



NORTH LONDON HANDBOOK

Welcome to London!

Moving to a new place can be daunting, let alone moving across an ocean! But you don't need to worry as this handbook is filled with helpful information to guide you around the area you will be calling home for the coming weeks. From chemists and post offices to cinemas and pubs, we've got you covered!

Read through this handbook and start exploring; it won't be too long before you know North London as well as your hometown!

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YOUR LOCAL AREA

North London boasts some of the most varied neighbourhoods in the capital; from the über-wealthy village of Hampstead to the multicultural working-class suburbs of Wood Green. Below are brief descriptions of the neighbourhoods that you will most likely be living in and spending a lot of your time in.

Muswell Hill

Muswell Hill is a comfortable middle class north London suburb. A place that represents “leafy” and “well-to-do”. Centred on its Broadway on top of the hill, the area itself is not directly served by a tube or rail station but fortunately has many buses going in all directions. A lot quieter than other North London localities, its Broadway has a wide variety of shops and eating establishments.

Crouch End

Located in the valley between Highgate Village and Alexandra Palace (both short walks away) Crouch End is an area full of life! It has a great local arts scene and its centre has pavement cafes, specialty shops and as it is a desirable area, lots of estate agents. Again, no direct tube station in its centre but is well served by buses.

Finchley

Large residential neighbourhood with three town centres (you will find your closest one once you know where you are living) and well-served by London transport. It is more suburban in character than the other locations, but it is safe, friendly and a good place to escape to away from the bustle of inner London.

Hampstead

Hampstead Village is one of London's most exquisite areas and has more millionaires within its boundaries than any other area of the UK! Perched on one the highest points in the city, its warren of alleyways, Georgian houses, and independent shops makes it feel a million miles from London but it is only in zone 2! Hampstead Heath to the north is one of London's most beloved parks.

Wood Green

A multicultural and lively part of London, Wood Green is bordered by some of the most desirable neighbourhoods in London but is very down to earth in character. Its town centre is huge, colourful, loud and very inexpensive compared to other north London locations. The Green Lanes (in Harringay) to the south of the High Road is home to London's Turkish community.

LOCAL TRANSPORT

If you look at the Underground (we call it the Tube!) map you might think that London is 90% above the River Thames. Though this is not true, the Underground network is concentrated mainly to the north of the city which makes commuting into town very convenient. As many of you won't be living directly next to a tube or railway station local buses will come in handy. The bus network in this part of London is excellent and very reliable. You can use www.tfl.gov.co.uk to plan your journeys or alternately download Citymapper, a map app for your smartphone.

UNDERGROUND STATIONS

In the areas you are staying, the Northern Line (black line) and the Piccadilly Line (dark blue line) will probably be your most frequently used underground lines!



East Finchley

In Zone 3 on the Northern Line (High Barnet branch), 20 minutes from Goodge Street in Central London

Wood Green, Turnpike Lane

Both stations in Zone 3 on the Piccadilly Line at either end of the High Road, about 20 minutes to Russell Square

Hampstead, Archway

Both on the Northern Line (Zones 2/3, different branches), 15 minutes from Goodge Street.

*Please note that the **Northern Line splits after it passes Camden Town** into the Bank Branch or the Charing Cross Branch. For Goodge Street Station make sure the train goes via the Charing Cross Branch.

BUSES

Muswell Hill (all buses pass through the Broadway in the town centre)



- | | |
|------------|--|
| 43 | Friern Barnet – London Bridge
Direct link to central London, 24 hr service |
| 102 | Edmonton Green – Brent Cross Shopping Centre
via Finchley |
| 134 | North Finchley – Tottenham Court Rd
Direct link to the West End, 24 hr service |
| W7 | Muswell Hill Broadway – Finsbury Park
via Crouch End |

East Finchley	(all buses pass the tube station)
263	Barnet – Holloway via Highgate and Archway
N20	Night bus to Trafalgar Square
Wood Green	(all go down the High Road past Turnpike Lane Stn)
29, 63, 141, 243	All to Central London , 29 and 243 are 24 hr services
N91	Night bus to Trafalgar Square
144	Edmonton Green – Muswell Hill Broadway
Crouch End	(all buses pass through the Broadway in the town centre)
91	Crouch End to Trafalgar Square via Kings Cross, 24 hr service
210	Brent Cross – Finsbury Park via Highgate Village and Hampstead Heath
W3	Finsbury park – Northumberland park via Hornsey, Alexandra Palace, and Wood Green

MONEY

High Street banks are in all the town centres below. All have secure ATM machines which you should be able to use to access money from your home account. Banks are usually open 9am – 5:30pm weekdays and with some of the busier branches open on Saturdays.



