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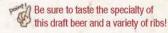
KIRIN ICHIBAN DRAFT BEER



Where to enjoy the new Kirin Ichiban draft beer



YAKINIKU A5 TOKU





Our specialty is A5 Rank Japanese Black Wagyu, using charcoal fire to enjoy the original taste of meat. In particular, we offer many types of rib and you can enjoy different flavors. Kirin Ichiban draft beer is essential to complete our meals. Our delicious yakiniku and Kirin Ichiban draft beer will make you enjoy a delicious time!

Little Tokyo, Chino Roces Ave, Pasong Tamo er Amorsolo Street, Legazpi Village, Makati © 0999-438-5943 (smart) / 0967-435-7466 (globe)

Tsuyoshi Morita





RAMEN **ICHIDAIGEN**



Taste our Gyoza and Kirin Ichiban draft beer! We offer the best combination.



The Creamy taste and Japanese quality of Kirin Ichiban draft beer is highly reviewed. Last year, a local company had a party at our space and Kirin Ichiban draft beer was the most popular drink among them. Our speciality is Gyoza, cooked with supervision from Serina, the famous Japanese Restaurant located in Little Tokyo, Please enjoy our Gyoza with Kirin Ichiban draft beer!

- Polaris Center 48, Brgy Poblacion, Makati City
- ©02-8962-1642 ©11 am 3 pm, 6 pm 11 pm

Mizuki Hayashi





Information (For Japanese and English) Market desarto@smb.sanmiguel.com.ph

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March2020









[Feature Stories]

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Features of the Issue

STREET – For people for whom going out of town is rarely a handy option, "staycation" and "spa day" have been coined as alternative means of refuge that are more practical and attainable. Metro Manila may well be the cradle of all kinds of stress, but the plentitude of hotels and spas are ready to redeem you from the dark abyss. Turn immediately to the Street section to find these saving graces of the city.

COVER – If you are lucky enough to escape from the metro, where do you go? Let this month's travel feature allure you to a mystical, spellbinding paradise we have found in El Nido, Palawan—where many visitors have easily been converted into townsfolk. For what reason? It may have been the extraordinary nature surrounding the town. It may have been the tranquil lifestyle. Or the dynamic community that makes it easy to have friends and connections everywhere in town. Visit El Nido and see for yourself.

JAPAN SPECIAL — This month's featured destination in Japan is also all about relief from worldly troubles and getting closer to nature. As the country's most unspoiled region, Hokkaido offers something fresh to visitors with more nature than skyscrapers and greater immersion in solitude rather than hustling crowds. In this issue, we give you ways to enjoy five days of respite in this truly promising island of Hokkaido.

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> Bryan Boado Marketing Executive



The Henry Hotel 0000

The Henry Hotel Manila is not your usual boutique hotel in the heart of Manila. What was once a post-war mansion with adjoining cottages was turned into a warm nostalgic hotel in 2014, exuding old-world flavor combined with modernism that accordingly redefines a serene hotel experience in the metropolis. It features five Liberation-style houses with 35 unique rooms of four types. Each house is designed with Scala grilles inspired by the Art Deco style and baldoza tiles prevalent during the 1940s, giving guests the design pulse of the era. Apart from the hotel itself, the garden area is one of the hotel's stellar features, which was designed by Ildefonso P. Santos, National Artist for Landscape Architecture.

- 2680 FB Harrison St., Pasay City
- O 02-8807-8888
- O Check-in / Check-out: 2 pm / 12 pm
- manila.thehenryhotel.com
- The Henry Hotel Manila

















Rizal Park Hotel 99999

Originally built in 1911 for the Manila Army and Navy Club, Rizal Park Hotel is now Manila's 5-star boutique hotel whose tale spans from its restoration back in 2014 to the present time. It is a dignified structure donned in white and canopied by the beautiful palm trees and acacia trees—all the while embraced by the well-carved iron fence. Apart from its colonial-era-looking 110 rooms, the hotel is also complete with entertainment facilities including a spa, coffee shop, sky bar, gym, function halls, and Café Rizal.

- South Rd. Dr., T.M. Kalaw Ext., Ermita, Manila
- O 02-8804-8700
- O Check-in / Check-out: 2 pm / 12 pm
- rizalparkhotelmanila.com
- Trival Park Hotel











Element Boutique Hotel 9999

Strategically located near Rockwell and Ayala Center, Element Boutique Hotel is a chic lifestyle establishment designed and managed by Franco Filipino. Its unique space embodies passion for utmost comfort, food, and traveling that is clearly seen in its overall appearance that takes the shape of an urban oasis featuring a warm and modern design using wood and plants. The boutique hotel offers six types of rooms, all custom-designed with elegant raw materials combined with modern aesthetic. Completing the warm experience is its in-house restaurant Bohem Bistro Boulangerie where one can enjoy the finest flavors of French and Mediterranean cuisine.

- 4950 Guerrero St., Brgy. Poblacion, Makati City
- O 02-8805-1360 / 0917-505-7500
- O Check-in / Check-out: 2 pm / 11 am
- elementboutiquehotelmakati.com
- **1** Element Boutique Hotel









Hotel Céleste 00000

Known as the first boutique hotel in Makati, Hotel Céleste is a go-to place for travelers and business people alike who desire a leisure exploration in the city. The grandeur silvery-white building offers 25 deluxe rooms and 5 suites, visibly with no two rooms alike. While the deluxe rooms are designed with modern European style that features wooden floors, the suite rooms boast of utmost elegance and a touch of royalty with their namesakes being five of the famous French queens. Its strategic location near San Lorenzo Village and Ayala Center makes it an ideal place to stay in for a quick city stay or

- O2 San Lorenzo Dr. cor. A. Arnaiz Ave., San Lorenzo Village, Makati City
- O 02-8887-8080
- O Check-in / Check-out: 2 pm / 12 pm
- notel celeste.ph
- **1** Hotel Céleste







The Picasso Boutique Serviced Residences PPP

The Picasso Boutique Serviced Residences is an art lover's dream haven—an 8-story building whose overall look is inspired by the art of famous is fairly visible from the white canvass of the facade to the interior design based on significant colors. Of course, The Picasso is not at the top of its game aesthetic-wise alone, as it offers guests top-tier holistic experience as well through its Qi Wellness Spa, Studio 119, and Pablo Bistro. Plus, there is a dedicated gallery on the third floor for more doses of all things artsy!

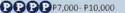
- ♥ 119 L.P. Leviste St., Salcedo Village, Makati City

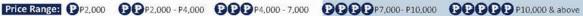
- picassomakati.com
- **10** The Picasso Boutique Serviced Residences















Royal Room (P4,800 net)



Networld Hotel

Networld Hotel Spa and Casino in Pasay beams with a reliable Japanese brand of service, hence the popularity among the Japanese on business trips. It houses six kinds of cosmopolitan-style rooms, the rejuvenating SM Kenko Spa, the world-class Networld Casino open to gamers 24/7, and the in-house Le Amoretto Café and Bar as well as Kaishu Restaurant that will surely pique your taste buds with authentic Japanese flavors. With its strategic location, one can easily access nearby locations such as Ninoy Aquino International Airport, Chinatown, and various shopping complexes in the metro.

- Jipang Bldg, cor. Sen Gil Puyat Ave., Roxas Blvd., Pasay City
- © 02-8536-5828 / 02-8536-7777 / 02-8834-7777 / 0998-596-4452
- O Check-in / Check-out 2 pm / 12 pm
- jipang-group.com/networld-hotel
- Networld Hotel Spa and Casino









KL Serviced Residences 900

KL Serviced Residences is a residential tower situated in the midst of Legaspi Village's lush neighborhood that primarily caters to corporate travelers and tourists. It houses eight types of rooms, which are designed for urban-goers with their earth tone palettes and modern geometric patterns, indoor swimming pool, sauna rooms, and gym facility. Apart from these, one thing that the residential hotel boasts of is their zero-plastic waste initiative enacted by not using plastic bottles anymore.

- 9 117 Gamboa St., Legaspi Village, Makati City
- O 02-8845-0084
- O Check-in / Check-out 2 pm / 12 pm
- kltower.ph
- ☑ reservations@kltower.ph
- klservicedresidences









The Alpha Suites 0000

As a luxury serviced residence, The Alpha Suites has 250 spacious suites that are collectively furbished with full-size kitchens featuring top-of-the-line appliances, electric window shades, television lifts, dishwasher, washer and dryer, and of course, high-speed internet connection. More so, satisfy your leisure and business needs even more by visiting the three-hectare lifestyle hub called The City Club where guests of the Alpha Suites have direct access to. Bringing your pets will never be a problem as well since they have a dog hotel inside.

- ♥ 7232 Ayala Ave. Ext., 1209 Makati City
- O2-8737-0088 / 02-7752-3625
- O Check-in / Check-out 2 pm / 12 pm
- thealphasuites.com
- **1** The Alpha Suites
- thealphasuites

Herald Suites 900

Herald Suites intricately takes the shape of a classic, vintage hotel undisturbed by urban noise, where quests can tuck themselves in its midst while still enjoying the pleasures offered by the world outside. Its rooms, despite being different from each other, stands on the middle ground of things by means of being equipped with a mini bar where coffee or tea-making sessions are made possible, a bathtub for utmost relaxation especially at night, and access to the internet for ease of working. While each guest is provided with a complimentary breakfast, the hotel houses three restaurants where they can take delight in their personal preferences: fine dining Coca Cafe, cozy nook Meridian Lounge, and Japanese restaurant Hatsu Hana-Tei.

- 2168 Don Chino Roces Ave., Makati City
- © 02-7759-6270 to 81 / 0917-315-9247 / 0939-938-3715
- O Check-in / Check-out: 2 pm / 12 pm
- heraldsuites.com
- **(7)** Herald Suites















Makati Diamond Residences 9999

Right across the popular shopping mall Greenbelt is Makati Diamond Residences, which offers 410 spacious, modernly designed, and furnishing-rich guest rooms. These are laden with a fully-equipped kitchenette, a washer and dryer unit, 55" LED television, and large shower and bath areas. Further, amid the hotel's expanse also lies a number of facilities like the Business Centre, 24-hour gym, indoor lap pool, spa, and a selection of restaurants and bars. What's more, they have an exclusive Dining Card that allows quests to avail of their complimentary breakfast at restaurants like Max's, Pancake House, and Toby's Estate.

- 118 Legaspi St., Legaspi Village, Makati City
- Q 02-5317-0999 / 02-8878-9699
- Check-in / Check-out: 2 pm / 12 pm
- makatidiamond.com
- ল reservations@makatidiamond.com
- Makati Diamond Residences

Hotel Jen 000

64-sam One Bedroom Suite

Hotel Jen Manila is a dynamic hotel complete with functional services and amenities suited for businessmen and travelers alike. It houses three rooms of varying categories capable of catering to diverse needs: Deluxe rooms for a relaxed stay, Suite rooms for functions, and Club rooms for a special and unforgettable stay. They also have a world-class in-house Japanese restaurant called Kitsho. Hotel Jen particularly traces its bloodline to the prominent brand of Shangri-La, and is within easy access to NAIA, Makati Central Business District, and the Malate entertainment district.

- ♥ 3001 Roxas Blvd., Pasay City
- O 02-7795-8888
- O Check-in / Check-out: 2 pm / 12 pm
- a hotelien.com
- Thotal Jen Manila by Shangri-La















Hotel Benilde Maison De La Salle 9999

Hotel Benilde Maison De La Salle offers a sleek and stylish accommodation in the midst of Manila, whose 49 guest rooms are refurbished with state-of-the-art features including a 40-inch LED Smart TV, WiFi, and automated service-calling system. Moreover, it is home to a plunge pool, gym, 24-hour business center, efficient meeting venues, and a contemporary restaurant called Café Romancon.

- Arellano cor. Estrada St., Malate, Manila
- Q 02-8230-5230
- O Check-in / Check-out 2 pm / 12 pm
- hotelbenilde.com
- 1 Hotel Benilde













The Retreat Spa 9999

Loosen up as you please and luxuriate at the same time with the help of Okada Manila's The Retreat Spa, an expansive establishment of its kind that offers a holistic, "almost spiritual" spa experience. This is foremost through treatments tailored to suit one's well-being, starting with a personalized consultation to determine the most suitable service for you. Apart from their 10 indoor Main Spa Suites complete with top-of-the-line treatment tables and 4 outdoor spa Casitas, what may be their most unique feature to date is Southeast Asia's first-of-its-kind meditative experience called Wave Dream Meditation Chamber-a room that offers just that through chromotherapy and high-power LED light projection of dancing waves boosted by sounds of water. Each guest who avails any of their treatments gets to use the chamber for an unlimited time.

- 9 3/F, Pearl Wing, Okada Manila, New Seaside Dr., Entertainment City, Parañaque City
- O 02-8555-5775
- O 10 am to 4 am (The Retreat Spa Pool is open until 10 pm only)
- okadamanila.com

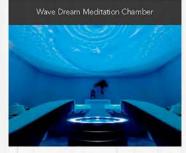












Marahai Spa 0000

With its name taken from the local Bicolano word marahay that means to be well, Marahai Spa in New World Makati holds the promise of unmatched wellness with their list of enriched face and body treatments, as well as massage offerings like Swedish, Shiatsu, Aromatherapy, and Philippine Hilot. Notably, the spa offers room service for their massages for just an additional P200, so you may freely ask for it if you don't feel like leaving your hotel room.

