

Cure Post-Lockdown Blues by Touring Idyllic Farms in the Philippines

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Deep in the Southeast Asian tropics where travelers often seek sun-kissed getaways on dreamy shores, treasure grows on fertile soil. This earthly magic is something that visitors may easily witness by touring the best farms in the Philippines!

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The treasures we speak of are the luxuriant sort, of course. ~~And~~ They've been rooting themselves on this verdant archipelago long before the advent of farm tourism in the country. After all, the Philippines is a highly agricultural country where almost every meal on any of its 7,000+ islands is accompanied by a filling cup (or cups!) of rice. Here, crops (and cropland) are held in high regard.

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It isn't difficult to imagine then that these farms in the Philippines boast bountiful harvests *and* the perfect gateways for a *different kind of nature escape!* Visit a farm and you help out an industrious farmer; visit a farm and you actually help yourself recover from stress and anxiety brought about by the COVID-19 pandemic. Don't believe us? Read on to know more about farm tourism, and how visiting farms in the Philippines boosts recovery post-lockdown.

Why should you support farm tourism?



“Shake the hand that feeds you”

Before we begin our agri-adventure, here’s something to chew on: Have you eaten today? If your answer is yes, then congratulations, you just had indirect interaction with a farmer! Everything from grains to vegetables and even your favorite melt-in-your-mouth meat was likely grown on a farm.

So when you visit any farm in any part of the globe, you get to know the people who nourish you with the food they grow. As Philippines-Department of Tourism (DOT) Secretary Berna Romulo-Puyat once said, “Shake the hand that feeds you”. We’ll have to do that figuratively now since contactless conversations are a must, but isn’t that a lovely notion?

Nature nurtures

Another reason to visit farms in the Philippines? It’s good for your health in more ways than you think. Sure, farms grow produce and livestock that keep you fuelled, but did you know that merely touring one positively affects your well-being? Many studies support this, and it circles back to one very fun fact: Nature heals and nurtures.

Exposure to the great, lush outdoors lifts your mood and allows you to breathe in the freshest air. The Japanese observe *shinrin-yoku* or forest bathing; it’s a form of therapy that lets you reconnect with the natural world, all while boosting your immunity and combating stress. Research says that the color green calms and refreshes you to the point of improving focus and even reading comprehension. And if there’s one thing you’ll see a lot of in farmland no matter the terrain, it’s every shade of green imaginable!

We could go on, really, but the point is, to set foot on a farm is to run into nature’s open arms. And boy, we could really use a hug from Mother Earth after all that social distancing!

Farm tourism in the Philippines — why it’s more fun



Image credit: [Beyond Neon](#)

Meet Filipino farmers

Farming in the Philippines is representative of so many things the country is known for. Visiting local farms gives tourists a peek into the distinct Filipino culture of resilience and hospitality. When you take part in farm tourism, you step into a farmer’s home and wear his or her shoes for a day. The experience is truly immersive and insightful, plus you get to support farmers trying to earn a living outside of harvest seasons. Moreover, **visiting farms in the Philippines when borders open again helps farmers recover from the losses they incurred during the pandemic’s lockdown and quarantine periods.**

Also read: [Slowly But Surely: Here’s What Tourism Reopening Looks Like in The Philippines](#).

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Farms in the Philippines are accredited to give you the best experiences

With the country's Farm Tourism Development Act, its farm tourism accreditation model, and its partnership with the United Nations' Food and Agriculture Organization (FAO), **tourists are assured that farms in the Philippines are safe and secure for leisure activities.** They also adhere to strict COVID-19 health protocols. Here are some you can be sure to expect:

- Stringent social distancing
- Mask- and face shield-wearing
- Limiting of carrying capacity
- Personal health declaration for effective contact tracing

LEARN MORE ABOUT COVID-19 SAFETY PROTOCOLS

On top of this, you'll get to benefit from fresh air and sample local delicacies (yes, native crops and tropical fruits included!). Take the chance to interact with friendly locals to boot, minus the crowd, because you'll have all the open space you need to keep your distance.

