

Meeting Time for All Hikes: 7am Contribution: TT\$50 / Hiker (transport not included) plus \$25/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> <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>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> </tbody> </table> <p><b>Public Holidays</b> Jan 01 New Year's Day</p> <p><b>HAPPY NEW YEAR!</b></p> <p><b>15<sup>th</sup> Balandra Basin (E)</b> Arima Hospital (Carpark)</p> <p><b>29<sup>th</sup> Matura Gorges to Mermaid Pond (M)</b> Arima Hospital (Carpark)</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> <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>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></td><td></td><td></td><td></td></tr> </tbody> </table> <p><b>Holidays</b> Feb 20 Carnival Monday Feb 21 Carnival Tuesday</p> <p><b>12<sup>th</sup> Paragrants Bay (C)</b> Maraval Gas Station (Cor. Morne Coco and Saddle Rds, Maraval)</p> <p><b>26<sup>th</sup> Macajuel Pond (C)</b> Arima Hospital (Carpark)</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> <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>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> </tbody> </table> <p><b>Public Holidays</b> Mar 30 S. Baptist Liberation Day</p> <p><b>12<sup>th</sup> Guanapo Gorges (C)</b> Arima Hospital (Carpark)</p> <p><b>26<sup>th</sup> Angel Falls (M/C)</b> Maraval Gas Station (Cor. Morne Coco and Saddle Rds, Maraval)</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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**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 jungle navigation, 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:** Easy (E) > 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
- 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 and flashlight with extra batteries
- Cutlass secured in proper case.

**Notes:** Please keep in touch with us via telephone prior to each hike 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.**

**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)

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

**Private Tours:** Call for Information



Meeting Time for All Hikes: 7am Contribution: TT\$50 / Hiker (transport not included) plus \$25/vehicle