Muswell Hill

All these banks are located on the Broadway; HSBC, Nationwide, Barclays Bank, NatWest, Lloyds Bank, Halifax, Santander.

Crouch End

All these banks are located on the Broadway near the clock tower: Barclays Bank, NatWest, TSB Bank, Halifax, Santander.

Wood Green

All on the High Road unless otherwise stated. Lloyds TSB Bank (two locations), Barclays Bank (on Lordship Lane), The Co-operative Bank, Nationwide, HSBC Bank, Halifax, Natwest.

East Finchley

All located just north of the Tube station: Santander, Barclays Bank, Natwest.

POLICE STATIONS

Safety Advice

You should follow the guidelines set out by the US State Department (in your Welcome Pack and at www.travel.state.gov) and by the London Metropolitan Police. In particular please...

- *Always lock your doors and windows when your room is unoccupied*
- *Do not allow unknown people into your residence – ask for ID*
- *Do not advertise your cell phone/MP3 Player/laptop to thieves; keep them out of sight.*
- *Be aware when using ATMs*
- *Report anything you think maybe suspicious*

As a major world city, pickpockets inevitably patrol the main tourist areas looking for unsuspecting victims — so make sure you keep your belongings where you can see them at all times. If you do have your cards, passport etc stolen contact the issuers and cancel them ASAP. If you need to report a crime here are the nearest police stations. You can report non-emergency incidents on <https://online.met.police.uk/>

Hornsey, 98 Tottenham Lane, Hornsey, N8 7EJ
Open to the public 24/7

Wood Green, Fishmongers Arms, 287 High Road, Wood Green, N22 8HU
Open to the public 24/7

Muswell Hill, 115 Fortis Green, Muswell Hill, N2 9EL
10am to 6pm on Mondays and 10am to 2pm Tuesday to Friday.

Hampstead, 26 Rosslyn Hill, London, NW3 1PD
Mon & Sat 10:30am to 5:30pm, Tue to Fri 7:30am to 7:30pm

...ALL can be reached by dialling 101



POST OFFICES

Below are the post offices located in the various town centres near your homestays. All branches are open 9am – 5:30pm weekdays and 9am – 12:30pm on Saturdays.

Muswell Hill

420 Muswell Hill Broadway, N10 1DQ
Alexandra Parade, 81 Colney Hatch Lane, N10 1LR



Crouch End

28 - 29 Topsfield Parade, N8 8QB

Wood Green

482 Lordship Lane, N22 5DE

110 High Road, N22 6HE

East Finchley

120, High Road, N2 9ED

Hampstead

79/81a Hampstead High Street, NW3 1QL

Hornsey

24 High Street, N8 7PB

PHARMACIES

Pharmacies (or *chemists* as they are known here) are in all town centres near your homestays. The most popular chains are below. They are an excellent resource for free medical advice.

Boots

A national chain and British institution. Branches located in the centres of Wood Green, Muswell Hill, and Crouch End.



Superdrug

National branch located in Wood Green (inside the shopping mall) and Haringey Green Lanes. __Note that not all Superdrug branches have a pharmacy.



Lloyds

Not the bank! Located in the centre of Wood Green, along the High Street (2 branches).



Local pharmacies are also located in the various town centres in North London.

In the event of a medical emergency call 999 for the emergency service (or get a friend to do this for you), and you will be taken to the nearest Accident and

Emergency department. These services are free for everyone, but we must stress that they are only to be used in **absolute emergencies**.

The nearest Accident and Emergency departments are;

Accident & Emergency

The Royal Free Hospital, Pond Street, (nearest tube stations are Belsize Park and Hampstead), NW3 2QG, tel: 020 7794 0500

The Whittington Hospital, Magdala Avenue (near Archway station), N19 5NF, tel: 020 7272 3070

GROCERY STORES

Grocery stores (supermarkets) are abundant in North London. The biggest chains are Tesco, Sainsbury's, ASDA, Waitrose, M&S, Morrisons, and the Co-operative. The size and variety can vary depending on where you are living but luckily your local high street or town centre will have an amazing variety of local shops, butchers, and fruit and veg outlets.

