

# EXPERIENCE



## QUEEN ELIZABETH OLYMPIC PARK!

Add to your guests' enjoyment of the Park with our range of added attractions and team building activities.

### ABSEIL

Abseil down the side of the ArcelorMittal Orbit, the UK's highest freefall abseil experience. [arcelormittalorbit@wireandsky.co.uk](mailto:arcelormittalorbit@wireandsky.co.uk) 0203 198 0407

### SLIDE

Take the quickest route down The Slide at the ArcelorMittal Orbit - 178m at up to 15 miles per hour in less than 40 seconds! [trade@arcelormittalorbit.com](mailto:trade@arcelormittalorbit.com) 0208 221 9120

### CYCLE

From cycling a velodrome track for the first time to tackling BMX berms, mastering mountain biking or getting race ready on the road circuit - Lee Valley VeloPark has a session for you and your team. [velo-corporate@vibrantpartnerships.co.uk](mailto:velo-corporate@vibrantpartnerships.co.uk) 0300 003 0613

### TOUR

The London Stadium (former Olympic and Paralympic Stadium) tour takes you behind the scenes to the changing rooms, indoor running track, players' tunnel and dugouts using interactive multimedia devices with details of London 2012, West Ham United and recent stadium events. [LSTours@delawarenorth.com](mailto:LSTours@delawarenorth.com) 0208 522 6157 (Monday - Friday, 9am - 5pm)

### LEARN

Give your team a hockey masterclass with members of the Gold Medal winning GB's Women's Hockey Team or experience Wheelchair Tennis first hand with coaching from some of the best in the world at the Lee Valley Hockey and Tennis Centre. [hockeytennis@vibrantpartnerships.co.uk](mailto:hockeytennis@vibrantpartnerships.co.uk) 0300 003 0614

### SWIM

Swim in the wake of champions at Dame Zaha Hadid's spectacular London Aquatics Centre. [legacy.venues@gll.org](mailto:legacy.venues@gll.org) 0208 536 3150



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### EXPLORE

Take a tour of the Park with a Community Guide, visit the iconic venues and learn the fascinating history of the site of the Olympic and Paralympic Games of London 2012.  
[tgl@tourguides.co.uk](mailto:tgl@tourguides.co.uk)

### DINE

There's a wide range of different dining options around the Park. Find out more details at: [www.QueenElizabethOlympicPark.co.uk](http://www.QueenElizabethOlympicPark.co.uk)

### SEE

Take in the spectacular view of London and the Park 80m up in the air at Anish Kapoor's ArcelorMittal Orbit, the UK's tallest sculpture. [trade@arcelormittalorbit.com](mailto:trade@arcelormittalorbit.com)  
**0208 221 9120**

### SAIL

Enjoy a boat tour on the waterways of the Park and see the iconic 2012 venues from a completely different viewpoint serenely sailing on the river.  
[mark@leeandstortboats.co.uk](http://mark@leeandstortboats.co.uk) **0845 116 2012**

### CLIMB

A brand new challenge for high-climbers and thrill-seekers: UpSlide Down! Your team versus the clock. Race up the 455 steps of the ArcelorMittal Orbit, then take in breath-taking views of London before sliding down the world's tallest and longest tunnel slide.  
[events@arcelormittalorbit.com](mailto:events@arcelormittalorbit.com) **0208 221 9114**

### COMPETE

The London Marathon Community Track at London Stadium is available for outdoor group team building with a range of bespoke activities on offer.  
[LSEvents@delawarenorth.com](mailto:LSEvents@delawarenorth.com) **0208 522 6144**  
(Monday - Friday, 9am - 5pm)

