

Issue 01

Lisson Here



New faces, familiar places, unknown stories and what to look out for. Your guide to everything Lisson Grove.

BROUGHT TO YOU BY

Carrick Yard



Alfies Antiques

The 44-year story of a true Church Street institution



Meet Flint

Interior design tips and where to find inspiration



Rethinking Regeneration

Learn more about the Church Street Regeneration



Together Alfresco

Soak up the sun with light bites and icy cocktails



Top Coffee Spots

Get your fix, from Markus Coffee to Second Shot

Lisson Grove's true charm lies in its community. In the chatter of bustling markets and antiques arcades, the gentle bobbing of canal boats gliding by and the familiar sound of people coming together in cosy pubs, little-known cafés and much-loved restaurants.

On the cusp of exciting change, the Church Street Regeneration is building on the neighbourhood's long-established sense of pride to benefit all who live and work here. Discover a community that speaks for itself.

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1 Alfies Antiques
Each edition, we delve into the story behind one of Lisson Grove's long-standing cornerstones. From star-studded patrons to rags-to-riches rises to fame, get behind the bricks and mortar and right to the human heart of their stories.



Back to the beginning...

When changing fashions and a fierce surge in textile technologies forced Jordan's Department Store to close in the mid 70s, the corner of Church Street and Ashbridge Street fell quiet. It was Bennie's father Alfie who spoke up, suggesting his son buy the building and bring it back to life. And that's what he did, naming his new antiques market after the man who'd always believed in his vision.

Though hours were initially restricted to one day a week, Bennie soon found himself with 100 antique dealers under his new roof, and before long they were putting in a full week's trading; visitor numbers growing with every month that past.

The prime mover in Church Street's now world-wide antique reputation, Alfies has since grown. Many neighbouring dealers are actually old alumni – more cousins than competitors – and allies in curating London's greatest antiques quarter. This is one of the secrets behind the street's flourishing antique trade, its gravitational pull strong enough to attract some of the biggest names in the business, as well as a long list of celebrities.

An architectural gem

Before you've even glimpsed its hidden alcoves or delved deeper into Alfies' never-ending series of rooms, the building itself presents you with your first display. An Art Deco landmark, its façade is daubed with Egyptian orientalist murals and mosaic pharaohs awash with sandy yellows and bright turquoise blues. Quite the sight. Standing before it, a building intertwined with the lives and livelihoods of countless people over the years, you feel a sense of its presence within the community – nothing short of iconic today.

First opened its doors
 Only 1 day a week

1976

Specialist dealers call Alfies home

100

Over 4 floors
 Plus a suntrap roof terrace

35,000 sq ft

Minutes from
Marylebone Station

8

Minutes from
Edgware Road Station

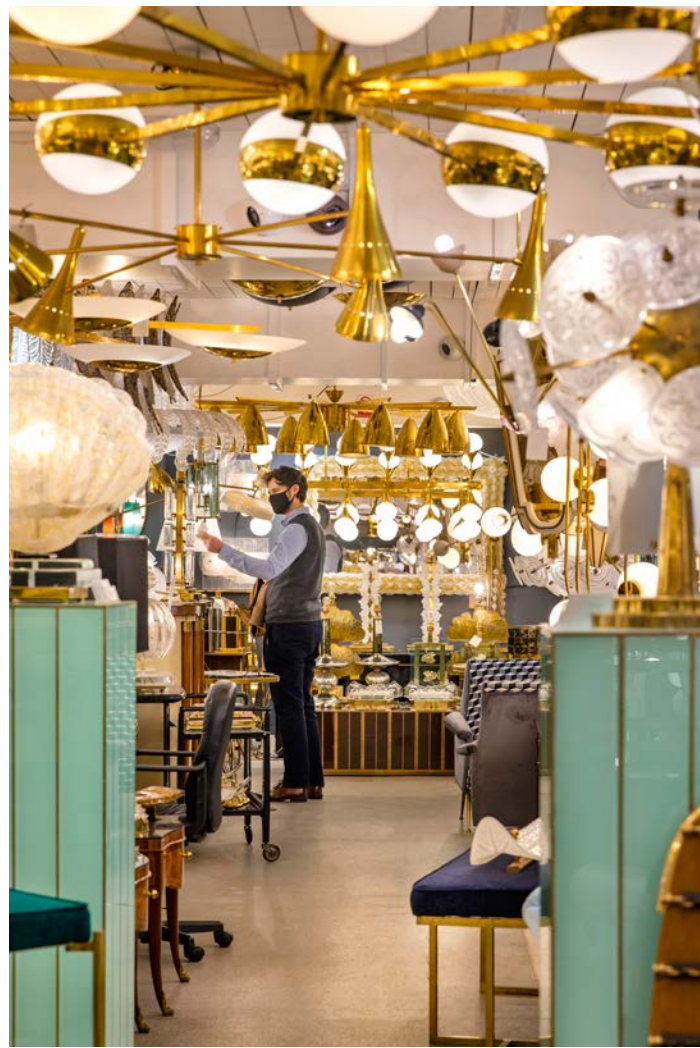
8

Minutes from
Baker Street Station

15

Minutes from
Paddington Station

15



Inside and below

Ducking your head inside spirits you away from the hubbub of the outside world and into a bohemian chic time warp of jewellery, vintage fashion, accessories, art, ceramics... the list is endless, impossible to quantify or categorise in some cases. On the ground floor, you're overwhelmed by Alfayez's collection – the capital's largest assembly of Middle Eastern art and antiques. Then, upstairs, click open the brass clasps of TinTin Collectibles' vintage leather luggage, rifle through Velvet Atelier's clothing or pull a few strings at Pelham Puppets. You can quite easily lose yourself for hours.

