

# Bristows

INTA 2026

A London guide for **curious** minds

Excel London, 2 - 6 May 2026

Bristows

Excel  
London

[bristows.com](http://bristows.com)

# Bristows

Welcome to London!

We are so pleased to be welcoming you to London for what will no doubt be a highly memorable meeting in one of the best cities in the world. London is a creative, diverse and forward-thinking city with so much adventure to find behind every street.

In this guide, we are showcasing London through the Bristows' lens of inquisitive minds. As a leading life sciences and technology firm, with brand specialists across all sectors, we are providing you our insider recommendations to help you explore London the Bristows way! We have included some hidden gems to explore between meetings or add to your itinerary if you are planning to see what London has to offer from one end to the other.

Please flick through our guide for curious minds and do not hesitate to reach out and connect with us. We look forward to warmly welcoming you later this year.



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# Bristows

## For your meetings across London...

The Elizabeth line connects the Excel conference centre to the heart of London - taking in the City and the West End. We have rounded up some of our favourite tried-and-tested spots for coffee, lunch and dinner along the line, perfect for your meetings across London.



### Paddington

Historic hub with central access.

- Coffee: [Bondi Green](#)
- Lunch: Discover the variety of cafés and restaurants around [Merchants Square](#).
- Dinner: Enjoy a more local experience with dinner in [Notting Hill](#) or [Maida Vale](#).

### Tottenham Court Road

Explore Soho's cafes, bars and restaurants.

- Coffee: [Bar Italia](#)
- Lunch: [Noble Rot](#) - modern European cuisine with an exceptional wine list.
- Dinner: [Norma](#) - Contemporary Sicilian cuisine in Fitzrovia.

### Bond Street

Prestigious address in the heart of London.

- Coffee: [Arôme Bakery](#)
- Lunch: [Brasserie of Light](#) - Selfridges.
- Dinner: [Little Social](#) - a cosy French-inspired bistro and wine bar.

### Farringdon

A foodie hot spot away from the crowds of central London.

- Coffee: [Dose Espresso](#)
- Lunch: [Bouchon Racine](#) - relaxed French dining with aperitifs and digestifs.
- Dinner: [Luca](#) - Michelin-starred Italian cuisine.

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For your meetings across London...



## Liverpool Street

At the heart of the City's business district.

- Coffee: [Boundary](#)
- Lunch: [Flat Iron](#) - simple, perfectly cooked steaks just a short stroll away.
- Dinner: [Rochelle Canteen](#) - seasonal, inventive modern European dishes.

## Whitechapel

Explore the art and history of the East End.

- Coffee: [Mouse Tail Coffee](#)
- Lunch: [Beigel Bake](#) - legendary salt beef bagels, 24/7.
- Dinner: [Tayyabs](#) - iconic Punjabi curries & grilled meats.

## Canary Wharf

The finance HQ of London.

- Coffee: [WatchHouse](#)
- Lunch: [ROKA](#) - modern Japanese with city views.
- Dinner: [Dishoom](#) - vibrant Bombay-inspired comfort food and signature chai in a stylish setting.

## Custom House

Conveniently located near Excel London.

- Coffee: [Mrs Bee Coffee Excel London](#)
- Lunch: [Bonnane Restaurant](#) - family-run Italian dining by the waterfront.
- Dinner: [Tapa Tapa](#) - vibrant Spanish tapas in a lively setting.

# Bristows

## For those on the move...

Why not explore our selection of sector-focused podcasts, ideal for staying informed on the go.

We have also included a recent recommendation from the Bristows Book Club, in case you need any reading material inspiration for your travels in and around London.



**Simon Clark**

Partner - Trade mark, designs & copyright  
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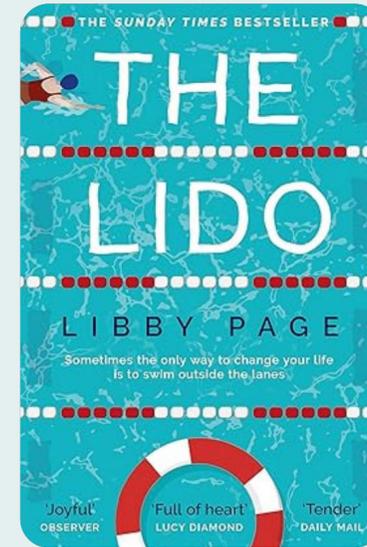
“As you get into this year’s meeting, I hope this guide (and maybe a podcast or two) gives you some useful insights, a few fresh ideas, and perhaps even helps you discover a couple of new favourite spots along the way.”



## Bristows book club recommendation

### The Lido - Libby Page

Bristows’ book club recommends this uplifting read for your INTA travels. Set in London, *The Lido* follows an unlikely friendship brought together by a much-loved local swimming pool, offering a warm and thoughtful portrait of the city, its communities and everyday life.



Coming soon!

Our new **Brands, Designs and Copyright** podcast series will be launching in the coming weeks.

[Click here](#) to subscribe and be the first to listen.

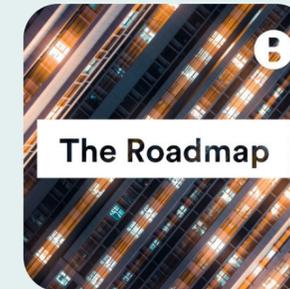


## Bristows podcasts



### FRANDly Chat

Conversations about key FRAND developments in the UK and beyond.



### The Roadmap

Our experts unpack the latest technology, digital trends, and regulatory changes affecting industries.



### Legitimately Interesting

Topical insights on data protection and privacy, focused on key developments.



### You, me & the UPC

Highlighting key UPC decisions with practical guidance.

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## About Bristows

With brands, trade marks and wider IP at the heart of our practice, and deep expertise across the life sciences and technology sectors, INTA offers a valuable opportunity to reconnect, share insights and engage in conversations with fellow IP professionals on the issues shaping the future of IP law.

We would be delighted to connect with you during INTA, so please feel free to get in touch or reach out to the wider team.

For more on our expertise [click here](#).



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