



# Program Calendar

July to December 2021



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# July - December 2021 Programs

## Process for getting onto programs

1. Please read through the Calendar program descriptions and use the Expression of Interest sheet provided to indicate which programs you are interested in.
2. Return the Expression of Interest form back to Out Doors either by post (using the return envelope provided), email, or phone.
3. Please note that indicating your interest in a program is not a guarantee of being on a program. We have a selection process. If selected, you will be sent an invitation for the specific program closer to the date and asked to confirm if you will be attending or not.
4. Once you have received a program invitation you must contact us to confirm you would like to attend.

## Types of programs

### Day Programs

Day programs are designed to suit a wide variety of abilities making them accessible to both new and 'experienced' participants who want to get a feel for the adventures we have. Program location is often only a short drive from Melbourne to maximize time spent outdoors. BYO lunch on our day programs, unless specified.

### Multi-Day Programs

Our multi-day programs range from 2 - 5 days.

Overnight trips are a great way to get out of the city for a couple of days and have a more in depth go at activities. The longer stay trips can mean more travel time to enable us to reach those beautiful, more remote locations.

You will likely be staying in very well-catered accommodation, sharing a room, and cooking with the group in communal areas. If you choose a camping program, you will always have a tent to yourself. Most camping programs will be at sites with toilets and showers, but there will be some that involve bush camping in remote locations with no facilities.

## Program costs

Program costs are determined by which funding stream you are eligible for. Please get in touch with Out Doors for more information.

## Program Key

### Accommodation styles



Tent symbolizes that you will be sleeping in individual tents



House symbolizes that you will be staying in either small cabins, dorm rooms, or a large share house (often sharing a room, some exceptions)

### Level of physical activity



Shorter, more moderate, gentle activity. Suitable for all participants and all levels of fitness.



Medium level of physical activity with some fitness required.



High level of physical activity. Longer, more challenging activities.



Creative. Enjoy art, yoga, music and other creative, fun and relaxing activities.

## 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

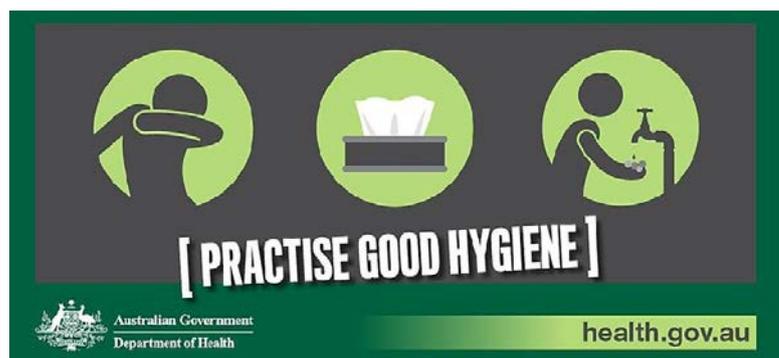
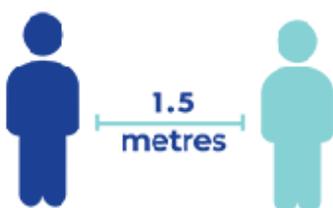
If you have recently been unwell, been in contact with someone who is unwell or you have symptoms of respiratory illness (e.g. fever, cough, shortness of breath, sore throat, muscle and joint pain, or tiredness/exhaustion) please do not attend the activity until your symptoms have resolved. If you have 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 2021, please contact our office Monday - Thursday 9:00am to 4:30pm.



# July 2021 Programs

**Monday 5th July**

**Serendip Sanctuary** - *Ideal for new participants*



If you are new to Out Doors Inc. or just trying to get back into the swing of things again, today will be a great day out wandering throughout Serendip Sanctuary, the wildlife oasis and protected sanctuary that is home to hundreds of native animals. There are many walking options that wander through woodland and wetland areas and provide ample opportunities to see native animals in their natural habitat.



**Tuesday 13th July**

**Explore Organ Pipes** - *Ideal for new participants*



Enjoy a nice, easy walk just out of the city at the Organ Pipes National Park where the landscape has been formed from cooling and cracking molten lava! We will enjoy the awesome formations as well as each other's company on this day amongst the rocks.



