

Mt Rinjani

Pocket Guide



2 Day / 1 Night
Summit Trek



Thank you!



**Thank you for booking a trek
with Rinjani Dawn Adventures,
and supporting the local
community in Senaru, Lombok.**



Booking Confirmation

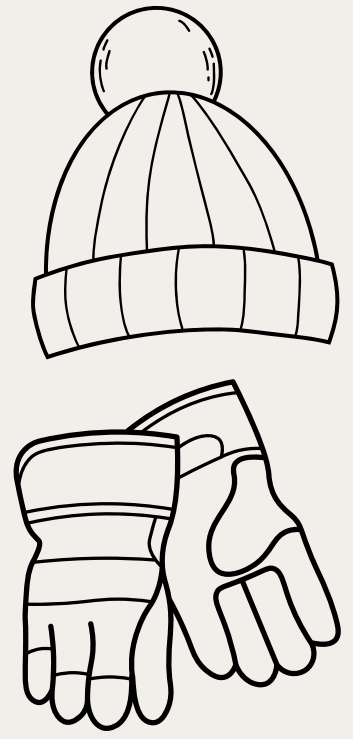
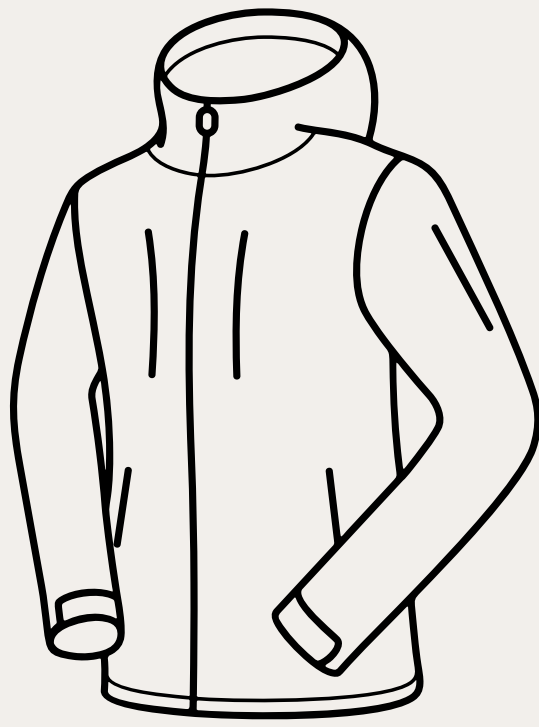


Your booking will be officially confirmed once we've received your deposit and purchased your Mount Rinjani National Park entrance ticket on your behalf. Please note that these tickets are issued by the park authority (TNGR) and are non-transferable and non-refundable — unfortunately, this is their policy, not ours. Once confirmed, you'll receive a detailed confirmation email with your trek dates, inclusions, pick-up details, and a packing guide. Be sure to review everything carefully, and don't hesitate to contact us if you have any questions or need to make changes. We recommend booking early, as permits are limited and can sell out quickly during peak seasons.

Intro:

Welcome to the 2 Day / 1 Night Mount Rinjani Summit Trek, a challenging yet unforgettable journey to the top of Lombok's most iconic peak. Over two days and one night, you'll hike through lush forest, volcanic ridgelines, and highland meadows — reaching the summit of Mount Rinjani (3,726m) at sunrise. This is our most popular trek for fit, time-conscious travellers who want to experience the mountain's raw beauty without camping at the lake.

Equipment



Having the right equipment is essential for a safe and comfortable trek. On the next page, you'll find a brief overview of what we recommend bringing. For more detailed guidance, including gear tips, photos, and FAQs please visit our website. If you still have questions, feel free to reach out - we're always happy to help.

Equipment List:

Essential Items to Bring:

- **Hiking Boots / Trail Shoes**
- **Hiking poles**
- **Backpack (40l recommended)**
- **Hydration bladder / camelback**
- **Insulated Jacket**
- **Warm / Thermal Layers**
- **Spare clothes (socks, underwear, etc)**
- **Waterproof Jacket & Trousers or Poncho**
- **Warm Hat & Gloves**
- **Sunhat**
- **Suncream (hi factor)**
- **Head Torch with spare batteries**
- **Small Dry Bag**
- **Personal First Aid Kit**
- **Flip-flops / sandals / thongs**
- **Dust mask**
- **Sleeping-bag liner**

First Aid



While our guides carry a group first aid kit, we strongly recommend each trekker brings a small personal kit with essentials tailored to your needs. Here's what to include:

- **Any personal medication**
- **Adhesive bandages (plasters) – for small cuts or blisters**
- **Blister pads or moleskin – e.g., Compeed, for heel/toe protection**
- **Antiseptic wipes or cream – for cleaning minor wounds**
- **Pain relief – paracetamol and/or ibuprofen**
- **Anti-diarrhoea tablets – e.g., Imodium**
- **Electrolyte sachets or tablets – to stay hydrated**
- **Antihistamines – for allergies, insect bites, or hay fever**
- **Lip balm with SPF – prevents cracked lips at altitude**
- **Sunscreen (small bottle) – high SPF (30+)**
- **Personal medications – enough for the full trip, plus extra**
- **Micropore tape – lightweight and versatile for cuts, hot spots, or temporary repairs**
- **Small scissors or safety pins – optional but useful**

