

An aerial night view of the London 2012 Olympic Stadium, illuminated with vibrant yellow and green lights. The stadium's distinctive steel lattice structure is highlighted, and a massive display of fireworks erupts from the roof, creating a dense canopy of bright white and yellow light trails. The surrounding city lights of London are visible in the background.

TRAIL GUIDE

LONDON 2012

Live the magic all over again

YOU'VE ARRIVED

An amazing 6.7 million people crossed the world to cheer every run, throw, leap, stroke, point, goal and splash of the London 2012 Olympic and Paralympic Games. Welcome to where history was made.

DID YOU KNOW?

Come and swim in the wake of champions at the **London Aquatics Centre** where ParalympicsGB won an astonishing 39 medals.

Team GB and ParalympicsGB won an incredible **185 medals in 2012**. That's 62 bronze, 60 silver and 63 gold, placing GB in third place on both medal tables.

70,000 Gamesmakers made the London 2012 Games a spectacular success. Now you can join our growing family of volunteers by becoming a Park Champion. Turn to the back to find out more.

London Stadium has now re-opened as a multi-use venue, home to international sporting events, music concerts and conferences all year round.



It all happened here. The breathtaking lighting of the Olympic flame. The crowd's roar for Mo Farah as he won gold on Super Saturday. The silence as Jonnie Peacock focused for his gold on Thriller Thursday. World records broken, Olympic and Paralympic records smashed. As you explore, you'll discover that this Park comes alive with the memories of a truly spectacular Games.

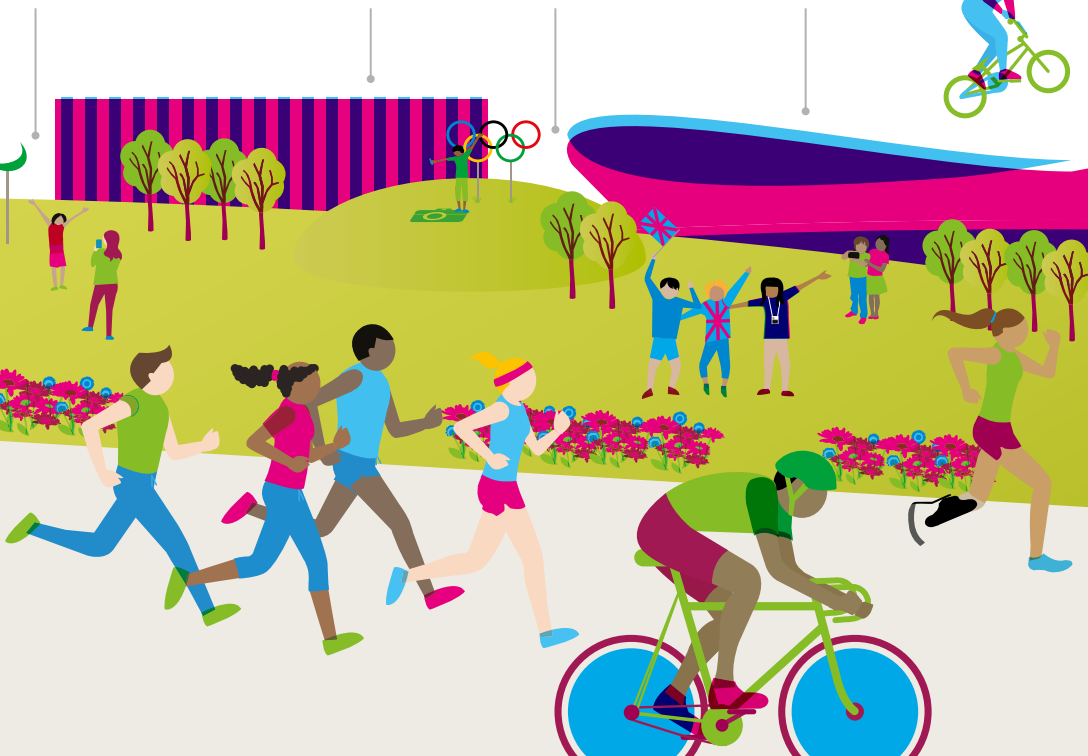


'Agito' means 'I move' in Latin, which is why the **Agitos** are the symbol of the Paralympic Games.

Watch the world's best compete in a wide range of sports from basketball to volleyball at one of London's most exciting venues, the **Copper Box Arena** or get active yourself by joining the state-of-the-art gym.

