

Volcanoes of Indonesia

Trip Code: ILM

Version: ILM Volcanoes of Indonesia



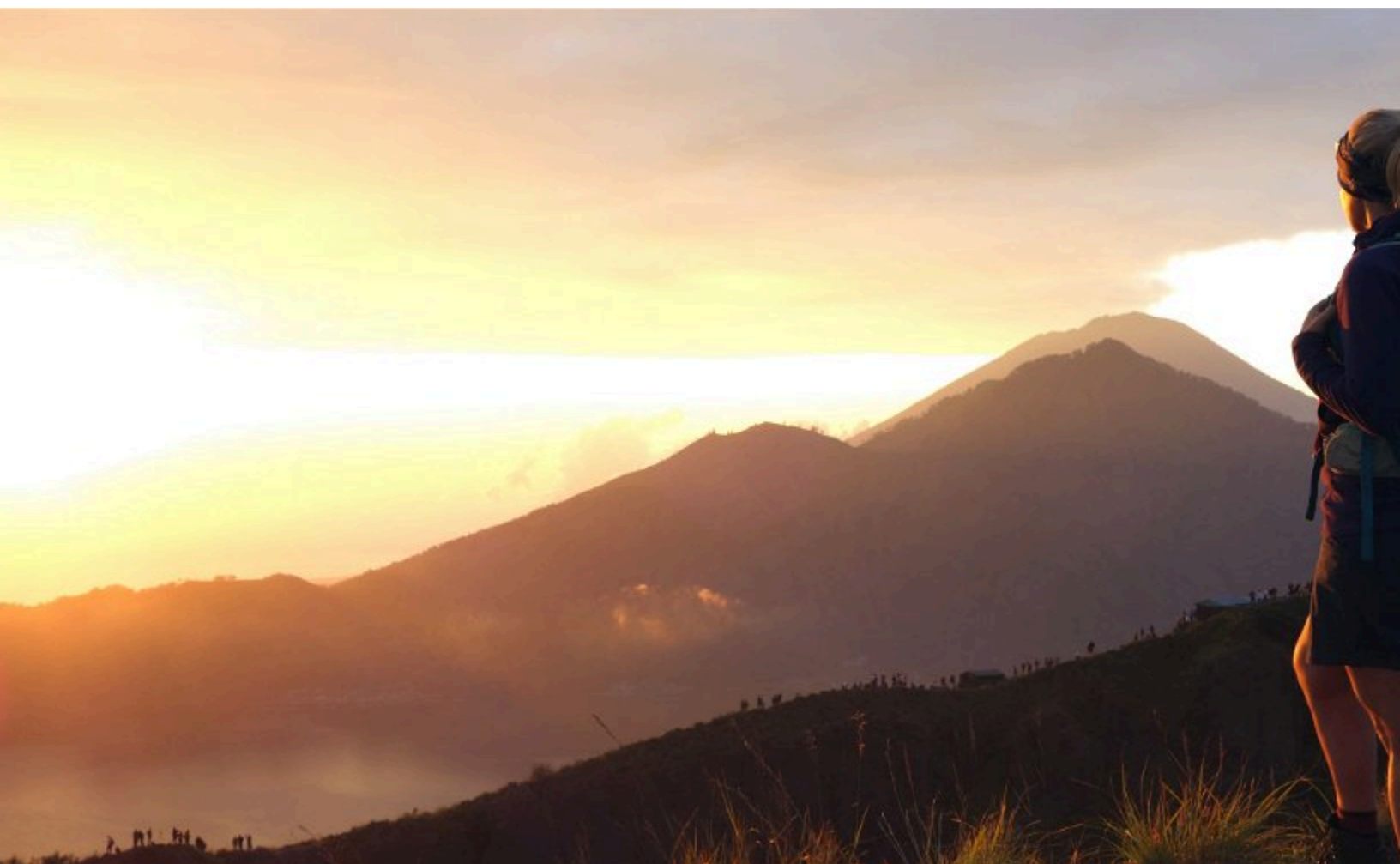
WALK & TREK



GUIDED GROUP



MODERATE



HIGHLIGHTS

- Summit 5 major volcanoes: Merbabu, Kawa Ijen, Batur, Bromo and Rinjani
- Watch sunset from the crater of Mt Rinjani (3726m) and sunrise from the summit
- Journey by train through the amazing volcanic landscape of Central and East Java.
- Discover Borobodur temple, the rice fields of Ubud, and Sanur's palm-ringed beaches

