

PAPUA NEW GUINEA

DETAILED ITINERARY

FEATURING MT. HAGEN SINGSING

Jan 15/25



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, the Kaguel, the Melpa and the fascinating Trobriand Islanders. Our adventure includes many village visits so that we can really meet the people and experience their way of life. We explore the Sepik River by wooden canoe and the remote town of Rabaul. Throughout our journey, we encounter amazing birdlife, lush flora, stunning scenery and some of the most fascinating tribal people on Earth. Our August (Mt. Hagen festival) and September (Goroka festival) departures both feature a two-day spectacular "singsing" - a traditional song and dance festival, complete with traditional tribal clothing and body decoration, where the tribes come from all over Papua New Guinea.

Please Note: Papua New Guinea is one of the most culturally interesting places on Earth, with many of its

FACTS & HIGHLIGHTS

- 21 land days • Maximum 16 travelers • Start and finish in Port Moresby • All meals included • Includes 5 internal flights
- Encounter the Asaro Mudmen, the Wahgi, Simbu, Kaguel, Melpa and Trobriand Islanders tribes • Mt. Hagen 'singsing' festival (Aug dep) • Goroka 'singsing' festival (Sep dep)
- Visit Rabaul and witness the Baining Fire Dance • 3-day Sepik River adventure by wooden canoe

DEPARTURE DATES & PRICE

- ***Jun 25 - Jul 15, 2025** - **\$12995 USD**
- ****Aug 13 - Sept 02, 2025** - **\$12995 USD**
- *****Sept 14 - Oct 04, 2026** - **\$14495 USD**

Price includes \$2800 USD of domestic air cost.

*Rabaul Mask festival - see Mask festival itinerary

**Mt. Hagen Singing festival

***Goroka Singing Festival - see page 3 for itinerary

Activity Level: 2 or 3

Comfort Level: 2 days over 8,000 feet. Local roads can be rough and wet. Travelers must be flexible and prepared for day-to-day changes. Some areas are very primitive.

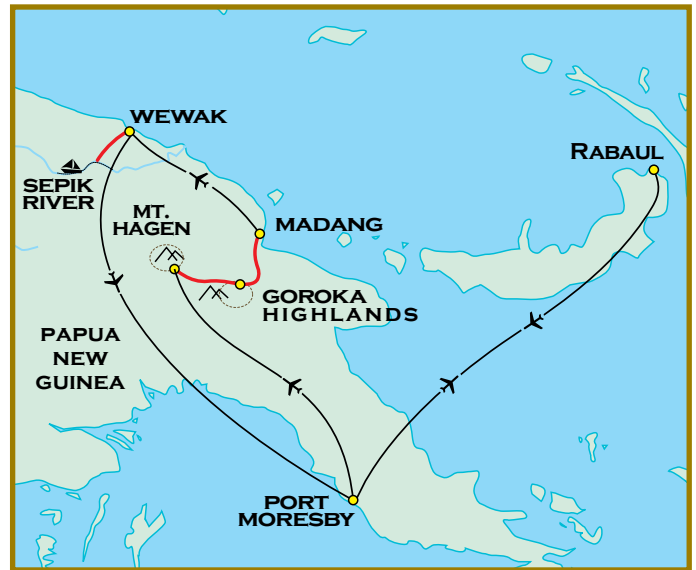
ACCOMMODATIONS Comfortable accommodations with private bathrooms. On the Sepik river, we have 2 nts. in basic dormitory accommodation (tribal longhouses) with limited bathing and toilet facilities.

ELDERTREKS



SMALL GROUP
EXOTIC ADVENTURES
FOR TRAVELERS 50 PLUS

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, it is common for changes to occur to the itinerary for things that are beyond our control. Traveler must be prepared for changes to this program, either before your journey starts or during the trip itself.



DAY 1 ARRIVE IN PORT MORESBY

We will meet 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

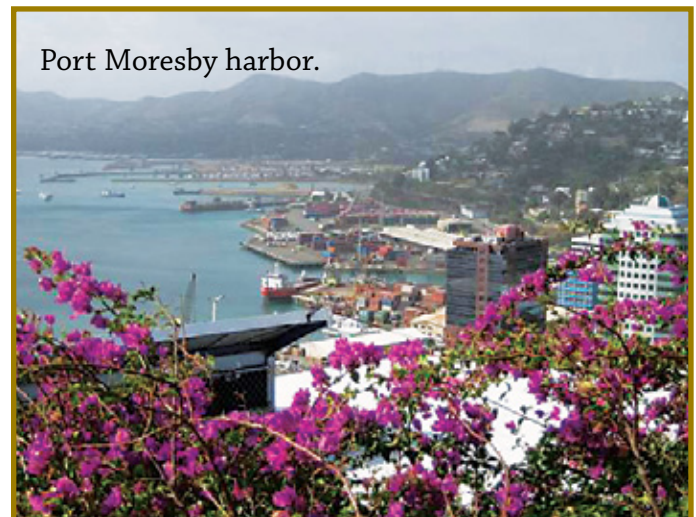
Today we embark on a city tour of Port Moresby that includes the National Museum, Botanical Gardens, an outside view of Parliament House and a visit to Hanuabada village, one of the only two remaining stilt villages in the area. The village is populated by the Motuan people, who are the original native people in the Port Moresby area.

