

A Guide For The Kokoda Track Information & Preparation



Kokoda Track Foundation



The Kokoda Track Foundation

QUICK FACTS

Currency: Kina (pronounced Keyna)

Capital City: Port Moresby

Population: 6,5 million

Number of languages spoken in PNG: over 800

Common languages spoken: Pidgin & Motu

Length of the track: 96 km

Recommended time length to walk: 6-10 days depending on fitness level.

Provinces the track passes through: Oro (northern section) & Central (southern section).

Approximate annual number of trekkers: between 3000 and 4000
(2008 was a pick year for the Kokoda Track with more than 6000 trekkers)

Trekking fee: K300 per adult and K150 per student/child (paid to the Kokoda Track Authority)

When to walk: trekking operators have treks between March-October, May-September are more comfortable in terms of lower temperature and rainfall.

Number of trek operators: 77

Further information on trek operators: www.pngtourism.org.pg

Hiring a Porter: Is recommended to carry food and belongings.





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Understand the Trekkers

In excess of 3000 tourists walk the Kokoda Track each year. It is important to understand the many reasons why people choose to walk the Track:

- * Gain an historical perspective
- * Develop cultural identity as an Australian
- * Experience the natural environment
- * Physical challenge
- * Cultural experience

Using this Guide

This guide provides information that will assist you, no matter what your motivation is, to prepare for and trek the Kokoda Track. The guide provides cultural and environmental information that will give you an appreciation of the environments that you will experience. Please take note of the minimal impact trekking recommendations. Try your best to put these recommendations into practice whilst trekking. The World War Two history of the Kokoda Track is not detailed as there are a number of recommended books you should read before and after trekking.



PEOPLE OF THE KOKODA TRACK

CULTURE AND WAY OF LIFE

Papua New Guinean Way of Life

Approximately 85% of the population of PNG lead subsistence lives where people build their own houses, produce their own food and are engaged in social activities mainly outside the cash economy. Staple crops produced include sweet potato in the highlands and bananas, yams and taro in the coastal areas and islands. This is also supplemented by hunting, gathering and fishing. Pigs and chickens are also raised. Surplus



food is sometimes grown to sell at markets for cash which is used to purchase tinned fish, rice and meat.



Cash crops have been added by some villagers to supplement their subsistence farming. Cash crops include coffee, tea, cocoa, copra, palm oil and rice.

Education

Previously the Australian education system was used in PNG, however this did not suit the needs of the people. Now there is a 3 year Elementary Education System where children learn to read and write in their mother tongue and receive general education in the vernacular. Primary education is from grade 3 to grade 8. Secondary education from grades 9 to 12. Vocation and technical education is introduced from grade 8 and then progression to technical courses that train students for jobs is in grade 11 and 12.



Health

Health services in PNG are offered through aid posts in villages, clinics and health centers in the districts, and public hospitals in some provinces. HIV AIDS is a major problem in PNG. The National Aids Council has declared HIV AIDS a major social issue (moved from being a health issue). Education programs are being conducted throughout PNG. However due to the number of languages spoken in PNG and the low literacy rates, it is difficult to communicate to people the serious nature of HIV AIDS.



Religion

96% of people have been recorded as being Christian. The breakdown is:

- * 29.4% Catholic
- * 23.9% Evangelical Lutheran
- * 13.1% Uniting Church
- * 9.1% Evangelical Alliance
- * 8.3% Seventh Day Adventists
- * 7.3% Pentecostal
- * 4.1% Anglican
- * 0.2% Salvation Army

* Remaining belong to American fundamentalist sects

National Pledge

We, the people of Papua New Guinea,
pledge ourselves, united in one nation.
We pay homage to our cultural heritage,
the source of our strength.
We pledge to build a democratic society,
based on justice equality, respect and
prosperity for our people.
We pledge to stand together as one people,
one nation, one country.
God bless Papua New Guinea.



Tourism and the Local People

The Kokoda Track passes through two provinces, Oro and Central Province. The two key community groups are the Orokaiva people on the Northern part of the track and the Koiari people on the Southern part of the track. Until tourism arrived in the area these people lead a wholly subsistence life of growing produce and raising animals (pigs and chickens).



Today, besides tourism, the only source of income for the local people is the small amount of money made from selling produce at markets in Port Moresby. Employment in tourism can provide income to many people along the Kokoda Track. The main sources of income from tourism include the fees paid for camping and staying in guesthouses, the employment of guides and porters and from selling artefacts and produce to trekkers.

A government agency was formed called the Kokoda Track Authority (KTA) and community development plans have been written in consultation with local level government and clan leaders within the communities. This is empowering the local people and locals are controlling development of tourism along the track and ensuring that the benefits to the communities are maximized.

Customs and Traditions



Along the Kokoda Track there are many villages and the culture varies from village to village. As mentioned there are two communities along the track, the Orokaiva and the Koiari. Both of these groups have quite differing beliefs and traditions.

Orokaiva & Koiari

Orokaiva and Koiari people have maintained their culture and traditional economy. Despite the contact they have with outside cultures and the large amounts of land that are now dedicated to cash crops, tradition customs have been maintained. The main cash crop grown is palm trees to produce palm oil and this development project was funded by the World Bank.



Today Orokaiva:

'clear lands for gardens, cut trees to build houses, forage for food and medicines, and hunt for game on the same forested mountain slopes and along the same rivers where their ancestors lived before and where the events recounted in myths of their past took place'¹

Land Ownership

Over 97% of the land area is under customary tenure, which is subject to the relationship between groups. When there are changes in authority and power often boundaries change. Complicated negotiations and tensions can form among people along the Track in relation to land.



¹ Bashkow, I. 2006, The Meaning of Whitemen, p. 4.

Subsistence Life

Along the Kokoda Track you will walk through and past a number of gardens (word used for farms) that are abundant with crops such as choko vines, taro and cassava. Most days locals spend long hours tending to their gardens. Sometimes the gardens are far from the village and locals camp close to where they are working.



Most villages in PNG practice subsistence farming as there is little access to supermarket goods. 50 kinds of food are grown and are supplemented with 200 types of wild plants in PNG. The slash and burn method is used to farm. When land needs to be cleared it is burnt and then crops are planted. When the crops have been harvested the area is burnt once again in order to prepare for the next crop growing cycle. Crops are rotated to keep the soil fertile and soil is enriched with decaying matter.

Along the Kokoda Track mounds are often used to plant crops as this concentrates nutrients, drains water and protects crops from frost. Sweet potato is commonly grown in areas up to 2850m above sea level. Taro is also grown in wetter areas.

Local Fruit & Vegetables

The staple diet of people along the track is taro supplemented with coconut, sugar cane and meat (pig, chicken and small game). Villages now grow a greater variety of fruits and vegetables mainly to sell to trekkers.



The local communities sell produce to trekkers and in most cases is the only income these people receive. The communities use the money to pay for school fees etc. There are 2 ways in which they are available:

1. In a bowl where you pay for the entire bowl, when you are passing through a village.

2. Included in the price you pay to stay in a village guesthouse (if available). The vegetables are usually prepared for you to eat by the guesthouse owners.

Note:

- * At some villages fruit and vegetables will not be available for purchase as the locals may only have enough to feed their village.
- * The locals grow all fruit and vegetables. Do not pick or take anything.
- * The locals will make available fruit and vegetables for you to purchase.
- * Feel free to ask around the village and you will be directed to where fruit and vegetables are available for purchase.

Types of Fruit and Vegetables

There are a variety of fruit and vegetables grown along the Kokoda Track in village gardens. Some of the fruit and vegetables you will be familiar with and others will be new to you. Below is a guide to fruit and vegetables offered along the track:

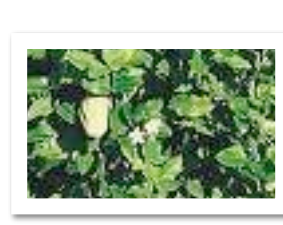
Vegetables



Taro



Cassava

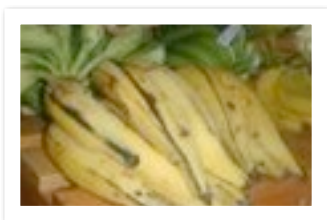


Choko Vine

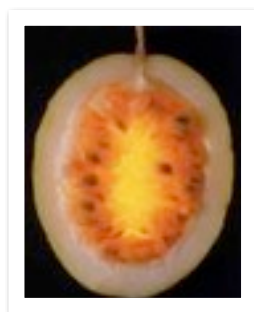


Sweet Potato

Fruit



Plantain



Tropical Passion fruit



Papaya

Local Guides and Porters

Many Kokoda Track operators and independent trekkers use local PNG guides and porters. These people come from villages along the track as well as from Kokoda and Sogeri (Owers Corner end of the track). The guides and porters are very much a part of the Kokoda Track experience. They are always there to answer questions and willing to lend a hand when you slip or are feeling tired.

