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— ACCESSIBLE TOURISM —

London Accessible City Guide

5-Day Itinerary



for people with
reduced mobility

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Destination: London

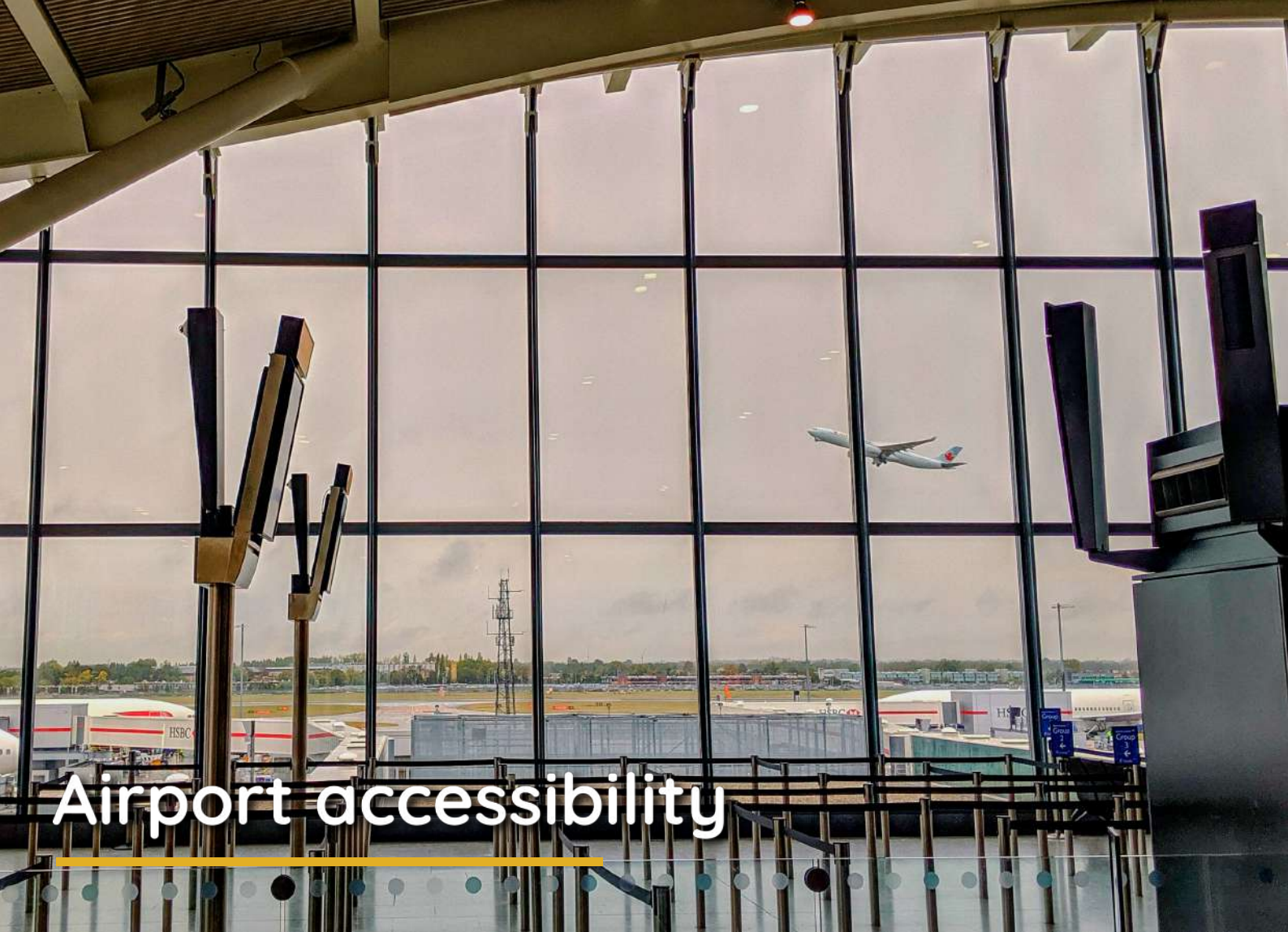
It's hard not to fall in love with a city like London. There are iconic attractions - such as the London Eye, Big Ben or Buckingham Palace - and prestigious museums - such as the British Museum and the National Gallery. Fashionistas can shop and attend notable events, while foodies can indulge in a unique culinary experience. Even sports enthusiasts watch some of their favorite tournaments here.