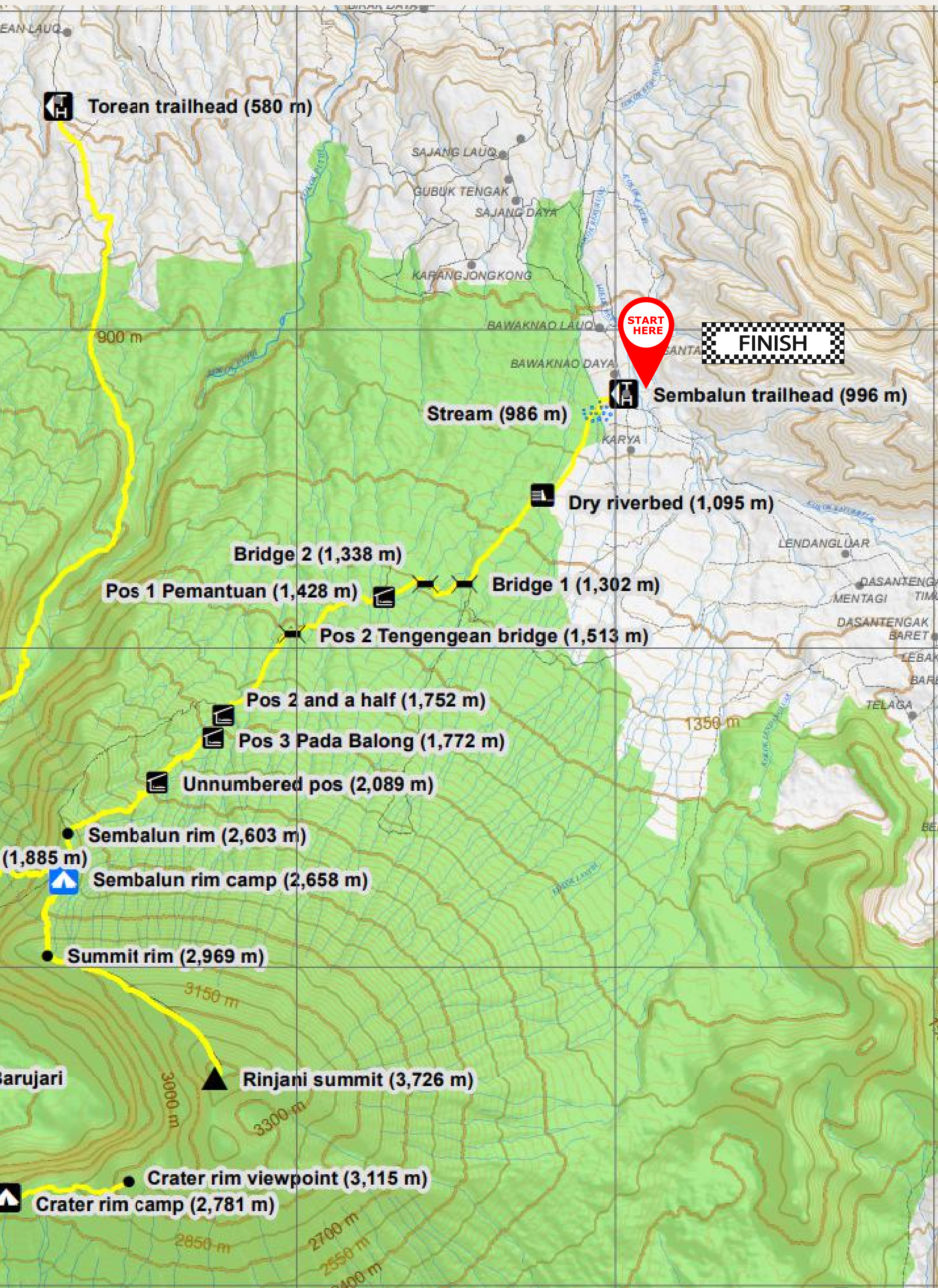
💡 Tip: Pack everything in a small, ziplock or waterproof pouch to keep it lightweight and dry.

Travel Insurance

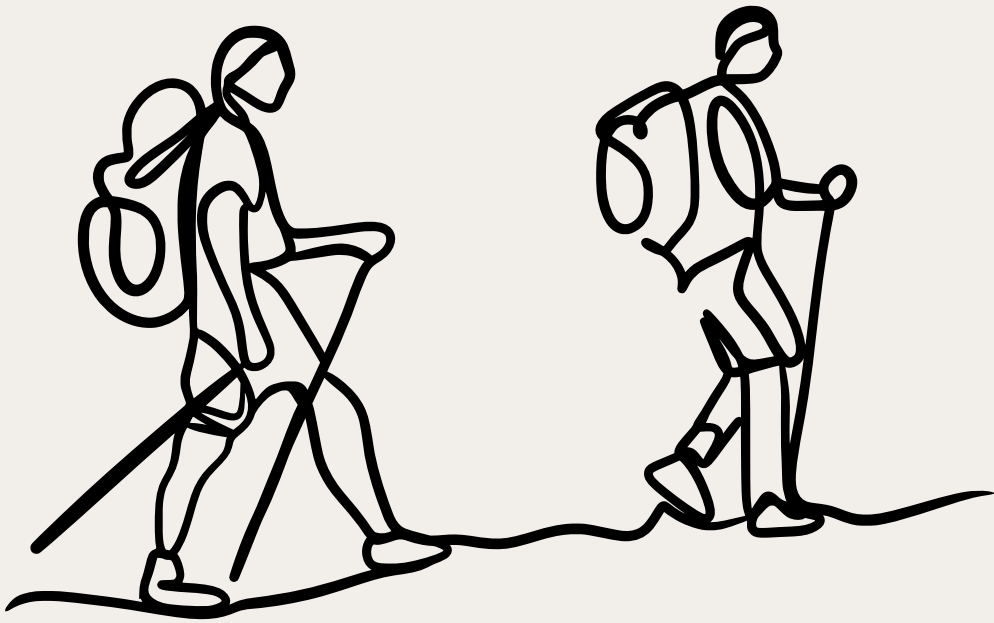


Travel insurance is mandatory for all participants and must cover high-altitude trekking up to 3,726 metres. Your policy should also include emergency medical evacuation, trip cancellation, and personal liability. Mount Rinjani is a serious mountain, and while we prioritise safety, unforeseen events such as injuries, illness, or trail closures can occur. Please ensure you have adequate coverage and bring a copy of your policy details with you — it's for your protection and peace of mind.

