Walks for
February and March 2017

Community Action
Fareham
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 route to Knowle or Wallington River area and return. Stiles present.
Duration (mins): 90
Meeting point: Park in Chalk Lane. (A32 towards Wickham. At Knowle roundabout turn right into Chalk Lane). PO17 5DP.
Leader: Maurice
Boots Rating: 🥾

W3 - Fareham Leisure Centre
Gentle walk on footpaths around Park Lane recreation ground and surrounding area, some seats on route. Refreshments available at Leisure Centre.
Duration (mins): 30
Meeting point: Fareham Leisure Centre lobby. PO16 7JU.
Leader: Alan
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.
Leader: Mike
Boots Rating: 🥾

W6 - Portchester Castle
Enjoy the historical atmosphere of the Castle grounds and the fresh air of the foreshore!
Route varied month to month.
Duration (mins): 60
Meeting point: Main entrance to Portchester Castle, at southern end of Castle Street. Free parking available on right. PO16 9QW.
Leader: Robert
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.
Leader: Mike
Boots Rating: 🎧

**W10 - Crematorium to Fort Nelson**
Walk through wildflower meadow to Nelson’s Monument across fields 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.
Leader: Keith E
Boots Rating: 🎧elda

**W11 – Warsash 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.
Leader: John
Boots Rating 🎧elda

**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.
Leader: Maurice
Boots Rating: 🎧elda

**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: gravel car park at the end of Shearwater Avenue PO16 8YE.
Leader: Robert
Boots Rating: 🎧elda

**W14 - Wallington River**
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.
Leader: Maurice
Boots Rating: 🎧elda
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.
Leader: Mike
Boots Rating: 🥾

W17 – Wickham Train Trail
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.
Leader: Mike
Boots 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.
Leader: Keith E
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.
Leader: Mike
Boots Rating: 🥾

W27 - Whiteley
Following wide, flat footpaths around the lakes perfect for easy walking or wheelchairs and parents with buggies.
Duration (mins): 60
Meeting point: Outside Harvester Restaurant (follow signs to East Car Park). PO15 7LJ.
Leader: Maurice
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.
Leader: Keith E
Boots Rating: 🥾
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<th>Walk Title</th>
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W30 – Abshot to Brownwich Pond
Walk to the coast via Brownwich Lane and return past Pond. Duration (mins): 90
Meeting point: Locks Heath Sports & Social Club car park, Warsash Road PO14 4JX.
Buses: X4 Common Ln.
Leader: John
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
Leader: Keith P
Boots rating

W36 – Warsash Coastal Walk
Warsash front along Hamble path, returning via Holly Hill Park. Refreshments at Silver Fern PH.
Duration (mins): 90 + break
Meeting point: Silver Fern PH Car Park, Warsash Road. SO31 9HW.
Leader: Maurice
Boots Rating:

W37 – Warsash to Holly Hill
River Hamble Path to the little bridge, into Holly Hill and return. Duration (mins): 90
Meeting point: Rising Sun PH Shore, Rd Warsash SO31 9FT.
Leader: John
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
Leader: Mike
Boots rating:

W40 – Stokes Bay
A varied circular walk around the Stokes Bay coast and environs. Fully accessible for wheelchairs and buggies. Routes include seafront promenade, Stanley Park and Alverstoke village. Stop for a cuppa and a chat.
Duration (mins): 60 + refreshment stop
Meeting point: Car park by Diving Museum, Stokes Bay Rd PO12 2QU (ticket required for parking).
Leader: Kyela
Boots rating:
W46 Historic Gosport
Varied routes of historic interest around the town meeting **10am every Monday**
Duration (mins): 60
Meeting point: Gosport Discovery Centre (library) High St. PO12 1BT – close to bus routes or Walpole car park 70p/hour
Walk Leader: Dave T
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
Leader: Keith E
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.
Leader: Dave M
Boots Rating: 🍣 🍣

W49 Holly Hill Leisure Centre
A choice of walks around local footpaths from the newly-opened centre – 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.
Leader: Judy
Boot rating: 🍣 to 🍣 🍣

Want to start walking but don’t feel quite ready?
Looking for ways to get back to walking but need to build up your strength?

**Spring Into Action Fair**
Wednesday 1st March
Osborn Sq. (opp. Debenhams) Fareham Shopping Centre

- Information stands on local activity groups for older people and people with disabilities.
- Try out a taster session.
Walk Level Boots Rating Guide

Our boots 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.

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<td>🚶‍♂️</td>
<td>Terrain suitable for wheelchair and mobility scooter users and people with buggies</td>
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<tr>
<td>👟</td>
<td>Mostly flat with some slight inclines and footpaths. Distance 1 to 2 miles. No stiles</td>
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<tr>
<td>🍃</td>
<td>Moderate inclines, footpaths and grassland. Distance 2 to 3 miles. May include stiles.</td>
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<tr>
<td>🚶‍♂️</td>
<td>Some steeper inclines, footpaths and grassland. Distance 3 to 5 miles. Includes stiles</td>
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<td>⬆️</td>
<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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**Fareham Walking 4 Health** is co-ordinated by **Community Action Fareham**

We receive no local authoritative 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.

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A Company Limited by Guarantee
Registered in England and Wales No. 3181037