

## **Walk for Health 19<sup>th</sup> January 2011**

The first TUESDAY walk attracted 11 people and a dog. We met at Naphill Village Hall and made our way by cars (sharing) to Little Missenden where we parked near the Red Lion. Ron Collins led us from the village across the River Misbourne, A413 then across the railway. From there up a long hill to arrive at Hyde Heath on the outskirts of which we stopped for a coffee and a biscuit.



We then made our way back across fields to Shardeloes where we walked along side the lake and followed the River Misbourne back to our cars and the Red Lion where 8 of us had a very pleasant lunch.

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

The next walk is on MONDAY 21<sup>st</sup> February. This will be a short local walk starting at Naphill Village Hall.