



# CATHKIN BRAES MOUNTAIN BIKE TRAILS

## Essential Venue Guide

Glasgow's newly-created, international-standard mountain bike course at Cathkin Braes combines panoramic views over the city with challenging purpose-built trails for the Cycling (Mountain Bike) competition.

# At Cathkin Braes Mountain Bike Trails

For everyone's safety and enjoyment of the event, all spectators will pass through an airport style screening process for prohibited and restricted items before being allowed into venues.

Facilities	Advice	Regulations	Important information
<ul style="list-style-type: none"> <li>- Spectator Information Point, including induction hearing loop and Lost &amp; Found service.</li> <li>- Pushchair storage.</li> <li>- Accessible toilets (NB no Changing Places toilet available).</li> <li>- First Aid.</li> <li>- Merchandise, food &amp; drink kiosks and free water filling stations.</li> <li>- There will be no cloakroom facility. However, Mountain Bike is an outdoor event, with no shelter from sun or rain, so please dress appropriately. The terrain will be steep and uneven in places, requiring sturdy footwear and careful walking.</li> <li>- Cash only payments will be accepted at food &amp; drink kiosks (NB no ATM/cashback facility available). Merchandise kiosks accept cash, VISA and MasterCard.</li> </ul>	<ul style="list-style-type: none"> <li>- Plan your journey now. Make sure you know how to reach the venue and allow plenty of time for travel, queuing systems at transport hubs, and security checks.</li> <li>- Use public transport – do not drive to the venue. Except limited pre-bookable facilities for Blue Badge holders, there will be no parking or set-down/pick-up points for private cars at or near the venue.</li> <li>- Factor in 15 minutes' walking time from venue entry on Ardencraig Road to the Ticket Validation Point; 10 minutes to reach the Spectator Plaza; plus time to pass through security and ticket checks and reach your viewing area on the course.</li> <li>- The Mountain Bike competition is unique in how close spectators can come to the action. Outside your ticketed area, explore the entire course alongside the athletes. Please keep your ticket with you at all times.</li> <li>- Although the full course is not wheelchair accessible, there is a designated accessible viewing area at the Start/Finish line.</li> <li>- Do your bit for the environment – take your rubbish home or recycle it in the bins provided.</li> </ul>	<ul style="list-style-type: none"> <li>- Assistance dogs are permitted, but pets may not be brought inside the venue.</li> <li>- Cycles and other wheeled vehicles (with the exception of mobility aids) may not be brought inside any ticketed areas within the venue. Bags, panniers etc cannot be left unattended in any cycle parking areas within the venue.</li> <li>- Bringing a bag may slow down your entry to ticketed areas. Each spectator is permitted one small, soft sided bag no larger than 25 litres (equivalent to 30 x 20 cm/12" x 8" x 8").</li> <li>- From the main entry on Ardencraig Road, please attend the Ticket Validation Point, where your ticket stub will be validated and a wristband provided. Both ticket stub and wristband are required for entry into ticketed viewing areas. Your stub and wristband also allow you to exit the venue and re-enter.</li> <li>- Smoking, including electronic cigarettes, is not permitted within any Games venue. This includes any open air space within the venue perimeter. Smoking is discouraged immediately outside venues.</li> <li>- Children under the age of two years on 23 July 2014 will not require a ticket. Children under the age of 16 must be accompanied by an adult and may not enter the venue alone.</li> </ul>	<ul style="list-style-type: none"> <li>- Alcohol can be purchased from the food &amp; drink kiosks, but may not be brought into the venue from outside.</li> <li>- All containers of liquids, aerosols or gels – except sunscreen (200ml) and non-alcoholic drinks (500ml) – must be 100ml or under in volume.</li> <li>- You can bring a plastic water bottle of 500ml or under.</li> <li>- The following items will not be permitted at Cathkin Braes Mountain Bike Trails: cans; glass; flags of non-participating causes, affiliations or organisations; all photographic equipment over 30cm in length, including tripods and monopods; golf style umbrellas, large bags, coolbags and picnic hampers.</li> <li>- The following items are prohibited and illegal under Scottish law: knives; firearms; ammunition; explosives; toxic or irritant chemicals; CS spray; illegal drugs and similar substances.</li> <li>- For full details and guidelines, visit: <a href="http://glasgow2014.com/tickets">glasgow2014.com/tickets</a></li> </ul>