Outside and above

It's amazing how few seem to know about Alfies' rooftop café and terrace. While summer hordes queue to reach the top of rooftop hotspots like that of One New Change, a quieter crowd calmly takes a seat on Alfies' roof for brunches, lunches and afternoon tea. Perhaps it's regulars keep it under wraps, or maybe many of those who come for the mussels and prawns end up whiling away a whole afternoon lost in the world below and forget all about their appetites...

Second regeneration

Now 44 years old and counting, Alfies is flirting with 'antique' status itself. But if it feels its age it doesn't show it, today a greater-than-ever cornerstone of the area.

It was Alfies that spearheaded the first regeneration of the area in the mid 1970s and here it is once more on the cusp of another, one that will transform the area for all who live, work and visit here, bringing new homes, landscaped public realm and leisure facilities. But this time it isn't just about bricks and mortar. It's about embracing and enhancing what makes Church Street so unique – a friendly and diverse community with a long-established sense of pride – something institutions like Alfies have helped to build and will remain at the heart of for years to come.



2 Flint Interiors

We meet Robbie Turner and Vesna Aksentijevic of FLINT Interiors, lifting the lid on where the inspiration for Carrick Yard's interiors came from and how they use texture, materiality and colour to curate a sense of home. There are also a few tips and tricks on how to bring your new apartment to life without breaking the bank.



SCAN TO DISCOVER
CARRICK YARD'S
INTERIORS

Does FLINT have a signature style, or is it more a certain philosophy behind how you approach each project?

R.T. Every project has its unique character. We're a contemporary interior design studio, but our designs are contextual, tailored to our projects and usually in response to specific opportunities or constraints. Our approach strikes a balance between the creative and the analytical.

What's the inspiration behind Carrick Yard's interiors?

V.A. Our inspiration came from the area's industrial past as a turn-of-the-century coal yard serving Marylebone Station, but also from a former prominent resident of the area: artist and Royal Academy member, Andrew Carrick Gow.

We adopted an industrial style for the materials and details in the communal areas, softening in the apartments with off-pastel wall colours, rustic oak timber floors and brushed or knurled ironmongery. The focus is on the flow of space, orientation and light, and we've used a palette of materials and details that reference the site's industrial past, but expressed it in a contemporary way that's tailored to the building's unique context.

Lisson Grove has a proud artistic and architectural history – certain streets are famous for their stucco buildings, georgian terraces and art deco landmarks. What's your opinion of this eclectic mix of styles and did any of it serve as design inspiration for you?

R.T. The architectural fabric of this area – like much of Central London – is steeped in history, richly varied and in a constant state of change and regeneration. It's what makes the city such a fantastic place to live.

What's remarkable about its stucco buildings, georgian terraces and art deco landmarks is that they are still occupied and continue to contribute positively to the neighbourhood to this day. Our interiors for Carrick Yard are also designed with longevity in mind. They're not faddish and we hope that they too will help contribute positively to the local area for years to come.

How have you approached the communal areas like the lounge, work hub and lobby compared to the private apartments?

V.A. The interior design within the apartments is guided by balance, harmony and proportion, with more refined industrial details creating a backdrop for new residents to add to and make their own.

The Entrance Hall, Work Hub and Residents' Lounge are designed to amplify the soul and character of Carrick Yard as a sequence of elegant communal spaces connected to the courtyard garden beyond. There are historical references in some of the interior elements that we've borrowed from Andrew Carrick Gow's paintings and this is reflected in the choice of furniture, fitted joinery, artwork and accessories. It was important for us to create a strong material language, balancing warm and cool tactile materials.

What should someone be looking for on a viewing to judge the quality of the interior design?

R.T. Domestic interiors are about creating spaces for people to live in. It's a home first and foremost, not a show piece; you have to be able to relax in it. For me, it starts with the plan and how it's laid out to make the best use of the space and allow for a range of furniture pieces. The configuration of rooms and how you move between them is important too – this may not be apparent at a viewing but can become annoying in time.

A layout with good room proportions, cloak storage near the entrance door, kitchens that are well designed and functional, appropriate wardrobe provision in the master bedroom at least, electrical outlets where you need them, separation of the bathrooms from the living spaces... Really it's somewhere that strikes the right balance of interior design and leaves room for you to make it your own.

What interior design trends can we expect to see in the coming months/years?

