SPICEROADS

CYCLING





ISLAND HOPPING THE PHILIPPINES

Tour Code PHL-PIH



Destinations

Tour Meets Tour Ends

Fly in to Fly out of

PRICING

Group Size Minimum Age **Philippines**

Cebu City Cebu City

Mactan-Cebu International Airport (CEB) Mactan-Cebu International Airport (CEB)

2-12 riders

18 (on scheduled departures)

Price Bike Hire (Mountain Bike) Single Supplement

WHAT'S INCLUDED

- SpiceRoads jersey
- Water bottle
- Support vehicle
- Guide(s)
- Meals (as indicated)
- Airport pick up
- Airport drop off
- Accommodation
- Snacks and drinks
- Ferry/boat fares

ACTIVITY PROFILE



10 Cycling days

55km

550km Total cycling distance

560 Avg climbing / day

US\$ 3,200 US\$ 295 US\$ 375

WHAT'S EXCLUDED

- International flights
- Domestic flights ×
- Visa fees
- Alcohol
- Tips

DEPARTURES

09 June - 21 June 2024 14 July - 26 July 2024

Avg distance / day

18 August - 30 August 2024

08 September - 20 September 2024

06 October - 18 October 2024

10 November - 22 November 2024

15 December - 27 December 2024 05 January - 17 January 2025

16 February - 28 February 2025

06 April - 18 April 2025

See website for later departures



TRIP PROFILE

We ride a total of 550 km in 10 cycling days and across three islands. We designed the route to experience a wide variety of the Philippines' terrain and scenery, including rural areas, forests, highlands, and coasts. All of the riding takes place on paved roads. Most days involve climbing though the downhills are equally as prominent - some are truly exciting as we come down from mountains to the coast. Your guide's expert knowledge of the area and terrain means that you always know what is coming up in terms of distance and difficulty. This makes a tremendous difference, as does the constant supply of water and refreshments along the way. This tour is fully supported with a vehicle following us at all times. In Bohol and Siquijor, we use quintessential Filipino jeepneys; converted jeeps with benches in the back. These are open-air with no AC. In Cebu we use a Commuter Van with AC.

The riding is complemented with visits to historic sites such as impressive Spanish-colonial churches and areas of natural beauty, such as the Chocolate Hills or the interior highlands Siquijor. In the afternoons, there is usually plenty of time for R&R in our well appointed tour hotels and resorts, most having pools. We have one rest day on the coast near Anda and at various other points in the tour there are opportunities for optional activities such as snorkeling.

Suitability: This tour offers a mix of challenging and leisurely riding. Climbing can be expected on most days, with both gradual and steep ascents throughout the tour. Downhills and flat sections provide a nice balance and are just as prominent. Having a basic level of physical fitness, being comfortable on a mountain bike, and possessing good handling skills will allow you to enjoy this tour more. A support vehicle is available at all times to provide refuge for weary riders. Almost all of the riding takes place on paved roads, so this tour is not suitable for any riders seeking offroad experiences.

Biking Conditions: We cycle almost entirely on paved roads. Most are in very good condition, though the occasional broken or cratered road does present itself - nothing that our mountain bikes can't handle! There is no technical riding on this tour but plenty of ascents and descents require comfortable handling skills and stamina. There are no designated bike paths in the Philippines and the width of shoulders vary. So, be prepared to share the road with other vehicles, such as jeepneys, motorized rickshaws, cars and the occasional bus. While near towns or popular attractions some busier traffic should be expected, for the vast majority of the tour there is very light traffic and we have chosen routes based on the most scenic and quiet roads available.



Day 1 Meet in Cebu

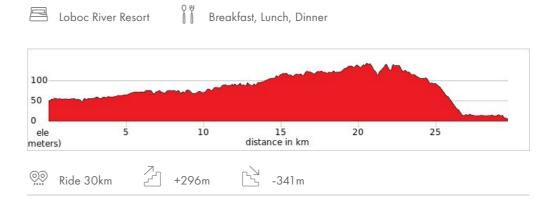
Welcome to Cebu, the "Queen City of the South"! We will pick you up from Mactan International Airport and transfer you to our tour hotel in the city. In the evening we convene for a trip meeting and welcome dinner. If you arrive early, make sure to do some exploring! Cebu is where the Spanish first made landfall in the 16th century, an encounter memorialized in Catholic churches and a fort still standing in the city today. Cebu is the Philippines' second biggest city and the main hub of the Visayas region - a coastal metropolis filled with sprawling neighborhoods, bustling markets, and some great local food!



