

CH>RITY
CH>LLENGE



TRIP NOTES

**BELIEVE
ACHIEVE
INSPIRE**

**LOMBOK LAVA TREK
INDONESIA**

Fri 05 Oct - Sun 14 Oct 2018





In aid of your choice of charity

05 Oct - 14 Oct 2018

10 DAYS | INDONESIA | TOUGH

Rinjani volcano is one of Indonesia's highest peaks (3,726m), forming part of the infamous Pacific "Ring of Fire".

The challenge 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 "tough" but the heat, humidity, steepness and length of days make it near extreme. A high level of fitness and training is required to do this trek with enjoyment.

- Mount Rinjani volcano is one of Indonesia's highest peaks (3,726m)
- Stunning views of Lombok from every angle
- Sunrise on summit with views of the crater lake and smouldering Baru Jaru
- Soak aching limbs in the natural hot springs and enjoy nature at its best
- A test of physical and mental abilities

YOUR CHALLENGE DAY BY DAY

DAY 1 Fri 05 Oct

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International departure from London

The day of departure has finally arrived. Meet up with the rest of your team at the airport and start your adventure!

DAY 2 Sat 06 Oct

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Arrive in Lombok

Upon your arrival in Lombok you will be met by your local leader and after an hour transfer you'll be relaxing beachside for a light lunch in small town Senggigi. After lunch you will continue your transfer (3 hours) to the small Sasak town Sembalun.

You'll check into your accommodation and as the clouds part you'll get your first sighting of the majestic Gunung (mountain) Rinjani and in the early evening as the sun sets it casts the volcano in a mystical light.

DAY 3 Sun 07 Oct

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Sembalun: exploration and acclimatisation

After a light breakfast at the hotel, you can visit the original village of Sembalun and see some traditional crafts in the making; visit the volcanologist centre and learn about the volcanoes; enjoy some local cuisine; and do a short trek to get your legs prepped for the trek the next day.

After lunch take some time to organise your kit and make sure you have packed for the next few days of trekking.

You'll also be asked to register for your park permit to climb the mountain.

Dinner will be in a local restaurant and will be followed by a more technical brief from your local leader and guides.

DAY 4 Mon 08 Oct

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The start of trek and summit Mt Rinjani (3,726m)

After an early breakfast, you'll begin your trek at 08:00 up to the campsite at Plawangan II (2650m). You'll pass through fertile and undulating hills of the savannah lands and then steadily your climb will become steeper and steeper. Whilst you pause to catch your breath admire the beautiful and views across Lombok and over to Bali.

Sembalun Lawang (1,156m) is the best place to begin on foot to reach the peak of Rinjani, Known for its spectacular scenery. The climb to Plawangan II at 2,650m will take about 6-7 hours. You'll lunch on route to camp and snacks and water stops will be plentiful along the route. Dinner is prepared by your local team and it will be early to bed in preparation for your early rise to summit.

DAY 5 Tue 09 Oct

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Plawangan II to the summit of Rinjani and descent down to Segara Anak Lake (2,000m)

It's an early start this morning at around about 02:00am. After a light snack to give you a kick start you'll head off for the summit of Rinjani (3,726m). As you make your way slowly up the mountain listen out for the legendary Princess Anjani (Putri Anjani) whispering in your ear and encouraging you on your way.

Do not under estimate the mental and physical strength you will need to reach the summit. Every step you take it feel like you've slipped back 2...but do not lose heart; at the summit the sense of achievement and the spectacular views will be overwhelming. After enjoying sunrise, proceed down to the base camp where a second and bigger breakfast awaits you.

After a rest, you'll be on your way back down the mountain to your next campsite. A 3 hour steep downhill trek to the Segara Anak Crater Lake (2000m) will be your next destination. On arrival you'll have lunch and then visit the hot springs to give you aching muscles a relaxing soak. Lunch and dinner prepared and served at the lake.

As you sit around your campfire you'll marvel at your days accomplishments and wonder if it was all a dream. Overnight at the camp

DAY 6 Wed 10 Oct

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Trek to the healing caves of Goa Susu & Goa Taman

Your morning will be spent at a slower pace, take another soak in the hot springs or take a stroll lake side and admire the view of the Mount Baru.

Head off to your next campsite at Goa Susu (Milky Cave) and make a wish at Goa Taman, although be sure that you will return to the cave when your wish comes true! Lunch will be served at camp. This is the last day you'll spend with your guide and porter team so a celebratory dinner will be had in the evening.

