

The NSW Police Legacy Journey

Calling all service personnel to join this 12 day life changing experience in PNG, commemorating the ANZAC Diggers. Experience the highs and lows of the treacherous Kokoda Track with a sense of courage, endurance and mateship without the ultimate sacrifice that our diggers made before us. At the end of the trek, stand proud in your uniform on ANZAC Day at the Bomana Cemetery to pay tribute to those famous Diggers who fought to save Australia from invasion in 1942.

Our Spirit is proud to have safely and successfully guided over 500 NSWPL ANZAC trekkers across the Kokoda Track over the past 15 years, since its creation in 2004 as a joint initiative between Our Spirit and the NSW Police Force in support of the NSW Police Legacy charity. Over the past 15 years, the original initiative has grown to include other front-line services including NSW Ambulance, NSW Fire Brigade, NT Police, NT Police Legacy, Australian Federal Police and AFP Legacy.

Again, Our Spirit will donate a position on the NSWPL 2020 ANZAC Kokoda trek and an adventure pack to NSW Police Legacy, which will be auctioned at the charity ball in September.



Our Spirit would like to acknowledge and thank all contributors, participants and supporters who have ensured the success, integrity and longevity of the Kokoda program for NSW Police Legacy.

Now it's your opportunity to join the NSW Police Legacy 2020 ANZAC Kokoda Trek in celebration of the Kokoda Campaign, in which Australian Diggers fought to save our land from foreign invasion.

Our adventure package includes a pre-trek training program, international and PNG domestic airfares, hotel accommodation and meals, trekking fees and much more. Please refer to each of the tabs for full details on our inclusions, exclusions and pricing for this adventure.

In most cases, this adventure is tax effective (confirm with your accountant) for service personnel as it encompasses team building, representation at the ANZAC service and celebrations and meetings with the PNG Police and Legacy.

BOOK NOW as places are strictly limited!



The Kokoda ANZAC Adventure

The Kokoda Trail or known to the diggers as the Kokoda Track, is more than a just bushwalk, it's a trekking adventure you'll never forget! The 96 kilometre Kokoda Track still bears its battle scars in the shape of scattered ammunition, guns, helmets and stirring campfire stories. Trekking the Original Kokoda War Track is a rite of passage all Australians should aspire to achieve. There are steep rugged mountains, treacherous ridges, jungle terrain, unforgiving rivers and rainforests with giant trees that will tower over you and look down, mocking you, at every opportunity. Walk the Kokoda Track with Our Spirit on a PNG Adventure that embraces the local culture and experience nature at it's wildest - just as our diggers did in 1942.

Our Spirit's adventure walk is the ultimate Kokoda trekking experience. Discover yourself through the history of our diggers on this physical and emotional journey.

Guided by experienced Australian leaders with comprehensive local knowledge and customs and an unwavering passion for the Kokoda history, hidden battle sites, treasures and most importantly its legacy. Our clients are given the opportunity to experience the highs and lows of the treacherous Kokoda Track with a sense of courage, endurance and mateship without the ultimate sacrifice that our diggers made before us.

Participants as young as 14 years and as old as 81 years have successfully completed the Kokoda Track with Our Spirit. We strongly believe, pre-trek Kokoda Track preparation is the key to our success. In fact, Our Spirit's safety and success record over the past 22 years is unrivalled by any other Kokoda trek operator. Our passion for the history is second to none and we personalise your experience by including detailed information for relatives of the diggers who fought on the Kokoda Track or elsewhere in the "Pacific campaigns".

We are especially keen to hear from you if you have a relative who fought anywhere in PNG during the war.

Adventure Package Inclusions

Our comprehensive adventure package includes:

- Exclusive to NSW Police Legacy approved group members
- 3 Month training and preparation program with 3 supervised bush walks in NSW (refer to tab for details)
- 10% Discount Code 2020NSWPL on orders over \$100 to use in our online shop
- International airfares and 3 nights' hotel accommodation and meals (refer to tab for details)
- Australian leadership and medical staff (refer to Leaders & Guides tab for details)
 - Pre-trek briefing at the hotel followed by daily briefings on the track
- Vehicle transfers to/from:
 - Airport to hotel
 - The start/finish of the Kokoda Track
 - Hotel to ANZAC Day Service at Bomana Cemetery
 - Hotel to High Commission Celebrations
- Kokoda Track Authority - licence fees and trekking permits
- Village Fees
- Adventure accommodation - guesthouses/tents (twin share)
 - New sleeping bag (H: 20cm W: 20cm L: 35cm 1kg) and mat (L: 50cm W: 13cm 330g) carried in the trekker backpack (for you to keep or donate to your legends on completion)
- Group expedition equipment (carried by the legends) including:
 - Tents; cooking equipment; ropes; safety equipment; communication equipment (including satellite phone); etc
- eXtreme Cuisine (TM) nutritionally balanced, energy appropriate trekking meals and snacks
 - Our Spirit provides all trek meals pre-packed for the group from Australia, including breakfast, lunch and dinner which are prepared on the track. Breakfast and evening meals are supplemented with local fresh vegetables and fruit, when available. Our ability to adequately cater for preferential diets, such as Vegan, Vegetarian, Gluten free etc is limited however, we are happy to discuss options for medically related dietary requirements, upon request.
- Trekkers receive a history reference booklet to take on the Kokoda Track and keep as a memento
- Certificate of completion and t-shirt
- Access to the GPS Spot tracking system to enable family and friends to follow trekkers progress along the Kokoda Track (regularity of transmission is subject to weather and environmental conditions)

