

IFLRY@MANILA

2008 EXECOM MEETING

24-28 JULY | Makati City, Metro Manila & Boracay Island



Philippine Map



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World Map



Travel Time from Target Markets to the Philippines

Amsterdam	11 hours	30 minutes	Macau	1 hour	55 minutes
Anchorage	19 hours	16 minutes	Melbourne	8 hours	00 minutes
Athens	8 hours	30 minutes	New Delhi	9 hours	45 minutes
Bangkok	3 hours	15 minutes	Nagoya	4 hours	00 minutes
Beijing	4 hours	25 minutes	New York	17 hours	30 minutes
Bandar Seri Begawan	2 hours	05 minutes	Okinawa	2 hours	20 minutes
Busan	3 hours	45 minutes	Osaka	3 hours	55 minutes
Cairo	13 hours	00 minutes	Paris	14 hours	10 minutes
Chicago	23 hours	33 minutes	Rome	15 hours	30 minutes
Dubai	8 hours	45 minutes	Russia (Moscow)	19 hours	00 minutes
Frankfurt	13 hours	55 minutes	San Francisco	12 hours	00 minutes
Guam	3 hours	40 minutes	Seoul	4 hours	00 minutes
Ho Chi Minh	2 hours	30 minutes	Shanghai	3 hours	10 minutes
Hongkong	2 hours	00 minutes	Singapore	3 hours	35 minutes
Honolulu	10 hours	15 minutes	Stockholm	17 hours	50 minutes
Jakarta	6 hours	15 minutes	Sydney	10 hours	50 minutes
Karachi	9 hours	00 minutes	Taipei	2 hours	00 minutes
Kuala Lumpur	3 hours	15 minutes	Tokyo	4 hours	15 minutes
London	15 hours	25 minutes	Vancouver	12 hours	05 minutes
Los Angeles	12 hours	30 minutes			



The Philippines

General Description

The Philippines, from its northernmost tip to its farthest island in the south, is an unmistakably beautiful country endowed with pristine beaches, bountiful lakes and serene lagoons, magnificent mountains and challenging volcanoes, pastoral country sides and exciting and highly developed cities and urban centers. Name it and the country has all that can lure even the most seasoned traveler. Most of all, it is home to a fascinatingly captivating people given to smile and renowned for their hospitality.



Hundred Islands, Alaminos, Pangasinan

The underlying charm of the Philippines is its chain of 7,107 islands so beautiful they were once called the "Green Necklace of the Pacific." Bounded by the Pacific Ocean to the east, the South China Sea to the west, the Bashi Channel to the north and the Sulu Sea and Celebes Sea to the south, the Philippines has a total land area of 300,780 square kilometers, with a coastline of 15,500 kilometers (twice that of the United States) where the most beautiful beaches in the world can be found. The country is divided into the geographical areas of Luzon, Visayas and Mindanao. Its capital, Manila, is in Luzon while the premier city of Cebu is in the Visayas and Davao City is in Mindanao.

Manila, the main entry point to the country, is a cosmopolitan and bustling metropolis that boasts of posh hotels, upscale shopping centers and entertainment venues that become rather stirring and full of life at night, amidst centers of arts and crafts, museums, historical landmarks, and

centuries-old churches like the one considered to be the country's greatest link to its Hispanic past.

A little farther north of Manila, the cadence slows down a bit as the scenery changes from towering skyscrapers to the rugged terrain of a spent volcano with an awesome crater lake. Here, the aborigine Aetas now share their know-how in jungle survival with those who dare scale whatever is left of the revered mountain that was once their home. Farther still are the Cordillera Mountain Ranges, where lived the descendants of the Ifugao tribal folk who carved the breathtaking rice terraces out of the mountainside 2,000 years ago. The Ifugaos and the rest of the mountain tribal folk continue their customs and traditions although modernization is fast catching up with the younger generations. On the plains, in the towns and villages bordered by beaches and the sea, centuries-old churches and historic landmarks built by the Spanish friars still stand, veritable substantiation of the almost 400 years of Spanish colonization.

Ancient churches and turn-of-the-century houses also mark Luzon's southern landscape of verdant fields, placid lakes, mighty rivers and either dormant or active volcanoes. Add to these the larger islands of Palawan and Mindoro, both boasting of natural parks now listed in the ASEAN's Greatest Parks. To many people, Palawan is the "Last Frontier" as many rare flora and fauna still inhabit its mountains, hinterlands



Makati Business Center



The Philippines



Calauit Sanctuary, Palawan

and plains, islands and islets and its surrounding seas, making the island province a venue for daring sports adventures. Also in Palawan are the incomparable El Nido Archipelago and some of the most stunning island resorts where travelers can soak up the sun, sand and sea in luxury.

Pristine beaches, warm tropical waters and unique inland attractions also abound in Cebu, Bohol and other islands in Central Philippines where the people have something in common: the innate sense of festivity often based on combined religious and folk beliefs. A very good example of this is Ati-Atihan, the festival in honor of the Sto. Nino (Holy Child) and, while differing in name and fervor in execution (it's called Sinulog in Cebu and Dinagyang in Iloilo, Ati-Ati in Ibaday), the celebrations have the same passion and devotion very much like that seen during the procession of the revered image of the Black Nazarene in Quiapo, Manila.



Kadayawan Festival, Davao

For Filipinos, in general, fiestas (usually in honor of some patron saints) and festivals (either age-old traditions or ones created to showcase the town's tourist attractions, cultural heritage, arts and crafts, agricultural products and the like such as the Panagbenga of Baguio City, Kadayawan of Davao City, Lanzones Festival of Camiguin, Hong Butuan of Butuan City, Kaamulan of Bukidnon, Maradjao Karadjao of Surigao, etc) are venues not only for homecoming and the gathering of family, relatives and friends but also as an opportunity to show the ultimate in hospitality as they open their homes to visitors and offer food and drinks to one and all, including foreigners present only by mere happenstance.



T'boli weavers, Davao

For its sheer size - it is the second largest in surface area in the country - and its abundant natural resources, Mindanao has been dubbed the "Land of Promise." It is also a promising place for exciting travel, cultural and sports adventure with the opportunity to interact with the Muslims (Maranaws, Maguindanaos, Tausugs, Yakans, Samals) and its indigenous peoples such as Manobos, Bagobos, Mandaya, Bukidnons, Talaandigs, B'laan, Subanons, Tirurays, T'bolis and others, including the seafaring gypsies known as Badjaos. And there are more to see and experience like the region's unique flora and fauna thriving in its virgin forests, mineral-rich mountain ranges and surrounding seas.

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Pahiyas Festival, Quezon

And there are the Filipinos who have the most unique racial mix in Asia: a complex intermingling of Malay, Spanish, German, British, Japanese and American. All these bloodlines produced the unique Filipino race and the cultures that melted into each other created a heritage of pagan and Christian, East and West, customs and traditions and language all their own. And, having been under Spanish colonization for almost 400 years and American domination for 50 years, the Filipino "thinks like an American, feels like a Spanish and behaves like a Malay."

The Philippines is easily accessible by air as most of the world's major airlines serve the international airports in Manila, Clark in Pampanga and Mactan in Cebu. Some major airlines in Asia also now serve the international airport in Davao City. Travel time is approximately five hours from Tokyo, less than two hours from Hong Kong, 17 hours from Los Angeles, and a little over 20 hours from London. It takes only one hour from Manado, North Sulawesi in Indonesia to Davao City; only two hours from Kota Kinabalu in Sabah; three hours from Singapore, and one hour and a half from Palau, Micronesia.

It's now time to come to the Philippines and embrace the beyond-the-usual offerings of its 7,107 islands!

www.iflrymanila.blogspot.com



Metro Manila

General Description

Metro Manila – friendly, hospitable, warmly welcoming - is the principal gateway of the Philippines to its major destinations throughout its archipelago of 7,107 islands.

Metro Manila is an exciting, colorful and complex metropolis made up of 14 cities and 3 municipalities, namely, Manila, the capital of the Philippines at Kilometer Zero; Quezon City; Mandaluyong, San Juan, Pasig, Marikina in the East; Makati, Pasay, Parañaque, Las Piñas, Muntinlupa, Taguig, and Pateros in the South; and Caloocan, Malabon, Navotas, and Valenzuela in the North. All these cities—each with its own distinct character, history, and interesting features—occupy a total area of 633.3 square kilometers, bounded by the Manila Bay and the provinces of Bulacan, Rizal, Cavite and Laguna.

Metro Manila is the central nerve of all activities in the country, the seat of government, the center of trade and economic activities and the core of education, culture and arts and entertainment.

Metro Manila is a combination of different elements that define its character as a place:

Drama, as the metropolis, particularly the capital city of Manila, succeeds in making its historic past relevant to the present times.

Sights and sounds, as it is a blending of both ancient and modern edifices like skyscrapers and state-of-the-art shopping malls, of concrete and greenery, of stark settings and pockets of beautiful scenery, all surrounded by the cacophony of sounds of people of varied tongues, culture and beliefs, and of everything else moving around the cities.

Money and music, as it is an excellent place for business or work, to earn a living and then, at the end of the day, to relax and enjoy varied forms of entertainment, subdued or glitzy and fast, even raucous.

Lights and life, as the entire metropolis is brightly lit, cosmopolitan and fashionable, vibrant and alive, either in basic comfort or unimaginable luxury, beginning from dawn and ending at dawn.

Most of all, Metro Manila is the Philippines' heart and soul.



Rizal Park/Rizal Monument



Metro Manila

Getting Around the Metropolis

Those who are new to the National Capital Region (NCR) may find Metro Manila's transport system quite confusing. Taking the public transport notwithstanding is a very exciting experience because aside from getting to your destinations, it is a means of discovering the culture that is genuinely Filipino and truly Metro Manila.

There are various options one can take to get around NCR. People believe that traffic in the metropolis is so notorious but it is not as bad as everyone thinks it is. It is just a matter of good timing so it is advised that one must avoid the rush hours and instead go out during the odd hours from 10:00 a.m. to 3 p.m.

Visitors who prefer the convenience of private cars can avail of the services of rent-a-car establishments. Several companies provide these services but it is advised to hire those accredited by the Department of Tourism (DOT).

Several means of public transportation are available: taxis, buses, jeepneys, tricycles/pedicabs, and trains.

Taxis are the best means of transport around the metropolis. Airconditioned cabs roam the streets anytime of the day. Flag down rate is thirty pesos (P30.00) with an additional two pesos and fifty centavos (P2.50) for every 300 meters thereafter. Be cautious, however, of taxi drivers who ask for fixed rates. This practice is illegal and very much discouraged although it happens, particularly to destinations which are offbeat or too close. Passengers are reminded to pay only the amount stated in the meter.

DOT accredited taxis with metered rates and trained drivers are available as well from the international airport to any point of destination within Metro Manila.



Jeepney



Metro Rail Transit (MRT)

In addition to the regular taxis are the popular mega-taxis commonly called FX, referring to the Toyota Tamaraw FX although, at present, Isuzu Highlanders, Toyota Revos and Mitsubishi Adventures ply as mega-taxis as well. Unlike ordinary cabs, the FX have specific destinations and take only passengers along their routes. Drivers charge ten to thirty-five pesos (P10-P35) per passenger depending on the destination. Maximum capacity of the FX is ten passengers. Commuters are inclined to take this transport mainly for convenience because the fare is more affordable compared to a regular taxi, it is more comfortable than a jeepney because it is airconditioned and is significantly more agile than a bus.

Buses, which are quite dependable, tread the major thoroughfares of Metro Manila. Various city bus companies provide the region with easy access to the different cities and municipalities. Regular and airconditioned buses service the public as early as 4:00 in the morning up to midnight, from north to south.

Provincial bus lines with terminals within NCR likewise link Metro Manila to the rest of the country.

The jeepney, as the undisputed king of the Philippine roads, is the basic means of transportation for most Filipinos. They jostle daily with the taxis and buses within the streets of Metro Manila.

Although the jeepney is not always convenient to take, fare is very inexpensive and riding one is always a fun and exciting experience. Jeepney drivers are oftentimes an amusement to their passengers as they skillfully maneuver

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Light Rail Transit (LRT 2)

these unique vehicles even on the busiest streets. Majority of the jeepneys coming from the different cities and municipalities of the Metropolis converge in Quiapo. Check signboards for your destinations before boarding a jeepney.

