

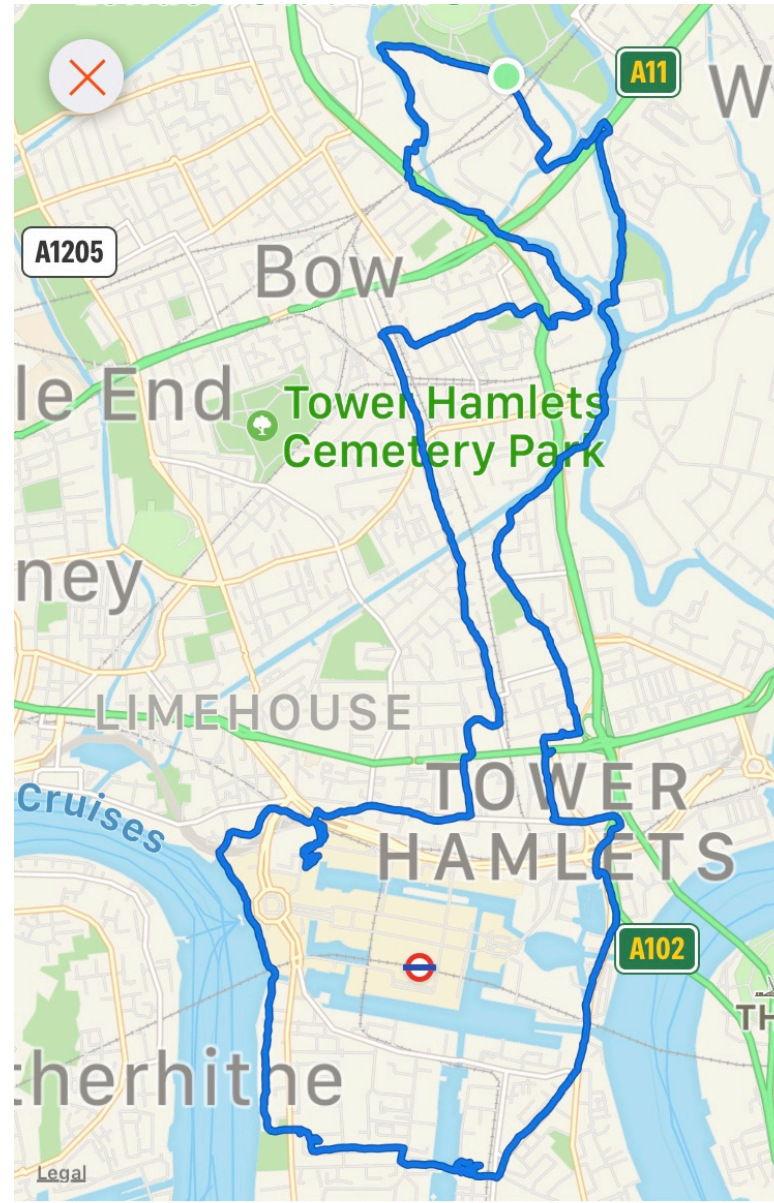
# Call the Midwife Ride 19/05/19

- Ride start 11am departure from The View Tube, returning approximately 3pm – WI feeder ride from Forest Gate
- Meeting Point: The View Tube, The Greenway, Marshgate Lane E15 2PJ – nearest station Pudding Mill Lane DLR – bikes can be taken on DLR at weekends
- Dress for the weather, bring something waterproof if rain is likely
- Bring a packed lunch and drink or buy drinks or lunch at a café or supermarket at the coffee or lunch stop in Cross Harbour
- Toilets available at the View Tube, coffee stop by Museum of Docklands and Ledger Building Wetherspoons, Asda Isle of Dogs.
- A pump, puncture repair kit and basic first aid kit will be carried by the Ride Leader.

- A relaxed 17km/10 mile circular ride exploring the Poplar area of Tower Hamlets where the Call the Midwife stories originate from. We will stop for coffee at The Ledger Building/Museum of Docklands then continue to Pepper Street/Cross Harbour where we will have a lunch stop. Lunch can be bought from one of the cafes there, the Tesco Supermarket or Asda Isle of Dogs, there is also seating available for those who bring their own food.
- Families are welcome but children under 16 must be accompanied by an adult at all times. Children need to be riding without stabilisers and maintain an average speed of 5 miles per hour.
- It is possible to leave the ride early and return from Crossharbour DLR station at the lunch stop. Please inform the ride leader if you are leaving the ride
- The ride is mainly on quiet streets, cycle and pedestrian only paths and cycle lanes. There is a small section along a major road which is a cycle route and small sections of canal side cycling.
- There are a number of speed reduction gates, some sharp turns, kerb steps and short sections where we need to dismount and walk.

