A person is seen from behind, standing on a surfboard and holding a red paddle, riding a wave on the ocean. The sky is filled with dramatic, layered clouds in shades of blue and grey, with a bright light source (the sun) breaking through near the horizon. The water is dark with white foam from the wave.

THE ULTIMATE GUIDE TO
MISAMIS
OCCIDENTAL

MAE OLANDESCA

THEOTHERSIDEOFMAE.COM

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MISAMIS OCCIDENTAL

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THE ULTIMATE GUIDE TO
MISAMIS OCCIDENTAL

CHAPTER ONE

GEOGRAPHIC
LOCATION AND
HISTORY

MAE OLANDESCA

Welcome to Misamis Occidental!

Misamis Occidental, situated in the Northern Mindanao region of the Philippines, boasts Oroquieta as its capital city. To the west, it shares borders with Zamboanga del Norte and Zamboanga del Sur, while Panguil Bay to the south and Iligan Bay to the east create natural boundaries separating it from Lanao del Norte. Originally inhabited by the Subanen people, the province faced challenges from sea pirates hailing from Lanao.

The province's name originates from the early Spanish settlement near the entrance of Panguil Bay. The term "Misamis" is thought to have evolved from the Subanen word "kuyamis," denoting a specific variety of coconut—the primary sustenance of the initial settlers.

Over time, the name persisted as a reference to its geographical location. With the arrival of Spanish settlers, the word "kuyamis" gradually transformed into the more easily pronounced, albeit altered, term "Misamis."

GEOGRAPHIC LOCATION

Misamis Occidental sits adjacent to the slender expanse of land connecting Northwestern Mindanao to its North-central section. Encompassing a total area of 2,055.22 square kilometers (793.52 sq mi), the province is encircled by the Mindanao Sea to the northeast, Iligan Bay to the east, Panguil Bay to the southeast, and Zamboanga del Norte and Zamboanga del Sur to the west. The provincial landscape is marked by hilly and rolling terrain, except for the coastal areas. As one moves towards the western border, the topography becomes notably rugged.

Misamis Occidental is composed of 14 municipalities and 3 cities, organized into two legislative districts and further divided into 490 barangays.

Source: Wikipedia

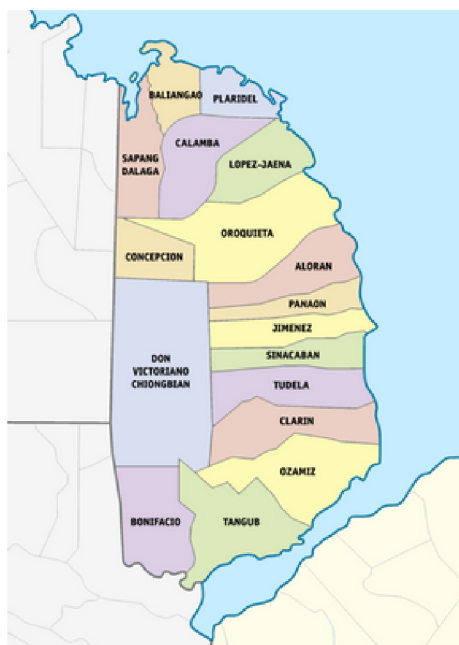


Image Grabbed from Wikipedia

14 Municipalities

1. Aloran
2. Baliangao
3. Bonifacio
4. Calamba
5. Clarin
6. Concepcion
7. Don Victoriano
Chiongbian
8. Jimenez
9. Lopez Jaena
10. Panaon
11. Plaridel
12. Sapang Dalaga
13. Sinacaban
14. Tudela

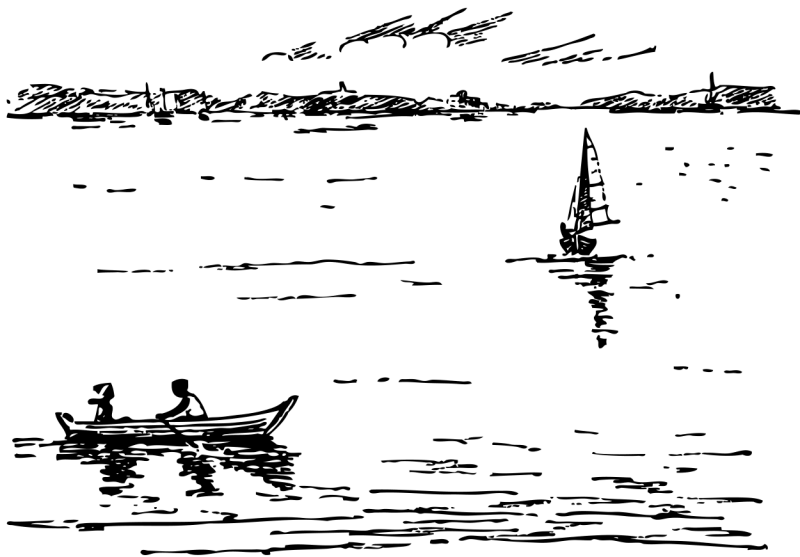
3 Cities

1. Oroquieta City
2. Ozamiz City
3. Tangub City



DID YOU KNOW?

