

 OUT DOORS INC.®

Program Calendar

July-December 2022



www.outdoorsinc.org.au



Program Calendar Information

Key changes from the previous 2021 Calendar:

- All programs require an invitation sent by ODI Staff after reviewing your expression of interest.
- Most programs start and end at the Out Doors Inc. office - 11 Stubbs Street, Kensington.
- For most of the programs, we will be providing transportation in our ODI buses.
- Food will be provided on all programs.

Day trips / New Participant Days

These programs are the first step for new participants and are designed to provide an insight into the types of activities that are available. This is also an opportunity for new/ existing participants to get to know the staff and other participants and are designed to suit a wide variety of abilities. Program location is often only a short drive from Melbourne to maximize time spent outdoors.

Overnight / Multi-Day Programs

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

Overnight programs are a great way to get away from the city for a few days, to have a more in-depth go at some of the activities that we run, and enjoy connecting with other group members while exploring some amazing outdoor environments. 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.

How to get enrolled on a program

Step 1: Read through the calendar to find programs that suit your needs, preferences, and availability. Use the expression of interest form and make note of the programs you would like to express interest in. If you also receive Personal and Medical Information forms to be updated, please ensure this is done to be eligible for any programs you are interested in attending.

Step 2: Contact Out Doors Inc. via phone, email, or post to express your interest in the programs you wish to attend. An Expression of Interest (EOI) form is attached and comes with a pre-paid return envelope.

Step 3: Out Doors Inc staff will then contact you to confirm you have up-to-date medical forms and a current service agreement (NDIS only -info on the following page). Once these details are current, ODI staff will send you a program invitation that will include program specifics and the date of the planning meeting.

Step 4: Once enrolled, refer to your program invitation for key information and contact us should you have questions or if you can no longer attend the program.

NDIS Service Agreement Info

(Not applicable for QDC Funding)

In order for you to attend our programs, it's required that we have a signed and completed service agreement. If you are accessing our services with NDIS funding then it's important that you understand the process outlined below.

Please note: It's important to include your NDIS support worker/coordinator in this process as they will be able to assist you with access to the quoting tool online and will have an understanding of your NDIS plan.

Step 1:

Use the NDIS fee calculator on our website (<https://www.outdoorsinc.org.au/how-can-i-participate/ndis-services/>) to create a quote for the desired programs. Please include all programs you would like to attend for the duration of your current NDIS plan.

Step 2:

Once you have created the quote, please email the following to intake@outdoorsinc.org.au

- Attach quote for the requested services.
- Attach goals from your Participant NDIS Plan that our programs can address.

Step 3:

Once Intake has received your quote, a draft service agreement will be created and provided to you and your NDIS Support Coordinator. This will be provided to you to sign when you next attend a program with Out Doors Inc.

For New Participants - How to get involved

The best place to get all the information you need as a new participant is on the website link below. Here you can follow all the steps required to get ready for programs.

www.outdoorsinc.org.au/how-can-i-participate/individuals/

NB: Please note that this calendar is correct at time of printing but is subject to change.

COVID-19 Information

In order to protect participants and staff, Out Doors Inc. is taking a number of practical steps to prevent and minimize infection. While attending an activity you should:

- Regularly and thoroughly clean your hands
- Avoid touching your eyes, nose, and mouth
- Cover your mouth and nose when you cough or sneeze
- Avoid or limit time spent in spaces that are closed, crowded, or involve close contact
- Wear a mask (unless you have an exemption) in all indoor spaces, including vehicles
- Maintain 1.5m distance between each other
- Let us know if you start developing symptoms

Stay at home 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 and you have received a negative Covid-19 test.

If you have been in contact with a confirmed case of Covid-19 follow relevant Department of Health guidelines and advise Out Doors Inc. prior to attending for a program.

Vaccine Status

Out Doors Inc. follows all relevant Victorian Government Health Directions, including in regards to vaccine requirements for staff and participants.

We cannot and will not force you to reveal your vaccination status or force you to receive a vaccine. It is within your rights to refuse to tell Out Doors Inc. of your status and refuse to undergo vaccination.

We will collect vaccination status details from the participants who are willing to share them.

