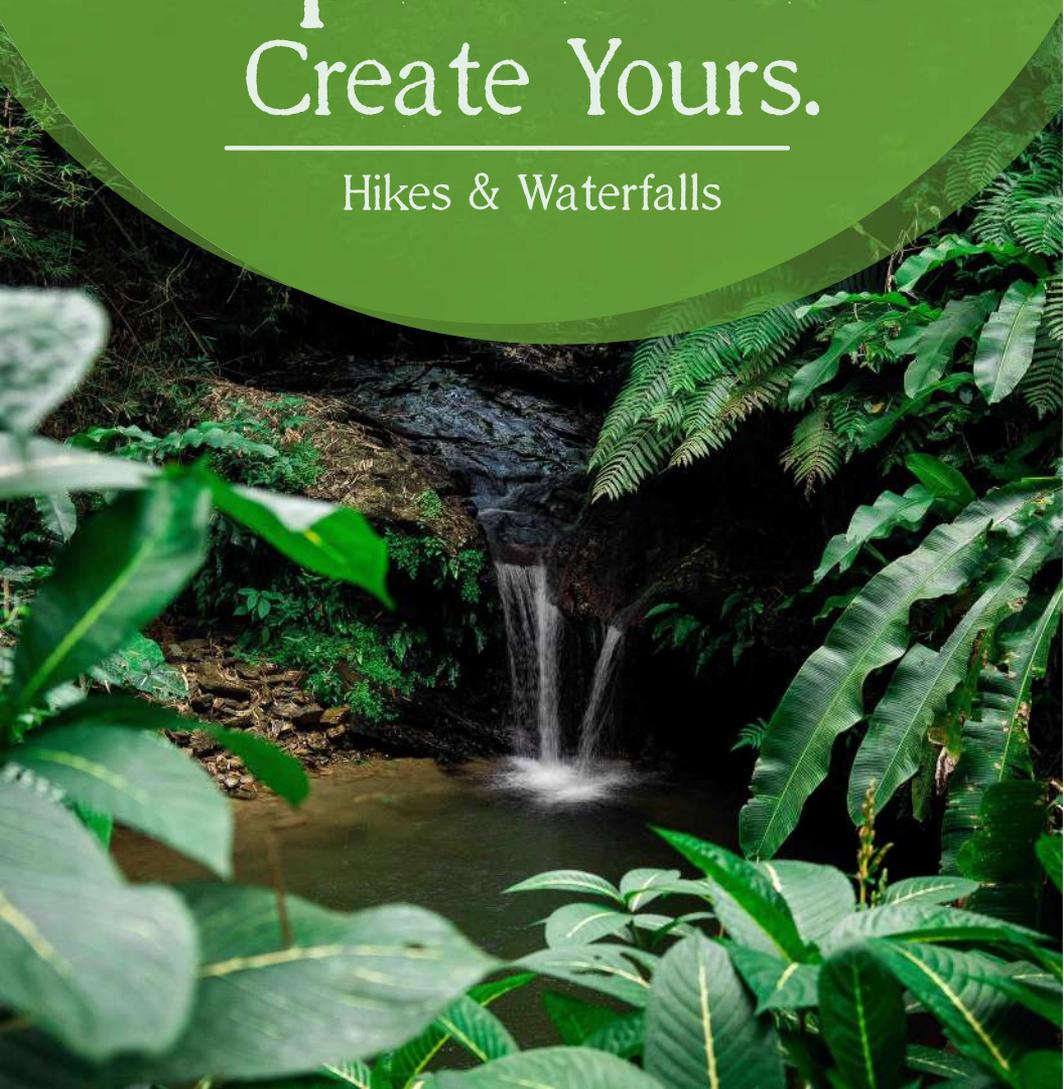




HADCO EXPERIENCES

Our
Experiences.
Create Yours.

Hikes & Waterfalls





Hiking Tips

Pre-Hike Preparation

1. Hydration (starts two (2) days before the hike)

- Begin hydrating at least 48 hours before the hike to prevent dehydration on the trail.
- Drink at least two (2) litres of water per day leading up to your hike.
- Avoid excessive caffeine or alcohol, as these can lead to dehydration.