AT A GLANCE

- 8 days trekking
- 5 days touring and sightseeing
- Max altitude - 3726m.
- Join at Yogyakarta, End in Denpasar

ACCOMMODATIONS & MEALS

- 14 Breakfasts
- 10 Lunches
- 9 Dinners
- 4 nights Hotel
- 6 nights Hotel with swimming pool
- 3 nights Guesthouse
- 1 nights Camping

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

This is a volcano climbing holiday, with a good amount of relaxation time and exploration thrown in. Besides summiting 5 major volcanoes, we'll also visit some of the major highlights of Java, Bali and Lombok, and have time to swim, snorkel and relax on the beach. Indonesia, located at the junction of four tectonic plates, has more active volcanoes than any other country. Our journey through this amazing landscape of 'living mountains' takes us from the island of Java, through Bali to Lombok. Along the way we will experience the impressive diversity of the Indonesian archipelago; its vegetation, which varies from tropical rainforest, to verdant rice fields, to dry steppe; its colourful wildlife; and its rich cultural tapestry. We start our journey with a visit to Borobudur, the world's largest Buddhist temple, before beginning our volcano adventure. We start out with Merbabu (3145m) on Java, then the iconic Bromo (2329m) and Kawa Ijen (2385), where we can meet the famous sulphur miners. Crossing to Bali we climb Mt Batur (1717m) before enjoying some downtime in the laidback town of Ubud, which is surrounded by vibrant green rice fields. Next, we travel by speedboat to the island of Lombok, where we make a memorable 2-day trek to the summit of Rinjani (3726m), which will see us standing on the summit for a spectacular sunrise. We end the holiday on Bali with some well earned relaxation time at Sanur, with its palm-fringed beaches and mix of placid and surf shores - the perfect place for a final chill-out before flying home.

Is this holiday for you?

This is predominantly a walking holiday, with a good amount of relaxation time and sightseeing included in between walks to allow you time to recover. The walking will be on a variety of underfoot terrain including jungle trails, village paths, but also steep and loose volcanic scree. Trekking poles are highly recommended. The majority of the trekking days will be around 4 to 6 hours, with some extremely early starts as we will be aiming to reach most summits to enjoy sunrise. There are some long, challenging days, notably during the ascents of Merbabu (3145m) and Rinjani (3726m). The summit days of these two volcanoes will involve 8 or 11 hours of trekking (though it is possible to opt out of final push to Rinjani's summit), including some quite challenging sections of trail where the underfoot conditions are at times steep and loose. Additionally, the moderately high altitudes attained will have some effect on physical performance. We will have one night of supported wild camping. All camping equipment, including sleeping bag and camping mattress is provided. On our overnight trek the camping equipment will be carried by porters, and you will only need to walk with a day pack each day.

Itinerary

Version: ILM Volcanoes of Indonesia

DAY 1

Meet at the group hotel in Borobudur. A single timed transfer from Jogjakarta's Adisutjipto Airport is provided.

The holiday starts at the group hotel in Borobudur. A single timed airport transfer (1 hour 20 minutes) from Jogjakarta's Adisutjipto Airport to the group hotel is provided. At the hotel we meet with our Tour Leader for Java who will brief us on the days ahead.

Meals: **D**



Accommodation
Hotel

DAY 2

Visit Borobudur Temple, trek in the Meoreh Hills and transfer to Selo.

