

|                                  |           |                           |            |
|----------------------------------|-----------|---------------------------|------------|
| <b>Contents</b>                  |           |                           |            |
| <b>Country &amp; People</b>      | <b>18</b> | Toilets                   | 86         |
| Facts about the Country          | 18        | Time                      | 86         |
| History                          | 18        | Security                  | 86         |
| Government & Politics            | 23        | Do's & Don'ts             | 87         |
| National Flag & National Anthem  | 24        | Drugs                     | 88         |
| Economy                          | 24        | Smoking                   | 88         |
| Ecology & Environment            | 26        | Women Travellers          | 88         |
| Flora & Fauna                    | 27        | Senior Travellers         | 89         |
| National Parks                   | 29        | Travel with Children      | 89         |
| Forces of Nature                 | 29        | Gay & Lesbian Travellers  | 89         |
| Earthquakes & Volcanoes          | 29        | Disabled Travellers       | 89         |
| Typhoons & Fires                 | 29        | Entertainment             | 89         |
| Climate                          | 29        | Activities                | 90         |
| Cultural Minorities              | 36        | Caving                    | 91         |
| Religion                         | 44        | Climbing                  | 91         |
| Arts                             | 45        | Cycling                   | 91         |
| Traditional Culture              | 45        | Desert Islands            | 91         |
| Music                            | 45        | Diving                    | 91         |
| Dance                            | 45        | Gold Hunting              | 92         |
| Film                             | 46        | Hiking & Trekking         | 93         |
| Painting                         | 46        | Sailing                   | 94         |
| Sports & Betting                 | 46        | Surfing                   | 94         |
| Public Holidays & Special Events | 47        | Whitewater Rafting        | 94         |
| National Clothing                | 52        | Windsurfing & Kitesurfing | 94         |
| Health Service                   | 53        | Ziplining                 | 94         |
| Media                            | 53        | Wellness                  | 94         |
| Food & Drinks                    | 54        | Books & Maps              | 95         |
| Language                         | 60        | Information               | 95         |
| <b>Travel Planning</b>           | <b>72</b> | <b>Getting Around</b>     | <b>96</b>  |
| Getting There & Away             | 72        | Calesa                    | 96         |
| When to Go                       | 72        | Bicycle                   | 96         |
| Where to Go                      | 73        | Pedicab                   | 96         |
| Visas                            | 76        | Tricycle                  | 96         |
| Embassies & Consulates           | 77        | Habal-Habal               | 96         |
| Customs                          | 78        | Motorcycle                | 96         |
| Money                            | 78        | Car                       | 96         |
| Exchange Rates                   | 79        | Road Rules                | 97         |
| Documents                        | 80        | Hitching                  | 98         |
| What to Bring                    | 80        | Taxi                      | 98         |
| Examples of Costs                | 80        | Jeepney                   | 98         |
| Health                           | 81        | Multicab                  | 98         |
| Post                             | 82        | Van                       | 98         |
| Freight                          | 82        | Bus                       | 98         |
| Telephone                        | 82        | Train                     | 99         |
| Tourist Offices                  | 83        | Boat                      | 99         |
|                                  |           | Air                       | 101        |
|                                  |           | Baggage                   | 101        |
| <b>Travel Tips</b>               | <b>84</b> | <b>Manila</b>             | <b>102</b> |
| Accommodation                    | 84        | Manila Walking Tour       | 112        |
| Tipping & Bargaining             | 85        | Museums                   | 114        |
| Electricity                      | 85        | Shopping                  | 118        |
| Laundry                          | 85        | Places to Stay            | 122        |

|                             |            |                                  |            |
|-----------------------------|------------|----------------------------------|------------|
| Places to Eat               | 132        | Candelaria & Potipot Island      | 214        |
| Entertainment & Events      | 138        | Dasol                            | 214        |
| Nightlife                   | 140        |                                  |            |
| Medical Services & Wellness | 142        | <b>North Luzon</b>               | <b>216</b> |
