



Seeing the Capital Differently

Swimming & Bathing

Welcome to *CityThemes*

By printing this leaflet you have decided to discover, or rediscover, the sights and delights of **London** in a different way. We hope that you enjoy your explorations of our fascinating and historical capital city.

This leaflet has been designed to allow you to explore as the mood takes you. Both well-known and lesser-known attractions are included and they are randomly listed so that you plan your own itinerary and visit as many or as few as you wish.

Please note:- some places restrict entry and ask for prior application either in writing or by telephone. This is indicated where known. Others may change opening days and hours with little warning – it may be worth checking by phone if they are off the beaten track.

A very brief description of the reason for the choice of site is given but because of space it is not possible to include much detail. Again a telephone call to the site may help you to decide on whether a visit is worthwhile. Remember there may be other items that interest you at the same site.

Themes are constantly being updated and new titles added so please keep looking at our website or get in touch with us by e-mail or letter. We welcome your comments especially if you feel that some site should be included or details are incorrect/inaccurate. Contact details are

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Enjoy Your Explorations

Lidos take their name from the Italian for 'seashore' and were originally built as outside pools for people who were not able to go to the seaside

Hyde Park Lansbury Lido, W1

020 7298 2100 www.open.gov.uk/rp/rphome.htm

transport: Knightsbridge & Hyde Park Corner u/g; buses 2,8,9,10,14,16,19,22,36,38,52,73,74,82,137

opening: daily 10.00-17.30

admission charge

Hyde Park is the largest of the Royal parks and has an open-air lido on the south side of the Serpentine - just right when it's a hot day in the city. The Serpentine Lake is almost a mile long and covers 40 acres. It was created in 1730 by damming the river Westbourne and takes its name from the curving snake-like appearance

Hampstead Heath

bathing ponds - East Heath Road NW1; Lido Parliament Hill, Gordon Road, NW5

020 7485 4491 (Mixed Bathing Pond), 020 7485 3873 (Lido)

transport: Hampstead u/g, Hampstead Heath rail; buses 46,210,268. For lido & single-sex pools Kentish Town u/g, Gospel Oak rail; buses 214,C2,C11

opening: Bathing Ponds & Lido daily 07.00-19.00

admission free to Ponds, charge for Lido

Hampstead has three bathing ponds and a Lido. One pond is for mixed swimming while the Highgate Pond is for men only and the Kenwood Pond for women only - topless bathing is allowed. The Lido is a proper swimming pool for all the family

Porchester Spa

225 Queensway, W2

020 7792 3980

transport: Bayswater, Queensway & Royal Oak u/g; buses 7,12,23,27,36,70,94

opening: daily for men: Mon,Wed,Sat 10.00-22.00; for women: Tue,Thur,Fri 10.00-22.00 Sun 10.00-16.00;

mixed: Tue & Sun 16.00-22.00

admission charge

this Art Deco tiled spa complex is known for its Turkish bath, saunas, steam rooms, jacuzzis and swimming pool

Oasis Sports Centre

Endell Street, WC2

020 7831 1804

transport: Tottenham Court Road & Covent Garden u/g; buses 1,14,19,24,29,38,176

opening: daily Mon-Sat 07.00-17.00, Sun 09.30-17.00

admission charge

an open-air lido

Tooting Bec Lido

Tooting Bec Road, SW17

020 8871 7198

transport: Tooting Bec u/g; buses 249,319,G1

opening: daily 10.00-20.00

admission charge

an open-air lido in south London

Lansdowne Club

9 Fitzmaurice Place, Berkeley Square, W1

020 7629 7200

transport: Green Park u/g; buses 8,9,14,19,22,38

admission: membership subscription only but worth ringing to enquire if can view building

a 18th century club by Robert Adam and Sir Robert Smirke with art deco interior design. The swimming pool, dining room and ballroom are worth a look even if you cannot use the facilities

Roman Bath

5 Strand Lane, WC2

transport: Temple, Embankment & Covent Garden u/g, Charing Cross & Waterloo u/g & rail; buses 1,6,9,11,13,15,23,26,59,68,76,77A,91,168,171,172,176,188,341; boat Savoy & Embankment Piers

opening: Mon-Fri 10.30-12.30

admission free

this is a natural spring bath decorated with figures and tulip designs in 17th century Dutch delft tiles. The bath itself appears to date from Tudor Times

New Turkish Baths

Bishopsgate Churchyard, EC2

020 7588 3388

transport: Liverpool Street u/g & rail; buses 8,11,26,35,42,47,48,78,100,149,242,344

Gallipoli & Nevill's New Turkish Baths are now an Italian restaurant but they still retains the glazed ceramic and terracotta tiling, stained glass onion dome and rosewood panelling

Bridewell Theatre

Bride Lane, EC4

0202 7936 3456

www.bridewelltheatre.co.uk

transport: Blackfriars u/g & rail & City Thameslink rail; buses 11,15,26,45,63,76,100,172,341

in 1994 this disused Victorian swimming pool and laundry was converted into a theatre for music and drama in the evenings, and short shows & workshops at lunchtimes

