Walks for June and July 2016
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 running 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 back page.

News:
Walk W1 is back with Judy leading.

Walk W10 has returned with Keith Ellis leading. This replaces the W60 self-guided walk.

Fareham W4H will be leading taster walks at the Diabetes Wellness Day, Solent Hotel, Whiteley on Saturday 25th June 9.30 to 3.30

New walkers are asked to complete a Walker Registration Form either on-line at walkingforhealth.org.uk or a paper copy from your Walk Leader or downloaded from farehamw4h.org.uk or by contacting Community Action Fareham. Please submit completed forms to your Walk Leader or return it to the address below.

Walkers walk at their own risk. If you are not sure that you are fit to walk please seek medical advice.

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

W1 - Fareham Park Acorn
Walk down through oak trees, wild flowers & butterflies, optional refreshments @ garden centre. Optional Millennium Walk viewpoint. Return along gentle uphill gradient. (Some uneven muddy paths).
Duration (mins): 60 + refresh break
Meeting Point: North West Fareham Community Centre car park (next to Henry Cort School, off Hillson Drive). PO15 6PH.
Leader: Judy
Boots Rating: 🛏️

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. (Take 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: Reception area of Fareham Leisure Centre. PO16 7JU.
Leader: Alan
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.
Leader: Mike
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: Judy
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: 🥾iked

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: 🥾iked

W8 - Wallington Figure of 8
Through Wallington Village and historic Fareham High Street.
Duration (mins): 50
Meeting point: Outside the Delme Arms Pub. Parking available nearby in Cams Hill road. PO16 8QY.
Leader: TBC
Boots Rating: 🥾iked

W9 - River Hamble Path & Holly Hill
Along the River bank path and back through Holly Hill.
Duration (mins): 90
Meeting point: public car park near Sarisbury Green Community Centre. SO31 7AA.
Leader: John
Boots Rating: 🥾iked

W10 - Crematorium to Fort Nelson
Walk through wildflower meadow to Nelson’s Monument. Across fields to small bluebell wood, optional refreshments Fort Nelson (Some steps, stiles & uphill walking).
Duration (mins): 90 inc. refresh 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: 🥾iked
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: 🧦蹙

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: 🧦蹙

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: 🧦蹙

W14 - Wallington River 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.
Leader: Maurice
Boots Rating: 🧦蹙

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: 🧦蹙

W18 - South Fareham Farm Land
A circular route across farmland, passing Crofton Old Church. Some Stiles on route.
Duration (mins): 90
Meeting point: Car park, junction of Bishopsfield Road & Longfield Avenue. PO14 1QS.
Leader: Mike
Boots Rating: 🧦蹙
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<tr>
<th>Date</th>
<th>W Ref</th>
<th>Walk Title</th>
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<td>Whiteley</td>
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<td>Discover Gosport</td>
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<td>Henry Cort Iron Mill</td>
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<td>New Portchester to Port Solent</td>
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<td>Fri 17&lt;sup&gt;th&lt;/sup&gt;</td>
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<td>Fareham Park Acorn</td>
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<td>Taster Walks</td>
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<td>Diabetes Wellness Day (for details see page 11)</td>
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## Walk schedule for July 2016

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All walks start at 10:30am unless otherwise indicated
W20 – River Hamble Picnic
Through Holly Hill to River Hamble. Bring your own picnic.
Duration (mins): 90 + picnic
Meeting point: Public car park at entrance of Holly Hill Park, Barnes Lane.
SO31 7BJ.
Leader: Maurice
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:

W22 – 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:

W23 – 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:

W24 – 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:

W25 – Lower Swanwick & Swanwick Wood
Down to Lower Swanwick, then north past brickworks and ponds, back via nature reserve to Sarisbury (steep incline at end).
Duration (mins): 90
Meeting point: public car park at Sarisbury Green Community Centre. SO31 7AA.
Leader: John
Boots Rating:
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: 🥾.setAttribute('style', 'color: #000;')

W31 – Henry Cort Iron Mill
A country walk to the site of the Henry Cort Iron Mill. (stiles en-route)
Duration (mins): 90
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.
Leader: Mike
Boots Rating: 🥾.setAttribute('style', 'color: #000;')

W32 – Thatchers Copse to Brownwich
Walk down Brownwich Lane to Foreshore. Duration (mins): 90
Meeting point: Thatchers Copse car park. (Posbrook Lane south from Titchfield, after 1.3 miles car park is on right) PO14 4HH.
Leader: Maurice
Boots Rating: 🥾.setAttribute('style', 'color: #000;')

W34 – Warsash Historical
Leisurely stroll around historical parts of Warsash Village with commentary by local historian. Refreshments at Silver Fern PH.
Duration (mins): 90 + break
Meeting point: Silver Fern PH Car Park, Warsash Road. SO31 9HW
Leader: Maurice
Boots Rating: 🥾.setAttribute('style', 'color: #000;')

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 bring waterproofs, wear stout shoes and a drink.
Meeting point: Meon Shore Road (by the toilets and private chalets at Western end). PO14 4HL
Duration: (mins): 120
Leader: Keith P
Boots rating: 🥾.setAttribute('style', 'color: #000;')
**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 routes around Stokes Bay and environs. Includes seafront promenade, Stanley Park and Alverstoke village. Stop for a cuppa and a chat.
Duration (mins): 60 + break
Meeting point: Car park by Diving Museum, Stokes Bay Rd PO12 2QU (ticket required for parking).
Leader: Kyela
Boots rating: 🎧👟

**W44 Gosport Ferry & Town**
Follow the Millenium Walk to Haslar bridge, returning via Walpole Park to Royal Clarence Marina. Refreshments at the Pump House Café.
Duration (mins): 60 + break
Meeting point: The Pump House, Royal Clarence Marina, Gosport PO12 1AX (4hours free parking)
Leader: Kyela
Boot rating: 🎧👟

**W45 Fort Widley**
Take in the view from Portsdown Hill around Fort Widley. Can be muddy (includes kissing gates).
Duration: (mins) 60-90 + break
Meeting point: Car park on Widley Walk (heading east, pass the fort on LHS and take next left before Churchillian PH PO6 3LS)
Leader: John
Boots rating: 🎧👟
W46 Discover Gosport
A brisk tour around the town taking in sights of local interest. Routes will vary but are all on good footpaths and away from busy roads where possible. Refreshments at Gosport Discovery Centre café. 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 may vary. Duration (mins) 45 inc. break Meeting point: Westlands Medical Centre PO16 9AE Leader: Keith E Boot rating: 🛴

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: 🛴

Fareham W4H will be at the 8th Annual Diabetes Wellness Day South The Solent Hotel, Whiteley, PO15 7AJ Saturday, 25th June 2016 – 9:30am to 3:30pm Come along to try out some taster walks
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.

| 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 Action Fareham
Registered Charity No. 1056395
A Company Limited by Guarantee
Registered in England and Wales No. 3181037