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How to spend the perfect weekend...London decides

By Richard Moriarty,

Londoners may have a reputation for hedonism but their ideal weekend is spent doing nothing more than relaxing with friends and family, according to a new poll.

The London Paper commissioned the survey to find out what Londoners do at the weekend and how we make the most of our time.

The results reveal that 65 per cent of those in the capital love nothing more than the simple pleasure of chilling out with friends. Shopping is also a big favourite, with 54 per cent saying that they spend two hours every weekend buying things.

The other guilty pleasure lies in taking advantage of the capital's culinary delights, with more than half of all Londoner's going to restaurants, pubs and bars at least once a weekend.

One in three watches a movie at the cinema and 30 per cent of all Londoner's spend time doing DIY- with both activities taking up three hours a weekend.

The favourite museum of those living in the capital is the Tate Modern, followed by the science museum and the British museum.

The survey carried out by The iD Factor in conjunction with ICD Research, also reveals that's Londoners are a sporty bunch.

Half of the 1,000 people polled said that they exercise on both Saturday and Sunday, with walking, football, golf, swimming and running proving to be the most popular activities. Meanwhile, 14 per cent confess that the strains of the working week leave them wanting little more than to indulge in a long lie-in come Saturday morning. And 21 per cent admit that a weekend break to escape the big smoke is a favoured option.

For tourists the must-see attraction recommended by those living in the capital is the London Eye, with 31 per cent saying it is the best thing to do. Ten per cent of people told tourists to see a theatre show while 9 per cent think London's shopping is the best in the world.

The Tower of London is recommended by 8 per cent- as much as the rest of London's museums put together.

St Paul's Cathedral, Madame Tussauds and "just walking around London" all polled 7 per cent. Those surveyed recommended walks along the Thames through central London to catch the

sites, or even a relaxing tourist boat trip from The London Eye on the South Bank down to Greenwich.

The biggest barrier to a great weekend in London is not having enough disposable income, with 32 per cent of people complaining “I don’t have the money to enjoy things I would like to”.

Just over 16 per cent of people say that they are too tired from the working week to enjoy themselves, while the same number blame their lethargy on the cost of London attractions.

A sheepish 1.5 per cent of people admit they do not do anything at the weekend because they are normally hung-over.
