


Papua New Guinea

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 Papua New Guinea
A MILLION DIFFERENT JOURNEYS

 Pack Ya Bags



Map of Papua New Guinea

Not to Scale

- Highlands Region**
 - Chimbu
 - Eastern Highlands
 - Hela
 - Enga
 - Jiwaka
 - Southern Highlands
 - Western Highlands - Mt Hagen
- Momase Region**
 - East Sepik
 - Madang
 - Morobe
 - Sandaun (West Sepik)
- Southern Region**
 - Central
 - Gulf
 - Milne Bay
 - Oro (Northern)
 - Western (Fly River)
 - National Capital- Port Moresby
- Islands Region**
 - Autonomous Region Bougainville
 - East New Britain - Rabaul
 - Manu
 - New Ireland
 - West New Britain



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We would like to thank and acknowledge all individuals and companies for their help, and the contributions to any articles within this publication.

Our Note: We have tried to be a little different with this brochure, as we have included many interesting facts about Papua New Guinea (PNG) hopefully to give you a picture of the country. Pack Ya Bags has many tours for all your interests, to places throughout PNG.

Prices can be viewed on a separate booklet by print and is downloadable. Please request from Pack Ya Bags. This brochure is also downloadable from Pack Ya Bags site.

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What you need to know



About Papua New Guinea

Papua New Guinea is a country of adventure, where you can enjoy experiences found in no other place on earth. The country has more than 800 individual languages and many species of flora and fauna with some yet to be discovered. Incredible adventures to satisfy all budgets and tastes are on offer to give you an experience you will cherish forever.

The mainland of Papua New Guinea is divided by the rugged Owen Stanley Range with peaks over 13,000 feet high. The Head waters of the great rivers start here, flowing down through rainforests onto the coastal plains, and beaches. The country has more than 600 main islands and many thousands of cays. Papua New Guinea is known for it's adventure, sometimes frontier experiences. These include, for the water enthusiast, diving, snorkeling, fishing, and canoeing and land adventure such as trekking, birding, culture, art, and festivals. If you want to experience something different then give Papua New Guinea a go. You will be well rewarded.

Languages

The official language is Tok Pisin, English and Hiri Motu but with around 832 living languages PNG is the most linguistically diverse place on earth. As the Author can testify the people are extremely friendly and accommodating.

Currency

The unit of currency in PNG is the kina. Most international currency travelers checks are accepted and banks can be found in all the major centers. Major credit cards are also accepted at most hotels, restaurants and travel agencies. However when staying in the highlands and out of the way places cash is the best.

Useful Airport Codes

Port Moresby	(POM)
Madang	(MAG)
Lae	(LAE)
Rabaul/Kokopo	(RAB)
Goroka	(GKA)
Buka	(BUA)
Kavieng	(KVG)
Alotau/Milne Bay	(GUR)
Hoskins/Kimbe Bay	(HKN)
Mount Hagen	(HGU)
Tufi	(TFI)
Wewak	(WWK)
Vanimu	(VAI)
Popondetta	(PNP)
Lake Murray	(LMY)
Kokoda	(KKD)
Balimo	(OPU)
Kundiawa/Simbu	(CMU)
Lorengau	(MAS)
Bulolo	(BUL)
Fane	(FNE)
Dara	(DAU)



Please read

Getting Around

By far the best and safest way to get around Papua New Guinea is by plane, as they have 21 paved runways and 562 airports! That is a huge amount for a country this size. Jackson International Airport, located in Port Moresby, provides air connections from major cities in the world, with many direct flights. Air Niugini, PNG Air, MAF and TropicAir, offer flights to provincial capitals, and many regional towns and villages.

Driving by road is limited and many roads are not suitable to drive on for a number of reasons, including safety.

Your safety is paramount and travelling with an organised tour with local hosts and guides is the most recommended way to explore the country. Pack Ya Bags offers many tours for you to get the best safe experience possible.

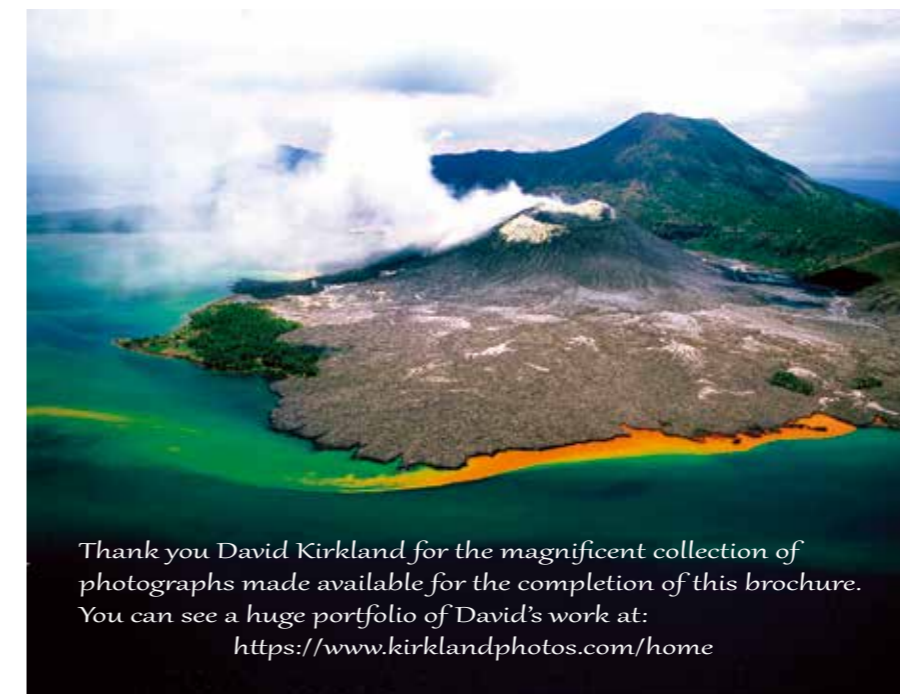


How to say it

The official language is Tok Pisin, English and Hiri Motu but with around 832 living languages PNG is the most linguistically diverse place on earth.

A few suggestions...Have a go!

Welcome - Welkam.
 Hello (General greeting) - Gude, Hi or Hai.
 What is your name? - Wanem nem bilong yu?
 My name is (Ray) - Nem bilong mi (Ray).
 Thank you very much - tenk yu tru(e).
 No thank you - sori nogut.
 How are you? - yu orait ? (you alright)
 I'm fine - mi orait tasol.
 How much is that? - em hamas?
 How much is this? - dispela em hamas?
 I'd like one please - mi laikim wanpela plis.
 I would like to go to the (Airport) - mi laik go long Airport.
 Please, can you help me with this? - plis, inap ya halivim mi wantaim dispela samting?
 What is that? - em wanem?
 That is/was very good - em i gutpela stret!
 Where are you from? - yu bilong wanem hap?
 I'm from (your country) - mi bilong.
 please - plis.
 drink/drinking - dring.
 see you later - ketch.
 Goodbye - Gutba.



