





Nationally accredited by Ramblers Walking for Health



# Walks for August & September 2019

## Fareham W4H Needs You!

 To continue these great free walks requires funding and this is where you come in. If you can afford anything at all to support these walks then you can donate on line. Just go to: [www.justgiving.com/campaign/farehamwalking4health](http://www.justgiving.com/campaign/farehamwalking4health) to find out more.

 Or raise money by shopping on-line through **Easyfundraising**. All of the big stores like Amazon, Argos, John Lewis, eBay, and M&S are signed up. When you shop, the retailer sends us a free donation, at no extra cost to you.


**One fundraiser has raised £9 since we launched.**

**Can you beat that and join the hall of fame?**

Please visit our easyfundraising page at

<https://www.easyfundraising.org.uk/causes/farehamwalking4health>

/

 And remember to sign up for Maurice's **Sponsored Litter Pick** on 9<sup>th</sup> September. See inside for details.

**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](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.

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 August and September. Thank you to our volunteer Walk Leaders who yet again are offering a wide range of lovely walks.

**We know how much you love walking with Fareham W4H.**

With your help we can keep it going. We receive no money from Ramblers to operate the scheme FREE OF CHARGE for people in Fareham to enjoy. Please help us to raise funds through our on-line giving, by internet shopping or with a great fundraising idea of your own.

**Support Maurice's sponsored Litter-pick Walk.  
Monday 9<sup>th</sup> September**

Maurice is our longest-serving volunteer Walk Leader. Help him to raise money for Fareham W4H while doing your bit to improve the environment.

If you would like to take part, please email the office on [w4h.fareham@cfirst.org.uk](mailto:w4h.fareham@cfirst.org.uk) or call us on 01329 231 899 and ask for more information and a sponsor form.



**Where's Ally?**

Fareham W4H Volunteer Alison will be popping up on our healthy walks in the coming months. Be the first to spot her for a prize!  
Remember to get a selfie with her for our Facebook page.

# 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: 

## **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: 

### **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: 


### **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.

Walk Rating: 

### **W20 – River Hamble Picnic**

Walk through Holly Hill to River Hamble.

Bring your own picnic.

Duration (mins): 120 inc. picnic

Meeting point: Public car park at entrance

of Holly Hill Park, Barnes Lane. SO31 7BJ.

Walk Rating: 

### **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: 

## Walk Schedule for August 2019

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

### Our regular walks

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

### Our Occasional Walks

Date	Ref	Leader	Walk Title
Thu 1 <sup>st</sup>	W9	Mike	River Hamble Path & Holly Hill
Fri 2 <sup>nd</sup>	W27	Maurice	Whiteley
Mon 5 <sup>th</sup>	W21	Keith E	Wicor Copse
Tue 6 <sup>th</sup> <b>11am</b>	W20	Maurice	River Hamble - <b>PICNIC</b>
Tue 6 <sup>th</sup>	W13	Robert	Cams Hall Estate
Thu 8 <sup>th</sup>	W15	Mike	Solent Way to Titchfield Canal
Mon 12 <sup>th</sup>	W10	Keith E	Crematorium to Fort Nelson
Tue 13 <sup>th</sup>	W4	Mike	Burnt House Lane
Thu 15 <sup>th</sup>	W17	Mike	Wickham Train Trail
Fri 16 <sup>th</sup>	W54	Malcolm	Portchester to the Castle
Sat 17 <sup>th</sup> <b>11am</b>	W35	Keith P	Meon Shore to Titchfield
Mon 19 <sup>th</sup>	W28	Keith E	Delme Viaduct to Town Quay
Tue 20 <sup>th</sup>	W6	Robert	Portchester Castle
Thu 22 <sup>nd</sup>	W7	Mike	Warsash Common
Fri 23 <sup>rd</sup>	W48	Malcolm	Portchester to Port Solent
Sat 24 <sup>th</sup> <b>10am</b>	W52	Denise	Deviation Line to Titchfield Abbey
Tue 27 <sup>th</sup>	W10	Keith E	Crematorium to Fort Nelson
Thu 29 <sup>th</sup>	W39	Mike	Stubbington to Salterns Shore
Fri 30 <sup>th</sup>	W12	Maurice	North Fareham - <b>Blackberry Walk</b>

## Walk Schedule for September 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	<b>W51</b>	Dave	Titchfield Tuesdays
Every Wed	<b>W47</b>	Keith E	Westlands Walk
Every Thu <b>11.15am</b>	<b>W56</b>	Vanessa	Warsash Shoreline
Every Thu	<b>W59</b>	Fran	Locks Heath Paths & Parks
Every Fri	<b>W49</b>	Judy	Holly Hill Leisure Centre

### Our Occasional Walks

<b>Date</b>	<b>Ref</b>	<b>Leader</b>	<b>Walk Title</b>
Mon 2 <sup>nd</sup>	W5	Mike	Holly Hill Lake
Tue 3 <sup>rd</sup>	W13	Robert	Cams Hall Estate
Thu 5 <sup>th</sup>	W9	Mike	River Hamble Path & Holly Hill
Fri 6 <sup>th</sup>	W21	Keith E	Wicor Copse
Mon 9 <sup>th</sup>	W2	Maurice	Knowle/Wallington River <b>Sponsored Litter Pick</b>
Tue 10 <sup>th</sup>	W15	Mike	Solent Way to Titchfield Canal
Thu 12 <sup>th</sup>	W4	Mike	Burnt House Lane
Fri 13 <sup>th</sup> <b>11am</b>	W12	Maurice	North Fareham - <b>PICNIC</b>
Mon 16 <sup>th</sup>	W10	Keith E	Crematorium to Fort Nelson
Tue 17 <sup>th</sup>	W6	Robert	Portchester Castle
Wed 18 <sup>th</sup>	W32	Maurice	Thatchers Copse to Meon Shore
Thu 19 <sup>th</sup>	W7	Mike	Warsash Common
Fri 20 <sup>th</sup>	W54	Malcolm	Portchester to the Castle
Sat 21 <sup>st</sup> <b>11am</b>	W35	Keith P	Meon Shore to Titchfield
Mon 23 <sup>rd</sup>	W28	Keith E	Delme Viaduct to Town Quay
Tue 24 <sup>th</sup>	W10	Keith E	Crematorium to Fort Nelson
Fri 27 <sup>th</sup>	W48	Malcolm	Portchester to Port Solent
Sat 28 <sup>th</sup> <b>10am</b>	W52	Denise	Deviation Line to Titchfield Abbey
Mon 30 <sup>th</sup>	W5	Mike	Holly Hill Lake

### **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 walk 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 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

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 

### 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**

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