The interaction you have with the locals will be some of the most memorable stories from your trek. Take the opportunity to learn about the local culture and your porters family. During the walk and at night the porters like to sing local songs. Take some time to sit with your porters and enjoy the singing.

****Ensure that porters are treated with the same respect and care that you would expect for yourself****

Porters are hired from the villages along the Kokoda Track. The money that they earn is used to support their villages. The porters are a large part of the experience on the Kokoda Track. You will have a chance to get to know the porters and the stories of their life in PNG. Past trekkers say this is a life changing experience.



Note:

- * The guides & porters levels of English vary. If a porter is unable to answer a question for you, ask your guide. It is important to communicate any problems or issues you have.
- * Porters & guides appreciate it if you leave them any trek equipment such as clothing and boots at the end of the trek.
- * Many guides & porters walk with no shoes. This is because they are accustomed to working and walking with no shoes. The guides and porters find it easy to grip on slippery mud and crossing creeks without shoes. If you have old boots feel free to offer these to guides or porters that want them.
- * It is optional for you to tip your guide and porters at the end of the trek. Consider donating clothes and shoes rather than money.

Exploring Villages

Whilst staying in the villages along the track you may like to have a look around. Remember that all land is owned by someone. Take the advice of your guide and talk to the locals before venturing around the villages.

Religion

A large amount of villages along the track are Seventh Day Adventist. They are strict with keeping to the Sabbath that is Saturday. Trekkers should only enter villages on Saturday if they are invited. Your guide should know this and will assist you with any issues. Often fruit and vegetables are not available on this day, however guesthouses and campsites still operate for trekkers.



Greetings

The locals living in the villages along the track are welcoming and enjoy meeting trekkers as they pass through. It is polite to offer a gentle handshake and introduce yourself to all that you pass. Local children are particularly keen to meet and play with you.

Note:

- * Not all people speak English, so try to find someone to ask that speaks some English, so you do not offend.
- * Be respectful of the religious practices within the villages.



Gift Giving



Carry some gifts with you for the kids in the villages along the track. Simple, light and useful gifts such as school stationary, pencils and writing paper make great small gifts. Also if you have a personal porter on your trip, bring a small, thoughtful gift for them. Drug and medication donation can also be a kind gesture for local communities². Those medicines have to follow some general criteria (i.e be in date, in English, no need of refrigeration...) and the more suitable are over-the-counter medicines (i.e analgesics, antiseptics, eye drops, sunburn cream...). To avoid inappropriate donations, the 'Drugs and Medication Donations Guideline' made by the Kokoda Track Foundation gives a good overall outline.

² See Appendix 1 : Guidelines for Drug and Medication Donations to Villages along the Kokoda Track, PNG

Cultural Respect

Below are some key points to remember when trekking through villages on the Kokoda Track:

- Go with the flow.
- Always remember you are a guest - particularly in villages along the track.
- Papua New Guineas rarely show affection between men and women, do not attract attention.
- Be mindful of your clothing, particularly when bathing : women in sari and men in bathing shorts.
- Be respectful in places of worship.
- Buy locally made art and handicrafts.
- Ask permission before taking photos of people in villages.
- If in doubt, ask the people in the village if it is ok for you to do a particular thing.
- Display respect in all your interactions and behaviours.



Culture Shock

After the initial shock of being unsettled by the culture in PNG, you will find that your most memorable experiences on the trip will be the personal connections you make with the Papua New Guineans. By having an open mind, understanding and respect towards the people of PNG you will be out of culture shock and into cultural acceptance. Your trip will be full of surprises and you should be flexible so that you can enjoy the wonderful experience of the Kokoda Track.

Further Reading

- * At Home in Paradise: A House and Garden in Papua New Guinea, Susanna Hoe.
- * The Meaning of Whitemen, Ira Bashkow.
- * Culture, Kastom, Tradition: Developing Cultural Policy in Melanesia, edited by Lamont Lindstrom and Geoffrey White.
- * Building a Nation in Papua New Guinea: Views of the Post-Independence Generation, edited by David Kavanamur, Charles Yala, and Quinton Clements.
- * Snake Road: A Guide to History, People and Places of the Sogeri District, Lance Taylor.
- * New Guinea Gardens: A Study of Husbandry with Parallels in Prehistoric Europe, Axel Steensberg.



THE NATURAL ENVIRONMENT

HOW TO CONSERVE AND WHAT TO SEE

Minimal Impact Trekking

Whilst trekking on the Kokoda Track it is necessary to remember that you are 1 of about 3000 people that make this journey each year. The villages where you camp or stay in guesthouses can have over 100 trekkers staying in one night. This is a huge impact on the villages and surrounding environment. Please take the time to read the following on ways you can minimise your impacts whilst trekking on the Kokoda Track. You can make a difference.



* Walk through the centre or most used section of the track

Stay on the track even if it is muddy, don't widen the track or take short cuts.

This is so that the track does not continue widening. Do not be tempted to cut corners or travel right on the edges of the path. This makes tracks wider and increases the impact on the bush. Shortcuts can also cause erosion and confuse others about the correct route.



There are some sections of the track that are over 5 metres wide. You need to be equipt with boots and gaitors so that you can walk through deep, sticky mud. If another group needs to pass, try not to step too far off the track to allow them to pass. This minimises the impact on scrubs and trees surrounding the track.

* All personal rubbish should be carried out with you and disposed of on completion of the track



Do not burn, bury or leave behind any rubbish

Most rubbish does not decompose even when buried or burnt. Not only is rubbish an ugly sight but it also pollutes waterways and can harm animals. Carry rubbish bags whilst on the Kokoda Track and follow the guidance of your tour leader for disposal of rubbish.

Be aware especially around creeks and rivers that all rubbish is collected. Rubbish can harm and kill wildlife as well as be unsightly for others.



If you smoke you need to carry out the cigarette butts and dispose of them at the completion of the trek. Cigarettes take many years to break down and are unsightly.

* Do not unnecessarily pull on vines and branches

These form part of the natural environment and should be left alone. Minimize unnecessarily using trees for support when trekking. The oils on your hands can kill moss on the trees.

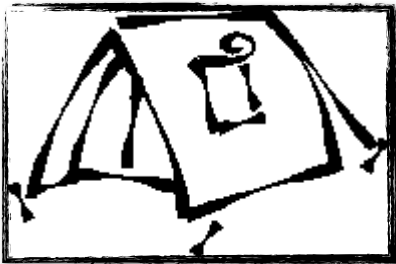
* Dig a 30 cm Hole

There are pit toilets available at most villages and campsites along the track. However if you need to go to the toilet where there are no pit toilets available, you must walk at least 100 metres away from water sources and dig a 15 cm hole. This hole needs to be covered by earth when finished. The Kokoda Track Foundation has also installed eco toilets along the track: the «Krappers for Kokoda» (see section 'Pit Toilets')



There are large numbers of people that live in villages along the Kokoda Track and also over 3000 trekkers complete the trek each year. There is potential for the spread of infectious diseases like hepatitis A and Giardia. If faeces, urine or toilet paper get into the water ways, the result is unsightly and potentially dangerous for people and animals. Please carry a trowel and look after the environment.

*** Care for the environment you are staying in, so that others can experience it in its natural state**



The following are some guidelines to follow whilst camping and staying in village accommodation along the Kokoda Track:

- Make sure you completely extinguish all fires before leaving an area or going to bed.
- Don't use your campfire as a rubbish incinerator.
- Avoid low or poorly drained camping areas where soil or vegetation may be easily damaged.
- Use tents which do not require trenches and which are self-supporting.
- Don't tie tent ropes to trees as they can be easily ringbarked and die.
- Only use biodegradable detergents, toothpaste and soap at least 50m from any waterways, to prevent harm to fish and other wildlife.
- Please don't feed native animals – it can damage their health.
- Where possible use softer footwear such as sandshoes or reef shoes around campsites to minimise compaction of soil and damage to vegetation.
- Try to leave everything as you



found it. Don't disturb historic places, plants or animals.

The Natural Environment

The Kokoda Track contains two types of rainforests - montane and lowland. Montane rainforest is higher altitude rainforest that is abundant with tree ferns, shorter trees, mosses and lichens.

There are 3 sections of a rainforest:

1. Forest Floor

Herbs, small ferns, algae, lichens and mosses reside at the low level.

2. Middle Storey

Creepers, vines, lianas (woody climbers), specialist plants, shrubs and palms adapt to the lack of light.

