

Average Journey Times

Route Time

Oxford Circus - Limehouse	25 mins
Victoria - Island Gardens	40 mins
Kings Cross - South Quay	28 mins
London Bridge - Beckton	28 mins
Liverpool Street - Bow Church	17 mins
Green Park - Cutty Sark	30 mins
Bank - Canary Wharf	11 mins
Bank - Greenwich	20 mins
Tower Gateway - Canning Town	14 mins
Lewisham - Crossharbour & London Arena	11 mins
Stratford - West India Quay	11 mins

Please allow time for interchanges

Last Train Times

Bank - Lewisham	00.30
Tower Gateway - Beckton	00.53
Canary Wharf - Bank	00.34
Canary Wharf - Lewisham	00.41
Canary Wharf - Stratford	00.58
Stratford - Lewisham	00.22*
Greenwich - Bank	00.23
Beckton - Tower Gateway	00.33

Monday to Saturday (Sunday 1 hour earlier)

*Change at Canary Wharf



Where to shop?

Shopping is a national obsession and the area covered by the Docklands Light Railway has enough choice to feed even the greediest habit.

Glamorous malls, handy local shopping centres, engrossing markets and major department stores – there's something for everyone. Whether you're a busy and budget-conscious Mum, a cash-rich time-poor executive, a leisurely weekend shopper or a visitor looking for the perfect memento. It's all easy to get to by DLR, so leave your car at home or take a break in your usual journey and prepare to shop 'til you drop!

Details were correct at the time of visiting and are subject to change.



Docklands Light Railway is the most convenient and reliable way of travelling to and from the shops listed. Fast, frequent and reliable services run seven days a week, 364 days a year. Travelcards are valid and there are easy connections between DLR lines, London Underground and mainline rail. For up-to-the-minute information on train departures go online to www.dlr.co.uk or use your wap phone <http://dlr.kizoom.co.uk/>

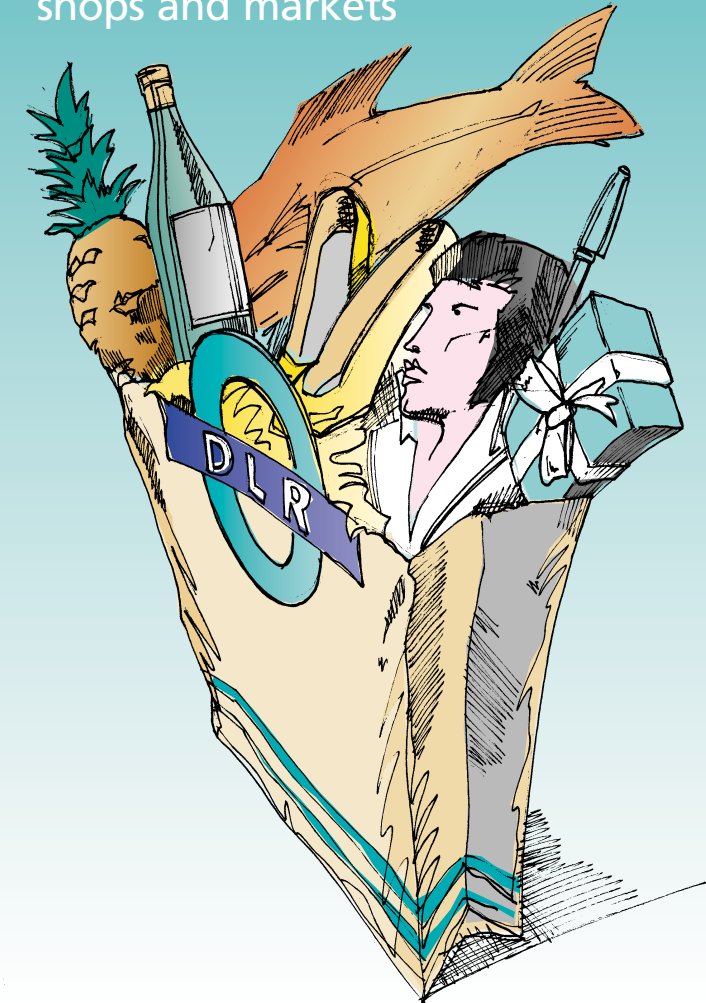
DLR Customer Services 020 7363 9700

Website www.dlr.co.uk

WAP <http://dlr.kizoom.co.uk/>

Where to shop?

