



nileGUIDE

ALL YOU NEED TO PLAN YOUR PERFECT TRIP



Rene Ehrhardt

FOI Conference

London, 2 Days

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Guide Description

AUTHOR NOTE: Some recommendations for bars and restaurants close to the 6th Annual Freedom of Information Conference, to be held at in May 2010.

<http://www.foiconference.co.uk/>

contact:

tel: 44 870-4009111
fax: 44 207-3872806
<http://www.vfmii.com/exc/aspquery>

location:

CARBURTON STREET
LONDON EN W1W 5EE

1 HOLIDAY INN REGENTS PARK

Hotels.com

DESCRIPTION: Location.

Located in central London, Holiday Inn London - Regent's Park is a business-friendly hotel within walking distance of Crescent Gardens and BT Tower. Additional points of interest include London Senate House Library and Oxford Circus. **Hotel Features.**

Holiday Inn London - Regent's Park's restaurant serves breakfast, lunch, and dinner. A bar/lounge is open for drinks. Room service is available 24 hours a day. The hotel serves hot and cold buffet breakfasts (surcharges apply). This 4-star property has a business center and offers small meeting rooms, secretarial services, and limo/town car service. Wireless and wired high-speed Internet access is available in public areas (surcharges apply). This London property has 12 meeting rooms. Concierge services and tour assistance are available. Guest parking is limited, and available on a limited first-come, first-served basis (surcharge). Additional property amenities include multilingual staff, laundry facilities, and currency exchange. **Guestrooms.**

332 air-conditioned guestrooms at Holiday Inn London - Regent's Park feature minibars and coffee/tea makers. Bathrooms feature hair dryers. Wireless Internet access is available for a surcharge. In addition to desks and safes, guestrooms offer direct-dial phones with voice mail. Televisions have satellite channels, video-game consoles, and pay movies. Housekeeping is available daily.

Notifications and Fees:

The following fees and deposits are charged by the property at time of service, check-in, or check-out. Self parking fee: GBP 35.00 per day Fee for wireless Internet in all public areas: GBP 16.00 (for 24 hours, rates may vary) Fee for in-room wireless Internet: GBP 16.00 (for 24 hours, rates may vary) Full breakfast fee: GBP 16.95 per person (approximately) Rollaway bed fee: GBP 35.00 per night

The above list may not be comprehensive. Fees and deposits may not include tax and are subject to change.

contact:

tel: +44 20 7387 5706
<http://www.lowdownatthealbany.com/>

location:

240 Great Portland Street
London W1 5QU

2 Lowdown at the Albany

DESCRIPTION: The Lowdown at the Albany is a good comedy club where you can enjoy sketch, improv and character comedy. Each night is a different comedian, most of the comedians are new to the business, but every once in awhile you'll see an old favorite. The major attraction at this place would be the fact that the people here at Lowdown know which jokes are passe and which are the one that will really tickle



photo courtesy of Lowdown at the Albany

your funny bone. So no more of the stale and lame jokes on the pretext of Comedy. Whew! © wcities.com

contact:

tel: +44 20 7580 5533
fax: +44 20 7255 1541
<http://www.architecture.com/NewsAndPress/News/RIBANews/Press/2005/RIBABarArchitectDesignedCafeBarl.aspx>

location:

66 Portland Place
London W1B 1AD

3 Royal Institute of British Architects Cafe

DESCRIPTION: This café-bar opened in 2005 and, being part of the Royal Institute of British Architects, obviously the décor is excellent. It incorporates dark wood and steel mesh with modular furniture which enables a complete change of atmosphere from day to night. The café-bar is situated in the entrance hall of the Royal Institute of British Architects which is a Grade II listed building. There is a good range of alcoholic and non-alcoholic drinks plus plenty of tapas-style snacks available. You can also visit one of their architectural exhibitions while there. © wcities.com

contact:

tel: 44 20 7580 5533
fax: 4420 7251 1541
http://www.riba.org/go/RIBA/About/PortlandPlace_337.html

location:

66 Portland Place
London England W1B 1AD

hours:

M-F 8a-6p, Sa 9a-4p

4 RIBA Cafe

DESCRIPTION: The Royal Institute of British Architects (RIBA) has its headquarters at 66 Portland Place. Their building is home to an architectural library and bookshop, meeting rooms, a bar, restaurant, and café. The RIBA Café, as it is called, serves up breakfast and lunch, along with a host of snacks throughout the day. Samples from the menu include hot buttered crumpets, scrambled eggs and smoked salmon, coronation chicken and crispy bacon salad, and grilled cumberland sausage. A host of teas, soft drinks, and wines is also available. © wcities.com



Photo courtesy of RIBA Cafe

contact:

tel: 44 20 7637 2154
fax: 4420 7637 2154

location:

72 Cleveland Street
London England W1P 5DS

hours:

Lunch: M-F 11:30a-3p,
Dinner: M-F 6p-11:30p, Sa
5p-9p, Su 5p-10:30p

5 Bistro du Village

DESCRIPTION: This bistro in Fitzrovia is small on space. But that doesn't deter locals from crowding the terrace area of the establishment. Tasty creations, most of which deserve an encore, show up on your table. The staff try their best to make you feel at home, although it depends on who is waiting on you. Catering is available for private parties. © wcities.com

contact:

tel: 020/7631-3131
fax: +44 20 7631 3030
<http://www.villandry.com/>

location:

170 Great Portland St., W1

6 Villandry

DESCRIPTION: Food lovers and gourmards flock to this food store, delicatessen, and restaurant, where racks of the finest meats, cheeses, and produce in the world are displayed and changed virtually every hour. The best of the merchandise is whimsically transformed into the restaurant's menu choices. The setting is an oversize Edwardian-style



wcities

London Greater London W1W 5QB

hours:

