



# Lifetime Experience Tours PNG

"We cater for all budget travellers"

## Mt Giluwe Climbing & Trekking

Mt Giluwe at 4368 meters above seas level is PNG's second-highest mountain after Mt Wilhelm. It is an old shield volcano with vast alpine grasslands. Ancient lava plugs form the two summits, which offer superb views over the Highlands. In this itinerary you will trek through different forest vegetation, see wildlife of all species including bird of paradise, possums, three kangaroo and native orchids to name a few. This is an exciting and demanding trek that is fully recommended for active people with some hiking experience.

### Program Overview

<i>Commencing Days:</i>	Daily
<i>Number of Nights:</i>	Three (3)
<i>Tour Availability:</i>	All year around 2011 and 2012
<i>Places to Visit:</i>	Mt Hagen, Tambul, and Mt Giluwe Summit
<i>Tour Extension:</i>	Possible extensions to the Sepik, Tari or Madang. Ask for quote from our sales team at <a href="mailto:sales@letpng.com">sales@letpng.com</a>

**Detailed Itinerary: Mt Hagen, Tambul, and Mt Giluwe Summit. (This program can be extended to the Sepik, Tari or Madang for additional nights).**

#### Day 1 - Arrival (Mt Hagen)

Arrive at Kagamuga airport and meet our staff. Transfer to Pakuwat Wilderness Lodge and check in and have dinner. In the evening get briefing from your local guide about the trek and Mt Giluwe. (Your guide is a native of Mt Giluwe and he's done numerous treks in the past). Overnight Pakuwat Wilderness Lodge. (D)

#### Day 2 - Mt Hagen/Mt Giluwe Base Camp

After an early morning breakfast a 4WD transfer to Kagguba Station in Tambul District. Begin your Mt Giluwe expedition through alpine grasslands and through thick rain forests. Occasionally you may see exotic wildlife species such as bird of paradise and the rare tree kangaroo en route the trek to Base Camp. On arrival at Base Camp set up your camping and explore the surrounding flora and fauna. Overnight at Base Camp. (BLD)

#### Day 3 - Mt Giluwe (Base Camp/Summit)

A predawn rocky and hazardous climb to the summit. Get a bird's eye view of the lowlands of Highlands regions. After exploring the summit and a hearty picnic lunch return to the base camp and overnight. (BLD)

#### Day 4 - Mt Giluwe/Mt Hagen

After breakfast transfer back Mt Hagen by road and head for your next destination. (B) END OF PROGRAM or you can extend the program to any of our packages that include Sepik, Madang or Tari. Contact our sales team at [sales@letpng.com](mailto:sales@letpng.com) for more information.

#### LAND COST:

**2011/2012 Land Cost Per Person:** Prices quoted below are on twin/double share basis for all group (pax) categories except for 1 pax which is on single room basis.

We cater for all travel and holiday needs for budget conscious tourists offering products throughout Papua New Guinea such as trekking, canoeing, birding, cultural festivals, village studies, dive, fishing and more. Book with us for an adventure of a lifetime.

1 pax	2-3 pax	4-6 pax	7-10 pax	11+ pax
K3,850	K2,640	K2,360	K2,080	K1,800

**Note:**

- Single room supplement cost: PGK300 per person.
- Travel Agents' commissions for the above land cost for all cost categories are available only on application.

**LAND COST INCLUDES:**

Accommodation, tours, transfers, all meals, mineral (bottled) water, local English Speaking guide/s, porters, and trekking fees.

**LAND COST DOES NOT INCLUDE:**

Entry visa fees, all international and domestic airfares, items of a personal nature such as beverages, phone/fax bills and laundry services.

**IMPORTANT NOTES:**

1. You are advised to book and ticket the domestic Air Niugini flights together with your international flights to take advantage of discounts that are available in the international ticketing.

**BOOKINGS:**

Please email us at [sales@letpng.com](mailto:sales@letpng.com) for any inquiries or bookings into this tour. Click [here](#) to see our booking terms and conditions.

**TRIP NOTES FOR MT GILUWE TREK:**

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. Overnight temperatures fall below zero at Base Camp so prepare to dress appropriately.
3. 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.
4. 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.
5. Altitude sickness. At heights above 3000 meters the air is rarefied 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.

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