



# DAHONPALAY MOUNTAINEERS



## MT. SEMBRANO

<b>LOCATION:</b>	Rizal-Laguna Province
<b>ELEVATION:</b>	700 meters above sea level
<b>LEVEL:</b>	Minor Climb, Level II, Moderate
<b>JUMP-OFF POINTS</b>	Pililia & Jalajala Rizal, Pili Laguna
<b>ESTIMATED BUDGET</b>	P 1000.00
<b>IT CREATED BY:</b>	J. Tanega (Thanks to L. Henson, MMS)



### CORE GROUP & GUEST:

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

**Guest:**



### INFORMATION:

Mt. Sembrano is one of the climbing destinations that is near Manila. Located along the boundary of Jala-jala Rizal, Pililia Rizal and Pakil Laguna, it is much nearer than Mt. Romelo or Famy and the Tanay hiking destinations, but a bit farther than Mt. Susong Dalaga in Baras Rizal. The mountain summit gives you a view of the Laguna Lake as well as Talim Island and the historic towns of Rizal and Laguna. Below the mountain is the Napocor plant, Pililia that shines bright during the night. Although the place is near Manila, climbing Mt. Sembrano is not that popular to many hikers. The place is also not a national park thereby requiring you to pass by private properties during your trek to the summit. Mt. Sembrano is actually an In-active volcano. Not many knew that such a thing existed in Rizal actually.

Not well known to many who have climbed Sembrano, the other side of the mountain or the Laguna side has hunter trails also going to the summit. This trail is located at Barrio Casinsin, Pakil Laguna. This is different from the Pakil Laguna town itself since this one is located at the other side of the lake since the territory of Pakil spans across the lake. It's a bit interesting since this Barangay is physically separated from Pakil town proper in terms of land territory. It is the place where the fabled "Bundok ng Susong Dalaga" rests. It is actually two huge mounds of cogonal hills resembling the female breast hence its name. But don't be confused since there are lots of "Bundok ng Susong Dalaga's" here in the Philippines since local folks are fond of naming identical conical hills as such. Examples include the Bundok ng Susong Dalaga of Baras Rizal, one in Boso-Boso in Antipolo, and another one in Biak na Bato in San Miguel Bulacan. This one, the "Sembrano Susong Dalaga" is visible when you are in Mt. Romelo, after the first steep assault near the store along the trail, which has a viewpoint overlooking Mt. Sembrano.

Another trail used by locals but doesn't go to the summit is located at Barrio Bagumbong, Jala-jala Rizal. This barrio, like the Casinsin of Pakil is also separated from the Jala-jala town proper itself since it is on the

other side of the mountain. But recently, a circumferential road was built to interconnect it to the other side of the mountain. There were proposals before that the barangays located in this part of the mountain be joined and made into one town since they are not connected to their town proper. But it didn't pushed through. This trail is located at the part of Sembrano where the fabled "Our Lady of Maulawin" was found.

### **LEGENDS:**

Sembrano, particularly the Jala-jala side has also been considered as sacred and has some holy sites on it. One of those places is where the icon of Our lady of Maulawin was found. Legends say that a farmer was once in the forest looking for firewood. When he was cutting one tree, he heard a sound of a woman. After he had cut the three, an image the Blessed Mother was found imprinted on the trunk. This same icon is now located at the Sta. Cruz Catholic Church in Laguna. Presently a small chapel is standing at that very site in the middle of the forest where the icon was found. You will also notice that there are some tree roots that has been cut along the area by pilgrims in search of a new icon. Another place along the trail is a big boulder called "simbahan". Pilgrims usually light candles in this huge boulder. Atop the boulder are small footprint claimed to be imprinted through an apparition of the Blessed Virgin Mary. This is another "bakas" similar to that of Norzagaray, Arayat and Banahaw.

### **WHEN & HOW TO GO:**

For mountaineers, the usual route is the Pililia trail, to go there ride a jeep at Crossing in EDSA Shaw Boulevard going to Tanay Rizal. You can actually hire a jeep to take you directly to the jump-off point. At the Tanay Public market, catch a ride going to Pililia and ask a jeep to take you to Barangay, Malaya (near Brgy Hall). From there you can ask locals for the street going to the jump-off point. There are locals living around the area so you can ask for directions. It's safe to trek Sembrano all year round. There is one major fork after living the wide trail coming from the village. Take the right trail.

### **SUGGESTED ITINERARY:**

<b>DAY 01</b>		<b>September 22, 2007</b>	
0600H		Assembly Time (Jollibee Pacita)	
0630H		ETD to Shaw Blvd. Crossing Cubao	
0800H		ETA Crossing, ETD to Tanay Rizal. Option : hire a jeep going to jump-off point.	
1000H		ETA Brgy Malaya, Pililia Rizal	
1030H		Lunch	
1200H		Start Trek	
1330H		ETA Manggahan, water is available 5 mins down trek to the waterfalls.	
1400H		Resume Trek	
1630H		ETA Summit, Pitch tent and prepare dinner	
1800H		Dinner, Socials	
2300H		Light's Out	
<b>DAY 02</b>		<b>September 23, 2007</b>	
0700H		Wake-up Call, Prepare Breakfast	
0800H		Exploration within the vicinity	
0900H		Break camp, prepare to descent	
0930H		Start trek down	
1130H		Basecamp, Lunch	
1300H		ETD Brgy Malaya to Cubao	
1500H		ETA Crossing Shaw Blvd.	
1530H		ETD to Pacita Complex	
1700H		Pacita Complex. " HOME SWEET HOME"	

### MEAL PREPARATION:

	Breakfast	Lunch	Dinner
Day 1 – Sep 22	NA	Carinderia	Rics, Maling and Adobo
Day 2 – Sep 23	Can Goods and bread	Carinderia	NA

### SPECIAL CONSIDERATIONS:

There is one waterfall along the trail but it is advisable to bring your water requirements than get water there. Summit area is exposed so it is hot during the summer months. Prepare sun block lotions and other necessary climbing gears for hot weather.

Each climber for Sembrano has to register at the barangay hall in Malaya. They have this agreement/contract, and it is indicated that there is a requirement of P20.00/camper (year 2003) to be paid upon registration. On the agreement / contract that the barangay personnel have the right to go over and look at our backpacks for alcohol/drugs/ etc.

### 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 3 liters each camper, this is only for dinner and lunch, your trail water is not included. Water no POTABLE...
	Flashlight each with reserved batteries
	1 mess kit (spoon, fork, plate and goblet)
	1 toiletry (tissue, soap, toothpaste)

### CONT. 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 3 liters each camper, this is only for dinner and lunch, your trail water is not included. Water no POTABLE...
	Flashlight each with reserved batteries
	1 mess kit (spoon, fork, plate and goblet)
	1 toiletry (tissue, soap, toothpaste)

### POINT OF INTEREST:

In going to Sembrano, you will be passing by interesting places in Rizal. In Angono, there are couple of galleries of known artist like the national artist, Botong Francisco. It is also home to the oldest man made relic here in the Philippines, the Angono Petroglyphs although Binangonan, Rizal claims it is located on their premises. The rest of the Rizal towns have interesting old churches as well as their share of local delicacies and restaurants.

### 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.

## **CLIMBERS RESPONSIBILITIES:**

**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.