2. Nutrition (starts the night before the hike – carb load!)

- Eat a balanced, carb-rich meal the night before to fuel your body.
Good options include:
 - Whole grain pasta or rice
 - Potatoes or sweet potatoes
 - Oatmeal or whole wheat bread
 - Lean proteins (chicken, fish, beans)
- Avoid heavy, greasy, or overly spicy foods that may cause discomfort.

3. Sleep and Rest

- Get a full night's sleep (7 to 9 hours) to ensure you are well-rested for the hike.

What to Pack - Always pack what you can comfortably carry.

1. Backpack Essentials

- **Water** (at least 2L per person) – a reusable water bottle or hydration pack is recommended.
- **Snacks for energy** – pack lightweight, nutritious foods such as:
 - Fresh fruits (banana, apples, oranges)
 - Nuts, trail mix, or energy bars
 - Sandwiches (peanut butter, cheese, or turkey are great options)
 - As meals are included for you at the properties (with overnight stays), we are happy to prepare your selection (subject to seasonality and availability) of items for your hike.

- **Electrolytes** - consider carrying coconut water or sports drinks.
- **Sun protection** – Carry a hat and sunscreen.
- **Natural bug repellent** – Non-toxic insect repellent to protect against mosquitoes and other insects.

2. Appropriate Clothing and Footwear

- Wear lightweight, moisture-wicking clothing (avoid cotton, as it retains moisture.)
- Avoid wearing dark clothing and highly fragranced body products (lotions, perfumes, oils, etc.)
- Wear sturdy, comfortable hiking shoes or boots with good grip.
- Bring extra socks in case of wet conditions, and gloves.
Be mindful that jewellery can become entangled in branches while on hiking trails.

On the Trail: Hiking Tips

- Start slow and pace yourself – don't rush; take breaks when needed.
- Drink water regularly – sip water throughout the hike, even if you do not feel thirsty.
- Snack every 1-2 hours – keep energy levels up with small, nutritious snacks.
- Respect nature – stay on marked trails, do not litter, watch out for animals and avoid disturbing the wildlife.
- Listen to your body – if you feel dizzy, weak, or unwell, stop and ask your guide for help.

After the Hike: Recovery Tips

- Rehydrate – drink plenty of water and replenish electrolytes.
- Stretch and cool down – helps reduce muscle soreness.
- Eat a protein-rich meal – aids in muscle recovery.

By following these preparation tips, you will enjoy a safe and memorable hiking experience! If you have any questions, feel free to ask your guide before the hike.

Hike Rating Key:

- **Easy:** Suitable for every member of the family
- **Moderate:** Suitable for all physically fit people
- **Moderately Strenuous:** Long length, substantial elevation gain, and/or difficult terrain.
- **Strenuous:** Full day's hike over a long and often difficult route

ASA WRIGHT NATURE CENTRE

The story of the Asa Wright Nature Centre (AWNC) begins with Mrs. Asa Wright. Asa (pronounced Ow-suh) was born Asa Guðmundsdóttir on April 12, 1892, in Laugardalur, Iceland. As a young woman she travelled to England where she trained as a nurse, specialising in midwifery at Middlesex Hospital and learned English language and etiquette.

It was on a return trip to Iceland where she met her future husband, Newcome Wright and it was his health that brought the married couple to Trinidad. Newcome's compromised lungs, a result of exposure to poison gas when he fought in the Great War of 1914-18 could not contend with the poor air quality in the UK and in 1946, they arrived in Trinidad.

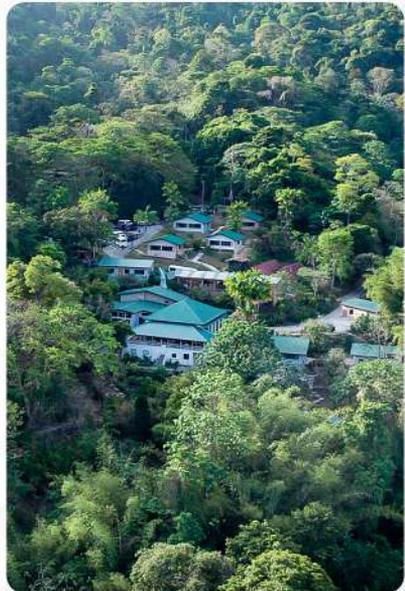
The Spring Hill Estate is in the Arima Valley roughly in the centre of the Northern Range of Trinidad, at an elevation of some 350m (1,150ft) above sea level. A special attraction on the property is a breeding colony of the nocturnal Oilbird, or Guacharo (*Steatornis caripensis*) located in the Dunston Cave. The Estate passed through the hands of several owners before being purchased by Asa Wright and her English husband in 1946. They were the last private owners of the estate.

