

Ben Cruachan Walking Club - Walk Preview

Please register with Walk Leader before the day of the walk. See website: <http://bencruachanwalkingclub.com/>

Walk:	Lost Gorge				
Area:	Mitchell River National Park				
Day & Date:	Saturday September 23rd	To be publicised in local papers?			NO
Grade:	S/5/8	Style:	Day, through with short car shuffle.		
Walk Length:	7.5 km	Walk Duration :	4.5hrs		
Meeting Place:	Den of Nargun carpark	Meeting Time:	9.00am		
Walk Summary:	<p>Following the high amount of interest this walk created when it was first conducted in May and there being plenty of space on the calendar we have decided to lead this walk again.</p> <p>On the 14th of October 1936 a gentleman named R H Croll wrote to S R Mitchell the then Chairman of the Council for the Preservation of National Monuments requesting that an area of land near Glenaladale be preserved to protect its natural splendour and beauty. It was another 26 years before the Glenaladale National Park was declared.</p> <p>The area that so captivated Mr Croll is where we will be hiking.</p> <p>A short car shuffle is required to drop off vehicles at the end point of the walk.</p> <p>Our walk commences at the Den of Nargun carpark, from there we descend to the Mitchell River and walk up stream along the walking track before entering the scrub. From here we enter Lost Gorge which we will follow upstream for several kilometres pausing along the way to marvel at the natural environment and geology. After exiting the gorge a short climb up a hill to an old bush track which leads back to the vehicles.</p> <p>Trekking poles are recommended for those with wonky knees and ankles. Much rock hopping will be encountered, depending on water levels wet feet are also likely as the creek will be crossed numerous times, some boulder scrambling and a climb up a small waterfall is required.</p> <p>Extreme care should be taken while walking and clambering in the gorge due to the many slippery rocks.</p>				
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