Mt Giluwe - 4368m Papua New Guinea
Kilimanjaro Machame Route - 5895m Tanzania

EXPEDITION OVERVIEW
Mt Giluwe and Kilimanjaro Combo

For this expedition we have combined two very contrasting mountains into one trip. From the short summit night of Giluwe, on mainly grassy terrain, to the longer summit night of Kilimanjaro on very dry rocky paths where you will need to dig deep to complete the adventure; from the hustle and bustle of Kilimanjaro to the remote mountain top on Giluwe, where you are likely to be the only team on the mountain.

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.

All our Kilimanjaro routes have been carefully chosen for your safety and enjoyment through appropriate acclimatization. The Machame route approaches from the wetter south side of the mountain, initially through dense, lush montane cloud forest and on up to the eastern side of the Shira plateau to Shira 2 campsite. Shortly beyond here the route merges with Lemosho route as it passes the Lava Tower (4600m) on the acclimatisation day en route to Barranco. From this point on the trail can get very busy, but there is never any need to rush on our itineraries. Descent is via the Mweka route.

The Volcanic Seven Summits Challenge – your dream met, a worldwide journey to the seven continents with a unique challenge that has only been completed by a handful of people. You climb the highest volcanic peaks on the Earth’s seven continents. The volcanoes offer a diverse challenge of terrain and climatic conditions: jungle travel in tropical terrain, high altitude mountaineering in the desert, extreme coldness in one of the most remote corners of the world, to one of the most climbed mountains on the edge of the equator.
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)

Days 1-2-3: International Flight
Arrive Port Moresby and Transfer to the domestic flight to Mt. Hagen airport, followed by 45 min transfer to overnight Lodge. (D)

Day 4: Acclimatisation walk. Today we have time to recover after the flights. A leisurely walk close to the lodge begins our acclimatization process. Overnight Lodge. (B,L,D)

Day 5: We Climb Mount Hagen (3,834m) to acclimatize. It takes 4-5 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. 7-8hrs round trip. Overnight Lodge. (B,L,D)

Day 6: Rest Day. Nature walk to find orchids, frogs and insects and hopefully some bird watching. (B,L,D)

Day 7: 4WD transfer to Mailka village around ½ hours away, then trek with porters into Mt Giluwe Base Camp (3,700m) through rain forest and alpine grasslands. In the grass lands you will encounter innumerable tarns and lakes varying from 2m in diameter to hundreds of meters. You may see exotic wildlife including birds of paradise and rare tree kangaroo. 9-10 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 (B,L,D)

Day 10: Transfer back to Mt Hagen and continue to Port Moresby. Transfer to hotel (H, B)

Day 11: International flight to Kilimanjaro. (B)

Days 12: Arrive at Kilimanjaro International airport. On arrival in Tanzania you will be met and transferred to the hotel in Moshi. Situated in a quiet location in the foothills of Kilimanjaro this is a pleasant and friendly hotel with restaurant, bar and swimming pool. (H)

Day 13: An early start on the first day allows you some time to make any adjustments to your packing before leaving for the park gate. From the gate (1800m) the path climbs with a gradual gradient and a never tiring route in a forest full of flowers. A last ramp leads to the lovely rocky rise and metal constructions of the Machame Hut (3000m). Climb 1200 metres, walking time: 4 to 5 hours. (C,B,L,D)
Day 14: A rather short day although the altitude begins to make itself felt. The path rises with a charming route along a lava ridge that offers splendid views of the Kibo and Meru peaks before crossing a number of clearings surrounded by very high, tree-like heathers. A stony stretch with the odd zigzag leads to the edge of the remarkable lava plateau of Shira. We cross this to our camp (3840m) near a large cave. Climb 840 metres, walking time: 4 to 5 hours. (C,B,L,D)

Day 15: This stage, quite tiring at first, explains why hikers starting from Machame suffer the altitude less on the final stage to the Kibo summit. Zigzagging up and down is, on any mountain, the best way to get acclimatised. You start by reaching an enormous solitary rock and then proceed on wide, desolate, stony slopes towards the Lava Tower and the Arrow Glacier Hut. High up, in the distance are the walls of the Western Breach. Once at the ridge at the base of the Lava Tower (4600m) a rather steep descent leads to the Barranco Hut (3950m), a splendid viewpoint of the Breach Wall and the Heim and Decken glaciers. Climb 760 metres, descend 650 metres, walking time: 7 to 8 hours. (C,B,L,D)

Day 16: A long but spectacular day, which gives an ever-changing vista of the summit. You start by crossing the valley and scrambling up the Barranco wall by a series of easy rock ledges. Once at the top a broad, rocky ridge traverses around the mountain with wonderful views of the Heim glacier. A short sharp descent past some amazing rock formations leads down into the Karanga Valley (4000m) followed by a short climb to the Karanga campsite. The final stretch of the approach follows a rocky wind-beaten ridge close under the south flank of Kibo and crosses a large desolate bowl before climbing up onto the obvious ridge to the Barafu Hut (4600m) and our camp. Climb 850 metres; descend 200m, walking time: 7 to 8 hours. (C,B,L,D)

Day 17: Kilimanjaro Summit Day
Leaving our camp just after midnight a good path marked by stones climbs the rocky slopes and into the wide gorge to the right of the Rebmann glacier. A section on the more friable ground (nothing like the screes of Gillman’s Point on the normal route) precedes the last slopes, sometimes covered with snow. Once out on the crater at Stella Point (5795m) you continue on round to Uhuru Peak (5895m). To descend, we drop back scree slopes to Barafu for a rest and an early lunch and then continue down for a further four hours to Mweka Camp, delightfully situated in the trees, and celebrate! Climb 1295 metres; descend 2795 metres, walking time: 10 to 14 hours. (C,B,L,D)

Day 18: A fully refurbished trail takes you down through the forest to the park gate (1500m) and the bizarre sight of vehicles! After bidding farewell to the guides and porters we transfer you to the hotel in Moshi where you can get a meal and have a wash and brush up before transferring to the airport to catch an early evening flight home. Descend 1600 metres, walking time: 3 to 4 hours. (B,L)

Day 19: Arrive home.

