



Olympic Park Blooming Trail

A circular bloom-filled step-free walk through the gorgeous green and blue spaces and habitats of the Queen Elizabeth Olympic Park.

Distance 5.7 kilometers / 3.5 miles

Duration 1 hour and 45 minutes



Wildlife



Wheel friendly



Water feature



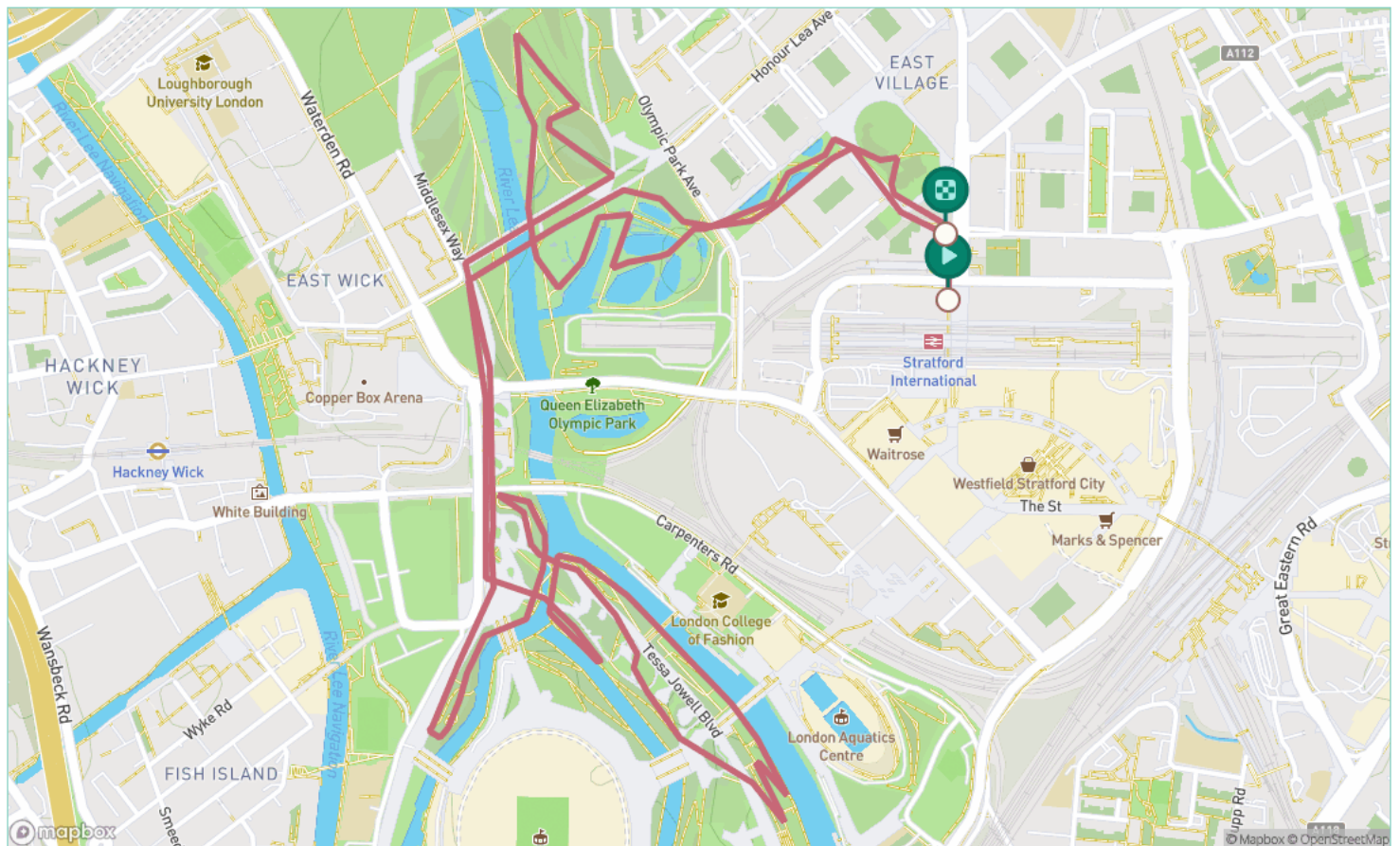
Great views



Child friendly

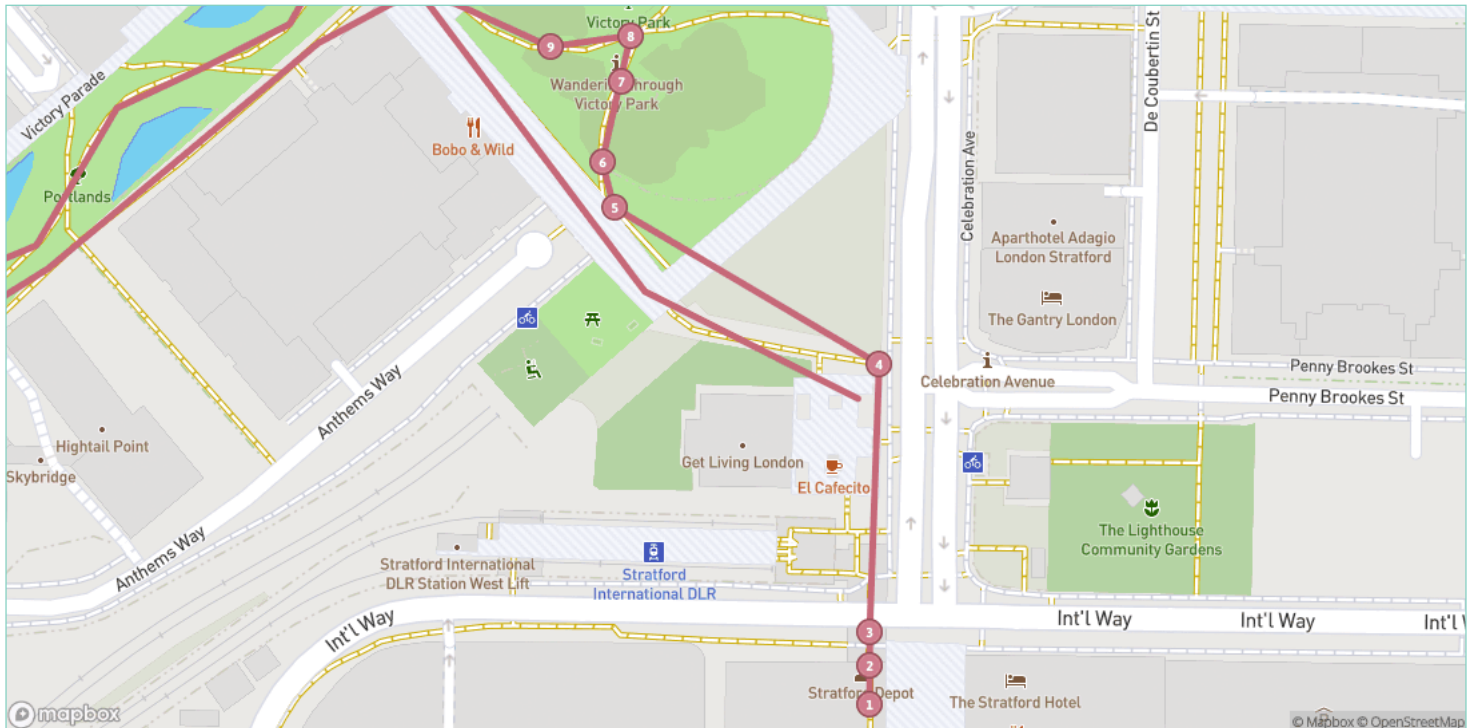


Botanics



Disclaimer: Directions are provided as guidance only. Weather, construction, closures or other factors may affect routes. Please take care when crossing roads and avoid private land. Always follow local signage and use common sense.

