



Papua New Guinea - Highlands Tribes Tour 2019

8 Days / 7 Nights

09 September 2019 - 16 September 2019



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Introduction

Accommodation	Destination	Start	End	Basis	Duration
Mount Hagen	Papua New Guinea	9 Sep	11 Sep	FB	2 Nights
Asaro Valley	Papua New Guinea	11 Sep	13 Sep	FB	2 Nights
Goroka	Papua New Guinea	13 Sep	16 Sep	D, B&B	3 Nights

Key

D, B&B: Dinner, bed and breakfast

FB: Dinner, bed, breakfast and lunch

Price

\$2450 USD per person based on 2 sharing.

\$390 USD single supplement

Included

- 7 nights' accommodation.
- Includes meals except 2 lunches at Goroka
- Show entry with VIP passes, Sing Sings.
- Domestic flights and transfers

Excluded

- 2 lunches at Goroka
- Visa fees (if applicable - most nationalities get free visa on arrival)
- Tips

Day 1: Mount Hagen, Papua New Guinea (Mon, 9 September)

Papua New Guinea

Located only 100 miles north of Australia, this Melanesian nation shares the island of New Guinea with Papua, Indonesia's easternmost province. The island is blessed with a wealth of natural treasures including dense rainforests, idyllic islands, rich highlands, and volcanic sites. Visitors can look forward to diving along pristine coral reefs and World War II wrecks, observing the traditional culture of the local tribesmen in the Highlands, or exploring remote villages along the spectacular 550-mile Sepik River. Aside from the dizzying array of diverse ethnic groups, one of the prime attractions is the island's unique ecosystem which is home to some unusual wildlife such as tree-climbing kangaroos and the much celebrated birds of paradise. Still steeped in mysticism, Papua New Guinea remains one of the most remote and intriguing destinations in the world. It makes an ideal destination for intrepid travellers seeking a wild adventure into one of the world's final frontiers.

Day Itinerary

After arriving at Mt Hagen airport, we travel to Paiya village to meet the chief and his wives, learn about their customs, see a fire making demonstration, and listen to the traditional bamboo flute

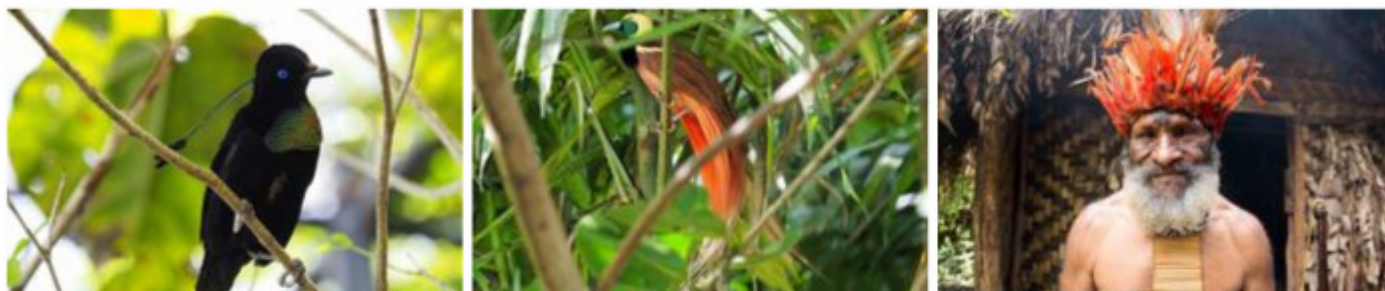
Activities

We drive 30 minutes from the airport to Magic Mountain Lodge. Village visit

Overnight: Mount Hagen

Mount Hagen is a city in the Western Highlands Province of Papua New Guinea overlooking the spectacularly scenic Waghi Valley. The area is home to the Melpa people who, in the face of ever encroaching modernity, continue to live largely traditional subsistence lifestyles. The town's population is around 50,000 and increases significantly for the Mount Hagen Show, an annual dance festival where costumed locals come from all over the country to represent their tribe in an extravagant sing- and dance-off. Those not lucky enough to visit during these annual festivities can get a taste of the action at the Mount Hagen market which is a bustling meeting place filled with colourful fruits, scurrying chickens, and some fabulously friendly locals dressed in fascinating native attire.

