

 OUT DOORS INC.®

Program Calendar

Jan-Jun 2023



www.outdoorsinc.org.au



Program Calendar Information

- 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.
- **All programs require an invitation sent by ODI Staff after reviewing your expression of interest.**

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 a Personal Information form to be updated, please ensure this is done to be eligible for any programs you are interested in attending.

Step 2: Express your interest in the programs that are suitable by using the Expression of Interest (EOI) form. Then contact Out Doors Inc. via phone, email, or post to express your interest in the programs you wish to attend. An EOI form is attached for you to fill in.

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

Step 4: Once you've received the invitation, confirm your place on that program, by contacting Out Doors Inc. via phone, email, or post to enrol.

Step 5: 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.

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.

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
- Maintain 1.5m distance between each other
- Masks will be supplied by Out Doors and available for participants on all programs. While masks are optional, participants are encouraged to wear them while travelling in ODI vehicles, indoors in public spaces and outside in crowded places where they can't physically distance.
- 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 a program.

January

Tuesday 24th January



Melbourne Day Out - *Ideal for new participants*

Join us for a day of discovering our Nation's cultural heartland. So often, we forget to discover our own backyard, and Melbourne has so many gems to discover and enjoy. We will tour various museums and art galleries, wander through the alleyways, discovering street art and various places that can often be overlooked. *This will be a gentle paced program, suitable for all levels of fitness and suitable for new participants.*



Wednesday 25th January



Dandenong Day - *Ideal for new participants*

Escape from the hustle and bustle of the city by joining us for a day out in the Dandenong Ranges. Walk beneath towering ferns and ancient trees. Take a deep breath and enjoy the charming townships, pristine waterfalls and peacefulness of one of Melbourne's most iconic day trip destinations.



Monday 30th- Tuesday 31st January



Bound for the Bellarine

Based out of Queenscliff, we will make the most of this short trip exploring the best of what the Bellarine Peninsula has to offer. Think of coastal walks, pristine beaches, and lighthouses. Expect easy day walks, refreshing sea breezes, and marine life spotting.



February

Wednesday 1st - Thursday 2nd February

Mornington Peninsula Amble

With the peninsula at your feet, this two-day program is a great introduction to Out Doors overnight experience. As a group we will explore the natural wonder of the hinterland and the coast, making use of the amazing walking paths and tourist highlights in the area. *Ideal for new participants, or those who want a slower pace.*



Thursday 2nd February

Christmas Hills Escape – *Ideal for new participants*

Come and stretch your legs on one of the many walking trails located at Sugarloaf Reservoir, nestled within the Christmas Hills Northeast of Melbourne. Learn about the significance of the dam as we wander around its banks and enjoy a picnic lunch together. We are likely to see lots of kangaroos and other native wildlife!



Monday 6th - Friday 10th February

Snowy River Adventure

A program based on the edge of the Snowy River National Park, this multi activity camp will involve rock climbing/abseiling, caving and a river journey.



Monday 13th - Friday 17th February

Phillip Island Holiday

We love going to Phillip Island and it is easy to see why. Phillip Island offers plenty of wonderful coastal sights – boardwalks, beaches, marine life sightings. There is also plenty of bushland and parks in the region to explore and enjoy. We will have a lovely beach house to base ourselves for the week and make the most of our days exploring all the great outdoors the island has to offer.



February

Wednesday 15th February



A Day by the Bay! – *Ideal for new participants*

Come and join us for a wander along part of the Bay Trail – the point-to-point walking trail that follows along part of Port Phillip Bay. The walk is a popular trail that provides great views of the bay and the coastline. You might even choose to feel some sand between your toes!!



Wednesday 22nd - Thursday 23rd February



Ballarat and Beyond!

Calling all star gazers! Come and join us for two days of exploration and adventure in Central Victoria where we will walk in native forests, seek out mineral springs and explore historical gold rush towns all before we pay an evening visit to the Ballarat Observatory for an immersive interstellar experience!



Thursday 23rd February



Living Museum of the West – *Ideal for new participants*

The Western suburbs of Melbourne have been through tremendous changes in the last century, and there are many hidden and living histories still within the community. On this day trip we will visit the Living Museum of the West, located on the shores of the Maribyrnong River. We will also be exploring the wetlands and parks that make this an important river corridor.



