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Tc7

# Business Travel to Brighton: Come and Sea!

## **Brighton, 2 Days**

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# Guide Description

**AUTHOR NOTE:** If you are called to "London on Sea" for a business trip, you'll have a fringe benefit of enjoying yourself more than you probably should. More likely than not, you'll feel much more laid back conducting your affairs here than in most major cities. I've included a boutique hotel in this list at an affordable price, some restaurants and places to go for a drink. Despite feeling a bit choked by your tie or tolerating your colleagues, you'll feel "easy like Sunday morning". Even mid-week.

# Itinerary Overview

things to do  
restaurants  
hotels  
nightlife

## Day 1 - Brighton



**Moshi Moshi**  
Conveyor belt cuisine



**Maison Mascara Boutique Hotel**  
Home away from home



**Lanes (The)**  
Walk the old winding streets in Brighton's Lanes and have a look at the jewelry shops and designer boutiques.



**Browns Restaurant & Bar**  
Colonial chic



**North Laine**  
The North Laine is Brighton's main shopping drag and full of one-of-a-kind boutiques with attitude.

## Day 2 - Brighton



**Maison Mascara Boutique Hotel**  
Home away from home



**Bill's Produce Store**  
Mostly locally sourced food, in a casual but chic setting near Brighton's North Laine.



**Café Nero**  
Cool coffee

# Day 1 - Brighton

QUICK NOTE

**contact:**

tel: +44 1273 71 9195  
fax: +44 1273 71 9196  
http://www.moshimoshi.co.uk

**location:**

The Opticon  
Brighton East Sussex BN1  
1JS

**hours:**

Tu-Su Noon-10:30p

## 1 Moshi Moshi

**DESCRIPTION:** This is Moshi Moshi's first venture outside London. The radically designed building was built especially for the restaurant and features an entire glass wall which slides out in good weather. The perfectly presented sushi passes by your table on a conveyor belt (kaiten) and you select whatever takes your fancy. Salmon sashimi (raw fish) on a bed of rice is just perfect. Don't worry if you don't know a thing about sushi, the staff will guide you in your choices. Lunch is around £10 which is a bargain for the ambience and exquisite food. © wcities.com

**MY NOTE:** Sushi at Moshi Moshi is perfect for a business lunch. Just make sure you can use chopsticks properly. Sign up on the website for special offers.

**contact:**

tel: +44 1273 38 5959  
http://www.maisonmascara.co.uk

**location:**

33 Montpellier Road  
Brighton East Sussex BN1  
2LQ

## 2 Maison Mascara Boutique Hotel

**DESCRIPTION:** Conveniently located next to the shops at Laines and restaurants at Preston Street, this boutique hotel offers a comfortable stay at reasonable rates. Start your day with a breakfast served in your room. Take a walk along the beach. Recharge yourself by eating at the in-house restaurant Maison, which serves up international cuisine. Relax at the pool and the garden. End your day in your room with wi-fi access, so that you can browse the net and check your email. © wcities.com

**MY NOTE:** Maison Mascara is a modern hotel that your employer can use to tell you he or she has taste. The MM remains in between a B&B and serviced hotel. The choice for discerning business travelers and those who appreciate interior design.



wcities

**contact:**

tel: +44 (0)1273 29 2589  
(Tourist Information)

**location:**

East Street  
Brighton

**hours:**

24hrs

## 3 Lanes (The)

**OUR LOCAL EXPERT SAYS:**

Make sure to visit the vintage teddy bear store near the fountain. The only place you'll find a stuffed black swan and 50's dolls. If you like inanimate friends, you'll love this shop.

**DESCRIPTION:** The Lanes house some of the best shops and restaurants in the city. A lot of the more upscale brands can be found here, like MAC cosmetics and Karen Millen. Dukes Lane is particularly visually attractive and you'll love having a cuppa tea by the fountain. Honestly, for many the highlight of the city. © NileGuide

**MY NOTE:** After a stressful of business negotiations, you'll be happy to just unwind walking the Lanes. Stop in a pub or get a



Photo courtesy of Frank Jepsen

bite to eat. The soul of the city remains the Lanes and the North Laine.