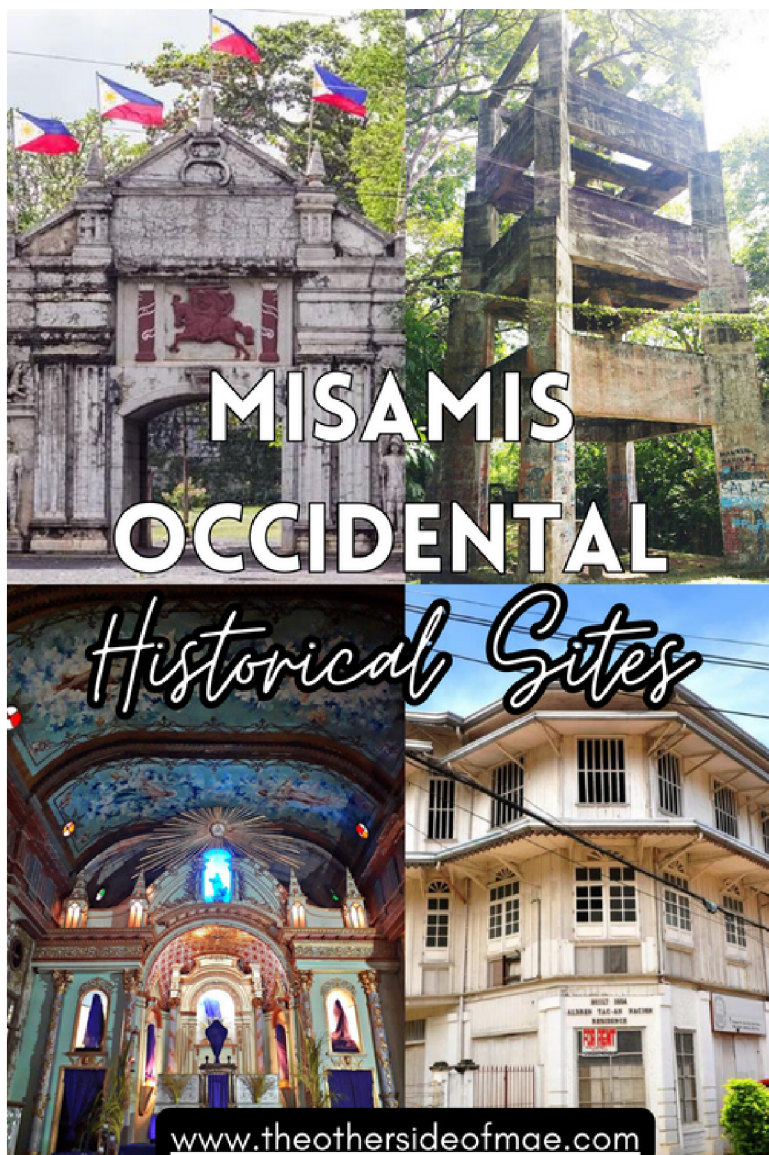
Misamis Occidental is a coastal province with abundant seafood.



HISTORY

The territory that is now Misamis Occidental was initially inhabited by the Subanen, succeeded by the arrival of the Maranao and subsequently, Visayans settling in the coastal regions. In the 1750s, coastal villages in southern Luzon, Visayas, and Mindanao experienced raids by Muslim pirates. These marauders pillaged homes, destroyed crops, and abducted individuals to be traded as slaves in Maguindanao, Sulu, Borneo, or the islands that are currently recognized as Indonesia.

In response to these threats, the colonial government in Manila took action by establishing a flotilla and appointing Spanish Jesuit missionary José Ducos as its commander. Ducos, through a series of successful battles against the pirates, contributed to the restoration of peace in the region. Subsequently, a decision was made to erect a stone fort at the mouth of Panguil Bay, specifically in a locality called Misamis. José Ducos was entrusted with the responsibility of overseeing the construction, which commenced in 1756. Officially named "Fuerte de la Concepción y del Triunfo," the fort stood as a symbol of resilience and triumph against the challenges posed by piracy.



Cotta Fort, Bukagan Bells, St. John the Baptist Church, and Spanish Ancestral House Images from Various Sources in the Web

Visit List of Tourist Attractions in Misamis Occidental for more.



THE ULTIMATE GUIDE TO
MISAMIS OCCIDENTAL

CHAPTER TWO

MT. MALINDANG AND
ITS HEALING WATERS

MAE OLANDESCA

MT. MALINDANG

Mount Malindang stands as an intricate volcano situated in the province of Misamis Occidental on the southern island of Mindanao, Philippines, claiming the title of the highest peak in the province. This mountainous terrain, relatively underexplored, has evolved through a series of volcanic activities, some possibly dating back to historical times. This historical context is evident in the landscape, featuring two calderas surrounded by towering rock walls, cinder cones, dome volcano plugs, two sulfurous hot springs, and an impressive crater lake known as Lake Duminagat.