Created by Go Jauntly Ltd © 2026. Last Updated: 02 April 2026.



Step 1: Welcome to the Big Blooming Walks. We've teamed up with the National Trust to bring you a series of special spring walks celebrating the most beautiful time of year. Get ready to stop and smell the blooms! Let's go.

Step 2: The circular step-free walk starts from the north exit of Stratford International, the opposite side to Westfield shopping centre.

Step 3: Cross International Way road at the lights.

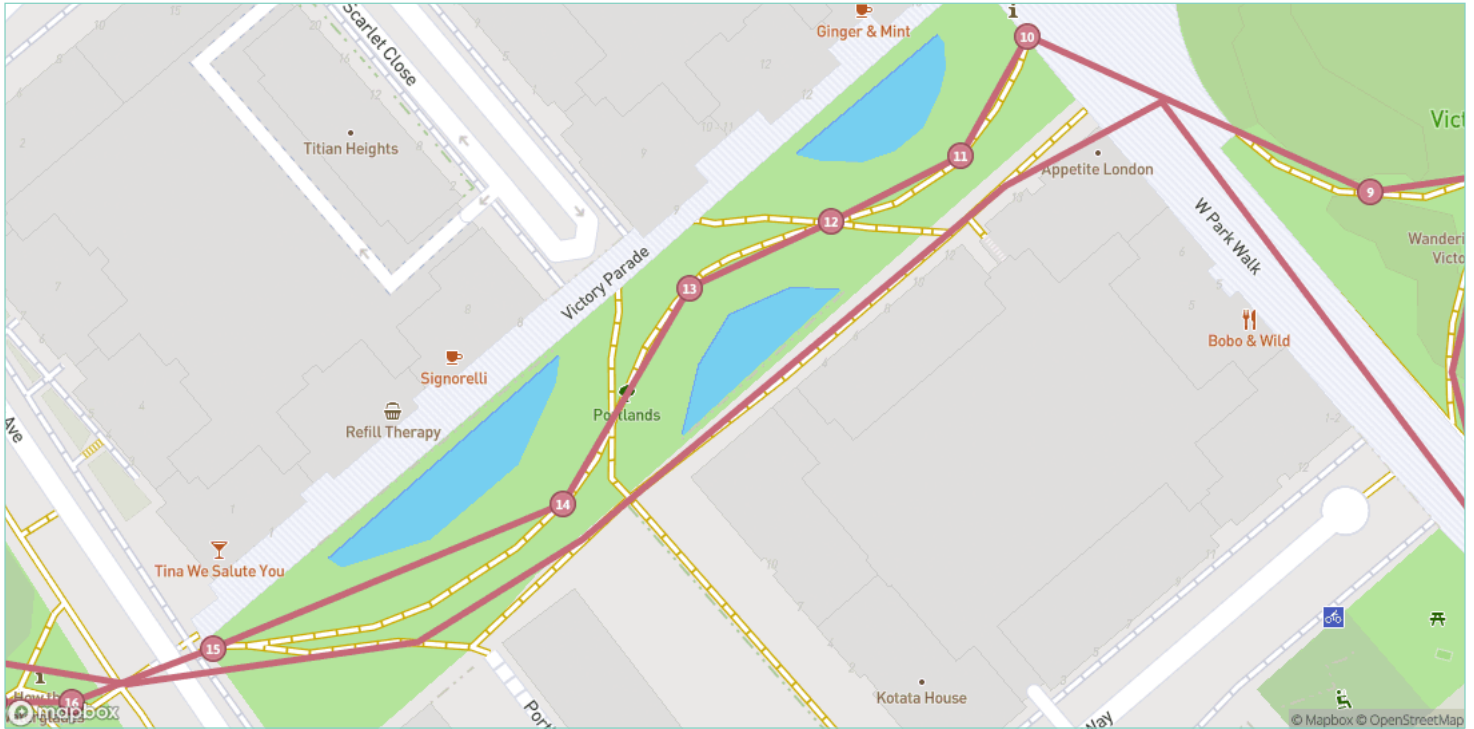
Step 4: As you head up the street you'll see some hedges to your left. Follow this path uphill.

Step 5: You'll soon arrive beside Victory Park. You can take a right to meander through the trees.

Step 6: Come summertime the trees will have their foliage and make this a nice shaded spot.

Step 7: On the right is a temporary mirror installation called Reflections I by Russ Jones amongst the trees.

Step 8: And right in the middle you'll find Victor the Gorilla Created by the late sculptor John Cox as part of the 2012 Olympics.



Step 9: Turn left to head back out the park.

Step 10: You'll next reach Portlands on Victory Avenue. The nicest route is to take the middle path alongside the water.

Step 11: You'll be able to see ducks and on the right day, a heron can be spotted here.

Step 12: Continue along the middle path.

Step 13: Amongst the trees here you'll be able to see blossom in the springtime.

Step 14: Continue along the middle path.

Step 15: At the end you'll reach a Zebra crossing, cross over here.

Step 16: Over to the right you'll see the sign for Waterglades. Follow the path left and down from here.



Step 17: The Waterglades are beautiful and peaceful detour in the park. Full of different trees and wildlife.

Step 18: Even when the trees aren't in spring mode, there are bright flowers to be found.

Step 19: Keep an ear and eye out for the birds too, such as robins or london sparrows.