The best way to go on short distances is by motorized tricycles or pedal-powered pedicabs. Minimum fare is four pesos (P4.00) per passenger depending on the location and distance traveled.

The overhead train of the Light Rail Transit (LRT) offers a much faster alternative of commuting. It stretches from the City of Caloocan to Baclaran, Pasay City. Train intervals is a mere ten minutes and boarding and unboarding stations are located at key areas of the metropolis. Train fare is ten pesos (P10).

Servicing the public as well is the Metrotren, the land railway transit operated by the Philippine National Railways (PNR). Minimum train fare is two pesos (P2.00) which goes all the way from Tayuman to Alabang with specific loading and unloading stations. Trains leave every 30 minutes starting from 5:00am to 5:00pm.

To address the escalating traffic situation in the region, the government and the private sector have joined hands in providing a more convenient system of transportation and making all its cities and municipalities more accessible via the Metro Rail Transit (MRT).

- LRT 1 covers Paranaque, Pasay, Manila and Caloocan
- LRT 2 covers Quezon City and Manila
- MRT covers Pasay City, Makati, Mandaluyong and Quezon City

The existing urban rail network (LRT 1, 2, 3) will likewise be extended to the adjacent provinces of Rizal, Cavite, Laguna and Bulacan (LRT 4, North Rail).



Light Rail Transit (LRT 1)



Metro Manila

Tourist Attractions

BACLARAN REDEMPTORIST CHURCH

Baclaran, Paranaque

The National Shrine of Our Mother of Perpetual Help is visited by thousands of devotees each Wednesday at the Baclaran Church which is considered to be "the most attended church in Asia". Run by the Redemptorist Fathers, it has become a Mecca for Christian pilgrims from all over the world. It is believed that novena devotion at the shrine results in the granting of the devotees petitions.

BAYWALK

Roxas Boulevard, Manila

Foreign and local tourists wishing a whiff of sea breeze may promenade between the Manila Bay seawall and numerous al fresco restaurants. It is a strategic spot to view the world famous Manila Bay sunset and its vibrant colors that continue to be accentuated in the evening by the colorful streetlights stretched along the entire 2 kilometer promenade from the American Embassy compound to the Cultural Center of the Philippines complex.



Baywalk, Manila



Best bargains

BEST BARGAINS

Greenhills, Chinatown and Divisoria

When locals want a good buy, they go all the way to Divisoria or Chinatown in Manila. Others who avoid the crowd or prefer better shopping conditions settle for the Greenhills Shopping Center in San Juan. Name it, these places have it. From knick-knacks, to the latest gadgets, garments, and antiques --- there is always a bargain waiting to be discovered.

CBD ENTERTAINMENT AND SHOPPING

Central Business Districts (CBD)

Mixed-used. Mixed pleasures --- best describe the entertainment and shopping havens of Makati and Ortigas Center. A place to see and be seen, the high-end Ayala Center in Makati (Glorietta and Greenbelt) is frequented by the country's expatriate community, the local elite, and employees of the premiere business district for its themed restaurants, fastfood chains, glitzy bars, designer boutiques and first-class entertainment. In the crossroads of Mandaluyong, Pasig, San Juan and Quezon City is Ortigas Center, home of the Asian Development Bank (ADB) and San Miguel Corporation (SMC) headquarters. Several malls like SM Megamall, The Podium, Robinsons Galleria, Shangri-la Plaza, Starmall, St. Francis Square, and Edsa Central cater to the employees of this CBD which has a market mix similar to Makati. There are others like The Fort in Taguig, Festival Mall and Alabang Town Center in Muntinlupa, Eastwood City in Libis, Quezon City, and the Araneta Center in Cubao, Quezon City that attract those in the periphery of these main CBDs.

COLLEGE EDUCATION / ESL CENTERS

Metro Manila continues to be a favored destination of Asian students not only for their college education which lasts several years but also as a place for them to learn English as a Second Language (ESL) in a month's time. They find it inexpensive and find great value in immersing themselves in the local culture. This trend is expected to continue and increase substantially as the global village gains acceptance and more Asians realize the

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Greenbelt, Makati



Glorietta, Makati



Araneta Center, Quezon City

importance of knowledge and English as a means to further oneself in a highly competitive global environment.

CULTURAL CENTER OF THE PHILIPPINES (CCP) COMPLEX

Roxas Boulevard, Pasay City

The vision of the Cultural Center of the Philippines (CCP) Complex as the mecca for culture and arts in Asia is underway and is expected to be completed by 2013. This 60 hectare development, built on reclaimed land by the bay, is the country's preeminent venue for cultural shows, concerts, conventions and exhibits and has played host to several of the world's finest artists and performers. The Cultural Center of the Philippines (CCP), the Folk Arts Theater (FAT), the Philippine International Convention Center (PICC), the Coconut Palace, and the Sofitel Philippine Plaza Manila are situated in this vast complex. A recent attraction that draws in both tourists and locals to its popular bars and restaurants is the Harbor Square.



Cultural Center of the Philippines, Pasay City

GAWAD KALINGA COMMUNITIES

Gawad Kalinga, 349 Ortigas Avenue near EDSA

Tel. No. (63-02) 7267261

Website: www.gawadkalinga.org

Scattered all over the metropolis and the entire country are social and spiritual oases of hope and concern for fellowmen known as the Gawad Kalinga Villages. Through the years, Gawad Kalinga has shown how the poorest of the poor, some of whom had never had the chance in their lives, can rise above hopelessness and helplessness. By giving land to the landless and home to the homeless, Gawad Kalinga aims to restore the dignity of the poor and his capacity to dream and the motivation to work for that dream. Gawad Kalinga is becoming a global template for development and has grown to represent the Philippines' next gift to humanity. Community organizers, social workers and politicians from other countries visit via self-initiated study tours and replicate GK villages in Papua New Guinea, Indonesia and Cambodia; and soon in East Timor, India, Nigeria and Nicaragua. There are also foreigners who have left the comforts of home to immerse themselves deeply into this life-changing advocacy to make one's home a better place to live in. GK volunteers are the Peace Corps of our times and their number has grown to over 200,000 active volunteers. The 1,000 GK communities all over the country directly affect the lives of half a million poor Filipinos regardless of location or religious creed.



Metro Manila

INTRAMUROS – THE WALLED CITY

Manila

Walk back in time to the old Spanish era when you visit the walled city of Intramuros and take in vestiges of more than 300 years of Spanish colonial rule --- massive high stone walls, bulwarks, moats and cobblestoned streets. Originally the site of a large Malayan Muslim settlement called *Maynilad* headed by Rajah Sulayman, Intramuros, literally meaning "within the walls", was the glorious old city of Manila. It was built by the Spaniards in the 16th century as a defense against foreign invaders. The walls of the city fortress stretched 4.5 kms. and encircled 64 hectares where residences, churches, schools, government buildings, and drawbridges as gates were erected. Subsequent fires, earthquakes and World War II bombings left it in ruins sparing only some walls and buildings. Restoration and preservation programs help revive the illustrious past of Intramuros.

Located at the northwestern tip of Intramuros is Fort Santiago, one of the fortifications started in 1571 and completed nearly 150 years later by Filipino forced labor. What once served as the headquarters of the Spanish forces is now known as the "Shrine of Freedom", in memory of the heroic Filipinos imprisoned and killed here during the Spanish and Japanese era. A museum with memorabilia and antique furniture honors the country's national hero, Jose P. Rizal, who spent his last few days here before he was executed on December 30, 1896. A resident theater company, PETA, uses ramparts, an old garrison and a small chapel as theaters for both traditional and modern plays.

Nearby are the Manila Cathedral and the San Agustin Church and Museum. The Manila Cathedral is a minor basilica dedicated to the Immaculate Conception of the Virgin Mary. It has an imposing Romanesque structure made entirely out of Philippine adobe, main doors made of bronze with eight panels depicting the cathedral's history in bas-relief, and stained glass windows of various Philippine Madonnas. The square fronting the cathedral is Plaza Roma, formerly known as the Plaza de Armas, where bullfights were staged during the 18th century. Adjacent to the square is the Palacio del Gobernador which used to house the seat of



Intramuros - The Walled City

government of the Spanish regime. Four blocks away is the San Agustin Church and Museum. The original structure of bamboo and nipa on this site was the first church in Intramuros. Adjoining the church is a monastery-museum which contains a vast collection of Philippine artifacts and religious art amassed by the Augustinians. Across the street is Casa Manila, a reconstructed 19th century mansion replete with 16th to 19th century furniture and furnishings.

MALACAÑANG PALACE

Manila

Considered one of the most historic structures in the Philippines, this colonial mansion by the Pasig River is the official residence of the President of the Republic of the Philippines. It has been witness to numerous challenges that have faced the nation and events that have defined the country's history. Malacanang Palace has been home to 14 Spanish governor-generals, 13 American civil governors, and 14 Philippine Presidents.

MEDICAL TOURISM

Why wait for the most sought after medical care professionals to reach your land when you can visit them and have them all to yourself? The rising number of satisfied patients who visit the country for medical reasons indicate that they find assurance and comfort in the capability and pampering that only Filipino doctors, nurses and therapists can offer at half the price back home.



Quiapo Church

MUELLE DEL RIO

This promenade straddles the southern bank of the Pasig River marking the area where the historic "Galleon Trade" started and flourished. Several notable restaurateurs have big umbrellas and tents serving popular delicacies. The northern embankment is a well-lighted promenade with sidewalk cafes and flea market stalls.

PEOPLE POWER MONUMENT

Epifanio Delos Santos Avenue (EDSA)

A gift of the Filipino to the world --- the miracle that was "EDSA" inspired other freedom-loving people in Germany and the Soviet Union to replicate the feat of conquering hate and oppression with kindness and love ---tearing down the infamous Berlin wall and uniting Germany while dividing the Soviet Union into several free states. People Power continues to bring democracy to oppressed states the world over. The EDSA Shrine and People Power Monument, along Epifanio Delos Santos Avenue (EDSA) cor. Ortigas Avenue and cor. White Plains Avenue respectively, are dedicated to the Blessed Virgin Mary and those who bravely risked their lives during the 1986 People Power Revolution which ousted a dictatorship. The church and image were erected at the very site where ordinary people stopped mighty military tanks with simple rosary beads, prayers and flowers.

PLAZA MIRANDA

Quiapo, Manila

The plaza is the showcase of the city-wide urban renewal and pedestrianization. It transforms an erstwhile chaotic place into well-appointed open areas for political, social, and cultural events. Artistic arches and landmarks provide an appropriate perimeter for the public as they segregate areas for organized street vending and better access to a wide variety of bargains: cameras, videos, photo supplies, religious items, electronic equipment, musical instruments, etc. The historic plaza leads to the Quiapo Church, known as the Basilica of the Black Nazarene, where devotees fill up every available space for their Friday novenas.

QUIAPO CHURCH (MINOR BASILICA OF THE BLACK NAZARENE)

Quiapo, Manila

One of Manila's most famous churches, the St. John the Baptist Parish Church or Quiapo Church is home to the 400 year old image of the Black Nazarene. The miraculous image was brought to the Philippines by the Recollect missionaries from Acapulco, Mexico in 1606. From Bagumbayan (Luneta), it was transferred to Intramuros, then finally to Quiapo. This transfer is commemorated every January 9 when millions of barefoot devotees join the procession as a form of penance for sins committed and of thanksgiving for blessings received. The image leaves the church at 2 p.m. and slowly inches its way through a traditional route while being besieged by millions of devotees who take turns clambering up the *andas* (carriage) to touch the image, and, pulling the rope (*pingga*) as a fulfillment of their annual *panata* (solemn promise). A second procession is also held every Good Friday to commemorate Christ's Passion. Around the church is a fascinating gathering of vendors selling candles and curiosities like amulets and folk cures for obscure ailments. The present cream-colored edifice was built after the original Mexican Baroque structure burned to the ground in 1928.



