

**PEOPLE
MAKE
GLASGOW
HEALTHIER**

Health and fitness for delegates

**GLASGOW
CONVENTION
BUREAU**



Get active

Glasgow Club

Glasgow Club is Scotland's largest health and fitness club, with 21 gyms, 12 swimming pools and over 1400 fitness classes a week! You are never far from your next workout with us! Whatever your goal or fitness level, get involved at glasgowclub.org

Gym and fitness classes - Glasgow Club Kelvin Hall

Glasgow Club Kelvin Hall has a state of the art health and fitness centre incorporating an 8 court multipurpose sports hall, 4 court gymnastics hall, 3 dedicated group fitness studios and the largest fitness gym in the city at over 1,000m².

It's simple for delegates to access the facilities and classes at Glasgow Club Kelvin Hall - please ask at reception on arrival.

Bike hire

nextbike UK operates a bike hire scheme in Glasgow, with 500 bikes for public hire at 53 locations across the city!

Find out more about the bike hire scheme at www.nextbike.co.uk/az/glasgow

Walking and cycle tours

Explore the city while getting your steps in with a walking tour of Glasgow! Walking Tours in Glasgow have public and group tours available including the city centre, street art, Instagram and west end tour.

Find out more at www.walkingtoursin.com

If you prefer a bike tour, Glasgow Bike Tours are a great way to see the city including the sightseeing tour and the Full Bhuna tour! Find out more at glasgowbiketours.co.uk

Walking and cycle routes

Find maps of the National Cycle Network at www.sustrans.org.uk

Find walks in Glasgow and throughout Scotland at www.walkhighlands.co.uk

Relax and refresh

Swimming - Scotstoun

Glasgow Club has 12 swimming pools across the city, and your nearest one can be found at Glasgow Club Scotstoun. The 25m pool is perfect for delegates looking to go for a swim during the visit. You can also take a dip in the spa pool and visit the sauna and steam rooms.

Find out more about the venue at glasgowclub.org

Refresh Spa at the Emirates Arena

Refresh Spa located within the Emirates Arena offers a truly unique and revitalising experience. Both beauty treatments and spa experiences are available. The thermal and hydro spa therapies are designed to cleanse, rejuvenate and refresh the mind and body. Stepping inside our spa experience promises to relax you - the heat and water will soothe and enable you to leave the daily stresses far behind!

Find out more at www.emiratesarena.co.uk/refresh-spa

Explore our parks

Meaning “Dear Green Place” in Gaelic, Glasgow really does live up to its name. The city has over 90 parks and gardens to explore.

Kelvingrove Park is just a 15 minute walk from the Scottish Event Campus. This Victorian park is set on the banks of the River Kelvin with the stunning architecture of Kelvingrove Art Gallery and the University of Glasgow adjacent.

A popular park for locals, the Botanic Gardens in the West End of the city offers a tranquil blend of formal gardens and woodland walks, as well as the beautiful Kibble Palace glasshouse.

Delegates based in the city centre can explore our oldest park, Glasgow Green, on the banks of the River Clyde and pop into the People’s Palace, dedicated to the social history of Glasgow.





Healthy eating options

City Centre

[Martha's \(healthy restaurant / takeaway\)](#)

142A St Vincent Street, Glasgow, G2 5LQ

0141 248 9771

Closed Saturday & Sunday

[KCal Kitchen \(healthy restaurant / takeaway\)](#)

130 West Regent Street, Glasgow, G2 2RQ

0141 230 1033

[Picnic \(healthy plant-based café\)](#)

103 Ingram St, Glasgow G1 1DX

0141 552 8788

[Sprigg \(takeaway - salad bowls\)](#)

241 Ingram Street, Glasgow, G1 1DA

[Primal Roast \(clean-eating healthy food and quality coffee\)](#)

278 St Vincent Street Glasgow, G2 5RL

0141 222 2750

Closed Sundays

Finnieston

[Piece Finnieston \(salad boxes and snacks\)](#)

1056 Argyle Street, Glasgow, G3 8LY

[Roots, Fruits & Flowers Finnieston \(deli, fruit and veg\)](#)

1137 Argyle Street, Glasgow, G3 8ND

[Soul Food Kitchen \(healthy plant-based food\)](#)

973 Sauchiehall Street, Glasgow, G3 7TQ

0141 406 4292