3. Canopy

Emergents break through the canopy level as they are the tallest trees of the forest.

Look out for edible and wild fruits growing in the forest. Also look at leaves closely. The ends are tapered to allow rain water to drip away and prevent fungus and algae from growing. You will also spot bursts of colour, flowers that have adapted to the environment.



Whilst trekking smell, listen and look at the amazing environment surrounding you. Rainforests are one of the most diverse habitats in the world.

Animal Life on the Track

Below are descriptions of some species you may see whilst trekking. It is difficult to see these species particularly when trekking in a large group. Try to make minimal noise whilst walking to enhance your opportunity of seeing animal life.

Besides the animals mentioned below there are also a number of species of native rats and mice that you may see.

Cuscus

There are a number of species of cuscus. Most are nocturnal with thick, dark coloured fur. They grow to about a forearm in length and are usually seen in trees. They walk on all fours and have four hands. They also have a long prehensile tail that is used for climbing. The tail is bald on the end and is about as thick as a finger. Cuscus do not move fast. They nest in leaf lined holes in trees and have a pouch for young. They eat berries, leaves and shoots.



Mountain Forest Wallaby

The mountain forest wallaby is nocturnal and diurnal. The fur is short, woolly and grey brown. It has a broad snout and large ears. It grows to knee height and has a thick long tail that is bald on the end. It can either hop on the back legs or run on all fours. It does not build a nest, it sleeps at the bases of trees, in a different location each night. It has a pouch for young and grazes on grasses, leaves and berries.



Tree Kangaroo

The tree kangaroo travels by night and day, usually in trees. The fur is dark, reddish brown with a yellowish patch between the back legs. The tail is long, thick and furry and it also has large claws. The body grows up to knee height and it travels on all fours. It does not build a nest, just sleeps in the trees in a different place each night. It eats fruit and leaves and has a pouch for young.



Ringtail Possum

There are a number of species of ringtail possums found in PNG. They are nocturnal and live in trees, however can be sighted on the ground.

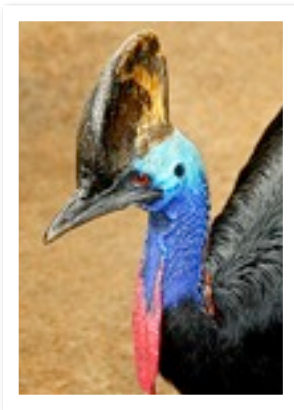
They walk on all fours, with four clawed hands and have a tail for climbing. They are fast moving animals. They sleep in tree branches, have a pouch for young and eat leaves and berries.

Bird Life on the Track

There are a variety of birds that you may encounter along the track and whilst traveling in PNG³. Some include:

Extraordinary Birds

* A number of different species of Birds of Paradise can be found. The Raggiana Bird of Paradise is the majestic bird that features on the national crest. It is mainly found in the lowlands over the southern part of the mainland. The King Bird of Paradise is common in lowland forest over the mainland of PNG. The male is colorful and the female mostly brown.

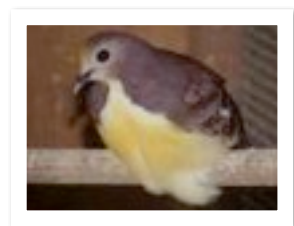


* Cassowaries are flightless ground birds related to the Emu of Australia. There are 3 species of cassowary. The Double-wattled cassowary is found in the lowlands over mainland PNG. The Single-wattled cassowary is found between the Madang Province and the border of West Papua. The third species is the Dwarf cassowary that you can find in the mountains and on New Britain.



Forest Birds

* The call of the Wompoo Pigeon can often be heard (whoa-hou) as it sounds like a man calling out. This bird is commonly known seen and heard in the lowlands and hillside areas. Although it is often difficult to spot as it is camouflaged amongst the dark forest foliage.



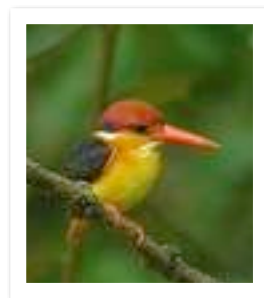
³ The following information has been adopted from Papua New Guinea: Birds in Colour by Brian Coates.

*The Golden Heart Dove can be found up to 1700m above sea level. It lives on the forest floor, spending most of its time eating fallen fruits.



*The Coronated Fruit Dove feeds mostly in the canopy and builds its nest down low. It can be found in lowlands and low mountain areas.

*A colourful flash that is often seen flying over the tree-tops is the Black-capped Lory, a species of parrot. It can be spotted in forest lowlands to mid mountain areas.

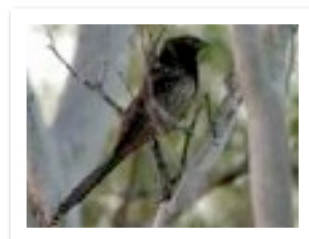


*The darting Dwarf Kingfisher can often be seen by a creek, but not to catch food, just to bathe. This species feeds on insects such as dragon flies.

Colourful Ground Birds



*The Blue Scrub Thrush usually travels in pairs and has a distinctive whistle call (Chit Chop). The thrush scrubs around on the forest floor in search of insects.



*The bright colours of the Blue-breasted Pitta are difficult to spot in the dim forest. It can be heard though with a distinctive rising and falling of whistles.

Birds of the Grasslands, Gardens and Open Country

*The Pheasant Coucal is brown in colour and has a call that sounds like a descending notes followed by a rasping note.



* The White Shouldered Wren can be found up to 3000m above sea level and carries it tail high, traveling in a group.

* The Pacific Swallow can be seen in clear areas and near water.

* The Honeyeater family is a big one with about 65 species found in PNG. There can be seen in the Central Province and feed on nectar, insects and small spiders.

Snakes of Papua New Guinea

There are 100 species of snakes in PNG of which only 53 are venomous. The most common snakes that bite are described below.

Papuan Taipan

This snake is greyish, dark brown to black and has an orange-red strip that extends along most of the back. The snake is fast moving. Generally found in grasslands (kunai) and savannah woodlands.



Death Adder

Short, thick snake, with an angular head and raised scales. The tail is thin and ends in a spine like tip. The colour of the death adder varies from black to red, yellow, or brown. It can be found in rainforest and open grasslands.



Small-eyed Snake

This snake is thick bodied, with a greyish head and pale yellow body. Commonly found in rainforest and wet environments in general.





Papuan Black Snake

Completely black in colour, but the tip of the nose and throat may be cream to yellow in colour. It is about 1.2m and can be found in forests.

New Guinea Brown Snake

Very fast moving snake, that is tan to dark brown in colour, with a cream belly that is speckled with greyish-brown spots. Found in kunai grasslands and savannah woodlands.



Further Reading



*Traditional Conservation in Papua New Guinea, edited by Louise Morauta, John Pernetta, William Heaney.

*Papua New Guinea: Birds in Colour, Brian Coates.

* Managing Animals in New Guinea, Paul Sillitoe.

* Handbooks of the Flora of Papua New Guinea, edited by Barry Conn.

* Venomous Bites and Stings in Papua New Guinea, edited by David Williams, Dr Simon Jensen, Dr Bill Nimorakiotakis & Dr Winkel.



HISTORY

AN INSIGHT INTO THE KOKODA CAMPAIGN

Pre World War Two

The Kokoda Track had significance for Papua New Guineans to World War Two as it was the home to village clans for many years. The track was part of the 200km journey from one side of PNG to the other (Buna - Port Moresby).



With white settlement in PNG, gold began being mined in the Yodda Valley from 1900 which was close by the Kokoda Track. The Kokoda Track was also established as an overland mail route in 1904. It was used by both official mail carriers and many others up until 1930.

A significant advance for PNG was the building of an airstrip at Kokoda in 1932. However, the service was irregular and the overland mail route still continued.



Gold was mined in the Valley up until April 1942. The War fast approaching the area and exhaustion of the mine forced its closure.

The Kokoda Campaign

After Japan bombed Pearl Harbour in December 1941, the Japanese progressed rapidly down the Malayan Peninsula and across South East Asia to Papua New Guinea (PNG). After being defeated in the battle of the Coral Sea the Japanese

decided to reassess their plans. The Japanese bombed Rabaul in East New Britain on 4 January 1942. Rabaul was captured by Japanese troops on 23 January. Port Moresby was bombed in February and March after Lae and Salamaua on the mainland were captured. Throughout 1942 the Japanese captured New Britain, New Ireland, Manus, the Trobriand and Solomon Islands.