Metro Manila

REMEDIOS CIRCLE

Malate, Manila

Barhop and experience romantic dinners, artsy exhibits, hip street parties, and a round of beer all in one night. Bohemian in character, the Remedios Circle and the Malate entertainment district is a favorite of artists and creative professionals. Other popular entertainment spots have come and gone but Malate has always withstood the shifting preferences of several generations who ultimately find themselves back in their old hangouts in this western part of the metropolis.

RIZAL PARK / RIZAL MONUMENT

Roxas Boulevard, Manila

The Rizal National Park is a "people's park" and is a favorite of people from all walks of life. They come here to stroll, laze around, exercise, skate, and to spend quality time with loved ones. It has an area of 58 hectares which stretches from Taft Avenue up to the walls of the famous Manila Bay. Known as Bagumbayan (meaning "new town") during the Spanish era, it is where the Filipino-Muslims took refuge after the Spaniards occupied Intramuros in 1571. Later, it was called Luneta ("little moon"). In 1902, Daniel Burnham, architect and city planner, envisioned it as the site of the American government center. The 3 buildings constructed now house The Executive House, the Department of Tourism and the Department of Finance. The park's most prominent landmark is the Rizal Monument named after the country's national hero, Dr. Jose P. Rizal. Visiting heads of states



Rizal Park

and dignitaries lay a wreath of flowers here as part of their itinerary. The Quirino Grandstand is across the famed Roxas Boulevard and is the site of the country's Independence Day parades and occasional concerts.

THE UNIQUE ICONS OF LAS PIÑAS

Las Piñas City

Las Pinas has always been known for its world famous Bamboo Organ and annual festival where international artists have performed. This unique instrument made in 1822 can only be found inside the St. Joseph Church where it can be viewed from 2-4 p.m. on weekdays and its melodious sound heard every Sunday. But this rare musical instrument is not the only unique attraction of the city. It also boasts of the Nature Church which is one-of-a-kind in its use of tree stumps for seats, native anahaw leaves for roofing and narra hardwood for the altar. This Catholic church made out of indigenous materials is built on a 4,000 square meter mango orchard and tastefully designed by renowned architect, Bobby Manosa.

WORLD'S BIGGEST SHOE

Riverbanks, Marikina City

Marikina is known as the shoe capital of the country and is home to the World's Biggest Shoe as certified by the Guinness Book of World Records. Want to order handmade shoes crafted at the homes of the shoemakers? Or, customized shoes made while you wait at one of the modern factories? While you're at it, why not visit the Shoe Museum where the former First Lady Imelda Marcos' famous collection is on display? Experience all these in the eastern part of the metropolis touted as the country's "Little Singapore". Voted several times as a Most Competitive City, Marikina is also acclaimed for its best practices in governance and for transforming a biologically dead river into a revitalized and award winning Riverpark that stretches along both sides of the 11-kilometer long Marikina River and features jogging lanes, shopping centers, rows of dining and entertainment establishments, a Chinese pagoda, sports facilities, picnic grounds, and a flea market.



Metro Manila

Museums and Art Galleries

ARCHDIOCESAN MUSEUM OF MANILA

A museum on the establishment of the Archdiocese of Manila

3rd floor Arzobispado Building
#121 Arzobispo Street, Intramuros, Manila
Telefax (63-02) 522-8132/524-5062
Email RCAM@pltdsl.net
RCAMaoc@tri-isys.com

Website www.RCAM.org
Operating Hours: 9:00 a.m. - 4:30 p.m.
from Monday to Friday
Entrance Fees: Free Admission

The Archdiocesan Museum of Manila (occupying an area of 350 square meters) was established in 1987 to house the various historical and artistic objects acquired by the Archdiocese of Manila through the years. The museum presents a good picture of the establishment and development of the Archdiocese of Manila. Among the items on exhibit are the colossal wood carvings of the four evangelists that originally adorned the façade of the Manila Cathedral and which survived the bombing of Intramuros during the liberation of Manila.

Also displayed are facsimiles of books written by the early missionaries who became masters of the dialects of the natives they evangelized, among them: *Juan de Plascencia's Doctrina Christiana* written in 1593, reproductions of the illustrations found in the *Anales Ecclesiasticas de Pilipinas* which is a handwritten record of the history of the Church from 1572 to 1682 and other historical objects, paintings and religious art works.



Ayala Museum

AYALA MUSEUM

A museum of dioramas showcasing Philippine History

Greenbelt Park, Makati Avenue corner
De la Rosa street, Makati City, Metro Manila
Tel. No. (63-02) 757-7117 loc.10
Fax No. (63-02) 757-3588

Website: www.ayalamuseum.org
Operating Hours: 9:00 a.m. - 6:00 p.m.
from Tuesday to Friday
10:00 a.m. - 7:00 p.m.
from Saturday and Sunday
Closed on Monday

Entrance Fees:

Adults	P350
Students	P275
Children	P275

The rich tapestry of Philippine history is chronicled through the sixty handcrafted dioramas which form the core of Ayala Museum's historical collection. The museum features a one of a kind Boat Gallery showcasing miniatures of different watercrafts that plied the Philippine seas and contributed to the development of Philippine Maritime Trade and the colonial economy.

Also featured are fine art collections of three important painters considered as pioneers of Philippine Art: Juan Luna (1857-1899), Fernando Amorsolo (1882-1972), and Fernando Zobel (1924-1984).

Ayala Museum also organizes exhibitions of contemporary art from various museums and collectors. The museum regularly holds international conferences and intimate gallery talks by local and foreign museum curators, conservators and scholars focusing on specific aspects of the collections and special exhibitions.

Ayala Museum also offers a variety of programs for children and adults, including story-telling and story book publication, art workshops and gallery discussions that are based on either special exhibitions or the permanent collections.



Spa Fully Furnished Treatment Room

The Spa

Acropolis Center, Acropolis Green Subd.
80 E. Rodriguez Ave., Libis, Quezon City, Metro Manila
Tel. No. (63-02) 634-2848/2709/2473
Fax No. (63-02) 634-2267/633-4054
Email: thespa@thespa.com.ph
Website: www.thespa.com

Lower Ground
Alabang Town Center, Alabang
Muntinlupa City, Metro Manila
Tel. No. (63-02) 850-3490/6604/6836
Fax No. (63-02) 634-2267/633-4054

50 Jupiter Street, Bel-Air Village
Makati City, Metro Manila
Tel. No. (63-02) 895-5858/6868
Fax No. (63-02) 897-5277

Ground Floor, Greenbelt Drive Entrance Greenbelt I
Ayala Center, Makati City
Tel. No. (63-02) 840-1325 to 1326
Fax No. (63-02) 840-1321

The Spa @ Club Oasis

(Services provided by The Suriya Spa)
8th Level, Hyatt Hotel and Casino Manila
1588 Pedro Gil cor. M.H. del Pilar Street
Malate Manila 1004
Tel. No. (63-02) 245-1234 loc. 7315 / 567-5216
Fax No. (63-02) 247-1234 loc. 7317
Email: suriyaspa@suriyaspa.com

The Suriya Spa

Gold's Gym, 3rd Floor, Glorietta 3
Ayala Commercial Center, Makati City, 1224
Tel. No. (63-02) 893-1818
Fax No. (63-02) 813-0929
Website: www.suriyaspa.com

3rd Floor, InterContinental Manila
1 Ayala Avenue, Makati City, 1226
Tel. No. (63-02) 815-9711 Loc. 7343 or 7344 /
(63-02) 892-7426
Fax No. (63-02) 892-1346

5th Level, Holiday Inn Galleria Manila
& Crowne Plaza Galleria Manila
One ADB Avenue, Ortigas Center, Pasig City, 1655
Tel. No. (63-02) 633-7111 local 7431
(63-02) 638-3989
Fax No. (63-02) 638-3889

Hotel Spas

Makati Shangri-la

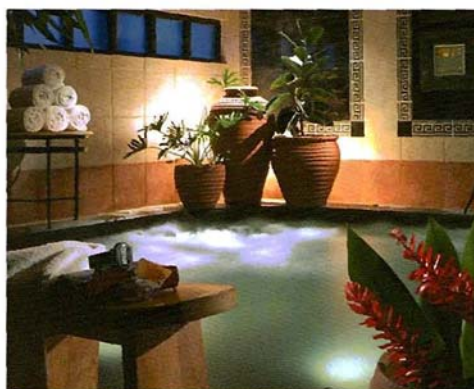
Ayala Avenue corner Makati Avenue, Makati City 1200
Tel. No. (63-02) 813-8888 loc. 7087
Fax No. (63-02) 814-2514
Website www.shangri-la.com

Mandarin Oriental Manila

Makati Avenue, Makati City 1226
Tel. No. (63-02) 750-8888 loc. 1901
Website www.mandarinoriental.com/manila

Sofitel Philippine Plaza Manila

CCP Complex, Roxas Blvd.
Pasay City, Metro Manila
Tel. No. (63-02) 551-5555/832-6936
Fax No. (63-02) 551-5555 loc. 1586
Website: www.accorhotels.com/asia



Spa-Jacuzzi, Sofitel Philippine Plaza Manila

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2008 EXECOM MEETING

24-28 JULY | Makati City, Metro Manila & Boracay Island



BAHAY TSINOY

A museum of Chinese legacy in Philippines.

Kaisa-Angelo King Heritage Center
#32 a corner, Cabildo Street, Intramuros, Manila
Tel No. (63-02) 527-6083; 526-6796;
Fax No. (63-02) 527-6085
Email kaisa@philonline.com

Operating Hours:

1:00 p.m. - 5:00 p.m. Tuesday to Sunday.

Closed on Monday

Entrance Fees:

Adults	P100
Students	P 60

In every aspect of Philippine life, in every phase of Philippine history, in its culture and tradition, language and songs, in everything Filipino, there throbs a Chinese presence which found its way long before Philippine recorded history. Although political, economic or cultural exigencies throughout Philippine history sometimes isolate the Chinese Filipinos from a destiny shared with Filipinos, in the end, in everything that is Philippine, there emerges the *Tsinoy*—the Chinese, who is Filipino or the Filipino who is Chinese; molded through the centuries by Philippine life; enriching this land with the legacies of Chinese heritage.

Bahay Tsinoy is a permanent showcase of the historical and cultural legacies of the Chinese in the Philippines from pre-history to the present. The museum takes you through the saga of the Chinese Filipinos as their identities in these islands transform and evolve from merchant sailors, to immigrant laborers, to mestizos, to ilustrados, to revolutionaries and to Tsinoy--continuing to help build this nation.



Bahay Tsinoy

CASA MANILA

A museum showcasing the gracious lifestyle in Manila at the turn of the 20th century.

corner Gen. Luna Real Streets
Intramuros, Manila
Tel. No. (63-02) 527-4084/4088
Operating Hours: 9:00 a.m.-6:00 p.m. daily
except Mondays and Holy Week

Entrance Fees:

Adults	P 40
Children/Students	P 15

Casa Manila is a replica of a mid-19th century house. The museum showcases the gracious lifestyle in Manila at the turn of the 20th century. Curved traceries, crystal chandeliers and Chinese ceramics show the luxury of the era. The house is replete with exquisite antique furniture, furnishings and rare art pieces from the Intramuros Administration Museum collection.



Casa Manila

CULTURAL CENTER OF THE PHILIPPINES MUSEO NG KALINANGANG PILIPINO

A museum on Filipino artistic traditions.

Cultural Center of the Philippines, CCP Complex
Roxas Boulevard, Pasay City, Metro Manila
Tel. No. (63-02) 832-370/1125
local 1504 to 1505
Fax No. (63-02) 834-0471

Website: www.culturalcenter.gov.ph

Operating Hours: 10:00 a.m. – 6:00 p.m.

Tuesday to Sunday.

Closed on Monday and Holidays



Metro Manila

Entrance Fees:

Guided Tour (group of 30 or more)
Adults/Professionals P40
Students P30

Walk-in Visitors (group of 29 or less)
Adults/Professionals P30
Students P20

The Cultural Center of the Philippines (CCP) Museo ng Kalinangan Pilipino was established in 1988 to help pursue CCP's aim to define and evolve Philippine art and culture with a museum that can be called "national", because it represents the various artistic traditions of the country and, "Filipino", because it embodies the way of life and distinct identity of the Filipino people.

