

## CARAGA REGION

Caraga is an administrative region of the Philippines, on the northeastern portion of the island of Mindanao, also called Region XIII. The Caraga Region was created through the Republic Act No. 7901 on February 23, 1995. The region is composed of five provinces: Agusan del Norte, Agusan del Sur, Surigao del Norte, Surigao del Sur and Dinagat Islands. It has sixty-seven (67) municipalities and 1,308 barangays. It also has six cities: [Butuan City](#), [Cabadbaran City](#), [Bayugan City](#), [Surigao City](#), [Bislig City](#) and [Tandag City](#). Butuan City is the regional administrative center.

## AGUSAN DEL NORTE

### List of Municipalities in the [Agusan del Norte](#)

[Buenavista](#) || [Carmen](#) || [Jabonga](#) || [Kitcharao](#) || [Las Nieves](#) || [Magallanes](#) || [Nasipit](#) || [Remedios T. Romualdez](#) || [Santiago](#) || [Tubay](#)

**DIALECT** --- Cebuano is the major **dialect**. Filipino and English are widely spoken. Minor **dialects** are Butuanon, Ilonggo, Mamanwa, Manobo, Higa-onon, Maranaw and Fukienese.

### HISTORY

- Agusan del Norte is a second-class province and the smallest in the Caraga Region. It is mountainous along its northeastern and western parts. In between are flat, rolling lands particularly where the Agusan River cuts through as it empties into Butuan Bay. Agusan was named after a Malay word "agasan" meaning "where water flows" probably because of a mighty river that traverses the area.

### ACCESIBILITY

- The province is accessible by 2 daily flights from Manila; daily trips by ship from Manila and Cebu via the Ports of Nasipit and Surigao City; and by bus every 30 minutes from the cities of Surigao, Davao and Cagayan de Oro.

### FOODS



*Nilusak* (or *nilupak*) is cassava (or "*balanghoy*" in **Butuanon**, the local dialect) that is mashed ("*nilusak*") with sugar and margarine, sprinkled with grated mature coconut, and rolled into ping-pong sized balls. The yellow color of the cassava, speckled with the white coconut, makes *nilusak* balls, for lack of a better term, cute--just the way I think all small pastries should look. This "*balanghoy*" is sweeter than its *suman* and *puto* counterparts, and because it is "*nilusak*" with margarine, it is naturally softer and creamier. Sometimes, "*nilusak na saging*" or mashed plantain bananas is also available in the market. We call this "*tinupukan*," and this is considered to be more Butuanon.



in

eat this as is, without any sweet condiment. The salt does the job of accentuating the sweetness that seems to be deliberately withdrawn to leave you wanting more. I am always deceived by the brown sticky rice, half-expecting hints of chocolate in every bite, but I never get disappointed upon detecting a certain fragrance, not found in other *sumans*, that is almost like chocolate. Butuanons love to pair *nilambiran* with **native hot chocolate**, which we serve extra thick and dark, and also not overly sweet.

**Nilambiran** is our version of the ubiquitous **suman**. It is made of two kinds of glutinous rice, the purplish red and the white, cooked separately with coconut milk, sugar and salt, and delicately intertwined ("*nilambiran*"), then wrapped banana leaves. The result is a delightful brown-and-white-striped *suman*. You



some light research on Google) that other provinces have their own versions of this very addicting dessert.

Balikutsa. t's coconut toffee, basically. It's a sweet snack/dessert that is always handmade with a recipe that is passed on from generation to generation. I first tasted this delicious snack in Cabadbaran City, my hometown in Agusan del Norte, where I used to spend my two months of summer vacation like clockwork. I understand (after doing



very popular and mastered in Brgy. Banza.