A guide to East London shops and markets



MAYOR OF LONDON



Docklands Light Railway

Greenwich and Greenwich Market

Gift hunters will think they've died and gone to heaven when they visit Greenwich. There are no less than three market venues here, the main one being the old covered market with arts and crafts from Thursday to Sunday and additional themed days.

On Thursdays and Fridays it's antiques and collectables and on Saturdays and Sundays it's foodie heaven, when the air is thick with coffee, fudge and cheeses.

Fringing the covered market are some wonderful permanent shops – Fergus Noone for stunning photography, Compendia for traditional games and Autumn and May for stylish jewellery. Step outside and you'll find specialist boutiques like Bullfrogs, Flyjack and Joy. Flying Duck Enterprises is home of all that's kitsch, retro and Elvis related; Nauticalia offers naval history in abundance and the Warwick Leadlay Galley offers fascinating antiquarian maps and prints. Flea market fans should head for the two open-air markets opposite the Post Office and in Stockwell Street for bric-a-brac, retro homewares, second-hand clothes, books and records, plus a great Thai food stall. And if you manage to get round all that (it's a challenge), you can combine your trip with a visit to the famous Maritime Museum or lunch in a riverside pub.

Get there by DLR: Cutty Sark for Maritime Greenwich station
Info: **020 8293 3110 / 020 7515 7153**,
www.greenwich-market.co.uk

Lewisham

Those who live in Lewisham have long known it as one of the biggest and most convenient shopping areas in South East London. All the essentials of daily life are arranged within The Lewisham Centre with nearly 70 shops geared to the needs of the busy family shopper.

From giants like Marks and Spencer, Sainsbury's, BHS, Littlewoods, Boots, WH Smith and Argos, to smaller independent traders, Lewisham is the place for people who want trusted, familiar high street names rather than pricey, designer retail therapy. Clothes hunters can head for Burton, Dorothy Perkins, New Look, Wallis, Next, Ravel or Barratts. Sporty types have

All:Sports and JD Sports. There are homewares shops, phone shops, record shops, jewellers and opticians.

Leave the kids in the children's play area, pop into Pontis for a restorative cuppa and pick up a bargain bouquet at Centre Flowers on your way out. M&S is great for posh food, but if you want real value and quality, step outside the Centre and onto **Lewisham High St** where you'll find a thriving outdoor market bursting with fruit, veg and exotic ingredients. The market's been there since 1919 and is where the smart shoppers pick up good value fresh produce – particularly towards the end of the day when the stallholders are packing up.

Get there by DLR: Lewisham DLR station
Info: **020 8852 0094**, www.lewishamcentre.co.uk

The Stratford Centre

Stratford is a melting pot of culture and the shops of The Stratford Centre reflect that, with a lively mix of high street names and local colour. Shopping giants like Sainsbury's, Boots, WH Smith and Woolworths rub shoulders with a bustling indoor market of fruit and veg, flowers, pet supplies and even a stall selling good old East End eels, cockles and whelks.

You can make your money go a long way at The Stratford Centre, with discount clothing and jewellery stores along with Poundland, the bargain hunter's paradise! Stop for a latte and a steal at Tchibo – this quirky shop offers anything from homewares to gadgets and changes its stock every Wednesday. Then browse through 'inshops', a cluster of unusual local traders with everything from the Mystical Headshop, full of crystals, tarot cards and incense, to ethnic grocers, Chinese herbalists, nail and hair salons, tattoo artists and an old-fashioned haberdashers and wool shop. Didn't we say Stratford had it all?

Get there by DLR: Stratford DLR station
Info: **020 8536 5350**



Gallions Reach

For a fun family shopping destination in East London, try the new Gallions Reach Shopping Park in Beckton. This bright, airy undercover high street is a pleasant, hassle-free way of getting your essential shopping done.