- New World Makati Hotel, Level 3, Esperanza St. cor. Makati Ave., Ayala Center, Makati City
- O 02-8811-6888
- O 10 am to 1 am
- manila.newworldhotels.com
- New World Makati Hotel

I'M Onsen Spa

Situated inside I'M Hotel is I'M Onsen Spa that boasts quality treatments and packages that are inclusive of access to their wellness suites, teas, and international buffet. With onsen equating to Japanese hot spring, guests are expected to follow the etiquette-such as stripping oneself of any piece of clothing-that comes with enjoying the spa's variety of onsen choices like the Carbonated Bath that aids circulation and the Mineral and Ceramic Bath that is infused with natural minerals.

- Q UG/F, I'M Hotel, Makati Ave. cor. Kalayaan Ave., Makati City
- O 02-7755-7877
- O 12 pm to 2 am (Mon to Thu); 10 am to 3 pm (Fri to Sun)
- imonsenspa.com
- 1 I'M Onsen Spa
- @ imonsenspa

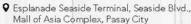






Marina Bay Spa @@@

By the bay lies an oasis of beauty and indulgence that took the form of Marina Bay, a one-stop spa and lifestyle club perfect for those seeking some feel-good pampering experience and rejuvenation. For only P1,700, you can already take pleasure in the one-hour Marina Signature Massage that also lets you maximize the buffet and facilities like sauna, steam, Jacuzzi, heated floor (ganban'yoku), and relaxing lounge in a span of four hours. Avail of one of their offered membership types called Shell Membership (P60,000/6 months) and enjoy free access to such facilities and P7,500 worth of vouchers.



- Mall of Asia Complex, Pasay City © 02-8834-1888 / 0977-831-2888 / 0920-976-8888
- 11 am to 12 am (Mon to Thu); 11 am to 2 am (Fri to Sun)
- marinabayspa.com

☑ marketing@marinabayspa.com







Rodeo Spa



Rodeo Spa has an all-female group of massage therapists who are carefully trained to carry out professional services. With a selection of rejuvenating ones such as Rodeo Signature Massage (P900) that is a one-hour worth of oil massage, dry massage, and back stone massage and the full-body Lava Stone Massage (P800/1 hr), as well as face massage and slimming care treatment using equipment from Korea, it might as well be one of the most sought-after spa destinations in the south especially among Koreans.

- ♥ Unit 61, 2/F MSA Prime Center Prime St., Brgy. New Alabang Village, Muntinlupa City
- O 02-8552-1321
- (Mon to Thu); 11 am to 12 am (Fri to Sun)
- @ Rodeo Spa Alabang







Japan Spa Yamachu O

Japan Spa Yamachu is a quaint spa in Manila that is dotted with facilities like public baths for men and women, general treatment areas, Jacuzzi, sauna, and locker rooms. For just P850, you can already enjoy the spa's facilities for five hours with a complimentary one-hour massage where you can choose from body massage, foot massage, and Thai Massage. Another package is priced at P1,100, which comes with an additional Japanese food of your choice-curry rice, ramen, or beef stew-on top of the previous package. Additional one hour massage is worth P350.

- Q 1766 A. Mabini St., Malate, Manila
- O 02-8354-5035
- O 24/7







New Lasema Jjim Jil Bang Spa 📭

New Lasema Jjim Jil Bang Spa is one of the sought-after spas in the metro—with it being the country's first authentic Korean spa. Since it opened its doors in 2018, it has been ceaselessly providing nothing Get the most of your New Lasema experience by availing any of their maximum of 12-hour stay and use of their dry and wet saunas as well as

- 9 8846 Sampaloc St. cor. Estrella St., San Antonio Village, Makati City
- © 0995-871-7389 / 02-8830-2222 loc. 102
- 0 24/7
- 1 New Lasema Spa









Wensha Spa

With its facilities purely designed to relax, rejuvenate, and detoxify guests from head to toe, you might as well deem Wensha Spa as the perfect venue for your regular pampering session. Avail one of their one-hour massage services such as their signature Wensha Spa Body Massage (P1,080) and get to freely use the sauna, Jacuzzi, steam bath, and of course, the buffet for six hours. To date, they have two branches in the metro-one in Pasay City and the main branch in Quezon City.

- OCP Complex, Roxas Blvd. cor. Sen. Gil Puyat Ave., Pasay City
- O 02-8832 5877 / 02-8833-9878
- O 24/7
- ◆ Wensha Spa (OFFICIAL)

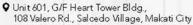






Aramesh Spa & Wellness 00

Opened in 2012, Aramesh Spa & Wellness is the first Persian Spa in the metro, which is owned by two Persian-Filipino female dentists. It is an exotic secret hideaway spa that offers a wide range of massage treatments inspired by the rich culture of Persia. Aramesh particularly uses a deep-tissue massage technique as a form of natural healing and relaxation that has long been practiced in Iran. Indulge in a relaxing Persian spa through their scrubs and body treatments, relaxing facials, waxing, as well as foot and hand



- O2-8478-7738 / 0917-509-2010 / 0917-820-7827
- @ 1 pm to 12 am
- arameshwellness.com
- Aramesh Wellness







SM Kenko Spa

SM Kenko Spa is a long-established Japanese-style spa taking refuge inside Networld Hotel. Apart from offering the first-of-its-kind Hydrojet Massage Pool in Manila that is centered on relaxing guests through its powerful yet curative waters, it also provides folk-influenced spa services namely Dagdagay (P700/75 mins) and Hilot (P1,400/2 hrs; P1,800/2 hrs w/ sauna). It has settled itself inside NAIA Terminals 1 and 3 as well, so you can definitely loosen up before or after a flight.

- O Networld Hotel, Jipang Bldg., Roxas Blvd. cor. Sen. Gil Puyat Ave., Pasay City
- O 02-8536-5830
- 11 am to 7 am; 2:30 am last call for massage
- a jipang-group.com
- SM Kenko Sauna







Qiwellness

Taking quiet refuge inside The Picasso Boutique Serviced Residences, Qiwellness offers a holistic approach in relaxation through the combination of modern therapies and centuries-old oriental healing techniques-promising true therapy and lasting wellness without disrupting one's qi. Embrace the spa's identity by trying any of their 90 mins signature massages that fuse basic massages into one kind. These include Qitranquility, Qivitality, and Qiharmony that are all priced at P1,330, to name a few.

- ♥ 4/F The Picasso, 119 L.P. Leviste St., Salcedo Village, Makati City
- O2-8556-1818/0916-793-6666
- 1 pm to 9:30 pm
- a qiwellness.ph







The Spa Wellness 00

With quite a history under its name dating back to 1996, The Spa Wellness proves to be a home of only the highest standards of excellence. This is well-reiterated by its Superbrand status and it being an accredited member of the International Spa Association. As suggested by its name, the spa's Classic Massages remain the prominent thing that pull people in with options of Deep Tissue Massage, Shiatsu Massage, Swedish Massage, and the Combination of Swedish and Shiatsu Massages all starting at P1,102 for a one-hour deluxe

- ◆ R3 Level, Power Plant Mall, Rockwell Dr. cor. Estrella St., Brgy. Poblacion, Makati City © 02-8811-6868 / 0928-550-4887
- 11 am to 7 pm (Sun to Thu); 11 am
- to 8 pm (Fri to Sat) thespa.com.ph
- **The Spa Wellness**



Yeu Sole + Body Spa 0

Yeu Sole+Body Spa in Legaspi Village offers only the best spa treatments by combining three different relaxation techniques-Vietnamese, Chinese, and Thai. Inside are five rooms dedicated to foot massage and another five to body massage treatments. Moreover, couples can also freely choose to get a couple room. One of the spa's must-try services is the Yeu's Sole to Soul Massage (P699/90 mins), a full body treatment that starts with a Vietnamese Natural facial followed by a relaxing foot massage and a good body stretch.

- 🗣 102 Gamboa St., Legaspi Village, Makati City O2-8893-3105 / 0915-998-3812
- 4 pm to 12 am (Mon to Fri); 2 pm to 12 am (Sat to Sun)
- ◆ Yeu Sole + Body Spa















PRIMER'S Pampering PICKS







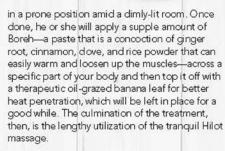
Founded on the concept of garden in heaven, Dusit Thani Manila's Devarana Spa features facilities that are designed for guests to have a full private sanctuary experience amid the busy streets of the metropolis. Particularly, the spa takes pride in its six Thai-designed facilities with built-in steam shower, outdoor shower, massage area, and lounge. The Makati branch is among Devarana Spa's long list of branches that are situated in countries like Thailand, Kenya, Maldives, USA, China, and Egypt.

Borehilot Massage

With the core aim of returning one's body and mind into the state of natural equilibrium that equates to sound health, Devarana Spa came up with the Borehilot Massage that is a fusion of Filipino Hilot Massage and Balinese Boreh Remedy. While the former is a traditional Filipino technique that generally involves the identification of a body's pressure points and the release of tension through strokes, the latter is rooted in the culture of Bali in Indonesia that utilizes the combination of herbs and exotic spices in the forms of a mask and a scrub believed to revive one's body after a long day at work.

How it works

Before the actual performance of the treatment, the therapist will first lightly massage your whole body while you are settled



Perfect for

- •Relieving fatigue
- •Restoring lost energy
- Brightening complexion

How much

P4,000 for a 90-min session

- 2/F, Dusit Thani Manila, Makati City
- O2-8818-7081 / 02-8818-8856
- devaranaspa.com
- **⊕** Devarana Spa

Float Manila's 90-Min Float

Float Manila is the only spa in the country where you can experience "flotation therapy"—a spa treatment where you float your body in a float tank brimming with 200 gallons of water fused with 400 kg of high-salinity Epsom Salt (magnesium sulfate). Each session lasts for about 90 minutes, which foremost allows your body and senses to relax and be in a state of meditation as you stay afloat

90-Min Float

Float Manila's floating tanks are filled with the kind of solution that lets guests float completely even without pushing themselves to. Combined with the UV light inside of each tank, this becomes twice as powerful as chlorine in terms of oxidizing and destroying microorganisms.

The water ceaselessly circulates through the disinfection system, so guests do not have to worry about the state of the water.

How it works

Once your condition is checked at the reception area and you are subsequently oriented about the floating therapy experience, you will first have to take a 15-min pre-float shower. Thereafter, you will finally enter the almost soundproof private room

where the floating tank awaits. The floating experience is on your full control—you may do it with or without dosing the tank's door, although the latter is more recommended. It's bigger than a regular camping tent and is equipped with an internal UV light so you would not feel suffocated if you choose doing it with the door dosed.

Right there and then, start floating effortlessly! In the last five minutes of the session, music will start playing to inform you of it.

Some important things you have to remember before a session, though, is to avoid drinking anything caffeine-infused for it is a stimulant and not to shave so the salt water would not cause any skin irritation. Plus, floating without any dothing pieces is typical.

Perfect for

- •Experiencing relief from joint aches and pains
- •Disconnecting from the world and reconnecting with oneself
- Achieving mindfulness
- Experiencing utmost restfulness

How much

P2,250 for a 90-min session

- Power Plant Mall, Rockwell, Makati City
- O917-714-7258
- 10 am to 9:30 pm (Mon & Wed); 6:30 am to 9:30 pm (Tue & Thu); 9:30 am to 10 pm (Fri); 7 am to 10 pm (Sat); 8 am to 9 pm (Sun)





DINING



FOR BUFFET 30% OFF plus 1 Free Iced Tea per person, based on published rate

FOR ALA CARTE FREE ICED TEA FREE WASABI ICE CREAM



15% OFF on total bill



15% OFF on total bill



15% OFF on total bill



15% OFF on total bill



10% OFF

on total bill



10% OFF

on total bill (Dinner time only)

IKOMAI TOCHI DESSERT

10% OFF

on total bill



10% OFF

on total bill









10% OFF on total bill



10% OFF on total bill



10% OFF

on total bill





10% OFF on total bill



10% OFF on total bill (maximum of 5 pax)



10% OFF for a minimum spend of P2,000



10% OFF on total bill or FREE SISIG NACHOS for a minimum spend of P1,000



10% OFF

on total bill

10% OFF on total bill



10% OFF

spend of P500



10% OFF for a minimum spend of P500



FREE SPICY **TORI KARAAGE**

for a minimum spend of P1,000 **YOSHIDOYA**

FREE BEEF YAKINIKU for a minimum spend of P1,000

FREE GYOZA for a minimum spend of P700

FREE ALBONDIGAS DE CHORIZO for a minimum spend of P2,000

FREE SALMOREJO and TOCINO

TXANTON

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The world renowned Mr. Andrea Rocelli visited Caruso Ristorante
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16 Jupiter St. cor. Antares St., Bel-Air, Makati ☎ 02-831-6546/0916-377-3655 (Globe) Business Hours: 11:30 AM - 2:30 PM / 5:00 PM - 11:00 PM No regular holidays vokohamameatkitchen









Upper left: Simple and cozy restaurant interior Upper right: Yokohama Set (P1,450) Lower left: Kaisen Moriawase (P590) Lower Right: Bibimen (P350)













