



Philippine Map

Luzon Sea

Legend

- National Capital
- Province
- City
- City Provincial Capital
- Provincial Capital

Total land area in sq.kilometers...342,351.2*
Regions...17
Provinces...80
Cities...138
Municipalities...1,496
Municipal Barangay...42,026
No. of islands...7,107
Population(2007)...88,566,732
*Based from NSCB as of 2007

NCR - National Capital Region		
	LAND AREA	POPULATION
Calabarzon City	55.8	1,381,619
Las Pinas City	32.7	547,349
Marikina City	21.6	510,383
Malabon City	15.7	363,681
Mandaluyong City	9.5	305,570
Manila	25.0	1,660,714
Marikina City	21.5	424,659
Muntinlupa City	39.8	452,943
Navotas City	8.9	245,344
Parañaque City	46.6	552,680
Pasig City	14.0	402,084
Pasig City	48.5	627,440
Patong	19.4	61,940
Quezon City	171.7	2,679,450
San Juan City	40.0	125,538
Talagong City	45.2	913,543
Valenzuela City	47.0	568,928
Total	618.7	11,568,325

CAR - Cordillera Administrative Region		
	LAND AREA	POPULATION
Ateneo	4,565.3	238,953
Apayao	4,811.4	103,833
Baguio	3,826.6	372,533
Baguio City	391.8	391,826
Baguio	2,628.2	388,415
Baguio	3,221.3	180,326
Mountain Province	2,517.4	548,861
Total	19,422.2	1,520,847

Region 1 - Ilocos Region		
	LAND AREA	POPULATION
Ilocos Norte	3,467.9	547,284
Ilocos Sur	2,596.0	651,138
La Union	1,497.7	726,972
Pangasinan	5,811.0	2,445,399
Total	13,372.6	4,546,799

Region 2 - Cagayan Valley		
	LAND AREA	POPULATION
Ateneo	2,719.0	15,974
Cagayan	8,295.8	1,072,551
Isabela	12,414.9	1,401,495
Marikina City	3,975.7	387,817
Quirino	2,323.5	168,610
Total	26,228.9	3,051,487

Region 3 - Central Luzon		
	LAND AREA	POPULATION
Aurora	3,142.3	187,802
Bataan	1,373.0	662,153
Bulacan	2,796.1	2,822,216
Marikina City	5,751.3	1,843,853
Pampanga	2,062.5	1,111,951
Anglo City	3,053.8	1,245,449
Tarlac	3,836.8	493,085
Zambales	2,227.0	227,270
Quirino City	22,014.6	8,798,177

Region 4.A - CALABARZON		
	LAND AREA	POPULATION
Antique	3,114.6	2,345,869
Quezon	1,574.2	2,856,363
Laguna	1,917.9	2,473,330
Quezon	8,068.6	1,646,510
Quezon City	1,791.9	2,288,691
Total	16,475.4	11,737,355

Region 4.B - MIMAROPA		
	LAND AREA	POPULATION
Marikina City	952.8	226,636
Occidental Mindoro	5,865.7	421,952
Occidental Mindoro	4,258.4	735,749
Palawan	17,030.8	682,152
Palawan Province City	216,508	216,508
Palawan	1,333.8	276,214
Total	29,621.7	3,559,761

Region 5 - Bicol Region		
	LAND AREA	POPULATION
Albay	2,575.8	1,187,185
Camarinan Norte	2,235.1	513,789
Camarinan Sur	5,407.0	1,681,851
Marikina City	1,492.2	232,757
Marikina City	4,151.8	768,939
Marikina City	2,119.0	799,673
Total	18,155.9	5,106,160

Region 6 - Western Visayas		
	LAND AREA	POPULATION
Aklan	1,821.4	495,122
Antique	2,728.2	115,265
Cebu	2,944.4	755,688
Guimaras	624.6	151,238
Iloilo	5,079.2	1,691,678
Iloilo City	414.714	414,714
Region Occidental	7,965.2	2,379,269
Western City	496,491	496,491
Total	20,794.2	6,863,642

Region 7 - Central Visayas		
	LAND AREA	POPULATION
Bacolod	5,861.0	1,286,119
Cebu	3,342.0	2,446,120
Cebu City	20,250	20,250
Region Occidental	5,385.3	1,217,264
Region Occidental	357.5	87,691
Total	15,886.8	4,439,499

