



# DAHONPALAY MOUNTAINEERS



## MT. CRISTOBAL

<b>LOCATION:</b>	Quezon and Laguna Province
<b>ELEVATION:</b>	1500 meters above sea level
<b>LEVEL:</b>	Minor Climb, Level III, Strenuous
<b>JUMP-OFF POINTS</b>	Dolores Quezon
<b>ESTIMATED BUDGET</b>	P 500.00
<b>IT CREATED BY:</b>	J. Tanega (Thanks to MMS, Mr. L. Henson)

### CORE GROUP & GUEST:

Ian Villamin

Jojo Tanega

Bhaby Fines

Paolo Broquesa

Popo Dacanay

Nico David

### INFORMATION:

Mt. Cristobal was long known within the mountaineering community as the "spooky mountain." It was always referred to as Banahaw's alter ego meaning that if Banahaw is the power mountain with lots of positive energy, Cristobal is supposed to be the opposite - a mountain with negative energies. Lot's of stories that circulate tend to prove this but we are not just sure if they are fabrics of a mountaineer's adventurous imaginations bolstered by a pre-conditioned mind that this place is supposed to be a "horror mountain." Every time we climb the place, one member will claim of hearing strange sounds at night but the only thing I can remember being spooky was during one climb we saw a dead man on the summit. A check at the local police station revealed a mysterious murder that happened on the mountain. What a place to do such a thing ! It's a bit funny that such a mountain named after a saint would be notorious as a haunting place. Banahaw was once actually called Monte Cristobal.

Cristobal is part of the volcanic Mt. Banahaw but unlike Lukban de Banahaw, which lies on the slope of Banahaw itself, Cristobal seems to be a different mountain on it's own. Along the slopes of Cristobal, a wide flat area can be seen which was actually a test site of a proposed geothermal plant that didn't push through. Another controversial project that was proposed was the creation of a highway that will link Dolores to Nagcarlan passing between Mts. Cristobal and Banahaw. The project didn't materialized since residents and environmentalist opposed the idea.

**SUGGESTED ITINERARY:**

DAY 01	April 22, 2006
0600H	Assembly at Jollibee Pacita (Go to Turbina)
0630H	ETD to Turbina
0730H	Turbina (meet Jojo), ride bus going to San Pablo
0745H	ETD to San Pablo
0845H	ETA San Pablo Goto market for food and liquor (take a jeep to trailhead)
0930H	ETD San Pablo
1030H	ETA Trailhead start hike to Montelibano's house
1100H	ETA Montelibano's house ( Pack Lunch)
1300H	Resume Trek
1700H	ETA Campsite, Set-up camp, prepare dinner
1900H	Dinner and Socialites
2200H	Lights Out

DAY 02	April 23, 2006
0600H	Wake-up call, Prepare Dinner
0800H	Break camp, start descent
1100H	ETA Montelibano's house, go straight to Kinabuhayan
1200H	Kinabuhayan, Lunch Break, Bath at Kinabuhayan
1400H	ETD from San Pablo
1600H	ETA Turbina (straight to Jojo's house)

**MEAL PREPARATIONS:**

	Breakfast	Lunch	Dinner
Day 1 – Apr 22	NA	Pack Lunch	Rice, Adobo, Soup
Day 2 – Apr 23	Bread &Can Goods	Lunch at Kinabuhayan	Jojo's house

**CHECKLIST:**

DESCRIPTION	ITEM
Trekking Attire	T-shirt with warmer or sweat shirt, short, leggings, mountain boots, sandals bandana or cap, rain gear, sunglass, and socks
	Extras: 1 trek attire, jogging pants, socks, towel and undergarments
Equipment and Supplies per individual (IMPORTANT)	Minimum of 4 liters each camper, last water source is at Montelibano's house
	Flashlight each with reserved batteries
	1 mess kit (spoon, fork, plate and goblet)
	1 toiletry (tissue, soap, toothpaste)
Group Equipments	1 personal medicine
	Cookset, and stove, lantern and stoves
Meal Contributions	100 pesos each camper for the food, liquor, spices and others.
	Each camper should bring at least 2 can goods and bread.

REMINDERS: Follow the itinerary and NO LATE PLEASE...

## **CLIMBER'S RESPONSIBILITIES:**

**If there is an established trail, walk in a single line and avoid creating new trails.** Widening of such and formation of new ones can damage the soil and kill the plants crossing the paths of hikers.

**Do not take anything from the forests as souvenir.** If each climber would bring home one souvenir, the future climbers may be left with nothing but ugly remains of a once-beautiful place.

**Avoid disturbing wildlife.** Many species of animals become stressed due to disturbance by man.

**Never leave garbage along the trail or at the campsite.** Oftentimes, the local communities do not have well-managed waste disposals, so it will be better to bring the garbage to the cities for proper disposal.

**For human waste, each climber can dig his own "toilet", about six inches deep, and cover it with soil afterwards.** Common latrines are proven to be bad because the soil cannot break down concentrated amounts of waste in reasonable time; it would be much better to bring along waste treatment gear to bring down the wastes back to the cities for proper disposal.

**Do not bathe or wash dishes along rivers.** The people downstream may be using the water for drinking purposes. Do the washing or bathing about twenty feet (make that 100 ft.) from the river bank. A more acceptable bathing practice is to do it without using soap.

**Before traveling to a foreign culture** or to an isolated village, it is best to learn the locals' culture to avoid embarrassing situations, both to the visitors and to the hosts.

**Be sensitive to the values of the local people.** Tourists may bring culture shock to the villagers and may alter the basic values of the population.

**Abandon the old practice of digging trenches at the side of tents of campsites.** Doing this leaves permanent damage to the environment.

**Do not buy souvenir** items made from rare animal or plant species or questionable sources.

**Find out the maximum capacity of the trekking area** before going to prevent over-crowding and to minimize the impacts on the environment.

**Always register with the municipal or barangay** (village) or park office or leave the names and number of the trekkers to any local official at the jump-off point. Tell them the date the group is expected to return so that emergency measures can be adopted the soonest possible time in case of accident.

**Avoid giving money or token candies to the children in areas visited.** The practice will ultimately affect the local children's set of values and condition them that each hiker is a source of easy money.

**Make sure that health measures are taken into account** in order to avoid disease transfer between the visitors and the locals.

**If no one is familiar with the destination,** always hire a guide. It saves time and lessens the probability of accidents.

## **CONTACTS:**

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