there are showers back at Active 360's canal boat, and you can borrow or buy waterproof mobile cases (£15) or dry bags (from £35). Leave the rest of your belongings on the boat.

Regular paddleboarders can return for a three-hour guided session (from £22), and there are also private classes (£65 for



Top: Sarah's all smiles before the angry goose incident. **Main:** The Grand Union sparkles at night. **Inset:** This lady might look like a pro, but she fell in seconds later. **Left:** Note to self: A Canadian dug-out canoe is not suitable for *The Great Escape*



ALL ABOARD

Paddleboarding in Paddington – who knew? Sarah Riches discovers there's a whole lot more to the Grand Union Canal than just hiring a boat

'We pick up litter as we paddle – we call ourselves the water Wombles after the '60s TV characters that collected rubbish'



90 minutes). Locals can try free taster sessions (Wed 12.30pm) or new 45-minute lunchtime sessions (£9), giving you time to make it back to your desk. The twig in your hair will be the only giveaway...

Active 360 caters for groups, with 80 paddleboards and eight dug-out canoes for three people. People with disabilities are also welcome; Paul has previously led people with impaired vision, or one leg.

There's also paddleboarding Pilates and paddleboarding yoga (both £25 an hour) – the instructor's pet pug Clyde may join you on her board. If you'd like your pet to join, Active 360 will soon provide life jackets for pooches.

READER OFFER

Mention *Explore Paddington* when booking paddleboarding or canoeing with Active 360 to receive a 20 per cent discount. Offer valid 15 Jul-19 Aug 2016 inclusive.

Other plans in the pipeline are paddleboarding races, a new branch in Queen

Elizabeth Olympic Park and boards for two, which are ideal for a parent and child or a person with a carer.

Meanwhile, from July, you can hire inflatable Billboards inspired by the comedian Bill Bailey, a keen boarder. They feature handles to ease self-rescue and have straps to transport luggage. If you're keen to paddle out of London, they're just the ticket for a great escape.

Book ahead. Merchant Square, W2 1AS. 020 3393 5360.
www.active360.co.uk

EAT



Let's do lunch

If you find yourself guzzling coffee to stay awake in meetings, then swap your boardroom for a bistro

Do you know a better café?

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PaddingtonNow

magazine@paddingtonnow.co.uk

Blank walls and the hum of air conditioning don't scream creativity, so if you need inspiration or want to impress a client, host your meetings in a local café.

But wailing babies, techno and noisy coffee machines won't help you seal a deal either. So that's why *Explore Paddington's* team visited local cafés to check they welcome laptops, have plenty of plug sockets, waist-high tables for typing and free, reliable wifi. They need to be quiet enough to hold a conversation, too. **Look out for the coffee cup symbol – five is a done deal.**

Winner



JUST OUR CUP OF TEA

With its glass walls and outdoor seating, **Kupp** makes the most of its canalside location. Part café, part restaurant and

bar, the Scandinavian joint caters for all by providing high chairs, sharing boards – and cocktails. **Laptops are welcome** and there are **30 plug sockets**; just find a quiet corner at a **waist-high table** and face the windows to avoid screen glare.

Wifi is free, but you must provide your name, email, date of birth and postcode to access it. It opens at 7am – ideal for a business breakfast. **5 Merchant Square, Paddington Basin, W2 1AS. 020 7262 8618. www.kupp.co**



CAFÉ CULTURE

If you need a quiet spot in which to pour over small print then where better than **Kioskafé**? Part shop, part café, it stocks 150 magazine titles from around the world from *Harvard Business Review* to Hong Kong's *Design Anthology*. The compact space isn't particularly private, but it has a handful of stools at a **waist-high table** by the window, with more seating outside. It's known for its coffee, but tea is served in organic cotton tea bags. It opens at 7am so you can have a breakfast meeting; **laptops are welcome** and there's a few **plug sockets** – but **no free wifi!** 31 Norfolk Place, W2 1QH. 020 3111 4242. www.kioskafe.com