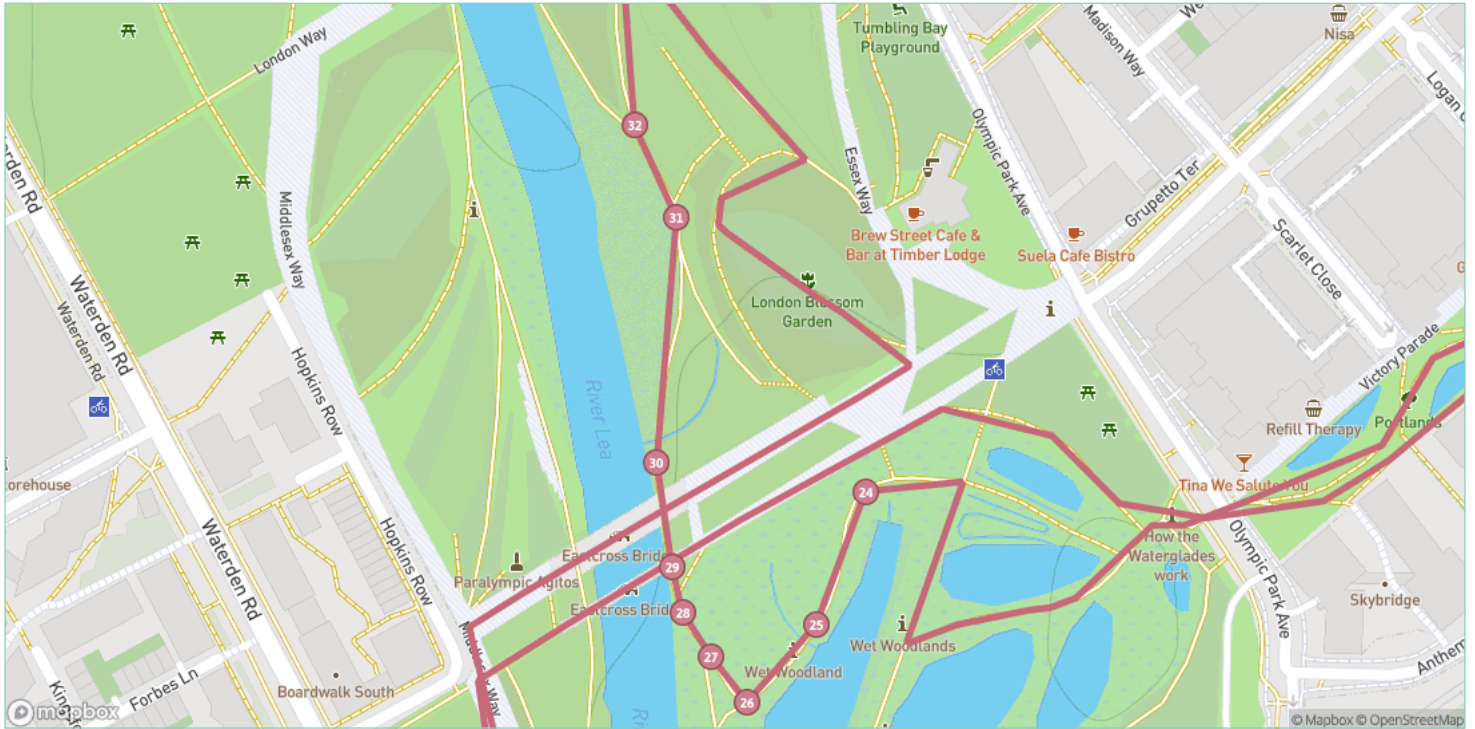
Step 20: The waters themselves are home to ducks, coots and moorhens amongst others.

Step 21: You may even hear a blue tit calling.

Step 22: Take a right at the end of the path.

Step 23: At the end of that path take a left.

Step 24: Follow the path around and you'll see a purpose built insect hotel to encourage the biodiversity of the area.



Step 25: As you go along you'll catch sight of the more heavily built areas of Stratford.

Step 26: As well as some of its landmarks!

Step 27: Take a right between the phone boxes.

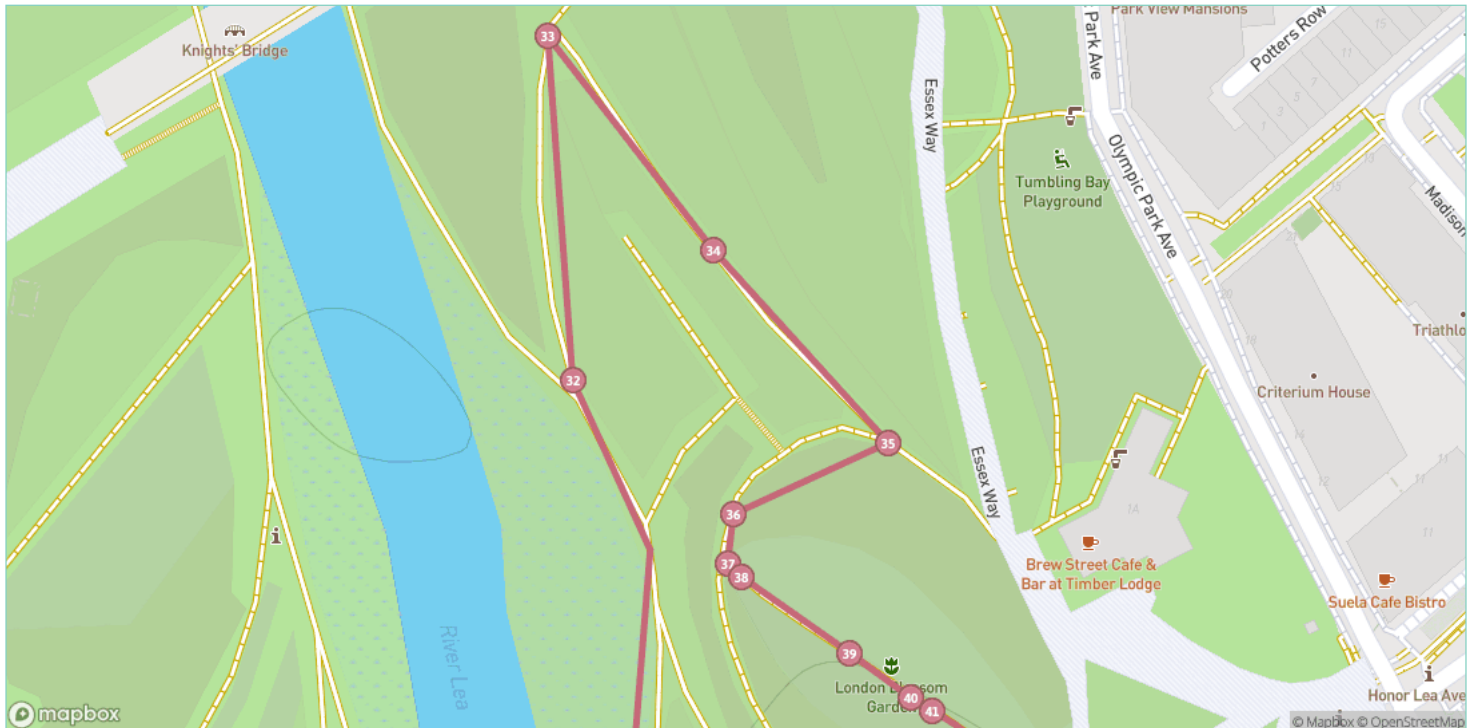
Step 28: And then continue along the water and under the bridge.

Step 29: The birds can be found all around the park, not just the Waterglades.

Step 30: Keep following the path alongside the water.

