

WELCOME TO LONDON

Get ready to amp-up your stay and turn up the heat this month! Whether you're visiting for work or play, I've got you covered with the hottest locals-only tips to maximize your stay.



BALANCE FESTIVAL

Old Truman Brewery, 91 Brick Lane E1 6QR
balance-festival.com

London, get ready. The UK's largest celebration of the fitness and wellness scene is back in town. Explore cutting-edge fitness classes, sample delicious healthy foods, learn from leading experts and browse the latest brands and more. Fuel your body and soul with delicious nutritious foods, shop the latest athleisure labels, discover innovative wearable tech, explore mindful practices, get inspired by bucket-list travel destinations and create new experiences to optimise your life.

Unleash your strength, stamina and fun-side with over 200+ workouts, you are bound to sweat and smile. Sample the most progressive boutique fitness studios in the city or take part in cutting-edge workouts on the main stage. Gain access to the latest wellness knowledge, actionable advice and evidence-based content from leading nutritionists, celebrity chefs, world-class fitness trainers and awe-inspiring yogis. Leave the festival inspired and fuelled with new ideas to achieve your best self!

11 - 13 May



THE FLIPSIDE

100 Selfridges & Co, 400 Oxford Street W1A 1AB
selfridges.com

The Flipside is a multi-sensory exhibition held by Selfridges in The Old Selfridges Hotel – a vast, one-of-a-kind location. As you journey through The Flipside, you will enter a series of extraordinary installations and experiences, in the company of some of the world's most innovative brands. See altered states of luxury as demonstrated by Google Pixel 2, Loewe, Mr Lyan, Thom Browne, Gareth Pugh, Louis Vuitton and Byredo. Entry is free and open to all. You can also select from a self-guided tour or a special photography tour using the Google Pixel 2 (the ultimate choice for Instagram-worthy snaps).

Until 20 May



W INSIDER MAP

Lose yourself in the true diversity of the city and follow my W Insider map to discover my favourite hotspots here in London.

Download Mapstr App and get all these places directly from your mobile following the below steps:

Get Mapstr for IOS and Android.

Follow @wlondon and get Insider access to the beating heart of London.

Create your own map and share it with your friends!

Any questions, please just get in touch or stop by my desk on the first floor and let me know how many of my recommendations you explored!



ROOF EAST

Roof East, Floors 7&8, Stratford Multi Storey Car Park E15 1XE
roofeast.com

Roof East are really upping their games. Because the car-park rooftop summer spot is returning in full circus-themed splendour for its fifth year this month and thanks to the expert curation of the Social Fun & Games Club, it is hosting a rooftop cinema, baseball batting cages and hip-hop inspired pétanque from De La Bowl.

From 3 May



AZZEDINE ALAÏA: THE COUTURIER

The Design Museum, 224-238 Kensington High Street W8 6AG
designmuseum.org

Celebrate 'couture's rebellious outsider' in the first UK solo exhibition of his work. Before his untimely passing in November last year, Tunisian-born designer Azzedine Alaïa was the darling of the fashion world. Edward Enninful called him a 'visionary' Naomi Campbell said he 'captured the essence of femininity', and the Design Museum were working with him on a retrospective of his work. Now, the planned retrospective has become a tribute to the late designer. Go and be amazed by the sculptural, feminine designs that have triumphed on catwalks, red carpets – and now in great museums.

From 10 May



LONDON NIGHTS

Museum of London, 150 London Wall EC2Y 5HN
museumoflondon.org.uk

Discover the city after dark through contemporary and historical imagery, from the 19th century through to the present day. This exhibition looks at how photographers have captured the aesthetic of the city at night and how Londoners live their lives after hours.

From 11 May



MOONSHINE SALOON

535 Kings Road SW10 0SZ
moonshinesaloon.com

Part pop up bar, part immersive theatre, the Moonshine Saloon invites you to bring your own bottle of booze along with you as you descend into their Wild West street. First you'll be fitted up by the tailor with a stetson hat and cowboy gear and then you'll wander down to the bar to play cards or dice while the 'tender mixes you up a bespoke cocktail with whatever liquor you bought. The wildest night you're going to have in the West (of London...)

From 24 May



FERIA DE LONDRES

Bernie Spain Gardens, The Southbank SE1 9PH
feriadelondres.com

Step behind the OXO Tower and see how the Southbank is celebrating everything Spanish for late May Bank Holiday weekend. See Flamenco shows, interactive workshops, live Spanish music, and a lineup of colourful 'casetas' serving up tapas, wines and cocktails.

25 - 27 May

AT W LONDON

6-COURSE VEGAN TASTING MENU

Never enough, we're giving you Insider access to Ravinder Bhogal's all-Vegan dining menu for an exclusive evening hosted by the chef herself. Set in front of our fiery floral-wall, indulge in a 6-course tasting menu expertly paired with Vegan wines and a Vegan cocktail.

22 May in W Lounge