Today we make an early start (around 7am) to explore Borobudur Temple, the largest Buddhist temple in the world. Comprised of thousands of volcanic and river stone blocks, the temple was assembled without the advantage of mechanised machinery and took more than 75 years to complete. After exploring this UNESCO Heritage site we begin a short trek through plantations and villages of the Menoreh Hills. We will enjoy views of the volcanoes surrounding the valley: Sumbing, Sundoro, Merbabu and Merapi, our objective for the next day. Arriving in Candirejo Village, we take a taste of local life as we enjoy a local horse cart ride through the small lanes lined with traditional houses of this peaceful Javanese village. Along the way we may see people in the villages making cassava crackers or harvesting and drying vanilla and chilli. We will take lunch in Candirejo before transferring to Selo in the afternoon where we check into a simple guesthouse and take some to rest up before our ascent of Merapi.

Meals: **B L D**



Accommodation
Guesthouse



Ascent
30M



Descent
700M



Time
2 - 3 hrs walking



Distance
9KM

DAY 3

Ascent of Merbabu (3145m). Transfer to Solo.

Early this morning we will begin our ascent of Merbabu. Our ascent will begin at around 0700 with a 4-5hr climb, crossing through forests of pine, until we reach the Sabana II camp. We can rest a little while here before climbing for 45 more minutes up to the summit. As we climb we can enjoy the views over to nearby Mt Merapi, as well as distant volcanoes away on the horizon. We descend to the camp for a well-earned lunch before descending back down towards Selo, which should take around 3-4hrs. Afterwards, we drive to Solo (2hrs) and check into our accommodation. Competing with Jogjakarta as the hub of Javanese culture, this sprawling metropolis is a mix of the traditional and modern with backstreet markets and the glass fronted shopping arcades.

Meals: **B L D**


	Accommodation Hotel		Ascent 1450M		Descent 1450M		Time 8 - 9 hrs trekking		Distance 9KM
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DAY 4

Journey on the Sancaka Pagi Train to Mojokerto. Transfer to Bromo.

We have an early morning pick up from the hotel to catch the Sancaka Pagi Train to Mojokerto in Eastern Java. Travelling by train in Java is a great way to meet local people and is also the best way to enjoy the amazing volcanic landscapes of Central and East Java. We will travel in 'executive class' and despite the developing heat of the Indonesian day outside of the train, we may need to wear something warm in the air conditioned carriage. It will take approximately 4hrs to complete the scenic journey from Solo to Mojokerto. On arrival at the station we board our waiting transport and continue our journey for a further 4hrs to Cemorolawang, Bromo. We will take lunch along the way and arriving at our hotel we can relax and enjoy the views

Meals: **B L**

	Accommodation Hotel
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DAY 5

Sunrise visit to Mt Bromo (2329m). Transfer to Ketapang below the volcano Ijen.

Mount Bromo, the icon for Indonesia's Living Mountains, is seen at its best at sunrise from the nearby 'King Kong' viewpoint at Bukit King Kong. Making a pre-dawn start, we set off in our 4X4 vehicle and walk for 1hr up to the viewpoint, a great vantage point for viewing Bromo and the neighbouring volcanoes Semeru and Batkok. From here, the combination of light and morning mist gives rise a much photographed, almost surreal landscape of cones rising from shrouded, half-glimpsed forest. After spending time enjoying the view we trek to Seruni Village, during the walk we will have great views over the Tengger caldera and its three volcanoes. From Seruni we continue in our 4x4s through the lunar

landscape to the foot of Bromo's cone. From here, a series of stairs facilitates the short final ascent to the crater rim (2329m). Afterwards we return to our hotel where we can enjoy a late breakfast. We now have a full day of scenic driving; making several stops for breaks and photos along the way. It is 229 kms from Cemorolawang to Ijen, a journey of around 8 hours including stops. Dinner and overnight at our hotel in Ketapang..

