

TimeOut

LONDON

Bums

on

seats

Saddle up for the Time Out guide to cycling in London

PLEASE DRINK RESPONSIBLY
drinkaware.co.uk for the facts
© 2019 CAMDEN TOWN BREWERY LIMITED. ALL RIGHTS RESERVED.



CAMDEN
HELLS
LAGER



Inside

This week's Time Out
in no time at all

Claws encounter

As 'Evita' opens this week, find out where 'Cats' stands in our ranking of all of Andrew Lloyd Webber's musicals

PAGE 50



Jumpers for Goalposts

From fanzines and retro kits to live podcasts, a new festival celebrates football in all its grassroots glory

PAGE 30



Meltdown

It kicks off on Saturday. Look out for Thundercat among the legends and rising stars picked by Nile Rodgers

PAGE 44



Goo for it!

The London Slime Festival takes over York Hall with all things squishy. You can get some ASMR action too

PAGE 33

Movies on the River

'Bohemian Rhapsody', 'The Greatest Showman', 'Dirty Dancing', 'Top Gun'... it's the final week. Don't miss the boat! You can book tickets at

www.timeout.com/moviesontheriver

↓ FEATURES AND REGULARS

7 City Life 10 Oi, Sadiq! 14 Free London 18 Spin city: the Time Out guide to cycling in London 28 Exclusive offers
30 Things to Do 40 Film 44 Music & Nightlife 50 Theatre & Dance 53 Comedy 54 Art 58 Food 62 Drink 63 Escapes

Hello, London

Caroline McGinn
Global Editor-in-Chief
@carolinemcginn



Time Out
LONDON

Advertising 7813 6000,
advertising@timeout.com
Subscriptions
timeout@subscription
helpline.co.uk
www.timeout.imbm
subscriptions.com
Circulation
circulation@timeout.com

Commercial
MD EMEA
Lawrence Horne
Advertising Sales
Ian Tournes (Director),
Stephen Jones, Natalie
Reynolds, Juliet Grant,
Donald Fenton, Banbha
O'Hagan, Daniel Sinclair,
Nesha Fleischer, James
Hooper, Robyn Eldridge,
Emma Myland
Head of Media Partnerships
Karen Fischer
Creative Solutions
Wayne Mensah (Director),
Tamsin Vincent, Callum
Sinclair, Charlie Liddington,
Nicola Foxwell
Project Management
Nicki Wymer, Frankie Biggs,
Zara Taylor
E-commerce Minessh Shah
(Senior Director)
Live Events Sylvia Kowalska

Global Editor-in-Chief
Caroline McGinn
Interim UK Managing Editor
Mike Williams
Associate Editor/Chief
Sub Editor Chris Waywell
Deputy Chief Sub Editor
Kei Kikuchi
Digital Editor
Ellie Walker-Arnott
Associate Editor/
Drink Editor Laura Richards

Features Kate Lloyd (Editor),
Isabelle Aron (Deputy Editor)
Events Katie McCabe
(Editor), Alexandra Sims
(Deputy Editor)
City Life
James Manning (Editor)
Film Phil de Semlyen
(Global Editor)
Music & Nightlife
Oliver Keens (Editor)
Theatre, Dance & Comedy
Andrzej Lukowski (Editor)
Art & Culture
Eddy Frankel (Editor)
Food Tania Ballantine (Editor)
Commercial Stephen
Farmer (Global Editor),
Emily Watson, Katherine
Lovage, Rose Johnstone
(Branded Content Editor)
Social Media
Sam Willis (Editor)
Video Angela Elvira Bruce
(Global Commissioning Editor)
Global Content Huw Oliver
(Commissioning Editor EMEA)

Art Director Bryan Mayes
Designers Philip Lay
(Senior), Jason Tansley
(Senior Commercial)
Picture Desk Manager
Ben Rowe
Photographer Andy Parsons
Head of Production
Dave Faulkner
Deputy Production Editor
Katie Mulhern-Bhudia

Time Out Group CEO
Julio Bruno
Founder Tony Elliott

Cover Illustration
Dan Evans

Time Out Digital Ltd
77 Wicklow Street,
London, WC1X 9JY.
www.timeout.com
020 7813 3000
NOT FOR RESALE



When I moved to London, I fell in love with cycling and the city at the same time. Wobbling around on two wheels could be dirty and dangerous, but it was cheap and exhilarating. On journey after journey, I patchworked together a new map of London, one not based on the Underground or major roads: a city of towpaths, vast parks, peaceful squares and tangled nets of old streets. To me, cycling in the city means freedom – freedom to get from A to B, freedom to discover new places, freedom to be self-sufficient. It's also the greenest way to get about fast. Which is why, in this second issue of our How to Build a Green City series (www.timeout.com/green), we're supporting TfL's campaign to get more Londoners into the saddle (p18). Cycling's for everyone, and it's brilliant.

YOU SAID IT

What you've been rating and hating online

Some cool news: we're getting 100 water fountains across the city. Timely, considering the Hellmouth opened last week. One reader has figured out the potential consequence of all this drinking. **'Should be in all cities and towns. Plus toilets need to be reopened! There is as much of a need!'**

Maria R via Facebook

Brompton Cemetery recently held its popular open day. It's not just for the deceased, you know.

'I once saw a middle-aged guy sunbathing with his top off on a bench in this cemetery. I was quite shocked by his choice of location.'

Lauren W via Facebook

We got 5,000 (!) comments on a veg scotch egg (mac 'n' cheese instead of meat) and its flowery garnish. Give the people what they want.

'I suppose that purple stuff is the healthy bit, making it a well-balanced meal?'

Sue S via Facebook

Our beer gardens feature nailed down one certainty in life: booze tastes better outside. But why?

'It's the effect the adrenaline in your system has as you desperately shoo wasps away from your beer while trying not to get stung.'

Adds an extra dimension to your sense of taste.'

Andrew R via Facebook

COMMENT OF THE WEEK

Provoking an online frenzy this week was our map of the cheapest pint near every single tube station. More than 4,000 comments of argument, snark and delight.

'Good idea, poorly executed. I mean, come on, everyone properly tight-fisted considers alcohol percentage, which this doesn't. Better still would be to standardise beer prices across the capital.'

Michael J via Facebook

To be fair, Michael, the map was so that if you had to jump off the tube, you could find a cheap(ish) pint nearby. If ABV is your main criterion, maybe take some Special Brew to the park (or Brompton Cemetery).

DON'T HAVE FUN. HAVE THE MOST FUN.



The MINI 5-door Hatch has been awarded AutoTrader's Most Fun Car to Drive 2019. Book your 48 hour test drive and enjoy a twinpower turbo engine and up to 192 HP.

BOOK YOUR 48 HOUR TEST DRIVE.
SEARCH MINI MOST FUN.



Fuel economy and CO₂ results for the MINI 5-door Hatch Range: Combined 39.8-48.7 mpg (7.1-5.8 l/100km). CO₂ Emissions 149-112 g/km.

Figures are for comparison purposes and may not reflect real life driving results which depend on a number of factors including the accessories fitted (post registration), variations in weather, driving styles and vehicle load. All figures were determined according to a new test (WLTP). The CO₂ figures were translated back to the outgoing test (NEDC) and will be used to calculate vehicle tax on first registration. Only compare fuel consumption and CO₂ figures with other cars tested to the same technical procedure.



SKYNFEEL®

TECHNOLOGY
THAT BRINGS
US TOGETHER

Let's save intimacy with SKYNFEEL®,
our ultra-soft and thin material,

THE CLOSEST THING
TO WEARING NOTHING

#SAVEINTIMACY

WIN! | £500

of Mr and Mrs Smith
Hotel Vouchers
for you and your lover



TO ENTER

STEP 1 >>> Go to [skynfeel.co.uk/timeout](https://www.skynfeel.co.uk/timeout)

STEP 2 >>> Enter the code **TIMEOUT** and
sign up to the SKYNFEEL mailing list!

And you're in the draw!

Contest run from 29th July to 18th August 2019 by LifeStyles® UK Ltd, a company with registered office at 6th Floor,
60 Gracechurch Street, London EC3V 0HR, U.K. (Promoter).
Full T&Cs available at www.skynfeel.co.uk/timeout.

® and ™ are trademarks owned by LifeStyles Healthcare Pte Ltd - Patents : www.lifestyles.com/our-patents © 2019 LifeStyles Healthcare Pte Ltd



City life

Edited by James Manning
@timeoutlondon

London goes Latin

THE EXCITEMENTS OF THE Copa América might be over for another year, but London's lovers of Latin American culture can console themselves at Saturday's La Clave Fest. Back for its fourth year, this free-entry celebration of all things Latin is heading to Finsbury Park for the first time and looking better than ever. Performers include the London Tango Orchestra while the Urban Latin Showcase will have you shaking your hips like Shakira (or at least trying to), while the kids can pretend to be Neymar for the day in a 'mini Copa América' five-a-side tournament. Show your support for the Save Latin Village Campaign by sampling tamales from the Pueblito Paisa Café in Seven Sisters, one of 20 stalls serving food from all over the Latin diaspora. Sold?

See you there, then – I'll be the one doing a terrible Rosalía impression after one too many mojitos. ■ *Rosie Hewitson*

→ ☉ Finsbury Park. Sat Aug 3. Free.

www.laclavefest.co.uk



THE ESSENTIALS

Three things you have to do this week



Eat this

Legendary Venetian bar All'Arco takes over **Polpo's** Soho restaurant this week. Head over to sample some of the best cicchetti (basically Venetian tapas) in the game.



Book this

Booking opens today for TfL's **Free Guided Cycle Tours**, taking place over the summer to celebrate the ninth birthday of London's very own Santander Cycles (never, ever 'Boris Bikes').



Fund this

Lambeth Country Show fave **Chucklehead Cider** suffered a huge blow this year when half of its takings were stolen. Donate to the JustGiving crowdfunder to help it recoup its losses.

OI, SADIQ!



What are you doing to clean up London's illegal air?

THIS YEAR, WE'RE giving some of our favourite Londoners the chance to put one big question to the Mayor. Putney resident and father-of-four **David Smith** runs the **Little Ninja** campaign to protect children (and the rest of us) from London's polluted air, and recently staged a protest with Extinction Rebellion, stopping traffic on the A3 road near his home.

David 'Oi, Sadiq! Thank you for all you've done so far to make London's air safer, including bringing in the Ultra-Low Emission Zone (ULEZ). But what are you doing to reduce air pollution exposure for Londoners who travel on illegally polluted, TfL-managed roads that are outside the ULEZ and its proposed expansion?'

Sadiq 'I got asthma at 43 because I was running around London training for the marathon, so I know how dangerous air pollution is! The ULEZ extension in 2021 will extend the zone to the North and South Circulars. Most of the main roads in London will be inside the zone, so all the cars, even on the periphery, will have to be ULEZ-compliant unless they only drive outside London.'

'I got asthma at 43 from running around London'

Sadiq Khan

David 'But isn't the reality that many drivers will simply pay the ULEZ charge of £12.50 to pollute?'

Sadiq 'That's not what the evidence tells us.'

David 'But there's no guarantee. The A3 is congested with diesel vehicles which won't need to be compliant or pay the charge after 2021, as the road is just outside the South Circular. The impact on our children is 5 to 10 percent reduced lung capacity. So what is TfL doing about it? Couldn't we have "keep clear" signs at the most polluted bus shelters, for a start?'

Sadiq 'TfL can't put "keep clear" signs by bus stops because the Department for Transport won't let us. We also don't have the powers to force cars to stop idling, but the Mayor's Air Quality Fund is encouraging councils to give higher fines and enforce them more effectively.'

David 'But if you're idling, you only get a fine if you're asked to turn off your engine and you refuse. Nobody ends up paying; they just turn their engine off. It's not a deterrent.'

Sadiq 'Which is why I need your help lobbying the government to change the law, so we don't have to warn idlers before fining them. It's really important that you and others put pressure on politicians to address this public health crisis. We can't see air pollution, but if we could, there would be an uproar.' ■

→ www.littleninja.co.uk



THE VIEW FROM YOU

What Time Out readers have been Instagramming this week



@trailing_in_london
'Decided to go home via bus instead of train and found this lovely scene.'



@_doctorengineer_
'You know summer has arrived when the green boats match the canal.'



@lost.in.idn
'Found this gem and a bonus classic car to go with it – best Sunday ever!'



@thepetitefoodiee
'Bread Ahead is one of the best places for edible bites of heaven.'

Want to see your Insta-shots of the capital in print? Tag them **#timeoutlondon**

SALE

FRENCH CONNECTION

sofas exclusively at **dfs**

£100 off the **Zinc** 4 seater sofa, now **£799**
After sale **£899**



making everyday
more comfortable



WORD ON THE STREET

The most ridiculous things we've overheard in London this week



THINGS YOU
**ONLY
KNOW**
IF YOU'RE A...

Cycle courier

Oli Abbott, 23

No delivery job is too weird

'I've never been late for a job, because mostly you have no idea what you'll be delivering. It could be emergency medication. But I've picked up a cat box before – no cat, just the box – and a friend once delivered a breast pump.'

Some jobs literally don't need a bike

'I've been asked to deliver two doors down before. It's because businesses like jewellers sometimes use couriers as insurance, if their own staff aren't covered against being mugged in the street. In fact, I once made a delivery within the same building.'

Couriers love to race – there are even overseas fixtures

'I'm definitely competitive – I like to beat my mates just on a normal work day! But we also have cycle messenger championships. Recently, I went to Brussels to compete at the European tournament, where the race course imitates a day at work. Sadly I got a puncture.'

It's precarious work, but the community looks after you

'There's no sick pay in this job. You could twist your ankle, and that's you out of the game for two weeks. But we do have the London Courier Emergency Fund, which provides support and financial help to couriers who have suffered an injury at work. Quite often, the money has been raised from messenger races which act as fundraisers.'

One of the biggest hazards for cyclists is smartphones

'Three of my five crashes have been caused by people on their phones, crossing the road without looking. One of them was a policeman! It didn't go down well when I told him he should be setting a good example.' ■ Interview by James FitzGerald

'I really want that fish cafe.'

'A smily face on a criminal record isn't going to help anything.'

'I'm not sure I could handle a wall of muffins first thing in the morning.'

'Yesterday was my vegan day and it hasn't agreed with me.'

'I just felt white, wide and full of muff.'

'I don't think the epitome of romance is giving someone a handjob in the car.'

'Apparently Andre fell asleep on the toilet.'

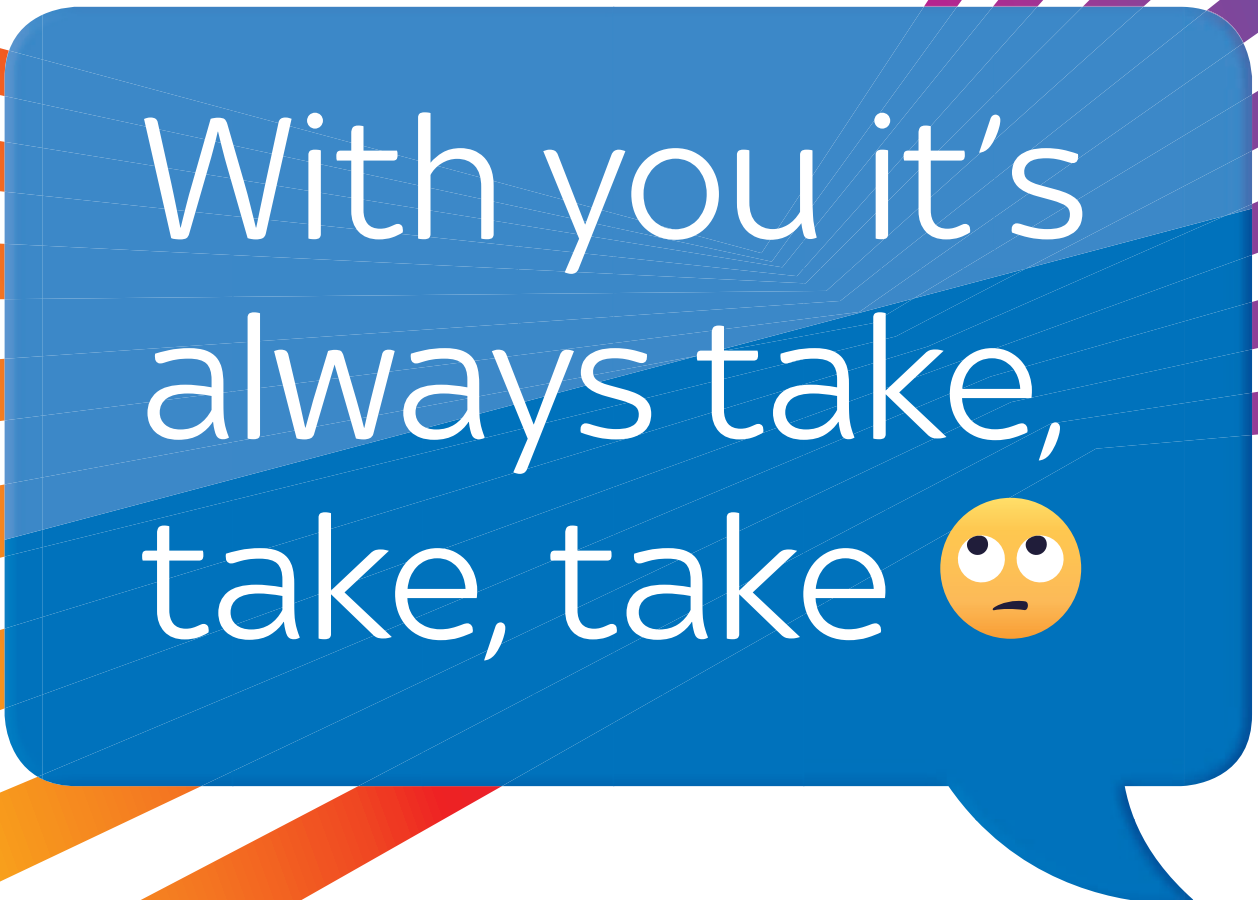
'Thad a Mexican boyfriend on RuneScape.'