Day 2: Cebu - Tagbilaran - Loboc

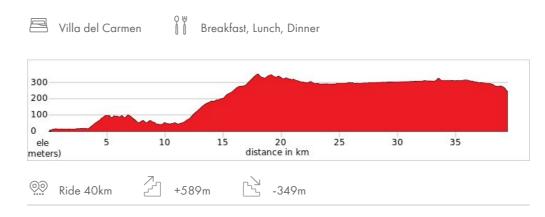
In the early morning, we head to the pier to catch a ferry bound for Bohol Island. Watch as Cebu's cityscape fades into the endless blue expanse of the ocean. After a two-hour voyage, we arrive in the city of Tagbilaran where we meet our trusty support vehicle, a quintessential Filipino 'jeepney,' and transfer a short distance for lunch and bike fitting. Then, it's time to hit the road! Today's ride covers a gentle 30 km, giving us our first taste of the charming Visayas countryside. After 12 km we stop for a break at a Tarsier Sanctuary. Tarsiers, the world's smallest primates, are native to Bohol and with the help of a local guide we'll venture into the forest for a chance to encounter these adorable, tiny, nocturnal creatures taking their daytime siestas. While sightings are highly likely, bear in mind that these are wild animals so guarantees can't be made. We then continue cycling through rural Bohol, tackling some hills before concluding with a fabulous,

winding downhill to the picturesque Loboc River. At our lovely riverside resort, you can go kayaking, enjoy a massage, or simply chill by the pool! Additional activities are at your own expense.



Day 3 Loboc - Chocolate Hills

Today's ride takes us deep into Bohol's interior. Doing so will require a fair bit of gradual climbing, but the scenery along the way makes it well worth the effort. After 6 km, we swing by a viewpoint overlooking a gorge of the Loboc River enveloped in thick jungle canopy. For those keen, you can glide above the gorge by zip line or cable car (at your own expense). Back on our bikes, we then gradually rise to the top of the Carmen Plateau, along the way passing through the Bilar Man-Made Forest; a sprawling procession of mahogany trees towering over the road. For the second 20 km of the ride, the surface levels out and we cycle gently towards the world-famous Chocolate Hills, an enchanting landscape blanketed by 1,200 symmetrical brownearth hued mounds. Local legend has it that the hills were formed by quarreling giants hurling boulders at each other. There's also a geological explanation, but that's a little more technical! After saddling off for the day, we'll ascend by car to one of the hills' peaks, where lunch and panoramic views await. We spend the night at a quaint guesthouse near the town of Carmen.



Day 4 Carmen - Sierra Bullones - Anda

Today presents a rewarding challenge as we traverse the Sierra Bullones highlands en route to the coastal haven of Anda. We begin with a leisurely 15 km on flat roads flanked by picturesque farmlands on either side.. With our legs warmed up we'll be ready to tackle a 17 km uphill into the rolling hills of Sierra Bullones. The landscape unfolds in a tapestry of lush jungle and emerald rice terraces, showcasing rural Philippines at its finest. Accompanied by scenes of wallowing buffaloes and farmers tending to their fields we press forth to the summit at 790 m ASL. Once at the top, we know what comes next: a 20 km descent down the order side of the highlands, whisking past villages and treated to sweeping vistas of mist-clad mountains surrounding rice terraces. Arriving in Jagna, we refuel with lunch and continue our journey for another 30 km to Anda, tracing an undulating, coast-hugging route that offers frequent glimpses of scenic bays. Our ride ends at a cozy boutique resort perched on a rocky headland overlooking the vast Pacific Ocean.



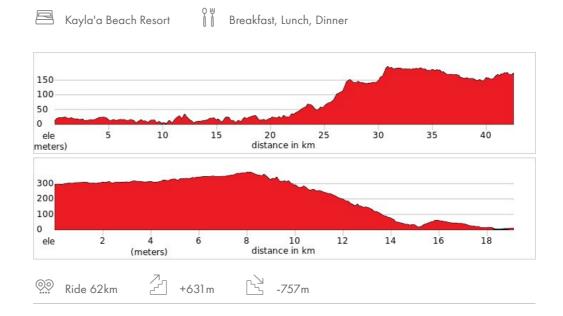
Day 5 Anda Rest Day

Today is yours to rest or explore Bohol's coast at your own leisure. If you're able to be tempted out of the resort, then just a few kilometers away lies the white-sand Anda beach, ideal for a day of lounging. You can also opt for snorkeling or scuba diving amongst beautiful coral reefs. A visit to nearby Lamanoc Island, renowned for its prehistoric cave paintings and mangrove forests, may also appeal. These optional activities are at your own expense.



