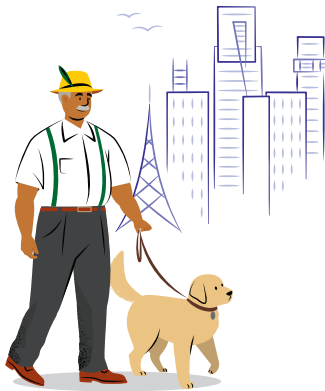


Seniors Explore Guide



Transport Victoria is proud to partner with Seniors in Melbourne as part of the Explore Club initiative.



Who is Seniors in Melbourne?

We are a vibrant online community sharing a free weekly newsletter, designed to help people explore Melbourne and regional Victoria with confidence.

The platform shares practical ideas, local tips and real experiences — from city outings and cultural events to regional train trips and lesser-known destinations — making it easier to get out and enjoy what Victoria has to offer.

What makes the community unique is that it is powered by a team of retirees who contribute reviews, stories and recommendations drawn from their own lived experience.

The feature articles within this guide reflect those voices — real people sharing real journeys, from first-time train trips to favourite places worth revisiting.

Together, this partnership aims to encourage older Victorians to stay active, connected and curious, with the confidence to explore their city and state, supported by accessible transport information and trusted community insight.



Scan for more
information or visit
seniorsinmelbourne.com.au



Victorian Seniors myki

Free weekend travel

Victorian's with a **Senior's Concession myki** can now travel free on weekends anywhere across Victoria.



How it works

If you already have a Seniors concession myki, you don't need to do anything.

Victorian Seniors mykis are automatically enabled for free weekend travel.

Simply tap on as usual and enjoy free travel on weekends.

Find out more at transport.vic.gov.au/myki



Benefits

- ✓ Free weekend travel anywhere in Victoria
- ✓ One week free travel during the annual Victorian Seniors Festival
- ✓ 2-4 free off-peak public transport trips each year through registered travel vouchers
- ✓ 50% off public transport fares on weekdays



Terrie's Review

My first ride through the Metro Tunnel



Have you ever boarded a train with no real destination in mind?

That's exactly what I did on my first ride through Melbourne's new Metro Tunnel. No appointment. No lunch booking. No deadline. I simply tapped on and thought, "Let's see what all the fuss is about."

These days, I spend more time than ever exploring Melbourne, often with my adult daughter, who used to gently nudge my husband and me to get out more. We don't need the nudge so much these days.

The Metro Tunnel connects the Sunbury line in the north-west with the Cranbourne and Pakenham lines in the south-east. But you don't have to live along those lines to enjoy exploring the new CBD stations.

Here's how my first exploratory ride unfolded — and a few things I'd recommend noticing along the way.



First stop: take it all in

The first thing you'll notice? Space.

The platforms are wide. The ceilings are high. And those platform screen doors — opening in perfect sync with the train — feel wonderfully European and reassuringly safe.

Clear signage and lifts make it easy to find your way around the stations, even if you're visiting for the first time. There are plenty of staff around, too.

I decided to hop off at each station and see what was nearby.

Arden

— the "watch this space" stop

Arden Station feels like standing at the beginning of something new. It's fresh, open and part of a precinct that will grow in the coming years.

Right now, it's about appreciating the architecture and imagining what's to come. A quiet place to start your loop.

If you're short on time, you could give Arden a miss for now — but it's interesting to see where Melbourne's next neighbourhood will grow.

Parkville

— practical and brilliant

Parkville Station might be the most useful station of them all.

Hospitals, medical appointments, university buildings — they're right there. No juggling tram connections. No long uphill walks.

And here's something worth knowing: there's a **Traveller's Aid** office at Parkville. If you or someone you're travelling with needs a little extra assistance, that support is close at hand. Reassuring, isn't it? It's worth popping in to say hello to their friendly volunteers.

Even without a hospital appointment, hop out and wander through the grounds of the University of Melbourne. Leafy paths, historic buildings and plenty of places to pause along the way.

