

GET ACTIVE ON THE PARK

RELEASE YOUR INNER-ATHLETE



Grab your swimsuit and head to the stunning **London Aquatics Centre!**

Swim in the same lanes as Adam Peaty and Ellie Simmonds – you may even spot an athlete in training!



Want to know how it feels to toboggan at the Winter Olympics?

The **world's longest tunnel Slide** comes in pretty close!



Uncover the facts and follow in the footsteps of the historic **London 2012 Games** on a fun, free and **interactive trail**.



Find a spot in the relaxing **north of the Park** and re-energise for your Olympic-worthy day.

Take part in one of the hundreds of **free sports activities** taking place across the Park.

Pose like you would on the podium!

Take a selfie in front of the **Olympic Rings** and **Paralympic Agitos**.



Take on **Greg Rutherford's gold-medal jumping distance** on the jumping floor along the main promenade or **swim in the lanes** of London 2012 Paralympic superstar, **Ellie Simmonds!**

