



# CARSTENSZ PYRAMID EXPEDITION

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DURATION: 11 DAYS

LOCATION: INDONESIA

SKILL LEVEL: INTERMEDIATE

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 ALPENGLOW



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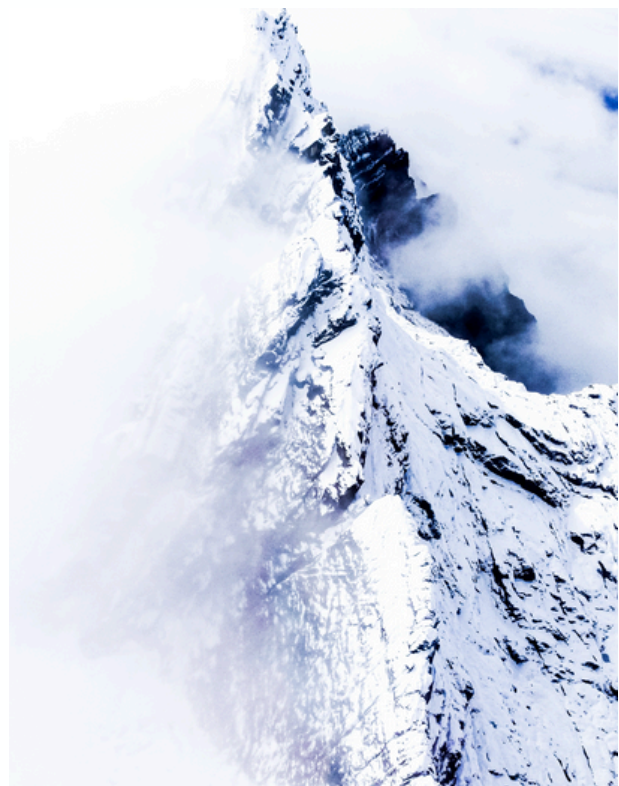
SEASON: FALL

### DIFFICULTY LEVEL DESCRIPTION:

Intermediate - Technical climbing experience is recommended. This expedition requires good physical fitness, specifically an ability to move in rugged terrain for long days. Alpenglow can happily provide physical and technical training programs to prepare for this introductory expedition.

### PREREQUISITES:

Team members must have multi-pitch climbing experience following up to 5.8.



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# Expedition Introduction

## Why Climb Carstensz?

***Climb one of the 7 summits and the tallest peak in Oceania.***

Located on the remote Island of West Papua, the Carstensz Pyramid is a mesmerizing limestone peak that rises high above the dense jungle below. Topping out at 16,024' (4,884m) above sea level, the Carstensz Pyramid is the tallest peak in Oceania.

Boasting the most technical rock climbing of the 7 summits, Carstensz is a one of a kind objective that will take you to the far reaches of the globe to summit one of the most exotic peaks on the planet.

Our local logistics team and guides have worked extensively in high alpine environments around the world, and provide the most premium logistics available.



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## ROUTE CHOICE

Following the “Harrer” route up the North Face of the peak, we’ll have 500m of rock climbing until we crest the summit ridge, where we will traverse to the summit. The climbing is a mix of scrambling and technical climbing up to 5.8, with some fixed lines placed in the more technical areas.

## HISTORICAL OVERVIEW

Known locally as “Pancake Jaya” or “Victory Peak” in Indonesian, the English name for the peak comes from the Dutch explorer Jan Carstensz who was the first European to spot the peak.

The peak was first summited by a westerner in 1962, with Heinrich Harrer climbing the same route that we will climb to its summit.



## About Alpenglow Expeditions

*Alpenglow creates and fosters a community of climbers prepared to achieve their dreams in the world's greatest mountain ranges.*



### About the Company

Alpenglow Expeditions is an AMGA accredited business, and prides itself on working with guides who uphold and exemplify the highest standard in the profession of mountain guiding.

Led by IFMGA mountain guide Adrian Ballinger, Alpenglow focuses on creating expeditions that reflect our high standards in mountain guiding by providing precision logistics, cutting edge technology, and thoughtful itineraries that combine for successful climbs.

### History of Alpenglow Expeditions

Founded in 2004 by IFMGA mountain guide Adrian Ballinger, Alpenglow Expeditions began as a boutique guide service that focused on high altitude climbing. In those 20+ years we've expanded our offerings, both internationally and in the United States. We are now proud to offer courses and expeditions ranging from a climber's first experience on the Tahoe Via Ferrata, to basic backcountry education for those interested in exploring winter landscapes, to climbing the world's highest mountain for those on the Road to Everest.

