

THE PARK

AUTUMN/WINTER 2016-17 | ISSUE 9

**EXPLORE
THE PARK
THIS SEASON**

**QUEEN ELIZABETH
OLYMPIC PARK**

Zone 2/3, less than 10 minutes
from central London



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WELCOME

It might be cold outside - but the Park's a perfect venue in all weathers!

At 560 acres, you can always find a quiet corner to get away from it all, or a great new route for a winter walk. Why not warm up with a coffee and a cake at one of our great cafes, while the kids burn off energy in our spectacular playgrounds?

Or if it's not the weather for exploring the outdoors, how about swimming, diving or Aqua Splash at the London Aquatics Centre or a spin around the velodrome track at Lee Valley VeloPark? Or checking out two of London's best new attractions - speeding down the world's longest tunnel slide at the ArcelorMittal Orbit, or going on a behind-the-scenes tour of the London Stadium?

There's also a packed programme of events, from top-flight football at the London Stadium, to international netball and the chance to see London's only professional basketball team in action at the Copper Box Arena. International cycling stars will also be back on the track of Lee Valley VeloPark's velodrome for the Revolution Series, while the world's best players will be at Lee Valley Hockey and Tennis Centre for the NEC Wheelchair Tennis Masters.

All this just a short walk from Westfield Stratford City, and easily accessible by public transport - what are you waiting for?

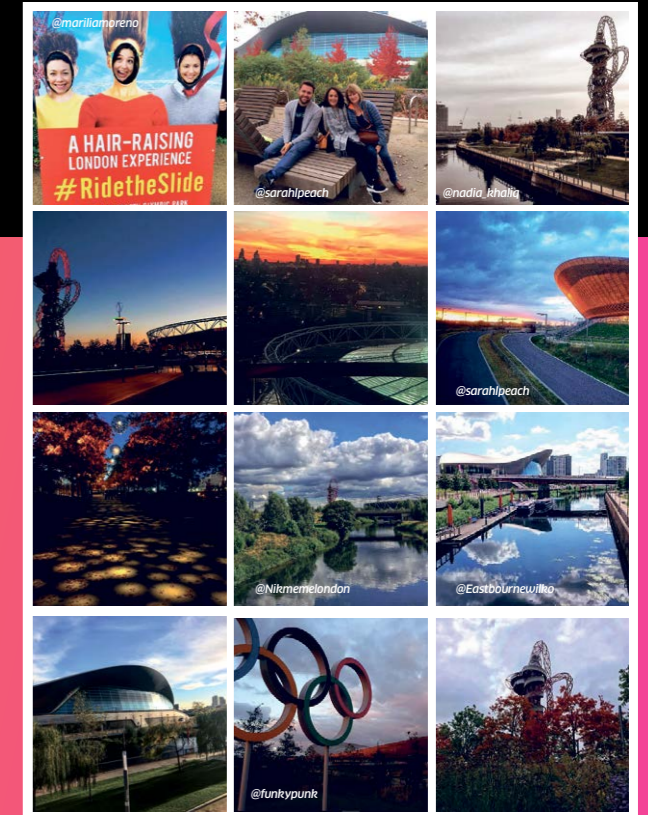
[@noordinarypark](#)

[Facebook.com/QueenElizabethOlympicPark](#)

[@queenelizabetholympicpark](#)

WIN - SHOW US YOUR BEST INSTAGRAM PIC!

We think the Park is beautiful all year round - but in autumn and winter it's especially magical. Whether it's colourful autumn leaves or the lights in the Park at dusk, it's a time of magical memories - and instagrammable photos!



