



Gowling WLG Guide to London

See you at INTA 2026

November 2025



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On arrival...



The city is served by five international airports and a high-speed Eurostar service from the Continent. Flying in, it's likely you'll land at one of Heathrow (LHR), Gatwick (LGW), Luton (LTN), Stansted (STN), or London City (LCY) Airport.

All five airports are served by fast and frequent rail services direct into central London. **Heathrow Express** is a non-stop service that connects it to London Paddington station in as little as 15 minutes. Tickets start at £10 one-way and there are four trains an hour. Paddington is also well-connected to the rest of the city via London Underground - known as the Tube. The recently opened Elizabeth Line also connects Heathrow with numerous stops across Central London and beyond. Alternatively, the older but generally reliable Tube network, is an option. Despite being low-cost, it's not always the quickest route but likely to be the most direct form of public transport - especially if you're heading towards London Bridge. There's the option to travel by road. Taxis and Ubers are plentiful at all of London's airports, although they're not an especially cheap way to travel across the capital given the notoriety of its unpredictable traffic and congestion.

Congestion is always a challenge in London. Not just for above-ground traffic but pedestrians as well. It's worth allowing at least 15 minutes each way to get from the Tube station entrance to the platform. Google Maps is likely to be a must-have during your stay.

British weather

The only predictable thing to know about British weather is that it's unpredictable. But typically, May is pretty good in our capital. Temperatures range from 10°C to 19°C and there's generally low rainfall. Need to know more? Head to the Met Office website [here](#).

Exploring London

The London Pass is the best option for sightseers. It offers access to the best London tours, attractions and visitor experiences.

Although a Visitor Oyster card is not included with The London Pass, there are plenty of other ways to get around London using The London Pass, including:

- Access to Uberboat on all pass types

- Bike tours

- Walking tours

- A one-day Big Bus ticket is also included with premium passes.

Up to date London Pass [prices](#).

Finally, don't miss the chance to walk and soak up the sights - if the weather allows!

The Oyster Card also covers all visitors' transport needs. It's simple, easy to use, and activates upon entry at any ticket barrier. Just tap in on the circular yellow card reader and tap out again at the turnstile when the journey is completed. It offers access to all Central London transport networks and enables travel at any time of day, on any day of the week. It's also generally the cheapest and most flexible way to travel around the city including the tube, buses, Clipper River Bus and Uber Boats.

Oyster Cards cost £5. They can then be pre-loaded with pay-as-you-go credit.

You also won't be charged after your first three journeys thanks to its daily fee cap. To find out more click [here](#).

Contactless and mobile pay-as-you-go

Alternatively, use a contactless card or mobile device for pay-as-you-go travel on all public transport services in London.

Public Holidays in Britain

INTA 2026 coincides with the so-called Early May Bank Holiday on Monday, 4 May. It typically means the city is a little less frantic compared a regular day. Unsurprisingly, the banks will be closed and there may be a lighter public transport timetable operating, but shops, bars, restaurants and tourist hot-spots will generally all be open.

There are plenty of ways to enjoy the May bank holiday weekend in London, especially with longer days and warmer weather. From cutting-edge exhibitions, world-class theatre and iconic festivals to legendary attractions and gorgeous green spaces, there will plenty of options in the capital during the long weekend.

Be sure to download the Visit London app for on-the-go inspiration [here](#).

Getting to INTA 2026

Fares fair

A 22-minute, one-way tube ride from London Bridge to Custom House station, right next to the INTA 2026 venue at the ExCel London, is around £7 depending on the time of day. Trains are very frequent. The London Underground is fast and relatively easy way to get across the city. Download your London Tube map [here](#).

Uber

Prefer to take an Uber? It's the go-to, cost-effective option for many car-sharing Londoners.

