Solution for 5.4 Disorientation (Answer = STJOHNSWOOD)

The initials give QF, MEL to LHR, that is, Quantas Flight from Melbourne to London Heathrow airport - this might seem very cryptic, but QF and MEL are pretty obvious initials when used together.

From there, you proceed via the London Underground - the note at the start is that you take the replacement coach/bus (le car in French) to Hatton Cross, and travel the number of stations indicated by the numbers. This takes you to Picadilly Circus, Oxford Circus, Holborn, King's Cross St Pancras, Camden Town, Euston, Bank, Monument, Embankment, Baker Street, and finally, St. John's Wood. The words in brackets are meant to be identifiers for intermediate waypoints.

Alternatively, you could have just realised it was to do with the London Underground, looked at the final answer, reasoned that it was probably Lord's (a famous cricket venue; in particular, the Ashes are kept there, and Boris is made out to be the person hired to steal the Ashes) and looked up its Wikipedia entry to see that it's located in St. John's Wood.