



Nationally accredited by Ramblers Walking for Health



Walks for June and July 2019



**Community
First**



Fareham Walking 4 Health is a health walk scheme accredited by **Ramblers Walking For Health**. 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 or a paper copy from your Walk Leader or downloaded from 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.

Please note that we send out these programmes by email. If you wish to receive a copy, please tick the email box on the form.

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

Welcome to your new Fareham Walking 4 Health walk programme for June and July. Thank you to our volunteer Walk Leaders who have packed the schedule with wonderful summer walks.

Can you please help us to keep this fantastic scheme going?

We have launched a “JustGiving” page where anyone can make a donation – large or small – to support the amazing volunteers who make this scheme so good. Take a look at www.justgiving.com/campaign/farehamwalking4health to find out more.

Do you shop on-line? You could help us to raise money for Fareham Walking 4 Health *just by shopping*. It won't cost you a penny! We have teamed up with Easyfundraising to collect donations from the on-line shops that you buy from. It's a really easy way to raise money for us – you just use the **easyfundraising** site to shop online with more than 3,600 well known online stores like Amazon, Argos, John Lewis, ASOS, Booking.com, eBay, Boden, and M&S and when you make a purchase, the retailer sends us a free donation, at no extra cost to you.

I have already signed up and started shopping :)

We want to raise as much as possible, so please visit our new easyfundraising page at <https://www.easyfundraising.org.uk/causes/farehamwalking4health/> and click 'support us'. Please tell your friends and family too.

Coming up in our next walk programme:

Maurice's sponsored Litter-pick Walk. If you would like to take part, please email w4h.fareham@cfirst.org.uk and ask for more information or call our office on 01329 231 899.

Have you got a great fundraising idea for us? Please let us know.

Thank you and Happy Walking!

Jennie

Fareham Walking 4 Health


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.


Walk Rating: 

W3 - Fareham Leisure Centre

A gentle, accessible walk on footpaths around Park Lane recreation ground and the surrounding area. Some seats on route. Refreshments at the Leisure Centre. All abilities welcome. Route varies to suit walkers on the day

Duration (mins): 30

Meeting point: Fareham Leisure Centre reception PO16 7JU.


Walk 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.

Walk 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.

Walk 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.

Walk 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.

Walk Rating: 

W9 - River Hamble Path & Holly Hill

Walk along the River Hamble Path and return through Holly Hill.

Duration (mins): 90

Meeting point: public car park near Sarisbury Green Community Centre.

SO31 7AA.

Walk 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: Overflow car park at the crematorium. Park there or Seagull pub car park. PO16 8NE.


Walk 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.

Walk 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.

Walk 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.

Walk 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.

Walk Rating: 

Walk Schedule for June 2019

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

Our regular walks

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

Our Occasional Walks

Date	Ref	Leader	Walk Title
Mon 3 rd	W9	Mike	River Hamble & Holly Hill
Tue 4 th	W13	Robert	Cams Hall Estate
Thur 6 th	W27	Maurice	Whiteley
Fri 7 th	W10	Keith E	Crematorium to Fort Nelson
Mon 10 th	W15	Mike	Solent Way to Titchfield Canal
Tue 11 th	W12	Maurice	North Fareham
Fri 14 th	W48	Malcolm	Portchester to Port Solent
Fri 14 th 1.30pm	W3	Jane	Fareham Leisure Centre
Sat 15 th 11am	W35	Keith P	Meon Shore to Titchfield
Mon 17 th 11am	W2	Maurice	Knowle/Wallington River - PICNIC
Tue 18 th	W6	Robert	Portchester Castle
Thu 20 th	Fareham w4h is at the National Clean Air Day event at the Podium, West St Fareham 10am to 3pm		
Sat 22 nd 10am	W52	Denise	Deviation Line to Titchfield Abbey
Mon 24 th	W10	Keith E	Crematorium to Fort Nelson
Tue 25 th	W4	Mike	Burnt House Lane
Thur 27 th	W5	Mike	Holly Hill Lake
Fri 28 th	W28	Keith E	Delme Viaduct to Town Quay
Fri 28 th	W54	Malcolm	Portchester to the Castle

Walk Schedule for July 2019

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

Our regular walks

When	Ref	Leader	Walk Title
Every Tue	W51	Judy	Titchfield Tuesdays
Wed (not 10 th)	W47	Keith E	Westlands Walk
Every Thu 11.15am	W56	Vanessa	Warsash Shoreline
Every Thu	W59	Fran	Locks Heath Paths & Parks
Every Fri	W49	Judy	Holly Hill Leisure Centre

Our Occasional Walks

Date	Ref	Leader	Walk Title
Mon 1 st	W39	Mike	Stubbington to Salterns Shore
Tue 2 nd	W13	Robert	Cams Hall Estate
Thur 4 th	W14	Maurice	Wallington River Walk
Fri 5 th	W9	Mike	River Hamble Path & Holly Hill
Mon 8 th	W15	Mike	Solent Way to Titchfield Canal
Tue 9 th	W32	Maurice	Thatchers Copse to Meon Shore
Fri 12 th	W2	Maurice	Knowle / Wallington River
Fri 12 th	W54	Malcolm	Portchester to the Castle
Fri 12 th 1.30pm	W3	Jane	Fareham Leisure Centre
Mon 15 th 11am	W12	Maurice	North Fareham - PICNIC
Tue 16 th	W6	Robert	Portchester Castle
Thur 18 th	W4	Mike	Burnt House Lane
Fri 19 th	W10	Keith E	Crematorium to Fort Nelson
Sat 20 th 11am	W35	Keith P	Meon Shore to Titchfield
Mon 22 nd	W21	Keith E	Wicor Copse
Tue 23 rd	W5	Mike	Holly Hill Lake
Thur 25 th	W7	Mike	Warsash Common
Fri 26 th	W28	Keith E	Delme Viaduct to Town Quay
Fri 26 th	W48	Malcolm	Portchester to Port Solent
Sat 27 th 10am	W52	Denise	Deviation Line to Titchfield Abbey
Mon 29 th	W10	Keith E	Crematorium to Fort Nelson
Tue 30 th	W39	Mike	Stubbington to Salterns Shore

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.

Walk 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.

Walk 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.

Walk 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.

Walk Rating: 

W32 – Thatchers Copse to Brownwich

Walk down Brownwich Lane to Foreshore.

Duration (mins): 90

Meeting point: Thatchers Copse car park. (Take Posbrook Lane south from Titchfield, after 1.3 miles car park is on right, by sign for Chilling Coastal Area). PO14 4HH.

Walk Rating: 

W35 Meon Shore to Titchfield

Stop midway or at the end for a snack. This is a long walk and sometimes very muddy, please come prepared.

(Alternative route on concrete coastal path to Lee-on-the-Solent in or after heavy rain).

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

Duration: (mins): 120

Walk 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

Walk 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

Walk 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.

Walk 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.

Walk 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.


Walk rating:  

W52 Deviation Line to Titchfield Abbey

A hearty walk along the old railway line in North Fareham to the site of the 13th 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

Walk 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

Walk 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

Walk rating: 

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.

Walk rating:  to 

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

Walk rating: 



Walk Level Rating Guide

Our walk 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
	Walk Leader is a Dementia Friend
	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 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 and increasingly popular scheme. Please contact the office on 01329 231 899 to ask how you can help.

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

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Registered Office – 3000a Parkway, Whiteley, Fareham, Hampshire PO14 7FX