The Museo's thematic exhibition entitled *Diwa: Buhay, Ritwal at Sining* (Spirit: Life, Ritual Art) presents a variety of creative forms of expression arising from the people's traditions and worldviews. Such traditions and worldviews were molded by their struggle with the elements: land, water, their struggle with life and death, their dealings with their kin and community, and relationship with the divinity.

On exhibition are: textiles, weapons, personal ornaments, farming implements, ritual paraphernalia and more. Adjacent to this is CCP's Exhibition of Asian Traditional Musical Instruments featuring items from different Asian countries like Indonesia, India, Japan, China, Thailand and Korea.

CCP Visual Arts Galleries

The CCP Main Building hosts various changing exhibitions of Modern and Contemporary Art in galleries and hallways as well as alternative spaces, with major shows featured in the CCP Bulwagang Juan Luna. Admission is free. Viewing hours are from 10:00 a.m. to 6:00 p.m. daily except Mondays.

GSIS MUSEUM OF ART

A museum on visual arts.

GSIS Building Financial Center, Level 2 Core D
Roxas Boulevard, Pasay City, Metro Manila
Tel. No. (63-02) 891-6161 loc. 4859
(63-02) 551-1301

Fax No. (63-02) 551-1301

Operating Hours: 8:00 a.m. – 4:30 p.m.

Tuesday to Saturday

Closed on Sundays and Mondays

Entrance Fees: Free Admission

The Government Service Insurance System (GSIS) Museum of Art was established in April 1996. Its creation is a tribute to the creative endeavors of the contemporary Filipino. Its vision is to help define the growth and glorious flowing of Philippine Visual Arts. The museum functions not only as an exhibition space but as an educational technology as well.

The museum houses the permanent exhibitions of the GSIS Art Collection consisting of artworks done by Fernando Amorsolo, Vicente Manansala, HR Ocampo, Federico Alcuaz, Carlos Francisco and other national artists. It also has monthly changing exhibitions featuring works of new artists and other cultural themes. It is the only museum in the Philippines that holds the largest collection of big tapestries done by Francisco Alcuaz. Likewise in 2002, the GSIS acquired the painting "Parisian Life" of Juan Luna which became the icon of the museum.

JOSE P. LAUREL MEMORIAL FOUNDATION

A museum on the late Philippine President Jose P. Laurel.

Jose Laurel Memorial Foundation
Roxas Boulevard, corner Pedro Gil Street
Ermita, Manila

Tel. No. (63-02) 521-0941/525-7648/
5211796

Fax No. (63-02) 521-1796

Email: jplfoundation@skynet.net

Operating Hours: 9:30 a.m. – 4:30 p.m.

Monday to Friday

Entrance Fees: Free Admission



The Jose P. Laurel Memorial Foundation was founded in 1960 in honor of Mr. Laurel who held several government positions: as President in the Executive Department; Justice of the Supreme Court in the Judiciary; and Senator in the Legislative body of the Philippine Government.

The Museum contains a whole memorabilia composed of documents, letters, etc.. of Dr. Jose P. Laurel during his incumbency as President of the Republic of the Philippines from 1943-1945. It features photos from his high school days up to the sunset of his life in 1959—a compendium of his life, achievements and activities.

LOPEZ MEMORIAL MUSEUM

A private museum showcasing works by 19th century Filipino painters.

Lopez Memorial Museum
G/F Benpres Bldg. Meralco corner
Exchange Road, Ortigas Center, Pasig City,
Metro Manila

Telefax (63-02) 631-2417

Email pezseum@skynet.net

Operating Hours: 8:00 a.m. – 5:00 p.m.

	Monday to Saturday
Entrance Fees: Adult	P100
(with 20% discount for Senior citizens)	
Student	P 80
Elementary	P 60

The Lopez Memorial Museum (LMM) is the only private museum in the country which affords public access to works by 19th century Filipino Painters Juan Luna y Novicio, Felix Resurreccion Hidalgo alongside representative pieces of National Artists Napoleon Abueva, Fernando Amorsolo, Benedicto Cabrera, Victorio Edades, Carlos Francisco, Jose Joya, Ang Kiukok, Cesar Legaspi, Arturo Luz, Vicente Manansala, Jerry Elizalde Navarro, and Herno Ocampo among many other significant modernist and contemporary artists.

The museum has aggressively opened up its visual art collection to conversations with emergent voices in the Philippine Art scene, inviting audiences to its physically remade and more dynamic exhibition spaces that

increasingly house interdisciplinary and multi-media exhibits.

The LMM, which is a 46 year old institution, is also home to Don Eugenio Lopez, Sr.'s personal collection of rare Filipiniana books, manuscripts, maps, archaeological artifacts, rare letters and other personal effects of the revered nationalist hero, Jose Rizal. Countless Filipino scholars began their spadework in LMM's library archive of over 19,000 Filipiniana tiles which include rare Philippine imprints dating from early 17th century, rare works by eminent printers Tomas Pinpin, Raymundo Magysa, Nicolas Cruz Bagay, Laureano Atlas and Juan Correa, among others. This venerable trove of information has consistently been built up through new acquisitions of publications and manuscripts from the Spanish, American, Japanese and postwar periods as complemented by the precious photo archives of the now defunct Manila Chronicle and The Tribune.

MALACAÑANG MUSEUM

A museum on the heritage of the Palace and the Presidency of the Philippines.

Malacañang Museum, Kalayaan Hall
J.P. Laurel St., Kalayaan Gate
General Solano St. cor San Rafael Street, Manila
Tel. No. (63-02) 736-4662
Fax No. (63-02) 736-1120

Website: www.op.gov.ph/museum

Operating Hours: 9:00 a.m. - 4:00 p.m.

	Monday - Friday
Entrance Fees: Public Visitors	P50
Students	P30
Senior Citizens	P30

The Malacañang Museum is situated in historic Kalayaan Hall—the old Executive Building built in 1920—at the heart of the Malacañang Palace Complex. The museum features galleries and exhibits showcasing the heritage of the Palace and the Presidency of the Philippines as well as artwork and furniture from the Palace collections. The exhibits include:

- Old Reception Room Gallery
Spanish Era (1750s-1898)
- Old Executive Secretary's Office Gallery
Era of Reform, Revolution and the First Philippine Republic (1860's-1901)



Metro Manila

- Old Governor's Office Gallery
American Era (1898-1935)
- West Staircase Gallery
Commonwealth of the Philippines
(1935-1946)
- Main Hall
Republic of the Philippines
(1946 to present)
- East Staircase Gallery
EDSA People Power Revolution
(February 1986)

The Museum likewise displays the Old State Rooms constructed on the second floor of Kalayaan Hall during the Commonwealth of the Philippines, and which were in official use from 1937-1980 (the administration of President Manuel L. Quezon till that of President Ferdinand Marcos): Quezon Room (Old President's Office), Roxas Room (Old Cabinet Room), Quirino Room (Old Council of State Room), the Gallery of Presidents of the Philippines, situated in the Main Hall, together with a display of selected State and Official gifts to President Gloria Macapagal-Arroyo.

Special exhibits include: campaign posters of the 1965 Presidential Elections (Main Hall); religious images and objects (Southeast Gallery); relics of Ferdinand E. Marcos (Northeast Gallery).

METROPOLITAN MUSEUM OF MANILA

A pioneering contemporary art museum in the Philippines.

Bangko Sentral ng Pilipinas Complex,
Roxas Boulevard, Manila
Tel. No. (63-02) 521-1517/ 523-7855
(63-02) 536-1566
Fax No. (63-02) 523-0613
Email: info@metmuseum.ph
Website: www.metmuseum.ph
Operating Hours: 10:00 a.m. - 6:00 p.m.
Monday - Saturday
Entrance Fees:

Adult	P50
Students	P30
Senior Citizens	P40

The Metropolitan Museum of Manila is a pioneering contemporary art museum in the Philippines. It exhibits the arts of today, touching on: design, architecture, city planning, fashion, computers, even sports.

The museum likewise exhibits traditional art forms: paintings, sculptures and classical Philippine goldwork and pottery from the 8th to the 13th century. It has permanent and changing exhibitions, as well as packaged exhibits available for travel. It also has an active community development and exchange program implemented through a wide network of community partners. Facilities at the MET include: a 90-seater auditorium, the Metcafe by Illustrado, Metshop by Bench and a library.



Metropolitan Museum of Manila

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24-28 JULY | Makati City, Metro Manila & Boracay Island



MUSEO PAMBATA

A children's interactive museum.

Museo Pambata Foundation Inc.
Roxas Boulevard, corner South Drive, Manila
Tel. No. (63-02) 523-1797-98
Fax No. (63-02) 522-1246
Email: mpfi@museopambata.org
Website: www.museopambata.org
Operating Hours:

8:00 a.m.- 5:00 p.m.
Tuesdays–Saturdays (Aril-July)
9:00 a.m.- 5:00 p.m.
Tuesdays-Saturdays,
1:00 p.m.- 5:00 p.m.
Sundays (August-March)

Entrance Fees:

Adult/Children P60
Senior Citizens P40

* special discounts are extended for tour groups of 30 pax above.

* Manileños are free on Tuesdays; 50% off on other days

Museo Pambata is a children's interactive museum, the first of its kind in the Philippines. Children can use their total senses and learn various concepts at their own pace. It excites the minds of the young, inspires them to learn more, in a fun and exciting manner.

It has eight (8) theme rooms where children, families and school groups can explore new and exciting learning opportunities by reliving our



Museo Pambata

cultural heritage, caring for the environment, understanding how the human body works, discovering science through play, imagining what they could become someday and understanding children's rights in a global perspective

MUSEO NG BANGKO SENTRAL NG PILIPINAS

A museum of monetary artifacts and objects.

Bangko Sentral ng Pilipinas Complex
A. Mabini corner Pablo Ocampo Streets
Malate, Manila

Tel. No. (63-02) 524-9534
(63-02) 524-7011 loc. 2981; 2377

Fax No. (63-02) 523-2388

Email Museo@bsp.gov.ph

Website www.bsp.gov.ph

Operating Hours: 9:00 a.m.- 4:00 p.m.
(Monday – Friday)

Entrance Fees: Admission is free.

Approximately 23,000 pieces of numismatic items are housed at the Central Bank Money Museum comprised of coins, paper notes, treasury certificates, medals, tokens, gold artifacts, paintings and artworks.

The main exhibit showcases currencies used during the different periods in the history of the Philippines. Special exhibits feature primitive money, Philippine commemorative coins, medals, foreign currencies: ancient Greek, Roman coins, coins of the Bible, famous people coins, Coin Zoo, EURO, gold coins of the world.

Other exhibits highlight the history of central banking, featuring: sculptured bust of BSP Governors, pictures of BSP Monetary Board Members and Officials. The museum likewise keeps BSP archives: historical documents, publications, memorabilia, photo exhibit, selected paintings and antiquities from the BSP Art Collection.



Metro Manila

NATIONAL HISTORICAL INSTITUTE

The Philippines National Shrines and Landmarks.

3/F National Historical Institute Building, T.M.
Kalaw Street, Ermita Manila
Tel. No. (63-02) 523-9043/ 5249952
Fax No. (63-02) 536-3181
Email: nhi@ideal-access.ph

Apolinario Mabini Shrine

Malacanang Park, Pandacan, Manila

The shrine is a memorial to Apolinario Mabini, the "Brains of the Philippine Revolution". It is in this house that Apolinario Mabini spent the last days of his life. Period furniture and furnishings are on display at the shrine. Located on the grounds is the replica of the nipa hut where Mabini was born.

Museum of Philippine History

NHI Building, T.M. Kalaw, Manila

The museum chronicles the development of Philippine political history from the pre-colonial period up to EDSA II. Miniature and life size dioramas, a light and sound presentation, a hologram, interactive kiosks, and touch screen computers are utilized by the Museum to provide visitors with a tactile multi-media experience.

Pinaglabanan Memorial Shrine

San Juan, Metro Manila

This is a fitting memorial commemorating the first battle for political emancipation of the Filipino people from Spain.

