



Section of Epidemiology & Social Psychiatry

20th Congress
of the European Psychiatric
Association Section

Cambridge, UK

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Public mental health re-imagined: a roadmap towards global equity

Our favourite places in Cambridge

We hope you will enjoy all that our 20th Biennial Congress – set in the world-famous, beautiful and historic academic city of Cambridge – has to offer. Cambridge is an easy and safe place to visit and explore, whether on foot, by bicycle or from the relaxing view of a punt on the River Cam.

A walk through central Cambridge will reward you with views of a dazzling number of beautiful colleges of the University of Cambridge, including the unmissable sites of Trinity College, King's College and St John's College. You'll also find many small lanes and streets full of amazing museums, galleries, shops, cafes and restaurants wherever you turn. And no visit to Cambridge is complete without a stroll down the Cambridge "Backs", taking in the picture-postcard views of Cambridge's most iconic scenes, as cows and punters lazily going about their business in the foreground.



King's College Chapel



The River Cam & the Backs

To help you get the most out of Cambridge, three of our Local Organising Committee – all Cambridge residents – have put together this list of recommendations to our favourite things. Some of these are more off the beaten track than others, but never more than a short cycle or afternoon

stroll away from central Cambridge and the Congress venue. We hope you will enjoy all our great city has to offer!

James, Emma & Joana

City Centre

The city centre is home to Cambridge's most famous Colleges and University buildings, as well as its main shopping areas and fabulous food options. The city centre spans approximately from Lensfield Road & East Road towards the south of the city, Queen's Road in the west, Victoria Avenue in the east and Chesterton Road to the north. The quiet and picturesque River Cam runs through the city centre's western and northern fringes, and past many of its finest Colleges. Below we've put together the best of this area.



King's Chapel & Senate House

Colleges & other university buildings

Almost all of Cambridge's 31 colleges can be found clustered around Cambridge's city centre, with great views of their magnificent buildings around every corner. Entry to Colleges gives you a unique way of experiencing the academic history of Cambridge, but access varies from College to College and depends on the time of year. Some Colleges charge an entry fee to enter, while others may be closed to visitors. If unsure, follow the instructions on signs outside of each College or ask the friendly "porters" at each college – usually located at the college entrance – some of whom will be wearing bowler hats. Please respect the rules of each College. Recommended visits:

- [Kings College](#) – including its magnificent and enormous Chapel, founded by Henry VI and completed by Henry VIII. Paid visitor access, except for Choral Evensong (free, see below)
- [Queens' College](#) – Tudor splendour and the Mathematical Bridge. Paid visitor access.
- [Trinity College](#) – Cambridge's most historic college, with no fewer than 34 Nobel prize winners amongst its membership & alumni; also home to Sir Isaac Newton, his famous tree, and his annotated copy of the *Principia Mathematica* in The Wren Library (also home of the first edition of AA Milne's Winnie-the-Pooh!)
- [St John's College](#) – Trinity's neighbour and rival, a beautiful College to explore with beautiful buildings including the Bridge of Sighs, chapel, courtyards & expansive gardens on the banks of the Cam.

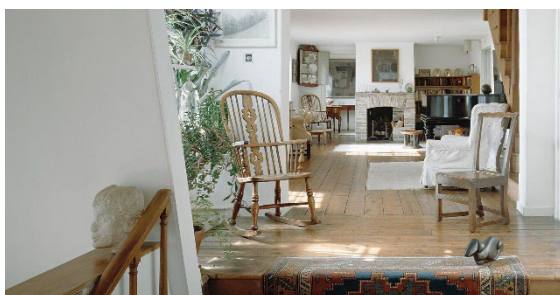
- Senate House & [Great St Mary's church](#) – at the heart of central Cambridge & adjacent to the lively daily market, these two buildings symbolise the seat of the University. On Graduation Days, students can be seen being conferred their degrees in Senate House, while Great St Mary's church is the historic heart of the city – undergraduate students are required to live no further than 3 miles from the church during term time! Climb Great St Mary's tower to get amazing views over the city's Colleges & University

Galleries and Museums

There are many great museums and galleries to visit in Cambridge. All are recommend.

