

# Fareham



## Walks for October and November 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](http://www.walkingforhealth.org.uk) or a paper copy from your Walk Leader or downloaded from [www.farehamw4h.org.uk](http://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](mailto: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: 

## **W9 - River Hamble Path & Holly Hill**

Walk along the River Hamble Path and return through Holly Hill.

Duration (mins): 90

Meeting point: public car park near Sarisbury Green Community Centre.

SO31 7AA.

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: 

## **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**

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: 

### **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: 

## Walk Schedule for October 2017

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

### Our regular walks

<b>When</b>	<b>Ref</b>	<b>Leader</b>	<b>Walk Title</b>
Every Tuesday	<b>W51</b>	Louise	Titchfield Tuesdays
Every Tuesday	<b>W46</b>	Dave T	Historic Gosport
Every Wednesday	<b>W47</b>	Keith E	Westlands Walk
Wednesday (term time only)	<b>W53</b>	Sam	Rowner Copse
Every Friday	<b>W3</b>	Alan	Fareham Leisure Centre
Every Friday	<b>W49</b>	Judy	Holly Hill Leisure Centre

### Our Occasional Walks

<b>Date</b>	<b>Ref</b>	<b>Leader</b>	<b>Walk Title</b>
Mon 2 <sup>nd</sup>	W10	Keith E	Crematorium to Fort Nelson
Tue 3 <sup>rd</sup>	W39	Mike	Stubbington to Salterns Shore
Wed 4 <sup>th</sup>	W12	Maurice	North Fareham
Fri 6 <sup>th</sup>	W47	Malcolm	Westlands Walk
Mon 9 <sup>th</sup>	W5	Mike	Holly Hill Lake
Tue 10 <sup>th</sup>	W13	Robert	Cams Hall Estate
Weds 11 <sup>th</sup>	W2	Maurice	Knowle / Wallington River
Thur 12 <sup>th</sup>	W48	Malcolm	Portchester to Port Solent
Fri 13 <sup>th</sup>	W4	Mike	Burnt House Lane
Mon 16 <sup>th</sup>	W21	Keith E	Wicor Copse
Tue 17 <sup>th</sup>	W17	Mike	Wickham Train Trail
Thur 19 <sup>th</sup>	W11	John	Warsash to Solent & Hook
Fri 20 <sup>th</sup>	W23	Mike	Titchfield Canal North
Sat 21 <sup>st</sup> <b>11am</b>	W35	Keith P	Meon Shore to Titchfield
Mon 23 <sup>rd</sup>	W27	Maurice	Whiteley
Tue 24 <sup>th</sup>	W6	Robert	Portchester Castle
Thur 26 <sup>th</sup>	W48	Dave M	Portchester to Port Solent
Fri 27 <sup>th</sup>	W15	Mike	Solent Way to Titchfield Canal
Sat 28 <sup>th</sup> <b>10am</b>	W52	Denise	Deviation Line to Titchfield Abbey
Tue 31 <sup>st</sup>	W28	Keith E	Delme Viaduct to Town Quay

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Every Wednesday	<b>W47</b>	Keith E	Westlands Walk
Wednesdays (term time only)	<b>W53</b>	Sam	Rowner Copse
Every Friday	<b>W3</b>	Alan	Fareham Leisure Centre
Every Friday	<b>W49</b>	Judy	Holly Hill Leisure Centre

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Fri 3 <sup>rd</sup>	W47	Malcolm	Westlands Walk
Mon 6 <sup>th</sup>	W10	Keith E	Crematorium to Fort Nelson
Tue 7 <sup>th</sup>	W13	Robert	Cams Hall Estate
Fri 10 <sup>th</sup>	W4	Mike	Burnt House Lane
Mon 13 <sup>th</sup>	W21	Keith E	Wicor Copse
Tue 14 <sup>th</sup>	W5	Mike	Holly Hill Lake
Weds 15 <sup>th</sup>	W2	Maurice	Knowle / Wallington River
Thur 16 <sup>th</sup>	W48	Malcolm	Portchester to Port Solent
Fri 17 <sup>th</sup>	W17	Mike	Wickham Train Trail
Sat 18 <sup>th</sup> <b>11am</b>	W35	Keith P	Meon Shore to Titchfield
Mon 20 <sup>th</sup>	W7	Mike	Warsash Common
Tue 21 <sup>st</sup>	W6	Robert	Portchester Castle
Thur 23 <sup>rd</sup>	W9	John	River Hamble Path & Holly Hill
Fri 24 <sup>th</sup>	W27	Maurice	Whiteley
Sat 25 <sup>th</sup> <b>10am</b>	W52	Denise	Deviation Line to Titchfield Abbey
Mon 27 <sup>th</sup>	W28	Keith E	Delme Viaduct to Town Quay
Tue 28 <sup>th</sup>	W15	Mike	Solent Way to Titchfield Canal
Thur 30 <sup>th</sup>	W48	Dave M	Portchester to Port Solent

### **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: 90mins inc break.

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 13<sup>th</sup> 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**

**Fareham Walking 4 Health has been selected for the Tesco Bags of Help collection at Tesco store in Quay Street Fareham.**

**This funding will help us to do more with this fantastic scheme.**

**We need your help to get the maximum funding from the collection. Please help us to collect the most tokens by putting your token in the fareham W4H pot during October.**

**Thank you!**



August saw the launch of Public Health England's Active 10 app, which aims to encourage adults to build more physical activity into their life, starting with a daily brisk ten minute walk. 10 brisk minutes

A brisk 10 minute walk every day can make a difference to your health. Each 10 minute burst of exercise is known as an "Active 10".

Brisk walking is simply walking faster than usual, at a pace that gets your heart pumping. Start with a 10 minute brisk walk a day and then see if you can gradually build up to more.






It's the easy way to improve your health and wellbeing. No gym memberships, no Lycra. Just 10 minutes and you!

The free Active 10 app takes away the guesswork. It shows how much brisk walking you're doing and how you can do more. It's easy to use and helps you set your goals for the day.



## 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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