

# ANTIPS

Your Trip Guide To Antipolo



*Travel*

**Journey to Antipolo**

*Art*

**The secret haven  
of Arts and Culture  
in Antipolo**

*People*

**Dumagat  
Settlement**

# TARA NA ANGKAS NA !



ANGKAS

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# Letter from the Editor

Antips

Dear Valued Readers,

It is my privilege to welcome you to the pages of Antips as we embark on a journey to explore the enchanting city of Antipolo. As the editor, I am thrilled to share with you the captivating stories and unique perspectives that make Antipolo a truly remarkable destination.

In this edition, we take a closer look at the heart and soul of Antipolo, a city nestled among the hills and embraced by the breathtaking beauty of nature. From its cultural gems to the vibrant community spirit, we invite you to join us in discovering the essence of this captivating place.

Our cover story unfolds the tapestry of Antipolo's rich cultural heritage, highlighting the landmarks that define its character. We delve into the stories behind the iconic sights, from the Antipolo Cathedral to the Pinto Art Museum, offering you a deeper appreciation for the city's artistic and spiritual dimensions.

As we navigate the city's winding roads, we'll guide you through the natural wonders that define Antipolo's landscape. Explore the lush trails of Hinulugang Taktak National Park and experience the tranquility that nature bestows upon this remarkable city.

Our commitment to providing you with a diverse and engaging reading experience remains unwavering. We encourage you to immerse yourself in the narratives, share your thoughts, and join us in celebrating the unique charm of Antipolo.



Thank you for being a part of the Antips community. Your enthusiasm and curiosity drive us to continue sharing stories that resonate with you.

Here's to the beauty of Antipolo and the shared moments that bind us together.

Warm regards,

Franco Inigo C. Ronquillo

Editor

Antips



*Antipolo:  
The Pilgrimage  
Capital of  
the Philippines*

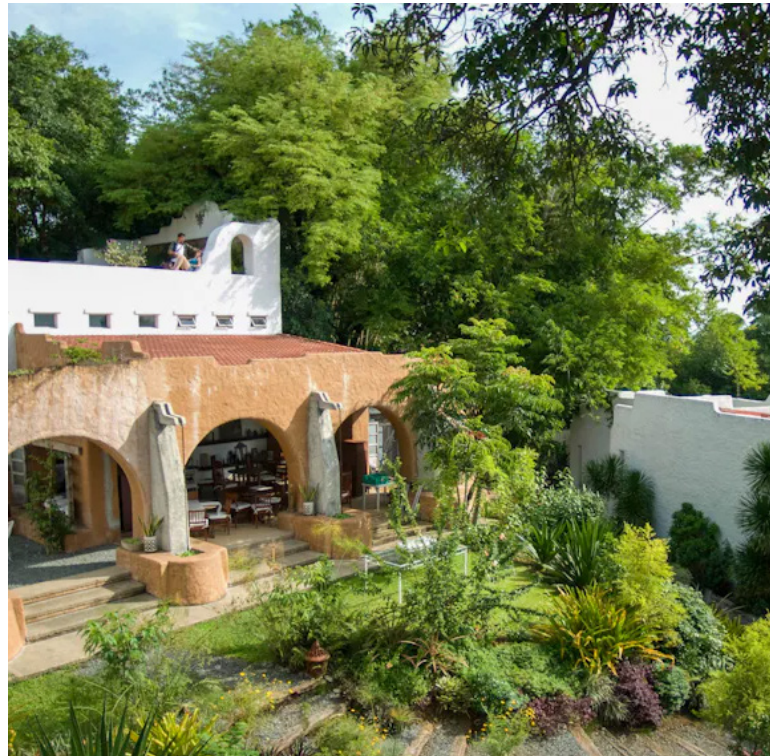
WORDS BY: JHAYPEE GUIA

Antipolo is a city in the Philippines located in the province of Rizal, about 25 kilometers east of Manila. It is the largest city in the Calabarzon Region in terms of population. It is also the seventh most populous city in the country with a population of 633,971 in 2007.

It was converted from a municipality into a component city of Rizal Province on April 4, 1998 under Republic Act No. 8508.