**Palagsing** is a native delicacy of the indigenous people of Butuan. Made from **UNAW**, a Palm tree species that commonly grow in the marshlands of Mindanao. Unaw is rich in starch and it became a staple food among marshland dwellers like the indigeneous people. In Butuan, palagsing is



Kusilba is a native delicacy of Butuan City. It is a sweetened coconut pulp made by the lumad Butuanons long time ago. We often see this dessert in any occasion particularly in Banza but it is not found in restaurants for reasons that it is exquisitely prepared by Butuanons only.

## FESTIVALS



### Kahimunan Festival

The Kahimunan Festival is celebrated every third Sunday of January in celebration of the city patron Sr. Sto. Niño. This celebration is a Butuanon version of the Sinulog festival of Cebu City. Kahimunan is a Lumad term which means "gathering".



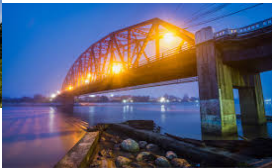
Butuan celebrates its annual fiesta, the Balangay Festival, for the celebration of the city patron St. Joseph every whole month of May, with the exact feast day of St. Joseph on May 19. The city holds many events such as summer league basketball championship games, thanksgiving mass, and more.

## TOURIST ATTRACTIONS



The **Agusan River** from Butuan City in its view from Magsaysay Bridge. **Agusan River** is a **river** in the Philippines. It is located in the north-

eastern part of Mindanao island, draining majority of the Caraga Region and some parts of Compostela Valley province.



Mount Mayapay is located in Butuan, Agusan del Norte. The favorite sites for climbing enthusiasts. These are perfect camping sites for urbanites needing a breather from the congested urban setting.

This Bridge, inaugurated by President Carlos P. Garcia on May 19 1953. It was the bridge that linked the east and west banks if the Agusan River making land trips to Cabadbaran, Surigao and Davao possible. When on the bridge one can get an excellent view of the Agusan River and parts of the city center that are near its banks.

named after President Ramon Magsaysay, was



The bood promontory Eco-Park is the site of commemoration of the First Mass where Magellan and his men erected a cross on March 31, 1521. It is the highest elevation and promontory overlooking the whole of Butuan bay then



Tagnote Falls is located at Sitio Tagnote, Brgy San Anotnio, Remedios T. Romualdez (RTR). These spectacular falls is just a few minutes away from downtown Butuan. The falls is ideal for summer splash because of its cold water. It has 2 basins that acts as natural pool that everyone loves.

## PRODUCTS

The city's major agricultural produce are **rice**, bananas, **coconuts**, shrimp, and **milkfish**. Its key industries include **rice** milling, food processing, wood processing, furniture, fuel distribution, shipbuilding, and construction.

---

## AGUSAN DEL SUR

List of Municipalities in the [Agusan del Sur](#) Province within Region XIII (Caraga) in the Republic of The [Philippines](#)

[Bunawan](#) || [Esperanza](#) || [La Paz](#) || [Loreto](#) || [Prosperidad \(Capital\)](#) || [Rosario](#) || [San Francisco](#) || [San Luis](#) || [Santa Josefa](#) || [Sibagat](#) || [Talacogon](#) || [Trento](#) || [Veruela](#)

DIALECT – CEBUANO

## HISTORY

**Agusan del Sur** ([Butuanon](#): *Probinsya hong Agusan del Sur*; [Cebuano](#): *Habagatang Agusan*) is a landlocked [province](#) of the [Philippines](#) located in the [Caraga region](#) in [Mindanao](#). Its capital is [Prosperidad](#) and borders, from the north clockwise, [Agusan del Norte](#), [Surigao del Sur](#), [Davao Oriental](#), [Compostela Valley](#), [Davao del Norte](#) and [Bukidnon](#).

## ACCESIBILITY

(MAG SEARCH KUNG SINO MAN NAKA ASSIGN DITO)

## FOODS



This famous Surigao delicacy is a kakanin wrapped in banana leaves with the color and consistency of a puto or rice cake. It's made up of glutinous rice, brown sugar, calamansi juice, roasted peanut, and coconut milk. Sayongsong comes out wrapped in banana leaves. Some people say it tastes like "puto" but with coconut milk.



