

# Mountains and Volcanoes of Papua New Guinea

Trip Code: PXPNG

Version: PXPNG Mountains and Volcanoes of PNG



PIONEER



GUIDED GROUP



CHALLENGING



## HIGHLIGHTS

- Trek to the summit of Papua New Guinea's highest mountain - Mt Wilhelm
- Summit one of the world's volcanic seven summits - Mount Giluwe
- Walk with and learn from local guides who are experts in Papua New Guinea's unique flora and fauna

- Spend a full day with the Melpa tribe
- Trek in areas rarely visited by tourists
- Bird watch at Kumul Lodge - where the famous Bird of Paradise can often be seen

#### AT A GLANCE

- 9 days trekking,
- Join at Port Moresby

#### ACCOMMODATIONS & MEALS

- All meals included
- 5 nights Camping
- 1 nights Mountain Hut / Refuge
- 6 nights Hotel
- 2 nights Gite / Hostel
- 1 nights Homestay

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

## Introduction

This expedition is a unique opportunity to climb the two highest mountains of Papua New Guinea during a single trip, carefully designed to provide an exceptional variety of landscapes and environments. Our exclusive trekking route offers a unique experience, ensuring that you make the most of your adventure.

Our journey begins with the ascent of Mount Giluwe, one of the Volcanic Seven Summits. We take the direct route to reach the summit and we descend along a longer route, allowing us to immerse ourselves in a diverse range of experiences and stunning landscapes. Arriving back in Mt Hagen, we have the chance to engage with the Melpa people, the main local tribe residing around the volcano. We spend the day witnessing their daily way of life, forging a deeper connection with the local community.

After a break, we venture into the high mountains and deep valleys of Simbu Province, where you are warmly welcomed into a remote village giving you another unique opportunity to engage with the local tribes and create lasting memories. Continuing our expedition, we follow a newly established trekking route that leads us to the highest summit in the country, Mount Wilhelm. Over the course of a three-day trek, we traverse various vegetation zones, offering breath taking views. Summiting early morning to see the rising sun over this vast and beautiful landscape. Upon descending from the summit, we follow the usual climbing route and spend the night at one of the country's iconic lodges, the renowned and historic Betty's Lodge.

An extraordinary expedition, where we conquer towering peaks, embrace diverse cultures, and create unforgettable memories amidst the stunning landscapes of Papua New Guinea.

### Is this holiday for you?

This holiday is very specifically for experienced mountain walkers. There are some consistently long days, with the terrain being very uneven under foot; which will require you to be in very good shape and with good hill walking stamina and the ability to move confidently over rocky (and often very muddy) mountain terrain. It is important to note that many of the trails will not be well defined, especially in the

areas which are less visited.

Most of the accommodation is very basic and often with limited (or no) washing facilities - however this does allow us to experience the more remote areas and immerse further into the life and culture on PNG. However there are a couple of hotel nights to break this up, where there will be hot water (and a beer).

While trekking, on average we will be walking for around 7 - 8hrs each day, with a few days of around 9hrs (this is not including stops). We can look forward to some full and satisfying hill days, where we will begin at first light (or before). Main luggage bags will be carried by porters and we will need to carry a day pack with all our own clothes etc for that day - a rucksack of about 45 litres should be suitable.

# Itinerary

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## DAY 1

**Meet at the hotel in Port Moresby. A single timed airport transfer is provided.**

We meet at the group hotel in Port Moresby. A single timed airport transfer is provided. KE Land Only package services begin with this transfer.

Meals: **D**



**Accommodation**  
Hotel

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## DAY 2

**Fly to Mount Hagen. Orientation walk around the town.**

After breakfast at the hotel, we transfer to the nearby domestic terminal for your morning flight to Mount Hagen, the third largest city in Papua New Guinea. On arrival at an elevation of around 1677 meters, we are welcomed by our guides and we transfer to the Highlander hotel.

After some rest and lunch, we have an easy orientation tour through the town and the nearby gardens.

Meals: **B L D**



**Accommodation**  
Hotel

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## DAY 3

**Acclimatisation day around Kumul Lodge - wildlife walk.**

In the morning you drive up to the Kumul Lodge (2800m) for some bird watching. This is an incredibly scenic drive up through the mountains where we can see the agricultural practices of the highlanders as we travel the wide road up to the lodge.