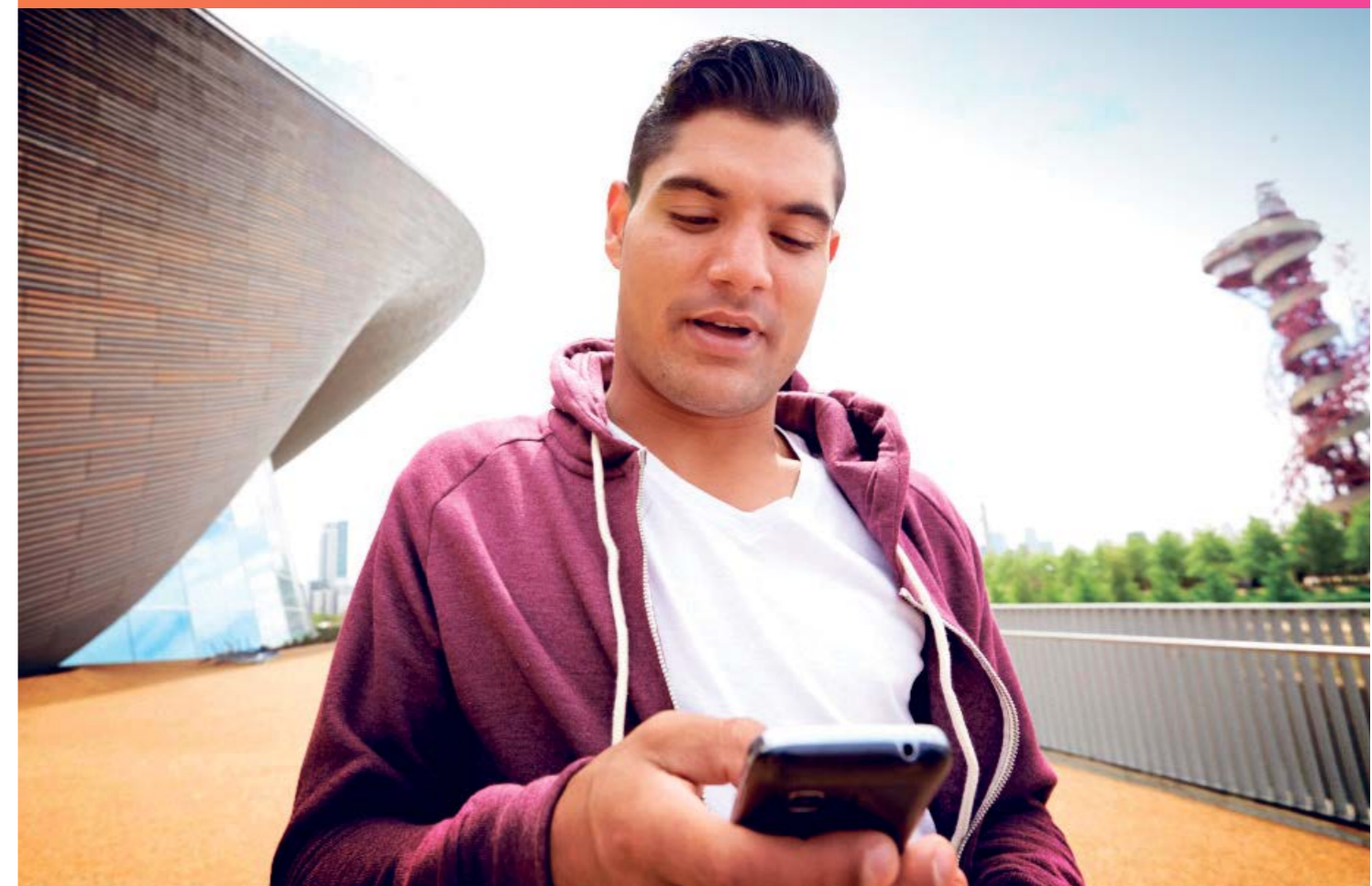
We love seeing your pictures of the Park on [@queenelizabetholympicpark](#) and want you to show us your best autumn and winter photos! Just post your pictures and tag them with [#myperfectpark](#) [#qeop](#) and you could win a VIP Park Experience for up to four people.

The winning picture could be taken inside one of the Park's amazing venues, outside in our stunning parklands or at one of this winter's high octane international events - anything that captures the spirit of Queen Elizabeth Olympic Park. All photos may be reposted and used in publicity, so please make sure anyone featured in the pictures knows you're entering! The competition runs from 22 November 2016 to 31 January 2017 and full competition details are on the website at [QueenElizabethOlympicPark.co.uk](#).

FOLLOW US:

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SIGN UP FOR OUR ENEWSLETTER

There's always plenty happening at the Park. Sign up to our newsletter to stay up-to-date with the latest events, activities, competitions and more! [QueenElizabethOlympicPark.co.uk/subscribe](#)

GO BEHIND THE SCENES

Uncover the secrets of the Park's most iconic venue on a London Stadium tour. Follow in the footsteps of your sporting heroes as you take a journey through the players' changing rooms, athletes' warm up track and players' tunnel before finishing pitch side at the famous venue!

Put yourself in the shoes of the Super Saturday athletes as they made their preparations on the warm up track before the roar of the crowds spurred them on to gold. Or if you're a West Ham United fan, walk in the shadows of your favourite players as you make your way along the players' tunnel towards the pitch imagining the sound of over 50,000 fans serenading you with a rousing rendition of 'I'm forever blowing bubbles'.

With exclusive access to usually private areas of the Stadium, superstar footage and unique interviews, the new London Stadium tours are a perfect addition to your day out at the Park. Discover the players' changing rooms, warm up track, hospitality areas and managers' dug outs before standing pitch side at the famous venue.

The Stadium comes alive through a 90 minute interactive multimedia tour that has been specially developed for the venue. You will be given a personal hand-held device that will play video and interactive content showing interviews with footballers and athletes as well as highlights from the history of the Stadium, London 2012 and West Ham United.

"This Stadium has an amazing history" says Linda Lennon, London Stadium Chief Executive Officer, "It has an even more exciting future. The Stadium tours offer a unique opportunity to get behind the scenes and put yourself in the shoes of the great athletes who have graced this iconic venue."

Tours are fully accessible and available in five languages. Tickets start from £17 per adult, £10 per child and £48 for a family of four and can be bought from the West Ham United store or at www.london-stadium.com/stadium-tours. Discounts are available for London 2012 Olympic host borough residents.

INFORMATION

To find out more about London Stadium and its events visit: QueenElizabethOlympicPark.co.uk/london-stadium

DONT MISS OUT!

Depeche Mode will be performing at the London Stadium on 3 June and Robbie Williams will be performing at the London Stadium on 23 June. Tickets are on sale now!



RUGBY LEAGUE AT THE LONDON STADIUM

Interview with Sean O'Loughlin, England Rugby League player, ahead of the Four Nations at London Stadium.

