



# CENTRAL LUZON

This fertile region lies in the center of Luzon between Manila and Ilocos. It has the longest continuous lowland area in the country, also known as the Central Plains of Luzon. One third of the Philippines' total rice production is grown right here!

Region III is made up of towering mountains, extinct and active volcanoes, verdant farmlands, and natural sea reefs and harbors.

This geography is spread across seven provinces (Aurora, Bataan, Bulacan, Nueva Ecija, Pampanga, Tarlac, and Zambales), twelve major cities and 118 provincial municipalities.

The City of San Fernando, Pampanga is the regional capital, near other highly urbanized cities such as Angeles and Olongapo.

The region also houses several special economic zones, the most popular of which are Clark Freeport Zone and Subic Bay–two of the country's leading international gateways.





#### DINGALAN BAY VIEW SITE, AURORA

Dubbed as the Batanes of the East, this stopover provides fantastic views of the town of Dingalan as well as the green mountains framing the bay and several igneous rock formations.

### SIERRA MADRE MOUNTAIN RANGE

Outside of the surf-friendly coast, most of the wildlife endemic to Aurora province is concentrated on this mountain range. Waterfalls, rivers, and crystal-clear streams of varying shapes and sizes can also be found throughout this mighty range. Mountain climbing, photo safaris, birdwatching, ecological studies, and even family picnics can all be enjoyed just by taking one of the trails recommended by local trekkers.



#### MT. PINATUBO

This is an active (and infamous!) stratovolcano in the mountains bordering the provinces of Zambales, Tarlac, and Pampanga. Local and international tourists are lured by the extreme adventure experience of climbing, exploring, and ultimately conquering Mt. Pinatubo.

### MT. SAMAT, BATAAN

This historic mountain in the town of Pilar is home to the Mount Samat National Shrine, dedicated to the Filipino and American soldiers that fell during World War II.





### LAS CASAS FILIPINAS DE ACUZAR

Travel back in time to Old Manila's glory days. Home to Jose Azucar's collection of restored Spanish-Filipino houses, this resort in Bagac, Bataan is a reflection of time-tested craftsmanship intricately curated into a world-class historical retreat.

# SABANG BEACH, AURORA

This is the premier surfing spot in all of Baler. Lined with soft gray sand, this beach is known as the birthplace of surfing in the Philippines. Wave riders from all over the world come over to experience the thrills and the spills.



#### BALETEPARK

Home to the giant and mythic Balete Tree, estimated to be more than a century old. Said to be the largest tree of its kind in Asia, this is a must-see for wildlife enthusiasts.



### SAN ANTONIO, ZAMBALES

You won't find your typical tropical beaches here. These sands are straight out of Mt. Pinatubo. Pitch a tent on volcanic ash shores and spend the night stargazing at the coves of Anawangin, Nagsasa, and Capones.



### FUNTHINGSTODO

## TOP 5 FESTIVALS



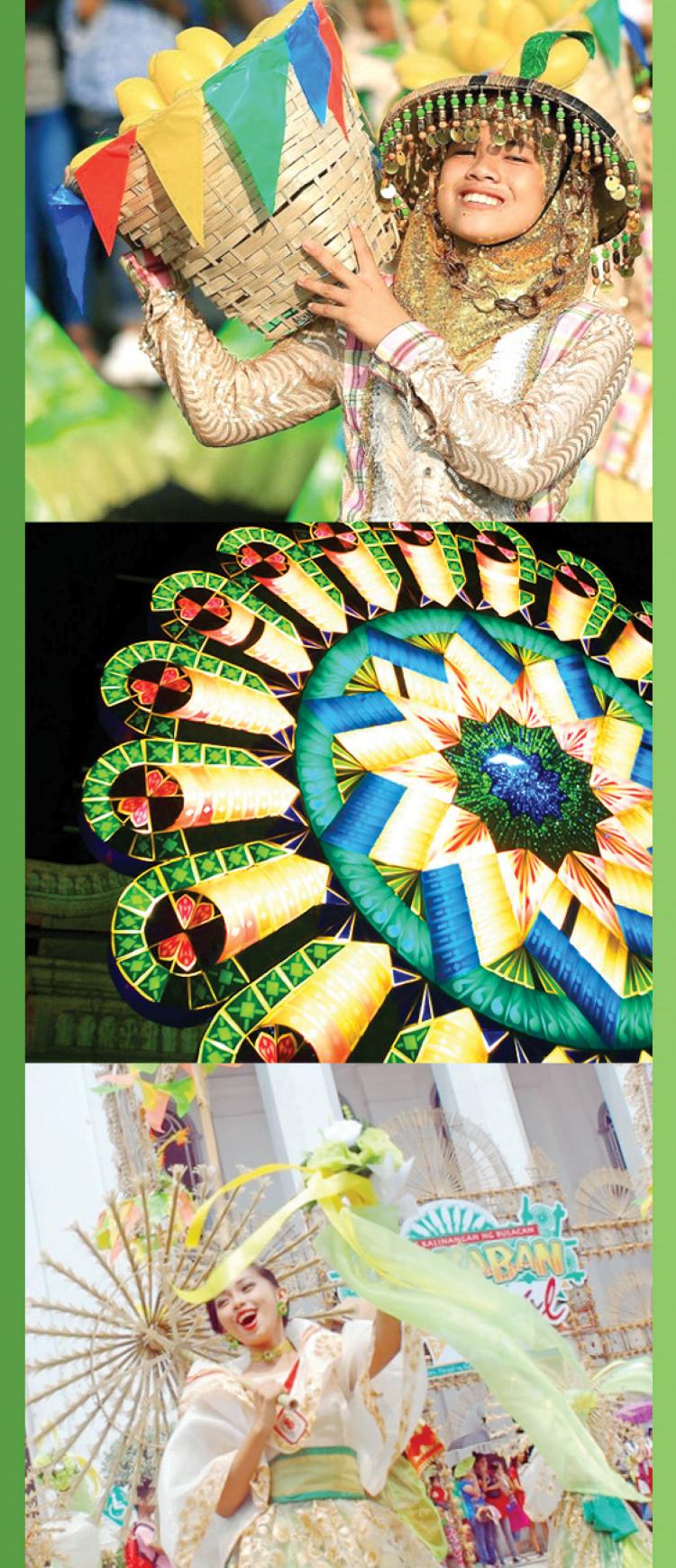
Region III is simply bursting with sandy fun under the sun! Check out a beach as far as the eye can see along the coast of Zambales, or "The Birthplace of Philippine Surfing" in Baler at the heart of Aurora. Ampere Beach and Dicasalarin Cove are also unforgettable destinations if you get the chance to visit!

