



**nileGUIDE**

ALL YOU NEED TO PLAN YOUR PERFECT TRIP



Rene Ehrhardt

# Safety 2010 World Conference

**London, 4 Days**

## Table of contents:

Guide Description 2

My List 3

London Snapshot 7

# Guide Description



**AUTHOR NOTE:** The Safety 2010 conference will be held at the QEII Conference Centre in London, from 21st - 24th September 2010.

For more details, visit: [www.safety2010.org.uk](http://www.safety2010.org.uk)

# My List

**contact:**

tel: +44 20 7834 6655  
fax: +44 20 7630 7587  
<http://london.crowneplaza.com/>

**location:**

45-51 Buckingham Gate  
London EN SW1E 6AF

## 1 Crowne Plaza London St. James

**OUR LOCAL EXPERT SAYS:**

Try the pastries on the breakfast buffet

**DESCRIPTION:** Built in 1897, the Crowne Plaza - St James was built to cater for visiting aristocrats and nobles. Today the beautifully renovated Victorian hotel looks after its guests luxuriously with elegant bedrooms and sumptuous apartments that are designed to be a home away from home. A short walk from many of London's major attractions, the hotel is perfectly placed to enjoy a stroll around Buckingham Palace and St. James Park. © wcities.com



Hotels.com

**contact:**

tel: +44 20 7227 7769  
<http://www.jollyhotels.it>

**location:**

2 Caxton Street  
London England SW1H 0QW

## 2 St Ermin's Hotel

**DESCRIPTION:** If you're looking to treat yourself with a stay in one of London's best hotels - look no further. The Jolly Hotel St. Ermin's is an elegantly furnished, luxurious hotel housed in a former monastery. Located in a quiet corner of Westminster, the hotel is close to Buckingham Palace, St James's Park, Westminster Abbey and the House of Parliament. Not only will you find superb service to go along with the steep prices, but you'll enjoy the new river boat service that gives speedy access to Docklands and Greenwich. © wcities.com



**contact:**

tel: 44 20 7734 8040  
fax: 44 20 7437 3278  
<http://www.fortnumandmason.com>

**location:**

181 Piccadilly  
London England W1A 1ER

**hours:**

M-Sa 3p-5:30p

## 3 Fortnum & Mason Tea Room

**DESCRIPTION:** Everyday at tea-time, one of Britain's oldest and most wonderful traditions takes place afternoon tea. For those who take it seriously, Fortnum & Mason is a congenial spot in which to observe the ritual in modern form. For reasonable rates, the usual scones, cakes and sandwiches are on offer, as well as a dizzying array of teas and coffee. If you're feeling a bit extravagant, splash out on a glass of champers to go with it. For those interested in dining afterward, check out the menus at Patio, St James's, and Fountain restaurants. © wcities.com



wcities

**contact:**

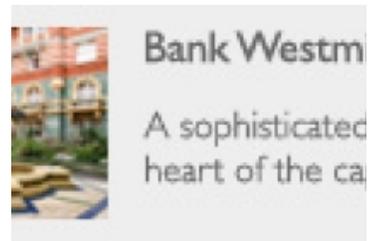
tel: 44 20 7379 9797  
fax: +44 20 7630 5665  
<http://www.bankrestaurants.com/westminster/>

**location:**

45 Buckingham Gate

## 4 Bank Westminster & Zander Bar

**DESCRIPTION:** Bank Westminster boasts of powerful neighbours - Buckingham Palace and the Houses of Parliament! Yet, contradictory to one's assumptions, the atmosphere at this place allows you to relax and savour your meal to the fullest. The courtyard, central fountain, and stone walls, give the restaurant a Victorian feel. Entrees like



Bank Westminster & Zander Bar

London England SW1E 6BS

**hours:**

Restaurant: noon-3p M-F,  
5:30p-11p M-Sa, Zander Bar:  
11a-11p M-Tu, 11a-1a W-F,  
5p-1a Sa

