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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!**

**Weekend City Breaks In London - The Carlton Tower Hotel 5\* (Knightsbridge)**

**By Steven Cronin**

Boasting 220 sumptuous en suite bedrooms, many of which overlook the exquisite gardens of

Cadogan Place, the Carlton Tower hotel effortlessly embodies panache and flair. Served by two excellent restaurants and accompanying bar, the Carlton Tower is the ideal base from which to explore London past and present. The hotel offers an accomplished Health Club, adorned with excellent facilities including a fully equipped gym and swimming pool.

Situated at the hub of Knightsbridge, the Carlton Tower is at the doorstep of many of the world's most elite stores including Harrods and Harvey Nichols. The most highly concentrated area of fashionable boutiques can be found on Sloane Street, a shopper's paradise. Beware though, credit cards have been known to receive some terrible abuse in these areas!

Bed and full breakfast (based on two people sharing) can be yours for £105 (per person per night) during spring, rising to £145 throughout summer and winter. For those travelling alone, the single person supplement is a similar amount on top. A mid-week (Monday to Thursday) supplement is applicable at £15 (per person per night) in spring, dropping to just £4 for the duration of summer and winter.

**London Marriott Grosvenor Square Hotel 5\* (Grosvenor Square)**

Featuring 236 luxurious en suite bedrooms, furnished with marble bathrooms and the latest wireless internet technology, the London Marriott Grosvenor Square hotel pampers your every need, providing unadulterated relaxation and a full recharge of the most run down batteries. The celebrated Cobalt restaurant offers a taste of the Mediterranean, as well as the more British traditional afternoon tea.

Positioned at the central point of London's chic Mayfair, the shopping havens of Oxford, Regent and Bond Street are all within effortless proximity.

Bed and breakfast (based on two people sharing) is £99 (per person per night) during spring, increasing to £115 throughout summer and winter. The single person supplement is a similar amount again. If you are travelling mid-week (Monday to Thursday) an extra £55 is valid in spring, rising to £63

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for the course of summer and winter. An executive room upgrade is available upon request for an additional £59 per room per night.

Please note all prices are correct at time of press (December 2005). For reservations call Superbreak on 0870 701 2200. Lines are open 8am - 11pm 7 days a week (excluding Christmas Day).

Steven Cronin owns the Sargas Travel online magazine featuring travel reviews, news, inspiration, advice and special offers. For further reading please visit

<http://www.sargas.co.uk>

### **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>



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