- There will be a Ride Leader supported by at least two marshals, one of whom will be a back marker. Riders to keep between the Ride Leader and Back Marker at all times. Slowest riders at the front.
- Minor repairs or adjustments and punctures may be able to be repaired en route but it may be necessary for riders to make their own way home if not possible.
- The ride should be possible on all types of cycle including tandems, recumbents and cargo bikes but has some sharp turns and speed reduction gates which may prove tricky.
- All bicycles should be in good road worthy condition.
- Photos may be taken and used in Newham Cyclists publicity, if you would rather not appear in photos please let the ride leader know.
- Any questions, contact Anita Anderson, the Ride Leader by email [anytar@ntlworld.com](mailto:anytar@ntlworld.com) prior to 9am.

# Route Overview



Standard

Satellite

Hybrid

Call the Midwife Ride 2019

AA



# Risk Assessment

## Slope and sharp left turn from Greenway on to River Lea towpath

- Marshal to guide riders from canal side
- Slowest riders at the front
- Confident riders may need to pause at top of slope to allow less confident to complete turn



# Risk Assessment

## Mini Roundabouts

Campbell Road/Devons Road  
Road/Violet Road

- Bunch up at Campbell Road on approach and ride through as one group.
- Sunday traffic expected to be quiet
- Marshalls to be aware of possible need to block