Image Grabbed from Wikipedia

CHAPTER TWO

The amphitheater-like structures within the mountain range showcase a widespread distribution of volcanic rocks and carbonized wood, encapsulated within pyroclastic deposits. The intricate topography of Mount Malindang is further characterized by the presence of canyons and ravines, adding to the scenic complexity of this volcanic region.



The captivating allure of Mt. Malindang and the expansive Malindang Mountain Range is accentuated by its enchanting waterfalls, mesmerizing crater lake, and lush virgin forests that harbor a rich variety of rare and diverse flora and fauna. Recognizing its ecological significance, the region was officially designated as Mount Malindang National Park on June 19, 1971, through the enactment of Republic Act 6266 of the Philippines.



DID YOU KNOW?

Mt. Malindang Range Natural Park is the 29th ASEAN Heritage Park.

Source: Wikipedia

THE HEALING WATERS OF MT. MALINDANG

Covering an expansive eight hectares, Lake Duminagat stands as the crater of Mt. Malindang, an inactive volcano. The tranquility of Lake Duminagat is a well-kept secret, as it remains relatively untouched by the crowds. Embraced by lush trees and the beauty of nature, the setting creates an ambiance that feels like a step into the heart of a spiritual journey.

There's a belief among locals in the lake's healing powers. They attribute this to the water itself and the mystical properties of the wood that floats in the lake. According to the locals, anything dipped into the lake gains a remarkable quality—resisting decay and retaining its integrity.



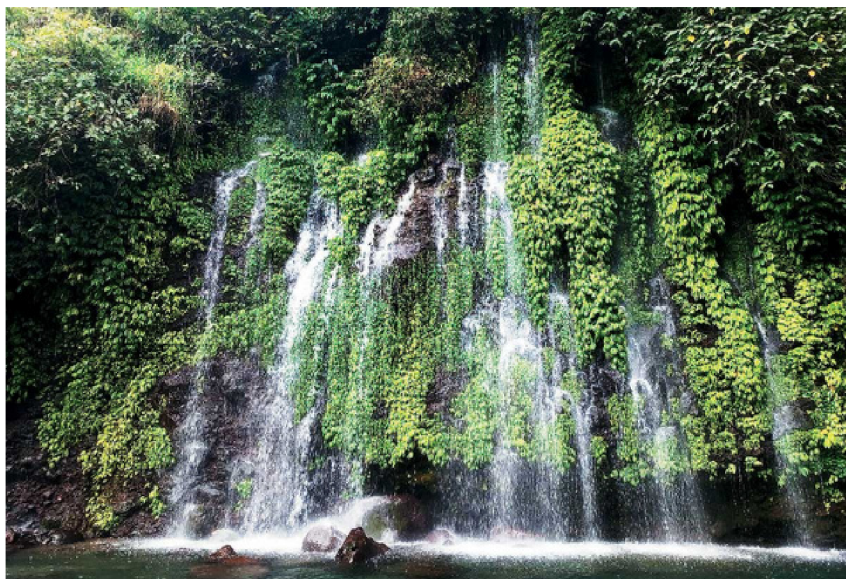
DID YOU KNOW?

Connecting with water gives holistic healing to the mind, body and soul.

