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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

London's Markets

By Pauline Wapping

Markets are an important part of everyday life in London, where produce is sold, goods are bartered and bargains are made. There are several scattered all over the city, all specialising in different wares. Here's a guide to the main markets and what they have to offer.

Antiques

Bermondsey Address: Bermondsey Square on Tower Bridge Road Trading: 04.00 to 12.00 daily
Description: One of London's oldest markets, Bermondsey is famous as a haunt of thieves, due to an ancient ruling (which, incredibly was only recently abolished) stating that the origin of goods sold before sunrise could not be brought under suspicion, therefore allowing stolen goods to be traded freely and without question. For this reason, the market has traditionally started very early in the morning. Get there early to find the best antiques.

Portobello Road Address: Portobello Road, Notting Hill Trading: Saturdays, 06.00 to 16.00
Description: This area was a popular hippy hang-out in the 1960s and still has a bohemian feel today. The Saturday market stretches the whole length of the road and sells antiques and bric-a-brac as well as fruit and vegetables. The road itself is lined with antique shops, so it's worth a visit any day of the week. Bric-a-brac

Brick Lane Address: Brick Lane, Whitechapel, East End Trading: 07.00 to 14.00 on Sundays
Description: In the heart of London's Bangladeshi community, this market is surrounded by Indian restaurants and sells all sorts of junk and jumble from tables and chairs to kitchen sinks. Fashion and Music

Camden Address: Camden Lock, Camden Stables, Buck Street and Inverness Street in Camden Town Trading: Sundays, 10.00 to 18.00, although many stalls are now open throughout the week
Description: This is a lively and colourful part of the city with some weird and wonderful market stalls selling unique clothing and jewellery and alternative music.

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Petticoat Lane Address: Middlesex Street, Wentworth Street and around, Whitechapel, East End
Trading: weekdays and Sundays from 09.00 to 14.00 Description: Started over 400 years ago by French petticoat sellers, this market is still going strong today. The Lane was renamed by the prudish Victorians to Middlesex Street in order not to offend any delicate sensibilities, but the market retains its historic name. You won't find many women's undergarments any more, but most of the stalls still specialise in clothing. Food

Borough Address: Southwark Street, just south of the River Trading: fruit and vegetable wholesale Monday to Friday 04.00 to 08.00; farmers' market and fine food market Fridays 12.00 to 18.00 and Saturdays 09.00 to 16.00 Description: Traditionally a fruit and vegetable wholesaler, this market has been extended in recent years to include an excellent fine food market and a farmers' market. It's housed in a marvellous Victorian hall.

Leadenhall Address: Gracechurch Street, next to Lloyd's of London and near Bank of England
Trading: weekdays, 08.00 to 15.00 Description: Another great food market in an old Victorian building.

It's in the heart of the City, London's financial district, and is busy with office crowds at lunchtime.

Billingsgate Address: Trafalgar Way, Docklands, East End Trading: Tuesday to Saturday 05.00 to 08.30, Sunday 06.00 to 08.00 Description: This is the UK's largest fish market, where fish from UK seas and beyond are sold and transported to restaurants and shops all over the country. All sorts of fish and seafood are on offer, and stocks vary depending on daily catches. Gifts and Other Goods

Covent Garden Address: Covent Garden, opposite the Royal Opera House Trading: daily, 09.00 to 18.00 Description: This gentrified old fruit and vegetable market is now a classy European-style square with designer shops and stalls surrounded by trendy bars, cafes and restaurants. It's now more popular with tourists rather than locals.

Gabriel's Wharf Address: Upper Ground and Riverside Walk, beside the OXO Tower on the South Bank Trading: 10.00 to 18.00 Tuesday to Sunday Description: Surrounded by old warehouses with a bandstand at its centre where live jazz is often played in the summer, this pleasant market sells individually designed ceramics, sculpture, paintings and other arts and crafts as well as clothing, jewellery and accessories.

Greenwich Address: King William Walk Trading: 07.30 to 17.00 on Thursdays and 09.30 to 17.00 on Fridays, Saturdays and Sundays Description: Established in 1737, Greenwich is another of London's oldest markets. It's now a huge complex of stalls, shops, bars and restaurants, and every day there's a different variety of wares for sale - antiques and collectibles on Thursdays; antiques and collectibles as well as arts and crafts on Fridays; and an additional food hall at weekends.

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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 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 team.co.uk>



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