

FREE

Vol. 37
APRIL 2019

Philippine primer

The **Expats'** Guide to the **Philippine Lifestyle**

PASSION-FORWARD

Blog

STREET

Bonifacio Global City
Street Guide

TRAVEL

Ilocos Norte
Kaleidoscope of
Nature and History

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Concerts, Festivals, Family Events, and More

Erratum

In the Good School Guide of Philippine Primer Volume 36, March issue, we failed to accurately describe the stature of International School Manila, featured on page 8 of the magazine.

ISM does not offer Cambridge IGCSE, but instead is the first school to offer the IB Diploma program in Asia. The school offers preschool to high school levels, for children aged 3 years old and above, and has a student body of approximately 2,300. It is also worth noting that ISM is the oldest international school in Manila.

An updated version of the March issue is uploaded on primer.com.ph/back-issues.



Features of the Issue

COVER — A vibrant business-friendly environment, Bonifacio Global City (BGC) in Taguig City has a lot of great things to explore. From the flashing skyscrapers and commercial strips to the safe and walkable roads, BGC is an ideal setting to live, work, and have fun. The place emanates with passion for art and culture like no other city in the metro, which makes it truly a passion-forward community worth exploring.

TRAVEL — Ilocos Norte promises a revelation of both natural and man-made wonders, from deep blue waters, rock formations, and heritage sites, to indigenous communities, festivities, and, of course, regional delicacies. The region offers travelers a nice tempting blend of a gastronomic trip, idyllic relaxation, and fun-filled adventure. Join Philippine Primer as we take you to the northernmost part of the Philippine map where you can experience the charm of Ilocano culture and lifestyle.

Primer Media, Inc.
Unit 807, Greenbelt Mansion Building,
106 Perea St., Legaspi Village, Makati City
Tel: 02-836-8381 | Fax: 02-808-2163
E-mail: sales@primer.ph | Url: <http://primer.com.ph>
information@primer.ph

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Publishing / Editing / Production

Rei Leaño
Managing Editor

Jastine Valeriano
Senior Editor

Chin Sanigan | Denisse Tenorio | Deneca Ordinanza
Faye Almazan | Feliz Bueno | JR Padlan
Heloise Diamante | Yana Bautista
Writers

Jowinie Doma | Dantes Remot | Janina Torres
Graphic Designers

Bryan Boado
Marketing Executive

PASSION-FORWARD BGC

As if giving color to a blank canvas, the passion-forward thinkers of Bonifacio Global City—once a plain military fort—have married lifestyle and artistry with urbanization to create the pulsating community that it is today. The resulting masterpiece is a sprawling mosaic of hot spots, each with their own vibe, like Bonifacio High Street, Burgos Circle, the parks, the community markets, and more. All of these make BGC a destination on its own and inject the city with a kind of energy that can only be found in BGC.

BGC BUS INFORMATION

Bus fare: P13

Mode of payment: Beep card, cash

ROUTES

Central Route (Mon to Sun, 6 am - 10 pm)

1Market! Market! > 2NutriAsia > 3RCBC > 4Net One > 5Bonifacio Stopover > 6Crescent Park West > 7HSBC > 8The Globe Tower > 9One Parkade > 10University Parkway (32nd Street)

North Route (Mon to Fri, 6 am - 10 pm)

11North Station > 12Uptown Park Suites > 13Park Triangle > 14BGC Turf > 8Globe Tower > 3RCBC > 4Net One > 5Bonifacio Stopover > 6Crescent Park West > 2NutriAsia > 15Uptown Mall > 16Uptown Parade

East Express (Mon to Fri, 6 am - 10 pm)

EDSA Ayala > 1Market! Market!

North Express (Mon to Fri, 6 am - 10 pm)

EDSA Ayala > 7HSBC > 8The Globe Tower > 2NutriAsia > 14BGC Turf

Upper West Express (Mon to Fri, 6 am - 10 pm)

EDSA Ayala > 5Bonifacio Stopover > 6Crescent Park West

Lower West Express (Mon to Fri, 6 am - 10 pm)

EDSA Ayala > 3RCBC > 4Net One > 17Fort Victoria

Night Route (Mon to Sun, 10 pm - 6 am, 30-min intervals)

EDSA Ayala > 18McKinley Parkway > 3RCBC > 4Net One > 5Bonifacio Stopover > 19Crescent Park > 7HSBC > 8The Globe Tower > 2NutriAsia > 10University Parkway (32nd Street) > 1Market! Market! > 9One Parkade > 3RCBC > 4Net One > 5Bonifacio Stopover > 6Crescent Park West > 17Fort Victoria

Weekend Route (6 am - 10 pm)

EDSA Ayala > 18McKinley Parkway > 3RCBC > 4Net One > 5Bonifacio Stopover > 6Crescent Park West > 8The Globe Tower > 9One Parkade > 10University Parkway > 1Market! Market! > 3RCBC > 4Net One > 5Bonifacio Stopover > 6Crescent Park West > 17Fort Victoria

BGC Fort Bus

Contact No.: 02-882-0746 • Email: info@bgc.com.ph • Facebook: The Fort Bus • Twitter: @BGCBUS

PARKING INFORMATION

There are many parking spaces around BGC, some even accommodating vehicles 24/7, like Bonifacio Stopover Pavilion, One Parkade, and Market! Market! Open Parking. Parking rates range from P40 to P50 for the first 3 hours and P10 to P50 for every succeeding hour.





HOT SPOTS



MAP

● Bonifacio High Street

Bonifacio High Street stands out as a unique shopping destination, featuring an open-air shopping and dining strip. It is frequented by family with kids, young groups, and pet owners and is also often the venue for lifestyle events.



MAP

▲ The Palace Manila

The Palace Manila is a highly coveted nightlife destination in the metro, housing five of the most popular bars and clubs, Revel, XYLO, The Island, Yes Please!, and B.A.D.

MAP

◀ Burgos Circle

Surrounded by residential condominiums, Burgos Circle cradles establishments ranging from bars and restaurants to kids' playgrounds, convenience stores, spas, and specialty shops. The area has a Parisian feel, with many cafes featuring an al-fresco setup.



MAP

● The Fort Strip

The Fort Strip is another popular nightlife spot, housing casual bars and fancy nightclubs like Privé Luxury Club and Nectar. There are also many dining options with reasonable prices.



MAP

● BGC Arts Center

BGC Arts Center is your central hub for all things art and passion. The art space consists of the grand Maybank Performing Arts Theater, the Sun Life Amphitheater, and the Alveo Central Plaza.



ACTIVITIES

Sports and Fun

Not only does BGC foster passion and creativity—it also encourages active and healthy lifestyle by allotting space for sports and workout amenities that cater to people of all ages.

Breakout Serendra – Escape Room Game
Online booking: breakout.com.ph

Flying Trapeze Philippines
☎ 0917-242-0331
🌐 trapeze.ph

Titan Love Court – Basketball
☎ 02-556-9771 / 0917-875-0566
🌐 titan22.com/titan-love-court

Turf BGC – Football
☎ 02-816-2372 (Reservations)



Community Markets

BGC has seen the charm and significance of activities that gather people like one community so, as a venue, it frequently welcomes such events. There are regular runs like Mercato Centrale and The Gourmand Market, which are especially ideal for foodies and gourmet seekers.

Mercato Centrale
⌚ 6 pm to 3 am (Tue to Sat)
📍 Mercato Centrale

The Gourmand Market
⌚ Varied schedule
📍 The Gourmand Market by Nawwty's kitchen

The Organic Market
⌚ Varied schedule
📍 The Organic Market



For Kids

As the home of passionate minds, it is only right that BGC has establishments that cater to kids. Besides parks and kid-friendly restaurants, there are also facilities dedicated to learning and playing such as The Mind Museum, and Adventure Zone.

Adventure Zone
☎ 02-820-0888
⌚ 10 am to 9 pm (Mon to Thu); 9 am to 10 pm (Fri to Sun)

The Mind Museum
☎ 02-909-6463
⌚ 9 am to 6 pm (Tue to Sun)

Kidzania
☎ 02-711-5439
⌚ 9 am to 4 pm (Tue to Fri); 10 am to 5 pm (Sat to Sun)

Kidzoona
☎ 02-955-2861 / 0917-802-4064
⌚ 10 am to 10 pm (Sun to Thu); 10 am to 11 pm (Fri to Sat)



GRAND HOTEL

Thanks to a new grand addition to the bustling cityscape, Taguig has entered a new level of luxurious and vibrant living. With over 66 floors, Grand Hyatt Manila soars over all as the tallest building in the Philippines. This prestige is reflected even in their accommodations. Each room is equipped with its own lounge area, walk-in closet, an opulent mini-bar, and a private bathroom with shower and bath amenities.

What's more is that Grand Hyatt Manila breathes out international cuisine, making it alive as it will ever be. The hotel houses The Grand Kitchen, an all-day fine-dining restaurant serving an international buffet a la minute, with an open kitchen that allows first-hand interaction with Grand Hyatt's seasoned chefs.

For Cantonese dishes care of seven chefs from China, No. 8 China House on Level 5 is the place to go. Business meetings and casual dates, on the other hand, can be held at The Cellar featuring a selection of over 120 wines, or at The Lounge with a mix of European and Filipino dishes. If you find yourself craving for burgers and barbecues, the Pool House allows you to enjoy them by the poolside with an added touch of big cabanas for your comfort. Save some room for artisanal coffee and desserts at Florentine on the ground floor.



No. 8 China House



The Cellar

If you seek a greater high, go literally to the highest point in the metro, Grand Hyatt's roof deck, where you'll find The Peak that combines various nightlife and dining facilities.

02-838-1234

8th Avenue cor. 35th St., BGC, Taguig City
manila.grand@hyatt.com
hyatt.com/en-US/hotel/philippines/grand-hyatt-manila/mangh

HYATT



HOTEL LIST

Shangri-La @ The Fort

5-Star Hotel

30th St. cor. 5th Ave., BGC, Taguig City
Price Range: P15,000 - P25,500+
shangri-la.com/manila/shangrilaatthefort/

Seda

4-Star Hotel

30th St. cor. 11th Ave., BGC, Taguig City
Price Range: P14,214-P18,478
bgc.sedahotels.com

F1 Hotel Manila

4-Star Hotel

32nd St., BGC, Taguig City
Price Range: P12,100 - P15,100
f1hotelmanila.com.ph

Ascott Bonifacio Global City Manila

4-Star Hotel

5th Ave. cor. 28th Ct., BGC, Taguig City
Price Range: P7,840-17,400+
the-ascott.com/en/philippines/manila/
ascott-bonifacio-global-city-manila/

Rice terraces - inspired lobby

1 ● Crystal Jade Dining IN

PPP

Founded over 20 years ago, Crystal Jade has stayed true to Chinese cuisine while growing to 120 outlets across 10 countries. Crystal Jade Dining IN, an offshoot of Singapore's Michelin-starred Crystal Jade, prides itself on the modern culinary enjoyment of traditional Chinese recipes and dishes. Its BGC restaurant has five Chinese chefs that prepare Cantonese fine-dining cuisine.

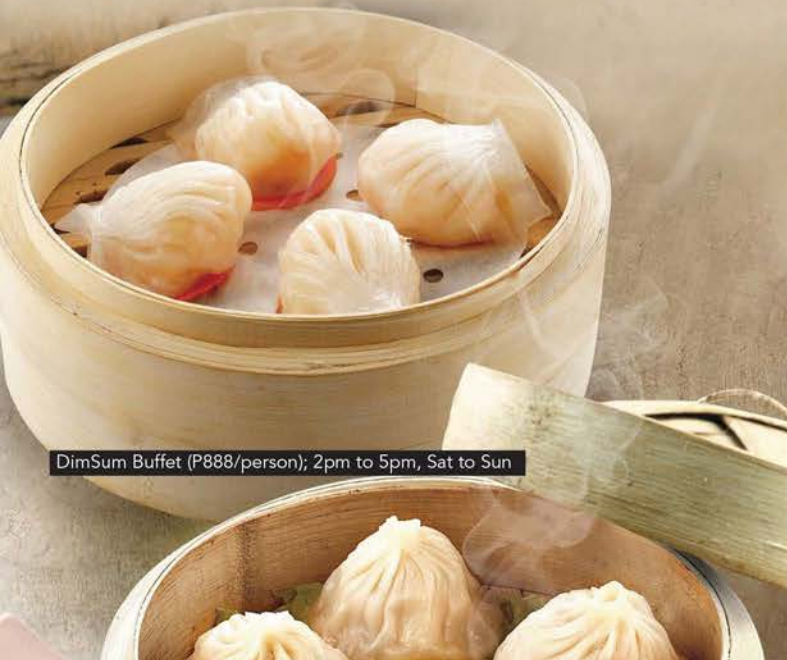
Dining IN is Crystal Jade's brand that brings the family's dining table to the fore by celebrating family banquets and casual social gatherings along with the modern interpretation of classic Chinese dishes.



Poached Shrimp Suahe (P220/100g)



📍 Unit 201, 7th Ave., Bonifacio High Street Central, BGC, Taguig City
☎ 02-808-5233 / 0915-543-1862
🕒 11 am to 3 pm, 5 pm to 11 pm (Mon to Fri); 11 am to 11 pm (Sat to Sun)
🌐 crystaljade.com.ph 📱 Crystal Jade Philippines



DimSum Buffet (P888/person); 2pm to 5pm, Sat to Sun

2 ◀ Brotzeit

PPPP

Coming from Singapore, Brotzeit first opened at EDSA Shangri-La, and then, two years later, in BGC. Brotzeit specializes in Bavarian cuisine, which means that meat lovers can find the best treat at this restaurant. They also offer a wide variety of German beers, which are the German's favorite combination with their meats. A must-try is their Wunderplatte or the Wonder Platter, a combination of oven-roasted chicken, Berner sausages, honey Bavarian ribs, and their signature crispy oven-roasted pork knuckle.