In this guide we invite you to make a **5-day accessible itinerary**. However, you can

always pick the sites that interest you and plan your trip around the time you have.

You will discover...

- The places you can visit as a user with reduced mobility.
- What activities are accessible in London.
- The available accessible transportation options.
- The hotels we recommend from our catalog.



Airport accessibility

The largest city in England has six airports: [London City Airport](#), [Heathrow](#), [Stansted](#), [Luton](#), [Gatwick](#) and [Southend](#). All of them offer **special assistance** for people with **reduced mobility**. To request the service, you must inform the airline or travel agent at least 48 hours in advance.

Airports have accessible parking for people with disabilities, reserved seats and adequate facilities to receive passengers with specific needs.

To find out more, consult the section dedicated to **accessibility** on their corresponding website:

- [London City Airport](#)
- [Heathrow](#)
- [London Stansted Airport](#)
- [London Luton Airport](#)
- [Gatwick Airport](#)
- [London Southend Airport](#)

Recommended hotels

TOP 5 IN LONDON



Ibis London Wembley

The Ibis London Wembley is a modern hotel located less than 500 meters from Wembley Stadium, 10 minutes from Wembley Arena and 15 minutes by car from Notting Hill. Accessible rooms are decorated in a minimalist style and in light tones, ideal for resting and relaxing while on vacation or a business trip.

[Learn more](#)

Staybridge Suites By Holiday Inn London - Heathrow

The Staybridge Suites By Holiday Inn London – Heathrow offers an unbeatable location at Heathrow Airport. Central London can be visited in just half an hour by public transport. The accommodation has 19 accessible rooms.

[Learn more](#)

Sofitel London Gatwick

Sofitel London Gatwick is a luxury adapted accommodation with an excellent location at Gatwick Airport with direct connection to the north terminal and a few minutes from the south terminal thanks to the monorail service. The Classic Accessible Rooms, with turning space for wheelchairs, are ideal for enjoying an adapted trip.

[Learn more](#)

Crowne Plaza London - Albert Embankment, an IHG Hotel

Opposite the River Thames, the Crowne Plaza London - Albert Embankment offers all the necessary amenities for an unbeatable stay in London. The London Eye is a mile away. There are a total of six accessible rooms for people with reduced mobility.

[Learn more](#)

Hampton Inn London Docklands

Hampton Inn London Docklands is decorated in a modern and minimalist style, with beautiful brightly-colored furniture adorning the hotel lobby and giving it an original, avant-garde touch. The accessible rooms maintain the same minimalist elements as the rest of the hotel, blue and white colors provide freshness and a sense of spaciousness, making guest rooms an ideal place for relaxation.

[Learn more](#)



5-day accessible itinerary

Our itinerary is inspired by the [London x London](#) planned route. We have made some pertinent modifications and added the **accessibility** information you need to have fun on this barrier-free journey.

Day 1

Start the day with a tour of beautiful **Hyde Park**. This green space in central London occupies an area of 140 hectares. In it you will find a large lake, fountains, monuments and beautiful gardens with flowers.

Next, we recommend that you go witness a

changing of the guard at Buckingham Palace. Check the detailed schedule on the [British Army website](#). The ceremony lasts approximately 45 minutes.

Replenish your energy at a restaurant and head to **Westminster Abbey**. The facade is spectacularly beautiful and you can take pictures of it. If you want to enter, please note that some areas are inaccessible to **wheelchair users**. As specified on its [official website](#), these users and their caregivers are not charged for admission.

Make your way to **Westminster Palace**. The visit can last between 2 and 3 hours, but it is worth it.

Those unable to access the steps must book in advance by calling +44 (0)303 123 7324 or contacting the sales team at specialistsales@rct.uk. Therefore, they will enter through an alternative entrance.

Its official website provides useful **accessibility** information for the tour. As you will see, **manual wheelchairs** and walkers are also loaned. The elevators measure 148 centimeters deep by 94 centimeters wide. Likewise, there are **accessible restrooms** at the entrance and exit of the tour.

