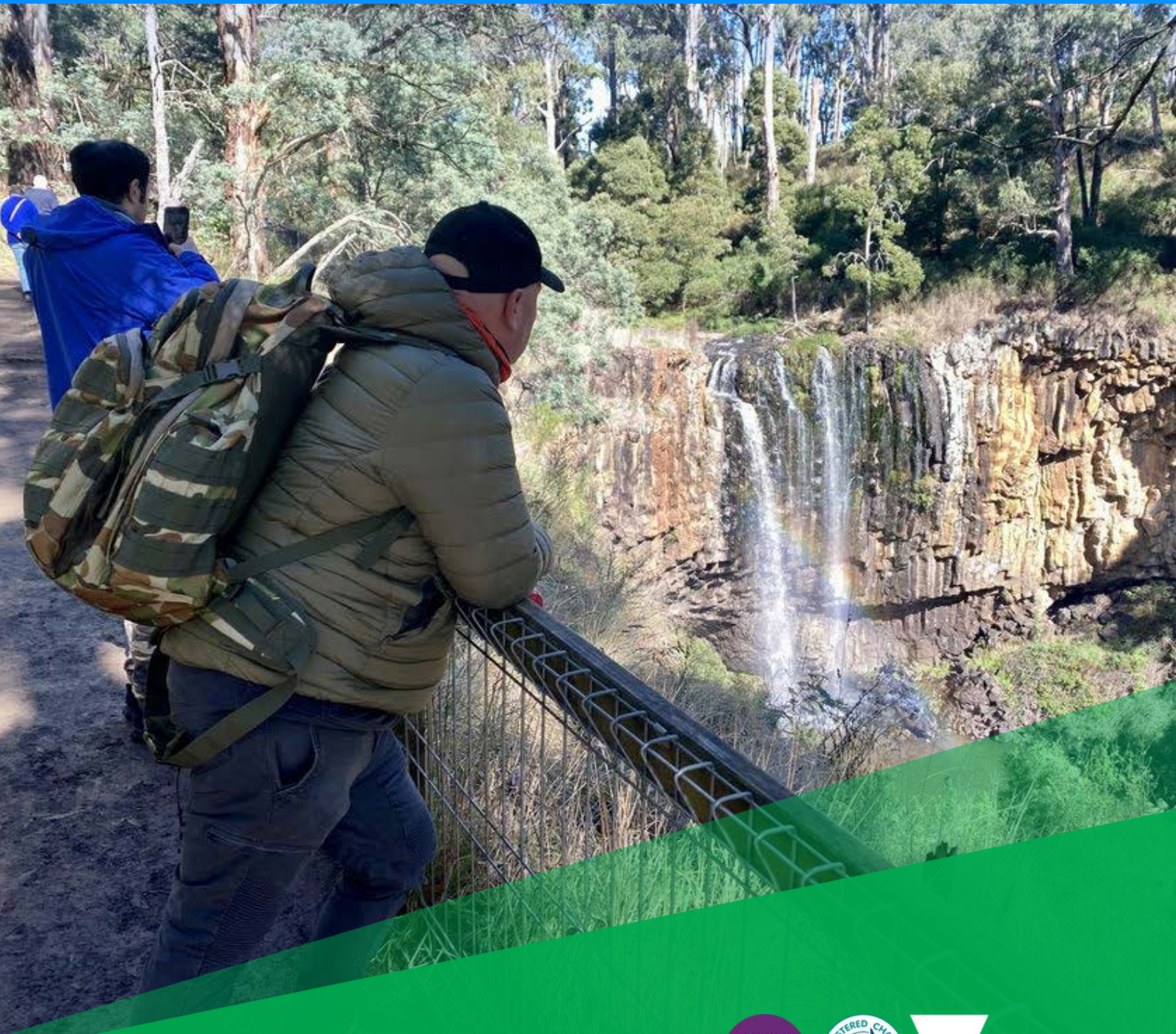




Program Calendar

January-June 2024



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

Thursday 18th January



Summer Picnic and Swim - *Ideal for new participants*

Come enjoy a leisurely day of picnic & swim on a hot summer's day! We will visit a local swimming spot in Melbourne, where we will go on a short walk, enjoy a picnic lunch and cool off in the water with a dip or swim. This day will be held either at Mackenzie Flats or Lysterfield Lake, depending on water and weather conditions.



Tuesday 23rd - Wednesday 24th January



Come and Try - Camping in the Brisbane Ranges

If you would like to increase your skills and confidence in bush camping, then this trip is for you. On this trip you'll learn how to set up your own tent, get a camp fire going and how to cook a tasty meal on a small camp stove.



Thursday 25th January



Come and Try - Fishing - *Ideal for new participants*

Ever wanted to experience the thrill of catching a fish? Well this is the perfect opportunity to get out and have a go! We will do a little bit of ocean fishing at Kerford Road Peir, St Kilda and a little bit of lake fishing at Albert Park Lake with the option for a scenic walk around the lake instead. All equipment and know how provided.



