

Advertise effectively

Join PropellerAds and get tons of targeted traffic for profitable ad campaigns!

PropellerAds

Open

TradingFinder > Education > Forex Education > London Trading Session; Exact Timing in GMT Ti...

London Trading Session; Exact Timing in GMT Time Zone

Categories: Forex Education Trading Sessions Education

Article Level: Intermediate



Writer: Nino Gogochashvili



Reviewer: Rajesh Sharma



Fact checker: Arjun Mandal



Modified: Jun 2, 2025

Comments: 0

Views: 370

5 Min

Due to the **24-hour** nature of the **Forex Market**, trading is divided into four major sessions: **Tokyo, Sydney, London, and New York.**

Among these, the **London session** stands out as one of the most significant, characterized by high volatility and deep **Liquidity in Market**—making it a key player in shaping daily **market trends.**

2 Simple Steps to Access

Click to begin for access

As

vc

volume of transactions executed during it.





How to identify and trade during the London session

Why Is the London Trading Session Important?

London has been one of the world's major financial hubs. Thanks to its advantageous time zone, it plays a critical role in global markets. The London session operates from **8:00 AM to 5:00 PM (local London time)**.

This session overlaps with both the **Asian and New York sessions**, offering two key overlaps:

- ⚡ Overlap with the **Asian session** during the early hours;
- ⚡ Overlap with the **New York session** toward the end.

These overlaps result in increased trading volume and generally **lower trading costs** due to tighter spreads.



Time range of the London session shown on the EUR/USD forex chart (local London time)

Key Characteristics of the London Trading Session

The characteristics of trading during the London session are as follows:

- ⚡ **Highest liquidity:** Roughly **43% of all forex transactions** occur during the London session;
- ⚡ **High volatility:** The sheer volume of trades leads to significant market movement;
- ⚡ **Start of daily trends:** Most **price trends** start during this session and continue into the New York session;

- ⚡ **Mid-session slowdown:** Around noon London time, markets often experience a dip in volatility as **European traders** break for lunch;
- ⚡ **End-of-session reversals:** Many European traders close positions toward the end of the session, potentially causing trend reversals.



A highly volatile day in the London session shown on the GBP/USD chart

Average Volatility of Currency Pairs in the London Session

The London session is known for its substantial volatility due to high trading activity. Here's the **average pip movement** of major forex pairs during this session:

Average Volatility (Pips)	Currency Pair
10	USD/CHF
22	EUR/JPY
22	GBP/JPY
16	AUD/JPY
6	EUR/GBP
8	EUR/CHF
10	EUR/USD
13	GBP/USD
19	USD/JPY
10	AUD/USD
9	NZD/USD

10	USD/CAD
----	---------

Note: These values are based on historical averages and may vary depending on current market conditions.

Which Currency Pairs to Trade in the London Session?

Given the high trading volume, nearly all currency pairs are tradable during this session. However, some are better suited due to **greater liquidity and tighter spreads**:

⚡ **Major pairs** like **EUR/USD**, **GBP/USD**, **USD/JPY**, and **USD/CHF** are ideal as they have **high volume and low spreads**;

⚡ **Cross pairs** such as **EUR/JPY** and **GBP/JPY** are also popular for their **volatility** in the London session.

Conclusion

The **London trading session** is one of the most volatile and liquid sessions in forex, with overlaps with both the **Asian and New York sessions**. It starts at **8:00 AM London time** and provides fertile ground for volatility-based strategies.

FAQs

What are the operating hours of the London trading session? ▼

The London session in forex runs from **8:00 AM to 5:00 PM London time (8:00 AM to 5:00 PM GMT)**.

Why is the London session important in forex? ▼

As one of the largest financial hubs globally, London handles a significant portion of forex trades. It brings high volatility and liquidity, shaping daily market direction.

Which currency pairs are most active during the London session? ▼

Major pairs like **EUR/USD**, **GBP/USD**, **USD/JPY**, and **USD/CHF** dominate with the **highest trading volume and lowest spreads**.

What distinguishes the London session from others? ▼

It has **the highest liquidity, intense volatility, kickstarts daily trends**, and **overlaps** with Asian and New York sessions.

Who should trade the London session? ▼

Traders seeking more opportunities, high volatility, and deep liquidity are best suited for this session.

What strategies work best during the London session? ▼

Breakout and trend-following strategies are particularly effective due to the high volatility and volume. Traders often look for momentum-based setups, especially during the overlap with the New York session.