PREVIOUS EXPERIENCE/FITNESS
If you are used to regular multi-day hill walking you will have the right level of fitness to fully enjoy your time on this trek. 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. Most days are not too long, but the summit days involve a long day starting around midnight. A head for heights is advantageous for the Barranco Wall which looks impressive but only has a couple of tricky steps.

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 charges, 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 for local staff.

TIPS
Staff Bonuses or Tips for the porters and support staff are an accepted and expected part of life in Tanzania. Our teams generally pay these bonuses to our trek staff as a whole, and would recommend around US$200-300 per client, depending on group size and length of trip. Details will be sent to you with your Final Joining Information. Tipping in hotels and at meals is normal practice.
For Mt Giluwe, tips will be around $60 dollars per person.

**CURRENCY**
The currency in Tanzania is the Tanzania Shilling (TZS) but you cannot obtain these outside of Tanzania. Therefore take UK sterling, Euro or US$ and exchange them on arrival. Don’t try and change money in the street in Tanzania as it is illegal. ATM’s and change bureaux are available in the arrivals hall at the airport. The US$ is widely accepted and we suggest you bring some in cash with you, ensuring you have some small denomination notes. The currency in Papua New Guinea is Kina and cannot be obtained out of the country. There are money exchanges in the airport and also cash machines in Port Moresby, or Mt Hagen but nowhere after that.

**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.

**FOOD**
On trek the food in Papua New Guinea is basic but nutritious. Food on the Kilimanjaro trek is excellent and designed to stimulate your appetite and keep you going despite frequent altitude induced loss of appetite. Breakfast can include porridge followed by sausage & eggs (fried or omelette) and either bread or chapattis with jam, honey, peanut butter etc. A sample lunch may consist of sandwiches, boiled eggs, chicken legs, biscuits, fruit etc. You usually arrive at the camp around lunchtime or mid-afternoon for tea, biscuits and fresh popcorn. The evening meal always starts with soup followed by a huge variety of main courses – pasta, rice, chips with various sauces. Fresh fruit tends to be served for dessert. You should not be hungry! Vegetarian food is improving rapidly and we’ve been getting reports that even the carnivores have been tucking into the vegetarian dishes. For refreshments not included in the price, you should allow around £1.50 (equivalent in local currencies).

**BAGGAGE, EQUIPMENT and WHAT TO CARRY**
For your own comfort, travel light. Normally international airlines restrict baggage to around 20kg, the internal flight in Papua New Guinea is 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-litre 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 between the two mountains. For equipment purchases Adventure Peaks offers a 15% discount from our shop or online.

**HEALTH**
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.

There are no compulsory vaccinations for Papua New Guinea 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.

There is no malaria above 1800m on Kilimanjaro, but there is a risk before and after you trek so suitable prophylactics should be taken.

**Information on whether or not a Yellow Fever certificate is required is confusing. To be safe – get one. You must have one if you are entering a country with a risk of Yellow fever transmission, or if you are travelling to Zanzibar. Also people who have simply transited Nairobi and some with stamps in their passports from risk countries HAVE been asked for a certificate. If you do not have one, then you may have to pay a bribe to the official! Tap or stream water should never be drunk without first sterilizing with chlorine dioxide tablets or by boiling. Please note that disposable plastic bottles are not permitted on the mountain and park rangers can issue fines for this, so bring nalgene bottles or similar.

We advise you to contact your GP around eight weeks before your trip to check whether you need any vaccinations or other preventive measures, and see the following website: www.fitfortravel.scot.nhs.uk
INSURANCE
Insurance which covers mountain rescue, helicopter evacuation (on Giluwe) and medical expenses is essential. We will require a copy of your insurance prior to departure. You should note there are no official helicopter rescue services on Kilimanjaro and that any evacuation in the event of a serious medical emergency to the nearest hospital will be by land. Please also ensure your insurance covers you for walking above 4000m (some will exclude this option).

WEATHER
Mount Giluwe can experience heavy rain and carrying your waterproofs each day is essential.

Being close to the equator, Kilimanjaro does not really experience summer and winter. The higher you are the cooler it will be. Even though clear skies and views over the clouds below are normal, you must remember that weather in high mountains is unpredictable and should be prepared for this. It will be cold on the early starts and in the evenings at altitude. August is usually the coldest month.

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
For Papua New Guinea, 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.
For Tanzania, a Single Entry Tourist Visa costs approx. £40 (US$ 65.00) You should obtain you visa in well in advance from the Tanzanian High Commission in London. Details of how to obtain your visa will be sent before your trip.

ALTITUDE
If this is your first trip to altitude you may have concerns about the effects of altitude. Don’t worry, our itineraries allow sufficient time to acclimatize. At worst you may experience a headache or a little breathlessness, the best way to avoid such symptoms is to do everything slowly, walk at a gentle steady pace and drink plenty of fluid. Should you be the exception, we can allow you to stay an extra night at a lower level and follow with one of our local guides.