# Travelling to Cathkin Braes Mountain Bike Trails

Approximately 6 miles from George Square (Glasgow city centre)

Glasgow 2014 is a public transport Games. Plan your Games Time journeys using the Traveline Scotland Journey Planning App: [travelinescotland.com](http://travelinescotland.com)

On the day for which it is valid, your event ticket includes access to local public transport services (trains, buses and Subway). To access these services, simply show your event ticket on request. Further details are available at [glasgow2014.com/transport/public-transport](http://glasgow2014.com/transport/public-transport)

For the latest transport news, visit [glasgow2014.com/transport](http://glasgow2014.com/transport) or follow us on twitter [@GamesTravel2014](https://twitter.com/GamesTravel2014)

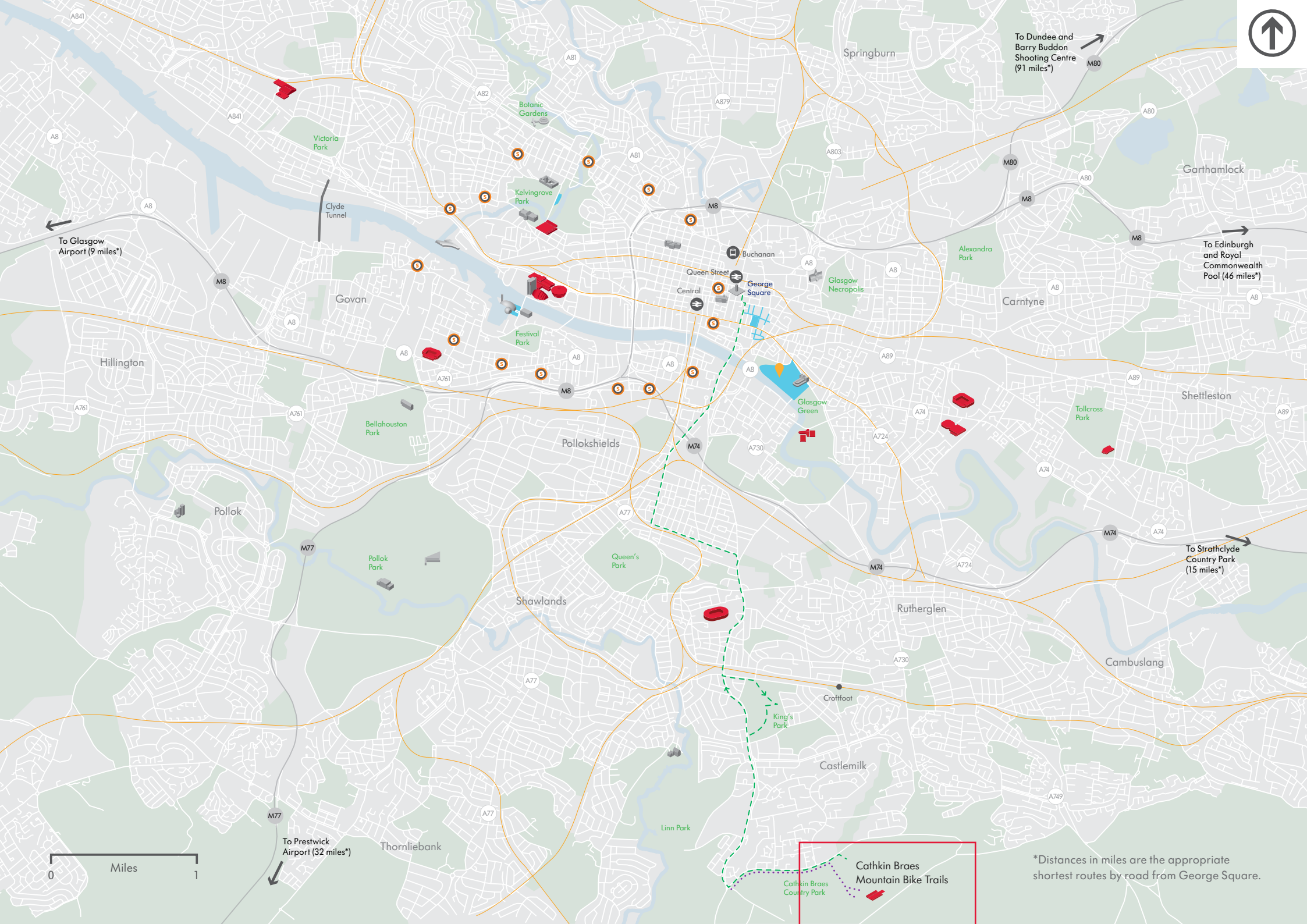
- Limited parking for wheelchair users/Blue Badge holders is located near the venue, and includes Accessible Shuttle transport to a drop-off 1 minute's walk from entry. It's free and must be pre-booked on a first-come, first-served basis at [glasgow2014.com/accessibility](http://glasgow2014.com/accessibility)
- Accessible taxis can drop off and pick up on Castlemilk Drive, 1 minute's walk from venue entry on Arden Craig Road.
- For all accessibility enquiries go to [glasgow2014.com/accessibility](http://glasgow2014.com/accessibility)

