EXPEDITION OVERVIEW

Enjoy this remote journey into the depths of Papua New Guinea with Adventure Peaks. We start by acclimatising on Mt Hagen before attempting Mount Giluwe 4,368m the second highest mountain in Papua New Guinea, and the highest volcano on the Australasian continent. It is made up of a series of volcanic plugs left over from the original volcano, which formed over 700,000 years ago and, like Mount Kenya it has twin summits. The ascent takes you through jungle, grassland, past innumerable tarns and lakes but don’t expect home comforts. The climb is magnificent but it’s wild, and remote. Acclimatised we transfer our energy onto Mount Wilhelm the islands highest peak at 4509m. Our aim is to climb it from the remote village of Keglusgl. This is a wild and remote approach that presents the opportunity to experience ancient cultures and tribe’s people that are still largely intact, leave behind any western ideas of comfort; it is a journey back in time. The paths are remote, crossing rivers, alpine grassland, glacial valleys and moss forests, the home of several birds of paradise. Once on the summit your efforts are rewarded with stunning views from the roof of the world’s most mountainous island.

Participation Statement

Adventure Walks recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.

Adventure Travel – Accuracy of Itinerary

Although it is our intention to operate this itinerary as printed, it may be necessary to make some changes as a result of flight schedules, climatic conditions, limitations of infrastructure or other operational factors. As a consequence, the order or location of overnight stops and the duration of the day may vary from those outlined. You should be aware that some events are beyond our control and we would ask for your patience.
OUTLINE ITINERARY  KEY to inclusions (H-hotel, Ld-lodge, R-mountain refuge/hut, C-campsite, B-breakfast, L-lunch, D-dinner/evening meal)

(Please note to get cost effective flights we may need to depart Friday evening)
Day 1-3 International Flight
Arrive Port Moresby transfer to hotel, free time to recover after the flights and to explore Port Moresby. (H)

Day 4 Domestic flight to Mt Hagen airport, where we then transfer to our first mountain lodge which is about 45 minutes away and is set in a very peaceful area. A leisurely walk close to the lodge begins our acclimatization process. Overnight Lodge (B,L,D)

Day 5 From the lodge we climb Mount Hagen (3,834m) to acclimatize. It takes 5-6 hours to reach the summit and can observe orchids, exotic plants, insects and beautiful birds as you walk through the rainforest. Views out to Giluwe and Mt Wilhelm from the summit – 8-9hrs round trip Overnight Lodge (B,L,D)

Day 6 4WD transfer to Mailka village around 1½ hours away, then trek with porters from the local village through the forest to our 1st camp. You may see exotic wildlife including birds of paradise and the rare tree kangaroos (3450m). 3-4 hours Overnight camp (BLD)

Day 7 (3,700m) Today we walk over the undulating alpine grasslands. In the grass lands you will encounter innumerable tarns and lakes. 5-6 hrs (C,B,L,D)

Day 8 Climb to summit of Mt Giluwe 4368m starting at 5.00am to reach the summit around 8.00am. We return to base camp for breakfast and then possibly trek out to the road head for our journey back to the Lodge (C or Ld,B,L,D)

Mt. Giluwe in Papua New Guinea is the highest volcano in the Pacific Oceania region and has the distinction of being the highest volcano on the Australian Continent and is the seventh volcanic summit. It is an ancient extinct shield volcano with two prominent 400m high cones forming its summit. The climb is magnificent where there is no official or well-trodden path to the summits.

Day 9 Return to Lodge if we didn’t the day before (B,L,D)

Day 10 Road Transfer to Mt Wilhelm and cultural visit approx. 3-4 hrs drive along bumpy track. Overnight Lodge (B,L,D)

Day 11 Leaving the village we head up to base camp 3575m through the forest on a fairly good path. (C,B,L,D)

Day 12 We leave camp before first light to make our 6-8 hour ascent to the summit of Mt Wilhelm (4,509m), the highest point on Papua New Guinea. Reaching the summit early is the prime time as the mountain-tops are usually clear of cloud at this time in the morning. The summit is marked by a rock cairn and a trigonometric marker giving breath-taking clear views of the North Coast including Bagabag and Kar Kar Islands. Leaving the summit we head back down to base camp and then return to our Lodge (L,B,L,D)

Day 13 spare summit night transfer to lodge (L,B,L,D)

Day 14 Transfer back to Mt Hagen 4hrs and continue to Port Moresby on an afternoon flight. Transfer to hotel (H, B,)

Day 15 International flights or extend your stay to explore the island more with a visit down to the Alotau Peninsular that reaches out into the South Pacific or a stay on Loloata Island for some snorkelling and relaxation

Day 16 Arrive home.

PREVIOUS EXPERIENCE/FITNESS
You will need a good level of fitness as the walks are over rough terrain and involve some steep ascents which are considered reasonably strenuous. This would mean you are a regular hill walker used to a number of continuous days on the hill of at least 7-8hrs occasionally a little more.
SERVICES INCLUDED
All domestic charter and schedule flights, Permits and Park Fees; Accommodation and meals as indicated on the itinerary All airport transfers, Land transport associated with the expedition, Guides and porters

SERVICES NOT INCLUDED
Travel insurance, visa charge, local airline departure taxes and charges, hotel meals and personal drinks etc. Excess baggage on international or domestic flights, Charges incurred as a result of delays beyond our control, Optional activities, tips.

ACCOMMODATION
During this trip we use a variety of accommodation from comfortable hotels (usually twin rooms with en suite facilities); to lodges (no frills but usually twin rooms and en suite) and mountain refuges (can be communal with shared facilities). If you are travelling by yourself you will be paired with another individual of the same sex in the hotels and tents.

FOOD
On trek the food is basic but nutritious. For refreshments not included in the price, you should allow around £150 (equiv.).

BAGGAGE, EQUIPMENT and WHAT TO CARRY
For your own comfort, travel light. Normally international airlines restrict baggage to around 20kg, the internal flight tends to be around 16kg but you will be wearing boots and one set of trekking clothes You will only need to carry a light daypack. A 30-35L rucksack is a useful size to comfortably fit in essential items such as two one liter water bottles, camera, sun cream, wet-weather gear, extra layers, gloves, hat and at the high camps/huts warmer layers etc. A full equipment list will be provided on booking, but general hill walking gear is the norm with no real need for specialist equipment. On trek you will be limited to 15Kg but you will have access to your main bag at camps on the mountains. For equipment purchases Adventure Peaks offers a 15% discount from our shop or online.

HEALTH
There are no compulsory vaccinations, but we would recommend vaccinations against hepatitis A and typhoid. Malaria prophylaxis should be considered so please consult your GP or a vaccine specialist for professional advice or visit the website www.fitfortravel.scot.nhs.uk. Our leaders hold first aid certificates and carry a first aid kit for medical emergencies. You should bring your own supplies of plasters, blister prevention pads (compeed), paracetamol etc. and any medication you are taking.

INSURANCE
Insurance which covers mountain rescue, helicopter evacuation and medical expenses is essential. We will require a copy of your insurance prior to departure.

USEFUL TIPS
Just in case your main luggage goes missing en route, it is a good idea to wear your boots on the plane. Most other things can be replaced but comfortable, well worn-in boots can not.

VISAS AND PERMITS
All nationalities require a full passport valid for 6 months beyond the intended stay Visas are available from the nearest Papua New Guinea consul. You should check with your local embassy.