

Who we are

By choosing to stay with us tonight you are already doing good.

We're a social impact business. We believe in human potential and put our profits where the people are and invest in our local communities. That includes, educating children around the world and retraining longterm unemployed locals from Newham, the borough of London you are in right now. We then give them jobs at our hotel or at partner hotels across London.

Food & drink

Breakfast

Mon-Sat | 7.00 – 10.30
Sun | 7.30 – 11.00

Restaurant

A la carte menu serving hearty meals and tasty snackable dishes
Mon - Sun | 12.00 - 22.00

Bar

All day | 23.00

Rooftop

12:00 - 21:00
**weather dependent*

What's going on?

AT GOOD HOTEL

I Am Bluesfolk Unplugged

Friday Sept 5 | 19:30-21:30, *Globe Room*

Join us for live music, great vibes, refreshing drinks, and stunning waterfront views.

To Book: Eventbrite

Chila Burman MBE – Tuk Tuk Art Installation

Sept 18-Oct 7 | *Reception*

In partnership with Royal Docks Originals, experience the vibrant Tuk Tuk installation by acclaimed British artist Chila Burman known for her bold style blending cultural identity, feminism, and pop-art energy.

More Info: events.london@goodhotel.co

Qi (Energy) Balancing - Mindfulness for Healing

Sun Sept 7 | 12:00-14:00, *Blue Room* | £9

This restorative session will introduce a range of gentle and invigorating movements to help improve energy levels, mental focus, circulation and mental health.

To Book: Eventbrite

Summer Yoga in the Open Air - Shakti Space x GHL

Wednesdays | 10:00-11:00, *The Rooftop* | £8

An uplifting yoga session open to all levels. Flow with the sun. Breathe with the breeze. Move with your community.

To Book: www.shakti-space.co.uk

Zumba Fitness by Swati Kaushal

Sundays | 18:30-19:30, *Sky-Blue Room*

Monday & Wednesdays | 19:00 - 20:00 | £10 or 4 for £32

Join the ultimate dance fitness party that combines Latin and international music with dance moves. Zumba routines incorporate interval training to help improve overall fitness.

To Book: @zin_swati_kaushal

Mathodologies

Thurs & Fridays | 17:00-18:00, *Pink Room* | £15 or 4 for £50

Empower your child with mathematical potential with tips, tricks, and speed-maths sessions in a guided setting.

To Book: mathodologiesbynisha@gmail.com

AROUND LONDON

Royal Docks Originals Festival

A free festival from 15 Sept–5 Oct featuring world-class art, spectacular installations, and original performances across the Royal Docks. Come celebrate stories of transformation and community. **More info:** www.royaldocks.london

Open Water Swimming

Just outside the hotel you can indulge in fresh water swims in the waters of the Royal Victoria Dock.

More info: www.loveopenwater.co.uk

Wakeup Docklands

London's only cable wakeboard park within the central transport network, offering a variety of water-based activities!

More info: www.wakeupdocklands.com

The Line

Explore art, nature and heritage for FREE on London's public art walk running between Queen Elizabeth Olympic Park and The O2.

More info: www.the-line.org

Victoria Dock Parkrun

Two minutes from the hotel at Victoria Dock you'll find a free, fun, and friendly 5k community event every Saturday.

Register: www.parkrun.org.uk/victoriadock

Sweheat Sauna

An authentic wood-fired sauna experience celebrating many cultural aspects of authentic sauna culture.

More info: www.sweheatsauna.co.uk

Elvis Evolution ExCel London

Immersive experience that celebrates the life and legacy of Elvis Presley through music, theatrics, and technology.

More info: www.elvisevolution.com