

Local Excursions and Activities Near Dumaguete

Stepping out of the resort, Negros Oriental is renowned for outstanding natural beauty and fascinating culture. The vast mountain ridge behind Atmosphere is home to many scenic lakes and thundering waterfalls and the local indigenous culture means there are a myriad of fiestas, carnivals and local markets to witness. Beautiful and mysterious islands with amazing snorkeling and the possibility to spot whales and dolphins are close by. The nearby City of Dumaguete is a university-town with a long breezy seaside boulevard and historical buildings. There is also more than meets the eye with plenty of activities within the resort to avail of.

Apo Island



Join Atmosphere for some excellent snorkeling in Apo Island. It is an unforgettable island hopping trip and a must for non-divers and divers. Only 30 minutes away by boat from Atmosphere, we conduct trips to Apo several times per week, weather permitting. Apo Island is surrounded by lush coral reefs with a large population of turtles and colorful reef fish as well as spectacular coral. A small fishing community inhabits the island, which also has a small chapel, a lighthouse and a marine sanctuary where the snorkeling is world-class. It is an excellent spot for both the beginner snorkeler and experienced free diver and has a shallow turtle sanctuary where you can watch the turtles graze on the seagrass.

Swim with Whale Sharks



Near Oslob village on Cebu Island, about 1.5 hours from Atmosphere by van and boat, a group of whale sharks congregate year-round in a shallow bay. Entering from the beach, you step into a small boat and travel a few hundred metres from shore to watch the whale sharks from the surface. Those who wish, can get in the water and swim/snorkel with these gentle giants. Scuba diving may be harmful to them and therefore in accordance with the WWF recommendations, we choose to be one of the resorts who do not offer scuba diving with whale sharks. There is an option of stopping for other activities such as the Pulang Bato waterfall or a city tour in Dumaguete on the way back to the resort.

Dumaguete City Tour



Dumaguete, the largest city in Negros Oriental is a bustling town with four Universities and several Colleges. It is most famous for being the home of Siliman University, which has a well-known marine biology laboratory. Dumaguete is also the principal seaport in the area with a lively commercial center and a breezy seaside boulevard, where you can sit with a drink or two in one of the many bars, cafes and restaurants lining the pavement. At night, Dumaguete features some good bars and hangouts, frequented by both foreigners and Filipinos. For visitors on a tour, the old belltower and oldest stone church in Negros Oriental are also worth a visit. There is a big and bustling covered market in the midst of town and an anthropology museum housed in the oldest building of Siliman University. The city also has a modern mall and movie theatre.

Valencia Tour



See something else other than the beach by visiting the small mountain town of Valencia, only 30 minutes from Atmosphere. Whilst there, visit a fruit farm that grows a variety of tropical fruits such as the durian, rambutan, lanzones and mangosteen. Take a peak in a local home that has a collection of WW2 memorabilia and finish the tour by going to the forest camp, a picnic site built next to a creek with eight man-made swimming pools. The Valencia tour can be paired with a visit to waterfalls and hot springs.

Valencia Hot Springs and Pulang Bato Waterfall Tour



Another take on the Valencia Tour (see above) is to combine it with a visit to the hot springs and the Pulang Bato waterfall. The hot springs are naturally hot and slightly sulfurous, fed directly from the mountain into manmade hot pools, famed for their medicinal properties. The waterfall is named after the red rocks surrounding it and is a great place to cool off after a visit to the hot springs.

Casaroro Waterfall



A 40 meter tall single column of water drops into a swimming basin of cold water that is surrounded by steep rock walls. Constantly misty and green, the site is stunning and a very popular excursion site for those looking for a bit of adventure. Be aware that there are 300 something steps to get down to the falls - and to get back up. Luckily, you can freshen up with a brisk swim in the cool mountain water before you start your climb back.

The Rush Zipline Adventure



The Rush Zipline Adventure is located near Valencia, 30 minutes from the resort, and the main attraction is a 600 meter long zipline cable with a choice of four riding styles: superman, tandem, sitting and inverted. The zipline can be combined with other activities in the same area (Valencia tour, soup kitchen etc.)

