

## Lero's Tips For The Area.

### Food.

#### Markets

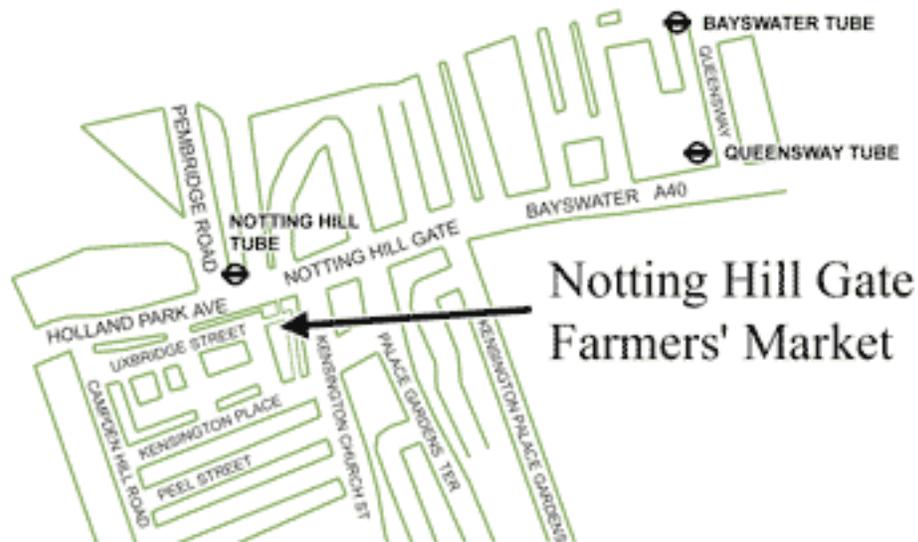
**Portobello Market** is really the best place to buy food, especially on a budget. You can pick up fresh fruit and veg at a fraction of the cost than from **any** supermarket. It's on everyday except Thursdays and Sundays. There are also deli stalls and shops if you want to be more frivolous with your pennies and plenty of cafes and restaurants too.

There is the **antique and clothes market** on Fridays and Saturdays, which is worth a trip if you have not yet been.

#### **Notting Hill Gate Farmers Market** (behind Waterstones, in a car park)

Every Saturday morning from 9am – 1pm

Amazing fresh produce brought to you directly from the farmers themselves. We highly recommend the eggs as the freshest in London! Excellent for bread. Good for vegetables and fruit. Meat is organic or free-range (so expensive). There's also a very nice flower stall that's surprisingly affordable ... Worth visiting on a nice day, especially for the sausage and bacon bap! Mmmm... delicious....



*best for bread...*

*Notting Hill Farmers market*

*Whiteleys Inc Food Hall*

*The Athenian Corner*

*Planet Organic*

## Stores near you....

There are plenty of small 'convenience stores' on **Craven Road** and **Leinster Terrace**, but they have a limited selection and can be expensive. Of course, all the major supermarkets do 'on-line' buying and delivery.

### Queensway

There are 2 **Tesco** (Supermarket) Stores on Queensway. A very small one at the top and a bigger better one at the bottom (opposite Whiteleys Shopping Centre). There are also 2 oriental supermarkets (one at the top and bottom of the street), which are worth a look at if only for the colourful and wacky packaging.

Inside the **Whiteleys Shopping** Centre itself is an array of shops and restaurants including a **Marks & Spencer** (Mon-Sat 9am – 10.30pm, Sunday 12 – 6pm) and a new Food Hall on the ground floor that sells deli style food (it is expensive, but worth a look if you are a foodie – it's the same people who run the food hall at Harvey Nics!).

[www.whiteleys.com](http://www.whiteleys.com)

**The Athenian Corner** on Moscow Road (just off Queensway, turn at zebra crossing after Barclays bank) specializes in all things Greek! Great bread and massive chunks of Feta cheese.. good for fruit and vegetables also.

### Waitrose, Porchester Road

An up-market supermarket... certainly less stressful than Tesco...open from 8.30 am till 9 pm (Sunday 11am – 5pm). It has a Delivery Service that lets you shop in branch, pay and leave - you'll see your shopping when it turns up at home at the time you've chosen. All you do is book your delivery slot at least one hour before you complete your shopping - either at the Customer Service Desk or on-line at [www.waitrose.com/deliveryservice](http://www.waitrose.com/deliveryservice). Also has absolutely delicious roasted chicken!

**Westbourne Grove** is a 10 – 15 minutes walk and full of restaurants and cafes.

**Planet Organic** at number 42 is a supermarket that stocks organic products and produce, fresh bread and whole foods. It also has an excellent section for health supplements and cosmetics. It's open from about 9 in the morning to 9 at night. Noon to 6pm on Sundays. There is a **Sainsbury's** further down the road at number 88-93 that is open from early in the morning until midnight (there is also a local branch in Paddington Station).

