

PHILIPPINE ASSOCIATION OF NUTRITION, INC.

64th Annual Convention

Ilocos Norte Hotel and Convention Center (INHCC)
Brgy. 41, Balacad, Laoag City, Ilocos Norte, Philippines

Directory

HOW TO GET THERE

Airlines	Laoag (077)	Manila (02)	Buslines	Laoag (077)	Manila (02)
Cebu Pacific	670-8464	702-8888	Farinas Transit	778-0126 Fax: 772-1155 Brgy 8, M.V. Fariñas St., Laoag City, Ilocos Norte	743-8582 1238 A.H. Lacson St. Sampaloc, Manila
Philippine Airlines	670-8533	855-8888	Partas Transportation Co., Inc. 816 Aurora Blvd. Quezon City 518 EDSA Avenue, Pasay City	771-4898	727-8278; 725-1756 410 1307 Fax No.: 724-9820 851-4025
			RCJ	771-3308	741-2994
			Florida	770-3645	749-4862
			Maria de Leon	770-3532	731-4907

WHERE TO STAY

Ilocos Norte Hotel and Convention Center Brgy. 41 Balacad, Laoag City, Ilocos Norte		Tel. No.: (077) 670-8817 Website: www.ilocosnortehotel.com	
No. of Rooms	Room Type	Published Rate	PAN's Rate (double occupancy)
3 rooms	Suite Room	PhP 7,000.00/room	PhP 3,000.00/room
13 rooms	Standard Queen	PhP 6,000.00/room	PhP 2,400.00/room
73 rooms	Standard Twin	PhP 5,000.00/room	PhP 2,200.00/room
4 dormitories with 6 rooms with 8 persons per room	Dormitory	PhP 1,000.00/room	PhP 800.00/person
	Extra Bed	Php 600.00/bed	Php 600.00/bed

Fort Ilacandia Hotel, Brgy. 37 Clayab	Tel. No.: (077) 670-9001 to 15 Website: www.fortilacandia.com.ph	Hotel Del Norte # 26 Fonacier St.	Tel. No.: (077) 772-1697
The Palacio de Laoag Hotel Brgy. 27 P. Paterno St.	Tel. No.: (077) 773-1842 Website: www.palaciodelaoaghotel.com	Balay Da Blas # 10 Giron St., Brgy. 7-B	Tel. No.: (077) 770-4389 Website: www.balaydblas.com
Java Hotel General Segundo Ave.	Tel. No.: (077) 770-5996 Website: www.javahotel.com.ph	Grand Octagon Resort Brgy 50 Buttong	Tel. No.: (077) 670-8225
Northview Hotel Brgy. 37 Clayab	Tel. No.: (077) 773-1689 Website: www.northviewhotel.com	Rio Grande de Laoag Brgy. 30-A Suyo	Tel. No.: (077) 770-5458
Isabel Suites Hotel Brgy. 11, Gen. Segundo Ave.	Tel. No.: (077) 670-8817 Website: www.isabelsuites.net	Gertes Resort Hotel Brgy. Balatong	Tel. No.: (077) 670-8817 Website: www.gertesresort.com
Texicano Rizal St.	Tel. No.: (077) 772-0290	Pichay Lodging House P. Lazaro St., cor. Hernando St.	Tel. No.: (077) 770-3972
Hotel Tiffany General Segundo Ave.	Tel. No.: (077) 770-3550	Villa Ilocandia Hotel Brgy. Barit	Tel. No.: (077) 772-0407
Laoag Parklane Hotel Brgy. 55 Barit	Tel. No.: (077) 770-5275 Email Add: laoagparklanehotel@yahoo.com	Aurelio's Mansion Brgy. 23 Vintar Road	Tel. No.: (077) 771-4677 Website: www.aureliosmansion.com
Starlight Lodging House Ablan Ave.	Tel. No.: (077) 771-5933 Email Add: starlight2900@yahoo.com	Paradise Lodging House Brgy. 55, Barit	
Farmside Hotel 49-B Raraburan	Tel. No.: (077) 781-3152	Thalia's Inn Gen. Segundo Ave.	
La Eliana Hotel Ablan Ave. cor. Rizal Street	Tel. No.: (077) 771-4876	Bueno's Penthouse J.P. Rizal Street	
Laoag Renzo Hotel Rizal Street cor Guerrero Street	Tel. No.: (077) 770-4898 Website: www.laoagrenzohotel.com		

SUGGESTED 3-DAY TOUR

Day 1

Destination 1: Batac City

• Billoca Fish Farn (leisure fishing)	30 minutes
• Marcos Mauseleum, Balay Ti Amianan, Peace Gallery (sightseeing)	1 hour
• Batac Riverside Empanadaan (shopping and gastronomic tourism)	30 minutes
• Camandingan Jungle City (sightseeing)	15 minutes
• Pimentel SWIP ecotourism area (sightseeing)	15 minutes

Destination 2: Currimao

• Sitio Remedios (sightseeing and spa)	1 hour
• Playa Tropical (lunch and swimming)	1 hour
• Tabacalera Spanish ruins (sightseeing)	30 minutes
• Coral Rock formations in Pangil bay (sightseeing)	15 minutes

Destination 3: Paoay

• Ancestral houses (sightseeing)	15 minutes
• Playa Tropical (lunch and swimming)	1 hour
• Tabacalera Spanish ruins (sightseeing)	30 minutes
• Coral Rock formations in Pangil bay (sightseeing)	15 minutes

Day 2

Destination 4: Bangui (passing via Patapat Viaduct)

• Abang falls (sightseeing and swimming) – including travel time Laoag City	3 hours
• Windmills (sightseeing)	30 minutes

Destination 5: Pagudpud

• Lunch at Town Center (gastronomic)	1 hour
• Town Center (sightseeing and shopping)	30 minutes
• Blue Lagoon Beach (sightseeing and swimming) – including the return to Laoag City	4 hours
• Kapuluan Vista (surfing lessons)	1 hour
• "Night Life"	2 hours

Day 3

Destination 6: Paoay

• Paoay Lake (sightseeing and lake walk to Malacañang of the North)	15 minutes
• Malacañang of the North (sightseeing)	15 minutes
• Sand Dunes (sightseeing, barbeque, and dune bashing)	1.5 hours

Destination 7: Laoag

• Fort Ilocandia (lunch and casino)	2 hours
• Northwestern University Ecotourism Park and Botanical Gardens (Sightseeing)	30 minutes
• Monroe Island (sightseeing and activities)	1.5 hours