



# SouthSeeds Travel Times



News to get the southside moving

JUNE 2018 FREE GUIDE TO CYCLING, WALKING, TRAINS, BUSES, CAR CLUBS AND MORE



## We like to move it move it

The growing numbers of savvy southsiders switching to cycling and walking have been given a boost with the launch of the South City Way.

The new high-quality 'active travel' route from Queen's Park to the city centre means cyclists can safely get into town in about 12 minutes. And as more of us swap commuting by car

for more enjoyable, healthier and sustainable ways, shops and businesses along the route should see a boost too, as people who drive to an area actually spend less than folk who arrive on foot, public transport or by bike.

Richard, who grew up cycling on the southside in the 1970s, now commutes by bike and train to Edinburgh from Battlefield.

**'Once they try cycling and find out how much better it is than sitting in a car, they'll never look back'**

– Richard

He told us: "The best way to get people out of their cars and cycling the relatively short distance into town is

by providing the right infrastructure to make the experience safe and enjoyable, and that's what the South City Way is going to do.

"It will make commuting easier, healthier and faster, while helping to reduce pollution, and should encourage people who

Continued on page 2

### Inside

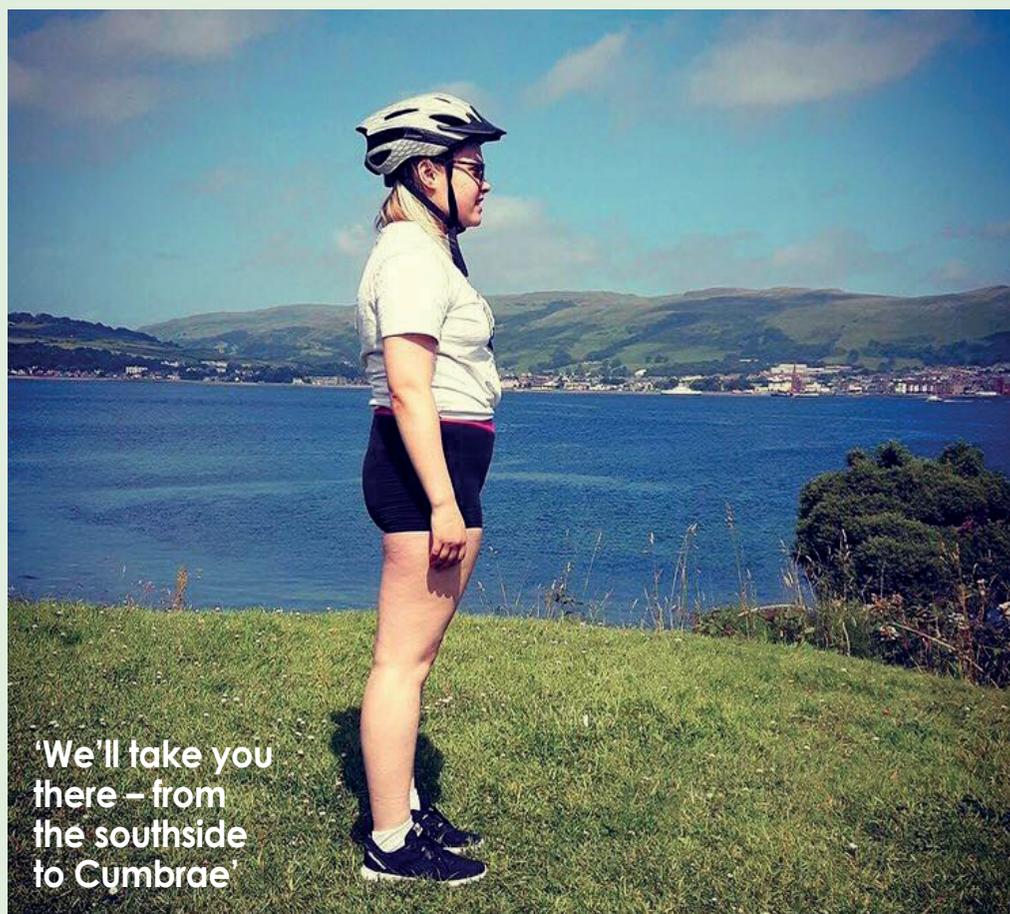
- The best train, bus and subway deals
- **P4&5** Active travel map + meet the southsiders
- **P6** Don't want to own a car? Try these alternatives
- **P7** Fab days out on foot
- **P8** Great escapes
- And much more ...