Muswell Hill

Sainsbury's

12 Fortis Green Road, N10 3HN
Mon-Fri 8am-10pm, Sat 7.30am-10pm, Sun 11am-5pm

Marks and Spencer (M&S) 126-138 The Broadway, N10 3RU
Mon-Sat 8am-9pm, Sun 11am-5pm

Waitrose 35-39 The Broadway, N10 1DJ
(more expensive option) Mon-Sat 7am-10pm

Sainsbury's

MARKS &
SPENCER

Waitrose

Crouch End

Marks and Spencer (M&S) The Exchange, Crouch End Hill, N8 8DB
Mon-Fri 8am-9pm, Sat 8am-8pm, Sun 11am-5pm

Wood Green

Sainsbury's

54-58 High Road, N22 6BX
Mon-Sat 7am-11pm, Sun 11am-5pm

Sainsbury's Superstore Williamson Road, just off Harringay Green Lanes, N4 1UJ

24hrs Tuesday to Friday, Mon 7am-12pm, Sat 12am – 10pm and Sun 11am – 5pm. *The biggest store in the area!*

Tesco Express
(smaller store)

1-3 High Road, N22 6BS
Everyday 6am-11pm



Morrisons

50 Parkland Road, N22 6ST
Mon-Sat 7am-11pm, Sun 11am-5pm



MORRISONS
Budgens

East Finchley

Budgens

71 High Road, N2 8AQ
Mon-Sat 7am-11pm, Sun 12pm-6pm

Tesco Extra

Huge store located about a 1 ½ miles north of East Finchley Station and Muswell Hill Broadway on the North Circular Road. Open 24hrs weekdays

Hornsey

Tesco Express
(Smaller store)

46-50 High Street, N8 7NX
Everyday 7am-11pm, Sat 6am –midnight, Sun 10am - 4pm

EATING OUT

North London is a treasure trove of amazing eating establishments, whether it be a quick bite from a local sandwich shop or a three-course meal in a top restaurant. Wood Green, being the biggest of the northern town centres offers the usual array of chain restaurants and eateries but it's Muswell Hill and Crouch End that offer the best places to eat. Below are a few of our suggestions;

Muswell Hill

A mix of middle class establishments and student eateries, the Broadway serves all.

Toff's

38 Muswell Hill Broadway

www.toffsfish.co.uk

Seemingly always full-to-bursting, this Fish and Chip shop attracts the full range of north London life, young and old alike.

Franco Manca

278 Muswell Hill Broadway

www.francomanca.co.uk

A popular chain of sourdough pizza, a London favourite!

Crouch End

There's no lack of cafés in Crouch End that look pretty and serve decent food.

Coffee Circus *136 Crouch Hill* www.coffeecircus.com

A new addition to the Crouch End set, with its warm, friendly atmosphere, Coffee Circus has all the ingredients to become a local favourite.

Khoai Café *6 Topsfield Parade*

Very popular with the Crouch End locals. Good Vietnamese dishes at distinctly wallet-friendly prices.

Wood Green

Karamel Restaurant *4 Coburg Road*

Global cuisine, live music, comedy and drama in a vibrant space which also hosts regular exhibitions.

East Finchley

Camden Arts Centre Café *Arkwright Road/Finchley Road* www.camdenartscentre.org

Simultaneously highbrow and homely, the CAC's small café pulls in a mix of lunching mums with babies and arts students slouching in wicker chairs and spreading papers over the wooden tables

Hampstead

The fact that there was uproar about the opening of a McDonalds on its main street a few years ago says a lot about the eateries in the village.

Mimmo la Bufala *45A South End Road* www.mimmolabufala.co.uk

Buffalo is their specialty...and boy do they do it well! A good place to treat yourself for a reasonable price. The menu emphasises the healthiness of the dishes, perhaps to counter a guilty suspicion that food that delicious must be bad for you.

PUBS AND BARS

The pub is arguably the central experience of British cultural life. This perhaps helps to explain why the scope of London's pub life is as wide as the city's history is long. Try any of the capital's trendy bars or relaxed drinking holes – each one is subtly different. Note that different pubs will have different opening times and stop serving drinks past various times. Most British pubs stop serving alcohol at 11pm (although some bars have extended licenses). If you search in the right places you can also find some

excellent pub food. Most British people regularly drink at a nearby pub which they refer to as their “local”.