This delicacy is unfamiliar to tourists and even Filipinos coming from Manila. Poot poot ginamos is a unique and tasty treat from Surigao. This flavorful delicacy is made of small fishes locally known as poot poot. This type of fish can only be found in Philippine shores. This fish specialty comes with fermented fish sauce which is very cheap, making it even more popular to tourists.



Kinilaw is a common dish for many provinces. What sets apart Surigao's kinilaw among others is its exotic flavor. This local delicacy is made of raw fish and it does not involve any form of cooking. To prepare this native cuisine, the people of Surigao debone and wash the raw fishes and combine it with a number of condiments. The perfect mix of ginger, vinegar, onions, chilli peppers, and salt makes this delicacy a haven for your taste buds.



dried pijanga  
Also known as "white goby," this first class dried fish comes from Lake Mainit in Surigao del Norte. This delicacy has a special story because it's produced from the efforts of the rural agrarian reform community of Surigao.



Sahang is a sea snail which is abundant in the bodies of water of Surigao. It is then cooked adobo style with bell pepper.



Binaga is a native term for roasting mudfish which is abundant in Agusan del Sur. Since the start of the Naliyagan Festival in 1993, the Binaga

became the main attraction that catches the attention of guests and local residents alike because of the aroma of the roasted mudfish that fills the air.

## CULTURE



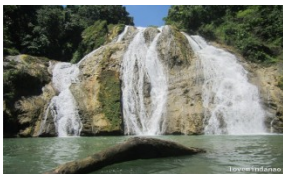
Mindanao is the most culturally diverse island in the [Philippines](#) where people of different languages, tribes and races meet. As the Moro and Lumad alliance provided an effective resistance to [Spanish](#) Colonialism, Mindanao became a melting pot of different cultures, it creates a more distinct culture which is not present in other island groups in the country.

## FESTIVALS



Naliyagan Festival is Agusan del Sur's province-wide festivity which coincidentally starts on June 12 which is the Philippine Independence Day and culminates on the Foundation Anniversary on June 17. Incepted in 1993 during the incumbency of the late Gov. Democrito O. Plaza, the festival is recognition of the Manobo people's loyalty to their tribal leader Datu Lipus Makapandong.

## TOURIST ATTRACTIONS



Bega Falls is located in Barangay Mabuhay in the town of Prosperidad, the capital of Agusan del Sur province, Philippines. Legend has it that a beautiful diwata (~ fairy) seduces men and lures them to the falls. Those who were enticed by the diwata were never again found. The falls got its name from the Visayan word biga which means to flirt in English. Whether the legend were true or not, anyone who sees this falls will definitely be charmed by its beauty.



A bewitching stretch of water with breathtaking panorama of untouched vegetation along its banks, the Gibong River is the only route to Binaba Falls. It is also the source of irrigation for some 6,000 hectares of rice fields in three municipalites in Agusan Del Sur. Located in Poblacion, Prosperidad, Agusan Del Sur.



Binaba Falls are a 10 minute motorboat ride from the mini-wharf to the Gibong Recreation Center where the crystal clear water displays nature's naked beauty can be found at Prosperidad, Agusan Del Sur.



The name is derived from the word "tugon" meaning "remind". Tugonan Waterfalls are located in San Lorenzo, Prosperidad, Agusan del Sur, with a towering trees and rare orchids, tempts the promise of a return. Agusan del Sur is bursting with waterfalls. Some are still hidden in the confines of dense rainforest and remain blissfully undiscovered. The two-tiered Tugonan Waterfalls gushes into enchanting emerald waters.



Deemed as the 'Niagara Falls of the Philippines' because of its wide water curtain, Tinuy-an Falls is a top tourist destination in the Caraga region. This is among one of the country's widest falls measuring 95 meters and 55 meters in height. Tinuy-an Falls is a popular destination for local family picnic.

