Walk to the Queen Elizabeth Olympic Park on 13th October 2023

Our small group of ramblers met a Stratford DLR Station for coffee and an 11 o'clock start. We proceeded through the Westfield Shopping Centre to reach the entrance to the Queen Elizabeth Olympic Park and the start of our 5 mile walk.

We ambled along until we reached the Arcelormittal Orbit. This public piece of art was constructed to be a permanent lasting legacy of London's hosting of the 2012 Summer Olympic and Paralympic Games. The location and height allowed visitors to view the whole Olympic Park from two observation platforms. It now attracts visitors who are seeking an adrenalin tunnel ride, unfortunately for us this was not open and so unavailable for those of us who were adventurous enough to try it.

We stopped for a photo shoot and then walked alongside the London Stadium now home to the West Ham Football Club until we came to the Champions Place to view the sculpture of Bobby Moore, Geoff Hurst and Martin Peters and the Olympic Bell.

From here we meandered further through the park and the wetlands walk, which has been created out of the old river path, and is now home to a diversity of wildlife, dragonflies, water voles herons and ducks. This eventually took us to the Velodrome where we enjoyed a short break. Designed by Michael Hopkins, the double curve of the roof mirrors the bulge and drop of the racetrack. All skill levels from beginners to elite cyclists can book to use the Velodrome track, the BMX and the cycling track. You can have a coffee in the 42 degrees café and watch the track in use.

After our short break we headed across the park towards the Lea Valley walk alongside the Canal, made interesting by the assorted canal boats, cyclists and fellow walkers. We arrived at our destination The Princess of Wales Public House where we enjoyed a hearty lunch and drinks. It was then time to head home, walking to the nearby train Station Lea Bridge.

This 5 mile walk enabled us to recollect stories of the 2012 Olympic and Paralympic Games and to take in this captivating open space we have all inherited from the those memorable games.