



Wish all lunches on walks were this good!

**If undeliverable, return to:
Melbourne Walking Club Inc.**

**Box 2446 GPO
MELBOURNE VIC 3001**

Melbourne Walking Club Circular



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**Copy for March to: Charlie Freedman - Phone: 0415 558 249
email: editor@melbournewalkingclub.org
by the 1st Wednesday in the month, 1st February.**

Talk Over Lunch at Charles Dickens Tavern

The regular social event which, prior to Covid, occurred on the **2nd Tuesday of each month** (except January) is about to be revived. If there is enough interest, the first lunch will be held at the **Charles Dickens Tavern Bistro**, in the basement of 290 Collins Street Melbourne, at **11:45 am for 12:00 noon**, on **Tuesday March 14th**.

If you wish to attend, please contact Charlie Freedman:
Phone: **0415 558 249** or email: charlifreedman@yahoo.com.

Laughter Is The Best Medicine

Business conventions are important because they demonstrate how many people a company can operate without.



HELP US GROW OUR CLUB'S MEMBERSHIP BASE by joining the Melbourne Walking Club Facebook page – and then *inviting your own friends and family* to also join our page...!
It's a great way to encourage new members!

On our Facebook page we post pictures from weekly walks, upcoming events for your diary, invites to potential members to come along as a visitor, Mt Buller and Donna Buang news, and so much more!
Please have a look – and Join NOW!!!



Like us on Facebook

MWC Facebook Group

The Club's Facebook Group is open to all members and other interested people. Access it using the following link and join up:
www.facebook.com/groups/241419961129378

Office Bearers 2022-2023

Club Executive

President: Trevor Rosen
Secretary: Neale Oxley
Treasurer: Terry Simpson
Activities Officer: Jenny Hosking
Membership Officer: John Rankin

General Committee: Kim Rosen,
John Gates,
Michael Corrigan, &
Charlie Freedman

Sub-Committee Convenors

Mt Buller Lodge: Jenny Hosking
Walter Briggs Hut: Kim Rosen
Activities: Jenny Hosking

Other Officers

Website Administrator: Charlie Freedman
Circular Editor: Charlie Freedman

Walk Coordinators

Metro Walks: David Watkins, &
Doug Swinbourne
3rd Wed Walks: Graeme Barker
Bike Rides: John Rankin

Sunday Walks: Kim Rosen
Easy Metro Walks: Gordon Proudfoot
Peninsula Walks: Ron Anderson
Sunday Peninsula Walks: Colleen Simpson

Generic email addresses to contact appropriate Club Members:

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activities@melbournewalkingclub.org

Join the Great Aussie Hike!

If you enjoy a community walking challenge, why not join The Great Aussie Hike on the Mornington Peninsula on 24-25 March 2023. It embraces the great Aussie spirit of mates looking after each other. They promote walking in nature with friends as a way to strengthen mental health. The program provides a guide for building up walking endurance with a training program for every starting level. Additional elements such as strengthening exercises, talking topics, increased hydration and mindset activities all contribute to the development of new habits leading to long term mental health benefits. Teams choose from 30km, 43km, 57km or 100km courses, with share-the-distance options available.

The walk will wind its way around the hidden treasures of the Mornington Peninsula in a custom designed course.

The Great Aussie Hike is a perfect way for those who already love walking to step up as a team captain and help their mates to develop an active lifestyle that will improve their mental wellbeing. Alternatively you can join the fun by volunteering and helping to support these amazing walkers on course and also raise vital funds for Lifeline Australia.

More details at: www.greataussiehike.com.au.

2023/24 Subscriptions will be due by 30 June 2023,
and are set out below with discounts available to members
who wish to take them when paying.

2023/24 rates -- Within Victoria and aged under 80 years \$65
-- Outside Victoria or aged 80 years and over \$60

The following discounts apply:

Prompt Payment: \$5 (for payment by 30 June 2023).

