



## MOUNT RINJANI VOLCANO TREKS

4D 3N Crater Rim, Lake and Summit from Sembalun village



This trek is suitable for beginner to experienced trekkers with good fitness.

### SCHEDULE

**Arrival day:** Guests are picked up at their preferred location on Lombok and transferred to the hotel in Senaru where they will stay overnight. That evening, your Trek Coordinator will visit to discuss the coming day's events and planned schedule, which allows guests to know what is required.

**Day 1:** Wake up at 6:00am and take breakfast. After breakfast, we drive you 1 hour to Sembalun Village where the actual trekking begins.

Trekking commences from Sembalun Village at around 8.00am, and starts with a gentle climb through open fields of low grass with wonderful views of the surrounding mountains and of course Mount Rinjani ahead.

After 2 hours of easy walking, the steepness gradually increases and the terrain becomes more undulating, small trees begin to appear on the landscape and evidence of past lava flows from the volcano appear in small creek beds. We stop for a short rest, then continue on to the next rest point for approximately 40 minutes.

Around mid-day, we stop for a rest and to take lunch which the porters have prepared in advance. Resting alongside an ancient lava flow site, we are at the actual foot of Mount Rinjani, and the climbing is about to begin in earnest. The steep slope requires stepping around boulders thrown out by past eruptions and as we climb further, the path becomes

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even steeper. You are welcome to stop at any time and take a rest, enjoying the clouds swirling around you as you climb through the cloud line.

Climbing for a further 3 hours (this is a prolonged steep climb) brings you to the rim of the volcano... the views are spectacular! Well above the clouds and trees, it feels as if you can see forever. We camp here for the night.

**Day 2:** At 2.00am after a much needed sleep, your guide will wake you in preparation for the final climb to the summit of Mount Rinjani. This early start means you can be at the summit of the volcano at sunrise!

A hot drink and light breakfast, we commence the climb with an easy walk, following a steep ridge along the Crater Rim and then on to a slightly steeper winding path which takes us to the beginning of the prolonged and long volcanic scree and ash section of the climb. The summit is within sight! This is the most difficult section of the climb. You are now only about 400 metres from the summit!

At around 6.00am, with the growing light of sunrise appearing on the horizon, we are at the summit, waiting for the first rays of morning sunshine to strike your skin. It is cold, but your heart is racing as the day dawns and the world appears below you. Clouds in the distance and below you swirl around the volcano.

We spend quite some time at the summit, waiting for the sunlight to shine into the actual crater of the volcano for photographs. In the distance you can see the islands of Bali, and Sumbawa Island to the east.

When you are ready, we commence the easy walk down to Crater Lake... it is all down-hill, pleasant change after the climb to the summit!

Once at the lake, you can take a swim, or bathe in the warmth of the Hot Springs to take away the aches of your muscles from the hard climb earlier... the springs are reputed to have natural healing powers.

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While you swim, your porters will prepare lunch which we will consume at the edge of the lake at our camp site.

We camp for the night on the edge of the lake, enjoying the unusual sensation of actually camping inside a volcano!

**Day 3:** After a relaxing morning spent investigating the Crater Lake area, including the natural caves found there, we will take lunch at the edge of the lake before packing the camp, and commencing the climb to Senaru Crater Rim where the porters will re-establish the camp.

The climb is quite steep and covers some quite rocky ground, but it is not as hard as the ascent to the summit of Rinjani which you have already conquered.

The sunset views from this vantage point are absolutely spectacular, with the sun setting behind the huge form of Mount Agung volcano located some 60km away on the island of Bali. This is not to be missed. The panorama from the Crater Rim at this location is a photographers dream!

**Day 4:** After a beautiful sunrise and breakfast, we break camp and begin the easy downhill trek to Senaru Village, some 5 hours away. As we descent, the grey rocky landscape changes to a lush green heavy tropical rainforest canopy which complete shades you from the sun. As we descend, the temperature rises along with the humidity, until we arrive at the village of Senaru where our trek ends.

If you should wish to provide a small tip to the porters or mountain guide for their service, they will be very appreciative (this is certainly not compulsory)

Your private transfer vehicle will then load your luggage and all possessions and transfer you to your chosen destination on Lombok.

*Hint: If your next destination is the Gili Islands, we are happy to make all necessary arrangements for a private speedboat to take you there. Simply notify us when making your trek reservation. The cost of this boat transfer is not included in the cost of your trek.*

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### Trek package includes...

1. Licensed and Experienced:
  - Mountain Guide
  - Local Porters to transport all camping equipment
2. One night's accommodation before the trek at Senaru Village
3. All camping equipment:
  - Accommodation tent
  - Sleeping bags
  - Bed Mattress
  - Cooking equipment
  - Toilet tent
  - Pillow
4. All meals ( 3 meals per day)
5. National Park Gunung Rinjani entrance fee ( IDR 150.000 per person ).
6. Transport pick up from Airport, Mataram, Senggigi and Bangsal Harbour to Senaru or Sembalun and return at end of your trek

### Optional Inclusions..

#### *Additional Porter...*

If you would prefer not to carry a backpack of your personal gear, we can arrange an additional porter at the cost of US\$35.00 per day for a maximum of 10kg per pack. You must supply the pack in a form ready to be carried by the porter.

#### *Premium Service...*

We also offer a premium service which includes such luxuries as tables and chairs, local beer, upgraded food options to suit your tastes and dietary requirements, or any other luxury you would like. Please enquire with us for this additional service.

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### What you should bring with you...

- Day pack
- Torch or head lamp
- Trekking shoes
- Toiletries
- Insect repellent
- Sun block/lotion, hat/cap, sun glasses
- Spray for muscle/balm
- Camera, Handy cam (Manual or Digital)
- Small towel
- 2/3 pieces of T-Shirts
- Long trek pants/wind proof
- Wind-proof Jacket
- 2 pieces of shorts
- Trekking stick (optional)
- Sandals (optional)
- Swim suit (optional)
- Binocular (optional)
- Extra trail snack (we supply fruits, biscuits)
- Plastic garbage bag for rubbish

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