

Apa Campsite at Mt. Kalawitan

Sabangan, Mountain Province

Philippines

2714 m



Camping
Mountaineering, Birdwatching
... experience the Mossy Forests

RULES FOR TOURISTS

Visitors are enjoined to explore Apa and Mt. Kalawitan in ways that are tuned to the culture at this place. The forests and grazing land around Mt. Kalawitan is a unique ecosystem. It is the habitat of many endemic and endangered species. The sustainable use of timber and other forest products is a traditional practice in Sabangan and provides livelihood for many people. The rivers and creeks in Apa and Mt. Kalawitan are the source of fresh and clear drinking water and water for irrigation for Sabangan all year round. Sabangan is proud to present itself Clean and Green. This is a result of constant efforts of the LGU, the Barangays, the schools and all residences.

1. Tourists are advised to hire a trained local guide for hiking to Apa Campsite, Mount Kalawitan or the Nambayo Falls and register themselves at the Tourism Officer in the Municipal Hall, at the Police officer of the day, the secretary of the Barangay Captains or at the authorized staff of the Panorama Viewpoint.
2. Tourists should inform the guides in advance if they bring their own pack lunch or if the guides should prepare for them.
3. Adhere to the Anti-Moma spitting ordinance of the Municipality
4. While in Sabangan, you are in indigenous ancestral territory, greet locals respectfully and give them right of way on the trails. In respect to the indigenous believes on the mystical mountain and streams, littering and vulgar behavior are discouraged in this place. There is a ban on fish products up in the mountain. Camping up in the mossy forests of Mt. Kalawitan is also not allowed.
5. Do not bring any firearms, explosives and prohibited drugs into the tourist sites - instead bring a smile to the faces of the people you meet.
6. Please strictly avoid vandalism and destruction of infrastructure.
7. Walk in single file on narrow trail, minimize the spread of impact by staying on the established trails.
8. Leave what you find. For your on safety, do not eat any unknown plants. The removal of plant samples and animals is a form of bio piracy and is prosecutable under Philippine laws. It takes nature many years to regenerate what humans can destroy in minutes or seconds. Take care not to introduce species that could alter the balance of the Sabangan ecosystem.
9. To prevent wild fires, camp fires and smoking are prohibited in the dry forests and grazing areas.
10. To avoid contamination of the clean, potable spring water, do all washing away from water sources and try to reduce the use of soap. Do not dispose any food or waste near the water. Bonfires close to bodies of water can cause pollution and contamination and are therefore prohibited.
11. To ensure that future visitor and generations of Sabangan residences enjoy what you experienced during your time here, leave as little impact as possible. Take all personal and group garbage with you.
12. Use the comfort rooms (CR/Toilets) along the way for all human waste and toilet paper.
13. Souvenir street vendors are discouraged. Good quality local souvenirs are available at the shops.

By registering yourself as a tourist, you automatically agree to this rules. Only experienced hikers can be accepted. Please comply to the rules and follow the instructions of the guides. These rules have been formulated by the Sabangan Mountain Guides and were adopted by the Municipal Tourism Council of Sabangan on November 22, 2010.

(Last update: March 2011)



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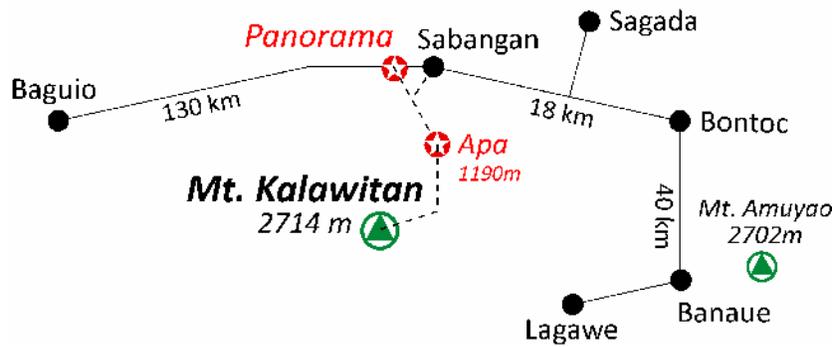
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Travel recommendations

Meeting point with the Sabangan Mountain Guides is the Coffee-Shop at the Panorama Viewpoint. It is along the HELSEMA highway above Sabangan, Mt. Province

16° 59.65' N, 120° 49.97' E

After arrival by CABLE-Tours in Bontoc, ask for a Bus going to Baguio, either GL Trans or Rising Sun. It is a 30 minutes ride from Bontoc. In case you are coming from Baguio, take the GL-Trans or Rising-Sun bus with destination Bontoc or Sagada. Tell the conductor to drop you at the "Panorama Viewpoint in Sabangan".



KAFILIG coffee shop
 and tourist info point



PANORAMA VIEWPOINT
SABANGAN, MT. PROVINCE