**contact:**

tel: +44 1273 32 3501

fax: +44 1273 32 7427

http://www.browns-restaurant.com

**location:**

3/4 Duke St

Brighton East Sussex BN1 1AH

**hours:**

M-Sa 11a-mid, Su noon-mid

## 4 Browns Restaurant & Bar

**DESCRIPTION:** Browns has been a favourite local restaurant for well over ten years - its eclectic well-presented food and relaxed atmosphere continues to pull in the crowds. The decor at Browns creates a fresh and exclusive feel. Light wooden floors and pale walls are separated by a generous interjection of palm trees that takes its diners back to the colonial era. One thing about Browns is that you can always rely on the menu to include some good staple pasta, salad and meat-dishes. Prices for main courses tend to hover around the £10 level, but servings are generous, often making a starter superfluous. Service is attentive and friendly, although some of the waiters can get a little stressed during the busy periods. © wcities.com

**MY NOTE:** Browns is the greatest. It's modern with loads of wood and sofas. If you get a cocktail at Brown's you'll feel wealthy, even if you aren't. 5stars, especially for the Virgin Pina Colada.

**contact:**

tel: +44 906 711 2255

**location:**

Church Street  
Brighton BN1

## 5 North Laine

**OUR LOCAL EXPERT SAYS:**

Don't forget to get some "Brighton Rock" or fudge whilst on the Laines. Brighton Rock can be found in most sweet shops. Some of the smaller shops sell homemade fudge.

**DESCRIPTION:** The North Laine is generally thought of as the focal point of Brighton. This what they call "The Main Drag". The North Laine is mostly comprised of boutique shops and small cafes. Sometimes walking on the North Laine, you'll spot a stray musician or a bubble blower, adding to the overall effect. One of the main clubs Komedia in Brighton is also notably on the North Laine. © NileGuide

**MY NOTE:** If you hit the North Laine before 6pm, you have to get some fudge at Roly's . It is crumbly and so good, you will remember it for years.



wcities

# Day 2 - Brighton

QUICK NOTE

**contact:**  
tel: +44 1273 38 5959  
<http://www.maisonmascara.co.uk>

**location:**  
33 Montpelier Road  
Brighton East Sussex BN1 2LQ

## 1 Maison Mascara Boutique Hotel

**DESCRIPTION:** Conveniently located next to the shops at Laines and restaurants at Preston Street, this boutique hotel offers a comfortable stay at reasonable rates. Start your day with a breakfast served in your room. Take a walk along the beach. Recharge yourself by eating at the in-house restaurant Maison, which serves up international cuisine. Relax at the pool and the garden. End your day in your room with wi-fi access, so that you can browse the net and check your email. © wcities.com

**MY NOTE:** Maison Mascara is a modern hotel that your employer can use to tell you he or she has taste. The MM remains in between a B&B and serviced hotel. The choice for discerning business travelers and those who appreciate interior design.



wcities

**contact:**  
tel: 0872 148 6247  
<http://billsproducestore.co.uk>

**location:**  
100 North Road  
Brighton East Sussex BN1 1YE

## 2 Bill's Produce Store

**DESCRIPTION:** Bill's is arguably the most famous, gourmet restaurant in Brighton. The store is small but the restaurant stretches over 2 floors. © NileGuide

**MY NOTE:** Get a soup here and enjoy bakery bread with it.



Bill's Produce Store

**hours:**  
Mon-Sat 8am-8pm; Sun  
10am-4pm

**contact:**  
tel: +44 1273 771498  
<http://www.caffenero.com>

**location:**  
208 Western Road  
Brighton East Sussex BN1 2BA

## 3 Café Nero

**DESCRIPTION:** Caffé Nero prides itself in the art of Espresso. Coffees are tested to perfection daily and an Espresso master calls in at least once a week. An attractive modern exterior is inviting to all. Inside, cool blue and contrasting brown walls give a warm friendly feel. For a caffeine hit call in before work, rest weary feet during shopping, meet up with friends, browse the 'papers and relax. Various other drinks, tempting cakes and pastries are also available and prices won't break the bank. © wcities.com

**MY NOTE:** Cafe Nero is a chain but the best chain. You know you'll get a good coffee here in the morning,

**hours:**  
M-F 7a-7p, Sa 8a-7p, Su  
9a-6p

# Brighton Snapshot

## Local Info

If the sun shines anywhere in the, it will shine on the coast. So whilst finding sun in Britain can seem like winning the National Lottery, you will most likely find the sun shining in Brighton. However, the fantastic thing is that Brighton is a city, not just a seaside resort so the enjoyability of your holiday does not depend on Mother Nature's whims. If the sun plays games with you, you can always head over to the North Laines to do a spot of shopping. Brighton has more of an upper-end vibe than most seaside resorts in the UK.

Central Brighton, The North Laines and The Lanes

Brighton is a cheerful place, where basically anything goes. Movements would that would be marginalised elsewhere in the country, like the punk, goth or gay scenes co-exist alongside day trippers and yummy mummies. No head-butting with mohawk spikes, this is a peaceful place. Brighton is 1 hour by train from London, so it is a popular weekend destination or holiday extension.