Monday 29th January - Thursday 1st February



The Great Otways

The Great Otways National Park contains the best of two worlds – lush rainforests and dramatic coastlines, and these provide a variety of walks to choose from. On this trip we will visit some of the many waterfalls in the Otways and sample a section of the Great Ocean Walk. All walks on this trip are classed as moderate.



January

Tuesday 30th Jan - Thursday 1st February Daylesford Holiday



A 3 day holiday 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.



February

Monday 5th - Friday 9th February

Canoeing the Murray River



Join us on this journey-based canoeing holiday on the Mighty Murray River. We'll be camping in different locations each night as we progress down the river. We will experience the peacefulness of the river in the Barmah region, chill around wonderful campfires and enjoy great company.



Wednesday 7th February

Mt Macedon Day



Come escape the summer heat with us with a trip up to Mount Macedon. The mountain is only 615m in height but the lush native forest and elevation keeps the area cool all year round. We will go on some easy bushwalks and visit some of the heritage sites on the mountain.



Thursday 8th February

Bush Art Day



Come and explore the beauty of nature while we immerse ourselves in a relaxing and fun art activity amongst the trees, water and wildlife of one of Melbourne's vibrant waterways.



Tuesday 13th - Thursday 15th February

Surfing Holiday at Wilsons Prom



Come away to what is arguably Victoria's most scenic holiday destination - Wilson's Prom. Tidal River is a beautiful place to camp with toilet and shower facilities and it's beach is a perfect location to enjoy some quality time riding waves. This trip will be great for anyone wanting to try surfing, or for those looking to progress their surfing skills to a new level, with the opportunity to explore some of the many walking trails around Tidal River.



February

Wednesday 21st - Friday 23rd February



Come & Try Camping (Women only)

Interested in camping, but feeling anxious about trying? This trip is designed to encourage more women to try camping and be immersed in nature. Held at Murrindindi Scenic Reserve, this is a slow-paced trip where we will teach and demonstrate basic camp skills in a beginner-friendly environment. We will also go on some bushwalks and explore local waterfalls. This trip will be led by an all-women staff team including Pei Ting and Maureen, and this trip is open to all women and gender diverse folks who are comfortable in women-centered spaces.



Thursday 22nd February

Come & 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 Spring. *All safety equipment will be provided.*



Tuesday 27th - Wednesday 28th February



Warburton Adventure

Thinking about trying some adventure activities? Come and explore the Warburton area both above and below ground. We'll be getting down and dirty at the Britannia Creek Caves, exploring it's network of chambers and spotting glow worms. We'll also enjoy an exciting paddle down some of the white-water rapids on the Yarra River.



March

Monday 4th – Friday 8th March



Nature, Art & Mindfulness in the Yarra Ranges

Be inspired by the rich beauty of the Yarra Ranges as we delve into our connection with this place through beautiful walks, simple mindfulness activities and some fun creative action. As always there's no expectation or pressure to be an artist, just a willingness to be open to new experiences and have some fun.



Tuesday 5th March



Come & Try Snorkelling at Ricketts Point

Join us for a day by the bay at Ricketts Point Marine Sanctuary. As a group, we will learn how to effectively use our snorkelling equipment and explore this underwater museum in Port Phillip Bay. The sandstone reefs, sea caves and rock pools at Ricketts Point are teeming with life and just begging to be explored. If you would like to improve your snorkelling skills or simply escape the heat, this is the trip for you!



Tuesday 19th - Thursday 21st March



White-water Rafting on the Big River

An exciting new program for those wanting an extra challenge. A bush camping and white water rafting trip on the sensational Big River.



Wednesday 20th March



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 take a tour of the property (about 3km), 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.



March

Wednesday 27th – Thursday 28th March



Brisbane Ranges Rambling - *Ideal for new participants*

Lace up those hiking boots folks!

This trip takes us to the beautiful Brisbane Ranges National Park, as well as the iconic You Yangs regional park, in what will be two days of peaceful trails, incredible vista's, picnics and good company. This trip is ideal if you are looking to improve your bushwalking and knowledge of some popular trails not too far from Melbourne.



April

Wednesday 3rd April



Come & Try Canoeing - *Ideal for new participants*

An introduction to canoeing and gentle journey on the Yarra River.



Tuesday 9th - Thursday 11th April



Stargazing in Central Vic

Are you a budding astronomer? Or would you like to try something new? Join us for a unique trip to central Victoria, where we will be visiting the Ballarat Municipal Observatory for an evening of stargazing. We will be staying two nights at our comfortable accommodation in Daylesford and spend our time walking peaceful forest trails, browsing through museums, and exploring the rich mining history of the region.



Monday 15th - Friday 19th April



Autumn Alpine Adventure

Come and spend a week in the beautiful Alpine Shire, enjoying scenic views of the mountains. We will be spending days exploring one of Australia's most colourful autumn destinations. There will be plenty of beautiful walks, the opportunity for some fun activities and time spent exploring some of the local towns as well.