V.A. Recent events have made us rethink how we live, work, travel and even buy. Our technology-driven age is loaded with candy coloured Instagram-style interiors and, in the coming years, interior design might move towards a more modest and mature aesthetic in response. I think we will see more appreciation for hand-made ceramics, natural materials and nature in our homes, with greater emphasis on healthy interiors, recycling and restoring, sustainable design and the perfect imperfection of 'Wabi-sabi' (the Japanese principle teaching us to appreciate beauty that is imperfect, impermanent and incomplete in nature).

Do you have any home design tips you can share with our readers?

V.A. It's not just about what you can touch. Smell is a powerful trigger for our emotions and memories, and you can create instant ambience and mood with scent alone. You can also change the way space feels by having different lighting options for different times of day – dimming lights in the evening helps change your mood and transition from a working environment to a more homely one.

R.T. Try to create settings for how you like to live. Everyone's different. For longevity, neutral tones work for large furniture pieces which can then be dressed with interchangeable accents such as textiles or ceramics, while natural materials for surfaces bring warmth and texture. House plants are also a great and inexpensive addition.

What is your must-have item for your own home and why?

V.A. My coffee machine. It's the smell of comfort in the morning, even on a rainy, windy day.

R.T. I have a Bowers & Wilkins Zeppelin hi-fi speaker. It's a beautiful object and sounds fantastic. Music is important, it energises you, often transporting you to a memorable time or place and reminding you of people you know or have known.



3 Antique & New

Do you like to rummage through trinkets and treasures to add that dash of sophistication to your home? Or are you more about the clean lines and minimalism of more contemporary furnishings? From Church Street's famous antique traders to Marylebone High Street's Conran Shop, there is a destination to suit all styles; and all a short walk from Carrick Yard.

In a world where we barely give second thought to ordering anything from food to fancy dress online, we've forgotten the pleasure of picking up our purchases in person. The thrill of feeling the weight of glassware or inspecting pendant, table and floor lighting while hunting for that perfect piece to set off our homes is something we should all experience.

So, whether you're eyeing up old relics through the windows of Church Street's antique markets and vintage boutiques, or heading inside for a rummage, get lost in a wonderful world of curiosities and collectibles in London's leading antiques quarter.

But that's not all this area has to offer. Tread a little off Church Street's beaten path and you'll soon find purveyors of more modern interior design. Icons such as Marylebone High Street's Conran Shop provide all you need to turn your apartment into that of a design guru – from oak tables to ottomans, and cookware to candles – while others like MAG interiors have unified modern elegance and timeless tradition to help you curate a luxurious, yet relaxed feel in your living space.



Retro Living

Malcolm selects every item – furniture, lighting, jewellery or art – with his own home in mind. A serial collector turned purveyor, his Church Street boutique actually restores its pieces, so shrewd customers can be confident every antique is still very much built to last.

🚶 4 mins walk



7A Church Street
Lisson Grove
London NW8 8EE

retroliving.co.uk



Les Couilles du Chien

The chuckling of bilingual passers-by as they clock the name of this charming purveyor of antiques and natural history curiosities is part of the audible fabric of Church Street. As for what's inside, think taxidermy moose meets 'Coco Chanel' tables. Appointment only.

🚶 3 mins walk



5 Church Street
Lisson Grove
London NW8 8EE

lescouillesduchien.com



The Conran Shop

The late Terence Conran's visionary design approach made his name a byword for the highest quality design. The Marylebone High Street store showcases designer lighting, iconic furniture collections and modern essentials to complete any apartment.

🚶 23 mins walk



55 Marylebone High Street
Marylebone
London W1U 5HS

conranshop.co.uk



Another Country

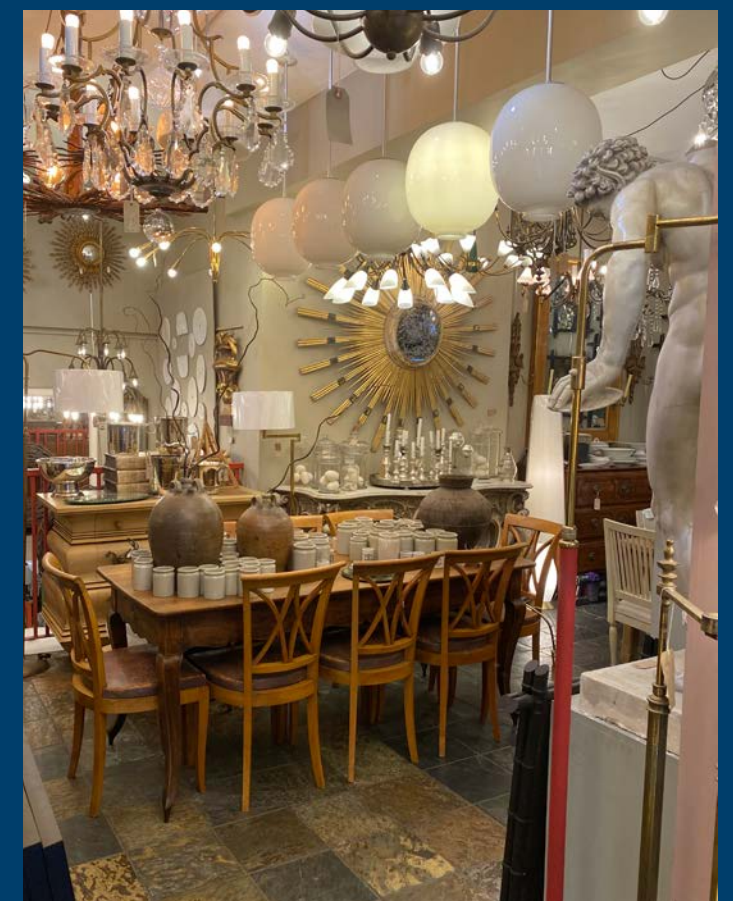
Unpretentious, contemporary wood furniture that, like a sort of interior design fusion cooking, brings together British Country Kitchen and traditional Scandi with notes of Shaker and Japanese woodwork. Their range of accessories includes mirrors, candles, prints and rugs.

