A Taste of the Philippines

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**Comfort Rating**  
**Activity Rating**  

**Itinerary**

**DAY 1**  
Arrive into Manila airport where you will be met by a Trip Feast representative and taken to check-in at your hotel where you will be given a full orientation of your itinerary. Dinner will be served at **Adarna Food and Culture Restaurant** where you will be able to sample dishes from the different regions of the Philippines: **piassok** from the Islamic regions, **bicol express** (chillies cooked in coconut milk and stuffed with ground meat) from the Southern Luzon region, and **sinigang** (sour soup with vegetables and meat or shrimp). Here you will also be given a brief overview of the history of Filipino cuisine by the chef. Overnight in Manila. Meal plan: D

**DAY 2**  
After breakfast, the day will start with an early trip to **Laguna**, known for its coconut-based dishes due to the major coconut industry of the province. You will visit a **lambanog** (coconut wine) maker in the town of **Liliw** and taste a refreshing Filipino snack called **halo-halo** (a mix of fresh fruits and beans with crushed ice and milk) at **Alieng Taleng’s** in **Pagsanjan**. You will also visit the skilled wood carvers in the towns of **Pakil** and **Paete**, as well as the Spanish colonial **Underground Cemetery** in **Nagcarlan**, and the American colonial town square of **Pila**. The cooking class will be held in the **Aurora’s Heritage Cuisine** school where you will learn **Southern Tagalog** cuisine as well as the regional variations of **Adobo** (a popular Filipino dish cooked in vinegar and garlic). You will then be transferred to a country inn in **San Pablo**. Overnight in San Pablo. Meal plan: B, L, D

**DAY 3**  
The day begins with a visit to San Pablo’s seven lakes, the most of which is **Lake Pandin**, where you will take a walk through the parks and then a raft ride on the lake itself. A seafood lunch will be served by the lake on banana leaf plates, Filipino picnic style. The afternoon will be spent in **Sariaya** and **Lukban** in Quezon province where you will be able to sample the towns’ delicacies. Dinner will consist of crabs, prawns, squid and milkfish in Manila at the **Dampa Seafood Market**. Overnight in Manila. Meal plan: B, L, D

*The delicacies of Sariaya and Lukban include: Pinagong (turtle-shaped bread), Broas (ladyfingers) and Pianono de Patatas (cake filled with sweet creamy potato), Pansit Habhab (banana leaf filled with noodles) and Longganisa (local meat sausages).*

**DAY 4**  
Today you will drive to **Pampanga** and have breakfast at the **Kusina ni Atching Lilian Borromeo**. Here you will be shown how to make traditional San Nicolas cookies by hand and have the chance to make **dulce prenda** (decorated bread buns with a fruit filling). Then you will be taken to see the **San Guillermo Church** in the town of **Bacolor** and the Filipino Sistine Chapel at **St. James the Apostle** in **Betis**. You will be served a traditional lunch in **St. Rita** while you are serenaded by a local performing arts group and will then be taught the basics of Kapampangan food and culture. After lunch, you can walk through **Prado Farm** in **Lubao** and taste homemade chocolate drinks, fried rice cakes and a Filipino take on paella. Dinner will be a feast of roast pig stuffed with duck or a selection of other dishes. Overnight in Prado Farm. Meal plan: B, L, D

*Traditional Kapampangan breakfasts include: Tapang Kalabaw (marinated and fried carabao beef), Kapampangan Longganisa (local sausages), or Tidtad (pork and offal cooked in vinegar). Other traditional meals include: Asadong Matua (pork slowly cooked in tomatoes and herbs), Pritong Tilapia na May Buro (fried fish with fermented rice and shrimp), Sole Manok (chicken soup with lemongrass and corn), Tuyo Salad (vegetables topped with dried fish flakes) and Buko Sherbert with Dayap rind (Coconut sorbet and lemon rind).*
DAY 5  Early departure for the province of Tarlac where you will have breakfast at a private farm in Paniqui. You will then be taken north to the old Pindangan Ruins where you will visit the ruins of an 18th century church and a Carmelite convent. Lunch will be at a private house-gallery of a local artist near the church ruins. After lunch you will be transferred to Vigan City, in Ilocos Sur, a place known as “the heritage town of the north” due to its numerous Spanish colonial style plazas and houses. You will be taken on a tour of the Old City. Dinner will be served in a mansion belonging to the family of the former Philippines President and. The rest of the evening will be free for you to stroll around and visit the many bars and restaurants of Vigan. Overnight in Vigan. Meal plan: B, L, D

Tarlac breakfasts include: rice cakes, assorted cookies, Pandesal (local bread buns), Kesong Puti (white cheese made from carabao milk), Mochi (sticky bun with coconut filling), and Tamales (a delicacy made from rice with eggs and strips of chicken).

DAY 6  After an Ilokano breakfast, you will head to Ilocos Norte and visit a jar factory and the San Nicolas Market where you will buy the ingredients for your next cooking lesson. This will be at a farm in Laoag and you will learn the local Ilokano dishes and cook one of them for your lunch. After your meal, you will take a tour of the Museo Ilocos Norte, Nana Rosa's Cornick Factory (cornick is a Filipino corn snack) and the San Augustin Church (a UNESCO heritage site) in Paoay. Dinner and overnight in a village resort in Currimao. Meal plan: B, L, D

Breakfast in Ilocos Sur can include: Vigan Longganisa (local sausage), eggs and Sinangag (garlic rice). At the farm you will learn to cook Pinakbet (local vegetable dish), Igado (pork and liver) and Bagnet (deep fried pork).

DAY 7  After an early breakfast, you will go to Cape Bojeador where there is a 19th century lighthouse which remains the tallest in the Philippines. From there you will pass through the windmills of the town of Bangui and then to the beach for lunch in Pagudpud. The afternoon is free. Dinner will be served in the city of Laoag at a restaurant famed for its authentic Ilokano cooking. After dinner you will take a short plane trip back to Manila arriving late in the evening. Overnight in Manila. Meal plan: B, L, D

DAY 8  There will be breakfast at the hotel and free time to go shopping at the malls until you check-out to go to the airport for your onward flight. Meal plan: B, L

PRICE INCLUDES
Internal flights  Cooking classes in English  English speaking driver
Airport transfers  Most meals (see meal plan in the Sightseeing with local guides
Accommodation  itinerary)  Climate Care contribution