

# PAPUA NEW GUINEA

DETAILED ITINERARY

A TRIBAL ODYSSEY

Nov 21/24



Singing Festival is an exhibition of diverse tribal cultures.

Photo: © Donald Whiteley

Papua New Guinea is like no other place on Earth - culturally rich and geographically remote, with some of the most stunning scenery anywhere.

From the rugged mountains to the coastal islands, this journey is an adventure of a lifetime. We meet and learn about some of the tribal people of this land including the Asaro Mudmen, the Wahgi, the Simbu, and the Kaguel. Our adventure includes many village visits so that we can really meet the people and experience their way of life. We watch the fire dance and enjoy snorkelling with the dolphins at Rabaul on New Britain Island.

Our September departure features the Goroka Cultural Festival, where the tribes come from all over Papua New Guinea for a two-day spectacular "singsing" - a traditional song and dance festival complete with traditional tribal clothing and body decoration. Throughout our journey, we encounter amazing birdlife, lush flora, stunning scenery and some of the most fascinating tribal people on Earth.

## FACTS & HIGHLIGHTS

- 21 land days • Maximum 16 travelers • Start and finish in Port Moresby • All meals included • Includes 6 domestic flights • Encounter the Asaro Mudmen, the Wahgi, Simbu, and Kaguel tribes • Goroka (Sep dep) Singing festival • Swim with the dolphins in Rabaul on New Britain Island • 2-day Sepik River adventure by wooden canoe

## DEPARTURE DATES & PRICE

**Sept 13 – Oct 3, 2026 - \$14,495 USD**

Price includes \$1700 USD of domestic air cost.

**Activity Level: 2 or 3**

**Comfort Level:** Local roads can be rough and wet. Travelers must be flexible and prepared for day-to-day changes. Some areas are very primitive.

**ACCOMMODATIONS** During the Sepik adventure, we stay in basic dormitory accommodation (tribal longhouses) with limited bathing and toilet facilities.

**ELDERTREKS**



SMALL GROUP  
**EXOTIC ADVENTURES**  
FOR TRAVELERS 50 PLUS

**Please Note:** Papua New Guinea is one of the most culturally interesting places on Earth, with many of its tribal people following a traditional lifestyle. This adventure has been designed to experience the villages and people of Papua New Guinea. In order to do this, we visit a number of local villages and we have 2 overnights in one village. There are overnight stays where the accommodation is very basic; it can be dormitory style and have no fans/air conditioning and very limited facilities. As much of the interior of the country has no roads or impassable ones, we maximize our time by flying from location to location and flight schedules frequently change. While we endeavor to do/see everything listed in the itinerary, nothing in Papua New Guinea goes as planned, so travelers must be prepared for changes to this program as we travel.



## DAY 1 PORT MORESBY ARRIVAL

You will be met on arrival at Port Moresby airport and transfer to our hotel. We gather this evening for our orientation meeting and dinner.

Overnight in Port Moresby.

## DAY 2 PORT MORESBY CITY TOUR

We have a full day city tour of Port Moresby and surrounding areas, including the National Parliament and the Botanical Gardens. We also visit Hanuabada village, one of only two remaining stilt villages in the area. Later we visit the Adventure Park which has a fantastic display of orchids and birds.

Overnight in Port Moresby.



### DAY 3 FLIGHT TO MADANG

This morning we depart for the airport for our flight to Madang. Upon arrival we will be transferred to Jais Aben Resort. After lunch in town, we begin a tour of Madang and the surrounding area including Madang local market, Kalibobo light house, and the Madang Museum and Arts Gallery. Late afternoon at leisure.

Overnight in Madang.

### DAY 4 MADANG AND PANUDAU ISLAND

This morning we may be able to visit one of the Independence Day rehearsals. The country gained independence in 1975 and this is celebrated with festivals and shows. After lunch we have a short boat ride to Panudau Island where we can enjoy the traditional dances. Afterwards, we will go to another nearby island for swimming and/or snorkeling.

Overnight in Madang.

### DAYS 5 TO GOROKA

We have a long drive today from Madang to Goroka through rugged mountain terrain and rain forests. We will make a stop to see the Yonki dam and enjoy lunch enroute.

Overnight in Goroka.

### DAY 6-7 GOROKA SINGSING FESTIVAL

A yearly event in Papua New Guinea, the Goroka Cultural Show is one of the best shows in Papua New Guinea to witness some of the amazing traditional dances and tribal attire from over 40 different tribal groups. An early morning wake-up call gets us to the show grounds to see the preparations before the formal show begins. We see the performers prepare their traditional clothing and body decorations and practice for their dances. We spend the day at the Goroka Arena taking in the “singsing” performances.

