



Lifetime Experience TOURS PNG

"We cater for all budget travellers"

Mt Wilhelm Trekking

Undertake the challenging Mt Wilhelm (stands at 4509 meters above sea level) trek for 4 days and 3 nights. Your expedition starts from Kegsulg where you will begin your trek to the Base Camp. The trek to Base Camp and summit is hard, steep, and sometimes cold, wet, and muddy. You should be very fit for this trekking tour. The rarefied air will have you puffing and your legs will feel like lead. But all this is more than compensated for by the rainforest, the alpine grasslands, and the sheer beauty of the base camp beside glacial lakes and waterfalls with the rocky crags of Mt. Wilhelm above. This is an exciting and demanding trek is 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 2012 and 2013
<i>Places to Visit:</i>	Mt Hagen, Kundiawa, Kegsulg and Mt Wilhelm Summit
<i>Tour Extension:</i>	Possible extensions to the Sepik, Tari or Madang. Ask for quote from our sales team at sales@letpng.com

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

Day 1 - Mt Hagen/Kegsulg

Meet our staff at Kagamuga Airport upon arrival. After the briefing set out for a scenic 4WD drive tour on the Highlands Highway to Kundiawa and from Kundiawa drive to Kegsulg via the Gembolg road. En route see deep gorges, roadside markets and stalls and roadside villages. Arrive at Betty Lodge and overnight. (D)

Day 2 - Kegsulg/Base Camp

After breakfast commence trek to the base camp on Mount Wilhelm. This part of the trek takes about 4 to 5 hours depending on your trekking tempo. En route see rare orchids, bird of paradise and other unique wildlife species. Arrive at the Base Camp and enjoy the breathtaking views in the surrounds. The Base Camp is situated in front of the two sister lakes Piunde and Aunde. Overnight Base Camp. (BLD)

Day 3 - Base Camp/Summit/Kegsulg

A predawn trek to the Mount Wilhelm summit will allow you to have a Birdseye view of the lowlands of the highlands region and the Madang and Morobe Provinces. The view on the top of the summit is breathtaking. Before the clouds move in and distort the visibility you will now descend the summit to the Base Camp. After a short rest further descend to Betty Lodge and enjoy a hearty meal before resting. Overnight at Betty Lodge. (BLD)

Day 4 - Kegsulg/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 for more information.

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.

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.

1 pax	2-3 pax	4-6 pax	7-10 pax	11+ pax
K3,710	K2,530	K2,265	K2,000	K1,735

Note:

- Single room supplement cost: PGK350 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 for any inquiries or bookings into this tour. Click [here](#) to see our booking terms and conditions.

TRIP NOTES FOR MT WILHELM 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. 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 Kegsulg at time of writing although some climbers have reported 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 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

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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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