



Barking and Dagenham

Barking and Dagenham is a small, East End borough which has recently benefited from redevelopment. It is one of the most industrial parts of London and for many years the population were employed in the variety of factories and industries in the area, particularly the famous Ford Car factory. A decrease in manufacturing and a move to service sector work has increased incomes and the borough has changed with the injection of money.

Living

Rent per week: **£70 to £90**

Transport Zones: **4 to 5**

Tube/Rail time to Zone 1: **25 to 35 mins**

Main centres within the borough:
Barking, Dagenham, Becontree, Chadwell Heath

Useful Links

ZOOPLA: [Houses to rent](#)

SPAREROOM: [Rooms to rent](#)

TFL: [Buses for Barking and Dagenham](#)

LONDONIST: [Guide](#)

Things to do

Valence House is the only remaining manor house in Barking and Dagenham and comes complete with its own moat.

Barking Park is a great outdoor space with sports fields, a lake, parkland, and a nature reserve.

Recommendations

The Spotted Dog on the outside looks like an old school Victorian Pub but inside is a Davey's wine bar, brilliant for an after work drink.

The Broadway Theatre is one of Barking and Dagenham's only entertainment venues, and has filled the void brilliantly with a varied programme of shows including comedy, plays, talks, and dance acts.



City of London

The birthplace of London, and a city in its own right, the City of London is now the financial heart of the UK. Often referred to as 'The City' or 'The Square Mile', this tiny area of London is arguably the financial capital of the world. Its skyline has become an iconic image of London and, with many new skyscrapers being built, it is an ever-changing metropolis.

Career Teachers are based here.

Living

Rent per week: **£110 to £190**

Things to do

Depending on where you are in The City, the area can be very quiet at weekends as the vast

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Transport Zones: 1
Tube/Rail time to Zone 1: **0 mins**

There are very few residents in the City of London and those who live here earn well above the national average to be able to afford it.

majority of the population are only here during weekdays to work. Drinks with a view can be had all over the City in a number of the skyscrapers.

St. Pauls Cathedral is an iconic site in London and still holds power over all building work for miles around. Centuries-old rules still prevent any building obstructing the view of St Pauls dome from over 25 various viewpoints.

The Museum of London offers an interesting insight into the birth of London and the city's various incarnations.

Useful Links

ZOOPLA: [Houses to rent](#)
SPAREROOM: [Rooms to rent](#)
TFL: [Buses for the City of London](#)
LONDONIST: [Top 10 in the City](#)
TIMEOUT: [City of London](#)
AIRBNB: [City of London](#)

Recommendations

Sushi Samba - bar at the top of the Heron Tower
The Breakfast Club - all-American diner. Go up to the SMEG fridge, utter the words, "I'm here to see the Mayor!", and be let through to the secret bar below.
Monument - climb up 300 stairs of this tower for great views of the City



Hackney

Hackney has been transformed into one of the trendiest areas of London and one of the most popular places for young people to live, go out, and be seen.

It has a very cosmopolitan population and a rich mix of cultures.

Living

Rent per week: **£90 to £150**
Transport Zones: **1 to 2**
Tube/Rail time to Zone 1: **0 to 10 mins**

Main centres within the borough:
Hackney, Shoreditch, Stoke Newington, Finsbury Park, Dalston, Homerton, Clapton, Kingsland, Stamford Hill, De Beauvoir Town

Things to do

Wandering around some of Hackney's 'coolest' areas is a great way to spend the day. This is the 'hipster' centre of London with Dalston, Hoxton, and Shoreditch making up the main centres. They offer great bars and clubs for the weekend and the latest in new art and fashions can be found not only in galleries and shops but all over the streets too.

London Fields is a very popular park with its own brewery and an open-air, Olympic-sized swimming pool.

Useful Links

ZOOPLA: [Houses to rent](#)
SPAREROOM: [Rooms to rent](#)
TFL: [Buses for Hackney](#)
LONDONIST: [Hackney Top 10](#)
TIMEOUT: [Hackney](#), [Dalston](#), [Shoreditch](#), [Stoke](#)

Recommendations

White Hart in Stoke Newington - live sports and great beer garden
Rooftop Film Club - original venue of summer outdoor film screenings with blankets, deckchairs, beer, and burgers.

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AIRBNB: [Newington](#), [Shoreditch](#), [Haggerston](#)

Hackney Street Art - Wall art is popular in Hackney and displays modern life in unique ways.



Havering

Havering is the easternmost borough in London and stretches out into its bordering county of Essex.

Large swathes of the borough are protected countryside and it has the lowest unemployment and crime rates in Greater London.

Living

Rent per week: **£70 to £110**

Transport Zones: **6**

Tube/Rail time to Zone 1: **35 to 40 mins**

Main centres within the borough:

Collier Row, Elm Park, Harold Hill, Hornchurch, Rainham, Romford, Upminster

Useful Links

ZOOPLA: [Houses to rent](#)

SPAREROOM: [Rooms to rent](#)

TFL: [Buses for Havering](#)

Things to do

The borough's main town of Romford is a big retail and entertainment hotspot and has the largest concentration of bars and clubs outside of the West End.