You've played in many high profile matches. How does this rank? It's always a huge honour to play for England. The game last year was amazing- seeing so many fans travelling down to London was great. We weren't quite sure what it was going to be like

before the game, but the crowd were absolutely fantastic. We hope it's going to be the same again.

What was it like running onto the pitch at the Stadium? Playing in the Stadium was so different from anywhere I've been used to. The Stadium was hugely impressive and the atmosphere on the day was electric. It was good to see such a varied crowd last year, and to see lots of people from the local area too. I think everyone involved sees this as a great opportunity to bring rugby league to new audiences.

Did you have any tickets for the London 2012 Games? No, last year was the first time I came to the Park. I watched the Games on TV at home and they looked amazing - and then it was even more impressive coming here and seeing the Park in the flesh.

How do you feel about taking on the Aussies?

On an international level, the Aussies and the Kiwis have always pushed the standard higher and higher. Last year we had a great series win against the Kiwis, and to come back now to play the Aussies, it's a great chance for us to benchmark ourselves and see where we are on an international level.

Do you feel the pressure? Yes, it's good pressure though. Obviously, playing for your country is the top level you can get to your sport, and there's always going to be extra pressure when you're representing your country, so you know you've got to play your best game. Last year we had a great series win against the Kiwis, and we're hoping to get a win again this time round.

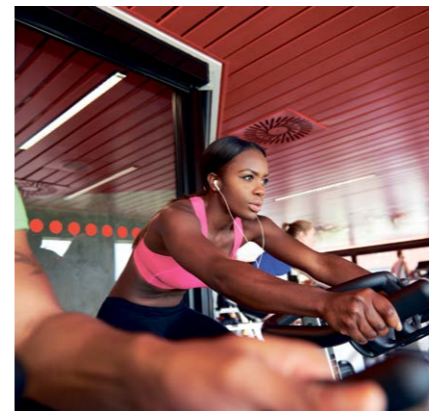


'TIS THE SEASON

We might be biased but we don't think there's a more beautiful or exciting destination to visit this season! Whether you're winding down at the weekend with a stroll through the parklands bursting with their autumn colour, taking in the twinkling London lights from the top of the ArcelorMittal Orbit or watching international sport at one of our great venues - your perfect day out awaits at the Park!

GET ACTIVE AT THE VENUES

If seeing the likes of Adam Peaty, Laura Trott and Nicola Adams in gold medal-winning action at the Rio 2016 Games left you feeling inspired, why not visit one of the Park's many London 2012 venues? The Copper Box Arena, London Aquatics Centre, Lee Valley VeloPark and Lee Valley Hockey and Tennis Centre all offer the chance for you to channel your inner Olympian and get fit, healthy and inspired this season.



LONDON LIONS

Experience the thrill of live, high-energy basketball as the London Lions take on their fiercest rivals at the Copper Box Arena. The atmosphere is always electrifying on match days with spectators guaranteed to see plenty of hoops, dribbles and three-pointers from some of the country's top players.



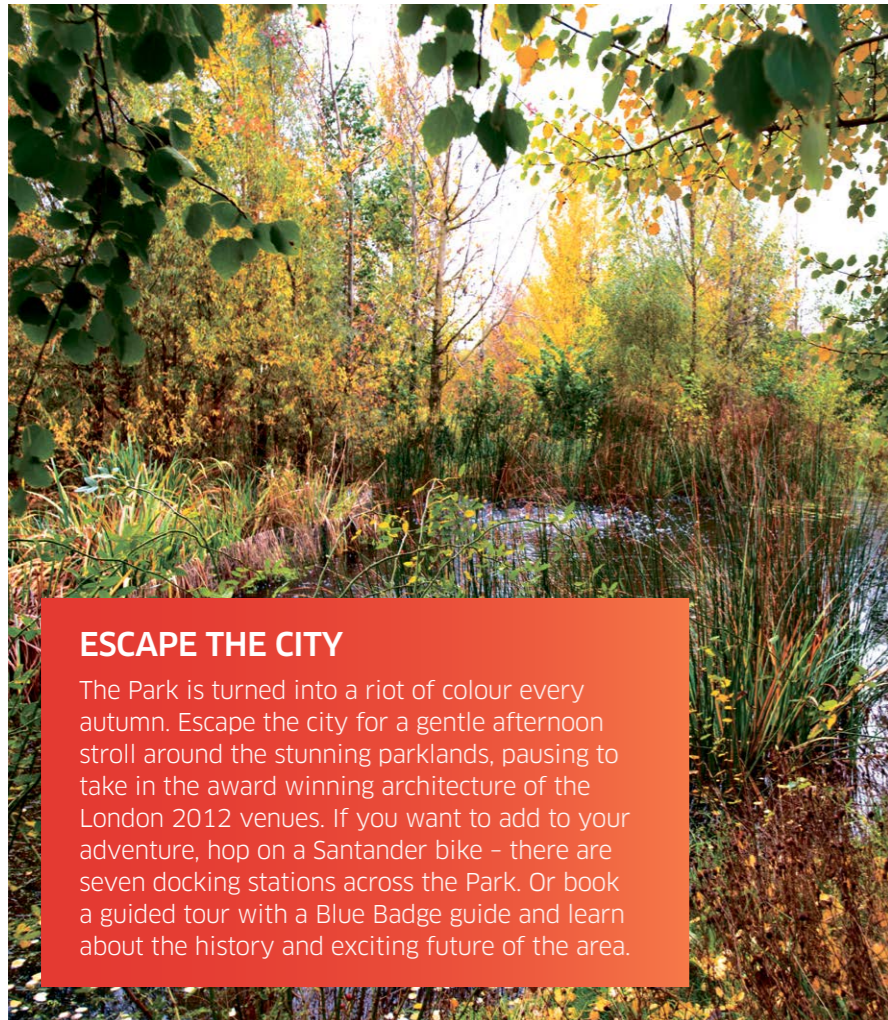
STRIKE A POSE!