Support eco-friendly tours

Farm-to-table movements and farm tourism destinations in the Philippines also support pro-environment causes. With every visit to a local farm, you [help uphold sustainable tourism](#). So, how about that?

Support farm tourism in the Philippines, and you actually do more than just visit a farm. You help Filipino farmers; you protect the environment; you boost post-lockdown recovery; and you fulfil your tropical #travelgoals with the most breathtaking landscapes.

SAVE THE WORLD WHILE TRAVELLING AROUND THE PHILIPPINES

We know that this will all have to wait, though, for when tourism fully resumes. In the meantime, here's a "virtual tour" of the best farms in the Philippines. They're all perfect for idyllic getaways post-pandemic — and you can certainly squeeze them in your future itineraries!

Top farm tourism destinations in the Philippines

1. ~~BEMWA Farm, Davao~~



Take your cameras out because this farm in Marilog, Davao is totally Instagrammable. | Image credit: [BEMWA FARM Official Facebook Page](#)

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Bet you didn't expect to be greeted by a scene as [this](#) Instagrammable as this! BEMWA Farm in Davao is known as a nature retreat where you can relax amid pine trees and neatly lined rows of leafy greens. Here, you can also purchase fresh produce and handmade products like strawberry jam and *tablea* (ground cacao beans) for making *tsokolate* (hot chocolate).

Address: Buda National Hwy, Marilog District, Davao City, Davao del Sur

Visiting hours: 7am to 5pm

Contact: [BEMWA FARM Facebook page](#)

Travel time from Manila: Board a two-hour flight from Manila to Davao. From downtown Davao city, it takes around one and 30 minutes to drive to BEMWA Farm.

How Davao safeguards your health: Aside from the usual [accommodations and F&B COVID-19 protocols](#), Davao boasts of brand-new RT-PCR Machines and RNA extractors for a COVID-19 testing laboratory right at tourists' main port of entry, Francisco Bangoy International Airport (Davao International Airport).

2. Kenaniah Farm, Davao



A peek into the farm, from greens to livestock. | Image credit: [Kenaniah Farm Official Facebook Page](#)

An agricultural cooperative, learning site, and tourist attraction, Kenaniah Farm in Davao shows how farm tourism in the Philippines can actually be developed to cater to various sectors. A hub for natural and organic farming, Keninah Farm roots itself in the principle that we are but shepherds of God's creations. Here, you can easily "know the food source, protect the food source, support the food source" in just one visit.

Address: Purok 1A, Gumalang, Davao City

Visiting hours: By reservation

Contact: [Kenaniah Farm Facebook page](#)

Travel time from Manila: Board a two-hour flight from Manila to Davao. From Francisco Bagnoy International Airport in Davao City, it takes around one hour to drive to Kenaniah Farm.

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3. ~~Coffee Heritage House, Sagada~~



Luscious coffee cherries |Image credit: [Coffee Heritage House Official Facebook Page](#)

Rejoice, lovers of the caffeinated brew! Coffee Heritage House offers [eesycozy](#) lodging and an coffee farming experience in the heart of Mountain Province. In the Philippines, Arabica coffee beans grown and harvested in Sagada are a speciality. If you love your daily cuppa joe, this is where you can learn all about Philippine coffee — from bean to brew.

Address: Sitio Nadatngan, Brgy Madongo, Sagada, MT. Province

Visiting hours: By appointment

Contact: [Coffee Heritage House official website](#)

Travel time from Manila: Drive or hire a car to Sagada. From Manila, it takes around 10 hours to reach Coffee Heritage House. With your own vehicle, you may pass through another popular tourist site, Baguio! Why not make a pitstop?