111 Restaurant Guide

MAKATI

Azuthai

〒 02-8813-0671/02-8817-6252

♠ G/F, Milkyway Building, 900 Arnaiz Avenue cor. Paseo de Roxas, Makati City

Caruso Ristorante Italiano

202-8895-2451/02-8895-8790

♠ 210 Nicanor Garcia St., Bel Air, Makati City

Cave Werdenberg

〒 02-8892-0128 / 02-8817-1217

♠ 7431 Yakal St., San Antonio Village, Makati City

Chesa Bianca

© 02-8815-1359/02-8892-7524 ♠ 7431 Yakal St., San Antonio Village, Makati City

Corner Tree Cafe

雷 02-8897-0295

♠ 150 Jupiter St., Bel-Air, Makati Citv

Hanagushi

☎ 02-7744-1966

♠ G/F, The Beacon Don Chino Roces Ave. cor., Arnaiz Ave. Makati City

I'm Angus

ନ୍ତ 02-8892-5852/02-8275-5938

♠ 7431 Yakal St., San Antonio Village, Makati City

iTrulli

ត 02-8832-9600

♠ Suites 102/104, LRI Design Plaza, 210 Nicanor Garcia, Bel Air 2, Makati City

Kenshin

ନ୍ତ 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

202-8833-8946/0905-290-0703

♠ G/F 6750 Ayala Ave. Business Tower Glorietta Complex Ayala Ave., Makati City

MilkyWay Café

☎ 02-8843-4124/02-8843-7124

♠ 2/F Milkyway Bldg. 900 A. Arnaiz Avenue (Pasay Road) cor. Paseo de Roxas, Makati City

Sekitori

g 02-8816-7608/02-8894-3876

♠ Little Tokyo, Chino Roces Ave., Legaspi Village, Makati City

Nikkei

202-8541-6689 / 0916-636-9817

♠ G/F, One Rockwell, Rockwell Center, Makati City

ති 02-8880-0231 / 0927-273-0114

♠ 111 Rada St., Legaspi Village, Makati City **202-8637-2206 / 0995-908-3145**

♠ G/F The Podium, Ortigas Center

Single Origin

© 02-7728-2467 / 0977-390-0429 ♠ G/L, Greenbelt 3 Ayala Center, Makati City

2 02-8772-6259 / 0995-914-4137

A G/F, Edades Tower & Garden Villas, Amorsolo cor. Rockwell Dr., Rockwell, Makati City

Tapella

☎ 02-7757-2711

♠ G/F, Greenbelt 5, Makati City

Tsukiii

202-8843-4285/02-8812-2913

♠ 900 A. Arnaiz Avenue (Pasay Road) cor. Paseo de Roxas, Makati City

Unakichi

ନ୍ତ 02-7728-2072

A G/F, Makati Cinema Square, Amorsolo St., Makati City

Yokohama Meat Kitchen

ପ 02-8831-6546 / 0916-377-3655

♠ 16 Jupiter cor. Antares St., Bel-Air. Makati City

Yoshinoya

ନ୍ତ 02-8288-2888

♠ 2/F Glorietta 1, 125 Ayala Center, Makati City

BGC

Fukudaya

ନ୍ତ 0927-264-0171 / 0998-805-6859

♠ Unit 7 The Plaza, Arya Residences, Mckinley Parkway cor. 8th Ave., BGC, Taguig City

Isla Sugbu

ନ୍ଦ 0998-966-2990

♠ 2/F Venice Grand Canal Mall. Mckinley Hill, Taguig City

Miyazaki Gyu

ନ୍ତ 02-8829-6167/0917-168-6673

♠ Podium Level, One McKinley Place, 26th St. cor. 4th Ave., BGC, Taguig City

L'entrecôte Bistro and Upper Room

☎ 02-8856-4858

♠ Unit A Bellagio, Forbes Rd., Forbes Town Center, BGC, Taguig City

NIU by Vikings

© 02-8478-3888/0917-586-6888

♠ 6/F SM Aura Premier, 26th St., BGC, Taguig City

Single Origin

© 02-8894-4042 / 0906-268-8902

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

OTHERS

Epiloque

☎ 02-8816-7088

A S Maison, Conrad Manila, Seaside Boulevard Cor., Coral Way, Pasay City

Kenshin

☎ 0917-120-0672

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

La Vita Ristorante Italiano

ත 02-8285-1486

A Level 3, The Podium, Mandaluyong City

Putien

ପ୍ର 02-8282-1888/02-8282-6888/ 0918-919-3888

♠ 5/F The SM KL Podium ADB Ave., Julia Vargas, Mandaluyong City

Rossini

☎ 02-8800-8061

♠ 2/F S'Maison Conrad Hotel, Seaside Blvd., Pasay City

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Grocery / Specialty Store

Aldimashqi Grocery

☎ 0915-200-0515

♠ The Grand Towers Manila, 790 Pablo Ocampo St., Malate, Manila

Anmol Indian Grocery

☎ 02-8296-7978

♠ 7819 Makati Ave., Makati City

Assad Mini Mart

全 02-8372-3146

★ 31 Timog Ave., Diliman, Quezon City

ASSI Fresh Plaza

☎ 02-8832-9741

Ath Ave., Bonifacio Global City, Taguig City

Asuka Japanese Grocery

₱ 02-8834-8043

A Unit 7, Cartimar Plaza, Cartimar Ave., Pasay City

Bee Tin Grocer

全 02-8243-3453

♠ #735 Ongpin St., Brgy. 295 Zone 028, District III, Binondo, Manila

Darumaya Japanese Foaods Center 2 02-8831-8382/0995-449-7081/ 0923-698-9259

Plaza #5 Cartimar Shopping Center, Cartimar Ave., Pasay City

☎ 02-8252-0316/0917-871-5995

#156 Speaker Perez St., cor. Alcaraz, Brgy. Maharlika, Quezon City

Gangnam Mart

☎ 0917-180-8282

♠ G/F, The Fort Strip, 28th St., Bonifacio Global City, The Fort

Hotei Japanese Premium Inc.

☎ 0917-723-9126

2 02-8807-1107

A G/F, 1 Juno corner Makati Ave., Bel-Air Makati City

Hummus Elijah

☎ 0905-313-4602

♠ 7850 Makati Ave., Makati City

Jin Mart Korean Grocery

☎ 02-7587-8884

A HK Sun Plaza, Diosdado Macapagal Blvd., Pasay City

New Hatchin Japanese Grocery

☎ 02-8519-6567

♠ 7602 Sacred Heart St., cor. Metropolitan Ave., San Antonio Village, Makati City

Mc Asia Foodtrade

☎ 02-3411-2911

♠ 158 Apo St, Sta. Mesa Heights, Quezon City, NCR

2 02-8661-1931/02-8661-1932

Rodriguez Jr. Ave., Pasig City

Mustafa Mini Mart

2 0917-814-3447/0965-540-5913

A Store #5, Paseo de Magallanes, Makati City

Mustafa Mini Mart

2 0917-814-3447/0965-540-5913

A Store #5, Paseo de Magallanes, Makati City

Säntis Delicatessen

2 02-8478-6931/0917-809-7267

A Lower Ground Flr., C3 Bonifacio High Street Central, BGC, Taguig City

☎ 02-8844-1154/0917-844-7123

♠ 7431 Yakal St., San Antonio Village, Makati City

Sharaku Food, Inc.

2 02-8541-9877/0905-415-0056

★ Stall # 111 Cartimar Shopping Center Pasay City

en Korean and Japanese Grocery Store

☎ 02-8553-4673/02-8808-1140

♠ 2153 Don Chino Roces Ave. cor. Herrera St.. Makati City

☎ 02-8551-7522

A G/F, Jaka Center Chino Roces Ave., Makati City

Yorozuya

☎ 02-8995-0264

♠ 370 Romana Bldg., 1/F El Grande Ave., BF Homes, Paranaque City





bit.ly/ElNido-Primer

A protected tropical paradise in the southernmost tip of Palawan island, El Nido lures tourists with its otherworldly limestone rock formations and islands, and powdery white-sand beaches. Kayaking (or swimming) across lagoons bordered by massive limestone cliffs is the ultimate fantasy to be fulfilled. Meanwhile, on land, many expats and foreign tourists find the best island adventure by riding a motorbike on roads traversing vast greenery and dense forests and leading to amazing beaches.

Nightlife in El Nido is also the most raw and dynamic. The nightlife district on the shores of El Nido Beach is a cultural melting pot where locals, foreigners and expats have given rise to a unique community that is fun and welcoming. Many have fallen in love with this community and more so the rhapsodic beauty of El Nido that they found themselves lingering. Will El Nido keep you ashore too?

ACCESS AND TIPS:

The only airline offering direct roundtrip flights between Manila and El Nido is AirSwift. A cheaper option is to fly first to Puerto Princesa (PPS), served by PAL, Cebu Pacific, and AirAsia, and then take a bus (P500) or van (P600) to El Nido, which takes 4-6 hrs.

For going around El Nido, private car or van rentals are available at the town proper and Corong Corong terminal (the usual drop-off of commuter buses and vans). Motorcycle rental is also very common and costs approximately P600 per day. Motorcycles are highly-recommended as some roads, especially going to some beaches, are narrow and unpaved.



RECOMMENDED TOUR PROVIDER

CORAZON TRAVEL AND TOURS

Named Top Performing Travel and Tour Agency in Puerto Princesa in 2017 and recipient of the Tripadvisor Certificate of Excellence Winner for 2 consecutive years, Corazon Travel and Tours is a duly-licensed travel and tour operator in Palawan. While their main office is located in Puerto Princesa, they have a network of trusted partners and suppliers who provide services on their behalf in various parts of Palawan. Joiner tours are available for small groups and solo travelers.



- G/F, PC Arcade Bldg., Junction 1, San Miguel, Puerto Princesa City, Palawan
- © 048-433-0508 / 0998-970-8790 / 0977-843-3339 / 0927-685-5534
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Bukal Beach | pil | Beach | Papaya Beach | Nat-Nat Beach | Paradise | Papaya Beach | Cadlao | Pasandigan | Four Description | Pasandigan | Cove | Pasandigan | Four Description | Inambuyod | Island | Island | Island | Matinloc | Island | Island | Island | Star Beach | Star Beach

TOUR A

The destinations in Tour A are: 1 Big Lagoon, 2 Secret Lagoon, Shimizu Island/Payong-Payong Beach, and 3 Seven Commandos Beach/Papaya Beach.

If you love rowing in a kayak and making discoveries amid beaches and lagoons, Tour A is for you. It is also the most popular tour type as it covers some of the best features of El Nido—the lagoons and the towering limestone rock formations that conceal them.

Perhaps one of the first things every visitor should experience in El Nido is the Big Lagoon. There are kayaks for rent by the entrance, ranging from P250 to P350. The maximum capacity of a kayak is 4 people. In comparison, Secret Lagoon is much smaller than Big Lagoon. It can only be accessed through a hole from the side of a small beach. During high tide, only the brave can be welcomed as you will have to swim through the hole to enter the lagoon. You will have your lunch either at Shimizu or Payong-Payong, where you can swim and snorkel nearby as you wait for your tour guides to prepare your food.

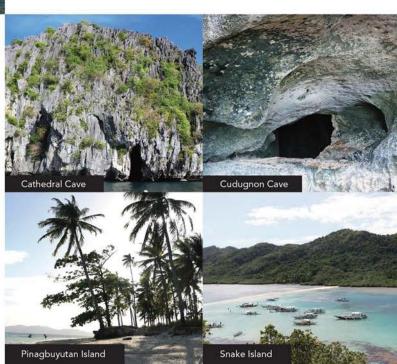
Seven Commandos is the usual last stop, where tourists can just relax on its white sand beach. Sometimes, the tour guide may bring tourists to the neighboring Papaya Beach, east of Seven Commandos, as an alternative.

TOUR B

The destinations in Tour B are: Snake Island, Cathedral Cave, Cudugnon Cave, Pinagbuyutan Island, Entalula Island, and Popolkan Island.

From pristine beaches that offer solitude to limestone caves that bring out the little adventurer in you, Tour B lets you experience the true island vibe with lesser crowds. The tour begins with two caves, Cathedral Cave or Cudugnon Cave, the latter offering a little more challenge as you have to pass through a small hole before discovering the magnificence inside.

The highlight of the tour and the usual stop for lunch, Snake Island features a white sandbar that connects it to another island. On the island, there is a short uphill trail that leads to a spot with the best views of the sandbar. The latter part of the day is dedicated to enjoying beaches—Entalula with its towering limestone cliffs that hide a stunning beach, Popolkan with its glistening white sand beach, and Pinagbuyutan, the perfect place to cool down under the shade of coconut trees and with the calming waves.







In an effort to keep the tourism industry sustainable and preserve the beauty and life in El Nido, The Department of Environment and Natural Resources has implemented controlled tourism in the town's top tourist attractions. As part of the regulation, tourists are not allowed to go to all the "premium" spots (Big Lagoon, Small Lagoon, and Secret Beach) in one visit, and the number of visitors per day is limited. That said, it is also required to book a tour prior to your visit.

The attractions in El Nido have been divided into four tours: Tour A, Tour B, Tour C, and Tour D. The list of islands/spots per tour category is fixed and combining with spots in other tours is not allowed.

Island hopping essentials:

- ✓ Aqua shoes P150/person (rental)
- ✓ Snorkel goggles P150 (rental)
- ✓ Towels
- ✓ Eco-friendly and reef-safe sunscreen
- ✓ Waterproof case for smartphone and other valuables
- ✓ Water tumbler *Bottled water is strictly prohibited

TOUR C

The destinations in Tour C are: 11 Secret Beach, 13 Helicopter Island, 12 Hidden Beach, 13 Talisay Beach, and 15 Matinloc Shrine.

