



Nationally accredited by Ramblers Walking for Health



Walks for December 2020

As you will see from the enclosed program we have opened up a few walks.

Each walk has been Covid Risk assessed, and the number of walkers will be limited.

Only Walking for Health registered walkers who have booked to join a walk will be allowed on the walk. Please do not turn up without having booked.

Please email w4h@cfirst.org.uk to request the link to the booking form. You will be notified before the walk if your booking has been accepted or rejected depending on numbers. It is important that we can contact you quickly as walks may be cancelled at short notice. By giving your telephone number and email address Community First will assume that you are happy to be contacted by either means. After the walk your details will be kept for 21 days for the purposes of contact tracing.



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 month.

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 December. Thank you to our volunteer Walk Leaders who are keen to restart walks and are hoping to welcome you on them.

Please reduce your risk by minimising car sharing and use of public transport. Follow the latest [HMG Travel advice](#) – on travel and transport in England.

Please bring hand sanitizer, a mask, and your own refreshments with you. Please do not share food drink or equipment such as walking poles. It will be your own responsibility to maintain physical distancing. Please bring suitable clothing and footwear for the weather conditions and terrain. Wear gloves or use hand sanitiser if you need to touch gates or path furniture.

Remember that not all public toilets are open. Cafe's may not be able to seat individuals safely, and the walk leader may decide not that it is not advisable to visit them. Please respect this decision.

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 £170** so far. To help support the scheme this way, just go to: www.justgiving.com/campaign/farehamwalking4health

We have raised £255 this way so far and it hasn't cost anyone a penny! Please sign up before you start your Christmas shopping. Visit our easyfundraising page at <https://www.easyfundraising.org.uk/causes/farehamwalking4health/>

Walk Schedule for December 2020

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

Our regular walks

| When | Ref | Leader | Walk Title |
|-------------------------|------------|---------------|--------------------------------|
| Every Monday 2pm | W64 | Sandie | Whiteley Copse & Lakes (max 6) |
| Every Wednesday | W47 | Keith E | Westlands Walk (max 6) |

Our Occasional Walks

| Date | Ref | Leader | Walk Title |
|------------------------------|------------|---------------|------------------------------------|
| Monday 7th | W21 | Keith E | Wicor Copse (max 6) |
| Wednesday 9th | W66 | Vanessa | Meon Shore to Daedalus (max 6) |
| Thursday 10th | W13 | Dave B | Cams Hall Estates (max 6) |
| Friday 11th | W10 | Keith E | Crematorium to Fort Nelson (max 6) |
| Tuesday 15 th | W54 | Dave B | Portchester to the Castle (max 6) |
| Friday 18 th | W28 | Keith E | Delme Viaduct to Town Quay (max 6) |
| Saturday 19th 11am | W35 | Keith P | Meon Shore to Titchfield (max 6) |
| Tuesday 22 nd | W10 | Keith E | Crematorium to Fort Nelson (max 6) |
| Wednesday 23rd | W39 | Vanessa | Stubbington to Salterns (max 6) |
| Wednesday 30th | W56 | Vanessa | Warsash to Swanwick (max 6) |

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

W10 - Crematorium to Fort Nelson

Walk through wildflower meadow to Nelson's Monument. Across fields to small bluebell wood, optional refreshments Fort Nelson (Some steps, stiles & uphill walking).
Duration (mins): 90 inc. refresh break
Meeting point: Crematorium overflow car park. Please park in overflow car park. PO16 8NE.

Leader: TBC

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.

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: 

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 Cams Mill pub. PO16 8AA.

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 

W54 Portchester to the Castle

A pleasant route from the Community Centre in Westlands Grove 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: 

W64 Whiteley Lakes and Coppices

Explore the paths and woodland around Whiteley for a pleasant afternoon walk with a break for refreshments midway. Some woodland paths may be uneven.

Duration: 50 mins plus break

Meeting point: Meadowside Leisure Centre, Whiteley PO15 7LJ

Boot rating:  to 

W66 Meon Shore to Daedalus

Brisk 4.5 mile walk at low tide (involves walking on wet sand) to the Control Tower at Daedalus for refreshments and some plane spotting before return.

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

Duration (mins): 100 + break

Walk Rating:  +

W56 Warsash to Swanwick

Brisk out and back walk alongside the River Hamble. 4.3 miles. No café stop.







Meeting point: Passage Lane Car Park SO31 9FR.

Duration (mins): 100

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

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

Company Registered in England and Wales 08071971.

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