FULL OF BEANS

Breeze blocks, fur rugs and an oversized traffic sign make **Beany Green** just the ticket for a hip hangout in which to brainstorm. Outdoors, deckchairs overlook the canal and bike rack. **Laptops are welcome**, there are **plug sockets** close to **waist-high tables** and **free wifi** – no password or login required. Opens at 7.30am during the week. Got an after-hours meeting? Monday and Tuesday nights are best; the rest of the week there is a guitarist and a DJ late on Fridays – great for post-work drinks with colleagues. 4 Sheldon Square, W2 6EZ. 020 7289 3344. www.daisygreenfood.com



COOL BEANS!

Since it opened in April opposite Paddington station, **Java U Café** has caused quite a stir. You might smell it before you see it, as the hipster hangout serves single origin coffee from Ethiopia, as well as salads, organic pastries and a killer chocolate cake. **Laptops are welcome** and there are plenty of **plugs, good lighting** and **free wifi** – you just need a password, which is displayed. Most seats are **high stools around tall tables**, which might not be suitable for long periods of typing. There are sofas and low tables in the gallery downstairs, which is quieter. 153 Praed St, W2 1RL. 020 7706 3063.



BUSINESS BREAKFASTS

Like Kupp, **M&S Café** has glass walls so it brims with natural light and overlooks the canal. Spacious and with plenty of high chairs, it's popular with parents and babies – so the noise levels might disrupt your workflow. It opens at 7am Monday to Friday, making it ideal for a **business breakfast** over a cup of organic Fairtrade coffee. **Laptops are welcome** and it has plenty of **waist-high tables** and comfy chairs, but no plug sockets and **no wifi!** However, Merchant Square has free wifi if you register. 5 Merchant Square, Paddington Basin, W2 1AS. 020 8718 8000.



KOJAWAN

21ST CENTURY IZAKAYA



Bottomless Boozy Brunch

KOJAWAN is taking brunch to new heights on the 23rd floor of Hilton London Metropole with its futuristic boozy brunch and exceptional views of London. Available every Sunday, a champagne reception is followed by unique Korean, Taiwanese and Japanese inspired dishes, all washed down with unlimited Bloody Mary's, Grey Goose Cosmopolitans and Chateau Fontainebleau wines.

Keep the party going with

KOJAWAN's midnight happy hour every night between 11pm - 12.30am with two-for-one on cocktails and wines by the glass. It would be rude not to!

Opening times

Wednesday - Saturday 5pm - 2am
Sunday 11am - 2am

To book, call KOJAWAN on 020 8088 0111 or visit www.kojawan.uk

@kojawan

KOJAWAN, 23rd Floor, Hilton London Metropole, 225 Edgware Road, London W21JU

Battle of the teas



Struggling to choose an afternoon tea is a first world problem indeed. But help is at hand, as we've put two to the test

THE ROYAL PARK HOTEL

Originally three adjoining townhouses built in 1842, The Royal Park Hotel near St James's Church still feels more like a home than a hotel. Afternoon tea takes place in an intimate dining room, which is decorated with a chandelier, fireplace and framed paintings hanging from sage green walls—you can just imagine the ticking of a grandfather clock. As well as the usual sandwiches and pastries, you'll be served (crumbly) scones on porcelain plates and you can choose from 12 loose leaf teas.

From £24.50. Daily 2pm-6pm. Book ahead. *The Royal Park Hotel, 3 Westbourne Terrace, Lancaster Gate, W2 3UL. 020 7479 6600.*

www.theroyalpark.com

Best place to sit?

By the window

Refills? No

Music? None

Garden? Yes

VS



ROBA BAR & RESTAURANT

The neon lights and tiled floor in this spacious room on the ground floor of Norfolk Towers Hotel make it a family-friendly option, particularly if you're after a budget high tea. At less than £15, its new afternoon tea is a bargain – especially as tea refills and extra sandwiches, scones and pastries are included. The salted caramel brownie with gooey meringue topping wow, while the fresh, edible pansies are a nice touch. Don't have a sweet tooth? Then opt for English crumpets and mini pies instead.

