

Mt Rinjani

Pre-trek briefing



**3 Day / 2 Night
Summit Trek
(Standard Route)**



Thank you!



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



Booking Confirmation



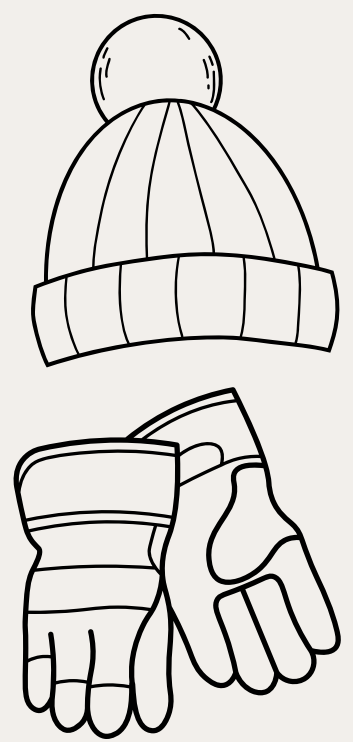
Your booking will be officially confirmed once we've received your deposit and purchased your Mount Rinjani National Park entrance ticket on your behalf. Please note that these tickets are issued by the park authority (TNGR) and are non-transferable and non-refundable — unfortunately, this is their policy, 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 3 Day / 2 Night Mount Rinjani Summit Trek

This extended itinerary delivers the full Mount Rinjani experience — combining the summit, the crater lake, and the mountain's most iconic landscapes. Over three days, you'll journey through lush rainforest, traverse dramatic volcanic ridgelines, and visit the turquoise waters of Segara Anak, where you can unwind in the natural hot springs. With extra time to explore and acclimatise, this is the ideal choice for adventurous travellers who want a more relaxed pace and a deeper connection to the mountain.

Equipment



Bringing the right gear is key to ensuring your trek is both safe and comfortable. On the next page, you'll find a quick checklist of our recommended items. For more in-depth advice — including packing tips, example photos, and answers to common questions — please visit our website. And if anything's still unclear, don't hesitate to get in touch. We're always happy to offer guidance before you set off.

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:

- **Personal medications – enough for the full trip, plus extra**
- **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+)**
- **Micropore tape – lightweight and versatile for cuts, hot spots, or temporary repairs**
- **Small scissors or safety pins – optional but useful**

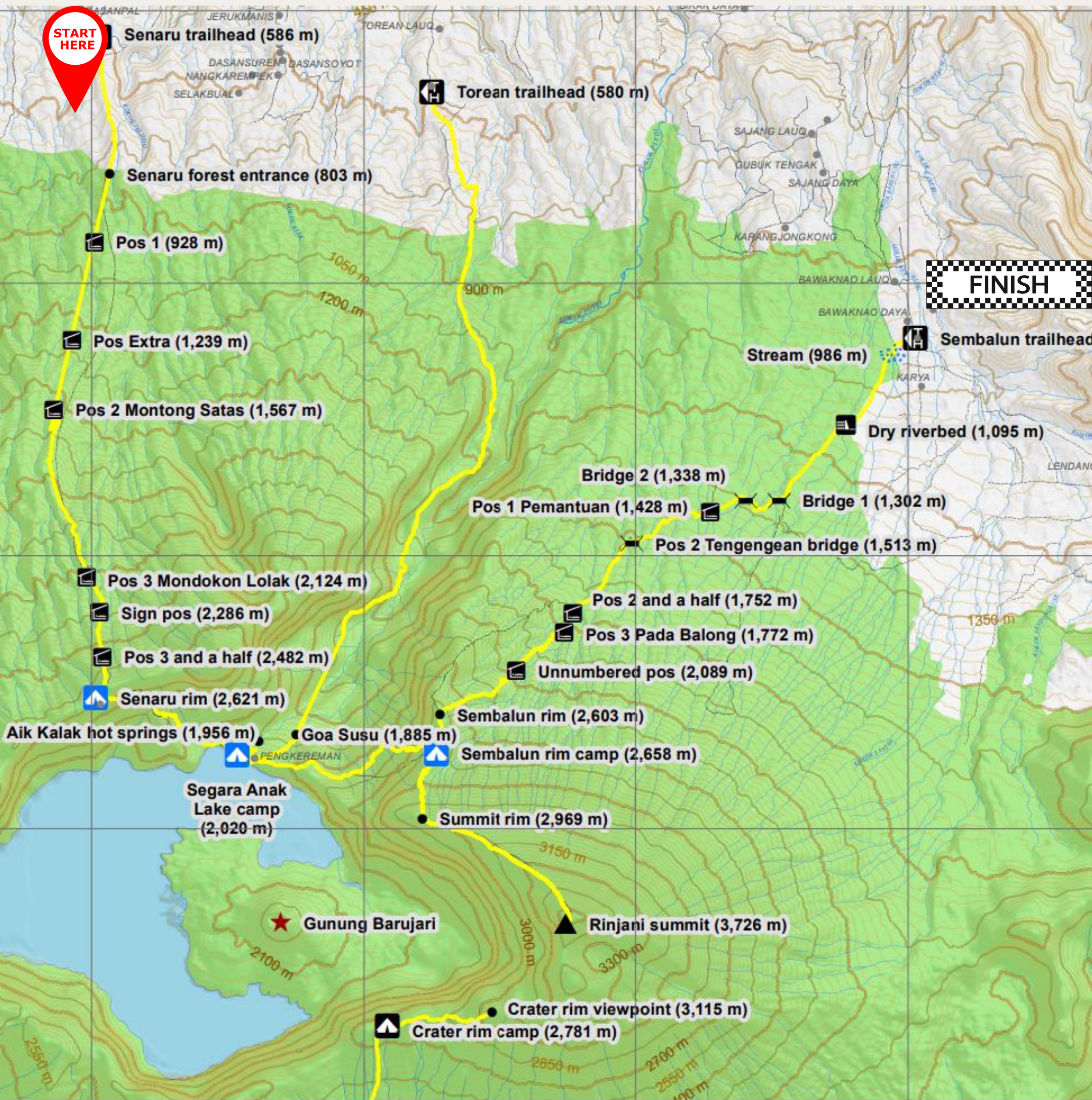
💡 Tip: Pack everything in a small, ziplock or waterproof pouch to keep it lightweight and dry.