State Library

— culture on your doorstep

If you hop off at State Library, promise me one thing: don't just walk past the building.

Go inside the **State Library Victoria**. Wander the galleries. Sit under the Dome. Better yet, book a free Dome tour. Step into that magnificent reading room and look up — it never fails to make people stop mid-sentence.

A short stroll away, you'll find:

1. **Queen Victoria Market**, full of nostalgia and always good for a browse
2. **Flagstaff Gardens**, one of the city's oldest parks, perfect for a quiet sit under the trees
3. **The Royal Historical Society of Victoria** gallery on A'Beckett Street, open weekdays, free entry and beautifully curated
4. **The Tram Café** for a quirky coffee stop, alongside **Angliss Restaurant** at 555 La Trobe Street, dining that supports hospitality students, at very reasonable prices (weekdays only)

This stop is culture without the price tag.

Town Hall

— say yes to a show

Town Hall is where things get fun.

First stop? **Halftix** (208 Little Collins Street). The team here will sort you out with a genuine theatre deal. Matinee. Evening show. Something you hadn't even considered. (Just note Halftix is closed on Sundays.)

From there:

1. **Melbourne's theatre district** is on your doorstep
2. **Federation Square** and the Yarra are a short wander
3. **The Ian Potter Centre, Koorie Heritage Trust** and **ACMI** are all within easy reach and free



Anzac

— gardens, galleries and The Shrine

When you arrive at Anzac Station, you step straight into the St Kilda Road precinct.

The **Shrine of Remembrance** is now incredibly accessible. It's a gentle walk and always worth the visit.

From there:

1. **The Shrine itself** (free entry and a wonderful museum)
2. **The Royal Botanic Gardens**, ideal for a relaxed wander
3. **Free walking tours** in the gardens if you'd like a little structure
4. **NGV International**, if art is calling

This is the stop where you can say, "Why not?" and mean it.