You’ll no doubt discover some of the hidden gems of the area, but below are a couple of good bets to get you started.

Muswell Hill

Clissold Arms 105 Fortis Green www.clissoldarms.co.uk

Once the scene of the Kinks' first gig, today the Clissold Arms is a family pub that attracts customers with its gleaming wood dining area, open-plan kitchen, dark leather sofas and pleasing outdoor tables.

The Mossy Well 258 Muswell Hill Broadway www.idwetherspoon.com

This pub is part of the great Wetherspoon pub group. Known for their cheap and cheerful drinks and food, Wetherspools can be found up and down the country; everyone has their favourite, this could be yours!

Crouch End

Harringay Arms 153 Crouch Hill www.harringayarmscrouchend.co.uk

This little Irish pub is a hidden gem. Like it and its 'cosy', dislike it and it's 'cramped'; still, the regulars are generally happy to move from their space at the bar should you wish to order. Look out for the regular live music and quiz nights.

Wood Green

Salisbury Hotel 1 Grand Parade, Green Lanes (south of Turnpike Lane stn)

The draught beers alone may justify the trek to this popular spot. There's food too: thin-crust pizzas, salads and homemade burgers. Highly recommended.

East Finchley

Bald-Faced Stag 69 High Road www.thebaldfacedstagn2.co.uk

Classy pub that offers B.Y.O Mondays in the dining room, dinner jazz once a month, and a regular film quiz in conjunction with the nearby Phoenix cinema. Food served includes British chicken and lamb, beer-battered fish, a Caesar or Niçoise salad, as well as local favourites, Eton mess and sticky toffee pudding.

CINEMAS

For big screen movie-watching the best place by far is in Wood Green where there are **Cineworld** and **Vue** Cinemas showing all the latest Hollywood blockbusters.

Of note is the **Phoenix Cinema** in East Finchley, (www.phoenixcinema.co.uk) one of London's leading independent cinemas and the oldest purpose-built cinema in the UK. Behind its modern foyer lies an historic auditorium with unique art deco features. The Phoenix has a renowned film programme of new releases, independent, foreign-language and specialist films, plus a repertoire of old and new classics.



BOOKSHOPS

Major bookshop chains include **Waterstones** and **WH Smith**.

The best independent bookshops are the **Big Green Bookshop** (www.biggreenbookshop.com) in Wood Green on the High Road and the beautiful **Muswell Hill Bookshop** (www.muswellhillbookshop.com) at 72 Fortis Green Road.



The best place for the usual chains is Wood Green, and they are there in abundance. There are more independent shops are in Muswell Hill and Crouch End.

CHARITY SHOPS

These are shops selling donated second-hand items for charity.

Crouch End and **Highgate Village** offer up some of the best charity shops in the city but **Golders Green** just NE of Hampstead is by far the best place to shop for second-hand merchandise. Also a good place to donate your unwanted items before you head back to the States.

PARKS & OPEN SPACES

Oh how lucky you are to be living in this part of the capital! Pretty, green, hilly and blessed with some of the best parks in the capital. Here is a selection of the best:

Hampstead Heath

One of London's most beloved parklands. 790 acres of rambling heathland, ponds, and open grassland offering some of the best views of London. Very popular during the summer. There are running tracks, an open-air swimming pool (lido) and playing fields. Nearest tube stations are Hampstead, Golders Green, and Tufnell Park.

Highgate Wood and Queens Wood

In between East Finchley, Highgate and Muswell Hill this ancient woodland was once part of the vast Forest of Middlesex and now a beautiful woodland in the heart of the metropolis. Nearest tube is Highgate or East Finchley.

Highgate Cemetery

London's most famous resting place at first may not be an ideal place for a Sunday stroll but with its hauntingly Victorian setting and tombstones of many famous individuals including the father of Communism, Karl Marx, the Highgate Cemetery will deliver an unusual but enjoyable walk.

Alexandra Park

Dominated by Alexandra Palace with its giant TV mast, once the transmission point for the BBC, the hilly landscaped park is quieter than Hampstead Heath but just as pleasant with excellent views of North London. On top of the hill, see if you can spot its counterpart Crystal Palace in South London with its Eiffel Tower-looking mast 16 miles away. Located just west of Wood Green High Road.



We hope you find this information useful and have a great time. If you have any questions, please see Student Services.