

London Trading Session; Exact Timing in GMT Time Zone

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**.

As the Asian session wraps up, the **European market opens**, leading to a sharp rise in forex trading volume. This is largely due to both the **geographic positioning of the session** and the **substantial volume of transactions** executed during it.



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.

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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.

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