The decision was made by the Japanese to attack Port Moresby by landing on the North coast of PNG in the Gona-Buna area, travel south to Kokoda and then through Sogeri to Port Moresby. Australian and United States troops were sent to PNG to fight the Japanese. Papua New Guineans also fought and laboured with the troops.



The Japanese got within 48km of Port Moresby before the Australians were able to stop their advance. Papua New Guineans were of valuable assistance by carrying wounded soldiers out of the battle zones and back along the track. They became affectionately known as the Fuzzy Wuzzy Angels.

Remembrance and Memorials

The Kokoda Track is a very significant place historically. It is an enduring monument to the sacrifice of Australian Soldiers during World War Two. The Track also represents a partnership between Australia and PNG that is not limited by the international boundaries.

In the years to come we need to ensure that the people involved in the battles in PNG during World War Two are remembered. Monuments and memorials can be found along the Track that are a reminder of the hardship, endurance, mateship and sacrifice.

Essential facilities have also been provided for the local communities. Included are:

- * The Memorial Hospital at Kokoda

- * Bomana War Cemetery
- * Various trekkers huts
- * Community facilities



At Rhodes Park in Sydney there is a Kokoda Track Memorial Walkway. At this memorial you will discover a place designed to give you an understanding of the strength and endurance of Australians and Papua New Guineans during the war.

Bomana War Cemetery

Bomana War Cemetery is located about 20 minutes drive from Port Moresby. The cemetery is the resting place of almost 3000 Australians that died during World War Two in PNG. Less than 1000 died on the Kokoda Track. The remaining died in Milne Bay, Buna, Gona and Sanananda. At the end of the war bodies were transferred from temporary graves to Bomana. Two Australians were awarded with a Victoria's Cross Private Bruce Kingsbury and Corporal John French. The cemetery is well maintained and provides a setting for personal reflection either prior to or post walking the Kokoda Track.





Recommended Reading and Viewing



There are a number of books written from an historical perspective that will give you an understanding of the events in Kokoda during World War Two. The list below can be readily accessed in bookshops and libraries and are highly recommended reading prior to undertaking the trek. By having some background appreciation of the historical events along Kokoda Track you will be able to reflect on these events when walking the track.

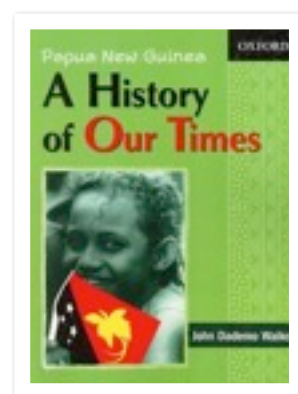
Reading

* A Bastard of a Place by Peter Brune

The story of the five battles that changed Australia forever, this compelling narrative incorporates hundreds of interviews with the soldiers who fought at Kokoda, Milne Bay, Gona, Buna, and Sanananda in 1942 and 1943. Revealed are the very real and engaging experiences of Generals MacArthur and Blamey and other senior Australian commanders who sacrificed many of their senior field officers as scapegoats to protect their own positions, assisted in the making of false legends, and lied about the outcome of the men who fought the battles.



* Papua New Guinea: A History of Our Times by John Dademo Waiko

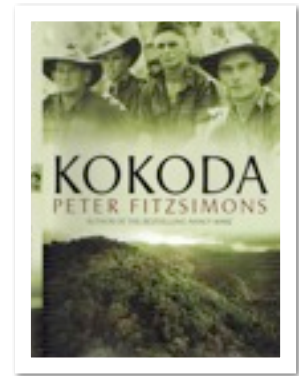


* The Silent Men by Peter Dornan

The story of the Australian 2/14th Battalion in World War II. The battalion fought a bitter and costly war against the Vichy French in Syria and were recalled to defend Australia against the Japanese in Papua New Guinea. Their story finishes on the bloody beaches of Gona.

* Kokoda by Peter Fitzsimmons

Kokoda tells the extraordinary story of Kokoda. More Australians died in the months of fighting in Papua, than in any other campaign of World War II. The Kokoda Campaign involved a small force of young, ill-equipped Australians engaged a highly experienced and hitherto unstoppable Japanese force on a narrow, precarious jungle track. The outnumbered Australians risked everything



to stop the Japanese from advancing along the track towards mainland Australia. 'Kokoda' is a superb blend of authority and gripping storytelling - history at its best.



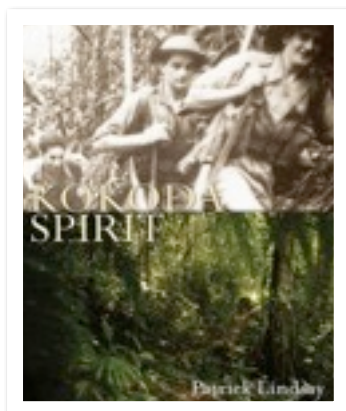
* Kokoda by Paul Ham

Ham tells the story of the infamous Kokoda Track campaign from both sides of the conflict. In a unique and balanced portrayal Paul Ham recounts both the Australian and Japanese perspectives of the events on the hellish Papuan jungle trail where thousands fought and died during World War II.

* The Kokoda Trail: A History by Stuart Hawthorne



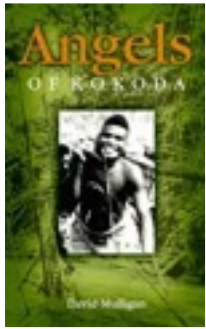
* The Essence of Kokoda by Patrick Lindsay



* The Spirit of Kokoda by Patrick Lindsay

The Spirit of Kokoda celebrates the remarkable achievements of the Diggers who fought battles along one of the most difficult pieces of terrain on earth. 1942 was the year that Australia lost its innocence. This historical account is compared with the experiences of trekkers who take the challenge of the track today.

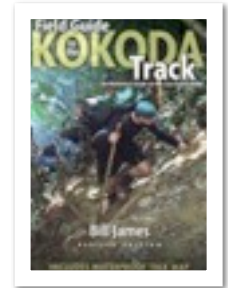




* The Angels of Kokoda by David Mulligan

A novel based on actual events written around Australian battles along the Kokoda Trail during World War II. The story is of two young boys who assist the Australian Army during the war. A truly different perspective of the experience of war on the Kokoda Track.

*Fieldguide to Kokoda Track by Bill James



Viewing

* Kokoda Frontline DVD

The battle for Kokoda raged for seven months along a single-file track that crossed some of the most rugged and inhospitable terrain in the world. War-time news cameraman, Australia's Damien Parer recorded the struggle amid great hardship and danger and successfully delivered the footage back to Australia. In September 1942, two movies were released based on Damien Parer's war footage. "Kokoda Frontline" went on to win an Oscar for Best Documentary.



WALK DETAILS

THE ESSENTIAL INFORMATION

Kokoda Track Location in PNG



Map Source: <http://www.kokodawalkway.com.au/stations/map.html>

Possible walk itineraries

7 day Itinerary (averages 19km or 9 hours per day - including breaks)

Kokoda – Isurava

Isurava – Tempeltons Crossing 2

Tempeltons Crossing 2 – Kagi

Kagi – Menari

Menari – Nauro

Nauro – Va Ule Creek

Va Ule Creek – Owers Corner

10 day Itinerary (averages 13km or 6 hours per day - including breaks)

Owers Corner - Va Ule Creek

Va Ule Creek - Nauro

Nauro - Menari

Menari - Naduri

Naduri - Lake Myola

Lake Myola - Tempeltons Crossing

Tempeltons Crossing - Alola

Alola - Isurava

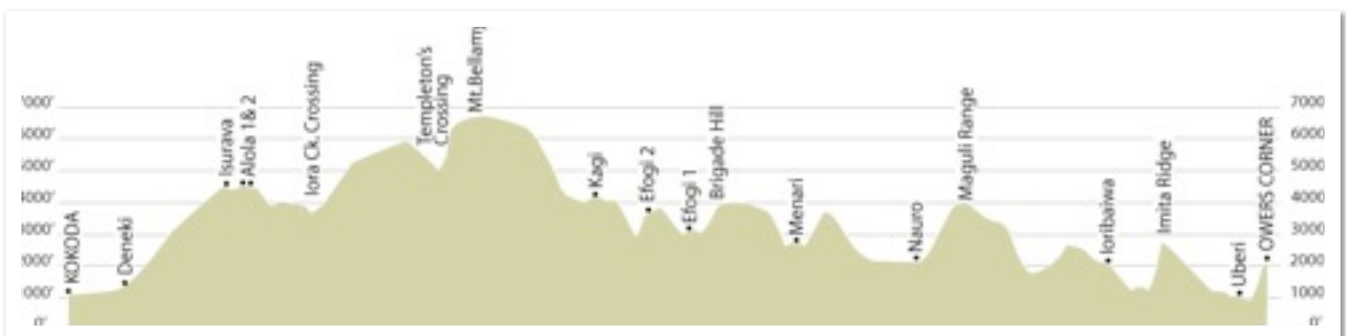
Isurava - Hoi

Hoi - Kokoda



Walk Notes and village details can be found in Kokoda Trek by Clive Baker.