From £14.95. Daily 2.30pm-3.30pm.

34 Norfolk Place, W2 1QW. 020 7262 3123.

www.robarestaurant.co.uk

Best place to sit?

On the velvet seats to the left

Refills? Yes

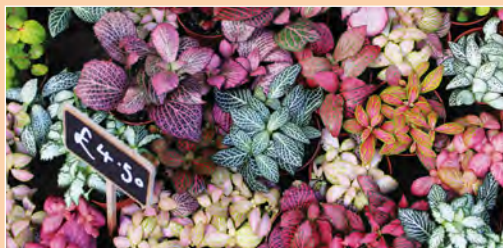
Music? Pop

Garden? No

NEW

HEIST BANK

Heist Bank has been a hit since opening on 29 June. Spread over two floors behind the Rolling Bridge (p. 9), it serves wood-fired pizza and Mr Whippy ice cream in an area filled with blooms from its in-house florist. Sofas, a pool table and graffiti create a relaxed vibe. Hire its private room for 45 with karaoke, old Nintendos and beer kegs. There's outside seating for 50, and bikes to borrow. £. *5 North Wharf Rd, W2 1LA. www.heistbank.com*



KOJAWAN

Kojawan has wowed Paddington since opening in April on Hilton London Metropole's 23rd floor. Its name is derived from the cuisine – it serves Korean, Japanese and Taiwanese. The décor is futuristic Tokyo; think neon signs, anime on TV and silver tiles. Try a cold Kirin beer or a cocktail in a lucky 'waving cat' mug. £££. *225 Edgware Rd, W2 1JU. 020 8088 0111. www.kojawan.uk*

DRINK

Fancy a pint?

What makes the perfect pub? Tim Benton did a pub crawl to test which Paddington pubs are the best for after-work drinks

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

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Top
pick



THE VICTORIA

TVs: Two, plus a big screen showing major sport events

Live entertainment: Quiz Tue (from 9pm); occasional live music

Craft ales: Five, plus two craft keg ales

The verdict: This welcoming 19th-century pub is at the end of a quiet Georgian terrace. There's a large menu, outdoor seats on a pretty terrace and twice-yearly beer festivals. It has a theatrical edge upstairs, with red velvet curtains and painted clouds.

10a Strathearn Place, W2 2NH. 020 7724 1191. www.victoriapaddington.co.uk



SALT WHISKY BAR & DINING ROOM

TVs: Two, showing music videos

Live entertainment: DJ Fri & Sat 9pm-1am

The verdict: Friendly staff make this popular with young locals. It serves 180 whiskies from around the world and Indian cuisine till midnight. There's a large seating area for shisha-smokers outside. The first-floor lounge can be hired for parties of up to 60. 82 Seymour St, W2 2JB. 020 7402 1155. www.saltbar.com



THE SAWYERS ARMS

TVs: Three, showing terrestrial sports

Games machines: Two

Craft ales: Landlord, IPA, Punk IPA & Camden Pale Ale

The verdict: While big, this pub still feels cosy. It has friendly staff, free wifi and seats outdoors. It also has decent food, and a burger and hot dog festival until 31 August. 8-9 London St, W2 1HL. 020 7723 0685. www.sawyerarms-paddington.co.uk



DUKE OF KENDAL

TVs: Three big TVs showing music videos

Live entertainment: Sat & Sun

8pm-11.30pm; piano

Craft ales: Three, including Old Hoppy Hen & IPA

The verdict: With its bookcase, fireplace and vases of fresh flowers, this feels more like a home than a gastropub. 38 Connaught St, W2 2AF. 020 7723 8478. www.dukeofkendal.co.uk



THE MAD BISHOP & BEAR

TVs: Five indoors, one out, plus big screen

Games machines: Five

Craft ales: Four, plus three guest ales

The verdict: You could easily miss this gastropub, hidden away in the station.

