

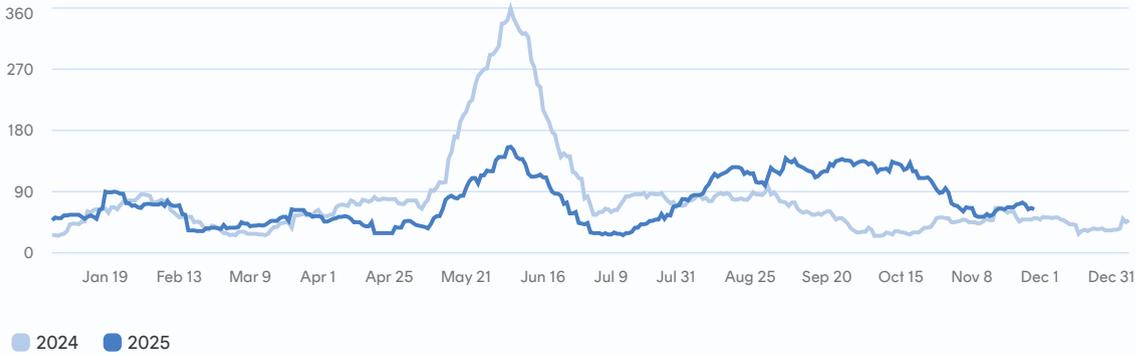
Uwe Glenside Disc Golf Course

Stats and information powered by



Play counts from last year and this year *

January 1, 2024 to November 29, 2025



Stats from the past year

November 29, 2024 to November 29, 2025


Play count
968


Unique players
98

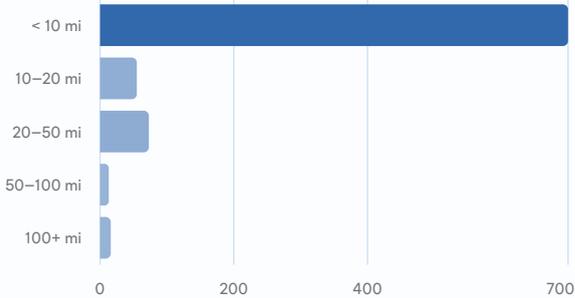

Recreation hours
1,154


Miles walked
1,013


Steps taken
2,283,203


Calories burned **
313,282

Where players are coming from



Countries (3)
Finland, United Kingdom, United States

More about disc golf

 There are **16,267** public courses available on UDisc as of February 20, 2025.

 There are disc golf courses in **91** countries.

In 2024 on UDisc:

 **20.1** million rounds of disc golf were played.

 **1.26** million disc golfers used the app.

 **33** million recreation hours were spent on the course.

What is disc golf?

Disc golf is similar to traditional golf, with players throwing discs at metal baskets instead of hitting balls into holes. This lifetime activity offers a low-cost, environmentally friendly form of recreation that is accessible to all ages and skill levels.

What is UDisc?

UDisc is the leading disc golf app on both Apple and Android devices. Players can find courses, get a map of the course, keep score, track their rounds, find events and much more.

Where does this data come from?

Everything on this sheet is collected from players that choose to track their disc golf rounds with UDisc. While there are many disc golfers worldwide, the number of players who use UDisc varies by region, so comparing these statistics against local survey data is the best way to extrapolate their findings.

* Casual rounds, league rounds, and tournament rounds are all included as long as they were tracked with UDisc. Each point on the chart represents the total plays over the previous 28 days.

** Calorie calculation is based off an average adult weight of 150lbs.
Calories burned = MET (3.8) x 3.5 x Weight (68.0389kg) / 200 x hours spent x 60

Herrmann, S.D., et al. (2024). *Journal of Sport and Health Science*, 13(1), 6-12.

Kaminski, J. (n.d.). NASM. blog.nasm.org/metabolic-equivalents-for-weight-loss