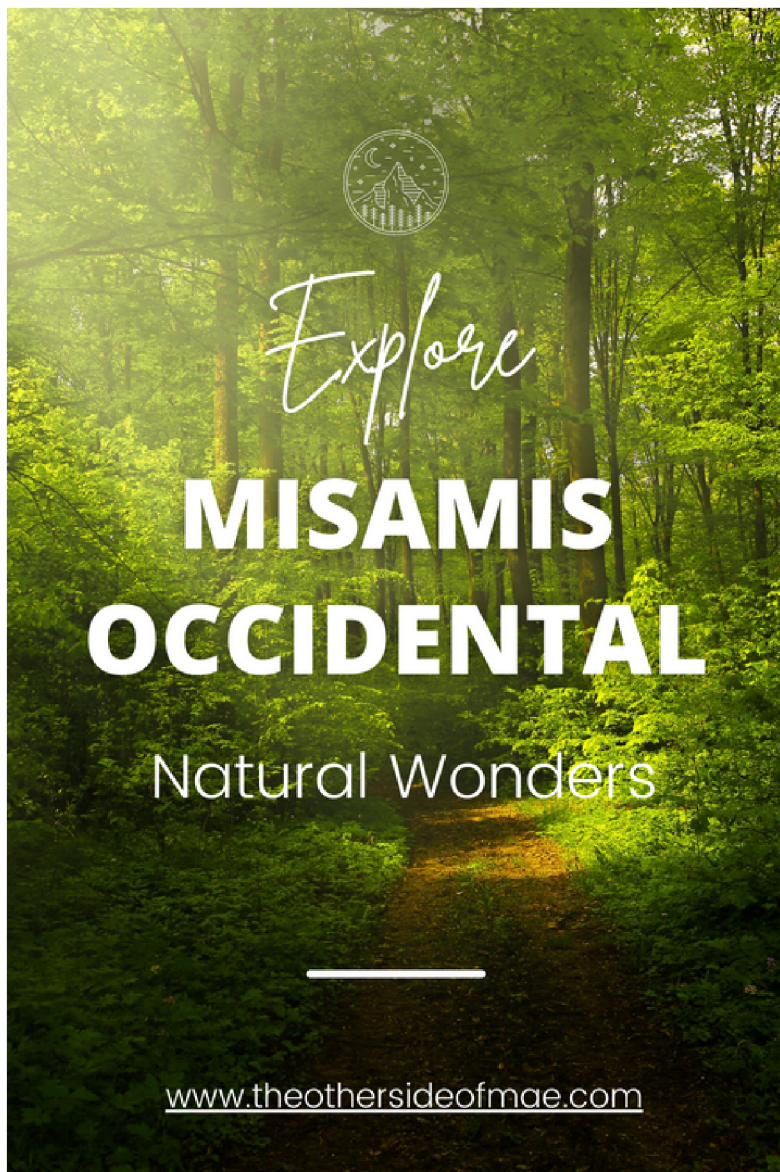
CHAPTER TWO

In addition, the allure of Mount Malindang extends to its numerous springs and waterfalls, each with its own unique charm. Locals attribute healing properties to the mountain's flowing waters, whether it's the peaceful Sebucal Spring or the secluded Piduan Waterfalls hidden deep within the forest. There's a pervasive sense of enchantment, a belief that these waters possess the ability to rejuvenate both the body and spirit.

Taking a dip in one of these natural pools amidst the sights and sounds of the forest is an experience that feels truly magical. It's a moment of pure serenity, a profound connection with the healing forces of nature that resonates deeply with those who experience it.



Piduan Waterfalls Image Grabbed from Wikipedia



Visit [The Top 5 Mt. Malindang Hiking Trails](#) for more.



THE ULTIMATE GUIDE TO
MISAMIS OCCIDENTAL

CHAPTER THREE

THE SUBANENS AND
THEIR STORY

MAE OLANDESCA

THE SUBANENS

To talk more about Mt. Malindang, it is the ancestral domain of the Subanen tribe, the indigenous inhabitants of the island of Mindanao.

The Subanens are named after their proximity to the river, known as "suba" in the local dialect but they are now residing in the mountains.

They sustain their way of life through a harmonious blend of agricultural practices, swidden farming, fishing, hunting, and the collection of forest products. These traditional activities foster a deep connection to the land and its resources.



Image Grabbed from Wikipedia

SUBANEN HISTORY

The Subanen community established its roots before 500 BC, predating the Neolithic Era or New Stone Age that commenced around 10,000 BC according to the ASPRO chronology (between 4,500 and 2,000 BC). Archaeological evidence, such as ancient stone tools discovered in Zamboanga del Norte, suggests a presence during the late Neolithic period. Caves in the region have yielded burial jars—both earthen and glazed—alongside Chinese celadons, shell bracelets, beads, and gold ornaments. The ceramic artifacts, spanning the Yuan and Ming periods, indicate a longstanding history of trade between the Subanen and Chinese civilizations well before the latter's engagement with Islam.

In the era preceding the arrival of the Spanish colonizers, the Subanens engaged in trade with the Tausug, Maguindanaon, and Maranao. Enjoying the protection of the Sultanate of Maguindanao, they contributed materials, warriors, and support to the sultanate's military endeavors, earning a share in the war spoils. This historical context underscores the Subanens' significant role in regional trade and alliances during the pre-colonial period.

Source: Wikipedia

SUBANEN RELIGION

The indigenous Subanen cosmogony intricately captures the fundamental duality between mortal existence and the spiritual realm, featuring a nuanced system of interconnections between these cosmic elements. The tangible world is populated by the kilawan (visible mortals), whose illnesses are often ascribed to supernatural causes. In the ethereal domain reside the kanagkilawan (supernaturals), imperceptible to ordinary mortals but accessible and communicable through the balian (medium or shaman). The supernatural entities manifest in four distinct categories: gimuud (souls), mitibug (spirits), getautelunan (demons), and diwata (deities).

Unlike a structured hierarchy or pantheon of supreme beings, the Subanen hold a belief in spirits deeply intertwined with nature. Spirits and deities are thought to inhabit awe-inspiring natural features, deemed as the divine handiwork of gods. These include notably large trees, precarious rocks delicately balanced on small bases, uniquely shaped earth mounds, secluded caves, and the towering peaks of mountains.

