

# Contents

<b><u>The Authors</u></b>	<b>12</b>	Getting There & Away	118
<b><u>Getting Started</u></b>	<b>14</b>	<b>SOUTH OF MANILA</b>	<b>118</b>
<b><u>Itineraries</u></b>	<b>18</b>	Las Piñas	118
<b><u>Snapshot</u></b>	<b>23</b>	Cavite	119
<b><u>History</u></b>	<b>24</b>	Ternate	119
<b><u>The Culture</u></b>	<b>33</b>	Nasugbu	119
<b><u>Food &amp; Drink</u></b>	<b>45</b>	Matabungkay	119
<b><u>Environment</u></b>	<b>52</b>	Lake Taal & Taal Volcano	120
<b><u>Diving in the Philippines</u></b>	<b>59</b>	Taal	123
<b><u>Manila</u></b>	<b>69</b>	Anilao	123
History	70	Batangas	124
Orientation	70	Calamba	124
Information	71	Los Baños	125
Dangers & Annoyances	75	San Pablo	125
Sights	75	Alaminos Area	126
Activities	85	Pagsanjan	126
Tours	88	Lucban	128
Festivals & Events	88	Tayabas	128
Sleeping	89	Lucena	128
Eating	96	<b>NORTH OF MANILA</b>	<b>129</b>
Drinking	102	Bataan Peninsula	129
Entertainment	104	Olongapo & Subic Bay	130
Shopping	106	San Fernando (Pampanga)	132
Getting There & Away	108	Angeles & Clark Special Economic Zone	132
Getting Around	113	Mt Pinatubo	134
<b><u>Around Manila</u></b>	<b>116</b>	Mt Arayat	134
<b>CORREGIDOR</b>	<b>117</b>	<b>North Luzon</b>	<b>135</b>
Information	118	<b>ZAMBALES COAST</b>	<b>138</b>
Sights & Activities	118	Pundaquit	138
Sleeping & Eating	118	Botolan & Iba	138
		<b>LINGAYEN GULF</b>	<b>139</b>
		Bolinao & Patar Beach	139
		Hundred Islands National Park	140
		Lingayen	142
		San Fabian	142
		San Fernando (La Union) & Around	142
		<b>ILOCOS</b>	<b>145</b>
		Vigan	145
		Around Vigan	149
		Laoag	149
		Around Laoag	151
		Pagudpud	152
		<b>THE CORDILLERA</b>	<b>153</b>
		Baguio	153
		Kabayan	161
		Around Kabayan	162
		Sagada	162

Bontoc	166
Around Bontoc	167
Kalinga Province	168
Banaue	170
Around Banaue	173
<b>THE NORTHEAST</b>	<b>175</b>
Baler & Around	175
Nueva Vizcaya	177
Northern Sierra Madre Natural Park	178
Tuguegarao	178
Claveria and the Babuyan Islands	179
<b>BATANES</b>	<b>180</b>
Batan Island	180
Sabtang Island	182
Itbayat Island	183

## **Southeast Luzon** **184**

<b>BICOL</b>	<b>186</b>
Daet	186
Naga	187
Around Naga	189
Legaspi	190
Around Legaspi	192
Tabaco	194
Donsol	194
Sorsogon	195
Around Sorsogon	195
Matnog	196
<b>CATANDUANES</b>	<b>196</b>
Virac	197
Around Virac	197
West Coast	199
<b>MARINDUQUE</b>	<b>199</b>
Boac	199
Gasan	201
Buenavista	201
Santa Cruz	202
Poctoy	202

## **Mindoro** **203**

<b>MINDORO ORIENTAL</b>	<b>205</b>
Puerto Galera	205
North Coast Resorts	208
Calapan	216
Roxas	219
Bulalacao	220
<b>MINDORO OCCIDENTAL</b>	<b>220</b>
Abra de Ilog	220
Mamburao	221
Sablayan	221
North Pandan Island	221
Apo Reef National Park	222