A new provincial capitol building was inaugurated in the city in March 2009 to replace the old capitol in Pasig which has long been outside the jurisdiction of Rizal Province; after Pasig was included in Metro Manila in 1975. With the transfer of the provincial government to Antipolo, it is highly favored to be officially designated as the new capital of the province. On March 14, 2011, Antipolo was declared a "highly-urbanized city" by President Benigno Aquino; such a proclamation however still needs to be ratified in a plebiscite.

The city is popular for being a pilgrimage site. It prides itself as the "Pilgrimage Capital of the Philippines" The Marian image of the Our Lady of Peace and Good Voyage or the Virgin of Antipolo, which was brought in from Mexico in 1626 and enshrined in the Antipolo Cathedral, has a continuous following among Filipino Catholics since the Spanish era. A popular custom of pilgrims to the Virgin of Antipolo is the trek going to its shrine on the eves of Good Friday and May 1, from various locations in Rizal Province and Metro Manila.



Some pilgrims would begin the trek from Quiapo Church in Downtown Manila following the procession of the image. There is also an existing custom to have new cars blessed at the church in the belief that this will ensure the safety of the car and its passengers.

Its higher elevation than that of Metro Manila affords it a scenic view of the metropolis, especially at night. Its locally grown mangoes and cashews are popular among tourists, as well as suman a local delicacy made out of glutinous rice. The Hinulugan Taktak National Park, which was once a popular summer getaway is being restored to become again one of the city's primary attractions. Along with its scenic beauty and inviting culture, Antipolo helps in the chipping in of the tourism in the Philippines.



## Hinulugan Taktak Falls

Hinulugan Taktak is a waterfall found in the province of Rizal. The waterfall area has been designated as a National Park by the Department of Environment and Natural Resources and is one of the two most popular tourist spots in Antipolo City.

## Antipolo Cathedral

The Antipolo Cathedral is home of Antipolo's renowned miraculous icon, the Our Lady of Peace and Good Voyage (Nuestra Se'ora de la Paz Y Buenviaje). Located at the center of the City's Poblacion, the church is the perfect place to pray for a safe journey.





## Inday Nelly Mystical Cave

The eight floor deep cave attracts not just adventurers and cave lovers, but also those from education institutions who want to learn more about stalagmites and the like. The molds of stones and crystals inside the cave are resemblances of Catholics images, making it yet another pilgrim site to visit in the city.

## Pinagmisahan Hill (Via Dolorosa)

Formerly known as "The White Cross," the place is now known as Via Dolorosa at Pinagmisahan St., Antipolo City. The grotto-like hill is now a very spectacular pilgrim site where regular masses and "alay-lakads" are held.



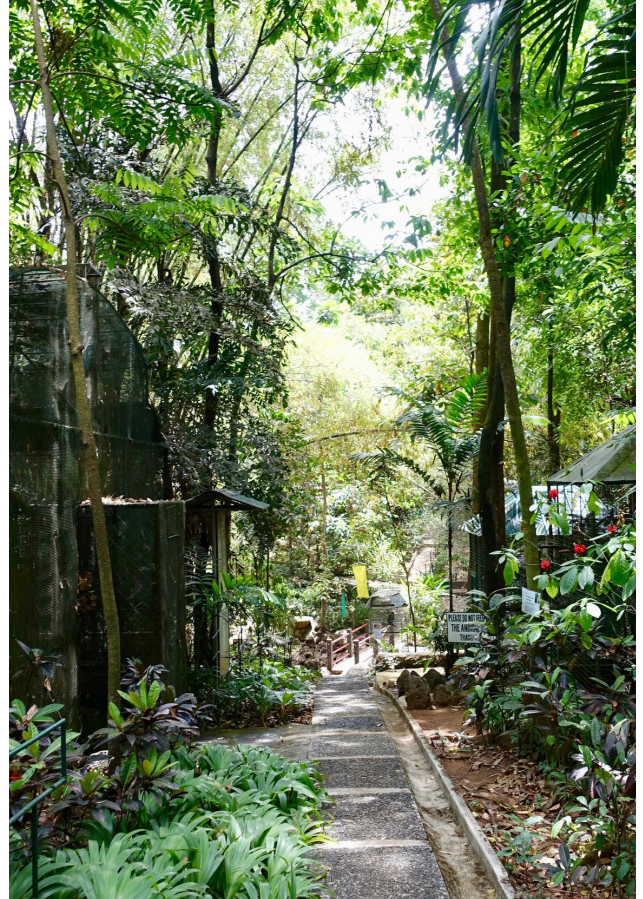
# *Explore more, Discover more!*

WORDS BY: Jhaypee Guia

## **PACEM Eco Park**

The PACEM Eco Park, it is a unique garden with live butterflies. The young guests will be thrilled by the fluttering of butterflies that settle on hands, heads and shoulders.