Cumberland Sausages, Green Risotto Cake, and Babaganoush feature on the menu, along with desserts like Passionfruit with Orange Brulee, and Fruit Compote with Crème Chantilly. On the other hand, the United Kingdom's longest bar, Zander, is a perfect hot-spot for those who wish to spend the evenings sipping on a cocktail and grooving to some contemporary music. So you can have either a romantic dinner, or a night out with friends - either way, you are sure to enjoy yourself! © wcities.com

**contact:**

tel: +44 870 500 0600  
http://www.londoneye.com

**location:**

Riverside Building, County  
Hall, Westminster Bridge  
Road  
London SE1 9TA

**5 London Eye**

**OUR LOCAL EXPERT SAYS:**

Closed the beginning of January each year for 2 weeks of annual maintenance

**DESCRIPTION:** Many Londoners were none too happy when in the 135 meter high Millennium Wheel (as was first known) was erected in 1999 to commemorate the "turning of the century". Now known simply as the London Eye, locals have softened and have even taken a ride or two in one of the 32 capsules which hold up to 25 people each. Views up to 25 miles can be observed on a clear day and evening rides are available to see an illuminated London. Weddings, private events and children's birthday parties are held within the London Eye's pods. Special packages are designed for every season and holiday, the wheel glows with matching lights for the occasion. Even with pre-booked capsules expect lines; however, entertainment in the area is abundant with street performers, a playground and a carousel. Grab the camera because the best part of the London Eye is the most breathtaking view of Big Ben and the Houses of Parliament across the Thames at ground level. A journey lasts approximately 30 minutes.

© NileGuide



**contact:**

tel: +44 20 7930 1793  
fax: +44 20 7839 7639  
http://www.royalparks.gov.uk/  
parks/st\_james\_park/

**location:**

Horse Guards Road  
London London SW1A 2BJ

**hours:**

5a-midnight M-Su

**6 St. James's Park**

**DESCRIPTION:** St. James's Park and Green Park lie next to each other to the north and east of Buckingham Palace. The view from the bridge towards Whitehall (pictured) is particularly pleasing and the lake is famous for its waterfowl, especially the black swans. With its well-groomed flowerbeds and summer concerts, the park remains a big favourite with Londoners and tourists alike. Office workers swarm into St James's on fine summer days to eat their lunch and enjoy the sunshine. Henry VIII acquired the land in the early 16th century at the same time as Hyde Park. © wcities.com



wcities

**contact:**

tel: 020 7766 7300  
<http://www.royalcollection.org.uk/default.asp>

**location:**

Buckingham Palace  
London Greater London  
SW1A 1AA

**hours:**

Aug 1-Sept 27 (dates can vary), and additional dates may be added. Daily 9:45am-6pm. Changing of the Guard daily Apr-July at 11:30am and alternating days for the rest of the year at 11am