Popular with local and commuters, it serves decent food in a grand setting, with a gold chandelier and wooden paneling. Staff are friendly, and there's a decent playlist. *First floor, Paddington Station, W2 1HB. 020 7402 2441.*

www.madbishopandbear.co.uk



FOUNTAINS ABBEY

TVs: Six, plus two big screens for sport

Games machines: Two

Craft ales: Nine on rotation

The verdict: This large, old-school pub opened in 1824, and still has many of its original Victorian features. It's opposite St Mary's Hospital—Alexander Fleming was a regular (p. 9). There are regular craft beer festivals, numerous screens for major sport events and outdoor seating. *109 Praed St, W2 1RL. 020 7723 2364. www.taylor-walker.co.uk*



PRIDE OF PADDINGTON

TVs: Three, showing sport

Craft ales: Four, plus the keg lager Birra Morretti, considered a craft beer in Italy

The verdict: You can't miss this old-fashioned boozier, opposite Paddington station. Spacious inside, it also has attractive outdoor seating (just ignore the traffic and construction work). It's next to several hotels, so it's popular with visitors. *1 Craven Rd, W2 3BP. 020 7402 2156.*

www.theprideofpaddington.co.uk



GRAND UNION

TVs: Six, plus a big projector showing major tournaments

Live entertainment: DJ Thur & Fri, some Sat

The verdict: Oriental fans, gilt mirrors and neon signs give this Paddington Basin bar a touch of glamour. It's a good choice for Friday night cocktails, as it does a mean mojito. From noon to 8pm daily, two cocktails cost £10. There's a 25 per cent discount for students and 20 per cent discount for local businesses. It has an outdoor seating area right on the canal—perfect for summer nights. *West End Quay, Paddington Basin, W2 1JX. 020 7723 5106. www.grandunionbars.com*



THE MITRE

TVs: Three, showing terrestrial sports

Live entertainment: Sun during summer. The rest of the year, jazz bands from 8pm on Thur and 7.30pm Sun in the basement cocktail bar

Craft ales: Five, plus six craft keg beers on draught

The verdict: Efficient service, delicious cuisine and traditional decor—what's not to like? Hanging baskets make the outdoor seating area of this Grade II-listed building attractive, too. *The Mitre, 24 Craven Terrace, W2 3QH. 020 7262 5240.*

www.mitrelancastergate.com


EXPERIENCE

Hive of activity

Paddington is buzzing, literally – there are even bees on the roof of Lancaster London hotel. From yoga to tango, the area has it all

Have you tried horse riding, Pilates or cycling in Paddington? Then share your pics!

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HORSING AROUND

Founded in 1965, **Ross Nye Stables** is tucked away in a mews near Sussex Gardens. While the stables close for summer, from 7 September you can **take lessons** in Hyde Park, which has five miles of riding tracks. Beginners have one instructor for every two students, while advanced riders are in groups of four. Lessons start at 7am, which is handy if you want to **ride before work**. If you're lucky, you'll spot horses in the Household Cavalry taking part in drills.

Keen to get involved? Local school children and people with disabilities should enquire about **free rides**. The stables have 16 colts and mares, which

are rotated with another six at a branch in Guildford, Surrey, so it can cater for large groups.

If you live locally, you can also take part in regular quizzes and competitions, attend talks and outings to equestrian events, or watch **fancy-dress jumps**



each January. The riders dress up as everything from Snow White to drag!

On 18 September, don't miss the annual **Horseman's Sunday**, which launched in 1968, outside St John's Church (p. 7). Arrive at 11am for face painting, food stalls and to watch mounted police or cavalry lead a procession of 80 horses, including a pony and trap. Rev Stephen Mason, wearing a flowing green robe, arrives on Gulliver, a trusty steed, before leading a service (noon-1pm) while mounted.