The battle of San Juan del Monte which took place between midnight of August 29 and dawn of August 30, 1896 was the major armed clash between the Katipunan Revolutionary group and the Spanish forces during the Philippine Revolution. The museum features a photo exhibit of the said battle as well as Katipunan paraphernalia and busts of revolutionary heroes.

Quezon Memorial Shrine

Elliptical Road, Diliman, Quezon City

The shrine is a memorial and mausoleum to the Commonwealth President-- Manuel L. Quezon. It not only houses a rich collection of relics, memorabilia, personal effects of Quezon and his family but likewise showcases several Commonwealth Memorabilia. The remains of Mrs. Aurora Aragon-Quezon are also interred at the Mausoleum.

Rizal Shrine Fort Santiago

Intramuros, Manila

A national shrine in honor of the Philippines' National Hero--Dr. Jose Rizal, where he was imprisoned for false charges of rebellion, sedition and formation of illegal societies. The shrine focuses on Rizal's incarceration before his execution at the Luneta on December 30, 1896.

The shrine is a partially reconstructed brick building where Dr. Jose Rizal composed the poignant "Mi Ultimo Adios" in his prison cell on the ground floor.

NATIONAL MUSEUM OF THE PHILIPPINES

The premier museum of the land.

National Museum of the Philippines
Old Legislative Building, P. Burgos St. Ermita, Manila

Museum of the Filipino People
Old Finance Building, Agrifina Circle, Rizal Park, Manila

Planetarium
P. Burgos St., Ermita, Manila

Telefax (63-02) 527-0278
Email museumph@info.com.ph
Operating Hours:

National Gallery of Art
8:00 a.m. – 5:00 p.m. Monday to Friday
Museum of the Filipino People
10:00 a.m.–4:30 p.m.
Wednesday to Saturday
Planetarium
9:00 a.m. – 4:30 p.m. Tuesday to Saturday

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2008 EXECOM MEETING

24-28 JULY | Makati City, Metro Manila & Boracay Island



National Museum of the Philippines

Entrance Fees:

Adult	P100
Children	P 30

The National Museum of the Philippines is the premier museum of the land. It has 3 buildings which house the widest variety of valuable cultural, historical and natural history collections. On record, it has 9,000 ethnographic materials; 1032 works of art (168 of which are Juan Luna paintings including the world famous "Spolarium"); 300,000 botanical; 45, 640 geological and 2 million zoological specimens; more than 6,000 photo collections; over 150 raw footages of video collections and at least 6,000 slide collections.

With an average of 500,000 visitors annually, the National Museum of the Philippines, including its 19 branches all over the country, are frequented by students, local tourists and foreign visitors. The museum is rich with permanent exhibitions which include: Five

centuries of trade before the arrival of the West; the San Diego Treasures, "Pinagmulan" (the Origin); "Kaban ng Lahi" (Archaeological Treasures); "Kinahinatnan" (the Filipino today); "Mga Saplot ng Habing Tradisyonal" (Philippine Cloth Tradition). The National Museum of the Philippines' Galleries are favorite venues of special temporary exhibitions such as "Laong Laan" (Rice Exhibit).

Aside from the regular guided tours, the National Museum of the Philippines through its various division offers: training, lectures, seminars and workshops, outreach programs that offer lectures-demonstration on Philippine crafts; identification of cultural objects and natural history, authentication of art works and antiques, registration of private and licensed dealers and issuance of excavation/exploration permits. The National Museum also manages the Planetarium which disseminates basic astronomical information through various programs which include sky interpretation and mobile shows.



Metro Manila

POSTAL MUSEUM PHILATELIC LIBRARY

A museum of Philippine and foreign stamps.

Philippine Postal Corporation
Liwasang Bonifacio, Manila
Tel. No. (63-02) 527-0096
Fax No. (63-02) 527-0132
Operating Hours: 8:00 a.m. – 5:00 p.m. Monday to Friday
Entrance Fees: Admission is free

The Postal Museum and the Philatelic Library houses a comprehensive collection of Philippine stamp issues and foreign stamps coming from the Universal Postal Union (UPU) member countries. Aside from these stamps, on exhibit are artifacts depicting the evolution of the Postal History: from old antique equipment used by the Postal Service and portraits of former Postmaster Generals.

Philatelic bulletins, stamp catalogues, books, magazines and other reference materials for both philately and general information are likewise available at the Philatelic Library.

SAN AGUSTIN MUSEUM

A private museum of Filipino, Spanish, Chinese, Mexican art treasures.

General Luna St. Intramuros Manila
Tel. No. (63-02) 527-4061/ 526-6793
(63-02) 526-6794
Fax No. (63-02) 527-4060
Email samuseum@eastern.com.ph
Operating Hours: 8:00 a.m. - 6:00 p.m. daily
Entrance Fees:

Adult	P80
College students	P50
High School	P45
Grade School	P40

The monastery was originally used as the living quarters, classroom, refectory, vestry, library and infirmary of the Augustinians.

It was destroyed by the British forces in 1762, by the American soldiers in 1898 and during the Japanese and American liberation war in 1945.

The Monastery Halls were restored and converted into a Museum in 1973.

San Agustin Museum showcases Filipino, Spanish, Chinese and Mexican art treasures: ivory collection, heirloom jars, porcelain, ecclesiastical paintings, books, sculptures and Church vestments.

UNIVERSITY OF SANTO TOMAS MUSEUM

A museum of arts and sciences.

The UST Museum of Arts Sciences
3rd floor, Main Building, University of Santo Tomas, Calle España, Manila
Tel. No. (63-02) 781-1815
Fax No. (63-02) 740-9718
Email museum@munl.ust.edu.ph
Website www.ustmuseum.com
Operating Hours:

9:00 a.m.- 4:30 p.m.
Tuesday to Friday
Closed on Monday & Holidays

Entrance Fees:

Students	P20
Non-students	P30

The UST Museum, the oldest museum in the country, was formally founded in 1871 by Fr. Ramon Martinez Vigil, O.P., a professor of Natural History, but its Natural History collection dates back as early as 1682.

The UST Museum contains a vast collection of artifacts and objects of great historical, cultural and educational value. At present, its collection covers four areas of academic discipline: natural history, ethnology, archaeology and art.

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2008 EXECOM MEETING

24-28 JULY | Makati City, Metro Manila & Boracay Island





General Description

It's the best beach destination in the world. Earthly paradise. Tropical heaven. These describe the small but astonishingly beautiful island called Boracay.

Located on the northwestern end of Panay Island, Boracay is a dumbbell-shaped island that is only seven kilometers long and one kilometer wide at its narrowest tip. The terrain of this 1,083 hectare-island is fairly flat with its highest point at a mere 100 meters, with beaches fringed with coconut trees, tropical palms and flowering plants, its hills covered with coconut grove, lush vegetation of shrubs, wild vines, and trees barely camouflaging caves inhabited by bats.

Boracay's tours de force are its beaches – there are 30 of them – ranging from an almost four-kilometer stretch of white powdery sand that does not burn under the blazing sun, to a kilometer-long beach of gold sand speckled with tiny puka shells, and to largely untamed and less visited strips that ardent windsurfers favor because of sweeping winds. These beaches are dotted with more than 200 resorts, hotels, and many restaurants and bars offering culinary fare as diverse as the nationalities of the island visitors: American, French, Chinese, Australian, Belgian, German, Spanish, Italian, Greek, Japanese, Korean and Thai and, of course, the native cuisine.

Boracay is paradise for certified sun-worshippers all over the world. In fact, local and foreign tourists have made Boracay their yearly destination while others have chosen to live in this tropical island haven to do nothing but dip in its crystal clear waters that change colors from shimmering blue to deep emerald to the bright yellow-orange-red-and-violet hues of sunset; or walk around very leisurely and try making footprints on the white powdery sand; or, with some cocktails, a glass of wine in hand, stroll on moonlit nights to watch the glimmering sea.

There is also time for adventures at sea, exploring any or all of the 20 official dive sites in and around the island, go kayaking, speed sailing or longboard cruising and for harnessing the wind by wind surfing and parachuting. There are plenty to do on land, too, like trekking, mountain or motor biking, exploring caves, horseback riding or golfing.

Then, after all the physical activities, it is time to give in to the worldly pleasures derived only from a well-appointed spa or even from the masseurs all ready to give a good rub right there on the beach.

Nightlife? No problem in Boracay. From dusk to dawn, the island turns into one big party place where everyone is welcome to join in the fun!





How to get there



Kalibo Airport

By Air

Boracay Island is easily accessible as there are two domestic airports in the towns of Caticlan and Kalibo, both located on the mainland of Panay. The usual routes are:

Manila-Caticlan-Boracay
(1 1/2 hours total travel time)

Manila-Kalibo-Caticlan-Boracay
(3 hours total travel time)

Cebu-Caticlan-Boracay
(1 1/2 hours total travel time)

Two airline companies, Asian Spirit (www.asianspirit.com) and Seair (www.flyseair.com), offer numerous daily flights from Manila or Cebu to Caticlan. Flying time is about one hour and 10 minutes. Both airlines accept online bookings on their websites.

Philippine Airlines (www.philippineairlines.com) and Cebu Pacific (www.cebupacificair.com) fly the Manila-Kalibo-Manila route. The flight is one hour long. From Kalibo Airport, a shuttle bus will take visitors through a 90-minute scenic journey through the Aklan province countryside to the Caticlan jetty port.

At Caticlan Airport, tricycles (motorcycles with sidecars) can take visitors to the Caticlan jetty port, only 5 minutes away. From the Caticlan jetty port, Boracay is only a short 20-minute boat ride.

For the latest flight schedules, visit the website or contact the telephone numbers of the airlines

listed below.

ASIAN SPIRIT

Phase IV D'Mall D' Boracay
Balabag, Boracay Island
Tel. No. (63-36) 288-3465/3466/5462
Fax No. (63-36) 288-6811
Email: aspirit@asianspirit.com
Website: www.asianspirit.com
Routes from/to Caticlan: Manila; Cebu

CEBU PACIFIC AIR

Toting Reyes St., Kalibo, Aklan
Tel. No. (63-36) 262-5409
Fax No. (63-36) 268-7336
Email: cebupacificair.com
Website: www.cebupacificair.com
Route from/to Kalibo: Manila

INTERISLAND AIRLINES

Domestic Road, Beside Old Domestic Terminal
Pasay City, Metro Manila
Tel. No. (63-02) 852-8010 to 13
Fax No. (63-02) 852-7793
Email: info@interislandairlines.com
Website: www.interislandairlines.com
Route from/to Caticlan: Manila

PHILIPPINE AIRLINES

Main Road, Balabag Boracay Island,
Malay, Aklan
Tel. No. (63-36) 288-3502/5995
Website: www.philippineairlines.com
Route from/to Kalibo: Manila

SEAIR

Sitio Ambulong, Brgy. Manoc-Manoc
Boracay Island, Malay, Aklan
Tel. No. (63-36) 288-5439/5502/6828
Fax No. (63-36) 288-5440
Email: boracaydestination@yahoo.com
Website: www.flyseair.com
Routes from/to Caticlan: Manila, Angeles (Clark)



Caticlan Airport

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By Sea

For the latest schedules, visit the website or contact the telephone numbers of the ferries/ shipping lines listed below.

MBRS SHIPPING LINES

Sitio Ambulong, Brgy. Manoc-Manoc
Boracay Island, Malay, Aklan
Tel. No. (63-36) 288-3320
Route from/to Caticlan: Manila

NEGROS NAVIGATION SHIPPING CORP.

Kalibo, Aklan
Tel. No. (63-36) 268-4903/5353
Website: www.negrosnavigation.com
Route from/to Iloilo: Manila

By Land

From Iloilo or Bacolod in neighboring Negros Island, the only way to get to Boracay is by bus. Mini-vans or buses ply the four (4) to five (5) hour Iloilo-Caticlan route. The trip is split into two (2): a 3 to 4-hour drive from Iloilo to Kalibo, and, transferring to another vehicle, from Kalibo to Caticlan, for a one-and-a-half-hour drive. A non-stop 3 to 4-hour taxi ride from Iloilo to Caticlan is always an option.



