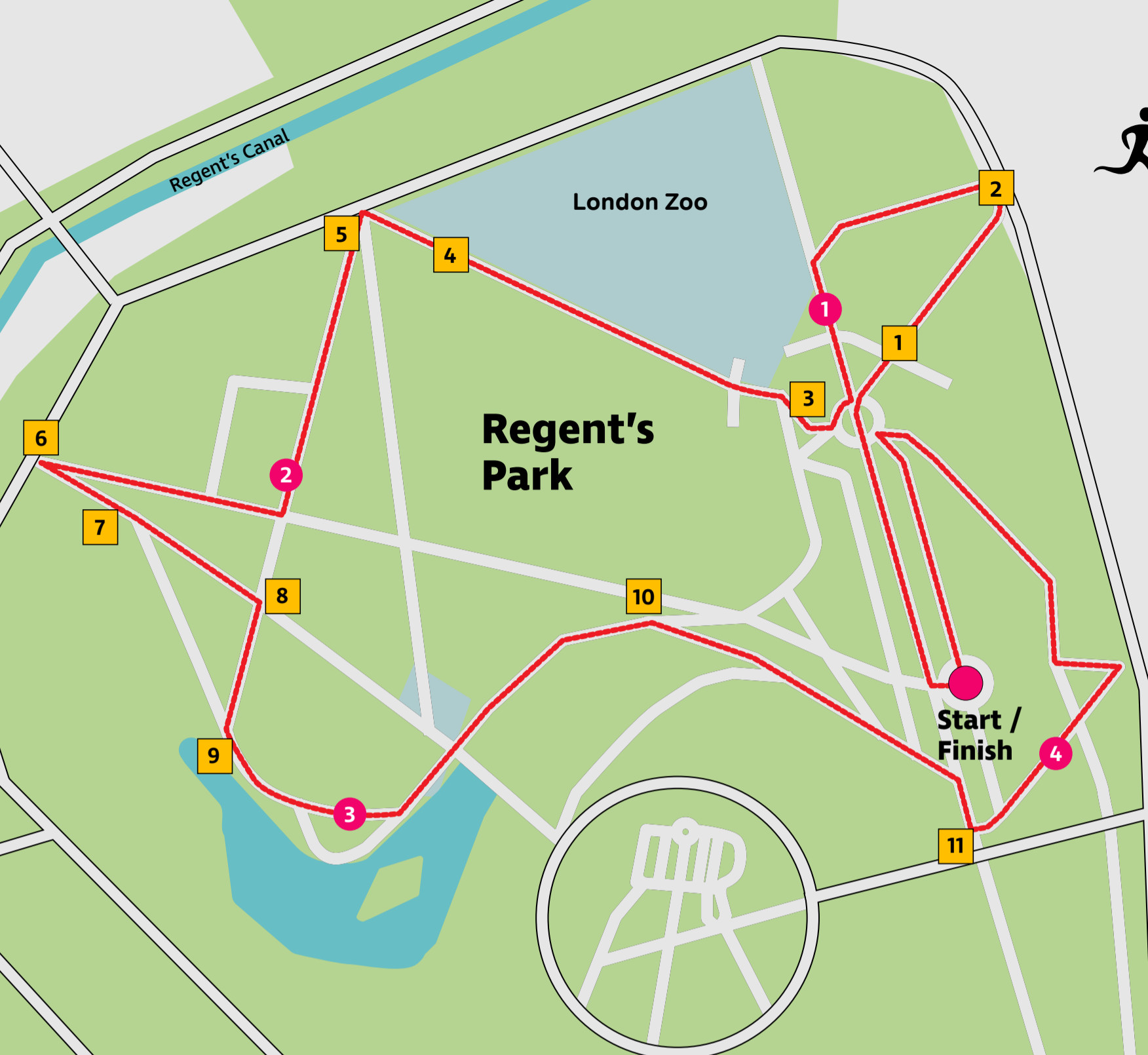


Route Map



Key

- 1 kilometre marker
- 1 Terrain marker
- Route
- Roads
- Park paths

Regent's Park and Great Portland Street underground stations.

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Double Dash Route Description

The Regent's Park is a green oasis of Central London, with a web of flat and even pathways, perfect for running. The 5k route RNIB Double Dash follows is largely consistent terrain the whole way, but to further support accessibility, we've identified some key points in the route which would benefit with some extra description of what you can expect.

- | | |
|--|--|
| <p>1 0.6 km: Sharp left turn as you pass Marshal 3</p> <p>2 1.0 km: Small turn to the right, which is fairly tight</p> <p>3 1.1 km: Tight bend as you head towards Marshal 7</p> <p>4 1.6 km: Pathway slopes up slightly and starts to narrow</p> <p>5 1.7 km: Tight turn to the left as you pass Marshal 8</p> | <p>6 2.3 km: Very tight U-turn when you reach Marshal 11</p> <p>7 2.4 km: Some low hanging trees</p> <p>8 2.6 km: Tight turn to the right by Marshal 13 and pathway narrows</p> <p>9 2.8 km: Some uneven ground near Marshal 14</p> <p>10 3.4 km: A few potholes between Marshal 15 and 16</p> <p>11 3.8 km: Close to park entrance so may be extra busy</p> |
|--|--|