



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

<p>JANUARY</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> <tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr> </table>	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>Public Holidays Jan 01 New Year's Day</p> <p>HAPPY NEW YEAR! WE WELCOME YOU FOR ANOTHER YEAR OF ADVENTURES!</p>	<p>FEBRUARY</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>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>27</td><td>28</td><td></td><td></td><td></td><td></td><td></td></tr> </table>	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						<p>20th Rampanalgas Waterfall (B) Arima Hospital (Carpark)</p>	<p>MARCH</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>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>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td></tr> </table>	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>Public Holidays Mar 30 S. Baptist Liberation Day</p> <p>13th Balandra Basin (B) Arima Hospital (Carpark)</p> <p>27th Morne Le Croix Trails (M/C) Arima Hospital (Carpark)</p>
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For Info Call: **Laurence aka Snake Man** @ 399 1135; 784 3296; 758 0368

Web: www.hikeseekers.com

Facebook: www.facebook.com/hikeseekers

Email: 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.

HIKE RATINGS: Beginner (B) > Moderate (M) > Moderately Challenging (M/C) > Challenging (C)

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 and/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 according to a general standard and the experience is subject to each individual's 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. Each hiker is required to review, complete, sign and submit a Hike Seekers Registration Form and Disclaimer Form with payment prior to any hike; at latest before departure from the meeting point. Hike Leaders reserve the right to cancel hikes and/or make changes to destinations if deemed necessary.

SEEK TO CONQUER THE MOUNTAINS AND VALLEYS THAT SURROUND US.

For Info Call: **Laurence aka Snake Man** @ 399 1135; 784 3296; 758 0368

Web: www.hikeseekers.com

Facebook: www.facebook.com/hikeseekers

Email: hikeseekers@hotmail.com

Private Tours: Call for Information



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