The Olympic Rings weigh **13.4 tonnes** and are made of aluminium.

Cycle in the slipstream of GB greats at **Lee Valley VeloPark**, the first place in the world where you can enjoy track cycling, road racing, BMX and mountain biking in one place.



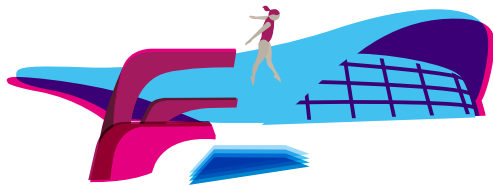
NOW IS YOUR TIME! FOLLOW THE TRAIL OF GLORY

Hearts racing, crowds roaring, the world watching – sporting history was made here during the London 2012 Games. Now you can relive the anticipation, the action and the adrenaline of every incredible achievement. Let the challenge begin...

GO!



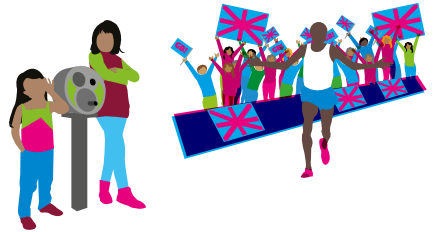
1 Get set, go! Your London 2012 adventure starts here. How much do you know about the London 2012 Games?



2 London Aquatics Centre. And they're off! Turn the handle on the sound station to hear the splash and the cheer as Ellie Simmonds, Josef Craig, Oliver Hynd, Heather Frederiksen, Jessica-Jane Applegate and Jonathan Fox swim to glory for ParalympicsGB, while Tom Daley dives to bronze for Team GB.



3 Discover the achievements of every London 2012 Olympic and Paralympic medal winner at the **Wall of Champions** surrounding the London Stadium. Come and celebrate hundreds of sporting heroines and heroes from every nation in this 444-metre-long installation.

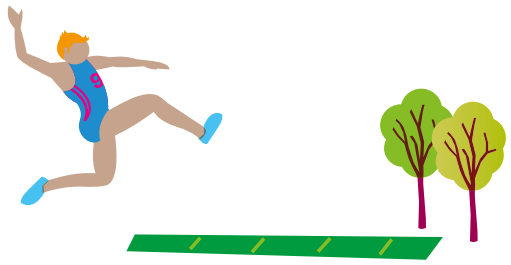


4 Hear the roar of Super Saturday as the Stadium erupts for Jessica Ennis-Hill, Greg Rutherford and Mo Farah by turning the handle of the audio station. In just 46 minutes on the track they won gold medals in the heptathlon, long jump and 10,000 metres, taking Super Saturday's total to an incredible 12 golds for Team GB.



5 Seek out the **Olympic Bell**. Cast in bronze for London 2012, it is the largest harmonically tuned bell in the world and was designed by the nearby Whitechapel Bell Foundry.

- 6 **Jump for gold.** Limber up and look out for the starting line. How far can you jump? You're aiming for 8.31m to beat Greg Rutherford's winning leap.

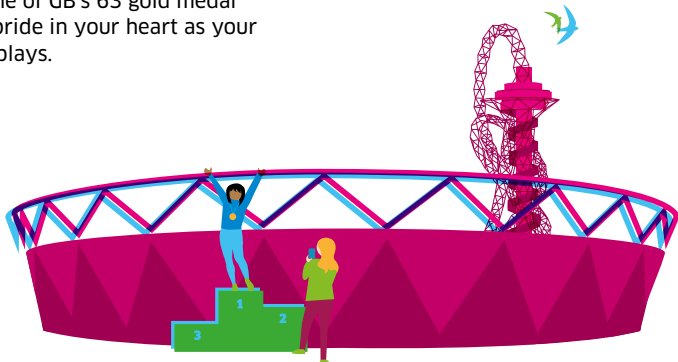


- 7 **Relive the triumph of Thriller Thursday** and cheer with the crowd as Jonnie Peacock, T44 100m; David Weir, T54 800m; Hannah Cockroft, T34 200m; Josef Craig, S7 400m swimming freestyle; Helena Lucas, 2.4mR one-person keelboat (sailing); and Sarah Storey, C4-5 cycling road race bring home six gold medals for ParalympicsGB.