Travel Insurance



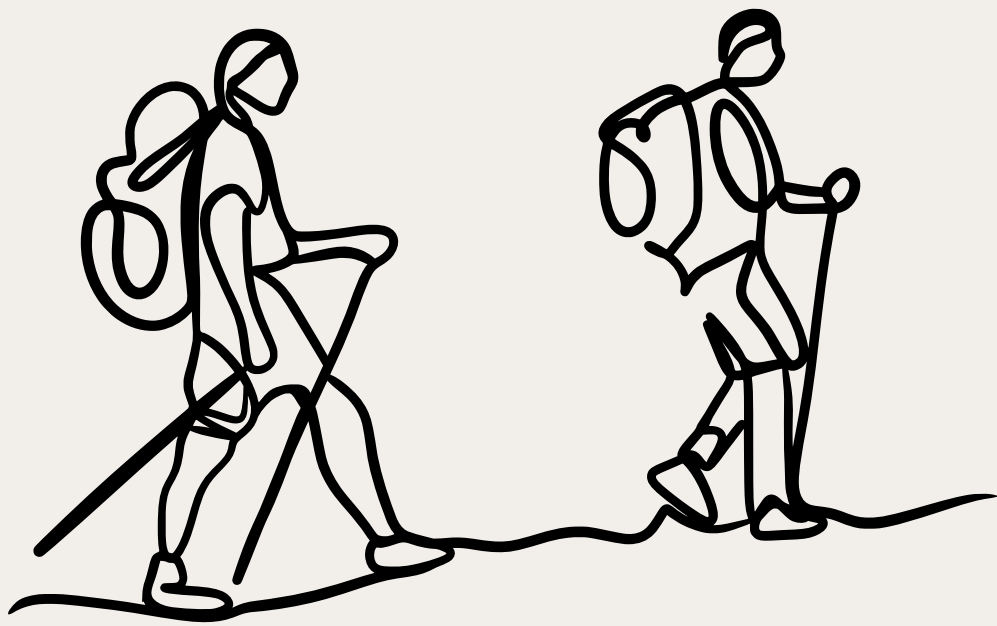
Comprehensive travel insurance is a requirement for all trekkers and must include cover for high-altitude trekking up to 3,726 metres. Your policy should also protect you for emergency medical evacuation, trip cancellations, and personal liability. Mount Rinjani is a demanding mountain environment, and while we take every precaution to keep you safe, unexpected situations — from injuries or illness to sudden trail closures — can still arise. For your safety and peace of mind, please make sure you're fully insured and carry a copy of your policy details with you.

3D2N Route:



This trek can be done in two directions: starting in Sembalun or Senaru. If you begin in Sembalun, you'll summit on the morning of Day 2, then descend to the lake and finish in Senaru. If you start in Senaru, you'll visit the lake and hot springs first, then make the summit push on Day 3 before descending into Sembalun. Both routes offer incredible scenery and a full Rinjani experience, but for better acclimatisation and a more gradual ascent, we recommend starting in Senaru.

Stats:



**Approx 34km
total walking
distance**

**3726m High
summit**



The following pages will give a breakdown of the distance and elevation gain for the different directions this trek can be done in. If you feel that you will require more rest, we recommend the 4 Day / 3 Night package. You can discuss this with us when you book.



Day 1

**9.6km walking distance with 1560m elevation gain:
Start in Sembalun Village (1060m), camp at
Sembalun Crater Rim (2620m).**

Day 2

**13.5km walking distance with 1756m elevation gain:
Start at Sembalun Crater Rim (2620m), climb to the
Mt Rinjani summit (3726m), descend to lake Segara
Anak (2004m), climb to Senaru Crater Rim (2641m).**

Day 3

**10.5km walking distance with 2000m descent:
Start at Senaru Crater Rim (2641m) and descend
down the mountain to Senaru village (641m). Finish
at Cafe Rinjani Dawn.**

***Please note that it is possible to camp at the lake on Day 2,
but this will result in a longer day 3, and later finish time. Feel
free to discuss this option when booking.**



Day 1

**10.5km walking distance with approx 2000m ascent:
Start at Senaru village (600m) and finish at Senaru
Crater Rim (2641m)**

Day 2

**9km walking distance with 735m elevation gain:
Start at Senaru Crater Rim (2641m) and descend
down to Lake Segara Anak (2004m). After lunch,
climb up to Sembalun Crater Rim (2620m), where
you will camp.**

Day 3

**19km walking distance with 1087m elevation gain:
Start at Sembalun Crater Rim (2620m) and climb
approximately 4km to the summit (3726m). Walk
off the mountain to Sembalun Village - 15km with
2576m of descent / elevation loss.**

Day 1: Transfers

Your journey starts with an early morning pick-up from your accommodation. The exact time will depend on where you're staying, but most collections take place well before sunrise to allow for an early start on the trail. For the easiest logistics, we recommend spending the night before in Senaru or Sembalun. If you're staying elsewhere on mainland Lombok — such as Senggigi, Mataram, Kuta, or near the airport — we can arrange pre-dawn transfers to ensure you reach the mountain in time.