Step 31: As you progress you'll catch sight of the Olympic rings situated up high on the hill.

Step 32: Follow the path round to the right uphill.



Step 33: And then follow it round to the left.

Step 34: Keep going alongside the tree lined path.

Step 35: And then take the path to the left, towards the London Blossom Garden which was created in 2021.

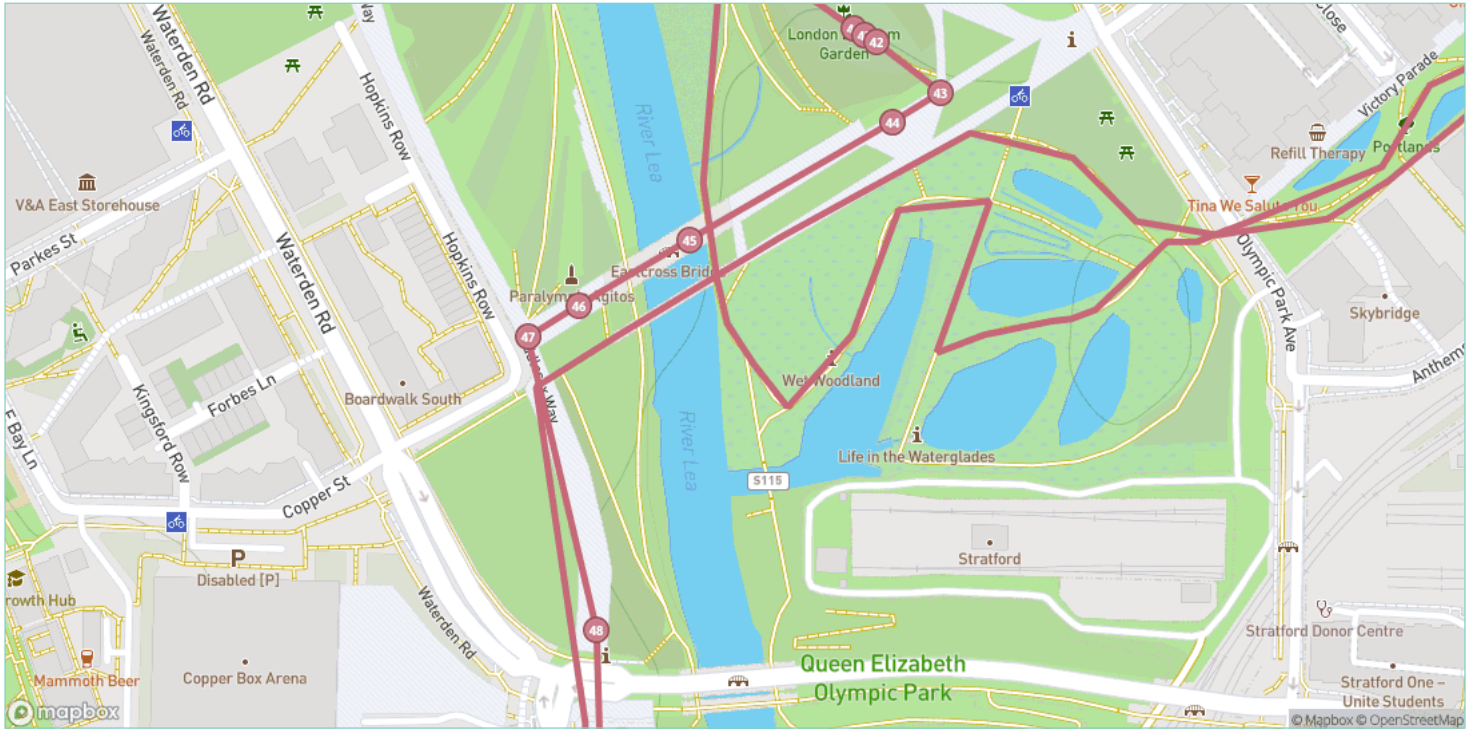
Step 36: The blossom gardens are home to various types of blossom trees. Each coming out at different points through the season.

Step 37: Early in spring you'll find swathes of daffodils around the park too.

Step 38: Take a left into the gardens which were planted by the Mayor of London and the National Trust.

Step 39: The gardens are a memorial to those lost during the Covid pandemic, as well as to commemorate the key workers who kept everything going.

Step 40: The garden is home to 33 blossom trees, each representing a borough in London. Blossom trees were chosen deliberately as it was spring...



Step 41: ...when we first went into lockdown in March 2020. Eight species bloom at different times each spring, extending the season and providing food for pollinators and migrating birds.

Step 42: The trees also provide space for wildlife to thrive and we get to enjoy them too!

Step 43: As you come out of the gardens turn right.

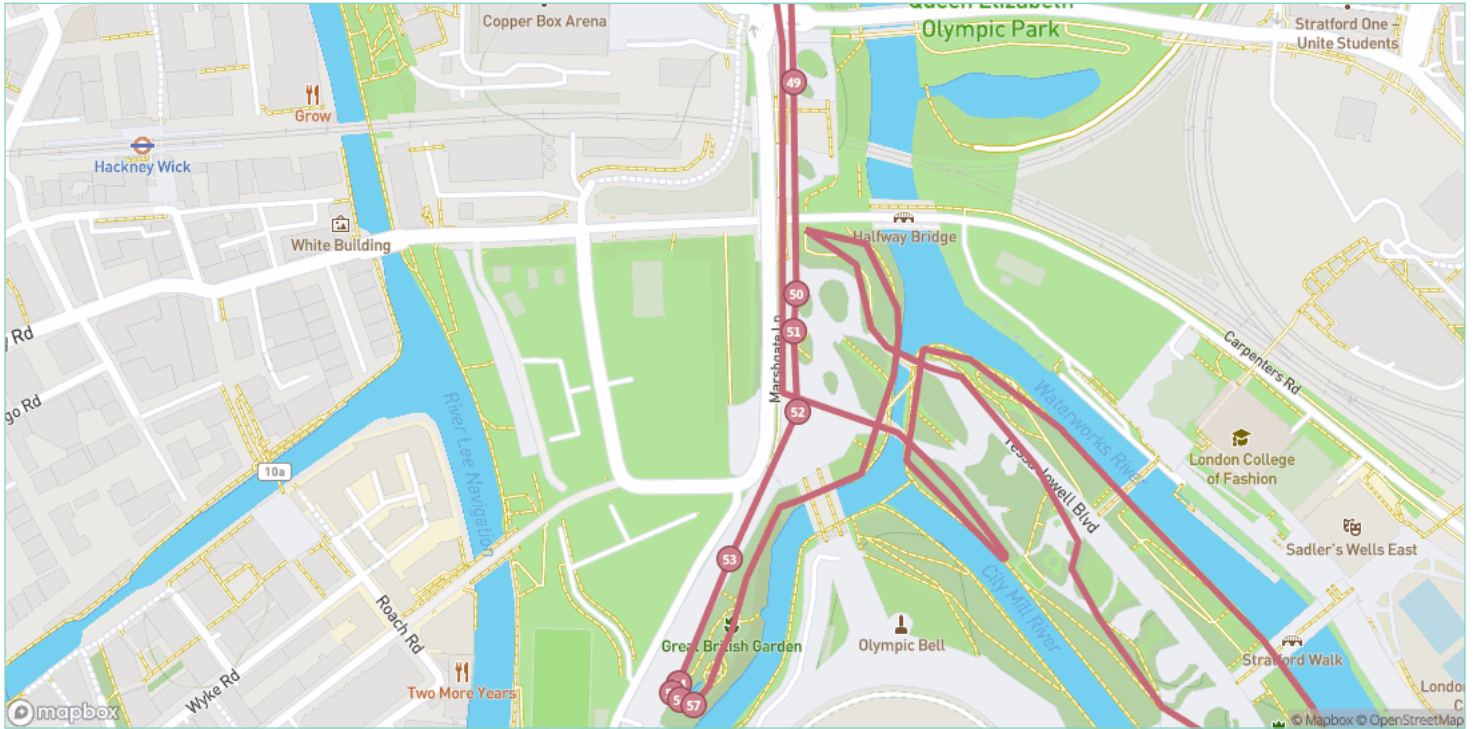
Step 44: Head down over the bridge.

