

Fareham



Walks for August and September 2018



**Community
First**



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 First 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 231899 Email: w4h.fareham@cfirst.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: 

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: 

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.

Leader: Mike

Boots Rating: 

Walk Schedule for August 2018

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

Our regular walks

When	Ref	Leader	Walk Title
Every Tuesday	W51	Judy	Titchfield Tuesdays
Every Wednesday	W47	Keith E	Westlands Walk
Every Friday	W49	Judy or Dave	Holly Hill Leisure Centre

Our Occasional Walks

Date	Ref	Leader	Walk Title
Thur 2 nd	W15	Mike	Solent Way to Titchfield Canal
Thur 2 nd 7pm	W57	Baz	Deviation Line and Funtley Hill
Fri 3 rd	W27	Maurice	Whiteley
Mon 6 th 11am	W2	Maurice	Knowle / Wallington River - PICNIC
Tue 7 th	W13	Dave B	Cams Hall Estate
Thur 9 th	W7	Mike	Warsash Common
Fri 10 th	W10	Keith E	Crematorium to Fort Nelson
Fri 10 th 7pm	W57	Baz	Deviation Line and Funtley Hill
Mon 13 th	W21	Keith E	Wicor Copse
Tue 14 th	W23	Mike	Titchfield Canal (North)
Thur 16 th	W32	Maurice	Thatchers Copse to Brownwich
Fri 17 th	W48	Malcolm	Portchester to Port Solent
Sat 18 th 11am	W35	Keith P	Meon Shore to Titchfield
Mon 20 th	W4	Mike	Burnt House Lane
Tue 21 st	W6	Robert	Portchester Castle
Thu 23 rd	W17	Mike	Wickham Train Trail
Fri 24 th	W28	Keith E	Delme Viaduct to Town Quay
Fri 24 th 7pm	W57	Baz	Deviation Line and Funtley Hill
Sat 25 th 10am	W52	Denise	Deviation Line to Titchfield Abbey
Tue 28 th	W10	Keith E	Crematorium to Fort Nelson
Thur 30 th	W39	Mike	Stubbington to Salterns Shore
Fri 31 st	W54	Malcolm	Portchester* to the Castle

**please note that W54 starts at the Community Centre in Westlands Grove*

Walk Schedule for September 2018

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

Our regular walks

When	Ref	Leader	Walk Title
Every Tuesday	W51	Judy	Titchfield Tuesdays
Every Wednesday	W47	Keith E	Westlands Walk
Every Friday	W49	Judy	Holly Hill Leisure Centre

Our Occasional Walks

Date	Ref	Leader	Walk Title
Mon 3 rd	W21	Keith E	Wicor Copse
Tue 4 th	W13	Robert	Cams Hall Estate
Thu 6 th	W7	Mike	Warsash Common
Fri 7 th	W12	Maurice	North Fareham Blackberry Walk
Fri 7 th	W48	Malcolm	Portchester to Port Solent
Fri 7 th 6pm	W57	Baz	Deviation Line and Funtley Hill
Mon 10 th	W10	Keith E	Crematorium to Fort Nelson
Tue 11 th	W23	Mike	Titchfield Canal (North)
Thu 13 th	W5	Mike	Holly Hill Lake
Fri 14 th	W54	Malcolm	Portchester* to the Castle
Sat 15 th 11am	W35	Keith P	Meon Shore to Titchfield
Mon 17 th	W4	Mike	Burnt House Lane
Tue 18 th	W6	Robert	Portchester Castle
Wed 19 th	W14	Maurice	Wallington River Walk
Thu 20 th	W39	Mike	Stubbington to Salterns Shore
Thu 20 th 11:15am	W56	Vanessa	Warsash Shoreline
Fri 21 st	W28	Keith E	Delme Viaduct to Town Quay
Fri 21 st 6pm	W57	Baz	Deviation Line and Funtley Hill
Sat 22 nd 10am	W52	Denise	Deviation Line to Titchfield Abbey
Mon 24 th	W10	Keith E	Crematorium to Fort Nelson
Tue 25 th	W17	Mike	Wickham Train Trail
Thur 27 th	W56	Vanessa	Warsash Shoreline
Fri 28 th	W11	Mike	Warsash, Solent & Hook

**please note that W54 starts at the Community Centre in Westlands Grove* 6

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: 

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.

Boots Rating: 

W35 Meon Shore to Titchfield

Every 3rd Saturday of the month (except Christmas Day) **meet at 11am**. A long walk, taking in the beautiful views across the Solent. Starting at Meon Shore, we vary the route crossing farmland, beaches, canal and woodland.

Sometimes visiting Titchfield and stopping for a well-earned cuppa or calling in to the Titchfield

Haven café for a drink at the end of the walk. This is an energetic walk and can be muddy at times. Strong footwear is advised.

Meeting point: Meon Shore Road (by the toilets and private chalets at Western end). PO14 4HL

Duration: (mins): 120

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: 

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: 

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

Boot rating: 

W56 New 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.

Causeway path is exposed so dress for the elements. Uneven in places.

Duration: 60 mins

Meeting point: Passage La. car park, Warsash SO31 9HX

Boot rating: 

W57 *NEW* Deviation Line and Funtley Hill

New **evening** walk. A peaceful circular route taking in the old deviation line to Funtley and Funtley hill enjoying local natural points of interest. Terrain can be muddy.






Duration: 80mins with rest stops.

Meeting point: Co-op store,
Gudge Heath Lane PO15 6PZ

Boots rating: 

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 First Fareham

We 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.

Community First is the trading name of Communities First Wessex Registered Charity no 1147527.

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Registered Office – Langstone Technology Park Langstone Road Havant Hampshire PO9 1SA.