Region 8 - Eastern Visayas		
	LAND AREA	POPULATION
Albay	5,861.0	1,286,119
Eastern Samar	4,660.5	405,114
Iloilo	6,311.5	1,734,240
Marikina City	3,592.9	546,738
Marikina City	6,048.0	695,149
Marikina City	1,798.6	390,847
Marikina City	23,251.1	3,474,740

Region 9 - Zamboanga Peninsula		
	LAND AREA	POPULATION
Zamboanga City	5,861.0	1,286,119
Zamboanga City	5,814.2	914,719
Zamboanga City	71,462.7	71,462.7
Zamboanga City	3,607.8	346,386
City of Zamboanga	22.7	47,985
Total	17,048.6	3,336,094

Region 10 - Northern Mindanao		
	LAND AREA	POPULATION
Albay	5,861.0	1,286,119
Albay	5,861.0	1,286,119
Albay	5,861.0	1,286,119
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Albay	5,861.0	1,286,119
Albay	5,861.0	1,286,119
Albay	5,861.0	1,286,119

Region 11 - Davao Region		
	LAND AREA	POPULATION
Albay	5,861.0	1,286,119
Albay	5,861.0	1,286,119
Albay	5,861.0	1,286,119
Albay	5,861.0	1,286,119
Albay	5,861.0	1,286,119
Albay	5,861.0	1,286,119
Albay	5,861.0	1,286,119
Albay	5,861.0	1,286,119
Albay	5,861.0	1,286,119
Albay	5,861.0	1,286,119

CAR
Cordillera Administrative Region
MAJOR INDUSTRIES
CROPS - Banana, Coffee, Corn, Palay
Potato, Sweet Potato
MINERALS - Gold, Silver, Copper
MINING
TEXTILES & FURNITURES
HANDICRAFTS & FURNITURES

Region 1
Ilocos Region
MAJOR INDUSTRIES
CROPS - Palay, Corn, Banana, Mango, Tamarind, Tobacco, Coconut
FOOD PROCESSING
MASS TRANSPORTATION OPERATION
AQUA CULTURE
MINING

Region 3
Central Luzon
MAJOR INDUSTRIES
CROPS - Palay, Corn, Banana, Mango, Tamarind, Tobacco, Coconut
FOOD PROCESSING
MASS TRANSPORTATION OPERATION
AQUA CULTURE
MINING

NCR
National Capital Region
MAJOR INDUSTRIES
CROPS - Palay, Corn, Banana, Mango, Tamarind, Tobacco, Coconut
FOOD PROCESSING
MASS TRANSPORTATION OPERATION
AQUA CULTURE
MINING

Region 4.B
MIMAROPA
MAJOR INDUSTRIES
CROPS - Palay, Corn, Banana, Mango, Tamarind, Tobacco, Coconut
FOOD PROCESSING
MASS TRANSPORTATION OPERATION
AQUA CULTURE
MINING

Region 6
Western Visayas
MAJOR INDUSTRIES
CROPS - Palay, Corn, Banana, Mango, Tamarind, Tobacco, Coconut
FOOD PROCESSING
MASS TRANSPORTATION OPERATION
AQUA CULTURE
MINING

Region 7
Central Visayas
MAJOR INDUSTRIES
CROPS - Palay, Corn, Banana, Mango, Tamarind, Tobacco, Coconut
FOOD PROCESSING
MASS TRANSPORTATION OPERATION
AQUA CULTURE
MINING

Region 9
Zamboanga Peninsula
MAJOR INDUSTRIES
CROPS - Palay, Corn, Banana, Mango, Tamarind, Tobacco, Coconut
FOOD PROCESSING
MASS TRANSPORTATION OPERATION
AQUA CULTURE
MINING

ARMM
Autonomous Region of Muslim Mindanao
MAJOR INDUSTRIES
CROPS - Palay, Corn, Banana, Mango, Tamarind, Tobacco, Coconut
FOOD PROCESSING
MASS TRANSPORTATION OPERATION
AQUA CULTURE
MINING

Region 10
Northern Mindanao
MAJOR INDUSTRIES
CROPS - Palay, Corn, Banana, Mango, Tamarind, Tobacco, Coconut
FOOD PROCESSING
MASS TRANSPORTATION OPERATION
AQUA CULTURE
MINING