Under relevant privacy legislation, a person's vaccination status is sensitive personal information. We are committed to protecting your privacy and processing your Personal Information fairly and lawfully. Further information about how Out Doors Inc. defines and manages Personal Information is available in our Privacy Policy on our public website.

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.



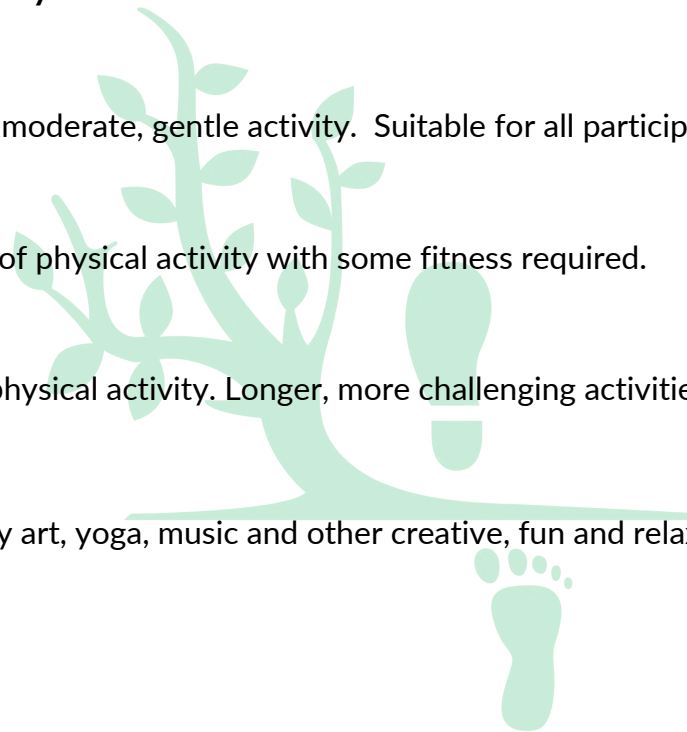
Medium level of physical activity with some fitness required.



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



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



July

Tuesday 5th July

Lerderderg Gorge

Enjoy a day trip to the beautiful Lerderderg Gorge. The Lerderderg river flows through the park creating a sanctuary for wildlife and is a wonderful spot for a picnic. Close to, but far from the hustle and bustle of Melbourne.



Wednesday 13th - Thursday 14th July

Ballarat Overnight - *Ideal for new participants*

Join us for a getaway to the Goldfields region, with the opportunity to explore cascades, parklands and quaint towns, renowned for its history and natural beauty.



Thursday 21st July

Westerfolds Park Walk - *Ideal for new participants*

Get away from the hustle and bustle and experience some refreshing tranquillity. Westerfolds Park is a large area situated by the Yarra River, offering lots of scenic walking tracks where you may see many bird species, kangaroos, wallabies, possums, echidnas, wombats and fruit bats.



Monday 25th - Friday 29th July

Daylesford Winter Wellbeing Week

A week in the quaint town of Daylesford where we will focus on rejuvenation. Staying in the cosy Boomerang Ranch, we will explore the local bush lands, enjoy country towns and create nourishing food.



Tuesday 26th July

Come and Try Mountain Biking

Set at the You Yang's Regional Park, spend the day exploring the Kurrajong Plantation on a mountain bike. This day is a great opportunity for participants to develop their bike riding skills and experience the freedom of riding off the beaten track. As long as you can ride a bike, this day will be for participants with a love for adventure.



August

Monday 1st – Friday 5th August South Gippsland Explore

Spend the week in the most southern part of Victoria connecting with nature. With our accommodation based close to Wilson's Prom, participants will have lots to see and do out on day trips to the surrounding area. Pack your walking shoes and day pack for this adventure.



Monday 1st – Friday 5th August Phillip Island

Phillip Island, known as "Millowl" by the Boonwurrung people is famous for its pristine sandy beaches, rugged coastline, and diverse wildlife. A relaxed trip with some easy walks, good food, and good company.



Wednesday 10th August Heide Art Walk - *Ideal for new participants*

Wandering through Banksia Park and the nearby sculpture park at Heide Museum of Modern Art are a great way to spend a day outdoors in Winter. Join us for a walk through these two parks as we explore trails along the banks of the Yarra River and then the many installations that await us throughout the sculpture park.