Source: Wikipedia

SUBANEN DANCE

Dance within the Subanen community serves a diverse array of ceremonial and ritualistic purposes. At the core of their ritual dances is the buklog, a significant performance executed on an elevated platform, reaching a height of at least 6–10 meters above the ground. Among the Subanens, the buklog stands out as the most elaborate and costly ritual. It is conducted to honor and commemorate the passing of an individual, aiming to facilitate their smooth transition into the spirit realm. Additionally, the buklog is employed to express gratitude for a prosperous harvest, seeking blessings from the diwata for future abundance and other favors. (Wikipedia)

The majority of Subanen dances follow a 4/4-time signature, characterized by the rhythmic counting of 1, 2, 3, & 4. Typically, these dances initiate with deliberate and unhurried movements, transitioning seamlessly from a moderate pace to a faster tempo. Central to the musical accompaniment of their dances is the "Agong," a frequently used instrument. These dances incorporate five fundamental steps: praise, grace, prayer, casting, and courtship. Each step contributes to the narrative and expression within the dance, showcasing the rich cultural tapestry of the Subanen community. (San Diego, 2022)



Festivals
in
Misamis Occidental



Visit [Subayan Keg Subanen Festival](#) for more.



THE ULTIMATE GUIDE TO
MISAMIS OCCIDENTAL

CHAPTER FOUR

THE BEACHES IN
MISAMIS OCCIDENTAL

MAE OLANDESCA

THE ALLURE OF MISAMIS OCCIDENTAL BEACHES

There's an undeniable allure to coastal getaways. The rhythmic symphony of waves crashing, the sensation of warm sand beneath your feet, and the panoramic spectacle of a mesmerizing sunset painting the horizon – these are just a few elements that make beach vacations irresistibly appealing. Beaches are sanctuaries of tranquility and relaxation, providing a sanctuary from the daily grind. Whether you seek solace for rejuvenation or excitement through thrilling water sports, beaches cater to diverse preferences. Amidst the array of beach destinations, Misamis Occidental emerges as an undiscovered gem.

Nestled along the western coast of Mindanao, the Philippines' second-largest island, Misamis Occidental boasts a pristine coastline spanning over 200 kilometers. This province shelters some of the country's most enchanting beaches, ranging from secluded, untouched expanses to vibrant waterfronts pulsating with energy. Each beach in Misamis Occidental promises a distinctive encounter, unveiling the natural allure and allure of the region. So, pack your bags, don your swimsuit, and embark on a journey to uncover the concealed treasures along Misamis Occidental's captivating shoreline!

