

Risk Assessment

Route 18: Limehouse Loop

Approx Mile	Description	Risk Level	Additional/ Specific risk	Guidelines to reduce risk
All	This route takes you along different types of running surfaces (e.g. grass, track, cobbles, tarmac) much of which is uneven, and along the canal where there may be obstacles such as benches, boat moorings, fishermen etc. There is no barrier between towpath and canal, and parts of the route may be quite isolated, especially in colder months. Sections of the route will be dark in the evening, and the path can be narrow in parts.	M	Canal, Uneven running surfaces, obstacles on (narrow) towpath	Watch your footing, particularly by the water and on narrow paths. Only run this route during the day, and if you run alone take a mobile phone in case of problems on isolated paths. Unfortunately, lone females may get unwanted attention from other path users.
0.0	Start at Limehouse DLR station	M	Pedestrians	Give way
0.1	Walk east along Commercial Road a little way until see sign to turn right down steps onto Regents Canal. Turn right at bottom of steps.	M	Busy road.	Cross at pedestrian crossing
0.5	Mile End stadium on right.	L	Canal, low bridges	Take care running along the canal - stay away from the edge. Bridges are low so slow down when running underneath them in case of oncoming people or bikes.
1.5	Turn right onto Hertford Union canal, Victoria Park is on your left.	L	Pedestrians/ cyclists	There will probably be more pedestrian and cycle traffic around Victoria Park - give way to both if necessary.
2.9	Cross the River Lea at White Post Lane (up cobbled ramp, turn right across bridge, right again onto other side of the river and straight on) to head south.	L	Pedestrians/ cycles	

4.0	Follow the riverside path to the steps up to Bow High Road and cross the (busy) road. Run down the pavement (in the direction of Tesco) for 100m and turn left down a small road (next to Calor Gas warehouse) to re-join the riverside path.	H	Steps, busy road	Take extreme care crossing this road - there are four sections that you need to cross.
4.3	Cross river over bridge at Three Mills studios and continue along river in same direction	L	Pedestrians	
4.5	Take the footbridge over Bow Lock and continue onto the Limehouse Cut	L	Pedestrians	
6.0	Turn right into Limehouse Basin	L	Residential area	
6.1	Climb the steps at the Regents Canal to return to Limehouse DLR	M	Towpath may be closed	Currently (March 05) part of the path leading back to Commercial Rd is closed - if you follow the path through Limehouse Basin instead and end up at Narrow St, cross the bridge, turn right into Horseferry Rd and right again to take you back up to the DLR. (see signs)