Kokoda Track Map



Map Source: <http://www.ww2australia.gov.au/asfaras/kokoda.html>

Important things to note:

Difficulty of the Walk

Most likely you have read or been told that the Kokoda Track is a difficult walk, and this is true. The trek requires both physical and mental stamina. Expect: long hill climbs, slow and very steep descents, slippery, muddy conditions and many tree roots. The trek is however extremely picturesque and very rewarding. If you have a lower level of fitness you should consider a 9/10 day trek rather than a 6/7 day trek. Choosing a trek that is consistent with your fitness level means you will be able to really enjoy the experience.



Walking Sticks

There are many steep, slippery and muddy sections of the Kokoda Track. A pair of walking sticks or 1 stick is recommended to assist you and avoid injury. Your guide or porter can also find a wooden stick for you along the way if you decide you need one.



✓ Best Advice

Take the time to look around and appreciate the environment, particularly when you are tiring up hill climbs and steep descents. You may be walking the track for a number of reasons but take the time to enjoy the experience.

Training

You should have an excellent fitness level before walking the Kokoda Track. This will help you enjoy the trek and recover easily. Your training should combine both strength and cardiovascular work. Below are general suggestions for training:

Cardiovascular training (getting the heart rate up):

- Stair climbing with a full backpack
- Jogging
- Walking involving hills
- Cycling
- At the gym – stair master, exercise bike, x-trainer, walking or jogging on an incline on the thread mill, rowing machine.
- Day bush walk
- Multi-day bush walk
- Lap swimming
- Perhaps enter fun runs/walks to help motivate you with your training.



Strength training:

- Squats & lunges using weights.

Advice

You should visit your GP to have a comprehensive medical examination before you book your trek and start training. This is especially important if you are 40+ or have an existing medical condition.

It is advised that you train for a minimum of 3 months prior to trekking the Kokoda Track. You should strongly reconsider booking at the last minute if you are not in excellent physical condition. Below are some tips and guidelines. Please only exercise within your personal limitations. If you have any concerns talk to your GP.

Training Program Tips & Guidelines

- * You need to wear the boots/shoes that you will be wearing on the track during your training.
- * Train between 20-60 minutes, at least 5 days a week.
- * Engage in 3 types of training:

1. Interval training

- Divide the exercise session into harder and easier segments
- Example: run 5 minutes then walk 2 minutes, run 8 minutes then walk 1 minute
- Increase length of harder intervals, decrease length of easier intervals
- Recovery intervals improve the cardiovascular system



2. Steady pace training

- Consistent and comfortable exercise effort
- Example: walk 4km per hour
- Steady heart rate for effective endurance exercise

3. Cross training

- Combine 2 or more exercise activities
- Example: 10 minutes of step climbing, 10 minutes jogging, 10 minutes hill climbing/walking
- Helps overcome boredom and uses different muscle groups



Nutrition

Nutrition during training for the Kokoda Track is important. It is also important that you know what you should be eating during the trek. You will be using a lot of energy during both training and the trek, it is important to replace this energy by eating the right types of food. Below is the healthy eating pyramid that should be used as a guide when selecting food during your training.

Healthy eating pyramid Your trek pyramid

*Water

Drink enough water. Known as the ultimate nutrient when training and trekking, you should be drinking water regularly throughout the day, especially during training and trekking times. Take some salts such as Staminade to add to water whilst on the trek. You will be



sweating a lot and need to replace lost salts.

✓ Advice

Try different salt replacement options whilst training as some people have reactions to the salts. It is necessary to dilute to about 1/2 strength to avoid the build up of salt in your body when trekking.

*Energy

Fill up on carbohydrates, not fat, to keep energy levels high whilst training and trekking. At least 3 days prior to walking the Kokoda Track you should fill up on carbohydrates. It is important to continue to consume high amounts of carbohydrates throughout the trek.

Key foods that meet your carbohydrate needs include: breads, cereals, rice, pasta, other grains, fruit & vegetables, dried beans & lentils, milk, and yoghurt. Foods that are high in sugar and carbohydrates such as

sweet biscuits and icecream should only be consumed in moderation. Along the track, the Kokoda Track Foundation has launched the «**Pawa Givim Meri**» program, aiming to empower women by giving them workshops and cooking

✓ Advice

Take a look at the food given to you on the trek by your operator prior to departure. You may need to supplement this with energy snacks such as scroggin, museli bars, power bars and cup of soups.



lesson to bake for the trekkers and earn their own income. This initiative takes place in several villages and the trekkers will be able to buy snack (i.e. Banana bread or Veggie pizza), fruits and vegetables.

✓ Suggested Performance Enhancing Snacks

- * Peanut butter or banana sandwich
- * Scroggin (mix of nuts, dried fruits & pumpkin seeds)
- * Instant oatmeal with dried fruit
- * Cereal with fruit & yoghurt
- * Banana bread
- * Biscuits - dried fruit
- * Low fat cheese and biscuits
- * Tinned tuna or salmon on biscuits
- * Pita bread with low fat cheese
- * English muffin
- * Low fat muffin
- * Baked potato with cottage cheese
- * Cup of Soup
- * Raw veggies with low fat dressing
- * Fresh fruit dipped in yoghurt
- * Up & Go breakfast drink



Guesthouses

Along the track there are a number of village owned and operated guesthouses. These houses are available for trekkers to stay in and about K20 is charged per night (more if fruit and vegetables are included).



The houses are built in a traditional style with dried out pandanus palms. The sides are generally open, but they are waterproof and trekkers should take a mosquito nest with them if they plan to stay in Guest House instead of staying in a tent.

There is the opportunity at most of the guesthouses

and campsites to have a fire. This is great for cooking and drying off wet walking clothes and boots!

The guesthouses fill up with trekkers on a 1st come 1st served basis, so tents and tarpaulins are usually carried as a backup. Not all the guesthouses along the track are at villages, however there should be a caretaker at each guesthouse from the nearby village.

Campsites



Campsites are located in many spots along the track. There are often in villages and other places where there are guesthouses. A fee is usually paid to stay in a campsite and pit toilets and areas to wash are common.

Washing

At most villages there is an opportunity to have a shower/swim. There are 2 main ways depending on the village or campsite:

1. In a river or creek
2. Under a stream of water usually made from a hollowed out log, or sometimes pipe.
3. Village Tap



✓ Note

- * Take the advice of your guide and locals on where to swim in creeks and rivers as the water can be flowing fast and be hazardous.
- * Take care when approaching rivers and creeks as the descent is often steep and slippery – take your walking stick with you if you have one.
- * Using a small amount of soap is fine however avoid shampoos and detergents.
- * Always check with your guide if the water you are washing in is ok to drink, if in doubt use a purifying tablet.

Pit Toilets



At most villages and campsites there are pit toilets. The quality of the toilets at each place varies greatly. You should expect:

- * No toilet paper
- * No lid
- * No seat

The «Krappers for Kokoda»:
Since 2010, the Kokoda Track Foundation has installed pilot eco-toilets called in campsites along the track and is currently working with the campsite owners to ensure that the toilets are properly maintained and used by both trekkers and locals (they require regular use to be effective)



Health Care

There are a number of things you can do to make your trek more comfortable, safe and enjoyable.

1. Wear in boots prior to trek

- Boots should be worn in at least 2 months prior to trek
- Wear boots during training



2. Apply insect repellent

- Use a repellent high in DEET such as tropical strength Rid, Aeroguard or Bushmans

3. Apply sunscreen particularly in open areas & near water

4. Wash where you can

5. Wear breathable underwear to prevent fungal infections, particularly important for women.

6. Try not to get blisters

- Pretreat any problem areas where you are prone to getting blisters with tape
- Take breaks while trekking to clear out any dirt, stones or

other debris that may have got into your boots

- Attend to any hot spots with tape as soon as you feel them, do not wait until later as this can lead to painful blisters
- Use blister treatment kits (2nd skin) if you do get blisters. Hold the 2nd skin in place with tape
- Remove all tape at night, clean and air feet.

