

LONDON GUIDE



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WELCOME TO LONDON

Welcome to London, one of the world's most exciting cities and a key location for Gazprom Marketing & Trading (GM&T).

The GM&T building at Regent's Place is part of the Triton Square development, a vibrant new business hub near St Pancras International station and just north of the West End. The London office is based a few minutes' walk from Regent's Park, a favourite green space for Londoners and part of the Prince Regent's transformation of 18th century London into a world leader in fashion and culture.

This guide contains everything that visitors to GM&T's London office need to find their way around London and make the most of their free time. It contains inside knowledge from Londoners that is often missing from regular guidebooks. Even those who have visited London many times before will find something that they didn't know before in the GM&T London Guide.

Read on to find out more about GM&T in London.

GM&T IN LONDON

The office at Regent's Place, London is GM&T's head office. The key business activities that take place here include Global Trading, Gas, Power & Derivatives, LNG, Shipping & Logistics and Clean Energy.

The beginning

GM&T was created on 6 May 1999. It is owned by Gazprom Germania GmbH, a 100% subsidiary of Gazprom Export which in turn is a 100% wholly owned subsidiary of OAO Gazprom ("Gazprom"), the world's largest gas producer and one of the world's largest energy companies.

Five years previously, Gazprom became a shareholder in the Interconnector (UK), which operates the Interconnector gas pipeline between Britain and the European continent.

GM&T was originally set up to develop the business potential of both the Interconnector pipeline and new opportunities in European markets.

GM&T today

GM&T employs more than 900 people globally with around 600 of them based in London.

We provide customers worldwide with integrated energy solutions. GM&T's offices in the United States, Europe and Asia offer a unique suite of products – from energy and derivatives trading, to gas and power marketing and supply, to smart metering, energy management solutions and carbon deals.

We aim to help our customers succeed in their businesses and organisations by offering them innovative, relevant, environmentally sensitive and competitive solutions to their energy needs.

Our values

We are a fast-growing company with ambitious targets. This requires a strong entrepreneurial spirit from our employees and a strong belief in our vision and values.

These are:

Communication:

Outstanding communication across the offices and with clients.

Innovation:

Unsurpassed innovation and a desire to think outside the box.

Teamwork:

Outstanding team spirit and teamwork.

Excellence:

Unstoppable passion for excellence, growth and learning.



OUR BUSINESSES

Gas, Power & Derivatives

The teams in London, Zug, Singapore and Houston provide market expertise for natural gas, electricity and commodities and related financial instruments in Europe, North America and Asia. We enable our customers to access market prices, secure cash flows for their assets and manage their commodity price risks.

LNG

The combined team in London, Zug, Singapore and Houston is the sole aggregator of Russian and non-Russian LNG flows and is responsible for all aspects of marketing, trading and shipping LNG for the Gazprom group. Working with GM&T's shareholders in Moscow and its subsidiaries in Singapore, Switzerland and Houston, the team in London trades single and multi-cargo deals, arranges transportation, structures complex transactions, develops new markets and optimises Gazprom's LNG portfolio worldwide.



Oil & LPG

The teams in London, Zug and Singapore generate additional value from the Gazprom group's core assets. These activities have expanded to build a robust and sustainable business.

Business Development & Downstream

The teams in London, Manchester and Zug secure demand for Gazprom products and ensure that business development fully supports Gazprom's downstream strategy. In partnership with other departments, the team ensures strategic and operational alignment within GM&T and with Gazprom group companies, especially in light of market changes and regulatory pressure. In particular, the team is taking a lead role in the development and delivery of power and gas assets alongside the growth of GM&T's retail business.



Energy Solutions

The team in Manchester offers a completely managed, end-to-end solution for all smart metering and demand side management applications. They have developed a range of products for monitoring, targeting and control purposes in primary and sub-metering applications for gas, water and electricity.