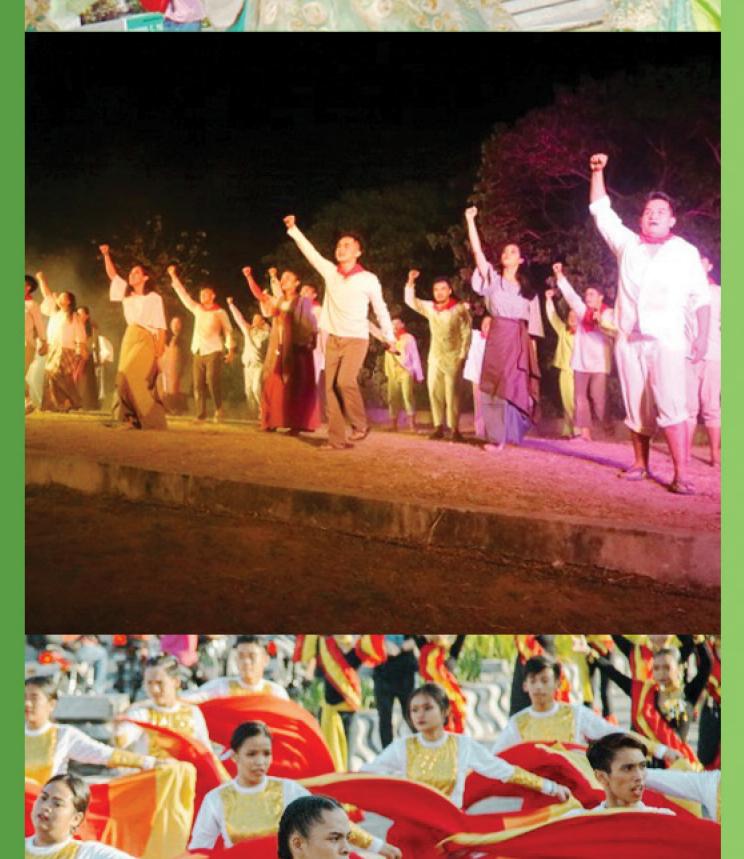
Adventurous divers are in luck! Subic Bay currently lists 19 major shipwrecks along its reef dating from the late 1800s to the second world war. Cemento Beach and the Diguisit Rock Formations are home to large communities of colorful coral and playful tropical fish just waiting for you to dive in.

Nature and adventure come hand-in-hand in this wildly fun region! Visit Subic to tour the Magaul Bird Park and Zoobic Safari. Come face-to-face with tropical life at the Pawikan Conservation Center, Balanga Wetland and Nature Park, and Mt. Samat in the province of Bataan. Or take to the skies and learn to fly in the Angeles City Flying Club!

You can't leave without getting your fill of some of the best food in the country right here in the culinary capital of the Philippines, the province of Pampanga. Among the must-tries are sisig, bringhe, halo-halo, pancit luglog, and popular delicacy dinuguan or pig blood stew. Accommodations are modern and easy to find across the region from coast to coast. Travelers are sure to find a place to call home right here!

Central Luzon has a very diverse culture, owing to the influence of Spanish, American, and Japanese colonizers, as well as indigenous ethnolinguistic groups–Aetas, Sambals, Kapampangans, Tagalogs, Ilocanos, and Pangasinenses. Come celebrate with the locals! Be part of the Carabao Festival and Obando Fertlity Rites in Bulacan, the Giant Lantern Festival and Lenten Rites in Pampanga, and the Mango Festival in Zambales.





