



DAHONPALAY MOUNTAINEERS



MT. TALAMITAM (mini-Pulag)

LOCATION:	Batangas Province
ELEVATION:	700+ meters above sea level
LEVEL:	Minor Climb, Level I, Easy to Moderate
JUMP-OFF POINTS	Brgy Bayabasan Sitio Aga, Nasugbu Batangas
ESTIMATED BUDGET	P 500.00
IT CREATED BY:	J. Tanega (Thanks to MMS, Mr. L. Henson)

CORE GROUP & GUEST:

Core Group:

Ian, Jojo, Baby, Bong, Teddy, and Romell

INFORMATION:

Mt. Talamitam is one of the mountains of Batangas. It lies in between Mts. Batulao and Pico de Loro but separated by vast flat lands like rice fields, farmlands and grazing lands. If you are driving your way to Nasugbu, this is the mountain visible from your right side after passing by Mt. Batulao. Mt. Talamitam is not a public park and within its slopes lies plantation areas and farmlands. During the trek, the trail passes by private lands so observe proper courtesy and conduct. The summit is also not that far from the villages within the slope of the mountain so any loud noises should be avoided especially during the night.

The mountain was christened "Mini-Pulag" by the group since its peaks are also covered by grass lands but not the dwarfs one like the ones in Pulag, instead, Cogon grasses abound the summit area. Because of that, the summit commands a clear 360 degrees full view of the Batangas region including Taal and Tagaytay City, Mt. Batulao, portions of Cavite, and South China Sea within the Nasugbu area. This is one mountain where you will definitely feel that you're "on top of the world".

Mt. Talamitam can be hiked any time of the year but since there are very few trees especially near the summit, the place is really hot during the summer months. During those periods, it is advisable to hike to the lower portions of the mountains with tree cover till late in the afternoon before making your summit assault and leave the summit before the sun rises high the next day. December is also hot during the day, although winds sometimes make the hike comfortable. During this season, the temperature drops during the night giving you a cool and comfortable sleep. September to December is also the month when the Cogons are flowering making the summit a bit whitish in color giving you a different kind of environment. Atop the summit also stands an image of the Blessed Virgin Mary facing Mt. Batulao where another statue similar to this one stood as if guarding the towns of Batangas.

WHERE & HOW TO GO:

To go to Talamitam, ride a bus bound for Nasugbu Batangas. Ask the driver to drop you off at Barangay Kayrilaw or Barangay Bayabasan in Nasugbu Batangas. From there you can ask for directions within the village that lies along the hi-way. Talamitam can be scaled in one full day but it's advisable to camp on the summit area. The summit is a bit small and can only accommodate around 3 tents though there is another campsite located at the shoulder of the mountain which can hold around 4 to 5 tents.

SUGGESTED ITINERARY:

DAY 01 March 3, 2007 (Saturday)	
1300H	Assembly Time @ Fines Residence
1315H	ETD to Pala-Pala (Cavite)
1415H	ETA Pala-Pala (buy Grocery @ SM and butane)
1445H	ETD to Brgy Bayabasan, Nasugbu Batangas
1600H	ETA Brgy Bayabasan, Register and briefing
1630H	Start Trek, start at the trail across the second bridge (foot bridge with a sign going to Mt. Talamitam)
1830H	ETA Campsite, set camp, prepare dinner
1930H	Dinner, Socialites
2330H	Light's Out

DAY 02 March 4, 2007 (Sunday)	
0600H	Wake-up Call, Prepare Breakfast
0700H	Explore Summit
0730H	Break camp, Start Descent
0930H	Jump-off rest at Mang Nick's cottage
1030H	Refreshments and early lunch

DAY 02 March 4, 2007 (Sunday)	
1300H	ETD to Pala-pala
1400H	ETA Pala-pala, ETD to Pacita Complex
1500H	ETA Pacita Complex (Home Sweet Home)

MEAL PREPARATION:

	Breakfast	Lunch	Dinner
Day 1 – Mar 03	NA	NA	Rice, Adobo, Soup, Veggie
Day 2 – Mar 04	Bread and Can Goods	Mang Nick's Kubo	NA

SPECIAL CONSIDERATIONS:

Permits are not required in climbing Talamitam. Water sources are not available along the trail so bring enough water for the two-day trek. When the sun is up, the trails are exposed thereby bring proper gears for sun protection. Cogon grasses are also itchy when it comes into contact with the skin so long pants and long sleeved shirts are advisable. There are also carabaos along the trail so be careful some of them are not that friendly

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

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)	Water source available at camp, bring trail water
	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	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...	

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.



CLIMBERS RESPONSIBILITIES:

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.