



Program Calendar

October 2021



Introduction to October day programs

With the easing of restrictions in the coming weeks, we are excited to let you know that we are intending to commence day programs again in October!

Day Programs

Each program will have its own specific meeting point and is designed to be easily accessible by public transport. This is to help maintain physical distancing measures that are still in place and allow participants easier access to our trips.

Participants will need to have to bring:

- Lunch, snacks, and water for the day.
- Personal equipment for the day—rain jacket, sun protection, day bag
- Hand sanitiser, face mask
- Activity specific clothing (outlined on each specific program)
- Updated Personal information/Medical forms

Booking Process

Step 1: Please read through the Covid health info on the next page to ensure you are able to attend.

Step 2: Check the calendar for programs that are close to home which you would like to attend.

Step 3: Contact Out Doors Inc. via phone or email to express your interest in the programs you are interested in (PLEASE NOTE: an expression of interest does not mean you are confirmed on a trip).

Step 4: Out Doors Inc. will get in touch with you to confirm which programs you are confirmed on. We will do our best to get you on the trips you have selected, but this will depend on demand.

PLEASE only attend a program if we have contacted you and confirmed your place.

Program costs

QDC Participants: Program cost will be free of charge.

NDIS Participant: Will be charged 3 hours to their NDIS plan for each day program they attend. Please talk with your Support Coordinator or NDIS Representative for NDIS planning and ongoing support, and to discuss fund allocation. Support Coordinators can contact Gavin by e-mail (gavin@outdoorsinc.org.au) to arrange fund allocation to ensure ongoing program participation.

COVID-19 Information and Health Checklist

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

- **Regularly and thoroughly clean your hands**
- **Avoid touching your eyes, nose, and mouth**
- **Cover your mouth and nose when you cough or sneeze**
- **Avoid spaces that are closed, crowded or involve close contact**
- **Meet people outside. Outdoor gatherings are safer than indoor ones, particularly if indoor spaces are small and without outdoor air coming in**
- **Wear a mask (unless you have an exemption)**
- **Maintain 1.5m distance between each other**

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.

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

Prior to commencing all programs, you will receive a health checklist that you will be required to complete before you can start the program.

For the safety of all participants, staff, and the community, if you answer yes to any of the questions, we ask that you stay home and wait till you are well.

Questions on the Checklist will include:

Do you have any of the symptoms listed below (Yes or No)

1. **Fever**
2. **Cough**
3. **Shortness of breath / respiratory difficulties**
4. **Sore throat**
5. **Headache / Nausea / Vomiting**
6. **Congested nose**
7. **Have you been in close contact with someone who had tested positive for Covid-19 at the time?**
8. **Have you been diagnosed with Covid-19 in the past 14 days?**

Feel free to cut this page out and place it somewhere handy!

OCTOBER PROGRAMS 2021

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5 Royal Botanic Gardens	6 Cycling the Yarra River	7 Jawbone Marine Park	8	9	10
11	12 Canoeing on the Yarra River	13 Cycling Moonee Pond Creek	14 Gardners Creek Walk	15	16	17
18	19 Sandringham Beach Walk	20 Koroit Creek Walk	21 Lilydale Lake Explore	22	23	24
25	26 Dandenongs Bush Walk	27 Canoeing on the Yarra River	28 Royal Botanic Gardens	29	30	31

October

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Melbourne Royal Botanical Gardens

When: 5th and 28th October

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.



VENUE AND TIME:

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 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:

NDIS participants will be charged 3 hours to their NDIS plan.



Getting to Melbourne Arts Centre:

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"

Cycling Day

When: 6th and 13th October

Join us for a day of cycling through some of the best bike paths Melbourne has to offer! We will set off from Out Doors Inc on our bikes visiting trails such as the Inner Circle Rail Trail / Yarra River Trail (**Wed 6th**) and the Moonee Ponds Trail (**Wed 13th**).