2D1N Route:



Stats:



**Approx 25km
total walking
distance**

**3726m High
summit**



Day 1:

9.6km walking distance, with 1560m of elevation gain

Day 2:

**15.4km walking distance, with 1106m of elevation gain
and 2660m descent.**

Day 1: Transfers

Your adventure begins with an early morning pick-up from your accommodation. Exact collection time depends on your location, but it's typically well before sunrise to ensure an early start on the trail. We strongly recommend staying in Senaru or Sembalun the night before your trek for the smoothest experience.

However, if you're based elsewhere on mainland Lombok — such as Senggigi, Mataram, Kuta, or the airport — we can arrange pre-dawn transfers to get you to the mountain on time.



Pick-Up Confirmation

Your pick-up time will be confirmed with you the day before your trek. If you haven't heard from us by 2:00 PM, if your pick-up location has changed, or if you're uncertain about anything, please contact Aef (Operations Manager) or Rizal (Booking Manager) immediately. While we do our very best to stay organised, occasionally things can be missed — and we'd much rather hear from you than risk a miscommunication on trek day. Your smooth start is our priority.



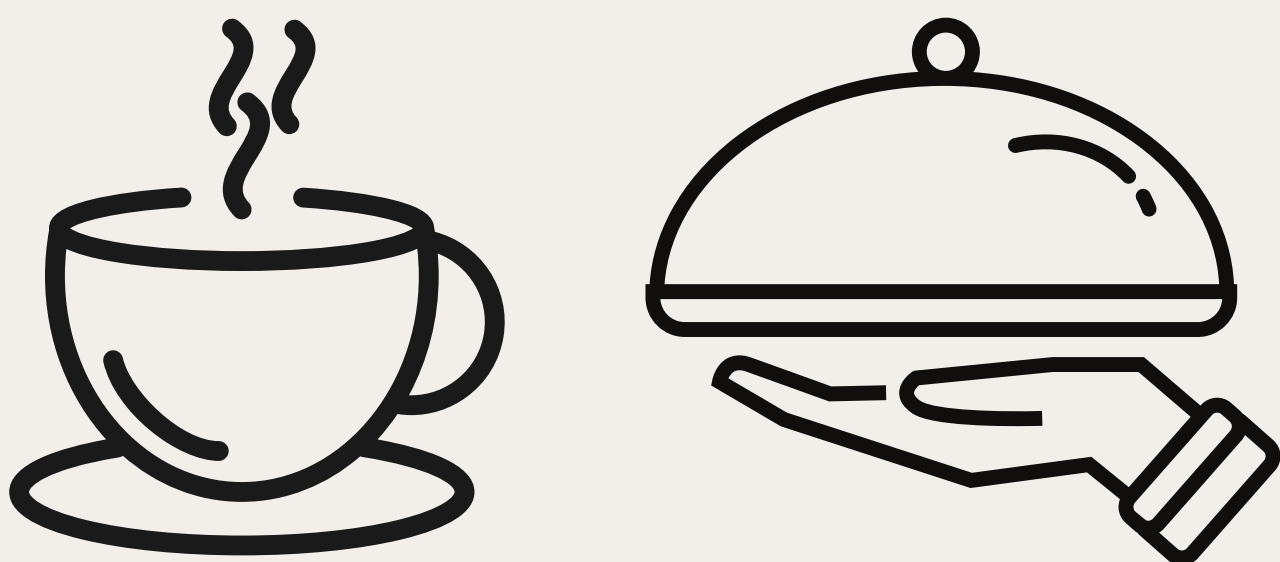
+62 823-4101-1044



+62 823-4054-5410

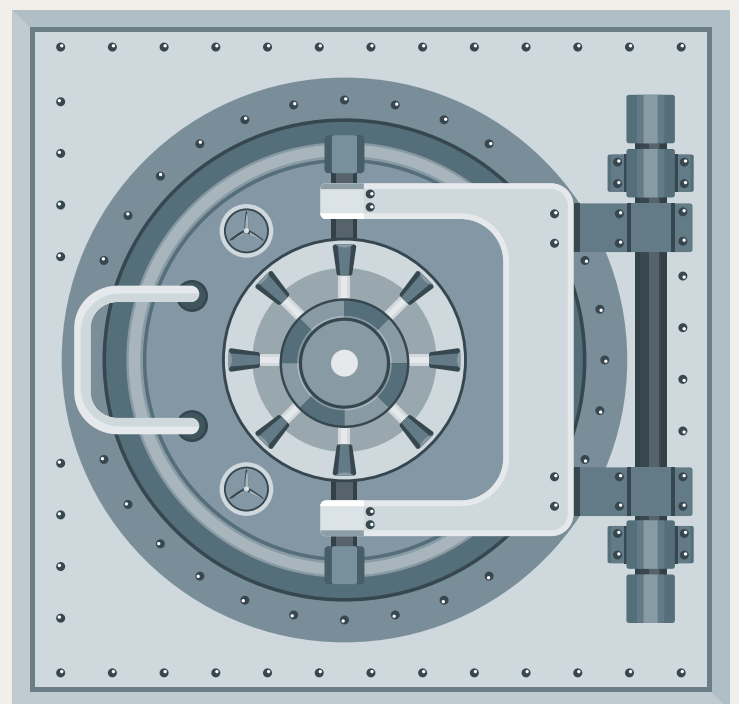
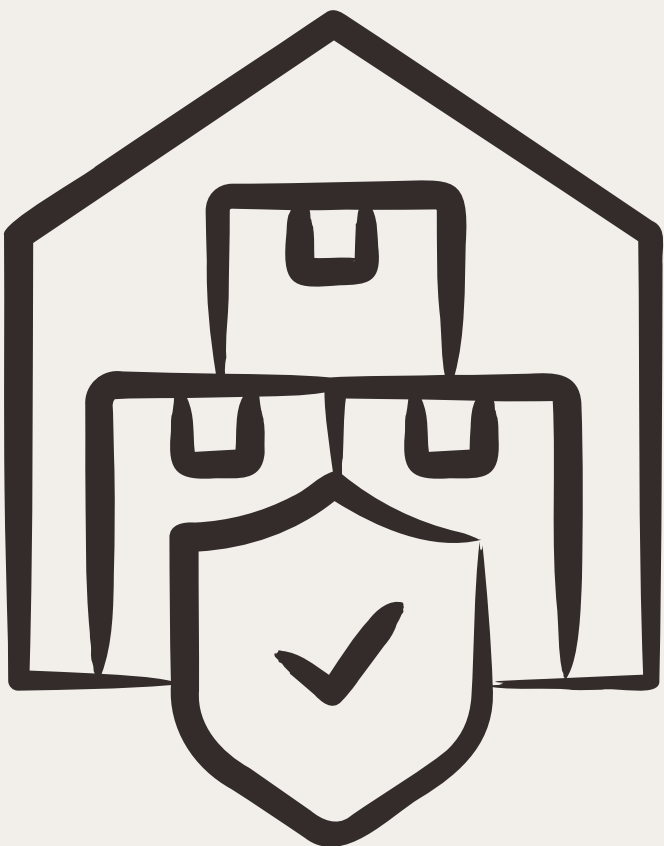
Day 1: Breakfast

