



Nationally accredited by Ramblers Walking for Health



# Walks for February 2019 and March 2019



**Community  
First**



**Fareham Walking 4 Health** is a nationally accredited health walk scheme. Our walks are led by trained volunteer Walk Leaders.

This booklet includes descriptions of all the walks being offered for the coming 2 months plus a calendar of dates in the middle pages.

Every walk is given a rating to help you choose one that's right for you. A key to the ratings is on the last page.

Walkers walk at their own risk. If you are not sure that you are fit to walk please seek medical advice.

Walks start at 10:30am unless otherwise indicated.

No dogs on walks please unless indicated in the walk description.

New walkers are asked to complete a Walker Registration Form either on-line at Ramblers Walking for Health [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk) or a paper copy from your Walk Leader or downloaded from [www.farehamw4h.org.uk](http://www.farehamw4h.org.uk) or by contacting Community First Fareham (details below).

Please give paper forms to your Walk Leader or post to the address below.

**Fareham Walking 4 Health**  
163 West Street, Fareham PO16 0EF  
Tel: 01329 231899 Email: [W4H.fareham@cfirst.org.uk](mailto:W4H.fareham@cfirst.org.uk)


# Walk Descriptions

## W2 - Knowle / Wallington River

Lovely walk to Knowle or to Wallington River area and return. Stiles present.

Duration (mins): 90

Meeting point: Park in Chalk Lane. (Take A32 to Wickham. At Knowle roundabout turn right into Chalk Lane). PO17 5DP.

Boots Rating: 

## W4 - Burnt House Lane

Brisk circular walk through woods and farm land around Collingwood followed by a cuppa in Stubbington village.

Duration (mins): 60

Meeting point: Public car park off Burnt House Lane, Stubbington. PO14 2LX.


Boots Rating: 

## W5 - Holly Hill Lake

Around the Holly Hill Park, returning to park entrance, with optional extension to River Hamble viewing point.

Duration (mins): 30 or 60

Meeting point: Public car park at entrance of Holly Hill Park, Barnes Lane. SO31 7BJ.

Boots Rating: 

## W6 - Portchester Castle

Enjoy the historical atmosphere of the Castle and fresh air of the foreshore. Various routes.

Duration (mins): 60

Meeting point: Main entrance to Portchester Castle, at southern end of Castle Street. Free parking available on right. PO16 9QW.

Boots Rating: 

## W7 - Warsash Common

Come & try our convoluted circular walk

around Warsash Common

Duration (mins): 60

Meeting point: Lay-by at end of Church Road, Warsash, by St Mary's Church. SO31 9GF.

Boots Rating: 

## W10 - Crematorium to Fort Nelson

Through wildflower meadow to Nelson's Monument to small bluebell wood, refreshments at Fort Nelson.

Duration (mins): 90 + break

Meeting point: Gates of Portchester Crematorium. Please park in overflow car park or Seagull pub car park. PO16 8NE.

Boots Rating: 

### **W11 - Warsash to Solent & Hook**

Walk along the coast to Solent Breezes then back through Hook Park. Route may vary.

Duration (mins): 90

Meeting point: outside Rising Sun Pub car park, Shore Road, Warsash. From Warsash clock tower follow signs to the waterfront. SO31 9FT.


Boots Rating: 

### **W12 - North Fareham**

Discover North Fareham - route decided on the day (Stiles present) Along railway track.

Duration (mins): 90

Meeting point: outside Miners Arms - 112 Funtley Road, Funtley (Please park on road and not in pub car park). PO17 5EF.

Boots Rating: 

### **W13 - Cams Hall Estate**

Along shoreline to Cams Hall Estate, stop at Buffet Car for refreshments & back via the woods.

Duration (mins): 60 (+break)

Meeting point: car park at end of Shearwater Ave PO16 8YE.

Boots Rating: 


### **W14 - Wallington River Walk**

A walk along pavements, roads and footpaths near the river.

Stiles present.

