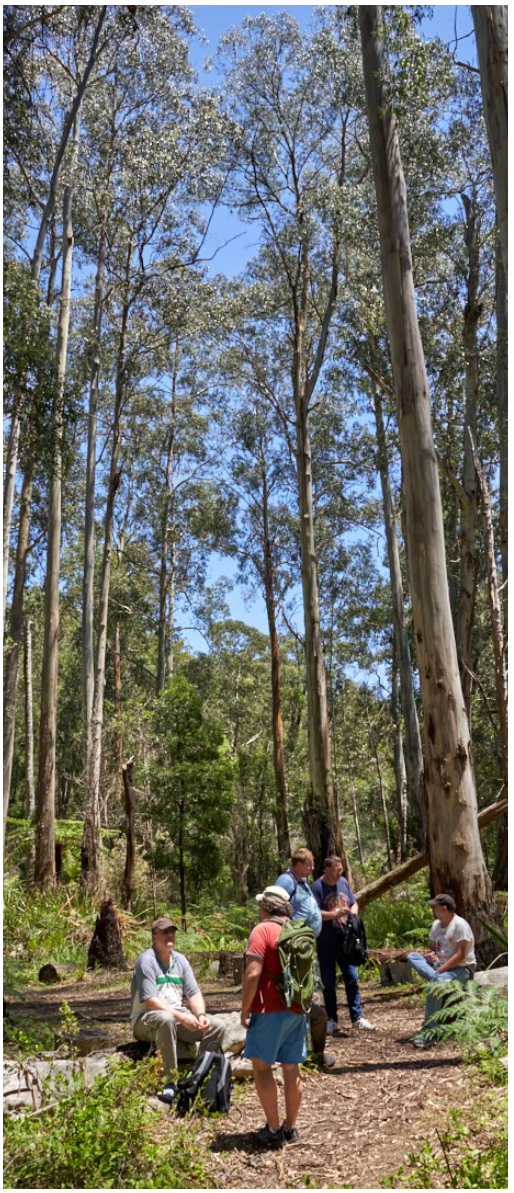
OUT DOORS INC.



Program Calendar

July 2020

Introduction to July

July day programs

Now that we are starting to get an easing of COVID-19 restrictions and are able to move around a bit more freely and get together in larger groups of people, we are excited to let you know that we are commencing programs again in July. After chatting regularly with so many of you over the past few months, we know so many of you are itching to get out with Out Doors Inc. again….and so are we! Whilst we always make an effort to provide a wide range of programs that suit different interests and fitness levels, we recognise that at this time, so many of you just want to get back outdoors and socialise with people from the Out Doors Inc. community again. So, let's do just that! Of course there are restrictions still in place, which unfortunately means that for the present time we are not able to run overnight trips. Whilst we certainly look forward to the lifting of these restrictions, we are excited to be offering a whole bunch of fantastic day trips through the month of July that we hope you'll enjoy and provide everyone the opportunity to get outdoors again.

Programs

We are running several different day programs during July and most of them will have two or three dates they are happening within the month. This is to provide everyone with an opportunity to come on a program of interest. There is more information about each of the trips in the following pages.

There are some major changes to these programs that you need to be aware of. These changes only apply to the July day programs at this stage.

⇒ Programs **will not all** be departing from the Out Doors Inc. offices in Kensington. All programs will have their own specific meeting point. All programs have been designed to be easily accessible by public transport. This is to help maintain physical distancing measures that are still in place and allow participants easy access to our trips.

⇒ **Participants will need to provide their own**:

- ◊ Lunch, snacks and water for the day
- ◊ Personal equipment for the day—rain jacket, sun protection, day bag
- ◊ Hand sanitiser
- ◊ Please refer to the relevant program invitation for further information about what you will need to bring

Booking process for the programs

The booking process for the July day programs is as follows:

1. Read through the health information on the following pages to ensure you are able to attend
2. Read through the day program information and invitations located in this pamphlet.
3. Check the July calendar in this pamphlet for dates when the program you would like to attend is running
4. **Select three dates** that you would like to attend an Out Doors Inc. program. They can be for the same program if you would like to do that trip more than once.
5. **Contact Out Doors Inc.** via phone or email to express your interest in the three dates you have selected. We will initially only be taking expressions of interest for three dates due to expected demand.
6. As per the normal process of selecting programs, just because you have selected a particular date does NOT automatically mean you are on the trip.
7. **Out Doors Inc. will get in touch to confirm your place** with you on dates you have expressed interest in. We need to ensure we are keeping group sizes to within Government recommendations and our regular group management procedures. We will do our best to get you on trips you have selected, but this will be dictated by demand.
8. PLEASE do not come along if we have not contacted you about a specific trip.

Program costs

Out Doors Inc. would like to use the July programs to help people re-engage and re-connect with the Out Doors Inc. community. As such, we will be offering these programs **free of charge for all participants (NDIS included)**.

First Aid

Out Doors Inc. will still provide first aid if required. Please ensure you still bring your own personal medications as per normal programs.

Questions

If you have any questions about the programs or the process feel free to call the office on 9417 2111 or email indoors@outdoorsinc.org.au

Out Doors Inc. programs —COVID-19 related information and practices

In order to protect participants and staff, Out Doors Inc. is taking a number of practical steps to prevent and minimise infection:

Avoid spreading illnesses
Washing your hands well with liquid soap and water or alcohol-based hand rub before and after visiting and after coughing or sneezing will help reduce the spread of disease. Cover your mouth with a tissue or your elbow (not your bare hand) when coughing or sneezing and dispose of used tissues immediately and wash your hands.