🚶 16 mins walk



8 Crawford Street
Marylebone
London W1H 1BT

anothercountry.com



Nick Jones

Loyally upholding their single founding principle of only buying what they love, this Church Street dealer of C18th – C20th European antiques specialises in all thing Art Deco, from the demure to the far more fanciful.

🚶 4 mins walk



34 Church Street
Marylebone
London NW8 8EP

nickjones.london

Redefining Regeneration

The regeneration of Church Street will bring positive and lasting change to an entire neighbourhood. Through the delivery of sports facilities, community hubs, retail space and landscaped green areas, it embraces and enhances what already makes this community exceptional.

This is so much more than bricks and mortar.



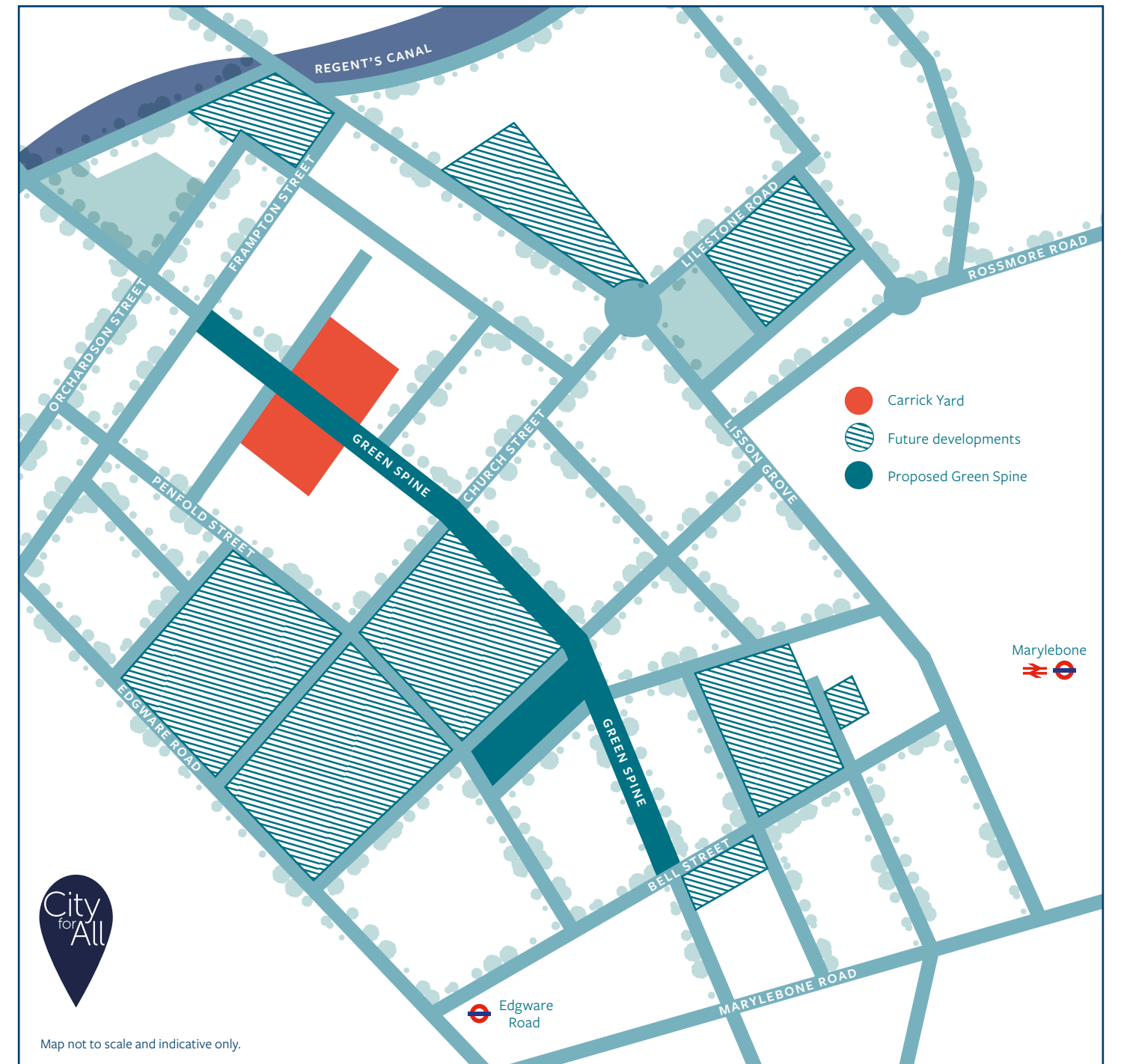
Respect

Regeneration should be done with communities, not to them. Not replacing but embracing, then enhancing what makes somewhere unique. Not recreating but renewing in a way that makes a lasting difference. And, instead of being reactive, it should be responsive – delivering what the area and community really need.