# Wish you were here? Make it happen ... with the South Seeds Travel Times

**W**elcome to this bumper edition of the South Seeds Travel Times, packed with all you need to know about how to get around the southside and beyond without having to own a car.

The shiny new cycle tracks at the Queen's Park end of Victoria Road are a sign of things to come, so South Seeds has put together this guide on how to make the most of the exercise and green travel opportunities exemplified by the new South City Way.

So whether it's swapping the car for a healthier alternative for your commute, enjoying the southside's green spaces or packing a picnic and heading further afield (to Cumbrae or Arran perhaps), the Travel Times has got it covered and is full of



**'We'll take you there – from the southside to Cumbrae'**

tips and information to get you moving.

We've already seen loads of people giving the new tracks a go on scooters and electric wheelchairs as well as bikes. The tracks will eventually extend

to the Merchant City, and link up to a host of cycling and walking paths, so how far you go is up to you. And if more people take to their bikes instead of cars, hopefully it'll be the

start of big reductions in pollution and traffic in our community too. Happy travelling!

*Jo Hartga*

**South Seeds  
travel officer**

## It's the South City Way to go

All those roadworks at the Queen's Park end of Victoria Road will be worth it folks, we promise!

Glasgow City Council and Sustrans, a cycling and walking charity, have put up £6.5million to install a 'walking and cycling' corridor from Queen's Park to the Merchant City.

The South City Way will include a cycle track separated from the road and pavement, improved walking surfaces and safer crossing points. The aim is that a lot more people will

**'It will enhance regeneration of the area and help make walking and cycling the most convenient modes of transport over short distances'**

**– Allan Maclean**

be encouraged to ditch their cars (and the pollution they cause) and use more active modes of getting about.

Once the route is finished, cyclists should be able to get from Queen's Park to the city centre in about 12 minutes, with the journey taking 25 minutes on foot.

The South City Way joins a network of other city ways along key routes, making it easier and safer to travel in a low-cost, no-pollution way.

Allan Maclean, a project officer at Glasgow City Council, told us: "The 3km South City Way will enhance ongoing regeneration and link to routes spanning the city and beyond, helping make walking and cycling the most convenient modes of transport over short distances."

The SCW will link parks, housing, shops, medical centres, and academic, leisure and cultural facilities, among others.

## We like to move it move it ...

haven't thought about cycling – or have been too intimidated by the traffic – to give it a go. Once they try it and find out how much better and how much more liberating it is than sitting in a car, they'll never look back."

Another local, Frank, who lives in Govanhill, also welcomed the new route. Frank, 73, said: "When I heard about the new cycle track it was really good news for me – I haven't ridden a bike in years because I'm a bit wobbly on it but I would feel much more confident riding it on a path that's separated from the road."

Shona lives in the same area of the southside, and is thrilled because she finds riding her bike in traffic scary – but will now be able to cycle to lots of places with confidence.

"I really love riding my bike, but sometimes the roads can be really scary which makes me anxious before I begin a journey. The new cycle track will run right outside my flat so I will be able to get on it without the worry of mixing with cars, taxis or buses. I can't wait."

The South City Way is a joint partnership between Glasgow City Council and

cycling charity Sustrans. Anna Richardson, council convenor for sustainability and carbon reduction, is right behind the project.

She said: "The South City Way is more than just a cycle lane. By improving the public realm as well as providing safer walking and cycling, it should play a part in the regeneration of Govanhill in particular. The evidence from cities globally makes it clear that when we prioritise cycling and walking it brings economic benefits and higher footfall to local businesses, which is exactly what Victoria Road needs."

**£1.3  
billion**



**Annual saving to the UK economy if cycle journeys increased by 50%**



## RAIL and SUBWAY

How to navigate  
the ticketing system  
so you can pay less  
as you go

# Lost in a maze of ticket options?

Getting the most miles for your train money can prove a little tricky. Our 'raility check' explainer makes getting from A to B child's play

**S**outhsiders have plenty of options if travelling by public transport suits their lifestyle. Getting into town takes 5-10 minutes on the train, depending on which station you get on at, but it can be confusing to know what the best ticket is. This information should help put you on the right track.

### REGULAR TRAVELLERS

Regular travellers who use multiple types of transport would benefit from an SPT zone card (covers trains, most buses and subway). Buy these at staffed stations, although they can be renewed online.

### SINGLE OR RETURN?

Train tickets from Queen's Park to Glasgow Central

- Anytime day single £2.10/return £2.70 – for journeys starting during peak time, which is before 9.15am on weekdays
- Off-peak day return is £2. But an off-peak single is £2.10, so you're better off getting a return even if you're only going one-way
- Trains are every 6-17 minutes.