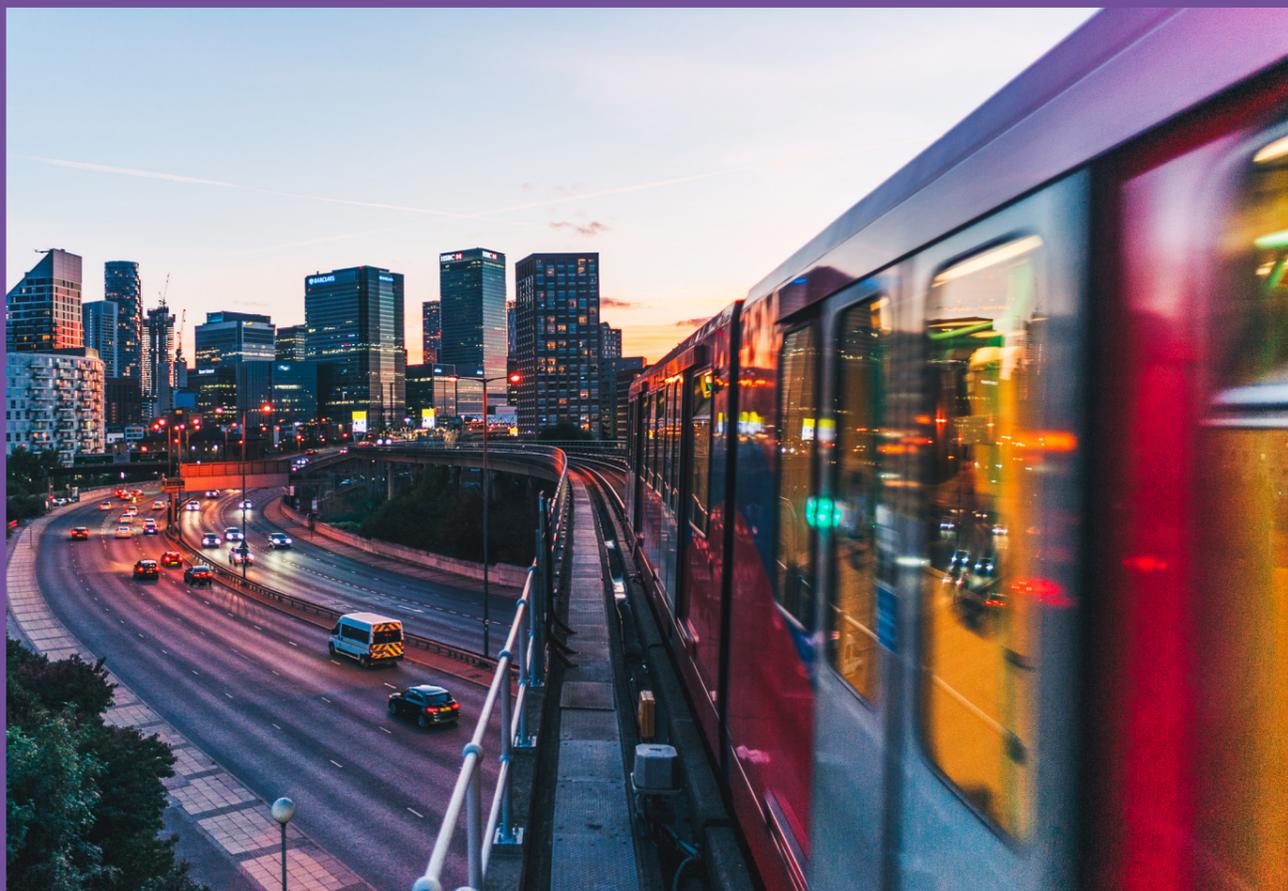
Generally, there are usually plenty of drivers available. Fares from London Bridge to the INTA 2026 venue are likely to cost around £25 per car. Journey times are variable to the INTA 2026 venue at the Excel London convention centre, depending on the time of day, but it's unlikely to exceed 35 minutes in normal traffic.

Prefer to travel by boat?

For a relaxed, waterfront view of London's iconic skyline, there's also the option of taking an Uber Boat from London Bridge City Pier to the ExCel London, with a change at North Greenwich Pier.

The journey involves taking an RB1 or RB6 boat to North Greenwich Pier, before transferring to a service that stops at the Royal Wharf Pier, just a stone's throw from the ExCel London.

There's a timetabled service with approximately two sailings an hour. One-way fares for the 35-minute journey cost around £11. But there are plenty of deals available including a £26 all-day hop-on, hop-off option offering access to unlimited sailings to and from any of London's 20 piers. To find out more and see other Uber Boat pick-ups, simply [click here](#).



Food and drink

There are thousands of fantastic food and drink venues in London. Our selection below barely scratches the surface of what's available.

We've highlighted some of our favourites – from top-notch Mediterranean cuisine to fabulous pan-Asian fusion menus, to traditional British pubs – that are all concentrated in and around London Bridge.

But don't hesitate to ask us, because there are many more options available to suit every palate!



Champor Champor - Thai cuisine - London Bridge

Hawksmoor Borough - Steakhouse - Borough Market

Alara - West African cuisine - Borough Market

Arabica - Lebanese cuisine - Borough Market

Tavolino - Italian cuisine - London Bridge

Gaicho - Steak house - London Bridge

Coco Grill & Lounge - Mediterranean - London Bridge

Baluchi - Pan-Indian - London Bridge

Rosa's - Thai cuisine - London Bridge

Sky Beirut - Lebanese - Tower Hill

Grind - Cocktails - London Bridge

Bermondsey Bierkeller - London Bridge

The Rose Pub - London Bridge

The King's Arms pub - London Bridge

The Anchor Bankside - London Bridge

Aqua Shard - London Bridge

OXO Tower Restaurant - London Bridge

ME Radio Rooftop - The Strand

Spring Restaurant - The Strand

Cicchetti - Various locations

Barrafina - Various locations

Café Murano - Various locations

Kettner's - Soho

Discount Suit Company - Aldgate East

The Ritz - Piccadilly

The Landmark - Marylebone

The Ned - Bank

Wild By Tart - Victoria

Berner's Tavern - Oxford Street

Noble Rot - Soho

The Wolseley - Piccadilly

The Garrison - London Bridge

Smith & Wollensky - Covent Garden

Saltyard - Borough Market

The Wagtail - Cannon Street



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