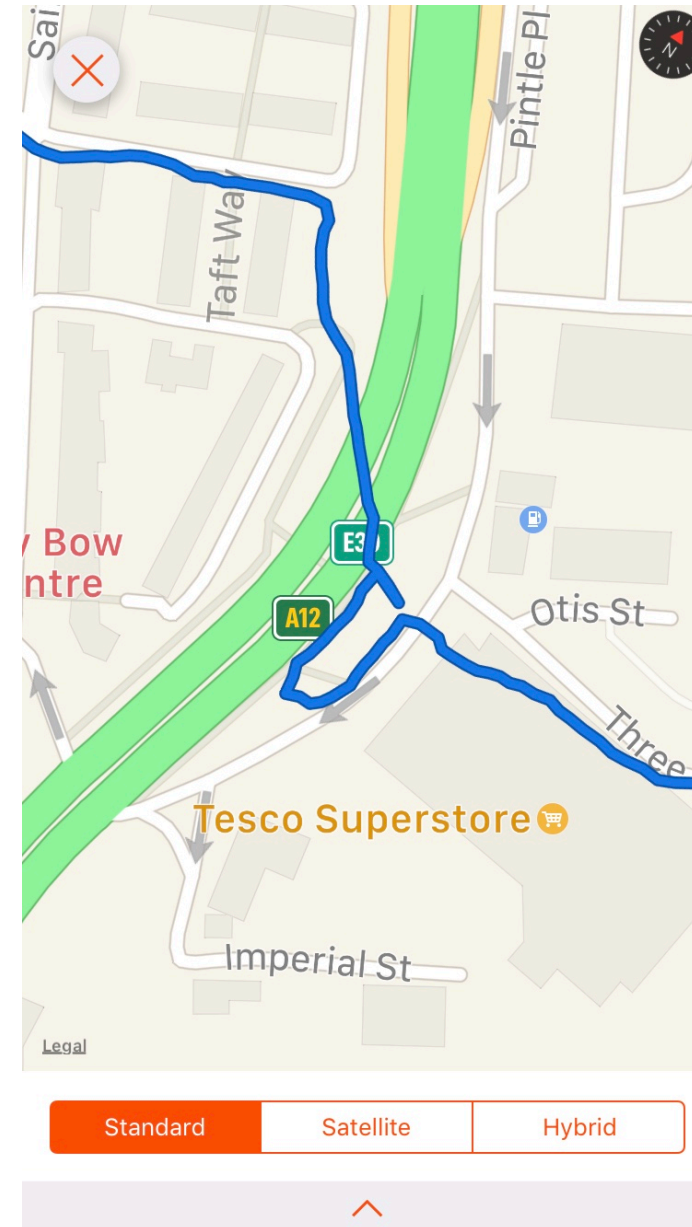




# Risk Assessment

## A12 Underpass

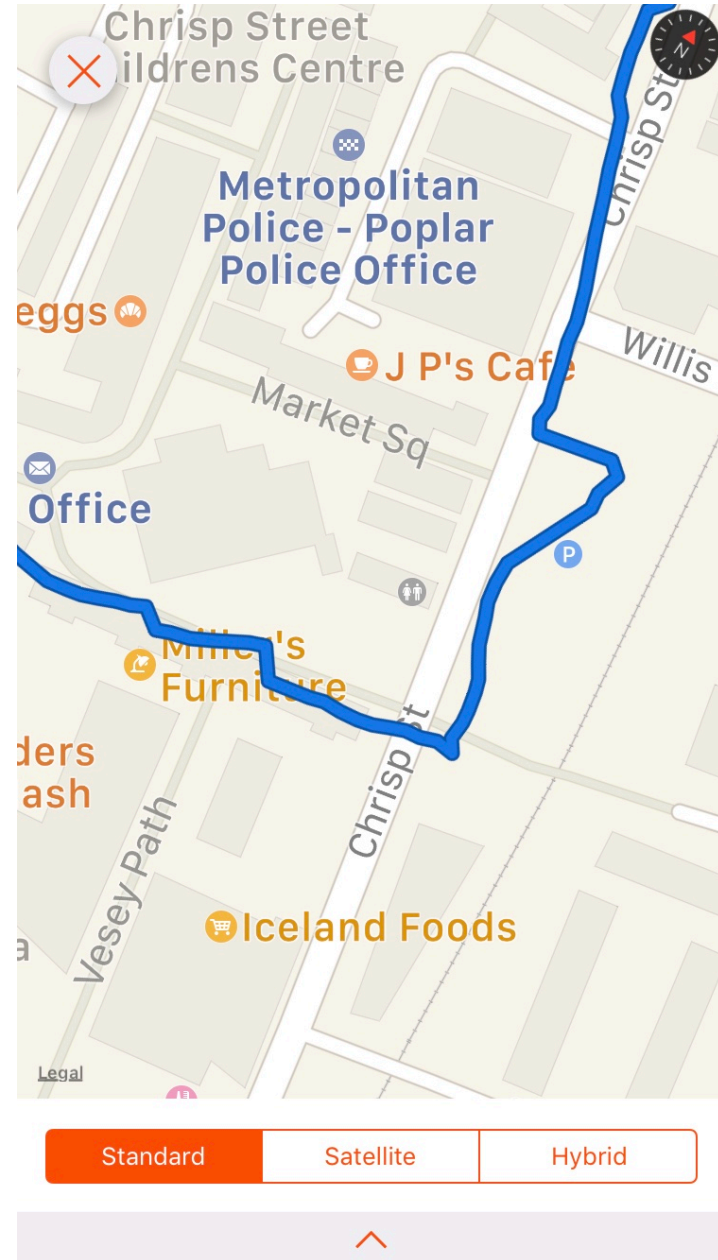
- Need to dismount and push bikes up slope from Hancox Road
- Downward slope, sharp turns then upward slope.
- Less confident riders at front, confident riders may need to pause to allow less confident riders to walk up slope.
- Prepared to walk up slope in the event of underpass being busy, group being large
- Regroup at top.