Emailed Circular (not by post): \$10 (for 12 months).

Note: Life Members and those who have been members for 50 years or more are not required to pay annual subscriptions.

**Please send a cheque payable "Melbourne Walking Club Inc" to:
Mr T. Simpson, 10 Ti Tree Av, Bonbeach, Vic, 3196.**

Or

By bank transfer to the Club's general account:

Account Name: Melbourne Walking Club Inc.

BSB: 063-000, Account No: 1078 3218.

Please ensure that you clearly state your name on the transfer.

Terry Simpson, Treasurer, MWC.

Lunch: Lunch will be at Cherry Tree Lake Reserve (Melway 54 J9). Shelter and toilets available.

Walk Details: Mainly on formed paths (partly along Laverton Creek) then some street walking until lunch. Then formed paths around Cherry Lake and street walking to Seaholme Station.

Mon 6 Mar Peninsula

Leader: Jim Smith

Phone: 0437 077 532

Wed 8 Mar Ballarat Historical Buildings

Leader: Alex Hordijenko

Phone: 9383 3257

3rd Wed 15 Mar Maribyrnong and Aberfeldie Parks

Leader: Graeme Barker

Phone: 0437 006 938

Sun 19 Mar TBC

NB. You must contact the leader if you intend to come on this walk.

Leader: Arthur Robertson

Phone: 9580 6405

Wed 22 Mar Southern Cross – Maribyrnong

Leader: David Watkins

Phone: 0414 547 190

Sun 26 Mar TBC

NB. You must contact the leader if you intend to come on this walk.

Leader:

Mon 27 Mar Mitcham – Box Hill

Leader: Bruce Armstrong

Phone: 0416 758 204

Wed 29 Mar Hoppers Crossing – Historical Park – Werribee

Leader: Stuart Galloway

Phone: 0421 560 031

Bushwalking News Victoria (BNV)

The Melbourne Walking Club is affiliated with Bushwalking Victoria which publishes “**Bushwalking News**” monthly on the Internet. The Current and past BNVs can be read on their web page:



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



The MWC MT. BULLER LODGE ! - EXCLUSIVE USE NOW AVAILABLE !
What an amazing asset the Mt. Buller Lodge is to the Club. And in reality what an amazing “*privilege of membership*” it is for all of us to have access to this first class facility any time, any season of the year..!

And now for 3 x Seasons you can book it as your own private holiday home !!!

The Lodge is beautiful and fully equipped for a holiday any time of year. Our hard working Buller Sub-committee and Executive committee would like to see more members holiday on the mountain - and we recognise that this new “**exclusive booking**” option for the **sole use** of the **WHOLE** Lodge will appeal to many members taking their families or friends over the Spring, Summer and Autumn seasons.

It's your own holiday home on the mountain!

You get all 5 bedrooms (3 x 4 bed / 2 x 2 bed) – each with en-suites. Total 16 beds Fully equipped Kitchen & Dining room, Lounge, TV & Table Tennis rooms, Deck & BBQ.

And there's lots to do on the mountain – for you and your kids - and even grand-kids! Walks, Bicycle trails, Horse Riding, Tennis, Indoor Sports Facility, Licensed Supermarket - or just curl up on a couch with a drink and a good book, and soak up the scenery..!

Please consider the MWC Mt. Buller Lodge when booking your next holiday!



FEBRUARY WALKS

Wed 1 Feb Heidelberg – Banyule Flats – Rosanna

Leader: Stephen Pfundt Phone: 0434 199 736

Rendezvous: 9.16am at Heidelberg station.

Maps: Melway 31, 32 & 20 Grading: Easy

Distance: Approx. 15 km (12 km if terminating at Macleod).

Transport: 8.40am Eltham train (Hurstbridge line) from Flinders St.

Morning Tea: Warringal park pavilion (short walk from station), Melway 32 C4, approx. 9.45am.