My final advice

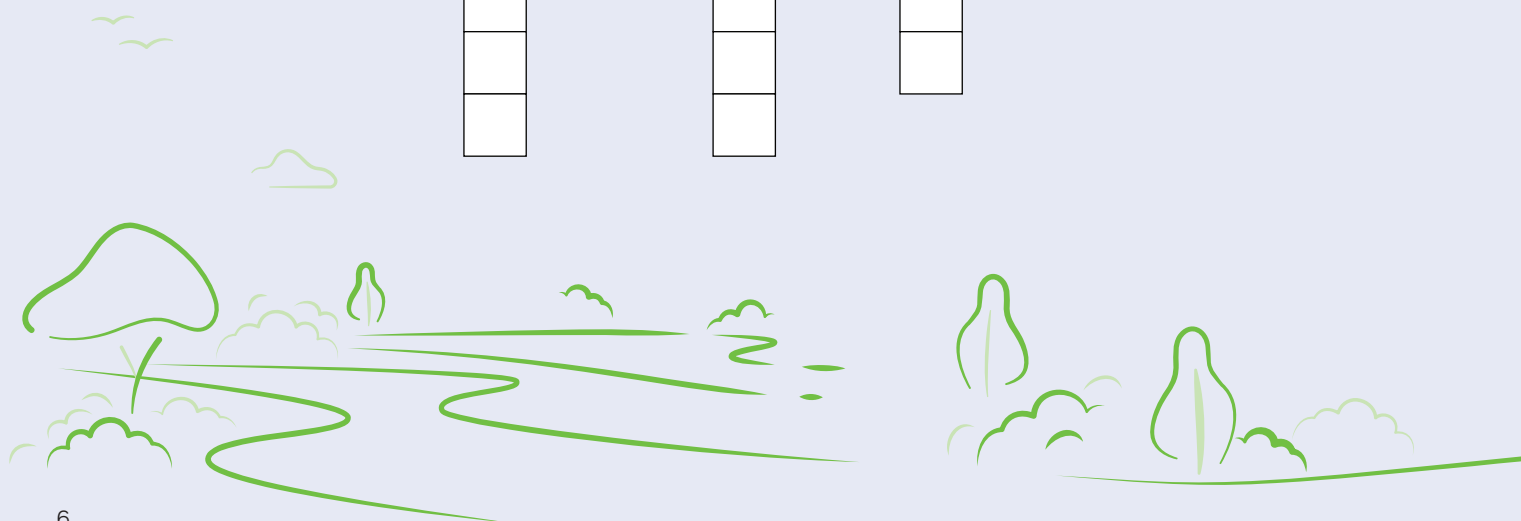
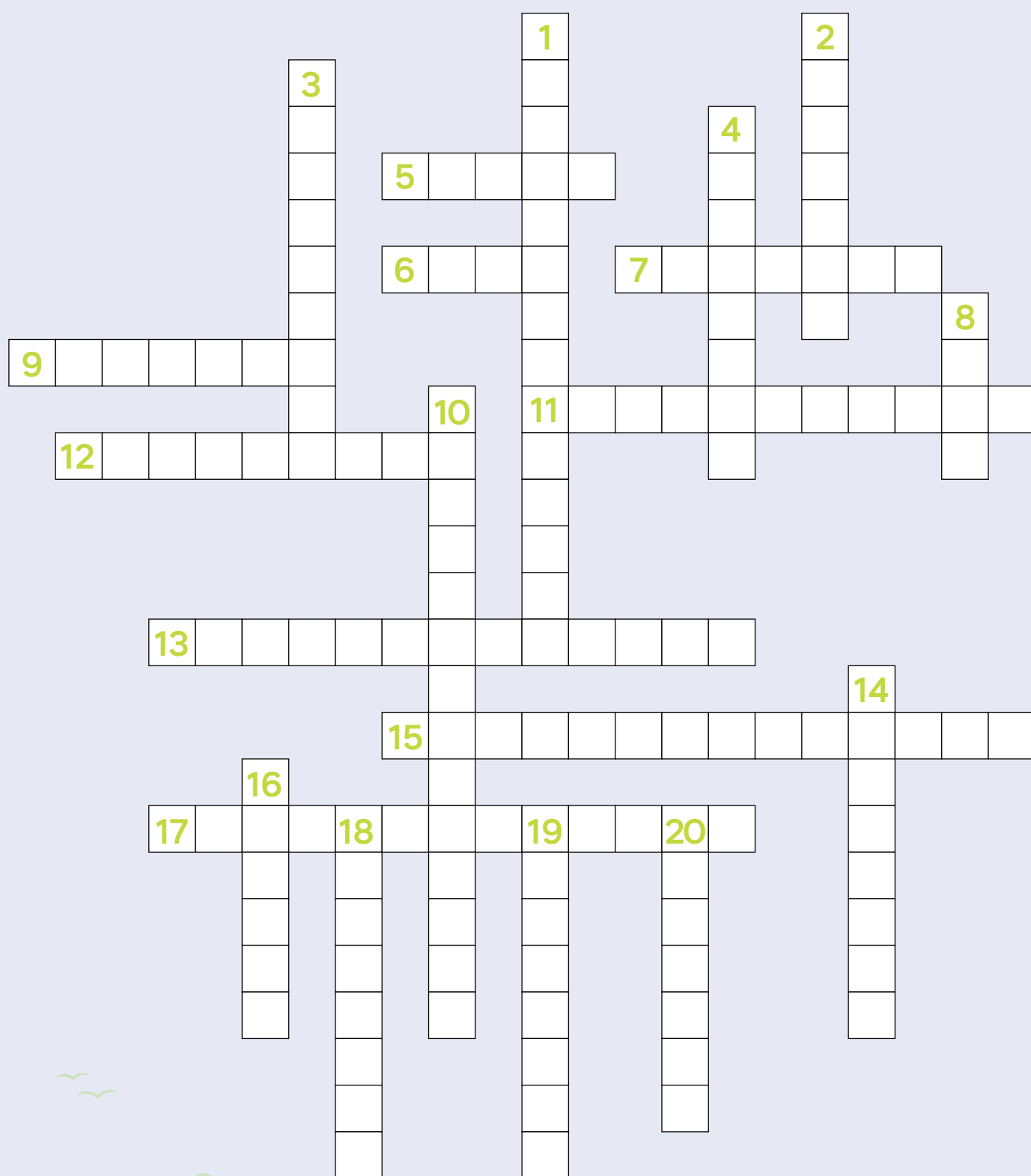


Grab a transport map, grab your **Seniors myki** and go.

