

THE ULTIMATE CHALLENGE

Kokoda Trail 2021



Supporting people living with motor
neurone disease

6 May to 14 May 2021

Join us on our Kokoda trek to challenge yourself and
make a difference to the lives of those living with MND.

Because until there's a cure... there's care.

www.australiankokodatours.com.au



For all enquiries, contact Daniel
email: dwoodrow@mnd.asn.au or phone: 0447 039 029

Fast Facts

Dates: 6 May – 14 May 2021

Total Trip Cost: \$4999 (all inclusive)

Fundraising Target: \$3500

Trip Duration: 9 nights. 8 days trekking.

First and last nights spent in 5 star accommodation in Port Moresby

Minimum Age: 18 (younger ages considered on application)



"Hiking the Kokoda trail has always been one of those things on my bucket list, so when the opportunity came up to not only tackle this challenge for myself, but do so while raising important funds for those living with MND, I jumped at the chance. I unfortunately have witnessed first hand the need for funds and support for those living with MND, as my father-in-law lived with the disease for 12 years. He was my inspiration and drive to help contribute to such an amazing charity. I came home not only proud of my achievement, but so much more knowledgeable about a huge part of Australian history that I believe every Australian should know more about! This challenge was a major highlight of my life, and what a great cause to be doing it for!"

- Stace





Secure your place

**BOOK ONLINE
NOW!**

What Is This Adventure?

Take on the ultimate challenge of trekking Kokoda, one of the most iconic hikes for Australians.

Help your local State Association provide the best possible care and support for people living with MND.

MND is a progressive, terminal neurological disease, and it can strike anyone.

By taking part in our Kokoda challenge and fundraising for your local State Association, you will be helping the 2100+ Australians living with MND everyday. All funds raised go directly to the care and support these people require to stay connected within their community.

"I signed up to do the Kokoda Trek with MND Victoria in 2018 because I wanted to make a difference and raise funds for all those affected by MND. Never in a million years did I think that I would get so much personally out of it. I learnt that you truly can do anything if you just put your mind and heart into it. Did I think I could do it?.....Not in a million years. Did I do it?..... Too bloody right I did. And I am very proud of myself for doing so!"

- Beck



Trek Itinerary

Day 1 | Arrival Day

Your Australian guide meets you at the airport and conveys you to your hotel. This night involves a comprehensive trek briefing with your Australian guide whilst having a cold refreshment next to the hotel pool. We'll then enjoy a delicious dinner at the restaurant.

Day 2 | Kokoda to Deniki - approx. 3 hours trekking

We take an early morning PNG flight from Port Moresby to either Popondetta or Kokoda airfield. Arrival at Kokoda and walk up to Kokoda village to meet the local villagers, where you'll be introduced to your local porters and support staff. Inspect the remarkable Kokoda museum, monuments and memorials, have lunch and then on to Deniki. Enjoy the spectacular views over the Kokoda valley where you spend your first night on the track.

Day 3 | Deniki to Aloa - approx. 6 hours trekking

A highlight of today is spending time paying your respects at the Isurava war memorial. This memorial was opened in August 2002 to commemorate the incredible and ultimate sacrifice made by courageous men, such as Butch

