



Walhalla Bus Trip, March 14th

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Issued free to members.

CIRCULAR

www.melbournwalkingclub.org

JUNE 2018

JUNE WALKS

Sunday	3	Sutherland Creek	Richard Jasek
Monday	4	Mt Martha - Briars	Jim Smith
Wednesday	6	Kooyong - Caulfield	Sandy Moller
Wednesday	13	Wattle Glen - Flat Rock	Gordon Proudfoot
Monday	18	Menzies Creek - Monbulk	Alex Hordijkeno
3rd Wed	20	Mid Year Lunch Walk	Ken Launder
Sunday	24	Ada tree - Warburton East	David Kerferd
Monday	25	Easy Metro - Royal Park	Hugh Gibson
Wednesday	27	Aspendale - Carrum	Bruce Armstrong

Copy for July to: Charlie Freedman - Phone: 0415 558 249
 email: charliefreedman@yahoo.com

before the 1st Wednesday in the month, 6th June

Circular Preparation: 3rd Thursday - 21st June at 2:00 pm

Venue: John Horan's home at 9 Oxford Street, Malvern 3144.

Bushwalking News Victoria (BNV)

The Melbourne Walking Club is affiliated with Bushwalking Victoria which publishes a monthly "Bushwalking News" on the Internet. For those interested, the Current and past BNV's can be read on their web page:

<http://www.bushwalkingvictoria.org.au/what-we-do/publications/newsletters>

Talk Over Lunch

All members are reminded of the regular social event which occurs on the **2nd Tuesday of each month (except January)** at the **Charles Dickens Tavern Bistro**, in the basement of 290 Collins Street Melbourne, at **11:45 am for 12:00 noon**.

Barry Revill, Phone: 9555 1114 or email: barryrevill@bigpond.com

Have You Changed Your Contact Details?

If any member has changed their postal address, phone number or email address in the last year, please let **John Rankin** know so he can update the latest members register:

Phone **9842 1350**, or email wjrankin@outlook.com

2018/19 Subscriptions

After 4 years without change the Executive has decided to increase subscriptions by \$5 per annum, due in part to essential maintenance required on Walter Briggs Hut. Past discounts will remain unchanged.

Membership renewal fees are due by 30 June. Members will receive a subscription notification by mail or email in early June. Prompt payment would be greatly appreciated.

Rates for 2018/19 are as follows:

Members -- Within Victoria and under 80 years	\$65
-- Outside Victoria	\$60
-- Aged 80 years and over	\$60

As previously, Life Members and those who have been members for 50 years or more are not required to pay annual fees.

The following discounts apply:

Prompt Payment: \$5 (for payment by 30 June 2018.)

Emailed Circular: \$10 (for 12 months, currently or advised by 30 June 2018).

Jim Thurlby
Treasurer

Laugh With Lance

Time may be a great healer, but it's a lousy beautician.

Archives Sub-Committee

The Club executive is looking to hear from anyone interested in reviving the Archives Sub-Committee, which was recently disbanded as was noted in the October 2017 circular. At that time it was felt that there was little work for the Sub-Committee to perform, but there is always a small amount of material that may need to be archived. Anyone interested should contact the president, Trevor Rosen on **9882 8593** (email president@melbournwalkingclub.org), or Michael Corrigan on **9571 3227** (email secretary@melbournwalkingclub.org).

Mt Buller Lodge - Leaders for 2018 Ski season

<u>Month</u>	<u>Dates</u>	<u>Period</u>	<u>Leader</u>	<u>Phone</u>	
				<u>Mobile</u>	<u>Home</u>
June	8-10 (QB)	Weekend			
	11-14	Midweek			
	15-16	Weekend			
	17-21	Midweek			
	22-23	Weekend			
	24-28	Midweek			
	29-30	Weekend *			
July	1-5	Midweek *			
	6-7	Weekend *			
	8-12	Midweek *			
	13-14	Weekend *			
	15-19	Midweek			
	20-21	Weekend			
	22-26	Midweek	David Jones	0412 059 867	
	27-28	Weekend	Ian Morton	0403 991 750	9502 0942
August	29-2	Midweek	Daryl Hergt	0434 140 022	
	3-4	Weekend	Leigh Unsworth	0408 504 087	
	5-9	Midweek			
	10-11	Weekend	Sandy Moller	0414 699 657	
	12-16	Midweek			
	17-18	Weekend	Leigh Unsworth	0408 504 087	
	19-23	Midweek			
	24-25	Weekend			
	26-30	Midweek	Daryl Hergt	0434 140 022	
	September	31-1	Weekend		
2-6		Midweek			
7-8		Weekend			
9-13		Midweek			
14-15		Weekend			
16-20		Midweek			
21-22		Weekend *			
23-27		Midweek *			

PLEASE REFER to the LODGE BROCHURE (MAY CIRCULAR) WHICH CONTAINS THE WINTER BOOKING INFORMATION, TARIFFS & BOOKING SHEET.