Duration (mins): 60

Meeting point: Wallington Village Hall car park. Please park in nearby Sainsburys car park (2 hours free parking). PO16 8SU.

Boots Rating: 

### **W15 – Solent Way to Titchfield Canal**

Pleasant walk along Solent Way to Titchfield Canal. Stiles present, can be muddy.

Duration (mins): 80

Meeting point: Adjacent to public toilets at Meon Shore (from Hill Head, follow Cliff Road, past the Haven, park by sea wall).

PO14 4HL.

Boots Rating: 

### **W17 - Wickham Train Trail**

Walk along disused railway line. Refreshments and toilet available at the Community Centre.

Duration (mins): 60

Meeting point: Car park at Community Centre, Mill Lane, Wickham. PO17 5AL.

Boots Rating: 

## Walk Schedule for February 2019

*All Walks Start at 10:30am unless indicated otherwise in bold*

### Our regular walks

<b>When</b>	<b>Ref</b>	<b>Leader</b>	<b>Walk Title</b>
Every Tue	W51	Judy	Titchfield Tuesdays
Every Wed ( <b>not 6<sup>th</sup></b> )	W47	Keith E	Westlands Walk
Every Thu <b>11.15am</b>	W56	Vanessa	Warsash Shoreline
Every Thu	W59	Fran	Locks Heath Paths & Parks
Every Fri	W49	Judy	Holly Hill Leisure Centre

### Our Occasional Walks

<b>Date</b>	<b>Ref</b>	<b>Leader</b>	<b>Walk Title</b>
Fri 1 <sup>st</sup>	W21	Keith E	Wicor Copse
Mon 4 <sup>th</sup>	W10	Keith E	Crematorium to Fort Nelson
Tue 5 <sup>th</sup>	W14	Maurice	Wallington River Walk
Thu 7 <sup>th</sup>	W7	Mike	Warsash Common
Fri 8 <sup>th</sup>	W48	Malcolm	Portchester to Port Solent
Mon 11 <sup>th</sup>	W28	Keith E	Delme Viaduct to Town Quay
Tue 12 <sup>th</sup>	W13	Robert	Cams Hall Estate
Thu 14 <sup>th</sup>	W15	Mike	Solent Way to Titchfield Canal
Fri 15 <sup>th</sup>	W10	Keith E	Crematorium to Fort Nelson
Sat 16 <sup>th</sup> <b>11am</b>	W35	Keith P	Meon Shore to Titchfield
Mon 18 <sup>th</sup>	W12	Maurice	North Fareham
Tue 19 <sup>th</sup>	W23	Mike	Titchfield Canal North
Thu 21 <sup>st</sup>	W2	Maurice	Knowle / Wallington River
Fri 22 <sup>nd</sup>	W54*	Malcolm	Portchester to the Castle
Sat 23 <sup>rd</sup> <b>10am</b>	W52	Denise	Deviation Line to Titchfield Abbey
Mon 25 <sup>th</sup>	W39	Mike	Stubbington to Salterns Shore
Tue 26 <sup>th</sup>	W6	Robert	Portchester Castle

*\*Please note the meeting point for W54 is:  
Portchester Community Centre, Westlands Grove*

## Walk Schedule for March 2019

*All walks start at 10:30am unless indicated otherwise in bold*

### Our regular walks

<b>When</b>	<b>Ref</b>	<b>Leader</b>	<b>Walk Title</b>
Every Tue	W51	Judy	Titchfield Tuesdays
Every Wed	W47	Keith E	Westlands Walk
Every Thu <b>11.15am</b>	W56	Vanessa	Warsash Shoreline
Every Thu	W59	Fran	Locks Heath Paths & Parks
Every Fri	W49	Judy	Holly Hill Leisure Centre

