

**GET UP & GO**



**Travelodge**



# **FREE LONDON GUIDE**



# THINGS TO DO FOR FREE...



**Changing the Guard** for a display of British tradition and ceremony, watch the Changing the Guard ceremony outside Buckingham Palace at 11am. This is where members of the Queen's Guards exchanges duty with the previous guard. All guards are dressed in traditional red tunics and bearskin hats, and the ceremony is set to music.

**Nearest tube station:** Green Park, Victoria and St James Park. **For further information visit:** [www.changing-the-guard.com](http://www.changing-the-guard.com)

**Big Ben** is one of London's best-known landmarks, and looks most spectacular at night when the clock faces are illuminated. It is located at the north-eastern end of the Palace of Westminster in London and is often extended to refer to the clock or the clock tower as well. Big Ben is the largest four-faced chiming clock and the third-tallest free-standing clock tower in the world.



**Nearest tube station:** Westminster **For further information visit:** [www.parliament.uk/visiting/visitingandtours/bigben](http://www.parliament.uk/visiting/visitingandtours/bigben)



**The Albert Bridge** is one of London's most ornate bridges. It is a Grade II listed road bridge over the River Thames in West London, connecting Chelsea on the north bank to Battersea on the south bank. Designed and built by Rowland Mason Ordish in 1873. It has featured in films such as Absolute Beginners, Sliding Doors and Stanley Kubrick's much studied film, A Clockwork Orange.

**Nearest tube station:** South Kensington. **For further information visit:** [www.touruk.co.uk/london\\_bridges/albert\\_bridge1.htm](http://www.touruk.co.uk/london_bridges/albert_bridge1.htm)



**The Victoria and Albert Museum (V&A)** is the world's largest museum of decorative arts and design. Its permanent collection of over 4 million items spans 5000 years and every continent. It holds items such as costumes, ceramics, prints, photographs and drawings. It also houses the world's largest collection of post classical sculpture.

**Nearest tube station:** South Kensington. **For further information visit:** [www.vam.ac.uk](http://www.vam.ac.uk)



**The Science Museum** was founded in 1857. It holds over 300,000 items including Stephenson's Rocket, Puffing Billy and a working version of Charles Babbage's Difference Engine (considered by many to be the "first computer".) It is also renowned for its historic collections, awe-inspiring galleries and inspirational exhibitions.

**Nearest tube station:** South Kensington

**For further information visit:** [www.sciencemuseum.org.uk](http://www.sciencemuseum.org.uk)



**The Natural History Museum** opened in 1881. It contains over 70 million items within 5 main collections: Botany, Entomology, Mineralogy, Palaeontology and Zoology. The most popular exhibits are the dinosaur skeletons. Many of the items were collected by Darwin himself on his various expeditions. (The new Darwin Centre is scheduled to open on the 15th September 2009)

**Nearest tube station:** South Kensington

**For further information visit:** [www.nhm.ac.uk](http://www.nhm.ac.uk)



**The National Maritime Museum** is situated in the impressive buildings of the former Royal Naval School, part of Maritime Greenwich which was declared a UNESCO World Heritage Site in 1997. The Museum comprises of three sites: the Maritime Galleries, the Royal Observatory and the Queen's House. Together these constitute one museum working to illustrate for everyone the importance of the sea, ships, time and the

stars and their relationship with people. **Nearest tube station:** Riverboat to Greenwich Pier, train to North Greenwich, DLR to Cutty Sark

**For further information visit:** [www.nmm.ac.uk](http://www.nmm.ac.uk)



**The Imperial War Museum** is housed in a former psychiatric hospital, known as "Bedlam". It includes memorabilia from both world wars. Items range from medals, weapons and ration books through to tanks and a fragment from the Berlin Wall.

**Nearest tube station:** Lambeth North, Waterloo and Southwark

**For further information visit:** [www.nmm.ac.uk](http://www.nmm.ac.uk)



**Tate Modern** is the national gallery of international modern art. It's one of the family of four Tate galleries which display selections from the Tate Collection. Created in the year 2000 from a disused power station in the heart of London, Tate Modern displays the national collection of international modern art.

**Nearest tube station:** Southwark, Mansion House and St Pauls **Opening Times:** Sun / Thurs 10am to 6pm & Fri / Sat 10am to 10pm

**For Further information visit:** [www.tate.org.uk/modern](http://www.tate.org.uk/modern)



**The National Portrait Gallery** houses around 10,000 portraits of famous British people throughout history and still living. It opened to the public in 1856. Famous portraits include one of the best known paintings of William Shakespeare, a self portrait of William Hogarth and Branwell Bronte's famous painting of his three sisters, Charlotte, Emily and Anne Bronte.

**Nearest tube stations:** Charing Cross, Embankment and Leicester Square  
**Opening times:** Daily 10am to 6pm & 9pm Thurs and Fri **For further information visit:** [www.npg.org.uk](http://www.npg.org.uk)



**Green Park** offers a convenient cut through from Buckingham Palace to St James and Piccadilly. Unlike many of the other royal parks in central London, Green Park has no lakes - rather, it is a number of meadows. It was established as an enclosed park by Henry VIII in the sixteenth century.