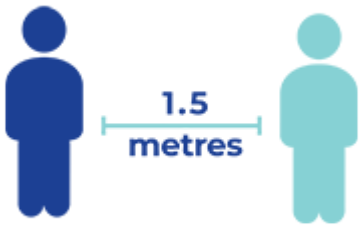
Follow any restrictions put in place
Out Doors Inc. has signs at entrances and within the communal areas to inform you of the restrictions and any warning signs when entering the building.

Stay away if you're unwell
If you have recently been unwell, been in contact with someone who is unwell or you have symptoms of respiratory illness (e.g. fever, cough, shortness of breath, sore throat, muscle and joint pain, or tiredness/ exhaustion) please do not attend the activity until your symptoms have resolved. If you have been in contact with a confirmed case of COVID-19 you must stay away until you are clear to come out of self-isolation. A checklist is provided on the next page for you to go through to determine whether or not you are good to come out on an Out Doors program.

Thank you for your assistance in following these steps. These measures will greatly assist Out Doors Inc. to protect participants and staff.

Should you require further information regarding COVID-19, please refer to the Commonwealth Department of Health website:
https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert

If you have any queries about the process of accessing programs in July 2020, please contact our office Mon-Thur 9:00am to 4:30pm.



Health checklist — To be completed at the beginning of all programs

Prior to commencing all programs you will receive a health checklist similar to the one below. You will be required to complete this before you can start the program.

For the safety of all participants, staff and the community, if you have marked yes to any of the questions, we are unable to assist you until a medical clearance is provided.

	Symptoms of COVID-19	Yes	No
1	Fever		
2	Cough		
3	Shortness of breath / respiratory difficulties		
4	Sore throat		
5	Headache / nausea / vomiting		
6	Congested nose		
	Exposure history for COVID-19	**Yes**	**No**
1	Close contact with confirmed COVID-19 person/s, and/or someone who reported fever or respiratory symptoms		
2	Have you been diagnosed with Covid-19 in the last 14 days (from the date of the trip)		

July – Day Programs

2020

Program calendar

There are five different day programs that will be rotating throughout July. Each program will run on three occasions during the month to provide participants an opportunity to find a date/s that is suitable for your circumstances. Please see the calendar below for the dates each program is running.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Gardiners Creek Trail walk	Yarra Bend Park walk		
5	6	7	8	9	10	11
		Royal Melbourne Botanical Gardens walk	Canoeing on the Yarra River	Gardiners Creek Trail walk		
12	13	14	15	16	17	18
		Kensington Food Forest	Royal Melbourne Botanical Gardens walk	Canoeing on the Yarra River		
19	20	21	22	23	24	25
		Gardiners Creek Trail walk	Bike riding—Inner Circle Rail Trail	Royal Melbourne Botanical Gardens walk		
26	27	28	29	30	31	
		Canoeing on the Yarra River	Yarra Bend Park walk	Bike riding—Inner Circle Rail Trail		

Program descriptions

Wednesday 1st, Thursday 9th and Tuesday 21st of July

Gardiners Creek Trail walk

From our meeting point at East Malvern train station, we will wander along the Gardiners Creek Trail as it winds through parts of the Eastern suburbs of Melbourne while following the creek. We will encounter several points of interest on our walk including crossing footbridges that provide us with vantage points to watch the creek flowing by, different areas of wetlands and ponds that are home to a variety of birds and wildlife, and areas of trees and native shrubs. The finishing point for our walk will be the Kooyong train station which is a few hundred metres from the trail.

The section of the trail we are planning on walking is around 7.5kms. It is relatively flat and follows a well-formed path. There are many places to rest and enjoy the surroundings and also a café along the way to reenergise with a hot drink if you would like to purchase one. There are also several public transport options along the route if you would like to finish your walk early. If you need to return to East Malvern train station from the finish point at Kooyong train station it is an easy train ride—or feel free to walk back along the trail.

Tuesday 7th, Wednesday 15th and Thursday 23rd of July

Royal Melbourne Botanical Gardens walk

The RBG has a huge range of plant species from around the world offering a kaleidoscopic experience of colour texture, sweeping lawns, tranquil lakes, majestic trees and wonderful wildlife. We will meet in the city and walk to the Botanic Gardens enjoying a stroll through Alexandra Gardens and along the Yarra River en-route. We'll finish at the Main gate of the Botanic Gardens where there are options to walk, bus or take nearby trams back to the city.

Thursday 2nd (New Participant Day) and Wednesday 29th of July

Yarra Bend Park

Come and saunter around Melbourne's largest natural bushland park – The Yarra Bend Park is a much-needed sanctuary for native life, shaped by the beautiful Yarra River. This area is abundant in birdlife, native plant species, leafy spaces and placid waters.

The terrain is predominately flat and suitable for all levels of experience and ability. There are many trails to explore in this area but we will aim for a **5km return walk** with multiple scenic stops along the way to enjoy all the beautiful views.

Tuesday 14th of July

Kensington Food Forest

On this day, we will meander through some beautiful trails and parks tucked away in Kensington to reach the Kensington Community Food Forest where you get to experience what its like to compost and grow your own food. Once at the Food Forest, we will cover composting, planting seeds/seedlings and tending to the beautiful space that it is.