Airfares & Accommodation

Our adventure package includes:

- International return economy class airfare Ex-Brisbane or Ex-Sydney to Port Moresby
- Pre-paid departure taxes from Australia and PNG
- Airport/accommodation transfers in PNG
- PNG domestic flight from Port Moresby to Popondetta
- Package travel insurance/refund to the value of **\$150** (individual coverage subject to approval)
- 3 nights twin share accommodation in Port Moresby (refer to key dates for details)
- Hotel meals:
 - 2 x Buffet-style dinner (15 & 24 Apr)
 - 1 x Continental packed breakfast (15 Apr)
 - 1 x Full hot breakfast (26 Apr - only available for those returning to Sydney)

Adventure Package Exclusions

The following personal items and expenses are not included in this adventure package.

- Travel Expenses:
 - Passport
 - Personal expenses in Port Moresby (including meals on first and last day of the trip)
 - Airline charges for excess baggage (limit of 17kg personal luggage allowance)

Note: a comprehensive equipment checklist is provided to participants, upon receipt of the deposit and prior to commencing the training program.

- **Trekking Equipment:**
 - Backpack
 - Waterpack/bladder
 - Head torch
 - Personal items:
 - trekking boots and **premium trekking socks**
 - appropriate clothing, footwear and hat
 - eating utensils (bowl, cup, knife, fork, spoon)
 - toiletries and towel
 - Basic personal first-aid kit, including insect repellent and pharmaceutical items
 - Medical Expenses:
 - Pre trek preparation and associated medical costs (including, but not limited to obtaining medical clearance, required prior to commencing the training program)
 - Malarial medication and any prescription medications recommended by your doctor
 - Other Expenses:
 - Subject to availability, additional fresh fruit and drinks can be purchased from local villagers along the track, if desired
 - Handmade crafts and souvenirs can also be purchased from numerous villages along the track

Pricing

Our NSWPL adventure package is valued at **\$5995** (including international and PNG domestic travel, accommodation, preparation etc). Please refer to the "Inclusions" and "Exclusions" tabs for full details on what is and isn't included in this package.

The following group discount will be applied to the final invoice, based on group numbers achieved:

- 21-30 trekkers = \$5055
- 31-40 trekkers = \$4955
- 41-45 trekkers = \$4855

Note: prices stated are for trekkers carrying their own backpack (approx 12kg) with all personal gear including items provided by Our Spirit (i.e. sleeping bag, sleeping mat and a daily food ration pack) plus 2-3 litres of water. Our group guides carry all expedition equipment (i.e. tents, ropes, cooking equipment, group food supplies, etc..)

The following optional extras are also available at the time of booking or can be added up to 2 weeks prior to departure:

- **Personal Porterage Service:**

To maximise your trekking enjoyment, hire the services of one of our PNG local legends who will carry either your own backpack - **\$580** or with one of our backpacks - **\$610** (limited to 16kg) along the track. If you choose either of these options, you will still be required to carry a smaller day pack (up to 6kg) with essential personal requirements.

Note: Unlike some trek operators, our porterage fees include all trekking meals and travel costs for the PNG local providing this service to ensure the income goes back to the village of origin and isn't wasted in Port Moresby.

- **Singles Supplement:**

Our singles supplement is available for clients who want a hotel room to themselves on the first and last night of the trip. Additionally, they will be given their own tent to use for the duration of the trek. A surcharge of **\$330*** is applied at the time of booking, if this option is selected.

* Subject to change in exchange rates between Australia and PNG.

