



# HeartKids Kokoda Challenge



## Trip Highlights

Raising awareness and money for HeartKids  
 Challenge yourself with this historic trek, the setting for some of the greatest displays of heroism of the Second World War  
 9 full days trekking through the Papua New Guinean jungle in the footsteps of these famous warriors  
 Experience local village life and culture with stays close to traditional villages and secluded jungle camps  
 Develop an accurate insight into the history of the trail through your experienced guide



<b>Trip Duration</b>	11 days	<b>Trip Code:</b> HK2
<b>Grade</b>	Moderate to Challenging	
<b>Activities</b>	Trekking with a Full Pack - optional to hire local porter	
<b>Summary</b>	8 nights camping, 2 nights hotel	

## Supporting Your Cause

HeartKids is the only national charity dedicated to supporting children, teens and adults affected by congenital heart disease across Australia.

People with congenital heart disease face unique challenges for their entire life so our support is a commitment for life. There is no known cure.

HeartKids funds life-saving research and provides comfort through quality assured information and support. We are the national voice for those impacted by congenital heart disease through our work in advocacy. Specifically, we:

- Deliver high quality support services via all major Australian children's hospitals and in the community
- Provide quality information to guide families on their whole life journey
- Drive world class research into the causes, treatment and management of congenital heart disease, committing over \$3.5 million to date

Advocate for the needs of people with congenital heart disease, their families and carers.

Connect on social

<https://www.linkedin.com/company/heartkids-australia/>

<https://twitter.com/HeartKidsAust>

<https://www.instagram.com/heartkids/>

<https://www.facebook.com/HeartKidsAustralia/>

## Your Huma Challenge

Thank you for your interest in our HeartKids Kokoda Challenge. Huma Charity Challenge is a division of the worldwide adventure travel company World Expeditions. When joining a Huma Charity Challenge you embark on a remarkable journey to discover your inner philanthropist as you raise money for a Charity that is important to you. At the same time you take on the challenge of fundraising and partake in an adventure to discover new worlds, new landscapes and new cultures ... perhaps you'll even discover how far your personal boundaries stretch as you take on a physical challenge. Our itineraries are well researched, affordable and tailored for the enjoyment of small groups. They will provide the very best travel experience, designed by people with vast local knowledge who share our vision of authentic exchange and real exploration with a responsible travel approach at the core.

Connect with us on social

FACEBOOK: @humacharitychallenge

Like our page at [facebook.com/humacharitychallenge](https://www.facebook.com/humacharitychallenge)

INSTAGRAM: @humacharitychallenge

Follow us at [instagram.com/humacharitychallenge](https://www.instagram.com/humacharitychallenge)

Share the love - hashtag #Humacharitychallenge or #Adventureforacause on your best travel photos and videos to be featured.



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## Charity Challenge Payments

Joining Port Moresby from Travel Cost Twin Share: \$4095

Non refundable registration fee: \$200

All prices are per person

## Trip Dates

**2019** 26 Sep - 06 Oct

## important notes

RF - Registration Fee

## What Impact Will My Fundraising Have?

Your fundraising will help HeartKids to support Australian families impacted by congenital heart disease.

The frightening statistics of congenital heart disease

- Congenital heart disease is a leading cause of infant death in Australia
- Four precious lives are lost each week
- 8 babies a day, that's 240 a month, will start the lifelong journey with the disease
- There is no known cure - those impacted require ongoing care and support throughout life
- Heart kids fill almost half of the beds in all major children's intensive care units

## Your Adventure

For many, the Kokoda Track is a fitting reminder of the Australian Army's heroic battles in 1942 to defend Port Moresby, in extraordinary conditions, from the advancing forces of the Japanese. In the company of our expert guide, we trek across the geographical heart of Papua New Guinea following trails from the tropical rainforests to the rarified climes of the Owen Stanley Ranges. At night we stay in secluded jungle camps close to traditional villages in some of the most remote regions of PNG. We take our time, allowing plenty of opportunity to embrace the history and local culture as well as meet the physical demands of this rugged track. It takes nine days to cover the 96km trail - offering tremendous rewards and a feeling of accomplishment as we complete the trek between the township of Kokoda and the highlands.