Pick-Up Confirmation

We'll confirm your pick-up time with you the day before your trek. If you haven't received confirmation by 2:00 PM, if your pick-up location has changed, or if you're unsure about any details, please get in touch with Aef (Operations Manager) or Rizal (Booking Manager) right away. While we strive to keep everything running smoothly, small details can occasionally be missed — and we'd much rather you check in than risk a miscommunication on trek day. Ensuring a seamless start to your adventure is our top priority.



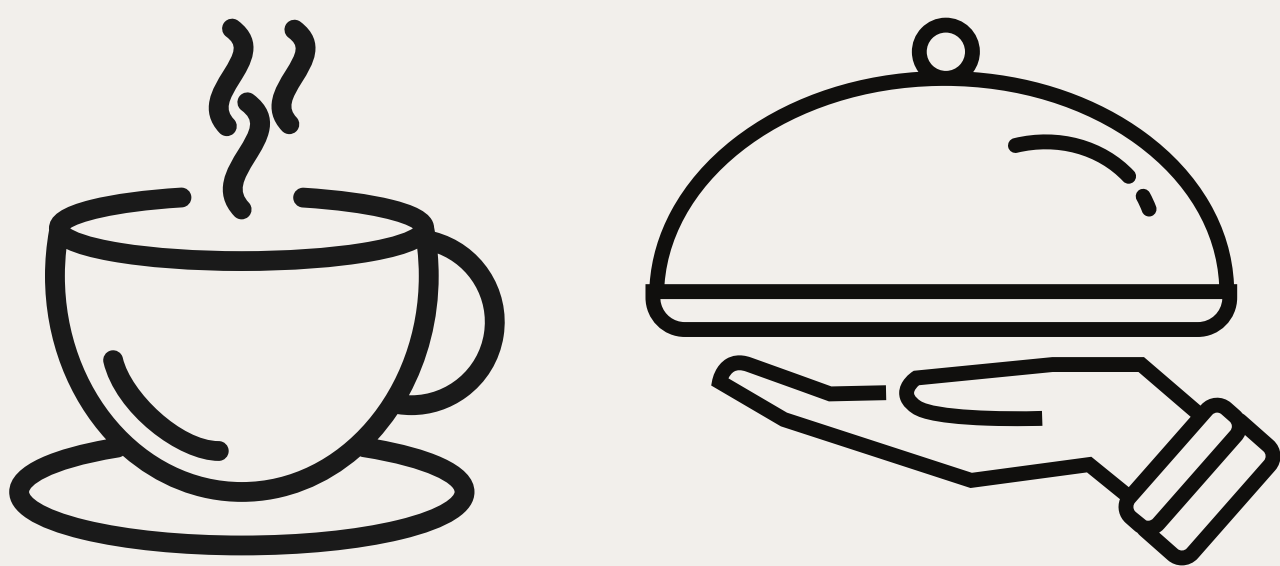
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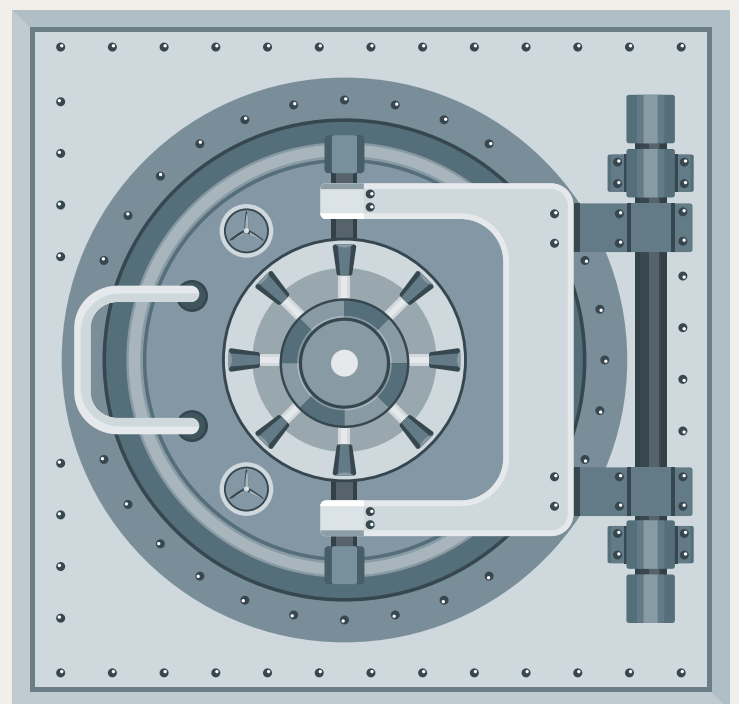
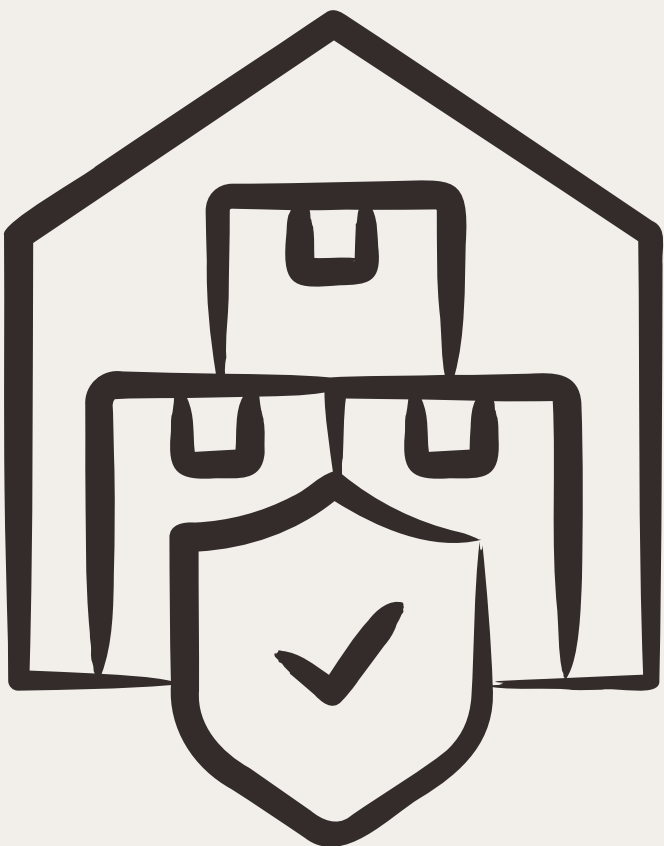
Day 1: Breakfast