7. Look after your feet

- Keep your toenails short to avoid impacting toenails
- Use tinea powder or cream each night
- Take off wet socks at the end of each day and let feet air
- Wear thongs or sandals when not hiking to allow feet to air



✓ Note

- * Hygiene is important whilst on the Kokoda Track. Make sure you use something to wipe your hands like 'wet ones' or an antibacterial hand gel like Aquim.
- * Toilet paper is not available at any of the pit toilets along the track so make sure you carry at least 1 roll.
- * Pit toilets once full are covered with soil and left to break down. It is important not to place any rubbish (including sanitary pads and tampons) in the toilets as this hinders the decomposition cycle.

Equipment

Gear is a very important element that makes up a comfortable and safe experience on the Kokoda Track. Having expensive gear is not necessarily the answer, having the right gear is the answer. Below is a list that you should follow when packing for the Kokoda Track:

- Backpacks - depending on the inclusions in your tour, you may need a 70+ litre backpack and/or a 25+ litre day pack.
- Cooking equipment - depending on the inclusions in your tour
- Tent - depending on the inclusions in your tour
- Sleeping bag - cool climate for top of the mountain range
- Mattress - inflatable or foam
- Washing gear - soap, small quick dry towel, razors, tooth brush/paste, comb, deodorant, small mirror.
- Other items - repair items (needles, cotton, tape, string, glue), spare shoe laces, torch (head torches are great), batteries, spare plastic bags, whistle, cash (K50 - K1,2&5), pocket knife, compass, toilet paper, gifts.



✓ Packing Notes

- * Waterproof all contents of pack - use a tough garbage bag inside the pack and plastic bags.
- * Only take what you really need.
- * Take minimal changes of day clothes (2 recommended)
- * Weight of pack should be maximum 1/4 of porters body weight (recommended under 15kg, aim for 12kg)
- * One extra pair of shoes (sandals) are sufficient on top of boots.

Clothing:

- Walking boots (well worn in)
- Hat - floppy, for sun and rain
- Shorts/long pants - quick dry
- Shirt - quick dry
- Underwear
- Socks
- Spare shoes - reef/sandal style
- Poncho
- Swimmers
- Polar Fleece - for cool nights
- Set of thermals
- Tracksuit pants - for cool nights



First Aid Kit:

- Blister kit - 2nd skin
- Elastoplast roll
- Elastoplast bandaids
- Gauze
- Stingose
- Betadine
- Pain killers – i.e. Nurofen, Advil
- Claratyne
- Gastrolite rehydration salts
- Diarrhoea stopper - i.e. Lopermide
- Thrush treatment - i.e. Canesten (Women)
- Antifungal cream
- Voltaran
- Elastic bandages
- Tissues (pouch)
- Anti malarial - i.e. Malorone
- Antibiotic for diarrhoea – i.e. norfloxacin
- Antibiotic for Giardia – i.e. simplotan
- Anti nausea tablets



- General antibiotic - i.e. Ruide
- Antibiotic cream

The above list is only a suggestion. You will need to visit your GP or specialist Travel Medical Doctor at least 2 months prior to your trek. They will advise you of the current inoculation requirements and malaria treatment needed. Suggestions will also be given on first aid kits.

Recommended Resources



* Kokoda Trek, Clive Baker

The Kokoda Trail is an invaluable source that provides detailed track notes. The notes include walking distances, times and points of interest. This book can be purchased at www.warbooks.com.au.

* Lonely Planet Papua New Guinea

* Topographic Maps



DEVELOPMENT

THE FUTURE OF THE KOKODA TRACK

Trekking Numbers

The annual number of trekkers on the Kokoda Track has increased dramatically over the years. From about 100 trekkers in 2001 to over 6000 in 2008. In 2010 the number of trekkers was about 3,500. In order to help the villages along the track to regulate the trekkers and to create a sustainable environment for Tourism, the Kokoda Track Foundation has launch many programs to help the villages along the track and the Kokoda Track Authority is regulating the interaction between tourists and local communities.



Kokoda Track Foundation

<http://kokodatrackfoundation.org>

The Kokoda Track Foundation is an Australian philanthropic organisation which aims to repay the selfless help given to Australia during WWII by the 'Fuzzy Wuzzy Angels' of Papua New Guinea by helping to improve the lives and futures of their descendants.

It does that by assisting with their education and healthcare, by trying to protect their environment, by helping to foster the growth of an eco-friendly trekking and tourism industry from which they can benefit, by working to keep the story of Kokoda alive, and by seeking to identify and foster the next generation of PNG leaders.

The Foundation's current projects include providing over 300 school scholarships to students from villages along the Kokoda Track, funding educational supplies to 35 schools in the region, supporting the Kokoda Memorial Hospital with medicines and supplies, and constructing seed

multiplication nurseries to help rebuild village food gardens destroyed by devastating Cyclone Guba.

The foundation is present along the track on 4 different sectors:

Education:

- The Fuzzy Wuzzy Angel Scholarship Program:

In 2011, the Foundation has awarded scholarships over 300 children in PNG to support them to attend school (In 2010, they were only 156 children!!). School fees in PNG are very expensive and most parents living along the Track struggle to afford to pay the school fees of their children. We have selected students whose families cannot normally afford to send them to school and who have demonstrated promising academic progress in their studies thus far.

Scholarship students come from 7 secondary schools and 12 primary schools in the Kokoda Track catchment area. We have strong partnerships with the schools and the students' scholarship covers their tuition fees, boarding and food costs, school uniforms, and school resources. Our scholarship students are selected on the basis of family need, gender equality, effort, and achievement and many of our scholarship graduates have gone on to gain entry into university and full time employment.



- School Resource Program:



Through our School Resource Scheme, the Foundation provides vital educational resources to 35 elementary, primary, and secondary schools in the Kokoda Track catchment area. The Foundation has been providing school resources and supplies to schools along the Kokoda Track since its inception in 2003. The schools are able to use the funding for what they deem to be necessary and each school has an account with the largest stationary supplier in the country. Schools typically use their funds to purchase PNG curriculum textbooks, library books, classroom materials, desks, and other general stationary items.

So far this year schools have purchased:

- Thousands of student exercise books, textbooks, and reading books
- Teacher resources including hundreds of reams of

paper, chalk, white boards and markers, folders and flip charts

- Thousands of stationary items, including pens, pencils, crayons, paint, glue, rulers, and scissors
- Hundreds of items of school equipment, including calculators, mathematics and science instruments, diaries, and sports equipment
- School furniture including desks, chairs, cupboards, and blackboards

- School Furniture Distribution

The Foundation recently embarked on a new project in partnership with Rotary (Rotary Australia World Community Service). This exciting initiative will deliver over one hundred classrooms' worth of furniture to elementary and primary schools in the Kokoda Track catchment area. The furniture has been donated to Rotary and the Foundation from primary schools throughout NSW and the Foundation will establish sister-school relationships between the Australian schools donating the furniture and the PNG schools receiving the furniture.

Desks, chairs, blackboards and cupboards are being shipped to Port Moresby and Oro Bay where the Foundation's on-the-ground volunteers and corporate partners are assisting us with the large distribution process. The Foundation's 35 schools received the first shipments of furniture but we hope to expand further into the catchment area over the coming months and years, especially focusing on the cyclone-devastated Oro Province communities.

- Teacher Training

There is currently a great need for "teacher training" for the majority of teachers in the schools along the Kokoda Track. Recently, education in PNG has undergone a large-scale reform, resulting in new curricula and subjects being taught across the country. Many teachers only hold certificates and require their qualifications to be upgraded to a diploma or degree. Further, there are huge problems across the whole country, because there are a limited number of eligible teachers who speak the local community language. PNG has more than 800 distinct languages! These language barriers, combined with the remoteness and difficulty of the living standards along the Kokoda Track, mean that many schools are without a teacher for months on end throughout the teaching year.

The Kokoda Track Foundation believes it is vital for local Kokoda Track Grade 10 and Grade 12 graduates to be trained as elementary and primary school teachers so that they can return to their home village and work in the school. We believe this is the key factor to keeping schools along the Track opened so that the children in the village can get an education. In 2011 we have identified seven local villagers to train as teachers from Naoro 1, Manari, Enivilogo, Efogi, Naduri, Sogeri, and Kokoda. These students will receive KTF scholarships to undertake their diploma of education at the Bomana Teacher's College outside of Port Moresby. The students have committed to bonded scholarships where they must return to their home village after they graduate and work in the local school.



- Track Teacher Salary Program

In 2011 the Foundation is beginning its Track Teacher Salary Incentives program where it is paying the salaries of elementary school teachers along the Kokoda Track. This year we are subsidising the salaries of 10 elementary teachers along the Kokoda Track to ensure that the elementary schools remain open and staffed in 2011. Teachers are being supported at: Naoro 1 Elementary School, Manari Community School, Enivilogo Elementary School (x2), Naduri Elementary School, Alola Elementary School, Isurava Elementary School, Kovello Elementary School, Kokoda Elementary School, and Kokoda Infants School. These teachers are currently not on the Government payrolls and are not being paid to teach in the school despite most of the schools being registered with the Provincial Education Department.



