

#1 18:30-19:15

The George

40 Liverpool street, Bishopsgate, London, EC2M 7QN

Nice and easy to begin with. This is a 2 minute walk from the Bishopsgate entrance of Liverpool Street station. Part of the Conran remodelling of the Great Eastern Hotel, this is actually a hotel bar rather than a pub. However, it does serve some decent beers and food, wrapped up in a luxurious, if slightly scary, jingoistic St George's themed environment.

#2 19:15-20:00

The Shooting Star

125-129 Middlesex Street, Bishopsgate, London, E1 7JF

This is a fair sized, traditional Fullers pub with your usual good selection of real ales and large food menu. Probably the best place for a sit down meal before the end of the crawl

#3 20:00-20:45

The Gun

54 Brushfield Street, Spitalfields, London, E1 6AG

Bit more of a traditional boozier now, with a mixed clientèle ranging from local tradesmen to more office types. Apparently, this used to be a meeting place for the Freemasons, in years gone by. Secret handshakes, anyone?

#4 20:45-21:30

The Luxe

109 Commercial Street, London, E1 6BG

From one extreme to the other, this not so much a pub as a cafe-bar. Owned by Masterchef judge John Torode, this is for a younger, more cosmopolitan crowd. No real ales here I'm afraid, more Japanese beer and cocktails. They also play some lively, loud music here, but it does have a great "outside" area, inside the Spitalfields market itself, if you wish to detach from

the main thorough and view from a safe distance.

#5 21:30-22:15

The Commercial Tavern

142 Commercial Street, Shoreditch, London, E1 6NU

The Northern most point of the crawl sees us heading towards the unbearable coolness of being that is Shoreditch, whose influence has manifested in this once authentically, old style pub. An interesting hybrid of young & old, new & familiar, modern & traditional is to be found here.

#6 22:15-23:00

The Pride of Spitalfields

3 Heneage Street, Spitalfields, London, E1 5LJ

Hidden on one of the side streets off Brick Lane, this well-known secret gets nothing but exemplary reviews; “Fantastic”, “charming”, “cosy and atmospheric”, “Lovely”, “shining example”, “unspoilt”, “highly recommended”, “Top little eastend boozier”. Shame I won't remember it in the morning.

#7 23:00-01:00

The Princess Alice (Optional)

40 Commercial Street, Aldgate, London, E1 6LP

For those who wish to carry on drinking, this pub was a recommendation from an industry insider. It first opened its doors in 1884 and is rumoured to have been a favoured haunt of that most famous of Victorian Londoners, Jack The Ripper. It has a pool table and pinball machines, closes at 1am and is close to Aldgate East tube station.