Leaders & Guides

Our Spirit have the most experienced [Australian Trek Leaders](#), doctors and qualified medics on the Kokoda Track. They ensure participant safety and deliver an experiential journey based on mateship, courage, endurance and sacrifice by:

- Providing individual motivation and encouragement (including pre-trek training advice)
- Creating opportunities for team cohesion
- Presenting the most passionate and comprehensive historical briefings along the Kokoda Track (supported by various battalions from the Australian Military campaign. Eg. 2/16th and 2/14th battalions).
- Guiding participants to significant battle sites on and off the Kokoda Track including the original wartime track (approved by Bert Kienzle and Stan Bisset 2/14th battalion)
- Informing participants of cultural etiquette and educate participants on basic Motu (local Papuan language)
- Arranging ceremonial welcomes into villages
- Hosting a tour of the Bomana Cemetery
- Recognising and rewarding individual achievements on completion (including certificate of completion)

Our PNG Support Crew are Kokoda Legends are an essential part of our team and include:

- Group Guides - provide essential local knowledge and safe passage across the Kokoda Track
- General Crew - carry our food supplies and the group expedition equipment
- Group Cook - prepares all trek meals and assists with general crew duties

Important: Unlike other trek operators, Our Spirit PNG support crew ratio is 1 local legend for every 2 trekkers, which enables us to ensure your safe direction and provide you with the best cultural experience on the Kokoda Track. Additionally, our package fees include all meals and airfares (to/from village of origin) for our local guides and support crew.

History

The **Kokoda Trail** or known to the diggers as the **Kokoda Track**, is more than a just bushwalk, it's a trekking adventure you'll never forget!

This 96 kilometre track still bears its battle scars in the shape of scattered ammunition, guns, helmets and stirring campfire stories. Trekking the Original Kokoda War Track is a rite of passage all Australians should aspire to achieve. There are steep rugged mountains, treacherous ridges, jungle terrain, unforgiving rivers and rainforests with giant trees that will tower over you and look down, mocking you, at every opportunity.

Walk the Kokoda Track with Our Spirit on an adventure that embraces the local PNG culture and experience nature at its wildest - just as our diggers did in 1942.

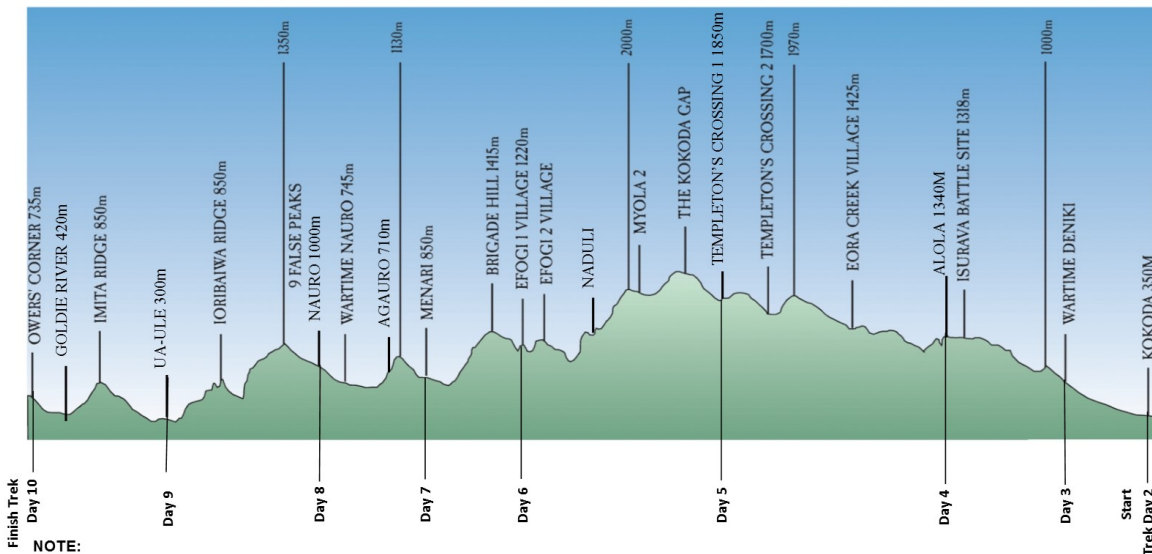
If you're keen to know more about the history of the Kokoda Track and its significance to Australia, we have a wealth of resources and information that we'd love to share with anyone who is genuinely interested.

Trek Itinerary

The following itinerary is recommended as a guide only. Track and weather conditions will inevitably determine the final journey of each trek. To maintain our unblemished safety record,

all trekking is done during daylight hours only. Trekking at night on cliff faces and across raging rivers increases the risk of injury and should only be attempted by experienced trekkers when absolutely necessary. As many of our Aussie Diggers will attest, the journey across the Kokoda Track is one of respect to those who endured unthinkable conditions during the war in 1942.