SHOW THE DATES OF THE **FIRST AND LAST NIGHTS** OF YOUR BOOKING.

**If an appointed Leader cannot attend, he must organise a replacement.
No ski period may be cancelled without first contacting the Booking Officer.**

If you wish to lead a vacant ski period contact Booking Officer Ian Morton
At 137 Ludstone Street, Hampton 3188. Phone: 0403-991-750.

* - School Holiday Period

species recommends that the best way to protect Leadbeater's Possum is to cease timber harvesting in ash forests in the highlands. The report also warns that the critically endangered Victorian Mountain Ash forest ecosystem has a '99.99%' chance of collapse in the next 50 years if logging is allowed to continue, and that does not factor in another catastrophic bushfire.

Bushwalking Victoria supports creation of the Great Forest National Park to protect Central Highlands forests that provide great bushwalking and important habitat for many threatened species.

Reminder for Leaders of Metro Walks

When the walk has been completed, the track notes and maps provided should be updated to include any changes to the route, and to highlight any escapes or options that members who may not wish to walk the whole distance can use.

Two copies of the updated track notes should be forwarded to Oliver Lucas or emailed to David Watkins at

mdwatti@bigpond.net.au

Help Required For Work At Walter Briggs Hut

Help is required from members with practical skills to carry out some maintenance work at the Walter Briggs Hut at Mt Donna Buang.

There is ongoing maintenance work required at the hut and unless we have volunteers with the necessary skills and experience to carry out this work the Club will have no option other than to pay contractors to do this work. Given the location of the hut this could be an expensive exercise.

The next major project will be to replace some of the rotted stumps and timber boards on the outside of the hut. In the past this type of work has always been done by volunteers from within the Club and we hope that this tradition can continue.

If you can help or would like more information please contact the Hut Convenor, David Kerferd by phone or email at:

donnabuanghut@melbournwalkingclub.org

Trevor Rosen, Acting President

First Aid Qualifications

It is the Club's view that more people in the Club should be qualified for First Aid. With this in mind, it has been decided to find out how many Club members have current First Aid Qualifications.

If you have a current First Aid Qualification, and are willing to share this information with the Club, please email the President at:

president@melbournwalkingclub.org

JUNE WALKS

Sunday 3 June Sutherland Creek

Leader: Richard Jasek Phone: 9820 2974; 0408 438 632

Rendezvous: Steiglitz Court House car park, at 9:30 am.

Maps: Brisbane Ranges National Park map. Distance: 9 km (5 hours).

Grading: Moderate - difficult. Shorter, easy loops possible.

Transport: Private car via Western Highway or Geelong Road. From Melbourne head for Anakie. From there, take DeMotts Rd for about 8 km, left into Butchers Rd, then immediately right into Steiglitz Rd. In just over 1 km arrive at Steiglitz Court House.

Morning Tea: Steiglitz Court House car park, 9:30 - 10:00 am

Walk Details: Easy 3 km at the start via old streets, then Steiglitz South Rd, descending along Sailor's Track into the creek gully. Mostly clambering in and around the creek bed. The going is slow at times. A lunch spot is by a waterhole. We emerge out of the gully via a deadmans loop, on a marked track back to the Court House.

Note: If heavy rains prevent this walk, there are alternatives from the car park to the north of similar length but easier grade.

Monday 4 June Mt Martha - Briars

Leader: Jim Smith Phone: 9790 5257

Rendezvous & Morning Tea: 9:45 am, Melway 144 J11, Mirang Av

Maps: Melway 144 & 145 Grading: Medium Distance: 12 km

Transport: Private car

Walk Details: Park at the end of Mirang Av. off Watson Rd. We will make our way up to Nepean Hwy, and into the Briars Park for lunch at the Homestead, from there we take the Briars circuit walk and back to the cars along the Balcombe creek boardwalk. Except for the boardwalk most of it is hilly.

