



# Fareham Healthy Walks for August and September 2024



**IT'S OUR 20<sup>TH</sup> ANNIVERSARY!  
WATCH THIS SPACE**

**CHECK OUT OUR NEW WALKS:  
W19 SEAFIELD PARK  
W53 ROWNER COPSE  
W70 DAEDALUS PARK  
STARTING IN THIS PROGRAMME**

**PLUS THERE ARE 3 PICNIC WALKS  
24 DIFFERENT WALKS  
41 WALKS AVAILABLE  
9 WALK LEADERS**

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## **Fareham Healthy Walks**

163 West Street, Fareham PO16 0EF Tel: 01329 223140  
Email: [W4H.fareham@cfirst.org.uk](mailto:W4H.fareham@cfirst.org.uk)

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**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 223140** Email: **W4H.fareham@cfirst.org.uk**

Welcome to your new **Fareham Healthy Walks** programme for August and September.

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 £593** so far. To help support the scheme this way, just go to: [www.justgiving.com/campaign/farehamwalking4health](http://www.justgiving.com/campaign/farehamwalking4health)

and/or

**We have raised £303.56 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 August 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>	Conor	Meadowside Walk
Every Thur <b>12.00pm</b>	<b>W50</b>	Conor	Highlands Road – <b>Low Intensity</b>
Every Fri <b>11am</b>	<b>W67</b>	Conor	Jubilee Surgery Stroll- <b>20min</b>

### Our Occasional Walks

<b>Date</b>	<b>Ref</b>	<b>Leader</b>	<b>Walk Title</b>
Thur 1st	W23	Maurice	Titchfield Canal North
Mon 5th	W30	Martin/ Elizabeth	Hook Lane to Brownwich Beach
Mon 5 <sup>th</sup> <b>2pm</b>	W64	Chrissy	Whiteley Copse & Lakes
Tue 6 <sup>th</sup> <b>11am</b>	W20	Maurice	<b>River Hamble PICNIC Walk</b>
Wed 7th	W47	Chrissy	Westlands & Portchester Castle
Fri 9th	W17	Maurice	Wickham Train Trail
Tue 13th	W21	Keith	Wicor Copse
Thur 15th <b>11am</b>	W39	Martin/ Elizabeth	<b>Stubbington to Titchfield Haven - PICNIC Walk</b>
Sun 18th <b>2pm</b>	W68	Chrissy	Holly Hill and Hamble Causeway
Mon 19th	W12	Maurice	North Fareham
Tue 20th	W53	Julie	Rowner Copse
Wed 21st	W47	Chrissy	Westlands & Portchester Castle
Fri 23rd	W10	Keith	Crematorium to Fort Nelson
Sat 24 <sup>th</sup> <b>10am</b>	W52	Denise	Deviation Line to Titchfield Abbey
Tue 27th	W48	Keith	Portchester to Port Solent
Wed 28th	W27	Maurice	Whiteley
Thur 29th	W19	Julie	Seafeld Park to Lee On The Solent

## Walk Schedule for September 2024

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

### Our regular walks

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

### Our Occasional Walks

Date	Ref	Leader	Walk Title
Mon 2nd	W23	Maurice	Titchfield Canal North
Tue 3rd	W21	Keith	Wicor Copse
Wed 4th	W14	Maurice	Wallington River Walk
Wed 4th	W47	Chrissy	Westlands & Portchester Castle
Thur 5th	W70	Julie	Daedalus Park
Fri 6th	W17	Maurice	Wickham Train Trail
Sun 8th <b>2pm</b>	W68	Chrissy	Holly Hill and Hamble Causeway
Mon 9th	W2	Maurice	Knowle / Wallington River
Tue 10th	W53	Julie	Rowner Copse
Fri 13th	W10	Keith	Crematorium to Fort Nelson
Mon 16th <b>2pm</b>	W64	Chrissy	Whiteley Copse & Lakes
Tue 17th	W28	Keith	Delme Viaduct to Town Quay
Thur 19th <b>11am</b>	W12	Maurice	<b>North Fareham - PICNIC Walk</b>
Mon 23rd <b>2pm</b>	W64	Chrissy	Whiteley Copse & Lakes
Tue 24th	W48	Keith	Portchester to Port Solent
Thur 26th	W13	Martin/ Elizabeth	Cams Hall Estate
Sat 28th <b>10am</b>	W52	Denise	Deviation Line to Titchfield Abbey
Mon 30th	W30	Martin/ Elizabeth	Hook Lane to Brownwich Beach

