



Manila and Palawan: Jungle Trekking, Local Eats & Epic Beaches

9 days, Manila to El Nido

Trip code APMNHW

What's included

- Your G for Good Moment: Mount Purro Nature Reserve, Mount Purro
- Your Welcome Moment: Meet Your CEO and Group
- Mount Purro Nature Reserve overnight visit
- Hike to and swim at a waterfall
- Share stories around the bonfire
- Indigenous Community-led Cooking Class
- Mount Purro sunrise hike
- Free time in Manila
- Chinatown foodie tour
- Manila Jeepney ride
- Puerto Princesa Subterranean River tour
- Full day El Nido island hopping boat excursion
- Free time in El Nido
- Free time in Puerto Princesa
- All transport to and from included activities

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

VALIDITY: Valid for all trips departing May 22nd, 2024 and onwards

Itinerary



NOTE: Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

Manila

Arrive at anytime and dive right into the bustling city life of Manila. There's nothing planned today until your Welcome Meeting at 17:00 this evening, so spend the day how you'd like. Manila is the biggest, brightest and liveliest city in the Philippines so start your adventure off on a high note by exploring the neighborhood near your hostel.



Accommodation

Lub D Makati (or similar)

Hostel



Today's Activities

ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

After breakfast in Manila, travel with your group to Mount Purro Nature Reserve, a G for Good project. You'll be greeted by your local hosts for the next 2 days before heading out on an afternoon jungle hike and swim. In the evening, join the local Dumagat people to cook over the bonfire. Together, learn to make rice and Filipino tom yum soup over the fire in bamboo before sitting down to dig in to the meal together.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Nature Reserve Resort Experience (or similar)

Resort



Today's Activities

Calawis Cooking Demonstration

Mount Purro

Join the members of the indigenous community you are staying with, the Calawis people, for a cooking demonstration. Make traditional sinigang, a filipino tom yum soup cooked in bamboo. Then sit down together to enjoy your creation hearing stories from the Calawis members.

Mount Purro Hike & Swim

Mount Purro

Grab your water bottle, bathing suit, a snack, and a hiking stick and head out into the jungle.

Private Vehicle

Manila - Mount Purro

2h

Settle in and scan the scenery from the convenience of a private vehicle.

ACTIVITY

Join the Mount Purro Nature Reserve and learn about the reforestation efforts of the community. This reforestation organization was formed to protect the greater Manila area from future natural disasters like flash flooding. Immerse yourself with the local community, learn about their initiatives, go for a hike, and join a local cooking demonstration.

Day 3

Mount Purro/Manila

We know it's early but you don't want to miss this. Wake while it's still dark for a hike up to the peak of Mount Purro for an amazing view of the sunrise. Take it all in, maybe a selfie or two, before hiking back down. Enjoy breakfast at the reserve and enjoy your final jungle moments. Late morning, we'll drive back to Manila and enjoy some free time in the city.



Meals included

Breakfast



Accommodation

Lub D Makati (or similar)

Hostel



Today's Activities

Sunrise hike up Mount Purro

Mount Purro

Awaken in the dark to hike up Mount Purro. Reach the peak just in time for a perfect sunrise view.

Private Vehicle

Mount Purro – Manila

2h

Settle in and scan the scenery from the convenience of a private vehicle.

Free Time

Manila

Spend the evening free in Manila.

In the morning, choose to visit many must see points around the city like Fort Santiago, Manila Cathedral and Postigo del Palacio. Or just take it easy and have a wander around Makati. In the evening, hop in a legendary Filipino jeepney and eat your way through Chinatown. It's known as the culinary center of the Philippines, so try their street food - a blend of typical Chinese and Filipino food.



Meals included

Breakfast | Dinner



Accommodation

Lub D Makati (or similar)

Hostel



Today's Activities

Free Time

Manila

Spend the day exploring Manila.

Chinatown jeepney and food tour

Manila

Ride through Manila's Chinatown in a colorful jeepney. Stop along the way and sample the local street food.



Optional Activities - Day 4

Manila City Tour

Manila

Take a guided tour to explore the historic centre of Manila known as Intramuros ("Within the Walls"). Founded by the Spanish in the late 16th century, the city was enclosed by thick stone walls which still stand today. At the height of its power, Intramuros was feared by Spain's enemies as the only true European powerhouse in the whole of Asia, but after holding strong against Chinese pirates, Dutch forces, British, American and Japanese occupations, the large majority of the city was destroyed during the month-long brutal Battle of Manila fought between the Japanese and the Allies in the closing days of WWII, a battle which also claimed the lives of 100,000 Filipino civilians. A walk through

this area, despite the devastation (or maybe because of it) truly gives you a sense of the history of this area.