Wednesday 6 June Kooyong - Outer Circle - Caulfield

Leader: Sandy Moller Phone: 9502 3690; 0414 699 657

Rendezvous: 9.20 am Tooronga Railway station

Maps: Melway 59, 60 Distance: 9 km Grading: Easy

Transport: 9.01 am Glen Waverley train ex Flinders St station.

physical abilities, the club member will likely be aware of the changes and will adjust accordingly such as only going on walks graded as easy. In the case of declining cognitive function, the person may not be aware of the decline.

The normal risk management strategies that are required by clubs on walks such as having a whip ensuring that there is a line of sight between all walkers and that no one leaves the group may need to be more rigorously adhered to if a leader has concern about a member's functioning. Walk leaders may also ask for another trip member to act as a "walk companion" for the concerned member. The walk companion should be asked to always ensure that they can see or hear the person. This includes toilet stops.

If a leader believes that a group member's behaviour such as disorientation or inability to recognise members of the group, is causing a risk to them and the group, then the leaders should have the authority to not permit them to participate in a walk. This should be done with tact and after discussion with a club's leadership group. If these rules were applied always and in all circumstances, the risk of harm coming to older members, whatever their health condition, would be reduced.

Recommendations

- That general information regarding the importance of bushwalking for mitigating against the affects of ageing be passed on to clubs.
- That clubs be made aware of the potential impacts of physical and cognitive decline.
- That clubs be encouraged to carefully adhere to their risk management strategies when walking with older people.
- That leaders should, when concerned about a group member's functioning, seek to have another walker take responsibility for keeping the group member in sight.
- That if a leader is concerned that a member of the groups' behaviour is causing a risk to them and the group, the leaders should have the authority to not permit them to participate in a walk.

Support for the Creation of the Great Forest National Park

On 17 May, an article in *The Age* reported that a confidential report to the Victorian Government's Forest Industry Taskforce on threatened

personality changes. The exact symptoms experienced by a person with dementia depend on the areas of the brain that are damaged by the disease causing the dementia (Dementia Australia Help Sheet #1).

There are a number of different types of dementia and the most common type is Alzheimer's disease. Approximately 1 in 10 people over 65 experience dementia and 1 in 3 people over 85. There is no cure for dementia but there are some medications and behavioural interventions that help people manage the symptoms.

Dementia is usually a progressive condition. It is likely to get worse over time and is often terminal. The extent of disability will depend on the stage of the disease, so people with early stage dementia may be indistinguishable from the general population and could benefit from being involved in a bushwalking club. At this stage and as the disease progresses, they may need assistance to participate in the form of a walking companion who makes sure they don't get disorientated or separated from the group. At the later stages of the disease they are unlikely to be able to participate at all.

Bushwalking is an activity that can reduce the risk of dementia by providing physical activity, encouraging social engagement, mental activity and supporting the management of cardio-vascular risk factors.

Physical Impacts of Aging Ageing has a number of impacts on people's physical abilities. These can include reduced strength, reduced bone density, reduced balance, coordination and stamina. As bushwalking club members are impacted by ageing their physical abilities may decrease. This may mean that they are unable to undertake as strenuous walks as they used to and may also be at great risk of falls. In general people will be aware of the decline in their physical abilities and will make adjustments for these decreases

Implications for bushwalking clubs As the average age of bushwalking club members increases, so too will the risk of members developing cognitive decline and dementia, and declining physical abilities. Having said that, it is important to note that bushwalking has probably reduced their risk of cognitive decline, so the prevalence is likely to be lower than in the general population.

It is not possible for bushwalking clubs to identify who within their membership has cognitive decline or dementia unless the member chooses to disclose this. Leaders may become aware of changes in regular club members' functional abilities. In the case of declining

Morning tea: Howard Dawson Reserve; 1.4 km from station (Melway 59 H6); toilets available

Walk details: The walk follows Gardiners Creek trail to East Malvern RSL. Lunch under cover and toilets available. After lunch, return along Gardiners Creek trail, Glen Iris wetlands, then through Hedgeley Dene Gardens and leafy streets to Caulfield station.

Wednesday 13 June Wattle Glen - Flat Rock - Wattle Glen

Leader: Gordon Proudfoot Phone: 9717 8322; 0405 083 074

Rendezvous: Wattle Glen station at 9:33 am.

Morning Tea: Peppers Paddock, Melway 12 G4.

