



 Papua New Guinea

 Giluwe (4368m)

# Mount Giluwe 4368m - climb the highest volcano in Australasia

Group

-

Duration

Days **6** / Nights **5**

Price range

**\$ 5 150**









## Why go there?

**Mount Giluwe** is a prominent volcanic peak in **Papua New Guinea** and holds several key distinctions:

### 1. Highest Volcano in Australasia:

At **4,368 meters (14,331 feet)**, Mount Giluwe is the **tallest volcano in Australasia**, making it a significant part of the **Volcanic Seven Summits** challenge.

### 2. Shield Volcano:

It is a **shield volcano**, characterized by its broad, gently sloping shape formed by low-viscosity lava flows. This makes it different in structure compared to steeper stratovolcanoes.

### 3. Volcanic Activity:

Although it is an extinct volcano, Mount Giluwe's landscape is shaped by past volcanic activity, including **lava fields** and **volcanic cones**.

### 4. Biodiversity:

The area surrounding Mount Giluwe is rich in **biodiversity**, with a variety of endemic species and diverse ecosystems ranging from tropical forests to alpine grasslands.

### 5. Cultural Significance:

The mountain is culturally significant to the **indigenous people** of Papua New Guinea, with local legends and traditions tied to its presence.

### 6. Challenging Trek:

Climbing Mount Giluwe is a unique and challenging trek due to its remote location, varying weather conditions, and rugged terrain, offering a rewarding adventure for mountaineers.



Mount Giluwe's combination of volcanic history, natural beauty, and cultural importance makes it a fascinating and sought-after destination for adventurers and those pursuing the **Volcanic Seven Summits**.



## Itinerary



### Day 1

Arrival at Mount Haggan. Accommodation at the lodge. In the evening, meeting with a local guide to discuss the details of the trek and ascent to Giluwe Volcano.



### Day 2

Early breakfast. Departure to Giluwe. Trekking to Giluwe volcano through alpine meadows and dense rainforests. Arrival at the base camp, overnight in tents. Meals - breakfast, snack, dinner.



### Day 3

Summit Day. Climbing Giluwe volcano and returning to the base camp. Meals - breakfast, snack, dinner.



### Day 4

Return to Mount Hagen. Overnight at the lodge. In case of an early descent, it is possible to organize excursions on site for an extra charge. (acquaintance with the local flora, fauna and culture). Meals - breakfast, snack, dinner.





## Day 5

Departure for the excursion program in the morning. Acquaintance with several local tribes. Return to the lodge. Night at the lodge.



## Day 6

Continuation of the excursion program. Acquaintance with the life of the aborigines. Folk dances. Cooking a traditional dish - a pig baked in banana leaves. Visiting schools, villages, markets. Overnight at the hotel.



## Day 7

Airport transfer. Departure to Port Moresby.





## Dates

### 2025:

May **01** - May **06**  
June **08** - June **13**  
June **19** - June **24**  
October **01** - October **06**



## Price includes

- Airport pick up and drop off
- Hotel accommodations; double occupancy, breakfast included
- Welcome and farewell dinners
- All group transfers
- Accommodations in tents
- All land transportation for the team
- All expedition organisational requirements
- All climbing and trekking permits
- All group climbing gear
- Experienced expedition leader from 7 Summits Club
- Local guides services, including English speaking guide
- All meals while trekking and climbing
- Cook for climbing period
- 7 Summits Club long sleeve shirt, fleece jacket, buff and small foldable backpack
- 7 Summits Club medal and certificate for climbing Giluwe
- Excursion program



## Price does not include

- International round trip airfare
- Personal insurance/ trip cancellation insurance/ medical evacuation insurance
- Personal gear
- Personal expenses
- Charges incurred as a result of delays or in the event of early departure beyond the control of 7 Summits Club
- Gratuities for guide team and personal
- Visa (electronic entry permit, up to 30 days stay in PNG, \$ 50) <https://evisa.ica.gov.pg/evisa/account/Apply?ReturnUrl=%2fevisa%2f>

- Medical questionnaire  
[https://ica.gov.pg/uploads/media/post\\_file\\_5265086-2020-corona-virus-revised-supplementary-health-form-corona-virus-fillable-form.pdf](https://ica.gov.pg/uploads/media/post_file_5265086-2020-corona-virus-revised-supplementary-health-form-corona-virus-fillable-form.pdf)









## **F.A.Q.**

### **Tips guidelines (important information!)**

You entrust your life, health, your time and money to the guides. And the guides take this responsibility for you and for the success of the whole trip. They are doing this 24 hours.

