



MOUNT RINJANI TREK – Summit Rinjani & Lake – Departing from Sembalun

Tour Duration: 4 days

Brief: Rinjani Trekking Summit 3 days 2 night package start from Sembalun to the crater rim, summit Mount Rinjani volcano and back to Sembalun village. This program is suitable for **beginner climbers** and those who would like to experience the natural beauty of Mount Rinjani

Note: All guests are required to carry down any personal rubbish at the end of the trek

Itinerary:

Arrival day:

Guests are picked up at the airport of Lombok or their accommodation on Lombok and transferred to the hotel in Senaru. Meet the trekking guide who will provide guidance so guests may better prepare for the trek.

Day1:

Wake up at 6:00 and take breakfast. After breakfast, we will drive you to the village of Sembalun (1100 m) and register at the Rinjani Information Center.

Trekking starts from the village of Sembalun around 8:00 am which start with a gentle climb through open meadows. After about 2 hours of walking, we will reach the post 1 (1300m), and another 40 minutes to Pos 2 (1500m). We will continue to Pos 3 (1800m) and have lunch there.

After lunch and a short rest, we will go to Sembalun Crater rim (2639m). It takes 3 hours including a prolonged steep climb. We will camp the night on the crater rim where you can enjoy the view of sunrise and sunset.

Day2:

We wake up around 2:00 am under the cover of darkness with a hot drink and a light breakfast and commence trekking to the summit of Rinjani at 3:00 am. This trek starts with a moderate trek, followed by a fairly easy but longer trek. Final approach involves climbing up steep volcanic scree slopes.

At 6:00.am We can reach the summit (3726 m) with a beautiful sunrise, and panoramic view of Lombok island, the island of Bali, the island of Sumbawa and Segara Anak Lake.

After a brief pause to appreciate the view, we descend into the crater rim Sembalun within 2 hours and have breakfast there. After breakfast, we continue to descend to Segara Anak Lake for 3 hours.

We stop at the side of the lake to rest. Here we can enjoy the view of the lake, and swimming in the lake. Bathing in the hot water can soothe away the aches and pains of the trek, and is widely known for its natural healing powers. Our porters will prepare lunch for us, lake side, at an altitude of 2000 m.

Day3.

After the lunch, we will leave the lake and up to Senaru crater rim (2641m), our campsite for the night.



Senaru crater rim has the most spectacular view. We will enjoy an incredible sunset over Mount Agung in Bali and the smoke from the new volcano on the edge of the lake.

Day4:

After breakfast with a beautiful sunrise, we leave Mount Rinjani descending to Senaru village through the rainforest. If we are lucky, we can see the rare black monkey. It takes 5 hours and we will take lunch along the way. Arrive at Senaru village (601 m) the end of the trek

Our vehicle will take you to your next destination.

Includes:

Licensed and Experienced:

- Mountain Guide
- Local Porter

One night's accommodation before the trek.

All camping equipment:

- Tent
- Sleeping bags
- Bed Mats
- Toilet Tent
- Pillow

Mount Rinjani National Park entrance fee

All meals (3 per day)

Transport to and from trek start location (additional charges may apply where pickup is beyond Senggigi / Mangsit areas)

Equipment for guests to bring:

- Day pack
- Torch or head lamp
- Trekking shoes / boots
- Toiletries
- Insect repellent
- Sun block/lotion, hat/cap, sun glasses
- Spray for muscle/balm
- Camera, Handy cam (Manual or Digital)
- Small towel
- 2 or 3 T-shirts
- Long trek pants/wind proof
- Windproof Jacket
- 2 pairs of shorts
- Trekking stick (optional)
- Sandals (optional)



MOUNT RINJANI TREKS

ASSOCIATED LOMBOK
ALTO
TOUR OPERATORS
member

- Swimming Suite (optional)
- Binoculars (optional)
- Extra trail snacks (we supply fruits, biscuits)
- Fishing Gear (optional)
- Plastic Garbage Bag (optional but highly recommended)

TAKE NOTHING BUT
PHOTOGRAPHS



LEAVE NOTHING BUT
FOOTPRINTS



PLEASE DONT
LITTER

