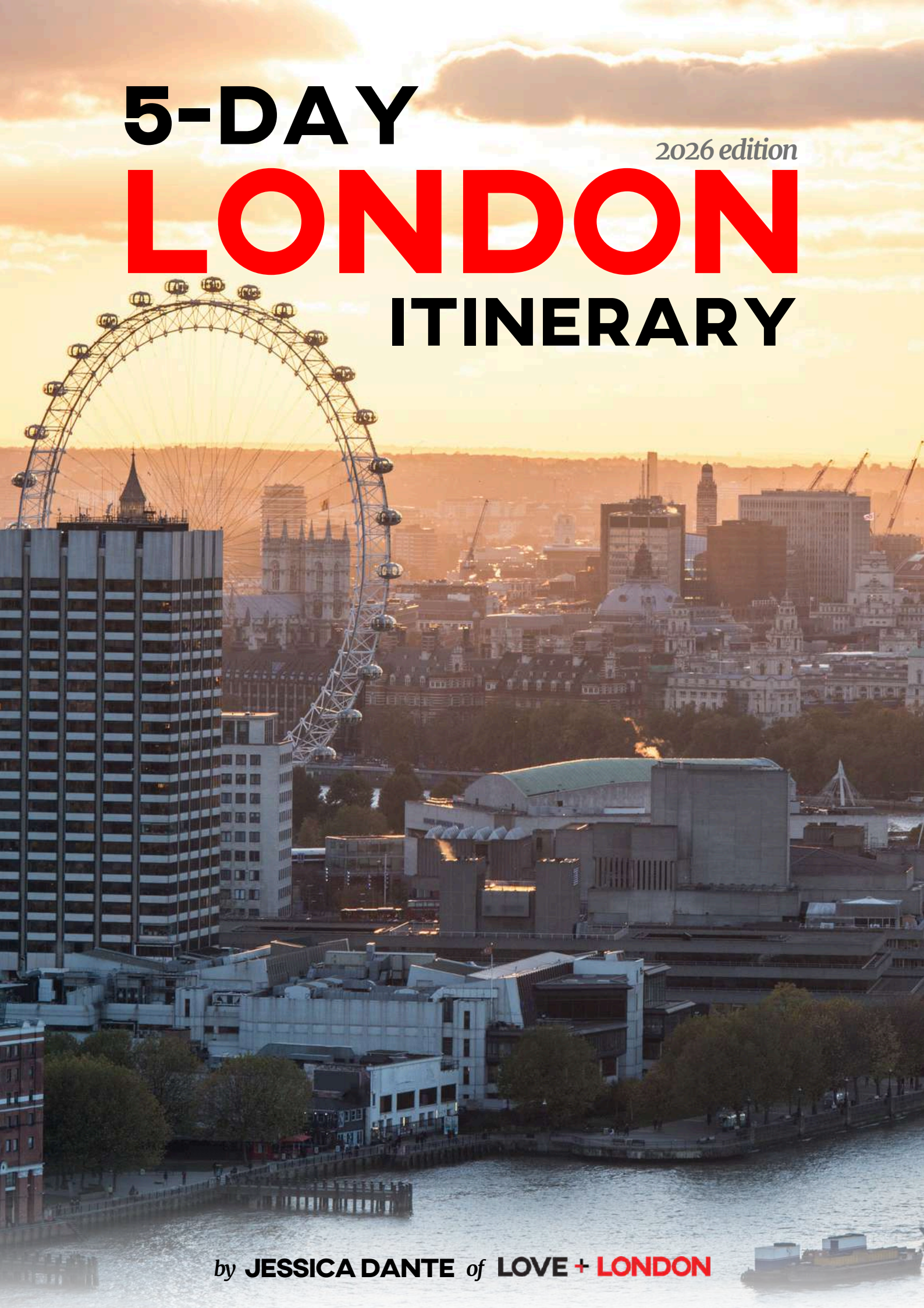




5-DAY

2026 edition

LONDON

ITINERARY

by **JESSICA DANTE** of **LOVE + LONDON**

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**The itinerary routes are in separate files,
head back to your purchase email to download them.**

The boring legal stuff

All information in this guide and related elements (Digital Map, photographs, videos, etc.) have been checked for accuracy, but the author is not liable for any information that is incorrect.

The author is also not liable for any experiences that vary from what is described, or for any events that happen as a result of acting on the information given in this guide. ©Dante Media Ltd. 2026

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AI Policy

The content of this guide is original intellectual property. Uploading or submitting it to AI (artificial intelligence) tools, like ChatGPT, is prohibited.

Your first five days in London... sorted

Thanks so much for purchasing my 5-Day London Itinerary. I am THRILLED that you trust my local knowledge enough to let my team and I plan your days in London! It's a challenge we're very willing to accept.

I've created this itinerary to help you experience some of the best parts of London during your first five days here. I also wanted to make it easy for you to do so without having to spend hours upon hours researching things to do, where to eat, and most importantly, how to put it all together into a cohesive itinerary that makes sense geographically.

You can expect years of experience to shine through as you go through this guide. I actually first made the 3-Day London Itinerary way back in 2018, and every year I update it to make it better and better, not only adding new recommendations (and taking out ones that no longer make the cut) but also adding helpful tools like the Attractions Pass Guide, the Toilet Guide, the Bookings and Tickets Tracker, and everything else that has landed in your inbox by now.

I also want to take a moment to say how much we appreciate your support through your purchase. I hope that you bought this knowing it will indeed help you save time and money, but my team and I truly couldn't make all of our free videos and other content without purchases like yours. In a time where it's been extremely difficult to be a travel creator and run a business like mine in a sustainable way, I truly extend my gratitude.

Ok, it's about time to get to the good stuff. Enjoy the planning time, but most importantly, I wish you the trip of a LIFETIME in this wonderful city I call home.... London.



Jessica Dante

Founder, Love and London

How this itinerary works

I've created this plan to help as many people as possible, while giving you flexibility depending on your budget, tastes, etc.

