



Mount Meru Trek

At 4566m, Mount Meru is the fifth highest mountain on the African continent and the second highest in Tanzania. About 250,000 years ago, a massive volcanic blast blew away the entire eastern flank of the mountain and left it with the distinctive appearance it has today. The Mt Meru ascent passes through many different vegetation zones. The dry forest of the lower region gives way to a dense mountain rainforest, which then turns into a scrubland. Towards the top of the mountain, the vegetation consists of heath and moorland and is then finally replaced by the stunning barren alpine deserts. As the flora changes the wildlife does too. During the ascent, you will regularly come across large game such as elephants and buffalos and possibly leopards.

Itinerary: Mount Meru

Day	Start	Finish	Altitude gain (m)	Walking Time	Description
1	Momella Gate (1500m)	Miriakamba Hut (2500m)	↑ 1000m	4-5 h	Hike through the dry forest with the chance to see wild animals. Beautiful and stunning views of Arusha National Park and Kilimanjaro.
2	Miriakamba Hut (2500m)	Saddle Hut (3550m)	↑ 1050m	3-4 h	Hike through the mountain rainforest, buffalos often visible. At midday, ascent to Little Mt. Meru (3820m).
3	Saddle Hut (3550m) - Socialist Peak (4562m)	Miriakamba Hut (2500m)	↑ 1000m ↓ 2050m	10-14 h	Long summit hike with fantastic views and light climbing passages.
4	Miriakamba Hut (2500m)	Momella Gate (1500m)	↑ 1000m	2-3 h	Comfortable descent, good opportunity to view and observe the wildlife.

Day 1 Arusha - Momella Gate (1500m) - Miriakamba Hut (2500m)

In the morning, you will be collected from your hotel and after a 45-minute drive and brought to Arusha National Park Gate and then onwards to Momella Gate. An armed park ranger will accompany you while you start your hike and get a first glimpse of the wonderful giraffes and buffalo. Once you have left the buffalo herds and giraffes behind, you will enter the acacia forest in which you will follow the Southern Route. After a steady 2-hour climb, you will reach Maio Falls and some picturesque meadows that are a perfect place for a picnic. After a rest, you will again be on your way and soon reach the well-known 'Arched Fig Tree'. After another 1½ - 2 hours, you will reach the Miriakamba Hut. Evening meal and overnight stay at the Miriakamba Hut.

Day 2 Miriakamba Hut (2500m) - Saddle Hut (3550m)

In the morning, you will leave the Miriakamba Hut behind and follow a steep track with wooden steps upwards. The clouds often hang in the rainforest and dip the lush vegetation in a moody atmosphere. After approximately 2 hours, you will reach the vantage point 'Mgongo wa Tembo' (Elephant back) at an elevation of 3200m, where you will enjoy a well-earned break. After another hike in which the vegetation changes from rainforest into an airy bush land, you will reach Saddle Hut (3550m) at midday for a relaxing lunch break. During the afternoon, you have the option of a side trip to Little Meru (3820m) which takes approx. 1 - 1½ hours and from where you can have wonderful views of Arusha National Park and of Mount Kilimanjaro (approx. 80 km away). Back at the hut, a warm dinner is waiting for you before you will have the final preliminary talk in preparation for the following day's climb to the summit.

Day 3 Saddle Hut - Socialist Peak (4562m) - Miriakamba Hut (2500m)

After an early start with tea and biscuits, you will leave for the summit at 02:00 hrs. By torchlight, you will follow the trail through bush land to the so-called Rhino Point (3821m) in which the path turns into a little more challenging trek. You will follow the north ridge to the summit on which you walk on ground alternating between lava ash and rock. After approx. 4 - 5 hours, you will have the summit and the Tanzanian flag in your sights. From the summit, you will be able to enjoy the sun rising above Kilimanjaro and the fantastic view of Mount Meru's crater with its steep sides and the "Ash Cone" in the middle. The descent follows the same route back to Saddle Hut (3550m) where you will take a well-deserved long break and recuperate with hot soup and tea. Once refreshed, you will continue with the descent. During the early afternoon, you will reach Miriakamba Hut (2500m) - tired but happy. Evening meal and overnight stay at Miriakamba Hut (2500m).

Day 4 Miriakamba Hut (2500m) - Momella Gate (1500m)

After breakfast, you will follow a 2 - 3 hour trek over the so-called 'Northern Route' back to Momella Gate. The descent is shorter than the ascent but there is still the chance to see elephants, buffalos, giraffes as well as the black and white colobus monkeys. At the gate, you will say farewell to your hiking crew and your driver will take you back to Arusha.

Included: Breakfast & Lunch

Note:

The summit stage contains a few simple but unsecured climbing passages. A good head for heights and sure footedness are absolutely necessary. In adverse weather conditions (heavy rain, icy rocks and paths or thick fog) the park ranger can call off the climb to the summit. We do not advice climbs in the rain season (April and May).

Items included in price:

- English-speaking park ranger and administration
- Professional English-speaking guide
- Personal porter
- Climbing according to travel plan
- Meals according to travel plan
- Filtered water
- Overnight stays in mountain huts
- All national park fees and rescue fees

Items not included:

- Meals and snacks which are not mentioned in the travel plan
- Alcohol and soft drinks (coke, fanta etc.)
- Tips
- Personal spending monies for souvenirs etc.