| Banks & Moneychangers       | 143        | <b>Lingayen Gulf</b>             | 216        |
| Miscellaneous               | 143        | Lucap & Alaminos                 | 216        |
| Getting Around              | 143        | Hundred Islands                  | 216        |
| Getting There & Away        | 146        | Bolinao, Patar & Santiago Island | 221        |
| International Airport       | 146        | Lingayen                         | 222        |
| Domestic Airport            | 147        | Dagupan                          | 223        |
| Hotels near the Airport     | 147        | Agoo                             | 225        |
| Airlines                    | 148        | Bauang                           | 226        |
| Bus Terminals               | 149        | San Fernando (La Union)          | 227        |
| Shipping Companies          | 155        | San Juan                         | 229        |
| Getting Away from Luzon     | 155        |                                  |            |
| <b>Central Luzon</b>        | <b>160</b> | <b>Central Cordillera</b>        | <b>231</b> |
| Corregidor Island           | 160        | Baguio                           | 231        |
| Las Piñas                   | 162        | Kabayán                          | 239        |
| Angono                      | 162        | Sagada                           | 243        |
| Tagaytay (Taal Volcano)     | 164        | Bontoc                           | 247        |
| Talisay                     | 166        | Around Bontoc                    | 249        |
| Nasugbu                     | 167        | Maligcong, Mainit & Natonin      | 249        |
| Taal                        | 167        | Tinglayan                        | 249        |
| Anilao                      | 168        | Banaue                           | 250        |
| Batangas                    | 169        | Around Banaue                    | 255        |
| Calamba                     | 171        | Uhaj, Hapao, Hungduan & Kiangan  | 255        |
| Los Baños                   | 171        | Batad & Cambulo                  | 255        |
| Alaminos                    | 172        | Bangaan                          | 256        |
| San Pablo                   | 172        | Mayoyao                          | 256        |
| Pagsanjan                   | 173        | <b>The North-West</b>            | <b>256</b> |
| Lucban                      | 174        | Candon                           | 256        |
| Lucena                      | 174        | Bangued                          | 256        |
| San Fernando (Pampanga)     | 176        | Vigan                            | 258        |
| Angeles                     | 178        | Sitio Remedios                   | 263        |
| Mt Pinatubo                 | 188        | Laoag                            | 263        |
| Tarlac                      | 188        | Around Laoag                     | 266        |
| Cabanatuan                  | 191        | Pagudpud & Blue Lagoon           | 267        |
| Baler                       | 192        | Claveria & Babuyan Islands       | 269        |
| Around Baler                | 197        |                                  |            |
| Bataan Peninsula            | 198        | <b>Cagayan Valley</b>            | <b>271</b> |
| Balanga                     | 198        | Aparri                           | 271        |
| Mt Samat                    | 201        | Santa Ana & San Vicente          | 272        |
| Cabcabén & Mariveles        | 202        | Tuguegarao                       | 273        |
| Bagac                       | 202        | Palanan                          | 277        |
| Morong                      | 203        | Cauayan                          | 278        |
| Olongapo                    | 203        | Santiago                         | 280        |
| Subic Bay                   | 207        | Solano                           | 282        |
| Barrio Barretto & Subic     | 208        | Santa Fe                         | 283        |
| <b>The Zambales Coast</b>   | <b>212</b> | <b>South Luzon</b>               | <b>284</b> |
| San Antonio & Pundaquit     | 212        | Atimonan & Gumaca                | 286        |
| Botolan                     | 214        | Daet                             | 286        |
| Iba                         | 214        | Calaguas Islands                 | 287        |

|                             |            |                           |            |
|-----------------------------|------------|---------------------------|------------|
| Naga                        | 289        | Ticao Island              | 337        |
| Sagñay                      | 293        |                           |            |
| Caramoan                    | 294        | <b>Mindoro</b>            | 338        |
| Tabaco                      | 298        | Getting There & Away      | 338        |
| Iriga & Lake Buhi           | 299        |                           |            |
| Legazpi                     | 300        | <b>Mindoro Oriental</b>   | 340        |
| Around Legazpi              | 304        | Puerto Galera             | 340        |
| Mayon Volcano               | 304        | Calapan                   | 350        |
| Daraga & Cagsawa            | 304        | Pinamalayan               | 353        |
| Camalig                     | 305        | Roxas                     | 353        |
