

# The **place** to be fit



BRINDLEYPLACE  
Birmingham

# RUNNING TRAILS AROUND BRINDLEYPLACE

Being almost completely flat and surrounded by the scenic canals of Birmingham, makes Brindleyplace and its environs the perfect place for running. Whether you have a 30-minute lunchbreak or an hour to pass before the next train, there is always a route to follow. It feels amazing to stretch your legs, breathe in some fresh air and take time to enjoy the nature surrounding the estate.

Once you have the running bug, why not join Brindley Running Club on a Tuesday lunchtime or Wednesday evening?

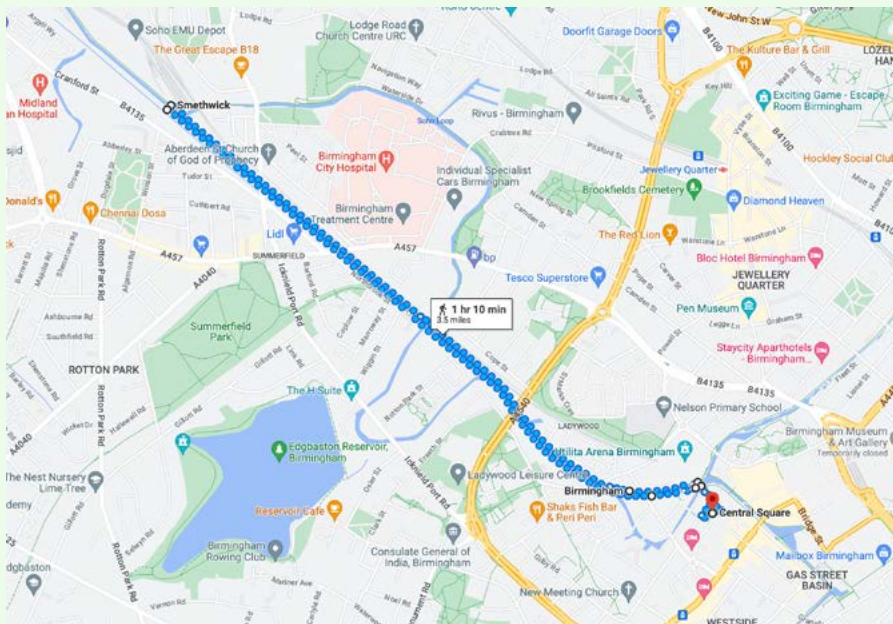


## ROUTE 1 5KM (3.10 MILES)

Average 30 minutes

A simple route starting out in Central Square. Head to the left side of Sea Life Centre, across the bridge then bear left down the towpath. After 2.5 km, turn back (or not, if you want to run further!)

[Follow Route >](#)

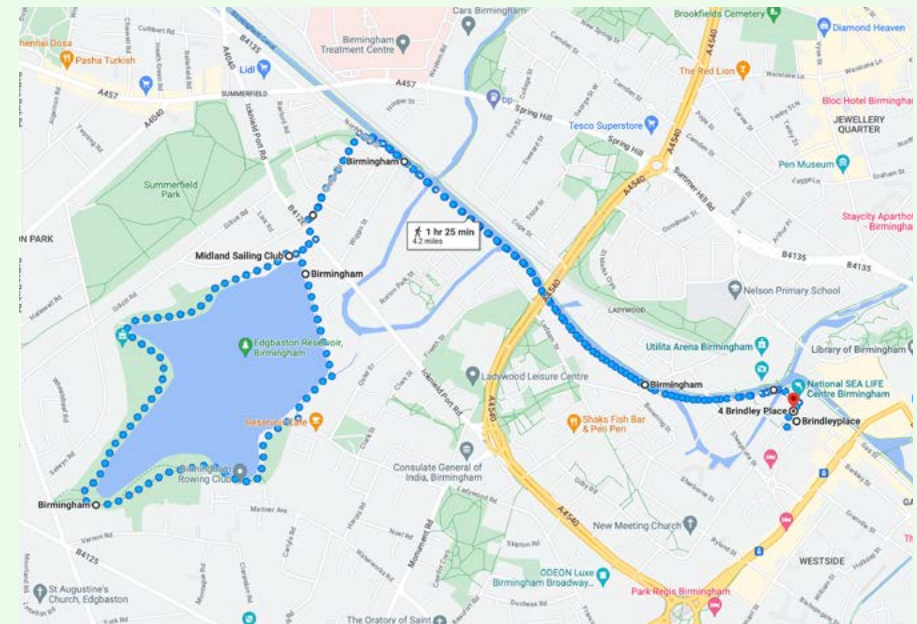


## ROUTE 2 9KM (6.00 MILES)

Average 1 hour

A scenic, circular route which takes you around the edge of Edgbaston Reservoir. This route sets off from Central Square and follows the tow path to the reservoir which will be to your left. Circle the reservoir and then head back down the towpath.

[Follow Route >](#)



# BRINDLEYPLACE

[brindleyplace.com/wellness](https://brindleyplace.com/wellness)