Meals: **B L D**



Accommodation

Hotel with swimming pool



Time

2 hrs trekking

DAY 6

Climb Kawah Ijen (2385m) and ferry to Bali.

We make another early start (around 0400) and travel by 4X4 vehicle for approximately 1hr15 to Paltuding where we begin the trek to the summit of Kawah Ijen. Before setting off we eat a boxed breakfast provided by our hotel along with hot tea or coffee from one of the local warungs. It is a trek of around 3km to the top. Along the way we are likely to encounter the famous sulphur porters of Ijen, carrying loads of up to 70 kg of the bright yellow rock, walking down the mountainside often barefooted. We aim to reach the crater rim around sunrise and hope to enjoy a spectacular dawn view from the top. Looking down into the crater we can observe the 200m deep brilliant turquoise lake and watch the sulphur miners as they break up the cooling sulphur deposits into blocks and load their baskets before beginning the difficult climb up to the crater rim. The environment in which the miners work is highly toxic and visitors are not allowed into the crater. Walking back to Paltuding, we return to our hotel to freshen up and have a late lunch. In the afternoon we transfer to the ferry terminal in Ketapang to make the crossing to Gilimanuk on the island of Bali. We have a drive of 1hr to Pemuteran, which is located on a small bay in the northwest corner of the island. After check in at our hotel, our Javanese tour leader and driver will return to Java and the remainder of the day is free for relaxing. We will meet our Balinese tour leader over dinner tonight, but remember to set your watch as there is a 1 hour time difference between the two islands! The hotel has a swimming pool and direct access to the beach and is the perfect place to take a mid-tour relaxation break.

Meals: **B L D**



Accommodation

Hotel with swimming pool



Ascent

970M



Descent

970M



Time

4 hrs trekking



Distance

18KM

DAY 7

Morning free with optional snorkel trip. Afternoon transfer to Kintamani.

After breakfast, the morning is free to enjoy the hotel facilities or take part in an optional snorkeling experience around Menjangan Island (payable locally), which includes a boat trip out to the island, basic instruction, equipment and lunch while you explore the underwater world of a Balinese coral garden. Your Balinese tour leader and driver will meet the group at 1400 and after a briefing, we drive north following the coast for around 2hrs. We pass Singaraja town before navigating the small mountain roads to reach our hotel in Kintamani village on the slopes of Batur (1770m).

Meals: **B D**



Accommodation
Hotel

DAY 8

Climb Batur (1717m), visit Penglipuran village and transfer to Ubud

An early morning wake up and a short transfer brings us to the start of our trek. At 1717m tall, Batur is not the highest volcano in Bali but its setting in the heart of a huge crater (14km in diameter!), adjacent to a large crescent-shaped lake surrounded by the high walls of the crater rim, is absolutely stunning. It will take us approximately 2 hours 30 minutes to reach the top of Batur, where we will enjoy a light breakfast prepared by the hotel. We trek down around the secondary crater and also via the youngest crater with its smoking cone, before walking out across a sea of black volcanic sand. Meeting our vehicles, we return to our hotel. There will be time to change and finish packing before setting off on the next leg of the tour. We make a short drive to Rendang, where we stop for a lunch of fresh Balinese cuisine with great views of the distant Gunung Agung. We continue on to the ancient village of Penglipuran, which is famed for its traditional culture and village lay out. We continue for a further 40km to Ubud, a laid back town made up of connecting villages surrounded by forest and rice terraces. This is the cultural centre of Bali with a thriving arts scene and a number of art museums. We check into our hotel here and the remainder of the afternoon is free for exploring.

Meals: **B L**



Accommodation
Hotel with swimming pool



Time
5 hrs trekking

DAY 9

Free day in Ubud (optional Temples and Rice Terraces tour available).