The Wrights continued to operate Spring Hill as a cocoa-coffee-citrus estate, at that time a difficult and not very profitable undertaking. Fortunately, in 1949 William Beebe, an internationally famous natural scientist affiliated with the New York Zoological Society, purchased the Verdant Vale Estate (which he renamed Simla) and St. Patrick's Estate located down the Arima Valley. Beebe's presence was a magnet for foreign visitors to the Arima Valley, which created a business opportunity for Asa Wright to begin taking in guests at Spring Hill, especially in the aftermath of her

Many of these were repeat visitors who fell in love with Spring Hill and, in collaboration with like-minded locals, were moved to make arrangements to preserve the place when Asa entered her final years in the mid-1960s. In 1967 funds were raised to purchase the Spring Hill estate and the Asa Wright Nature Centre was established. Asa died in 1971 from a heart attack at the age of 78.

In 1975 the New York Zoological Society gave the Asa Wright Nature Centre the Simla Field Research Center, and it has been a Tropical Research facility to this day.

Over the years, the AWNC's role as a land conservation trust expanded to include forested land holdings in the lower Arima valley and neighbouring Aripo Valley. In 1995, the Government granted the AWNC a 99-year lease of lands within the Northern Range Forest Reserve, in compensation for encroachment by a State-owned quarry on lands of the AWNC.





THREE POOLS WATERFALL



COST:

TT \$683.00 per hiker
US \$102.00 per hiker



MAX NUMBER:

10 persons



DIFFICULTY:

EASY



TIME:

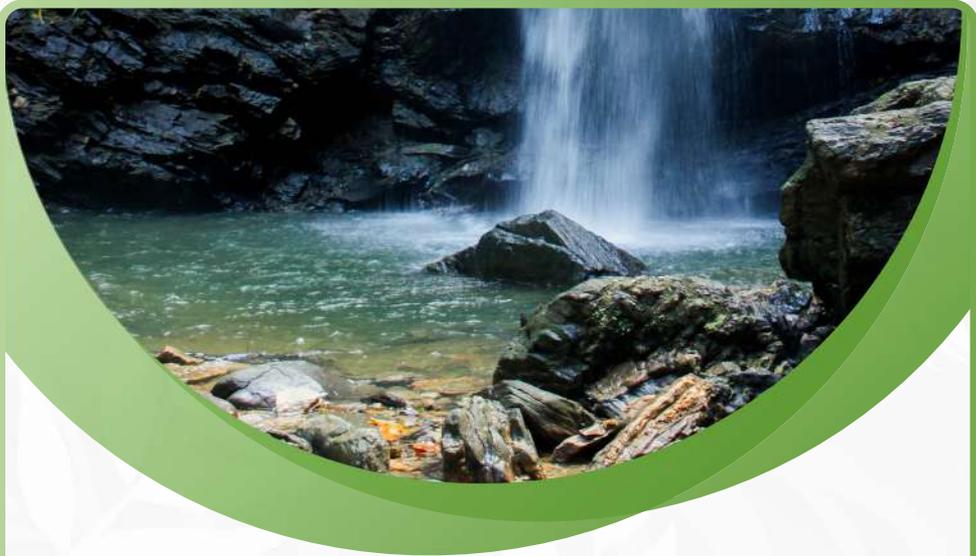
Average Total Time: 6 hours

Average Hiking Time: 1 hour

Your journey kicks off with a picturesque 90-minute drive from HADCO Experiences at Asa Wright Nature Centre, winding along the Arima/Blanchisseuse Road to the historic Spring Bridge in Blanchisseuse, the starting point of the hike to Three Pools Waterfall.

The trail itself is a brief 25-minute trek through the lush tropical rainforest, beginning with a short uphill climb and transitioning into an easy walk on the gently rolling terrain. On this hike, you can expect to navigate stream crossings and rocky spots so be prepared to get wet!