### RAILCARDS

With a railcard you get 1/3 off all rail fares (except the Two Together rail card, which can only be used off peak)

## When the cards are in your favour

### UNDER-25 ADVANCE

Aged under 25? Save 10% on advance fares on ScotRail services, for standard-class travel on a range of longer-distance routes. Exclusive to smartcard.

### CLUB 50

Aged 50 or over? Save upto 20% on off-peak and advance tickets plus regular flat fares and member offers. Exclusive to smartcard.

- 16-25 railcard (16-25 years old and mature students, £30/year)
- Two together railcard (travel regularly with the same person, £30/year for two people)
- Senior railcard (60 years or over, £30/year).

You only have to make 23 off-peak return journeys from Queen's Park to Glasgow Central, or two longer-distance journeys that would normally cost £50, to make back the cost of a railcard, so they are well worth it if you are going to travel by train several times a year.

Other off-peak return fares include Queen's Park to Edinburgh, for £15.60.

### SMARTCARDS

Sign up online and get a free card delivered in five days: <https://www.scotrail.co.uk/smartcard/get-your-free-smartcard>. Submit a passport photograph if you want a monthly, weekly or annual pass.

No photograph is needed if you only use singles or return tickets. Buy online and select the option to load on to your smartcard at least four hours before travel, or buy at the ticket machine and load it on to your card straight away.

You need to tap your card on the ticket barrier or platform validator before every journey to validate the ticket.

### SMARTCARD BENEFITS

Fast ticket-buying process; card is durable; if you lose it you can easily get a replacement with all your tickets saved; smart super off-peak return tickets are available at quieter times, Mon-Fri on selected journeys (usually between around 11am and 3pm) to/from Aberdeen, Glasgow and Edinburgh.

Glasgow to Edinburgh is £10.40 (£6.85 with a railcard) saving £2.60 on the price of a normal off-peak return.

For more information go to [www.scotrail.co.uk](http://www.scotrail.co.uk)

## Now your subway trips will run just like clockwork

Do pricing options make your head go round and round? Well, you can buy subway tickets and credit on your Scotrail smartcard. Or you can get a SPT subway smartcard which you can load Scotrail tickets on to.

Subway smartcard tickets save 20p on paper single tickets.

A smart all-day ticket saves 30p on return and £1.20 on all-day paper tickets; a smart 7-day ticket is £14 (saving £15.40 on seven all-day paper tickets), a smart 28-day ticket is £54 (saving £60.80 on 28 all-day paper tickets). Easy, eh?

And you can save more when you buy tickets online.

Jobs to do at home?  
But you're too busy,  
or fed up with DIY?  
**SOUTH SEEDS CAN HELP**



South Seeds' handyman service installs energy-saving measures including draughtproofing for doors and windows, chimney balloons, pulleys, and underfloor insulation.

Call us for a quote on  
0141 636 3959 or drop into  
our office at 514 Victoria Road

## ALL ABOARD FOR ADVENTURE

EMILY AND JOHN got their electric-assist cargo bike last year and use it for all their local trips, including food shopping, days out and taking their two children to school.

"Our car is getting on a bit," says John, "so we're thinking of giving it up and just hiring a car for the occasional longer-distance journeys we do."

The kids love the bike (which comes with seats, seatbelts and a raincover) and John



Emily, John & kids

Cargo bikers

and Emily say it's a jolly way to get about, with the kids singing and talking. It's sociable too, as they often stop to chat to folk they know in the street, which they wouldn't do in the car.

## A GREAT WAY TO START THE DAY

COMMUTING to Edinburgh four days a week by bike and train, Richard rides into town in 15 minutes, takes the bike on the one-hour train journey, then cycles the 10 minutes from Waverley station to his office in Leith.

"The journey is a lot faster than doing it by car, plus I can read or work on the train. I feel much better physically and mentally when I start work because of the ride," he says.

Richard wears his usual work clothing for the ride but owns a good set of waterproofs. Despite this being one of the wettest places in the country, he says it doesn't rain often during commuting times.



Richard

Battlefield to Edinburgh

'It's a lot quicker than driving'

## 'IT TAKES THE HASSLE OUT OF IT'

KARLENE doesn't own a car, but joined the Co-wheels car club, from which she can rent a car by the hour for when she fancies a trip, for example, to see family in Fife.

"The car club is so convenient and much less hassle than owning a car," she says. "They sort everything for you – paying for fuel, insurance, breakdown cover, maintenance – so all you need to think



Car clubber

Karlene

about is getting in and driving to where you need to go," she says.

