



The La Mesa Ecopark is a 33-hectare public park offering natural amenities where adventure seekers, nature lovers, and hobbyists alike can go hiking, mountain biking, horseback riding, rappelling, and fishing. The park itself is part of the greater 2,700-hectare La Mesa Watershed reserve, the primary source of drinking water for the residents of Metro Manila.

More than just a site for recreational activities, the La Mesa Ecopark is an example of a successful rehabilitation project. Under ABS-CBN Foundation's Bantay Kailikasan and Metropolitan Waterworks Sewerage Systems (MWSS) Save the La Mesa Watershed Project, almost a total area of 1,500 hectares has been successfully reforested in just under eight years.

To sustain the rehabilitation efforts, the aforementioned 33-hectare La Mesa Ecopark was opened to the public in 2004, with all revenues generated from the park being actively utilized for the continued protection and conservation of the La Mesa Watershed.

Envisioning a better environment for future generations, the La Mesa Ecopark's mission is to spread environmental awareness through education and advocacy.

**About the La Mesa Ecopark**

The BFF Trails at La Mesa Ecopark is just one of the trails that the BFF Movement will be exploring. It is a quick 30-minute eco-trail within the city that's perfect for beginners.

The BFF Trails brings together conservationists, nature lovers, and other like-minded individuals to engage in activities such as bird watching, tree walks, and trail hikes. By mounting these activities, the BFF Trails aims to highlight the importance of conserving biodiversity in Philippine forests and other ecologically important areas.

**About the BFF Trails**



# ECOPARK EXPLORERS

First BFFTrail



Organized by Forest Foundation Philippines, the Best Friends of the Forest Movement is a community of environmentalists, travel enthusiasts, artists and social entrepreneurs who aim to inspire people to protect the forests. What started with a mutual love for trees and a willingness to take action among millennials and advocates turned into a movement that champions the protection and conservation of the forests.



#LetsGrowTogether  
#BFFMovement  
#BFFTrails

What part will you play to conserve and protect the forests?

Take action now with the BFF Movement



For more information, visit [www.forestfoundation.ph/be-a-bff/](http://www.forestfoundation.ph/be-a-bff/)

or follow us on



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**Inside La Mesa Ecopark**

Located within Metro Manila, the La Mesa Ecopark is an eco-trail within a city and holds a fairly diverse collection of flora, with at least 520 plant species thriving in the area including planted species during the rehabilitation project. The following are some of the naturally occurring tree and plant species you may encounter inside La Mesa Ecopark.

## OUR MOST FAMOUS TREES/RESIDENTS AT LA MESA ECOPARK



The *Pterocarpus indicus* Willd. or **Narra** is the national tree of the Philippines. Narra, known for its tough durable premium wood, has been listed as vulnerable in the DENR'S DAO 2017-11 having faced extensive logging.



The *Intsia bijuga* Kuntze or **Ipil** is a tree native to the Indo-Pacific region. Ipil's high durability and termite-resistant properties make it popular for heavy construction. The tree is now vulnerable in many places in Southeast Asia.



The *Vitex parviflora* Juss. or **Molave** is indigenous to the Philippines, Indonesia and Malaysia. Although it is a popular ornamental tree on roadsides, it is listed as endangered by the DENR (DAO 2017 - 11).



The *Diospyros blancoi* A. DC. or **Kamagong** is endemic to the Philippines and can be found in Luzon, primarily in Isabela, Quezon and Camarines Norte, as well as in Mindanao. Kamagong is listed as vulnerable by the DENR (DAO 2017 - 11).



The *Diospyros pilosanthera* Blanco or **Bolong-eta** is a tree native to the Philippines, Malaysia, Borneo, Moluccas, and New Guinea. Although commonly occurring, it is listed as vulnerable in the DENR DAO 2017-11 as a consequence of illegal logging and timber poaching activities.



The *Parkia timoriana* (DC.) Merr. or **Kupang**, is a tree native to Asia, including the Philippines. The tree can grow up to 50 meters in height and is typically used as a large shade tree for urban landscaping.



The *Ficus nota* (Blanco) Merr. or **Tibig** is tree commonly found along bodies of water. Away from its natural habitat, the tree has also been planted along the road and inside parks as exhibit specimen.



The *Ficus septica* Burm f. or **Hauull** is a tree found in many areas in Southeast Asia including the Philippines, as well as in Taiwan and Northeastern Australia. Relatively fast-growing, Hauull trees are used as a pioneer plant for forest restoration projects.



The *Lagerstroemia speciosa* (L) Pers. or **Banaba** is a flowering tree widely distributed across Southeast Asia and China. Noted for its distinctive purple-pink flowers, it is cultivated as an ornamental tree for urban areas such as roadsides and open spaces.

Hey, Ecopark Explorer! Write down what trees you saw!