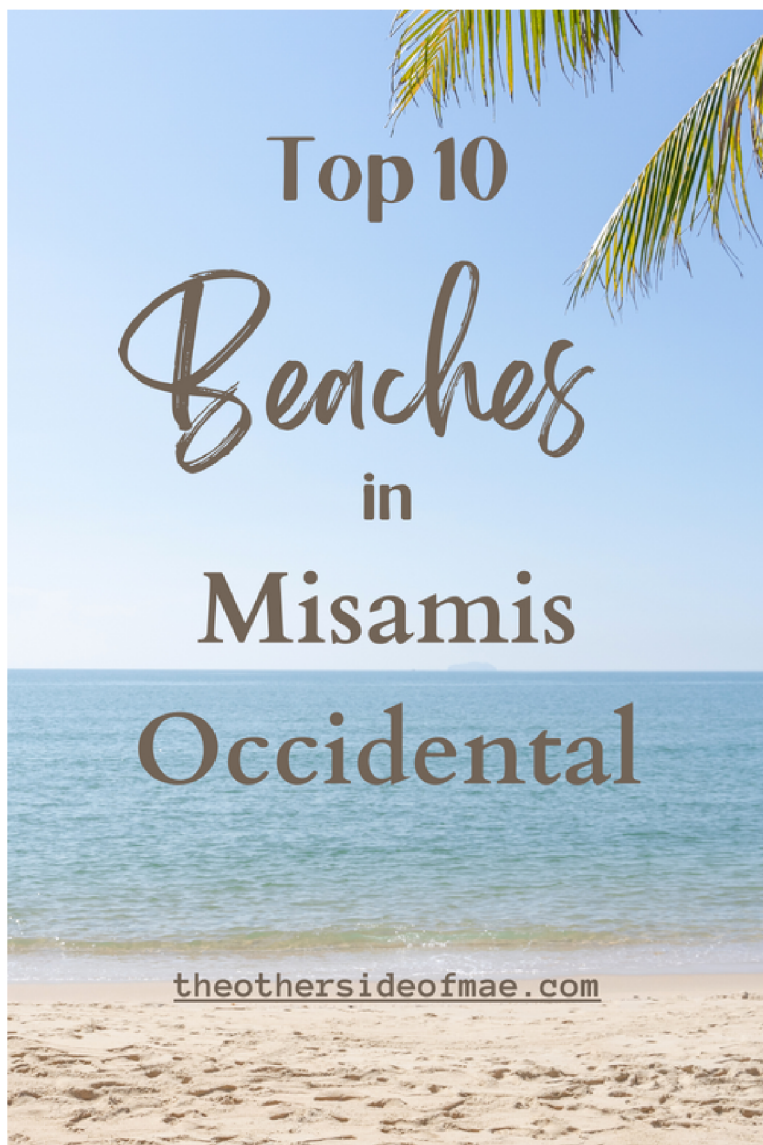
LIST OF BEACHES IN MISAMIS OCCIDENTAL

Bawbawon Beach Resort
Oklahoma Island Rafi's Resort
Sunrise Beach Resort
Bito-on Beach Resort
Inday-Inday Beach Resort
Sam Niza Beach
Dela Paz Beach Resort
La Playa Azul
Punta Meriam Beach Resort and Spa
Tatong's Beach Resort
Sperm Island
Villa Tagalog Beach Resort
Alona's Dreamland Beach Resort
Sapang Dalaga Floating Playground
Caluya Floating Cottages
Seabreeze at Casa Antonio
Rama Beach
RA7 Beach Resort
Bluewaves Resort
Cotta Beach



DID YOU KNOW?

Bawbawon Beach Resort is managed by an international company which also operates in Seychelles and the United Arab Emirates.



Visit [List of Beaches in Misamis Occidental](https://theothersideofmae.com) for more.



THE ULTIMATE GUIDE TO
MISAMIS OCCIDENTAL

CHAPTER FIVE

PLANNING A TRIP TO
MISAMIS OCCIDENTAL

MAE OLANDESCA

HOW TO GET TO MISAMIS OCCIDENTAL

To reach Misamis Occidental:

By Air:

- Fly to Laguindingan Airport (CGY) from Manila or Cebu.
- Use local transportation from Laguindingan Airport to Misamis Occidental.

By Land:

- Travel by bus or private vehicle from Cagayan de Oro or other Mindanao locations to Misamis Occidental.

By Sea:

- Take a ferry to nearby ports like Cagayan de Oro or Iligan and use land transportation to reach Misamis Occidental.

Local Transportation:

- Within Misamis Occidental, utilize buses, vans, or tricycles for local travel.



EDITOR'S NOTE

ENJOY YOUR TRIP WITH PEACE OF MIND. UPDATE YOUR TRAVEL INSURANCE THROUGH SAFETY WING.

CHAPTER FIVE

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Top & Bottom Photos from [Travel Trilogy](#), Middle Photo from [BecomingFilipino](#)

Visit [Your Ultimate Guide on How to Get to Misamis Occidental](#) for more.

WHERE TO STAY IN MISAMIS OCCIDENTAL

In Misamis Occidental, you can choose from various accommodations:

Ozamiz City

- Find hotels in the city center, catering to different budgets.

Oroquieta City

- Explore resorts and guesthouses for a relaxed stay.

Tangub City

- Consider pension houses and lodges for economical options.

Plaridel

- Opt for beach resorts for a tranquil beachfront experience.

Budget Options

- Check out local inns and homestays for budget-conscious travelers.



EDITOR'S NOTE

BOOK YOUR TRIP IN ADVANCE THROUGH [EXPEDIA](#),
[HOTELS.COM](#), [BOOKING.COM](#), OR [VRBO](#).

Feel at home right away

BUDGET-
FRIENDLY
HOTELS

*Misamis
Occidental*

theothersideofmae.com

Visit [Your Ultimate Guide to Finding the Best Accommodations in Misamis Occidental](#) for more.

WHAT TO PACK FOR A TRIP TO MISAMIS OCCIDENTAL

For a trip to Misamis Occidental, pack:

1. **Light Clothing:** T-shirts, shorts, and sundresses.
2. **Swimwear:** Essential for beach exploration.
3. **Sun Protection:** Sunscreen, hat, sunglasses.
4. **Comfortable Footwear:** Sandals, breathable shoes.
5. **Rain Gear:** Compact umbrella or lightweight rain jacket.
6. **Insect Repellent:** Especially for outdoor activities.
7. **Daypack:** Handy for day trips.
8. **Electronics:** Camera, smartphone, power bank.
9. **Adapters and Chargers:** For your electronic devices.
10. **Personal Essentials:** Toiletries, medications.
11. **Travel Documents:** ID, tickets, reservations.
12. **Local Currency:** Philippine Peso for small purchases.
13. **Reusable Water Bottle:** Stay hydrated on excursions.
14. **Snorkeling Gear:** If you plan to snorkel.
15. **Casual Evening Wear:** For dinners or entertainment.



EDITOR'S NOTE

FASCINO MOSQUITO REPELLENT BODY SPRAY MADE FROM LOCALLY GROWN CITRONELLA GRASS IS A MUST-HAVE. SUPPORT LOCAL BUSINESSES DURING YOUR TRIP.



theothersideofmae.com

Visit [Your Ultimate Beaches in Misamis Occidental Packing Guide](#) for more.

