

index

A

ABCD Beach 327
 Abra de Ilog 199
 Abra Province 138
 Abu Sayyaf 333, 414, 415
 accommodation 436-7, *see also individual locations*
 activities 437, *see also individual activities*
 Adams 118
 Aguid 133
 Aguinaldo, General Emilio 122-3, 411-12
 Aguirre 162
 air pollution 453
 air travel
 airlines 443
 airports 443
 tickets 443
 to/from the Philippines 443-4
 within the Philippines 444-5
 Alcantara 234
 alcohol 423-4
 All Saints' Day (Todos los Santos) 20
 Allen 322-3
 Alona Beach 298-301, **299**
 Ambuwaya Lake 143
 American era 412-13
 ancestral houses
 Baclayon 304
 Bernardino Jalandoni Ancestral House 277
 Crisologo Museum 114
 Hofileña Ancestral Home 277
 Marcos Ancestral Home 118
 Nelly Gardens Mansion 241
 Padre José Burgos National Museum 113
 Victor Gaston Ancestral Home (Balay Negrense Museum) 277
 Anda 306-7
 Anda Long Beach 307
 Angeles 97-8
 Anilao 89-91
 animal bites 454
 animals 430-1, *see also birds*
 bats 94, 360
 crocodiles 147, 355, 375

snakes 454
 tarsiers 302-3, 430
 Anini-y 249
 Antequera 304
 Antique Province 249-50
 Apo Reef 12, 197, **12**
 Apo Reef Natural Park 196-7
 Apulit Island 288
 Aquino, Corazon 406, 413
 Aquino Jr, Benigno 'Ninoy' 406
 Aquino, Ninoy 61, 413
 architecture 12, 418
 Ardent hot springs 343
 area codes 440
 Argao 227
 Asipulo 144
 aswang 416, 417
 Arroyo, Gloria, *see* Macapagal-Arroyo, Gloria
 art galleries, *see* museums & galleries
 arts 417-421
 Ati-Atihan Festival 18, 265, **8**
 ATMs 439

B

Babuyan Islands 149
 Baclayon 304-5
 Bacolod 270-5, **272**
 Bacuit Archipelago 6, 394, **395, 7**
 Bagasbas 155-8
 Bagasbas Beach 155
 Baguio 121-9, **122**
 accommodation 125-6
 entertainment 127
 food 126-7
 shopping 127-8
 sights 121-5
 travel to/from 128-9
 Bais City 286-7
 Balangiga 322
 Balbalasang-Balbalan National Park 138
 Baler 144-7, **145, 17**
 Balicasag Island 301-2
 Balicuatro Islands 323
 Balingoan 346
 Balinsasayao Lake 286
 Banaue 138-41, **139**
 Bandila-an Nature Centre 292-3
 bangkas 445
 Bangued 138
 Bantayan Island 219-21
 Banton Island 235
 Barlig 136-7
 Barracuda Lake 402
 Basco 150-1
 Basey 312-13
 Basilica Minore del Santo Niño 201
 basketball 421
 Bataan Peninsula 96
 Batac 117-18
 Batad 141-3
 Batan Island 150-2
 Batanes 149-53, **150**
 Batangas 88-9
 bathrooms 441
 bats 94, 360
 Baybay Beach 267
 beaches 8, 17
 ABCD Beach 327
 Alona Beach 298-301, **299**
 Anda Long Beach 307
 Bagasbas Beach 155
 Baybay Beach 267
 Bobon Beach 322
 Bulabog Beach 260
 Cemento Beach 145
 Gota Beach 162
 Kagusua Beach 294
 Long Beach 385
 Monkey Beach 190, **27**
 Nakagbuan Beach 152
 Ngolos Beach 327
 Panagsama Beach 224-5
 Pansian Beach 118
 Patar Beach 106-7
 Salagdoong Beach 294
 Sugar Beach 280-1
 Saud Beach 119
 Seven Commandos Beach 394
 White Beach 251-2, **254, 256, 8**
 beer 423
 Benguet 127
 Benoni 341
 Bernardino Jalandoni Ancestral House 277
 Besao 132
 Bicol 9, 155-71, **9**
 bicycle travel 445
 Bilar 304
 Biliran Island 318-20, **318**
 Binondo 46-7, 54, **46**
 birds 361-2, 431
 Biri Islands 322
 Black Nazarene Procession 48
 Blue Lagoon 118
 Boac 178-9
 boat travel
 safety 446
 tickets 446
 to/from the Philippines 444
 within the Philippines 445-6
 Bobon Beach 322
 Bocos 139
 Bohol 10, 294-307, **295, 10**

Bolinao 106-7
 Bonbon 344
 Bongao 368
 Bonifacio, Andres 411
 Bontoc 135-6, **135**
 books 407, 419
 culture 417
 diving 31
 food 422, 423
 health 451
 history 408, 409, 411, 415
 Mindanao 417
 politics 410
 Boracay 8, 251-65, **252, 8**
 accommodation 256-61
 activities 254-6
 drinking 262-3
 entertainment 263
 food 261-2
 sights 251-4
 travel to/from 265
 travel within 265
 Borongan 325-6
 Botolan 104-5
 boxing 421
 Brooke's Point 384
 Bucari 246
 Bucas Grande 354
 budget 14
 Buenavista 180, 306
 Bukilat Cave 230
 Buktot 193
 Bulabog Beach 260
 Bulabog Puti-An National Park 245-6
 Bulalacao 193-4
 Bulata 281
bulol 419
 Bulusan Volcano National Park 169
 Burgos 353-4
 Burgos, Padre José 113
 Burias Island 174-5
 bus travel 446
 business hours 437
 Busuanga Island 396-402, **396**
 Butuan 346-7

C

Cabilao Island 302
 Cabrera, Benedicto Reyes 121, 420
 Cadlao Island 394
 Cagayan de Oro 334-8, **336**
 Cagsawa Ruins 167
 Caibiran Volcano 320

