



www.portsmouth.gov.uk

Programme

Health Improvement & Development Service



## basic information

Portsmouth Healthy Walks offer free, sociable, safe, led walks. Suitable for people of all abilities, from beginner to regular walker.

Trained volunteers lead the walks and will encourage and support your progress. If you are interested in volunteering for us, please contact us on 023 9268 8390.

New walkers should arrive 10 minutes before the start of a walk to complete a simple health questionnaire.

Walks take place regardless of the weather, so please wear suitable footwear, comfortable clothing and bring along a drink. Walking boots are not essential for most of these walks but it is a good idea to wear a suitable pair of trainers or shoes, preferably lace-ups. Please bring any medication you may need (if applicable).

walk 4 life



Portsmouth Healthy Walks is a Walking for Health accredited scheme

## Seafront

4km / 2.5miles

Pyramids Centre to Square Tower and back. A gentle walk on flat, paved surfaces. Optional steps to higher level at Grand Parade. Café stop at the end.

Wheelchair and buggy friendly

**EVERY FRIDAY MORNING**

**Start promptly at 10.30am**

Meet at Pyramids Centre

Pace: Gentle

Surfaces: mostly flat and paved

Parking: meters in the area

Nearest bus stop: South Parade



## Pier to Pier

4km / 2.5miles

An easy but brisk walk along the length of the seafront from South Parade Pier to Clarence Pier and back. Refreshments are enjoyed at a nearby café afterwards.

Wheelchair and buggy friendly

**EVERY MONDAY AFTERNOON**

**Start promptly at 1pm**

Meet at South Parade Pier, Southsea

Pace: brisk

Surfaces: flat, paved

Parking: pay parking

Nearest bus stop: South Parade Pier



## Hilsea Lines

3.5km / 2.2miles

Enjoy the wildlife and leave the city behind you on this beautiful country walk. Those who want to do more can continue around the western moat.

Please note the paths in winter can be quite slippery, so ensure you have sturdy footwear if the weather is wet.

**EVERY THURSDAY MORNING**

**Start promptly at 10.30am**

Meet at Scott Road car park off Military Road, Hilsea

Pace: medium

Surfaces: hilly, uneven footpaths

Parking: free parking

Nearest bus stop: Hilsea interchange



## Old Portsmouth

3.2km / 2miles

Enjoy the historic buildings and atmosphere of Old Portsmouth on this walk. There is also the opportunity to buy fresh fish for supper and there's a café stop at the end.

Wheelchair and buggy friendly

**EVERY WEDNESDAY AFTERNOON**

**Start promptly at 1.30pm**

Meet at the Royal Garrison Church, Grand Parade

Pace: medium

Surfaces: flat, paved

Parking: pay parking

Nearest bus stop: Pembroke Road



## Northern Walks

2.4km / 1.5miles

These are easy walks to suit all but aimed at beginners, we can go as slow as you wish. The walks take place at various scenic locations to the north of the city.

Pace; very gentle

Surfaces: flat, some footpaths

Parking: free parking

## Lakeside, North Harbour

Meet at King George V playing fields

**1st WEDNESDAY of the month**

**Meet 1.45pm for prompt 2pm start**

Nearest bus stop: Northern Road,



## Portchester Castle

Meet in the main car park

**2nd WEDNESDAY of the month**

**Meet 1.45pm for prompt 2pm start**

Nearest bus stop: Castle Street

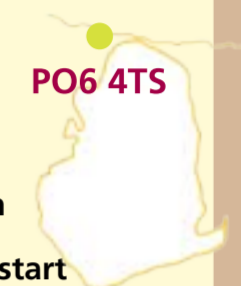
## Port Solent

Meet outside cinema

**4th WEDNESDAY of the month**

**Meet 1.45pm for prompt 2pm start**

Nearest bus stop: Port Solent



## Milton Foreshore

4km / 2.5miles

A scenic walk across Milton Common and foreshore. See the seasons change through the year as you follow the paths through the trees and by the ponds.

A shorter route is available for those who wish.

**2nd and last SUNDAY of each month**

**Start promptly at 2.30pm**

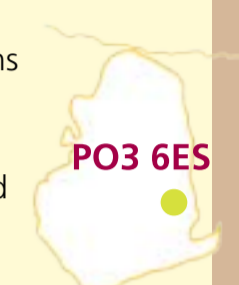
Meet at the Good Companion, Moorings Way, Eastern Road.

