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Hope you called in sick to spend every daylight hour hitting the very best restaurants, bars, patios, and more that the city has to offer. Get the itinerary below, and join in the fun.



8 am: Coffee

The Attendant (Soho) 27A Foley St
It's in a Victorian urinal, so cross another thing off your morning routine. Too packed? Hit Soho's Flat White.



9 am: Breakfast

Hawksmoor Guildhall (The City) 10 Basinghall St
So much bacon. If it's full, then the equally delicious Modern Pantry is a few minutes away.



10:30 am: Post-breakfast ice cream

Tescos (Clerkenwell) Unit 5 Cheapside
Time for a Cornetto and the dopamine rush that comes from eating ice cream before noon.



11 am: Mid-morning cocktails

The Zetter Townhouse (Kings Cross) 49-50 St. John's Square
You're going there for one of the world's best mixeds, at 11, because you —can—! Head to the Fox and Anchor if you're in a beer mood.



12:30 pm: Table Tennis

Bounce (Holborn) 121 Holborn
Mercilessly thrash your opponent (on the actual Olympic table) while professing modesty, you know, just to really rub it in.



2 pm: Late Lunch

Yum Bun (Shoreditch) 31 Featherstone St
We'll be treating -- get there early for porky deliciousness on us, and then head into Rotary Bar for a drink to enjoy them. Rotary Bar also does food, should YB be rammed.



3 pm: Gambling

Hippodrome Casino (Covent Garden) Cranbourn St
Pull out a fiver and take Wesley Snipes' advice: always bet on black. If you win, spend the proceeds at the Casa Del Habano cigar shop in Soho.



4 pm: Drinks

The Euston Cider Tap (Kings Cross) 190 Euston Rd
They have 500 types of apple ale. If cider's not your thing, hit the Euston Beer taps across the way.



5 pm: Football

Regent's Park
Work off all the day's consumption with a little sporting action.



6 pm: Happy Hour

Barrio Central (Soho) 6 Poland St
These guys do happy hour right. Get the Hand Grenade Highball -- it's delicious.



7 pm: Dinner

Bone Daddies (Soho) 31 Peter St
Manage your enormous hunger with ramen & fried chicken, or, if that's not your thing, then Honest Burgers, or Flat Iron for a £10 steak.



8:31 pm: Sunset Drink

Edinboro Castle (Camden) 57 Mornington Terrace
Cap off the epic day with a pint in the enormous beer garden at Edinboro Castle.

Peep the mobile itinerary here:
<http://thr1.st/bdoylLON>

Check out the live feed for the day:
thrillist.com/BDOYL