You'll get the most out of it by reading the six itinerary PDFs through a couple of times, and at least a few days before you start using it in London. Because there's a lot of choice when it comes to attractions, food spots etc., you'll want to talk with your travel companions and see which of my recommendations you want to choose that will fit everyone's tastes. There are also attractions and food spots mentioned that require reservations, so planning ahead is key in that respect.

You can use the checklists provided with your purchase to help you narrow down and keep track of which places you definitely want to get to each day.

Keep in mind that you don't need to follow the itinerary day by day. Feel free to mix it up - maybe do Day 1 on your fourth day, for example. **While everything is set out in the best order to do it**, you can shuffle things around depending on when you can get reservations, operating hours etc., and that's fine. I've also included a page that tells you which days of the week are better for doing each itinerary day.

Once you get to London, the Digital Map is your best friend. It will tell you how to progress through the route each day, but it's also set up to be flexible. If you ever get lost, or decide to veer off the predetermined route, that's completely fine - just grab your phone, open the map and see how to navigate back to my recommendations and the general route.

Oh, and when you're reading through the PDF guide of the itinerary, if you get a little confused or overwhelmed, don't worry. It will all make sense once you're on the ground. Having the Digital Map open while you're reading will help as well.

Please note



You're not meant to do EVERYTHING that is recommended. I give you LOTS of recommendations for each day with the idea that you will cherry-pick which ones suit your travel style, interests, and budget. Please don't try to do it ALL in one go, it's impossible!

I recommend picking 5-6 attractions a day, and a place to eat for each meal.

About this guide

This guide is a PDF that's NOT meant to be printed, in order to save ink and paper, plus it has links on almost every page. So instead, just save it to your devices so you can always reference it. I HAVE designed the checklists to be printed if you want.

You'll see some symbols under each recommendation - here's what they mean:



HOURS



WHEELCHAIR FRIENDLY



ESTIMATED TIME TO SPEND ON A VISIT



VEGGIE FRIENDLY



WEBSITE (CLICKABLE)



VEGAN FRIENDLY



LOCATION (CLICKABLE)



GLUTEN-FREE FRIENDLY



ATTRACTION INCLUDED IN THE LONDON PASS



ONE OF JESS'S FAVOURITE SPOTS IN LONDON

And here's the cost guide:

£ - up to £20 (*per person*)

££ - £21 up to £40

£££ - £41 up to £70

££££ - £70 +

And finally, the less fun part... please do not share this guide with anyone beyond whom you're travelling with. It's meant to only be used by those who have (kindly) paid for it and any distribution beyond that is against the law.

Digital Map

How to add the digital map to your phone

My favourite part of this guide is the Digital Map. It makes life so much easier while on the ground in London and it allows you to be flexible – all good stuff when you're on the trip of a lifetime. For you to get the most out of this itinerary, it's vital that I get the Digital Map working for you.

Here's how to add it to your phone:

1. Download the Google Maps app to your phone or tablet, or both. It's available for iOS and Android. If you don't already have a Google Maps account, sign up for one.
2. Access the digital map here, click the button or scan the QR code.

[ACCESS THE DIGITAL MAP](#)



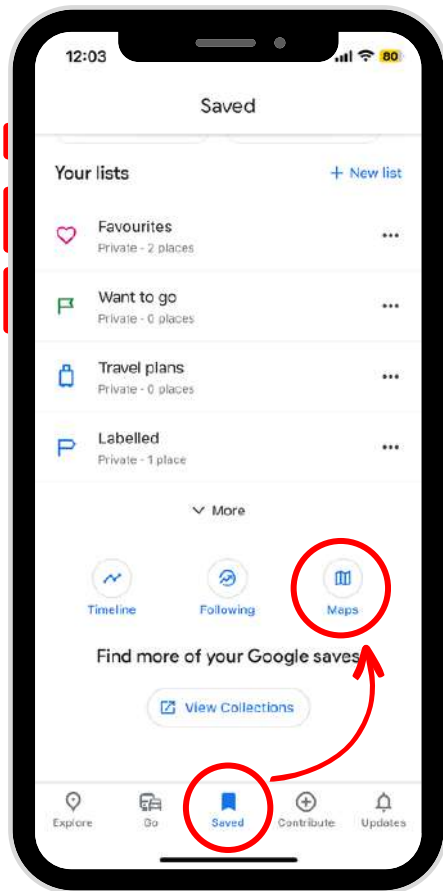
3. Once you've clicked and visited the map once, it will then be automatically saved to your Google Maps app. Just make sure you're logged into the same Google Maps account across your devices. The map also works in any internet browser, in case you want to view it on your laptop.



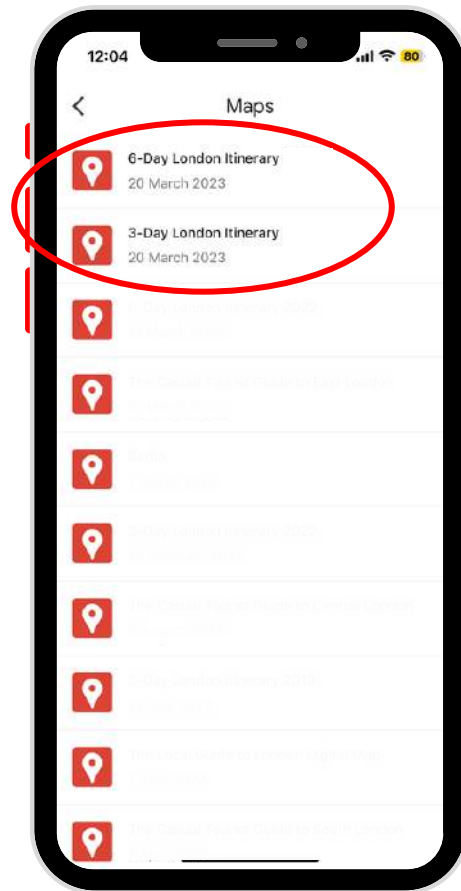
How to find the digital map on the Google maps app

1. Once you've clicked and visited the map the first time, it will then be added to your Google Maps app.
2. Open the Google Maps app, and click on "Saved" in the bottom middle (see screenshots on the next page).
3. Click "Maps" in the menu.
4. You'll see the Digital Map in this list. Click it to view.
5. There you go! Click "View Map Legend" to control which category of pins is shown (this feature is only available on iOS systems and desktop).