Cajidiocan 239
 Calamba 85
 Calamian Islands 395-404, **396**
 Calangaman 222
 Calapan 191-2
 Calauit Game Preserve & Wildlife National Park 404
 Calauit Island 404
 Calayan 149
 Calbayog 323-4
 Calbiga Cave 324
 Calicoan Island 327-8
 Calintaan 196
 Callao Cave 148
 Calumbuyan Island 402
 Cambugahay Falls 294
 Cambulo 142
 Camiguin 11, 341-6, **342, 11**
 Camotes Islands 228-30, **229**
 canoeing 91-2, *see also* kayaking
 Cantabon Cave 293
 Capones Island 101-4
 Capul Island 323
 car travel 446-7
 Carabao Island 264
 Caramoan Peninsula 161-3
 Caratanduanes 175-7, **175**
 Carbin Reef 279
 Carnassa 222
 Casaroro Falls 287
 Casiawan Falls 320
 Catarman 322
 Catbalogan 324-5
 cathedrals, *see* churches & cathedrals
 Catholicism 409-10
 Caticlan 250-1
 caves 339
 Bukilat Cave 230
 Calbiga Cave 324
 Callao Cave 148
 Cantabon Cave 293
 Guinogo-an Cave 324
 Hoyop-Hoyopan Cave 167
 Jiabong Cave 324
 Ka Ventong Cave 320
 Makahambus Cave 338
 Monfort Bat Cave 360
 Odessa Cave 148
 Pongasan Cave 130
 Sierra Cave 148
 Sohoton Caves 312-13
 Sumaging Cave 132
 Tabon Caves 384
 Cebu 201-28, **204**
 Cebu City 201-16, **206, 208**
 accommodation 207-10
 entertainment 212-13

 food 210-12
 shopping 213
 sights 201, 205-7
 travel to/from 214-6
 travel within 216
 cell phones 15, 440-1
 Cemento Beach 145
 Charlie's Point 145
 Chavayan 152
 children, travel with 437-8
 Manila 65
 Chinatown 54
 Chocolate Hills 303-4, **10**
 churches & cathedrals
 Basilica Minore del Santo Niño 201
 Binondo Church 47
 Church of San Juan Batista 168
 Church of St James 107
 Daraga Church 166
 Malate Church 45
 Manila Cathedral 41
 Miagao Church 246
 Paoay Church 118, **13**
 Quiapo Church 48
 San Agustin Church 40
 San Isidro Labrador Church 294
 San Joseph Parish Church 85
 Santa Maria Church 116
 St Paul Cathedral 112
 St William's Cathedral 116
 cinema, *see* films
 Clark Airport 97-8
 climate 14, *see also individual regions*
 climate change 446
 Cloud Nine 352-3
 Cobrador 234
 cockfighting 421
 Coconut Palace 60
 Concepcion 397, 401
 consulates 438
 Cordillera, the 119-44, **120**
 Coron Island 402, **8**
 Coron Town 396-402, **398**
 Corregidor 84
 Cortez Medalla, David 420
 costs 14
 accommodation 436
 food 438
 Cotabato 364-5
 Cowrie Island 378
 crafts, *see* handicrafts
 credit cards 439
 Cresta de Gallo 239
 Crisologo Museum 114
 crocodiles 147, 355, 375
 crucifixion ceremonies 18, 96
 Culion Island 402

Cultural Centre of the Philippines 57-8
 culture 406-7, 416-21
 currency 14
 customs regulations 438
 cycling 445

D

Dadiangas, *see* Santos, General Paulino
 Daet 155-8
 Dako 354
 Dalupiri 232
 Dalutan 320
 Dambana ng Kagitingan (Shrine of Valor) 96
 Dananao 137
 Danao 219, 304
 Danao Lake 387
 dance 420-1
 dangers, *see* safety
 Danjugan Island 281
 Dauin 287-8
 Daus 299
 Davao 354-60, **356**
 Demang 132
 dengue fever 451
 departure tax 445
 Dewey, Commodore George 411
 diarrhoea 452-3
 Dilumacad Island 394
 Dinagat 349
 disabilities, travellers with 441
 discount cards 438
 diseases 451-2
 Diura 151-2
 diving & snorkelling 25-31, *see also* diving resources, wreck diving
 Anilao 89
 Apo Reef 12, 196-7, **12**
 Bacuit Archipelago 388-9
 Boracay 255
 Busuanga Island 396-7
 Cabilao Island 302
 Camiguin 341-2
 Coron Island 402
 Donsol 170
 Dumaguete 283
 Honda Bay 378
 Luzon 30
 Mactan 217
 Malapascua Island 221-2
 Mindanao 31
 Mindoro 30
 Monkey Beach 190, **27**
 Padre Burgos 316
 Palawan 31

Panagsama Beach 224-5
 Panglao Island 299
 Pescador Island 224
 Puerto Galera 185, 190
 Punta Ballo 281
 Samal Island 360
 Subic Bay 94
 Sulu 31
 Visayas, the 30-1
 diving resources
 books 31
 certification 28
 costs 28
 courses 28
 emergencies 453
 freediving 225
 health 453
 internet resources 31
 operators 26-8
 planning 25-30
 recompression chambers 453
 responsible diving 26
 sites 30-1
 technical diving 28-30
 Divinubo 325
 dolphin watching 149, 286, 373
 Donsol 169-71
 Downtown Manila 37-57, **42, 44, 46**
 accommodation 49-52
 activities 47-8
 drinking 54
 entertainment 54-6
 food 52-4
 sights 40-7
 tours 48
 drinks 423-4
 Driver, Chuck 190
 driving, *see* car travel
 driving licences 447
 Dumaguete 281-6, **282**
 dysentery 453

E

eagles 361-2
 Echo Valley 132
 ecology 429-34
 economy 407
 ecotourism 17, 117, 431-2
 El Nido 388-94, **390**
 electricity 438
 Elefante Island 180
 email services 439
 embassies 438
 emergencies 15, 453
 Enca Farm 127
 environment 429-34
 environmental issues 432-4, 453, *see also* sustainable travel

