



# Fareham Healthy Walks for April & May 2026



**JOIN IN WITH OUR FRIENDLY WALKS AND  
BREATHE IN SOME FRESH AIR!**

**Take your pick from our walks** 😊

**Please note: Added coffee stop for W39  
Stubbington to Salterns Shore**

---

**Contact: Fareham Healthy Walks:**

**Tel: 07305172717**

Or

**E [w4H.fareham@cfirst.org.uk](mailto:w4H.fareham@cfirst.org.uk)**

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

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

Company Registered in England and Wales 08071971.

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

**Fareham Healthy Walks** is a healthy 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.

Should you require a paper copy then these can be collected from below office only.

**Fareham Healthy Walks**  
**163 West Street, Fareham PO16 0EF**  
Tel: 07305172717 Email: [W4H.fareham@cfirst.org.uk](mailto:W4H.fareham@cfirst.org.uk)

Welcome to your new **Fareham Healthy Walks** programme for **April & May 2026**.

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 £885** 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 £306.62 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 2026

*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>	Eleanor	Meadowside Walk
Every Fri 11am	<b>W67</b>	Adam	Jubilee Surgery Stroll- <b>30 min</b>

### Our Occasional Walks

Date	Ref	Leader	Walk Title
Wed 1 <sup>st</sup>	W13	Elizabeth + Martin	Cams Hill Estate
Thurs 2 <sup>nd</sup>	W17	Maurice	Wickham Train Trail
Tue 7 <sup>th</sup>	W28	Keith	Delme Viaduct to Town Quay
Wed 8 <sup>th</sup>	W47	Chrissy	Westlands + Portchester Castle
Fri 10 <sup>th</sup>	W39	Elizabeth + Martin	Stubbington to Titchfield Haven
Sat 11 <sup>th</sup>	W7	Gareth	Hook with Warsash
Mon 13 <sup>th</sup> <b>2pm</b>	W64	Chrissy	Whiteley Lakes & Coppices
Tue 14 <sup>th</sup>	W21	Keith	Wicor Copse
Thu 16 <sup>th</sup> <b>2pm</b>	W32	Julie	Thatchers Copse to Brownwhich
Sun 19 <sup>th</sup>	W68	Chrissy	Holly Hill and Hamble Causeway
Tue 21 <sup>st</sup>	W19	Julie	Seafields Park to LOS
Wed 22 <sup>nd</sup>	W14	Maurice	Wallington River Walk
Fri 24 <sup>th</sup>	W10	Keith	Crematorium to Fort Nelson
Sun 26 <sup>th</sup>	W22	Susan	Abbey Meadow Circular Walk
Mon 27 <sup>th</sup> <b>11am</b>	W27	Maurice	Whiteley
Tue 28 <sup>th</sup>	W48	Keith	Portchester to Port Solent
Thur 30 <sup>th</sup>	W24	Susan	Lee on the Solent Promenade

## Walk Schedule for May 2026

*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>	Eleanor	Meadowside Walk
Every Fri <b>11am</b>	<b>W67</b>	Adam	Jubilee Surgery Stroll-30 min

### Our Occasional Walks

Date	Ref	Leader	Walk Title
Fri 1 <sup>st</sup>	W52	Susan	Deviation Line
Tue 5 <sup>th</sup>	W28	Keith	Delme Viaduct to Town Quay
Wed 6 <sup>th</sup>	W47	Chrissy	Westlands + Portchester Castle
Thur 7 <sup>th</sup> <b>11am</b>	W27	Maurice	Whiteley
Sun 10 <sup>th</sup>	W22	Susan	Abbey Meadow Circular Walk
Mon 11 <sup>th</sup> <b>2pm</b>	W64	Chrissy	Whiteley Lakes & Coppices
Tue 12 <sup>th</sup>	W21	Keith	Wicor Copse
Thur 14 <sup>th</sup>	W24	Susan	Lee on the Solent Promenade
Sat 16 <sup>th</sup>	W7	Gareth	Hook with Warsash
Sun 17 <sup>th</sup> <b>2pm</b>	W68	Chrissy	Holly Hill and Hamble Causeway
Mon 18 <sup>th</sup>	W14	Maurice	Wallington River Walk
Fri 22 <sup>nd</sup>	W10	Keith	Crematorium to Fort Nelson
Sun 24 <sup>th</sup>	W52	Susan	Deviation Line
Tue 26 <sup>th</sup>	W17	Maurice	Wickham Train Trail
Wed 27 <sup>th</sup>	W39	Elizabeth + Martin	Stubbington to Titchfield Haven
Thur 28 <sup>th</sup>	W13	Elizabeth + Martin	Cams Hill Estate
Fri 29 <sup>th</sup>	W48	Keith	Portchester to Port Solent

# Our Walk Descriptions

## W7

### Hook with Warsash

A lovely walk across fields and a couple of stiles for the first 45 mins where you might meet Dusty and Joey the donkeys 😊

With an optional additional 20 mins through Warsash Reserve.

**Duration (mins):** 45/65

**Meeting point:** At end of Hook Park Rd which is a continuation of Newton Rd and the junction with Cows Lane SO31 9HD

**///asked.thumbnail.snapped**

Boot Rating: 

## W14

### Wallington River Walk

A walk along pavements, roads, footpaths near the river.

Stiles present.

**Duration (mins):** 60

**Meeting point:** Wallington Village Hill car park. Please park in nearby Sainsbury's car park PO16 8SU (2 hours free parking)

**///dock.carefully.justifies**

Boot rating: 

## W10

### Crematorium to Fort Nelson

Walk through wildflower meadow to Nelson's monument. Across fields to small bluebell wood, optional refreshments at Fort Nelson.