# Risk Assessment

## Right turn into Crisp Street Market

- Use zebra crossing unless road is free from traffic

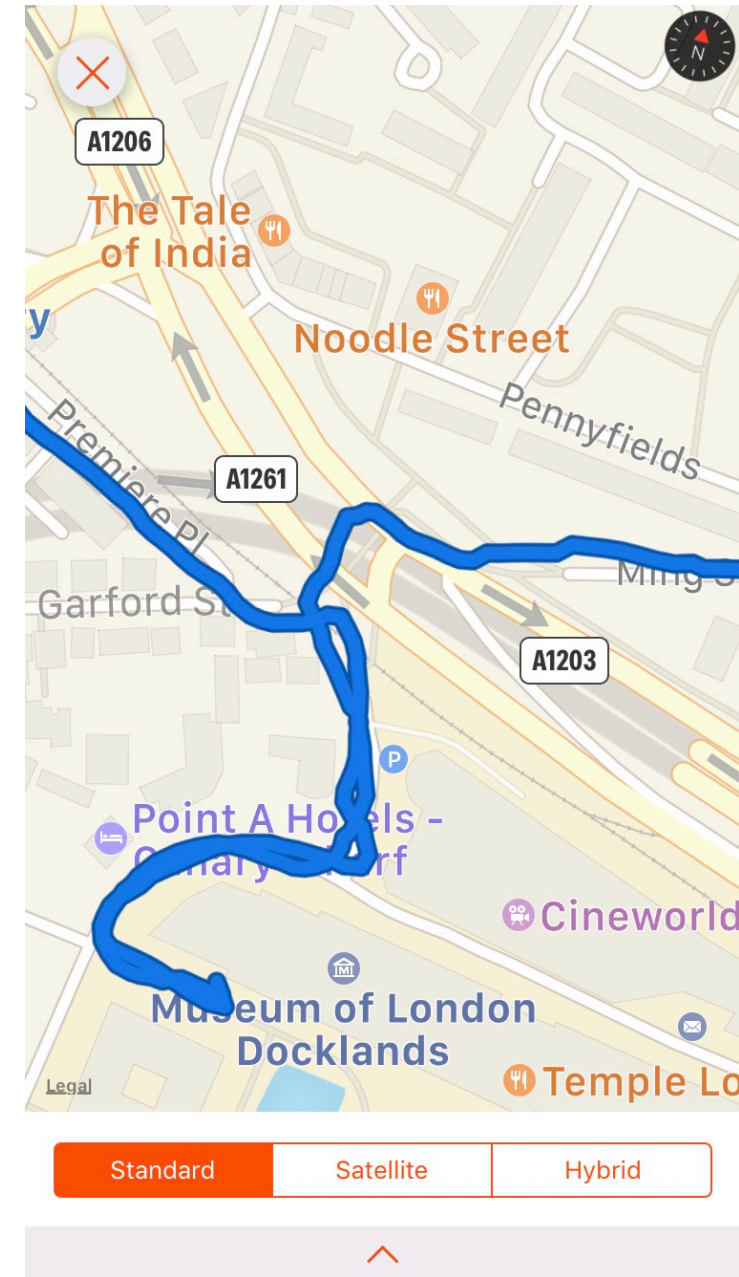




# Risk Assessment

## CS3 Cycle crossing of A1261

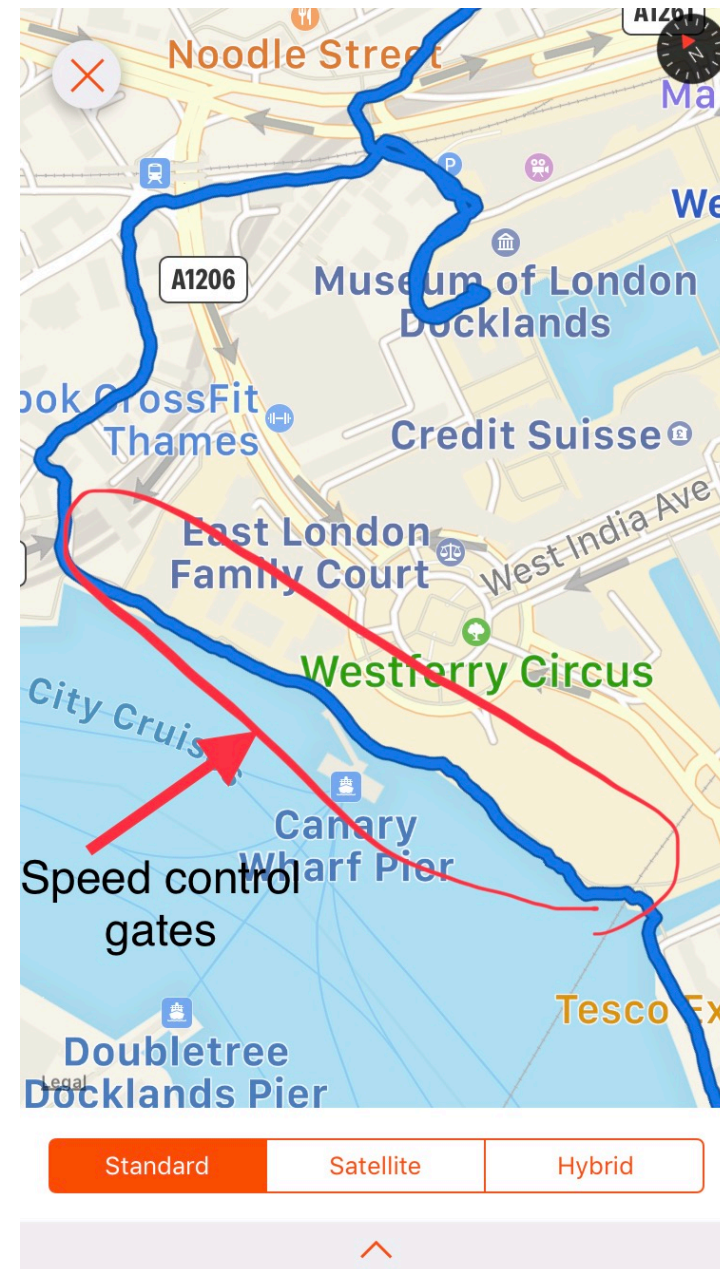
- Lights are push button operated. Button is to the right of cycle lane
- Marshal to push button, riders to stay in lane with Ride Leader