Boracay 253
 Guimaras 247
 Palawan 379
 Ermita 45, 50-2, 53-4, **44**
 Escalante 279
 Estrada, Joseph 406, 410
 etiquette 406
 events 18-20
 exchange rates 15

F

farms
 Bohol Bee Farm 301
 Enca Farm 127
 Julia Campbell Agroforest Memorial Park 144
 ferries 445-6
 festivals 18-20
 Ati-Atihan 18, 265, **8**
 crucifixion ceremonies 18, 96
 Flores de May 19
 Holy Week 18
 MassKara Festival 20, 270-1
 Moriones Festival 18, 179
 Pahiya sa Lucban 19, **19**
 Rodeo Masbateño 19, 173
 Sinulag Fiesta 18, **19**
 Todos los Santos 20
 fiestas, *see* festivals
 films 406, 412, 416, 418
 fishing 350, 437
 floods 333
 Flores de May 19
 Flower Island 388
 food 422-8, 438, *see also individual locations*
 Bicol 162
 books 422, 423
 costs 438
 glossary 425-8
 internet resources 422
 Fort Ilocandia 117
 forts
 Fort Pilar 365
 Fort San Pedro 205
 Fort Santiago 40
 Santa Isabel Fort 387
 freediving 225
 Fuga 149

G

galleries, *see* museums & galleries
 Gasan 179-80
 Gato Island 222
 gay travellers 438-9
 General Luna 351-2
 General Santos 363-4

geography 429
 geology 429
 Golden Mosque 46-7
 golf 437
 Manila 47
 Puerto Galera 185
 Gota Beach 162
 Great Santa Cruz Island 366
 Gubat 169
 Guimaras 246-9, **247**
 Guimul 246
 Guinogo-an Cave 324
 Guinsiliban 343
 Guinsiliban Falls 315
 Guintubdan 256
 Guiuan 326-7
 Guyam Island 254

H

habal-habal 448
 handicrafts
 Alegre Guitar Factory 217
 Baguio 127-8
 Iligan 340
 Manila 58
 Puerto Princesa 379
 Sidlakang Negros Village 283
 Vigan 113-4
 hanging coffins 9, 131-2
 Hapao 143
 health 449-54
 books 451
 insurance 449
 internet resources 450-1
 planning 449-51
 vaccinations 449, 450
 Helicopter Island 394
 hepatitis 451
 Hermana Mayor Island 105
 Hermana Menor Island 105
 Hibok-Hibok Volcano 342
 Higatangan Island 320
 hiking 16
 Batad 141-2
 itineraries 24, **24**
 Kalinga 137
 Mt Apo 363
 Mt Guiting-Guiting 239
 Mt Isarog 161
 Mt Kanloan 275-6
 Mt Mayon 167-8
 Sagada 132-3
 Subic Bay 93-4

Hilutungan Island 218-9
 Hinunagan 317-18
 history 408-15
 American era 412-13
 books 408, 409, 411, 415
 Marcos era 414-15
 Philippine-American War 411-12
 Philippine Revolution 410-11
 Spanish era 409-10
 World War II 17, 414
 hitching 447
 Hofileña Ancestral Home 277
 holidays 440
 Holy Week 18
 Homonhon Island 328
 Honda Bay 378
 horse riding 94, 225, 256, 341
 hot springs
 Ardent 343
 Mainit 320, 362
 Malbog 180
 Tangub 344
 houses, *see* ancestral houses
 Hoyop-Hoyopan Cave 167
hudhud 418-19
 Hundred Islands National Park
 107-8, **2**
 Hungduan 143

I

Iba 104-5
 Icadambanuan Island 388
 Ifugao rice terraces 6, 141-3, 320, **6**
 Igorot people 121, 127-8, 138-9,
 420
 Iligan 340
 Ilocos 111-19
 Iloilo 241-5, **242**
 immigration 441-3
 Inambacan Falls 304
 insects 454
 insurance
 car 447
 health 449
 travel 439
 internet access 439
 internet resources 15, 420
 diving 31
 environment 429, 430
 food 422
 health 450-1
 Intramuros 40-1, 49, 52-3, **42**
 Iraya Mangyan village 183
 Isla Puti 279
 Islam 340-1, 409
 holy days 440
 island hopping 16
 Itbayat Island 152-3

itineraries 21-4, **21, 22, 23, 24**, *see*
 also planning
 Ivana 151
 Iwahig Prison & Penal Farm 375

J

Jagna 307
 Jagor, Fedor 37
 jeepneys 447
 Jiabong Cave 324
 Julia Campbell Agroforest Memorial
 Park 144
 Jumalon Butterfly Sanctuary 205

K

Ka Ventong Cave 320
 Kabayan 129-30
 Kadaclan 136-7
 Kagusua Beach 294
 Kalayo music 417
kalesas 81, 148, 448
 Kalibo 265-7, **266**
 Kalinga 137-8
 Kangbangyo 354
 karaoke 420
 Katibawasan Falls 343
 Kawit 85
 kayaking 437, *see also* canoeing
 Busuanga Island 397
 Tagbilaran 295
 Tibiao 250
 Tuguegarao 148
 Kayangan Lake 402
 Kiangnan 143-4
 Kinabuhayan 90
 kiteboarding 155

L

La Carlota 275
 Lahus 162
 Lahuy 162
 Lake Balinasayao 286
 Lake Barracuda 402
 Lake Danao 387
 Lake Danao Natural Park 314
 Lake Kayangan 402
 Lake Lanao 340-1
 Lake Libuao 199
 Lake Mapanuepe 104
 Lake Sebu 364
 Lake Taal 85-8
 language 455-61
 food terms 425-8
 Laoag 116-17
 Lapinig 306
 Larena 291-2
 Las Piñas 85

