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All the Art You Need to See During Frieze London 2026
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Nothing feels quite like fall in the art world more than venturing into the bright white tents of Frieze London and Frieze Masters nestled among the changing foliage of Regent's Park. Every October, the art fairs bring with them a citywide feast of exhibitions, satellite fairs, and happenings around town. It may be the best time to experience London's robust gallery scene—from big names in Mayfair to rising talents at the city's younger galleries—not to mention its world-class museums.

And this year promises not to disappoint. Here's our 10-stop guide to making the most of Frieze Week 2026.



Sophie Birch, *Iris*, 2026, Oil and marble dust on canvas, 150 x 120 cm

Sophie Birch at Alice Amati: For her first London solo show, Birch presents new paintings shaped by memory, atmosphere, and a recent residency in Rome. Books, houses, bodies, and mosaic floors recur throughout.