Maps: Melway 12, 271 & 263 Distance: Approx 14 km

Grading: Medium (3 hills, one steep on Flat Rock Road).

Transport: Train from Flinders Street at 8:24 am to Hurstbridge arriving at Wattle Glen at 9:33 am; or by #902 bus from Doncaster Shopping Town at 8:54 am arriving Eltham at 9:18 am (to catch 9:23 train to Hurstbridge); or by car. If coming by car there is limited parking at Wattle Glen station or in Kangaroo Ground - Wattle Glen Road.

Walk Details: The walk is partially along suburban streets and walking paths. There are seats and toilets at morning tea but no shelters. There are no facilities at the lunch spot.. There are return trains from Wattle Glen station at 2:04 pm, 2:44 pm and 3:24 pm.

Monday 18 June Menzies Creek - Monbulk

Leader: Alex Hordijenko Phone: 9383 3257

Rendezvous: Belgrave Railway Station 9.31 am

Maps: Melway 124, 125 & 127 Grading: Medium/Hard Distance: 15 km

Transport: 8.30 am Belgrave train ex Flinders Street arriving Belgrave Station at 9.31 am. We then take Gembrook bus #695 departing Belgrave Station at 9.45 am to Grantulla Road, Menzies Creek.

Morning Tea: Hermons Saddle Reserve, Melway 124 E11

Walk details: A challenging walk following Ridge Road for 5 km and then various single file walking tracks along Menzies, Woori Yallock and Sassafras Creeks to Monbulk. There is a 600 metre steep hill at the start

of the walk and the tracks are overgrown in parts; however the scenic views, bushland and substantial expanses of ferns make this a very attractive walk. The walk may be varied and shortened to approx 11 km by taking another route at the end of Ridge Road and finishing in Emerald. No toilets available along the tracks, only bushes and trees.

3rd Wednesday 20 June Mid-Year Lunch: Patterson River - Carrum

Leader: Ken Launder

Phone: 9584 1432

Email: klauder@bigpond.com

Rendezvous: Carrum railway station at 10.40 am.

Map: Melway 97 E6.

Grading: Easy

Distance: 6.5 km

Transport: 9.42 am Frankston train ex Flinders Street (platform 8 or 9) arrives Carrum at 10.37 am. Leader will meet the train.

Morning Tea: 10.50 am at the green painted covered shelter (with seats) on the banks of the Patterson River close to the end of Tennyson St, Carrum (Tennyson Street runs off McLeod Road towards the River). There are toilets on the Melbourne side of Carrum station but none along the Patterson River.

Walk Details and Lunch: After morning tea, we walk east along the path adjacent to the Patterson River to Inner Harbour Drive. We then turn right for a short walk to McLeod Road before turning right again for another short walk to The Cove Hotel (our lunch venue).

Lunch only: The Cove Hotel is a 15 - 20 minute walk from Carrum Station. The 10.42 am train from Flinders Street (Platforms 8 & 9) arrives at Carrum at 11.37 am. From the Station cross the level crossing and turn right towards McLeod Road (traffic lights). Turn left into McLeod Road (Aldi is on the opposite corner) and walk directly to the Cove Hotel. The last two streets on your left before you reach The Cove are Dahmen Street and The Boulevard. Return trains are every 10 minutes.

By car: After travelling south along Nepean Highway, turn left at the Carrum railway gates to cross the line and then turn right into Station Street. Turn left into McLeod Road at the traffic lights. The Cove car park is on the left about 2.5 km along McLeod Road.

Lunch: A booking will be made at The Cove Hotel for 12.15 pm.

The Cove Seniors' Menu: Main Meals \$16.00, Soup \$2.00, Desserts \$4.00. Main Meals: Beer Battered Flathead (chips, mesclum salad,

Monday 30 July Easy Metro - City Parks

Leader: Alex Hordijkenko

Phone: 9383 3257

Bushwalking News Victoria

Management of Risks for Bushwalking for Older People Background Issues Paper for Bushwalking Victoria – 16/01/18 Colin Macdonald

Introduction As people age, they face increased risks of a number of health issues, including chronic physical health conditions, such as cardio-vascular disease, diabetes and arthritis, as well as cognitive decline and dementia. It is important to note that the most beneficial thing we can do to mitigate the risk of all these chronic health conditions is to stay physically, socially and mentally active, all of which are encompassed in bushwalking with a club.