This park also features a mini-zoo, herbal garden, and a museum of seashells, butterflies, and moths collected from around the world. Butterflies that you can hold. It's really cool. They have different kinds of colors and they are simply beautiful.



## **St. Michael Retreat House**

St. Michael Retreat House is a shelter for people who genuinely seek God in silence. The House became known and continues to expand as lay people grow in their retreats and recollection, formation sessions and conferences, for vocation discernment, for values and cultural development, marriage encounter, youth encounter, and evangelization programs. The long list of activities is meant to renew them spiritually as well as to ensure their holistic and integral human education.



## Pinto Art Gallery

Pinto Art Gallery is a contemporary art space in Antipolo City, Rizal. Its name comes from the Tagalog word for doors, and as such it considers itself a threshold open to all forms of contemporary art practice.

Its main structure was originally built in 2001 as a storage space for art works, but it was eventually developed by its designer, artist Antonio Leano, as a venue for exchanging exhibitions for modern and contemporary art.



## Boso Boso Church

The Boso boso church is a remnant of a centuries old church which was destroyed during the Second World War. It stands in the grandeur of old stone with wild vines and plants growing on top of the church. The church continues to possess its full magnificence which will give every visitor nostalgic flashbacks of the Spanish era. A small chapel was built inside the church offering Sunday services to the parishioners.

Location:  
Sitio Malatunglan, General Nakar, Quezon Province.



## *People from the sea.*

WORDS BY: Jhaypee Guia

There are four settlements namely: Dinigman Settlement at Barangay Canaway, Lamutan Settlement at Barangay Lamutan, Tamala Settlement at Barangay San Marcelino, and Cynthia Village of Barangay Umiray. These settlements are under the administration and supervision of the Local Government Office for Southern Cultural Communities (OSCC) of the Department of Social Welfare and Development.

## Dumagat Tribe

The term Dumagat may have been derived from the word "Gubat" (forest) and "Hubad". The more logical origin of its name is "Taga-dagat" which means "sea gypsies". They typify the outstanding Negrito physical traits of dark brown to black complexion and curly hair. The few cases of straight hair and light complexion may be chiefly the result of mixture with lowland Christians.



## Culture

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The Dumagat people are of the Agta Negrito groups found in Luzon. In the past, these people lived in coastal areas of Aurora and Quezon provinces and were lords in their own domain. However, because of the coming of Filipino homesteaders in the Agta area, they were pushed into the mountains, and dispersed in small groups.

Dumagats are semi-nomadic. They move from place to place in search of better habitation. Recently, they have learned to live in permanent settlements. They are reportedly found scattered in different locations. They are also divided into six dialects.

The Kabulowan are one of the subgroups of the Dumagat (also known as "Baluga"). Dumagat families are generally simple nuclear families. They live in extended family groupings. If conflicts arise among themselves, they just move away. In the past, men wore a G-string and women wore wrap-around skirts. Now, they wear used, machine sewed lowland clothes.

## Religion

The Dumagats are animists. Practices and beliefs differ from person to person. Dumagat animism has less control over the people's daily lives. In addition, they have adopted some of the beliefs of their Christian neighbors. Now, they hold to a universal belief in a single God, maybe a result of christian influence. Cultish groups are also working in the area.

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# *Beautiful art, Amazing culture.*

PHOTO BY : PRESELLO    WORDS BY : PRESELLO

What does making Suman, Pottery, and Contemporary Art have in common? Nope you can't eat all three, but you can find a rich arts & crafts scene being cultivated here in Antipolo City.

Nestled amidst the lush landscapes and rolling hills of the Philippines, Antipolo is not only known for its stunning views and religious sites but also for its rich artistic heritage. This quaint city, located just east of Manila, boasts a vibrant local art scene that is deeply intertwined with traditional crafts and cultural heritage.