Wednesday 8th, Thursday 16th and Tuesday 28th of July

Canoeing on the Yarra River

Come and enjoy a paddle on the beautiful Yarra River.

The Yarra River and Yarra Bend Park is an important piece of parkland for native flora and fauna, with lots of open spaces to enjoy.

There will be two expert paddling instructors from Out Doors Inc. present to assist you with getting on the water and all gear will be provided.

Canoeing is relatively low impact and suitable for most levels of experience and ability. Throughout the day there will be plenty of time for learning new skills, meeting new people and appreciating the beautiful Yarra river from a new perspective. The trip length will be flexible depending on individual ability and there is an option to do a walk if the weather is not appropriate for canoeing.

Wednesday 22nd and Thursday 30th

Bike riding—Inner Circle Rail Trail

Bike riding is one of the best ways to get the 30 minutes of exercise we need each day. We will make sure we are maintaining a physical distance of 1.5 metres while bike riding in a small group of up to 10 people. The equipment you will use, bike, helmet, safety vest will be disinfected prior to use and good hygiene practices will be performed during the equipment handover.

The Inner Circle Rail Trail traverses parkland and railway heritage remnant of Melbourne's inner suburbs. All major road crossings have traffic signals. The ride to the Edinburgh garden in North Fitzroy and back is about 14kms but we could ride as far as Dights Falls where the Meri Creek meet the Yarra River (19kms return). This leisurely ride involves a couple of gentle uphill sections. We will definitively need to rehydrate throughout the ride, therefore, it is essential that **you bring your own water bottle**.

Out Doors Inc.

Kensington Food Forest

This day trip is designed to showcase some excellent community initiatives that are put in place to protect our planet and keep our community healthy.

On this day, we will meander through some beautiful trails and parks tucked away in Kensington to reach the Kensington Community Food Forest where you get to experience what its like to compost and grow your own food. Once at the Food Forest, we will cover composting, planting seeds/seedlings and tending to the beautiful space that it is.

This program is something that will be ongoing (another day trip in August) and we are really encouraged to take pride and ownership with our contribution to the space.

The Kensington Community Food Forest is a project initiated by local permaculturist Jacqueline van Heerden , and she has said that we can create our own ongoing project there where you can come back anytime to care for the patch, collect fresh food and contribute meaningfully to the planet and community.

In summary, a great day to see how beautiful Kensington is and to try your hands at some sustainable gardening practices.

Numbers are limited so call us on 03 9417 2111 to confirm your place or email indoors@outdoorsinc.org.au

I support the ndis

Out Doors Inc. is a National Disability Insurance Scheme (NDIS) Provider.
Registration Number: 4050002688.

State Government Victoria

You are invited to:

Kensington Food Forest

Outline for the day

- **Meet at 10:00am** (10:30am latest)
- Walk through Kensington's nature trails and reserves as we make stops to learn about composting and permaculture.
- Have lunch at the wonderful Community Food Forest.
- Learn about urban sustainability and gardening at the Kensington Food Forest.
- Walk back to Outdoor to **finish at 2.30pm**

WHERE:

Meeting at **Out Doors Inc Office**, 17 Stubbs Street in Kensington **@ 10:00am**

Public transport runs to 23-Stubbs St/ Racecourse Rd

WHAT TO BRING:

- BYO lunch + snacks
- Water bottle (at least 1 litre)
- Waterproof Rain Jacket (We wont provide these)
- Hat
- Shoes / boots suitable for walking
- Medication e.g. asthma puffers, etc

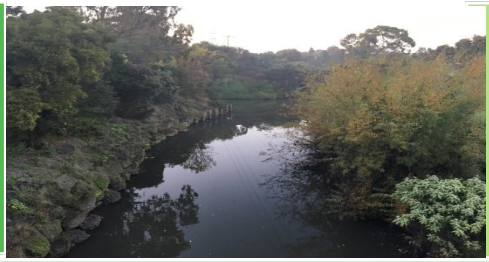
OUT DOORS INC. PROVIDES:

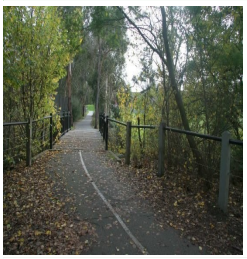
- First Aid Kit
- 2 Program staff to guide the exploration

COST: Free of charge

Out Doors Inc. is a community managed organisation. 17 Stubbs Street, Kensington VIC 3031
t 03 9417 2111 **e** indoors@outdoorsinc.org.au **w** www.outdoorsinc.org.au

OUT DOORS INC.





You are invited to:

Gardiners Creek Trail walk

Come and join us for a walk along the Gardiners Creek Trail. The Trail follows the creek as it winds through the Eastern suburbs of Melbourne before joining into the Yarra River. There are some beautiful spots to stop along the creek and enjoy the birdlife, wetlands and surrounding greenery.

VENUE:

Start / Meeting point is **East Malvern Train Station**

Finish point is **Kooyong Train Station.** (There are earlier public transport exit options along the route if required).

WHEN:

Meeting at 10:00am. We will depart on the walk at 10:30am sharp, so please be there on time. The ODI vehicle will be parked in the car park at the East Malvern train station near to the platform. Out Doors Inc. representatives will be at the vehicle and meeting train arrivals. Car parking available at the train station.

