



MOUNT RINJANI TREK – Summit and Lake – Departing from Sembalun

Tour Duration: 5 days

Brief: Rinjani Trekking Summit 2 days 1 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.

Day 1:

Wake at 6:00am and take breakfast after which we drive to Sembalun Village and register at the Rinjani Information Center.

The trekking starts from Sembalun Village around 8:00am. We begin with a gentle ascent through open grassland. After about 2 hours walking, we'll reach pos 1 (1300m), and another 40 mins to pos 2 (1500m). We will continue walking to pos 3 (1800m) and have lunch there.

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

Day 2, Mount Rinjani trekking : Sembalun crater rim(2639m)-Summit(3726m)-Segara Anak Lake and hot spring (2000m)

We are awakened around 2:00am under the cover of darkness with hot drinks and light breakfast. We'll start heading to Rinjani summit at 3:00am. 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 slopes.

At 6:00am, we'll reach the summit and we can celebrate our accomplishment with the beautiful sunrise, and panoramic view of Lombok island, Bali island, Sumbawa island and Segara Anak lake.

After that, we'll descend back down to Sembalun crater rim in 2 hours and have breakfast there. We'll continue our journey down to the lake and hot spring. The trail down is steep and a bit slippery, which takes 2.5 hours to reach. We stop at the lakeside and camp for the second night. Here we can enjoy the lake view, and take a leisurely swim in the lake. The hot spring can soothe away the aches and pains from the trek and is widely known for its natural healing powers.



Day 3, Mount Rinjani trekking : Explore Segara anak lake, cave and hot spring (2008m)

All day stay at campsite Segara Anak Lake, enjoy the hot spring, explore to the cave and more relaxing with beautiful panoramas of the lake. We spend the night here.

Day 4, Mt Rinjani trekking : Segara Anak lake and hot spring (2008m) – Senaru crater rim (2641m)

We'll leave the lake after lunch and climb up to the Senaru crater rim (2641m) for 2.5 hours. Senaru crater rim has the second most spectacular view after the summit. We will enjoy the incredible sunset over Mount Agung in Bali and the smoke from the new volcano by the lake. We will camp here for the night.

Day 5, Mt Rinjani trekking : Senaru crater rim (2641m) – Senaru village (601m)

Our final day in Mt. Rinjani is a relaxing one. After breakfast with the 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 down and we will take rests and lunch along the way. 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



MOUNT RINJANI TREKS

ASSOCIATED LOMBOK
ALTO
TOUR OPERATORS
member

- Long trek pants/wind proof
- Windproof Jacket
- 2 pairs of shorts
- Trekking stick (optional)
- Sandals (optional)
- 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

