

Resort information:

Because we are a small luxury resort the hours of operation remain flexible so that we may cater to our guest's specific needs. In general our restaurant will be open from 8:00am to 11:00pm. However, Friday at sunset until Saturday at sunset the restaurant will be closed to outside guests and complimentary meals and drinks will be served during this time period. The restaurant serves a variety of dishes and drinks including mixed drinks and frozen cocktails. We also have internet access if you bring your computer. The connection is slow here in Anda, but you can check your e-mails and keep up to date. The rooms have a mini bar, mini fridge (stocked with your favorite goodies like chocolate, chips, juice, soda and beer) coffee maker, and blender. In room messages can be arranged. The resort has plans to construct a pool with waterfall. Current projection of completion for the pool is Nov. 2010

Getting here and away:

One of the best websites for airfare to the Philippines is www.bt-store.com "best travel store" It is there you will probably find the best fare. An alternative is www.bookingbuddy.com as of now the best fares are entering the Philippines via Manila (Ninoy Aquino International Airport). Keep an eye out for flights arriving internationally via Cebu as it is closer and does not require an overnight stay before continuing on to Bohol. If you are arriving in Manila, you will need to transfer to the domestic airport which is about 20 min. away. From there you can board Philippine Airlines or Cebu Pacific to Bohol. Fares average \$80 dollars round trip and you should book ahead.

Depending on your arrival time into Manila you might have to stay overnight. I suggest the Bay View Hotel about 20 min from the airport. The rooms are clean and the complimentary breakfast is fantastic. They also have free pick-up and drop off to the airports. Be sure to book ahead to get the best deal.

If arriving in Cebu Take a *metered* taxi to pier 2 and board the Ocean Jet or Super Ferry for Tagbilaran, Bohol. The ride is 2 hours and comes with a movie. Fares vary, but you should be able to book the trip for around \$10 dollars.

Once you have arrived in Bohol there are 4 options for getting to Vitamin Sea Beach and Dive Resort. First of all, we can pick you up. The fare is currently around \$50 dollars. The second option is to get a taxi from the airport for about the same price. I have agreements with certain transportation companies so I will be glad to arrange a safe taxi ride if needed. The third and fourth option is the cheapest. Once you have arrived in Tagbilaran take a tricycle (trike) to the bus terminal for about 50 cents. From there you can board a van to Anda. Last one leaves at 3pm. Fare is under \$3 dollars a person (extra if you have a lot of luggage). If you miss the van you can take a bus for about the same price. Last bus to Anda leaves at 5pm.

Travel tips:

For the most part the Philippines is an extremely safe place to visit. Before moving here I visited this country about a dozen and half times without a single incident! Crime is about like everywhere else. If faced with at all, rip-off artists, scams and price hiking are normally what you will encounter. Be

conscience of pick pocketing in bustling areas. Always try to take your taxi from inside the airport grounds. Count your money in private. Keep your luggage beside you in the car if possible. If you need to ask for assistance I've always found it safer to ask a security guard (they're everywhere). Use common sense and refer to the lonely planet book mentioned below for more tips.

What to bring:

Vitamin Sea sits about 9.7 degrees above the equator. It's plenty hot here. Bring light clothing, swimwear, hats, sun glasses and sun block. But be sure to bring a light jacket or sweater as most transportation and some stores and restaurants can be chilly. We have beautiful white sand beaches and blue water so bring your Snorkel gear. There are, however areas of sea grass that have sea urchins and other sea life to be viewed cautiously so if you can, pack some swim shoes. We try to keep swim shoes available here to purchase. I strongly recommend picking up the latest copy of Philippines by the lonely planet travel guide publisher. It is the best travel book on the Philippines bar none! Read it before you go as they too have travel tips and a section called "what to bring".