Responsive & resilient

The regeneration of Church Street will go beyond simply supporting its famous market. Recognised as the area's beating heart, its role in this project will be crucial, with trading hours possibly extended and pedestrianised public realm established to nurture a safer and more enjoyable experience – all while adding 7,000m² of new retail space. Beyond this, a wider choice of homes, a three-court sports hall, affordable flexible workspace and a community hub for accessing council services will transform what Church Street can offer residents.

The neighbourhood will benefit from increased evening vitality too. New clusters such as a Cultural Quarter centred around cornerstones like the Cockpit Theatre and Alfies Antiques – plus a Food Quarter on the corner of Edgware Road – will bring higher footfall and make living here more varied, vibrant and exciting. Culture is such an underused word in the language of regeneration, yet it can be so powerful in unlocking the soul of a place while carrying it towards a brighter future. That's why institutions that were pivotal to building Church Street decades ago remain at the forefront in this next chapter – place-keeping's just as important as place-making when lasting quality and an enduring liveability are non-negotiables.



Map not to scale and indicative only.

Rejuvenating & reconnecting

Church Street's new centrepiece will be its green spine, a linear space running through its core. This public landscaped route will provide a safe and attractive way to travel through the neighbourhood and unite the landscaped framework of other natural spaces and outdoor experiences being delivered.

Coupled with other improvements like pedestrianised priority to Church Street market and a dedicated health and wellbeing hub, the result will be reduced traffic noise and pollution and a greener, more supportive environment. This will, in turn, promote positive wellbeing and greater opportunity for human interaction – the kind of chance encounters that build community and help new residents to feel at home.

This reshaping of the area will also overcome the dividing nature of major thoroughfares like Edgware Road and Marylebone Road which encircle Lisson Grove. New pedestrian walkways, cycle paths, other new routes, improved wayfinding and traffic-calming 20mph speed limits will open the neighbourhood up once again and make it feel more connected to the rest of Marylebone and more integrated with its Central London context.

Remarkable

The most important part of any regeneration is generation. The generation of new spaces, new homes, facilities and opportunities for all. But regeneration must also seek to achieve the remarkable: to deliver a better environment, higher standard of living, heightened experience and enriched culture – all while doing justice to a place special to so many.

For Westminster Council, this means building on Church Street's long-established sense of pride to make a fundamental and lasting difference to the lives of its residents; current and future.

It means generation with positive purpose.

About the team

Carrick Yard is the first project to be delivered by Westminster Builds, Westminster City Council's development arm. The scheme is being delivered in partnership with Linkcity, a development company which specialises in collaborations to regenerate places for the people that live, work and spend time there.

This partnership brings together Linkcity's placemaking expertise with Westminster's focus on creating places which benefit the whole community as well as the residents.

linkcity

Linkcity strives to create the best places: places that inspire and enrich the lives of people. Working with industry-leading architects and designers to deliver mixed-use and residential schemes of the highest quality and which are centred on delivering the best user experience. Part of the global Bouygues Group, Linkcity benefit from the combined skills and expertise of one of the world's largest listed property and construction companies.

Westminster
Builds

Westminster Builds is a development company that has been established and is owned by Westminster City Council. It delivers high quality homes and community facilities across the borough, supporting the creation of a true City for All where people of all backgrounds can live, work and thrive.

The Council and Westminster Builds are providing new homes of all tenures for people from all economic backgrounds, including social and intermediate homes as well as homes for sale and rent.



Computer generated image of Carrick Yard and the green spine. Indicative only.



Skylark Roof Garden

The Skylark Roof Garden feels like a 10th floor slice of the Med in the heart of Paddington. Lounging daybeds are shaded by wide-brimmed, blue and white parasols, while twinkling lights strung above bring the space to life as night falls. Even the food offering sounds distinctly southern European – roasted fig, Iberico ham and Baba Ganoush pairing nicely with your glass of Vermentino.

🚶 17 mins walk



10th Floor
4 Kingdom Street
London W2 6BD

skylarkroofgarden.co.uk



Alto by San Carlo, the rooftop, Selfridges

Selfridges isn't just international retailers and iconic fashion brands. Make the ascent to their rooftop and you're rewarded with the impressive, open-air dining space of its Alto by San Carlo restaurant. Reimagined once again for 2021 – this time as a Californian escape – its menu sizzles with Cali-style grills and guacamole. It also doubles, uniquely, as an exhibition space, showcasing artwork from a range of highly skilled photographers.