This paper raises some of the issues for Bushwalking Clubs, whose members may have cognitive decline or dementia, or face physical impacts of ageing. The information in this paper has been sourced from experts from the National Ageing Research Institute (NARI), experts in the field and the Dementia Australia website.

What is cognitive decline? Many people, when moving into older age, experience changes to their memory. The milder forms of these changes are called subjective cognitive decline (SCD) or mild cognitive impairment (MCI). Both SCD and MCI are health conditions in which people experience changes in memory or in other aspects of thinking. These changes are not severe enough to cause problems in day-to-day tasks and they are not the same as dementia.

What is dementia? Dementia describes a collection of symptoms that are caused by disorders affecting the brain. It is not one specific disease. Dementia affects thinking, behaviour and the ability to perform everyday tasks. Brain function is affected enough to interfere with the person's normal social or working life.

The hallmark of dementia is the inability to carry out everyday activities as a consequence of diminished cognitive ability. Doctors diagnose dementia if two or more cognitive functions are significantly impaired. The cognitive functions affected can include memory, language skills, understanding information, spatial skills, judgement and attention. People with dementia may have difficulty solving problems and controlling their emotions. They may also experience

96) or trams back to Balaclava (3,16), or further to Malvern (16) or Caulfield (3) stations.

Note: Lunch about 12 noon at Catani Gardens St. Kilda. Short walk from there to trams homeward bound, or 1½ km more to Middle Park, and trams to the City (112, 96).

Monday 16 July Seville East - Warramate Hills - Seville East

Leader: Jenny Hosking Phone: 0423 627 232

Rendezvous: 8.50 am Lilydale Station and/or 9.30 am Seville Recreation Park, Corner Warburton Highway & Monbulk-Seville Road

Morning tea: 9.30 am approx; Seville Recreation Park. Seating & toilet available.

Lunch: Warramate Hills. No seating or toilets.

Maps: Melway 119, 285, 283 and/or Google.

Grading: First 4 km Easy as along road and rail trail, then Medium as walk up and down hills. Distance: 14 to 15 km

Transport: 7.55 am Lilydale Train ex Flinders St; 7.58 am ex Richmond; arriving Lilydale Station 8.4 8 am. Leader will meet train and then all will catch Martyrs Bus #683 to Warburton at 9.10 am, alighting at Seville shops 9.23 am.

Walk Details: From Seville Recreation Park, cross Warburton Highway and an easy walk to and along the rail trail. From the rail trail, it is uphill along Killara and Yarraloch roads to the Warramate Hills. The circular walk in the Warramate Nature Conservation Reserve will be up and down hills with a stop for lunch. From the reserve it is down Killara and Sunnyside Roads to Warburton highway to catch bus #683 to Seville Recreation Reserve and/or Lilydale Station.

3rd Wednesday 18 July Canterbury Gds - B'dara Park

Leader: Travis Clark Phone: 9874 6326

Sunday 22 July Cathedral Range

Leader: Tony Cagney Phone: 0411 843 609

Wednesday 25 July Glen Waverley - Bayswater

Leader: Graeme Barker Phone: 9874 6938

tartare); Sheherd's Pie (mesclum salad); Schnitzel strips (chicken, mesclum salad, chips); Roast of the Day; Bangers (mash, peas, onions); Spaghetti Bolognese (parmesan); Lambs Fry (bacon, mash).

Please contact Ken Launder no later than Sunday June 17 if you are coming to the Lunch so that a booking can be made.

Sunday 24 June Ada tree & Sawmill - Warburton East

Leader: David Kerferd Phone: 0435 115 996

Rendezvous and Morning Tea: 9:30 am at the Ada Tree car park, picnic tables and composting toilet.

Grading: Moderate Distance: 14 km

Directions: From the Warburton bakery, drive east on the Warburton Hwy (B380) and Woods Point Road (C511) for approx 11 km then turn right onto well formed Brahams Road (MEL 291 A3). Drive on Brahams Road for 13 km to the T-intersection with Big Creek Rd (generally keeping to the left at each junction on the way). Turn left at Big Creek Rd and drive for 3.5 km then turn right on Federal Rd (Ada River Rd) to the Ada Tree car park. Approx. 29 km, 45 minutes from Warburton.