Walk finishing at Kooyong Train station around 2:30pm. If you need to return to East Malvern Train Station you are able to return by foot, or catch a train from Kooyong to East Malvern.

SEE MAP ON REVERSE SIDE OF INVITATION

DATES IN JULY FOR THIS PROGRAM:

- ☐ **WEDNESDAY 1ST JULY**
- ☐ **THURSDAY 9TH JULY**
- ☐ **TUESDAY 21ST JULY**

WHAT TO BRING:

- Lunch and snacks
- Water bottle (at least 1 litre)
- Comfortable clothing
- Shoes / boots suitable for walking
- Rain jacket
- Medication e.g. asthma puffers, etc

ODI WILL PROVIDE

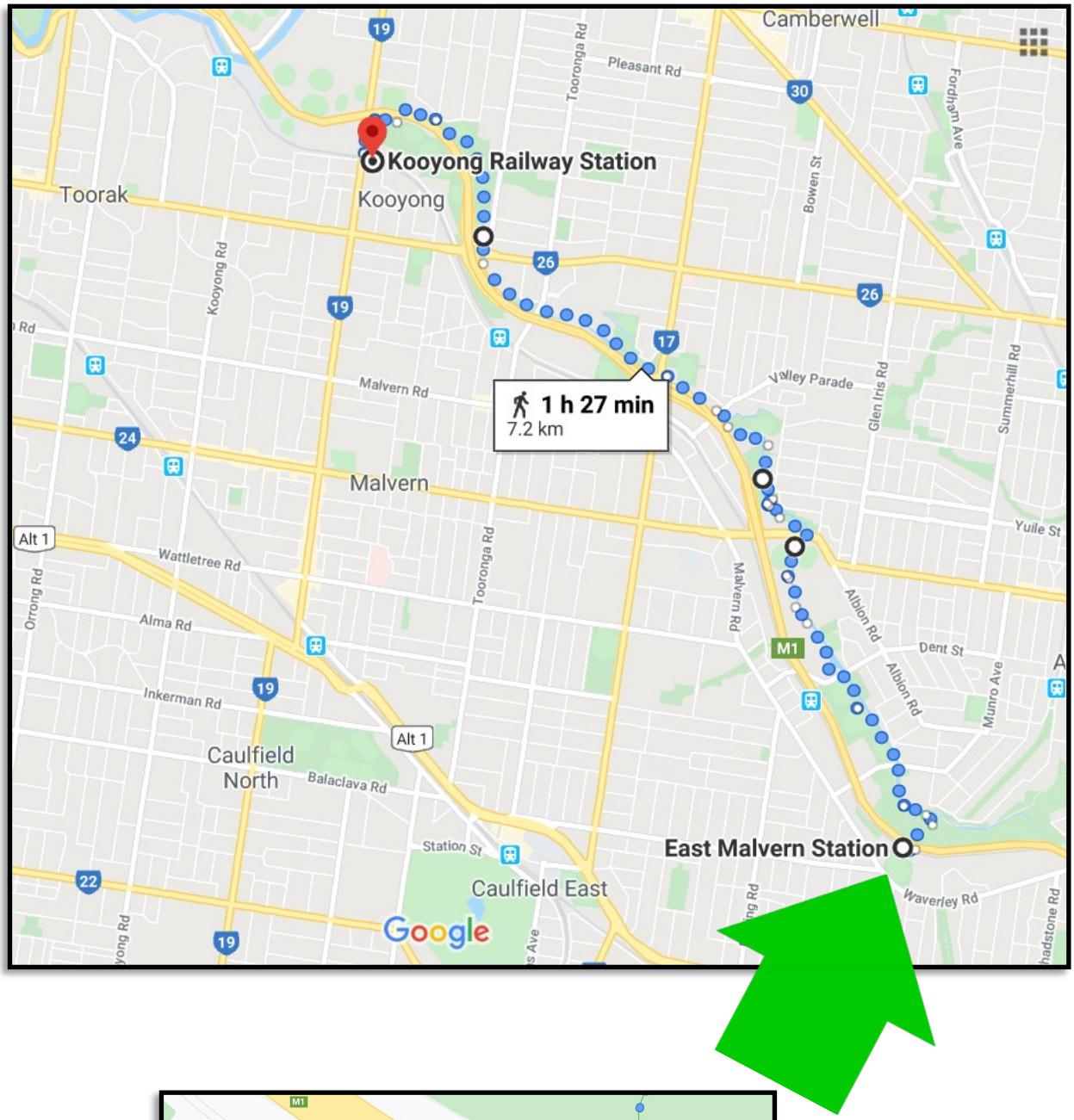
- First Aid

COST

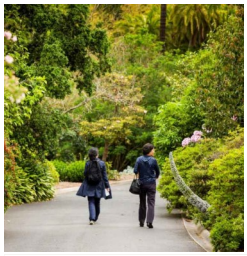
Free of charge

Please call us on 03 9417 2111 ASAP to confirm your place on this trip or email indoors@outdoorsinc.org.au.

East Malvern Station is on the Glen Waverley Line. All day car parking is available at the station if you would prefer to drive. Out Doors staff will be in the car park waiting for you at 10:00am.



OUT DOORS INC.



