The Royal Alexandra Hospital is situated in Paisley and serves a population of around 200,000 from a mix of urban and rural areas. The Royal Alexandra Hospital is a busy general hospital providing a range of medical and surgical inpatient, outpatient and day patient services. The hospital also has an A&E Department and Maternity Unit.

NHS Greater Glasgow & Clyde supports Renfrewshire Outdoor Access Strategy - Outdoors for You and objectives to increase the number of people actively travelling to work by walking or cycling.

The strategy aims to encourage people of all abilities to be aware of opportunities for active travel and recreational access throughout Renfrewshire.

For further information please contact Renfrewshire Council on 0300 300 030.

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.

Showers are available within staff changing areas at Main Building, Theatres and Maternity. Please contact RAH site facilities management for further information on cycle facilities and parking.

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

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

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*Terms and Conditions apply.