Kumul is an excellent spot for birding and is the only bird lodge in New Guinea where Birds of Paradise are regulars at the lodge feeders, offering fantastic photo opportunities. Other regulars at the feeders include Brehm's Tiger Parrot, Smoky Honeyeater, Belford's Melidectes and Island Thrush. The Chestnut Forest Rail is occasionally seen beneath the feeder while Crested Berrypecker, White-winged Robins and a host of other birds are often seen at nearby sites.

Today will serve as an acclimatisation day for the upcoming climb. We will head out on a bush walk and have lunch near a waterfall, immersing ourselves in the beautiful jungle environment. In the later afternoon, we can take a calm moment and observe the diverse endemic bird species that visit the lodge's feeder.

Meals: **B L D**



**Accommodation**  
Gite / Hostel

#### DAY 4

### Mount Hagen Mountain (3765m) - acclimatisation walk.

We have an early breakfast so we are ready to start trekking just after sunrise. We transfer for about 30 minutes to reach the start of our walk (2300m). Today we can really start to experience the variety of environments that PNG has to offer, we start in grassland and then up into the rainforest before reaching the summit and being rewarded with fantastic views of the Nebliyer valleys. Today is also a great introduction to the terrain we will experience over the next two weeks - very rugged under foot and often very muddy.

Meals: **B L D**



**Accommodation**  
Gite / Hostel



**Ascent**  
1465M



**Descent**  
1465M



**Time**  
7 hrs walking



**Distance**  
8KM

#### DAY 5

### Walk to Mount Giluwe Base Camp (3700m).

Today marks the beginning of the three-day trek. Early in the morning, we depart for the base of the volcano at Kagoba (2800m), an old high-altitude agriculture research station. Local porters and guides will meet us here. We spend a little time organising our luggage before we start walking. Today is mainly through tall grassland.

At the base camp, a group goes ahead of others to set up tents, prepare dinner, and build huts before nightfall. The night can be challenging due to the cold temperature (+/- 7C), so it's important to acclimatize and ensure you have warm clothing, a sleeping bag, and a cozy fire to keep you comfortable until morning.

Meals: **B L D**



**Accommodation**  
Camping



**Ascent**  
900M



**Time**  
8 hrs walking

## DAY 6





### Summit Mount Giluwe (4363m).

We embark on an early morning hike (4:00am) to the summit, which is rarely visited and presents challenges along the way. The climb is expected to take around 4 hours, so caution must be exercised. Along the way our leader and support crew will be pointing out all of the fascinating flora and fauna - a fantastic time to learn about the environments as we walk through them.

We reach the summit at approximately 8:00 am and enjoy the breathtaking views before returning to the base camp (3700m) for a fantastic meal.

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Ascent</b> 670M		<b>Descent</b> 6700M		<b>Time</b> 8 hrs walking
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## DAY 7

### Trek down to Mailka and transfer to Mount Hagen.

We descend via a different route today to fully experience the diverse landscapes - the trail can often be very muddy here and so a slow pace will be set. From Mailka, we transfer to Mount Hagen (about 2 hour drive) and check into a comfortable room at the Highlander Hotel - in the evening we can take a few moments here to relax with a drink.

Meals: **B L D**

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	<b>Accommodation</b> Hotel		<b>Descent</b> 900M		<b>Time</b> 8 hrs trekking
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## DAY 8

### A day with women from the Melpa tribe.

Today is all about experiencing, learning and the meeting of people and cultures. After breakfast we visit a Melpa village, the dominant tribe in this area in the Nebylar Valley. The Melpa women will present their sing sing in their traditional bilas.

After the sing sing, we are invited to a local house to meet some members of the group. The focus of this encounter is to understand the life of women in the PNG culture. Feel free to ask questions and exchange thoughts. It's a great opportunity to immerse ourselves further into the culture.

We have a lunch in the village and then enjoy a tour in and around the village, learning about the local culture and lifestyle. A perfect way to discover the reality of the Highlands way of life.