'I love tiny pickles!'

'I'm so jealous of your lungs.'

'You smell weird. You smell, like, not wasted.'

Overheard something weird? Tweet us #wordonthestreet @timeoutlondon



With you it's
always take,
take, take 🙄

But Sky Mobile's the only network that
rolls and keeps all your data for 3 years

Break up with your network
by text and switch to Sky

sky mobile

LONDON MAPPED

Riding high?

CYCLING IS GROWING fast in London – but your likelihood of having joined the *vélo* revolution depends a lot on where you live.

Using the latest ONS data from the Department for Transport, this map shows the London boroughs with the highest and lowest proportions of regular cyclists – that’s anyone who rides a bike at least once a week. The bigger the wheel on the map, the more people cycle.

The results show the huge difference in bike ridership between inner and outer London. In Hackney, a potent combination of no tube and short distances to town (okay, and fixie culture) means a quarter of locals cycle on the regs: the highest figure in London and one of the highest in the UK. At the other end of the scale, less than 6 percent of Sutton-dwellers are cyclists. The only big exception to the inner/outers split is south-west London, perhaps because of all those lovely, lovely parks.

Things could be changing, though. TfL says that outer London has the biggest potential for more cycling, and new cycle routes are being planned across town, from Wembley and Willesden to Barking and Thamesmead. So if you’re still holding out, maybe it’s time to saddle up. ■
James Manning



CITY ENVY

Great things that we love in other cities

Melbourne's solar-fuelled trams



MELBOURNE BOASTS the largest urban tram network in the world. It's a famous fixture of the city, carrying its passengers on 206 million journeys last year. Now, catching the tram is even greener – and it's all thanks to a new solar farm which officially opened on July 19.

The Numurkah Solar Farm will generate 255,000 megawatts of clean energy annually. The consequent carbon emission reduction is roughly equivalent to planting a whopping 390,000 trees.

Combined with the output of Bannerton Solar Park (near Victoria state's excellently named Bumbang Island), that's enough renewable energy to offset Melbourne's entire tram network. Plus, every time you travel by public transport you're taking another car off the road – so it's an enviably sustainable way to get around town. ■
Nicola Dowse, Time Out Melbourne



- Bathub Navy Strength
- Beefeater London Dry
- Isle of Wight Mermaid Gin
- Edinburgh Gin Cannonball
- Plymouth Navy Strength
- Hayman's London Dry
- Sipsmith London Dry
- Mason's Yorkshire
- Cotswolds Dry
- Opahr
- Pink Pepper
- Plymouth
- Half Hitch
- Navy Strength
- Portobello Road
- Martin Miller's Westbourne Strength
- Slingsby
- Tanqueray London Dry

JUNIPER RICH & ROBUST GINS

AROMATIC TONIC
MADE WITH ANGIOSTURA BARK

REFRESHINGLY LIGHT
WITH 46% FEWER CALORIES

PREMIUM INDIAN
TONIC WATER
WITH NATURALLY SOURCED QUININE



- Beefeater 24
- Bombay Sapphire
- Boodles
- Bulldog
- Burleighs
- Chase GB Extra Dry
- Conker Dorset Dry
- Copperhead
- ELLC Batch No.2
- Fifty Pounds
- Four Pillars Rare Dry
- Fishers
- Gin Mare
- Little Bird
- St. George Terroir
- Monkey 47
- Portobello Road
- The Lakes Explorer
- Tanqueray No. Ten
- Thomas Dakin
- Warner's Rhubarb

CITRUS & HERBACEOUS GINS

MEDITERRANEAN TONIC
MADE WITH ROSEMARY & LEMON THYME

REFRESHINGLY LIGHT
WITH 46% FEWER CALORIES



- Adnams Copper House
- Aviation
- The Botanist Islay Dry
- Caorunn
- Chilgrove
- Daffy's
- Dodd's
- Elephant
- Hendrick's
- Martin Miller's
- Pickering's
- Pinkster
- Salcombe Start Point
- Silent Pool
- Tarquin's Cornish

FRESH & FLORAL GINS

ELDERFLOWER TONIC
MADE WITH BRITISH ELDERFLOWERS

REFRESHINGLY LIGHT
WITH 46% FEWER CALORIES



- Adnams Sloe
- Bathub Old Tom
- Bathub Sloe
- Hayman's Old Tom
- Sipsmith Sloe
- Warner's Sloe
- Brockmans
- Hayman's Sloe
- Jensen's Sloe
- Langley's Old Tom
- Plymouth Sloe
- Poetic License Old Tom
- Scapegrace Premium Dry
- Four Pillars Bloody Shiraz
- Chase Aged Sloe and Mulberry

LEMON TONIC
MADE WITH SICILIAN LEMONS

SLOE & SWEETER GINS

DISCOVER THE PERFECT TONIC FOR YOUR GIN

Visit our Gin & Tonic Pairing Wheel at Fever-Tree.com

IF $\frac{3}{4}$ OF YOUR DRINK IS THE MIXER, MIX WITH THE BEST



FEVER-TREE

for the facts
drinkaware.co.uk

FREE LONDON

Put your money away! Here are the week's best free events



DON'T MISS

THE FINAL CURTAIN

River Stage: National Theatre

Head to the South Bank for the final weekend of the National Theatre's River Stage. Throw some shapes at a dance workshop, see an NT Live screening of 'Amadeus' and belt out some ballads along with ace London choir Some Voices. There's even yoga if you're feeling flexible.

→ National Theatre. ☉ Waterloo. Fri Aug 2-Sun Aug 4.

HOLE IN ONE

'American Pie' pop-up pie shop

Get ready to feel old – it's 20 years since '90s classic 'American Pie' was released. Celebrate at Now TV's pop-up tonight, where Jennifer Coolidge, aka Stifler's Mom, will be serving up free apple pies with a 'cheeky hole in the middle'. Lovely.

→ 48 Poland St.
☉ Oxford Circus. Tue Jul 30.

SUMMER SOUNDS

Cubitt Sessions

Expect opera, jazz and theatre at this alfresco arts festival taking over Coal Drops Yard. Catch singers from English National Opera or sing along to all your favourite musical hits performed by stars of the West End shows. Start warming up your vocal chords now.

→ Coal Drops Yard.
☉ King's Cross. Until Sun Aug 4.

HAN-D IT OVER

Murger Han's fifth birthday

Birthdays are all about hogging the limelight, right? Not at Murger Han, which is celebrating its fifth birthday by offering free Xi'an noodles, a bun and drink to anyone with the number five in their birthday. Happy days.

→ Murger Han. ☉ Euston.
Fri Aug 2.

I-SCREAM

Signor Whippy cones

How do you improve a classic? Add booze. That's presumably the thinking behind Bunga Bunga's Signor Whippy cones – Mr Whippy laced with Grey Goose vanilla vodka. There are 100 of them up for grabs from 7pm today. Sweet!

→ Bunga Bunga. Battersea Park Overground. Tue Jul 30.

Looking for things to do all year round? Try [timeout.com/free](https://www.timeout.com/free)

“ Oh yeah.
Just there.
That’s the
perfect spot
for the sofa. ”

If commitment turns you on,

[download the app](#)

match[♥]

Start Something Real





PROTECT OUR PARADISE

THIS SUMMER, CORONA AND PARLEY HAVE BEEN ON A MISSION TO CLEAN OVER 1 MILLION SQUARE METRES OF UK COASTLINE – ALL WITH YOUR HELP.

CELEBRATE WITH US THIS AUGUST AT THE LUNA BEACH CINEMA IN BRIGHTON, WHERE YOU CAN RAISE A CORONA TO THE THOUSANDS OF METRES ALREADY CLEANED AND RELAX WITH A MOVIE ON THE SAND.

BUT THERE'S STILL MORE TO BE DONE.

FIND A CORONA X PARLEY UK BEACH CLEAN-UP NEAR YOU.

ProtectParadise.com



Spin





Welcome to the Time Out guide to cycling in London. *Charlie Allenby, Jonny Long, Claire Webb and Isabelle Aron* will help you get started – with the look, the lingo, the locations and more. Illustrations *Dan Evans*

Know your bike tribes

Brompton gents

Found whizzing around the City from Monday to Friday, these savvy cyclists bought Bromptons to make their commutes from the suburbs easier (some of them have just about cracked the folding and unfolding thing too). Suit and trouser clips are their exercise attire of choice, and a favourite pastime is leaving Lycra-clad lads for dust at the lights.

Mamils

When not smashing Strava segments around Richmond Park at the weekend, the Mamils (Middle-Aged Men in Lycra) are likely to be found carving up the city streets in fluoro spandex. Their carbon-fibre racing bikes cost more than most people's salary and every traffic light is a dash for the line.

Hippy bike parents

Making the switch from petrol to pedal power was tricky for the hippy bike parents. For a start, they now can't go beyond a two-mile radius from their homes. It's so worth it, though. They're



the epitome of cool at the school gates and their kids arrive in style everywhere they go. Having babies and toddlers in tow is a bit of a balancing act, literally, and they dream of owning cargo bikes, but they're making it work (as long as it's in N16).

All the gear, no idea

Helmet? Check. Blinding flashing lights? Of course. Knee and elbow pads? Well, you can never be too careful. This breed of cyclist use their phones' GPS to get to work, despite taking the same route every day, and can't leave the house without being shrouded in hi-vis. Other riders give them a wide berth; that's if they can overtake the fold-out reflectors projecting from their handlebars.

Pashley princesses

After a trip to Amsterdam/Copenhagen/some other European city where looking cool on two wheels is the norm, Pashley princesses across the city fired up eBay and paid eye-watering amounts for really old Dutch bikes. Sure, they're

Time Out guide to cycling



cumbersome (and secretly not that fun to ride around London), but they help keep their Insta feeds stocked with great #content. And those twee little baskets are the perfect spot for their pooches or a *seriously* good artisanal spelt loaf.

Modern Shoreditch twats

That whole peak hipster thing really passed the modern Shoreditch twats by. While everyone else moved on (and grew up), they stuck it out, living like it's 2012, adding tats to their sleeves and riding fixies around the streets of 'The East End'. When not slaloming and skidding their way through pedestrian crossings, they can be found scrolling through Shpock, looking for new garms after missing out on the latest Supreme drop.

Boris bike tourists

The tube network is confusing and the buses go to weird destinations (are overseas visitors really expected to believe there's a place called 'Tally Ho Corner'?). So this adventurous sub-tribe of London tourists decide their best option is jumping on a hire bike to explore a new city, obv. After leaving a trail of shaken cab and van drivers on the roads, they head

for Hyde Park and its traffic-free paths. When not on the bike, they'll leave it lying on the grass rather than dock it – racking up a huge charge in the process – just in case they can't find another one.

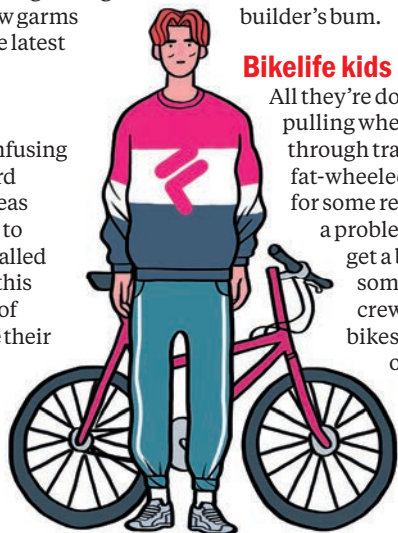
Cockney lobsters

The moment the first hint of summer breaks through London's grey clouds, these fellas get their beaten-up bikes out of the shed and hit the canal towpaths around Hackney. Their destination? Always a pub beer garden, of course. To avoid bad tan lines, many opt for the topless look, while anyone following behind gets to take in the sight of the narrowboats and a not-so-narrow builder's bum.

Bikelife kids

All they're doing is having a laugh, pulling wheelies and weaving through traffic on a blinged-out, fat-wheeled mountain bike. Yet for some reason the killjoys have a problem with it. Sure, they get a bit close for comfort sometimes, and the crew's row of upturned bikes blocks the pavement outside the local chicken shop, but they've got as much right to ride round London as anyone else. Right?

Charlie Allenby



London's full of bike meet-ups. Here are five of the best

If you're out of practice

The family-friendly Penge Cycle Club started out teaching kids, but now does rides for all abilities, from wobbly parents to full-on road warriors. Its number one rule is 'have fun'.
→ www.pengecycleclub.org.uk

If you're sick of traffic

Craving clean air? Check out the London branch of the Cyclists' Touring Club who do all-day jaunts to Essex, Kent and Herts. It attracts an older crowd, but don't be fooled: its long rides will put you through your paces.
→ www.centallondonctc.org.uk

If you prefer a testosterone-free ride

Cycling clubs can still be a bit of a sausage fest, but some are trying to correct the gender imbalance. All-female club BellaVelo is one of them. Members range from novices to speed machines and sessions depart from Roehampton Café in Richmond Park.
→ www.bellavelo.cc

If you love any excuse to buy new kit

Islington CC has more than 600 members even though it's only been going since 2013. This friendly club, which focuses on road cycling, might be able to put some of its popularity down to its impressively stocked shop. The club redesigns its tasteful green-and-grey kit every year, so there's always an excuse to buy a fancy new cap with a tiny peak.
→ www.islington.cc

If you take it all mega-seriously (even cake)

Dulwich Paragon is proud of being the biggest cycle club in the UK. Its members have been conquering the Kentish and Surrey hills since 1935 and compete across all types of racing, so it's no wonder. It's good form to finish each ride with a stop for cake and natter. Claire Webb
→ www.dulwichparagon.com

LIFE'S BETTER IN THE **IGNITED KINGDOM**



WWW.IGNITECBD.CO



IGNITE

CBD

Don't be a dick

1 Walking your bike across the line at a traffic light still counts as jumping it

We know what you're doing and it's still cheating. Wait in the box like everybody else.

2 Bikes have no place on the Underground...

Cramming yourself on to the tube at rush hour is hard enough, never mind your bike. Keep it above ground. You know: where the roads are.

3 ...or the pavement

It's only acceptable for your bike to be on the pavement if you're under ten, walking with it, or both. Outside of those scenarios, you're just being a menace and annoying people.

4 Deodorant is your friend after commuting by bike

Your ride to work is short and you had a shower before you left the house. You're fine. But those sweaty stains under your arms are telling a different story. Have a quick spritz when you get in.



5 Beware of Boris bike riders

Tourists love Santander cycles, so there's a high probability that anyone on one has no idea where they're going and could stop dead at any moment. Stay on constant high alert.

6 Doing a spin class doesn't make you a cyclist

The thrill of riding out in the wild can never be replicated by going hell for leather in some cramped, sweaty box. Outdoors, you also generally don't have some instructor constantly barking at you to 'crank it up'.

7 Remember that your flatmates might not be fans of your bike

As much as your bike is your pride and joy, to others in your flat, it's just a nuisance that they snag their clothes on when navigating the hallway. Best keep your plans for that second bike on ice or you could be looking for a new place to live quicker than you can say 'spare room'. CA



Brilliant bike shops

Best for becoming a grease monkey

Spent all your cash on a Rapha gilet and now can't afford to get your bike fixed professionally? Luckily, at **London Bike Kitchen's** drop-in workshops, you can make use of tools and mechanics' brains for just £14 an hour and fix it yourself. This Haggerston bike shop is also home to a library of saddle shapes, so you can find your perfect perch. Goodbye, post-cycle butt-ache!

→ 28 Whitmore Rd. Haggerston Overground.

Best for secondhand

Opting for a secondhand bike is good for your bank balance and the planet. If you want to feel extra good/smug, buy one of **The Bike Project's** refurbished hybrids or vintage road bikes. The money you spend helps fund the charity's work fixing up bikes and giving them to refugees. If you have a collection of old bikes clogging up your hallway, or need an excuse to upgrade, why not donate a bike?

→ 12 Crossthwaite Avenue. East Dulwich rail.

Best for bike fittings

Seventy-year-old family business **Condor Cycles** builds its legendary frames by hand in Italy. The result is bespoke bikes that have been ridden by Wiggo,

Ed Clancy, Mick Jagger and, erm, Princess Margaret, among others. You can book any old bike in for a fitting, which Condor promises will make you faster and more comfortable. Sadly, there's no guarantee you'll be as swift as Bradley or as sexy as Mick. Sorry!

→ 49-53 Gray's Inn Rd. ☉ Holborn.

Best for e-bikes

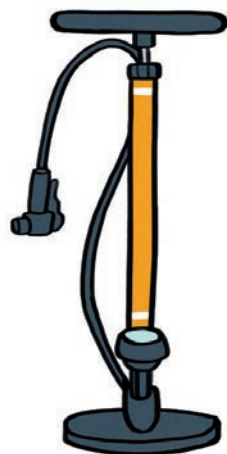
Yes, using an electric bike is cheating, but who cares when you can glide up hills like Geraint Thomas, zoom past clipped-in Mamils furiously pedalling and arrive at the office sweat-free? **Fully Charged's** huge showroom has folding ones, retro-looking ones and kiddy-carrying ones that you can test drive. Off you gooooo.

→ 37 Bermondsey St. ☉ London Bridge.

Best for community spirit

Don't judge **Brixton Cycles** by its no-frills, '90s-style website. It's London's oldest worker-owned bike co-op, so its mechanics are committed and really know their stuff. Its customers are fiercely loyal too: when the shop was threatened with demolition to make way for luxury flats, they raised £62,000 so it could move to its current home. Now *that's* what you would call 'ride or die'. CW

→ 296-298 Brixton Rd. ☉ Brixton.