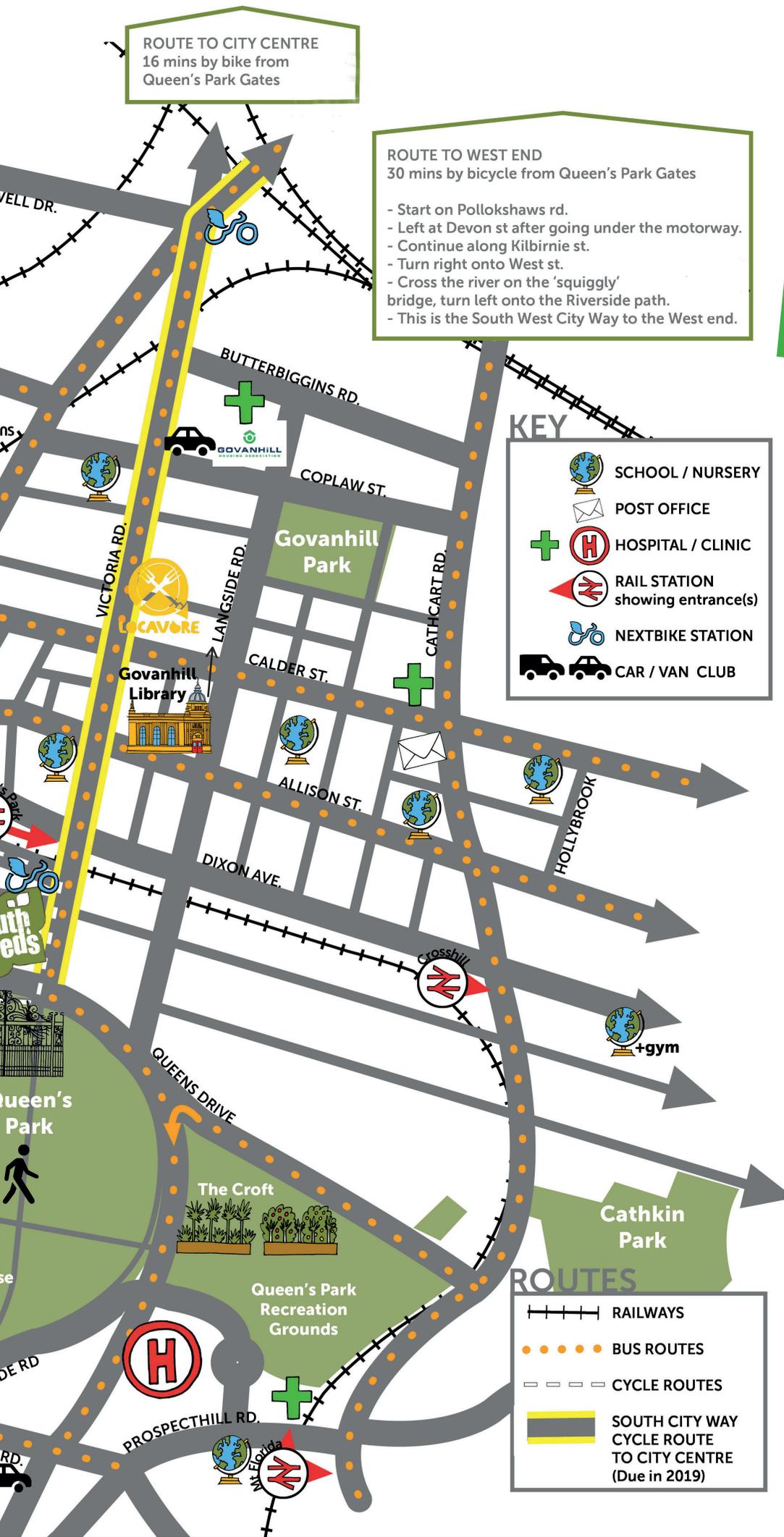
Even better, the car club car is right on her street so is really handy. Karlene does her other local journeys and commuting by bike.

# Southsiders put acti



Illustration and design by Rosemary Cunningham @ illustrationetc.co.uk

# Live travel on the map



## COMMUTER SAYS 'YES'

Morag

Morag works in the city centre, so parking at work is a hassle.

Instead, she has made walking and cycling (or getting the bus or train in bad weather) part of her commuting routine and says it's much more convenient, and saves her money.

"Whatever way I travel to work it costs a lot less than



Cycles or walks

parking and I find that cycling is a great way of slotting exercise into my day – otherwise I don't do any," she says.