- [Fitzwilliam Museum](#) – From antiquity to the present day, the Fitzwilliam houses a world-renowned collection of over half a million beautiful works of art, masterpiece paintings and historical artefacts. Permanent collections and temporary exhibitions. A downsized but perfectly formed version of the British Museum. Free access

- [Kettle's Yard House & Gallery](#) – a unique and unmissable permanent collection of modern art collected by Jim Ede, former Director of the Tate London, during his lifetime. His house and collection were passed to the University to be made open to



Kettle's Yard House

the public for educational purposes. See the house preserved as he left it, with influential art from contemporary 20th century artists including Miro, Nicholson and Wallis nestled amongst his furniture and books. Also rotating temporary exhibitions in the gallery, a café and shop. Free admission. Timed access to the house may be required.

- [Scott-Polar Museum](#) – learn more about the history of the British Antarctic Survey (based in Cambridge) and the explorations of Scott and Shackleton to the South Pole.

- [Cambridge Contemporary Art](#) and [Cambridge Contemporary Crafts](#) – two twinned shops located in Cambridge's centre. Frequently great work by established and upcoming contemporary artists. Great gift options.

- [The Corpus Clock](#) – less a museum or gallery and more a bewildering and beguiling timepiece set on a prominent corner of King's Parade. Make of it what you will, tell the time with it if you can. Sometimes it's accurate, at night it's fabulous.



The Corpus Clock

Punting



Punting on the River Cam

Punting is an unmissable and (almost) unique Cambridge pastime (ok, so they have punting in Oxford too!). Flat-bottomed wooden boats, simply propelled by a “punter” using a large pole to gently glide you up or down stream, while taking in Cambridge from a unique vantage. If you missed out on our punting

tickets from our opening night welcome reception, or if you fancy trying it yourself, there are many punt operators to choose from on the River. Chauffeured or self-punting tours available. The main punt operators are moored around the Mill Pond area (near Darwin College) or Bridge Street. Life jackets provided for children or if required. Bring strawberries, a picnic and your choice of ice cold beverages.

Parks and gardens

Cambridge is a city, but at times it may not feel like it. You may find yourself walking through one of Cambridge’s many parks, college gardens or commons, still seemingly in the city centre, but suddenly and quickly in nature. You may even turn a corner in a city park to find a cow crossing your path (stay calm, they usually move on quickly, don’t run or shout)!

Delegates will have access to Selwyn College gardens during the Congress, immediately adjacent to our Congress venue, West Road Concert Hall. This provides a unique, relaxed setting to take a break from the Congress or the city.

We also recommend visiting other parks in the city, including Jesus Green and Midsummer Common, two neighbouring park spaces following the River Cam as it winds out of the city to the east. Watch punters and rowers ply their trade, go for a picnic or take refreshments at one of several pubs or cafes nearby. Many colleges have amazing gardens also open to the public – just remember, walking on the grass in most Colleges is not permitted.

Cafes

We've put together a list of some of our favourite cafes in Central Cambridge:

- [Hot Numbers](#), 4 Trumpington Street – has its own roastery & serves a great brew. Convenient for the Fitzwilliam Museum, Scott-Polar Museum and the Botanical Gardens (below). Sister café in Mill Road area (see below). ££
- [Espresso Library](#), 21 St Andrew's Street – hipster coffee in the heart of Cambridge. Sister (and larger) café on East Road, a little further out of town. ££
- [Aromi](#), 1 Bene't St – Cambridge's newest "institution" – always a queue – and with a reason why. Fabulous pizza, focaccia, arancini and more Italian goodness, all at remarkably good value. Eat-in or takeaway. £
- [Jack's Gelato](#), 6 Bene't St – Unique flavour combos from Cambridge's best gelato people, and a perfect follow-on from Aromi around the corner. Never disappoints. Bypass the queue by using the secret hatch window. ££
- [Fitzbillies](#), 51-52 Trumpington Street or 36 Bridge Street – Possibly Cambridge's oldest "institution" and home of the famous "Chelsea bun" since 1920. Perfect afternoon tea spot. ££



A Chelsea Bun from Fitzbillies...unmissable

Restaurants

Cambridge is host to an incredible, up-and-coming scene of new and fabulous restaurants catering for all tastes, requirements and budgets. Here are some of our faves:

- [Mercado Centrale](#), 24 Green St – authentic, modern Spanish tapas in the heart of Cambridge on one of its prettiest cobbled streets. Food is accompanied by a fabulous wine list and friendly service. £££
- [Tabanco](#), 38 Green St – just in case one great tapas restaurant on Green St wasn't enough, thankfully there's Tabanco. By no means second choice, a fine tapas restaurant offering Spanish classics with an inventive twist. ££
- [Parker's Tavern](#), 52-42 Regent's Place – spacious brasserie set within the grandiose Cambridge University Arms hotel. A quintessential British brasserie menu guarantees a fun dining experience. £££
- [The Pint Shop](#), 10 Peas Hill – as well as a great pub, they serve up excellent, tasty meals in one of three dining rooms. Unmissable scotch eggs (a boiled egg encased in sausage meat and deep-fried in breadcrumbs) at the bar for those who fancy trying this English "delicacy". ££
- [Steak & Honour](#), 4 Wheeler St – the best burgers in town from the people who started it all from a food truck. £

- [Doppelganger](#), 59 Regent St – for those who prefer their burgers vegan, Doppelganger serve up tasty plant-based numbers well into the evening. £
- [Restaurant 22](#), 22 Chesterton Rd – upscale fine dining experience serving the some of the most innovative British cuisine in the country right now. Advanced booking essential. You may get lucky with last minute availability ££££

Pubs & bars

Cambridge is spoiled for great places to have a drink, unwind and enjoy at the end of the day. From traditional English pubs through to famous watering holes and modern bars with rooftop views, there's plenty to discover.

- The Eagle, Bene't St – perhaps Cambridge's most famous pub, beer has been flowing on this site since 1667. It played host to Allied airmen during WWII, whose inscriptions can still be seen in the bar's ceiling. In 1953, Francis Crick interrupted diners to announce to the world he, along with his colleague James Watson, had discovered the structure of DNA in the lab next door, following earlier pioneering work by Rosalind Franklin at Kings College London.
- [The Pint Shop](#), 10 Peas Hill – a stone's throw from the Eagle and a modern pub with over 20 beers to enjoy from keg or cask. Small garden to rear for warmer days. Good food too (see above)
- [The Mill](#), 14 Mill Ln – a great pub in its own right, this place sings when the sun is out. Drinks can be taken out onto the Mill Pond area, allowing you to quench your thirst while watching punters ply their trade, and soaking in the quintessential Cambridge atmosphere. Good pub food too.
- [Cambridge Wine Merchants](#), Bridge St & King's Parade (also Cherry Hinton Road further afield) – both a fabulous wine merchant and a place where you can stop for a quick drink to watch the world go by. The Bridge St branch is particularly set up to stop off for a drink and a lite bite.

Beyond “Parker’s Piece” (Grafton & Mill Road areas)



Our favourite mode of transport

For those who fancy venturing a little further from Cambridge's famous streets, you'll find plenty of rewards. A 10 minute stroll will take you across Parker's Piece, a lovely expanse of parkland where the modern rules of Association Football were created (the trees on the far side denote the width of goalposts in football). From

here, a 5-minute stroll will take you into the Grafton area, home to quaint residential streets with fantastic local pubs, and the larger, modern shopping centre & cinema complex, the Grafton Centre. From the far southeast corner of

Parker's Piece continue to walk up Mill Road, Cambridge's most diverse, eclectic and vibrant community. Here you'll find great places to eat & drink, fabulous antique and vintage shops and the Cambridge Central Mosque, an inspiring architectural place of worship nominated for the 2021 RIBA Stirling Prize in architecture. Some of our favourite spots are listed below.

Around Grafton

- [Espresso Library](#) – the second, and larger location of this great coffee spot, just off the southeast corner of Parker's Piece. ££
- [Thrive café](#) – a totally plant-based menu, serving good food including incredible cakes & great coffee. Next door there's a vintage clothing shop & refill shop. £
- [The Free Press](#) - this "National Pub of the Year" award winner is one of the best examples of what a "local pub" is in Cambridge. True local community environment mixed with international personality appearances; this pub is the "home" of the university's rowing society. ££The Free Press
- [Clarendon Arms](#) - the best Sunday roast in town. £

Mill Road area

Ordered roughly by distance from Central Cambridge, beginning at the Parker's Piece end of Mill Road.

