

## Ross on Wye: Wellbeing Walks

### FIRST STEPS: WALK 4

### TWO WALKS BESIDE THE WYE



**Distance:** short walk 500 yards, 12 minutes, 750 steps

**Distance:** longer walk 1400 yards, 35 minutes, 2100 steps

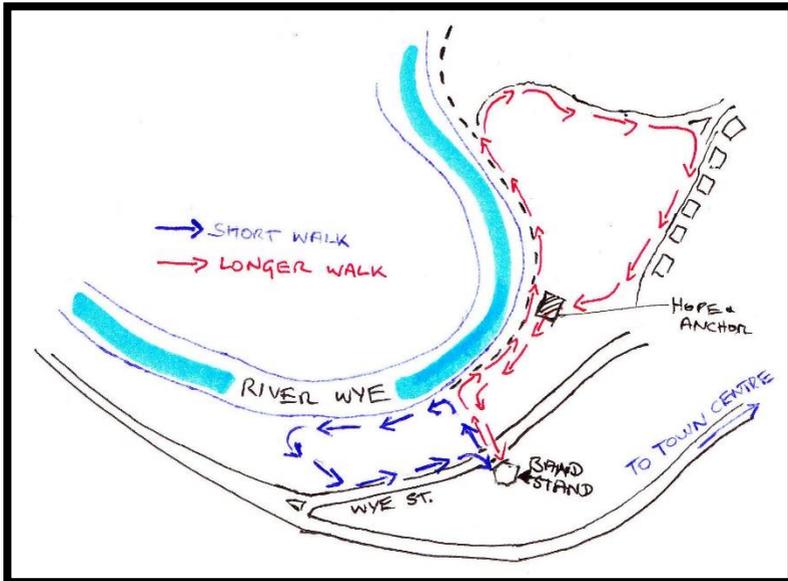
**Conditions underfoot:** flat mown grass and flat solid paths.

Park near to the bandstand on Wye Street (no charge), Public toilets nearby. Cross over the road and walk to the river on a tarmac path.

**For the short walk:** turn left along the river bank, maybe sit on a bench and watch the swans. At the red lifebuoy turn left and walk across the grass to the road and the bandstand.

**For the longer walk:** turn right, along the riverbank, walk alongside the Wye on a good path, past the Hope and Anchor Inn to the large field. Walk, next to the river, to the end of the field, turn right along the lane to the far side of the field. Turn right on to the path below the houses on the other side of the field back towards the pub. Walk through the small car park and then back along the Wye riverside path. Turn left along the first path you took, back to the band stand.

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### Two Walks beside the Wye

**Next steps:** Maybe join the weekly 'Walking for Health' walk. This one hour walk at a gentle pace sets off from the Ross Swimming Pool car park every Thursday at 10 am. Distance is 1.5 miles, or 4000 steps. The walk usually finishes with coffee and a chat in a cafe.

'Walking for Health' also have a twice monthly walk from Ross Hospital. Joining details for both sets of walks are displayed in the surgery.

**Further ahead:** Each Tuesday morning at 10 am. Ross Ramblers organise a 4 to 5-mile walk (8000 to 10,000 steps), this is at a faster pace, and takes 2½ hours. For details you could look at Ross Ramblers' Facebook page.