Monday 27th February - Friday 3rd March



Otway's Getaway

Walk amongst tall gums, ancient plant life and giant tree ferns. This immersive experience will bring you back to nature. Based in the temperate rainforests close to the coast, the Otway's will be your home for the week. Time will be spent exploring trails that lead to waterfalls or pristine beaches. *Ideal as your first 5-day program or those who would like to reconnect with nature.*



Monday 27th February - Friday 3rd March



Bellarine Peninsula – Water Camp

The Bellarine Peninsula provides plenty of options for getting into the ocean waters and having fun through different activities. We will base camp for the week and choose from different activities such as surfing, snorkelling and swimming based on the weather and what the group would like to do.



March

Monday 6th - Friday 10th March 
Arapiles Multi-Activity

A multi-activity camp based at Mt Arapiles, this program will include rock climbing and other outdoor activities which explore the beautiful natural spaces of this state park.



Wednesday 15th - Thursday 16th March 
The Bendigo Express

On this overnight trip, we will visit popular parklands located within Bendigo and surrounds. We will stay overnight in Axedale, and as we drive through, we will also make pitstops along popular outdoors spots in Central Victoria.



Monday 20th - Friday 24th March 
Wilson's Prom Getaway

Come and enjoy the panoramic views, iconic beaches and granite sea cliffs of the most Southern tip of mainland Australia. We will base ourselves in comfortable accommodation in the nearby town of Fish Creek before we journey in to explore the crown jewel of Victoria's Parks.



Monday 20th- Friday 24th March 
Goulburn River Canoe Journey

Join us for a journey along one of Victoria's less discovered rivers. Surrounded by National Park and state forest, this adventure promises diverse wildlife, unique environments and riverside camping. We will be paddling the lower section of the Goulburn so we won't be tackling rapids but a moderate level of fitness is advised.



March

Tuesday 28th March



Serendip Sanctuary - *Ideal for new participants*

Serendip Sanctuary is a little pocket of natural wonder located just on the outskirts of Geelong. We will see a large variety of native wildlife and birdlife that calls this sanctuary home. It is a great day out for easy walks and wildlife spotting.

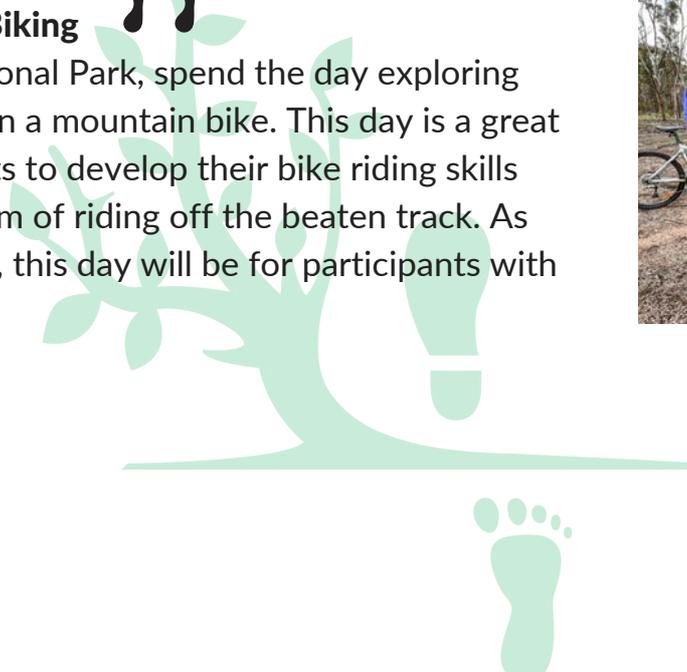


Thursday 30th March

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.



April

Monday 3rd – Thursday 6th April   

Yarra Ranges

Take time out to explore spectacular mountains, ancient remnant rain forests, running rivers and impressive reservoirs. We'll be staying in a cosy cottage in Warburton East surrounded by colourful gardens with exotic trees, native bush and animals. We'll spend our time enjoying some of the many walking tracks and townships in this beautiful part of the Yarra Ranges.



Tuesday 4th April

Blue Tongue Bend Challenge



Join us for a moderately challenging bushwalk in Warrandyte State Park, where we will tackle the Blue Tongue Bend Trail. This trail offers riverside views of the Yarra, an array of inspiring birdlife the potential to see an echidna or even a platypus. Some paths are narrow and there are steep sections on this trail.



