



Program Calendar

November- December 2020



Introduction to November-December day programs

As Victoria is seeing significant improvements in its daily COVID-19 numbers and is expecting easing of restrictions in the coming weeks, we are excited to let you know that we are intending to commence day programs again in November. 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! Whilst we certainly look forward to the lifting of these restrictions, we are excited to be offering a whole bunch of fantastic day trips throughout November and December that we hope you'll enjoy and provide everyone the opportunity to get outdoors again.

Programs

We are running several different day programs during November and December 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 November–December 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 day programs

The booking process for the November-December day programs is as follows:

1. Read through the health information on the following pages to ensure you are able to attend
2. Check the November and December calendars in this pamphlet for dates when the program you would like to attend is running
3. 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.
4. 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.
5. PLEASE NOTE that selecting a particular program does NOT automatically mean you are on the trip.
6. 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.
7. PLEASE do not come along if we have not contacted you about a specific trip.

Program costs

Program cost will be \$5 for Participants with QDC funding.

NDIS participants will be charged 3 hours per activity against their NDIS plan. Please talk with your Support Coordinator or NDIS Representative for NDIS planning and ongoing support, and to discuss fund allocation. Support Coordinators can contact Daniel by e-mail (daniel@outdoorsinc.org.au) to arrange fund allocation to ensure ongoing program participation.

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 minimize 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>

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)		

Program calendar

There are various different day programs that will be rotating throughout November and December. We will run most trips twice to allow more flexibility for attendees. Please see the monthly calendars over the next two pages for the dates each program is running.

Individual program details

Following the November and December monthly calendars over the next two pages, you will find pages relating to program information for each of the individual programs that are going to be run. Please check through these flyers for further information on each program including location, start and finish times, a brief description of the activity, and a recommendation of what to bring along and associated costs.

NOVEMBER PROGRAMS 2020

NOVEMBER

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3	4 KENSINGTON FOOD FOREST	5 GARDINERS CREEK WALK	6	7	8
9	10 ROYAL MELBOURNE BOTANICAL GARDENS WALK	11 STUDLEY PARK CANOEING	12 YARRA BEND WALK	13	14	15
16	17 SANDRINGHAM COAST WALK	18 BELGRAVE WALK	19 KENSINGTON BIKE RIDING	20	21	22
23	24 LILLYDALE LAKE WALK	25 GARDINERS CREEK WALK	26 KENSINGTON FOOD FOREST	27	28	29
30 SANDRINGHAM COAST WALK						

For more information and to sign up to an Out Doors' event, visit:



[outdoorsinc.org.au/events](https://www.outdoorsinc.org.au/events)

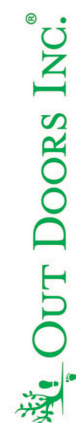
DECEMBER

DECEMBER PROGRAMS 2020

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8 ROYAL MELBOURNE BOTANICAL GARDENS WALK	9 STUDLEY PARK CANOEING	10 KENSINGTON BIKE RIDING	11	12	13
14 LILLYDALE LAKE WALK	15 YARRA BEND WALK	16	17	18	19	20
21	22	23		25	26	27
28	29	30	31			

For more information and to sign up to an Out Doors' event, visit:

[outdoorsinc.org.au/events](https://www.outdoorsinc.org.au/events)



You are invited to:



Kensington Food Forest



Where:

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

When:

10am (10:30am latest) on the:

- Wednesday 4th November
- &
- Thursday 26th November



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.

More Info:

This program is something that will be ongoing and we are really encourage 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 you hands at some sustainable gardening practices.

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. WILL PROVIDE:

- First Aid Kit
- 2 Program staff

COST:

\$5 (for non-NDIS participants) - please bring payment on the day.

NDIS participants will be charged to their NDIS plan.

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



You are invited to:



Gardiners Creek Trail Walk



*Thursday 5th and Wednesday 25th
November*

*Gardiners Creek Trail (East Malvern to
Kooyong)*



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.

DETAILS

VENUE AND TIME:

Start / Meeting point is East Malvern Train Station. We will be meeting at 10:00am and departing on the walk at 10:30am. Out Doors Inc. representatives will be at the station and meeting train arrivals.

