

 OUT DOORS INC.®

Program Calendar

July-December 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.

July

Monday 3rd July



Seaside Saunter - *Ideal for new participants*

Come and join us for some fresh air and a beautiful seaside walk around Ricketts Point Marine Sanctuary. Check out the sandstone reefs, rockpools and keep your eyes out for some exciting sea creatures. A perfect winter recharge by the sea awaits you. Don't miss out!



Tuesday 4th July



You Yangs Day Hike - *Ideal for new participants*

Explore the granite peaks of the You Yangs Regional Park. We will head out for a day of walking through the eucalypt bush, enjoying the views and the landscape. This walk will be around 5km with some up and down.



Monday 10th July



Cranbourne Calling! - *Ideal for new participants*

Come and celebrate the diversity of plant life we have in Australia by visiting the Royal Botanic Gardens in Cranbourne. See over 100,000 different plants from 1,900 plant varieties. Surrounded by dense bushland, the walk through the gardens is an immersive, sensory experience that is not to be missed. Hope to see you there!



Tuesday 11th - Wednesday 12th July



Brisbane Ranges Getaway

Come and join us for a night away in the Brisbane Ranges. The area has an abundance of things to do - exploring aspects such as Anakie Gorge, admiring the diversity of the wildflowers, or wandering through some of the small towns in the surrounding area.



July

Monday 24th July



Call to Cardinia Reservoir – *Ideal for new participants*

Put on your explorer's hat and join us for a day out in the beautiful Cardinia Reservoir parklands. Together we'll walk the beautiful trails, see mobs of Eastern Grey kangaroos, and enjoy a picnic lunch together. We will also be bringing along some maps and compasses and practicing our navigation skills in the permanent Orienteering course at this beautiful location.



Monday 24th - Friday 28th July



Mornington Peninsula Explore + MHFA™ Course

Mental Health First Aid™ (MHFA) is an internationally recognised and nationally accredited training course that teaches how to help someone who may be experiencing either a developing mental health problem or in a mental health crisis. Many of those having completed the training also report the added benefit of insight into their own mental health journey. Just like regular first aid, MHFA™ provides the knowledge and practical skills to provide the most effective help to someone, be it a family member, friend or colleague, before they receive further medical care.

This trip incorporates the 12 hour MHFA™ course as part of a 5 day holiday on the Mornington Peninsula. Based at our accommodation 2 minutes from Balnarring Beach, the mornings will be spent learning about mental health first aid, whilst the afternoons we will recharge by getting out, stretching the legs and exploring some of the great sights around the Mornington Peninsula.



Wednesday 26th - Thursday 27th July



Daylesford Lakes

Come and join us for a night away in Daylesford. The scenic lakes provide a great location for a walk during the winter days and we can return to our accommodation to enjoy the evening in front of the fire.



August

Tuesday 1st - Thursday 3rd August Hiking Through Lerderderg



Lerderderg State Park is a large, rugged forest reserve with Lerderderg River carving a deep and picturesque gorge through it. There are plenty of walks on offer, and on this trip we will attempt easy and moderate level hikes throughout the park. We will spend each night in the comfort of a hardtop accommodation in Daylesford, with the opportunity to visit towns like Trentham and Blackwood.



Monday 7th - Friday 11th August Misty Mountain Getaway



Rug up and join us for five days of relaxation in Victoria's beautiful high country. Together we will explore historical townships, immerse ourselves in storybook mountain ranges and finish our days with wintry soups and stews by the fireplace. Don't miss out on this winter wonderland experience!



Tuesday 8th - Friday 11th August Explore The Yarra Ranges



Get out in the countryside and enjoy a relaxing break, surrounded by all the wonderful natural wonders the area has to offer. Stay in cosy accommodation close to precious remnants of Victoria's ancient rainforests. This holiday will explore some of the sights and sounds of the Upper Yarra region; singing rivers, tall mountain ash, ancient rain forests, verdant walking tracks, historic townships and there may even be some snow to experience. – it's got it all!