At the trail's end, you will discover the breathtaking Three Pools, three naturally formed basins shaped by the flowing Marianne River. With their clear, refreshing waters, these pools are ideal for a swim, a relaxing break and relax, or even a bit of light cliff jumping. It is a serene retreat that perfectly blends tranquillity and adventure.



GRAND FOND/ AVOCAT WATERFALL



COST:

TT \$546.00 per hiker
US \$82.00 per hiker



MAX NUMBER:

10 persons



DIFFICULTY:
MODERATE



TIME:

Average Total Time: 5 hours
Average Hiking Time: 1 hour

Start your journey from HADCO Experiences at Asa Wright Nature Centre by driving south for an hour and 15 minutes along the Arima-Blanchisseuse Road (North Coast Road). The drive will take you through forests and winding mountain roads towards Avocat Village.

Once you arrive, you'll find the trailhead just off the main road, where your short hike begins. An easy 30-minute trek leads you to the Marianne River, where you will enjoy a pleasant walk along the riverbed through shallow waters, until you arrive at a turnoff along a short trail.

At this turnoff, you will find the enchanting Grand Fond Waterfall, also known locally as Avocat Falls.

Upon reaching the waterfall, you are greeted by a cascading stream that flows into the pool below. Surrounded by the vibrant green forest, it is an ideal spot to enjoy a refreshing swim, or relax and soak in the beauty of nature.



DOUBLE RIVER WATERFALL



COST:
TT \$546.00 per hiker
US \$85.00 per hiker



MAX NUMBER:
10 persons



DIFFICULTY:
MODERATELY STRENUOUS
●●●●●○○○○



TIME:
Average Total Time: 5 hours
Average Hiking Time: 1 hour

Your journey begins at HADCO Experiences at Asa Wright Nature Centre, where you will take a 1-hour drive through Brasso Seco Village into the Madamas Valley, where the trail starts. This hike is a moderate 45-minute to 1-hour walk through thick rainforest, with a few easy climbs, some rolling paths, and several streams to cross.

Towards the end, the trail follows the Madamas stream for the last 10 minutes, taking you to the stunning 89-foot Double River Waterfall. The twin falls drop into a clear, shallow pool, perfect for a swim, a bit of rest, or even a natural massage under the waterfall.

This hike is great for anyone with a moderate fitness level who's looking for a mix of fun and peace in nature.



GUANAPO GORGES



COST:
TT \$975.00 per hiker
US \$146.00 per hiker



MAX NUMBER:
10 persons



DIFFICULTY:
MODERATELY STRENUOUS
●●●●●○○○



TIME:
Average Total Time: 5 hours
Average Hiking Time: 1.5 hours

Starting from HADCO Experiences at Asa Wright Nature Centre, you'll embark on a scenic 40-minute drive along mountain roads that lead to the trailhead. Once there, a 30-minute hike through thick forest will bring you to the entrance of the Guanapo Gorge.

Inside the gorge, you'll swim through crystal-clear pools, navigate narrow rock passages, and climb over various obstacles. Life jackets are available for non-swimmers. The gorge's striking rock formations and the sunlight filtering through the trees create an unforgettable experience.

After exploring for around 1.5 hours, a nearby trail will guide you back to the starting point, which takes about 1 hour.

This hike requires an intermediate to advanced level of fitness, and offers a thrilling combination of excitement and natural beauty.



LALAJA WATERFALL



COST:
TT \$546.00 per hiker
US \$82.00 per hiker



MAX NUMBER:
10 persons



DIFFICULTY:
MODERATELY STRENUOUS
●●●●●○○○



TIME:
Average Total Time: 8 hours
Average Hiking Time: 5 hours

Your adventure begins with a 40-minute scenic drive from HADCO Experiences at Asa Wright Nature Centre through a rural road in the mountains to the trail head at Lalaja South Road. The hike starts on a gravel path with stunning views of the Northern Range before narrowing into a dense forest.

The trail takes you through a mix of rainforest and old cocoa estates, with some sections demanding a bit of physical effort due to erosion and uneven terrain.

