NHS Greater Glasgow & Clyde recognise that physical activity is essential for good health and encourage staff and visitors to consider cycling as a great way to travel to Hospital sites. This map indicates the shared access routes to hospitals and healthcare facilities. Designated visitor cycle parking is located on most sites.

Commuter cycle training is available for NHS Greater Glasgow & Clyde staff. There are a range of training courses available from basic beginners training to advanced on-road manoeuvre training for proficient cyclists. Please note courses are arranged subject to demand.

For further information: Email: travelpo@ggc.scot.nhs.uk or telephone 0141 452 6260.

NHSGGC’s Active Staff service is designed to support staff to get more physically active, both at their workplace and in their local area.

To find out what activities are available in your area or to book one of our classes: Visit: www.nhsggc.org.uk/activestaff Call: 0141 201 4489 Email: activestaff.legacy2014@ggc.scot.nhs.uk

Gartnavel Hospital has been awarded Cycle Friendly Employer status by Cycling Scotland.

NHSGGC have a Bicycle User group for staff. Please contact TravelPo@ggc.scot.nhs.uk if you wish to be added to the BUG distribution list and be kept informed of initiatives and relevant cycling information for NHSGGC staff.

If you are planning on cycling please use the online journey planner to plan your route www.cyclestreets.net

Information on Active travel, cycling initiatives and travel plan activities is on Staffnet Transport Pages.

The Cycle to Work scheme is a salary sacrifice scheme available to NHS Greater Glasgow & Clyde staff*.

With Cyclescheme, you can get a bike tax-free, which for most people means they save about 32% of the cost. You can get just about any bike you like from a local bike shop, and it’s good for your health and the environment too.

Visitor cycle parking is available at JB Russell House and at the Hub. There is a NextBike bike hire facility at Great Western Road entrance to the Hospital and secure cycle shelters for staff.

Showers are available in the Administration building, JB Russell House and west end of West House for GRH and are located within staff changing areas. Please contact the respective site facilities management for further information on cycle facilities.

*Terms and Conditions apply