

2025 KOKODA

UNLEASH THE KOKODA SPIRIT WITH US!

SKIPPER'S TREK



4TH - 13TH MARCH, 2025



COURAGE | ENDURANCE | MATESHIP | SACRIFICE

Kokoda Courage together with “Skipper” extends a one-of-a-kind invitation to a select group of individuals, embarking on the Kokoda Track adventure, you'll find that each step you take is a special journey in support of The Hospital Research Foundation Group Parkinson's. Here at Kokoda Courage, we promise to ensure that this journey of a lifetime will remain etched in your memory forever.

Get ready for an extraordinary expedition that weaves together challenges and rewards, mirroring the heroic footsteps of Australian legends along the renowned Kokoda Track.

Spanning 96 kilometres across the breathtaking Owen Stanley Ranges in Papua New Guinea, the Kokoda track showcases a stunning landscape. Witness magnificent mountain ranges, diverse rainforests, pristine rivers, and encounter the rich tapestry of traditional cultures along this renowned path.

www.kokodacourage.com.au



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WHAT'S INVOLVED:

- 10 days / 9 nights, including travel time
- 8 days / 7 nights on the Kokoda track
- Hiking: 96km of beautiful tropical rainforest, which includes sections through steep and arduous terrain
- Hiking distance ranges from 12-19 km per day
- Emergency Medic & Expert Australian Critical Response Guides
- Detailed historical stops & Kokoda stories
- Terrain: the track consists of mud, rocks and tree roots
- 6 months pre-trek training program^
- Pre-trek preparation sessions, training & camp*



SPECIAL OPERATIONS GROUP

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WHO IS KOKODA COURAGE

Kokoda Courage is an adventure travel company based in Torquay, Victoria. The company was formed in 2008 by Peter Condon. Peter is a retired SGT of Victoria Police with 32 years of operational and emergency management experience and has personally guided more than 50 Kokoda treks.

Our trek guide, Lee, has been walking Kokoda for over 22 years and has lived, worked, and developed health and wellbeing programs in PNG for 20 years.

Lee served as an infantry soldier in the Australian Army's 3rd Battalion, Royal Australian Regiment (Parachute Battalion) before founding Bfirm, his renowned Adventure & Fitness Company, in 1994.

Lee began trekking the Kokoda Track in 2000 and has since led numerous treks. "The Kokoda Track touches and changes lives from the moment you step onto it. The living history and the kindness of the PNG people are incredible. Once you walk the track, it never leaves you."



**Our Lead Guide
Lee Campbell**

SAFETY

- Qualified medic on the trek
- Satellite phone
- Villages have UHF radios
- Extensive first aid kit and defibrillator
- Experienced local porters with good knowledge of the track and evacuation locations
- Medical evacuation to Port Moresby in an emergency
- Pre-trip medical screening
- Physical preparation is critical

PREPARATION

Extensive training is required, which includes a genuine commitment to training including gym work, cardio and several months of hiking up and down hills carrying your pack.

Your aim will be to complete 2-3 hr hikes, 2-3 times a week on steep hills/stairs, carrying the pack weight you'll have on the track in the final months before departure. Solid preparation will make the experience more enjoyable.

A medical clearance from a doctor is a prerequisite. Kokoda Courage will assist you with a training program and the group will be training together as a team including several training camps.*





Comprehensive Pre-Trek Preparation

\$4,450
Charity Trek Price

INCLUSIONS



**EMERGENCY
TREK MEDIC**

- ✓ Passionate experienced Australian guide led 8 day Kokoda Trek
- ✓ Extensive and accurate historical information about the Kokoda campaign
- ✓ Service at the Bomana War Cemetery
- ✓ Experienced Trek Medic
- ✓ Internal Airfare - Port Moresby to Popondetta
- ✓ Port Moresby hotel accommodation (1 night pre trek and 1 night post trek)
- ✓ All hotel meals
- ✓ Visit to Bomana War Cemetery
- ✓ Kokoda Track Authority trekking permit
- ✓ Experienced team of support staff to carry tents, food and cooking equipment, assist trekkers when required, ensure safe river crossings, prepare meals and to make and break camp each day
- ✓ All on track guest house and tent accommodation (7 nights)
- ✓ All delicious and nutritious, freshly prepared meals and snacks using fresh local produce on the track
- ✓ Celebratory meal and refreshments at completion of the track
- ✓ Group cooking equipment and eating utensils (knives, forks, spoons, bowls, plates etc)
- ✓ Comprehensive evacuation plans and protocols including satellite phone and evacuation team on standby in Port Moresby
- ✓ Defibrillator carried on all treks
- ✓ Group First Aid kit
- ✓ Kokoda Courage t-shirt
- ✓ Exclusive Kokoda Completion Medal



Skipper's Trek enquiries - Call Lee 0418225525

Exclusions:

- Travel Insurance
- International Airfares and travel insurance can be organised through our local travel agent, Nicole at The Travel Boutique Geelong Phone: 0352443600 Email : nicole@thetravelboutique.com.au
- Personal porters available to carry your pack at an extra cost - \$650

Fundraising:

It would be greatly appreciated if our Trekkers can fundraise \$500 to donate to The Hospital Research Foundation Group Parkinson's, which will be used to support those with Parkinson's and their families.