5 From 5.0

(1)

Rate this post



Table Of Content



- Why Is the London Trading Session Important?
- Key Characteristics of the London Trading Session
- Average Volatility of Currency Pairs in the London Session
- Which Currency Pairs to Trade in the London Session?
- Conclusion

Top Posts



What is an ICT Order Block and How to Trade It?

Ram Nisha | Dec 23, 2024

8,342 Views



Turtle Soup Strategy from ICT Style

Arjun Mandal | Dec 23, 2024

7,884 Views

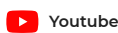
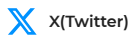


Break of Structure (BOS) on ICT

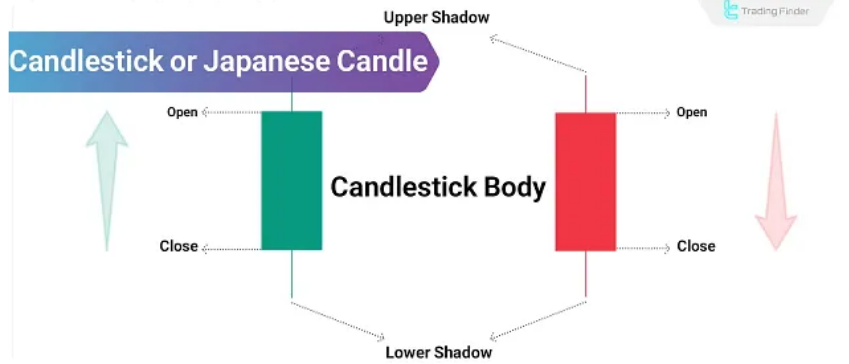
Eda Kaya | Dec 22, 2024

7,846 Views

Our Social Media



Latest Articles



Candlestick or Japanese Candlestick Chart: Visual Language of Financial Markets

Forex Education

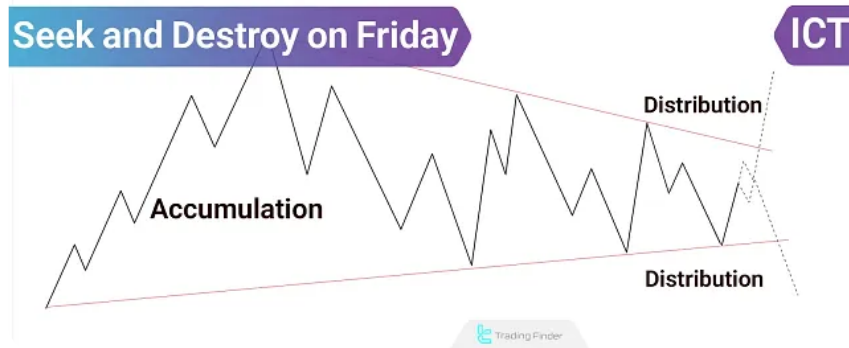
Davit Kvaratskhelia | Jul 3, 2025



ICT Bread and Butter Buy-Setup – Scalping Strategy in Bullish Bias

Forex Education

Nino Gogochashvili | Jul 3, 2025



Friday Seek and Destroy Strategy in ICT: Accumulation and Distribution Explained

Forex Education

Davit Kvaratskhelia | Jul 2, 2025



Complete training in financial markets such as "Forex," "Stock Market," and "Cryptocurrencies" only becomes comprehensive with tested trading tools and strategies. "Trading Finder," with its experience, aids traders and investors in gaining a correct understanding and deep learning. The training programs are designed based on tools for traders of all levels, from "beginner to advanced."



 English (EN) 

About Us

Our Team

Advertisement

Indicators & Oscillators

Trading Tools

Contact Us

Jobs

Affiliates

Products

Trading Tools

Forex Methodology

Report a Bug

Our Scores

Financial Market Education

Risk Disclosure:

Participating in financial markets involves high risk, which can result in the loss of part or all of your investment. There are no

[Show More](#) 

Disclaimer:

[TradingFinder.com] assumes no responsibility for any potential losses or damages. All decisions are the sole responsibility of

[Show More](#) 

Disclosure of revenues and advertisements:

The "TradingFinder" platform offers various services, some of which, like introductions, are free, while others, such as our

[Show More](#) 

[Privacy Policy](#)

[Risk Warning](#)

[Cookies Policy](#)

[Copyright and Idea Submissions](#)

[Terms and Conditions Agreement](#)

© 2025 TradingFinder, Inc. All rights reserved.