Thursday 11th August Mount Macedon

Take in the spectacular views and experience a lovely walk that winds gently downhill through the beautiful Macedon Ranges. Enjoy a group lunch and return to Out Doors in time to beat the peak hour traffic.



Monday 15th – Friday 19th August Canoe Journey

Join us for a 5 day camp and canoe experience on the Murray river. We will journey down the Murray river, camping each night on the banks of the river, cooking dinner, sharing stories by the campfire and soaking up the magic of the mighty Moorundie.



August

Wednesday 17th – Thursday 18th August

Winter in Warburton - *Ideal for new participants*



Come along and discover picturesque Warburton and its surrounds in winter. A relaxing overnight trip perfect for newcomers to the Out Doors family.



Monday 22nd – Friday 26th August

Mount Beauty Art Holiday



Come and immerse yourself in the peace, serenity and beauty of Mt Beauty and the stunning Alpine National Park. We will be staying at 'Arby's Place,' situated below Falls Creek in the Kiewa Valley. Each day we will explore highlights of the region, enjoy log fires in the evenings and create nature inspired art. No experience is necessary only a willingness to try something new, interesting and fun.



Wednesday 31st August

Dandenong Ranges Amble



See out the last day of winter up in the mountains. A short drive to the Dandenong Ranges, participants will spend the day socialising while exploring this botanically rich space. Bushes flowering and animals busy preparing, it's a sign Spring is near!



Monday 29th August – Friday 2nd September

Grampians and Mount Arapiles Adventure



Come spend the week exploring the beauty of the Grampians and Mount Arapiles! With so much to see and explore, we will discuss activity options such as walking, biking, climbing and abseiling. This week will be filled with adventure and welcome to anyone who is up for a little challenge.



September

Monday 12th - Friday 16th September



Toolangi

Come and enjoy this rural village on the road from Healesville to Kinglake. This trip offers good food, good company and wonderfully beautiful nature. Explore the area on foot, taking in the scenery of the rainforests and towns.



Wednesday 14th September



Yarra Bend Park Canoeing - Ideal for new participants

A day trip suitable for all levels of expertise and experience. Come spend the day enjoying the tranquil waters of the Yarra River by the Studley Park Boathouse.



Monday 19th - Friday 23rd September



Winter Wonderland

Come and experience the winter wonderland of Mt Beauty and alpine regions. We will spend two days learning to cross country ski and snow shoe in the Falls Creek region, whilst returning to our warm and comfortable accommodation each evening to rest and recharge. *(Activities for this program are weather dependent).*



Monday 26th September



National Rhododendron Gardens - Ideal for new participants

Described as the jewel of the Dandenong Ranges, the National Rhododendron Garden highlights the ever-changing seasonal landscape across 103 acres. Always colourful and vibrant, with breathtaking views over the Yarra Valley, it is a year-round delight to explore throughout kilometres of winding pathways.



Wednesday 28th - Thursday 29th September



Torquay Coastal Getaway - Ideal for new participants

Torquay is a coastal town with many opportunities to get outside and explore. There are many options for walking tracks taking us along beaches, rivers or into the surrounding forests. We will also take some time to check out some of the points of interest in the township.



October

Tuesday 4th October

You Yangs

A medium-level bushwalk around the amazing granite peaks of the You Yangs. Great views across the landscape taking in Geelong and Melbourne are part of the reward.



Monday 17th – Friday 21st October

Mornington Peninsula Drumming Holiday

Stomp your feet, clap your hands, play an instrument and learn how to be part a great percussion ensemble. Each day we will also get out and about on many enjoyable walks to experience some of the beautiful places this diverse region has to offer.

So, if you like to have fun, shake, rattle and roll, then come along. This is the trip for you!



Monday 17th – Friday 21st October

Rafting on the Mitchell River

The Mitchell is a wild and remote river in east Gippsland, perfect for an adventurous white water rafting experience. A regular on the Out Doors calendar, this trip is memorable both for it's stunning scenery and for the friendships built. *Prior experience paddling recommended.*



Monday 24th October

Bike Riding Day

An easy bike riding day around the Maribyrnong River is the perfect way to get some fresh air and to develop skills while enjoying the scenery. *Note: You do need to be able to ride a bike.*



Monday 24th – Friday 28th October

Surf Coast Explore

Based in Torquay, we will set off and explore the beautiful beaches, waterfalls and viewpoints the Surf Coast has to offer. We will be spoilt for choice when it comes to activities, so keep in mind that this program will be suitable for most folks.