Retail

The teams in Manchester, Paris and Walluf supply gas and power solutions to end users in the UK and across Europe, by offering a suite of fixed and flexible products as well as embedded generation contracts, automated meter reading, site services and carbon trading.



Shipping & Logistics

The teams in London and Singapore provide safe, competitive and reliable services for GM&T's multi-commodity trading activities. This business also includes Gas for Transport which focuses on projects including small-scale LNG and LNG bunkering.

Clean Energy

The teams in London and Singapore create innovative solutions for a low carbon economy and deliver bespoke financing products through a range of equity, technology and structured arrangements.



GM&T OFFICES WORLDWIDE

The London office near St Pancras International station is the main GM&T office in the UK. We have six offices across Europe and a total of nine worldwide.

London, United Kingdom

Gazprom Marketing & Trading Limited
20 Triton Street
London NW1 3BF
info@gazprom-mt.com
T: +44 (0) 20 7756 0000
F: +44 (0) 20 7756 9740

Manchester, United Kingdom

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(trading as Gazprom Energy)
Bauhaus
27 Quay Street
Manchester M3 3GY
enquiries@gazprom-energy.com
T: +44 (0) 845 230 0011
F: +44 (0) 845 230 0022

Gazprom Global Energy Solutions Limited

Castlefield House
48 Liverpool Road
Manchester M3 4SB
enquiries.gges@gazprom-mt.com
www.gazprom-mt.com/gges
T: +44 (0) 845 260 1122
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Paris, France

Gazprom Marketing & Trading France SAS
68, avenue des Champs-Élysées
Paris 75008
info.france@gazprom-mt.com
T: +33 (0) 1 42 99 73 50
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Walluf, Germany

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GmbH (trading as Gazprom Energy)
Am Klingenberg 6a
65396, Walluf
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T: +49 (0) 6123 7043 0
F: +49 (0) 6123 7043 299

s-Hertogenbosch, Netherlands

Gazprom Energy
Victorialaan 15
5213 JG's Hertogenbosch
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Zug, Switzerland

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Focus Business Centre
Dammstrasse 19
Zug CH-6301
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GETTING INTO LONDON

There are many ways to get to London, the most common being by air or by train from Continental Europe. Taxis can be the easiest form of transport at certain times, but often the tube (London Underground) is faster due to congestion at peak times and intermittently throughout the day.



From Heathrow Airport

Heathrow Express trains depart every 15 minutes to and from London Paddington train station and London Heathrow airport taking about 15 minutes (21 minutes from Terminal 5). To get to Regent's Place from Paddington take a taxi from the rank on the Platform 1 side of the station, or take the Circle or Hammersmith & City line tube train to Great Portland Street.

Approx journey time: 30 minutes
(36 minutes to/from Terminal 5)
Service: approx 05:00-23:45 daily
www.heathrowexpress.com
www.heathrowairport.com

Eurostar trains from Continental Europe arrive at St Pancras International station, a 20 minute walk from the GM&T office. The station itself and the new King's Cross station concourse next door is well worth a visit. There is a wide choice of places to eat, a Champagne bar and the station's renovated Booking Office Bar.
www.eurostar.com

Taxis to central London are available at all airports and train terminals; you can also call reception at Regent's Place to book a car to meet you. You can hail a black taxi (cab) anywhere in London by just putting your arm out to attract attention. If the yellow TAXI light is on, the taxi should stop for you.

London Underground (tube) trains reach central London in around 30 minutes.

To reach the GM&T office, jump on any London-bound Piccadilly line tube train at Heathrow, change at Green Park and take the Victoria line tube to Warren Street.

Approx journey time: 1 hour
Service: 05:30-23:45 daily
www.tfl.gov.uk/tube

From Gatwick Airport

Gatwick Express trains leave every 15 minutes at peak times to London Victoria train station, taking about 30 minutes. To reach the GM&T office, take the Victoria line tube directly to Warren Street station, or take the Circle or District line tube to Great Portland Street station, which is opposite the London office.

