



DESTINATION: MT ISAROG

LOCATION :	Camarines Sur Province
ELEVATION :	1966 meters above sea level
LEVEL :	Major Climb, Level III, Strenuous
JUMP OFF POINTS :	Naga & Goa, Camarines Sur
AVERAGE DAYS REQUIRED :	5 Days (including travel time from Manila)
MINIMUM DAYS REQUIRED :	4 Days (including travel time from Manila)
IT CREATED BY :	Long Henson
DISTINCT CHARACTERISTICS :	Rainforest; Second Highest in Bicol after Mayon; Scenic Views of Bicol and its Mountains Including Mayon Volcano
LAST EDITED :	March 1, 2000

◆ INFORMATION

Mt. Isarog is located 300 kilometers southeast of Manila near Naga City in the Camarines Sur province. Rising 1,966 meters above the Lagonoy Gulf, Mt. Isarog is a national park encompassing 10,100 hectares. Isarog is covered with green luscious forest. It has a number of trails, the most famous of which is the trail via Panicuason, in Naga which requires 3 days to scale the mountain. Another longer route entailing 4 days can be done via Goa Camarines Sur.



Isarog viewed from Basecamp

The view from the summit is spectacular. From the western side, you can see Pili and Naga Camarines Sur with the green fields and the other Bicol Mountains as its backdrop, including the majestic Mt. Mayon. The Rangas River on the other hand can be seen from the eastern side of the mountain. Mt. Isarog is an in-active volcano. Its last recorded eruption was on 1641.

It has one of the area's largest concentrations of virgin rainforest with a wide variety of plants and animals. Like Mt. Banahaw, the mountain is also called "*Vulcan de Agua*" or more precisely, "the water mountain" since it has numerous springs and streams flowing from its slopes.

◆ WHEN AND HOW TO GO

It is advisable to hike Isarog during the summer months since the trails are muddy during the rainy season. Naga can be reached via a 10-hour bus ride or 1 hour plane ride from Manila. It is advisable to travel during the night so that you can get ample rest. Naga is the capital of Camarines Sur and is a two-hour ride from Legazpi City.

PANICUASON TRAIL

From Naga, a 30-minute jeepney ride to Barangay Panicuason will take you to the jump-off point. This side of the mountain has steeper trails. There are six places designated as campsites called Camp 1 to Camp 6. Camp 1, an hour hike from Panicuason, has water sources available 50 meters from the said campsite. There are waterfalls along the trail before reaching Camp 6, which is usually designated as the last campsite before the final summit assault. Camp 6 is also called Haribon Station since Haribon Foundation maintains it as one of its research station. Overall, the first day is an eight-hour trek to Camp 6. The next day, the summit assault will require 3 hours from base camp and vice versa. Then you can continue on with the trek to Camp 6 or straight to the jump-off point at Panicuason or another trail that goes to a village called Ocampo to finish off the expedition.

GOA TRAIL

Still farther from Naga City, the Goa Trail can be reached via Goa Camarines Sur passing by the town of Pili. The trail starts from Hiwakloy and from Hiwakloy, the trek finished off at Camp 1 (different from the camps of Panicuason trail). The next day is a trek towards Camp 2. The third trail will take you to the summit and straight back to Camp 1 then to the jump-off point, Hiwakloy.

◆ POINTS OF INTEREST

Climbing Isarog is usually done as apart of a series of climbs within the Bicol Region to save time and resources while you are already in that area. The usual inclusion is another trek to the neighboring Mt. Iriga, also called Mt. Asog, or other nature adventures such as hikes along Itbog Falls and the Buhi Lake. Buhi Lake is home to one of the treasures of the Philippines, the smallest fish in the world, the *Sinarapan*. Still farther, you can also climb Mayon in Legaspi or Bulusan in Sorsogon.

◆ SUGGESTED ITINERARY (Form Naga City)

DAY 1

07:00 - ETD From Naga City to Panicuason

07:30 - ETA Panicuason

08:00 - Start Trek

12:00 - Lunch Along Trail
17:00 - ETA Camp 6 (Base Camp), Prepare Dinner, Set Camp
18:00 - Dinner, Socials
20:00 - Light's Out

DAY 2

06:30 - Wake-up Call/ Breakfast
07:00 - Start Summit Assault
09:00 - ETA Summit
10:00 - ETD for Base Camp
11:00 - Base Camp, Early Lunch, Break Camp
12:00 - Resume Descent
17:00 - ETA Jump-off Point, ETD for Naga City
17:30 - ETA Naga City

SPECIAL CONSIDERATIONS IN CLIMBING

Water sources are available along the trail particularly from the waterfalls or streams but it is advised to treat the water for your own safety. For information and other assistance needed in climbing Isarog, you can visit the local office of DENR-PAMB or the Naga based mountaineering store, Oragon Sunrise Outdoor Shop formerly known as Kadlagan Outdoor Shop.

UPDATES:

1. Just read your article on Mt. Isarog, and I should say I'd like to extend my gratitude for featuring one of our protected areas (per Republic Act 7586, NIPAS Act). However, may I inform you that there is a permit needed before climbing Mt. Isarog. This may be obtained at the Mt. Isarog Protected Area Office located at the Panicuason entrance gate (existing gate was renovated) or at the Mt. Isarog Protected Area Extension Office, DENR-PENRO, Panganiban Drive, Naga City. For more information you may call (054)472-8018 (Naga) or the National Integrated Protected Areas Programme (NIPAP) at (02) 929-5594;929-2034;926-9163. I hope you could find time to update said article. Thank you and more power ! Sincerely yours, Charm Nolasco

2. Mt. Isarog Homepage at : <http://come.to/isarog>

Waiver : Although the author have 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.

We appreciate comments and/or corrections for the updating of this itinerary to make it as accurate as possible. We would also welcome your submissions or contributions of other itineraries not listed in this website for other people to learn and enjoy. Credits will be given to the contributor. Contact e-mail : long2@rocketmail.com

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