



MOUNT RINJANI TREK – Crater Rim & Lake – Departing from Senaru

Tour Duration: 5 days

Brief: Rinjani Trekking Summit 5 days 4 nights 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 up at 6:30am and get breakfast. After that, we'll drive to Rinjani Trek Center Senaru to register for the trek. Trekking starts from Rinjani Trek Center at Senaru around 8:00am, with the trek commencing with walking through thick tropical forest rich in flora, bird life and variety of butterflies. Rest stops are taken at Pos 2 Montong Satas shelter (1.500 m) for drink tea with some biscuits. After rest continue walk up for another 2 hours to Pos 3 Mondokan Lolak (2.000 m) for rest and lunch.

We'll leave Pos 3 after lunch and climb up to the senaru crater rim (2641m) taking 2 hours. Senaru Crater rim has the second most spectacular view after the summit. We will enjoy the incredible sunset over mountain Agung in Bali and smoke from the new volcano by the lake. We will camp here for the night.

Day 2

After breakfast, 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 swim in the lake. The hot spring can soothe away your aches and pains from the trek and are widely known for their natural healing powers.

Day 3

We leave the lake after lunch and climb up to the Sembalun crater rim(2639m) for 2.5 hours where we will camp the night at the crater rim. We can enjoy the awesome views of sunrise and sunset.

Day 4

We are awakened around 2:00am under the cover of darkness with hot drinks and a 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 a short break, we descend back down to Sembalun crater rim in 2 hours and have breakfast there. We'll continue to descend to Post 2 Sembalun, which takes a further 3 hours to reach, where we will have lunch and stay the night. Dinner is served at this location.

Day 5

After breakfast we'll continue back to Sembalun village, which takes 2 hours to reach.

The car will take us to Senaru Village and transfer 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)
- Swimming Suite (optional)
- Binoculars (optional)
- Extra trail snacks (we supply fruits, biscuits)



MOUNT RINJANI TREKS

ASSOCIATED LOMBOK
ALTO
TOUR OPERATORS
member

- Fishing Gear (optional)
- Plastic Garbage Bag (optional but highly recommended)

TAKE NOTHING BUT
PHOTOGRAPHS



LEAVE NOTHING BUT
FOOTPRINTS



PLEASE DONT
LITTER

