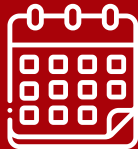




# PHILIPPINESEXPEDITION



**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 LUNCHESES  
5 DINNERS**

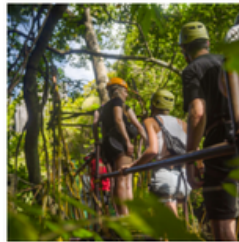
## Highlights



**CHOCOLATE HILLS  
IN BOHOL**



**ISLAND HOPPING  
ADVENTURES**



**EL NIDO  
CANOPY WALK**



**CAMBAIS 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, Newcastle 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.

 4 Bed Dorms - Z Hostel

 Dinner

 Welcome Dinner

 N/A

## 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.

 Twin/Double Rooms - Canvas  
Boutique Hotel

 Breakfast

 N/A

 N/A

## 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.

 Twin/Double Rooms - Elsa's  
Cottages

 Breakfast &  
Lunch

 Underground River

 Massages


## 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!

 Beach Camp  
(2 Person Tents)

 2x Breakfast  
1x Dinner

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

 N/A





## 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 funkier 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

 Messages, Scuba Diving

## DAY 16

Cebu

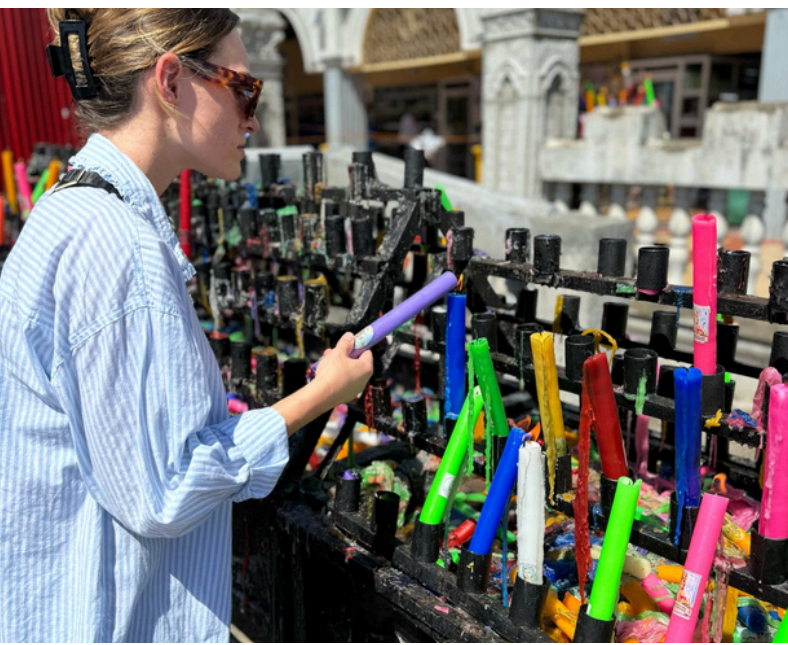
Start early with a sunrise hike to Osmeña Peak, where you'll enjoy stunning views of jagged hills and the surrounding landscape. Afterward, head to a tropical swimming hole, where a local family will prepare your breakfast. Spend the morning swimming and relaxing before returning to Moalboal. The rest of the day is yours to unwind or explore further.

 Twin/Double Rooms – Pescadores Suites

 Breakfast

 Osmeña Peak, Swimming Hole

 Messages, Scuba Diving, Lambug Beach





## DAY 17

To Bohol



Twin/Double Rooms –  
Abraham Bohol



Breakfast



N/A



Massages

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.

## DAY 18

Countryside  
Bohol



Twin/Double Rooms –  
Abraham Bohol



Breakfast, Lunch &  
Snacks



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

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.

## DAY 19

School Visit &  
Virgin Island



Twin/Double Rooms –  
Abraham Bohol



Breakfast &  
Dinner



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

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.

## DAY 20

To Boracay



Mixed room: 6 Share Dorm –  
Kommons Hostel



Breakfast



Boracay town walk, White  
Beach, & Sunset Cruise



Twin/Double Upgrade  
possible on availability

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.





