



KOKODA

trekking

WELCOME

Thank you for your enquiry about trekking on the Kokoda Trail.

We have developed a package of information that will help you to determine the right trek for you and to prepare you sufficiently prior to your arrival. We invite you to read through the information on the following pages which should help to answer some of your many questions about the experience of a lifetime.

If you have further questions and would like further information you are encouraged to visit our website <http://www.kokodatrekking.com.au> <<http://www.kokodatrekking.com.au/>> where you can read our section on "Frequently Asked Questions" or join our Forums.

THE KOKODA TRAIL

The Kokoda Trail was the scene of some of the bloodiest battles of World War II and still carries the scars of a fierce campaign. The Kokoda Trail is the site where the advancing Japanese forces lost their campaign to claim Port Moresby from the 'back door' in their ultimate goal to capture Australia.

For those who lost family members from a previous generation in WWII this walk can be an intensely emotional and spiritual experience and indeed for all trekkers the sheer beauty of the terrain and spectacular scenery is unforgettable.

The Track is by far the most popular trek in Papua New Guinea and takes between 6-8 days to walk as you ascend and descend a range of simply stunning but unbelievably challenging terrain including endless river crossings and rain forests.

Conditions are usually wet and slippery and rain can be expected most days. Temperatures range from 24 - 30c degrees in the day and 15 - 24c degrees at night.

SUGGESTED TREKS

Kokoda Trekking offers several different packages ranging from a (6 day / 5 night) trek to (9 days / 8 nights). We have Papua New Guinean led treks as well as 'expat' led treks.

A trek on the Kokoda Trail can be done either from the Port Moresby (Sogeri) side of the Owen Stanley Range to Kokoda, which is the most preferred option and historically correct route. Alternatively to start the

trek from Kokoda, you will need to take a 30 minute flight on Airlines of PNG to Kokoda from Port Moresby which is included within the trekking costs.

We can also create a trek as either a "Private Trek" or an "Open Trek". The Open trek allows others to join your group whereas the Private trek will just be for your group of trekkers.

ACCOMMODATION

Accommodation en route is included as part of the pre-paid tour package which also includes your track pass, airline ticket to Kokoda, food, and food porter.

Accommodation is generally in villages along the track in Hoi, Isurava, Kagi, Naduri, Efogi, Menari, and Naoro. There is also open air camping space at Templeton's Crossing and Ua-Ule Creek. Other open-air camping sites can be made by clearing the bushes as needed.

We can also put you in contact with the Gateway Hotel in Port Moresby to help you save some money on accommodation whilst in Port Moresby, prior to and post Trekking. Contact us for more information.

FLIGHTS

The treks we offer contain an 'internal' flight component which is inclusive within the trekking Costs. We can arrange a special charter flight for any day of the week which is particularly beneficial for group bookings.

FOOD / MEALS

Food is included in the pre-paid tour package cost. Ration packs are carried by our food porters and handed out to trekkers in the group on a daily basis. Your ration pack is then carried by you so that you can consume what you need throughout the day.

The Ration Packs contain sufficient and nutritious supplies for Breakfast, Morning Tea, Lunch, Afternoon Tea and dinner. Depending on your daily food intake requirements, some trekkers also opt to bring additional food as well, such as muesli bars, chocolate, soup, lollies, biscuits, and other favorites, to supplement their energy needs. This is a great idea but don't make your backpack too heavy!

You will be able to avail yourself of fresh fruit such as oranges, mandarins, bananas, pineapples, sugar fruit (a kind of passion fruit), and other options which are sold by villagers along the track. Be sure to have some small change (K5, K10) with you if you would like to purchase any of these supplies.

Local food is also available upon request from the villages including kaukau (sweet potato), potatoes, bananas, taro, corn, choko leaves (in plentiful supply along the track), cabbages, tomatoes, and others. Fresh vegetables can also be supplemented by a delicious village chicken.

If trekkers would like to partake in the feast of a pig at the half way point of Efogi, they simply need to inform their guide and he will make contact by radio. Villagers will then try and catch a wild pig which can be purchased and cooked. Trekkers generally contribute K20 - K40 each and the pig is enjoyed as a group. Past trekkers have suggested that this has really added to their trekking experience.

GUIDES & PORTERS

As mentioned earlier, a personal porter can be hired to carry your pack. We encourage you to confirm and arrange this with us before the trek, as it can be difficult for us to hire a porter for you once a trek has commenced. We highly recommend a porter if you do not fit into the 'super' fit category.

The porters will look after you while you are out on the Kokoda track. They will help you lead the way, light up the fire in the morning before everyone else wakes up, boil water, cook food and in general be a reliable, helpful and friendly companion to your group.

At night upon reaching your intended location, our guides and porters will again help set up camp, light fire, boil water and prepare food for you. Trekkers have commented that this is 'very' helpful when you are exhausted after a long day's walk.

When reaching a village, our guides and porters will also arrange for you to stay at the village guest house, and perhaps arrange for some village food should you like to try some kau-kau or choko or even chicken, when it is available.

COMMUNICATION

In order to communicate and coordinate our treks with the trek leaders, we utilise the local radio network. This is how we keep all trek leaders, guides and trekkers up to date with the latest developments on the Kokoda Trail.

A two way radio and satellite phone are carried for use in emergencies.