For **booze** we recommend **Nicolas**, especially for their own-brand wine which is delicious and only £3.99 a bottle!

## Great Local Pubs...

<http://www.pubs.com>

**The Mitre** 24 Craven Terrace, W2 3QM

A Grade II listed building, this is a classic Victorian pub. <http://www.mitrelancastergate.com>

**The Cleveland Arms** 28 Chilworth Street, W2 6DT

A true local pub and a real gem. Be warned that Tuesday night is Quiz Night.

**The Victoria** 10a, Strathearn Place, W2 2NH

The Victoria may seem a little bland, however once inside it's a different story...

**The Prince Edward** 73 Princes Square, W2 4NY

Mainly for its out-door heaters.

**The Leinster Arms** Leinster Terrace, W2 3EU

So close you could crawl home...

## London... We Recommend...

**Columbia Road flower market (E2, tube it Liverpool street)**

Sundays - early morning till 1pm

This is the place to buy cheap flowers or flower pots to decorate your tiny flat with! If you have no green fingers, on a nice day, Columbia road is a delight to roam, full of little shops and cafes... or try and get a table for lunch at the very busy Royal Oak pub that serves delicious Sunday roasts!

**Borough Market (SE1, tube it London Bridge)**

Thursday 11am – 5pm, Fridays 12 – 6pm, Saturday s 9am – 4pm

If you like food, you will LOVE borough market. They have EVERYTHING here!

It is equally enjoyable to mince around the market, nibbling on various foods, as it is to actually buy stuff to cook at home (tip: everything gets a lot cheaper before closing time on Saturday). Look out for the killer chocolate brownies.

**Hyde Park...** because it's beautiful and right next door

**The Coronet Cinema...** because its old (1898!), local and they have half price Tuesdays.

<http://www.coronet.org>

**The British Museum...** because it is free and incredible and amazing

<http://www.britishmuseum.org>

**Brick Lane...** for a weekend wonder and a curry

**The South Bank Centre...** for its café's, cluster of concert halls, gallery, National Film Theatre and views of the Thames. <http://www.southbankcentre.co.uk>

Otherwise get a copy of **Time Out** – it lists everything that's on in London from Clubbing to Cinema: <http://www.timeout.com/london>

## **Staying fit...**

Those of you not staying at the top floor of the building may want to join a gym. There is an **LA Fitness** off Queensway on Moscow Road in a lovely modern building called Bayswater House on Moscow Place. Call 020 7229 0709 or check [www.lafitness.co.uk](http://www.lafitness.co.uk) for details. LA Fitness has a swimming pool but nothing as big and spectacular as the one at Porchester Centre, located at the bottom of Queensway, Bookings and Enquiries 020 7792 2919, which has a SPA and is equipped with gym too and we believe may be more affordable. If you'd rather spend your money on other things than keeping fit, long walks in Hyde Park are free! Also round the corner from Porchester Centre is Paddington Library where you can borrow books, music and have access to free internet.

## **House keeping...**

### **Recycling**

After much campaigning to the council, we have finally got our very own recycling bin! You will find it on the street next to our usual waste bin.

#### **You can recycle:**

Paper and cardboard  
Food cans, drink cans, aerosols  
Any glass and jars  
Plastic bottles

### **Fire...**

Please take note where your fire extinguishers are and the fire blanket for your kitchen. AND Please have a look at the new fire escape plans that we are putting up in the flats. It may be obvious to run out the front door, but this is part of the government's new fire regulations and we need to make sure you know how to leave the building as quickly as possible in the event of a fire.

### **Neighbours...**

Everybody needs good neighbours. Just a friendly wave each morning, helps to make a better day. Errrr... well ok, you don't have to wave to anybody, but please be good to your neighbours. Victorian buildings are not sound proof and after 11pm you should know that others around you are starting to make their way to bed. Please be aware that putting on your washing machine or suddenly deciding to do the hoovering at 1am can be annoying for those trying to get to sleep. If your neighbour tells you to keep it down, please do not ignore them but make an effort to do so. If you are having a party, try to let them know beforehand.. (you never know when you might need to borrow some sugar!)

### **Dry-Cleaning and Alterations...**

We recommend The Tailors Shop, 30 Craven Terrace W2, which is down Craven Road towards Paddington, first street on the right, so a 5 minute walk. It is open from 8.30 am – 8.30 pm Monday to Thursday. 8.30 – 3 pm on Fridays (closed Saturday) BUT OPEN ON SUNDAYS

And last of all...

**Welcome! We hope you have a lovely stay in Craven Hill Gardens!**