

# 2024 Women's Group Programs



## WHO IS THIS GROUP FOR?

Adult women who have a psychiatric disability.

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### Connect Outdoors Day Trips

10am - 4pm Friday (monthly)

Join us monthly as we venture into local parks for a short bushwalk, sightseeing and plenty of time to relax and socialize over a cafe lunch.

\$280/session

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### Adventure Outdoors Day Trips

10am - 4pm Wednesday (monthly)

For women who want to explore a variety of outdoor adventure activities including rock climbing, abseiling, kayaking, bush walking, mountain bike riding and bushcraft.

\$260/session

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### Connect Outdoors Retreats

March, June, September & December

Spending time in nature is good for the soul! Add a few like minded people and it's a whole lot of fun too. Retreat and relax for 3 days (2-nights) at the best holiday destinations Victoria has to offer.

\$2500/trip



Accessible to all fitness levels.



Medium level of fitness and mobility required.

Mental Health Support



We look forward to seeing you at

# GAS

Geelong Adventure Specialists





# 2024 Dates

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## Connect Outdoors Day Trips

10am - 4pm (Friday)

Please wear walking shoes. Bring a small backpack, water & a rain coat. Lunch provided.

FEB 23 - LORNE WALK & SWIM  
MAR 22 - WERRIBEE PARK & LITTLE RIVER BIRD HIDE  
APR 26 - STEVENSONS FALLS, FORREST  
MAY 31 - INVERLEIGH NATURE RESERVE & WINCHELSEA  
JUN 28 - TORQUAY WALK & OP SHOPS  
JUL 26 - ANGLESEA RIVER WALK  
AUG 30 - GEELONG BOTANIC GARDENS & PAKO ST  
SEPT 27 - AIREYS INLET WILDFLOWERS  
OCT 25 - SAINT LEONARDS / EDWARDS POINT  
NOV 29 - OCEAN GROVE NATURE RESERVE  
DEC 20 - BELLARINE FOODIE TOUR



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## Adventure Outdoors Day Trips

10am - 4pm (Wednesday)

Please bring lunch, snacks, water, backpack, waterproof jacket & clothing suitable to the activity.

FEB 14 - KAYAK PAINKALAC CREEK  
MAR 13 - RAIL TRAIL BIKE RIDE DRYSDALE  
APR 10 - BARWON RIVER PADDLE  
MAY 8 - ABSEILING AT BIG ROCK  
JUN 12 - MOUNTAIN BIKE RIDE YOU YANGS  
JUL 10 - BRISBANE RANGES BUSHWALK  
AUG 14 - CROSS COUNTRY SKI LAKE MOUNTAIN  
(EXTENDED HOURS, 6AM-6PM \$750)  
SEPT 11 - INDOOR ROCK CLIMBING  
OCT 9 - ORIENTEERING / NAVIGATION TRAINING  
NOV 13 - BUSHWALK WERRIBEE GORGE  
DEC 11 - OUTDOOR ROCK CLIMBING STAUGHTON VALE



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## Connect Outdoors Retreats

Accommodation, food, activities & transport provided.


You may like to bring some spending money for shopping.

MAR 6-8: OTWAYS  
JUN 5-7: DANDENONG RANGES  
SEP 4-6: HALLS GAP  
DEC 4-6: MORNINGTON PENINSULA

## BOOK NOW

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