HONOR
SWINTON BYRNE

TOM
BURKE

TILDA
SWINTON

★★★★★
"THE SOUVENIR FEELS LIKE
THE ONLY FILM IN THE WORLD
THAT MATTERS"
Joshua Rothkopf, TIME OUT

FROM EXECUTIVE PRODUCER MARTIN SCORSESE

THE SOUVENIR

A FILM BY JOANNA HOGG



DIRECTOR Q&A PREVIEWS

1 AUG CURZON ~~SOLD OUT~~ DORSET

2 AUG ARTHOUSE CROUCH END

29 AUG HOME MANCHESTER

26 AUG CURZON OXFORD

30 AUG CURZON SOHO

27 AUG CURZON MAYFAIR

31 AUG BARBICAN

28 AUG TYNESIDE NEWCASTLE

31 AUG EVERYMAN BELSIZE PARK

A CURZON RELEASE

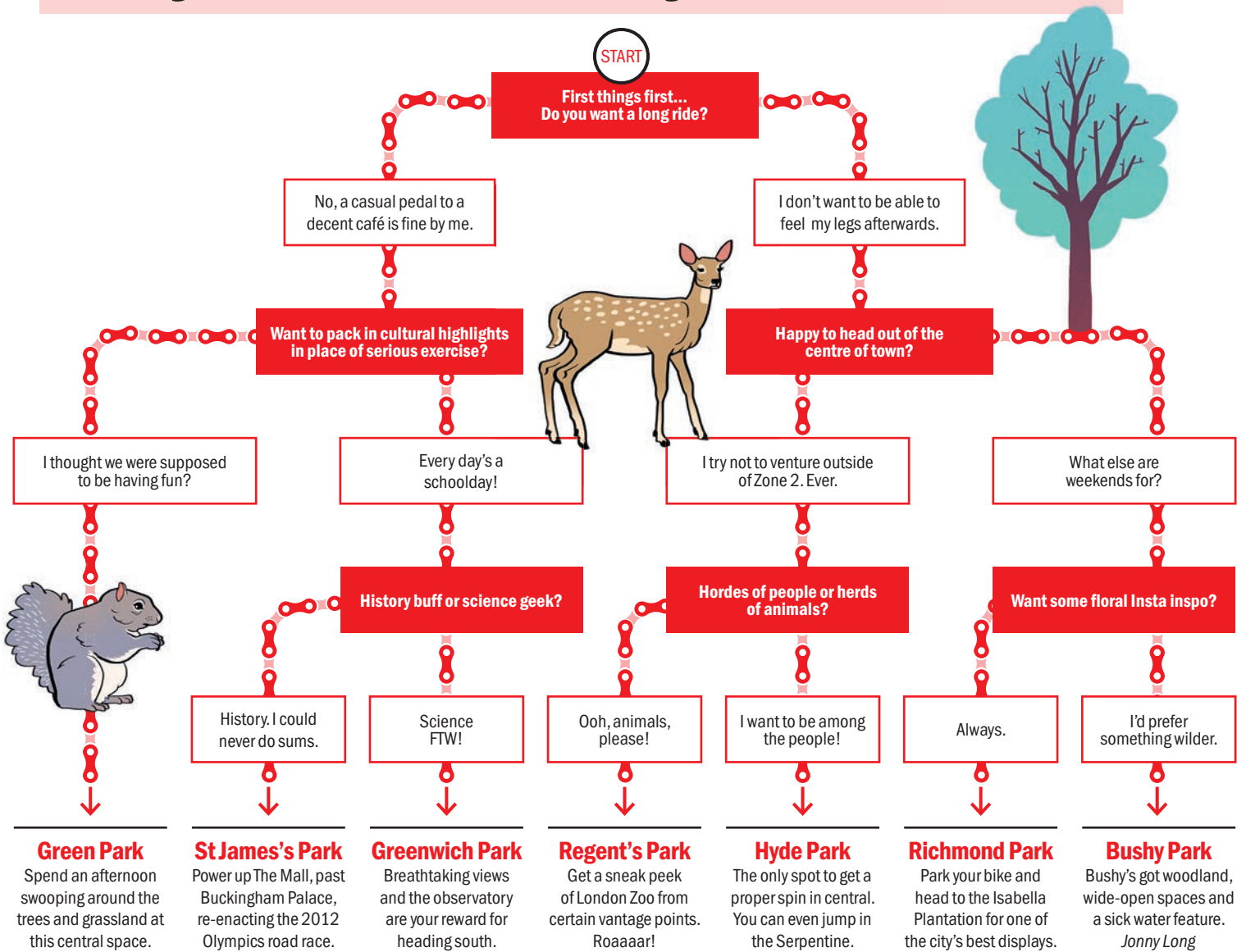


PROTAGONIST

BBC FILMS

CURZON.COM/THESOUVENIR

Find your dream Royal Park ride



London's rental bikes: a (wobbly) history



July 2010 **Santander Cycles**

Barclays Cycle Hire was the OG London bike scheme. The blue two-wheelers had a red makeover in 2015 and became Santander Cycles. You know them as 'Boris bikes', but - whisper it - they weren't even his idea.



April 2011 **Brompton**

The London-made, commuter-friendly folding bike is a firm favourite but did you know that Brompton also runs a cycle-hire scheme? It launched in 2011, and has 13 docking stations, including ones at King's Cross and Peckham Rye.

July 2017 **oBike**

You wait years for one dockless bike scheme then four come along at once. That's right, 2017 saw them take over, starting with oBike. You know, the yellow ones that ended up in some unlikely spots, like an island in Victoria Park.



September 2017 **Ofo**

Confusingly, another yellow dockless bike scheme launched in London just two months after oBike. Ofo was rolled out in five London boroughs, but in January 2019 it went the way of its brightly coloured predecessor.

September 2017 **Urbo**

If your postcode isn't E17, you may have missed the launch of Urbo, the Irish company that dropped off 250 bright green dockless bikes in Waltham Forest. No prizes for guessing that they also left London after about a year in the capital. Yep, there's a recurring theme here.



Fuel up at a cycling café

The Milk Float

Who's there? DJs play from 2pm on Saturdays and we're pretty sure you're not allowed to sit on the upper deck without a pair of designer sunglasses. Arrive mid-morning to make sure you get a spot.

What should you eat? You can get any of its locally made ice creams as a milkshake and the brownies also slap.

→ White Post Lane. Hackney Wick Overground.

Hollyhock Café

Who's there? The more bohemian Richmond set who have justified brunch with a short pedal along the river.

What should you eat? The menu has a distinct country tea rooms vibe. The quiches and pies are great.

→ 146 Petersham Rd. ⊕ Richmond.

Look Mum No Hands!

Who's there? People having relaxed meetings, digital nomads on their laptops, and a staff member wearing a 'brexshit' T-shirt. Cycling talks are regularly hosted here, cementing it in London's scene.

What should you eat? It looks like a place where you'd order avocado toast so you should really go ahead and order the avocado toast. Add a poached egg for £2.

→ 49 Old St. ⊕ Barbican.

The Dynamo

Who's there? Lycra. For. Days. Slightly more edge is to be found in the Balham branch than the Putney one. Bikes hang from every bit of wall and ceiling space in both branches.

What should you eat? The woodfired pizza oven is open from noon with combos of rustic ingredients named after famous European cycling climbs.

→ Multiple locations.



The Spoke

Who's there? Good-looking couples in their thirties enjoying the airy vibe. The cool aesthetic is like Instagram IRL.

What should you eat? Breakfast is served until 3pm so go on a big loop and then order the full english. You can even reward yourself with a tipple (if you've not planned an epic ride home).

→ 710 Holloway Rd. Upper Holloway Overground.



The Farm W5

Who's there? ITV's Tour de France coverage is filmed over the road in Ealing Studios so expect to see the crew heading over for their morning coffee.

What should you eat? There has never been a more bouncing food baby than that provided by the Hungry Box: grilled chicken, baked aubergine in tomato sauce and spicy potatoes. JL

→ 19 The Green. Ealing Broadway rail.

HOLLYHOCK CAFE: BEN ROWE

September 2017

Mobike

Mobikes, mo' problems? Not to be confused with oBike, Mobike was the fourth scheme to get pedalling in the Great Dockless Bike Summer of 2017. And, despite its subsequent rather rocky ride in the capital, it's the only one still standing.



December 2018

Lime

Feeling lazy? Lime is London's first e-cycle scheme. The electric-motor-assisted green bikes do (some) of the hard work for you. They're available in Brent, Ealing, Bromley, Croydon, Islington and Bexley.



May 2019

Jump

Every time a new bike scheme launches, it's hailed as 'Uber for bikes', so it was only a matter of time before Uber launched one. It kicked off in May this year with 350 red e-bikes that you can book via an app.

June 2019

Freebike

Is it a regular bike? Is it an e-bike? It's both! Launched in the City, Freebikes can be rented as pedal bikes or electric bikes. They flash when they're taken out of their operational area to stop them being dumped around the city.

June 2019

Beryl Bikes

Also new to the Square Mile? Beryl Bikes. These hybrid bikes are dockless but have to be returned to parking bays, which should mean they won't end up on islands. Isabelle Aron



Smog-dodging routes



King's Cross to Paddington

Start Granary Square
End Little Venice

This route follows Regent's Canal west to Camden Market and Primrose Hill's chichi boutiques and gastropubs, skirting the northern edge of Regent's Park, past London Zoo's enclosures. The final stop is Little Venice, where you can quench your thirst at a floating café or pedal on: the Paddington branch of the Grand Union Canal takes you towards Westbourne Park and Notting Hill.

→ www.canalrivertrust.org.uk

Royal Parks

Start Horse Guards Road, St James's Park
End Kensington Gardens

This scenic route takes in four royal parks and three royal palaces. After pootling past Horse Guards Parade, head up The Mall – the finishing line when the Tour de France raced through London in 2014

– to Buckingham Palace. Doff your helmet to Her Maj, then continue along Constitution Hill's off-road bike lane to Hyde Park Corner roundabout and under Wellington Arch. Cycle paths loop around the edge of Hyde Park (they're marked with red dotted lines on the map), before crossing into Kensington Gardens at Mount Gate. For a car-free cycle, do it on Sundays when The Mall and Constitution Hill are closed to traffic.

→ www.royalparks.org.uk

The Wandle Trail

Start Wandle Delta, near Wandsworth Park
End Wandle Park, Croydon

This well-marked, 14-mile trail follows the Wandle River and traces the history of Wandsworth's industrial heritage, wending from the Thames Path to Croydon. Once one of London's most polluted rivers, the Wandle's wetlands are now a haven for wildlife and south Londoners in need of a little quiet. The path

meanders through more than ten parks and nature reserves. You can refuel at Merton Abbey Mills, an old textile mill that houses cafés, bars and markets at weekends.

→ www.wandlevalleypark.co.uk

Waterloo to Greenwich (Quietway 1)

Start Cornwal Road, South Bank
End Greenwich DLR

Transport for London's Quietways are leisurely cycle routes along backstreets and paths. Quietway 1 runs for five miles, beginning behind the National Theatre and ending in the heart of Greenwich. It's an easy way to potter between attractions; you'll take in the Globe, Tate Modern, Borough Market, Tower Bridge, Deptford Market Yard's cafés and bars and Greenwich's Royal Museums. It also goes past pockets of history – such as Trinity Church Square's handsome Georgian townhouses. ■ CW

→ www.tfl.gov.uk/quietways



Essential vocab

Wheel sucker (noun)

Ever get the feeling you're being... followed? That'll be a wheel sucker – a rider who sneaks up close to your back wheel for aerodynamic #gains. Thanks a lot, science...

Fork (noun)

Cycling and stops for cake go hand-in-hand, but you wouldn't want to tuck into your slice of vicky sponge using your bike's fork. Found at the front of your machine, it's the two-pronged thing that your front wheel is connected to. If it's not, don't set off.

Steed (noun)

This is another name for your bike, presumably cos – like a horse – it has a saddle and you ride it around. But if you've ever described a bicycle in this way, you don't deserve to own one. That's right, get off it this second – you can't have nice things if you insist on calling them stupid names.

Bonking (verb)

Stop sniggering at the back. 'Bonking' or 'hitting the wall', is when you run out of puff. You're more likely to encounter bonking on a tough, hill-laden jaunt to the city's outskirts, rather than after dawdling up Pentonville Road, though.

Lube (noun)

Got a squeaky bike with a rusty chain? You're going to need some lube. Don't go reaching for your bedside table. Swing by a bike shop and try not to go red when asked if you want the 'dry' or 'wet' variety. Then you'll be ready to smoothly cycle off into the sunset, leaving wheel suckers for dust. CA

LONDON EVENT

ARE YOU A
**SPORTS
FANATIC?**

ARE YOU A
**LIFESTYLE
GURU?**

ARE YOU A
**TECH
GENIUS?**

ARE YOU A
**GAMING
BOSS?**

JOIN US

Immerse yourself in our instagrammable pop-up that brings to life how everyday people can **INVEST IN BRANDS THEY LOVE.**

WIN PRIZES, MEET FOOTBALL LEGENDS & INFLUENCERS, FREE ICE CREAM & MUCH MORE

THURS 1ST – SAT 3RD AUG 2019

8:30AM – 7:30PM

**BOXPARK SHOREDITCH, 2-10 BETHNAL GREEN ROAD,
HACKNEY, LONDON E1 6GY**



SHOREDITCH HIGH STREET



LIVERPOOL STREET

passion.etoro.com

Your capital is at risk. T&Cs apply

etoro

GO OUT WITH

TimeOut

Food, drink, screenings, pop-ups: don't miss our exclusive offers and discounts

Jidori

What is it? A meal at this four-star Japanese in the West End.

Why go? Our Food team love this trendy chain specialising in skewered chicken (yakitori, to be precise). They reckon that 'for chicken, and drinking, it's perfect'. Throw in a karaoke bar and a well-curated cocktail menu and that's one fine night out.

What's exclusive? Four dishes are now just £19.

→ Jidori. ☉ Covent Garden. Until Oct 15. www.timeout.com/jidori



DON'T MISS

Manetta's Bar

What is it? Two cocktails and a main at this swish boutique hotel bar.

Why go? For a taste of the high life – this Mayfair bar is quite the looker. And it's not just the setting that'll woo you; it serves up expertly curated cocktails alongside a tempting menu of British food.

What's exclusive? Two cocktails plus mac 'n' cheese or a burger: yours for £18.

→ Manetta's Bar. ☉ Green Park. Until Sep 22. www.timeout.com/manetta

Smiths of Smithfield

What is it? Bottomless brunch at a popular British restaurant.

Why go? To tuck into the likes of smoked salmon, eggs and chive crème fraîche on toast or a hanger steak with green tomatoes, eggs, hash browns and chimichurri. Plus, as many tipples as you can manage in 90 minutes. That's us sold.

What's exclusive? A brunch dish with bottomless drinks is just £25.

→ Smiths of Smithfield. ☉ Farringdon. Until Sep 27. www.timeout.com/smiths

Flower-arranging workshop

What is it? A half-day workshop of table designs and bouquet-making.

Why go? Because flower-arranging is not just an excellent skill to acquire, it's seriously good for mindfulness and alleviating stress. At this class, you'll make your own scene-setting table design and hand-tied bouquets to take home.

What's exclusive? It's 75 percent off – now just £29.

→ Multiple locations. Until Nov 20. www.timeout.com/flowers

Ascot: Dubai Duty Free Shergar Cup

What is it? Entry to The Furlong Club at this unique fixture in the racing calendar.

Why go? These Time Out-only tickets get you your own bar, food outlet and balcony to watch the action from. Plus, Jessie J and Timie Tempah are providing the tunes.

What's exclusive? It's 40 percent off – tickets are just £37 each.

→ Ascot Racecourse. Ascot rail. Aug 10. www.timeout.com/ascot

Theatre, music, events: get the best tickets in town at timeout.com/london/offers



Portsmouth

from

£5

one way

Book now at southernrailway.com

Summer.
Get there by train.

SOUTHERN

Subject to availability. Terms and Conditions apply. Selected Southern trains only. Visit southernrailway.com/advance for details.

Things to Do

Edited by Katie McCabe
timeout.com/thingstodo @timeoutlondon

EVENT OF THE WEEK

Jumpers for Goalposts Festival

London's laser-filled, industrial superclub Printworks is clearing the dancefloor for a whole weekend of footy culture. Illustration *Scott McRoy*

FIRST, A CONFESSION. Just over a month ago I'd barely touched a football and could count the number of professional players I knew by name on one hand (if that!). Fast-forward to the days after the Fifa Women's World Cup and now I keep up with the Lionesses on Instagram and have even practised Lucy Bronze-style outside-the-box free kicks down the park. It may be the beautiful game, but uglier sides like multi-million-pound league politics, swelling ticket prices, the closure of lower-league clubs, racism, homophobia and huge gender gaps in both pay and recognition can sully its charm and, as in my case, make some people feel completely sidelined from the culture.

Enter Jumpers for Goalposts. As its name suggests, this football festival is riding on the buoyant wave of a successful ladies' tournament to celebrate grassroots kickabouts, champion all the diverse aspects of footy across the game's history and debate issues that stalk modern football. In the process, it's hoping to prove that football really is for everyone, even late starters like me.

A world away from grumbling about VAR down the pub, the festival is kicking off its first edition in Canary Wharf's huge clubbing spot, Printworks, where a jam-packed programme awaits.

Fans who fancy a nostalgic look at twentieth-century football can hear a live recording of 'Alive and Kicking:



WHAT IS IT...
A football festival with a fresh take on the beautiful game.

WHY GO...
For a kickabout in your best vintage Admiral shirt.

→ Printworks.
↻ Canary Wharf.
Sat Aug 3-Sun Aug 4.
£35 weekend, £20 day.
Get 20 percent off with the code TIMEOUT20.

'90s Football Podcast' and check out an exhibition of iconic retro Admiral kits. You can make a footy zine of your own in a workshop using retro fan photography, or take a deep dive into the inner workings of the modern game in talks discussing everything from Football Manager and match stats to the game's future.



NOBBY LAWTON'S OLDE FOOTY SHOP; ANDY PARSONS

Want to root for the underdog? There'll be a panel with a director of Conifa, which represents teams from unrecognised nations, and a screening of 'Next Goal Win', which charts the fortunes of American Samoa – one of the weakest teams in the world who tried to qualify for the 2014 Fifa World Cup.