Overnight in Port Moresby.

DAYS 3-4 PORT MORESBY TO MT. HAGEN

This morning we depart for the airport for our domestic flight to Mt. Hagen. Upon arrival, we will check into our hotel and enjoy a tour of Mt. Hagen. We will have the opportunity to visit Paiakona village for some pre-show entertainment before the Mt. Hagen Cultural Show officially begins.

Overnight in Mt. Hagen.



Port Moresby harbor.



Typical stilt village.

SEPTEMBER DEPARTURES

Follow this order due to Goroka Festival.

DEPARTURE DATES & PRICES

Sept 14 - Oct 04, 2026

- Day 1: Port Moresby arrival
- Day 2: Port Moresby, to Madang
- Day 3: Picnic Island, local village
- Day 4: To the Eastern Highlands
- Days 5-6: Goroka Singing Festival
- Day 7: Goroka Sites
- Day 8: To Mt. Hagen
- Day 9: Mt. Hagen Sites
- Day 10: To Kumul Lodge
- Day 11: Fly to Wewak
- Day 12: Sepik River Excursion
- Day 13: Sepik River
- Day 14: To Wewak
- Day 15: To Port Moresby
- Day 16: Port Moresby, City Tour
- Day 17: Fly to the Trobriand Islands
- Day 18: Kiriwina Island, Trobriand Islands
- Day 19: Kaibola Village
- Day 20: Fly to Port Moresby
- Day 21: Depart Port Moresby

DAY 5 MT. HAGEN CULTURAL SHOW

A yearly event in Papua New Guinea, the Mt. Hagen 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 preparing their traditional clothing and body decorations and practicing for their dances. We spend the next two days at the Mt. Hagen Arena taking in the “singsing” performances.
Overnight in Mt. Hagen.

DAY 6 IN SEARCH OF BIRDS OF PARADISE, TAMBUL VILLAGE

Today we travel along the shadow of Mt. Hagen, to an area well known for its bird watching. In addition to the birds of paradise (75% of the birds of paradise species can be seen here), you may also spot the crested berrypecker, white winged robin, tit berrypecker, brown sicklebill and bibbon tailed astrapia. We will take a walk through the forest, bird spotting and looking for the beautiful mountain orchids that can be found here. We take a scenic drive to Wapenamanda in Enga province, the highest and most rugged province in Papua New Guinea.

We also visit the small village of Tambul, and if time allows, the local market. Should the local school be open we will spend some time visiting with the local school children.

Overnight in Mt. Hagen.

DAY 7 MT. HAGEN TO GOROKA

This morning we depart for a full day tour to Goroka, via the huge Waghi Valley. Enroute we stop at Avi for a brief visit to their orchid gardens. Further along, at the village of Mindima, we witness the Courtship and Bride

Price ceremony. After lunch we continue to Goroka, stopping for a view of the breathtaking scenery at Daulo Pass.

Overnight in Goroka.

DAY 8 GOROKA SITES

Goroka is the capital of Eastern Highlands province and we will spend the day exploring some of the interesting sites, including the JK McCarthy Museum and the Raun Raun Theater. We will walk to the lookout at Mt. Kiss for some amazing views of the surrounding mountains and valleys. We then visit Asaro village to meet the famous Asaro Mudmen who traditionally covered themselves in mud before raiding nearby villages. The legend of the Mudmen says that the tribe was attacked and forced to flee their village. To hide, they jumped into the Asaro River. When they emerged at twilight from the river,

covered in mud, the attacking tribe saw them and thought they were spirits and fled the area. While in the village we may be able to watch an eerie performance of the Mudmen, which is a production of mime. We also may see a local artist making an actual mudmask.

Overnight in Goroka.

DAY 9 GOROKA TO MADANG

Madang province has many of the country's highest peaks and a broad ethnic diversity. Madang has been labeled "the prettiest town in the South Pacific" due to its palm-rimmed beaches, offshore islands, and lovely parks, all set against a rugged mountain backdrop. We have a full day of driving today, with several interesting stops along the way including an arts and crafts center and Yonki Hydro Dam. We will enjoy lunch enroute at a sugar plantation.

Overnight in Madang.



Life on Sepik River.

DAY 10 MADANG

In the morning, we'll take a short boat ride to the nearby Panudau Island, where you'll be immersed in vibrant traditional dances. We have the opportunity to enjoy a refreshing snorkel or swim at a secluded island just a short distance away. After lunch, we'll explore the local culture with a visit to the museum, followed by a trip to the iconic Kalibobo Lighthouse.