(Some steps, stiles and uphill walking)

**Duration (mins):** 90 + refreshments

**Meeting point:** Overflow Crematorium car park, Upper Cornaway, Lane Portchester. PO16 8NE

**///dealings.spins.playfully**

Boot rating: 

## W17

### Wickham Train Trail

Walk along the disused railway line to the vineyard. Return via the golf course and water meadow. 2.5 miles.

No refreshment stop.

**Duration (mins):** 60

**Meeting point:** Far end of car park at Station Rd Mill Lane Wickham PO17 5HY

**///flinch.pickup.scar**

Boot rating: 

## W13

### Cams Hill Estate

Walk along Fareham Creek to Cams Hall Estate. Stop for refreshments, then back via the woods.

**Duration (mins):** 60 + refresh break

**Meeting point:** Gravel car park at the end of Shearwater Ave or Birdwood Grove PO16 8YE.

**///example.visual.leaky**

Boot rating: 

**W19****Seafield Park to Lee on the Solent**

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

**Duration (mins):** 90

**Meeting point:** at the end of Illustrious Seafield Car Park

**NB** - Height restrictions 22.1m PO14 2BW

**///slumped.requiring.warp**

Boot rating: 

**W24****Lee on the Solent Promenade**

This is a pleasant easy 3 mile walk from Hillhead along the sea wall to One The Water Café. It is a very flat apart from a small area in front of the Hovercraft Museum.

**Duration (mins):** 90 inc refresh stop.

**Meeting point:** The Wheelhouse, Salterns Lane car park, Fareham, PO14 3LU

**NB** - Parking charges apply £1.10 ph.or free parking in nearby streets.

**///diamond.issues.inserting**

Boot rating:  to 

**W21****Wicor Copse**

Enjoyable walk around Wicor Copse area. (Stiles and can be muddy under foot)

**Duration (mins):** 60

**Meeting point:** Gravel car park at the end of Shearwater Ave or Birdwood Grove PO16 8YE.

**///example.visual.leaky**

Boot rating: 

**W27****Whiteley**

Pleasant walk around the lakes.

Wide, flat footpaths that are perfect for easy walking. Suitable for wheelchairs and buggies but watch out for some mud in places if it has been raining!

**Duration (mins):** 60

**Meeting point:** Outside Harvester restaurant. Follow signs to East car park. PO15 7LJ.

**///pinks.screeches.threading**

Boot rating:  

**W22****Abbey Meadows Circular Walk**

A pleasant circular walk from the tranquil Abbey Meadows with its wildflowers, via the Tithe Barn to the medieval ponds at Carron Farm. With stop at Stewarts Garden Centre for refreshments.

Then back past the recreation grounds to Abbey Meadows.

**Duration (mins):** 90 + refreshment stop 2.5 miles

**Meeting point:** Abbey Meadows Car Park, Cartwright Drive PO15 5RJ Access via Friary Meadow retirement Village turning.

**///claps.prove.perused**

Boot rating: 

**W28****Delme Viaduct to Town Quay**

Spot a little egret or grebe (swans also can be a plenty) on this waterside walk.

**Duration (mins):** 70

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

**///subjects.spelling.intersect**

Boot rating: 

**W32****Thatchers Copse to Brownwich**

Walk down Brownwich lane to foreshore.

**Duration (mins):** 90

**Meeting point:** Thatchers Copse car park (take Posbrooke lane south from Titchfield, after 1.3 miles the car park is on the right, by sign for Chilling Coast Area).

PO14 4HH

LIMITED PARKING SO CAR SHARING HELPFUL.

**/// powerful.blizzard.grunt**

Boot rating: 

**W47****Westlands + Porchester Castle**

A gentle walk in Portchester to the shore at Wicor, with a break at Salt Café. Route may vary.

**Duration (mins):** 90 inc refresh break.

**Meeting point:** Westlands Medical Centre, Portchester, PO16 9AE.

**///repeating.stiffly.unicorns**

Boot rating: 

**W39****Stubbington to Salterns Shore**

A circular walk from the village down to the shore returning via Hill Head

**Duration (mins):** 70 + stop for refreshments

**Meeting point:** Crofton Community Centre, Stubbington PO14 2PP

Leader: Mike

**///crispier.outlined.manhole**

Boots rating: 

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

Along the foreshore to Port Solent with a halfway break before returning to Portchester.

**Duration (mins):** 90

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

**///grocers.crumples.recorders**

Boot rating: 

**W43****Meadowside Walk**

Short walk around Whiteley Park.

Wide, flat footpaths that are perfect for easy walking. (Suitable for wheelchairs and buggies).

**Duration (mins):** 30

**Meeting point:** outside Meadowside Leisure Centre (next to Whiteley Shopping Centre). PO15 7LJ

**///remarks.piled.openings**

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.

**Duration (Mins):** 90 plus 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 plus 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 St. Titchfield, PO14 4EH

///lighters.teams.womb

Boot rating: 

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

This circular walk goes anticlockwise around the lake, heads off to the Hamble River Causeway, rest at a café halfway and then return via the Donkey Sanctuary finishing at Holly Hill main gate and car park







**Duration (mins):** 120 + refresh break

///wedding.rise.mealtime

Boot rating:  +

## Walk Level Rating Guide

**Our walk rating guide (below) helps new walkers 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 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. May 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.

Company Registered in England and Wales 08071971.

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