

PCFA Kokoda Track 2020



Prostate Cancer
Foundation of Australia

Departing: 12th - 21st June 2020

10 participants minimum departing per group 20 participants maximum per group.

Cost: Registration: \$950

Adventure Cost: \$5,000

Minimum Fundraising: \$4,000



AURORA
A D V E N T U R E S
CONNECT • INSPIRE • EXPLORE

KOKODA TREK FOR PROSTATE CANCER

Prostate Cancer Foundation of Australia's mission is to reduce the impact of prostate cancer on Australian men, their partners and families, recognising the diversity of the Australian community.

PCFA is working towards this goal by:

- Promoting and funding world leading, innovative research into prostate cancer
- Implementing awareness and advocacy campaigns and education programs for the Australian Community, health professionals and Government
- Supporting men and their families affected by prostate cancer through evidence-based information and resources, support groups and Prostate Cancer Specialist Nurses.

Quick Facts:

- Prostate cancer is the most commonly diagnosed cancer in Australian men.
- Approximately 20,000 Australian men are diagnosed with prostate cancer each year.
- Over 200,000 Australian men are living after a diagnosis with prostate cancer.
- Approximately 3,500 Australian men die of prostate cancer each year.

For more information on Prostate Cancer Foundation of Australia visit: www.pcfa.org.au



Pre-Adventure Training

Trekkers will undertake a 12-week remote pre-adventure training program to prepare them for this adventure. States with more than 10 trekkers will undertake an 8-week supervised training program. Our Exercise Physiology, Strength & Conditioning Team has formulated these programs for each specific adventure to ensure that you meet your adventure goals and thoroughly enjoy your journey.

Inclusions

Your trek cost includes:

- Experienced Australian lead/guide & historian
- Dedicated Australian Wilderness Trek Medic & medical kit
- Two nights accommodation in Port Moresby (4 or 3.5-star) on a twin share basis*
- Personal travel insurance
- Restaurant meals in Port Moresby
- All transfers and transport in Port Moresby
- Accommodation on the Kokoda Track in a village hut tent or bush camp
- All food during the trek (ration packs are prepared in Australia)
- Most personal camping and cooking equipment
- Local PNG porters for group equipment
- Trek gear including trekking shirt, and cap
- A trip to Bomana War Cemetery
- Return economy airfare from Brisbane to Port Moresby

Exclusions

- Personal expenses such as phone call costs and alcoholic beverages at the hotel
- Boots and a small amount of personal trek clothing
- Personal porter/carrier charges if required (\$750 per personal porter)
- PNG Visa
- Inoculations and anti-malarial medication
- Connecting domestic flights to and from Brisbane



Itinerary

Day 1

We leave Brisbane and fly directly to Port Moresby and are met by our ground transport at the airport and we are transported back to our hotel. Here we undertake an extensive in-country brief including what to expect, how to pack and other administration for your trek.

Day 2

We transfer out to meet a spectacular flight to Popengetta airport. From there we transfer by vehicle through the countryside to Kokoda Station. Once on the ground at Kokoda Station we hear the history of the battles of Kokoda, visit the Australian monuments and small museum before hitting the Track and heading to our night location Deniki.

Day 3

A bright and early start for our first full day on Track and we head toward post war village Isurava before continuing onto the Isurava Battleground – a moving and emotional monument built to remember those that fought on those hallowed ground during the battle of Isurava. From there we have a cheeky climb up and over toward the spectacular views of our night location, Alola village.

Day 4

Your first big day! After a steep descent down from Alola and a river crossing we head toward Eora Creek the site of a Regimental Aid Post during the battle and the scene of some fierce fighting on both the fighting withdrawal and the Australian Advance. From here we climb out of the creek line and notice the many weapons pits still visible today. We head toward Templeton's crossing, named in honour of Captain Sam Templeton and our night location at the base of Mt Bellamy.

Day 5

We're up early for a hill climb up to the amazing views of the Kokoda Gap. From here we reach the highest point of the range and then continue on to 1900 for morning tea and Naduri Village for lunch. The team then proceeds on to Efogi Village for our night location at which time we're officially over half way!

Day 6

This morning begins with an emotional climb up Mission Ridge and onto Brigade Hill the site of one the fiercest battles of the campaign. After taking some time to hear the history we pay our respects to those lost in our Brigade Hill Service. From there we continue down to Menari village and onward to Brown River for the night.

Day 7

Today we start in the swamp and then slowly climb up through the village of Nauro and up over the Maguli Range. Here you will encounter the famous nine false peaks before heading down Japs Ladder and across the beautiful Offi Creek to our night location.

Day 8

We have two big ridges to tackle today. We start with climbing the formidable Iroibaiwa Ridge, the furthestmost point of the Japanese advance. We then move down through the stunningly beautiful Ua-Ule Creek where we spend our time criss-crossing through the river in this moss-covered forest. We reach the location of the 'Golden Staircase' and climb up Imita Ridge before arriving at our night location of Uberi.

Day 9

This morning we walk for a few hours to the Goldie River where we cross and start our last climb up to the Kokoda arches at Owers Corner and complete our trek. We then proceed on to pay our respects at the Bomana War Cemetery. From there we proceed back to the hotel to refresh ourselves for our dinner celebration.

Day 10

We rise early to transfer to the Airport and fly home to our family and friends with a lot of great memories, a fantastic group of friends and a new appreciation of those that took part in the Kokoda campaign.