# About Alpenglow Expeditions

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## Founder — Adrian Ballinger

Adrian Ballinger founded Alpenglow Expeditions in 2004 envisioning a more holistic climbing experience for his clients than the status quo.

Adrian is the only American who has skied three 8,000 meter peaks, and was the first person to ski Makalu and Manaslu, the 5th- and 8th-tallest peaks in the world. In 2011 he became the first person to summit three 8,000 meter peaks in only 3 weeks (Everest twice and Lhotse once).

Adrian holds both an AMGA and IFMGA guide's certifications and has achieved more than 15 summits of 8,000 meter peaks (including 10 summits of Mt. Everest).



## Partner / Chief Guide — Logan Talbott

Logan has been guiding professionally for over a decade in the disciplines of Rock, Alpine and Ski Mountaineering. When not out guiding, Logan spends time in the office helping the team with the day-to-day operations of the business. From one day ascents of El Capitan to big Alpine climbs in the Himalaya, or from ski descents on Denali to backyard ski tours in Lake Tahoe, he can't help but smile when out running around the hills.

Logan is an AMGA/IFMGA mountain guide, an Avalanche course leader with AIARE, as well as a wilderness EMT. In addition to guiding, Logan has extensive experience in mountain rescue, having worked for rescue teams in both Yosemite and Denali National Parks, and volunteering locally for Tahoe Nordic SAR.

## LOCAL KNOWLEDGE, LOCAL PARTNERS

We partner with local logistics companies in each country and region that we operate in. Often we have partnerships that have been with us since the beginning of Alpenglow. Whenever we bring on a new operator we have vetted them thoroughly to ensure their reliability and quality. Our local and regional logistics partners are the backbone of our in-country logistics and help us achieve the success that we're known for.



# The Alpenglow Difference

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## EXPEDITION DOCTOR ON CALL

Dr. Monica Pirus has been on fourteen 8,000-meter peak expeditions and countless others. She is in daily communication with our teams during the entirety of the expedition and is available for client consultation at any time.

## OUR GUIDES

Alpenglow's guides are a fundamental part of our operation and your experience. Your trip will be led by one or more of our AMGA Certified guides who have intimate knowledge of their craft and the terrain. AMGA (American Mountain Guides Association) certification is the highest possible training available to guides, and only the most experienced and dedicated attain it.

## PRECISE LOGISTICS

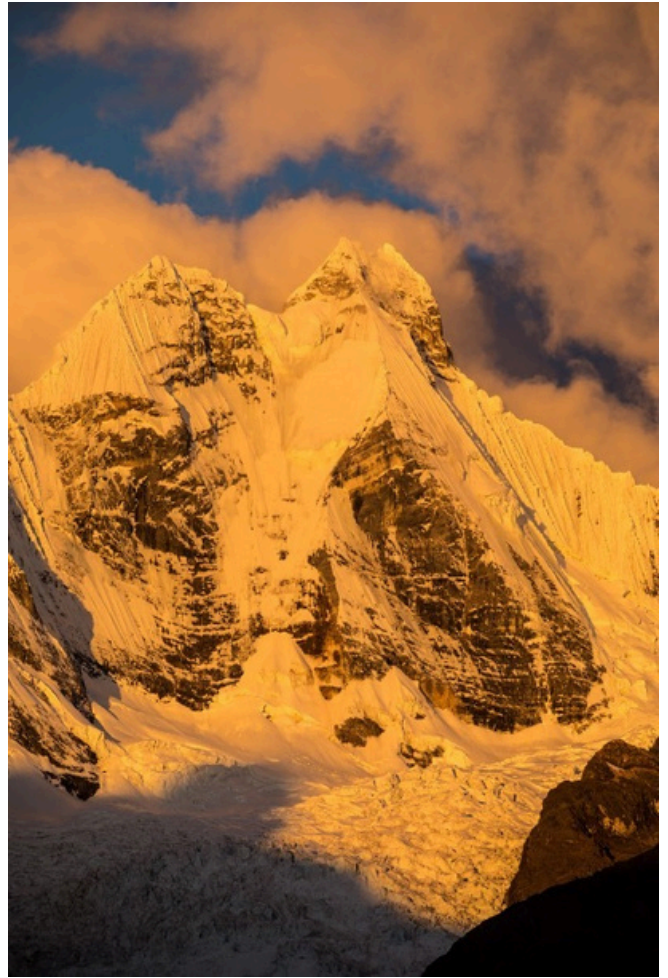
Time is a scarce resource in all of our lives. To maximize the value of our time, we work with a local logistics team and have established relationships with the services we use.

