

Health and fitness for delegates



PEOPLE
MAKE
GLASGOW
HEALTHIER

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 is situated just a 17 minute walk or short cycle ride from the Scottish Event Campus.

The venue 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.

Clip n'Climb at Kelvin Hall

With indoor climbing walls, Clip n' Climb Kelvin Hall promises an exciting day out full of empowering, action-packed challenges for everybody! There are climbing challenges available for all abilities, and the truly brave can take on the Leap of Faith.

Besides the health benefits of Clip 'n Climb, the activity is ideal for promoting self-confidence, balance, problem solving and perseverance.

You don't need any previous climbing experience and no specific climbing equipment is required. Find out more at: <http://kelvinhall.org.uk/play-and-climb/clip-nclimb-at-kelvin-hall/>

Golf

Records of golfing in Scotland go all the way back to the 15th century! Glasgow is well placed to access some scenic and world renowned courses, including those on the Ayrshire coast with 5 of the UK's top 100 courses and 3 Open Championship venues.

Find more information on courses, passes and tours here: www.ayrshiregolfscotland.com



Watersports

Pinkston Watersports in Glasgow is home to Scotland's only artificial whitewater course and a flat water basin with bathing quality water. Activities on offer include swimming, rafting, river boarding, kayaking and canoeing.

More information can be found at pinkston.co.uk

Bike hire

nextbike UK operates a popular bike hire scheme across Glasgow, with 700 bikes available for public hire at 70 locations across the city!

Bike stations are available next to conference venues, transport hubs, museums and attractions.

Find out more about the bike hire scheme, the nextbike app and locations near your hotel and venue at www.nextbike.co.uk/az/glasgow



Bike tours

If you would prefer a bike tour, Glasgow Bike Tours are a great way to see the city with options including the sightseeing tour and the Full Bhuna tour! Bespoke tours are also available with notice from a particular venue.

Find out more at glasgowbiketours.co.uk

Walking 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



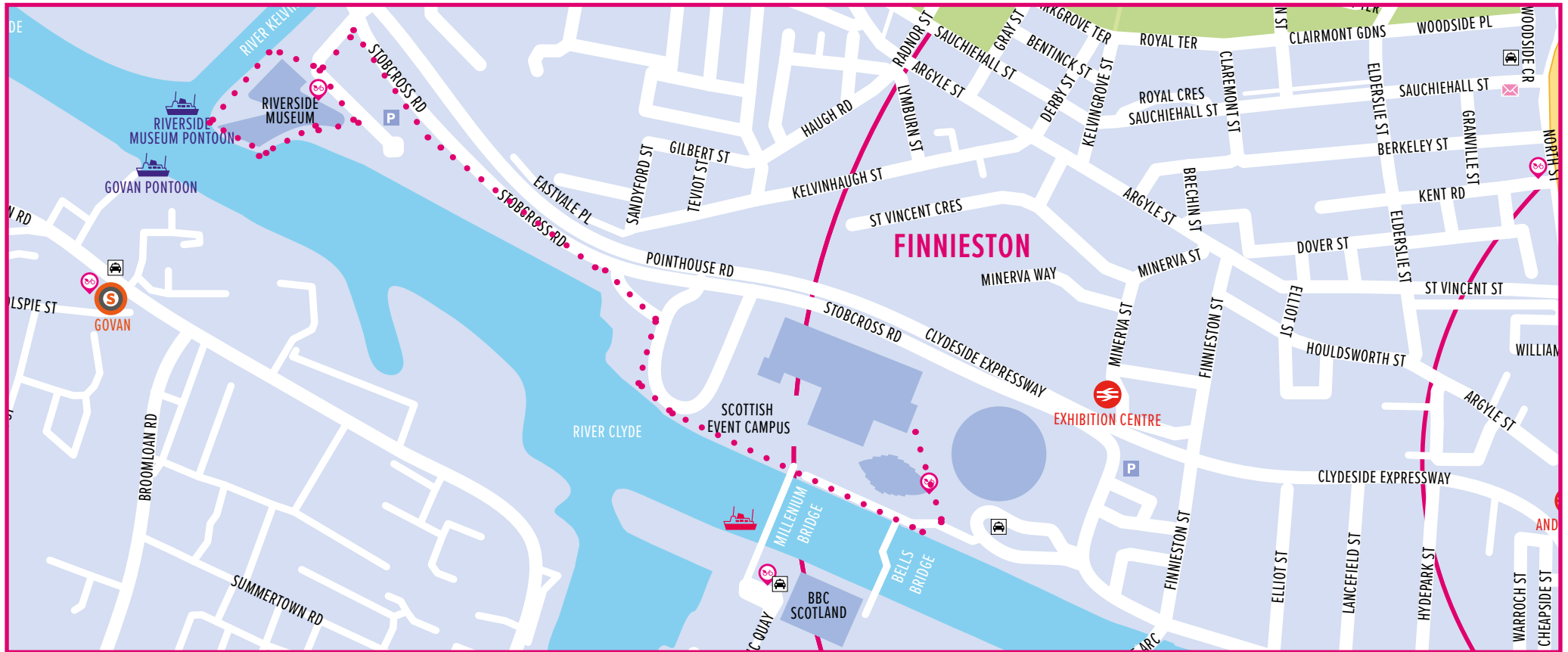
Cycling and walking routes

If you'd like to explore the city, you can find some suggested routes below.