Walk Details: Follows Yarra River, Banyule Creek and Salt Creek mainly through parklands with few hills and just a few street sections near stations.

Escapes: Bus routes, and Macleod railway station.

Mon 6 Feb Hastings – Jacks Beach

Leader: Don Ziino Phone: 0438 596 626

Rendezvous & Morning Tea: 9:45 am Babington Park, Marine Parade Hastings, opposite The Hastings Club, Melway 154 J8.

Maps: Melway 154 & 16 Grading: Easy Distance: 11 km.

Transport: Private car.

Walk Details: An easy walk along the foreshore parkland at Hastings to a boardwalk, which will lead us to the mangrove coast at Hastings, then to Jacks Beach Crib Point for lunch in a picnic area, then a return walk to the start.

Wed 8 Feb Gembrook – Emerald

Leader: Miles Pierce Phone: 0429 359 832

Rendezvous: Temporary Bus Transit Area south of Roundabout near Belgrave Railway Station at 9.35am.

Maps: Melway 127, 311 & 312

Grading: Easy/Medium Distance: 12 km.

Transport: 8.30am Belgrave Train (Limited Express) ex Flinders Street arriving Belgrave 9.31am to connect with Bus #695 at 9.45am arriving Gembrook 10.22am. Private Car with parking possible in vicinity of

straight onto Geelong Rd. Turn right onto Hitchcock Ave, left onto Ozone Road. Ozone road turns right and becomes Flinders Parade. Park near Childrens playground which is near the bridge.

Walk Details: Walk starts from Barwon River estuary and follows the beach east, passing Ocean Grove and an undeveloped section of coast to Point Lonsdale Lighthouse. Excellent views of The Rip, the entrance to Port Phillip Bay. Opportunities for a swim near Point Lonsdale pier. Bring Sunhat, sunglasses, sunscreen, bathers, lunch and plenty of water.

Mon 27 Feb Canterbury – Glenferrie

Leader: Gordon Proudfoot Phone: 9717 0909
0405 083 074

Rendezvous: Canterbury Station at 10.03 am (north side).

Transport: 9.44 am Blackburn train from Flinders Street, arriving Canterbury at 10.06. Return trains from Glenferrie station to city on 15 minute service. (Note that earlier 9.35 am train does not stop at Canterbury.) Limited chance of getting a car space if arriving by car.

Morning Tea: At Canterbury Gardens. Melway 46 D11. Toilets nearby, and shelter and seating in band rotunda.

Maps: Melway 46 & 45 Grading: Easy Distance: 10km.

Lunch: Lunch will be at Central Gardens (Melway 45 F10). Shelter and toilets available.

Walk Details: Mainly through attractive streets with the opportunity to see marked differences in housing architectural styles and gardens.

MARCH PROGRAM

Wed 1 Mar Laverton – Cherry Lake – Seaholme

Leader: Gordon Proudfoot Phone: 9717 0909
0405 083 074

Rendezvous: Laverton Station at 9.51 am (south side).

Transport: 9.28 am Werribee train from Southern Cross Station (platform 14), arriving Laverton at 9.51 am. Return trains from Seaholme station to city on 15 minute service.

Morning Tea: At Laverton Park. Melway 53 F10. Toilets, shelter and seating.

Maps: Melway 53 & 54 Grading: Easy Distance: 10km.

Ride Details: Relatively easy and pleasant return loop ride heading northwards following Darebin Creek on the bike trail in native bushlike linear parkland. After morning tea we will continue along the Darebin Creek trail for approx. 12-13km to our lunch spot at Bundoora Park. Tables and toilets available.

Return by the same route after lunch. Recommended for anyone keen to try their first club ride. Anticipated finish approx. 2pm. Regular city trains from Alphington back to the city (or Hurstbridge). Others ride on to North Kew carpark.

Wed 22 Feb Victoria Park – Yarra River – Fairfield

Leader: Richard Bowen Phone: 9885 0438

Rendezvous: Victoria Park Station East side, Time 9.30 am.

