



Fareham Healthy Walks for April & May 2025



**SEE INSIDE FOR 23 DIFFERENT WALKS
67 WALKS IN TOTAL TO WALK!**



LED BY 9 WALK LEADERS

NOW IN OUR 21ST YEAR

Fareham Healthy Walks

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



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 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.

Also ensure that you have eaten and are hydrated: always remember to take some water with you especially if the walk does not include a refreshment stop.

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 £730 so far. To help support the scheme this way, just go to:

www.justgiving.com/campaign/farehamwalking4health

and/or

We have raised £304.04 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 2025

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 12.00pm	W50	Conor	Highlands Rd Low intensity
Every Fri 11am	W67	Conor	Jubilee Surgery Stroll- 30 min

Our Occasional Walks

Date	Ref	Leader	Walk Title
Thur 3 rd	W22	Susan	Abbey Meadows
Sat 5 th 2pm	W68	Chrissy	Holly Hill and Hamble Causeway
Mon 7 th	W13	M/E	Cams Hall
Tues 8 th	W28	Keith	Delme Viaduct
Wed 9 th	W47	Chrissy	Westlands & Portchester Castle
Thurs 10 th	W53	Julie	Rowner Copse
Fri 11 th	W2	Maurice	Knowle / Wallington River
Sat 12 th	W7	Gareth	Warsash Common
Mon 14 th	W64	Chrissy	Whiteley Copse & Lakes
Tue 15 th	W12	Maurice	North Fareham (Bluebell Walk)
Wed 16 th	W47	Chrissy	Westlands & Portchester Castle
Thu 17 th	W19	Julie	Seafeld Park to LOS
Fri 18 th	W10	Keith	Crematorium to Fort Nelson
Tues 22 nd	W48	Keith	Portchester to Port Solent
Wed 23 rd	W27	Maurice	Whiteley
Thu 24 th	W70	Julie	Daedalus QE2 Plat Jub Park
Fri 25 th	W39	Maurice	Stubbington to Titchfield Haven
Sat 26 th	W22	Susan	Abbey Meadows
Sun 27 th 10 am	W52	Denise	Deviation Line
Tue 29 th	W21	Keith	Wicor Copse

Walk Schedule for May 2025

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

Our regular walks

When: Every	Ref	Leader	Walk Title
Weds 2pm	W43	Conor	Meadowside Walk
Thur 12.00pm	W50	Conor	Highlands Rd Low intensity
Fri 11am	W67	Conor	Jubilee Surgery Stroll- 30mins

Our Occasional Walks

Date	Ref	Leader	Walk Title
Thu 1 st	W53	Julie	Rowner Copse
Fri 2 nd	W17	Maurice	Wickham Trail
Tue 6 th	W21	Keith	Wicor Copse
Wed 7 th	W47	Chrissy	Westlands & Portchester Castle
Thu 8 th	W19	Julie	Seafield Park to LOS
Fri 9 th	W2	Maurice	Knowle / Wallington River
Sat 10 th 2pm	W68	Chrissy	Holly Hill and Hamble Causeway
Mon 12 th 2pm	W64	Chrissy	Whiteley Copse & Lakes
Tue 13 th	W28	Keith	Delme Viaduct
Sat 17 th	W7	Gareth	Warsash Common
Mon 19 th	W27	Maurice	Whiteley
Fri 23 rd	W10	Keith	Crematorium to Fort Nelson
Sun 25 th 10 am	W52	Denise	Deviation Line to Titchfield Abbey
Tues 27 th	W48	Keith	Port Solent
Wed 28 th	W39	Martin/ Elizabeth	Stubbington to Titchfield Haven
Fri 30 th	W13	Martin/ Elizabeth	Cams Hall

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 (Bluebell Walk)**

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:

**W7****Warsash Common**

Come and try out our convoluted walk around Warsash Common

Duration (mins): 60

Meeting point:

Lay-by at end of Church Road, Warsash, by St Mary's Church. SO31 9GF

Boot Rating:

**W13****Cams Hall Estate**

Walk along to Cams Hall estate.

Stop 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:

**W17****Wickham Train Trail**

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

Duration (mins): 60

Meeting point: far end of carpark at Station Rd off Mill Lane

Winchester

PO17 5HY

Boot Rating:



W19**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: At the end of Illustrious Rd, Seafield Car Park NB Height restriction 2.1 m PO14 2BW. What3words: slumped.requiring.warp

Boot rating: 

W27**Whiteley**

Pleasant walk around the lakes.

Wide, flat footpaths that are perfect for easy walking.

(Suitable for wheelchairs and buggies)

Duration (mins): 60

Meeting point: outside Harvester Restaurant (follow signs to East car park). PO15 7LJ

Boot rating: 

W21**Wicor Copse**

Enjoyable walk around Wicor Copse.

Possibly muddy under foot.

Duration (mins): 60 + refreshment stop

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

Boot Rating: 

W28**Delme Viaduct**

Spot a little egret or grebe on this waterside walk from the Delme viaduct to Town Quay.

Duration (mins): 70

Meeting point: outside Delme Arms Pub. Parking nearby in Cams Hill Rd. PO16 8QY.

Boot Rating: 

W22**Abbey Meadows Circular**

A pleasant circular 3.5 mile walk from the tranquil Abbey Meadows with its wildflowers, via the Tithe barn to the Medieval ponds at Carron Farm. With a stop for refreshments at Stewarts Garden Centre, then back past the recreation park.

Duration(min): 60 + refreshment stop

Meeting point: Abbey Meadows Car park – Cartwright Drive, PO15 5FB.

Access via Friary Meadow Retirement village turning.

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: 

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: 

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: 

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: 

W53**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 or at the nearby bowling club free parking (height restriction)

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): 30

Meeting point: Jubilee Surgery, Barrys Meadow High Street, Fareham PO14 4EH

Boot rating: 

W68**Holly Hill and Hamble Causeway**

This circular walk goes anticlockwise around the lake, heads off to the Hamble Causeway, rests at a café (with toilets) and returns alongside the donkey sanctuary (don't forget the carrots!), finishing off at the Holly Hill main gate and car park.

Duration (mins): 120 + refreshment break

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

Boot Rating:    +

W70**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, PO13 9FW (opposite Marks Rd)

What3words: wire.scuba.crib

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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Registered Office – Leigh Park Community Centre, Dunsbury Way, Havant PO9 5BG