000 Map pages

000 Photo pages

Lazi 294
 Lazi Convent 294, **11**
 legal matters 439
 Legazpi 163-6, **164**
 Legazpi, Miguel Lopez de 410
 lesbian travellers 438-9
 Leyte 307-18, **308**
 Libuao Lake 199
 Lilo-an 228
 Liloan 317
 Lim, Dr Roger 177
 Limasawa Island 316
 Lingayen 108
 Lingayen Gulf 105-11, **106**
 Loboc 303
 Long Beach 385
 Looc 233-4
 Lucap 108
 Lucban 92
 Lucena 92-3
 Lugburg 234
 Lumiang Burial Cave 131-2, **9**
 Lusong Island 403
 Luzon, North 100-53, **102**
 accommodation 100
 climate 100
 food 100
 highlights 102
 safety 101
 travel seasons 100
 Luzon, Southeast 154-80, **156**
 accommodation 154
 climate 154, 155
 food 154
 highlights 156
 travel seasons 154
 travel to/from 155

M

Ma-ao 276
 Maasin 314-16
 Maca Reef 279
 Macapagal-Arroyo, Gloria 340, 406
 MacArthur, General Douglas 84, 309, 315, 414
 Mactan Island 216-18
 Mactan Shrine 217
 Mag-aso Falls 304
 magazines 437
 Magdapio Falls 91-2
 Magdiwang 238
 Magellan, Ferdinand 201, 409
 Maguindanao massacre 406-7
 Maguindanao people 364
 Mainit 136
 Mainit hot springs 320, 362
 Majestic surf break 177
 Makahambus Cave 338
 Makati 61-71, **62**
 Malapascua 221-4, **222**
 malaria 383, 452
 Malatpay 288
 Malate 45, 50-2, 53-4, **44**
 Malaybalay 339-40
 Malbog hot springs 180
 Maligcong 136
 Mambajao 341
 Mangyan people 192
 Manila 12, 32, 36-81, **38**
 accommodation 36, 49-52, 58-9, 63-7, 72-3
 activities 47-8, 61-3
 children, travel with 65
 Chinatown 47
 climate 36
 Downtown Manila 37-57
 drinking 54, 69-70
 entertainment 12, 54-6, 60
 festivals 48
 food 36, 52-4, 59-60, 67-9, 73-4
 highlights 38-9
 history 37
 itineraries 21, 37, **21**
 Makati 61-71, **62**
 markets 57
 Parañaque 57-61, **58**
 Pasay 57-61, **58**
 Quezon City 71-5, **72**
 Rizal Park 41, 49-50, 53, **42**
 safety 75
 shopping 56-7, 60-1, 70-1, 74
 sights 40-7, 57-8, 61, 71-2
 street names 80
 tours 48
 travel seasons 36
 travel to/from 77-9
 travel within 79-81
 Mansalay 193
 mansions, see ancestral houses
 Manta Bowl 170
 manta rays 170
 Mantigue Island 342
 Mapanuepe Lake 104
 maps 439
 Marabut Islands 328
 Marawi 340-1
 Marcos, Aimee 55
 Marcos, Ferdinand 117, 413, 414-15
 Marcos, Imelda 75, 406, 414, 415
 Marcos Ancestral Home 118
 Marcos era 414-15
 Marcos Museum & Mausoleum 117
 Maria Cristina Falls 340
 Marinduque 177-80, **178**
 Maripipi Island 320

markets
 Baguio 128
 Bicol 166
 Iligan 340
 Makati 69
 Malatpay 288
 Manila 48, 57
 Marawi 341
 Puerto Princesa 379
 Quezon City 74
 Roxas 193
 Marlboro Country 151
 Masbate 171-5, **172**
 Masbate Town 173-4
 MassKara Festival 20, 270-1
 Matanglag 139
 Matinloc Island 394
 Matnog 171
 Matukad 162
 Mayan 152-3
 measures 437
 media 437
 medical services 451
 Metro Manila 37-57, **42, 44, 46**
 accommodation 49-52
 activities 47-8
 drinking 54
 entertainment 54-6
 food 52-4
 sights 40-7
 tours 48
 Miagao 246
 Mindanao 33, 329-69, **330**
 accommodation 329
 climate 329
 diving 31
 floods 333
 food 329
 highlights 330
 history 332-3
 safety 332
 transport to/from 334
 travel seasons 329
 Mindoro 33, 181-99, **182**
 accommodation 181
 climate 181
 diving 30
 food 181
 highlights 182
 travel seasons 181
 travel to/from 183
 Mindoro Occidental 194-9
 Mindoro Oriental 183-94
 Miniloc Island 394
 Moalboal 224-7
 mobile phones 15, 440-1
 money 14-15, 439-40
 Monfort Bat Cave 360

Monkey Beach 190, **27**
 Monreal 174
 Moriones Festival 18, 179
 Moro Islamic National Liberation Front 333, 415
 motorcycle travel 447
 mountain biking, *see* cycling
 movies, *see* films
 Mt Amuyao 137
 Mt Apo 362-3
 Mt Arayat National Park 97
 Mt Banahaw 90
 Mt Bandila-an 292
 Mt Guiting-Guiting 239
 Mt Guiting-Guiting Natural Park 238-9
 Mt Iglit-Baco National Park 195-6
 Mt Iraya 151
 Mt Isarog 161
 Mt Isarog National Park 161
 Mt Kanlaon Natural Park 275-6
 Mt Kiltepan 132
 Mt Mayon 167, **13**
 Mt Pinatubo 98-9, **415**
 Mt Pulag National Park 130
 Mt Riposed 152
 Mt Sipitan 133
 Mt Tapulao 104
 Mt Tundalara 397
 mummies 129
 museums & galleries
 Ayala Museum 61
 Balay Negrense Museum 277
 BenCab Museum 121
 Bontoc Museum 135
 Casa Gorordo Museum 206
 Cata-al War Memorabilia Museum 288
 Ganduyan Museum 132
 GSIS Museo ng Sining 58
 Legazpi City Museum 164
 Lingayen Gulf War Memorial Museum 108
 Marikina Shoe Museum 75
 Metropolitan Museum of Manila 58
 Museo Dabawenyo Museum 355
 Museo Ilocos Norte 116
 Museo Iloilo 241
 Museo ng Makati 61
 Museo ng Maynila 43
 Museum of Cordillera Sculpture 138
 Museum of Three Cultures 334
 Naga City Museum 158
 National Gallery of Art 43