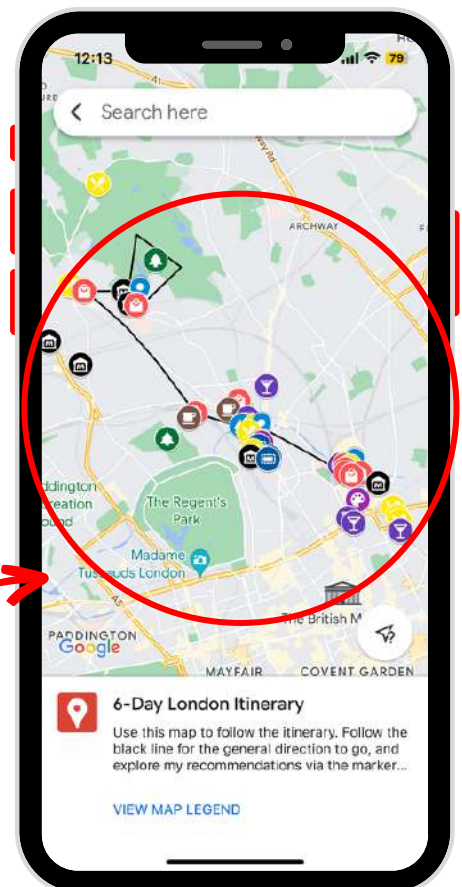
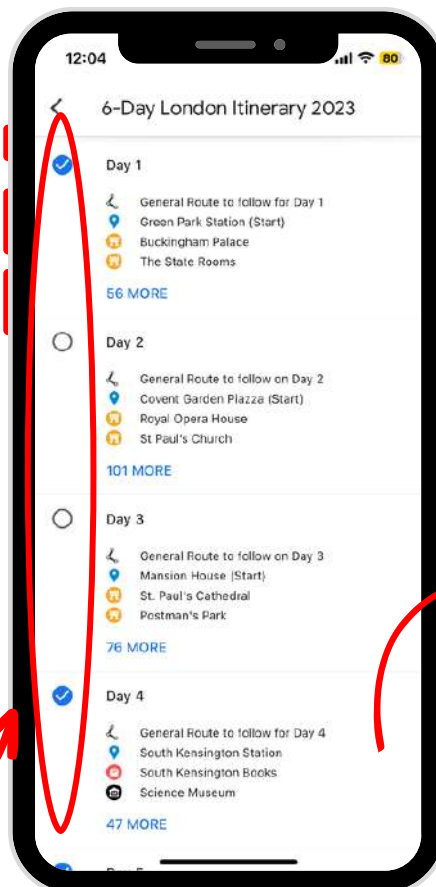
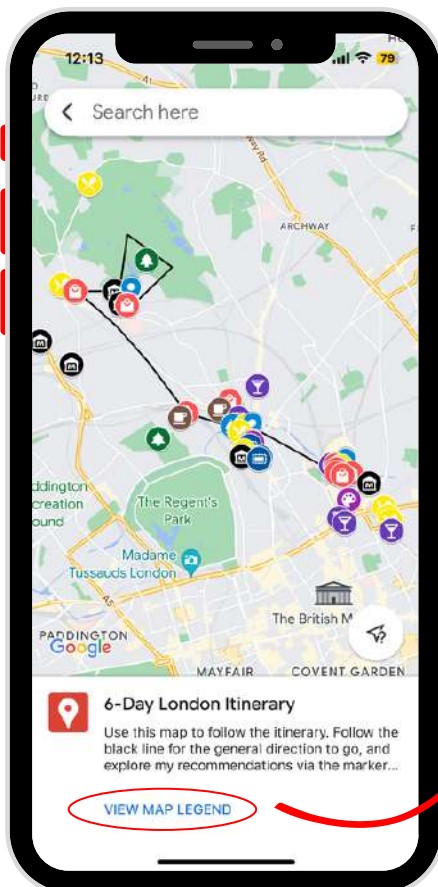
5-DAY LONDON ITINERARY - 2026 EDITION



