



BMA HOUSE
LONDON

BMA House local area guide

Welcome!

Discover Bloomsbury, Kings Cross, Euston & beyond'

This guide will tell you everything we think you need to know for before and after your event with us. From our favourite local pints of ale to attractions we wouldn't want you to miss!

We hope you find this an informative and a valuable resource for your visit to BMA House.





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A brief history of the area

Nestled in the heart of Bloomsbury, central London, BMA House epitomises the essence of British heritage. Steeped in a rich cultural history with a 21st century feel, this area is perhaps the most connected part of London. Once this area is perhaps the most connected part of London, once frequented by literary and political figures like Virginia Woolf and Emmeline Pankhurst, it radiates an attitude of forward-thinking and creative ambition.

From the expanses of the British Museum to the winding lanes of Lambs Conduit Street, the narrowest alleyway in London, to the first UK tower block, Bloomsbury is a captivating blend of historical charm and contemporary vibrancy and is a fascinating example of old and new architecture.

In this grand setting, BMA House stands as a homage to this tradition and innovation. Surrounded by a rich tapestry of educational centres and cultural landmarks such as Russell Square and the many universities. BMA House adds its own unique stamp to Bloomsbury's character.



What we love about the area

In our view, there is nowhere else in London with as much history and ambience than the area of Bloomsbury. The wide and long buildings carry an immense history. The numerous blue plaques offer a glimpse into the lives of esteemed philosophers, writers, artists and scientists who once lived here. There is a humble yet regal feel to the area. To us at BMA House, this makes it a truly unique setting to carry on your event once you've left us.

Malet Street is where you will find it all. Weave through students, professors and actors, see the imposing University of London building, **RADA** (where many of our national treasures were discovered) and **Senate House** (the imposing Information HQ during the Second World War). For the perfect flat white, head to **The Espresso Room** next to Great Ormond Street Hospital, a British institution. If you are a fitness buff, **Pure Gym, Holborn** do a reasonably priced day pass for a quick workout.

To fully absorb the romance of Bloomsbury, head to the Fitzroy, Gordon & Bloomsbury Squares where the leafy green parks perk up the facades of the Georgian buildings lining them. Shopping centres are plentiful here, and many of the UK's favourite shops can be found nearby, as well as the area boasting numerous independent businesses you would want to go off the beaten path for. Judd Books houses a huge number of books from academic and art textbooks to the classics and children's stories.

Top tip: Birkbeck College turns into a swanky farmers market on Thursday from 12:00pm-15:00pm



Our favourite spots



Mike

Based on my own personal preferences being a bowler, it would be Bloomsbury Bowl! My favourite restaurant is called Niche and it's a fully gluten free restaurant in Angel.



Kat

The best Pizza in the area is Pizza Sophia on Tavistock Place, I recommend booking to secure a table and Simmons Bar in Kings Cross for a late-night cocktail.



Vic

I love Seven Dials Market on Earlham Street near Covent Garden! It's an indoor food emporium on an old London cobbled street, with a buzzing atmosphere. There's so much to choose from it's hard to pick a favourite vendor, but there's certainly something for everyone to enjoy! They also have a small makers market as you enter which is always worth a browse.



Hannah

For a bar, Drake and Morgan if you want cocktails and a good dancefloor but not too much of a late night. Nonna Selena does incredible authentic Italian food, El Pastor in King's Cross serves up the most incredible beef short rib tacos.

Our favourite spots



Ellie

My favourite Euston pub would definitely be 'The Somers Town Coffee House'. It has an inviting, warm atmosphere and, as every great pub should, a wide variety of flavoured gins and tasty pub snacks.

I would also highly recommend Coal's Drop at King's Cross for its fantastic selection of delicious restaurants, of every cuisine!



Sasha

I would recommend the Shuffleboard Bar London for a post event activity. Book a game and enjoy happy hour deals in a unique London bar, located just around the corner from BMA House.



Rebecca

My favourite place to eat, drink & unwind in after work has got to be The Lighterman in Granary Square, a waterside location on the towpath of the tranquil Regent's canal. Architecturally stunning (I have to say this because my father designed it!), the views from the third floor are well worth the 10 mins' walk from BMA House.

Other must-see spots...

Noble Rot

A wine connoisseurs dream restaurant.

London Cabaret Club

Non-stop round tabled entertainment.

La Fromagerie

High end British cheeses and delicacies.

The Coral Room

Unique cocktails and local ales.



Historical buildings of interest

The Foundling Museum

A timeline of London's first abandoned children's charity founded in London with inspirational stories. Uncover the poignant timeline of founder Thomas Coram's vision, where inspiration and resilience are a major theme of this museum.

