



# Kokoda Track Trek

**DEPARTS:**  
**July 5, 2012**

**COST PER PERSON:**  
**\$4500\***

## INCLUDES:

- Return airfare from Melbourne to Port Moresby in Papua New Guinea
- Australian host
- Pre-trek training walks
- All accommodation: twin share (single supplement available on request)
- Road transfers and return flight from Popondetta to Port Moresby
- Trekking and village fees
- Camping equipment except for sleeping bag, sleeping mat, backpack and personal gear (talk to us about our gear package)
- Local trekking guide and camp staff

A personal porter to carry your pack can be arranged for \$700\* per person (maximum pack weight of 20 kg)

\* Price is subject to change due to currency fluctuations or increases in flight or other costs

The Kokoda Track in Papua New Guinea is one of the world's greatest hiking trails. It starts 50 km east of Port Moresby at Ower's Corner and climbs up and over the majestic Owen Stanley range to end 96 kilometres later at Kokoda.

You'll walk through lush rain forest, climb steep mountains, trek along high ridges and down through deep valleys and by the time you get to Kokoda, you'll be expert at crossing rivers by pole and rope bridges! You'll also visit remote communities and experience the culture of the people of the PNG highlands.

A good level of fitness is required for this trek, although mental strength is just as (if not more) important than physical stamina.

### A short history of the Kokoda campaign

The Kokoda Track is best known for the fierce fighting between Australian and Japanese forces in World War II.

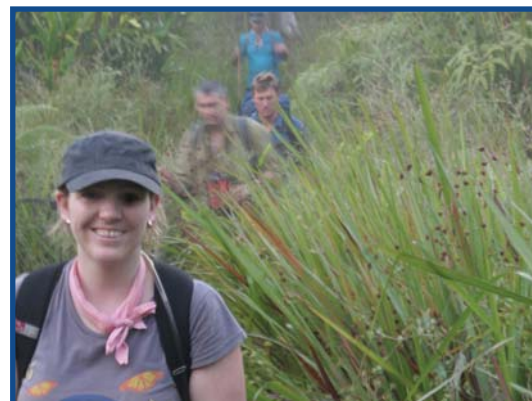
On July 21 1942, Japanese forces landed on the north coast of New Guinea with the aim of capturing the capital, Port Moresby, which is on the south coast and within striking distance of Australia.

A small contingent of Australian soldiers encountered the invading Japanese army at Kokoda, where they were pushed back along the track by a better-equipped and better-trained force that outnumbered them by at least five to one. They bravely held the Japanese at Isurava until reinforcements could arrive from Port Moresby.

From there the Australians staged a fighting retreat all the way back to Imita Ridge, which is the first hill on the Kokoda Track. Finally after many months of savage fighting, the Japanese had lost a large proportion of their troops and could no longer supply those that were still on the front line.

The Australian army then went on the offensive driving the Japanese back along the track and fighting many more bloody battles to finally defeat them seven months later at their landing grounds on the north coast of Papua New Guinea. Many of the 700 Australian soldiers who died during the campaign are buried at the Bomona war cemetery near Port Moresby.

**Join Icon Adventures and Eclipse Family Fitness in the 70th anniversary year of the Kokoda campaign for this memorable and challenging week-long trek!**



# Itinerary

**WED July 5**  
**DAY 1**

Early morning flight to Brisbane and onto Port Moresby. Our local man in Port Moresby will meet us at the airport. Transfer to the Sogeri Lodge near the start of the track. On the way we will visit the Bomona was cemetary where there are more than 3000 Allied servicemen buried. In the evening we will have a briefing on what it to come over the next seven days.

**Sogeri Lodge**

**THUR July 7**  
**DAY 2 (B,L,D)**  
**Approx 12 km**

Early start for Ower's Corner and the start of the track. At Ower's Corner you'll get a first look at the Owen Stanley Range! Trek down to the Goldie River and then up Imita Ridge. This is the first of many steep climbs on the track. The path is on a parallel ridge to the Golden Staircase, which was built by Australian soldiers during the campaign. Imita Ridge was the last point that the Australian army retreated to when they were trying to stop the Japanese capturing Port Moresby. From here we climb down and make our way along Ua Ule Creek.

**Ua Ule Creek  
campsite**

**FRI July 8**  
**DAY 3 (B,L,D)**  
**Approx 15 km**

The track follows the creek, crossing it many times. Then we have a short climb part way up Iorabaiwa Ridge to Iorabaiwa village. We'll continue up Iorabaiwa Ridge, which was the furthest point reached by the Japanese army. There is also a section of original wartime track and trench emplacements along the ridge. Down to Ofi Creek and then up the Maguli Range. This section is the steepest and hardest so far with many false peaks and is the first real test of your stamina! Down to the village of Nauro for the night. Views over the Owen Stanley Range to Mount Victoria.

