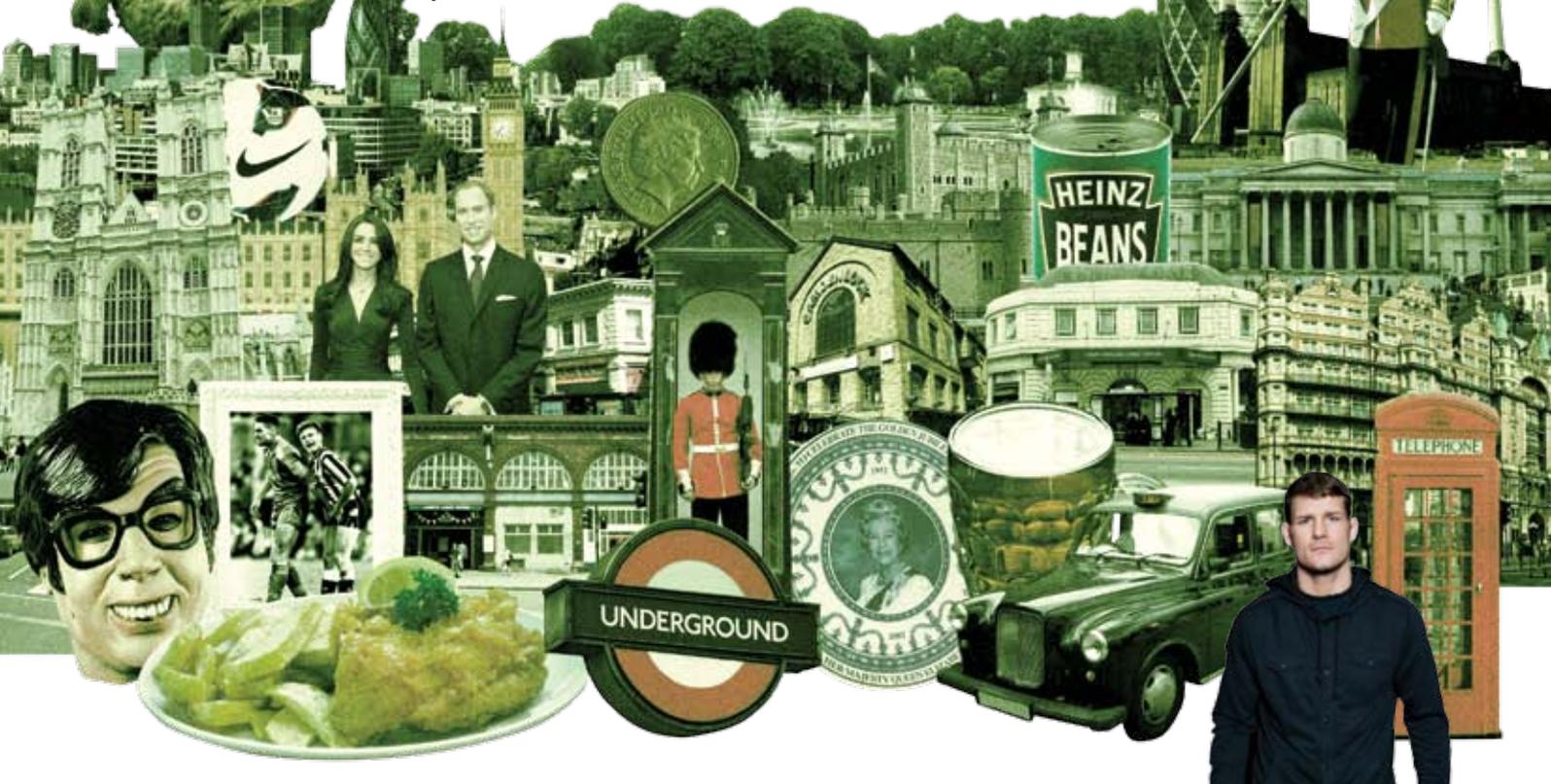


London Calling

England's most famous MMA export—**Michael "The Count" Bisping**—gives you the inside track to London, host city to UFC on FUEL 7 on February 16

By ANTHONY EVANS



THE ATTRACTIONS THE LONDON EYE

One of the newer major attractions in London, the huge wheel was erected in 1999 to celebrate the turn of the millennium. Massive pods lift passengers 444 feet into the London sky allowing a view of 26 miles in every direction. londoneye.com

BISPING: "I went with my kids and wasn't expecting it to be as great as it was. It was really stunning. London is an amazing city to see from the air like that."