## 7 Buckingham Palace

### OUR LOCAL EXPERT SAYS:

Only open July - September, book ahead

**DESCRIPTION:** This massive, graceful building is the official residence of the Queen. The red-brick palace was built as a country house for the notoriously rakish Duke of Buckingham. In 1762, King George III, who needed room for his 15 children, bought it. It didn't become the official royal residence, though, until Queen Victoria took the throne; she preferred it to St. James's Palace. From George III's time, the building was continuously expanded and remodeled, faced with Portland stone, and twice bombed (during the Blitz). Located in a 16-hectare (40-acre) garden, it's 108m (354 ft.) long and contains 600 rooms. You can tell whether the Queen is at home by checking to see if the Royal Standard is flying from the mast outside. For most of the year, you can't visit the palace without an official invitation. Since 1993, though, much of it has been open for tours during an 8-week period in August and September, when the royal family is usually vacationing outside London. Elizabeth II agreed to allow visitors to tour the State Room, the Grand Staircase, the Throne Room, and other areas designed by John Nash for George IV, as well as the Picture Gallery, which displays masterpieces by Van Dyck, Rembrandt, Rubens, and others. You have to buy a timed-entrance ticket the same day you plan to tour the palace. Tickets go on sale at 9am, but rather than lining up at sunrise with all the other tourists -- this is one of London's most popular attractions -- book by phone with a credit card and give yourself a few more hours of sleep. During the 8 weeks of summer, visitors are also allowed to stroll through the royal family's garden, along a 4.5km (2.75-mile) walk on the south side of the grounds, with views of a lake and the usually off-limits west side of the palace. The garden is home to 30 types of birds, plus 350 varieties of wildflowers. Buckingham Palace's most famous spectacle is the vastly overrated **Changing of the Guard** (daily Apr-July and on alternating days for the rest of the year). The new guard, marching behind a band, comes from either the Wellington or Chelsea barracks and takes over from the old guard in the forecourt of the palace. The ceremony begins at 11:30am, although it's frequently canceled because of bad weather, state events, and other, harder-to-fathom reasons. We like the changing of the guard at Horse Guards better because you can actually see the men marching and you don't have to battle such tourist hordes. However, few first-time visitors will resist the lure of the Buckingham Palace Changing of the Guard. If that includes you, arrive as early as 10:30am and claim territorial rights to a space in front of the palace. If you're not firmly anchored here, you'll miss much of the ceremony. **Timesaver** -- With 4km (2 1/2 miles) of galleries, the **British Museum** is overwhelming. To get a handle on it, we recommend taking a 1 1/2-hour overview tour for £8 (\$16), £5 (\$10) for students and children under 11. Daily at 10:30am, 1pm, or 3pm. Afterward, you can return to the galleries that most interest you. If you have limited time to spend on the museum, concentrate on the Greek and Roman rooms (nos.



flickr image: shining.darkness

11-23, 69-73, and 77-85), which hold the golden hoard of booty both bought and stolen from the Empire's once far-flung colonies. **The Guard Doesn't Change Every Day** -- The schedule for the Changing of the Guard ceremony is variable, at best. In theory, at least, the guard is changed daily from May to mid-July, at which time it goes on its "winter" schedule -- that is, alternating days. Always check locally with the tourist office to see if it's likely to be staged at the time of your visit. The ceremony has sometimes been cut at the last minute, leaving thousands of visitors feeling they have missed out on a London must-see (though we say it's overrated anyway). © Frommer's

**contact:**  
tel: 44 20 7222 5577

**location:**  
52 Victoria Street  
London England SW1H 0NP

**hours:**  
11a-11p M-Sa, noon-10:30  
Su, Bar Food: 11a-11p M-Su,  
Restaurant: noon-10p M-Su

## 8 Albert (The)

**DESCRIPTION:** With cut-glass windows and original gas lights, this quaint pub and restaurant has a truly traditional feel. Within easy walking distance of Victoria Station and the famous New Scotland Yard, The Albert's first-floor restaurant is highly recommended for a reasonably-priced pub lunch. At night, there is a picturesque view of Westminster Cathedral. The Albert can usually guarantee a table in pleasing surroundings, but it can sometimes be packed with coach parties. The bar offers standard pub fare. © wcities.com



wcities

**contact:**  
tel: +44 20 7834 6655 / +44  
20 7963 8373  
fax: +44 20 7630 7587  
<http://www.london.crowneplaza.com/hamptons-bar>

**location:**  
45-51 Buckingham Gate  
London SW1E 6AF

## 9 Hamptons (The)

**DESCRIPTION:** Enjoy a plush ambiance while sampling tasty Martinis. The Hamptons of Crowne Plaza London-St.James is elegance all the way. With beautiful views and melodious music, this bar offers its guests a relaxing change. Great place for afternoon tea. With an intimate atmosphere, this place is ideal for small get-together. People with a sweet tooth need not worry, for there's some of the most delectable pastries available. Champagne and brandy is also offered at this bar. Waiting staff is amicable and look after the guests well. Nice place to unwind after a tiring day. © wcities.com



Photo courtesy of Hamptons (The)

# 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.

© NileGuide

## 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.

© NileGuide