10-20 USD per day is expected as the normal amount of tips for the Guides and the staff of the program. If you liked everything about the trip, please don't forget to thank them. You can give the tips directly to the Main Guide and he will distribute it among the staff.

### **Necessary travel papers (documents)**

- Passport
- Medical and evacuation insurance

### **Accommodation**

- Hotel accommodations: double occupancy; single occupancy can be arranged for the additional charges
- Lodge accommodations: double occupancy
- Tents accommodations: double occupancy

### **Meals**

- Breakfast in towns
- Welcome and farewell dinners
- All meals while trekking and climbing

### **Staff**

- Experienced expedition leader from 7 Summits Club
- Guides services, including English speaking guide
- Cook for climbing period
- Porters

### **Health and medical insurance**

- We provide a full expedition First Aid kit with all necessary medicine, but we also highly recommend that you bring your own specific medicine
- All team members must have personal and medical evacuation insurance

### **Weather**



The weather on Mount Giluwe in Papua New Guinea can be quite variable due to its altitude and tropical location. Here's an overview:

#### Temperature:

At lower elevations, temperatures are generally mild, ranging from 10°C to 20°C (50°F to 68°F).

Near the summit, temperatures can drop significantly, especially at night, reaching around 0°C to 5°C (32°F to 41°F)

#### Precipitation:

Mount Giluwe experiences high rainfall due to its location in a tropical climate, with wet and dry seasons

The wet season typically occurs from November to April, with heavy rains and potential thunderstorms.

The dry season, from May to October, sees less rainfall, making it the preferred time for trekking.

#### Humidity:

Humidity levels are generally high, especially at lower altitudes, which can make conditions feel warmer and more tropical

#### Wind:

Winds can be mild at lower levels but tend to be stronger and colder near the summit, especially in the early mornings and evenings

Given these conditions, May to October is considered the best period to climb Mount Giluwe, offering drier and more stable weather

### **Personal gear**

#### GEAR LIST

Each item on the list below is required unless specified to be optional

If seasonal fluctuations impact the requirement for an item on your list, it will be specified

All other items are required regardless of the forecast to ensure your well-being, as weather and conditions can change quickly in the mountains

#### TRAVEL ITEMS

- Backpack 45 - 55 L

This pack can be used as a carryon bag for the trip and for your personal belongings on the climb.

- Expedition Duffel Bag

An approximately 120-liter expedition-ready duffel bag used to transport all gear. All items need to fit securely into the duffel bag.

- Casual Travel Clothes

We recommend wearing clean clothing while traveling and before and after your trip. It's a good idea to pack a comfortable variety of outfits, including some t-shirts, swimsuits (optional).

## TECHNICAL CLOTHING

- Baselayer Bottom

2 pairs of thermal bottoms: one light weight and one medium weight. Fabric: wool, wool blend, synthetic or polyester. No cotton.

- Baselayer Tops

2 thermal long sleeved tops: one light weight and one medium weight. Fabric: wool or synthetic. No cotton.

1 sun hoodie, preferably light colored.

- Trekking Pants

A pair of lightweight trekking pants. Zippered pockets are good and thigh vents can be useful on hot days. "Convertible" pants are useful to turn into shorts on hot days. We also recommend synthetic fabrics.

- Softshell Pants

Non-insulated, stretchy softshell pants that should fit comfortably with or without your baselayer bottoms.

- Hardshell Pants

These must fit over your thermal under layers and softshell pants. These must be non-insulated, lightweight, waterproof and have full zips on the side to get on and off over your climbing boots and crampons.

- Insulated Synthetic Pants

These will be worn around camp and may be useful to climb in on summit day depending on temperature. Fabric: Synthetic or Down. Medium weight is ideal. These should fit over both your thermal under layers and your climbing pants. These must have full zips on the sides to get them on and off over your climbing boots and crampons without taking your boots off.

- Midlayer Top

A midweight, lightweight fleece layer for use over baselayers. Hoods are optional but recommended. Very light down jackets can also suffice as a midlayer.

