



THE LAND OF A MILLION DIFFERENT JOURNEYS

PNG HIGHLANDS 2019

Your guide to Highland Adventures
in Papua New Guinea



Papua New Guinea

A MILLION DIFFERENT JOURNEYS



This quick reference guide will provide you with the key information on the highlands and inland regions of Papua New Guinea, including an overview to the exciting experiences available to travellers who visit one of the world's true final frontiers.

Papua New Guinea is Australia's closest neighbour; an independent nation of over 8 million people, located just 150km to the north of Cape York, and sharing a border with Indonesia. One of the most culturally diverse countries in the world, Papua New Guinea is home to more than 800 different languages and a myriad of colourful tribal and national festivals that span the country's annual events calendar. From trekking the highest mountain in Oceania (Mount Wilhelm, 4,509m), to diving some of the world's most pristine coral reefs, island-hopping across 600+ mostly-deserted islands and discovering fiery active volcanoes, Papua New Guinea is an

adventure travellers paradise. The country is also popular with war history buffs due to the prominent role it played in WWII, with the world-renowned Kokoda Track trekked by over 4,000 Aussies and Kiwis each year.

With regular direct flights from Sydney (4 hours), Brisbane (3 hours) and Cairns (1.5 hours), and also now a popular cruising destination, Papua New Guinea is the close-to-home, off-the-beaten-track, must-visit destinations for true travellers.

The highlands and inland regions of Papua New Guinea are home to incredible trekking, birding, cultural and historical offerings for adventure and culture seekers. This guide will give you an insight into the incredible array of Highland Adventures available in Papua New Guinea.

A million different journeys



GETTING AROUND PAPUA NEW GUINEA

Papua New Guinea's international airport is in its capital city, Port Moresby. From three Australian cities, travellers can fly to Port Moresby with **Air Niugini, Qantas or Virgin Australia**.

Port Moresby is home to world-class luxury hotels including; **Airways, Hilton, The Stanley Hotel & Suites and Loloata Private Island Resort**; as well as a selection of fantastic and well-appointed 3 and 4 star properties. Not only does Port Moresby serve as the international gateway to Papua New Guinea, but also as the hub to travel around Papua New Guinea by air.

Flying is the quickest and easiest way to get around Papua New Guinea. The two domestic airlines are Air Niugini and PNG Air. Upon arrival into your destination of choice all major hotels and resorts will arrange private transfer shuttles to take guests from airports straight to their accommodation. We recommend always using hotel shuttles and professionally arranged tours and vehicles to get around to different locations and attractions. Roads in Papua New Guinea can be affected by the elements and are not all connected throughout the country.

HIGHLAND ADVENTURES: MOST VISITED AREAS

In this guide we focus on the highlands and inland regions of Papua New Guinea. Some of the most popular destinations for visitors within these regions include Mount Hagen, Goroka and The Sepik.





GOROKA

Goroka is in the Eastern Highlands of Papua New Guinea and is also home to an array of coffee and cocoa (chocolate) plantations. One of the highlights of Goroka is the ability to visit the local Asaro Mudmen tribe. Goroka also hosts its annual cultural festival in September, the Goroka Festival.

-  Goroka
-  Bird Of Paradise Hotel & Apartments, Pacific Gardens

THE SEPIK

The Sepik is one of the most intriguing adventure destinations on Earth, and the longest river in Papua New Guinea, at 1,126 kilometres. The Sepik is extremely remote and can only be accessed by boat, be it traditional canoe or luxury vessel. The banks of the Sepik are also home to one of the world's most infamous cultural ceremonies, the crocodile initiation ceremony and the Ambunti Crocodile Festival.

-  Wewak or Madang
-  Madang

MOUNT HAGEN

Mount Hagen is not only home to one of the oldest and most spectacular cultural shows, the annual Hagen Cultural Show, you can also find extensive coffee and tea plantations, as well as local tribes to visit in the surrounding area. Popular tribes to visit include; Diugl Village and the Mindima skeleton dancers.

-  Mount Hagen
-  Rondon Ridge, Highlander Hotel & Apartments

HIGHLAND ADVENTURES: TOP 3 TREKS



MOUNT WILHELM

Climb one of the seven summits

At 4,509m, Mount Wilhelm is not only the highest mountain in Papua New Guinea, but is also the highest point in all of Oceania. Despite its height, Mount Wilhelm is actually the country's most accessible mountain to climb. Usually a 3-4 day hike including overnight stays at camps/villages along the way, the expedition will find you crossing rivers, climbing through moss forests, alpine grasslands and glacial valleys. If you're lucky you'll get to spot some of the beautiful birds of paradise. Generally groups will summit before sunrise to truly enjoy the view out to the north coast and surrounding valleys.

- ✈ Mount Hagen
- 👤 Buna Treks & Tours, Betty's Lodge, PNG Highland Adventures

Did YOU KNOW?

For those looking for an extra challenge, trekkers can even hike from Mount Wilhelm to the seaside town of Madang, to enjoy a relaxing finish to all of the walking!