## **Artistic Expressions: A Glimpse into Antipolo's Local Art Scene**

Antipolo's local art scene is a tapestry of diverse expressions, with a mix of contemporary and traditional influences. Art galleries and studios dot the city, showcasing a variety of artworks that capture the essence of Filipino culture and spirit. The Pinto Art Museum, a gem nestled within the city, is a testament to this flourishing artistic community. It features a collection of modern and indigenous art pieces, each telling a unique story about the local identity and creative imagination.

## Traditional Crafts: The Heartbeat of Antipolo's Artistry

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Antipolo's connection to its cultural Heritage is deeply rooted in its traditional crafts. Local artisans continue to practice age-old techniques, passing them down through generations. One craft that stands out is the art of making suman—a delicacy made from glutinous rice, coconut milk, and sugar, wrapped in banana leaves. The process is a labor of love, and each suman carries a piece of Antipolo's history within its folds.

Pottery is another traditional craft that thrives in Antipolo. The city's clay-rich soil provides the perfect foundation for potters to create both functional and decorative ceramics. Every piece is a work of art, reflecting the potters' dedication to preserving their cultural heritage while infusing a touch of modern design.

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## Preserving Cultural Heritage: A Community Effort

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The preservation of Antipolo's cultural heritage is a collaborative effort that involves the entire community. Local organizations, schools, and government initiatives work together to ensure that traditional practices and values are upheld. Festivals like the Hinulugang Taktak Kalbaryo Festival and the Maytime Festival are not only vibrant celebrations but also platforms for passing on cultural knowledge to younger generations.

Education plays a crucial role in sustaining Antipolo's cultural heritage. Schools incorporate traditional arts and crafts into their curricula, fostering a sense of pride and appreciation among students. This commitment to preserving cultural heritage ensures that the city's rich legacy continues to thrive in the hearts and hands of future generations.

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# *Continuing Pilgrimage*

WORDS BY : DR. JUN YNARES

## **THE VIEW FROM RIZAL**

Yesterday, the fourth of April, Antipolo marked the silver anniversary of its conversion to a component city of the province of Rizal. Last Saturday three days before the anniversary date Antipoleños marked one of the biggest celebrations of this important milestone with programs and parades, and were joined by the many early trekkers to the Pilgrimage Capital of the Philippines who were there to bike, eat, tour or take part in the anticipated Palm Sunday mass at the international shrine of the Our Lady of Peace and Good Voyage.

What a pilgrimage it has been. It will be recalled that, several decades ago, the then-town of Antipolo was just a sleepy, rural neighbor of the affluent cities of the national capital region. Back then, thousands of visitors flocked to Antipolo once or twice a year or the summer, to enjoy the cool breeze and the waters of Hinulagang Taktak, and during Holy Week to join the annual trek to the Antipolo Cathedral by devotees fulfilling their pledge to undertake Holy Thursday "Alay Lakad." To this day, the Cathedral and the falls continue to attract multitudes. With the passing of years, many of these visitors eventually.



With population growth came the demand for effective governance. The performance indicators have been encouraging. Antipolo has consistently landed on the list of the country's most competitive component cities and preferred destinations of investors. Last year, it ranked number one in those lists in the following categories: education infrastructure; compliance with the anti-red tape act; speed in getting business permits; use of information technology in public services; and the local government's ability to provide constituents with disaster risk assessments and early warning systems.

Its ability to generate its own resources has put it at number two. It is also number two in terms of the number of active business establishments and in the quality of its disaster reduction plan. In the past 25 years, Antipolo and its people have proven that its status as a component city has been well deserved.

Antipolo City would not have gotten to where it is if it were not for the vision and efforts of four Rizaleño leaders. As it marks its silver anniversary, we look back to its rich history with much gratitude to these four Rizaleño leaders who paved the way towards the component cityhood of the Pilgrimage Capital of the Philippines.





They are former Rizal province congressmen Emigdio Tanjuatco, Jr. and Gilberto "Bibit" Duavit, former Rizal Governor Ito Ynares, former Local Government Undersecretary Victor Sumulong and former Mayor Daniel Garcia who both served as mayors of Antipolo.

These five Rizaleño leaders were the "midwives" who nurtured the conception of the idea of Antipolo as a component city of Rizal. They envisioned Antipolo as a bustling urban city that would serve as a magnet for social and economic opportunities that would benefit the entire province.

They saw the important role of Antipolo in the life of the entire province. They thought that, since Antipolo has been an important religious destination for more than a century, it can also serve as a destination for businesses, industries, and establishments that make for a prosperous hub of development for the whole of Rizal.