Maps: Melway 30, 44, 45 & 2D Distance: 12 km Approx.

Grading: Medium (some rough paths).

Transport: Mernda train from Flinders Street station at 9.12am, arriving Victoria Park Station at 9.30am.

Morning Tea: Near Dights Falls (Melway 2D B6).

Walk Details: Walk follows the river, and crosses two bridges. Some paths are rough, and slippery if wet. Lunch is at the Fairfield Amphitheatre. It is mainly shady, and passes through the flying fox area. Toilets at the Amphitheatre, and many bushes. No escapes.

Sun 26 Feb Barwon Heads – Pt Lonsdale Beach, walk and swim

NB. You must contact the leader if you intend to come on this walk.

Leader: Jenny Hosking Phone: 0423 627 232

Rendezvous & Morning Tea: By Car, 9.00am at Flinders Parade, Barwon Heads near the bridge. Coffee shops are nearby. A car shuffle is required to transport walkers from Rip View Lookout back to Barwon Heads.

Maps: Melway 497, 498 & 499 Distance: 12km.

Grading: Easy/Medium Beach Walk on firmish sand at low tide.

Transport: Via car – From Melbourne follow Princes Highway (M1) towards Waurin Ponds. Take C134/Torquay/Angelsea/Great Ocean Road exit. Continue on Angelsea Road (C134). At roundabout continue straight onto Lower Duneed Road (C122). At next roundabout, take 2nd exit onto Barwon Heads Road (C121). At next roundabout continue

Belgrave Station. Toilets available at Belgrave.

Morning Tea: Gembrook Railway Station after bus drop-off approx 10.25am – Toilets available.

Walk Details: Relatively easy walk along new "Eastern Dandenong Ranges Walking Trail" from Gembrook to Cockatoo, which basically follows alongside Puffing Billy route. Lunch will be at Alma Treloar Reserve, Cockatoo – Seating, Gazebo's and Toilets available. After lunch basically long gentle climb following both Eastern Dandenong Ranges and Emerald-Cockatoo Walking Trails to Emerald, which pass through shady forests to Wrights Siding Station, Emerald Lake, Nobelius Heritage Reserve and into Emerald Township.

Anticipated walk finish around 2.30pm. Regular #695 Buses depart Emerald for Belgrave at approx 30 minute intervals at either 10 mins before, or 20 mins after the hour connecting with Flinders Street trains.

Escapes: Available at various points where access is available to Belgrave Gembrook Road.

Sun 12 Feb Queenscliff – Point Lonsdale

NB. You must contact the leader if you intend to come on this walk.

Leader: Neale Oxley Phone: 0407 525 966

Rendezvous & Morning Tea: Meet 9.30am at the root of Queenscliff pier, Melway 236 H6. Morning tea before departure.

Grading: Easy but some stairs and beach walking Distance: 16 km.

Transport: Queenscliff is 110 kilometres from Westgate, allow minimum 1 hour 30 mins. Ferry from Sorrento arrives Queenscliff at 9.40am and costs \$58.00 for two senior foot passengers return.

Walk Details: We follow the coastline to Shortland Bluff past Doctors jetty, the pilot station and if the tide is low enough continue around the point. Higher tides mean a detour via the Fort and Rip View lookout. Walk the beach to Rocky Point and the coastal path to Point Lonsdale Lighthouse to view the heritage foghorn apparatus and Buckley's cave. Lunch at Point Lonsdale township. Return to Queenscliff via the upper path through dense Coastal Moonah Scrubland past Rocky Point and the Narrows light beacons.

Escapes: Bus from Point Lonsdale township to Queenscliff at 11.59am, 1.19 & 2.41pm.

Mon 13 Feb Merlynston – Merri Creek – Victoria Park

Leader: Graeme Barker

Phone: 9874 6938
0437 006 938

Rendezvous: 9.37am at Merlynston Railway Station.

