



MOUNTAIN GOAL ADVENTURE CONSULTANT (742912-V)

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Mt Rinjani Expdc (3726M) (7D6N)
Minimum 6 participants.



There over 20 villages surround Mt. Rinjani and there are many routes up the mountain, but the main access is from Senaru in the north and Sembalun Lawang to the east. The challenging three-day Rinjani Trek route from Senaru to the crater rim (Plawangan), down to the stunning crater lake then on to Sembalun Lawang, is considered one of the best treks in South East Asia. Those heading for the summit usually prefer to start in Sembalun Lawang.

A model for ecotourism in Indonesia, the community-based activities are focused on the Rinjani Trek Centre in Senaru, the most popular starting point for the tough trek. Developed with New Zealand Government assistance since 1999, the Rinjani Trek Centre embodies under one roof (satu atap) the unique partnership of the National Park, tourism industry and local communities that has been forged to manage and protect the Rinjani mountain environment.

WHAT YOU MIGHT SEE

Gunung Rinjani National Park lies within the major transition zone (Wallacea) where the flora and fauna of South East Asia makes a dramatic transition into that which is typical of Australasia. The Park has a rich variety of plants and animals, although they can be hard to spot due to the terrain and rainforest cover.

Sometimes seen early in the mornings is the rare black Ebony leaf monkey, known locally as Lutung.

The Long tailed grey macaque or Kera is common in Lombok and older males are seen on the crater rim. Rusa deer are forest dwellers and are occasionally seen along the Rinjani trek trail. The smaller Barking deer or Kijang has an alarm call with a distinct dog-like bark. Look for the disturbed ground where the Wild pig or Babi hutan has been foraging. Also found in the forest is the Leopard cat or Bodok alas, Palm civet or Ujat and Porcupine or Landak.

A variety of colourful birds live in the forests of the Park. Perhaps the best-known icon of

the Park is the Sulphur Crested Cockatoo that is not found any further west of Lombok. Many of the forest-dwelling animals, insects, birds, civets and monkeys owe their survival to the wild fig tree or Beringin as a provider of food and shelter. The pine-like Casuarina species, Cemara, are a feature of the grassy higher slopes. Orchids or Anggrek are also a feature of the grassland areas, as is Edelweiss or Bunga Abadi growing above the tree line; it is a beautiful icon of the Park and one of our best-known sub-alpine plants.

Rinjani Trek Centre: The Centre is located at the trailhead above Senaru traditional village. It offers information and displays for visitors on the trek, the National Park, Sasak culture and a range of activities available in Senaru.

Displays include maps, Park interpretation, village walks and environmental guidelines. All trek arrangements can be made here, cultural tours booked and purchases made of local produce and handicrafts.

Park Fees: Fees are paid at the Rinjani Trek Centre. They contribute to the protection, maintenance and management of the National Park, Rinjani Trek route, village attractions and visitor facilities.

Guides and Porters: Trained and licensed guides and porters are available. You will need three days and two nights to trek from Senaru via the spectacular crater lake, to Sembalun Lawang (or the other way). More time will be needed to explore the summit of Mt. Rinjani.

All trek arrangements can be made and paid for at the Rinjani Trek Centre. If not with a guide, please ensure you are well equipped and have knowledge of mountain safety.

Schedule for 7D6N

Day 1: KL to Bali

LCCT to Bali

Bali to Mataram (Lombok) and from Mataram transfer to hotel

Day 2: Hotel – Sembalun – Second rim (sembalun crater)

Early morning drive to sembalun village, and then start for the beginning of 7 hrs challenging days. We walk through pristine rain forest, with tremendous opportunities for viewing wildlife. Camp make on the second Rim (the crater of sembalun).

Day 03: Second Rim – Summit - Lake (Segara Anak)

From the crater, early morning (about 03.00 am) commence the climb with Guide Team ascend the Summit of Mt. Rinjani (3.726m a.s.l.), it takes about 3 hours. After the obligatory photographs and enjoy the spectacular panorama descend to crater (the camp). After having lunch, going down to Segara Anak Lake, it takes about 3-4 hours. Then overnight around lake. (You may have fishing in the Lake).

Day 04: Lake – First Rim (Senaru crater)

After breakfast, enjoy the beautiful panorama in Segara Anak Lake.

Today we will spend relaxing in the near by hot spring pool and exploring to the steaming milk caves (lunch will prepare by porter awhile you have sauna). about 3o'clock afternoon, we start climb up to first rim (crater of senaru) and overnight here.

Day 5: First Rim (senaru crater)– Senaru - Senggigi

Having breakfast in the morning and enjoy sunrise by special mountain jaffle or pancake, then we taking back to the senaru village. Around 12 noon you will be ready at senaru

village, and then around 3.00pm you will be arriving at your hotel in senggigi.

Day 6: Senggigi to Bali – Buy gift section.

From Senggigi back to Bali.

Day 7: Bali back to KL

Morning after breakfast (or at the appropriate time) transferred to Denpasar airport for your flight to the next destination

Packages Included:

- Accommodations
- Licensed and experience Guide and Porter.
- Camping Equipment (Tent, sleeping bag, mattress, cooking gear).
- Meals, Fruits and Snack
- Drink (aqua water, coffee, Tea, Soft drink).
- Return Transportation.
- Transfer In / out.
- Accident Donation.
- Entrance Fee
- One fee hiking training.

Packages excluded:

- All meals except those indicates 4D/3N in trekking program
- Airport Tax.
- Porter for personal bag pack / luggage .
- Tipping & gratuities to guide & porter
- Personal travel insurance, pre - trip medical immunizations
- All expenses of a personal nature
- Air Ticket from LCCT to Bali.

What to bring :

- Backpack (at least 35 littlies) *
 - Hiking shoe *
 - Slipper *
 - Sleeping bag *
 - Extra film
 - Binoculars
 - Toilet paper
 - Hat / cap
 - Sun cream.
 - Warm Clothing (fleece) wind jacket. *
 - Flash light or torch light *
 - Rain Coat (during Rain Season Nov-March) *
- * Is the item must bring.

It Is for me?

For the trek on this trip the general rule is the more preparation you have done for it, the more you will enjoy it. The climb is pretty strenuous as we walk through hilly terrain with our back packs and the temperature is often hot and muggy changing to 0 Celsius at the top of Mt Rinjani. MMG recommend that you undertake regular aerobic activities in

three week before you trekking, particularly if you are not in the habit of regular exercise. Walking, jogging, swimming or riding a bike are all good ways to increase your aerobic fitness, which will allow you to enjoy the trek to its fullest. This trip is advisable to join MMG organize training trip before join the trip.

Payment:-

1. Bank :- May Bank
2. Account Name :- Mountain Goal Adventure Consultant S/B
3. Account No. :- 5645 5711 8287
4. Deposit :- RM 600
5. Swift code :- MBBEMYKL

If you have problem you can bank in to the following account too.

1. Bank : May bank.
2. Account Name: Phang Thong Wah
3. Account Number: 114374005058