- Softshell Jacket



This breathable, wind-and-weather resistant jacket is a key part of a mountaineering layering system. A hooded model is highly recommended. This layer must fit well over your midlayer top and baselayer top.

- Hardshell Jacket

A non-insulated, fully waterproof shell jacket with a hood. This layer must fit comfortably over your baselayer, midlayer, softshell, and potentially a lightweight insulated layer. Helmet-compatible hoods are required.

- Down Parka

Expedition style parka should be insulated with high-quality down fill (800-fill or more) and must have an insulated hood. It should fit comfortably over the rest of your upper body layers. Down sweaters or light puffy jackets will not be sufficient.

## HANDWEAR

- Lightweight Liner Gloves

Lightweight wool or synthetic liner gloves.

- Softshell Gloves

Midweight, lightly insulated gloves. Leather-palm construction is recommended.  
Insulated Shell Gloves

- Waterproof shell gloves with insulating liners.

## HEADWEAR

- Buff Neck Gaiter

- Balaclava

- Sunhat

- Wool or Synthetic Ski Hat

- Sunglasses

These must be high quality UV-blocking lenses.

\*Note: If you need prescription Sunglasses contact the manufacturer for options well in advance of your trip.

- Headlamp

A headlamp 200-300 Lumens. Please bring extra batteries.

## FOOTWEAR

- Liner Socks

2-3 pairs of liner socks.

- Wool or Synthetic Socks

3 pairs of medium to heavy hiking socks.

- Hiking Boots

Waterproof hiking boots for cool to cold conditions. Modern, lightly insulated boots with room in the toe box and good ankle support.

- Running shoes

Lightweight, comfortable running or walking shoes are recommended for off-mountain use and pre-and-post trip travel. In some situations, these may also serve as approach shoes.

- Base Camp Shoes: sandals or crocs (optional)

- Rubber Boots

## PERSONAL EQUIPMENT

- Harness

- Locking carabiners 5 items

- Trekking Poles

These must be lightweight and collapsible to fit in your duffel bag. The “flick lock” style is the most reliable.

- 0F/ -18C Down Sleeping Bag

Sleeping bag filled with down or synthetic insulation.

- Inflatable Sleeping Pad

- Foam Pad

- Water Bottles

2 one-liter wide-mouth hard-sided water bottles.

Camelback-type hydration systems or soft-sided water bottles are unacceptable.

They freeze, pop and break.

- 1 Liter Stainless Steel Thermos

- Water purification: Iodine tablets, filter or UV treatment

It is very important to have a way to purify your drinking water up high.

- Pee Bottle

Collapsible or hard-sided 1 liter Nalgene models.

- Pee Funnel For Women

Optional. Practice is needed for the use of this item.

- Sunscreen

Should be with a high zinc content and sweat resistance. This must be 30 SPF or higher.

- Lip Balm with SPF 30+



- Altitude Watch (Optional)
- Small Pocket Size Camera (Optional)
- Solar Panel (Optional); Power Bank
- Medical Kit

Should include: blister kit, low dose aspirin, Band-Aids, wound closure strips, triple antibiotic ointment, basic repair kit, scissors, Diamox (acetazolamide, 125mg) for AMS, nifedipine (for pulmonary edema, time release), dexamethasone (for cerebral edema, 4mg), antacids, NSAIDs such as aspirin or ibuprofen, anti-diarrheal, duct tape, ear plugs, Antibiotics (upper respiratory such as Azithromycin and a gastro-intestinal such as Ciprofloxacin), melatonin, Asthma medication if you use it (Advair), cold and flu medication. Prescription medications in consultation with your doctor.

- Toiletry Bag

Should Include: toilet paper, hand sanitizer, toothbrush, toothpaste, wet wipes, shampoo, trek towel (compact and quick drying), earplugs and any personal medications or prescriptions. Choose a quantity appropriate for the length of your trip.

- Lightweight poncho or umbrella (optional)

An umbrella is nice to have if it rains to help keep dry. The one with a long handle is better. A rain poncho helps to keep you dry while staying cooler, as wearing your shell layers can be very warm on the first few days of the climb.

- Snacks

We recommend assortments of hard candies; chocolate; dried fruits; special athletic foods such as energy gels (Gu); electrolytes (Nuun); Clif Shot Bloks; energy bars; protein bars; trail mix nuts.









# Contact the manager



Write to WhatsApp



Write to Telegram

or by phone

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