We may get the opportunity to stop in some local points of interest along the way, so come along and explore Melbourne by bike with us! The paths will be generally well paved and with gentle elevation changes. For this trip you must be able to ride a bike but will not require a high level of skill to enjoy this day.

VENUE AND TIME

Start / Meeting Point: Meet at Out Doors Inc. 11 Stubbs St, Kensington at 9:30 am (10:00 am latest)

Finishing: Wrapping up the day back at the ODI office around 1:30-2:00 pm.



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:

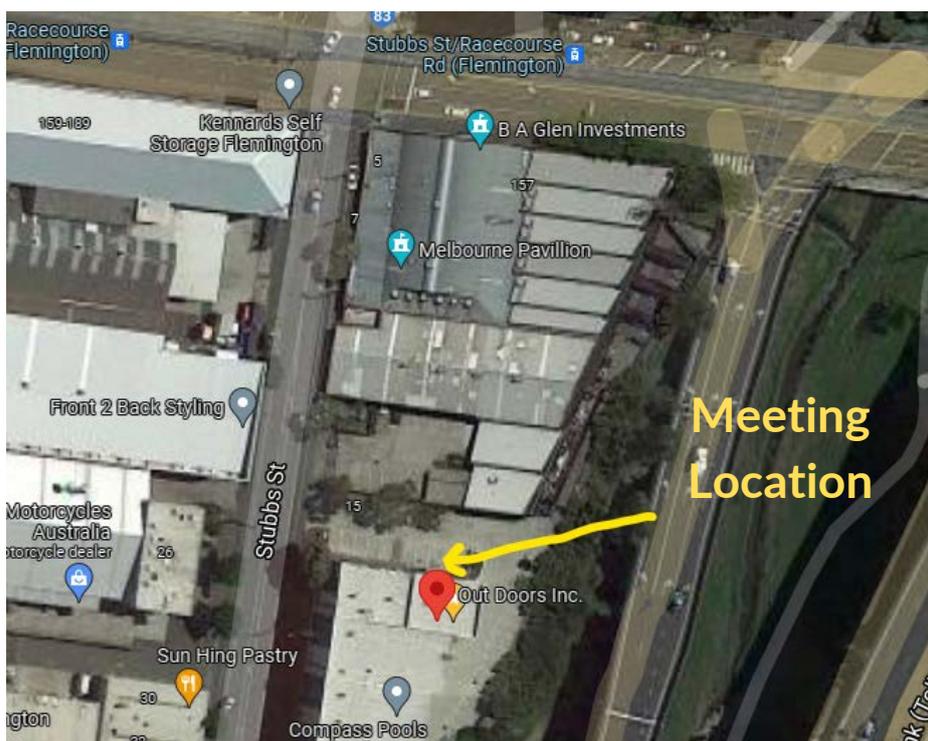
- 2 Program staff
- First Aid Kit, bike, helmet, high visibility vest, extra water

COST:

- NDIS participants will be charged 3 hours to their NDIS plan

Public Transport Access:

Flemington Bridge Station - Upfield Line
Macaulay Station - Upfield Line
Kensington Station - Craigieburn Line
Tram 57 West Maribyrnong - Stop 23/Stubbs St



Williamstown Coastal walk

When: 7th October

Come and enjoy a walk along some of Melbourne's most spectacular coastal reserves. From our starting point at Williamstown Train Station we will follow the coastline west past Williamstown Beach and the into the Jawbone Marine Sanctuary and Flora and Fauna Park. We will then return to Williamstown Beach Train station as our finishing point.



VENUE AND TIME

Start / Meeting point: is Williamstown Station. We will be meeting at 10:00am and departing on the walk at 10:30am. Out Doors Inc. representatives will be waiting at the station carpark.

Finishing: 1:30pm (approx) at Williamstown Beach Station. For those that are coming by car, we will continue on to our start point at Williamstown Station.

