



Ecotourism Melanesia

Discover Papua New Guinea and Solomon Islands

EM9 - WOITAPE VALLEY HIKING PACKAGE FOR INDEPENDENT TRAVELLERS 3 or 4 nights ex-Port Moresby - depart Wednesday (3 nights) or Saturday (4 nights)

The mountainous Goilala District in Central Province can only be reached by air and is dotted with scary ridgetop airstrips. The terrain alternates between thick forest and open grasslands and the villages are linked by mule trails established by early missionaries. This trek features a series of day hikes and overnight hikes which are flexible in nature to accommodate local weather and other factors. For example, if there is anything happening in one of the villages (bride price ceremony, wedding, birthday party) your guide will take you there to give you a better opportunity to mix with the locals. An overnight trip to Kosipe mission station will be the highlight of the trip. All day hikes pass through villages, gardens and freshwater streams, with magnificent mountain scenery and chance encounters with local mountain people.

PACKAGE PRICE (ground content only): *all prices are per person and based on twin share*

	Group of 1	Group of 2	Group of 3	Group of 4+
3 nights package Wed-Sat	PGK 1,764	PGK 1,464	PGK 1,388	PGK 1,314
4 nights package Sat-Wed	PGK 2,293	PGK 1,907	PGK 1,802	PGK 1,714

To convert these rates to overseas currencies, use the monthly exchange rates shown at the bottom of the home page of our website www.em.pg

PACKAGE INCLUSIONS:

- check-in assistance at Port Moresby airport
- three or four nights accommodation at Waitape Lodge and/or Kosipe mission guest house
- two guides to accompany you and your group daily
- village access and sightseeing fees
- packed dry lunches for hiking (these are supplied by us and taken with you)

EXCLUSIONS:

- international airfare
- return airfares Port Moresby - Waitape - Port Moresby
- bar drinks, tips, souvenirs, personal items
- bottled water and first aid requirements
- fruit and other produce available from village markets - take small notes and coins with you to purchase these

ITINERARY:

DAY 1:

PORT MORESBY / WOITAPE

5.00am check in at the domestic terminal for your Twin Otter flight departing 6.00am. Ecotourism Melanesia staff will be at the airport to assist you with check-in and to deliver your packed lunches for the trip.

The flight to Waitape takes only 30 minutes. Staff from Waitape Lodge will be waiting for you at the airstrip.

Spend today exploring the lodge orchid gardens and the Waitape station area. Guides will accompany you to walk the banks of the Udava River, climb to the

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top of the valley to scenic vantage points, and visit the Fatima mission, local school and clinic. Just ten minutes walk from the lodge you will begin to meet local people on the footpath, stop at small hamlets, cross bubbling streams and pass through village gardens and pristine mountain forest. Gentle river rafting on inner tubes down the Udava River which runs behind Waitape Lodge is also a fun pastime if the weather is warm (BYO inflatable). In the late afternoon the temperature begins to plummet to a chilly overnight low. At Waitape Lodge you will enjoy a warm log fire, a shower with hot water, and a hot dinner. After dinner the bar will be open with a limited selection of drinks. Accommodation is in twin-share rooms with common bathrooms. All linen supplied.
Overnight Waitape Lodge.

DAY 2:

WOITAPE / KOSIPE

After a cooked breakfast, leave the bulk of your luggage at the lodge and just carry a change of clothes in a day pack for your overnight hike with guide along the old missionary mule trail from Waitape to Kosipe mission. This guest house is rather more basic, but comfortable, and here you will have close interaction with village people as Kosipe is a village with a small church mission whereas Waitape is a government station not a village. Overnight mission guest house, Kosipe (includes local-style dinner and breakfast).

DAY 3:

KOSIPE / WOITAPE

Hike back to Waitape by a different route enjoying mountain vistas and a plethora of wildflowers especially orchids. Overnight Waitape Lodge (includes dinner and breakfast).

DAY 4:

WOITAPE / PORT MORESBY or SAUWO RIVER HIKE

Your return flight to Port Moresby departs at approximately 7.00am. (For Saturday tour departures this will be an extra hiking day - day hike to Sauwo River with overnight Waitape Lodge).

DAY 5: Wednesday (for Saturday to Wednesday trip):

Your return flight to Port Moresby departs at approximately 7.00am.

TRIP NOTES:

1. The Waitape Valley offers close encounters with some of Papua New Guinea's mountainous natural beauty and traditional villages. Various plant and animal species will be visible, including possible sightings of bird of paradise at dusk and dawn. The hiking follows established walking trails and there is no strenuous climbing or hacking through jungle involved. You will only need to bring your own personal gear. Any excess luggage you have with you in the country can be stored at Ecotourism Melanesia's office in Port Moresby. Your willing guides will assist with carrying your personal gear, but keep it light nevertheless. You should pack your personal gear into a medium size lightweight day pack (preferably waterproof). You may find it helpful to pack your personal items in garbage bags or ziplock plastic bags to protect them from the wet, especially your camera and Mars bars.

2. What to bring. Personal gear includes two or three changes of clothes (warm days, cool nights, possibly lots of rain - be prepared), light hiking boots (don't go overboard - it isn't Mt Everest) with 3 pairs of cotton/wool blend hiking socks, a pair of light tracksuit pants or similar to sleep in, hat with wide brim to keep sun and rain off your face, waterproof torch with spare batteries, rain poncho, quickdry towel, your favourite soap in a leakproof container, a roll of your favourite toilet paper, a one-litre water bottle to carry with you, and your personal first aid kit. Your personal first aid kit will contain Band-aids, blister dressings, topical cream for bites and grazes, antibiotic cream for cuts and scratches, antimalarial tablets, paracetamol, Deep Heat or other muscle liniment and the all-important insect repellent. Some trekkers say "Rid" is more effective.

3. Food and water issues. All food is supplied for this tour but you may wish to bring a stash of munchies in your day pack for eating along the trail (sweets, peanuts etc) - be prepared to share these with your guides. For the first day you should fill your water container in Port Moresby (or carry bottled water) and thereafter your guides will show you clean water sources to fill your container from. Waitape Lodge has a rainwater tank. If you are worried about water you may wish to bring your own water purification tablets, which you can purchase from most drugstores, camping stores or army disposals stores.

4. Security. In personal security terms you will be well looked after by your guides. In this remote area the level of crime experienced in the city does not exist. The people are all subsistence farmers who work hard on the land to grow vegetables and who hunt and gather food from the forest. You will be accompanied at all times by local guides who know the area intimately.

5. Safety. Waitape Valley is a remote area. If you are interested in trekking through this area you must accept that you will do so at your own risk. There are no proper medical facilities at Waitape. The hikes featured in this tour are not particularly strenuous, however there is every possibility that you may suffer an injury or other medical problem during your trek. Your guides will support and assist you with traversing difficult parts of the walk, but no matter how experienced a hiker you are there is always a chance you will slip and break a limb. You may get a scratch that quickly gets infected and makes your arm or leg swell up. You may suffer a severe gastric reaction to something you eat or drink. If you fall ill or have an accident while on the trek you will be carried by your guides to the nearest airstrip for evacuation. It is our company policy that all trekkers must have comprehensive travel insurance that includes medevac service (check with the agent that sells you the policy if medical evacuation is included). We recommend that you have a medical checkup with your doctor before leaving home to confirm that you are in fit condition to undertake this trekking. If you suffer an accident or fall so ill that you need to be evacuated, a medical doctor will first have to talk to you over the radio to confirm that you need to be evacuated and then your insurer will organise a chartered aircraft to fly in to pick you up.