

Information for courses at The Relaxation Centre, Bristol

Venue

The Relaxation Centre
9 All Saints Road
Clifton
Bristol
BS8 2JG

www.relaxationcentre.co.uk

Food

There are shops, restaurants and cafés where you can buy lunch approximately 10 minutes walk away. There is also a small kitchen area available for our use at The Relaxation Centre if you prefer to bring your own food.

Hot drinks will be available at morning and afternoon breaks.

What to bring

Wear comfortable clothes. There is a policy of no shoes at The Relaxation Centre so you will be asked to remove your shoes as you enter the building.

You will be given a book and course manual that contains everything covered, so there's no need to bring writing materials.

Other than that, just bring yourself and an open mind!

Accommodation

The nearest accommodation is 15 to 20 minutes walk away from The Relaxation Centre. There are a number of hotels and guest houses in the area which you can find on the internet, or by phoning the tourist information. Here are 4 that we have found (listed in order of proximity):

Clifton Hotel
St Pauls Road, Clifton, Bristol, BS8 1LX
Phone: 0117 973 6882

Situated in the heart of Clifton, the Hotel offers easy access to all the main shopping and leisure areas of the city.
The Clifton Hotel enjoys a long established reputation for excellent service combined with a relaxed atmosphere and consequently remains a firm favourite.
All the rooms are decorated to the highest standards and include satellite TV, radio and fresh tea and coffee making facilities.

Westbourne Hotel
40-44 St Pauls Rd, Clifton, Bristol, BS8 1LR
Phone: 0117 973 4214

The Westbourne hotel is a listed building located in the heart of Clifton, close to the city centre and harbour. A warm and welcoming Hotel with friendly staff, great restaurant and comfortable rooms with ensuite facilities.
The Westbourne Hotel offers superb accommodation for the businessman and family alike. Our aim is to provide the very highest standard of service in order to make your stay with us a memorable and pleasant experience.
Our staff are at your service and pay special attention to even the smallest detail, which is so important in creating a warm and friendly atmosphere for all our guests.

The Belgrave
25 Upper Belgrave Road, Clifton, Bristol, BS8 2XL
Phone: 0117 946 6006
Website: www.bristolbedandbreakfast.com

The Belgrave is a Georgian house with newly appointed accommodation.
The Belgrave is situated directly on Durdham Downs with 400 acres of open parkland, yet only 3 miles from Bristol city centre. Bristol Zoo, Clifton Suspension Bridge, Clifton College and the shops, bars and restaurants of Clifton Village are a short walk away, with Bristol Airport just 7 miles away.

Belmont Bed and Breakfast
25 Woodstock Avenue, Redland, Bristol, BS6 6EW
Phone: 0117 973 2745

A spacious late-Victorian semi-detached house, in the attractive residential area of Redland. We offer a sunny twin/double room with a large adjoining bathroom. Full English breakfast. Ideal as business accommodation, holidays and touring. Easy access to the city centre, theatres, university, the Downs and Clifton.

Getting there

The Relaxation Centre address is:
9 All Saints Road, Clifton, Bristol, BS8 2JG

By car

There is limited parking on residential roads around The Relaxation Centre, so give yourself plenty of time to find a space and in case you have to walk a little way.

By train or coach

Using public transport, you can get to Bristol either by Train or National Express coach. There are 2 train stations - you want Bristol Temple Meads. The coaches go to the Bristol Bus Station in the city centre. You can then get a taxi, bus or local train (see below).

By plane

You can also fly into Bristol airport which is a little way outside Bristol. There is a coach link the 'Bristol International Flyer' which leaves the airport every 20 minutes. You can download a timetable here: <http://www.bristolairport.co.uk/upload/timetable.pdf>

The coach takes approximately 30 minutes and you can either get off at Bristol Temple Meads station from where you can get a bus or a local train (see below) or at the Bristol Bus Station in the city centre if you need to get a local bus other than the 8 or 9. The easiest way is to get off at the Bus Station and take a taxi from there (it's about 2 miles).

Local buses

The number 8 and number 9 buses run frequently and stop very near The Relaxation Centre. Don't get the 8A or 9A. The bus route is quite indirect, so journey time is approximately 30 mins from the Centre or 40 mins from Temple Meads.

The buses pick up from:

Temple Meads Station (the train station)
Broadmead, Bond Street (the nearest stop to the Bus Station - ask someone for directions)
Centre, St Augustines Parade (the nearest stop to Bristol city centre)

The nearest stop to The Relaxation Centre is on Pembroke Road at the junction with Guthrie Road (see map). If you need information about the nearest bus service to where you are staying then you can call 0845 602 0156 and ask.

Local trains

If you come from Temple Meads Station, you can also use the local train service on Friday and Saturday, but note that this train doesn't run on Sundays. The nearest station to The Relaxation Centre is Clifton Down (see map on next page).

You can find the train times here:

<http://www.traveline.org.uk>
Click on "SW" area on the map
Click on "Journey Planner"
Enter "Bristol Temple Meads (Rail)" in the From field
And "Clifton Down (Bristol) (Rail)" in the To field

Map