Overnight in Madang.

DAY 11 FLY TO WEWAK

We have an early morning flight to Wewak, via Port Moresby. On arrival in Wewak, we transfer to our hotel for lunch followed by a walk around the peninsula.

Overnight in Wewak.

DAY 12 TO SEPIK RIVER

This morning 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 motorized dugout canoes and travel down river to Palimbe village, home of the crocodile cult, and set up for our next two nights in the village.

This afternoon, we attend a captivating Cassowary and Welcome Dance performance. After a delicious dinner, we'll head to the Haus Tambaran for an unforgettable drumming performance, where the powerful beats will transport you into the heart of Papua New Guinea's cultural traditions. It's an evening of music, movement, and storytelling you won't want to miss!

On the Sepik River we will be spending 2 nights in basic dormitory accommodation (bush or 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.

Overnight in Kanganamun village.



Baby in bilum bag

DAY 13 SEPIK RIVER EXCURSION

Today, we will travel by dugout canoes along the Sepik River and its tributaries. Before heading out, we explore a Palimbe village and see their beautiful hand-carved totem pole.

We will stop at stilted villages to learn about the local way of life. 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.

Overnight at Kanganamun village.

DAY 14 SEPIK RIVER, RETURN TO WEWAK

This morning, we'll travel back to Pagwi along the scenic river, enjoying the peaceful surroundings as we head to Korogu for another captivating local performance. After soaking in the cultural display, we'll continue our journey to Pagwi, where we'll board a vehicle for the scenic drive to Wewak.

Overnight in Wewak.

DAY 15 DEPART WEWAK, PORT MORESBY

After breakfast we will transfer to the airport for our late morning flight to Port Moresby. Upon arrival we visit the local fish market and the Port Moresby downtown area.

After lunch, we'll visit the Adventure Park where you can enjoy lush landscapes and exciting activities. Then, we'll pay our respects at the Bomana WWII Cemetery, a solemn and historic site that honors the soldiers who fought in the Pacific War. This blend of adventure and history offers a unique glimpse into Port Moresby's rich past and natural beauty.

Overnight in Port Moresby.

DAY 16 FLY TO RABAU; BAINING FIRE DANCE

Today we fly to Rabaul on East New Britain province in the northeast of PNG. Upon arrival we check into our charming and comfortable resort with beautiful views of the ocean and nearby volcanos. Late afternoon, we set out to visit the original inhabitants of East New Britain to enjoy the mystical and breath-taking Baining Fire Dance.

The Baining Fire Dance is a very sacred dance and unique to the East New Britain province of Papua New Guinea. Initiated men dance bare-footed to prove their bravery, walking on fire without their feet being burned, while wearing masks that represent spirits of their ancestors. The drums and songs for this performance are absolutely hypnotic!





Mesmerizing mask dance.

Overnight in Rabaul (actually in lesser known Kokopo, after the 1994 Rabaul volcano eruption).

DAY 17 RABAUL

This morning we visit a local village visit to learn about their culture and way of life. We can help in the preparation of lunch before enjoying lunch with the village. In the afternoon, we return to our hotel.

Overnight in Rabaul.

DAY 18 RABAUL

Today we embark on a tour around Rabaul, once the bustling capital of Papua New Guinea, now a fascinating blend of history and nature. Just 30-40 km from the town, we'll visit the dramatic remnants of the 1994 volcanic eruption, taking in the awe-inspiring volcanoes, steaming hot springs, and remnants from the Japanese occupation during WWII. At each stop, we'll uncover a piece of Rabaul's storied past. After a delicious lunch at the iconic Rabaul Hotel, once a landmark of the region, we'll head back to the hotel in the late afternoon.

Overnight in Rabaul.

DAY 19 DOLPHIN SNORKELING; RETURN FLIGHT TO PORT MORESBY - BOAT TO LOLOATA ISLAND

Today we have an early start as we set out by boat to a place where dolphins congregate every morning. Snorkel gear and wetsuits are provided before we set out by boat. We will slowly be towed by our boat to see the dolphins up close providing a dolphin experience unlike anything you have experienced before.

Afterwards, we'll take a short flight to Port Moresby. Upon arrival, we will transfer to the dock for Loloata island where we catch our ferry to this neighboring island.

Loloata is a small island not far from Port Moresby and a perfect place to enjoy, relax and reflect on the amazing experiences and memories from your PNG adventure.

Overnight on Loloata Island

DAY 20 LOLOATA ISLAND

This morning we drive Varirata National Park. The park provides the opportunity to view the Raggiana birds of paradise and enjoy the wonderful views of Port Moresby and the surrounding area. We also spend time at Rouna Falls and the Romana WWII cemetery before enjoying our farewell dinner tonight.

Overnight in Port Moresby.

DAY 21 DEPART PORT MORESBY

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 the Trobriand Islands 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 (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. Single supplement rooming requests cannot be accommodated on the Sepik River nor in the Trobriand Islands. 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







