Walks for April and May 2019
Fareham Walking 4 Health is a health walk scheme accredited by Ramblers Walking For Health. Our walks are 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 on-line at Ramblers Walking for Health www.walkingforhealth.org.uk or a paper copy from your Walk Leader or downloaded from www.farehamw4h.org.uk 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 Walking 4 Health
163 West Street, Fareham PO16 0EF
Tel: 01329 231899 Email: W4H.fareham@cfirst.org.uk
**Walk Descriptions**

**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.
Walk Rating: 🛴🚶‍♂️

**W3 - Fareham Leisure Centre**
We welcome back this gentle, accessible walk on footpaths around Park Lane recreation ground and the surrounding area. Some seats on route. Refreshments at the Leisure Centre. All abilities welcome. Route varies to suit walkers on the day.
Duration (mins): 30
Meeting point: Fareham Leisure Centre reception PO16 7JU.
Walk Rating: 🛴 доступна 🛴

**W4 - Burnt House Lane**
Brisk circular walk through woods and farm land around Collingwood followed by a cuppa in Stubbington village.
Duration (mins): 60
Meeting point: Public car park off Burnt House Lane, Stubbington. PO14 2LX.
Walk Rating: 🛴🚶‍♂️ 🌿

**W5 - Holly Hill Lake**
Around the Holly Hill Park, returning to park entrance, with optional extension to River Hamble viewing point.
Duration (mins): 30 or 60
Meeting point: Public car park at entrance of Holly Hill Park, Barnes Lane. SO31 7BJ.
Walk Rating: 🛴🚶‍♂️

**W6 - Portchester Castle**
Enjoy the historical atmosphere of the Castle and fresh air of the foreshore. Various routes.
Duration (mins): 60
Meeting point: Main entrance to Portchester Castle, at southern end of Castle Street. Free parking available on right. PO16 9QW.
Walk Rating: 🛴🚶‍♂️

**W7 - Warsash Common**
Come & try our convoluted circular walk around Warsash Common
Duration (mins): 60
Meeting point: Lay-by at end of Church Road, Warsash, by St Mary’s Church. SO31 9GF.
Walk Rating: 🛴🚶‍♂️
W10 - Crematorium to Fort Nelson
Through wildflower meadow to Nelson’s Monument to small bluebell wood, refreshments at Fort Nelson.
Duration (mins): 90 + break
Meeting point: Gates of Portchester Crematorium. Please park in overflow car park or Seagull pub car park. PO16 8NE.

W11 - Warsash to Solent & Hook
Walk along the coast to Solent Breezes then back through Hook Park. Route may vary.
Duration (mins): 90
Meeting point: outside Rising Sun Pub car park, Shore Road, Warsash. From Warsash clock tower follow signs to the waterfront. SO31 9FT.

W12 - North Fareham
Discover North Fareham - route decided 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.

W13 - Cams Hall Estate
Along shoreline to Cams Hall Estate, stop at Buffet Car for refreshments & back via the woods.
Duration (mins): 60 (+break)
Meeting point: car park at end of Shearwater Ave PO16 8YE.

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.

W15 – Solent Way to Titchfield Canal
Pleasant walk along Solent Way to Titchfield Canal. Stiles present, can be muddy.
Duration (mins): 80
Meeting point: Adjacent to public toilets at Meon Shore (from Hill Head, follow Cliff Road, past the Haven, park by sea wall).
PO14 4HL.
Walk Schedule for April 2019

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

Our regular walks

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<thead>
<tr>
<th>When</th>
<th>Ref</th>
<th>Leader</th>
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<tbody>
<tr>
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<td>W51</td>
<td>Judy</td>
<td>Titchfield Tuesdays</td>
</tr>
<tr>
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<tr>
<td>Mon 1&lt;sup&gt;st&lt;/sup&gt;</td>
<td>W21</td>
<td>Keith E</td>
<td>Wicor Copse</td>
</tr>
<tr>
<td>Tue 2&lt;sup&gt;nd&lt;/sup&gt;</td>
<td>W2</td>
<td>Maurice</td>
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<td>Dave</td>
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<td>Malcolm</td>
<td>Portchester to Port Solent</td>
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<td>Fri 5&lt;sup&gt;th&lt;/sup&gt; 1pm</td>
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<td>Maurice</td>
<td>Wallington River Walk</td>
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<td>Fri 12&lt;sup&gt;th&lt;/sup&gt;</td>
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<td>Dave</td>
<td>Warsash to Solent &amp; Hook</td>
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<tr>
<td>Fri 12&lt;sup&gt;th&lt;/sup&gt; 1.30pm</td>
<td>W3</td>
<td>Jane</td>
<td>Fareham Leisure Centre NEW</td>
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<tr>
<td>Mon 15&lt;sup&gt;th&lt;/sup&gt;</td>
<td>W28</td>
<td>Keith E</td>
<td>Delme Viaduct to Town Quay</td>
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<tr>
<td>Tue 16&lt;sup&gt;th&lt;/sup&gt;</td>
<td>W4</td>
<td>Mike</td>
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<tr>
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<td>Maurice</td>
<td>North Fareham</td>
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<tr>
<td>Fri 19&lt;sup&gt;th&lt;/sup&gt;</td>
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<td>Malcolm</td>
<td>Portchester (Community Centre) to the Castle</td>
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<td>Sat 20&lt;sup&gt;th&lt;/sup&gt; 11am</td>
<td>W35</td>
<td>Keith P</td>
<td>Meon Shore to Titchfield</td>
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<tr>
<td>Tue 23&lt;sup&gt;rd&lt;/sup&gt;</td>
<td>W6</td>
<td>Robert</td>
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<td>Sat 27&lt;sup&gt;th&lt;/sup&gt; 10am</td>
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<td>Keith E</td>
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<tr>
<td>Tue 30&lt;sup&gt;th&lt;/sup&gt;</td>
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Walk Schedule for May 2019