Looking for the perfect spot for a selfie? The north of the Park is home to both the Olympic Rings and the Paralympic Agitos - both are accessible to the public and look great in photos! Walk up the hill to the Olympic Rings for views across the Park, including Lee Valley VeloPark and Here East. Or share your pics with us on Instagram!

THE LONDON STADIUM TOUR

Go behind the scenes at the UK's most iconic venue, the London Stadium, and find out more about its past, present and future. Whether you live locally to the Park, are visiting us from abroad, are a diehard West Ham United fan, or a London 2012 enthusiast, there's plenty for everyone on these self-guided multimedia tours. There are also unique photo opportunities as well as a personalised certificate at the end of the tour.





ESCAPE THE CITY

The Park is turned into a riot of colour every autumn. Escape the city for a gentle afternoon stroll around the stunning parklands, pausing to take in the award winning architecture of the London 2012 venues. If you want to add to your adventure, hop on a Santander bike – there are seven docking stations across the Park. Or book a guided tour with a Blue Badge guide and learn about the history and exciting future of the area.



FOOD AND DRINK

On a chilly winter's day, there's nowhere better for a restorative and warming hot drink and a range of food than one of the Park's buzzy cafés. In the north of the Park, the Timber Lodge Café offers tea, coffee and hot chocolate among its peaceful natural surroundings, while the Podium Bar & Kitchen is the perfect stopping point for thrill-seeking sliders and afternoon strollers alike. For those wanting something a little stronger, Canalside at Here East offers a selection of delicious cocktails, beers and wines from its base in the always popular Hackney Wick.



ACTIVE PEOPLE, ACTIVE PARK

We know it's hard to stay motivated at this time of year – so why not get active in our FREE weekly programme of sports across the Park? The Active People, Active Park initiative offers everything from yoga to bootcamp to capoeira – so whether you're a fitness fanatic or just want to enjoy some gentle exercise this autumn and winter – come down and get involved!

PLAYGROUNDS

Wrap up and bring the kids to the most incredible playgrounds they'll have ever seen! They'll love scrambling up the climbing walls, running along the rope bridge, clambering into the oversized swing and jumping in the giant sand pit in the south of the Park. Or, if you want to escape the crowds, stroll over to the north of the Park where rock pools, tree houses and wobbly rope bridges await!

DID YOU KNOW?

Did you know that The Yardley's Soap Factory, near Carpenter's Road (now Queen Elizabeth Olympic Park) closed in the 1960s. Thirty years later when it rained, you could still smell the soap! All over the Park, tucked away on silver plaques set into benches are amazing facts and local people's memories about the area!



FESTIVE FUN

With Westfield Stratford City on the Park's doorstep, why not take a break from the hustle and bustle of Christmas shopping in the Park, at one of our cafés? There'll also be plenty to do here over the festive break – with many of the venues open during the period, the ArcelorMittal Orbit open on Boxing Day for the first time ever, and the London Lions in action at the Copper Box Arena!

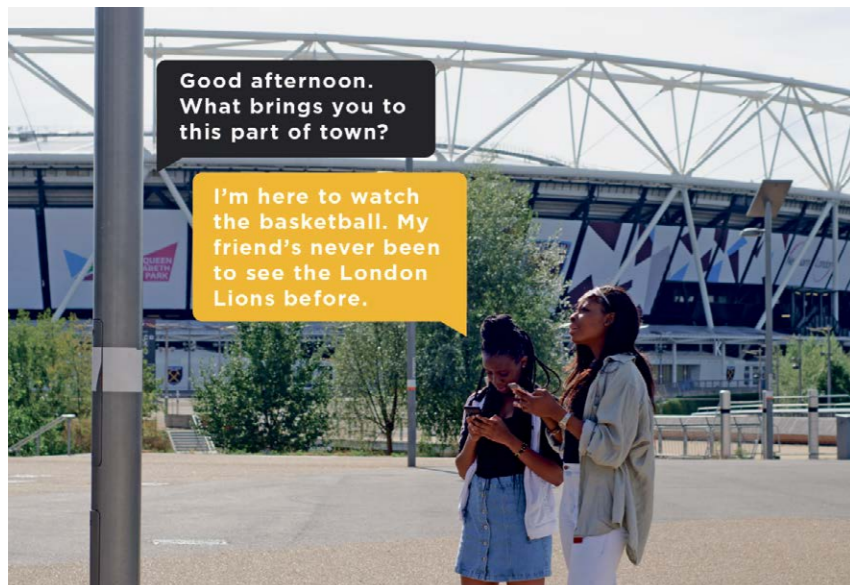
ARCELORMITTAL ORBIT VIEWS

Stand on top of the world and take in the spectacular views of London at the UK's tallest sculpture. There are few more beautiful sights than seeing the capital come to life in the morning, or begin its journey into night time as the sun sets over the city. And for those feeling brave, take the 40 second descent to ground via The Slide and reach speeds of up to 15 mph!



