



STIRLING VENUES

Located within the stunning grounds
of the University of Stirling

stay train & play

at Scotland's home for
sporting excellence





STIRLING VENUES

Book your residential training at Stirling Venues and join some of the world's best athletes and teams who have used our extensive award-winning facilities to excel in their chosen sport.



©Tom Main

Set in the stunning 330 acre grounds of the University of Stirling, we are ideally located in the very heart of Scotland just 40 minutes from Edinburgh and Glasgow and only three and a half hours direct from London by train.

Our wide open spaces and spectacular views of the Wallace Monument and Ochil Hills are complimented by providing the largest single-site sports training, classroom facilities and accommodation options in the country. Our central location is also perfect for visiting teams playing friendly matches as part of pre-season training programme.

At Stirling Venues, we know how important it is that your training is tailored to your specific needs. That's why we work with you to ensure all aspects of your stay with us, from exclusive access to our sports facilities and physio room to specialist sports diets are catered for.

We welcome individuals and teams from across all sports, and all ages.



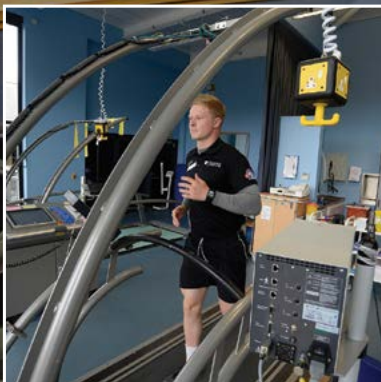
Classroom training

At Stirling Venues, we understand that not all training takes place in the pool, pitch or gym. That's why we work with you to provide the best classroom teaching space for your needs. You can choose from our extensive range of lecture theatres and seminar and meeting rooms with high spec presentation facilities.



Sports science programmes

The key to sporting success is the perfect balance of performance, health, exercise and nutrition. At Stirling Venues we're proud to offer our guests individually tailored expertise from one of the most comprehensive sports science programmes in Europe covering football, golf, swimming, triathlon, golf, athletics, tennis and cycling.



Serious relaxation

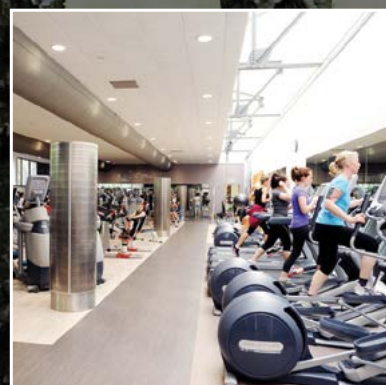
With years of experience hosting intensive sports training programmes, we also recognise how important it is for athletes to make the most of relaxation time. That's why, in addition to our physio room, we can also provide breakout rooms for team relaxation.



Sports training

- Three **football** pitches and changing facilities for home and visiting teams at our sports centre.
- A further two football pitches, one **rugby** pitch and one multi-purpose pitch with changing facilities at our sports pavilion.
- Two artificial pitches, one **FIFA accredited 3G surface**, and one sand-based for **hockey** and other **field sports**.
- World class multi-station **fitness suite** with strength and conditioning centre, indoor **cycling** studio and **dance** studio.
- Six indoor acrylic courts and two outdoor clay **tennis** courts as part of the National Tennis Centre.
- Two **squash** courts with viewing gallery.
- Indoor multi sports hall which can accommodate two **basketball** courts or eight **badminton** courts.
- 50m Olympic training size **swimming** pool with a moveable boom and floor allowing for two 25m pools and a change in depth from 0.0 to 2.0m.
- 400m **athletics** track with four lanes and a six lane sprinting straight.
- Outdoor games area allowing a further two tennis courts or football five-a-side.
- Nine-hole, par-3 **golf** course located in the grounds of the 18th century Airthrey Castle.
- **Water activities** on Airthrey loch.
- 330 acres of landscaped grounds ideal for outdoor **group training** and exercise.
- Interconnecting tracks and paths network offering 15 miles of **running**, **jogging** and **cycling** routes.
- Full **sports science testing** facilities available through Scotland's University for Sporting Excellence.

No stranger to Commonwealth Games medal winners and premier league competitors



©Steve Lindridge



Dine and stay

From our 100 bedroom Stirling Court Hotel to brand new high quality four star rated en suite guest accommodation, we offer a wide range of accommodation options to suit teams and group bookings of all sizes.

We can provide groups with exclusive self-contained apartments of up to 10 en suite bedrooms in each with a separate kitchen, dining and living area with tea and coffee making facilities and TV/DVD combi sets. We also offer larger studio rooms, some of which are fully accessible.

We are delighted to arrange bespoke and private dining for your team with menus created specifically by our award-winning chefs with your nutritional needs in mind, whether you want flexibility to choose bed and breakfast or a fully catered stay. More informal dining is available on site at a range of restaurants, cafes and deli bars.

Book your preferred train, stay and play dates today. Call the Stirling Venues team on 01786 466000 or visit us online at stirlingvenues.com

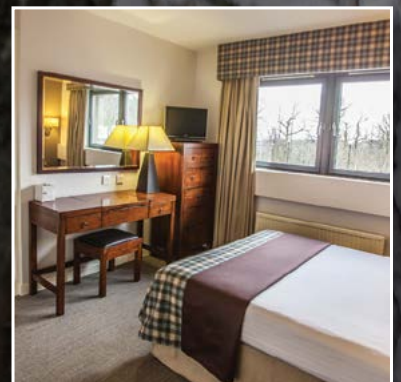
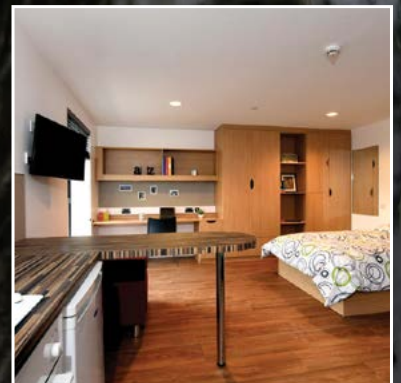
UNIVERSITY of
STIRLING



Stirling Venues is an enterprise of the University of Stirling which manages the University's extensive portfolio of accommodation, events, catering, exhibition, conference and sporting facilities. All profits from Stirling Venues are reinvested in the student experience for this and future generations.

The University of Stirling is a charity registered in Scotland, number SC011159

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