Kokoda Track SAMPLE Itinerary



NOTE:

Day 1. Arrival into PNG (Hotel accommodation)

Day 10. Arrive back in Port Moresby (Hotel accommodation) & Day 11. Attend ANZAC dawn service at Bomana Cemetery and High Commission (Hotel accommodation) Day 12. Travel home/onward.

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Commercial in Confidence

Training & Preparation

Our Spirit have the best safety and success record of any operator on the Kokoda Track. We attribute much of our unrivalled track record to our pre-trek training and preparation program, which includes:

- Kokoda specific exercise program and nutrition advice - designed and monitored by our team of qualified exercise physiologists
- Personal equipment and training advice
 - Quality trekking equipment available from our [online shop](#) (with 10% discount on orders over \$100 using **2020NSWPL** code)
- Recommended training bushwalks throughout Australia
- Clear instructions, travel advice, supporting documentation and timely communication leading up to the event

Additionally, NSW Police Legacy have negotiated the following services for approved group members:

- Three supervised Our Spirit group bush walks will be facilitated by Aidan Grimes to:
 - Analyse and correct individuals trekking posture with/without a backpack
 - Record and report on anthropometric changes (e.g. body fat)
 - Assist trekkers in maintaining their individual focus and motivation
 - Facilitate group cohesion
 - Answer any in-field questions in relation to their training or any trekking concerns

Considerations

Our Spirit holds current public liability insurance and maintains comprehensive risk management procedures for all our adventures as part of our standard business practice. Our experience, safety and success record on the Kokoda Track is unsurpassed by any other trek operator, however there are still some things which you should take into consideration prior to booking.

- It is recommended that each person joining the party be physically prepared by the time of departure. An exercise program, including training walks and nutritional advice are included in the program.
- There are several sessions within the program that require training with full packs, (that is the backpack and all equipment you intend to use on the trek). By wearing or breaking in your hiking boots (aided by our specifically designed premium trekking socks), you will minimise the risk of blisters and unnecessary sweat problems if they can be addressed prior to commencing the trek.



Booking Information

All applicants must be approved by NSW Police Legacy prior to making a booking. **Registrations will close 17 January 2020.** Bookings will be finalised on 31 January to ensure all participants have adequate time for the physical preparation that is required.

During the booking process, you will be required to submit your contact details as well as personal information about your health, any conditions or prescribed medications you take; your current fitness levels (including your height, weight, activity) and your emergency contact person's details.

Additionally, you will be required to check all items on the terms and conditions section of the booking form. If you are under 18 years of age, you will also be required to enter the details of a consenting adult who will receive a copy of the form.

An invoice for your non-refundable deposit of **10%** is required to secure your booking and will be emailed to you separately. Payment of the deposit is **due within 14 days of booking.**

Our invoice for the balance of the trek, plus any additional services selected and less the group discount achieved, will be emailed to participants 6 weeks prior to departure. **Payment of the final invoice is due on or before 9 March 2020** to ensure airline and accommodation reservations are secured.

Upon receipt of your deposit, we will send you a series of emails, which contain instructions and important information that you will need to prepare for this adventure. Alternatively, please let us know if you prefer to receive the preparatory documents on a USB stick and we will post them to you.

Key Dates

Key Dates	Details
Sept-Oct 19	Registrations Open
14 Nov 19	History Presentation & Remembrance Day Celebration for past and future trekkers in support of NSWPL
30 Nov 19	Introductory Bush Walk for past and future trekkers – Sphinx Ku-ring-gai National Park
18 Jan 20	Our Spirit information session and essential supervised training walk for 2020 trekkers - full day session - Royal National Park, Bundeena Registrations Close
31 Jan 20	Bookings Close
9 Mar 20	Final Payment Due
6 Mar 20	Kokoda Golf Day - Fundraising Initiative, Oatlands Golf Course
14-15 Mar 20	Our Spirit information session and essential supervised training walk for 2020 trekkers - 2 x full day sessions - Govett's Leap, Blue Mountains
TBA	Commissioner's farewell morning tea for Kokoda participants (2-3weeks prior to departure)
15 Apr 20	Flight from Sydney/Brisbane to Port Moresby (O/nite POM Hotel)
16 Apr 20	Flight from Port Moresby to Popondetta
16-24 Apr 20	Trekking the Kokoda Track
24 Apr 20	Return to Port Moresby (O/Nite POM Hotel)
25 Apr 20	ANZAC Day Service & Celebrations (O/Nite POM Hotel)
26 Apr 20	Flight from Port Moresby to Sydney/Brisbane