£75 group lesson; £90 private lesson, per hour. 8 Bathurst Mews, W2 2SB. 020 7262 3791. www.rossnyestables.co.uk



CYCLE

PEDAL PADDINGTON

Want to cycle in Paddington? Register for **Santander Cycles** and hire a bike for £2. Check out TfL's docking stations on our handy map (p. 4-5). Work locally? Then check if your company has signed up for a new business account with TfL.

PILATES

HARDCORE

Work your core in a private class at **Peacock Pilates London**, opposite Paddington station. Equipment includes a Pilates chair, suitable for pregnant women, a mini trampoline which is soft on the knees, and the Reformer, a board with springs which add resistance to your workout. Men and women are welcome. *From £100 per 55-minute class. Pre-book. 51 Conduit Mews, W2 3RE. 020 7262 2210.*

www.peacock-pilates.com



YOGA

SET PULSES RACING

If you think gyms are all about weights, then you haven't tried Pulse, powered by Clubbercise—a **dance class in the dark**, lit only by a glow stick in your hand. Alternatively, why not try anti-gravity yoga? Up to 14 people can take part in a class, which involves dangling from the ceiling in a hammock. It's tougher than it sounds! Try both at Virgin Active, which also has a pool. *33 North Wharf Rd, W2 1LA. 020 3126 5500.*

www.virginactive.co.uk

DANCE



CHA CHA CHA

Getting married and have two left feet? Save yourself from public humiliation with a private wedding **dance class** in this mirrored dance studio. Catering for all levels, you can also learn everything from ballroom and ballet to Argentine tango and salsa, or try dance fitness, Pilates and yoga.

Dance Art Studios, 1 Chilworth Mews, W2 3RG. (No number).

www.danceartlondon.com



PLAY

TWO CAN PLAY AT THAT GAME

Grab a pal (or a stranger?) and challenge them to a round of ping pong at a **table tennis** table in Paddington station, Norfolk Square Gardens, Sheldon Square and Merchant Square. On sunny days you can also play **Connect 4**, a giant game of **Jenga** and the French ball game **pétanque** in Merchant Square—request the balls at number 5 Merchant Square. All the games are free and there's no need to book. *020 7298 0900. www.merchantsquare.co.uk*

RELAX

Aldesko to Alfresco



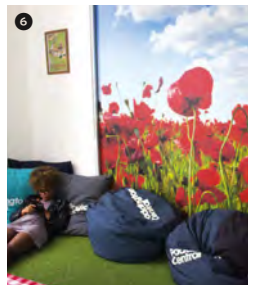
If you could make a sandwich from the crumbs in your keyboard then it's time to eat your lunch in the great outdoors...

When the sun comes out, why not sit in **1 Talbot Square**, a short walk from Paddington station? Flanked by Georgian houses, the leafy square has benches around a central lawn. **2 Norfolk Square Gardens**, parallel to Sussex Gardens, also has benches around a lawn, as well as a Paddington Bear statue, an oversized chess board you can play on and a ping pong table (p. 19).

A five-minute walk north takes you to **3 Merchant Square** in **Paddington Basin**. If it's too nice to sit indoors, eat lunch on the steps by the fountain by the **Fan Bridge**. Alternatively, stroll along the canal and nab a spot on the lawn in **4 Sheldon Square**, or relax on its amphitheatre-style steps. You can grab lunch from **5 Kerb**, a monthly outdoor market (p. 6). On cooler days, head indoors to **6 The Snug @ Paddington Central** also in the square – it costs nothing to sit on its bean bags, read magazines or watch TV. Over the bridge you'll find **Rembrandt Gardens**, a suntrap garden in Little Venice. 📖



Find out how you can reclaim your lunchbreak in Merchant Square on p.7



SLEEP

Room service 

Whether you're here for a night or a week, you'll be able to find a place to stay in Paddington regardless of your budget


Can you recommend accommodation in Paddington? Then spread the word!