Most trekkers begin their day at Café Rinjani Dawn in Senaru, where a light breakfast will be served and you'll meet your guide, review the trek plan, and finalise any equipment needs. If you've chosen to stay in Sembalun the night before, we'll collect you directly from your accommodation and take you straight to the Rinjani Trek Centre (RTC) for registration and a quick pre-trek briefing.

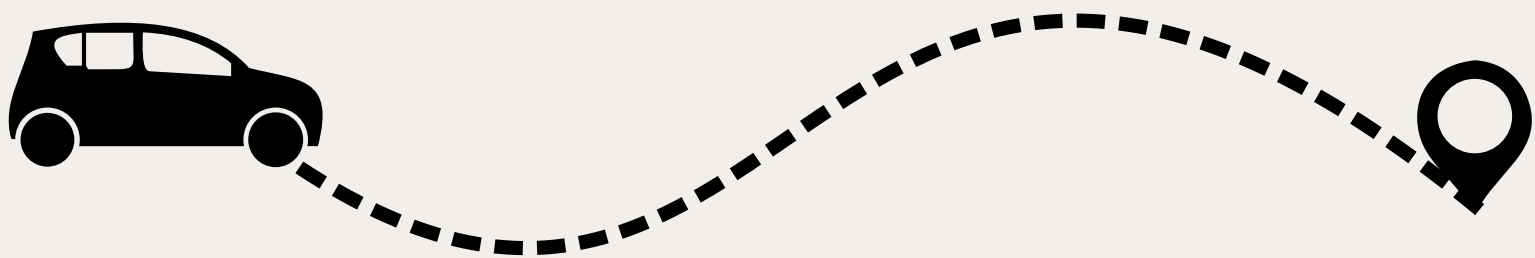


Left Luggage / Secure Storage

Before the trek, you're welcome to leave any excess baggage at Café Rinjani Dawn in Senaru. We provide a secure, staff-only storage area where you can safely store luggage, clothing, or anything you don't need on the mountain. For passports, electronics, or other valuables, we also offer the option to store items in our locked safe for added peace of mind. Just let our team know what you'd like to leave behind, and we'll make sure it's kept secure until your return.



Day 1: Travel to Sembalun



After breakfast in Senaru, you'll travel by private vehicle to Sembalun Village, the official starting point of the summit trek. The drive takes around 70 minutes, winding through scenic mountain roads and remote highland communities. Along the way, you'll gain elevation and get your first glimpses of Mount Rinjani's eastern slopes.

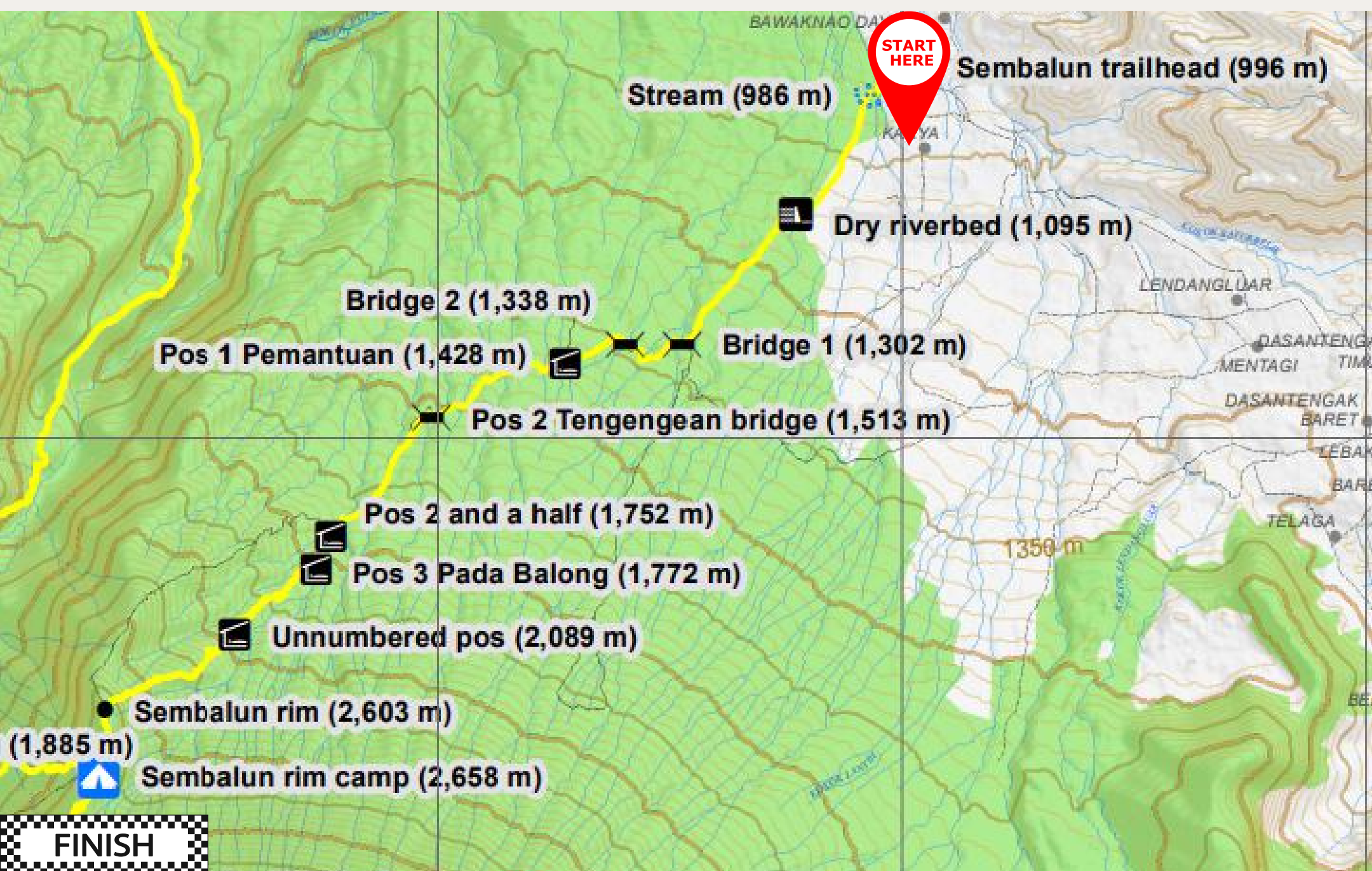
Day 1:

