Area Focus: The Serpentine, W2

WHY? Summer is the ideal time to take advantage of the leisure, culture and food and drink opportunities around this lake, which sits in the centre of Hyde Park.

WHEN? The park is open 05.00-00.00 daily, with all its attractions open seven days a week. Hire boats until sundown and swim until 18.00. See 🗵 royalparks.org.uk for more info



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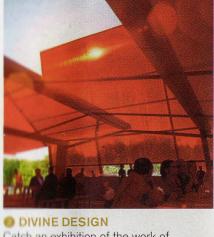
A swimming area was first opened on the lake's southern bank in 1930 and the Serpentine Lido and Paddling Pool (left) is still a lovely place to cool off, swim some laps or sunbathe. There is a childfriendly paddling pool and modern changing facilities, so although the swimming itself will bring you close to nature, the whole experience remains a civilised one.

TO 020 7706 3422. serpentinelido.com

G GRAB A BITE

LANCASTER GATE STATION The Serpentine Bar and Kitchen serves breakfast, lunch and dinner with an Anglo-Italian feel and offers a gorgeous view of the lake. Full meals and snacks are available, as well as a good selection of beers and wines. The building was designed in 1965 by the modernist architect Patrick Gwynne; its roof resembles a bird in flight, beautifully complementing the restaurant's surroundings.

27 020 7706 8114. serpentinebarand kitchen.com



Catch an exhibition of the work of German-born photographer Wolfgang Illmans, which is running until 29 Aug at the Serpentine Gallery (p. 64). This year is the 10th anniversary of the gallery's annual Pavilion commission and Jean Nouvel's astonishing red structure (above) is suitably celebratory. Drop in for a snack in the café or for one of the Park Nights, a series of public talks and events running throughout the summer



@ AHOY!

If you fancy taking to the water but prefer to stay dry, then Bluebird Boats provide the ideal solution. Hire a row boat or pedal boat, or take a trip on Solarshuttle, the UK's first solarpowered ship. Boats are available to hire throughout the day, and the Solarshuttle runs approximately every 30 mins.

TO 0207 262 1989. solarshuttle.co.uk



O PLAYTIME

If the kids have still got energy to burn after all the swimming and boating, don't despair as there is a well-equipped Playground just east of the Lido. Bigger kids (those 60-years-old plus) might enjoy the park's new Senior Playground, a £40,000 facility featuring fitness equipment specially designed to help older people get the most out of exercising outdoors. This 'play area' is the first of its kind in London.



FIT FOR A PRINCESS

The Diana, Princess of Wales Memorial Fountain was opened in July 2004, following her death in a car accident in 1997. It was designed with the Princess in mind: her openness is echoed by the three bridges which allow visitors to access the heart of the fountain; the two directions of flow represent the happy and difficult aspects of her life. It cost £3.6 million to build.