And that's not all. Throughout the weekend there'll be freestyle classes, a marketplace packed with magazines and memorabilia, football performances, book signings, retro video games to play, shooting cages, food stalls, DJs, and a screening of noughties classic 'Bend It Like Beckham'. Jumpers

or not, this fest is definitely moving the goalposts by showing just how diverse and magical the world of football can really be. ■



By Alexandra Sims
Who wishes she could kick a ball with the power of Lucy Bronze.

EDITORS' PICKS

Retro football memorabilia



Nobby Lawton's Olde Footy Shop

Whether you're familiar with Nobby or not (he played for Preston North End in the '60s, fyi) you can still hunt around here for a bargain. You'll find the walls laden with vintage programmes, shirts and Corinthian big-head figurines.

→ Wood Street Indoor Market.
Wood St Overground.

Classic Football Shirts

This Manchester-based shop now has a temporary pop-up in London. It's thought to be the largest collection of original football shirts in the world. After a Newcastle '88-'90 away by Umbro? You'll probs find it here.

→ Unit 7, Dray Walk, Old Truman Brewery, Shoreditch High St Overground.
Until Jan 2020.

West London Football Programme and Memorabilia Fair

Root through Panini sticker albums, classic magazines, books and badges at this bi-monthly collectors' event. Some 30 stalls will be selling collectables. Those matchday memories will soon come flooding back.

→ St Stephen's Church Hall.
⇨ Gloucester Rd. Sun Aug 4. £1.



Go down 7 metres
and back 1,800 years

LONDON MITHRAEUM **Bloomberg** SPACE

Discover the Roman Temple of Mithras beneath the streets of the City of London.
Free admission, book now: londonmithraeum.com

12 Walbrook, London, EC4N 8AA

© 2019 Bloomberg LP. 0619

Historic Royal Palaces
Hampton Court Palace

JOIN TEAM HENRY

Enjoy sport on
an epic scale
this summer

MEMBERS
GO FREE



3 – 11 AUGUST

BRING THE WHOLE FAMILY TO
HENRY VIII'S SPORTING ACADEMY

Book online to save

Just 35 minutes from Waterloo station



SOMETHING FOR THE WEEKEND

Friday



Late at Tate Britain: 'Frank Bowling – Passage'

Learn about the 60-year career of a great British abstractionist with a night of painting workshops, films and tunes from Reperent radio. You'll be bowled over, we promise.

→ Tate Britain. ☉ Pimlico. Fri Aug 2. Free.

DANCE Session

Get down to some afrobeats in the heat as Tottenham's young dance crew Steppaz and music collective Empire Sounds take over the River Stage for an all-ages dance party. Let the sesh begin!

→ National Theatre River Stage. ☉ Waterloo. Fri Aug 2. Free.

WATCH Movies on the River

Bob along the Thames on a boat before settling in for a screening of rock biopic 'Bohemian Rhapsody' on the top deck. It'll be magnifico-o-o-o-o.

→ Tower Millennium Pier. ☉ Tower Hill. Fri Aug 2. £37.50.

Saturday



SQUISH The London Slime Festival

Not just for '90s game shows, slime has found new life in the online world of sensory videos. Grab the slimelight with 'stars' of the scene.

→ York Hall. ☉ Bethnal Green. Sat Aug 3. £12.

MUNCH Vegan Days

Find your new favourite vegan street food stall at two days of plant-based snackery on Brick Lane.

→ 146 Brick Lane. Shoreditch High St Overground. Sat Aug 3-Sun Aug 4. Free.

Crafty Fox Market

Get some cute cards, hand-drawn stationery or simple silver jewellery. Want a piece of the crafty action? Join the 'make your own macramé plant hanger' workshop.

→ Mercato Metropolitan. ☉ Elephant & Castle. Sat Aug 3-Sun Aug 4. Free, book workshops in advance.

Sunday

Waltham Forest Mela

Lots of melas take place in August, but this festival of South Asian culture is one of the biggies. You'll find free street theatre, music and a fashion show in the park.

→ Leyton Jubilee Park. ☉ Leyton. Sun Aug 4. Free.



MARCH Meltdown Mardi Gras

No need to fork out for the plane ticket to New Orleans next spring, just follow a battalion of brass down the South Bank for this riverside carnival.

→ Southbank Centre. ☉ Waterloo. Sun Aug 4. Free.

PLAY So Board

Compete against strangers with towers of bricks or battle it out over Boggle. You could play at home, but this place HAS PINTS.

→ The Four Thieves. Clapham Junction rail. Sun Aug 4. £7.50, includes a drink.

Find more wonder stalls at timeout.com/markets

Saddle up for a summer of cycling

Search TfL Cycling





Why I took to the road

As part of our collab with Transport for London to encourage people to take up cycling this summer, we talk to Charlie Allenby, 27, from Bounds Green



So, where do you cycle?

'Everywhere! Whether I'm going to work or meeting up with friends, I'll generally have my trusty two-wheeled friend in tow. I'm based in Bounds Green, so I spend a lot of my time riding back and forth between north London and the centre of the capital. I also venture further afield at weekends – up into Hertfordshire, over to Richmond Park or even as far as Windsor.'

When did you get into cycling?

'I've been big on cycling since I was a kid, and my black BMX was my pride and joy. I got myself a proper

road bike when I went to uni and it's gone on from there. It's now such a key part of my life that I can't imagine not hopping on one of my bikes to get from A to B.'

Why did you first take to the road in London?

'Before living in London, I used to drive everywhere. But when I moved here in 2014, I decided I'd start riding to work to try and save some money and keep fit. I discovered that going on two wheels was just as quick as commuting by public transport. That was about five years ago and I haven't looked back since.

And how was it getting out there?

'Although it can be nerve-racking at first, riding a bike in London can end up being really liberating – and all the segregated cycle lanes make it a lot safer. You end up seeing a lot more of London and you don't need a gym membership.'

Any words of advice for people looking to follow a similar route?

'Build up your confidence on roads you know, and if you're going somewhere new, try out TfL's journey planner – it's a great way

of finding the quieter routes where you won't have to deal with as much traffic. A lot of it is just having the confidence to do it for the first time.'

To improve your confidence, book a free cycle skills session at tfl.gov.uk/cycling

MAYOR OF LONDON



→ Discover more cycling inspiration at tfl.gov.uk/cycling

GET INVOLVED

Prudential RideLondon

EVER WANTED TO join a bike gang? Now is your chance. The world's largest festival of cycling returns to the capital this weekend. More than 100,000 people are expected to take on eight miles of empty London streets for this weekend feast of cycling aimed at riders of any age and ability. Keeping track of everything happening over the weekend can be a challenge – it has more events than Lee Valley has cycling routes. But here are the big hitters to keep in mind: first there's Prudential RideLondon Classique, a 5.4km pro-female cycling race for the high rollers through central London, this Saturday.

Registration for that one has long closed, but you can still go along as a spectator to give your hands and vocal chords a workout by cheering them on. Then there's the Brompton World Championship, a Le Mans-style dash through St James's Park where competitors have to rush to unfold their Bromptons before whizzing around the 16km circuit – no Lycra is allowed, so everyone looks like they're dressed for Ascot. And most importantly, the



WHAT IS IT?

A festival of cycling races, cycling shows and mass bike rides.

WHY GO?

To join the biggest bike gang in the city (for a day).

→ Various venues. Sat Aug 3-Sun Aug 4. Free. Find out more and register at prudentialridelondon.co.uk.

RideLondon FreeCycle (Saturday), an all-ages cycling session, with plenty of closed roads. The route passes Chancery Lane, Victoria Embankment on the Strand – so you can ride by St Paul's Cathedral and Buckingham Palace pretending to be a tourist. It's a gift for the

disorganised Londoner – you can sign up to take part until 2pm on the day. When in doubt, pedal it out. ■ *Katie McCabe*

Get on yer bikes and ride at timeout.com/bikerides

#ED LEICESTER FOR PRUDENTIAL RIDE LONDON

THERE IS ONLY ONE

Tina

THE TINA TURNER MUSICAL

SEATS RELEASED DAILY TinaTheMusical.com

WHAT'S THE DEAL WITH

Nando's Yard



What's all the fuss?

Nando's has transcended its cheekiness by launching a summer pop-up space in Shoreditch, where it'll be serving up its own take on brunch, which sounds... interesting.

So, erm, peri-peri sauce for breakfast, then?

Yep. Currently, you only get the breakfast at the Nando's in Gatwick Airport or in the surroundings of Cobham Services, where you can munch peri-salted eggs while gazing out on to the M25. Now, you can head to east London for chicken sausage, eggs and portobello mushroom slathered in effulgent orange ooze. There's a vegan breakfast too, called Avo Bit of That... on Toast.

Anything going on (apart from the chicken sausage)?

The chicken-slingers are turning up the Peri-O-Metre to 'hits the

spot without scalding your tonsils' with a mixed bag of events. Learn to make chocolate cake using Perinaise sauce with 'Bake Off' presenter Liam Charles (£5), catch a gig with rapper Kojo Funds and DJ duo Bossy LDN or join a dance class with Sherrie Silver (the choreographer behind Childish Gambino's moves in 'This Is America').

Anything else I need to know?

There'll be a free carnival-themed day party with hair-braiding, T-shirt printing, tie-dye workshops and music curated by Peckham's Wavey Garms. Oh, and west London grime MC Big Zuu will be running a workshop on 'how to make your own peri peri sauce'.

WHAT IS IT?

A new summer pop-up from Nando's.

WHY GO?

To see what a cake made from Perinaise sauce tastes like.

→ The Yard, 89½ Worship St. Shoreditch High St Overground. Thu Aug 1-Sun Aug 4, Aug 8-11, Aug 15-18. Prices vary.

Will I get a Nando's Black Card out of it, though?

Afraid not. Those are reserved for the elite. And Ed Sheeran. ■ *Nisha Woolford*

NANDOS IMAGES: KRIS KIRKHAM

JUMPERS FOR GOALPOSTS

PRINTWORKS, LONDON SE16 7PJ
3 & 4 AUGUST 2019

A BRAND NEW FESTIVAL OF FOOTBALL CULTURE FEATURING
DAVID GOLDBLATT • MICHAEL COX • NIGEL WINTERBURN • NEAL HEARD
FELICIA PENNANT • MICHAEL CALVIN • MARCUS SPELLER • JANE PURDON
CHRIS PAOUROS • GREG LANSDOWNE • MIGUEL DELANEY • LOZ MCKENNA

AND REPRESENTATION FROM

SOCCERBIBLE • COPA90 • THIS FAN GIRL • GIRLFANS • SLOWE • MILLWALL FC
TIFO FOOTBALL • WOMEN IN FOOTBALL • LEWES FC • BT SPORT • KICK IT OUT • CONIFA
SI GAMES • FOOTBALL BEYOND BORDERS • ROMANCE FC • HACKNEY LACES • FSA



KITLOCKER

THE SPORTING MEMORIES FOUNDATION

PRINTWORKS LONDON



BLACKWELL'S FOR LEARNING • FOR LIFE

WWW.JUMPERSFORGOALPOSTSFESTIVAL.COM

@JUMPERS_FOR

THREE OF THE BEST

Space lates



↑ DJ Yoda and House Gospel Choir Soundsystem

Visit a glowing, six-metre sculpture of the moon at the Natural History Museum and stay for turntablist DJ Yoda, who'll be taking over Hintze Hall with the House Gospel Choir Soundsystem.
→ Natural History Museum. ⊕ South Kensington. Fri Aug 2. £36.50.



↑ Lift Off: 'High Life'

South Norwood's lovely local film club Screen25 is going lunar with its programming this month as part of the Apollo 11 anniversary buzz. The Lift Off series begins with 'High Life', an existential space odyssey by Claire Denis.
→ Harris Academy. Norwood Junction Overground. Wed Jul 31. £8.50.



↑ Science Museum Lates

The Science Museum is having an astronomical party to celebrate 50 years since the moon landing. Talk conspiracy theories, mix your own space cocktails and dig through some Soviet visuals to make your own space poster.
→ Science Museum. ⊕ South Kensington. Wed Jul 31. Free.

TALKS & PANELS
JUMPERS ON GOALPOSTS FESTIVAL 2019

DAVID GOLDBLATT

TALKS & PANELS
JUMPERS ON GOALPOSTS FESTIVAL 2019

FADUMO OLOW

LIVE PODCASTS
GOALPOSTS FESTIVAL 2019

NIGEL WINTERBURN

TALKS & PANELS
JUMPERS ON GOALPOSTS FESTIVAL 2019

FELICIA PENNANT

TALKS & PANELS
JUMPERS ON GOALPOSTS FESTIVAL 2019

DANIELLE CARTER

TALKS & PANELS
JUMPERS ON GOALPOSTS FESTIVAL 2019

MAGGIE MURPHY

TALKS & PANELS
JUMPERS ON GOALPOSTS FESTIVAL 2019

LAURENCE MCKENNA

TICKETS AVAILABLE NOW! USE CODE 'TIMEOUT20' FOR 20% OFF YOUR ORDER!

THE MOST IMMERSIVE
ESCAPE ROOM IN LONDON!



BOOK NOW
WWW.MISSIONBREAKOUT.LONDON

ENTER **TIMEOUT20**
AND GET **20% OFF** YOUR SESSION

OPEN FROM MONDAY TO SUNDAY :
10AM - 10PM

EXCLUSIVE

FOOD: BIGGER THAN THE PLATE



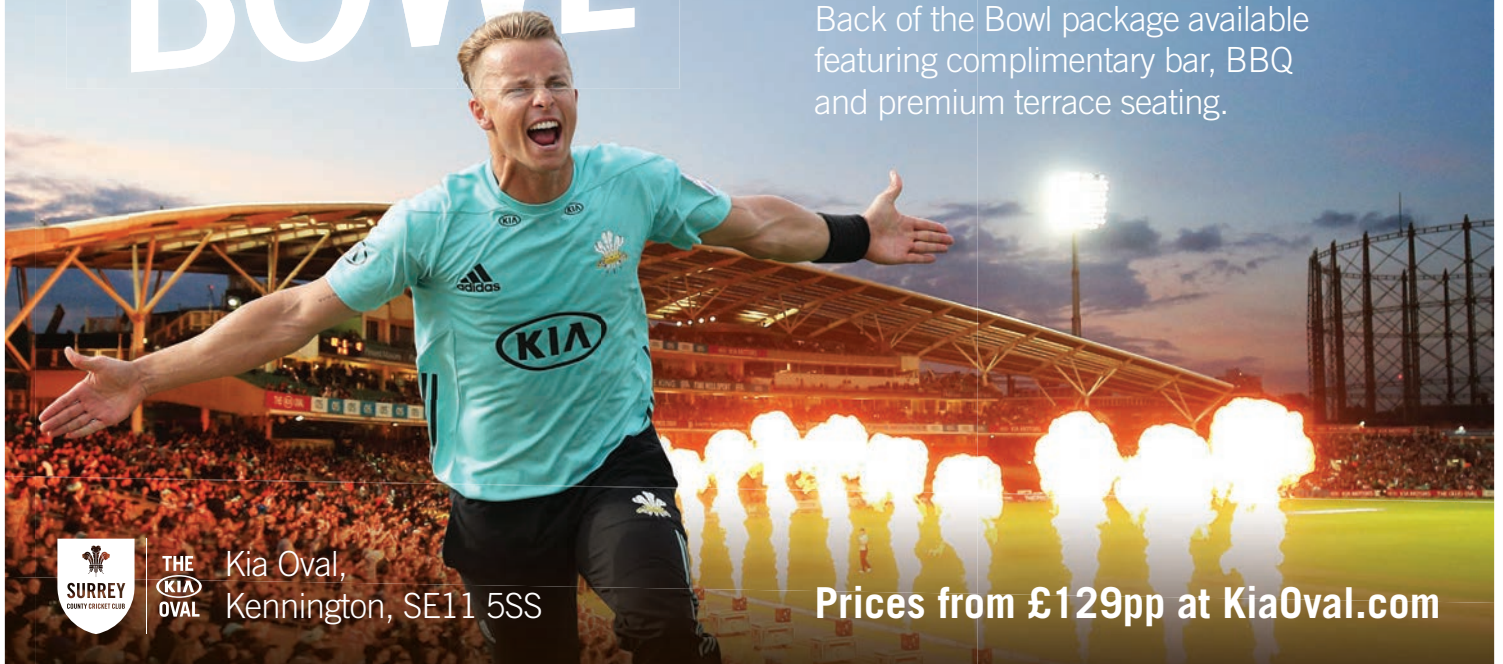
Save 50 percent with our tickets to this epic exhibition on sustainability and the global food chain, which our art team awarded four stars. The multi-sensory show brings together the politics and pleasure of food in a mind-boggling collection of innovations. Tickets now £9.50.

[TIMEOUT.COM/PLATE](https://www.timeout.com/plate)

Ts&Cs apply.

TimeOut
THE BEST OF THE CITY

BACK OF THE BOWL



ENJOY HOSPITALITY AT
SELL-OUT T20 MATCHES
AND ASHES THIS SUMMER
IN CENTRAL LONDON

Back of the Bowl package available
featuring complimentary bar, BBQ
and premium terrace seating.



THE
KIA
OVAL

Kia Oval,
Kennington, SE11 5SS

Prices from £129pp at [KiaOval.com](https://www.KiaOval.com)

EAT

E Vegan Days and Nights

This now-famous after-dark vegan street food shindig is putting on a weekend-long plant-based celebration. Join the daytime sessions for veggie treats, family-friendly raves and tarot card readings. Or party across four soundsystem stages in between gobbling meat-free grub on Saturday night.
→ 93 Feet East, Shoreditch High St Overground. Sat Aug 3-Sun Aug 4. Free-£10.

E London Halal Food Festival

Haloodies (halal foodies) can taste dishes at more than 150 stalls from halal restaurants and street food joints. Check out live cooking demos, pick up armfuls of gifts in The Souq or challenge yourself to a halal eat-off.
→ Tobacco Dock, Shadwell Overground. Sat Aug 3-Sun Aug 4. £10-£30.