Transport: Private car

Walk Details: From the Ada Tree carpark we will walk to the Ada tree, then after a short break to view the tree, head towards the New Federal Mill site. We will then head west towards Ada No. 2 Mill site, this will include a stone crossing of the Ada River. We will have lunch here and view the relics and view the old bridge and river then head back to the Ada Tree car park. The Donna Buang hut is available for any walkers to stay overnight before commencing the walk, mattress, sleeping bag and food required.

Monday 25 June Easy Metro - Royal Park - Victoria Park

Leader: Hugh Gibson Phone: 9897 3645; 0429 173 501

Rendezvous: Royal Park railway station at 9:20 am

Maps: Melway 29, 30 & 44 Grading: Easy Distance: 9 km

Transport: 9:05 am Upfield train ex Flinders St, arriving at Royal Park at 9:19. Return trains from Victoria Park.

Morning Tea: 10 am at Hardy Gallagher Reserve, Melway 29 H11.

Walk Details: A very pleasant walk along the Capital City Trail to Rushall,

where we view the historic village which opened in 1866 and is still in use today. Then through bushland to Dights Falls for lunch.

Wednesday 27 June Aspendale - Wetlands - Carrum

Leader: Bruce Armstrong Phone: 0416 758 204

Rendezvous: Aspendale Railway Station at 9.43 am.

Maps: Melway 92, 93 & 97.

Grading: Easy to Medium (mainly flat) Distance: 10 km

Morning Tea: Regents Park with Toilet - Melway 92 K7.

Transport: Frankston Train departing Flinders Street Station 8.54 am and arriving at Aspendale Station at 9.43 am. Return trains from Carrum Station every 10 minutes.

Walk Details: Mainly flat walk through wetlands walking tracks and then along Patterson River track to Carrum Station. Lunch on the way depending on the day.

JULY PROGRAM

Monday 2 July Peninsula Walk—Flinder's Hinterland

Leader: Doug Connell Phone: 98071957

Rendezvous/Morning Tea: 9.45 am Flinders Memorial (Melway 262 A9)

Maps: Melway 261-262 Grading: Medium Distance: 14 km

Transport: Private car

Walk Details: We take the steps to the beach and then along the sand to Spindrift Av across Frankston-Flinders Rd to Boyds Rd then Mornington-Flinders Rd and return along the cliffs to Flinders jetty. There is little in the way of hills, mostly country road walking with some good sea views.

Wednesday 4 July Box Hill - East Kew - East Camberwell

Leader: Alan Manzoori Phone: 9830 4627; 0417 546 604

Rendezvous: 9:20 am at Box Hill Bus Station, Bay 8 (bus departs at 9:25).

Maps: Melway 47,46, 47 Grading: Easy Distance: 12 km (numerous escapes).

Transport: 8:56 am Belgrave train ex Flinders Street, arriving Box Hill at 9.17.

Morning Tea: Miniature Railway Station Elgar Park (Melway 47 B4).

Walk Details: A pleasant walk though a number of reserves and some residential streets. We take #270 Mitcham bus from Box Hill to Springfield Park. From this park we proceed west to the Miniature Railway Station for morning tea. Continue along Bushy Creek reserve to the Koonung reserve. Head west along this reserve to where the track veers left into Winfield road and then via a few streets to Greythorn park. Then continue west along a few more streets to Macleay park for lunch (toilets available here). Proceed through Myrtle park and few more streets to outer circle rail easement. Then follow this easement to East Camberwell Railway Station. Return trains at 2.19, 2.45 & 2.49 pm.

Sunday 8 July Centenary Walk & The Island - Werribee Gorge

Leader: Tim Gatehouse

Phone: 9489 2357

Wednesday 11 July McKinnon - St Kilda - Middle Park

Leader: David Blackwell

Phone: 9557 1009

Rendezvous: 9.35 am at McKinnon Station (Melway 68 E10)

Maps: Melway 68, 67, 2P, 2N, 2K Distance: 11/12½ km Grading: Easy

Transport: 9.12 am Frankston train departing Flinders St, arriving McKinnon 9.35 am OR Flinders St train departing Frankston 8.54 am arriving McKinnon 9.33 am. Meet on McKinnon Rd just outside station.

Morning Tea: Allnut park approx 10 mins from Station.

Walk details: Easy flat walk; plenty of footpath walking but mostly follows footpath/bikepath west along Elster Ck reserve, Elwood drain, Elwood Canal, via Gardenvale & Elsternwick to the sea at Elwood. Then north along the coast to St. Kilda, (11 km), and for the more energetic, to Middle Park (12½ km). Trams either on to the City (112,