

# 2020 Hiking Calendar

# Hike Seekers

Trinidad and Tobago



Welcome

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

<p><b>JANUARY</b></p> <table border="1"> <tr><th>Su</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>S</th></tr> <tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td></tr> </table> <p><b>Public Holidays</b> Jan 01 New Year's Day</p> <p><b>HAPPY NEW YEAR!</b> WE WELCOME YOU TO JOIN US ON AN ADVENTURE!</p> <p><b>12<sup>th</sup> Turure Cascades</b> Arima Hospital (Carpark)</p>	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		<p><b>FEBRUARY</b></p> <table border="1"> <tr><th>Su</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>S</th></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> </table> <p><b>Holidays</b> Feb 04 Carnival Monday Feb 05 Carnival Tuesday</p> <p><b>2<sup>nd</sup> Balandra Basin</b> Arima Hospital (Carpark)</p> <p><b>16<sup>th</sup> Avocat Falls</b> Maraval Gas Station (Cor. Morne Coco Rd. and Saddle Rd, Maraval)</p>	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	<p><b>MARCH</b></p> <table border="1"> <tr><th>Su</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>S</th></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr> </table> <p><b>Public Holidays</b> Mar 30 S. Baptist Liberation Day</p> <p><b>1<sup>st</sup> Marianne River Exploration</b> Arima Hospital (Carpark)</p> <p><b>15<sup>th</sup> Matelot Waterfal</b> Arima Hospital (Carpark)</p> <p><b>29<sup>th</sup> Double River Waterfall</b> Arima Hospital (Carpark)</p>	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



## 2020 Hiking Calendar

Trinidad and Tobago  
**Hike Seekers**™



Welcome

**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. Consult with a physician to ensure you are in good health to participate in any hiking activity.

**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
- High energy foods (e.g. protein bars, granola bars, sandwiches, salt prunes, chocolate, glucose powder, hydration salts)
- First aid kit especially any personal medication
- Bright weather resistant headlight or flashlight with extra batteries
- A proper backpack
- 25 feet of rope
- Sufficient water supply
- Reliable knife
- 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?*

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)

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**Private Tours:** Call for Information