Maps: Melway 17, 18, 30 & 44 Grading: Easy Distance: 17 km.

Transport: 9.13am Upfield train ex Southern Cross station, arriving Merlynston at 9.37. Return trains from Victoria Park at 20 minute intervals. Note: The Upfield train now departs from and returns to Southern Cross station, not Flinders Street.

Morning Tea: Parker Reserve, 900 m east of the station. No seats or tables, but verandah shelter and toilets (Melway 17 J7).

Walk Details: An attractive walk, virtually entirely alongside Merri Creek to Yarra River. A good summer walk with lots of shade and many escape routes. Lunch can be at either Allard Park after 7 km (no seats or tables, but verandah and toilets) or Summer Park after 9.9 km (some seating, verandah and toilets). The location will be put to the vote among walkers on the day.

Note: We need to watch out for flash floods for which the area is prone, but hopefully El Nina would have weakened by February.

3rd Wed 15 Feb Sandringham

Leader: Gordon Proudfoot

Phone: 9717 0909
0405 083 074

Rendezvous: Sandringham Station (north side) at 9.51 am.

Transport: 9.21 am Sandringham train ex Flinders Street, arrive Sandringham Station 9.51 am. Return from Sandringham on 15 minute service.

Morning Tea: 10.00 am at Sandringham foreshore (Melway 76 G10). Toilets, shelter, and seating. There is limited car parking at Sandringham Hotel (on Beach Road).

Maps: Melway 76 & 85 Distance: 6km.

Lunch: At morning tea spot (Melway 76 G10).

Walk Details: An attractive walk-along foreshore (both north and south) on well formed paths. Some street walking.

Sun 19 Feb Seawinds Gardens and the OT Dam (Arthurs Seat)

NB. You must contact the leader if you intend to come on this walk.

Leader: Keith Davidson

Phone: 0414 860 828
9523 8174

Rendezvous: 9.30am at Seawinds Garden Car Park.

Map: Melway 159 D12 Distance: 10km.

Grading: Easy/Medium (with a few hills).

Transport: Private cars. Travel on the Mornington Peninsula Freeway (M11) to Arthurs Seat/Dromana turnoff (C789). Follow signposts to Arthurs Seat Road. After 5.5km turn right into Purves Rd (just before Arthurs Seat Eagle top station). Travel 300m, then right into Seawinds Gardens and Seawinds Car Park.

Morning Tea: At Seawinds Car Park (on arrival).

Walk Details: A walk focused on Arthurs Seat State Park (Parks Victoria), woodlands and historic areas, including a circuit of the pretty OT Dam which supplied the OT Cordial Factory. Enjoy wildflowers, William Ricketts sculptures and magnificent views across Port Phillip Bay and beyond.

Afternoon Tea: To be decided.

Escapes: Some escapes are available to shorten the walk!

Notes: Arthurs Seat Road is a very busy road, take care when crossing. Mountain Bike riders frequent the State Park, again, be aware.

Mon 20 Feb Darebin Creek Bike Ride

Leader: Wayne Hansen

Phone: 0415 351 492

Rendezvous & Transport: Two Choices: 1. By car – meet at the North Kew Tennis Club car park, Jack O’Toole Reserve, Willsmere Rd at 10.30am (Melway 45 E2), then ride to morning tea stop 2.5km.

OR 2. By train – catch the 10.19 am Flinders St to Alphington station (Hurstbridge line) arriving 10.47am. Ride north along Yarana Rd for approx. 350 mts, continue north following the bike track for a further 200 mts to Picnic Shelter and toilets at eastern end of Separation St in the Darebin Parklands, meeting the “car group” for morning tea at 11am.

Morning Tea: Darebin Creek Parklands (at end of Separation Street) at 11am (Melway 31 C9). Seats and toilet available.

Maps: Melway 31 & 19 Grading: Easy Distance: approx. 25-30km.