### Our Occasional Walks

<b>Date</b>	<b>Ref</b>	<b>Leader</b>	<b>Walk Title</b>
Fri 1 <sup>st</sup>	W48	Malcolm	Portchester to Port Solent
Mon 4 <sup>th</sup>	W27	Maurice	Whiteley
Tue 5 <sup>th</sup>	W21	Keith E	Wicor Copse
Thu 7 <sup>th</sup>	W12	Maurice	North Fareham
Fri 8 <sup>th</sup> <b>1pm</b>	W61	Baz	Broadlaw to Fort Fareham
Fri 8 <sup>th</sup>	W4	Dave	Burnt House Lane
Mon 11 <sup>th</sup>	W10	Keith E	Crematorium to Fort Nelson
Tue 12 <sup>th</sup>	W13	Robert	Cams Hall Estate
Fri 15 <sup>th</sup>	W17	Dave	Wickham Train Trail
Sat 16 <sup>th</sup> <b>11am</b>	W35	Keith P	Meon Shore to Titchfield
Mon 18 <sup>th</sup>	W5	Dave	Holly Hill Lake
Tue 19 <sup>th</sup>	W28	Keith E	Delme Viaduct to Town Quay
Thu 21 <sup>st</sup>	W2	Maurice	Knowle / Wallington River
Fri 22 <sup>nd</sup>	W23	Dave	Titchfield Canal North
Fri 22 <sup>nd</sup> <b>1pm</b>	W61	Baz	Broadlaw to Fort Fareham
Sat 23 <sup>rd</sup> <b>10am</b>	W52	Denise	Deviation Line to Titchfield Abbey
Mon 25 <sup>th</sup>	W10	Keith E	Crematorium to Fort Nelson
Tue 26 <sup>th</sup>	W6	Robert	Portchester Castle
Thu 28 <sup>th</sup>	W39	Dave	Stubbington to Salterns Shore
Fri 29 <sup>th</sup>	W54*	Malcolm	Portchester to the Castle

*\*Please note the meeting point for W54 is:  
Portchester Community Centre, Westlands Grove*

### **W21 – Wicor Copse**

Enjoyable walk around Wicor Copse area. (stiles & possibly muddy under foot)

Duration (mins): 60

Meeting point: Huts in free car park at Wicor Recreation Ground, Portchester. Via Cornaway Lane, then Cranleigh Rd and follow to end) PO16 9BY.

Boots Rating: 


### **W23 – Titchfield Canal North**

Along the canal bank by the water meadows and return over farmland (stiles, kissing gates).

Route may vary.

Duration (mins): 90

Meeting point: Public car park adjacent to canal in Bridge Street, Titchfield. PO14 4EA.

Boots Rating: 

### **W27 - Whiteley**

Pleasant walk around the lakes. Wide, flat footpaths that are perfect for easy walking.

(Suitable for wheelchairs and parents with buggies).

Duration (mins): 60

Meeting point: Outside Harvester Restaurant (follow signs to East Car Park). PO15 7LJ.

Boots Rating: 

### **W28 - Delme Viaduct to Town Quay**

Spot a little egret or grebe on this waterside route from the Delme viaduct to town quay.

Duration (mins): 70

Meeting point: Outside the Delme Arms Pub. Parking nearby in Cams Hill road. PO16 8QY.

Boots Rating: 

### **W31 – Henry Cort Iron Mill**

A country walk to the site of the Henry Cort Iron Mill. (stiles en-route)

Duration (mins): 90

Meeting point: Public car park adjacent to the Working Mens' Club in Highlands Road, Fareham. (Please do not park in the club car park). PO15 6JD.

Boots Rating: 

### **W35 Meon Shore to Titchfield**

Every 3rd Saturday of the month (except Christmas Day) **meet at 11am**. Stop midway or at the end for a snack. This is a long walk and sometimes very muddy, please come prepared.

Meeting point: Meon Shore Road (by the toilets and private chalets at Western end). PO14 4HL

Duration: (mins): 120

Boots rating: 

### **W39 - Stubbington to Salterns Shore**

Circular route from the village to the shore returning via Hill Head

Duration: (mins) 70 + break

Meeting point: Crofton

Community Centre, Stubbington  
PO14 2PP

Boots rating: 

### **W47 Westlands Wednesdays**

A gentle walk in Portchester to the shore at Wicor with a break at Salt café. Route varied to suit walkers on the day.