# Risk Assessment

## Canary Riverside speed reduction gates

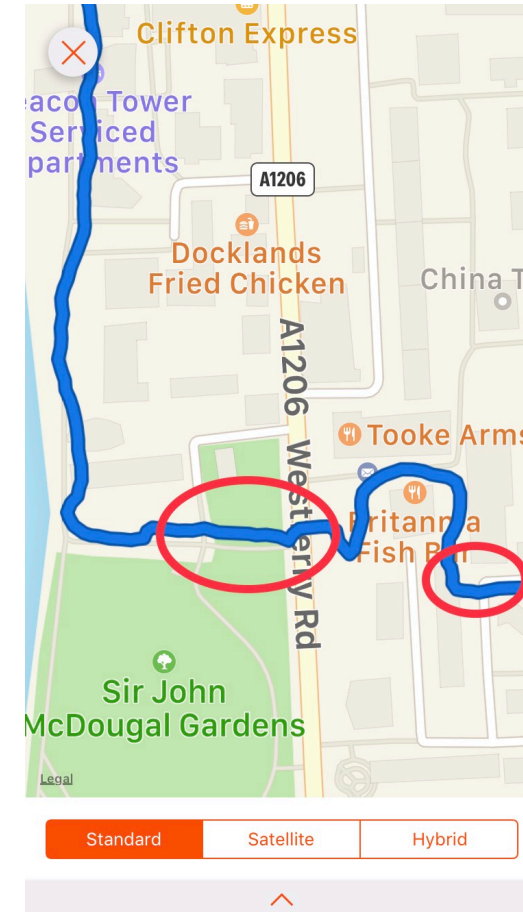
- Less confident riders to go through first.
- May need to dismount and walk
- Area may be busy with small children on scooters, buggies, joggers etc



# Risk Assessment

## Speed reduction gates and slope on overpass and approach to Janet Street, kerb drop

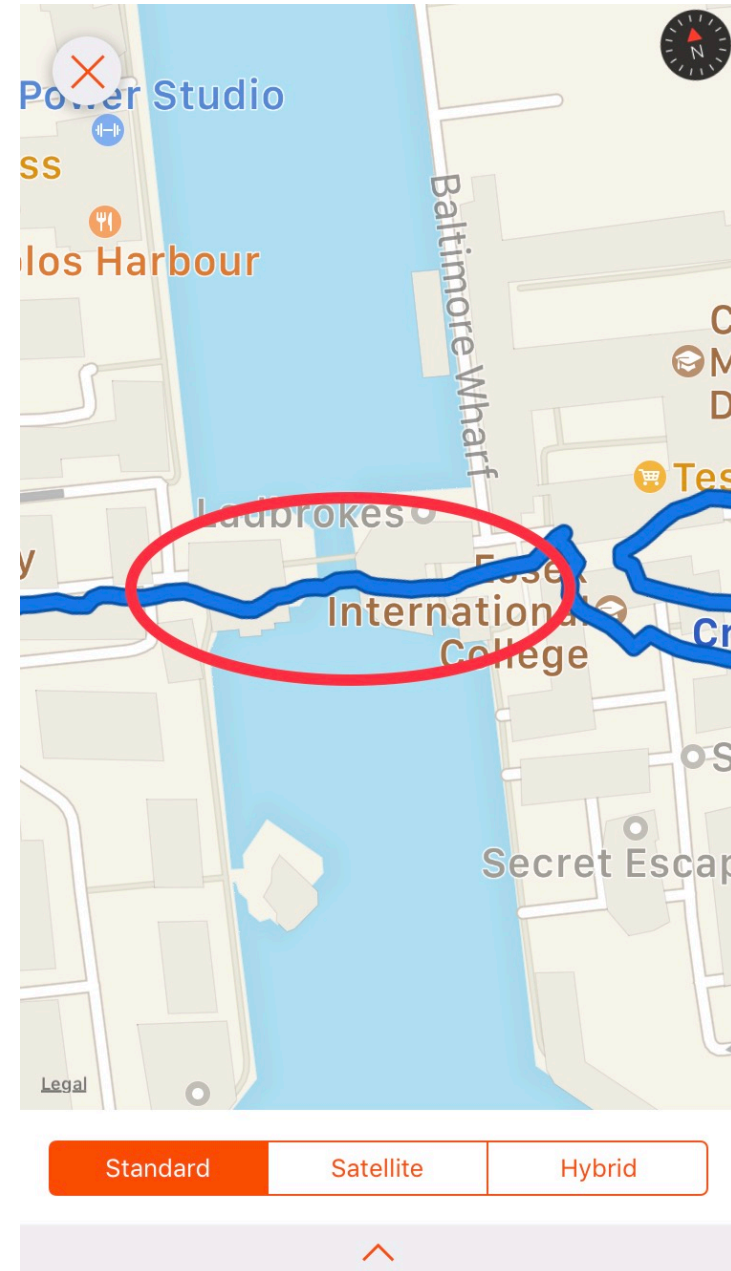
- May need to walk over bridge
- Less confident riders to the front
- Kerb drop into Janet Street



