Walks for June and July 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: 🥾 FileInputStream

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: ⚠️

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: 🥾 FileInputStream

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 or Dave B Boots Rating: 🥾 FileInputStream

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.
Leader: Robert Boots Rating: 🥾 FileInputStream

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/Dave B Boots Rating: 🥾 FileInputStream
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.
Leader: Keith E
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.
Leader: Maurice
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.
Leader: Robert
Boots Rating: 🛴 🛴

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: 🛴 🛴

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 or Dave B
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/Dave B
Boots Rating: 🛴
W18 - South Fareham Farm Land
A circular walk 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: 🥾鞋

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: 🥾鞋

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/Dave B
Boots Rating: 🥾鞋

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: 🥾鞋 🚶

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: 🥾鞋

W29 - Lower Swanwick & Swanwick Wood
Down to Lower Swanwick, head north into Swanwick Woods passing brickworks and ponds, back through nature reserve to Sarisbury.
Duration (mins): 90
Meeting point: public car park at Sarisbury Green Community Centre. SO31 7AA.
Leader: John
Boots Rating: 🥾鞋
Walk schedule for June 2017
All walks start at 10:30am unless indicated otherwise in bold

Our regular walks

<table>
<thead>
<tr>
<th>Date</th>
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<td>W39</td>
<td>Stubbington to Salterns Shore</td>
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<tr>
<td>Fri 2nd</td>
<td>W4</td>
<td>Burnt House Lane</td>
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<tr>
<td>Sat 3rd</td>
<td>W44</td>
<td>Gosport Ferry &amp; Town</td>
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<tr>
<td>Mon 5th</td>
<td>W27</td>
<td>Whiteley</td>
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<tr>
<td>Mon 5th</td>
<td>W21</td>
<td>Wicor Copse</td>
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<tr>
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<tr>
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<td>Wickham Train Trail</td>
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<tr>
<td>Fri 9th 11am</td>
<td>W12</td>
<td>North Fareham - PICNIC</td>
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<tr>
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<td>W32</td>
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W30 – Abshot to Brownwich Pond
Walk to the coast via Brownwich Lane and return past Brownwich Pond.
Duration (mins): 90
Meeting point: Locks Heath Sports & Social Club car park, Warsash Road PO14 4JX.
Buses: No 4 - Kites Croft Busn. Park (0.7mi); No 4A - Common Ln. (0.3mi); No X4 - nearby
Leader: John
Boots Rating: 🍁🍁

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: 🍁🍁

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 marked “Chilling Coastal Area”). PO14 4HH.
Leader: Maurice
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 🍁🍁🍁🍁

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 or Dave B
Boots rating: 🍁🍁🍁
**W44 Gosport Ferry & Town**
Follow the Millennium Walk towards Haslar bridge, back via Walpole Park to Royal Clarence Marina. Then 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: 🧦

**W46 Historic Gosport**
Varied routes of historic interest around the town.
Duration (mins): 60
Meeting point: Gosport Discovery Centre (library) High St. PO12 1BT – close to bus routes or Walpole car park 80p/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 (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.
Leader: Judy
Boot rating: 🧦 to 🧦🧦

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. Thank you.
### 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 |

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**Fareham Walking 4 Health** is co-ordinated by

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Community Action Fareham

Information & Activity Fair

10am to 3pm
Monday 12th June
Fareham Shopping Centre
(outside Debenhams)

Information on local support groups:
Mental Health. Children & Young People.
Domestic Violence. Hospice Care.

Activity taster sessions:
Dancing. Exercise. Accessible Games.
Save a Life Training. Magnetic Darts. Quiz
..........and more

Community Action Fareham
01329 231 899
events@farehamaction.org.uk
Registered Charity 1056395