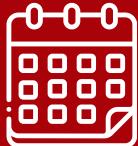




PHILIPPINES EXPEDITION



STARTS MANILA
ENDS BORACAY

23 DAYS
22 NIGHTS

AIRPORT PICK-UP
INCLUDED ON DAY 1

JEEPNEYS, FILIPINO
TRIKES, BUSES, BOATS,
FERRY & DOMESTIC
FLIGHTS

21 BREAKFASTS
8 LUNCHES
5 DINNERS

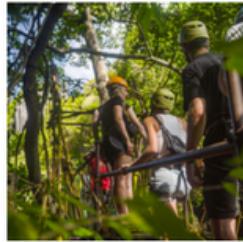
Highlights



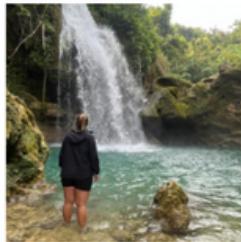
CHOCOLATE HILLS
IN BOHOL



ISLAND HOPPING
ADVENTURES



EL NIDO
CANOPY WALK



CAMBALS FALLS



LOCAL SCHOOL
VISIT



Activities

- Welcome Dinner
- Underground River
- Island Hopping
- Beach Bonfire
- Snorkelling
- Waterfall Visit
- School Visit (seasonal)
- Cultural Day
- El Nido Island Hopping
- Canopy Walk
- 1hr Massage
- Fast Ferry to Coron
- Hot Springs
- Simala Shrine
- Sardine Run
- Osmena Peak
- Swimming Hole
- Chocolate Hills Viewpoint
- Tarsier Conservation
- SUP or Kayak on Loboc River
- Dessert Making Workshop
- Virgin Island sunset visit
- Sandbar dinner
- Boracay town walk
- White Beach
- Sunset Cruise
- Motag Living Museum Cultural Day

Optional Activities: Massages, Beach Clean-up, Zipline, Additional Island Hopping Day, Scuba Diving, Boxing Class, Surfing Lesson, Mount Tapyas Hike, Scuba Diving, Lambug Beach, Crystal Kayak, Newcoast Beach *All subject to availability

TRAVEL ITINERARY

DAY 1

Arrive in Manila

Arrive at any time in Manila and we will meet you at the airport. We take you through the winding streets to our boutique hostel in central Manila. Settle into your accommodation and in the evening join the rest of the group for a delicious welcome meal up on the rooftop terrace and enjoy a few drinks overlooking the Manila skyline.



DAY 2

To Palawan

We are heading to Palawan! Start your day with a leisurely breakfast, then take a short flight to Puerto Princesa. You'll have some free time to enjoy a refreshing swim in the pool, a relaxing massage or simply unwind. In the evening, we will dine at a local restaurant in this charming coastal city.



DAY 3

Underground River

We have an early start as we head out to the UNESCO Underground River. We explore a portion of the accessible underground river by boat before stopping for lunch. Afterwards, we'll continue on a scenic drive to the remote and stunning Port Barton. Spend the afternoon sipping fresh coconuts on golden sand while listening to some island reggae in the background. Tonight we will sleep in traditional Filipino-style beach bungalows listening to the sound of the ocean.



DAY 4

Private Beach Camp

For the next 2 days, we'll experience the island way of life with our Islander Experience. After breakfast, join local guides for 2 days of exploring islands around Port Barton. First, we'll visit one of four local schools to interact with students and see the impact of your support. Guests can bring school supplies or donate funds for projects like kitchens and sports equipment. If schools are closed, we'll visit the local daycare instead (*visit may occur on day 4 or 5). In the evening, relax around a fire at our private beach camp. Enjoy feasts of grilled fish, pork, rice, veggies, and fruit prepared by our guides. At night, sleep in tents on the beach-paradise!



DAY 5
Island Hopping

Today's day two of your island hopping adventures. You'll continue to enjoy snorkelling around coral reefs & alongside turtles, shower in jungle waterfalls, exploring tiny islands and just taking it all in.

Please note - activities on day 4 and 5 may alternate depending on each departure.



Twin/Double Rooms - Elsa's Cottages



Breakfast & Lunch



Island Hopping, Beach Bonfire, Snorkelling, Waterfall Visit, School Visit (seasonal)

DAY 6
To El Nido

After breakfast, hop into a van to El Nido, a breathtaking paradise of islands and cliffs that make Palawan the world's most beautiful island. Upon arrival, check into Palawan's funkiest hostel, which feels more like a boutique hotel. In the evening, enjoy dinner and fun at a favorite beach restaurant with your One Life family.



