



Detailed Trip Notes

WWoT Mother & Teen Adventure Mount Rinjani, Lombok Escorted from Australia by Diane Westaway, WWoT 12-19th July, 2009

Trip Duration - 8 Days plus *optional* Gili Islands & Lombok Cultural Tour extension

Grade - Introductory

Activity – 4 day trek, adventure touring

Accommodation – 4 nights hotels/guesthouses, 3 nights camping



Welcome to World Expeditions

At World Expeditions we are passionate about off the beaten track experiences as it provides our travellers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. We are also committed to making sure that our range of unique itineraries are well researched, affordable & tailored for the enjoyment of our small groups or individuals – philosophies that have been part of our culture since 1975 when we began operating adventure holidays. The itineraries will give you the very best travel experience, designed by people with incredible local knowledge who share our vision of authentic exchange and real exploration with a responsible tourism approach. Whether you like your adventures to include trekking, touring, cycling, mountaineering, kayaking or cruising World Expeditions can make it happen for you. We hope you will join us for a life changing experience!

The Trip

The small island of Lombok is dominated by Mount Rinjani (3726m), Indonesia's second highest volcano, a spectacular semi-active volcano that is held in awe by the islanders who regularly ascend the steep trail to the crater rim. We follow in their footsteps completing an introductory trek and spending a full day wandering the crater to appreciate the bright emerald green waters of Lake Segara Anak. There is also ample time to take in the cultural highlights of Lombok – including the local Sasak tribes – and the tranquil island of Gili Meno.

Trip Highlights

- Watching the ever changing scenery as you ascend and descend Mount Rinjani
- **Sunrise on Mount Rinjani** taking in the spectacular view of **Segara Anak Lake** and the island of Lombok stretching far below
- Relaxing in the **natural hot springs** around Segara Anak Lake
- **Swimming** and **snorkeling** after your trek on the beautiful island of **Gili Meno**
- Taking in the **cultural sights** of Lombok including the local Sasak tribes.

Mount Rinjani, Lombok

Itinerary at a Glance

DAY 1	Depart Sydney/Arrive Denpasar. Fly to Lombok
DAY 2	Transfer to Sembalun Lawang
DAY 3	Trek from Sembalun to Camp Plawangan II
DAY 4	Trek to summit of Mount Rinjani and descend to Lake Segara Anak
DAY 5	At Lake Segara Anak
DAY 6	Trek to Plawangan and on to Senaru
DAY 7	Transfer to Mataram for flight to Denpasar and connecting flight to Sydney
Day 8	Arrive Sydney

Optional Extension

DAY 7	Drive Senaru to Bangsal and transfer to Gili Meno by boat
DAY 8	At leisure on Gili Meno

DAY 9	Cultural tour of Lombok
DAY 10	Trip concludes. Fly to Denpasar and connect flight to Sydney
DAY 11	Arrive Sydney

Cost per person in AUD (Twin Share)

6 people:	\$2790.00
7-9 people:	\$2690.00
10+ people:	\$2590.00

Extension per person in AUD (twin share):

2 people:	\$495.00
4 people:	\$480.00
6 people+	\$465.00

Airline Carbon Offset (optional): \$68.60

Mount Rinjani, Lombok

Your trip cost includes:*

- Return economy international flights from Sydney with *Garuda Indonesia*
- Meals as indicated in the below itinerary
- Accommodation in 2 star hotel in Senggigi and guesthouse accommodation in Sembalun & Senaru on a twin share basis
- Arrival and departure transfers if arriving and departing on the group flights
- English speaking local guide
- All group ground transportation throughout the program
- Return internal flight Denpasar, Bali to Mataram, Lombok
- Meals: 4 dinners, 5 lunches, 6 breakfasts
- Sleeping bag, sleeping mat
- All group camping equipment
- Mountain porters
- Mount Rinjani climbing permit

No local payments policy: Local cash payments are becoming increasingly popular with many operators in the adventure travel industry. The policy seems to benefit the tour operators, more than the local economies or travellers, as it avoids local taxes and transfers the cost and risk of cash handling to travellers. In accordance with

our Responsible Travel practices we have chosen a policy not to ask for such payments.

Mount Rinjani, Lombok

Your trip cost does not include:

- Airline and departure Taxes (allow approx \$350)
- Meals not indicated in the program
- Any optional tours, and entrance fees and permits during free time.
- Personal travel insurance (compulsory)
- Expenditure of a personal nature such as drinks, souvenirs and laundry
- Excess luggage charges.
- Visas fee
- Tips and gratuities

Fast Facts

- Visas required*
*Aus/NZ/UK Passport holders obtain tourist visa on arrival. Visa fee is \$10.00USD for 1-7 days and \$25USD for stays up to 30 days.
- Vaccinations required*
- The group size is a minimum of 6 and a maximum of 16
- A single supplement is available for this trip.
- Country visited is Lombok, Indonesia
- The group is led by expert local guides

The above price is contingent on fares being available in the booking class (Garuda, L class, shoulder season) that was used for the purpose of costing this exclusive Mount Rinjani tour. If these fares are unavailable a small surcharge may apply.

