

Surround yourself with the Park, get to know it, and find inspiration both on and off the beaten track. Head to the Information Point to choose how you want to discover the Park. Pick up:

- London 2012 Trail Guide
- Field Guide to Art in the Park
- Explorer's Guide to Adventures in the Park



## GET TO KNOW THE PARK

This is a lively place with loads to do – there's always something happening. Look out for events, programmes, talks and tours. However you get to know the Park, we'd love to know what you think!

Tell us what you think, or share your images by email: [adventures@QueenElizabethOlympicPark.co.uk](mailto:adventures@QueenElizabethOlympicPark.co.uk)

Tweet about your visit using @noordinarypark

Upload photos to [facebook.com/QueenElizabethOlympicPark](https://www.facebook.com/QueenElizabethOlympicPark) and tag us in them

Sign up for our e-newsletter: [QueenElizabethOlympicPark.co.uk](http://QueenElizabethOlympicPark.co.uk)

Call our hotline: 0800 0722 110



## RUN



### FOR INFORMATION ABOUT

Current and future Team GB and ParalympicsGB athletes  
[teamgb.com](http://teamgb.com) and [paralympics.org.uk](http://paralympics.org.uk)

Arts and culture  
[QueenElizabethOlympicPark.co.uk/culture](http://QueenElizabethOlympicPark.co.uk/culture)

Biodiversity and landscape  
[QueenElizabethOlympicPark.co.uk/parklands](http://QueenElizabethOlympicPark.co.uk/parklands)

Events and how to get involved  
[QueenElizabethOlympicPark.co.uk/events](http://QueenElizabethOlympicPark.co.uk/events)

Things to do with families  
[QueenElizabethOlympicPark.co.uk/families](http://QueenElizabethOlympicPark.co.uk/families)

### EAT, DRINK AND RECHARGE

- Aquatics Centre Café
- Copper Box Arena Café
- Timber Lodge Café
- Moka Café at View Tube
- East Twenty Bar and Kitchen at the Podium
- Lee Valley VeloPark Café



Find out more at [QueenElizabethOlympicPark.co.uk](http://QueenElizabethOlympicPark.co.uk)

## DISCOVER THE PARK

Active trails, little-known stories and fantastic spots to explore



[QueenElizabethOlympicPark.co.uk](http://QueenElizabethOlympicPark.co.uk)



## DISCOVER THE PARK IN DIFFERENT WAYS...

**HEAD OFF ON A TRAIL...** This is a big park with lots to do and plenty to explore. If you're up for a trail, why not get active and relive the spirit of the London 2012 Olympic and Paralympic Games with our London 2012 Trail? Or seek out some impressive artworks with the Field Guide to Art in the Park? Use the map to plan your route. Strike out on a path and see where it takes you.



**... OR GO EXPLORE** If you want to get lost in nature or soak up the atmosphere, this is the Park for you. It's vibrant, bustling with wildlife, plants and people from all over the world. There's history, hidden places and adventures to be had. Turn the page and be inspired by what you can discover.

## GET ACTIVE ON OUR LONDON 2012 TRAIL

Blaze your own trail and set your own record, like the athletes who came before you. During the London 2012 Olympic and Paralympic Games, over 250 world records were broken here. 6.7 million spectators watched as Team GB and ParalympicsGB won an incredible 185 medals. Pick up the London 2012 Trail to relive the Games and get active around the Park. On your marks, get set, go!

## PICK UP A TRAIL

Pick up your London 2012 Trail Guide at the Information Point.

Kick off your trail at the starting blocks by the Information Point.

Look for pathway graphics, motivational markers, special sound stations and physical challenges.

Time: Information Point to Lee Valley VeloPark = about 30 minutes' walk or 15 minutes' cycle.

Allow 1 hour for the full trail.