Thank you David Kirkland for the magnificent collection of photographs made available for the completion of this brochure. You can see a huge portfolio of David's work at: <https://www.kirklandphotos.com/home>

Highlands Regions

Western Highlands and Mt Hagen



About:

One of the last frontiers to visit, the Western Highlands is similar to the other highland areas in that it is renowned for the coffee and tea plantations. All this has brought rapid change to the traditional lifestyle, including the capital city of Mt Hagen. At Rondon Ridge, try the delicious strawberries, which can be bought at the busy and colourful Saturday markets. Take a trip to the Western Highlands Cultural Centre, featuring a reconstructed village hut and exhibits of artefacts and curios. The archaeological sites at Kuk Valley, are the first place on earth, to cultivate land for gardening.

Mt Hagen Show:

5 days of fantastic performances at the annual show in Mt Hagen. More than 70 cultural groups attend to show their culture, dance, dress and lots of singing, during a full week of the festival calendar. Maybe watch rehearsals on a mini show the day before! See some of these performances prior to the actual show. This is a festival you must attend if you can make it in August.

The Wahgi Valley area is the home of the Melpa people and this area was not discovered by the outside world until 1934. It is said these people were among the world's first horticulturists, perhaps going back 9000 years.

Getting there:

Domestic flights arrive directly into Mt Hagen Airport from Port Moresby. From the airport it's a 30-minute ride into the city. The Okuk Highway connects Mt Hagen to Goroka and other Highlands centres.

Suggestions:

Pack Ya Bags has many tours from 5 to 17 or more days that include the Mt Hagen Festival.

Try this 10 day tour.

- 1 night Port Moresby - Stanley Hotel.
- 3 nights Mount Hagen - Highlander Hotel.
- 2 nights Sepik Region - Karawari Lodge.
- 2 nights Western Fly - Lake Murray.
- 1 night Mount Hagen - Rondon Ridge Lodge.



Chimbu (Simbu)



About:

Known as the heart of the Highlands, the Simbu or Chimbu with the capital city of Kundiawa is a spectacular scenic province. Wait till you see the airstrip! Built on a sloping ridge with mountains either side. Most of the tribes live 2500 metres up in the mountains.

The Chimbu Skeleton Tribe dressed in their traditional Skeleton painting, originally to intimidate their enemies. Nowadays it is for show and festivals but to a certain extent, the tribes origins do remain somewhat of a mystery.

The province has many hospitable guesthouses throughout. Because of the mountains and high altitudes, warm clothing must be taken.

Mount Wilhelm is the highest mountain in Papua New Guinea and Oceania, at 4,509 metres. It is part of the Bismarck Range and the peak is the point where three provinces, Simbu, Jiwaka and Madang, meet. The peak is also known as Enduwa Kombuglu, or Kombugl'o Dimbin, in the local Kuman. Maybe a day (or overnight) at Betty's Lodge, a trout and rabbit farm at the base of Mount Wilhelm.

Visit the rock paintings and the Keu Caves at the Nambaiyufa Amphitheatre close to Chuave.

The panoramic view of the Madang coast (104km away) on a clear day from the very top of the country is a must.

The province has a lot to offer and 7 days here is a good idea if you want to explore.

Getting There:

Take a domestic flight from Port Moresby to Goroka then drive on the Highlands Highway through Daulo pass to Kundiawa. Our tours will do this for you.

Suggestions:

Pack Ya Bags have many tours to include Mount Wilhelm with treks and climbs and meeting with the local people.

4 day tour can combine with many other tours to get you to many places in PNG. Airport Transfers to Mindima Village. Land transfers Mt Wilhelm.

Skeleton Dancers.
Karim Lek (Traditional courting).
Traditional Mumu.
Village cultural tour.
Experience culture.



Highlands Regions

Eastern Highlands and Goroka



About:

One of the well known provinces, it is a mix of culture, coffee plantations and the cool, high altitude of the Highlands. Take a tour of the coffee plantations where you can meet the friendly local people, who are always willing to have a chat about their life and culture. The coffee is some of the best in the world and is grown on a commercial scale. Visit Lufa to see the cave paintings and perhaps climb Mount Micheal. There are a number of hotels and lodges in and around Goroka, but if you want to attend the Goroka show you will have to book early. Pack Ya Bags has a number of tours that include the show.

The Goroka Show:

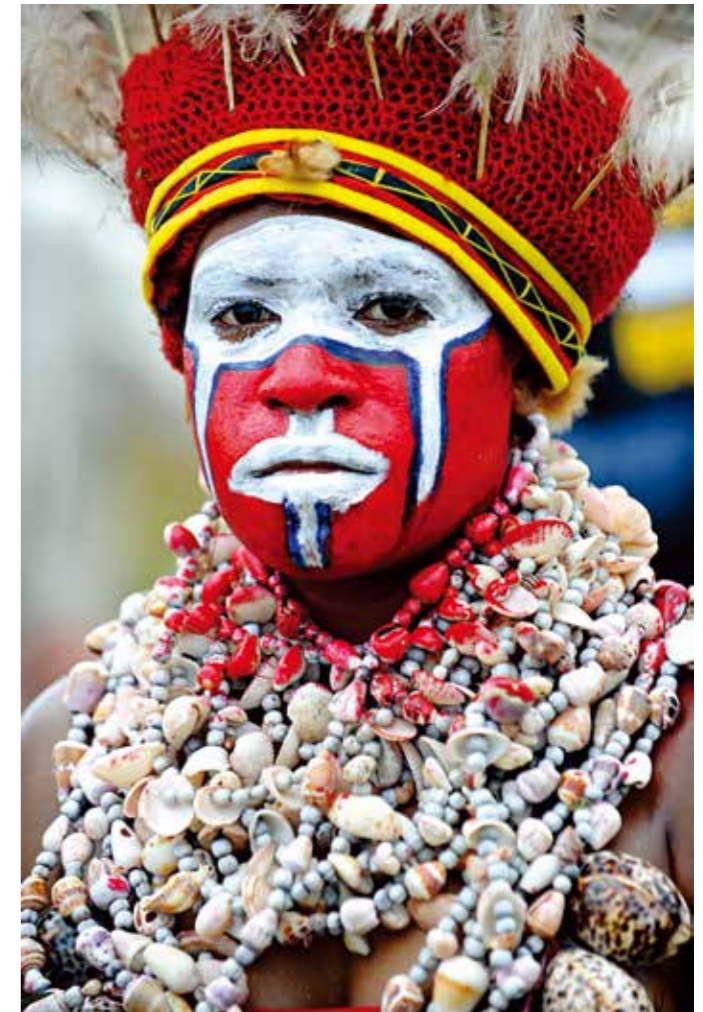
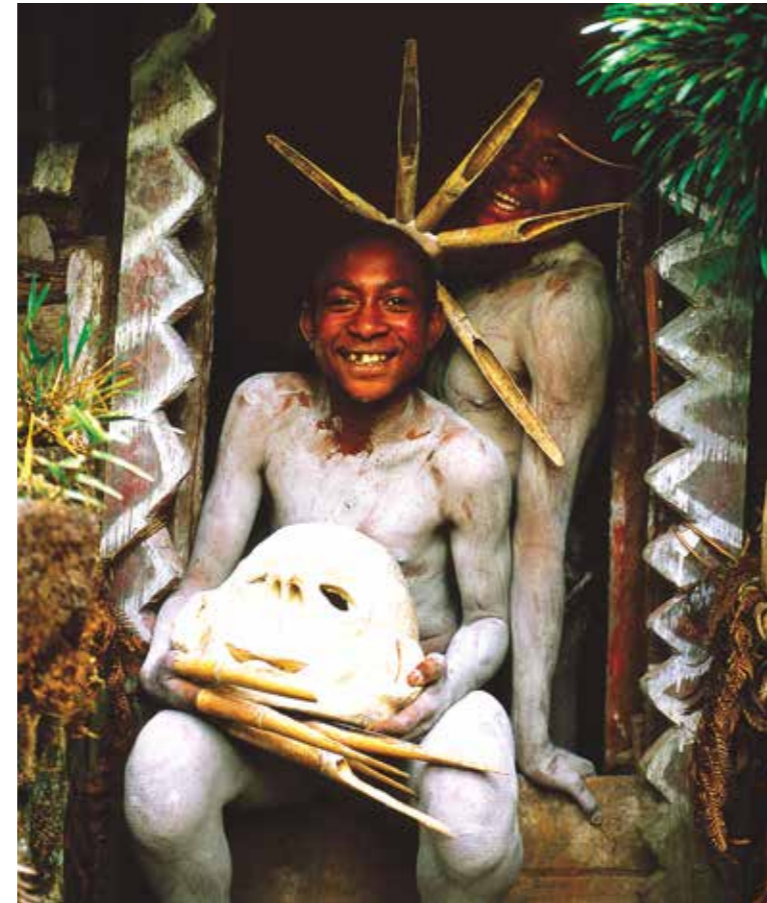
The famous 'Goroka Show' is a significant cultural event in the Highlands. It is the longest running annual, cultural festival in Papua New Guinea. During September the festival can attract somewhere in the region of 40,000 painted warriors and performers. It is a sight to behold! It is said that more than 100 tribes will participate in the riotous display of colour and sound. Asaro village. About 20 km north-west from Goroka is the village where the mudmen originate. The villagers are happy to deliver the 'mudmen' performance, and let you try on the masks. They do look frightening, but underneath they are very friendly people.