Melbourne Royal Botanical Gardens walk

The RBG has a huge range of plant species from around the world offering a kaleidoscopic experience of colour texture, sweeping lawns, tranquil lakes, majestic trees and wonderful wildlife. We will meet in the city and walk to the Botanic Gardens enjoying a stroll through Alexandra Gardens and along the Yarra River en-route. We'll finish at the Main gate of the Botanic Gardens where there are options to walk, bus or take nearby trams back to the city.

TIMES FOR THIS PROGRAM

- ☐ TUESDAY 7TH JULY
- ☐ WEDNESDAY 15TH JULY
- ☐ THURSDAY 23RD JULY

10AM—2.30PM EACH DAY

Start / Meeting point:

10am Outside Melbourne Arts Centre 100 St Kilda Rd. (3 min / 210M walk from Flinders St Station: turn right from the St Kilda Rd exit, cross Princes Bridge and The Arts Centre is on the right). Out Doors Inc. staff will meet participants outside the Arts Centre (Hamer Hall).

Finish point:

2.30pm (approx.) Royal Botanical Gardens next to the main gate.

You can leave from the city's network of public transport from the city centre or earlier public transport exit options along St Kilda Rd near the RBG if preferred

Parking can be difficult and is ticketed, so it's not advised to take your car.

WHAT TO BRING

- Lunch and snacks
- Water bottle (at least 1 litre)
- Comfortable clothing
- Shoes / boots suitable for walking
- Rain jacket
- Day pack
- Medication e.g. asthma puffers,
- Cigarette butt containers

ODI WILL PROVIDE

- First Aid

COST: Free of charge

Please call us on 03 9417 2111 ASAP to confirm your place on this trip or email indoors@outdoorsinc.org.au.

I support the ndis

Out Doors Inc. is a National Disability Insurance Scheme (NDIS) Provider. Registration Number: 4050002688.

State Government Victoria

Out Doors Inc. is a community managed organisation. 11 Stubbs Street, Kensington VIC 3031
t 03 9417 2111 **f** 03 9417 2163 **e** indoors@outdoorsinc.org.au **w** www.outdoorsinc.org.au

Melbourne Arts Centre is located at 100 St Kilda Rd, Melbourne.

Out Doors Inc. staff will be meeting participants near the entrance to Hamer Hall.

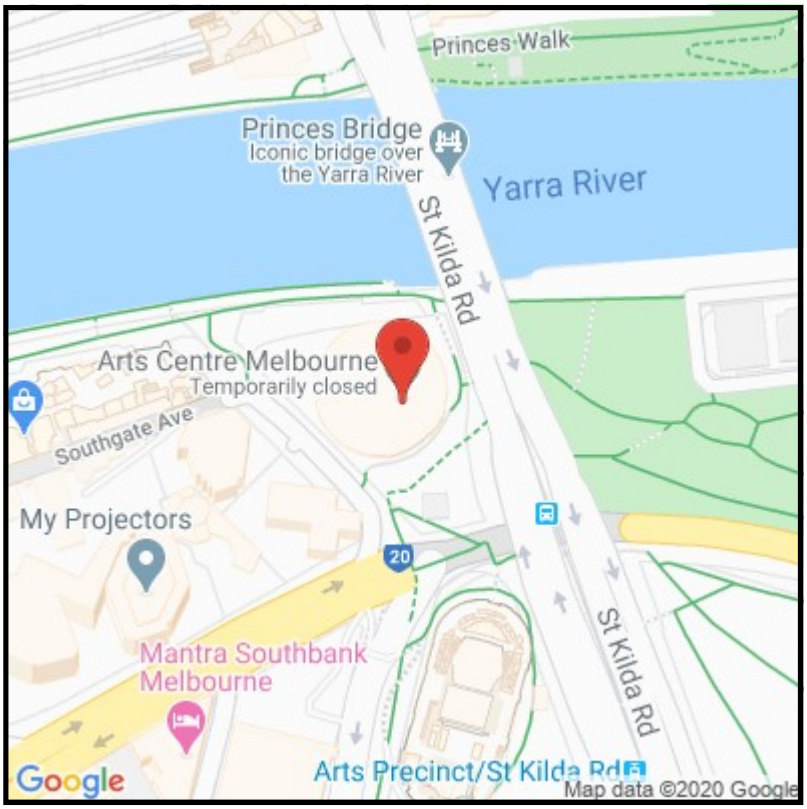
Accessing the Melbourne Arts Centre by public transport:

Train

Get off at Flinders Street Station in the Melbourne CBD and walk for a few minutes along St Kilda Road, over Princes Bridge and the Yarra River.

Tram

Trams that stop in front of Arts Centre Melbourne, "Arts Precinct" stop number 14: 1, 3, 3a, 5, 6, 16, 64, 67 and 72.
This tram stop is fully accessible for people who use wheelchairs. Visit the PTV website to find out if your tram route has low floor trams.



Out Doors Inc.

Yarra Bend Park Explore

Come and saunter around Melbourne's largest natural bushland park – The Yarra Bend Park is a much-needed sanctuary for native life, shaped by the beautiful Yarra River. This area is abundant in birdlife, native plant species, leafy spaces and placid waters.

The terrain is predominately flat and suitable for all levels of experience and ability. There are many trails to explore in this area but we will aim for a **5km return walk** with multiple scenic stops along the way to enjoy all the beautiful views.

As always we are flexible with our adventures, so at anytime we can adjust the walk to suit the needs of the group. This is a space and place for us to enjoy some of the finest local bush walks in Melbourne with a people who love to get outdoors!