# Risk Assessment

## Pepper Street speed reduction gates

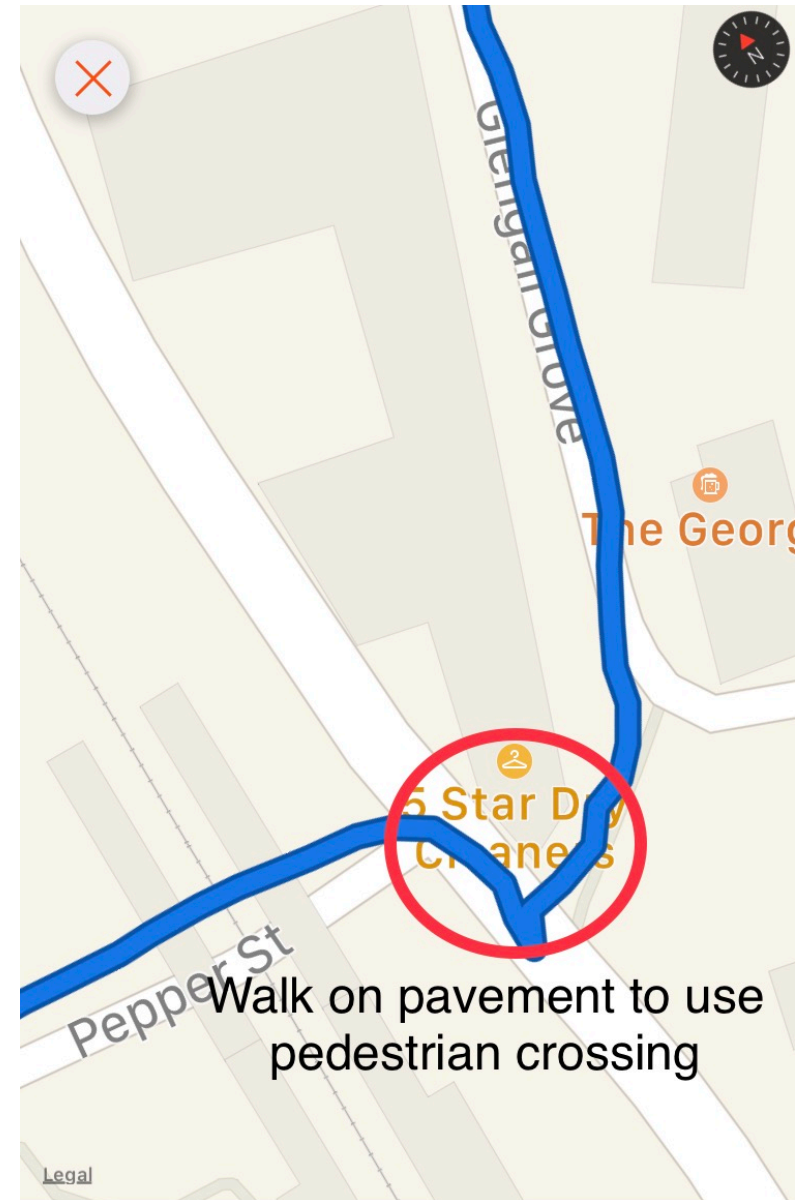
- Less confident riders to the front
- May need to walk
- Area may be busy with pedestrians