See next page for recommended transport options.

# Travelling to Cathkin Braes Mountain Bike Trails

Approximately 6 miles from George Square (Glasgow city centre)

	Cycling	Local Public Bus	Accessible Shuttle Bus	Park & Ride
<b>Depart City Centre</b>	George Square (6 miles from venue entry).	Stockwell Street at Stockwell Place (5,31 and 75 to Castlemilk).	Accessible parking area.	Go to <a href="http://glasgow2014.com/transport/parkandride">glasgow2014.com/transport/parkandride</a> for latest information.
<b>Arrive</b>	Cathkin Braes Mountain Bike Trails.  Cycle parking available – please follow signage at venue.	Ardencraig Road near Castlemilk Drive, 12 minutes' walk to venue entry/exit on Ardencraig Road.	Accessible Shuttle drop-off, 1 minute's walk to venue entry/exit on Cathkin Road.	
<b>Return</b>	Cathkin Braes Mountain Bike Trails.	Ardencraig Road near Castlemilk Drive, 12 minutes' walk from venue entry/exit on Ardencraig Road.	Accessible Shuttle drop-off, 1 minute's walk from venue entry/exit on Cathkin Road.	
<b>Note</b>	Cycling takes approximately 43 minutes to cycle parking.  Bags and panniers may not be left unattended in the cycle parking area.	Frequent services will be running, but may be adjusted for Games Time. For further information go to <a href="http://travelinescotland.com">travelinescotland.com</a>  Return bus numbers are the same as for the journey out.	Accessible Shuttle places are available to wheelchair/easy access ticket holders on a first-come, first-served basis, and must be pre-booked at <a href="http://glasgow2014.com/accessibility">glasgow2014.com/accessibility</a>	Park & Ride places are limited and must be pre-booked on a first-come, first-served basis at <a href="http://glasgow2014.com/transport/parkandride">glasgow2014.com/transport/parkandride</a>



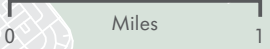
To Glasgow Airport (9 miles\*)

To Dundee and Barry Buddon Shooting Centre (91 miles\*)

To Edinburgh and Royal Commonwealth Pool (46 miles\*)

To Strathclyde Country Park (15 miles\*)