Many trekkers start their day at Café Rinjani Dawn in Senaru, where you'll enjoy a light breakfast, meet your guide, go over the trek plan, and check any remaining gear requirements. If you're staying in Sembalun the night before, we'll pick you up from your accommodation and take you straight to the Rinjani Trek Centre (RTC) for registration and a short pre-trek briefing.

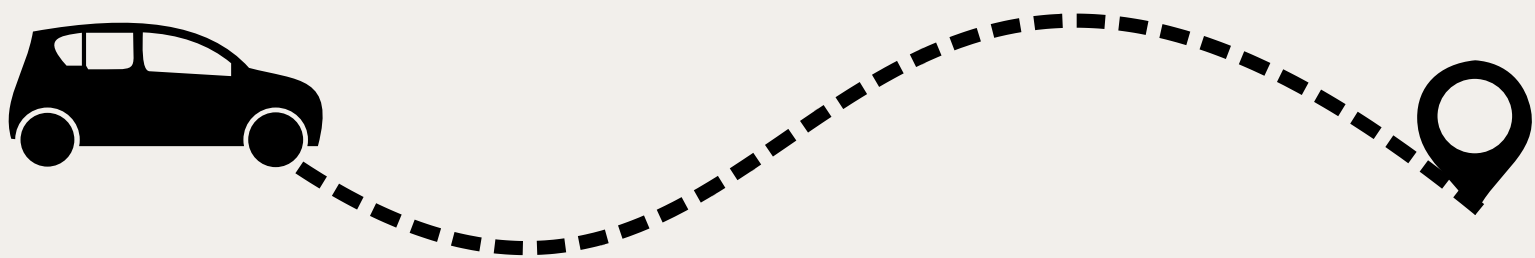


Left Luggage / Secure Storage

Before setting off, you're welcome to store any excess baggage at Café Rinjani Dawn in Senaru. We have a secure, staff-only storage area for luggage, clothing, and other items you won't need on the mountain. For passports, electronics, or other valuables, we can also store them in our locked safe for extra peace of mind. Simply let our team know what you'd like to leave, and we'll ensure it's kept safe until you return.



Day 1: Travel to Sembalun



If you have chosen to start this trek from the Sembalun side, then after breakfast you will depart for Sembalun — unless you’ve opted to stay in the village the night before. In that case, your day will begin right there. Should you have chosen to begin the trek from the Senaru side, this section does not apply to you. From Senaru, the drive to Sembalun takes around 70 minutes, following winding mountain roads through scenic highland communities. As you gain elevation, you’ll be treated to your first glimpses of Mount Rinjani’s striking eastern slopes.

