

 OUT DOORS INC.®

Program Calendar

July - December 2024



www.outdoorsinc.org.au



Program Calendar Information

- Programs start and end at the Out Doors Inc. office - 11 Stubbs Street, Kensington.
- We provide transportation in our ODI mini 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 (attached) to make note of the programs you would like to express interest in.

Step 2: Having entered all your programs of interest into the Expression of Interest (EOI) form, the next step is send your EOI to Out Doors Inc. You can do this by phone, email, or post.

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 Program staff will then email or post to you program invitations (generally 3-4 weeks beforehand) 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 or email. **Please Note:** You must confirm to be enrolled.

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 a camping trip where 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.



A program with a creative element. 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 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.

Health Reminder

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 1st - Thursday 4th July

Winter Warburton Wander



Join us for a wander through this beautiful region of the upper Yarra Ranges. As the season turns, this area offers stunning waterfalls, misty mountains and magical forests. We'll spend our days heading out on beautiful walks and exploring the surrounding townships of Warburton, Wesburn and Healesville.



Thursday 4th July

Royal Melbourne Botanic Gardens - *Ideal for new participants*



The Royal Melbourne Botanic Gardens is a treasure; with its stunning vistas, tranquil lakes and diverse plant collections. It's a place of continual discovery and delight. Come and enjoy a day out meandering through these beautiful city gardens.



Monday 15th - Friday 19th July

Creative Connections



Picture this...

It's deep winter. You have just made yourself a cup of tea. It warms your hands as you wander outside, searching for the morning birds and watching your breath turn to fog.

You go back inside, where the fire is burning hot, and a group of new friends greet you to join them for the first creative activity of the day...

Come and join us in the high country for 5 days of creative writing, painting, drawing and mindfulness activities. We will spend our mornings creating by the fire and use our afternoons to explore nearby towns and walking in a winter wonderland.



July

Wednesday 17th - Thursday 18th July



Bayside Wanderer

Come with us down to the beautiful Mornington Peninsula for 2 days of sightseeing and scenic walks by the bay. From our comfortable accommodation near Hastings, we will enjoy several short walks and explore some of the seaside towns that make the Peninsula such a lovely destination to visit.



Monday 22nd - Friday 26th July



Snow Adventure

Embark on an alpine adventure with us as we explore the stunning mountains of Falls Creek and Mt Buffalo! Enjoy a mix of activities including snowshoeing, building snowmen, and discovering charming alpine villages. We'll stay at a cosy lodge in Mt Beauty, where our evenings will be spent savoring delicious meals and relaxing by the fire. It's the perfect winter getaway filled with fun and relaxation.



Tuesday 30th July

Serendip Sanctuary - *Ideal for new participants*



Calling all bird watchers!

A short drive from Melbourne, just south of the You Yangs National Park, there is a wildlife oasis called Serendip Sanctuary. Here you can see Kangaroos, Wallabies, Emus, and a huge variety of other native birdlife.



Together we will wander around the sanctuary before we stop for a BBQ lunch in this beautiful location.

August

Monday 5th - Wednesday 7th August

Discover Golden Plains



With the Brisbane Ranges as our base, we will head out west and explore the small country towns and nature reserves in the Golden Plains region. We will pass through towns such as Smythesdale, Dereel, and Buninyong. The area has a rich gold mining history, with lots of preserved bushland great for bushwalking, birdwatching and orchid spotting. We will also visit the popular Lal Lal Falls for a group photo!



Monday 5th - Thursday 8th August

Come & Try Cross Country Skiing at Falls Creek



Ever wanted to explore a winter wonderland? This is your chance! From our welcoming accommodation in Tawonga South, we will embark on day trips to Falls Creek and venture into the stunning Bogong High Plains for some cross-country skiing fun! Our experienced instructors will guide you through enjoyable and safe activities, making this snowy landscape accessible to everyone. No prior experience is necessary – all are welcome to join and enjoy the magic of winter.



Wednesday 14th - Thursday 15th August

Yarra Ranges Saunter



Come and enjoy a refreshing break in the Yarra Ranges; a treasure of inspiring nature with pristine waterways, majestic mountains, ancient rainforests and historic townships. We will explore parts of the region during our stay on some of the many beautiful walks throughout these different environments.