To Prestwick Airport (32 miles\*)



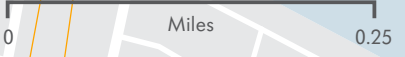
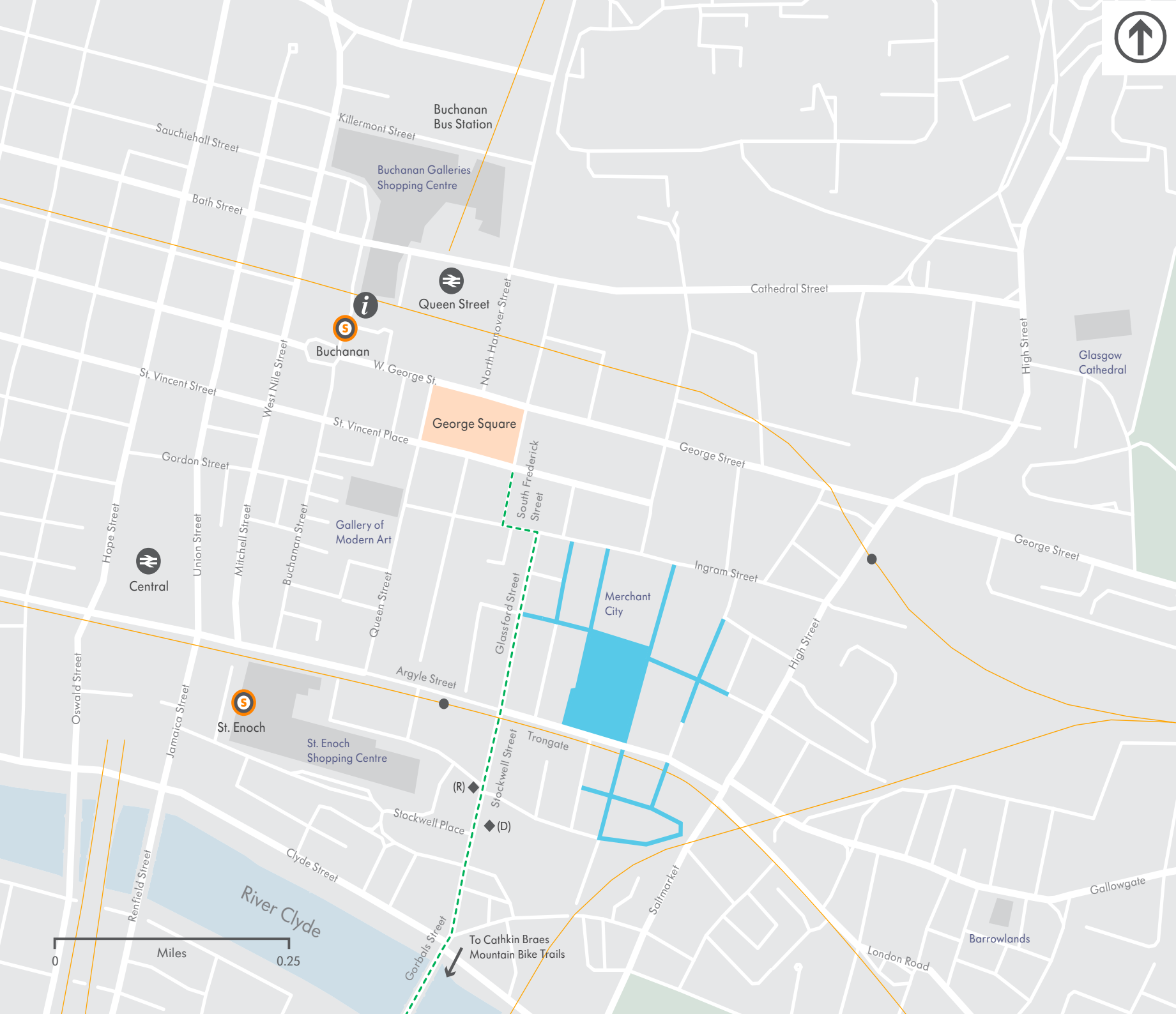
Cathkin Braes Mountain Bike Trails  
Cathkin Braes Country Park

\*Distances in miles are the appropriate shortest routes by road from George Square.

