



7 days Palawan expedition



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Introduction

Our expeditions are tailored to guiding you away from the busy world and connecting you to unforgettable natural wonders and cultural experiences.

If you are looking to escape from the crowds of tourists and discover **the Real Palawan**, while enjoying creative activities, swimming among fish, turtles and even whale sharks, interacting with local island people and trying their native dishes, and also having that perfect balance of relax time, then we have what you are looking for.

We bring you to extraordinary places.

There is nothing more disappointing than returning home from a trip you didn't enjoy, and so we put 100% effort and passion into creating adventures that you will remember forever. That's why we chose Palawan in the Philippines, not only did this place touch our hearts, these islands are consistently rated the most remarkable destinations to visit in the world, by travellers from every corner of the globe.

To make things even more exciting, we have access to the most remote and exclusive paradise locations and we are dedicated to making you feel alive every step of the way, leaving you with stories that you cannot wait to share with your family and friends. So, buckle up, book your adventure and we'll do the rest.

Highlights

Visit all famous spots in Palawan: Puerto Princesa, Port Barton, San Vicente, TayTay and El Nido

- Trekking and Swim in jungle waterfall
- Sleep in comfortable Eco Cottages at our Exclusive Private Resorts
- Navigate with comfortable private boats with big space
- Visit remote islands with white sand beaches and unbreathing sea.

- Snorkeling untouched coral reefs with marine life and Swim with turtles
- Visit small fishermen village, immerse yourself in the island way of life
- Enthusiastic guides who are passionate about Nature, History and Culture.
- Enjoy our meals of locally inspired cuisine.
- Lot of Adventure, Games and Fun!!

Itinerary:

Day1. Arrival to Puerto Princesa-Crocodile Farm-Prison

- Arriving Puerto Princesa Transfer to hotel
- Visit the crocodile farm
- Visit a Philippine prison
- Dinner in amazing local place
- Back to sleep to hotel***

Day2. Swim with the whale shark (in season) or experience the underground river

- Breakfast in hotel
- Pick up for swimming with whale shark (if in season) or underground river –snorkel mask provided
- Transfer to hotel to Port Barton (3h)
- Dinner local restaurant
- Sleep in Tribal Port Barton Town accommodation

Day3. Port Barton-Amazing Island Hopping- Nomad Camp Catalat

- Breakfast Tribal Port Barton Town accommodation
 - Amazing Island Hopping: Coral Twin Reef, Turtle Point, Inaladelan Island and Cagnipa.
 - Lunch on the Island
 - Transfer to Eco Camp Nomad Catalat. Welcome Drinks- Coconut
 - Special Dinner on the Camp.
 - Dinner Traditional Filipino Boodle Fight and bone fire.
 - Sleep on comfortable huts with facilities

Day4. Fishing Village-Jungle Trekking-Mangrove Village

- Breakfast and visit the small fishing village and its small school
- Transfer by boat to Bunuanguin
- Trekking to Niko's fall
- Lunch in the jungle
- Transfer to Tribal Eco Resort Mangrove Village
- Tribal Archery and Activities
- Dinner Tribal Monkey Camp - Boodle Fight
- Luminescence Plankton View

Day 5 Mangrove River-San Vicente Long Beach-TayTay-El Nido

- Breakfast and Paddling boat to Mangrove River
- Transfer to San Vicente
- Visit Long Beach and famous spots
- Lunch on San Vicente
- Transfer to TayTay
- Visit Fortress Isabel
- Transfer to El Nido Accommodation
- Dinner in El Nido

Day 6 Island Hopping El Nido-Sunset Cabanas

- Breakfast in accommodation
- Island Hopping Bacuit Island
- Lunch on the island
- Snorkelling and Kayak
- Sunset in las Cabanas
- Dinner El Nido
- Transfer to hotel

Day 7 Nacpan Beach-End

- Breakfast in accommodation
- Transfer to Nacpan Beach
- Lunch on site
- Come back and end expedition

- **All days included Guide, Food, Island Fees, Eco-Cards and activities.**
- **No included alcoholic drinks.**

TERMS AND CONDITIONS

GUIDING: Our awesome and enthusiastic tour guides, who have a great passion for Nature, Culture, and History, and a lot of experience in taking travelers around the Philippines, will guide you throughout the tour.