With almost 30 shops, you'll find all the familiar names including River Island, Burton, Paperchase and Next (the largest in England no less!), plus travel agent Lunn Poly, Borders for a browse along the bookshelves, McDonalds and Starbucks for snack attacks. It's big enough to provide choice, but not so vast you'll be overwhelmed. The centre runs lots of special events like live music and children's entertainment to keep the family busy, so you can pick up your weekly shop at Tesco Extra in peace.

Get there by DLR: Gallions Reach station,
then 10 mins walk or 262/366 bus
Info: www.gallions-reach.co.uk

Canary Wharf

Step off the train at Canary Wharf or Heron Quays and you could be in another city. Gleaming and glamorous, the very sight of it makes you itch to get that credit card out! There's plenty to spend it on, with no less than three malls housing over 200 shops and restaurants, with late night opening on Thursdays. Serving the retail needs of the City types who work in the surrounding towers - there's plenty for the leisure shopper and tourist too.

Cabot Place sits under Canary Wharf DLR station and has everything for the thrusting young executive and dedicated fashion follower alike: Thomas Pink, Austin Reed, Church's shoes and City Organiser, where you'll find Filofax, Paul Smith pens, Mulberry bags and stress-busting executive toys. Nails inc and Space NK, the make-up mecca, ensure you project the right image. And if you're after something a little more quirky, why not give Pop-ups a whirl, where an array of unusual gift ideas and cards await you. Tesco Metro and Ackerman's fine chocolates sort out attacks of the munchies. Then there are travel agents, music stores, electrical shops – you name it.

The city wear theme continues in **Canada Place**, with Boss, Cecil Gee, Hobbs, Ted Baker and TM Lewin. Canada Place also has Monsoon, Wallis & Pure Beauty. There is also a massive Waitrose Food and Home with 100,000 square ft of retail space. On the



ground floor there's Waitrose Food, plus five restaurants including an oyster bar and a sushi bar. Above that there are three floors of John Lewis furniture, clothes, electrical goods and homeware – worth the trip to the Wharf alone.

The newest mall is **Jubilee Place**, directly accessible via Heron Quays DLR station. It's got an M&S Food, plenty of high-end fashion like French Connection, Karen Millen, Whistles, LK Bennett and designer boutique Choice, and eateries including Tootsies, Pashmina and Wagamama.

Get there by DLR: Canary Wharf or Heron Quays station
Info: **020 7477 1477**, www.canarywharf.com

West India Quay

Just north of Canary Wharf's urban sophistication is West India Quay – just as cool, but calmer, with mellow red brick replacing the glass and steel.

The old sugar warehouses have been converted into a buzzing stretch of dockside bars and restaurants, with some interesting shops dotted among them that are worth a detour if you're in the area. Inside the Port East building you'll find Frockbrokers, the only independent boutique in Docklands, selling cutting edge designers like Gharani Strok and Fake London. There's even a personal shopping service if you're spoilt for choice. But for a real flavour of this historic area, head to The Shop on the Square, part of the Museum in Docklands. Here you'll find books for all ages on local history, the Thames, shipping, pirates and slavery, along with nautical gifts, jewellery, textiles, ceramics and stationery. It's the perfect place to pick up holiday souvenirs or thoughtful presents for friends with a foot in the past.

Get there by DLR: West India Quay station

East End Markets

The East End is packed with historic markets offering all manner of things from all corners of the globe.

Hagglers will love **Whitechapel Market**, like a bazaar with a strong Asian flavour, opposite the Royal London Hospital on Whitechapel Rd. Locals throng here from Monday to Saturday for food, clothes, bedding, carpets, jewellery and electrical goods, all at amazing prices.

Nearby **Petticoat Lane** is London's oldest street market, dating back 400 years to the Huguenot traders who sold lace and petticoats here. It's closed on Saturdays, but the rest of the week, it's a bargain hunter's paradise for clothes (including well-known brand seconds), leather goods, watches and toys.