## Fundraising Options

There are a number of ways you can approach your fundraising:

1. You can choose to pay for the travel costs yourself and just fundraise the charity donation.
2. You can opt to fundraise the entire amount - the travel cost and the charity donation. You must make sure that funds raised for the travel cost are done so independent of the charity and that donors understand that their donation will be directed towards your travel expenses and are not tax deductible.
3. You may choose to pay for the entire amount yourself and claim the charity donation component as a personal tax-deductible donation to your charity.
4. Lastly you can attempt to fundraise as much as you can in the given time and personally fund the balance of the total.

When fundraising for the charity donation component of this challenge you must seek permission of your charity before beginning to fundraise in their name. Huma Charity Challenge can assist you with this by advising contact person.

Once you have registered on this challenge you will receive our comprehensive Confirmation Kit that includes a Fundraiser's Guidebook, a great resource for fundraising ideas and support.

## About Your Escort

Your tour leader is an experienced Australian man or woman with extensive knowledge of the history and geographical features of the Kokoda Track, wilderness first aid training, in addition to being an experienced trekker. There is also an experienced local head guide, cook, plus an experienced team of group porters to carry the team's food and cooking equipment.



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## Fast Facts

**Countries Visited:**  
Papua New Guinea

**Visas:**  
Yes\*

**Vaccinations:**  
Please consult a travel vaccination specialist for up to date information

**Group Size Min:**  
8

**Group Size Max:**  
16

**Singles:**  
Single travellers who are unable to be matched with another single traveller of the same gender, must pay a single supplement on this trip.

**Leader:**  
Expert English speaking guide

**Advice for people with limited mobility**  
This trip is not suitable for people with limited mobility.

\*Ask our staff for more information.

## Online Fundraising Portal

You will have your own fundraising page which will chart your fundraising targets and your journey to Kokoda. HeartKids team will be in touch with you upon registration and provide you with a link to create fundraising page and link you can send to your followers. You will also receive a comprehensive confirmation kit that includes a Fundraiser's Guidebook; a great resource for fundraising ideas and support.

## Itinerary at a Glance

DAY 1	ARRIVE PORT MORESBY
DAY 2	FLY TO POPONDETTA; TRANSFER TO KOKODA TRACK TRAILHEAD, TREK TO HOI
DAY 3	TREK TO CON'S/SURGEON'S ROCK
DAY 4	TREK TO EORA CREEK
DAY 5	TREK TO CAMP 1900
DAY 6	TREK TO BRIGADE HILL
DAY 7	TREK TO NAURO
DAY 8	TREK TO IORIBAIWA VILLAGE
DAY 9	TREK TO CAMP GOODWATER
DAY 10	TREK TO OWERS CORNER; TRANSFER TO PORT MORESBY, ENROUTE VISIT BOMANA CEMETERY
DAY 11	IN PORT MORESBY, TRIP CONCLUDES

## Additional Deposits Required

In addition to the World Expeditions deposit, you will also be required to pay a deposit of AUD\$700 (or equivalent) to secure local services. This deposit is not refundable and we recommend you take out travel insurance at the time of booking.

