



Papua New Guinea & Solomon Islands



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Itineraries



2 WEEKS Highlands Fling

Take in the highlights of the Highlands and the coast on this two-week tour.

Spend a day taking in the highlights of **Port Moresby** before flying up to pretty **Madang**. Spend a couple days diving or snorkelling and exploring nearby islands before taking a short flight or a PMV bus up the Highlands (Okuk) Hwy to **Goroka** and see the Goroka Show – and don't forget to visit the mudmen of **Asaro** just outside of Goroka.

Continue through Kundiawa up to **Kagsugl** for the amazing three- or four-day trek up **Mt Wilhelm**. After enjoying the view of both coasts, make the descent for travel onward to **Mt Hagen**, enjoying the spectacular scenery and a game of Highlands darts. For birds of paradise spend a couple of days at **Kumul Lodge** on the road up to Wabag. If there's no clan warfare, continue along the highway to **Mendi** and stunning **Lake Kutubu** and then **Tari**, but if the feisty Southern Highlanders are fighting you'd better do this leg by aeroplane – the beautiful Tari Basin, however, is worth the expense. Don't miss the Huli wigmans in all their feathered glory.

From Tari fly back to Port Moresby and, if time allows, spend a final day relaxing on **Loloata Island**.



4
WEEKS

Eastward Wander

Leave the relative comforts of Port Moresby to take on one of PNG's most memorable and challenging treks, the famous Kokoda Track, then recover on an idyllic beach.

Take the classic Kokoda Track route from **Port Moresby** and **Owers' Corner** and get a feel for the challenges faced by the troops by walking for days along this rugged path, traversing chilly streams, visiting old bunker installations and war memorials and stopping at remote villages along the way. At the end of the trek, spend a day relaxing in the settlement of **Kokoda**. From there catch a PMV to **Popondetta** and fly on to **Tufi**, an area of stunning coastline with steep fjord-like *rias*, and a lush, mountainous interior. Go diving or snorkelling, fish for your dinner, explore the area by boat and kayak, and spend a few nights in one or more of the village guesthouses in the area. Accommodation is rustic, but the setting is fantastic – white-sand beaches, swaying palms and coral reefs at your doorstep.

Fly from Tufi back to Port Moresby and on to **Alotau**, gateway to the idyllic beauty of Milne Bay. Spend a day experiencing the market, the harbour and fine views from Top Town. Then catch an afternoon boat out to the colonial-era capital of **Samarai Island** and nearby **Kwato Island**. The bungalows of Nuli Sapi make a fine base for exploring the area before heading back to Alotau and over to **Wagawaga**. Visit waterfalls, go for a dugout canoe trip on the Dawadawa River and enjoy serene views from Ulumani Treetops Lodge. Afterwards, cross back to Alotau, load up on provisions and fuel and head up to **East Cape** by boat for an adventure exploring the **D'Entrecasteaux Islands**. Birdwatching, rainforest walks, postcard beaches, coral reefs and peaceful villages are all part of the allure of this little-visited region.

For the final leg of the journey, fly from Alotau up to **Losuia** on Kiriwina, the largest of the Trobriand Islands. Spend three days visiting traditional villages, learning about yam power and magic and perhaps catching a *singsing* (celebratory dance or festival) or a festive cricket match. Stay at least one night in a village; **Kaibola**, perched near a picturesque beach, is a good option. From Kiriwina it's an easy flight back to Moresby.



Top: Kaibola Beach
(p80), Trobriand
Islands

Bottom: Bomana War
Cemetery (p59) near
Port Moresby



ANDREW PELACOCK/GETTY IMAGES ©



3 WEEKS **Solomons Sojourn**

World-class diving, virgin waves and idyllic island retreats: the Solomon Islands is a place for adventurers.

Start your journey in **Honiara**. Take in the market, the wharf and national museum, then tack on a tour of the battlefields and pretty beaches outside the capital. Next take a boat to **Savo**, a volcanic island with boiling hot springs, a massive megapode field and pretty, tropical scenery. Spend a few days unwinding here before boating back to Honiara and catching a boat to **Marovo Lagoon**, a great setting for snorkelling, swimming and simply soaking up the tropical beauty. Catch a boat up to the north end of the lagoon for a stay in one of the pristine ecolodges, then continue by plane from Seghe airstrip to **Munda**, a fine base for diving, surfing and bushwalking in New Georgia. From here continue west by boat to **Gizo**, a first-rate diving and up-and-coming surfing spot. Fly back to Honiara, then catch a boat to **Langa Langa Lagoon** for a blissfully relaxing night or two on scenic Malaita Island.



3 WEEKS **Island Odyssey**

A world away from the Highlands, the island provinces are a mecca for surfers, divers, bushwalkers and those wanting an idyllic Robinson Crusoe-type getaway far from the crowds of modern cities.

From Moresby fly up to Hoskins to spend a couple of days based at Walindi diving, snorkelling, birdwatching and bushwalking around **Kimbe Bay**. Afterwards, fly on to **Rabaul**. There, visit Matupit Island and check out steaming Tavurvur, the volcano that buried the Pacific's prettiest city, before getting under the water at the WWII-era Submarine Base. Fly on to **Kavieng**, where you can get your fill of surfing or diving, before heading towards **Lavongai** for a remote tropical-island getaway. Work your way slowly down the **Boluminski Highway**, stopping at rustic village guesthouses. Continue to the end of the road at Namatanai and consider taking a banana boat back to Kokopo, near Rabaul. Hop on a plane to tiny **Buka** before crossing the Buka Passage to **Bougainville** for a ramble through this mysterious mountainous island with enormous DIY ecotourism potential.