Caticlan jetty port



Boracay

Tourist Attractions

BEACHES/WHITE BEACH

Boracay boasts of a sugary white sand beach and azure blue waters. The best part of the island is the four-kilometer White Beach known to be the "finest beach in the world." The surrounding water is shallow and the sand is finer and brighter than most beaches in the archipelago.

BAT CAVES

Just northeast of Yapak are bat caves with opulence of cave bats, flying foxes and giant fruit bats with a wingspan of up to four feet. Spelunkers and adventure seekers will definitely enjoy exploring the caves, truly one of the must-do activities to complete your Boracay adventure.

CROCODILE ISLAND

From a distance, this small uninhabited island looks like the head of a crocodile. Currents can be fierce except at slack tide, which makes for a beautiful collection of corals. It is a gently sloping wall with several canyons and caves containing a wide diversity of fish.

KINGFISHER'S FARM

Kingfisher's Farm is the only theme park on the island that boasts of an abundance of birds, mangroves, coves and natural panoramic view perfect for tourists who want to enjoy a quiet vacation. Experience the "fish and grill", barbeque party or simply fun picnic for the family when in the island.



White sand of Boracay

MAMBO NUMBER 5

For the adventure-driven, "Mambo Number 5" is a little bit of boating and wind surfing, a little bit of scuba diving, a little bit of trekking, a little bit of mountain biking, and a little bit of golf.

MOUNT LUHO

The highest elevation in Boracay at 100 meters, Mount Luho can be reached by hiking, mountain biking or motor biking. Atop the mountain is a little kiosk where guests can take a break after a tiring uphill trip while enjoying the breathtaking view of the entire Bolabog Beach.

SUNKEN FOREST

It is also known as Dead Forest as a result of the devastation left by a strong typhoon a decade ago. Sunken Forest is still a picturesque sight in the south end of Bolabog Beach, radiating with romance and inspiration for nature lovers. Best time to go there is during sunset or sunrise.



Friday's Boracay Beach Resort



Special Interest

NATURE TRIPPING/ECO-ADVENTURE

World-renowned Boracay is an adventure island ideal for island hopping, trekking, caving, mountain climbing, biking and horseback riding. Trekking and mountain biking can bring even the intrepid to the island's quaint interior villages and to the edges' scenic rocky cliffs, discovering along the way many hidden coves with isolated beaches far from the tourist crowd.

TIBIAO WHITEWATER RIVER

Rising near the peak of Mt. Madja-as, the Tibiao River is almost 2000 meters on its short but tumultuous journey to the sea. The lower section of the river, known as the "Chicken Run", is grade 3; the more difficult upper section reaches grade 4. The Tibiao has all the classic features of a tropical whitewater river, with rich vegetation hemming the banks, views of rice terraces, spectacular falls and clear water. The river is close to Boracay and easily accessible.

DIVING

Dive sites surround the island and are learning venues to both novice and professional divers, guided by competent instructors from the many dive shops that operate in the area.

Yapak Wall

Yapak 1 and 2 are actually two separate walls that begin at 30 meters and drop down to 70 meters. The most famous of Boracay's dive sites, close encounters with white tip and grey reef sharks, dogtooth tuna, groupers, napoleon wrasses and giant trevallies are common. Surface conditions can be rough, and therefore a negative entry is often required, followed by a spectacular blue-water descent.

Friday's Rock

A dive at Friday's can actually cover two dive sites: Friday's Reef which is 7 to 12 meters, and Friday's Rock which is 12 to 18 meters. This famous fish-feeding station is a large boulder that provides photographers a chance to capture close-up shots of emperors, triggerfish, red bass, scorpion fish and surgeons.



Underwater adventure

Laurel Island

Big Laurel and Small Laurel are two separate dive sites that are very similar and quite close to each other. Big Laurel has a tunnel swim-through and filled with soft corals and nudibranchs. Both Laurels are sloping walls with healthy corals and prolific fish life.

Dive Shops/Schools

Alice In Wonderland Dive Center

Sitio Manggayad, Bgy. Manoc-Manoc, Boracay Island
Tel. No. (63-36) 288-3278
Fax No. (63-36) 288-3380
Email: aliceboracay@hotmail.com

Aqualife Divers Academy

Sitio Angol, Bgy. Manoc-Manoc, Boracay Island
Telefax (63-36) 288-3276/3012/3414
Email: aqualife@boracay.i-next.net

Aquarius Scuba Diving Corp.

Bgy. Balabag, Boracay Island
Tel. No. (63-36) 288-3132
(0919) 824-0931
Fax No. (63-36) 288-3189
Email: aquarius@boracay.i-next.net
Website: www.phildive.com

Aqua Sport

Balabag, Boracay Island
Tel. No. (63-36) 288-3310

Aqua Sports Beach Rentals Inc.

Balabag, Boracay Island
Tel. No. (63-36) 288-3369

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Bada Scuba & Aqua Sports

Balabag, Boracay Island
Tel. No. (63-36) 288-6379
(0919) 560-8668
Fax No. (63-36) 288-6380
Email: sunlee637@yahoo.co.kr
bada@boracay.i-next.net

Beach Life Club Diving Center

Angol, Manoc-Manoc, Boracay Island
Tel. No. (63-36) 288-5211
Fax No. (63-36) 288-3495
Email: bldive@boracay.i-next.net
beachlife@ctimail3.com
Website: www.beachlifeclub.com

Boracay Safari Divers

Balabag, Boracay Island
Tel. No. (63-36) 288-3260

Boracay Safari Divers South

Ambulong, Boracay Island
Tel. No. (63-36) 288-5166
(0919) 376-5840

Boracay Scuba Diving School

Manggayad, Boracay Island
Mobile No. (0919) 809-2354

Calypso Diving School

Balabag, Boracay Island
Tel. No. (63-36) 288-3206
(0918) 901-7643
Fax No. (63-36) 288-3478
Email: calypso@boracay.i-next.net
Website: www.calypso.ph

Diamond Garden Dive Shop

Manggayad, Boracay Island
Tel. No. (63-36) 288-3619/3348

Dive Gurus Boracay

Manoc-Manoc, Boracay Island
Tel. No. (63-36) 288-5486
(0918) 919-3830
Fax No. (63-36) 288-5469
Email: george@divegurus.com
Website: www.divegurus.com

Fisheye Divers Boracay

Balabag, Boracay Island
Tel. No. (63-36) 288-6090
Fax No. (63-36) 288-6082
Email: info@fisheyedivers.com
Website: www.fisheyedivers.com

Island Staff Dive Shop

Angol, Manoc-Manoc, Boracay Island
Tel. No. (63-36) 288-3316
Fax No. (63-36) 288-3635
Email: sentani@boracay.i-next.net

K-Dive Center

Balabag, Boracay Island
Tel. No. (63-36) 288-3032 to 33

Lapu-Lapu Diving School

Balabag, Boracay Island
Tel. No. (63-36) 288-3302
Email: lapulapu@boracay.i-next.net
Website: www.lapulapu.com

Nautilus Dive Shop

Balabag, Boracay Island
Tel. No. (63-36) 288-3432/6605

New Wave Divers

Manggayad, Boracay Island
Tel. Nos. (63-36) 288-5265/3777
(63-36) 288-3204/3808
Email: info@diving.com.ph
Website: www.diving.com.ph

Ocean Blue Dive Center

Balabag, Boracay Island
Tel. No. (63-36) 288-6866
(0919) 317-7443
Email: andycassar@hotmail.com
cooljack2@hanmail.net

Party House Dive Center

Manoc-Manoc, Boracay Island
Tel. No. (63-36) 288-3918/5197

Red Coconut Dive Center

Balabag, Boracay Island
Tel. No. (63-36) 288-6574/3758
Fax No. (63-36) 288-3770
Email: mermaid@boracay.i-next.net
choco@her.to
Website: www.mmip.or.ip/inter-island/boracay/

Red Coral Diving School

Yapak, Boracay Island
Tel. No. (63-36) 288-3486/3673
(0917) 358-7305
Fax No. (63-36) 288-3673
Email: redcoralboracay@yahoo.com

Scuba Libre Dive Shop

Manoc-Manoc, Boracay Island
Tel. No. (63-36) 288-5476
Fax No. (63-36) 288-5474
Email: scuba libre@hotmail.com

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Boat Sailing

Scuba World

Balabag, Boracay Island
Tel. No. (63-36) 288-3310
Fax No. (63-36) 288-6443
Email: boracay@scubaworld.com.ph
Website: www.scubaworld.com.ph

Sea Gaia Diving

Balabag, Boracay Island
Tel. No. (63-36) 288-3661
Fax No. (63-36) 288-3662
Email: seagaia@boracay.i-next.net

Seaworld Dive Center

Balabag, Boracay Island
Tel. No. (63-36) 288-3033/6767
Fax No. (63-36) 288-3032
Email: kimsoonsilk@hotmail.com
Website: www.seaworld-boracay.co.kr

Serge's Palace Beach Resort Watersport Center

Manggayad, Boracay Island
Tel. No. (63-36) 288-5119

Victory Divers

Balabag, Boracay Island
Tel. No. (63-36) 288-3209
Fax No. (63-36) 288-3209
Email: info@victorydivers.com
Website: www.victorydivers.com

Watercolors

Sitio Ambulong, Boracay Island
Tel. No. (63-36) 288-5166
(0919) 376-5840
Fax No. (63-36) 288-5166

White Beach Divers

Manoc-Manoc, Boracay Island
Tel. No. (63-36) 2883809
Email: whitebeachdivers@hotmail.com
Website: www.whitebeachdivers.com
Website in German: www.whitebeachdivers.de

Windpia Sea Sports

Balabag, Boracay Island
Tel. No. (63-36) 288-6043
Fax No. (63-36) 288-6521

AQUASPORTS

The island paradise of Boracay is a perfect place for watersports. Here, visitors can choose from a smorgasboard of exhilarating aqua action – from swimming and snorkeling to scuba diving, windsurfing, sailboating, kayaking, boardsailing and boating.

Boat Sailing

Sailboating and kayaking are popular sporting activities, with Boracay playing host to the annual Paraw Regatta, an international sailboat race that makes use of the native outrigger.



Boardsailing

The picture-perfect tropical island of Boracay offers flat-water speed sailing, wave jumping and longboard cruising. White Beach, shielded from the "amihan", or northwest monsoon, is for beginners. Bulabog Beach, on the other side of the island, has ideal conditions for speed, slalom, and high-wind shortboard sailing. It is also the site of the annual Boracay International Funboard Cup. Tabon Strait has superb high-performance sailing, but there is a real risk of being swept away, so this site is for skilled sailors only.

Windsurfing Centers/Schools

Alice In Wonderland Windsurfing School

Manoc-Manoc, Boracay Island
Tel. No. (63-36) 288-3278
Fax No. (63-36) 288-3380
Email: aliceboracay@hotmail.com

Greenyard Seasport

Balabag, Boracay Island
Tel. No. (63-36) 288-3208

Laguna De Boracay

Balabag, Boracay Island
Tel. No. (63-36) 288-3603

Mistral Windsurfing School

Balabag, Boracay Island
Tel. No. (63-36) 288-3876

RECREATIONAL SPORTS

Laid-back Boracay is the perfect venue for golf, tennis, bowling, horseback riding, even beach volleyball. Top-of-class amenities for these activities are available in the island.

Tennis Court

Tirol & Tirol Tennis Court

Balabag, Boracay Island
Tel. No. (036) 288-3165

Bowling Lanes

Datu Clubhouse

Balabag, Boracay Island
Tel. No. (036) 288-3377

Horseback Riding Center

Boracay Horse Riding Stable

Balabag, Boracay Island
Tel. No. (036) 288-3311

Fairways & Bluewater Golf & Country Club

Balabag, Boracay Island
Tel No. (036) 2885587-89/5437
Fax: (036) 2885176
Email: fairwaysbluewater@yahoo.com.ph
Website: www.fairways-boracay.com

Golf Course

Fairways & Bluewater Golf & Country Club

Balabag, Boracay Island
Tel No. (036) 2885587-89/5437
Fax: (036) 2885176
Email: fairwaysbluewater@yahoo.com.ph
Website: www.fairways-boracay.com

HEALTH AND WELLNESS

The island of Boracay is ideal for beach bumming, relaxing, and simply lazing around. At the end of the day, unwind with a relaxing massage. The island never runs out of skilled masseurs offering massage services by the beach.