After about 2 hours and 30 minutes, you'll reach the impressive Lalaja Waterfall, a peaceful and refreshing spot in the heart of nature. With its crisp, clear water, it is ideal for those looking for a memorable adventure in the heart of nature!



LAS LAPAS LOOKOUT

**COST:**TT \$273.00 per hiker
US \$41.00 per hiker**MAX NUMBER:**

10 persons

**DIFFICULTY:**
EASY**TIME:**

3 hours roundtrip

The journey starts with a 25-minute drive, heading south from HADCO Experiences at Asa Wright Nature Centre along the Arima/Blanchisseuse Road, until you arrive at Las Lapas/Morne Bleu Lookout on Las Lapas Road.

This is the highest driving road in Trinidad at an altitude of 550 metres above sea level.

No hiking is required, and the view here is astounding. You'll enjoy amazing views of Trinidad's Northern Range, untouched rainforest, and, on clear days, even the Caribbean Sea in the distance. It is also a great spot for birdwatching, with plenty of species to see.

You will be able to roam the area and purchase local treats from nearby vendors (when available.)

This hike is perfect for nature lovers and photographers, with plenty of chances to snap beautiful photos, from misty mornings to gorgeous sunsets.



Photo credit: Mark Joseph

SAPPHIRE WATERFALL

	COST: TT \$546.00 per hiker US \$82.00 per hiker		MAX NUMBER: 10 persons
	DIFFICULTY: EASY ●●●○○○○○○○		TIME: Average Total Time: 5 hours Average Hiking Time: 1 hour

The journey to Sapphire Waterfall from HADCO Experiences at Asa Wright Nature Centre, begins by driving south on the main road towards Blanchisseuse for about 45 minutes until you turn off the main road to the beginning of the trail in the Blanchisseuse forest reserve.

The hike begins with a short, steep descent to the Marianne River. After crossing the Marianne River you will enter a "feeder river" that flows into the main Marianne River. There are rocks, logs and organic debris to climb over before arriving at Sapphire Falls. The rocks on the river bed are very slippery so one has to be extra careful in the river and on its banks. Once at the Falls, the plunge pool is perfect for swimming and relaxing in the cool, clear waters.

Upon arrival to the waterfall, you will be greeted by crystal-clear turquoise waters cascading down rocky cliffs, creating a serene pool perfect for a refreshing dip.

The vivid blue hues of the water, beautifully juxtaposed against the verdant greenery, make for an incredible photo opportunity.



SEVEN SISTERS WATERFALL



COST:
TT \$975.00 per hiker
US \$146.00 per hiker



MAX NUMBER:
10 persons



DIFFICULTY:
MODERATE
●●●●●○○○○○



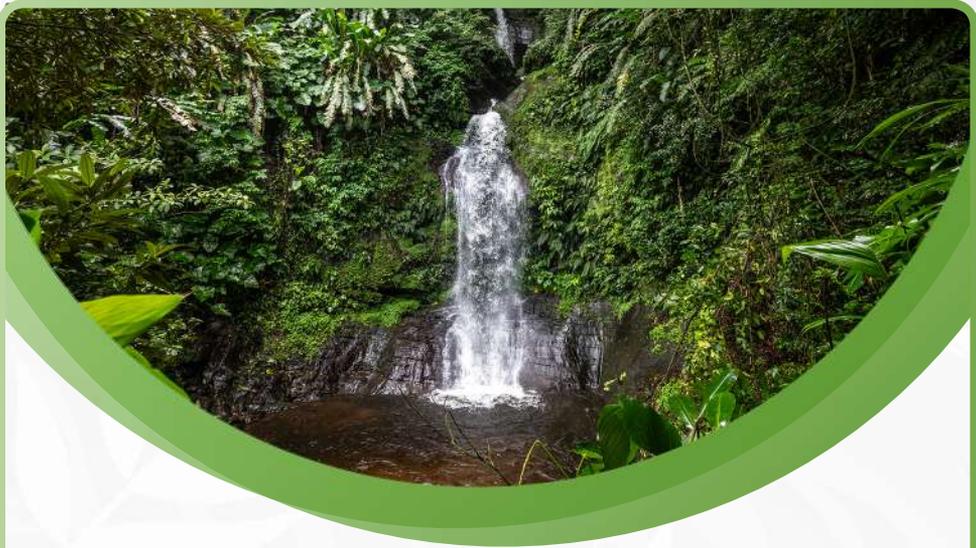
TIME:
Average Total Time: 5 hours
Average Hiking Time: 1 hour

The trek to the incredible Seven Sisters waterfall begins with the departure from HADCO Experiences at Asa Wright Nature Centre. You will head south along the Arima-Blanchisseuse Road towards Blanchisseuse. A 40-minute drive through the winding roads of the Northern Range offers incredible views, as you make your way to Brasso Seco. Continue along this road until you reach the village of Blanchisseuse.