## PRODUCTS

The province of Agusan del Sur is known as a big producer of **rice** and some agricultural products in the Caraga region in Mindanao. The province mainly produces **crops** such as coconuts, **corn**, and **bananas**.

---

## SURIGAO DEL NORTE

### List of Municipalities of the [Surigao del Norte](#)

[Alegria](#) | [Bacuag](#) | [Burgos](#) | [Claver](#) | [Dapa](#) | [Del Carmen](#) | [General Luna](#) | [Gigaquit](#) | [Mainit](#) | [Malimono](#) | [Pilar](#) | [Placer](#) | [San Benito](#) | [San Francisco \(Anao-Aon\)](#) | [San Isidro](#) | [Santa Monica \(Sapao\)](#) | [Sison](#) | [Socorro](#) | [Tagana-An](#) | [Tubod](#)

## DIALECT – SURIGAONON

## HISTORY

**Surigao del Norte** (*Surigaonon*: *Probinsya nan Surigao del Norte*; *Cebuano*: *Amihanang Surigao*; *Spanish*: *Provincia de Surigao del Norte*) is a [province](#) in the [Philippines](#) located in the [Caraga region](#) of [Mindanao](#). Its capital is [Surigao City](#).<sup>[3]</sup> The province comprises two major islands—[Siargao](#) and [Bucas Grande](#)—in the [Philippine Sea](#), and a small region at the northeastern tip of [Mindanao](#). This mainland portion borders [Agusan del Norte](#), and [Surigao del Sur](#) to the south.

Surigao del Norte is the second northernmost of the Mindanao provinces and is an important transportation hub between [Visayas](#) and Mindanao. Numerous ferries cross the [Surigao Strait](#) between Surigao and the island of [Leyte](#) carrying vehicles and passengers between [Liloan](#) in [Southern Leyte](#) and Surigao City.

## Getting There

## **Air**

Cebu Pacific flies direct from Manila to Siargao three days a week. The same carrier has flights from Cebu to Siargao twice a week. Flight time is about 45 minutes. Air Philippines has flights from Manila to Surigao City. SEAIR has flights from Cebu to Siargao.

## **Sea**

Ferries from Surigao City to Dapa (Siargao Island's main port town) leave three times a day - around 6am, 11:30am, and 12 noon - with a travel time of anywhere from 2.5 to 4 hours, depending on the boat, which can range from an oversized, motorized banca to the slower ferry.

## **Bus**

One can take the bus from Pasay City in Manila to Surigao via the Lipa ferry.

## **FOODS**

**1. Sayongsong.** This famous Surigao delicacy is a “kakanin” wrapped in banana leaves with the color and consistency of a “puto” or rice cake. It’s made up of glutinous rice, brown sugar, calamansi juice, roasted peanut, and coconut milk. Sayongsong comes out wrapped in banana leaves. Some people say it tastes like “puto” but with coconut milk. This can be easily found in public markets, food stalls, and “pasalubong” shops.

**2. Poot-Poot Ginamos.** This delicacy is unfamiliar to tourists and even Filipinos coming from Manila. Poot poot ginamos is a unique and tasty treat from Surigao. This flavorful delicacy is made of small fishes locally known as poot poot. This type of fish can only be found in Philippine shores. This fish specialty comes with fermented fish sauce which is very cheap, making it even more popular to tourists! One jar of poot poot ginamos costs less than a hundred pesos. This is a must-try for every Surigao visitor.

**3. Kinilaw.** Kinilaw is a common dish for many provinces. What sets apart Surigao’s kinilaw among others is its exotic flavor. Travellers all over the world and within the country visit Surigao for its delicious kinilaw. This local delicacy is made of raw fish and it does not involve any form of cooking. To prepare this native cuisine, the people of Surigao debone and wash the raw fishes and combine it with a number of condiments. The perfect mix of ginger, vinegar, onions, chilli peppers, and salt makes this delicacy a haven for your taste buds. Some even use “hinatuan,” a type of wild onion to add more spice to this mouth-watering cuisine.