National Museum of the Filipino People 41
 Negros Museum 270
 Padre José Burgos National Museum 113
 Palawan Museum 373
 Peñafrancia Museum 158
 St Louis University Museum 121
 music 417-18
 Muslim holy days 440

N

Naga 158-61, **158**
 Nakagbuan Beach 152
 Nakanmuan 152
 Narra 383-4
 national parks 431-2
 Apo Reef Natural Park 196-7
 Balabasang-Balaban National Park 138
 Bulabog Puti-An National Park 245-6
 Bulusan Volcano National Park 169
 Calauit Game Preserve & Wildlife National Park 404
 Hundred Islands National Park 107-8, **2**
 Mt Arayat National Park 97
 Mt Guiting-Guiting Natural Park 238-9
 Mt Iglit-Baco National Park 195-6
 Mt Isarog National Park 161
 Mt Kanlaon Natural Park 275-6
 Mt Pulag National Park 130
 Natural Bridge National Park 312-13
 Northern Negros Natural Park 278-9
 Northern Sierra Madre Natural Park 147-8
 Puerto Princesa Subterranean River National Park 381
 Twin Lakes National Park 286
 Natonin 136-7
 Natural Bridge National Park 312-13
 natural parks, *see* national parks
 nature reserves, *see* national parks
 Naval 319
 Navy 3149 Base 327
 Negrito people 147, 282, 409
 Negros 268-89, **269, 3**
 Negros Occidental 270-81
 Negros Oriental 281-9
 Nelly Gardens Mansion 241
 newspapers 437
 Ngolos Beach 327
 Ninoy Aquino International Airport 443, 444
 Nogas Island 249

North Cay Island 403
 North Luzon 100-53, **102**
 accommodation 100
 climate 100
 food 100
 highlights 102
 safety 101
 travel seasons 100
 Northern Negros Natural Park 278-9
 Northern Sierra Madre Natural Park 147-8

O

Odessa Cave 148
 Odiongan 232-3
 Olango Island 218-19
 Olongapo 93-5
 opening hours 437
 organic farms
 Bohol Bee Farm 301
 Enca Farm 127
 Julia Campbell Agroforest Memorial Park 144
 Ormoc 313-14, **313**
 Ortigas 71

P

Pacific War Memorial 84
 Pacijan Island 229-30
 Paco 45, 50-2, 53-4, **44**
 Pacquiao, Manny 421
 Padre Burgos 316-17
 Padre José Burgos 113
 Padre José Burgos National Museum 113
 Pagsanjan 91-2
 Pagudpud 118-19
 Pahiya sa Lucban fiesta 19, **19**
 painting 419-20
 Palawan 33, 370-404, **371, 373, 385**
 accommodation 370
 climate 370
 diving 31
 food 370
 highlights 371
 itineraries 24, **24**
 travel seasons 370
 travel to/from 372
 travel within 372
 Palo 315
 Pamilacan Island 305
 Panagsama Beach 224-7, **226**
 Panaon 317
 Panay 239-68, **240**
 Pandan 177
 Pandan Island 378
 Pangalusian Island 394

Panganuron Falls 230
 Panglao Island 298-301
 Pansian Beach 118
 Paoay 118
 Paoay Church 118, **13**
 Parañaque 57-61, **58**
 parks, *see* national parks
 Pasacao 159
 Pasay 57-61, **58**
 passion plays 18
 passports 441
 Patar Beach 106-7
 Pearl Island 326
 pearls 403
 pedicabs 448
 People Power 413
 Philippine Eagle Research & Nature Center 361-2
 Philippine Institute of Volcanology & Seismology 86
 Philippine Revolution 410-11
 Philippine-American War 411-12
 phonecards 441
 photography 440
 Pilar 354
 Pinasil Island 394
 Pineda, Arnel 419
 Pinoy rock 417
 planning, *see also individual regions*
 basics 14-15
 budgeting 14
 calendar of events 18-20
 children, travel with 65, 437-8
 health 449-51
 internet resources 15
 itineraries 21-4, **21, 22, 23, 24**
 regions 32-3
 travel seasons 14
 vaccinations 449, 450
 plants 431
 Poctoy 180
 Poitan 139
 politics 406-7
 pollution 453
 Ponce-Millan, Kublai 416
 Pongasan Cave 130
 Ponson Island 230
 population 407
 Poro Island 230
 Port Barton 385-7
 Potipot Island 105
 prostitution 213
 public holidays 440
 Puerto Galera 183-91, **184**
 accommodation 186-8
 diving 185
 food 188-9
 sights 183

travel to/from 190-1
 travel within 191
 Puerto Princesa 373-81, **374**
 accommodation 375-7
 food 377-9
 shopping 379
 sights 373-5
 travel to/from 380-1
 travel within 381
 Puerto Princesa Subterranean River National Park 381
 Pundaquit 101-4
 Punta Ballo 281
 Puraran 177

Q

Quezon 384
 Quezon City 71-5, **72**
 Quiapo 46-7, **46**
 Quiapo Church 48

R

radio 437
 rafting 437
 Davao 354
 Northern Mindanao 338
 recompression chambers 453
 religion 340-1, 409-10, 416
 resorts 17
 restaurants 424
 Reyes, Efren 421
 rice terraces 6, 141-3, 320, **6**
 Rio Hondo 365
 Rizal, Dr José 41, 85, 410-11
 Rizal Park 41, 49-50, 53, **42**
 road rules 447
 Rodeo Masbateño 19, 173
 Romblon 230-9, **231**
 Romblon Island 234-7
 Roxas (Capiz) 267-8
 Roxas (Mindoro) 192-3

S

Sabang 381-3, **17**
 Sabitan Laya 162
 Sablayan 196-8
 Sablayan Prison Farm 198-9
 Sabtang Island 152
 safety 440
 boat travel 446
 diving 453
 hitching 447
 Mindanao 332
 North Luzon 101
 scams 76
 Sagada 131-4, **131, 9**
 Sagay 279

