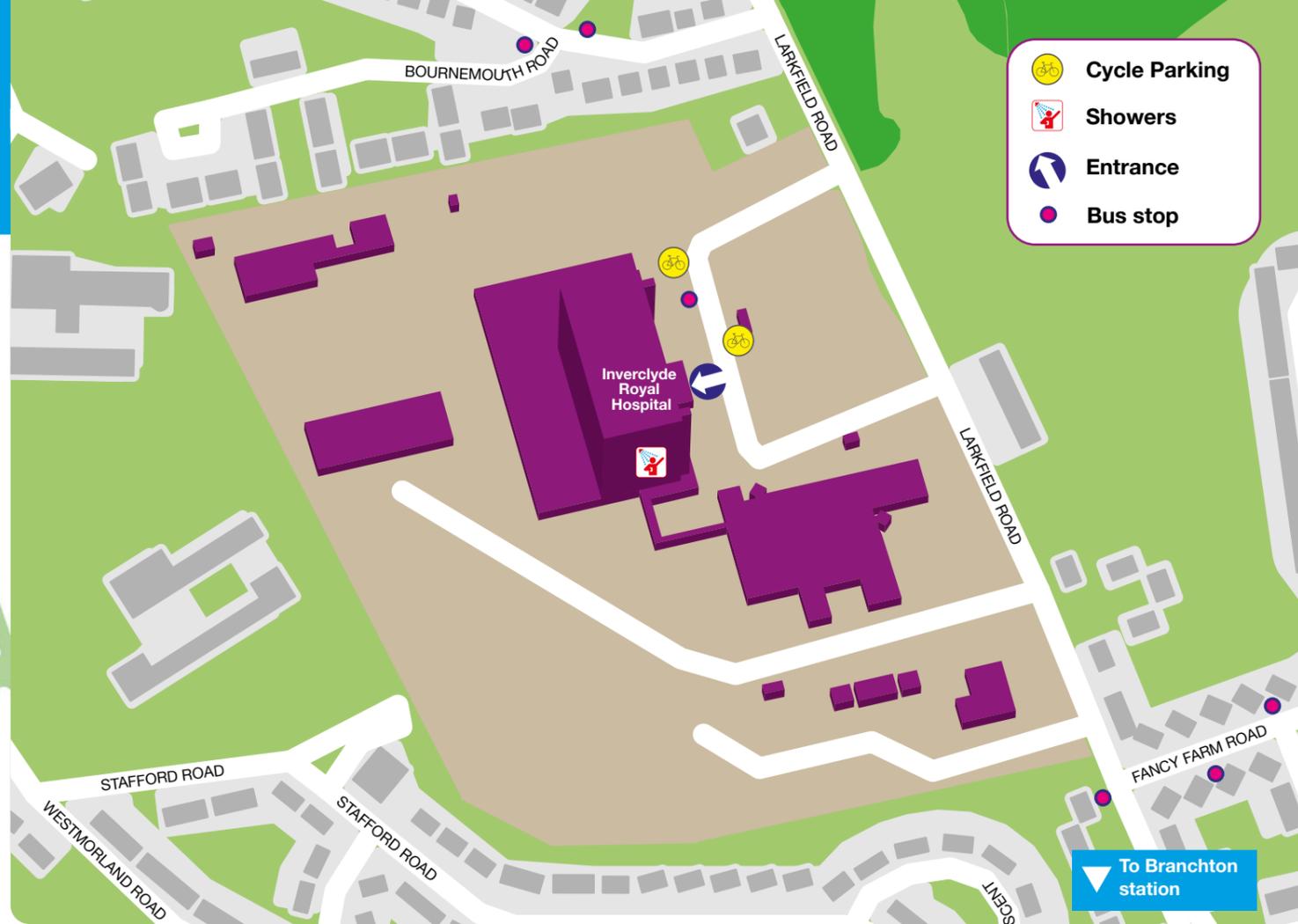


Inverclyde Royal Hospital

Walking and cycling guide 2021



Inverclyde Royal Hospital

Inverclyde Royal Hospital is situated in Greenock, Inverclyde approximately 30 minutes from Glasgow. It serves a population of around 125,000 in the urban and rural areas of Inverclyde, Largs, Bute and the Cowal Peninsula. IRH provides range of services including inpatient beds, general medical and surgical specialties, orthopaedics, ophthalmology, Community Maternity Unit and Accident & Emergency.

At the main entrance there are patient information points which provide travel information, health promotion and other advice.

Active Travel

Cycling to Work

NHS Greater Glasgow & Clyde recognise that physical activity is essential for good health and encourage staff and visitors to consider walking and 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

Inverclyde Royal Hospital is served by public transport covering bus and rail travel within the immediate area and linking to Greenock town centre. Bus services provide direct access to the main entrance, with Branchton rail station located approximately 0.5 mile walk from the main entrance.

To plan your journey by public transport, please use www.travelinescotland.com journey planner or visit www.scotrail.co.uk

Information on planning the optimal cycle route that suits you, is available at www.cyclestreets.net

Walking journey planning is available at www.walkit.com

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

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

The Cycle to Work scheme is a salary sacrifice scheme available to NHS Greater Glasgow & Clyde staff*. With the Cycle to Work scheme, you can get your bike tax-free, which for most people means they save between 25% and 32% of the cost. Loans are available up to a maximum of £4,000 to use at a wide range of retailers, including E bikes or if you just want to purchase some new accessories. As well as saving you money, it is good for your health and the environment.

There are staff changing and shower facilities available on Level 'B' (lower ground floor). A secure cycle shelter and bike pods, managed by Facilities, are located at the main hospital entrance. There are also cycle racks at the main hospital entrance.

The hospital also benefits from its close proximity to scenic walking routes in the local area. For more information, please visit www.clydemuirshiel.co.uk/visit/things-to-do

*Terms and Conditions apply

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.

Information on planning the optimal cycle route that suits you, is available at www.cyclestreets.net

For more information on active and sustainable travel, please contact the Travel Plan Office or visit Transport pages on Staffnet.

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



Inverclyde Royal Hospital



- National Cycle Network on-road
- National Cycle Network traffic-free
- Railway with station
- Hospital building
- Educational building
- National Cycle Network route number
- Bus stop within 1km of hospital