Get there by DLR: Shadwell DLR station, then East London line to Whitechapel
Info: **020 7377 8963**, www.eastlondonmarkets.com

Old Spitalfields Market There's the shopping you have to do and the shopping you want to do – the latter is where Old Spitalfields Market fits in. Young, hip and stuffed to the historic rafters with organic produce, up and coming designer gear, handmade crafts and tasty finger food, it's the epitome of the urban alternative lifestyle. Founded in 1666, it still thrives today with over 250 stalls. Most people – including a lot of undercover celebs – go on a Sunday to just soak up the atmosphere, but it's now being developed into an all week attraction. Every Wednesday there's a food market with tempting treats from London's Farmers Markets and the Borough Market traders. Thursday is devoted to fashion and is fast becoming the place to discover the most creative new talent before the rest of London does. But on a Sunday you get a bit of everything – food, fashion, books, records, furniture, antiques and collectables. It's hard to think of a better way to while away an afternoon.



A familiar Sunday routine for regulars is a browse round **Brick Lane Market**, the home of bric-a-brac, followed by the beautiful flower market at Columbia Road. If you don't get sidetracked by the jewels and bargains on Brick Lane (it's easily done!) aim to get to the flower market towards closing time at 2pm when the traders sell off trays of plants and armfuls of flowers at incredible prices. After that, you can choose a famous Brick Lane curry for lunch or a delicious local beigel. Perfect.

Get there by DLR: Bank DLR station, then a short walk from Liverpool St station via the Central line
Info: **020 7247 8556**, www.oldspitalfieldsmarket.com

In this part of London, the early bird catches the fish, so if you're a foodie and an early riser, pop over to **Billingsgate Market**, the largest inland fish market in the UK. Open 5am to 8.30am Tuesday to Saturday, fresh fish and shellfish gets shipped in daily from all over the world so the choice and freshness is amazing. Who knows, you may even see a celebrity chef or two!

Get there by DLR: Blackwall station
Info: **020 7987 1118**, www.billingsgate-market.org.uk

Bank

If you're looking for luxury brands for that special someone, the shops clustered around Bank station should be your first stop.

The Royal Exchange Arcade in the shadow of the Bank of England has Mont Blanc, Penhaligons, Paul Smith and Dunhill for the boys, LK Bennett, Agent Provocateur, Molton Brown, Jo Malone, Lulu Guinness for the girls, Gucci, Prada and Louis Vuitton for both. Jewellery is particularly well catered for, with Boodle and Dunthorne, trendy designer Theo Fennell and Tiffany with those famous blue boxes. Mere mortals will also find plenty of interest in this area. A glossy new House of Fraser department store in King Williams St has five floors heaving with fashion, make-up and accessories for those last minute nights out, while the new M&S up the road caters for business clothes and a fine range of ready-meals. Foodies will love nearby Leadenhall Market where, alongside Waterstones books, HMV for music, and some fashion outlets, there's a high-class butcher, a wonderful fishmonger and Oliver & Co, purveyors of specialist olive oils and deli delights.

Get there by DLR: Bank DLR station

The West End

When you've got some serious shopping to do there are fantastic choices in the West End. Oxford St, Regent St and Bond St are probably the most famous shopping areas in the Capital. The big department stores are the first (and only) stop for many people and each has its own character.



On **Regent St** there's Dickens and Jones – with its glamorous make-up hall and designer clothes – and historic Liberty, whose carved wooden walls heave with exotic imported furniture and rugs, quirky clothes and beautifully-crafted jewellery.

Oxford St has "never knowingly undersold" John Lewis; Debenhams for designer clothes at high street prices; Allders for young fashion; and the world-renowned Selfridges. From fashion to furnishings and everything inbetween, Selfridges was London's first department store and is still hard to beat. Next to Selfridges is Marks and Spencer's flagship Marble Arch store – five floors of the quality clothes, homewares and food we all know and love. Most of the rest of Oxford St is dedicated to fashion, with everyone from supermodels to teenagers heading for TopShop.

Fashionistas also haunt nearby **Carnaby St**, a '60s icon and still the place for cutting edge trends. Regent St heads up market, with classics like Jaeger, Aquascutum and Austin Reed, fine jewellers and handmade shoes. It's also heaven for kids of the little and big variety – the pavements outside Hamleys toy store are famously packed at Christmas.

Finally, why not indulge in a little window shopping (unless you have an understanding bank manager) on **Bond St**, the classiest and most exclusive stretch of designer shops in London.

Get there by DLR: Bank DLR station, then Central line to Oxford Circus or Marble Arch