WHAT ARE THE MUST-EATS IN MISAMIS OCCIDENTAL

Indulge in Misamis Occidental's culinary delights:

1. **Kinilaw:** Refreshing ceviche with fresh fish or other seafood.
2. **Sutukil:** A blend of grilled, stewed, and raw fresh fish in one meal—sugba, tula, and kilaw.
3. **Sinuglaw:** A fusion dish of smoky grilled pork belly and tangy fresh fish ceviche.
4. **Seafood Boil:** Crabs, shrimps, mussels, and other seafood in cajun-spiced butter sauce.
5. **Tinolang Bisayang Manok:** Native chicken cooked in flavorful native broth.
6. **Balbacua:** Stew made of beef and parts rich in collagen, such as ox feet, ox tail, skin, or joints.
7. **Suman:** Sweet rice cake wrapped in banana leaves.
8. **Moron:** A variant of Suman with cocoa or tablea.
9. **Tablea:** Traditional hot chocolate made from local cacao tablets.
10. **Pan de Tuba:** Soft white bread made with coconut wine called tuba.



DID YOU KNOW?

THE FASTEST GROWING UBE CAKE STORE CHAIN IN THE PHILIPPINES, PURPLE YAM WAS BORN IN MISAMIS OCCIDENTAL. SUPPORT LOCAL BUSINESSES DURING YOUR TRIP.



Lechon, Sinuglaw, and Pancit Palabok Images are from Various Sources in The Web and Balbacua is from Roking's (Bottom Right)

Visit [List of Restaurants in Misamis Occidental](#) for more.

MISAMIS OCCIDENTAL FOOD PRODUCTS



THEOTHERSIDEOFMAE.COM

Images from Carmela's and Misamis Occidental OTOP Hub

Visit [List of Food Products in Misamis Occidental](#) for more.



Images from Très Coffee Co., K Café, and Nikko's Café

Visit [List of Cafés in Misamis Occidental](#) for more.

NIGHTLIFE IN MISAMIS OCCIDENTAL

Misamis Occidental offers a modest yet vibrant nightlife scene, especially in its urban centers. Here's a glimpse into the nightlife experience in the province:

1. Beachfront Bars

Sea Breeze Resto Bar
Coastal Grill

2. Restobars and Music Clubs

Blue Note Music Lounge
Gats Bar and Restaurant
El-Kubo Grill & Resto Bar
Tambayan sa Suba
Chopstick Restobar
Lé Cafe & RestoBar

3. Karaoke Bars

Trip Family KTV
Mirayo's



DID YOU KNOW?

THE COCONUT WINE, TUBA IS A POPULAR ALCOHOLIC BEVERAGE IN MISAMIS OCCIDENTAL. IT HAD BEEN PARTAKEN IN SPIRITUAL CEREMONIES AND SHAMANIC RITUALS BEFORE THE PHILIPPINES WAS COLONIZED BY THE SPANIARDS.



Images from Trip Family KTV, Gats Bar and Restaurant, Sea Breeze Resto Bar, and Blue Note Music Lounge

Visit [Best Hotspots for Nightlife in Misamis Occidental](#) for more.

BUDGET PLAN FOR A TRIP TO MISAMIS OCCIDENTAL

For a budget-friendly trip to Misamis Occidental:

1. Transportation

- Allocate around \$100-\$200 for flights and consider group discounts for land travel.

2. Accommodation

- Budget around \$20-\$50 per night for accommodations in budget hotels, hostels, or guesthouses.

3. Food

- Plan to spend approximately \$10-\$20 per day by exploring local eateries and street food.

4. Activities

- Keep costs low by enjoying free attractions and allocating about \$10-\$30 for additional activities.

5. Transportation Within the Province

- Budget around \$5-\$10 per day for local transport or consider walking for short distances.

6. Entertainment

- Attend local events and community gatherings for affordable entertainment, setting aside \$10-\$20.

7. Shopping

- Set aside \$20-\$50 for souvenirs, focusing on local markets and negotiating prices.



Visit [Best Budget Plan for the Beaches in Misamis Occidental](#) for more.



THE ULTIMATE GUIDE TO
MISAMIS OCCIDENTAL

CHAPTER SIX

WHY VISIT MISAMIS
OCCIDENTAL

MAE OLANDESCA

FIND SOLACE IN MISAMIS OCCIDENTAL

Misamis Occidental is a place where one can find solace amidst nature's embrace and a community that exudes warmth. The province, with its tranquil landscapes and inviting locals, provides an ideal setting for those seeking a retreat from the hustle and bustle of everyday life.

1. Nature's Sanctuary

The province is blessed with natural wonders that serve as sanctuaries for solitude seekers. From the serene beaches along the Panguil Bay to the verdant hills and mountains of Mount Malindang Range Natural Park, Misamis Occidental offers a haven for those yearning for the tranquility of nature.

2. Spiritual Spaces

Ozamiz City boasts historical and spiritual landmarks that contribute to a sense of peace. The Cotta Fort, with its ancient walls and rich history, can be a contemplative space, while the Immaculate Conception Cathedral invites visitors to find solace in its serene atmosphere.

3. Soul-Refreshing Activities

The province offers activities that cater to the soul, such as hiking in the Mount Malindang Range Natural Park. The sound of rustling leaves, the scent of pine trees, and the breathtaking views from the mountaintop can be therapeutic for those seeking solace through outdoor exploration.