On the right track



Laurie

## TRAIN IS JUST THE TICKET

LAURIE is a massage therapist and part-time student. She commutes to work three times a week by train and has a lot of kit, which she can't fit into bike panniers.

She says the train is quick, frequent and good value, especially because Laurie gets a discount as a mature student (with a Young Person's Railcard).

Laurie also walks a lot – to the shops and around the park.

"I try to get out for a walk every day as I find when I don't it really affects my mood, and I want to make sure I keep my health and fitness – it will make life easier when I'm older. While studying I met my friend at the Queen's Park flagpole every day for a 40-minute lunchtime walk."

## 'IT'S ONLY BEEN 25 YEARS'

WHEN a local cycling group offered free support and a loan of a bike, Lisa took the plunge – despite not having cycled for 25 years.

"Instantly the feeling of freedom, and the ease and speed at which I could travel from A to B relative to walking, got me hooked," she says.

"I'd describe myself as lazy, so want my life to be as easy as possible – and cycling does make my life a lot easier."

She insists that using a bike is not only for Lycra-clad racers and says cycling makes her feel good mentally and physically.



Lisa

Born-again cyclist



**S**outhsiders have lots of bus options. The city centre is only 20 minutes away, and you can get to the Queen Elizabeth University Hospital, Govan, the west and east ends and north of the city without changing buses and they're

usually every 10 minutes or better in the daytime. We've demystified the ticketing systems so you don't have to, and there are some good deals, especially for regular travellers or if you go for mobile ticketing or a smartcard.

WHERE DO YOU WANT TO GO	WHICH SERVICE <small>Every 10mins or better, Mon-Fri daytimes, unless otherwise stated</small>
City centre	First Bus 57/57A, 8/38A/38B/38C/38E, 3/4/4A/5/6/7/7A, 75, 31 (30mins) McGill's 3 (30mins), Stagecoach 4 (30mins)
West end	First Bus 3/4/6
North of the city	First Bus 7/7A, 75
East end	First Bus 38/38A/38B/38C/38E
Govan/QEUH	First Bus 34/34A, 121 (60mins), 90 (30mins)
Bridge Street subway Shields Road subway	First Bus 57/57A, 3/4 First Bus 121 (60mins), 90 (30mins)

**TRIPPER CARD** allows travel on all bus companies in Glasgow. Apply for card, costs £1.75, arrives in 10 days.

Take the card on the bus and the driver will add the ticket to your card. Adult day tickets are £5 (use until 4am the next day, not valid on night services with a 'N' prefix or the 500 airport service). More ticket types coming soon.

To use the ticket on another bus just put it on the ticket machine by the driver. You'll soon be able to add tickets to your card online. See [glasgowtripper.co.uk](http://glasgowtripper.co.uk) for zone boundaries.

If only using First Bus, a day ticket is £4.50 to get around the two city zones. A week ticket is £17 bought on the bus. A single ticket costs from £1.60, depending on how far you're going.

If your single ticket costs more than £2 you

would be better off downloading the First bus m:tickets app (5 single tickets for £10 or 10 tickets for £19). Need exact change for buses.

Regular travellers who use multiple types of transport would benefit from an SPT zone card (covers trains, most buses and subway). Check [www.spt.co.uk/travelcards/zonocard/](http://www.spt.co.uk/travelcards/zonocard/) for details of zones. We are in the G2 zone which is also valid for the city centre and subway.

If you regularly travel to and from town or the west or east ends for example, a zone card will cost £19.70 a week or £768 a year.

Can be bought at any staffed Scotrail station or Buchanan Bus Station with passport-sized photo of yourself. Can be renewed online.

**M:TICKET** – a monthly ticket by direct debit for £48, day ticket £4.30.

## What next? Try a nextbike

Don't have a bike or anywhere to store it? Get a nextbike membership for an annual cost of £60 – just 16p per day. There are deals from time to time, and can pay as you go, which gives you access to 500 bikes around the city at 53 hire points (with five around Queen's Park, Govanhill and East Pollokshields).

You hire bikes by using a smartphone app, calling an automated phoneline, or entering your mobile and PIN number on the keypad at the back of the bike.

The first 30 minutes



of every hire is free with a membership so if you never travel further than, say, Queen's Park to St Enoch Square or Albert Road to Kelvingrove Park, all your rides are free.

Bike for Good manages the scheme and maintains the cycles. They are comfortable to ride, with padded, easily adjustable seats and upright handlebars, plus a front basket.

