



Fareham Healthy Walks for April & May 2024



Here is the walk program for **April and May**.

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).

Fareham Healthy Walks

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

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 April and May.

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 £533** so far. To help support the scheme this way, just go to: www.justgiving.com/campaign/farehamwalking4health

and/or

We have raised £304.66 this way so far and it hasn't cost anyone a penny!

Visit our easyfundraising page at <https://www.easyfundraising.org.uk/causes/farehamwalking4health/>



Walk Schedule for April 2024

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

Our regular walks

When	Ref	Leader	Walk Title
Every Weds 2pm	W43	Conor	Meadowside Walk
Every Thur 12.00 pm	W50	Conor	Highlands Road – Low Intensity
Every Fri 11am	W67	Conor	Jubilee Surgery Stroll- 20min

Our Occasional Walks

Date	Ref	Leader	Walk Title
Wed 3rd	W47	Chrissy	Westlands & Portchester Castle
Fri 5th	W39	Maurice	Stubbington to Titchfield Haven
Mon 8th 2pm	W64	Chrissy	Whiteley Copse & Lakes
Wed 10th	W17	Maurice	Wickham Train Trail
Fri 12th	W23	Maurice	Titchfield Canal North
Sun 14th 2pm	W68	Chrissy	Holly Hill and Hamble Causeway
Tues 16th	W30	Martin/ Elizabeth	Brownwich Beach Walk
Sat 20th 10am	W52	Denise	Deviation Line to Titchfield Abbey
Mon 22th 2pm	W64	Chrissy	Whiteley Copse & Lakes
Thur 25th	W12	Maurice	North Fareham
Mon 29th	W2	Maurice	Knowle / Wallington River – Bluebell Walk
Tue 30th	W27	Maurice	Whiteley

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Every Weds 2pm	W43	Conor	Meadowside Walk
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Every Fri 11am	W67	Conor	Jubilee Surgery Stroll- 20mins

Date	Ref	Leader	Walk Title
Wed 1st	W47	Chrissy	Westlands & Portchester Castle
Thur 2nd	W39	Maurice	Stubbington to Titchfield Haven
Wed 8th	W23	Maurice	Titchfield Canal North
Fri 10th	W14	Maurice	Wallington River Walk
Sun 12th 2pm	W68	Chrissy	Holly Hill and Hamble Causeway
Mon 13th	W17	Maurice	Wickham Train Trail
Thur 16th	W2	Maurice	Knowle / Wallington River
Mon 20th 2pm	W64	Chrissy	Whiteley Copse & Lakes
Sat 25th 10am	W52	Denise	Deviation Line to Titchfield Abbey
Tue 28th	W30	Martin/ Elizabeth	Brownwich Beach Walk
Wed 29th	W47	Chrissy	Westlands & Portchester Castle
Fri 31st 11am	W12	Maurice	North Fareham – PICNIC Walk

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: 

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 nearby Sainsbury's car park (2 hours free parking).

PO16 8SU.

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.

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.

Boots 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

Brownwich Beach Walk

Walk to coast via Brownwich Lane and return past Brownwich pond. No café stop.

Duration (mins): 120+*

****NB longer due to pipe works should be completed AUGUST 2024***

Meeting point: Locks Heath Sports and Social Club Warsash Road PO14 4JU. (***changed for Winter as original car park not suitable***)

Boot Rating: 

W39

Stubbington to Titchfield Haven

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 & Portchester Castle

A gentle coastal walk along Wicor shoreline, visiting Portchester Castle (plus facilities at the café) and return.

Duration (mins) 90 inc. break

Meeting point: Westlands Medical Centre PO16 9AE

Boot rating: 


W50

Highlands Road – Low Intensity

This is a 1-mile total walk designed for those who want some low intensity exercise. Meon Health Practice patients are also welcome to attend our wellbeing drop in afterwards at the church where you can use our facilities and have a free hot drink and a chat.

Duration (mins): 20

Meeting point: Highlands Practice, 102 Highlands Rd, Fareham PO15 6JF. You can park on local side roads, or at the nearby St Columba Church.

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: 

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 (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): 50 + break

Meeting point: Meadowside Leisure Centre, Whiteley PO15 7LJ

Boot rating:  to 

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: 

W67

W67 Jubilee Surgery Stroll

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







Meeting point: Jubilee Surgery [Barrys Meadow High Street, Fareham PO14 4EH](#)

Duration: 20 mins

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.

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