4 Bed Dorms - Spin Designer Hostel



Breakfast



N/A



Massage, Beach Clean-up

DAY 7
Filipino Cultural Day

Immerse yourself in Filipino culture with a jungle hike to discover lush flora and fauna, leading to our exclusive jungle hut for a day of activities like cooking Filipino dishes, coconut tree climbing, stick fighting, coconut shaving, traditional dances, and more. Afterward, unwind at Las Cabanas Beach or take an optional zipline for an exhilarating ride between islands over the ocean—an adventure you won't forget!



4 Bed Dorms - Spin Designer Hostel



Breakfast & Lunch



Cultural Day



Zipline (600/800 PhP) SUP

DAY 8
El Nido, Island Hopping

This morning we board our boat to take us around all the spectacular, tiny islands in the bay. You will explore the most beautiful islands and the bluest waters you have ever seen. Snorkel with your new friends and feast on the freshly prepared food on board. This is truly a once-in-a-lifetime experience.



4 Bed Dorms - Spin Designer Hostel



Breakfast & Lunch



El Nido Island Hopping



N/A



DAY 9

Canopy Walk & Massage

Today we do a short canopy walk up to the famous cliffs overlooking El Nido to get the best view of incredible bay and Cadlao Island. After all that exercise, you'll need some chill-out time! That's why we include a traditional Filipino massage near the beach to help ease those muscles. Take your time today to relax and enjoy your surroundings.



4 Bed Dorms - Spin Designer Hostel



Breakfast



Canopy Walk, 1hr Massage



Additional Island Hopping Day, Scuba Diving, Boxing Class, Surfing Lesson *subject to availability

DAY 10

To Coron!

Say goodbye to those only doing 10 days, and join the rest of the lucky ones on our Coron extension! After breakfast pack your things and hop on the fast ferry to Coron. Check in to the accommodation before being taken to the world famous Hot Springs for a relaxing afternoon!



Twin/Double Rooms - Charms Hotel



Breakfast



Fast Ferry to Coron



N/A

DAY 11

Free Day

Today is a day for you to spend at your leisure! Relax at the accommodation or book an optional extra. You can hike Mount Tapyas, get some Scuba Diving in or go on an extra island hopping tour- the choice is yours.



Twin/Double Rooms - Charms Hotel



Breakfast



N/A



Mount Tapyas Hike, Island Hopping, Scuba Diving

DAY 12

Coron Island

Spend the day snorkelling in Coron's top destinations. Pass by beautiful landscapes and beaches while snorkelling through the waters. Explore the freshwater Barracuda Lake and take a visit to the breathtaking Twin Lagoon. Tonight you will spend the night in Pass Island and enjoy a bonfire with sunset cocktails.

Please note the activities on day 12 and 13 may alternate depending on each departure.



Multishare Tents/Huts - Pass Island



Breakfast, Lunch & Dinner



N/A



Snorkeling, Bonfire



DAY 13

Coron Island

Continue your adventure on Coron Island, famous for its stunning landscapes and clear waters. Explore the vibrant Coral Garden, teeming with marine life, then relax at Maquinit Hot Springs.

Note: Activities on days 12 and 13 may alternate based on departure.



Twin/Double Rooms – Charms Hotel



Breakfast & Lunch



Snorkeling, Hot Springs



N/A

DAY 14

On to Cebu

Today it's time to head to Philippines East where the second part of your tour will begin. Upon arrival in Cebu, you will be greeted at the airport. After settling into your accommodation, you can spend the day exploring Cebu City or take some time to rest and refresh. In the evening, you will join the rest of the group for a delicious welcome meal at one of our favorite spots.



Twin/Double Rooms – Hop Inn



Breakfast & Dinner



Group welcome meal



N/A

DAY 15

Moalboal Bound

Head to Moalboal with a scenic drive through Cebu's countryside. Stop at the stunning Simala Shrine to explore its architecture and cultural significance.

On arrival, check into your beachfront accommodation, enjoy free time for lunch, then snorkel at the famous Sardine Run, surrounded by thousands of sardines—and maybe even spot a turtle!



Twin/Double Rooms – Pescadores Suites



N/A



Simala Shrine, Sardine Run



Massages, Scuba Diving

DAY 16

Cebu

Start early with a sunrise hike to Osmeña Peak, where you'll enjoy stunning views of jagged hills and the surrounding landscape.

Afterward, head to a tropical swimming hole, where a local family will prepare your breakfast. Spend the morning swimming and relaxing before returning to Moalboal. The rest of the day is yours to unwind or explore further.