Region 2
Cagayan Valley
MAJOR INDUSTRIES
CROPS - Palay, Corn, Banana, Mango, Tamarind, Tobacco, Coconut
FOOD PROCESSING
MASS TRANSPORTATION OPERATION
AQUA CULTURE
MINING

Region 4.A
CALABARZON
MAJOR INDUSTRIES
CROPS - Palay, Corn, Banana, Mango, Tamarind, Tobacco, Coconut
FOOD PROCESSING
MASS TRANSPORTATION OPERATION
AQUA CULTURE
MINING

Region 5
Bicol Region
MAJOR INDUSTRIES
CROPS - Palay, Corn, Banana, Mango, Tamarind, Tobacco, Coconut
FOOD PROCESSING
MASS TRANSPORTATION OPERATION
AQUA CULTURE
MINING

Region 8
Eastern Visayas
MAJOR INDUSTRIES
CROPS - Palay, Corn, Banana, Mango, Tamarind, Tobacco, Coconut
FOOD PROCESSING
MASS TRANSPORTATION OPERATION
AQUA CULTURE
MINING

Region 11
Davao Region
MAJOR INDUSTRIES
CROPS - Palay, Corn, Banana, Mango, Tamarind, Tobacco, Coconut
FOOD PROCESSING
MASS TRANSPORTATION OPERATION
AQUA CULTURE
MINING

Region 12
SOCCSKSARGEN
MAJOR INDUSTRIES
CROPS - Palay, Corn, Banana, Mango, Tamarind, Tobacco, Coconut
FOOD PROCESSING
MASS TRANSPORTATION OPERATION
AQUA CULTURE
MINING

Region 13
CARAGA
MAJOR INDUSTRIES
CROPS - Palay, Corn, Banana, Mango, Tamarind, Tobacco, Coconut
FOOD PROCESSING
MASS TRANSPORTATION OPERATION
AQUA CULTURE
MINING

Region 14
Region 14
MAJOR INDUSTRIES
CROPS - Palay, Corn, Banana, Mango, Tamarind, Tobacco, Coconut
FOOD PROCESSING
MASS TRANSPORTATION OPERATION
AQUA CULTURE
MINING

Region 15
Region 15
MAJOR INDUSTRIES
CROPS - Palay, Corn, Banana, Mango, Tamarind, Tobacco, Coconut
FOOD PROCESSING
MASS TRANSPORTATION OPERATION
AQUA CULTURE
MINING

Region 16
Region 16
MAJOR INDUSTRIES
CROPS - Palay, Corn, Banana, Mango, Tamarind, Tobacco, Coconut
FOOD PROCESSING
MASS TRANSPORTATION OPERATION
AQUA CULTURE
MINING

Region 17
Region 17
MAJOR INDUSTRIES
CROPS - Palay, Corn, Banana, Mango, Tamarind, Tobacco, Coconut
FOOD PROCESSING
MASS TRANSPORTATION OPERATION
AQUA CULTURE
MINING

Region 1
Ilocos Region
MAJOR INDUSTRIES
CROPS - Palay, Corn, Banana, Mango, Tamarind, Tobacco, Coconut
FOOD PROCESSING
MASS TRANSPORTATION OPERATION
AQUA CULTURE
MINING

Region 2
Cagayan Valley
MAJOR INDUSTRIES
CROPS - Palay, Corn, Banana, Mango, Tamarind, Tobacco, Coconut
FOOD PROCESSING
MASS TRANSPORTATION OPERATION
AQUA CULTURE
MINING

Region 3
Central Luzon
MAJOR INDUSTRIES
CROPS - Palay, Corn, Banana, Mango, Tamarind, Tobacco, Coconut
FOOD PROCESSING
MASS TRANSPORTATION OPERATION
AQUA CULTURE
MINING

Region 4.A
CALABARZON
MAJOR INDUSTRIES
CROPS - Palay, Corn, Banana, Mango, Tamarind, Tobacco, Coconut
FOOD PROCESSING
MASS TRANSPORTATION OPERATION
AQUA CULTURE
MINING

Region 4.B
MIMAROPA
MAJOR INDUSTRIES
CROPS - Palay, Corn, Banana, Mango, Tamarind, Tobacco, Coconut
FOOD PROCESSING
MASS TRANSPORTATION OPERATION
AQUA CULTURE
MINING