Based on vital performance indicators, it appears their vision for the city has been realized. As Antipolo celebrates the 25th anniversary of its cityhood, I would like to thank our readers who follow our weekly column and who have made it a habit to write to us and give us feedback both on our pieces and on our job as city mayor.

I also thank our partners from the business sector who found the city a perfect place to create jobs and prosper their enterprises. I also thank the hundreds of thousands of families who have made Antipolo their home "Antipoleños-by-choice" as we call them. Their contribution to the performance and growth of the city is priceless.



Tomorrow, thousands of barefoot pilgrims will walk from various points in Metro Manila and will travel from different parts of the country to join the Holy Thursday trek to Antipolo. We welcome them as they make the long walk to the international shrine.

We stand in solidarity with the faith of these pilgrims. We have made sure that Antipolo will be able to provide them with sufficient convenience and inspiration. A meaningful Holy Week celebration to all.



# *Good Voyage*

WORDS BY : LOREZ PASION

MANILA, Philippines – The National Shrine of Our Lady of Peace and Good Voyage, popularly known as Antipolo Cathedral, will officially assume its new status as an international shrine on March 25.

The official Facebook page of the Roman Catholic Diocese of Antipolo announced that the Holy See released the papal decree declaring the elevation of Antipolo Cathedral as an international shrine the first in the Philippines and in Southeast Asia, and the 11th worldwide.

According to a press release by the Catholic Bishops' Conference of the Philippines (CBCP), the Vatican approved the petition to grant Antipolo Cathedral that particular privilege in June 2022. Located at the center of Antipolo City's town proper, the Antipolo Cathedral has a 450-year-old history and is a popular destination for devotees and tourists alike.

## Four-century history

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Here's what you need to know about the country's first Roman Catholic international shrine.

According to Antipolo Cathedral's website, the first church in what is now Antipolo City was built by the Society of Jesus under Reverend Juan de Salazar.

The church was meant to house the image of Nuestra Señora dela Paz y Buen Viaje or Our Lady of Peace and Good Voyage, which arrived in the Philippines on June 26, 1626.

It was originally planned to be built on a different plot of land but was built on its present location, the site of a tipolo tree (*Artocarpus blancoi*), where the image of Our Lady of Peace and Good Voyage was found after mysteriously vanishing several times

The church was completed in 1632 but it suffered severe damage several times throughout its four centuries long history and was rebuilt several times, too.

In 1639, the church was set on fire during the Chinese uprising. It was restored afterwards but was damaged again by the 1645 Luzon earthquake, and two other earthquakes in 1824 and 1863.

During World War II, the church was destroyed by Allied bombardment meant to liberate the area from Japanese imperial control.



According to the cathedral's website, former First Lady Aurora Quezon and Antipolo parish priest Francisco Avendano headed a fundraising committee to build a new church.

Architect José L. de Ocampo was commissioned to design the new shrine, which was completed in 1954.

On January 14, 1954, the CBCP declared the new Antipolo Church as the National Shrine to Our Lady of Peace and Good Voyage. "The church was elevated to the status of cathedral on June 25, 1983, upon the canonical erection of the Diocese of Antipolo," says the Antipolo Cathedral's website.

## Pilgrimage Site

The Antipolo Cathedral is a popular pilgrimage site, visited by many devotees paying reverence to Our Lady of Peace and Good Voyage.

Even the Philippine national hero José Rizal visited the shrine as a boy with his father, Francisco Mercado, on June 6, 1868, according to the book *Rizal's Unfading Glory* written by Jesús María Cavanna y Manso.

According to Antipolo Cathedral's website, the pilgrimage season for the cathedral starts on the first Tuesday of May and ends on the first Tuesday of July. The website also says that the shrine attracts "millions of pilgrims annually" during this season.

## International shrine status

According to the Code of Canon Law, only the Holy See can confer an international shrine status to a diocesan shrine.

A CBCP press release published in June 2022 said the Vatican approved on June 18, 2022, their petition to grant the shrine international status.