How Baguio safeguards your health: With the national government's COVID-19 protocols in place, you can rest easy knowing that Baguio is pretty safe! In fact, the World Health Organization (WHO) declared Baguio city's efficient contact-tracing efforts as ideal models for COVID-19 management in the country. Baguio also developed a travel regulation system called **Visitor Information and Travel Assistance (Visita)**, which allows them to assist tourists and keep them safe all throughout their stay. The sooner travel resumes for international tourists, the sooner you can experience Visita in Baguio city!

4. Costales Nature Farms, Laguna



Image credit: [Costales Nature Farms Official Facebook Page](#)

There is a mountain in the Calabarzon region believed to be mystical. It is called Banahaw, and right at its lush foothills sits Costales Nature Farms, a popular organic farm and world-class farm tourism site dedicated to teaching visitors about the how-tos of sustainable farming. Choose from its many instructive farm immersions: a nature camp for kids, educational tours, and intensive workshops and seminars on farming techniques and best practices.

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Out of all the model farms in the Philippines, Costales is one of the few that offers complete courses on how to put up your own farm. Why not learn a thing or two?



Address: Brgy. Gagalog, Majayjay, Laguna, Majayjay, Laguna

Visiting hours: 8am to 5pm

Contact: [Costales Nature Farms official website](#)

Travel time from Manila: It takes around four hours to drive to Costales Nature Farms from Manila.

5. ~~Holy Carabao Holistic Farms, Laguna~~



Holy Carabao Holistic Farms is one big family affair. | Image credit: [Holy Carabao Holistic Farms Official Facebook page](#)

If there's farm-to-table, for Holy Carabao Holistic Farms, there's farm-to-family. It was, after all, founded by two innovative women who wanted their families to have healthier, more mindful lifestyles. That said, Holy Carabao is a holistic farm that takes to heart biodynamic, organic, and permaculture principles and practices. They'll take you on educational tours and will even show you how to make your own compost!

Address: Sta. Rosa, Laguna. Further directions will be provided upon booking of tours.

Visiting hours: By reservation

Contact: [Holy Carabao official website](#)

Travel time from Manila: It takes around an hour and 30 minutes to drive to Holy Carabao Holistic Farms from Manila. This means you could easily flit back and forth from Metro Manila, especially with your own hired vehicle.

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6. GK Enchanted Farm, Bulacan



Image credit: [GK Enchanted Farm Official Facebook Page](#)

Gawad Kalinga (GK) is one of the pioneer groups that initially catapulted farm tourism in the Philippines into the red-hot status it enjoys today. The Gawad Kalinga Enchanted Farm is GK's platform for "raising social entrepreneurs, helping local farmers, and creating wealth in the countryside".

The farm tourism destination doesn't only offer wonderful tours and farm immersions; it also serves as a training ground for those interested in making the world a better place through sustainable farming initiatives. Here, you'll learn that farming is also a productive tool for community building.

Address: California St., Brgy. Encanto, Angat, Bulacan

Visiting hours: 8am to 5pm

Contact: [Gawad Kalinga official website](#)

Travel time from Manila: It takes around two hours to drive to Gawad Kalinga Enchanted Farm from Manila.

7. GarinFarm Pilgrimage Resort, Iloilo



Image credit: [GarinFarm Pilgrimage Resort](#)

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As you can see from its name alone, the GarinFarm Pilgrimage Resort is many things. It's a tourist go-to, a rising pilgrimage site of sorts, and yes, it's also one of the more popular farms in the Philippines!

While a chunk of the property is cropland, it also houses several tourist attractions. The most popular is called "Heaven on Earth", an all-white feature that gives you a glimpse into what heaven might look like. It's as pristine as medical frontliners would like our hands to be at all times; so don't forget to observe impeccable hygiene during your travels, folks! Remember: You're also responsible for keeping your immediate area clean and safe for the next visitors.



