

THE KOKODA TRACK



***The Kokoda Trail...** all Australians know the name. It resonates in our minds as one of the most emotionally-charged and important battlegrounds of World War II.*

Today, this important historical region in Papua New Guinea boasts one of the world's most tranquil and celebrated bushwalks.

One that we challenge you to experience yourself.

The Kokoda Trail is a trek that not only offers immeasurable beauty, moving experiences and humbling moments with gracious locals, but a major physical and mental challenge. Indeed, the Trail is regarded by many to be **one of life's great experiences** - it is to walkers what the marathon is to runners.



THE HISTORY

In mid-1942, north Papua was the Pacific frontier that the Japanese wanted to penetrate, with a view to taking Port Moresby. For 7 long months, Japanese and Australian forces (assisted by Papuan locals) were locked in a massive struggle for control. The unique geography of the Trail made victory difficult to achieve for either side, and the Japanese retreat eventually came. But not without a price. Countless lives were lost on the Kokoda Trail.

(These treks are led by well recognised War Historians on the Trail).



THE CHALLENGE

This 96 kilometre track still bears its battle scars in the shape of scattered ammunition, guns, helmets and stirring campfire stories. For you, the trail is firstly, an opportunity to pay tribute to the soldiers who died there, and to celebrate the renowned Aussie spirit of the Diggers.

Secondly, and just as importantly, the Trail is about personal challenge. It is not an easy walk. There are steep rugged mountains, treacherous ridges, jungle terrain, unforgiving rivers, rainforests with giant trees that will tower over you and look down, mocking you, at every opportunity. Conquer it, though, and you will know what a sense of accomplishment really is.



THE PREPARATION

This Kokoda Trail Challenge is different to others. We offer a **9 day trek**, which is an exacting pace to move at. However, your adventure really begins 3 months earlier with a comprehensive individualised online **training program** by a qualified exercise physiologist. It includes internet support leading up to your departure. This preliminary preparation serves to increase your fitness, giving you an extra dimension to the trek. Having small groups (maximum of 15 - 20 people) creates team spirit and camaraderie leading to lifelong friendships.



THE ADVENTURE

After your 3 month training, you're ready for The Kokoda Track. All inclusive in your adventure are flights to PNG and then on to Popengetta village, Internal Flights, transport between the airport and hotels in Port Moresby, 2 nights accommodation in Port Moresby, 11 nights accommodation along the trek in village huts, camps or guesthouses, group camping costs, Trek Permits, all food during the trek, porter and trek guides, qualified Medic and transport from Ower's Corner back to Port Moresby on Day 12. PLUS 2 Days of volunteering in the local track Hospitals. A total of 13 days.

for more info please contact us on **0414521531** or alternatively email us on info@ourspirit.com.au
check out our website at www.ourspirit.com.au

THE NEXT STEP The adventure begins as soon as you call us. Enquiries about exact times and costs can be made by calling 0414521531 Internet address: info@ourspirit.com.au