Health Spas

Mandala Spa

Manoc-Manoc, Boracay Island
Tel. No. (036) 288-5858

Yasuragi Relaxation Spa

Angol Point, Station 3, Boracay Island
Tel. No. (036) 288-5320



Mandala Spa

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Convention & Exhibition Facilities

BORACAY REGENCY BEACH RESORT

Balabag, Boracay Island
Tel. No. (63-36) 288-6111
Fax No. (63-36) 288-6777
Email: regency@info.com.ph
Website: www.boracayregency.com
Total No. of Function Rooms : 8
Capacity: Minimum – 30 Maximum – 630

CASA PILAR

Station 3, Boracay Island
Tel. No. (63-36) 288-3073
Telefax (63-36) 288-3202
Email: casa_pilar@yahoo.com
Total No. of Function Rooms: 2
Capacity: Minimum – 60 Maximum - 300

PATIO PACIFIC BORACAY

Balabag, Boracay Island
Tel. No. (63-36) 288-3888
Fax No. (63-02) 845-2233 (Manila)
Email: sales@patiopacific.com
Website: www.patiopacificboracay.com
Total No. of Function Room: 1
Capacity: Minimum – 50 Maximum – 200

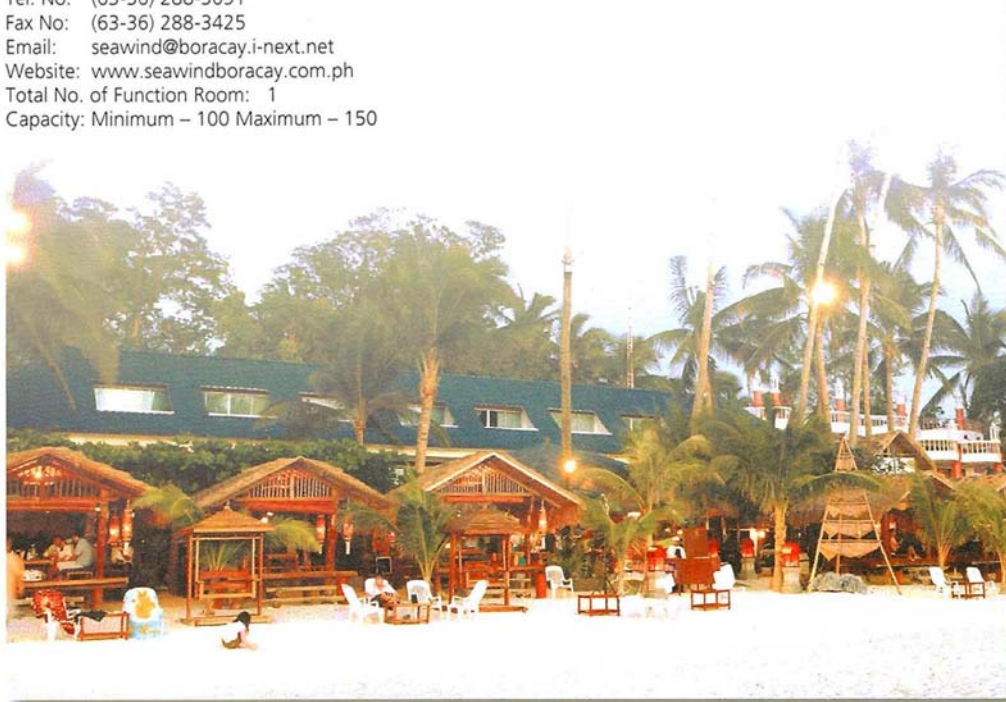
SEAWIND RESORT

Balabag, Boracay Island
Tel. No. (63-36) 288-3091
Fax No: (63-36) 288-3425
Email: seawind@boracay.i-next.net
Website: www.seawindboracay.com.ph
Total No. of Function Room: 1
Capacity: Minimum – 100 Maximum – 150

Travel Agency/Tour Operator (DOT-accredited)

TRIBAL ADVENTURES TRAVEL & TOURS

Balabag, Boracay Island
Telefax. (63-36) 288-3207
Email: info@tribaladventures.com
Website: www.tribaladventure.com



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Philippine Trivia

Philippine Trivia

www.iflrymanila.blogspot.com



Philippine Trivia

Longest Underground River

The world's longest underground river system accessible to man can be found at the St. Paul National Park in the province of Palawan. It is 8 kilometers long.



Largest Philippine Wild Animal

The largest Philippine wild animal, the tamaraw (*Bubalus mindorensis*), is a dwarf water buffalo similar to the carabao except that it is smaller and its horns grow straight upward into a "V" form. It is found only in the island of Mindoro.

Highest Mountain

The highest mountain in the Philippines is Mt. Apo, a dormant volcano found in Mindanao, at 2,954 meters (10,311 feet above sea level). It is considered as the "Grandfather of All Philippine Mountains." Mt. Pulog in Luzon is the second highest at 2,928 meters (9,604 feet).

Largest City

The largest city in the Philippines is Davao City. With an area of 2,211 sq. km., it is about three times the size of the national capital, Metro Manila.

Oldest City

Cebu is the oldest Philippine city.

Longest Religious Holiday

Filipinos celebrate the world's longest religious holiday. The Christmas season begins on September 1st, as chillier winds and Christmas carols start filling the air, and ends on the first week of January, during the Feast of the Three Kings.



Only Christmas Theme Park

Paskuhan Village in the province of Pampanga is Asia's only Christmas theme park and the third of its kind in the world.

Yoyo

The popular toy, the yoyo, was invented by 16th century hunters in the Philippines.

Winner of Best Underwater Images

Diving paradise Anilao, in the province of Batangas, is the theme of a picture book that bagged the International Prize for Underwater Images at the 27th World Festival of Underwater Images in France in November 2000. "Anilao" book creators and Filipino scuba divers Scott Tuason and Eduardo Cu Unjieng defeated big names in underwater photography such as Jacques Mayol, Pascal Kobeh, Monique Walker, and Alessandro Tommasi.



Biggest Wildlife Sanctuary

The biggest game preserve and wildlife sanctuary in the Philippines is located on Calauit Island in Palawan, which has the largest land area among the Philippine provinces.

Erythromycin

The antibiotic erythromycin — used to treat a wide variety of bacterial infections, such as respiratory tract infections, middle ear infections, and skin infections — was created by Filipino scientist Abelardo Aguilar, and has earned American drug giant Eli Lilly billions of dollars. Neither Aguilar nor the Philippine government received royalties.

Whale Shark

The largest fish in the world, the Whale Shark, regularly swims to the Philippine waters. It is locally known as *Butanding*.





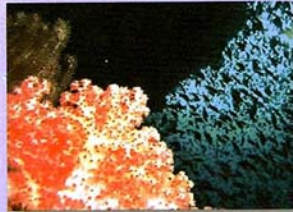
Philippine Trivia

Shortest Freshwater Fish

The world's shortest and lightest freshwater fish is the dwarf pygmy goby (*Pandaka Pygmaea*), a colorless and nearly transparent species found in the streams and lakes of Luzon. Males have an average length of 8.7 mm. and weigh 4-5 mg.

Coral Species

Of the 500 known coral species in the world, 488 are found in the Philippines.



Rarest Shell

There are 12,000 or so seashells in the Philippines. The *Conus Gloriamaris* or "Glory of the Sea" is the rarest and most expensive.

Marine Turtles

Of the eight species of marine turtles worldwide, five are reported to be found in the Philippines: the Green Turtle, Hawkbill, Leatherback, Olive Ridley, and Loggerhead.

Giant Clams

Of the eight known species of giant clams in the world, seven are found in the Philippines.

Only Steel Church in Asia

The Basilica of San Sebastian is the only steel church in Asia and was the second building to be made out of steel, next to the Eiffel Tower in Paris.



Largest Bell in Asia

The largest bell in Asia hangs at the belfry of the 221-year old Panay Church. It is 7 feet in diameter and 7 feet in height, and weighs 10.4 tons. Its tolling can be heard as far as 8 km. away. It was cast from 70 sacks of coins donated by the townspeople as a manifestation of faith and thanksgiving.

Island of Seven Volcanoes

Camiguin province holds the distinction of having the most number of volcanoes per square kilometer than any other island on earth. It is also the only place in the Philippines that has more volcanoes (7) than towns (5).

Asia's Biggest Dam

Magat Dam is Asia's biggest dam project at the time of its construction. It serves the primary function of power generation and irrigation.

Mightiest River

The Cagayan River or Rio Grande de Cagayan is the Philippines' mightiest watercourse – the longest and widest river in the country. Small streams originating from Balete Pass, Cordillera, Caraballo and Sierra Madre Mountains meet other streams and rivers and flow to the Cagayan River.



First-of-a-Kind Suspension Bridge

Magapit Suspension Bridge is the first of its kind in Asia. It spans the Cagayan River at Lallo and is 0.76 kilometers long. The hanging bridge links the first and second districts of Cagayan going towards the Ilocos Region via the scenic Patapat Road on the Ilocos Norte-Cagayan Inter-Provincial national highway.

Oldest 'Work of Art'

The Angono Petroglyphs cultural heritage site dates back to circa 3000 B.C. and is the most ancient Filipino, or more aptly, prehistoric Filipino work of art. Besides being the country's oldest "work of art", it also offers us an evocative glimpse into the life of our ancestors. The site has been included in the World Inventory of Rock Art under the auspices of UNESCO, ICCROM and ICOMOS and nominated as one of the "100 Most Endangered Sites of the World."

Oldest Golf Club

Ilo-Ilo Golf and Country Club is the oldest golf club in the Philippines. Irish engineers built it in 1908.



Narrowest Strait

San Juanico Strait is said to be the narrowest yet the most navigable strait in the world.



Biggest Karst Formation

The Calbiga Cave is the Philippines' biggest karst formation and one of the largest in Asia. The 2,968-hectare cave system is composed of 12 caves with wide underground spaces, unique rock formations and subterranean watercourse.

Only Existing Pipe Organ in Mindanao

At the Immaculate Conception Cathedral can be found the only existing pipe organ in Mindanao. The 2nd largest pipe organ in the Philippines, the huge instrument took 2 years to built and was brought over by sea from Germany in 23 crates.

Second Largest Lake

Lake Lanao is the second largest lake in the Philippines, probably the deepest in the country and is considered one of the major tropical lakes in Southeast Asia. The lake is home to the endemic cryprinids, the species found only in the lake and nowhere else in the world.

Asia's First Airline

Philippine Airlines took to the skies on March 15, 1941, using a Beech Model 18 aircraft amid the specter of a global war. It became Asia's first airline.

World's Largest Pearl

The world's largest pearl was discovered by a Filipino diver in a giant *Tridacna* (mollusk) under the Palawan Sea in 1934. Known as the "Pearl of Lao-Tzu", the gem weighs 14 pounds and measures 9 1/2 inches long and 5 1/2 inches in diameter. As of May 1984, it was valued at US\$42 million. It is believed to be 600 years old.

World's Second Deepest Spot Underwater

The world's second deepest spot underwater is in the Philippines. This spot, known as the Philippine Deep or the Mindanao Trench, is about 10,497 meters or 34,440 feet below sea level. The Philippine Deep is in the floor of the Philippine Sea. The German ship Emden first plumbed the trench in 1927.

'Rome of the Philippines'

Lipa City in Batangas is dubbed as the "Rome of the Philippines" because of the number of seminaries, convents, monasteries, retreat houses, and a famous cathedral located in it.

Biggest Catholic Church in Asia

Basilica of St. Martin de Tours in Taal, Batangas, built by Augustinian Missionaries in 1572, is reputed to be the biggest catholic church in East Asia. It is so huge that it can house another big church.



'Switzerland of Benguet'

Kibungan is known as the "Switzerland of Benguet" because of the frost during the cold months.

Biggest Pineapple Plantation in the Far East

The Del Monte Pineapple Plantation in Bukidnon is considered to be the biggest in the Far East.