N Pastrami Party

Salt beef sarnie aficionados Monty's Deli are celebrating their residency at Pressure Drop Brewery by throwing a party where you can tuck into beefy snacks and wash them down with beers from a whole load of guest breweries.
→ Pressure Drop Brewery, Tottenham Hale. Sat Aug 3. Free.

S Pavilion Supper Club

Tuck into seasonal vegan dishes by Stories on Our Plate, an organisation that works with chefs from refugee and migrant backgrounds, at this special supper club in Dulwich Picture Gallery's pavilion.
→ Dulwich Picture Gallery, West Dulwich rail. Wed Jul 31. £45.

TO DO

The best events in your area

C Central N North S South E East W West

G ROYAL MUSEUMS GREENWICH

rmg.co.uk/Moon50

Book online for best value tickets

★★★★★ Evening Standard ★★★★★ Londonist

Major exhibition

The Moon

Now open at the National Maritime Museum
#Moon50 | Members go free

Royal Museums Greenwich
National Maritime Museum | Royal Observatory | Cutty Sark | The Queen's House

🚶 Cutty Sark 🚶 Greenwich (only 8 minutes from London Bridge) 🚶 Greenwich Pier

© NASA and Getty Images/Ian Cumming

SHOP

E East London Vintage Kilo Sale

It's the tenth anniversary of this regular sale. Bargain hunters can rummage through tonnes of vintage clothing. Then take it to the scales and pay just £15 per kilo for your well-picked fashion wares.
→ York Hall, Bethnal Green. Sun Aug 4. £3 until noon, £1.50 after.

S River Walk Market

Set on the banks of the Thames and in the shadow of Battersea Power Station's towers, you couldn't ask for a more atmospheric location for this weekly market. Head along to stock up on independent produce and browse craft stalls.
→ Battersea Power Station, Battersea Park Overground. Sat Aug 3-Sun Aug 4. Free.

EXHIBITION

C 'Top Secret: From Ciphers to Cyber Security'

Get a glimpse into the mysterious world of code-breaking at this show full of artefacts from the Science Museum and GCHQ.
→ Science Museum, South Kensington. Until Feb 23 2020. Free.

LATE

W The Hothouse Late

Hang out in Gunnersbury Park's hothouses for botanical-themed craft beer tastings, mixology masterclasses, paper flower-making, floral makeovers and live music. Hot stuff!
→ Gunnersbury Park, Acton Town. Fri Aug 2. £10.

WATCH

C Studio Ghibli Film Season: 'The Tale of the Princess Kaguya'

See the legendary Japanese film studio's folkloric fantasy movie followed by a Q&A with anime expert Rayna Denison and artist Hosono Hitomi. Plus, there's free sake!
→ British Museum, Holborn. Fri Aug 2. £12.50.

C The River Stage: Some Voices

Catch one of London's coolest choirs perform dramatic pop-choral reinventions of classic hits on the National Theatre's River Stage. Expect a banging set full of some very artfully arranged summer tracks.
→ National Theatre, Waterloo. Sat Aug 3. Free.

EXCLUSIVE

Get exclusive tickets to a movie under the stars at the **Film4 Summer Screen** at Somerset House. Screenings from just £15

TIMEOUT.COM/FILM4

Find 101 things to do at timeout.com/101

Film

Edited by Phil de Semlyen
timeout.com/film @timeoutfilm

TIME OUT MEETS

Holliday Grainger and Alia Shawkat

The 'Animals' stars talk to *Sophie Monks Kaufman* about their buzzy friendship drama. Portrait *Ed Miles*



DUBBED “WITHNAIL AND I” with girls’ by Caitlin Moran, Emma Jane Unsworth’s novel ‘Animals’ was published in 2014. Now she has adapted it for a film directed by Sophie Hyde (‘52 Tuesdays’) featuring Alia Shawkat as debonair rebel Tyler and Holliday Grainger as sidetracked writer Laura. Powered by MDMA (smashed-up cola Chupa Chups), cocaine (icing sugar) and gallons of white wine (apple juice), their combined energy captures the euphoria of wild nights out in Dublin, the repetitive nature of a lifestyle of coming up and coming down, and the private desires that can drive even the closest friends apart.

This is a two-hander friend romance carried by your shared energy. As actors, do you know when you’re nailing that rapport?

Holliday Grainger ‘You hope to. You can feel it if it feels fake, but I put a lot of my trust in Sophie, to be honest. It is difficult to bring that

night-time energy when it’s 6am on a film set.’

Alia Shawkat ‘You have to be present in each moment, then hope it all comes together. But it’s as much a surprise to us as anybody.’

‘Animals’ is about two friends trying to be free in different ways. Is it possible to be free as a woman while craving a traditional relationship?

HG ‘Freedom is a state of mind and it’s up to you to make sure that you keep that, and that the people around you know you need it. Of course, there are responsibilities that come with having a family which are going to be not as freeing.’

AS ‘You can have a very typical lifestyle and feel free. The important thing is that you choose it. That’s part of the question this movie poses. On the one hand you might agree with Tyler: you have to live free, poetic and dangerous; sleep with whoever. And yet if that’s not what Laura wants, how is that going to be valuable?’

HG ‘Part of Laura’s journey in this film is realising what it is that she wants and not what has been dictated either by her own expectations, Tyler’s expectations, her boyfriend’s expectations or her parents’ expectations – trying to find her place and her own freedom and creative outlet.’

What advice would you give people trying to figure out a way of life that’s personally meaningful?

AS ‘We’re just actors!’
HG ‘Aren’t we all trying to figure that stuff out?’

AS ‘Don’t take our advice.’

HG ‘Watch the movie! [Laughs]

Maybe you’ll get some nuggets.’

AS ‘I’d say it’s worth trying something instead of regretting [not doing] it, which is a very basic piece of advice, but I think that by being vulnerable you’re able to be braver than by analysing something. It’s better to try and fail and see what happens.’

One striking moment in the film is when Laura looks in the mirror and realises she’s not having fun at a party. Is that something you’ve felt?

HG ‘You do it at parties, you do it on set. Dressed as a character, you look in the mirror and go, “What the fuck am I doing?”’



Holliday Grainger (left) and Alia Shawkat

AS 'The best thing is to be like, "I love you, you're going to be okay. Just get yourself home and take care of yourself." It's the lowest moment but it's the moment right before everything gets better.'

Tyler keeps saying, 'You have to live to have inspiration to write'. How do you find the balance between living and working?

HG 'It's hard, isn't it? It does feel like you put your life on hold to shoot. There's a lot of expectation on people to have it all and do it all; to be the best you can at work and creatively and still have a life and still do everything. Sometimes

there's not enough hours in the day. You have to prioritise.'

AS 'As actors, you're pulling from real experiences, so you do have to engage with life. You can't be working all the time, otherwise you don't have anything to pull from, you're just mimicking what an authentic moment between two humans might be. It's the yin and yang of everything. In order to feel highs, you have to feel lows.' ■

→ 'Animals' opens Fri Aug 2.



By Sophie Monks Kaufman
Who is intimately acquainted with her animal side.



FILM OF THE WEEK

Animals



THIS DARKLY COMEDIC drama from Australian director Sophie Hyde should delight viewers. It answers the call for more female-led stories, allows two up-and-coming stars to shine in an unconventional setting and is pretty good to boot.

Laura (Holliday Grainger) and Tyler (Alia Shawkat), friends since forever, live in a shabby-chic flat in Dublin. They sleep in each other's beds, untie each other after ill-advised sex sessions and share their drink and drugs in equal measure. They're living life like there's no tomorrow. Except there is. It's called 30 and it scares them both to death.

When Laura falls for strait-laced Jim (Fra Fee), the girls' nights suddenly seem more messy than hedonistic. A scene where a coked-up Laura compliments her dealer on his lyrical nickname (Chicken Sandwich) feels very 'Trainspotting'. But as the girls run about stealing drugs and spilling wine on babies, it's clear that 'Withnail & I' is the real inspiration for their

drunken nights.

Shawkat ('Arrested Development') is magnetic as the uncompromising, self-destructive Tyler, but our focus is always on Laura. Grainger is both vulnerable and wonderfully unlikeable as she dances around the idea of being a writer – and an adult – making unwise decisions as she goes.

If there is anything missing in Hyde's love letter to immaturity, it's a sense of place. Emma Jane Unsworth's source novel is set in Manchester, and for all the bars and Irish poets, Dublin never quite establishes itself as a character. But Grainger and Shawkat have such adventures drinking and snorting their way through the film that you won't care too much. ■
Greer McNally

WHAT IS IT...

Women behaving badly in their twenties.

WHY GO...

For the natural fizz between Holliday Grainger and Alia Shawkat.

→ Director Sophie Hyde (15) 109 mins.

Summer on Film

Heat of the Moment

Turning Points on Film
1-29 Aug

barbican



Come Together

A Music Film Series
2-30 Aug

Explore the scorching summertime as a catalyst for change or enjoy a festival experience in the cinema this August



The City of London Corporation is the founder and principal funder of the Barbican Centre



Fresh air



Leicester Square Summer Screenings

Join us for free open-air movies and family fun in London's entertainment heartland.

8 - 11 August 2019

www.leicestersquare.london

@DiscoverLSQ



Free films

Family fun



Leicester Square

Proudly Supported By

TimeOut



The Candidate



THE DUCK HOUSE-RELATED

indiscretions of our MPs look positively quaint compared to the mammoth corruption in Rodrigo Sorogoyen's breakneck, brilliantly acted political thriller. Set in 2007 and inspired by real-life corruption scandals in Spain, it follows a Spanish politician's struggles after a whistleblower catches him with his metaphorical pants down.

Manuel (played with sweaty intensity by Antonio de la Torre) is implicated in siphoning off EU agricultural subsidies and realises that the only way to save himself is to expose the vast network of corruption that extends across political parties, business and the media. Sorogoyen uses choppy footage – mirroring the covert iPhone videos that help bring Manuel down – to expose the corrupt glamour of this world; one of yachts, flashy cars and half-built mansions. It's the hectic peak of Spain's property-fuelled boom, which crumbled in the scandal-racked years that followed.

These conspirators work feverishly fast. At first, their

WHAT IS IT...
A pacy Spanish political thriller.

WHY GO...
For corrupt glamour and behind-the-scenes backstabbing.

→ Director Rodrigo Sorogoyen (15) 129 mins.



machinations and flamboyantly crude rants are hard to follow. But as the focus tightens on Manuel, the film gains power. Its intimate, naturalistic scenes show that, for these (mostly) men, corruption is a way of life. Manuel is a kind of

everyman, steadfast in his belief that he's no worse than anyone else. And, terrifyingly, he might be right. Sorogoyen doesn't pin his story to a particular party; the emotional detail is specific, but the themes are universal. ■ *Alice Saville*

The Angry Birds Movie 2



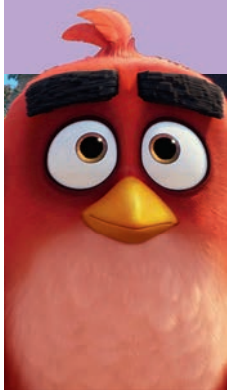
WHAT IS IT...

A hoot of a sequel that will entertain young and old.

WHY GO...

Fans of the 'Ice Age' and 'Madagascar' movies will love it.

→ Director Thurop Van Orman (U) 97 mins.



A SMALL NUMBER of sequels surpass their originals: 'Terminator 2', 'The Godfather: Part 2' and 'Star Trek II: The Wrath of Khan' are among them. Now one more joins the list – 'The Angry Birds Movie 2'.

Okay, 'The Angry Birds Movie' didn't exactly push the cinematic boundaries of kids' films, but it successfully took a video game premise and spun it into a fun family animation.

This time, the filmmakers follow the 'Bad Neighbours' school of sequel-writing and have the original's enemies, Red (Jason Sudeikis) and the pigs, team up. They must battle a new adversary: the evil (read: lonely) Zeta (Leslie Jones from 'SNL'), a giant purple bird who attacks the pigs' and birds' islands because she's sick of her own lair on a frosty volcano. It's basically an animated 'Austin Powers' for kids.

There's much to enjoy here. Co-writer Peter Ackerman ('Ice Age') gives the script enough kick to keep all ages engaged, with nods to everything from 'Back to the Future' to 'Dawson's Creek', while Josh Gad, Danny McBride and Awkwafina get most of the laughs from a generally impressive vocal cast.

There are some questionable plot points, and it's no 'Toy Story 2'. But this animated sequel is tighter, funnier and sillier than its predecessor. It's worth chicking out. ■ *Greer McNally*

Do the Right Thing



WHAT IS IT...

Spike Lee's blistering look at racism and riots.

WHY GO...

It's a portrayal of race relations that is still, unfortunately, all too relevant.

→ Director Spike Lee (15) 115 mins.



THIRTY YEARS ON, Spike Lee's portrait of a neighbourhood riven with racial tension and sweating in extreme heat feels far more timely than one might wish. Only the director's second film, it established Lee as a master of the passionate polemic, someone with a keen eye for injustice and a willingness to put it front and centre of his work. This uncompromising classic also demonstrates his sense of place, character and style: the super-saturated colours and oddball characters of this Brooklyn neighbourhood are indelible.

The plot, to the extent that this ensemble piece has one, revolves around a pizzeria owned by Sal (Danny Aiello) and his dispute with local campaigner Buggin' Out (Giancarlo Esposito). As the heat and the tension rise, the police arrive and turn conflict into tragedy.

Lee creates a remarkably even-handed and nuanced portrait of the way that violence can flare, and how bigotry can build to something much worse, but even he could hardly have guessed how modern this film would feel 30 years later. You watch the police brutality and think of Eric Garner; you see the heat rippling on screen and think of global warming. Let's hope that, in three more decades, this fervent, urgent film will finally begin to look like history instead of current affairs. ■ *Helen O'Hara*

Music & Nightlife

Edited by Oliver Keens
timeout.com/music @timeoutmusic

TIME OUT'S GUIDE TO

Nile Rodgers's Meltdown

The songwriter and Chic legend is curating a nine-day celebration of music and culture at the Southbank Centre. Here's a guide to the events still on sale and the free activities all kicking off this week

Roll with some music legends!

Sweet dreams will be made of the **Eurythmics Songbook** on Friday August 9, when one half of the iconic pop duo, David A Stewart, will be joined by an all-star band and guest vocalists to perform classic bangers such as 'Here Comes the Rain Again' and 'Sisters Are Doin' It for Themselves'. It's a worldwide exclusive, you know. Sadly the opening night performance from **Nile Rodgers & Chic** on Saturday is sold out, but there are still a few tickets left for The Smiths' guitar hero **Johnny Marr** on Thursday August 8. Marr named his son Nile in Rodgers's honour. So if the Chic one randomly decides to make an unplanned guest appearance, it raises the tantalising prospect of maybe, just maybe, seeing Nile, Marr and Nile Marr all on one stage. Which would be a real moment.

Catch a rising star!

French-Israeli singer-songwriter **Yael Naim** will be filling the Purcell Room with her flawless folk-pop on Sunday August 4 – the same night that Kendrick and Childish Gambino collaborator **Thundercat** will punk-funk it up at the Royal Festival Hall. Then on Tuesday August 6, Rodgers has locked down a proper coup: a UK festival exclusive set from **Anitta**, one of Brazil's biggest pop stars. Soulful east Londoner **Azekel** will play on Wednesday August 7, and South African musician **Nakhane** will demonstrate why he counts Madonna as a fan on Friday August 8. On a more gleefully avant-garde tip, why not check out **Sophie's** Royal Festival Hall show on Saturday August 10? The fascinating producer and star smashed it at Fabric in October with a memorably choreographed show that we'd highly recommend.

Then you're spoiled for choice on closing night, Sunday August 11. Malian guitar band **Songhoy Blues**, Swedish punks **Viagra Boys** and LA funk-R&B trio **Radiant Children** will all be playing, turning the Southbank Centre into an awesome smorgasbord of global sounds.

More cultural shenanigans!

Head to Southbank Centre's Riverside Terrace on Wednesday August 7 for a free screening of classic Eddie Murphy comedy '**Coming to America**', which has a killer score by... you've guessed it, Nile Rodgers. On the same night, the Royal Festival Hall will welcome **Kyle Dixon & Michael Stein** performing the music of '**Stranger Things**', a live rendition of the Netflix hit's soundtrack led by its composers. They'll be turning up the ambient '80s vibes to Eleven (sorry). And on Thursday August 8, Queen Elizabeth Hall will get its

ROYAL FESTIVAL HALL: RICHARD WAYMAN / ALAMY; THUNDERCAT: JIM DYSON; NILE RODGERS: ROB BALL; SOPHIE: CHARLOTTE WALES





Sophie

Thundercat

Nile Rodgers

chatty hat on at **New Frontiers in**

Music: Nile Rodgers and Merck Mercuriadis in Conversation. It's the Chic legend waxing lyrical with his business partner and manager, so expect music industry insights to flow like the Thames.

Free parties!

The (hopefully) sun-soaked Riverside Terrace will play host to free events throughout the festival, beginning with

Disco Wonderland on Saturday August 3. It's safe to presume Rodgers will hang, or at least fire, the DJ if they don't play some Chic. Then, on Sunday August 4, scorching funk and soul grooves will soundtrack the carnival-style **Meltdown Mardi Gras**, which will feature a set from 11-piece band **Dat Brass**. Ever a champion of fresh talent, Rodgers will invite some of the UK's finest young musicians to **And The Beat Goes On** on Friday August 9. **C'est Chic Vogue Ball** will

showcase the mind-blowing moves of some ace voguers on Saturday August 10. Come Sunday August 11, **Ministry of Meltdown** will welcome genre-blurring emerging talent from south London's jazz scene and beyond. ■

→ Meltdown is at the Southbank Centre from Sat Aug 3-Aug 11.



By Nick Levine
Who's already prepping for a Disco Inferno on the Riverside Terrace.

More festivals at [timeout.com/music](https://www.timeout.com/music)



Get the best out of Wilderness Fest!