- 8 **Take your place on the podium and capture your moment of glory.** Take a picture as you imagine you're one of GB's 63 gold medal winners, feeling pride in your heart as your national anthem plays.

- 9 **Mandeville Place** honours the legacy of the most successful Paralympic Games ever, with more athletes from more countries than ever before. The orchard draws inspiration from the use of apples in the opening ceremony, and a new variety of apple being grown here, called 'Paradise Gold' – 'para' from Paralympic, and 'd, i, c, e' to stand for the four Paralympic values: Determination, Inspiration, Courage and Equality.



Key to symbols

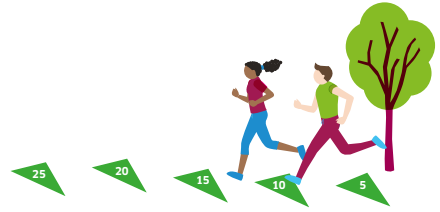
● Sound experience

≡● Active experience

◻● Photo opportunity



- 10 Fancy yourself as the next Mo Farah?** You'll need to run 5,000m on the treadmill in 13 minutes 41.66 seconds. Or try the rowing machine for 7.27 minutes. That's how long it took Helen Glover and Heather Stanning to win Team GB's first gold medal of the 2012 Games in the women's coxless pairs.

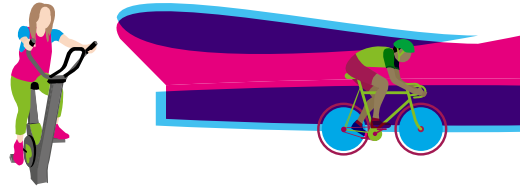


- 13 Ready to run?** Chase the champions on our activity circuit through the beautiful parklands in the north of the Park. Follow the markers on the floor. On your marks, get set... Refuel at Timber Lodge Café when you've crossed that finish line.



- 11 Shh! Did you know that spectators in the Copper Box Arena fell silent during the Paralympic Games?** That's because athletes with a visual impairment play goalball with a ball with bells inside. So if the crowd cheers, they can't hear it. The handball and modern pentathlon fencing were also held here in the 'box that rocked'.

- 14 Unleash the electric atmosphere of Lee Valley VeloPark velodrome** as you turn the handle on the sound station. Feel the speed of two wheels as GB celebrates nine gold medals in the Olympic and Paralympic Games.