Day 6 Anda - Dimiao

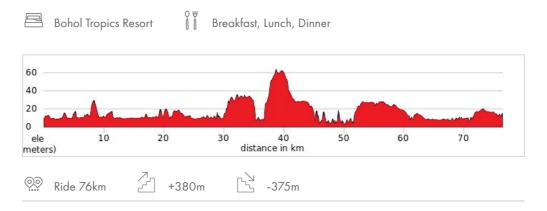
Today we get back on the bikes to discover more of Bohol off-the-beaten path. We begin with a short 6 km transfer in the jeepney and then begin cycling, enjoying scenes of the ebb and flow of daily life in Visayas. There's a few climbs to tackle but nothing too arduous and after 40 km we break for a picnic lunch on the shores of the Malinao Reservoir, a large, scenic lake with a peaceful ambiance. We cycle a few more kilometers and then jump in the jeepney for a 30 minute fast-track service to Bilar! Here we embark on our afternoon ride, following a mix of paved and broken roads meandering through the countryside with some fun, snaking downhills leading to the coast. We'll break up the ride with a visit to a gorgeous little waterfall nestled in the jungle. Its pool of crystal clear water will surely tempt us for a refreshing dip before we complete the final 5 km to reach our accommodations on the rocky shores of Dimiao.



Day 7 Dimiao - Panglao - Tagbilaran

Get ready for a great day of coastal riding. Starting from Dimiao, we head west passing by countless fishing villages and coastal towns. After 30 km we reach Baclayon, home to one of the oldest coral stone Catholic churches in the Philippines. The church's weathered yet delicately curated facade and interior provides a tangible connection to the country's Spanish colonial past and enduring Christian faith. We'll spend some time exploring these hallowed grounds and then continue riding for 5 km to a bridge connecting the mainland to the offshore island of Panglao. The rest of today's route circumnavigates nearly the entire island, featuring rolling terrain of rural, residential, and semi-urban areas. At the 50 km mark we stop for a delicious lunch with views over the Bohol Sea and then carry on to Alona Beach, well known for its white sands and lively atmosphere. The ride ends at the Hinagdanan Cave, an underground chamber adorned with

delicate stalactites and stalagmites, and a crystal-clear pool illuminated by natural light. Here we jump into the jeepney and transfer 30 minutes to the bustling city of Tagbilaran which is where we'll catch a boat to our next island the following morning!



Day 8 Tagbilaran - Siquijor

It's time to switch islands for the second time! This morning we ride our bikes a quick 500 m from the hotel to the nearby pier. We board a boat bound for Siquijor and simply relax for two hours as we glide across the water surrounded by islands, big and small, jutting out of the Bohol Sea. Once we disembark at Siquijor's pier, we'll be met by our support jeepney and transfer to a hilltop restaurant to enjoy lunch complemented with gorgeous views. Siquijor is an island of natural beauty and mysticism, characterized by palm-tree fringed beaches and shores, jungle-clad hills,, and a cultural heritage steeped in esoteric knowledge connected to the bounty of the land. To some, Siquijor also has a reputation for sorcery and dark magic, though, in our experience, it is hard to get that impression from the welcoming locals and inviting beach resorts! After our introduction to the island from our hilltop vantage point, we enjoy a refreshing descent to the coast and then cycle an easy and mostly flat 25 km to our elegant beachfront resort. We'll be based here for three nights.



Day 9 Siguijor Coastal Loop

Embark on an exhilarating island adventure today as we navigate the well-paved, 86 km coastal road of Siquijor. Along the way, we'll encounter a dynamic mix of uphills, downhills, and flat stretches, guiding us from bay to bay and circling the entire island. Our first stop, after a mostly ascending 10 km ride, is the legendary "Enchanted Balete Tree" – a 400-year-old ancient fig tree. Its sprawling roots create a natural pool of pristine water, inhabited by small fish offering a unique, natural spa experience for your feet! We then continue to Lazi, home to the Philippines' oldest coral stone Catholic Convent, boasting well-preserved Spanish colonial architecture and interiors. After exploring this historical site, we continue onwards to Salagdoong Beach, where we pause to admire the turquoise waters and, those who dare, can jump right in from a rocky outcrop. Following a replenishing local lunch, we complete our loop back to the resort, accompanied by frequent ocean views and passing by roadside stalls where local fisherfolk proudly display their catches of the day.



