



Fareham



Nationally accredited by Ramblers Walking for Health



Walks for June & July 2022

Here is the walk program for **June and July**.

The walks are open to attend without booking and are subject to change.

The recommended maximum number of walkers for each walk leader is 20; the walk leader has the discretion to turn away people if the numbers exceed 20 (or fewer depending on the walk and the leader).

There are going to be some changes to Walking 4 Health in the future, and the walks will be renamed Wellbeing Walks.

Your walk leader will be finding out more about the changes soon, so you may hear more from them.

Any queries then please in the first instance email:

W4H.fareham@cfirst.org.uk

Or call 01329 223140 – and leave a message if no one available.

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 months.

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** please contact Community First Fareham below for more details.

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 223140** 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 are keen 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 June 2022

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

Our regular walks

When	Ref	Leader	Walk Title
Every Mon 2pm	W64	Sandie	Whiteley Copse & Lakes
Every Weds	W47	Keith E	Westlands Walk

Our Occasional Walks

Date	Ref	Leader	Walk Title
Wed 1st	W32	Maurice	Thatchers Copse to Meon Shore
Tue 7th	W21	Keith E	Wicor Copse
Fri 10th	W49	Judy	Holly Hill Leisure Centre to Hamble River
Mon 13th 11am	W2	Maurice	Knowle/Wallington River- PICNIC
Thur 16th	W39	Maurice	Stubbington to Salterns Shore
Fri 17th	W10	Keith E	Crematorium to Fort Nelson
Fri 17th	W49	Judy	Holly Hill Leisure Centre to Hamble River
Tue 21st	W28	Keith E	Delme Viaduct to Town Quay
Thur 23rd	W23	Maurice	Titchfield Canal North
Fri 24th	W10	Keith E	Crematorium to Fort Nelson
Fri 24th	W49	Judy	Holly Hill Leisure Centre to Hamble River
Sat 25th 10am	W52	Denise	Deviation Line to Titchfield Abbey
Mon 27th	W12	Maurice	North Fareham
Thur 30th	W13	Maurice	Cams Hall Estate

Walk Schedule for July 2022

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

Our regular walks

When	Ref	Leader	Walk Title
Every Mon 2pm	W64	Sandie	Whiteley Copse & Lakes
Every Weds	W47	Keith E	Westlands Walk

Our Occasional Walks

Date	Ref	Leader	Walk Title
Fri 1st	W17	Maurice	Wickham Train Trail
Tue 5th	W39	Maurice	Stubbington to Salterns Shore
Thur 7th	W27	Maurice	Whiteley
Fri 8th	W21	Keith E	Wicor Copse
Fri 8th	W49	Judy	Holly Hill Leisure Centre to Hamble River
Fri 15th	W49	Judy	Holly Hill Leisure Centre to Hamble River
Mon 18th	W32	Maurice	Thatchers Copse to Meon Shore
Fri 22nd	W10	Keith E	Crematorium to Fort Nelson
Fri 22nd	W49	Judy	Holly Hill Leisure Centre to Hamble River
Sat 23rd 10am	W52	Denise	Deviation Line to Titchfield Abbey
Mon 25th	W28	Keith E	Delme Viaduct to Town Quay
Tue 26th 11am	W20	Maurice	River Hamble - PICNIC
Thur 28th	W12	Maurice	North Fareham
Fri 29th	W10	Keith E	Crematorium to Fort Nelson
Fri 29th	W49	Judy	Holly Hill Leisure Centre to Hamble River

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: 

W13 - Cams Hall Estate

Walk along to Cams Hall Estate, stop at Buffet Car for refreshments, then back via the woods.

Duration (mins): 60 + refresh break

Meeting point: gravel car park at the end of Shearwater Avenue, Fareham. PO16 8YE.

Boots Rating: 

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


Boots Rating: 

W17 - Wickham Train Trail

Walk along disused railway line to the vineyard and return via the golf course and water meadow 2.5 miles. No café stop.

Duration (mins): 60

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

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: 

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.


Boots 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. (turn into Cornaway Lane at Portchester Crematorium roundabout on A27, then right into Cranleigh Rd and follow to end). PO16 9BY.

Boots 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.

Boots Rating: 

W23 – Titchfield Canal (North)

A lovely walk 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: 

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.

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: 




W39 - Stubbington to Salterns Shore

Circular route from the village to the shore via Hill Head. 4.2 miles. No Café stop.
Duration (mins): 90
Meeting point: Crofton Community Centre, Stubbington PO14 2PP

Boots rating: 


W47 Westlands Walk

A gentle walk in Portchester to the shore at Wicor with a break at Salt café. Route may vary.
Duration (mins) 45 inc. break
Meeting point: Westlands Medical Centre PO16 9AE

Boot rating: 

W49 Holly Hill Leisure Centre to River Walk

A choice of local footpaths through Holly Hill Park to the River Hamble.
Route varied to suit walkers and the weather on the day.
Duration (mins): 90
Meeting Point: Holly Hill leisure centre Barnes Lane, Sarisbury Green SO31 7BH. Free parking.

Boot 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 (note: if we are unable to get through the puddles, we will not be able to get to the garden centre café).
Duration (mins): 90 + 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: 







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 (mins): 50 + break
Meeting point: Meadowside Leisure Centre, Whiteley PO15 7LJ

Boot 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

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

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