The British Museum

A National treasure housing famous artefacts from every corner of the planet, with free admission every day from 10am to 5pm. (8.30pm on Fridays).

The Charles Dickens Museum

The literary giants former home showing his personal effects, it offers a glimpse into the life and imagination of Britain's most celebrated authors, daily tours available from £12.50.

Sir John Soane's Museum

Former home of the immense architect from the regency era, free daily tours lasting 90 minutes run from Wednesday to Sunday.



Local hotels

The Ambassadors ££

Ideal for the business traveller

The Ambassadors is where business meets luxury. With convenient amenities and in a prime location, this hotel caters to the needs of the modern professional, ensuring a comfortable and productive business trip.

The Kimpton Fitzroy ££££

A stay to remember

The Kimpton Fitzroy stands for luxury and elegance. This hotel offers an unforgettable experience, combining classic charm with modern amenities. Perfect for those seeking a stay with a little luxury, leaving guests with lasting memories.

The Hilton £££

Budget-friendly comfort

Enjoy your stay without compromising on comfort at The Hilton. With affordable rates and reliable quality, this hotel provides a comfortable and welcoming environment for budget-conscious travellers, making your trip to BMA House both enjoyable and cost-effective.

The Hoxton Hotel ££££

Great work location

The Hoxton Hotel is strategically designed for the modern professional. Enjoy a dynamic work environment complemented by contemporary design and technology. This hotel ensures that your stay is both efficient and enjoyable.

The Montague on the Gardens: ££££

Close by and preferred rates for wedding bookings

An elegant retreat, ivy clad and cosy interiors with a leopard print bar, the tranquil gardens offer a peaceful escape from the city hustle and bustle.

The Bloomsbury Hotel (Dalloway Terrace) £££

A haven for history lovers

Step into the past at The Bloomsbury Hotel, where historic charm meets modern comfort. History lovers will appreciate the unique ambiance and attention to detail, making it an ideal choice for those who want to immerse themselves in Bloomsbury's rich cultural heritage.

Nature trails and parks

Tavistock Square

Situated in Bloomsbury, just outside BMA House!

A formal garden square with a rich cultural history. It features a statue of Mahatma Gandhi and a moving memorial to the victims of the July 2005 London bombings.

Gordon Square

Located in Bloomsbury, London. 2-minute walk from BMA House.

Gordon Square is a garden square surrounded by historic and academic buildings and is often associated with the Bloomsbury Group, a circle of influential writers, intellectuals, and artists. Be sure to see Euston Church.

Bloomsbury Square

In the Bloomsbury district of London. 10-minute walk from BMA House.

Bloomsbury Square is a classic London square with a central garden area. It offers a quiet space amidst the bustling city, making it a popular spot for locals and visitors alike.

Regent's Canal

A picturesque waterway running through North London. A 10-minute walk from BMA House.

The canal offers scenic towpaths for walking and cycling. It passes through neighbourhoods like Little Venice and Camden, providing a unique perspective of London away from the busy streets.

Regent's Park

Northwest London, 20-minute walk from BMA House.

Known for its stunning landscapes, the park includes Queen Mary's Gardens, the Open-Air Theatre and the ZSL London Zoo. It's a popular spot for walking, jogging, and boating on the small lake there. Perfect for a picnic.



Shopping centres

The Brunswick Centre

A 5-minute walk from BMA House, the Brunswick Centre stands as an architectural oasis. Amidst the calming embrace of concrete, this residential gem invites you to unwind in its serene courtyard, surrounded by thoughtful shops and cafés.