Today is free for you to explore this culturally fascinating town. Ubud is the sort of place that easily absorbs a couple of days. As well as numerous temples, palaces, museums, art galleries and the incredible landscape, there are a number of traditional spas, a botanic gardens, a bird park and the Monkey Forest. Our guide will not be with the group today but will be able to give good advice on things

to see and do. An optional Temples and Terraces tour (full day - payable locally and including lunch) can be arranged which will include a visit to the unique temple of Pura Gunung Kawi, an 11th century temple set amongst the rice fields and Pura Tirta Emple, a water temple dedicated to the Hindu God, Vishnu, and a rice field walk with local coffee tasting.

Meals: **B**

**Accommodation**

Hotel with swimming pool

DAY 10**Drive to Padang Bai, ferry to Lombok, transfer to Sembalun (1150m).**

We drive for 45 minutes to Padang Bai on Bali's East Coast. Here we board the fast ferry for the 75km crossing to Teluk Kodek on the island of Lombok. Arriving in Lombok we are met by our driver and we head north to Pusuk Forest, which is a protected area for macaque monkeys. The road crosses Pusuk pass the high point on a ridge through the forest where we have extensive views over the island and to the coast. We continue around the coast making a stop at a local restaurant for lunch, before heading to the mountain village of Sembalun on the slopes of Mt Rinjani. Surrounded by terraced fields of rice, garlic, tomato and chili, Sembalun is made up of two villages 2km apart. We will stay in a simple guesthouse in Sembalun Lawang (1150m) located in an ancient caldera of Rinjani. We will be driving for around 5hrs today.

Meals: **B L D**

**Accommodation**

Guesthouse

DAY 11**Walk to Sendang Gile Waterfall Reserve and Senaru Village. Overnight Sembalun.**

Today we will be walking in on the foothills of Mt Rinjani. After an early breakfast we transfer close to the border of the Gurung Rinjani National Park. We begin following a path through shady bamboo groves and past village gardens before entering a wide, open landscape of rice terraces and palms. We follow an irrigation channel to the rainforest of the Sendang Gile Waterfall Reserve. From here we walk to Sendang Gile Waterfall, which is the tallest waterfall in Lombok, before continuing on to Senaru Village. Here we can start to see Mt Rinjani rising majestically above the rice terraces and forest. After our walk we take a late lunch at a local restaurant before transferring back to our accommodation in Sembalun. The rest of the day is free to relax ahead of our early morning and long trek tomorrow. We will need to pack our rucksack with everything we might need for our overnight on the mountain. The rest of our luggage will be collected in the morning and transferred to our accommodation in Sengigi to wait for our return from Rinjani.

Meals: **B L**





	Accommodation Guesthouse		Ascent 450M		Descent 600M		Time 5 - 6 hrs trekking		Distance 15KM
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DAY 12

Climb to high camp and on to Rinjani's crater rim (2650m).

Mt Rinjani is the dominating feature of the island of Lombok. At an altitude of 3726m, it is the second highest mountain in Indonesia; only Gunung Kerinci on Sumatra is higher. After an early breakfast we visit the National Park office to register for our trek, our guide will talk us through the walk and give us a safety briefing. Our path will initially lead us through grassland, after this the route steepens as we gain altitude. We will stop to take lunch at around 1700m, Just above 2000m we will emerge out of the jungle, and will be afforded some breath-taking views across the island Sumbawa, which lies to the east of Lombok. From here, we follow a grassy meadow before climbing a little further to our high camp at Palawangan II (2650m) on the crater rim, from here the views down to the picture postcard Segara Anak Crater Lake with its own active volcano, Gunung Baru, in the centre, are simply stunning. Please note that Rinjani is an active volcano and is closely monitored. The authorities do not permit trekking if the activity level is unsafe.

Meals: **B L D**

	Accommodation Camping		Ascent 1500M		Time 8 hrs trekking		Distance 8KM
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DAY 13

Climb Rinjani (3726m), descend back to Sembalun.

