

24 hours.



[24 HOURS IN] east london

Sarah Lewis discovers London's East End has brushed off its grimy image and is now full of culinary and sensory surprises.

9am

BREAKFAST AT ALBION CAFE

Whether you've stayed at the Boundary hotel or not (theboundary.co.uk), make sure you breakfast at the Albion Cafe downstairs. This offers best-of-British old-school charm, with kedgeree or fried duck eggs on toast. **2-4 Boundary St, Shoreditch, albioncaff.co.uk.**

10am

CARAVAN AND COFFEE

Pop in to darling homewares store Caravan (**3 Redchurch St, Shoreditch, caravanstyle.com**), then recharge with a latte at Allpress Espresso Roastery (**58 Redchurch St, Shoreditch**).

11am

COLUMBIA ROAD SHOPPING

Weave your way to Columbia Road and visit the popular flower market if it's Sunday, or skip between a host of antique, art and clothing boutiques.

Visit: columbiaroad.info.

12.30pm

BISTRO LUNCH

Beat the lunchtime crowds, if you can, and nab a table at Brawn. Here you can graze over plates of charcuterie or moreish pan-fried chanterelles. Salted caramel crepes and a clever wine list make this a meal worth lingering over. **49 Columbia Rd, Shoreditch.**

3pm

BRAVE BRICK LANE'S BUSTLE

Sunday is also the best day to head to Brick Lane, when the street market has food stalls serving everything from empanadas to pulled pork sandwiches. These pop-up stalls give way to the area's iconic curry houses.

4.30pm

ART IN THE AFTERNOON

The Whitechapel Gallery plays host to an international line-up of contemporary and 20th-century artworks. Angela Hartnett oversees the kitchen here, so head to the dining room for small plates and a glass of wine. **77-82 Whitechapel High St, whitechapelgallery.org.**

7pm

DINNER IN SPITALFIELDS

For dinner, it's a toss-up between hip Spitalfields steakhouse Hawksmoor (**157 Commercial Rd, thehawksmoor.co.uk**), for killer cocktails and serious steaks, or Fergus Henderson's cosier St John Bread and Wine (**94 Commercial Rd, stjohnbreadandwine.com**) for smoked fish or braised oxtail with chestnuts.

10pm

BAR OR BEDTIME

Bed down or keep the party going at Shoreditch House, a hip members' club that boasts sleek drinking dens, a rooftop pool and a decadent day spa. Book into Shoreditch Rooms (from \$330 per double) to be granted entry into this exclusive enclave. **1 Ebor St, Shoreditch, shoreditchhouse.com.**

2am

LATE-NIGHT SNACK

Still awake? Head to the legendary Beigel Bake and join the queue for the ultimate midnight snack – a soft, chewy bagel filled with hot salt beef and mustard, available 24 hours a day. **159 Brick La, Whitechapel. d.** *Thanks to Mr and Mrs Smith (mrandmrs.smith.com) for their assistance.*