



OUT DOORS INC.



**Program Calendar**  
**July — December 2019**

# KEY

## Physical Activity Levels

Low  Medium  High 

## Accommodation Types



= Camping (Tents)



= Hard Top



Anglesea

## JULY

### Wednesday 3

Nature Walk - *Ideal for new participants*



Come and escape the hustle and bustle of the city and join Out Doors on a nature walk for the day. Enjoy a scenic walk, a picnic lunch while enjoying the company of others on a pretty relaxed day trip.

### Monday 8—Friday 12

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.

### Tuesday 23—Wednesday 24

Mornington Peninsula Overnight Program - *Ideal for new participants*



Explore the Mornington Peninsula in winter. Breathe the fresh air and experience both coastal and country walks all within an hour or so from Melbourne. When not out and about we will relax in the warm country style home.



Mornington Peninsula

## AUGUST

### Monday 5—Friday 9

Winter Holiday at Harrietville



Harrietville is the doorway to the Alpine National Park. On this trip we'll be exploring the mountains in all their wintry magnificence. We may even have the opportunity to try out snow shoeing.

### Thursday 8

Mt. Macedon - *Ideal for new participants*



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 12—Friday 16

Grampians Wellbeing Holiday



Come and stay in a unique mud house set in the beautiful bush surroundings of the Northern Grampians. Rejuvenate with daily gentle therapeutic yoga in a Mongolian yurt, mindfulness practices, healthy delicious food and wood fires.

Experience the awe-inspiring walks around some of the waterfalls, mountain vistas and fascinating bush walks that the Grampians has to offer.



Grampians

## AUGUST

**Tuesday 20**

Bushwalking



Let's go outdoors and discover some picturesque bush trails together! Bushwalking is a great way to get fitter and to enjoy the outdoors with friends. There will be opportunities for you to learn some bushwalking skills like map reading and navigation. This intermediate walk is up to 3 hours in length on undulating terrain.

**Tuesday 27**

Explore the Merri Creek



Join us for a day of walking along the Merri Creek, getting to know this beautiful corridor in the heart of Melbourne. We'll wander along, watch for wildlife, share a picnic lunch and learn about this important ribbon of green space.



**Redwood Forrest**

## SEPTEMBER

### Tuesday 3—Wednesday 4

Toolangi - *Ideal for new participants*



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

### Monday 9—Friday 13

Mount Beauty



If you haven't already had the chance to experience the many facets of the alpine area in winter, this is a perfect opportunity to do so. This trip will be a mix of activities, from visiting country towns to snow playing and cross-country skiing (if there is snow!).

### Monday 9—Friday 13

Coastal Getaway



A refreshing week on the coast. Stroll on the beach and through the coastal forests, exploring seaside towns. A quiet week away from the city.

### Thursday 19

Paddling the Yarra



Come for a cruisy paddle along the Yarra River and get to know this beautiful and much overlooked part of our city. Swimming ability and previous paddling experience not required. All equipment provided.

### Monday 30 Sep—Friday 4 Oct

Rafting the Snowy River



Join us on an adventurous wilderness rafting journey on the Snowy River in the Alpine National Park.

### Monday 30 Sep—Friday 4 Oct

Mornington Peninsula Holiday



Experience some of the many attractions of the beautiful Mornington Peninsula. Staying along the Western Port Bay you won't be short of activities to enjoy and places to discover with stunning beaches, unique gardens and spectacular walking landscapes. You will also have plenty of time to relax and to visit picturesque townships along the way.

## OCTOBER

### Tuesday 8

Bushwalk Werribee Gorge



Come along for a pleasant bushwalk along the Werribee River; some rock scrambling and hills. Moderate fitness required.

### Monday 14—Tuesday 15

City Escape



We'll stay in comfortable cabins, enjoy some short walks and make time for a BBQ and board games in the evening.

### Thursday 17

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 that this day will include the planning meeting for the 5-day Rail Trail Adventure Camp coming up the week after. You do need to be able to ride a bike.

### Monday 21—Friday 25

The Surf Coast Holiday



On this trip we will have some fun exploring the coastline between Anglesea and Lorne. There will be opportunities to participate in spectacular local walks and to take part in a variety of activities that will leave you feeling refreshed at the end of your stay.

### Monday 28 Oct—Friday 1 Nov

Rail Trail Adventure



Explore a section of the Great Victorian Rail Trail at a leisurely pace, with picnic lunches and vehicle support. We'll cycle through scenic valleys, country towns and peaceful bushland, off the road and away from traffic. Mixed camping and hardtop accommodation; ability to ride a bike is of course essential. Please consider the bike riding day trip on Thursday 17 which includes the planning meeting for this trip.