📍 GF6 G/F Shangri-la @ The Fort, 30th St. cor. 5th Ave., BGC, Taguig City
☎ 02-815-9338
🕒 11 am to 12 am (Mon to Thu); 11 am to 1 am (Fri to Sun)
🌐 brotzeit.ph 📱 Brotzeit Philippines

Wunderplatte or the Wonder Platter (P3,500)



3 ● Fukudaya

PPP

Fukudaya targets to bring innovative interpretations of ancient and modern Japanese dining experience. It serves a variety of Japanese dishes with most of the ingredients imported from Japan.

Guests can enjoy here a wide array of sushi, sashimi, and maki rolls prepared by a team of Japanese and Filipino chefs. There are also different drinks available including Japanese whiskey, Sapporo draft beer, and Japanese rice wine.



Toku Jyou Nigiri (P780)



📍 G/F, Arya Residences Tower 1, McKinley Parkway, BGC, Taguig City

☎ 02-800-3563 / 0927-264-0171

🕒 11 am to 3 pm, 6 pm to 11 pm (Mon to Fri); 7 am to 10 am, 11 am to 3 pm, 6 pm to 11 pm (Sat to Sun)

📱 Fukudaya Philippines



Shashimi 9 Shu mori (P1700)

4 ◀ Wolfgang's Steakhouse

PPPP

Being a premier global steakhouse, Wolfgang's Steakhouse is sure to entice the foodies of BGC. Be enthralled with interiors inspired by their very first branch in New York, which features a diverse selection of fine wines and a basement where the steak dry-aging process takes place. The restaurant only offers USDA Prime Black Angus beef, dry-aged for an average of 28 days in an environment with a controlled temperature and humidity, resulting in luxurious, tender, and juicy steaks.



USDA Prime Dry Aged Ribeye Steak (P3,888/450g)



📍 L/G One Bonifacio High Street, 28th St. cor. 5th Ave., BGC, Taguig City

☎ 02-586-4892 / 02-618-3975 / 0917-710-1682

🕒 11 am to 10 pm (Sun to Thu); 11 am to 11 pm (Fri to Sat)

🌐 wolfgangsteakhouse.ph 📱 Wolfgang's Steakhouse PH 📱 @wolfgangsteakhouseph

5 ● Single Origin

PPP

Single Origin first entered Manila's ever-growing coffee scene in 2015 as a specialty coffee shop that locally mainstreamed the concept of "single-origin coffee." Single Origin is, in fact, not just a place for a special coffee experience but also a one-stop stomping ground for people who seek comfort food, wine, beer, and cocktails. A relishing meal for the hungry and those craving for good steak, their Steak and Eggs is made with 300g Ribeye Steak sitting nicely on a bed of potato hash and beside a sunny-side-up egg and salad.



Applewood Burger (P780)



📍 2/F Bonifacio High Street Central, 7th Ave. cor. 30th St., BGC, Taguig City
☎ 02-894-4042 / 0906-268-8902
🕒 7 am to 12 am (Sun to Thu); 7 am to 2 am (Fri to Sat)
📱 Single Origin 📷 @singleoriginph



Steak & Eggs (P995)

6 ● Friends and Family

PP

Friends & Family prides itself on home-cooked Filipino food that caters to three generations, from grandparents and parents to the younger generations. The restaurant is also a place for expats to get introduced to Filipino cuisine as it showcases classic Filipino recipes while some dishes are given a twist that makes them a lot more unique. Sample their Chicken Binakol, which resembles *tinola* or chicken ginger soup and is served in a coconut.

📍 Bonifacio High Street Central, 7th Ave., BGC, Taguig City
☎ 02-621-3111 / 0917-858-1942
🕒 11 am to 11 pm
📱 Friends & Family PH
📷 @friendsandfamilyph



Chicken Binakol (P495)



7 ● 205 Cafe and Lounge

PPP

Despite the sophisticated vibe, 205 is where you can dine without having to dress up and be fancy. It's the ideal place for morning meetings, afternoon affairs, and hanging out with friends after a long day's work. 205 boasts an extensive menu of Italian comfort food that will make you feel very much at home, and even more so when you take that first bite. Sample their Shrimp Aglio Olio, a seafood pasta with a perfect balance of flavors that will surely take you on a flavor trip.

📍 C2, UG, Bonifacio High Street Central, BGC, Taguig City
☎ 02-759-4827 / 0917-858-1942
🕒 8 am to 2 am (Mon to Sat); 8 am to 12 am (Sun)
📱 205



Shrimp Aglio Olio (P780)



8 ● Musashi-Tei

PPP

Musashi-Tei has brought with it a long history that goes back to 1967 in Japan, where the Musashi Group first opened Tonkatsu no Musashi that specialized in tonkatsu and Japanese set meals. Besides their famed tonkatsu, this restaurant in BGC has been known to offer a variety of delicious Japanese food, such as sushi, sashimi, ramen, izakaya fare, and more.

There is a nice variety of katsu dishes, from the classic deep-fried pork cutlet to teppan miso katsu, cheese katsu, and katsudon. Another must-try is their ramen, whose recipe comes from Musashi Group's Maruton Honpo, a well-loved ramen restaurant in Japan

📍 2/F Forum South Global Bldg., 7th Ave., Federation Dr., Bonifacio South District, BGC, Taguig City
☎ 0922-295-0297
🕒 11 am to 11 pm
🌐 634-jp.com/musashitei/index.php 📱 Musashi-Tei Japanese Restaurant



Unaju (P980 - P1,480)



9 ● Sántis Delicatessen

PP

Widely known for their European sausages, cold cuts, and prime meats like Angus beef, Sántis Delicatessen is also prominent for its selection of fine wines from some of the best wine producers in the world. Patrons who have their Gourmet Card can earn points from every purchase and get special treats on birthdays.

📍 LG/F, C3 Bonifacio High Street Central, BGC, Taguig City
☎ 02-478-6931 / 02-478-6739
🕒 9 am to 8 pm (Mon to Sat)
🌐 santis-deli.com
📱 Sántis Delicatessen





Providore Fish and Chips (P550)

10 ► Providore

PPP

Providore is both a feast for the eyes and the taste buds—this fresh go-to restaurant is built with a coffee bar, a bistro, an essential kitchen, and a retail area with local artisanal products. They serve not only steaks and seafood dishes but also Filipino meals like Pork Binagoongan and the old-time favorite Champorado. For a light meal, go for Providore Fish and Chips, made with beer-battered dorade fish, house fries with coleslaw, mignonette and tartar sauce on the side.

Ube Champorado (P195)



📍 G/F, SM Aura Premier, 26th St. cor. McKinley Parkway, Taguig City

🕒 10 am to 10 pm

☎ 0917-833-8277

🌐 Providore PH

📷 providoreph

11 ► Ramen Bari-Uma

Known to have the “strongest Tonkotsu broth,” Ramen Bari-Uma ensures quality by bringing the authentic flavors of Japan in each of their restaurants. This Hiroshima-based ramen joint serves up affordable, piping hot bowls of Ajita-Uma with fresh noodles and perfectly grilled chashu pork complementing their soup. You may also pair your bowl of ramen with either Gyoza or Karaage for a hearty dining experience.

📍 G/F Serendra, Bonifacio High Street,

BGC, Taguig City

☎ 0906-336-0930

🕒 11 am to 11 pm

🌐 bariuma.asia

🌐 Bari-Uma Ramen PH

📷 @bariumaramenph



Ajita-Uma (P380)



PPP

12 ► XO 46 Heritage Bistro

PPP

XO 46 Heritage Bistro is a showroom of Filipino cuisine with a distinctly “honorific” style of service. The restaurant commemorates the country’s freedom and celebrates tradition with waiters dressed up in Baro’t Saya and Barong Tagalog. Their Kare Kareng Crispy Tadyang is a flavorful ensemble of crispy beef ribs, fresh vegetables, and a creamy peanut sauce served separately in a bowl, with a side of fermented fish paste.

📍 3/F, SM Aura Premier, Taguig City

☎ 02-553-6566

🕒 11 am to 11 pm

🌐 XO 46 Bistro Filipino

📷 xo46_heritage_bistro



Kare-Kareng Crispy Tadyang (P675)



13 ► NIU by Vikings

PPP

Niu, which means “nine” in the Viking language and alludes to the proverbial cloud nine, is a buffet restaurant that stands out with food made with top-quality ingredients and a chic and soothing ambiance. From French, Italian, Mediterranean, Japanese, and Chinese, to local favorites, Niu lets buffet-goers savor multinational cuisines. Try their Adult Weekday Lunch (P938+), Adult Weekday Dinner (P1,438+), and Adult Weekends/Holiday Lunch & Dinner (P1,438+) for a sumptuous feast with family and friends.



📍 6/F, SM Aura Premier, 26th St. cor. McKinley Parkway, Taguig City

🕒 11 am to 10 pm

☎ 02-478-3888 / 02-847-3888

🌐 niu.ph

🌐 NIU, SM Aura Premier

📷 @niubyvikings

14 ► Dario Ristorante Italiano

PPPP

Dario Ristorante Italiano offers original dishes from different regions in Italy, engulfing each plate with a flavorful taste. It is owned by Italian restaurateur, Chef Dario Gardini, who is also the founder of Caruso. The Italian restaurant takes pride in refreshing Italian concepts to introduce to the local palate. This extends to their assorted Italian cold cuts or affettati Italiani assortiti con sottaceti, best paired with Dario's collection wines, imported from Italy.

📍 Serendra Shopping Center, 11th Ave. cor. McKinley Parkway, BGC, Taguig City
☎ 02-856-0676 / 02-856-0865
🕒 11 am to 11 pm
📱 Dario Ristorante Italiano
🌐 darioistoranteitaliano

Costata di manzo alla griglia
Angus steak grilled w/ potato, (P2,380)



15 ► La Mère Poulard

PPP

With a history that goes back over a century, La Mère Poulard has gained a global reputation for both their hospitality and sumptuous dishes made from the simplest of ingredients—like eggs. Their menu lists dishes that highlight the use of eggs, like the Poached Leeks in Vinaigrette Sauce. La Mère Poulard also offers traditionally-cooked French dishes like the Jumbo Scallop, Salmon and Cod, and Pan-fried Jumbo Scallops.

📍 UG/F, SM Aura Premier, 26th St. cor. McKinley Parkway, Taguig City
☎ 02-838-1238 / 0917-580-0137
🕒 10 am to 10 pm
📱 La Mère Poulard-Philippines
🌐 lamerepoulard_manila



Copper cocottes - jumbo scallop, salmon and cod (P880)



16 ► Todd English Food Hall

PPP

Hailing from New York City and owned by an American celebrity chef of the same name, Todd English Food Hall opened its first branch in Manila in 2014. It is a 900-sqm dining area that fits nine food stations: Salad & Charcuterie, Sushi Bar, Raw Bar, Asian, Flatbread Pizza, Wine & Tapas, and Dessert & Bread. Some of the most recommended dishes include the Asian Chicken Salad, Tacos, and Crispy Tuna Poke.

📍 5/F Skypark, SM Aura Premier, 26th St. cor. McKinley Parkway, Taguig City
☎ 02-621-4002
🕒 1 pm to 3 pm,
6 pm to 11 pm (Mon to Fri);
11 am to 11 pm (Sat to Sun)
📱 Todd English Food Hall Manila



Tacos (P350)



F.H. Nachos (P295)

17 ► Namoo House

PPPP

Namoo House boasts premium beef cuts aged perfectly to bolster flavor and further tenderize the meat. Their pork is likewise chilled fresh and carefully stored in optimum conditions. This Korean BBQ joint uses proven traditional recipes and only the freshest ingredients.

📍 Uptown Parade, 38th St. cor. 11th Ave., Fort Bonifacio, Taguig City
☎ 02-946 3733 / 0917-527-3898
🕒 11 am to 3 pm, 6 pm to 10 pm. (Sun to Thu);
11 am to 3 pm, 6 pm to 12 am (Fri to Sat)
📱 Namoo House
🌐 @namoohouseph



Aged USDA Prime Striploin (P895/15g, P1,600/300g, P3,000/600g)

18 ► Mamma Mia

PP

Mamma Mia serves contemporary Italian food with an added surprise in every dish and brings the comfort of a mother's love inside the restaurant. Their delicious offerings range from salads to pasta, pizza, and homemade pastries.

📍 UG/F, Uptown Place Mall, 9th Ave. cor. 36th St., Fort Bonifacio, Taguig City
☎ 02-541-8933 / 0927-297-8178 / 0925-495-5065
🕒 11 am to 11:30 pm
📱 Mamma Mia
🌐 @mammamiaph



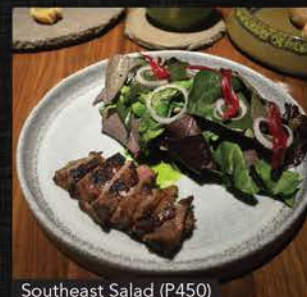
Spaghetti Carbonara Alla Mamma Mia (P485/solo, P1,520/sharing)

19 ► Gallery by Chele

PP

What once was Gallery Vask in BGC is now Gallery by Chele. The heart of its philosophy lies in the continuous exploration of the gastronomic culture of the Philippines. They offer course meals in threes, fives, and nines, but there are also a la carte options.