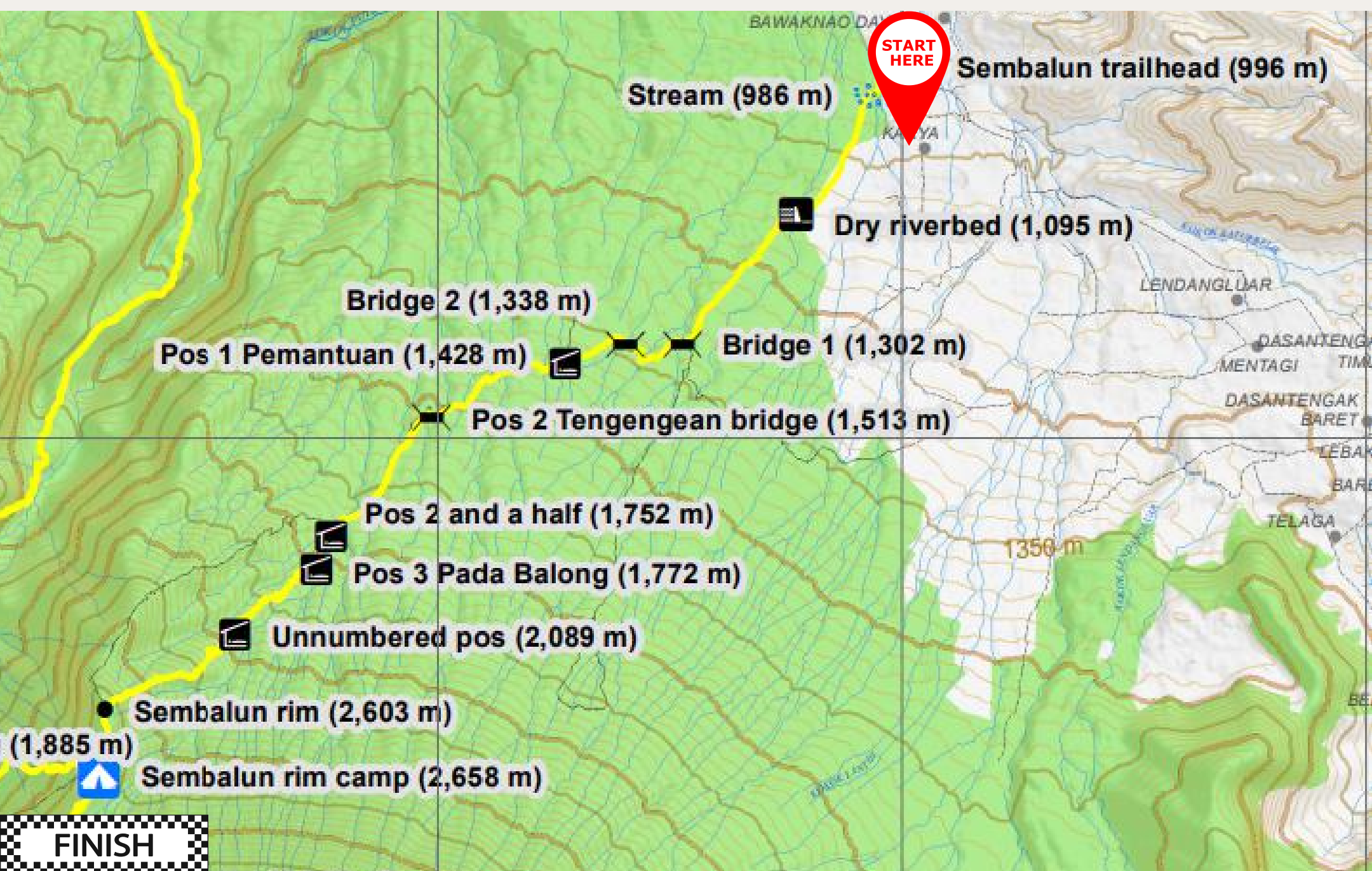
Day 1:

Registration & Health Check

Before setting off, all trekkers are required to complete registration at the Rinjani Trek Centre (RTC) in Sembalun. As part of this process, park staff will carry out a brief health check to confirm you're fit to hike. This is usually quick — a few basic questions and a blood pressure reading — but it's an important step for your safety and for the national park's insurance requirements. Please bring a copy of your passport and be open about any existing medical conditions.

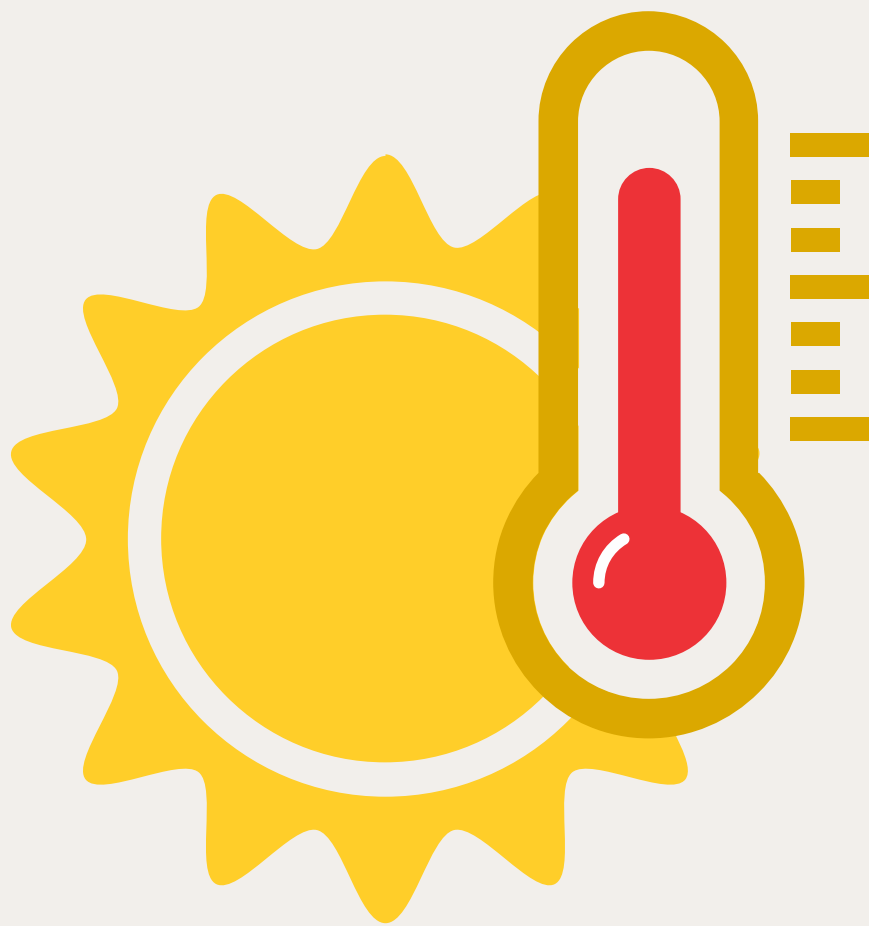
Day 1: Route

The trek sets off from Sembalun Village (1,150 m), starting with an easy walk across open grasslands before the path gradually rises into forested slopes. Along the route, we'll pause at designated rest posts, and our team will serve you lunch on the trail.



