



# Your guide to London for INTA 2026

*CMS is proud to be part of INTA's inaugural Ambassador Program*

London has been announced as the host city for INTA 2026 and CMS cannot wait to welcome you to our city!

Although, INTA is months away, we thought you might want to get a start on your planning sooner rather than later, and with that in mind we have pulled together this short guide with some of the essentials to help you in your preparation. For example, recommendations on accommodation, restaurants and things to do.

One thing to note is Monday 4 May is a public holiday in the UK, which may spur you to book your accommodation, restaurants and things to do early to avoid being disappointed. Don't worry the CMS Global IP team will be fully available to you during your entire time in London for INTA including on 4 May.

In addition to the essentials, we have included a map on where the Excel London is to our CMS office.

For now, we hope this short guide helps you get ready for INTA 2026.

If there is anything else you would like to know about London, please do reach out to us or your usual CMS contact. We would be delighted to provide you with further recommendations and guidance.

In any event, we very much look forward to seeing you in London next year for a memorable INTA!

## Who to contact at CMS



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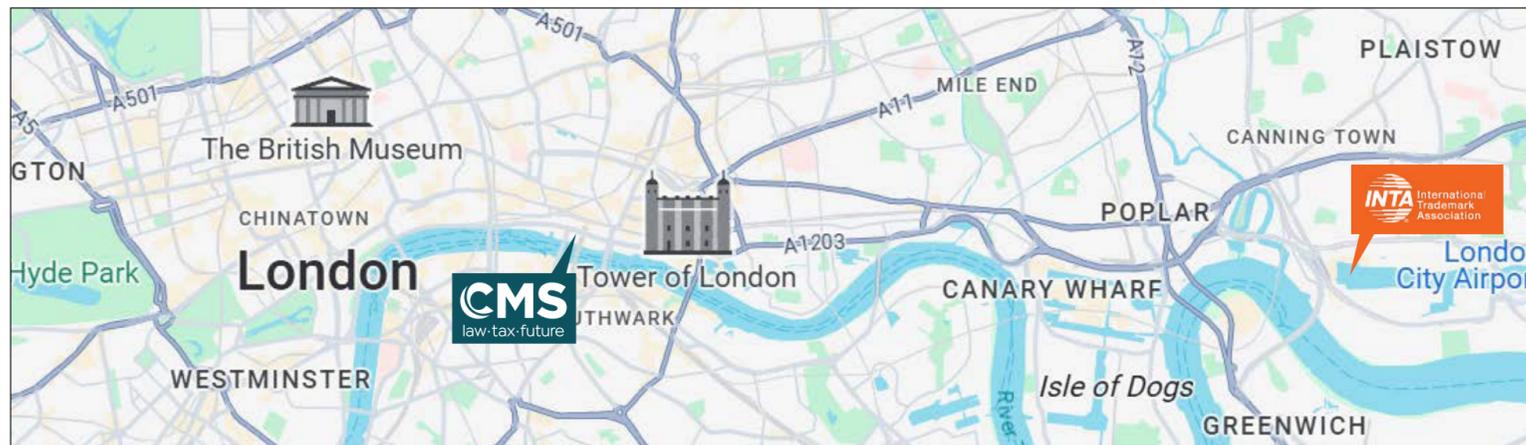
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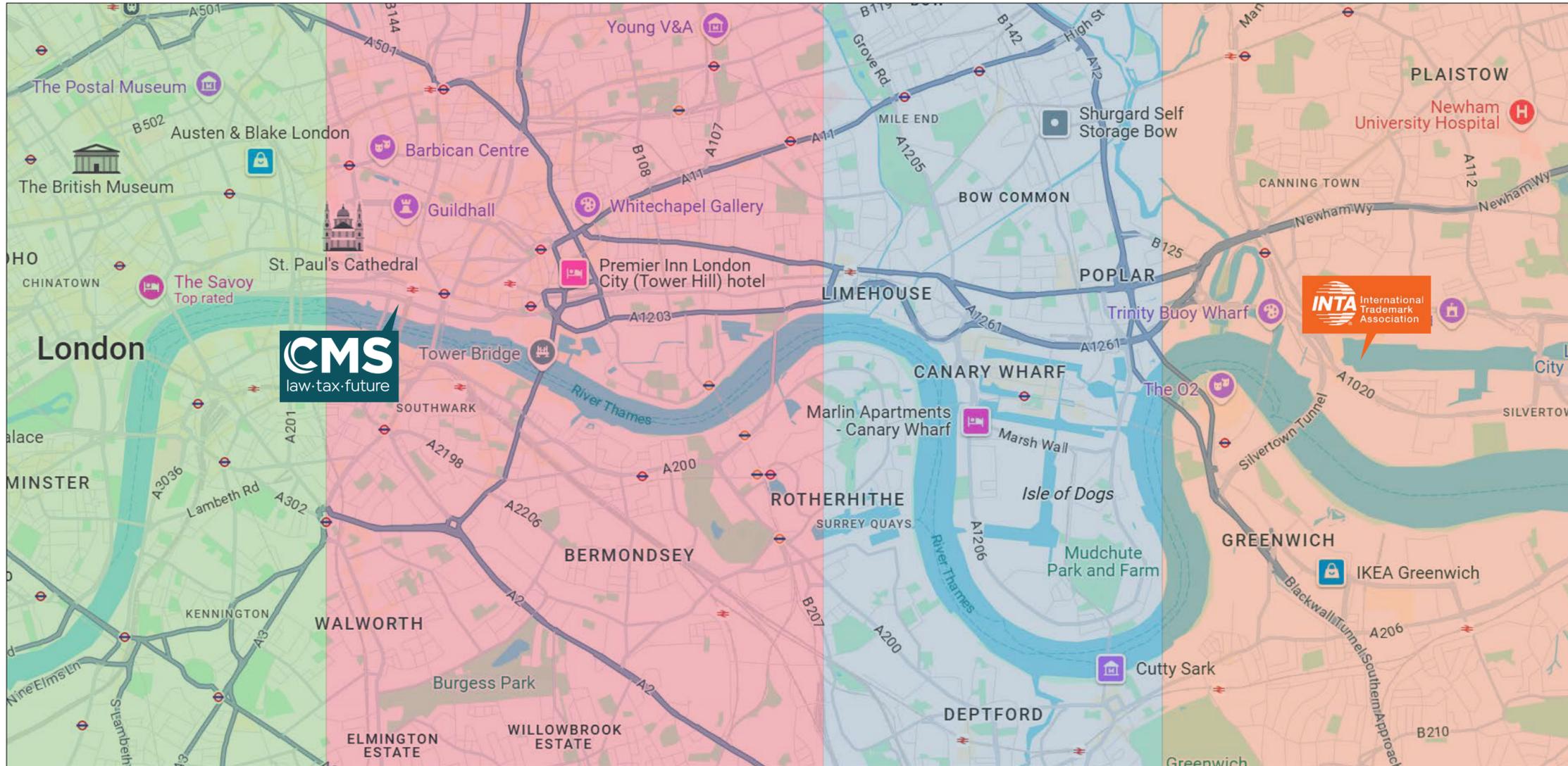