WHAT TO BRING:

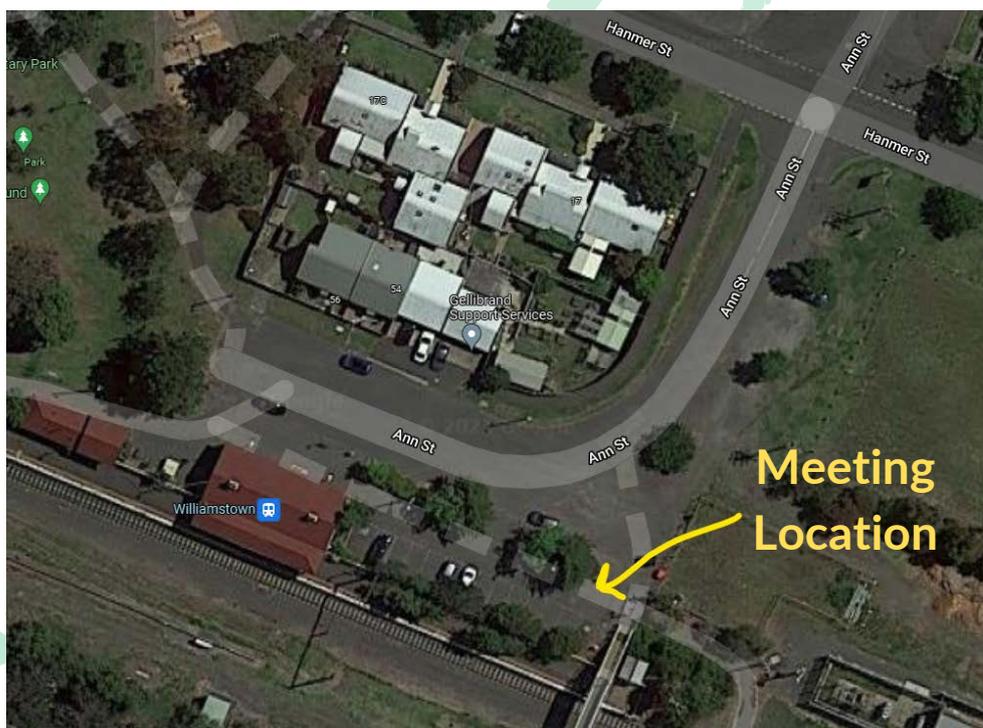
- BYO lunch + snacks
- Water bottle (at least 1 litre)
- Waterproof Rain Jacket (we won't provide these)
- Hat
- Medication e.g. asthma puffers

OUT DOORS INC. WILL PROVIDE:

- 2 Program staff
- First Aid

COST:

- NDIS participants will be charged 3 hours to their NDIS plan



Public Transport Access:

Williamstown Station is the last stop on the Williamstown Line. Due to All day car parking is available at the station if you would prefer to drive.

Canoeing on the Yarra River

When: 12th and 27th October

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.

VENUE AND TIME:

Start / Meeting Point: at 10am by the Studley Park Boathouse. ODI Staff and Signage will be present upon arrival near the Studley Park Boat House.

Finishing: We will wrap things up at Studley Park Boathouse and will be finished around 1:30pm.



WHAT TO BRING:

