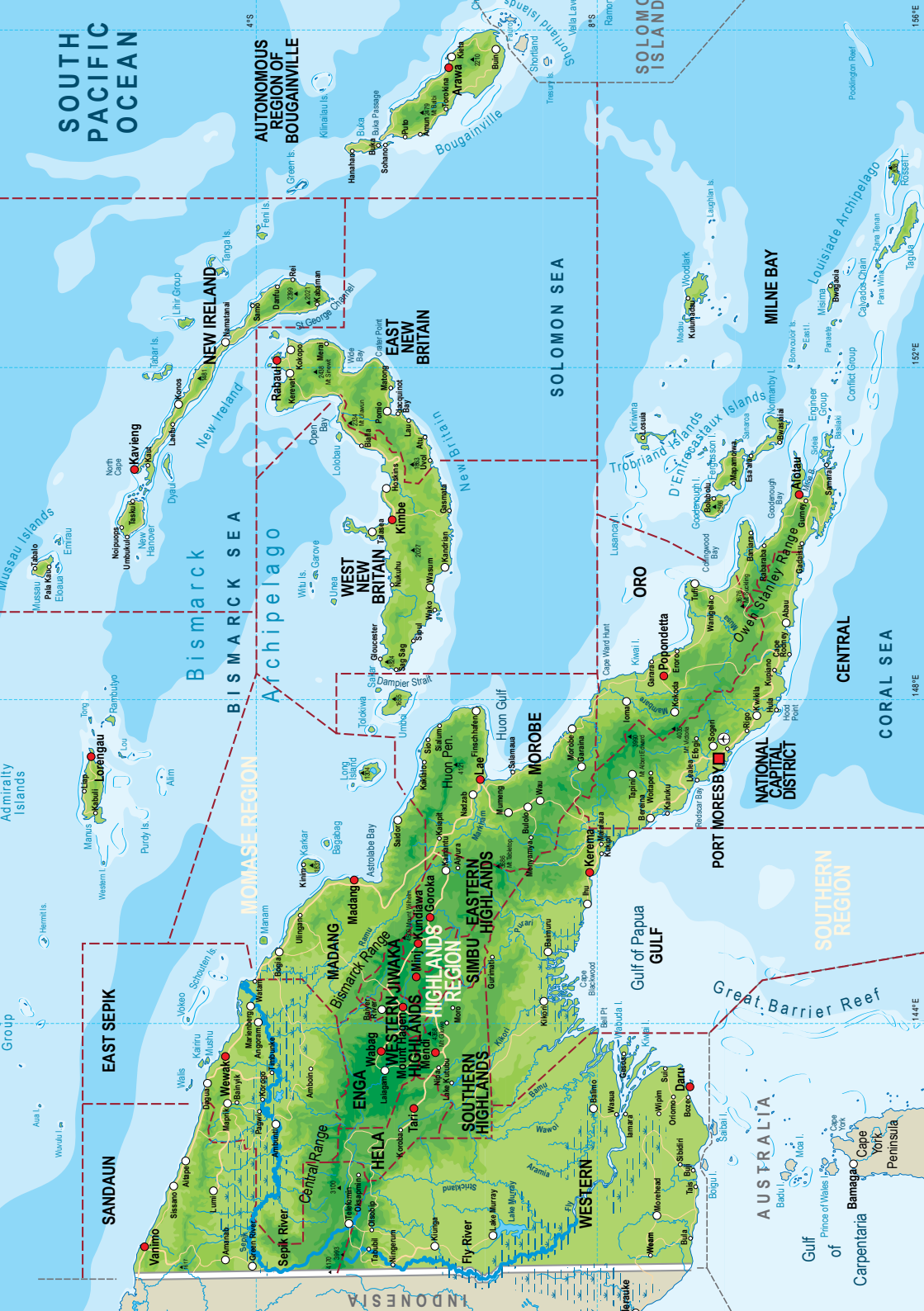




# THE LAND OF A MILLION DIFFERENT JOURNEYS

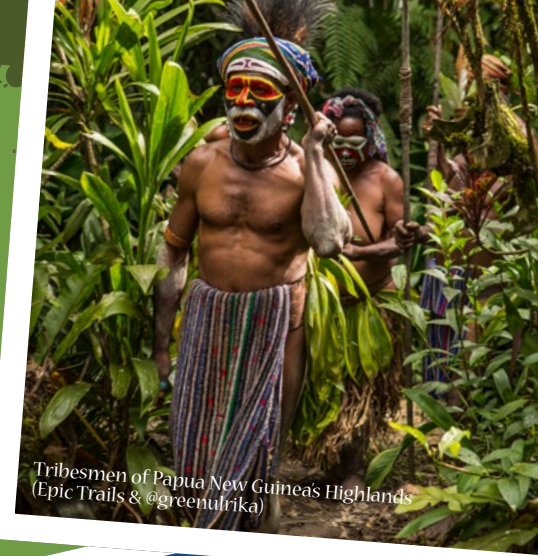
**YOUR GUIDE TO DISCOVERING  
PAPUA NEW GUINEA**

 *Papua New Guinea*  
A MILLION DIFFERENT JOURNEYS



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 worlds 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 world-renowned Kokoda trekked by over 4,000 Aussies each year.



Tribesmen of Papua New Guineas Highlands (Epic Trails & @greenulrika)



## GETTING TO & AROUND PAPUA NEW GUINEA

The easiest departure points to get to Papua New Guinea are from Brisbane and Cairns, where **Air Niugini** and **Qantas** both offer regular services. **Virgin Australia** also flies from Brisbane, and Air Niugini flies from Sydney as well. Beyond Australia, Air Niugini operates an extensive international network, with regular flights from Singapore, Hong Kong, Tokyo and Manila, as well as services from neighbouring South Pacific countries.

All international flights to Papua New Guinea arrive at Jacksons International Airport in Port Moresby. Both **Air Niugini** and **PNG Air** operate extensive domestic scheduled services from their Port Moresby hub.

Of course if you don't fancy flying, you could always go on a cruise to Papua New Guinea.



## WHERE TO GO: COASTAL ADVENTURES



West New Britain's Thermal Hot River

### ISLAND ADVENTURES IN NEW BRITAIN & NEW IRELAND

Popular with divers, surfers, history buffs and adventure seekers, these two easy-to-get-to islands are perfect for first-time visitors. In **West New Britain** (WNB) you can hike to the top of the active Gabuna volcano crater, relax in a natural spa-like thermal hot river or visit the local firefly trees at night and see the rainforest light up. At the other end of the island in **East New Britain** (ENB), a world of history

✈ Kimbe (WNB), Rabaul (ENB) or Kavieng (NI)

