

Ross on Wye: Wellbeing Walks

FIRST STEPS: WALK 5

A WALK FROM WILTON BRIDGE



Distance: 1100 yards, 30 minutes, 1650 steps

Underfoot: flat, partly on rough grass (muddy after flooding)

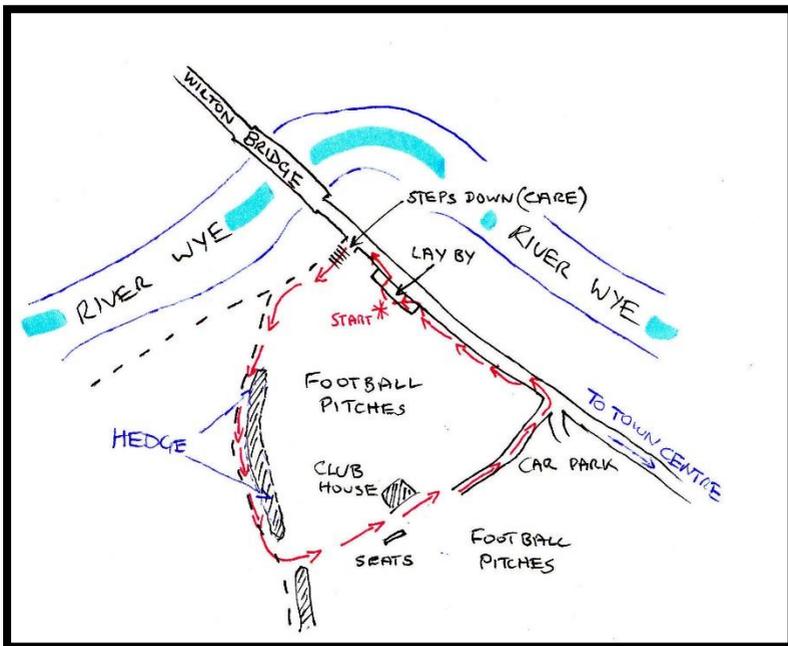
Park in the layby on the left just before Wilton Bridge as you head out of Ross.

Walk towards the bridge and on the left you will see 10 steps, with a handrail, down to the river bank. Carefully go down and walk along the riverside for 100 yards and take a path to the left which goes towards a thick hedge around the edge of the playing fields.

With the hedge on your left, walk along the edge of the football pitches until level with the club house. Turn left, through a gap in the hedge, towards the club house (there are benches for a rest), continue, through the carpark, to the main road.

Turn left and, as there is no pavement, walk along the grass verge and over a little bridge back to the layby.

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A walk from Wilton Bridge

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.

Funded by Ramblers Holidays Walking Partnership