Mt Iglit-Baco National Park	222
San José	223

## **The Visayas** **225**

<b>CEBU</b>	<b>227</b>
Cebu City	227
Around Cebu City	242
North of Cebu City	246
South of Cebu City	253
<b>CAMOTES ISLANDS</b>	<b>258</b>
Pacijan Island	258
Poro Island	260
Ponson Island	260
<b>BOHOL</b>	<b>261</b>
Tagbilaran	261
Panglao Island	265
Balicasag Island	269
Pamilacan Island	269
Cabilao Island	269
Bohol Interior	270
Bohol's Coastal Road	272
<b>NEGROS</b>	<b>274</b>
Negros Oriental	274
Negros Occidental	282
<b>SIQUIJOR</b>	<b>294</b>
Larena	296
Siquijor Town	297
Bandila-an Nature Centre & the Caves	297
Paliton Beach	297
San Juan	297
Lazi & Around	298
Salagdoong & Talingting	298
<b>PANAY</b>	<b>298</b>
Iloilo City	299
Guimaras	306
Bulabog Puti-An National Park	317
Southwest Coast	318
San José (Antique)	319
Tibiao & Around	319
Roxas (Capiz)	319
Kalibo	321
Tangalan	324
Caticlan	324
<b>BORACAY</b>	<b>325</b>
Orientation	327
Information	327
Activities	327
Sleeping	329
Eating	332
Drinking & Entertainment	334
Getting There & Away	334
Getting Around	335

<b>ROMBLON</b>	<b>335</b>
Carabao Island	335
Tablas Island	337
Romblon Island	339
Sibuyan Island	342
Banton Island	343
<b>MASBATE</b>	<b>344</b>
Masbate Town	345
Bagacay	346
Mandaon	347
Ticao Island	347
Burias Island	347
<b>SAMAR</b>	<b>347</b>
Catarman	349
Around Catarman	349
Allen	349
Balcuartro Islands	350
Calbayog	350
Catbalogan & Around	350
Borongan	352
Guiuan	352
Around Guiuan	353
<b>LEYTE</b>	<b>354</b>
Tacloban	354
Around Tacloban	358
Padre Burgos & Around	359
Limasawa Island	360
Malitbog	360
Maasin & Around	361
Ormoc	362
Around Ormoc	363
<b>BILIRAN ISLAND</b>	<b>363</b>
Naval	364
North of Naval	364
East & South of Naval	366
West of Naval	366

## **Mindanao & Sulu** **367**

<b>NORTHERN MINDANAO</b>	<b>371</b>
Surigao	371
Siargao	373
Dinagat	376
Butuan	376
Around Butuan	378
Balingoan	378
Camiguin	378
Cagayan de Oro	382
Around Cagayan de Oro	385
Malaybalay & Around	385
Iligan	386
Marawi & Lake Lanao	386
<b>SOUTHERN MINDANAO</b>	<b>387</b>
Davao	387
Around Davao	391

General Santos (Dadiangas)	393
Lake Sebu	395
Koronadal (Marbel)	395
Cotabato	395
<b>ZAMBOANGA PENINSULA</b>	<b>396</b>
Zamboanga	397
Around Zamboanga	401
Ozamis	401
Oroquieta	401
Baliangao Wetland Park	402
Dapitan	402
Dipolog	403
<b>SULU ISLANDS</b>	<b>403</b>
Tawi-Tawi Group	404
<b>Palawan</b>	<b>406</b>
<b>CENTRAL PALAWAN</b>	<b>410</b>
Puerto Princesa	410
Around Puerto Princesa	414

<b>SOUTH PALAWAN</b>	<b>417</b>
Quezon & Tabon Caves	417
Brooke's Point	417
<b>NORTH PALAWAN</b>	<b>417</b>
Roxas	418
Port Barton	419
Taytay	420
Apulit Island	420
Flower Island	421
Calabugdong Island	421
Icadambanuan Island	421
Liminancong	421
El Nido	421
Bacuit Archipelago	424
<b>CALAMIAN GROUP</b>	<b>427</b>
Busuanga Island	427
Other Islands in the Calamian Group	430
<b>Directory</b>	<b>432</b>

<b>Transport</b>	<b>446</b>
<b>Health</b>	<b>456</b>
<b>Language</b>	<b>465</b>
<b>Glossary</b>	<b>472</b>
<b>Behind the Scenes</b>	<b>474</b>
<b>Index</b>	<b>483</b>
<b>World Time Zones</b>	<b>490</b>
<b>Map Legend</b>	<b>492</b>

# Regional Map Contents