October

Tuesday 25th – Wednesday 26th October



Brisbane Ranges Getaway Walks - *Ideal for new participants*

Come and join us for a night away in the Brisbane Ranges. The area has an abundance of things to do – exploring areas such as Anakie Gorge, admiring the diversity of the wildflowers, or wandering through some of the historic sites such as Steiglitz.



Thursday 27th October







Ceres - *Ideal for new participants*

Join us on a tour of Ceres Community Environment Park followed by a picnic and wander on the banks of the Yarra River.






November

Wednesday 2nd – Thursday 3rd November  to   
Come and Try Camping - *Ideal for new participants*

Join us on this overnight trip where you can try camping at one of Melbourne's best kept secrets. Based at Point Leo in the Mornington Peninsula, participants will have the opportunity to experience and develop their camp-craft skills. A great way to ease yourself into a more challenging experience in the outdoors.



Monday 7th – Friday 11th November   
Rail Trails and Bike Paths


Within a 2 hour drive from Melbourne, the Warburton Valley will give us plenty of time to make the most of our days. Our base will provide the perfect place to explore and enjoy this beautiful area by bike along the many paths and rail trails. *Ability to ride a bike is of course essential.*



Tuesday 8th November  
Come and Try Surfing

Learn to surf. 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.



Thursday 10th November 
Royal Botanic Gardens - *Ideal for new participants*

Ideal day trip for new participants and existing! The Royal Botanic Gardens is filled with incredible plant species and spectacular picnic spots. Come join us for a mellow, social day in one of the finest parks in Melbourne.



Thursday 17th November 
Point Cook Marine Sanctuary - *Ideal for new participants*

Enjoy and explore narrow sandy beaches, rocky reefs and mud flats, together with a huge diversity of marine and coastal life. If we're lucky there's a chance we may even come across pods of bottlenose dolphins.



November

Monday 21st – Friday 25th November



South West Victoria

Explore the wild southwest of Victoria as we wander along the coast of the greater Warrnambool region, with the chance to visit, volcanoes, historic towns, significant indigenous sites and enjoy the tranquility of the region.



Tuesday 29th – Wednesday 30th November



Yarra Ranges Overnight Break- *Ideal for new participants*

Staying in a beautiful spot among the tall mountain ash of Toolangi, we will explore some highlights of this region . Get away from the hustle and bustle and experience some refreshing tranquillity.



December

Monday 5th – Friday 9th December

Surfs Up!

Surfing from our campsite 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!!



Monday 5th – Friday 9th December

Adventure in Licola

Licola is the gateway to the High Country. We'll enjoy experiences from paddling on the Macalister River, to walks in the alpine meadows of the High Country, and if warm, perhaps even a swim. There's so much to do.



Monday 12th – Friday 16th December

Wilson's Promontory

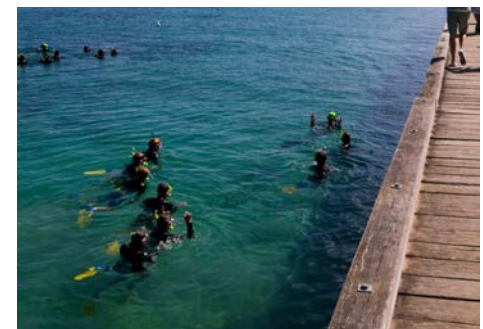
If you're fond of sand dunes and salty air....quaint little coves here and there? Then come and share some walks with us in the beautiful scenery of 'The Prom'. This trip will be a chance to experience the best aspects of The Prom, such as, scenic walks, viewing wildlife or simply relaxing on the beach.



Tuesday 13th December

Come and Try Snorkelling in the Bay

Come and join us for an underwater explore of marine life in the bay. Your leaders will teach you how to snorkle and take you on a tour. *Please note you must be able to swim 50m comfortably to participate in this activity. Activity is weather dependent. Wetsuits and snorkle equipment provided.*




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.








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