Tour C is a special treat for beach lovers as this tour consists of El Nido's most amazing beaches. Enjoy a diverse bunch of activities on sand and in the waters, still with views of El Nido's stunning rock formations. There are two beaches that, as their names suggest, seem to fight shy of tourists—one is Hidden Beach, which you can reach by walking or swimming amid strong waves and a rocky shore. The other is Secret Beach, where you have to swim through a small hole that has but a very small gap between its roof and the water.

Meanwhile, Helicopter Island boasts a 300-meter white sand beach and a coral reef lying close to the beach, a nice spot for snorkeling. For lunch, Talisay Beach is the usual place to fill up. Without other people, the beach gives you a castaway vibe, sitting on the shore with no other people and facilities in sight. If you want to achieve this feeling, tell your guide to bring you here early. The stop at Matinloc Shrine adds a pinch of historical/cultural learning to the tour as you will be ushered into a forested area where religious relics lie hidden. There is a limestone peak nearby for sightseeing.

TOUR D

The destinations in Tour D are: 7 Small Lagoon, 4 Cadlao Lagoon, 1 Ipil Beach 2, 1 Nat-Nat Beach, 2 Pasandigan Cove, 2 Paradise Beach, and 2 Bukal Beach.

Tour D proves that being last on the list is definitely not being the least as it highlights Small Lagoon and a lesser-known one that should not be overlooked. You can get adventurous at Small Lagoon as you paddle your way between kissing rocks or hop onto one of the big rocks to take photos. On the other hand, Cadlao Lagoon has an amazing landscape that lets you enjoy kayaking, swimming, and walking barefoot in one place. In the middle of the lagoon, there is a shallow area where you can get off your kayak and just enjoy the place. From here, you can swim to the nearby deep waters to enjoy snorkeling.

Among the beaches in this tour, Paradise Beach is something to look forward to as it is an ideal picnic spot with a serene atmosphere. There are also small caves to explore nearby. Ipil Beach 2 (different from Ipil Beach on Pinagbuyutan Island) is a popular last stop and is actually situated on mainland El Nido.





Seafood Platter (P840)











1 Cafe Athena

A Greek restaurant along one of the busy beach-side streets of El Nido, Cafe Athena blends well with its location, providing tourists a laidback place to dine with views of the beachfront. It is a passion project of a couple who fell in love with Palawan—a tandem of a Filipina and a French-English man who has always been taking their customers' opinions into consideration. An attestation to this is their Seafood Platter that only came to be due to popular demand.

♥ Serena St., Buena Suerte, El Nido @7 am to 12 am © 0917-324-4544 / 0977-830-0732 II Café Athena ■ info.cafeathena@gmail.com



2 Trattoria Altrove

Home to the famed firewood brick oven pizza in El Nido, Trattoria Altrove promises authenticity rooted to the birthplace of pizza that is Naples, Italy. In terms of making their signature hand-tossed dough, Trattoria Altrove utilizes only the freshest ingredients, which are thereafter cooked in an intensely heated brick oven that locks down the natural flavors. Although an Italian restaurant, it hints at a Filipinoinspired interior design.

Pops District Branch, Corong Corong, El Nido 94 pm to 10:30 pm @ 0917-860-2569

Trattoria Altrové El Nido / Altrove Pops District



3 Local Provisions Kitchen + Mini Bar

Situated in a serene plaza leading to Maremegmeg Beach, Local Provisions Kitchen + Mini Bar features an all-encompassing simplicity that is well-reflected in its minimally embellished interiors and its New American food offerings reminiscent of nothing but the warmth of home cooking. They notably source their ingredients from the fishermen themselves who usually supply the restaurant every morning instead of from the market.

♥ Units 60-61, Shoppes at Vanilla Beach, Sitio Marimegmeg, El Nido @ 11:30 am to 9 pm 0.0928-378-3349

Local Provisions Kitchen + Mini Bar



Gandhi's Revenge

Everything about Gandhi's Revenge exudes an intensity disparate from other restaurants, seeking to emit warmth. However, within this facade lies an openness for everyone's utmost favor—for one, the 22 curry dishes offered at this British-Indian restaurant can be readily tweaked according to a person's preference, such as its main ingredient and its level of spiciness.

◆ Taytay-El Nido National Highway, Corong Corong, El Nido 0 0926-694-9097 O 5 pm to 10pm (Mon to Sat) Gandhi's Revenge

6 Tambok's

00

What started as a simple road-side restaurant became the popular food destination that traces to a Filipino word for "big tummy." Tambok's chiefly became known for their simple yet delicious Chicken Inasal, for which they take pride in using the original recipe from Bacolod. Another dish to fall in love with is their ordinary take on pancit in Pancit Buko, where they use buko or coconut meat instead of the regular noodles.

♥ Kalye Artisano, Lio Tourism Estate, El Nido O 11 am to 9 pm

tamboks.ph

■ Tambok's by Piopio





6 Artcafe







Artcafe took on various characters before becoming what it currently is. It was a t-shirt printing shop, a boat tour provider, and then it was a tourist information center. Eventually, in 2000, a coffee shop was added for tourists to have breakfast before the tours and meet up for drinks afterward. Soon, people came to hang out, play music, and chill in what is now known as Artcafe. Most of all, Artcafe is where you can take delight in organic dishes like the highlyrecommended El Nido Seafood Paella.

- ♥ Serena St., Buena Suerte, El Nido
- @ 7 am to 11 pm
- info@elnidoboutiqueandartcafe.com
- elnidoboutiqueandartcafe.com
- 🖪 El Nido Boutique Artcafe

7 Big Bad Thai







On top of the Thai dishes that are personally cooked by a Thai chef, Big Bad Thai also offers one of the best views in town through its elevated location. Choose among their popular hits like pad thai, pad krapow, and crab curry that are all made from local ingredients and fresh vegetables from their own farm. Pad Krapow, a staple Thai street food, is available in chicken or pork mixed with oyster and fish

- ♥ Calle Hama, Masagana, El Nido
- @ 3 pm to 11 pm
- © 0966-972-9032
- bigbadthai.com
- 🖪 Big Bad Thai Bistro & Bar

Osaka Castle







Osaka Castle is a well-loved Japanese restaurant in the heart of El Nido where people missing a heap of this cuisine would want to drop by at. It is run by an owner from Osaka, Japan, and the restaurant solely makes use of natural flavors in their ramen offerings, as well as fish that are transported from Tsukiji in Tokyo.

P Calle Hama, Masagana, El Nido © 12 pm to 11 pm © 0906-357-2681

SOUVENIRS

Kalye Artisano



Kalye Artisano is a local artist village within Lio Tourism Estate that is occupied by spaces boasting individual craft styles. From ceramics, woodware, handicrafts, paintings, and food, it definitely has

♥ Lio Tourism Estate, El Nido @9 am to 7 pm Kalye Artisano

Sausage with Benefits





Sausage with Benefits is a fast food with a souvenir shop featuring a line of clothing products engraved with minimalist and classy Palawan designs. Apart from this, it also beams with varying styles of abaca slippers and bags.

Abdulla St., Buena Suerte, El Nido

El Nido Boutique



As one of the pioneers of the eco-tourism efforts of El Nido, this boutique exclusively offers products that are made from either natural or recycled materials. Moreover, the owners encourage their visitors to become plastic-free travelers too.

- Serena St., Buena Suerte, El Nido O7 am to 9 pm
- elnidoboutiqueandartcafe.com
- El Nido Boutique Artcafe

Fisheye The Shop and Rooms



Fisheye boasts stylish, eco-friendly, and locally-made accessories as souvenirs such as seashell bracelets, charms, and earrings. Looking for reef-friendly and handy lotions and body creams? They also have them here!

♥ Abdulla St., Buena Suerte, El Nido @0917-775-6625

Fisheye The Shop & Rooms

Palawan's Best Pasalubong



♥ Buena Suerte, El Nido

Situated next to El Nido Municipal Hall, Palawan's Best Pasalubong is where you can take home a lot without spending too much. Among the motley of mementos they offer are ref magnets, dream catchers, native bags, and tribal sculptures on top of the staple bracelets and keychains.

HOTELS

Maremegmeg Beach Club

The eco-friendly beachfront resort that is Maremegmeg Beach Club began as a beach bar, serving nothing but the best of beach comfort food such as a variety of breakfast sets and post-dinner barchows. Presently, this original concept has become part of a bigger picture after it expanded into a full-blown resort just last February 2019.

Maremegmeg Beach Club now features a stylish yet intimate architecture accented with one of the best views of and access to the sea. Each of the resort's 12 rooms are visibly laden with Filipino touches, thanks to the locally-made abaca rugs and hanging lamps gracing the warm and humble spaces. Moreover, they have an infinity pool facing the beach, as well as available equipment for water activities. The latter includes paddle boards, speedboats, and kayaks that are free of charge for in-house guests and can be rented by walk-in guests starting at P100 per hour.

Maremegmeg Beach Club still has a lot in store under its belt—among which are plans for a fine dining restaurant, a function room, a retail area, and a juice bar.

♥ Marimegmeg Beach, El Nido © Check in / Check out: 2 pm / 12 pm © 0999-724-3965 ■ Maremegmeg Beach Bar





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Tucked on a hilltop along the quiet oasis of Marimegmeg Beach is The Birdhouse El Nido, a shrouded luxurious glamping site that is worth the climb. It is the brainchild of couple Mark and Camille Villaflor, who fused their respective passions for interior design and real estate, eventually giving way to the rise of this eco-friendly paradise amid a lush forest.

The glamping site currently has five suite tents situated on large stilt platforms. Each is furnished with a bed, a fan, sustainable toiletries, lamps, and its own private bathroom. The package, which starts at P8,000+/night, comes with a set breakfast for two at the in-house restaurant, The Nesting Table. On top of serving a fusion of Filipino and Western comfort food, it also offers a sweeping view of the ocean, hence the popularity of the balcony. Yoga exercises are also offered at the site's top nest, where regular El Nido Sunset Yoga classes are held every 5 pm.

- ♥ Marimegmeg Beach, El Nido © 0920-606-1186
- O Check in / Check out: 2pm / 12 pm
- ⊕ thebirdhouseelnido.com
- The Birdhouse Fl Nido

El Nido Resorts

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Although comparatively smaller than Puerto Princesa, El Nido does not fare behind when it comes to the many islands that build up its unignorable beauty. El Nido Resorts has embraced this beauty by establishing three out of its four Palawan resort locations in El Nido—one in Miniloc Island, another in Pangulasian Island, and the other in Lagen Island.

El Nido Resorts' Eco-Discovery island resort in Miniloc places you close to El Nido's top-coveted attractions—the Big and Small Lagoons.

Pangulasian Island, on the other hand, is where you can take pleasure in an eco-luxurious getaway with its spacious accommodations and personalized services. For those seeking utmost tranquility, Lagen Island is the perfect fit with its serene, shallow lagoon and forest trail.

The other island site of El Nido Resorts is located in Taytay, on the eastern coast of Palawan island.

- ♥ El Nido, Palawan © 02-7902-5934 / 0917-584-1576
- holiday@elnidoresorts.com
- elnidoresorts.com
- El Nido Resorts





Seda Lio

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Seda Lio in the vast Lio Tourism Estate in El Nido caters to leisure tourists, families, destination weddings, meeting and incentive groups, and other discerning visitors to this stunning vacation spot that offers modern facilities and conveniences, while showcasing the area's biodiversity and spectacular natural attractions. Only minutes from the Lio airport, guests can enjoy a wide range of facilities and amenities, including indoor and outdoor activities. Within the hotel grounds are the adults' and children's swimming pools, Seda Spa, Children's Playroom and outdoor play area, a Game Room, Pool Bar and Misto restaurant; while on the four-kilometer stretch of beach are non-motorized water sports like kayaking, stand-up paddle boarding, pedal boating, as well as snorkeling. Ayala Malls' Shops at Lio is just a short stroll away. Those who wish to go further out can arrange for island-hopping tours of Bacuit Bay's iconic

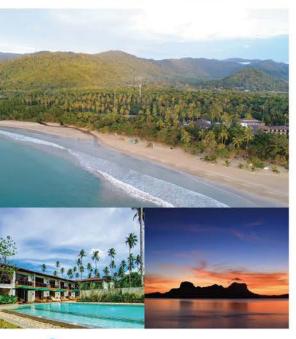
For teambuilding and incentive groups, Seda Lio has a function room that can accommodate up to 150 people seated, plus three meeting rooms and two boardrooms. It is also getting to be a popular wedding venue, providing couples with various options: a beachfront wedding, an indoor ceremony, outdoors in the gardens, or even poolside. Most of all, Seda Lio offers guests its brand of genuine Filipino hospitality aligned with the premier service standards offered by top-tier destinations.

- ♥ Lio Tourism Estate, Brgy. Villa Libertad, El Nido © 02-7956-8888
- lio@sedahotels.com
- @ lio.sedahotels.com

EL NIDO C Kalye Artisano 1 Jungle Bar */ Tambok's Gandhi's Revenge Local Provisions To Taytay, Puerto Princesa

BEACHES





Lio Beach

Lio Beach, also known as Lio Tourism Estate, boasts a vast expanse of public beach with a lush tree line, and a collection of hotels, restaurants, and other lifestyle establishments. It has its own Lio Airport that welcomes travelers from Manila on AirSWIFT airline. It can also be reached via free shuttle service from El Nido town.

