

CAT DEELEY

My London

The presenter tucks into tea at The Wolseley, ice cream at Marine Ices and flirtinis at E&O

Where do you live?

I live in Beverly Hills and I have a flat in Hampstead that I bought ten years ago because I like the village atmosphere, the cobbled streets and the Heath.

Where did you last go on holiday?

Australia for my brother's wedding. The festivities took place in Sydney and then the bridal party went to the Great Barrier Reef. Harbour Island in the Bahamas for a yoga retreat with friends. Costa Rica, where I learned to surf.

What was the last show you saw in London?

The Princess Diana concert. I think William and Harry created an event their mother would have loved. Backstage there was a real feeling of camaraderie.

Which London shops do you rely on?

Marks & Spencer for the great food. Net-a-porter for superb gifts when I'm out of the country and fashion emergencies when I'm in the UK. Selfridges is great for meeting friends for a glass of champagne.

What are your favourite restaurants?

Nobu Berkeley has great food, a great atmosphere, and a great maitre d', the lovely Paul. The Ivy is perfect for Sunday roast dinners with the family, while Claridge's brings out anyone's inner foodie.

What do you miss most about London?

Walking around the city, bumping into friends, always discovering something new and never quite knowing where I'm going to end up. In LA you have to drive everywhere, so it can be quite insular.

What are your favourite home comforts?

Taking a walk to buy the papers on Sunday morning and then wading through them with Classic FM on in the background and endless cups of fresh coffee.

What would you do if you were Mayor for a day?

Supply bikes all over the city, available to anyone for the day, exactly like Paris.

What is your life philosophy?

A wise friend of mine once told me that 'Life is not too short... It's too long not to be happy.'

What was the last book you bought?

Journals by RF Langley, who was my A level English teacher. His passion for literature is infectious.

What was the last album you bought?

The Best of Chet Baker - perfect Sunday morning listening in LA.

What is your favourite view of London?

My favourite view is London as the flight comes into land at Heathrow from LAX.

Which perfume do you wear?

Avignon by Comme des Garçons.

What are your current projects?

I've just presented Fox's New Year's Eve Special.

What's your tip for making it in the US?

Hard work, passion and a little bit of luck.

Alison Jane Reid

Cat Deeley is guest-editing www.visaurlife.co.uk which gives online shopping advice from experts



FASHION FAVOURITE

What is your favourite item in your winter wardrobe?

The studded black leather bag from Burberry (above), which I shall be sporting with black leather full-length gloves.

LITTLE BLACK BOOK

Who is in your secret London address book?

Melrose and Morgan in Primrose Hill: perfect for the culinarily challenged.

Marine Ices in Chalk Farm: an old-fashioned ice cream parlour.

E&O: for a girls' night out - may I recommend the flirtini cocktail!

Tara Lee, my yoga teacher in London.
Nicola Clarke at John Frieda. Everyman Cinema, Hampstead.



MEMORY LANE

What is your earliest London memory?
I first came to London when I was ten, for my birthday. I remember being obsessed with the Tower of London. I loved the stories of blood, guts and gore. I vividly remember climbing endless stone spiral staircases up to amazing views and down to the dungeons.



TOURIST TIPS

What advice would you give to a tourist?
Go walking in Green Park on a sunny day followed by an afternoon tea stop at The Wolseley (left).

LIFE'S LUXURIES

What are your extravaganzas?
My biggest extravaganzas tend to be for other people. When I'm out of the country, it's important that I don't miss people's birthdays, so I often try to find the perfect gift online. Smythson and Amazon never fail to delight.

COCKTAIL HOUR

What's your favourite late-night hangout?
Fifty St James. Somehow I always end up there at the end of the night. Salvatore Calabrese never fails to conjure up some delicious cocktail or 200-year-old brandy, over chats about life, love and the Amalfi coast.



BY DESIGN

Which young British designer do you admire the most?
Matthew Williamson (left) for his heavenly clothes and devilish sense of humour.

TRUE ROMANCE

What's the most romantic spot in London?
Walking along the South Bank, from Tate Modern to opposite the Houses of Parliament, with the fairy lights twinkling in the breeze.



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