Getting there:

Domestic flights from Port Moresby directly into Goroka airport in the centre of town. Local airlines have connections to Goroka from various other centres. Goroka is connected to Lae and Mt Hagen by the Okuk (Highlands) Highway.

Suggestions:

Try this to include the Goroka Show.
1 Night Rondon Ridge - Mount Hagen.
1 Night Karawari Lodge - Sepik Region.
3 Nights MV Sepik Spirit - Sepik Region.
2 Nights Lake Murray Lodge - Western Fly.
1 Night Rondon Ridge - Mount Hagen.
3 Night's Bird of Paradise - Goroka.
1 Night Airways Hotel - Port Moresby.



Highlands Regions

Enga



About:

Be very impressed with Papua New Guinea's highest province, filled with fast flowing rivers, spectacular waterfalls, high valleys and mountain passes.

Using only one language, the people in Enga do not need to speak English or Tok Pisin, so it is essential to have a guide on a trip to this region to ensure you get the best from it. From the main town of Wabag, you can visit nearby high-altitude lakes, discover the Laiagam salt ponds, and take the short 15-minute hike to the thundering Yuo Falls.

Thank you Trevor Cole for the wonderful photo of the Wabag girl at the Mt Hagen Show above and on the front cover



Getting there:

Domestic flights arrive directly into the Wapenamanda Airport, weekly from Port Moresby.

Suggestions:

Experience the excitement of the annual Enga Cultural Show. Take a stroll through the collection of native orchids and rhododendrons on display at the Laiagam Botanical Gardens. Learn all about Engan customs at the Taekanda Cultural Centre. Witness a 'Tee' ceremony, a grand and public exchange of gifts between clans or tribes.

Hela

About:

Trek through scenic mountains, and enter another bird watching paradise on your trip to Hela.

Tari is home to the famous Huli Wigmen who still maintain many of their traditional beliefs where a man's wealth and importance is still measured by his amassing of pigs, wives and land. This flamboyant tribe known for their ornate ceremonial "wigs", have dances and songs that will leave you with a memorable impression.

Lots of excellent trails crossing traditional vine bridges, clear mountain streams and secluded waterfalls. 13 species of the Bird of Paradise have been recorded around Ambua.

Getting there:

Domestic flights arrive directly into Tari from Port Moresby daily. The Highlands Highway connects Tari to Mt Hagen.

Suggestions:

Located near Tari, almost 7000 feet above sea level, is Ambua Lodge. An award-winning, eco-friendly lodge with magnificent views of the Tari Valley below. A 7 day stay here will be very rewarding.



Highlands Regions

Jiwaka



About:
Jiwaka is all about high altitude adventure. You could tackle a mighty river crossing, or take a trek in the mountainous landscapes, and experience the finest of traditional Highlands culture and delicious food. Jiwaka will leave you with an incredible memory.

Three large ethnic groups live in unison here, in one of the highest places in Papua New Guinea. The Jimi, a race of mountain people that still live an almost Neolithic existence along the north-eastern region of the province, will fascinate you with their modest existence and view of the changing world. The Waghi, thought of as the high-born folk of the land, live a more contemporary existence mostly due to their location along the main Highlands Highway. And of course the Kambia people, the smallest in number of the three, who after years of inter-clan merging, have some who can speak as many as five different languages from nearby areas.

If it's a rugged adventure on top of cliff faces that you would like to experience, or maybe a relaxing night or two in pristine forests, Jiwaka's people will welcome and befriend you.

Visit the banks of the mighty Waghi River and the Bisil Kana River, natural wonders with raging water flowing out from the mountain face.

Try and attend the Annual Waghi Show in June. Well worth it. Then visit the biggest and best market in the whole of Jiwaka, the Banz market.

Pick tea leaves among the breathtaking, row upon row of tea plants stretching out over 2,000 hectares, at the Kurumul Tea Plantation.

A road trip around the Jimi District is worth doing for its excellent mountain views and culture. Witness a traditional Bride Price ceremony, where hundreds of the bride and grooms relatives exchange gifts to cement the matrimony.

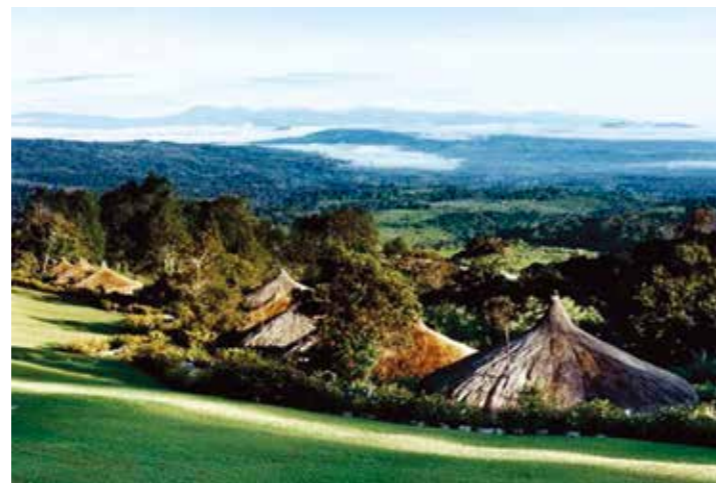
Getting there:
Domestic flights arrive into neighbouring Mt Hagen airport from Port Moresby. From the airport, it's a one-hour drive by car or 4WD to Banz, the provincial capital of Jiwaka province.