Approx journey time: 1 hour
Service: 04:30-00:30 daily
www.gatwickexpress.com
www.gatwickairport.com

From London City Airport

Docklands Light Railway to Bank tube station takes about 22 minutes, then change to the Northern line tube which goes directly to Euston station, or take the Circle or District line tube to Great Portland Street station, which is opposite the London office.

Approx journey time: 50 minutes
Service: 05:30-00:30 Mon-Sat,
07:00-23:30 Sun
www.dlrondon.co.uk
www.londoncityairport.com

From Stansted Airport

Stansted Express trains run every 15 minutes to London Liverpool Street station and take about 46 minutes. To get to the office, take the Metropolitan or Circle line tube to Great Portland Street.
Approx journey time: 1 hour 30 minutes
Service: 05:30-23:25 daily
www.stanstedexpress.com
www.stanstedairport.com



LOCAL HISTORY

Regent's Park, next to the GM&T office, is on land that has belonged to the Crown since it was seized by King Henry VIII in 1536. The King turned the area into an enclosed hunting ground, which he called Mary-le-Bone Park.

Regency flair

Towards the end of the 18th century, the Prince Regent decided to turn Henry VIII's parklands into a fashionable suburb for the rich. He employed his favourite architect, John Nash, to plan a series of country-house style residences. The plan included a grand house in the centre for the Prince himself. This part of the scheme never happened, but the Nash terraces around the park and south of Marylebone Road shows what the Prince had in mind.

The area between Oxford Street and Euston Road, which becomes Marylebone Road travelling west, is full of examples of the Prince Regent's architectural projects. Portland Place, for example, is one of the widest residential streets in London.

Meanwhile Marylebone Road, which turns into Euston Road as you travel east in front of the GM&T office, was part of the Nash plan, although it is less attractive now. It became London's first bypass in 1757, to reduce traffic congestion in the city.

Take any route west from Portland Place to Marylebone High Street to see examples of grand residences (many of them now private clinics) with mews houses behind the main street. The mews were built as stables but have now been developed into homes.

Wonders in wax

Madame Tussauds on Marylebone Road, one of London's top tourist attractions, arrived in London as a touring exhibition of waxworks in 1802 and set up on Baker Street in 1835 until it moved to its present site in 1884.

Madame Marie Tussaud learned to make wax models as a teenager in France, then worked for the royal family at Versailles and



lived through the French revolution. She based her first exhibition on gruesome relics of the revolution and called her exhibit the Chamber of Horrors.

Today, anyone who is anyone in sport, politics or entertainment is commemorated by an extremely lifelike model in Madame Tussauds. All the British Royal Family are there, and the Queen's Diamond Jubilee in 2012 was marked with a new model of Her Majesty.

Rock'n'Roll weddings

Marylebone Town Hall on Marylebone Road is a popular venue for celebrity weddings. Sir Paul McCartney married two of his three wives (Linda Eastman and Nancy Shevell) there, while fellow Beatle Ringo Starr married Barbara Bach. Other celebrity weddings include Antonio Banderas to Melanie Griffith, and Liam Gallagher of Oasis to Patsy Kensit. John Lennon and Yoko Ono did not get married here, but their first home together was in Marylebone.



The Victorian poets Robert Browning and Elizabeth Barrett married in secret at Marylebone Church in 1846 because Elizabeth's father disapproved of the match. They then escaped to Italy in what was considered a scandal. The Barretts' former home at 50 Wimpole Street, is now part of the National Heart Hospital.

Did you know?

Sherlock Holmes, the famous fictional detective and main character of Sir Arthur Conan Doyle's stories, lived at 221B Baker Street. But when the stories were written, between 1887 and 1927, the numbers in Baker Street did not go as high as 221B and today the Sherlock Holmes Museum is actually between numbers 237 and 241. There, you can see Holmes' Victorian study just as he left it!



EATING

Londoners take their food seriously and you can try every kind of international cuisine in this city. There is a move towards more casual dining with good quality street food offered at gourmet and craft markets.

