

Hampstead & North London

KING'S CROSS | EUSTON | REGENT'S PARK | CAMDEN | HAMPSTEAD | HIGHGATE | ARSENAL | ISLINGTON | STOKE NEWINGTON | DALSTON

Neighbourhood Top Five

- 1 Walking in the gorgeous **Hampstead Heath** (p246): enjoying the sweeping views of London from Parliament Hill, getting a culture fix at the beautiful Kenwood House and slumping in a couch at the Garden Gate pub to recover.
- 2 Shopping at **Camden Market** (p245): having lunch at one of the food stalls and finishing your day with a leisurely stroll along Regent's Canal.
- 3 Discovering the treasures of the **British Library** (p240) and marvelling at the sheer amount of knowledge stored within its walls.
- 4 Enjoying a thought-provoking day exploring the concepts of life, death and art at the **Wellcome Collection** (p244).
- 5 Going out in **Dalston** (p248) for superb kebabs and an afternoon of vintage shopping.



For more detail of this area see Map p456, p459 and p460 →

Explore: Hampstead & North London

North London is a big place – you could spend a week exploring its parks, checking the sights, lounging in gastropubs and sampling the nightlife. So if you're short on time, you'll have to pick and choose carefully.

Hampstead Heath and Camden Market should be top of your list; Camden is a major sight and its energy is intoxicating, while Hampstead Heath will offer a glorious day out and an insight into how North Londoners spend their weekend. The Wellcome Collection and the British Library are also highly recommended and easily accessible, thanks to their central location.

Because this part of London is predominantly residential, it is at its busiest at the weekend. This means that most sights are relatively quiet during the week, with the exception of the Wellcome Collection and the British Library.

On the whole, North London is a wealthy area, full of 20- or 30-somethings (Camden, Islington, Dalston), young families (Hampstead, Highgate, Stoke Newington) and celebrities (Primrose Hill). The nightlife is excellent wherever you go, with edgy and offbeat bars in Dalston, excellent pubs in Hampstead and Islington and great live music in Camden.

Local Life

- ➔ **Live music** North London is well known for being the home of indie rock. Music fans flock to Barfly (p259), Forum (p259) and the Bull & Gate (p259) to watch bands aiming for the big time.
- ➔ **Sunday pub lunch** This institution of English life has been embraced in earnest by gastropubs making a brisk trade. Favourites include the Garden Gate (p256) and the Stag (p252) or brunch at Duke's Brew & Que (p254).
- ➔ **Swimming** Hampstead Heath's ponds (p261) are open year-round and a small group of hard-core aficionados swim every day, rain or shine.

Getting There & Away

- ➔ **Underground** Northern Line stops include Camden, Hampstead, Highgate and Angel.
- ➔ **Overground** The Overground crosses North London from east to west and is useful for areas such as Dalston that are not connected to the tube. The new East London Overground line runs through the east and on to South London.
- ➔ **Bus** There is a good network of buses in North London connecting various neighbourhoods to each other and the centre of town.

Lonely Planet's Top Tip

North London is all about parks, so make sure you set aside a few hours during your stay to enjoy the greenery. Pack a picnic and do as Londoners do: head to the pub afterwards!

Best Places to Eat

- ➔ Trullo (p252)
- ➔ Duke's Brew & Que (p254)
- ➔ Mangal Ocakbasi (p253)
- ➔ Ottolenghi (p252)
- ➔ Market (p251)

For reviews, see p248 ➔

Best Places to Drink

- ➔ Edinboro Castle (p255)
- ➔ Bar Pepito (p254)
- ➔ Drink, Shop & Do (p254)
- ➔ Garden Gate (p256)
- ➔ Spaniard's Inn (p256)

For reviews, see p254 ➔

Best for Live Music

- ➔ Passing Clouds (p257)
- ➔ Vortex Jazz Club (p258)
- ➔ Bull & Gate (p259)
- ➔ Blues Kitchen (p258)
- ➔ Barfly (p259)

For reviews, see p257 ➔