Pace: brisk

Surfaces: flat, uneven footpaths

Parking: free parking

Nearest bus stop: Eastern Road (Good Companion)



## Victoria Park

2.8km / 1.75miles

A nice, easy walk to the city's Victoria Park, part of a conservation area located on land reclaimed from Portsea's fortifications. Attractive planting in an award winning environment.

Enjoy refreshments afterwards with your friends at the Community Café in Omega Street.

Wheelchair and buggy friendly.

**EVERY MONDAY MORNING**

**Start promptly at 10.30am**

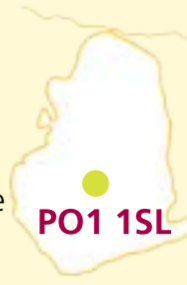
Meet at ASDA, the Bridge Centre, Fratton

Pace: gentle

Surfaces: flat, paved

Parking: pay parking

Nearest bus stop: Bridge Centre



## Farlington Marshes

4.8km / 3miles

An invigorating walk around the marshes at the north of the city with views over to Hayling Island.

**LAST FRIDAY OF THE MONTH**

**Start promptly at 10.30am**

Meet in second car park at Farlington marshes

Pace: brisk

Surfaces: uneven

Parking: free at site

Nearest bus stop: Sainsbury's



## Eastney Evening

4km / 2.5miles

An evening stroll along the seafront towards Eastney and returning via Eastern Parade

Enjoy the fresh sea air and an opportunity to walk with others after work.

Wheelchair and buggy friendly

**EVERY MONDAY EVENING**

**Start promptly at 7.30pm**

Meet at South Parade Pier

Pace: gentle

Surfaces: flat, paved

Parking: free parking

Nearest bus stop: South Parade Pier



## Stamshaw Foreshore

4km / 2.5miles

A lovely walk through Stamshaw Park and along the foreshore, returning for refreshments. Enjoy the contrasting scenery of the urban park and sea views across the harbour and Whale Island

Wheelchair and buggy friendly

**EVERY TUESDAY MORNING**

**Start promptly at 10.30am**

Meet at Buckland Community Centre, Malins Road

Pace: medium

Surfaces: flat, paved

Parking: free parking

Nearest bus stop: Kingston Crescent



## Lunchtime

3.2km / 2 miles

Take a break on our brisk lunchtime walk through Old Portsmouth, Gunwharf Quays or Sallyport, returning to Guildhall Square.

These walks are easily completed during your lunch break and an excellent opportunity to get away from your desk!

**EVERY TUESDAY**

**Start promptly at 12.15pm**

Meet outside Civic Offices, Guildhall Square

Pace: brisk

Surfaces: flat, paved

Parking: pay parking

Nearest bus stop: Isambard Brunel Road



## Canoe Lake

4km / 2.5miles

Enjoy the sights of the boating lake and fresh sea air with an easy walk along Southsea seafront, returning to Canoe Lake for refreshments.

Wheelchair and buggy friendly

**EVERY WEDNESDAY MORNING**

**Start promptly at 10.30am**

Meet outside the Canoe Lake Café, St. Helen's Parade

Pace: gentle

Surfaces: flat, paved

Parking: free parking

Nearest bus stop: South Parade Pier



## Baffins/Milton

2.8km / 1.75miles

A very enjoyable double walk with a wealth of wildlife to be seen. An easy walk around Baffins Pond or a more challenging walk to the foreshore at Milton with two walk length options. Returning to the Stacey Centre for refreshments.

The short walk is wheelchair and buggy friendly

**EVERY WEDNESDAY MORNING**

**Start promptly at 10.30am**

Meet at the Stacey Centre, Walsall Road

Pace: gentle / brisk on longer walk

Surfaces: flat, paved / gravel paths

Parking: free parking

Nearest bus stop: Langstone Road



# PORTSMOUTH HEALTHY WALKS



Disclaimer: This is not an accurate or detailed map, its purpose is to illustrate the parts of the city in which the Portsmouth Healthy Walks take place. The walks are subject to change and we suggest you call 023 9268 8390 with any enquiries or for more information.