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<td>Whiteley</td>
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W17 - Wickham Train Trail
Walk along disused railway line. Refreshments and toilet available at the Community Centre. Duration (mins): 60
Meeting point: Car park at Community Centre, Mill Lane, Wickham. PO17 5AL.
Walk 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. Via Cornaway Lane, then Cranleigh Rd and follow to end) PO16 9BY.
Walk Rating: 🛴

W23 – Titchfield Canal North
Along the canal bank by the water meadows and return over farmland (stiles, kissing gates). Route may vary.
Duration (mins): 90
Meeting point: Public car park adjacent to canal in Bridge Street, Titchfield. PO14 4EA.
Walk 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.
Walk Rating: 🛴

W28 - Delme Viaduct to Town Quay
Spot a little egret or grebe on this waterside route 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.
Walk Rating: ⚠️

W35 Meon Shore to Titchfield
Every 3rd Saturday of the month (except Christmas Day) meet at 11am. Stop midway or at the end for a snack. This is a long walk and sometimes very muddy, please come prepared.
Alternative route on concrete coastal path to Lee-on-the-Solent in or after heavy rain.
Meeting point: Meon Shore Road (by the toilets and private chalets at Western end). PO14 4HL
Duration: (mins): 120
Walk rating: ⚠️
W39 - Stubbington to Salterns Shore
Circular route from the village to the shore returning via Hill Head
Duration: (mins) 70 + break
Meeting point: Crofton Community Centre, Stubbington PO14 2PP
Walk rating: 🧦🧦

W47 Westlands Wednesdays
A gentle walk in Portchester to the shore at Wicor with a break at Salt café. Route varied to suit walkers on the day.
Duration (mins) 45 inc. break
Meeting point: Westlands Medical Centre PO16 9AE
Walk rating: 🧦 to 🧦

W48 - Portchester to Port Solent
Along the foreshore to Port Solent with a half-way break before returning to Portchester.
Duration (mins): 90 (+ break)
Meeting point: The Portchester Hub, 38 West Street, Portchester, PO16 9UY. Free parking available on right.
Walk Rating: 🧦🧦

W49 Holly Hill Leisure Centre
A choice of local footpaths, through Holly Hill Park to Universal marina. Varied to suit walkers and weather on the day.
Duration (mins): 60 (+break)
Meeting Point: Holly Hill leisure centre Barnes Lane, Sarisbury Green SO31 7BH. Free parking.
Walk rating: 🧦

W51 Titchfield Tuesdays
A gentle walk through the village of Titchfield and up to the Abbey with a refreshment break half way. Route varied to suit walkers on the day.
Duration: 50mins plus coffee.
Meeting point: Jubilee Surgery PO14 4EH.
Walk 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.
Duration: 90mins 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
Walk rating: 🧦_boot

8
W54 Portchester to the Castle
A pleasant route from the **Community Centre** to the Castle taking in the coastal path. Includes refreshment break.
Duration: 60 mins
Meeting point: Portchester **Community Centre, Westlands Grove**, Portchester PO16 9AD
Walk rating: 🟢🟢

W56 Warsash Shoreline
A level walk along the shore that's a treat for all the senses: Feel the breeze, smell the sea, see the boats, hear the halyards tapping on the masts and the rustling of the reeds. The causeway path is exposed, so dress for the elements. Uneven in places.
Duration: 60 mins
Meeting Point: Passage Lane Car Park SO31 9FR
Walk rating: 🟢🟢

W59 Locks Heath Paths and Parks
Following footpaths to local parks to enjoy our lovely green spaces. Back to the Locks Heath centre for refreshments.
Duration: 45 mins plus break
Meeting point: Lockswood Health Centre, Centre Way, Locks Heath SO31 6DX NB Please do not park in the health centre car park. There is 3hrs free parking in the shopping centre car park or bus stop for X4 and X5 close by.
Walk rating: 🟢🟢

W61 Broadlaw to Fort Fareham (figure of 8)
Explore the varied green spaces in Fareham’s West End, taking in Fort Fareham woods and Cams Alders Recreation Ground.
Duration: 60 minutes
Meeting point: Bus stop adjacent to Mitre Court, Bishopsfield Rd PO14 1LN
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 |
| Mosti_ly 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 Walking 4 Health

Fareham Walking 4 Health is co-ordinated by Community First Fareham

We receive no funding to operate this service free of charge for people in Fareham. We are grateful for all donations and other offers of support for this important and increasingly popular scheme. Please contact the office on 01329 231 899 to ask how you can help.