Thursday 15th August

Campfire Yarns



With the Macedon Ranges as your backdrop, enjoy an authentic campfire experience on a winter's day. Stay warm by the fire as we share stories and prepare a delicious camp oven lunch with the guidance of our staff. Take this opportunity to slow down and embrace the natural environment. If time permits, we'll also embark on a nature walk to discover the beauty of the ranges.



August

Monday 19th - Friday 23rd August Goldrush Exploring



It is impossible to tell the story of Victoria without talking about the Goldrush that began near Ballarat in 1851. It was a time of great wealth and expansion as people from all around the world descended upon the areas between Bendigo and Ballarat, hoping to strike gold.



On this trip, we will journey through time to better understand this rich history. Together, we will walk the iconic Goldfields Track, pan for gold, try our luck with metal detectors, and visit old towns that remind us of what life was like back then. We'll be staying at the very comfortable Camp Getaway in Axedale. Hope to see you on the goldfields!

Monday 19th - Thursday 22nd August Port Campbell



It's whale watching season! Come along as we try our luck at spotting dolphins and whales along the coast of Port Campbell. We will also spend time exploring coastal bushland, rock formations and charming towns of the Western Otways and Port Campbell National Park.



Monday 26th - Wednesday 28th August Warburton Rail Trail



Join us on the iconic Lilydale to Warburton Rail Trail, a 40 km recreational path perfect for walkers, cyclists, and horse riders. Our journey follows the historic railway line through the stunning Yarra Valley, starting behind Lilydale Railway Station and ending in the charming Warburton township. This bicycle adventure is a great introduction to rail trails, and our group will be supported every step of the way.



September

Tuesday 3rd September



Nangak Tamboree Wildlife Sanctuary - *Ideal for new participants*

Be inspired by this wildlife sanctuary and indigenous plant nursery nestled in the outer northern suburbs of Melbourne. Join us as we learn about native plant and animal species living in our backyards and how we can help to protect them! It's sure to be a relaxing and enjoyable day out!



Wednesday 11th September



Forest Glades at Mt Macedon - *Ideal for new participants*

Up on Mt Macedon there is a beautiful private garden known as Forest Glades. It is 15 hectares of stunning plant life, including a Japanese garden, European and English selections and an incredible gully of ferns.

It is a perfect location for a picnic and an escape from the hustle and bustle of city life. So come and relax and see what these wonderful gardens have to offer.

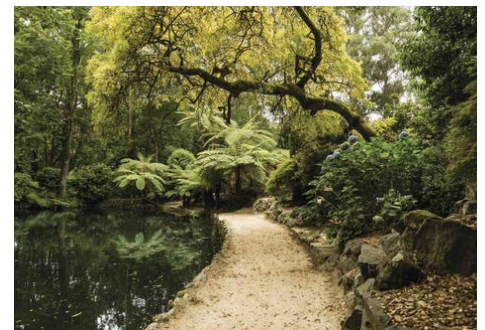


Tuesday 10th - Thursday 12th September

Creative in the Ranges



Come with us on a refreshing break and enjoy some fun creative activities with good company and inspiring surroundings. Situated a short drive from Melbourne, the Yarra Ranges are a treasure of awesome nature – pristine waterways, majestic mountains, ancient rainforests, historic townships and beautiful walks. We'll be staying in a cosy cottage with a wood fire and magnificent views, perfect for relaxing and some creative action.



Monday 16th - Friday 20th September



White-Water Rafting the Mitta Mitta River

Experience Victoria's premier white-water destination on the Mitta Mitta River. We'll be base camping in tents and shooting the rapids each day. We'll teach you everything you need to know, so no experience is necessary. All you need is a sense of adventure!



September

Monday 23rd – Wednesday 25th September



Castlemaine Camping

Join us at the stunning Leanganook Campground, located atop Mt Alexander near Castlemaine. With wooden shelters, fire pits, flushing toilets, and walking trails starting from camp, this beautiful spot is a must-visit.