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BUDGET

TUNE HOTEL

A five-minute walk from Edgware Road station, this **137-room hotel** is clean, safe and comfortable – so how is it so cheap? You don't pay for extras you don't need, but beware – 'add ons' add up – and include towels, hairdryers, even windows! Light sleepers, book a room on the top floor. From £55 per night midweek and weekends. 41 Praed Rd, W2 1NR. 020 7258 3140. www.tunehotels.com

EASYHOTEL

Close to Paddington station, this **no-frills** hotel is ideal for short stays. Some of its 47 rooms don't have windows, and TVs and wifi are extra. From £59 midweek, £69 weekends. 10 Norfolk Place, W2 1QL. (No number). www.easyhotel.com

MID-RANGE

DAYS INN LONDON HYDE PARK

Close to Paddington station, this three-star hotel is spread across three **Georgian townhouses**. Rooms are small but comfortable, and there's **free wifi**. From £150 midweek, £155 weekend, with breakfast. 148-152 Sussex Gardens, W2 1UD. 020 7723 2939. www.daysinnhydepark.com

HOTEL INDIGO

This four-star hotel is steps away from Paddington station. While rooms are small, they're uniquely decorated and have **comfy beds**. Staff are friendly and there's **free wifi**. From £207 midweek, £185 weekend, with breakfast. 16 London St, W2 1HL. 020 7706 4444. www.indigopaddington.com

BLOW-OUT

THE ROYAL PARK HOTEL

Near Paddington station, this four-star **boutique hotel's** 48 rooms feature oil paintings and period furniture. It has **free wifi**, meeting rooms and **high tea** (p. 15). From £214 midweek and weekend. The Royal Park Hotel, 3 Westbourne Terrace, W2 3UL. 020 7479 6600. www.theroyalpark.com

HILTON LONDON PADDINGTON

Ideal for business travellers, this hotel by Paddington station has **free wifi** and **18 meeting rooms**. Members of its reward programme, Hilton HHonors, save 30 per cent when booking directly (before 6 Sep). Non-members from £195 midweek, £153 weekend. 146 Praed St, W2 1EE. 020 78500500. www.3.hilton.com

LIVE/WORK



Street smart

Live or work in Paddington? Then learn more about the local businesses that are helping to make the area streets ahead of what it used to be

STREET APPEAL

Put Paddington on the map – literally, with **Love Maps On** (above right). Print any UK postcode on wallpaper, cushions and artwork for your lounge or office. 01344 427647. www.lovemapson.com

WORD ON THE STREET

You might have heard the rumours about a 5,574sqm development next to Paddington station. **Hermes Central London** plans to develop two existing blocks dating from the 1950s into shops, offices and seven homes at **50 Eastbourne Terrace**. The shops will occupy the ground floor on Craven Road, while five floors of offices above will share an entrance on Eastbourne Terrace. The proposals are due to be submitted to Westminster City Council in Autumn 2016; if permission is granted, work will start next summer and be completed by 2020. **Hermes Central London** 020 7702 0888. www.hermes-investment.com

LIVING THE DREAM

Did you know? In the late 1800s, mews were living quarters for townhouse staff and stables for horses and carriages. Delve down **Paddington's cobbled mews** and you'll find they're now lined with charming homes (above). Want to buy or rent in Paddington? Whether you have a cool five million or a moderate budget, **Astons London** can help. 9 Spring St, W2 3RA. 020 7262 2900. www.astonslondon.com

GARDENER'S WORLD

Just north of Little Venice, **Clifton Nurseries** sells everything you need for your garden, balcony or windowsill. Buy plants, garden furniture and ornaments or hire the nursery to design your outdoor space. While there, pop into **Quince Tree Café**; with its blackboards, rustic tables and plants, it feels more like a farm kitchen than an urban garden centre. Clifton Villas, W92PH. 020 7289 6851. www.clifton.co.uk

HOT DESKING

A hot new office space known as **20 Eastbourne Terrace** is set to open on 1 October next to Paddington station, and **The Office Group** will be managing 4,180sqm of it. You heard it hear first – so mention **Explore Paddington** when you call! 0870 116 1100. www.theofficegroup.co.uk

