

ITINERARY & NOTES

Dulang-dulang - Kitanglad Traverse (D2K)

March 14 – 19, 2014

Itinerary	Meal Plan	Budget	Notes
<p>Guide: Peter John Muring JohnMurs</p> <p>Porter guide: 2 from the local tribe</p> <p>Climbers:</p> <p>Karen Rae Arnoco – Mandaue City, Cebu</p> <p>Cielo Alcuino – Cebu City</p> <p>Bernabe Sobrevilla – Cebu City</p> <p>Benjie Sabelino – Ormoc City, Leyte</p> <p>Benjie Wong – Cebu City</p> <p>Carlo Cesar San Pablo – Lapu-lapu City</p> <p>Emily Marie Antipala – Cebu City</p> <p>Marc Rouen Meguillo– Cagayan de Oro City</p> <p>Michael Calo – Bayugan City, Agusan del Sur</p>	<p>Rice – 10 kilos Distribute load!</p> <p>Half kilo per 4 persons</p> <p>(8) meals total for the whole climb</p> <p>Load distribution will be at the airport</p> <p>Rice, Canned goods, veggies and spices, oil, buy upon arrival at SaveMore just accross CDO terminal.</p> <p>Distribute rice load</p>	<p>Meal Food – Include Guide and Porter</p> <p>Grocery - Total P2011.95 divided by 9 = P223.55</p> <p>Trail Foods – Buy your Own pls. Personal expense/individual. (ex. Nuts/Raisins/Dried Pineapple/Gardenia)</p> <p>Guide: 2500/4 days</p> <p>Guide Fee P500.00/day or P2500 for whole climb divided by total climbers</p> <p>Porter Fee P500.00 or P2000 for whole climb divided by total climbers = P223 each if one porter</p> <p>P445 each if two porters</p> <p>P250/pax –Traverse Permit (P2250 to be reimbursed by group)</p> <p>P100 Inokal Tribe Ritual Fee / total climbers = P112.00 (paid from Emz funds. to be reimburse by group)</p>	<p>Tent Sharing</p> <p>Bag for Porters c/o JohnMurs</p> <p>(4) cooksets and burners</p> <p>First Aid Kit</p> <p>Remind for Rope for the climb</p>
Day 1 March 14, Friday			
1030 ETA f or Emily/Benjie at MIA with flight at 1130	Buy lunch		
1130 Assembly MIA for the Rest with flight at 1230			
1130 ETD CebuPac		Airfare - Varied	
1230 ETA Laguindingan International Airport			Buy at CDO--Butane,Rice, Other Foods.
0230 ETA CDO	Buy Packed Dinner at Bus Terminal = Individual Expense	P200/pax for Van.	<p>Their van would range from P1,500 pesos to P1,800.</p> <p>http://tsadagyud.com/2013/06/20/updated-cdo-commuters-guide-for-laguindingan-airport/</p>

0600 ETA Malaybalay		Whole van rent =P3,500 cdo-jump off	
0630 Take a jeep to Lantapan. Dinner	Eat Packed Dinner	P65-personal for packed dinner	Barangay Songco Weather: Hi 30 Lo 19 degrees C A t-storm in spots in the morning followed by occasional rain and a thunderstorm in the afternoon Sunrise: 5:47am Sunset: 5:51pm
0830 ETA Lantapan,			http://www.accuweather.com/en/p/h/lantapan/262398/daily-weather-forecast/262398?day=6
0930 Prepare next day climb then Sleep			
Itinerary	Meal Plan	Budget	Notes
Day 2 March 15, Saturday			
0500 Wake-up Call, Prepare Breakfast and Packed Lunch and Self	Prepare Breakfast and Packed Lunch and Self		Weather: Sunrise: 5:47am Sunset: 5:51pm 28 high 16 low degrees temperature
0700 Courtesy Call With Datu Attend Ritual Sacrifice by the Talaandig Tribefolks			Day: Periods of rain and a thunderstorm Night: Mostly cloudy with a passing shower
0800 Start Trek			Talaindig tribe datu needs:
1100 ETA (River) Take a rest, Prepare for Lunch	Eat Packed Lunch		1 Chicken per 5 persons of the group, 2-meter white cloth and 2 eggs for the ritual sacrifice. c/o Johnmurs to be reimbursed
1230 Resume trek			
0400 ETA Manny's Garden,take picture			
0500 ETA Mt. Dulang-dulang Summit, Set up Camp			
0630 Prepare Dinner			
0900 Lights Off			