## What's Included

- 8 breakfasts, 8 lunches and 8 dinners
- airport transfers on days 1 & 11 only
- expert western trek leader
- experienced local head guide and expedition crew
- all group camping and cooking equipment
- emergency radio communication equipment, satellite phone
- emergency medical kit
- accommodation on a share basis in rest huts when in villages
- hotel accommodation in Port Moresby, twin share
- internal flight from Port Moresby to Popondetta
- transfers to and from Kokoda Track
- private transportation
- use of hiking tent and rucksack (use in PNG only)
- Bomana War Cemetery visit; memorial and museum entry fees along the track

## What's Not Included

- Sleeping bag and sleeping mat
- Meals not indicated in the itinerary
- Bottled water, aerated and alcoholic drinks
- Optional excursions
- Tips and gratuities



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## Responsible Travel

The natural environments that you'll travel through are fragile; the cultures and traditions precious and often the communities we pass through are reliant on tourism. It is our responsibility as visitors to minimise the impact of our presence, protect what is precious and where we can leave a positive impact. Learn how you can do this by downloading the Thoughtful Traveller booklet from our website.

## Trip grading Moderate to Challenging

This trip is graded 'moderate to challenging' under our fitness grading system. We recommend people begin their fitness preparation immediately upon booking. Solid work-outs that are aerobic (ie. hill walking, jogging, swimming, bike riding or gym work) of 45 mins to 1 hour four times a week is a guide to a routine training program. This should be combined with hill walking in rugged terrain, with a pack that weighs approx 15kgs, in variable weather conditions. The amount of training and preparation you do beforehand can determine the amount of enjoyment you have on the track. Medical assessments, performed by a medical practitioner are required to be performed when booking to assess your suitability for this trip.

## Adventure Travel

By its very nature Charity Challenges involve an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are suitably fit, flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your charity representative or one of our team.

- Personal expenses such as bar, telephone and laundry bills
- Porter charges if required approx AUD\$700 payable locally in AUD\$. This means you only carry your day's necessities in a small day pack. The personal porter is attached to the group for 9 days. This amount pays for the porter's wages, track food & equipment, accommodation and meals in Port Moresby and Popondetta, air fares and road transport, medical etc. The personal porter must be requested at least one month in advance.
- International airfares and departure taxes
- Visa
- Travel insurance (compulsory)
- Should you require hire of a self inflating mat, hire cost is AUD\$35, payable in AUD\$ cash only, on arrival in Port Moresby. Hire must be requested at least one month in advance. Please check pricing with us at time of booking.

## Detailed Itinerary

### DAY 1 Arrive Port Moresby

After all the fundraising and preparation, the wait is finally over! You will make your way to your Australian gateway airport for your flight to Port Moresby. You will be met and taken to your hotel. In the late afternoon, a trek briefing by your leader will be held, and your camping gear will be distributed. Afterwards your group will get acquainted over dinner (at your own expense) and discuss the adventure ahead.

Overnight: Ela Beach Hotel.

NOTE: You must arrive in Port Moresby no later than 17:00hrs. If you cannot arrange a flight to arrive before this time, please ask us for details of transfers and pre-tour accommodation (additional cost applies) so that you can arrive the day before.

meals: NIL

### DAY 2 Fly to Popondetta; transfer to Kokoda Track trailhead, trek to Hoi

This morning we will be transferred to the Domestic Airport to catch the flight to Popondetta. The flight over the Owen Stanley Range takes approximately 30 minutes. Upon arrival we will meet up with our Kokoda trekking team, and then drive to the Kokoda Track trailhead. Along the way there will be rest and photo stops. After arriving in Kokoda, if it is open we will visit the Kokoda Museum. Afterwards the group will commence the trek from Kokoda Station to the village of Hoi. While trekking, the porters will assist you wherever possible, to make your experience even more enjoyable and will keep you informed about the availability of water along the track. Approx Walking time/distance: 2-3hrs / 7.5km; Ascent: 151m, Descent: 51m.