Please get in touch if you have any questions or need further clarity regarding this information.

Numbers are limited so call us on 03 9417 2111 to confirm your place or email indoors@outdoorsinc.org.au

I support the ndis

Out Doors Inc. is a National Disability Insurance Scheme (NDIS) Provider.
Registration Number: 4050002688.

State Government Victoria

You are invited to:

Yarra Bend Park Explore

WHEN:

- **THURSDAY 2ND JULY**

&

- **WEDNESDAY 29TH JULY**
-

Outline for both days:

- **Meet at 10:00am (10:30am latest)**
- **Explore till midday lunch spot**
- **Continue walking until finish at 2:30pm**

WHERE:

Studley Park, Boathouse and Picnic Area— Meeting at 10:00am

Public transport to Yarra Bend Park Bus stop, from there walk 270m to the **Studley Park Boathouse Picnic Area** and look out for the white Out Doors Inc Van parked by the toilet block.

WHAT TO BRING:

- Personal lunch + snacks + water
- Waterproof Rain Jacket (We won't provide these)
- Hat
- Shoes / boots suitable for walking
- Medication e.g. asthma puffers, etc

OUT DOORS INC. PROVIDES:

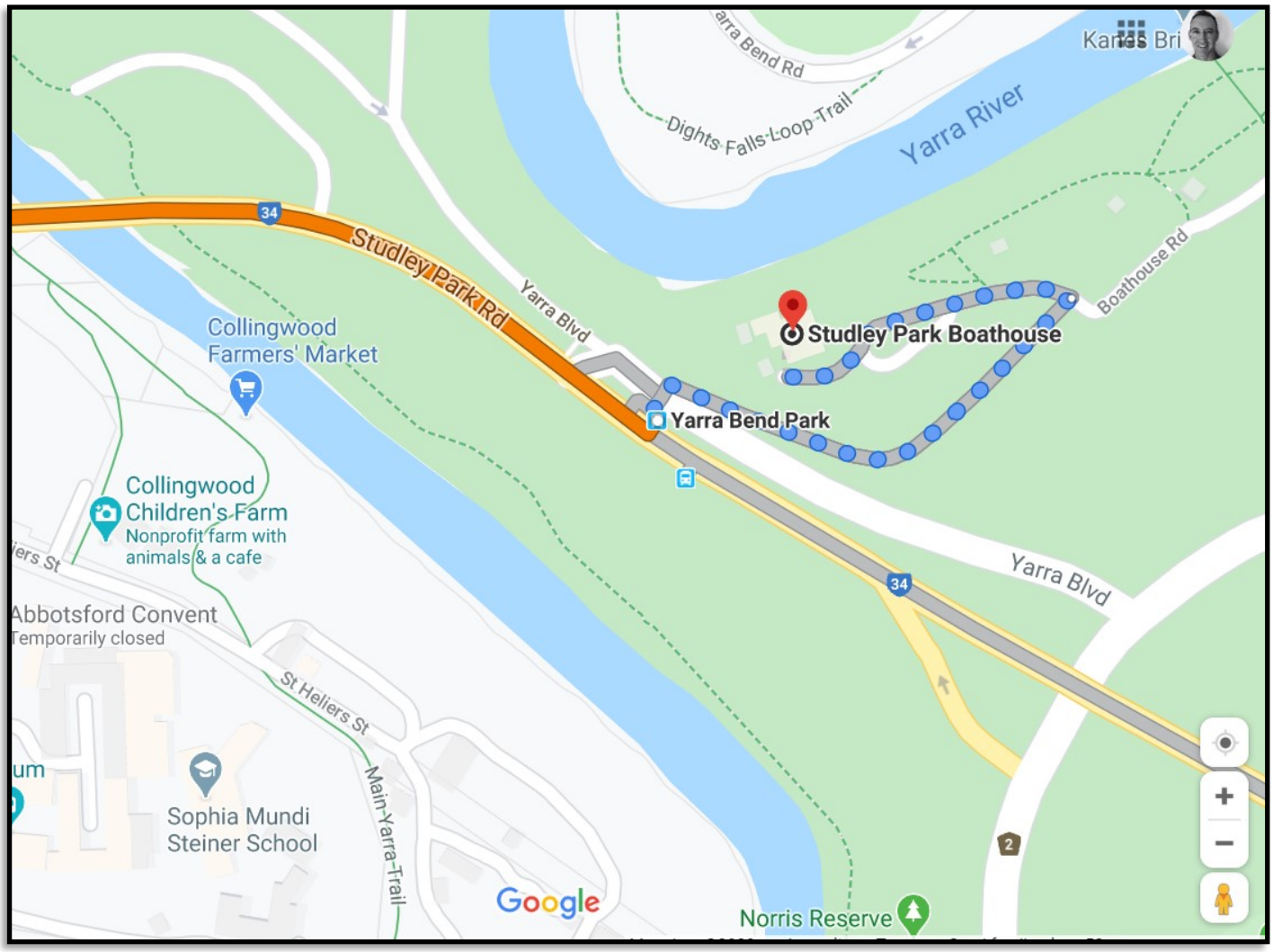
- First Aid Kit

COST: Free of charge

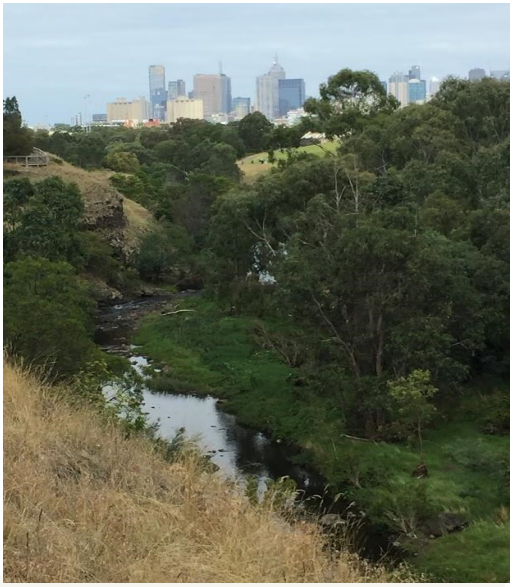
Out Doors Inc. is a community managed organisation. 17 Stubbs Street, Kensington VIC 3031
t 03 9417 2111 **e** indoors@outdoorsinc.org.au **w** www.outdoorsinc.org.au

Yarra Bend Park Bus Stop is on Bus routes #200 and #207, travelling up Studley Park Rd, Kew.

All day car parking is also available at the Studley Park Boathouse.



OUT DOORS INC.



You are invited to:

Canoeing on the Yarra River

DATES FOR THIS PROGRAM:

- ☐ **WEDNESDAY 8TH JULY**
- ☐ **THURSDAY 16TH JULY**