**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:

**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 end of Shearwater Avenue Fareham PO16 8YE

Boot Rating:

**W10****Crematorium to Fort Nelson**

Walk through wildflower meadows and ancient woods to Nelson's monument. Across fields and to a small bluebell wood. Optional refreshments at Fort Nelson. (Some uphill walking, steps and stiles).

Duration (mins): 90 + refresh break

Meeting point: northern overflow car park @ Portchester Crematorium.

PO16 8NE.

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 Sainsburys car park (2 hours free parking). PO16 8SU.

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:

**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

**New Meeting point: Car park at Station Road off Mill Lane Winchester PO17 5HY**

Boot Rating:



### W19 **NEW WALK**

#### Seafield Park to Lee on the Solent

Brisk 3 mile out and back walk through Seafield Park then along the promenade to Lee. Toilets en route. Bring own refreshments for brief stop at Lee.

Duration (mins): 90

Meeting point: Seafield Car Park Height restriction 2.1 m PO14 2BW


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: 

### 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

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: 

### W21

#### Wicor Copse

Enjoyable walk around Wicor Copse. Stiles and possibly muddy under foot.

Duration (mins): 60

Meeting point: Gravel car park at end of Shearwater Avenue, Portchester, PO16 8YQ.

Boot Rating: 

### W30

#### Brownwich Beach Walk

Walk to Brownwich Beach via the footpath from the carpark.

**No cafe stop**

Duration (mins) 100 - 120

Meeting point: Hook Lane carpark PO14 4LP, what's 3 words:

snails.reporters.fearfully

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: 

**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: 

**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 coastal walk along Wicor shoreline, visiting Portchester castle. (plus facilities at café) and return.

Duration (mins): 90 + refresh break

Meeting point: Westlands Medical Centre PO16 9AE

Boot Rating:  +

**W48****Portchester to Port Solent**

Along the foreshore to Port Solent with a half-way break before returning to Portchester.

Duration (mins): 90 + refreshment break

Meeting point: The Portchester Hub, 38 West St., Portchester, PO16 9UY. Free parking on right.

Boot Rating: 

**W50****Highlands Road – Low intensity**

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

Duration (mins): 20

Meeting point: The Highlands Practice, 102 Highlands Road, Fareham, PO15 6JF.

Parking: local side roads or at the nearby St Columbia Church.

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: 

**W53 NEW WALK**  
**Rowner Copse**

A gentle 2 mile walk in the green spaces around Rowner. Can be muddy. Back to St Mary's church for refreshments.

Duration (mins): 60

Meeting point: St Mary The Virgin Church  
Car Park 174 Rowner Ln, Gosport PO13 9SU

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 😊

Meeting point: Holly Hill car park, 157 Barnes Lane, Sarisbury Green, SO31 7AF.

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 

**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 Street, Fareham  
PO14 4EH

Boot rating: 

**W70 NEW WALK**  
**Daedalus QE2 Platinum Jubilee Park**

Leisurely 2 mile walk on wide gravel paths round QE 2nd Platinum Jubilee Park. Possibility of some plane spotting. No toilets. Benches in park at end for own refreshments.







Duration (mins): 60

Meeting Point: QE2 Platinum Jubilee Car Park, Marks Rd Car Park PO13 9FW

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.

**Fareham Healthy Walks** is co-ordinated by  
**Community First**

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

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