There are many activities to do here—as simple as lying pleasantly and getting a good tan on the beach or swimming in clear blue waters, and something more exciting like paddleboarding, kayaking, and scuba diving.



2 Nacpan Beach

The beach itself boasts fine cream sand and moderate waves. The whole stretch of the beach is dotted with small local-run restaurants, bars, and lodges, shaded by tall palm trees that boost the island vibe.



3 El Nido Beach

El Nido beach is at the heart of the town proper where most establishments are located. There are several restaurants, bars, and shops along the beach, with the ever-present view of the limestone cliffs.



Corong Corong Beach

The charm of this beach lies in its pebbled beachscape. At sunset, restaurant diners and tourists flock to the shoreline to witness the golden sunset.





Marimegmeg Beach

Located farther down south, Marimegmeg Beach overlooks the limestone islands on the El Nido horizon. Walking barefoot on the sand will introduce you to numerous hotels that offer a tranquil experience.

ISLAND NIGHTLIF



Jungle Bar by PIOPIO

One of their best-selling drinks inspired by a Finding Nemo character, the Dory Fish is a gin-based drink infused with the healthy blue turnate flower. Most of their drinks are deceptively strong and fun to try while watching the sun go down by the beach.

Q Lio Tourism Estate, El Nido 9 11 am to 1 am © 0927-038-4713 ■ Jungle Bar by PIOPIO



Happiness Beach Bar

Owned by an Israeli expat who believes happiness is a way of life, Happiness Beach Bar is always bustling with lively music and energetic chatters. The bar offers not only unique bar concoctions but also a lot of

♥ Serena St., Buena Suerte, El Nido @7 am to 11 pm © 0966-972-9264 / 0966-879-5183 Happiness Beach Bar

wholesome food options.













🔞 District Bar & Kitchen \,

District Bar & Kitchen primarily aims to be a known disco bar, where bar-goers can feel less guilty with consuming alcoholic drinks. That's because the cocktails at District are made with fresh, real ingredients. The bar also offers delicious Vietnamese fare.

Osmeña St., Buena Suerte, El Nido O 11:30 am to 2 am © 0977-830-0732

District Bar & Kitchen

SAVA Beach Bar

Apart from the colorful wall murals inside that will make you feel the tribal vibe SAVA is aiming for, the bar also features cushioned seats on amphitheater-style cemented seating at the garden beachfront. One must not miss the Twister Cocktail, paired with their very own Cheeseburger and Fries.

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♥ Calle Hama, Brgy. Masagana, Zone 3, El Nido O4 pm to 2 am © 0946-350-9188 SAVA Beach Bar

Scape Skydeck

Scape Skydeck El Nido offers a panoramic view of the El Nido town proper and the not too far-fetched islands. You will witness a fanfare of chefs busily sprinkling their magic onto each dish through its open kitchen. Must-try signature cocktails are Frozen Mangorita and Green Apple Midori.

♥ Osmeña St., Brgy. Masagana, El Nido @6 am to 10 am, 11 am to 11 pm @ 0927-585-3080

⊕ scapeskydeck.com Scape El Nido

🔞 Bella Vita

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Bella Vita is known for their signature cocktails that complement the sought-after sunset views from the bar. Try out their brick-oven and hand-tossed pizzas like the Margherita, a good combination with the Green Apple Mojito.

◆ Corong Corong Beach, El Nido @8 am to 10 pm © 0905-364-8534

■ Bella Vita El Nido

→ IDI Travel Guide

Airlines

Air Asia Philippines

₹ 02-8722-2742

♠ Level 2. Mezzanine Area, NAIA Terminal 3. Pasav City

All Nippon Airways

☎ 02-8553-8000/02-8553-7000

♠ 15/F, Tower 2, RCBC PLAZA, 6819 Ayala Ave. cor. Sen Gil Puyat Ave., Makati City

Cathay Pacific

雷 02-8271-3622

♠ 22/F, LKG Tower, 6801 Ayala Ave., Makati City

Cebu Pacific

☎ 02-8802-7000

A NAIA Terminal 4, Domestic Rd., Pasay City

Ethiopian Airlines

ත 02-8848-0978 to 79

♠ 12/F, Frabelle Business Center, 111 Rada St., Legaspi Village, Makati City

Etihad Airways

☎ 02-7792-6044

♠ 22/F, Tower 1, The Enterprise Center, 6766 Ayala Ave., Makati City

EVA Air

요 02-7753-1380 to 82

♠ 23/F, LKG Tower, 6801 Ayala Ave., Makati City

Japan Airlines

☎ 02-8403-2486

♠ 2/F, 6788 Ayala Ave., Oledan Sq., Makati City

ත 02-8789-3714 to 16

♠ G/F, LPL Plaza Bldg., 124 Leviste St., Salcedo Village, Makati City

Philippine Airlines

TO 02-8855-8888

♠ Mezzanine Floor, PNB Financial Center, President Diosdado Macapagal Ave., CCP Complex, Pasay City

Qatar Airways

☎ 02-8519-1888

♠ G/F, One Global Place, Fifth Ave. cor. 25th St., BGC, Taguig City

Royal Air Charter

ත 02-8863-2880

♠ Unit 707-5, Columbia Complex Bldg., Ninoy Aquino Ave., Parañaque City

Singapore Airlines

ନ୍ଦ 02-7756-8888

♠ 33/F, LKG Tower, 6801 Ayala Ave., Makati City

SkyJet Airlines

☎ 02-8875-9538

♠ MIAA Property 4-02-114 G, 5 Domestic Rd., Pasay City

Turkish Airlines

2 02-8864-0600/02-8894-5416/ 02-8894-5421

♠ 14/F, Unit 1401, BDO Equitable Tower, 8751 Paseo De Roxas, Makati City

Local Tour Agencies

Aboex Travel & Tours

₹ 02-8695-1006

♠ UG14 Globe Tower 1 Bldg., Madison St. cor. Pioneer St., Mandaluyong City

Access Travel

ପ୍ତ 02-8536-0116/0917-679-5338

♠ 2/F, Unit 8, Cifra Bldg.,, Boni Ave., Mandaluyong City

Airscape Travels, Inc.

© 02-8894-3357

♠ Unit 203, 16 President's Ave. cor. Adelfa St., Tahanan Village, Brgy. BF Homes, Parañaque City

Attic Tours Philippines, Inc.

ත 02-8556-6301 to 05

♠ Unit 203 COKO Bldg. 1, Patio Madrigal 2550 Roxas Blvd., Pasay City

Baron Travel Corporation

© 02-8817-4926

♠ 3/F, PCCI Corporate Center, 118 L.P. Leviste St., Salcedo Village, Makati City

Corazon Travel & Tours

ନ୍ତ 0998-970-8790/0977-843-3339/ 0927-685-5534/048-433-0508

G/F PC Arcade Bldg., Junction 1, Brgy. San Miguel, Puerto Princesa City, Palawan

Philippine Primer Luxe Travel, Inc. 8 0920-949-7950/0915-404-8367/ 02-8805-3616

♠ 7/F, Unit 807, Greenbelt Mansion, 106 Perea St., Legaspi Village, Makati City

Rakso Travel & Tours

ත 02-8651-9000

♠ 3/F, Rico Bldg., 112 Aguirre St., Legaspi Village, Makati City

Universal Holidays, Inc.

☎ 02-8859-3827 to 39

A Mezzanine Floor, Dusit Thani Manila, Makati City

Travel & Visa

Constellation Travels, Inc.

2 02-3224-1758/0956-660-0693

♠ 5/F, Merry Land Plaza, 1157 Chino Roces Ave. San Antonio Village, Makati City

Discovery Tour, Inc.

ନ୍ତ 02-8892-2849/0915-320-0780

♠ G/F, Unit 301, Sagittarius Bldg., H.V.Dela Costa St., Salcedo Village, Makati City

Friendship Tours

2 02-8819-5644/02-8810-9622

♠ 3/F, Dusit Thani Manila, Ayala Center, Makati City

Rajah Travel Corporation

ត 02-8894-0886

♠ 3/F, 331 Bldg., Sen. Gil Puyat Ave., Makati City

Swire Travel Philippines, Inc.

☎ 02-8817-1082

♠ 6/F, Units C & D, Country Space I Bldg., Sen. Gil Puyat Ave., Salcedo Village, Makati City

Hotels & Resorts

Club Paradise

요 02-7719-6971 to 74

♠ Dimakaya Island, Coron, Northern Palawan

Discovery Shores

☎ 02-7720-8888

A Boracay Highway Central, Malay, Aklan

Hotel Céleste

ନ୍ତ 02-8887-8080

♠ 02 San Lorenzo Dr. cor. A. Arnaiz Ave., San Lorenzo Village, Makati City

Hotel Jen

ବ୍ର 02-7795-8888

♠ 3001 Roxas Blvd., Pasay City

KL Tower Serviced Residences

☎ 02-8845-0084

♠ 17 Gamboa St., Legaspi Village, Makati City

La Chevrerie Resort and Spa

ନ୍ତ 0998-556-7357/0917-703-3320

A Ligaya, Anilao, Mabini, Batangas

Makati Diamond Residences

ଅ 02-5317-0999/02-8878-9699

♠ 118 Legaspi St., Legaspi Village, Makati City

Makati Shangri-La

₱ 02-8813-8888

Avala Ave. cor. Makati Ave., Makati City

Networld Hotel Spa and Casino

☎ 02-8536-5828/02-8536-7777

♠ Jipang Bldg. cor. Sen Gil Puyat Ave., Roxas Blvd., Pasay City

New World Makati Hotel

ନ୍ତ 02-8811-6888

♠ Esperanza St. cor. Makati Ave., Ayala Center, Makati City

Raffles Makati

☎ 02-8555-9777

♠ 1 Raffles Drive, Makati Ave., Makati City

Seda BGC

ନ୍ତ 02-7945-8888/02-8588-5700

♠ 30th St. cor. 11th Ave., BGC, Taguig City

The Alpha Suites

2 02-8737-0088/02-7752-3625

♠ 7232 Ayala Ave. Ext., 1209 Makati City

The Henry Hotel Manila

2 02-8807-8888

♠ 2680 FB Harrison St., Pasay City

Car Rentals

Able Car Rental

☎ 02-7505-8743

♠ 189f 28th Ave., East Rembo, Makati City

AccessTrip Transport Service TO 0917-536-6969/0917-598-0291

♠ 2744-A Faraday St., Brgy. San Isidro, Makati City

ANIS Transport 〒 02-8519-8186/0917-774-5448/

0921-600-5318 ♠ 906 Pantaleon St., Mandaluyong City

Avis

ନ୍ତ 02-8551-5584 A NAIA Terminal 1 Arrival, Andrews Ave., Pasay City

Car Rental Manila

ନ୍ତ 02-8843-8561/0977-817-1690 ♠ Zapote St. cor. Biak na Bato St., Brgy. Olympia, Makati City

Diamond Rent-a-Car

〒 02-8821 1081/0917-597-8744/ 0920-914-0194

♠ Km. 16.2, West Service Rd., South Superhighway, Parañaque City

Hertz

窗 02-8892-0274

♠ NAIA Terminals 1, 2 & 3, Pasay City

Nissan Rent a Car

ជ 02-8886-9931/0917-808-2144

♠ 2317 Aurora Blvd., Pasay City



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Narita	JL746	→ 787-8	09:40	14:50
	JL742	→ 787-9	14:50	20:00
Haneda	JL078	→ 787-8	23:45	04:50+1

Tokyo - Manila Route	Flight No.	Aircraft	Dep. Time	Arr. Time
Narita	JL741	→ 787-9	09:30	13:35
	JL745	→ 787-8	18:05	22:10
Haneda	JL077	→ 787-8	01:30	05:30

^{*}Flight No., Aircraft, and Flight Schedules are subject to change.

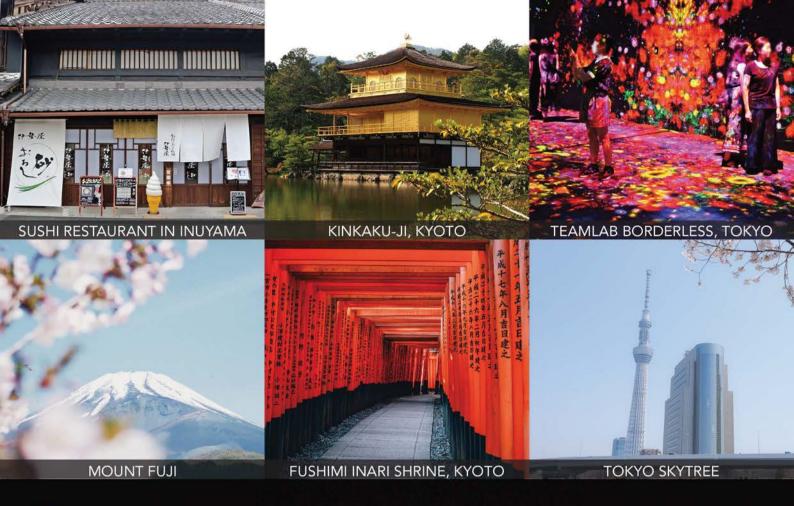
https://www.ph.jal.co.jp/phl/

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hokkaid

Japan. Endless Discovery. 北海道 HOKKAIDO

Feature by Rei Leano | Design by Jowinie Doma

Hokkaido refers to both Japan's northernmost island and biggest prefecture. The island is the most unspoiled region in the country, making it a favored destination by those who want to get closer to nature and achieve true relaxation in the great outdoors. From a diverse local cuisine coupled with an undaunting nightlife scene, and an unforgettable natural scenery to an abundance of hot springs, cool summer weather, and radiant local people, Hokkaido has much to offer for every type of traveler.

