Walks for June and July 2018
Fareham Walking 4 Health is an accredited health walk scheme. 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.

New walkers are asked to complete a Walker Registration Form either on-line at www.walkingforhealth.org.uk or a paper copy from your Walk Leader or downloaded from www.farehamw4h.org.uk or by contacting Community Action Fareham.

Please give paper forms to your Walk Leader or post to the address below.

No dogs on walks please unless indicated in the walk description.

Fareham Walking 4 Health
163 West Street, Fareham PO16 0EF
Tel: 01329 223142 Email: enquiries@farehamw4h.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.
Boots Rating: 🥾 🥾 🥾

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.
Boots 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.
Boots 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.
Boots 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.
Boots 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.
Boots Rating: 🥾 🥾 🥾 🥾 🥾
**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.
Boots Rating: 🎧👟

**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.
Boots Rating: 🎧👟

**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.
Boots 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.
Boots Rating: 🎧👟

**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.
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.
Leader: Maurice
Boots Rating: 🎧👟
Walk Schedule for June 2018
All Walks Start at 10:30am unless indicated otherwise in bold

Our regular walks

<table>
<thead>
<tr>
<th>When</th>
<th>Ref</th>
<th>Leader</th>
<th>Walk Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>Every Tuesday</td>
<td>W51</td>
<td>Judy</td>
<td>Titchfield Tuesdays</td>
</tr>
<tr>
<td>Every Wednesday</td>
<td>W47</td>
<td>Keith E</td>
<td>Westlands Walk</td>
</tr>
<tr>
<td>Every Wednesday</td>
<td>W53</td>
<td>Sam</td>
<td>Rowner Copse</td>
</tr>
<tr>
<td>Every Friday</td>
<td>W49</td>
<td>Judy</td>
<td>Holly Hill Leisure Centre</td>
</tr>
</tbody>
</table>

Our Occasional Walks

<table>
<thead>
<tr>
<th>Date</th>
<th>Ref</th>
<th>Leader</th>
<th>Walk Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 4\textsuperscript{th}</td>
<td>W32</td>
<td>Maurice</td>
<td>Thatchers Copse to Brownwich</td>
</tr>
<tr>
<td>Tue 5\textsuperscript{th}</td>
<td>W13</td>
<td>Robert</td>
<td>Cams Hall Estate</td>
</tr>
<tr>
<td>Fri 8\textsuperscript{th}</td>
<td>W10</td>
<td>Keith E</td>
<td>Crematorium to Port Nelson</td>
</tr>
<tr>
<td>Mon 11\textsuperscript{th}</td>
<td>W48</td>
<td>Malcolm</td>
<td>Portchester to Port Solent</td>
</tr>
<tr>
<td>Tue 12\textsuperscript{th}</td>
<td>W21</td>
<td>Keith E</td>
<td>Wicor Copse</td>
</tr>
<tr>
<td>Fri 15\textsuperscript{th}</td>
<td>W28</td>
<td>Keith E</td>
<td>Delme Viaduct to Town Quay</td>
</tr>
<tr>
<td>Sat 16\textsuperscript{th}</td>
<td>W35</td>
<td>Keith P</td>
<td>Meon Shore to Titchfield</td>
</tr>
<tr>
<td>Mon 18\textsuperscript{th}</td>
<td>W10</td>
<td>Keith E</td>
<td>Crematorium to Port Nelson</td>
</tr>
<tr>
<td>Tue 19\textsuperscript{th}</td>
<td>W51</td>
<td>Judy</td>
<td>Re-launch of Titchfield Tuesday Walk. Join in with the GP practise team for a friendly walk around the village.</td>
</tr>
<tr>
<td>Tue 19\textsuperscript{th}</td>
<td>W6</td>
<td>Robert</td>
<td>Portchester Castle</td>
</tr>
<tr>
<td>Thur 21\textsuperscript{st} 11am</td>
<td>W20</td>
<td>Maurice</td>
<td>River Hamble - PICNIC</td>
</tr>
<tr>
<td>Fri 22\textsuperscript{nd}</td>
<td>W54</td>
<td>Malcolm</td>
<td>Portchester to the Castle</td>
</tr>
<tr>
<td>Sat 23\textsuperscript{rd} 10am</td>
<td>W52</td>
<td>Denise</td>
<td>Deviation Line to Titchfield Abbey</td>
</tr>
<tr>
<td>Mon 25\textsuperscript{th}</td>
<td>W14</td>
<td>Maurice</td>
<td>Wallington River Walk</td>
</tr>
<tr>
<td>Tue 26\textsuperscript{th}</td>
<td>W12</td>
<td>Maurice</td>
<td>North Fareham</td>
</tr>
<tr>
<td>Thur 28\textsuperscript{th}</td>
<td>W48</td>
<td>Dave M</td>
<td>Portchester to Port Solent</td>
</tr>
</tbody>
</table>
# Walk Schedule for July 2018

*All walks start at 10:30am unless indicated otherwise in bold*

## Our regular walks

<table>
<thead>
<tr>
<th>When</th>
<th>Ref</th>
<th>Leader</th>
<th>Walk Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>Every Tuesday</td>
<td>W51</td>
<td>Judy</td>
<td>Titchfield Tuesdays</td>
</tr>
<tr>
<td>Every Wednesday</td>
<td>W47</td>
<td>Keith E</td>
<td>Westlands Walk</td>
</tr>
<tr>
<td>(except July 4th)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Every Wednesday</td>
<td>W53</td>
<td>Sam</td>
<td>Rowner Copse</td>
</tr>
<tr>
<td>(except July 25th)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Every Friday</td>
<td>W49</td>
<td>Judy</td>
<td>Holly Hill Leisure Centre</td>
</tr>
</tbody>
</table>