The latest trend is for pop-up restaurants, operating for just a month, or only at weekends, in unusual venues.

Keen cooks also offer informal supper clubs in their homes: you'll find details on the internet. And here's where else to find great food near the office.



Fitzrovia

South of Euston Road, Whitfield Street and the up-and-coming Warren Street offer lots of quick lunch options including Japanese, Brazilian and Sardinian. Fitzroy Square or Regent's Park are good picnic spots in the summer. Charlotte Street is a centre for creative and media agencies with a wide choice of restaurants for business lunches. Choices include classic French bistros as well as Thai, Japanese and modern British options. Great Portland Street has a wide choice of restaurants which are generally cheaper than Charlotte Street.

Drummond Street

Just east of Euston station, Drummond Street is a centre for Southern Indian vegetarian cuisine. Most restaurants serve lunchtime buffets on weekdays. It's lighter than most Indian food in the UK with a good selection of salads, fresh chutneys and yogurt-based sauces.

Further afield, try:

Regent's Park Road

This pleasant street near Primrose Hill has many places to eat including Greek, modern British and Russian options, plus several cafes and a gastropub.

Marylebone

The area around Marylebone High Street has everything from a Michelin-starred Italian restaurant to pubs and wine bars serving food. There are French patisseries, an Afghan restaurant, a cheese shop with a café in the middle and a fishmonger with a restaurant behind the counter.

Soho and Chinatown

Gerrard Street and Lisle Street are the centres of UK Chinese cuisine, while Soho is packed with every kind of restaurant. Two new trends are for barbecue and rotisserie for informal dining and modern Mexican cuisine.

Weekend bites

Borough Market near London Bridge (open 08:00-17:00 on Saturdays) has hundreds of specialist food stalls selling ready-to-eat food as well as raw ingredients, plus a range of cafes and restaurants offering everything from tapas to designer cakes to great fish and chips. It gets busier throughout the day.

The Marylebone Farmers' Market (10:00-14:00 on Sundays at the Moxon Street car park) is smaller but equally lively.



SLEEPING

Whether you want somewhere practical and no-frills near the office, historic surroundings or a luxurious spa to unwind in, London can meet your hotel needs.

Many hotels charge separately for breakfast, so take the opportunity to try out one of London's great cafes on your way to the office.

Most of these hotels have bars and restaurants open to the public.

Melia White House (4*)
Regent's Park, Albany Street,
London NW1 3UP

A large hotel, very popular with tourists and business visitors. Both Regent's Park and the GM&T office are close by.
2 minutes' walk from the office
www.melia-whitehouse.com

The Langham (5*)
1c Portland Place, Regent Street,
London W1B 1JA

The Langham was established as a grand hotel in 1865 and is credited with inventing the tradition of afternoon tea in its Palm Court. Society weddings are held in its ballroom. The restaurant is The Landau.
15 minutes' walk from the office
www.london.langhamhotels.co.uk

The Landmark (5*)
222 Marylebone Road, London NW1 6JQ
The Landmark has a wide selection of restaurants and bars including the Winter Garden, which is popular for Sunday brunch.
20 minutes' walk from the office
www.landmarklondon.co.uk

St Pancras Renaissance London Hotel (5*)
Euston Road, King's Cross,
London NW1 2AR

Voted the UK's top hotel in The Sunday Times Magazine's 2011 Top 100 Hotels in the World survey. Opened by the Marriott chain after decades of restoration, it includes the Chambers Suites (with their own private club). The restored original Victorian station hotel has a spa with an original Victorian tiled pool and an excellent choice of restaurants and bars.
20 minutes' walk from the office
www.marriott.co.uk

London Marriott Hotel Park Lane (5*)
140 Park Lane, London W1K 7AA
In a former grand apartment building overlooking Hyde Park and Marble Arch, facilities include a health club, swimming pool, restaurant and bar.
30 minutes' walk from the office
www.marriott.co.uk

