

# Information for courses at The Relaxation Centre, Bristol

## **Address**

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

**Telephone:** 0117 970 6616

**Website:** [www.relaxationcentre.co.uk](http://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 at The Relaxation Centre if you prefer to bring your own food.

Hot drinks and snacks will be provided at 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.

Unless we've stated otherwise, there's no need to bring anything with you to the class as everything you need will be provided. Come with the idea of relaxing and enjoying yourself.

## **Accommodation**

The nearest accommodation is approximately 10 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

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.

### **Clifton House**

4 Tyndall's Park Road, Clifton, Bristol, BS8 1PG  
Phone: 0117 973 5407  
Website: [cliftonhousebristol.com](http://cliftonhousebristol.com)

Clifton House is a Victorian villa, modernised and updated to suit the modern visitor. The property has been recently refurbished to a very high standard and offers luxury bed and breakfast accommodation, for short stay or long stay, at very affordable prices. We have single rooms, double rooms, twin rooms, 3 bed rooms, 4 bed rooms and family rooms.

### **The Belgrave**

25 Upper Belgrave Road, Clifton, Bristol, BS8 2XL  
Phone: 0117 946 6006  
Website: [www.bristolbedandbreakfast.com](http://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.

### **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.

## 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**

