



# Explore London's Epic Olympic Legacy at the Queen Elizabeth Olympic Park

As the Paris Olympics 2024 approach, there's no better time to reflect on the remarkable transformation of Queen Elizabeth Olympic Park in Stratford, a legacy of the Olympic and Paralympic Games in London 2012. Today, the park offers a variety of attractions and experiences catering for all tastes.

Adventure and sport

Arts and culture

Food and drink

England

London

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*Practise your diving skills at the London Aquatics Centre, try mountain biking in Lee Valley VeloPark, or simply enjoy the stunning views from one of London's tallest attractions and challenge yourself to a 40-second ride down the world's tallest and longest slide. Better yet, escape the buzz of the city in the serene gardens and open spaces of the [Queen Elizabeth Olympic Park](#).*

**London Stadium**

[London Stadium](#), formerly known as the Olympic stadium, is now home to Premier League football club West Ham United and a frequent host to Premier League matches, concerts, athletics and Major League Baseball. Follow in the footsteps of the biggest names in sports with a [behind-the-scenes tour](#) at the stadium that includes visits to the West Ham United FC dressing room, players' tunnel and pitchside areas as well as the Major League Baseball changing rooms. Head over to the nearby [Waterworks Fountains](#) outside the Stadium for a refreshing summer hangout with its labyrinth of computer-controlled walls of water.

## London Aquatics Centre

Enjoy the best swimming activities in the country at [London Aquatics Centre](#) where British diver Tom Daley won his first Olympic diving medal. Those up for diving can take advantage of the centre's diving platforms from 1m to 10m. Regardless of age or swimming abilities, everyone's welcome to enjoy a swim in one of the two 50m pools. Being one of the most technologically advanced facilities in the world, it hosts a variety of world-class events you can watch and take part in, such as [2024 British Swimming Championships](#) in April, that was held at London Aquatics Centre and plays a significant role in selecting members for both the British Paralympic and Olympic pool swimming teams.

## Copper Box Arena

Also known as the 'box that rocks', [Copper Box Arena](#) it has reinvented itself to become one of London's most versatile indoor venues and is now home to a number of premier clubs, including [London Lions](#) basketball and [London Pulse](#) netball. The venue is now an established global leader in esports hosting some of the biggest names like League of Legends, Gran Turismo and Call of Duty. Whether you are a sports fan, a fitness guru or a beginner, the arena offers a diverse range of classes suitable for all. The team is passionate about promoting a sports lifestyle and provides a dynamic set of activities including badminton, table tennis and basketball to name a few – all are available to [book](#).

## Lee Valley VeloPark

Test your cycling skills at [Lee Valley VeloPark](#) where you can participate in four types of cycling suitable for both amateurs and professionals: track cycling, road racing, [BMX or mountain biking](#). There are dedicated sessions for those new to cycling or advanced cyclists available to book. And no need to worry if you don't have a bike, you can rent it at the park. Some sessions don't require bookings, so you are welcome to ['pay and ride'](#).

## ArcelorMittal Orbit (*scheduled to re-open in early 2025*)

Go above the skyline to enjoy the breathtaking views of the city's landmarks including Big Ben, St Paul's Cathedral, the O2 as well as the former London 2012 Olympic venues from the top of [one of Britain's tallest structures](#). Feel the thrill of a 40-second ride through the twists and turns of The Slide – an unmissable adventure sure to leave a lasting impression on those seeking excitement and adventure.

## ABBA Voyage

Experience ABBA on stage at the park in a purpose-built arena which holds about 3,000 people. Dance the night away with futuristic technology and beloved hits from the Swedish pop legends. The Magic of Abba is revived through shimmering realistic holograms as the iconic group takes the stage through digital avatars in the breathtaking arena setting. The [Abba Voyage](#) performance date and availability can be seen upon [booking](#).

## Gardens and open spaces

Escape the hustle and bustle of the city with a leisurely stroll or a tranquil picnic in the park's [gardens and open spaces](#). From the enchanting [London Blossom Garden](#) to the playful [Mandeville Place](#), there's something for everyone to enjoy. Blossom Garden is home to 33 blossom trees, each representing a London borough. Every spring the garden comes to life with Hawthorn, Cherry Plum and Crab Apple Blossoms, creating a stunning scene of colourful blossoms against an iconic backdrop. Explore more than six miles of rivers and canals, perfect for canoeing and paddleboarding on the River Lea. And don't miss a chance to take a memorable selfie with the iconic Olympic rings and the Agitos, the symbol of the Paralympic Games in the north of the park.

## Art and Culture

Art and culture have continued to be an important part of the Park's story with a legacy of events, immersive experiences, and commissions working with the local creative community and world-class artists. The Park is home to a unique collection of artworks, nestled between inspiring architecture, instilling a sense of local pride and cultural ambition through world-class art. Curated specially to be experienced in the landscape, the 29 artworks rival many of the works showcased in galleries across London. Some are large and striking while others are hidden gems, but they are all inspired by the community, history and visitors from near and far. Follow the [Art on the Park Trail](#) and discover them all!

[East Bank](#) is Britain's newest cultural quarter at the heart of Queen Elizabeth Olympic Park. Comprising of BBC Music Studios; London College of Fashion, UAL; Sadler's Wells East; UCL (University College London) and V&A East, East Bank is the place where everything happens – expect entertainment, inspiration and discovery. London College of Fashion, UAL and UCL are already open for students and events with Sadler's Wells East expected later in 2024 and V&A East and BBC Music Studios opening in 2025.

## Food and Drink

Visitors are spoilt for choice in terms of eateries and bars. [The Stratford](#) hotel is home to [Allegra](#) an award-winning restaurant known for its contemporary European dishes created by head chef Patrick Powell. Diners can sit on the terrace – one of the capital's best hidden rooftop spots – or in the main restaurant to try the tasting menu.

Walk the short distance to [Hackney Bridge](#) for canal-side options including tacos at [Mex Club](#), Neapolitan pizzas at Made In Puglia, gyozas and katsu curries at [Rainbo](#). One of our favourite summer spots is [Barge East](#) where you can sit by the canal to enjoy frozen cocktails and beers while DJs set the vibe at weekends. It's also a great spot for a birthday or special occasion thanks to its private dining room, outdoor deck and garden which has private cabins and a heated terrace.