



OLD SCOTCH BUSHWALKING CLUB

Tracknotes

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BUSHWALKING CLUB

September 2026

Number 117

Visit the Bushwalking Club's page on: www.oscanet.com.au.
Click on 'Clubs and Societies', then 'Recreational Clubs'.

A guided tour of the MCG



A group of 16 met at the MCG's Gate 3 on 12 August for a tour of the famous ground, led by club member and MCG tour guide, David Ashton, a 64-year MCC member. The tour took the group out onto the ground, down to the change rooms and up to level four, where they enjoyed a birds-eye view of the ground. Jenny Stewardson was the walk leader, and her report appears on pages 6 and 7.

Walk and dine – save the date: Sunday 8 November, lunchtime



Watch your emails for details of the 2026 Walk and Dine, which includes lunch at Glen Iris restaurant Kerabu.

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Scotland's unique 'coffin roads'

Hoots mon! Here's a really unusual Scottish walk, steeped in tradition and with something of a macabre history. *Great Walks* magazine tells of walks which cross some of Scotland's wildest landscapes, on ancient trails which trace a largely forgotten chapter of rural life: mourners journeying on foot for miles to bury their dead.

The magazine reports that coffins were carried over mountains, through rivers and dense woods, without ever touching the ground, in acts rooted in deep superstition and age-old belief. Wakes could last for days and become lively, whisky-fuelled affairs as entire villages joined in. Women trained in keening – ritual laments – followed the men bearing the coffin, which was often shared among groups to ease the burden. Resting spots were marked with stone cairns, many of which still remain.



But what were once solemn rituals of passage are now among the country's most unusual hiking routes. Known as coffin or corpse roads, these paths crisscross the Highlands and Islands. ScotWays, a charity maintaining Scotland's rights of public access, details how to find several coffin roads in its guidebook, *Scottish Hill Tracks*. Volunteer director Tim Simons says it's difficult to estimate how many existed. Separate from other paths travelled in daily life, used only to usher coffins, many are lost to living memory.

insert brain here



by woody



"The main attraction of course, is our children can't afford to live anywhere near us"



President's Tree-Stump



Only 10 per cent of people who suffer a cardiac arrest outside of hospital survive. Thanks to the rapid response of Fire Rescue Victoria and MICA I was one of the lucky ones. It is great to be back on 'the track'.

It was good to see so many of you at Jenny's MCG tour, ably guided by our very own David Ashton. Thank you, David, for a very informative morning, and thank you, Jenny, for organising it.

Our weekend at Anglesea is approaching. The plan on the Saturday is to do 9km of the Anglesea Perimeter Walk, having lunch at Point Roadknight. On the Sunday, we will do the delightful clifftop walk from Boundary Road to the Split Point Lighthouse at Airey's Inlet (2.5km each way). Although we no longer have any cabins reserved,

I am sure it is not too late to join us – for booking details, see the email sent by Norrie McLeod on 27 August.

The committee has decided that to facilitate and encourage members to attend it, our end-of-year function will be a lunch at Kerabu Restaurant in East Malvern on Sunday 8 November, preceded by a short walk around the neighbourhood of the restaurant, including Hedgeley Dene Gardens. I hope to see you all there.

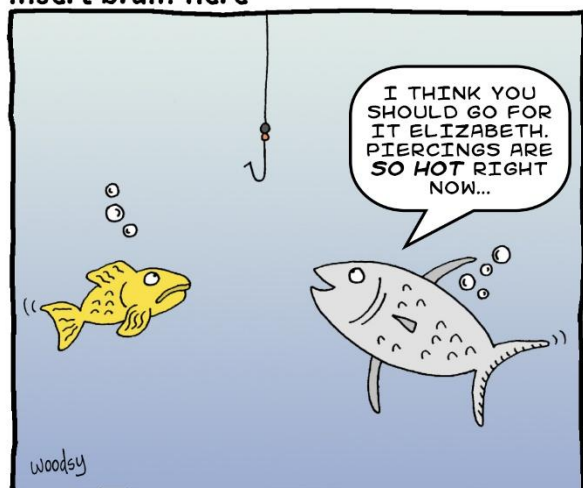
Murray Hooper
President
0418 742 325



Our March 2027 weekend away

The club will visit beautiful Bright, located in the foothills of the Australian Alps, for our weekend of walks, scheduled for Friday 12 to Sunday 14 March 2027. You will receive more information about the weekend well ahead of March 2027; for now, please make a note of the weekend dates.