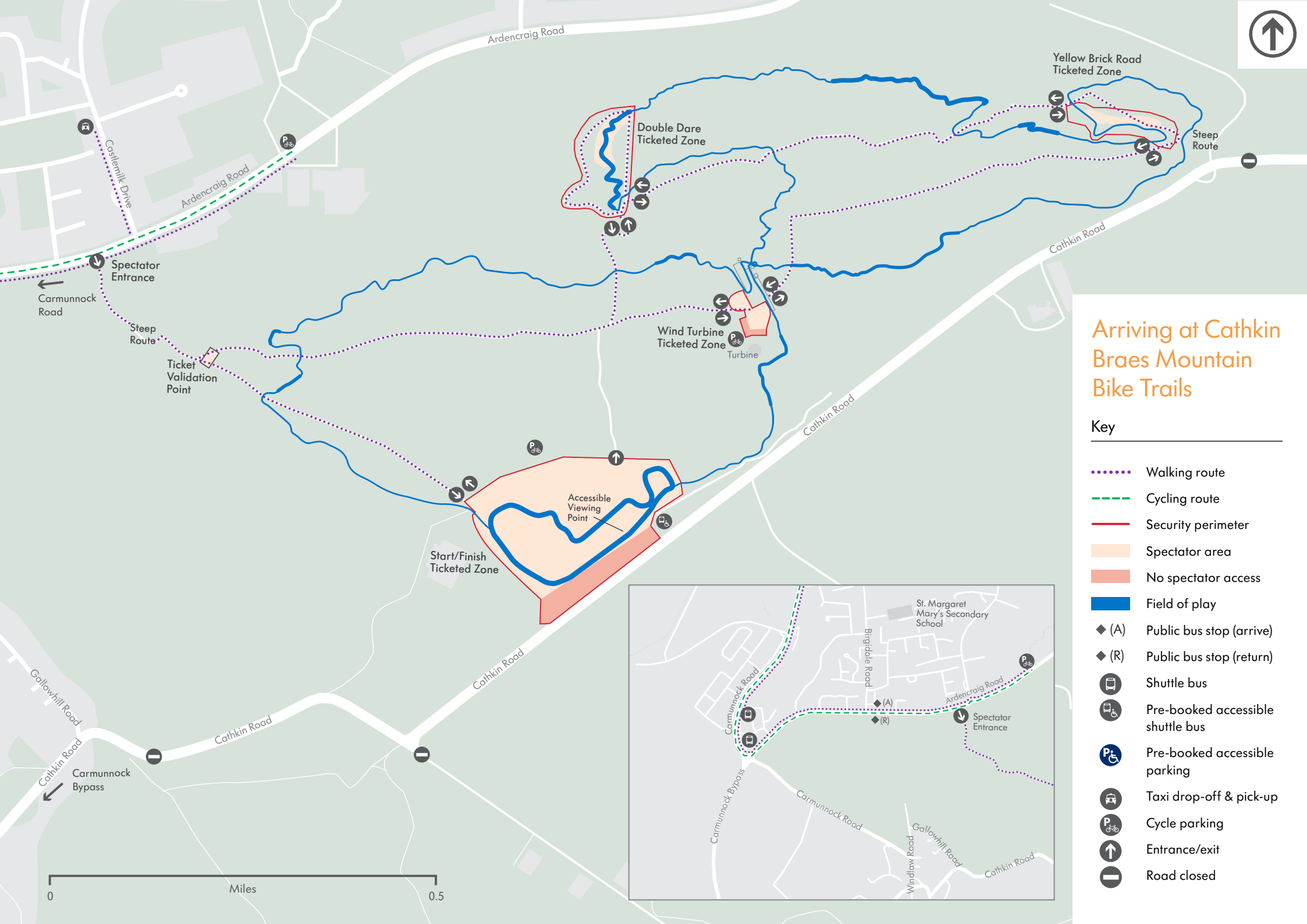


# Your journey from central Glasgow

- Rail route
- Cycling route
- Landmark
- Festival hub
- Train station
- Public bus stop (depart)
- Public bus stop (return)
- Subway station
- Tourist information