ACCOMMODATION: You will be comfortably accommodated either in our Exclusive Camps or in our Exclusive Private Resorts. Most of our rooms have private toilet and bathing facilities but in some areas are common but they are always in excellent condition.

ORDER, PAYMENT, AND CANCELLATION POLICY: Would-be travellers must place orders, at least 7 days prior to the expeditions. We will confirm such orders upon the receipt of 100% of the total fee for the whole service purchased as advance payment. For your security, we only accept PayPal payments.

PayPal is the largest payment platform in the world and guarantees you a full refund in case the product or service is not received.

Children aged **5 years and under, 50% discount** on the usual rate. Cancellations are not refundable except due to force majeure such as adverse weather conditions and sickness, you will be given **30% of** the regular rate as a **discount** in subsequent attempts.

INSURANCE: All participants in our expeditions must have insurance cover which is not included in the rates you paid for the expeditions. All guests must get their own travel insurance prior to departure. And this insurance should cover the following: Adventurous activities that the tour encompasses, medical expenses, Personal belongings (if your luggage is lost or stolen) and missed flights.

WEATHER: Palawan is a long stretch (approx. 500 km) of land with hundreds of islands, and each of these islands has its own microclimate. When it's raining heavily in El Nido town, it doesn't mean it will be raining on the nearby island or Port Barton or Puerto Princesa.

There are 2 major seasons. The dry season is the high season for tourism, and it runs from Oct/Nov to May/Jun. The Monsoon season is the low season running from Jun/July to Sept/Oct. The dry season is characterised by strong NE winds. Monsoon season is generally characterised by calmer water for sailing. However, there can also be strong SW winds and a storm. Our expeditions usually take place during the monsoon season. However, we are always prepared for any kind of weather. During the wet season, it does not rain all through the month. Sometimes, there is long undisrupted sunshine for weeks and sometimes lots of rain. Usually, it is sunny in the morning and there is heavy rain in the afternoon.

Our expeditions bring you face-to-face with nature, including the tropical weather. In the Philippines. We advise you to come with a light rain jacket to

protect yourself from wind-chill and keep yourself warm in the event that there is rainfall during your expedition.

CASH IN PALAWAN: You will find ATM in El Nido, Port Barton and Puerto Princesa. Go to take enough cash in the ATM otherwise expect a high commission.

GETTING WET: You should pack the essentials in a DRYBAG of size 25 – 35 Litres There is no room for comfort and dryness in the rainforest, no matter what the manufacturers of outdoor equipment may say. Even if there is no rain, your shoes and clothes will always be wet, either from forest moisture or your own sweat. Your focus should be on keeping your backpack. While onboard, you may be wet because of wave splash and air moisture, and also owing to frequently getting into the water. Navigation breeze may make you feel cold. Quick-drying swimwear, towels, and water shoes will definitely be of great help.

Our expeditions take place in remote places where there is no electricity; therefore, we only rely on solar energy that cannot power air conditioners. However, our accommodations are constructed in such a way that you will not feel high temperatures and they are quite protected from mosquitos, or any other insects.

MEAL POLICY: Using traditional Filipino cooking, we make our menu from rice, vegetables, fish, fresh seafood, fruit... We serve Breakfast, Lunch & Dinner with water and soft drinks on a daily basis. We purchase some our ingredients while traveling through the islands. Additionally, we have special provisions for people who have allergies and cannot eat regular food. Therefore, you should inform in advance to the chef if you are allergic to certain foods.

SNORKELING: Snorkeling and swimming are parts of our adventures. If you are not a good swimmer, you should let us know so that we can make sure our guides take extra care of you. We also have onboard swimming buoyancy aids. You are going to have opportunities to explore the pristine reefs that we have discovered throughout the islands. We provide snorkels and masks on all our boats. If you wish, you can come along with your own equipment. If you are very keen on snorkeling and wish to spend lots of time in the water, you should bring a long-sleeved rash guard to shield yourself from the strong tropical sun and jellyfish stings.

