

Fareham



Walks for February and March 2018



**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 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: 

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.

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: 

Walk Schedule for February 2018

*All Walks Start at 10:30am unless indicated otherwise in **bold***

Our regular walks

When	Ref	Leader	Walk Title
Every Tuesday	W46	Dave T	Historic Gosport
Every Wednesday	W47	Keith E	Westlands Walk
Every Wednesday (except 14 th)	W53	Sam	Rowner Copse
Every Friday	W3	Alan	Fareham Leisure Centre
Every Friday	W49	Judy	Holly Hill Leisure Centre

Our Occasional Walks

Date	Ref	Leader	Walk Title
Thu 1 st	W48	Malcolm	Portchester to Port Solent
Fri 2 nd	W17	Mike	Wickham Train Trail
Mon 5 th	W10	Keith E	Crematorium to Fort Nelson
Tue 6 th	W13	Robert	Cams Hall Estate
Thu 8 th	W5	Mike	Holly Hill Lake
Fri 9 th	W21	Keith E	Wicor Copse
Mon 12 th	W28	Keith E	Delme Viaduct to Town Quay
Tue 13 th	W2	Maurice	Knowle / Wallington River
Thu 15 th	W7	Mike	Warsash Common
Thu 15 th	W48	Malcolm	Portchester to Port Solent
Fri 16 th	W14	Maurice	Wallington River Walk
Sat 17 th 11am	W35	Keith P	Meon Shore to Titchfield
Mon 19 th	W4	Mike	Burnt House Lane
Tue 20 th	W6	Robert	Portchester Castle
Thu 22 nd	W48	Dave M	Portchester to Port Solent
Fri 23 rd	W23	Mike	Titchfield Canal (North)
Sat 24 th 10am	W52	Denise	Deviation Line to Titchfield Abbey
Mon 26 th	W12	Maurice	North Fareham
Tue 27 th	W39	Mike	Stubbington to Salterns Shore

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Thu 8 th	W5	Mike	Holly Hill Lake
Fri 9 th	W7	Mike	Warsash Common
Mon 12 th	W21	Keith E	Wicor Copse
Tue 13 th	W4	Mike	Burnt House Lane
Tue 13 th	W51	Judy	Titchfield Tuesday
Thu 15 th	W2	Maurice	Knowle / Wallington River
Fri 16 th	W23	Mike	Titchfield Canal (North)
Sat 17th 11am	W35	Keith P	Meon Shore to Titchfield
Mon 19 th	W27	Maurice	Whiteley
Tue 20 th	W6	Robert	Portchester Castle
Thu 22 nd	W15	Mike	Solent Way to Titchfield Canal
Fri 23 rd	W12	Maurice	North Fareham
Sat 24th 10am	W52	Denise	Deviation Line to Titchfield Abbey
Mon 26 th	W28	Keith E	Delme Viaduct to Town Quay
Tue 27 th	W39	Mike	Stubbington to Salterns Shore
Thu 29 th	W48	Dave M	Portchester to Port Solent

W17 - Wickham Train Trail

Walk 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.

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.

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: 

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

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: 

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

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 

TESCO






Bags of Help

Many thanks to everyone who supported our Tesco Bags of Help collections in Fareham and Gosport. We have been awarded over £4,000 in total to support our plans to develop healthy walks in the two boroughs.



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

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.



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