Step 2 and 3



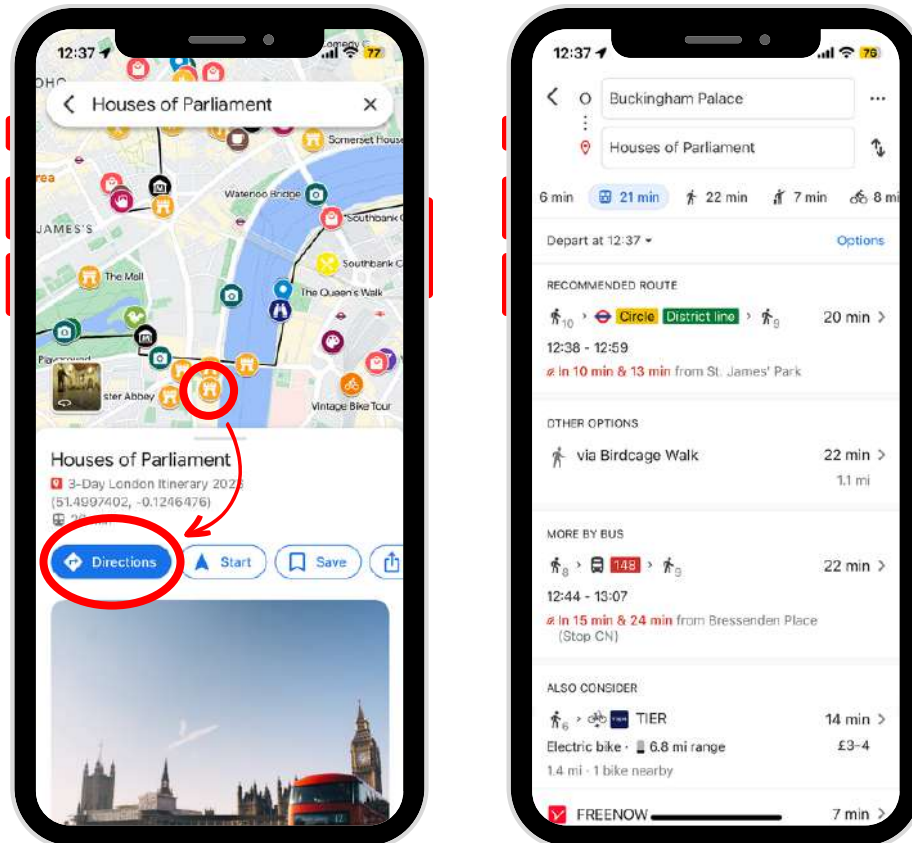
Step 4



Step 5: this feature is only available on iOS devices and desktop

How to get directions to a pin on the map

Know where you want to go next? Just click on its pin, then click “directions” to see all of your transport options, including walking directions.



Check out my **video tutorial**, where you'll find how to access the digital maps, how to use it when you are on the ground in London, and where to find the map on the Google Maps app.

[CLICK HERE TO WATCH THE VIDEO TUTORIAL](#)

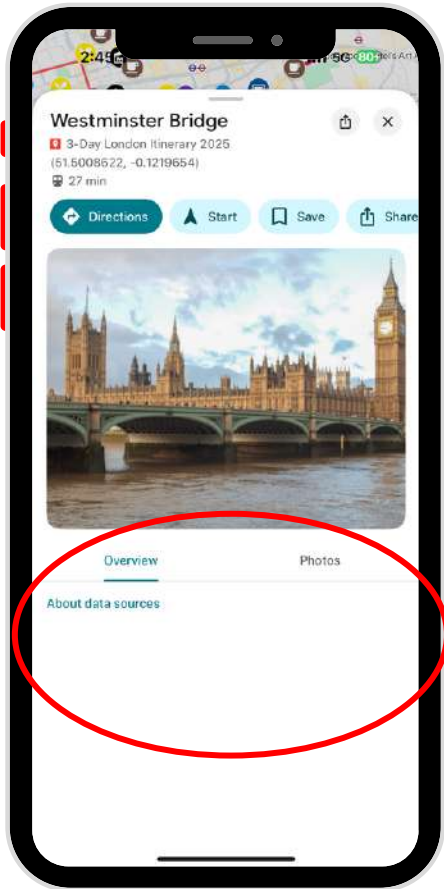


Having trouble seeing the descriptions for map pins?

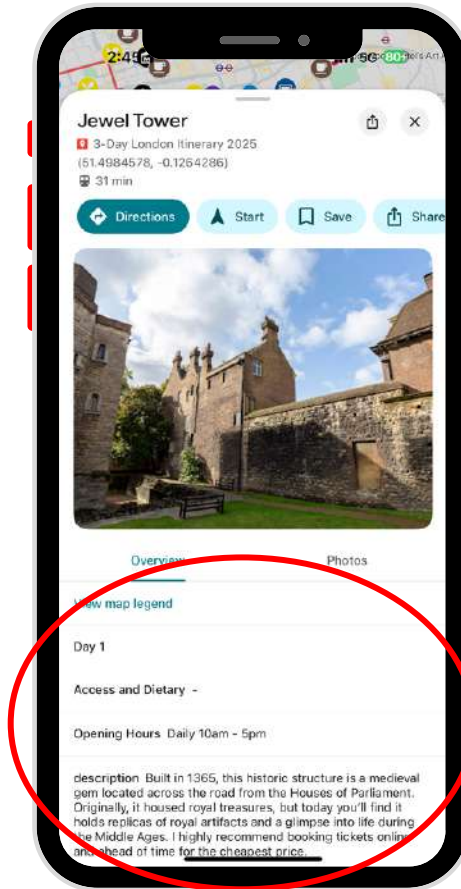
If clicking on multiple pins isn't showing their descriptions, follow these quick steps to fix it:

1. Go to the Itinerary Map and click on the pin you want to view. The first pin you select should show its description without any issues.
2. Before clicking on another pin, be sure to close the current one first. To do this, either click the 'X' on the right side of your screen or tap anywhere else on the map. This resets the view and allows the next pin's description to load correctly.

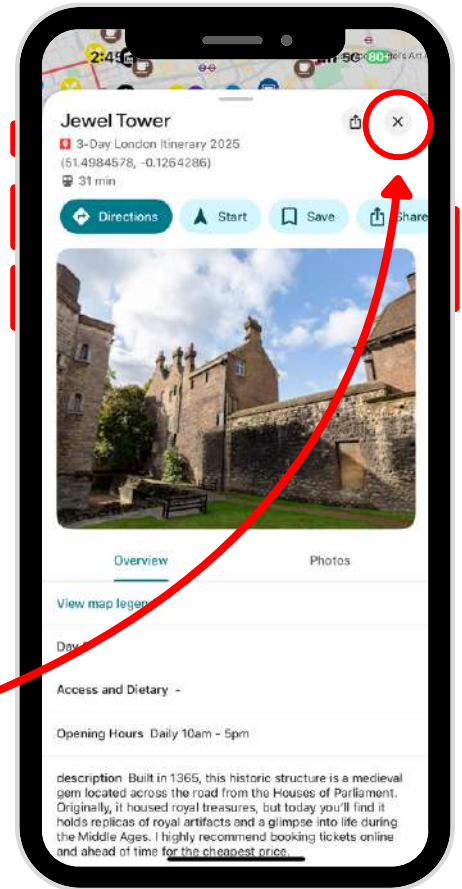
⚠ If you skip this step and click on a new pin without closing the previous one, its description may not appear, as shown below.