| Santo Domingo               | 306        | Bulalacao                 | 354        |
| Malilipot                   | 306        |                           |            |
| Donsol                      | 306        | <b>Mindoro Occidental</b> | 355        |
| Sorsogon, Bacon & Gubat     | 309        | San Jose                  | 355        |
| Bulusan & Irosin            | 311        | Apo Island & Apo Reef     | 356        |
| Bulan                       | 311        | Sablayan                  | 357        |
| Matnog                      | 311        | North Pandan Island       | 358        |
|                             |            | Mamburao                  | 358        |
| <b>Islands Around Luzon</b> | <b>313</b> |                           |            |
| <b>Batanes</b>              | 313        | <b>Romblon</b>            | 361        |
| Getting There & Away        | 314        | Getting There & Away      | 361        |
| Batan Island                | 314        | Romblon Island            | 362        |
| Basco                       | 316        | Romblon                   | 362        |
| Sabtang Island              | 318        | Agtongo                   | 365        |
| Itbayat Island              | 319        | Lonos                     | 365        |
|                             |            | San Pedro                 | 365        |
| <b>Catanduanes</b>          | 320        | Cobrador Island           | 365        |
| Getting There & Away        | 320        | Sibuyan Island            | 366        |
| Virac                       | 321        | Magdiwang                 | 366        |
| Puraran                     | 322        | Mt Guiting-Guiting        | 366        |
|                             |            | San Fernando              | 367        |
| <b>Lubang</b>               | 325        | Cresta de Callo Island    | 367        |
| Getting There & Away        | 325        | Cajidiocan                | 367        |
| Tilik                       | 336        | Tablas Island             | 367        |
| Lubang & Tagbac             | 326        | San Agustin               | 368        |
|                             |            | Calatrava & San Andres    | 368        |
| <b>Marinduque</b>           | 327        | Odiongan                  | 368        |
| Getting There & Away        | 327        | Ferrol                    | 369        |
| Boac                        | 328        | Looc                      | 369        |
| Santa Cruz                  | 330        | Tugdan                    | 369        |
| Maniwaya Island             | 330        | Alcantara                 | 369        |
| Torrijos                    | 331        | Santa Fe & Puro Island    | 369        |
| Buenavista & Malbog         | 331        | Carabao Island            | 370        |
| Elefante Island             | 332        |                           |            |
| Tres Reyes Islands          | 332        | <b>Visayas</b>            | <b>431</b> |
| Gasán                       | 332        | <b>Biliran</b>            | 374        |
|                             |            | Getting There & Away      | 374        |
| <b>Masbate</b>              | 333        | Naval                     | 374        |
| Getting There & Away        | 333        | Almeria                   | 376        |
| Masbate City                | 333        | Cabucgayan                | 377        |
| Bagacay                     | 336        | Caibiran                  | 377        |
| Cataingan                   | 336        | Higatangan Island         | 377        |
| Mandaon                     | 337        | Maripipi Island           | 378        |
| Burias Island               | 337        | Sambawan Islands          | 378        |

|                           |     |                               |     |
|---------------------------|-----|-------------------------------|-----|
| <b>Bohol</b>              | 379 | <b>Guimaras</b>               | 445 |
| Getting There & Away      | 379 | Getting There & Away          | 445 |
| Tagbilaran                | 381 |                               |     |
| Around Tagbilaran         | 384 | <b>Leyte</b>                  | 448 |
| Cortes                    | 384 | Getting There & Away          | 448 |
| Antequera                 | 385 | Tacloban                      | 450 |
| Corella                   | 385 | Around Tacloban               | 454 |
| Bool                      | 385 | Basey & Sohoton National Park | 454 |
| Baclayon                  | 385 | Palo                          | 454 |
| Loboc                     | 385 | Palompon                      | 455 |
| Sevilla & Bilar           | 386 | San Isidro                    | 455 |
| Jagna                     | 386 | Ormoc                         | 455 |
| Anda                      | 387 | Baybay                        | 458 |
| Panglao Island            | 388 | Cuatro Islands                | 458 |
| Balicasag Island          | 393 | Bato & Hilongos               | 459 |
| Pamilacan Island          | 397 | Maasin                        | 460 |
| Cabilao Island            | 397 | Padre Burgos                  | 461 |
| Pangangan Island          | 398 | Limasawa Island               | 463 |
| Chocolate Hills           | 398 | Liloan                        | 463 |
| Danao                     | 399 |                               |     |
| Tubigon & Inanuran Island | 399 | <b>Negros</b>                 | 464 |