April



Wednesday 24th April

Come & Try - Rock Climbing / Abseiling

Want to give rock climbing or abseiling a go? Well, here's the perfect opportunity. Join Dave and Pei Ting for a fun outdoor experience. Suitable for all levels of experience.



Monday 29th April - Thursday 2nd May
Philip Island Getaway



Need a break from the city?

Join us for three nights in comfortable accommodation located on Smith's Beach, Phillip Island. Replace those city sounds with the sounds of crashing waves, little penguins and Cape Barren Geese. Together, we will explore as much of the island as possible. We will walk iconic trails, visit the Koala sanctuary and enjoy the amazing geography of this wild place.



Tuesday 30th April - Thursday 2nd May
Upper Yarra Winter Camp



Ever cooked on a camp fire under the stars? Come away with us for two nights of camping into the crisp autumn weather. We will be heading up to the headwaters of the Yarra River to spend our days exploring some of the beautiful mountain views and valley forests, and our evenings cooking on the campfire by the river.



May

Monday 6th - Friday 10th May



Mt Beauty

Mount Beauty lies at the foot of the Victorian Alps and there is lots to see and do in the region. The Autumn foliage will be in full splendour, perfect for walks and picnics. If the weather is good, we can also duck onto the Bogong High Plains and explore the alpine landscape. The bushwalks on this trip will range from easy to medium grade, depending on the abilities of the group. We will spend the week in the cosy comforts of the Outdoor Pursuits Lodge in Tawonga South.



Thursday 16th May

Bushwalk at Werribee Gorge



The Werribee Gorge Circuit walk is a moderately challenging walk that takes in beautiful scenery and lookouts along the Werribee River. It's a 7.6km circuit that involves some ups and downs. So who's up for a fun challenge?



Monday 20th - Friday 24th May



Let's Make Music Holiday - Grampians

Come and knock your socks off learning some kick'n rhythms, serenade the stars with soulful tunes and strum up that special feeling with a bunch of fellow crooners. We'll be able to do all that plus more in the magnificent Grampians. Between music sessions, learning how to play an instrument and be part of a band, we'll be out and about letting the Grampians sing to us.



May

Tuesday 28th - Thursday 30th May



Bound for Bendigo

There is a place called Heathcote. There is a place called Bendigo. ...and in between them is a rail trail.

Join us for two nights and three days of bike riding along this iconic trail. From the Pink Cliffs in Heathcote, the broad waters of Lake Eppalock, Bendigo's forested parks and yesterday's train stations, there is so much to explore.

At night, we will be staying at comfortable accommodation at Camp Getaway in Axedale. The accommodation has mini-golf, table tennis and even a telescope.

This is not one to be missed!



Wednesday 29th - Thursday 30th May



Castlemaine and surrounds

There is a lot of history that runs through the townships in Central Victoria. 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 history of the area. This is also a great time of the year to enjoy some spectacular autumn scenery in this region.



June

Tuesday 4th June



Silvan Saunters - *Ideal for new participants*

Come and visit Silvan in the Dandenong Ranges for a day of creek-side sauntering and a picnic by Silvan's impressive reservoir. Together, we will learn about the significance of the dam, both for humans and for the many birds, marine life and small mammals that rely on it.

This is sure to be a peaceful day of light walking and site-seeing. If you have an interest in nature photography, this trip might be for you!



Monday 3rd June - Friday 7th June



Licola Adventure Getaway

Come away with us for a fun filled week spent in the beautiful Macalister River valley. We will be staying in a sleepy little village called Licola which is nestled by the banks of the Macalister. It's the perfect base to explore the beautiful Victorian High country and the surrounding area through a variety of fun activities.



Thursday 6th June



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!



Monday 17th - Thursday 20th June



Otways Explorer

Cape Otway's National Park is one of Victoria's most stunning assets. It boasts beautiful rainforest covered mountains that role down into the wild Southern Ocean. Come away for 4 days of exploring the area around Cape Otway itself delighting in breathtaking views and tranquil waterfalls.



June

Wednesday 19th - Thursday 20th June



Phillip Island Winter Getaway

Come for an overnight getaway and experience the wild winter beauty of Phillip Island. It's a chance to get a taste of what this spectacular Island has to offer – rugged coastlines, sandy beaches, penguins, seals and no promises but it's peak whale watch season as they migrate from Antarctica to the warmer waters off Queensland for calving.



Monday 24th - Friday 28th June



MHFA and holiday in the Brisbane Ranges

Ever wanted to do a mental health first aid course? Here's your opportunity! Included as part of a holiday to the Brisbane Ranges, the MHFA is an internationally recognized 12hr course that teaches you how you can best assist someone who is experiencing a developing mental health problem or may be in crisis. We'll do the MHFA sessions in the morning and then recharge each afternoon by getting out and about exploring the Brisbane Ranges.







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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