

A scenic view of a beach at sunset. The sun is low on the horizon, casting a warm glow over the ocean and sky. In the foreground, there are silhouettes of palm trees and a building with vertical slats. The text "AMANPULO" is centered in the upper half of the image.

# AMANPULO

July 2021

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Dear Travel Partner,

Warm greetings from Amanpulo.

In our peaceful island, the morning light at daybreak is restrained, modest, unhurried. Dawn approaches quietly and gently. It begins with a faint blush along the horizon. Then slowly and unassumingly, the rising sun illuminates everything it touches, softly and solemnly bathing the world with hushed luminosity.

In the first few minutes of the day, a unique kind of energy can be felt amidst the serenity. In contrast to the intensity of the mid-day sunshine, the gentle early morning light holds its own silent force, resolute in its intention to awaken the world for another day, unlike any other day.

In these pages, we share with you awakening experiences in Amanpulo that draw energy from nature in all its glorious patterns and contrasts.

Enjoy the read.

Sincerely,

Audeline Witjaksono  
General Manager





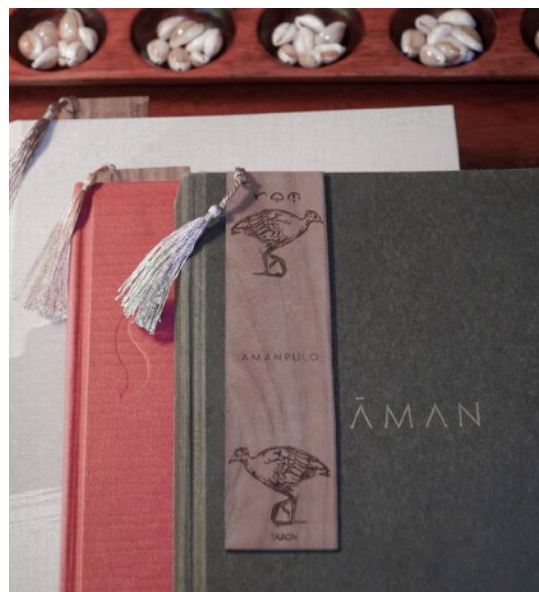
## INSPIRED MEMENTOS

Mementos that take inspiration from the land, keepsakes with their own stories to tell, every souvenir that Amanpulo gifts guests at turndown holds a beautiful piece of the Filipino culture, making it a treasured part of the guest's stay.

Featured among Amanpulo's souvenir collection are delicate wooden bookmarks etched with some of the icons of Pamalican's flora and fauna - the *pawikan* (sea turtle), *tabon* (native cave fowl), *bayawak* (monitor lizard) and *kalachuchi* (frangipani). Along with the image, is its Filipino name written in the ancient script

called *Baybayin*. Believed to have been developed in the 13th century, it was used widely among the indigenous civilisations of the Philippines prior to Western colonisation. Every stroke of the written language conveys deep national pride and is a symbol of a living connection to the nation's early ancestors. An art form in itself, *baybayin* is an ancient legacy honoured by Amanpulo's bookmarks, meaningful souvenirs for guests to take home as reminders of their Aman journey.

Follow along as we present more of Amanpulo's inspired mementos in the coming issues.







## NATURE WALK

The enchanting lure of Pamalican is intricately entwined in its landscape. Explore its captivating wonders in a walking tour that takes guests through its verdant forest centre, while learning about the island's flora and fauna in their natural habitat.

In a private or group nature walk, discover more about the island foliage, from local medicinal plants to trees that figure into traditional folklore. Follow the paths that the monitor lizards roam. Get to know the residents of Amanpulo's treetops as an expert guide introduces the endemic and migratory birds that may make an appearance along the way. Handwoven

baskets that hang high overhead on the branches are ornamental accents and serve as open invitations for shelter. Among the most common birds spotted during the nature walk are the black-naped oriole, Philippine megapode, pied imperial pigeon, common emerald dove, and collared kingfisher.



Different times of day or seasons might introduce a different set of species, making each nature walk personal and unique. Upon reaching one of the island's hideaway peak locations, guests can enjoy a delicious picnic overlooking the azure sea to complete the immersive island experience.