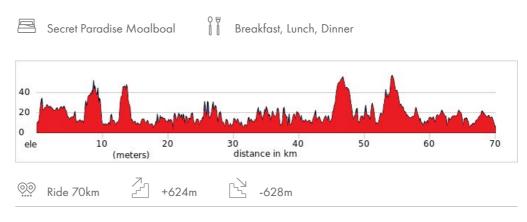
Day 10 Siquijor Highlands

Today we turn our attention to Siquijor's lush interior highlands. We begin by transferring 45 minutes by jeepney to get us to the top of Mount Bandilaan National Park, and avoid an otherwise grueling uphill by bike! Here we relish in panoramic views over the far-stretching rainforest canopy and then saddle-up to treat ourselves to a spectacular 10 km descent down the National Park's southern slopes. We hit the brakes at Cambugahay Waterfalls, where the multitiered cascade and calm pools may tempt us for a quick dip before continuing onwards to have lunch at a local eatery. After lunch, you can opt to cycle back to the resort by riding a roughly 20 km section of the previous day's route in reverse or you can hop in the jeepney and head back to the resort early to relax by the beach. Today is designed to be flexible. We may even be able to arrange a session with a traditional healer, a truly insightful cultural experience offering a window into Siquijor's mysterious and esoteric side. However, this can only be confirmed on an ad-hoc basis depending on the healer's availability.



Day 11 Siquijor - Dumaguete - Moalboal

Today, even before we start cycling we'll be on three islands and two boats! We've got a 5:00 AM start to reach Siquijor pier in time to catch the first ferry bound for neighboring Negros island. After reaching the lively port city of Dumaguete, we'll have breakfast and shuttle across town to catch our next ferry, heading across the Tanon Strait to Cebu's southern tip. Both boat rides this morning take about an hour each and afford delightful sea views as well as a glimpse into the hustle and bustle of inter-island mobility in the Philippines. Upon reaching the port in southern Cebu, we hop on our bikes and start riding north along the coast for 70 km. We cycle from one rugged headland to the next, repeating a pattern of up-down-straight until we reach the seaside town of Moalboal! This is coastal Cebu at its finest, passing through fishing villages and historic towns pressed against the backdrop of a stunningly blue ocean.



Early this morning, you have the opportunity to witness a remarkable underwater spectacle: the "Moalboal Sardine Run". Head to the nearby beach, rent some snorkels (at your own expense), and wade out into the ocean where you can swim above the mesmerizing sight of massive schools of sardines moving together in synchronized patterns. Other marine creatures, including turtles, that inhabit the coast and coral reef can be seen as well. This is an optional but highly recommended experience before we begin cycling. Our last ride is a memorable one as we traverse Cebu Island from west to east. Some challenging climbs await as we cycle up the Cebu Central Cordillera, the island's rocky spine. The views over the rolling hills of the farm-covered highlands are stunning, and we end the bike tour with a downhill blitz to the east coast. Here we load the bikes and jump into our support van to transfer 2-3 hours (depending on traffic) to Cebu City. We'll break up the ride with lunch and, after arriving in the city and checking into the hotel, reconvene for a farewell dinner in the evening.



Day 13 Cebu Departure

Time to say goodbye to the Philippines, extend your stay in Cebu, or travel to your next destination. There are plenty more islands to explore! If you have a flight out today, we'll bring you to the airport.



Disclaimer: The adventure cycling tours we operate often go beyond the beaten track, and the countries where we ride are not always predictable. Due to these reasons, it is occasionally necessary to reroute or update itineraries. Our guarantee is that we will not change a trip unless for safety or to improve it. Our listed hotels are always accurate at the time of writing, but should we have to change any hotel, it will always be for a similar or better one.

NUTS & BOLTS

Bikes

Because some people can't imagine going on a trip without their own beloved bicycle, we do not provide them as part of this tour. However, you can hire bikes locally for the price listed in the tour pricing section.

If you bring your own bike, please make sure it is a mountain bike, preferably with front suspension in good mechanical order.

Bike Repairs

Basic spares and tools are carried by the guide and on the support vehicle, though we cannot guarantee having spares for every conceivable problem. Carrying a basic tool kit, a spare tube and a pump while riding is recommended.

Safety

Wearing a helmet is required on all our biking adventures and is non negotiable. If you do not wear a helmet you will not be allowed to cycle. Your tour leader is trained in first aid and emergency rescue, but to a large degree you must be responsible for your own safety while riding. It is therefore compulsory that you take out travel insurance that will cover you for a mountain biking tour.