- Bisset Medal Tertiary Scholarships

Each year, a new exceptional student will be awarded with the Bisset Medal and will be supported via a range of leadership, educational, and community oriented opportunities during their tertiary studies. They are provided with mentoring opportunities, work experience, full tuition and boarding, university textbooks and resources, and an opportunity to come to Australia on student exchange. Successful Bisset Medal recipients will be announced each year at the Foundation's annual Ralph Honner Leadership Oration.

- Archer Leadership Scholars Program

In 2011 the Foundation is beginning its Archer Leadership Scholars Program. This scholarship is awarded to an annual cohort of 6 exceptional tertiary students who have demonstrated leadership capacity and skills and desire to go on to future leadership roles. The Archer scholarships are being offered to students from tertiary institutions from across PNG – not just the Kokoda Track catchment area. The scholarship supports students via a year-long leadership intensive program and is an experiential program.



Students are supported with their tertiary tuition fees, boarding fees, a school resource allowance, a mentor, a community development placement, two work experience placements, and an exchange to Australia to undergo an adaptive leadership program. The 2011 recipients were awarded in February by His Excellency Ian Kemish, the Australian High Commissioner to PNG.

Health

- Community Health Worker Scholarships

The Foundation has identified a large number of villages that urgently need qualified community health workers. One village along the track has a health worker who had only completed a single first aid course back in the 1970s! As with teachers in schools, the successful running of a health centre along the Track is largely dependent on being run by trained community health workers and nurses who come from the local village themselves.



In 2011, the Foundation is providing 8 Community Health Worker scholarships to villagers along the Kokoda Track. The Foundation's Community Health Worker students are currently undertaking a 2,5 year course at St Gerard's Community Health Worker Training School, Veifa'a outside of Port Moresby, and St Marageret's Community Health Worker Training School in Popondetta. The scholarships cover students' tuition fees, boarding and living expenses, school resources, and travel to and from their home village. The scholarship recipients will be supported by the Foundation to return to their home communities and work in the aid posts and/or hospital after they have graduated as Community Health Workers.

- Medical Supplies and Support Program

The Foundation provides urgently needed medical kits to aid posts, health centres, and hospitals throughout the Kokoda Track catchment area that are lacking these resources. All too often, Government supplies do not reach the remote communities along the Track and aid posts rely on left-over drugs from passing trekkers, which are often without packaging or instructions. The Foundation ensures that communities have access to appropriate drugs and supplies which they are trained to administer and are relevant for PNG health services. We also support the Kokoda Memorial Hospital with medical resources and the hospital is given an allocation of funding every year with our suppliers in Port Moresby.



- Hospital Bed Distribution

Along with the school furniture partnership with Rotary Australia, the Foundation and Rotary are distributing hospital beds to hospitals and health centers in need throughout the Kokoda region. In 2011 we are delivering 97 beds to the Kokoda Memorial Hospital, Gona Health Centre, Waju aid post, Popondetta General Hospital, and St Margaret's hospital. These beds are urgently needed and many of these facilities are currently without beds or using beds that are broken and ineffective.

Community Development

- Northern Province Food Restoration Project

The Foundation has been running its Northern Province Food Restoration Program since Cyclone Guba devastated the Oro Province in November 2007. The success of the Foundation's Kokoda Cyclone Appeal allowed us to commit \$150,000 to create a series of seed multiplication gardens aimed at helping those devastated by Cyclone Guba to re-establish their food gardens – their predominant source of food and income. The project assists local communities to restart their food gardens with improved and more robust crop varieties and new planting techniques.



We have established - and continue to support - three mother seed-multiplication nurseries at Ilimo, Martyrs, and Doboduru as well as 30 satellite nurseries throughout the Province. This project has been a remarkable success and this year we are continuing to support our existing mother and satellite nurseries. The Foundation is also transforming these nurseries into school projects and microbusinesses from which the communities can earn and income in order to keep the nurseries functioning and distributing the crops throughout the Province. We are also working with local experts on other food security issues throughout the Province which is prone to a range of natural disasters including floods, cyclones, and drought.

- Krappers for Kokoda

The Foundation's Krappers for Kokoda project is installing eco-sustainable toilets in a number of villages and schools along the Kokoda Track. This project is being implemented in partnership with trek company No Road, volunteer group Team BIGFISH, and the Legacy Kokoda Fraternity. This program was prompted by the appalling state of toilet blocks in many schools and the need for more toilets alongside waterways along the Track especially due to the exponential growth in the trekking industry. Currently, some toilets along the Track are a serious health hazard to individuals as well as a major disincentive to children to attend school.



So far the Foundation's Krappers for Kokoda project has installed 7 eco-toilets in villages and schools along the Kokoda Track including Kagi village, Manari village, Agulogo village, Ofi Creek campsite, Ua-Ule Creek campsite, Kokoda Skills Training School, and Iarowari High School.

The Foundation is conducting more training with campsite owners of the eco-toilets in 2011 and during this year we will only install more eco-toilets in schools along the Track. Six eco-toilets are being installed in 2011 in Manari Community School, Efogi Primary School, and

Kavovo Primary School. Separate toilets will be installed for boys and girls in the schools and will provide an improved sanitation solution for the students living in these communities

Microbusiness

- Pawa Givim Meri

The Foundation is continuing its microbusiness initiative – Pawa Givim Meri - in five communities along the Kokoda Track in 2011 – Manari, Efogi, Enivilogo, Naduri, and Kagi villages. Via this exciting initiative, the Foundation is running small business workshops and cooking classes with the Women's Associations in these communities and assisting them to earn an income from the trekking industry. This project works only with women's groups along the Track, empowering them and building their capacity so that they can earn an income from passing trekkers. The women's groups are establishing snack stores in their villages and selling healthy and nutritious snacks to trekkers and villagers that utilise as much local produce as possible. Our ultimate goal is to build these stores into self-sustainable businesses that will one day provide full catering services to trekkers crossing the track. The project has already been an enormous success and is being built even further in 2011. The women's groups have already started to earn an income and are using their profits in 2011 to pay for school fees, to buy staple items including salt, oil and soap, and groups are setting saving's plans to purchase items such as sewing machines so that they can grow their businesses even further.

The Foundation has engaged a national staff member - Wampy Irido from Manari village - who will be based in the five Track communities and will deliver the small business training and cooking classes to the women's groups. The Foundation is funding the purchase and delivery of the staple ingredients for the snack stores (e.g., flour, sugar, salt, oil, spices) and the equipment and training the women require to establish their businesses; but the snacks utilise as much local produce as possible.



Volunteers

- Koko Community Hall

In 2011, the Kokoda Track Foundation and a team of volunteers and supporters will embark on an exciting initiative, building a Community Hall in the village of Kokoda. This exciting project will provide a hall and space that will be owned and used by the local Kokoda community. The community will use the hall for a range of purposes including a homework club for students attending one of the four schools in the Kokoda area, a children's and adult's library, and a space for women's groups to participate in the Foundation's Pawa Givim Meri microbusiness projects. These microbusiness initiatives include conducting small business workshops as well as classes in cooking, catering and crafts - all activities that local women can become involved in to earn an income.

The hall will be constructed by a group of KTF volunteers in September 2011 and will be available to local groups to use from October onwards.



- Teacher and Health Volunteers

The foundation is facilitating volunteer placements for Australian teachers in the Kokoda Track Schools as well as supporting Australian nurses and doctors to undertake volunteer placements in aid posts, health centres, and hospitals throughout the Track catchment Area.

All volunteers must fundraise to cover the costs of their travel to PNG and time in the local communities. The Foundation assists with arranging the placements, facilitating community connections, and working through the activities to be undertaken during the placement.

The KTF also successfully lobbied the PNG Government to establish a Kokoda Track Special Purpose Authority (KTA) with representation from clan leaders, landowners, provincial and local level government authorities, the Tourism Promotion Authority, the National Cultural Commission, community organisations and tour operators.

Kokoda Track Authority



<http://kokodatrackauthority.org>

The KTA was established in 2004 as a statutory government body of the Kokoda and Koiari Rural Local-level Governments. Its purpose is to assist both local-level Governments in carrying out their functions within the Kokoda Track Area.

Key functions include:

- * Focus on the significance of the Kokoda Track/Trail due to its part in WW2 and promote this legacy for present and future generations.
- * Promote trekking and tourism related activities in the Kokoda Track Area.
- * Administer, facilitate, ensure and oversee the implementation of the developments and other projects in the Kokoda Track Area.
- * Collect, manage and use development revenue from fee paying Trekkers and other sources for approved projects.
- * Consult with landowners on their needs and priorities.
- * Provide a point of contact for agencies, organizations or persons wanting to initiate activities along the Kokoda Track.