Monday 14th - Thursday 17th August Hattah Desert Camping



Hattah-Kulkyne National Park lies in mallee country in Northern Victoria, within an hour's drive from Mildura, and is truly a magical place for winter camping. We will camp on red desert sands, and spend our days exploring freshwater Hattah Lakes that is a haven for birds and fish. *(Please note that the drive from ODI to Hattah is 5+ hours on the first and last day of this trip.)*



August

Tuesday 22nd - Thursday 24th August



Multi-activity Adventure at the Brisbane Ranges

From our base at the Staughton Vale Outdoor Adventure Centre, we will explore the Brisbane Ranges by foot and by bike and even have a go at some rock climbing or abseiling if you're interested. It's a relatively new accommodation option for Out Doors, which enables us to explore this mid-west Victoria area further.



Wednesday 30th - Thursday 31st August



Tipperary Treks

Feeling like some end of winter rejuvenation? Ever wanted to splash your face in a natural mineral water spring? Well, this might be the trip for you. Join us for two days in central Victoria, where we will embark on some leisurely hikes along the Goldfields track and learn about the history of an area famed for its glorious goldrush and magical mineral springs.



September

Tuesday 5th September

Come and Try Inflatable Kayaking



Always a fun day out, no matter the weather! Using our very stable 2-person inflatable kayaks (aka IK's or sports rafts), you and your paddle buddy will work together to navigate the rapids of the Upper Yarra River. We'll stop for a yummy lunch along the way. This trip is suitable for all levels of paddling experience; from complete beginners through to expert – you're in good hands! It's also a great skills prep day if you are interested in the Rafting Journey in November. *All safety equipment will be provided.*



Wednesday 6th September

Edgars Mission Sanctuary - Ideal for new participants



With a central mission of kindness, the volunteers at Edgars Mission have created a transformational sanctuary for rescued animals. Based in Lancefield, in the Shire of Macedon Ranges, we will be taken on a tour (about 3km), of the property, see how they do things and meet the animals. If time allows we'll also explore some of the local attractions of the surrounding area.



Wednesday 13th September

Climbing O'clock



Try something new! Harness up folks. It's time for a climb. If you've ever wanted to try rock climbing or you're up for a bit of a challenge, join us as we head to one of Melbourne's premier rock-climbing facilities for a day trip you won't want to miss. If you have considered doing one of our outdoor rock-climbing programs, this trip is perfect for building up your confidence and abilities. Sign up soon and we'll see you on the walls!

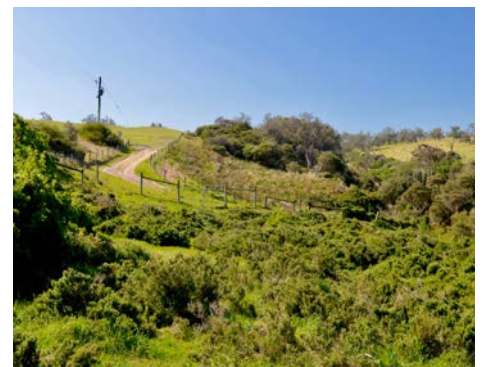


Wednesday 13th - Thursday 14th September

Overnight Getaway at Western Port



An easy-going coastal overnight break staying in comfortable accommodation and exploring some of the stunning natural environments around Western Port Bay & Mornington Peninsula. This program is perfect for those who would like to breathe the fresh air and experience both coastal and country walks away from the hustle and bustle of the city.



September

Monday 18th – Thursday 21st September

Winter Skiing

Winter might be cold and dreary, but playing in snow makes it worthwhile! On this trip we will spend 2 days learning cross-country skiing at Falls Creek, and retreat into cosy accommodation in Mt Beauty each night. This trip is subjected to snow and weather conditions, and suitable to those who have good walking fitness and balance.