Intramuros Visit

Manila

Explore the historic centre of Manila known as Intramuros (“Within the Walls”). Founded by the Spanish in the late 16th century, the city was enclosed by thick stone walls which still stand today. At the height of its power, Intramuros was feared by Spain’s enemies as the only true European powerhouse in the whole of Asia, but after holding strong against Chinese pirates, Dutch forces, British, American and Japanese occupations, the large majority of the city was destroyed during the month-long brutal Battle of Manila fought between the Japanese and the Allies in the closing days of WWII, a battle which also claimed the lives of 100,000 Filipino civilians. A walk through this area, despite the devastation (or maybe because of it) truly gives you a sense of the history of this area.

Day 5

Manila/Puerto Princesa

This morning, we'll head to the airport and catch a flight to Puerto Princesa. After arriving in the early afternoon, spend a free afternoon in this seaside paradise. Opt to go on the Puerto Princesa City Tour and visit notable spots like Immaculate Conception Cathedral and Baker's Hill.

Please note, if you booked the twin/double room, it will not be available in Puerto Princesa.



Meals included

Breakfast



Accommodation

100% Cafe Moto Hostel (or similar)

Hostel



Today's Activities

Plane

Manila - Puerto Princesa

1h

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Free Time

Puerto Princesa

Spend the rest of the day how you'd like in Puerto Princesa.



Optional Activities - Day 5

Puerto Princesa City Tour

Puerto Princesa

Enjoy a tour of the area and learn about the history of the largest city in the Palawan province. Visit the Iwahig Penal Colony, where prisoners self-govern and maintain the prison and become farmers or fishermen with some of their families living nearby. Stop at Baker's Hill a park with a bakery, pizza stand, snack bar and gift shop.

Day 6

Puerto Princesa/El Nido

This morning, put on your adventure hat, grab your camera and visit the famed underground river on a boat ride through Puerto Princesa Subterranean River National Park. In the afternoon, we'll drive to El Nido. Great ready for the next few days: forecast calls for crystal blue water, karst cliffs, and perfect island life. Not too shabby.



Meals included

Breakfast | Lunch



Accommodation

Spin Designer Hostel (or similar)

Hostel



Today's Activities

Puerto Princesa Subterranean River National Park Visit

Sabang

Take a boat ride through the famous subterranean river. The underground ecosystem is over 8km (5 mi) long with amazing rock formations, cave systems, wildlife and old growth forest. The Puerto Princesa Subterranean River National Park was voted one of the New 7 Wonders of Nature in 2011.

Private Vehicle

Puerto Princesa - El Nido

None-None

Settle in and scan the scenery from the convenience of a private vehicle.

If you came to the Philippines for island life, today will be your day. Hop aboard for our very own private island hopping tour. Epic right? We'll cruise, swim and snorkel our way through perfectly clear water, stopping at iconic beaches like Hidden Beach and Secret Beach. A pretty dreamy day if you ask us.



Meals included

Breakfast | Lunch



Accommodation

Spin Designer Hostel (or similar)

Hostel



Today's Activities

Island Hopping Tour

El Nido

7h-8h

Jump on a boat and cruise through some of the most beautiful water in the world. Stop at world class beaches like Secret Beach and Hidden Beach while swimming and snorkeling in the beautiful sea along the way. Gaze at the impressive limestone karsts and view of the sparkling water. Enjoy lunch on board while listening to stories and the history of El Nido.

Spend your last day in El Nido doing exactly what you want! There are so many things to do to make for your perfect day! You could hike to the top of Taraw Peak for a gorgeous view or visit Kuyawyaw Falls. Looking for more of a beachy vibe? Opt to kayak through the crystal clear water or relax on the white sand and enjoy a beach day.



Meals included

Breakfast



Accommodation

Spin Designer Hostel (or similar)

Hostel



Today's Activities

Free Time

El Nido

Enjoy a free day in this island paradise.



Optional Activities - Day 8

Taraw Peak Hike

El Nido

Maybe the most beautiful view in El Nido, Taraw hike is well worth it. This epic but intense hike is 30 minutes and not for the faint of heart.

Kuyawyaw Falls

El Nido

Visit the three falls in Kuyawyaw and swim in the fresh pools. On the second falls, opt to jump off the 4m cliff jump.