Step 45: One of the best views of the park is available from this bridge. Looking over to the rings and the velodrome sitting above the green slopes.

Step 46: At the end of the bridge is the symbol for the Paralympic Games, held shortly after the Olympic Games in 2012.

Step 47: Take a left as you reach the end.

Step 48: Head up towards The London Stadium and use the crossing to get there.



Step 49: It's a short slope upwards alongside the flying flags of the park.

Step 50: Amongst the wide pedestrian walkway are little gardens. Some home to blossom.

Step 51: Others with shady spots to have a rest.

Step 52: Carry on ahead, following the outside of the stadium around.

Step 53: Soon you'll reach the hedges that sit above The Great British Garden.

Step 54: There is a step free or stair option to get into the garden.

Step 55: Head down into the garden.

Step 56: In the garden, you'll find various different types of flora and a quiet calmness around (assuming there isn't a game on next door).



Step 57: Ponds break up the space and encourage biodiversity and the odd water bird too.

Step 58: Before spring is fully here you'll still find plenty of different plants nestled together.

Step 59: Work your way around the garden. Perhaps you'd like to listen to a guided blossom meditation here? Tap the 'Read More' button. 

Take a breather in blossom

Take a seat on a bench or sit on the grass and enjoy a little breather amidst the blossom. Grab your headphones and try this short guided 5 minute blossom meditation.

If you've never tried meditation before, this is the perfect way to start. Adding just 5 minutes of mindfulness to your day can help slow things down and boost your mood.

Blossom Meditation

<https://www.youtube.com/watch?feature=shared&v=fKmb7a4YNEU>

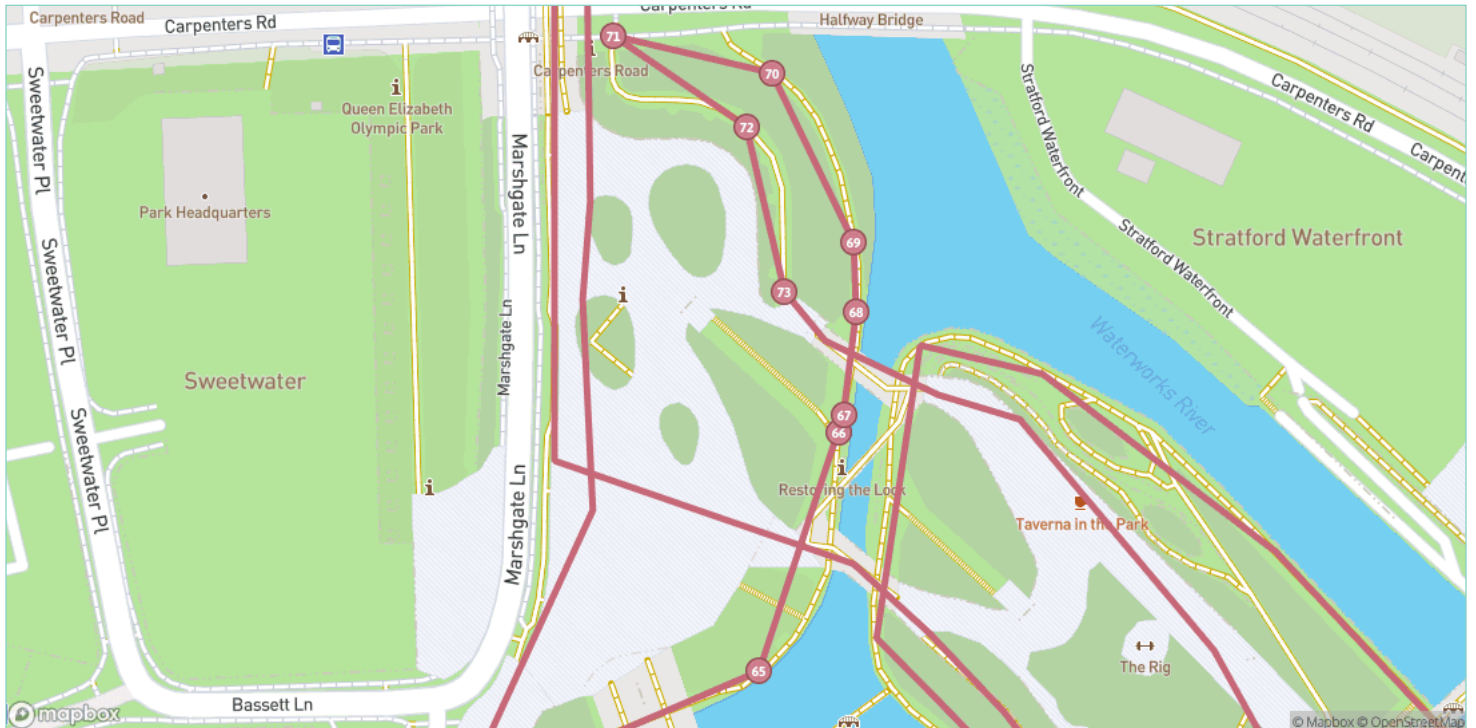
Step 60: Noticing all the different colours and shapes around.

Step 61: At the end of the garden you'll see a path heading upwards.

Step 62: Follow this path around the corner.

Step 63: And progress under the bridge.

Step 64: You'll be able to find unique views of the stadium from down here.



Step 65: As well as see the different bridges that connect the labyrinth of paths.

Step 72: Pockets of blossom line the avenue back up.

Step 66: As you carry on, to your left will be some stairs which skips to Step 73. For a step free option though carry on alongside the water...

Step 67: ...walk or wheel under the next bridge.

Step 68: These paths like many others are lined with foliage.