**Thursday 15th July**

**Plenty Gorge Parklands**



Come along for a fun day meeting new people and exploring popular trails in the Plenty Gorge Parklands. This hidden treasure of native bushland around 'Blue Lake' is home to Kangaroos, Echidnas, Herons and Swans, to name a few. This moderate walk will be a great opportunity to leave your worries behind and to experience a feeling of remoteness so close to the city.



**Monday 19th - Friday 23rd July**

**Buchan explore and helping hand**



We are all aware of how devastating the fires at the end of 2019 and early 2020 were with many communities across Victoria and NSW impacted. We are heading to Buchan in East Gippsland for this program and hope to work with Parks Victoria and other local groups to lend some hands with works in the area such as tree planting and revegetation. We will also take some opportunities to explore the amazing scenery and areas close by.



**Monday 26th - Friday 30th July**

**Relaxo Coastal Camp - Aireys Inlet**



This coastal camp is for those wanting to get out of the city, wind down and relax in our cozy holiday houses at Aireys Inlet. Activities will include easy walks and visits to picturesque towns and iconic sights of the Great Ocean Road.



# August 2021 Programs

**Monday 2nd - Friday 6th August**

## **Grampians Wellness Retreat**



Come and stay in a unique mud house set in beautiful bush surroundings of the Northern Grampians. Rejuvenate with healthy delicious food, wood fires, and awe-inspiring walks around some of the waterfalls, mountain vistas, and fascinating bush walks that the Grampians has to offer.



**Wednesday 11th August**

## **Explore Cranbourne Botanic Gardens** - *Ideal for new participants*



Come join us for a leisurely stroll through the beautiful Cranbourne Botanic Gardens (CBG). CBG differs from Royal Melbourne in that it is dedicated to native plants from the varying Australian landscapes. We'll also experience Australian landscape-inspired sculptures and local bird and animal communities some of which are very rare and endangered.

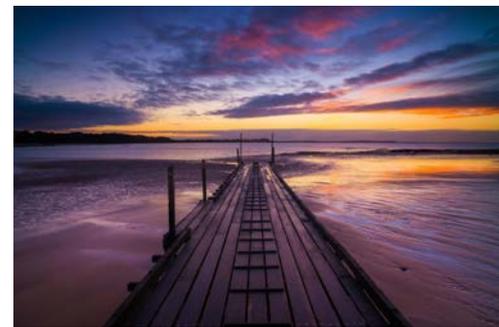


**Monday 16th - Friday 20th August**

## **Women's Wellbeing Balnarring Retreat**



A long awaited women's only holiday to relax, rejuvenate and explore in some great company. Enjoy comfortable cottages, healthy food, daily sessions of gentle yoga and relaxation exercises facilitated by a qualified yoga therapist and great walks around the Mornington Peninsula. Our accommodation at Balnarring is on the Western Port side, just a short stroll from an award-winning beach and an easy drive to a range of natural attractions and townships.



**Tuesday 17th - Wednesday 18th August**

## **Overnight Coastal Exploration** - *Ideal for new participants*



Get close to nature in one of Victoria's most stunning coastal settings. Our comfortable house with spectacular water views is the perfect opportunity for you to get away and restore! Activities will include easy walks and sightseeing.



**Monday 23rd - Friday 27th August**

## **Bright Adventure**



If you haven't already had the chance to experience the many facets of Victoria's alpine region in winter, this is the perfect opportunity to do so. This trip will be a mix of activities, from visiting country towns, interesting short walks and a day up at magnificent Mount Buffalo.



**Tuesday 31st August**

## **Cycling the Yarra Trail**



A day of bike riding around the Yarra River is the perfect way to get some fresh air while enjoying the scenery. This will be a day that anyone can enjoy who has ridden a bike in the past, so come along and enjoy the bike paths right in our own backyard!



# September 2021 Programs

## Thursday 2nd September

### Dandenongs Dawdle - *Ideal for new participants*



Join us for a day exploring the Dandenong Ranges! We'll be walking through majestic forests and taking strolls through the towns in the area at an easy pace.