Monday 25th – Tuesday 26th September

Valley Vacation

Come and explore the Yarra Valley in Springtime! Immerse yourself in spectacular rainforest, walk on historic sculpture trails and see expansive reservoirs. Escape the city and spend an evening in comfortable accommodation in one of Victoria's most popular destinations. If you enjoy bushwalking, good company and fresh forest air, then this trip is for you.

Book your spot now!



October

Monday 2nd - Friday 6th October



Gariwerd Creative Holiday

Staying in roomy accommodation at Halls Gap, right in the heart of the Wonderland region of the Grampians National Park, we are in easy reach of many of the awe-inspiring places of Gariwerd. From mighty waterfalls, creeks, canyons, mountain vistas, to nature-rich bush walks, we won't be stuck for inspiration to get our creative energies flowing!



Wednesday 4th - Friday 6th October



Rock Climbing / Abseiling Adventure

For those interested in having a go at rock climbing, or perhaps advancing their existing rock climbing skills. This 3 day trip based at our comfortable accommodation in the Brisbane Ranges will take us to three different well known rock climbing venues, all relatively close to Melbourne. You will be introduced to the skills necessary to rock climb and abseil and also how to safely belay someone else climbing. All safety gear provided and you'll of course have a very experienced and passionate rock climbing instructor at hand. Come and give it a try.



Monday 9th - Wednesday 11th October



Camp Cathedral!

Come and try camping!

Journey with us up the Black Spur Road and out to Cathedral Ranges for three days and two nights of campfire stories, s'mores and adventure. We will spend our days hiking along Little River and in the valleys beneath the mountain range. This trip will be an opportunity to try camping for the first time, or to practise your skills. See you there, campers!



October

Wednesday 25th October



Royal Botanic Gardens, Melbourne - *Ideal for new participants*

Spring is in full bloom, and what better way to spend the day than exploring the Royal Botanic Gardens in Melbourne! Join us for an easy day of walking and exploring the gardens in the heart of the city, and a picnic lunch along the way.

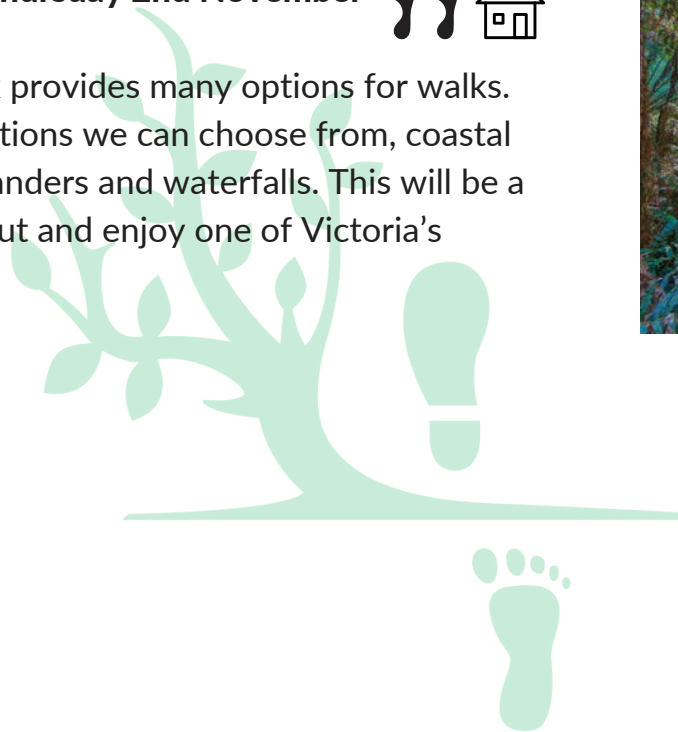


Monday 30th October - Thursday 2nd November



Otways Walks

The Otways National Park provides many options for walks. There are a variety of locations we can choose from, coastal beach walks, rainforest wanders and waterfalls. This will be a great opportunity to get out and enjoy one of Victoria's greatest natural assets.