Salagdoong Beach 294
 Salcedo, Juan de 111
 Samal Island 360-1
 Samar 320-8, **321**
 Sambawan Islands 320
 San Carlos 279-80
 San Fernando 239
 San Fernando (La Union) 108-11, **109**
 San Fernando (Pampanga) 96
 San José 194-5, **195**
 San José de Buenavista 249-50
 San Juan 293-4
 San Mariano 147
 San Pablo 318
 San Pedro 318
 San Vicente Islands 323
 Santa Cruz Island 366
 Santa Isabel Fort 387
 Santiago City 147
 Santos, General Paulino 363-4
 Saud Beach 119
 Savidug 152
 scams 76, *see also* safety
 sculpture 419-20
 Sebu Lake 364
 senior travellers 438
 Seven Commandos Beach 394
 sharks 169-70, 316, **9**
 shopping, *see* handicrafts, markets, *individual locations*
 Siargao 10, 350-4, **10**
 Sibuyan Island 237-9
 Sierra Cave 148
 Siete Pecados (islands) 248
 Siete Pecados (sanctuary) 397
 Silang, Gabriela 111, 417
 Silay 276-8, **277**
 Sinulag Fiesta 18, **19**
 Sipalay 280
 Siquijor 11, 289-94, **290, 11**
 Siquijor town 291
 Snake Island (Bacuit Archipelago) 394
 Snake Island (Honda Bay) 378
 Snake Island (Zambales Coast) 105
 snakes 454
 snorkelling, *see* diving & snorkelling
 Sogod 317
 Sohotoon Caves 312-13
 Sorsogon 168-9
 Southeast Luzon 154-80, **156**
 accommodation 154
 climate 154, 155
 food 154
 highlights 156
 travel seasons 154
 travel to/from 155
 souvenirs 56

Spanish era 409-10
 spelunking 339, *see also* caves
 sport 421
 Suba 118
 Suba Sand Dunes 117
 Subic Bay 93-5
 subterranean river 381
 Sugar Beach 280-1
 Sulangan 327
 Sulu Islands 368-9, **330, 368**
 Suluan Island 328
 Sumadel 137
 Sumaging Cave 132
 Sumilon Island 228
 Sumnaga 152
 surfing
 Bagasbas 155
 Baler 145, **17**
 Calicoan Island 327
 Capones Island 101
 Cloud Nine 352
 Majestics surf break 177
 Pagudpud 118
 San Fernando (La Union) 108
 Siargao 10, 349, 350, 354, **10**
 Surigao 347-50, **348**
 sustainable travel 15

T

Taal 88
 Taal Volcano 85-6
 Tabaco 168
 Tabgon 162
 Tablas Island 232-4
 Tabon Caves 384
 Tabuk 138
 Tacloban 309-12, **310**
 Tagaytay 85-8
 Tagbilaran 295-8, **296**
 Talibon 306
 Talikud Island 361
 Talipanan Beach 187
 Talipanan Falls 183
 Talisay 86
 Taluksangay 365
 Tam-am 139
 Tam-awan Village 121
tamaraws 195-6
 Tambobo Bay 289
 Tanauan 309
 Tangub Hot Spring 344
 Tanudan 137
 Tao't Bato people 384

Tapiutan Island 394
 tarsiers 302-3, 430
 Tarsier Sanctuary 302-3
 taxes 445
 taxis 447-8
 Taytay 387-8
 telephone services 15, 440-1
 television 437
 theatre 418-19
 theft 76
 Tibiao 250
 Ticao Island 174
 Tigbauan 246
 Tikling Island 174
 Timbac Caves 129
 time 441
 Tinago Falls 340
 Tinglayan 137-8
 tipping 440
 Todos los Santos festival 20
 toilets 441
 Toledo 219
 Tolentino, Guillermo 419
 Tomalistas Falls 320
 tourist information 441
 tours, *see individual locations*
 train travel 448
 transport 15, 443-8
 transvestite shows 61
 travel to/from the Philippines 443-4
 travel within the Philippines 444-8
 travellers cheques 440
 Tres Reyes Islands 180
 trekking, *see* hiking
 tricycles 448
 Tubabao 327
 Tubbataha Reefs 379
 Tubigon 305-6
 Tuguegarao 148-9
 Twin Lakes National Park 286

U

Ubay 306
 Ugong Rock 382
 Urbiztondo 108, 110

V

vacations 440
 vaccinations 449, 450
 Valencia 287, 288
 vegetarian travellers 425
 Victor Gaston Ancestral Home (Balay Negrense Museum) 277
 Vigan 111-16, **112**

Virac 176, **176**
 Virgin Island 220
 visas 15, 441-2
 Visayas, the 33, 200-328, **202**
 accommodation 200
 climate 200
 diving 30-1
 food 200
 highlights 202
 itineraries 23, **23**
 travel seasons 200
 volcanoes 13, 429
 Caibiran 320
 Camiguin 11, **11**
 Hibok-Hibok 342
 Mt Apo 362-3
 Mt Isarog 161
 Mt Kanlaon 275-6
 Mt Mayon 167, **13**
 Mt Pinatubo 98-9, **415**
 Philippine Institute of Volcanology
 & Seismology 86
 Taal 85-6
 volunteering 127, 442

W

wakeboarding 160
 walking, *see* hiking
 water sports 16
 weather 14, *see also individual regions*
 websites, *see* internet resources
 weights 437
 wellness centres 436
 whale sharks 169-70, 316, **9**
 whale watching 149, 286, 305
 White Beach 251-2, **254, 256, 8**
 white-water rafting, *see* rafting
 wi-fi 77, 439
 wildlife 429-31
 women in the Philippines 417
 World War II
 history 17, 414
 sites 17, 84, 278, 288, 315
 wreck diving, *see also* diving &
 snorkelling, diving resources
 Busuanga Island 396-7
 Subic Bay 94

Z

Zambales Coast 101-5
 Zamboanga 365-8, **366**
 Zamboanga Peninsula 365-8

how to use this book

These symbols will help you find the listings you want:

Sights	Tours	Drinking
Beaches	Festivals & Events	Entertainment
Activities	Sleeping	Shopping
Courses	Eating	Information/Transport

These symbols give you the vital information for each listing:

Telephone Numbers	Wi-Fi Access	Bus
Opening Hours	Swimming Pool	Ferry
Parking	Vegetarian Selection	Metro
Nonsmoking	English-Language Menu	Subway
Air-Conditioning	Family-Friendly	London Tube
Internet Access	Pet-Friendly	Tram
		Train

Reviews are organised by author preference.

