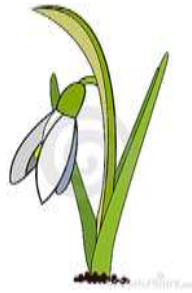




Nationally accredited by Ramblers Walking for Health



# Walks for February & March 2020



To continue these great free walks requires funding and this is where you come in. You can donate on line at:

[www.justgiving.com/campaign/farehamwalking4health](http://www.justgiving.com/campaign/farehamwalking4health)

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. Visit our easyfundraising page at

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



**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 in 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 February and March. Thank you to our volunteer Walk Leaders who yet again are offering a wide range of lovely walks.



We are delighted that David, a Ranger with Bird Aware Solent can offer one more bird-spotting walk this winter. Find out about the over-wintering birds that use the Solent. Look out for the bird symbol.

### **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.

Donate to our Just Giving page. **Generous donors have already raised £150** so far. To help support the scheme this way, just go to: [www.justgiving.com/campaign/farehamwalking4health](http://www.justgiving.com/campaign/farehamwalking4health)

**We have raised £91 this way so far and it hasn't cost anyone a penny! Please sign up before you shop on line.** Visit our easyfundraising page at

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

# 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: 

### **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: 

### **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: 

### **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: 

### **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: 

## Walk Schedule for February 2020

*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>	Judy	Titchfield Tuesdays
Every Wed	<b>W47</b>	Keith E	Westlands Walk
Every Thu (not 13 <sup>th</sup> )	<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 3 <sup>rd</sup>	W21	Keith E	Wicor Copse
Mon 3 <sup>rd</sup> <b>1.30pm</b>	W63	Jane	Monday Memories
Tue 4 <sup>th</sup>	W27	Maurice	Whiteley
Thu 6 <sup>th</sup> <b>11am</b>	W56	Vanessa	Warsash Shoreline
Fri 7 <sup>th</sup>	W10	Keith E	Crematorium to Fort Nelson
Mon 10 <sup>th</sup>	W4	Mike	Burnt House Lane
Tue 11 <sup>th</sup>	W13	Dave	Cams Hall Estate
Wed 12 <sup>th</sup>	W2	Maurice	Knowle / Wallington River
Thu 13 <sup>th</sup>	W5	Mike	Holly Hill Lake
Fri 14 <sup>th</sup>	W48	Malcolm	Portchester to Port Solent
Sat 15 <sup>th</sup> <b>11am</b>	W35	Keith P	Meon Shore to Titchfield
Mon 17 <sup>th</sup>	W9	Mike	River Hamble Path & Holly Hill
Tue 18 <sup>th</sup>	W6	Malcolm	Portchester Castle 
Thu 20 <sup>th</sup>	W12	Maurice	North Fareham
Thu 20 <sup>th</sup> <b>11am</b>	W56	Vanessa	Warsash Shoreline
Fri 21 <sup>st</sup>	W28	Keith E	Delme Viaduct to Town Quay
Sat 22 <sup>nd</sup> <b>10am</b>	W52	Denise	Deviation Line to Titch. Abbey
Mon 24 <sup>th</sup>	W7	Mike	Warsash Common
Tue 25 <sup>th</sup>	W10	Keith E	Crematorium to Fort Nelson
Thu 27 <sup>th</sup>	W39	Mike	Stubbington to Salterns Shore
Fri 28 <sup>th</sup>	W54	Malcolm	Portchester to the Castle

## Walk Schedule for March 2020

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

### Our regular walks

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

### Our Occasional Walks


Date	Ref	Leader	Walk Title
Mon 2 <sup>nd</sup>	W21	Keith E	Wicor Copse
Mon 2 <sup>nd</sup> <b>1.30pm</b>	W63	Jane	Monday Memories
Tue 3 <sup>rd</sup>	W14	Maurice	Wallington River Walk
Thu 5 <sup>th</sup> <b>11am</b>	W56	Vanessa	Warsash Shoreline
Fri 6 <sup>th</sup>	W9	Mike	River Hamble Path & Holly Hill
Mon 9 <sup>th</sup>	W10	Keith E	Crematorium to Fort Nelson
Tue 10 <sup>th</sup>	W13	Dave	Cams Hall Estate
Thu 12 <sup>th</sup>	W7	Mike	Warsash Common
Fri 13 <sup>th</sup>	W54	Malcolm	Portchester to the Castle
Tue 17 <sup>th</sup>	W28	Keith E	Delme Viaduct to Town Quay
Thu 19 <sup>th</sup>	W12	Maurice	North Fareham
Thu 19 <sup>th</sup> <b>11am</b>	W56	Vanessa	Warsash Shoreline
Fri 20 <sup>th</sup>	W5	Mike	Holly Hill Lake
Sat 21 <sup>st</sup> <b>11am</b>	W35	Keith P	Meon Shore to Titchfield
Mon 23 <sup>rd</sup>	W10	Keith E	Crematorium to Fort Nelson
Tue 24 <sup>th</sup>	W6	Malcolm	Portchester Castle
Thu 26 <sup>th</sup>	W17	Mike	Wickham Train Trail
Fri 27 <sup>th</sup>	W48	Malcolm	Portchester to Port Solent
Sat 28 <sup>th</sup> <b>10am</b>	W52	Denise	Deviation Line to Titch. Abbey
Mon 30 <sup>th</sup>	W2	Maurice	Knowle / Wallington River
Tue 31 <sup>st</sup>	W39	Mike	Stubbington to Salterns Shore

### **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: 

### **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 

### **W63 Monday Memories NEW!**

A gentle walk on the first Monday of every month around the town centre. Your chance to reminisce with others about Fareham past and stop for a welcome break at Westbury Manor Museum.







Duration: 30mins

Meeting point: Westbury Manor Museum, West St. PO16 0JJ

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



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Registered Office – Leigh Park Community Centre, Dunsbury Way,  
Havant PO9 5BG