## BE INSPIRED BY OUR ART IN THE PARK TRAIL

This Park is packed with art, unlike any other Olympic site before it. You'll find art everywhere, from bridges and underpasses to large-scale sculptures and poetry, all inspired by the history, landscape and the ground-breaking events that happened here. Take the Art in the Park Trail or just keep your eyes open – you'll be amazed at what you discover.

## GRAB A GUIDE

Pick up a Field Guide to Art in the Park at the Information Point, to discover the Park's creative corners.

Start your trail from the first History Tree by the Aquatics Centre.

Time: Information Point to velodrome = about 30 minutes' walk or 15 minutes' cycle.

Allow 2 hours for the full trail.

## EXPLORE OUR LANDSCAPE AND BIODIVERSITY

Discover bustling animal habitats, serene waterways, colourful flowers and plants, and busy gardens in our Park. There's something for everyone – even the birds and insects. Keep your eyes open whatever the season, because there's always something new to discover: catkins and cowslips in spring, reed buntings on a summer evening, blazes of red in the avenues of Liquidambar trees in autumn, and seed pods in winter.

## TAKE A CLOSER LOOK

Look out for framed panels in the landscape where you can learn more about the plants, wildlife and flowers.

Along your way, plaques in the ground tell you about some of the plants in the Park.

## DISCOVER THE PEOPLE BEHIND THE PARK

Thousands of people have shaped this Park. Look closer and you'll find that they've left their mark by naming places, planting flower beds, starting up community projects and even contributing to the artworks. And you can make your mark too. Whoever you are, wherever you're from, there's something for you here.

## GO ON AN ADVENTURE

The Park is great for families: grab an Explorer's Guide to Adventures in the Park from the Information Point.

Take the Explorer's Challenge and hunt for the different stamps around the Park.

Hear the roar of the crowd on Super Saturday, as heptathlete Jess Ennis, long jumper Greg Rutherford and 10,000 metre runner Mo Farah win TeamGB a breathtaking three golds in 46 minutes.

Run the 1km activity circuit starting from the Paralympic Agitos and take a photo finish at the Olympic Rings.

Leap to long jump victory like Greg Rutherford by the Stadium.

Follow in the footsteps of champions and take your photo with the Paralympic Agitos.

Celebrate Thriller Thursday by the medals podium: an extraordinary triumph when six Paralympians including Hannah Cockcroft, David Weir and Jonnie Peacock all won gold on 6 September 2012.

Look for the History Trees, by artists Ackroyd and Harvey, at the Park entrances. On the inside of the metal rings you'll find words inspired by that location.

Do you know how much DNA we share with a banana? There are more than 50 fantastic facts like these to find on benches across the Park.

Look out for RUN by artist Monica Bonvicini. Reflective by day and glowing by night, it's a stunning icon.

Can you find tiny bronze finger prints? They're part of Inter Alia, an artwork by Grenville Davey inspired by workshops with local people.

See the Park reflected upside down in Spiegelei Junior, by artist Jem Finer.

Spot the birds flying in and out of the bird hotels in the Great British Gardens.

Explore continents of planting at the 2012 Gardens. Visit 2012gardens.co.uk for more.

Try pond dipping in our frog pond in the Great British Gardens.

Enjoy spectacular fields of vibrant flowers and grasses in the Colour Meadows.

As the sun sets, head to the top of the slope by Tumbling Bay playground to see London's Shard light up.

Find the oldest bridge on the Park near Carpenter's Lock. It dates back to when people used horses to pull canal boats because the boats didn't have engines.

Did you know that the Great British Gardens were co-designed by 11-year-old Hannah Clegg? She was the children's winner of a public competition to design a garden in the Park.

Enjoy the flowers on the slope by Tumbling Bay playground, which were planted by our Park Champion volunteers.

Can you believe that bacteria are hard at work at the Energy Centre, turning natural products into energy to power thousands of nearby homes?

Refuel at Timber Lodge Café, a social enterprise that runs training courses for people with disabilities to help them get into work.

Burn off some energy at Tumbling Bay playground, named by local school children after the stream that used to flow here.