📍 5/F Clipp Center, 11th Ave cor. 39th St., BGC, Taguig City
☎ 02-218-3895
🕒 Cocktails & bites: 5 pm to 1 am (Tue to Sat); Dinner: 6 pm to 10:30 pm (Tue to Sat);
After-hour drinks & bites: 10:30 pm to 1 am (Tue to Sat)
🌐 gallerybychele.com 📱 Gallery by Chele 🌐 @gallerybychele



Southeast Salad (P450)

20 ► Arroz Ecija

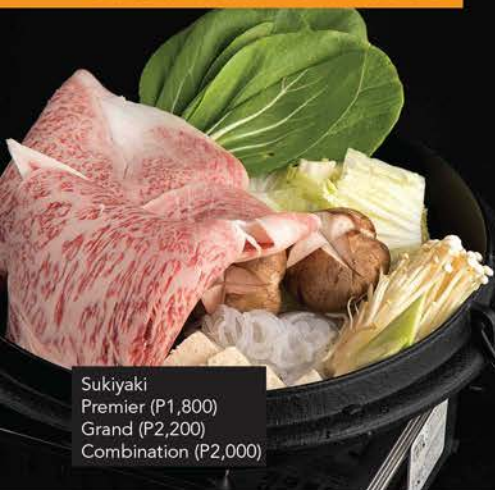
PPPP

Arroz Ecija prides itself on putting the province of Nueva Ecija into the spotlight as its distinction. The restaurant name is a combination of the province's name and the Spanish word arroz (rice). Their best-selling Iberian Chicken goes through a long process of baking to attain the perfect tenderness and juiciness and is then drenched in a mix of olive oil, vegetables, and herbs.

📍 G/F Uptown Place Mall, 36th St. cor. 9th Ave., Fort Bonifacio, Taguig City
☎ 02-541-7025
🕒 11 am to 11 pm
📱 Arroz Ecija
🌐 @arroz_ecija



Iberian Chicken (P1,650/whole; P795/half)



Suki-yaki
Premier (P1,800)
Grand (P2,200)
Combination (P2,000)

21 ◀ Miyazaki Gyu

PPP

To ensure the quality of their meats, Executive Chef Kensuke Sakai checks the meats based on four elements: degree of marbling, color of the meat, firmness and texture, and lastly, the color and quality of the fat content. These standards make Miyazaki Gyu a go-to restaurant for the finest meats. Every bite is exploding with flavor, promising an outstanding experience in terms of quality.

The latest addition to their menu, the Surf and Turf sets (P2,200) let you indulge the two sides of you that love seafood and meat. You can choose from garlic butter shrimp, fried scallop shrimp, or salmon confit to go with your juicy and flavorful steak.

📍 G/F, One McKinley Place, 26th St. cor. 4th Ave., BGC, Taguig City
☎ 02-829-6167 / 0917-168-6673
🕒 11 am to 3 pm, 6 pm to 11 pm (Tue to Sun)
🌐 miyazakigu.com.ph 📱 Miyazaki Gyu PH



Meat Sushi-Tenderloin
& H Bone (P650)



22 ◀ Mulberry Door

PP



Vongole Spaghetti (P360)

Owned by Trish Panlilio, the same woman behind nawnTy's kitchen, Mulberry Door specializes in easy and low-key gourmet comfort food, which patrons can enjoy in a familiar and relaxed atmosphere reminiscent of their own homes. Diners can enjoy their favorite dishes and signature cocktails in picture-perfect areas in the restaurant, like the Mulberry Corner and the Mulberry Lounge. There is also an al fresco area lined with tables leading to the Forbes Town Mall for additional seating.



📍 G/F, 8 Forbes Town Center, Burgos Circle, Fort Bonifacio, Taguig City
☎ 02-810-5427 / 0918-998-7474
🕒 11 am to 11 pm
📱 Mulberry Door
📱 @mulberrydoor

23 ◀ Chao Chao Gyoza

PP

Inside, you'll find a mural by Japanese calligraphy artist Senshu Yasuko who traveled all the way to the Philippines to grace Chao Chao Gyoza with his artistic stroke. At Chao Chao Gyoza, you'll surely discover a new favorite among their gyoza with unique fillings. Adopting the Japanese culture where gyoza is paired with beer, they also offer a selection of drinks, from whiskeys to Japanese wine, soju, and cocktails.

📍 G/F One McKinley Place, 4th Ave. cor. 26th St., BGC, Taguig City
☎ 0908-390-3358
🕒 11 am to 1 am (Tue to Fri); 11 am to 11 pm (Sat to Mon)
📱 Chao Chao Gyoza Bar 📱 @chaochaogyozaph



24 ◀ Noor Manila

PP

Noor, which is a Hebrew word for "flame" or "light," boasts Mediterranean cuisine prepared by Israeli chefs. There are counter seats on the ground floor where customers can watch how the dishes are prepared in the kitchen. Upstairs is an extension of the laid-back ambiance and vibrant energy. Try their Fish Kebab, a dish that puts fish meat dumplings in the Middle Eastern salad, tabbouleh.

📍 Unit F 133 Forbeswood Heights, Burgos Circle, BGC, Taguig City
☎ 02-898-0292 / 0956-156-3426 / 0947-205-3718
🕒 11 am to 12 am
📱 NOOR Manila 📱 @noor_manila



Fish Kebab (P550)

25 ◀ Izakaya Sensu / Chotto Matte

PPP

Chotto Matte and Izakaya Sensu are two different concepts in one Japanese-inspired space. Chotto Matte is a highball and liquor bar that exemplifies the energetic back alleys of Tokyo's Golden Gai District. It has an impressive selection of liquors, from the best highball kakubin, artisanal sake, beer, and wine to their cool signature cocktails.

Meanwhile, just a few jostles from the Chotto Matte bar area, Izakaya Sensu is where you can experience izakaya with a new sense and style. There is a variety of Japanese food to try, like sushi, maki, yakitori, and hot pot. From Ssensu's hot pot menu, a must-try is their signature Wagyu Miso Suki-yaki, served with a special miso and suki-yaki broth.

📍 G/F, Net Park Bldg., 5th Ave., BGC, Taguig City
☎ 0917-882-6655
🕒 11:30 am to 12 am (Sun to Thu); 11:30 am to 2 am (Fri to Sat)
🌐 raintreerestaurants.com 📱 Izakaya Ssensu Philippines / Chotto Matte Philippines 📱 @izakayasensuph / @chottomatteph



Wagyu Miso Suki-yaki
(P1,200/1 person, P2,200/2-3 person)





Saumon Fume Pissaladiere (P285)



26 L'Entrecote Bistro

PPPP

This French-Swiss restaurant that serves delectable steak derives its name, L'entrecôte, from what means sirloin steak in French. One of their popular items is the L'entrecôte Steak (US CAB Sirloin Steak, 8 oz. or 12 oz.), which has a secret herb butter sauce made with 20 kinds of seeds—only the owner knows its recipe. Aside from its unique, mysterious sauce, its flavorful meat is also very tender. Another unique item to try is the La Brochette Flambee, a US certified black Angus sirloin, marinated and flambeed with smoked Scottish whiskey.

Unit A Bellagio II, Forbes Town Center, Burgos Circle, BGC, Taguig City

02-856-4858

7 am to 11 pm (Sun to Thurs); 7 am to 1 am (Fri to Sat)

lenticotemanila.com

L'entrecote Manila: Bistro & Upper Room

@lenticotemn



L'Entrecote Double (P2,680)

27 Bondi & Bourke

PPPP

A trip to Bondi & Bourke isn't complete without a slab of steak on the table. Their US Prime Rib Eye is cooked medium rare, and, as expected, the meat is tender with a nice amount of fat helping it melt on the tongue. Served on the side is a healthy helping of creamy mashed potatoes.

Forbes Town Center, Forbes Town Rd., BGC, Taguig City

02-866 5518 / 0998-582-0435

11 am to 11 pm (Mon to Fri);

8 am to 11 pm (Sat to Sun)

bondiandbourke.com/restaurant/

Bondi&Bourke @bondibourkeph



U.S. Prime Rib Eye (P1,900/350g & P3,490/600g)

28 Hacienda Comida Y Cocteles

PPP

Hacienda Comida y Cocteles (Hacienda Food & Cocktails) has been giving the real sense of the Mexican vibration, serving classic favorites for every palate. Their menu was fondly created by famous chef and restaurateur Francisco Alejandri, who used to work at high-end hotel restaurants across the country. Their Baked Cheese (Queso Fundido) is a distinct melted blend of Monterey Jack and mozzarella cheese, and chorizo, served with house-made tortilla chips. Make sure to dip the chips while the cheese is still hot.

Unit F121, Forbes Town Rd., Forbes Wood Heights Retail, BGC, Taguig City

02-625-4727

11 am to 1 am

haciendamaniila.com

Hacienda Comida y Cocteles

@haciendamnl



Baked Cheese / Queso Fundido (P335)

29 Da Tang Jardin

PP

A great place for Taiwanese grub is Da Tang Jardin, headed by a Taiwanese chef. Apparently, the Taiwanese have a soft spot for cold noodles, and since you're already on that part of the menu, be sure to try the Chilled Noodles with Chicken and Sesame Paste. At first, the noodles may come across as bland but that's what the sesame paste is for. The paste, along with the chicken, provides a subtle and savory flavor.



Chilled Noodles with chicken and Sesame Paste (P280)

Bellagio II, 2 Forbestown Rd, Burgos Circle, BGC, Taguig City

02-800-5955 / 0995-551-4398

11 am to 11 pm

datanghub.com/jardin/

DaTang BGC

@datangbgc

30 The Bowery

PP

Just across the street from The Mind Museum, The Bowery is all about serving some of New York City's most beloved comfort foods to the Philippines. Probably the king of all comfort foods, their Classic Mac and Cheese is a rich, sinful dish packed with carbo, cream, and three kinds of cheese (yellow cheddar, gruyere, and gouda).

G/F Rizal Dr. cor. 29th St., BGC, Taguig City

0936-929-6073

5 pm to 2 am (Mon); 5 pm to 6 am (Tue to Fri); 24 hrs (Sat to Sun)

The Bowery NYC Comfort Food

@thebowery_ph



Chicken Paillard Steak (P310)

Other Must-Try Restaurants in BGC

Bai Nian Tang Bao

G/F Uptown Parade, 9th Ave. cor. 38th St., BGC, Taguig City

02-838-1716 / 0917-623-8260

11 am to 10 pm (Mon to Thu); 11 am to 3 am (Fri to Sat); 11 am to 12 am (Sun)

Caravan Black

G/F Net Park Bldg., 4th Ave., BGC, Taguig City

02-946-3610 8 am to 10 pm

Casa Italia Café

Forbestown Rd., Burgos Circle, Fort Bonifacio, Taguig City

02-753-6263 / 02-946-7494 9 am to 12 am

Char Dining

2/F Uptown Parade, 9th Ave. cor. 38th St., BGC, Taguig City

02-809-1452

10 am to 10 pm (Sun to Thu); 10 am to 11 pm (Fri to Sat)

Da Tang Bailu

G/F W City Center, 7th Ave. cor. 30th St., BGC, Taguig City

0956-792-7567 10 am to 9 pm

Raging Bull Burgers

G/F Shangri-La at the Fort, 30th St., BGC, Taguig City

02-820-0888

10 am to 11 pm (Mon to Thu); 10 am to 12 am (Fri to Sat)

Raging Bull Chophouse and Bar

3/F Shangri-La at the Fort, 30th St. cor. 5th Ave., BGC, Taguig City

02-820-0888

11:30 am to 2:30 pm, 6 pm to 10:30 pm

Sagana Epicerie

G/F Net One Center, 3rd Ave. cor. 26th St., BGC, Taguig City

BGC, Taguig City

0917-632-7946 / 02-815-8801

11 am to 10 pm (Mon to Sat); 11 am to 3 pm & 6 pm to 10 pm (Sun)

Souv by Cyma

G/F Net Park Bldg., 5th Ave., BGC, Taguig City

02-946-6422 / 0949-481-9621 11 am to 10 pm

L'Opera

The Fort Strip, 26th St. cor. 7th Ave., BGC, Taguig City

02-889-3963 / 02-889-2784 11 am to 10:30 pm

M Bakery

2/F One Bonifacio High Street Mall, BGC, Taguig City

02-847-9829

9 am to 10 pm (Sun to Thu); 9 am to 11 pm (Fri to Sat)

Nanyang

L/G/F SM Aura Premier, Mckinley Pkwy, Fort Bonifacio, Taguig City

02-824-0630 10 am to 10 pm

Olivia & Co.

2/F Uptown Parade Mall, 36th St. cor. 9th Ave., BGC, Taguig City

02-845-1714

10 am to 10 pm (Sun to Thu); 10 am to 11 pm (Fri to Sat)

Prego Trattoria

5/F SM Aura Sky Park, SM Aura Premier, Mckinley Pkwy, Fort Bonifacio, Taguig City

02-946-2723 10 am to 10 pm

Price Guide:

P P300 & below

PP P300 - P800

PPP P800 - P1,500

PPPP P1,500 - P2,000

PPPPP P2,000 & above

★ **The Peak**

P P P P

The Peak is set on the top deck (levels 60-62) of the tallest skyscraper in the country and five-star hotel, Grand Hyatt Manila. Inspired by penthouse living, The Peak is designed to feel somewhat like home, complete with different rooms with their own purpose—such as a restaurant, a music lounge, a speakeasy, a function room, and an outdoor lounge that provides a refreshing view of the metro.

📍 60/F - 62F, Grand Hyatt Manila, 8th Ave. cor. 35th St., Taguig City
 ☎ 02-838-1234
 ⌚ 6 pm to 11 am (Sun to Wed); 6 pm to 3 am (Thu to Sat)

★ **iDash DASH**

P P P P

iDarts DASH is the first electronic darts bar in the country, letting bar-goers enjoy a nice game while eating and drinking. Soft-tip darts are thrown at an electronic dart board, which automatically tallies the players' scores. To start, players need to purchase the iDarts Live Credit Card for game credits (P300 for 10 credits; P600 for 25 credits). Players can also get personalized cards to keep track of their rankings and stats.



📍 4/F, C3 Annex Bldg., 7th Ave. cor. 30th St., Bonifacio High Street, Taguig City
 ☎ 02-819-0787 / 0917-317-3926
 ⌚ 5 pm to 2 am (Mon to Fri); 5 pm to 3 am (Sat to Sun)
 🌐 idarts.com.ph 📱 iDarts DASH 📷 @idartsdash

★ **Elbert's Upstairs Bar**

P P P

You'll find this small speakeasy above Mendokoro in Icon Plaza. Elbert's Upstairs Bar is stylish and sophisticated, a perfect place if you're looking for a more discreet hangout, different from the more dynamic nightclubs in BGC. It has a wider selection of spirits than wine and champagne, but it does carry some of the finest from top winemakers.