meals: L,D

### DAY 3 Trek to Con's/Surgeon's Rock

The first full day of the trail walk includes a trek through the lush green choko vines that reach into the canopy of the trees. We will continue to move up the Owen Stanley Range to Isurava Village and Battle site. A minute silence is held here to remember the soldiers who fought, and to also pay tribute to the Fuzzy Wuzzy Angels. The battle site was lost for many years to the jungle, although today the site is cleared and serves as a memorial to the fallen soldiers that died in the Kokoda campaign. We relish in the history of the area visiting Bruce Kingsbury VC rock. There is a small war museum here and if open you can look inside and take photos (entry fee own expense). Then it's a short walk to tonight's campsite at Con's/Surgeon's Rock. Approx Walking time/distance: 7-8hrs / 11.3km; Ascent: 1273m, Descent: 376m.

meals: B,L,D



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## Important Note

These trip notes represent the most current information for this itinerary, and may supersede any other supplied information, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

### DAY 4 Trek to Eora Creek

We have an early start today after a special service held at Con's/Surgeon's Rock. Today's trek is quite challenging with our first steep down hill section which can be slippery if it is wet, followed by a creek crossing and then a steady uphill climb to Eora Creek campsite. Along the way, a detour is taken to view the Japanese gunning position overlooking Eora Creek. Some trekkers say that tonight's campsite is their favourite spot, and you will understand why as the creek is a beautiful swimming place albeit a little chilly, which is great for your aching muscles! Approx Walking time/distance: 5-6hrs / 7km; Ascent: 403m, Descent: 441m.

**meals: B,L,D**

### DAY 5 Trek to Camp 1900

We rise early and prepare for a long hard day's hiking which will see us rise to the highest point on the track. Today we will pass many Australian weapon pits that were used in the fighting withdrawal in 1942, with rest stops at Templeton's Crossing and Dump 1. After lunch we will proceed up the shoulder of Mt Bellamy and take in the view of the Kokoda Gap (2240m). We take our time and encourage each other as this section of the track can be quite difficult. From the gap we will trek down to Camp 1900 for the night, where there is a pleasant little stream to wash in. This campsite will be the coldest night's sleep you will have on the track. Approx Walking time/distance: 9-10hrs / 14.4km; Ascent: 1194m, Descent: 754m.

**meals: B,L,D**

### DAY 6 Trek to Brigade Hill

This morning we trek to the beautiful village of Naduri. The track can be extremely slippery if it has rained, so take your time and watch your step. From Naduri there will be a steep descent followed by a steep ascent up to Efogi. There may be an opportunity here for a quick refreshing swim in the creek. We tackle another steep climb after lunch along a narrow pathway with steep drops to Brigade Hill which offers little shade, so remember to wear plenty of sunscreen. Brigade Hill is considered the most other-worldly and eerie campsite with the clouds often rolling in over the summit. Approx Walking time/distance: 8-9hrs / 13.1km; Ascent: 842m, Descent: 1335m.

**meals: B,L,D**

### DAY 7 Trek to Nauro

After an early morning dawn service we descend down to Menari. On the trek down the ridge the group will be shown the lookout to Menari, and be briefed on Japanese positions in the area during their advance. Whilst in Menari we will have a rest stop, and the local school students may gather to present a show for you. Trekkers are welcome to bring educational and stationary resources as gifts for the Menari School. Afterwards there will be another steep up and down over 'The Wall' through tree roots and mud, before stopping for lunch at Agulogo. Afterwards we will cross the Brown River. The remainder of the day will involve hiking through more muddy terrain and swamp following the Nauro River, culminating with another steep climb to our campsite at New Nauro Village. This is halfway up the nine false peaks and is the most comfortable campsite on the track. Approx Walking time/distance: 8-9hrs / 15.9km; Ascent: 840m, Descent: 1112m.

**meals: B,L,D**



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## DAY 8 Trek to Ioribaiwa Village

Another challenging day starting with a trek up the ridge where it is easy to become discouraged with the remaining 9 false peaks. But the group encourages each other and before long you reach the top and trek down to the Japanese ladder (for lunch) and then it will be boots off to cross Ofi Creek. Reward yourself with a welcome wash at picturesque Ofi Creek. Afterwards the group will trek up and over the Ioribaiwa Ridge to the post war village. We will be briefed on the history that took place at this amazing place, which marks the location that the main Japanese forces got to, before being ordered to 'advance to the rear'. The sunsets here are magical if the weather is kind to us, and the porters will quite often play football on the large grassed area. Approx Walking time/distance: 6-7hrs / 11.9km; Ascent: 600m, Descent: 953m.