Walk finishing at Kooyong Train station around 1:30pm. 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. (There are earlier public transport exit options along the route if required).

SEE MAP ON REVERSE SIDE OF INVITATION

WHAT TO BRING:

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

OUT DOORS INC. WILL PROVIDE:

- First Aid

COST:

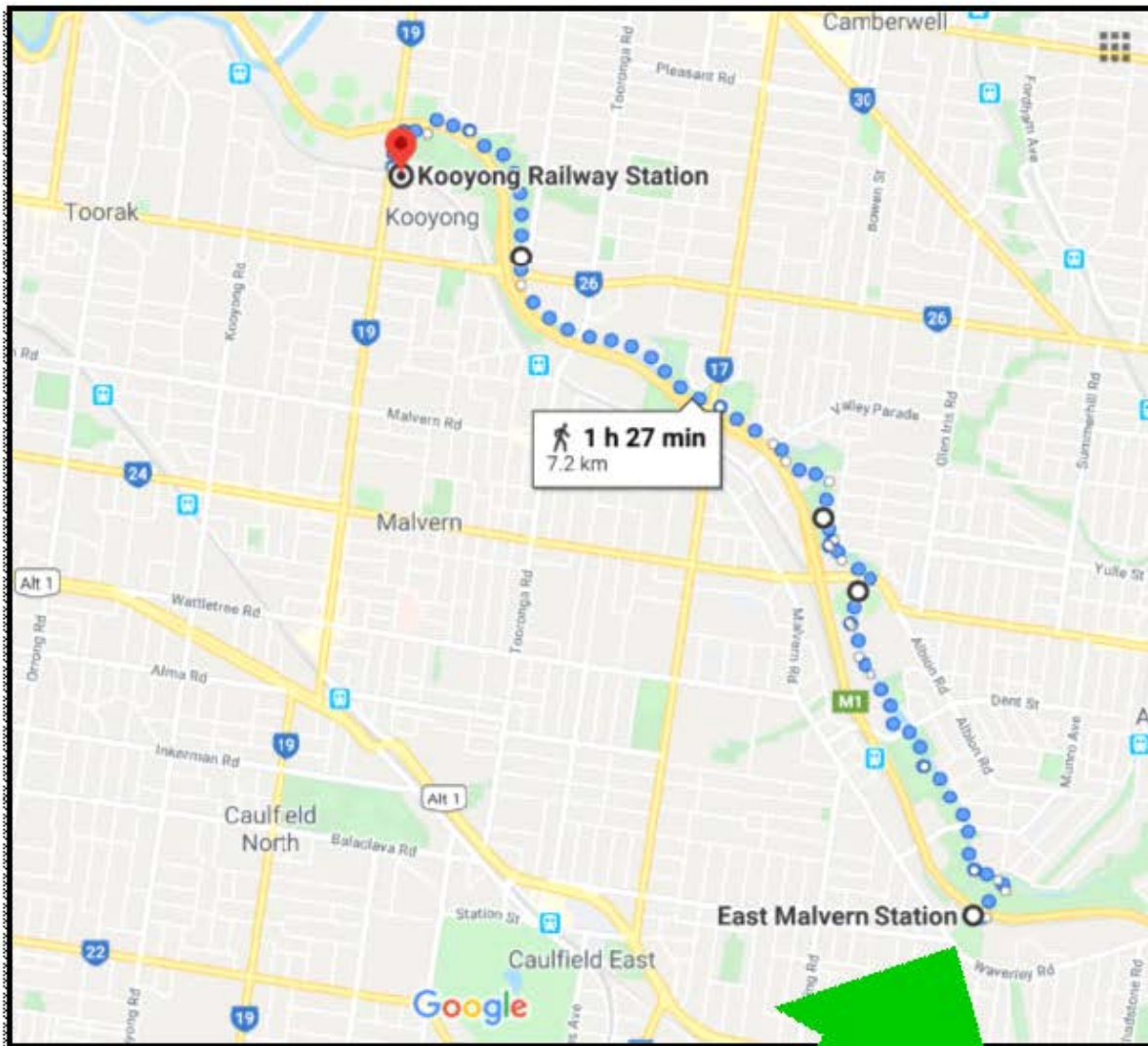
\$5 (for non-NDIS participants) - please bring payment on the day.

