

Free summer fun in the capital



Picture: Kew Gardens

HOP on a Tube, bus or train into London for a day of free activities and adventures.

From rowing a boat to handling museum artefacts, there's plenty on offer – and something for all ages. Here's MetroTravel's top picks of what to do in the capital:

Watch the changing of the guard at Buckingham Palace

You can get great views of this quintessential London experience from many different angles – outside the gates, from The Mall, even the Victoria Memorial. Get there early to find the best viewing spot and bring a picnic.

When the Queen is at the Palace there are four sentries on duty instead of two, how many can you spot?

- The changing of the guard takes place at 11.30am each day this month. The nearest stations are Victoria and St James's Park on the District and Circle lines

■ www.royal.gov.uk/royaleventsandceremonies

Visit the Museum of London Docklands

See what life was like in the heart of the city before the skyscrapers of Canary Wharf were built. Older

children can load a tea clipper and weigh cargo, and there's a soft play area for under-fives. There are also film screenings each month.

- The museum is open Monday to Sunday from 10am to 6pm during school holidays, and from 2pm to 6pm during term time. The nearest stations are West India Quay (Docklands Light Railway) and Canary Wharf on the Jubilee line

■ www.museumoflondon.org.uk/Docklands

Go to Kew Gardens

All children aged 16 and under go free to Kew, so make a day of it. Take a picnic to nibble from as you roam around the grounds, then take a ride on the 'Tutti Frutti boating experience' (pictured) – part of the current exhibition on edible plants.

In the shop, look out for the stationery range using London Transport Museum posters advertising Kew from 1915-1940.

- Gates open at 9.30am and close at around 5.30pm depending on the season. The nearest Tube stop is Kew Gardens on the District line, rail station Kew Bridge is also nearby

■ www.kew.org

Discover the Horniman Museum

Although one of London's lesser-known museums, its collection is

very much worth a visit. This Friday there's a lively 'busy bees' session for under-fives, and on Sunday you can drop in to 'Hands on Base' where you can learn about some of the exhibits by handling them – quite unusual for a museum. Also check out the gardens which were completely renovated in 2012, and the bandstand where outdoor concerts are held.

- The museum is open daily from 10.30am to 5.30pm. The nearest station is Forest Hill (London Overground), the route is signposted. Buses 176, 185, 197, 356 and P4 also stop close by

■ www.horniman.ac.uk

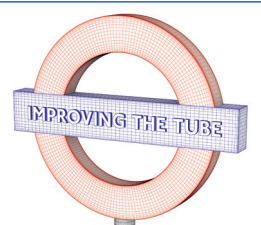
Check out a city farm

There are urban farms dotted across the city that are lovely to visit when the sun's out. Take your pick from Brooks (E10) Dean City (SW19), Freightliners (N7), Hackney (E2), Heathrow (UB7), Hownslow (TW14), Kentish Town City (NW5), Mudchute (E14), Newham City Farm (E16), Spitalfields (E1), Stepping Stones (E1), Surrey Docks (SE16), Wellgate (RM5) or Woodlands (DA16).

Most are free to enter but would welcome donations, and many have extra room to run around and activities for children including talks and hands-on sessions.

■ To plan your journey to any of these places, visit tfl.gov.uk/journeyplanner

Tube improvement plan – post weekend update



Closures over the weekend enabled a number of improvements to be carried out on the Tube network:

- 300 metres of track was replaced on the District and Hammersmith & City lines between Stepney Green and Mile End

- 300 metres of drainage was improved on the District line between Whitechapel and Aldgate East
- New signalling was tested on the Northern line. During the closure, improvement work also took place on Northern line platforms of Tottenham Court Road station

Keep up with the improvement plan and how it might affect you at tfl.gov.uk

London travel advice: plan your journey now



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tfl.gov.uk/socialmedia

London Travelwatch

London's transport watchdog
call 020 3176 2999, or visit
www.londontravelwatch.org.uk

*Service and network charges apply.
See tfl.gov.uk/terms for details.



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