# Risk Assessment

## East Ferry Road Crossing

- Walk on pavement and use pedestrian crossing to cross
- Bunch up to go over quickly in one group without blocking
- If group is large may need to consider crossing in two stages or blocking
- Kerb drop on to Glengall Grove
- May be busy with traffic and pedestrians

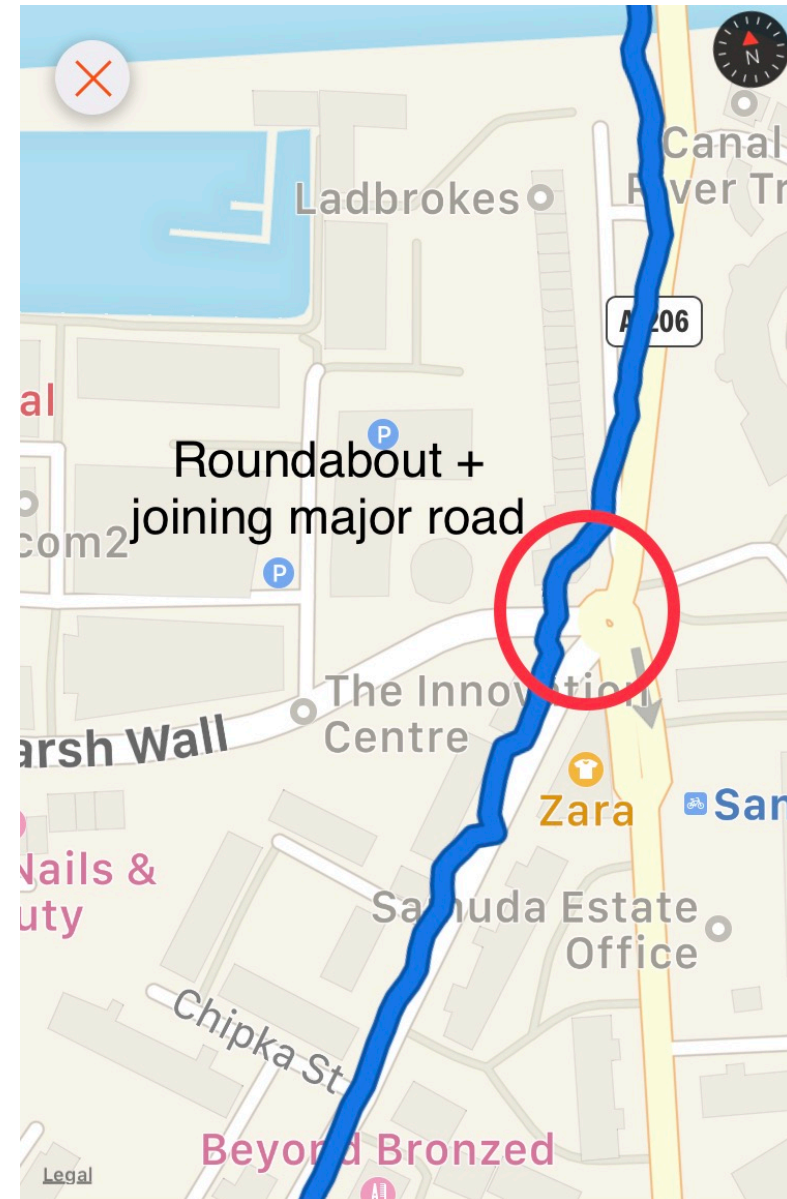




# Risk Assessment

## Roundabout + Joining major road Marsh Wall/Prestons Road

- Slow down on approach to bunch up and ride through as one group
- Consider marshal blocking Marsh Wall
- Consider traffic flow
- Swift pace two abreast on Prestons Road before joining shared use pavement

