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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
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A Quick Guide To London

By Chic Retreats

London is one of the world's most visited cities. With its combination of historic buildings, renowned museums and galleries and the best in dining, clubbing, entertainment and now a new range of boutique hotels, you won't run out of things to do.

Where is it?

London is the capital of the UK, set on the river Thames. Served by several airports, including London Heathrow, London Gatwick and London Stanstead, and with direct train links to the continent via the Channel Tunnel, and to the rest of the UK via domestic operators, the city is easy to get to.

Where can I stay?

It's no surprise that London is full of hotels of various sizes and standards. Famous and expensive hotels sit alongside smaller guesthouses, but it is the boutique hotel that's currently proving a popular choice with visitors. Small and stylish, with impeccable service and a real atmosphere rather than one manufactured by the marketing department of a large hotel chain, staying in one of these hotels can only make your trip to London more enjoyable.

What can I see?

There's so much going on in London that even the residents don't see it all. Plan your stay so that you enjoy a little bit of history at the Tower of London or St. Paul's Cathedral for example; some of the treasures and paintings in the museums and galleries; a show in the West End and some great drinking and dining. If you're staying in a good hotel, you can rely on the concierge or reception staff to help you buy tickets or plan your itinerary. Don't forget your camera, and make a long list of the things you want to do the next time you visit.

How do I get around?

Like all major cities, London has a modern public transport system. A comprehensive underground network takes you to all parts of the city, with prices working on a "zone" basis, which makes it easy to calculate which tickets to buy and how much they will cost. If you're planning to use the underground a lot during your trip, ask for details of saver tickets. London's famous red buses are easy to use and reasonably cheap at just £1 for central London journeys. Alternatively, you could take a traditional "black cab". These hackney cabs can be hailed from anywhere and the drivers have to pass a stringent test so that they can take you anywhere you need to go. Adept at avoiding traffic jams, happy to hold a conversation and with honest fare meters, a journey with a hackney cab driver is a real London experience. You can hire a car, but if you're staying within the city, it's far easier to use public transport.

Chic Retreats is a worldwide collection of cool, smart hotels with less than 30 rooms and an eye for design and style. Visit the website at

<http://www.chicretreats.com>

Use London for your company's big meetings

By David Wilson

There are lots of reasons why you should use London for your company's big meetings, and here are three of the most obvious:

1. London is one of the world's most vibrant and exciting cities
2. London is well served by international and local travel links
3. London has a plethora of world-class venues; from basic rooms in big hotels to large custom-built, state-of-the-art conference centres.

London is considered a world leader for business; as a result the facilities that the city has to offer are tailored to the discerning business traveller. So, if you opt to use London for your company's big meetings you won't be far from anything that you would need, either professionally or for leisure.

There are almost 94,000 hotel rooms in London and over 6,000 eating establishments, so finding somewhere to stay or have dinner is never a problem! With accommodation to match every corporate budget and with many establishments offering an all-in rate including meeting rooms, London is an ideal venue for any company's big meetings!

There is no doubt that because of its fantastic transport links – two major international airports at Heathrow and Gatwick plus three smaller ones, major motorway and road links, a major Eurostar hub and extensive public transport – the capital is easy to get to from most parts of the world. And once in London the excellent integrated public transport system allows easy, cost-effective travel from hotel to venue and vice versa.

After business is concluded why not treat your company's employees to a taste of the superb London nightlife? With restaurants offering every type of cuisine and a superb theatre district in the capital's

A Quick Guide To London

West End there's always somewhere to go and something fabulous to do! There are 150 theatres, 200 nightclubs and over 3,800 pubs in London. So, after the big meeting is concluded there are a multitude of leisure and entertainment options for you and your fellow employees.

Put your employees in the sort of bustling, energetic environment offered by England's capital are they are bound to be inspired before they even set foot in London for your company's big meeting; they'll be enthused and energised by the city itself.

London is fast-moving towards a 24 hour, seven days a week culture so regardless of the time of arrival of your delegates or the time of your big meeting then there are facilities to cater for them. Certain hotels offer early riser breakfasts from 4 a.m. in the morning, or alternatively later riser breakfasts until 12 noon. With so much going for the capital you should really consider using London for your company's big meetings.

Article by David Wilson

<http://www.venue.com>



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