awaits; from hidden Japanese WWII war tunnels and Admiral Yamamoto's famed bunker, to the ash-covered remains of old Rabaul town (destroyed by the nearby Mount Tavurvur volcanic eruption of 1937). Over on **New Ireland** (NI) you can go on a 5-day cycling adventure, travelling down the length of the 260km mostly-flat Bulominski Highway, stopping to rest at traditional village homestays along the way.

🏠 Walindi Plantation Resort, Kokopo Beach Bungalow Resort, Rapopo Plantation Resort, Lissenung Island Resort, Nusa Island Retreat

### CULTURAL ENCOUNTERS IN MILNE BAY & TUFU

Divers and snorkellers have been coming to this part of Papua New Guinea for decades, but culture-seekers have only recently cottoned on to this unique part of the world. **Alotau** is the capital of the Milne Bay region, and plays host to the annual **Kenu and Kundu Festival** each November - a lively and colourful cultural display of war canoe racing and 'singsings' (traditional dances). Year-round you can discover harrowing skull caves, and can also learn to cook (and

enjoy) a Mumu feast (a traditional meal of local produce cooked in the earth). Up the coast in Oro Province are the **Tufu Fjords**, home to the world's largest butterfly (the Queen Alexandra Bird Wing, with wingspans of up to 28cm). Visitor participation in traditional daily life is welcomed by the local villagers, who will happily show travellers how to build traditional homes and canoes from sago palms, and how to hunt and gather for food.

✈ Alotau or Tufu

🏠 Alotau International Resort, Driftwood Resort, Tawali Leisure & Dive Resort, Tufu Resort

### EXPLORING THE NORTH COAST

This surfing hotspot is also a fishing and diving / snorkelling paradise. Stretching for over 500km, the northern coastline of Papua New Guinea's mainland is as chilled-out as it comes. Here you'll find sleepy port towns and seaside villages that offer the perfect respite for those who've just adventured to the nearby highlands or Sepik River. Spend the day paddling across aqua-clear waters to nearby deserted islands, explore local caves and waterfalls, or tuck into some fresh locally-caught seafood.