Registration & Health Check

Before starting the trek, all participants must complete a mandatory registration at the Rinjani Trek Centre (RTC) in Sembalun. This includes a quick health check conducted by park staff to ensure you're fit to hike. It's a simple process — typically involving a few questions and a blood pressure check — but it's required for your safety and for national park insurance coverage. Please bring a copy of your passport and be honest about any medical conditions.

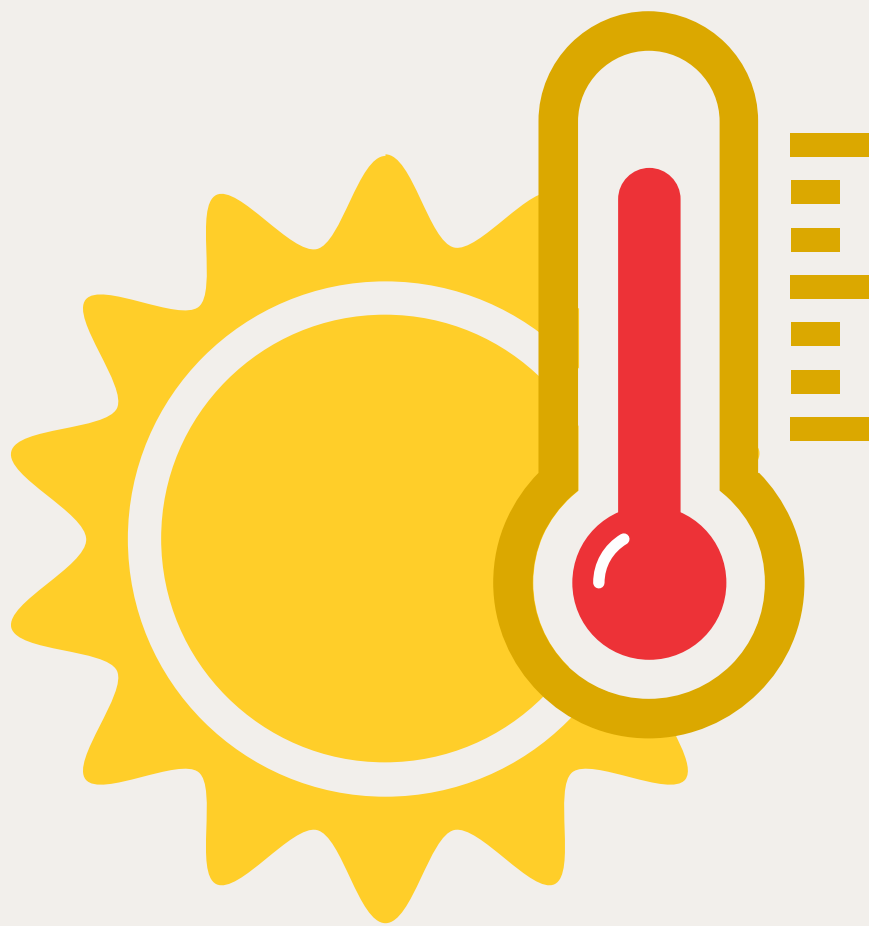
Day 1: Route

Your trek begins from Sembalun Village (1,150m) with a gentle walk through open grasslands before the trail gradually steepens into forested hills. Along the way, you'll take breaks at designated rest posts, with lunch served on the trail by our team.



