

Local Information for Ability Towers

You are situated in zone 1 of Central London. A 10 minute journey on the tube will take you the West End, where you have a large variety of things to do and places to see.

Your main high street is City Road. It is here that you will find most of your local shops and restaurants as well as banks, pubs, and underground station.

Transportation

Nearest Tube Stations:

Old Street	Northern line (black)
Angel	Northern line (black)

Local Buses:

153: Finsbury Park- St. John Street- Barbican- Liverpool Street

214: King's Cross- City Road- Liverpool Street

43: Holloway Road- City Road- Bank- London Bridge

205: Paddington- Baker Street- City Road- Liverpool

141: Manor House- Old Street- Bank- London Bridge

Train Station:

Liverpool Station

Essentials

What is listed below is the location of certain places that will be important to know during your stay within London. They are a reference on where to begin and are in no way the limit of what the area has to offer.

Supermarkets:

Somerfield	185 Old St.
Tescos	25-29 Islington Green
Waitrose	2 Cherry Tree Walk
Sainsbury's	31-41 Liverpool Rd
Budgen's	1-7 Tysoe St

Banks:

Royal Bank of Scotland	40 Islington High Street
Abbey	15 Islington High Street
Lloyds	69-85 Old Street
Barclays	38 Islington Green
Natwest	227c City Road

Pharmacists:

Murray's Chemist 86 Murray Grove
Boots 35 Islington High Street

Post Office:

Goswell Road Post Office 151 Goswell Rd
Murray Grove Post Office 96-97 Murray Grove

Stationary:

Ajax 326-328 Old St.
Rymans Unit 2B, Cherry Tree Walk

Laundrette:

London Laundry Co. 6 Clunbury St
Salzman 20b Pitfield St.

Internet:

Coffee @ 160-164 Goswell Rd.
Angel 3 Angle House, Pentonville Rd.

Libraries:

Marx Memorial Library 37A Clerkenwell Green
Shoreditch Library 80 Huxton Street

Places of worship:

London is a multi-ethnic city with many faiths represented. To find a place of worship for your faith near your apartment, please use the website below to find them.

www.upmystreet.com

Health & Safety

Nearest Police Station:

Shoreditch Police Station 4-6 Shepherdess Walk

Doctor:

Dr. Coleman K & Partners City House, 190-196 City Road
Dr. Haughey SJ & Partners St. Peter's Street

Dentist:

The Old Street Dental Clinic 169 Old Street
Rajesh Gonsai 77 Nile Street

Hospital:

St Bartholomew's Hospital West Smithfield

Entertainment

Pubs:

Central St. Bar	159 Central Street
The Bull's Head	1 King Sq
Jack Beards	32 Hall Street
Britannia Public House	Ironmonger Row
Royal Star	220 City Road

Restaurants:

Fish Central (Seafood)	143-145 Central St.
Regency (Indian)	96 Old St.
Meson Los Barillos (Spanish)	55 Goswell Road
Tilleli (Italian)	326 St. John St.
Ravello (Italian)	46-48 Old Street

Cafes:

Café Milano	133 Central Street
Popular Cafe	85 Lever Street
Aquila	214 City Road
Café Alba	17-21 Wenlock Road
Bernie's	249 Goswell Road

Clubs:

Aquarium	256-260 Old Street
Turnmills	63b Clerkenwell Road

Cinemas:

Odeon Cinemas	Whiteleys Shopping Centre, Queensway Centre
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