Ross on Wye: Wellbeing Walks

FIRST STEPS: WALK 3 THE TOWN & COUNTRY TRAIL

Distance: 1000 yards, 25 minutes, 1500 steps

Conditions underfoot: mostly flat, gravel track and pavement.

Park at Fernbank Car park signed Town and Country Trail.

From the town centre take the Walford Road. After ¾ of a mile turn left on to Eastfield road and immediately right on Fernbank. The free car park is on the left after 10 yards.

Go to the far end of the car park and set off descending gently down to the old railway line, now the town trail. This will soon become quite flat, but can be slippery when wet. After 400 yards of scenic walking, you reach a gate to the left.

Turn left through a grassy area and left again into Merrivale Crescent. At the end of this road turn left into Eastfield Road, on pavements and on the grass verge. At the end of the road turn left again back to the starting point.

If you reverse the walk you end with a slight ascent, maybe you could do that another day.

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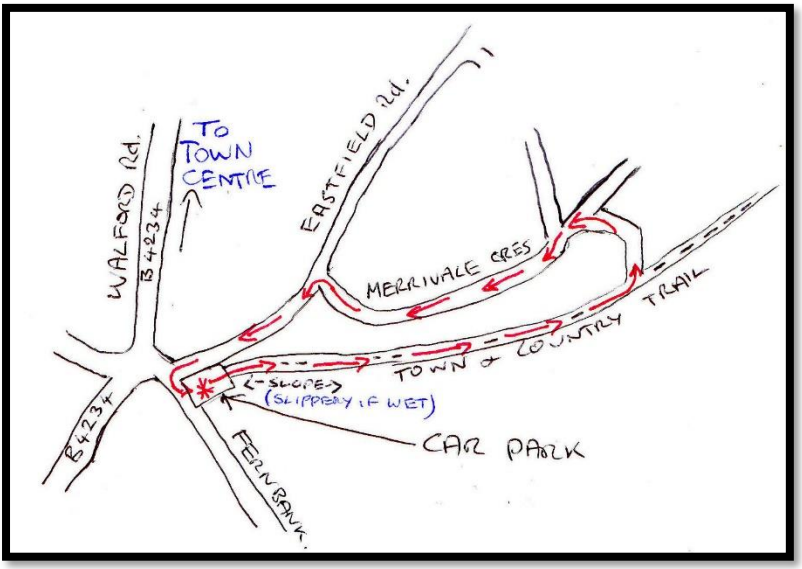

The Town and Country Trail

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 2½hours. For details you could look at Ross Ramblers' Facebook page.

Funded by Ramblers Holidays Walking Partnership