On Day 7 we will visit the Asaro Mudmen for a private show to learn about their mask making techniques and also about the origin of the “mudmen.”

Overnight in Goroka.

Port Moresby harbor.



## DAY 8 TO MT. HAGEN

We depart this morning from Goroka to Mt Hagen, the 3rd largest city in Papua New Guinea. We cross the Daulo Pass (7,000 ft/2,100 m). Enroute we visit a coffee plantation before stopping at the village of Mindima (Chimbu) to watch a performance by the Omo Masalai tribe, also know as the skeleton people.

Overnight in Mt Hagen.

## DAY 9 MT. HAGEN SITES

After an early breakfast we depart for a tour in the Tambul District, one of the highest areas in the Highlands. We visit Alkena village, which is the origin of the most spectacular

and colorful dance in the province called the Ware Dance. We spend the rest of the day at the village witnessing other performances such as the Welcome Dance and other traditional activities.

Overnight in Mt Hagen.

## DAY 10 MT HAGEN TO PORT MORESBY

If time permits, we may visit a local market this morning, followed by an early lunch. This afternoon we fly from Mt Hagen to Port Moresby where we will check in to our hotel.

Overnight in Port Moresby.



Life on Sepik River.

## DAY 11 FLY TO WEWAK

After breakfast, we transfer to the airport for our flight to Wewak. Upon arrival, we will visit a local market and see what other interesting finds we can discover. Later, we will check into our boutique hotel.

Overnight in Wewak.

## DAY 12 SEPIK RIVER EXCURSION

After an early breakfast, we drive to Pagwi on the Sepik River. The drive can take between 5 and 6 hours as we visit markets and viewpoints along the way. Arriving in Pagwi, we board our motorized dugout canoes and travel down river to Kanganamun village, home of the crocodile cult, and set up for our next two nights in the village.

On the Sepik River, we will be spending 2 nights in basic dormitory accommodation (tribal longhouses) with limited bathing and toilet facilities. Each person will have a foam mattress with sheets and a pillow with pillowcase as well as a mosquito net.

In the afternoon, we will enjoy a local dance performance and after dinner, a drumming ceremony!

Overnight in Kanganamun village.

## DAY 13 SEPIK RIVER

Today we travel by dugout canoes along the Sepik River and its tributaries. Before heading out, we explore Palimbe village and see their beautiful hand carved totem pole. We stop at stilted villages to learn about the local way of life, see their Haus Tamburan (Spirit House) where rituals and initiations take place and as much as possible, try to meet with the villagers. We visit Aibom village - known for its clay pot makers, and Kanganamun village to meet the people and see how they fish, make sago and build their canoes. We will also witness several singing performances.

Overnight in Kanganamun village.



Baby in bilum bag

## DAY 14 TO WEWAK

This morning we visit another village and Haus Tamburan before arriving in Pagwi, a small scattering of houses, where we disembark from our canoes and continue by road to Wewak.

Overnight in Wewak.

## DAY 15 TO PORT MORESBY

We have the morning at leisure. After an early lunch, we will be transferred to the airport for our flight to Port Moresby. The afternoon is at leisure to relax.

Overnight in Port Moresby.

## DAY 16 PORT MORESBY TO RABAUL

We have a morning flight from Port Moresby to Rabaul on New Britain Island. Upon arrival we will check in to our hotel and have lunch. Later this afternoon we will drive southwest to a Baining village to watch the spectacular fire dance.

Overnight in Kokopo.

## DAY 17 KOKOPO - LOCAL VILLAGE

We will rise early today and head out before breakfast to swim and snorkel with the dolphins. After breakfast we will visit a local village and spend some time learning about their way of life. We will enjoy lunch at the local village before heading back to our hotel.

Overnight in Kokopo.

## DAY 18 GAZELLE PENINSULA

Today we see the sights around the Gazelle peninsula starting in Rabaul, the former capital, which was mostly destroyed during the 1994 volcanic eruption. We will see the volcanoes, hot springs and remnants from WWII, under Japanese occupation. We will enjoy lunch in the legendary Rabaul Hotel before heading back to Kokopo to relax for the remainder of the day.

Overnight in Kokopo.





Mesmerizing mask dance.

## DAY 19 TO LOLOATA (VIA PORT MORESBY)

We have an early lunch before our flight back to Port Moresby. On arrival we will make our way to the jetty for a short boat ride to Loloata Island, which is also known as 'One Hill' in Motu language. We have time this afternoon for snorkelling or walking around to explore.

Overnight in Loloata Island.