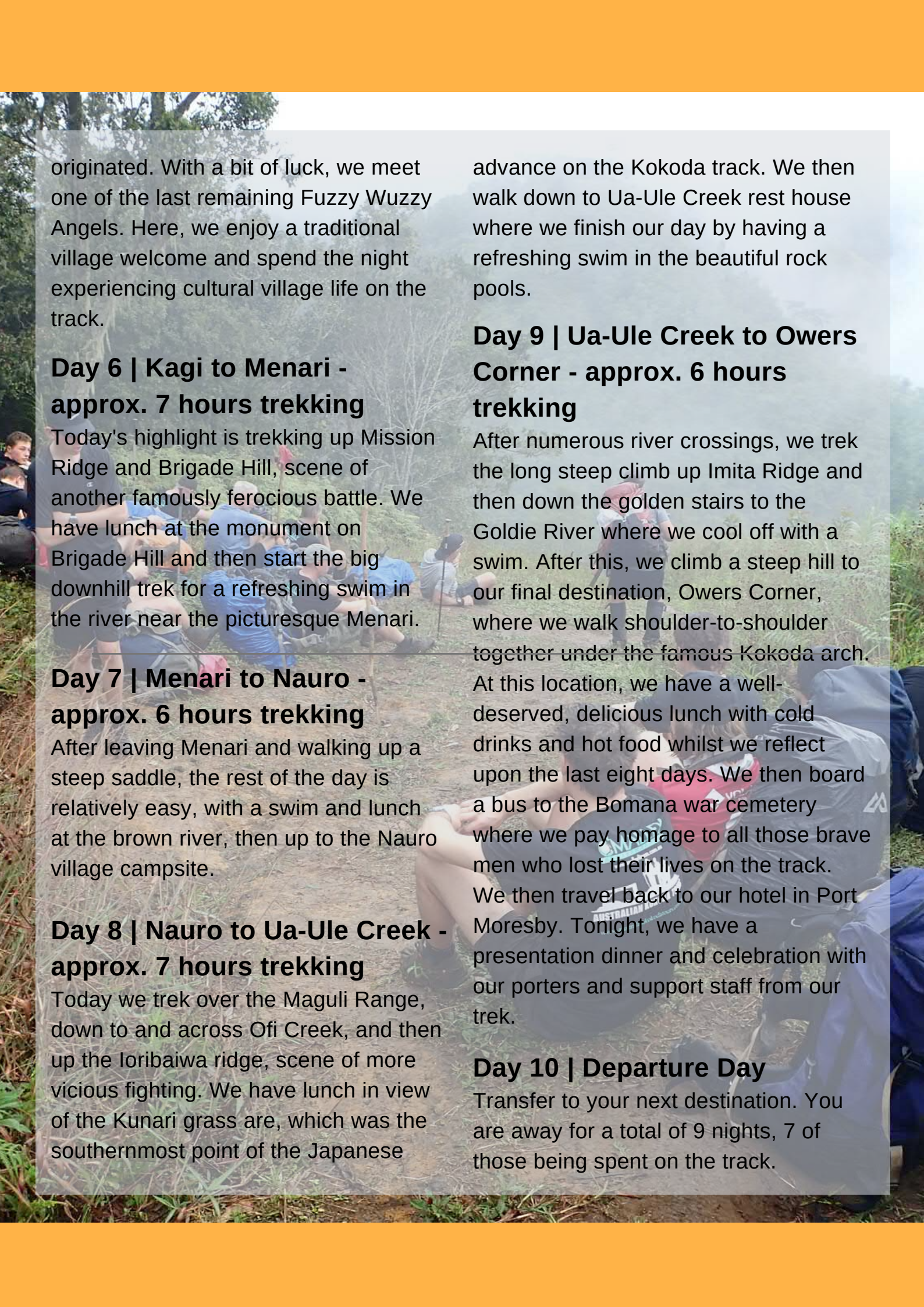
by courageous men, such as Butch Bisset and Bruce Kingsbury, in the vicious, four day battle fought there. Lunch here then walk to Aloa village to spend the night and enjoy the magnificent views down the valley.

Day 4 | Aloa to Templetons - approx. 8 hours trekking

Trek down to Eora creek village with a fascinating inspection of Japanese trenches, ammunition, armoury and mountain gun site along the way. Lunch at Templeton's II. Overnight camping at Templeton's 1, named in honour of Captain Sam Templeton, revered by his men, who lost his life fighting the Japanese north of Kokoda. Excellent campsite for a refreshing swim.

Day 5 | Templeton's 1 to Kagi - approx. 8 hours trekking

Trek over the Kokoda gap, ascending Mt Bellamy - the highest point on the track. Onto the Myola 1 airfield and hospital site and inspect the Myola ammunition dump still containing wartime Australian mortars, grenades and mines. Lunch here, and then on to the beautiful village of Kagi, where our wonderful team of local porters



originated. With a bit of luck, we meet one of the last remaining Fuzzy Wuzzy Angels. Here, we enjoy a traditional village welcome and spend the night experiencing cultural village life on the track.

Day 6 | Kagi to Menari - approx. 7 hours trekking

Today's highlight is trekking up Mission Ridge and Brigade Hill, scene of another famously ferocious battle. We have lunch at the monument on Brigade Hill and then start the big downhill trek for a refreshing swim in the river near the picturesque Menari.

