

CH>RITY
CH>LLENGE



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

LOMBOK LAVA TREK
INDONESIA

Sat 04 Jun - Mon 13 Jun 2016





In aid of your choice of charity

04 Jun - 13 Jun 2016

10 DAYS | INDONESIA | TOUGH

Mount Rinjani volcano is one of Indonesia's highest peaks (3,726m), forming part of the infamous Pacific "Ring of Fire". As far as mountain adventures go, this is up there with the best – though not to be undertaken lightly.

The route promises to make your visit to Lombok an unforgettable one, taking in white-sandy beaches and lush forests. At the centre of the volcano lies a stunning crater lake. It is this magnificent sight that will spur you on and reward you as you reach the peak of this gruelling climb.

Please note this challenge is graded "extreme" due to the altitude and length of the days. A high level of training and fitness is essential.

- Mount Rinjani volcano is one of Indonesia's highest peaks (3,726m)
- The altitude and length of active days makes this an extreme challenge
- Optional overnight climb, rewarded with magnificent sunrise views
- Swim in the volcanic lake and bathe in hot springs
- Celebrate with a relaxing stay on Gili Air

YOUR CHALLENGE DAY BY DAY

DAY 1 Sat 04 Jun

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Day 1: International departure from London

It's time to meet the rest of the group at the check-in desk at London's Heathrow Airport. A Charity Challenge representative will be there to assist with check-in for the indirect overnight flight.

DAY 2 Sun 05 Jun

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Day 2: Arrive in Lombok

Bleary-eyed but raring to go, the group will be met by a local Charity Challenge representative for the transfer to Sembalun village, at the foot of the volcano 158 kms away. Overnight in a guesthouse.

DAY 3 Mon 06 Jun

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Day 3: Sembalun Lawang to Plawangan II, 2,650m (approximately 6-8 hours)

And we're off! The set-off point is at the traditional Sasak village of Sembalun Lawang (1,156m), where we must register for entry to the national park. Once that's done, we ascend from the village towards Plawangan II Base Camp (2,650m), arriving late afternoon or early evening. The climb is no walk in the park as the terrain is steep and rocky. Dinner and overnight at a campsite.

DAY 4 Tue 07 Jun

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Day 4: Summit Mt Rinjani, 3,726m, and descend to Segara Anak Lake, 2,008m (approximately 8-9 hours)

This morning you will be starting at 3am for a tough 3 hour climb to try and reach the summit of Mt. Rinjani (3726m) in time for sunrise and amazing views across the Wallace line to Bali, Mt Agung and Sumbawa. The climb will be tough so you will need to dig deep but the reward will be big! After our early morning start breakfast will be taken at base camp and then we will go on to Segara Anak Crater Lake and then onward to Gua Susu Pancuran Emas to bathe in the hot springs. You will be camping by the lake.

DAY 5 Wed 08 Jun

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Day 5: Trekking around Segara Anak Lake to volcano campsite, 2,300m (approximately 5-7 hours)

Begin early with a quiet walk around the Segara Anak Lake where we explore the caves and hot springs – just don't forget to bring swimwear! The hike continues after lunch up to the active cone Gunung Baru Jari. This is a challenging climb on volcanic sand. Our campsite will be set in this area, where we will also enjoy a hard-earned team dinner.

DAY 6 Thu 09 Jun

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Day 6: Trek to Mt Rinjani, new volcano campsite and Tetebatu Crater Rim (approximately 5- 7 hours)

Don't expect a lie-in today! It's another early start for the trek up to the Tetebaru crater rim on the east of the caldera. The walk is steep and the terrain challenging. We stop for lunch at a perfect picnic spot, affording breathtaking views of the Segara Lake and the Baru Jari volcano. It's then downwards to camp, where the group will spend a relaxing evening.

DAY 7 *Fri 10 Jun*

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Day 7: Tetebatu Crater Rim (approximately 5 -8 hours)

It's the last day of trekking but for those of you still feeling strong there is an option for a 2am start with a light breakfast and hot drink followed by a trek to see the sunrise from the second summit of Mt. Rinjani (3495m). After this you will return back to camp for a second breakfast. For those who'd prefer a longer sleep, breakfast will be at 9am. After breakfast you will all trek back through the jungle to the finish point, Tumba Nuh Village. You will then transfer to the Harbour and catch a boat to Gili Air where you will check into the hotel.