Whether you're all booked or still considering a last-minute ticket, here are 12 top things to do at the Oxfordshire all-rounder

1 Dance til dawn at the festival's new late-night venue, the **High Ground**, with **Little Gay Brother**, **Hannah Holland** and **Eats Everything**, plus a takeover from grassroots Tottenham club **The Cause**.

2 Head to **The Remedy Bar**, where you'll find the best Espresso Martinis and Margaritas on tap, soundtracked by DJ takeovers from the likes of Dalston's **Brilliant Corners**.

3 Help yourself to an Italian takeaway breakfast from Angela Hartnett's **Café Murano**. If you're looking for fine dining, it has a small amount of walk-ins available for its banquets. Head down early to get on a waiting list.

4 Into wild foraging? Eating berries to survive? The man-made apocalypse is

closer than you think! Swot up on your forest skills and drop in at the **Greencrafts Village** area for workshops and talks, or join a gorgeous free woodland hike.

5 Surf the jazz wave at **The Level** stage. Soak up the atmosphere and become part of the performance with electrifying Deptford collective **Steam Down**. For maximum boost, check out the enigma that is Ghanaian dance maverick **Ata Kak**.

6 Watch acting royalty at **The Atrium** with **Letters Live**. This is a Wilderness institution where previous guests have included Benedict Cumberbatch, Ben Kingsley and Olivia Colman.



7 Try an alternative sound bath with sub bass instead of gongs and crystal bowls. **The Hustle** host a Sunday afternoon session of low-end theory in comfy surroundings. It's the perfect binaural experience to heal an aching head.

8 Go wild to main stage acts that include the incredible **Robyn**, **Groove Armada** and **George FitzGerald**. Extend that buzz with a session in the woods at **The Valley** with **Honey Djon**.

9 Absolve your sins, blast away that hangover and fulfil your mermaid/man potential with a dip in the lake. If you're a nervous swimmer, head to the jetty for moral support.

10 Join **Extinction Rebellion's Action Camp** and get clued up about climate change by attending thought-provoking workshops, open discussions about declaring a climate emergency and film screenings.

11 Get a little closer to your fellow festival goers as part of the **World's Largest Spooning Cuddle**. Feel warm and secure knowing that snuggling up with strangers could make you a bona-fide record breaker.

12 Expand your palate with food and drink pairings at **The Dining Room**. While prestigious chefs **Meriel Armitage**, **David Carter** and **Ed Brunet** take care of foodie delights, sommeliers **Charlotte Wilde** and **Ruth Spivey** will be picking the perfect plonk. ■ **Hayley Joyes** → Wilderness Festival is at Combury Park, Oxfordshire. Thu Aug 1-Sun Aug 4.

The Triumphant Return of
The Triumphant Return of

EELS

The World's
Number
One
Entertainers

plus
ROBERT ELLIS
IS THE
TEXAS PIANO MAN

WEDNESDAY
21 AUGUST 2019
EVENTIM
APOLLO
HAMMERSMITH
EELSTHEBAND.COM

BY ARRANGEMENT WITH ITB

KIND

Hoodies All Summer
uk tour

AS PART OF THE ALBERT SESSIONS

MONDAY 07
OCTOBER 2019
ROYAL
ALBERT HALL
LONDON

BY ARRANGEMENT WITH PRIMARY TALENT INTERNATIONAL

indigo girls

MONDAY 28
OCTOBER 2019
O₂ SHEPHERD'S
BUSH EMPIRE
LONDON

BY ARRANGEMENT WITH
PRIMARY TALENT INTERNATIONAL



HIDE THE BISCUITS... IT'S

EDWYN COLLINS

OUTSIDE TOUR

THURSDAY 12
SEPTEMBER 2019
O₂ SHEPHERD'S
BUSH EMPIRE
LONDON

BY ARRANGEMENT WITH WME

BARENAKED LADIES

PLUS SPECIAL GUESTS
KT TUNSTALL
BOOTHBY GRAFFOE



SATURDAY 11 APRIL 2020
ROYAL ALBERT HALL
LONDON

BY ARRANGEMENT WITH CODA AGENCY



pixies

uk @ europe 2019

with
the big moon

20 september
**alexandra
palace**
london

beneath the eyrie
out september 13
pixiesmusic.com

by arrangement with seray

TICKETS AVAILABLE FROM
TICKETMASTER.CO.UK - ROYALALBERTHALL.COM
EVENTIM.CO.UK - SEETICKETS.COM - GIGANTIC.COM

SO YOU'VE
NEVER BEEN TO
The Glory



In a nutshell...

Glittery and, well, glorious. Cram the party scenes from 2014 film 'Pride' into an old-school queer east London boozer. Add drag and a basement disco at the weekends.

Where is it?

Two minutes from Haggerston Overground station, right by Regent's Canal.

What's the vibe?

Friendly and fun, as befits a pub part-owned by London drag legends Jonny Woo and John Sizzle. It's buzzing on Friday and Saturdays – with weekend warriors piling into the basement – and usually chilled in the week until shows start. It's a proudly super-inclusive place, too, with gender-neutral toilets.

What makes it a great venue?

The drag shows. If you come to The Glory for anything, come for the drag. The venue showcases some of London's finest gender-bending talent, with drag acts on most nights

of the week, including ticketed shows downstairs on Fridays and Saturdays. Standout Glory events include the capital's biggest drag competition, LipSync1000, as well as Man Up, Europe's largest annual drag king battle. The atmosphere is always buzzing and it's the best place to catch upcoming kings and queens on the cheap before they hit the big time. This pub is also a hub for east London's queer community and regularly puts on fundraisers for LGBTQ+ causes.

Who hangs out there?

A right mix – young and old, students to working professionals and even a few celebs pop in from time to time: Cara Delevingne, Beth Ditto, Russell Tovey, Ben Whishaw and Sam Smith have all caroused the space. Chelsea Clinton spent New Year's Eve there too!

What's the booze situation?

It's typical east London prices – a pint of IPA comes in at around £5.90, a glass of house wine is £5.50 and cocktails start from £8.50.

What's coming up there soon?

Look out for Adam All and Apple Derrieres, fronting monthly drag king night BoiBox, and Werk in Progress, a regular open mic night for queer artists. Upcoming drag queens include Virgin Xtravaganzah, Holestarr and Crayola the Queen. And on Sunday, the venue is taking its best cabaret line-up to Brighton Pride's LoveBN1Fest. ■ *Ella Braidwood*
→ The Glory is at 281 Kingsland Rd, E2 8AS. Haggerston Overground.



Find more awesome venues at [timeout.com/music](https://www.timeout.com/music)

GIGS AND CLUBS



Kano

Out of nowhere, grime OG and all-round Brit legend Kano dropped an intense new video last week for two new tracks, 'Trouble' and 'Class of Deja'. The 18-minute story it told was a stark, beautifully powerful evocation of youth violence that was refreshingly shorn of any trace of braggadocio and glamour. It's a tease for new album 'Hoodies All Summer', due on August 30. He's just announced a live show too.

→ Royal Albert Hall. Oct 7.

Visions Festival

Enjoy a total indie-gasm as artists like White Denim, Anna Meredith, Iceage, Demdike Stare and Squid play around London Fields.

→ Various venues. Sat Aug 3.

Jamaican Jazz Sessions

Booze brand Appleton Estate links up with don daddy Gilles Peterson to celebrate London's youthful jazz scene. Look out for gigs under a tenner from Yazmin Lacey, Moses Boyd/Vin Gordon, Ms Maurice and more.

→ Various venues. Aug 7-22.

The Jones Girls feat Shirley Jones

The under-appreciated '80s R&B group behind 'Nights Over Egypt' and 'You Gonna Make Me Love Somebody Else' are repped here by surviving member Shirley Jones and – cutely – her nieces and nephews.

→ Jazz Cafe. Aug 20.

Spiritland by Night: Balance

The legacy of Plastic People, one of the city's finest ever clubs, continues to thrive, four years after it closed its doors for good. Its spirit is revived at this one-off party featuring the club's founder Ade Fakile and Jean-Claude from If Music.

→ Spiritland. Aug 23.

Natasha Bedingfield

The 'Unwritten' singer has booked a one-off gig in support of 'Roll with Me', her first album in nine years.

→ Islington Assembly Hall. Aug 28.

Rufus and Martha Wainwright – A Not So Silent Night

The super-talented siblings bring their Christmas show to London, with all profits going to their late mother's charitable foundation.

→ Royal Festival Hall. Dec 6.



Sink The Pink Street Party

Girls Aloud's vocal powerhouse Nadine Coyle has joined the LGBTQ+ party crew's second annual street party. More than 40 drag queens are on the bill too, so let's hope they've got some pretty big dressing rooms.

→ Finsbury Park. Aug 17.

Buy tickets at [timeout.com/gigs](https://www.timeout.com/gigs)

SINK THE PINK: LUKE DYSON; KANO: OLIVIA ROSE

Theatre & Dance

Edited by **Andrzej Lukowski**
timeout.com/theatre @timeouththeatre

Andrew Lloyd Webber's greatest hits (and misses)

With 'Evita', 'Joseph' and 'JCS' back on stage, *Alice Saville* and *Andrzej Lukowski* decided to rank all of the maestro's musicals, because why not?

1 **Evita**

Yes, she's 'High Flying, Adored', and top of our big ol' list. Andrew Lloyd Webber and Tim Rice's characteristically offbeat decision to make a musical about the little-known wife of an Argentinian president paid off in a wonderfully varied show with the kind of emotional heft their other mostly hits lack. Hopefully, this summer's new production by Jamie Lloyd will cement its status as top of the Webber-Rice pops.

See it at Regent's Park Open Air Theatre.
Fri Aug 2-Sep 21.

2 **Jesus Christ Superstar**

There was only the smallest window in history when making a rock musical about Jesus was a viable prospect, and Lloyd Webber and Rice smashed it. 'JCS' is nuanced and moving and has some of the duo's greatest songs. You don't need to be a believer to find this one of their most touching works.

See it at Barbican Centre. Until Aug 24.

3 **The Phantom of the Opera**

The most successful British musical in history is, of course, a completely ludicrous document of '80s excess. But it still looks genuinely amazing on almost every level, and has a roster of wondrously OTT songs that makes it one of Lloyd Webber's strongest scores.

See it at Her Majesty's Theatre. Booking until Apr 4 2020.

4 **Joseph and the Amazing Technicolor Dreamcoat**

This Biblical musical has a whiff of naffness to it. But don't judge a coat by its (many, many) colours: underneath the gaudy trappings, this show is stuffed with high drama and endlessly catchy songs.

See it at The London Palladium. Until Sep 8.

5 **Sunset Boulevard**

Lloyd Webber musicals often feel like they're on uncertain ground when operating on a smaller, more intimate, more human scale. But although it probably still lacks a

definitive production, 'Sunset Boulevard' is a truly claustrophobic and intense take on Billy Wilder's classic film noir.

6 **Cats**

As iconic as it is annoying, as genius as it is dumb, 'Cats' is in some ways the pivotal musical in Lloyd Webber's career, the start of his post-Tim Rice commercial-juggernaut phase. Yes, it's three hours of felines singing in a dump. But it's full of memorable moments, and is more at ease with itself than the terrifying-looking upcoming film adaptation.

7 **By Jeeves**

Lloyd Webber has several hits that feel like failures, but 'By Jeeves' is perhaps his only failure that feels like a hit. An unlikely collaboration with playwright Alan Ayckbourn, this PG Wodehouse adaptation flopped hard in 1975. But a deliberately low-key 1996 rework was thoroughly charming and became a modest success.

8 **Aspects of Love**

This show is undeniably icky: the first half's *très Français* incestuous grappings give way to



PHANTOM OF THE OPERA: JOHAN PERSSON; STARLIGHT EXPRESS: ROBBIE JACKY/CORBIS VIA GETTY IMAGES; SCHOOL OF ROCK: CRAIG SUGDEN; FIONA ELIZABETH



a second half where a man falls in love with a literal baby, and struggles to wait until she's 15(!?) to woo her. But amid the befuddlement, the show's emotive piano-led score has moments of real magic.

9 *School of Rock*

Look, the tunes in 'School of Rock' are decent, and you would have to be a monster not to adore the axe-toting child performers. But its smug evangelism for baby boomer rock is painful.

See it at Gillian Lynne Theatre. Booking until Jan 5 2020.

10 *The Woman in White*

This 2004 crack at the West End is inspired by a pacy Wilkie Collins novel. It's an excuse for Lloyd Webber to indulge his taste for Victorian frills, with mixed results: its female characters are feminist but a bit drippy, the music swings between enjoyable pastiche and insipid pastiche. Still, great frocks.

11 *Tell Me on a Sunday*

This hour-long song cycle is about as understated as Lloyd Webber gets. In a succession of gorgeously subtle pop ballads,

a young woman stands alone on stage and sings about getting her heart broken by the cheating cads of New York. Alas, Don Black's lyrics don't show the sharpest of insights into the female psyche.

12 *The Wizard of Oz*

A bit of a weird one: this 2011 musical marked Lloyd Webber's first project with Tim Rice in aeons. But it was also explicitly an adaptation of the iconic 1939 film, retaining all of its original songs, and much of the script. The result was solid enough, but essentially underwhelming.

13 *Love Never Dies*

No, it's not as bad as everybody says it was. Yes, it's still fairly bad. This sequel to 'The Phantom of the Opera' looked good but lacked its predecessor's campy panache.

14 *Stephen Ward*

Maybe there is a good musical to be made from the scandal of the eponymous society osteopath, destroyed by the Profumo Affair. But this priapic romp through the Swinging Sixties isn't it.

15 *Whistle Down the Wind*

On paper, the pairing of Lloyd Webber and Meat Loaf's songwriter Jim Steinman sounded agreeably bombastic. In reality, this adaptation of the classic Brit flick – torturously transposed to the American South – was ponderous and dull.

16 *The Beautiful Game*

Lloyd Webber's scores are rarely that bad, but his choice of lyricists is often catastrophic. Teaming up with Ben Elton to write an original story about Ireland during The Troubles is possibly as bad an idea as either of them have had, and they have both had some truly terrible ideas.

17 *Starlight Express*

Trains. Singing. On rollerskates. Why? And sure, the standard response is, 'It's for kids.' But honestly, our nation's youth have enough on their plates without having to worry about the love lives of a bunch of frisky steam engines. It runs permanently in a custom-built arena in a German city called Bochum: they can keep it. ■

Barber Shop Chronicles ★★★★★

WHAT IS IT...
Inua Ellams's celebration of African barbershops, back for one last run.

WHY GO...
Don't miss the banging pre show.

BOOK...
Buy tickets at timeout.com/tickets

→ Roundhouse. ⊕ Chalk Farm. Until Aug 24. £15-£59.50.



TALK ABOUT A well-deserved victory lap. Inua Ellams's brilliantly vivid, funny, moving drama about the importance of barbershops to the black African and diaspora experience has played a couple of stints at the National Theatre and toured the world. Now it's taking over the Roundhouse for the summer as the centrepiece of its Fades, Braids & Identity season.

I don't have a huge amount to add about Ellams's 2017 play, other than to note that it's still pretty wondrous. Spinning a complex, occasionally intersecting web of vignettes set in barbershops across Africa – juxtaposed with a 'main' plot in south London – it makes the case for the barbershop as a liminal space that unites the diaspora, as people breeze in to share stories, share a joke, share their love of Chelsea FC, and sometimes bear their souls. It also seems to be a fond celebration of a certain type of African masculinity: one that loves a tale told loudly and flamboyantly, feeling at glorious odds with taciturn Western ideals of 'being a man'.

And it was made for the big gig venue – the preshow, where the cast blast tunes and mingle with the audience, is as fun as the actual show.

What with the heat and the big eejit in Number 10, it's not a vintage London summer. But this last hurrah for 'Barber Shop Chronicles' is something to savour. ■ *Andrzej Lukowski*

NEW SHOWS

THE HOTTEST THEATRE OPENINGS THIS WEEK

WEST END

Brainiac Live!

Stunts! Quizzes! Explosions! If this show doesn't get kids into science, nothing will. Ages five-plus.

→ Garrick Theatre.
⊕ Leicester Square. Wed Jul 31-Sep 1. £18.50-£33.

The Girl on the Train

This stage version of the bestselling thriller pulls into the West End after a national tour.

→ Duke of York's Theatre.
⊕ Leicester Square.
Until Aug 17. £15-£105.

Mr Gum and the Dancing Bear – The Musical!

An adorable-sounding new kids show about a large bear, a horrible villain, Mr Gum and a girl who's determined to foil his plans. Ages seven-plus.

→ National Theatre, Dorfman.
⊕ Waterloo. Until Aug 31. £15-£45.

Zog

Julia Donaldson's clumsy dragon story is the latest of her picture books to get the big stage treatment.

→ Cadogan Hall.
⊕ Sloane Square.
Wed Jul 31-Aug 25. £18-£25.

OFF-WEST END

The Colours

Crafted from interviews with hospice patients, Harriet Madeley's drama explores attitudes to death.

→ Soho Theatre.
⊕ Tottenham Court Rd.
Tue Jul 30-Aug 17. £11-£17.50.

My Son Pinocchio Jr

A young cast perform this Disney-inspired family musical.

→ Southwark Playhouse.
⊕ Elephant & Castle.
Until Aug 14. £22, £18 concs.

Shackleton's Carpenter

Gail Louw's play is a true story of the unsung hero of a polar mission.

→ Jermyn Street Theatre.
⊕ Piccadilly Circus. Until Aug 17. £30, £10-£20 concs.

Tree

Idris Elba and Young Vic boss Kwame Kwei-Armah's semi-immersive musical about a young man rediscovering his roots in South Africa.

→ Young Vic. ⊕ Waterloo.
Until Aug 24. £10-£40.

TOP-SELLING TICKETS

ATIMEOUT.COM/TICKETS

1 Equus

A searing update of Peter Shaffer's horsey drama.

→ Trafalgar Studios. Until Sep 7.