Day 7 | Menari to Nauro - approx. 6 hours trekking

After leaving Menari and walking up a steep saddle, the rest of the day is relatively easy, with a swim and lunch at the brown river, then up to the Nauro village campsite.

Day 8 | Nauro to Ua-Ule Creek - approx. 7 hours trekking

Today we trek over the Maguli Range, down to and across Ofi Creek, and then up the Ioribaiwa ridge, scene of more vicious fighting. We have lunch in view of the Kunari grass are, which was the southernmost point of the Japanese

advance on the Kokoda track. We then walk down to Ua-Ule Creek rest house where we finish our day by having a refreshing swim in the beautiful rock pools.

Day 9 | Ua-Ule Creek to Owers Corner - approx. 6 hours trekking

After numerous river crossings, we trek the long steep climb up Imita Ridge and then down the golden stairs to the Goldie River where we cool off with a swim. After this, we climb a steep hill to our final destination, Owers Corner, where we walk shoulder-to-shoulder together under the famous Kokoda arch. At this location, we have a well-deserved, delicious lunch with cold drinks and hot food whilst we reflect upon the last eight days. We then board a bus to the Bomana war cemetery where we pay homage to all those brave men who lost their lives on the track. We then travel back to our hotel in Port Moresby. Tonight, we have a presentation dinner and celebration with our porters and support staff from our trek.

Day 10 | Departure Day

Transfer to your next destination. You are away for a total of 9 nights, 7 of those being spent on the track.

What Will My Impact Be?



This incredible challenge is about doing something amazing for yourself and for every Australian living with MND now and in the future. Kokoda is one of the toughest hikes in the world but also one of the most rewarding to

take on and complete. You get to learn about and retrace the footsteps of our soldiers back in World War II as they fought off the Japanese advance towards Australia and hear many first-hand stories. This experience will change your life for the better whilst bringing awareness to all MND State Associations around Australia, through your own fundraising and awareness campaigns. You will achieve something you can brag about for the rest of your life.



What Will My Impact Be?

Many of the participants who register will have seen the devastating impacts of motor neurone disease in one way or another and will understand the importance of the services from their local state association. The funds you raise will help all Associations continue providing care and support for all 2100+ Australians living with this horrible disease as well as contributing towards finding cause, treatment and ultimately a cure for MND.



The impact you have as an individual will be huge.

The impact you have as part of a great team will be even bigger!

Secure your place

**BOOK ONLINE
NOW!**

Fundraising Support

Your State Association is here to make sure you get the most out of your fundraising!

Please contact Daniel for more details

email: dwoodrow@mnd.asn.au or phone: 0447 039 029

Daniel will help you with your fundraising by exploring different ways to raise funds and promote your activities to family, friends and work colleagues.

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FAQs

The Australian Kokoda Tours website has a huge range of frequently asked questions for you to read. Please visit their website at:

www.australiankokodatours.com.au/forms/faqs

If your questions aren't answered, please contact Mick at Australian Kokoda Tours

email: mick@aktours.com.au or phone: 1800 258 687

For any questions regarding fundraising, please contact Daniel

email: dwoodrow@mnd.asn.au or phone: 0447 039 029

Fitness Training

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You don't have to be an athlete to complete Kokoda. However, the fitter you are, the more enjoyable the experience. Your fitness can mean the difference between an incredible adventure or an exhausting trek.