Step 69: You'll be able to spot the newer developments alongside Eastbank. Home to cultural institutions such as V&A; East and BBC Music.

Step 70: Follow the path around.

Step 71: Follow the road to the left and then you'll find a turn on the left to go back uphill.



Step 73: You'll soon be back on the higher level of the park, where the stairs would come out at too.

Step 80: Beautiful blossom trees can be seen in full colour.

Step 74: Turn left and towards to the fir trees.

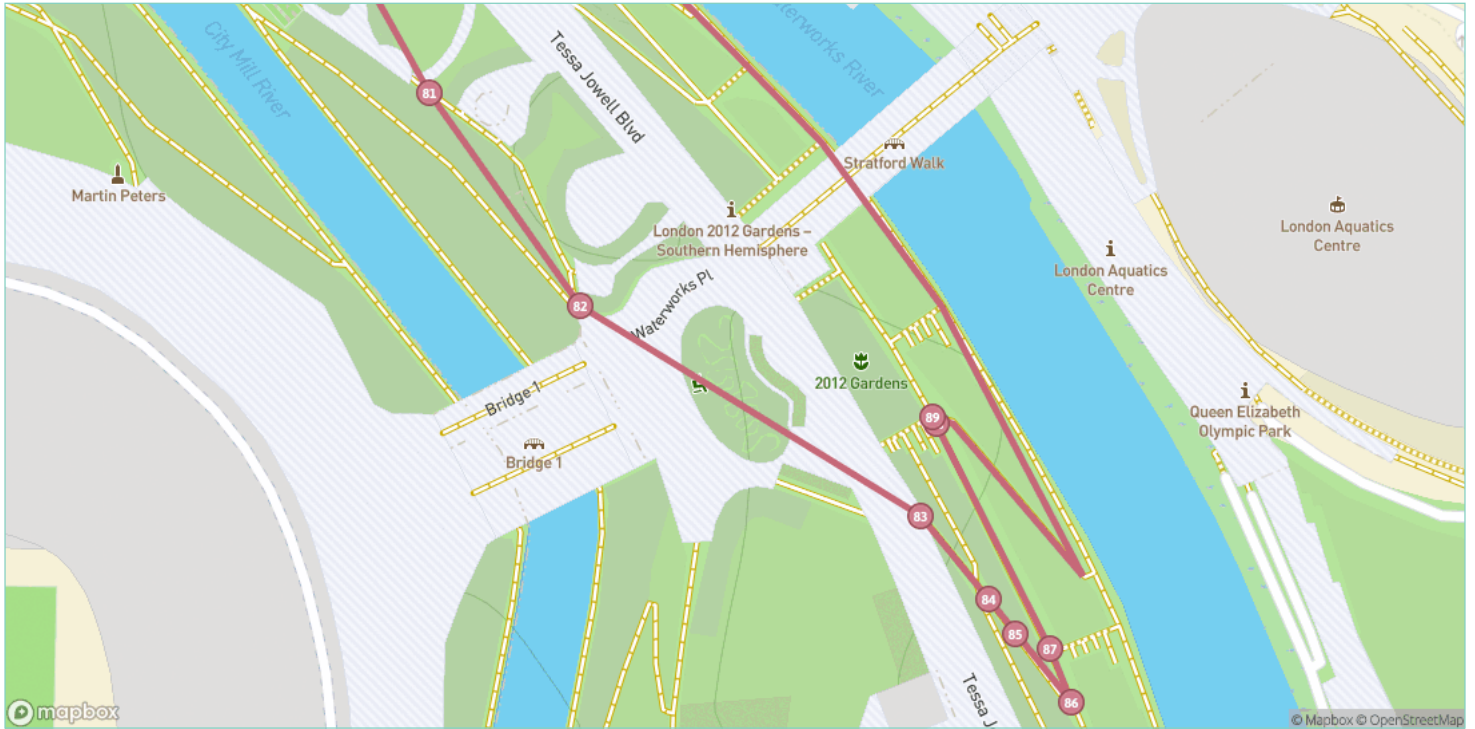
Step 75: You'll soon reach Tessa Jowell Boulevard. Walk down this footway for the time being.

Step 76: Over to the left you'll be able to see beautiful willow trees.

Step 77: And in summer the boulevard is covered with a canopy of green.

Step 78: As you see a bridge on your left, take a right off the boulevard and meander through the trees.

Step 79: You'll head towards the stadium again, then following the path to the left.



Step 81: Follow the path along some more.

Step 82: As you reach the fountains cross over, further down the boulevard.

Step 83: As you approach the river you'll find either stairs or this gentler path downwards. Head down to the river.

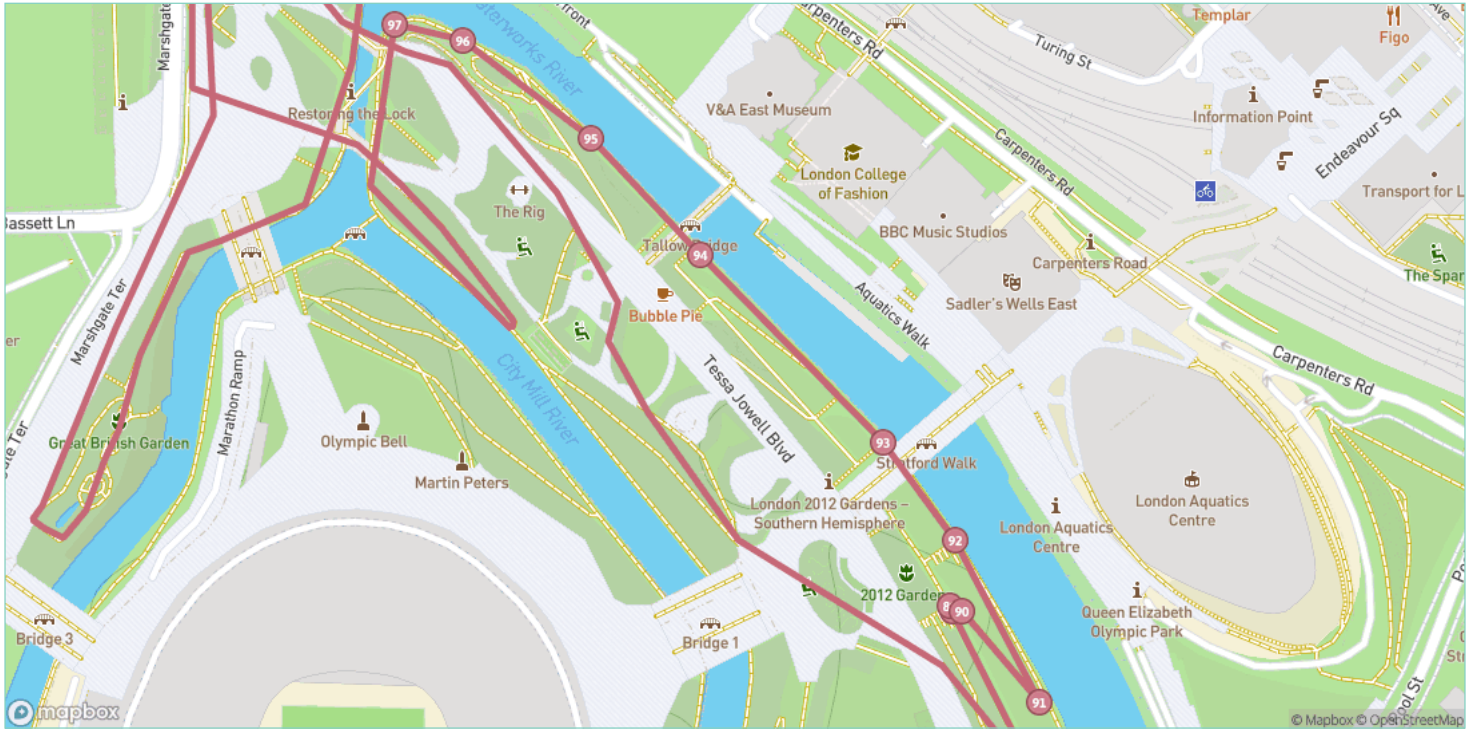
Step 84: The ArcelorMital Orbital towers high just over to the right.

