



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

| MONTH | DATE | DESTINATION | LEVEL | ASSEMBLY POINT |
|-----------|--|---------------------------------|----------|--|
| January | 12 th | Turure Cascades | Beginner | Arima Hospital (Carpark) |
| February | 2 nd | Balandra Basins | Beginner | Arima Hospital (Carpark) |
| | 16 th | Avocat Falls | Beginner | Maraval Gas Station (Corner Morne Coco Road and Saddle Road) |
| March | 1 st | Marianne River Exploration | Moderate | Arima Hospital (Carpark) |
| | 15 th | Matelot waterfalls | Moderate | Arima Hospital (Carpark) |
| | 29 th | Double River Fall | Beginner | Arima Hospital (Carpark) |
| April | 12 th | Rampanalgas Waterfall | Beginner | Arima Hospital (Carpark) |
| | 26 th | Mermaid Pool | Beginner | Arima Hospital (Carpark) |
| May | 10 th | Tamana Caves | Beginner | Arima Hospital (Carpark) |
| | 24 th | Heights of Guanapo | Moderate | Arima Hospital (Carpark) |
| June | 14 th | Angel Falls | Advanced | Maraval Gas Station (Corner Morne Coco Road and Saddle Road) |
| | 28 th | Yarra Gorges | Advanced | Maraval Gas Station (Corner Morne Coco Road and Saddle Road) |
| July | 12 th | Guanapo River | Moderate | Maraval Gas Station (Corner Morne Coco Road and Saddle Road) |
| | 26 th | L'eau Michel Mud Volcano | Beginner | Outside Eric Williams Medical Hospital. Mt. Hope |
| August | 9 th | Rio Seco Sulphur Spring | Moderate | Arima Hospital (Carpark) |
| | 23 rd | Black Pool and Rincon | Advanced | Maraval Gas Station (Corner Morne Coco Road and Saddle Road) |
| September | 13 th | Tucker Valley River Exploration | Moderate | Outside Pier 1, Chaguaramas |
| | 27 th | Paragant Bay | Advanced | Maraval Gas Station (Corner Morne Coco Road and Saddle Road) |
| October | 11 th | North Oropuche Caves | Moderate | Arima Hospital (Carpark) |
| | 25 th | Tomasson Falls | Moderate | Arima Hospital (Carpark) |
| November | 8 th | To Be Announced | | Maraval Gas Station (Corner Morne Coco Road and Saddle Road) |
| | 22 nd | Acono River Exploration | Beginner | Outside St. Joseph Police Station, Eastern Main Road |
| 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](#)





SEEK TO OVERCOME THE MOUNTAINS AND VALLEYS THAT SURROUND US.

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
- 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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