World's Largest and Tiniest Shells

Both *Tridacna gigas*, one of the world's largest shells, and *Pisidium*, the world's tiniest shell, can be found under Philippine waters. *Tridacna gigas* grows as large as one meter in length and weighs 600 pounds while *Pisidium* is less than 1 millimeter long.

'Sanctuary' to Whale Sharks

Donsol, a fishing town in Sorsogon province, serves as a sanctuary to a group of 40 whale sharks (*Rhincodon typus*), which are considered as the largest fish in the world, measuring between 18 to 35 feet in length and weighing about 20 tons. Locally known as "butanding", whale sharks visit the waters of Donsol from November to May. They travel across the oceans but nowhere else have they been sighted in a larger group than in the waters of Sorsogon.



Philippine Trivia

Philippine Cockatoo

The Philippines is home to some of the world's most exotic birds. One of the most endangered species is the exotic Kalangay or the Philippine cockatoo (*Cacatua haematuropygia*), which belongs to *Psittacidae* or the family of parrots. Some cockatoos can live up to 50 years. They are known for mimicking human voices. Most of them measure 33 centimeters in length and weigh 0.29 kilogram.



Palawan Bear Cat

Palawan bearcat is neither a bear nor a cat. Known in Southeast Asia as *binturong*, the bearcat is a species of its own, with population in the forests of Palawan, Borneo, Burma and Vietnam. It belongs to the family of *Viverridae* (civets). The Palawan bearcat has a long body and a pointed face leading to the nose. Its head and body measure 61 to 96 centimeters in combined length while its tail is almost as long. It weighs 9 to 14 kilograms and lives up to 20 years.

Calamian Deer

Calamian Islands, north of Palawan province, is home to a species of deer that cannot be found elsewhere. Scientists referred to the hog deer in the islands as Calamian deer in order to distinguish them from other hog deer in the world. An ordinary Calamian deer measures 105 to 115 centimeters in length and 60 to 65 centimeters high at the shoulder and weighs about 36 to 50 kilograms. It is said to have longer and darker legs, compared with other hog deer.



World's Smallest Hoofed Mammal

The Philippine mouse deer, the world's smallest hoofed mammal, is found only in the Balabac Islands, south of Palawan. Locally known as Pilandok (*Tragulus nigricans*), this ruminant stands only about 40 centimeters at the shoulder level.

Flying Lemur

Flying Lemur, one of the most distinct creatures on earth lives in the Philippines. It does not have wings but it can glide across 100 meters of space in a single leap. Like the lemurs of Asia, it moves around at night. Its head resembles that of a dog while its body has similarities with the flying squirrel of Canada. In Mindanao, people call it "kagwang". Around the world, it is known as *colugo* or the flying lemur.



Zero Kilometer Reading

The flagpole located in Rizal Park is the start of 0 kilometer reading in measuring all distances from Manila.

Second Largest Bird in the Planet

The monkey-eating PHILIPPINE EAGLE is the second largest bird on the planet (next only to the American Condor).





UNESCO World Heritage Sites in the Philippines

Tubbataha Reef National Marine Park

Location: Middle of the Sulu Sea, 181 kilometers southeast of Puerto Princesa, Palawan
Inscribed in the UNESCO World Heritage Sites in 1993

The Tubbataha Reef Marine Park covers 33,200 hectares including the north and south reefs. It is a marvelous marine wilderness and a special ecosystem much appreciated for its beauty as well as its scientific value.



Tubbataha Reef

It is a unique example of an atoll reef with a very high density of marine species, with 80% coral cover of 46 coral genres and 376 fish species. The site is an excellent example of a pristine coral reef with a spectacular 100-meter perpendicular wall, extensive lagoons and two-coral islands.

Tubbataha's north islet is a nesting site for sea birds of all kinds and endangered hawksbill sea turtles; a diver's paradise with gorgonian seafans, soft corals, and gigantic sea sponges serving as home to turkey fish, anemone crab, banded seasnakes, nudibranchs, starfish, catsharks, surgeon fish, bat fish, and butterfly fish. The rare, unusual-looking fox-faced rabbit fish can also be found in the marine park. Marine turtles, including the critically endangered hawksbill and green turtle, nest on some of the beaches.

Puerto Princesa Subterranean River National Park

Location: Saint Paul Mountain Range on the northern coast of Palawan
Inscribed in the UNESCO World Heritage Sites in 1999

The Puerto Princesa Subterranean River National Park features a spectacular limestone karst landscape with its underground river. The river is unique because it flows directly into the sea, and its lower portion is subject to tidal influences. The area also represents a significant habitat for biodiversity conservation. The site contains a whole ecosystem --- from mountain --- to the sea; and protects forests, which are among the most significant in Asia.

A highlight of each visit is a ride through its 8 km-long underground river which runs through a dome of stalactites complemented by stalagmites running the entire length of the cave.

The park is a popular destination for bird watching and is known for regular sightings of threatened bird species of Palawan peacock-peasant and Philippine cockatoo and the endemic birds Palawan scopsowl, swiftlet, hornbill, flyeater and blue flycatcher, tit and flowerpecker. It is blessed to have the Palawan flying fox, Oriental small-clawed otter, stinkbadger, binturong, flying squirrel, mountain tree squirrel and porcupine.

The park also features an exciting Monkey Trail with its series of wooden paths to the forest.



Underground River



UNESCO World Heritage Sites in the Philippines

Rice Terraces of the Philippine Cordilleras

Location: Ifugao

Inscribed in the UNESCO World Heritage Sites in 1995

The 2,000-year old Banaue Rice Terraces – the most extensive anywhere in the world - were carved into the mountains of Ifugao by ancestors of the Batad indigenous people. The terraces are located approximately 1,500 meters (5,000 feet) above sea level and cover 10,360 square kilometers (about 4,000 square miles) of the mountainside.

Known as the “eighth wonder of the world”, the terraces were carved with only simple tools and bare hands. They are fed by an ancient irrigation system, an ingenious complex of bamboo pipes and canals, drawing water from streams created by bubbling springs located in the mountain rainforests.

Considered as a monument to man’s genius in turning a rugged and forbidding terrain into a source of sustenance, the rice terraces stand to be the most awe-inspiring man-made landscape in the Cordilleras. They are also invariably called “The Stairway to the Sky.”



Banaue Rice Terraces

Historic Town of Vigan

Location: Vigan, Ilocos Sur

Inscribed in the UNESCO World Heritage Sites in 1999

The 16th century town of Vigan is “an exceptionally intact and well-preserved example of a European trading town in East and East Asia”. Its architecture reflects the fusion of cultural elements from the Philippines, China and Europe, resulting in a culture and townscape that has no parallel anywhere in East and Southeast Asia.



Calesa ride in downtown Vigan

Seemingly impervious to time, spared from rebellion and the ravages of war, Vigan has remained unchanged and its many preserved historic sites—more than 180 edifices – make it look like “a piece of Spain.” With its grand cathedral, massive mansions with red-tile roofs and spacious balconies, narrow cobblestone streets, horse drawn carriages, and friendly faces peering out of large windows, Vigan is a place where “time stood still”.



Baroque Churches

Inscribed in the UNESCO World Heritage List in 1993

San Agustin Church in Intramuros, Manila

Built in 1587, the San Agustin Church is the oldest stone church in the Philippines, the only one that remains as the original evidence of the 16th-century Spanish architecture. It has defied several earthquakes and the heavy shelling of both Japanese and American forces in 1945 and now stands as a reminder of the grandeur of the past.



San Agustin Church

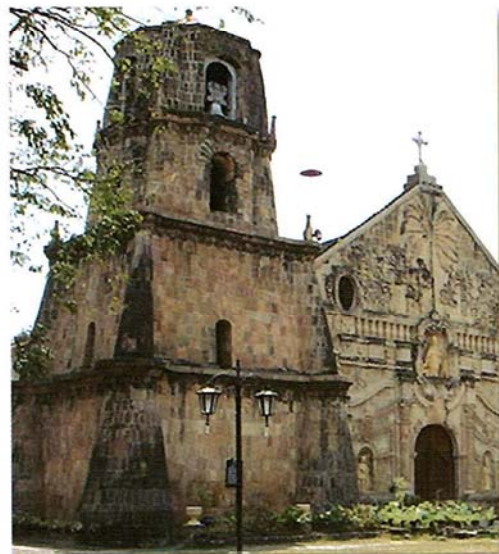
The structural design of the church is extraordinary. It boasts of the only example in the country of a barrel vault, dome, and arched vestibules supporting its choir loft, all made of stone. Its facade is notable for its two pairs of columns—the lowest pair in Doric style, the upper pair in Corinthian topped by a pediment surmounted by a Cross. The main door, carved out of Philippine *molave*, has a *bas-relief* of St. Augustine and his mother, Santa Monica. San Agustin Church represents the art and technology of Spanish, Chinese and native cultures fused together “to suit human sentiments and faiths that found expression in customs and traditions that were evolved through the centuries.”

As the best-preserved example of an urban ecclesiastical complex in the Philippines, the compound serves not only as a historical document of the Spanish colonial heritage but also as a repository of the most important works of art and literature of the period.

Miag-ao Church in Iloilo

Built in yellow-orange sandstone, the large fortress-church of Miag-ao was completed in 1797. It served as a fortress against raids of marauding Moro pirates.

The church is amazingly beautiful because of its two asymmetric pyramidal towers and its finely sculptured, yellow sandstone facade. Its facade's carving is the pinnacle of Filipino naive art, in which craftsmen abandon all restraints to interpret Western decorative styles in the local folk idiom. The central element in the façade is Saint Christopher, clad like a Filipino farmer with rolled-up trousers. He carries the Christ Child on his back while holding on to a lush coconut tree for support. Beside him are guava and papaya trees, flanked by ornamental urns. The scene merges Western Catholic iconography with a folk interpretation of coastal Iloilo countryside.



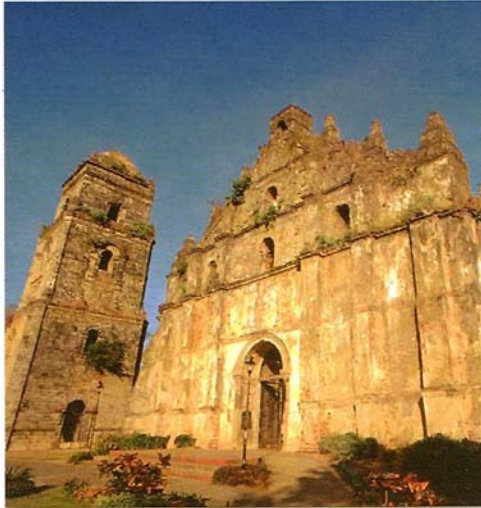
Miag-ao Church



UNESCO World Heritage Sites in the Philippines

San Agustin Church in Paoay, Ilocos Norte

Paoay's San Agustin Church, built in 1604, is one of the most outstanding variants of "earthquake baroque" in the Philippines, where the primary consideration was to design the structure for earthquake protection.



San Agustin Church, Paoay, Ilocos Norte

The façade of San Agustin Church is astounding but its most prominent feature is the phalanx of buttresses that juts out perpendicularly from the sidewalls, purposely to strengthen the walls and the entire structure - against earthquake damage. Fourteen massive S-shaped buttresses rise in rhythmic cadence from the ground to the roofline.

The church is an eye-catcher as it emerges from a beautiful open space, unlike many other churches located within urban settings.

Nuestra Señora de la Asuncion in Santa Maria, Ilocos Sur

The Church of Nuestra Señora de la Asuncion in Santa Maria is unique for its utter disregard for the traditional Spanish urban plan of constructing the church to face the plaza, and less imposing religious and official buildings grouped around. It also has a citadel appearance as the church, with its convent and bell tower, stands alone on the crown of a solitary hill encircled by a stonewall, with stone stairways leading to the church.

It is the only church in the Philippines exuding the ambience of a Mediterranean hill town with its convent built parallel to the church façade and its bell tower detached from the main church. Evoking a Chinese pagoda, the bell tower of octagonal shapes of decreasing diameter is crowned by a small dome, tapering to the sky with an oriental grace.



Nuestra Señora de la Asuncion