Meals: **B L D**



**Accommodation**  
Hotel

## DAY 9

### Trek to the village of Songo (2400m) - an area rarely visited by tourists.

After a hearty breakfast at the hote we embark on a rarely taken trek, climbing the highest peak of Papua New Guinea via the 'backroad'. This unique route allows for a three-day walk through pristine high-altitude landscapes. We travel to Womatne in the Simbu Province along the Gembogl road, and from there, it's a two hour walk to reach the remote village of Songo, where we spend the first night. We are among the first group of tourists to visit this area

Meals: **B L D**



**Accommodation**  
Homestay



**Time**  
2 hrs walking

## DAY 10

### Trek to first camp on Mount Wilhelm (3500m).

We depart early in the morning and slowly trek up through the forest, again the terrain will be very uneven and depending on how much it has rained recently, there may be a river crossing or two. As always we can also spend the time talking to our crew, about the surrounding and about Papua New Guinea in general. In the early afternoon we come out of the forest into open grassland - where we will soon see our camp for the night. We spend a relaxed evening around a campfire with our guides and porters.



**Accommodation**  
Camping



**Ascent**  
1100M



**Time**  
8 hrs trekking

## DAY 11

### Trek to second camp on Mount Wilhelm (4000m).

We have a shorter and slightly easier day today. For most of the day we are walking along a river, crossing waterfalls, and traversing wild mountainous landscapes adorned with fern tree forests - there is a real, wonderful feel of contrast from the previous days trekking. Our camp is set up at near Heart Lake (named for its shape) and we enjoy another evening around a campfire with your team.

Meals: **B L D**



**Accommodation**  
Camping



**Ascent**  
500M



**Time**  
4 hrs trekking

## DAY 12

### Summit Mount Wilhelm (4509m).

We set out today at about 3am to ascend Mount Wilhelm, this gives us the best chance of the summit being clear of cloud - and of course the best chance of incredible views. We reach the summit in approximately 3hrs and witness the sunrise from the top of Papua New Guinea. We descend via the other side of the peak, trekking down to the Piunde Lakes, where we meet our porters for our final camp (3500m).

Meals: **B L D**



**Accommodation**  
Camping



**Ascent**  
510M



**Descent**  
1000M



**Time**  
7 - 8 hrs trekking

## DAY 13

### Trek to Gembogl station and rest at Betty's Lodge (2800m).

A much more relaxed start this morning as we set out on a scenic and extremely beautiful 3 hour walk to Gembogl station. Here we'll enjoy a delicious lunch at Betty's camp, known for its famous trout farm. Tonight, we rest in Betty's comfortable rural lodge amidst a beautiful garden setting with splendid mountain views.

Meals: **B L D**



**Accommodation**  
Mountain Hut / Refuge



**Descent**  
700M



**Time**  
4 hrs trekking

## DAY 14

### Travel back to Mount Hagen.

We return to Mount Hagen along a scenic road, stopping to visit local villages and experience their cultures, including witnessing the famous Minidima play, which recounts a story of how the village overcame a dangerous jungle threat in the past.

Transfer time: about 2.5 hrs

Meals: **B L D**





**Accommodation**  
Hotel

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### DAY 15

#### Fly to Port Moresby.

After breakfast, we head to the airport for a mid-day flight to Port Moresby and transfer to a comfortable hotel in town and enjoy some rest.

Meals: **B L D**



**Accommodation**  
Hotel

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### DAY 16

#### Departure Day

Transfer to the airport for your international flight.

Meals: **B**

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## Holiday Information

### What's Included

- A professional and qualified leader
- Port Moresby airport transfers
- Accommodation as described
- All meals
- Once on trek the group will be assisted by porters
- Internal flight fare is only included in flight inclusive price

## What's not Included

- Travel Insurance
- Visa
- Tips for porters and other trek staff
- Miscellaneous personal expenses - drinks etc
- Internal flight fare is not included in the land only trip price

## Joining Arrangements & Transfers

The group will meet at the hotel in Port Moresby.

Transfers are provided from/to Port Moresby Airport for all clients arriving on Day 1 of the Land Only itinerary and departing on the last day of the Land Only itinerary.

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

## Meal Plan

All meals from dinner on day 1 to breakfast on day 16 are included.

## Food & Water

It is not recommended to drink untreated water from the taps. You should take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) to treat your water. We do not encourage the purchasing of single use plastic bottles.

## 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 spend six nights in a comfortable tourist class hotels, two nights in the Airways Hotel in Port Moresby and four nights in the slightly more basic Highlander Hotel in Mount Hagen - these are all ensuite rooms with showers, and nearly always have hot water.