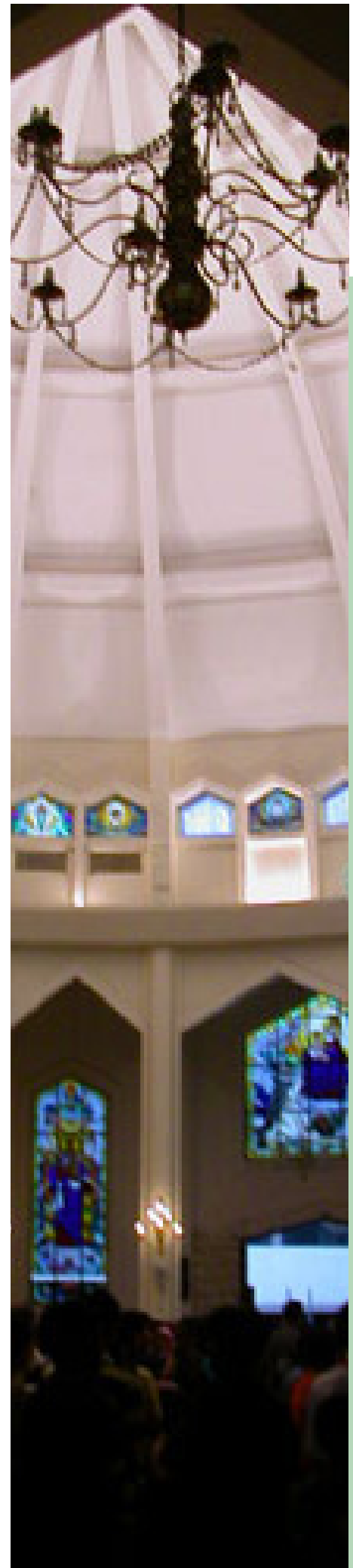
The pilgrimage season is initiated by the annual "Pagdalaw ng Ina sa Anak" (Visit of the Mother to her Son), a motorcade bearing the image of Our Lady of Peace and Good Voyage from Antipolo Cathedral to the Quiapo Church where the Black Nazarene is enshrined.

During this annual event, a "welcome Mass is held in Quiapo Church at 9 am and a farewell Mass is held at 6 pm," according to the Cathedral's website.

Afterwards, a penitential walk, with a distance of around 33 kilometers, from Quiapo Church to the Antipolo Cathedral starts.

The arrival of the image of Our Lady of Peace and Good Voyage at the Antipolo Cathedral is celebrated by a Mass at 5 am on the 1st day of May.

The CBCP press release also said the Antipolo Cathedral is the "third international shrine in Asia after the Saint Thomas Church Malayattoor in India and the Haemi Martyrdom Holy Ground together with the Seoul Pilgrimage Routes in South Korea."





MANILA, Philippines – Every year, thousands of pilgrims join the Alay Lakad, a pilgrimage to the Antipolo Cathedral on Maundy Thursday. However, with over three million devotees expected to participate, the annual tradition generates huge amounts of wastes like plastic bottles, food packaging and wrappers, utensils, cigarette butts, among others. For some pilgrims, piles of trash spoil the experience of doing their penitential walk.

The Alay Lakad resumes this Holy Week after three years of being suspended due to the COVID-19 pandemic. In line with this, the Antipolo City government and advocacy network EcoWaste Coalition remind those going to the shrine this Thursday to keep their pilgrimage “peaceful, solemn, vigilant, and clean.”

Jove Benosa, the coalition’s zero waste campaigner, said proper disposal of waste will “help a great deal in maintaining the integrity and beauty of the Antipolo Cathedral and its environs.”



# *Alay Lakad*

WORDS BY : IYA GOZUM

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"This year's pilgrimage is made even more special with the declaration of the Antipolo Cathedral as the international shrine of Our Lady of Peace and Good Voyage by the Holy See," said Antipolo Mayor Casimiro "Jun" Ynares III.

The advocacy network encourages pilgrims to practice the following:

1. Walk with water in a reusable container to avoid consuming
2. water and sweetened drinks in disposable plastic bags and bottles.
3. Opt to take your meals in eateries that serve food and water in reusable containers.
4. Bring a reusable carry bag for the suman (rice cake) and other native delicacies that you can bring home from Antipolo.
5. Dispose of your discards in proper bins.
6. Refrain from smoking or vaping.