📍 Icon Plaza, Mezzanine Level, Unit 1B, Federation Dr., Taguig City
 ☎ 02-964-1848
 ⌚ 5 pm to 1 am (Sun, Tue to Thu); 6 pm to 2 am (Fri to Sat)
 📱 Elbert's Upstairs Bar

★ **LIT Manila**

P P P P

The interiors of LIT Manila maintain a no-nonsense approach that turns the spotlight on the drinks. LIT has an array of whiskey in its arsenal. It's just not the single malt whiskey brands, which most are familiar with; instead, they boast a wide selection of Japanese whiskey, featuring known brands like Suntory, Kirin, and Nikka. Shochu, vodka, beers, and cocktails are also offered.



📍 G/F Serendra, Taguig City
 ☎ 0917-510-0014
 ⌚ 6 am to 2 am (Mon to Sat)
 📱 LIT Manila 📷 @litmanila

★ **Lemuria**

P P P P

Lemuria is for the kind of nights out inflamed by fine wine and good food, which can be savored in a hushed and refined atmosphere. Apart from their French degustation, Lemuria's best feature is its top-notch wine collection. You can sit at the bar counter to admire the display of wines on the ground floor, or at the al fresco area for a more laid-back quality.



📍 The Plaza, Arya Residences, McKinley Parkway & Rizal Dr., Taguig City
 ☎ 02-541-1723 / 02-404-8704 / 0921-373-5741
 ⌚ 11:30 am to 2:30 pm, 6 pm to 10 pm (Mon to Sat)
 🌐 lemuria.com.ph/bgc/ 📱 Lemuria Restaurant & Wine Bar



Classic Gambas (P480), Margherita Pizza (P440), Rockefeller Oyster (P410)



Spicy Shrimp Roll (P390), Shrimp & Pepper Pizza (P470), Beef Salpicao (P480)



6 Xylo at the Palace P P P P P

Replacing Valkyrie with a new face, Xylo at the Palace offers another great option for upscale clubbing. This two-floor super club is home to some of the country's most-recognized DJs such as resident DJs Ace Ramos, Mars Miranda, Martin Pulgar, Marc Naval, and Kat DJ, who are always on-deck to fill your nights with sick beats.

📍 The Palace, 9th Ave. cor. 36th St., Uptown Bonifacio, Taguig City
☎ 0917-680-8888
🕒 10 pm to 4 am
📱 Xylo at the Palace @xylomanila

7 Revel P P P P P

Revel at the Palace highlights a luxurious clubbing experience that caters to the liveliest and the most discerning crowd. The versatility of the space allows club-goers to party, socialize, and have privacy at the same time. There are VIP tables and couches in different parts of this two-level nightclub, such as the magnum, the terrace, and the pool view.

📍 The Palace, 11th Ave. cor. 38th St., Uptown Bonifacio, Taguig City
☎ 0917-550-8888
🕒 10 pm to 5 am (Tue to Sat)
🌐 revel.thepalacemanila.com
📱 Revel at the Palace @revelatthepalace

8 Bank Bar P P P

Hidden behind the doors of a 7-Eleven in RCBC Corporate Center, Bank Bar is a top-shelf drinking bar that boasts one of the widest selection of drinks in Manila. You'll find drinks ranging from Akvavit, absinthe, sake, grappas, to single malts and more lined up in their bar.

📍 G/F RCBC Savings Bank Corporate Center, 26th St., Taguig City
☎ 02-801-4862
🕒 5 pm to 2 am (Mon to Fri); 8 pm to 4 am (Sat to Sun)
🌐 momentgroup.ph/brands/show/bank-bar
📱 Bank Bar Manila @bank.bar

9 Ocean's Telephone Company P P P

Hiding above Frank & Dean Café and Kitchen at Forbestown Center, Ocean's Telephone Company can be a scene out of a neo-noir film, with its enigmatic entrance to the red telephone booth leading you straight to a whole different dimension. This hidden bar is reminiscent of the US in its glorious '50s era with vintage telephones, leather couches, and dark tables, dimly illuminated by mysterious red neon lights.

📍 Frank & Dean, Forbes Town Center, Burgos Circle, Taguig City
☎ 0917-445-7056
🕒 6 pm to 4 am (Thu to Sat)
📱 Ocean's Telephone Co. @oceanstelco_bg

10 Straight Up P P P P P

Straight Up, the rooftop bar of Seda Hotel BGC, has a very laid-back ambiance, perfect for those nights when you feel like relaxing while still enjoying a round of good drinks or two. Their bar menu features a long list of liquors, cocktails, and whiskeys, and countries like France, Italy, Argentina, and Australia are well-represented on their wine list.

📍 Roof Deck, Seda BGC, 30th St. cor. 11th Ave., Taguig City
☎ 02-945-8888
🕒 4 pm to 1 am
📱 Straight Up

11 Hotel Bar P P P

Hotel Bar is a secret speakeasy hiding inside Pink's Hotdogs, a well-loved hotdog joint imported from the US. It's a 1920s-inspired bar where guests can come in for a more intimate dining and drinking experience. For such a small space, Hotel Bar has a lot to offer when it comes to their drinks. Besides the usual gin, whiskey, and tequila, they also have local craft beers like Juan Brew, Pedro, and Engkanto, as well as pretty interesting cocktails.

📍 Pink's Hotdogs, Shangri-La at the Fort, Taguig City
☎ 02-772-1147
🕒 6 pm to 2 am (Sun to Thu); 6 pm to 3 am (Fri to Sat)



Hollywood Legend (P280)
Coney Island Dog (P250)



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- Crispy Amadai / Creamy Clam Foam, Vermouth, Vegetables & Moringa Risotto
- Tenderloin Beef Cotelette / Grain Mustard Sauce, Kalamansi Tomato, Mashed Potato, Sautéed Mushroom
- Opera / Coffee Flavored Almond Jacondo, Dark Chocolate Ganache, Vanilla Ice Cream

A la carte Menu



HIROYUKI MENO

Starting from Restaurant Hakata Hiramatsu, he continuously acquired experience as Head Chef and Sous Chef in Michelin-starred restaurants such as L'Auberge De L'ill and Paul Bocuse in Tokyo.



Business Hours:
10:00-22:00

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Facebook: Hokkaido_MeatNoodles



MAP Makati A-3

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MAP Makati E-2





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✉ sharakufood@gmail.com



Restaurant Guide

MAKATI

Azuthai

☎ 02-813-0671/02-817-6252
☎ G/F, Milkyway Building, 900 Arnaiz
Avenue cor. Paseo de Roxas, Makati City

Cave Werdenberg

☎ 02-892-0128 / 02-817-1217
☎ 7431 Yakal St., San Antonio Village, Makati City

Chesa Bianca

☎ 02-815-1359/02-892-7524
☎ 7431 Yakal St., San Antonio Village, Makati City

Hanagushi

☎ 02-744-1966
☎ G/F, The Beacon Don Chino Rocas Ave. cor.,
Arnaiz Ave. Makati City

I'm Angus

☎ 02-892-5852/02-275-5938
☎ 7431 Yakal St., San Antonio Village, Makati City

iTrulli

☎ 02-832-9600
☎ Suites 102/104, LRI Design Plaza,
210 Nicanor Garcia, Bel Air 2, Makati City

Kenshin

☎ 0917-535-1046
☎ Beacon Makati G/F, A.Arnaiz Ave. Makati City
☎ 0917-551-4605
☎ The Linear Makati G/F, Yakal St. cor Mayapis St.,
Makati City

La Cabrera

☎ 02-833-8946/0905-290-0703
☎ G/F 6750 Ayala Ave. Business Tower
Glorietta Complex Ayala Ave., Makati City

MilkyWay Café

☎ 02-843-4124/02-843-7124
☎ 2/F Milkyway Bldg. 900 A. Arnaiz Avenue
(Pasay Road) cor. Paseo de Roxas, Makati City

Sekitori

☎ 02-425-9030/894-387/02-894-3876
☎ Little Tokyo, Chino Rocas Ave., Legaspi Village, Makati City

Nikkei

☎ 02-541-6689 / 0916-636-9817
☎ G/F, One Rockwell, Rockwell Center, Makati City
☎ 02-880-0231 / 0927-273-0114
☎ 111 Rada St., Legaspi Village, Makati City
☎ 02-637-2206 / 0995-908-3145
☎ G/F The Podium, Ortigas Center

Single Origin

☎ 02-728-2467 / 0977-390-0429
☎ G/L, Greenbelt 3 Ayala Center, Makati City
☎ 02-772-6259 / 0995-914-4137
☎ G/F, Edades Tower & Garden Villas, Amoroso
cor. Rockwell Dr., Rockwell, Makati City

Tapella

☎ 02-757-2711
☎ G/F, Greenbelt 5, Makati City

Tsukiji

☎ 02-843-4285/02-812-2913
☎ 900 A. Arnaiz Avenue (Pasay Road) cor. Paseo de Roxas, Makati City

Unakichi

☎ 02-728-2072
☎ G/F, Makati Cinema Square, Amoroso St., Makati City

BGC

Chao Chao Gyoza

☎ 02-232-7804
☎ G/F One McKinley Place, BGC, Taguig City

Crystal Jade

☎ 02-808-5233 / 0915-543-1862
☎ 7th Avenue., Bonifacio High Street, BGC, Taguig City

Fukudaya

☎ 0927-264-0171 / 0998-805-6859
☎ Unit 7 The Plaza, Arya Residences, McKinley
Parkway cor. 8th Ave., BGC, Taguig City

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☎ 02-478-3888/0917-586-6888
☎ 6/F SM Aura Premier, 26th St., BGC, Taguig City

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☎ 2/F, C3 Building, Bonifacio High Street Central, BGC, Taguig City

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0916-793-3747
☎ Cluster 2, #13 Eton Centris Walk, EDSA cor. Quezon
Ave., Brgy. Pinyahan, Quezon City

Epilogue

☎ 02-816-7088
☎ S Maison, Conrad Manila, Seaside Boulevard Cor., Coral Way, Pasay City

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☎ G/F Vistamall Las Pinas CV Starr Ave., Las Piñas

La Vita

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Boulevard, Mall of Asia Complex, Pasay City

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☎ 800-8061
☎ 2/F S'Maison Conrad Hotel, Seaside Blvd., Pasay City

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ILOCOS NORTE



Sharing the soulful, historic land that was once *Provincia de Ilocos* with Ilocos Sur to the south, Ilocos Norte promises a beautiful medley of man-made and natural wonders. Its history is tinted with revolts and political conflicts during the Spanish colonization, while its cultural heritage is painted with Hispanic influences, manifested in the enduring stone structures around the province. Besides a glimpse of history, Ilocos Norte also serves as an epic destination for those looking for adventure and magnificent natural scenery!

Feature by Chin Sanigan, Denisse Tenorio & Deneca Ordinanza | Design by Janina Torres

MAP



TRAVEL TIPS:

■ By bus

Travel time: 10-12 hours
Bus terminals: Cubao - Partas Cubao, Rabbit Bus Lines, and Dominion Bus Lines; Sampaloc, Manila - Rabbit Bus Lines, Maria de Leon Transit, and Fariñas Transit

■ By plane

Travel time: 45 minutes to 1 hour
Route: Ninoy Aquino International Airport to Laoag International Airport

■ By car

Travel time: 8-9 hours
Route: Take the North Luzon Expressway (NLEX), Subic-Clark-Tarlac Expressway (SCTEX), Tarlac-Pangasinan-La Union Expressway (TPLEX) and MacArthur Highway, passing through Ilocos Sur and Paoay before reaching Laoag City.

San Agustin Church of Paoay

The San Agustin Church of Paoay, or simply Paoay Church, is one of the oldest churches in the Philippines, completed in 1710. It was declared as a National Cultural Treasure by the Philippine government in 1973 and was then recognized in 1993 as one of the four Baroque Churches of the Philippines designated as UNESCO World Heritage Site. What makes Paoay Church outstanding is its facade reminiscent of Spanish, Chinese, and Filipino architecture, characterized by thick walls made of corals and limestone and 24 heavy buttresses that serve as a strong pillar against natural disasters.

📍 Marcos Ave. Paoay, Ilocos Norte

WEST COAST TOWNS

CURRIMAO, BATAAC, PAOAY, LAOAG

Ilocos Norte may be far from the cityscapes and saturated restaurant scene of the metro, but the region might well be a fitting rival. The west coast emanates a bevy of Ilocano and international gourmet feasts and boasts stylish beachside hotels. It is all the while backdropped by a National Treasure and UNESCO World Heritage—the San Agustin Church of Paoay.

Ilocano Eats

La Preciosa

PP



Puqui-Puqui (P200)

This two-story-house-turned-restaurant will satisfy your yearning for home with their home-cooked meals and an interior with a 90s vibe. La Preciosa is known as the home of the best carrot cake in Ilocos. Their Carrot Cake has a moist and fluffy texture and is decorated with white icing and sweetened shredded carrots.



Carrot Cake (P120/slice)

📍 J.P. Rizal St., Laoag City, Ilocos Norte
⌚ 6 am to 10 pm
☎ 077-773-1162 / 0917-508-2569
🌐 lapreciosa-ilocos.com 📱 La Preciosa

Saramsam Ylocano

PP

"Saramsam" is an Ilocano word for informal dining. Its main dining area on the second floor speaks more of a house than a restaurant, as it used to be an old home turned into a restaurant that serves a cross-cultural cuisine. On the first floor, divided portions each have a unique decorated setup, perfect for intimate group dining. The latest addition to their menu is Vongole, an olive oil-based linguine pasta with mussels, tomatoes, garlic, and chili peppers.