## HIGH-QUALITY FOOD

Imported and local foods of the highest quality, combined with a Western-trained cook staff. Alpenglow has the best food on the trail, ensuring your strength and health throughout the expedition.

## FULL TIME OFFICE STAFF

We understand that scheduling and booking an international expedition is a large step. Therefore we maintain a full-time office staff to provide peace of mind and support you throughout the process.





# Who We Are

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## MISSION

TO INSPIRE ADVENTURERS THROUGH POWERFUL MOUNTAIN EXPERIENCES

## VISION

LEVERAGING THE POWER OF THE MOUNTAINS TO CREATE POSITIVE CHANGE IN THE WORLD

## VALUES

Alpenglow Expeditions facilitates epic mountain expeditions. From Via Ferrata to summiting Mount Everest – our innovative climbing techniques, premier logistics, experienced & accredited guides, and smaller, curated teams results in an inspiring, powerful experience for every client.

Our logistical team is focused on quality and detail at every step resulting in a higher level of personal comfort with fewer delays and a better chance at success. As an AMGA accredited business, we surpass industry norms, guaranteeing that our guides are the best of the best, which includes requiring all international guides to have their IFMGA and/or AMGA certifications.

Our guides are extensively trained across every route encountered - knowing the mountain inside and out makes for a smart, safe decision process resulting in efficient, seamless trips. This training also allows our guides to focus on facilitating the best experience for our clients, including educating and teaching while on the mountain.

Our guides and logistics ensure professionally managed and enjoyable expeditions, cohesive group dynamics, and an optimal trip for all. Attention to detail extends to group dynamics and team size as well. We believe that the right people on the right mountain results in a unique and memorable adventure.

We spend time understanding each participant, precisely matching them with the rest of the team. Small team size enables us to focus on each team member's goals for the trip, maximizing success and safety, which results in an outstanding curated experience.

Alpenglow Expeditions is a group of passionate adventurers with a love for the high alpine. Our mission is to inspire adventurers through powerful mountain experiences because we know the transformative power they hold. Our clients feel empowered, surprised, delighted, and changed by the possibilities and promises of the mountains.



## Route Description + Itinerary

Our journey to the summit of the tallest peak in Oceania starts in Bali. After arriving in Indonesia, we'll spend the first day organizing gear and resting from the long day of travel. From Bali, we'll take a flight to the city of Timika on the Island of Western Papua. After arriving in Timika, we'll re-pack and make sure that we are all dialed in for the coming expedition.

Weather permitting, we'll take a helicopter to the Carstensz base camp the following morning. Upon arriving in the yellow valley we'll put up base camp and settle in. This will also be the first of our two day acclimatization period as we prepare for our summit bid.

After two days of acclimatizing, we'll be ready to push for the summit. An early start and a short trek from base camp will see us at the foot of the Carstensz Pyramid. The route follows a series of gullies with technical climbing up to 5.8 as we work our way up the North face of the peak. There is about 500 meters of solid rock climbing before reaching the summit ridge.

Once we make the ridge, we'll start traversing as we make our way towards the summit. This section is pretty straight forward, with some awesome exposure and a Tyrollean traverse across a gully.

After making our way across the razorback ridge, we'll arrive at the summit of the Carstensz Pyramid. Standing at 16,024' (4,884m), the summit of this incredible peak rewards our climb with stunning views of Western Papua. We'll celebrate having summited one of the coveted "7-summits", and start to work our way back down to base camp.