Suggestions:
A few days touring around the highlands in the Jiwaka Province, the home of the country's tea and coffee producing province, is a must do for the magnificent nature of the province. Our tour will include the Jiwaka Mission Resort located in Banz. A fantastic location. Any of our tours to this region will include a full day tour of this lush and fertile valley with visits to tea and coffee plantations and factories, village homesteads, learning about their lifestyles, way of living, traditions, customs, marital ceremonies and rituals. A full traditional sing-sing will compliment the tour.



Highlands Regions

Southern Highlands



About:

The southern region of the Highlands is a lush area in high valleys between taller limestone peaks. In Mendi the capital, and Lalibu, you'll get a strong feeling for the intricate social systems that define the Southern Highlands. This is one of the few remaining places where the traditional way of life can be seen in everyday living, making it an adventure seeker's dream. Climb to the country's second-highest mountain, Mount Giluwe (4,368m), explore the tracks around Mount Lalibu (3,465m), or simply enjoy the peaceful scenery at Lake Kutubu. The head waters of three major rivers start from these highlands. Maybe buy an Imbonggu basket from the Mendi Market, on a Friday or Saturday when

a great variety of vendors come to town.

Visit skeleton caves, mountain trails, the region's very own orchids, bird watching sites, and cultural activities, throughout the year. Definitely a visit to the spectacular 100 metre fall of the Wasi Falls at the Wildlife Management Area is called for. The falls part of the Bisi Falls complex is truly magnificent and at around 90 metres wide with lots of smaller waterfalls dropping into it, it is stunning. Mt Bosavi crater also in the Southern Highlands Province but now an extinct volcano. It features a forested volcanic crater that is a haven for waterfalls. Ok! Enough of waterfalls but they are worth the effort.

Getting there:

Domestic flights arrive directly into the Mendi or Moro airports from Port Moresby. The Highlands Highway connects Mendi to Mt Hagen.

Suggestions:

There are certainly challenging treks throughout the Southern Province offering truly remote and mesmerising experiences. You may well want to stay in one of ecotourism's most successful ventures, the Ambua Lodge at Tari and be invited into the settlements of the Huli people. This is home of the Famous Hella Wigman displayed at shows and festival.



Southern Regions



Central and Port Moresby

About:

The Central Province is where the capital city of Port Moresby is situated. Many visitors do not stay around in Port Moresby, but in fact it has a huge amount to offer. Both east and west of the city offer great beaches with good waves for surfing, kiting or relaxing. Accommodation is available at many of the beaches such as Hisiu Beach, Hula, Lea Lea. Maybe try one of the island such as Yule Island and Daugo Island. Nature parks, amusement park and craft markets are to be found. Restaurants are good so no going hungry here.

Again for the diver, plenty! Many divers go off to other areas in PNG but the diving here is also excellent on the reefs behind Daugo Island, Bootless Bay, and Horseshoe Reef.

Less than one hour and east of Port Moresby is the Varirata National Park where there are some nice and easy loop walks. It is the habitat of the bird-of-paradise. You may also see wallabies, deer and other creatures. Then onto the Sogeri Plateau high above the Central plains. The winding highway climbs 800m past the magnificent Rouna Falls, spectacular rock formations, and the remains of an ancient volcano. At Sogeri you'll find the starting point of the famous Kokoda Track which runs from Owers' Corner across rugged and isolated terrain, which is only passable on foot, to the village of Kokoda in Oro Province. It reaches a height of 2,490 metres (8,169 ft) as it passes around the peak of Mount Bellamy. Make sure you pack your walking shoes.

Getting there:

International flights arrive directly into Port Moresby International Airport from many transit hubs in the Asia-Pacific region. From the airport it's an easy 20-minute ride to the city centre.

Suggestions:

Lots of excellent hotels in Port Moresby, such as the Hilton, Airways, Lamana Holiday Inn, and Stanley. However there many more hotels to suit. Pack Ya Bags have access to all of them so let us know what you want and it will be organised for you. Many of the tours we offer start and finish in Port Moresby as it is the main entry point for PNG. Start your tour to the Highlands, Islands and other provinces. The options are huge for all kinds of interests.





Milne Bay



About:

Milne Bay province has seven groups of islands; the Trobriand, Woodlark, Laughlan, Louisiade Archipelago, the Conflict Group, the Samarai Group and the D'Entrecasteaux Group.

It is little wonder this area is so popular with 160 inhabited islands and somewhere in the region of 200 cays and atolls. There are many islands to explore, and without doubt it is a mecca for the diver, including a number of liveaboard boats based in the bay. Milne Bay is not just for diving but also for island hopping throughout this beautiful region. Alotau is the capital of the province and has the Kenu and Kundu Festivals each year. For a great hike, the Weddau area on the north coast offers a stunning selection of walks, including a three to four day hike from Weddau to Alotau.

Fergusson Island's active thermal region with natural hot springs, bubbling mud pools, spouting geysers and volcanoes. There are great walking and tramping tracks. The Milamala's Yam Harvest Festival on the islands of love is an absolute must during June to August. They are the peace loving people of the Trobriand islands.

For the diver there are dramatic, underwater drop-offs and overhangs littered with WW2 wrecks. Many of the island have guest house accommodation. Many are basic but our tours can be organise around your interest and to many of these islands.

Getting there:

There are one or two flights per day from Port Moresby to Alotau, Milne Bay and also a few times per week to the Trobriand Islands

Suggestions:

3, 7, 10 nights Tawali Resort. (shown left)

Includes:
 Deluxe accommodation with balcony, ocean view.
 All meals including coffee, tea.
 Lunch and snacks on dive boats.
 Daily boat dives and shore diving on the house reef.
 Tanks, Weights.
 Round trip Airport Transfers.
 Environment and Safety fees.

Divers and Non divers.

Charter Liveaboards or itineraries can be had throughout the Milne Bay area. The itineraries are flexible and tailor made to requirements if required.

Southern Regions



About:

This area is renowned as being Papua New Guinea's answer to an African Safari due to the open grasslands full of deer, wallabies, wild pigs, crocodiles, lizards, and the fantastic bird life. Two of the greatest rivers in the country are here, the Fly River, being the second longest in PNG, and the Strickland.

Daru is the capital and is situated on an island, (one of 39 delta islands), near the mouth of the Fly River. It is actually one of the Torres Strait Islands but is not part of Australia.

The largest lake in PNG, Lake Murray, grows to around five times its size during the wet season and is home to a crocodile research station. The largest magnificent Wawoi Waterfalls are right in the middle of the Fly River.

Other giant rivers of the Western Province are the Bamu River, famous for the legends and stories of its river monsters, and the Bensbach River in the far south west, nudging up to the Indonesian part of New Guinea.

On the flood plains of the Aramia River is the Balimo Station, the home of the Gogodala people, famous for their intricate art and the building of giant, long houses that accommodate the whole village. The Gogodala Canoe Festival, features beautifully crafted canoes in a series of races between the four tribes of the region and is must between April and May. See Pelicans, Hornbills, Eagles, Birds of Paradise, and Parrots. Maybe the twelve-wired Bird of Paradise, Flame Bower Bird, Southern Crowned Pigeon, Southern Cassowary, and a host more.