Twin/Double Rooms – Pescadores Suites



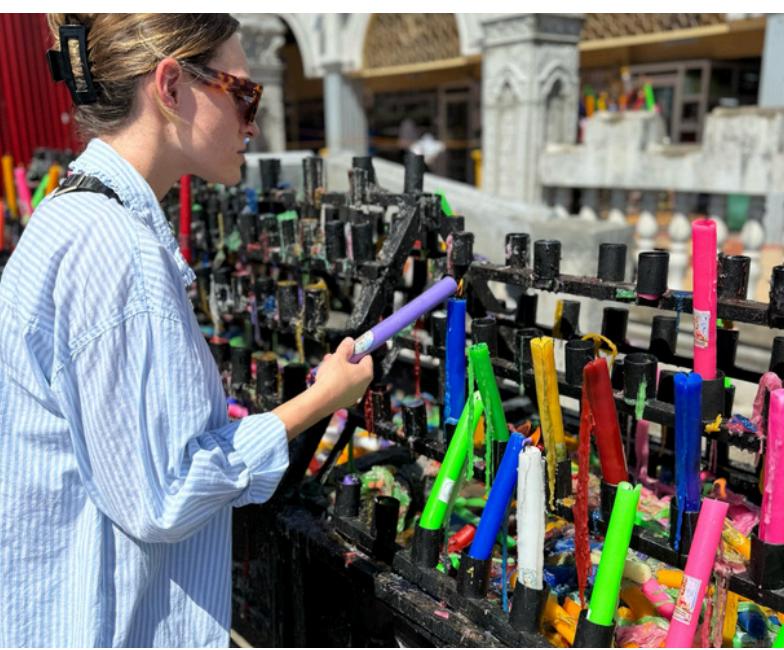
Breakfast



Osmeña Peak, Swimming Hole



Massages, Scuba Diving, Lambug Beach



DAY 17 To Bohol

After breakfast, you will start your journey to Bohol. You will take the scenic route back to Cebu City and then take a ferry to Bohol, where you can relax and enjoy the sea views. In the afternoon, you will arrive at our accommodation. You can unwind by the pool or have a cocktail at Alona Beach, known for its stunning sunsets.

 Twin/Double Rooms -
Abraham Bohol

 Breakfast

 N/A

 Massages

DAY 18 Countryside Bohol

Journey through Bohol's stunning countryside, starting with panoramic views at the iconic Chocolate Hills. Drive through the serene Mahogany Man-made Forest before visiting the Tarsier Sanctuary to see these tiny primates in their natural habitat.

Enjoy lunch overlooking the Loboc River, then go stand-up paddleboarding or kayaking amidst lush greenery and coconut palms. End the day with a workshop on making traditional Filipino desserts.

 Twin/Double Rooms -
Abraham Bohol

 Breakfast, Lunch &
Snacks

 Chocolate Hills Viewpoint, Tarsier
Conservation, SUP or Kayak on Loboc
River, Dessert Making Workshop

DAY 19 School Visit & Virgin Island

Visit a nearby school to interact with local students, learn about their daily lives, and tour their classrooms.

In the afternoon, enjoy a sunset tour of tropical waters, snorkeling vibrant coral reefs before reaching Virgin Island, a stunning white sandbar, for sunset views. End the day with a traditional Filipino 'boodle fight' dinner, cocktails, and quality time with your One Life family.

 Twin/Double Rooms -
Abraham Bohol

 Breakfast &
Dinner

 School Visit, Snorkelling,
Virgin Island sunset visit,
sandbar dinner

DAY 20 To Boracay

Head to Boracay, famous for its white sand beaches, clear waters, and vibrant nightlife. After a flight to Caticlan, take a trike to the ferry terminal, a short ferry ride, and a car transfer to your accommodation for the next three nights.

After settling in, join a sunset sailing excursion for breathtaking views and unforgettable moments.

 Mixed room: 6 Share Dorm -
Kommons Hostel

 Breakfast

 Boracay town walk, White
Beach, & Sunset Cruise

 Twin/Double Upgrade
possible on availability



DAY 21

Boracay:
Cultural
Day

After breakfast, take a ferry to Malay to visit the Motag Living Museum, a One Life exclusive showcasing traditional Filipino rural life. Engage with locals and immerse yourself in their culture. Return to Boracay in the afternoon to relax on White Beach, enjoy an optional massage, or kayak in the clear waters.



Mixed room: 6 Share Dorm -
Kommons Hostel



Breakfast



Motag Living Museum
Cultural Day



Massage, Crystal Kayak

DAY 22

Hop On & Off
Bus &
Massage

Enjoy a leisurely morning at your own pace. In the afternoon, use your Hop On and Hop Off bus pass to explore hidden beaches, bays, and tranquil shores, immersing yourself in the island's natural beauty. Later, join your group to uncover hidden treasures, from secluded beaches and tiny islands to local villages and serene tropical landscapes. End the day with a relaxing free massage.



Mixed room: 6 Share Dorm -
Kommons Hostel



Breakfast



Hop On and Off Bus,
Massage



Newcoast Beach, Crystal
Kayak

DAY 23

Departure

Sadly, it's time to bid farewell to this beautiful part of an amazing country. Hopefully, we will meet again, perhaps with new travel companions. After breakfast, the day is yours. You can choose to stay on in Boracay, or explore more of the Philippines by joining one of our other tour options.