Address: Purok 2, San Joaquin, Iloilo

Visiting hours: 8am to 6pm

Contact: [GarinFarm Pilgrimage Resort Facebook page](#)

Travel time from Manila: Fly from Manila to Iloilo; the flight should only be a little over an hour. From the airport, it takes approximately one hour and 30 minutes to drive to GarinFarm Pilgrimage Resort.

How Iloilo safeguards your health: Much like Davao, Iloilo city zeroes in on boosting COVID-19 management by establishing proper testing hubs. Plans of putting up a COVID-19 testing facility and swabbing booths at the Iloilo International Airport as well as all seaports are underway.

8. ~~Lucciolo, Cavite~~



Image credit: [Lucciolo Official Facebook Page](#)

Lucciolo, a hilly property not far from Manila, is first and foremost a family farm. The folks who run it are proud to say that they ~~practise~~[practice](#) what they preach: respecting their land's original terrain.

An integrated, natural farm, Lucciolo teaches visitors the basics of organic farming, such as companion planting and using herbal pesticide made from the Madre de Cacao tree. The cherry on top? The farm brightly comes alive at night thanks to resident fireflies! Whoever said that farms in the Philippines limit the fun to just daytime?

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Address: Amadeo, Cavite. Further directions will be provided upon booking of tours.

Visiting hours: By reservation

Contact: [Lucciole Facebook page](#)

Travel time from Manila: It takes around two hours to drive to Lucciole from Manila.

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9. Mt. Kitanglad Agro-Eco Farm, Bukidnon



There's plenty to see here! | Image credit: [Mt. Kitanglad Agro-Eco Farm Official Facebook Page](#)

Malaybalay in Bukidnon is an underrated gem in the Philippines. Adding to its many awe-inspiring features is Mt. Kitanglad Agro-Eco Farm. You'll find the property near a massive land formation called Mt. Kitanglad, an inactive volcano known for the flavorful coffee beans it grows. Sip on this brew at Mt. Kitanglad Agro-Eco Farm, where you can also enjoy a farm tour, a forest trek, and a visit to its very own 'Hobbiton', among other activities — all for under S\$2 (~₱70).

Address: Sinaburan, Imbayao, Malaybalay, Bukidnon

Visiting hours: By reservation

Contact: [Mt. Kitanglad Agro-Eco Farm Facebook page](#)

Travel time from Manila: Board a flight from Manila to Cagayan de Oro. This takes around an hour and 30 minutes. From Cagayan de Oro, Malaybalay City in Bukidnon is two and a half hours away via land travel. It will take you another hour to drive to Mt. Kitanglad Agro-Eco Farm from the Malaybalay City centre.

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How Bukidnon safeguards your health: The Philippines' slow but sure tourism reopening assures the implementation of [standardisedstandardized](#) COVID-19 protocols. All tourism spots in the country abide by measures set by the Inter-Agency Task Force for Emerging Infectious Diseases (IATF-EID) and DOT. That said, Bukidnon only allows tourist spots to accommodate 50% of their usual capacity. So it might help to pre-book visits to every sight on your itinerary when your Philippine trip finally pushes through!

10. Vita Isola Leisure Farm, Bohol



Vita Isola Leisure Farm, the epitome of island living. | Image credit: [Vita Isola Official Facebook Page](#)

Who says you have to choose between seaside fun and a farm immersion? At Bohol's Vita Isola Leisure Farm, you certainly get the best of both worlds!

The property is located along the coastline of Sandingan Island in Loon. You'll have plenty of access to the water for activities like mangrove tours, stand-up ~~paddleboarding~~[paddle boarding](#), and kayaking (take single kayaks for maximum social distancing!). Of course, there's also the organic farm and animal pen, where you'll learn more about sustainable farming free of harmful chemicals. What's more, Vita Isola Leisure Farm features an aquaculture farm you can tour that's just a quick boat ride away.

Address: Brgy. Ubojan, Sandingan, Loon, Bohol

Visiting hours: 8am to 5pm

Contact: [Vista Isola official website](#)

Travel time from Manila: Board a flight from Manila to Bohol. This takes around an hour and 30 minutes. From Bohol International Airport, the drive to Loon is a little over an hour, too.