Day 3 March 16, Sunday			
0500 Wake-up Call, Watch Sunrise			Weather : Sunrise: 5:46am Sunset: 5:51pm Hi 60 Lo 16
0600 Prepare for Breakfast and PackedLunch			Day: Intervals of clouds and sunshine with a couple of showers, mainly early in the day
0630 Break camp			Night: A shower in the area in the evening; otherwise, partly cloudy
0700 Start Of Traverse, Brace for very steep Descent			
1200 Lunch on Trail	Eat Packed Lunch		
0100 Resume Trek			
0300 Start of (HALIK NI HUDAS TRAIL)			Ropes needed
0500 ETA Mt. Kitanglad Summit Set up camp (bunkhouse)		P50/head bunkhouse rate	
0600 dinner, socials			
0900 Lights Off			
Itinerary	Meal Plan	Budget	Notes
Day 4 March 17, Monday			
0500 Wake-up Call, watch Sunrise			Weather: Hi 31 Lo 17 Sunrise: 5:48am Sunset: 5:51pm
0600 Prepare for breakfast and packed lunch			Day: Sunshine and some clouds with a shower in the area
0700 Start to descent Via intavas trail			Night: Rather cloudy; a shower in spots in the evening followed by a little rain late
1200 lunch on trail			
0300 ETA sitio intavas (end piont)			
0400 Take a jeep to Malaybalay			
0430 ETD Malaybalay			
0700 ETA CDO		Transpo Jeep Malaybalay CDO P200	
0730 Dinner			

0800 Ems to CDO Pier Super Ferry for Cebu. Puntod Wharf		Departs from Puntod Wharf on Monday at 10:45 P.M. arrives at 07:00 A.M Cebu International Port Called in Trunkline accdg to rep: ferry departs 12:30am arrives around 7-8am	http://philippinestravelpackages.com/cagayan-de-oro-city-to-cebu-city-superferry-2go-ship-regular-schedules-price-packages-2013/ Center Trunkline : (+63 2) 5287000 http://www.ilink.ph/view.php?promo_page=1&id=966#cagayan
0800 Check-in Hostel (6 stayed for the sidetrip)		P800/5 person max X 2 rooms x 2 days / total climbers ~P460/pax for 2 nights	Three Sister's Dorm and Transient https://www.facebook.com/pages/Three-Sisters-Dorm-and-Transient/304268236260425
1000 Lights Off			
Itinerary	Meal Plan	Budget	Notes
Day 5 March 18, Tuesday			
0530 Wake Up. Prepare for Rafting 0600 Breakfast 0700 Pick up 0830 Start Rafting 1145 Lunch	At Jollibee Buy Packed Lunch	P75 –Personal (breakfast) P180 /Pax ***optional if get it from Kagay's services/buy from Jollibee Raftng Only. Advance Course: P1000.00 **optional. Photos: P450/CD for Advance Course =group expense =P65/pax	Kagay White Water Rafting http://www.kagaycagayandeororafing.com/contact-us.html https://www.facebook.com/kagay.whitewaterrafting?fref=ts
1pm Dahilayan			
Day 6 March 19, Wednesday			
0900 Buy Pasalubong		Personal budget	
11:00 ETD CDO	Buy Lunch or take lunch at airport	P200-P250 for Van/Taxi at Centrio. P150 for Van at Dunkin Donuts with free coffee/juice	Weather Day: Mostly cloudy with spotty showers Night: An evening shower; otherwise, cloudy
1230 ETA Airport.			
0300 ETA MIA			Home Sweet Home

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Day 1 March 14, Friday	Day 3 March 16, Sunday	Day 5 March 18, Tuesday
10:30 ETA for Emily/Benjie at MIA with flight at 1130	0500 Wake-up Call, Watch Sunrise	0600 Breakfast
11:30 Assembly MIA for the Rest with flight at 1230	0600 Prepare for Breakfast and Pack Lunch	0730 Pick up
1230 ETA CebuPac Laguindingan International Airport	0630 Break camp	0900 Start Rafting
0230 ETA CDO	0700 Start Of Traverse, Brace For very steep Descent	1100 Lunch
0600 ETA Malaybalay	1200 Lunch on Trail	1pm Free Time. Chill2
0630 Take a jeep to Lantapan. Dinner	0100 Resume Trek	Day 6 March 19, Wednesday
0830 ETA Lantapan,	0300 Start of (HALIK NI HUDAS TRAIL)	0900 Buy Pasalubong
0930 Prepare next day climb then Sleep	0500 ETA Mt. Kitanglad Summit Set up camp (bunkhouse)	10:30 ETD CDO
1030 Lights Off	0600 dinner,socials	1230 ETA Airport.
Day 2 March 15, Saturday	0900 Lights Off	0250 ETA MIA
0500 Wake-up Call, Prepare Breakfast and Pack Lunch and Self	Day 4 March 17, Monday	0400 Unpack Bag
0700 Courtesy Call With Datu Attend Ritual Sacrifice by the Talaandig Tribefolks .	0500 Wake-up Call, watch Sunrise	0500 Upload Photos :))
0800 Start Trek	0600 Prepare for breakfast and pack lunch	
1100 ETA (River) Take a rest, Prepare for Lunch	0700 Start to descent Via intavas trail	
1230 Resume trek	1200 lunch on trail	
0400 ETA Manny's Garden, take pictures	0300 ETA sitio intavas (end piont)	
0500 ETA Mt. Dulang-dulang Summit, Set up Camp	0400 Take a jeep to Malaybalay	
0630 Prepare Dinner	0430 ETD Malaybalay	
0900 Lights Off	0700 ETA CDO	
	0730 Dinner	
	0800 Ems to CDO Pier Super Ferry. Puntod Wharf	
	0800 Check-in Hostel	