Hire points are marked on our handy map on the centre pages or visit [www.nextbike.co.uk/en/glasgow](http://www.nextbike.co.uk/en/glasgow)

## Looking for an affordable home?

Mid-market rent provides high-quality, beautifully finished homes to applicants who earn between **£15,000 - £37,000 per year.**

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**Southside**  
HOUSING ASSOCIATION

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## Car owner vs Car clubber

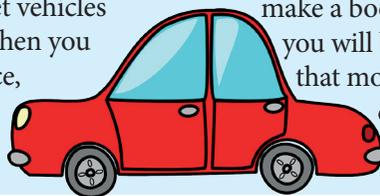
Sometimes it's hard to take an old mattress to the recycling centre on a bike. But you don't want to own a car. Then how about joining a car club? There are five cars and a van for quick and easy hire by the hour in the Queen's Park area. For example, the Co-wheels car club offers:

- No need to pick up keys – easy online booking and smartcard entry to on-street vehicles
- Hourly hire when you need it. Insurance, breakdown cover, cleaning

and fuel are all included • From £4.75 an hour, or £33.25 a day, plus 18p per mile, £7.25/hr for van plus 20p per mile •

Allocated parking – no hassle finding a space • Membership is £25 per year with a £5 minimum monthly spend (if you make a booking once a month which costs at least £5, you effectively don't pay it. But if you don't

make a booking one month you will be charged £5 for that month). Go to [www.co-wheels.org.uk](http://www.co-wheels.org.uk) for details.



Annual cost of car ownership (not commuting)

**£1,722**

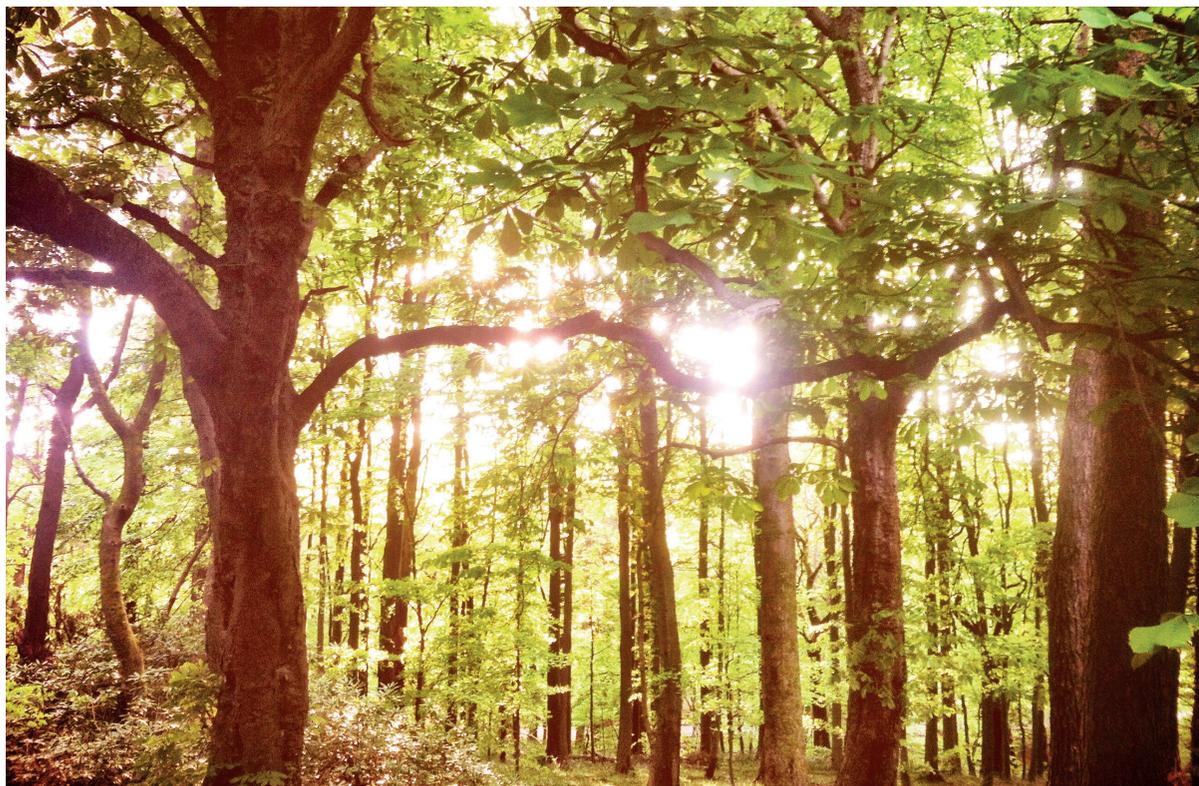
Car owner  
Leisure use, 5,000 miles per year, free on street parking at home, £500 insurance, two car washes a year (total £20), Toyota Aygo 2016, £6,500 2016 model, 6% interest loan, worth £2,500 after 10 years, £200/yr on MOT and repairs, £1.19/litre petrol. Total = £1,722