In this special feature, we set out on a 5-day excursion across Hokkaido, highlighting Sapporo, the prefectural capital, and Hakodate, a charming port city, and other lovely places in between. Let this be your guide to exploring the wonderful places in Japan's northernmost island.





bit.ly/Primer-Hokkaido

Access

Direct airlines from Manila to Hokkaido (via Sapporo New Chitose Airport, 5-hr. flight): Philippine Airlines (PAL)

Manila to Hokkaido via Tokyo Recommended airline: Japan Airlines (JAL) Manila (MNL) to Tokyo (HND/NRT) • 4 hrs. Tokyo (HND) to Hakodate (HKD) • 85 mins. Tokyo (HND/NRT) to Sapporo (CTS) • 95 mins





Beat airport boredom at JAL Sakura Lounge, available both in Manila and Tokyo airports, equipped with state-of-the-art amenities for privacy and comfort, such as free Wi-Fi, power outlets, USB ports, and buffet dining.

Tokyo Haneda and Narita airports have more amenities like a sleeping area, kids room, and business center. The Haneda lounge, however, is under renovation and will re-open in April 2020.

Eligibility

JMB Diamond, JMB Sapphire, JGC Premier, and JAL Global Club member (+1 companion); First Class, Business Class, Premium Economy Class, and Economy Class (Flex Y Fare) passengers

www.jal.co.jp/en/inter/service/lounge/



Spend your first morning in the town by having a hearty breakfast at Hakodate Morning Market, where you are sure to be served by good-natured locals beaming with energy and full of activity. The market complex is home to around 250 retailers, many of which are seafood vendors and sushi and kaisendon restaurants. A popular activity here is catching live squid at Ekini Ichiba and eating your catch fresh. For a fun food hopping, be on the lookout for the squid ink soft cream at Hokkaido Farm (¥380), sweet melon (¥400/slice), dried fish, and seafood donburi.

One of the partner restaurants of Hakodate Danshaku Club at the market is Aji no Ichiban, a long-established place that feels a lot like a folksy Japanese restaurant. The special menu for hotel guests lists a seafood rice bowl teishoku meal and a Hakodate shio ramen with seafood bowl set.

№ 9-19 Wakamatsucho, Hakodate City, Hokkaido

○ Jan to Apr – 6 am to 2 pm; May to Dec – 5 am to 2 pm

⊕ hakodate-asaichi.com (Main) / uu-hokkaido.com/corporate/hakodate-asaichi.shtml (English)



Here are car rental agencies with branches both in Hakodate and Sapporo:

•Toyota Rent a Car toyotarentacar.net/english/

location

•Times Car Rental www.timescar-rental.com/en/ •Nippon Rent-A-Car www.nrgroup-global.com/en/

Motomachi

Head next to the Motomachi district for a cozy walk on uncrowded roads dotted with quaint coffee and tea shops, restaurants, and shops. More than that, you can get a glimpse of Hakodate's history laced with foreign resettlement through the Western-influenced structures scattered all around such as the Old Public Hall of Hakodate Ward, the Hakodate Russian Orthodox Church, and the Motomachi Roman Catholic Church. Another popular landmark in Motomachi is the Hachiman-Zaka Slope, a nice spot to take good pictures with the bay in the backdrop.

From Motomachi, you can also go next to Hakodate Park (15-min. walk) and enjoy the retro vibe at Kodomo-no-Kuni, which boasts the oldest Ferris wheel in Japan. The cherry blossoms are also a beautiful sight here during spring.

Nearest stop: Suehirocho Station / Jujigai Station (tram)



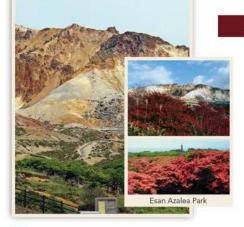
Mt. Hakodate

Getting to the top of Mt. Hakodate is an indispensable part of everyone's trip to Hakodate as it harbors one of the three best night views in the world. You can get an incomparable view of the whole Hakodate City and the two waterbodies that bound the downtown, Hakodate Bay and Tsugaru Strait—a scenery that is best savored after sundown. You may also have a romantic meal complemented by the city views at one of the restaurants in the observatory, Restaurant Genova and Tea Lounge Legato.

🛱 Nearest stop: Ropeway Mae Bus Stop / Jujigai Station (tram) 🕭 19-7, Motomachi, Hakodate City, Hokkaido O Apr 25 to Oct 15 - 10 am to 9:50 pm (last ascent) / 10 pm (last descent); Oct 16 to Apr 24 – 10 am to 8:50 (last ascent) / 9 pm (last descent)

@334.co.jp/en/

♠ Roundtrip - ¥1,500 (adult) / ¥700 (child) One way - ¥1,000 (adult); ¥500 (child)



Mt. Esan

It's time to go out of the city center! Don your best outdoor outfit and head for an exciting nature excursion that's doable within a day. A pristine active volcano, Mt. Esan has 5 hiking courses that even kids can enjoy. If you want to reach the summit, take the Gongendo Tozan Course (2.9 km.), which takes about 1 hour. For something romantic, visit Esan Azalea Park, a 40-minute walk from Esan Kakogen (crater basin parking lot). It is famous for the blooming azaleas during spring, which paints the park in gorgeous pink hues

Parking is free at Esan Kakogen, which also has public restrooms and a resting station.

Nearest stop: Mountain Entrance Bus Stop (Esan Tozanguchi), 1.5-2 hrs. from Hakodate Station ♠ Esan, Kashiwano-cho, Hakodate City



Trappistine Convent

On the way back to downtown Hakodate, drop by Trappistine Convent for an extended spin. A solemn place for nuns of the Strict Cistercian Order, Trappistine Convent has different facilities open to the public such as a vast garden from which you can see the private parsonage, and the shop famous for pastries and handicrafts made by the nuns. Across the convent is a community park called Shimin no Mori with a local store that serves soft serve, coffee, and snacks. The park is filled with hydrangea blooms from July to August.

Nearest stop: Trappistine-mae Bus Stop № 346 Kamiyunokawa-cho, Hakodate City,

Summer − 8 am to 5 pm; Winter − 8 am to 4:30 pm

Shop and museum: Summer - 8:10 am to 5 pm; Winter - 8:20 am to 4:30 pm Closed on holidays & Dec 30 to Jan 1

www.ocso-tenshien.jp/eng/





Mizunashi-Kaihin Onsen

After hitting the trails at Mt. Esan, a nice hot bath is the next best thing to do. Interestingly, on the eastern foot of Mt. Esan, there is a natural hot spring called Mizunashi-Kaihin Onsen that maintains its hot temperature despite being connected to the cold sea. It is totally free to use, including the toilets, changing rooms, and parking space. Plan your visit as taking a bath is only possible during low tide, which is usually in the morning or early afternoon.

🛱 Nearest stop: Todohokke Shisho-mae Bus Stop, 40-minute walk to Mizunashi-Kaihin

♠ Esan-misaki, Hakodate, Hokkaido



Ichimonji

What better way to cap off your day with a great bowl of flavorful ramen? Just a 10-min. drive from Trappistine Convent is Ichimonji, which has attracted many patrons with the Chatcha Shouyu Black Ramen and the Miso Ramen, both featuring deep and rich flavors. The Chatcha Shouyu Black Ramen has a more complex taste thanks to the Hakodate black pork bone broth mixed with the spice of black pepper and the sweetness of pork back fat. The open kitchen lets you have a full sensory experience of the making of the restaurant's ramen specialties.

Nearest stop: Yunokawa Hot Spring

Bus Stop № 2-1-3 Yunokawa-cho, Hakodate City,

11 am to 1 am *Last order: 12:30 am

@ichi-monji.com





Japan Special: Hokkaido Travel Guide

go out of Hakodate and head

north to another lovely city of

Hokkaido—Sapporo. It takes

about 4 hours by car to get to

Sapporo, but it is worth noting

stops you can make along the

way. There's Noboribetsu,

Valley); Niseko, with its ski

centers; or Yakumo, with its

scenic spots and rich cuisine.

that there are so many beautiful

famous for its natural hot springs

and photogenic Jigokudani (Hell





If you find yourself needing a break on the national highway in Hokkaido, look for Toyoura Michi-no-Eki, situated along National Route 37 in Abuta District. It has a direct sales shop where you can grab famous local products like fresh scallops (December to March) and strawberries (May to July). Aside from the fruit itself, you can also find strawberry-flavored snacks like strawberry sorbet, daifuku mochi, and Red Shigeki strawberry juice ramune.

The rest stop also houses a food and drink take-out, vending machine, information center, smoking area, toilet, pay phone, and free Wi.Fi



Odori Park

Spend the day going around Sapporo's most popular landmarks such as Odori Park, a welcoming place of respite in the heart of the city with fountains, flower beds, and well-manicured lawns with benches throughout its 1.5-km. expanse. At the park's eastern end, the 147.2-meter-tall Sapporo TV Tower is a must-visit for panoramic views of the city. To the west of the tower, you can see the whole Odori Park and mountains like Maruyama and Okurayama on the horizon.

Nearest stops: Odori Station, Nishi Jyuichi Chome Station

[♠] Odori Nishi 1-chome – Odori Nishi 12-chome, Chuo-ku, Sapporo City, Hokkaido [♠] Park: 24/7; Sapporo TV Tower: 9 am to 10 pm (regular hours daily; may change due to holidays)

and other events)

modori-park.jp/en/

♦ Sapporo TV Tower observatory entrance fee: ¥720 (adult, 19 y/o & above)

30



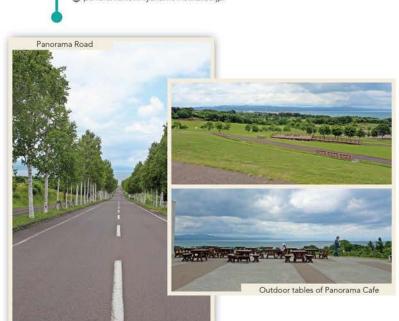
Funkawan Bay Panorama Park has sprawling greenery with various facilities and panoramic views of Uchiura Bay. Families with kids would have a great time here as the grass is a lovely place to stroll or play around. There is also a kids' arena inside the visitor center.

For a filling meal, order the famous item at Panorama Café inside the visitor center: fried chicken. For souvenirs and other food products, Hill Station is situated right next door. For memorable and Instagram-worrthy photos, go out to Panorama Road, a white birch tree-lined road with a backdrop of Uchiura Bay.

₾ 368-8 Hamamatsu, Yakumo-cho, Futami District, Hokkaido

(3 10 am to 6 pm (closed on Mondays)

panorama.town.yakumo.hokkaido.jp/



Sapporo City is the ideal last destination in Hokkaido after Hakodate. After fully soaking up the Japanese rustic life in Hakodate, it is time to slowly reconnect with the metropolitan you through Sapporo. Buckle up for a combination of exciting and easygoing activities around Hokkaido's capital that has something in store for everybody all year round. The city hosts exciting events across the seasons annually and is home to vast parks and natural attractions, as well as a rich local cuisine.

Once you reach
Sapporo, it is
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Susukino & Norbesa

After sundown is a great time to explore Sapporo's red light district, Susukino. It is the most vibrant part of the city at night, penetrated by shops, restaurants, and bars. For dinner, head to Ganso Ramen Yokocho, a narrow alley that houses 17 restaurants specializing in Sapporo miso ramen. It is only a 2-minute walk from the Susukino junction.

Another attraction close by is Norbesa, a 7-story commercial complex whose most popular feature is Noria Ferris Wheel. Riding it at night is recommended for a romantic sightseeing of the city from above.

 Nearest stop: Susukino Station
 Norbesa: Nishi 5-1 Chome, Minami 3-jo, Chuo-ku, Sapporo City, Hokkaido
 ①11 am to 11 pm (Mon to Thu, Sun.); 11 am to 3 am (Fri to Sat, holiday & day before holiday)

morbesa.jp

♦ ¥600/person (10-min. ride); ¥800/person for 2 laps (20 mins.)





Soba Katsu Curry at Higashi Guchi Snack Corner (Chushin Zone)

Takino Suzuran Hillside Park

The second day would be best spent outside the city center and into the greener portions of Sapporo. Head on south to Takino Suzuran Hillside Park, the only government-managed park in Hokkaido sprawling across 400 hectares, divided into four zones. It may require a day to cover the whole vastness of the park, so you may opt for the Keiryu Zone, the only zone with free admission. The best activity here is biking, wherein you cycle on densely-canopied trails and across beautiful waterfalls. If you want to fill up afterwards, there is a yakiniku restaurant, a snack shop, and cooking areas in Keiryu Zone.

Adjacent to Keiryu is the Chushin Zone with scenic flower gardens, camping grounds, big playgrounds, and a golf course. For forest activities, head farther into the Takino no Mori Zone, divided into the east and west areas.