DAY 8 *Sat 11 Jun*

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Day 8: Gili Air

The day is yours to spend at leisure on this beautiful island - whether relaxing on the beach or snorkeling in the crystal waters. Then later raise a glass to your achievement during a celebratory team meal. Overnight at hotel.

DAY 9 *Sun 12 Jun*

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Day 9: International departure to UK

There's time for breakfast and even a lie-in before checking out! Alternatively, head to the shops for some last minute souvenirs before the 20-minute speedboat ride back to the mainland. Transfer by road to Lombok Airport, for the indirect overnight flight home.

DAY 10 *Mon 13 Jun*

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Day 10: Arrive UK

Be sure to swap contact details with new friends and trekking partners, before going your separate ways.

NB

The itinerary & distance approximations are there as a guide and may change due to unusual weather, road conditions, the strength of the group, and so on. We will do our best to keep to the itinerary; however we cannot be held responsible for any last minute changes. In all such circumstances, your expedition leader will have the final say.

HOW TO FUND YOUR CHALLENGE

This page provides you details of the costs of your challenge.
The costs below are per person.

SELF FUNDER

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Pay a registration fee of £375.00 when you book

Then a balance of £1752.00 (8 weeks before your challenge)

Raise as much as you can for your charity.

MINIMUM SPONSORSHIP

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Registration fee of £375.00 when you book

Raise a minimum of £3575.00 for your charity.

FLEXI

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Registration fee of £375.00 when you book

Then £375.00 towards challenge costs (8 weeks before your challenge)

Raise a minimum of £2810.00 for your charity.

WHAT'S INCLUDED

Before you go

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- Access to your own password protected account including support materials and training schedules
- Risk assessment and emergency management planning
- Public liability insurance
- Discount on personal equipment from The Outdoor Shop, Outdoorhire, Cotswold Outdoor and Nomad Travel Stores
- Access to "ask the expert" re your kit requirements
- Access to training weekends (optional and at additional expense)
- Warm up exercise routines
- 16 and 20 week trek/bike training schedule
- Fitness training notes
- Sponsorship forms (online and hard copy)
- Template press release
- A-Z of fundraising ideas
- Support materials (itinerary, kit list, fact file, Q&As, health notes, travel tips, responsible travel policy and guidance)
- Fundraising advice

On your challenge

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- A Charity Challenge T-Shirt
- Accommodation during the challenge (usually in twin share)
- Activity equipment such as bikes, tents and rafts as per the challenge activity
- All challenge management before, during and post event
- All ground staff including English speaking guide, drivers, cooks, and porters
- All internal transfers
- An English speaking first aid trained challenge leader and full local support team (assistant, drivers, mechanic, medic)
- Drinking water on challenge days
- Entrance fees to national parks or other places of interest visited on the itinerary
- Full back-up support including first-aid qualified staff and first-aid supplies
- Internal road and air transfers as per the itinerary
- International flights to and from the UK (including all known UK air taxes, and fuel surcharges, at the time of costing)
- A contribution towards funding the reduction of carbon emissions through Climate Care's portfolio of award winning projects
- Three meals a day (unless otherwise stated in the itinerary)

WHAT'S NOT INCLUDED

Before you go

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- Travel to and from the UK airport of departure
- Vaccinations (please check Trip Notes for requirements)
- Travel Insurance (you can buy at time of booking or in your Account Area, or provide your own policy details)
- Clothing and equipment listed on your Kit List

On your challenge

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- Tips
- Departure Tax (if applicable)
- Personal spending money
- Any other specific items listed as not included in your Trip Notes

THE DETAILS

Fundraising deadlines

You will need to send your sponsorship money to the charity as you raise it. At least 80% of the minimum sponsorship required must be sent to the charity 10 weeks before departure (by 26/03/2016), and the remaining 20% within 4 weeks of completing the challenge (by 11/07/2016). If you have raised the necessary funds, the charity will then pay the balance of your challenge costs. The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.

Prices include all known air taxes

We include ALL known air taxes (including fuel) at the time of costing. Many companies do not include air taxes at all, and clients are therefore hit with a surcharge of three or four hundreds of pounds just before departure. Our aim is to provide you with transparent pricing and clear instructions as to what is included in our prices and if applicable what isn't.

Typical group size

The typical group size is 10 - 16 participants

Small group supplement

The costs and sponsorship levels on our website are based on a minimum of 10 participants. We can run this trip with 5-9 people, but there will be a small group supplement of £95. This is payable by your charity if you book under the Minimum Sponsorship or Flexi options, and by yourself if you choose the Self Funder option. We will notify you 12 weeks before departure if this is necessary.