Stop to contemplate the iconic **Big Ben** next to the Palace. London's iconic clock was designed by Edmund Beckett Denison in association with the then astronomer Sir George Airy and watchmaker Edward Dent. The clock mechanism took two years to complete and was installed in 1859.



As the [Encyclopedia Britannica](#) points out, the Royal Observatory in Greenwich housed the most accurate chronometers in England, so a telegraph cable was used to verify accuracy. with them. As a result, it stands out for its accuracy in telling the time.





Finally, enjoy unforgettable views from the **London Eye**. The tallest Ferris wheel in Europe is **accessible**, but only two

wheelchairs are allowed per module and eight in total. To avoid availability issues, you must [book in advance through their website](#).



Day 2

On the second day you can continue exploring the city center. Start with one of the most popular shopping streets in the world, **Oxford Street**. A short distance away you will come across the intersection of **Piccadilly Circus** and **Leicester Square**.

Your next stop will be **Trafalgar Square**, which commemorates the victory of the British army in 1805.

Opposite is the **National Gallery**, where you can enter immediately. You will be amazed by its extensive collection of European paintings from the 13th century to the 1900s.

The art museum is **accessible**. The street level entrance is in the Sainsbury wing (to better situate yourself, take a look at the [map provided on its web](#)).



In addition, the [National Gallery's website](#) specifies the following information of interest for people with **reduced mobility**:

- There is a reserved **accessible parking** space on Orange Street, but reservations are required at least 48 hours in advance to the phone number indicated on the website.
- **Accessible restrooms** are located near all entrances. There is also a changing room with a non-slip floor, a height-adjustable washbasin, an accessible shower and a WC with grab bars, among other features.
- It is possible to reserve **manual wheelchairs**.
- Stools are available on request at the information desk and in the cloakroom.

Therefore, it is recommended that everyone book their tickets in advance to avoid unwanted queues and control capacity.

Then you can tour the **West End area**, which looks especially beautiful when the facades of the theaters are illuminated. To end the day, lose yourself in the streets of **Soho** and its restaurants.





Day 3

Start the morning with a typical English breakfast and head towards the **Tower of London** and **Tower Bridge**.

Being a historic castle, please note that the **Tower of London** has narrow staircases and corridors. The Jewel House is **accessible**, but the other parts of the castle are not. If you want to visit it, we advise you to first look at the [Historic Royal Palaces Access Guide](#).

As for the **Tower Bridge**, it is **fully accessible**.

The visit can begin with the bridge or the Victorian engine rooms. In any case, the entrance is accessible. There are also elevators and accessible restrooms for people with **reduced mobility**.

One kilometer away, **The Shard**, designed by architect Renzo Piano, is striking.





Also the historic **Borough Market** is nearby, which you can explore later. This place is more than 1000 years old and houses more than 100 stalls. As clarified on its [website](#), visitors may encounter some restaurants with several floors and certain areas with difficult access surfaces. However, all public spaces are distributed on the ground floor (no stairs) and there are **accessible restrooms**.

Request additional information at the Borough Market store which is located at the main entrance of the market.

If you feel like it, visit one of the **Tate** galleries. If you are interested in British art from 1545 to the present, we suggest you visit **[Tate Great Britain](#)**. If you prefer to see exhibitions of international modern and contemporary art, the **[Tate Modern](#)** is better suited. Admission is free to both spaces.





Also don't miss the second largest cathedral in the world, **St Paul's Cathedral** in London. You can go inside and look at the beautiful crypt and the choir. All the [accessibility](#) details are on its website, as well as the contact numbers to request specific information.

If you have enough time, [Sky Garden](#) is also worth a visit. The building is **accessible** and

offers incredible views of the horizon. In addition, it has bars and restaurants.

An excellent option to end the day is to eat an enjoyable dinner at **Leadenhall Market**. You may download an [accessible route](#) from the market's website.



Day 4

If you like antiques and second-hand items, we recommend browsing the stalls at the **Portobello Road Market**. It will look familiar to you as one of the settings for the romantic movie Notting Hill.

Next, discover **Kensington Palace** and its gardens. There are elevators to be able to enter the three floors of the building.