DAY 7 Thu 11 Oct

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Goa Susu to Torean and over to Gili Air

With refreshed legs you'll be ready for your last day of trek. A steady 8 hours downhill through the valley and ending up in the village of Torean. The trek is a mixture of steep downhill, climbing ladders and river crossings. It is a tough day but the views more than make up for anything else you might be thinking! There are some narrow portions of trail on this last day and caution is needed, but there will always be a helping hand from your guides. When you reach Torean you'll get a chance to say your farewells to the amazing guides and porters and then transfer to the harbour where your boat will be waiting to take you over to Gili Air. Your first night back in a bed as you overnight in a hotel.

DAY 8 Fri 12 Oct

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Gili Air - true relaxation

The day is yours to spend at leisure on this beautiful island whether you relax on the beach; walk around the island; go snorkelling in the crystal waters and swim with the turtles or organise some diving. Breakfast and dinner are included on this day and lunch will be at your own cost. Dinner will be a chance to celebrate your achievements of the trip. Overnight in your hotel.

DAY 9 *Sat 13 Oct*

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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 *Sun 14 Oct*

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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 £350.00 when you book

Then a balance of £1703.00 (8 weeks before your challenge)

Raise as much as you can for your charity.

MINIMUM SPONSORSHIP

-

Registration fee of £350.00 when you book

Raise a minimum of £3475.00 for your charity.

FLEXI

-

Registration fee of £350.00 when you book

Then £350.00 towards challenge costs (8 weeks before your challenge)

Raise a minimum of £2760.00 for your charity.

WHAT'S INCLUDED

Before you go

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- Members only benefits and discounts at a wide range of clothing and equipment suppliers including Outdoorhire, Cotswold Outdoor, Runners Needs, Snow + Rock, Water to Go, The Altitude Centre, Sporttape and Nomad & MASTA.
- Fundraising advice
- 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 & MASTA
- 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)

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 27/07/2018), and the remaining 20% within 4 weeks of completing the challenge (by 11/11/2018). 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 - 15 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 8-9 people, but there will be a small group supplement of £75. 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

Trek/bike training weekends*
Extensions at end of trip*
Single room supplements*
Travel insurance
Business class upgrades*
(*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 <https://www.campbellirvine.com/charitychallenge>.

Luggage

We recommend that you do not bring more than 20kgs of luggage for your flight allowance although this is dependent on the airline with which you are travelling. We also recommend you bring a soft bag rather than a hard suit case as this is easier to pack into vehicles.

Luggage for trek

You have 2 options for the trek.

Option 1:

You can carry your own belongings for the duration of your trek to give yourself the extra challenge. If you go for this option, we would recommend that you cut down your kit to the minimum that you need to take with you and trek light. You will be able to leave the items that you don't want to take with you at our base camp in a separate bag and you'll be reunited with it at the end of your trek. Recommended bag size for this is 35-48L bag with a waist strap.

Option 2:

You can hire a porter at additional cost (approx USD15) to carry your belongings for you for the duration of the trek. Again you will need to cut down the amount you take as the porters are only allowed to carry a maximum load of 15kgs. You can pair up with someone else and share your bag and porter as long as your load does not come to more than 15Kg. You will be able to leave the items that you don't want to take with you at our base camp in a separate bag and you'll be reunited with it at the end of your trek.

With option 2 you will want to have a day sack with you for your sun screen, water, camera and any other personal items/medication you might need during the time you are walking as your bags will be taken to the camp ahead of you.

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.

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.

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 and toilets

During the trek you will be staying in 2 person tents. All camping equipment is provided for you. This includes sleeping mat and pillow and sleeping bag. You may want to bring your own, which is fine but please let us know. During the trek toilet tents will be provided and you will need to use a short drop. Toilet paper is provided for you but it is always handy to have some of your own!

When you are not trekking then you will be staying in local hotels in twin shared rooms.

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).
- During the trek you'll be camping in tents

Climate and terrain

Climate: You will be trekking in the dry season and so there will be little rain. The temperature will range between 25-35 degrees Celsius with 70% humidity. The heat and humidity make the trekking a lot tougher, particularly as there is little shade. It is imperative that you have sun screen/hat and drink enough fluids to prevent dehydration. In the evenings and as you get higher the temperature will drop and will be between 0-8 degrees Celsius. So you will need warm clothing.

Terrain: Much of the trek is through undulating savannah lands with little shade. However as you get closer to the summit the terrain the hills become a lot steeper and you will find yourself in cloud forest with more trees. The summit portion of this trek is tough going as you are on a steep ascent with ash and pumice stone which slide out from under your feet. The descents can also be steep and on single track dirt trails with ladders and river crossings.

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 15 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).

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.

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.

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?

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