

WALKING TOURS 2

Walking East to Smithfield for breakfast

This involves an early start to take in the meat market at Smithfield. 7.00am departure! Good for those with jet lag. Head down Theobolds Road, taking in the sights of Gray's Inn on the way. Then onto Clerkenwell Road; take a right down Turnmill Street to Farringdon. At Cowcross Street, take a left. Follow the road round to Smithfield and see London's main meat market in action. Stop for a drink and a snack at one of the surrounding coffee shops. Smiths of Smithfield is good on the ground floor. Or there is a small Austrian coffee house on west Smithfield. While you are in the area, take in Charterhouse Square and the Barbican Centre.

Leave Smithfield and head down Little Britain onto King Edward then St.Paul's Cathedral. Take a tour round St.Paul's. Then head across the Millennium Footbridge to the Tate Modern - you could have lunch there or one of the many restaurants on the South Bank.

Walk along the South Bank to Blackfriars Bridge and cross at Blackfriars - drop down onto the Embankment. Cross the road and go into the Temple, cutting up to the Strand and then through Lincoln's Inn Field, where you can visit Sir John Soane's Museum. Then go up to Gray's Inn. Cross Theobolds Road, turn left and walk until you see Lamb's Conduit Street on the right. There are a number of coffee houses, restaurants, wine bars and interesting shops. Or stop at the Lamb pub for a traditional ale. Turn left onto Guildford Street and straight down onto Russell Square.