

A slice of America in London

As the capital gears up for some American Football NFL action, MetroTravel explores some US-themed outings that are easy to do on the transport network.

WEMBLEY Stadium will be awash with the stars and stripes this weekend as the NFL's Jacksonville Jaguars take on the Indianapolis Colts. Here are some picks for experiencing the States on this side of the Atlantic.

NFL pre-match entertainment

American Football fans can enjoy some pre-match entertainment as part of NFL on Regent Street on Saturday when the road will be closed to traffic. More than 600,000 fans are expected at the event, which will include

interactive games, historical displays, musical performances and even cheerleaders showcasing their moves. There will also be a chance to meet players and coaches from both teams.

On match day, fans can head to Wembley Stadium and experience an authentic NFL Tailgate party, where visitors gather round their vehicles to soak up the atmosphere. The free party opens at 9.30am and visitors can also see NFL Hall of Famers and live music performances.



Nearest stations: Oxford Circus for Regent Street (Victoria, Central and Bakerloo lines) and Wembley Park for Wembley Stadium (Jubilee and Metropolitan lines)

Benjamin Franklin House

Visit the house of America's founding father, Dr Benjamin Franklin. Built at 36 Craven Street in the 1730s, the house now serves as a museum and educational facility. Visitors can learn about his time in London, try hands-on scientific experiments and see the research facilities with a full set of published papers on Franklin.

The house itself is architecturally significant with a Grade I listing and the majority of original features retained, including the central staircase, lathing, 18th century panelling, windows and beams.

Nearest station: Embankment (Bakerloo, Northern, Circle and District lines)



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St. Paul's Cathedral American Memorial Chapel

A tribute within Sir Christopher Wren's iconic structure, the chapel was rebuilt after World War II to commemorate the 28,000 Americans who were stationed in Britain.

Also known as the Jesus Chapel, it is decorated with depictions of the animals and plants from the continent. The

windows feature American state symbols, while the limewood panels include a rocket, which is a nod to NASA's achievements.

Nearest station: St Paul's (Central line)

JFK bust and memorial

One of the US's best-loved Presidents, John F. Kennedy had a strong relationship with the British public. This statue, on Marylebone Road near Regent's Park, was unveiled in 1965.

Designed by American sculptor Jacques Lipchitz, it was funded by 50,000 readers of the Sunday Telegraph, who were only allowed to donate a maximum of £1.

Nearest stations: Great Portland Street (Circle, Hammersmith & City, and Metropolitan lines) and Regent's Park (Bakerloo line)

Take your place in the pack

If you are inspired to don a helmet and try your hand at American football, then the capital is home to several clubs. The London Blitz, based in Finsbury Park, and the London Hornets, from Regent's Park, are just a couple.

Latest figures show that 40,000 people aged over 16 regularly play amateur American Football in the UK, and many clubs offer taster sessions to allow people give it a go.

Nearest stations: Finsbury Park (Victoria and Piccadilly lines) and Regent's Park (Bakerloo line)

■ Visit tfl.gov.uk/plan-a-journey to plan your American adventure

NFL in London

Indianapolis Colts @ Jacksonville Jaguars
October 2, Wembley Stadium

New York Giants @ Los Angeles Rams
October 23, Twickenham Stadium




Washington Redskins @ Cincinnati Bengals
October 30, Wembley Stadium

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