## Monday 6th - Friday 10th September

### Phillip Island Coastal Getaway



Phillip Island, known as "Millow!" by the Boonwurrung people is famous for its pristine sandy beaches, rugged coastline, and diverse wildlife. This 5-day experience will be filled with adventurous walks, relaxing beach time, wildlife sightings, healthy eating and social connection.



## Tuesday 7th September

### Riverside Walk - *Ideal for new participants*



The Macedon Ranges, less than one hour from Melbourne is a region that offers dramatic undulating landscapes, beautiful heritage gardens and expansive forests. Come and smell the fresh, clean air and rejuvenate on a gentle riverside walk in magnificent natural surroundings.



## Wednesday 8th - Thursday 9th September

### Toolangi Winter Walks - *Ideal for new participants*



Get out into the countryside and enjoy easy bushwalking in the stunning Toolangi State Forest. No bushwalking experience required. Walks are no greater than 5km on flat even surface with no steps or steep sections.



## Monday 13th - Friday 17th September

### Mount Beauty Winters Retreat



Escape the city and connect with nature; relax and unwind on this winter retreat. This adventure will take place in the Victorian high country where we will seek out leisurely walks, stunning views and enjoy each other's company.



# September 2021 Programs

**Thursday 16th September**

**Cycling the Yarra Trail**



A day of bike riding around the Yarra River is the perfect way to get some fresh air while enjoying the scenery. This will be a day that anyone can enjoy who has ridden a bike in the past, so come along and enjoy the bike paths right in our own backyard!



**Monday 27th - Tuesday 28th September**

**Torquay explore** - *Ideal for new participants*



Torquay is a coastal town with many opportunities to get outside and explore. During this program we can wander along some of the walking tracks around the town of Torquay. There are many choices such as leisurely foreshore walks that follow the beautiful coastline, or even forested creek walks that weave their way down to the ocean.



# October 2021 Programs

**Monday 4th - Friday 8th October**

**White Water Rafting Journey - Mitchell River**



A magnificent and adventurous white water rafting journey along East Gippsland's beautiful Mitchell River. We will enjoy the water, fresh air and the excitement of travelling through rapids in our trusty boats! Some rafting experience will be required.



**Tuesday 5th October**

**Jawbone Marine Park**



Come and enjoy a walk along some of Melbourne's most spectacular coastal reserves. From our starting point at Williamstown Beach, we will follow the Bay Trail as it follows the coastline west. We will spend some time admiring the Jawbone Marine Sanctuary, relaxing by the sea, and meandering at a leisurely pace to take it all.



**Wednesday 13th October**

**Dandenong's Sherbrooke Forest - Ideal for new participants**



Deep in the Sherbrooke Forest, you will find Sherbrooke Falls, where a little creek cascades into a delightful gully. Marvel at the tallest flowering plant (Mountain Ash), spot Lyrebirds, and enjoy lunch in this beautiful national park. Come ready for a beautiful outing that will inspire more adventures in the surrounding areas.



**Monday 18th - Friday 22nd October**

**Cycling the Warburton Rail Trail**



This leisurely, multiple-day, bike riding holiday along the Yarra Valley will loop around our retreat accommodation centre in Millgrove. Throughout the week, we will explore and ride different sections of the Warburton Rail Trail combined with the spectacular O'Shannassy Aqueduct Trail. While skills to ride a bike are essential for this program, activity level will be low to medium so that it accommodates a wide range of fitness levels.



**Monday 25th - Friday 29th October**

**Bogong High Plains Bushwalk**



Experience Victoria's most attractive alpine scenery and historic cattlemen's huts on this multi-day bushwalking adventure. Some fitness is required for the walk and a willingness to rough it for a few days. If you feel you're up for it, this is one of the most memorable trips in Victoria, if not Australia.



**Wednesday 27th October**

**Come & Try Surfing**



Let's hit the beach and catch some waves! This day is a great opportunity if you have never tried surfing before, or if it has been a long time in between sessions. We will select a beach that provides us with the best opportunity to get some friendly waves and work on our skills. All are welcome on this day trip as surfing is for everyone!