November

Wednesday 8th - Thursday 9th November

Axedale Adventure

Join a group of adventurers and come along to this overnight retreat to Axedale, Northwest of Melbourne. We will be staying at the luxurious Camp Getaway, which is fully equipped with mini-golf, table tennis, a telescope and pool table. We will then use our days to explore the Greater Bendigo National Park, check out historic mine shafts and enjoy each other's company in this picturesque region of regional Victoria.



Monday 13th - Friday 17th November

Rafting Journey on the Mitchell River

A magnificent rafting journey along East Gippsland's remote and stunning Mitchell River. We will be camping each night on the banks of the river, cooking dinner and sharing stories by the campfire. Join us for one of the only camping trips this calendar. A truly immersive bush adventure!



Monday 20th - Friday 24th November

Yoga & Wellbeing Retreat Mornington Peninsula

This is a popular holiday for good reasons: we will focus on healthy living with daily sessions in relaxation techniques and gentle yoga with a qualified yoga therapist. Staying in comfortable accommodation just a short stroll from an award-winning beach, it's an ideal location to explore spectacular walking landscapes and some of the most diverse and accessible coastline in Victoria. So come, have some fun and rejuvenate in great company.



November

Wednesday 22nd November Woodlands Historic Park

Tucked behind Tullamarine Airport is a lovely park that is a relic of the landscape that European settlers saw in the 1940s. Join us for a day of walking through native woodlands and grasslands while spotting for Indigenous canoe trees and kangaroos.



Monday 27th November - Friday 1st December Peninsula Paradise

Hear that? Neither do I!

It's the sound of the peace and quiet to be experienced on the Mornington Peninsula. Come and put your feet in the sand and escape the city for five beautiful days by the water. Famed for its glorious natural surrounds, scenic walking tracks and charming townships, the peninsula is a must visit. We have lots of very exciting activities and things to explore on this very popular holiday destination. Book your spot now!



December

Monday 4th December

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.



Monday 4th - Friday 8th December

Camping at Wilson's Prom

Wilson's Promontory National Park is a world-class destination with its protected bushlands, pristine beaches, and abundant wildlife. We will spend our days exploring different sections of the park, and camp at Tidal River campground which has comfortable facilities (incl. power & showers). This trip will be led by Pei Ting and Maureen, and we hope to encourage more women to join us on this camp! (All other genders still welcomed).



Thursday 7th December

Canoeing on the Maribyrnong River

Come and enjoy a pleasant canoe journey on Melbourne's Maribyrnong River. A great opportunity to try something new or refresh some rusty paddling skills.



Monday 11th - Thursday 14th December

Surfs Up!

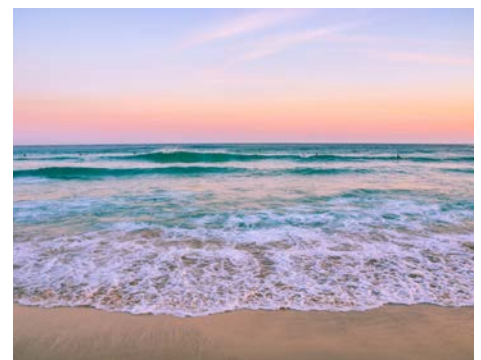
From our base along the coast we will spend time surfing, boogie boarding and having fun in the water. There will also be opportunities to explore the local area with some land-based activities. This program will be suitable for everyone who is interested in learning a bit more about surfing and the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



Tuesday 12th - Wednesday 13th December

Mornington Peninsula Overnight – *Ideal for new participants*

Come along to explore the Mornington Peninsula. Breathe the fresh air and experience both coastal and country walks all just over an hour's drive from Melbourne. When not out and about we will relax in the warm country style home.








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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