There are numerous excellent spots for bird watching, and half-a-dozen different species can be found in a day with the help of a good guide, more over a longer periods if one is patient.



Basis: Full Board

Day 2: Mount Hagen, Papua New Guinea (Tue, 10 September)

Day Itinerary

Full day birding – Breakfast at 4:30 am and 5:00am transfer in vehicles to Rondon Ridge (60 minutes) and continue to the birding site for a one-hour walk along a well cut path. Spend the morning with your guide looking for mating displays by the male birds of paradise and spotting other endemic species too. Return to Mt Hagen town for lunch, then continue to Kumul Losge to see birds feeding at a bird platform. Return to Magic Mountain late afternoon.

Birds possible to be seen- King of Saxony, Stephanie's Astrephaga, Brown sickle bill, Black sickle bill, Buff-tailed sickle bill, Superb bird of paradise, Loria's bird of paradise, Short tailed paradigalla, Raggiana bird of paradise, lesser bird of paradise. Blue bird of paradise (Note blue bird of paradise will take one full day to view because of the distance.). Other non-birds of paradise include Honey eater, Blue capped ifritta, fantails, robins, swallows, whistlers, doves & pigeons, falcons, parrots, lorikeets. Macgregor's and Yellow-breasted bowerbirds, scrub wrens, berrypickers, cuckooshrike, goshawk & kites and other species.

Activities

A full day birdwatching looking for birds of paradise.

Basis: Full Board

Day 3: Goroka, Papua New Guinea (Wed, 11 September)

Activities

Accommodation for two nights is in a lodge built by the Asaro in their village. The Asaro village guest house has twin and double rooms, 24-hour electricity, male and female "long drop" toilets, and rainwater showers. Water can be heated in shower bags for showers.

Goroka is the capital of the Eastern Highlands Province. A town of approximately 19,000 people, 1600m above sea level. it is on the "Highlands Highway", about four hours from Mt. Hagen. It has a mild climate, known as a "perpetual Spring". The mountains and valleys around are fertile and produce some of the finest coffee beans in the world.

Half-an-hour west of the town lies the Asaro Valley and its fascinating Asaro Mudmen, one of the iconic cultural groups of the country. That's some going for a country that is home to up to 900 different languages. The Asaro are happy to explain their story, through eerie representations of battle, cannibalism, and communion with their gods.

The valley also has some stunning walks and viewpoints, birds of paradise and many orchid species, as well as the refreshing Asaro River.

Every September the town hosts the amazing and unique Highlands Cultural Festival, when up to 150 different tribal groups gather for the weekend closest to independence day, the 16th of September. Around 350 foreign visitors are privileged to be able to attend, vastly outnumbered by tens of thousands of locals from the surrounding areas.



Overnight: Asaro Valley. Asaro Guesthouse

Basis: Full Board

Day 4: Goroka, Papua New Guinea (Thu, 12 September)

Activities

Day trip to Mount Akemeku to see the coffee plantation and hike along the Akelmeku River to learn how the people use the land and forests around them to live. We visit to the secret cave and sacrifice site at Mt Guropoka too. We will also visit the Asaro River for a refreshing dip.

Overnight: Asaro Valley. Asaro Guesthouse

Basis: Full Board

Day 5: Goroka, Papua New Guinea (Fri, 13 September)

Day Itinerary

Today we learn about Asaro traditions, including bride price negotiations, preparing a "mumu" (earth oven). Three sing sing performances, archery practice, mask making demonstration.

At the end of the day we leave the Asaro and relocate to our guest house in Goroka town. The guesthouse was built in 2016, has air-conditioned rooms (not at all needed at night, and rarely during the day), and en-suite bathrooms.

Overnight: Goroka Gueshouse

Basis: Dinner, Bed and Breakfast

Day 6: Goroka, Papua New Guinea (Sat, 14 September)

Day Itinerary

VIP access to the spectacular Highlands Cultural Festival. Up to 150 tribal groups attend to show off their traditional finery in a riot of colour and sound. Tens of thousands of locals come to watch. It is an unforgettable experience. We can take photos and videos freely all day.