National Gallery

Trafalgar Square, WC2N

020 7747 2885

www.nationalgallery.org.uk

transport: Charing Cross u/g & rail; buses 3,6,9,11,12,13,15,23,24,29,53,77A,88,91,139,159,176; boat Embankment Pier. Free bus service between National Gallery, Tate & Tate Modern every 30mins

facilities: gallery soundtrack in 5 languages; tape guide for visually-impaired; sign language tours; large print labels; disabled access (wheelchairs on request); disabled wcs; library by arrangement; restaurant & snacks; shop; tours (daily 11.30 & 14.30 plus 18.30 Weds)

opening: daily 10.00-18.00, Weds 10.00-21.00

admission free

amongst the collection you will find a painting by Cezanne entitled 'Bathers' (1900-6) and one by Seurat entitled 'Bathers at Asnieres' (1884)

Carshalton House Water Tower

136 West Street, Carshalton, Surrey, SN5

020 8647 0984

transport: Carshalton rail

opening: April-Sept Sun 14.30-17.00

admission charge

this early 18th century tower was built to house a water-powered pump to supply Carshalton House and the fountains in the garden. It also contained an early 18th century cold bath, lined with Delft tiles. This has recently been restored

Stockley Park

Heathrow, UB11
www.stockleypark.c.uk

transport: Hayes & Harlington, West Drayton rail; buses H50,U1

this is a modern 1980s 250 acre landscaped business park with many striking buildings. The British Telecom headquarters was designed by Norman Foster and has ceramic dots in the window centres to reflect the light. Several sculptures decorate the park including a bronze of eight synchronised swimmers in a lake, and another of two lumps of stone meant to resemble Greek gods

Leyton Leisure Lagoon

763 High Road, Leyton, E10
020 8558 8858

transport: Walthamstow Central u/g, Leyton Midland Road rail; buses 20,48,55,56,69,97,230,257,357,W15,W16,W19

facilities: disabled access with hoist & lifts; disabled wcs

opening: Mon-Fri 07.00-22.00, Sat 08.00-22.30, Sun 08.00-20.30

admission charge

this leisure centre has a 98ft (30m) flume slide, various water features, a hot tub suana and steam & sunbeds

Archway Leisure Centre

MacDonald Road, N19
020 7281 4105

transport: Archway u/g; buses 4,17,41,43,134,143,210,263,271,390,C11,W5

opening: adults: Mon-Fri 06.30-09.00, noon-13.30, 18.00-21.30; children Mon-Fri 15.30-18.00. Everyone Sat 11.00-16.30, Sun 10.00-18.00

admission charge

here you will find a river run, spa pools, a water slide, water jets, a high-tech gym, magic boat soft play area and steam, saunas & sunbeds

Greenwich Park, SE10

020 8858 2608 www.open.gov.uk/rp/rphome.htm

transport: Cutty Sark DLR, Greenwich rail; buses 177, 180,188,199,286,386; boat Greenwich Pier

facilities: Park Café

opening: daily 06.00-dusk
admission free

a plaque on the wall between Blackheath Gate and Ranger's House marks the spot where a sunken cold bath lies below the paving. That is all that remains of Montague House, home of Queen Caroline, wife of King George IV

Gothic Bath House

112 North Cray Road, Bexley, Kent, DA5 3NA
01322 554894

transport: Bexley rail; bus 492

opening: summer Suns by prior arrangement

a 1766 bath house, it could be filled to a depth of 4ft (1.2m) when required and was drained by a system of sluices

Poverest Road Roman Bath-House & Anglo-Saxon Cemetery

Poverest Road, Orpington, Kent, BR5
01689 873828 (Bromley Museum)

transport: St Mary Cray rail; bus R3

opening: on specific days only. Please telephone for further information
admission free

an Anglo-Saxon cemetery surrounded this 3 roomed bath house that was used between AD 270 and 400 and included a hypocaust (central heating system)

Laurie Grove Baths

Laurie Grove, New Cross, SE14

transport: New Cross & New Cross Gate u/g & rail; buses 21,47,136,177,225,321,436,P13

facilities: now art studios for Goldsmith's College

opening: by arrangement with the College

built between 1895 and 1898 this Jacobean style pool has separate entrances for men and women. Although now art studios many of the original interior features of the swimming baths, slipper baths and laundries still remain

Constitution Hill Underpass

Hyde Park Corner, W1

transport: Hyde Park Corner u/g; buses 2,8,9,10,14,16,19,22,36,38,73,74,82,137,148,414,436

scenes of famous local landmarks have been used to decorate this underpass under Hyde Park Corner. They illustrate the history of the Battle of Waterloo, Rotten Row in Hyde Park, Harrods the famous department store, Knightsbridge, the Household cavalry stabled nearby, activities in Hyde Park including swimming, cycling, rowing and fireworks, the Serpentine and the Great Exhibition of 1851

A great deal of care has been taken in collecting the information in this leaflet but *CityThemes* cannot be held responsible for the accuracy of that information. It can cover only a few of the many interesting sites to be found in London and therefore must not be considered a definitive guide.

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