Two nights in the fantastic Kumul Lodge, to the north of Mount Hagen, this lodge is all made out of local materials, run by local people and very much centered around wildlife walks and bird watching - the birding veranda is a perfect place to spend a few calm hours talking in the surrounding forest. The rooms here are ensuite, but there is rarely hot water available.

Five nights camping. As there is no permanent infrastructure in these areas for tourists, the campsites are basic. However often with a river or small lake nearby, and so a quick freshen up is possible. Camping is on a twin share basis.

One night at each of the Homestay and Betty's Lodge. These are very much back to basic accommodations. With no hot water and everyone sleeping in the same room. These types of accommodation do of course allow us to see and experience the most wonderful of places.

## Altitude

This holiday involves going to high altitude. During the course of your trip you will reach altitudes in excess of 3500 metres. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should 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

Approximately £300 should be allowed for miscellaneous expenses. There is very little that is not included in the cost of the holiday, this will mainly be for additional drinks and / or food that you choose to purchase.

We will send advice on tipping separately, this will be close to departure.

## Additional Information

Additional Visa & Vaccination Information:

You will need to prove that you are fully COVID vaccinated when applying for the PNG visa.

## Baggage Allowance

Your main item of luggage should be a sturdy kit bag, duffle bag or similar. This will be carried during the trek by porters and must weigh no more than 15kg. You should also take on your holiday a daypack of approximately 45 litres capacity. It is possible to leave items not required on trek at the hotel in Mount Hagen. For your international flights, please check the 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

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## 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 PNG

Most nationalities, including travellers from the UK, the USA and many European countries can apply for their Visa online through the **E-Visa Application** process. You must make your application at least four days prior to departure. Please download the detailed information document for details of how to apply for your visa: [Visa PDF Papua New Guinea](#)

## 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.

## Currency

The unit currency of Papua New Guinea is Kina (PGK).

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' 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.

## 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

You should bring the following items:

- Hiking boots
- Socks
- Trekking trousers
- Waterproof overtrousers
- Shorts
- Baselayer shirts
- T-shirts and/or casual shirts
- Fleece jacket or warm jumper
- Windproof/waterproof jacket
- Sandals (for possible river crossings)
- Trainers for evening walks
- 2 trekking poles - highly recommended
- Sunhat
- Warm hat
- Sunglasses
- Lightweight thermal gloves
- Sleeping bag (comfort rating 0°C)
- Thermarest
- Daypack c. 45 litres
- Waterproof daypack cover
- Headtorch and spare batteries
- Sun protection (including for lips)
- Water bottles x 2 (1 Litre) or 2 litre Camelbak/Platypus style drinking system. We highly recommend camelback/platypus system for this trek. (we encourage re-filling water bottles rather than single use plastic)

- Water purification tablets
  - Washbag and toiletries
  - Small towel
  - Antibacterial handwash
  - Small padlock (to lock trek bag)
  - Insect repellent
- Basic first aid kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Immodium)
- painkillers, plasters and blister treatment, antihistamine cream/tablets (in case you get bitten!) and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets are a good idea.

The following items are optional:

- Sleeping bag liner
- Gaiters (very useful for walking in high grass)
- Spare laces
- Earplugs (particularly if you are not the one snoring!)
- Swimwear
- Penknife
- Travel clothes
- Repair kit - (eg. needle, thread, duct tape)
- Camera
- Reusable cloth bag for shopping (to avoid plastic bags)
- Cereal bars, small little bag of grains

## 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 dates shown are for the LAND ONLY itinerary, joining in Port Moresby. For clients making their own flight arrangements, Port Moresby airport is the most convenient. Please refer to the 'Joining arrangements & transfers' for further details.

The internal flight fare is not included in the land only price.

## Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Port Moresby with Singapore Airlines. Outbound flights will depart the UK, arriving the following evening (day 1 of the itinerary). Regional departures and/or alternative carriers are available on request.

Please be aware that there are often only a limited number of seats available at the advertised price. To avoid paying flight supplements, we recommend that you book as early as possible, especially during peak times. If we are unable to secure seats at the price shown, or you have requested regional departures, we will contact you with an alternative quote. Please note that you may be asked to pay for your flights in advance of your final holiday balance. Note that if you book a package including flights with KE you will benefit from full financial protection.

The internal flight fare is included in the flight inclusive price.

**Please Note** This document was downloaded on 19/05/2024 and the trip is subject to change