To avoid this, do these steps →



Step 1



Step 2

Troubleshooting

If you're struggling to get your map working, here are common solutions:

1. Is your Google Maps app updated to the latest version?
2. Are you logged into the same Google Maps account across your devices? If your map is showing up on one of your devices but not the others, it's usually because you're using different accounts.
3. Can you try accessing your Digital Map on a desktop first, while logged into your Google account?

And finally, if you're still having problems, just email my team and I at hello@loveandlondon.com and we'll be happy to help you out.

Attractions Pass Guide

If you're planning on hitting up a lot of the attractions in this itinerary, you most likely should get yourself the **London Pass**. It's a pass that gets you entrance to tons of the biggest tourist attractions around the city, and because many of them have fairly steep ticket prices, the London Pass can save you quite a bit of money, especially if there are a few of you in your travel group.

To help you better understand the pass and work out if it's worth it for you, in this Attractions Pass Guide, I've made two tools for you.

1 - Attractions Pass Calculator

Once you've worked out which attractions you want to visit, you can use this tool to easily see if you should or should not buy the London Pass, based on how much money it will save you vs. buying tickets at the door (and keep in mind some attractions will have discounts for buying tickets in advance and online). There are instructions for the Attractions Pass Calculator on the next page.

2 - Do-It-All List

In case you don't want to use the calculator, I've included a list of all of the attractions that are in the itinerary, and I've calculated your savings if you go for the 5-Day London Pass and go to ALL of the attractions included in the itinerary.

Keep in mind that you need to use the pass on consecutive days.

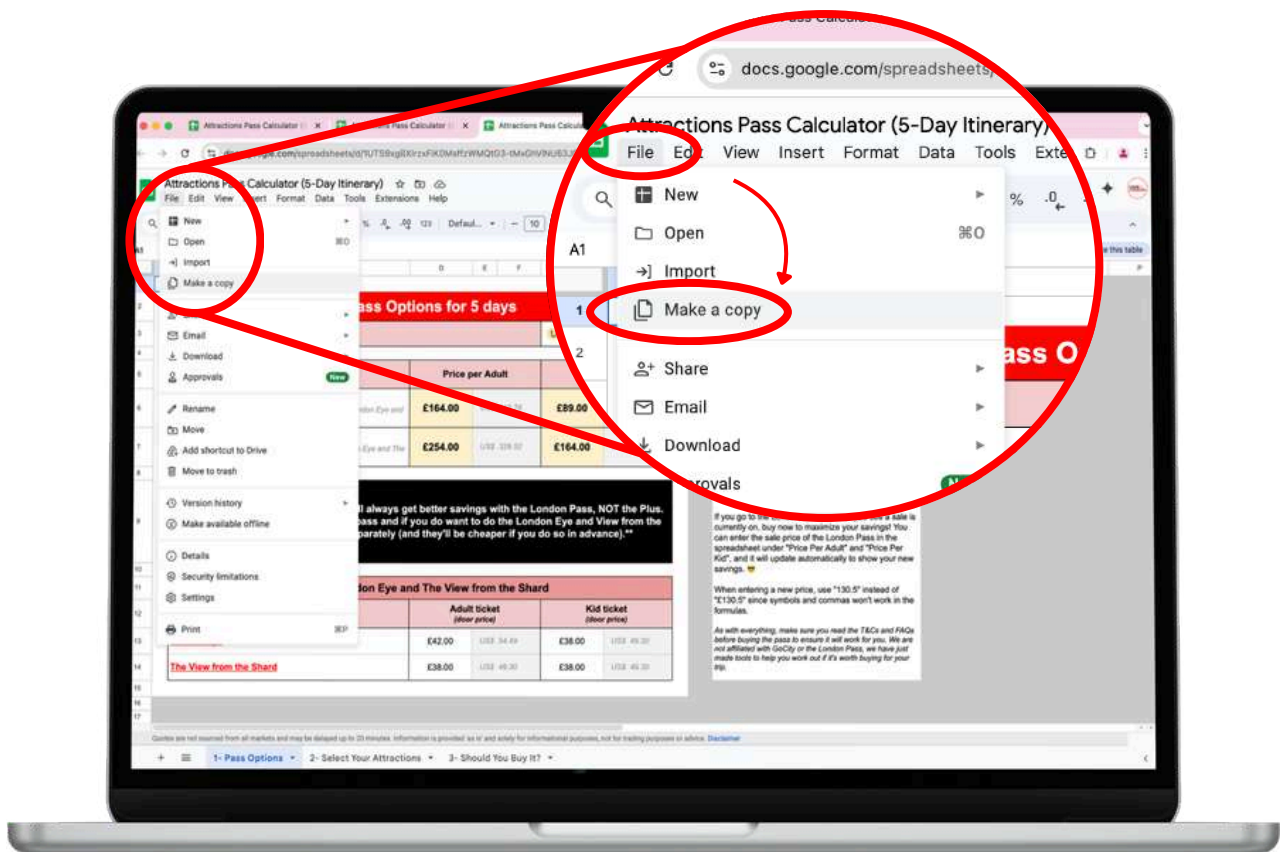
Attractions Pass Calculator

As you read through the itinerary and select the attractions you want to do in London, you might not select all of the ones included in the London Pass, so I've created a tool to help you see if the pass is worth it for you based on the attractions you've selected.

Here's how to access it:

1. Click the button below to open the Attractions Pass Calculator template in Google Sheets.
2. Click 'File', then 'Make a Copy'.
3. Save the copy to your Google Drive.
4. Open up the copy you have just created and start editing!