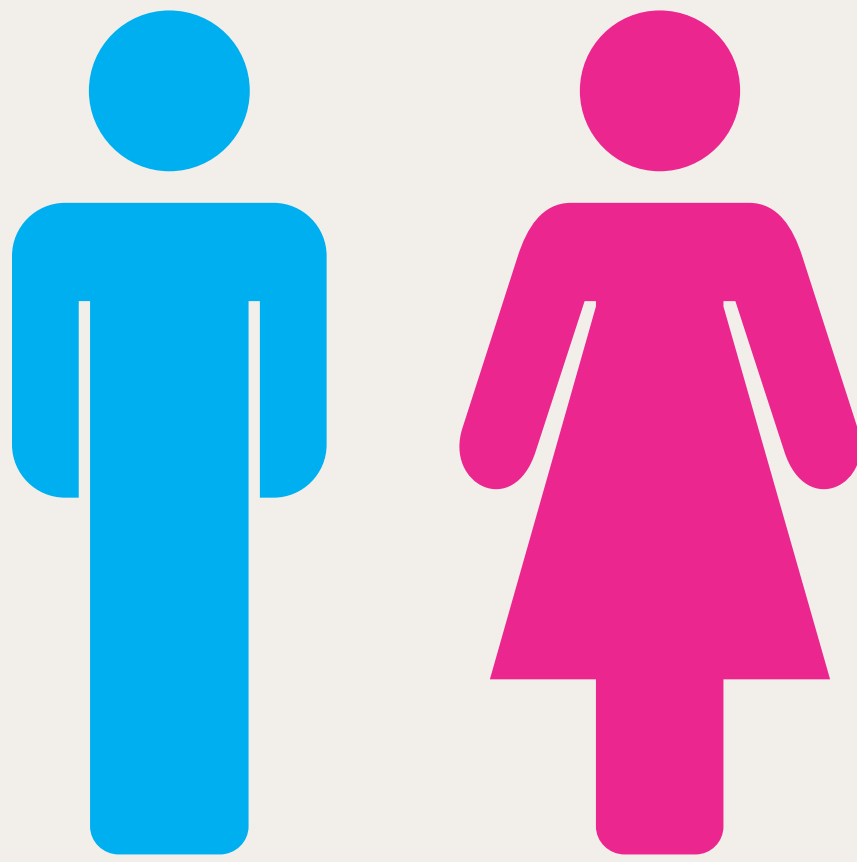
The climb becomes more challenging in the afternoon as you ascend to the Sembalun Crater Rim (2,639m), where you'll set up camp. From here, enjoy breathtaking sunset views over the crater lake and across to Bali's Mount Agung.

Day 1: Safety



Day 1 of the trek involves long hours of hiking through open grasslands and exposed ridgelines, especially in the morning and early afternoon. The two biggest risks are sunburn and dehydration, so it's essential to apply high-SPF sunscreen regularly, wear a hat, and drink water frequently — even if you don't feel thirsty.

Toilets



Toilets on Mount Rinjani are basic but functional. At campsites like the Sembalun Crater Rim, simple squat-style toilet tents are set up for privacy, using deep pit systems. There are no permanent toilet facilities along the trail, so if nature calls while trekking, you'll need to step off the path and follow Leave No Trace principles.

Food & Drink

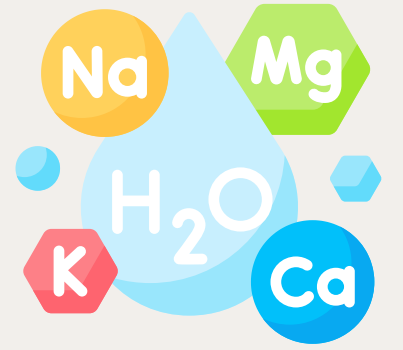
Our team of porters provide freshly cooked, nourishing meals throughout the trek — including breakfast, lunch, dinner, and snacks. Typical dishes include rice, vegetables, eggs, tempeh, noodles, and chicken, with vegetarian and vegan options available on request. Hot drinks like tea, coffee, and ginger tea are served at camp to help you relax and rehydrate. All food is carried and prepared by our team, so if you have dietary restrictions, please let us know in advance and we'll do our best to accommodate you.

Water

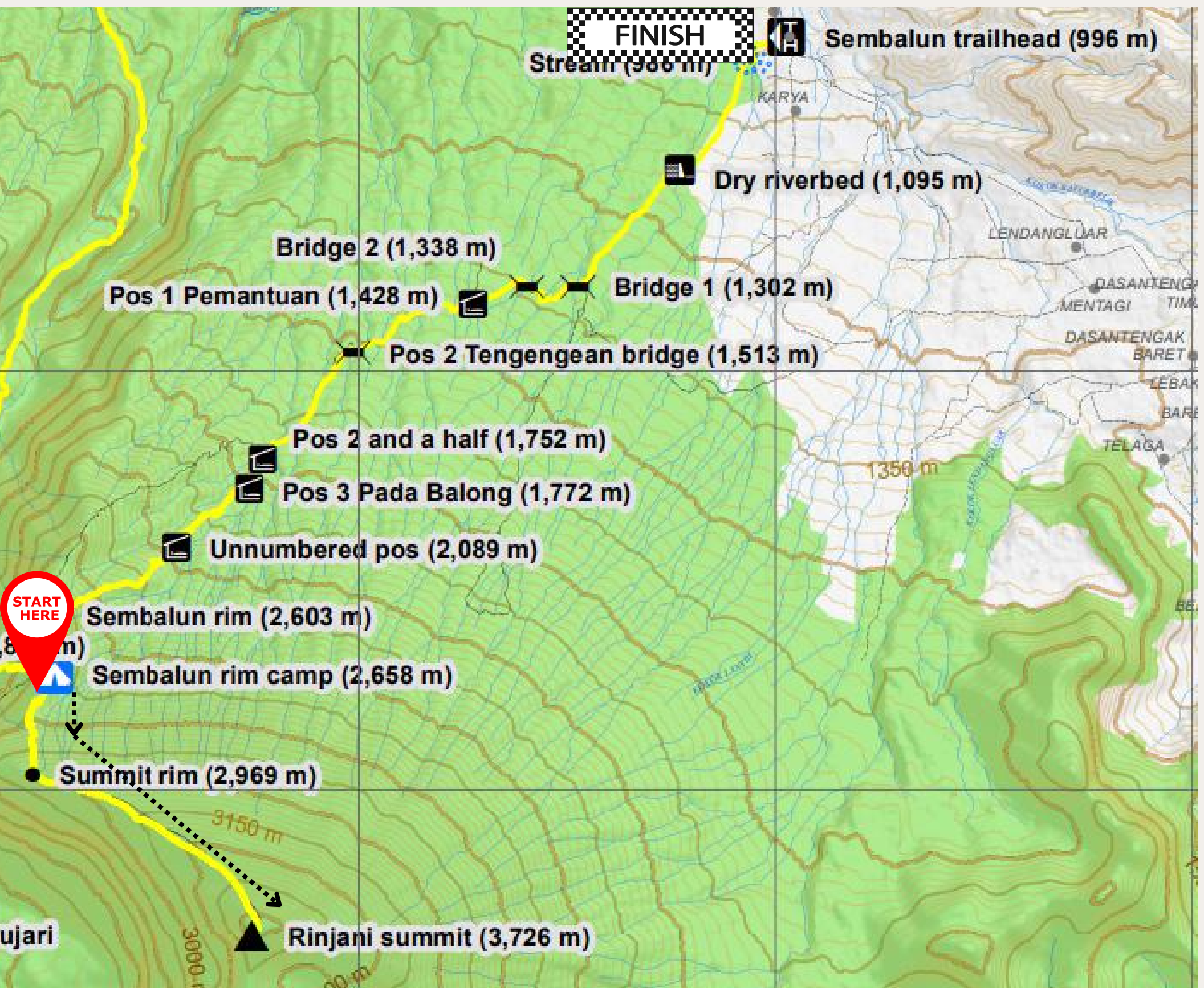
We provide all drinking water for the duration of your trek. Our team carries sealed bottled water to ensure it's clean and safe for consumption. You'll be given water at regular intervals throughout the day, including during meals and rest breaks. We recommend carrying a hydration bladder to stay well-hydrated, especially on hotter sections of the trail. While we aim to minimise plastic use, safety and hygiene come first — all bottles are packed out and disposed of responsibly.