Vongole (P175)



📍 Gen. Giron, Laoag City, Ilocos Norte
⌚ 9 am to 10 pm
☎ 077-771-5825
📱 Saramsam Ylocano Restaurant and Bar

Cuisine de Iloco

PP

Established in 2017, Cuisine de Iloco is situated in a modern house with bamboo decor on walls and wooden furniture that give coziness to the restaurant. The owners' original plan was to fuse Arabian, Chinese, and American cuisines but ended up serving Ilocano dishes, which are best-liked by tourists. One of their best sellers is the crispy and sizzling Bagnet Sisig, best seasoned with calamansi.



Bagnet Sisig (P249)

📍 Panganiban St., Bgy. 7-A, Laoag City, Ilocos Norte
⌚ 10 am to 10 pm (Mon to Sat); 12 pm to 10 pm (Sun)
☎ 077-300-0573 / 0909-943-9700 / 0995-138-7755
🌐 cuisine-de-iloco-restaurant.business.site
📱 Cuisine de Iloco @cuisinedeilocoresto

Kitchen Lab

PPPP



Shrimp Scampi (P385)

The former governor's house called White House has been converted into Kitchen Lab, a fancy fine-dining restaurant serving innovative international cuisines. Try their Shrimp Scampi, a linguine topped with sauteed shrimps in butter, chili flakes, and Parmesan. Kitchen Lab is also known for its degustation of eight (P1,200), twelve (P1,500) and sixteen (P1,800), where they serve Ilocano feasts.



Pistachio Cheesecake (P145)

📍 Gov. P. Lazaro Ave., Laoag City, Ilocos Norte
☎ 0999-884-1701
⌚ 5:30 pm to 12 am
📱 Kitchen Lab

Herencia Garden Restaurant

P P



Pinakbet Pizza (P405)

Herencia Garden Restaurant, known as the "Home of the Original Pinakbet Pizza" is originally situated across Paoay Church and has blossomed into a semi-fine-dining restaurant in Laoag City. From serving international plates, they have introduced a fusion of flavors, thus the birth of the Pinakbet Pizza. This pizza uses typical pinakbet vegetables like eggplant, tomato, string beans, and ampalaya, which gives the crispy thin crust pizza an added medley of flavors and texture.

📍 Rizal Park Pavilion, Gov. Ablan Ave., Castro St., Brgy. 4, Laoag City, Ilocos Norte
 ☎ 0956-779-0922
 ⌚ 10 am to 10 pm
 📌 Herencia Garden Restaurant

Smoke Bar and Restaurant

P P



Smoked Belly (P150/100g)

Smoke Bar and Restaurant has an army of smoked dishes that marched out of Chef Chris Stolk's own recipes. Try his Smoked Baby Back Ribs to taste how different it is from other smokehouses in Manila. This square of thick meat is best gobbled up while hot and tender.

Smoke is also well-known for their Buffalo Wings, covered by the flaming heat of the second hottest pepper in the world! Those who successfully, bravely finish their raging Buffalo Wings will find themselves up on Chef Stolk's Wall of Flames.

📍 2/F Paseo de Paoay, Brgy. 18 Veronica, Paoay, Ilocos Norte
 ⌚ 11 am to 10 pm
 ☎ 0995-141-1303
 📌 Smoke Bar and Restaurant

Lanie's Batac Special Empanada

P



Lanie's Special Empanada (P40)

Empanada-making in Batac, Ilocos Norte is said to have originated from Lola Nieves "Ibing" Cocson Layaoen, the "Mother of Batac Empanada." Lola Ibing passed the Batac tradition on to her granddaughter Lanie, who then established Lanie's Batac Special Empanada.

📍 Riverside R.S. Empanadaan Bldg., Batac, Ilocos Norte
 ⌚ 8 am to 1 am
 ☎ 0975-888-6215
 📌 Lanie's Batac Special Empanada

Eagle's Nest Bar and Restaurant

P P



Bagnet (P450)



The in-house restaurant of Java Hotel, Eagle's Nest serves delectable Ilocano cuisines under a Nipa-hut-style roof. Because a trip to Ilocos means trying out all sorts of Bagnet specialties, Eagle's Nest serves large chunks of crispy, deep-fried pork belly. Their Bagnet is best paired with their serving of Crunchy Banana Balls (P120), with mashed banana balls enveloped by a crispy coating, drizzled with chocolate.

Aside from this, what you'll love about Eagle's Nest is the Los Guitaños, a group of singers serenading guests with requested songs as a form of entertainment. Also, they have a love bird aviary at the restaurant that you can admire for a nice view while dining at the lovers' deck.

📍 Gen. Segundo Ave., Brgy. 55-B Salet, Laoag City, Ilocos Norte
 ⌚ 6 am to 2 am
 ☎ 0917-772-2179
 🌐 javahotel.com.ph

Hotels



Bellagio Hills Hotel P P P P

Inspired by the regal beauty of Bellagio in Italy, Bellagio Hills Hotel is the perfect lifestyle and luxury resort in Paoay. A notable feature of this 3.5-acre boutique hotel is the scenic view of Paoay Lake, which resembles the setting of Bellagio town adjacent to Lake Como.

Inside the property is a modern bungalow-style hotel with eight rooms, each exuding a Mediterranean, homey ambiance. One of their premium rooms is the Bellagio Suite, a spacious room in classic light and warm hues, equipped with a king size bed, a single bed, and a sofa bed perfect for groups.

Guests may also indulge in Bellagio's in-house restaurant, Cafe Buho Bistro, and take a dip in the infinity swimming pool, which offers a view of Paoay Lake.

📍 22 Nagbacalan, Paoay, Ilocos Norte
 ☎ 077-676-0553 / 0929-395-7676
 ⌚ Check-in/Check-out: 2 pm / 11:30 am
 🌐 bellagiohills.com
 📌 Bellagio Hills Hotel and Restaurant



Bellagio Suite (P7,500/night)



Java Hotel P P



Java Hotel is a famous first-class, Balinese-Moroccan-inspired hotel, with a touch of Spanish and Ilocano designs. The hotel has 50 rooms for guests, along with a souvenir shop, a tennis court, a fitness gym, swimming pool, function halls, and the only wall climbing facility in Laoag City.

Their Standard Twin Bed or the Deluxe Twin Room are a practical choice for couples. Java Hotel also has a collection of suites, one of which is the Junior Suite which comes with a bathtub and a queen-size matrimonial bed.

📍 Gen. Segundo Ave., Brgy. 55-B Salet, Laoag City, Ilocos Norte
 ☎ 077-770-5996 to 97 / 0917-500-5282
 ⌚ Check-in/Check-out: 2 pm / 12 pm
 🌐 javahotel.com.ph
 📌 Java Hotel



Deluxe Twin (P2,873/night)

Playa Tropical Resort P P P P



Casa (P12,500/ night)

Playa Tropical Resort Hotel will draw you in with its beautiful Balinese-designed casas near the beach, overlooking the West Philippine Sea. Each casa is a special two-story accommodation that gives the feeling of being in a tropical oasis, with a garden at the back and a private pool attached to it. The casas also feature two bedrooms, ideal for families of up to eight members (subject to an additional charge).

To make the stay even more special, guests are also treated with a 30-minute therapeutic massage for two at Solana Spa.

📍 Brgy. Victoria, Currimao, Ilocos Norte
 ☎ 077-670-1211 / 0917-570-0223
 ⌚ Check-in/Check out: 2 pm / 12 pm
 🌐 playatropical.ph
 📌 Playa Tropical Resort 📷 @playa_tropical



Deluxe Double (P3,800/night)

NORTH COAST

PAGUDPUD, BURGOS, BANGUI

Located at the northernmost tip of Luzon mainland, the north-coastal towns of Ilocos Norte overlook the great sea beyond and allows you to have the pause you so desire. With its natural wonders such as rock formations and coastal attractions, plus many resorts looking out to the West Philippine Sea, the north coast lets you dance with the waves and feel the power of the breeze—something that's hard to come by for people in the metro.

Bangui Wind Farm

The location of Bangui Wind Farm along Bangui Bay is ideal since it is near the Asia-Pacific monsoon where north-westerly winds are constant. Not only is it a sustainable environmental innovation—Bangui Wind Farm has also become a favorite Instagram-worthy attraction in the province. The good thing is getting a stunning photo underneath one of the towering windmills is completely free.

📍 Bangui Bay, Bangui, Ilocos Norte



Cape Bojeador Lighthouse

Sitting on top of a hill, overlooking the large waves of the West Philippine Sea, is Cape Bojeador Lighthouse, built in the Spanish colonial period. It was declared a National Historical Landmark and National Cultural Treasure in 2004 and 2005, respectively. In the vicinity, there is a courtyard and a living pavilion turned into museum, which holds the lighthouse's old apparatus. Guests may then go straight to the tower, that holds the lantern and a cupola. It serves as the main highlight of the tour.

📍 Burgos, Ilocos Norte

💎 P50/person (entrance fee and tricycle ride to the lighthouse)

Bantay Abot Cave



Bantay Abot Cave is a rocky hill resembling a whale, its eye being the hollow that's said to have been caused by an earthquake years ago. You can explore inside and through the cave to find a marvelous view of the open sea. The tracks are relatively safe to climb; however, you need to be careful as the wind is strong and some rocks are sharper and slipper than others. Make sure to wear comfortable shoes and clothing.

📍 Brgy. Baloi, Pagudpud, Ilocos Norte

REFMAD Farms Dragon Fruit Plantation and Resort



Dragonfruit Hopia (P50/pack)

REFMAD Farms is known to many as the biggest dragon fruit farm in the Philippines. Many people go here as it is not just a plantation but also a restaurant and a resort with native-inspired accommodations. The dragon fruit season is from May to November.

📍 Brgy. Paayas, Burgos, Ilocos Norte

🕒 7:30 am to 5 pm

☎ 0928-210-6664 / 0917-336-6969

🌐 dragonfruitfarmve.com

💎 P10/adult

📌 Refmad Farms Dragon Fruit Plantation & Resort

Patapat Viaduct

A coastal bridge connecting Ilocos Region's Maharlika Highway to its neighboring province, Cagayan Valley, Patapat Viaduct was built for the purpose of preventing landslides in the area. It stands 31 meters above the shore and is among the longest bridges in the Philippines with its 1.3-km length that snakes around the mountain. What makes this bridge a tourist attraction is the picturesque view of Pasaleng Bay. Tourists can pull over on the side of the road and take photos with the mountain and the sea view as the background. Rain showers occur at times, so if you still want to do a mini photoshoot by the bridge, bring a jacket or cap to avoid getting wet.

📍 Paoay Sand Dunes Adventure, Barangay Suba, Paoay, Ilocos Norte



Suba Paoay Sand Dunes Adventures

PPPPPP

Adventure-seekers can avail their tour package (P2,500 for 5 persons max) and enjoy Sand Dune Tour around the 12.6-km Paoay Sand Dunes. The package includes Unlimited Sandboarding with sandboard trainers, and a side-trip to Himala Sa Buhanginan Structures and Suba Beach. People can enjoy different sceneries on every visit as the shapes and sizes of the sand dunes dynamically change depending on the prevailing wind from the West Philippine Sea.



📍 Paoay Sand Dunes Adventure, Barangay Suba, Paoay, Ilocos Norte
🕒 6 am onwards
☎ 0917-645-3087 / 0929-771-9036

Kapurpurawan Rock Formation

P

Kapurpurawan Rock Formation features a landscape of smooth, ivory limestone produced by the natural process of sedimentation. Up front is the view of Bangui Bay's crystal blue waters and the visually appealing sight of the waves thumping against the limestone formations.

Kapurpurawan's drop-off point is 3 km. away from the main highway of Burgos. From the entrance, visitors have to trek for 5 minutes to reach the rock formation. There are also horses available as a means of transportation for P100/person.

📍 Burgos, Ilocos Norte
🕒 6 am to 6 pm





Photo courtesy: Provincial Government of Ilocos Norte

Kabigan Falls

P

Kabigan Falls is one of the most sought-after spots in Ilocos Norte, not only for the majestic 87-foot waterfall itself, but also for the 40-minute trail experience. The mouth of the trail is near Bantay Abot Cave, within approximately five minutes of driving. The trail is lined with trees and backdropped by a picturesque sight of the mountains beyond, and the gentle sound of the streams serenading you every step of the way. Once you reach the falls, you can refresh in the basin of cool and clear water beneath Kabigan Falls.

📍 Brgy. Baloi, Pagudpud, Ilocos Norte

💰 P20 (environmental fee), P100 (tour guide)

Dos Hermanos Islands



Photo courtesy: Provincial Government of Ilocos Norte

Dos Hermanos Islands are two small rock formations in the northern coast of Maira-ira Cove. Tourists frequently visit the islands especially during low tide. Bring aqua shoes as there are smaller rocks and corals under the water. The nearby beaches are also a spot for paddleboarding, surfing, and snorkeling.

📍 Maira-ira Point, Pagudpud, Ilocos Norte

Eats

Bergblick Restaurant

P P



Spaghetti Arrabiata (P225)



Bergblick Pan (P480)

Bergblick offers a combination of casual and fine-dining experience with Filipino-German dishes including the ultimate German food feast—the Bergblick Pan, composed of Shnitzel (breaded pork chop), Schweinebraten (sausage), Kohlrouladen (cabbage roll) with pan-fried potatoes, and mixed salads on the side. For pasta lovers, Bergblick also serves Spaghetti Arrabiata with Italian basil sauce and an added kick of sprinkled chili.

📍 Pan-Philippine Highway, Brgy. Burayoc, Pagudpud, Ilocos Norte

🕒 10 am to 9 pm

☎ 0939-458-1642 / 0977-236-4936

🌐 bergblick-pagudpud.com

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Several souvenir shops lined up near the parking area of Kapurpurawan, offer a collection of miniature windmills, keychains, t-shirts, coffee cups, and bottles of bugnay (local wild berry) and dragon fruit wine to add to your keepsakes. Souvenirs at Kapurpurawan are priced from P100 to P300 only.