In The Star Mountains, you can see a magnificent limestone formation that crosses the border into Indonesia. Visit the incredible Hindenburg Wall, an immense cliff reaching 1km high and 40km long! There are possums, tree kangaroos, tree cuscus and a great variety of orchids, caves, sinkholes and fabulous gorges, including the Luplupwintem containing the last surviving Bulmer's fruit bat.



Western(Fly River)



Getting there:

Domestic flights arrive directly into Daru from Port Moresby. Access to the other parts of Western Province will be with third level airlines and charter planes.

Suggestions:

7 days or more in the Bensbach Wildlife Lodge

Is one of the great places to stay to look at this fabulous area of the Tonda Wildlife Management Area.

The tours to here are inclusive of transport, accommodation and all meals.

This is very much like being on Safari, but you will not see crowds of people so if you are into photography, this is a paradise to photograph many of the 191 species of bird recorded at the lodge.

There is good fishing, so at night you may be eating your own freshly caught Barramundi. Itineraries to suit your length of stay and interest.



Southern Regions

Oro (Northern)

About Oro:

Oro province has, within its region the world's largest butterfly, magnificent fjord-like inlets at spectacular Tufi, an active volcano and a well-known WW2 battle-site.

Tufi is a good place to start exploring Oro with its fantastic inlets and fjords. This is a divers and snorkelers paradise, but if you are not a diver there is plenty of adventure waiting for you.

If you are there when the villagers perform, it really is amazing with a cast of hundreds. The author (Ray) visited, and the photo below and the back page are from one such occasion.

The northern end of the Kokoda trail ends at the village of Kokoda in the Oro Province.

From the early gold rush days to the devastating Pacific campaign of World War 2, and then the deadly eruption of Mt Lamington, Popondetta became the provincial capital. The region is rich with a fascinating and interesting history.

Take a photo with the Queen Alexandra Birdwing, the largest butterfly on the planet. Watch the age-old practice of beating the bark of a mulberry tree into soft tapa cloth. Dive with the resident hammerhead sharks and moray eels at Tufi.

Although the main attraction is diving, there are many other adventures such as bushwalking, deep sea fishing, windsurfing, swimming, canoe trips or just lazing on the white sandy beaches.

The local villagers are very friendly and will have a great time teaching you crafts and showing you their culture.

Getting here:

Connect from Port Moresby to Popondetta and Tufi. Pack Ya Bags organises transfers between, Tufi, Ioma, Kira, and Kokoda.

Suggestions:

7 or 10 days at Tufi Resort

Including:

Domestic Airfares.

All accommodation.

All meals.

Diving Package (or non diving package).

Cultural tour.

Sea kayaking.

This is a boutique resort overlooking the fantastic fjords.



Gulf



The Gulf Province is a fair way of the beaten track as far as tourists are concerned, with simple homestays and guest houses being the main accommodation. There are many rivers and deltas in the Gulf and the famous Bulldog Track can be accessed from the Capital Kerema. The trek is longer, higher, steeper, wetter, colder and rougher than Kokoda, so not for the faint hearted!. It is around 100kms long.

The Gulf's unique song and dance and the huge masks and head dresses are a sight to see at the very exciting Gulf Mask Festival. It's a new cultural show on the national events calendar, held in the middle of June in Toare, a few kilometres from the district headquarters of Kerema. Many tourists attend famous events such as Mt Hagen or Goroka, but very few venture to this one. So if you want to be in the minority, Try this festival and experience the Sing-Sing.

Getting there:

Domestic daily flights to Kerema from Port Moresby or a 4 hour road trip on the Hiritano Highway through the Central Province. The trip is around 300kms but can be organised.

Suggestions:

All itineraries to here will be tailor made tours

Islands Region

Bougainville

About:

The Autonomous Region of Bougainville is known for its fantastic beaches, natural wild beauty, history and unique wildlife and fauna.

There are around 60 lakes to explore, and even sinkholes, caves and volcanoes. If time permits, check out the Reed Festival, Canoe Festival, and Chocolate Festival for a complete cultural experience.

The Barter system is still practiced in most remote parts of the region. Featured on the provincial flag is a tall hat, known as Upei. The Upei is a headdress worn by young men at their initiation and marriage ceremonies.

Don't miss the Saturday markets, where the beautiful crafted Buin baskets and Buka baskets will be for sale. Visit the old colonial buildings and gardens at Sohano.

There are around 98 resident bird species in the region. See if you can find them all, although you would need a little time!

Bougainville is off the beaten track and far from easy to get to. It is an island with vast, untapped potential for tourism, with magnificent rugged, jungle terrain and amazing coral reefs offshore. Buka township has the most accommodation of all the towns.

Getting there:

Domestic flights arrive in Buka from Port Moresby three times a week. Flights are scheduled for Tuesday, Thursday and Saturday, with the aircraft returning the same days.

Suggested Itineraries:

There are a number of guest houses which offer really good, homely accommodation.

7 nights Kuri Village Resort Buka, Bougainville Can include tours to these suggestions below. Packages to suit.

Buka-caving, fishing, snorkeling and scuba diving.
Wakunai and Mt Balbi-bird watching, wildlife and trekking.
Arawa for snorkeling, village stay possible.
Kieta, fishing, yachting and Arovo Island.
Panguna, birdwatching, orchid viewing.
Panguna mine.
Torokina, WW2 relics, sinkholes, Numa, numa track.
Buin, Admiral Yamamotos plane wreck, Little Tokyo scuba diving.

Manus



About:

The Admiralty Islands and a scattering of low-lying, mostly uninhabited atolls, form the province of Manus, whose northern border touches the equator. Be sure to visit the local markets, and then get into the mood to the rhythms of the spectacular and unique traditional Garamut Manus dance.

Needless to say, being a small island you have to try the famous fresh fish and seafood including reef fish, tuna, mackerel, crab and lobster at the restaurant at the Harbourside.

Explore the small island of Tuluman that rose from the sea, due to an undersea eruption and rapidly cooled lava. Instant Island!

There are around 208 islands in the group along the equator which gives it an 800 km border. The largest island, Manus, is part of the Admiralty group. Most of it is rugged mountain covered in forest. Very few visitors so this is perfect frontier travel!

Wuvulu Island is part of the Western Islands of the Bismarck Archipelago and part of Manus Province. It is the western most island of the thirteen islands that make up the Archipelago chain. Being less visited the island, and wildlife is fantastic, as are the people who are trying to make this area a conservation area.

The reef offers excellent diving, snorkeling, and glass-bottom boat excursions, often with virtually unlimited visibility.

Getting there:

Domestic flights arrive five times a week at Momote Airport in Manus from Port Moresby

Suggestions:

Seeadler Bay Hotel Manus.

5 nights in this hotel, right on the beach with great views. During your 5 days we can arrange a village stay as well as hiking, kayaking, and fishing.

Getaway for a true adventure. Get a small group together and charter a liveaboard boat to where Wuvulu is situated. Here is an unspoiled paradise whether you want to relax on a private boat or get into the unbelievable diving or fishing. Contact us for details.



Islands Region



East New Britain and Rabaul

About:

Lots to see and do in this region, with the fascinating WWII history and towering active volcanoes nearby.

On special occasions the Baining Fire Dancers will perform and are certainly not to be missed if you get the opportunity.

