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.

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 crowd’s silence for Jonnie Peacock as he focused on 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.

DID YOU KNOW?
Team GB and Paralympics GB won an incredible total of 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 gave their time to make the London 2012 Games spectacular, turning their hands to everything from first aid, to checking tickets, to directing the crowd.

The Olympic Rings weigh 13.4 tonnes and are made of aluminium. And ‘agito’ means ‘I move’ in Latin, which is why the Agitos are the symbol of the Paralympic Games.

NOW IT’S YOUR TURN
Queen Elizabeth Olympic Park is where inspiration becomes participation. Whether you prefer watching or competing, 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.

• Swim, dive and splash at the Aquatics Centre
• Try BMX, mountain biking, road and track cycling at Lee Valley VeloPark
• Join the gym or cheer with the crowd at the Copper Box Arena
• Pick up your hockey stick at Lee Valley Hockey and Tennis Centre
• Join a running club at goodgym.org
• Find out more about inclusive sport in East London at motivateeast.co.uk
• Take inspiration from the best. Visit teamgb.com and paralympics.org.uk to find out more about Team GB and ParalympicsGB athletes

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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 journey begin...


2. Aquatics Centre. And they’re off! Turn the handle on the sound station to hear every splash and 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. Hear the roar of Super Saturday as the stadium erupts for Jess Ennis, Greg Rutherford and Mo Farah. In just 46 minutes on the track they won gold medals in the heptathlon, long jump and 400 metres, taking Super Saturday’s total to an incredible 12 golds for Team GB.

4. 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.

5. Relive the triumph of Thriller Thursday and cheer with the crowd as Jonnie Peacock, T44 100m; David Weir, T54 800m; Hannah Cockroft, T34 200m; Joseph 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.

6. Take your place on the Podium. Imagine, you’re one of GB’s 63 gold medal winners. Feel the pride welling up as your national anthem plays – and make sure someone takes your picture.

7. Mandeville Place will honour the legacy of the most successful Paralympic Games ever. The London 2012 Paralympic Games attracted more athletes from more countries than ever before – and more worldwide television coverage too. Like the Paralympic mascot. Mandeville Place is named after Stoke Mandeville, the birthplace of the Paralympics.

8. Did you know ‘agito’ means ‘I move’ in Latin? Pose here by the Agitos, the symbol of the Paralympic Games.

9. Ready to run the race of your life? Chase the champions on our activity circuit through the beautiful parklands. Just follow the markers on the floor. On your marks, get set...

10. Unleash the electric atmosphere of the 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. (Coming soon.)

11. 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? (Coming soon.)

12. 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 using 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’.

13. Did you know ‘agito’ means ‘I move’ in Latin? Pose here by the Agitos, the symbol of the Paralympic Games.

14. 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.