

## Walk for Health 15<sup>th</sup> March 2010

On Monday 15<sup>th</sup> March July Ron Collins led a Walk for Health. As on previous occasions the walk commenced from the Village Hall. A total of 12 people and 2 well behaved dogs took part. It was nice to see some new faces.

The walk took 2 and a half hours. We left the Village Hall and proceeded to Cookshall Lane leading to Cookshall Farm (Cooks Hall on old maps).



Heading south towards West Wycombe [Photo by Peter Davis]

Leaving the Farm we made our way south along Cookshall Lane till we came to a path on the right leading down under the railway to Flint Hall Farm on the A4010 where we took a path up to the road leading to the Mausoleum car park. On the left of this road we saw the last remaining female Juniper in the area. See Trees in main menu for more details of the Junipers on Naphill Common.



Last remaining female Juniper in the area. [Photo by Peter Davis]

We followed the path along the ridge to Nobles Farm where we turned right and headed down to cross the A4010 opposite Manor Farm, next to the Red Lion Pub. Then followed the long haul up the hill past the cricket pavilion onto the new part of Naphill Common up to the Umbrella Tree and back to the Village Hall.

A good walk was had by all and many thanks to Ron for being our leader.