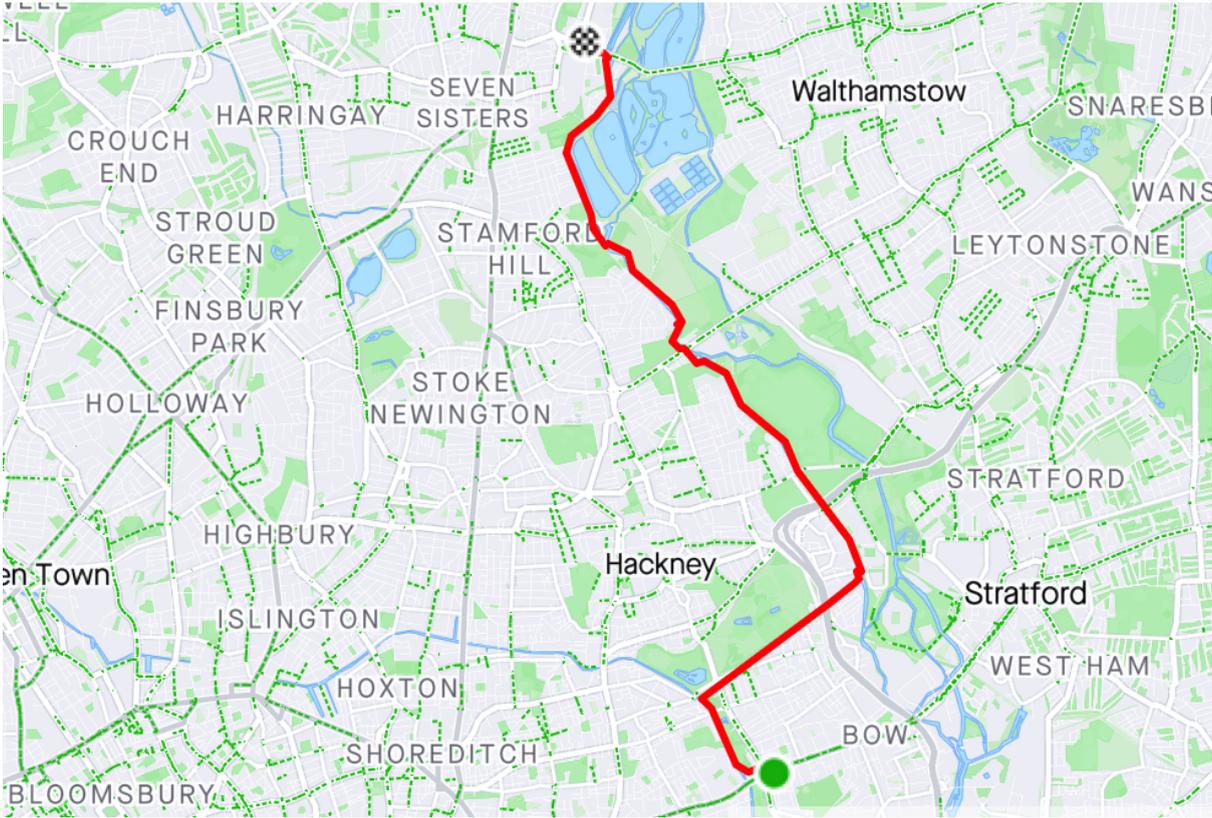


London Blueways Challenge 2023

Route #2 February - East London Canals



Route Distance:	Blueways Challenge Medal Route: 10.5 KM
Curated By:	Camino Ultra

GPX File:	https://www.strava.com/routes/3038770488229081404
Public Transport:	<p>To the start - Mile End: On the Central and District Lines</p> <p>From the finish - Tottenham Hale station - Victoria Line</p>
Start Point:	<p>At the Mile End Tube Station YOU CAN ALWAYS CHOOSE TO COMPLETE THIS ROUTE THE OTHER WAY AROUND</p> <p>https://what3words.com/full.flame.safety</p> <p>IMPORTANT: RUNNING ALONG THE CANALS ROUTE CAN BE CHALLENGING</p> <ol style="list-style-type: none"> 1. Think about the time that you plan to do this run as it can be busier during commuter hours especially with cyclists <p>SAFETY:</p> <p>Camino advises that women do not do this route alone. Some parts of the canal might feel remote and it will always be better to do this route with another person</p>
Diversion:	NONE - currently known
End Point:	<p>Tottenham Hale Station</p> <p>https://what3words.com/transmitted.rocket.rounds</p>
Cafe & WC Stop:	<ul style="list-style-type: none"> • Mile End has various places nearby • Pavillion - Victoria Park - we highly recommend this place if you want to stop on route and it also has dedicated toilets - You just need to follow canal route onto Victoria Park and turn right to find this https://what3words.com/answer.often.home • Hackney Wick - Here East - you can drop into any of the cafes and bars alongside the canal - we often go to Breakfast Club • Brewery - If you fancy trying something a little different then head to the industrial zone of Tottenham and drop

