



DAHONPALAY MOUNTAINEERS



MT. KALISUNGAN

LOCATION:	Laguna Province
ELEVATION:	760m above sea level
LEVEL:	Minor Climb, Level I, Moderate
JUMP-OFF POINTS	Eraes Farms Brgy. Lamot Calauan Laguna
ESTIMATED BUDGET	P 500
IT CREATED BY:	J. Tanega (Thanks to Pinoy Mountaineer and MESAU)



INFORMATION:

In Laguna, there is a mountain that has many names. Some call it Mt. Calauan or Mt. Nagcarlan after the two towns it borders; others call it Mt. Lamot because it lies in Brgy. Lamot, and it may have been a mossy forest a long time ago. There is growing consensus, however, that this mountain, rising to 760 MASL, should be known as Mt. Kalisungan.

Japanese guerillas, at the twilight of World War II, made Mt. Kalisungan their last stand in Laguna. Afterwards, locals erected a white cross at its peak. It has become a local Holy Week custom to climb the mountain. Throughout the year, Mt. Kalisungan receives ample rainfall, and because of its relatively rustic location, its great charm lies in its serenity.

Verdant fields surround the slopes of Kalisungan. There are coconut trees, banana plantations, corn fields, citrus orchards, and vast grasslands leading to the summit. As one goes higher, the view becomes more distinct: directly in front of you, to the north, is Talim island with its Mt. Tagapo shaped like a young woman's breast; you can also see Jalajala peninsula jutting into Laguna Lake like a ship, with Mt. Sembrano on its helm. Moving your eyes to east, the highlands of Caliraya appear. And once you reach the peak, you will be able to glimpse upon the seven lakes of San Pablo, flanked by Mt. Cristobal and Mt. Banahaw. Then, from a distance there is. Mt. Makiling, to the west, completes the circle.



SUGGESTED ITINERARY:

DAY 01	January 26, 2008 (Saturday)
1200H	Assembly Jollibee Pacita, ETD to Calamba
1300H	ETA Calamba, ETD to Sta Cruz
1345H	ETA Sta Cruz (at the Duck junction) take tricycle to Brgy Lumot
1430H	ETA Eraes Farms, Brgy Lumot. Prepare to trek
1730H	ETA Summit, prepare dinner
2300H	Lights Out

SUGGESTED ITINERARY:

DAY 02	January 27, 2008 (Sunday)
0600H	Wake-up Call, Prepare Breakfast
0700H	Explore Summit:
0730H	Break camp, Start Descent
0930H	ETA Eraes Farm, take tricycle to Victoria Laguna
1000H	Wait for jeep via Calamba
1100H	ETA Calamba, ETD to Pacita
1200H	ETA Calamba Laguna, ETD to Pacita Complex
1300H	ETA Pacita Complex (Home Sweet Home)

MEAL PREPARATION:

	Breakfast	Lunch	Dinner
Day 1 – Jan 26	NA	NA	Rice, Adobo, Soup, Veggie
Day 2 – Jan 27	Soup / Bread	NA	NA

SPECIAL CONSIDERATION:

According to locals, the strong typhoons in 2006 have caused a lot of overgrowth, obscuring the trails. One must be very vigilant along the way. Bring ribbons to mark your tracks if you don't feel confident about trail mastery.

There is a logbook at Eraes Farms. As of March 2007, no registration fees are requested.

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
Equipment and Supplies per individual (IMPORTANT)	Water source not available at camp, trail water excluded (3 liters each), one is to one on the chaser bring extra shot glass.
	Flashlight each with reserved batteries
	1 mess kit (spoon, fork, plate and goblet)
	1 toiletry (tissue, soap, toothpaste)
Group Equipments	Cookset, and stove, lantern and stoves
Meal Contributions	120 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.



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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.

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.

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.



CONTACTS:

CONTACT INFORMATION

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