

T3 Trips Tickets & Tours Centre

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**FLAVORS & TREASURES OF NEGROS ISLAND: A SLOW AND CREATIVE TRAVEL**

**VALID THRU 2026**

**DAY 1: Arrival / Slow Fish and Organic Farm Visits**

* **12:00 PM – Lunch at 7 Hectares**  
  Experience an exclusive farm-to-table dining adventure at 7 Hectares, a by-invitation-only fish farm and restaurant helmed by Kiko Torno. Known for his passion for sustainable aquaculture, Kiko serves a meticulously curated menu featuring the freshest, cleanest seafood harvested directly from the pond. Indulge in a tasting menu while learning about the farm’s commitment to sustainability and supporting local fisherfolk. Dining at 7 Hectares isn't just a meal; it’s an immersive experience designed to educate and elevate your appreciation for Filipino produce. *Note: 7 Hectares is exclusive and requires prior arrangement; this visit has been pre-arranged for your group.*
* **6:30 PM – Dinner at Lanai**  
  Experience a truly unique dining journey at **Lanai by Fresh Start**, Bacolod’s pioneering all-organic restaurant and a true “chef’s playground.” Founded by Ramon “Chin Chin” Uy Jr., Lanai champions hyperlocal, organic ingredients sourced within a 50-kilometer radius-mostly from the Uy family’s own farms and partner Slow Food communities. The menu is crafted entirely from scratch, with no shortcuts or artificial flavoring, showcasing the rich biodiversity of Negros Island’s land and sea.
* **8:30 PM –** **Back to hotel & rest**

**DAY 2: Criollo Cacao and Rice fields of Bago**

* **8:00 AM – Depart for Bago. Handmade Stories: Jewelry making Experience**

Begin the day with a tour of Tumandok Crafts Industries, a homegrown enterprise known for its elegant, handmade products using indigenous materials such as tikog, bamboo, and shells. Learn about the brand’s inspiring journey of rebuilding after a fire and its commitment to sustainable craftsmanship. Engage in a hands-on jewelry-making session where you can design and assemble your own pair of earrings alongside skilled local artisans. A meaningful creative experience that celebrates Negrense artistry and cultural heritage.

* **Criollo Cacao Nursery (Chris Fadriga)**  
  Visit the renowned Criollo Cacao Nursery owned by Chris Fadriga in Bago City. Discover the rare heirloom Criollo cacao variety, known for its complex flavors and historical significance as one of the world’s finest chocolates. Learn about sustainable cacao farming techniques and hear the inspiring story of Fadriga’s dedication to reviving Filipino cacao heritage.
* **10:00 AM – Visit Organic Rice Fields in Bago**  
  Experience a warm welcome from the Mailum Organic Village Association (MOVA), a vibrant community of farmers pioneering sustainable and climate-smart organic agriculture in the highlands of Bago City. Known as part of the “Rice Granary of Negros Occidental,” this village showcases integrated farming practices that blend organic rice cultivation with biodiversity conservation and eco-friendly innovations. During your visit, enjoy a hearty lunch prepared with fresh, locally grown ingredients alongside the community. Depending on the season, you may participate in traditional farm activities such as rice planting or harvest, gaining hands-on insight into regenerative farming that supports both food security and environmental resilience in this award-winning agroecological destination.
* **3:00 PM – Crafted Harmony: Chimes, Flavors, and Local Stories at SAUMA**Spend a creative afternoon at SAUMA, where Ms. MaryAnn Feria Colmenares, proprietor of Handmade Gallery and Artisana, and mother of Chef Don, leads a unique hands-on workshop on crafting wind chimes. Learn how to fine-tune your own chime to make it more melodious. You’ll get to bring home your handmade piece, of course. Experience Sauma and savor a meal by Chef Don Colmenares. Indulge in a curated tasting menu at **Sauma Degustación**, where Chef Don Colmenares crafts innovative dishes using only locally sourced ingredients from Negros. Each course is thoughtfully designed to highlight the unique flavors and textures of the region’s fresh produce and seasonal seafood. Nestled on his family’s rustic farm in Hinigaran, the restaurant offers a charming countryside atmosphere where you might spot roosters groomed for cockfighting and even enjoy a traditional carabao ride, making the dining experience both delicious and authentically Negrense.
* **7:00 PM – Back to hotel & rest**