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by woodsy

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Our midweek walks

Exploring the new Metro

JOYCE ISAAC

Despite the wild weather forecast on Thursday 2 July, 11 brave walkers, including a new member, Gaye Jenkins, set out to explore Melbourne's new underground railway which links the Cranbourne/Pakenham line with the Sunbury line.



Meeting of the walkers at Flinders Street Station before heading to Anzac Station

and then did some window shopping at a luxury car dealer – but no purchases were made!

We went back down the massive two tiers of escalators to catch the train to Parkville Station. This station serves Melbourne University, the Peter Mac Cancer Centre and the Royal Melbourne and Royal Women's Hospitals. After coffee, we walked around University Square and into Melbourne University.



Ian Hansen strap-hanging on the tram.

After meeting at Flinders Street Station, we took the tram to Anzac Station (near the Shrine). This station reduces travel time for the 40,000 people who work near St Kilda Road. From there we took the underground through to the fifth station at the other end of the Metro – Arden Station in North Melbourne.

This interesting building was constructed using 100,000 locally made red bricks, all laid by hand. The artwork on the facade of the building is called *Come Together*. It celebrates communities around Arden and connects the past with the future. We had a walk around Arden Street Oval (home base of the North Melbourne Football Club)



Walking around Arden Street Oval



The artwork on the facade of the Arden Station building is called Come Together.

Our midweek walks

Our next stop was State Library Station – this is the deepest station at 35m underground. It services RMIT, the Queen Victoria Market and the north end of the city. There is a beautiful artwork at the entrance to this station. It was done by Australian artist Danie Mellor and is titled *Forever*.

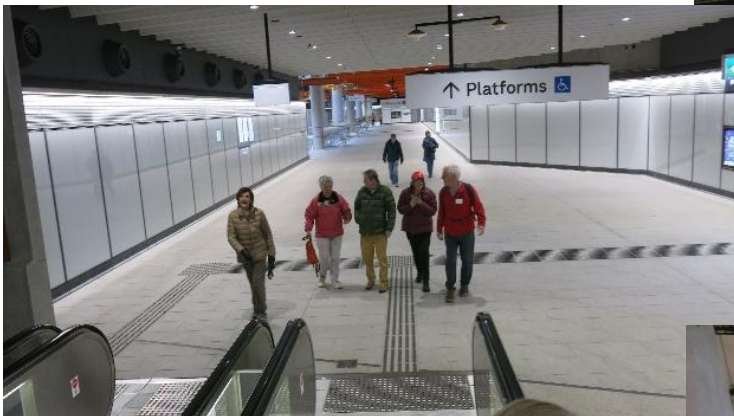
This station is adjacent to Melbourne Central Station which is on the City Loop network. We explored the State Library and then returned to the Metro to continue on to Town Hall station, which is 25 metres below the city.

After viewing the entrance, which is on the City Square, we returned to the platform and walked on the tunnel to Flinders Street Station. Some of the group made their way home from there and some continued to Federation Square for lunch.

We were very fortunate, having walked about 6km with no wind, no rain, while not freezing and losing count of how many escalators we rode. We had a very interesting day.



Coffee at Melbourne University



Pat Brownlee, Laurine Symington, Ian and Robyn Hansen and Ron Frederick about to take a lengthy escalator up to ground level.



At State Library Station



Joyce and Julie discussing the weather as they leave State Library Station.



Outside the State Library

Our midweek walks

Behind the scenes at the famous ‘G’

JENNY STEWARDSON

When August 12's midweek walk at the MCG was in the planning stages, we realised that David Ashton, an experienced tour guide there, was just the one to lead the tour. Many guides are needed, as MCG tours depart every 15 minutes – taking tourists from near and far, and school groups of all ages on tours of the ‘G’.

A group of 16 of us met at the MCG's Gate 3. David, in his smart red, white and blue jacket, gave us wristbands which would be useful to activate the interactive displays in the museum. He explained to us the MCG's history, its three former sites, and its various facilities upgrades. The empty stadium produced a sense of awe, and remembrance of sporting achievements past.

On the arena we noted the wide machines which use infrared rays to keep the grass growing on the northern side of the ground. There were men on machines with spikes to aerate the grass, and lone gardeners digging out



David explains how the MCG's drop-in cricket pitches are removed at the end of the cricket season.

area highlighting the achievements of a champion woman cricketer from the past – Betty Wilson.

Finally we came to the famous Long Room, where MCC members enjoy a meal with friends, or have a drink and relax while watching the sporting action. Outside the Long Room is a very large and colourful wall tapestry sewn by the Victorian Tapestry Workshop. It shows footballers, cricketers and other visitors to the ground, many of whom would be recognisable to sports enthusiasts.

