Nationally accredited by Ramblers Walking for Health

Walks for June and July 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
Welcome to your new Fareham Walking 4 Health walk programme for June and July. Thank you to our volunteer Walk Leaders who have packed the schedule with wonderful summer walks.

**Can you please help us to keep this fantastic scheme going?**

We have launched a “JustGiving” page where anyone can make a donation – large or small – to support the amazing volunteers who make this scheme so good. Take a look at [www.justgiving.com/campaign/farehamwalking4health](http://www.justgiving.com/campaign/farehamwalking4health) to find out more.

**Do you shop on-line?** You could help us to raise money for Fareham Walking 4 Health just by shopping. It won’t cost you a penny! We have teamed up with Easyfundraising to collect donations from the on-line shops that you buy from. It’s a really easy way to raise money for us – you just use the [easyfundraising](https://www.easyfundraising.org.uk/causes/farehamwalking4health/) site to shop online with more than 3,600 well known online stores like Amazon, Argos, John Lewis, ASOS, Booking.com, eBay, Boden, and M&S and when you make a purchase, the retailer sends us a free donation, at no extra cost to you.

I have already signed up and started shopping :) We want to raise as much as possible, so please visit our new easyfundraising page at [https://www.easyfundraising.org.uk/causes/farehamwalking4health/](https://www.easyfundraising.org.uk/causes/farehamwalking4health/) and click ‘support us’. Please tell your friends and family too.

**Coming up in our next walk programme:**

Maurice’s sponsored Litter-pick Walk. If you would like to take part, please email [w4h.fareham@cfirst.org.uk](mailto:w4h.fareham@cfirst.org.uk) and ask for more information or call our office on 01329 231 899.

Have you got a great fundraising idea for us? Please let us know.

Thank you and Happy Walking!

Jennie

Fareham Walking 4 Health
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
A 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: 🛴 🛴

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: 🛴
W9 - River Hamble Path & Holly Hill
Walk along the River Hamble Path and return through Holly Hill.
Duration (mins): 90
Meeting point: public car park near Sarisbury Green Community Centre.
SO31 7AA.
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: Overflow car park at the crematorium. Park there or Seagull pub car park. PO16 8NE.
Walk 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.
Walk 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.
Walk 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.
Walk 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.
Walk Rating: 🧦🧦🧦
Walk Schedule for June 2019

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 Tue</td>
<td>W51</td>
<td>Judy</td>
<td>Titchfield Tuesdays</td>
</tr>
<tr>
<td>Every Wed</td>
<td>W47</td>
<td>Keith/Dave</td>
<td>Westlands Walk</td>
</tr>
<tr>
<td>Every Thu</td>
<td>W56</td>
<td>Vanessa</td>
<td>Warsash Shoreline</td>
</tr>
<tr>
<td>Every Thu</td>
<td>W59</td>
<td>Fran</td>
<td>Locks Heath Paths &amp; Parks</td>
</tr>
<tr>
<td>Every Fri</td>
<td>W49</td>
<td>Judy</td>
<td>Holly Hill Leisure Centre</td>
</tr>
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</table>

Our Occasional Walks

<table>
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<tr>
<th>Date</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Mon 3rd</td>
<td>W9</td>
<td>Mike</td>
<td>River Hamble &amp; Holly Hill</td>
</tr>
<tr>
<td>Tue 4th</td>
<td>W13</td>
<td>Robert</td>
<td>Cams Hall Estate</td>
</tr>
<tr>
<td>Thur 6th</td>
<td>W27</td>
<td>Maurice</td>
<td>Whiteley</td>
</tr>
<tr>
<td>Fri 7th</td>
<td>W10</td>
<td>Keith E</td>
<td>Crematorium to Fort Nelson</td>
</tr>
<tr>
<td>Mon 10th</td>
<td>W15</td>
<td>Mike</td>
<td>Solent Way to Titchfield Canal</td>
</tr>
<tr>
<td>Tue 11th</td>
<td>W12</td>
<td>Maurice</td>
<td>North Fareham</td>
</tr>
<tr>
<td>Fri 14th</td>
<td>W48</td>
<td>Malcolm</td>
<td>Portchester to Port Solent</td>
</tr>
<tr>
<td>Fri 14th 1.30pm</td>
<td>W3</td>
<td>Jane</td>
<td>Fareham Leisure Centre</td>
</tr>
<tr>
<td>Sat 15th 11am</td>
<td>W35</td>
<td>Keith P</td>
<td>Meon Shore to Titchfield</td>
</tr>
<tr>
<td>Mon 17th 11am</td>
<td>W2</td>
<td>Maurice</td>
<td>Knowle/Wallington River - PICNIC</td>
</tr>
<tr>
<td>Tue 18th</td>
<td>W6</td>
<td>Robert</td>
<td>Portchester Castle</td>
</tr>
<tr>
<td>Thu 20th</td>
<td></td>
<td>Fareham w4h is at the National Clean Air Day event at the Podium, West St Fareham 10am to 3pm</td>
<td></td>
</tr>
<tr>
<td>Sat 22nd 10am</td>
<td>W52</td>
<td>Denise</td>
<td>Deviation Line to Titchfield Abbey</td>
</tr>
<tr>
<td>Mon 24th</td>
<td>W10</td>
<td>Keith E</td>
<td>Crematorium to Fort Nelson</td>
</tr>
<tr>
<td>Tue 25th</td>
<td>W4</td>
<td>Mike</td>
<td>Burnt House Lane</td>
</tr>
<tr>
<td>Thur 27th</td>
<td>W5</td>
<td>Mike</td>
<td>Holly Hill Lake</td>
</tr>
<tr>
<td>Fri 28th</td>
<td>W28</td>
<td>Keith E</td>
<td>Delme Viaduct to Town Quay</td>
</tr>
<tr>
<td>Fri 28th</td>
<td>W54</td>
<td>Malcolm</td>
<td>Portchester to the Castle</td>
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Walk Schedule for July 2019