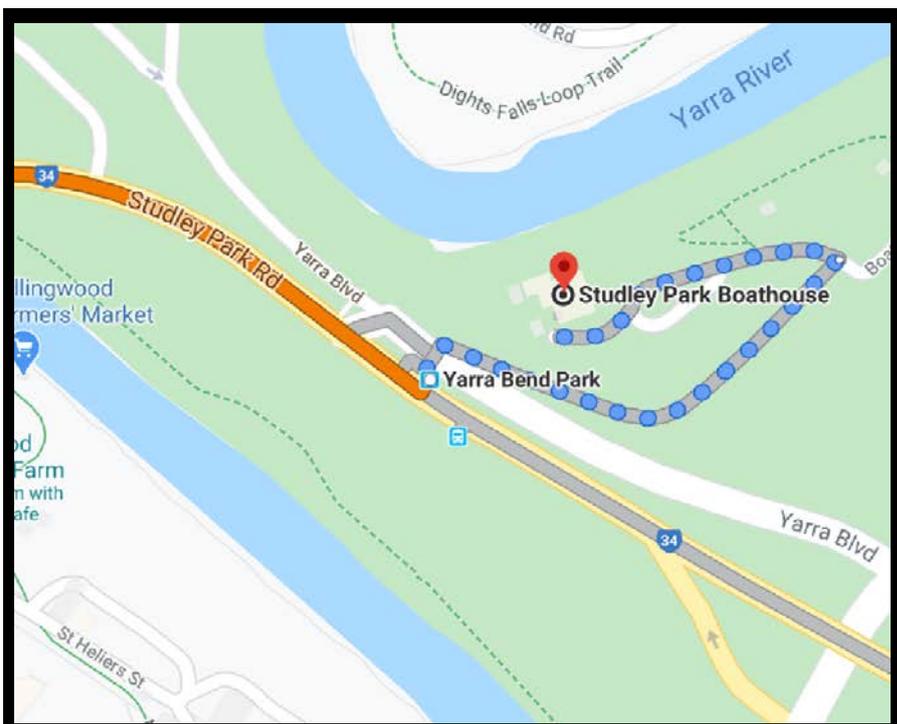
- Lunch and snacks
- Water bottle (at least 1 litre)
- Comfortable clothing (happy to get wet potentially)
- Towel
- Shoes that can get wet
- Rain jacket / sun protection
- Medication e.g. asthma puffers, etc

OUT DOORS INC. WILL PROVIDE:

- First Aid
- All canoeing equipment

COST:

NDIS participants will be charged 3 hours 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.

Gardiners Creek Trail Walk

When: Thursday 14th October

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 AND TIME:

Start / Meeting point is East Malvern Train Station. We will be meeting from 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).

WHAT TO BRING:

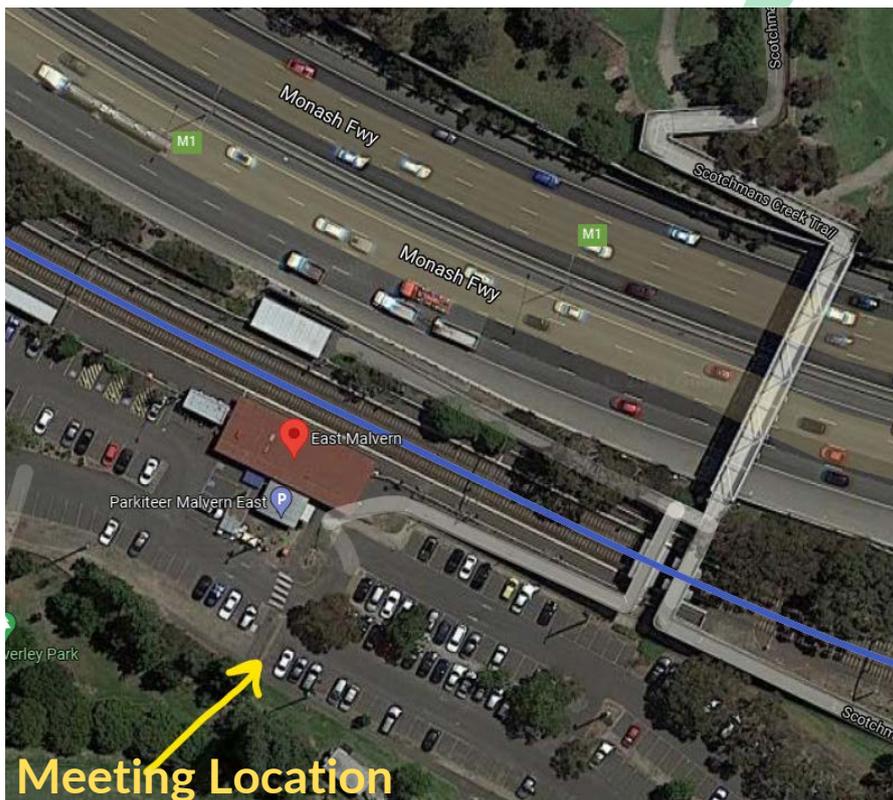
- Lunch and snacks
- Water bottle (at least 1 litre)
- Comfortable clothing
- Shoes / boots suitable for walking
- Rain jacket / sun protection
- Medication e.g. asthma puffers, etc