Weekend travel is free anywhere in the state with a **Seniors myki** — and weekday trips are affordable, capped at just \$5.70 for the day.

It's reassuring to know that public transport in Victoria makes it easier than ever to say yes to a day out.

Transport crossword



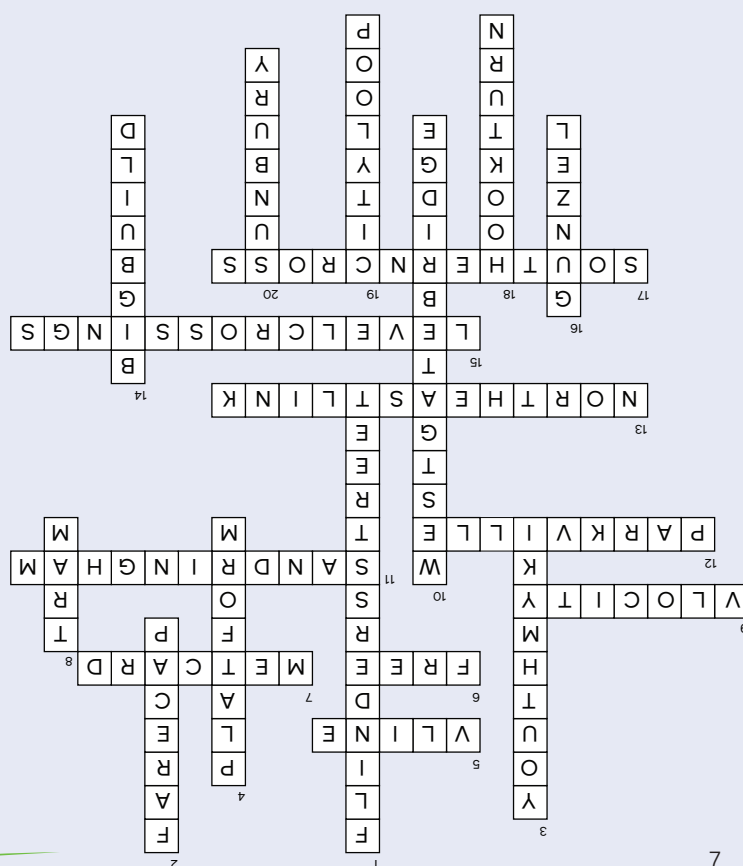
Down:

1. Oldest station in Australia (8,6)
2. Introduced in Victoria in 2023, this ensures the cost of regional journeys are _____
3. A new myki card for under 18's to travel free (5,4)
4. A place where passengers wait for a train
8. Melbourne has the longest ____ network in the world
10. Completed in 1978, this bridge became a Melbourne icon and a key route for trucks and cars, famously rebuilt after a tragic collapse (4,4,6)
14. Victoria's government program delivering major transport infrastructure, including Level Crossing removals, the West Gate Tunnel and the Metro Tunnel (3,5)
16. A slang term for a train enthusiast
18. A driving manoeuvre used to avoid blocking trams (4,4)
19. The Melbourne _____ opened in 1981, connecting the city's major stations underground (4,4)
20. Train line that runs through the Metro Tunnel from the west

Across:

5. Regional train service in Victoria
6. On weekends, seniors can now travel across all zones for _____
7. Name of the ticket no longer used after myki
9. The name of Victoria's high-speed V/Line trains
11. A Melbourne bayside train line terminating at the beach
12. New underground station near Melbourne University and major hospitals, part of the Metro Tunnel
13. Major freeway project in Melbourne connecting the M80 to the Eastern Freeway to ease north-east congestion (5,4,4)
15. A project to remove 110 dangerous and congested _____ across Melbourne by 2030 (5,9)
17. Major train hub in Melbourne that connects metro and regional trains (8,5)

Answer key



Kathy's Practical Tips

Getting back into the city



For many people, catching the train into Melbourne once felt routine. But after retirement, a few years at home, or big changes to the transport network, stepping back onto public transport can feel surprisingly challenging.