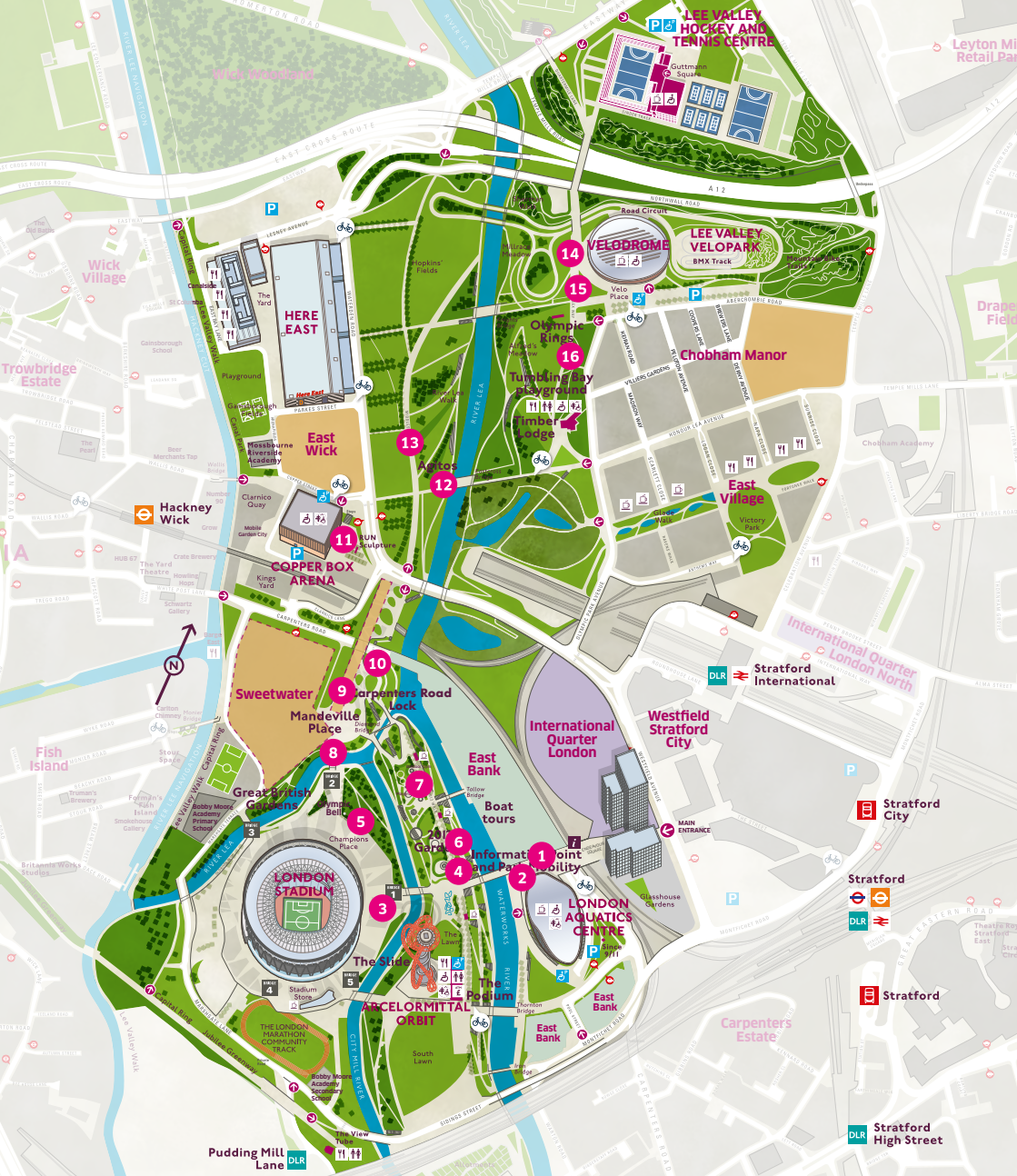
- 15 Jump on a bike** and follow in the tyre marks of some of GB's greatest athletes. Who could forget Chris Hoy's sixth gold medal, making him GB's best Olympian ever? Laura Trott's double-gold at her debut Olympics? Sarah Storey's amazing four gold medals in a row? Or Victoria Pendleton's gold and silver and Mark Colbourne's two silvers and a gold?



- 12 Did you know 'agito' means 'I move' in Latin?** Pose here by the **Agitos**, the symbol of the Paralympic Games.



- 16 Picture yourself an Olympic champion** by the iconic Olympic rings.



Key

- | | | | |
|---|---|--|--|
|  Underground station |  Bus station |  Venue car park |  Restaurant |
|  Overground station |  Housing developments |  Blue Badge parking |  Café |
|  DLR station |  Business developments |  Information |  Toilet |
|  National Rail station |  East Bank |  Docking station |  Accessible facilities including step-free access and toilets |
|  Bus stop | |  ATM | |

NOW IT'S YOUR TURN

Queen Elizabeth Olympic Park is where inspiration becomes participation. Whether you like to watch or compete, the Park is full of exciting opportunities to take part. Sit on the edge of your seat to watch the world's best return to London again and again. Or use the inspiration of champions to push your own personal best – run, swim, cycle, play or dive in one of the iconic venues from London 2012's Olympic and Paralympic Games.

- Find out about the **amazing sporting events coming up** at the Park at QueenElizabethOlympicPark.co.uk/events
- Head to the north of the Park to enjoy two great sports at **Lee Valley Hockey and Tennis Centre**
- Look out for **sport in your community** via the Active People, Active Park programme or enjoy inclusive sport via Motivate East
- **Do you want to be a volunteer?** Find out more about joining our Park Champions Volunteers Programme. Visit QueenElizabethOlympicPark.co.uk/volunteering



WE'D LOVE TO HEAR ABOUT YOUR EXPERIENCES OF THE PARK

Share your pictures with us on Instagram using [@QueenElizabethOlympicPark](https://www.instagram.com/QueenElizabethOlympicPark)

Join the conversation at [facebook.com/QueenElizabethOlympicPark](https://www.facebook.com/QueenElizabethOlympicPark)

Tweet about your visit using [@noordinarypark](https://twitter.com/noordinarypark)

Find out more about the Park at QueenElizabethOlympicPark.co.uk

Sign up for our enewsletter: QueenElizabethOlympicPark.co.uk/subscribe

Find out more about learning opportunities in the Park:

QueenElizabethOlympicPark.co.uk/schools

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