HELLO LAMP POST

Hello Lamp Post is waking up for the first time in London in and around Queen Elizabeth Olympic Park, from mid October until the end of November. With a range of street objects and buildings waking up and talking, Hello Lamp Post encourages you to look at the area in which you live, work or play with fresh eyes and engage with objects you might sometimes take for granted. Why not tell the London Aquatics Centre about the amazing view, or tell the bench you're sitting on about your day? Hello Lamp Post has already seen success in Singapore, Austin and Bristol. Look out for the Hello Lamp Post signs at the Park.



TOP SPORTING EVENTS

The Park continues to be home to world-class sporting events. Autumn and winter sees the stars of track cycling in action twice at Lee Valley VeloPark velodrome, with the Revolution Series and Six Day Cycling. If you fancy something a little different, Lee Valley VeloPark will also host the 2016 Trampoline and DMT League Finals and the British Rowing Indoor Championships. And the world's best wheelchair tennis players will be at Lee Valley Hockey and Tennis Centre for the NEC Wheelchair Tennis Masters. Get your tickets now!

VISIT THE WEBSITE TO PLAN YOUR UNFORGETTABLE DAY OUT THIS SEASON

QueenElizabethOlympicPark.co.uk

RIDE THE SLIDE!

How do you fancy taking in London's iconic skyline from the top of the clouds at the UK's tallest sculpture, the ArcelorMittal Orbit?

With breathtaking views of up to 20 miles, see if you can spot some of the city's famous landmarks, including Big Ben, St Paul's and – on a clear day – even Wembley Stadium!

Learn more about the sights with innovative and interactive touchscreens that allow you to zoom into the view or through information panels, jam-packed with fun facts and nuggets of knowledge.

And once you're at top of the ArcelorMittal Orbit, it's up to you how you get back down to earth! Perhaps it's via the slightly more sedate stairs or lift or, for those feeling adventurous, why not experience the most hair-raising journey in London on the 178m long slide?

Hold on tight through the twists, turns and drops of the world's tallest and longest tunnel slide as it weaves its way through the iconic red steel frame of the attraction. You'll reach speeds of up to 15mph as you take in the 40 second descent, travelling through sections of light and dark as you experience Anish Kapoor's iconic sculpture in a completely unique way!

Thrill-seekers have been going wild for London's most talked about new attraction – with tickets selling fast, make sure you don't miss out!



INFORMATION

Combined ticket prices for the ArcelorMittal Orbit and The Slide are £15 for an adult, £10 for children and £46 for a family of four when booked in advance. You must be eight years old or over, at least 1.3m tall and weigh under 149kg to ride The Slide.

For more information and to book now visit:
arcelormittalorbit.com

HERE EAST

Once the International Press and Broadcast Centre, Here East is now home to tenants as diverse as BT Sport, dance company Studio Wayne McGregor, Loughborough University's London Campus and Hackney Community College.

It's also just launched the biggest, boldest and most ambitious Technology Innovation Centre in Europe, which will be a hub for experimentation for small and large businesses alike – and hopefully where the revolutionary products of the future are invented!

If you want to get a taste of Here East's buzzing atmosphere and striking modern buildings, why not head up to their Canalside bars and restaurants? Try The Breakfast Club for brunches, lunches or evening meals; Gotto, for rustic Italian fare; former pop-up Randy's Wing Bar in their first permanent home for chicken wings and burgers; or Shane's for a range of seasonal food and drink. Or if you're touring the Park by bike, The Bicycle Man has everything the urban rider could need, from accessories to repairs.



THERE'LL BE FURTHER DEVELOPMENTS AT HERE EAST TO COME, SO WATCH THIS SPACE FOR MORE NEWS OR VISIT:

www.hereeast.com

RUNS AT THE PARK

The temperatures may be dropping, but with 560 acres to explore, why not use your trip to the Park to get fit and active this winter?

Whether you're inspired by running in the shadow of former London 2012 Olympic and Paralympic venues including London Aquatics Stadium and Lee Valley VeloPark, alongside the sparkling waters of the River Lea, or through the winding leafy paths of the north of the Park, there's plenty for runners of all abilities to enjoy. Visit the Park website to download our suggested 5km and 10km routes, or simply see where your feet take you! If you're feeling particularly energetic, why not factor into your run a trip to the outdoor gym equipment which is located in the heart of the Park, close to Mandeville Place and the Copper Box Arena – perfect for pushing yourself that extra step! The Park also hosts a regular 10km run on the first Saturday of every month, which takes in the stunning parklands and picturesque surroundings, at a level suitable for you.

And if you're hungry after all that exercise, there are cafés located across the area serving a range of delicious food and drink. Head to the Timber Lodge Café in the peaceful north of the Park or the buzzy Podium Bar & Kitchen located at the base of the ArcelorMittal Orbit in the south of the Park for the perfect post-run refuel!