Likewise, visitors with **reduced mobility** can request **manual wheelchairs** and pick up a brochure with **accessible routes**.

You must buy tickets to enter the palace. On the other hand, they are not necessary to see the royal gardens.



Inquisitive minds have a chance to get some answers at the **Natural History Museum**. The wonderful collections allow you to discover the history of life on Earth and human evolution.

The building is **accessible** to all. Its services include **accessible restrooms**, elevators and **wheelchair** rental. People with disabilities can also [avoid the lines](#).

The **Victoria and Albert Museum** is nearby, dedicated to design, art and performance. In case you want to visit it, you have the option of requesting a [guided visit](#).

To finish, enjoy dinner at the **Convent Garden**.



Day 5

On the last day you can learn about the history of human culture at the **British Museum**. Book your ticket well in advance and don't miss the Ancient Egypt section. This institution has accessible areas. Among other facilities, it has elevators and **accessible restrooms** with emergency cords.

In case you need it, reserve a complimentary **wheelchair**.

To complete the day, relax and go shopping at **Harrods**, the most famous department store in London.



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UNDERGROUND



More accessible attractions

1 The **Royal Observatory** is 25 minutes by public transportation from London Bridge. It is known to house the prime meridian (zero reference line for astronomical observations). The Royal Observatory and the Peter Harrison Planetarium are situated on a hill, but it is possible to go a less steep route. There are also accessible restrooms and facilities.

2 The Old Royal Naval College is declared a World Heritage Site. It features the **Painted Hall**, a spectacular painting by Sir James

Thornhill that occupies more than 3,700 square meters of ceilings and walls. It will impress you. Before going you can check the [accessibility information](#) on its website and see the detailed map with the accessible routes.

3 Located on the banks of the River Thames, the historic **Somerset House** is another of the tourist attractions that you have the option of visiting. The place strives to remove barriers and is accessible to all.



4 Take a **cruise on the Thames River**. For example, almost all boats in the [Uber Boat by Thames Clippers](#) fleet are accessible to wheelchair users. The fleet has a ramp and accessible restrooms. The piers have no steps, except for those at Cadogan, London Bridge City, and the Wandsworth Riverside Quarter. Plus, caregivers travel for free.

5 The [Royal Opera House](#) and [Shakespeare's Globe](#) are some of the most well-known theaters in London. Take in a show if you feel like it, as they are accessible.

6 If you have little time to visit the city, [Big Bus London](#) is an excellent option for sightseeing. The company has accessible buses with ramps and space for a wheelchair. It is recommended to contact in advance to avoid inconveniences on the day of the visit.



Transportation around the city

It is essential that during your trip you can adequately move to all the places you want to visit. Therefore, do not forget to take a look at this list with information on transportation and mobility equipment rental:

- **Transport for London**. TfL is responsible for London's transportation system. Its website offers information on how to avoid stairs in the transportation network and tools to use accessibility services.
- **National Rail**. The Passenger Assistance service allows you to request assistance from different train companies.
- **Taxis and minicabs**. All London black taxis are wheelchair-accessible.
- **London Express Wheelchair Hire**. Rental of wheelchairs, scooters and accessories.
- **London Wheelchair Rental**. Wheelchair rentals.



Medical attention

The National Health Service in England has a [search engine to find **urgent care services**](#) near you.

If you have an urgent medical problem and you don't know how to act, dial 111. In the event that a person's life is in danger due to injury or illness, call 999.

Zafash is the only 24/7 pharmacy in the UK. You can see a list of other recommended pharmacies on [Yelp](#). Generic medicines without a prescription can be bought in supermarkets.



Other useful information

Concierge Service

Travegali.com offers a [free Concierge service](#) to all its clients. It will find the best **accessible room**. It also helps with booking mobility equipment, **accessible activities**, airport assistance and **accessible transportation**.

Luggage storage

On many occasions, the accommodation has luggage storage. However, if you are looking for a place to leave your belongings, [Visit London](#) has a comprehensive list.

The prices on the web may be outdated, but it will be useful to locate the places.

Weather conditions

The following links show the weather conditions so that you can choose your ideal time for traveling:

- [El tiempo](#). Forecast for the next 14 days
- [AccuWeather](#). Daily, monthly weather and air quality.

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