A highlight was a visit to the players' change rooms, remarkably spartan. Four AFL clubs call the MCG their home ground (Melbourne, Richmond, Hawthorn and Collingwood) and both Carlton and Essendon regularly play a portion of their home matches there.

We saw a number of massage tables, and one large washing machine. There is a large open area for team members (somewhat redolent of teenage boys' bedrooms) to congregate and sing after a match, and an area for pep talks from the coach. Honour boards abound, with names of cricket and sporting captains and champion players on them.

On a level four wall are marks showing the heights achieved by high jumpers and pole vaulters at the Olympic Games in 1956 and the Commonwealth Games in 2006. Marked on the floor were the distances achieved by athletes doing the hop, step and jump (now called the triple jump) at the Olympic and Commonwealth Games, reaching unbelievable distances of over 17m.

stray weeds. Special care is taken with the cricket pitches, which are removed during the football season. We saw the 'red seat', halfway up the Shane Warne Stand, where a ball landed after a powerful batsman's stroke.

We saw the VIP seating and glassed in viewing areas, the Blazer Bar, where various colourful striped blazers from other international cricket clubs are displayed, the library with its famous collection of sporting books and a special



These banks of lights help the grass on the MCG's northern side to keep growing during Melbourne's winter months.

Our midweek walks



In the museum, much use is made of modern technology and there is something of interest for all ages. There are displays with photographs where you can test yourself factually, glass-fronted shelves with photos and examples of old sporting clothing and equipment. There were big baggy white shorts, and old style shirts, and exciting action shots highlighting our top Olympians in a range of sports were playing continuously on one wall.

The old brown tandem bicycle used by Ian Browne and Tony Marchant when they won the gold medal for the tandem event at the 1956 Olympic Games in Melbourne is given a prominent spot. A favourite sight for many was the hologram representation of Shane Warne himself, revealing

his early history, extraordinary bowling feats and explanations of how he achieved them. Summed up, these were close observation of the styles and weaknesses of batsmen. and constant practice of his unique and devastating legspin technique.

It was a very interesting tour, and David had plenty of detailed facts for us to ponder. It was exciting to see some of the older names celebrated there like Shirley Strickland, Betty Cuthbert, Raelene Boyle, and cricketers Bob Cowper (an Old Scotch Collegian whose 307 at the MCG in 1966 is the highest individual score at the MCG in a Test) and Sir Donald Bradman, as well as our numerous football greats. We discussed it all over a light lunch at the Paddock Cafe.



Life-size statue of Sir Donald Bradman outside the MCC Library



In the MCG's Long Room

Our weekend walks

Idyllic walking in Sherbrooke Forest

JOHN TURNER

Sunday 26 July was a perfect day for bushwalking in Sherbrooke Forest – the weather was cool, with no wind and sunny breaks. Our group of 10 gathered at Belgrave Metro station for a circuit walk of about 7km, up to Grant's Picnic Ground for lunch and return by the Bleakley Track which skirts the Belgrave to Monbulk main road.

The first part of the walk, beside the Puffing Billy rail line, did have a rather steep section for about 50 metres before we could access the Old Monbulk Road to the forest. The Coles Ridge Track to our lunch stop was a bit muddy after recent rain, but was wide enough to find grassy verges to walk on and keep our shoes and boots a bit cleaner.

The car park at Grant's Picnic Ground was almost full, with an 'open house' event happening when we arrived, but luckily we managed to have the sheltered undercover picnic tables available exclusively for our group. A coffee caravan was also welcome for hot drinks and nibbles at lunchtime.



On the Puffing Billy track at Belgrave

landmass habitat dating back more than 60 million years, including ferns similar to what dinosaurs ate about 50 million years ago. Some of the eucalyptus trees in the gully were over 300 years old.

We returned to the picnic ground for a 'pit stop' and then a walk back to Belgrave train station via a small reserve on Clematis Creek. The train was waiting for five of us (free for seniors) and the new multilevel railway car park was for the alternative transport enthusiasts. It was an enjoyable day for everyone.

After lunch a small side trip was also included, which followed the nearby Hardy Gully Nature Walk. It's part of the remnant Gondwana



This sculpture, Storm Leaves, near Grant's Picnic Ground, depicts a wood carved leaf with amazing colours within the wood itself.



Along the Coles Ridge Track



A gate on the Coles Ridge Track

Our weekend walks



On the Coles Ridge track heading for Grant's Picnic Ground



Neil Hart-Smith and Ian McMichael leading

PLC Armidale to the rescue in the Warrumbungle



Scenes from the Warrumbungle National Park

A group of high school students has been praised after helping rescue an injured hiker in the Warrumbungle National Park in country NSW during a challenging outdoor expedition.