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## BALANCE IN NATURE WITH FITNESS SPECIALIST ELMER

A certified instructor specialising in an impressive array of modalities, Amanpulo's Resident Fitness Specialist Elmer Munar guides guests in achieving their fitness goals through his versatile, customised programs. By incorporating circuit training, KAATSU, mat Pilates, TRX, Bosu, Tabata, and more, Elmer's work-outs are always challenging, purposeful and exciting.

At the very core of his professional fitness journey is yoga, his personal dedicated practice opened his body, mind and spirit to sharing the gift of wellness. Yoga is a way of life for Elmer, and his source of physical, mental, and emotional strength. "Yoga has taught me to be more mindful," he adds, "what I practice on the mat, I apply in real life." Elmer is referring to the patience it takes in perfecting poses through repetition. "Similar to life, there are no instant results, everything takes hard work and patience." At the same time, Elmer also believes in the importance of slowing down, "Recovery is as important as the work-out." Influenced by the opposing forces in the natural environment, Elmer also hopes to share the solace found amidst nature in Amanpulo. He highly recommends meditation near the shore and the profound experience of equipoising into the blue - yin yoga onboard a boat surrounded by nothing but the healing touch of the sea and sky.







## INTRODUCING THE AMIHAN AND HABAGAT BREW

Embodying the tales of the winds that energise Palamican, Amanpulo's very own bespoke craft beers are designed to bring a bold new experience to the island's ivory shores. Taking inspiration from the monsoon seasons that shape the life and landscape of Palawan, the beer is crafted in the Philippines by artisanal brewmasters to match the Amanpulo lifestyle.

Named after the strong, sustained winds of the Amihan, this double IPA, or double India pale ale, is rich in texture and aroma. It possesses an intense hoppy flavour, marked by a citrus burst of *calamansi* and sweet notes of mango. The Amihan has an IBU\* of over 100 and an ABV\*\* of 8%. Taking on the name of Habagat, the wind that carries refreshing tropical rainfall, is a red IPA, or India pale ale. This beer has a play of hop flavour, balanced by a melange of herbaceous notes that cascade smoothly through the brew. The Habagat has an IBU\* of 77 and ABV\*\* of 7%. The beer labels are designed in homage to the indigenous people of Palawan. Amihan features the *pawikan* (sea turtle), symbolising the enduring legends of the *Pala'wan* tribe. Habagat has a *tabon* bird (cave fowl), representing the *Tagbanua* tribe, descendants of the first people to inhabit the Philippines.



\*IBU - International Bitterness Unit    \*\*\*ABV - Alcohol by Volume

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## PAPAYA STEM STRAWS

According to International Coastal Clean Up Reports of 2017, plastic straws are part of the top ten most commonly found litter on the world's beaches. Since then, large corporations have banned the use of plastic straws. Although the cumulative impact remains a small percentage of the total global plastic waste problem, every single-use plastic eliminated reduces the threat to marine life and sends a strong message of support for sustainable living.

Since 2019, Amanpulo has successfully shifted to the use of papaya stem straws. This alternative is all natural and 100% biodegradable. The papaya stems are sourced from the papaya trees that are grown on the island by the Amanpulo organic farm team - making this a truly homegrown initiative. The mindful harvest is respectful of the plant and the ecosystem of the farm. Other straw options available in Amanpulo are ones made of paper, steel and cassava.



*Fresh coconut photo by Michelle Gujer; Instagram @pinkberrymich*

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# COVID-19 UPDATE



Amanpulo is certified compliant with the Aman Covid-19 Safety Assessment in partnership with SGS, and is pleased to earn the Sharecare VERIFIED™ with Forbes Travel Guide verification that covers over 360 global health security standards.

General Community Quarantine is in effect over NCR Plus, which covers Metro Manila and surrounding areas until 15 July 2021. Palawan remains categorised under a more relaxed Modified General Community Quarantine. Fully vaccinated individuals are now allowed domestic interzonal travel upon presentation of their vaccine card. However, Amanpulo will continue to require negative PCR test results for all arriving individuals following its health and safety protocol.

Filipino citizens, Filipino ‘balikbayans’ and select foreign nationals with valid and existing visas are allowed to enter the Philippines. For the Bureau of Immigration Guide to Travel Restrictions and Quarantine Procedures, click: [BOI Travel Advisory](#).

Should you wish to begin planning for future travels, please do not hesitate to reach out to us and we will be more than happy to assist.

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