

### THE CHALLENGE: LONDON LEGACY LOOP

Channel the spirit of champions on a challenge route to the heart of Olympic glory.

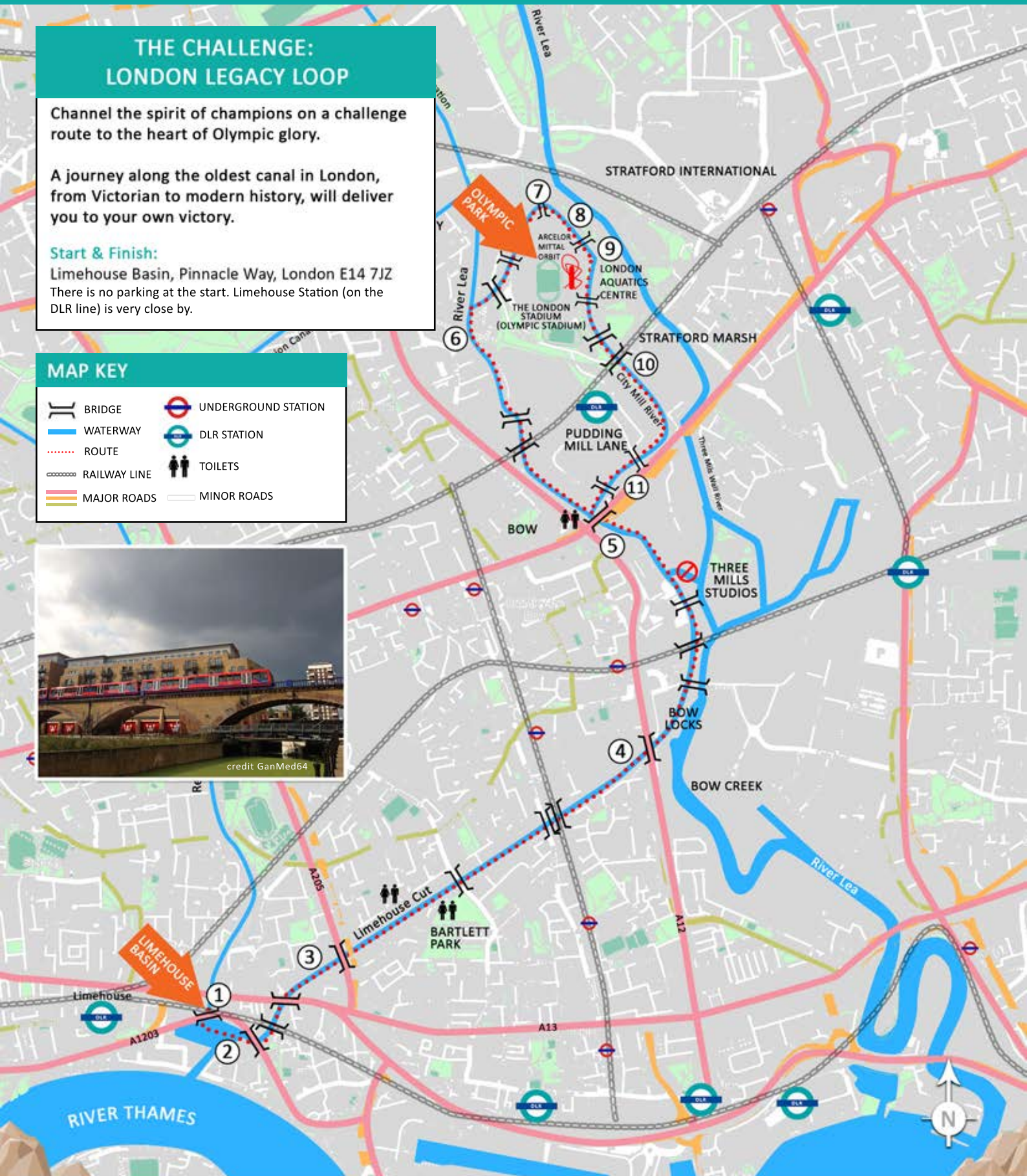
A journey along the oldest canal in London, from Victorian to modern history, will deliver you to your own victory.

#### Start & Finish:

Limehouse Basin, Pinnacle Way, London E14 7JZ  
There is no parking at the start. Limehouse Station (on the DLR line) is very close by.

#### MAP KEY

- |  |              |  |                     |
|--|--------------|--|---------------------|
|  | BRIDGE       |  | UNDERGROUND STATION |
|  | WATERWAY     |  | DLR STATION         |
|  | ROUTE        |  | TOILETS             |
|  | RAILWAY LINE |  | MINOR ROADS         |
|  | MAJOR ROADS  |  |                     |



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Scan or visit  
<http://bit.ly/olympic-park-challenge>  
to find the map  
in Mapometer and  
download the GPX file

**Distance:** 6.5 miles  
**Time:** 1.5 - 3 hours  
**Portages/Locks:** 0  
**OS Map:** Explorer 162 Greenwich and Gravesend