**meals: B,L,D**

## DAY 9 Trek to Camp Goodwater

The group sets off early and hikes down through Dump 44 and onto Ua-Ule creek, keeping an eye out for sightings of the colourful and beautiful Bird of Paradise. We will cross the creek at least 17 times in our river shoes/sandals, before stopping for morning tea. Then we will have a challenging climb up Imita Ridge, so trekkers should be aware to pace yourself. At the top after a group picture and briefing, the team will trek down to Imita base (Goodwater) camp for the night. There is a terrific swimming hole to enjoy your last night on the track, before our final night's celebration with the porters, the majority of whom will return to their villages after we finish trekking at Owers Corner tomorrow. Approx Walking time/distance: 5-6hrs / 9.1km; Ascent: 593m, Descent: 738m.

**meals: B,L,D**

## DAY 10 Trek to Owers Corner; transfer to Port Moresby, enroute visit Bomana Cemetery

The group now exhausted but eager to get to Owers Corner, we hike this morning to Goldie Creek where we will have a rest break. Then it's the final climb to Owers Corner where there are many cheers, photos and celebrations as we walk through the gates. There will be the opportunity to view the memorials, before boarding the transport to our hotel in Port Moresby. Enroute we will have a brief stop at Macdonald's Corner, The Sogeri Junction, Rouna Falls and Bomana Cemetery. Tonight we will enjoy a celebration meal together (at own expense), and reminisce on the sights and experiences of the Kokoda Track. Trekkers must ensure that all their trekking gear is cleaned properly before the international flight to avoid any quarantine delays in Australia or your onward destination. Approx Walking time/distance: 2-3hrs / 6.2km; Ascent: 339m, Descent: 90m.

**meals: B**

## DAY 11 In Port Moresby, trip concludes

After breakfast, if you are leaving Papua New Guinea today, you will be transferred by the hotel shuttle bus to the airport for your flight home.

**meals: NIL**

This itinerary is subject to change with any modifications in Community regulations as well as Governmental changes and natural circumstances beyond our control.



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## Country Information

Situated just below the equator, Papua New Guinea lies in the eastern sector of the South Pacific. The country consists of more than 600 islands, covering an area in total of 474,000 square kilometres. Geographically there is extreme diversity although it is essentially an equatorial environment with considerable annual rainfall, warm temperatures and rainforest vegetation. Along the Kokoda Track we travel through lowland rainforest (jungle) and cross through the lower levels of mountain vegetation areas and moss forest. There are hundreds of varieties of trees and more than 10,000 species of other flora, similarly there is diversity of birds, insects and other fauna. The butterfly varieties in the Popondetta area, which we visit, are very spectacular and include the world's largest.

The estimated population of Papua New Guinea is 4.5 million spread across varied landscapes and environments including the rugged highlands and northern and southern coastland. The country is divided into 20 provinces, and we cross through two on our itinerary; Central and Oro. PNG has up to 800 different tribal languages, with Pidgin (Pisin) and English being the most widely spoken. Whilst most of the population is in principal towns such as Port Moresby, Lae and Hagen and Kundiawa, many people make a way of life as subsistence farmers across the rugged hillsides of the highlands. 'Slash and burn' techniques are used in the process of growing a variety of fruit and vegetables, which is quite a challenge in such terrain! The main source of income for the country in the areas we visit is in cash crops, such as palm oil which is primarily processed locally, followed by copra, cocoa and coffee. Coffee is grown along the Kokoda Track although the main way of life here is subsistence farming with a local village orientation. The people of the Kokoda region are predominantly of Christian faith - either Seventh Day Adventist or Anglican, however there is a strong influence of sorcery and superstition deriving from times prior to the influence of missionaries.