🚶 24 mins walk



400 Oxford Street
Marylebone
London W1A 1AB

selfridges.com



Pergola

“Feet on the ground, head in the clouds.” The party at this rooftop woodland hideaway is as big as ever with brand new giveaways, a delicious, revamped food menu and incredible cocktails for a staggering 850 guests. It also serves up some of the best views in town, jaw-dropping panoramas of Little Venice, Paddington Basin, Regent’s Park and Hyde Park appearing on seemingly everyone’s Instagram feeds since it reopened after lockdown.

🚶 20 mins walk



4 Kingdom Street
London W2 6PY

pergolalondon.com

5

Together Alfresco

London has always offered above and beyond when it comes to alfresco experiences. Thanks to a new verve for outside drinking and dining it's now taking things to even greater heights, propped up by a new wave of covered canopies, floating terraces and trendy rooftop oases. Here are our favourite suntraps nearby Carrick Yard.



The Churchill Bar and Terrace

The terrace of this suave cocktail bar has been newly re-designed, fusing nature and luxury to evoke a sense of cosiness out in the open air. Heated, dressed with hanging baskets that add flourish to classic lighting, and bookended with lush, green planters, it's a whiff of old colonial but worn only lightly on the shoulders of a distinctly modern character. Their Cocktail Brunch menu is nothing short of legendary in these parts.

🚶 20 mins walk



Hyatt Regency
30 Portman Square
Marylebone
London W1H 7BH

thechurchillbar.co.uk



The Summerhouse

The hook of this charming seafood restaurant is its enviable canalside setting, the light splash of ripples from the bows of passing vessels a delightful soundtrack to your meal. A boaty, blue and white décor cements the nautical theme, supported by a seafaring menu laden with plates of juicy prawns, crispy calamari and even poached octopus. Put this top of your list if you're looking for a gentler, more laid-back side to the Summer's social scene.

🚶 15 mins walk



Blomfield Road
Little Venice
London W9 2PA

thesummerhouse.co

Second Shot

Second Shot has laid down the gauntlet. A new contender for the area's coffee throne, they're not just churning out delicious, velvety coffee, but making a real difference as they go. Here's how they're helping the homeless off the streets one espresso at a time.



'Coffee. Smoothies. Pastries. Breakfast. Compassion' may seem an unusual window menu to walk past on your way up Church Street. But take a closer look and you'll understand the inspiring mission behind this coffee shop and how it's successfully bridging the gap between coffee and community in a truly authentic and tangible way.

Smart, sleek and simply adorned with casual seating and quirky black and white tiling fronting the bar, Second Shot have dropped some of their original Bethnal Green design cues on Church Street. And, employing those who've been affected by homelessness, they're nobly taking on the bigger issues as well as tackling your taste buds.

Founder Julius dropped out of University and managed to get Second Shot off the ground through crowd funding. His first outpost opened up in Bethnal Green back in 2016 when he was just 22 years old. Now, they've got their own second shot at helping another London community, this time right here on Church Street in Lisson Grove.

While people often feel uncomfortable, rushed or hassled giving money or food to those on the streets, the dynamic is so totally different when they're inside Second Shot and buying something themselves – the success of the pay it forward scheme (where customers can choose to put money down for a meal or drink a homeless person can later collect) demonstrates just how eager people are to help when they can see exactly how it's making a difference. In 2019 alone, they managed to serve an incredible 12,000 meals to people on the streets.

But it's not just the opportunity for altruism that draws people to Second Shot. Several single-origin coffees from some excellent roasteries mean great tasting coffee, from light Peruvians to deeper Guatemalan Red de Mujeres. And, whether you prefer to go piccolo or keep it snappy with a quick espresso, you also have the option to choose how your brew is crafted. Opt for V60, Chemex or Aeropress and try something a little more adventurous than your usual. If you fancy giving it a whirl yourself, you can buy brewing gear, freshly ground coffee and merch to collect in store (you can even order for delivery, either as a one off or through a subscription, and hire their downstairs area for events).

Second Shot now stands alongside the likes of Redemption Roasters (who turn inmates into baristas inside their prison-based roastery) as a coffee-based activist outfit seeking to make a positive impact with the power of their beans. They've already been a hit with the Church Street crowd, their expansion proving successful business doesn't have to come at the expense of society's less fortunate. In fact, both can prosper together.

How it works

1

Second Shot employ people who've been affected by homelessness, train them up and help them transition to long-term employment.

2

Customers can choose to 'pay it forward', putting money down for a meal or drink that a homeless person can later come in and collect.

“I moved to London in 2013 and was surprised there wasn't more being done to alleviate the homelessness problem. I wanted to do something that would raise the profile of the issue.

The biggest issue that any person who has been affected by homelessness faces is trying to tackle and break down the social stigma.”

Julius Ibrahim
Founder
Second Shot



Regular Joes

This part of town runs on its quality roasts. Here's where to grab your morning pick-me-up across Lisson Grove, Marylebone and Edgware Road. Walk, ride or commute, all are very much on route from Carrick Yard, just a few minutes away.



