The National Capital Region (NCR), also known as Metropolitan Manila, is composed of 16 cities and 1 municipality grouped into four districts. It is considered to be the political, economic and social center of the Philippines. NCR is the smallest and most densely populated region in the country. It is bordered by Region III to the north and Region IV-A in the south and east. Manila Bay lies to the west and Laguna de Bay to the south-east.