



MOUNT RINJANI VOLCANO TREKS

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



This trek is suitable for beginner trekkers with reasonable 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.

Day1: Wake up at 6:30 am and take a light breakfast. After that, we'll walk for 10 minutes to the Rinjani Trek Centre Senaru to register our trek.

Trekking Rinjani starts from the Rinjani Trek Centre at Senaru around 08:00, starting with a walk through dense tropical forest rich in flora, bird life and variety of butterflies, monkeys and a wide variety of other native species.

We stop for a rest at Post 2 'Montong Satas' shelter (1,500 metres above sea level) for a cup of tea with some biscuits, before continuing the climb for a further 2 hours Post 3 'Mondokan Lolak' (2,000 m) for a break and lunch. From here, the views across the lower regions of Mount Rinjani are beautiful as you view down into Sembalun Valley to the east... Rinjani looms large ahead of you.

When we have rested and eaten lunch, which has been prepared for you by your porters, we continue walking up the steeper slope for 2 hours to Senaru Crater Rim (2641m). Senaru crater offers the most spectacular views. We will enjoy an incredible sunset over Mount Agung volcano on the island of Bali and the smoke from the new volcano on the edge of the lake in the Mount Rinjani caldera. We camp here for the night.

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Day2: After breakfast we will continue the trip down to the lake and hot water springs. The trek down to the lake is quite steep and somewhat slippery, and it takes 2.5 hours before we stop on the actual lake shore where the blue waters of the lake are very inviting. Your porters will establish camp here and begin preparing your lunch which you eat on the water's edge.

Here we can enjoy the view of the lake, perhaps take a swim or bath in the hot waters of the hot spring, which soothe away the aches in your muscles.

Spend the afternoon exploring the area, and just before sunset, enjoy the unique sensation of camping inside a volcano. Dinner is eaten on the shore of the lake.

Day3: We'll leave the lake after lunch and climb up to the Sembalun crater rim (2639m) for 2.5 hours, where we will camp the night right on the very edge of the crater rim. We can enjoy the awesome views of sunrise and sunset. On a clear night, we will be able to see the Milky Way stars like you will never have seen them before. With no lights from towns or cities, the stars are super bright!

Day4: At 2.00am, 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.

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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 back to the camp site on the rim of the volcano. The brightly coloured tents which mark your camp are clearly visible about 1 kilometre away. The descent to the camp site takes about 2 hours.

After a light breakfast, we collect our packs and commence the descent to Sembalun Village where our vehicle waits to transfer us back to Senaru Village. The descent from Crater Rim to Sembalun Village takes about 5 hours.

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.

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

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- 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.

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

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- 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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