Kathy understands that feeling.

These days she regularly travels into the city for lunch with friends, appointments and the occasional class at the City Library.

Parking in the CBD had become expensive and inconvenient. Eventually, Kathy decided the answer wasn't avoiding the city — it was rebuilding her confidence.

"For a while I avoided coming into the city by train altogether."

"I realised I needed to take responsibility for the quality of my life and become more empowered."

Gradually, her confidence returned, and the city started to feel familiar again.

"The CBD has changed a lot," Kathy says. "It's thriving again after COVID. The laneways, the arcades, the street art — there's always something interesting to see."

Making the most of weekend outings

"Some people avoid the city on weekends," she says. "But there's plenty to enjoy if you choose the right activities."

With free public transport for Seniors Card holders on weekends, it also makes spontaneous outings easier.

"On some Saturday afternoons, the Capitol Theatre Orchestra plays live music before a film screening," she says.

"Tickets are around \$20, and it's fantastic value."

Markets are another favourite.

"I'm a long-time fan of the Abbotsford Convent monthly market," Kathy says.

"And there are plenty of great markets across Melbourne on Saturdays and Sundays."

Don't forget regional Victoria

Once Kathy rebuilt her confidence in travelling by train, it opened up a much bigger world.

"Public transport isn't just about the city," she says. "Regional Victoria has so many wonderful places to explore. Many that are free, and lots of fun."

For larger events, Kathy has a clever strategy.

"If a festival weekend feels too busy, visit the week afterwards," she suggests.

"A visit to the Ballarat Botanical Gardens is still beautiful after the Ballarat Begonia Festival, but much quieter."

For anyone still unsure about heading out again, Kathy's advice is simple: "Just get out and try it," she says, "Your confidence grows every time you travel."



1 Keep your confidence up by staying active

For Kathy, staying active plays a big role in feeling comfortable travelling around the city.

"I was often thinking about getting on and off transport, so improving my stability became important," she says.

She began building her strength and balance through gym classes and daily walking.

At the same time, she started relearning the train network and planning small trips into Melbourne.

"Even simple things like walking more, going to the gym or keeping physically active can make it easier when you're getting on and off trains or trams."

2 "I always plan before leaving home," Kathy says.

Kathy receives email updates from Transport Victoria about service changes.

For medical appointments, she deliberately catches an earlier train to avoid stress if services change.

"I'd rather arrive early and relaxed than feel rushed."

Her advice for anyone who hasn't caught a train in years?

"Be organised – but also be prepared to go with the flow," she says.

"It's easier than you think."

3 Prepare the small things

Some of Kathy's advice is beautifully simple.

"I always make sure I have the correct spectacles," she laughs.

Station departure boards are often high above eye level, and forgetting her glasses once left her and another commuter squinting up at the signs together.

That moment turned into an unexpected friendship.

She also recommends wearing sensible shoes.

"They can still be stylish," she says, "but they make getting on and off trains and escalators much easier and safer."

For anyone feeling unsure about travelling into town again, Kathy shares a few practical tips that helped her rebuild her confidence.

4 Ask for help

Kathy says she's been pleasantly surprised by how helpful people are.

"Don't feel embarrassed asking for help," she says.

Station staff and even other commuters have assisted her in navigating larger stations and steep escalators.

"Recently, two young police officers helped me when I felt unsure on an escalator. They were incredibly kind."

5 Make your first trip a fun one

"Start with an outing that doesn't matter if things go wrong," Kathy suggests.

"Go somewhere just for fun, like a garden or gallery."