[ACCESS THE ATTRACTIONS PASS CALCULATOR HERE](#)



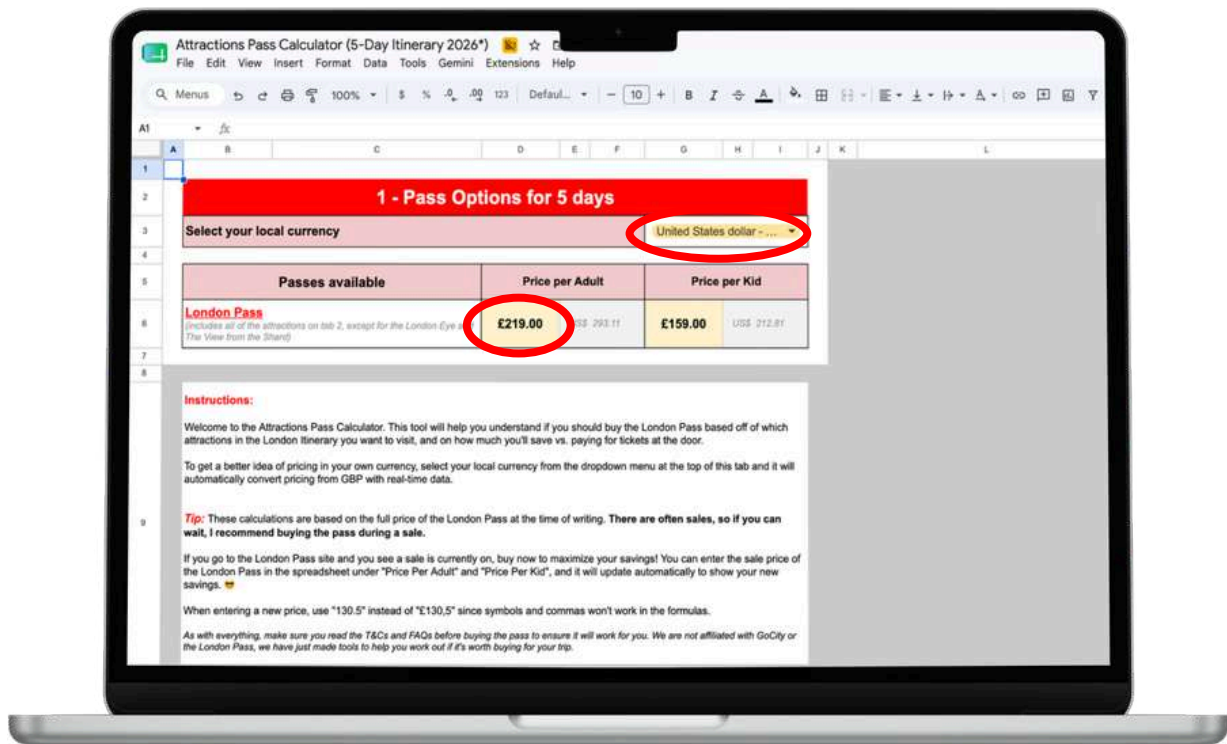
How to use it:

I've included more detailed instructions within the template, but here's an overview.

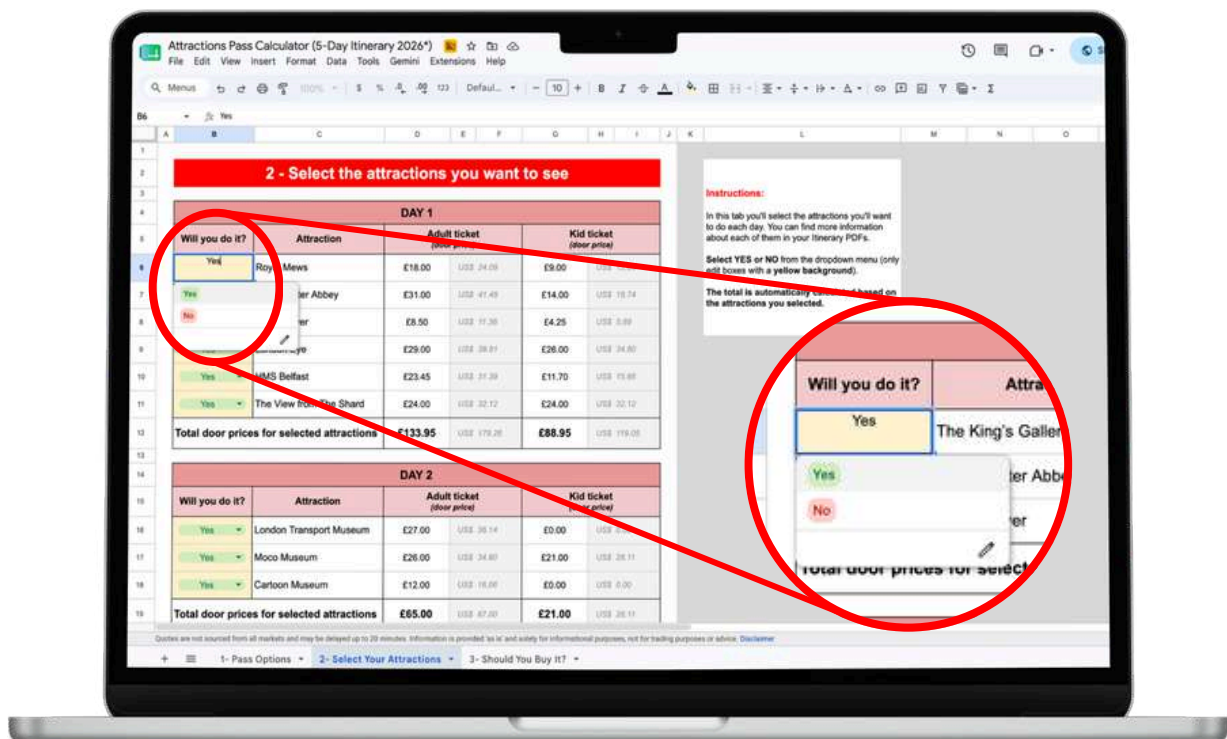
1- Pass Options:

Here, you will find the London Pass options. The prices are adjustable, allowing you to reflect any ongoing sales and see your actual savings at the end.