NDIS participants will be charged to their NDIS plan.

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 Inc. staff will be in the car park waiting for you at 10:00am.



You are invited to:



Melbourne Royal Botanical Garden



**Tuesday 10th November and
Tuesday 8th December**

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.

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:

1.30pm (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 + snacks
- Water bottle (at least 1 litre)
- Waterproof Rain Jacket (we won't provide these)
- Day pack, hat
- Shoes suitable for walking
- Medication e.g. asthma puffers
- Cigarette butt containers

OUT DOORS INC. WILL PROVIDE:

- 2 Program staff
- First Aid Kit

COST:

- \$5 - Pls bring payment on the day
- NDIS participants will be charged to their NDIS plan

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



You are invited to:



Studley Park Canoeing

*Wednesday 11th November and
Wednesday 9th December*



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 canoeing equipment 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.

DETAILS

VENUE AND TIME:

We will be meeting at 10am by the Studley Park Boathouse. ODI Staff and Signage will be present upon arrival near the Studley Park Boat House.

Studley Park Boathouse will also be our finish point at around 1:30pm.

SEE MAP ON REVERSE SIDE OF INVITATION FOR MORE DETAILS

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

WHAT TO BRING:

- Lunch and snacks
- Water bottle (at least 1 litre)
- Comfortable clothing
- Full spare set of clothes and extra warm layers
- Spare shoes to get wet
- Rain jacket / sun protection
- Medication e.g. asthma puffers, etc

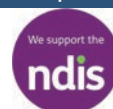
OUT DOORS INC. WILL PROVIDE:

- First Aid

COST:

\$5 (for non-NDIS participants) - please bring payment on the day.

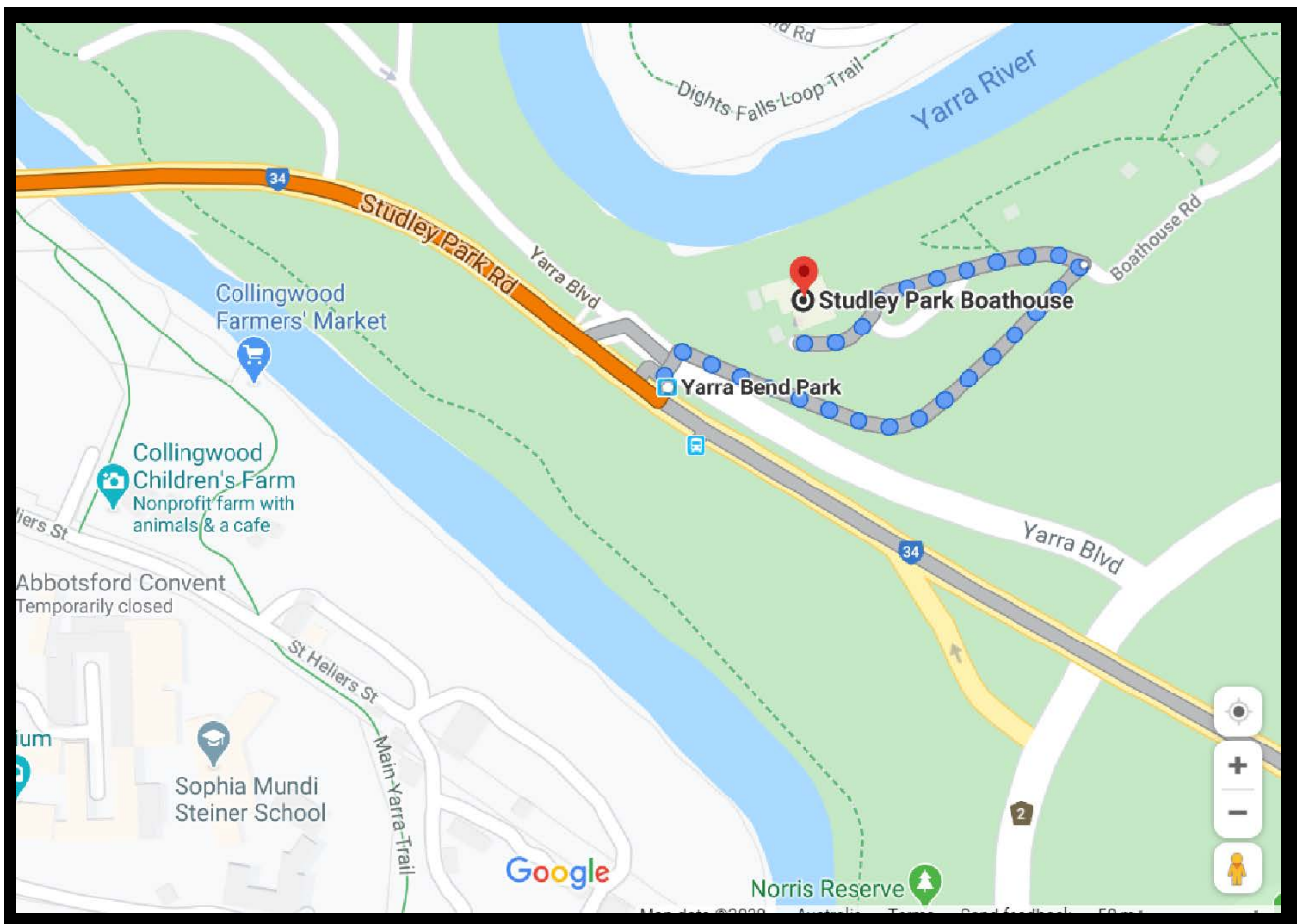
NDIS participants will be charged to their NDIS plan.