Duration (mins) 45 inc. break

Meeting point: Westlands Medical Centre PO16 9AE

Boot rating:  to 

### **W48 - Portchester to Port Solent**

Along the foreshore to Port Solent with a half-way break before returning to Portchester.

Duration (mins): 90 (+ break)

Meeting point: The Portchester Hub, 38 West Street, Portchester, PO16 9UY. Free parking available on right.

Boots Rating: 

### **W49 Holly Hill Leisure Centre**

A choice of local footpaths, through Holly Hill Park to Universal marina. Varied to suit walkers and weather on the day.

Duration (mins): 60 (+break)

Meeting Point: Holly Hill leisure centre Barnes Lane, Sarisbury Green SO31 7BH. Free parking.

Boot rating: 

### **W51 Titchfield Tuesdays**

A gentle walk through the village of Titchfield and up to the Abbey with a refreshment break half way. Route varied to suit walkers on the day.

Duration: 50mins plus coffee.

Meeting point: Jubilee Surgery PO14 4EH.


Boot rating: 

### **W52 Deviation Line to Titchfield Abbey**

A hearty walk along the old railway line in North Fareham to the site of the 13<sup>th</sup> century Abbey. Take a break at the nearby nurseries. Path can be muddy and uneven in places.

Duration: 90mins plus break

Meeting point: Public car park adjacent to the Working Mens' Club in Highlands Road, Fareham. (Please do not park in the club car park). PO15 6JD

Boots rating: 



### **W54 Portchester to the Castle**

A pleasant route from the **Community Centre** to the Castle taking in the coastal path.

Includes refreshment break.

Duration: 60 mins

Meeting point: Portchester

Community Centre, Westlands Grove, Portchester PO16 9AD

Boot rating: 

### **W56 Warsash Shoreline**

A level walk along the shore that's a treat for all the senses: Feel the breeze, smell the sea, see the boats, hear the halyards tapping on the masts and the rustling of the reeds.

The causeway path is exposed, so dress for the elements.

Uneven in places.

Duration 60mins

Meeting Point: Passage Lane Car Park SO31 9FR

Boots rating: 



### **NEW**

### **W59 Locks Heath Paths and Parks**

Following footpaths to local parks to enjoy our lovely green spaces. Back to the Locks Heath centre for refreshments.

Duration: 45 mins plus break

Meeting point: Lockswood Health Centre, Centre Way, Locks Heath SO31 6DX NB Please do not park in the health centre car park. There is 3hrs free parking in the shopping centre car park or bus stop for X4 and X5 close by.

Boot rating:  to 

### **NEW**

### **W61 Broadlaw to Fort Fareham (figure of 8)**

Explore the varied green spaces in Fareham's West End, taking in Fort Fareham woods and Cams Alders Recreation Ground.

Duration: 60 minutes






Meeting point: Bus stop adjacent to Mitre Court, Bishopsfield Rd PO14 1LN

Boot rating: 



## Walk Level Boots Rating Guide

Our boots rating guide (below) helps new walkers to gauge which walks are right for them. Your Walk Leader will give additional information before the walk begins and be aware during the walk of any walkers who are in difficulty.

	Terrain suitable for wheelchair and mobility scooter users and people with buggies
	Mostly flat with some slight inclines and footpaths. Distance 1 to 2 miles. No stiles
	Moderate inclines, footpaths and grassland. Distance 2 to 3 miles. May include stiles.
	Some steeper inclines, footpaths and grassland. Distance 3 to 5 miles. Includes stiles
	Progression Walk. Walks over the Health Walk maximum of 90 minutes are for walkers ready to move on to more strenuous exercise

**Fareham Walking 4 Health** is co-ordinated by  
**Community First Fareham**

We receive no local authority funding to operate this service free of charge for people in Fareham.

We are grateful for all donations and other offers of support for this important scheme.

Community First is the trading name of Communities First Wessex Registered Charity no 1147527.

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