## Climate

The weather is generally monsoonal, meaning most areas are hot and humid with heavy seasonal precipitation. The 'Wet' occurs during summer (November through April), with the drier period during winter (May to October). At this time in the Port Moresby and Popondetta regions, daytime temperatures will be around 30C, and the evening around 20C. On the Track itself, it will be cooler, and the higher areas around Mt Bellamy (approx 2190 metres) dropping to around 5C. For the trekker of the Kokoda, the main concerns are dealing with the heat - sunstroke, heat exhaustion and dehydration. We have scheduled most of our treks from June to October - the driest of the dry months. Trekking in other months, there is a high likelihood of increased heat, humidity and rain.

## A Typical Day

The recommended schedule for the trek is nine days, which allows for sufficient acclimatisation to the climate and to get your 'trekking legs'. The track undulates but it is not as sustained as the climbs and descents found in the Himalaya. It is, however, very steep in sections, and may be difficult to traverse at times. For a physically fit person, no one day's walk should exceed 8-9 hours. In most cases, we recommend that you hire an optional personal porter at an extra charge to carry your main rucksack, leaving you only to carry a light day pack. Please discuss this with our office prior to departure. The personal porter must be requested at least one month in advance - ask our staff for more details.



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While trekking, your day will start with an early morning wake up 5 am. Begin trekking at approximately 6 am to take advantage of the early morning cool temperatures. While on the Kokoda Track most days seem to begin clear and fine with rain or showers tending to fall in the afternoon. There will be several rest stops and a lunch break before reaching the evening camp site. We gather as a group for an end of day trek brief, and discuss the next day's schedule. Each day will include history briefs in the appropriate locations and cultural briefs of PNG. These history briefs will include gun emplacements, facts on events that happened during the campaign, along with stories of the Kokoda trail as told by the surviving diggers.

## Dietary Requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

## Accommodation on the Trip



Accommodation in Port Moresby is twin share at a 4-star hotel that is clean, secure and functional. The hotel facilities include airport shuttle bus, restaurant and bar, outdoor pool, gym, ATM, free wi-fi, gift shop and luggage storage. Rooms are air-conditioned with TV and tea/coffee making facilities. We will endeavour to arrange for single travellers to share hotel accommodation with another participant of the same gender, however if we can not match you up a compulsory single supplement will be applicable. A single room in Port Moresby can be requested, subject to availability - additional cost applies.

During the trek, nights are spent in jungle camps deep within the rainforest. Some nights we will camp on the edge of a village. We will be camping using our own tent (provided), and your own sleeping bag and sleeping mat.

## What You Carry

Participants are expected to carry their own personal belongings including sleeping bag, sleeping mat, tent, water, as well as a change of clothes etc. This should not exceed 15 kgs and must be carried in a rucksack of min 75 litres. A local porter can be hired at an additional charge, in which case participants carry a day pack (minimum 40L) only. The personal porter must be requested at least one month in advance - please ask our staff for more details.





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## Equipment Required

Specialist gear required include comfortable walking boots, sleeping bag, sleeping mat, rucksack or day pack (a comprehensive gear list is provided in the pre-departure information provided on booking).

## How To Book

To register on this Charity Challenge please complete the registration form and return to Huma Charity Challenge, Attention Fiona Windon.

Email: [fiona@humacharitychallenge.com.au](mailto:fiona@humacharitychallenge.com.au)

Post: Huma Charity Challenge, Level 5, 71 York Street, Sydney 2000

Otherwise you can make your booking online by using the REGISTER NOW button found at the bottom of the relevant Charity Challenge page on our website [www.humacharitychallenge.com](http://www.humacharitychallenge.com)