- 🖫 Nearest stop: Suzuran Koen Keiryu Guchi Bus Stop or Masumi no Taki Iriguchi Bus Stop (For Keiryu Zone)
- A Takino 247, Minami-ku, Sapporo City, Hokkaido
- O Apr 20 to May 31 9 am to 5 pm; Jun 1 to Aug 31 9 am to 6 pm; Sep 1 to Nov 10 - 9 am to 5 pm; Dec 23 to Mar 31 - 9 am to 4 pm
- @ takinopark.com
- 🏘 Keiryu Zone: free admission | Chushin and Takino no Mori zones: individual ¥450 (adult 15 y/o and above) / ¥210 (65 y/o and above); 2-day ticket − ¥500 (adult 15 y/o and above) / ¥250 (65 y/o and above)





Head next to Moerenuma Park, located about 30 km. north of Takino Suzuran Hillside Park. What makes it special is that the park is a resurrection of a former landfill, now encompassing around 14 facilities that let you appreciate both nature and art. Visit the Hidamari Glass Pyramid, which houses a gallery dedicated to the park's designer, Isamu Noguchi, a multi-purpose space where you can lounge beneath the glass walls, souvenir shops, and a French restaurant called L'enfant Qui Reve. And then, hike up the 62-m. man-made hill, Mt. Moere, where you can get a view of the whole park and Sapporo City. A fun way to explore all of the facilities in the park is by renting a bicycle (¥200-¥300).

■ Nearest stop: Bus – Moerenuma Koen Higashiguchi (Moerenuma Park East Exit) – 25-30 min. ride from Central Sapporo

A Moerenuma-koen 1-1, Higashi-ku, Sapporo, Hokkaido

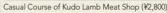
⊙7 am to 10 pm (Park entrance closes at 9 pm) *Enter via east entrance; south and west entrance gates are open until 7 pm only, and closed in winter

moerenumapark.jp/english/

Kudo Yo Nikuten

End your day back at downtown Sapporo and find Kudo Yo Nikuten for a heartening dinner of lamb shabu-shabu. This restaurant stands out with its unusually thin lamb meat slices that cook in the boiling broth in less than 10 seconds. Two kinds of soup are served in a dual-sided hot pot—one is the restaurant's signature Rausu kelp stock, and the other your choice among four kinds of broth. The Rich Grated Yam Chicken is highly recommended, with its heavenly rich and creamy taste, in contrast to the light flavor of the kelp stock.

🖫 Nearest stop: Susukino Station & 7/F Japan Land Bldg., Nishi 5-chome, Minami 5-jo, Chuo-ku, Sapporo City, Hokkaido ⊙ 5 pm to 1 am (Mon to Sat); 5 pm to 12 am (Sun & Holidays) *LO: 30 mins. before closing ⊕工藤羊肉店.jp

















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MEDICAL PROFESSIONALS

For an expat, there are basic necessities that you need to know to have a comfortable stay in the Philippines. Apart from food, means of transportation, and emergency hotlines, it is important to be aware of health services around the Metro. This includes finding a physician you can talk to about your health condition as you live in the Philippines.

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.



Rod T. Castro MD, FPCP, FPCC

Internal Medicine- Cardiology

Dr. Castro is a cardiologist by profession with a sub-specialty in critical care. He decided to take the medical profession as a career in response to his childhood dream of serving people and has been practicing for about 10 years. He graduated with a degree in Biology from the University of Philippines Baguio and took his MD, internship, and residency training at the University of the East-Ramon Magsaysay Medical Center. Aside from that, he also had his fellowship for cardiology at St. Luke's Medical Center, Quezon City and underwent training for Cardio Critical Care at St. Thomas' Hospital in London. As a cardiologist, some of the services that Dr. Castro offers are taking care of bypass patients, medical diagnosis and treatment of congenital heart defects, coronary artery disease, heart failure, and valvular heart disease. Because of the hard work he continuously gives in his chosen field of profession, he was awarded as the most outstanding resident doctor during his time.

Make an appointment:

- St. Luke's Medical Center- Global City, MAB 536, Tuesday: 10 am to 12 pm Contact No.: 02-8789-7700 loc. 7536
- St. Luke's Medical Center- Quezon City, MAB 539, Monday and Friday: 9 am to 12 pm Contact No.: 02-9732-0101 loc. 6539
- ✓ UERM Medical Center, Thursday and Saturday: 10 am to 12 pm Contact No.: 02-8715-0861 loc. 217



Karla Angela C. Luchangco, MD, DPDS

Dermatology

Dr. Luchango, before pursuing dermatology, wanted to be a plastic surgeon because of her interest in the aesthetic aspect of medicine. However, as she went through her medical training, she was amazed by how much can be done without having to go under the knife. She also shares that dermatology is not only concerned with aesthetics but also treating medical diseases. Dr. Luchangco treats her patients only when necessary. If the patients won't benefit from it, she doesn't offer treatment even if the patient asks for it. At present, she practices exclusively at BeautiqueMD in BGC and is a Diplomate of the Philippine Dermatological Society. Dr. Luchangco advises those who wish to pursue medicine to never stop learning and to always pursue knowledge because the field is constantly evolving. She also stresses the importance of staying healthy—physically and mentally as doctors can only take care of their patients when they are at their best.

Make an appointment:

BeautiqueMD, 8/F MDI Corporate Center , 10th Ave. cor. 39th St., BGC, Taguig City

Mondays & Saturdays: 2 pm to 6 pm Wednesdays: 10 am to 6 pm Contact No.: 0917-514-2879



Emmerson Gale Vista, MD, FPDS, DPVS

Dermatology and Venereology

Talking to Dr. Emmerson Vista, one will realize that dermatology is indeed more than what meets the eye. Coming from a family of doctors, Dr. Vista has always been on track to becoming one, mentioning that his dad is one of his biggest inspirations. He finished medicine at the University of Sto. Tomas and had his residency at Search Results Web result with site links Research Institute for Tropical Medicine (RITM), then proceeded to Singapore and Germany for further training in his chosen specialties. Dr. Vista specializes in sexually transmitted infections (STI). His subspecialty in venereology is also because of dermatology. According to Dr. Vista, most STIs will manifest in varied skin conditions, and if one doesn't have the clinical eye of a dermatologist, chances are it's going to be misdiagnosed. Since he is catering to sensitive cases, Dr. Vista makes sure to establish rapport with his patients for them to be able to open up about their symptoms. His advice to aspiring doctors is simple: be resilient because medicine is not for the weak-hearted.



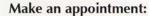
Make an appointment:

√ 1102 Medical Arts Bldg., St. Luke's Medical Center Global City Mondays to Wednesdays, Fridays to Saturdays: 1 pm to 5 pm Contact Nos.: 02-789-7700 loc 7102 / 0905-682-3204 (Ms. Sheila)

Evan Glenn Vista, MD

Internal Medicine - Rheumatology and Clinical Immunology

At a young age, Dr. Vista was already exposed to and fascinated with the art of healing as he came from a family of physicians. He took up medicine at the University of Sto. Tomas, did further training at St. Luke's Medical Center and Oklahoma Medical Research Foundation, and started his professional practice in 2010. Aside from being a medical practitioner, he is also a professor in the medical college of St. Luke's Medical Center. As a rheumatologist, Dr. Vista sees patients with rheumatic conditions including all forms of arthritis and systemic autoimmune diseases like lupus. He credits the ever-evolving knowledge and technology in medicine, which give more options for better health outcomes nowadays. He cites the then five-year survival rates for systemic lupus that could now approximate the normal life span of a healthy individual if treated properly. Dr. Vista advises aspiring medical practitioners two things: to remain pro-active and curious with the boundless future of medicine and to be a vessel for positive change to your patients' lives.



√ 1116 Medical Arts Bldg., St. Luke's Medical Center Global City Tuesdays, Thursdays, Saturdays: 10 am to 4 pm

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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



Antonio L. Tiu founded AgriNurture in 1997 just one year after he acquired his Business Management Degree from De La Salle University. It is a publicly listed company that takes the role of a bridge between farmers and consumers, duly fueled by his desire to uplift the Philippines' agricultural sector. He is presently focused on bringing in technology from Europe to Asia, and Asian products to Europe and North America for that same reason.

Fateful as it is, Fujian-rooted Tiu has been the CEO of the company for twenty years now despite the patch of time he left the country in an attempt to lead a simple life with his family in Europe, continuously going down the purposeful path he started AgriNurture for.

Please tell us about the businesses and industries that you have ventured into.

The agricultural sector is my passion. My businesses all surround the agri sector except my recent venture into the subway or the mass transport system. Whether it's AgriNurture, or Greenergy, or the Agricultural Bank of the Philippines, or Big Chill-it's all about food and agriculture.

Greenergy is renewable energy, but I started Greenergy because I was consolidating agricultural waste and turning them into biomass energy. This has 90% of my focus. I prefer to be called an agri-entrepreneur. I prefer that I spend most of my resources and time trying to make a difference in the sector.

What are the issues that you want to address in the agri sector?

The Philippines' agricultural problem is that we are fragmented because the agrarian reform was not successful. There's distribution of the land but there's not enough support afterwards. Without the microfinance support, there will be no input, which equals to no output. Out of the country's 7,107 islands, there are probably about 2,000 islands that have economic activity or farming activity, and 99% of the farmers are unserved-not underserved but unserved-by the banking sector. Our law even has to come up with the agri-agra loan where the banks are mandated to lend 25% of their loan portfolio to the agri-agra sector. Unfortunately, the banking sector prefers to pay the penalty rather than supporting the farmers. Not because they do not have the heart but because there was a logistics problem, and it's a big nightmare for them to organize.

So what we will be doing is trying to solve the inefficiencies of the agricultural sector of the Philippines and make the most out for the stakeholders.

Tell us more about AgriNurture.

AgriNurture is basically a consolidator. We act as the only bridge between farmers and consumers. Year 2020 will be a very exciting year for AgriNurture because we're going to use technology to disrupt the agricultural sector. We will use technology to uplift the life of our Filipino farmers. From the microfinance aspect, we will adopt fintech. From a marketing perspective, we will adopt e-commerce. And we will also improve the logistic inefficiencies by means of technology.

The face of all AgriNurture's subsidiaries is Big Chill and Tully's. What is AgriNurture, nobody knows. We're bringing in a lot of rice, we are exporting a lot of fruits, we're processing a lot of coconut water for North America and the Middle East, but nobody knows. However, everybody knows Big Chill, Tully's Coffee, because they are the retail front. Soon, we will be launching our vegan, plant-based meat.

Tell us more about your venture into the mass transport system.

Philippines' InfraDev is the holding company that owns the Makati City Subway Incorporation. So it is a consortium that I put together and they are about to undertake the construction and development of the first mass transport underground in the CBD, which is Makati. And we expect the commencement of the tunnel boring anytime this year. And it will be completed by 2025.

Eventually it will interconnect with a lot of other cities by subway extension, by tram, or by other modes of mass transportation system.

Where is your passion coming from?

When my father died a year before I graduated, it disrupted my life. That year, 1995, I turned myself into a vegetarian because I didn't want to have cancer. At the same time, I had the insecurity that I needed to make money. I turned from a happy-go-lucky young man into a serious person trying to find ways to make a living because of the insecurity, and I never stopped since then. When my wife started complaining about my excessive work, we finally decided to slow down and migrate.

I was brought back to the country in 2014 when I had to fix a lot of issues. However, I believe because of those challenges, I have an agri fintech now. I have the subway project. I have the plant-based meat product. I have the sparkling coconut water.

There are two things that I embrace from Japanese culture: kaizen and ikigai. In our management team, we should seek to improve every day, even if it's just 0.001. If you multiply that by 0.001, it will keep growing. I keep on requiring myself to be better today than yesterday.

What plans do you have for your company?

There are many other interesting things that we want to introduce slowly, like we may combine tourism with agriculture. It would be very nice to have agri-tourism. Farm tourism. Farmers make very minimal money, but if the farm can become a tourist attraction like in Japan-experiencing how to plant and how to harvest, enjoying fresh fruits and vegetables, etc.-I think that's one approach we can create value for farmers.

Another one is to go organic. Organic has a bigger value and it's better for the environment. We have to learn from the Japanese, Korean, Taiwanese, where small farmers can actually become wealthy because of high-value output.

Do you have a particular place in mind you want to pioneer?

There are a lot of interesting places where you can do agri-tourism. Tagaytay, for example—after the volcanic eruption, the soil will be more fertile. And then, you can grow organic vegetables.

