



DESTINATION: MT ASOG (a.k.a. MT. IRIGA)

LOCATION :	Camarines Sur Province
ELEVATION :	1470 meters above sea level
LEVEL :	Minor Climb, Level II, Moderate
JUMP OFF POINTS :	Buhi & San Roque, Camarines Sur
AVERAGE DAYS REQUIRED :	3 Days (including travel time from Naga)
MINIMUM DAYS REQUIRED :	2 Days (including travel time from Naga)
IT CREATED BY :	Long Henson
DISTINCT CHARACTERISTICS :	Buhi Lake, Picturesque Views of Mayon, Isarog and Malinao
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◆ INFORMATION

Mt. Iriga or also known as Mt. Asog, a 1,470 meters high volcano is one of the major mountains in the Bicol Region. Lying near the City of Iriga in Camarines Sur, this inactive volcano offers a breath-taking view of the southern mountains including Mt Isarog on the northern side of the mountain, Mt. Mayon , Mt. Malinao and Mt. Masaraga on the southern side. And if the weather is clear, you can also see Catanduanes and the Lagonoy Gulf farther south. The well renowned Buhi Lake is also located at the foot of this mountain. Buhi Lake is home to the indigenous "Sinarapan" or "Tabios" the world's smallest commercial fish. But because of the introduction of other varieties of fishes particularly the Tilapia, the Sinarapan currently faces treats of extinction.



ASOG VIEWED FROM LAKE BUHI

This in-active volcano, in ancient times was known as Mt. Asog after an Agta chieftain that ruled the region. The local people also call this volcano Mt. Sumagang which means "Mountain of the Rising Sun." On the Buhi side, Mt. Iriga appears scarred because of a cavernous gully, which is actually a collapsed crater left after a violent eruption in 1641.

The trek to the mountain is not that strenuous and can be made in one day.

◆ WHEN AND HOW TO GO

Asog can also be climbed any time of the year. Buhi is 600 kilometers from Manila, 52 kilometers from Naga City and 75 kilometers from Legaspi City. You can take a bus from Manila or transfer to jeepneys bound for Buhi from either Legaspi or Naga City. From the town of Buhi, go to a resort named Maguindara Resort (Barangay Our Lady of Perpetual Help) that serves as a jump-off point. Trails are easy to follow but you can still look for guides at the jump-off point. For an alternative descent route, ask your guide to bring you down to San Roque on the other side of the mountain. This side has an Aeta settlement known as Haceda Mamoco where you can get your ride to Iriga. Mountaineers call the base camp as "Best Friend Johnny."

◆ POINTS OF INTEREST

From Mt. Iriga, you can also pass by Itbog Falls (Twin Falls) and Bye Bye Falls. You can also hike other mountains like Isarog, and Mt Malinao but the other one, Mt. Masarag is considered 'rebel infested.'

◆ SUGGESTED ITINERARY

(This itinerary consist of a three day multi-ascent to Mt. Asog from Legaspi City)

DAY 1

- 06:00 - ETD Legaspi City to Iriga City
- 08:00 - ETA Iriga City, ETD Buhi Camarines Sur
- 09:00 - ETA Buhi, ETD to Cabatuan
- 11:00 - ETA Cabatuan, Lunch
- 12:00 - Start trek from Cabatuan to Esplana's Plantation
- 15:30 - ETA Esplana's Plantation then continue to Dead Crater
- 16:30 - ETA Dead crater
- 17:30 - Leave Dead Crater and back to Esplana's Plantation
- 18:00 - ETA Esplana's Plantation, dinner

DAY 2

- 06:00 - Wake-up Call/ Breakfast
- 07:00 - Start trek to summit
- 12:00 - ETA summit, lunch
- 13:00 - Start decent to San Roque
- 16:30 - Pitch tent along trail
- 18:00 - Dinner

DAY 3

- 06:00 - Breakfast
- 07:00 - Continue trek to San Roque
- 11:00 - ETA San Roque, Lunch
- 12:00 - ETD to San Jose then take transportation to Iriga City
- 14:00 - ETA Iriga City, ETD to Legaspi City
- 17:00 - ETA Legaspi City

SPECIAL CONSIDERATIONS IN CLIMBING

There are no necessary permits in climbing Asog as well as courtesy registrations. Water sources are not available along the trail so bring enough water. Guides can be secured at jump-off point. The native Aetas can serve as guides. The trails are exposed so bring proper heat protection to avoid sunburns and heat exhaustion.

Waiver : Although the author has tried to make the information in this itinerary as accurate as possible; time changes policies, inflation/cost and even the physical condition of places mentioned here thereby we accept no responsibility for any loss, injury or inconvenience sustained by any person who used this itinerary. You may contact the resources listed in the contacts section of this itinerary or via the directories section of this website to make your trip as more accurate.

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