An early wake up for a 3.00 am start, aiming to be on the summit of Rinjani for sunrise. The climb up from Pelawangan II takes approximately 3 hours. The views across the island and over to Gunung Agung on Bali are sensational. After congratulations and much photography, we descend to Pelawangan II for a well-earned breakfast. After a little rest at camp we begin our walk down to Sembalun, trekking poles will be useful for this long descent. As we drop in altitude, the humidity rises and we will be pleased to see our waiting vehicle and driver ready with water and towels! After saying goodbye to our trek crew with who we have shared our Rinjani adventure for the past two nights, we drive to Senggigi where we check into our beachfront hotel. Time to relax!

NOTE:

This is a big day, but it is possible to opt out of the trek to the summit if you wish. Those happy to miss this walk can stay asleep and can rise to enjoy watching the magnificent sunrise from camp. The group will join together again for breakfast and the return walk to Sembalun.

Due to an event happening in Senggigi, ILM.06.23 will spend another night at the guesthouse in Sembalun rather than in Senggigi.

Meals: **B L**



Accommodation

Hotel with swimming pool



Ascent

1100M



Descent

2600M



Time

10 - 11 hrs trekking



Distance

12KM

DAY 14

Drive to Teluk Kode, speed boat to Serangan Island and transfer to Sanur Beach.

This morning we return to the harbour at Teluk Kode where we take a fast boat to Bali, taking approximately 2 hours for the crossing. Arriving on the island we transfer (20 minutes) to our hotel at Sanur beach. More laid back than other beach destinations in Bali, Sanur's coconut palm fringed white sands, warm waters and intense blue skies, offer the ideal vision of a Bali beach. After our exertions on Rinjani, this is the perfect place to relax. The rest of the afternoon is free for us to do exactly that.

Meals: **B D**



Accommodation

Hotel with swimming pool

DAY 15

Departure Day. A single timed transfer to Bali's Ngurah Rai Airport is provided.

The holiday ends after breakfast. Flight time allowing you will have the day to relax in Sanur. A single timed transfer (30 mins) to Ngurah Rai Airport on Bali is provided in the evening. If you would like to extend your relaxation time on Bali, we can also arrange additional nights. Contact our Customer Sales and Support Team for more information.

Meals: **B**

Holiday Information

What's Included

- A professional and qualified Tour Leader
- Single timed airport transfers
- All accommodation as described
- Meals as described in the Meal Plan
- All transport required by itinerary
- All activities/excursions/entrance fees mentioned except where specified as 'optional'
- All trekking permit and Conservation Area fees required by the itinerary
- All camping equipment required including sleeping bag and mattress
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What's not Included

- Travel insurance
- Visas
- Some meals as detailed in the Meal Plan
- Any additional activities/excursions indicated as optional
- Tips
- Miscellaneous personal expenditure - drinks and souvenirs etc

Joining Arrangements & Transfers

The group will meet at the group hotel in Borobudur on Day 1.

A single timed group transfer from Jogjakarta Adisutjipto Airport to the group hotel is provided in the early afternoon.

On the last day of the Land Only itinerary there will be single timed transfer from Sanur to Bali's Ngurah Rai Airport provided in the late evening.

Anyone may join the group transfers by prior arrangement. Travelling as a group or on public transport saves energy. If this is not practical, we can provide private transfers at an additional cost. Taxis are also available.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All breakfasts, 10 lunches and 9 dinners are included in the holiday price.

Food & Water

It is not recommended to drink untreated water from the taps. If you are on a trekking or cycling holiday, water is supplied to fill up your individual bottles. This will be boiled, filtered or provided in large jerry cans or 5 litre bottles. Additionally you should take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) to treat your water when in towns or where water is not supplied. We do not encourage the purchasing of single use plastic bottles.

