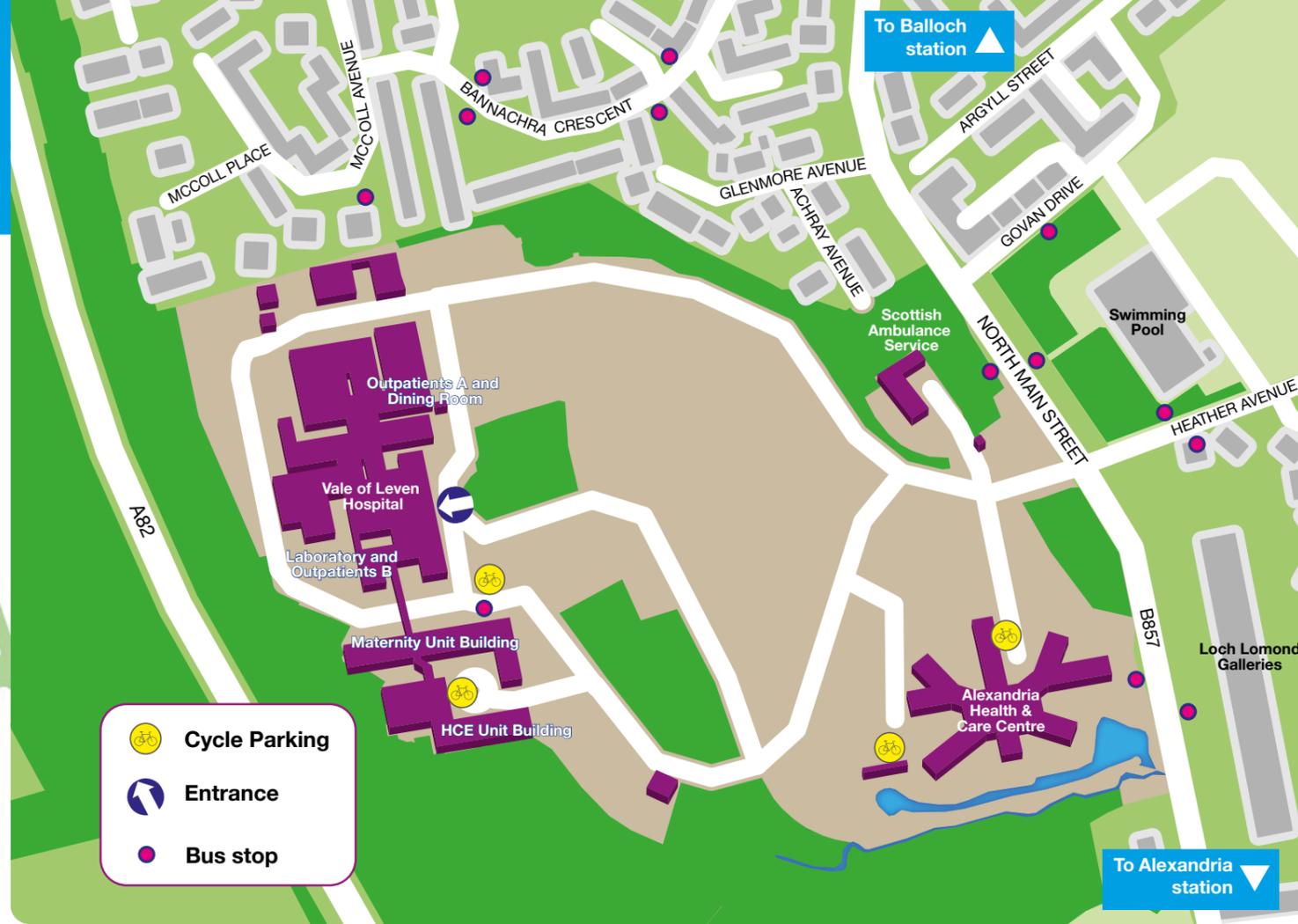


Vale of Leven Hospital

Walking and cycling guide 2021



-  Cycle Parking
-  Entrance
-  Bus stop

Vale of Leven Hospital

The Vale of Leven Hospital serves a population of approximately 78,000 within the constituency of Dumbartonshire and is approximately 30 minutes from Glasgow, near the town of Alexandria. The hospital provides a range of services including inpatient beds, general medicine, women's health, orthopaedics, maternity services and a Minor Injuries Unit.

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

Vale of Leven Hospital is well served by public transport covering bus travel within the immediate area and linking to Alexandria, Balloch and Glasgow City Centre for onward connectivity. Bus services provide direct access to the main hospital entrance and allow interchange at Alexandria and Balloch rail stations, which are located approximately 1 mile from the main Hospital 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

Vale of Leven 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 is a secure cycle shelter at the entrance to the Maternity Unit Building. Cycle racks are also available at this location. Changing and shower facilities are available within the male and female changing rooms.

*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



Vale of Leven Hospital

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

