

## TOUR 10 SOUTH EAST

This tour, which begins on the outskirts of London, takes in quintessential aspects of contemporary urban and rural Britain, and begins with an unusual but informative pair of venues.

Head for **Hampton Court Palace** (*East Molesey, Surrey KT8 9AU; recorded information: 0870 752 7777; www.hrp.org.uk/webcode/hampton\_home.asp*) and visit the fascinating kitchens there. The vast, well-preserved and presented areas provide insights into historical eating habits and recipes that will intrigue people regardless of their general interest in food or history. Grab a coffee or snack in the Tiltyard Café – the outside terrace is pleasant in warm weather and then head off to Bray.

You'll need to get on to Staines Road East travelling towards Sunbury Cross, then take the third exit on to the M3 towards the M25/South West, and then take the M25 north. Turn left on to the M4 heading west, then take the A308(M)/A404(M) exit to High Wycombe, Henley and Maidenhead (west). After half a mile turn left on to the A308(M) and then at the Windsor Road Roundabout turn on to Windsor Road, and then left at Upper Bray Road. Follow this road into Bray, and as you approach **The Hinds Head Hotel**, look out for its car park on your left. Have lunch at The Hinds Head, and then walk around the village of Bray. This is a remarkable place, a beautiful small English village with three very famous restaurants in Heston Blumenthal's Hinds Head and Fat Duck, and Michel Roux's Waterside Inn. It's quite strange to see all the sleek limos and taxis dropping off or parking up to await those who have journeyed here to taste some of the finest cooking in the world.

In the afternoon, go into Maidenhead and pick up the road out to Henley-on-Thames, where you can walk beside the river, and, if in need of any refreshment, pop into the excellent **Riverside Café**

at the River and Rowing Museum (*Mill Meadows, Henley-on-Thames RG9 1BF; 01491 415600; www.rrm.co.uk*).

Head out of Henley on the A4155, and if you take the left turn towards Fawley you will find yourself in a delightful little web of narrow country roads possessing a tranquillity that belies your proximity to England's capital city. With good map-reading skills you should be able to make your way north – via Skirmett, Fingest, Turville and Ibstone – to junction 5 of the M40 at Stokenchurch, where you can turn back towards London. Continue on the A40 into the urban area until you come to the roundabout junction with the A312. Turn right, and then straight on to the junction with the A4020, where you should turn left and drive down **The Broadway** in Southall. You'll know when you've reached the main restaurant strip from the amazing multicoloured neon signs. Park up and wander around until you find somewhere you like the look of – if you're stuck, you'll find Gifto's Lahore Karahi (*162-164 The Broadway, Southall, Middlesex UB1 1NN; 020 8813 8669; www.gifto.com*) rarely disappoints.

*This tour was created by Richard Benson with the help of Heston Blumenthal and Monica Brown.*