Optional extras

Business class upgrades*
Travel insurance
Single room supplements*
Extensions at end of trip*
Trek/bike training weekends*
(*subject to availability)

Travel insurance

Your safety when travelling with Charity Challenge is our main concern, which is why it is a booking condition that you have a suitable travel insurance policy, which covers you for the adventurous nature of your challenge, the activities you are undertaking, and the altitudes. We have chosen to partner with specialist travel insurance providers Campbell Irvine, who offer cover for an extensive number of adventurous activities. Cover is available directly from Campbell Irvine for most European residents and includes cover for emergency medical and repatriation and for your cancellation or curtailment of the challenge. Full details including costs may be found at <http://www.campbellirvinedirect.com/charitychallenge>.

Responsible Tourism

At Charity Challenge we are committed to sustainable and responsible tourism, and work closely with bodies such as the International Porter Protection Group and Climate Care to ensure that our challenges benefit the local environments and communities in which they take place. We ensure that all rubbish is disposed of responsibly, and following local guidelines on cultural and environmental protection and respect, we aim to limit our impact on the natural environment. In addition to taking these practical steps to ensure that our challenges are sustainable, we also make a contribution each year to a number of local community projects, so as to give something back directly to the communities that we visit. Since 2000 we have donated almost £200,000 to such projects, supporting a range of initiatives, including schooling for children in Africa, shelter for street children in Brazil, and Orang-utan conservation in Indonesia. We recommend that any gifts brought over for children are given to the UK challenge leader and distributed where needed by them and our local Ground Agent. If you wish to do more, you should consider buying drinks, postcards and souvenirs from the local vendors. For many, it is their sole source of income. For more information, please visit our [Responsible Tourism](#) pages, where you will be able to view a list of the projects that we currently support.

Challenge Training

If you would like to get a feel for our challenges ahead of your departure, why not consider booking on a 1 or 2 day UK Challenge?

We have a variety of challenges, covering all levels of difficulty, taking place in stunning National Parks across the UK that are led by highly qualified and experienced expedition and mountain leaders. These challenges will give you the perfect opportunity to monitor fitness levels, test out your kit, meet people in the great outdoors, share fundraising stories and gain valuable advice and support for the challenge ahead. We encourage participants to make use of our highly knowledgeable leaders and ask them any questions you may have about clothing and equipment, expedition health and wellbeing, trekking skills, walking techniques and teamwork!

We are offering all participants **50% off** the registration fee when you book on one of the UK challenges listed via the link below. Just use the code **TRAINING** when booking. T&C's – you must have an active booking on a challenge to avail of this offer. Discount cannot be used in conjunction with any other offer. Find out more [here](#)

Training

This challenge is graded 'Tough', which means that a good level of fitness is definitely required! Anyone who leads a fairly active and moderately healthy lifestyle should be able to complete the trek, as long as they train regularly over a period of at least three months leading up to it. Don't forget that the temperature and the altitudes are different from the UK – the highest pass on this trek is 3,726m. While strength is important, endurance training should be your primary focus. Walking up hills and climbing stairs are both ways to condition your lower body. Begin slowly, without the weight of a pack, eventually adding weight as you increase your training pace. Take long hikes (6-8 hours) with a weighted pack, up and down hills or on small mountains (weigh your pack with water containers and pour out the water before your descent to minimise knee stress).

Emergencies

The event is not run as a race and there is always a large discrepancy in people's walking ability, which is allowed for. There will be a staff member at the back of the group at all times to ensure that you are not left behind and can take things at your own pace. If we find that somebody is unable to walk at all, then we can transport them from one location to the next by horse or with the help of our staff, but only as a final option (due to often poor weather conditions this can be difficult). Contact will be maintained between guides and the support team allowing for emergency evacuation if necessary.

Safety

Charity Challenge considers the safety of all of our participants and staff to be a top priority, and as such we have set up Challenge Safe, one of the most advanced and thorough safety management systems in the industry. Challenge Safe formalises our ethos when it comes to safety, and brings together the procedures and risk management strategies that we use to audit all aspects of our challenges, from vehicles to accommodation to the challenge activity itself. Your welfare is absolutely paramount!