Romford Market has been running since 1247. It started selling sheep and now offers a huge range of stalls on the weekends.

Recommendations

River Ingrebourne is great for those who love the outdoors, providing wonderful walks and views. Really beautiful in the Winter and Spring.



Newham

All eyes turned to Newham in 2012 as this eastern Borough is now home to the London 2012 Olympic Park.

Newham is a cultural melting pot and has large populations from around the world. It is arguably England's most diverse district!

Living

Rent per week: **£70 to £110**

Transport Zones: **3**

Tube/Rail time to Zone 1: **15 to 20 mins**

Main centres within the borough:

East Ham, Forest Gate, Stratford, Upton Park, Newham, Plaistow

Things to do

Spend the day exploring the London 2012 Olympic Park.

Stratford is a main transport hub for the Olympic Park and a fast connection to central London. It is also home to Westfield, the largest shopping centre in central London and home to a number of cinemas.

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Useful Links

ZOOPLA: [Houses to rent](#)
SPAREROOM: [Rooms to rent](#)
TFL: [Buses for Newham](#)
[Queen Elizabeth Olympic Park](#)
LONDONIST: [Newham Top 10](#)

Recommendations

Velodrome and Aquatics Centre - the first venues from London 2012 open to the public.
Stratford's Westfield is the biggest shopping centre in Europe.
Epping Forest is brilliant for those who love a countryside walk.



Redbridge

Redbridge is a very green borough and has lots of protected nature areas, including part of the beautiful Epping Forest. It is also very family-orientated and there are great facilities on offer for all ages, including sports, arts, and shopping.

Living

Rent per week: **£70 to £110**
Transport Zones: **4 to 5**
Tube/Rail time to Zone 1: **20 to 35 mins**

Main centres within the borough
Seven Kings, Barkingside, Chadwell Heath,
South Woodford, Wanstead, Woodford,
Woodford Green

Things to do

Epping Forest is an ancient forest popular for mountain biking and horse riding. There are many activities on offer and lots of hiking trails.

Valentine's mansion is an award-winning house that attracts thousands of visitors every year and hosts art shows.

Useful Links

ZOOPLA: [Houses to rent](#)
SPAREROOM: [Rooms to rent](#)
TFL: [Buses for Redbridge](#)
LONDONIST: [Redbridge Top 10](#)

Recommendations

Faces - one of the most famous nightclubs in the area and in 'The Inbetweeners!'
Fairlop Waters is an excellent place to learn to sail! Or you can just splash around in a dinghy ...
Valentine's Mansion and Gardens a beautiful stately home, perfect for a historic day out.



Tower Hamlets

Tower Hamlets is a really varied borough. It is home to London's second financial centre in Canary Wharf, on the Isle of Dogs. Although this influx of wealth has regenerated the southern area of the borough, parts of Tower Hamlets remain underprivileged. It is a really lively area, with many parks and some of London's best markets.

Living

Rent per week: **£110 to £150**
Transport Zones: **1 to 2**

Things to do

Lots of great markets! Spitalfields, Billingsgate, Brick Lane, Petticoat Lane...

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Tube/Rail time to Zone 1: **0 to 10 mins**

Main centres within the borough:
Bethnal Green, Brick Lane, Canary Wharf,
Shadwell, Spitalfields, Stepney Green, Wapping,
Whitechapel, Mile End, Millwall, Bow

Brick Lane is home to highest concentration of curry houses in London. Walk up the street and encounter each restaurant enticing you in with their latest deal.

Victoria Park is one of the largest parks near Central London and is popular for summer festivals and events.

Useful Links

ZOOPLA: [Houses to rent](#)
SPAREROOM: [Rooms to rent](#)
TFL: [Buses for Tower Hamlets](#)
LONDONIST: [Tower Hamlets Top 10](#)
AIRBNB: [Isle of Dogs](#), [Bethnal Green](#), [Stepney](#), [Whitechapel/Brick Lane](#)

Recommendations

The Lauriston - excellent pub in Victoria Park
The Rare Cow - yummy burger restaurant
Mudchute - one of London's best urban farms
The Prospect of Whitby - Is London's oldest riverside pub, dating back to 1520, boasting wonderful views of the River Thames and a quiet, almost out of London feel.



Waltham Forest

Waltham Forest has its own north-south divide. The southern part of the borough is urban and built up whereas the northern areas are much more residential and open.

Living

Rent per week: **£70 to £125**
Transport Zones: **3 to 5**
Tube/Rail time to Zone 1: **15 to 25 mins**

Main centres within the borough:
Walthamstow, Leyton, Chingford, Leytonstone,
Highams Park, Woodford Green

Things to do

The longest street market in the UK takes place every weekend in Walthamstow and has market stalls selling everything from home ware to clothes for over a mile.

Useful Links

ZOOPLA: [Houses to rent](#)
SPAREROOM: [Rooms to rent](#)
TFL: [Buses for Waltham Forest](#)
LONDONIST: [Waltham Forest Top 10](#)

Recommendations

The William Morris Gallery - Lots of cool stuff to look at from the 1800's.
Walthamstow Market - the mix of a Souk and typical East End market.
Trattoria La Ruga - Great Italian restaurant in Walthamstow Village.