## DAY 20 AT LEISURE ON LOLOATA ISLAND

We have a full day to relax or stroll around the island.

Tonight is our farewell dinner.

Overnight in Loloata Island.

## DAY 21 DEPARTURE

We say a fond farewell to this fascinating and beautiful country as we transfer to the airport for your departure flight.



Tambuli dancers.





Chief's storage house.



Ritual masks inside the Spirit House.

## QUESTIONS & ANSWERS

### 1. HOW BIG ARE THE GROUPS?

Each group is limited to 16 participants. Small groups are an important ingredient in adventure travel. They allow for more interaction and more personalized service throughout the itinerary.

### 2. WHAT IS INCLUDED IN THE TOUR PRICE?

All accommodations throughout; all meals, starting with dinner on day 1 and finishing with breakfast on departure day (i.e. the last day of the ElderTreks tour); bottled drinking water throughout the trip; all internal transportation; airport transfers on day 1 and departure day (i.e. the last day of the ElderTreks tour); all day trips and entrance fees as outlined in the itinerary; tips for hotels (porterage), national guide, bus driver, restaurants and spot guides; services of a trip leader.

### 3. WHAT IS NOT INCLUDED IN THE TOUR PRICE?

International flights, tips to ElderTreks tour leader, alcoholic drinks, visas and travel insurance.

### 4. ARE THESE “EDUCATIONAL” TOURS?

Yes, in the broadest sense of the word, “educational”. We visit museums, national parks and reserves and have talks and discussions on many aspects of history, culture and nature. But this is only a portion of the educational experience. We believe that it is equally educational to meet local people on a non-commercial basis, visit their homes and even try to learn a few words in the native language. Sometimes the most “educational” moments can be wandering through a local market of a small town.

### 5. HOW DO WE TRAVEL DURING THE TOUR?

All local transportation is included in the land price of the trip. We travel by domestic flights, micro-bus, 4 wheel drives, wooden canoe, motorized longboats and by foot.

### 6. WHAT ARE OUR ACCOMMODATIONS LIKE?

Accommodation in Port Moresby, Mt. Hagen, Goroka, Madang, Wewak and in Rabaul we are in hotels that range from 2 star to 4 star and each room has private toilet and bathroom facilities. On the Sepik River we will be spending 2 nights in basic dormitory accommodation (bush longhouses) with limited bathing and toilet facilities. Each person will have a foam mattress with sheets and a pillow with pillowcase as well as a mosquito net. Single supplement rooming requests cannot be accommodated on the Sepik River.

Please note that for our journey on the Sepik River, large suitcases cannot be accommodated; please bring a small overnight bag for these two nights.

### 7. WHAT ABOUT THE WEATHER?

Papua New Guinea is south of the equator, so when it's summer in the Northern Hemisphere, it's winter there. From April to November, the days are generally in the 80°F-90°F (26°C-32°C) with nights in the 70°F (21°C). It's always warm and humid, with a chance of rain. The farther inland and higher in elevation you go, the cooler it will be, especially at night.

### 8. WHEN IS PAYMENT DUE?

A non-refundable deposit of \$500 USD (plus insurance if you require it) is due at time of booking and will reserve your place on the tour. Payment of the full land cost is due 120 days before departure. Cancellation charges are applicable and are outlined in the “Terms and Conditions” section of our brochure.

### 9. IS MEDICAL INSURANCE REQUIRED?

Insurance coverage is not included in the cost of your trip. Please note that medical insurance is not required for this adventure but is recommended. ElderTreks offers comprehensive travel insurance and we are happy to provide you with a quote if you call our office. If you are purchasing insurance elsewhere, please ensure you provide the details to ElderTreks as soon as possible.

*\*Please note those travelers with pre-existing medical conditions must take out travel insurance at the time of deposit*

### 10. WHAT SHOULD I TAKE ON THE TOUR?

There is a detailed “What to Take” list in our Trip Kit, which we will send to you after you have booked the trip.

### 11. WHAT MEALS ARE INCLUDED?

All meals during the itinerary are included, starting with dinner on day 1 and finishing with breakfast on departure day. We eat a variety of local foods prepared in a wide range of settings.

### 12. CAN YOU ARRANGE MY FLIGHTS?

We would be happy to take care of your air arrangements. ElderTreks offers personalized flight itineraries — not group flights. Stop over en route, come in a few days early, or extend your stay. Call us for a customized itinerary.

### 13. WHAT IF I WOULD LIKE MORE INFORMATION?

If you have any further questions about the adventure, please call our office for more details. A Trip Specialist will be happy to answer your questions. A Trip Kit containing further details on the destination will be sent to you once you have booked the trip.



Asaro mudmen







