

London Week Information

General Information Your trip has been arranged by Trafalgar Tours, New York. Your London trip includes airport transfers (if you arrange your air with Trafalgar; otherwise you may purchase transfers from/to London Heathrow @ \$31 round-trip), a good hotel with continental breakfast every day, a London sightseeing tour, free travel on Central London's buses and subway trains for three days, and a theater ticket. The theater production, date and time are selected after arrival in London (from a list of about a dozen London shows).

Passports/Visas US citizens visiting Europe Britain are required to have a passport valid for 6 months after the return to the USA. It is the responsibility of the passenger to have the proper travel documentation. The loss of a US passport should be reported immediately to the local police and the US embassy.

Luggage Transatlantic flights allow 1 free piece of checked luggage per person (not exceeding 50 pounds and 62 inches combined depth + width + height). One standard carry-on is also allowed (maximum 20 pounds and 22" x 14" x 9"). Carry-on rules have changed and you are allowed to carry liquids, creams, and gels in a carry-on bag only if they are less than 3 ounces in size and have the manufacturer's label, and all your containers will fit in one clear plastic zip-lock bag per passenger. I recommend that most liquids, creams and gels be packed in a checked bag.

Changes in latitude is not responsible for loss or damage to luggage through hotel, airline or group carrier handling. Travel insurance includes baggage insurance.

Airport Check-in & Flights We can arrange your air transportation for you or you may arrange it yourself. We currently have seats on delta from New Bern to Atlanta to London @ \$839 round-trip, including taxes. Your Trans-Atlantic flight is about 8 hours. If you don't have one, purchase one of those inflatable neck pillows. You'll be surprised at how much better you'll be able to rest on the plane. There is a 5-hour time difference between Morehead City, NC & London.

Money Currency in England is the British Pound Sterling. As of June, 2010 1 British pound is worth approximately \$1.47 US. One British pound contains 100 pence. Coins in circulation are 1p, 2p, 5p, 10p, 20p, 50p, 1 pound and 2 pound. Notes are 5 pound, 10 pound, 20 pound, and 50 pound. Money can be exchanged at banks, exchange bureaus and many hotels. You might want to change some money at the exchange bureau at the London airport when you arrive, but you will get a better rate of exchange in downtown London. I have found traveler's checks are becoming harder to cash and incur a service charge of about 5%. Major credit cards are accepted at most hotels, restaurants, and many stores. Personal checks are generally not accepted.

Hotel in London Your hotel is the **Holiday Inn Regents Park**, Carburton Street, London

Hotel Front Desk: 44-871-942 9111. It has 332 air conditioned rooms and is in an excellent location for sightseeing. The hotel is near the Eurostar International Terminal at St Pancras - a major UK railway station located in Central London. St Pancras station has many facilities including shops, places to eat and drink and a daily farmers' market. Hop on the Eurostar and enjoy a smooth comfortable journey to Paris. The Holiday Inn

Regents Park is also near to Kings Cross, Great Portland Street, Euston and Warren Street tube stations. It's a short walk from this Regents Park hotel to London's Theatres, Oxford Circus, Regents Park, London Zoo and Madame Tussauds. The bus or subway makes London Eye, Buckingham Palace, the War Museum and Hyde Park easy to get to from this Regents Park hotel. Rooms have TV, hairdryers, coffee/tea making facilities, and room service. There is a restaurant, coffee shop and bar on site.

Please keep in mind that all hotel rooms in Europe are small by US standards. Maps of London and lots of information on sightseeing, shopping, restaurants, museums should be available at the hotel tour desk. The hotel accepts MasterCard, Visa and American Express credit cards. The Holiday Inn Regents Park is 28 miles from Heathrow Airport and 49 miles from London-Gatwick Airport.

Electricity Electricity is 240 volts AC, 50 MHz. Square 3-pin plugs are standard. Converters and adapters are needed.

Food Be sure to try Britain's fish & chips, a ploughmans (a thick crusty sandwich), and cottage pie--- all typical English dishes. Enjoy a meal in a British pub. Also, visit the Foods Halls at Harrods - the quality, variety and displays make it one of the top shopping experiences in the world. A British tradition you should try is "Afternoon Tea", usually served about 3:30pm-4:30pm.

Sightseeing For those who have access to the Internet, check out www.londonfreelist.com for numerous free and inexpensive events throughout the city. Another interesting site is www.londontown.com.

You should go inside Westminster Abbey, Tower of London, Harrod's Department Store, and the British Museum. You might enjoy a ride on the London Eye (evening offers a view of London at night and generally lines in the evening are shorter). For an optional tour, Stonehenge & Bath is highly recommended.

Clothing The weather in spring is changeable. The average high in mid-March is 54 degrees, but may be warmer or colder. The average low is 40. Dress in layers. Good walking shoes are a must (but if you were sneakers, you will stand out as an American). For both men and women, blue jeans or slacks with a shirt, a turtle neck, a sweater, and a nylon wind breaker should be sufficient. Women might want a dress or dress slacks and a nice sweater for evening. Men might want to pack a sport coat and tie for dining out or for the theater (but a sport coat for men is not absolutely necessary). For those who want to be more casual, you can avoid the restaurants that require fancier dress and get by with nice slacks and sweaters. England gets a lot of rain any time of the year, so you may want to pack a raincoat and an umbrella. Surprisingly, there is less rain in springtime in London than during other times of the year. I have found black slacks are appropriate almost everywhere, both day and evening.

In late-March sunrise each day will be before 6am and sunset about 6:30pm, so you will have more than 12-hours of daylight to fit in lots of sightseeing.

US Embassy The U. S. Embassy is located at 24 Grosvenor Square, London W1A 1AE. The nearest underground station is Bond Street.

Items To Bring With You

Umbrella and/or raincoat

Waterless hand cleaner
& batteries

Imodium AD, just in case
plane

Photocopy of your passport
lost passport)

Travel insurance contact information (if you purchased insurance)

Lots of film or extra memory cards

Inflatable neck pillow to use on the

2 passport size photos (in case of a

Items to Leave Home-Jewelry and other expensive items

**BEWARE OF PICKPOCKETS, ESPECIALLY ON CROWDED BUSES AND
SUBWAYS**