

# Ben Cruachan Walking Club - Walk Preview

<b>Walk:</b>	<b>Den of Nargun to Billy Goat Bend, RETURN</b>			
<b>Area:</b>	<b>MITCHELL RIVER NATIONAL PARK</b>			
<b>Date:</b>	Saturday 28th November 2020	<b>To be publicised in local papers?</b>		No
<b>Grade:</b>	L - 6 - 3	<b>Style:</b>	Day Return (out and back)	
<b>Walk Length:</b>	~ 16 Kms	<b>Walk Duration:</b>	~ 7 Hours	
<b>Meeting Place:</b>	Den of Nargun Carpark	<b>Meeting Time:</b>	8:00 am	
<b>Walk Summary:</b>	<p>This walk will follow the Mitchell River from the Den of Nargun upstream to Billy Goat Bend and the Amphitheatre. At the start of the walk we will visit the culturally significant Den of Nargun and Deadcock Den, places shrouded in mystery and history and are especially significant for indigenous Australians. We will have lunch at Billy Goat Bend, before returning along the same route.</p> <p>The Mitchell is one of the few un-dammed rivers in Victoria with great rapids and plenty to look at, including rocky bluffs on the eastern shore and remnant rainforest gullies on the western shore. The walk follows the western side of the river on a well-made track which passes through numerous shady gullies. This area is known for its diversity of fauna and flora, including lyrebirds and the Xanthorrhoea Minor (a small version of the grass tree).</p> <p>This is a long walk with approximately 770 metres of ascent &amp; descent, requiring a reasonable level of fitness. Walking poles recommended.</p> <p><b>Registration with the Walk Leader, before the day of the walk, is required for all walks.</b></p>			
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