Visit the Bitapaka War Cemetery, Mount Tavorvur and hot springs, and the Japanese Barge Tunnel which is part of around 700 kms of tunnels surrounding the area. Accommodation, hospitals and barges were housed here. A barge can still be seen in the tunnel at Karavia. General Yamamoto's bunker was also situated here.

There are two good local markets at both Rabaul and Kokopo, both with colourful and vibrant, locally made goods and art.

Kokopo is the capital city, which was moved from Rabaul in 1994 when the volcanoes Tavorvur and Vulcan, erupted. The two cities are around 20kms apart and the population has switched basically from one to the other.

Duke of York Islands are beautiful and magical, safe and wonderfully inviting. Barely touched by tourism. Needless to say the diving here is fantastic. There is not only the fabulous coral and fish to see, but lots of wrecks. A photographers paradise.

Getting there:

Daily flights from Port Moresby to Tokua Airport (Rabaul) Only a 10 minute drive to Kokopo for the 45 minute boat transfer to the Duke of York Islands. There are other flights from other centres in PNG.

Suggestions:

7 or 8 days in this region for diving, snorkeling, kayaking, culture and history.

Kokopo Beach Bungalow Resort. Rabaul Dive Adventures are based here. Kokopo Beach Bungalow Resort is the only resort located in the heart of Kokopo town on the island of East New Britain, near the former town of Rabaul.

Rapopo Plantation Resort. Rabaul Kokopo Dive is situated at the resort. Beautiful Rapopo Resort with stunning view of Tavorvur volcano overlooking the magic waters and islands of Rabaul.

Gazelle International Hotel

Location above the Ralum Golf Course with stunning views of Blanche Bay, the Duke of York Islands, New Ireland and the active volcano Tavorvur.



West New Britain and Kimbe Bay

About:

Kimbe Bay in West New Britain is fringed by a number of active volcanic mountains.

Dive magnificent volcanic caves and the famous seamounts rising from deep down in the ocean. This area is renowned as being one of the best in the world for the diver, so much is designed for divers.

The 'Coral Triangle' is a global centre of marine biodiversity, and a photographers dream area for sure. Either stay at the resort or get around on the couple of liveboard boats based here.

For the non-diver the snorkeling, fishing, trekking, birding and hot springs are excellent. This region is a must visit on your trip to PNG. Truly magnificent!

Kimbe is the capital and the bay itself has something in the region of 60 to 70% of the coral species of the entire Indo-Pacific.

Blue-eyed cockatoos, the world's largest moth, bandicoots, wallabies and the world's greatest number of orchids and all can be seen here.

Getting there:

Daily flights to Kimbe from Port Moresby

Suggested Itinerary:

8 nights Walindi Resort dive package

Including:

Accommodation, and meals.

Return Hoskins Airport transfers.

12 boat dive package incl tanks and weights plus an environmental and safety fee payable directly to Walindi.

8 nights Walindi Resort birding package

Includes:

5 full day trekking and birding. A reasonable fitness level is expected.

Accommodation, and meals.

Return Hoskins airport transfers.



Islands Region

New Ireland



About:

New Ireland's wonderful beaches, cultural festivals, paradise islands and uncrowded reefs and waves, make it a dream destination in Papua New Guinea, and it is stunningly beautiful.

With diving, surfing and blue water game fishing, New Ireland has some of the best. A day exploring the islands by canoe is a great experience.

The famous Malagan Mask Festival in June each year or the special shark calling rituals famous to the islands are unforgettable. There are a number of suggestions for stays on New Ireland, mainly around Kavieng, but another option is down the coast around 220km, to the plantation Rubio Retreat. The area goes from the beach to the mountains and is great for bush walks. Transfers from Kavieng. This allows you to see a little more of New Ireland.



Getting there:

Domestic flights arrive into Kavieng from Port Moresby daily. From the airport it's an easy 1km to the town centre.

Suggested Itinerary:

We recommend at least 5 to 7 days stay in any of the below resorts on an island or maybe in Kavieng township.

Kavieng Hotel:

The hotel is right in the middle of the town so a great base to explore the whole area

Nusa Island Retreat:

Situated on a sheltered, white sandy point which offers safe swimming and fantastic marine life, WW2 wrecks and kayaking

Lissenung Island Resort:

Lissenung is a small private island with only 8 oceanview rooms. A great resort to escape to with fantastic diving, snorkeling, surfing or just relaxing. The resort supports the local communities and village.





Madang

About:

Madang is a province on the northern coast of mainland Papua New Guinea and has many of the country's highest peaks, active volcanoes and has the biggest mix of languages. The capital of the province is also called Madang.

With volcanic islands and cays, 34 wrecks and great visibility, it is fantastic diving, as Ray, the author can testify.

Surfing is also very good here. There is so much to do from this town so it makes a good base.

Visit the Kau Rainforest Museum, a showcase of traditional bush knowledge, and the Kalibobo Lighthouse, an iconic Coast-watcher's memorial.

Outside of Madang there are many small villages you can visit and the locals will show you their customs and way of life. The people are extremely friendly as the author can testify. A tour to one of the villages to see working crafts is a must as the whole village will come out and get involved with much hilarity.

Krangket and Siar Island are a short boat trip from Madang with two picturesque villages, great for swimming and relaxing. There is an old WW2 Japanese airfield with plane wrecks and bomb craters.

Getting there:

Air Niugini has daily flights from Port Moresby, as well as flights from several other centers in PNG

Airlines PNG has flights from Mt. Hagen and Wewak.

Suggestions:

[The Madang Resort](#) is a good place to be based for many interests. It has a dive shop and boats with excellent facilities and diving on offer.

[Malolo Plantation Lodge](#) is around 45 minutes out of Madang Set among palm trees and tropical gardens, overlooking volcanic islands in the Bismark Sea and is a most magical and peaceful retreat. Daily cultural tours from these and other resorts and hotels can be organised.

[Pack Ya Bags](#) suggestion is 5 or 7 day, all inclusive packages.



Momase Region



East Sepik



About

The mighty Sepik River is one of the world's largest rivers for water flow and can rise and fall as much as 5 metres during the year.

The people here are renowned for their wonderful arts (as in the Western Sepik) and their paintings and carvings including the garamut drums, made from hollowed out tree trunks.

The Tropical lowlands have an incredible variety of flora and fauna with somewhere around 229 species of bird, and these are just the recorded ones! You can understand why the opportunity for photography is unbelievable with species such as the twelve wire birds of paradise, cockatoos, parrots, hornbills, cormorants and other water birds. Traditional village overnight stays are available for the more adventurous and you will be sure to be spoiled! A visit to see the Crocodile festival is a must.

The Sepik People:

The river is an important part of everyday life as there are no roads or shops as such, outside of Wewak. Sepik's live off the land and the river.

The Sepik people have the highest concentration of languages in all of Papua New Guinea, but many people speak Tok Pisin (pidgin) and to some extent, a few speak English. The locals will be impressed if you learn a few words in Tok Pisin and will love teaching you as they are incredibly friendly people as most Papua New Guineans are.

Wewak the Capital:

It's coastal location is surrounded by stunning islands with palm-fringed beaches. The town itself is the largest on the coastline between Madang and Jayapura. It has a busy marketplace. During WW2 it was also Japan's largest mainland airbase and there is much to see from that era.