Annual cost of car club

**£1,518**

Car clubber  
£25 membership + 5,000 miles \* 18p = £900, average speed 40mph = 125 hrs \* £4.75 = £593.75. Total = £1,518  
Car clubbing delivers a £204 saving on owning a small car (12%).  
Save more with larger cars (about £400 a year, a 20% saving)

# Take a walk on the wild (south)side



Put your best foot forward in Pollok Park, above, Bellahouston Park and Malls Mire

**W**e are lucky to live in an area with access to so many nice parks, and if you know some of the quieter streets you can enjoy your walk without breathing in a load of car fumes along the way. Here are a few walks starting from Queen's Park gates, including the estimated time they should take – but as the cliché goes, it's about the journey, not the destination, so take as much or as little time as you fancy.

## POLLOK PARK

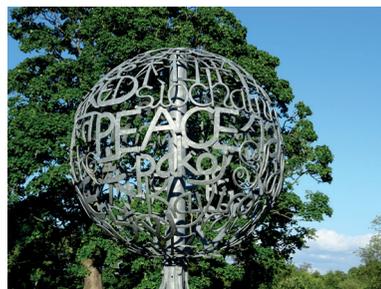
**35 minutes each way,**

There is a heritage trail you can follow (which takes around two hours, see the leaflet @ [bit.ly/2MlctvC](http://bit.ly/2MlctvC)) and sights include Pollok House (which has a cafe and toilets), the Highland cows and the White Cart river path.

There are loads of different path options in the park and it feels like you're in the countryside. To get there walk south through Queen's Park and then down Deanston Drive, turn right on Regwood Street, cross Kilmarnock Road and walk along Coustonholm Road.

Turn left down pedestrianised McArthur Street, cross over and continue down Shawbridge Street, turn right on Bengal Street and continue to the

pedestrian crossing. The entrance to Pollok Park is on the other side of the road. An alternative route back is via the north entrance to the park, then follow the signs for National Cycle Route 7 but take a right on to Springkell Avenue at the top of the hill and keep walking until you reach Fotheringay Road on your right. Walk down here and you'll reach Strathbungo.



## BELLAHOUSTON PARK

**40 minutes each way,**

Passing impressive Pollokshields mansions along tree-lined Nithsdale Road will lead you to Bellahouston Park. From here you can follow the park walking trail (see this leaflet for more details @ [bit.ly/2Ml7bQU](http://bit.ly/2Ml7bQU)) which takes around 1 hour 15 minutes, or visit the various attractions in the park such as House for an Art Lover (which has a cafe and toilets), the beautiful walled gardens or the large children's playground.

There are also cafes and toilets at the sports centre at the west

end of the park and the ski and snowboard centre on the north-east side.

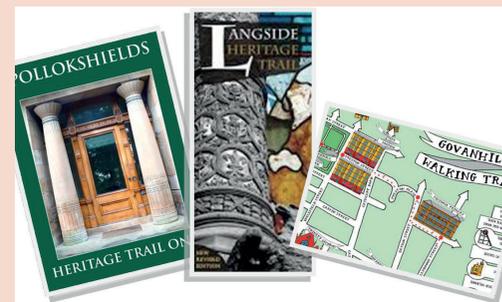


## MALLS MIRE WOODLANDS

**30 minutes,**

A community woodland and nature reserve just 1.5 miles from Govanhill? Who knew?! Between Toryglen and Rutherglen, Malls Mire has been managed by environmental group Urban Roots with local people since 2009.

It is a peaceful woodland with wetland habitats which attract a diverse array of wildlife and perfect for an evening or weekend stroll. To get to it walk down Queen Mary Avenue, cross over Cathcart Road and then walk down Myrtle Park. Turn left and walk up to the lights on Aikenhead Road, cross over this road and walk down a path to the right of the Glasgow City Council bin lorry depot. Once on Prospecthill Circus take a left and walk until you see Toryglen Community Hall. Malls Mire is behind the hall.



## Langside Heritage Trail, Pollokshields Heritage Trails and Govanhill History Trail

Explore the history of three very different neighbourhoods around Queen's Park.