Basis: Dinner, Bed and Breakfast

Day 7: Goroka, Papua New Guinea (Sun, 15 September)

Day Itinerary

Second day with VIP access at the festival. Don't forget to check out the agricultural fair in the bottom field with its splendid orchids and wonderful coffee to taste. There also a concert and the hilarious greasy pole competition.

Basis: Dinner, Bed and Breakfast

Day 8: End of Itinerary (Mon, 16 September)

Transfer to the airport for your scheduled flight back to Port Moresby.

Transport

Flight Information

Date	Flight	Airline	Departure Airport	Time	Arrival Airport	Time	Class	Ref
09 Sep	Scheduled		Jacksons International Airport [POM]		Mount Hagen			
16 Sep	PX961 (Scheduled)	Air Niugini	Goroka	10:05	Jacksons International Airport [POM]	11:15		

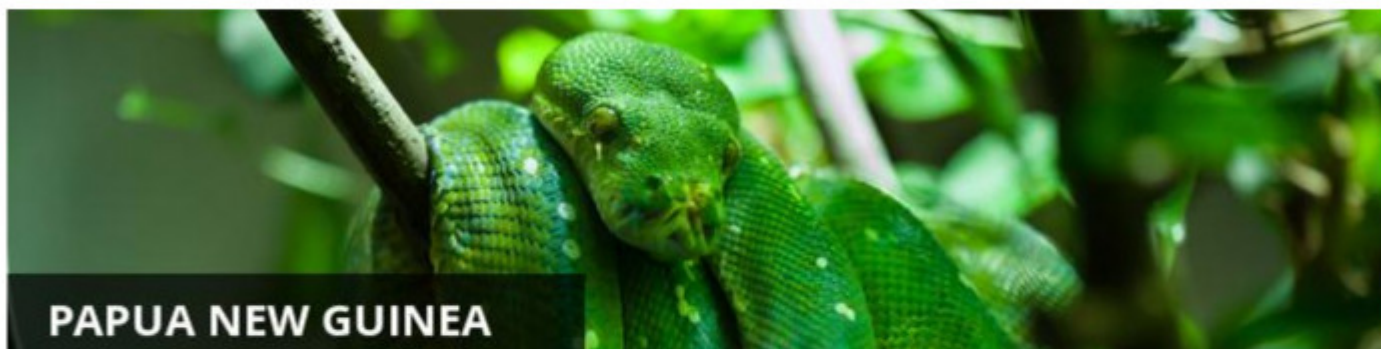
Transfers

Date	Company	Pick Up	Drop Off	Time	Vehicle
11 Sep		Mount Hagen	Asaro Valley		Transfer
13 Sep		Asaro Valley	Goroka		Transfer

Urgent Contact Numbers

Company Name	Telephone	Email Address	Contact Person
Best of PNG	+447713342729	cb@bestofpng.com	Christopher Bartlett

Travel Information



Located only 100 miles north of Australia, this Melanesian nation shares the island of New Guinea with Papua, Indonesia's easternmost province. The island is blessed with a wealth of natural treasures including dense rainforests, idyllic islands, rich highlands, and volcanic sites. Visitors can look forward to diving along pristine coral reefs and World War II wrecks, observing the traditional culture of the local tribesmen in the Highlands, or exploring remote villages along the spectacular 550-mile Sepik River. Aside from the dizzying array of diverse ethnic groups, one of the prime attractions is the island's unique ecosystem which is home to some unusual wildlife such as tree-climbing kangaroos and the much celebrated birds of paradise. Still steeped in mysticism, Papua New Guinea remains one of the most remote and intriguing destinations in the world. It makes an ideal destination for intrepid travellers seeking a wild adventure into one of the world's final frontiers.

Banking and Currency

Currency

Kina (PGK; symbol K) = 100 toea. Notes are in denominations of K100, 50, 20, 10, 5 and 2. Coins are in denominations of K1, and 50, 20, 10, 5, 2 and 1 toea.

There are no restrictions on the import of local or foreign currency. The export of local currency is restricted to K200 and foreign currency to the equivalent of K10,000.