Underground



Santander Cycles





#### Restaurants close to Excel London

[Fremantle Bar & Kitchen](#) Royal  
Victoria Dock, London, E16 1AL

[Keonbae](#)  
20 Royal Crest Avenue, London, E16 2SU

[Lands End Restaurant](#)  
Royal Victoria Dock, Western Gateway, London, E16 1AA

[Salt Port Restaurant at DoubleTree by Hilton London ExCel](#)  
2 Festoon Way, London, E16 1RH

#### Canary Wharf area - 20-25 minutes to Excel London

[Big Easy Canary Wharf](#)  
Crossrail Place, Park Level, Canary Wharf, London, E14 5AR

[Hawksmoor Wood Wharf](#)  
1 Water Street, London, E14 5GX

[Obicà Mozzarella Bar - Canary Wharf](#)  
35 Bank Street, London, E14 5NW

[Simmer Huang](#)  
1 Baltimore Wharf, London, E14 9FS

[Sticks'n'Sushi - Canary Wharf](#)  
Crossrail Station, 1 Crossrail Place, London, E14 5AR

#### City of London - 30-40 minutes to Excel London

[1 Lombard Street](#)  
1 Lombard St, London, EC3V 9AA

[All restaurants at The Ned](#)  
27 Poultry, London, EC2R 8AJ

[Coq d'Argent](#)  
1 Poultry, London, EC2R 8EJ

[Duck and Waffle](#)  
110 Bishopsgate, London, EC2N 4AY

[Ivy Asia](#)  
20 New Change, London, EC4M 9AG

[Vinoteca](#)  
21 Bloomberg Arcade, London, EC4N 8AR

#### Green Park area - 45 minutes to Excel London

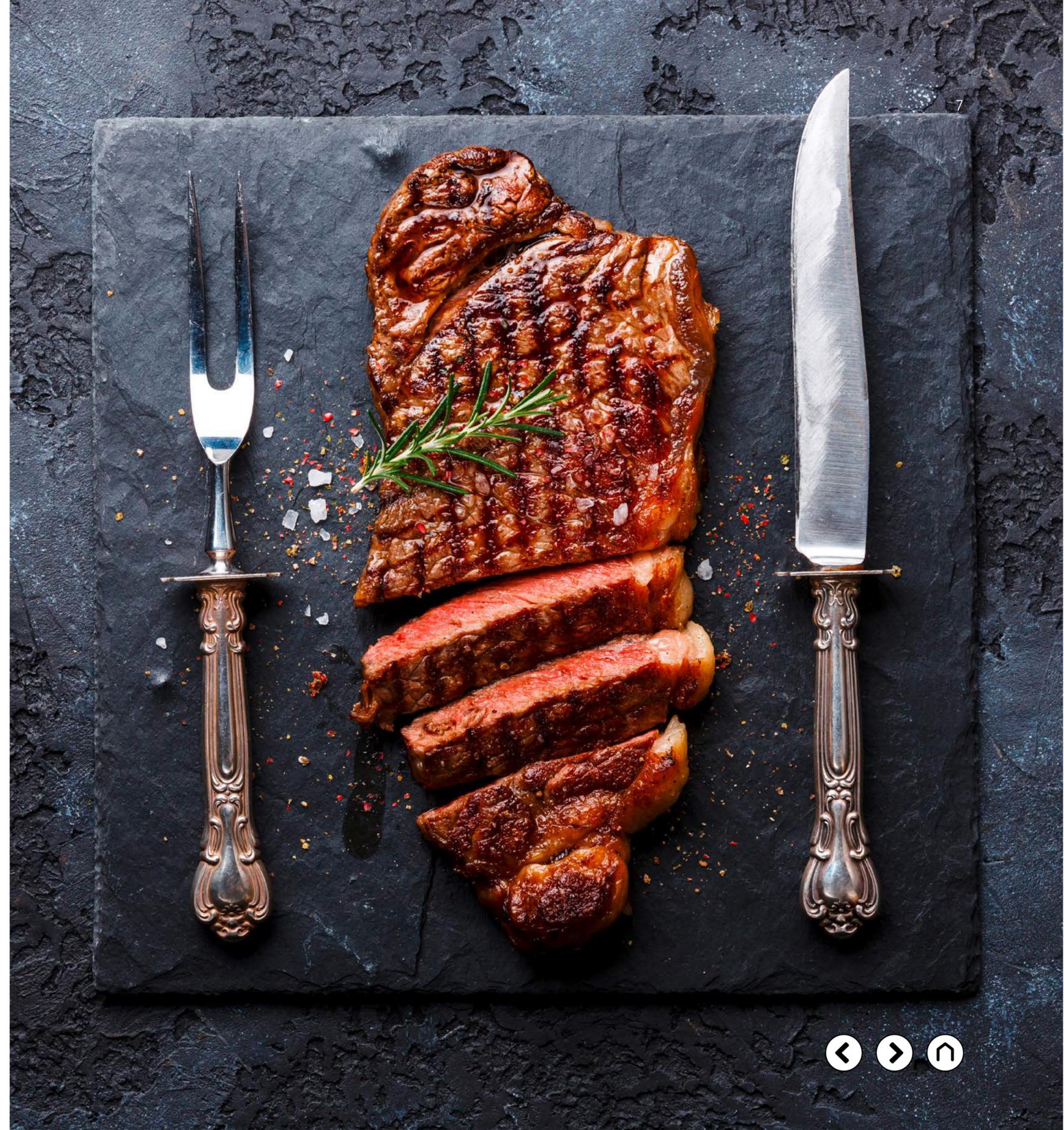
[45 Jermyn St.](#)  
45 Jermyn St., Corner of Jermyn Street and Duke Street,  
London, SW1Y 6DN