✈ Madang, Wewak or Vanimo

🏠 Madang Resort, Tupira Surf Club, Paradise New Wewak, Vanimo Surf Lodge

Tufu Fjords


Vanimo



# WHAT TO DO: COASTAL ADVENTURES

## DIVING & SNORKELLING

Papua New Guinea is regarded by pro divers as one of the best dive destinations in the world. Home to pristine reefs, countless plane and ship wrecks, and hundreds of untouched atolls, Papua New Guinea's islands and coastal regions are a divers and snorkellers paradise. Dive down to a fully intact Japanese Zero fighter plane, visit the original "Muck Diving" site that put PNG on the map, and swim amongst hammerheads and moray eels in the spectacular drop-offs of the country's fjords. And when the day is done, or if you need a rest day, there's so many natural wonders to explore and cultural experiences to be had. You can even choose from a range of specialist dive resorts, or even liveaboard a dive boat.

 Year-Round (optimal times vary between locations)

 Kokopo Beach Bungalow Resort, Lissening Island Resort, Loloata Private Island Resort, Madang Resort, MV FeBrina, MV Oceania, Nusa Island Retreat, Rapopo Plantation Resort, Tawali Leisure & Dive Resort, Tufi Resort, Walindi Plantation Resort

Snorkelling off Walindi Plantation Resort  
(@jackson.groves)



Reefs off Tufi Resort



## SURFING

Forget Bali with its overcrowded beaches; head next door to Papua New Guinea, where near-empty surf breaks await. Thanks to the country's world-renowned Surf Management Plan, the number of surfers on any one break is capped, so you'll never be stuck waiting to catch the perfect wave. Surfing is idolised in Papua New Guinea, as are visiting pro surfers. You'll be just as likely to see locals surfing on hand-carved planks of timber, as you will Taylor Jensen (who won the 2017 Men's Kumul PNG World Longboard Championships). Or even no one at all! And when you're done for the day, there's plenty of islands, waterfalls, caves and volcanoes to explore.



November – April



Nusa Island Retreat, Rubio Plantation, Tupira Surf Club, Vanimo Surf Lodge



Surfing off Vanimo Surf Lodge

## FISHING

Papua New Guinea's untouched rivers and lakes, and isolated coastal waters, offer some of the best lures in the world. From the challenge of catching a 'lure shy' Papua New Guinea Black Bass in remote rainforest-lined rivers, to showing off a prized Dogtooth Tuna or Marlin catch out at sea, Papua New Guinea has got to be on the bucket list of all fishing enthusiasts.



Year-Round (optimal times vary between locations)



Baia Sportfishing Lodge, Bensbach Wildlife Lodge, Lake Murray Lodge, Liamo Reef Resort, MV K20, MV Ultimate One, Uluai Island Bungalows



Fishing on Lake Murray





Huli Wigman

## WHERE TO GO: HIGHLAND ADVENTURES

### A FEAST FOR THE SENSES IN 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

### EXPLORATIONS ALONG THE MIGHTY SEPIK

The Sepik is one of the most intriguing adventure destinations on Earth, and the longest river in Papua New Guinea, at 1,126km. 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 worlds most infamous cultural ceremonies, the crocodile initiation ceremony and the **Ambunti Crocodile Festival**.

✈ Wewak or Madang

🏠 Madang

### UNCOVERING CULTURAL HIGHS IN 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; Diugi Village and the Mindima skeleton dancers.

✈ Mount Hagen

🏠 Rondon Ridge, Highlander Hotel & Apartments



## WHAT TO DO: HIGHLAND ADVENTURES



The Summit of 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



Kokoda (@jackson.groves)

### PARTAKE IN AN AUSSIE RITE OF PASSAGE

Trekking world-famous **Kokoda** is not only a 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
- 📅 April - November

### 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



Mount Giluwe (No Roads Expeditions)



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



## A TWITCHERS PARADISE

The diversity of Papua New Guinea's landscapes provides endless opportunities for birdwatchers. Due to climates favoured by certain endemic species and the lack of predatory animals, Papua New Guinea is home to a thriving bird population. Birding is available throughout the country from coastal and island regions right up to the rugged peaks of the 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 Fire-maned Bowerbird. Visitors are excited by the prospect of sighting any special species from the enigmatic Crested Berrypecker to the elusively-rare Beck's Petrel, and 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.