London Marriott Hotel Marble Arch (4*)
134 George Street, London W1H 5DN
A boutique-style hotel with a health club and swimming pool, located not too far from Regent's Place and a few minutes away from the West End and stylish Marylebone High Street.
30 minutes' walk from the office
www.marriott.co.uk

Mandarin Oriental Hyde Park (5*)
66 Knightsbridge, London SW1X 7LA
Many of the rooms have views over Hyde Park. Other attractions include the luxurious spa and the Heston Blumenthal restaurant, as well as Bar Boulud, a traditional French Bistro situated below.
45 minutes' walk from the office
www.mandarinoriental.com



THINGS TO DO

Regent's Park is perfect for a picnic lunch, power walk or for enjoying the sunshine. For summer evenings, there's an open air theatre, a restaurant and softball games.

Fitzroy Square, just south of Euston Road, is the only London square designed by Robert Adam, one of the Prince Regent's favourite architects. The best known house is number 29, where writers Virginia Woolf and George Bernard Shaw have both lived. The residents' private gardens are open to the public on weekday lunchtimes through the summer.

London's major museums and galleries are free except for special exhibitions and many have at least one late opening night.

Lunchtime breaks

University College London (UCL) has its main campus in Gower Street and adds to the bohemian atmosphere of Bloomsbury. UCL has two free museums open to the public from 13:00: **The Grant Museum** (zoology), open Tues-Sat and **The Petrie Museum** (Egyptian archaeology), open Mon-Fri. The university holds free lunchtime lectures (13:15-13:55): see <http://events.ucl.ac.uk> for details.

The Wellcome Collection at 188 Euston Road (opposite Euston station) has free contemporary and historical exhibitions that explore connections between medicine, art and life. The galleries are closed on Mondays (but the very good café is open). The galleries are open until 22:00 on Thursdays.



Later on

The Royal Academy of Music in Marylebone Road is 10 minutes' walk from the GM&T office and has a programme of concerts and master classes open to the public (some of them free). See the latest programme at www.ram.ac.uk

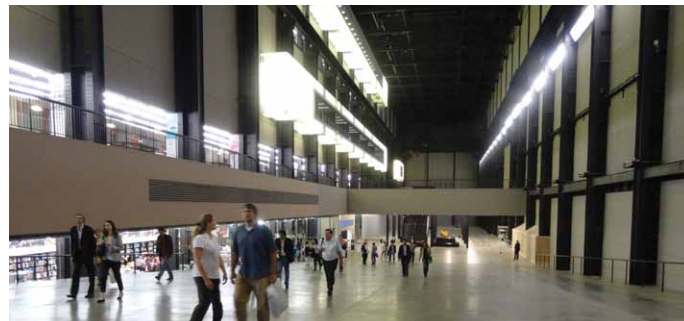
The British Library (www.bl.uk – closes 20:00 on Tuesdays) and the **British Museum** (www.britishmuseum.org – closes 20:30 on Fridays) are walking distance from the office.

Others are a short tube journey away:

The National Gallery (www.nationalgallery.org.uk – closes 21:00 on Fridays), the **National Portrait Gallery** (www.npg.org.uk – closes 21:00 on Thursdays and Fridays), the **Tate Modern** and **Tate Britain** galleries (www.tate.org.uk – closes 22:00 on Fridays, Tate Modern also closes 22:00 on Saturdays) and the **Victoria and Albert Museum** (www.vam.ac.uk – closes 22:00 on Fridays).

King's Place, 90 York Way, London N1 is London's newest cultural centre, overlooking the Regent's Canal. It specialises in music (classical, jazz, folk and contemporary) and comedy and has a bar terrace with water on three sides. www.kingsplace.co.uk

Shakespeare's Globe, south of the Thames on Bankside (www.shakespearesglobe.com) is a reconstruction of the theatre built by William Shakespeare's company on the same site in 1599. From April to October you can see Shakespeare's plays as his first audiences would have seen them, and there's also a year-round programme including an exhibition about life in Tudor and Jacobean London.