Darcie & May Green

A floating café daubed in loud colours and patterns, it's easy to forget you're within spitting distance of one of the capital's busiest stations – on board, steaming cup in hand, you feel a world away. Bringing Antipodean panache to her all-day dining brunch, lunch and dining menus, founder Prue has instilled a characteristically Aussie attitude to coffee: proper frothy flat whites complement the 'aeavo' beautifully. Later on, as night falls, the Spazielle Coffee Machine makes way for cocktail shakers to kick off the evening frivolities.

🚶 13 mins walk



Grand Union Canal
Sheldon Square
Paddington Central W2 6DS

daisygreenfood.com



Café Laville

For the best view of the Regent's Canal, look no further than Café Laville. Straddling both banks with its back to Edgware Road, the water below stretches out like a watery carpet, lined by bobbing canal boats and bright green overhanging trees. The result is a magnificent sunset spot if you can secure a table. The coffee has a beautifully balanced, slightly nutty, typically Mediterranean taste – milky cappuccinos sprinkled with just the right amount of chocolate and powerful espressos jumping slow synapses into action even on those icy early mornings.

🚶 6 mins walk



453 Edgware Road
Little Venice
London W2 1TH
cafelaville.co.uk



The Monocle Café

Their now famous black and white liquorice awning couldn't be more quintessentially English. But, unlike the ostentatiousness of its Chiltern Firehouse neighbour, this unassuming spot has a more subtle, understated nature. The hiss of the coffee machine and subsequent heady aroma filling its intimate interior lends it a homely feel – a wonderfully calm escape sandwiched between Marylebone's whispering mews and leafy boulevards.

🚶 21 mins walk



18 Chiltern Street
Marylebone
London W1U 7QA

cafe.monocle.com



Markus Coffee

With 63 years under its belt Markus Coffee is a real time capsule, its wooden barrels and traditional wicker baskets brimming with fresh arabica to create a unique rustic feel. But don't be fooled. Quality of this calibre is timeless, and Markus effortlessly straddles both the old world and the new, their coffee expertly crafted by true artisans. And their reputation speaks for itself, a favourite amongst the likes of Claudia Winkelmann and Jimmy Choo who've become loyal regulars.

🚶 18 mins walk



13 Connaught Street
St George's Fields
London W2 2AY

markuscoffee.com

8 Summer Brakes

There's nothing like the zipping sound of freewheeling spokes picking up speed in Regent's Park or glimpsing some of the nation's most iconic sites on a few spins of The Serpentine. With temperatures climbing, cramped carriages falling out of vogue and new cycle lanes making Central London more bike-friendly than ever, find some of the city's best cycling right by Carrick Yard.



For weekend circuits

Regent's Park whirs into life every Saturday at a gruelling 5.45am when the Regent's Park Rouleurs (the park's prestigious cycling club) click into their pedals, Lycra'd to the nines. Flashes of yellow boots are all you see as they glide past, wheels inches from one another. If you'd rather a lie in, the Outer Circle is the park's unofficial cycle superhighway, a perfect mix of fast stretches, tight corners and small climbs to give yourself a real workout.

For more leisurely waterfront biking

If you're not in the mood for anything too strenuous, the Regent's Canal cycle trail (stretching from Little Venice all the way to Limehouse) presents a more leisurely alternative to slamming round the park with the pros. Starting from Little Venice's tranquil waterside, follow the towpath and enjoy the canalside scenery free from the noise and pollution of car-clogged roads. Pass the squawking wildlife of London Zoo, duck slightly beneath low bridges and stop for a quick pit stop at any one of the quaint little hole-in-the-wall cafés dotted along the way.

For staying indoors

Nowadays, you don't have to leave home to put the miles in. Modern technology means you can build up those leg muscles in the privacy of your living room. And Peloton are the undisputed world leaders when it comes to virtual home spinning classes. Book in for a trial ride at their Marylebone store to see all the classes, equipment and add-ons you can get your hands on.

