



MOUNT RINJANI VOLCANO TREKS

5D 4N 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 at 6:00am and take breakfast at your accommodation.

After breakfast, meet with your trek group and drive to Sembalun Village (1 hour away) where we will register our trek group at the Rinjani Information Centre.

The trekking commences from Sembalun Village around 8:00am.

We begin with a gentle ascent through open grassland, and after about 2 hours walking, we'll reach Post 1 (1300 metres above sea-level), where we will take a break. A further 40 minute walk brings us to Post 2 (1500m) where we again rest to regain our strength. From here, the slope increases and the long grasses through which we have been walking begin to thin as climb higher and higher.

We will continue walking to Post 3 (1800m) where we will have lunch which has been prepared by the porters who have travelled on ahead so that our meal may be ready shortly after we arrive.

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admin@mountrinjanivolcano.com www.mountrinjanivolcano.com
Telephone: +61 881299247 (24 hours) WhatsApp: +61 412 494 567 (24 hours)
Head Office: Jl. Parawisata Senaru - Bayan, Lombok, Indonesia



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After lunch and rest, we'll continue up to Sembalun Crater rim (2639m). It takes 3 hours including a prolonged steep climb with steep slopes and thinning trees, until we are above the cloud line where the clouds form.

We camp this night on the small flat area on the edge of the volcano caldera, which offers incredible views into the volcano, as well as to the north and the sprawling Sembalun Valley agricultural district which is spread out below us.

Day 2: We are awakened around 2:00am under the cover of darkness with hot drinks and light breakfast to commence the climb to Rinjani Summit, leaving the camp site at 3.00am so we can arrive at the summit for sunrise.

We begin with a moderate climb, followed by a fairly easy but longer walk. The final approach to the summit involves a steep climb over loose volcanic scree which is where your stamina is put to the test. At 6:00am, we'll reach the summit and we can celebrate our accomplishment with a beautiful sunrise, and panoramic view of Lombok island in all directions, with Bali island to the west, and Sumbawa island to the east. Below us lies Crater Lake (known locally as Segara Anak Lake).

After watching the long shadow of the volcano spread to the west as the sun rises, we'll descend back down to Sembalun Crater Rim in 2 hours, and have breakfast there as the sun rises into the sky.

Your porters will pack the camp, and we will continue our journey down into the caldera to Lake and Hot Spring.

The trail down is steep and a bit slippery, as it is mostly rock, the walk taking around 2.5 hours to reach the lake edge where we will stop and establish camp. Here we can enjoy the lake view, and perhaps take a swim. The Hot Spring's waters can soothe away your aches and pains from the trek and are widely known for their natural healing powers.

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Day 3: We spend the whole day within the volcano caldera, spending time exploring the lake foreshore, swimming relaxing at the Hot Spring, or investigating the amazing caves that exist here. If you like fishing, you can even catch fish here (these were introduced by the Indonesian government many years ago and their numbers are quite prolific). Your porters will happily cook any fish you catch. *(Hint: If you would like to fish here, please do bring a hand-line and suitable hooks)*

Day 4: Spending a relaxing morning, we pack camp and prepare to depart for Senaru Crater rim, which entails a 2.5 hour steep climb to the western side of the volcano crater.

Senaru Crater Rim offers the second most spectacular view location on the volcano (after the summit). Your porters will establish your camp site on the edge of the Crater Rim and we will enjoy an incredible sunset over Mount Agung in Bali, with smoke from the new volcano forming in the bottom of the caldera by the lake slowly rising.

Day 5: Our final day on Mt. Rinjani has a relaxed pace. After breakfast on the Crater Rim with a beautiful sunrise, we will trek down to Senaru Village through tropical forest. If we are lucky, we might see rare black monkey. It takes 5 hours of trekking down and we will take rests and lunch along the way.

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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