



PORTSMOUTH HEALTHY WALKS

Day/Time	Meeting Point
Monday starting promptly at 10.30am	Victoria Park Walk Meet at the entrance to The Bridge Centre, Fratton Buggy and wheelchair friendly walk.
Monday starting promptly at 1pm	Pier to Pier Walk Meet at South Parade Pier Ideal for buggies and wheelchairs.
Monday starting promptly at 7.30pm	Eastney Seafront Walk Meet at South Parade Pier An evening stroll along the seafront towards Eastney and returning to the Pier via Eastern Parade.
Tuesday starting promptly at 10.30am	Stamshaw Foreshore Walk Meet Buckland Community Centre, Malins Road Healthy walk with views to Portchester Castle.
Tuesday starting promptly at 12.15 pm	Lunchtime Walk Meet outside the Civic Offices, Guildhall Square Take a break with this brisk walk to Gunwharf or Southsea and back.
Wednesday starting promptly at 10.30am	Canoe Lake/Southsea Seafront Meet outside Canoe Lake Café, St Helens Parade Through the Rose Garden and Rock Garden, suitable for buggies and wheelchairs.
Wednesday starting promptly at 10.30am	Baffins Pond/Milton Foreshore From The Stacey Centre, Walsall Road, Copnor Short walk to Baffins Pond, longer walk to Milton foreshore. Ideal for buggies and wheelchairs.
Wednesday starting promptly at 1.30pm	Old Portsmouth Meet at the Royal Garrison Church, Grand Parade Taking in the views of the Spinnaker Tower.
1 st Wednesday of month starting promptly at 2pm	Lakeside, North Harbour Meet at King George V playing fields car park, Northern Road Suitable for all, gentle paced walk around the private grounds of IBM.
2 nd Wednesday of month starting promptly at 2pm	Portchester Castle Meet in the main castle car park. Suitable for beginners.
4 th Wednesday of month starting promptly at 2pm	Port Solent Meet in front of the Odeon Cinema. Suitable for beginners but does include an area of uneven ground, sturdy shoes recommended.
Thursday starting promptly at 10.30am	Hilsea Lines Meet Scott Road car park (off Military Road by The News Centre) Uneven footpaths take you around 'Foxes Forest' where there is an abundance of wildlife.
Friday starting promptly at 10.30am	Seafront Walk Meet at Pyramids Centre Walk along the promenade. Suitable for all.
Last Friday of month starting promptly at 10.30am	Farlington Marshes Walk Meet in 3 rd Car Park at Farlington Marshes Sturdy shoes for this walk across farmland and exposed open footpaths around the marshes.
Sunday starting promptly at 2:30pm	Milton Foreshore Meeting at The Good Companion P.H., Moorings Way A brisk walk over uneven footpaths across the common to the shore.

Please arrive 15 minutes before the start of a walk. A more detailed programme can be seen at www.portsmouth.gov.uk/living/11746.html or by phoning 023 9284 1560

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