For urgent repairs

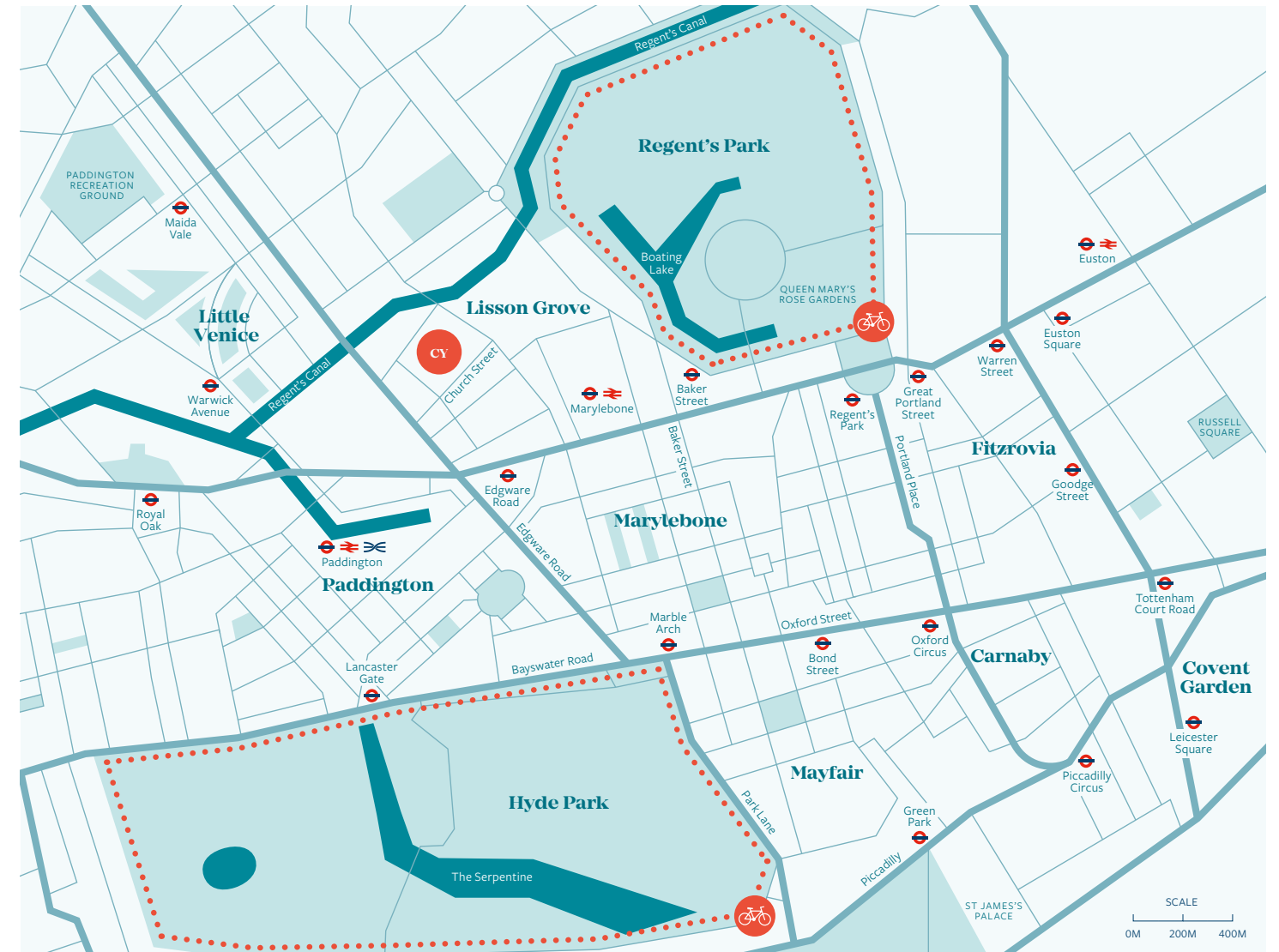
Westminster Wheels, right in the middle of Church Street, is a community bike shop with a difference. Educating young people to become bike mechanics – part of their Westminster Wheels Training Programme – it's the place they take old reliable whenever it's acting up. You can also donate it when it's time for an upgrade. They fix up the bikes they receive and gift some right back to the community, encouraging locals to get back into cycling or learn how for the first time.

For comfortable, sweat-wicking kit

Covering both men and women, Lululemon are all about fabric technology. Head to their Marylebone store for smart, office-ready fits that are breathable, stretchy and ideal for clammy rides into town. Alternatively (or additionally), Sweaty Betty, Marylebone offers everything essential for the summer cyclist's wardrobe. Their growing ranges of dresses, jumpsuits and trousers designed for an on-the-go lifestyle let you transition effortlessly from saddle to social while barely breaking a sweat.

For looking after your skin

Protecting your body isn't just about helmets and knee pads. It's also about looking after your skin. Luckily, Marylebone's Aesop offers lotions loaded with SPF25 hydrators that provide broad-spectrum protection against the sun's damaging effects as well as lip balms to hydrate and nourish.



- Aesop**
69 Marylebone High Street
Marylebone
London W1U 5JJ
🚶 21 mins walk
- Lululemon**
74-75 Marylebone High Street
Marylebone
London W1U 5JR
🚶 22 mins walk
- Neal's Yard**
112 Marylebone High Street
Marylebone
London W1U 4SA
🚶 24 mins walk
- Peloton**
116 Marylebone High Street
Marylebone
London W1U 4DP
🚶 25 mins walk
- Regent's Park**
🚲 6 mins cycle
- Hyde Park**
🚲 8 mins cycle



Carrick Yard

APARTMENTS | LISSON GROVE NW8



New apartments at the heart of Lisson Grove, NW8

Carrick Yard brings 1, 2 & 3 bedroom apartments with concierge, residents' lounge, courtyard garden and work hub (designed for working from home) to Lisson Grove, NW8.

Only 8 minutes' walk from Marylebone and Edgware Road Stations, find your new home in Zone 1.

Call now to arrange to visit our marketing suite.

Prices from £720,000

020 7409 8756

NEWHOMES@SAVILLS.COM

CARRICKYARD.COM



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