



SIMPLY LONDON'S FIRST DAY ANTI-JET LAG WALK

Here's a handy map for my famous (or infamous) first day anti-jet lag walk!

This walk designed by me takes you past some of London's iconic sites and gets you excited for what's to come. Fresh air and light are the best antidotes for jet lag and you often arrive before you can check into your hotel. Even if you CAN check in - change your knickers, brush your teeth and get out the door ASAP or you will be sorry. **FIGHT THE URGE TO NAP!** That comfy looking hotel bed will still be there after 7pm (which is what I urge you to stay up AT LEAST until).

1. From wherever you are, take the tube to the Green Park station. You will emerge from the station (it's step-free) into Green Park. Walk down the wall side if you like and you'll pass by some grand residences behind the walls including Clarence House where the King and Queen Consort live. You'll also pass by Spencer House which is only open to the public on Sundays and worth a look if you need something uncrowded to do. Just make sure to pre-book your tickets as you have to go on a tour and spaces are limited.
2. Walk to the end of the path and you will be in front of Buckingham Palace. Have a look around if you'd like to. Then, turn away from the palace and walk down The Mall (rhymes with Pal). If you stay to the left side, you will walk past statues of Queen Elizabeth's parents (you may recognize the spot from the first or second season of The Crown where Elizabeth dedicated a statue to her father because her mother couldn't bring herself to do it.)

There will be other monuments and views from the area so heads up (always look up in London - the best bits are higher than ground level sometimes).

3. Right before you get to Admiralty Arch, you'll veer left on a path that will go up a few steps or a ramp and head towards Trafalgar Square. The National Gallery - which is free and has some lovely art is right there in the square. Save it for later (It's a great Sunday stop). Notice whatever is weird on the 4th Plinth in the square. I've seen a blue chicken, a thumbs-up hand, an Egyptian thing and a giant ice cream cone with a drone on the side. It's weird. But, take a slow 360 degree turn in the square and just fall in love with the view. Look up! You'll feel like you're in Mary Poppins. The buildings around you are beautiful!

4. Have a look at the things in the square and then head out down Whitehall. Stay on the right side of the street and you'll pass by the horse guards and Downing Street. Lots of war memorials are in the middle of the road. Keep walking and then you will gloriously see Elizabeth Tower with Big Ben (the bell) in it on your left. It always takes my breath away. You'll also see Westminster Abbey and the Palace of Westminster where the houses of parliament are. Have a little wander around. You can even walk partway across Westminster Bridge for a nice look back at the palace of Westminster. At this point, a choice can be made. If it's later, you can get something to eat in the area and get back on the tube and head off to your hotel, OR, you can continue on for a bit farther and see even more.
5. If you decide to continue on, walk down the street between the Abbey and Westminster that goes along the river. You will walk to Millbank pier. Along the way, you'll pass Millbank House where prisoners being sent to Australia were processed to get on the boats. You'll be getting on a boat, but not to Australia. You'll also pass the MI5 building on your right. Just past that is a Pizza Express where you can get a lovely quick lunch if you're hungry.
6. Walk to Millbank pier and you will be getting on the Uber Boat. Your contactless payment or Oyster card will work. You'll just need to make sure you have enough money on your Oyster card as the boats are more than the tube or bus. It will be £7.70 for adults. You'll just tap the reader when you get on the boat. ***Make sure you tap the reader on the dock when you get off.*** Sit and enjoy the ride! You will go back past the Palace of Westminster, Big Ben, The London Eye, You'll see St Paul's Cathedral and pass under some very cool bridges. You'll go by the HMS Belfast moored in the river before coming to the Tower Millennium Pier where you will get off.

You will be right in front of the Tower of London and the iconic Tower Bridge. By now, your hotel is surely ready and you are ready to get some food and go back and wind down. There are places to eat in this area including some pubs and takeaways. Do whatever you want for a bit (the Tower gift shop is really good) and then head to Tower Hill station. If you take the right route to it, you will pass by a bit of an ancient Roman wall and a statue of Hadrian.

7. Get on the tube and head back to wherever you are staying.

Eat some dinner and then try to stay up until you just can't anymore. Get some sleep and you will probably barely notice the jet lag for the rest of the trip

ENJOY!

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