THINGS TO DO

Shopping

Major stores in Oxford Street (Oxford Circus tube station), one or two tube stops from the office, stay open until 20:00.

At Westfield London, which you can reach within half an hour by taking the tube to Shepherd's Bush tube station, shops are open until 21:00 (22:00 on Fridays and Saturdays) and restaurants until midnight.

Shops at Westfield Stratford City in East London close at 21:00 Monday-Friday, 19:00 Saturday and 17:00 on Sunday.

Marylebone High Street has lots of independent specialist shops, designer boutiques and good eateries for a quick lunchtime trip or more leisurely weekend exploring (most shops are also open on Sundays).

Also save London's markets for the weekend:

Greenwich Market

10:00-17:30 Wednesday-Sunday

Take the river bus from Embankment there and the Docklands Light Railway back.

Portobello Road Market

09:00-18:00 Friday and Saturday

Easy to get to from Notting Hill Gate tube station, which is located on the Central and Circle lines.

Spitalfields Traders Market

09:00-17:00 Sunday

Fashion designers now come here rather than Camden for inspiration. Liverpool Street station is nearby which is located on the Central, Circle and Metropolitan lines.



GETTING AROUND LONDON

Getting around London is easy when you know how. Using the Transport for London website www.tfl.gov.uk can help you plan your journeys around London.



Oyster cards

The Oyster card is a plastic smartcard to use instead of paper tickets on public transport. It is the cheapest way to pay for most single journeys in London. They can save time in queues or looking for the correct change for the ticket machines.

The card can be purchased from most tube and railway stations and is also available at Oyster Ticket Stops (in newsagents, petrol stations and some other small shops).

The Oyster card can be topped up with pay-as-you-go credit or Travelcard Visitor Oyster cards already topped up with credit are sold at the Gatwick Express and Stansted Express ticket offices and on board Eurostar trains.

Travelcards

Travelcards can be used for unlimited journeys on tubes, buses, London Overground trains and the DLR. They are available for a day, week or month. A Zone 1-2 card covers the needs of most visitors. Travelcards are sold at tube stations and most overground stations and can be renewed and topped-up electronically with the credit being added directly to your Oyster card. The one-day Travelcard (which is only available as a paper ticket) is sold at two prices: Anytime or Off-peak (cheaper with restrictions).



For those who mainly want to use buses, bus and tram passes are cheaper than Travelcards. They can also be added to the Oyster card.

Find out more

Transport for London has six Travel Information Centres. The nearest one to the GM&T office is in Euston station opposite platform 10, and is open 08:15-19:15 (20:15 on Fridays). As well as offering public transport advice and maps, the centres can help visitors book for many tourist attractions.

London Underground (tube)

This is a great way to travel around London quickly and cheaply. The Piccadilly line tube trains run directly from London Heathrow Airport to central London.

London buses

Taking a bus can be a fun way to see London, although in peak hours they get very busy and can get stuck in traffic where there are no dedicated bus lanes.



Taxis

Black taxi cabs can be hailed in the street or picked up at a taxi rank. It is usually very easy to get a taxi outside the GM&T office, but the nearest black cab rank is at Euston station. Private taxis (minicabs) must be booked in advance. It is best to use a recommended licensed minicab firm. There is a list of major London licensed minicab firms on www.tfl.gov.uk

Any problems?

The Live Travel News section of www.tfl.gov.uk has information on line closures or disruption, which can be sent to UK mobile phones by text – you just need to register for updates on the website.



LONDON TUBE MAP



ESSENTIALS

In any emergency

Phone 999 in emergencies for police, fire or ambulance.