HYDRATION: It is always a good idea to invest in water. You should come along with as much water as you can. One can survive without food for days, but dehydration can hurt you in minutes. If you want to bring some food with you, choose small but highly caloric foods like energy bars and nuts.

SEASICKNESS: Although the inner waters of Palawan are generally calm, the conditions of the sea may change quickly. Therefore, for any boat trip, it is a good idea to bring SEASICKNESS PILLS.

SUNBURN: Although our boats have shade roofs, you should always protect yourself with LONG-SLEEVE CLOTHING, SUN CREAM, and a HAT. A few minutes of exposure to the sun may cause serious injuries in the tropics.

MOSQUITOS: Malaria and dengue fever are still rampant in Palawan. Therefore, you should come along with malaria- prevention drugs. In the forest, long-sleeve clothing and mosquito repellent are a must-have. Although there are generally no insects in the open sea, sandflies and mosquitoes may be plentiful at stopover sites, especially in mangroves and highly vegetated beaches.

ALLERGIES: In the tropics, allergic reactions to environmental agents such as pollen are rare due to the high diversity and low relative abundance of different plant species. However, animal bite allergies and rash are common occurrences. You may also experience food allergy reactions, as meals are often provided by us. If you have any allergy or dietary requirements, please, inform us in advance.

WILDLIFE: Although dangerous animals are sources of worry to most travellers, there is no cause for alarm at all. In fact, you are more likely to have a sprain than being attacked by a wild animal. However, we cannot claim there is zero risk in our expeditions. Stone fishes, Urchins, Sting rays are seasonal. you can prevent bites by wearing water shoes in shallow water or by wearing thick, long-sleeve swimwear. Sea snakes are non-aggressive and tend to avoid contact with humans, and their bites are rarely fatal. You can avoid bites by sea snakes and lion-fishes by strictly abiding by a non-touch policy. While in the rainforest and the mangrove, you should move through by avoiding contact with the environment as much as possible. The majority of dangerous creatures there, like biting ants, snakes, centipedes, and caterpillars, will only bite you if you accidentally grab or trample them, or they feel you are directly chasing them. Again, strictly abiding by a non-touch policy will be of help. It is important that you always watch your hands and steps and thoroughly check the ground before sitting down if you want to rest. Also, you should always close your bag when you are not using it and put on long-sleeve clothing as well as proper shoes. Avoid shaking the young trees and vines, as there may be wasp or bee nests on them. Doing so may also cause the canopy to collapse, throwing stinging creatures on it right onto your head.

LONG-SLEEVE AND PROPER SHOES: In the tropics, in the jungle, it is a good idea to wear long-sleeved clothing to avoid stinging plants, sharp pandans, hairy caterpillars, and thorny rattans. Long sleeve clothing also

protects us against limatik leeches and sand flies and mosquito bites. While in the ocean, you can protect yourself from sunburn and stings of jellyfish and plankton by wearing long-sleeve swimwear. Also, water shoes will protect you against bites from poisonous ground creatures, like stone fishes, sting rays, and sea urchins, and they will also prevent you from being stung by anemones and corals.

SILENCE & RESPECT: You can only unveil the secrets of the rainforest by being silent. Although this may sound obvious, this is the most common mistake made by group hikers. You should try to hold your excitement and remain focused as you have not come this far to see only trees. Respect is the ultimate tip for outdoor travelers. Nature has a lot to offer us and much to take from us. There is no cause for alarm, you only need to be careful and always abide by the instruction of your tour guide. Come in, enjoy with respect, and get back home safe and sound.

COVID-19: Following the outbreak of the COVID-19 pandemic, we continue to abide by the advice and recommendations from the local authorities and the World Health Organisation (WHO). We are closely monitoring the news about the COVID-19 outbreak and gathering all the relevant information from government agencies, medical authorities as well as verified sources, adhering strictly to protocols from material experts.