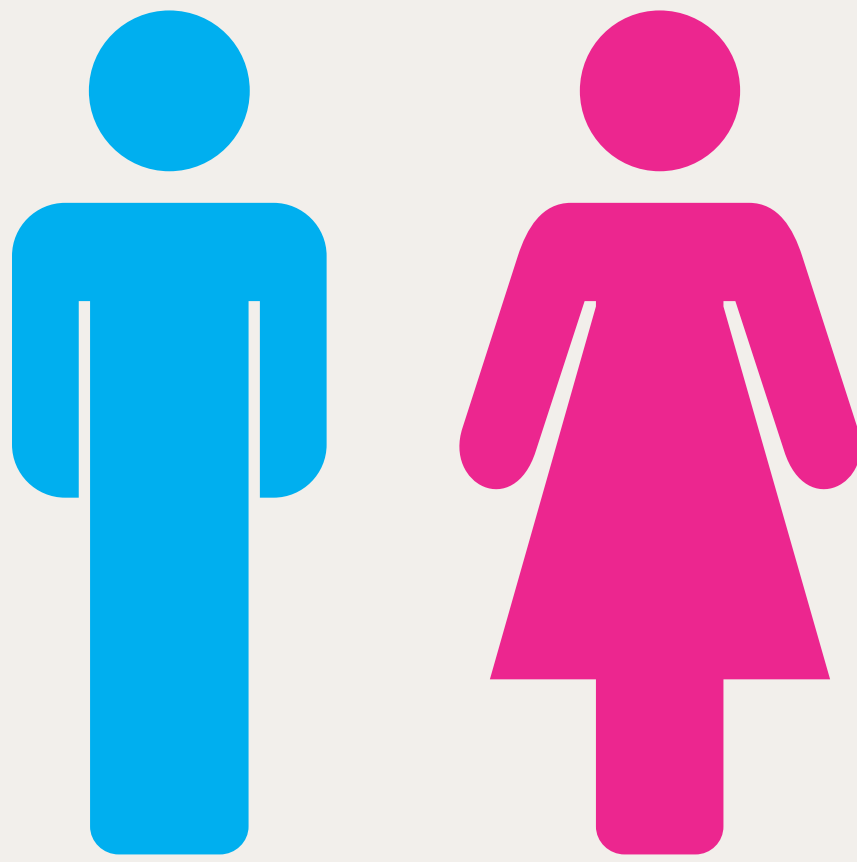
In the afternoon, the trail becomes steeper as you make your way up to the Sembalun Crater Rim (2,639 m), where camp will be set for the night. From this vantage point, you can take in spectacular sunset views over the crater lake, with Bali's Mount Agung visible in the distance.

Day 1: Safety



Day 1 features extended hours of hiking across open grasslands and along some exposed ridgelines, particularly in the first half of the day. The main hazards are sunburn and dehydration, so be sure to apply high-SPF sunscreen often, wear a hat, and sip water regularly — even if you don't feel thirsty.

Toilets



Toilets on Mount Rinjani are simple but serviceable. At campsites such as the Sembalun Crater Rim, privacy is provided by squat-style toilet tents over deep pit systems. There are no permanent facilities along the trail, so if you need to go while trekking, you'll need to step away from the path and follow Leave No Trace guidelines.

Food & Drink

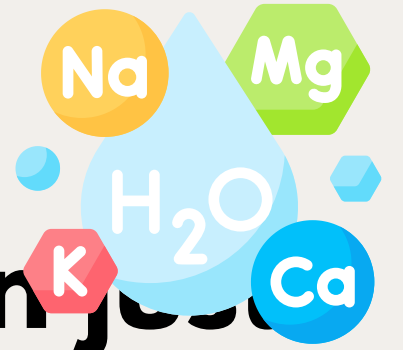
Our porter team prepares fresh, hearty meals for you throughout the trek — covering breakfast, lunch, dinner, and snacks. Typical menus feature rice, vegetables, eggs, tempeh, noodles, and chicken, with vegetarian and vegan options available on request. At camp, hot drinks such as tea, coffee, and ginger tea are served to help you unwind and rehydrate. All provisions are carried and cooked by our crew, so if you have any dietary requirements, please inform us in advance and we'll do our best to cater to them.

Water

All drinking water for your trek is supplied by our team, who carry sealed bottled water to guarantee it's safe to drink. You'll be provided with water at regular intervals during the day, including at meals and rest stops. To make hydration easier, especially on hotter stretches of the trail, we suggest bringing a hydration bladder. While we strive to limit plastic waste, your safety and hygiene are our priority — every bottle is carried out and disposed of responsibly.

Electrolytes

On the mountain, staying hydrated means more than just drinking water — replacing lost electrolytes is equally important. We carry a small supply of Pocari Sweat, a well-known Indonesian electrolyte drink, but we strongly suggest bringing your own electrolyte powders or tablets. These help sustain energy, prevent dehydration, and reduce the likelihood of muscle cramps, especially after a long day on the trail. You're also welcome to bring energy bars, trail mix, or gels to complement the nutritious meals we serve throughout the trek.



Day 2: Route



Day 2 starts in the early hours — around 2:00 AM — with the challenging ascent from the Sembalun Crater Rim (2,639 m) to the summit of Mount Rinjani (3,726 m). The climb is steep and demanding, with loose volcanic scree that can make progress slow, but the reward is an unforgettable sunrise and sweeping views over Lombok, Bali, and the crater lake below.

After soaking in the summit experience, you'll descend back to the crater rim campsite for breakfast and a short rest before continuing down to the turquoise waters of Segara Anak. Here you'll have lunch and time to enjoy the lakeside setting before tackling the afternoon climb up to the Senaru Crater Rim. You'll arrive in time for dinner and an overnight stay, with sunset views over the Gili Islands and Bali's Mount Agung.