N/A



Breakfast



N/A



N/A

FAQ

What is the age range of the tour?

We have an age range of 18 – 45 years old for our tours. Most of our guests are aged between 21-35 years old.

Where should I fly into?

Manila Ninoy Aquino International Airport (MNL).

Where does the tour end?

The final day of the expedition tour in Boracay in East Philippines. There is an international airport there but it is likely you will have to travel via Manila to return to your home country after the tour.

Can I get picked up from the airport if I arrive before day 1?

Unfortunately we only offer airport pick ups on day 1 of the tour, but we include very easy and straightforward instructions in your welcome pack to help you on getting from the airport to the first hostel.

I haven't ever camped before. Can you tell me more about the beach camping?

Sleeping in a tent on the beach will be one of the most unique and incredible things you will get to experience. It is a private beach with a purpose-built shelter to protect you from the weather. Each tent comes with a mattress, pillow & sheet and can fit 2 people. There is nothing like waking up on a deserted island, watching the sunrise and going for a morning swim.

Does it matter what time I arrive on day 1 in order to be picked up from the airport?

You can arrive at any time on day 1, but if you arrive after 3pm your tour guide won't be able to personally collect you. Instead they will arrange your car and meet you at the hostel for your first night.



ACCOMMODATION

MANILA-Z HOSTEL*

4 Bed Dorms
*or similar



PUERTO PRINCESA - CANVAS BOUTIQUE HOTEL*

Twin/Double Rooms
*or similar



PORT BARTON - ELSA'S COTTAGES*

Twin/Double Rooms
*or similar



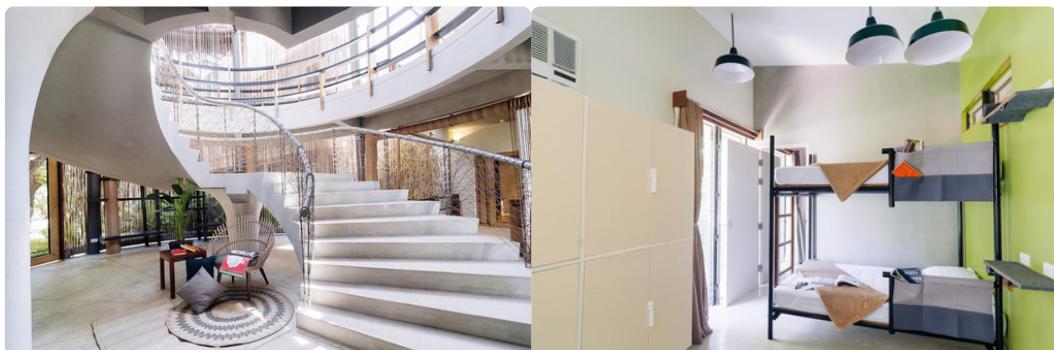
PORT BARTON - PRIVATE BEACH CAMP*

2 Person Tents



EL NIDO-SPIN DESIGNER HOSTEL*

4 Bed Dorms
*or similar





ACCOMMODATION

CORON ISLAND - CHARMS HOTEL*

Twin/Double Rooms
*or similar



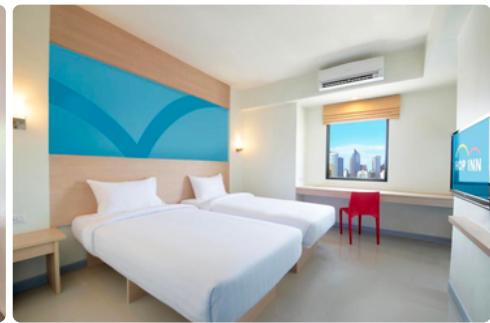
CORON - PASS ISLAND*

Multishare
Tents/Huts
*or similar



CEBU - HOP INN*

Twin/Double Rooms
*or similar



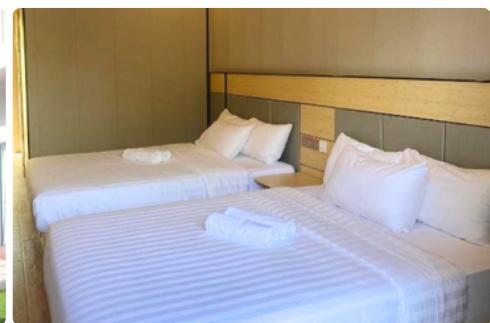
MOALBOAL - PESCADORES SUITES*

Twin/Double Rooms
*or similar



BOHOL - ABRAHAM BOHOL*

Twin/Double Rooms
*or similar



BORACAY - KOMMONS HOSTEL*

Mixed room: 6 Share
Dorm
*or similar