***Summitting the Carstensz Pyramid is an incredible accomplishment that takes effort, patience, luck, and skill. After fifteen years of guiding around the world, the Alpenglow team has created the best infrastructure available to support your attempt on the tallest peak in Oceania.***





# Carstensz Pyramid

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**Summit**

16,024' / 4,884m



**Trailhead**

14,727' / 4,489m



## Daily Itinerary Overview

**DAY 0** — Arriving into Bali by the afternoon/evening, this “day zero” sets the team up for the start of the trip.

**Activity.** Arrive in Bali, Indonesia  
**Sleeping Elevation.** 100’  
**Lodging.** Hotel in Bali  
**Meals.** None

**DAY 1** — Welcome to Bali! We’ll spend the day organizing gear and resting from the long travel day.

**Activity.** Rest and Organize in Bali  
**Sleeping Elevation.** 100’  
**Lodging.** Hotel in Bali  
**Meals.** Breakfast

**DAY 2** — Today we’ll fly to the remote Island of Western Papua. Arriving in the city of Timika in the morning, we’ll spend the rest of the day making sure that our gear is all dialed for the helicopter flight to Carstensz base camp the next morning.

**Activity.** Fly to Timika/Organize gear  
**Moving Hours.** 4 hours  
**Sleeping Elevation.** 100’  
**Lodging.** Hotel in Timika  
**Meals.** Breakfast

**DAY 3** — From Timika, a short helicopter flight will see us arrive at the foot of Oceania’s tallest peak. We’ll set up base camp while we start to acclimatize at 13,780’ (4,200m).

**Activity.** Fly to Base Camp  
**Moving Hours.** 40 min  
**Elevation Gain/Loss.** +13,600’  
**Sleeping Elevation.** 13,780’  
**Lodging.** Base Camp  
**Meals.** Breakfast, Lunch, Dinner

# Daily Itinerary Overview

**DAY 4** — We'll spend the day resting and finishing our acclimatization as we prepare for our summit bid the following day.

**Activity.** Acclimatize/Rest  
**Sleeping Elevation.** 13,780'  
**Lodging.** Base Camp **Meals.** Breakfast, Lunch & Dinner

**DAY 5 - Summit Bid** Starting bright and early, we'll make our way from base camp to the start of the "Harrer" route on the North face of the Carstensz Pyramid. 500m of rock climbing and scrambling will see us make the summit ridge. From the ridge, an exposed traverse will take us to the summit of the Carstensz Pyramid.

**Activity.** Summit Carstensz Pyramid **Distance Covered.** 1-2 miles **Moving Hours.** 10-12 hours  
**Elevation Gain/Loss.** +/- 2,244'  
**Sleeping Elevation.** 13,780'  
**Lodging.** Base Camp **Meals.** Breakfast, Lunch & Dinner

**DAYS 6-8** — We've built in some extra days in case of weather delays etc. If we don't need these day's, we'll head out of base camp and back to Timika and onto Bali.

**Activity.** Extra weather days

**DAY 9** — Today we'll take a helicopter flight back to Timika, and either overnight in Timika or connect through to Bali to depart for home.

**Activity.** Fly to Timika/Bali  
**Moving Hours.** 1-4 hours  
**Elevation Gain/Loss.** -13,600'  
**Sleeping Elevation.** 100'  
**Lodging.** Hotel in Bali **Meals.** Breakfast

**DAY 10** — We'll spend the day in Bali, either having arrived the night before or taking a short fly there this morning.

**Activity.** Extra day in Bali  
**Sleeping Elevation.** 100'  
**Lodging.** Hotel in Bali  
**Meals.** Breakfast

**DAY 11** — Depart from Indonesia for home

**Activity.** Fly home.



# Travel Details

## FLIGHTS

Climbers should schedule flights to land in Bali, Indonesia on day 0 of the itinerary. Climbers will meet their guides and transport to our first hotel will be arranged. Flights into Timika are handled by the Alpenglow logistics team and are included in pricing.

If you do not have a travel agent, we recommend using [kayak.com](https://www.kayak.com) as a primary source for finding low-fare airfares.

## VISAS

Indonesia visas are required and can be acquired in-country. Contact our team for recommendations. We recommend CIBT for your visa needs.

*Please confirm your itinerary with Alpenglow Expeditions before purchasing*





## Accommodations

All expeditions include double occupancy lodging in town and double occupancy tents on the mountain. No matter where we travel, Alpenglow strives to stay in safe, clean, and comfortable accommodations. Our tents are always in good shape and are replaced regularly.

### IN-TOWN

For our time in Lima and Huaraz, we'll be staying in double-occupancy rooms in hotels. Accommodations are sufficiently comfortable for the necessary rest and recharge time before and after our time in the mountains.

### ON-MOUNTAIN ACCOMMODATIONS

Life on the trail includes all meals as well as double-occupancy sleeping tents for every climber. We will use three-person tents to accommodate two climbers.