Day 2: Safety



Day 2 is demanding, starting with a pre-dawn summit climb followed by steep descents and climbs inside the crater. Pace yourself, stay hydrated, and alert your guide if unwell.

The summit trail has loose scree and steep drop-offs — use caution, especially in the dark. The descent to Segara Anak is steep and slippery, and the afternoon climb to Senaru Crater Rim is long and tiring. Trekking poles, good footwear, and regular breaks will help keep you safe.

👉 Follow the Golden Safety Rules on the next page.

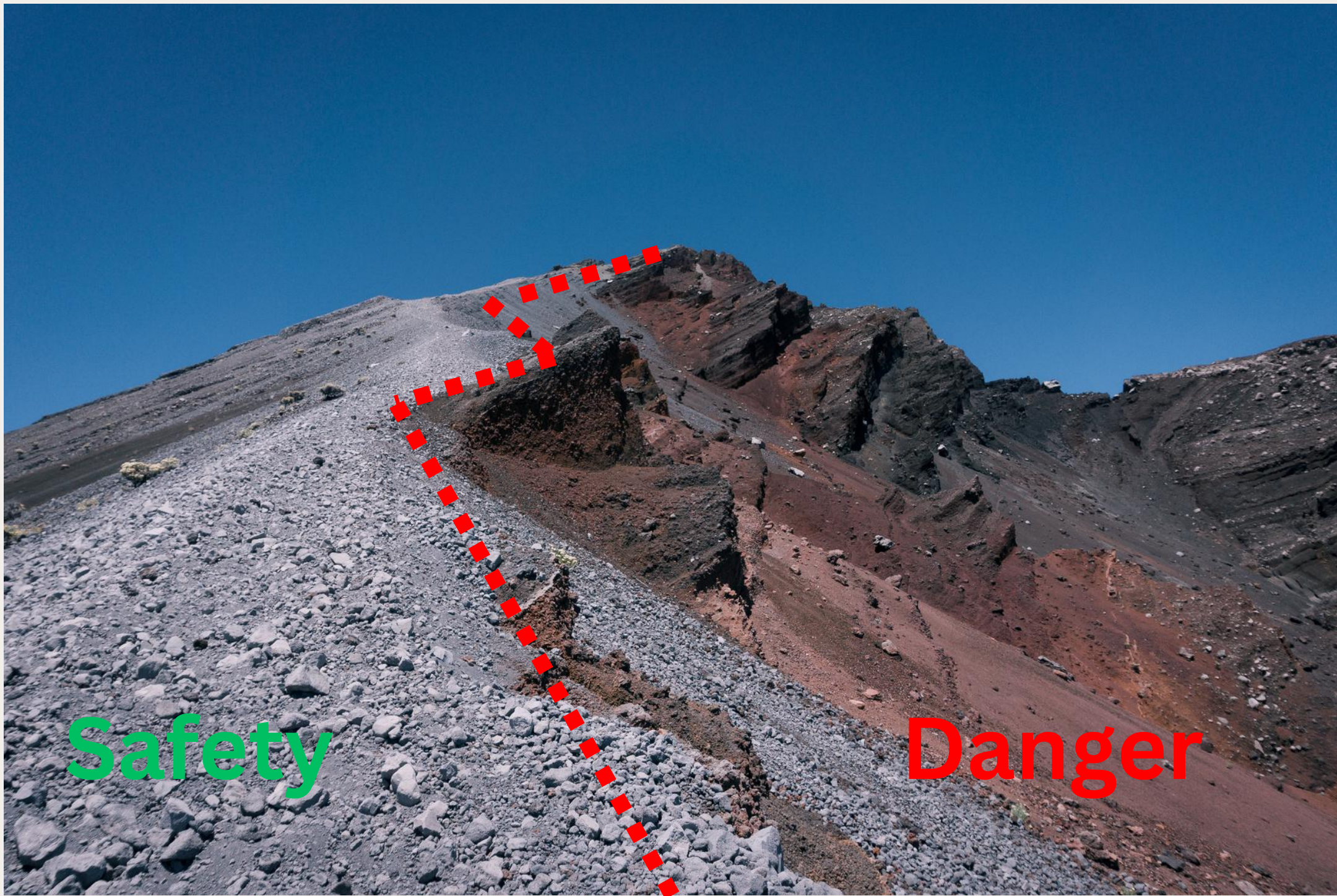
Golden Safety Rules

Reaching Mount Rinjani's summit is an incredible accomplishment, but the early morning cold, darkness, and challenging terrain require extra care. Keep these key safety points in mind:

- Follow your guide's instructions — they're there to keep you safe and make decisions based on experience.
- Stay well back from steep drop-offs — parts of the summit trail have loose volcanic rock and no guardrails.
- Let your guide know immediately if you feel unwell, dizzy, or dangerously cold — acting early is essential.
- If you can't continue, speak up — your guide or porter will help you find a safe alternative.
- Dress in layers — it's easier to remove clothing than risk getting too cold.
- Keep drinking water, even without feeling thirsty — hydration helps prevent fatigue and altitude-related headaches.

Your guide is there to support you, but your awareness and communication are just as important. Together, we can make your summit experience both safe and unforgettable.

Hazards



Near the summit, the trail follows a narrow volcanic ridge that can feel exposed. The key safety tip: the steep drop is only on the right hand side. The left offers more stable footing and no significant fall hazard, so keep left and steer clear of the live edge. The scree here is loose, so move carefully, use trekking poles if you have them, and watch your step — especially in the dark. Follow your guide's instructions and maintain single-file spacing along this stretch.