#### Zambales Mango Festival

A beautiful celebration of the bountiful harvest of Zambales, this festival highlights the different attractions of all the towns in the province with quirky activities in each like dance showdowns, cycling races, product displays, and trade fairs.

WHEN: April WHERE: Iba, Zambales

#### **Giant Lantern Festival** (a.k.a. Ligligan Parul)

Gaze at huge colorful lanterns of over 10 designs rising at 18 feet as they blink on and off in sync with a medley of Filipino Christmas songs. Watch as 8-10 villages from San Fernando, Pampanga participate in this festival, each creating their own design and light show.

WHEN: The last Saturday before December 25 WHERE: City of San Fernando, Pampanga

#### Singkaban Festival

Singkaban is a portmanteau of the words "sinig" and "kalinangan" meaning art and culture, and the fiesta celebrates both. It also commemorates the first Philippine Congress at Baraosain Church in Bulacan. Festivities include a 'balagtasan' (declamation patterned after the poetry of Francisco Balagtas), folk dances, 'kundiman' (Filipino plaintive love song), Indakan sa Kalye (street dancing), and the Lakan at Lakambini ng Bulacan beauty pageant. The event is also a chance for the province to show off one of its most festive products—fireworks.

**WHEN: September** WHERE: Malolos City, Bulacan

#### **Duman Festival**

Probably the foodie's favorite festival for the region, this event is a cultural food fest wherein people eat the best Kapampangan cuisine al fresco. This culinary experience is accompanied by the performance of traditional songs in honor of the local rice delicacy, Duman.

WHEN: December 5 (Moveable) WHERE: Parish Church Patio in Sta. Rita, Pampanga

#### Fiestang Kuliat

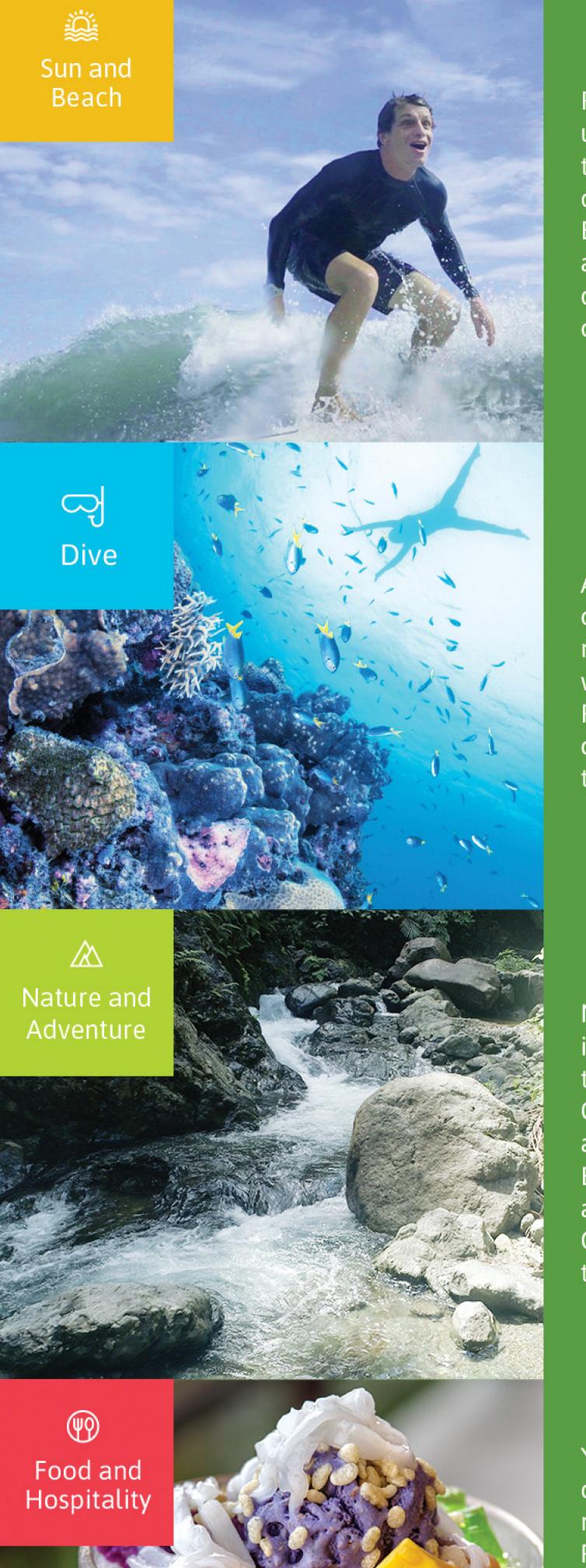
This will probably be the first time you'll hear of a month-long festival. This event celebrates the two fiestas of La Naval and Pyestang Apu all over the month of October with many different activites such as: food festivals, car shows, boxing matches, children's olympics, and more!

WHEN: October 1-31 WHERE: Angeles City, Pampanga











Events and

Culture