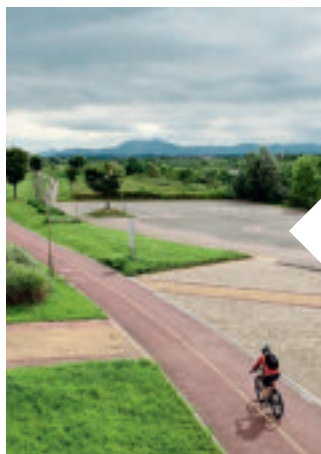


## CONTRIBUTORS



 **MATTHEW C CRAWFORD**  
matthewconradcrawf.wixsite.com/writer

**Cross country feasts, page 89.** Writer Matthew C Crawford braved the South Korean summer on a cycling road trip, where he sampled Busan specialties such as fermented skate and marsh snails. "It was a chance to get far off the beaten track – to taste the sorts of dishes that left me raving about them weeks and months afterwards," says Crawford.



 **DYLAN GOLDBY**  
welkinlight.com

**Cross country feasts, page 89.** Australian Dylan Goldby is a Korean, Japanese and linguistics major, a skill set that was especially handy when he photographed Busan's scenic cycling routes and unique cuisine. "What could be better than cycling through some of Korea's most beautiful places and eating the best food the country has to offer?" he says.



 **AIM ARIS**  
instagram.com/aimaris

**Going global, page 62.** Together with filmmaker Matthew Victor Pastor, Melbourne-based photographer Aim Aris spent a day checking out the cultural melting pot of Footscray in Australia's creative capital. "Discovering the cool and vibrant art and food scenes there was definitely the highlight of my shoot with Matthew," she says.



 **JOSHUA ZUKAS**  
joshuazukas.com

**Towering heights, page 78.** If there's one thing visitors to central Vietnam should make time for, it's the area's ancient majestic caves, as recommended by writer Joshua Zukas in this issue's photo essay. "What really struck me was the diversity on offer. There's a cave for every type of traveler, from parents with young kids to thrill-seeking adventurers," says Zukas.



Mabuhay is published on behalf of Philippine Airlines by ink-global.com. All articles and photographs published herein are created by the authors and photographers at their own discretion and do not necessarily represent the views of the airline. Philippine Airlines holds no responsibility or liability arising out of the publication of such articles and photographs. All material is strictly copyrighted and all rights are reserved. No part of this publication may be reproduced in whole or in part without the prior written permission of the copyright holder. All prices and data are correct at the time of publication. Printed by: Printwell, Inc. MCI (P) 017/05/2019. Please recycle or pass on to a friend. **Ink Publishing Pte Ltd** 51 Changi Business Park Central 2, The Signature #04-12, Singapore 486066 Tel: +65 6324 2386 Fax: +65 6491 5261 ink-global.com





# TOWERING HEIGHTS

With underground chambers wide enough to fit a soccer field, the caves of Vietnam are among the world's largest. And with an increasing number of them opening to the public – all a few million years old – the country is becoming a hot spot for adventure tourism





IMAGE: OXALIS ADVENTURE / RYAN DEBOODT

**BEST FOR SHUTTERBUGS**  
Hang Va in Phong Nha-Ke Bang National Park – about 500km from Hanoi – is home to some of the area's most unusual underground vistas: stalagmites rising up from translucent green waters, like a miniature version of Vietnam's iconic Halong Bay seascape. Getting to these formations is all part of the adventure, as you'll need to bushwhack through the thick jungle of the park, wade down subterranean rivers and skirt around rock pools. Visit Hang Va with Oxalis over two days, which includes a night in the jungle, under the stars. [oxalis.com.vn/cave/cave-hang-va](http://oxalis.com.vn/cave/cave-hang-va)





#### BEST FOR NEWBIES

Explore **Hang Nuoc Nut** in a day, as the 2.2km-long cave offers beginners an introduction to Vietnam's stunning subterranean formations. Find it deep within Phong Nha-Ke Bang National Park, and marvel at a ceiling of razor-sharp stalactites and bulging columns that have formed over two million years. The trail takes you through tight dark water passages and massive chambers with sunbeams peeking through the roof, before you arrive at an underground lake.  
[oxalis.com.vn/cave/nuoc-nut-cave](http://oxalis.com.vn/cave/nuoc-nut-cave)



IMAGES: OXALIS ADVENTURE / RYAN DEBOODT









IMAGE: LEO NGUYEN



**BEST FOR  
NATURE LOVERS**

Resembling a giant crater, the 1.6km-long **Tiger Cave** in Phong Nha-Ke Bang National Park features dense foliage that has grown in large crevices. One of Vietnam's newest caving experiences, this underground series of chambers ticks all of the boxes with an underground 300m-long river, majestic stalagmites and stalactites, and the otherworldly caverns of neighboring Hang Pygmy (see next page), which you can visit over three days. [jungle-boss.com/adventure-tours-2/tiger-cave-series-adventure](http://jungle-boss.com/adventure-tours-2/tiger-cave-series-adventure)





**BEST FOR  
ADRENALINE JUNKIES**

At just under a million cubic meters, **Hang Pygmy** is relatively small by volume, though its widest point is as long as a soccer field. Informally known as Son Doong's little sister, the world's fourth-largest cave by cross-section offers an adrenaline-filled adventure experience, with intense jungle trekking and rope-assisted ascents and descents. You can visit Hang Pygmy only with Jungle Boss over two days, which includes an overnight stay at the cave entrance. As you leave the cave, watch out for hundreds of large dead trees, which over the centuries have been washed into the cave. [jungle-boss.com/tour/hang-pygmy-exploration](http://jungle-boss.com/tour/hang-pygmy-exploration)

IMAGE: JUSTIN D. BOULTER





IMAGE: OXALIS ADVENTURE / RYAN DEBOODT

#### BEST FOR SIGHTSEEING


Also known as "fairy cave", **Hang Tien**'s quirky moniker is not indicative of the size of this natural wonder. Its twin caves – part of the Tu Lan Cave system and located about 70km from Phong Nha-Ke Bang National Park – are famous for their jagged stalactites that drip from the ceiling like hanging pot plants. Clocking in at 2.3 million and 1.5 million cubic meters, the two biggest caves of the Tu Lan system can be visited on one- or two-day tours. [oxalis.com.vn/cave/hang-tien-cave](http://oxalis.com.vn/cave/hang-tien-cave)



Experience a heartwarming, world-class journey with the Philippines' only 4-Star Airline. PAL flies 4x weekly between Manila and Hanoi.

 **Website:** [philippineairlines.com](http://philippineairlines.com)

 **Facebook:** [fb.com/flyPAL](https://www.facebook.com/flyPAL)

 **Reservations (Manila):** +63 2 855 8888 (until October 5); +63 2 8885 8888 (from October 6)

 **Swingaround tour package:** [swingaround.philippineairlines.com](http://swingaround.philippineairlines.com)