Most visitors check out the Pavillion, which might be the most striking building you have ever seen and is even better inside. The rooms are furnished in historical decadence with Oriental touches. Upstairs you can also order a proper English cream tea and sit on the balcony overlooking the Pavilion gardens.

The North Laines and The Lanes give Brighton its village-y feel. You can literally spend hours weaving in and out of the small streets shopping in the boutiques or having an inexpensive bite at eat mouth-watering but not pocket breaking Piccolo.

There are a lot of restaurants near The North Laines and The Lanes and they are often good value for money and are not at all touristy. If you are wondering the difference between the North Laines and The Lanes, it involves the North Laines being shop-lined and funky and The Lanes (also called The South Lanes) looking more like the old fishing village streets that they are.

The Lanes are more up-market and have stores like MAC cosmetics, the classy England at Home furnishings and house the jewelry district. One of the best things

about Brighton is that the whole city hasn't gone corporate like many other places and the landscape is still dominated by individually owned businesses. If you are particularly into vintage clothing, try Snoopers Paradise. If you go insane for fudge, try Roly's. If you fancy corporate high street fashion, go to American Apparel near Churchill Square, between Brunswick and Churchill Square. If you like to accumulate material possessions or want to pick up some punk fashions, you'll find something suitable in Brighton.

Kemptown And Preston Park

There is a lot to do in Central Brighton and the many smaller areas part of the city, like Kemptown, which is the gay district. Kemptown has the best gay bars and clubs like the Amsterdam, the Queen's Arms and Club Revenge. Pick up a copy of Gscene magazine, which is the gay magazine for Brighton and Hove at Prowler Shop on St. James Street. If you happen to be the UK during the first week of August, look at for Brighton Pride at Preston Park, which is a massive park with a Japanese rock garden across the street. The park also borders Preston Manor.

Brunswick And Hove

Brunswick and Hove are two areas that are quieter than Central Brighton but still have a lot going on. Check out St Ann's Wells Park in Hove with its lovely flower garden and have a picnic. This park has a playground and tennis courts as well.

Hove is a good place to stop for several reasons. The relative quietness can be a breath of fresh, salty air. This rings particularly true if you are trying to sunbathe on the beach or clear your mind. Central Brighton's buzz in the summer months is obviously infectious but if you require something more subtle, you'll find respite in Hove.

Brighton Seafront And Marina

Saving the best for last, theseafront is really the biggest and best attraction. The seafront stretches for miles and miles and houses the World Famous Brighton Pier, which is a pier filled to the brim with rides and junk food. Further from the seafront is Brighton Marina, the largest marina in the UK where you will find many restaurants and the occasional farmers market. The

scenic Mermaid Walk in the marina is a great place to stop and have a bite to eat and overlook the boats.

© NileGuide

## Restaurants Insights

Brighton is a traditional food mecca and an "alt" food haven. Aside from the no-brainer but seriously good fish and chips, you can find basically any cuisine in Brighton.

There are really great upper end-eateries like Havana, which serves Cuban food in a romantic atmosphere and the famous Food For Friends, which is THE vegetarian Brighton restaurant. These places are great for a special night out but most of the restaurants in the city are far less expensive. One underrated place that is great for lunch is The Cherry Tree, a cafe in Kemptown. The salad plates and soups here are great value and the owner is likely to come over and speak to you personally. Bill's Produce Store is fantastic whether you stop there for a quick snack or for a proper meal. The bread is freshly baked and this place is practically a local institution. Not enough can be said about the fantastic Lick, which serves soft-serve frozen yogurt and ice cream. Try the dark chocolate chips for a perfect finish. Lick was voted "Best frozen yogurt in Europe" in a recent contest and it is really, really good yogurt. If you have a family, you will be really hard to find anyone unhappy at the Harvester, despite different dietary requirements. The salad bar is amazing and you just can't go wrong for a simple dinner.

© NileGuide

## Nightlife Insights

If you're looking for hip, cosmopolitan and relaxed, look no further. This place is big on entertainment and is a renowned weekend getaway.

