

Club Kokoda – Sydney

Sunday, August 27 at 7 AM – 10:00 AM

Mt Kuring-gai Railway Station, Hornsby, NSW

Difficulty: Medium

Bush Walk: Mt KurinGai to Apple Tree Bay

Duration/Length: 3-4hr 12km circuit

Meeting point: Mt KurinGai train station Carpark

Club Kokoda – Brisbane

Saturday, September 2 at 6 AM – 9:30 AM

Mt Coot-tha Lookout

1012 Sir Samuel Griffith Dr, Mt Coot-tha, QLD

Difficulty: Medium

Bush Walk: Mt Cootha Nat Park

Duration/Length: 3-4hr 12km circuit

Meeting point: Summit Carpark

Club Kokoda – Gold Coast

Sunday, September 3 at 6 AM - 10 AM

Binna Burra Rd, Binna Burra QLD

Difficulty: Medium

Bush Walk: Lower Bellbird Circuit - Lamington National Park

Duration/Length: 3-4hr 12km circuit

Meeting point: Binna Burra – Lower Carpark

Club Kokoda – Melbourne

Sunday, September 10 at 7 AM - 11 AM

O'Brien's Crossing, Lerdederg State Park, VIC

Bush Walk: **O'Briens Crossing** – East Walk – Cowan Track – **O'Briens Road** – Short Cut track – **O'Briens Crossing**

Difficulty: Medium

Duration/Length: 4-4.5hr 14km circuit

Meeting point: **O'Briens Crossing** Camping and picnic Area

What to bring:

- **Drinking water** – (approx 600ml per hour of walking)
- **Hat & Sunscreen**
- **Mobile phone (for emergency use only)**
- **A small towel / bandanna to wipe sweat away**
- **Appropriate** hiking clothes (no jeans), boots or trail walking shoes (no bare feet, thongs or sandals)
- **Your backpack / or a day pack**
- **Food** (muesli/protein bars, nuts and dried fruit, fresh fruit, sandwiches - what's walked in is walked out)
- **First aid kit is recommended** / Personal medications such as asthma pumps etc
- **Gold coin donation for education and healthcare on the Kokoda Track in PNG**