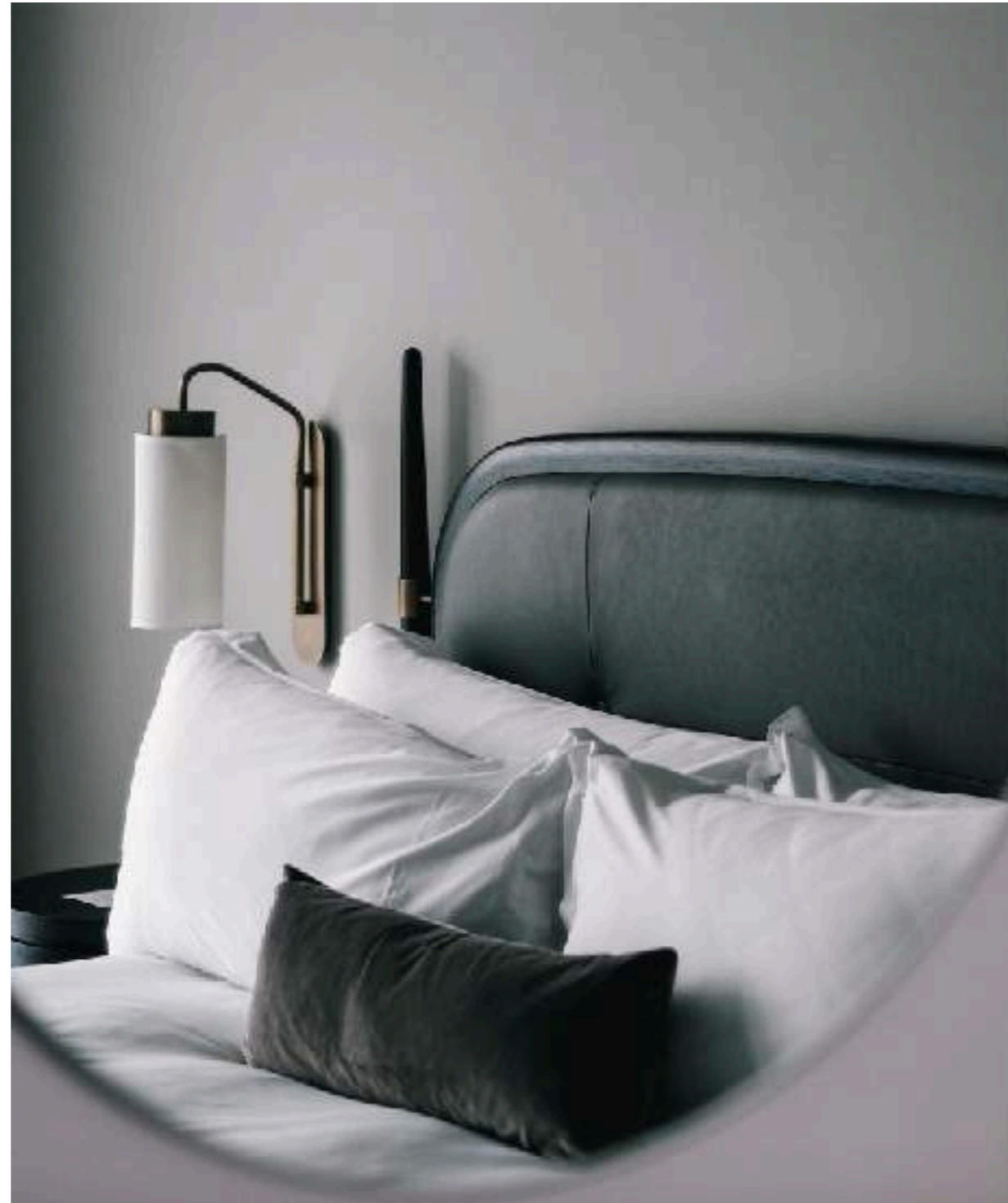


FLASH ANTHOLOGY

checking in: the stratford, london



The Stratford is a slice of Scandinavia in East London. Located in a glassy skyscraper on the edge of Queen Elizabeth Olympic Park, the 145-room hotel occupies the first six floors of the building, and slick serviced apartments occupying the rest of the 42 storeys. The hotel's triple-height lobby is quite the show-stopper as you walk in, as are the stark and sleek, tonal interiors, designed by Space Copenhagen, and the chilled out 7th floor sky garden.

