



# PMO MO/C WORKPLACE TEAMBUILDING & WELLNESS PROGRAM

Batch 1

MAY 1-4, 2025

Siquijor

APRIL 30, 2025

9:00PM

**Assembly**  
PPA PMO Building 1

10:00 PM

**Travel Time**  
From CDO to Dapitan

MAY 01, 2025  
(DAY 1)

5:00AM

**Arrival in Dapitan**  
PMO ZDN

6:00 AM -  
7:00 AM

**BREAKFAST**  
PMO ZDN

8:00AM

**Travel Time**  
Dapitan to Dumaguete via Montenegro Shipping

12:00NN

**Arrival in Dumaguete**

12:00 NN -  
1:30 PM

**LUNCH**  
Dumaguete

2:00 PM

**Travel Time**  
Dumaguete to Siquijor via Montenegro Shipping

3:30 PM

**Arrival in Siquijor**  
*Welcome to the "Healing Paradise"!*

3:30 PM -  
4:00 PM

**"WORKPLACE TEAM BUILDING AND WELLNESS PROGRAM CY 2025"**  
PMO Negros Oriental/Siquijor GAD Hall

4:30 PM

**Welcome To Siquijor/ St. Francis of Assisi Church**  
*Pose for a group photo in the iconic landmark*

5:00 PM

**Check- In**  
Sonny Lyn Guest House

**Freshen up**

6:00 PM - 8:00 PM

## Buffet Dinner and Fellowship Night

Function Hall

*Tropical Night. Wear your best Hawaiian attire*

9:00 PM

**Lights Off**

MAY 02, 2025

(DAY 2)

6:00 AM -  
7:00 AM

### **BREAKFAST**

*Gear up for the adventures ahead!*

Filipino Breakfast will be served at the Function Hall

7:30 AM - 8:30 AM

### **1<sup>st</sup> Stop: Lugnason Falls**

*5-Meter waterfall and a large spring filled with blue Gatorade Colored Water*

*(Hike: 10- 15 mins)*

**Entrance Fee: Php 30.00**

9:00 AM - 9:30 AM

### **2<sup>nd</sup> Stop: Old Enchanted Balete Tree**

*400-year old Balete Tree known for mystery and the belief that it houses spirits*

9:40AM - 10:15 AM

### **3<sup>rd</sup> Stop: Hapitanan**

*A fun way to experience flying on a broomstick with an overlooking crocodile-like shaped view in Lazi*

10:30 AM -  
11:15 AM

### **4<sup>th</sup> Stop: Lazi Church and Convent (San Isidro Labrador)**

*Nestled in the heart of Lazi, this Church is not only a place of worship but also a significant historical landmark that reflects the architectural brilliance of the Spanish colonial period*

11:20 PM - 12:00 PM

### **LUNCH**

*Refuel your energy for the next set of adventures!*

12:15 PM - 1:30 PM

### **5<sup>th</sup> Stop: Kawasan Falls**

*Waterfalls surrounded by tropical trees and a Tarzan rope swings over a cave*

*(Hike: 10- 15 mins)*

**Entrance Fee: Php 30.00**

1:40 PM - 3:00 PM

### **6<sup>th</sup> Stop: Cambugahay Falls**

*Popular for its "Fairy Walk" giant swing*

3:30 PM -  
4:30 PM

### **7<sup>th</sup> Stop: Salagdoong Beach**

*Known for its beautiful rock formations, clear turquoise waters, and iconic cliff-diving spots*

**Entrance Fee: Php 50.00**

MAY 02, 2025  
(DAY 2)

5:15 PM - 6:00  
PM

**8<sup>th</sup> STOP: PALITON BEACH**

*Often dubbed as "Little Boracay" for its powdery white sand and crystal-clear water*

**Entrance Fee: Php 30.00**

6:15 PM - 7:00  
PM

**9<sup>th</sup> Stop: San Juan Beach**

*Adjacent to Paliton Beach*

7:30 PM

**DINNER**

*Humba Fiesta!*

8:30 PM

**Back to Sonny Lyn Guest House**

9:00 PM

**Lights Off**

MAY 03, 2025  
(DAY 3)

6:00 AM

**BREAKFAST**

*Rise and shine!*

*Filipino Breakfast will be served at the Function Hall*

7:00 AM

**Check-out**

Sonny Lyn Guest House

7:30 AM-  
8:30 AM

**1<sup>st</sup> Stop: Pitogo Cliff Nature Park**

*Breathtaking view of the ocean and surrounding landscape*

**Entrance Fee: Php 30.00**

9:00 AM-  
10:00 AM

**2<sup>nd</sup> Stop: Kanheron Ranch**

*Exotic American Old West Museum; experience an original wood artwork gallery*

**Entrance Fee: Php 100.00**

10:15 AM

**3<sup>rd</sup> Stop: "I LOVE SIQUIJOR" signage**

*Capture the spirit of Siquijor at the iconic signage*

10:30 AM-11:00  
AM

**4<sup>th</sup> Stop: Pasalubong Shops**

*Take home souvenir items for yourself and for your loved ones*

11:15 AM-  
12:30 PM

**LUNCH**

*Bida ang Saya!*

MAY 03, 2025  
(DAY 3)

12:45 PM

**SIQUIJOR PORT**

2:00 PM

**TRAVEL TIME**

**Siquijor to Dumaguete** *via Montenegro Shipping*

3:40 PM

**Arrival in Dumaguete**

4:00 PM-  
4:30 PM

**5<sup>th</sup> Stop: Silliman University (Cultural Hall)**

*Oldest American-founded educational institution in the Philippines*

4:30 PM-  
4:45 PM

**6<sup>th</sup> Stop: Ninoy Aquino Freedom Park**

*The park is lined with century-old Acacia trees and flower bed paths*

4:45 PM - 5:00  
PM

**7<sup>th</sup> Stop: Campenarrio de Dumaguete/ St. Catherine of Alexandria Cathedral**

*Oldest watch tower in Negros Oriental*

5:00 PM- 5:30  
PM

**8<sup>th</sup> Stop: Dumaguete Boulevard**

6:00 PM -  
7:30 PM

**DINNER**

8:00 PM

**Departure to Dapitan**

*via Montenegro Shipping*

MAY 04, 2025  
(DAY 4)

12:00 AM

**Arrival in Dapitan**

12:00 AM - 3:30  
AM

**REST (PMO ZDN)**

*catch forty winks and a little snooze*

4:00 AM

**Departure for Panaon**

6:00 AM -  
7:00 AM

**BREAKFAST**

Panaon

8:00 AM- 12:00  
PM

**Travel Time**

**Panaon to CDO**

12:00 PM

**Arrival in CDO**

**Home Sweet Home!**