Rice is the basis of nearly all Indonesian dishes and is usually served with fish, chicken, or vegetables. Food can run the gamut from mild to fiery hot - so there will be plenty to please all palates. Three traditional dishes, nasi goreng and mie goreng (fried rice and fried noodles, similar to their Chinese or Japanese counterparts), and gado gado (a tofu salad with thick peanut dressing) can be found everywhere and are a fantastic introduction to the flavours of Indonesia. Every town has at least one market, providing an incredible range of fresh fruit and vegetables, and these form an important part of most Indonesian dishes. The meals on the trip will be a mix of traditional Indonesian dishes and more familiar international dishes. When staying in hotels or lodges we will take our meals at the accommodation or in nearby restaurants. On the overnight trek on Rinjani, we have a cook to make our meals.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Accommodation

We will stay in a variety of comfortable hotels, many of which have swimming pools, and in the mountains, more basic lodges/guesthouses.

We will spend 1 night camping on Mt Rinjani (camping equipment, including sleeping bag and camping mattress is provided).

Rooms are en suite and twinshare, with the exception of the resthouse in Selo prior to the ascent of Merbabu where we will stay in a dormitory.

If you are travelling by yourself, you will be paired with another single client of the same sex. Single rooms are available for a supplementary cost. If you are planning to extend your holiday, additional nights at the group hotel are available on request.

Group Leader & Support Staff

The group will be led two separate professional and qualified tour leaders. There will be a Javanese Tour Leader who will accompany the group until reaching Bali. On arriving in Bali you will be met by your Balinese Tour Leader who will escort the group for the remainder of the holiday. During the trek on Rinjani, we will have the assistance of porters to group camping equipment.

Altitude

This holiday involves going to moderately high altitude. During the course of your trip you will reach altitudes in excess of 2500 metres. Most people will have no difficulty with this level of altitude but before coming on the holiday, we recommend you read the advice on [trekking at high altitude](#). You can also talk to one of our trekking experts if you have any concerns about altitude.

Spending Money

A total of around £200-£250 should be allowed for miscellaneous expenses and non included meals. This amount will also cover reasonable tips to local staff. You will need to pay directly for a total of 5 dinners and 3 lunches and you should budget around £5-£10 for each of these non included meals. If you are intending to buy expensive souvenirs or considerable quantities of soft drinks or beer, you should make an allowance for this. If you would like to take part in any of the optional excursions, you can expect the costs to be as follows: Snorkelling Day 7 - £60 (based on a group of 2), Temples and Terraces excursion Day 9 - £60 (includes lunch) (based on a group of 2), both excursions are payable directly. There will be the opportunity to change money into local currency on arrival at the airport and your local leader will advise the best places to change money en-route and at borders. Additionally, you will be able to get currency from bank ATMs in many of the towns that we will visit. Credit cards are useful and it is a good idea to carry one in case of emergency.

Guidance on Tipping

Tipping is the accepted way of saying 'thank you' for good service. Tips do not form part of the wages of our local staff but they are very much appreciated. It is important to remember that tipping is voluntary and should be dependent on good service. The amount to tip is up to you but we suggest that you discuss this as a group and make tips from the group as a whole. As a rough guide, we recommend that you can expect to contribute around \$75 to the group tips 'pool'.

Baggage Allowance

For this holiday you should take one piece of luggage and a daypack. During the 2 day trek on Rinjani you will leave your main luggage at your hotel and you will need a rucksack large enough to carry what you need for the this trek (warm clothes, water, camera etc). During the trek, the camping equipment including your sleeping bag and mattress (provided) will be carried by porters. For international flights please check your baggage allowance with your airline.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

Visa Indonesia

A visa valid for 30 days can be obtained free on arrival if entering and exiting Indonesia by certain airports (Lombok is not on the list). If you intend to stay longer than 30 days, you must check the visa requirements with the Indonesian Embassy.

Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

Dengue fever is a known risk in places visited. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you [take precautions to avoid mosquito bites](#).