Guides

You will be led by a local English-speaking guide and if the group is 9 people or more we will add another guide to the tour. All our guides are well informed in the history, culture and religions of the area where you are biking and are skilled at passing that knowledge on to you. Your guide is also medically trained and an experienced cyclist, able to handle most minor repairs en route.

THE NITTY GRITTY

Passports and Visas

If staying less than 30 days then a visa is not required by many nationalities. See here for the full list and other information. You will need to show proof of an onward flight out of the Philippines to be allowed entry. Please ensure your passport is valid for at least 6 months from date of entry. For stays longer than 30 days, a Temporary Visitors Visa is required. See here for further information and please reach out to the embassy/consulate nearest to you if you will need to procure a visa.

Health

We recommend that you visit a travel medical doctor and ask about the following vaccinations: typhoid, polio, tetanus and hepatitis A. A certificate for Yellow Fever is required when arriving from an infected area within six days. See here for more information.

Weather

The weather in the Philippines is generally characterized by a tropical climate with high temperatures and high humidity throughout the year. Average temperatures range from approximately 25 to 32 degrees Celsius (77 to 89.6 degrees Fahrenheit). The country experiences a distinct wet season from June to November, with the southwest monsoon bringing heavy rainfall. The dry season, from December to May, is marked by warmer temperatures and lower humidity. Typhoons, or tropical cyclones, are common during the wet season, particularly between July and October. Weather patterns are often unpredictable, so rain can also fall during the dry season and extended days of sunny weather can occur during the rainy season! Usually, rainfall happens in quick bursts rather than extended downpours. As a general rule, we ride rain or shine.

Food

Meals are included as per the itinerary where B=breakfast, L=lunch, D=dinner. Breakfasts will be served at the hotels which either offer a buffet or a-la-carte. Usually there are options for Western or Filipino breakfast. Fruit is always available. Coffee is included but please note that it often instant coffee, and fresh coffee may incur additional charge. On day 11, as we have a pre-dawn start to board the first of two boats that day, we have breakfast at a restaurant in Dumaguete before continuing to Cebu. Lunches will be had at local restaurants along the cycling route. Meals will be mostly shared-style Filipino fare consisting of rice, stir-fries, veggies, soups, adobos, curries, noodle dishes, and any regional specialties. On Day 5, a free day, you can have lunch at the hotel or outside. On day 6 we have a picnic style lunch near a reservoir, with meals taken with us from the hotel. Dinners will be had mostly at the hotels, alternating between shared-style Filipino food and giving you a chance to choose yourselves from the menu. Where good options are available, we may have dinner at a local restaurant instead of the hotel. Filipino food tends to be meat-heavy (especially pork) but there are plenty of options for vegetarians/vegans as well. Being a nation of islands, seafood also features prominently. Most dietary requirements and allergies can be catered for - please let us now at the time of booking.

Drink

Keeping you completely hydrated is a job we take very seriously. Water, local fruit, snacks and soft drinks are included in the tour price while riding. Soft drinks and other beverages during meals are not included. Beer and other alcohol is freely available everywhere, but is NOT included in the price.

Solo Travelers

SpiceRoads does not require you to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single

supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

Extra Expenses

Throughout the tour you will have options for additional activities which you can purchase on the spot, such as ziplining on Day 3 and snorkeling on Day 12. Having cash for beverages with meals and purchase of any local trinkets is also recommended. Laundry service is available at some hotels and can be paid for on the spot - we suggest doing laundry on days where we spend more than 1 night at a hotel (i.e. in Anda and Siquijor). It is customary to tip guides and drivers at the end of the tour and small tips for hotel staff (e.g. luggage porters, housekeeping) are widely appreciated.

Money

The currency used in the Philippines is the Philippine Peso (PHP). It is advisable to carry pesos for any daily expenses like drinks, souvenirs and additional activities. Don't expect credit/debit cards to be accepted in most places other than any major hotels or retail outlets in the cities. ATMs are widely available in urban areas and more scarcely in he countryside and you will be able to withdraw money along the way if needed. We suggest you exchange money upon arrival at the airport or at a bank in Ayala Shopping Center across the street from our tour hotel in Cebu. Should you require more along the way, you can withdraw from ATMs as needed.