**4. Gigaquit Rhum.** This local treat is a great “pasalubong” for your friends who love to drink. Gigaquit Rhum is one of the most popular native beverages in Surigao. It even ranks number four in the top five delicacies of the city. This rare and flavorful beverage is fermented at a Sasa tree which is found in Surigao. This is quite similar to the “tuba” but it’s tastier. Gigaquit Rhum is a popular export product because of its good quality and affordable price.

**5. Dried Pijanga.** Also known as “white goby,” this first class dried fish comes from Lake Mainit in Surigao del Norte. Lake Mainit is the country’s fourth largest lake and the province’s most significant body of water filled with freshwater fauna such as carp, tilapia, catfish, and the famous pijanga. This delicacy has a special story because it’s produced from the efforts of the rural agrarian reform community of Surigao. Tourists and locals bring this home frequently because of its unique taste.

## **FESTIVALS**

- ***Sakay-Sakay Abayan Festival (June 1) A procession at sea in honor of the Patron Saint of Barangay Taft, Virgen de la Paz y Buen Biaje. The patroness of Good Voyage is carried***

*aboard a beautiful adorned lead vessel followed by colorful motorboats, and bancas passing along the historic Surigao Strait.*

## TOURIST ATTRACTIONS

SOHOTON COVE, NAKED ISLAND, TAKTAK FALLS, SIARGAO ISLAND, BUCAS GRANDE ISLAND

## SURIGAO DEL SUR

### List of Municipalities in the [Surigao del Sur](#)

[Barobo](#) • [Bayabas](#) • [Cagwait](#) • [Cantilan](#) • [Carmen](#) • [Carrascal](#) • [Cortes](#) • [Hinatuan](#) • [Lanuza](#) • [Lianga](#) • [Lingig](#) • [Madrid](#) • [Marihatag](#) • [San Agustin](#) • [San Miguel](#) • [Tagbina](#) • [Tago](#)

## HISTORY

Surigao del Sur (Surigaonon/Tandaganon: Probinsya nan Surigao del Sur; Cebuano: Habagatang Surigao) is a province in the Philippines located in the Caraga region in Mindanao. Its capital is Tandag City. Surigao del Sur is situated at the eastern coast of Mindanao and faces the Philippine Sea to the east.

## DIALECT- SURIGAONON

## FOODS

**1. Sayongsong.** This famous Surigao delicacy is a “kakanin” wrapped in banana leaves with the color and consistency of a “puto” or rice cake. It’s made up of glutinous rice, brown sugar, calamansi juice, roasted peanut, and coconut milk. Sayongsong comes out wrapped in banana leaves. Some people say it tastes like “puto” but with coconut milk. This can be easily found in public markets, food stalls, and “pasalubong” shops.

**2. Poot-Poot Ginamos.** This delicacy is unfamiliar to tourists and even Filipinos coming from Manila. Poot poot ginamos is a unique and tasty treat from Surigao. This flavorful delicacy is made of small fishes locally known as poot poot. This type of fish can only be found in Philippine shores. This fish specialty comes with fermented fish sauce which is very cheap, making it even more popular to tourists! One jar of poot poot ginamos costs less than a hundred pesos. This is a must-try for every Surigao visitor.

**3. Kinilaw.** Kinilaw is a common dish for many provinces. What sets apart Surigao’s kinilaw among others is its exotic flavor. Travellers all over the world and within the country visit Surigao for its delicious kinilaw. This local delicacy is made of raw fish and it does not involve any form of cooking. To prepare this native cuisine, the people of Surigao debone and wash the raw fishes and combine it with a number of condiments. The perfect mix of ginger, vinegar, onions, chilli peppers, and salt makes this delicacy a haven for your taste buds. Some even use “hinatuan,” a type of wild onion to add more spice to this mouth-watering cuisine.