The official language of Papua New Guinea is English and the other two most commonly used languages are Hiri Motu (commonly spoken on the track) and Tok Pisin. Most guides and porters speak fluent English, Motu, Pisin and one other (local) language. We encourage all trekkers to ask their guide or porter if they are unsure about what is being communicated.

CLOTHING & EQUIPMENT

What do you need to bring? During the day you will get quite hot and dirty so we encourage you to bring one set of day (or trekking) clothes, and a second set of clothes that you can change into after you have bathed in a local creek of crystal, clear mountain water.

Always think lightweight when you are thinking about what day and night options to bring. Also think about grabbing a couple of plastic zip type bags that will protect your spare clothing and other items inside your backpack, just in case in rains while you are trekking.

You will need a sturdy 75-80ltr backpack that can be adjusted so that 2/3 of the weight sits on your hips and 1/3 on your shoulders. Also ensure it has a well padded belt to avoid chaffing.

You will need a light sleeping bag, a good set of thermal underwear, a self inflating sleeping mat, personal tent, plate, canteen/cup and eating utensils.

MEDICAL & HEALTH

A moderate trek would take up to nine days but depending on the fitness of the walkers, varying itineraries can be tailor-made to suit specific individual and group requirements.

You should consult your doctor prior to departing for Papua New Guinea as the Kokoda Trail can prove to be a difficult walk with high temperatures and humidity. You do not need to be 'Olympic level' fit, but not should you treat the trek like a walk in the park.

Prior training is also recommended along with a thorough medical examination to verify your fitness. You will be required to provide a copy of your medical declaration before commencement of your trek.

INSURANCE

Travel insurance is compulsory to cover for unexpected trip cancellation and loss, loss and damage to baggage, illness, accident and medical evacuation. Trekkers must arrange and provide proof of their own travel and health insurance cover.

At Port Moresby each trekker will be asked to sign a disclaimer confirming their undertaking that they fully understand the risks involved.

- Liability Insurance (\$20 Million)

WHY CHOOSE US?

As we are a Kokoda based company our treks are led by experienced PNG guides from the township of Kokoda and surrounding areas. We can provide Australian Led treks. Our food and personal porters are also predominantly from the Oro Province, Sogeri and right down to Kokoda.

As such, we have acute local knowledge of the area which is ideal for helping you navigate the trek, introducing you to local sites and villagers and providing a wealth of information that you could not find in books and on the web.

Here are just some of the reasons why you should experience the Kokoda Trail with us:

- We are the biggest nationally owned 'Kokoda' tour operator in PNG
- We offer excellent references with well over 3400 + trekkers to our credit
- We possess over three (5) years experience as tour operator
- For three years in a row we have escorted more trekkers on the track than any other operator
- All our guides and porters are predominately local and we can also offer Australian guides with war experience for 'expat' led treks
- We have offices/bases in Australia, Port Moresby and Kokoda so you are always dealing with us locally
- We own and operate transport both ends of the track meaning you don't need to rely on a third party
- We offer the best guesthouse accommodation in Kokoda and a home cooked meal (as confirmed through feedback from past trekkers)
- Your unique experience is supported by an absolute maximum of 18 trekkers per trek
- Certificate of Completion and t/shirt provided to each trekker at the end of each trek
- Carved walking sticks are provided to each trekker as a keepsake to take home
- Kokoda Trek Guide book with map are provided to each trekker
- Read Testimonials - <http://www.kokodatrail.com.au/forums/index.php?showforum=16>
- Liability Insurance (\$20 Million)
- Accommodation in Kokoda - <http://www.orohaven.com/>

BEST TIMES TO TREK

The best time to walk the trail is between May to October but we do run Treks throughout the year. Please look at the schedule on our website for upcoming treks: <http://www.kokodatrekking.com.au/schedule.html>

If you cannot find a date to suit you let us know and we can work with you and your 'party' to schedule suitable dates.

COSTS & INCLUSIONS

The cost for the guided trek packages are AUS \$2550 per person. The costs are inclusive of all food supplies, airline tickets to Kokoda, village accommodation, Kokoda Track permit and village fees, road transfers, and almost everything else that is required for your trek is covered including an experienced guide and ticket from Port Moresby to Kokoda. A guide is a 'necessity' unless you have walked the Kokoda Trail yourself or a very 'experienced' trekker. Australian guided prices vary. Please contact us for pricing.

You can also hire a personal porter for an additional \$580 per person. The cost of a personal porter is AUS \$580.00 which covers for the porter's pay, food, airfare and road transport. A personal porter is a necessity to carry your food supply unless you want to carry it yourself or want to survive on village food.

A personal porter is a matter of choice. This is highly recommended as the trek can be quite draining and many trekkers report that having a personal porter was greatly beneficial in helping them to carry their packs along the way.

Full payment for your trek is due 60 days prior to the departure date. Please Note: Bookings are not considered confirmed until Kokoda Trekking (KTL) have received your completed booking sheet per the icon on the left hand side of our website. A deposit of \$500.00 per trekker is required at the time of booking to secure your trek. This confirms your commitment and covers all administration costs and associated expenditure.

MORE INFORMATION / HOW TO BOOK

Trekkers should book as far in advance as possible as places on treks are limited and can fill up very quickly as the trek draws closer to start date.

If you would like to make a booking please visit <http://www.kokodatrekking.com.au/booking.html>. Payment can be made online with a credit card using our secure server or via direct deposit into our bank account.

If you have any questions please don't hesitate to contact us either through our website or by telephoning (07) 55 716 512 or 0415 499 495.