Map Legend

Sights

- Beach
- Bird Sanctuary
- Buddhist
- Castle/Palace
- Christian
- Confucian
- Hindu
- Islamic
- Jain
- Jewish
- Monument
- Museum/Gallery/Historic Building
- Ruin
- Shinto
- Sikh
- Taoist
- Winery/Vineyard
- Zoo/Wildlife Sanctuary
- Other Sight

Activities, Courses & Tours

- Bodysurfing
- Diving
- Canoeing/Kayaking
- Course/Tour
- Sento Hot Baths/Onsen
- Skiing
- Snorkelling
- Surfing
- Swimming/Pool
- Walking
- Windsurfing
- Other Activity

Sleeping

- Sleeping
- Camping

Eating

- Eating

Drinking & Nightlife

- Drinking & Nightlife
- Cafe

Entertainment

- Entertainment

Shopping

- Shopping

Information

- Bank
- Embassy/Consulate
- Hospital/Medical
- Internet
- Police
- Post Office
- Telephone
- Toilet
- Tourist Information
- Other Information

Geographic

- Beach
- Gate
- Hut/Shelter
- Lighthouse
- Lookout
- Mountain/Volcano
- Oasis
- Park
- Pass
- Picnic Area
- Waterfall

Population

- Capital (National)
- Capital (State/Province)
- City/Large Town
- Town/Village

Transport

- Airport
- Border crossing
- Bus
- Cable car/Funicular
- Cycling
- Ferry
- Metro station
- Monorail
- Parking
- Petrol station
- Subway station
- Taxi
- Train station/Railway
- Tram
- Underground station
- Other Transport

Routes

- Tollway
- Freeway
- Primary
- Secondary
- Tertiary
- Lane
- Unsealed road
- Road under construction
- Plaza/Mall
- Steps
- Tunnel
- Pedestrian overpass
- Walking Tour
- Walking Tour detour
- Path/Walking Trail

Boundaries

- International
- State/Province
- Disputed
- Regional/Suburb
- Marine Park
- Cliff
- Wall

Hydrography

- River, Creek
- Intermittent River
- Canal
- Water
- Dry/Salt/Intermittent Lake
- Reef

Areas

- Airport/Runway
- Beach/Desert
- Cemetery (Christian)
- Cemetery (Other)
- Glacier
- Mudflat
- Park/Forest
- Sight (Building)
- Sportsground
- Swamp/Mangrove

Note: Not all symbols displayed above appear on the maps in this book



OUR STORY

A beat-up old car, a few dollars in the pocket and a sense of adventure. In 1972 that's all Tony and Maureen Wheeler needed for the trip of a lifetime – across Europe and Asia overland to Australia. It took several months, and at the end – broke but inspired – they sat at their kitchen table writing and stapling together their first travel guide, *Across Asia on the Cheap*. Within a week they'd sold 1500 copies. Lonely Planet was born.

Today, Lonely Planet has offices in Dublin, Franklin, London, Melbourne, Oakland, Beijing and Delhi, with more than 600 staff and writers. We share Tony's belief that 'a great guidebook should do three things: inform, educate and amuse'.

OUR WRITERS



Lindsay Brown

Morobe & Madang Provinces, The Highlands, Island Provinces As a travel writer and photographer, Lindsay relished the opportunity to trek up Mt Wilhelm, spot birds of paradise on the slopes of Mt Hagen and photograph the spectacular dancers at the Goroka Show – surely one of the greatest shows on earth. Traveling to Madang and the island provinces provided the perfect opportunity for this ex-marine biologist to dust off the diving qualifications and get reacquainted

with the underwater world. Lindsay also wrote *Welcome to PNG & Solomon Islands*, *Top 15 Experiences*, *Need to Know*, *If You Like*, *Month by Month*, *Itineraries*, *Kokoda Track*, *Regions at a Glance*, *PNG Today*, *History*, *Directory* and *Transport*.



Jean-Bernard Carillet

Solomon Islands Paris-based journalist and photographer Jean-Bernard is a die-hard island-lover and diving instructor. He has clocked up numerous trips to the South Pacific, including five assignments to the Solomon Islands. On this research gig, his favourite experiences included diving the WWII wrecks off Tulagi, spending a day in Saeraghi, exploring Marovo Lagoon on a dinghy and visiting Gwaunaru'u with a local chief. Jean-Bernard has contributed to many Lonely

Planet titles, in French and in English. He also writes for travel and dive magazines, and wrote the *Diving* chapter for this guide.



Anna Kaminski

Port Moresby, Central, Oro & Milne Bay Provinces, The Sepik Anna has dreamed of Papua ever since her history teacher showed her class slides of the penis-gourd-wearing villagers when she was 12 years old, and had an extensive knowledge of PNG history and indigenous culture before she set foot there. PNG surpassed all her expectations. During this research trip, she did an expedition down the Sepik, met a magician who makes rain in the Trobriand Islands,

explored gritty Moresby and island-hopped in Milne Bay. Anna also wrote *First Time* in PNG and *People of PNG*. She tweets at @ACKaminski.

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