OUT DOORS INC. WILL PROVIDE:

- First Aid

COST:

NDIS participants will be charged 3 hours to their NDIS plan.



Public Transport Access:

East Malvern Station is on the Glen Waverley Line. All day car parking is available at the station if you would prefer to drive.

Sandringham Coastal Walk

When: 19th October

Springtime in the city is fine, but Springime 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.

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 just outside the station in the car park. 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.



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

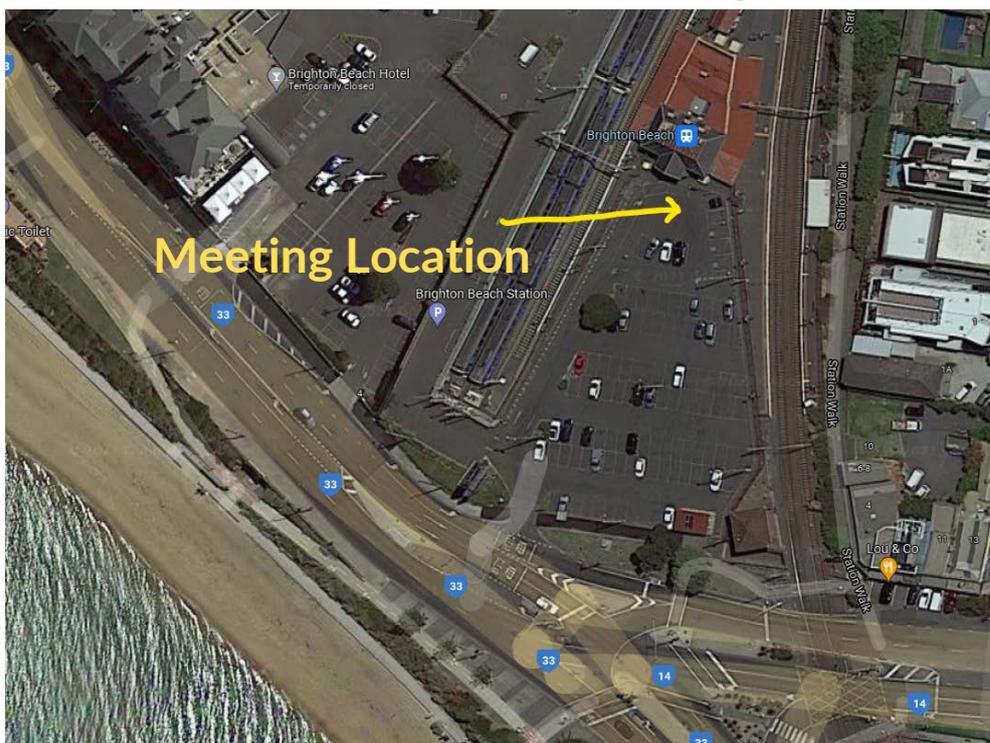
OUT DOORS INC. WILL PROVIDE:

- First Aid

COST:

NDIS participants will be charged 3 hours to their NDIS plan.