4. Cultural Immersion

Engaging with the local culture and traditions can also be a source of solace. The Subayen Keg Subanen Festival, for instance, provides a glimpse into the rich heritage of the Subanen tribe, fostering a connection with a community deeply rooted in its cultural identity.

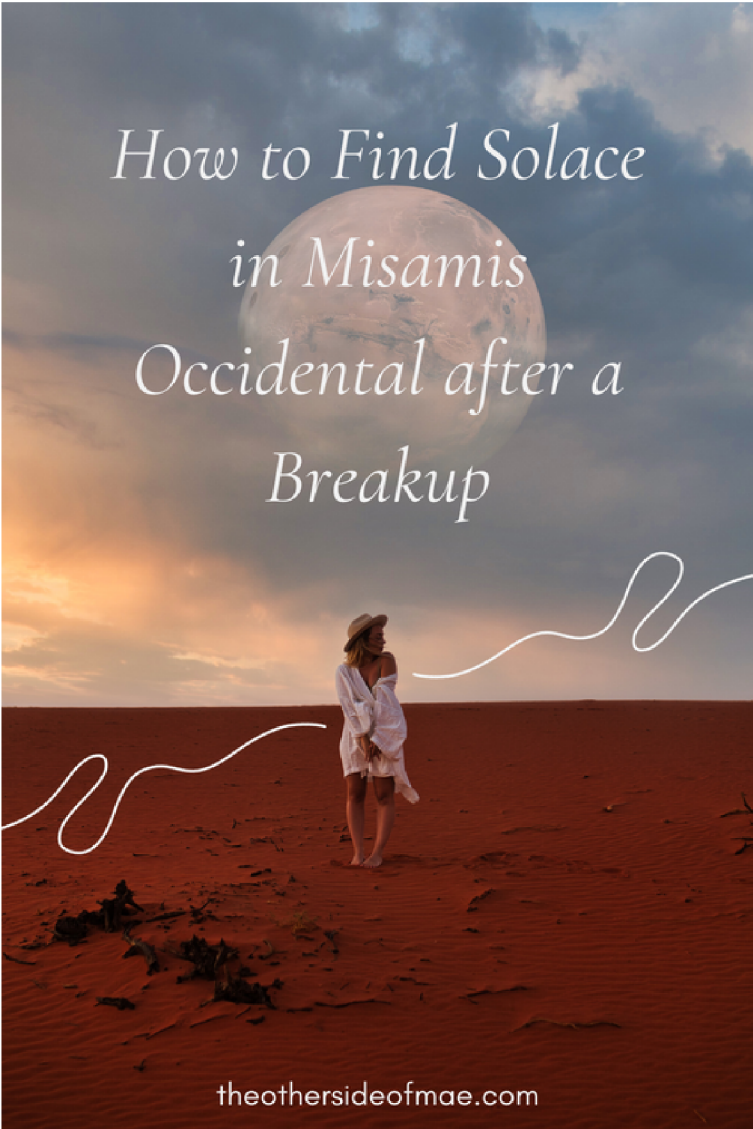
5. Hospitality and Connection

Perhaps the most significant source of solace in Misamis Occidental is the genuine warmth of its people. The friendly locals welcome visitors with open arms, creating an environment where one can feel a sense of belonging and ease.

6. Culinary Comfort

The local cuisine, with its comforting flavors and traditional recipes, adds to the overall experience of finding solace. Shared meals with locals or quiet moments in local eateries provide opportunities to savor the simplicity and authenticity of Misamis Occidental's culinary offerings.

In the embrace of Misamis Occidental's natural beauty, cultural richness, and warm hospitality, visitors can find solace that nourishes the spirit. Whether seeking solitude in nature, cultural immersion, or connection with friendly locals, this province offers a sanctuary for those in search of a peaceful and meaningful escape.



*How to Find Solace
in Misamis
Occidental after a
Breakup*

theothersideofmae.com

Visit [10 Ways to Recover from a Breakup in Misamis Occidental](#) for more.

THE ULTIMATE GUIDE TO
MISAMIS OCCIDENTAL

Do You Know

DO YOU KNOW THAT YOU, TOO,
CAN EARN WHILE SHARING
YOUR TRAVEL ADVENTURES
THROUGH WRITING ON YOUR
BLOG? VISIT MY ARTICLE HOW
TO MAKE MONEY BY SHARING
YOUR STORY FOR YOUR
REFERENCE.

THE ULTIMATE GUIDE TO MISAMIS OCCIDENTAL

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Photo Credits

TRAVEL TRILOGY

KULAS OF BECOMING FILIPINO

MISAMIS OCCIDENTAL OTOP
HUB, CARMELA'S, TRIP FAMILY KTV, GATS
BAR AND RESTAURANT, SEA BREEZE
RESTO BAR, BLUE NOTE MUSIC LOUNGE,
TRÈS COFFEE CO., K CAFÉ, NIKKO'S CAFÉ

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