**Nauro village**

**SAT July 9**  
**DAY 4 (B,L,D)**  
**Approx 16 km**

Continue on through flat, swampy country to the base of the Nauro saddle. A morning climb up and over the Nauro saddle to a mountain pass above Menari Village. Down to the village of Menari for lunch. In the afternoon we have a steep walk up to Brigade Hill. This is another very challenging climb, but well worth it for the views of the Owen Stanley Range from the top. Brigade Hill was one of the major battles of the campaign during the Australian army's fighting retreat from Kokoda. Wave after wave of Japanese soldiers advanced up Mission Ridge to the Australian positions on Brigade Hill leading to terrible carnage on both sides. Down to Efogi No 1 village, the largest settlement on the track, for the night.

**Efogi No 1 village**

**SUN July 10**  
**DAY 5 (B,L,D)**  
**Approx 13 km**

A short, steep climb up to Efogi No 2 village in the morning before making our way down a steep decent to a river-crossing. Then we head up to the hill-top village of Naduli where, if we are lucky, we will meet one of the last surviving fuzzy wuzzy angels, Ovuru Ndiki. Then after a look at views of steep valleys clad with rainforest and high mountains in the distance, we'll start our climb of Mount Bellamy through a beech forest to the junction with the track to Myola and onto 1900 camp for the night.

**1900 campsite**

**MON July 11**  
**DAY 6 (B,L,D)**  
**Approx 13 km**

This morning we finally climb to the top of Mount Bellamy, the highest point on the track, and pass through the wide Kokoda gap to descend to the Eora River at Templeton's Crossing No 1. The track continues onto Templeton's Crossing No 2 and then to Eora Creek campsite where we will stay for the night. There was a major battle fought here – during their retreat, the Japanese dug in above the western bank of Eora Creek and, after two weeks, they were finally forced out of their positions by the Australians.

**Eora Creek  
campsite**

**TUES July 12**  
**DAY 7 (B,L,D)**  
**Approx 9 km**

Icon Adventures is one of the few companies allowed to take trekkers to see the remains of the Japanese trenches and gun emplacements above Eora Creek where many artifacts still remain. We'll view this first thing in the morning then we climb up to the village of Alola for lunch. From here it's not far to the Isurava battleground and memorial, where we will stay for the night. Isurava was where the first major battle of the Kokoda campaign was fought. The vastly outnumbered Australians held the Japanese for four days before staging a fighting retreat along the track once reinforcements had arrived from Port Moresby.

**Isurava  
battleground**

**WED July 13**  
**DAY 8 (B,L,D)**  
**Approx 16 km**

Today we descend through choko fields to Deneki before descending to Hoi for lunch. Then it's a flat walk to the end of the track at the village of Kokoda.

**Kokoda village**

**THUR July 14**  
**DAY 9 (B)**

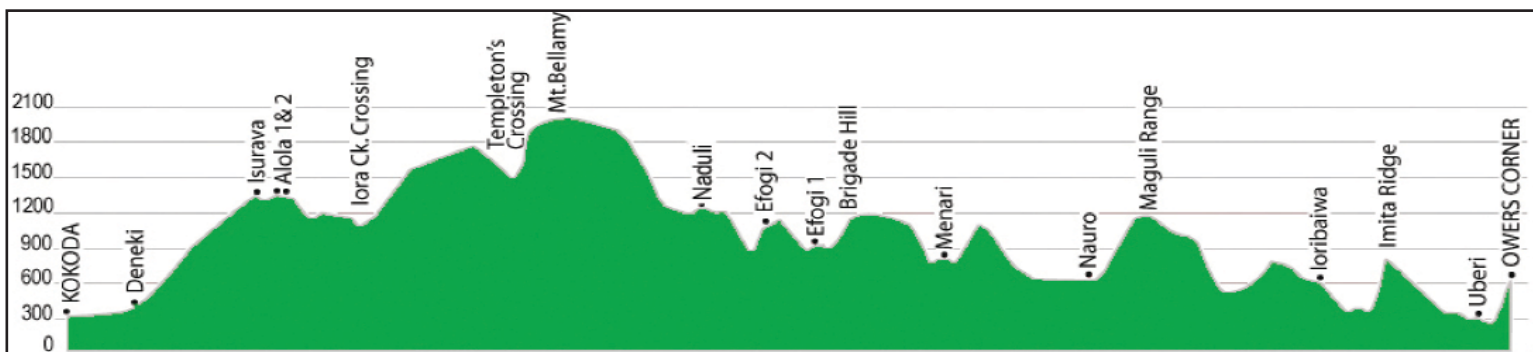
After spending the night in a lodge at Kokoda, we catch a truck to Popondetta and fly back to Port Moresby. If it is clear, we'll be able to retrace our steps back across the Owen Stanley range.

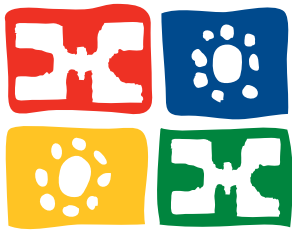
**Hideaway Hotel  
Port Moresby**

**FRI July 15**  
**DAY 10 (B)**

Transfer to Port Moresby airport for morning flight back to Brisbane and onto Melbourne.