WORK WONDERS

Freelancers, listen up: a co-working space has opened next to Paddington station. **We Work** launched on 1 June with everything an office worker needs such as conference rooms, lounges and high-speed internet, as well as some things you don't – like micro-roasted coffee and purified water, weekly events and hip interiors. Nice work if you can get it! Shared office desk from £650 a month; private office desk from £850 a month. 2 Eastbourne Terrace, W2 6LG. 020 3695 4926. www.wework.com

VOLUNTEER

Time for Paddington

They say charity begins at home, so why not volunteer in your local area and give something back?

Do you know a local hero, or are you a volunteer? Then tell us more on

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LUNCHTIME LEGEND

Established in 2004, **Time for Paddington** gives locals the opportunity to volunteer within the community. Jo Caulkett, 34, works for Marks & Spencer in Merchant Square and has been volunteering for six months. Jo says, 'I heard about Time for Paddington through work—the charity contacts local businesses to find volunteers. There are various opportunities, from **business mentoring to helping children to read**.

'I'd always wanted to help others in my spare time, but it's hard to commit to anything in the evenings. So Time for Paddington is perfect—I can fit it into my lunch. I visit a **primary school** once a week for 30 minutes to help children aged seven. I was asked to commit to six months, but the school was flexible about hours. The teachers select pupils they think would benefit most from a

reading volunteer. The children choose a book each week. I prompt them if they come across words or phrases they're unsure about. I try to make the experience as fun as possible, as I think being able to enjoy reading is such a gift.

'Since I started, my pupils' reading skills have definitely improved. I can't take all the credit—but it's nice to think I might have helped.' 020 3145 1207.
www.thisispaddington.com

WAKE UP AND SMELL THE COFFEE

The new charity **CanDoCoffee** employs people who struggle to find work. If you've bought a morning latte from one of its vans in Merchant Square, then you've also helped transform someone's life.

The charity launched the van in May to help create opportunities for people traditionally excluded from employment opportunities. Director William Pitt says, 'While other employers see gaps on

a CV, a criminal record or a lack of skills, CanDoCoffee sees determination to **overcome challenges**.'

The van helps people by training them to become self-employed traders. They can then buy and run a CanDo van, or receive support in setting up another venture of their own. 020 7183 8218.
www.candocoffee.com

BE A STAR

If **St Mary's Hospital** has cared for you, why not show your thanks by volunteering? Over 21s can welcome visitors, chat to patients and help with mealtimes. Alternatively, donate to **Cosmic** (below), a charity that supports the hospital's children's intensive care unit. It's too late to sign up for a Cosmic place in the Prudential RideLondon cycle race, but it's never too late to donate! *Praed St, W2 1NY. 020 3311 1667.*
www.cosmiccharity.com





Weekend break

*Planning a day out or a weekend away from Paddington?
The historical city of Bath is just a train ride away*

WHAT TO DO

Bath's top sights are close to each other so you can see them in a day, but to do it justice stay for two or three. A short walk from the station, **Bath Abbey** – built between 1499 and 1616 – looms over the city. The neighbouring **Roman Baths**, Britain's only hot spring, still steams with hot water and on summer nights its Great Bath is lit by torches. Take inspiration from the Romans and bathe in the mineral-rich hot water at **Thermae Bath Spa** close by. It has an indoor bath, Jacuzzi and steam rooms, as well as a rooftop swimming pool.

On a sunny day, relax by the bandstand in **Parade Gardens** which overlook the River Avon and **Pulteney Bridge**; from

here, walk along the river to **The Victoria Art Gallery**, which houses two floors of paintings, sculpture and decorative arts.

Bath has many museums, but if you only have time for a few then visit **The Fashion Museum** for its *Behind the Scenes* exhibition on how women's dress



has changed over the centuries. **The Museum of East Asian Art**, meanwhile, specialises in Chinese art such as ceramics dating from 5,000 BC. Literary lovers, don't miss **The Jane Austen Centre**, dedicated to the author of *Pride and Prejudice* and *Emma*.