Wednesday 12th April 

Heide Sculpture Park – *Ideal for new participants*

Join us for a day out at The Heide Gardens and Sculpture Park. The park has over 30 artworks permanently displayed and have been made purposefully to endure in the gardens. We will wander the park, reflect on these beautiful works and enjoy a picnic lunch together under the shade of some native Eucalypts.



Wednesday 12th - Thursday 13th April

Central Vic - The Southern Express



Central Victoria is a popular destination for outdoor and cultural exploration. On this overnight trip we will focus on the Southern townships of the region, including Macedon, Woodend, Trentham and Daylesford. Expect easy bushwalks, waterfalls and mountain lookouts on this short trip.



April

Thursday 13th April

Kokoda Track Memorial Walk



Join us for a day of challenging yourself and improving your fitness on one of Melbourne's most iconic bushwalks.

This walk incorporates 1000 steps, departing from Ferntree Gully, the walk ascends through lush rainforest, the chance to see lyrebirds and rewarding views at the top. There is also a gentler option of walking the Ramblers Track Loop, enjoying the remnant old growth forest.



Monday 17th - Friday 21st April

Lakes Entrance Nature Retreat



Experiencing the natural beauty that East Gippsland has to offer, this week you will have the opportunity to reap the benefits of being close to nature. Based on the Banksia Peninsula, the group will explore Lakes Entrance and the surrounding areas. On this trip there will be an opportunity to explore the lake on canoes and hiking in some pristine environments. Want to challenge yourself in the outdoors, then this is the program for you!



Wednesday 26th April

Water time at URBNSURF



URBNSURF is a fantastic facility based in Melbourne's North-West. It is a wave pool that generates lots of different waves and provides a perfect location to try out surfing or body boarding. We will be surfing on some beginner friendly waves so feel free to come along and give it a try if you haven't before!!



Wednesday 26th - Thursday 27th April

Coastal Getaway



Ideal for new participants and those wanting a short getaway from the daily routine of the city. Come out and get a breath of fresh sea air on this easy-going overnight night trip to the historic seaside village of Queenscliff. Situated at the entrance to Port Phillip Bay and surrounded on three sides by water, it features lots of sandy beaches, rocky outcrops and interesting maritime history.

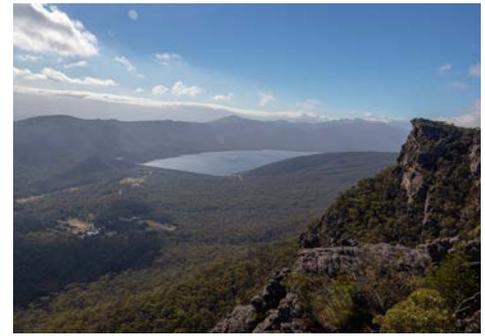


May

Monday 1st - Friday 5th May

Grampians Getaway!

Join a group of fellow adventurers for a week away in the glorious Grampians (Gariwerd) in Western Victoria. This trip is for serious bushwalkers and for those who love camping. We will be tackling some of the park's most iconic trails, practising our navigation skills and learning about the indigenous history of this glorious location.



Monday 1st - Friday 5th May

Mt. Beauty

Nestled at the bottom of the Victorian Alps, Mt Beauty is a great base to explore the area. Potential activities include general sight-seeing, town visits and walks up in the Alps.



Wednesday 10th May

Come and Try White Water Kayaking

Experience a great day paddling the white waters of the upper Yarra River. On either inflatable kayaks or rafts you and the group will learn how to paddle and navigate this river throughout the day. Have lunch on the banks of the Yarra along the way while you exchange stories about your adventures. All safety equipped will be provided, you will just need to bring a change of clothes, a towel, and your spirit for adventure.



Monday 15th - Friday 19th May

The Three Gorges Walks

Come along as we combine three of the most amazing walking locations to the West of Melbourne into a fun-filled week. Anakie Gorge, Lerderderg Gorge and Werribee Gorge are all scenic locations to explore by foot. We will be walking and exploring by day, and returning to our comfortable accommodation for a rejuvenating meal and shower each evening.



May

Monday 15th - Friday 19th May

Gariwerd (Grampians) Drumming Holiday



If you like awe inspiring nature, social connectivity, music and fun learning challenges, then this is the trip for you. Come and spend a few days experiencing the world-renowned Grampians (Gariwerd) National Park. We'll be staying in the heart of the Wonderland region in Halls Gap. Each day we'll take some time to enjoy vibrant drumming sessions and build our skills in playing together with fun group games and exercises, then get out and explore the Grampians for the rest of the day.