**4. Gigaquit Rhum.** This local treat is a great “pasalubong” for your friends who love to drink. Gigaquit Rhum is one of the most popular native beverages in Surigao. It even ranks number four in the top five delicacies of the city. This rare and flavorful beverage is fermented at a Sasa tree which is found in Surigao. This is quite similar to the “tuba” but it’s tastier. Gigaquit Rhum is a popular export product because of its good quality and affordable price.

**5. Dried Pijanga.** Also known as “white goby,” this first class dried fish comes from Lake Mainit in Surigao del Norte. Lake Mainit is the country’s fourth largest lake and the province’s most significant body of water filled with freshwater fauna such as carp, tilapia, catfish, and the famous pijanga. This delicacy has a special story because it’s produced from the efforts of the rural agrarian reform community of Surigao. Tourists and locals bring this home frequently because of its unique taste.

## FESTIVALS

Sirong Festival is an ethnic mardi-gras parade. Although some other municipalities in the province of Surigao del Sur are claiming to have this festival originated from them. As most of this coastal towns are founded during the pre-Spanish occupation and is both claiming the story of being attacked by the moros

## TOURIST ATTRACTIONS

1. ENCHANTED RIVER- Aside from the enchanting blue waters and water life in the river, there are many other reasons why this river is called enchanting. Many divers have tried explore the depth of this river, but remained distraught by the fact that this river might have an endless stretch. But for those who just want to enjoy the beauty of the Enchanting River, swimming and diving here is allowed in a designated time. However, feeding the fish is not allowed by the management.
2. Laswitan Falls and Lagoon, located in Cortes, Surigao City, Surigao del Sur. This waterfall is so unique that it receives a huge number of tourists from nearby towns and from all over the country. I'm pretty sure you'd be joining the crowd once you read about it, too.
3. Cabgan Island (or just Cabgan), is the long-stretched island you will see from afar. Its fine white sand and crystal-clear waters will welcome you and will feed your excitement to hop out of the boat. The island has scenic views in every corner. Particularly, a cliff made of limestone rocks facing the Pacific Ocean found in the western part of the island we Barobohanons called West Life. Be warned! Waves there love to go wild.
4. Hinayagan Cave was once called Suhoton Cave by the locals but renamed to what it is called now since there's another cave bear the name Suhoton in the country. -I guess at Samar.. am i right? Heads up! Locals said that there's an underground river in the cave to about 50 meters wide that leads to the entrance of the second cave but as we are limited on our time, we are just contented with the easier one.
5. Magkawas Falls Lanuza is a small but lovely town in the province of Surigao Del Sur. It is bestowed with a wide range of awe-inspiring tourist destinations that have been given much significance by the local government in accordance with its vision statement as a major component of community development. That is why the people of Lanuza have been warm and enthusiastic in showing the world the best the town has to offer.

## PRODUCTS

Main product banana and other tropical fruits rice chromite and silver

---

## DINAGAT ISLAND

### List of Municipalities in the [Dinagat Island](#)

[Basilisa](#) | [Cagdianao](#) | [Dinagat](#) | [Libjo](#) | [Loreto](#) | [San Jose \(Capital\)](#) | [Tubajon](#)

## HISTORY

Dinagat Islands: A Little Known Group Of Beautiful Islands In Northern Mindanao. A visit to Dinagat normally begins in the capital town of San Jose. A quiet and charming town pegged on a hillside that faces Surigao Strait, here is where the iconic PBMA Shrine can be found. Formerly a part of Surigao del Norte, Dinagat Islands is the second youngest province in the country — with its creation officially declared constitutional by the Supreme Court on March 2011.

## DIALECT—CEBUANO

FOODS, FESTIVALS AND ATTRACTIONS....

IKAW NA BAHALA SA INFO JAMIE AND KAYE. DIBA SINEND MO NAMAN SAKIN. ANTOK NA AKO HAHAHahaha