Atmosphere Soup Kitchen (ASK)



Atmosphere Resorts sponsors a soup kitchen program that provides 80 children with a balanced lunch 5 days a week, year round. The children are from one of the most impoverished areas in Dumaguete, 30 minutes away from the resort. The success of the program is owed to the mothers of the children who volunteer and run the program. The daily preparation, serving and clean-up is carried out by the mothers of the children. Atmosphere staff visits ASK weekly and we'd be thrilled for you to join us on this complimentary and very worthwhile excursion.

Kids' Cove



Kids' Cove is Atmosphere's activity hub for kids. Kids' Cove has scheduled fun activities daily, as well as movie showing many afternoons/early evenings. There is also a playground and a sports ground (football etc) available during weekends and late afternoons. We have marine life workshops for kids conducted by Atmosphere's marine biologist. Please speak to our Kids' Cove coordinator Sylvia or the front desk for more information and rates.

Balanan lake



Balanan lake is a deep freshwater lake found in the mountains of Barangay Sandulot in Siaton, Southern Negros. The lake is bounded by mountain ranges and fed by three streams making the ride through the mountains on the way very scenic. Activities offered include hiking along the pathways around the lake, fishing, kayaking and boat riding. Just down from the lakes are three man-made plunge pools which are perfect for a refreshing swim after your walk around the lakes. Do not miss the 300 year old balete tree by the entrance.

Malatapay Market



Wednesdays at Malatapay Market are always abuzz with activity. This is a local meeting place for traders, merchandisers, shoppers and visitors. On display is food, vegetables and fruit, tools and household items as well as clothes and bags. But most interesting must be the livestock market: cows, goats and pigs in abundance meet their fate here in the early morning. Come early to see the hustle and bustle, and spend some time relaxing at the Malatapay pier with some sweet banana fritters and local coffee. Or why not sample some Lechon Baboy (roast pork) with a Cold San Miguel beer?

Bais Dolphin Watching



Bais is a community north of Dumaguete approximately 2 hours from Atmosphere. It borders on the Tañon Strait, between Negros and Cebu islands, which is a natural habitat for several dolphin species that you can watch from the boat early in the morning. You may encounter the Pan Tropical Spotted Dolphins, Bottlenose Dolphins and Long Snouted Spinner Dolphins as well as other rarer species.

Manjuyod Sandbar



Bais, as mentioned above, is a part of Negros where the coastline curves back on itself creating a beautiful bay while the Tañon Strait opens up before it. In the middle of the bay sits the gorgeous and pristine Manjuyod Sandbar. The sandbar is only a 15/20 minute boat trip from Bais pier, there are cottages you can rent for the day or just chill on the boat and the sandbar whilst taking advantage of the beautiful panoramic views of mountainous Negros and neighbouring Cebu Island.

The ATV Adventure



Do you want to enjoy the landscape but add a bit of adventure and adrenaline? Join us for an exciting tour of the mountain on a fully automatic quad bike. During the three hour experience, you will ride and trek through spectacular landscapes. We will be visiting volcanic hot springs nestled in the tropical rain forest of the beautiful Dauin mountain range. On our way down, you can enjoy spectacular views of the ocean and Apo and Siquijor Islands.

Mountain Biking



With nature and beautiful scenery on our doorstep, mountain biking is sometimes the best way to experience the surrounding area. We run daily guided mountain biking experiences from the Fitness center, where our experienced guide will take you on one of the many local trails. We have biking trails ranging from novice, perfect for beginners or families, to more technical and challenging adventures for the more experienced rider. Each excursion combines exercise with scenic views of neighboring Islands, visit to local landmarks and information on the local habitat. Mountain bikes are also available for rent.

Warrior Gym



Our Warrior Gym is located next to the Fitness center reception close to the resort entrance. It is an outdoor gym with a variety of obstacles and apparatus perfect for a good workout. We also offer daily fitness classes (exception Sunday) conducted by our certified personal trainer in TRX, circuit training, crossfit and body conditioning and private classes offering more personalized workout sessions are also available. The Fitness center is complete with shower facilities, juice bar and a comfortable seating area for post workout relaxation.

Yoga at Atmosphere



Embraced by many, yoga can be practiced on a simple level for fitness and mental relaxation or on a deeper level to penetrate all aspects of life. At Atmosphere, both open and private yoga classes are held daily, from absolute beginners to intermediate and advanced level. Yoga is held on our tree top yoga platform by the beach and we also offer kids' yoga and meditation classes, as well as private classes.

atmosphere

RESORTS & SPA • PHILIPPINES