## Clubs

Outside London, Brighton has one of the most vibrant clubbing cultures in Britain, easily rivaling Leeds and Manchester. For a big night out it's definitely worth visiting some pre-club bars around The Lanes, near the seafront- The Fishbowl, Ali-Cats,

## Brighton Snapshot continued

The Prodigal, The Western Front- and then depending on your tastes, a visit to Kings Road Arches down by the beach or West Street which spreads down from the Clock Tower in the centre of town. The West Street vibe is more young and populist, while Kings Road Arches attracts the more discerning clubber. West Street has Event II which puts on major gigs in town as well as huge club nights and traveling road shows. At Kings Road Arches look to The Zap, probably Brighton's best known club which plays host weekly to the big names in DJ club culture. Just along from the Zap is The Beach, another draw for the big name record spinners, whilst down at the other end of the beach strip, the Honeyclub puts on equally well-attended, pumping nights of club anthems. Other choices include Phonic: Hoop at The Enigma, Casablanca or the Jazz Rooms.

### Music

The live music scene isn't half bad either. With regular showcases each month entitled Brighton Rocks! at the Concorde 2 there's an explosion in indie-based sound, while venues such as The Freebutt and Sussex Arts Club cater for the hip-hop crew, punk rockers from abroad, electronic wizardry, folk and more mainstream pop. The Event II puts on the bigger gigs along with the Brighton Centre. For a touch of classical, there's the Brighton Dome, St Bart's Church, the Old Market Theatre, St Peter's Church, Sallis Benney Theatre, the Pavilion Theatre and Glyndebourne (near Lewes). Look out for the best in classical orchestras around the time of the Brighton Festival in May.

### Art

Brighton is brimming with artistic talent, it's a creative town and one of the leading lights in multi-media digital arts. The Lighthouse company based in the Brighton Media Centre organizes many digital arts exhibitions which are put on usually at the Fabrica Gallery, renowned for its trail-blazing shows.

Other galleries leading the way include the George Street Gallery, Gallery 73, Gardner Arts Centre, University of Brighton Art Gallery and Phoenix Arts Centre. Hove Museum and Brighton Museum & Art Gallery house more established works but also play host to notable national touring exhibitions.

### Cinema

Brighton is blessed with all manner of cinematic delights including the oldest independent cinema in the country, The Duke Of York. Come here for low budget, independent films as well as themed festivals and art flicks. It has a beautiful art deco interior. For all Hollywood blockbusters, there's the Odeon multiplex along the seafront and the UGC multiplex at Brighton Marina boasting more than ten screens. There's also mainstream showings at the Gardner Arts Centre and the Sallis Benney Theatre shows occasional films as does Ali Cats bar.

### Comedy

Brighton is awash with stand-up comedians. The main place to see them is Komedia. Here you can see The Krater Club, a brilliantly conceived comedy showcase. Gardner Arts Centre also puts on big-name acts to rival the Komedia.

### Theater

Theater is well catered for in Brighton from the big west end shows to the more experimental cutting edge theater. The Theatre Royal is the place to see the bigger performances, Oscar Wilde, Shakespeare, even Ben Elton. Komedia, the Sallis Benney, the Pavilion Theatre, the Corn Exchange and the Gardner Arts Centre also put on nationally acclaimed performances as well as those shows just breaking through. There's a wealth of smaller and more locally based drama to be found at the New Venture Theatre, Marlborough Theatre, Little Theatre, Ray Tindle Centre or the Sussex Arts Club- if you wanted you could probably take in a different performance every night of the week.

### Dance

Dance is a Brighton specialty. The Gardner Arts Centre, The Komedia and the Sallis Benney Theatre have regular dance shows. These are often experimental in nature and feature world renowned companies.

### Museums

Brighton has a number of museums from the mainstream Brighton Museum in the center of town to the more specialist Booth Museum of Natural History, the Fishing Museum and the British Engineerium. There's also the old Museum of Penny Slot Machines along the seafront. All of these museums offer free admission.

Whatever your age or interest, come rain or shine, day or night, there is always something new to do in Brighton.

Photo by: JP Oakar

©

### Fun Facts

**Brighton State/Province:** England

**Country:** United Kingdom

**Brighton by the Numbers:** Elevation: 30 feet Population: 121,000 Average January temp: 5 degrees C(41 degrees F) Average July temp: 15 degrees C(64 degrees F)

**Quick Facts:** Time zone: GMT Electricity: 240 volts AC, 50Hz; square three-pin plugs are standard Country dialing code: 44

**Did you know?** Brighton is one of the most famous seaside resorts in Great Britain. Beginning in 1783, the Prince of Wales (later King George IV) patronized the city, transforming it from a fishing town into a fashionable resort. He also commissioned the Royal Pavilion in the city. In the 18th century, Dr Richard Russell published his thesis on sea bathing, which declared Brighton's salt water as a health benefit, prompting both the sick and the rich to visit the city.

**Orientation:** A city in Southeast England, Brighton is located on the English Channel, south of London.

©