Trekking Fees

Under the Kokoda Track Trek Permit Law 2005 of both the Kokoda and Koiari Local-level Governments, persons, whether as individuals or part of a group, who wish to walk the Kokoda Track, are required to obtain a Trek Permit. Trek Permits are available upon application from the KTA or through recognized Tour Operators registered with the Authority.

The current applicable Trek Permit fees are as follows:



- (a) International Trekker - K300
- (b) International Child or student trekker (up to 18 years) - K150
- (c) Papua New Guinea citizen and resident non-citizen - K150
- (d) Papua New Guinea citizen child or student trekker and PNG resident non-citizen child or student trekker (up to 18 years) - K75

Note: Fees for short treks of one to 5 days duration are based on K30 per person per day for international trekkers with a proportionate reduction for other classes of trekkers as listed above.

Guidelines for Trekking the Kokoda Track

The Kokoda Track Authority and Landowners of the Kokoda Track welcome you to the experience ahead of you. Please read and follow the guidelines below:

1. It is a legal requirement that prior to trekking, all trekkers have a valid Trek Permit obtained from Kokoda Track Authority (KTA) or through your Travel Agent or Tour Operator.
2. Trekkers commencing their trek may visit the Kokoda Track Offices at 1st Floor Brian Bell Plaza, Boroko to purchase your Trek permit if no prior arrangement is made. Trek Permits are to be carried by Trekkers or Group Leader and may be inspected by a Ranger. Trekkers found without Kokoda Track Authority permits may be required to pay a K100 fine in addition to paying the required Permit Fee.
3. Individual Trekkers or Groups should be accompanied by a recognized Guide from the Kokoda Track area, and if required, porters from the Kokoda Track villages. This is a safety measure to protect people from becoming lost and assisting in case of injury, ill health and advising on war history, eco-tourism interests and general information.



4. Your trek can be monitored by radio transceivers located in each village along the Track. Some Guides may carry a handheld radio for additional communication with their base in Port Moresby or Kokoda, other villages and Kokoda Track Authority. It is also recommended to carry a satellite phone for use in time of emergency. KTA is contactable by radio at "KTA Base", or by phone at (+675) 323 6165, or Kokoda 329 7411.

5. Please utilise the latrine facilities provided along the Track, if you need to go elsewhere ensure that you are at least 50m away from any water courses and bury the waste.

6. Overnight in village guesthouses is welcome. Ensure Guest House fees are paid in cash and obtain a receipt. Up to K20.00 per night is the recommended fee for trekkers and sometimes K5.00 for guides and porters. No credit facilities are available. Meals are a separate cost.

7. Bush campsites are available in numerous locations but trekkers may be requested to pay the landowners an overnight fee up to a maximum of K20.00 per trekker. Guest house, bush campsite accommodation and food for meals are normally paid by the Tour Group Leader or Guide.

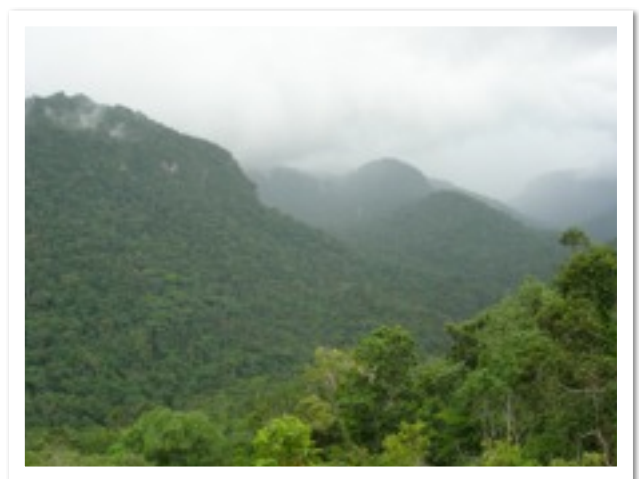
8. Please pay villagers for any fresh vegetables and fruits they are happy to supply. Other food items are limited.

9. Please respect the culture and religion of the communities. Seventh Day Adventist is the predominant religion and people observe prayer daily between 5.00 pm and 6.00 pm, and their Sabbath from 5.00 pm Friday to 6.00 pm Saturday. Do not put requests to the communities at these times. You are welcome to join their church services.

10. Trekkers should be medically fit and have medical insurance coverage and also carry basic first aid supplies. Your Guide should have a First Aid Kit for medication of the group of trekkers and porters if required.

11. Do not litter the Track, village, guesthouse or campsite areas. Please burn waste and bury or carry non-combustible waste to trek end for disposal.

12. Do not deface or damage memorials, trees or buildings. Do not remove war relics. It is an offence to carry live or spent ammunition on aircraft.



13. The Trek Permit Fee paid by all trekkers is for funding community infrastructure projects and their maintenance, together with the maintenance and upgrading of the Track facilities such as walking track and creek/river crossings, radio communication, signage, memorials, airstrips, etc. It is not for paying Trekkers' personal expenses of guesthouse, campsite, food, cultural performances, village museums or scenic attractions.

14. The Kokoda Track Authority accepts no liability for any injury or loss sustained by trekkers and their guides and porters on the Kokoda Track.



Appendix 1: Guidelines for Drug and Medication Donations to Villages along the Kokoda Track, Papua New Guinea:

General Principles:

It is often felt to be a kind gesture to donate excess or spare medication to people in the developing world when it is realized that they have no access to reliable drugs or money to buy them. However, this is not always beneficial to the recipient and can be potentially dangerous, no matter how well intentioned.

Medicines donated by trekkers to porters or villagers along the track should fit safe practice guidelines e.g., from the World Health Organisation or the Australian Government which are available on the internet (see references below).

Donations should be given according to the recipient's needs, not on the perceived need by the donor. The quality of the medication must be the equivalent standard which would be used in Australia.

Medicines must fit these following general criteria:

- The medicine must be in date and not expired or contaminated
- The medicine must be labeled clearly and in English
- Can the recipient read the label?
- Care should be taken if to be used in children as they will require lesser doses
- The medicine should be able to be stored in the tropics and not require refrigeration / darkness etc.
- It should not be a prescription only drug

What is suitable to donate?

- Most over-the-counter (i.e., non-prescription) medicines: E.g., Mosquito repellent-sprays, gel etc.
- Simple analgesics—paracetamol (Panadol), ibuprofen (Neurofen)
- Worm medicines (anti-helminthics) e.g., Vermox
- Antiseptics e.g., betadine
- Oral rehydration solutions—e.g., gastrolyte
- Simple eye drops e.g., clear eyes or antibiotic eye ointment (not steroid drops)
- Indigestion medicines e.g., Mylanta, ranitidine tablets
- Sunburn cream
- Bandages and dressings are always suitable and needed e.g., crepe bandages, combine dressings, steristrips, blister packs etc
- Slings for arm injuries

Problems with inappropriate donation:

- Inappropriate and indiscriminate use of antibiotics may not be appropriate for the infection being treated and can promote multi-drug resistance of different organisms when used unsupervised.
- Most cough and cold medicines have not been proven to be of benefit, especially in children.
- Prescription drugs can be lethal and the effects cannot be monitored as there is rarely a doctor or nurse available. Examples of these are:

- Heart or blood pressure medication
- Diabetes medication
- Anti-epilepsy / anticonvulsant medication
- Steroids e.g., hydrocortisone, prednisone
- Antidepressant or mood altering drugs

If drugs are to be donated to a PNG health facility e.g., aid post or health centre, then it should be what is requested by that facility and should be in accordance to their usual supplies as determined by the PNG Department of Health or the WHO List of Essential Drugs. The strength and presentation of each drug should, if possible, match what is available in PNG to avoid confusion or drug dose error. If donating drugs to a PNG health facility e.g., aid post or health centre, they should be put in the care of a qualified health worker, e.g., Community Health Worker, Nurse, Medical Officer etc.

The Kokoda Track Foundation has a list of medical supplies that are normally used by each aid post and health centre and is able to organize delivery of their usual supplies within Papua New Guinea. This is highly beneficial to the people along the Kokoda Track as their normal supplies are very sporadic and most health centres have little or no supplies. The Foundation provides health kits to many of the aid posts and health centres along the Kokoda Track. You can contribute to these kits by making a tax deductible donation to the Foundation. www.kokodatrackfoundation.org/getinvolved/donate/single-donation.html For more information please contact the Kokoda Track Foundation at: www.kokodatrackfoundation.org

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