*Ask our office for details.

Mount Rinjani, Lombok

Detailed Itinerary

DAY 1 Sunday 12 July 2009

Depart Sydney/Arrive Denpasar

Depart Sydney on GA715 @ 1000
Arrive Denpasar on GA715 @ 1430

Connect with flight to Mataram, Lombok.

On arrival into Lombok, you will be met and transferred to your accommodation at Graha Senggigi, Senggigi Beach.

DAY 2 Monday 13 July 2009

Transfer to Sembalun Lawang

Morning at leisure. You will meet your guide late morning for a pre-trip briefing before departing for the 3- 4 hour drive to Sembalun Lawang. Lombok is dominated by Mount Rinjani, Indonesia's 2nd highest volcano, and Sembalun Lawang, lies on its eastern slopes. Overnight in a local guesthouse.(BLD)

DAY 3 Tuesday 14 July 2009

Trek Sembalun Lawang to Camp Plawangan II. Walking approx 6-8 hours

After breakfast, we begin our trek through open grassland to Pos II Tengengean at 1500m. After a further one hour ascent, we commence our steep climb to our camp on the crater rim at Plawangan II (2639m). (BLD)

DAY 4 Wednesday 15 July 2009

Summit Mount Rinjani and descend to Segara Anak Lake. Walking 6-7 hours

After an early morning wake up call at around 3am, we will begin our hike to the summit of Mount Rinjani (3726m). We leave at this time to make sure we arrive at the top before sunrise, not only to experience this spectacular sight but also to have the best chance of getting clear views. It is a 3 hour steady ascent to the summit. From the summit we will watch the spectacular sunrise with views across to Bali, Mt Agung and Sumbawa, the crater lake below, and the island of Lombok stretching far below. We return to our camp for a late breakfast and continue our descent o Lake Segara Anak within the crater rim below (2000m). (BLD)

DAY 5 Thursday 16 July 2009

Rest Day at Lake Segara Anak

Today has been set aside for a rest day around the Lake. You will have ample time to spend the day exploring, relaxing, swimming in the cool waters of the lake or soaking in the hot, natural springs, believed to have healing powers. (BLD)

DAY 6 Friday 17 July 2009

To crater rim and descend to Senaru. Walking time 8-9 hours

After breakfast, we ascend to the crater rim at Plawangan 1 (2461m). This is a great place to enjoy the views of the lake from the other side. We then descend the long trail to Senaru Village (601m). We descend through thick tropical forests rich in flora and bird and butterfly life. On the descent, if lucky, you may spot the rare black monkey, known locally as lutung. We arrive at Senaru Village in the late afternoon and spend overnight at a local guesthouse in Senaru Village. (BL)

DAY 7 Saturday 18 July 2009

Transfer to Mataram for flight to Denpasar and connecting flight to Sydney.

This morning we will depart Senaru Village for 3-3.5 hour transfer to Mataram Airport. Connect with flight to Denpasar.

Depart Denpasar on GA714 @ 2355

DAY 8 Sunday 19 July 2009

Arrive Sydney on GA714 @ 0725

NB: The itinerary may alter due to weather or local conditions.

Suggested Extension

DAY 7 Saturday 18 July 2009

To Gili Meno

This morning you will drive from Senaru to Bangsal and transfer to Gili Meno by boat. Walk to your accommodation, then afternoon at leisure. Gili Meno is one of the three coral-fringed islands located off the northwest coast of Lombok, and known collectively as the 'Gilis'. They all have superb white sandy beaches, clear water, brilliantly coloured fish and accessible snorkeling and diving (B)

DAY 8 Sunday 19 July 2009

At leisure on Gili Meno (B)

DAY 9 Monday 20 July 2009

Cultural tour of Lombok

This morning you will be transferred back to the main island and will spend the day taking in the

sights of Lombok. Lombok is a really diverse island, and during the day you will visit Sukarara, where you will see the various styles of weavings and textiles found on Lombok; the Pura Kalasa temple in Narmada; Mataram and the beautiful beach at Tanjung Aan. Return to Senggigi. Overnight: Graha Senggigi. (B)

DAY 10 Tuesday 21 July 2009

Trip concludes.

Today you will be transferred to the airport at Mataram for your flight to Denpasar and connecting flight to Sydney

Depart Denpasar on GA714 @ 2355

DAY 11 Wednesday 22 July 2009

Arrive Sydney on GA714 @ 0725

Extension Inclusions:

- Meals as indicated in the above itinerary
- Beach house accommodation on Gili Meno and hotel accommodation in Senggigi as outlined.
- Arrival and departure transfers if arriving and departing on the group flights
- English speaking local guide
- All ground & boat transportation
- Entrance fees as required for sightseeing

Trip Grading Introductory

This trip involves trekking and walking, for up to five or six hours a day at a slow but steady pace and should never be misinterpreted to mean they are easy trips. These trips do not spend time at altitudes above 4000m and are usually a week in duration. You will need a reasonable level of fitness and good health.