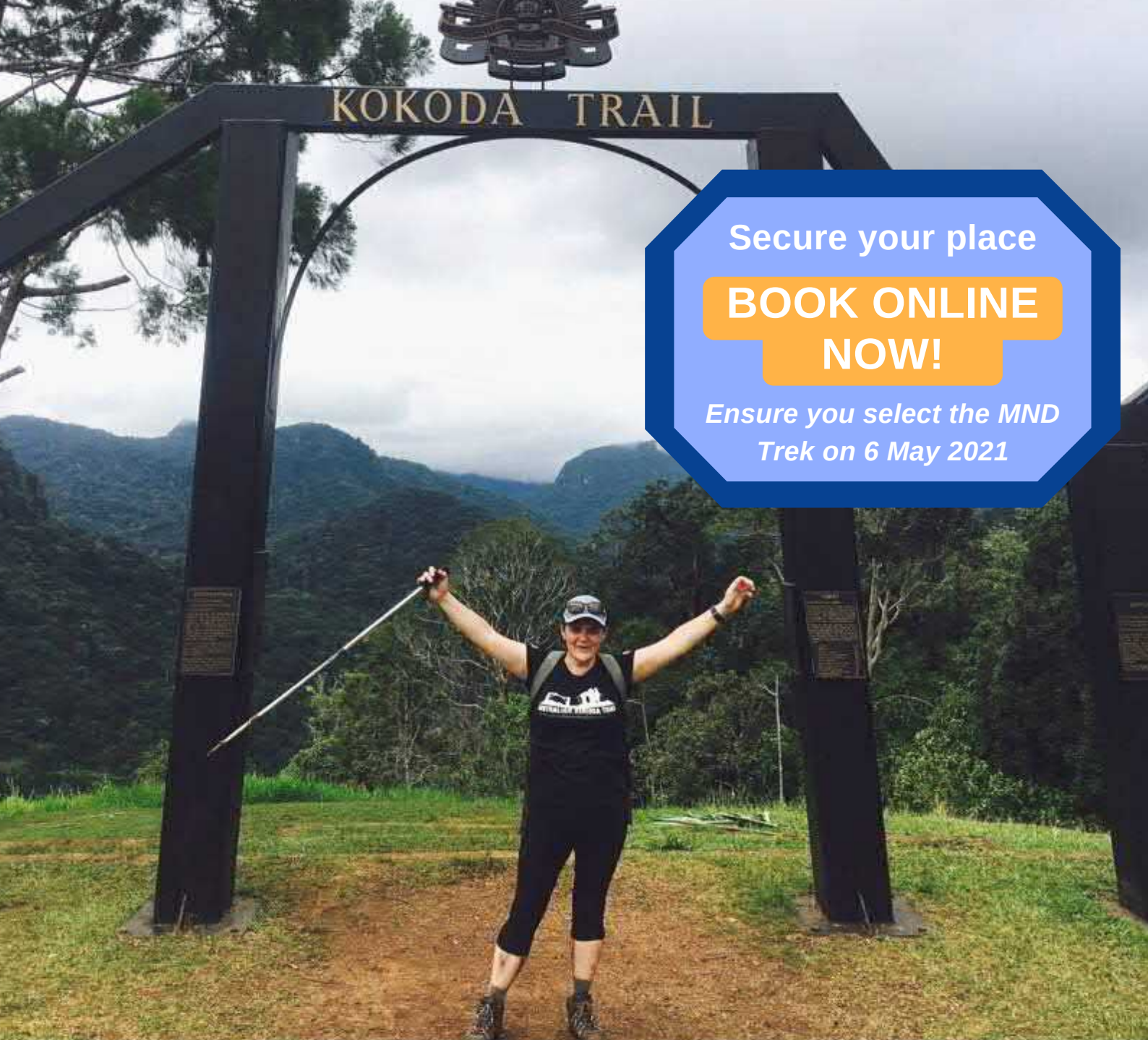
For a complete training guide, please visit the Australian Kokoda Tours website:

www.australiankokodatours.com.au/about-us/training

Key Dates

TO DO	DATE	ACTIVITY
Register	Immediately	Place your deposit!
Connect with your team online	After registration	Get to know who you're trekking with
Fundraising begins	After registration	Log into your personal fundraising page and start working towards your goal
Half-way to your fundraising goal	Tuesday 1 December 2020	Well done! You've passed your first fundraising target of \$1750
Travel cost balance	Tuesday 1 December 2020	Please pay the remaining travel costs to Australian Kokoda Tours
Training plan	Friday 1 January 2021	Time to really ramp up your fitness with AKT's training plan and regular hikes
Fundraising balance	Friday 23 April 2021	You will have fundraised the \$3500 minimum. Congratulations! Keep going if you can
Let's go for a hike!	Thursday 6 May	Time to jump on a plane and leave for the ultimate challenge

Note: Your State Association will have regular catchups for participants from your state.



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*Ensure you select the MND
Trek on 6 May 2021*



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email: dwoodrow@mnd.asn.au or phone: 0447 039 029