Meeting Location



Kororoit Creek Walk

When: 20th October

The trail that follows Kororoit Creek is pleasant, quiet, and full of birdlife. This trail follows the creek for over 20kms yet the section we will walk is the most scenic as it avoids the industrial areas and busy spots. From Sunshine train station we will walk about 600m until we get to the trail, after that its all greenery and nice views. As you walk up the Kororoit creek you will cross a few bridges, duck under overhead passes and enjoy the many birdsongs in this quite nook.



VENUE AND TIME:

Start / Meeting point: Please meet in Sunshine Train Station Car Park #2 @ 10:00am. Staff will be waiting in the car park on the western side of the train tracks in an easy-to-spot location. (See map below)

Walk finishing: We will finish the day back at the station around 1:30pm

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:

NDIS participants will be charged for 3 hours to their NDIS plan.



Lillydale Lake Walk

When: 21st October

Come and join the ODI crew out for an enjoyable half day at the Lillydale Lake. The walk from Lillydale 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.



VENUE AND TIME:

Start / Meeting point: Meet at Lillydale Train Station at 10:00am (10:30am latest)

Walk finishing: Walk back to Lillydale Train Station for approx. 1:30pm finish

WHAT TO BRING:

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

OUT DOORS INC. WILL PROVIDE:

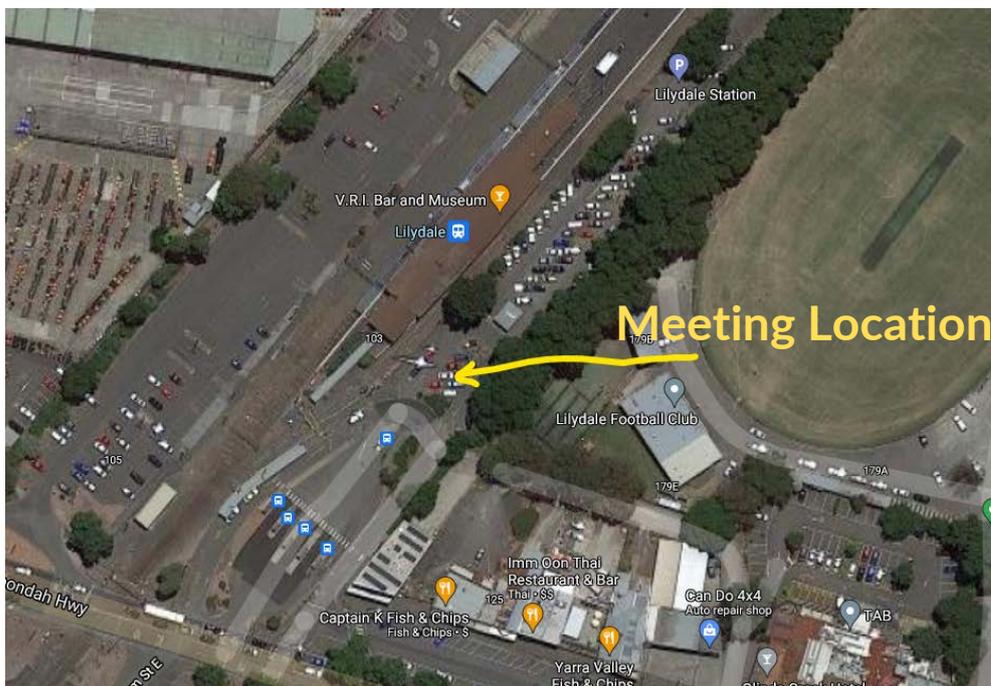
- 2 Program staff
- First Aid Kit

COST:

NDIS participants will be charged 3 hours to their NDIS plan

Public Transport Access:

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



Belgrave Walk - Dandenongs

When: 26th October

Come ready for a beautiful outing in some of the best forests 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!



VENUE AND TIME

Start / Meeting Point: At 10:00am will be meeting outside the train station on the southside car park where ODI staff will be waiting. See image below

Finishing: We will finish up the walk around 1:30pm back at the Belgrave Station

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:

NDIS participants will be charged 3 hours 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

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