Both museums are around the corner from **The Circus**, a picturesque curved terrace of Georgian townhouses dating from 1754. **The Royal Crescent**, a row of 30 terraced houses built in the late 1700s, is nearby. It overlooks **Royal Victoria Park**, a 57-acre space that's home to a botanical garden.

At night, visit **Theatre Royal Bath**. Summer highlights include *While the Sun Shines* (to 30 Jul); *A Midsummer*



Opposite: Thermae Spa
Inset: Prior Park **This page,**
 clockwise from left: Bath
 Abbey; The Royal Crescent
 afternoon tea; Regency
 architecture; Theatre Royal



Night's Dream (3-20 Aug); *The Libertine* (31 Aug-17 Sep), starring Dominic Cooper; and the comedy *Stepping Out* (12-22 Oct), starring Amanda Holden, Angela Griffin and Tamzin Outhwaite.

WHERE TO EAT

Huguenot baker **Sally Lunn's** legacy lives on in a tearoom named after her in one of the city's oldest houses, right by the abbey. It's known for its buns, which can be topped with lemon curd, dulce de leche, marmalade and more. You can also have afternoon tea and hot 'trencher' dishes which date from 1500

— meals served on wedges of bread.
 4 North Parade Passage, BA1 1NX.
 01225 461634. www.sallylunns.co.uk

WHERE TO STAY

For location, you can't beat **The Abbey Hotel**, which overlooks Parade Gardens and the abbey. From three former townhouses, it's now a boutique hotel with individually decorated rooms, quirky artwork, a garden and an 'igloo' event space in a former air raid shelter. Double rooms from £111. *North Parade, BA1 1LF.* 01225 809193.
www.abbeyhotelbath.co.uk

HOW TO GET THERE

London Paddington to Bath Spa takes 90 mins and costs from £29 return.
 03457 484950. www.nationalrail.co.uk



Want to go further afield? Heathrow Express whisks you from Paddington station to Heathrow Airport in 15-21 mins (single £22; return £36). 0345 600 1515. www.heathrowexpress.com.
If you need to book flights, pop into Flight Centre near Tune Hotel (p. 21). The Paddington branch specialises in business travel. 48 Praed St, W2 1JX.
 02073248324. www.flightcentre.co.uk

Have you had a great day out from Paddington? Send us your pics on [@inpaddington](https://twitter.com/inpaddington) [#paddington](https://twitter.com/#paddington)
[paddingtonnow](https://www.instagram.com/paddingtonnow) [PaddingtonNow](https://www.facebook.com/PaddingtonNow) magazine@paddingtonnow.co.uk





Over to you

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


 @BeanyGreen opens until 11pm Wed to Fri now
 @AdeTheux @inpaddington I love @BeanyGreen on Sheldon Sq




 @laerts23 Thanks for the #Paddington tip @inPaddington! Beautiful and so much to see and do #London

 @lOndondoc Too many restaurants to choose from! But @ASKItalian on Spring Street and @fantasiapalace are two particular favs!



 @knotnicky Omg omg also just found out sup yoga is a thing STAND UP PADDLEBOARD YOGA yessss classes in Paddington basin who's with me?!

 Paul Smith, 36, is a Marks & Spencer employee in Paddington Basin



Like • Comment • Share

I discovered Talbot Square on my lunchbreak. It's the perfect place for some peace and quiet away from the hustle and bustle of Edgware Road.



Did you know?

In November 2015, Hollywood star Matt Damon was spotted running along the canal outside Paddington station, shooting scenes from the fifth edition of *The Bourne Identity*. *Jason Bourne* is set to open at the end of July – are you in the background?

Whether you want to rant, recommend somewhere or just share your holiday snaps, connect with us and you might feature in the winter issue of *Explore Paddington*!  @inpaddington  #paddington

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For information, news, events and offers, visit www.thisispaddington.com



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