Together, we will practice our camping skills, cook our food on the fire, share stories, walk sections of the Goldfields Track, and maybe even try some bouldering! Whether you're new to camping or haven't been in a while, this trip is a perfect way to get back into the camping spirit. Everyone is welcome!



October

Monday 30th September - Friday 4th October

Yoga Retreat



Join us for a rejuvenating yoga retreat in the diverse and beautiful region of Balnarring. Explore spectacular walking landscapes, iconic coastlines, lively townships, and enjoy healthy food and accessible yoga sessions. Our daily sessions include relaxation techniques and Gentle Yoga, adapted to suit your individual needs, led by a qualified and experienced yoga therapist. We'll be staying just a five-minute walk from an award-winning beach and within easy reach of many of the Mornington Peninsula's stunning attractions. Everyone is welcome to relax, recharge, and enjoy this serene retreat.



Wednesday 9th October



Come & Try Bike Riding on the Maribyrnong Trail - *Ideal for new participants*

An easy bike riding day along the Maribyrnong River is the perfect way to get some fresh air and to develop skills while enjoying the scenery.



Monday 14th - Wednesday 16th October

George Bass Coastal Walk



Join us for the George Bass Coastal Walk, a breathtaking cliff-top trail offering sweeping views of the Southern Ocean. We'll dedicate a full day to completing this walk, allowing us to fully immerse ourselves in the stunning coastal landscape. From our base on Phillip Island, we'll also visit popular spots such as San Remo and Cape Woolamai. Whether you're new to hiking or an experienced walker, everyone is welcome to explore and appreciate the beauty of Victoria's coastline.



October

Tuesday 15th - Wednesday 16th October



Warburton Paddle & Caving Adventure

Come away for 2 days of exciting exploration in the heart of the Yarra Valley! We will be heading underground into the Britannia Creek Caves to explore the unique creek system, then following the water downstream to where it enters the Yarra River and for some white-water fun.



Monday 21st - Friday 25th October



Searching for Seadragons

Join us for a week away on the iconic Mornington Peninsula, filled with snorkeling, swimming, and sightseeing. Staying in our quaint accommodation in Tyabb, we will travel to places like Portsea Pier, Flinders, Mushroom Reef, and Rosebud, all with one goal in mind: to see the elusive weedy seadragon. This beautiful creature can be very shy, so we'll practice our snorkeling skills and learn to be gentle in the water. There is so much to explore on the Peninsula, making it one of our favorite locations. Whether you're new to snorkeling or an experienced water enthusiast, this adventure is for everyone who loves the water!



Tuesday 22nd October



Come & Try Abseiling at the You Yangs

Abseiling is the exciting sport of descending a cliff (or structure) using specialty ropes. If that sounds like fun, this is the perfect opportunity for you! Join Dave for an exhilarating and rewarding outdoor experience. No prior experience or fitness is necessary – just bring your sense of adventure and a willingness to give it a go. Everyone is welcome to try this thrilling activity!



Tuesday 29th October



Come & Try Surfing

Ever wanted to experience the thrill of riding your first wave or wondered what it would be like to be carried along by the ocean? Join us for an introduction to surfing day in a welcoming and supportive environment. All instruction and equipment are provided, and no prior experience is necessary. Come along and give surfing a try!



November

Wednesday 6th - Friday 8th November



Edgars Mission Volunteer Program

Calling all animal lovers! Join us for a 2-night, 3-day trip to the Edgars Mission Farm Animal Sanctuary. This is a fantastic opportunity to get involved and make a difference by volunteering on the farm. We'll spend a day helping with various tasks such as raking, cleaning stables, and tending to the animals. While some manual labor is involved, it's a rewarding experience for anyone passionate about animal welfare. We'll be staying at the Boomerang Ranch in Daylesford. Everyone is welcome to participate and contribute to this meaningful cause!



Wednesday 13th - Friday 15th November



Golden Triangle Getaway

Victoria is home to one of the world's most prolific and profitable gold rushes, producing even more than the California gold rush. This is a two night getaway to explore some of the rich gold history around Bendigo and try your luck at finding your very own gold nugget!

