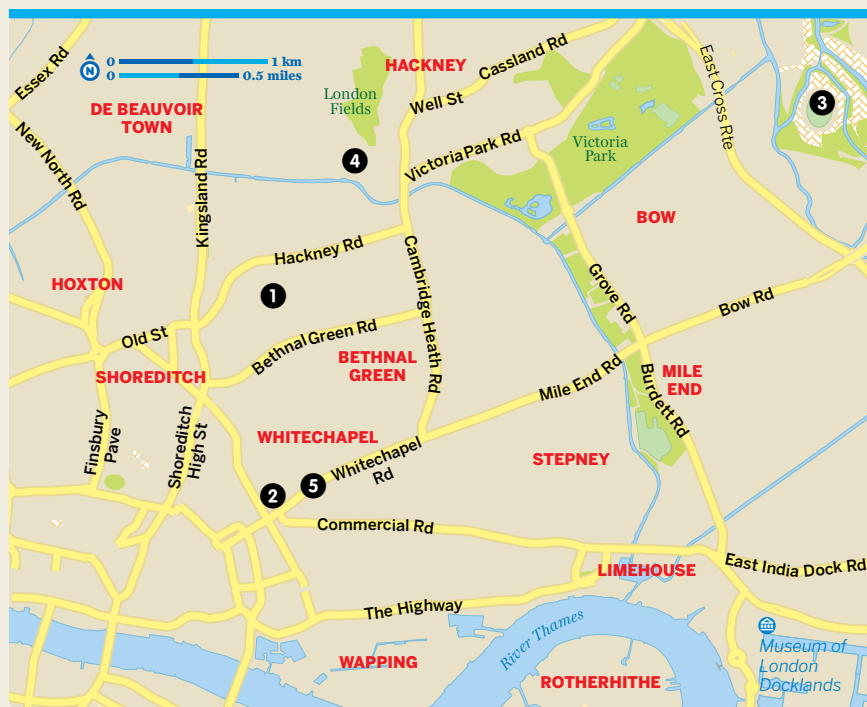


East London

WAPPING | WHITECHAPEL | BETHNAL GREEN | DALSTON | HACKNEY | BOW & MILE END | LIMEHOUSE | ISLE OF DOGS | ROYAL VICTORIA DOCKS | LOWER LEA VALLEY

Neighbourhood Top Five

- ➊ Stopping to smell the roses at London's most fragrant market, **Columbia Road** (p216).
- ➋ Admiring the ever-changing exhibitions at the edgy **Whitechapel Gallery** (p215).
- ➌ Reliving Games memories among the extensive parklands and interesting architecture of **Queen Elizabeth Olympic Park** (p221).
- ➍ Strolling along the Regent's Canal to **Broadway Market** (p228), feasting from a market stall, then staking a place at one of the pubs.
- ➎ Heading to **Whitechapel** (p215) for a burst of multicultural London and authentic subcontinental cuisine.



For more detail of this area see Map p430 and p432 ➔

Lonely Planet's Top Tip

The most relaxed way to explore East London is along the water. Cyclists and pedestrians can drop to Regent's Canal at the bottom of Broadway Market and follow the waterway to Limehouse. Branching east at Victoria Park, the Hertford Union Canal delivers you to Hackney Wick and Olympic Park. From Limehouse Basin you can also pick up the Thames Path and follow it to St Katharine Docks.



Best Places to Eat

- ➔ Corner Room (p222)
- ➔ Brawn (p222)
- ➔ Counter Cafe (p224)
- ➔ Empress (p224)
- ➔ Rotorino (p223)

For reviews, see p222 ➔



Best Places to Drink

- ➔ Cat & Mutton (p227)
- ➔ Dove Freehouse (p227)
- ➔ Netil360 (p227)
- ➔ Carpenter's Arms (p225)
- ➔ Prospect of Whitby (p225)

For reviews, see p225 ➔



Best Places for Local History

- ➔ Museum of London Docklands (p220)
- ➔ Sutton House (p217)
- ➔ Ragged School Museum (p219)
- ➔ Hackney Museum (p217)
- ➔ House Mill (p221)

For reviews, see p216 ➔

Explore: East London

A vast area, East London has a few standout sights but will really repay those happy to wander through and soak up the unique character of each of its neighbourhoods. It includes the heart of the old East End (Whitechapel, Bethnal Green, Bow, Mile End) and most of London's historic Docklands (Wapping, Limehouse, the Isle of Dogs, Royal Victoria Docks), along with Hackney and Dalston to the north, and the Lea Valley further east. Each of these areas has a few don't-miss attractions, but also plenty of places to linger over a coffee, a lazy lunch or a few pints of ale.

Local Life

- ➔ **Picnics** On sunny Saturdays, East Londoners of all stripes grab goodies from Broadway Market (p228) and head to London Fields (p217) for a picnic and a dip in the lido.
- ➔ **Gallery** With free admission and no permanent collection, there's always something new to check out at Whitechapel Gallery (p215).
- ➔ **Old-style cafts** The spirit of the prewar East End survives in ungentrified eateries such as E Pellicci (p222) and F Cooke (p224).

Getting There & Away

- ➔ **Underground** Three lines cut straight through the East End: the Central Line (stopping at Bethnal Green, Mile End and Stratford) and the conjoined District and Hammersmith & City Lines (Whitechapel, Mile End, Bow).
- ➔ **Overground** The overground affords a quick link to Dalston, Hackney, Hackney Wick and Stratford. A separate branch connects Dalston to Hoxton, Shoreditch, Whitechapel and Wapping.
- ➔ **DLR** Starting at Tower Gateway or Bank, the DLR provides a scenic link to Limehouse and the Isle of Dogs, as well as joining the dots with Stratford.
- ➔ **Bus** Buses are your best bet for getting to Victoria Park and Broadway Market. The 55 from Oxford St is a handy route to Hackney. The 277 runs from Islington's Highbury Corner to the Isle of Dogs, via Victoria Park, while the 394 heads from the Angel Islington to Hackney, via Broadway Market.
- ➔ **Train** Train services aren't as frequent, but they provide a quick ride from Liverpool St to London Fields, Cambridge Heath or Stratford. The high-speed link from St Pancras whisks you to Stratford International in just seven minutes.