| Talibon & Mahaba Island   | 400 | Getting There & Away          | 466 |
| Ubay                      | 400 |                               |     |
|                           |     | <b>North Negros</b>           | 467 |
| <b>Cebu</b>               | 401 | Bacolod                       | 467 |
| Getting There & Away      | 401 | Mambukal & Mt Kanlaon         | 473 |
|                           |     | Ma-ao                         | 473 |
| <b>Central Cebu</b>       | 406 | Silay                         | 473 |
| Cebu City                 | 406 | Patag                         | 475 |
| Cebu City Walking Tour    | 410 | Victorias                     | 475 |
| Mactan Island             | 421 | Cadiz                         | 476 |
| Lapu-Lapu                 | 421 | Sagay                         | 476 |
| Marigondon                | 424 | Escalante                     | 477 |
| Maribago                  | 424 | San Carlos & Sipaway Island   | 478 |
| Punta Engaño              | 424 |                               |     |
| Olango Island             | 425 | <b>South Negros</b>           | 479 |
| Toledo                    | 425 | Bais                          | 479 |
| Danao                     | 427 | Manjuyod                      | 479 |
| Camotes Islands           | 427 | Mabinay                       | 480 |
|                           |     | Dumaguete                     | 480 |
| <b>North Cebu</b>         | 429 | Around Dumaguete              | 485 |
| Bogo                      | 429 | Twin Lakes                    | 485 |
| Bantayan Island           | 430 | Valencia                      | 485 |
| Malapascua Island         | 435 | South-East Coast              | 486 |
| Kalanggaman Island        | 437 | Bacong                        | 486 |
|                           |     | Dauin                         | 487 |
| <b>South Cebu</b>         | 437 | Maluy & Zamboanguita          | 487 |
| Carcar                    | 437 | Tambobo Bay                   | 487 |
| Moalboal                  | 438 | Apo Island                    | 488 |
| Badian & Badian Island    | 442 |                               |     |
| Matutinao & Kawasan Falls | 442 | <b>West Negros</b>            | 488 |
| Samboan & Liloan          | 443 | Kabankalan                    | 488 |
| Oslob & Sumilon Island    | 443 | Sipalay                       | 490 |
| Argao                     | 444 | Danjugan Island               | 492 |

|                        |     |                                   |            |
|------------------------|-----|-----------------------------------|------------|
| Hinoba-an              | 493 | Maria                             | 544        |
| Bayawan                | 494 | Lazi                              | 545        |
| <b>Panay</b>           | 496 | San Juan                          | 545        |
| Getting There & Away   | 496 | San Antonio                       | 546        |
| Iloilo City            | 499 | Cantabon                          | 546        |
| <b>South Coast</b>     | 505 | <b>Mindanao &amp; Sulu</b>        | <b>548</b> |
| Guimbal                | 505 | <b>Camiguin</b>                   | 549        |
| Miagao                 | 505 | Getting There & Away              | 550        |
| San Joaquin            | 505 | Mambajao                          | 550        |
| Anini-y & Nogas Island | 505 | Around Mambajao                   | 552        |
| <b>West Coast</b>      | 505 | Hibok-Hibok Volcano               | 552        |
| San Jose de Buenavista | 505 | Katibawasan Falls                 | 553        |
| Tibiao                 | 506 | Ardent Hot Springs                | 553        |
| Culasi                 | 508 | White Island                      | 553        |
| Pandan & Libertad      | 508 | Around the Island                 | 553        |
| <b>The North-East</b>  | 509 | Kuguita                           | 553        |
| Concepcion Islands     | 509 | Bug-ong, Agoho & Yumbing          | 553        |
| Estancia               | 509 | Bonbon                            | 554        |
| Gigantes Islands       | 509 | Catarman                          | 555        |
| Roxas                  | 510 | Sagay                             | 555        |
| <b>Aklan Province</b>  | 514 | Guinsiliban & Cantaan             | 555        |
| Kalibo                 | 514 | Benoni                            | 555        |
| Ibajay                 | 516 | Mahinog & Mantigue Island         | 555        |
| Laserna                | 516 | <b>Mindanao</b>                   | 556        |
| Caticlan               | 517 | Getting There & Away              | 556        |
| Boracay                | 517 | <b>North Mindanao</b>             | 559        |
| <b>Samar</b>           | 525 | Butuan                            | 559        |
| Getting There & Away   | 525 | Agusan Marsh                      | 562        |
| Allen                  | 526 | Balingoan                         | 562        |
| Dalupiri Island        | 526 | Cagayan de Oro                    | 564        |
| Capul Island           | 526 | Around Cagayan de Oro             | 569        |
| Balicutro Islands      | 526 | Malaybalay                        | 570        |
| Catarman               | 530 | Iligan                            | 572        |
| North-East Coast       | 530 | Marawi & Lake Lanao               | 574        |
| Calbayog               | 532 | Ozamiz                            | 574        |