- ☐ **TUESDAY 26TH JULY**

Come and enjoy a paddle on the beautiful Yarra River.

The Yarra River and Yarra Bend Park is an important piece of parkland for native flora and fauna, with lots of open spaces to enjoy.

There will be two expert paddling instructors from ODI present to assist you with getting on the water and all gear will be provided.

Canoeing is relatively low impact and suitable for most levels of experience and ability.

Throughout the day there will be plenty of time for learning new skills, meeting new people and appreciating the beautiful Yarra river from a new perspective.

The trip length will be flexible depending on individual ability and there is an option to do a walk if the weather is not appropriate for canoeing.

Where:

We will be meeting by the Studley Park Boat house. ODI Staff and Signage will be present upon arrival near the Studley Park Boat House

Drive—To Studley Park Boathouse, 1 Boathouse Rd, Kew.

Public Transport—Take either the 200 or 207 Bus Route and get off at Yarra Bend Park/Studley Park Rd. Follow the path downhill towards the Boathouse.

WHAT TO BRING:

- Lunch and snacks
- Water bottle (at least 1 litre)
- Comfortable clothing
- Full spare set of clothes
- Extra Warm Layers
- Towel
- Spare set of shoes to get wet
- Rain jacket
- Medication e.g. asthma puffers, etc

ODI WILL PROVIDE

- First Aid
- Canoeing Equipment

COST

Free of charge

Please call us on 03 9417 2111 ASAP to confirm your place on this trip or email indoors@outdoorsinc.org.au

I support the ndis

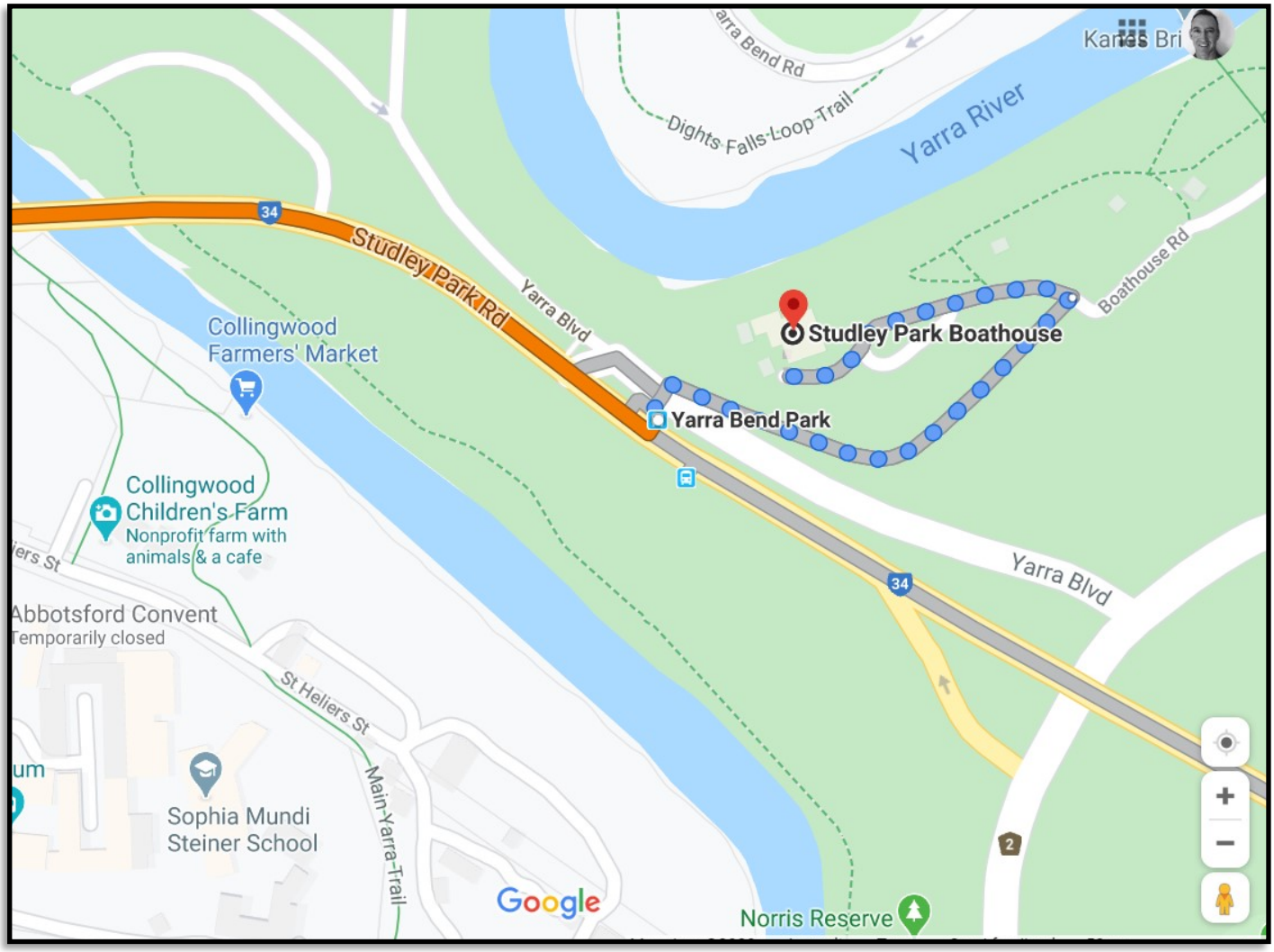
Out Doors Inc. is a National Disability Insurance Scheme (NDIS) Provider. Registration Number: 4050002688.