Hazards Ctn:



The summit of Mount Rinjani can become crowded, particularly at sunrise when several groups arrive at once. Space is limited, uneven, and bordered by steep drop-offs on one side. Stay alert, watch your footing, and keep well back from the edge — especially when taking photos or selfies. A few years ago, a tragic accident occurred when someone slipped while posing too close; no picture is worth that risk. Be mindful of your surroundings, maintain a safe distance from drop-offs, and wait your turn for summit photos if it's busy.

Summit:



We usually spend 45 to 60 minutes at the summit, depending on our arrival time and how crowded it is. This gives you a chance to savour the sunrise views, capture some photos, and enjoy the satisfaction of reaching the top. Our team may provide a light snack and a warm drink to help you recharge before starting the descent. Once everyone is ready — and conditions remain safe — we'll head back down to the Sembalun Crater Rim campsite for a well-earned breakfast and a short rest.

Descending to Lake Segara Anak



The descent from the Sembalun Crater Rim to Lake Segara Anak is steep and uneven, with loose rock and sections that may require handholds or light scrambling. Move carefully, follow your guide's instructions, and ask for help if you're unsure — they can direct you to the safest route or offer support.

Trekking poles aid stability but may need to be stowed briefly when scrambling. Keep a safe distance from others, avoid rushing, and stay alert to reach the lake safely.

Lake & Hot Springs



Nestled inside Rinjani's vast crater at around 2,004 m, the turquoise waters of Lake Segara Anak are a highlight of the trek. After the descent from Sembalun Crater Rim, we'll pause here for a well-earned lunch by the lakeshore, with time to relax and take in the dramatic volcanic surroundings.

A short walk from the lake leads to the natural hot springs — a favourite spot for soothing tired muscles after the morning's climb and descent. The amount of time we spend here depends on the day's schedule and group pace, so your guide will advise on timing. If time is short, you'll still have the chance to experience the springs before we continue towards the Senaru Crater Rim.

Lake to SCR



The ascent from the lake to the Senaru Crater Rim is steep and challenging, with loose ground, rocky steps, and short laddered sections. After a long morning to the summit and down to the lake, it can be exhausting.

If you don't feel able to continue, tell your guide — camping at the lake may be possible, depending on conditions and the rest of the group. Pace yourself, take breaks, and follow your guide to reach the rim in time for dinner and sunset over the Gili Islands.

Senaru Crater Rim



A distant Mt Agung (Bali) and the 3 Gilis

From the Senaru Crater Rim, you're treated to two unforgettable panoramas. On one side, the crater drops away to reveal the turquoise waters of Lake Segara Anak, with the dark, ash-covered slopes of Mount Barujari — Rinjani's active volcanic cone — rising sharply from its shore, and the summit of Mount Rinjani towering behind.

Turning the other way, you'll see sweeping views across the coastline towards the Gili Islands, with Bali's Mount Agung often silhouetted against the sunset. On clear evenings, the light over the sea and islands is nothing short of spectacular, making this one of the most memorable vantage points of the trek.

Day 2: Route

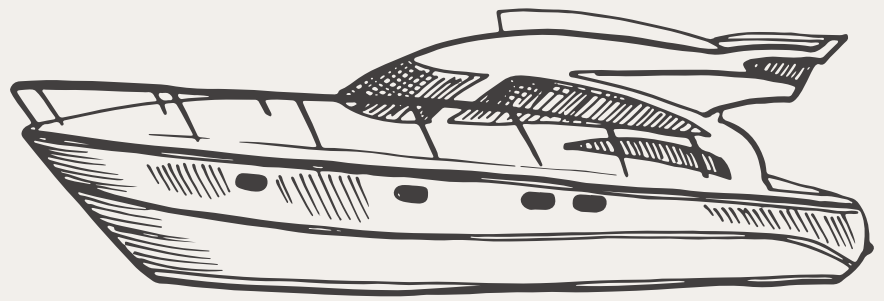


The final day begins with breakfast at the Senaru Crater Rim, where you can take a last look at the sweeping views over Lake Segara Anak and the Gili Islands. From here, the trail descends steadily through open ridgelines before entering dense tropical forest.

The descent is long and can be tough on the knees, with uneven steps, exposed tree roots, and occasionally slippery ground — especially if it's been raining. Take your time, use trekking poles if you have them, and keep a safe pace.

As you drop in elevation, the temperature rises and the forest thickens, alive with the sounds of birds and insects. After several hours of descent, you'll reach Senaru Village, where your trek concludes at Café Rinjani Dawn — the perfect spot to rest, enjoy a drink, and reflect on your Rinjani adventure.

Finish Time & Onward Travel



Most trekkers finish between midday and 2:00 PM, though in some cases it can be later. Exact finish times vary depending on group pace, individual fitness, weather, and trail conditions. While it's sometimes possible to arrive in time for the public boats to the Gili Islands, there is always a risk of being too late — especially during wetter months or after slower descents.

If you're aiming to travel to the Gilis the same day, a private speedboat can be arranged at short notice, typically costing 400,000–450,000 IDR per boat. For peace of mind, we recommend allowing flexibility in your plans or staying an extra night on mainland Lombok after your trek.



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!



Thank you for reading your Pre-Trek Brief. We hope it's given you the information you need to feel prepared, confident, and excited for the journey ahead. If you have any questions before your trek, don't hesitate to contact us — we're here to help. We look forward to welcoming you to Mount Rinjani and sharing an unforgettable adventure with you soon!

Aef, Operations Manager

