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 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.

**Active Staff**

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

Glasgow Royal Infirmary has been awarded Cycle Friendly Employer status by Cycling Scotland.

**Cycling Information**

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.

**Cycling to Work**

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 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.

The hospital has shower facilities available in centre block ground floor level near to security desk, key available from security; showers are also available in male and female changing rooms outside wards 24 and 33 of surgical block, there are also female showers in the female changing rooms in QEB lower ground level.

Cycle racks are available internally at ground floor level QEB within the link corridor, external also towards the rear of Macewan Building.

Information on cycling to work is also available in male and female changing rooms outside wards 24 and 33 of surgical block, there are also female showers in the female changing rooms in QEB lower ground level.

Cycle racks are available internally at ground floor level QEB within the link corridor, external also towards the rear of Macewan Building.

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