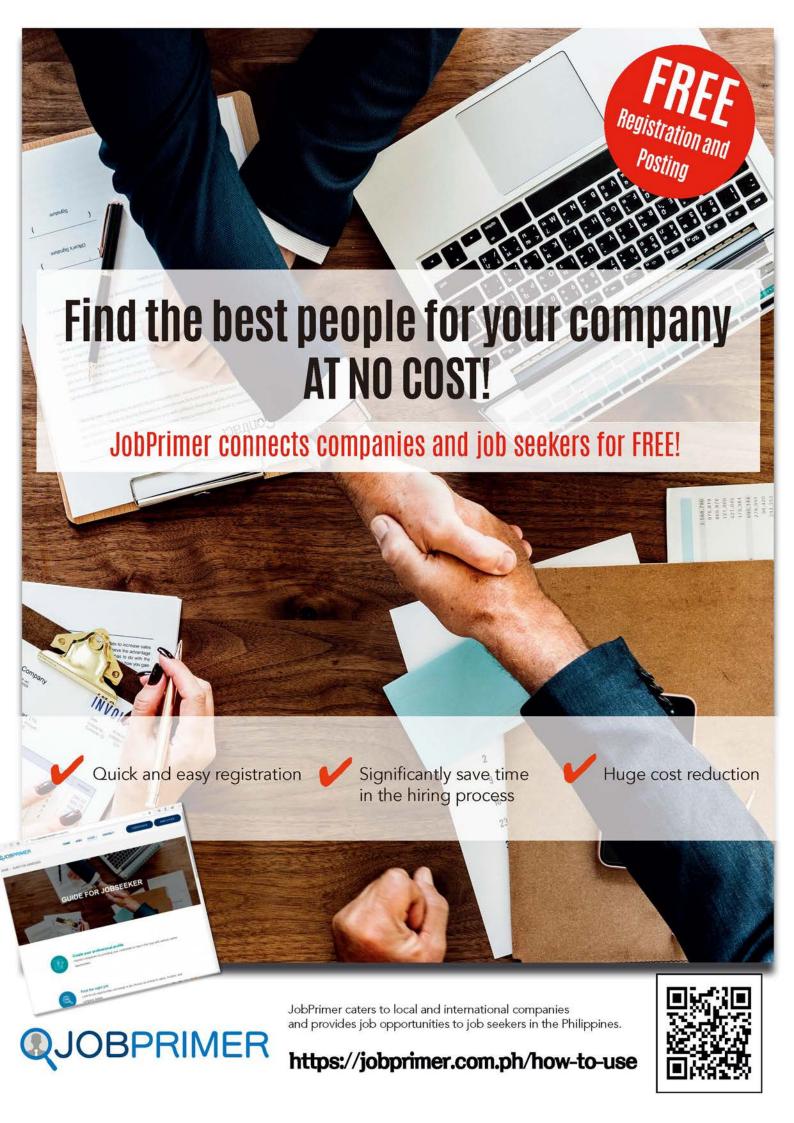
Tagaytay, Baguio, or Antipolo—these are nearby areas where you can capture local or international tourists for agri-tourism. You can go a little bit farther if you want to do some large-scale tourism projects. There's Bulacan, Batangas. You can do island hopping and enjoy agri and fishery tourism like in Bohol and Davao. There are many beautiful places in the Philippines where we can combine tourism with agri.

Can you describe your typical work at work?

I try to learn from the farmers, so I try to start my day early. The alarm clock is set at 6, but my body wakes up before the alarm. I prepare my own food. I meditate. I exercise a little bit.

Scan the code to view the full interview. Read more on business at www.primer.com.ph













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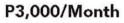
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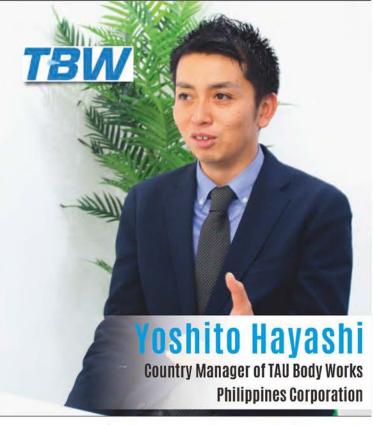






Business Talk Extended An interview with the top executives of Japanese companies that have penetrated the Philippine market





TAU Philippines is engaged in buying and selling used and accidentally damaged vehicles. The company has been providing Japanese quality services since it started, and from then has steadily acquired a large number of customers. In 2019, they established a new group company specializing in sheet metal and painting called TAU Body Works Philippines Corporation, which is designed to develop a new demand as well as to become a leading player in the sales of used cars here in the Philippines, where the automobile market is expanding along with economic growth.

Koki Obara, the General Office Manager of TAU Corporation's branch in the Philippines, was born in Iwate Prefecture in 1983. He graduated from Tohoku Gakuin University, and joined the company back in 2011.

Meanwhile, the company's Country Manager Yoshito Hayashi was born in Gunma Prefecture in 1983. He acquired his degrees in Business Administration and Marketing at Griffith University in Australia. Hayashi joined TAU Corporation 2015.

Can you tell us about your business in the Philippines?

Obara: We are engaged in purchasing and selling cars, which are used or damaged by accidents. Currently, the service is provided only to members and we sell through an auction site on the internet operated by our company. When we first entered the Philippines in 2015, we sold less than 100 cars in a year. But now, we sell about 1,500 cars. It depends on the stock of the car, but it can be delivered in about a week after you decide the car model that you want. Japanese cars, such as the Land Cruiser, are very popular.

Hayashi: As one of the TAU Group companies, we are engaged in dealing with sheet metal, painting, and doing maintenance (of) cars. I am in charge of the overall operation in the factory, so I manage not only customer service, but also sales, marketing and general affairs, as well as personnel and accounting.

What is the speciality of your company?

Obara: Our strength is that we sell products with guaranteed quality. Our company often buys (used) cars from Japanese people, so the majority of our cars were cared (for) very well. If necessary, we sell them together with maintenance packages (as well).

What are the challenges have you encountered in running the company?

Obara: In the Philippines, there are many cases where regulations become a bottleneck and a hindrance to businesses. Our company has changed the types of vehicles that we handle due to changes in regulations. When I first entered the Philippines, we were thinking of importing and selling trucks as our main business. Suddenly, however, importing trucks became difficult. So we turned to selling broken-down vehicles. Now, it has grown to become our main business.

Hayashi: When our business just started, various troubles occurred—the construction work did not go on time and there was an initial manufacturing problem. Thanks to the support of local and Japanese automakers, insurance companies, and our employees, we managed to get over it.

How do you describe the Philippines' car business?

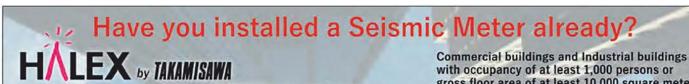
Obara: When it comes to the used-car market, I think there is enough room to grow as much as the new-car market. An estimate of 400,000 used vehicles are sold annually in the Philippines and the growth rate is so high compared to other countries.

Hayashi: The Philippines' used-car market is still underdeveloped. It's said that the used-car trade-in rate when purchasing a new car is approximately 5%. As it's becoming easy for people to have loans to buy cars, Japanese companies in the used-car market have entered the Philippines. I hope that our group will work together to help make the basis of the motorization in the Philippines and the future (of the) used-car market.



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Reference circulars

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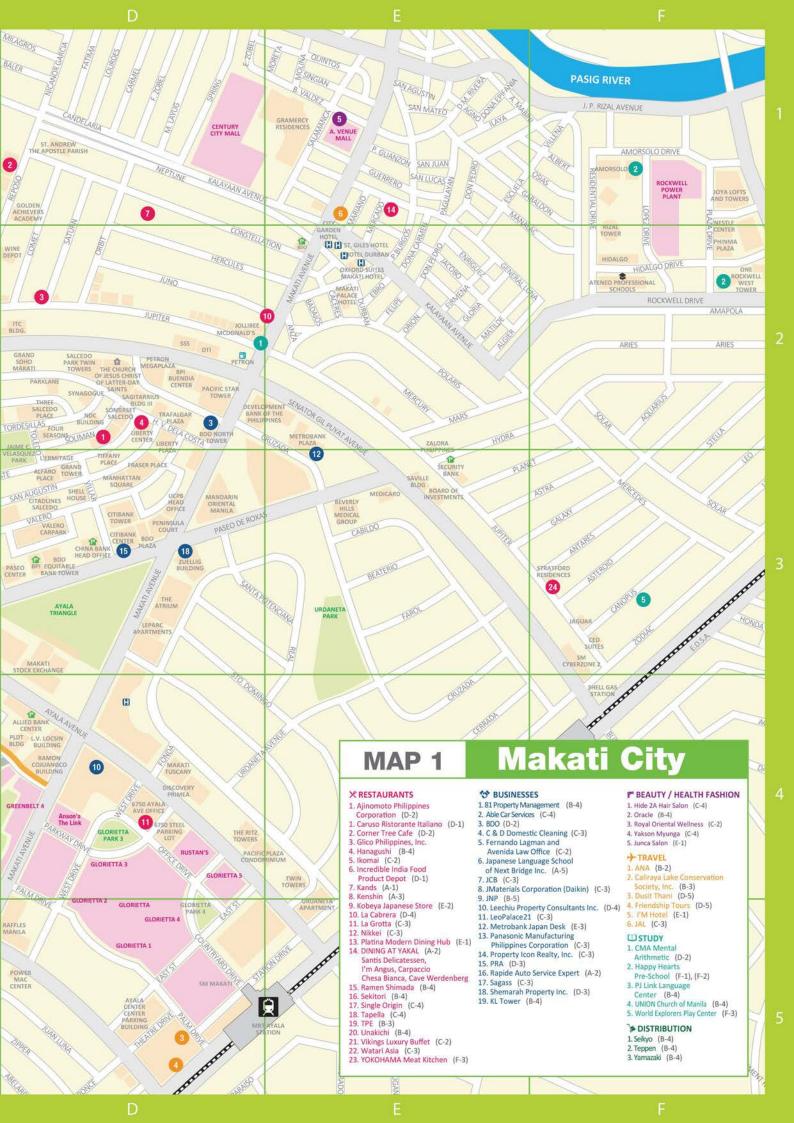
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to Robinsons Place

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- ATC-Lawton

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Antipolo [P60.00] SM Megamall to [P65.00]

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- ATC to Ayala Malls 30th [P80.00]
- [P80.00] Shopping Center
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- [P180.00]

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MANILA

What's New in the Metro?

PASAY CITY



VizCon 2020

Catch the Philippines 'first data visualization summit this March and learn about trade and network, where at least 15 speakers and 2 conference tracks await. Choose between the Talk Track and the Workshop Track after the morning discussions that includes that of "Bridging Data and Storytelling to Create Insight" among many others!

SMX Convention Center, Pasay City



Diamond Jim Tyler's 'Magic Upclose' Series

This March, witness a magical spectacle like no other as magician-comedian Diamond Jim Tyler brings his Magic Upclose series to Manila! This is a magic show that is unlike any other as it brings forth the concept of up-close magic where the act is seen in an intimate setting among others.

Resorts World Manila & Sheraton Manila Hotel, Pasay City



Franchise Asia Philippines 2020

For five days, partake at Asia's leading franchise show, Franchise Asia Philippines 2020, which features two categories: the International Franchise Conference and the International Franchise Expo.

Venue: SMX Convention Center, Pasay City

MAKATI CITY



Anna in the Tropics

Written by Nilo Cuz, Anna in the Tropics brings audiences to Florida in 1929. The Pulitzer Prize-winning play is set during the Prohibition years in one of the last cigar factories that still roll cigars by hand. This is the second production in Repertory Philippines' 2020 season.

Onstage Theater, Greenbelt 1, Makati City

MANILA



Festival

March 13 to 15

2nd Manila Coffee Festival

The Philippines' first of its kind Manila Coffee Festival returns for its second year offering the best of Philippine coffee and lifestyle! Organized by the Coffee Science Center, the Manila Coffee Festival highlights the country's coffee with a mixture of food, art, music, tourism, and entertainment.

Manila Hotel's Tent City, Ermita, Manila

DATE: Sunday March 22, 2020 PLACE: IA Village, VOU. Surles; 2119 Settly Ave., Sampalor, March 22

3rd OtaCutE Cosplay Festival

Experience a day of fun and excitement at the 3rd OtaCutE Cosplay Festival, where games, performances, and a number of contests including the cosplay and karaoke contest are in store for guests!

OtaCutE Japanese Amusement Park, Sampaloc, Manila

QUEZON CITY



Yungblud Live in Manila: Twisted Tales of the Ritalin Club Tour

Making his way to Manila for the first time is London-based musician YUNGBLUD otherwise known as Dominic Harrison—a young trailblazer who exploded into the scene in 2018 with his scathing debut album "21st Century Liability".

Skydome, SM City North EDSA, Quezon City

MANDALUYONG CITY



Paper Jam MNL 2020

Paper Jam MNL is an avenue for aspiring artists and creatives to promote their art, feed their muse, and get inspiration. Apart from copping stationeries, make sure to keep an eye out for other local and handmade products too!

♥ Venture Space PH, Mandaluyong City

SPOTLIGHT



Summit

Chief Financial Officers Summit Manila 2020

March 26 and 27

Get onto the peak of your financial goals as ASEANHR.Org hosts the Chief Financial Officers (CFO) Summit Manila 2020, whose core aim is to conduct a huge, active, and effective business meeting for CFOs to transform the business through technology and create more value. Its four agendas namely Investment and Sec Company Transparency, Mergers and Acquisitions, Finance Security and Risk and Crisis, and Digital Economy, notably circle around the objective "Leading into the Future of Change and Digital Economy Finance".

Shangri-La at the Fort, Manila

TAGUIG CITY



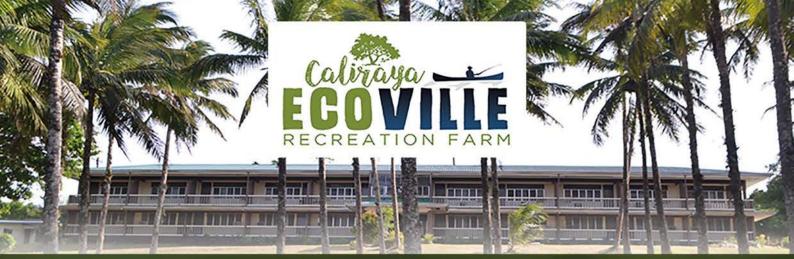
Stereolab's Reunion Show in Manila

Bring in the old-school vibes as 90s avant-pop band Stereolab comes to the Philippines for a reunion show after a 10-year hiatus. Fresh off touring around the globe with phenomenal shows in North America and Europe, the four-piece band guarantees Manila fans a performance they won't forget.

Samsung Hall, SM Aura Premier, Taguig City



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