According to a report in *Great Walks* magazine, the Year 11 students, from Presbyterian Ladies' College Armidale, were completing a four-day Duke of Edinburgh's Award hike when they came across Thomas Wendland, who had broken his leg after slipping on the track.



The magazine said the students drew on their outdoor education training, creating a makeshift stretcher, and despite already having spent three exhausting days hiking, carrying Mr Wendland for two hours to safety.

Student Stephanie Blake described the rescue as physically demanding, but said the students' teamwork and plenty of determination enabled them to complete the difficult journey. Mr Wendland praised the students' quick thinking and resourcefulness, describing their actions as remarkable.

A winter walk with lyrebirds in Sherbrooke Forest

LAURINE SYMINGTON

Lisa Williams invited our walking club to join her and 12 of her friends from various nature groups – Australian Conservation Foundation Malvern, St Oswald's Church, KooyongKoot Alliance and the Field Naturalist Club of Victoria – to participate in a special walk.

The walk, of about 4 to 5km, was postponed from 13 June due to terrible Melbourne weather for walkers, but mid-June could have been a better time to see the lyrebirds. However, Saturday 15 August turned out to be a good choice. We met at Grant's Picnic Ground on Monbulk Road in Sherbrooke. There had been quite a lot of rain so we needed to be careful in the puddles, but there was no rain while we were walking. Fortunately, there was no wind, as male lyrebirds are less active in windy conditions.



Typical lyrebird habitat

Lisa had arranged for Dr Alex Maisey to be our tour leader. His knowledge was incredible and the information comprehensive. Apparently, the annual census of the lyrebirds located 60 plus birds in the vicinity of our lyrebird walk.

Other information included the amount of soil and litter a lyrebird can move in one year: 155 tonnes of soil and litter per hectare per year. And the male can usually copy the calls of 20 to 25 different bird species. They have also been known to copy mechanical equipment noises after some major works at the Healesville Sanctuary.

We started with seeing a fantastic lyrebird still with a full



Dr Alex Maisey addressing the walkers

tail jumping across some fallen trees. The profuse bird calls were fantastic; you would have thought there were lots of birds there, especially kookaburras, not just one lyrebird.

In the mating season the male bird creates a cleared mound where he sings and dances in attempt to court the female. Apparently, the females are wooed by the variety and clarity of the calls. Female birds build a nest in a tree to lay their one egg which they hatch over six weeks, and then raise the chick without any assistance from the male (meanwhile he has probably got more than one lady pregnant!).

Further on we saw a few birds in the bush but none with full tails. The females are brown and very well camouflaged. Many more display mounds were visible and much scratching where the birds had been digging for food. There was also evidence of where a wombat had been feeding.



Lyrebird nest in a tree about 1.5m from the ground

A male lyrebird's display mound



Stacks of new research on the Twelve Apostles

Have you ever gazed at the Twelve Apostles along the Great Ocean Road, and pondered how they came to be?

That's exactly what Stephen Gallagher from the University of Melbourne and his colleagues have done, by reading the layers of rock in the limestone stacks. The research was published in *The Australian Journal of Earth Sciences*, and quoted in *Australian Geographic*.

The most surprising finding was while the rock itself in the stacks is millions of years old, the dramatic coastal scenery we see today is brand new in geological terms. The actual sea stacks and cliffs only took their present form in the past few thousand years, after sea levels rose about 125 metres following the last ice age, roughly 20,000–23,000 years ago.

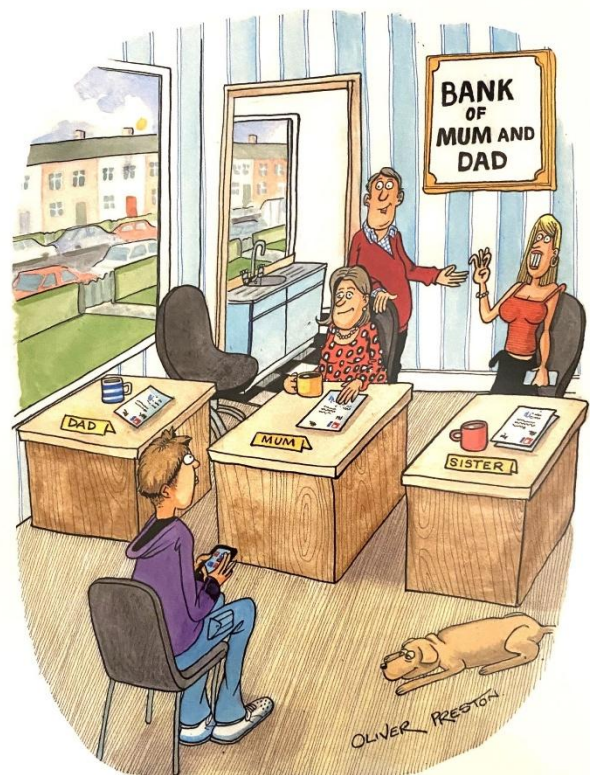
As the sea flooded back in, waves began attacking the exposed limestone, which had also been weakened by tectonic forces. The rock fractured and eroded, forming headlands, then arches, which eventually collapsed to leave isolated stacks standing in the surf.