📍 Burgos, Ilocos Norte

Hotels

Pannzian Beach and Mountain Resort

PPPP



Pannzian Beach and Mountain Resort values the simplicity of life away from any urban distraction, promoting a stress-free and healthy lifestyle. It has four distinct rooms: the Duplex, Cottages, Kayo rooms, and Lodging rooms. Travelers can expect a warm, inviting vibe in each room, mostly suitable for big groups or families.



Duplex A & B 1st floor (P7,000 - P8,400)

Guests can enjoy nature activities, such as hiking, swimming at the beach or Pannzian River, fishing with the locals, going on bird walk tours, and playing sports at the private beachfront. Their in-house restaurant, Kayo, will also add to your excitement as they serve homegrown and organic eats.

📍 Manila North Rd., Barangay Pancian, Pagudpud, Ilocos Norte
 ☎ 02-646-9020 / 0920-952-0662
 ⌚ Check-in/Check-out: 2 pm / 11:30 am
 🌐 pannzian.com 📱 Pannzian Beach 📷 @pannzianbeach

Casa Consuelo

PPPP



Triplex Casa (P3,200/2pax ; P4,800/4pax)

The casos of Casa Consuelo overlook the unique twin islands of Dos Hermanos. Among their premium accommodations are beachfront, bungalow-type Triplex Casas, with three rooms. Meanwhile, their Casita Uno and Casita Dos come are equipped with a loft and a wide beachfront veranda.

Casa Consuelo houses La Cocina de Consuelo, a Filipino Restaurant serving fresh seafood and Ilocano home-cooked meals. The hotel also has a swimming pool and is just a few steps away the island reef, you can enjoy snorkeling and other beach activities.

📍 Blue Lagoon, Sitio Baniaran, Brgy. Balaoi, Pagudpud, Ilocos Norte
 ⌚ 2 pm / 12 pm
 ☎ 077-676-1868 / 0918 959 0757
 📱 CASA CONSUELO (island reef)

Kingfisher Kite Surfing Hotel

PPPP



Kingfisher Kite Surfing Hotel is a remote beach resort and a go-to kitesurfing and windsurfing spot of tourists from around the world.

If you choose to embody the beach vibe, stay in their well-appointed Casita or Superior Room, which has a patio perfect for an afternoon of relaxation. Staying here provides the added convenience of being located near the restaurant, Izakaya 104, with Chef Toshi Kimura serving Japanese favorites.



Casita (P3,500 - P5,500)

📍 Barangay Caparispisan, Pagudpud, Ilocos Norte
 ⌚ 2 pm / 12 pm
 ☎ 0927-535-8111
 🌐 kingfisher.ph 📱 @kingfisher.ph

TagpuJuan sa Dos Hermanos

PPPP



Whole Place (P12,500)

TagpuJuan sa Dos Hermanos is a Filipino-Mediterranean-inspired lodging that combines both old and modern touches. The nipa hut transient house can be rented as a whole (P12,500/night) with four rooms and a big living room that perfectly fits 10 to 12 people. It also houses a restobar serving Ilocano favorites, and is overlooking the twin island - Dos Hermanos.

📍 Sitio Banyaran, Brgy. Balaoi, Pagudpud, Ilocos Norte
 ☎ 0915-545-9338 / 0928-764-5069
 📱 TagpuJuan sa Dos Hermanos transient and restobar

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To help you out, here are 4 trusted medical professionals in Manila, who are highly-experienced and trained to provide the best care for their patients. Get to know them as you read their profile and each of their specializations.



Farzaneh Shamsi, DMD

Dental Surgery and Cosmetic Dentistry

Dr. Farzaneh Shamsi is the CEO and founder of a multi-awarded dental clinic and wellness center in Makati, Fashion Smile and Aramesh Wellness Center. She is a graduate of Centro Escolar University, a prominent university for its dental programs in the Philippines. For more than nine years, Dr. Shamsi has been practicing aesthetic surgery, which is concerned not only with dental health but also appearance, for more than nine years. She has a broad experience in handling various complications, ranging from dental problems to surgical implants.

Make an appointment:

- ✓ Fashion Smile Dental Clinic, Unit 601, Heart Tower, 108 Valero St., Salcedo Village, Makati City
- Mondays to Saturdays: 10 am to 7 pm
Contact nos.: 02-478-7738 / 0917-509-2010

Makoto Kobayashi, DMD, RDT

General Dentistry, Dental Technology

Dr. Makoto Kobayashi has been in the industry for almost 60 years now. He first started as a dental technician before passing the exam for dentistry in 1989. Dr. Makoto spends most of his time doing laboratory work, while his wife, Dr. Marjorie, and his son, Dr. Miguel, are usually the ones who handle treatments for patients. What makes their services complete is that they have an in-house laboratory, which also helps their patients with immediate needs such as emergency dentures and the like. He also opened his own school, The Alps Technology Academy Inc., (formerly the Kobayashi Dental Technical Training Center, Inc.) in 2005 for those training to be dental technicians. According to Dr. Makoto, most of his students are dentists who want to learn how to be dental technicians as well. For future dental practitioners, Dr. Makoto advises to first invest in becoming a dental technician before becoming a dentist as it will be beneficial in the future.



Make an appointment:

Kobayashi Dental Clinic & Lab, Unit 401, Maga Centre, Paseo de Magallanes, Magallanes Village, Makati City

- ✓ Mondays to Saturdays: 9 am to 6 pm (By appointment)

Contact nos.: 02-852-3622 / 02-851-5762 / 0917-894-7005 / 0919-430-9932

Stephen Jones Reyes, DMD

General Dentistry, Oral Surgery, Dental Implantology

After being influenced by his friends' parents at a young age, Dr. Stephen has been practicing since 1998 and has enhanced his profession by taking post-graduate courses in oral surgery, dental implantology, Management of temporomandibular joint dysfunction, and periodontology among others. On weekdays, Dr. Reyes treats an average of 5 to 10 patients a day where he usually does long procedures like dental implants, crowns, and bridges. Weekends are usually when many orthodontic patients come, and his wife, Dr. Marichu, also a dentist, treats an average of 15 to 20 patients. One of the common treatments he performs are odontectomy or the extraction of impacted teeth, mostly impacted wisdom teeth and carious teeth. He also does more common treatments for crowns, veneers, bridges, and root canal. Dr. Reyes makes it a point to listen to the concerns of his patients before providing them with an explanation as well as a thorough diagnosis. He also offers a variety of treatment options based on the health and financial status of the patient, as well as the pros and cons of the treatment.



Make an appointment:

- ✓ Louie's Dental Clinic, LG/F Park Ave., Robinsons Galleria, Ortigas, Pasig City

Mondays to Saturdays: 11 am to 6 pm

Contact nos.: 02-633-4726 / 0917-800-6418

- ✓ MJS Dental Care, 2/F Padilla Bldg., Don F. Ortigas, Ortigas Rd., Ortigas Center, Pasig City

By appointment

Contact nos.: 02-517-0755 / 0917-800-6418

Ma. Celi Rico-Tantianpact, MD

General Pediatrics, subspecialty in Pediatric Dermatology

Even though she came from a family of lawyers, the interest didn't rub off on Dr. Tantianpact as she already knew what she wanted — to be a doctor. Eventually, the calling for medicine just fell into place for her and being a doctor for kids is exactly what she would love to become. She took Medicine at University of the East Ramon Magsaysay Memorial Medical Center and had her internship and residency at the Department of Pediatrics in Makati Medical Center. She took her subspecialty of Pediatric Dermatology at KK Women's and Children's Hospital, Singapore, and is now handling cases such as atopic dermatitis or eczema, skin infections, as well as congenital skin conditions such as hemangioma and nevi or moles. She has been a pediatrician for five years now and, even in such a long year of practicing, she never fails to acknowledge that each child is fascinating and special in their own way.



Make an appointment:

- ✓ Room 359, Tower 1, Makati Medical Center, 2 Amorsolo St., Legaspi Village, Makati City

Mondays, Wednesdays, Fridays, Saturdays: 9 am to 12 pm

Tuesdays: 9 am to 12 pm, 1 pm to 3 pm

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	English Breakthrough ☎ 02-881-5455 / 02-986-9123 / Quezon City	British School Manila (BSM) ☎ 02-860-4800 / BGC
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*For inquiries, you may contact each school.



Almario Physio Team

Helping people bounce back to a healthier body through physical therapy, Almario Physio Team stands out as a physiotherapy clinic with a unique approach to therapy procedures in the country.

Founded in 2010 by CEO Ayeza Almario, Almario Physio Team's core belief is to provide their patients with comfort and experience while ensuring fast recovery. Combining the latest and innovative technology and techniques with remarkable customer service, each patient is treated with personalized and goal specific approach.

One of their new programs is the **EMS or Electric Muscle Stimulation Conditioning Program**, conceptualized in 2010. Almario Physio Team has also adopted it as a part of an exercise routine to strengthen the body, apart from being a therapy program.

The concept of EMS is to integrate a faster enhancement of muscle strength and endurance in a 20-minute workout session—instead of 90 minutes—using a bodysuit equipped with electrode pads for a total of 8 sessions. This conditions and motivates clients to be more active and see fast progress in their workouts and recovery therapies.

They also offer the latest **Prueba Premier Program**, an innovative diagnostic program that looks on the patient's current body dysfunctions and uses it as a guide to improve the patient's lifestyle. This is done with various Physiare machines for a total of 10 sessions.

Almario Physio Team is blazing a trail by initiating a diversity in the field of physical therapy in the form of **Physiare**, a high-end wellness and rehabilitation facility in BGC. A first of its kind in the country, Physiare is equipped with cutting-edge machines, integrated programs, and highly-skilled physical therapy experts, ensuring the fastest and most comfortable recovery. Beyond being a physical rehabilitation clinic, Physiare is also a place where patients can gain the utmost comfort and relief so that they can still take care of the most important things in life—family, career, and dreams—all while they take care of themselves.



Ayeza G. Almario - CEO



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Business Talk

An interview with the top executives in the Philippines
Get a first person point of view when it comes to business



Dino Araneta
Founder and CEO of QuadX Inc.

Dino Araneta is the man behind one of the fastest-growing start-ups in the Philippines, QuadX, which specializes in cross-border digital logistics and e-commerce payment processing. The company has developed three digital platforms, namely, ShippingCart, CheckMeOut, and XPost. Araneta is also the former President and Chief Strategy Officer of LBC Express.

What does your role in QuadX entail?

My role is to keep pushing the boundaries and limits of QuadX, our people, and the ideas of each on how things are being done. With that, it's a continuous effort to set up the best team possible and try and make superstars work together. In a management team consisting of all CEO-like officers, getting all to see the vision is not necessarily what is hard; but to be able to achieve our goals with the least amount of politics and friction.

How and when did you get into the business of digital logistics? What is QuadX and what prompted you to put up your company?

We started QuadX in 2014 with like-minded individuals who all just wanted to enable e-commerce for anyone and everyone. We initially started off building a marketplace, TheShop.ph, which failed (we didn't have the money to keep up in the industry of marketplaces). We learned from this expensive decision and moved to concentrate on the service of what actually completes an e-commerce transaction: the payment and delivery aspect, which was really to make cash on delivery (COD) available to anyone and everyone, and concentrate on the social sellers.

What made you decide to shift from being a digital logistics company to one that provides a seamless commerce experience?

We never really intended to set up a digital

logistics company. What we wanted to do was to enable or facilitate an e-commerce transaction. So, we came up with platforms like ShippingCart.com to enable Filipinos first to buy from other countries without the hassle, and CheckMeOut.ph, a payment and delivery tool for anyone selling socially.

Logistics came into play because, when we launched, we said we can do the pick-ups and the deliveries better. But it is not because of the actual action of delivery but in providing better and faster data, hence the term Digistics. It's basically managing logistics digitally—from the movement of goods as well as the information about the items. It's almost to say that we can't do the logistics part if data is not readily available. I mean, can you imagine buying an item from Amazon, Lazada, or Shopee without it being online? So it goes the same for logistics. For the entire experience to be seamless, all systems have to be communicating almost real time at every link of the entire chain.

Our mindset was never really to be a digistics platform when we started; this was more like a mindset we developed as we were building up. What we really want to achieve is to provide a seamless commerce experience. Everything in the future is commerce done electronically. It may not involve delivery in the end. Even a seamless checkout experience in the malls and all the micro and small businesses out there are what we want to be able to give the platform or technology to. The logistics part was just the start.

What were some of the biggest challenges you faced running QuadX? How is QuadX addressing those challenges in a digital environment?

The biggest challenges for me were at the start. We were months away from closing down and we had to cut half our people and pivot from being a marketplace to what we are now. Other main challenges we have are making everything

work seamlessly, how to make us build things faster, and getting the right people at the right time. I would like to scale much faster than what we are currently doing.

What plans do you and QuadX have for the foreseeable future?

We plan to expand our services like ShippingCart to buy from the United Kingdom, Japan, and Korea, and for the entire Southeast Asian market.

We plan to launch CheckMeOut out in a couple of Southeast Asian countries as well. We also continue to develop new things like the automated drop-off machines so that customers would have a better experience when dropping off items instead of waiting in line at our drop-off partners. We will be launching XPay and PayLink to provide better and faster payment facility for our customers.

We are also working on an On-Demand platform called GOGO, which has verticals that would lead to on-demand e-commerce: Go-Eats, Go-Fresh, Go-Meds, and possibly even Go-Ride. And also in the works in the latter part of 2019-2020 would be CheckMeOut Retail, a product extension of our CheckMeOut service, to achieve better retail check-out experience for our consumers.

How would you describe the way you manage QuadX?

I would like to think I have people who believe in the vision of where we want to go. And I manage by inspiring and motivating my team to believe that vision every single day. And like the words on our walls: Think Big, Keep Moving Forward, Stay Humble, Be Kind, and Always Have Fun. I would like to continue living by those words—which I never came up with. Those words were actually put up by our first marketing officer. It stuck to me especially because those are really what I would like us all to live by in QuadX.