MT GILUWE

Trek Oceania's highest volcano

Papua New Guinea's second highest mountain, Mount Giluwe (4,367m), is part of a volcanic massif. The original volcano on the site of Mount Giluwe formed roughly 650,000-800,000 years ago, probably as a stratovolcano of similar height to the current peak. One of the Volcanic Seven Summits of the world, the usually five-day trek passes through vast grassland and alpine landscapes.

- ✈ Mount Hagen
- 👤 No Roads Expeditions, PNG Holidays, Paiya Tours

KOKODA

Partake in an Aussie rite of passage

Trekking world-famous Kokoda is not only 96km physical endurance challenge, it's also a spiritual journey retracing the footsteps of the thousands of Aussie Diggers who were killed or injured defending Australia. Tours range from 6-12 days based on speed and fitness levels, and trekkers can also choose to trek from Poppendetta to Owers Corner or trek the reverse route.

- ✈ Poppendetta or Port Moresby
- 👤 See Kokoda Track Authority for a full listing of trek operators



Did YOU KNOW?

Visitors to Papua New Guinea can now also join a tour to visit the start points (Poppendetta or Owers Corner) - perfect for those who want to experience Kokoda without needing to complete the full trek.





DISCOVER OUR DIVERSITY

The variety of locations available in Papua New Guinea provides endless opportunity for birdwatchers. It is understood that Papua New Guinea is home to such a thriving bird population due to specific habitats and climates favoured by our endemic species and the lack of predatory animals that would otherwise threaten numbers. Birding is available throughout the country from coastal and island locations right up to the rugged peaks of our highlands with diversity of birdlife throughout. Papua New Guinea is particularly famous for endemic species such as the Raggiana and Blue Birds of

Paradise and rare finds including the Firemaned Bowerbird. Visitors are excited by the prospect of sighting any special species from the enigmatic Crested Berrypecker to the elusively rare Beck's Petrel to the stunning Victorian Crowned Pigeon.

Not only does bird watching in Papua New Guinea provide unparalleled opportunity for birding enthusiasts, it also provides some of the world's most spectacular scenery. The majestic mountains and valleys of the Highlands proves that Papua New Guinea is truly a natural wonder.

"THE MAJESTIC MOUNTAINS AND VALLEYS OF THE HIGHLANDS PROVES THAT PAPUA NEW GUINEA IS TRULY A NATURAL WONDER."

BIRDING SEASONS

Tour operators run specific birding tours mainly during the dry season from June to October, however independent birding journeys are available anytime.

TEMPERATURES

Papua New Guinea's Highlands regions can be as low as 15 degrees through the day and become even chillier in the evening.

HIGHLAND ADVENTURES: CULTURAL EVENTS

MARCH

KUMUL WORLD LONGBOARD SURFING CHAMPIONSHIP

Kavieng, New Ireland Province

Dates to be confirmed

APRIL

45TH NATIONAL GAME FISHING TITLES

Rabaul, East New Britain Province

3rd – 13th

JULY

NATIONAL MASK & WARWAGIRA FESTIVAL

Kokopo, East New Britain Province

8th – 12th

REMEMBRANCE DAY

RSL Cenotaph, Rabaul, East New Britain Province

23rd

AUGUST

SEPIK RIVER CROCODILE FESTIVAL

Ambunti, East Sepik Province

5th – 7th

ENGA CULTURAL SHOW

Wabag Enga Province

7th – 9th

MT. HAGEN CULTURAL SHOW

Mt. Hagen Town, Western Highlands Province

15th – 16th

SEPTEMBER

RABAUl FRANGIPANI FESTIVAL

Rabaul, East New Britain Province

Dates to be confirmed

AMAZING PORT MORESBY INDEPENDENCE FESTIVAL

Port Moresby, NCD

Dates to be confirmed

PAIYA MINI CULTURAL SHOW

Paiya Village, Western Highlands Province

17th

HIRI MOALE FESTIVAL

Port Moresby, NCD

Dates to be confirmed

GOROKA SHOW

Goroka, Eastern Highlands Province

19th – 20th

KUTUBU KUNDU & DIGASO FESTIVAL

Daga Village and Tugiri - Lake Kutubu, Southern Highlands Province

24th – 26th

LUKIM PNG NAU TOURISM EXPO

Wabag, Enga Province

Dates to be confirmed

OCTOBER

HUHU WAR CANOE FESTIVAL

Milne Bay Province

Dates to be confirmed

59TH MOROBE SHOW

Lae, Morobe Province

31st – Nov 1st

NOVEMBER

NATIONAL KENU AND KUNDU FESTIVAL

Alotau, Milne Bay Province

6th – 8th

TUFI TAPA & TATTOO FESTIVAL

Tufi, Northern Province

Dates to be confirmed

KARIMUI SHOW

Karimui, Simbu Province

Dates to be confirmed



And that's just a few of the million different journeys available within Papua New Guinea. Coastal Adventures also await those interested in visiting the beachside regions and islands of this exciting country, where diving, snorkelling, surfing, fishing and even more culture awaits.

For more information about Papua New Guinea please contact your Papua New Guinea Tourism Promotion Authority (PNGTPA) representative in Australia and New Zealand at; Australia@papuanewguinea.travel

Find your own adventure at
www.papuanewguinea.travel

 Papua New Guinea
A MILLION DIFFERENT JOURNEYS