Region 5
Bicol Region
MAJOR INDUSTRIES
CROPS - Palay, Corn, Banana, Mango, Tamarind, Tobacco, Coconut
FOOD PROCESSING
MASS TRANSPORTATION OPERATION
AQUA CULTURE
MINING

Region 6
Western Visayas
MAJOR INDUSTRIES
CROPS - Palay, Corn, Banana, Mango, Tamarind, Tobacco, Coconut
FOOD PROCESSING
MASS TRANSPORTATION OPERATION
AQUA CULTURE
MINING

Region 7
Central Visayas
MAJOR INDUSTRIES
CROPS - Palay, Corn, Banana, Mango, Tamarind, Tobacco, Coconut
FOOD PROCESSING
MASS TRANSPORTATION OPERATION
AQUA CULTURE
MINING

Region 8
Eastern Visayas
MAJOR INDUSTRIES
CROPS - Palay, Corn, Banana, Mango, Tamarind, Tobacco, Coconut
FOOD PROCESSING
MASS TRANSPORTATION OPERATION
AQUA CULTURE
MINING

Region 9
Zamboanga Peninsula
MAJOR INDUSTRIES
CROPS - Palay, Corn, Banana, Mango, Tamarind, Tobacco, Coconut
FOOD PROCESSING
MASS TRANSPORTATION OPERATION
AQUA CULTURE
MINING

Region 10
Northern Mindanao
MAJOR INDUSTRIES
CROPS - Palay, Corn, Banana, Mango, Tamarind, Tobacco, Coconut
FOOD PROCESSING
MASS TRANSPORTATION OPERATION
AQUA CULTURE
MINING

Region 11
Davao Region
MAJOR INDUSTRIES
CROPS - Palay, Corn, Banana, Mango, Tamarind, Tobacco, Coconut
FOOD PROCESSING
MASS TRANSPORTATION OPERATION
AQUA CULTURE
MINING

Region 12
SOCCSKSARGEN
MAJOR INDUSTRIES
CROPS - Palay, Corn, Banana, Mango, Tamarind, Tobacco, Coconut
FOOD PROCESSING
MASS TRANSPORTATION OPERATION
AQUA CULTURE
MINING

Region 13
CARAGA
MAJOR INDUSTRIES
CROPS - Palay, Corn, Banana, Mango, Tamarind, Tobacco, Coconut
FOOD PROCESSING
MASS TRANSPORTATION OPERATION
AQUA CULTURE
MINING

Region 14
Region 14
MAJOR INDUSTRIES
CROPS - Palay, Corn, Banana, Mango, Tamarind, Tobacco, Coconut
FOOD PROCESSING
MASS TRANSPORTATION OPERATION
AQUA CULTURE
MINING

Region 15
Region 15
MAJOR INDUSTRIES
CROPS - Palay, Corn, Banana, Mango, Tamarind, Tobacco, Coconut
FOOD PROCESSING
MASS TRANSPORTATION OPERATION
AQUA CULTURE
MINING

Region 16
Region 16
MAJOR INDUSTRIES
CROPS - Palay, Corn, Banana, Mango, Tamarind, Tobacco, Coconut
FOOD PROCESSING
MASS TRANSPORTATION OPERATION
AQUA CULTURE
MINING

Region 17
Region 17
MAJOR INDUSTRIES
CROPS - Palay, Corn, Banana, Mango, Tamarind, Tobacco, Coconut
FOOD PROCESSING
MASS TRANSPORTATION OPERATION
AQUA CULTURE
MINING

Region 18
Region 18
MAJOR INDUSTRIES
CROPS - Palay, Corn, Banana, Mango, Tamarind, Tobacco, Coconut
FOOD PROCESSING
MASS TRANSPORTATION OPERATION
AQUA CULTURE
MINING

Region 19
Region 19
MAJOR INDUSTRIES
CROPS - Palay, Corn, Banana, Mango, Tamarind, Tobacco, Coconut
FOOD PROCESSING
MASS TRANSPORTATION OPERATION
AQUA CULTURE
MINING

Region 20
Region 20
MAJOR INDUSTRIES
CROPS - Palay, Corn, Banana, Mango, Tamarind, Tobacco, Coconut
FOOD PROCESSING
MASS TRANSPORTATION OPERATION
AQUA CULTURE
MINING