Sibaltan Heritage Community

El Nido

Travelers visiting Sibaltan can engage in hands-on cultural experiences, including traditional weaving workshops led by the Sibaltan Women Weavers Association (SWWA). They can craft travel-friendly

items, such as placemats, small baskets, or bags, using pandan or buri leaves dyed in vibrant colors. This workshop offers a meaningful connection to the rich cultural heritage of the Philippines while supporting local artisans. Visitors can also enjoy traditional dance performances and cooking demonstrations, showcasing the vibrant cultural and culinary traditions of Sibaltan, all while promoting sustainable living practices.

Day 9

El Nido

Say goodbye to your fellow Roamies and depart at any time.



Meals included

Breakfast

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What are the main highlights of this trip?

2day, 1nt overnight excursion to Mt Purro Reserve, Indigenous community cooking class, Foodie Tour of Chinatown, Puerto Princesa Subterranean River tour, Full day El Nido snorkeling tour

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What is the maximum and typical number of participants on this tour?

Max 22, avg 16

What meals are included in this trip?

8 breakfasts, 3 lunches, 2 dinners

What are the modes of transportation on my trip?

Plane, Jeepney, Private Vehicle, Boat, Walking

Where will we stay during the trip?

Multi-share Hostel (7nts), Multi-share Rustic Jungle Lodge (1nt)

If I choose to purchase My Own Room, are there any exceptions during the trip?

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops

Do any exceptions apply to Rooming or “My Own Room” on my tour?

Room type in El Nido may occasionally differ, with a limited amount of multi-share dorm rooms.

What are the joining instructions?

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

If you would like to book an airport Arrival transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

If you have pre-booked an airport transfer please meet the airport representative at the meeting point stated below. Look for G Adventures sign with your name.

NAIA Terminal 1: A10

NAIA Terminal 2: Bay 8-9

NAIA Terminal 3: Bay 7

If you have paid in advance for an arrival transfer, a G Adventures representative will be at the airport to meet you. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

Please note that day 1 is an arrival day and no activities have been planned on this day.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

Who do I contact for arrival issues or in the event of an emergency?

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

If you have pre-booked an airport transfer please meet the airport representative at the meeting point stated below. Look for G Adventures sign with your name.

Airport Pick-up Points:

NAIA Terminal 1: A10

NAIA Terminal 2: Bay 8-9

NAIA Terminal 3: Bay 7

If you have any transfer complications on arrival in Manila, please call on the numbers below:

+639178458109 (Mark)

+639171778109 (Eli)

+639194365184 (Jenny)

G Adventures Bangkok office: +66 92 338 9222

EMERGENCY CONTACT NUMBERS

G Adventures Regional Office

From outside Thailand +66 (0) 92 338 9222

From within Thailand (0) 92 338 9222

G Adventures Local Transfer Representative (Philippines)

Manila +63 917 845 8109

Puerto Princesa and El Nido +63 9177747014 and +63 9912796918

Coron +63 977-246-5642

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What details should I be aware of when planning my departure day?

If you would like to book an airport Departure transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

What should I pack for this trip?

Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Passport (required) (With photocopies)
- Visas or vaccination certificates (With photocopies)

Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Headphones (Noise-cancelling recommended)
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

Health & Safety:

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

Warm Weather:

- Sandals/flip-flops
- Sturdy water shoes/sandals
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sun hat/bandana
- Swimwear

What are the visas and entry requirements for my trip?

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

Philippines:

As of April 1st 2026, all non-Filipino nationals entering Philippines by air, land or sea must complete the Philippines e-Travel Registration Form online before arrival. Please note, the Custom Declaration area of the form must be completed in detail. Register within 3 days of arrival.

For more information and to complete the Registration Form, we kindly request the you visit the [Philippine Travel Information System](#) page.

Information is accurate as of April 1st, 2026.

What are the tipping guidelines for this trip?

It is customary in Asia to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is expected - though not compulsory - and shows an expression of satisfaction with the people who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels.

There are several times during the trip where there is opportunity to tip the local guides or drivers we use. You may do this individually, or your CEO will offer to collect the money and tip as a group. Recommendations for tipping drivers and local guides would range from \$1.5-\$3.5 USD per person per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture.

Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$20-25 USD per person, per week can be used.

What activities are optional on this trip?

Manila

- Manila City Tour
- Intramuros Visit

Puerto Princesa

- Puerto Princesa City Tour

El Nido

- Taraw Peak Hike
- Kuyawyaw Falls
- Sibaltan Heritage Community

Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

Dossier Disclaimer

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Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.