Step 85: On this bank you'll find lots of different species of plant.

Step 86: And more willow trees too.

Step 87: Keep following the path downwards.

Step 88: At the northern edge of the bank is the 2012 garden.



Step 89: Summertime may be the best time to see this particular spot.

Step 90: Continue on down to the river.

Step 91: Take a left and follow the path with the river to your right.

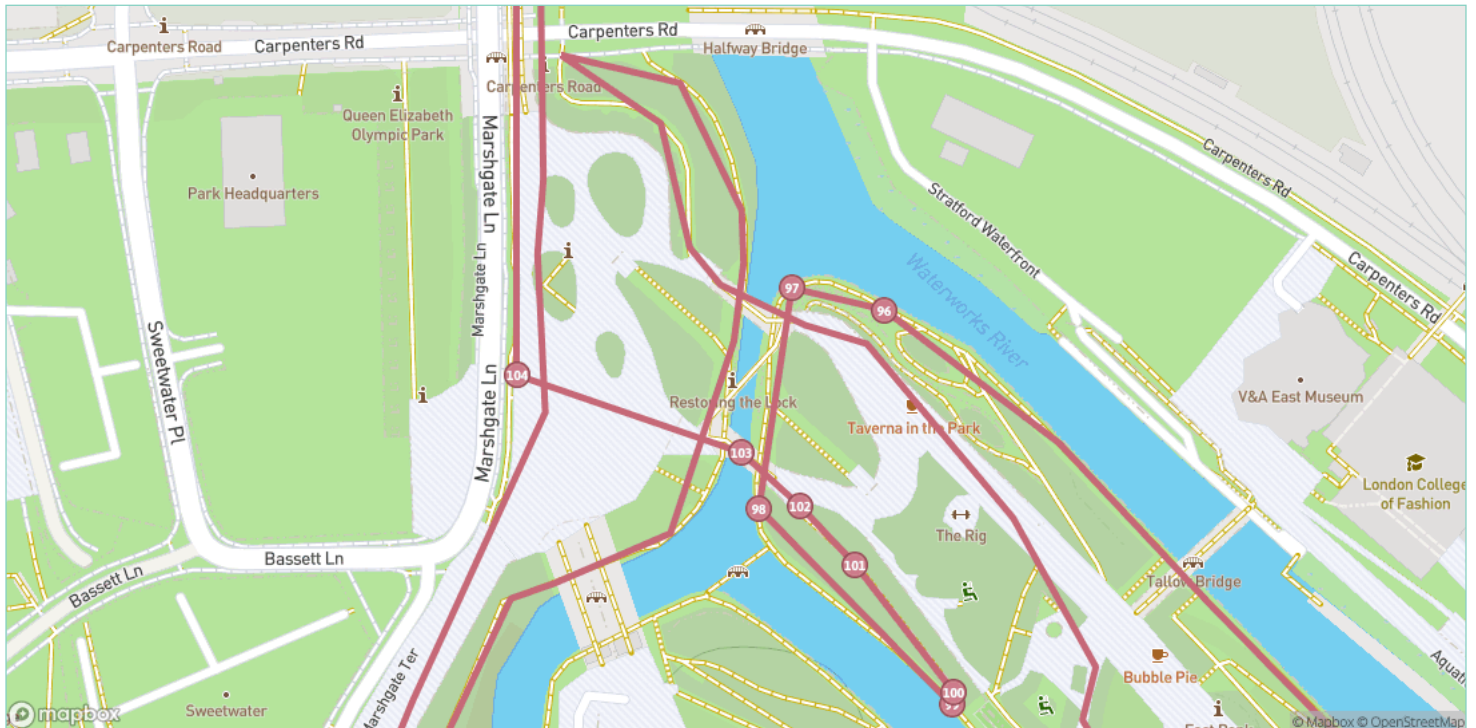
Step 92: Patches of daffodils light up the bank earlier in the year.

Step 93: Keep progressing down alongside the river.

Step 94: Passing under this bridge.

Step 95: And alongside the willow trees from earlier.

Step 96: At the end follow the path around the corner.



Step 97: And continue under the mirrored bridge. Great for arty pics!

Step 98: Follow it the left, ignoring the blue bridge.

Step 99: And on your left you'll find a slightly steeper incline to get back up top.