A left turn at Paria Morne Blue Road leads to Marianne Trace where the hike begins when you reach the river.

Following the path of the river, you will be making a loop to the starting point as you traverse the slippery rocks and down into the various pools and back up again.

Clear, cool waters and the echo of birdsong in the surrounding foliage envelop you throughout this moderately challenging trek.



SOMBASSON WATERFALL



COST:
TT \$546.00 per hiker
US \$82.00 per hiker



MAX NUMBER:
10 persons



DIFFICULTY:
MODERATELY STRENUOUS
●●●●●●○○○



TIME:
Average Total Time: 8 hours
Average Hike Time: 4 hours

Begin your adventure with a 40-minute scenic drive from HADCO Experiences at Asa Wright Nature Centre to the trailhead. The hike starts on gravel terrain with stunning views of the Northern Range, then narrows as you enter a lush forest, passing through rainforest and old cocoa estates. Enjoy sightings of butterflies and birds along the way.

After reaching Lalaja Waterfall, the real challenge begins. The path to Sombasson is steep, with uphill climbs and downhill descents that demand stamina. But the payoff is a beautiful triple-tiered waterfall, set in an untouched, serene environment.

This hike is ideal for experienced hikers looking for a tough but rewarding challenge.



TOMBASSON WATERFALL

**COST:**

TT \$273.00 per hiker

US \$41.00 per hiker

**MAX NUMBER:**

10 persons

**DIFFICULTY:**

MODERATELY STRENUOUS

**TIME:**

Average Total Time: 8 hours

Average Hike Time: 4 hours

From HADCO Experiences at Asa Wright Nature Centre, the adventure kicks off with a 40-minute drive along winding mountain roads to the trailhead. The hike begins with a 40-minute walk through old cocoa estates and rainforest, leading to the Guanapo River, before continuing along a rough nature trail upstream.

The 4-hour hike involves crossing rivers, climbing over boulders, and navigating through gorges on an unkept path, making it perfect for seasoned hikers. At the end, you'll reach the Tombasson Waterfall, a peaceful spot surrounded by pristine beauty. The return journey follows the same route.



HADCO EXPERIENCES

HADCO Experiences is a destination management company that falls under the most recently established Division within HADCO Group of Companies, the Experiences Division; which is focused on driving eco-tourism in Trinidad and Tobago.

In 2021, HADCO Experiences won the concession to manage the operations of the ecolodge at Asa Wright Nature Centre. The company also manages the operations of Mt. Plaisir Estate Hotel and Pawi Lodge.

As a wholly owned local company, HADCO Group is very passionate about our culture and our beautiful natural environment. This can be seen in many of our diversification efforts into the Recycling and Manufacturing sectors and our support of the local steelpan industry.

We enjoy hiking, exploring our islands and bearing witness to the incredible waterfalls, magnificent beaches and rivers, as well as the incredible biological diversity that can be found here. We love our islands, and the business of HADCO Experiences is to share some of the magic through curated experiences for visitors to our islands, as well as local residents, who want to unplug from their busy lives to relax and immerse themselves in nature – people who are passionate about culture and the environment.

Everyone is welcome as we endeavour to share the most authentic taste of Trinidad and Tobago.

With emphasis on our rich biodiversity, outdoor activities, flavourful local cuisine, exhilarating festivals and year-round social events, we are on a mission to provide enjoyable, unforgettable and sustainable experiences that contribute to the promotion of our culture, and the preservation of our heritage and natural environment.



HADCO EXPERIENCES

 +1 (868) 675-5364/+1 (868) 497-5385

 info@hadcoexperiences.com

  @hadcoexperiences

 www.hadcoexperiences.com