## NOVEMBER

### Thursday 7

Hanging Rock – *Ideal for New Participants*



An easy bushwalk in an iconic location followed by a barbeque lunch.

### Monday 18

State Rose Garden – *Ideal for New Participants*



If flowers are your interest, then the Rose Garden at Werribee Mansion is a “must see” day outing. We’ll have a BBQ lunch.

### Monday 18 – Friday 22

Cape Otway – Bushwalking & Canoeing



Nestled amongst Koala trees between the ocean and the Great Otway National Park, our bush campsite is the ideal place to unwind surrounded by beautiful bushland and the spectacular coast of the Great Ocean Road. Activities include a variety of easy to intermediate coastal bushwalks and canoeing on the nearby Aire river.

### Wednesday 20

Rock Climbing



Keen to try out some rock climbing? Come along for a fun day out. Suitable for both complete beginners and those who have some prior experience with rock climbing.



Mount Arapiles

## DECEMBER

### Tuesday 3 – Wednesday 4

Millgrove - *Ideal for new participants*



From our accommodation in Warburton, this overnight trip will sample the sights and sounds of the Upper Yarra valley: babbling brooks and tall trees tucked amongst the hills.

### Monday 9 – Friday 13

Relaxing into nature camp



To wind up another year we'll enjoy a relaxing camp in a beautiful bush setting along the Great Ocean Road. We'll explore the stunning coastal and hinterland environment on nature walks as well as explore some easy mindfulness techniques to open our senses and calm the mind.

### Monday 9 – Friday 13

Great Ocean Walk



A bushwalk along the beautiful great ocean walk. This is a multi day bushwalking trip. You'll only need to carry a day pack each day but moderate to good fitness is required.



Anglesea

## EQUIPMENT

Out Doors Inc. provides all the equipment for the activities we run. This includes good quality waterproof jackets and over pants so we can still have fun in the rain. Generally on day programs, all you need to bring are some comfortable clothes to suit the weather, a hat and a drink bottle. However, it is always a good idea to check each trip invitation you receive to make sure there is no additional items you need to bring.

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

## TYPES OF PROGRAM

### **'Ideal for New Participants' 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 participants to get to know staff and other participants.

### **Come & Try**

Come & Try are a great opportunity to give new activities a go. If you have ever wondered what it would be like to go rock climbing or canoeing then Come & Try are the times to let your curiosity get the better of you.

### **Overnight Programs**

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 the peace of the bush.

### **Sequential Programs**

Sequential Programs offer you an opportunity to develop your skills in a particular activity over a number of weeks and may include overnight camps.

## PROGRAM COSTS

Program costs are determined by which funding stream you are eligible for. Please get in touch with Out Doors for more information.

## AGENCY SERVICES

We are able to offer additional tailored programs to agencies utilising our unique skills and approach. For further information about this aspect of our service, please contact our office or visit our website on [www.outdoorsinc.org.au](http://www.outdoorsinc.org.au).

## HOW TO BECOME INVOLVED

To get involved participants need to have a diagnosed psychiatric disability and be aged 16 and over and living in the North or East metropolitan of Melbourne.

### **First step in registering with Out Doors**

People who wish to refer someone or themselves to Out Doors must first fill out a *Referral Form* which can be downloaded from the website or by contacting our office. The completed form can be returned to us either in person, via email, post or fax. Contact details can be found on the back of this booklet.

### **Invitation to Participant Information Session**

Once the completed referral form is received, your details will be placed on a waiting list. When your name comes to the top of the list, Out Doors will invite you (and if relevant, your support person) to attend a short information session held at our office.

## BECOME A MEMBER

If you would you like to support Out Doors achieve its mission of providing affordable outdoor adventure and holiday opportunities to people living with a serious mental illness, then why not become a member. If you are already a member, we would love to receive your continuing support. Being a member of ODI enables you to attend and participate in our AGM, vote for new council members and to nominate yourself to stand for Council.



Millgrove

## 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

 /OutDoorsIncAustralia

 @outdoorsinc\_au

 @outdoorsinc\_au

 /company/out-doors-inc-

 /OutDoorsIncAustralia

 /outdoorsinc

17 Stubbs Street, Kensington VIC 3031

t 03 9417 2111

e [indoors@outdoorsinc.org.au](mailto:indoors@outdoorsinc.org.au)

w [www.outdoorsinc.org.au](http://www.outdoorsinc.org.au)