How Bohol safeguards your health: Bohol improves hygiene preparedness for ALL tourism sites under a partnership-program between DOT and the Asian Development Bank (ADB) called **Transforming Communities towards Resilient, Inclusive, and Sustainable Destinations (TouRIST)**. TouRIST also spearheads the provision of "sanitation and health infrastructure" for a 'better normal' once leisure travel within the Philippines resumes for foreign visitors.

11. ~~Bayatakan Farm, Siargao~~



At Bayatakan Farm, you cap the day with a wholesome feast and quick dip by the stream. Ahhh, paradise! | Image credit: [Bayatakan Farm Official Instagram Page](#)

For some, 'farm-to-table' has become a buzzword of sorts; but Bayatakan Farm in Burgos, Siargao takes this label to heart. It was born out of the *bayanihan* spirit of a local nurse-turned-farmer and a Filipino-English entrepreneur who found it impossible to leave the island once he set foot on it. The idea was to support farmers in Siargao, all while giving ~~traveller~~[travelers](#) the chance to soak in a full learning immersion hinged on organic farming.

Siargao is a surfing capital, but it wouldn't hurt to allot a day tour (or two!) to experience what it truly means to live off the earth.

Address: Brgy. Matin-ao, Burgos, Siargao, Surigao del Norte

Visiting hours: By appointment

Contact: [Bayatakan Farm Facebook page](#)

Travel time from Manila: Board a Manila to Siargao flight, which lasts around an hour and 30 minutes. Usually, tourists stay in areas near General Luna for surfing; from Siargao Airport (also known as Sayak

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Airport) to General Luna, the drive takes an hour. From General Luna, you may again travel by land to Burgos; this takes roughly an hour and 30 minutes.

How Siargao safeguards your health: With the help of the TouRIST program, Siargao put up a Heals 911 Center for improved medical and health-related assistance. The island is also upgrading its water treatment and water supply systems, as well as regulating hygiene preparedness in all tourism spots.

12. Teraoka Family Farm, Pangasinan



Image credit: [Teraoka Family Farm Official Facebook Page](#)

The owners of Teraoka Family Farm make sure they respect the land and its life force. Its entire 200 hectares are dedicated to growing “100% organic produce”, and with a single visit, tourists can learn what it takes to commit to a farmer’s lifestyle.

At Teraoka Family Farm, you’ll also get a glimpse of the owners’ own heritage: “Being a Filipino-Japanese family, we have heavy influence from both cultures. The resourcefulness of Filipinos and the detail-oriented Japanese which we apply to our business practices”.

Address: Brgy. Cabaluyan 2nd, Mangatarem, Pangasinan

Visiting hours: By reservation

Contact: [Teraoka Family Farm official website](#)

Travel time from Manila: It takes around three hours and 30 minutes to drive to Teraoka Family Farm from Manila.

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13. Yamang Bukid Farm, Palawan



Don’t forget to take snaps of this Palawan farm’s Instagrammable landscaping! They even have designated toilets for the LGBT. | Image credit: [Yamang Bukid Farm Palawan Official Facebook Page](#)

As far as farms in the Philippines go, Yamang Bukid is an icon for all-natural supplements made from crops lovingly and painstakingly grown on their farmland in Palawan. I myself am a fan of their turmeric tea; their products make great souvenirs for easy packing and bringing home!

But beyond producing health-boosting tonics and brews, Yamang Bukid Farm also stands as a model ethical agricultural business and eco-tourism site. In fact, in 2019, it was part of the top four most visited tourism sites in Puerto Princesa — a feat considering that vacationers usually flock to Palawan for its beaches! Visit Yamang Bukid Farm and get a peek of the gargantuan effort that goes into running a full-scale agricultural business-slash-top farm destination.