Electrolytes

Staying hydrated on the mountain isn't just about drinking water — replenishing electrolytes is just as important. We carry a limited supply of Pocari Sweat, a popular Indonesian electrolyte drink, but we highly recommend that you bring your own electrolyte powders or tablets. These can help maintain energy levels, prevent dehydration, and reduce the risk of muscle cramps, especially after a long day of hiking. You're also welcome to bring your own energy bars, trail mix, or gels to supplement the nutritious meals we provide along the way.



Day 2: Route



Day 2 begins in the early hours — usually around 2:00 AM — for the final push to the summit of Mount Rinjani (3,726m). The trail is steep, rocky, and challenging, with loose volcanic scree that makes progress slow but rewarding. Reaching the summit at sunrise offers spectacular panoramic views over Lombok, Bali, and the crater lake far below. After descending back to camp for breakfast and a short rest, you'll begin the long descent to Senaru via the crater rim and lush tropical forest. It's a full day of hiking, and trekking poles are highly recommended to protect your knees on the way down.

Day 2: Safety



Day 2 is physically demanding, with an early morning summit attempt followed by a long descent back to Sembalun. Fatigue, dehydration, and sore knees are common, so it's important to pace yourself, stay hydrated, and communicate openly with your guide if you're feeling unwell. The summit trail involves loose volcanic scree and steep drop-offs — be cautious with your footing, especially in the dark. During the descent, take care on dusty or uneven sections, and use trekking poles if available to reduce joint strain. Wearing proper footwear and taking regular breaks will help you stay safe and finish strong.

👉 Be sure to follow the Golden Safety Rules on the next page.