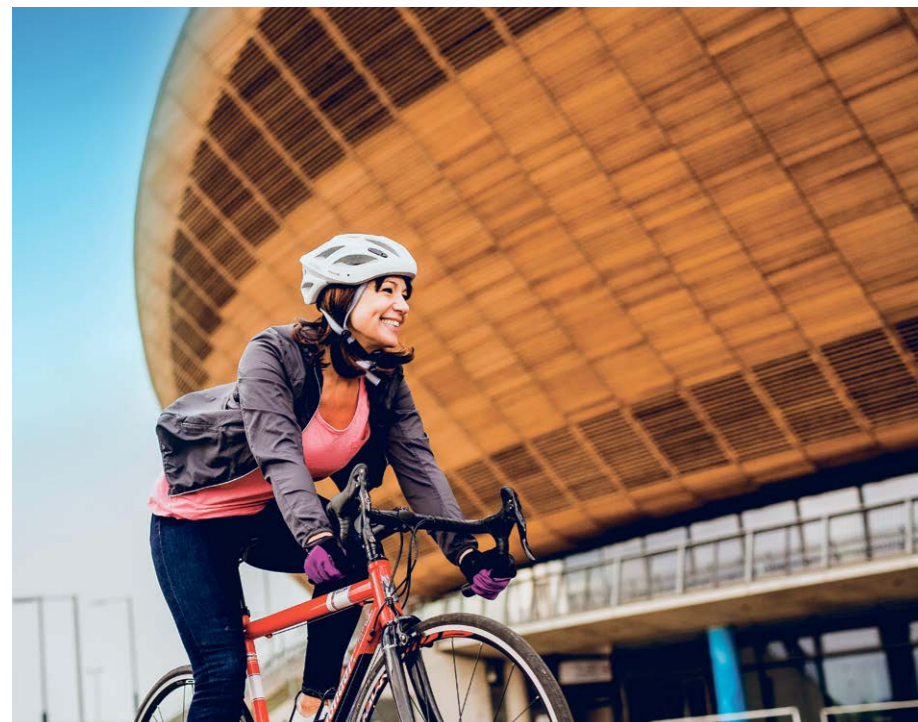
FOR MORE INFORMATION, VISIT THE WEBSITE:

QueenElizabethOlympicPark.co.uk



TRACK SIDE

A truly year-round destination, Lee Valley VeloPark has something for two-wheeled enthusiast of all ages and abilities.



From Introductory to 'RaceReady' sessions - and special sessions for the kids - if you have a bike, there's something here you'll love! For those who enjoy getting muddy, there's miles of mountain bike course, and thrill seekers will love the world class BMX course. If you fancy something a bit smoother, there's a one mile floodlit road circuit - ideal if you're training for a big ride, or want to master basic road cycling skills with a CoreStart session.

When the weather's against you, the iconic indoor track is the place to be - or take spin classes to a whole new level at the VeloStudio. And if you're more of a spectator, the Revolution Champions League Grand Final is coming to the velodrome in December, with a packed programme of Olympic medallists. Or, for something a bit different, why not come and see the 2016 Trampoline and DMT League Finals or the British Rowing Indoor Championships?

With a café, and its own Cycle Surgery, it's a great day out - so get on your bike!



FOR MORE INFORMATION INCLUDING PRICES, OPENING HOURS, GIFT VOUCHERS AND HOW TO BOOK A SESSION VISIT:
visitleevalley.org.uk/velopark

TRAIL TIME

A sunny autumn day is the perfect time for a stroll around the Park – so why not use one of our free trail guides to help your way around?

Available to download from the website at QueenElizabethOlympicPark.co.uk/trails-and-tours, our trails help bring the Park to life for people of all ages. If the Rio Olympic and Paralympic Games have left you feeling nostalgic, why not follow our London 2012 Trail? Or if you're a fan of the Park's beautiful planting and open spaces, our Parklands and Wildlife Pocket Guide will help you find out more about the gardens, promenades, wetlands and waterways.

Those with more cultural tastes will appreciate the Art in the Park Guide to our permanent artworks, whereas visitors with children will have great fun with our Adventures in the Park pack, full of great games and ideas!

There's something for everyone at Queen Elizabeth Olympic Park – so download your trail guide and get exploring!

Or with walking tours running throughout the winter, and boat tours on selected dates, why not let one of our trained guides help you?



VISIT THE WEBSITE FOR MORE INFORMATION ABOUT TRAILS AND TOURS OF THE PARK:

QueenElizabethOlympicPark.co.uk/trails-and-tours

LONDON AQUATICS CENTRE

As the nights draw in and the temperatures start to drop, do you find it hard to maintain your motivation for exercise? Well we have the perfect solution; stay inspired throughout the winter by swimming in the wake of champions at the iconic London Aquatics Centre!

As you walk out under the famous sweeping roof of the venue, designed by architect Zaha Hadid, it is hard to not get excited by the prospect of swimming in the pool where so many memories were made and world records were broken in 2012. Whether you're new to the water or a seasoned professional, there are a range of sessions and lessons available to turn you in to the next Adam Peaty! From swimming for fitness to fun for all the family on the hugely popular Aqua Splash, there's something for everybody to help stay active over the winter months.

The two world-class swimming pools are not the only facilities that the London Aquatics Centre has to offer – follow in the triple-spins and pikes of Tom Daley and take to the diving boards as part of a fully accredited diving programme.



Making a splash!