Getting to Studley Park Boathouse:

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.

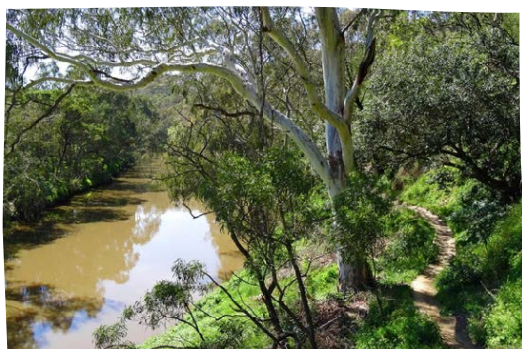
Drive—To Studley Park Boathouse, 1 Boathouse Rd, Kew.
All day car parking is also available at the Studley Park Boathouse.



You are invited to:



Yarra Bend Walk



**Thursday 12th November and
Tuesday 15th December**

Outline for the day:

- Meet at Studley Park, Boathouse and Picnic Area at 10:00am (10:30am latest)
- Explore till midday lunch spot
- Continue walking until finish around 1:30pm

Public Transport Access:

- Yarra Bend Park Bus Stop is on Bus routes #200 and #207, travelling up Studley Park Rd, Kew (see map included).

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

WHAT TO BRING:

- BYO lunch + snacks
- Water bottle (at least 1 litre)
- Waterproof Rain Jacket (we won't provide these)
- Hat
- Suitable shoes for walking
- Medication e.g. asthma puffers

OUT DOORS INC. WILL PROVIDE:

- 2 Program staff
- First Aid Kit

COST:

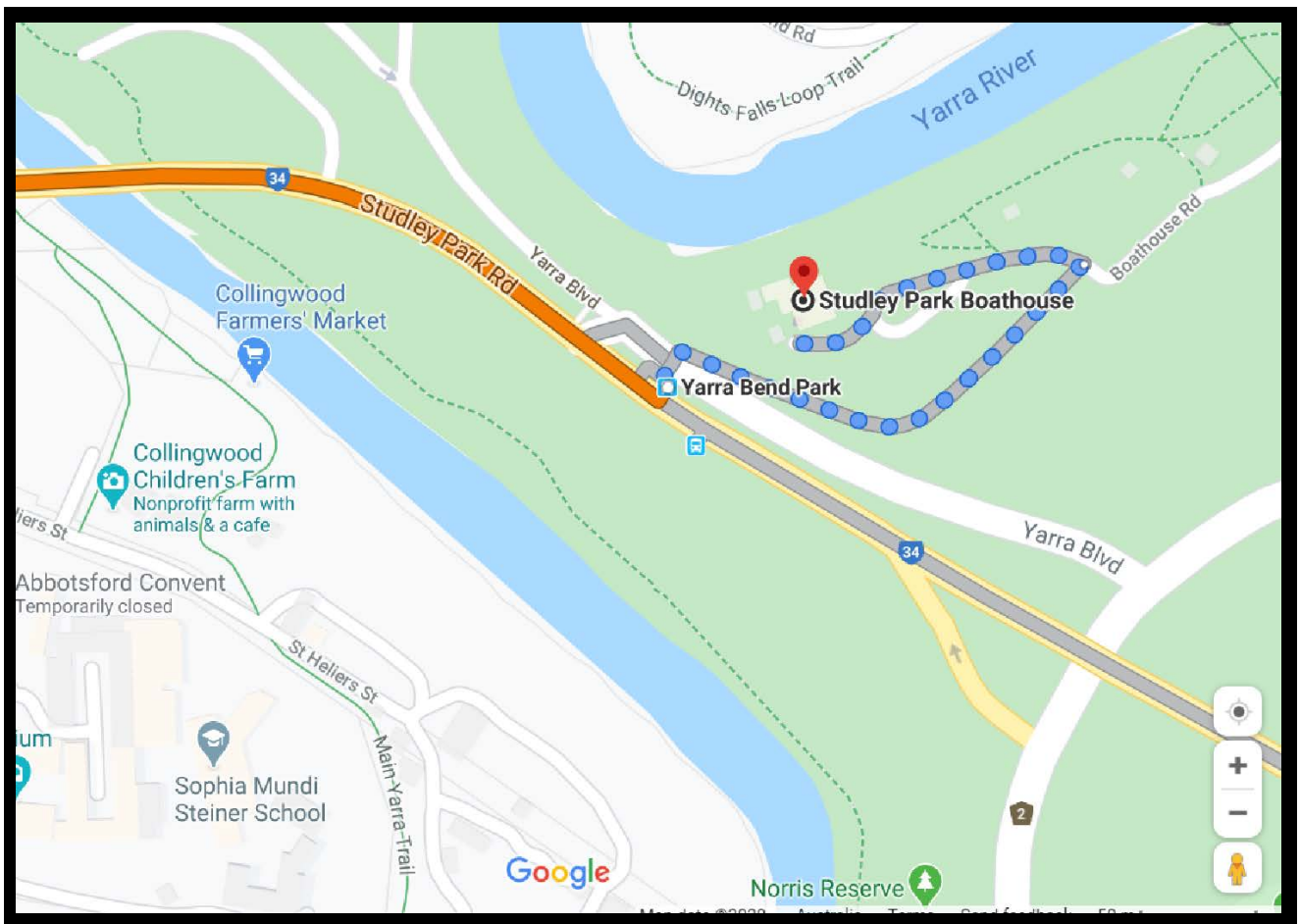
- \$5 - Please bring payment on the day
- NDIS participants will be charged to their NDIS plan



Getting to Studley Park Boathouse:

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.

Drive—To Studley Park Boathouse, 1 Boathouse Rd, Kew.
All day car parking is also available at the Studley Park Boathouse.



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



You are invited to:



Sandringham Coastal Walk



*Tuesday 17th and Monday 30th
November*

**Brighton Beach to Sandringham
Beach**

Summer time in the city is fine, but Summer time at the beach is even better! From Brighton Beach train station we will head over to the coastline and follow the beach and walking tracks east towards Sandringham beach. There are some lovely little bays to wander past and many rest spots along the way that will help us relax and rejuvenate.

DETAILS

VENUE AND TIME:

Start / Meeting point is Brighton Beach Train Station. Meeting at 10:00am. We will depart on the walk at 10:30am sharp, so please be there on time. Out Doors Inc. representatives will be meeting train arrivals. Some car parking is available near the train station if you are driving.

Walk finishing at Sandringham Train station around 1:30pm. If you need to return to Brighton Beach Train Station you are able to return by foot, or catch a train from Sandringham to Brighton Beach.

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

WHAT TO BRING:

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

OUT DOORS INC. WILL PROVIDE:

- First Aid

COST:

\$5 (for non-NDIS participants) - please bring payment on the day.

