

LIKE ANY FORM OF PHYSICAL EXERCISE, PLEASE CONSULT YOUR PHYSICIAN BEFORE ATTEMPTING.

- ❖ The Assembly time for our hikes is at 7:00 a.m. unless indicated otherwise.
- ❖ The cost per hike is \$50.00 per person unless indicated otherwise.
- ❖ Children under 12 years hike at no expense to caregiver/s unless indicated otherwise.
- ❖ Preference will be given to persons who pre-register since there will now be established limits for each hike.

GENERAL INFORMATION

Hiking has rapidly become one of the most popular recreational activities in Trinidad & Tobago. The wide variety of fauna and flora and the opportunity to discover hidden natural treasures such as picturesque waterfalls, refreshing rivers and lush rain forests serve as ample encouragement for tourists and nationals to visit local hiking trails as often as possible. Many are left breathless by the places they encounter. So come with us and discover the “**WONDER**” that is Trinidad & Tobago and the Caribbean. ☺

IMPORTANT GUIDELINES

- 1. Wear comfortable loose fitting clothing- t- shirts & long track pants (nylon material) is preferred. Please no jeans, cologne and jewellery.*
- 2. Please bring along a comfortable change of clothing and shoes. (Leave in vehicle)*
- 3. Your footwear needs to have good grips on soles. The Merrell brand is recommended. (No sandals)☺*
- 4. Pack only what you need for the duration of the hike (drinking water, sandwiches, medication, etc.). N.B. - Consumption of alcohol and smoking is strictly prohibited.*
- 5. Please stay on the trail. Wandering off on your own could mean getting lost. Inform us if you need to stop.*
- 6. On approaching an intersection / junction on the trail, one direction/s will be blocked by cut leaves / branches. Please use the unobstructed trail.*
- 7. Hike leaders have first-aid kits. Please ask if you need assistance.*
- 8. The first and last person in the group/section is always a hike leader. Please do not walk ahead of the front hike leader in your group. N.B.*
- 9. Preserve our delicate ecosystem. Avoid littering.*
- 10. Happy Hiking. A positive mental attitude will take you a long way on the trail and in life. God bless. ☺*

JULY 2015 ☺

LA LAJA & SOMBASSON FALLS - SUN. 12th

A delightful trek through the rain forests of the Arima Valley to two beautiful picturesque waterfall.

Rate: Moderately Challenging to Challenging

Duration: 2.5 hrs. One-way.

Meeting Point: Corner Churchill Roosevelt Highway & O'Meara Road, Arima.

(Sherwin Williams Car Park)

Assembly Time:-7:00 a.m.

GASPARÉE & MONOS ISLAND ADVENTURE - SUNDAY 19th

Our journey begins with a boat ride to Gasparee Island. A short walk- about twenty minutes- will bring us to the entrance to the Blue Grotto, a cavern encrusted with stalactites and stalagmites and a tidal pool which shimmers in the sunlight.. :-)
After we head across the water on a short boat ride to the ever beautiful Monos Island for some bathing and kayaking fun. Its a full day of outdoor adventure. :-)

Rate:- Easy.

Assembly Time: - 6:30 a.m.

Assembly Point: - Nicholas Tower, Port-of-Spain.

Cost:

AUGUST 2015 ☺

THREE POOLS - SATURDAY 1st (Emancipation Day)

Hikers Inc. heads to Blanchisseuse for a holiday hike. Bring out the family for this one. Cost- \$40.00

Rate: - Easy and Entertaining.

Meeting Point: Central Bank Auditorium, St. Vincent St., Port-of-Spain

Assembly Time: - 7:30 a.m. Cost:- \$40.00

AUGUST 2015 ☺

SAUT D'EAU BAY - SUNDAY 9th

This is the first preparation hike for our 11th Annual Fitness Hike. Persons interested in participating in the fitness hike are encouraged to take part in this hike..

Rate: - Very Challenging. (Screening is in effect)

(We trek downhill to a scenic bay.)

Rate: Challenging.

Duration: 6-7 hours return. (Incls. time spent on beach

Meeting Point: Brain Lara Promenade (Nicholas Tower).

Assembly Time: 7:00am Cost: - \$60.00

10TH ANNUAL TOBAGO HIKING EXTRAVAGANZA- AUG. 13 – 17th

In 2015 we will be celebrating 10 years of our Annual Tobago Hiking Extravaganza. It's been ten years of hiking and adventuring in Tobago. For our ten year anniversary we will be spending three whole days: hiking, kayaking, and other kinds of outdoor adventure await. :-)

PARAGON BAY- SUNDAY. 23rd

Come with Hikers Inc. as we once again journey to this bay along the north coast, which affords splendid views of our coastline. Journey downward and - **yes that means** - then upwards making what is known as the Paragon Loop.☺

Rate: Challenging. (Screening is in effect)

Duration: 4 hours return.

Meeting Point: Brain Lara Promenade (Nicholas Tower).

Assembly Time: 7:30am Cost: - \$50.00

AUGUST 2015 ☺

ANNUAL FITNESS HIKE (AFH - SATURDAY 29th)

Yes folks it's the "Hike of the Year". We begin at the spring bridge in Blanchisseuse and trek along the north coast trail until we finally arrive at the homely village of Matelot.☺ **Participation in this hike is not guaranteed based on interest but is at the sole discretion of the directors.** Pre-registration is a must.

Cost: \$250.00. (Incl. transport, support boat, hike fee, meal. and drink)
Rate: Extremely Challenging. Duration: 7- 9 hours.
Meeting Point- EWMSC, Mt. Hope
Assembly Time- 2:30 a.m. Limit- 60 persons

SEPTEMBER 2015 ☺

NELSON ISLAND & KAYAKING- SUN. 6th

An activity filled day, with a historic tour of Nelson Island, followed by a tour of the Five Islands. ☺

Rate: Easy Duration: 6 hrs.
Meeting Point: Brian Lara Promenade (Nicholas Towers) Assembly Time: 6:30 am Cost- TBA

PARIA BAY - 'The Return': - SUN. 20th

Paria! Paria! Paria! Here we go again.☺ Journey with us once more along this scenic trail on the north coast of Trinidad. Starting by the spring bridge trek along a dirt road before plunging into *de bush*.☺

Rate: Moderately Challenging - Challenging
Duration: 7-8 hours return
Meeting Point: Marianne Beach Resort
Assembly Time:-5:00 a.m. Cost-\$60.00

SEPTEMBER 2015 ☺

PEECHON COVE- Thursday 24th (Republic Day)

Along the north coast of Trinidad there lies many beautiful beaches, inlets and coves. One of these is Peechon Cove. Come with Hikers Inc. as we head to the little known but captivating Peechon Cove. Swimming, bathing and yes 'jumping off a cliff' fun awaits. ☺

Rate: Moderate
Duration: 40 mins. one-way
Meeting Point: Brian Lara Promenade (Nicholas Towers)
Assembly Time: 7:30 a.m. Cost-\$50.00

☺ YOUR FEEDBACK IS IMPORTANT TO US. ☺

Email us confidentially at
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FACEBOOK: HIKERS INC. OF TRINIDAD AND TOBAGO



HIKERS INC.
Going one step further



☺ Destinations ☺

July-September 2015

Your safety and enjoyment is our priority