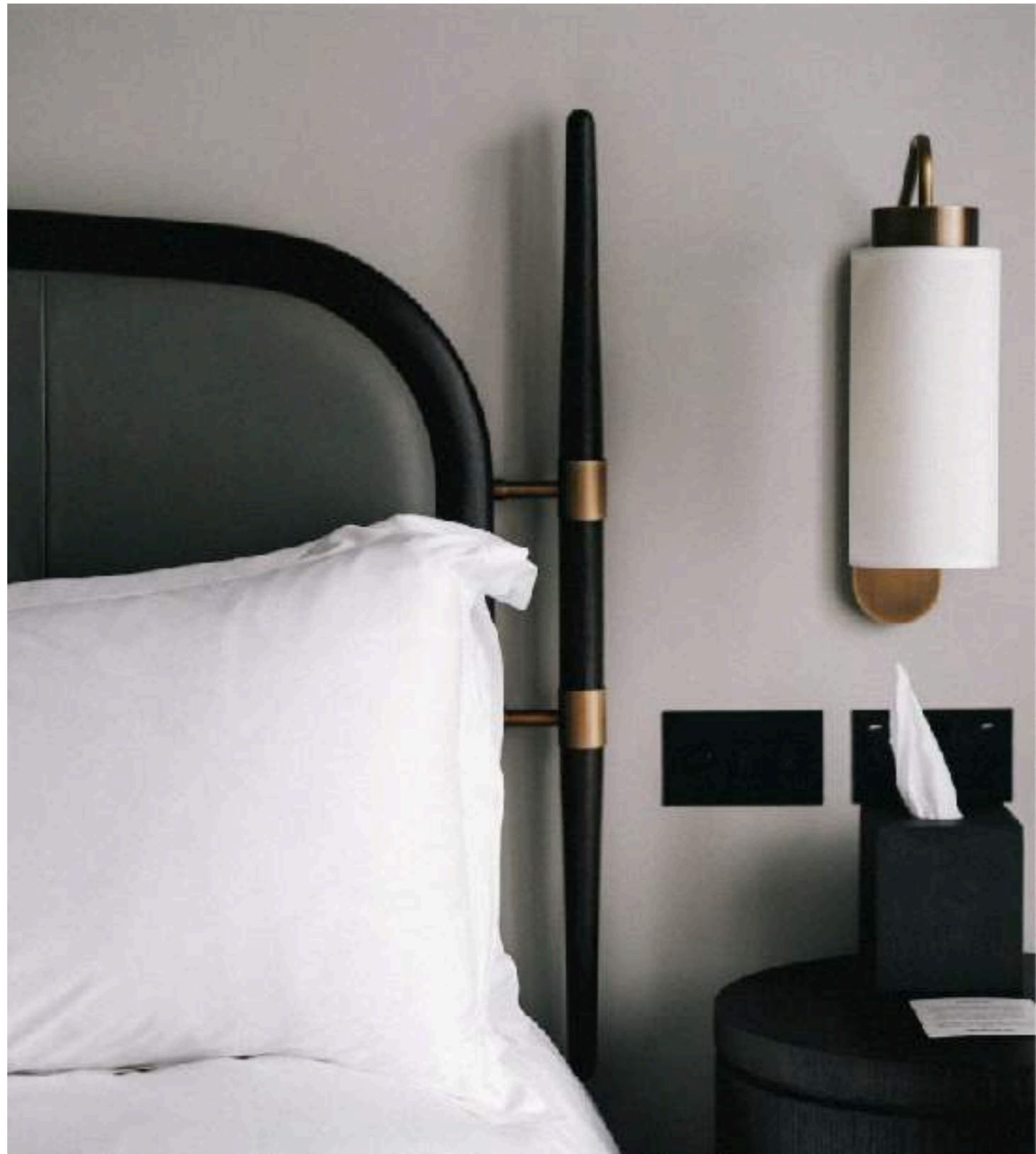
Rooms are Scandi through and through with tonal grey linens, sleek brass wall lamps and oak desks. We stayed in a Large room, which had floor-to-ceiling windows looking out over the city. Great for nosey types, not so great for those who like their privacy... The natural stone bathrooms are beautiful, all sleek and spacious, with great lighting and wonderfully big walk-in rainfall showers.

