

Ross on Wye: Wellbeing Walks

FIRST STEPS: WALK 6

TWO TUDORVILLE WALKS



Outside the community centre.



The longer walk

Distance: short walk 600 yards, 15 minutes, 900 steps

Distance: longer walk 1000 yards, 25 minutes, 1500 steps

Underfoot: flat pavement and flat gravel path.

Start the walk at Tudorville community centre. Walk to the pedestrian crossing. Cross over the main road and turn right.

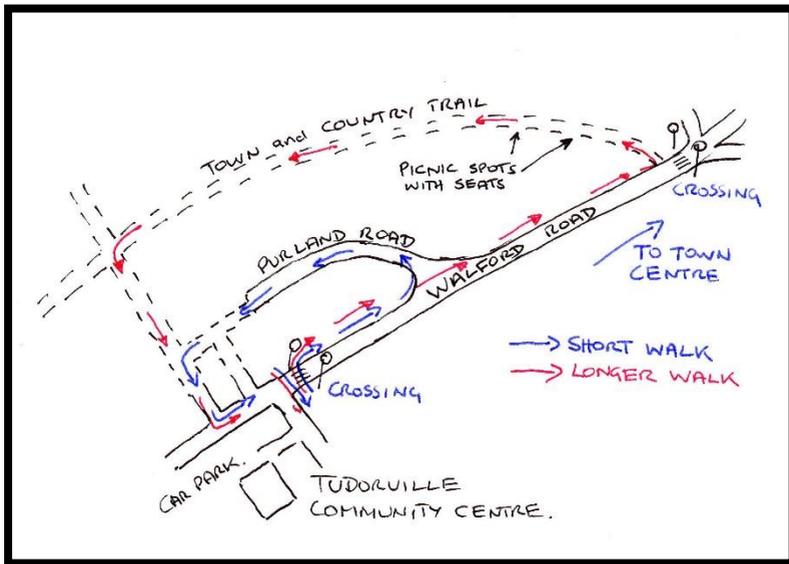
The short walk: after 100 yards, turn left into Purland road.

Walk to the end of the road, and along the continuing path for a few yards. Turn left towards the community centre. Turn left at the road and using the pedestrian crossing return to the start.

The longer walk: continues past Purland road to the next pedestrian crossing. Here you turn left on the Town and Country trail. Continue along the gravel path, past benches and picnic areas to the first path junction (after 600 yards) and turn left. You can see the community centre ahead.

Turn left at the main road and using the pedestrian crossing return to the start.

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Two Tudorville Walks

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.