Look out for these icons:

	Our author's recommendation
	No payment required
	A green or sustainable option

Our authors have nominated these places as demonstrating a strong commitment to sustainability – for example by supporting local communities and producers, operating in an environmentally friendly way, or supporting conservation projects.

Map Legend

Sights

- Beach
- Buddhist
- Castle
- Christian
- Hindu
- Islamic
- Jewish
- Monument
- Museum/Gallery
- Ruin
- Winery/Vineyard
- Zoo
- Other Sight

Activities, Courses & Tours

- Diving/Snorkelling
- Canoeing/Kayaking
- Skiing
- Surfing
- Swimming/Pool
- Walking
- Windsurfing
- Other Activity/Course/Tour

Sleeping

- Sleeping
- Camping

Eating

- Eating

Drinking

- Drinking
- Cafe

Entertainment

- Entertainment

Shopping

- Shopping

Information

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

Transport

- Airport
- Border Crossing
- Bus
- Cable Car/Funicular
- Cycling
- Ferry
- Metro
- Monorail
- Parking
- Petrol Station
- Taxi
- Train/Railway
- Tram
- Other Transport

Routes

- Tollway
- Freeway
- Primary
- Secondary
- Tertiary
- Lane
- Unsealed Road
- Plaza/Mall
- Steps
- Tunnel
- Pedestrian
- Overpass
- Walking Tour
- Walking Tour Detour
- Path

Geographic

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

Population

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

Boundaries

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

Hydrography

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

Areas

- Beach/Desert
- Cemetery (Christian)
- Cemetery (Other)
- Park/Forest
- Sportsground
- Sight (Building)
- Top Sight (Building)

behind the scenes

SEND US YOUR FEEDBACK

We love to hear from travellers – your comments keep us on our toes and help make our books better. Our well-travelled team reads every word on what you loved or loathed about this book. Although we cannot reply individually to postal submissions, we always guarantee that your feedback goes straight to the appropriate authors, in time for the next edition. Each person who sends us information is thanked in the next edition – and the most useful submissions are rewarded with a free book.

Visit lonelyplanet.com/contact to submit your updates and suggestions or to ask for help. Our award-winning website also features inspirational travel stories, news and discussions.

Note: We may edit, reproduce and incorporate your comments in Lonely Planet products such as guidebooks, websites and digital products, so let us know if you don't want your comments reproduced or your name acknowledged. For a copy of our privacy policy visit lonelyplanet.com/privacy.

OUR READERS

Many thanks to the travellers who used the last edition and wrote to us with helpful hints, useful advice and interesting anecdotes:

Maria Christina C Abasolo, Marie Aurousseau, Alan B, Ralph Balmer, Rob Barclay, N Barker, Luca Belis, Shyam Bera, Frederic Bergue, Lalimarie Bhagwani, Eleanor Bodling & Henrik Sundblad, Harrie Boin, Claire Brittain, Don Bronk, James Bulnes, Carisa Canepa, Carly Carratura, J Prince De Mesa Castasus, Laura Catalano, Samuel Chan, Chiara Motta, Anthony Chiu, Daniel Christen, Claudia Christl, Laurent Claudel, Christopher Clifford, Kelly Connolly, David Cook, Juliet Corpuz, Parra Didier, Peter Doelle, Liam Doherty, Patrick Doles, Murray Du Plessis, Charles Failmezger, Roger Faulkner, Phil Fawcett, Alexander Fecher, Fabien Fetter, Denis Furrer, Gabriel Gardiner, Gerhart Gerech, Sepi Gilani, Leon Gillingham, Samantha Gould, Rachel Griffiths, Paul Guren & Eileen Synnott, Armina Guten-tag, Nathalie Hagestein, Jorma Hakkarainen, Catherine Ham, Hans W Heckel, Wayne Henry, Gerard Hepsakker, Mark Hiley, Britt Hill, Wendy Hodge, Ralpa Jacobson, Wim De Jong, Martin Jordan, Sharon Keld, Piers Kelly, Teea Kemppinen, Nicole Kisslig, Paul Kraaijevel, Virginie Lafleur Tighe, Georges Landry, Kim Leber, Louise Lee, Larry Leese, Michaela Lenger, Jill Linderwell, Ann Lond-Caulk,

Fernando E Lopez Jr, Inger Lundell, Benjamin May, Jessica Maybury, Wayne McKeon, Sofie Merck, Robert Merriam, Raquel Miguel, John Miller, P Monbaron, Yorck Mothes, Claudia Mueller, Hazel Murray, Casey, Itzi, Jenni, Philippe, Ruben, Jason & Charmaine Ng, Dominik Nice, Patrick O'Dowd, Greg O'Hern, Peter Patterson, Mario Pavesi, Graham Peake, Stephanie Perillard, Violaine Pierre, Bill Pollard, Tim Pottiez, TDana Raluca, Bea Raya, Shifra Raz, Brooke Resh Sateesh, Jim Revell, Corina Risseeuw, Jean Roberrr, Fritz Roder, Noam Rumack, Robert Ruml, Bobby Russell, Jessica Sabell, Kim Serca, Wanda Serkowska, James Shannon, Ray Sinniger, Lisa Smieja, Helen Smith, Magne Stener, Stephen Johansen, Nicola Tadini, Cresil Tagle, Bart Ten Tije, Henrik Topbjerg, Homerson Uy, Hans Van Beek, Lisette Van Wylick, Paul Van Schilfgaarde, Rick Vandergraaf, Frederic Veillez, Carlos Vendrell, Intan Vermeer, Daniela Verzaro, Sabina Vogt, Ulrich Von Schroeder, Jens Walter, Jonas Wernli, Stan West, Roger Wiget, Elie Zwiebel