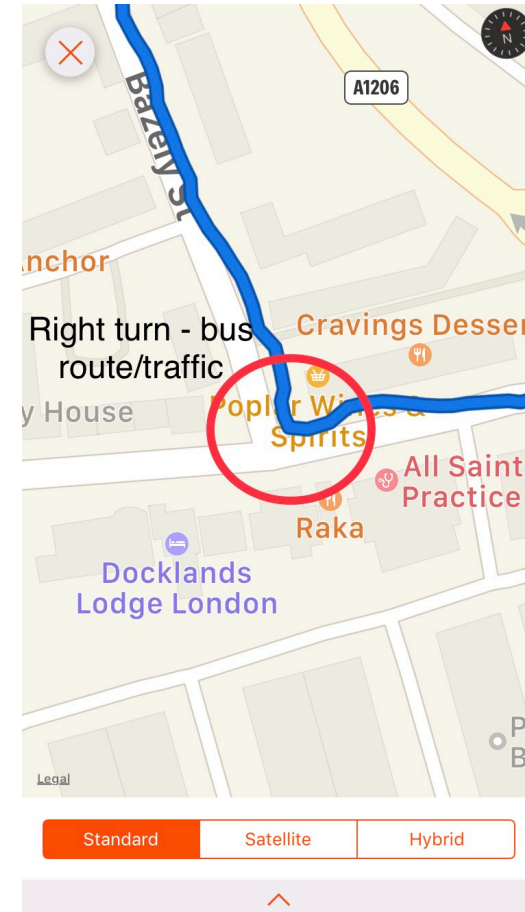




# Risk Assessment

## Right turn Poplar High Street to Bazely Street

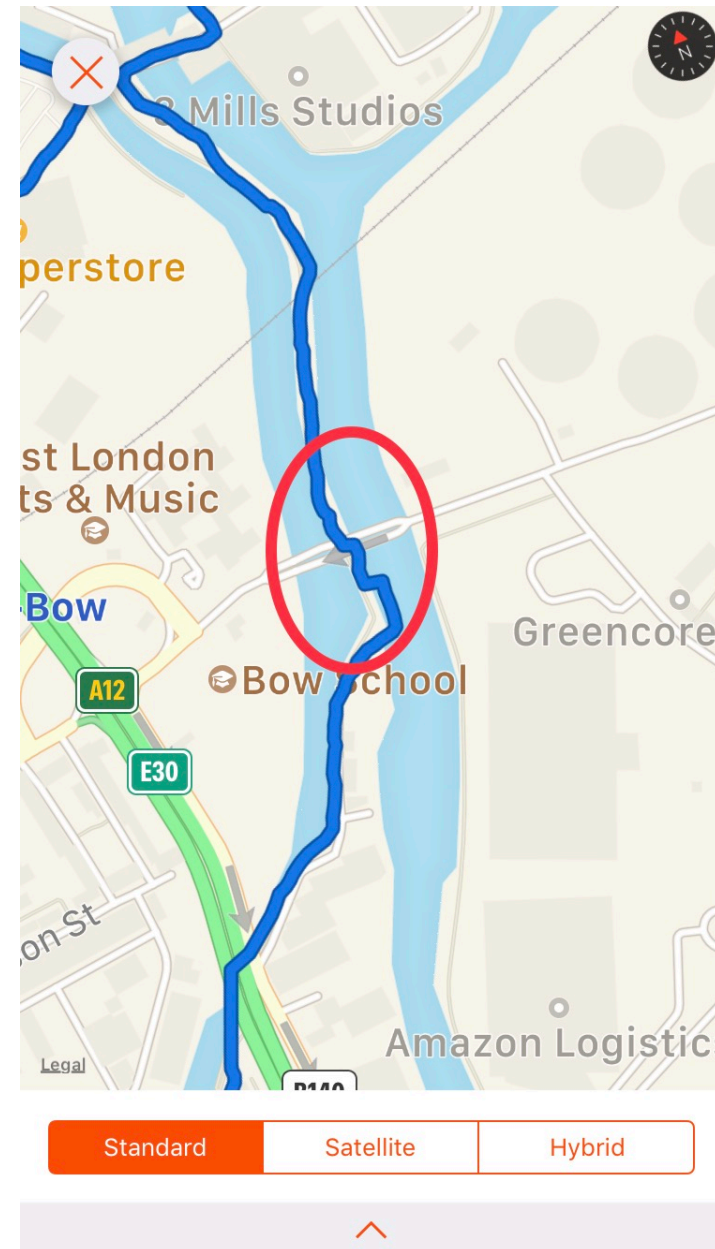
- Be ready to turn, approach slowly, bunch up and take turn as group
- Marshal may need to block
- Bus route, potential traffic



# Risk Assessment

## Bow Locks bridge

- Need to dismount and push bikes upwards slope, over bridge and downwards slope.
- Encourage use of side tracks to push bike without bumps
- Can be difficult in heels
- Heavier bikes may struggle
- Consider assistance for any less able



# Risk Assessment

## Crossing of East India Dock Road

- Go on to pavement and walk, using pedestrian crossing to cross in one group.
- May be busy with traffic and pedestrians
- Regroup in Ida Street, kerb drop.