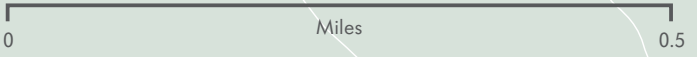
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# Arriving at Cathkin Braes Mountain Bike Trails

## Key

- ⋯ Walking route
- Cycling route
- Security perimeter
- Spectator area
- No spectator access
- Field of play
- ◆ (A) Public bus stop (arrive)
- ◆ (R) Public bus stop (return)
- 🚌 Shuttle bus
- ♿ Pre-booked accessible shuttle bus
- ♿ Pre-booked accessible parking
- 🚕 Taxi drop-off & pick-up
- 🚲 Cycle parking
- ↑ Entrance/exit
- Road closed



## Sport at Cathkin Braes Mountain Bike Trails



Can you tell a bunny-hop from a wipe-out?  
Find out more about Cycling (Mountain Bike) at:

[glasgow2014.com/sports](http://glasgow2014.com/sports)

Want to see more world-class mountain biking?  
UCI Mountain Bike World Cup returns to Fort William in June 2015!  
For more information go to:

[fortwilliamworldcup.co.uk](http://fortwilliamworldcup.co.uk)

If you're inspired to have a go, there are hundreds of ways to unleash your sporty side after the Games. You can play, coach or volunteer – and a comprehensive list of opportunities across Scotland can be discovered here:

[sportscotland.org.uk/unleash](http://sportscotland.org.uk/unleash)

For physical activity opportunities in Glasgow, including at Cathkin Braes Mountain Bike Trails, call Glasgow Sport on **0800 027 0470**.

Alternative formats of this document are available on request.  
Email [contactus@glasgow2014.com](mailto:contactus@glasgow2014.com) or call 030 3333 2014.

If you wish to use a text relay service, see [www.textrelay.org](http://www.textrelay.org) for assistance.

## Near Cathkin Braes Mountain Bike Trails

- **The Burrell Collection**  
Situated in the beautiful surroundings of Pollok Country Park, the breathtaking Burrell Collection comprises over 8,000 objects, spanning jewellery and sculpture from ancient civilisations, Impressionist painting, Chinese, Islamic and mediaeval European art, fine textiles, tapestries and armour.
- **Pollok House and Pollok Country Park**  
The elegant Pollok House hints at a bygone era. Upstairs, the luxuriously-furnished rooms house a world-famous art collection. Down the sweeping staircase, you can picture life from the servants' perspective before stopping for refreshment in the café. Take a stroll in the surrounding parkland and look out for the Highland cows!
- **Greenbank Garden**  
A perfect place to take some time out, this 18th century house, garden and tearoom is a quiet oasis on the south side of Glasgow. There are over 3,700 species of plant to inspire the gardener, and 16 acres of woodland to walk in.
- **National Museum of Rural Life**  
This working farm in East Kilbride offers visitors a fascinating chance to experience agricultural life as it was in the past and still uses techniques from the 1950s. There's a visitor centre and a café.
- **Holmwood House**  
Scottish architect Alexander 'Greek' Thomson designed many superb buildings in Glasgow and Holmwood House shows him at his best. Much of the original interior décor is intact. Don't miss this little gem!
- **Cathkin Marshes**  
Look out for birds, butterflies and dragonflies at this unspoilt area of marshland, tucked between Glasgow and East Kilbride.