Restaurant Mon-Sat noon-3pm and 6-10:30pm, Sun 11:30am-4pm; food store Mon-Sat 8am-10pm, Sun 10am-4pm

storefront north of Oxford Circus. The inside is a kind of minimalist temple dedicated to the glories of fresh produce and esoteric foodstuffs. Ingredients here change so frequently that the menu is rewritten twice a day -- during our latest visit, it proposed such perfectly crafted dishes as breast of duck with fresh spinach and a gratin of baby onions; and pan-fried turbot with deep-fried celery, artichoke hearts, and hollandaise sauce. © Frommer's

contact:

tel: +44 20 7580 0020
<http://www.rolloart.com/>

location:

51 Cleveland Street
London W1T 4JH

hours:

M - F 10a - 6p; Weekends by Appointment



Rollo Contemporary Art

DESCRIPTION: The Rollo Contemporary Art gallery exhibits technically skilled and imaginative artists working in all mediums and traditions, from watercolor to sculpture, figurative to abstract. A trendsetter since its opening in 2005, the Rollo gallery takes pride in nurturing emerging talents as well as established names. For the best of English art, check out this forward-looking gallery. © wcities.com

contact:

tel: +44 20 7323 3700
fax: +44 20 7323 0788
<http://www.redmansion.co.uk/>

location:

46 Portland Place
London W1B 1NF



Red Mansion Foundation

DESCRIPTION: Red Mansion Foundation is a nonprofit organization which wishes to create an artistic dialogue between China and Great Britain. Red Mansion Foundation has exhibitions, exchange programs and publications that foster an understanding between the two cultures. Although the gallery has a noble cause, the wonderful contemporary artwork is reason enough to visit. © wcities.com

London Snapshot

Local Info

Often quoted yet eloquently perfect, Dr. Samuel Johnson once said, "When a man is tired of London, he is tired of life; for there is in London all that life can afford". Whether in town for a weekend or a few months, London and its diversity is sure to amuse, entertain and enlighten. London is a city of numerous neighborhoods or villages, each with its own flavor and attractions. London has defied fires, plagues, wars and more to become a truly modern metropolis.

Beyond the streets of Westminster where iconic Big Ben shines over the Houses of Parliament and the River Thames lies a city begging to be explored. Most of the major tourist attractions can be accessed by foot although traveling via Tube, red double decker bus or black cab equally adds to the atmosphere.

Royal enthusiasts will bee-line for Buckingham Palace and catch a glimpse of the Changing of the Guard or walk the aisle Princess Diana did on her wedding day at St. Paul's Cathedral. Exploring Kensington Palace and the Tower of London provide an experience into the life of former English monarchs.

London boasts over 300 museums with many offering free admission. From the must see Egyptian mummies and Rosetta Stone at the British Museum to the Rembrandt's and Monet's in the National Gallery, famous works and artifacts come alive from our history lessons. Marvel at masterpieces at the quiet British Library then navigate the Tate Modern's Turbine Hall. And even if dinosaurs and Darwin are not of interest, at least skip by the Natural History Museum and check out one of the most impressive buildings in London.

No matter the weather, Londoners adore and fill their green spaces such as centrally located Hyde Park and Regent's Park. Just outside of the city limits, yet easily reached, lies the Royal Botanical Gardens of Kew, one of the world's most captivating gardens. When it is damp or the grey skies become too much, then stop for a pint in a pub or a cup of tea in... well, anywhere!

And let us not forget that London is also a shopper's paradise. Roaming the food halls of Harrod's or bartering for bargains in many of the city's markets is part of London's charm. Quintessentially British and perfect for snatching up luxurious fashion and unique souvenirs are found in shops along the streets of Regent & Oxford such as Liberty and Selfridges or in Covent Garden area.

So, put on those walking shoes, grab an umbrella and prepare to be dazzled by the city of London.

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Fun Facts

1. Interesting Fact: Big Ben is actually the nickname of the Great Bell located inside the St. Stephen's Clock Tower not the tower or clock itself as commonly thought.

2. Curious Fact: The world's smallest police station is located in the southwest corner of Trafalgar Square, carved out of the base of a lamp post circa 1930. Today the station has sadly been converted into a cleaning storage cupboard.

3. Fun Fact: London was originally named Londinium and began as a small colony just about where London Bridge sits around 43AD.

4. Cool Fact: London's Tube stations sheltered Londoners from the Blitz during

WWII, one night a record 177,500 were counted sleeping in the underground transport system.

5. Odd Fact: The Monument was erected to commemorate The Great Fire of 1666 and is 202 feet tall, the same distance to the start of the fire on Pudding Lane.

6. Random Fact: Tower Bridge is often mistakenly called London Bridge and it the only draw bridge over the River Thames.

7. Bizarre Fact: From the 15th to the 19th centuries when the Thames River was much wider and slower, it often froze over in winter and Frost Fairs were held on the ice.

8. Freaky Fact: A sign on the traffic island marks the Tyburn Tree at the intersection of Marble Arch and Edgeware Road where between 40,000 and 60,000 people were executed from 1196 to 1783.

Weird Fact: Covent Garden should be called Convent Garden named after the Westminster Convent garden, it was misspelled.

10. Quirky Fact: Only two of the 260 Tube stations use all five vowels in their name: Mansion House and South Ealing.

11. Funky Fact: Legendary guitarist Jimi Hendrix and composer George Fredric Handel were neighbors, only 200 years apart. They lived in adjacent houses at 23 and 25 Brook Street now a combined unit which houses the Handel House Museum

12. Wacky Fact: Her Majesty the Queen is forbidden from enter the House of Commons in Parliament as she is not a member.

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