For non-emergencies:

West End Central police station

27 Savile Row
London W1S 2EX
T: 020 7437 1212

Urgent medical treatment

If you need urgent medical attention, the nearest 24-hour accident and emergency department is:
University College Hospital
235 Euston Road,
London NW1 2BU
T: 0845 155 5000
ext 70001/ 70012 or 70083

Less urgent medical treatment

NHS Walk-In Centre
1 Frith Street, Soho, London W1D 3HZ
T: 020 7534 6500
Open 08:00-20:00
The latest time to arrive is 18:00.

You can be treated for minor illnesses and injuries without an appointment. It is free to EU, Commonwealth or British citizens. For all other nationalities, there is a consultation charge and a charge for medication. For details of other Walk-In Centres, see www.nhsdirect.gov.uk

Emergency pharmacy

24-hour pharmacy
Zafash
233-235 Old Brompton Road,
London SW5 0EA
T: 020 7373 2798

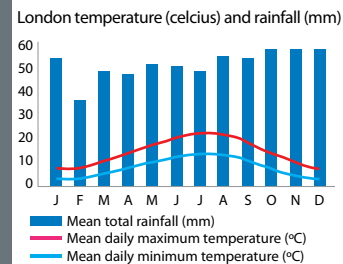
Bliss Pharmacy

5-6 Marble Arch
London W1H 7EL
T: 020 7723 6116
Open from 09:00-00:00, 365 days a year.

The **Boots** chemist at Piccadilly Circus is open until midnight every day except Sunday when it closes at 18:00.

Weather

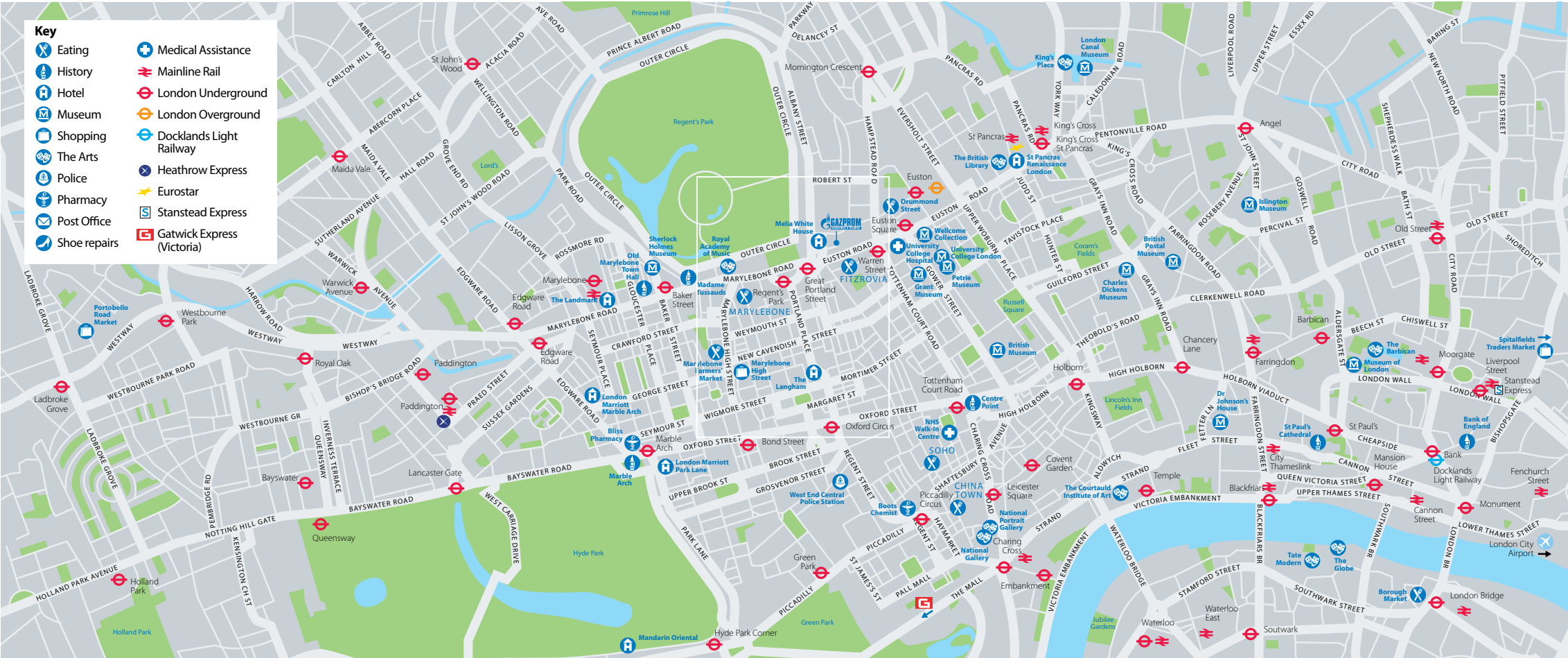
For London weather forecasts see:
www.bbc.co.uk/weather
or www.metoffice.gov.uk