Banking

Banking hours: Monday-Thursday 08h45-15h00 and Friday 08h45-16h00.

American Express is the most widely accepted credit card; MasterCard and Visa are often accepted as well.

Travellers cheques are accepted by most shops and hotels. To avoid additional exchange rate charges, traveller's are advised to take traveller's cheques in US Dollars, Pounds Sterling or Australian Dollars.

Currency exchange facilities are available through trade banks.

Travel, Transport and Getting Around

Air Niugini (www.airniugini.com.pg) and PNG Air (www.pngair.com.pg) fly to all the main centres. Charter services are also available.

Car hire services are available in principal towns. Owing to the rugged terrain of Papua New Guinea, road development of the interior has been slow. There is a network of roads connecting the northern coast towns of Madang and Lae with the major urban centres in the Highlands region. There are few roads connecting the various provinces. Vehicles drive on the left side of the road in Papua New Guinea. A national driving licence is sufficient.

Taxi service are available in district centres but tend to be expensive. Although operated on a metered basis, fares can be negotiated.

Boat cruises go mainly to the islands and otherwise inaccessible places on the coast. Cargo/passenger services between Lae and Madang run by Lutheran Shipping (with facilities including passenger cabins, accommodation and meals) are currently suspended following the company's liquidation.

For the local people in some regions of the country, rivers, particularly the Sepik, provide the main thoroughfares. In these areas it's possible to hire motorised canoes or obtain passage on a trading boat; however, apart from cruises, there are no regular public transport operators on the rivers.

Food, Drink and Cuisine Advice

All water should be regarded as being potentially contaminated. Water used for drinking, brushing teeth or making ice should have first been boiled or otherwise sterilised. Milk is pasteurised and dairy products are safe for consumption. Only eat well-cooked meat and fish. Vegetables should be cooked and fruit peeled.

Hotel dining rooms cater for most visitors and menus in main centres are fairly extensive. The more remote the area, the more likely it is that the menus will be basic. However, increasing use is made of fresh local meat, fish, vegetables and fruit. The number of European, Chinese and Indonesian restaurants is rising.

The traditional cuisine of Papua New Guinea is based on root crops such as taro, yams and sago. Pigs are cooked in the earth for traditional feasts. Mumu is a traditional dish combining roast pork, sweet potatoes, rice and greens. Local fruits include pineapples, pawpaws, mangoes, passion fruit and bananas. Alcohol is readily available and includes Australian and Filipino beers

Waiter service is usual. Bills include a 10% sales tax. Tipping is not customary and discouraged.

Climate and Weather

Papua New Guinea has a hot, tropical climate at sea level, cooling towards the highlands which also cause climatic variation from one area to another, affecting the southeast trade winds and the northwest monsoons. The majority of the rain falls between December and March due to the northwest monsoon, although Port Moresby enjoys a dry season at this time. There is frost and there are occasional snow falls on the highest mountain peaks.

Clothing and Dress Recommendations

Lightweight, loose-fitting, cotton or linen clothing is generally recommended due to the hot and humid tropical climate. Casual, comfortable and conservative clothes are the key. Dress down rather than up. Short, tight or revealing clothes should be avoided. Long-sleeved, cotton shirts and trousers are ideal as not only will they protect you from the sun, but also from the mosquitoes that come out in the late afternoon. It can get cool in the evenings (especially in the Highlands) so make sure to bring some warm clothing. Bring plenty of suncream, sunglasses, a sunhat, mosquito repellent and a good pair of closed walking shoes. Rainwear is advised for the monsoon season (December to March).

Electricity and Plug Standards

Electrical sockets in Papua New Guinea are the "Type I" Australian AS-3112 type. If your appliance's plug doesn't match the shape of these sockets, you will need a travel plug adapter in order to plug in.

Electrical sockets in Papua New Guinea usually supply electricity at between 220 and 240 volts AC. If you're plugging in an appliance that was built for 220-240 volt electrical input, or an appliance that is compatible with multiple voltages, then an adapter is all you need. If your appliance isn't compatible with 220-240 volt electrical input, a voltage converter will be necessary.

Terms and Conditions

Itinerary Terms and Conditions

25% non-refundable deposit to book. Balance due by June 9th.