



Camp Quality Kokoda Trail 2010

The Kokoda Track is one of the world's great hiking trails. Over 8 days you will walk ninety-six kilometers over steep terrain; you will forge rivers and sleep rough. The track will challenge you physically and mentally, and it will change your life.

Are you up for the challenge?

If you are in good health and have the time and motivation to prepare, you can tackle Kokoda and join 20 like-minded people as they unite on the Camp Quality Kokoda Trail adventure, set to take place from 22nd to the 31st October.

The people who go on Kokoda are ordinary people; many have never camped, trekked or traveled overseas before. Mental toughness counts on the track. Most people manage very well if they are determined and optimistic.

If you would like to find out more information on this adventure please go to the Camp Quality website, www.campquality.org.au or join us for our monthly training walk in the Brisbane Forest on Sunday 25th October. Please see details below.

Kokoda Trail Training Walk for 2010

- When:** Sunday 25th October
8am till approximately 10am
- Where:** BRISBANE FOREST PARK
60 Mt Nebo Rd, THE GAP
Meet outside Information Centre
- What to bring:** Comfortable clothes and walking shoes, hat, sun/insect protection, water bottle and a snack.
- RSVP:** By close of business Thursday 22nd of October

We look forward to seeing you!