



# DAHONPALAY MOUNTAINEERS



## MT. ISAROG

<b>LOCATION:</b>	Camarines Sur Province
<b>ELEVATION:</b>	1966 meters above sea level
<b>LEVEL:</b>	Major Climb, Level III, Strenuous
<b>JUMP-OFF POINTS</b>	Naga and Goa Camarines Sur
<b>ESTIMATED BUDGET</b>	P 2500.00
<b>IT CREATED BY:</b>	J. Tanega (Thanks to Treksierra)

### CORE GROUP & GUEST:

**Core Group:** Ian, Jojo, Bhabby, Ellen, Lynne, Bhong, Nico and Nono, Teddy and Paolo

**Guest:** Jena, and Jho

### INFORMATION:

Mt. Isarog is located 300 kilometers southeast of Metro Manila near Naga City in the Camarines Sur Province. Rising 1966 meters above the Lagonoy Gulf, Mt Isarog is a national park encompassing 10, 100 hectares. Isarog is covered with green luxurious forest. It has a number of trails, the most famous of which is the trail via Panicuason, in Naga which requires 3 days to scale the mountain. Another longer route entailing 4 days can be done via Goa Camarines Sur.

The view from the summit is spectacular. From the western side, you can see Pili and Naga Camarines Sur with the green fields and the other Bicol mountains as its backdrop, including the majestic Mt. Mayon. The Rangas river on the other hand can be seen from the eastern side of the mountain. Mt Isarog is an active volcano. Its last recorded eruption was on 1641.

It has one of the area's with largest concentrations of virgin forest with a wide variety of plants and animals. Like Mt. Banahaw, the mountain is also called " vulcan de agua" or more precisely, "the water mountain" since it has numerous springs and streams flowing from its slopes.

### WHERE & HOW TO GO:

It is advisable to hike Mt. Isarog during the summer months since the trails are muddy during the rainy seasons. Naga can be reached via a 10 hour bus ride or 1 hour plane ride from Manila. It is advisable to travel during the night so that you can get ample rest. Naga is the capital of Camarines Sur and is a 2 hour ride from Legazpi City.

### **PANICUASON TRAIL**

From Naga, a 30 minute jeepney ride to Barangay Panicuason will take you to the jump-off point. This side of the mountain has steeper trail. There are 6 places designated as campsites called Camp 1 to Camp 6.

Camp 1 an hour hike to Panicuason, has water sources available 50 meters from the said campsite. There are waterfalls along the trail before reaching Camp 6, which is usually designated as the last campsite before the final summit assault. Camp 6 is also called Haribon Station since the Haribon Foundation maintains it as one of its research station. Overall, the first day is an eight hour trek to Camp 6. The next day, the summit assault will require 3 hours from base camp and vice versa. Then you can continue on with the trek to Camp 6 or straight to the jump-off point at Panicuason or another trail that goes to a village called Ocampo to finish off the expedition.

### GOA TRAIL

Still farther from Naga, the GOA trail can be reached via GOA Camarines Sur passing by the town of Pili. The trail starts from Hiwakloy and from Hiwakloy, the trek finished off at Camp 1 (different from the Camps of Panicuason trail). The next day is a trek towards Camp 2, the third trail will take you to the summit and straight back to Camp 1 then to the jump-off point, Hiwakloy.

### POINTS OF INTEREST:

Climbing Isarog is usually done as part of a series of climbs within the Bicol Region to save time and resources while you are already in that area. The usual inclusion is another trek to the neighboring Mt. Iriga also called Mt. Asog, or other nature adventures such as hikes along Itbog Falls or Buhi Lake. Buhi Lake is home to one of the treasures of the Philippines, the smallest fish in the world, the *Sinarapan*. Still farther you can climb Mayon in Legazpi or Bulusan in Sorsogon.

### SUGGESTED ITINERARY:

DAY 01 April 4, 2007 (Wednesday)	
2030H	Assembly Time Turbina Calamba
2130H	ETD to Naga City (Philtranco Lines)

DAY 02 April 5, 2007 (Maundy Thursday)	
0600H	ETA Naga City (Breakfast)
0700H	ETA Panicuason, Register and hire a guide
0730H	Start Trek (Lunch on trail)
1700H	ETA Camp 6 (Basecamp), set camp, prepare dinner
1800	Dinner & Socialites
2200H	Lights Out

DAY 03 April 6, 2007 (Good Friday)	
0530H	Wake-up call, prepare breakfast
0630H	Assault Summit
0830H	Summit, Explore
0900H	Start descent to basecamp
1000H	Basecamp early lunch
1100H	Start Descent to Jump-off
1700H	ETA Jump-off, ETD for Iriga
1930H	ETA Iriga (Home of Fines Family)

DAY 04 April 7, 2007 (Black Saturday)	
0700H	Stay and Leisure at Fines Family
1700H	ETD to Iriga
1930H	ETA Naga City
2130H	ETD to Naga City

DAY 05 April 8, 2007 (Easter Sunday)	
0600H	ETA Turbina Calamba
0630H	ETD Turbina to Pacita Complex
0830H	Pacita Complex (Home Sweet Home)

### **MEAL PREPARATION:**

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
Day 1 – Apr 4	NA	NA	Kung sino may gusto sa Turbina
Day 2 – Apr 5	Naga City (Carinderia)	Lunch on trail	Meat, Gulay, Soup and Rice
Day 3 – Apr 6	Bread and can goods	Can goods and Rice	Naga City (Carinderia)
Day 4 – Apr 7	Iriga Fines Family	Lunch at Lake at Iriga	Naga City (Carinderia)
Day 5 – Apr 8	Turbina kung sino may gusto	NA	NA

### **CLIMBERS 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..

**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.

**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