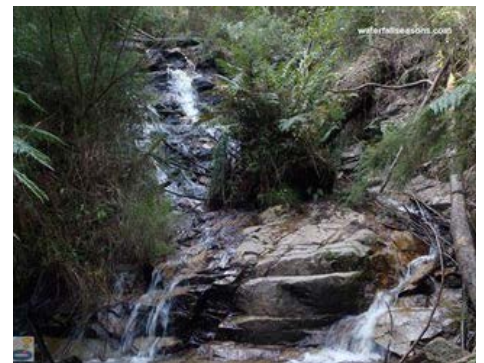


Monday 18th - Tuesday 19th November



Bunyip State Park & East Dandenong Ranges

On this overnight trip we will visit the east side of the Dandenongs, which include Bunyip State Park and the towns of Gembrook and Emerald. We will go on easy bushwalks and explore parklands at a leisurely pace. Think mountain ash forests, healthland swamps, fern-filled gullies, and river cascades. If we are lucky we might even spot the elusive Southern-emu Wren.



November

Monday 18th - Friday 22nd November



Rock Climbing multi-activity at Mt Arapiles

Mt Arapiles, in the Wimmera region of western Victoria, is the premier destination for rock climbing in Australia. This is because it's a beautiful place and has climbing to suit all levels of ability; from complete beginner through to the world class climber. We'll be base camping and will introduce you to the art and sport of rock climbing. We will also have the opportunity to explore Mt Arapiles by foot and by bike.



Wednesday 20th November

Western Wetlands Exploration



The Hobsons Bay Coastal Trail embraces the Port Phillip Bay coastline, revealing stretches of pristine sandy beaches and untouched beauty of wetlands along the trail. These wetlands are internationally recognised for their ecological significance, serving as vital habitats for a diverse range of wildlife. We will combine a walk with some easy art making – fun and accessible for all.



Monday 25th - Tuesday 26th November

Come & Try Camping at the Cathedral Ranges



Join us for an introduction to overnight camping at the beautiful Cathedral Ranges. This program is designed to build your confidence and teach you essential camping skills. You'll learn how to set up your own tent, build a campfire, and cook a delicious meal over it. Whether you're new to camping or looking to refresh your skills, everyone is welcome to come and enjoy this immersive outdoor experience!



Monday 25th - Thursday 28th November

Phillip Island Surf and Snorkel



Join us for 4 days of oceanic exploration on Phillip Island, home to some of Victoria's best surf beaches and stunning marine environments. Enjoy a mix of surfing, snorkeling, and scenic walks at amazing locations around the island. Whether you're a beginner or have some experience, everyone is welcome. All activities are guided and equipment is provided, making it accessible for everyone to participate.



December

Wednesday 4th December



Come & Try Snorkelling - *Ideal for new participants*

Join us for a day by the bay at Ricketts Point Marine Sanctuary. The sandstone reefs, sea caves and rock pools here are teeming with life and just begging to be explored. If you would like to improve your snorkeling skills or simply escape the heat, this is the trip for you! For those who have done one of our recent snorkeling day trips, please note that we will be exploring a different section of Ricketts Marine Sanctuary.



Monday 9th - Friday 13th December



Great Ocean Getaway

Come with us on a journey along the Great Ocean Road to one of Australia's most iconic landmarks - the Twelve Apostles! From our accommodation in Peterborough, we will be exploring this amazing southern coastline and all it has to offer.



Monday 9th - Wednesday 11th December



Beeripmo Overnight Bushwalk

Join us for the Beeripmo Walk, located about 2.5 hours west of Melbourne in the Mt Buangor State Park, near Ararat. This beautiful overnight bushwalk features stunning ferny glades and sweeping views of the plains of western Victoria. This hybrid trip combines hiking and bush camping without the need to carry everything on your back. It's perfect for those who want to experience the beauty of the outdoors with a bit of extra comfort.