# November 2021 Programs

**Thursday 4th November**

**Camels Hump to Mt Macedon**



Join us for a bushwalk in the Macedon Ranges. We will follow a trail that winds its way through majestic forest from the amazing look out point of Camels Hump, to the iconic memorial cross at the top of Mt Macedon. This track is a lovely moderate bushwalk with some undulating sections. There are many points along the way to soak in the views and enjoy the walk.



**Monday 8th - Friday 12th November**

**Eildon Exploration**



Join us for an exciting program in the beautiful Central Victorian town of Eildon. We'll spend some of our days journeying by boat throughout the wonderful Lake Eildon, as well as enjoying the beautiful mountain scenery from nice walking trails in the area. Enjoy comfortable company while experiencing the area by foot and canoe!



**Wednesday 17th - Thursday 18th November**

**Coastal gateway - Ideal for new participants**



Escape the city and connect with nature; relax and unwind on this Phillip Island retreat. Activities will include easy walks and sightseeing.



**Thursday 18th November**

**Come and Try White-Water Rafting**



Ever been interested in trying some white-water rafting? The Upper Yarra River has a bunch of small to medium-sized rapids that are really fun and safe for beginners to learn the ropes. You'll be with expert instructors who have introduced countless beginners to the joys of white water paddling on this section of the river. It's a really great day out not too far from the city.



**Monday 22th - Friday 26th November**

**Grampians Rhythm & Music Holiday**



Be prepared to have some fun as we learn how to be part of a percussion group. Suitable for complete beginners to experienced musos. There's a place for everyone to shake, rattle & roll, learn some rhythms and be inspired. Staying in Halls Gap, right in the heart of the Wonderland region of the Grampians, we are in easy reach of many of the awe-inspiring places we can visit and walk through each day.



**Monday 22nd - Friday 26th November**

**Surfs up!!**



From our base down along the Great Ocean Road we will spend time surfing, boogie boarding and having fun in the water. There will also be opportunities to explore the local area with some land-based activities. This program will be suitable for everyone who is interested in learning a bit more about surfing and the ocean – from beginners to people who have enjoyed the stoke of a wave before!!



# December 2021 Programs

**Monday 6th - Friday 10th December**

**Gippsland Lake Holiday - Camp Coolamatong**



This multi-activity holiday will make the most of the Banksia Peninsula' many attractions that include canoeing, bike riding, and hiking around the local area.



**Monday 6th - Friday 10th December**

**Mt. Buffalo**



A multi-activity camp based at Mt Buffalo, this program will explore the beautiful natural spaces of this national park – scenic walks, canoeing on Lake Catani, swimming, and relaxing at the camp.



**Wednesday 15th December**

**Geelong Botanic Gardens and Eastern Beach** - *Ideal for new participants*

The Geelong Botanic Gardens sit atop a hill in Eastern Park and provides a home for an abundance of plant species from around the world. A shady oasis on a warm Summer's day, the Gardens and surrounding park provide many gentle walking options. We can also explore down to Eastern Beach and maybe even cool our toes off in the soothing saltwater.



## How to become involved

To get involved participants need to have a diagnosed mental health issue and be aged 16 and over and living in the North or East metropolitan region of Melbourne. Participants who have an NDIS plan are also eligible to apply.

### First step in registering with Out Doors

People who wish to refer someone or themselves to Out Doors must first fill out a Referral Form which can be downloaded from the website or by contacting our office. The completed form can be returned to us either in person, via email, post or fax. Contact details can be found on the back of this booklet.

### Invitation to Participant Information Session

Once the completed referral form is received, your details will be placed on a waiting list. When your name comes to the top of the list, Out Doors will invite you (and if relevant, your support person) to attend a short information session held at our office.

## Become a member

If you would you like to support Out Doors achieve its mission of providing affordable outdoor adventure and holiday opportunities to people living with a serious mental illness, then why not become a member. If you are already a member, we would love to receive your continuing support. Being a member of ODI enables you to attend and participate in our AGM, vote for new council members and to nominate yourself to stand for Council.



## 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-

 /outdoorsinc

17 Stubbs Street, Kensington VIC 3031  
t 03 9417 2111

e [indoors@outdoorsinc.org.au](mailto:indoors@outdoorsinc.org.au)

w [www.outdoorsinc.org.au](http://www.outdoorsinc.org.au)