Region 21
Region 21
MAJOR INDUSTRIES
CROPS - Palay, Corn, Banana, Mango, Tamarind, Tobacco, Coconut
FOOD PROCESSING
MASS TRANSPORTATION OPERATION
AQUA CULTURE
MINING

Region 22
Region 22
MAJOR INDUSTRIES
CROPS - Palay, Corn, Banana, Mango, Tamarind, Tobacco, Coconut
FOOD PROCESSING
MASS TRANSPORTATION OPERATION
AQUA CULTURE
MINING

Region 23
Region 23
MAJOR INDUSTRIES
CROPS - Palay, Corn, Banana, Mango, Tamarind, Tobacco, Coconut
FOOD PROCESSING
MASS TRANSPORTATION OPERATION
AQUA CULTURE
MINING

Region 24
Region 24
MAJOR INDUSTRIES
CROPS - Palay, Corn, Banana, Mango, Tamarind, Tobacco, Coconut
FOOD PROCESSING
MASS TRANSPORTATION OPERATION
AQUA CULTURE
MINING

Region 25
Region 25
MAJOR INDUSTRIES
CROPS - Palay, Corn, Banana, Mango, Tamarind, Tobacco, Coconut
FOOD PROCESSING
MASS TRANSPORTATION OPERATION
AQUA CULTURE
MINING

Region 26
Region 26
MAJOR INDUSTRIES
CROPS - Palay, Corn, Banana, Mango, Tamarind, Tobacco, Coconut
FOOD PROCESSING
MASS TRANSPORTATION OPERATION
AQUA CULTURE
MINING

Region 27
Region 27
MAJOR INDUSTRIES
CROPS - Palay, Corn, Banana, Mango, Tamarind, Tobacco, Coconut
FOOD PROCESSING
MASS TRANSPORTATION OPERATION
AQUA CULTURE
MINING

Region 28
Region 28
MAJOR INDUSTRIES
CROPS - Palay, Corn, Banana, Mango, Tamarind, Tobacco, Coconut
FOOD PROCESSING
MASS TRANSPORTATION OPERATION
AQUA CULTURE
MINING

Region 29
Region 29
MAJOR INDUSTRIES
CROPS - Palay, Corn, Banana, Mango, Tamarind, Tobacco, Coconut
FOOD PROCESSING
MASS TRANSPORTATION OPERATION
AQUA CULTURE
MINING

Region 30
Region 30
MAJOR INDUSTRIES
CROPS - Palay, Corn, Banana, Mango, Tamarind, Tobacco, Coconut
FOOD PROCESSING
MASS TRANSPORTATION OPERATION
AQUA CULTURE
MINING

Region 31
Region 31
MAJOR INDUSTRIES
CROPS - Palay, Corn, Banana, Mango, Tamarind, Tobacco, Coconut
FOOD PROCESSING
MASS TRANSPORTATION OPERATION
AQUA CULTURE
MINING

Region 32
Region 32
MAJOR INDUSTRIES
CROPS - Palay, Corn, Banana, Mango, Tamarind, Tobacco, Coconut
FOOD PROCESSING
MASS TRANSPORTATION OPERATION
AQUA CULTURE
MINING

REGION 10 - Northern Mindanao		
	LAND AREA	POPULATION
Bukidnon	15,496.6	1,190,294
Compostela	238.0	81,293
Lanao del Norte	4,159.8	538,283
Iligan City	308.046	308,046
Misamis Occidental	2,055.2	531,888
Misamis Oriental	3,544.3	748,885
Cagayan Del Sur City	151.864	151,864
Total	30,494	3,952,417

REGION 11 - Davao Region		
	LAND AREA	POPULATION
Compostela Valley	4,479.8	627,366
Davao Del Norte	3,427.0	612,440
Davao Del Sur	6,779.0	822,400
Davao City	1,300.153	1,300,153
Davao Oriental	5,679.9	486,104
Total	20,351.7	4,159,460

Sarangani	3,601.3	475,514
South Cotabato	4,428.8	767,255
General Santos City		529,542
Sultan Kudarat	3,296.3	677,062
Cotabato City	176.0	219,153
Total	22,513.3	3,830,100

REGION 13 - CAGAYA		
	LAND AREA (SQ. KM)	POPULATION
Agusan Del Norte	3,546.9	309,338
Bukayan City		298,578