Monday 16th - Tuesday 17th December

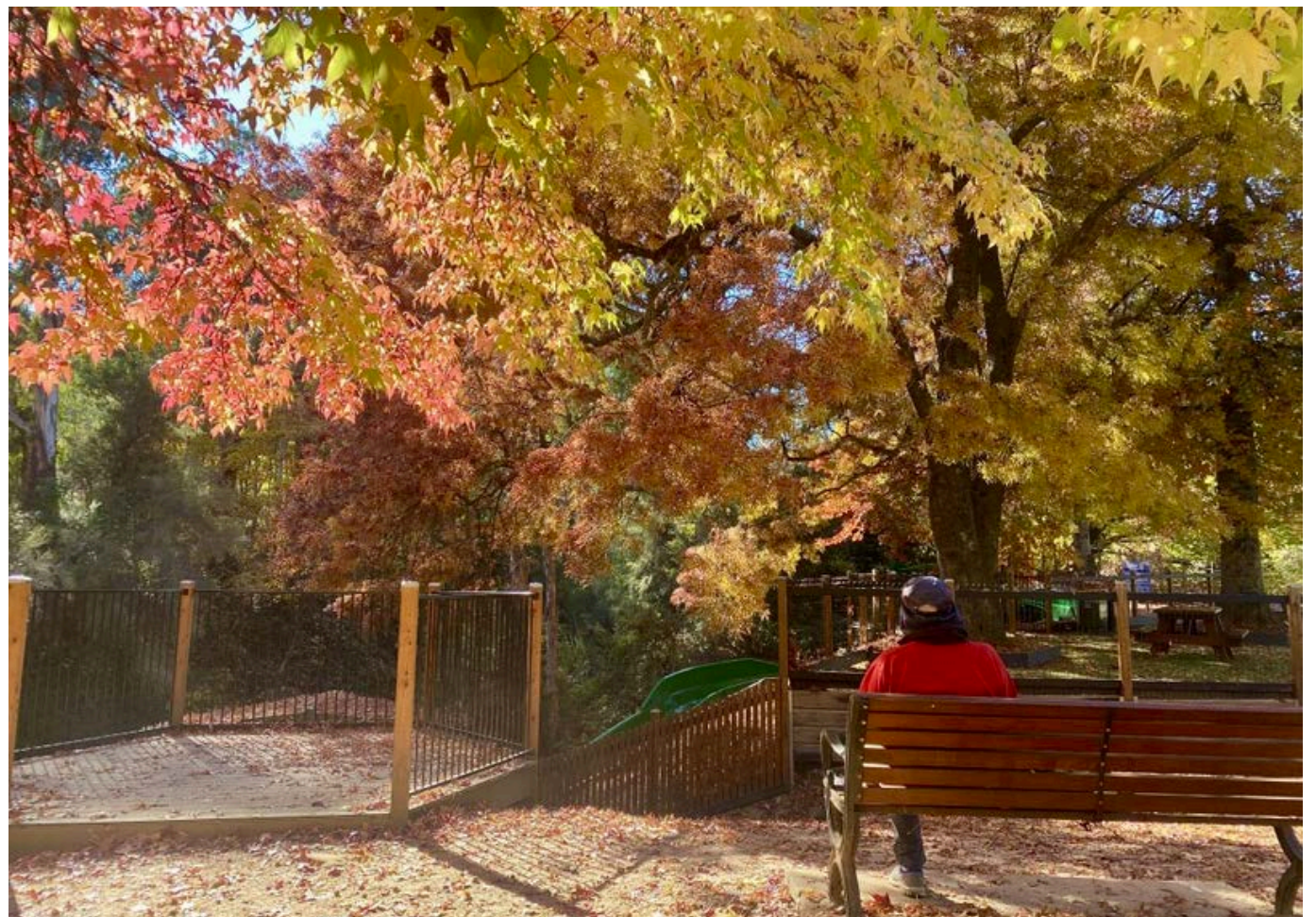


Summer at the Peninsula

Summer has arrived and what better way to welcome the sunny season than spending time on Mornington Peninsula. We will stay in Tyabb and explore the best of what the Peninsula has to offer. Between native bushland, stunning coastlines and quirky country towns, this is a trip with a relaxed pace and there is something for everyone.








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

 /OutDoorsIncAustralia

 @outdoorsinc_au

 /company/out-doors-inc-

 /outdoorsinc

17 Stubbs Street, Kensington VIC 3031

t 03 9417 2111

e indoors@outdoorsinc.org.au

w www.outdoorsinc.org.au