

Contents			
Country & People	18	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
Travel Planning	72	Getting Around	96
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
Travel Tips	84	Manila	102
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	North Luzon	216
Banks & Moneychangers	143	Lingayen Gulf	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		
Central Luzon	160	Central Cordillera	231
Corregidor Island	160	Baguio	231
Las Piñas	162	Kabayan	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	The North-West	256
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	Cagayan Valley	271
Balanga	198	Aparri	271
Mt Samat	201	Santa Ana & San Vicente	272
Cabcaban & 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
The Zambales Coast	212	South Luzon	284
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	Mindoro	338
Tabaco	298	Getting There & Away	338
Iriga & Lake Buhi	299		
Legazpi	300	Mindoro Oriental	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	Mindoro Occidental	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
Islands Around Luzon	313		
Batanes	313	Romblon	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
Catanduanes	320	Cobrador Island	365
Getting There & Away	320	Sibuyan Island	366
Virac	321	Magdiwang	366
Puraran	322	Mt Guiting-Guiting	366
		San Fernando	367
Lubang	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
Marinduque	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	Visayas	431
Gasan	332	Biliran	374
		Getting There & Away	374
Masbate	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

Bohol	379	Guimaras	445
Getting There & Away	379	Getting There & Away	445
Tagbilaran	381		
Around Tagbilaran	384	Leyte	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	Negros	464
Talibon & Mahaba Island	400	Getting There & Away	466
Ubay	400		
		North Negros	467
Cebu	401	Bacolod	467
Getting There & Away	401	Mambukal & Mt Kanlaon	473
		Ma-ao	473
Central Cebu	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	South Negros	479
Toledo	425	Bais	479
Danao	427	Manjuyod	479
Camotes Islands	427	Mabinay	480
		Dumaguete	480
North Cebu	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
South Cebu	437	Maluy & Zamboanguita	487
Carcar	437	Tambobo Bay	487
Moalboal	438	Apo Island	488
Badian & Badian Island	442		
Matutinao & Kawasan Falls	442	West Negros	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
Panay	496	San Juan	545
Getting There & Away	496	San Antonio	546
Iloilo City	499	Cantabon	546
South Coast	505	Mindanao & Sulu	548
Guimbal	505	Camiguin	549
Miagao	505	Getting There & Away	550
San Joaquin	505	Mambajao	550
Anini-y & Nogas Island	505	Around Mambajao	552
West Coast	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
The North-East	509	Kuguita	553
Concepcion Islands	509	Bug-ong, Agoho & Yumbing	553
Estancia	509	Bonbon	554
Gigantes Islands	509	Catarman	555
Roxas	510	Sagay	555
Aklan Province	514	Guinsiliban & Cantaan	555
Kalibo	514	Benoni	555
Ibajay	516	Mahinog & Mantigue Island	555
Laserna	516	Mindanao	556
Caticlan	517	Getting There & Away	556
Boracay	517	North Mindanao	559
Samar	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
Siquijor	541	Santa Cruz Islands	588
Getting There & Away	541	San Ramon & Yakan Weaving Village	588
Siquijor	542	Taluksangay	589
Larena	544	East Coast	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	South Palawan	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	North Palawan	649
Barobo	601	Roxas & Cocco-Locho Island	649
Bislig	601	Port Barton	649
Cateel	602	San Vicente	652
Caraga	604	Taytay	653
Mati	604	Apulit Island	654
		Flower Island	654
South Mindanao	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	Calamian Group	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
Basilan	622	Coron Island	670
Getting There & Away	623	Tangat Island	670
Isabela	623	Banana Island	670
Lamitan	623	Bulalacao Island	670
		Malcapuya Island	670
Sulu Islands	624	Gutob Bay	671
Getting There & Away	626	Popototan Island	671
Jolo	626	Culion Island	671
Bongao	626	Culion	671
Sitangkai	629		
		Cuyo Islands	672
Palawan	631	Cuyo	672
Getting There & Away	632	Manamoc Island	674
		Pamalican Island	674
Central Palawan	632	Tinituan Island	674
Puerto Princesa	632		
Irawan	640	E-mail Directory	675
Iwahig	640	Index	693

