

**2019 Hiking Calendar**

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

<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr style="background-color: #008000; color: white;"> <th colspan="7">JANUARY</th> </tr> <tr style="color: red;"> <th>Su</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>S</th> </tr> </thead> <tbody> <tr><td></td><td></td><td style="color: red;">1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td style="background-color: #cccccc;">27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td></tr> </tbody> </table> <p><b>Public Holidays</b> Jan 01 New Year's Day</p> <p style="text-align: center; color: blue;"><b>HAPPY NEW YEAR!</b> WE WELCOME YOU TO JOIN US ON AN ADVENTURE!</p> <p><b>27<sup>th</sup> Avocat Waterfall</b> Maraval Gas Station (Cor. Morne Coco Rd. and Saddle Rd, Maraval)</p>	JANUARY							Su	M	T	W	Th	F	S			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr style="background-color: #008000; color: white;"> <th colspan="7">FEBRUARY</th> </tr> <tr style="color: red;"> <th>Su</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>S</th> </tr> </thead> <tbody> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td style="background-color: #cccccc;">10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td style="background-color: #cccccc;">24</td><td>25</td><td>26</td><td>27</td><td>28</td><td></td><td></td></tr> </tbody> </table> <p><b>Holidays</b></p> <p><b>10<sup>th</sup> Maracas Waterfall</b> Outside St. Joseph Police Station, Eastern Main Road, St. Joseph</p> <p><b>24<sup>th</sup> Habio Waterfall</b> Outside St. Joseph Police Station, Eastern Main Road, St. Joseph</p>	FEBRUARY							Su	M	T	W	Th	F	S						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28			<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr style="background-color: #008000; color: white;"> <th colspan="7">MARCH</th> </tr> <tr style="color: red;"> <th>Su</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>S</th> </tr> </thead> <tbody> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr> <tr><td>3</td><td style="color: red;">4</td><td style="color: red;">5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td style="background-color: #cccccc;">10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td style="background-color: #cccccc;">24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td style="color: red;">30</td></tr> <tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </tbody> </table> <p><b>Public Holidays</b> Mar 04 Carnival Monday Mar 05 Carnival Tuesday Mar 30 S. Baptist Liberation Day</p> <p><b>10<sup>th</sup> Rampanalgas Waterfall</b> Arima Hospital (Carpark)</p> <p><b>24<sup>th</sup> Heights of Guanabo</b> Arima Hospital (Carpark)</p>	MARCH							Su	M	T	W	Th	F	S						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						
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For Info Call: **Laurence aka Snake Man** @ 399 1135; 784 3296; 758 0368

Web: [www.hikeseekers.com](http://www.hikeseekers.com)

Facebook: [www.facebook.com/hikeseekers](http://www.facebook.com/hikeseekers)

Email: [hikeseekers@hotmail.com](mailto:hikeseekers@hotmail.com)

**Private Tours:** Call for Information



**OUR EXPERIENCE:** Our hike leaders have over twenty-six (26) years' experience in hiking and conducting tours into the rain forest of Trinidad & Tobago. Our Hike Master Mr. Laurence Pierre has been a member of the Trinidad & Tobago Defence Force for over twenty-four (24) years; his experience includes handling snakes and other wild animals. He is highly trained and able to handle any situation that may arise.

**WHAT YOU CAN EXPERIENCE:** A hiking adventure in the rain forest, swimming in the sea, cooling off under a jungle water fall, splashing through a mountain river, visits to remote caves to see the endangered oil birds and a wide variety of forest bats, witness the ancient ritual of giant Leatherback sea turtle nesting/ hatching on a secluded beach; easy walks in natural surroundings; moderate hikes in the rainforest; strenuous treks through wild country or very strenuous rugged hiking and overnight camping trips into the mountain rainforests of Trinidad.

**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 or flashlight with extra batteries
- Cutlass secured in proper case.

**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 necessary.

*SEEK TO CONQUER THE MOUNTAINS AND VALLEYS THAT SURROUND US.*

*ARE YOU READY?*

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