The Tom Daley Diving Academy is Better's Learn to Dive programme. Designed for all ages and abilities wanting to take up this exciting sport, the London Aquatics Centre is the Academy's hub. Courses are available either in a rolling programme or as intensive holiday sessions, for both juniors and adults and at Beginner, Improver and Advanced levels. There's even a talent identification programme to find the next Tom Daley!

TO FIND OUT MORE, VISIT:

better.org.uk/londonaquaticscentre/events

DIARY OF EVENTS

NOVEMBER

LONDON LIONS VS NEWCASTLE EAGLES
13 NOVEMBER / COPPER BOX ARENA

AFRIKAFEST
19 NOVEMBER / COPPER BOX ARENA

LONDON LIONS VS MANCHESTER GIANTS
25 NOVEMBER / COPPER BOX ARENA

SHINE FOR SYRIA
26 NOVEMBER / SOUTH OF THE PARK

TRAMPOLINE AND DMT LEAGUE FINALS
26 - 27 NOVEMBER / LEE VALLEY VELOPARK

NETBALL: ENGLAND VS JAMAICA
29 NOVEMBER / COPPER BOX ARENA

NEC WORLD WHEELCHAIR MASTERS TENNIS CHAMPIONSHIPS
30 NOVEMBER-4 DECEMBER / LEE VALLEY HOCKEY AND TENNIS CENTRE

DECEMBER

TEEN TECH
1 DECEMBER / COPPER BOX ARENA

REVOLUTION
2-3 DECEMBER / LEE VALLEY VELOPARK

WEST HAM UNITED VS ARSENAL
3 DECEMBER / LONDON STADIUM

QUEEN ELIZABETH OLYMPIC PARK RACE SERIES 10K
3 DECEMBER / NORTH OF THE PARK

LONDON STUDENTS' RUN
4 DECEMBER 2016 / PARKLANDS

TECH CRUNCH DISRUPT
5-6 DECEMBER / COPPER BOX ARENA

FESTIVE FUN RUN
10 DECEMBER / THE PODIUM

2016 BRITISH ROWING INDOOR CHAMPIONSHIPS
10 DECEMBER 2016 / LEE VALLEY VELOPARK

DAME KELLY HOLMES TRUST 5K AND 10K RUN
11 DECEMBER / LONDON STADIUM

LONDON LIONS VS NEWCASTLE EAGLES
11 DECEMBER / COPPER BOX ARENA

TEA DANCE
13 DECEMBER / COPPER BOX ARENA

WEST HAM UNITED VS BURNLEY
14 DECEMBER / LONDON STADIUM

WEST HAM UNITED VS HULL CITY
17 DECEMBER / LONDON STADIUM

LONDON LIONS VS DBL SHARKS
30 DECEMBER / COPPER BOX ARENA

JANUARY

WEST HAM UNITED VS MANCHESTER UNITED
2 JANUARY 2017/ LONDON STADIUM

QUEEN ELIZABETH OLYMPIC PARK 10KM RACE SERIES
7 JANUARY 2017/ PARKLANDS

LONDON LIONS VS SURREY SCORCHERS
14 JANUARY 2017/ COPPER BOX ARENA

WEST HAM UNITED VS CRYSTAL PALACE
14 JANUARY 2017/ LONDON STADIUM

LONDON LIONS VS GLASGOW ROCKS
20 JANUARY 2017/ COPPER BOX ARENA

LONDON LIONS VS WORCESTER WOLVES
22 JANUARY 2017/ COPPER BOX ARENA

LONDON LIONS VS BRISTOL FLYERS
27 JANUARY 2017/ COPPER BOX ARENA

FEBRUARY

WEST HAM UNITED VS MANCHESTER CITY
1 FEBRUARY / LONDON STADIUM

QUEEN ELIZABETH OLYMPIC PARK RACE SERIES 10K
4 FEBRUARY / NORTH OF THE PARK

WEST HAM UNITED VS WEST BROMWICH ALBION
11 FEBRUARY / LONDON STADIUM

LONDON LIONS VS LEICESTER RIDERS
12 FEBRUARY / COPPER BOX ARENA

LONDON LIONS VS DBL SHEFFIELD SHARKS
15 FEBRUARY / COPPER BOX ARENA

FOR MORE INFORMATION ON ALL OUR UPCOMING EVENTS, VISIT THE WEBSITE:

QueenElizabethOlympicPark.co.uk

LEE VALLEY HOCKEY AND TENNIS

Come and be inspired this winter by the incredible facilities at this state-of-the-art complex, including two hockey pitches, four indoor tennis courts and six outdoor courts, available for public use, all year round. A state of the art clubhouse offers changing rooms, bar and areas to relax and socialise.

Make sure you don't miss the NEC Wheelchair Tennis Masters, which runs from 30 November - 4 December. Come and cheer on international Paralympic tennis stars, including Paralympic gold medallist Gordon Reade, as the world's top eight men's and women's singles players and the top six quad players to battle it out to be crowned the Master of their division. This elite six day competition is sure bring out the best in wheelchair tennis' finest players, so don't miss out on what's sure to be an incredible event!

After cheering on the champs, why not follow in the gold-plated footsteps of the GB women's hockey team and try out the sport? Groups and clubs can book to play hockey on the two striking Union Jack fringed pitches or get involved in with courses and activity sessions. The Centre also offers a range of tennis sessions, from children's tennis lessons to cardio tennis on indoor and outdoor courts.