## Our Occasional Walks

<table>
<thead>
<tr>
<th>Date</th>
<th>Ref</th>
<th>Leader</th>
<th>Walk Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 2nd</td>
<td>W27</td>
<td>Maurice</td>
<td>Whiteley</td>
</tr>
<tr>
<td>Tue 3rd</td>
<td>W13</td>
<td>Robert</td>
<td>Cams Hall Estate</td>
</tr>
<tr>
<td>Thur 5th</td>
<td>W39</td>
<td>Mike</td>
<td>Stubbington to Salterns Shore</td>
</tr>
<tr>
<td>Fri 6th</td>
<td>W48</td>
<td>Malcolm</td>
<td>Portchester to Port Solent</td>
</tr>
<tr>
<td>Mon 9th</td>
<td>W10</td>
<td>Keith E</td>
<td>Crematorium to Fort Nelson</td>
</tr>
<tr>
<td>Tue 10th</td>
<td>W12</td>
<td>Maurice</td>
<td>North Fareham - PICNIC</td>
</tr>
<tr>
<td></td>
<td>W4</td>
<td>Mike</td>
<td>Burnt House Lane</td>
</tr>
<tr>
<td>Mon 16th</td>
<td>W21</td>
<td>Keith E</td>
<td>Wicor Copse</td>
</tr>
<tr>
<td>Tue 17th</td>
<td>W6</td>
<td>Robert</td>
<td>Portchester Castle</td>
</tr>
<tr>
<td>Thur 19th</td>
<td>W5</td>
<td>Mike</td>
<td>Holly Hill Lake</td>
</tr>
<tr>
<td>Fri 20th</td>
<td>W54</td>
<td>Malcolm</td>
<td>Portchester to the Castle</td>
</tr>
<tr>
<td>Sat 21st</td>
<td>W35</td>
<td>Keith P</td>
<td>Meon Shore to Titchfield</td>
</tr>
<tr>
<td>Mon 23rd</td>
<td>W10</td>
<td>Keith E</td>
<td>Crematorium to Fort Nelson</td>
</tr>
<tr>
<td>Tue 24th</td>
<td>W39</td>
<td>Mike</td>
<td>Stubbington to Salterns Shore</td>
</tr>
<tr>
<td>Thur 26th</td>
<td>W48</td>
<td>Dave M</td>
<td>Portchester to Port Solent</td>
</tr>
<tr>
<td>Sat 28th</td>
<td>W52</td>
<td>Denise</td>
<td>Deviation Line to Titchfield Abbey</td>
</tr>
<tr>
<td>Mon 30th</td>
<td>W28</td>
<td>Keith E</td>
<td>Delme Viaduct to Town Quay</td>
</tr>
<tr>
<td>Tue 31st</td>
<td>W2</td>
<td>Maurice</td>
<td>Knowle / Wallington River</td>
</tr>
</tbody>
</table>
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.
Boots 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.
Boots 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: 🎿

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.
Boots Rating: 🎿

W32 – Thatchers Copse to Brownwich
Walk down Brownwich Lane to Foreshore.
Duration (mins): 90
Meeting point: Thatchers Copse car park. (Take Posbrook Lane south from Titchfield, after 1.3 miles car park is on right, by sign for Chilling Coastal Area). PO14 4HH.
Boots 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.
Meeting point: Meon Shore Road (by the toilets and private chalets at Western end). PO14 4HL
Duration: (mins): 120
Boots rating: 🎿
**W36 – Warsash Coastal Walk**
Walk to Warsash front and along Hamble path, returning via Holly Hill Park. Refreshments are available from Silver Fern PH.
Duration (mins): 90
Meeting point: Silver Fern PH Car Park, Warsash Road. SO31 9HW.
Boots 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
Boots 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
Boot 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.
Boots Rating: 🛴

**W49 Holly Hill Leisure Centre**
A choice of walks around local footpaths (1Boot) or through Holly Hill Park (2 Boots) – varied to suit walkers on the day.
Duration (mins): 60 (+break)
Meeting Point: Holly Hill leisure centre Barnes Lane, Sarisbury Green SO31 7BH. Free parking.
Boot rating: 🛴 to 🛴

**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.
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. 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
Boots rating: 🥾

W53 Rowner Copse School Term Time Only
A gentle walk to take in the green open spaces around Rowner. Paths are on level ground and wheelchair friendly. Route can be varied to suit walkers on the day. Can be muddy. Back to St Mary’s church for refreshments.
Duration: 45mins
Meeting point: St Mary the Virgin church car park 174 Rowner Ln, Gosport PO13 9SU
Boot rating: 🥾 to 🥾

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
Boot rating: 🥾

NEWS
Fareham Walking 4 Health is sorry to be losing 3 very special Walk Leaders in May.

John Newman has been leading walks for many years around the western wards of Fareham including beautiful coastline as well as his more ambitious New Forest excursions.

Alan Goodrich took on the Friday walk from Fareham Leisure Centre and made it his own, providing this much valued regular from the park in to town.

Dave Thompson joined Fareham as an experienced Walk Leader from Wiltshire and used his love of history to develop the Historic Gosport walk on a Tuesday.

Huge thanks to all three for their amazing support for W4H and we wish them well in the future.
Terrain suitable for wheelchair and mobility scooter users and people with buggies

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 Walking 4 Health is co-ordinated by Community First Fareham

We receive no local authority 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 scheme.