Suitable for complete beginners to experienced musos - we'll be learning how to build rhythms together in interesting and fun ways. Hand drums and percussion will be provided.



Monday 22nd- Friday 26th May

Mt. Cole Multi-day Hike



Join us for one of the top 10 walks in Victoria!

It has been a while since we ran a multi-day hiking option and what a better place to start than one of the most beautiful walks around. Mt Cole, or Burrumbeet, offers stunning scenery, with views of western Victoria, walks alongside freshwater creeks, waterfalls, old growth forests and plenty of opportunity to spot wedge tailed eagles and wallabies. We will be camping in tents, bush cooking and enjoying the simplicity of an on foot adventure.

Please note this is a 3 foot program so suitable levels of fitness are required.



Tuesday 23rd May

Christmas Hills Escape – *Ideal for new participants*

Come and stretch your legs on one of the many walking trails located at Sugarloaf Reservoir, nestled within the Christmas Hills Northeast of Melbourne. Learn about the significance of the dam as we wander around its banks and enjoy a picnic lunch together. We are likely to see lots of kangaroos and other native wildlife!



May

Monday 29th – Tuesday 30th May

Central Vic – the Northern Express

There is a lot of history that runs through the townships in the Central Victorian region. On this overnight trip we will explore the parklands and historical spots in Castlemaine, Maldon and Daylesford. We will go on easy bushwalks and learn about the gold mining history of the area.



Monday 29th May - Friday 2nd June

Walhalla Golden Trail

Follow the trails blazed by gold miners on this 5-day program. Based close to Walhalla, you will explore the region and all its rich history. From a town frozen in time to the Great Dividing Range, you and the group will spend your days hiking rail trails or even parts of the Australian Alps track. Ready to lace up your hiking boots and strap on a day pack for some adventure, then this is the program for you.



Wednesday 31st May

Organ Pipes – *Ideal for new participants*

Come and join us on top of an extinct volcano! Enjoy a peaceful walk down into the river valley before gazing up at the magnificent stone columns that give the Organ Pipes their name. We will learn about the indigenous and natural history of the area and enjoy this wonderful slice of wilderness only 45 minutes from the Melbourne CBD.



June

Wednesday 7th - Thursday 8th June

Warburton East

Ideal for new participants and those wanting a short getaway from the daily routine of the city.

Tall Mountain Ash, remnants of ancient rain forests, running rivers, winding tracks through spectacular mountain scenery, inviting townships...the list goes on. Warburton is an eclectic township hosting a vibrant artisan community, surrounded by beautiful riverine bush land and mountains. We'll be staying close by in a cosy cottage situated on the side of a mountain with its own spectacular gardens and friendly resident animals.



Tuesday 13th - Friday 16th June

Two Bays Walk

This is your chance to cross the Mornington Peninsula by foot!! The Two Bays walking track is a well-known trail that traverses the Mornington Peninsula. We will break the 26km track down over a couple of days – walking by day and returning to our accommodation each evening. The trail takes in some of the Mornington Peninsula's most scenic natural features – from beaches and bushland to Arthurs Seat and Cape Schanck.



Monday 19th - Friday 23rd June

Daylesford Writers Retreat

Do you consider yourself a bit of a wordsmith? If you enjoy writing, journalling or reading, or if you would like to try something a little bit new; join us for a creative camp in Central Victoria. Throughout the week we will explore parts of the Goldfields Track and the fairy-tale townships near Daylesford and practice reflecting on our experiences in our daily writing workshop.



June

Monday 19th - Friday 23rd June Gippsland Lakes Holiday

A multi-activity holiday at the Gippsland Lakes. We'll be staying in cabins on the Banksia Peninsula, a great base for exploring the lakes either by bike, canoe, or on foot.



Monday 26th- Friday 30th June High Country Adventure

Join us for an adventure to the Victorian high country. We will be exploring small country towns, visiting historic sites and undertaking bushwalks in the north east of Victoria. We will enjoy a mixture of alpine environments, woodlands and rainforest, with plenty of mountain views and glorious country to calm our minds and take in the fresh mountain air.



Tuesday 27th - Friday 30th June Adventuring around Bendigo

Originally a gold rush boom town, Bendigo has lots of outdoor and cultural offerings in the city and surrounds. Based out of Axedale, on this trip we will go on bushwalks in the parklands of Bendigo and visit cultural sites that chart the evolution of this city.





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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