**DAY 3: Coastal & Culinary Adventures in Sagay**

* **6:00 AM – Depart for the Blue Swimming Crab Village in Manapla**  
  Explore Barangay Tortosa in Manapla, a model village pioneering sustainable blue swimming crab (BSC) production under the innovative Adopt-a-Village Project. This initiative is a successful public-private-community partnership involving local government units, fisheries agencies, private companies, and academic institutions, all working together to ensure the conservation and sustainable management of crab resources.
* **9:30 AM – Explore Suyac Mangrove Reserve**  
  Visit the serene Suyac Mangrove Reserve, a vital coastal ecosystem featuring an elevated bamboo boardwalk that lets you immerse yourself in lush mangrove forests and observe diverse wildlife. Nearby lies the Sagay Marine Reserve, the largest marine protected area in the Philippines, covering an impressive 32,000 hectares. Established to conserve rich coral reefs, mangroves, seagrass beds, and marine species, this reserve includes pristine sites like Carbin Reef and Suyac Island. It’s a globally recognized model of community-based marine conservation, offering visitors stunning natural beauty and opportunities for snorkeling, kayaking, and eco-education.
* **12:00 PM – Lunch at Carbin Reef**   
  Delight in a beachfront seafood feast featuring freshly caught fish and shellfish. Join Mark Lobaton, son of the legendary kinilaw master Enting Lobaton, for a kinilaw (Filipino ceviche) demonstration and savor this iconic dish prepared with expert skill. Carbin Reef boasts of its white sand, crystal-clear waters, and abundant marine life. Bring your swimwear for a chance to swim or snorkel around the sandbar, where you can see colorful fishes and impressive giant clams, some measuring up to a meter across. It’s a perfect blend of culinary and coastal adventure!
* **Leisure time at Carbin Reef**  
  Relax on the pristine sandbar, swim in crystal-clear waters, or snorkel among vibrant marine life in this idyllic coastal setting.
* **4:00 PM – Depart for Bacolod**
* **6:30 PM – Dinner – Bacolod Chicken Inasal**  
  Experience Bacolod’s signature dish, Chicken Inasal, at a popular local eatery. This grilled chicken marinated in a special blend of spices and vinegar is a must-try culinary icon of the region.
* **8:00 PM – Back to hotel & rest**

**Day 4: Roots and Residences: A Day of Heritage, Harvest, and Handcrafted Art**

* **Penalosa Farm** in Victorias. **Peñalosa Farms** is an integrated, certified organic farm located in the heart of Victorias City, Negros Occidental. Founded by Mon Peñalosa, a Magsasaka-Syentista and accidental farmer, the farm showcases sustainable practices by producing organic fruits, vegetables, herbs, and hormone- and antibiotic-free livestock. Known for its odor-free hog and poultry operations using probiotic feeds, the farm promotes small-scale profitability and food security under Mon’s advocacy that “No Filipino should go hungry in his own land.”
* **Brunch at one of the ancestral homes**   
  Enjoy a relaxed meal in one of the ancestral homes in the middle of sugarcane fields, Hacienda Sta. Rosalia.
* **Explore Silay’s Charms …**   
  The good life personified in the heritage houses of Negros would often take centerstage when it comes to Silay Tours, however, we shall take culture and heritage farther with hands on activity inside the Silay City Art Space and Showroom (Old Silay Puericulture Center) or Casa Gamboa. Hand painting of Calatrava bags or stone art or single wire workshop in the afternoon and interaction with local artists.
* **6:00 – Light dinner at an ancestral home in Silay**

Casa Gamboa is a heritage ancestral home in Silay City, built during the pre-war American period. Today, it remains a cultural landmark as the abode of Ms. Reena Gamboa, President of Slow Food Negros, making it not only a preserved window to Silay’s golden age but also a living space that continues to champion food heritage and sustainability.