Getting there:

Daily flights to Wewak and regular flights to Vanimo from PNG's capital Port Moresby, Nadzab (Lae) and Madang. Airlines PNG connects Wewak with Mt. Hagen in the Highlands and with Madang

Suggestions:

Karawari Lodge offers a number of stay holidays on the Sepik (shown top left), including many day trip options. If you really want to be in the middle of this adventure spend 5 or 7 days here.

Cruises:

The magnificent True North ship visits Papua New Guinea for a couple of months each year and is top of the line in small luxury cruising. It will visit not only the Sepik area, but other out of the way places in PNG. The fabulous Sepik Spirit has 9 cabins. The ship is built for the waterways of Papua New Guinea's Sepik region and is a must to explore the Sepik, close up.

Momase Region

Morobe



About:

This province is known as Papua New Guinea's industrial centre with the capital, Lae, being a hive of activity and cultural diversity. This is a great place to be based to explore the region, both inland, the coast and islands. Lae is on the doorstep of so much to see and experience in the district, and is reputed to have the best food market in Papua New Guinea. The valleys, (the Markham as an example) and mountains offer the most fantastic views and are well worth visiting. The mountains, with the tallest being around 4000 metres, rise out of the sea on the Huon Peninsula. Rainforest covers much of the region.

There are good hotels in Lae to start your adventure including; Hotel Morobe located a short, 10-minute walk from Lae's town, and is Morobe's newest 38-room boutique hotel, the second hotel and sister to the City Hotel. The Lae International Hotel is of international standard. Pack Ya Bags has good packages at all the hotels from a couple of nights or part of those great touring expeditions.

A note of caution:

The infamous Black Cat walking trail is being negotiated to re-open. This is a 58Klm very difficult track that has a past history of problems. The locals and tourism industry would like it open again.

Getting there:

Domestic flights arrive directly into Lae Airport from Port Moresby daily.

Suggestions:

6 nights Lae and Wau Adventure

Includes:

Lae for 2 nights.
Full day Lae Tour, including Botanical Gardens, Rainforest Habitat and Melanesian Arts.
4WD road transfer from Lae to Wau (the site of a gold rush in PNG) via Bulolo for 4 night stay Waramuli Guesthouse with all meals.

Daily touring to visit wartime wrecks, 1930's gold dredges, and limestone caves.



Momase Region



About:

The headwaters of the great Sepik River are in Sandaun Province. The West Sepik culture is an artistic one, taken from the mighty Sepik River especially in carving. The crocodile plays an important role in their culture, traditions, arts and folklore.

This is a place to 'go off the grid'

The capital Vanimo is located on a peninsular with excellent, white sandy beaches and is only about 32 km from the border with the Indonesian (western) half of New Guinea. The area attracts a few surfers who have found this a surfing paradise.

Here the river narrows into dense, mountainous country and only small boats can navigate upstream from the village of Ambunti. There are no roads in the Upper Sepik and much of the province is covered in rainforest.

A few options:

Visit the West Papua border which is very picturesque along the route. Explore the World War II aircraft wreckage at Aitape, including a B-24 bomber. Search for the perfect wave at Lido near Vanimo and the surf beaches around Aitape. See the Painted Canoes and decorative Large Shields. Get away from it all and enjoy frontier travel at its very best.



Sandaun (West Sepik)



Diving and Snorkeling in Papua New Guinea

About Diving and Snorkeling

The fantastic dive sites of Papua New Guinea are just the beginning to see the amazing variety of flora and fauna in the underwater world. There is excellent diving for all levels, and if you cannot dive and want to, this is perhaps the best chance to get into this sport. If you only want to snorkel, it also offers some of the worlds best, in places like Walindi and Tufi. (Only 2 suggestions) There are many.

The underwater world includes barrier reefs, coral walls, fringing reefs, sea grass beds and coral atolls. Spectacular wreck diving reveals untouched collections of ships and aircraft from WWII and the diverse marine life they attract.

Suggested areas of renowned diving:

Kimbe Bay, West New Britain, Milne Bay, Madang, Rabaul and Duke of York Islands, East New Britain, Kavieng, Tufi, Bougainville. All of these have stunning underwater dives and feature many animals and fish, the beautiful corals, and many wrecks. There are many unexplored areas of PNG including Wuvulu Island, part of the Western Islands of the Bismarck Archipelago and part of Manus Province. Due to their location these spots rarely see foreign visitors except for a few divers on liveaboards. Get a group together and we can organise an exploratory trip!

Safety:

Papua New Guinea has its own hyperbaric recompression chamber. Located at Port Moresby Medical Services,

The Liveaboards:

A couple of suggestions.

MV FeBrina is a traditional styled boutique, live-aboard dive vessel, with a custom-built dive deck and water-level entry board. The friendly crew are as much an attraction as the diving. Operating in Kimbe Bay, North Coast and South Coast of New Britain.

MV Oceania is a 27 metre catamaran operating in three of the most popular diving areas of Kimbe Bay, Witu Islands and Fathers Reefs, varying from 8 days to 10 days depending on the time of year.

Other liveaboards:

MV Chertan: a 20 metre beautiful dive ship.



Suggestions:

7 Night Tufi Resort Dive & Stay Package
Inclusions:

- PNG Domestic Airfares, POM-TUFI-POM.
- Airport transfers in Tufi.
- 7 nights' accommodation at Tufi Resort.
- All meals; Continental breakfast, lunch & 3 course dinner.
- Scuba Diving: 10 boat dives over 5 days.
- Cultural experience & beach day.

8 Night Walindi Resort (Kimbe).

- Inclusions:
- Return Hoskins airport transfers.
 - 12 dive package incl tanks and weights.
 - 8 nights accommodation.
 - All meals.

7 Night Tawali Resort (Milne Bay).

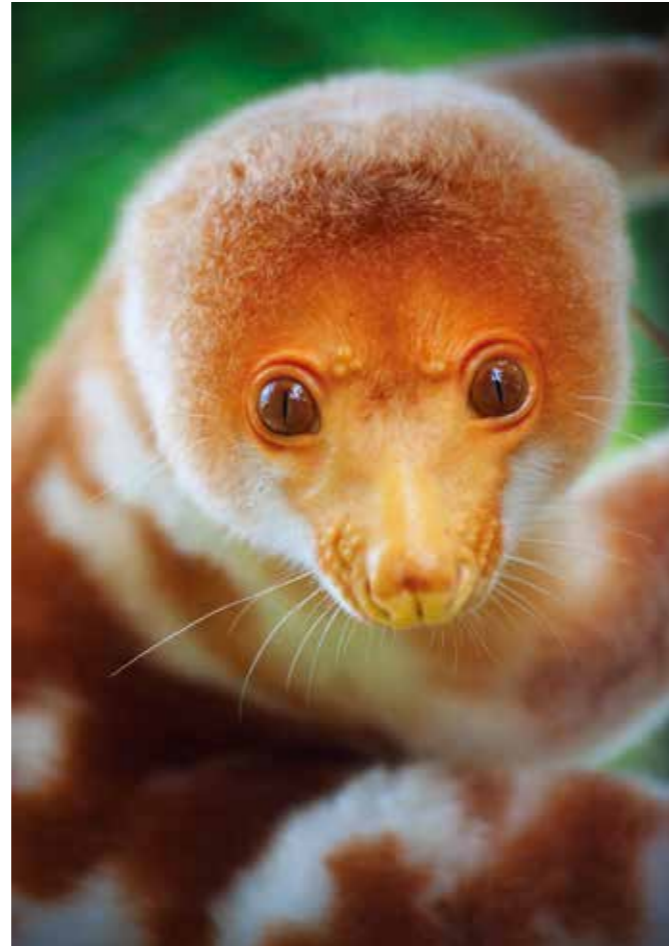
- Inclusions:
- PNG Domestic Airfares, POM-TUFI-POM.
 - Airport transfers in Milne Bay.
 - 7 nights' accommodation at Tawali Resort.
 - All meals.
 - 10 dive package.