2 The Starry Messenger

Matthew Broderick stars in this story of a mid life crisis.

→ Wyndham's Theatre. Until Aug 10.

3 The Night of the Iguana

The intoxicatingly weird play by Tennessee Williams.

→ Noël Coward Theatre. Until Sep 28.

4 Everybody's Talking About Jamie

A teen drag queen musical.

→ Apollo Shaftesbury. Until Jan 25 2020.

5 Come from Away

The Canadian sleeper hit.

→ Phoenix Theatre. Until Feb 15 2020.

FOR TICKETS TO THE BEST SHOWS AT GREAT PRICES
TIMEOUT.COM/TICKETS

EXCLUSIVE

Get up to 42 percent off tickets to 'Equus' – a 'feverishly intense' update of Peter Shaffer's psychodrama. Tickets from just £20.

TIMEOUT.COM/EQUUS

EXCLUSIVE

SHIT-FACED SHAKESPEARE: 'HAMLET'



Get 41 percent off tickets to a performance of 'Hamlet' given an unconventional twist: one of the cast members is – you guessed it – drunk as a skunk. Tickets start at £14, exclusive to Time Out.

TIMEOUT.COM/HAMLET19

TimeOut
THE BEST OF THE CITY

Ts&Cs apply.

Comedy

timeout.com/comedy



TIME OUT LOVES

US comedy takeover

While our own comics head to Edinburgh, a bunch of American stand-ups are staging a comedy coup in London. *Ben Williams* rounds up the best

The comedy couple

Individually, **Natasha Leggero** and **Moshe Kasher** are popular stand-ups. They're also a comedy power couple: they married in 2015 and have now joined forces to dish out relationship advice on 'The Endless Honeymoon Tour'.

→ Soho Theatre. ⊖ Tottenham Court Rd. Aug 12-17. £13-£20.

The meandering anecdotalist

Seattle-born stand-up **Nick Thune** is a superb story- and joke-teller. His wandering tales are full of wonderful asides, and his relaxed one-liners are things of beauty.

→ Soho Theatre. ⊖ Tottenham Court Rd. Sat Jul 31-Aug 3. £13-£17.

The podcast superstar

Phoebe Robinson is half of hugely popular podcasting duo 2 Dope Queens, which spawned its own HBO spin-off series. Ahead of a two-week Edinburgh Fringe stint, she's testing the jokes in her show 'Sorry Harriet Tubman' at some low-key London work-in-progress dates.

→ The Bill Murray. ⊖ Angel. Aug 8-9. £20.

The anxious observationalist

Massachusetts stand-up **Joe List** owns self-deprecation. The no-nonsense observational stand-up tells funny stories of childhood embarrassments and modern troubles that are packed with punchlines.

→ Soho Theatre. ⊖ Tottenham Court Rd. Aug 30-31. £14.50-£17.50.

THE TEN BEST GIGS THIS MONTH

10 The Comedy Store

A solid line-up at the famous club includes Ninia Benjamin and Tom Wrigglesworth.

→ The Comedy Store.
⊖ Piccadilly Circus. Aug 15-17. £20, £14 concs.

9 Abigoliah Schamaun: 'Do You Know Who I Think I Am?!'

UK-based American comic Schamaun examines assumptions people make about her.

→ Soho Theatre. ⊖ Tottenham Court Rd. Mon Aug 5-Aug 6. £13.

8 'Always Be Comedy'

'The Mash Report' correspondent and 'Live at the Apollo' star Ellie Taylor warms up for her forthcoming national tour.

→ The Tommyfield.
⊖ Kennington. Aug 22. £8.50.

7 Anne Edmonds: 'What's Wrong with You?'

This silly Aussie comic mixes stand-up and character comedy.

→ Soho Theatre.
⊖ Tottenham Court Rd. Aug 12-17. £11-£19.

6 Up the Creek

'Shooting Stars' scorekeeper Angelos Epithemiou is joined by caustic stand-up Scott Capurro and more in Greenwich.

→ Up the Creek. Cutty Sark DLR. Aug 24. £15.

5 'Holly Burn Is Jane Pasty'

Batshit character comedy from this fearless performer. Here, Burn is in character as a Katie Hopkins type.

→ The Bill Murray. ⊖ Angel. Sun Aug 4 and Aug 8. £5-£6.

4 Aaron Chen: 'Piss Off (Just Kidding)'

This multi-award-winning Aussie stand-up is one to watch.

→ Soho Theatre.
⊖ Tottenham Court Rd. Aug 28-31. £11-£16.

3 The Video Game Game Show Show

Guesting comics battle it out live on retro video games in this cult show.

→ The Phoenix. ⊖ Oxford Circus. Aug 6. £5-£15.

2 Bush Hall Presents

Intelligent stand-up Sara Pascoe – whose new book is published this month – headlines a top-notch bill.

→ Bush Hall. ⊖ Shepherd's Bush. Aug 9. £19.50.

1

Sam Fletcher: 'Close Up'

This joyous comedian premieres a new close-up magic show, featuring giddy gags and impressive illusions.

→ Aces & Eights. ⊖ Tufnell Park. Aug 13-16. £9, £7 concs.



More comedy listings at timeout.com/comedy

Art

Edited by Eddy Frankel
timeout.com/art @timeoutart

The UK's ultimate art destinations

Swap beaches for Babs Hepworth and swimming pools for sculpture parks with our guide to the UK's top destinations for art lovers to visit this summer

Tate St Ives

Perched just above the beach, whatever art is inside the glass-fronted Tate St Ives has to compete for attention with the stunning outside view across the Atlantic. Luckily, the permanent collection here is more robust than an XL stick of rock. The Cornish outpost has long been a destination for artists who flock here to take advantage of the unique light. The displays include Barbara Hepworth, Ben Nicholson, Bernard Leach, Naum Gabo and a very lovely yellow Rothko.

Nearest train station St Ives

While you're in town For more beautiful natural views with your art, visit the Barbara Hepworth Museum and Sculpture Garden.

Yorkshire Sculpture Park

It's hard to decide what's better here: the glorious array of artworks dotted throughout the parkland or the free-grazing sheep that happily munch away while their human counterparts get irate over a Damien Hirst or trip over while gawping at a Henry Moore. In summer 2019, the YSP is one of four venues hosting the inaugural Yorkshire Sculpture International, a festival of brilliant contemporary sculpture. It's a summer art must-see.

Nearest train station Wakefield Westgate, then bus or taxi to the YSP.

While you're in town Complete the Yorkshire Sculpture Triangle by also seeking out the Hepworth Wakefield, Henry Moore Institute and Leeds Art Gallery.

Baltic Centre for Contemporary Art

If you prefer to not mix seeing art with scraping mud or sand off your shoes, the Baltic might be a better fit. This Gateshead institution, housed in a former flour mill, boasts a stellar programme of contemporary art. Fun fact: the building's north face is a nesting site for kittiwakes. Zoom up to the external terrace on Level 4 and even if you don't spot a bird, you'll at least get panoramic views of the city.

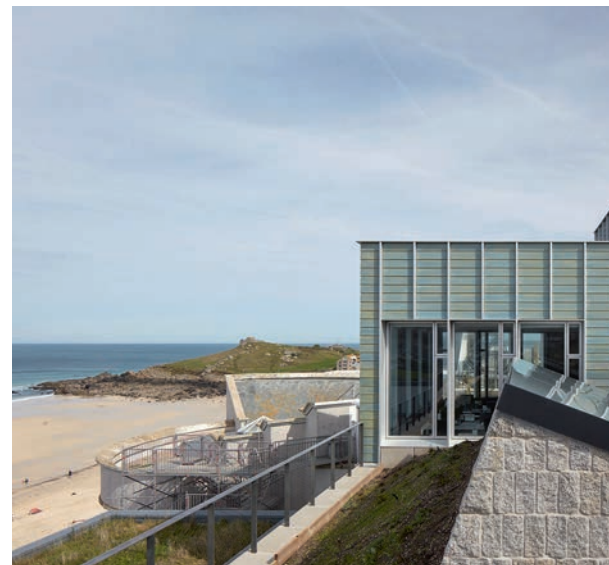
Nearest train station Newcastle Central Station

While you're in town Check out the schedule at the Baltic's neighbour Sage, then head to Newcastle's Cultural Quarter to browse the art, craft and design exhibitions at The Biscuit Factory.

Scottish National Gallery of Modern Art

Never judge a book by its cover, or an art gallery by its stonework. Edinburgh's modern art gallery





Find even more art at [timeout.com/art](https://www.timeout.com/art)

Art and about
(clockwise from far left)
The Baltic in Gateshead;
Marc Quinn at Jupiter
Artland; Tate St Ives;
Sophie Ryder at the
Yorkshire Sculpture Park

SOPHIE RYDER, SITTING, 2007. COURTESY THE ARTIST AND YORKSHIRE SCULPTURE PARK. PHOTO © JONNY WILDE

is split across two expansive nineteenth-century buildings surrounded by manicured gardens. Inside, all that neoclassical traditionalism gives way to a huge collection of modern and contemporary art that also stretches outside to include a sculpture park. **Nearest train station** Haymarket **While you're in town** Pay a visit to the Scottish National Gallery where you can see Henry Raeburn's 'The Skating Minister', also known as one of the worst artworks ever created.

Jupiter Artland

Sticking with Edinburgh, just outside this gem of a city is Jupiter Artland, a cultural haven set in 100 acres of woodland and meadows. Its permanent collection of 36 site-specific sculptures includes works by Anish Kapoor, Antony Gormley and Cornelia Parker. **Nearest train station** Edinburgh Waverley, then a bus. **While you're in town** It's just outside Edinburgh, so see any of the major galleries of the Scottish capital, plus

the lovely Dovecot Studios. If you're visiting in July or August, explore the programme of the annual Edinburgh Art Festival.

Sainsbury Centre for Visual Art

Located on the campus of the University of East Anglia, this gallery might well have slipped unnoticed from your art-visiting agenda. But don't let a fear of reliving your student days distract you from seeing this

stellar collection of modern and contemporary art. **Nearest train station** Norwich, but you'll then need to take a bus or taxi to the UEA campus. **While you're in town** See artworks dating back to the seventeenth century at Norwich Castle Museum and Art Gallery. ■



By Rosemary Waugh
Who really, really hates
Henry Raeburn, clearly.

Find more shows to see at timeout.com/art

Out of order Damien Hirst, 'Satellite' (left); Karen Knorr and Olivier Richon, 'Punks' (below); Peter Saville, 'Blue Monday' (bottom)



'New Order: Art, Product, Image 1976-1995'



THE TITLE OF this show is a promise, but not one that anyone ever managed to keep. 'New Order' refers to the band, obviously, but also to the era. 1976-1995 represented a time of hefty culture-shifting. There was the arrival and subsequent evolution of punk, the death of Thatcherism and the birth of Blairism. Caught across these works is the promise of things changing, of cultural revolution.

It kicks off with four YBA videos. Angus Fairhurst stomps about in a gorilla suit, Gary Hume sits in a bath with a Burger King crown, Fairhurst and Damien Hirst show up as clowns eating another clown and Sam Taylor-Johnson films a nude man dancing with slow-motion abandon. Downstairs, Gillian

Wearing dances silently in Peckham Shopping Centre. This is artists doing whatever, however: sniggering, laughing, partying in a new Britain.

Upstairs, Karen Knorr and Olivier Richon's photos of London punks lead to a Hirst medicine cabinet and some gorgeous Richard Hamilton collages. In the middle of it all, Peter Saville's iconic design for New Order's 'Blue Monday' single sits in a glass case. Putting a record on a pedestal like that, in an art gallery, when it's something designed for mass consumption is a bit of duff move if you ask me.

The best works are Knorr's portraits of Belgravia elites, coupled with quotes about how the price of gold will plunge if hostages get released, and how privilege is a high

price you have to pay, etc. Myopic poshos in their ultra-rich bubbles.

The show is a big old confluence of commerce, design, freedom, rebellion, money and identity. But there's a nostalgic edge to this that makes me a bit queasy. It's like the show is asking you to bask in the glow of this new order, of this brilliant revolutionary time. But did this era actually change anything? We still have those poshos, we still have those punks, we still have that wild abandon and that crushing despair. The revolutions keep happening, and nothing changes. A nostalgic look back through a bunch of works you've probably already seen is a lot of fun, but it's not half as revolutionary as it thinks it is. ■ *Eddy Frankel*

WHAT IS IT...
British art for British times: it's all about culture in the era of New Order.

WHY GO...
You've seen most of it before, but hits are still hits.

→ Sprüth Magers.
📍 Green Park.
Until Sep 14. Free.

PETER SAVILLE, BLUE MONDAY; LBS; © PETER SAVILLE; COURTESY OF THE ARTIST; DAMIEN HIRST, SATELLITE, 1989; 2010; PHOTOGRAPHED BY PRUDENCE CUMMING ASSOCIATES; © DAMIEN HIRST; AND SCIENCE ET. ALL RIGHTS RESERVED; DMS 2013; KAREN KNORR / OLIVIER RICHON; © KAREN KNORR / OLIVIER RICHON; COURTESY OF THE ARTIST

BEST OF THE BEST

The top exhibitions you have to see in London right now



↑ Faith Ringgold

These beautifully crafted paintings and quilts are fiercely political art at its finest.

→ Serpentine Gallery. ☉ Lancaster Gate. Until Sep 8. Free.



↑ Wong Ping

Expect rude, crude, violent but brilliantly written animated videos. It's nasty, really nasty, and that's why it's so good.

→ Camden Arts Centre. ☉ Finchley Rd. 5-6 Cork St. ☉ Piccadilly Circus. Both until Sep 15. Free.



↑ Cindy Sherman

This expansive retrospective gives you self-portraits through the ages by this serious contemporary art giant. Sherman is angry, cynical and really damn good.

→ National Portrait Gallery. ☉ Charing Cross. Until Sep 15. £18, £17 concs.

Want more? Find it at timeout.com/art

IWM LONDON

★★★★★
'Powerful and thought-provoking'
Londonist

CULTURE UNDER ATTACK

featuring **ART IN EXILE**

Until 5 January 2020
Free entry for all

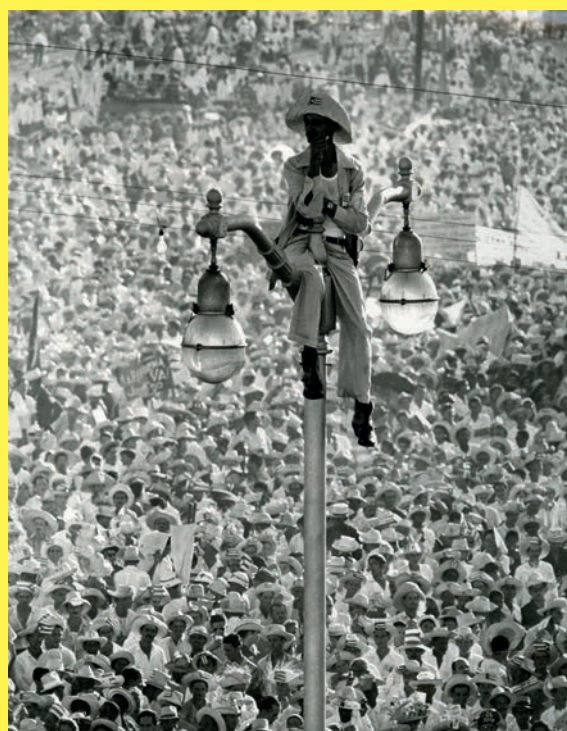
iwm.org.uk
IMPERIAL WAR MUSEUM LONDON

In partnership with
Historic England

William Orpen: The Artist: Self-Portrait, 1917 © IWM (Act IWM ART 2993)

Latin American Photography Season

THE PHOTOGRAPHERS' GALLERY



Alberto Korda, The Quixote of the street lamp, Cuba, 1959 © Alberto Korda Estate

14 Jun—6 Oct 2019

tpg.org.uk

Free from 5pm
Free Thurs Lates

16–18 Ramillies Street
London W1F 7LW
☉ Oxford Circus

Registered charity no. 262548

Supported using public funding by
ARTS COUNCIL ENGLAND

Food

Edited by Tania Ballantine
timeout.com/eatdrink @timeouteatdrink

FIVE OF THE BEST

Open-air food markets

These days, you can easily get street food indoors, but let's face it, it tastes better where it belongs: outside. Here's our pick of where to eat on the street



1 Dinerama
Street Feast's Shoreditch base is a tastemaking street food hub, having served up folks such as Smokestack and Breddos Tacos. It does a roaring good trade, dispensing a mish-mash of global fare (from pizzas and steamed dumplings to chargrilled seafood and vegan Mexican classics) alongside punchy drinks in such subtly named spots as Fünken Pümper and German Sex Dungeon. Parts of Dinerama provide plenty of shelter: as the sun goes down, the party gets started.

→ 19 Great Eastern St, EC2A 3EJ. Shoreditch High St Overground. Wed-Sat, 5pm-12.30am. Entry is free before 7pm, £3 after.

2 Netil Market
A little bro to the creative complex of nearby Netil House, this London Fields market has an eclectic selection of stands and more charm than the nearby Broadway and Schoolyard markets. Vendors come and go, but might include Mexican vegan stars Club Mexicana, Oli Baba's Middle Eastern-inspired plates, Lemlem Kitchen (Afro-tacos and more) and The Gamby Shack (healthy Afro-Caribbean food). There's not much seating, but you can plonk down in the park opposite on sunny days.

→ 13-23 Westgate St, E8 3RL. London Fields Overground. Tue, noon-7pm; Wed-Sat, 10am-10pm; Sun, 11am-10pm.



Street Food Union



Yun at Kerb



Baba G's at Vinegar Yard

VINEGAR YARD: HAYDON PERRIOR; YUN: JAKE DAVIS; BABAG'S: HAYDON PERRIOR



Vinegar Yard

3 Kerb King's Cross

This is where the big daddy of London's fertile food market scene had its original site in 2009 (remember Eat Street?). It helped to kickstart the area's foodie regeneration, and there are loads of familiar global traders (aka Kerbanists) on show these days – from Bian Dang, Meltsmiths and The Grilling Greek – plus 'inKerbaters' from the brand's talent scheme. This site is especially fab on hot days, with Granary Square's fountains as a backdrop and lots of benches (or fake-grass-covered canal steps) to sit on.

