

WELCOME GUIDE

CURATED BY THE BRITISH JUNIOR CARDIOLOGISTS' ASSOCIATION



FOR THE ESC YOUNG COMMUNITY

 **BJCA**
Tomorrow's Cardiologists

**ESC Congress
2024 London**

30 August - 2 September
Onsite & Online

#ESCCongress



INTRODUCTION

WELCOME TO THE ESC YOUNG COMMUNITY IN LONDON

This guide is your essential companion for experiencing the ESC Congress 2024 and making the most of your time in London. From charming hotels and cozy restaurants to iconic landmarks and popular tourist activities, this guide will lead you through the best that London has to offer during your congress stay.

The BJCA hopes you enjoy the city and return home with wonderful memories.



BRITISH JUNIOR
CARDIOLOGISTS'
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TRAVEL WITHIN THE CITY



Tube (Underground)

- Runs until midnight (and occasionally into the early morning)
- Quick, efficient, and connects most parts of London



DLR (Overground)

- Speedy, though occasionally prone to cancellations
- Check travel plans in advance



Bus

- A cheaper option compared to the Underground and Overground
- Takes longer but offers scenic views of the city



On Foot

- The energy and character of London and its neighbourhoods are best explored on foot



From the Airport to ExCel

- London Heathrow: Elizabeth line
- London Gatwick: Jubilee, DLR, National Rail-ThamesLink
- Luton Airport: Luton DART, Elizabeth line, National rail - Thameslink
- London Stansted: Stansted express-airport train, Jubilee, DLR



WALKING DISTANCE

OF ExCeL - THE ESC CONGRESS VENUE



Coffee / Breakfast

- Little Hudson Cafe
- 22nd Coffee Royal Wharf
- The Barree
- Starbucks & Costa



Bars

- The Windjammer
- The Olier Bar
- The Lockdown Room



Dinner

- The Windjammer (pub grub)
- Heroica Lounge (pizza)
- Nahkon Thai (thai)
- Tapa Tapa (tapas)
- Nebula (cocktails & pizza by the slice)



Activities

- IFS Cloud Cable Car
- Wakeboard, Paddleboard, Paddleboard Yoga (Royal Docks)
- River Cruise



SHORT TUBE RIDE AWAY

OF ExCeL - THE ESC CONGRESS VENUE



Coffee / Breakfast

- Caravan (Canary Wharf)
- Lantana (London Bridge)
- Cafe Brera (Canary Wharf)
- Blank Street (Canary Wharf)
- Black Sheep Coffee (Canary Wharf)



Bars

- Pergola on the Wharf (Canary Wharf)
- The Boathouse (Canary Wharf)
- The Sipping Room (Canary Wharf)
- Sky Pod Bar at Sky Garden (Tower Bridge)
- The Doodle Bar (Bermondsey)



Dinner

- Dishoom - Indian (Canary Wharf)
- El Paster - Mexican (Canary Wharf)
- Berenjak - Persian (Borough)
- Rocket - Pizza (Canary Wharf)
- Flour & Grape - Pasta (Bermondsey)
- José - Tapas (Bermondsey)
- Tapas Brindisa - Tapas (Bermondsey)



Activities

- Fairgame (Canary Wharf)
Fairground games for adults with street food pop ups and bars
- Westfield (Statford)
Large indoor shopping centre
- O2 Arena
Climb over the O2 arena
- TOCA Social
Indoor football game at the O2 arena



CENTRAL LONDON

APPROX. 40 MINS AWAY FROM ExCeL



Coffee / Breakfast

- The Breakfast Club (various locations)
- Megan's (various locations)
- Where The Pancakes Are (various locations)
- Nessa (Soho)
- Ole and Steen (various locations)
- Blank Street Coffee (various locations)
- Black Sheep Coffee (various locations)



Bars

- Bar Crispin (wine bar)
- Tonight Josephine
- The Connaught Bar
- Cahoots London
- The Little Scarlet Door
- Bar Lina
- The Mayor of Scaredy Cat Town



Things to Do

- Food markets
Spitalfields Market , Borough Market, Pop Brixton
- Columbia Road Flower Market
- Leadenhall Market
- Swim in Hampstead Heath Ponds
- Kew Gardens



Dinner (cheaper options)

- FiveGuys/ShakeShak/Honest Burger
- Franco Manca - Pizza
- Most places in China Town - Chinese
- Brick Lane - Indian
- Food Markets

Spitalfields Market , Borough Market, Pop Brixton - street food



CENTRAL LONDON

APPROX. 40 MINS AWAY FROM ExCeL

Dinner (more expensive)

- Bubala - vegetarian middle eastern food) (Soho/Shoreditch)
- Smoking Goat - Thai small plates (Shoreditch)
- Din Tai Fung - Dimsun (various locations)
- Sticks'n'Sushi - Sushi (various locations)
- Coal Office - Middle-Eastern Small Plates (Kings Cross)
- Fallow - Locally sourced, home grown and minimal waste small plates (St James')
- The Ivy - Classic british (various locations)
- Milk Beach - Australian brunch & dinner
- Flat Iron - Affordable Steak (various locations)
- Hawksmoor - More expensive steak (various locations)





CENTRAL LONDON

APPROX. 40 MINS AWAY FROM ExCeL

Activities

- London Zoo
- London Eye
- Museums

V+A, National History Museum, National Portrait Gallery, Imperial War Time Museum

- Parks

Hyde Park, Regent's Park, Kensington Gardens, Richmond Park, Hampstead Heath

- Thames River Boat Tours

or if wanting to save money, get the UberBoat

Recommended Website: <https://www.thames-river-cruise.com/>

- Red top bus sightseeing tours
- Afternoon Tea at The Ritz/Savoy
- Book a west end show

Recommended Website: <https://www.todaytix.com/london/category/all-shows>

Recommended Website: <https://officiallondontheatre.com/tkts/>



We hope you enjoy your time in london



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