



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

MONTH	DATE	DESTINATION	LEVEL	ASSEMBLY POINT
January	24 th	Macqueripe Basins	Beginner (B)	Outside Pier One
February	7 th	Guanapo Mystery Pool	Moderate (M)	Arima Hospital (Carpark)
	21 st	Maracas St Joseph Waterfall	Beginner (B)	Outside St. Joseph Police Station, Eastern Main Road
March	7 th	Tomasson Falls	Moderately Challenging (M/C)	Arima Hospital (Carpark)
	21 st	Balandra Basins	Beginner (B)	Arima Hospital (Carpark)
April	4 th	Sombasson Falls	Challenging (C)	Arima Hospital (Carpark)
	18 th	Yara Gorges	Challenging (C)	Maraval Gas Station. Corner Morne Coco and Maraval Rds.
May	2 nd	Marianne River Exploration	Beginner (B)	Arima Hospital (Carpark)
	16 th	Macajuel Pond	Moderately Challenging (M/C)	Arima Hospital (Carpark)
	30 th	Paria Falls	Challenging (C)	Maraval Gas Station. Corner Morne Coco and Maraval Rds.
June	13 th	Sulphur Spring	Moderate (M)	Arima Hospital (Carpark)
	27 th	Turure Cascades	Moderate (M)	Arima Hospital (Carpark)
July	11 th	Black Pool and Rincon Waterfall	Moderately Challenging (M/C)	Maraval Gas Station. Corner Morne Coco and Maraval Rds.
	25 th	Mermaid Pool Exploration	Moderate (M)	Arima Hospital (Carpark)
August	8 th	Cyril Bay	Moderate (M)	Maraval Gas Station. Corner Morne Coco and Maraval Rds.
	29 th	Rampanalgas Falls	Beginner (B)	Arima Hospital (Carpark)
September	12 th	Morne Le Croix Trails	Moderate (M)	Arima Hospital (Carpark)
	26 th	Habio Cascade	Challenging (C)	Outside St. Joseph Police Station, Eastern Main Road
October	10 th	Avocat Falls	Moderately Challenging (M/C)	Maraval Gas Station. Corner Morne Coco and Maraval Rds.
	24 th	Paragrant Bay	Challenging (C)	Maraval Gas Station. Corner Morne Coco and Maraval Rds.
November	7 th	Blue Basins	Beginner (B)	Brian Lara Promenade (Opposite Republic Bank)
	21 st	Rampanalgas Bay	Beginner (B)	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](#)



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 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 prior to any hike.

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

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