



SEEK TO OVERCOME THE MOUNTAINS AND VALLEYS THAT SURROUND US.

Meeting Time for All Hikes: 7am Cost: T\$50 / Hiker (transport not included) plus \$20 per vehicle

MONTH	DATE	DESTINATION	ASSEMBLY POINT
January	27 th	Avocat Waterfall (Moderate)	Maraval Gas Station (Corner Morne Coco Road and Saddle Road)
February	10 th	Maracas Waterfall (Great for Beginners)	Outside St. Joseph Police Station, Eastern Main Road
	24 th	Habio Waterfall (Challenging)	Outside St. Joseph Police Station, Eastern Main Road
March	10 th	Rampanalgas Waterfall (Great for Beginners)	Arima Hospital (Carpark)
	24 th	Heights of Guanapo (Moderate)	Arima Hospital (Carpark)
April	7 th	Mermaid Pools (Great for Beginners)	Arima Hospital (Carpark)
	21 st	Rincon Waterfall and Black Pool (Moderate)	Maraval Gas Station (Corner Morne Coco Road and Saddle Road)
May	5 th	Double River (Great for Beginners)	Arima Hospital (Carpark)
	26 th	Manuelot Waterfall (Challenging)	Arima Hospital (Carpark)
June	9 th	Mystery Pool (Moderate)	Arima Hospital (Carpark)
	23 rd	Matelot Waterfall (Moderate)	Arima Hospital (Carpark)
July	7 th	Macaripe Exploration (Great for Beginners)	Outside Pier 1, Chaguaramas
	21 st	Turure Cascades (Moderate)	Arima Hospital (Carpark)
August	11 th	Balandra Basins (Great for Beginners)	Arima Hospital (Carpark)
	25 th	Acono River (Great for Beginners)	Outside St. Joseph Police Station, Eastern Main Road
September	8 th	Aripo River Exploration (Moderate)	Arima Hospital (Carpark)
	22 nd	S'aut Deau Beach (Challenging)	Maraval Gas Station (Corner Morne Coco Road and Saddle Road)
October	6 th	Yarra River Exploration (Moderate)	Maraval Gas Station (Corner Morne Coco Road and Saddle Road)
	20 th	Angel Falls (Moderate)	Maraval Gas Station (Corner Morne Coco Road and Saddle Road)
November	10 th	Paragant Bay (Challenging)	Maraval Gas Station (Corner Morne Coco Road and Saddle Road)
	24 th	Brasso Seco River Exploration (Snakeman's Birthday Lime)	Arima Hospital (Carpark)
December	SEASONS GREETINGS AND MERRY CHRISTMAS TO ALL!		

For Info Call: **Laurence aka Snake Man** @ 399 1135; 784 3296

Web: www.hikeseekers.com

Facebook: www.facebook.com/hikeseekers

Email: hikeseekers@hotmail.com

Private Tours: Call for Information



HEALTH / SAFETY: Hiking can be a very strenuous exercise. You are advised to be certain of your medical condition before attempting any hikes.

CLOTHING: Wear comfortable, loose fitting clothes (long pants preferably nylon track pants and a t-shirt) and swimwear along with comfortable hiking shoes/sneakers and socks. Pack an extra change of dry clothing for your return home: towel, top, pants, underwear, footwear.

WHAT TO TAKE WITH YOU:

- Life jacket if you own one
- A proper backpack
- Sufficient water supply
- High energy foods (e.g. protein bars, granola bars, sandwiches, salt prunes, chocolate, glucose powder, hydration salts)
- First aid kit especially any personal medication
- 25 feet of rope
- Reliable knife
- Bright weather resistant headlight (preferably for hands-free operation) or flashlight with extra batteries
- Cutlass secured in proper case.

HEALTH AND SAFETY GUIDELINES (Your safety first starts with you):

- All hikers **must** complete and sign a Hike Seekers Registration and Disclaimer Form (found on website) and submit to a Hike Leader before departing the meeting point.
- All hikers **must** cooperate with all instructions given by the Hike Leaders at all times.
- If a hiker is unclear of any instructions or how to operate any safety equipment necessary, he/she must notify the Hike Leader immediately.
- Do not wander off from the group; if you must stop, notify a Hike Leader immediately
- Do not attempt to pass the Hike Leader leading the group.
- Do not use or swing a cutlass amongst others to avoid injury. Keep sharp objects holstered and use only as necessary and with consent/guidance of Hike Leader.
- Respect the environment, keep it clean!
- Have fun!

NOTES: Please keep in touch with us via telephone or email for more information and for any updates. Hikes are graded in a flexible standard that only the individual, as he/she experiences each different grade of hike, can assess for themselves, according to their own capabilities and fitness levels.

Depending on the destination and route, some hikes may involve swimming and/or rock climbing or rappelling using rope. You should contact a Group Official for further details on any hike.

Hike Leaders reserve the right to cancel hikes and/or make changes to destinations if deemed necessary.

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