Maps

	- Cagayan de Oro Centre	567
	Calamian Group	664
Abra & Ilocos Sur	257	351
Alaminos	220	532
Albay Province	297	- Calbayog Centre
Alona Beach	390	533
Anda	387	Camiguin
Angeles	182	550
- Around Angeles	179	Camotes Islands
- Clarkfield	184	428
- Dau	187	Carabao Island
Angono	163	370
Aparri	271	Caramoan Islands
Apo Island	486	295
Bacolod	469	Carcar
- Bacolod Centre	471	438
Bacuit Archipelago	656	Catanduanes
Baguio	233	321
- Baguio Centre	234	Catarman
Balanga	200	531
Baler	194	Catbalogan
- Around Baler	194	535
Banaue	251	Caticlan
- Around Banaue	253	519
Bantayan Island	432	Cauayan
- Santa Fe	433	279
Barrio Barretto	209	Cebu
Basco	317	403
Basilan	622	- North Cebu
Bataan	199	430
Batanes Islands	315	Cebu City
Batangas	170	409
Bauang	226	- Cebu City Centre
Bayawan	494	412
Baybay	459	- Fuente Osmeña
Biliran	375	414
Bislig	603	Central Cordillera
- Mangagoy	603	242
Boac	329	Climate
- South of Boac	330	37
Bogo	431	Coron
Bohol	380	666
Bolinao	222	- Coron Centre
Bontoc	247	667
Boracay	519	Coron Bay & Gutob Bay
- White Beach	521	669
Borongan	537	Cultural Minorities
Bulalacao	355	38
Bulalacao Bay	355	Cuyo Islands
Butuan	561	673
- Butuan Centre	563	Daet
Cabanatuan	192	288
Cagayan	270	- Daet Centre
Cagayan de Oro	565	289
		- Siete Pecados
		286
		Dagupan
		224
		Dapitan
		583
		Dau
		187
		Davao
		607
		- Davao Centre
		611
		- Around Davao
		614
		Decabaitot Islands
		648
		Dipolog
		581
		- Around Dipolog
		582
		Diving Places
		93
		Donsol
		307
		Dumaguete
		481
		- Dumaguete Centre
		483
		El Nido
		658
		- El Nido Centre
		661
		General Luna
		595
		General Santos
		617
		Gigantes Islands
		511
		Guimaras
		446
		Guiuan
		539
		Halsema Road
		240
		Hundred Islands
		218
		Iligan
		573
		- Iligan Centre
		575

Ilocos Norte	262	Mt Mayon	305
Ilocos Sur	257	Naga	290
Iloilo City	501	- Magsaysay Strip	293
- Iloilo City Centre	502	National Parks	28
Islands Around Luzon	313	Naval	376
Isabela	275	Negros	465
Jolo Group	627	- South-East Negros	486
Kabankalan	489	North Cebu	430
Kalibo	515	North-East Panay	511
Laoag	265	North-West Samar	529
Lapu-Lapu	422	Nueva Ecija	193
Legazpi	301	Olongapo	205
- Legazpi Centre	302	Ormoc	457
- Mt Mayon	305	Oroquieta	578
Leyte	449	Ozamiz	576
Lingayen Gulf	219	Padre Burgos	462
Lubang	325	Pagudpud	268
Lucap	218	Palawan	633
Lucena	175	- Bacuit Archipelago	656
- Lucena Centre	177	- Central Palawan	642
Luzon - Central	161	- North Palawan	648
Luzon - North	217	- Pagdanan Bay	651
Luzon - South	285	- South Palawan	646
Maasin	460	- Underground River	645
Mactan Island	423	Panay	497
Malapascua	436	- North-East Panay	511
Malaybalay	571	Panglao Island	389
Mambajao	551	Philippines	17
Mambuaro	359	Pinamalanay	352
Manila	104	Port Barton	651
- Adriatico Street & Mabini Street	135	Provinces & Regions	25
- Binondo & Santa Cruz	111	Puerto Galera	343
- Bonifacio Global City	115	- La Laguna Beaches	346
- Bus Terminals	152	- Puerto Galera Beaches	341
- Chinese Cemetery	107	- Sabang	347
- Ermita, Malate & Paco	128	- White Beach	349
- Intramuros & Rizal Park	108	Puerto Princesa	634
- Makati	125	- Puerto Princesa Centre	639
- Makati Avenue & Burgos Street	139	Quezon City	130
- Mandaluyong City & Pasig City	117	Romblon	363
- Metro Manila (NCR)	102	Romblon (Town)	364
- Metrotren/Metro-rail/Metrostar	152	Roxas (Mindoro)	353
- Parañaque & Pasay City	120	Roxas (Panay)	513
- Quezon City	130	Sabang & Underground River	645
Marinduque	327	Sablayan & Pandan Bay	358
Masbate	334	Sagada	244
Masbate City	335	Sagay Marine Reserve	477
Mati	605	Samar	527
- Mati Centre	606	- North-West Samar	529
Mindanao	557	San Carlos	479
Mindanao & Sulu	548	San Fernando (La Union)	228
Mindoro	339	San Jose	356
Moalboal	439	San Jose de Buenavista	507
- Panagsama Beach	440	San Juan	230

