

LOVE METRO MANILA

📍 NATIONAL CAPITAL REGION



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The National Capital Region (NCR), also known as Metro Manila, is a bustling metropolis rich in culture, history, food choices, and so much more.

It may be the smallest region in the Philippines, but you'll never run out of fun things to discover in all its 16 unique cities and 1 municipality.

Metro Manila is the country's economic, political, and cultural capital. And it's chaotic in the best way possible. From the colorful, roaring jeepneys, to the dancing traffic enforcers, to the karaoke machines blasting 80's ballads in the streets—everywhere you go is teeming with life.

There's never a dull moment, especially when you spend it with the fun-loving Manileños.





RIZAL PARK

Commonly known as “Luneta,” Rizal Park is a place where people come to unwind especially on the weekends. You’ll see families having picnics by the fountain, couples holding hands while eating sorbetes (Traditional Filipino ice cream), and even see mom and her amigas taking zumba classes near the statues of our national heroes like Jose Rizal and Lapu-Lapu. If you want something more peaceful, take a stroll through the nearby Chinese and Japanese gardens.

OLD MANILA IN INTRAMUROS

The Philippines was under Spanish rule for more than 300 years, and the cobblestone streets of Intramuros offer a glimpse of the Manila of centuries past. Rent a bambike (short for bamboo bike) and explore the beautiful heritage sites like the San Agustin Church, Manila Cathedral, and the walls of Fort Santiago. You can also go on walking tours and learn about the storied history of Manila’s walled city.



PASIG RIVER TOUR & MANILA BAY CRUISE

For those who want a faster way to get to Manila’s top tourist spots, take the Pasig River ferry. It allows you to avoid traffic and see a different view of Old Manila and Makati. If you’re looking for a more romantic boat ride, take the evening Manila Bay Cruise. There’s nothing like Manila lit up at night.

AYALA MUSEUM

At the heart of the Makati Business District is the Ayala Museum. Discover Filipino art from different periods, from pre-colonial artifacts to contemporary artworks. You can even join a workshop and learn from the country's top artists.



BINONDO-CHINATOWN & BINONDO FOOD WOK

A visit to the world's oldest Chinatown should be on every foodie's bucket list. Go on an epic food trip and experience authentic Chinese cuisine at the hole-in-the-wall restaurants which have been in business for generations. There are over 100 restaurants in the area, so make sure to bring a big appetite!

POBLACION FOOD & PUB CRAWL

Once a red-light district, Poblacion has evolved into one of the trendiest neighborhoods in Makati. It's frequented by students, artists, expats, backpackers, and those who want a taste of Manila nightlife. Go on a "Pob Crawl" and try the different bars in the neighborhood. Don't forget to try Oto, which was included in Asia's 50 Best Bars list.



NATIONAL MUSEUM OF NATURAL HISTORY

Want to see just how big the world's once largest crocodile was? How about life-size dinosaur replicas? The National Museum of Natural History opened in 2018 and has been drawing large crowds since then. There's a wide range of exotic flora and fauna, and even taxidermied animals that can only be found in the Philippines. The museum will fascinate not just science geeks but kids and other museum lovers as well.



FUN THINGS TO DO



Leisure and
Entertainment



There's always something to do in Metro Manila at any time of the day. If you wanna know how much you can buy with 1000 pesos, put your bargaining skills to the test at the different markets. For the latest designer finds, Manila doesn't fall short on luxurious shopping malls. Kids and kids at heart can spend the whole day having fun at the play centers and gaming arcades. And when night comes, you'll find the biggest clubs and chicest bars all around the metro.



Nature



Metro Manila may be a concrete jungle, but nature lovers can still find great green spaces within the region. For those in search of lush greenery, you can find towering trees and botanical gardens at the parks and wildlife centers. Missing the water? Head over to the bay area and watch the sun set against a technicolor sky.



Food and
Hospitality



Food is a huge part of Filipino culture. Three meals a day isn't enough for most Pinoys. And Metro Manila's dining scene reflects this voracious appetite. From humble food carts, to hipster, hyper local brunch spots, to elegant restaurants serving haute cuisine, you're spoilt for choice. Wet markets let you handpick from their ultra-fresh selection of seafood, and will sometimes even cook it to your liking. For those looking for really good street food, you can find it in the street corners and night markets of Manila. Enjoy the best Filipino skewers, some familiar, some exotic, plus other local dishes. If you're feeling a little fancy, Manila has some of the best restaurants serving elevated and inventive Filipino cuisine.



Events and
Culture



Metro Manila is the cultural capital of the Philippines. It's a must to visit its museums and experience its fiestas. If you want a taste of old Manila, visit the heritage sites and experience what it's like to live in the Spanish era. Want to see Manila's art scene? You can visit a number of unique museums in the metro. You can also watch local and international productions at some of the country's world-class performing arts theaters.



Health and
Wellness



After a long day of exploring the entire metro, it's only right to treat yourself to a night of relaxation. Manila has plenty of spas offering an ultra-luxurious experience with their wide array of facials and massages. You totally deserve this!

TOP 5 FESTIVALS



Feast of the Black Nazarene

Devotees of the Black Nazarene flock to the streets of Quiapo to witness the grand procession of the life-sized statue of a kneeling Jesus Christ. Many believe that the statue is miraculous for those who offer their prayers to the Black Nazarene.

WHEN: January 9
WHERE: Quiapo, Manila



Festival of Lights

Many Filipino families make it a point to see the Festival of Lights every Christmas. Be mesmerized by a spectacular LED and laser light show accompanied by upbeat holiday music—a perfect way to start the yuletide season.

WHEN: December
WHERE: Ayala Triangle Gardens, Makati City



Chinese New Year

There's nothing like celebrating Chinese New Year in the oldest Chinatown in the world, Binondo. Experience dumplings made right in front of you or sip on brewed Chinese tea at one of the oldest restaurants in the country. You can also watch the dragon dance in the streets followed by a colorful fireworks display to welcome the new year with good luck.

WHEN: 1st day of the Chinese lunar calendar
(Usually between January 21st and February 20th)
WHERE: Binondo, Manila



Caracol Festival

Formally declared as Makati's official festival, people dress up in vibrant costumes paying tribute to Mother Nature. The festival culminates with a grand parade and performances inspired by nature.

WHEN: February 22
WHERE: Makati City



Aliwan Fiesta

Dubbed as "The Mother of All Fiestas", the Aliwan Fiesta is a celebration of different regional festivals that takes place at the Cultural Center of the Philippines. Visitors can watch the street dance competitions, witness the beauty pageants, and feast at the food fair.

WHEN: April 23-26
WHERE: Cultural Center of the Philippines

LOVE THE PHILIPPINES



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