Each trail comes with a leaflet (or an online audio guide for the Govanhill walk) to help you learn more about sights you may pass every day and not even notice. Each trail should take around one hour.

- The Langside Heritage Trail leaflet is available @ [bit.ly/2f1BQK7](http://bit.ly/2f1BQK7)
- Three Pollokshields Heritage Trail leaflets can be found @ [bit.ly/2y64o10](http://bit.ly/2y64o10)
- The Govanhill History Trail audio guide and map are available @ [bit.ly/2y2L4vj](http://bit.ly/2y2L4vj)



## SOUTH CITY WAY SMALL GRANTS FUND

Local community groups are invited to apply for up to £5,000 funding for projects that encourage walking or cycling, or improve the appearance of public spaces along the South City Way.

Come and chat to us about the fund at the South City Way Street Fest on Wednesday 20 June from 2 - 7pm, at Albert Avenue and Albert Road, off Victoria Road, Glasgow.



To find out more, visit [www.showcase-sustrans.org.uk/latest](http://www.showcase-sustrans.org.uk/latest)



# Great days out are a piece of cake



Pack a picnic and head out for an adventure in the fresh air. Here's our pick of the best places to visit by bike, train and boat – and they're closer than you might think

## LOCHWINNOCH

A gentle two-hour ride from the squinty bridge along National Cycle Route 7 (a largely flat, traffic-free path with some quiet on-road sections) is the Renfrewshire village of Lochwinnoch. See [www.sustrans.org.uk/ncn/map/route/route-7](http://www.sustrans.org.uk/ncn/map/route/route-7)

Visit the RSPB nature reserve or picnic by Castle Semple Loch while you watch the kayakers. There are several pubs and a cafe in the village and if you don't fancy the cycle home the train is 50 minutes back to Queen's Park, and costs



£5.40. For a longer ride continue on National Cycle Route 7 to Irvine, Troon or Ayr, which all have trains back to Glasgow too.

## CUMBRAE

An easy way to escape the city by rail and bike, Cumbrae is about two hours from Queen's Park station (and even quicker if you cycle to Glasgow Central and get the train from there). It's a leisurely hour's cycle around the whole island on very quiet roads and you could stop for lunch and an ice cream in Millport.

You can hire bikes in Millport if you don't want to take yours on the train (there is lots of space for a family's bikes on the train though). Scotrail does a 'Rail and Sail' deal at £13.10

for an adult return and £6.55 for a child return which includes the ferry from Largs. Buy these at a staffed Scotrail ticket office.



## STRATHKELVIN RAILWAY PATH TO CAMPSIE GLEN

Another great traffic-free cycle path is easily reached by train from Queen Street to Lenzie, or a 1.5-hour ride along the canal from Speirs Wharf on the north side of the city centre.

Join the Strathkelvin Railway Path, a five-minute cycle from Lenzie station, and head north. Within an hour of peaceful cycling

through countryside you will reach the tiny village of Clachan of Campsie, which has a tea room and bike shop. From here it's a short walk up Campsie Glen to the waterfall. Cycle back the way you came to catch the return train to Glasgow (£3.90 return from Queen's Park). See [www.sustrans.org.uk/ncn/map/route/route-755](http://www.sustrans.org.uk/ncn/map/route/route-755) and [www.walkhighlands.co.uk/glasgow/campsie-glen.shtml](http://www.walkhighlands.co.uk/glasgow/campsie-glen.shtml)

## ARRAN AND GOAT FELL

For a mountain adventure, how about getting the train and ferry to Arran? It's achievable in a day, or make a weekend of it, and take your bike too, to see more of the island known as 'Scotland in miniature'. A Rail and Sail day return costs £16.40 from Queen's

Park and takes about 2.5 hours. A bus from Brodick takes you to the start of the Goat Fell walk (next to Brodick Castle and gardens). The walk takes 4.5



to six hours to the top and back, with great views of the Clyde coast on a clear day. A ride around the whole island (featuring some hills!) takes around six hours, and the roads are fairly quiet.

Plan more journeys at [www.cyclestreets.net](http://www.cyclestreets.net)

**paths**  
for all

FOR A HAPPIER,  
HEALTHIER SCOTLAND

Produced by South Seeds with generous support from Paths for All. For more information about South Seeds call us on 0141 636 3959, email us at [info@southseeds.org](mailto:info@southseeds.org), visit [www.southseeds.org](http://www.southseeds.org), or drop into our office at 514 Victoria Road, Glasgow G42 8BG.

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**south seeds**  
GROWING A GREENER GLASGOW