State Government Victoria

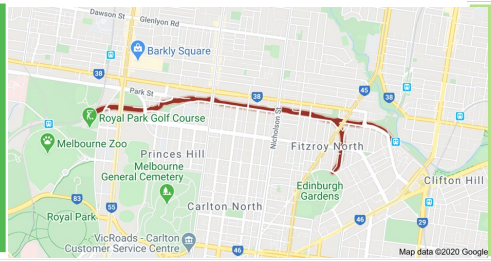
Out Doors Inc. is a community managed organisation. 11 Stubbs Street, Kensington VIC 3031
t 03 9417 2111 **f** 03 9417 2163 **e** indoors@outdoorsinc.org.au **w** www.outdoorsinc.org.au

Yarra Bend Park Bus Stop is on Bus routes #200 and #207, travelling up Studley Park Rd, Kew.

All day car parking is also available at the Studley Park Boathouse.



Out Doors Inc.



You are invited to:

Bike Riding Day

This bike riding day along the Inner-Circle Rail Trail is the perfect way to get back into action with Out Doors Inc. Previous experience riding a bike and some fitness are required to enable you to ride about 15kms or as far as we would like to go that day!

DATES IN JULY FOR THIS PROGRAM:

- ☐ **WEDNESDAY 22ND JULY**
- ☐ **THURSDAY 30TH JULY**

VENUE:

Starting and finishing at **Out Door Inc. 11 Stubbs, St Kensington**

WHEN:

Meeting from 10:00am to 10:30am.

Returning to Out Doors Inc. between 3:00pm and 3:30pm

PUBLIC TRANSPORT ACCESS:

Train - **Flemington Bridge Station** - *Upfield Line*

Macaulay Station - *Upfield Line*

Kensington Station - *Craigieburn Line*

Tram - **Tram 57** *West Maribyrnong* Stop 23 Stubbs Street/ Race

WHAT TO BRING:

- Lunch and snacks
- Rain jacket
- Footwear suitable for cycling (no sandals please)
- Clothing suited to weather
- Water bottle
- Medication e.g. asthma puffers, etc

ODI WILL PROVIDE

- First Aid, Bike, Helmet, High Vis vest, extra water

COST

- Free of charge

Please call us on 03 9417 2111 ASAP to confirm your place on this trip or email indoors@outdoorsinc.org.au.

I support the ndis

Out Doors Inc. is a National Disability Insurance Scheme (NDIS) Provider.
Registration Number: 4050002688.

State Government Victoria

Out Doors Inc. is a community managed organisation. 11 Stubbs Street, Kensington VIC 3031
t 03 9417 2111 **f** 03 9417 2163 **e** indoors@outdoorsinc.org.au **w** www.outdoorsinc.org.au

Out Doors Inc. online webinars

Remember to check out the online webinars / videos that we have been uploading during the period of COVID-19 restrictions where we have been unable to run regular programs. We have covered a range of topics related to our programs including cooking classes, yoga and meditation classes, ways to continue connecting with the environment and some gentle movement sessions. You can find them at the Out Doors Inc. YouTube site

https://www.youtube.com/user/OutDoorsIncAustralia

About Out Doors Inc.

Out Doors Inc. started in 1987. We provide planned respite and specialist outdoor activity programs. We promote adventure in nature as a great approach to better health. Through our programs, participants find opportunities to get away from the 'day-to-day' and out into the bush with friendly groups. We offer a range of programs from gentle introductory activities and recreational experiences to challenging adventures.

OUT DOORS INC.

Connect with us

/OutDoorsIncAustralia

@outdoorsinc_aus

/OutDoorsIncAustralia

@outdoorsinc_aus

/company/out-doors-inc-

/outdoorsinc

17 Stubbs Street, Kensington VIC 3031

t 03 9417 2111

e indoors@outdoorsinc.org.au

w www.outdoorsinc.org.au