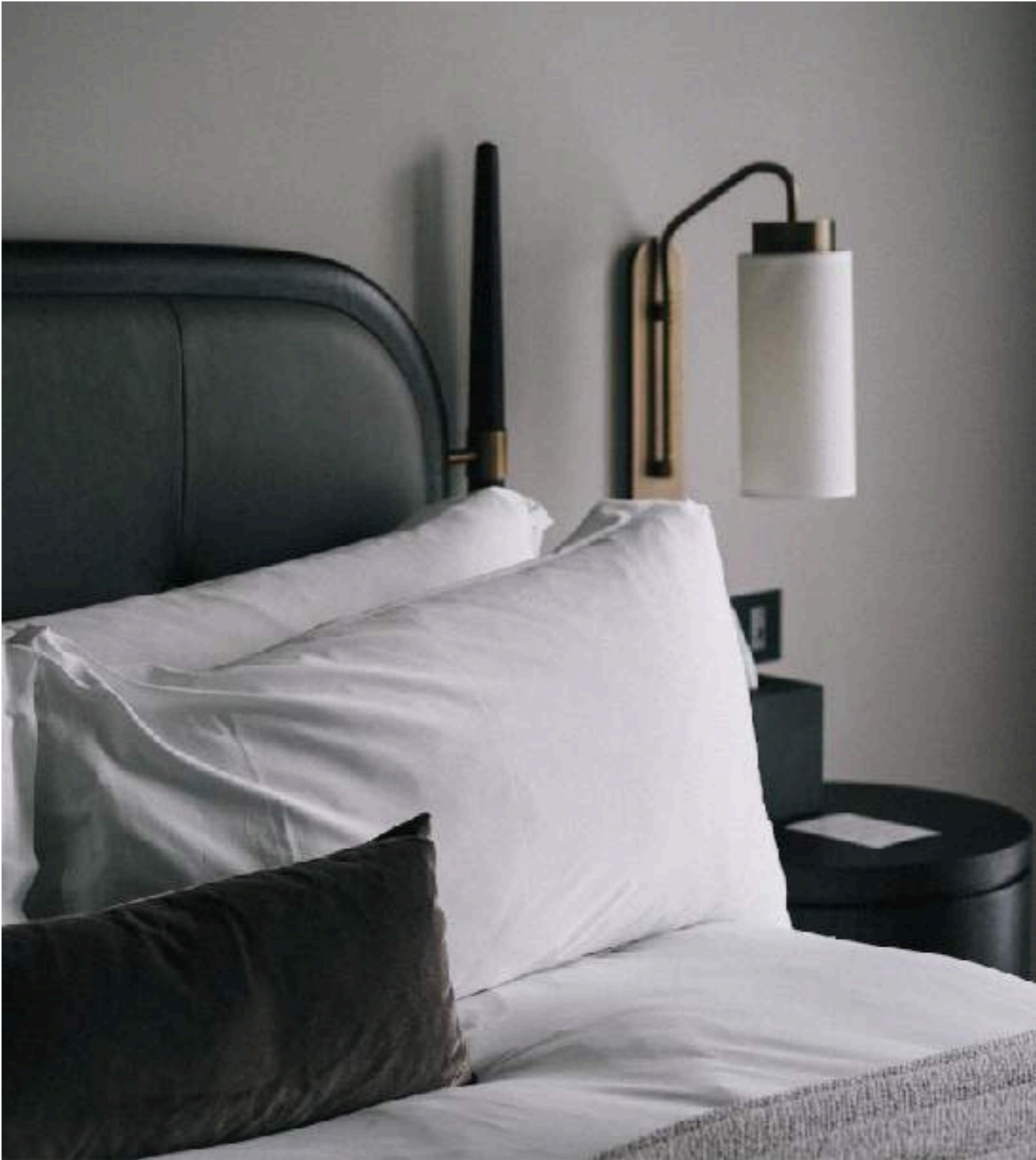
While you're there, make use of the 24-hour gym which hosts regular classes including Pilates, HIIT, and US-sensation, ConBody. Get lucky and you'll time a stay to coincide with one of their rooftop summer yoga sessions or meditation on the sky garden.

On the ground floor, **Stratford Brasserie** is the hotel's main restaurant and is a delicious and convenient spot for dinner. We had some great starters — burrata, of course, and some wonderful anchovy and romero pepper toast— followed by a whole roasted sea bream. Delicious. As of September, there'll be **Allegra** too: a 7th-floor restaurant headed up by former Chiltern Firehouse head chef, Patrick Powell. Hotly anticipated, Allegra will be fine dining, serving up seasonal European dishes, with indoor and outdoor seating, and great views over the city. Add it to your list of swishy dinner spots!

Whilst Stratford isn't perhaps the most appealing of neighbourhoods to stay in London, you can't question The Stratford's convenience when it comes to transport connections. The DLR is right outside and takes you to the City in minutes as well as direct to London City Airport, and Liverpool Street and St Pancras International are both under 10 minutes away on the train. Westfield Shopping Centre ain't the most fun but it's right on your doorstep, whilst much more hip Hackney Wick is within walking distance.

THE STRATFORD, rates from £199/night









Small Pleasures

In 1996, we started writing and it's about in a search for tiny pleasures, which is about in the world of small pleasures. We don't expect to be serious - we'd just bring to others and for a little bit of fun. We don't want to be serious in doing our job. It's a book to guide us in the way of life and pleasure, especially from our distinctive habits of reading a child's book to the experience of shopping and summer or the joy of the evening sky or bringing something new to what someone else will buy for our own and come to the world with our own experiences and observations.

THE SCHOOL OF LIFE

CEREAL

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