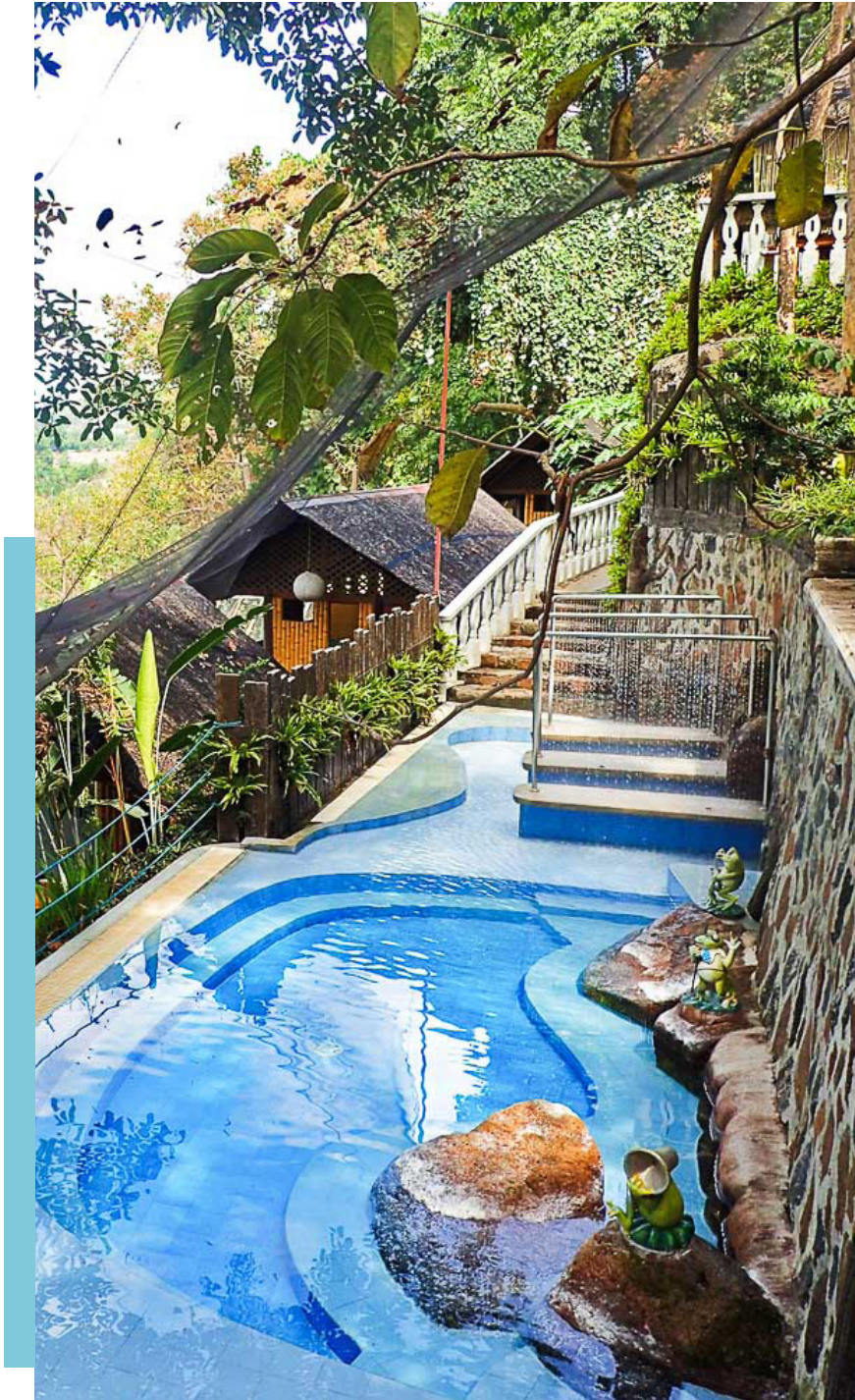
# Hidden Paradise

WORDS BY : FRANCO RONQUILLO

I always wonder about my life. I was thinking about traveling but I don't have a budget to travel far away. My plan is to find a paradise near my hometown (Taytay, Rizal) to relax and cherish life. So I wonder and research the best place to go

while it is near my hometown (Taytay, Rizal) . My parents told me about Antipolo and I looked it up on the internet. And I realized that Antipolo is one of the best places to explore and enjoy. So, me and my family started the cars to begin our journey to Antipolo. I didn't expect a lot of things in Antipolo. But I expect that there will be a lot of nature tourist attractions. The trip to Antipolo is quite boring. Because when we were about to enter Antipolo.