In terms of your Lombok lava challenge, there are a couple of important points that you should be aware of:

- This is a high altitude challenge, and you will spend the night at altitude. Acclimatization process are built into the itinerary.
- On summit day, torch will be needed as you will hike on during the night.
- The maximum altitude reached is 3,726 meters

Phone and WiFi

During trekking days the phone and WIFI reception are very limited. There will be a good phone and internet reception in Gili air area and Lombok city. International calls are very expensive in Indonesia. Most hotels have international dialling and fax facilities although these services are expensive. The best way to stay in touch is to buy a local SIM card at any convenience store for your mobile phone if it's free handset. They cost approximately Rp 10,000 (£0.50) and offer international calling rates as low as Rp.7,000 (£0.36)p/m. Please also check with your mobile phone provider if your network & contract enable you to have coverage in Lombok.

Toilets

A toilet tent will be provided but do bear in mind that toilet facilities will be of the 'squat and drop' variety – a long drop toilet. Toilet paper is provided. Bowls of water will be provided for strip washing so a flannel can come in very handy. Please ensure you take bio-degradable soaps. Please also note that, due to the wilderness environment, the facilities will be basic.

Clothing and equipment

Good quality, durable kit could mean the difference between a fantastic challenge experience and an uncomfortable one. For this challenge, waterproof, well-worn in boots will be indispensable, particularly coupled with some really good quality walking socks. You don't need a clean pair every day, but enough to make sure you have dry socks each morning. The benefits of a comfortable day sack cannot be underestimated, so make sure that you train with this. Other essentials are high quality Gore-Tex waterproof and windproof jackets and trousers,

technical/wicking t-shirts rather than cotton shirts, and a down jacket for the evenings in camp and your summit day/night. A full kit list for this challenge can be found [here](#) and once you book you will have access to kit discounts with our partners The Outdoor Shop, Outdoor Hire and Cotswold Outdoor.

Food & Drink

The staple of the Indonesian meal is rice, usually steamed or fried. The meal is complemented with main dishes of vegetables, meat, seafood, eggs, fish and soup. Although Indonesians generally prefer hot, spicy food, not all dishes are so intense and the hotness can be modulated to suit most tastes. Indonesia is also a perfect place to sample a large variety of tropical fruits such as mango, pineapple, banana mangosteen, rambutan, salak, jack fruit, as well as the famous durian (known as the fruit of the gods) as it has a very special smell and taste. Please note that you may encounter a large amount of seafood on this challenge so please inform Charity Challenge of your dietary requirements if you do not eat seafood so we can accommodate you the best we can.

Accommodation

On the days you are trekking you will be staying at campsites, tents and camping equipment will be provided. On the other days you will either be staying in local guesthouses or hotels. If you are travelling with a friend or partner who you wish to share with please ensure that you note this where appropriate when booking or email challenges@charitychallenge.com.

Typical day

During the trekking days you will be walking for around 6-8 hours and over 9 hours on your summit day. We will stop at shady rest often where you will be able to re-energise with snacks and fill water bottles, and there will be a longer stop for your packed lunch. In the evening there is usually an hour or so free time before we meet to discuss the next day's route, and then dinner will follow your briefing.

Level of Difficulty

The Lombok Lava trek challenge is graded as tough. This challenge is suitable for participants who want to get out of their comfort zone, and challenge themselves to a high level. A good level of training is strongly advised to take part in this challenge. You can tell your supporters that on your Lombok lava trek challenge you will be:

- Trekking between 6-9 hours per day.
- You will be hiking to summit the volcano to a high altitude max (3,726m).
- You can summit the volcano twice from a different route, start hiking at 02.00 am.
- You will be sleeping in tents on campsites during 4 nights.

Luggage

The luggage allowance will depend on the airline we are using for your challenge, but in general it will be one piece of checked baggage at around 23 kg.

You will be carrying all your personal belongings on the trek, so the less the better in the region of 15kg-17kg. You do have the opportunity to leave some luggage (anything you don't need for the trek) at the base camp and this will be transferred to the finish point in Senaru on the last day of trekking. All camping equipment will be provided by the local team. This includes sleeping bag, mattress and pillow. If you would like to bring your own you can and we will let the guides know in the briefing.

For any valuables, safe deposit boxes are usually provided to use in the hotels. Use a padlock on your luggage when in transit to reduce any risks. Carry your passport with you and make sure you have a photocopy of your documents (travel insurance etc.) in case they get lost or damaged.