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

Our regular walks

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<tr>
<th>When</th>
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<tr>
<td>Every Tue</td>
<td>W51</td>
<td>Judy</td>
<td>Titchfield Tuesdays</td>
</tr>
<tr>
<td>Wed (not 10th)</td>
<td>W47</td>
<td>Keith E</td>
<td>Westlands Walk</td>
</tr>
<tr>
<td>Every Thu 11.15am</td>
<td>W56</td>
<td>Vanessa</td>
<td>Warsash Shoreline</td>
</tr>
<tr>
<td>Every Thu</td>
<td>W59</td>
<td>Fran</td>
<td>Locks Heath Paths &amp; Parks</td>
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<tr>
<td>Mon 1st</td>
<td>W39</td>
<td>Mike</td>
<td>Stubbington to Salterns Shore</td>
</tr>
<tr>
<td>Tue 2nd</td>
<td>W13</td>
<td>Robert</td>
<td>Cams Hall Estate</td>
</tr>
<tr>
<td>Thur 4th</td>
<td>W14</td>
<td>Maurice</td>
<td>Wallington River Walk</td>
</tr>
<tr>
<td>Fri 5th</td>
<td>W9</td>
<td>Mike</td>
<td>River Hamble Path &amp; Holly Hill</td>
</tr>
<tr>
<td>Mon 8th</td>
<td>W15</td>
<td>Mike</td>
<td>Solent Way to Titchfield Canal</td>
</tr>
<tr>
<td>Tue 9th</td>
<td>W32</td>
<td>Maurice</td>
<td>Thatchers Copse to Meon Shore</td>
</tr>
<tr>
<td>Fri 12th</td>
<td>W2</td>
<td>Maurice</td>
<td>Knowle / Wallington River</td>
</tr>
<tr>
<td>Fri 12th</td>
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<td>Malcolm</td>
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<tr>
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<td>Maurice</td>
<td>North Fareham - <strong>PICNIC</strong></td>
</tr>
<tr>
<td>Tue 16th</td>
<td>W6</td>
<td>Robert</td>
<td>Portchester Castle</td>
</tr>
<tr>
<td>Thur 18th</td>
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<tr>
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<tr>
<td>Mon 22nd</td>
<td>W21</td>
<td>Keith E</td>
<td>Wicor Copse</td>
</tr>
<tr>
<td>Tue 23rd</td>
<td>W5</td>
<td>Mike</td>
<td>Holly Hill Lake</td>
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<tr>
<td>Thur 25th</td>
<td>W7</td>
<td>Mike</td>
<td>Warsash Common</td>
</tr>
<tr>
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<tr>
<td>Tue 30th</td>
<td>W39</td>
<td>Mike</td>
<td>Stubbington to Salterns Shore</td>
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</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.
Walk Rating: 🛴江湖

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: 🛴江湖

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: 🛴江湖♿️

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: ⛵️江湖

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.
Walk Rating: 🛴江湖

W35 Meon Shore to Titchfield
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: 🛴江湖+
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: 🛴 🛴 🛴
**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 60mins
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: 🍃🍃 to 🍃🍃

**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.

<table>
<thead>
<tr>
<th>Terrain suitable for wheelchair and mobility scooter users and people with buggies</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walk Leader is a Dementia Friend</td>
</tr>
<tr>
<td>Mostly flat with some slight inclines and footpaths. Distance 1 to 2 miles. No stiles</td>
</tr>
<tr>
<td>Moderate inclines, footpaths and grassland. Distance 2 to 3 miles. May include stiles.</td>
</tr>
<tr>
<td>Some steeper inclines, footpaths and grassland. Distance 3 to 5 miles. Includes stiles</td>
</tr>
<tr>
<td>Progression Walk. Walks over the Health Walk maximum of 90 minutes are for walkers ready to move on to more strenuous exercise</td>
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</table>

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.

Community First is the trading name of Communities First Wessex Registered Charity no 1147527. Company Registered in England and Wales 08071971. Registered Office – 3000a Parkway, Whiteley, Fareham, Hampshire PO14 7FX