Zika virus has been confirmed as active in this country. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you take the usual precautions to avoid mosquito bites. The mosquitoes that transmit ZIKV are unlikely to be found above 2,000m altitude. For more information, visit the website of the National Travel Network and Centre (NaTHNaC) at <https://travelhealthpro.org.uk>

VACCINATIONS

You should contact your doctor or travel clinic to check whether you specific require any vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella), along with hepatitis A and typhoid. Malarial prophylaxis are required. A certificate of yellow fever vaccination is required if travelling from countries with risk of yellow fever transmission and for travellers having transited for more than 12 hrs through an airport of a country with risk of yellow fever transmission. On holidays to more remote areas you should also have a dentist check up. A good online resource is [Travel Health Pro](#).

Currency

The unit of currency in Indonesia is the Indonesian Rupiah (IDR)

Preparing for your Holiday

Getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable you will find the experience.

You should be aerobically fit and comfortable with walking for around 6 hours for consecutive days. Hill walking, with a good amount of ascent and descent, is the best training. Running, cycling and swimming are also good for developing cardiovascular fitness and stamina.

Climate

Lying on the equator, the temperature in Indonesia is relatively high year-round. We can expect daytime temperatures at lower elevations to be as high as 34°C with high humidity. During the trek and climbs in the mountainous areas, the daytime temperature will be a very pleasant 20°C and with considerably less humidity. At night in the mountains the temperatures can drop surprisingly low, sometimes reaching or even dipping below freezing point. This part of Indonesia receives most of its rainfall between December and February. In the dry season which extends from May to November we can expect sunshine on most days. Occasional rainfall can occur in the dry season but this tends to be during the night or in the early morning.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](https://www.travelaware.gov.uk)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Maps

- Java: Reise Know-How Verlag. Scale: 1:650,000
- Bali & Lombok: Freytag & Berndt. Scale: 1: 125,000

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Equipment Information

Equipment List

Please try to keep the weight of your baggage to a minimum. See the 'baggage allowance' section for further details.

You **SHOULD** bring the following items:

- Hiking boots
- Daypack 30 litres
- Training shoes or similar
- Walking socks
- Spare laces
- Trekking trousers
- Lightweight waterproof overtrousers
- Underwear
- Socks
- Thermal baselayer shirt
- Casual shirt and/or T-shirts
- Fleece jacket or warm jumper
- Lightweight waterproof jacket
- Sunhat
- Warm hat
- Thermal gloves
- Scarf or neck buff
- Sunglasses
- Swimwear
- Travel clothes
- Headtorch and spare batteries
- Sleeping bag liner
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 Litre x2 (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Washbag and toiletries
- Antibacterial handwash

- Small towel
- Basic First Aid Kit including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, Insect repellent, and re-hydration salts (Dioralite).

The following items are optional:

- Trekking poles (highly recommended)
- Camera
- Pen-knife (remember to pack sharp objects in hold baggage)
- Reusable cloth bag for shopping (to avoid plastic bags)

The following items are provided:

- Sleeping bag and inflatable camping mattress (for night camping on Mt Rinjani)

Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers.
[>> Find out more](#)

Land Only Information

The LAND ONLY dates and prices are for joining at the group hotel in Borobudur, Java. The holiday ends in Sanur, Bali. Single timed transfers from Jogjakarta's Adisutjipto Airport and to Bali's Ngurah Rai Airport (Denpasar) are provided.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London (Heathrow) to Jogjakarta's Adisutjipto Airport and returning from Bali Ngurah Rai Airport (Denpasar). The flight will depart from the UK in the morning, arriving early afternoon the following day. Return flights will depart Bali Ngurah Rai Airport (Denpasar) in the early hours of the last day of the itinerary and arrive in the UK later the same day.

Why Choose KE

Why KE

Join KE on this volcano trekking holiday and summit 5 of Indonesia's major volcanoes, plus enjoy an overnight wild camp on Mt Rinjani for sunset and trek to the summit for sunrise! This trekking holiday is the perfect blend of activity, adventure, culture and relaxation!

Please Note This document was downloaded on 20/05/2024 and the trip is subject to change