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## Thank you Mr. Selfridge and other SP themes of London

Wednesday, June 25, 2014

Only those who watch Masterpiece Theater on PBS will understand this reference. Selfridge's Dept Store in London was founded in 1909 by an American who changed retail industry in the UK. Since I've watched all episodes of his amazing story, I visited the store on Oxford Street.

One of his innovations was lighting the display windows at night. I thought my fellow sparkers would appreciate this one.



Our 17 days in Europe with 3 generations of family included 4 days in London. We hit all the usual sites and a few not so common ones. These had an SP theme.

We RAN after some Royal Guards as they marched through the park one evening.



We RAN across the Millenium Bridge toward St Paul's (Harry Potter fans will recognize the location where the Death Eaters emerged from behind the Dome and destroyed the bridge)



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Continuing our HP location quest we WALKED along the Thames to Leadenhall Market, the 18th century covered market and "Diagon Alley" in the first movie.



WALKING the land of Stonehenge, the stones may be the same but the new visitor's center provides much detailed archeological and historical information.



Can't just do CARDIO. How about some prehistoric STRENGTH TRAINING?



During my early morning RUN through Hyde Park only 8 min away from our flat, I shared the path with this family



And watched different modes of transportation across a bridge



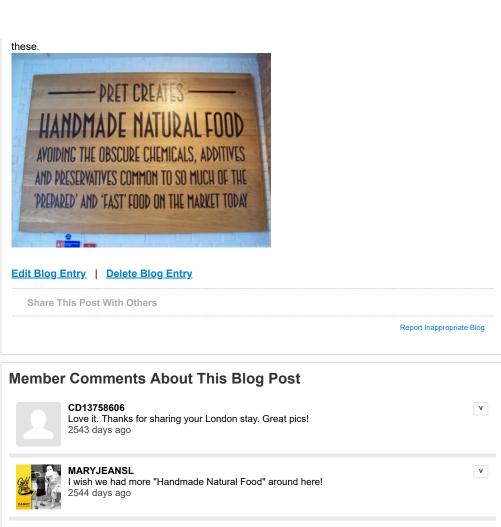
I liked all the wildlife although I am puzzled by this blue rooster as we WALKED through Trafalgar Square

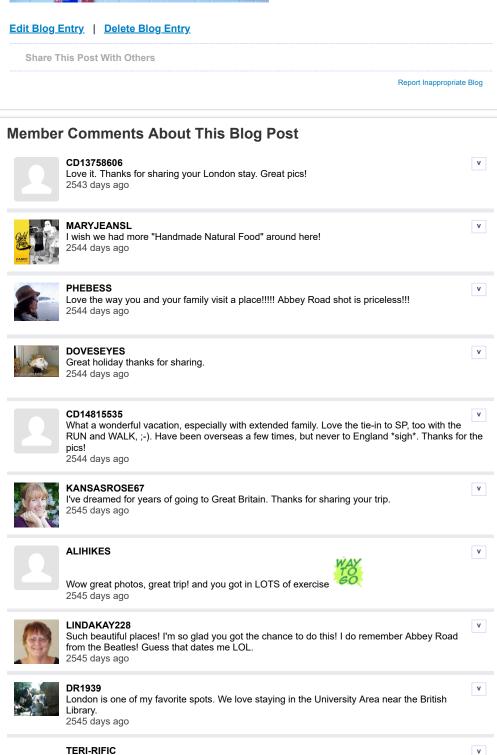


Finally on our last day in London there was one more iconic bit of WALKING. Beatles fans will recognize this trek across Abbey Road.



Whenever we wanted a quick bite to eat during busy days of site seeing, we could always find one of





Great trip. Love love love the Abbey Road pic. Priceless.

	2545 days ago	
	IFDEEVARUNS2 Love, love, love London. Thanks for sharing. 2545 days ago	v
	BILL60 Thank you for sharing. 2545 days ago	V
	WILSONWR Thanks for sharing the narrative and those great pictures. Makes me want to go there! Sounds like you had a great time. 2545 days ago	v
	SLIMMERJESSE I loved London. Thanks for the pics. 2545 days ago	v
	ALICIA363  W88/ THANK 2545 days ago	V
	WUMPASTAR OHMYGODOHMYGOD. Love your pictures, love your travels, I would have LOVED to be there. (I am somewhat obsessed with London but I've never been.) Thanks so me for sharing! Your family is awesome. I wish my own family would go on this kind of trips:) 2545 days ago	v
Cat day	SPINNINGJW Now I want to travel abroad. Thanks for letting me "be" there virtually.  2545 days ago	V
VÁ	WATERMELLEN The London part of your family trip looks like great fun and enjoyed with an appropriate fitness perspective.  Aren't we glad we're not among that 60%? Don't think that the swan momma would be either!!  2545 days ago	V
6	ONEKIDSMOM I love the "being there" photos of places from pop culture and literature! Thanks for sharing. 2545 days ago	V
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Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.