

**FORTHBANK**

performance sport centre

For  
conferences  
and events



# A central meeting point

Forthbank's central Scotland location makes it an ideal place to meet for business, whether you are looking for a venue with minimal travelling time or an easy central meeting point.

Based in Stirling we are less than 10 minutes drive away from the main motorway networks and easily accessible by rail and bus.

<b>Road</b>	
Glasgow	40 mins
Edinburgh	55 mins
Dundee	75 mins
Aberdeen	2 hrs 45 mins
Inverness	2 hrs 50 mins
<b>Air</b>	
Edinburgh Airport	40 mins
Glasgow Airport	60 mins
<b>Rail</b>	
Glasgow	40 mins
Edinburgh	55 mins
London	5 hours



# About Forthbank performance sport centre

Forthbank performance sport centre at Stirling Sports Village has five conference suites which are ideal for any meeting, educational course or team building event. The bright and spacious suites have been fitted with an array of state of the art IT, AV equipment and video conferencing.

Forthbank performance sport centre also boasts over 200 free car parking spaces and inspiring views of the Wallace Monument, Stirling Castle and the Ochil Hills.

- Simple pricing structure

- Free Wi-Fi access

- Brand new IT and AV equipment

- Dedicated booking contact



- Central location and excellent transport links

- Excellent facilities
- Flexibility of rooms



- State of the art on site sports facilities

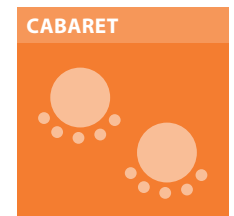
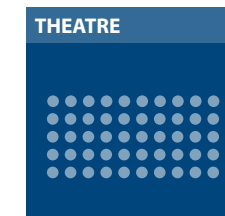
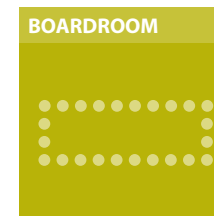


- Free car parking
- Food prepared in house



## Overview of conference suites & meeting rooms

ROOM NAME	WALLACE SUITE	DUMYAT SUITE	CAMBUSKENNETH SUITE	OCHIL SUITE	CASTLE SUITE
<b>Capacity</b>					
Theatre	30	30	20	N/A	70
Classroom/Cabaret	18	18	18	N/A	30
Boardroom	16	16	16	N/A	36
Horseshoe chairs only	20	20	12	N/A	24
Horseshoe with tables	13	13	12	N/A	22
Executive boardroom	N/A	N/A	N/A	10	N/A
<b>IT Facilities</b>					
Interactive whiteboard	No	No	No	No	Yes
Ceiling mounted projector	Yes	No	No	No	Yes
LG plasma screen	Yes	Yes	Yes	Yes	Yes
Electric screen	Yes	No	No	No	No
<b>Dimensions</b>					
Length (m)	8.5	8.5	6	5.5	10
Width (m)	5.5	5.5	5.5	5.2	8.5
Area (m squared)	46.7	46.7	33	28.6	85



# Wallace suite

# Dumyat suite

BOARDROOM	HORSESHOE	THEATRE	CABARET
16	20	30	18

BOARDROOM	HORSESHOE	THEATRE	CABARET
16	20	30	18



- 32" plasma screen
- Electric screen

- Ceiling mounted projector

- Seats up to 30 delegates

- 50" plasma screen

- Seats up to 30 delegates

# Cambuskenneth suite

# Ochil suite



BOARDROOM	HORSESHOE	THEATRE	CABARET
16	12	20	18

• 50" plasma screen

• Seats up to 20 delegates



BOARDROOM	HORSESHOE	THEATRE	CABARET
10	n/a	n/a	n/a

• Executive suite

• 42" plasma screen

• Seats up to 10 delegates

# Castle suite

BOARDROOM	HORSESHOE	THEATRE	CABARET
36	24	70	30



• Ceiling mounted projector

• Interactive white board

• 50" plasma screen

• Seats up to 70 delegates

## Delegate packages

At Forthbank performance sport centre we pride ourselves on our flexibility. We have three delegate packages available.

### 1. Day Delegate

- Tea, coffee, mineral water and fruit on arrival
- Mid morning tea and coffee
- Lunch with refreshments
- Afternoon tea, coffee and biscuits

### 2. Half Day Morning Delegate

- Tea, coffee, mineral water, fruit and biscuits on arrival
- Lunch with refreshments

### 3. Half Day Afternoon Delegate

- Lunch with refreshments on arrival
- Afternoon tea, coffee and biscuits





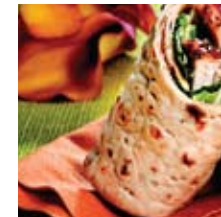
## Catering facilities at Forthbank

At Forthbank we provide a flexible catering service and are more than happy to work with you on deciding your menu choice. Our standard delegate

package includes either homemade soup and sandwiches or a finger buffet. You may also add additional touches to the delegate package such as scones or

butter shortbread. Please get in touch to discuss our current menu options.

**\*All delegate packages include:** meeting room, audio-visual and IT equipment, delegate stationery, mineral water and mints. Minimum numbers apply.



# Teambuilding days

Forthbank performance sport centre and The PEAK – a new indoor sports complex are located at the centre of Stirling’s £27.3 million Sports Village, which has an array of world class sports facilities.

**Activities we provide:**

- Corporate curling
- Corporate abseiling
- Corporate kayaking
- Corporate mountain biking
- Corporate gorge walking
- Corporate white water rafting
- Corporate climbing wall challenge
- Corporate sports day

We have a dedicated team who can tailor a wide range of team building activities from playground games to the latest fitness class to give your conference the wow factor!

If you are looking for a challenge and an escape from the office, Forthbank performance sport centre is the destination for you.




# Accommodation partners

We have partnership arrangements in place with three leading accommodation

providers in the area. We are more than happy to liaise with them to check

availability and make any provisional bookings on your behalf.




**Budget**

**Holiday Inn Express**  
Stirling Sports Village  
Stirling, FK7 7XH  
01786 449922  
[expressstirling.co.uk](http://expressstirling.co.uk)



- Just a 2 minute walk from Forthbank and The Peak
- 80 air conditioned, en-suite guestrooms
- Complimentary breakfast buffet
- Free Wi-Fi and parking



★★★★

**Doubletree by Hilton Dunblane Hydro**  
Perth Road, Dunblane  
FK15 OHG  
01786 822 551  
[doubletreedunblane.com](http://doubletreedunblane.com)

- 4 miles from Sports Village
- 200 bedrooms
- Complimentary use of leisure and fitness facilities
- Complimentary on-site coach parking




★★★★★

**Gleneagles Hotel**  
Auchterarder  
Perthshire, PH3 1NF  
0800 704 705  
[gleneagles.com](http://gleneagles.com)

- Three 18-hole Championship golf courses including The PGA Centenary Ryder Cup venue for 2014
- One of the leading destination spas in the world, recently voted Best UK Hotel Spa for the second year at the Condé Nast Traveller Readers' Travel Awards 2010
- Unparalleled array of on-site leisure activities including off-road driving, shooting, fishing, falconry, horse riding and the world's first Gundog School
- Set in 850 acres of rolling Perthshire hills and only 21 miles from Stirling Sports Village





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