| Catbalogan             | 535 | Oroquieta                         | 579        |
| Borongan               | 536 | Dipolog                           | 579        |
| Guiuan                 | 538 | Dapitan                           | 582        |
| Calicoan Island        | 539 | Pagadian                          | 584        |
| Homonhon Island        | 540 | Zamboanga                         | 585        |
| Suluan Island          | 540 | Around Zamboanga                  | 588        |
| Marabut                | 540 | Pasonanca Park                    | 588        |
| <b>Siquijor</b>        | 541 | Santa Cruz Islands                | 588        |
| Getting There & Away   | 541 | San Ramon & Yakan Weaving Village | 588        |
| Siquijor               | 542 | Taluksangay                       | 589        |
| Larena                 | 544 | <b>East Coast</b>                 | 589        |
| Sandugan               | 544 | Surigao                           | 589        |
|                        |     | Dinagat Islands                   | 592        |
|                        |     | Siargao Island                    | 592        |
|                        |     | Dapa                              | 594        |

|                                |     |                                |     |
|--------------------------------|-----|--------------------------------|-----|
| Union & Malinao                | 594 | Napsan                         | 641 |
| General Luna                   | 594 | Honda Bay                      | 641 |
| Del Carmen                     | 597 | Nagtabon Beach                 | 641 |
| Pilar                          | 597 | Sabang                         | 643 |
| Burgos                         | 597 | Underground River              | 644 |
| Alegria                        | 597 |                                |     |
| Islands near Siargao           | 597 | <b>South Palawan</b>           | 645 |
| Bucas Grande Island            | 597 | Aborlan                        | 645 |
| La Janosa Island               | 598 | Narra                          | 647 |
| Lanuzá                         | 598 | Quezon                         | 647 |
| Tandag                         | 598 | Brooke's Point                 | 649 |
| Cagwait                        | 600 |                                |     |
| San Agustin & Britania Islands | 601 | <b>North Palawan</b>           | 649 |
| Barobo                         | 601 | Roxas & Coco-LoCo Island       | 649 |
| Bislig                         | 601 | Port Barton                    | 649 |
| Cateel                         | 602 | San Vicente                    | 652 |
| Caraga                         | 604 | Taytay                         | 653 |
| Mati                           | 604 | Apulit Island                  | 654 |
|                                |     | Flower Island                  | 654 |
| <b>South Mindanao</b>          | 606 | Liminangcong                   | 654 |
| Davao                          | 609 | El Nido & Bacuit Archipelago   | 654 |
| Around Davao                   | 613 | Linapacan & Decabaitot Islands | 662 |
| Philippine Eagle Center        | 613 |                                |     |
| Eden Nature Park               | 613 | <b>Calamian Group</b>          | 663 |
| Mt Apo                         | 613 | Busuanga Island                | 663 |
| Samal Island                   | 613 | Coron                          | 663 |
| Talikud Island                 | 615 | Concepcion                     | 668 |
| General Santos (Dadiangas)     | 615 | Old Busuanga                   | 668 |
| Koronadal (Marbel)             | 619 | New Busuanga                   | 668 |
| Surallah                       | 620 | San Jose                       | 668 |
| Lake Sebu                      | 620 | Calauit Island                 | 668 |
| Cotabato                       | 620 | Dimakya Island                 | 670 |
|                                |     | Coron Bay                      | 670 |
| <b>Basilan</b>                 | 622 | Coron Island                   | 670 |
| Getting There & Away           | 623 | Tangat Island                  | 670 |
| Isabela                        | 623 | Banana Island                  | 670 |
| Lamitan                        | 623 | Bulalacao Island               | 670 |
|                                |     | Malcapuya Island               | 670 |
| <b>Sulu Islands</b>            | 624 | Gutob Bay                      | 671 |
| Getting There & Away           | 626 | Popototan Island               | 671 |
| Jolo                           | 626 | Culion Island                  | 671 |
| Bongao                         | 626 | Culion                         | 671 |
| Sitangkai                      | 629 |                                |     |
|                                |     | <b>Cuyo Islands</b>            | 672 |
| <b>Palawan</b>                 | 631 | Cuyo                           | 672 |
| Getting There & Away           | 632 | Manamoc Island                 | 674 |
|                                |     | Pamalican Island               | 674 |
| <b>Central Palawan</b>         | 632 | Tinituan Island                | 674 |
| Puerto Princesa                | 632 |                                |     |
| Irawan                         | 640 | E-mail Directory               | 675 |
| Iwahig                         | 640 | Index                          | 693 |