## 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

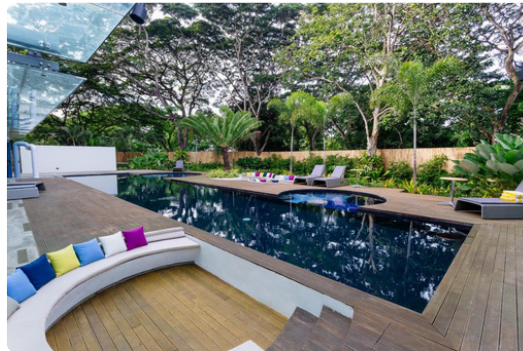
## MANILA-Z HOSTEL\*

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



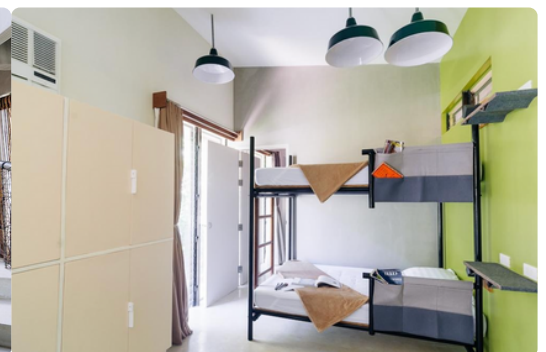
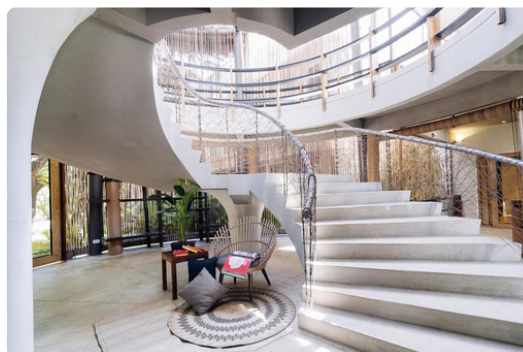
## PORT BARTON - PRIVATE BEACH CAMP\*

2 Person Tents



## EL NIDO-SPIN DESIGNER HOSTEL\*

4 Bed Dorms  
\*or similar







# ACCOMMODATION

## CORON ISLAND - CHARMS HOTEL\*

Twin/Double Rooms  
\*or similar



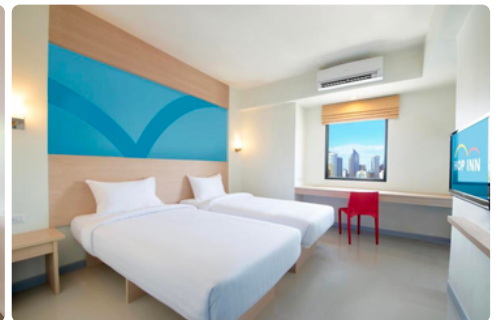
## CORON - PASS ISLAND\*

Multishare  
Tents/Huts  
\*or similar



## CEBU - HOP INN\*

Twin/Double Rooms  
\*or similar



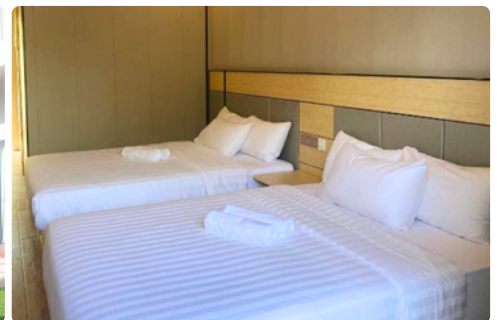
## MOALBOAL - PESCADORES SUITES\*

Twin/Double Rooms  
\*or similar



## BOHOL - ABRAHAM BOHOL\*

Twin/Double Rooms  
\*or similar



## BORACAY - KOMMONS HOSTEL\*

Mixed room: 6 Share  
Dorm  
\*or similar