→ Granary Square, N1C 4AA. ☉ King's Cross. Wed-Fri noon-2pm.

4 Street Food Union

Forget packed lunches: if you work in Soho, you should really be heading down to Street Food Union, a collection of a dozen-odd Rupert Street stalls. Traders are on rotation and newcomers are added all the time, but regulars include the Slingin' Po' Boys, Lils Falafel and Burger Boy, plus Confit Street (fine French food), Yaay Yaay (home-style Thai food) and Oshpaz – a quirky one-off specialising in authentic plov. That's Uzbekistan's legendary national dish, of slow-cooked lamb on the bone, in case you were wondering. Soho: so good.

→ 51-53 Rupert St, W1D 7PQ. ☉ Piccadilly Circus. Mon-Sat 11.30am-2.30pm.

5 Vinegar Yard

From the people behind nearby Flat Iron Square, London Bridge's latest food-and-art hotspot is stuffed with design installations, ethical pop-up shops, vintage clothing and, of course, a full line-up of street food vendors. Among the current headliners are Baba G's Indian 'pachos' and 'naanwiches' (fresh from winning 'My Million Pound Menu'), Nanny Bill's burgers and Up in My Grill's ever-excellent steaks, plus truffle arancini and other Italian street food 'bites' from Sugo and seasonal sourdough pizza from Turnips. Wash it all down with coffee from The Gentlemen Baristas or something a little stronger from the venue's open-air bar. Best of all, there's a big indoor area if the weather doesn't play ball ■

→ Vinegar Yard, 72-82 St Thomas St, SE1 3QU. ☉ London Bridge. Daily 9am-11pm

EXCLUSIVE

Get tickets to a summer brunch party at **Tropicana Beach Club**: bottomless cocktails + Mexican food.

TIMEOUT.COM/TROPICANA

Find disposable-box-loads more freestyle food at timeout.com/foodmarkets

TimeOut TABLE FOR TWO

**50%
OFF!**

The Gin Supper Club box is here!

Get 50 percent off the food bill for two people, plus two cocktails.
Featuring:

HIX • JONES FAMILY PROJECT • CAMINO • + MORE!

For those who only want the hottest new spots.

Get yours at timeout.com/supperclubbox



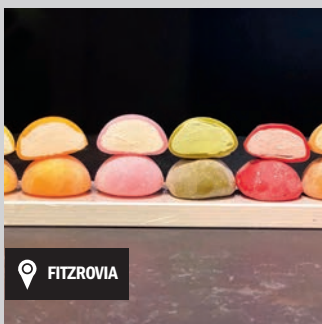
Each box contains a set of eight cards giving you 50 percent off the food bill, plus 2 cocktails, for two people.

GIN MARE
MEDITERRANEAN GIN

TimeOut

Sponsored Listing

Going out? Try here.



FITZROVIA

DEZATO SAYS:

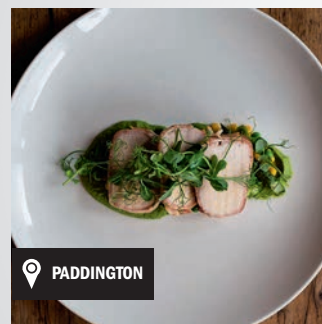
'Perfectly situated on bustling Charlotte Street, Dezato is a shop devoted to serving high quality, artisanal gelato along with a selection of ice-cream-based desserts, mochi ice cream and a partnership with Illy Coffee. Fresh batches of gelato are made on site daily. Flavours include pistachio, lemon curd and tiramisu.'
53 Charlotte St, W1T 4PA.



ALDGATE

DABBERS SOCIAL BINGO SAYS:

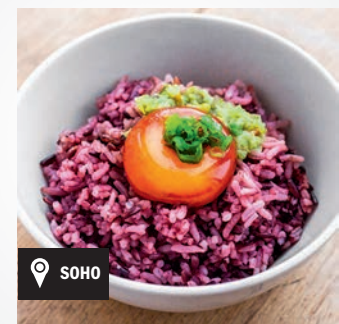
'The UK's first and only purpose-built contemporary bingo hall is bringing this beautiful game back with a bang. We've replaced callers with comedians, dreary cash prizes with incredible experiences and gadgets, and cups of tea with cocktails. Open daily, you can expect huge prizes, sassy hosts and a one-off, custom-built ball machine.'
18-22 Houndsditch, EC3A 7DB.



PADDINGTON

SMITH'S BAR & GRILL SAYS:

'Enjoy brand new summer dishes and revamped classics on the menu at Smith's Bar & Grill. With a brand new charcoal grill, brand new food menus and a brand new wine and cocktail list, summer has never tasted so good. Come and join us on our gorgeous year-round terrace overlooking the Grand Union Canal.'
25 Sheldon Square, W2 6EY.



SOHO

WILD RICE SAYS:

'Wild Rice was founded on a passion for food and a belief that tradition is ever-changing and can be constantly recreated. Committed to sourcing the highest quality fresh and local British ingredients, our selection of small and sharing plates reinvent Thai food inspired by recipes passed down through the generations.'
28 Brewer St, W1F 0SR.

SO YOU'VE
NEVER BEEN TO

Umu



U-who?

Umu. Meaning 'born of nature' in Japanese, it's a high-end sushi specialist that's almost bizarrely discreet.

Like, a good place for a dangerous liaison?

Well, yes, though not of the romantic kind. It's more the sort of place that business types in handmade suits go if they want to plot a boardroom assassination. The windows are draped with dark linen fabric: it's very 'traditional Kyoto' here, so no fear of prying eyes.

But is the food any good?

Hell, yeah. The food is *flawless*. Umu picked up its first Michelin star in 2005, a year after opening, and its second twinkler a decade later. There's a spenny kaiseki (essentially an haute cuisine tasting menu) or you can pick and choose off the à la carte. Must-haves include the zingy hand-cut red prawn tartar, delicately sweet-salt-smoke eel kabayake or buttery yellowtail nigiri (the sushi rice is immaculate, fyi). Also memorable: sake-cured Scottish langoustines with tomato jelly and specks of wasabi. You get the picture.

How about the vibe?

Don't bring your rowdy pals: lines are clean, service polite, soundtrack of the muzak variety. It's a very certain type of restaurant. Just so you know.

Any other tips?

Go at lunch, when you can get bento boxes for £35-£49 ■ *Tania Ballantine*

Dinner for two with drinks and service: around £280.

→ 14-16 Bruton Place, W1J 6LX. ☎ Bond St.

Halo Burger



IT'S HARD TO stand out in Pop Brixton's buzzing food community, but this quick 'n' dirty vegan burger joint has done it, by serving 'bleeding' burgers from the Beyond Meat company.

The much-hyped 'blood' – which seeps out when cooking – comes from beetroot, and the burgers contain protein from peas, rice and mung beans. Bland as that may sound, when magicked together by the BM crew, it turns into something quite unexpected: a Burger King doppelgänger.

Both the signature Halo Burger (two Beyond Burgers, vegan cheese slices and caramelised onion) and the Smoky Carolina BBQ Summer Special (gouda-style vegan cheese and battered onion strips) tasted like they could be dished up at any big-hitting burger chain without anyone batting an eyelid, even down to the overly sweet sauce and enjoyably stodgy bun.

After wrestling the patty away from the sauce for closer inspection, it really did taste like meat. Or rather, like a fast-food beef hamburger patty. Clever as that is, you're paying around £10 for a small burger, which seems pretty steep.

But overall, it's messy, it's fun and it works. And props to Halo for not pretending its burgers are healthy just because they're plant-based. This is vegan junk food at its junkiest and we're more than okay with that. ■ *Tristan Parker*
Dinner for two with beers: around £40

WHAT IS IT...

A vegan burger joint in Pop Brixton.

WHY GO...

To feel like you're eating in a Burger King from the future.

→ Pop Brixton, 49 Brixton Station Rd, SW9 8PQ.
☎ Brixton.



EXCLUSIVE

SMITH AND WOLLENSKY



Tuck into a meal fit for royalty at one of London's top steakhouses – a 250g sirloin steak each, wine and bottomless fries for two is now just £39. That's 64 percent off.

TIMEOUT.COM/SMITH

TimeOut
THE BEST OF THE CITY

Ts&Cs apply.

Drink

Edited by **Laura Richards**
timeout.com/bars @timeouteatdrink

Little Faith



THERE'S A GHOST sign on a wall across the road from Deptford taproom Little Faith that reads 'Evelyn Wharf'. The ships are long gone, but it's a reminder that this was once in the heart of the docks. Creekside has been home to artier enterprises since, and is now being developed with lots of new flats. All of these eras are reflected in Little Faith. It's legitimately post-industrial, with a nice bohemian vibe that's often missing in these places, and a decent outdoor space – you have to buy your drinks, go back out the door and down the road to get there, but hey. There is also a selection of industrial-y furnishings for sale, so you can get drunk and buy some factory lampshades, saving you the trouble of going home and doing it on eBay.

There's a changing roster of 15 beers on the taps. The home team (although brewed in Bermondsey) naturally features prominently, but friendly visitors included Brick and Hackney Church Brew Co. Little Faith's True Colours extra pale ale was a bitter delight, while its take on a raspberry witbier was sweetly refreshing. Other seasonal highlights were The Kernel's tart damson saison and a G&T made with Bermondsey's Jensen gin. Foodwise, there's charcuterie and

cheese, and great toasties, plus pop-ups in the yard. Jerk Off BBQ were doing their thing on this occasion, to a soundtrack of woozy hip hop.

Little Faith stands apart from Deptford's more manic High Street and Market Yard. One couple were playing chess, FFS. It's nice: I liked it a lot. Okay, I don't really want to shop for homeware over an ale, but after a couple more drinks, who knows? The ships will never return, but right now, Little Faith feels like a port in a storm. ■ *Chris Waywell*

BAR OF THE WEEK



WHAT IS IT...

A charming taproom in a changing corner of Deptford.

WHY GO...

For local brews and a browse – Little Faith also sells furnishings.

→ Artworks, 3 Creekside, SE8 4SA. Deptford Bridge DLR.

THREE OF THE BEST

Frozen cocktails



Champagne Piña Colada

This silky take on the tropical cocktail gets its chill from coconut sorbet. Served at French-influenced bar Coupette, the pièce-de-résistance is its champagne top, elevating it to something far more classy than the drink you heard about in that naff old song. Oh là là, indeed.

→ Coupette, 423 Bethnal Green Rd, E2 0AN. ☉ Bethnal Green.



Prosecco slushie

Live your best life at Pastaio, where they take Italy's most popular export to the next level. Prosecco is churned with lemon and grappa to achieve a frosty drink that pairs surprisingly well with pasta. It's so delicious, we guarantee brain freeze as you try and gulp it down in one.

→ Pastaio, 19 Ganton St, W1F 9BN. ☉ Oxford Circus.



Sgroppino

It may not be the purest definition of a frozen cocktail, but this aperitif (or dessert!) at Swift gives us chills. The prosecco drink comes with a lemon sorbet float, plus a spoon on the side for ploughing in. But we recommend you savour each sip as it melts – it's like some boozy magic trick.

→ Swift, 12 Old Compton St, W1D 4TQ. ☉ Tottenham Court Rd.

Escapes

Edited by Ellie Walker-Arnott
timeout.com/daytrips



A perfect day in

Dungeness

Shingle strolls, bird-watching and desert vibes

THERE'S A DEFINITE 'end-of-the-world' feel about Dungeness, a tiny fishing town at the southernmost point of Kent. It's set in a wild landscape of stark, shingle desert headland, overlooked by the imposing Dungeness Nuclear Power Station. It doesn't tick the 'Garden of England' boxes the rest of the county is known for, but there is something uniquely beautiful about the place, with its lighthouses, abandoned fishing boats, wooden cabins and thriving wildlife.

First Up

Head to the top of the **Old Lighthouse**, a historic Grade II-listed building that saved ships from the perils of the English Channel between 1904 and 1960. From the top you can see for miles across Dungeness and Romney Marsh.

Soak up the vibes

Dungeness is a magnet for all kinds of bird life, so grab your binoculars and head to the **RSPB Dungeness Nature Reserve**. Take the circular trail and enjoy the vistas of wildflower meadows, shingle ridges and marshland.

Stop for lunch

If the salty sea air hasn't already given you an appetite, the salivating smells from the family-fun **Snack Shack** most certainly will. Dig in to homemade flatbreads with the catch of the day from its very own fishing boats. For the best fish and chips around, head to the **The Pilot Inn**, which sits right on the edge of the beach.

Go on an adventure

Romney Marsh is as flat as a pancake, so makes for perfect cycling country. **Hire a bike** in Dungeness or New Romney and take in the desert-like scenery of the largest expanse of shingle in Europe. Go past the Wild West-esque weathered, derelict huts and fishing boats as well as the iconic coal-black **Prospect Cottage** and gardens, former home to film director Derek Jarman.

Drink like a local

Try a local beer from **Romney Marsh Brewery's** beer garden at the Romney, Hythe and Dymchurch Railway station in Dungeness, aptly named **Ales by the Rails**. ■ *Sarah Gibbons*

→ Get there: 40 minutes by train from London St Pancras to Ashford International, then bus or taxi; around one hour 30 minutes by car.

IF YOU ONLY DO ONE THING

Stay for the **sunset**. There's something extra-special about the sunsets at Dungeness, and neighbouring Camber Sands too. As the sun sinks to the horizon, watch a spectacular show of pinks, blues and oranges fill the sky and reflect on the open sea. A photographer's dream.

WAKE UP HERE

Shingle House



As the name suggests, locations don't get better for exploring this unique corner of Kent than this striking architectural gem of a holiday house – right on the shingle. Integrated into the landscape, the modern design is inspired by the old tarred exteriors of the fisherman's huts that are dotted across Dungeness. Enjoy the expansive sea views from its folding glass windows, or watch as the Romney, Hythe and Dymchurch miniature railway passes by the end of the garden. It's a totally dreamy spot. *Sarah Gibbons*

→ Dungeness, Kent. From £315 per night, sleeps eight.

www.living-architecture.co.uk

Escapes



Don't miss

Brighton & Hove Pride

WE LOVE LONDON PRIDE, but it's hard to beat Brighton and Hove's world-famous LGBTQ+ celebration. This weekend, festivalgoers will parade through the streets to the theme of 'generations of love', chosen to mark the 50-year anniversary of New York's Stonewall Inn uprising, which ignited the Pride movement.

Kylie Minogue is headlining Pride in the Park and the weekend's roster

of live bands is bolstered by an ace line-up of free and ticketed events.

As ever, Pride is a party with a purpose, and as well as supporting LGBTQ+ organisations, this year it's reducing its single-use plastic. You can help to keep rubbish out of the ocean by taking part one of the three silent disco beach cleans taking place on Sunday. ■ *Lucy Lovell*

→ Free, some ticketed events. Pride in the Park, £40. Fri Aug 2-Sun Aug 4. www.brighton-pride.org

SWAP THE CITY FOR A woodland detox



IF YOU'VE BEEN screaming into the digital void recently, it'll come as a relief to find a bolthole where your phone isn't welcome. Wellness retreats at eco-glamping site Swinton Bivouac provide an excuse to ditch tech and reconnect with your surroundings, which, in the Yorkshire Dales are all noise-free woodlands, meadow valleys and sweeping lake vistas.

You can stay in sustainable tree lodges and lounge in a wood-fired hot tub. Activities include forest bathing, which is really

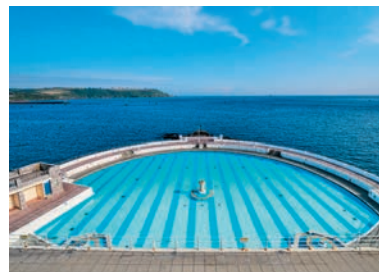
just a soothing way to describe mindful walks in nature, sound bathing (think chilling out to the melody of gongs and Tibetan bells) and reiki drumming around a dusk campfire. It's a lot more down-to-earth than it sounds. But if you do want a dose of magic, head to the woodland druid's temple. It's atmospheric enough to validate any fantasies of fairies and forest sprites. ■

Lorna Parkes

→ Masham, North Yorkshire. Two-night wellness retreat £375 per person. Next retreat Sep 22-24. www.swintonestate.com

THREE OF THE BEST

Lidos



↑ Tinside Lido Plymouth

Splash around in style and be transported to a bygone era in stunning Grade II-listed, art deco surroundings. Located at the tip of Plymouth Hoe and overlooking the sea, this picturesque swimming pool makes the perfect spot to soak up some vitamin D and tally up some lengths.



↑ Saltdean Lido Brighton

This pretty 40m heated pool is the centrepiece of Saltdean's seafront. Original features include the grand art deco fountain and the unique, curving rows of changing rooms. There's also a more modern children's pool and a landscaped lawn area, perfect for lounging around in.



↑ Jubilee Pool Penzance

Opened in 1935, this modernist-inspired triangular lido protects swimmers from strong offshore winds. But you might still want a wetsuit to dive into the large surf-side pool, filled with, erm, refreshing seawater. Thankfully, a small geothermal pool is set to open later this year. ■

Nisha Woolford

Cool off in cool surroundings at timeout.com/daytrips

So what are you waiting for,
London? It's time to saddle up
and come along for the ride.

Get pedalling...



MAYOR OF LONDON



TRANSPORT
FOR LONDON
EVERY JOURNEY MATTERS

A wheely good day out

FreeCycle is back this Saturday, as part of Prudential RideLondon. This seven-mile circuit in the centre of London is free to join – just turn up on the day and ride past famous landmarks while you enjoy loads of entertainment. On your bike!



MAYOR OF LONDON

PRUDENTIAL
RIDE LONDON



TRANSPORT
FOR LONDON
EVERY JOURNEY MATTERS