There is just nothing much to see while riding a car. I saw a normal city, ordinary people, normal parks, and etc. There is nothing so far that makes Antipolo special. During the road trip we are heading deeper into Antipolo's land. I am starting to see more and more beautiful things in Antipolo. I can see more trees, plants, flowers, and animals and the rich culture of the Antipolo. When we were about to arrive at our first destination, we saw a lot of cafes at the sides of the mountains. After passing through the other cafes.



We finally arrived at our first destination. And the first destination is Tahanan Bistro. This restaurant is also on the sides of the mountains, that offers Filipino foods and different kinds of coffee.

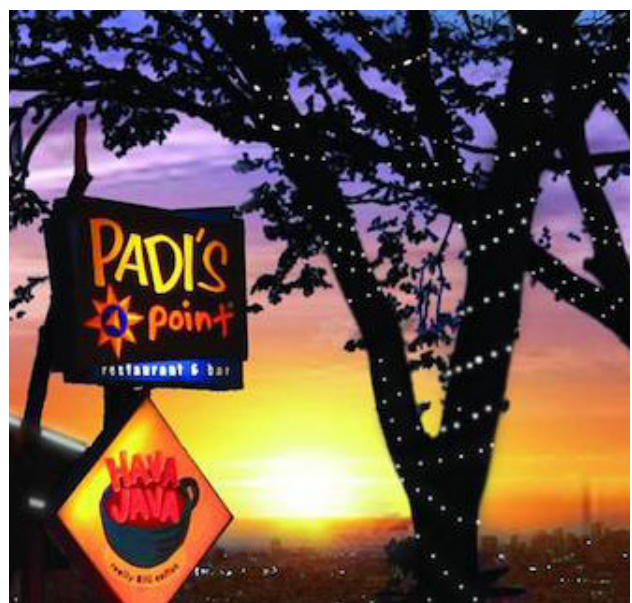
When I was there, I walked towards the edge of the restaurant to see the beautiful view of the mountains and nature of Antipolo, and good thing that I brought my hoodie to keep me warm there, because it is cold and windy at Antipolo. Because Antipolo is known for mountains. It felt like heaven when I stayed at the viewing spot of the restaurant. When I ate their Filipino breakfast, it tasted great. I would rate it 4.5/5, I definitely recommend it. To the next destination we went to the Assumption Antipolo Eco Park. This park is like a little zoo that solely focuses more on butterflies, reptiles, amphibians, and other bugs. It was great to see the different varieties of butterflies. The building is not confusing, it is easy to explore and it is fun.

And the next destination is Haktak waterfalls. I think this is my first time seeing an actual waterfall. When I was there the sounds of the falling waters produced heavy beats. It may sound uncomfortable, but the truth is that it sounds calming and while listening to the waterfalls. I ate there with my family because there was an event at that time. In my journey I also noticed that there are a lot of churches in Antipolo.

I realize that a lot of people in Antipolo are religious and they consider their churches sacred, and anyone can visit them. I also visit one of the churches in Antipolo. When I had a field trip before in high school, my teacher led us to the church that I had never visited before at that time.

When I enter the Antipolo Cathedral. The place is neat, the culture inside it is rich with beautiful mosaic arts that describes the story of the bible. To conclude this journey, Antipolo is one of the best places in the Philippines to bond with family and friends, especially for people who like to travel and drink coffee.

After traveling to Antipolo some say that it is called the city in the sky. I decided to make a magazine to share this story for my fellow readers. You may notice the places that I shared with you in the magazine are not places that I haven't visited yet. And soon I would like to go to those places because its beautiful art, culture, nature, churches, and their foods. My favorite food in Antipolo is suman or in English "rice cake". Suman was wrapped in coconut leaf in order to preserve it, and recommended adding sugar to your rice cake to improve the flavor of it. It also has a nice texture when you chew it. About my magazine, this magazine is for the people who haven't been to Antipolo before or to the people who still thrive to visit the whole place of Antipolo. I put my mind and heart to create this simple magazine to make sure that it is easy to understand and enjoyable to read. I would like to thank my parents and friends for spending time with me to travel to the city in the sky or Antipolo.



# MARVIN'S SUMAN



TAKE A BITE  
MAKE YOUR  
DAY **bright**

# *ANTI TIPS*