Santa Fe	433	Tacloban	451
Santiago	281	- Tacloban Centre	452
Shipping Routes	100	Tagaytay	165
Sibutu Group	629	Tagbilaran	381
Silay	474	- Tagbilaran Centre	383
Sipalay	491	Tandag	599
- Around Sipalay	490	- Tandag Centre	599
Siquijor	543	Tarlac	190
Solano	282	Tawi-Tawi Group	628
Sorsogon	310	Toledo	426
Sorsogon Province	308	Tuguegarao	274
South Cotabato	618	- Tuguegarao Centre	276
Subic Bay	207	Underground River	845
Sulu Islands	625	Vigan	259
Surigao	591	Virac	323
- Around Surigao	593	Visayas	372
Taal	168	Zambales	213
Tabaco	298	Zamboanga	587
		- Around Zamboanga	588

Info-Boxes

Dr Jose Rizal	19	From the Coast to the Mountains	248
Overseas Filipino Workers	26	Lubuagan & Chico Valley Dam	250
Love of Animals	27	Rice Planting Schedule	254
Baskets	41	Double Crossing	260
Maranao Art	42	Sitio Remedios - Experience the Past	263
Swords	43	Boarding Down the Dunes	264
The Aegis Phenomenon	45	Palanan - The Last Wilderness	277
Crack Billiard Players	47	Calaguas for Explorers	287
Money, Money, Money	49	Life on the River	289
Miss Philippines	51	All aboard...	292
Sex Bombs for Lunch	53	Ash for Cash	304
Something Brewing	60	Demise of the Princess	367
Do's & Don'ts	87	Lost Cultural Heritage	385
The Final Curtain - Done in <i>My Way</i>	90	From Botany & Bees	393
Which Driving License?	96	From Whale Catching to Whale Watching	396
Beware of the Crocodiles!	97	Giant Legends	398
Manila Panorama	114	Adventure Park in Danao	399
Just for Kids	119	Night at the Museum	407
April's Week-long Riot of Colour	132	Seafood Fresh to your Table	425
Greenbelt Rendezvous	133	Over the Bridge of Love	453
Eating at Markets	134	Patag - The Rediscovered Hideaway	475
Pork Aplenty	136	Mabinay - Spelunker's Paradise	480
Dampas Rediscovered	137	Mother Nature on Danjugan Island	492
Deadly Butterflies	167	Golden Times	493
Sweet as Buko Pie	172	North-East Coast Adventure	530
Bacolor - Submerged in the Mud	176	Hopes for Peace	558
Mt Pinatubo - The Big Bang of the 20th Century	188	Agusan Marsh Wildlife Sanctuary	562
		Wet 'n' Wild	568
And...Action! Charlie Don't Surf	195	Welcome to the Enchanted Garden	580
Subic Bay	207	Gorgeous Islands with no Water	582
Up we Go!	232	The Red Mountains of Surigao	598
Subterranean Time Travel	236	Nasty Nik-Niks	632
The Spectacular Halsema Road	241	Underground River - New Wonder of Nature	644