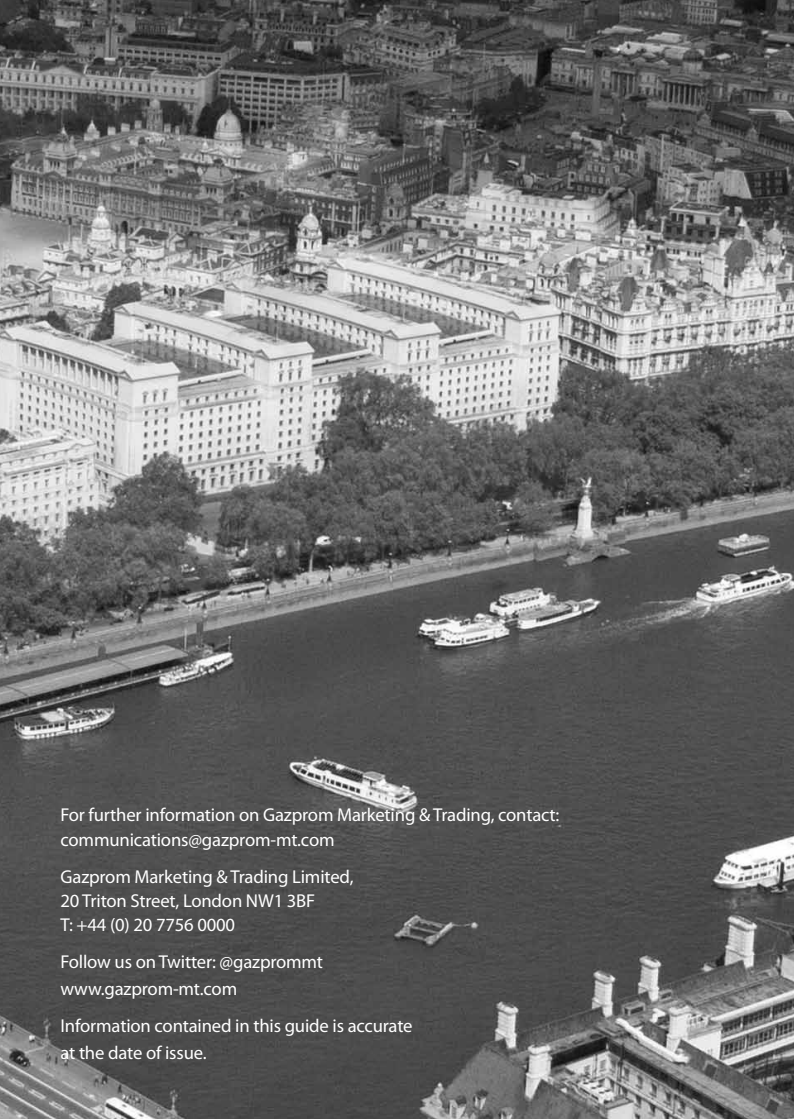


GM&T LONDON LOCATION



CENTRAL LONDON MAP





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www.gazprom-mt.com

Information contained in this guide is accurate
at the date of issue.