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 201 1439.

**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

Inverclyde Royal Hospital has gold award status for Health Working Lives.

*Terms and Conditions apply*

**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 you like from a local bike shop, and it’s good for your health and the environment too.

NHS Greater Glasgow & Clyde 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.

NHS Greater Glasgow & Clyde are not responsible for loss or damage to property. Staff should be vigilant and use the secure cycle shelters, where possible. ‘Sold Secure’ D locks are recommended. Bikes can be security marked and registered at www.immobilise.com or www.bikeregister.com

*Terms and Conditions apply*