Oxford Street

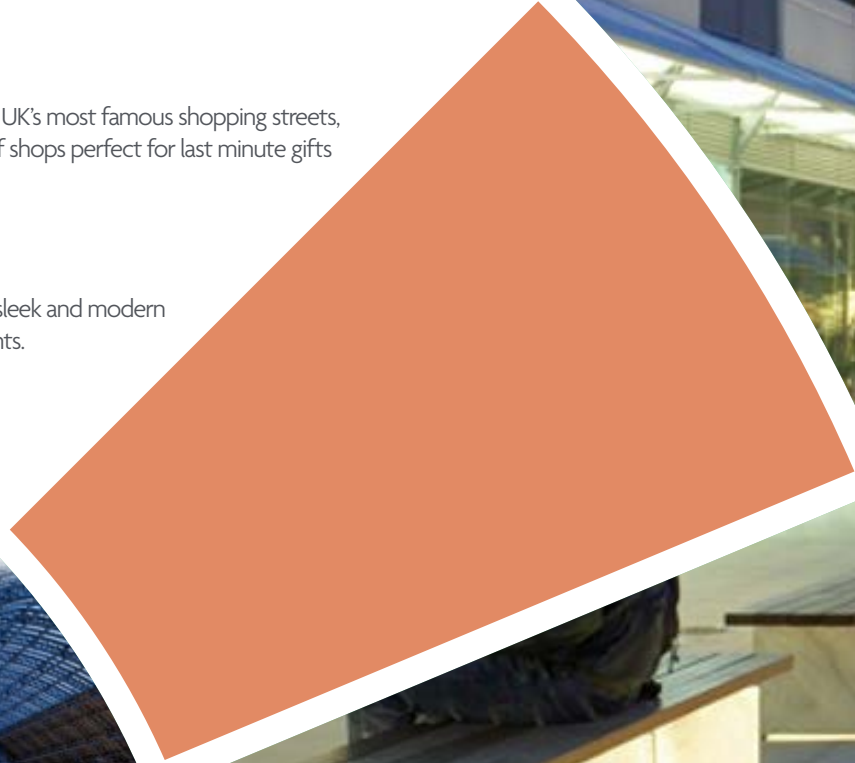
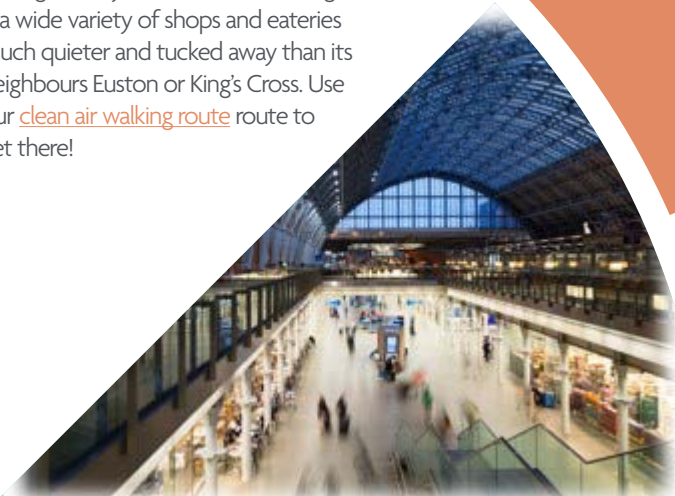
15 minutes from BMA House's front door is one of the UK's most famous shopping streets, once you get through the crowds, there is a plethora of shops perfect for last minute gifts from your trip.

Coal Drops Yard

10-minute walk from BMA House is Coal Drops Yard, a sleek and modern backdrop to shops and independent bars and restaurants.

St Pancras Station

To the north of BMA House is St Pancras International train Station, although a vibrant hub of people visiting the city, beneath the stunning architecture is a wide variety of shops and eateries much quieter and tucked away than its neighbours Euston or King's Cross. Use our [clean air walking route](#) route to get there!



Links to websites, opening hours and more information

Food & drink

Niche

nichefoodanddrink.com/

Pizza Sophia

pizzasophia.com/

Noble Rot

noblerot.co.uk/restaurant/lams-conduit

The Coral Room

thecoralroom.co.uk/

Simmons

simmonsbar.co.uk/venues/euston-square/

La Fromagerie

lafromagerie.co.uk/

Drake & Morgan

drakeandmorgan.co.uk/

Nonna Selena

nonnaselena.com/

Seven Dials Market

sevendialsmarket.com/

El Pastor

tacoselpastor.co.uk/

The Somers Town Coffee House

thesomerstowncoffeehouse.co.uk/

The Espresso Room

tripadvisor.co.uk/Restaurant_Review-g186338-d4481370-Reviews-The_Espresso_Room-London_Englawwd.html

Hotels

The Ambassadors

ambassadors.co.uk/en/

The Kimpton Fitzroy

kimptonfitzroylondon.com/

The Hilton

hilton.com/en/hotels/loneuhi-hilton-london-euston/

The Hoxton Hotel

thehoxton.com/london/holborn/

St Pancras Renaissance

marriott.com/en-gb/hotels/lonpr-st-pancras-renaissance-hotel-london/overview/

The Bloomsbury Hotel

doylecollection.com/hotels/the-bloomsbury-hotel

Historical buildings of interest

The British Museum

britishmuseum.org/

Sir John Soane's Museum

soane.org/

The Foundling Museum:

foundlingmuseum.org.uk/

Charles Dickens Museum

dickensmuseum.com/

Entertainment

Shuffleboard Bar

shuffleboardbars.com/london/

London Cabaret Club

thelondoncabaretclub.com/

Pure Gym Holborn

puregym.com/gyms/london-holborn/

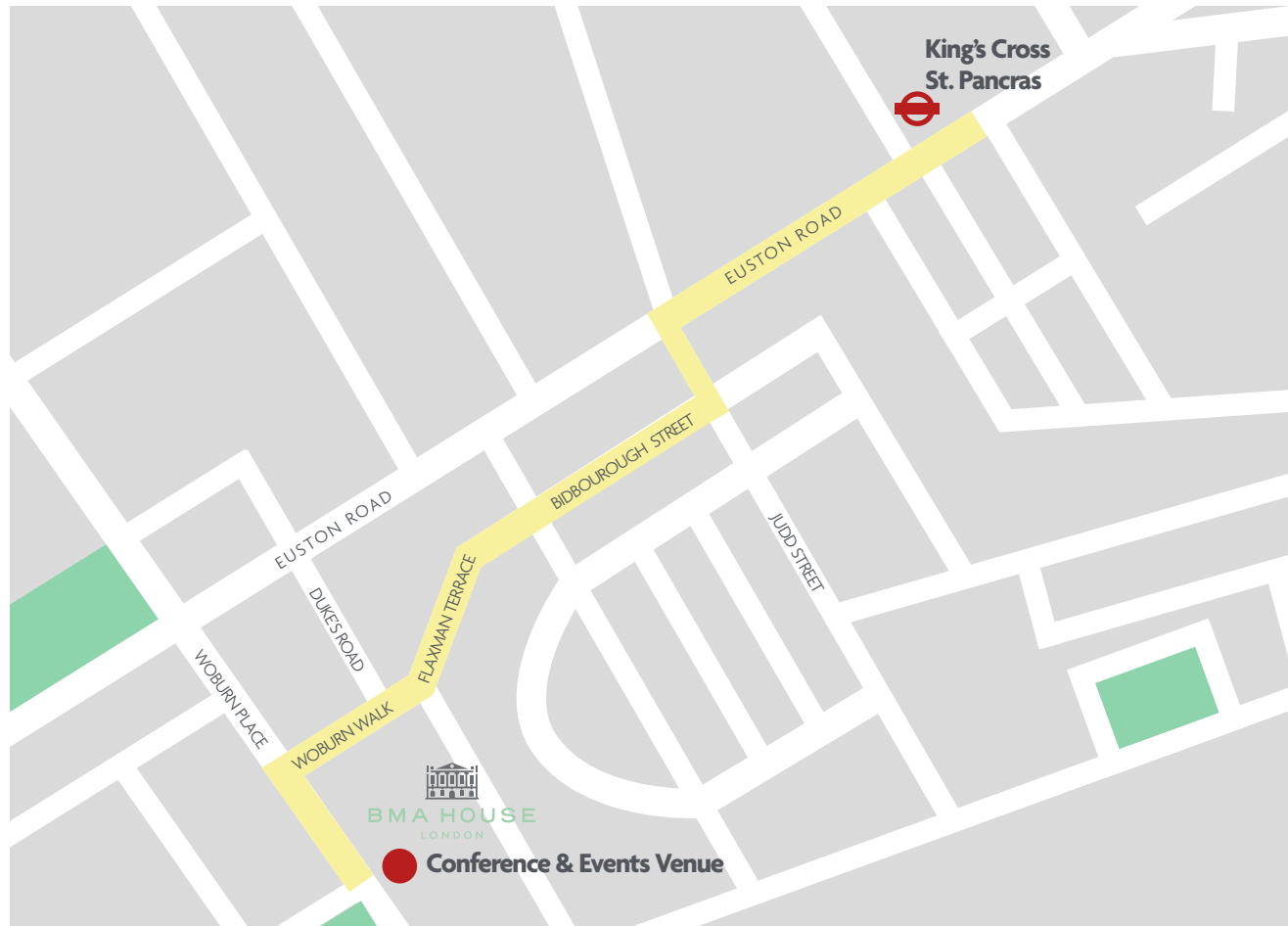
Judd Books

juddbooks.com/wp/

Bloomsbury Bowl

bloomsburybowling.com/

Our carbon cutting clean air walking route



**Walking from
Kings Cross to
BMA House?**

**Take the
clean air route**

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www.cleanairroutes.london




BMA HOUSE
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Sustainable hospitality with heritage

BMA House
Tavistock Square
London, WC1H 9JP

T: 020 7874 7020
E: events@bma.org.uk
bmahouse.org.uk

 [@bmahousevenue](https://twitter.com/bmahousevenue)
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