Who are the people you look up to?

I always looked up to my father, of course. He has built a great company in LBC Express and raised it with a positive mindset. My first-ever idol as a child was Michael Jordan because he refused to lose and always worked to improve himself.

Now, I have to mention Jeff Bezos. He isn't the richest man in the world for nothing. But during my first years in Harvard Business School (HBS) Owner/President Management (OPM) 44, that was one of the first cases I read and from then on I never stopped wanting to set up QuadX. And probably Elon Musk, only because I like to try and find people who actually think much crazier than I.

Describe your typical day at work.

My team really does most of the work in QuadX. I am really just a cheerleader, and I would like to think that I am the one who put BIG on "Think big," and FORWARD on "Keep moving forward." We do have our weekly meetings called X-Mondays; it's basically about what happened last week and what will happen this week. There are dozens of meetings that go on, which I sometimes pop in and out of when I'm bored. I look through the data and performance reports we have, and I brainstorm a lot on my own with the knowledge I have on what we can improve on and what's next for QuadX. I am more involved on new projects to set direction then leave to the best people to make it happen.

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Bldg, Campus Ave., corner Park Ave., McKinley Hill,
Brgy. Pinagsama, Fort Bonifacio, Taguig City

Crown Line

0999-436-6907
Unit 103 & 104 JJM Building II, Ninoy
Aquino Ave., Paranaque City

e-Copy

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5837 Zobel Roxas St. Palanan Makati City

Kansai Paint

02-519-4276/049-530-9516
Unit 8-A South Luzon International
Business Park, Brgy. Batino, Calamba City

Leechiu Property

0918-910-5158/0917-674-1688
2/F Makati Shangri-La, Ayala Avenue
corner West Street, Makati City

Mitsubishi Motors

02-892-0331 to 42
Cor. Don Bosco and Pasong Tamo St., Makati City

Isuzu

02-807-1788
Alabang-Zapote Rd. cor. Acacia Ave.,
Ayala Alabang, Muntinlupa City

Nikkei

02-852-2598/1771

Nippon Express

02-844-1111
Unit 2701 Yuchengco Tower RCBC Plaza,
Ayala Ave., Salcedo Village, Makati City

Sharp

02-807-4991
Km. 23 West Service Road, South Superhighway,
Alabang, Muntinlupa City

Spectrum Leasing

0917-823-2612/02-217-3034
Makati & BGC

Transtech

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Unit 2204 Tower 1 Entrata Urban
Complex 2609 Civic Drive, Filinvest City,
Muntinlupa City

Value Asia

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2/F, COCOFED Bldg., 144 Amorsolo St.,
Legaspi Village, Makati City

OCS

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First Cityland Condominium Building,
Rada Street, Legazpi Village, Makati City

Sagawa

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Suite 102, CTC Building, 2232 Roxas Boulevard, Pasay City

BANKS

BDO

02-840-7000
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BPI

02-816-9572
BPI Head Office, 6768 Ayala Ave., Makati City

Metrobank

02-857-5319
Metrobank Plaza, Sen. Gil J. Puyat Ave., Makati City

RCBC

02-887-4941
Yuchengco Tower, RCBC Plaza, 6819 Ayala Ave., Makati City

RECRUITMENT

J-K Manpower

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Unit 3 JKL 3/F, Crissant Plaza Building No.272
Commonwealth Ave., Old Balara, Quezon City

NOSPHIL

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3/F, OAC Building, 27 San Miguel Ave.
Ortigas Center, San Antonio, Pasig City

Reeracoen Recruitment Co., Ltd

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Sagass

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12/F, Net One Center 26th Street corner 3rd
Ave. Crescent Park West, BGC, Taguig City

LAW OFFICES

Ingles Laurel Calderon Law office

02-812-9419/02-812-9333
Suite 7B, The Valero Tower, 122 Valero
Street, Salcedo, Makati City

Matsuo & Namba

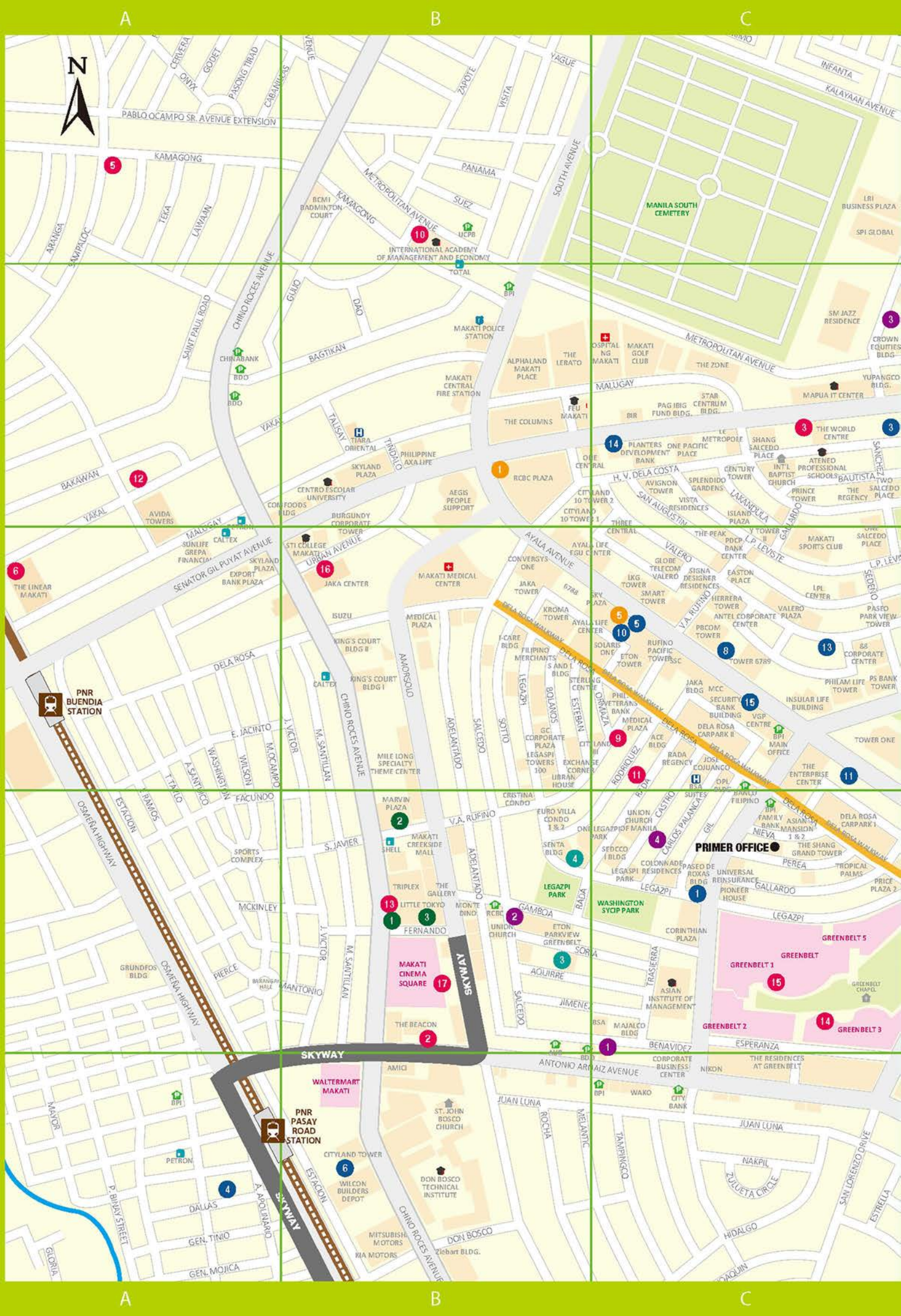
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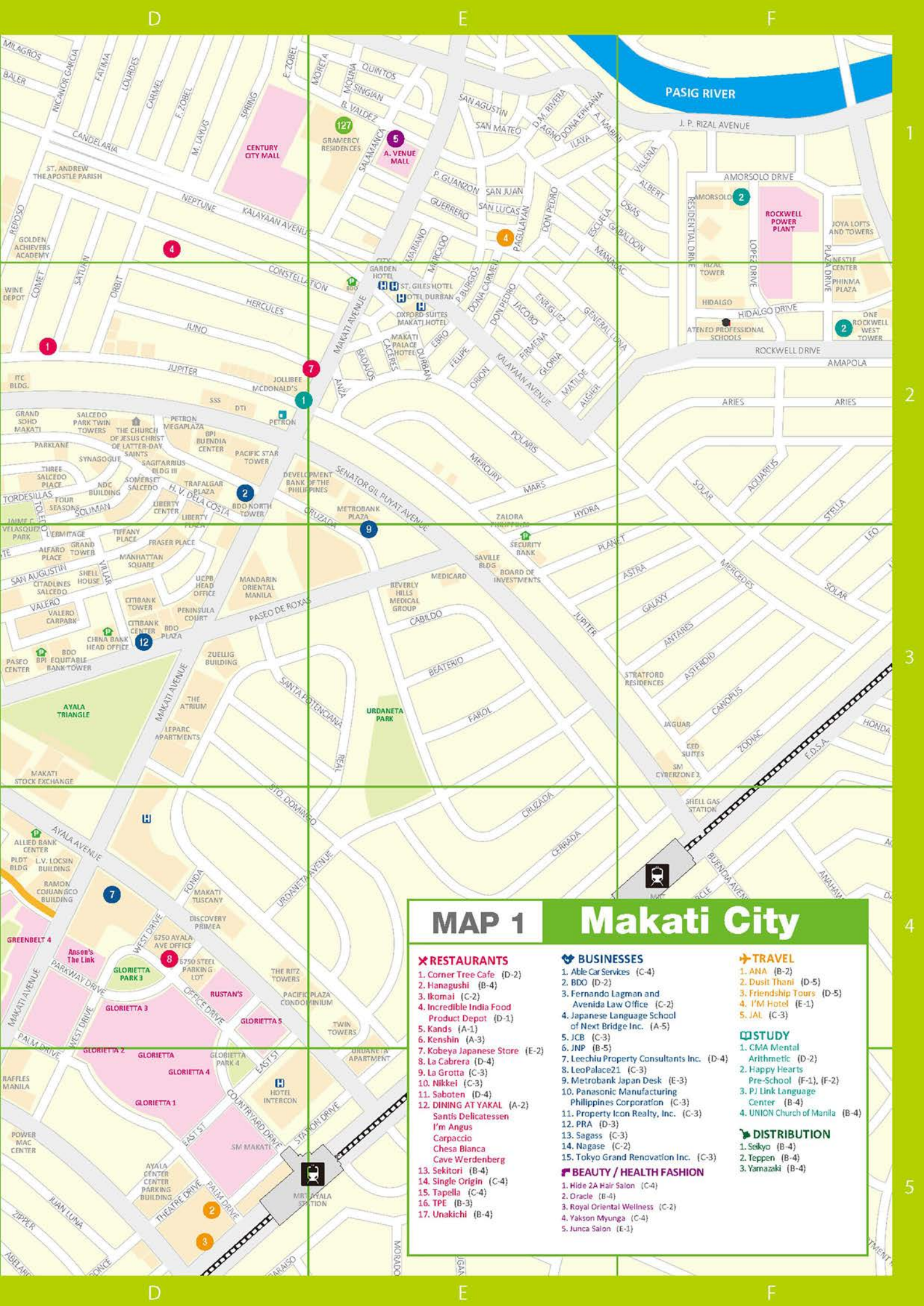
Puyat Jacinto & Santos Law Office

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Drive Rockwell Center, Makati City

Venture Hub

02-789-9001
40/F, PBCom Tower, 6795 Ayala Ave.
V.A. Rufino St, Bel-Air, Makati City





MAP 1

Makati City

✳ RESTAURANTS

1. Corner Tree Cafe (D-2)
2. Hanagushi (B-4)
3. Ikamai (C-2)
4. Incredible India Food Product Depot (D-1)
5. Kands (A-1)
6. Kenshin (A-3)
7. Kobeya Japanese Store (E-2)
8. La Cabrera (D-4)
9. La Grotta (C-3)
10. Nikkei (C-3)
11. Saboten (D-4)
12. DINING AT YAKAL (A-2)
Santis Delicatessen
I'm Angus
Carpaccio
Chesa Bianca
Cave Werdenberg
13. Sekitori (B-4)
14. Single Origin (C-4)
15. Tapella (C-4)
16. TPE (B-3)
17. Unakichi (B-4)

✳ BUSINESSES

1. Able Car Services (C-4)
2. BDO (D-2)
3. Fernando Lagman and Avenida Law Office (C-2)
4. Japanese Language School of Next Bridge Inc. (A-5)
5. JCB (C-3)
6. JNP (B-5)
7. Leechiu Property Consultants Inc. (D-4)
8. LeoPalace21 (C-3)
9. Metrobank Japan Desk (E-3)
10. Panasonic Manufacturing Philippines Corporation (C-3)
11. Property Icon Realty, Inc. (C-3)
12. PRA (D-3)
13. Sagass (C-3)
14. Nagase (C-2)
15. Tokyo Grand Renovation Inc. (C-3)

✳ BEAUTY / HEALTH FASHION

1. Hide 2A Hair Salon (C-4)
2. Oracle (B-4)
3. Royal Oriental Wellness (C-2)
4. Yakson Myunga (C-4)
5. Junca Salon (E-1)

✳ TRAVEL

1. ANA (B-2)
2. Dusit Thani (D-5)
3. Friendship Tours (D-5)
4. I'M Hotel (E-1)
5. JAL (C-3)

✳ STUDY

1. CMA Mental Arithmetic (D-2)
2. Happy Hearts Pre-School (F-1), (F-2)
3. PJ Link Language Center (B-4)
4. UNION Church of Manila (B-4)

