



Ecotourism Melanesia

Discover Papua New Guinea and Solomon Islands

EM77 - CLIMB MT WILHELM PACKAGE FOR INDEPENDENT TRAVELLERS 3 nights ex-Goroka or ex-Mt Hagen

This trip can be taken as a weekender or any day during the week. Fly to Goroka or Mt Hagen, travel by road to Mt Wilhelm, either climb to the summit or enjoy casual day hikes around the Mt Wilhelm lakes, and return to Goroka or Mt Hagen. If you are not super-fit or an experienced mountain climber, we strongly recommend you take an extra night and make it a 4-night trip so that you can spend an extra night at Base Camp and do some day hiking around Lake Piunde in order to acclimatise to the high altitude before attempting to climb to the summit. Warm wind-proof clothes and an alpine sleeping bag are essential, but Mt Wilhelm is a non-technical climb and no special gear is required. Light hiking boots or comfortable trainers are adequate footwear.

PACKAGE PRICE (LAND ONLY*): all prices are per person and based on twin or triple share

	Group of 1	Group of 2	Group of 3	Group of 4+
Core package	PGK2,857	PGK1,786	PGK1,667	PGK1,518
Extra night Kegeugl or Base Camp with meals and day hiking guide (twin or multi-share)	PGK360	PGK 320	PGK310	PGK300
Extra night Goroka or Mt Hagen - 3 star hotel (room only)	PGK440	PGK220 (twin share)	PGK150 (triple)	PGK220 (twin share)
Optional half day tour of Goroka or Mt Hagen	PGK750	PGK450	PGK350	PGK300

* Best available airfares POM/GKA/POM are not included - book these online yourself at www.airniugini.com.pg or we can assist

PACKAGE INCLUSIONS:

- Information kit including destination map and history
- Meet and greet at Goroka or Mt Hagen airport
- Road transfers to Mt Wilhelm and return
- Two (2) nights share twin or triple accommodation at Mt Wilhelm Lodge (or similar) including set-menu meals
- One night accommodation at Base Camp guest house including basic dinner, breakfast and tea flask
- One local guide per trekker to carry water, tea flask, torch, first aid kit, spare blanket and assist you with the climb
- Local trekking fees
- Tour monitoring and 24-hour assistance

EXCLUSIONS:

- airfares
- bar drinks, snacks, tips, souvenirs, personal items
- meals not specified as included eg lunch on Day 1 and Day 4
- additional excursions in excess of those specified in the itinerary

- sleeping gear (BYO sleeping bag, blow-up mattress and blow-up pillow or you can hire these from Ecotourism Melanesia for an extra K100 per set).
- Personal gear such as water bottle, rain poncho, personal backpack and personal first aid kit
- mobile phone or satellite phone (BYO if required, we only supply sat phone for larger groups of 4+)

ITINERARY:

DAY 1:

ARRIVE MT WILHELM

Depart Port Moresby on Air Niugini morning flight to Goroka or Mt Hagen. At the airport you are met by our vehicle and driver. You may wish to stop for lunch at a local hotel or restaurant before commencing the drive to Mt Wilhelm (or pick up take-away pizza or Chinese). There is also plenty of fresh fruit available from roadside stalls along the way.

The drive to Mt Wilhelm takes about 4 hours along the scenic Highlands Highway, via the mountain ranges of the Chimbu Province and through the provincial capital Kundiawa, arriving at the little town of Kegesugl late afternoon. You will overnight here before continuing on foot tomorrow morning.

Overnight Mt Wilhelm Lodge, Kegesugl (includes all meals).

DAY 2:

MT WILHELM

Commence hiking with your guides up the scenic lower slopes of Mt Wilhelm, arriving at Lake Piunde in the afternoon (a packed lunch is supplied by the Lodge). Lake Piunde is the base camp for climbing to the summit. Here you will stay at the base camp guest house which is rather more basic but adequate for resting up and getting used to the higher altitude. After a hot dinner, turn in early to get some sleep before rising in the middle of the night to climb to the summit.

Overnight base camp guest house (includes meals).

DAY 3:

MT WILHELM

Rise at 2.00am and commence the 5-hour climb with your guides to the summit. The track is wide and clear and easy to walk in the dark by moonlight or lamp light. Clear views from the summit of Mt Wilhelm are only possible at sunrise before cloud cover obscures the vista so it is important to reach the summit by 7.00am. Your guides will carry hot tea flasks to keep you warm. This is not a technical climb and no special equipment is required but you will need to be fit, you will need warm clothing and you must be aware of the possibility of altitude sickness. (If you have any doubt about your ability to gain the summit, you can wait at base camp.)

By 8.00am, descend from the summit, stop for late breakfast at base camp and continue down to Kegesugl arriving late afternoon in time for late lunch.

Overnight Mt Wilhelm Lodge, Kegesugl (includes all meals).

DAY 4:

DEPART MT WILHELM

Depart Kegesugl after breakfast arriving Goroka or Mt Hagen around lunchtime.

Your driver will take you to check in at the airport for the afternoon flight to Port Moresby, or drop you at a hotel or elsewhere if you are taking other arrangements.

If you are staying for the night in Goroka or Mt Hagen you may wish to take our optional half-day tour.

ECOTOURISM MELANESIA LTD

www.em.com.pg • ecomel@online.net.pg

TRIP NOTES:

1. This tour involves travel to a remote area where medical facilities are not available. Altitude sickness is the major health risk. People with limited physical fitness, known heart or breathing problems, persons prone to migraine headaches should not attempt to climb further than base camp.
2. Apart from climbing the summit there are many beautiful day hikes through the Lakes around Mt Wilhelm's slopes and these hikes are a recommended alternative to gaining the summit for people with health or fitness concerns.
3. There is no reliable landline or mobile telephone service at Kegesugl at time of writing although some climbers have reporting being able to make mobile phone calls from the summit.
4. Overnight temperatures fall below zero at Base Camp so prepare to dress appropriately.
5. Aim to carry a day pack for trekking containing your change of clothes and personal items. Your guide will carry your sleeping bag and water bottle.
6. Be prepared for wet or stormy weather which can occur at any time of year. This may slow your walking pace and may even prevent you from reaching the summit.
7. Altitude sickness. At heights above 3000 metres the air is rarified and you will have to breathe deeper and faster to intake sufficient oxygen for your body's needs. Physically exerting yourself walking up steep slopes of course increases your body's oxygen consumption and makes you breathe even harder. Altitude sickness occurs if you do not take in enough oxygen to meet your body's requirements. This can be avoided if you climb the slopes at a steady pace and do not overly exert yourself, and if you remember to take deeper and more frequent breaths than normal. If you feel a headache coming on or if you begin to feel light-headed, nauseous or otherwise unwell, you'll need to stop and rest and give your body time to adjust. If the unwell feelings persist, you will not be able to continue climbing and your guides will lead you down to a lower altitude. Once you descend to lower elevations the symptoms of altitude sickness will subside.