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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Manila, Philippines**

**By Danny Wirken**

The Philippines has recently gained itself a bad reputation due to all the political on-goings in the country. Clashes between rebel forces and the government, rumors of coup, status of emergency declarations, and even suspected links to the al Qaeda - no wonder some Western governments cannot help but release travel advisories against visiting this country.

Before you decide against a trip to Manila, you should bear in mind that the newspapers do not always give an accurate picture of a situation. Sensationalism is their business, and sensationalized news is what you usually get.

Manila is located in the northern island of Luzon. The terrorist stronghold is located in the southernmost part of the Philippines - two big islands away - in Mindanao. The status of emergency was indeed declared but civilians basically continued to live their normal lives even as it was in place.

It is very easy to get around in Manila. The jeepney is the Philippines' most common form of transportation. It is actually based on the US Army jeep but is longer and fits about 16-20 people. You can also get on buses, the Metro Rail Transit, and hire cabs. Language is not a major problem as even the people on the streets can speak rudimentary English.

Manila is well-known for its nightlife. You can find bars open until 3 or 4 in the morning. The Makati and Malate areas are where you can find the hottest clubs and bars. Makati is a bit more expensive but safer as well.

Malls abound in the metro. You can find anything from designer brands to nondescript but very cheap brands. Food is not a problem. Filipino food, American fast food, Japanese food - you can find anything there.

Filipinos are very hospitable by nature. You will be surprised at how friendly and helpful most of them are. It's actually a different form of racism - they seem to treat Caucasians in a much better way.

## Manila, Philippines

Cost of living and traveling is so much lower than in western countries. So if you have dollars or euros, chances are you will have no problems availing services that meet your standards. Hotels and other accommodations are abundant and easy to find.

If it is the beach you want, then you can opt to go out of the city. The nearest beach can be reached in about 4 hours from the city. You can take a plane to other parts of the country if you want to see more.

Whether you are traveling alone or with your family, Manila is a good place to visit. It will be a rich cultural experience for you.

For more information please visit

<http://www.444.net>

### **Puerto Galera Travel Guide**

#### **By John Grant**

The Philippines is a country gifted with great beaches. The better known beaches are those found in Boracay and Palawan. Another beach or resorts worth mentioning are those found on the Mindoro's northern part in the province of Oriental Mindoro. The place is called Puerto Galera. It is located south of Manila (130 kilometers south) and 14 nautical miles from Batangas City.

You can go to Puerto Galera from Manila to Batangas using only land routes. When you arrive on Batangas, you would then need to ride a ferry to transport you. The ferry trip will be 1 to 2 hours long.

You have two options to go to Puerto Galera, the cheaper way or the more expensive way. The more expensive way is generally a faster way to get there. The more expensive one will make you ride the MV Super 85 Ferry and Sikat and Bus Services. Riding them is more expensive because they have no stop-overs, board the passengers directly to the ferries and are coasters or vans that are provided by the company.

The cheaper transportation is the way of the commuter buses of BLTB, JAM and TRITRAN which can be located at EDSA-Pasay, Taft Avenue near the corner of Gil Puyat Avenue, and Buendia, respectively. The bus fares will only range from P80 (non-air-conditioned) or P100 (air-conditioned). You will then ride a ferry to go to Puerto Galera and later on would need to hire an outrigger boat that ranges from P2, 000 per banca.

When you arrive at Puerto Galera, there are limitless activities to be done and places to go. You can go to the Hidden Valley, the Mangyan Village, the Muelle Bay and the Tammaraw waterfalls. The activities that can be done in Puerto Galera are kayaking and golfing to name a few.

For people who are fascinated by the marine life Puerto Galera also offers a variety of dive sites. The

following dive sites in Puerto Galera are the Coral Garden, The Pink Wall, the Hill, the Hole in the Wall, the Manila Channel, La Laguna Point, the Sabang point and wreck, the dungeon wall, the monkey beach, Ernie's cave, and many others.

A person who goes to Puerto Galera can also find some nice souvenirs to bring home to. They can be able to get the handicrafts that are made by the Mangyan to bring home to their friends.

There are other interesting places to go to in the Philippines. Don't simply restrict yourself to the more popular ones. The less popular places can also provide you with a memorable experience.

John Grant has been living in the Philippines for 5 years and has travelled the country extensively. His online Philippines Travel Guide is published at

<http://www.netguard.dk>



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