GENERAL BOOKING INFO

If this is the tour for you here's what you need to do to confirm your place:

FLEXIBLE BOOKING CONDITIONS

Booking a SpiceRoads cycling adventure is easy and we try to do everything possible to make sure you have full flexibility and peace of mind. We do not require a deposit to hold your place on a tour and once full payment has been made your money is protected in our client account and you have the flexibility to cancel or change your booking if needed.

CONFIRMING YOUR BOOKING

Just complete our online booking form or send your booking details offline (email or post), and we will confirm your participation. No deposit is needed to confirm your place on a SpiceRoads tour.

You are advised to read our <u>Booking Conditions</u> in full before you make your payment and should you require further clarifications of any of the conditions below, please <u>email us</u> or call our office.

TRIP STATUS

There is a minimum number of participants (usually 2) required to enable the trip to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to Depart'. Once a trip is guaranteed to depart you are free to book your flights and make other travel arrangements. If the trip status is 'Limited' will mean we have only a small number of spaces available for booking. If you are unsure about the trip status, please <a href="mailto:em

BOOKING ONLINE

From the tour page, click the 'Book Now' link. All departures for this tour will appear, just select the date you'd like to travel. For the next steps, you'll need to know the names of the people travelling. If you wish you can also provide extra details such as passport numbers, height (for bike hire), or you can add that later by logging into Manage My Trip (we'll set up an account for you automatically if you don't already have one). Our system will contact you from time to time to fill in the missing information, as it will be required before departure. However, if the trip that you are booking offers a child discount, you will have to fill out the date of birth of each rider (so we can calculate the appropriate discount).

If you are having any problems <u>please send us an email</u>, or give us a call (+66 026 3295) and one of our travel specialists will assist you with your booking.

BOOKING OFFLINE

Just call us or send an email indicating which trip you want to join and we will happily send you a list of questions and process your booking for you.

DEPOSITS AND PAYMENTS

We do not require a deposit or full payment to book a place for you on a tour.

The balance of the tour's cost (final invoice) will need to be paid 60 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights.

In the case where a booking is made when there are less than 60 days until the tour departure date, the tour's cost should be paid in full within 72 hours of receiving an invoice from SpiceRoads. Payment can be made by credit card using our online payment gateway or by bank transfer. When making payment online you will need to confirm that you have read these booking conditions during the "checkout" process, which equates to agreeing to the terms of services and stipulations as indicated in this document.

In all cases, tour fees need to be paid "in full" before participation in a tour. No person(s) will be allowed to join a tour without fully settling their invoice and receiving a confirmation number from SpiceRoads.

The exception can be made for last-minute miscellaneous fees that can be paid locally (visas, additional local hotel bookings, etc.) can be settled on the day of arrival.

FULL FLEXIBILITY FOR TOUR CANCELATIONS

If the tour is cancelled or postponed by SpiceRoads because we didn't make the trip numbers and the tour can't run, we will make a full cash refund (by bank transfer or on your credit card).

If the tour is cancelled for any other reason, including due to Covid related travel restrictions, we will give you a full credit (with no deductions for admin or any other small-print item) to use on any SpiceRoads tour with no time limit. (Exceptions being flights, special permits and other non-refundable items and these will be advised when booking the trip).

Before paying for your tour, you can cancel your booking with no charge and up until 40 days before departure, you can change your booking to another travel date or move your booking onto another SpiceRoads tour with no charges.

If you need to cancel after you have made full payment, please see our cancellation policy.

Loyalty Riders Club

For those who have been on several long tours with us, we reward customer loyalty by offering repeat customers a special discount off the tour price (excludes single supplement and bike rental). If this is your fourth scheduled tour or more you will receive a 5% discount. If this is your eighth scheduled tour or more we will extend a 10% discount. The discount will be reflected in your online booking, but please contact us if any questions. Loyalty discounts cannot be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for a loyalty discount.

International Flights

International flights, to and from the start and finish points are not included in the tour price. Once your tour is Guaranteed to Depart you can book your flight. Please contact us for advice before arranging flights for the best arrival and departure times. We would only cancel a trip for an extreme circumstance, but in that case, where we cancel your trip, we cannot be liable for losses incurred relating to any flight booking you have made. Please claim any losses from your travel insurance that you acquired when you booked your holiday.

Newsletter

Our adventure travel <u>e-newsletter</u> is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from SpiceRoads, be sure to subscribe.

The information in this document is given in good faith, and covers the average range of conditions likely to be found on this trip. Please note that the itinerary is subject to change due to unforeseen circumstances, however, we will always do our best to adhere to this original itinerary

CONTACT US

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