

explore

A Day Hike into the Supangdaku Valley of Cebu City

**Appreciate the Health Benefits of
Hiking in the Jungle:**

**Enjoy the greenery of the
landscape, the mangrove
orchards and small flower
farms and the frolic of the
Sapangdaku Creek.**



Activities

KNOWLEDGE

Learn the native and introduced plants and trees as you walk along the way and meet the local residents.

SURVIVAL

Outdoor **safety**.

ADVENTURE

Experience how a survivor would obtain food from the forest and see how a bamboo is used to cook safe food.

Schedule

ACTIVITY

TIME

Assembly.	06:00
Leave Guadalupe by transportation.	07:00
Arrive Napo (trailhead). Pre-hike briefing and instructions.	07:20
Start of Nature Appreciation Hike.	07:30
Arrive at Camp Xi. Full rest.	09:30
Fire by Ferro Rod Demonstration.	10:00
Food Preparation Demonstration.	10:30
Lunch.	12:00
Resume activity.	13:00
Arrive at Napo.	15:00
Leave for Guadalupe by transportation.	15:30
Arrive Guadalupe.	15:55
End activity.	16:00





Travel Tips

1. BRING THE BASIC.

A daypack/backpack.

2. KEEP YOURSELF HYDRATED.

Please make sure you carry at least 2 liters of water.

3. SUN PROTECTION.

Wear something to cover your head and shoulders.

4. PROPER SHOES.

Make sure you wear socks.

5. REPELLENT.

Even better: cover yourself.

6. TAKE THE CHANCE TO MERGE: LEARN COMMON PHRASES OF THE LOCAL LANGUAGE.

A simple "Please," "Thank you," and "I'm sorry" in the local language goes a long way.

7. DON'T FORGET AN EXTRA CAMERA BATTERY (OR TWO).

Have you ever gotten to that epic photo spot and realized your camera battery is dead and you don't have a back up?