To get a better idea of pricing in your own currency, select your local currency from the dropdown menu at the top of this tab and it will automatically convert pricing from GBP with real-time data.

**2- Select Your Attractions:**

In this tab, you can select the attractions you want to visit from the dropdown menu by choosing YES or NO. The total shown below each day reflects only the selected attractions, not all available options.



3- Should you Buy It?

You don't need to input any information here. This tab will display the total door price for the attractions you have selected and compare it against the price of the London Pass, allowing you to see any potential savings.

Please note that the London Eye and The View from The Shard are not included in this comparison, as it is more cost-effective to purchase tickets for these separately.

Attractions Pass Calculator (5-Day Itinerary 2026*)				
File Edit View Insert Format Data Tools Gemini Extensions Help				
100% 123 Default...				
A1				
Total cost of all attractions selected				
Attraction	Adult ticket (door price)		Kid ticket (door price)	
Day 1	£133.95	US\$ 179.29	£88.95	US\$ 118.05
Day 2	£65.00	US\$ 87.00	£21.00	US\$ 28.11
Day 3	£68.00	US\$ 91.01	£31.50	US\$ 42.16
Day 4	£64.70	US\$ 88.59	£38.40	US\$ 51.39
Day 5	£43.30	US\$ 57.95	£24.80	US\$ 33.19
Total door prices for selected attractions	£374.95	US\$ 501.83	£204.65	US\$ 273.90
Pass Savings				
Pass Price for 5 Days (London Eye and The View from the Shard not included)	£219.00	US\$ 293.11	£159.00	US\$ 212.81
Your Savings	£155.95	US\$ 208.72	£45.65	US\$ 61.10
YES -- you'll save money by using the London Pass.				

Instructions:

In this tab you can see the total cost for all the sig you selected on tab 2, and how much you will save you purchase the London Pass (or not).

Ps: You don't have to input anything on this tab.

[If you're saving money with the London P purchase it here.](#)

Do-It-All List

	Attraction	Adult ticket (door price)	Kid ticket (door price)
DAY 1	The Royal Mews	£18	£9
	Westminster Abbey	£31	£14
	Jewel Tower	£8.50	£4.25
	HMS Belfast	£23.45	£11.70
	The Shard	£24	£24
	London Eye	£29	£26
	<i>Total</i>	£133.95	£88.95
DAY 2	London Transport Museum	£27	Free
	Moco Museum	£26	£21
	Cartoon Museum	£12	Free
	<i>Total</i>	£65	£21
DAY 3	St. Paul's Cathedral	£24	£9.50
	The Monument	£7	£3.50
	Tower of London	£37	£18.50
	<i>Total</i>	£68	£31.50

	Attraction		Adult ticket (door price)	Kid ticket (door price)
DAY 4	Natural History Museum (souvenir guidebook)		£6	£6
	Kensington Palace		£24.70	£12.40
	Royal Albert Hall Tour		£20	£12
	Museum of Brands		£14	£8
	Total		£64.70	£38.40
DAY 5	Keats House		£10.30	Free
	Freud Museum		£15	£15
	The Postal Museum		£18	£9.80
	Total		£43.30	£24.80
Total for the 5 days (door price)			£374.95	£204.65
Total for the 5 days (door price)			Price of the 5-Day London Pass	Savings
Adult	£374.95	-	£219	= £165.95
Kid	£204.65	-	£159	= £45.65

A note on the above: these numbers were calculated with the full price of the London Pass at the time of publishing, but there are quite often sales on the passes so if you're not under a time constraint, I definitely recommend buying the pass when you see a sale pop up. If there's one on right now, go ahead and buy while you can. This also means that the savings will be even more than what I've calculated here 😎

[BUY THE LONDON PASS HERE](#)



**At the time of publishing, the London Pass for 5 days is £219 for an adult and £159 for a kid.*

As with everything, make sure you read the T&Cs and FAQs before buying the pass to ensure it will work for you. We are not affiliated with GoCity or the London Pass, we have just made tools to help you work out if it's worth buying for your trip.

Which day should you do it?

I designed the 5-Day London Itinerary so that no matter which days you do each route on, you will get a lot out of it. That being said, due to opening times and peak times, there are some days that are a bit better than others to do them. If you have some flexibility on when you complete each day, consider the tips below. If you don't have the flexibility, don't worry... you'll still have a great time.

Day 1

Saturdays - best if you want to do the Bermondsey Beer Mile as most of the breweries are only open Saturdays, but weekends will be more crowded in all areas.

Weekdays - great, especially if you want to avoid crowds (although harder to do that in summertime!)



Day 2

Weekends - if you plan to eat out and get drinks on a Friday or Saturday, it will be crowded, especially in Soho.

Weekdays - still buzzy, but relatively less crowded in every area.



Day 3

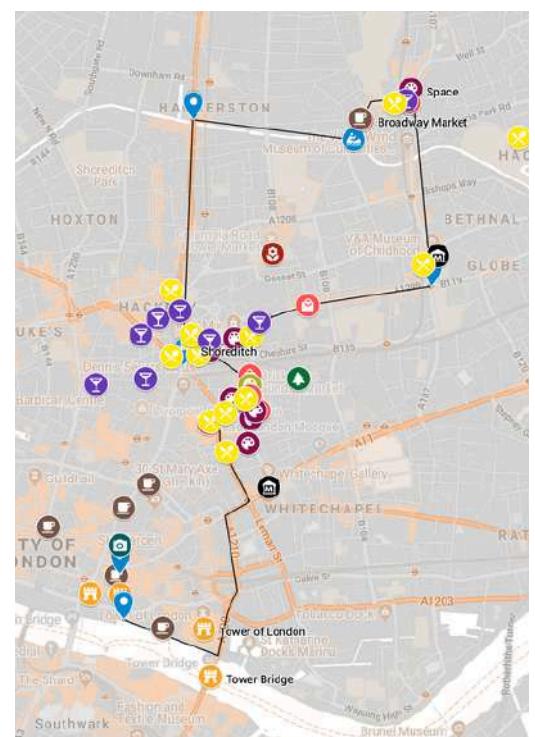
Saturdays - best for if you want to visit Broadway Market. The main market is on Saturdays, but there will be more crowds in every area.

