

The **place** to be fit



BRINDLEYPLACE
Birmingham

WALKING TRAILS AROUND BRINDLEYPLACE

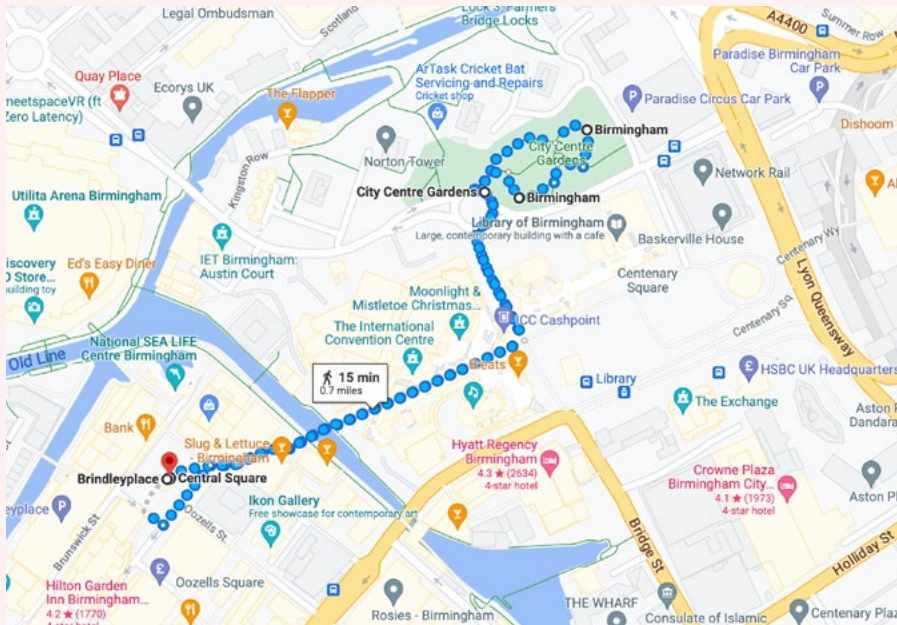
Brindleyplace and the areas that surround it are ideal for a good walk – whether you want the tranquillity and nature found by the canals or the busier environments of nearby Centenary Square and the City Centre Gardens – there's something to enjoy whatever mood you're in. And remember, just a 10-minute walk has amazing health and mental wellbeing benefits – reducing anxiety and depression and increasing productivity.

We've got two walking trails that are perfect for a pre-work wake up walk, a lunchtime stroll with colleagues or an after-work amble with friends that could even take in a bar or restaurant to help you relax after the work day.



ROUTE 1

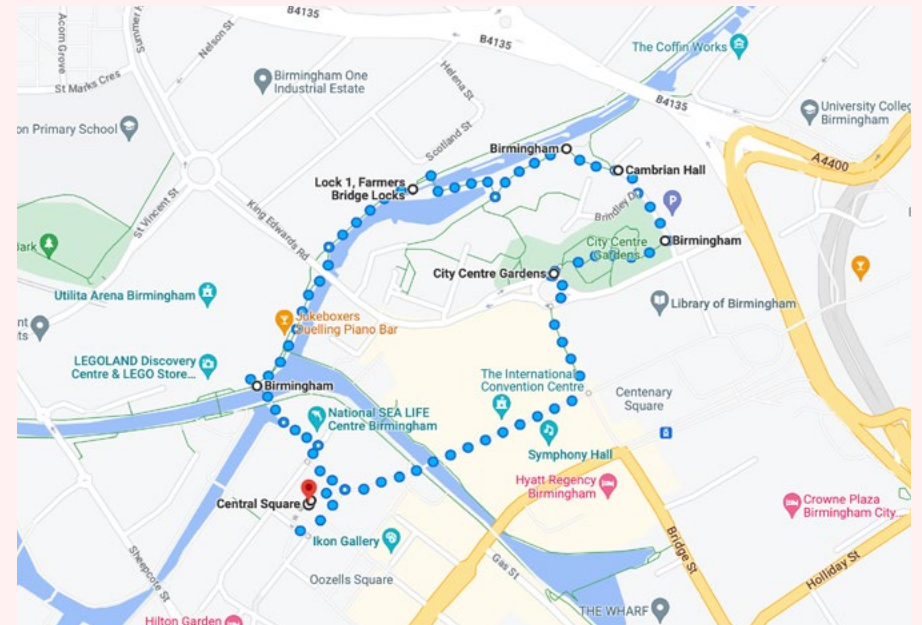
A 15 minute circular route taking in the City Centre Gardens.



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ROUTE 2

Take in the sights along the canal and head through the City Centre Gardens before returning to Brindleyplace on this 18 minute route.



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brindleyplace.com/wellness