✳ DISTRIBUTION

1. Sekyo (B-4)
2. Teppen (B-4)
3. Yarnazaki (B-4)



MAP 2

Bonifacio Global City

DISTRIBUTION

1. SANTIS Delicatessen (J-3)
2. UCC
3. Starbucks

RESTAURANTS

1. Buta+Wagyu (K-4)
2. Musashi-Tei (J-4)
3. Botan Black Café (K-3)
4. L'Opera (J-3)
5. Sentro 1771 (K-3)
6. Saboten (K-3)
7. Single Origin
8. Tsujiri (K-4) (J-3)
9. Fukudaya (J-4)
10. Crystal Jade Dining In (J-3)

BEAUTY / HEALTH FASHION

1. KIYOSA (J-2)
2. KARADA Factory (K-3)
3. Uniqlo (J-3)
4. M Tokyo (I-2)
5. The Smile Bar (K-2)
6. Vision Gym (I-2)

BUSINESSES

1. Marino Serviced Office (J-4)
2. Park West (K-1)
3. JTB (J-4)
4. Topia English Learning Center (K-2)
5. Genius English Academy (J-2)
6. Almario Physio Team (K-4)



P2P / UBE

P2P BUS ROUTES

MAKATI

Routes	Fare
Greenbelt 1 to Alabang Town Center	[P100.00]
Greenbelt 5 to Ayala Malls South Park	[P100.00]
Glorietta 3 to Robinsons Galleria	[P30.00]
Glorietta 3 to Robinsons Novaliches	[P100.00]
Glorietta 3 to UP Town Center	[P80.00]
Ayala Center - SM Megamall - Trinoma - SM North (Saturdays)	[P100.00]
Makati Circuit Lane to Nuvali Transport Terminal	[P150.00]
Park Square to Trinoma	[P95.00]
Greenbelt 5 to SM City Masinag	[P80.00]
Makati to Eastwood	[P100.00]
Greenbelt 3 to Sucat Interchange	[P100.00]
Greenbelt 5 - SM Cherry Antipolo	[P80.00]

QUEZON CITY

Routes	Fare
Robinsons Galleria to Clark International Airport	[P250.00]
Araneta Cubao - NAIA	[P100]

ORTIGAS

Routes	Fare
Robinsons Galleria to Antipolo Triangle Mall	[P50.00]

- Robinsons Galleria to Robinsons Place Antipolo [P60.00]
- SM Megamall to SM North EDSA [P65.00]

ALABANG

Routes	Fare
Alabang Town Center to Market! Market!	[P100.00]
Starmall Alabang - Central Mall Dasmariñas	[P50.00]
Starmall Alabang to Robinsons Galleria - Starmall Shaw	[P80.00]
Starmall Alabang to Vista Mall Daang Hari, Bacoor	[P35.00]
ATC to Ayala Malls 30th	[P80.00]
ATC to Greenhills Shopping Center	[P80.00]
Alabang South Station (Muntinlupa) - Market! Market!	[P100 / P80.00]
ATC - Greenbelt 1	[P180.00]
ATC - Ayala Malls the 30th	[P80.00]
ATC - Lawton	[P180.00]

BULACAN

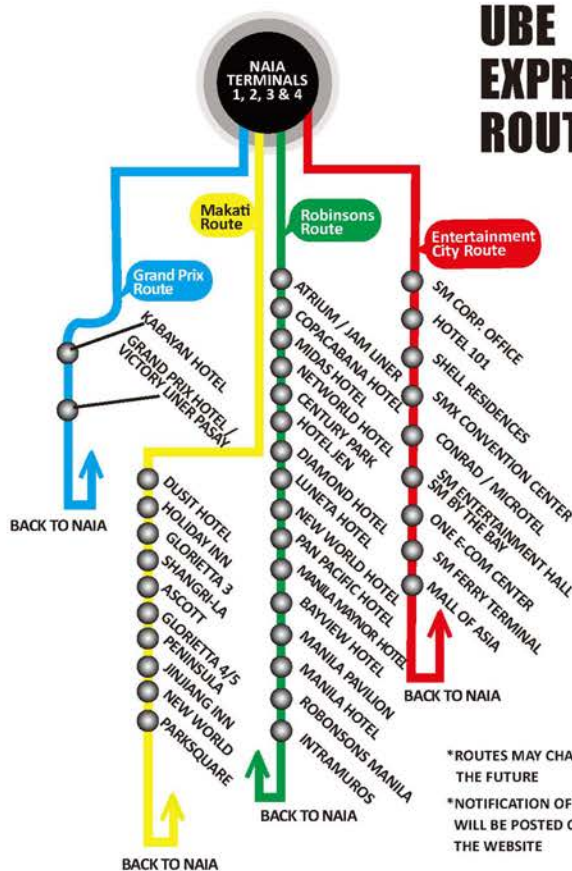
Routes	Fare
Sta. Maria Bulacan - Trinoma	[P70.00]
Robinsons Place Malolos - North Ave. (QC)	[P80.00]

Others

Routes	Fare
NAIA - Clark Airport	[P350.00]
Camella Dasma Highway - San Lorenzo Place Makati	[P150.00]

STANDARD FARE: Php 300.00

UBE EXPRESS ROUTES



LRT / MRT ROUTES

QUEZON CITY



FARES: (SINGLE JOURNEY)
MRT - Php 13.00 to Php 28.00
LRT1 - Php 15.00 to Php 30.00
LRT2 - Php 15.00 to Php 25.00

MAKATI

	LRT 1
	LRT 2
	MRT 3

LRT / MRT



What's New in the Metro?

QUEZON CITY



Concert April 15

The Story So Far with Elder Brother LIVE in Manila

Music continues to evolve through time but one genre that keeps on improving and getting better through the years is pop-punk. Catch one of the most requested pop-punk acts in the Philippines, The Story So Far, performing live with Elder Brother at the Skydome!

📍 Skydome, SM City North EDSA



Concert April 15

MØ Live In Manila

Danish pop artist MØ takes on the Manila stage on April 15 for her Forever Neverland World Tour! Don't miss out on the chance to hear her chart-topping hits Final Song, Beg for It, and Cold Water, live at the New Frontier Theater in Quezon City.

📍 New Frontier Theater, Cubao



Concert April 27

Stray Kids Live in Manila

Ready to stake their claim for success with a highly-requested stop in Manila, South Korean group, Stray Kids is coming for their UNVEIL TOUR 'I am...' on April 27!

Catch them live at the Smart Araneta Coliseum in Cubao, Quezon City.

📍 Araneta Coliseum, Cubao



Concert May 5

Mayday Parade

Mayday Parade is flying to Manila on May 5 to perform at the New Frontier Theater. Expect their top hits, "Never Sure," "It's Hard to Be Religious When Certain People Are Never Incinerated by Bolts of Lightning," and "Piece of Your Heart" from their 2018 album Sunnyland.

📍 New Frontier Theater, Cubao

PASAY CITY



Event April 25 - 27

Manila FAME 2019

The country's premier design and lifestyle trade show is back this year with yet another collection of masterpieces ranging from millennial-friendly to innovative designs, textures, prints, and sustainable products!

📍 World Trade Center, Pasay City



Concert May 1

The Bloom Tour: Troye Sivan

Australian actor and singer-songwriter Troye Sivan will invade the Philippine stage for his Asia Tour promoting his new album, The Bloom.

The tour is happening on May 1, at the SM Mall of Asia Arena, Pasay City.

📍 MOA Arena, Pasay City



Concert May 8

Jason Mraz Live in Manila

Following a recent one-off show in Singapore last year, the American singer-songwriter Jason Mraz is coming to Manila on May 8, at the Mall of Asia Arena to kick off his series of shows in Asia.

📍 MOA Arena, Pasay City

MAKATI CITY



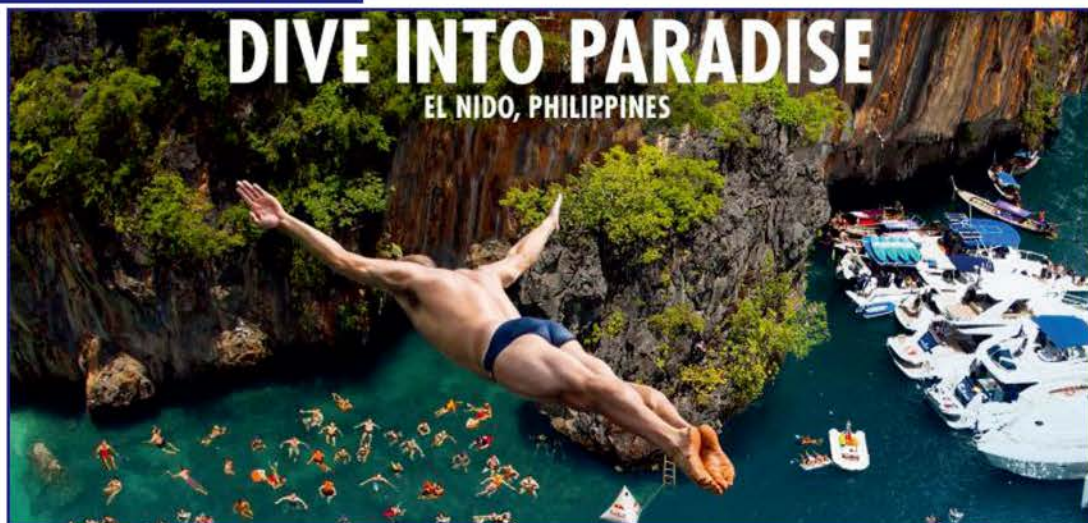
Show April 13

Canadian Comedian Tom Green Comedy Tour in Manila

Canadian comedian Tom Green, known for his hilarious comedy show "The Tom Green Show," is now on his Asian leg tour and he's stopping by Manila this coming April 13, at the Ballroom City Club, Makati City!

📍 The City Club at Alphaland Makati Place, Makati City

SPOTLIGHT



Sports

Red Bull Cliff Diving World Series 2019

April 12 - 13

Red Bull Cliff Diving World Series makes its highly-anticipated debut in the Philippines as it kicks off its 11th season in El Nido, Palawan on April 12 to 13. Twenty-four professional male and female cliff divers from 18 nationalities will take off for the clear emerald waters of the Small and Big Lagoon in Miniloc Island, including record champions Rhiannon Iffland (AUS) and Gary Hunt (GBR).

📍 Miniloc Island, El Nido, Palawan



Theater March 22 - April 14

Fathers Day

Prepare for a heartwarming story about families sticking together no matter what with REP's Father's Day from March 22 to April 14! Expect no-holds-barred dialogues as Miguel Faustmann, Andres Borromeo, Liesl Batucan, and Becca and Rachel Coates takes Onstage Theater, in Greenbelt 1, Makati City like never before.

📍 Greenbelt 1, Makati City

Philippine primer
The Expats' Guide to the Philippine Lifestyle

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Experience beautiful *Japan* in Kyushu!

GoKumamoto

DAY 1

- ✧ Depart via Cebu Pacific Airways: Manila to Fukuoka Airport (Arrive at 17:30)
- ✧ Transfer: Fukuoka International Airport to Kumamoto Traffic Center (high-speed bus)
- ✧ Stay: Hotel in Kumamoto City

DAY 2

- ✧ Kumamoto City sightseeing
- ✧ Kumamoto Castle (Sakura viewing)
- ✧ Suizenji Park
- ✧ Tram tour (1-day ticket)
- ✧ Walking around the arcade
- ✧ Stay: Hotel in Kumamoto City

\$1,000
per person

DAY 3

- ✧ Free time (options below)
- A: Healing time at Kurokawa Onsen
- B: Rapid-speed train tour to Amakusa - World Cultural Heritage - Sakizu Village
- C: Hitoyoshi Onsen and Aoi Aso Shrine (Sakura viewing)
- D: Tour of Aso Volcano (one of the world's largest active volcanoes) and a magnificent view of Kusasenri
- ✧ Stay: Hotel in Kumamoto City

DAY 4

- ✧ Departure day
- ✧ Free time until departure
- ✧ Transfer: Kumamoto Traffic Center to Fukuoka International Airport (high-speed bus)
- ✧ Depart via Cebu Pacific Airways: Fukuoka Airport to Manila (Depart at 13:35)

*Package rate may be modified according to the fluctuation of flight prices.

CONTACT US:

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✉ travel@primer.ph



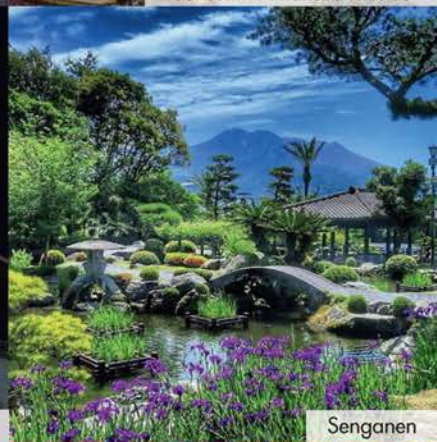
Go Kyushu



Sunset in Amakusa Islands



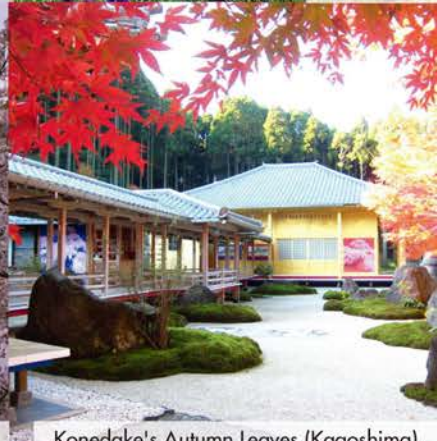
Sakizu Church



Senganen



Nishihei Tsubaki Park



Konedake's Autumn Leaves (Kagoshima)



Dolphin Watching

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2018 WORLD TECHNICIAN COMPETITION

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ISUZU MANILA (02) 562-4601 TO 15
ISUZU PASIG (02) 671-3434
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LUZON

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ISUZU DIPOLOG (065) 212-4199
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