NDIS participants will be charged to their NDIS plan.



You are invited to:



Belgrave Walk – Dandenongs



Where:

Belgrave Train Station - Dandenongs

When:

Meeting at 10am (10:30am latest)

- Wednesday 18th November 2020



Outline for the day

- Meet at 10:00am (10:30am latest)
- Walk into the Sherbrook Forest for the morning
- Have lunch at one of the many beautiful rest spots
- Walk back to the station to finish around 1.30pm

More Info:

Dandenong Ranges National Park

Deep in the Sherbrooke Forest, you'll find Sherbrooke Falls, where a little creek cascades into a delightful gully. Marvel at the tallest flowering plant (Mountain Ash), seek lyrebirds and enjoy a healthy picnic lunch in this beautiful national park.

Come ready for a beautiful outing in some of the best forest close to home. The journey starts and ends at Belgrave Station, where we set off into the forest for the day so make sure you bring gear suitable for the weather and get ready for a wonderful day!

WHAT TO BRING:

- BYO lunch + snacks
- Water bottle (at least 1 litre)
- Waterproof Rain Jacket (We won't provide these)
- Hat
- Shoes / boots suitable for walking
- Medication e.g. asthma puffers, etc

OUT DOORS INC. WILL PROVIDE:

- First Aid Kit
- 2 Program staff

COST:

\$5 (for non-NDIS participants) - please bring payment on the day.

NDIS participants will be charged to their NDIS plan.

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



You are invited to:



Kensington Bike Riding



**Thursday 19th November and
Thursday 10th December**

Outline for the day:

- Meet at Out Doors Inc. 11 Stubbs St, Kensington at 9:30am (10:00am latest)
- Ride till midday lunch spot
- Ride back until finish at 2:00pm



Public Transport Access:

Train

- Flemington Bridge Station - Upfield Line
- Macaulay Station - Upfield Line
- Kensington Station - Craigieburn Line

Tram 57 West Maribyrnong - Stop 23/Stubbs St

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 **Moonee Ponds Creek Trail** is a welcome way to go for a ride in peace.

Previous experience riding a bike and some fitness are required to enable you to ride up to 15kms or as far as we would like to go that day!

WHAT TO BRING:

- BYO lunch + snacks
- Water bottle (at least 1 litre)
- Waterproof Rain Jacket (we won't provide these)
- Hat
- Footwear suitable for cycling (no sandals please)
- Medication e.g. asthma puffers

OUT DOORS INC. WILL PROVIDE:

- 2 Program staff
- First Aid Kit, bike, helmet, high visibility vest, extra water

COST:

- \$5 - Pls bring payment on the day
- NDIS participants will be charged to their NDIS plan

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





15-minute drive / 4.7kms from CBD
Taking state route 60
and Macaulay Road to Stubbs Street

Out Doors Inc. – 11 & 17 Stubbs Street, Kensington, Vic 3031



You are invited to:



Lillydale Lake Walk



**Tuesday 24th November and
Monday 14th December**

Come and join the ODI crew out for an enjoyable half day at the Lillydale Lake. The walk from Lilydale train station to the lake, around the lake, and back to the station, is flat and easy. It will be a reasonably relaxed social outing with time to chat while taking it all in.

Outline for the day:

- Meet at Lilydale Train Station at 10:00am (10:30am latest)
- Walk to the lake and explore around the lake
- Walk back to Lilydale Train Station for approx. 1:30pm finish

Public Transport Access:

- Train - Lilydale Line from Melbourne CBD
- Bus # 684 to Eildon

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

WHAT TO BRING:

- BYO lunch + snacks
- Water bottle (at least 1 litre)
- Waterproof Rain Jacket (we won't provide these)
- Hat
- Suitable shoes for walking
- Medication e.g. asthma puffers

OUT DOORS INC. WILL PROVIDE:

- 2 Program staff
- First Aid Kit

COST:

- \$5 - Please bring payment on the day
- NDIS participants will be charged to their NDIS plan



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.





Connect with us



/OutDoorsIncAustralia



@outdoorsinc_au



/OutDoorsIncAustralia



@outdoorsinc_au



/company/out-doors-inc-



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