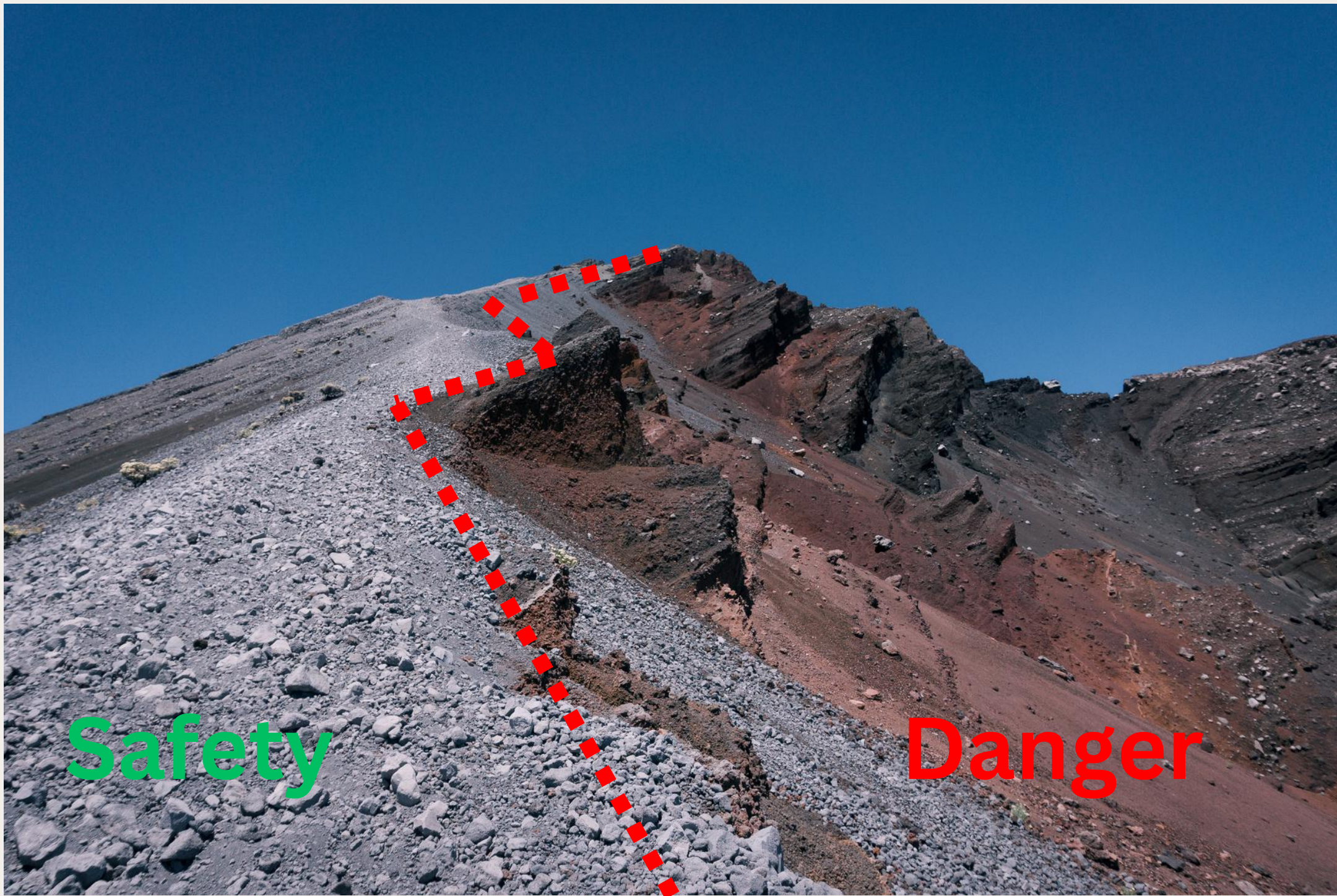
Golden Safety Rules

Reaching the summit of Mount Rinjani is a rewarding achievement, but the conditions can be tough — especially in the dark and cold of the early morning. Please keep these essential safety guidelines in mind:

- **Always follow your guide's instructions - they are there to keep you safe and make good decisions based on experience.**
- **Stay well back from exposed edges or steep drop-offs - the summit trail has sections with loose volcanic rock and no guardrails.**
- **Tell your guide immediately if you're feeling unwell, dizzy, or dangerously cold - early intervention is key.**
- **If you feel you cannot continue, speak up - your guide or porter will support you and arrange a safe alternative.**
- **Dress in layers - it's better to start warm and remove clothing later than risk getting too cold.**
- **Keep drinking water, even if you're not thirsty — staying hydrated helps prevent altitude-related fatigue and headaches.**

Your guide is there to support you, but your awareness and communication are just as important. Let's work together to make the summit experience both safe and unforgettable.

Hazards



As you approach the summit, the trail follows a narrow volcanic ridgeline, which can feel exposed — but the key safety point is this: the drop is only on the right-hand side. As shown in the image, the left side offers relatively stable footing with no dangerous fall zone. As long as you stay left and avoid the live edge, you're in a much safer position. The scree can be loose underfoot, so take your time, use trekking poles if you have them, and always be aware of your footing — especially in the dark. Listen to your guide and maintain single file spacing along this section.

Hazards Ctn:



The summit of Mount Rinjani can get crowded, especially around sunrise when multiple groups arrive at the same time. Space at the top is limited and uneven, with steep drop-offs on one side. Please stay alert, watch your footing, and avoid standing too close to the edge — especially when taking photos or selfies. Tragically, a person lost their life a few years ago after slipping while trying to take a photo too close to the edge. No photo is worth the risk. Stay aware of your surroundings, keep a safe distance from drop-offs, and wait your turn for a summit photo if it's busy.

Summit:



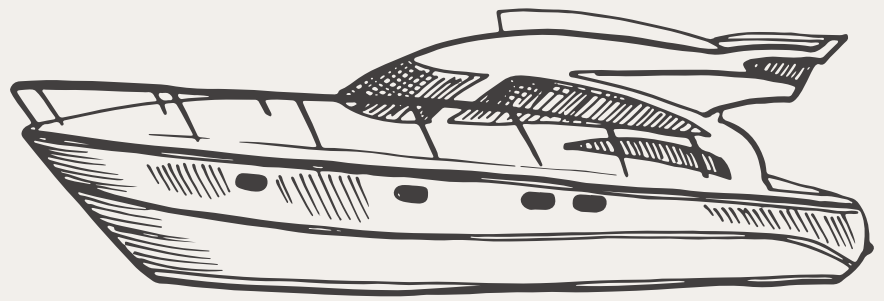
We typically spend around 45 to 60 minutes at the summit, depending on what time we arrive and how busy it is. This allows time to take in the incredible sunrise views, snap a few photos, and enjoy the sense of achievement after the climb. Our team may offer a light snack and warm drink to help you refuel before the descent. Once everyone is ready — and conditions are still safe — we'll begin the hike back down to the Sembalun Crater Rim campsite for a well-earned breakfast and short rest.

Walking Off



After breakfast at the Sembalun Crater Rim campsite, you'll retrace your steps down the Sembalun trail, descending through open savannah and rolling hills back toward Sembalun Village. While the terrain is familiar, going downhill can be tough on the knees — especially through loose scree and dusty switchbacks — so take it slow and use trekking poles if you have them. We'll stop for rest and a light lunch on the way down, before arriving in Sembalun in the early afternoon. From there, a private vehicle will take you back to Senaru or your next destination.

Finish Time & Onward Travel



Unfortunately, we cannot guarantee an exact finish time for the trek, as it depends on individual and group fitness levels, weather, and trail conditions. Most groups return to Sembalun in the early to mid-afternoon, but some may take longer. While it's sometimes possible to make it back in time to catch the public boats to the Gili Islands, there's also a chance you may arrive too late — especially during wetter months or slower descents. If you're hoping to head straight to the Gilis, a private speedboat transfer can be arranged on short notice, typically costing 400,000–450,000 IDR per boat. For peace of mind, we recommend building some flexibility into your travel plans or staying one extra night on mainland Lombok after your trek.



SUMMIT
SOUVENIRS

@caferinjanidawn

If you'd like to take home a memento from your Mount Rinjani trek, visit Summit Souvenirs, our small shop located inside Café Rinjani Dawn. We stock Rinjani Dawn Adventures T-shirts, hoodies, and other souvenirs — a perfect reminder of your adventure or a gift for someone back home.

Thank You!



Thanks for taking the time to read through your Pre-Trek Brief. We hope it's helped you feel more prepared, confident, and excited for the adventure ahead. If you have any questions before your trek, feel free to reach out — we're here to help. We look forward to welcoming you to Mount Rinjani and sharing this unforgettable experience with you soon!

Aef, Operations Manager