into one of the many brewery bars - There are a few to choose from but our social will be at Pressure Drop - <https://what3words.com/scan.fantastic.hill>



Medal Preview:



Overall Puzzle Medal:

Medals will be sent out when complete - depending on when you complete the challenge. It will be the **SECOND** piece in the 2023 puzzle!!

Social & Prizes

Please do follow us on Instagram -
https://www.instagram.com/camino_ultra/

We will be looking out for your posts and stories so please do use the hashtags listed above

Keep an eye for Blueways Challenge events shared exclusively on our NEWSLETTERS TO 2023 CHALLENGERS

Social Run on:

Route Description:

East London Historia Canals is a 10 mile route that was created by London local Jeremiah Lim

Historical East London docks and canal route, essentially starting from Wapping overground station, originally built by architect **Marc Isambard Brunel**, and home to England's first Marine Police Force, which is still present here. The route continues along the River Thames to Limehouse Basin then along Regent's Canal to Victoria Park, River Lea then on to Tottenham Hale.

Along the way you will see many remnants of East London's industrial past, such as Limehouse Basin, which was used by sailors to offload cargo into canal barges for further transportation into London, interesting canal locks which are still used by houseboats to travel between the different water levels across the canals; Victoria Park (also known as the People's Park) which was the only park historically built for the working class in East London. Further on the route, there is Hackney Marshes, historically controlled by the Knights Templar, who built mills to control the flow of water through the marshes, Queen Elizabeth Olympic Park where the 2012 London Olympics were held, and lastly the route ends in Tottenham Hale, home of many craft breweries to celebrate one's awesome run

IMPORTANT to remember that even though this description describes the route as being from Mile End to Tottenham Hale Tube Station you can do this route the other way around.

If training for a marathon you can always extend your run further by completing the route down to Wapping and the river Thames OR by extending further up the Lea Valley and following more of the Camino Lea Valley 50KM route

Remember **ENJOY YOURSELF**

Our route starts Outside Mile End Station

This route has been designed to be short so that you have more time to relax and walk and go easy.

Head west and make your way over to the REGENTS canal

Head North and follow the canal towards Victoria Park

PLEASE MAKE SURE that you come off the canal path and onto the adjoining Hertford Canal

Follow this Hertford Canal until you come up to the bridge at Hackney Wick - there are some fantastic places to eat here!

Walk over the bridge and go back down onto the canal and under the bridge to continue UP the Lea Valley

Follow Canal past the epic Princess Pub (we highly recommend) Shortly after this look for the bridge over the canal and follow this . Next bridge take it back over to the left side of canal

Follow this all the way to the end

Tottenham Hale Station is well sign-posted off the canal

PICTURE TIME:



See if you can find this iconic statement art on the route! Plenty of iconic graffiti to be found in this area

<p>LONDON PARKRUNS</p> <p>LONDON SWIMSPOTS</p>	<p>PLEASE REMEMBER that the No.1 rule of the Greenways Challenge is to enjoy yourself. You will not be penalized for making any errors on any of the routes.</p> <p>Nearest Parkrun to this Blueway is Mile End at the start https://www.parkrun.org.uk/mileend/</p> <p>Iconic Hackney Marshes Park Run half way up the Blueway: https://www.parkrun.org.uk/hackneymarshes/</p> <p>No obvious swimspots in this area</p> <p>If you love swimming then we recommend that you make the effort to go to London Fields Lido</p> <p>DON'T FORGET THAT YOU ARE RESPONSIBLE FOR HELPING THE EAST LONDON WATERWORKS CROWDFUND which is close to this Blueway https://www.crowdfunder.co.uk/p/elwp</p>
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