Sundays - best if you want to visit Columbia Road Flower Market. Broadway Market also does a food-only market this day.

Fridays - Less daytime crowds but Shoreditch will be very busy at night if you plan to have dinner and go out there. You could avoid this a bit by sticking around the Broadway Market area for dinner and drinks, or just by booking tables ahead of time.

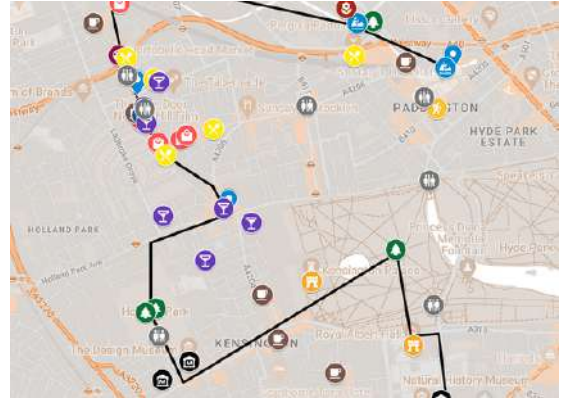
Thursdays - also buzzy around Shoreditch, with everyone getting after-work drinks, but less crowds during the day.

Mondays and Tuesdays - some shops, restaurants and pubs will be closed around Columbia Road and Broadway Market, but the rest of the route will be nice and quiet.



Day 4

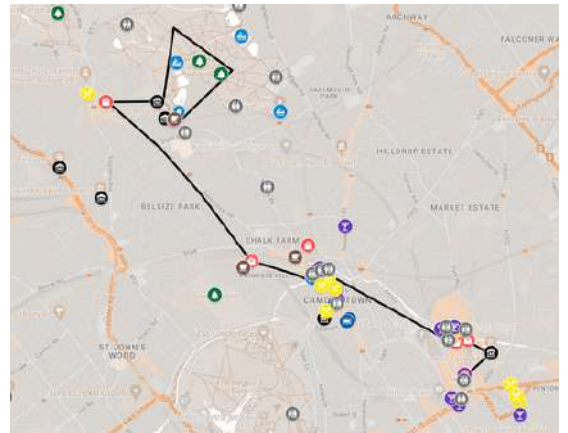
Almost any day. Some small businesses might be shut on Mondays, and weekends will have bigger crowds on Portobello Road and at the big attractions.



Day 5

Wednesday or Thursday - Some of the attractions in Hampstead have very limited hours so if any of them are must-dos for you, try to plan around that.

Sunday - Most places will be open, but you'll also hit lots of crowds in Camden on a weekend.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Day 1							
Day 2							
Day 3							
Day 4							
Day 5							



Best days



Some places might be closed

How to use your phone in London

The map works best when you have data/4G available on your phone when you're out and about. Here are your options for being able to use your phone while in London.

1. Check with your mobile provider about an international plan

Some cell providers have reasonably priced international plans for limited amounts of time. This is the easiest way to use your map, and to be as connected as possible. Even having the option to use a little data, for times when you get stuck without wifi, is helpful.

2. Use a SIM

By using a local SIM you can use your phone quite affordably compared to what your carrier might charge you to use your phone abroad. I recommend using an e-SIM like Sim Local, which doesn't require any annoying SIM card switching.

GET AN E-SIM CARD



3. Find wifi

If you're struggling to use data on your phone, don't worry - wifi is fairly easy to find around London. First off, you're almost guaranteed to have free wifi in your hotel, so I recommend checking out your day over breakfast while you have the connection.

When you're not at your home base, most coffee shops around the city will have wifi. Pop inside for a coffee or tea, rest your feet, and hop online.

On top of that, some restaurants, museums, shops, and other places also offer free wifi. If you see a network pop up on your phone, just ask someone who works there if there's a password you can use.

This is the method I'd use as a last resort.

What's family-friendly?

This itinerary hasn't been created specifically with kids in mind, but if you're travelling with them in tow, know this: most things in London are family-friendly. In fact, I'd say 90% of activities and food spots are kid-friendly before 8pm-ish, as long as your kids are fairly well-behaved. Of course, what they'll personally enjoy doing completely depends on their ages, interests, etc.

Places I might avoid with kids are very high-end restaurants or anything that focuses on drinking. However, note that many pubs are fair game for families until around 8pm - they are truly family affairs here in the UK.

Important things to remember

I've done soooooo much research and planning when creating this itinerary over the last seven years, and I've tried to think of every scenario you might encounter. But there are many things that I can't account for, including changes to opening/closing times, weather, dietary restrictions, new construction on the route, individual tastes, etc. So I recommend always double-checking everything about each recommendation before you visit if you've really set your heart on going. For example, the Sky Garden can sometimes close for private events. If you planned on visiting as a walk-in that day, you'll be disappointed when you arrive, so check on their website beforehand for any notice of things like that.

Also, a few links in this guide are affiliated, which means I will earn a very small commission if you purchase something after clicking the link. This doesn't affect the price you pay, and is a little extra help for Love and London to keep it going. This also didn't affect what I chose to put in this itinerary.

And now... let's get your visit started!

Enjoy your visit!

Have a great time, and if you share any photos of your trip on Instagram, tag them with #LoveandLondon so I can see what you've ended up choosing to do.

Thank you so much for trusting me with such a big part of your trip.