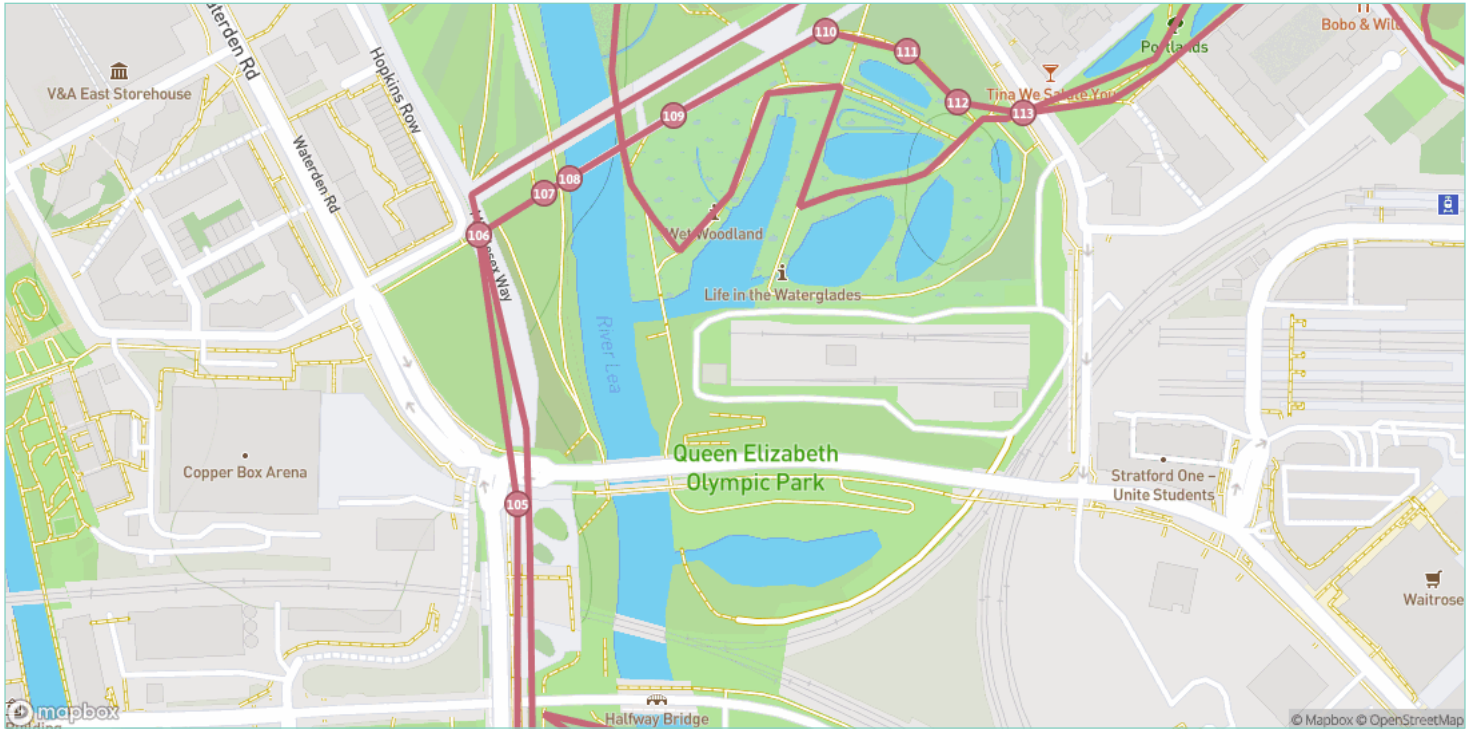
Step 100: Follow this path up.

Step 101: More pockets of green ivy line the way.

Step 102: At the top head back towards the flags.

Step 103: And back along the pedestrianised walkway. Mind the bollards.

Step 104: Bear right here, passing those little pockets of green again on the way.



Step 105: Take the crossing from earlier again.

Step 106: And as you reach a crossroads take the first right.

Step 107: Follow the bridge to the end.

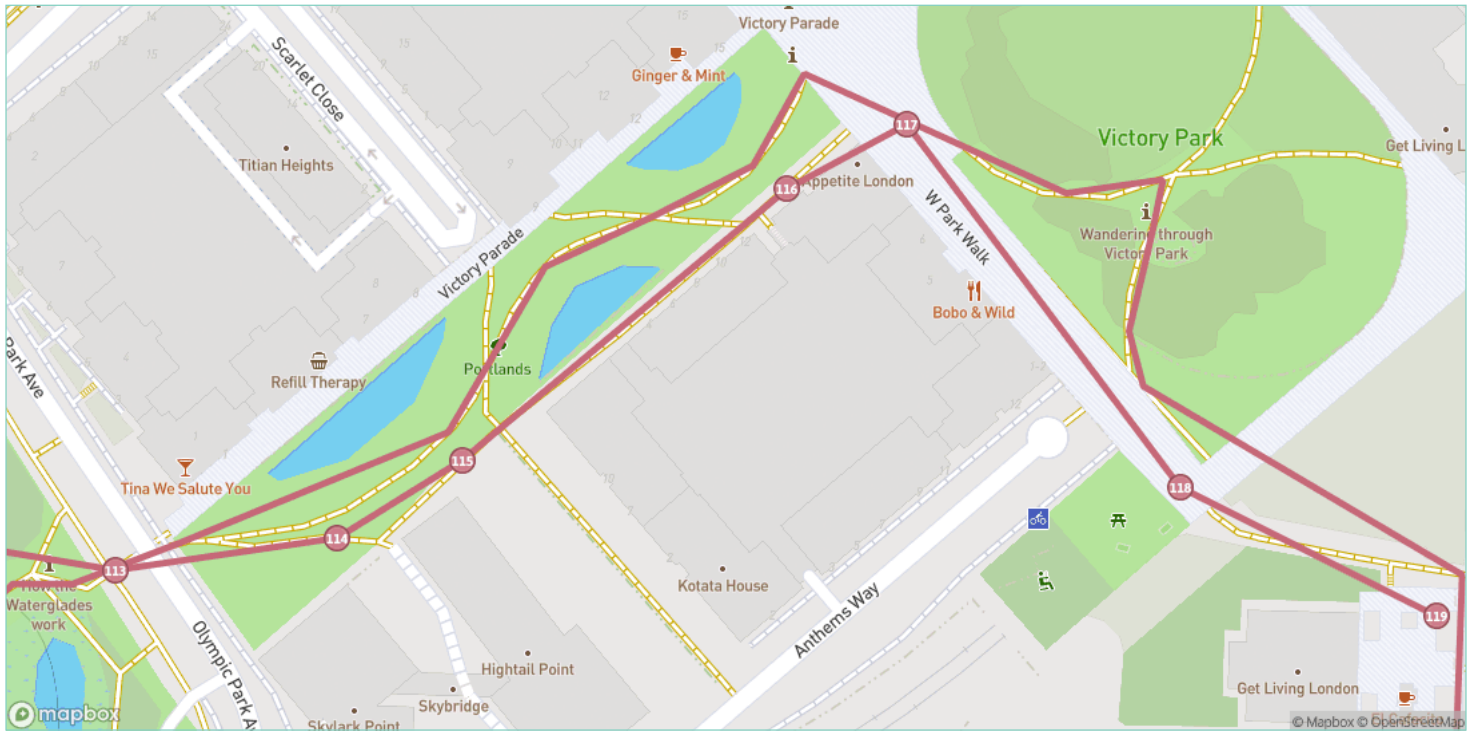
Step 108: From this side you can see a spectacular view of the stadium and viewing platform.

Step 109: You can also get an aerial(ish) view of the Waterglades from the start.

Step 110: Take a right along the unpaved path.

Step 111: Passing more parts of blossom on the way.

Step 112: At the end follow the path left.



Step 113: And return along the crossing.

Step 114: You can either take the central path again or the one on the right.

Step 115: Over to the right you'll find different views of Portlands and the gardens around the apartment blocks.

Step 116: Continue back towards Victory Park.

Step 117: Take a right, keeping the park to your left.

Step 118: At the end of the path, turn left back towards to Stratford International.

Step 119: And then down to your right you'll be able to see where you started. We hope you enjoyed this lovely walk. Tap the 3 dots to share it.