

WELLNESS WALK GLASGOW



YOUR EVENT GUIDE

SUNDAY, 7 SEPTEMBER 2025

DIABETES UK
KNOW DIABETES. FIGHT DIABETES.

READY? LET'S WALK

Thank you so much for being part of Wellness Walk Glasgow, and welcome to your event guide. We're so glad to have you on the team and raising money for a world where diabetes can do no harm.

If you are new to exercise, or have any medical conditions which could be affected by increased activity, please check with your doctor before you start training.

Please take a look at our resources page for tips on walking and training.

fundraise.diabetes.org.uk/event/wellness-walks/resources

Wellness Walk Glasgow starts and finishes at Kelvingrove Park – on the hard standing ground between Steward Memorial Fountain and Play Area East. If you want to use 'What3words' to find the exact location of the event venue, please use [///final.throw.loads](https://www.what3words.com/#!/en/@@@final.throw.loads).

The address is: **Kelvingrove Park,
Glasgow G3 7LH**

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Please note this map is subject to change and not to scale.

THE DIFFERENCE YOU'LL MAKE

Wellness Walks are about making a difference. For your own health, and for everyone living with diabetes.

Living with diabetes is relentless. It can be frustrating and complicated. It can be lonely. Together we can make sure it doesn't have to be.

Your fundraising could keep our trained helpline advisors answering the phone, getting people through the difficult days and supporting them to overcome the challenges diabetes brings.

It could pay for our local support groups, changing lives one cup of tea at a time. Or help us continue to campaign for better care and help us fight to make sure everyone has access to the treatment they need.

Diabetes can also cause complications like sight loss, amputation and stroke. We're working on new treatments to prevent these complications, but it's only with your support that this research is possible.

Every penny you raise helps us to fight for a world where diabetes can do no harm. Thank you for walking with us.



WHAT YOU NEED TO KNOW

How do I get there?

There's lots of ways to get to Kelvingrove Park, but make sure you check your route beforehand and leave plenty of time. If you want to use 'What3words' to find the exact location of the event venue, please use [///final.throw.loads](#).

Please note: We want to make sure our events are as environmentally friendly as possible, so we encourage you to use public transport if you can.



By public transport

Wellness Walk Glasgow is located conveniently close to Kelvinhall subway station and Kelvinbridge subway station.

Main line train stations at Exhibition Centre and Charing Cross are both about 15 minutes walk to the Park.

Take the number 2 or 3 bus from Glasgow City Centre which will take approx 15 minutes.

By road

Please use public car parks near to Kelvingrove. These include:
Kelvingrove Art Gallery and Museum Car Park G3 8AG
Bunhouse Car Park, G3 8DP
Charing Cross multi-storey G2 4PR.

Where will we be walking?

The walk is a loop from Kelvingrove Park, heading south to the River Clyde then east along the river to Glasgow Green. From here you walk north to the Necropolis and Cathedral. From the city centre, you walk west back to Kelvingrove Park. The route is on well-constructed paths and is wheelchair friendly.

Will I receive a map?

We will provide you with an A4 illustrated route map for reference but all our routes are signposted and marshalled.

Always follow the advice of marshals along the route.

Scan the QR code above so that you can download a digital version of the map to your phone as well.

Scan for a digital map



What should I do before I arrive?

Remember to:

- Wear some comfortable clothes and footwear, suitable for the the expected weather conditions.
- Pack a full, refillable water bottle – we'll have water refills available at the start and finish – and your usual snacks to keep you going.
- Complete the emergency contact details on the back of your event number and attach the number to the front of your t-shirt with safety pins. If you signed up after 24th August, please go to event pack pick up. There will be a £1 fee to replace any lost numbers.
- Arrive ready to walk – no baggage hold facilities available.
- Check your individual start time and plan your journey to the start line. The route will be pushchair friendly.

Don't forget we have some brilliant fundraising rewards - Diabetes UK shoe laces when you reach £50, an enamel pin badge when you hit £150 and a Diabetes UK beanie hat if you raise £250. Wear these with pride on event day.

What you'll find at the Finisher's Area

- At the end of your Wellness Walk, collect your well deserved medal and then spend some time relaxing in our Finisher's Area.
- Pose for a photo on our finisher's podium, get a much needed massage, write on our gratitude board or speak to a specialist diabetes dietitian.
- We'll have water refills available and some Diabetes UK merchandise.
- Bring your picnic and soak up the atmosphere.



What time do I need to get there?

Your start time is in your confirmation email. Please arrive at least 30 minutes before your start time.

Can't find your start time? Email wellnesswalk@diabetes.org.uk and we can confirm it for you.

I chose the wrong start time, can I change it?

Our start waves have participant limits for health and safety reasons. Please email wellnesswalk@diabetes.org.uk with the start wave you want to change from and to. Please get in touch as soon as possible. We can not guarantee to make all changes requested.

Is there a minimum sponsorship?

We ask adult walkers to aim to raise £150. The more you raise the more lives you'll be changing.



KEY TIMINGS

- 09:00**
Start area opens at Kelvingrove Park
- 10:00**
First start wave to set off
- 10:30**
Second start wave to set off
- 12:30**
Walkers start to arrive at the finish line. Activities in the Finisher's Area open – fun for all the family
- 16:30**
Finish line and area closes

The easiest way to collect sponsorship is via your online fundraising page. You can personalise this page by clicking on the link in your confirmation email.

The money raised on your page will come straight to us, so you don't have to do anything else.

For any cash donations you collect with a sponsorship form, you can get it to us by:

Fundraising Page

Pay it onto your online fundraising page.

Cheque

Please make your cheque payable to Diabetes UK. Send it with your sponsor forms, or a covering letter with your name and address on, to: Wellness Walk Glasgow, Diabetes UK, 126 Back Church Lane, London E1 1FH.

Credit/Debit Card

Our Supporter Care team are waiting to take your donation. You can call them on 0345 123 2399, Monday to Friday, 9am to 6pm. Make sure you say you're making a donation towards your Wellness Walk Glasgow sponsorship.

Please don't bring sponsorship money with you on event day. We are unable to accept any cash on the event day.

Thank you for all of your support.

MAKE EVERY MILE COUNT IN GLASGOW

What your support makes possible

£30

could help someone identify life changing complications sooner.

£60

could train new professional helpline advisors to help answer every call.

£150

could kick start investment into high-quality research projects which could shape the future of diabetes care.

THANK YOU FOR WALKING WITH US



DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

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