**Nearest tube station:** Green Park **For further information visit:** [www.royalparks.org.uk](http://www.royalparks.org.uk)



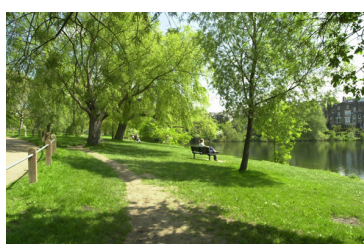
**Hyde Park** - one of London's finest historic landscapes covering 142 hectares (350 acres). There is something for everyone in Hyde Park. With over 4,000 trees, a lake, a meadow, horse rides and more it is very easy to forget you're in the middle of London.

**Nearest tube station:** Hyde Park Corner, Knightsbridge, Queensway and Marble Arch **For further information visit:** [www.royalparks.org.uk](http://www.royalparks.org.uk)



**Regents Park** was designed by John Nash in 1818 as part of a wider plan for the area, and was opened to the general public in 1845. It is not only used for general relaxation but is also the venue for many organised amateur sports such as tennis, cricket and hockey, and there is boating on the lake.

**Nearest tube station:** Regents Park, Baker Street, Great Portland Street **For further information visit:** [www.royalparks.org.uk](http://www.royalparks.org.uk)



**Hampstead Heath** is only four miles from Trafalgar Square and has about 800 acres of lovely countryside. It is rich in flora and fauna. The landscape has woodland, meadows, heathland and many ponds along its valleys and features such as hedgerows and ancient trees provide links with the past. Kingfishers, reed warblers and all three species of British woodpecker breed, over 300 species of

fungi have grown here and many species of bats are here.

**Nearest tube station:** Hampstead, Belsize Park **For further information visit:** [www.hampsteadheath.net](http://www.hampsteadheath.net)



# INSIDE INFORMATION

Travelodge, London's biggest hotel chain, has got sixty hotels across the capital.

In the last 12 months, Travelodge has invested a million pound a week into modernising its hotels and rooms across the UK. The new contemporary Travelodge room includes a bespoke luxurious king size bed called the Travelodge Dreamer – which is normally found in four and five star hotels.



As part of this revamp programme – 45 London hotels have been refurbished including hotspots such as Covent Garden, City Road, Euston, Kings Cross, Bank, Waterloo.

A refurbished travelodge room offers a tranquil blue and cream decor, which will help you relax after a busy day seeing all the sights in the capital.



Travelodge is now offering free Wifi in all of the hotels for 30 minutes and we have slashed the 24 hour rate to just £3. So you can surf while you're in bed or grabbing a drink in the Bar Café.

In all London Travelodge hotels which have onsite Bar Cafés you will find the brand new food menu which has been designed by our customers. The new menu includes the nation's favourite dishes at a great value prices. There is also a good value meal deal option - two course meals and a drink for just £12.75 or a main meal and a drink for just £9.95. The selection includes: fish & chips, chicken tikka masala, burger & chips, sausage or mash and a wide range of Chicago Town pizzas.



The new menu also includes 'A Lighter Bites' range which includes a range of dishes at 600 calories or under. As well as a new bigger kids selection with traditional British favourite dishes such as Bird Eye's fish fingers and chips, Chicken dippers and sausage and mash. For dessert, a new candy floss ice cream has been added to the menu alongside a cheeky choccy sundae with Beechdeans ice cream.



The full English breakfast buffet is still £6.65 per person when booked online and children under the age of 16 eat for free. Making it great value for money for families.



# HOW TO GET THE BEST VALUE FOR MONEY...

**Travelodge shares its top tips for getting the best value for money from your short break**



**Voucher codes:** It's not frowned upon anymore to arrive at a swanky restaurant with a money off voucher or with a smartphone app that you can flash to the waiter with a unique discount code. According to consumer experts Nielsen, in the past 12 months alone almost 10m Britons used an online savings code at shops and restaurants.

So, don't pay full price if you don't have to, here are the best voucher websites to check out; [toptable.co.uk](http://toptable.co.uk), [groupon.co.uk](http://groupon.co.uk), [myvouchercode.co.uk](http://myvouchercode.co.uk), [hotukdeals.com](http://hotukdeals.com) and [vouchercode.co.uk](http://vouchercode.co.uk).

**Theatre deals:** Don't be put off going to see a west End show while you're in London because of the price - there are a couple of ways to get good deals for musicals, plays and ballet shows in the capital.



Firstly, head to the TKTS Booth in Leicester if you want to get cheap tickets on the day of the show. This non-profit ticket booth is reliable, run by the Society of London Theatre and is several cuts above other, unofficial touts in the vicinity.

Secondly, check out discount websites like [timeout.com/tickets](http://timeout.com/tickets) and [lastminute.com](http://lastminute.com). These are a good start for finding substantial discounts to shows in the West End. You might also be able to get a good deal on a pre-theatre dinner deal before the show.

**Train deals:** Always book your train transport in advance. Ideally twelve weeks, as this is when you're more likely to get discount. Buying in advance on [www.thetrainline.com](http://www.thetrainline.com) could save you an average of 43% on your train ticket. Advance tickets usually go on sale 12 weeks in advance, so the earlier you book the more likely you are to save.

## **Insider tips:**

- The Shard – It costs £25 per head to go up to The Shard viewing platform. If this seems like a lot of money for 40 minute experience, so why not head to one of the bars in the skyscraper and see the view whilst sipping on an ice cold drink. Check out the swanky bars here - <http://www.the-shard.com/restaurants/>
- St Paul's Cathedral – On Sunday the cathedral is closed for sightseeing, however it is open for worship, so you can see the inside of this beautiful landmark without having to pay. Donations welcome. <http://www.stpauls.co.uk/Visits-Events/Sightseeing-Times-Prices>