* Suggested preparation: 30 minutes of aerobic type exercise, (either cycling or jogging) three times a week for three months leading up to your trip. For trekking, hill walking with a daypack in variable weather conditions is also recommended.

Country Information Lombok

Lombok is quieter than its more famous neighbour and is characterised by its pristine

beaches, stunning mountainous scenery in the east and the dramatic summit of Gunung Rinjani and handicraft villages dotting the lush central plain. The indigenous Sasak people make up about 85% of the population and have a culture and language unique to Lombok. The Sasak people are a people closely related to the Balinese but practicing mostly Islam. 10-15% are Balinese with the remainder being Chinese, Arab and Javanese. Senggigi Beach is the most developed tourist area on the island and is a good base to explore Lombok.

Gunung Rinjani National Park

Mount Rinjani forms the second highest volcanic peak in Indonesia and rises to 3726m. The volcano, and its sacred Lake Segara Anak, are protected by National Park established in 1997. The 6km by 8.5km caldera is filled partially by Lake Segara Anak. The caldera also contains hot springs. The first historical eruption of Gunung Rinjani occurred in 1847. Recent eruptions have formed a small cone, Gunung Baru, in the centre of the caldera. The highlands are forest clad and the lowlands are highly cultivated. The major crops are rice, soyabeans, coffee, tobacco, cotton, cinnamon and vanilla. For the people of Lombok, the volcano is revered as a sacred place. Each year, Lake Segara Anak is visited by local pilgrims who place offerings in the emerald waters of the lake and bathe in the hot springs.

Climate

Lombok, lying close to the Equator, experiences a tropical climate, with average temperatures hovering around 30 degrees Celcius throughout the year. During the months of April to September, Lombok experiences a dry season and rainfall becomes less frequent. Between December and February rainfall is more frequent however it is still possible to travel comfortably. Downpours are swift and often provide relief from humidity. Throughout the year in mountain areas temperatures can be much cooler so a warm fleece is essential.

Responsible Travel

The environments we travel through are fragile. It is our responsibility as visitors to minimise the impact of our presence.

World Expeditions were the proud recipients of the inaugural Australian National Travel Industry's Environmental Achievement award for our *Responsible Travel Guidebook*. This detailed guide to responsible & sustainable travel is provided to all World Expeditions clients before they travel. Please ask your consultant if you have not received your copy of our award winning book. Alternatively, you may like to download a copy from our website [<< Click Here >>](#)

Slide Shows

World Expeditions invites you to attend our inspiring adventure travel slide shows. These special evenings are designed to inform and entertain and are hosted by our most experienced and passionate adventure travellers and mountaineers.

Ask our staff for a slide show schedule or register on our website - [<< Click Here >>](#). Shows can fill early so it is important to register your attendance so we know to save a seat, or two!

Subscribe To Our E_News

To keep up to date with our new and exciting adventure opportunities, special promotions and adventure news, subscribe to our monthly e-newsletter! You can do this on line through our website, [<< Click Here >>](#) or contact our office.

Adventure Travel

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your consultant of travel agent.

How do you book?

Please note that all reservations are subject to availability at the time of booking. Your booking will be held for seven days pending receipt of a non-refundable deposit per person and the completed booking form. The deposit is payable by cheque (made payable to World Expeditions), credit card or direct deposit.

Please fax or post your completed booking form to:

World Expeditions
Level 5, 71 York St
Sydney 2000
Ph: (02) 8270 8400
Fax: (02) 8270 8401

Important: You must be a financial member of Wild Women on Top to join this tour. Please call Di Westaway, Director of WWoT for details. 02 9907 9843 / 0419 612 704

Pre Departure Information

On receipt of your booking form and deposit (and once minimum group numbers have been reached), World Expeditions will forward detailed pre departure information. This will include such details as recommended clothing lists, vaccinations, documentation and all details to help you prepare for the trip ahead.

Insurance

Current comprehensive travel insurance is a condition of the acceptance of your booking by World Expeditions. The cost of travel insurance does not form part of the advised price and must

be paid additionally. We recommend Suresave, with whom we have been working for several years and have the utmost respect for their product and the handling of claims. Alternatively you may have your own insurance company that you deal with frequently. Travel documentation will not be released to you until evidence of such insurance being in force is provided.

Final Payment

Final payment by cheque is due 60 days prior to departure. For further information please refer to the terms and conditions outlined on the back of the booking form.

Single Travellers

The tour price is based on two people sharing a room. If you are travelling as a single, then we will do our best to twin share you with someone of the same gender unless you specify on your booking form that you would like to occupy a single room/tent. In case of the latter, we are obliged to charge a 'single supplement', or if we are unsuccessful in matching you up with another traveller. For electing a single room throughout, a single supplement charge will apply.

Important Note:

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price.

IF YOU REQUIRE ANY FURTHER INFORMATION REGARDING THIS ADVENTURE, PLEASE CONTACT WORLD EXPEDITIONS IN SYDNEY ON (02)8270 8400.

KH 02/08, JG 06/08
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