**Home**





# ICON

## ADVENTURES®

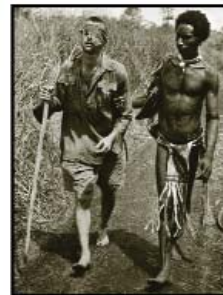
# Live to travel: travel to give

## Our philosophy

At Icon Adventures we are serious about responsible travel. We aim to respect the culture of the communities we visit and protect the unique environments in which they live. Above all, we want to ensure that your travel experience is unforgettable for all the right reasons. Our team receives ongoing training to ensure high levels of environmental care. From off-setting carbon emissions to packing-out rubbish, our aim is to minimise the environmental impact of your visit.

We recognise that we have an opportunity to make a positive economic impact on the communities we visit. We always choose locally owned operators/suppliers who employ local people and offer reasonable working conditions and payment to local staff. Icon Adventures supports a number of outstanding local community projects which promote environmental conservation, education and sustainable economic development.

The Kokoda Track foundation promotes education, health and self-dependence for the communities living along and near the Kokoda Track. Icon Adventures is an on-going gold sponsor of the KTF.



The Kokoda Track Foundation

## Luke Stratford, Eclipse Family Fitness and Icon Adventures

Luke Stratford cycled his way into the Australian Institute of Sport in 2000. Luke then took his determination and fierce competitive spirit and entered the world of powerlifting where he won the world title for his event in 2005.

After these successes Luke started Eclipse Family Fitness in Kyneton, Victoria, where he supports and consults with entry-level fitness enthusiasts through to professional athletes. Luke is also a fitness instructor at a youth detention centre where he encourages and is a positive role model to kids who have strayed early on in their lives.

For the past three seasons Luke has also been the strength, conditioning and fitness coach for the Bendigo Pioneers who play in the AFL Victoria TAC Cup competition, where over 50 percent of AFL draftees come from each year. Luke's most recent sporting endeavour has been running – this has evolved from 5 km fun runs through to long distance events such as the 100 km Oxfam Trailwalker event.

Now Luke is setting his sights on becoming an elite ultra-endurance athlete and is aiming for Australian selection in 2012 for the 100 km marathon and 24-hour endurance teams.

Luke and Eclipse Family Fitness are now affiliated with Icon Adventures with Luke offering support in his many areas of expertise including altitude training, endurance training, strength and conditioning, general fitness, weight loss and mental toughness.

For more information contact Luke Stratford on 0438 816 282.



## Extra information

### Essential items to bring

- Waterproof and comfortable walking boots
- backpack
- broad-brimmed hat
- sunscreen
- sleeping bag
- sleeping mat
- light-weight plate, cup and cutlery
- large plastic bag for keeping gear dry
- waterbottles or Camelbak

### Suggested items to bring

- Quick-drying sports towel
- headtorch
- strong insect repellent such as Bushmans
- high energy snacks (we will send you a complete list in your welcome pack after we receive your booking).

### Excellent books on Kokoda are:

Patrick Lindsay – *The spirit of Kokoda*

Paul Ham – *Kokoda*

Bill James – *A field guide to the Kokoda Track*

### Vaccinations

Please consult your nearest travel doctor for the most up-to-date recommendations for vaccinations for travelling to Papua New Guinea. Your travel doctor may also recommend that you take anti-malarial medication.

### Travel insurance

Travel insurance (including comprehensive medical cover) is compulsory for this trek. We recommend World Nomads and 1Cover Direct (see our website for more information).

### Passport and visa

Your passport will need at least six month's validity past the date of the trek. A visa is required to visit Papua New Guinea.

# Booking form

To secure your spot on the Kokoda Track Trek complete this form and fax it to: **07 3103 4606**

Or post to: **Icon Adventures, PO Box 1121, Toowoomba QLD, 4350**

For booking information or specific enquiries about this itinerary, please contact **James Holden on 0403 418 263.**

**A percentage of profits from this tour goes to the Kokoda Track Foundation's community projects**



- Kokoda Track Trek (departs July 5, 2012) @ \$4500\* per person (twin share)**  
 **Please advise me of single supplement or business class options**

PASSENGER 1

PASSENGER 2

FIRST NAME	.....	.....
SURNAME	.....	.....
HOME ADDRESS	.....	.....
	.....	.....
	.....	.....
DATE OF BIRTH	.....	.....
TELEPHONE	.....	.....
MOBILE	.....	.....
EMAIL	.....	.....
EMERGENCY CONTACT NAME	.....	.....
EMERGENCY CONTACT NUMBER	.....	.....

SIGNED: PASSENGER 1 ..... PASSENGER 2 .....  
DATE .....

**Please send your deposit of \$1000 per person to secure your booking**

Payment options (please tick preferred option):

- Cheque:** Please make cheques payable to Discover Africa (postal address is at the top of this form).  
 **Direct deposit:** Discover Africa Icon, BSB: 013 533, account number: 480 560 778 (ANZ, Bendigo). Please use your surname and the code KT0712 as the reference when making a direct deposit.  
 **Credit card:** We accept credit card payments over the phone. Please call 03 5441 8811 (a small fee applies).

\* Price may be subject to change due to increased flight or other costs or variations in exchange rates.

Full terms and conditions are available at [www.iconadventures.com](http://www.iconadventures.com)