### SINGLE SUPPLEMENT

If you prefer a single room while we are in hotels, please let us know as soon as possible. There will be an additional cost associated for this. Single supplement tents are available for camps as well at an additional cost.



# General Trip Information

## FOOD

Fresh, healthy and nutritious food is both imported from the U.S. and purchased from local markets in Peru to provide the best options to our team. Our western-trained base camp cooks work around the clock to provide hearty meals that are both pleasing to the palate and filled with calories to replenish our depleted bodies.

## MOUNTAIN TRAINING

Climbing in the Cordillera Blanca is a large physical undertaking, and climbers who are joining our teams should have at least a general understanding of what it takes to train for an expedition like this. For a personalized training schedule, please reach out to our in-house trainer:

[lynette@alpenglows expeditions.com](mailto:lynette@alpenglows expeditions.com).

Lynette Talbott is the owner and operator of [Billy Goat Swift](#). As a full-service expedition trainer, Lynette specializes in sports performance, orthopedic injuries, and endurance event training. Her passion for sports rehabilitation and athletics began in high school as a competitive swimmer and water polo player and followed into her time as a mountain guide in the Sierra Nevada. She works as a Physical Therapist Assistant at the Tahoe Forest Hospital as well as a personal trainer. For the past 10 years she has trained for triathlons, cross country skiing events, cycling events like the Death Ride, and backcountry ski trips.

## MEDICAL REQUIREMENTS

All of our expeditions and treks are physically demanding. Regardless of the skill level or experience needed, it is essential that you arrive in good physical shape, and prepared to handle extreme conditions, including cold, heat, and long tiring days. Alpenglow Expeditions, LLC, and its guides reserve the right to remove any member of our trips at any time if we do not believe they are ready for the rigors of the trip.

You are responsible for your own medications, inoculations, and deciding whether you are physically able to participate in an Alpenglow Expeditions trip. You should discuss your participation in this trip, and the dangers involved, with your physician.

### On Mountain Medicine

Our guides are certified in wilderness medicine, CPR, and are experienced in client care in remote high altitude locations. However, Alpenglow Expeditions, LLC, is not a medical facility and Alpenglow Expeditions, LLC, assumes no liability regarding medical care.

Our on-call high-altitude expedition doctor, Dr. Monica Piris, has been on more than 15 expeditions to some of the world's highest peaks including Everest, Lhotse, Cho Oyu, and Manaslu. Her work has ranged from monitoring team members' health throughout the expedition, treating locals and visitors for common illnesses, to treating frostbite and potentially fatal altitude-related illnesses and offering diagnostic and therapeutic advice over the radio for unwell climbers being rescued above 8,000m.



## INCLUSIONS

The cost of your trip includes your land costs (excluding in-town meals). This includes:

- All lodging according to itinerary, including double occupancy lodging while in town and group lodging in mountain huts
- Breakfasts in town, all meals while on the mountain
- Base Camp and Advanced Base Camp infrastructure
- Permits
- Scheduled in-country transportation
- Airport transfers
- Certified guides
- Burros and porters

## INSURANCE

We require that all participants have rescue **AND** travel insurance for this expedition. Your policy numbers must be provided to us prior to leaving the USA.

## EXCLUSIONS

The cost of your trip does not include:

- Flights to/from the city where the expedition begins
- Additional nights in hotel outside of the itinerary
- Airport taxes
- Visas
- In-town dinners
- Immunizations
- Tips for guides or local staff
- Travel, rescue, or any other type of insurance
- Hospitalization or evacuation costs
- Excess baggage charges
- Alcohol
- Other personal expenses
- The costs of delays or changes to the itinerary that are beyond the control of Alpenglow Expeditions or its agents are not included





## Expedition of a Lifetime

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Summit success is only achievable with your hard work and perseverance, and of course the right team of people around you.

We think of ourselves as your partner in dreaming, planning, climbing and celebrating. Our entire team from Adrian, guides, support personnel and logistics partners are excited to have you along for the expedition of a lifetime.

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[ALPENGLOWEXPEDITIONS.COM](https://alpenglowexpeditions.com)

### BOOKING + INQUIRIES

For booking details, questions, or more information please call or email us:

**1 (877) 873-5376**

**[info@alpenglowexpeditions.com](mailto:info@alpenglowexpeditions.com)**





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This expedition is operated by Adrian Ballinger, IFMGA Mountain Guide.

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