This process is still happening today. There were only seven or eight sea stacks (due to disagreements about what to count) when the Twelve Apostles were given their name – with a bit of poetic licence – in the early 20th century.

One collapsed in 2005 and another crumbled in 2009, leaving a generally agreed number of seven today. The relentless toll of the waves means further collapses are inevitable, so further research is essential while it can still be done.

insert brain here



"Meet your new relationship manager."

The club's 2026 program

	2026	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Feature	Walk (Proposed)	Leader
Public Hol.											
New Year					1	2	3	4	New Year		
	Jan	5	6	7	8	9	10	11			
	Jan	12	13	14	15	16	17	18			
	Jan	19	20	21	22	23	24	25			
Australia Day	Jan	26	27	28	29	30	31	1			
	Feb	2	3	4	5	6	7	8		Lysterfield Park	N Hart-Smith
	Feb	9	10	11	12	13	14	15	Valentine's Day		
	Feb	16	17	18	19	20	21	22			
	Feb	23	24	25	26	27	28	1		City Walk	J Walpole
	Mar	2	3	4	5	6	7	8			
Labour Day	Mar	9	10	11	12	13	14	15			
	Mar	16	17	18	19	20	21	22			
	Mar	23	24	25	26	27	28	29		Foster	P&N McLeod
	Apr	30	31	1	2	3	4	5	Day Sav Ends		
Easter	Apr	6	7	8	9	10	11	12	& Easter	Mordialloc	Liz Rand
	Apr	13	14	15	16	17	18	19			
Anzac Day	Apr	20	21	22	23	24	25	26	Anzac Day		
	Apr	27	28	29	30	1	2	3		Arthurs Seat	D Ashton
	May	4	5	6	7	8	9	10	Mother's Day		
	May	11	12	13	14	15	16	17			
	May	18	19	20	21	22	23	24		Maribyrnong R	R Pugsley
	May	25	26	27	28	29	30	31			
King's B'day	Jun	1	2	3	4	5	6	7			
	Jun	8	9	10	11	12	13	14		Murrumbena	G&S Stanley
	Jun	15	16	17	18	19	20	21			
	Jun	22	23	24	25	26	27	28			
	Jul	29	30	1	2	3	4	5		Metro Tunnel	J&J Isaac
	Jul	6	7	8	9	10	11	12			
	Jul	13	14	15	16	17	18	19			
	Jul	20	21	22	23	24	25	26		Sherbrooke	J Turner
	Jul	27	28	29	30	31	1	2			
	Aug	3	4	5	6	7	8	9			
	Aug	10	11	12	13	14	15	16		MCG	J Stewardson
	Aug	17	18	19	20	21	22	23			
	Aug	24	25	26	27	28	29	30			
	Sep	31	1	2	3	4	5	6	Father's Day		
	Sep	7	8	9	10	11	12	13		Mullum Mullum	S Gilderdale
	Sep	14	15	16	17	18	19	20			
	Sep	21	22	23	24	25	26	27		Exhibition Bld	J Walpole
	Sep	28	29	30	1	2	3	4	Day Sav		
	Oct	5	6	7	8	9	10	11		Anglesea	M&D Hooper
	Oct	12	13	14	15	16	17	18			
	Oct	19	20	21	22	23	24	25			
	Oct	26	27	28	29	30	31	1			
Cup Day	Nov	2	3	4	5	6	7	8		Walk & Dine	M&D Ashton
	Nov	9	10	11	12	13	14	15	Rememb Day		
	Nov	16	17	18	19	20	21	22		Travencore	W Le Get
	Nov	23	24	25	26	27	28	29			
	Dec	30	1	2	3	4	5	6			
	Dec	7	8	9	10	11	12	13			
	Dec	14	15	16	17	18	19	20			
Christmas	Dec	21	22	23	24	25	26	27	Christmas		
	Dec	28	29	30	31						
		31 =	School Holidays							25-Aug-26	
											= Bushwalks