

## ITINERARY

### DESTINATION: MT ARAYAT

<b>LOCATION :</b>	Pampanga Province
<b>ELEVATION :</b>	1030 meters above sea level
<b>LEVEL :</b>	Minor Climb, Level II, Moderate
<b>JUMP OFF POINTS :</b>	Arayat, Pampanga Magalang Pampanga
<b>AVERAGE DAYS REQUIRED :</b>	2 Days (including travel time from Manila)
<b>MINIMUM DAYS REQUIRED :</b>	1 Day (including travel time from Manila)
<b>IT CREATED BY :</b>	Long Henson
<b>DISTINCT CHARACTERISTICS :</b>	Scenic Views of Central Luzon
<b>LAST EDITED :</b>	February 29, 2000

### INFORMATION

One of the legendary mountains of Luzon and is the abode of Mariang Sinukuan, the fabled sister of Mariang Makiling. Mt. Arayat is another In-active volcano. Viewed from the North Express Way, Arayat seems to be a solitary mountain standing in a vast field of the Central Luzon area. Needless to say, from the summit you will get a splendid view of the Central Luzon provinces.

Mt. Arayat has two peaks called Peak One and Peak Two. Both peaks have different trails. The most frequented is the Peak One via Arayat Resort. Both peaks have no interconnecting trails.

Arayat is also considered a sacred or mystical mountain. It hosts a "*bakas*", a 107 inches long right foot, 36 inches wide under the toes with a dog's paw print dented near the heel. But unlike the lowland foot prints (Norzagaray, Montalban and Banahaw), the Arayat "*bakas*" is not placed along a waterway similar to that of Sembrano. It rests atop what is called an *Arkong Bato*, a basalt rock formation resembling Noah's Ark. With it's oceanographic allusions set to the text prophecies, the ongoing desecration of Mt. Arayat, forebodes something short of a deluge. A recent series of events feature in the daily newspapers, has led to a people's initiative to protect the mountain from a proposed antennae atop the mountain. But the last thing I have heard, the antennae triumphed against the mountain.

### LEGENDS

When viewed from the top, you will see the silhouette of Mariang Sinukuan in a resting position. Old folks say that up in the mountain, is a place where many fruits can be found. You can eat as many fruits as you want but never bring one with you or you will never get

home. They even claim that when the air around the place becomes fragrant Mariang Sinukuan is visiting them. It was not for nothing that she was called Sinukuan, the one who has conquered. The giant King Montalban named "*Kurang-Kurang*" fell in love with her. But in exchange for her love she demanded that King Montalban should construct a stone bridge linking Montalban and Arayat. The giant failed, and since then, Sinukan earned her gusty reputation. Even the great Katipunan leader, Andres Bonifacio took the Masonic name of Sinukuan.

### **WHEN AND HOW TO GO**

There are two peak destinations with two different trails in Mt. Arayat; they are the Arayat Peak One and Arayat Peak Two.

The Arayat Peak One is the usual trail being used by mountaineers. To get there ride a bus along EDSA Caloocan (i.e. Sierra Madre or Arayat Bus Company) bound for Arayat Pampanga. An alternative is to ride a bus to San Fernando, Pampanga and from San Fernando, take a jeepney ride to Arayat. A courtesy call at the municipal hall is desired but not necessary. The trailhead is located at the road beside the Arayat National Park Resort which you can reach via tricycle from the town proper. A wide dirt road is the same trail you will initially take. Be careful for the trek to the summit branches off at one point along the road into a non-obvious foot trail. A large tamarind tree is one marker. At the summit a wide camping area is available. A spectacular viewpoint of Central Luzon is located at one end of the campsite. Another trail at the opposite end goes to another viewpoint facing Peak Two. Yet another trail is can be seen from the summit which lead you to another place in the mountain but we have not yet thoroughly explored it. It may be another trail to go down a different trailhead or to Peak Two instead.

Peak two can be accessed from a college campus (?) located at the foot of the mountain via the Magalang Pampanga side.

### **POINTS OF INTEREST**

After a tiring hike from Arayat, you can pass by the Arayat National Park Resort for a cool and refreshing bath. Nothing much can be seen along the way except via San Fernando where the Paskuhan Village is located.

### **SUGGESTED ITINERARY**

#### **DAY 1**

- 06:00 - Assembly at Arayat Bus Station at Caloocan City (Monumento Vicinity)
- 06:30 - ETD Manila to Arayat Pampanga
- 09:00 - ETA Arayat Pampanga (Pass by Arayat Municipal Hall for Registration)
- 09:15 - Take Tricycle to Brgy Ayala, Magalang Pampanga (Arayat National Park Resort)
- 09:45 - Start Trek
- 13:00 - ETA Summit, Late Lunch
- 18:00 - Dinner
- 21:00 - Light's Out

## DAY 2

- 08:00 - Wake-up Call, Breakfast
- 12:00 - Lunch Break, Break Camp
- 13:00 - Start Trek
- 15:00 - Prepare Trip Back to Manila
- 18:30 - ETA Manila

### ◆ SPECIAL CONSIDERATIONS IN CLIMBING

Permits are not necessary but a courtesy call at the Arayat municipal hall police detachment is advised. From the Arayat National Park Resort, you will be passing by a military detachment. No water sources are available so load all necessary water requirements before you start trekking. The place is mosquito infested so prepare necessary repellent. It's also hot during the summer months and flies are also found even up to the summit.



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Long Henson has published a book on itineraries entitled: [101 hiking and climbing destinations](#) which you can buy on local bookstores.