- [Fin Boys](#) – amazing fish and seafood creations for lunch or dinner. £££
- [Noodles Plus+](#) – don't be fooled by the nondescript exterior, this place serves up some of the best Chinese food in Cambridge. Always a queue. £
- [Vanderlyle](#) – mostly vegetarian or vegan creations, exquisitely crafted and always tasty. Booking essential. ££££
- [Al Casbah](#) – a long-running Cambridge haunt, serving up great North African dishes from the grill; Algerian with other influences. No alcohol. ££
- [Bedouin](#) – sister restaurant to Al Casbah, but serving up more tagine-based dishes in a draped, Bedouin-style setting. Always popular, booking recommend. No alcohol. ££
- [The Live and Let Live](#) – one of Cambridge's best, most traditional beer pubs. Recently renovated, and not too far from the railway station. No food. £
- [Dom's](#) – the hippest and best coffee in town, Dom take's his brew very seriously. Look for the easily-missed plain store front next to Garden Kitchen. Be prepared to wait, but be prepared to be blown away. £
- Cambs Antique Centre & Hive Antiques – two adjacent shops with fantastic curios, antiques and bric-a-brac await you in this treasure trove next to Hot Numbers
- [Hot Numbers](#) – their second location, and a great spot for coffee and a lite bite. ££
- [The Cambridge Blue](#) – one of the best pubs in Cambridge. Continue down Gwydir St past Hot Numbers until you feel you've gone wrong – "the Blue" is on your left – serving up a great selection of English & Belgian beers with a large garden backing onto Mill Road Cemetery (also worth an explore!). £
- [Scott's All Day](#) – a great spot for breakfast, brunch or pizza. £

- [Calverley's Brewery](#) – a hidden gem tucked away on Cambridge's side streets. Serving up a range of fine beers brewed directly on site by two brothers. Pizzas delivered to your table from Scott's All Day (see above). Booking recommend. ££
- [Eclipse Bakery](#) – mesmerising pastries which always sell out early. Great bread too, and good coffee. ££
- [196](#) – A speakeasy-style cocktail bar which always does a brisk trade, squeezing people into its small, low key but cool interior or on outdoor tables running down Mill Road in the evening. Small plates also. £££
- [The Old Chemist Shop Antique Centre](#) – more curios than antiques, but there's something for everyone in this jam-packed shop off Mill Road. Good selection of vintage dresses. £
- [Tradizioni](#) – fantastic pizza with indoor, outdoor and takeaway options. £.
- [Cambridge Central Mosque](#) – almost as far down Mill Road as you can go, this impressive, new mosque is worth the visit for the architecture along. Inspired by sustainable materials and an eco-friendly design, the mosque was nominated for the 2021 RIBA Sterling Prize in architecture. Guided tours available. Unmissable.



The stunning interior of Cambridge Central Mosque

Towards the train station (Hills Road area)

Cambridge's main railway station is situated about a mile outside of Cambridge city centre, served by frequent buses and taxis. The route is totally flat, lending itself to an easy 20 minute walk or even hire a bike from Rutland Cycles at the station. We've listed a few of our favourite things nearby:

- Flavour Station – excellent "to-go" coffee from the van just outside the station entrance. Great selection of pastries, salads and breakfast sandwiches. £
- [The Wine Rooms](#) – a good spot for a glass of wine and lite, innovative bites. £££
- [Cambridge Botanic Gardens](#) – the University's botanic gardens are a great place for a stroll, with over 8000 species set in several acres of beautiful grounds. The hothouse is great fun. There's a good café onsite or bring a picnic. Entry fee.
- [The Cambridge Oven](#) – fantastic local bakery for pastries and breads



The Hot House at Cambridge Botanic Gardens

- [The Oak Bistro](#) – good value bistro restaurant with popular, friendly owner. ££

A riverside stroll to Granchester

No visit to Cambridge would be complete without a trip to Granchester – you can walk, cycle or even punt your way there, following the River Cam as it winds through tranquil meadows to the village of Granchester about 1.5 miles from the centre of Cambridge. 40 minutes walk, 10 minute cycle, 3.5 hour punt (hire from above the river lock at the Mill Pond area).

Granchester – setting of the eponymous television show which is often filmed in the village – is a quaint, quintessential Cambridgeshire village with a longer history than this tv series. In particular, a visit to the [Orchard Tearooms](#) is a must. Here you can follow in the footsteps of the “Bloomsbury set” – Virginia Woolf, E.M. Forster, John Maynard Keynes and Rupert Brooke – who all took afternoon tea, complete with scones, clotted cream and jam, in the relaxing apple orchard.

Granchester also offers a selection of fine pubs and is home to [Cambridge Gin](#), a fabulous distillery producing innovative gins using a range of local botanicals. They also offer tours and tastings from their village location.