- 1 Put in at the Commercial Road Lock landing platform below the Regent's Canal lock. Turn into Limehouse Basin and then left into Limehouse Cut and under a small footbridge. Take care to avoid traffic using the tidal lock on your right hand side.  
The A1203 Limehouse Link Tunnel is carrying traffic beneath you here.
- 2 Soon pass under the bridge carrying the DLR line above you. This entire journey brings the busy transport system of Greater London above you multiple times.
- 3 This is a very urban landscape with impressive graffiti tracking your passage.
- 4 At 1.4 miles pass under the A12, here you can see the remnants of Bromley Lock on the canal wall. Arrive at Bow Locks with their striking white, 1930's footbridge. These locks link tidal Bow Creek with the Lee Navigation. A water control structure has been in place here since before 1307.  
You do not pass through these locks but continue your journey on the Lee, passing the House Mill and 3 Mills Studios at 1.8 miles.
- 5 Pass under the A118 Bow flyover and to complete the loop clockwise, continue straight on the Lee Navigation, leaving St Thomas Creek on your right hand side.
- 6 As Old Ford Lock appears in front of you at 2.9 miles, you will be turning right onto the Old River Lea. You can disembark river right here and cross the footbridge to Swan Wharf for toilets and refreshments.
- 7 At 3.2 miles you will see Carpenters Road Lock on your left. Follow the canal bending to the right, where it becomes City Mill River.
- 8 You are in the heart of the Queen Elizabeth Olympic Park; the site of many victories in 2012. Imagine the roars of the crowd as you pass through this iconic area.
- 9 The impressive structure of the Arcelor Mittal Orbit Sculpture is to your left, with London Stadium on your right. Further to your left you can see the iconic shape of the London Aquatic Centre.
- 10 Pass under the low railway bridge as you leave the Olympic park and paddle round the corner onto St Thomas' Creek.
- 11 Follow this waterway back to its junction with the Limehouse Cut. Turn left to retrace your paddle strokes back to the start point at Limehouse Basin.



**The Queen Elizabeth Olympic Park is home to a whole host of venues from the 2012 Olympics. It was here that four of the six Super Saturday UK Gold medals (1 in cycling and 3 in athletics) were won on 4th August 2012.**

This route is the perfect opportunity to view them from a different perspective. You can learn more about the park and all you can see and do at [queenelizabetholympicpark.co.uk](http://queenelizabetholympicpark.co.uk)

House Mill is a Grade 1 listed, 18th century tidal mill. It is currently being restored but guided tours can be arranged and the cafe is open from Mon-Fri. You can disembark at the water bus pontoon for a visit.

[Housemill.org.uk](http://Housemill.org.uk)

Behind House Mill sits Three Mills Studios; a production destination with filming stages, theatre spaces and 75,000 sq ft of filming space. [3mills.com](http://3mills.com).

Carpenters Road Lock is a unique lock, with the only set of vertical lift double radial gates in the country. The lock isn't suitable for non-powered craft but it is an interesting structure to see.

Limehouse Basin provides a navigable link between the Regents Canal and the River Thames. Previously known as Regent's

Canal Dock it was once the principal entrance from the Thames to the entire UK canal network. The Limehouse Cut is the oldest canal in London and was the main link between London and the Midlands.

[canalrivertrust.org.uk/places-to-visit/limehouse-basin](http://canalrivertrust.org.uk/places-to-visit/limehouse-basin)

**Parking:** Free parking is available on Branch Road, Narrow Street and surrounding residential roads after 5.30pm and on weekends. Outside of these times, parking is available at Mile End Leisure Centre. You can launch onto the Regent's Canal there and turn left to paddle to the start of the trail.

Camera controlled restrictions apply on Basin Approach and Pinnacle Way, even unloading boats here will result in a fine.

For more information on safety and good practice, visit [britishcanoeing.org.uk/go-canoeing](http://britishcanoeing.org.uk/go-canoeing)

Don't forget to register your challenge and get on the leaderboard!

**Canoe Hire:** There are local hire providers nearby, including Moo Canoes who are based at Limehouse Basin.  
[mooconoes.com](http://mooconoes.com) | Tel: 07879 909423



All on the water times are approximate and calculated by assuming a leisurely pace of 2-4 mph.

Make sure this challenge is appropriate to your ability and experience. It is important to consider a variety of factors when planning your challenge, including choosing the appropriate equipment, considering nutritional and hydration requirements and logistics.

Leave details of your trip with a responsible person including when you expect to return. Carry a small first aid kit.

Know the weather forecast before you set out and be prepared for this to change; sometimes quickly and without warning. If you are unsure of your ability to deal with the weather conditions leave the trip for another day.

## Safety and Licenses

We want you to enjoy a safe trip, so here are a few tips for staying safe and paddling responsibly.

### Paddle Safe:

Be prepared and take the right kit:

- Wear a correctly sized buoyancy aid
- Mobile phone – in a waterproof case
- Whistle – to attract attention in case of emergency
- Map and / or route description
- Appropriate clothing for the weather conditions + spares in a dry bag
- Food, drink & suncream!

### Paddle Responsibly:

Respect the natural environment and other users:

- Respect other waterway users  
#sharethespace
- Be environmentally aware, minimise your impact
- Ensure you have the correct licence if required
- Observe navigational rules – keep right and give other users space
- Check, Clean, Dry after every trip!

**Licenses:** The waterways in this trail are managed by the Canal & Rivers Trust and require paddlers to hold a license. British Canoeing membership includes a full annual license for this waterway - please take your membership card with you as this acts as your license.

Non-members can either purchase a British Canoeing membership from [www.britishcanoeing.org.uk](http://www.britishcanoeing.org.uk) or buy licenses direct from [www.canalrivertrust.org.uk](http://www.canalrivertrust.org.uk)