For more inspiration, view the map for the National Cycle Network, including route 7 (passing the SEC) at www.sustrans.org.uk

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

Route ideas - walk, jog, run or cycle

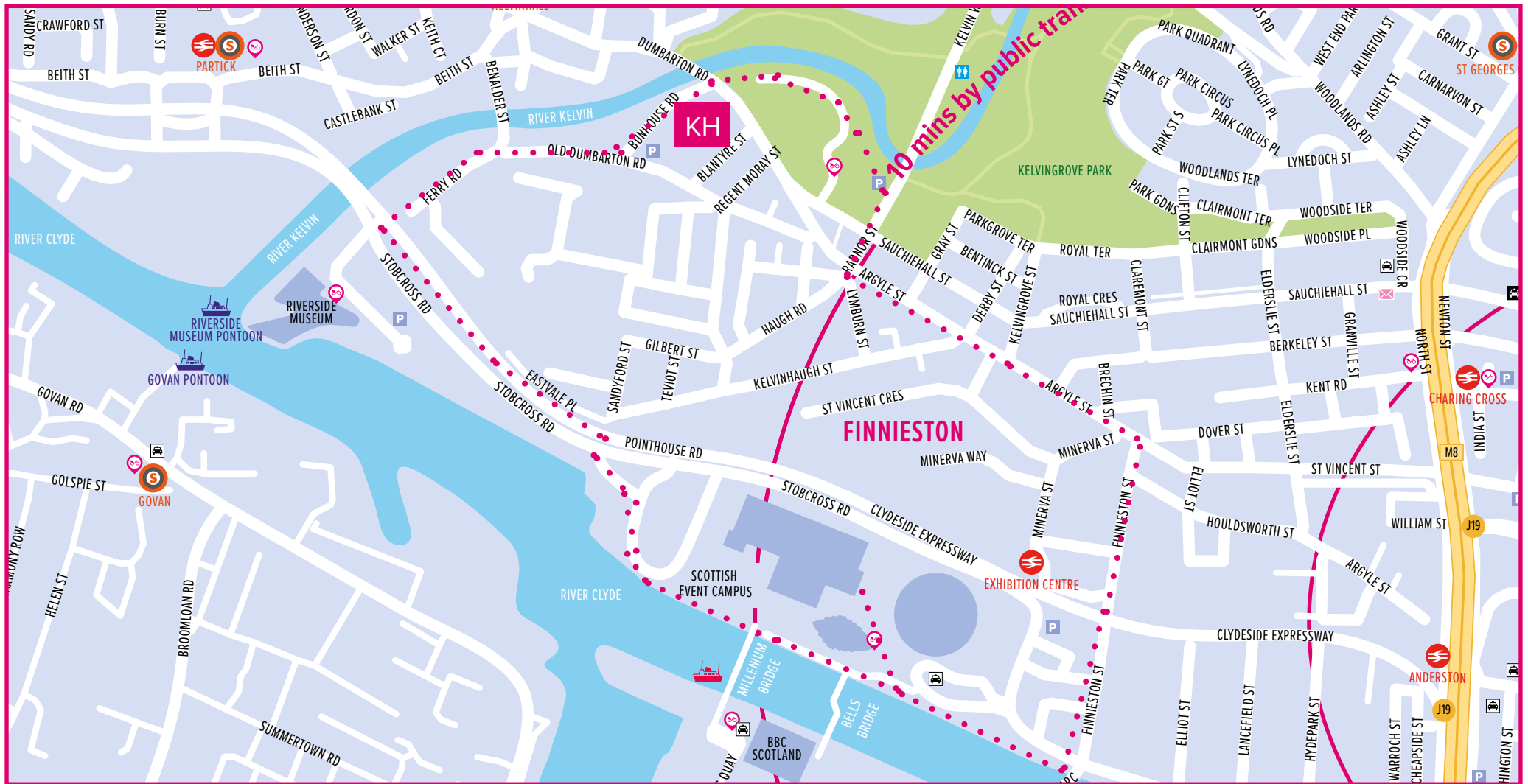


Riverside Museum loop

Start / finish point: Entrance to the SEC Centre

Approximate distance: 4.6 km

Terrain: cycle / footpath, crossing a few car park entrances

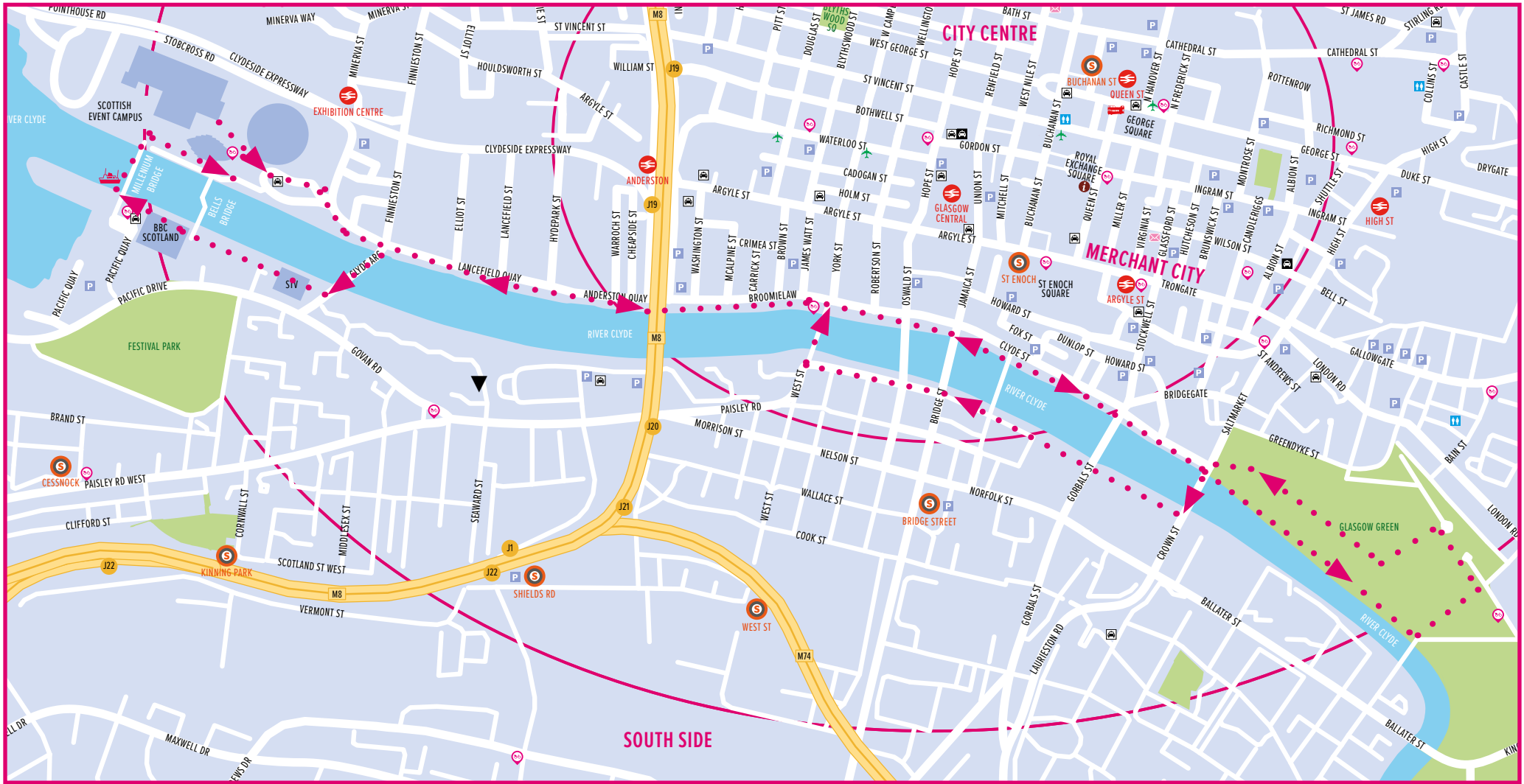


Kelvin Hall / Finnieston loop

Start / finish point: Entrance to the SEC Centre

Approximate distance: 5 km

Terrain: cycle path, park and pavements alongside roads



Glasgow Green 10K

Start / finish point: Entrance to the SEC Centre

Approximate distance: 10 km

Terrain: cycle path, park and pavements alongside roads

Relax and refresh

Swimming

Glasgow Club has 12 swimming pools across the city.

Find your nearest pool and details of facilities and opening times at

glasgowclub.org

Refresh Spa at the Emirates Arena

(10 minute journey by train from Exhibition Centre Platform 1, to Dalmarnock)

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

[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