* **8:00 PM – Back to hotel & rest**

**Day 5: Coffee Trail & Negrense Comfort Food**

* **6:00 AM – Depart for Murcia for a Coffee Trail at Sugar Valley, Murcia**  
  Get ready for a scenic trek through the rolling hills and streams of Sugar Valley, Murcia, where you’ll visit coffee farms nestled in lush landscapes. Be prepared for a moderate walk over hills and crossing small streams as you explore this vibrant coffee-growing community. Depending on the season, you might meet Indigenous People-many of whom are third-generation coffee farmers-who have been cultivating ancestral coffee varieties using traditional, sustainable methods. You’ll also enjoy a home-cooked lunch with a local coffee-growing family, featuring fresh, seasonal ingredients sourced from their farm and nearby areas. Along the way, Teddy Cañete, a seasoned coffee farmer and advocate, will share insights on the importance of sustainable coffee farming and the rich heritage behind Negros’ coffee culture.
* **Lunch with the Coffee growers in their farm**  
  Enjoy a relaxed meal while discussing the integral role of coffee in Negros’ agricultural landscape, its economic importance, and the challenges and opportunities facing local farmers.
* **2:30 PM – visit *Vientos de la Granja* or one of the nearby farms**

A farm in Murcia blends sustainable farming, cultural cuisine, and hands‑on education. From natural pesticide methods to farm‑fresh dining and workshops, this Murcia farm invites guests not just to visit—but to participate, learn, and carry home a piece of mindful, regenerative farming.

* **Dinner at Sharyn’s for Cansi**  
  Relish Bacolod’s iconic slow-cooked beef soup, Cansi, known for its rich, savory broth and tender meat. This comforting dish embodies the heart of Negrense home cooking.
* **Back to hotel & rest**

**Day 6: Soul of the City: Nature, Advocacy, and the Arts**

* **Negros Forest and Ecological Foundation -** Start your day with a breath of fresh air at the Negros Forest and Ecological Foundation, a hidden sanctuary tucked right in the heart of Bacolod. This tranquil space is home to some of the Philippines’ most endangered and endemic species, including the Visayan warty pig, spotted deer, and native birds. Walk through shaded trails and learn about the foundation’s vital work in wildlife conservation, forest protection, and environmental education, a quiet but powerful reminder of the importance of preserving Negros’ rich biodiversity.
* **Artisans of Hope, Negros Volunteers for Change** - From nature, move to purpose-driven art with a visit to the NVC Foundation (Negrense Volunteers for Change). Here, creativity meets compassion. Discarded Nespresso capsules are given new life as intricate mosaic artworks; each one helping to provide meals for undernourished Filipino children. Browse through beautiful, sustainable pieces and discover how art can be both expressive and impactful.
* **The Art District / Orange Gallery -** In the afternoon, head to the colorful and ever-evolving Art District in Mandalagan, a bold urban space where Negrense creativity thrives. Step into galleries, peek into artist studios, and wander through walls alive with street art and installations. If time and luck align, you may even get to meet Charlie Co, the celebrated artist who founded the Art District and helped shape it into a haven for local talent and artistic freedom. It’s a fitting end to the day … a celebration of Bacolod’s bold spirit, where conservation, compassion, and creativity come together.

**Day 7: Flight back to Manila**

**PACKAGE INCLUSIONS:**

USE OF EXCLUSIVE AIR-CONDITIONED LAND TRANSPORTATION

ENTRANCE FEES ON ALL TOUR SITES ON ITINERARY

SERVICE OF A DOT ACCREDITED TOUR GUIDE

TOUR COORDINATION FOR THE DURATION OF TOUR

ALL MEALS LISTED

ALL WORKSHOP MATERIALS

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| **2025-26 SLOW AND CREATIVE TOUR PACKAGE FOR BHT - RATE PER PAX** | | | | | | | | |
| SOLO | 2 PAX | 3 PAX | 4 PAX | 5 PAX | 6 PAX | 7 PAX | 8 PAX | 9 PAX |
| 138,000.00 | 88,000.00 | 70,000.00 | 64,000.00 | 58,000.00 | 54,000.00 | 51,000.00 | 49,000.00 | 47,000.00 |

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