

# Volcanoes of Indonesia

Trip Code: ILM

Version:



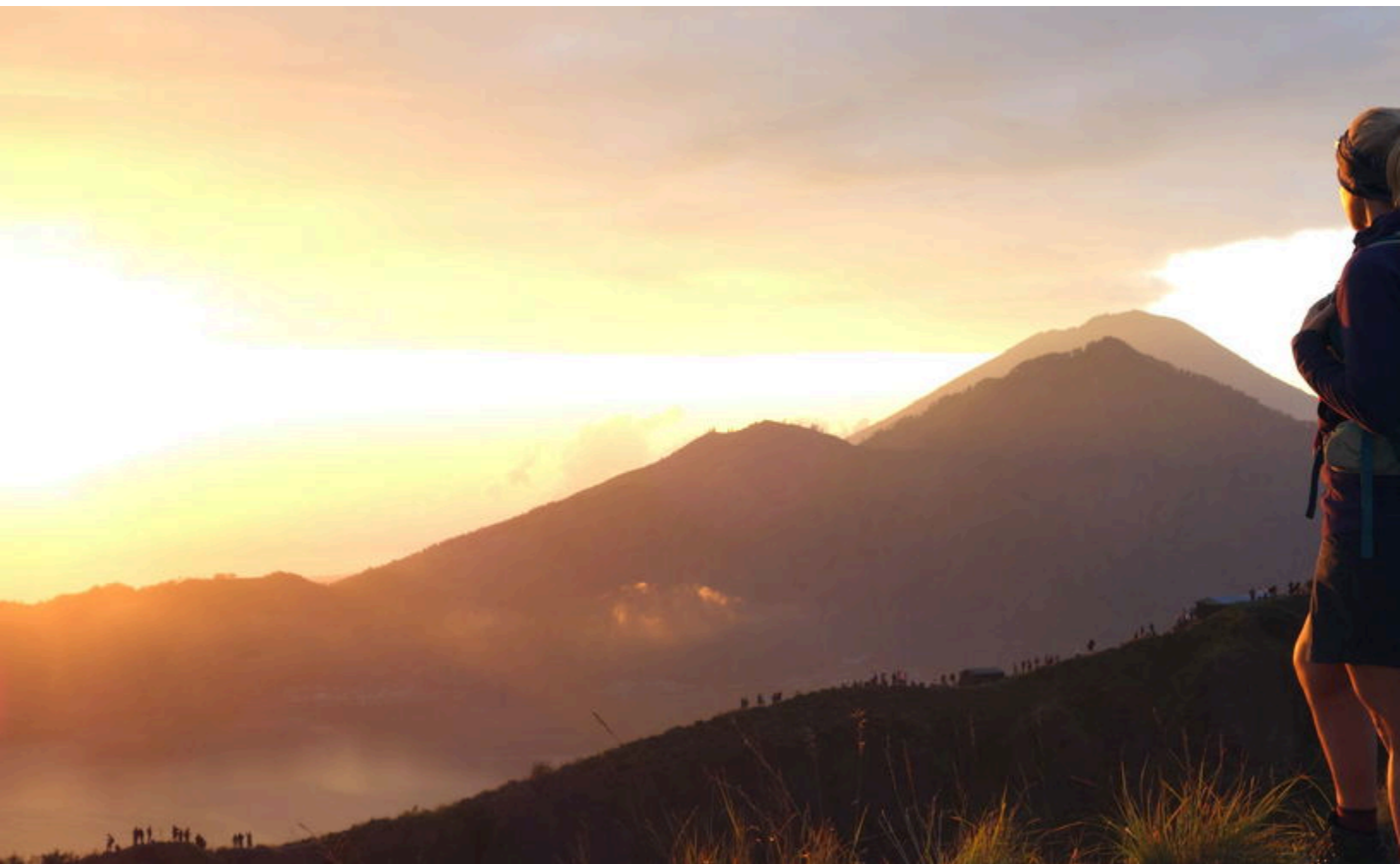
WALK & TREK



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

[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 Borobodur, 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:

## 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

### 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.

## 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 the 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status 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](#)' 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 before travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](http://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](http://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 directly 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 a 12.5% discount with Cotswold Outdoor, Snow+Rock and Runners Need. The discount code can be downloaded from your MyKE account and you can use this code at the checkout, either in store or online.

## 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 rrek 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 23/11/2024 and the trip is subject to change