8 to 10 days on MV Oceania Dive Catamaran.

- Set departures throughout the year.
- Please get in touch with Pack Ya Bags for a full itinerary and departures throughout 2020 and 2021.
- All inclusive with accommodation, all meals and 4 or 5 dives daily.

Trekking and Birding

Yours to explore



About Trekking:

Because the local people have been used to walking throughout their history, many walking tracks exist throughout PNG. One of the most popular is the five to nine day Kokoda Trail, which is around 96kms long, although it used to be coast to coast years ago and much longer. There are many other tracks throughout the country, just as challenging and together with mountains like Mt. Wilhelm at over 14,000 ft, the trekking can be fantastic. Other tracks include the Black Cat Track and Bulldog Track (6 days). Qualified guides provide the local knowledge and safety required. Walking anywhere in PNG requires you to have a reasonable level of fitness.

About Birding:

Birding is available throughout the country from coastal and island locations right up to the rugged peaks of the highlands, with a diversity of fantastic birdlife. PNG is particularly famous for species such as the Purple Bellied Lory and the Bird of Paradise, and rare finds including the Hooded Pitohui, the worlds first documented poisonous bird! PNG has around 700 species of birds including 35 species of Bird of Paradise.

There are a number of birding regions but in fact these wonderful birds can be seen throughout the country if you are lucky enough to spot one, in any of the below. Central, Kimbe Bay, Tari Heli Province, Manus Island, Milne Bay, The Sepik Regions, Mt Hagen and Highlands.

Suggestions:

Pack Ya Bags has full descriptions of these walks on our website, or ask us and we will send them to you.

10 day Kokoda Track (8 days trekking)

This trek on the Kokoda begins from Port Moresby, to Ower's Corner at the start of the track. The track stretches from Central Province to Oro Province. On the first day it is introductions to the guides and porters.

Other treks:

Mt Wilhelm, Bulldog Track, Black Cat Trail, (closed) Coast to Coast, Summit to the Sea, Extreme Treks and even making up your own adventure. Just ask Pack Ya Bags and we will create it for you.



About:

Papua New Guinea has one of the most diverse cultures on the planet. Trek through tropical jungles, mountains and valleys, cruise the mighty Sepik River, surf the breaks in New Ireland, dive the reefs and wrecks around the coral coastline, or kayak in the fiords at Tufi. Your trip to PNG is guaranteed to be unforgettable. Your adventure can be sedate or we can push you to your limits.

Fishing:

Fishing is fantastic, in the uncrowded river systems or the sea. Some of the best Lures in the world. Try the Black Bass and the River Tiger (found nowhere else in the world). Get into the Barramundi at Bensbach or the marlin out from the islands.

Pack Ya Bags has many tours for you including fishing throughout PNG.

Surfing:

Explore great surfing destinations from October to April. The breaks at Vanimo, Wewak, Madang and Kavieng are becoming known for being uncrowded, and challenging.

Papua New Guinea has a surf management plan ensuring the money raised is contributing to sustainable tourism for reef owners. This controls the number of surfers accepted to an area during the season, keeping the waves uncrowded.

Suggestions:

Try the Sero Board Riders Club at Taurama Point, just outside Port Moresby. Vanimo's premier surf location at Lido village, with offshore conditions either on the left or right all day long! Surf the 3ft to 8ft reef breaks off Kavieng from Nusa Island Eco Retreat.

Kayaking:

As the photos show, the coastlines are in pristine tropical waters, full of sea life and dazzling coral reefs, waiting to be discovered during a Kayaking trip.

A kayak trip is a true adventure to see Papua New Guinea from the sea, coves and islands. With close to 600 different islands, this is a great way to explore the more remote and uninhabited islands.

Suggestions:

Paddle along the coastline of New Ireland Province, with it's white sandy islands, kayak around Kalibobo Village (Madang province). Encounter sea turtles, and dolphins, on the secluded coastlines of the spectacular tropical fjords of Tufi (Oro province).

Caving

Massive deep and long cave systems. Contact us for more information on this sport.

Surfing, Kayaking, Fishing and Caving in out of the way places



Festivals and shows

Suggestions:

12 day Festival Tour of Crocodile Festival, Sepik, Ambunti, Paiya Mini Show and Mt Hagen Festival

Includes:
 Transport and flights to and from Port Moresby.
 All Accommodation including village stays.
 Ambunti Crocodile Festival, in the Sepik.
 Singsing (not seen in Mt Hagen).
 Pottery making.
 Cultural performances.
 Paiya show. Welcome by chief and wives.
 Wewak.
 Visit Tea Plantation.
 The fantastic Mt Hagen Festival.



Must see shows and events

There are many festivals and events throughout the year with many famous names such as the Mt Hagen show, the Goroko show and the Kenu and Kundu Canoe Festival. The participants, locals and visitors, all get together to enjoy these events for many cultural reasons. From the highland regions to the islands, a festival will be held somewhere and the excitement of attending one will always be a highlight. The famous Mt Hagen is a huge festival with clans meeting from across the highlands so a fantastic mix of 1000 participants can be seen in their makeup and dress, representing many clans throughout PNG. Goroko is another highlands event, even bigger, and featuring 100 clan groups including the famous 'mudmen' This is an agriculture show also, so not to be missed. The famous Sepik River hosts the Crocodile Festival. On the island of New Britain the highly symbolic Mask Festival including the Baining fire-dancers. Milne Bay has the stunning Canoe Festival celebrating their association with the sea and an on land 'Sing - Sing'. There are many such festivals and show throughout the whole of PNG.



The main cultural festivals take place annually from July to November throughout the country.

- July - National Mask Festival & Warwagira, East New Britain.
- August - Sepik River Crocodile & Arts Festival, East Sepik.
- August - Mt Hagen Show, Western Highlands.
- August - Enga Cultural Show, Enga.
- August - Jiwaka Cultural Show, Jiwaka.
- September - Goroka Show, Eastern Highlands.
- September - Hiri Moale Festival, Port Moresby, NCD.
- September - Frangipani Festival, East New Britain.
- September - Madang Festival, Madang.
- September - Malagan Festival, New Ireland.
- September - Chocolate Festival, Bougainville.
- September - Tufi Tapa Tattoo Festival, Tufi, Oro.
- September - Karkar Island Bilum Festival, Madang.
- October - Morobe Show, Lae, Morobe.
- November - National Kenu & Kundu Festival, Milne Bay.



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Your Travel Agent's Contact