Terrain

You will be summiting the second highest volcano in Indonesia, and as such you should expect very steep terrain, with constant undulations. Nearer the summit and at the base camps, the terrain will be very dry, barren and ashen, but as you descend the volcano it becomes much more lush, humid and forested.

Climate

We will be trekking in the dry season, and the weather will therefore be relatively dry, with warm days and cooler evenings. In Lombok the temperature can be between 25-35 degrees Celsius. Sembalun village which will be cooler as it is at altitude; the temperature range will be about 15-20 degrees Celsius. However when trekking it can feel a lot warmer because of the sun exposure as well as the exertion of the steep volcanic inclines. Ensure you drink a lot enough fluids throughout the day and bring a hat, sun screen and sunglasses.

During the nights particularly at altitude the temperature will drop to approx 10 degrees Celsius and at the summit with a wind chill factor it can be nearing 0 degrees Celsius.

Leadership

There will be an English-speaking challenge leader who will be responsible for the logistics and co-ordination of your challenge. There will also be numerous local support staff to assist them. The challenge leader will be ultimately responsible for the running of the itinerary and the safety of your group.

Group Size

Each group is intended to be 10 people minimum in order to run and maximum of 16 people. We will be able to run this challenge for 5 to 9 people by charging a small group supplement of £95 which will be added to your final balance invoice (self funders) or charged to your charity (minimum sponsorship or flexi).

Insurance

It is a condition of booking that you have a suitable travel insurance policy whilst participating on the challenge.

We have a special policy which covers among other things, medical (emergency, evacuation and repatriation) arrangements, cancellation and curtailment of the challenge, and more specifically for the adventurous activities undertaken on this challenge. If you have your own travel insurance policy, you must ensure that it provides at least the same level of cover as our recommended policy, including protecting the charity in the event of your cancellation 56 days or less prior to departure. If you choose not to purchase our recommended policy when you book we will send you a disclaimer which you should complete and return.

For more general travel insurance questions, please refer to our main [FAQs](#) page.

Flights

You will be flying from London Heathrow to Lombok International. The flying time is approx. 14-15 hours indirect. Your flight tickets will be issued to you upon departure at the airport. If you choose to book your own flights please confirm with the Charity Challenge office first, otherwise you may be liable for your included group flights (please contact flights@charitychallenge.com for further assistance). For more general flights questions, please refer to our main Q&As page.

Vaccinations

For up to date vaccination information please check the NHS 'Fit for Travel' website: <http://www.fitfortravel.nhs.uk/home.aspx>. Although the Charity Challenge team are travel professionals, they are not medical experts and we would encourage you to visit your GP or travel nurse to discuss vaccination requirements. Your GP may ask questions about the specific locations that you are visiting in Indonesia, and as such it may be useful to take a copy of your itinerary with you.

Visa

UK citizens travelling to Lombok for tourism can enter the country for up to 30 days without a visa, so most people on our Lombok Lava Trek will not need a visa. If you are planning to travel around Indonesia before or after your trek, for a duration of longer than 30 days you will need a visa which is payable on arrival. Your passport should be valid for a minimum period of 6 months from the date of your departure from Indonesia.

Money

Currency: The basic unit of currency is the Indonesian Rupee. For up to date currency exchange, go to www.xe.com. US dollar traveller's cheques are widely accepted in Indonesia.

Credit Cards: Visa, Mastercard and most other major credit cards are now accepted in many hotels and shops, but the preferred currency is dollars cash. Many hotels, shops and restaurants will accept credit cards, however they might add an imposed fee by the credit card companies for them to use this payment type (3-4% depending on your card type).

ATMs: ATMs are available in provincial capitals, shopping malls and some hotels; please check with your bank the

specific charges applied to your account.

How much to bring: All accommodation and meals are included within the price of the trip, as well as water during the days of your trekking. You will not need to carry a lot of money with you during the trekking days but as there will be some opportunities to buy soft drinks, alcohol, snacks and souvenirs we would suggest a maximum amount of about £10/15 a day (in local currency).

Tipping: Tipping is at your sole discretion and all staff is paid a fair wage. However, tourism is a tipping culture, and Indonesian guides will generally receive a tip at the end of a job well done. If you choose to tip, we would suggest an amount of \$90 per participant for the duration of the challenge. For those on a Charity Challenge organised extensions, we would suggest between \$3 and \$6 per person per day for restaurant tips, porters, ...

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Any more questions?

Contact us:

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