Address: Brgy. Bacungan, Puerto Princesa, Palawan

Visiting hours: By reservation

Contact: [Yamang Bukid Farm Palawan Facebook page](#)

Travel time from Manila: Board a Manila to Puerto Princesa flight, which lasts around one hour. Driving from the Puerto Princesa International Airport takes around the same time.

How Palawan safeguards your health: On top of the DOT's COVID-19 protocols, TouRIST program provides technical assistance for Palawan. These modules include the efficient implementation and operation of emergency health services in tourism sites.

LEARN MORE ABOUT COVID-19 SAFETY PROTOCOLS

14. Kahariam Farms, Batangas



Did you know that Kahariam Farms also runs Urban Gardening Workshops? | Image credit: [Kahariam Farms Official Facebook Page](#)

If you'll notice, most of these well-loved farms in the Philippines started out as family ventures. You could say the same for Kahariam Farms, a family-owned organic farm based in Lipa, Batangas. What makes them unique, though, is that they're the largest earthworm farm in the country. This is why Kahariam Farms is considered an expert in gardening and soil conditioning; this rich learning experience is just among the things you'll be taking home with you!

Sign up for a tour with Kahariam Farms to get you started on your zero waste journey. Their sustainable and organic farming techniques and technologies are sure to inspire!

Address: Lipa-Ibaan Road, Brgy. Adya, Lipa City, Batangas

Visiting hours: 7am to 4pm

Contact: [Kahariam Farms Facebook page](#)

Travel time from Manila: It takes around two hours and 30 minutes to drive to Kahariam Farms from Manila.

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15. Northern Blossom Flower Farm, Benguet



Image credit: [Northern Blossom Flower Farm Facebook Page](#)

Nestled in mountainous Benguet is an expanse of land that adorns the terrain with flowers native to the Philippines' colder regions. Northern Blossom Flower Farm absolutely makes for the most Instagram-worthy trip; but beyond this, you also get to know the different varieties of edible and decorative flora that flourish in the area. What's more, it boasts of pine-covered forests, as well as breathtaking views of nearby mountains, Mt. Pulag and Mt. Timbak.

Address: Brgy. Sayanagan, Atok, Benguet

Visiting hours: 6am to 5pm

Contact: [Northern Blossom Flower Farm Facebook page](#)

Travel time from Manila: It will take around six hours to drive to Northern Blossom Flower Farm from Manila.

How Benguet safeguards your health: We're going to ask you to backtrack to #3 for this one. Remember when we told you that WHO declared Baguio city as a model destination for contact tracing in the Philippines? The same goes for Benguet! So why not plan an epic mountainside getaway that makes you feel safe and secure? Go for both Baguio and Benguet; they're neighbouring destinations so that should be more than feasible!

Big bonus: Banaue Rice Terraces, an agricultural marvel



An Ifugao elder flashes a big smile for the camera. Behind him is the heritage of his people, the Banaue Rice Terraces. | Image credit: [Edwin Juen Jr.](#)

When you're done planning your farm-hopping adventure, here's another agri-destination you should check out while you're in the Philippines. The Banaue Rice Terraces in Benguet isn't a farm, but it's an agricultural marvel to behold. These rice terraces were skillfully and quite artfully carved into the Cordillera mountains more than 2,000 years ago by the region's indigenous people, the Ifugao. Stepping into this ancestral domain is indeed a magical experience, and you ought to know that it's enlisted as a UNESCO World Heritage Site!

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Also read: [Get to Know the 6 UNESCO World Heritage Sites in the Philippines](#)

Travelling opens our senses to the world's beauty — and with farm tourism, we're able to tap into a part of ourselves that is deeply rooted to this Earth we so eagerly roam. Plus, touring these farms in the Philippines may just be the nature-based therapy you need to chase those post-quarantine blues away. Why not go on an epic agri-adventure near Manila and beyond? Just remember, wash your hands, wear your masks, and keep your distance. We promise the fresh air will do you good.

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