PALACE OF WESTMINSTER

More commonly known as the Houses of Parliament or "Big Ben" after the largest of the five bells that ring out every 15 minute from the clock tower, the Palace serves as the seat of the British government. Known as "The Mother of Parliaments" worldwide, representatives of the British people have met here to pass laws since the 13th century. parliament.uk/visiting

BISPING: "It is one of the most famous buildings in the world.

It's like going to New York and not going to see the Empire State or Sydney and not seeing the Opera House. Best to go first thing in the morning if you want to go inside and have a look around, as tons of people line up from 10 a.m. onwards."

TOWER OF LONDON

One of the oldest complete man-made structures in Europe and a World Heritage Site, the Tower is more than simply the place "enemies of the crown" were imprisoned, tortured and—occasionally—killed at the infamous "Traitor's Gate." hrp.org.uk/toweroflondon

BISPING: "You can do a full day out there. It's huge. The Crown Jewels are there, tons of different castle structures dating back hundreds and even a thousand years. The entire history of London can be learned there. The White Tower—which dates all the way back to 1066 and the Norman Conquest—is the coolest part. It's crazy to think it is still standing despite nearly a thousand years of attacks and wear and tear."

JACK THE RIPPER TOUR

Literally follow in the footsteps of the madman who has gone down in history as the world's first serial killer, the never-caught Victorian-era monster who butchered at least five women in the summer of 1888. (Evenings, 7:00 p.m.) thejacktheripper.com

BISPING: "Everyone's probably got a theory as to who he really was but, over 120 years later, the story still terrifies and fascinates people all over the world. On the tour, an expert, or "Ripperologist," walks you to the actual scenes of the murders and goes over the most recent theories as to who the Ripper was. Randy Couture did the tour when he was over for UFC 120 and said it was creepy and fascinating stuff."

EAT LIKE A LOCAL

BISPING: "I know the joke is the food is crap in England, but we've got some great restaurants in London. If you want an authentic English gentleman type experience I recommend the Hawksmoor, or if you go

to Maritime Greenwich—the site where the east and west hemisphere meet—the Trafalgar Tavern does great fish and chips and the River Thames literally comes up to the windows. Because we have a huge Indian population, Indian food is massively popular in England, too, and if you are man enough, you can get some red-hot dishes pretty cheaply in London." thehawksmoor.com, trafalgartavern.co.uk

CLUB IT

If your wallet can withstand an expensive night out, Chinawhite is considered to be one of the best luxury nightclubs anywhere in the world. chinawhite.com

BISPING: "Unfortunately for UFC fans, the club moved location in 2009, so you can't get drunk and re-enact Tito Ortiz's infamous 2002 brawl with Lee Murray, but the place is amazing. It is expensive and you are expected to dress smart, but it's a really great place to have a good time."

VITALS

**MICHAEL
"THE COUNT" BISPING**

**FIGHTING OUT OF
MANCHESTER,
ENGLAND
AGE 33
HEIGHT 6'2"
WEIGHT 185 LBS.
TWITTER FOLLOW HIM
@BISPING**

TRY TO AVOID

Traveling by road. "Seriously, use the Tube. It's the oldest underground railway system in the world, dating back to 1863," Bisping says. "London as a city was laid out over 2,000 years ago by the Romans and the roads just cannot cope with Europe's largest city population of over 12 million people. You will waste hours—and tons of money—on taxis. The Tube is quicker, easy to use, and cheap. Buy a travel card, too, which cuts the cost almost in half of normal fares."