



# Fareham Healthy Walks for December 2023 & January 2024



Here is the walk program for **December and January**.

The walks are open to attend without booking.

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).

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## **Fareham Healthy Walks**

163 West Street, Fareham PO16 0EF Tel: 01329 233140 Email:  
W4H.fareham@cfirst.org.uk

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



**Fareham Healthy Walks** is a health walk scheme 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 a paper copy from your Walk Leader 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 Healthy Walks**  
**163 West Street, Fareham PO16 0EF**  
Tel: **01329 233140** Email: **W4H.fareham@cfirst.org.uk**

Welcome to your new **Fareham Healthy Walks** programme for December and January.

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

Please bring suitable clothing and footwear for the weather conditions and terrain.

### **We know how much you love walking with Fareham Healthy Walks.**

With your help we can keep it going. We receive no money 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 £403** 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 £300.85** 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 2023

*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 Weds <b>2pm</b>	<b>W43</b>	James	Meadowside Walk
Every Thur <b>12.30pm</b>	<b>W50</b>	James	Hillson Drive – Low Intensity
Every Fri <b>11am</b>	<b>W67</b>	James	Jubilee Surgery Stroll- <b>20min</b>

### Our Occasional Walks

<b>Date</b>	<b>Ref</b>	<b>Leader</b>	<b>Walk Title</b>
Mon 4th <b>2pm</b>	W64	Chrissy	Whiteley Copse & Lakes
Tue 5th	W21	Keith	Wicor Copse
Weds 6th	W30	Martin/ Elizabeth	Hook Lane to Brownwich Bridge
Thur 7th	W14	Maurice	Wallington River Walk
Sun 10th <b>2pm</b>	W68	Chrissy	Holly Hill and Hamble Causeway
Mon 11th	W27	Maurice	Whiteley
Tue 12th	W28	Keith	Delme Viaduct to Town Quay
Weds 13th	W17	Maurice	Wickham Train Trail
Fri 15th	W12	Maurice	North Fareham
Mon 18th <b>2pm</b>	W64	Chrissy	Whiteley Copse & Lakes
Tue 19th	W48	Keith	Portchester to Port Solent
Wed 20th	W2	Maurice	Knowle / Wallington River
Fri 22nd	W10	Keith	Crematorium to Fort Nelson
Wed 27th	W47	Chrissy	Westlands and Portchester Castle
Fri 29th	W39	Maurice	Stubbington to Titchfield Haven
Sat 30th <b>10am</b>	W52	Denise	Deviation Line to Titchfield Abbey

## Walk Schedule for January 2024

*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 Weds <b>2pm</b>	<b>W43</b>	James	Meadowside Walk
Every Thu <b>12.30pm</b>	<b>W50</b>	James	Hillson Drive – Low Intensity
Every Fri <b>11am</b>	<b>W67</b>	James	Jubilee Surgery Stroll- <b>20min</b>

### Our Occasional Walks

<b>Date</b>	<b>Ref</b>	<b>Leader</b>	<b>Walk Title</b>
<b>New Year Walk</b> Mon 1st <b>11am</b>	<b>W36</b>	<b>Maurice</b>	<b>Hamble Coastal Walk / Lunch</b>
Tue 2nd	W21	Keith	Wicor Copse
Wed 3rd	W47	Chrissy	Westlands Walk
Fri 5th	W12	Maurice	North Fareham
Mon 8th <b>2pm</b>	W64	Chrissy	Whiteley Copse & Lakes
Tue 9th	W28	Keith	Delme Viaduct to Town Quay
Wed 10th	W30	Martin/ Elizabeth	Hook Lane to Brownwich Bridge
Thur 11th	W39	Maurice	Stubbington to Titchfield Haven
Sun 14th <b>2pm</b>	W68	Chrissy	Holly Hill and Hamble Causeway
Fri 19th	W10	Keith	Crematorium to Fort Nelson
Sat 20th <b>10am</b>	W52	Denise	Deviation Line to Titchfield Abbey
Mon 22th <b>2pm</b>	W64	Chrissy	Whiteley Copse & Lakes
Tue 23rd	W2	Maurice	Knowle / Wallington River
Thur 25th	W14	Maurice	Wallington River Walk
Mon 29th	W23	Maurice	Titchfield
Tue 30th	W48	Keith	Portchester to Port Solent
Wed 31st	W47	Chrissy	Westlands and Portchester Castle

## 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.

Boot 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.

Boot Rating: 

## W12

### North Fareham

Discover North Fareham - route 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.

Boot 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 Sainsbury's near by car park (2 hours free parking)

PO16 8SU

Boot 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.

Boot 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.

Boot Rating: 

## W23

### Titchfield

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: Titchfield Community Centre Mill St, Titchfield, Fareham PO14 4AB.

Boot Rating: 

## W30

### Hook Lane to Brownwich Beach

Walk to the coast via Hook Lane and return past Brownwich Pond. No café stop.

Duration (mins): 90

Meeting point: Hook Lane car park, Hook Lane, Warsash.

This is a small car park first on left on Hook Lane.

Boot 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.

Boot Rating: 

## W36

### Warsash Coastal Park (and Lunch/coffee stop)

Walk to Warsash front and along Hamble path, returning via Holly Hill Park + **New Year's Day Lunch/Coffee stop**

Duration (mins): 90

Meeting point: Silver Fern PH Car Park, Warsash Road. SO31 9HW.

Boot 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.

Boot 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

Boot rating: 

**W43****Meadowside Walk**

Short walk around Whiteley Park. Wide, flat footpaths that are perfect for easy walking. (Suitable for wheelchairs and parents with buggies).

Duration (mins): 30

Meeting point: Outside Meadowside Leisure Centre (next to Whiteley shopping centre), PO15 7LJ

Boot Rating:  

**W47****Westlands and Portchester Castle**

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: 

**W50****Hillson Drive – Low Intensity**

This is a 1-mile total walk designed for those who want some low intensity exercise. The walk starts and finishes at St Columba Church, Hillson Drive, Fareham PO15 6PF and there is free parking onsite. You are also welcome to attend our wellbeing drop in afterwards where you can use our facilities and have a free hot drink and a chat.

Boot 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 (please note that 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

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 (mins): 60 + break

Meeting point: Meadowside Leisure Centre, Whiteley PO15 7LJ

Boot rating: 

**W67****Jubilee Surgery Stroll**

A short walk from the surgery to stretch those legs and refresh the minds.

Duration (mins) : 20

Meeting point: Jubilee Surgery, Barrys Meadow, High St., Titchfield. PO14 4EH.

Boot rating: 

**W68****Holly Hill and Hamble Causeway**

This circular walk goes anti-clockwise around the lake, heads off to the Hamble River Causeway.

Rest at a café for a brew (if required) with toilets and returns alongside the donkey sanctuary\* finishing at the Holly Hill main gate and car park.







Duration: 2 hours inc refreshment break.

\*remember carrots 😊

Boot 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.



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