AUTHOR THANKS

Greg Bloom

Thanks as always to my *barkada* in Manila; you know who you are. A special nod to the Edes, Donahue, Fitzpatrick and (in Subic) Blythe clans for the hospitality; to Johnny

Weekend for tagging along and braving typhoon sea travel between Romblon and Batangas; to Glen for weathering the Boracay-to-PG route; to Peng and Will S for the research assistance; to Trisha and the many helpful PCVs I met along the way; and, most importantly, to Anna for keeping me sane on the world's worst deadline. Thanks also to her mama for holding down the fort. And to my fellow authors for their spirit of *bayanihan*.

Michael Grosberg

I'm always grateful for the warmth and kindness of Filipinos I meet along the way. Special thanks to Sonny Dison, Kublai and Min Milan in Davao; Judy Distal in El Nido; Romie Villanueva, Huber Castillo and Onyo Austria for a wonderful boat trip between El Nido and Coron; Andy and Jojo from Sangat and Jim Goll from Coron; Michele and Ulrich on Camiguin, Gerry and Susan Deegan on Siargao. And to Carly for sharing northern Palawan with me.

Trent Holden

As per usual, this book is very much a collaboration between myself, locals and travelers. The following people were a huge help: Howard and Bambi for everything Negros; Aimee Marcos, Wolfgang Dafert, Felix Constantino Cata-al for all being great interview subjects; Rene Richard A Salazar for the connections; Piers Kelly for all the great info; Nedgar Garvez, Verna Vargos, Sun Dacillo and all the great folk who work in tourist offices across the region; Mischa and Carmen. To my work colleagues, massive thanks to Ilaria Walker for giving me a shot on this title and to Greg Bloom for heaps of info and tips. Also to the production team inhouse for their tireless, great work. Finally to my family, and my amazing girlfriend Kate – particularly for letting me go away so much over the past year!

Adam Karlin

Thanks, *po*: first, the Peace Corps volunteers who made my trip so much easier, and a hell of a lot of fun too. Chelsea Sexton and Jenn Rimbach in Olongapo, Baguio and Vigan, Tracy Fooler in Baguio, Caitlin Sherman in Vigan, and big shout-outs for all the amazing research help from Dan Thalkar in Sagada, Sammy Liu in Vigan, Jessi Acuña in Marinduque and Sam West in Baguio (and, er, Tampa). Huge thanks to Filipino friends, especially Maria Teresa Madriaga and her husband in Manila, Jeff in Clark and the old men who helped me out in Zambales – I never got all your names, but bless you many times over. Big thanks to the team: Trent and Michael for fun feedback whilst co-authoring, Ilaria for ever being a supportive editor and Greg Bloom for masterfully helming the ship. Last but not least: thank you mom and dad and Rachel, for your love and support, including noteworthy, lifesaving logistical support after my passport got lifted.

ACKNOWLEDGMENTS

Climate map data adapted from Peel MC, Finlayson BL & McMahon TA (2007) 'Updated World Map of the Köppen-Geiger Climate Classification', *Hydrology and Earth System Sciences*, 11, 163344.

Bestselling guide to the Philippines - source: Nielsen BookScan, Australia, UK and USA, January 2011 to December 2011

Cover photograph: Rice paddies with Mt Mayon in background, Albay, Bicol, John Pennock/LPI

Many of the images in this guide are available for licensing from Lonely Planet Images: www.lonelyplanetimages.com.

This Book

This 11th edition of The Philippines was coordinated by Philipines aficionado Greg Bloom, who wrote all the Plan Your Trip chapters, the Understand chapters and the Survival Guide. He also researched and wrote the Manila, Around Manila and Mindoro chapters, as well as the Panay and Romblon sections of the Visayas chapter. Michael Grosberg updated the challenging Mindanao and Sulu chapter and the Palawan chapter; Trent Holden covered the Camotes, Negros, Siquijor, Bohol, Leyte, Biliran Island and Samar sections of the Visayas chapter. Adam Karlin did the Southeast Luzon and North Luzon chapters and Kate Morgan researched Cebu City. The team worked on the

text from the 10th edition, which was researched and written by Greg Bloom, Michael Grosberg, Virginia Jealous and Piers Kelly; the Health chapter is based on research supplied by Dr Trish Batchelor. This guidebook was commissioned in Lonely Planet's Melbourne office, and produced by the following:

Commissioning Editors

Shawn Low, Ilaria Walker

Coordinating Editors

Jessica Crouch, Kate James

Coordinating Cartographer

Csanad Csutoros

Managing Layout

Designer Chris Girdler

Managing Editor

Bruce Evans

Senior Editor

Susan Paterson

Managing Cartographers

Amanda Sierp, Diana Von Holdt

Layout Designer

Carlos Solarte

Assisting Editors

Janet Austin, Holly Alexander, Andrea Dobbin

Assisting Cartographers

Andras Bogdanovits, Ildiko Bogdanovits, Mick Garrett

Cover Research

Naomi Parker

Internal Image Research

Kylie McLaughlin, Rebecca Skinner

Language Content

Braná Vladislavljëvic

Thanks to

Ryan Evans, Yvonne Kirk, Chris Love, Katie O'Connell, Trent Paton, Martine Power, Kirsten Rawlings, Jacqui Saunders, Angela Tinson, Gerard Walker

© Lonely Planet Publications Pty Ltd. To make it easier for you to use, access to this chapter is not digitally restricted. In return, we think it's fair to ask you to use it for personal, non-commercial purposes only. In other words, please don't upload this chapter to a peer-to-peer site, mass email it to everyone you know, or resell it. See the terms and conditions on our site for a longer way of saying the above - 'Do the right thing with our content.'