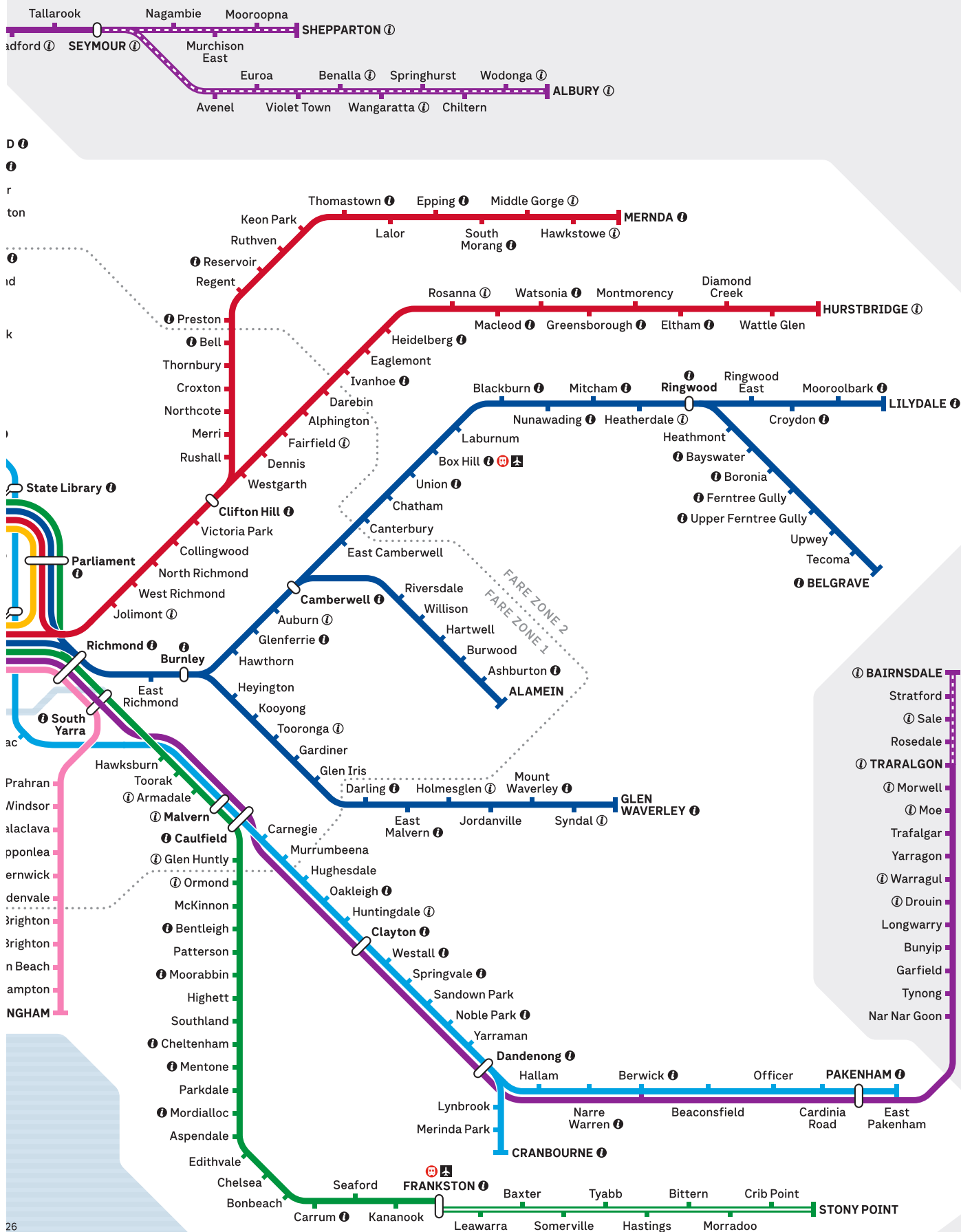
Travelling with a friend can also make the first few trips easier.

"You can work out any little challenges together."



Victorian train network







Seniors can now **travel free**
on weekends across all public
transport, Victoria wide

Learn more at transport.vic.gov.au/myki