FOR MORE INFORMATION
INCLUDING PRICES, OPENING
HOURS, GIFT VOUCHERS AND
HOW TO BOOK A SESSION, VISIT:
[visitleevalley.org.uk/go/
hockey-tennis/](http://visitleevalley.org.uk/go/hockey-tennis/)



The unique venue dubbed the 'Box That Rocks' during the London 2012 Olympic and Paralympic Games is London's third largest arena and one of the capital's most flexible offering a range of sports and fitness activities and sought-after high profile sporting and entertainment events.

COPPER BOX ARENA

Unmistakeable with its copper-coloured exterior, the Copper Box Arena recently hosted grime icon Dizzee Rascal with the Red Bull Music Academy UK Tour, while continuing its legacy as a national and international sporting venue.

In November, the Arena hosts the Vitality Netball International Series between England and Jamaica - the atmosphere is sure to be electric! This is just the start of a busy autumn/winter season at the venue, with London Lions, Afrikafest and Disrupt 2016 set to wow the crowds over the coming months.

Not only does the venue provide exciting event spaces with world-class facilities and unrivalled status, but it also boasts a state-of-the-art 120 station Better gym with two studios offering a variety of fitness classes from BoxFit and circuits to Pilates and yoga. All classes are great fun and suitable for all abilities.

The Copper Box Arena really does offer something for everyone, with its own café and the electric bars and restaurants of Hackney Wick and Here East on its doorstep, there's always an action packed evening or weekend in prospect.



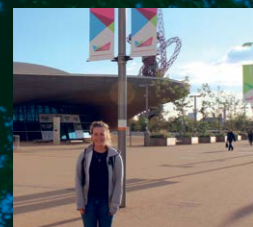
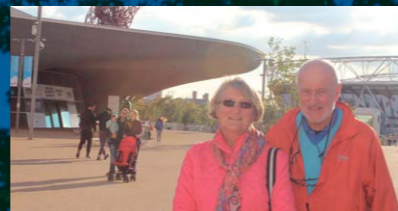
FOR MORE INFORMATION,
VISIT THE WEBSITE:
better.org.uk/copperboxarena

WHAT OUR VISITORS SAY...



"We have just finished a tour of London Stadium and it was excellent! And we didn't realise how many other things there were to do here so we are planning to come back soon to spend a day here at the Park!"

Janice Shearing (and husband), Essex



"I'm currently working on the Park, it's such a nice park, very clean and a cool place to hang out."

Courtney Brannigan, working on Park

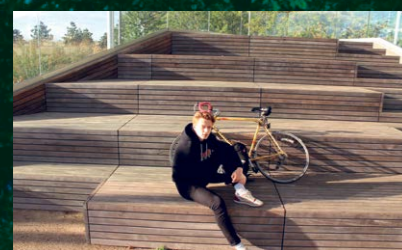


"The Park is really attractive, especially when the sun is shining! We travelled here especially to come to the playgrounds today - we love them!"

Vanina Georgieva, Gants Hill

"I live nearby and can walk along the canal within 30 minutes to get here. It is great to see how the Park is changing, there is always something new to see or find. I love the ViewTube café with the playgrounds nearby. I take my daughter to the London Aquatics Centre and we sometimes cycle through the Park to Lee Valley VeloPark."

Michaela Kdatochiloha, Stratford



"I live 15 minutes away and always come to Queen Elizabeth Olympic Park if I want to get away from everything and clear my head as it's so peaceful and quiet."

Jack Saunders, lives locally

"I'm here today as part of a corporate event. There's something for everyone: fantastic community sports facilities and in my case, great conference and events spaces for business. The Park is a true testament to London 2012 legacy plans!"

Ellie Lewis, Bank



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Magic

Mel Giedroyc Saturdays at 1pm

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PERFECT PARK PRESENTS!



The Park's not just a great place to enjoy – it's also a source of great present ideas for the special people in your life! Why not let us help you with some gift inspiration?

GIVE THE GIFT OF THRILLS!

Why not get the adrenaline lover in your life the ultimate hair-raising experience with gift vouchers for The Slide at the ArcelorMittal Orbit? Or let them push the limits on two wheels, with gift vouchers for the mountain or BMX tracks at Lee Valley VeloPark, or a spin around the velodrome?

GIVE THE GIFT OF FITNESS

Better Gift Cards can be used at the London Aquatics Centre and the Copper Box Arena, on sports lessons, courses, group exercise classes – or just a relaxing swim.

GIVE THE GIFT OF MUSIC

Summer 2017 sees the London Stadium host gigs by Depeche Mode and Robbie Williams – so snap up tickets for you and a loved one before it's too late!

GIVE THE GIFT OF HISTORY

Fancy owning a piece of Olympic and Paralympic history? A limited amount of the authentic track used in the 2012 Games is now on sale, including presentation packs and start and finish lane numbers. Make sure you're quick off the mark!

Or with East Village hosting a Christmas market, and Westfield Stratford City on your doorstep, why not just factor a break in the Park into your Christmas shopping trip!



FOR MORE INFORMATION VISIT: QUEENELIZABETHOLYMPICPARK.CO.UK