[Caviar House & Prunier](#)  
161 Piccadilly, London, W1J 9EA

[Davy's St James](#)  
Crown Passage, Pall Mall, London, SW1Y 6DY

[Quaglino's](#)  
16 Bury Street, London, SW1Y 6AT

[The Wolseley](#)  
160 Piccadilly, London, W1J 9EB



# Live like a Local!



1

Sarah Wright

Wander through Columbia Road Flower Market on a Sunday morning and then have a lovely English breakfast at one of the local cafes.

**Nearest Tube:** Old Street (Northern Line) **More info:** [Columbia Road Flower Market - Official Site](#)



2

Joel Vertes

Enjoy some of London's coolest bars and restaurants in the fun, buzz streets of Soho. From live jazz and cocktails and underground speakeasy joints through to fun Asian cuisine or late night dancefloor fun, there's something for everyone in this easy to access central London district.

**Nearest Tube:** Oxford Circus, Piccadilly Circus, Tottenham Court Road, Leicester Square **More info:** [This is Soho](#) | [Discover the Best of Soho, London](#)



3

Wake up early and experience the centre of London before the tourists and traffic descend...catch the Thames Clipper to the Tower of London, cross the bridge and then walk down the South Bank to the London Eye, taking in food and drink from the many stalls on the route. Climb to the top of St Paul's Cathedral for a bird's eye view of the City. Visit Dulwich Village (15 minutes from London Bridge) for the oldest private art gallery in the UK, historic buildings, a park with a boating lake, restaurants, old pubs and the odd celebrity (Jason Statham, we're not following you).

**More info:** [Home](#) | [Dulwich Picture Gallery](#)



4

What could be more British than a pint in a characterful London pub. There is no shortage but here are three local favourites:

1. [Ye Olde Cheshire Cheese Pub and Chop House Fleet Street London](#) – Rebuilt in 1667, a real time machine bigger inside than out.

**Nearest Tube:** St Paul's

2. [The George Pub Restaurant in Southwark](#) – The last galleried coaching inn in London, a Shakespeare and Dickens favourite, mentioned in Little Dorritt.

**Nearest Tube:** London Bridge

3. [Nicholson's Pub in London](#) | The Blackfriar. Shaped like a trivial pursuit piece, on a site of a former monastery, with an iconic interior to match.

**Nearest Tube:** Blackfriars, St Paul's



5

Need to re-energise after your flight? Or just to get your body moving? Book a one-off sessions (or freebie!) for Yoga, Spin, Barre, Strength or Reformer Pilates through Psycle: [Psycle | Ride, Barre, Strength, Reformer & Yoga Workouts](#). At various venues across London including Bank, Shoreditch and Oxford Circus.



6

Why not enjoy a spot of window shopping in Covent Garden and round off the afternoon with a classic British afternoon tea at [Fortnum & Mason](#), [The Ritz](#) or [The Corinthia](#).

**Nearest Tube:** Covent Garden

**More info:** [Shop](#) | [Covent Garden](#)



7

Enjoy London's open spaces and parks – perhaps even arrange some meetings at cafés in one of London's Royal Parks – these are the most central: [Hyde Park](#) | [The Royal Parks, The Regent's Park & Primrose Hill](#) | [The Royal Parks and The Green Park](#) | [The Royal Parks](#)

**Nearest Tube:** Lancaster Gate, Marble Arch, Hyde Park Corner, Knightsbridge, Green Park, Victoria



8

Go to Highgate. As its name indicates, Highgate is one of the very highest points in London, which means there are great views. There are also lovely outside spaces (Waterlow Park and Highgate Wood), excellent pubs (The Flask, The Angel), a decent selection of independent shops and, overall, Highgate has a village feel despite its proximity to central London.

**Nearest tube:** Highgate (Northern Line)

**More info:** [Visit Highgate](#) | [A visitor's guide](#)