June – October

## CRUISING

Large ship cruising is a popular way for first-timers to experience Papua New Guinea. The country features on the itineraries of numerous well-known cruise lines, including **P&O**, **Princess**, **Carnival**, **Cunard** and **Silversea**. Whether part of a round-the-world itinerary, voyage across the South Pacific or even a dedicated cruise around Papua New Guinea's shores, calling in cruise ships are becoming more frequent. Dedicated itineraries tend to depart ex Brisbane or ex Sydney. Popular ports of call include Rabaul, Kavieng,

Madang, Milne Bay (Alotau), Kiriwina Island, the Trobriand Islands and the Conflict Islands.

There are also a number of small expedition ships that call into Papua New Guinea each year, many offering specialised tours to the most remote parts of the country. **Coral Expeditions**, **True North**, **Heritage Expeditions** and **Linblad Expeditions** are some of the small cruise brands that offer such itineraries.



P&O Pacific Dawn

## STOPPING OVER IN PORT MORESBY



Loloata Private Island Resort



Hilton Port Moresby

Most visitors to Papua New Guinea explore beyond the mostly commercial and government hub of Port Moresby. That being said, if domestic and international flight schedules don't align, then a stopover in the country's capital is worth considering. This once sleepy town is fast growing into a thriving metropolis, with a vast construction programme underway to upgrade the city's infrastructure and transform its waterfront. In 2018 the city played host to global leaders for the APEC Summit, and as such an array of world-class luxury hotels exist, including **Airways**, **Hilton** and **The Stanley Hotel & Suites**. A selection of well-appointed three and four star properties are also on offer.

All hotels offer complimentary airport shuttle services, and from wherever you choose to stay, transportation to the city's popular **Nature Park** (home to 550 native animals and hundreds of plant species) and nearby **Bomana War Cemetery** (where the remains of 3824 Commonwealth soldiers lay) can easily be arranged.

Those with a bit more time, should consider **Loloata Private Island Resort** - only 40 minutes from Port Moresby's Jacksons International Airport. Opened in 2019, this exclusive and luxury resort offers overwater suites and villas, as well as tours to over 30 nearby dive sites.

## FREQUENTLY ASKED QUESTIONS

### Is Papua New Guinea safe for tourists?

Yes! Tourists are welcomed in Papua New Guinea with open arms and big smiles. We recommend booking on an organised tour or staying at one of our featured list of hotels and resorts, to ensure you have the best possible experience.

### Are there any luxury accommodation options?

Absolutely! Whether you prefer 5 star overwater villas, world-class hotels or even more traditional authentic village homestays, there is something for everyone.

### How long a trip do you recommend?

To truly experience the country we recommend planning to visit for 7-14 days, taking in 2-3 different locations (mixing up the highlands, coastal and island areas). Single-location short-stay trips are possible, particularly for those visiting from Cairns or Brisbane, and there are also plenty of cruise itinerary options to choose from too.

### Can I get my dive qualification in PNG?

Yes, at certain resorts you can! However, we'd recommend getting your license before coming across to make the most of the country's incredible reefs and wrecks.

### Are the cultural experiences genuine?

Absolutely! The tribes and villagers are immensely proud of their culture and everyday way of life, and love nothing more than to showcase it to visitors. PNG is not overcrowded with visitors, so you'll generally get a more intimate and interactive experience too.

### Is there a nightlife in Papua New Guinea?

Nightlife for Papua New Guineans often consists of watching the sunset over the ocean with a refreshing bottle of SP Lager in hand, and performing 'singsings' and fire dances. In Port Moresby (the capital) you'll find several restaurants, bars and even nightclubs, if that's more your vibe.

### Can I buy things from the local tribes and villages?

Yes, please do! You will find plenty of talented craftspeople selling their handmade wares, including bilums (bags), baskets, carvings and artworks. Be sure not to miss the local produce markets either. Supporting these sellers helps their communities to thrive and survive. Just don't forget to declare anything brought back into Australia or New Zealand.





Back cover: Children of Papua New Guinea's Highlands  
Front cover: Kenu and Kundu Festival (Milne Bay)

**AND THAT'S JUST A FEW  
OF THE MILLION DIFFERENT  
JOURNEYS AVAILABLE WITHIN  
PAPUA NEW GUINEA.**

Find your own adventure at  
[www.papuanewguinea.travel](http://www.papuanewguinea.travel)

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**A MILLION DIFFERENT JOURNEYS**